



Easy and Nutritious Family Recipes



University of California Cooperative Extension
Fresno County



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Steps to Getting Started....

Before You Start:

- 1) Make sure you have all the ingredients for the recipe.
- 2) Pre-cook foods if needed, such as the chicken, rice, beans, and noodles.

Making the Recipe:

- 1) Take out cooking equipment, such as pots, pans, measuring spoons, etc. and food ingredients.
- 2) Clean your cooking area and equipment with soapy water.
- 3) Wash your hands with soap and warm water before handling food.
- 4) Rinse vegetables, fruit, and other foods with water.
- 5) Keep meat and poultry away from fruits and vegetables to prevent contamination.
- 6) Chop and measure food ingredients before cooking. Now you're ready to cook!

After Cooking:

- 1) Serve hot and cold food right away and enjoy!
 - Make sure everyone has washed their hands with soap and warm water.
- 2) Don't leave food out for more than 2 hours.
- 3) Refrigerate or freeze leftovers right away.
 - Make sure leftovers are in small containers so they will cool fast.
 - Bacteria grows fast when food is left out too long.
- 4) Eat leftovers within 3-4 days in the refrigerator or 2-3 months in freezer.

Definitions of Cooking Terms

Chop: Cut into small pieces with a knife.

Cube: Cut into small cubes, from about 1/2 inch to 1 inch.

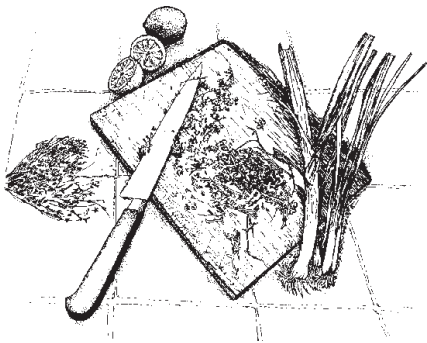
Dice: Cut into smaller cubes, less than 1/2 inch.

Grate: Tear off coarse-to-fine particles of food with a grater.



Sauté: Fry food until golden and tender, in a small amount of fat.

Simmer: Cook gently in a liquid just below boiling.



Food Weights and Measures

Use standard measuring cups and spoons. Make all measurements level.

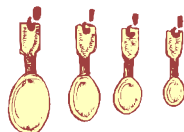
1 tablespoon equals 3 teaspoons

4 tablespoons equal 1/4 cup

8 tablespoons equal 1/2 cup

16 tablespoons equal 1 cup

1 cup equals 8 ounces liquid



Recipes

Fruit Chiller

- 1 cup nonfat dry milk
- 3 cups ice water
- 1 - 6-ounce can frozen orange juice concentrate

Combine ingredients in a covered 2-quart jar or a blender. Shake or mix until well blended.

For variety, try a 6-ounce can frozen grape juice concentrate or a 10-ounce package frozen strawberries, in place of the orange juice concentrate.

Makes 4 servings, about 1 cup per serving (9 ounces each).



Nutrition Facts for Fruit Chiller

Serving size: 9 ounces

Servings per recipe: 4

Amount per serving

Calories: 128 Calories from fat: 0

% Daily Value

Total Fat: 0 g	0%
Saturated fat: 0 g	0%
Cholesterol: 3 mg	1%
Sodium: 100 mg	4%
Total Carbohydrate: 25 g	8%
Dietary Fiber: 0 g	0%
Sugars: 9 g	
Protein: 7 g	
Vitamin A 13%	Vitamin C 99%
Calcium 22%	Iron 1%

Fruit Yogurt Pops

- 1 - 8-ounce piña colada low-fat yogurt
- 2 -10-ounce packages frozen sliced strawberries, thawed

Combine ingredients. Pour into 3-ounce paper cups. Freeze about 30 minutes; then stick a wooden Popsicle/craft stick in the center of each cup.

Freeze overnight until firm. To eat pops, peel off paper cups.

For variety, try other fruit-flavored yogurts and frozen fruit or fruit juice concentrates.

Makes 14 pops.



Nutrition Facts for Fruit Yogurt Pops	
Serving size: 1 pop	
Servings per recipe: 14	
Amount per serving	
Calories: 60	Calories from fat: 0
% Daily Value	
Total Fat: 0 g	0%
Saturated fat: 0 g	0%
Cholesterol: 1 mg	0%
Sodium: 11 mg	0%
Total Carbohydrate: 14 g	4%
Dietary Fiber: 3 g	12%
Sugars: 10 g	
Protein: 1 g	
Vitamin A 0%	Vitamin C 28%
Calcium 2%	Iron 1%

Easy Fruit Salad

- 1 - 16-ounce can fruit cocktail, drained
- 2 bananas, sliced
- 2 oranges, cut into bite-size pieces
- 2 apples, cut into bite-size pieces
- 1 8-ounce piña colada low-fat yogurt

Mix fruit in large bowl. Add yogurt and mix well. Chill in refrigerator before serving.

Makes 14 servings, 1/2 cup each.



Nutrition Facts for Easy Fruit Salad	
Serving size: 1/2 cup	
Servings per recipe: 14	
Amount per serving	
Calories: 72	Calories from fat: 0
% Daily Value	
Total Fat: 0 g	0%
Saturated fat: 0 g	0%
Cholesterol: 1 mg	0%
Sodium: 12 mg	0%
Total Carbohydrate: 17 g	5%
Dietary Fiber: 1 g	4%
Sugars: 9 g	
Protein: 1 g	
Vitamin A 1%	Vitamin C 22%
Calcium 3%	Iron 1%

Pasta Salad

- 1 - 12-ounce package pasta
(3 cups uncooked curly or short pasta)
- 1/2 cup chopped celery
- 1 medium bell pepper, chopped
- 1/2 cup diced carrots
- 1/2 cup chopped broccoli
- 1/3 cup mayonnaise
- 1-1/2 teaspoons garlic salt
- 1/4 teaspoon pepper

Cook pasta according to package directions. Add all ingredients, and mix thoroughly. Cool in refrigerator before serving.

For variety, add 1/2 cup chicken, cooked and cubed, or a 9-1/4 ounce can tuna. Also, low-fat or fat-free mayonnaise or Miracle Whip may be substituted for the mayonnaise.

Makes 12 servings,
1/2 cup each.



Nutrition Facts for Pasta Salad	
Serving size: 1/2 cup	
Servings per recipe: 12	
Amount per serving	
Calories: 146	Calories from fat: 54
% Daily Value	
Total Fat: 6 g	8%
Saturated fat: 1 g	3%
Cholesterol: 24 mg	8%
Sodium: 302 mg	12%
Total Carbohydrate: 20 g	6%
Dietary Fiber: 1 g	2%
Sugars: 1 g	
Protein: 4 g	
Vitamin A 21%	Vitamin C 16%
Calcium 1%	Iron 7%

One-Pan Macaroni and Cheese

- 2 cups (8 ounces) uncooked elbow macaroni
- 1/3 cup nonfat dry milk
- 1 cup cubed processed cheese, such as Velveeta cheese
- 1 tablespoon margarine
- Salt and pepper to taste

Cook macaroni according to package directions. Drain off cooking water, saving 1/3 cup of the water. Mix this warm water and nonfat dry milk together in a small bowl. Add to macaroni. Add cheese and margarine. Stir and cook slowly until cheese is melted.

Taste; add salt and pepper if needed. Let stand 5 to 7 minutes after cooking to thicken cheese sauce.

Makes 4 servings, 1 cup each.



Nutrition Facts for Macaroni & Cheese	
Serving size: 1 cup	
Servings per recipe: 4	
Amount per serving	
Calories: 405	Calories from fat: 153
% Daily Value	
Total Fat: 17 g	26%
Saturated fat: 9 g	45%
Cholesterol: 42 mg	13%
Sodium: 676 mg	28%
Total Carbohydrate: 45 g	15%
Dietary Fiber: 0 g	0%
Sugars: 3 g	
Protein: 18 g	
Vitamin A 20%	Vitamin C 0%
Calcium 34%	Iron 12%

Zesty Spaghetti Sauce

1 pound ground beef, turkey, or chicken
 1 small onion, chopped
 2 - 8-ounce or 1 - 15-ounce can tomato sauce
 1 cup water
 1/4 teaspoon garlic salt
 1/2 teaspoon oregano
 1/4 teaspoon pepper
 Salt to taste

Put ground meat and onion in pan. Cook until meat is browned. Drain off fat.

Add tomato sauce, water, garlic salt, oregano, and pepper.

Heat to boiling. Reduce heat and simmer for 15 minutes. Taste; add salt if needed.

Makes 4 cups sauce.

Use Zesty Spaghetti Sauce to make Skillet Lasagne and Mini-Pizzas. The recipes for Lasagne and Pizza are printed on the next two pages.



Skillet Lasagne

1 recipe Zesty Spaghetti Sauce
 7 uncooked lasagne noodles (5 ounces)
 1 cup (4 ounces) grated jack cheese
 1 cup (4 ounces) grated cheddar cheese

Cook noodles according to package directions. Drain. Combine the jack and cheddar cheese. Layer ingredients in skillet as follows: 1 cup sauce, 3-1/2 noodles, 1 cup cheese: 1 cup sauce, 3-1/2 noodles, remaining sauce and cheese. Cover and simmer 20 minutes or until hot.

Makes 8 servings; each serving is 3-inch by 6-inch when using a 12-inch square skillet.

Note: For a lower-fat lasagne, use 1 cup (4 ounces) grated mozzarella cheese and 1/2 cup (4 ounces) ricotta or cottage cheese instead of the jack cheese and cheddar cheese.



Nutrition Facts for Skillet Lasagne

Serving size: 3-inch by 6-inch

Servings per recipe: 8

Amount per serving

Calories: 300

Calories from fat: 162

% Daily Value

Total Fat: 18 g

27%

Saturated fat: 9 g

44%

Cholesterol: 77 mg

25%

Sodium: 607 mg

25%

Total Carbohydrate: 16 g

5%

Dietary Fiber: 1 g

3%

Sugars: 0 g

Protein: 19 g

Vitamin A 14%

Vitamin C 12%

Calcium 22%

Iron 13%

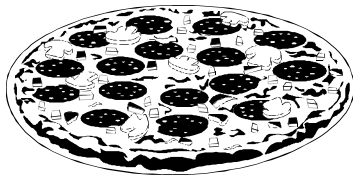
Mini-Pizzas

6 English muffins
 1/2 recipe Zesty Spaghetti Sauce
 2 cups (8 ounces) grated cheese
 Favorite toppings such as meats: cooked chicken, tuna, leftover meat, and vegetables: chopped broccoli, tomatoes, corn, etc.

Slice English muffins in half. Toast until slightly brown. Cover each muffin with 2 tablespoons sauce and 3 tablespoons cheese. Add your favorite toppings.

Bake at 425 degrees about 8-10 minutes or until cheese melts.

Makes 6 servings (2 pizzas per serving).



Nutrition Facts for Mini-Pizzas	
Serving size: 2 pizzas	
Servings per recipe: 6	
Amount per serving	
Calories: 387	Calories from fat: 171
% Daily Value	
Total Fat: 19 g	29%
Saturated fat: 10 g	50%
Cholesterol: 62 mg	20%
Sodium: 941 mg	39%
Total Carbohydrate: 33 g	11%
Dietary Fiber: 2 g	8%
Sugars: 2 g	
Protein: 21 g	
Vitamin A 15%	Vitamin C 8%
Calcium 38%	Iron 16%

Mexican Fiesta Rice

1 pound ground beef, turkey, or chicken
 1/2 onion, chopped
 1 bell pepper, chopped
 1 - 16-ounce can corn, drained
 1 - 16-ounce can diced tomatoes
 2 tablespoons chili powder
 1 cup uncooked rice
 2 beef bouillon cubes
 2 cups water
 Salt and pepper to taste

Cook ground beef, onion, and bell pepper in pan until meat is browned. Drain off fat. Add drained corn, tomatoes, chili powder, uncooked rice, bouillon cubes, and water. Cover and simmer 30 minutes. Taste; then add salt and pepper if desired.

Makes 5 servings, 1 cup each.



Nutrition Facts for Mexican Fiesta Rice	
Serving size: 1 cup	
Servings per recipe: 5	
Amount per serving	
Calories: 387	Calories from fat: 135
% Daily Value	
Total Fat: 15 g	22%
Saturated fat: 5 g	26%
Cholesterol: 55 mg	18%
Sodium: 837 mg	34%
Total Carbohydrate: 42 g	14%
Dietary Fiber: 3 g	12%
Sugars: 5 g	
Protein: 21 g	
Vitamin A 18%	Vitamin C 52%
Calcium 5%	Iron 23%

Steamed Rice

- 1/2 teaspoon salt
- 2 cups water
- 1 cup uncooked rice

Add salt to water and heat until boiling. Stir in rice. Lower heat. Cover and cook 20 minutes. Remove from heat. Do not remove cover. Let stand 10 minutes before serving.

Makes 6 servings, 1/2 cup each.



Use Steamed Rice to make Fried Rice and Meat and to serve with Stir Fry Meat and Vegetables. The recipes for Fried Rice and Stir Fry follow.

Nutrition Facts for Steamed Rice	
Serving size: 1/2 cup	
Servings per recipe: 6	
Amount per serving	
Calories: 71	Calories from fat: 0
% Daily Value	
Total Fat: 0 g	0%
Saturated fat: 0 g	0%
Cholesterol: 0 mg	0%
Sodium: 181 mg	7%
Total Carbohydrate: 15 g	5%
Dietary Fiber: 0 g	0%
Sugars: 0 g	
Protein: 1 g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 3%

Fried Rice and Meat

- 2 tablespoons vegetable oil
- 1/2 medium onion or 2 green onions, chopped
- 1 cup finely cut up cooked ham, pork, chicken, or beef
- 1 recipe Steamed Rice, cooled
- 2 tablespoons soy sauce
- 1 egg (optional)

Heat oil in large fry pan. Add chopped onion and meat. Cook and stir over medium heat until onion is tender. Add rice and soy sauce. Lower heat and cook 10 minutes. Beat egg well and stir into rice mixture. Cook and stir 5 minutes. For variety add 1 small grated or diced carrot.

Makes 5 servings, 1 cup each.



Nutrition Facts for Fried Rice & Meat	
Serving size: 1 cup	
Servings per recipe: 5	
Amount per serving	
Calories: 184	Calories from fat: 72
% Daily Value	
Total Fat: 8 g	12%
Saturated fat: 2 g	7%
Cholesterol: 25 mg	8%
Sodium: 650 mg	27%
Total Carbohydrate: 20 g	6%
Dietary Fiber: 0 g	0%
Sugars: 0 g	
Protein: 9 g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 7%

Stir Fry Meat and Vegetables

6 cups of chopped, fresh vegetables (bean sprouts, celery, zucchini, bell pepper, onions, broccoli, carrots, bok choy, etc.)

1 tablespoon vegetable oil

1-1/2 cups cooked, diced beef or chicken or diced firm tofu

1 cup beef bouillon or chicken broth

3 tablespoons soy sauce

1-1/2 tablespoons cornstarch

1/8 teaspoon pepper

Heat oil in heavy skillet and add vegetables. Cover. Cook 5 minutes over high heat, stirring often. Add meat. Stir and fry uncovered over high heat 2-3 minutes. Lower heat.

In small bowl mix bouillon or broth, soy sauce, cornstarch, and pepper. Pour over vegetable-meat mixture. Cook 2 minutes or until liquid thickens. Serve over steamed rice.

Makes 8 servings, 1 cup each.



Nutrition Facts for Stir Fry Meat & Vegetables	
Serving size: 1 cup	
Servings per recipe: 8	
Amount per serving	
Calories: 97	Calories from fat: 36
% Daily Value	
Total Fat: 4 g	6%
Saturated fat: 1 g	4%
Cholesterol: 23 mg	7%
Sodium: 518 mg	21%
Total Carbohydrate: 6 g	1%
Dietary Fiber: 1 g	5%
Sugars: 2 g	
Protein: 9 g	
Vitamin A 28%	Vitamin C 43%
Calcium 2%	Iron 5%

Chicken Medley

1-1/2 cups cooked, cubed chicken or turkey

1 tablespoon margarine

1/2 medium onion, chopped

1 medium green pepper, chopped

2 cups (5 ounces) uncooked noodles (egg noodles)

1/2 teaspoon salt

Pepper to taste

1 - 16-ounce can diced tomatoes

1/2 cup (2 ounces) grated cheddar cheese

2-1/4 cups chicken broth

Cook chicken, saving broth. Melt margarine in large skillet. Add chicken and sauté until lightly browned. Stir in onions and green pepper. Arrange dry noodles over mixture. Sprinkle salt and pepper over noodles. Pour tomatoes and broth over all. Do not stir. Cover and bring to a boil. Reduce heat and simmer for 30 minutes. Sprinkle grated cheese on top. Cover briefly to melt the cheese.

Makes 6 servings, 1 cup each.

Nutrition Facts for Chicken Medley	
Serving size: 1 cup	
Servings per recipe: 6	
Amount per serving	
Calories: 260	Calories from fat: 81
% Daily Value	
Total Fat: 9 g	13%
Saturated fat: 3 g	16%
Cholesterol: 70 mg	23%
Sodium: 416 mg	17%
Total Carbohydrate: 28 g	9%
Dietary Fiber: 1 g	2%
Sugars: 2 g	
Protein: 17 g	
Vitamin A 9%	Vitamin C 30%
Calcium 10%	Iron 13%

Cooked Dry Beans or Peas

2 cups dry beans or peas

Water: 5 cups for small red, Great Northern, lima, or black-eyed

6 cups for kidney, pinto, peas (navy), or small white

1 tablespoon vegetable oil

Sort beans in a bowl to remove any dirt and stones. Wash and drain beans. Put beans and water in large pot and bring to a boil. Boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Then add oil, and simmer until tender.* Add more water, if needed.

*Cooking time:

Kidney, pinto, and pea (navy): 2 hours

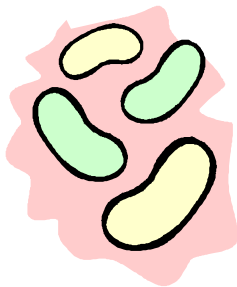
Small red and small white: 1-1/2 hours

Great Northern: 1-1/4 hours

Lima: 1 hour

Black-eyed: 1/2 hour

Makes 5 cups cooked beans or peas.



Use Cooked Dry Beans or Peas to make Chili Con Carne.



Chili Con Carne

5 cups cooked pinto
beans

1 medium onion, chopped

1 green pepper, chopped

1 pound ground beef

1 - 8-ounce can tomato sauce

1 - 16-ounce can diced
tomatoes

2 tablespoons chili
powder

1-1/2 teaspoons salt

Put ground beef, onion, and green pepper in pan. Cook until meat is browned and onion and green pepper are tender. Drain off fat. Stir in remaining ingredients. Bring to a boil; then reduce heat and simmer 30-45 minutes until thickened.

Makes 10 servings, 1 cup each.



Nutrition Facts for Chili Con Carne

Serving size: 1 cup

Servings per recipe: 10

Amount per serving

Calories: 193

Calories from fat: 72

% Daily Value

Total Fat: 8 g 12%

Saturated fat: 3 g 13%

Cholesterol: 27 mg 9%

Sodium: 577 mg 24%

Total Carbohydrate: 18 g 6%

Dietary Fiber: 11 g 44%

Sugars: 1 g

Protein: 12 g

Vitamin A 10%

Vitamin C 26%

Calcium 5%

Iron 15%

Notes

This booklet contains recipes used in Fresno County Expanded Food and Nutrition Education Program (EFNEP) and Food Stamp Nutrition Education Program (FSNEP) and describes how to read the Nutrition Facts food label . The author is Joan Helzer, MA, RD, revised by Sallie Yoshida, MPH, RD. Special acknowledgment is given to the Fresno County EFNEP/FSNEP staff and to Jeanette Sutherlin, MS, CFCS, Nutrition, Family, and Consumer Sciences Advisor, for recipe testing and development.

For more information, please call: The University of California Cooperative Extension Expanded Food and Nutrition Education Program (559) 456-7546.

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