



Eat Right for Less
Nutrition on a Budget

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PUMPKIN PANCAKES WITH YOGURT-RAISIN TOPPING



Transfer leftover pumpkin from the can to a zip-top plastic freezer bag and keep it in the freezer until you make your next batch of pancakes.

Makes: 15 pancakes Cost per Recipe: \$2.80 Cost per Pancake: \$0.19

- 2 cups low-fat vanilla yogurt, divided
- ½ cup raisins
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- ½ teaspoon ground cinnamon
- 1 cup 1% low-fat milk
- 2 tablespoons butter or margarine, melted
- 1 large egg
- ½ cup canned pumpkin

Nutrition Facts per Pancake with Sauce:

199 Calories; 2.5 g Total Fat (23% calories from fat); 1.5 g Saturated Fat; 16.0 g Carbohydrates; 3.6 g Protein; 21 mg Cholesterol; 0.7 g Fiber; 111 mg Sodium

1. For the topping, stir 1½ cups yogurt and raisins together in a small bowl. Cover and refrigerate.
2. Combine flour, sugar, baking powder, and cinnamon in a large bowl. Combine milk, butter, egg, pumpkin, and remaining ½ cup yogurt in a medium bowl; mix well. Add pumpkin mixture to flour mixture and stir, just until ingredients are combined. Do not overmix. The batter may be lumpy.
3. Lightly coat a griddle or skillet with cooking spray and place over medium heat. For each pancake, pour ¼ cup batter onto hot griddle. Cook 1 to 2 minutes or until bubbles appear on top. Flip pancakes and cook just until golden brown. Serve warm pancakes with 2 tablespoons topping per pancake. Sprinkle with cinnamon, if desired.

CARROT BREAKFAST BREAD



To add nuts to this or other quick bread recipes, sprinkle 2 tablespoons of chopped peanuts, pecans, or walnuts on top before baking. You can use fewer nuts this way, which means less fat and lower cost, but you still get the full flavor of the nuts.

Makes: 18 slices (½-inch each) Cost per Recipe: \$1.69 Cost per Slice: \$0.09

½ cup firmly packed brown sugar
2 tablespoons vegetable oil
½ cup unsweetened applesauce
1 large egg
2 cups whole-wheat flour
2 teaspoons baking powder
½ teaspoon ground cinnamon
¼ teaspoon salt
¾ cup orange juice
1 cup finely shredded carrot
½ cup raisins or dried cranberries

Nutrition Facts per Slice:

108 Calories; 2.2 g Total Fat (18% calories from fat); 0.4 g Saturated Fat; 21.3 g Carbohydrates; 2.4 g Protein; 12 mg Cholesterol; 2.2 g Fiber; 89 mg Sodium

1. Preheat oven to 350°.
2. Combine brown sugar, oil, applesauce, and egg in a large bowl. Beat at medium speed with an electric mixer until blended.
3. Stir together flour, baking powder, cinnamon, and salt in a medium bowl. While mixing on the low speed of an electric mixer, add flour mixture to sugar mixture alternately with orange juice, beginning and ending with flour mixture. Stir in carrot and raisins.
4. Spoon batter into a 9 x 5-inch loaf pan coated with cooking spray. Bake 45 to 50 minutes or until a knife inserted in the center comes out clean. Cool in pan 10 minutes. Remove bread from pan to cool completely.

Flour in the Fridge

Unlike all-purpose white flour, whole-wheat flour contains wheat germ, which can go bad quickly at room temperature. So, store it in the refrigerator or the freezer to keep the flour fresh longer.