

Recipe Finder Cookbook



Hanukkah

Applesauce Loaf Cake

Yield: 16 servings

Ingredients

1/2 cup	walnuts (chopped)
1 1/2 cup	applesauce
1	egg
1 cup	sugar
2 tablespoons	oil
1 teaspoon	vanilla extract
2 cups	flour (all purpose)
2 teaspoons	baking soda
1/2 teaspoon	cinnamon (ground)
1/2 teaspoon	nutmeg (ground)
1 cup	raisins

Instructions

1. Wash hands well with soap and warm water.
2. Pre-heat the oven to 350 degrees. Grease 2 (8x4x2 inch) loaf pans.
3. Toast walnuts in an ungreased skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool.
4. Mix applesauce, egg, sugar, oil and vanilla in a large bowl.
5. Mix flour, baking soda, cinnamon, and nutmeg together in a smaller bowl.
6. Pour flour mixture into applesauce mixture.
7. Stir in raisins and cooled toasted nuts.
8. Pour half of the batter into each greased pan. Bake for 45-55 minutes.
9. Remove cakes from the oven. Cool for 10 minutes. Remove from pans to finish cooling. For best taste, let cakes cool a few hours before serving.

Nutrition Facts

Serving Size 1" slice, 1/16 of recipe
(72g)

Servings Per Container 16

Amount Per Serving

Calories 200 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 170mg **7%**

Total Carbohydrate 38g **13%**

Dietary Fiber 1g **4%**

Sugars 19g

Protein 3g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 6%

*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

[Rutgers University Cooperative Extension](#). Food Wise Learn at Home Print Materials.

Beef and Cabbage for Dinner Tonight

Yield: 4 Servings

Ingredients

- 1 green cabbage head (washed and cut into bite-sized pieces)
- 1 onion, medium (chopped)
- 1 pound ground beef, lean (15% fat)
- non-stick cooking spray
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- salt (to taste, optional)
- red pepper flakes (to taste, optional)

Instructions

1. Chop cabbage and onions, set aside.
2. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set beef aside.
3. Spray skillet with non-stick cooking spray. Cook onions on medium heat until soft.
4. Add cabbage to the onions and cook until cabbage starts to brown.
5. Stir the beef into the cabbage and onion mixture.
6. Season with garlic powder, salt (optional), and pepper. Add red pepper flakes (optional) to the cabbage if you like it spicy.

Nutrition Facts

Serving Size 1/4 of recipe (348g)
Servings Per Container 4

Amount Per Serving			
Calories 280		Calories from Fat 120	
		% Daily Value*	
Total Fat	13g		20%
Saturated Fat	5g		25%
Trans Fat	1g		
Cholesterol	75mg		25%
Sodium	115mg		5%
Total Carbohydrate	17g		6%
Dietary Fiber	7g		28%
Sugars	10g		
Protein	26g		
Vitamin A 4%		Vitamin C 140%	
Calcium 10%		Iron 20%	
*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 Maryland
Extension.

[Eat Smart. Be Fit.](#) Recipes.

Broccoli Rice Casserole

Yield: 12 servings

Ingredients

1 1/2 cup rice
 3 1/2 cups water
 1 onion (medium, chopped)
 1 can cream of mushroom, or chicken, or celery or cheese soup (10 3/4 ounce, condensed)
 1 1/2 cup milk (1%)
 20 ounces broccoli or cauliflower or mixed vegetables (frozen, chopped)
 1/2 pound cheese (grated or sliced)
 3 tablespoons margarine (or butter)

Instructions

1. Preheat oven to 350 degrees and grease on 12x9x2 inch baking pan.
2. In a saucepan mix rice, salt, and 3 cups of water and bring to a boil.
3. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes.
4. Saute onions in margarine (or butter) until tender.
5. Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan.
6. Thaw and drain the vegetables and then spread over the rice mixture.
7. Spread the cheese evenly over the top and bake at 350 degrees for 25-30 minutes until cheese is melted and rice is bubbly.

Nutrition Facts

Serving Size 1/12 of recipe (191g)
 Servings Per Container 12

Amount Per Serving			
Calories 240		Calories from Fat 100	
		% Daily Value*	
Total Fat 11g		17%	
Saturated Fat 5g		25%	
Trans Fat 0g			
Cholesterol 20mg		7%	
Sodium 360mg		15%	
Total Carbohydrate 25g		8%	
Dietary Fiber 2g		8%	
Sugars 3g			
Protein 9g			
Vitamin A 15%		• Vitamin C 45%	
Calcium 20%		• 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

Ohio State University
 Cooperative Extension, Quick
 and Healthy Meals
 Tips and Tools for Planning
 Meals for Your Family
 Cuyahoga County

Red Lentil Latkes

Yield: 4 Servings

Ingredients

1/2 cup	dry red lentils
1	potato, medium grated (about 1/2 pound, peeling is optional)
1	large egg
1	garlic clove, finely sliced
2 tablespoons	Parmesan cheese, grated or other cheese (optional)
1 dash	hot sauce (1-2 dashes, optional)
1/4 teaspoon	salt
	black pepper (to taste, optional)
2 tablespoons	canola oil (or olive oil, for cooking)

Instructions

1. Add the lentils to a medium saucepan and add water to cover by about an inch. Bring to a boil, then lower heat to a simmer and cook until tender, about 15 minutes. Drain and set aside.
2. Meanwhile, remove the excess water from the potato: you can either squeeze it by the handful, or put the entire pile on a clean tea towel and wring it out.
3. Crack the egg in a medium bowl and beat it lightly. Add the potato, cooked lentils, garlic, green onion, and cheese and hot sauce if you're using them in a medium bowl. Add the salt and a good grinding of black pepper, and stir until combined.
4. Heat a large skillet over medium heat, then add a generous drizzle of oil (1-2 Tablespoons). Working in batches, so as not to crowd the pan, add clumps of the potato-lentil mixture (about the size of a golf ball or slightly larger works well), and flatten each as soon as it's in the pan, making them about a half inch thick.
5. Cook for about 4-5 minutes per side, until the latkes are deeply golden brown and cooked through. Add a little more oil to the pan for each additional batch. Serve immediately or keep the latkes warm in a 200°F oven for up to an hour.

Nutrition Facts

Serving Size 1/4 of recipe (134g)
Servings Per Container 4

Amount Per Serving		
Calories	190	Calories from Fat 80
		% Daily Value*
Total Fat	8g	12%
Saturated Fat	1g	5%
Trans Fat	0g	
Cholesterol	45mg	15%
Sodium	170mg	7%
Total Carbohydrate	21g	7%
Dietary Fiber	6g	24%
Sugars	2g	
Protein	9g	
Vitamin A	2%	• Vitamin C 15%
Calcium	4%	• Iron 15%
*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

Canadian Lentils. The Big Book of Lentils Cookbook.

[Visit Web site](#)

Spinach Potato Pancakes

Yield: 4 Servings

Ingredients

2 cups	zucchini, shredded
1	potato, medium (peeled and shredded)
1/4 cup	onion, finely chopped
1/4 teaspoon	salt
1/4 cup	whole wheat flour
1 1/2 cup	spinach, chopped and steamed
1/2 teaspoon	pepper
1/4 teaspoon	ground nutmeg
1	egg, beaten
	applesauce (optional)

Instructions

1. Combine the first eight ingredients in a bowl.
2. Stir in egg and mix well.
3. Drop batter by 1/4 cup-fuls onto a well-greased hot griddle and flatten to form patties.
4. Fry until golden brown; turn and cook until the second side is lightly browned. Drain on paper towels and serve with applesauce, if desired.

Nutrition Facts

Serving Size 1/4 recipe (141g)
Servings Per Container 4

Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 5g	
Vitamin A 25%	Vitamin C 35%
Calcium 4%	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
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source

University of Maine Cooperative Extension, [Visit Web site](#).

Whole Wheat Garlic Bread Sticks

Yield: 6 servings

Ingredients

- 6 slices

2 tablespoons

1/2 teaspoon

1
- bread (100% whole wheat)

olive oil

garlic powder

Italian seasoning (as needed, to sprinkle on)

Instructions

1. Spread each slice of bread with one teaspoon oil.
2. Sprinkle with garlic powder and Italian seasoning.
3. Stack bread and cut each slice into 3 equal parts.
4. Bake at 300 degrees for about 25 minutes or until crisp and lightly browned.

Nutrition Facts

Serving Size 3 slices (30g)			
Servings Per Container 6			
Amount Per Serving			
Calories 120		Calories from Fat 50	
		% Daily Value*	
Total Fat 6g		9%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 150mg		6%	
Total Carbohydrate 13g		4%	
Dietary Fiber 2g		8%	
Sugars 1g			
Protein 4g			
Vitamin A 0%		Vitamin C 0%	
Calcium 4%		Iron 4%	
*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

Cornell University Cooperative
Extension, Eat Smart New York!