Healthy Eating on a Budget

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Thank You to all the volunteer
taste testers and recipe testers who made
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• The Pennsylvania Nutrition
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  Marketing Committee

Allergy warnings throughout this book
focus on the 7 most common foods that
cause 90% food allergies: peanuts, tree nuts,
milk, eggs, wheat, soy, fish and shellfish. If
you are allergic to any other foods, make
sure they are not in the ingredients list
before trying any of these recipes.
Banana Oatmeal

Ingredients

- 2/3 cups milk (or 2/3 cup reconstituted, non-fat, dry milk)*
- pinch of salt
- 3 and 1/3 cups water
- 2 cups quick cooking oats
- 2 very ripe bananas, mashed
- 2-3 tablespoons of maple syrup (or 2-3 tablespoons of table syrup)
- 2 tablespoons walnuts, nuts or seeds**

Instructions

Stove Top Directions

1. In a medium saucepan, combine milk (or reconstituted non-fat dry milk), salt, and water. Heat on the stove top over medium heat until steaming hot but not boiling.
2. Add oats, and turn the burner to medium or medium-low.
3. Simmer (Make sure you see small bubbles,) for 3 and 1/2-4 minutes until the oatmeal is creamy. There should still be a little liquid. It will thicken up once the banana is added.

Continued on Back
4. Remove the pan from the heat, and stir in mashed bananas and syrup. Divide between 4 bowls, garnish with nuts or seeds, and serve

**Microwave Directions**

5. Mix milk (or reconstituted non-fat dry milk), salt, water and oats together in a large, microwave-safe bowl.
6. Microwave on high for three minutes. Carefully remove bowl from microwave and stir.
7. Place the bowl back into the microwave for another three minutes or until the oatmeal is creamy. There should be a little liquid remaining. The oatmeal will thicken up once the bananas are added.
8. Stir in mashed bananas and syrup.
9. Divide between 4 bowls, garnish with nuts or seeds, and serve.

**Notes**

Instead of 2/3 cup milk or reconstituted non-fat dry milk as your first ingredient, you can use 2/3 cup water in its place.

*If you are allergic to milk; use soy, rice, nut or other allergy-friendly milk instead. You can also use water in place of milk, reconstituted dry milk, or allergy-friendly milk.

**If you are allergic to walnuts, choose allergy-friendly pumpkin or sunflower seeds.

Source: United States Department of Agriculture, USDA’S Collection of Nonfat Dry Milk (NDM) Recipes
Easy Red Beans and Rice

Ingredients
- non-stick cooking oil spray, as needed
- 1 large onion, peeled and chopped
- 1 bell pepper without seeds and chopped
- 1 teaspoon garlic powder
  (or 3 cloves fresh garlic, minced)
- 2 teaspoons hot sauce
- 2 14.5-ounce cans diced tomatoes, with juice
- 1 15.5-ounce can kidney beans, drained and rinsed
- 6 cups cooked brown rice

Instructions
1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, hot sauce, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low, simmer for 5 minutes.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Nutrition Facts
Serving Size 1 cup (330g)
Servings Per Recipe 8

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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
Ingredients

- 4 cups water
- 2 cups brown rice, uncooked
- 1 pound ground beef (or 1 24-ounce can canned beef)
- 2 cups steamed green beans (or 1 15-ounce can low-sodium green beans)
- 1 1/2 cups fresh cooked corn kernels (or 1 15-ounce can low-sodium corn)
- 1 15-ounce can of tomato sauce
- 1/2 teaspoon garlic powder (or 2 cloves fresh garlic, minced)
- 1/2 teaspoon onion powder (or 1/4 cup onions, chopped)

Instructions

1. Use 4 cups water and 2 cups rice listed above, and cook according to directions on the rice package.
2. While the rice is cooking, put ground beef in a large pan and cook over medium heat on the stove for 8 to 10 minutes. Drain fat.
3. Arrange rice on a platter like a doughnut ring. Set aside.

Continued on Back
4. Add green beans, corn, tomato sauce, garlic powder, and onion powder to pan with meat.  
5. Cook until steaming hot. Pour into center of rice ring and serve.

**Notes**

Tip for cooking ground beef: The recommended safe minimum internal temperature for ground beef is 160 degrees F, as measured with a food thermometer.
**Maple Lemon Chicken**

**Ingredients**
- 1 tablespoon vegetable oil
- 4 pounds chicken (a 4-pound, whole chicken cut into 8 pieces or 12 or more drumsticks)
- 1/2 cup all purpose flour
- 1 teaspoon salt
- 1/4 cup maple syrup (or 1/4 cup table syrup)
- 1/4 cup lemon juice

**Instructions**
1. Preheat oven to 375 degrees. Lightly oil a casserole dish.
2. Combine flour and salt in a plastic bag. Shake chicken pieces in flour mixture, remove from bag and place on prepared casserole dish.
3. Bake for 30 minutes.
4. While the chicken is cooking, combine syrup and lemon juice.
5. After 30 minutes of baking, take the chicken out of the oven. Spoon the syrup, lemon mixture over the chicken, and place back into the oven for another 5-10 minutes.

**Nutrition Facts**

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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

**YIELD**
8 Servings

**Allergy Warning:**
Contains wheat

Continued on Back
6. You’ll know it’s done when the chicken is white all the way through, its juice runs clear, or the meat’s internal temperature is 165 degrees.

**Notes**
You may use canola or olive oil in place of vegetable oil.
Honey Mustard Pork Chops

Ingredients

- 1 tablespoon cooking oil (vegetable, canola, or olive oil)
- 4 top loin pork chops (1.5-1.75 pounds bone-in pork chops or 1.10-1.25 pounds boneless pork chops)
- 1/3 cup orange juice
- 1 tablespoon soy sauce*
- 2 tablespoons honey mustard

Instructions

1. Heat oil in a large skillet on medium-high heat. After it heats for a minute, add chops. Brown on both sides, cooking for about 3 and 1/2 to 5 minutes on each side.
2. Add the orange juice, soy sauce, and honey mustard to the pan and stir.
3. Cover the pan, lower the heat to medium-low or low.

Continued on Back
4. Cook for another 6 to 8 minutes, and flip the meat half way through this time. Continue cooking chops until they are done.
5. The best way to tell the pork chops are done is when they reach an internal temperature of 145 degrees. They should be firm, browned on the outside, mostly white on the inside but could have a little pink inside too.

Notes

2 tablespoons of honey mustard can be substituted with:
- 1 tablespoon honey and 1 tablespoon prepared mustard
- 1 tablespoon maple or table syrup and 1 tablespoon prepared mustard.
- Instead of mixing the honey or syrup with 1 tablespoon of prepared mustard, 1 teaspoon dried mustard can be used.

*If you are allergic to gluten in the soy sauce, tamari is an allergy-friendly alternative.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes
Ingredients
- 1 pound of fresh spinach
- 1/4 teaspoon black pepper
- 1 tablespoon lemon juice

Instructions
1. Cut off the stems and wash the spinach.
2. Put the spinach, black pepper, and lemon juice in a pan.
3. Cook, uncovered, over low heat for 3 minutes, until just tender.

To stem spinach
- If you purchased a bunch of spinach with large leaves, the stems can be fibrous and stringy.
- Cut the stems off at the bottom of the spinach leaf.

To wash spinach
- Fill a bowl with cold water, and swish loose leaves around.
- Let the leaves set in the water until dirt and sand settle.
- Lift leaves from water, and place them in a colander.
- Drain and rinse the bowl.
- Repeat the steps above 2-3 times with fresh water until the spinach is clean.
- Pat leaves dry with a towel, if needed.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes
Ingredients

- Cooking oil spray, as needed
- 1 egg
- 1/2 cup non-fat milk (or 1/2 cup reconstituted, non-fat, dry milk)
- 3/4 cup dry oats
- 1 pound lean ground beef
- 1 small onion, minced or cut into very small pieces
- 1/2 teaspoon salt
- 1/2 cup of any variety of grated cheese
- Dipping sauce: chili sauce, ketchup, and/or hot sauce (optional)

Instructions

1. Preheat oven to 350 degrees.
2. Combine all ingredients, and mix well.
3. Divide mixture evenly into 12 muffin cups.**
4. Bake for 25 minutes or until temperature in the center of meatloaf is 160 degrees.
5. Cool slightly before removing from muffin cups.
6. You can dip meatloaf into the condiments listed above.

Continued on Back
Notes

- Combine meatloaf ingredients until well mixed, but don’t over mix. Too much mixing can make a meatloaf tough.
- Safety Tip: Cook your meat loaves to 160 degrees. Use a meat thermometer to test the temperature. That way, you will know that your loaves will be completely and safely cooked without being dried out from overheating.

*If you are allergic to milk-based cheese, try soy-based cheese or other dairy-free alternatives. Or, try 1/2 cup water in place of 1/2 cup milk, reconstituted dry milk, or allergy-friendly milk.

**For easy clean-up, spoon the meatloaf mixture into paper muffin tin liners within each of the muffin tins.

Source: Kansas Family Nutrition Program, Kids a Cookin’
Marinated Beef

Ingredients
- 12 ounces beef, top round
- 4 garlic cloves, minced or cut into very small pieces (or 1 teaspoon garlic powder)
- 2 tablespoons lemon juice
- 4 tablespoons vegetable oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Instructions
1. Using a cutting board and sharp knife, cut round steak across the grain into thin strips about 1/2 inch wide and 2 to 3 inches long.
2. In a medium glass mixing bowl, combine garlic, lemon juice, 2 tablespoons of vegetable oil, salt and pepper.
3. Add beef strips to the oil mixture that you just made. Cover bowl with plastic wrap, and refrigerate for about 2 hours or overnight.
4. In a medium skillet over medium-high heat, heat 2 tablespoons of the oil for 1-2 minutes until hot.
5. Drain marinade from beef. Throw away marinade.

Nutrition Facts

YIELD
4 Servings

Continued on Back
6. Put beef in skillet, stir and cook 5-7 minutes or until meat is thoroughly browned and internal temperature reaches 145 degrees.

Notes

- For more tender meat, slice into very thin strips.
- Instead of the lemon juice, try 2 tablespoons of lime juice or 2 tablespoons of vinegar.
- Partially freeze meat for easier slicing.
- Note that thin slices will cook more quickly.

Source: Kansas Family Nutrition Program, Kids a Cookin’
Ingredients

- 2 teaspoons cooking oil (vegetable, canola, or olive oil)
- 1 pound lean ground beef
- 1 medium onion, chopped
- 3 1/2 cups water
- 1 15-oz can tomato sauce (which is about 2 cups of sauce)
- 1/2 teaspoon sugar
- 1/2 teaspoon garlic powder (or 2 cloves fresh garlic, minced)
- 1 tablespoon dried herbs, such as rosemary, oregano, basil, marjoram and thyme
- 1/4 teaspoon black pepper
- 2 cups dried spaghetti noodles (which is about 10 ounces)*
- 1 cup shredded Parmesan cheese**

Instructions

1. Heat oil over medium-high heat for about 1 minute. Add onions and brown meat for about 10 minutes. Drain fat.

Continued on Back
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes. Stir often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers within 2-3 hours.

**Notes**

- For 2 cups of broken spaghetti noodles, use about 1/3 of a one pound box.
- If you use canned beef in place of fresh beef, use 1 16-20 ounce can of canned beef (or canned beef and beans) in place of 1 lb of meat. Then, follow the recipe above, except half the water within the recipe to 1 and 3/4 cup.

*If you are allergic to wheat gluten in the noodles; rice or egg noodles, spaghetti squash or other gluten-free noodles are allergy-friendly alternatives.

**If you are allergic to the milk-based cheese, try soy-based cheese or other dairy-free alternatives.

*Source: Oregon State University Cooperative Extension Service, Healthy Recipes*
Nutrition Facts
Serving Size 1/6 of recipe (355g)
Servings Per Recipe 6

Calories 240 Calories from Fat 40%
Total Fat 4.5g 7%
Saturated Fat 1g 5%
Trans Fat 0g 0%
Cholesterol 30mg 10%
Sodium 280mg 12%
Total Carbohydrate 35g 12%
Dietary Fiber 3g 12%
Sugars 4g
Protein 15g 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients
- 4 cups water
- 5 ounces dry, wide egg noodles (or 3 and 1/3 cups dry, wide egg noodles)
- 1 10.5-ounce can low-sodium condensed cream of mushroom soup
- 1/3 cup skim milk*
- 2 5-ounce cans tuna packed in water, drained (about 1 cup drained tuna)
- 1 cup frozen green peas
- 1 cup breadcrumbs**

Instructions
1. Preheat oven to 350 degrees.
2. Bring 4 cups of water to a boil in a large pot, and cook the egg noodles in the water for 2 minutes.
3. Remove pan from the burner. Cover and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.

YIELD
6 Servings

Allergy Warning:
Contains wheat and milk

Continued on Back
5. Combine tuna and peas with the soup mixture. Pour into a greased, 2-quart casserole dish (This dish is usually an 8 inch by 8 inch square).
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with breadcrumbs.
8. Bake for 30 minutes.

*If you are allergic to milk; try soy, almond, rice milk or other dairy-free alternatives.

**If you’re allergic to the wheat in the breadcrumbs, try old fashioned or instant oats that do not have wheat listed within their allergy information. Or, grind rice chex, cornflakes or puffed rice cereal into a breadcrumb-like texture. You can also use anything in the store labeled as a gluten-free breadcrumb alternative.

Source: Tara Caulder, Soaad Ali, and Laide Bello (Supervised by Dr. Mira Mehta and Terri Kieckhefer), Healthy Cookbook for African American Populations
Chocolate Chip Yogurt Cookies

Ingredients

- 1/2 cup unsweetened applesauce
- 1/2 cup firmly packed brown sugar
- 1/2 cup butter (or 1/2 cup stick margarine that is at least 80 percent vegetable oil)
- 1/2 cup plain yogurt (or plain Greek style yogurt)*
- 1 1/2 teaspoon vanilla (or 1 1/2 teaspoons maple or table syrup)
- 3/4 cups rolled oats
- 1 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 cup miniature chocolate chips

Instructions

1. Heat oven to 375 degrees.
2. In a large bowl, combine applesauce, brown sugar and butter. Beat until combined, about 1-2 minutes. If butter is cold, there will be small clumps of butter in this mixture. That is okay.

YIELD
32 Servings

Allergy Warning: Contains milk and wheat

Nutrition Facts

Serving Size 1 cookie (21g)
Servings Per Recipe 32

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Vitamin A 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
3. Add yogurt and vanilla; blend well.
4. Stir in flour, oats and baking soda; mix well. Stir in chocolate chips.
5. Drop dough by rounded teaspoonfuls, 2 inches apart, onto un-greased cookie sheets. Bake for 12 minutes or until light and golden brown.
6. Cool for 1 minute; remove soft cookies from cookie sheets. Cookies will begin to stick, if they stay on the pan any longer.

Notes
If you select sugar-free yogurt for this recipe, be aware that it has artificial sweeteners which are not recommended for kids.

*If you are allergic to milk-based yogurt; try soy, almond, or coconut-based yogurt.

Source: Cornell University Cooperative Extension, Eat Smart New York!
Ingredients

- 4 large, very ripe bananas
- 6 tablespoons of 1% milk*
- 2 tablespoons peanut butter, nut butter or seed butter**

Instructions for Food Processor or Blender

1. Peel bananas, and slice into ½-inch discs. Arrange banana slices in a single layer on a large plate or baking sheet. Freeze for 1-2 hours.

2. Place the banana slices; peanut, nut or seed butter; and 6 tablespoons of milk in a food processor or blender.

3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.

4. Stop the food processor or blender. Use a spoon or rubber spatula to scrape the banana mixture from the sides.

5. Run the food processor or blender until the mixture is smooth and creamy. This may take 1-2 minutes.

6. If bananas clump together, add more milk - one tablespoon at a time - until the banana mixture is smooth. It should look like soft-serve ice cream.

7. Serve right away. If you prefer harder ice cream, place in the freezer for a few hours, and then serve.

Continued on Back
Instructions to Mash by Hand

1. Peel bananas, and slice into ½-inch discs. Arrange banana slices in a single layer on a large plate or baking sheet. Freeze for 1-2 hours.

2. Place the banana slices; peanut, nut or seed butter; and 2 tablespoons of milk in a plastic freezer bag. Push out as much air as possible, and zip the bag closed.

3. Mash the contents in the plastic bag with your hands. You can squeeze the bag or pound it with your fist until the mixture is creamy and smooth. You might want to wear gloves to keep your hands warm. This process will take at least 10 minutes.

4. If necessary, add more milk - one tablespoon at a time - until the banana mixture looks like soft-serve ice cream.

5. Serve right away. If you prefer harder ice cream, place in the freezer for a few hours, and then serve.

*If you are allergic to milk; try soy, almond, rice milk or other dairy-free alternatives.

**Choose from these nut butter spreads: peanut, almond, and cashew or allergy-friendly soy, pumpkin, and sunflower seed butter.

Source: Based off of Alabama Extension Services’ “Easiest Banana Ice Cream” recipe: www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/easiest-banana-ice-cream
Yogurt Pops

Ingredients

- 1 15-ounce can of your favorite fruit packed in water, juice or light syrup
- 2 5- to 6-ounce containers of low fat vanilla or plain yogurt (or plain or vanilla Greek style yogurt)*

Utensils

- Knife for cutting fruit
- Cutting board
- Medium or large bowl to hold all ingredients
- Large spoon for mixing ingredients
- 8 3-ounce paper cups
- 9 plastic spoons

Instructions

1. Drain the water, juice or syrup out of the canned fruit.
2. On the cutting board, cut the fruit into small, bite-sized pieces.
3. Combine the fruit and yogurt in a medium-large bowl.
4. Use one of the small plastic spoons to pour this mixture into 8 small paper cups, and put them in the freezer.

YIELD

8 Servings

Allergy Warning:
Contains milk

Continued on Back
5. After a half an hour (when everything starts to freeze), stand the plastic spoons in the pops to make a popsicle handle.
6. Freeze them for 3-4 hours or until the pops are solid.
7. Remove the cup to serve. Do this by placing the bottom of the cup under hot running water for 20 seconds. Then, peel off the paper cup.

Notes
- Try Greek yogurt.
- Use plain, low-fat yogurt. Sweeten it with the half the juice from the fruit can.
- Add zing with a squeeze of lemon juice.
- If you have a blender, skip cutting the fruit, and blend all these ingredients together.
- You can serve this recipe like ice cream! Pour the mixture into a container, cover it, and freeze for 3-4 hours or until firm. Thaw for 10 minutes, and scoop it out!
- If you select sugar-free yogurt or canned fruits in water for this recipe, be aware that it has artificial sweeteners which are not recommended for kids.

Money Saving Tips
- For a tasty drink, save the leftover fruit juice to mix with other juices.
- Buy 1 large container of yogurt, you will get more for your money.
- Frozen fruit works in this recipe too!

*If you are allergic to milk-based yogurt; try soy, almond or coconut-based yogurt.

Source: This recipe is based off of the “Healthy & Homemade Meals 2014 Nutrition & Fitness Calendar” from Iowa State University Extension and Outreach
This cookbook was created based off USDA MyPlate’s “Healthy Eating on a Budget Cookbook”. Original recipes are printed here: https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/HealthyEatingonaBudgetCookbook.pdf

Recipes are also based off of the What’s Cooking USDA Mixing Bowl’s recipe database. Recipes included in the database have been reviewed by nutrition professionals at the US Department of Agriculture’s Food and Nutrition Service using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) or other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals. For additional recipes and more information about the What’s Cooking USDA Mixing Bowl’s recipe database, please visit the website at https://whatscooking.fns.usda.gov