

Key to abbreviations

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|--------------------|-----------------|
| tsp. = teaspoon | g = grams |
| Tbsp. = tablespoon | mg = milligrams |
| c. = cup | lb. = pound |
| oz. = ounce | pkg. = package |
| pkg. = package | qt. = quart |

Recipes were analyzed using Food Processor SQL software.

Banana Rolls (Serves 12)

- 6 bananas
- 6 Tbsp. peanut butter or sunflower seed butter
- ¼ c. coconut
- ¼ c. rice cereal

Peel and cut bananas in half. Spread with peanut butter. Roll in coconut and rice cereal. Serve immediately or chill until served.

Per serving: 110 calories, 5 g fat, 17 g carbohydrate, 2 g fiber, 50 mg sodium

Graham Cracker Faces (Serves two)

- 1 graham cracker
- 2 Tbsp. peanut butter/sunflower seed butter

Decorations: raisins, seeds, nuts, cereal, coconut, marshmallows or fruit pieces. Break each graham cracker into two squares. Spread 1 Tbsp. peanut butter on each square. Make funny faces with toppings of child's choice.

Per serving (without extra toppings): 120 calories, 9 g fat, 9 g carbohydrate, 1 g fiber, 125 mg sodium

Strawberry Banana Cooler

(Serves four)

- 2 c. unsweetened orange juice
- 1/2 c. whole frozen strawberries
- 1 banana (sliced)
- 4 ice cubes

In a blender, combine all ingredients and blend until smooth.

Per serving: 90 calories, 0 g fat, 21 g carbohydrate, 1 g fiber, 5 mg sodium

Fruit Kabobs

Cut a variety of fruit — apple, banana, orange sections, pineapple chunks, seedless grapes, strawberries, cherries, peaches, melons, etc. — into bite-size pieces. Place on long toothpicks, skewers or plastic straws.

Nutrition varies. Per ½ cup of grapes: 30 calories, 0 g fat, 8 g carbohydrate, 0 g fiber, 0 mg sodium

Fruit-cicles

- Bunch of seedless grapes or blueberries
- Toothpicks
- Plates

Wash grapes or blueberries. Put a toothpick in each one. Place them on a plate and put in the freezer for about two hours. Take them out and enjoy.

NOTE: For young children, cut the grapes and fruit into smaller pieces so they do not pose a choking hazard.

Salsa and Cheese Tortilla Sticks

- Corn tortillas
- Low-fat mozzarella cheese sticks
- Salsa

Wrap the corn tortillas around the cheese sticks. Dip the wraps into the salsa and enjoy!

Per serving: 160 calories, 7 g fat, 15 g carbohydrate, 1 g fiber, 220 mg sodium

Vegetable Dip (Serves eight)

- 1 c. cottage cheese
- 1 c. low-fat plain yogurt
- 1-ounce package ranch-style dressing mix

Put ingredients in a blender. Blend on medium speed for about 30 seconds or until mixture is smooth.

Serve with assorted vegetables.

Per serving: 120 calories, 1 g fat, 5 g carbohydrate, 0 g fiber, 530 mg sodium

Fruit Dip (Serves eight)

- 2 c. low-fat sour cream
- 1-oz. package sugar-free instant vanilla pudding mix
- ¼ c. fat-free milk
- 4 tsp. lemon juice

Whisk together all ingredients until well-blended.

Serve with assorted fruit.

Per serving: 100 calories, 5 g fat, 8 g carbohydrate, 0 g fiber, 200 mg sodium

Farmland Flax Cookies

(Makes 64 cookies)

- 1¼ c. butter
- 1 c. plus 2 Tbsp. granulated sugar
- 1½ c. lightly packed brown sugar
- 2 c. whole flax seed
- 3 large eggs
- 1 tsp. vanilla
- 3 c. plus 2 Tbsp. all-purpose flour
- 1¾ tsp. baking soda
- 3 c. oatmeal (dry)

In a bowl, cream butter and sugars; add flax seed. In another bowl, beat eggs and vanilla together. Combine with flax mixture. Sift together the flour and soda. Mix in oatmeal and combine with other ingredients. Form dough into four (1½-inch) round logs. Place in freezer and chill. Preheat oven to 350 F.

Slice into ¼-inch medallions. Place on baking sheet leaving about 2 inches between cookies. Bake 13 to 15 minutes.

Remove from sheet and cool.

Per cookie: 130 calories, 6 g fat, 16 g carbohydrate, 2 g fiber, 60 mg sodium

Source: Recipe courtesy of Sheri Coleman, Ameriflax



Nutrition Note: To reduce sodium content in recipes, try low-sodium versions of ingredients when available or omit the added salt.

Main Dishes

Wild West Beef Hash (Serves four)

- 1 lb. extra lean ground beef
- 3 c. frozen potatoes O'Brien
(or substitute refrigerated diced potatoes)
- Salt and pepper
- 1 jar (15 to 16 oz.) prepared thick-and-chunky salsa
- 1 c. frozen corn
- ¼ c. chopped fresh cilantro
- 1 c. shredded reduced-fat cheddar cheese or Mexican cheese blend

Toppings: Reduced-fat dairy sour cream, chopped fresh cilantro, lime wedges (optional)

Spray large nonstick skillet with cooking spray; heat over medium heat until hot. Add potatoes; cook 10 to 12 minutes or until lightly browned, stirring occasionally. Remove from skillet. Keep warm. Brown ground beef in same skillet over medium heat eight to 10 minutes or until beef is not pink, breaking up into ¾-inch crumbles. Remove drippings. Season beef with salt and pepper as desired. Stir in salsa, corn and ¼ c. cilantro; cook five minutes or until heated through (to an internal temperature of 160 F), stirring occasionally. Stir in potatoes; sprinkle with cheese. Cook one to two minutes or until heated through and cheese is melted. Serve with toppings, if desired.

Per serving: 340 calories, 11 g fat, 32 g carbohydrate, 6 g fiber, 1070 mg sodium

Recipe courtesy of Nancy Jo Bateman, North Dakota Beef Commission.

For a FREE online cookbook, go to www.ndsu.edu/eatsmart

(Click on “For Parents/Caregivers” and then “Steps to Healthy, Economical Meals”)

Confetti Quesadillas (Serves six)

- 2 c. fat-free plain yogurt
- 1 c. finely minced cilantro
- 1 tsp. cumin
- 12 soft corn tortillas
- 1 c. (4 oz.) shredded reduced-fat Monterey Jack cheese
- 1 c. (4 oz.) shredded reduced-fat Colby cheese
- ½ c. fresh corn kernels or black beans
- ½ c. coarsely chopped cilantro
- 1 red bell pepper, finely minced
- 1 jalapeno pepper, finely minced

Line a large strainer with a coffee filter or paper towel and place over a mixing bowl. Pour in yogurt and let sit until some of the liquid has drained away and yogurt is the consistency of sour cream. Transfer to a small mixing bowl. Stir in cilantro and cumin.

Preheat large skillet over low heat. Line up six tortillas. Divide cheese, corn, cilantro and peppers among tortillas, then cover each with a second tortilla. Place a tortilla on dry skillet or grill and warm until cheese is melted and tortilla is slightly golden. Flip and cook other side until golden. Cut into wedges and serve. Repeat with remaining quesadillas. Serve each wedge with a dollop of cilantro yogurt dip.

Per serving: 300 calories, 9 g fat, 39 g carbohydrate, 3 g fiber, 440 mg sodium

3-A-Day of Dairy recipe courtesy of Char Heer, Midwest Dairy Council.

Cowboy Caviar (Serves 12 as a side dish)

- ½ onion, chopped
- 1 green bell pepper, chopped
- ½ yellow pepper, chopped
- ½ sweet red pepper, chopped
- 1 bunch green onion, chopped
- 2 jalapeno peppers, chopped OR 1 can green chilies
- 1 Tbsp. minced garlic
- 1 pint cherry tomatoes, quartered
- 1 (8 oz.) bottle zesty Italian dressing
- 1 (15 oz.) can black beans, drained
- 1 (15 oz.) can black-eyed peas, drained
- 1 can chick peas, drained
- ½ tsp. ground coriander
- 1 bunch chopped fresh cilantro

In a large bowl, mix together onion, green pepper, yellow pepper, sweet red pepper, green onions, jalapeno peppers, garlic, cherry tomatoes, zesty Italian dressing, black beans, black-eyed peas, chick peas and coriander. Cover and chill in refrigerator approximately two hours. Toss with desired amount of cilantro and serve.

Per 1-c. serving: 170 calories, 8 g fat, 19 g carbohydrate, 5 g fiber, 590 mg sodium

This also can be used as a dip with baked chips or whole-grain crackers and could serve approximately 24 people as an appetizer.

Recipe courtesy of Kaye Effertz, Northern Pulse Growers Association.

Have leftovers? If you do not plan to eat leftovers in the next few days, freeze them in meal-sized portions to enjoy later.

Tamale Pie (Serves eight)

- 1 lb. extra lean ground beef
- 1 c. masa harina or cornmeal
- ½ tsp. baking soda
- ½ tsp. salt
- 2 eggs
- 1 c. cream-style corn
- ¼ c. oil
- ⅔ c. buttermilk
- 1½ c. (6 oz.) shredded cheddar cheese
- 1 4-oz. can green chilies
- 1 large onion, chopped fine
- 1 can (15 to 16 oz.) chili beans
- 1½ tsp. chili powder
- 1 8-oz. can tomato sauce
- ½ c. raisins, optional

Preheat oven to 350 F. Grease and flour an 8-inch or 9-inch square or 7- by 11-inch baking dish. Brown the ground beef. Stir and turn occasionally as you prepare the cornbread. Combine the masa, baking soda and salt in a mixing bowl. In a small bowl, beat the eggs lightly with a fork, then add eggs, corn, oil, buttermilk, 1 c. of cheese, green chilies and half the chopped onion to the dry ingredients. Mix thoroughly and set aside. Add the rest of the onion to the browned ground beef and stir. Sauté until onion is clear, about five minutes. Add beans, chili powder, tomato sauce and raisins, if desired. Stir to combine and scrape the browned bits off the bottom of the pan into the mixture. Adjust seasoning to taste.

Spread half the cornbread in the baking dish. Spoon the meat-bean mixture on top of the cornbread, spread evenly and then top with the rest of the cornbread. Spread cornbread to fully cover the meat-bean mixture. Bake uncovered for one hour or until the cornbread is done. Sprinkle remaining ½ c. cheese over the top of hot casserole.

Per serving: 382 calories, 14.5 g fat, 37 g carbohydrate, 5 g fiber, 945 mg sodium

Recipe courtesy of Lynne Bigwood, Northarvest Bean Growers Association

Bread Cup Eggs (Serves six)

- Canola oil to prepare pans
- 12 slices bread*, crusts removed
- 1 (4-oz.) stick canola margarine, melted
- 12 small eggs

Preheat oven to 350 F. Grease a 12-cup muffin tin and gently press the bread into the prepared muffin cups. Brush inside of each slice of bread with melted margarine and cook in the oven until slightly browned. Break a small egg into each bread cup and bake for 10 minutes or until the egg is set.

Per serving: 310 calories, 24 g fat, 13 g carbohydrate, 1 g fiber, 420 mg sodium

***Tip:** Try whole-grain bread or other types of bread to add variety.

[For a tasty family breakfast, serve with orange juice, yogurt and sliced bananas.](#)

Recipe courtesy of Sheri Coleman, Northern Canola Growers Association

Slow Cooker Pulled Pork (Serves eight)

- 1 small pork tenderloin (approximately 2 lb.)
- 1 packet onion soup mix (such as Lipton brand)
- ¾ c. water

If frozen, thaw pork loin in the refrigerator or microwave oven. Cut pork loin into three or four chunks and then place all ingredients in a slow cooker. Turn slow cooker on high for six hours. Pork should reach an internal temperature of 160 F. Pull apart meat with a fork after four to five hours. This recipe is good on a wheat bun with barbeque sauce, tomato slices, zucchini slices or cucumber slices.

Per serving: 150 calories, 4 g fat, 3 g carbohydrate, 460 mg sodium