

COMMODITY CONNECTIONS COOKBOOK

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Introduction

The Commodity Connection Cookbook has been compiled and distributed by the Tennessee Nutrition and Consumer Education Program (TNCEP) with University of Tennessee Extension. The recipes presented in this book use foods that are a part of the commodity food package that is distributed through the United States Department of Agriculture (USDA). County Extension agents and program assistants from across Tennessee shared some of their favorite recipes to make this cookbook possible. The recipes were then compiled and adjusted by a registered dietitian to ensure that the cookbook provides the most useful and healthful recipes possible.

Commodity Foods

The federal government works to support farming efforts and to protect food prices by purchasing extra food grown by American farmers. For example, if farmers have a good season growing tomatoes, the USDA will purchase the extra tomatoes. The tomatoes are processed, packaged and distributed across the country to a variety of nutrition programs and eligible families. By doing so, the government prevents extra tomatoes from going to waste and helps keep tomato prices reasonable for farmers and consumers. Commodities are high quality, nutritious foods that can be a wonderful supplement to any diet. Many of the recipes in this book use two or more commodity foods to help families get the most out of the commodity food package. Commodity food items listed are in bold and italicized on each recipe to make each commodity food easy to use and good to eat.

Kitchen Connections

The kitchen could be called the most important room in the house, since it is where families prepare and share foods to nourish their bodies. The kitchen provides a setting for families to experience all the wonderful sensations related to preparing and eating food together. The look, feel, sound, smell and taste of foods create experiences and memories that will last a lifetime. With all the wonder the kitchen has to offer, it is important to stay focused on keeping it as safe and clean as possible. For this reason, the first step of each recipe in this cookbook is to "Wash hands." Then make sure all surfaces that touch food are clean at the beginning of the cooking process and keep them clean throughout.

Wash hands before and after touching raw foods like meat, poultry, eggs and seafood. These foods may contain harmful bacteria that can spread from hands, knives, cutting boards and countertops to other foods. By hand washing and cleaning any kitchen tools with hot, soapy water, many food-borne illnesses can be prevented. Help maintain a positive cooking experience by being attentive to situations that could lead to cuts or burns. Never place a sharp knife in a sink filled with water and keep pot handles turned away from the edge of the stove to keep everyone safe in the kitchen.

Tools for Cooking Connections

Here are some examples of kitchen tools or equipment used most often in this cookbook.



Dry Measuring Cups: These are used for measuring dry ingredients like flour and sugar. For the most accurate measurement, fill the cup to the top and level with the flat edge of a dinner knife.



Liquid Measuring Cups: These are used for measuring liquid or wet ingredients like water, milk or oil. For the most accurate measure, place measuring cup on a level surface, fill to the needed amount line, and read the measurement at eye level.



Measuring Spoons: These are used to measure both liquid and dry ingredients. For the most accurate measure for liquids, fill the measuring spoon to the top. When measuring dry ingredients it is important to follow the recipe instructions. The recipe may call for a level tablespoon that would require leveling the ingredient with a flat edge as with dry measuring cups. Other recipes may call for a “heaping” or a “rounded” tablespoon, for example, which means the spoon is filled with a mound or a heap of the ingredient in the spoon.



Blenders: These are versatile small appliances that can be useful in any kitchen. The “Ice” or “Chop” setting is ideal for making milkshakes, smoothies or frozen drinks. The “Pulse” setting can be used to make bread crumbs, chop vegetables and make cracker crumbs. It is important to properly clean the pitcher after each use. To clean it quickly and easily, fill halfway with warm water, add a drop of dishwashing detergent, put on the blender and run on low speed for a few seconds. Rinse the pitcher and the lid well. Take apart the blade section, rinse and dry the blades and the rubber gasket. Reassemble and store.



Graters or shredders: For easy clean-up, spray the grater with nonstick cooking spray before use. Grate food by pushing the food in a downward motion over the holes. Take care to avoid grating knuckles and fingertips. Rinse the grater in hot water immediately after use to avoid sticking. If food is difficult to remove, soak in hot water, then scrub with a cleaning brush.

Tools



Colander: Colanders are used to drain liquids and fat from foods easily and safely. Use caution when draining hot foods like cooked pasta. Be sure to keep out of the way of the steam that will rise quickly as the food is being poured into the colander. Pour cooked foods into the colander slowly to avoid splashing hot liquids.



Sauce pan: Recipes in this cookbook recommend using small, medium or large sauce pans. Sauce pans are typically deeper than skillets, have long handles on one side and have lids. Again, make sure to keep those handles turned to the back of the stove to keep little hands from tipping them over.



Casserole dish: Recipes in this cookbook are identified as small, medium or large. The casserole dish pictured is a large casserole dish. Some recipes may call it a 9-by-13-inch dish or a 2-quart pan. Casserole dishes are glass or metal and may come with a baking lid. If the recipe calls for the dish to be covered for part of the baking time and you do not have a lid, just cover with a piece of aluminum foil.

If the exact size pan or dish is not available, other sizes can be used, but the recipe will have to be adjusted. For example, if a recipe calls for a large casserole pan and only a round baking pan is available, no problem. Since the pan is smaller than the pan recommended, the casserole should be thicker and will probably need to cook longer than recommended on the recipe.



Muffin pan: These pans are typically metal or silicon and can be used with or without paper muffin liners. Muffin pans come in several sizes from large muffins and to mini-muffins that are great for little hands.



Loaf pan: These loaf or bread pans can be metal, glass, ceramic or silicon. They can help maintain the shape of a baked food, such as bread or meatloaf. Look for a loaf pan with 3-inch-high sides with extended edges for easy handling. A darker, nonstick finish is a fine choice, too, since corn bread and other quick breads benefit from a deep, golden crust.



Food Thermometers: Food or meat thermometers can take the guesswork out of cooking, since knowing when food cooked to a safe temperature can be difficult. Most recipes give a time range to cook or bake the food, but checking internal temperature is the best way to make sure the food is safe to eat. Food thermometers can be found in the baking section of any department store. Use the thermometers when cooking meat and poultry or any casserole to ensure that the food has reached a temperature high enough to kill harmful bacteria. Wash the thermometer with hot, soapy water and rinse after each use.



Cutting Boards: Boards must be washed with hot, soapy water before cutting different raw foods. Ideally, a different cutting board should be used for each food being prepared. Never prepare any raw meat, poultry or seafood on a cutting board that has already been used. If possible, use a different cutting board for raw meat, poultry and seafood products. Always wash your hands, utensils, countertops and cutting boards after they come in contact with raw meat, poultry or seafood.

Food Safety

Cooking food – especially raw meat, poultry, fish and eggs – to a safe minimum internal temperature kills harmful bacteria. Thoroughly cook food as follows*:

Temperature Chart for Protein Foods

RAW FOOD	INTERNAL TEMPERATURE
Ground Products	
Beef, veal, lamb, pork	160 F
Chicken, turkey	165 F
Beef, Veal, Lamb Roasts and Steaks	
Medium-rare	145 F
Medium	160 F
Well-done	170 F
Pork Chops, roast, ribs	
Medium	160 F
Well-done	140 F
Ham, fully cooked	170 F
Ham, fresh	160 F
Sausage, fresh	160 F
Poultry (turkey and chicken)	
Whole bird	165 F
Breast	165 F
Legs and thighs	165 F
Stuffing (cooked separately)	165 F
Eggs	
Fried, poached	yolk & white are firm
Casseroles	160 F
Sauces, custards	160 F
Fish	flakes with a fork

**This chart provides guidance for cooking foods at home.*

At room temperature, bacteria in food can double every 20 minutes. The more bacteria there are, the greater the chance you could become sick. So, refrigerate foods quickly because cold temperatures keep most harmful bacteria from multiplying. A lot of people think it will harm their refrigerator to put hot food inside – it's not true. It won't harm your refrigerator and it will keep your food – and you – safe. Set your home refrigerator to 40 F or below and the freezer unit to 0 F or below. Check the temperature occasionally with an appliance thermometer.

Refrigerator & Freezer Storage Chart

	Refrigerator (40 F)	Freezer (0 F)
Eggs Fresh, in shell Hard cooked Egg substitutes, opened Egg substitutes, unopened	4-5 weeks 1 week 3 days 10 days	Don't freeze Doesn't freeze well Don't freeze 1 year
Dairy Products Milk Cottage cheese Yogurt Commercial mayonnaise (refrigerate after opening)	1 week 1 week 1-2 weeks 2 months	3 months Doesn't freeze well 1-2 months Don't freeze
Vegetables Beans, green or waxed Carrots Celery Lettuce, leaf Lettuce, iceberg Spinach Squash, summer Squash, winter Tomatoes	Raw 3-4 days 2 weeks 1-2 weeks 3-7 days 1-2 weeks 1-2 days 4-5 days 2 weeks 2-3 days	Blanched/cooked 8 months 10-12 months 10-12 months Don't freeze Don't freeze 10-12 months 10-12 months 10-12 months 2 months
Deli Foods Entrees, cold or hot Store-prepared or homemade salads	3-4 days 3-5 days	2-3 months Don't freeze
Hot Dogs and Luncheon Meats Hot dogs, opened package Hot dogs, unopened package Lunch meats, opened Lunch meats, unopened	1 week 2 weeks 3-5 days 2 weeks	1-2 months in freezer wrap 1-2 months 1-2 months
TV Dinners/Frozen Casseroles Keep frozen until ready to serve		3-4 months
Fresh Meat Beef steaks, roasts Pork chops, roasts Lamb chops, roasts Veal-roast	3-5 days 3-5 days 3-5 days 3-5 days	6-12 months 4-6 months 6-9 months 4-6 months

Refrigerator & Freezer Storage Chart

	Refrigerator (40 F)	Freezer (0 F)
Fresh Poultry Chicken or turkey, whole Chicken or turkey, pieces	1-2 days 1-2 days	1 year 9 months
Fresh Fish Lean fish (cod, flounder, etc.) Fatty fish (salmon, etc.)	1-2 days 1-2 days	6 months 2-3 months
Ham Canned ham (label says "keep refrigerated") Ham, fully cooked (half & slices)	6-9 months 3-5 days	Don't freeze 1-2 months
Bacon and Sausage Bacon Sausage, raw (pork, beef or turkey) Precooked smoked breakfast links/patties	1 week 1-2 days 1 week	1 month 1-2 months 1-2 months
Leftovers Cooked meat, meat dishes, egg dishes, soups, stews and vegetables Gravy and meat broth Cooked poultry and fish	3-4 days 1-2 days 3-4 days	2-3 months 2-3 months 4-6 months

Adapted from National Institutes of Health "Heart Healthy Cookbook."

Healthful Cooking

Making small changes in the kitchen can add up to big gains in your health. But who said you have to sacrifice taste for nutrition? Try the following tips and substitutions to make meals you serve healthier.

Try	Instead of
When sautéing onion for flavoring stews, soups and sauces	Use nonstick spray, water or stock.
When making a salad dressing	Use equal parts water and vinegar and half as much oil. To make up for less intense flavor, add more mustard and herbs.
When making chocolate desserts	Use 3 tablespoons of cocoa instead of 1 ounce of baking chocolate (if fat is needed to replace the fat in chocolate, add 1 tablespoon or less of vegetable oil).
When making cakes and soft drop cookies	Use no more than 2 tablespoons of fat for each cup of flour.
When making muffins, quick breads or biscuits	Use no more than 1-2 tablespoons of fat for each cup of flour. Substitute half whole wheat flour for white flour.
When making muffins or quick breads	Use three ripe, very well mashed bananas or 1 cup applesauce instead of 1 cup butter or oil (you will get less saturated fat and fewer calories).
When baking or cooking	Use three egg whites and one yolk instead of two whole eggs; or instead of one whole egg use two egg whites or ¼ cup of egg substitute.
When making pie crust	Use only ½ cup margarine for every 2 cups of flour.
When you need sour cream	Mix 1 cup low-fat cottage cheese with 1 tablespoon skim milk and 2 tablespoons lemon juice; substitute plain, nonfat or low-fat yogurt; or try some of the reduced-fat sour cream substitutes.
When a recipe calls for butter	Choose soft margarine with liquid vegetable oil instead of hydrogenated or partially hydrogenated shortening oil as the first ingredient listed on the label.
To cut saturated fat	Use regular soft margarine made with vegetable oil instead of butter or lard. In general, diet margarine should not be used in baking.

Healthful Cooking

Try	Instead of
Broiling, steaming, roasting/baking, microwaving, grilling, braising/stewing, boiling, simmering or stir-frying with a little bit of oil	Frying, basting with fat, cooking in fatty sauces and gravies
Lean meats such as round, sirloin, chuck arm pot roast, loin, lean and extra-lean ground beef	Regular ground beef
Chicken and turkey with skin removed	Fried chicken
Baked or broiled fish, tuna packed in water	Fried fish, tuna packed in oil
Beans made with smoked turkey parts	Beans made with lard, ham hocks or bacon
Small amount of vegetable oil	Lard, butter or other fats that are solid at room temperature
Turkey bacon, lean ham, Canadian bacon	Pork, bacon or sausage
Ground turkey breast	Ground beef or pork
Low-fat or fat-free milk	Whole milk or 2% milk
Low-fat or part-skim milk cheese (check labels)	Whole-milk cheeses
Evaporated skim milk	Cream
Mustard, low-fat mayo and salad dressing	Regular mayo and creamy salad dressing
Vegetables prepared without added fat	Vegetables made with butter or seasoned with fatty meats
Low-sodium bouillon and broth	Regular bouillon and broth

Adapted from National Institutes of Health "Heart Healthy Cookbook."

Nutrition Facts Labels

Nutrition facts labels have been included with each recipe in this cookbook to help you as you plan meals. The nutrition facts label allows you to compare foods based on the food's key nutrients. When comparing foods, focus on those nutrients that are important to you. If you are concerned about your weight concentrate on the amount of total calories you will get from eating one portion of that food. If you are concerned about blood pressure for example, you should pay attention to the amount of sodium in that food. On the right side of the nutrition facts label, you will find percentages of nutrients based on a 2,000 calorie diet. This 2,000 calorie diet is based on a standard diet and may be too many calories or not enough calories for you. If you would like to find out how many calories, food portions and amount of activity you need each day, you can go to www.MyPyramid.gov for a personalized nutrition plan designed just for you.

1. Start Here - Everything on this label is specific to this serving size.

3. Limit these Nutrients

4. Get Enough of These Nutrients

5. Footnote - This portion of the label shows the daily goal of several nutrients based on a 2,000 or 2,500 calorie diet.

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories 250	Calories from Fat 110	
	% Daily Value*	
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Potassium 700mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
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
Dietary Fiber		25g 30g

2. Check the Calories - This tells you how many calories you will be consuming if you eat the serving size. "Calories from Fat" shows you how much of the calorie content comes from fat.

6. Daily Values Made Easy - If the % Daily Value of a nutrient is less than 5%, the food is low in that nutrient. If the % Daily Value is 20% or greater, the food is high in that nutrient. Nutrients with no % Daily Value listed do not have a set recommendation for the amount to eat in one day.

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BREADS

APPLESAUCE-DATE LOAF

Recipe Recommended by Carroll County Extension.

Ingredients:

- ½ cup butter
- ⅔ cup sugar
- 1 egg
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1½ cups **applesauce**
- 1 cup finely diced **dates**
- ½ cup finely diced **pecans**

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 350 degrees.
3. Spray loaf pan with nonstick cooking spray.
4. With mixer, cream butter and sugar until fluffy, in medium mixing bowl.
5. Blend in egg and vanilla.
6. Sift together flour, baking powder, baking soda, cinnamon and nutmeg in a medium bowl.
7. Take turns adding small parts of flour mixture and applesauce to butter mixture.
8. Stir in dates and pecans just until mixed to avoid over-mixing.
9. Bake about 1 hour or until bread pulls away from sides of pan.
10. Cool in pan 20 minutes.
11. Remove from pan and cool on rack.

Makes 12 (one-slice) servings.

Commodity Connection Recipe Tip: Glass bakeware retains heat better than metal baking pans. If you are using glass, reduce the temperature of your oven to 325 degrees to prevent over-baking.

Nutrition Facts	
Serving Size: 1 slice (104g)	
Servings: 12	
Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 80mg	26%
Sodium 190mg	8%
Total Carbohydrate 43g	14%
Dietary Fiber 3g	13%
Sugars 25g	
Protein 5g	
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 10%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture, and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

APPLESAUCE MUFFINS

Recipe Recommended by Carroll County Extension.

Ingredients:

- 4 cups all-purpose flour
- 1 tablespoon cinnamon
- 1 tablespoon ground allspice
- 2 teaspoons baking soda
- ½ cup butter
- 2 cups sugar
- 2½ cups **applesauce**
- 2 eggs
- 2 tablespoons vanilla
- 1 cup **raisins**

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 350 degrees.
3. Spray muffin pan with nonstick cooking spray or use paper muffin cups.
4. In a medium mixing bowl, combine flour, cinnamon, allspice and baking soda.
5. In another bowl, use mixer to cream butter and sugar.
6. Blend eggs, applesauce and vanilla into butter mixture.
7. On low speed, slowly blend flour mixture into butter mixture until moistened, do not over-mix.
8. Fold in raisins using mixer on low speed.
9. Fill each muffin cup ¾ full.
10. Bake for 20 minutes or until muffins turn golden brown.
11. Cool in pan 10 minutes then remove to wire rack.

Makes 24 (one-muffin) servings.

Commodity Connection Recipe Tip: The term “fold” is a way to stir or mix lighter ingredients into heavier ones. To fold a mixture, stir with a spoon or a spatula in a cutting or slicing J-shaped movement, lifting up as you go. Just make sure not to fold too much. Folding helps to keep the mixture light and fluffy.

Nutrition Facts	
Serving Size: 1 muffin (64g)	
Servings: 24	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 140mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 3g	
Vitamin A 2%	Vitamin C 4%
Calcium 0%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



OATMEAL APPLE MUFFINS

Recipe Recommended by Fentress County Extension.

Ingredients:

- 1½ cups **oats**
- 1¼ cups self-rising flour
- ¾ teaspoon cinnamon
- 1 cup **applesauce**
- 3 tablespoons instant **nonfat dry milk powder**
- ¾ cup water
- ½ cup brown sugar
- 2 tablespoons canola oil
- 1 egg

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 400 degrees.
3. Spray muffin pan with nonstick cooking spray or use paper muffin cups.
4. Combine oats, flour and cinnamon.
5. Add applesauce, instant nonfat dry milk, brown sugar, water, oil and egg.
6. Mix until moistened.
7. Fill muffin cups about ¾ full.
8. Bake for 20 minutes or until golden brown.
9. Cool in pan 10 minutes then remove to wire rack.

Makes six (one-muffin) servings.

Commodity Connection Recipe Tip: When baking muffins, the mixing time is very important. Over-mixing muffin batter will cause the muffins to rise into sharp peaks. Only mix until the batter is moistened for soft, rounded tops and compact, tender texture.

Nutrition Facts	
Serving Size: 1 muffin (141g)	
Servings: 6	
Amount Per Serving	
Calories 280	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 390mg	16%
Total Carbohydrate 53g	18%
Dietary Fiber 2g	9%
Sugars 19g	
Protein 6g	
Vitamin A 2%	Vitamin C 2%
Calcium 10%	Iron 10%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



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PEANUT BUTTER BREAD

Recipe Recommended by Greene County Extension.

Ingredients:

- 2¼ cups self-rising flour
- ¾ cup sugar
- ½ cup instant **nonfat dry milk powder**
- 1¾ cups water
- 1 teaspoon vanilla
- ½ cup **peanut butter**

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 350 degrees.
3. Spray loaf pan with nonstick cooking spray.
4. In small mixing bowl, combine flour, instant nonfat dry milk powder and sugar together.
5. Using a mixer, blend water, vanilla and peanut butter.
6. Slowly blend in flour mixture with the peanut butter mixture until smooth.
7. Pour mixture in loaf pan.
8. Bake for 45 minutes.
9. Allow to cool before removing from pan.

Makes 12 (one-slice) servings.

Commodity Connection Recipe Tip: When measuring thick, sticky ingredients (molasses, honey, peanut butter), try spraying the measuring cups and spoons with nonstick spray first (just lightly). The ingredients will come out easier.

Nutrition Facts	
Serving Size: 1 slice (82g)	
Servings: 12	
Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 8%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4



SPICY APPLESAUCE NUT BREAD

Recipe Recommended by Lawrence County Extension.

Ingredients:

½ cup chopped dates	½ teaspoon nutmeg
⅔ cup chopped walnuts	1 cup applesauce
2 cups self-rising flour	⅓ cup orange juice
1 cup sugar	1 egg, beaten
1 teaspoon cinnamon	1 tablespoon canola oil

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 350 degrees.
3. Spray loaf pan with nonstick cooking spray.
4. Chop dates and nuts.
5. In medium mixing bowl, combine flour, sugar, cinnamon and nutmeg.
6. In separate bowl, mix applesauce, orange juice, egg and canola oil.
7. Stir in dates and walnuts to applesauce mixture.
8. Slowly add small amounts of flour mixture to applesauce mixture.
9. Mix well.
10. Pour batter into loaf pan.
11. Bake for 50 to 60 minutes.
12. Allow to cool before removing from pan.

Makes 12 (one-slice) servings.

Commodity Connection Recipe Tip: Preheating your oven is essential for baking. Baking in a hot oven gives foods like breads and cookies important characteristics that make them look and taste good. The first 10 minutes in a preheated oven helps breads to rise and form a crust.

Nutrition Facts	
Serving Size: 1 slice (85g)	
Servings: 12	
Amount Per Serving	
Calories 230	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	10%
Sugars 23g	
Protein 4g	
Vitamin A 0%	Vitamin C 20%
Calcium 8%	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
Sat 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



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BREAKFAST

APPLESAUCE PANCAKES

Recipe Recommended by Loudon County Extension.

Ingredients:

- 1 cup **applesauce**
- ¼ cup instant **nonfat dry milk powder**
- 1 cup water
- 2 eggs
- 1 tablespoon canola oil
- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- 2 tablespoons baking powder

Instructions:

1. Wash hands and clean food preparation area.
2. In a medium mixing bowl, combine applesauce, instant nonfat dry milk powder, water, eggs and oil.
3. Add flour, sugar, cinnamon and baking powder.
4. Stir until mixture has only small lumps.
5. Place large skillet on medium-high heat.
6. Spray skillet with nonstick spray.
7. Pour ½ cup batter into skillet.
8. Turn pancake when bubbles form on top of batter.
9. Cook other side for about 1 minute or until golden brown.

Makes six (6-inch) servings.

Commodity Connections Recipe Tip: Warm a cup of applesauce and pour over your pancakes instead of using maple syrup. Doing so will add some more wonderful apple flavor while saving about 150 calories.

Nutrition Facts

Serving Size: 1 pancake (204g)
Servings: 6

Amount Per Serving

Calories 310 Calories from Fat 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 530mg 22%

Total Carbohydrate 48g 16%

Dietary Fiber 2g 7%

Sugars 13g

Protein 7g

Vitamin A 4% Vitamin C 2%

Calcium 45% 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
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4



BREAKFAST BOP

Recipe Recommended by Loudon County Extension.

Ingredients:

- ½ cup **oats**
- ¼ cup instant **nonfat dry milk powder**
- 1 cup water
- 1 banana
- 2 tablespoons **peanut butter**

Instructions:

1. Wash hands and clean food preparation area.
2. In a single-serving microwave-safe bowl, mix oats with instant nonfat dry milk powder and water.
3. Cook in microwave for 3½ minutes.
4. Carefully remove bowl from microwave.
5. Mix in the peanut butter.
6. Slice banana on top and serve.

Makes one serving.

Commodity Connections Recipe Tip: Breakfast is the most important meal of the day. Don't skip breakfast because you are always rushed in the morning. Adding peanut butter to your breakfast adds protein. Protein is important for building healthy tissue, such as muscle, and helps keep hunger away.

Nutrition Facts	
Serving Size: 1 (472g)	
Servings: 1	
Amount Per Serving	
Calories 720	Calories from Fat 190
% Daily Value*	
Total Fat 22g	33%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol less than 5mg	2%
Sodium 270mg	11%
Total Carbohydrate 109g	36%
Dietary Fiber 15g	59%
Sugars 60g	
Protein 30g	
Vitamin A 110% ■ Vitamin C 110%	
Calcium 60% ■ Iron 100%	
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 ■ Carbohydrate 4 ■ Protein 4



PEACHY YUMMY SMOOTHIE

Recipe Recommended by Greene County Extension.

Ingredients:

- ½ cup instant **nonfat dry milk powder**
- 1 (15.5 ounce) **can peaches**
- 1 cup ice
- 1 cup water
- 2 cups low fat vanilla yogurt
- Pinch of nutmeg

Instructions:

1. Wash hands and clean food preparation area.
2. Drain peaches.
3. In a blender, combine instant nonfat dry milk powder, peaches, ice, water and yogurt.
4. Pulse blender on and off until mixture is smooth.
5. Pour mixture into cup and sprinkle top with nutmeg.

Makes three (2-cup) servings.

Commodity Connection Recipe Tip: Substitute any type of canned commodity fruits for the peaches in this recipe for a yummy change.

Nutrition Facts	
Serving Size: 2 cups (483g)	
Servings: 3	
Amount Per Serving	
Calories 310	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 220mg	9%
Total Carbohydrate 55g	18%
Dietary Fiber 1g	5%
Sugars 43g	
Protein 15g	
Vitamin A 15%	Vitamin C 6%
Calcium 45%	Iron 0%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



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DESSERTS

APPLE BREAD PUDDING

Recipe Recommended by Gibson County Extension.

Ingredients:

3 cups water
½ cup sugar
¼ teaspoon salt
¾ teaspoon cinnamon
3 cups dried bread cubes
¾ cup instant **nonfat dry milk powder**
1 cup peeled, diced apples (2 to 3 small baking apples)

4 eggs
1 cup **applesauce**
1 teaspoon vanilla
½ cup **raisins**

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 350 degrees.
3. Spray small casserole dish (8-by-8 inch or 9-by-9 inch) with nonstick cooking spray.
4. Lightly beat water, instant nonfat dry milk powder, eggs, sugar, applesauce, salt, vanilla and cinnamon in a large mixing bowl.
5. Stir in raisins and diced apples.
6. Spread cubed bread over the bottom of the small casserole dish.
7. Pour egg mixture over the bread.
8. Refrigerate for 30 minutes.
9. Fill a large casserole dish ¼ full of water.
10. Place small casserole dish containing pudding in center of large casserole dish.
11. Cover with foil and bake at 350 degrees for 30 minutes.
12. Uncover and bake an additional 15 minutes until a knife inserted in the center comes out clean.
13. Serve warm or chilled.

Makes 12 (½-cup) servings.

Commodity Connection Recipe Tip: Don't throw out that old bread – use it to make dried bread cubes for this recipe! For 3 cups of dry bread cubes, cut three to four slices of firm bread into ½-inch cubes. Spread in a single layer on a large baking pan. Bake at 300 degrees for 10 to 12 minutes or until dry, stirring twice. The cubes will continue to dry as they cool.

Nutrition Facts	
Serving Size: 1/2 cup (134g)	
Servings: 12	
Amount Per Serving	
Calories 150	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 170mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	3%
Sugars 21g	
Protein 5g	
Vitamin A 2%	Vitamin C 6%
Calcium 10%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



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BIG ORANGE PUDDING

Recipe Recommended by Van Buren County Extension.

Ingredients:

- ½ cup instant **nonfat dry milk powder**
- 1 cup water
- 1 (15.5 ounce) **can sweet potatoes**, drained
- 1 package instant vanilla pudding (sugar-free)
- Ground cinnamon (optional)

Instructions:

1. Wash hands and clean food preparation area.
2. In a small mixing bowl, mash sweet potatoes with a fork.
3. Add instant nonfat dry milk powder and water.
4. Mix well.
5. Add package of instant pudding.
6. Stir or whisk for 2 minutes.
7. Chill 1 hour and serve.
8. Sprinkle top with cinnamon (optional).

Makes six (½-cup) servings.

Commodity Connections Recipe Tip: Surprise your family with this tasty but healthy dessert. They may never realize there are sweet potatoes in it, but sweet potatoes are packed with vitamins, minerals and fiber. The orange color is perfect camouflage in Tennessee!

Nutrition Facts	
Serving Size: 1/2 cup (156g)	
Servings: 6	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	1%
Sodium 300mg	12%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	5%
Sugars 8g	
Protein 4g	
Vitamin A 120% ■ Vitamin C 35%	
Calcium 10% ■ 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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 ■ Carbohydrate 4 ■ Protein 4	



ORANGE AND WHITE SALAD

Recipe Recommended by Hawkins County Extension.

Ingredients:

- 2 cups water
- 2 (3 ounce) packages of sugar-free orange-flavored gelatin
- $\frac{2}{3}$ cup miniature marshmallows
- 1 (15.5 ounce) **can apricots**, drained and chopped – reserve $\frac{1}{2}$ cup juice
- 1 (6 $\frac{1}{4}$ ounce) **can crushed pineapple**, drained – reserve $\frac{1}{2}$ cup juice
- 1 tablespoon butter
- 2 tablespoons all-purpose flour
- $\frac{1}{2}$ cup sugar
- 1 egg
- 1 cup frozen whipped topping
- Chopped **pecans** (optional)

Instructions:

1. Wash hands and food preparation area.
2. In medium sauce pan, bring water to a boil and remove from heat.
3. Dissolve gelatin in boiling water.
4. Add marshmallows and stir until dissolved.
5. Stir in apricots and pineapple.
6. Pour into a 9-by-13-inch casserole dish.
7. Cover and chill until firm.
8. In small sauce pan over low heat, melt butter.
9. Stir in flour.
10. Add sugar, reserved juice and egg.
11. Cook over medium heat stirring constantly until thickened.
12. Pour into storage container, cover and chill.
13. Fold in whipped topping in sauce mix.
14. Spread topping over gelatin mixture.
15. If desired, sprinkle with pecans.

Makes 12 ($\frac{1}{2}$ -cup) servings.

Commodity Connection Recipe Tip: All the fruit in this recipe makes it a good source of vitamin C. Try dessert recipes, like this one, that are nutritious and delicious.

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup (118g)

Servings: 12

Amount Per Serving

Calories 130 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 60mg 3%

Total Carbohydrate 21g 7%

Dietary Fiber 1g 3%

Sugars 17g

Protein 2g

Vitamin A 10% Vitamin C 30%

Calcium 0% 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

Sat 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



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PEANUT BUTTER CEREAL BARS

Recipe Recommended by Shelby County Extension.

Ingredients:

- 3 ½ cups **dry cereal** (flakes, squares or crisps)
- ½ cup shredded coconut (optional)
- ½ cup light corn syrup
- ½ cup sugar
- 1 cup instant **nonfat dry milk powder**
- ½ cup **peanut butter**
- ½ cup chocolate chips
- ½ cup butterscotch chips

Instructions:

1. Wash hands and clean food preparation area.
2. Spray a large casserole dish (9-by-13 inch) with nonstick cooking spray and set aside.
3. In medium mixing bowl, combine dry cereal and coconut.
4. In small saucepan, combine corn syrup and sugar.
5. Bring corn syrup mixture to a boil over medium heat.
6. Remove from heat.
7. Stir in peanut butter and instant nonfat dry milk powder until smooth.
8. Pour over cereal mixture and stir to coat.
9. Spread evenly in casserole dish.
10. In small microwavable bowl, combine chocolate and butterscotch chips and microwave for 2 minutes.
11. Stir until smooth.
12. Pour chocolate mixture over cereal.
13. When cool, cut into 2-inch squares.

Makes 16 (2-inch-square) servings.

Commodity Connections Recipe Tip: Don't have time for breakfast? Wrap up a cereal bar to eat on the way.

Nutrition Facts	
Serving Size: 1 bar (53g)	
Servings: 16	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	15%
Saturated Fat 4.5g	24%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 110mg	5%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	5%
Sugars 22g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 0%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4



PEAR 'N' APPLE COBLER

Recipe Recommended by Bledsoe County Extension.

Ingredients:

- 2 teaspoons cornstarch
- 2 tablespoons sugar
- ¼ teaspoon
- ⅔ cup **orange juice**
- 1 (21 ounce) can apple pie filling
- 1 (15.5 ounce) **can pears, drained**
- Topping:
 - 1½ cups biscuit/baking mix
 - ½ cup water
 - 3 tablespoons **instant nonfat dry milk powder**
 - 2 tablespoons butter, melted
 - 2 tablespoons sugar and ⅛ teaspoon ground nutmeg

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 350 degrees.
3. In small saucepan, combine cornstarch, 2 tablespoons of sugar, ¼ teaspoon of nutmeg and orange juice in a saucepan.
4. On low heat, stir constantly until smooth.
5. Stir in apple pie filling and pears.
6. Heat to boil; stirring for 1 to 2 minutes or until thickened.
7. Pour hot filling into an ungreased baking dish.
8. In a mixing bowl, combine the biscuit mix, instant nonfat dry milk powder, water and butter.
9. Drop batter in mounds onto fruit mixture.
10. Combine the remaining 2 tablespoons sugar and ⅛ teaspoon nutmeg; sprinkle over the top.
11. Bake at 350 degrees for 35 to 40 minutes or until bubbly and a toothpick inserted in the biscuit topping comes out clean.
12. Serve warm.

Makes six (½-cup) servings.

Commodity Connections Recipe Tip: Proper ingredient measurement is important in baking. Having the right kitchen tools like measuring spoons, dry measuring cups and liquid measuring cups can increase your baking success beyond measure.

Nutrition Facts	
Serving Size: 1/2 cup (255g)	
Servings: 6	
Amount Per Serving	
Calories 300	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 4g	19%
Trans Fat 1g	
Cholesterol 10mg	3%
Sodium 430mg	18%
Total Carbohydrate 56g	19%
Dietary Fiber 4g	14%
Sugars 29g	
Protein 3g	
Vitamin A 4%	Vitamin C 15%
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
Sat 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



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MAIN DISHES

AUTUMN PORK STEW

Recipe Recommended by Cumberland County Extension.

Ingredients:

- 1 (24 ounce) **can pork**
- 1 medium onion
- 1 tablespoon olive oil
- 2 (15.5 ounce) **cans, tomatoes** (diced or crushed)
- 1 tablespoon white vinegar
- 1 tablespoon yellow mustard
- 2 teaspoons sugar
- ½ teaspoon Worcestershire sauce
- 1 (16 ounce) **can whole kernel corn**
- 4 cups water
- 2 cups uncooked **elbow macaroni noodles**

Instructions:

1. Wash hands and clean food preparation area.
2. Put canned pork in small sauce pan to heat.
3. Drain liquid and fat from pork and discard.
4. Chop onion.
5. In large sauce pan, sauté onion in olive oil until tender.
6. Add pork, tomatoes with juices, white vinegar, mustard, sugar, Worcestershire sauce and corn with juices.
7. On medium heat, add water to mixture.
8. Bring to boil for 5 minutes, stirring constantly.
9. Add macaroni noodles.
10. Reduce heat to low.
11. Cover and simmer on low heat for 45 minutes.

Makes 12 (1-cup) servings.

Commodity Connection Recipe Tip: Olive oil is considered a “good” fat. Unlike butter or margarine, olive oil doesn’t clog your arteries. Canola oil is another type of oil that provides some health benefits. It works in recipes that call for vegetable oil, with little or no change to flavor and is good for sautéing the onions without taking away the flavor!

Nutrition Facts

Serving Size: 1 cup (265g)

Servings: 12

Amount Per Serving

Calories 250 **Calories from Fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **11%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 360mg **15%**

Total Carbohydrate 31g **10%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 15g

Vitamin A 4% Vitamin C 15%

Calcium 6% 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

Sat 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



BAR-B-QUE CUPS

Recipe Recommended by Pickett County Extension.

Ingredients:

- ½ (24 ounce) **can, pork or beef**
- ½ cup finely diced onion
- ½ cup barbecue sauce
- 2 tablespoons brown sugar
- 1 can refrigerated biscuit dough
- ¾ cup shredded cheddar cheese

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 400 degrees.
3. Spray muffin pan with nonstick cooking spray.
4. Put canned beef or pork in small sauce pan to heat.
5. Drain liquid and fat from cans pork or beef and discard.
6. Finely chop pork or beef.
7. In medium size mixing bowl, mix meat, onion, barbecue sauce and brown sugar.
8. Press biscuits into muffin pan to form cups.
9. Spoon meat mixture into biscuit cups and top with cheese.
10. Bake for about 20 minutes or until crust turns golden brown.

Makes 10 (1-cup) servings.

Commodity Connection Recipe Tip: Small (10 biscuits to can) canned biscuits work best for this recipe. One small biscuit should be enough dough for each muffin cup. Or, if you buy a can of large biscuits, just use half a biscuit in each muffin cup. Use reduced fat cheese to lower the saturated fat content.

Nutrition Facts	
Serving Size: 1 B-B-Q-Cup (110g)	
Servings: 10	
Amount Per Serving	
Calories 280	Calories from Fat 180
% Daily Value*	
Total Fat 19g	30%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 75mg	24%
Sodium 240mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	1%
Sugars 3g	
Protein 18g	
Vitamin A 2%	Vitamin C 4%
Calcium 8%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4



BEANS WITH RICE & MEAT

Recipe Recommended by Sumner County Extension.

Ingredients:

- 4 cups cooked beans (Pinto, Great Northern, or Kidney)
- 4 cups water
- 1 (24 ounce) **can beef or pork**
- 2 cups **rice** (uncooked)
- Salt and pepper to taste

Instructions:

1. Wash hands and clean food preparation area.
2. In small sauce pan, heat canned meat until fat melts, then drain.
3. In large sauce pan, mix beans, water, canned meat and rice.
4. Over medium heat, bring to a boil.
5. Stir occasionally.
6. Reduce heat to low.
7. Cover and simmer for 25 minutes or until rice is tender.
8. Add salt and pepper to taste.

Makes 12 (1-cup) servings.

Commodity Connection Recipe Tip: Have leftover meat? Plan to use your leftover meat in recipes like this one, instead of using canned meat. Just cut up the leftover meat (beef, pork or chicken) and substitute it for the canned meat. Add about 1½ cups of leftover meat and save your canned meat for a rainy day.

Nutrition Facts	
Serving Size: 1 cup (242g)	
Servings: 12	
Amount Per Serving	
Calories 240	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 630mg	26%
Total Carbohydrate 37g	12%
Dietary Fiber 5g	19%
Sugars 1g	
Protein 16g	
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
Sat 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



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BEEF STROGANOFF

Recipe Recommended by Dyer County Extension.

Ingredients:

- 1 (24 ounce) **can, beef**
- 1 medium onion, chopped finely
- 2 stalks celery, chopped finely
- 1 medium bell pepper, chopped finely
- ½ teaspoon garlic salt
- 1 (10¾) ounce can, cream of mushroom soup
- ½ cup water
- ½ cup **instant nonfat dry milk powder**
- 1-2 tablespoons Worcestershire sauce
- 1 cup fat-free plain yogurt

Instructions:

1. Wash hands and clean food preparation area.
2. In large skillet over medium heat, cook canned beef until warm; drain liquid and fat then discard.
3. In the same skillet, combine drained beef, onion, celery, bell pepper and garlic salt.
4. Cook until vegetables are tender.
5. Add mushroom soup, water, dry milk powder and Worcestershire sauce.
6. Bring to boil for 5 minutes, stirring constantly.
7. Turn heat to low.
8. Add yogurt.
9. Simmer for 15 minutes.
10. Serve over cooked rice, potatoes or noodles.

Makes eight (1-cup) servings.

Commodity Connection Recipe Tip: Which color bell pepper is best for this recipe? Any color pepper will taste great, so let price help you choose. Produce is often discounted for quick sale, so look for the “specials” area in your produce aisle. Make sure you use the pepper within a couple of days for the best results.

Nutrition Facts	
Serving Size: 1 cup (201g)	
Servings: 8	
Amount Per Serving	
Calories 260	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 450mg	19%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	3%
Sugars 11g	
Protein 22g	
Vitamin A 2%	Vitamin C 25%
Calcium 25%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4



THE EVERYTHING CASSEROLE

Recipe Recommended by Hamblen County Extension.

Ingredients:

- 1 **can chicken or tuna**, drained
- ½ cup chopped green pepper
- ½ cup chopped celery
- 1½ cups **mixed vegetables** (canned or thawed from frozen)
- 1 to 1½ cups **cooked elbow macaroni**
- 1 (10¾ ounce) can cream of mushroom soup
- ½ cup fat-free shredded cheddar cheese
- 1 cup crushed cracker crumbs

Instructions:

1. Wash hands and clean preparation area.
2. Preheat oven to 350 degrees.
3. Spray medium casserole dish (9-by-9 inches or 8-by-8 inches) with nonstick spray.
4. Combine mixed vegetables, chicken or tuna, elbow macaroni, mushroom soup and cheese.
5. Spread evenly in a casserole dish.
6. In small mixing bowl, combine cracker crumbs, green pepper and celery.
7. Spread evenly on top of casserole mixture.
8. Cover and bake for 30 minutes.
9. Uncover and bake for 15 minutes or until topping has browned.

Makes six (1-cup) servings.

Commodity Connection Recipe Tip: Casseroles are great to freeze. When you find that you have extra chicken or pasta from dinner, throw a quick casserole together and freeze it for later. To reheat your casserole from the freezer, unwrap the frozen casserole, loosely cover it with foil and bake until the center of the casserole reaches 160 degrees.

Nutrition Facts	
Serving Size: 1 cup (195g)	
Servings: 6	
Amount Per Serving	
Calories 220	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 660mg	27%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	6%
Sugars 4g	
Protein 13g	
Vitamin A 15%	Vitamin C 20%
Calcium 10%	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
Sat 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



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CORN BREAD BURGER BAKE

Recipe Recommended by Gibson County Extension.

Ingredients:

- 1 (24 ounce) **can beef**
- 1 cup cornmeal
- 2 teaspoons baking soda
- 1 teaspoon chili powder
- ¼ cup chopped green pepper
- ¼ cup **instant nonfat dry milk powder**
- 1 (15.5 ounce) **can cream style corn**
- 2 cups grated fat-free or low-fat cheddar cheese
- ½ cup chopped onion
- 2 eggs
- 1 cup water

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 375 degrees.
3. Spray large casserole dish (9 inches by 13 inches) with non-stick cooking spray.
4. In large skillet, warm canned beef and drain fat.
5. In same skillet, add onion, green pepper and chili powder.
6. Cook until onion and green pepper are softened.
7. Remove from heat and set aside.
8. In medium mixing bowl, combine cornmeal, eggs, baking soda, instant nonfat dry milk powder, water and cream style corn.
9. Spread half the cornmeal mixture evenly into casserole dish.
10. Spoon ground beef mixture over cornmeal layer.
11. Sprinkle cheese over beef layer.
12. Pour the remaining cornmeal mixture over the top.
13. Bake for 35 minutes or until topping is golden brown.

Makes eight (1-cup) servings.

Commodity Connection Recipe Tip: Place the canned beef in the refrigerator the morning before you plan to use the canned meat. When you open the can, the fat will be solid and should be easy to remove before you start cooking.

Nutrition Facts	
Serving Size: 1 cup (190g)	
Servings: 8	
Amount Per Serving	
Calories 340	Calories from Fat 160
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 680mg	28%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	10%
Sugars 4g	
Protein 21g	
Vitamin A 6%	Vitamin C 15%
Calcium 25%	Iron 10%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4



CRUNCHY TUNA SALAD WRAPS

Recipe Recommended by Washington County Extension.

Ingredients:

- 4 8-inch flour tortillas
- 4 lettuce leaves
- 1 (12 ounce) **can tuna**, drained
- 1 cup chopped celery
- 4 tablespoons fat-free salad dressing

Instructions:

1. Wash hands and clean food preparation area.
2. In a small mixing bowl combine tuna, water chestnuts, celery and salad dressing.
3. Top each tortilla with a leaf of lettuce.
4. Spoon tuna salad onto each tortilla.
5. Roll tightly and serve.

Makes four (8-inch) wraps.

Commodity Connection Recipe Tip: Keep your lettuce crisp, fresh and safe to eat by following a few cleaning steps. First, remove the outer layer leaves and discard. Pull off the next layer and cut off the end that would be close to the root. Fill a bowl with cold water and gently place the lettuce leaves in the bowl. Make sure each leaf is completely covered by water. Let the lettuce soak in the water bath at least 30 seconds. Gently shake the water off each leaf as you remove it from the bowl. Place leaves one at a time on paper towels or a clean dish towel. Check each leaf for any dirt or other substances. If needed, rinse again under cold water.

Nutrition Facts	
Serving Size: 1 wrap (110g)	
Servings: 4	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 420mg	17%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 10g	
Vitamin A 8%	Vitamin C 2%
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
Sat 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



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ENCHILADA RICE

Recipe Recommended by Hawkins County Extension.

Ingredients:

- 2 cups cooked **rice**
- ½ cup diced onion
- 1 (24.4 ounce) **can beef**
- 1 pack taco seasoning mix
- ¼ cup **instant nonfat dry milk powder**
- 1 cup water
- ½ cup low-fat shredded cheddar cheese

Instructions:

1. Wash hands and clean food preparation area.
2. Cook rice according to package directions or use leftovers.
3. In skillet, cook meat on medium heat until browned, then add onions.
4. Drain fat and discard.
5. Add taco seasoning, instant nonfat dry milk powder, water and rice.
6. Simmer for 10 minutes.
7. Add shredded cheese to the top and serve.

Makes six (½-cup) servings.

Commodity Connection Recipe Tip: After draining cooled, cooked beef, press it between several layers of paper towels. Wipe out the skillet with a paper towel before adding other ingredients.

Nutrition Facts	
Serving Size: 1/2 cup (132g)	
Servings: 6	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 270mg	11%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	1%
Sugars 3g	
Protein 24g	
Vitamin A 6%	Vitamin C 2%
Calcium 15%	Iron 10%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9
Carbohydrate	4
Protein	4



Recipe Recommended by Pickett County Extension.

Ingredients:

- 1 (24 ounce) **can beef**
- 1 (15.5 ounce) **can tomatoes**, chopped with juice
- 1 medium onion, chopped
- 1 (15.5 ounce) **can whole kernel corn**
- 1 green pepper, chopped
- 1 cup **dry elbow macaroni**
- 2 cups water
- 1 cup shredded cheddar cheese

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 350 degrees.
3. Spray large casserole dish (9 inches by 13 inches) with non-stick spray.
4. In large skillet, warm canned beef and drain fat.
5. Add tomatoes with juices, onion, green pepper and whole kernel corn with juices.
6. Add elbow macaroni and water.
7. Cover and cook until elbow macaroni is soft.
8. Pour into casserole dish.
9. Sprinkle shredded cheese over top of cooked dish.
10. Bake for 15 minutes or until cheese begins to brown.

Makes eight (1-cup) servings.

Commodity Connections Recipe Tip: Commodity canned ground beef is just as high quality as fresh ground beef that you cook yourself. During the canning process, fat is added to the can to keep the meat moist. Even though the beef is fully cooked, you can remove much of the added fat by heating the meat and draining away the fat, just as you would when cooking with fresh beef.

Nutrition Facts	
Serving Size: 1 cup (245g)	
Servings: 8	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 400mg	17%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 17g	
Vitamin A 10%	Vitamin C 25%
Calcium 15%	Iron 10%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



PORK & CHEESE MACARONI

Recipe Recommended by Cumberland County Extension.

Ingredients:

2 cups dry elbow macaroni	1 tablespoon cornstarch
½ (24 ounce) can pork	1 cup cubed cheese
⅔ tablespoon black pepper	¾ cup soft bread crumbs
1 green pepper, chopped	1 tablespoon butter
¾ cup salsa	
1 cup water	
1 cup shredded mild cheddar	
¼ cup instant nonfat dry milk powder cheese	
2 cups broccoli flowerets (fresh or frozen)	

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 350 degrees.
3. Cook macaroni according to package directions or use left-overs.
4. In large skillet, warm canned pork and drain fat.
5. In casserole dish sprayed with nonstick spray, combine pork, macaroni, green pepper, broccoli and salsa.
6. In a small saucepan, stir together instant nonfat dry milk powder, cornstarch and black pepper.
7. Cook on medium heat until thickened.
8. Add cubed cheese.
9. Stir until cheese is melted.
10. Carefully pour over pork mixture.
11. Stir until mixed well.
12. Spread evenly in casserole dish.
13. In small mixing bowl, mix melted butter and bread crumbs.
14. Sprinkle bread crumb topping evenly on casserole.
15. Bake 25 minutes or until bread crumbs are lightly browned.
16. Sprinkle top with shredded cheese.
17. Bake for 5 minutes or until cheese is melted.

Makes eight (1-cup) servings.

Commodity Connection Recipe Tip: Cheese is expensive and can cost even more when you buy it cubed or shredded. Save money by cubing or shredding your own cheese. Spray your knife or shredder with nonstick cooking spray to make cutting and clean up easier.

Nutrition Facts	
Serving Size: 1 cup (228g)	
Servings: 8	
Amount Per Serving	
Calories 350	Calories from Fat 150
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 630mg	26%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 23g	
Vitamin A 10%	Vitamin C 50%
Calcium 30%	Iron 10%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4



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PORK & LENTILS

Recipe Recommended by Cumberland County Extension.

Ingredients:

- 1 (24 ounce) **can pork**
- $\frac{3}{4}$ cup **dry lentils**
- 1 medium onion, cut into large chunks
- 1 (8 ounce) can tomato sauce
- 1 (15.5 ounce) **can whole tomatoes**, chopped with juice
- 1 tablespoon brown sugar
- 1 teaspoon dried basil
- 1 teaspoon black pepper
- Paprika to taste

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 350 degrees.
3. Drain extra liquid from canned pork and discard.
4. Rinse lentils with cold water.
5. In medium mixing bowl, combine lentils, onion, tomato sauce, tomatoes with juice, brown sugar, basil and black pepper.
6. Stir in pork.
7. Spread evenly into a large casserole dish (9 inches by 13 inches) sprayed with nonstick spray.
8. Cover and bake for 1 hour or until lentils are tender, stirring occasionally.
9. Sprinkle with black pepper and/or paprika before serving.

Makes eight (1-cup) servings.

Commodity Connections Recipe Tip: What are lentils? Lentils are round, flat seeds often used in soups and stews. Like dried beans and peas, lentils are a good source of protein. Most of us recognize pinto beans or soup beans, but lentils can also include peanuts, chickpeas and peas.

Nutrition Facts	
Serving Size: 1 cup (171g)	
Servings: 8	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 280mg	12%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	14%
Sugars 4g	
Protein 17g	
Vitamin A 8%	Vitamin C 15%
Calcium 4%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



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SALMON CORNMEAL MUFFINS

Recipe Recommended by Carroll County Extension.

Ingredients:

- 1 (14.75 ounce) **can salmon** (with juices)
- ½ cup cornmeal
- 2 eggs
- 1 cup water
- ¼ cup **instant nonfat dry milk powder**

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 350 degrees.
3. Spray muffin pan with nonstick cooking spray.
4. In mixing bowl, flake salmon with a fork (do not drain juices).
5. Mix in cornmeal, eggs, water and instant nonfat dry milk.
6. Spoon into muffin pan, filling each muffin cup ¾ full.
7. Bake for 30 minutes.
8. Serve warm or chilled.

Makes six (one-muffin) servings.

Commodity Connections Recipe Tip: There are bones in my salmon! As you flake the canned salmon, you will probably notice some bones mixed in with the meat. Do not be alarmed. Canned salmon is pressure cooked which softens the bones and makes them easy to eat and digest. Even better, the salmon bones are a great source of calcium for your own bones.

Nutrition Facts	
Serving Size: 1 muffin (133g)	
Servings: 6	
Amount Per Serving	
Calories 160	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	21%
Sodium 500mg	21%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	2%
Sugars 3g	
Protein 15g	
Vitamin A 2%	Vitamin C 2%
Calcium 25%	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
Sat 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



SOUTH OF THE BORDER WRAPS

Recipe Recommended by Cumberland County Extension.

Ingredients:

- 1 small chopped onion
- 1 tablespoon canola oil
- 1 (24 ounce) **can pork**
- ¼ cup taco seasoning
- 1 (15.5 ounce) **can diced tomatoes**
- 2 cups cooked **rice**
- ½ cup water
- 1 (15.5 ounce) **can whole kernel corn**
- 1½ cups low-fat cheddar cheese, shredded
- 10 8-inch flour tortillas
- Salsa (optional)
- Fat-free sour cream (optional)

Instructions:

1. Wash hands and clean food preparation area.
2. In a large skillet, sauté onion in canola oil over medium heat.
3. Stir in pork and taco seasoning.
4. Add whole kernel corn, tomatoes, rice and water.
5. Mix well.
6. Cover and cook for 5 to 10 minutes or until no liquid remains.
7. Spoon pork mixture onto each tortilla.
8. Sprinkle with shredded cheese.
9. Top with salsa and/or fat-free sour cream if desired.
10. Roll up tortilla and serve.

Makes 10 (one-wrap) servings.

Commodity Connection Recipe Tip: “Sauté” is a French word that may sound fancy, but simply means to cook food quickly in a small amount of oil or fat. Nonstick cooking spray works well when you need to sauté something like an onion.

Nutrition Facts	
Serving Size: 1 wrap (253g)	
Servings: 10	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 700mg	29%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 17g	
Vitamin A 8%	Vitamin C 10%
Calcium 10%	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
Sat 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



STIR-FRY CHICKEN & VEGETABLES

Recipe Recommended by Shelby County Extension.

Ingredients:

3 tablespoons soy sauce
 1 tablespoon cornstarch
 2 tablespoons brown sugar
 1 teaspoon garlic powder or 1 clove garlic, minced
 ¼ teaspoon ground ginger
 1½ cups chicken broth or water
 2 (12.5 ounce) **cans chicken**
 6 cups frozen mixed vegetables
Pasta or Rice

Instructions:

1. Wash hands and clean food preparation area.
2. In a small mixing bowl, combine soy sauce and cornstarch to form a thin paste.
3. In a large skillet on medium heat, mix paste, brown sugar, garlic, ginger and broth or water.
4. Stir constantly and bring to a boil for 1 minute to thicken.
5. Add chicken and vegetables.
6. Mix until well coated.
7. Cook, stirring occasionally until thoroughly heated.
8. Serve over whole grain rice or pasta.

Makes six (1-cup) servings.

Commodity Connections Recipe Tip: Use chicken broth instead of water for added flavor in this recipe. If homemade broth is not available, use low-sodium bouillon cubes or low-sodium chicken broth. Bouillon cubes are available in the spice area at the grocery store. Add one cube for each cup of water.

Nutrition Facts	
Serving Size: 1 cup (181g)	
Servings: 6	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 510mg	21%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	13%
Sugars 10g	
Protein 10g	
Vitamin A 45%	Vitamin C 10%
Calcium 0%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4



SWEET & SOUR BARBEQUE

Recipe Recommended by Pickett County Extension.

Ingredients:

- 1 (24 ounce) **can pork**
- 2 green peppers, chopped
- 2 onions, chopped
- 1½ cups ketchup
- ¼ cup white vinegar
- ¼ cup mustard
- ¼ cup sugar
- 1 or 2 tablespoons chili powder
- 1 (7 ounce) can chunk pineapple

Instructions:

1. Wash hands and clean food preparation area.
2. Drain extra liquid from canned pork and discard.
3. In a large sauce pan, combine all ingredients.
4. On medium heat, bring to a slow boil.
5. Reduce heat to low and cover.
6. Simmer for 15 to 20 minutes, stirring occasionally.

Makes eight (1-cup) servings.

Commodity Connection Recipe Tips: This recipe is especially tasty when served over corn bread, rice, buns or baked potatoes.

Nutrition Facts	
Serving Size: 1 cup (255g)	
Servings: 8	
Amount Per Serving	
Calories 380	Calories from Fat 190
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 8g	38%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 670mg	28%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 22g	
Protein 22g	
Vitamin A 20%	■ Vitamin C 90%
Calcium 4%	■ Iron 10%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	■ Carbohydrate 4 ■ Protein 4



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SIDES

APPLESAUCE SWEET POTATOES

Recipe Recommended by Loudon County Extension.

Ingredients:

- 1 (15.5 ounce) **can sweet potatoes**, drained and mashed
- 1 cup **applesauce**
- ¼ cup chopped **walnuts**
- 1 teaspoon cinnamon
- 2 tablespoons brown sugar

Instructions:

1. Wash hands and clean food preparation area.
2. In a small sauce pan, mix all ingredients together.
3. Cook on medium until heated thoroughly.

Makes six (½-cup) servings.

Commodity Connections Recipe Tip: This recipe is loaded with vitamin A! You've probably heard that rabbits can see well because they eat so many carrots. Well, the bunnies have the right idea because it's the bright yellow-orange color, also found in sweet potatoes, that provides the nutrients to keep your eyes healthy.

Nutrition Facts

Serving Size: 1/2 cup (124g)

Servings: 6

Amount Per Serving

Calories 130 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 25g 8%

Dietary Fiber 2g 9%

Sugars 12g

Protein 3g

Vitamin A 120% Vitamin C 35%

Calcium 2% 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
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4



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CARROT-RAISIN SALAD

Recipe Recommended by Gibson County Extension.

Ingredients:

- ½ cup **raisins**
- 2 cups shredded carrots
- ⅔ cup fat-free vanilla flavored yogurt
- Salt and pepper to taste

Instructions:

1. Wash hands and clean food preparation area.
2. Soak raisins in a bowl of hot water for 15 to 20 minutes; drain off all water.
3. Stir together carrots, raisins and yogurt.
4. Add salt and pepper to taste.
5. Chill before serving.

Makes six (½-cup) servings.

Commodity Connection Recipe Tip: Yogurt is a great substitute for salad dressing or mayonnaise in recipes like this one. It saves extra calories from fat and adds calcium for bone health.

Nutrition Facts	
Serving Size: 1/2 cup (68g)	
Servings: 6	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Sugars 13g	
Protein 1g	
Vitamin A 140%	Vitamin C 4%
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
Sat 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



CORN BREAD SALAD

Recipe Recommended by Carroll County Extension.

Ingredients:

- 1 (9 inch) pan prepared Mexican-style cornbread
- 1 package ranch seasoning mix
- 1 (8 ounce) container fat-free sour cream
- 1 cup fat-free plain yogurt
- 4 cups cooked **pinto beans**, rinsed and drained
- 1 (15.5 ounce) **can whole kernel corn**, drained
- 3 medium tomatoes, chopped
- ½ cup chopped green pepper
- ½ cup chopped green onion
- 2 slices crisply cooked bacon, chopped
- 1 cups shredded low fat cheese

Instructions:

1. Wash hands and clean food preparation area.
2. In large mixing bowl, crumble corn bread.
3. In small mixing bowl, combine ranch seasoning mix, sour cream and yogurt.
4. Combine corn bread and half of dressing mixture.
5. In medium mixing bowl, combine tomatoes, peppers and onions.
6. In large serving bowl place one layer of corn bread mixture.
7. Top with half of pinto beans.
8. Add layer of tomato mixture.
9. Top with half of cheese, bacon, whole kernel corn and other half of salad dressing.
10. Repeat layers.
11. Garnish if desired with tomato wedges.
12. Cover and chill at least 2 hours before serving.

Makes 12 (1-cup) servings.

Commodity Connection Recipe Tip: To prepare Mexican-style corn bread, add a 4-ounce can of chopped green chilies to your favorite corn bread recipe.

Nutrition Facts	
Serving Size: 1 cup (249g)	
Servings: 12	
Amount Per Serving	
Calories 300	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	14%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 900mg	37%
Total Carbohydrate 46g	15%
Dietary Fiber 5g	21%
Sugars 5g	
Protein 12g	
Vitamin A 20%	Vitamin C 25%
Calcium 25%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9
Carbohydrate	4
Protein	4



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CREAMY GREEN BEANS

Recipe Recommended by Crockett County Extension.

Ingredients:

- 1 (15.5 ounce) **can green beans**, drained
- 1 (10 ¾ ounce) can cream of mushroom soup
- 1 tablespoon dry onion flakes
- ½ cup cracker crumbs
- ½ cup shredded cheddar cheese

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 375 degrees.
3. Spray casserole dish with nonstick cooking spray.
4. In medium mixing bowl, combine green beans, soup and onion flakes.
5. Spread evenly in casserole dish.
6. Bake for 35 minutes.
7. Spread cracker crumbs and cheese evenly on top of casserole.
8. Bake 10 minutes or until topping browns.

Makes six (¾-cup) servings.

Commodity Connection Recipe Tip: Canned soups are loaded with extra salt. Try this recipe using a reduced salt version. Reduced salt soups are generally found stocked with the regular soups in the grocery aisle.

Nutrition Facts	
Serving Size: ¾ cup (134g)	
Servings: 6	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 620mg	26%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 5g	
Vitamin A 10%	Vitamin C 6%
Calcium 10%	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
Sat 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



CRUNCHY POTATO BAKE

Recipe Recommended by Hawkins County Extension.

Ingredients:

- 1/4 cup finely chopped onion
- 2 cups mashed potatoes
- 1 egg
- 1 teaspoon salt
- Dash of cayenne red pepper
- 1 cup crushed **corn flakes**
- 2 tablespoons butter
- 1/2 cup shredded cheddar cheese

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 375 degrees.
3. Spray casserole dish with nonstick cooking spray.
4. In a large mixing bowl, use a mixer to whip potatoes, onion, egg, salt and cayenne pepper until light and fluffy.
5. Spread evenly in casserole dish.
6. In a small saucepan, melt butter.
7. Mix the corn flakes, cheese and butter and spread over potato mixture.
8. Bake for 20 to 25 minutes or until topping begins to brown.

Makes six (1/2-cup) servings.

Commodity Connection Recipe Tip: Let the little ones help! Kids love to help in the kitchen. It builds skills and increases the chances that they will try the foods they helped prepare. For this recipe, put the corn flakes in a sealed plastic bag and let your kids help crush the flakes. They can use their hands or pound on the bag with a small sauce pan.

Nutrition Facts	
Serving Size: 1/2 cup (56g)	
Servings: 6	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 150mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 6g	
Vitamin A 10%	Vitamin C 2%
Calcium 8%	Iron 10%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



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ESCALLOPED TOMATOES

Recipe Recommended by Carroll County Extension.

Ingredients:

- 1 small onion, chopped
- 1 tablespoon canola oil
- ½ tablespoon brown sugar
- 1¼ cups dry bread cubes
- 2 (15.5 ounce) **cans whole tomatoes**, diced
- 1 teaspoon salt
- ⅔ teaspoon black pepper
- 1 cup bread crumbs

Instructions:

1. Wash hands and clean food preparation area.
2. Preheat oven to 300 degrees.
3. Spray casserole dish with nonstick cooking spray.
4. In large skillet, sauté onion in canola oil until tender.
5. Reduce heat to low.
6. Add sugar and bread cubes.
7. Stir until sugar is dissolved.
8. Mix in tomatoes, salt and pepper.
9. Pour evenly into casserole dish.
10. Sprinkle top with bread crumbs.
11. Bake for 45 minutes or until bread crumbs begin to brown.

Makes six (½-cup) servings.

Commodity Connection Recipe Tip: Get all your tomatoes from ketchup? Tomatoes can be a tasty treat that provides all sorts of important nutrients. Try to add more tomato based foods to your family's menu.

Nutrition Facts	
Serving Size: 1/2 cup (204g)	
Servings: 6	
Amount Per Serving	
Calories 190	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	24%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 5g	
Vitamin A 6%	Vitamin C 20%
Calcium 10%	Iron 20%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4



ORANGE-RAISIN RICE

Recipe Recommended by Lawrence County Extension.

Ingredients:

- ½ cup honey
- 4 cups cooked **rice**
- 1 cup **raisins**
- 1 tablespoon butter
- ½ cup **orange juice**
- ½ cup chopped **nuts (walnuts or pecans)**

Instructions:

1. Wash hands and clean food preparation area.
2. Cook rice according to package instructions or use leftovers.
3. In small sauce pan, heat honey until warm.
4. Add rice, raisins and butter.
5. Cook over medium heat for 5 minutes.
6. Stir in orange juice.
7. Sprinkle with chopped nuts, if desired.
8. Serve warm or cold.

Makes eight (½-cup) servings.

Commodity Connection Recipe Tip: This sweet recipe would go great with a pork chop meal or alone for breakfast. For a little extra zing, add a teaspoon of lemon juice.

Nutrition Facts

Serving Size: 1/2 cup (73g)

Servings: 8

Amount Per Serving

Calories 190 Calories from Fat 50

% Daily Value*

Total Fat 6g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 1%

Sodium 20mg 1%

Total Carbohydrate 37g 12%

Dietary Fiber 1g 6%

Sugars 27g

Protein 2g

Vitamin A 2% Vitamin C 10%

Calcium 2% 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

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4



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PASTA PRIMAVERA

Recipe Recommended by Hancock County Extension.

Ingredients:

- 1 (16 ounce) package frozen vegetable medley, thawed
- 3 cups cooked **pasta (elbow macaroni, rotini, shells or ziti)**
- 3 tablespoons olive oil
- 1 package ranch salad dressing mix

Instructions:

1. Wash hands and clean food preparation area.
2. In medium saucepan, mix cooked pasta, olive oil, ranch dressing mix and vegetable medley.
3. Cook on medium heat, stirring constantly.
4. Serve warm.

Makes six (¾-cup) servings.

Commodity Connection Recipe Tip: How do you know how much pasta to cook to get 3 cups? Pasta usually doubles in size after it cooks so if you need 3 cups, measure 1½ cups dry pasta to cook.

Nutrition Facts	
Serving Size: ¾ cup (143g)	
Servings: 6	
Amount Per Serving	
Calories 200	Calories from Fat 80
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 540mg	22%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 5g	
Vitamin A 25% ■ Vitamin C 6%	
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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 ■ Carbohydrate 4 ■ Protein 4	



SPANISH RICE

Recipe Recommended by Decatur County Extension.

Ingredients:

- 2½ cups cooked **rice**
- 1 small onion, chopped
- 1 (15.5 ounce) **can whole tomatoes**, chopped or diced
- ½ cup chopped green pepper
- ¼ cup chopped celery
- 1 tablespoon canola oil
- Dash of black pepper
- ½ cup shredded cheddar cheese

Instructions:

1. Wash hands and clean food preparation area.
2. Cook rice according to package instructions or use leftovers.
3. In large skillet, sauté onion, green pepper and celery until tender in canola oil.
4. Add rice, tomatoes and green pepper.
5. Simmer 5 minutes.
6. Remove from heat; stir in cheese.
7. Serve warm.

Makes six (½-cup) servings.

Commodity Connections Recipe Tip: Always have leftover rice? You can save the rice for recipes like this one, if you store it properly. The trick is to cool the rice as quickly as possible to prevent spoiling. Spread the hot rice on a cookie sheet or a large plate, making sure the rice is no more than 1 inch thick. Cover with plastic wrap and place in the refrigerator to cool. This helps the rice to cool quickly and evenly and will keep it from sticking together later on.

Nutrition Facts	
Serving Size: 1/2 cup (195g)	
Servings: 6	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 4.5g	8%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 400mg	17%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	6%
Sugars 5g	
Protein 5g	
Vitamin A 8%	Vitamin C 30%
Calcium 10%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



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SPICY MEXICAN CORN

Recipe Recommended by Loudon County Extension.

Ingredients:

- 1 (15.5 ounce) **can whole kernel corn**, drained
- ½ (15.5 ounce) **can whole tomatoes**, chopped or diced
- 1 tablespoon olive oil
- ½ cup diced onion
- ½ cup medium salsa
- 1 tablespoon chili powder
- Salt and pepper to taste

Instructions:

1. Wash hands and clean food preparation area.
2. In large skillet, sauté onion in olive oil until tender.
3. Add whole kernel corn, tomatoes, salsa and chili powder.
4. Cook on medium heat for 20 minutes.
5. Add salt and pepper to taste.

Makes six (¾-cup) servings.

Commodity Connection Recipe Tip: Fresh veggies too expensive?

Buy frozen or canned veggies. Frozen veggies can be purchased already diced and ready to cook. You can also use just the right amount you need which decreases waste. Plus, frozen vegetables are often quick frozen so they are just as nutritious as the day they left the garden.

Nutrition Facts	
Serving Size: ¾ cup (158g)	
Servings: 6	
Amount Per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	10%
Sugars 7g	
Protein 2g	
Vitamin A 15%	Vitamin C 40%
Calcium 2%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4



THREE BEAN SALAD

Recipe Recommended by Gibson County Extension.

Ingredients:

- 1 (15.5 ounce) **can green beans**, rinsed and drained
- 1 (15.5 ounce) **can kidney beans**, rinsed and drained
- 1 (15.5 ounce) can black beans, rinsed and drained
- 1 carrot, thinly sliced
- 1 small onion, thinly sliced
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- ¼ cup olive oil

Instructions:

1. Wash hands and clean food preparation area.
2. In medium mixing bowl, mix beans, carrot, onion, white vinegar, sugar and oil.
3. Cover and chill for one hour before serving.

Makes eight (1-cup) servings.

Commodity Connection Recipe Tip: Add a can of drained corn or tomatoes to this recipe. Not only will it add some extra color, but also some wonderful flavor.

Nutrition Facts	
Serving Size: 1 cup (170g)	
Servings: 8	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 25g	8%
Dietary Fiber 9g	36%
Sugars 3g	
Protein 7g	
Vitamin A 2%	Vitamin C 4%
Calcium 6%	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
Sat 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



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SOUPS

CHICKEN CORN CHOWDER

Recipe Recommended by Sevier County Extension.

Ingredients:

- 2 slices bacon
- ¼ cup diced green pepper
- ¼ cup diced onion
- 1 tablespoon canola oil
- 2 (12.5 ounce) **cans, chicken** (with liquid)
- 1 (10¾ ounce) can cheddar cheese soup
- 2 (15.5 ounce) **cans, creamed corn**
- 1 cup water
- ¼ cup **instant nonfat dry milk powder**
- 1 can green chilies (optional)

Instructions:

1. Wash hands and clean food preparation area.
2. Cook bacon until crisp, then dice.
3. Dispose bacon grease left in skillet.
4. In same skillet, sauté the green pepper and onion in canola oil until tender.
5. Add bacon, canned chicken, soup, creamed corn, water, instant nonfat dry milk powder and green chilies (optional).
6. On medium heat, bring to a boil while stirring constantly.
7. Reduce to low heat.
8. Simmer for 20 minutes stirring occasionally.

Makes 10 (1-cup) servings.

Commodity Connection Recipe Tip: Chowder just means a thick soup or stew. This chowder recipe is hearty enough to be served as a meal; just add a few crackers on the side.

Nutrition Facts

Serving Size: 1 cup (194g)
Servings: 10

Amount Per Serving

Calories 160 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1.5g **6%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 620mg **26%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **5%**

Sugars 6g

Protein 10g

Vitamin A 6% Vitamin C 15%

Calcium 8% 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
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4



CROCK-POT TACO SOUP

Recipe Recommended by Cumberland County Extension.

Ingredients:

- 2 cups cooked **pinto beans**
- 2 cups cooked **white beans or kidney beans**
- 1 (15.5 ounce) **can corn**
- 1 (11 ounce) can tomatoes and chilies
- 2 (15.5 ounce) **cans diced tomatoes**
- 1 envelope taco seasoning mix
- 1 envelope ranch dressing mix
- 2 (12.5 ounce) cans **can chicken** or 1 (24 ounce) **can beef**

Instructions:

1. Wash hands and clean food preparation area.
2. If using canned beef, warm beef in large skillet and drain fat.
3. Combine all ingredients in Crock-Pot.
4. Cook on high for 2 hours or low for 4 hours.
5. Garnish with fat-free sour cream, shredded cheese, chopped green onions or tortilla chips.

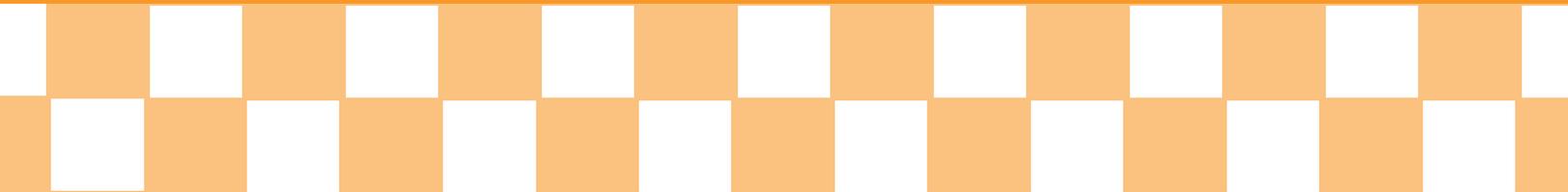
Makes eight (1-cup) servings.

Commodity Connections Recipe Tip: A bag of dried beans can be used for several meals, so cook the entire bag at once. Plan to have the beans as the main course for one meal and then freeze the rest. Measure the cooked beans into 1 cup freezer-safe containers and leave about an inch of space at the top for expansion.

Nutrition Facts	
Serving Size: 1 cup (180g)	
Servings: 8	
Amount Per Serving	
Calories 200	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 490mg	21%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	30%
Sugars 3g	
Protein 15g	
Vitamin A 4%	Vitamin C 10%
Calcium 6%	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
Dietary Fiber	25g 30g
Calories per gram:	
Fat	9 Carbohydrate 4 Protein 4



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