

## Miscellaneous

### Breakfast Foods

#### Refrigerator Bran Muffins

Makes 30 muffins

1 cup	Sugar
½ cup	Egg substitute, or use 4 egg whites
1/3 cup	Vegetable oil
2 ½ cups	Self-rising flour
2 ½ cups	Low-fat buttermilk
4 cups	Raisin Bran cereal with raisins

Mix sugar, egg substitute, and oil together in large bowl. Alternate adding flour and buttermilk to sugar mixture. Fold in cereal. Bake at 350° for 20-30 minutes. Add extra raisins, nuts, dried cranberries, or fruit if desired, in small quantities (these add extra calories). Mixture will keep up to 6 weeks in refrigerator in covered container. Take out and bake as desired.

*Nutritional Information for 1 serving:*

*Calories: 110, Total Fat: 3g, Saturated Fat: 0 g, Cholesterol: 0mg, Sodium: 210mg, Total Carbohydrate: 20g, Dietary Fiber: 2 g, Sugars: 9g, Protein: 3 g, Vitamin A: 0 %, Vitamin C: 0 %, Calcium: 6 %, Iron:6 %.*

*Cost per serving: \$0.11*

#### Peanut Butter Melt

Makes 1 serving

1 slice	Whole wheat bread
½	Banana
2 teaspoons	Peanut butter

Spread peanut butter on bread before toasting. While toasting, slice banana. Place banana slices on warmed toast.

*Nutritional Information for 1 serving:*

*Calories: 190, Total Fat: 7g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 210 mg, Total Carbohydrate: 30g, Dietary Fiber: 4 g, Sugars: 10 g, Protein: 6g, Vitamin A: 0 %, Vitamin C: 8 %, Calcium: 0 %, Iron: 6 %.*

*Cost per serving: \$0.25*

## Miniature Quiche

### Make 60 quiches

2 10-count	Flaky biscuits, canned
½ lbs	Ground turkey sausage or low fat sausage
1 cup	Non-fat cottage cheese
½ cup	Grated parmesan cheese
1 Tablespoon	Onion powder
¾ cup	Egg substitute or 3 eggs, beaten

Heat oven to 350°. Spray miniature muffin tins with non-stick cooking spray. Separate each individual biscuit into thirds, pressing each biscuit piece in the bottom and up the sides of muffin tins. Combine remaining ingredients and spoon into biscuit lined tins. Bake 15 minutes until crust is browned. Cool in tins. Add chopped broccoli or other vegetables if desired. These freeze well after baking; thaw frozen quiches in the microwave for 1 minute. Kids love these and they are a great calcium source.

*Nutritional Information for 1 serving:*

*Calories: 80, Total Fat: 4 g, Saturated Fat: 1g, Cholesterol: 5mg, Sodium: 240mg, Total Carbohydrate: 8g, Dietary Fiber: 0g, Sugars: 2 g, Protein: 3 g, Vitamin A: 0 %, Vitamin C: 0%, Calcium: 2 %, Iron: 2 %.*

*Cost per serving: \$0.16*

## Hula Bagel/Toast

### Makes 1 serving

1	Whole bagel, sliced or wheat toast
½ cup	Fat free cottage cheese or yogurt
1/3 cup	Crushed pineapple, drained (or any fruit)
1/8 teaspoon	Cinnamon or nutmeg

Combine cottage cheese with fruit and cinnamon. Spread mixture on bagel or toast. Eat cold or heat until warm.

*Nutritional Information for 1 serving:*

*Calories: 290, Total Fat: 2 g, Saturated Fat: 0g, Cholesterol: 5mg, Sodium: 630mg, Total Carbohydrate: 54 g, Dietary Fiber: 7 g, Sugars: 18g, Protein: 19 g, Vitamin A: 4 %, Vitamin C: 10%, Calcium: 25 % Iron: 8%.*

*Cost per serving: \$1.25*

## **Oatmeal in Crockpot** **Makes 12 servings**

4 cups            Steel cut oatmeal  
9 cups            Water

Spray small crock pot with pan spray. Add ingredients and cook on low for 4-6 hours. Add fruit or milk if desired. Cook plenty and heat in the morning for a fast, hot meal.

*Nutritional Information for 1 serving:*

*Calories: 190, Total Fat: 3.5g, Saturated Fat: 0.5 g, Cholesterol: 0mg, Sodium: 5mg, Total Carbohydrate: 36g, Dietary Fiber: 5g, Sugars:0 g, Protein: 8g, Vitamin A: 0%, Vitamin C: 0%, Calcium: 4 %, Iron: 15%.*

*Cost per serving: \$0.35*

## **Open-Faced Ham and Pineapple Melt** **Makes 2 servings**

2 slices            100% whole wheat bread  
1 Tablespoon      Dijon mustard  
4                    Thin slices of ham  
1                    Apple, cored and sliced crosswise in rings  
2 slices            Mozzarella cheese

Broil sliced muffins in toast until slightly browned. Don't remove from pan. Spread mustard on the halves. Top each with 1 slice of ham. Place the sliced apple rings on the ham. Top with the cheese. Broil for 1-2 minutes or until cheese is melted. A crisp apple like Granny Smith works best.

*Nutritional Information for 1 serving:*

*Calories: 220, Total Fat: 4g, Saturated Fat: 1.5g, Cholesterol: 20mg, Sodium: 1150 mg, Total Carbohydrate: 29g, Dietary Fiber: 3 g, Sugars: 11g, Protein:16 g, Vitamin A: 4%, Vitamin C: 6%, Calcium: 35%, Iron: 6%.*

*Cost per serving: \$1.61*

## **Cottage Cheese Pancakes**

**Makes 4 servings**

1 cup	Fat free cottage cheese
1/3 cup	Plain, all-purpose flour OR ¼ cup whole wheat flour
1 tablespoon	Vegetable oil
1 tablespoon	Applesauce
3	Eggs, slightly beaten

Combine all ingredients in a blender or large bowl. Heat skillet or waffle iron and coat with cooking spray. Use 1/3 cup of batter per pancake. Cook until bubbles appear on the surface. Flip with a spatula and cook until browned on the other side.

*Nutritional Information for 1 serving:*

*Calories: 160, Total Fat: 7g, Saturated Fat: 1.5g, Cholesterol: 165mg, Sodium: 260 mg, Total Carbohydrate: 12g, Dietary Fiber: 1 g, Sugars: 3 g, Protein: 12g, Vitamin A: 6%, Vitamin C: 0%, Calcium: 4 %, Iron: 6 %.*

*Cost per serving: \$0.44*

## **Applesauce with Crunchy Topping**

**Makes 4 servings**

¾ cup	Bran flake cereal
2 Tablespoons	Chopped pecans
3 Tablespoons	Brown sugar Splenda
2 cups	Applesauce

Combine bran flakes with pecans and 2 tablespoons of brown sugar Splenda in small bowl. Heat applesauce with 1 tablespoon of brown sugar Splenda in a microwave proof bowl. Spoon applesauce into small bowls and top with the bran mixture. Extra topping will keep in the refrigerator until needed.

*Nutritional Information for 1 serving:*

*Calories: 160, Total Fat: 3g, Saturated Fat: 0 g, Cholesterol: 0mg, Sodium: 60mg, Total Carbohydrate: 32g, Dietary Fiber: 3g, Sugars: 19g, Protein: 1 g, Vitamin A: 6%, Vitamin C: 0 %, Calcium: 0%, Iron: 15%.*

*Cost per serving: \$0.41*

## Beverages

### Orange Slush

Makes one large serving

6 oz	Vanilla or plain fat-free yogurt
½ cup	Fat free milk
½ cup	Orange juice
3-6 packages	Sugar substitute (Splenda, Equal, etc.)
½ cup	Crushed ice or ice cubes

Put everything in a blender and blend until frothy.

*Nutritional Information for one serving:*

*Calories: 210, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 5mg, Sodium: 190mg, Total Carbohydrate: 40g, Dietary Fiber: 0g, Sugars: 21g, Protein: 14g, Vitamin A: 8%, Vitamin C: 90%, Calcium: 40% Iron: 2%.*

*Cost per serving: \$1.62*

### Frozen Slushy

Makes 4 servings

1 package	Sugar-free “Crystal Light” or other powdered drink mix
6 oz.	Pineapple juice
8 oz.	Sugar-free Sprite
	Ice to fill blender

Combine all ingredients in blender and blend until slushy.

*Nutritional Information for one serving:*

*Calories: 25, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 0mg, Total Carbohydrate: 5g, Dietary Fiber: 0g, Sugars: 5g, Protein: 0g, Vitamin A: 0%, Vitamin C: 4%, Calcium: 0%, Iron: 0%.*

*Cost per serving: \$0.29*

## **Punch for the Pool**

**Makes 15 servings**

46 ounces	Pineapple juice
2 liters	Diet Sprite
4 Tablespoons	Lemon juice
1	Lemon or orange, thinly sliced

Pour pineapple juice and Sprite over ice. Add lemon juice and garnish with fruit slices. Try freezing pineapple juice in ice cube trays and mixing with Sprite and lemon juice before serving.

*Nutritional Information for 1 serving:*

*Calories: 50, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 0mg, Total Carbohydrate: 11g, Dietary Fiber: 0g, Sugars: 11g, Protein: 0g, Vitamin A: 0%, Vitamin C: 10%, Calcium: 2% Iron: 0%.*

*Cost per serving: \$0.37*

## **Fruit Smoothie**

**Makes 1 serving**

½ - 1 cup	Fruit of choice, peaches, strawberries, blueberries
1/2 cup	Fruit juice of choice
4-6 oz	Fat-free yogurt (plain or flavored) or fat-free milk

Optional: 2 tablespoons flaxseed, dash of cinnamon, sugar substitute. May add 2 to 4 cups of fresh spinach for extra nutrition with no change in taste- just adds a green color. Place all ingredients in a blender, cover and whip until smooth. Freezes well overnight. Great post-workout recovery drink.

*Nutritional Information for 1 serving:*

*Calories: 220, Total Fat: 0.5g, Saturated Fat: 0g, Cholesterol: 5mg, Sodium: 95mg, Total Carbohydrate: 49g, Dietary Fiber: 4g, Sugars: 20g, Protein: 9g, Vitamin A: 6%, Vitamin C: 250%, Calcium: 25% Iron: 8%.*

*Cost per serving: \$1.85*

## Dressings

### Garlic Vinaigrette

Makes 4 cups

1 cup	Vegetable broth
1 cup	Red wine vinegar
½ cup	Olive oil
½ cup	Splenda
½ cup	Lemon juice
½ cup	Low sodium Worcestershire sauce
2 Tablespoons	Dijon mustard
4 Tablespoons	Garlic, minced
1 Tablespoon	Minced fresh thyme
1 Tablespoon	Black pepper

In a jar with a tight fitting lid, combine all ingredients; shake well. Serve over salad greens or for basting vegetables for the grill. Adjust seasoning to taste.

*Nutritional Information for one tablespoon serving:*

*Calories: 20, Total Fat: 2g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 30mg, Total Carbohydrate: 1g, Dietary Fiber: 0g, Sugars: 0g, Protein: 0g, Vitamin A: 0%, Vitamin C: 2%, Calcium: 0%, Iron: 0%.*

*Cost per serving: \$0.10*

### Fat-Free Balsamic Vinaigrette

Makes 10 servings (¼ cup each)

½ cup	Balsamic vinegar
2 cups	Tomato juice, low sodium
3 cloves	Garlic, minced, or 3 teaspoons chopped garlic
½ teaspoon	Black pepper
1 Tablespoon	Italian seasoning
¼ cup	Splenda

Place all ingredients in a bowl and whisk well. Refrigerate overnight to blend flavors.

*Nutritional Information for one serving:*

*Calories: 25, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 30mg, Total Carbohydrate: 5g, Dietary Fiber: 0g, Sugars: 4g, Protein: 1g, Vitamin A: 4%, Vitamin C: 20%, Calcium: 0%, Iron: 2%.*

*Cost per serving: \$0.07*

## Seasoned Vinegars

½ cup            Fresh, finely cut or hand crushed herbs  
1 cup            Wine, cider or sherry vinegar

Crush and combine herbs such as tarragon, dill, oregano, garlic for flavored vinegar. Pour vinegar over the crushed herbs in a clean, sterilized jar that you can cover. Cover tightly. Store jar of vinegar in a cool, dark area at room temperature to allow the mixture to steep. Shake it every 3-4 days. After one week, taste to see if flavor is strong enough. If stronger flavor is desired, let mixture steep for another week, or heat vinegar before adding to herbs with next recipe.

*Nutritional Information for one serving:*

*Calories: 5, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 0mg, Total Carbohydrate: 1g, Dietary Fiber: 0g, Sugars: 0g, Protein: 0g, Vitamin A: 0%, Vitamin C: 0%, Calcium: 0%, Iron: 0%.*

## Party Foods

### Hummus

Makes 4 cups

2 15oz cans	Chickpeas or Garbanzo beans, drained, save liquid
¼ cup	Liquid from canned beans
2 Tablespoons	Minced garlic
¼ teaspoon	Crushed red pepper
6 dashes	Hot sauce
½ cup	Tahini paste (in specialty section of grocery)
4-6 Tablespoons	Lemon juice, to taste.
½ cup	Roasted red peppers, drained

Combine all ingredients in food processor and process until smooth. Taste and adjust lemon juice. Use as a dip with raw veggies.

*Nutritional Information for one serving:*

*Calories: 60, Total Fat: 3g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 110mg, Total Carbohydrate: 6g, Dietary Fiber: 1g, Sugars: 0g, Protein: 2g, Vitamin A: 0%, Vitamin C: 2%, Calcium: 2%, Iron: 2%.*

*Cost per serving: \$0.15*

### Black Bean Dip

Makes 2 cups

1 15oz can	Black beans, rinsed and drained (may use garbanzo beans)
1/3 cup	Chunky salsa
¼ teaspoon	Ground cumin or chili powder
2 Tablespoons	Lemon juice

In food processor or blender, cover and process all ingredients until smooth. Serve as a spread or dip with raw vegetables.

*Nutritional Information for one serving = 2 tablespoons:*

*Calories: 20, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 120mg, Total Carbohydrate: 4g, Dietary Fiber: 1g, Sugars: 0g, Protein: 1g, Vitamin A: 0%, Vitamin C: 2%, Calcium: 0%, Iron: 2%.*

*Cost per serving: \$0.21*

## Roasted Red Pepper Hummus

Makes 10 servings

1 can	Garbanzo beans
2 cloves	Roasted garlic or 2 Tablespoons chopped garlic
1 Tablespoon	Lemon juice
½ teaspoon	Red pepper flakes
1 Tablespoon	Chili powder
1 teaspoon	Cumin
1	Red pepper, roasted or ½ cup chopped red pepper

Drain beans and reserve garbanzo liquid. Add all ingredients to food processor. Add liquid from beans to reach desired consistency.

*Nutritional Information for one serving:*

*Calories: 35, Total Fat: 0.5g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 110mg, Total Carbohydrate: 6g, Dietary Fiber: 2g, Sugars: 1g, Protein: 2g, Vitamin A: 10%, Vitamin C: 20%, Calcium: 2% Iron: 4%.*

*Cost per serving: \$0.27*

## Extras

### Classic Pesto

Makes  $\frac{3}{4}$  cup total

2 Tablespoons	Coarsely chopped walnuts or pine nuts
2	Garlic cloves, peeled
3 Tablespoons	Extra-virgin olive oil
4 cups	Fresh basil leaves (about 4 oz.)
$\frac{1}{2}$ cup	Grated fresh Parmesan cheese (2 oz.)
$\frac{1}{4}$ teaspoon	Salt

Drop nuts and garlic through food chute of food processor that is on. Add oil; pulse 3 times. Add basil, cheese, and salt; process until finely minced, scraping sides of bowl once. Plant your own basil for fresh pesto. Use pesto with pasta, pizza, omelets, shrimp or meats.

*Nutritional Information for one serving = 1 Tablespoon:*

*Calories: 80, Total Fat: 7g, Saturated Fat: 1.5g, Cholesterol: 5mg, Sodium: 160mg, Total Carbohydrate: 1g, Dietary Fiber: 1g, Sugars: 0g, Protein: 3g, Vitamin A: 20%, Vitamin C: 6%, Calcium: 10% Iron: 4%.*

*Cost per serving: \$1.26*

### Easy Fruit Salsa

Makes 2  $\frac{1}{2}$  cups

*Serving size:  $\frac{1}{4}$  cup*

1 cup	Finely chopped fresh strawberries
1 medium	Navel orange, peeled and finely chopped
3 medium	Kiwifruit, peeled and finely chopped
1 8oz can	Unsweetened crushed pineapple, drained
1 Tablespoon	Lemon juice
1 $\frac{1}{2}$ teaspoons	Sugar substitute

In a small bowl, combine all ingredients. Cover and refrigerate until serving. Serve with graham crackers. Frozen salsa can be used in fruit smoothies.

*Nutritional Information for one serving:*

*Calories: 60, Total Fat: 0g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 0mg, Total Carbohydrate: 16g, Dietary Fiber: 3g, Sugars: 11g, Protein: 1g, Vitamin A: 2%, Vitamin C: 140%, Calcium: 4% Iron: 2%.*

*Cost per serving: \$0.45*

## Spinach and Cheese Pasta

Makes 4 servings

1 Tablespoon	Crushed garlic cloves
10oz package	Frozen chopped spinach, thawed and drained, or use fresh spinach
1 cup	Fat-free cottage cheese
½ cup	Grated Parmesan cheese
9oz package	Wheat angel hair pasta, cooked and drained
1 cup	Peppers, onions, tomatoes, or broccoli chopped (optional)

Spray large iron skillet with pan spray and sauté garlic. Add peppers, onions, veggies, and sauté until tender. Add spinach. Heat thoroughly. Add cheeses and stir thoroughly until cheese is melted. Stir in pasta. This is a complete meal and high in calcium, ready in 10 minutes.

*Nutritional Information for 1 serving:*

*Calories: 360, Total Fat: 6g, Saturated Fat: 2g, Cholesterol: 10mg, Sodium: 530 mg, Total Carbohydrate: 55g, Dietary Fiber: 8g, Sugars: 5g, Protein: 23 g, Vitamin A: 170%, Vitamin C: 30%, Calcium: 35 %, Iron:15%.*

*Cost per serving: \$1.30*

## Fresh and Easy Marinara Sauce with Pasta

Makes 8 servings

4 Tablespoons	Crushed garlic cloves
2 teaspoons	Dried oregano, crushed
1 teaspoon	Dried basil, or 2-3 leaves fresh, crushed
3	Carrots, finely grated
2 28oz cans	Chopped, stewed tomatoes
1 small can	Tomato paste
2 9oz packages	Wheat angel hair pasta, cooked and drained

Spray large cast iron Dutch oven, or large pan with pan spray. Add garlic, oregano, basil, and carrot. Sauté until carrots are tender. Add stewed tomatoes and tomato paste. Simmer 10 minutes. Pour over pasta. Extra sauce freezes well.

*Nutritional Information for 1 serving:*

*Calories: 330, Total Fat: 2 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Sodium: 550mg, Total Carbohydrate: 71g, Dietary Fiber: 9 g, Sugars: 16g, Protein: 11 g, Vitamin A: 100 %, Vitamin C: 35 %, Calcium: 10% Iron: 20%.*

*Cost per serving: \$0.72*