

# Recipe Finder

## Cookbook



Oktoberfest

# Apple Cake

Yield: 12 servings

## Ingredients

10 tablespoons butter  
 3/4 cups sugar  
 3 egg  
 1 3/4 cup flour (sifted)  
 2 teaspoons baking powder  
 1 tablespoon lemon rind (grated)  
 2 apple (medium, pared, cored, sliced)  
 2 teaspoons sugar  
 1/2 cup apricot jam

## Instructions

1. Beat butter with sugar until creamy.
2. Add eggs one at a time, beating until well blended.
3. Add flour, baking powder, and lemon rind, beat 4 minutes.
4. Pour into greased 9-inch spring-form pan.
5. Arrange the apples on the batter, sprinkle with 2 teaspoons sugar.
6. Bake 1 hour at 350 degrees.
7. Remove from pan, brush apples with jam, cool.

## Nutrition Facts

Serving Size 1 slice, 1/12 of recipe (92g)  
 Servings Per Container 12

Amount Per Serving		% Daily Value*	
<b>Calories</b>	260	<b>Calories from Fat</b>	100
<b>Total Fat</b>	11g		17%
Saturated Fat	6g		30%
Trans Fat	0g		
<b>Cholesterol</b>	70mg		23%
<b>Sodium</b>	105mg		4%
<b>Total Carbohydrate</b>	39g		13%
Dietary Fiber	1g		4%
Sugars	21g		
<b>Protein</b>	4g		
Vitamin A 8%		• Vitamin C 4%	
Calcium 6%		• 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

University of Illinois, Extension Service, [Wellness Ways Resource Book: Taste of the World](#)

# Dutch Green Beans

Yield: 4 servings

## Ingredients

- 1 can green beans (15 ounces)
- 1/4 cup brown sugar
- 1 teaspoon cornstarch
- 1/3 cup vinegar
- 1 onion (small, sliced)

## Instructions

1. Drain the beans, and save the liquid from the can in small bowl.
2. Pour 1/2 cup bean liquid into the saucepan.
3. Add the cornstarch in the bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Put on medium heat and bring to a boil.
6. Turn the heat to low.
7. Add the green beans and onions. Heat and serve.

## Nutrition Facts

Serving Size 1/4 of recipe (158g)  
 Servings Per Container 4

### Amount Per Serving

**Calories 80**      Calories from Fat 0

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 360mg**      **15%**

**Total Carbohydrate 20g**      **7%**

Dietary Fiber 1g      **4%**

Sugars 16g

**Protein 1g**

Vitamin A 6%      • Vitamin C 6%

Calcium 4%      • 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:

		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

Pennsylvania Nutrition  
 Education Program,  
 Pennsylvania Nutrition  
 Education Network  
 Website Recipes

# Honey Mustard Pork Chops

Yield: 4 servings

## Ingredients

4 top loin pork chops  
 1/3 cup orange juice  
 1 tablespoon soy sauce  
 2 tablespoons honey mustard

## Instructions

1. Put the pork chops in the large non-stick skillet.
2. Cook over medium-high heat to brown one side of the pork chops.
3. Use the spatula to turn the chops.
4. Add the rest of the ingredients and stir.
5. Cover the pan and lower the heat.
6. Simmer for 6 to 8 minutes until chops are done.

## Notes

Pork chops are done when they reach an internal temperature of 145 degrees. 2 Tablespoons of honey mustard can be substituted with 1 Tablespoon of honey and 1 Tablespoon of mustard mixed together.

## Nutrition Facts

Serving Size 1 pork chop, 1/4 of recipe (168g)  
 Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 300	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 40g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• 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    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

Pennsylvania Nutrition Education Program,  
 Pennsylvania Nutrition Education Network  
 Website Recipes

## Soft Pretzels

Yield: 12 servings

### Ingredients

1 package	yeast (or one Tablespoon)
	warm water (100-110 degrees F)
2 cups	all-purpose flour
1 1/2 cup	whole wheat flour
1	egg
1 tablespoon	sugar
2 tablespoons	sesame seeds (optional)

### Instructions

1. Preheat oven to 425°F. Lightly grease 2 baking sheets.
2. In large bowl, sprinkle yeast over warm water (if water is too hot, it will kill the yeast). Stir until well blended.
3. Combine white and wheat flour in a separate bowl.
4. Stir in sugar, ½ teaspoon salt and 2½ to 3 cups flour to make a soft, sticky dough. Turn dough onto well-floured surface.
5. To knead, fold dough in half and push dough flat with heels of hands. Turn dough 1/4 turn. Repeat for 5 to 7 minutes. If needed, add more flour until dough is smooth and elastic. Dough should not stick to hands or counter.
6. Cut dough into 12 even pieces (about golf-ball size).

To Form Pretzels:

1. Roll one piece of dough into 15 inch long rope.
2. Cross left side over middle, creating loop.
3. Fold right side of rope up and over first loop to form pretzel shape.

To Bake:

1. Place pretzels 3 inch apart on baking sheet. Enlarge holes in pretzels by inserting finger into holes. This will prevent them from closing during baking.
2. In small bowl, mix egg and 1 Tablespoon water together. Brush on pretzels. Sprinkle with sesame seeds.
3. Bake for 15 to 20 minutes or until golden brown. Best if eaten warm.

## Nutrition Facts

Serving Size 1 pretzel (68g)  
Servings Per Container 12

Amount Per Serving			
Calories	140	Calories from Fat	10
		% Daily Value*	
<b>Total Fat</b>	1g		<b>2%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	15mg		<b>5%</b>
<b>Sodium</b>	5mg		<b>0%</b>
<b>Total Carbohydrate</b>	28g		<b>9%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	1g		
<b>Protein</b>	5g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	2%	•	Iron 8%
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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

Montana State University  
Extension, Nutrition Education  
Programs, [Buy Better. Eat Better. recipes](#)

# Stuffed Summer Squash

Yield: 4 Servings

## Ingredients

2 summer squash  
 3 cups cooked brown rice  
 1 cup diced tomatoes  
 1 cup squash pulp (from summer squash listed above)  
 1 cup white beans, drained and rinsed  
 1 tablespoon fresh basil  
 4 tablespoons Parmesan cheese

## Instructions

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes.

## Notes

Other Stuffing Options:

Rice + Turkey Stuffing: 1 cup squash pulp, 1 pound cooked ground turkey, 2 cups cooked brown rice, 1 can low-sodium condensed cream of mushroom soup, 2 Tablespoons shredded cheddar cheese.

Cornbread Stuffing: 2 cups squash pulp, 2 cups cornbread stuffing from a mix, dry, 1 cup diced cook chicken or ham, 1/4 cup raisins, 1/4 cup almonds or other nuts

## Nutrition Facts

Serving Size 1/2 stuffed squash, 1/4 of recipe (360g)  
 Servings Per Container 4

Amount Per Serving

**Calories 290**    **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**    **5%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 5mg**    **2%**

**Sodium 160mg**    **7%**

**Total Carbohydrate 54g**    **18%**

Dietary Fiber 7g    **28%**

Sugars 4g

**Protein 12g**

Vitamin A 6%    • Vitamin C 35%

Calcium 15%    • Iron 20%

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Source

Connecticut Food Policy Council, [Farm Fresh Summertime Recipes](#)

# Sweet and Sour Cabbage

Yield: 8 servings

## Ingredients

1/2 head of cabbage (about 4 cups when chopped)  
 1/2 teaspoon salt  
 1/2 teaspoon celery seed  
 2 tablespoons sugar  
 3 tablespoons vinegar

## Instructions

1. Cut the cabbage in half and rinse it with water.
2. Chop the cabbage into very thin bit-sized slices.
3. In a large bowl, combine ingredients and mix well.
4. Cover the bowl.
5. Chill in the fridge for several hours before serving.

## Nutrition Facts

Serving Size 1/2 cup prepared cabbage, 1/8 of recipe (44g)  
 Servings Per Container 8

Amount Per Serving		% Daily Value*	
<b>Calories</b>	25	<b>Calories from Fat</b> 0	
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	150mg		<b>6%</b>
<b>Total Carbohydrate</b>	5g		<b>2%</b>
Dietary Fiber	1g		<b>4%</b>
Sugars	4g		
<b>Protein</b>	0g		
Vitamin A	0%	•	Vitamin C 20%
Calcium	2%	•	Iron 2%
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Calories per gram:			
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