



*CREATIVE RECIPES
FOR LESS FAMILIAR
USDA COMMODITIES
USED BY
HOUSEHOLD
PROGRAMS*

*USDA
Food and Nutrition Service
Food Distribution Division
Alexandria, VA*

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INTRODUCTION

The Food Distribution Division of the Food and Nutrition Service at USDA hopes you find this collection of recipes for less familiar commodities helpful. You may receive some commodities from USDA that you are not accustomed to cooking and baking with. This collection of recipes includes beverages, salads, soups, entrees, side dishes, desserts, and breads, all of which use commodities. We hope it provides you with new and different ways of using these USDA commodities. In each recipe, the commodity appears in **bold** print. ***(Please note that some of these commodities are not available through all of USDA's household programs.)***

These recipes have been collected for your convenience. Please note they have not been tested or standardized by USDA. If you reproduce any of them for your own use, please be sure to include the phrase *"This recipe has not been tested or standardized by USDA."*

If you have an unusual or creative recipe not already listed here, a comment regarding a specific recipe, or a question about commodities, please contact us at: fdd-psb@fns.usda.gov.

Additional resources for commodities can be found on the homepage for the Food Distribution Division website at: <http://www.fns.usda.gov/fdd>. There you can also find links to other USDA nutrition assistance programs.

Food Distribution Division
Food and Nutrition Service
U.S. Department of Agriculture

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CANNED APRICOTS

Chilled Apricot Salad

Makes 6 Servings

½ (15.5-ounce) can **apricots**, quartered
½ (15.5-ounce) can **pineapple** chunks
2 oranges, peeled and cut into bite-size pieces
1 pint (16 ounces) fat-free plain yogurt

1. Combine all ingredients and gently stir to blend thoroughly.
2. Cover and chill in refrigerator for 24 hours or more.

Nutrition Information for Each Serving:											
Calories	100	Kcal	Cholesterol	0	mg	Sugar	13	g	Calcium	177	mg
Calories from fat	0	Kcal	Sodium	60	mg	Protein	5	g	Iron	<1	mg
Total Fat	0	g	Total Carbohydrate	21	g	Vitamin A	74	RE			
Saturated Fat	0	g	Dietary Fiber	2	g	Vitamin C	30	mg			

Refreshing Apricot Smoothie

Makes 2 (12 ounce) Servings

1 (15.5-ounce) can **apricots**, chilled
1 cup (8 ounces) low-fat plain or vanilla yogurt
2-3 drops vanilla extract, to taste
6-8 ice cubes

1. Combine ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker consistency.

Nutrition Information for Each Serving:											
Calories	184	Kcal	Cholesterol	5	mg	Sugar	6	g	Calcium	250	mg
Calories from fat	20	Kcal	Sodium	95	mg	Protein	8	g	Iron	<1	mg
Total Fat	2	g	Total Carbohydrate	36	g	Vitamin A	390	RE			
Saturated Fat	1	g	Dietary Fiber	4	g	Vitamin C	12	mg			

Apricot Cobbler

Makes 6 Servings

Filling:

2 (15.5-ounce) cans **apricots**, drained and coarsely chopped

Topping:

1 cup **all-purpose flour**

1 cup sugar

¼ cup **shortening**

1 egg (**Or** 2 tablespoons **egg mix** + ¼ cup water)

½ teaspoon salt

2 teaspoons baking powder

1. Preheat oven to 350°F.
2. Pour apricots into a 9x13-inch baking dish.
3. Mix all of the topping ingredients together and sprinkle over apricots.
4. Bake for 30 minutes.

Nutrition Information for Each Serving:											
Calories	360	Kcal	Cholesterol	40	mg	Sugar	31	g	Calcium	48	mg
Calories from fat	90	Kcal	Sodium	340	mg	Protein	4	g	Iron	<1	mg
Total Fat	10	g	Total Carbohydrate	66	g	Vitamin A	263	RE			
Saturated Fat	3.5	g	Dietary Fiber	2	g	Vitamin C	7	mg			

DRIED BLUEBERRIES

Blue Banana Blueberry Bread

Makes 1 Loaf (Approximately 8 Servings)

1 stick (½ cup) butter or margarine

1 cup sugar

1 teaspoon vanilla

1 teaspoon baking soda

2 eggs (**Or** 4 tablespoons **egg mix** + ½ cup water)

1½ cups **all-purpose flour**

½ teaspoon salt

2 large bananas, mashed

¾ cup **dried blueberries**

1. Preheat oven to 350°F.
2. Cream margarine and sugar. Mix in eggs and vanilla. Add dry ingredients and mix well.
3. Stir in bananas and blueberries.
4. Pour into greased 9x5-inch loaf pan and bake 50-60 minutes.

Nutrition Information for Each Serving:											
Calories	290	Kcal	Cholesterol	55	mg	Sugar	15	g	Calcium	20	mg
Calories from fat	120	Kcal	Sodium	460	mg	Protein	4	g	Iron	2	mg
Total Fat	13	g	Total Carbohydrate	40	g	Vitamin A	140	RE			
Saturated Fat	2.5	g	Dietary Fiber	3	g	Vitamin C	6	mg			

Chicken Salad with Dried Blueberries

Makes 6 Servings

4 cups canned, cooked **chicken**, drained,
diced

1 cup **dried blueberries**

½ cup light mayonnaise

¼ cup sour cream

1 tablespoon lemon juice

½ teaspoon salt

1/8 teaspoon pepper

1. Combine chicken and dried blueberries in a large bowl.
2. In a small mixing bowl, combine mayonnaise, sour cream, lemon juice, salt, and pepper.
3. Add chicken to mixture and toss well.
4. Cover and chill. Serve on a bed of lettuce.

Nutrition Information for Each Serving:											
Calories	470	Kcal	Cholesterol	85	mg	Sugar	18	g	Calcium	38	mg
Calories from fat	190	Kcal	Sodium	560	mg	Protein	39	g	Iron	3	mg
Total Fat	21	g	Total Carbohydrate	29	g	Vitamin A	19	RE			
Saturated Fat	6	g	Dietary Fiber	3	g	Vitamin C	7	mg			

Blueberry-Lemon Squares

Makes 20 Squares

2¼ cups **all-purpose flour**

½ cup powdered sugar

1 cup butter or margarine

4 eggs (**Or** ½ cup **egg mix** + 1 cup water)

1/3 cup lemon juice

1 cup granulated sugar

½ teaspoon baking powder

1 cup **dried blueberries**

Crust Preparation:

1. Preheat oven to 350°F.
2. Mix flour and ½ cup powdered sugar until blended.
3. Mix in butter, cut into small pieces with large fork until dough holds together when squeezed.
4. Press evenly over the bottom of a 9x13-inch pan. Bake until golden brown, usually 20-25 minutes.

Filling:

1. While the crust is baking, whisk eggs together with granulated sugar, lemon juice, and baking powder.
2. Stir in dried blueberries.
3. Pour egg mixture over warm, baked crust.
4. Return to the oven and bake until the filling is firm and does not move when gently shaken, usually 20-25 minutes.
5. Sprinkle with teaspoon of powdered sugar and let cool at least 15 minutes.

Nutrition Information for Each Serving:											
Calories	230	Kcal	Cholesterol	40	mg	Sugar	17	g	Calcium	15	mg
Calories from fat	90	Kcal	Sodium	130	mg	Protein	3	g	Iron	<1	mg
Total Fat	10	g	Total Carbohydrate	31	g	Vitamin A	110	RE			
Saturated Fat	2	g	Dietary Fiber	1	g	Vitamin C	3	mg			

DRIED CHERRIES

Cherry, Pineapple, and Lettuce Salad

Makes 6 Servings

1 head of lettuce
½ (15.5-ounce) can *pineapple chunks*
1 cup *dried cherries*
¼ cup *vegetable oil*
2 tablespoons cider vinegar
1 tablespoon honey
2 teaspoons mustard
Salt and pepper, to taste

1. Rinse and drain lettuce; tear into bite-size pieces.
2. Drain pineapple, reserving ¼ cup juice.
3. Put lettuce, pineapple chunks, and dried cherries in a large salad bowl; mix well.
4. Combine vegetable oil, reserved pineapple juice, vinegar, honey, and dry mustard; mix well.
5. Season with salt and pepper. Drizzle dressing over lettuce mixture.

Nutrition Information for Each Serving:											
Calories	210	Kcal	Cholesterol	0	mg	Sugar	27	g	Calcium	25	mg
Calories from fat	80	Kcal	Sodium	90	mg	Protein	2	g	Iron	<1	mg
Total Fat	9	g	Total Carbohydrate	33	g	Vitamin A	31	RE			
Saturated Fat	1	g	Dietary Fiber	3	g	Vitamin C	7	mg			

Spiced Cherry Salad

Makes 6 Servings

1 cup *dried cherries*
1 (11-ounce) can mandarin oranges, drained
1 banana, peeled and sliced
¼ cup *orange juice*
¼ cup powdered sugar
¼ teaspoon ground cinnamon
¼ cup slivered almonds (optional)

1. Put dried cherries, mandarin orange sections, and banana slices in a salad bowl.
2. Combine orange juice, powdered sugar, and cinnamon in a small bowl; mix well. Pour orange juice mixture over fruit mixture; mix gently.
3. Refrigerate, covered, 1 to 2 hours, stirring occasionally. Sprinkle with almonds just before serving.

Nutrition Information for Each Serving:											
Calories	180	Kcal	Cholesterol	0	mg	Sugar	26	g	Calcium	23	mg
Calories from fat	25	Kcal	Sodium	15	mg	Protein	2	g	Iron	<1	mg
Total Fat	3	g	Total Carbohydrate	39	g	Vitamin A	50	RE			
Saturated Fat	0	g	Dietary Fiber	2	g	Vitamin C	25	mg			

Brown Sugar Rice Pudding

Makes 6 servings

1¾ cups water
¼ cup lemon juice
1 cup **dried cherries**
½ cup uncooked **rice**
4 cups low-fat milk (**Or** 1 1/3 cups **nonfat dry milk** + 4 cups water)
2/3 cup brown sugar
½ teaspoon salt
¼ teaspoon ground cinnamon

1. Preheat oven to 325°F and butter a 1½ quart baking dish.
2. In a saucepan, heat the water and lemon juice to boiling. Remove from the heat and drop in the dried cherries. Let them sit for 3 minutes to absorb liquid and plump up.
3. Combine the rice, milk, sugar, and salt. Bake in the prepared dish for 1 hour, stirring often so the rice doesn't settle on the bottom. Stir in the cinnamon and cherries.
4. Return dish to oven and bake 1½ hours more, or until the milk has been absorbed.

Nutrition Information for Each Serving:											
Calories	245	Kcal	Cholesterol	15	mg	Sugar	40	g	Calcium	220	mg
Calories from fat	30	Kcal	Sodium	300	mg	Protein	6	g	Iron	1	mg
Total Fat	3	g	Total Carbohydrate	50	g	Vitamin A	95	RE			
Saturated Fat	0	g	Dietary Fiber	1	g	Vitamin C	6	mg			

CANNED CHERRIES

Cherry Cobbler

Makes 9 Servings

2 (15.5-ounce) cans **cherries**, drained
1 cup **all-purpose flour**
1 teaspoon baking powder
1 teaspoon salt
1 egg (**Or** 2 tablespoons **egg mix** + ¼ cup water)
2/3 cup sugar
½ cup low-fat milk (**Or** 2 tablespoons + 2 teaspoons **nonfat dry milk** + ½ cup water)
¼ cup margarine or butter
½ teaspoon vanilla

1. Preheat oven to 350°F.
2. Place cherries in a greased 8-inch square baking dish.
3. Mix flour, baking powder, and salt in a large bowl.
4. Mix the egg, sugar, milk, shortening, and vanilla in a blender for 60-90 seconds. Pour blender mixture into the flour mixture and stir lightly.
5. Pour batter over the cherries in the baking dish, spreading batter to edges of dish.
6. Bake for 30-35 minutes.

Nutrition Information for Each Serving:											
Calories	200	Kcal	Cholesterol	25	mg	Sugar	23	g	Calcium	45	mg
Calories from fat	50	Kcal	Sodium	380	mg	Protein	3	g	Iron	2	mg
Total Fat	6	g	Total Carbohydrate	35	g	Vitamin A	110	RE			
Saturated Fat	1.5	g	Dietary Fiber	2	g	Vitamin C	4	mg			

Cherry Upside Down Cake

Makes 12 Servings

Top:

- ¼ cup butter or margarine
- ½ cup sugar
- 2 (15.5-ounce) cans **cherries**, drained

Cake Portion:

- 1½ cups **all-purpose flour**
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 egg (**Or** 2 tablespoons **egg mix** + ¼ cup water)
- ½ cup low-fat milk (**Or** 2 tablespoons + 2 teaspoons **nonfat dry milk** + ½ cup water)
- 3 tablespoons butter or margarine, melted

Top:

1. Melt the ¼ cup butter or margarine and spread in a 9-inch pan.
2. Mix cherries with sugar and pour into pan.

Cake Portion:

1. Preheat oven to 400°F
2. Mix together all ingredients and pour over cherries in the 9-inch pan.
3. Bake 30 minutes.
4. IMMEDIATELY after baking, invert and put on a serving plate.

Nutrition Information for Each Serving:											
Calories	220	Kcal	Cholesterol	20	mg	Sugar	22	g	Calcium	40	mg
Calories from fat	70	Kcal	Sodium	260	mg	Protein	3	g	Iron	21	mg
Total Fat	7	g	Total Carbohydrate	36	g	Vitamin A	110	RE			
Saturated Fat	1.5	g	Dietary Fiber	1	g	Vitamin C	2	mg			

DRIED CRANBERRIES

Apple Cranberry Salad Toss

Makes 8 Servings

- 1 head of lettuce (about 10 cups)
- 2 medium apples, sliced
- ½ cup **walnuts**, chopped
- 1 cup **dried cranberries**
- ½ cup sliced green onions
- ¾ cup vinaigrette dressing

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing; toss to coat. Serve immediately.

Nutrition Information for Each Serving:											
Calories	170	Kcal	Cholesterol	0	mg	Sugar	20	g	Calcium	70	mg
Calories from fat	45	Kcal	Sodium	520	mg	Protein	3	g	Iron	2	mg
Total Fat	5	g	Total Carbohydrate	27	g	Vitamin A	29	RE			
Saturated Fat	0	g	Dietary Fiber	3	g	Vitamin C	6	mg			

Cranberry Sweet Potato Bake

Makes 8 Servings

2 (15.5-ounce) cans **sweet potatoes**, drained
and cut into ½-inch cubes
¾ cup **dried cranberries**
½ cup **raisins**
1 large apple, peeled and cut into ½-inch
cubes
¼ cup butter or margarine, melted
½ cup sugar
1½ teaspoons cinnamon
½ teaspoon nutmeg
½ cup **cranberry/apple juice**
1/3 cup pecan halves

1. Preheat oven to 350°F.
2. Combine sweet potatoes, dried cranberries, apple, and raisins in a large mixing bowl.
3. Combine butter, sugar, and spices in a separate bowl. Add to sweet potato mixture, tossing to coat.
4. Place in a shallow 2-quart casserole dish. Pour juice over top of casserole.
5. Cover and bake for 20 minutes or until heated through, stirring occasionally.
6. Stir in pecans and cook, uncovered, 5 more minutes.
7. Let casserole sit 10 minutes before serving.

Nutrition Information for Each Serving:											
Calories	300	Kcal	Cholesterol	0	mg	Sugar	40	g	Calcium	33	mg
Calories from fat	80	Kcal	Sodium	100	mg	Protein	2	g	Iron	1	mg
Total Fat	9	g	Total Carbohydrate	56	g	Vitamin A	670	RE			
Saturated Fat	2	g	Dietary Fiber	5	g	Vitamin C	16	mg			

Chicken and Cranberry Salad

Makes 4 Servings

12 ounces (1½ cups) cooked, diced **chicken**
½ cup vinaigrette dressing, divided
1 cup **dried cranberries** or **cherries**
2 tablespoons sliced almonds
1 head of lettuce, chopped

1. Toss chicken, cranberries, and almonds with dressing.
2. Serve on a mound of chopped lettuce.

Nutrition Information for Each Serving:											
Calories	348	Kcal	Cholesterol	64	mg	Sugar	28	g	Calcium	110	mg
Calories from fat	80	Kcal	Sodium	760	mg	Protein	26	g	Iron	4	mg
Total Fat	9	g	Total Carbohydrate	37	g	Vitamin A	65	RE			
Saturated Fat	2	g	Dietary Fiber	4	g	Vitamin C	5	mg			

Cranberry Rice Salad

Makes 6 Servings

1¼ cup long grain white *rice*
 ½ cup *dried cranberries*
 2 tablespoons dried chopped parsley
 ¼ teaspoon ground pepper
 2 tablespoons *vegetable oil*
 ¼ cup green onions, diced
 ½ teaspoon ground cloves (optional)
 Salt to taste

1. Cook the rice to package instructions.
2. Fluff rice and add all other ingredients. Cover and chill.

Nutrition Information for Each Serving:											
Calories	110	Kcal	Cholesterol	0	mg	Sugar	7	g	Calcium	13	mg
Calories from fat	45	Kcal	Sodium	10	mg	Protein	1	g	Iron	<1	mg
Total Fat	5	g	Total Carbohydrate	16	g	Vitamin A	9	RE			
Saturated Fat	0.5	g	Dietary Fiber	1	g	Vitamin C	1	mg			

DATES

Date-Oat Quick Bread

Makes 12 Servings

2½ cups *all-purpose flour*, sifted
 2½ teaspoons baking powder
 ¾ teaspoons salt
 ½ cup granulated sugar
 ½ cup brown sugar
 ½ cup quick rolled *oats*
 1 1/3 cups (8 ounces) *dates*, chopped
 1 egg (Or 2 tablespoons *egg mix* + ¼ cup water)
 1¼ cup low-fat milk (Or 6 tablespoons + 2 teaspoons *nonfat dry milk* + 1¼ cup water)
 3 tablespoons butter or margarine, melted
 1 teaspoon vanilla

1. Preheat oven to 350°F.
2. Sift flour, baking powder, and salt into a large bowl; add sugar. Stir in oats and dates.
3. In a separate small bowl, beat egg with milk; stir in melted butter and vanilla.
4. Add to flour mixture and stir until evenly moist. Pour mixture into a greased 9x5x3-inch loaf pan.
5. Bake for 55-65 minutes, or until a toothpick comes out clean when inserted in center. Once the loaf has cooled, wrap and store overnight for best flavor.

Nutrition Information for Each Serving:											
Calories	260	Kcal	Cholesterol	20	mg	Sugar	27	g	Calcium	66	mg
Calories from fat	35	Kcal	Sodium	280	mg	Protein	5	g	Iron	2	mg
Total Fat	4	g	Total Carbohydrate	52	g	Vitamin A	52	RE			
Saturated Fat	1	g	Dietary Fiber	3	g	Vitamin C	0	mg			

Lowfat Date Yogurt Shake

Makes 1 Serving

½ cup **dates**, chopped
 ½ medium banana
 ½ cup **orange juice**
 ½ cup plain nonfat yogurt
 ½ cup crushed ice

1. Combine first three ingredients in blender and puree until dates are finely chopped.
2. Add yogurt and ice; blend until just combined.

Nutrition Information for Each Serving:											
Calories	420	Kcal	Cholesterol	<5	mg	Sugar	85	g	Calcium	290	mg
Calories from fat	10	Kcal	Sodium	100	mg	Protein	10	g	Iron	2	mg
Total Fat	1	g	Total Carbohydrate	102	g	Vitamin A	36	RE			
Saturated Fat	0	g	Dietary Fiber	8	g	Vitamin C	68	mg			

Date Muffins

Makes 6 Servings

2 cups **all-purpose flour**
 ¾ teaspoon salt
 2 tablespoons sugar
 4 teaspoons baking powder
 1 egg (**Or** 2 tablespoons **egg mix** + ¼ cup water)
 1 cup low-fat milk (**Or** 1/3 cup **nonfat dry milk** + 1 cup water)
 2 tablespoons butter or margarine, melted
 ½ cup **dates**, chopped

1. Preheat oven to 400°F.
2. Combine flour, salt, sugar, and baking powder.
3. Combine egg, milk, and butter; mix well and add dates.
4. Combine liquid ingredients with dry ingredients, stirring only until flour mixture is moistened.
5. Fill greased muffin pans, and bake for 20-25 minutes or until muffins test done.

Nutrition Information for Each Serving:											
Calories	280	Kcal	Cholesterol	40	mg	Sugar	16	g	Calcium	112	mg
Calories from fat	50	Kcal	Sodium	630	mg	Protein	7	g	Iron	2	mg
Total Fat	6	g	Total Carbohydrate	50	g	Vitamin A	77	RE			
Saturated Fat	1.5	g	Dietary Fiber	2	g	Vitamin C	0	mg			

Great Date and Orange Salad

Makes 4 to 6 Servings

2 tablespoons lemon juice
 3 tablespoons orange juice concentrate
 2 tablespoons **vegetable oil**
 ½ teaspoon cinnamon
 Pinch of salt
 1 head of lettuce, shredded
 3 oranges, sectioned, sections cut in half
 1½ cups chopped **dates**
 ½ cup almond slivers as garnish (optional)

1. Mix the lemon juice, orange juice concentrate, vegetable oil, cinnamon, and salt to make a dressing.
2. In a large bowl, combine the lettuce and fruits; toss with the dressing.
3. Garnish with the almonds.

Nutrition Information for Each Serving:											
Calories	280	Kcal	Cholesterol	0	mg	Sugar	38	g	Calcium	90	mg
Calories from fat	90	Kcal	Sodium	34	mg	Protein	5	g	Iron	2	mg
Total Fat	10	g	Total Carbohydrate	48	g	Vitamin A	48	RE			
Saturated Fat	1	g	Dietary Fiber	8	g	Vitamin C	54	mg			

FIGS

Baked Fig Pudding

Makes 14 Servings

½ cup butter or margarine
 2 eggs (**Or** 4 tablespoons **egg mix** + ½ cup water)
 1 cup molasses
 2 cups **figs**, finely chopped
 ½ teaspoon grated lemon rind
 1 cup buttermilk (**Or** 1 tablespoon vinegar + enough milk to equal 1 cup)
 2½ cups **all-purpose flour**
 ½ teaspoon baking soda
 2 teaspoons baking powder
 1 teaspoon salt
 1 teaspoon cinnamon
 ½ teaspoon nutmeg

1. Preheat oven to 325°F.
2. Beat butter or margarine until soft. Add eggs and molasses and beat until fluffy. Add figs, lemon rind, and buttermilk.
3. Sift together flour, baking soda, baking powder, salt, cinnamon, and nutmeg.
4. Stir the sifted ingredients into the pudding mixture.
5. Bake in a greased 9-inch tube pan for 60 minutes.

Nutrition Information for Each Serving:											
Calories	270	Kcal	Cholesterol	30	mg	Sugar	25	g	Calcium	123	mg
Calories from fat	70	Kcal	Sodium	380	mg	Protein	5	g	Iron	3	mg
Total Fat	8	g	Total Carbohydrate	48	g	Vitamin A	80	RE			
Saturated Fat	1.5	g	Dietary Fiber	3	g	Vitamin C	0	mg			

Fig Bars

Makes 32 Servings

½ cup butter or margarine, softened
 1 cup packed brown sugar
 3 eggs (**Or** 6 tablespoons *egg mix* +
 ¾ cup water)
 1 teaspoon grated lemon peel
 1 teaspoon vanilla
 1 cup *all-purpose flour*
 1 teaspoon baking powder
 ½ teaspoon salt
 1½ cups finely chopped *dried figs*

1. Preheat oven to 350°F.
2. Cream butter and sugar. Add eggs, lemon peel, and vanilla; beat well.
3. Stir together flour, baking powder, and salt; blend into creamed mixture. Stir in figs.
4. Pour into greased 13x9-inch baking pan. Bake for 25 minutes. Cool; cut into bars.

Nutrition Information for Each Serving:											
Calories	80	Kcal	Cholesterol	20	mg	Sugar	7	g	Calcium	20	mg
Calories from fat	30	Kcal	Sodium	90	mg	Protein	7	g	Iron	<1	mg
Total Fat	3.5	g	Total Carbohydrate	12	g	Vitamin A	37	RE			
Saturated Fat	.5	g	Dietary Fiber	<1	g	Vitamin C	0	mg			

DRIED PLUMS (PRUNES)

Creamy Chocolate Banana Smoothie

Makes 3 (1 cup) Servings

1¾ cup low-fat chocolate milk, divided
 10 pitted *dried plums* (1/3 cup)
 1 ripe banana, peeled and sliced

1. Pour 1 cup chocolate milk into ice cube tray; freeze until solid.
2. Combine prunes, banana, and ¾ cup chocolate milk in electric blender. Process until smooth, about 2 minutes.
3. Place chocolate milk cubes to blender and process until blended.

Nutrition Information for Each Serving:											
Calories	170	Kcal	Cholesterol	<5	mg	Sugar	14	g	Calcium	180	mg
Calories from fat	15	Kcal	Sodium	90	mg	Protein	6	g	Iron	1	mg
Total Fat	1.5	g	Total Carbohydrate	36	g	Vitamin A	127	RE			
Saturated Fat	1	g	Dietary Fiber	3	g	Vitamin C	6	mg			

Banana-Dried Plum Muffins

Makes 12 Muffins

¼ cup butter or margarine, softened
 ½ cup sugar
 1 egg (**Or** 2 tablespoons **egg mix** + ¼ cup water)
 1 cup mashed ripe banana
 1 teaspoon vanilla
 1½ cups **all-purpose flour**
 1 teaspoon baking powder
 ½ teaspoon baking soda
 ¼ teaspoon salt
 ¼ teaspoon cinnamon
 ¾ cup pitted **dried plums**, chopped

1. Preheat oven to 375°F. Grease or line 12 muffin cups.
2. Combine butter and sugar, beat until well blended. Add egg and blend well. Stir in banana and vanilla.
3. Combine flour, baking powder, baking soda, salt, and cinnamon. Add to butter mixture; stir just until dry ingredients are moistened. Fold in dried plums.
4. Spoon batter into prepared muffin cups. Bake for 20-25 minutes or until inserted toothpick comes out clean.

Nutrition Information for Each Serving:											
Calories	170	Kcal	Cholesterol	20	mg	Sugar	15	g	Calcium	19	mg
Calories from fat	40	Kcal	Sodium	180	mg	Protein	3	g	Iron	1	mg
Total Fat	4.5	g	Total Carbohydrate	30	g	Vitamin A	68	RE			
Saturated Fat	1	g	Dietary Fiber	2	g	Vitamin C	2	mg			

Dried Plum and Apple Salad

Makes 6 Servings

1 head of lettuce, washed and chopped
 1 cup pitted **dried plums**, cut into halves
 ½ red apple, coarsely chopped
 ½ cup thinly sliced red onion
 1/3 cup **walnut** pieces
 ½ cup of your favorite salad dressing

1. In large bowl, combine salad ingredients.
2. Serve dressing on the side or pour over salad; toss well.
3. Serve immediately.

Nutrition Information for Each Serving:											
Calories	150	Kcal	Cholesterol	0	mg	Sugar	19	g	Calcium	40	mg
Calories from fat	50	Kcal	Sodium	200	mg	Protein	3	g	Iron	1	mg
Total Fat	6	g	Total Carbohydrate	26	g	Vitamin A	450	RE			
Saturated Fat	0	g	Dietary Fiber	4	g	Vitamin C	12	mg			

Plum-Good Peanutter Bars

Makes 32 Servings

1 cup packed brown sugar
 ½ cup **peanut butter**
 2 tablespoons butter or margarine, softened
 ½ cup low-fat milk (**Or** 2 tablespoons +
 2 teaspoons **nonfat dry milk** + ½ cup
 water)
 1 egg (or 2 tablespoons **egg mix** +
 ¼ cup water)
 1 teaspoon vanilla extract
 1 cup **oats**
 1½ cups **all-purpose flour**
 1 teaspoon baking powder
 ½ teaspoon salt
 1 cup (6 ounces) **dried plums**, coarsely
 chopped

1. Preheat oven to 350°F and grease a 9x13-inch baking pan.
2. In mixer bowl, beat together sugar, peanut butter, and butter on medium speed until creamy. Add milk, egg, and vanilla; beat well.
3. Combine oats, flour, baking powder, and salt; add to peanut butter mixture; mixing until blended. Stir in dried prunes.
4. Press evenly into prepared pan; bake 24-27 minutes or until golden brown.

Nutrition Information for Each Serving:											
Calories	100	Kcal	Cholesterol	5	mg	Sugar	7	g	Calcium	20	mg
Calories from fat	30	Kcal	Sodium	80	mg	Protein	3	g	Iron	<1	mg
Total Fat	3.5	g	Total Carbohydrate	16	g	Vitamin A	23	RE			
Saturated Fat	0.5	g	Dietary Fiber	1	g	Vitamin C	0	mg			

RAISINS

Jiffy Oatmeal Crunch

Makes 2½ Dozen Squares

½ cup butter or margarine
 ¾ cup brown sugar, firmly packed
 1 teaspoon vanilla
 ½ teaspoon baking soda
 2 cups quick **oats**, uncooked
 1 cup **raisins**

1. Preheat oven to 350°F and grease a 9x13-inch baking pan.
2. In large skillet, melt butter and brown sugar.
3. Remove from heat and stir in the remaining ingredients.
4. Spread into pan and bake for 15-20 minutes. Cool; cut into squares.

Nutrition Information for Each Serving:											
Calories	100	Kcal	Cholesterol	0	mg	Sugar	7	g	Calcium	12	mg
Calories from fat	35	Kcal	Sodium	60	mg	Protein	2	g	Iron	<1	mg
Total Fat	4	g	Total Carbohydrate	14	g	Vitamin A	30	RE			
Saturated Fat	.5	g	Dietary Fiber	1	g	Vitamin C	0	mg			

Applesauce Bread Pudding

Makes 8 to 10 Servings

1 loaf white bread
 1 cup **raisins**
 2 teaspoons ground cinnamon
 2 cups low-fat milk (**Or** 2/3 cup **nonfat dry milk** + 2 cups water)
 1 cup **applesauce**
 8 egg whites
 ½ cup firmly packed brown sugar
 1½ teaspoons vanilla extract

1. Preheat oven to 350°F and grease an 8-inch square pan.
2. Cut the sliced bread into ½ -inch cubes. Toss with raisins and cinnamon in a large bowl.
3. Beat together the milk, applesauce, egg whites, sugar, and vanilla. Pour the mixture over the bread cubes and let stand 25 minutes.
4. Pour the bread mixture into the prepared pan and bake 35-40 minutes or until a knife inserted in the center comes out clean. Remove from oven and let cool 15-20 minutes.

Nutrition Information for Each Serving:											
Calories	240	Kcal	Cholesterol	<5	mg	Sugar	24	g	Calcium	124	mg
Calories from fat	20	Kcal	Sodium	290	mg	Protein	8	g	Iron	2	mg
Total Fat	2.5	g	Total Carbohydrate	46	g	Vitamin A	28	RE			
Saturated Fat	.5	g	Dietary Fiber	2	g	Vitamin C	2	mg			

Creamy Raisin Oatmeal

Makes 4 to 5 Servings

1½ cups water
 1½ cups low-fat milk (**Or** 1/3 cup + 2 tablespoons + 2 teaspoons **nonfat dry milk** and 1½ cups water)
 1 teaspoon salt
 1½ cups quick **oats**, uncooked
 2/3 cup **raisins**

1. Bring water, milk, and salt to a boil; stir in oats and raisins.
2. Reduce heat and cook slowly for 5 minutes, stirring occasionally.
3. Cover; remove from heat and let stand several minutes before serving.

Nutrition Information for Each Serving:											
Calories	240	Kcal	Cholesterol	<5	mg	Sugar	24	g	Calcium	200	mg
Calories from fat	20	Kcal	Sodium	380	mg	Protein	10	g	Iron	2	mg
Total Fat	2.5	g	Total Carbohydrate	47	g	Vitamin A	0	RE			
Saturated Fat	0	g	Dietary Fiber	4	g	Vitamin C	3	mg			

Carrot Raisin Mallow Salad

Makes 8 to 10 Servings

3 cups shredded carrots
 1½ cups miniature marshmallows
 2/3 cup **raisins**
 ½ cup light mayonnaise
 ½ cup celery slices
 ¼ cup coarsely chopped **walnuts**

1. Mix ingredients together lightly; chill.

Nutrition Information for Each Serving:											
Calories	130	Kcal	Cholesterol	<5	mg	Sugar	13	g	Calcium	18	mg
Calories from fat	50	Kcal	Sodium	115	mg	Protein	2	g	Iron	<1	mg
Total Fat	6	g	Total Carbohydrate	19	g	Vitamin A	930	RE			
Saturated Fat	.5	g	Dietary Fiber	2	g	Vitamin C	4	mg			

Cauliflower, Broccoli, and Raisin Salad

Makes 8 Servings

2¼ cups fresh cauliflower florets
 2¼ cups fresh broccoli florets
 ½ cup chopped onion
 ½ cup **raisins**
 2 tablespoons bacon bits
 ½ cup reduced-fat mayonnaise
 2 tablespoons white vinegar
 2 tablespoons sugar

1. In a medium bowl, combine cauliflower, broccoli, onion, raisins, and bacon bits.
2. In a small bowl, combine mayonnaise, vinegar, and sugar.
3. Pour mayonnaise mixture over vegetable mixture. Mix well to combine. Cover and refrigerate at least 2 hours.
4. Gently stir again just before serving.

Nutrition Information for Each Serving:											
Calories	110	Kcal	Cholesterol	<5	mg	Sugar	11	g	Calcium	27	mg
Calories from fat	45	Kcal	Sodium	160	mg	Protein	2	g	Iron	<1	mg
Total Fat	5	g	Total Carbohydrate	15	g	Vitamin A	48	RE			
Saturated Fat	1	g	Dietary Fiber	2	g	Vitamin C	37	mg			

CANNED SWEET POTATOES

Sweet Potatoes in Applesauce

Makes 4 Servings

1 (15.5-ounce) can **sweet potatoes**,
drained
¼ teaspoon salt
1 cup **applesauce**
¼ cup brown sugar; firmly packed
1 tablespoon butter or margarine
¼ teaspoon nutmeg

1. Preheat oven to 375°F.
2. Place sweet potatoes in a 1-quart casserole.
3. Sprinkle with salt. Spoon applesauce over potatoes. Sprinkle with brown sugar; dot with butter or margarine. Sprinkle with nutmeg.
4. Bake for 30-35 minutes.

Nutrition Information for Each Serving:											
Calories	230	Kcal	Cholesterol	0	mg	Sugar	36	g	Calcium	30	mg
Calories from fat	30	Kcal	Sodium	230	mg	Protein	2	g	Iron	1	mg
Total Fat	3.5	g	Total Carbohydrate	49	g	Vitamin A	815	RE			
Saturated Fat	.5	g	Dietary Fiber	4	g	Vitamin C	13	mg			

Sweet Potato Stuffing

Makes 8 Servings

½ cup **raisins**
2 cups canned **sweet potatoes**, diced
2 cups cornbread, crumbled
1 tablespoon butter or margarine, melted

1. Preheat oven to 350°F.
2. Soak raisins in hot water for 1 hour.
3. Mix all ingredients together. Put into greased casserole dish.
4. Cover, and bake until heated through. Uncover and bake an additional 5 minutes to brown top.

Nutrition Information for Each Serving:											
Calories	240	Kcal	Cholesterol	20	mg	Sugar	17	g	Calcium	110	mg
Calories from fat	60	Kcal	Sodium	250	mg	Protein	6	g	Iron	2	mg
Total Fat	7	g	Total Carbohydrate	38	g	Vitamin A	410	RE			
Saturated Fat	2.5	g	Dietary Fiber	3	g	Vitamin C	7	mg			

Ham and Sweet Potato Skillet

Makes 4 Servings

- | | |
|--|---|
| <p>¼ cup chopped onion
 4 tablespoons butter or margarine
 2 tablespoons all-purpose flour
 1 (15.5-ounce) can pineapple chunks,
 drained, reserve juice
 1/3 cup water
 1/3 cup brown sugar, firmly packed
 2 (15.5-ounce) cans sweet potatoes, drained
 and sliced
 1 cup (8 ounces) cooked ham, diced</p> | <ol style="list-style-type: none"> 1. Cook onion in butter or margarine for 2-3 minutes; stir in flour. 2. Add reserved pineapple juice and water. Cook, stirring constantly, until thickened. 3. Stir in pineapple and brown sugar; top with potatoes and ham pieces. 4. Cover and simmer for 20-25 minutes. |
|--|---|

Nutrition Information for Each Serving:											
Calories	520	Kcal	Cholesterol	21	mg	Sugar	58	g	Calcium	71	mg
Calories from fat	130	Kcal	Sodium	930	mg	Protein	14	g	Iron	3	mg
Total Fat	15	g	Total Carbohydrate	85	g	Vitamin A	1589	RE			
Saturated Fat	3	g	Dietary Fiber	7	g	Vitamin C	33	mg			

CANNED SPINACH

Spinach and Potato Soup

Makes 6 Servings

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|--|--|
| <p>2 strips bacon
 ½ cup onion
 2 cups chicken broth
 1 (15.5-ounce) can mixed vegetables
 ½ teaspoon salt
 ¾ teaspoon dried thyme
 ¾ teaspoon dried sage
 ½ teaspoon pepper
 3 (15.5-ounce) cans spinach, drained
 2 cups low-fat milk (Or 2/3 cup nonfat dry milk + 2 cups water)
 ¼ cup dried parsley</p> | <ol style="list-style-type: none"> 1. Cut strips of bacon into pieces. In a skillet over medium-high heat, cook until crisp. Remove and set aside. 2. In the same skillet, sauté chopped onion in the drippings until tender. Stir in chicken broth, mixed vegetables, salt, thyme, sage, and pepper. 3. Heat to boiling; reduce the heat, cover, and simmer for 30 minutes. 4. Stir in chopped spinach and cook for 4 minutes. Stir in milk, parsley, and the reserved bacon; heat through. |
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Nutrition Information for Each Serving:											
Calories	130	Kcal	Cholesterol	10	mg	Sugar	4	g	Calcium	280	mg
Calories from fat	36	Kcal	Sodium	730	mg	Protein	9	g	Iron	4	mg
Total Fat	4	g	Total Carbohydrate	17	g	Vitamin A	1913	RE			
Saturated Fat	1.0	g	Dietary Fiber	5	g	Vitamin C	22	mg			

Spinach Lasagna

Makes 8 Servings

2½ cups *spaghetti sauce*

¼ cup parmesan cheese, grated

3 cups (12 ounces) shredded mozzarella cheese, divided

1¾ cups (15 ounces) ricotta or cottage cheese

9 lasagna noodles, cooked

2 (15.5-ounce) cans *spinach*

1. Preheat oven to 375°F.
2. Heat spaghetti sauce in saucepan.
3. Combine 2 cups mozzarella cheese, ricotta (or cottage) cheese, and parmesan cheese.
4. Pour ¾ cups sauce in 13x9-inch pan; arrange 3 pieces pasta over sauce.
5. Pour ½ cup sauce over pasta; spread spinach layer over sauce; spread with half cheese mixture. Cover with ½ cup sauce. Repeat layers. Top with pasta and remaining sauce; sprinkle with additional parmesan cheese.
6. Cover with foil and bake 1 hour. Sprinkle with remaining 1 cup mozzarella cheese and let stand 10 minutes before serving.

Nutrition Information for Each Serving:											
Calories	340	Kcal	Cholesterol	40	mg	Sugar	5	g	Calcium	605	mg
Calories from fat	120	Kcal	Sodium	760	mg	Protein	24	g	Iron	5	mg
Total Fat	13	g	Total Carbohydrate	33	g	Vitamin A	1126	RE			
Saturated Fat	8	g	Dietary Fiber	3	g	Vitamin C	18	mg			

Herb Spinach Bake

Makes 16 Servings

1 (15.5-ounce) can *spinach*

2 cups *rice*, cooked

¾ cup cheddar cheese, shredded

2/3 cup low-fat milk (**Or** 4 tablespoons *nonfat dry milk* + 2/3 cup water)

¼ cup butter or margarine, softened

¼ cup onion, chopped

2 teaspoons salt

1 teaspoon Worcestershire sauce

1 teaspoon thyme, ground

1. Preheat oven to 350°F and grease a 13x9-inch baking pan.
2. Drain canned spinach, removing any excess liquid.
3. Combine spinach with remaining ingredients in a large bowl.
4. Pour into pan. Cover and bake for 20 minutes.
5. Uncover and bake an additional 5 minutes or until set.

Nutrition Information for Each Serving:											
Calories	85	Kcal	Cholesterol	6	mg	Sugar	<1	g	Calcium	91	mg
Calories from fat	45	Kcal	Sodium	370	mg	Protein	3	g	Iron	1	mg
Total Fat	5	g	Total Carbohydrate	7	g	Vitamin A	290	RE			
Saturated Fat	2	g	Dietary Fiber	<1	g	Vitamin C	4	mg			

Tomato Florentine Soup

Makes 4 Servings

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|--|---|
| <p>1 (10.5-ounce) can condensed tomato soup</p> <p>1 (15.5-ounce) can diced tomatoes, undrained</p> <p>1 (15.5-ounce) can kidney beans, drained and rinsed</p> <p>3 cups canned vegetable broth</p> <p>½ cup small macaroni or other small pasta</p> <p>¼ (15.5-ounce) can spinach</p> <p>1½ teaspoons dried oregano</p> <p>1½ teaspoons dried basil</p> <p>Pepper to taste</p> | <ol style="list-style-type: none"> 1. Combine the tomato soup, diced tomatoes, beans, broth, and macaroni in a soup pot. 2. Bring to a boil, then simmer 10-15 minutes. If the soup gets too thick, add water or additional vegetable broth to reach desired consistency. 3. Add spinach and seasonings to the soup. Simmer for an additional 5 minutes. |
|--|---|

Nutrition Information for Each Serving:											
Calories	240	Kcal	Cholesterol	0	mg	Sugar	8	g	Calcium	118	mg
Calories from fat	25	Kcal	Sodium	1340	mg	Protein	12	g	Iron	4	mg
Total Fat	3	g	Total Carbohydrate	45	g	Vitamin A	384	RE			
Saturated Fat	0	g	Dietary Fiber	7	g	Vitamin C	60	mg			

Spinach, Tomatoes, and Corn

Makes 4 to 6 Servings

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|--|---|
| <p>1 (15.5-ounce) can spinach, drained</p> <p>1 (15.5-ounce) can tomatoes, diced</p> <p>1 (15.5-ounce) can corn, drained</p> <p>3 cups water</p> <p>1 tablespoon butter or margarine</p> <p>Seasonings to taste</p> | <ol style="list-style-type: none"> 1. Place all ingredients in a saucepan. Cover. 2. Heat thoroughly, about 10 minutes. |
|--|---|

Nutrition Information for Each Serving:											
Calories	130	Kcal	Cholesterol	0	mg	Sugar	2	g	Calcium	146	mg
Calories from fat	30	Kcal	Sodium	470	mg	Protein	6	g	Iron	3	mg
Total Fat	3.5	g	Total Carbohydrate	23	g	Vitamin A	847	RE			
Saturated Fat	0.5	g	Dietary Fiber	5	g	Vitamin C	32	mg			

WALNUTS

Pineapple Walnut Salad

Makes 6 Servings

1 (20-ounce) can ***pineapple*** chunks,
drained
2 cups celery, sliced
½ cup ***walnuts***, coarsely chopped
2 tablespoons mayonnaise (enough to
moisten)
1 tablespoon lemon juice
Salt, to taste
Lettuce leaves

1. Mix together drained pineapple chunks, celery, and walnuts. Chill.
2. Before serving, add enough mayonnaise to moisten the pineapple salad ingredients, the lemon juice, and a little salt, to taste.
3. Gently stir to blend; serve on lettuce leaves or greens.

Nutrition Information for Each Serving:											
Calories	160	Kcal	Cholesterol	<5	mg	Sugar	14	g	Calcium	37	mg
Calories from fat	90	Kcal	Sodium	180	mg	Protein	3	g	Iron	<1	mg
Total Fat	10	g	Total Carbohydrate	18	g	Vitamin A	16	RE			
Saturated Fat	1	g	Dietary Fiber	2	g	Vitamin C	13	mg			

Zucchini Walnut Bread

Makes 2 loaves (24 Servings)

3½ cups ***all-purpose flour***
1½ teaspoons baking soda
1½ teaspoons salt
1 teaspoon ground cinnamon
¾ teaspoon baking powder
4 eggs
2 cups sugar
1 cup ***vegetable oil***
2 cups grated zucchini
1 cup ***raisins***
1 cup chopped ***walnuts***
1 teaspoon vanilla extract

1. Preheat oven to 350°F. Grease and lightly flour two 9 x 5-inch loaf pans.
2. Whisk together flour, baking soda, salt, cinnamon, and baking powder.
3. In a large bowl, beat the eggs. Gradually beat in sugar, then oil. Add flour mixture, alternately with zucchini, into the egg mixture. Stir in the raisins, walnuts, and vanilla.
4. Pour batter into the two prepared loaf pans.
5. Bake on lowest rack of the oven for 55 minutes.
6. Let cool for 10 minutes in the pan, then turn out onto racks to cool completely.
7. Freezes well.

Nutrition Information for Each Serving:											
Calories	270	Kcal	Cholesterol	35	mg	Sugar	20	g	Calcium	18	mg
Calories from fat	120	Kcal	Sodium	250	mg	Protein	4	g	Iron	1	mg
Total Fat	13	g	Total Carbohydrate	36	g	Vitamin A	20	RE			
Saturated Fat	1.5	g	Dietary Fiber	1	g	Vitamin C	1	mg			

CANNED PORK

Pork and Bean Casserole

Makes 6 Servings

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|--|--|
| 1 pound (2 cups, drained) cooked pork ,
diced | 1. Preheat oven to 375°F. |
| 1 (15.5-ounce) can black or pinto beans ,
drained and rinsed | 2. Place all ingredients, except cheese,
in 2-quart casserole dish. |
| 1 (10.5-ounce) can condensed cream of
chicken soup | 3. Bake, uncovered, for 25 minutes or
until rice is tender. |
| 2 (4-ounce) cans diced green chili peppers,
drained | 4. Sprinkle with cheese. Bake 3 to 4
minutes more or until cheese is
melted. |
| 1 cup rice | |
| ¼ cup water | |
| 1 to 2 tablespoons salsa | |
| 1 teaspoon ground cumin (optional) | |
| ¼ cup shredded cheddar cheese | |

Nutrition Information for Each Serving:											
Calories	410	Kcal	Cholesterol	48	mg	Sugar	2	g	Calcium	118	mg
Calories from fat	140	Kcal	Sodium	999	mg	Protein	20	g	Iron	3	mg
Total Fat	16	g	Total Carbohydrate	42	g	Vitamin A	48	RE			
Saturated Fat	6	g	Dietary Fiber	5	g	Vitamin C	16	mg			

Zesty Pork Stew

Makes 8 Servings

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|---|---|
| 1½ pounds (3 cups, drained) cooked pork ,
diced | 1. In large pot, combine all ingredients. |
| 1 (15.5-ounce) can tomatoes , undrained
and chopped | 2. Heat until all ingredients are heated
thoroughly. |
| 1½ cups water | |
| 3 cups canned potatoes , peeled and cubed | |
| 2 cups thinly sliced onion | |
| 2 (15.5-ounce) cans carrots , diced | |
| 1 teaspoon dried oregano | |

Nutrition Information for Each Serving:											
Calories	270	Kcal	Cholesterol	45	mg	Sugar	6	g	Calcium	95	mg
Calories from fat	110	Kcal	Sodium	720	mg	Protein	16	g	Iron	2	mg
Total Fat	12	g	Total Carbohydrate	21	g	Vitamin A	1125	RE			
Saturated Fat	4.5	g	Dietary Fiber	5	g	Vitamin C	18	mg			

Mexican Pork

Makes 4 Servings

- ¾ pound (1½ cups, drained) cooked **pork**, diced
- 1 (20-ounce) jar salsa
- 1 (4-ounce) can chopped green chilies, drained
- 1 (15.5-ounce) can black beans, rinsed and drained
- 1 cup low-fat Monterey Jack cheese, shredded

1. In a large pot, mix together the pork, salsa, black beans, and green chilies. Cover and cook over medium-heat until heated through.
2. Sprinkle with low-fat Monterey Jack cheese and serve.

Nutrition Information for Each Serving:											
Calories	410	Kcal	Cholesterol	60	mg	Sugar	0	g	Calcium	316	mg
Calories from fat	170	Kcal	Sodium	1450	mg	Protein	29	g	Iron	5	mg
Total Fat	19	g	Total Carbohydrate	25	g	Vitamin A	208	RE			
Saturated Fat	8.5	g	Dietary Fiber	9	g	Vitamin C	31	mg			

Pork Roast with Sweet Potatoes

Makes 6 Servings

- 2¼ pounds (4½ cups, drained) cooked **pork**, diced
- 1 (15.5-ounce) can **sweet potatoes**
- 1 green bell pepper
- ½ cup apple cider
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon
- Salt and pepper to taste

1. Preheat oven to 350°F.
2. Put pork, chopped sweet potatoes, and chopped green peppers in large baking dish.
3. Mix the remaining ingredients and pour over all; cook for 30-40 minutes.

Nutrition Information for Each Serving:											
Calories	470	Kcal	Cholesterol	90	mg	Sugar	16	g	Calcium	84	mg
Calories from fat	216	Kcal	Sodium	530	mg	Protein	28	g	Iron	2	mg
Total Fat	24	g	Total Carbohydrate	25	g	Vitamin A	597	RE			
Saturated Fat	9	g	Dietary Fiber	3	g	Vitamin C	30	mg			

HAM

Crunchy Rice, Bean, and Ham Salad

Makes 8 Servings

Dressing:

1/3 cup cider vinegar
3 tablespoons sugar
¼ cup **vegetable oil**
2 tablespoons mustard
2 teaspoons salt
1 teaspoon pepper
¼ cup hot sauce

Salad:

3 cups **rice**, cooked
1½ cups celery, sliced
½ cup each: chopped green onion and green pepper
1 (15.5-ounce) can **kidney** beans
8 ounces (1 cup) cooked **ham**, cut in thin strips
2 tomatoes, cut in wedges
2 hard-cooked eggs, sliced

1. **Dressing:** Combine all dressing ingredients in small pan and bring to a boil.
2. **Salad:** In a large bowl, combine rice, beans, celery, onion, pepper, and ham. Pour hot dressing over rice mixture and toss together.
3. Cover and chill, stirring occasionally, at least 8 hours and up to 24 hours.
4. Garnish with tomatoes and eggs.

Nutrition Information for Each Serving:											
Calories	276	Kcal	Cholesterol	75	mg	Sugar	7	g	Calcium	50	mg
Calories from fat	100	Kcal	Sodium	1380	mg	Protein	12	g	Iron	2.5	mg
Total Fat	11	g	Total Carbohydrate	34	g	Vitamin A	55	RE			
Saturated Fat	1.5	g	Dietary Fiber	3	g	Vitamin C	29	mg			

Ham 'N Rice

Makes 4 Servings

2 cups **rice**, cooked
1 pound (2 cups) **ham**, diced
1 cup low-fat cheddar cheese, grated
1 (15.5-ounce) can **peas**, drained

1. Preheat oven to 350°F.
2. Cut ham into cubes and mix with the cooked rice, grated cheddar cheese, and peas. Mix well, pour into baking dish.
3. Bake for 15 minutes.

Nutrition Information for Each Serving:											
Calories	360	Kcal	Cholesterol	90	mg	Sugar	4	g	Calcium	75	mg
Calories from fat	90	Kcal	Sodium	1630	mg	Protein	30	g	Iron	3	mg
Total Fat	10	g	Total Carbohydrate	36	g	Vitamin A	89	RE			
Saturated Fat	2	g	Dietary Fiber	5	g	Vitamin C	37	mg			

Autumn Noodle Bake

Makes 4 Servings

4 ounces **egg noodles**, uncooked
 1 cup (8 ounces) cooked **ham**, diced
 1 (10.75-ounce) can condensed cream of mushroom soup
 ½ cup water or milk
 ½ (15.5-ounce) can sliced **carrots**, drained
 ½ (15.5-ounce) can cut **green beans**, drained
 1 cup low-fat cheddar cheese, shredded

1. Preheat oven to 350°F.
2. Cook noodles according to package directions; drain.
3. Combine noodles with ham, soup, ½ cup water or milk, vegetables, and ½ cup cheese.
4. Spoon into 2-quart baking dish; top with remaining cheese.
5. Bake, uncovered, for 20 minutes or until heated through and cheese is melted.

Nutrition Information for Each Serving:											
Calories	200	Kcal	Cholesterol	36	mg	Sugar	4	g	Calcium	86	mg
Calories from fat	81	Kcal	Sodium	1270	mg	Protein	11	g	Iron	2	mg
Total Fat	9	g	Total Carbohydrate	18	g	Vitamin A	560	RE			
Saturated Fat	2.5	g	Dietary Fiber	2.5	g	Vitamin C	12	mg			

Potato and Cheddar Soup

Makes 12 Servings

2 cups water
 2 cups **potatoes**, peeled and cubed
 3 tablespoons butter or margarine
 1 small onion, chopped
 3 tablespoons **all-purpose flour**
 Black pepper to taste
 3 cups low-fat milk (**Or** 1 cup **nonfat dry milk** + 3 cups water)
 ½ teaspoon sugar
 1 cup cheddar cheese, shredded
 1 cup (8 ounces) cooked **ham**, cubed

1. Bring water to a boil in large saucepan. Add potatoes and cook until tender. Drain, reserving liquid. Measure 1 cup, adding water if necessary.
2. Melt butter in saucepan over medium heat. Add onion; cook and stir until tender but not brown. Add flour; season with black pepper. Cook 3 to 4 minutes.
3. Gradually add potatoes, reserved liquid, milk, and sugar to onion mixture; stir well. Add cheese and ham.
4. Simmer over low heat 30 minutes, stirring frequently.

Nutrition Information for Each Serving:											
Calories	140	Kcal	Cholesterol	23	mg	Sugar	3	g	Calcium	150	mg
Calories from fat	70	Kcal	Sodium	330	mg	Protein	7	g	Iron	<1	mg
Total Fat	8	g	Total Carbohydrate	10	g	Vitamin A	89	RE			
Saturated Fat	3.5	g	Dietary Fiber	<1	g	Vitamin C	5	mg			