Georgia 4-H
Junior Food Projects

Recipe Book

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Recipe Book

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Junior Festive Foods
4-Layer Taco Dip _____

You'll Need

For the Baked Tortilla Chips:

4 small (6") flour tortillas (taco size)
1 teaspoon canola or vegetable oil
salt (about 1/8 teaspoon)

For the Taco Dip:

1 can (15 oz.) pinto beans
1 ½ teaspoons chili powder
1/2 teaspoon oregano
1/4 teaspoon cumin
½ cup (4 oz.) plain non-fat yogurt
½ cup salsa (mild or medium)
¼ cup diced green bell pepper
¼ cup diced cucumber
2 cups chopped lettuce
1 cup (4 oz.) shredded cheddar or Colby-Jack cheese made from 2% milk
1 small tomato, diced

***Steps to make the baked tortilla chips*:**

1. Preheat oven to 400 degrees F.
2. Place flour tortillas on cutting board. With a sharp knife or pizza cutter, cut each tortilla into 8 wedges (like cutting a pizza).
3. Spread tortilla wedges in one layer on 1-2 baking sheets. Drizzle oil evenly over cut tortillas. Use back of spoon to spread oil evenly over wedges. Sprinkle wedges lightly with salt.
4. Bake until slightly light brown on edges (about 4-6 minutes); most of wedge will remain white. Check often to avoid burning.
5. Use pot holder to remove baking sheets from oven. Place hot baking sheets on cooling rack or pot holders to cool (not directly on counter top).

Steps to make the taco dip:

1. Open canned pinto beans. Place colander in sink. Pour beans into colander. Rinse with cool water.
2. Pour beans onto dinner plate. Evenly sprinkle spices (chili powder, oregano, and cumin) over beans. Mash beans with fork until fairly smooth. Pour beans into large mixing bowl.
3. Add plain yogurt to bean mixture. Stir well.
4. Spoon creamy bean mixture onto serving plate (dinner plate size). Spread bean mixture evenly across plate.
5. Measure salsa. Place in medium mixing bowl.
6. Rinse green bell pepper. Place on cutting board. Cut off top. Remove seeds inside. Slice bell pepper into strips. Dice several strips to make ¼ cup diced bell pepper. Save rest of strips to serve with dip. Add diced bell pepper to salsa.
7. Rinse cucumber. Peel with vegetable peeler. Dice enough to make ¼ cup. Add to salsa mixture. Stir.
8. Cut rest of cucumber into round slices to serve with dip. Set aside.
9. Spoon salsa mixture evenly over beans on serving plate.
10. Rinse lettuce. Chop. Arrange two cups evenly over salsa mixture.
11. Measure 1 cup of pre-shredded cheese. Sprinkle evenly over lettuce.
12. Rinse tomato. Remove stem and core. Dice into small pieces. Arrange diced tomato on top of cheese to garnish dip.
13. Serve with baked flour tortilla chips, bell pepper strips and cucumber rounds.

Junior Festive Foods
Famous Fried Rice _____

You'll need

For the Fried Rice:

2 teaspoons vegetable or canola oil
¼ cup chopped onion
14.5 oz. can low-sodium chicken broth
2 cups instant rice
2 cups frozen mixed peas and carrots or frozen mixed vegetables
8 -12 oz. can white meat chicken

For the Yellow Sauce:

½ cup plain nonfat yogurt
¼ cup light Ranch dressing
1 teaspoon sugar
1 teaspoon mustard
½ teaspoon catsup

Steps:

1. Put oil in large (10") skillet. Turn on medium high heat.
2. When oil is hot, add chopped onion and 1 Tablespoon of the chicken broth.
3. Cook and stir over medium high heat until onions start to soften, about 2 minutes.
4. Add rest of chicken broth to skillet. Cover and bring mixture to a boil.
5. Add instant rice and stir. Turn off heat.
6. Remove pan from heat, cover, and let stand 5minutes.
7. While rice is cooking, mix ingredients for Yellow Sauce together in small (1 quart) bowl.
8. When rice is ready, remove cover and fluff with fork. Turn heat on medium.
9. Add frozen mixed vegetables and canned chicken. Cover and cook 3-4 minutes, stirring occasionally, until vegetables are hot.
10. Serve with Yellow Sauce on the side.

Junior Festive Foods
Southern Salsa _____

You'll Need

For the baked tortilla chips:

4 small (6') flour tortillas (taco size)
1 teaspoon Canola or vegetable oil
Salt (about 1/8 teaspoon)

For the Salsa:

1 (15.5 oz.) can black-eyed peas, drained and rinsed
1/3 cup diced green onions
1/3 cup diced green bell pepper
1 small tomato diced
10-12 sprigs fresh cilantro
3 Tablespoons lime juice
1 teaspoon Canola or vegetable oil
½ teaspoon salt-free seasoning
¼ teaspoon black pepper

Steps to make the baked tortilla chips:

1. Preheat oven to 400 degrees.
2. Place flour tortillas on cutting board. With pizza cutter, cut each tortilla into 8 triangles (like cutting a pizza).
3. Spread tortilla wedges in one layer on 1-2 baking sheets. Drizzle oil evenly over cut tortillas. Use back of spoon to spread oil evenly over wedges Sprinkle lightly with salt.
4. Bake until slightly light brown on edges (about 4-6 minutes); most of wedge will remain white. Check often to avoid burning.
5. Use pot holder to remove baking sheets from oven. Place hot baking sheets on cooling rack or pot holders (not directly on countertop).

Steps to make the salsa:

1. Pour blacked-eyed peas into colander. Rinse. Pour into medium bowl.
2. Rinse green onion. Cut off ends. Slice into thin pieces. Add to black-eyed peas.
3. Rinse bell pepper. Place on cutting board. Cut off top. Remove seeds inside. Dice into small pieces. Add to black-eyed pea mixture.
4. Rinse tomato. Remove stem and core. Dice into small pieces. Add to black-eyed pea mixture.
5. Rinse cilantro. Remove stems. Chop leaves into small pieces. Add to black-eyed pea mixture.
6. Combine lime juice, oil, salt-free seasoning, and black pepper in small bowl. Stir well.
7. Pour lime juice mixture over black-eyed pea mixture in medium bowl. Stir well.
8. Serve with baked tortilla chips.

Junior Food Fare
Texas Taco Salad _____

You'll need:
4 corn tortillas (6",taco size)

Zesty Sauce:
1 cup plain nonfat yogurt
4 Tablespoons salsa

Texas Taco Salad
8 cups Romaine or other lettuce
1 cup diced green pepper
8-oz. can corn
8-oz. can tomato sauce
Dash garlic powder
¼ teaspoon Italian seasoning or oregano
1 teaspoon chili powder
15-oz. can pinto beans
1 cup (4 oz.) shredded 2% Colby/Jack cheese

Steps:
1. With a sharp knife or pizza cutter, cut tortillas into strips, about ½" wide.
2. Spread on baking sheet and bake at 350 degrees until golden brown and crisp, about 10 minutes.
3. Make Zesty Sauce by combining yogurt and salsa in small (1 quart) bowl. Set aside.
4. Rinse lettuce and cut or tear into bite size pieces.
5. Place lettuce on large plate.
6. Rinse green pepper. Cut off top and remove seeds inside. Dice and sprinkle over lettuce.
7. Drain corn and sprinkle over green pepper.
8. Top with baked tortilla strips.
9. Pour tomato sauce into small saucepan (1 quart) .
10. Add garlic powder, Italian seasoning and chili powder and stir.
11. Place colander in sink. Pour beans into colander and rinse off salty liquid.
12. Add beans to tomato sauce and heat over medium until bubbly (2-3 minutes).
13. Pour tomato sauce/bean mixture over salad.
14. Top with shredded cheese and serve immediately with Zesty Sauce as dressing on the side.

Junior Food Fare
Chicken Confetti Salad_____

<u>You'll need:</u>
8-12 oz. canned white meat chicken, drained
1/2 cup celery, diced
1/4 cup red bell pepper, diced
1/4 cup plain yogurt (low-fat or fat-free)
1/4 cup reduced-fat mayonnaise
1/8 teaspoon onion powder
1/4 teaspoon black pepper
2 cups chopped lettuce or 2-3 lettuce leaves

Steps:

1. Place chicken in medium size mixing bowl. Break up large pieces with a fork.
2. Rinse celery to remove dirt. Cut off ends and discard. Chop celery into small pieces. Add to chicken.
3. Rinse red bell pepper. Cut off top and remove seeds. Chop red pepper into small pieces. Add to chicken.
4. Add yogurt, mayonnaise, onion powder and black pepper to chicken.
5. Mix well with a spoon.
6. Serve on lettuce leaves or bed of chopped lettuce.

Makes 4 servings.

Junior Food Fare
Festive Tuna Salad _____

You'll need:
2 Tablespoons light mayonnaise
2 Tablespoons plain nonfat yogurt
½ teaspoon dry tarragon leaves
6 – 9 oz. can white tuna packed in water, drained
¾ cup red seedless grapes (about 30 grapes)
1/2 cup chopped celery (about 2 stalks)
¼ cup chopped pecans
2 cups chopped lettuce or 2-3 large lettuce leaves

Steps:

1. Combine light mayonnaise and yogurt in 1 quart bowl.
2. Add tarragon and tuna. Break up tuna into small pieces with a fork.
3. Rinse grapes and cut in half on clean cutting board. Add to tuna.
4. Rinse celery to remove dirt. Cut off ends. Chop into small pieces. Add to tuna.
5. Add chopped pecans to tuna.
6. Mix all ingredients well with a spoon.
7. Serve on bed of chopped lettuce or lettuce leaves.

Junior Better Breakfast
Hearty Pancakes with Apple Syrup Topping

You'll Need:

For the pancakes:

¾ cup whole wheat flour
½ cup enriched all purpose flour
3 teaspoons baking powder
1 ½ Tablespoons sugar
½ teaspoon salt
1 large egg
1 cup non-fat milk
2 Tablespoons canola oil
Non-stick cooking spray

For the topping:

2 cups chopped sweet apples (golden delicious, fuji or similar type)
½ teaspoon ground cinnamon
2 Tablespoons brown sugar
¼ teaspoon vanilla extract
¼ cup 100% orange juice
¼ cup light pancake syrup

Steps to make pancakes:

1) Mix the flours, baking powder, sugar, and salt in the medium mixing bowl.
2) Break egg with flat side of butter knife into small bowl. Beat with fork. Wash hands after handling raw egg.
3) Combine milk and oil with egg in the small bowl. Stir well.
4) Add the egg mixture to the dry ingredients. Stir with mixing spoon until all ingredients are moistened and combined. Do not over mix.
5) Lightly spray the griddle or skillet surface with non-stick spray. Heat over medium heat until hot, but not smoking.
6) Pour ¼ cup of the batter on the griddle or skillet for each pancake. Make sure to leave room between pancakes. Scrape bowl with spatula to remove all batter.
7) When top surfaces begin to bubble and the edges start to get firm and slightly brown, flip with pancake turner. Continue to cook until both sides are lightly brown.

Steps to make the topping:

1) Combine apples, cinnamon, sugar, vanilla extract and orange juice in small saucepan.
2) Cook over medium heat until apples are cooked through and soft, but not mushy. Stir with mixing spoon frequently while heating.
3) Stir in pancake syrup and continue cooking until mixture is hot.
4) Serve on top of pancakes.

Makes 8-4 inch pancakes

Junior Better Breakfast
Breakfast Burritos _____

You'll need:

To make Zesty Sauce

½ cup plain nonfat yogurt
2 Tablespoons salsa

To make Breakfast Burritos

4 flour tortillas (6" taco size)
16 oz. egg substitute (equal to 8 eggs)
1/2 teaspoon black pepper
Nonstick spray
1 /3 cup chopped bell pepper
1/3 cup chopped green onion
2 oz. turkey ham
4 oz. (1 cup) shredded Cheddar cheese or Colby Jack made from 2% milk

Steps:

1. In small bowl, make Zesty sauce by mixing yogurt and salsa.
2. Heat tortillas in 10" skillet until warm (about 1 minute each). Wrap in foil.
3. Rinse bell pepper, cut off top and remove seeds.
4. Dice bell pepper to make 1/3 cup.
5. Rinse green onions. Cut off ends.
6. Chop onions to make 1/3 cup.
7. Cut turkey ham into very small pieces.
8. Spray 10" skillet with non-stick spray.
9. Put turkey ham and vegetables into skillet and stir fry about 2 minutes over medium heat until vegetables start to soften.
10. Add eggs and black pepper to skillet and stir often to scramble.
11. Cook until eggs are set and not runny.
12. Sprinkle cheese on top, cover, and turn off heat. Let stand 1 minute so cheese can melt.
13. Spoon 1/4 of mixture down center of tortilla.
14. Fold bottom up and side edges in. Repeat with remaining tortillas.
15. Serve with Zesty Sauce on the side.

Junior Better Breakfast
Crunchy Apple Salad with Grilled Cinnamon Toast_____

<u>You'll Need:</u>

For the Crunchy Apple Salad:

¼ cup pineapple juice
2 cups diced apples (about 2 medium Red Delicious or similar apple)
¼ cup chopped pecans
¼ cup raisins
6 oz. low-fat or fat-free vanilla yogurt

For the Grilled Cinnamon Toast:

2 slices whole wheat bread
2 teaspoons tub margarine
1 teaspoon sugar
1/4 teaspoon cinnamon

Steps to make Crunchy Apple Salad:

1. Pour pineapple juice into medium bowl.
2. Rinse apples and dice (throw away stem and core).
3. Place apples in pineapple juice. Toss to coat.
4. Remove apples from pineapple juice with slotted spoon and place in medium bowl.
5. Add chopped pecans and raisins to apples.
6. Add vanilla yogurt to apple mixture. Stir well to break up clumps of raisins.
7. Serve with Grilled Cinnamon Toast.

Steps to make Grilled Cinnamon Toast:

1. Spread margarine with a table knife on both sides of whole wheat bread.
2. Mix sugar and cinnamon in small bowl.
3. Place both slices of bread in 10" skillet.
4. Turn heat on medium and cook until bottom of bread is light brown and appears "toasted."
5. Turn bread slices with pancake turner. Cook until bottom is light brown.
6. When both sides have reached the desired color, remove to a plate and use a spoon to evenly sprinkle each slice with cinnamon sugar.
7. Cut bread slices in half and serve with Crunchy Apple Salad.

Junior Dairy
Fiesta Quesadillas _____

You'll need:

For the Ranch Sauce

½ cup plain nonfat yogurt
¼ cup light Ranch dressing

For the Zesty Sauce

½ cup plain nonfat yogurt
2 Tablespoons salsa (mild or medium)

For the Quesadillas

1 cup diced red or green pepper
1 cup diced cucumber
15-oz. can pinto beans
8 flour tortillas (6" taco size)
1 cup shredded Cheddar or Colby Jack cheese made from 2% milk

Steps:

1. Make Ranch Sauce by mixing yogurt and Ranch dressing in small bowl. Set aside.
2. Make Zesty Sauce by mixing yogurt and salsa in small bowl. Set aside.
3. Rinse pepper to remove dirt. Cut off stem end and remove seeds. Chop into small pieces on clean cutting board.
4. Rinse cucumber to remove dirt. Peel if you like. Chop into small pieces on cutting board.
5. Put colander in sink. Pour beans into colander and rinse.
6. Place one tortilla on a dinner plate.
7. Spread ¼ of beans on tortilla. Mash beans with a fork.
8. Top with ¼ cup of the pepper and ¼ cup of the cucumber.
9. Sprinkle with 1/4 cup of cheese.
10. Top with a second tortilla.
11. Repeat process to make 3 more quesadillas.

To cook:

1. Slide one quesadilla into a nonstick skillet or skillet sprayed with non-stick spray.
2. Cook on medium heat for 2-3 minutes or until bottom of tortilla is crisp and light brown.
3. Carefully turn over with a pancake turner and cook on the other side until light brown, about 2 minutes.
4. Slide out of pan carefully onto a plate and cover with foil to keep warm.
5. Serve with Ranch Sauce and Zesty Sauce on the side.

Junior Dairy
Skillet Mac & Cheese_____

<u>You'll need</u>

1 teaspoon canola oil
1 teaspoon dry mustard
1/4 cup minced onion
2 Tablespoons minced green pepper
1 ½ cups water
2 cups uncooked elbow or shell macaroni
½ cup plain nonfat yogurt
½ cup low fat sour cream
1 cup chopped broccoli flowerets
2 cups 2% fat shredded sharp Cheddar cheese

Steps:

1. In medium (10") non-stick skillet; heat oil on medium heat.
2. Add dry mustard and blend.
3. Add onion and green pepper; cook until tender.
4. Add 1½ cups water. Cover and bring to a boil.
5. Add 2 cups uncooked macaroni,
6. Reduce heat to medium, cover and simmer for 10 to 15 minutes or until macaroni is tender. Stir occasionally.
7. Add broccoli.
8. Stir sour cream and yogurt into skillet with cooked macaroni and broccoli, mixing well.
9. Cover, reduce heat to low, and simmer for 5 minutes.
10. Remove lid, top macaroni mixture with shredded cheese,
11. Replace lid and allow cheese to melt for 5 minutes.
12. Remove from heat. Serve.

Makes 4 servings

Junior Dairy
Dilly Dip with Vegetables_____

You'll need

2 Tablespoons minced fresh parsley
2 Tablespoons finely chopped onion
8 oz. (1 cup) low fat or non-fat plain yogurt
4 oz. (1/2 cup) reduced fat sour cream
2 Tablespoons dried dill weed
½ teaspoon garlic powder
½ teaspoon salt
Dash of black pepper
Assorted raw fresh vegetables for dipping, such as broccoli, bell pepper, carrots, summer squash or zucchini, cucumber and celery. (Choose at least 2)

Steps:

1. Wash hands; get out clean equipment and tools.

2. Rinse parsley well and drain on clean paper towel. Mince enough for 2 Tablespoons.

3. Wash and peel onion; wash again. Finely chop enough for 2 Tablespoons.

4. Measure yogurt and sour cream into a medium mixing bowl. Stir together to thoroughly combine.

5. Add parsley, onion, dill weed, garlic powder, and salt. Add a dash of black pepper. Stir well to thoroughly mix all ingredients.

6. Cover and refrigerate until time to serve.

7. Prepare raw vegetables for dipping. Rinse well under running water, rubbing surface well; drain. Trim and slice each vegetable to prepare pieces for dipping.

8. Arrange the dip and prepared raw veggie dippers for serving.

Junior Muffins
Harvest Muffins

<u>You'll need:</u>
1 can (14 ½ oz.) sliced carrots, drained
1 teaspoon ground cinnamon
1 egg
⅓ cup vegetable oil
1 cup sugar
1 ¾ cup all-purpose flour
1 ¼ teaspoon baking soda
½ teaspoon salt
Non-stick spray or
Muffin liners (12)

Steps:

1. Preheat oven to 350 degrees.
2. Drain carrots of salty liquid and pour onto dinner-size plate.
3. Sprinkle cinnamon over carrots.
4. Mash with fork until all pieces of carrot are about the size of peas.
5. Put mashed carrots in medium size mixing bowl.
6. Break egg into separate small bowl and mix well with fork.
7. Add oil to egg and mix well.
8. Add oil/egg mixture to carrots.
9. Add sugar and stir well.
10. In separate bowl, stir together flour, baking soda and salt.
11. Add flour mixture to carrot mixture and stir until moist.
12. Pour batter into muffin tins sprayed with nonstick spray or lined – about half full.
13. Bake 25-30 minutes. Test center of one muffin with a toothpick. If it comes out clean, the muffin is done.
14. Cool 5 minutes. Best served warm. Makes 12 muffins.

Junior Pizza
Georgia 4-H Quick Pizza_____

You'll need:

To make the dough:

½ cup all-purpose fl our
3/4 cup whole wheat fl our
1/2 tsp salt
2 tsp sugar
1 envelope quick-rising yeast
2/3 cup hot water (125-130o F)
1 cup all-purpose fl our (for steps 4,5,12)
Non-stick cooking spray

To make the sauce:

1 (8 oz) can tomato sauce,
combined with any or all of the
following seasonings:
1/4 tsp garlic powder
1/4 tsp oregano
1/4 tsp black pepper
1/4 tsp basil

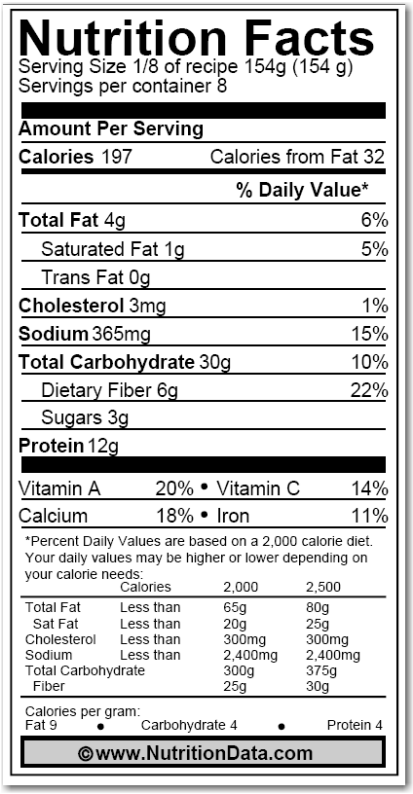
To make the topping:

1 cup shredded part skim
mozzarella cheese

Steps:

1. In a large mixing bowl, combine 1/2 cup all-purpose and 3/4 cup whole wheat fl our.
2. Add salt, sugar, and yeast to fl our. Mix well to blend.
3. Pour hot water into dry mixture and stir to form a dough. Make sure all fl our in bowl is mixed in.
4. Spread about 1/4 cup all-purpose fl our on work surface.
5. Place dough on floured surface and knead gently until dough is smooth and elastic. If dough is too sticky, add more fl our, about 1/4 cup at a time. Kneading usually takes about 5 minutes.
6. Spray medium-sized bowl with a light coat of cooking spray.
7. Place dough in bowl and turn it over once to coat the surface of the dough.
8. Cover bowl with a clean dish towel and allow to rise at room temperature until the dough doubles in size, about10-15 minutes.
9. Preheat oven to 400 degrees F.
10. While dough is rising, clean off work surface.
11. When dough has doubled in size, punch the dough in the center with your fi st to release air bubbles.
12. Spread about 1/4 cup fl our onto clean work surface.
13. Using rolling pin to roll dough into a 12" circle if using a round pizza pan (or a rectangle if using a baking sheet).
14. Spray pizza pan with non-stick spray. Place dough on pizza pan.
15. Spread sauce evenly over dough, leaving 1/2 inch around edge.
16. Top with 1 cup shredded mozzarella cheese.17. Bake at 400 degrees F for 20 minutes or until crust is golden brown. Slice and serve hot.

Junior Festive Foods



Nutrition Facts
Serving Size 1/8 of recipe 154g (154 g)
Servings per container 8

Amount Per Serving	
Calories 197	Calories from Fat 32
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 3mg	1%
Sodium 365mg	15%
Total Carbohydrate 30g	10%
Dietary Fiber 6g	22%
Sugars 3g	
Protein 12g	

Vitamin A 20% • Vitamin C 14%
Calcium 18% • Iron 11%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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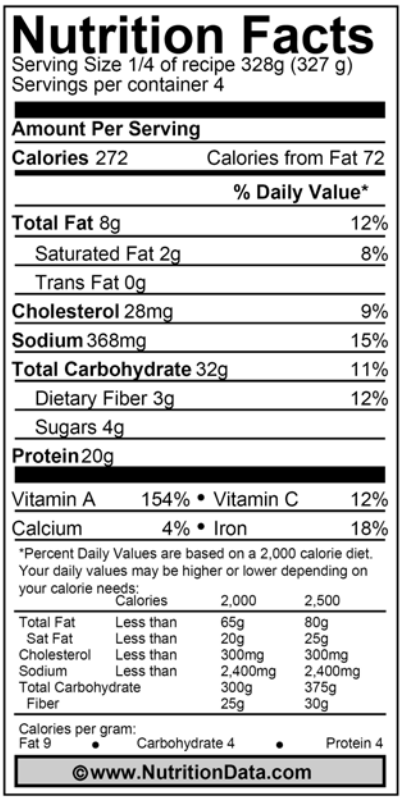
4-Layer Taco Dip



Nutrition Facts
Serving Size 1/4 of recipe 328g (327 g)
Servings per container 4

Amount Per Serving	
Calories 272	Calories from Fat 72
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 28mg	9%
Sodium 368mg	15%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 20g	

Vitamin A 154% • Vitamin C 12%
Calcium 4% • Iron 18%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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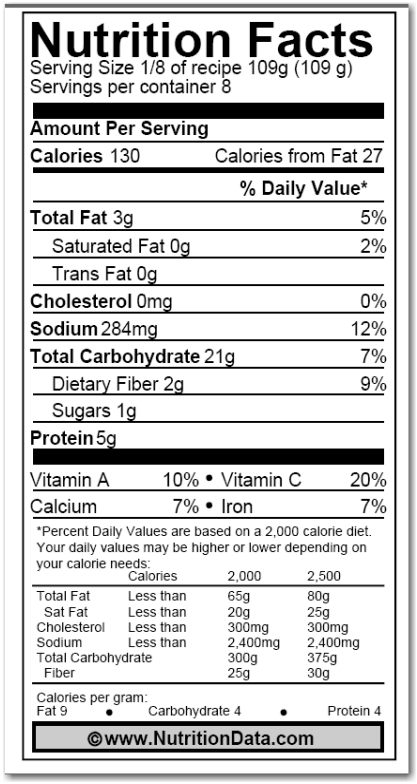
Famous Fried Rice



Nutrition Facts
Serving Size 1/8 of recipe 109g (109 g)
Servings per container 8

Amount Per Serving	
Calories 130	Calories from Fat 27
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 284mg	12%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 5g	

Vitamin A 10% • Vitamin C 20%
Calcium 7% • Iron 7%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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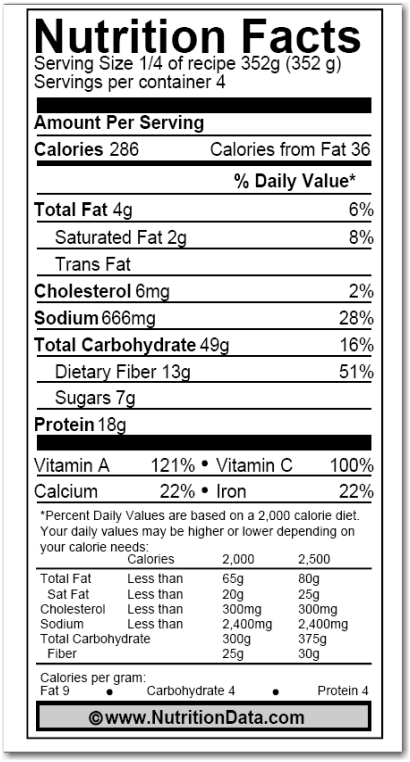
Southern Salsa

"Nutritional data and images courtesy of www.NutritionData.com."

Junior Food Fare



Nutrition Facts
Serving Size 1/4 of recipe 352g (352 g)
Servings per container 4

Amount Per Serving	
Calories 286	Calories from Fat 36
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2g	8%
Trans Fat	
Cholesterol 6mg	2%
Sodium 666mg	28%
Total Carbohydrate 49g	16%
Dietary Fiber 13g	51%
Sugars 7g	
Protein 18g	

Vitamin A	121%	• Vitamin C	100%
Calcium	22%	• Iron	22%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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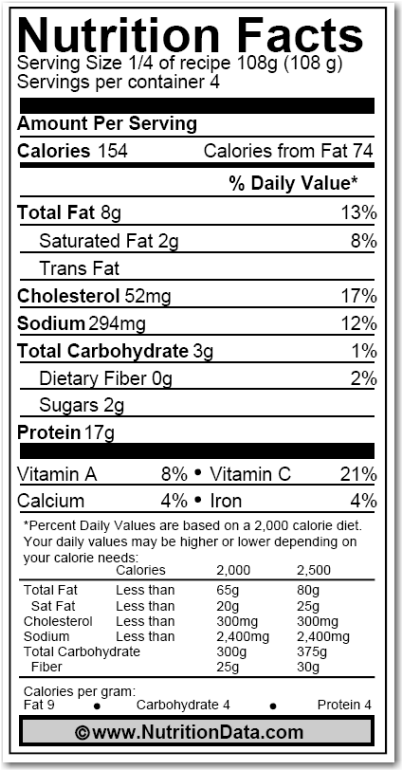
Texas Taco Dip



Nutrition Facts
Serving Size 1/4 of recipe 108g (108 g)
Servings per container 4

Amount Per Serving	
Calories 154	Calories from Fat 74
	% Daily Value*
Total Fat 8g	13%
Saturated Fat 2g	8%
Trans Fat	
Cholesterol 52mg	17%
Sodium 294mg	12%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	2%
Sugars 2g	
Protein 17g	

Vitamin A	8%	• Vitamin C	21%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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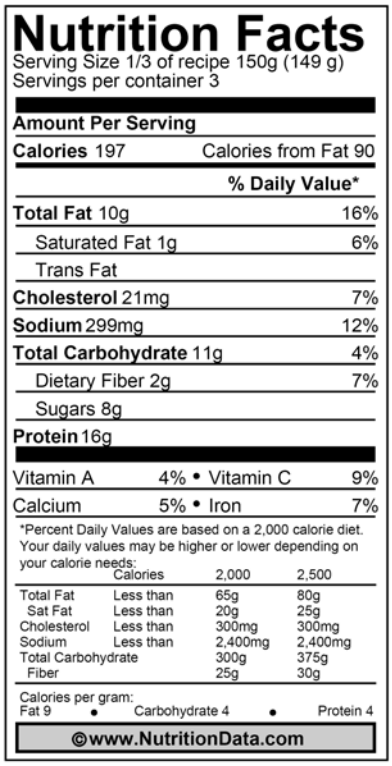
Chicken Confetti Salad



Nutrition Facts
Serving Size 1/3 of recipe 150g (149 g)
Servings per container 3

Amount Per Serving	
Calories 197	Calories from Fat 90
	% Daily Value*
Total Fat 10g	16%
Saturated Fat 1g	6%
Trans Fat	
Cholesterol 21mg	7%
Sodium 299mg	12%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 8g	
Protein 16g	

Vitamin A	4%	• Vitamin C	9%
Calcium	5%	• Iron	7%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Festive Tuna Salad

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Junior Better Breakfast

Nutrition Facts
Serving Size 1/4 of recipe 246g (246 g)
Servings per container 4

Amount Per Serving	
Calories 356	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 54mg	18%
Sodium 732mg	31%
Total Carbohydrate 63g	21%
Dietary Fiber 4g	18%
Sugars 26g	
Protein 9g	

Vitamin A 5% • Vitamin C 19%
Calcium 32% • Iron 13%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Hearty Pancakes

Nutrition Facts
Serving Size 1/4 of recipe 253g (252 g)
Servings per container 4

Amount Per Serving	
Calories 395	Calories from Fat 134
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 5g	23%
Trans Fat 0g	
Cholesterol 238mg	79%
Sodium 954mg	40%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	9%
Sugars 5g	
Protein 28g	

Vitamin A 47% • Vitamin C 3%
Calcium 33% • 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Breakfast Burritos

Nutrition Facts
Serving Size 1/2 of recipe 252g (251 g)
Servings per container 2

Amount Per Serving	
Calories 301	Calories from Fat 95
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 2g	8%
Trans Fat	
Cholesterol 5mg	2%
Sodium 64mg	3%
Total Carbohydrate 49g	16%
Dietary Fiber 5g	20%
Sugars 39g	
Protein 7g	

Vitamin A 2% • Vitamin C 12%
Calcium 18% • Iron 5%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Crunchy Apple Salad

Grilled Cinnamon Toast

Nutrition Facts
Serving Size 1/2 of recipe 34g (33 g)
Servings per container 2

Amount Per Serving	
Calories 92	Calories from Fat 23
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 155mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 4g	

Vitamin A 0% • Vitamin C 0%
Calcium 3% • 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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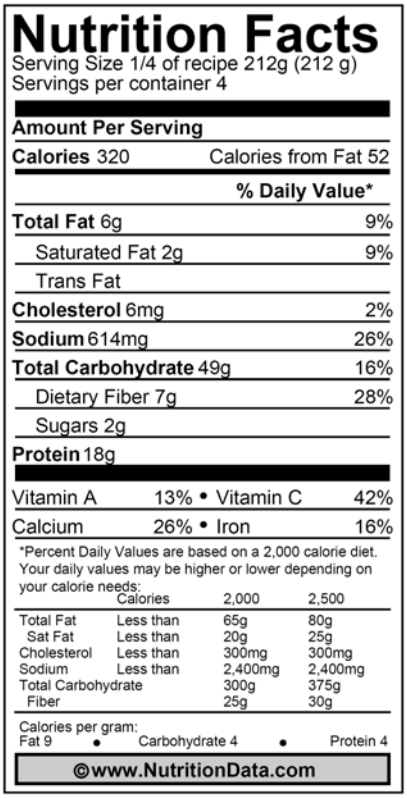
Junior Dairy



Nutrition Facts
Serving Size 1/4 of recipe 212g (212 g)
Servings per container 4

Amount Per Serving	
Calories 320	Calories from Fat 52
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	9%
Trans Fat	
Cholesterol 6mg	2%
Sodium 614mg	26%
Total Carbohydrate 49g	16%
Dietary Fiber 7g	28%
Sugars 2g	
Protein 18g	

Vitamin A 13% • Vitamin C 42%
Calcium 26% • Iron 16%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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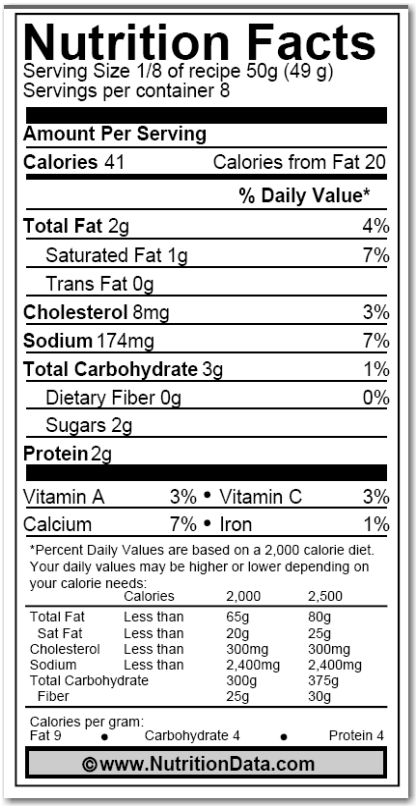
Fiesta Quesadillas



Nutrition Facts
Serving Size 1/8 of recipe 50g (49 g)
Servings per container 8

Amount Per Serving	
Calories 41	Calories from Fat 20
	% Daily Value*
Total Fat 2g	4%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 174mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 2g	

Vitamin A 3% • Vitamin C 3%
Calcium 7% • Iron 1%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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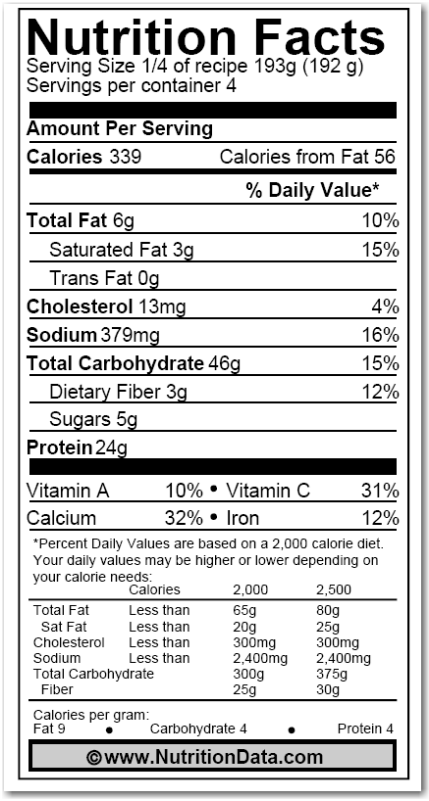
Dilly Dip with Vegetables



Nutrition Facts
Serving Size 1/4 of recipe 193g (192 g)
Servings per container 4

Amount Per Serving	
Calories 339	Calories from Fat 56
	% Daily Value*
Total Fat 6g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 13mg	4%
Sodium 379mg	16%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 24g	

Vitamin A 10% • Vitamin C 31%
Calcium 32% • Iron 12%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Skillet Mac & Cheese

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Nutrition Facts

Serving Size 1/12 of recipe 70g (69 g)
Servings per container 12

Amount Per Serving

Calories 197	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 18mg	6%
Sodium 302mg	13%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 3g	

Vitamin A	53%	• Vitamin C	1%
Calcium	7%	• 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Harvest Muffins

18 USC 707

Nutrition Facts

Serving Size 1/4 of recipe 143g (143 g)
Servings per container 1

Amount Per Serving

Calories 303	Calories from Fat 58
	% Daily Value*
Total Fat 7g	10%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 736mg	31%
Total Carbohydrate 47g	16%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 15g	

Vitamin A	7%	• Vitamin C	7%
Calcium	23%	• Iron	19%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Georgia 4-H Quick Pizza

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