CREATIVE RECIPES FOR LESS FAMILIAR USDA COMMODITIES USED BY HOUSEHOLD PROGRAMS

USDA
Food and Nutrition Service
Food Distribution Division
Alexandria, VA

June 2005
(Rev. 2)
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TEFAP Commodity Fact Sheets are available on the USDA website at:

This publication is available on the USDA's website at:
INTRODUCTION

The Food Distribution Division of the Food and Nutrition Service at USDA hopes you find this collection of recipes for less familiar commodities helpful. You may receive some commodities from USDA that you are not accustomed to cooking and baking with. This collection of recipes includes beverages, salads, soups, entrees, side dishes, desserts, and breads, all of which use commodities. We hope it provides you with new and different ways of using these USDA commodities. In each recipe, the commodity appears in bold print. (Please note that some of these commodities are not available through all of USDA’s household programs.)

These recipes have been collected for your convenience. Please note they have not been tested or standardized by USDA. If you reproduce any of them for your own use, please be sure to include the phrase “This recipe has not been tested or standardized by USDA.”

If you have an unusual or creative recipe not already listed here, a comment regarding a specific recipe, or a question about commodities, please contact us at: fdd-psb@fns.usda.gov.

Additional resources for commodities can be found on the homepage for the Food Distribution Division website at: http://www.fns.usda.gov/fdd. There you can also find links to other USDA nutrition assistance programs.

Food Distribution Division
Food and Nutrition Service
U.S. Department of Agriculture
USDA NONDISCRIMINATION STATEMENT

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CANNED APRICOTS

Chilled Apricot Salad
Makes 6 Servings

½ (15.5-ounce) can apricots, quartered
½ (15.5-ounce) can pineapple chunks
2 oranges, peeled and cut into bite-size pieces
1 pint (16 ounces) fat-free plain yogurt

1. Combine all ingredients and gently stir to blend thoroughly.
2. Cover and chill in refrigerator for 24 hours or more.

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Refreshing Apricot Smoothie
Makes 2 (12 ounce) Servings

1 (15.5-ounce) can apricots, chilled
1 cup (8 ounces) low-fat plain or vanilla yogurt
2-3 drops vanilla extract, to taste
6-8 ice cubes

1. Combine ingredients in blender.
2. Cover and blend on high until smooth.
3. Add more ice cubes for a thicker consistency.

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Apricot Cobbler
Makes 6 Servings

Filling:
2 (15.5-ounce) cans apricots, drained and coarsely chopped

Topping:
1 cup all-purpose flour
1 cup sugar
¼ cup shortening
1 egg (Or 2 tablespoons egg mix + ¼ cup water)
½ teaspoon salt
2 teaspoons baking powder

1. Preheat oven to 350°F.
2. Pour apricots into a 9x13-inch baking dish.
3. Mix all of the topping ingredients together and sprinkle over apricots.
4. Bake for 30 minutes.

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DRIED BLUEBERRIES

Blue Banana Blueberry Bread
Makes 1 Loaf (Approximately 8 Servings)

1 stick (¼ cup) butter or margarine
1 cup sugar
1 teaspoon vanilla
1 teaspoon baking soda
2 eggs (Or 4 tablespoons egg mix + ¼ cup water)
1½ cups all-purpose flour
½ teaspoon salt
2 large bananas, mashed
¾ cup dried blueberries

1. Preheat oven to 350°F.
2. Cream margarine and sugar. Mix in eggs and vanilla. Add dry ingredients and mix well.
3. Stir in bananas and blueberries.
4. Pour into greased 9x5-inch loaf pan and bake 50-60 minutes.

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Chicken Salad with Dried Blueberries
Makes 6 Servings

4 cups canned, cooked chicken, drained, diced
1 cup dried blueberries
½ cup light mayonnaise
¼ cup sour cream
1 tablespoon lemon juice
½ teaspoon salt
1/8 teaspoon pepper

1. Combine chicken and dried blueberries in a large bowl.
2. In a small mixing bowl, combine mayonnaise, sour cream, lemon juice, salt, and pepper.
3. Add chicken to mixture and toss well.
4. Cover and chill. Serve on a bed of lettuce.

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Blueberry-Lemon Squares
Makes 20 Squares

2½ cups all-purpose flour
½ cup powdered sugar
1 cup butter or margarine
4 eggs (Or ½ cup egg mix + 1 cup water)
1/3 cup lemon juice
1 cup granulated sugar
½ teaspoon baking powder
1 cup dried blueberries

Crust Preparation:
1. Preheat oven to 350°F.
2. Mix flour and ½ cup powdered sugar until blended.
3. Mix in butter, cut into small pieces with large fork until dough holds together when squeezed.
4. Press evenly over the bottom of a 9x13-inch pan. Bake until golden brown, usually 20-25 minutes.

Filling:
1. While the crust is baking, whisk eggs together with granulated sugar, lemon juice, and baking powder.
2. Stir in dried blueberries.
3. Pour egg mixture over warm, baked crust.
4. Return to the oven and bake until the filling is firm and does not move when gently shaken, usually 20-25 minutes.
5. Sprinkle with teaspoon of powdered sugar and let cool at least 15 minutes.

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DRIED CHERRIES

Cherry, Pineapple, and Lettuce Salad
Makes 6 Servings

1 head of lettuce
½ (15.5-ounce) can pineapple chunks
1 cup dried cherries
¼ cup vegetable oil
2 tablespoons cider vinegar
1 tablespoon honey
2 teaspoons mustard
Salt and pepper, to taste

1. Rinse and drain lettuce; tear into bite-size pieces.
2. Drain pineapple, reserving ¼ cup juice.
3. Put lettuce, pineapple chunks, and dried cherries in a large salad bowl; mix well.
4. Combine vegetable oil, reserved pineapple juice, vinegar, honey, and dry mustard; mix well.
5. Season with salt and pepper. Drizzle dressing over lettuce mixture.

Spiced Cherry Salad
Makes 6 Servings

1 cup dried cherries
1 (11-ounce) can mandarin oranges, drained
1 banana, peeled and sliced
¼ cup orange juice
¼ cup powdered sugar
¼ teaspoon ground cinnamon
¼ cup slivered almonds (optional)

1. Put dried cherries, mandarin orange sections, and banana slices in a salad bowl.
2. Combine orange juice, powdered sugar, and cinnamon in a small bowl; mix well. Pour orange juice mixture over fruit mixture; mix gently.
3. Refrigerate, covered, 1 to 2 hours, stirring occasionally. Sprinkle with almonds just before serving.
Brown Sugar Rice Pudding

Makes 6 servings

1 1/4 cups water
1/4 cup lemon juice
1 cup dried cherries
1/2 cup uncooked rice
4 cups low-fat milk (Or 1 1/3 cups nonfat dry milk + 4 cups water)
2/3 cup brown sugar
1/2 teaspoon salt
1/4 teaspoon ground cinnamon

1. Preheat oven to 325°F and butter a 1 1/2 quart baking dish.
2. In a saucepan, heat the water and lemon juice to boiling. Remove from the heat and drop in the dried cherries. Let them sit for 3 minutes to absorb liquid and plump up.
3. Combine the rice, milk, sugar, and salt. Bake in the prepared dish for 1 hour, stirring often so the rice doesn't settle on the bottom. Stir in the cinnamon and cherries.
4. Return dish to oven and bake 1 1/2 hours more, or until the milk has been absorbed.

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CANNED CHERRIES

Cherry Cobbler

Makes 9 Servings

2 (15.5-ounce) cans cherries, drained
1 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
1 egg (Or 2 tablespoons egg mix + 1/4 cup water)
2/3 cup sugar
1/2 cup low-fat milk (Or 2 tablespoons + 2 teaspoons nonfat dry milk + 1/4 cup water)
1/4 cup margarine or butter
1/2 teaspoon vanilla

1. Preheat oven to 350°F.
2. Place cherries in a greased 8-inch square baking dish.
3. Mix flour, baking powder, and salt in a large bowl.
4. Mix the egg, sugar, milk, shortening, and vanilla in a blender for 60-90 seconds. Pour blender mixture into the flour mixture and stir lightly.
5. Pour batter over the cherries in the baking dish, spreading batter to edges of dish.

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Cherry Upside Down Cake
Makes 12 Servings

Top:
¼ cup butter or margarine
½ cup sugar
2 (15.5-ounce) cans cherries, drained

Cake Portion:
1½ cups all-purpose flour
½ cup sugar
2 teaspoons baking powder
½ teaspoon salt
1 egg (or 2 tablespoons egg mix +
¼ cup water)
½ cup low-fat milk (or 2 tablespoons + 2
tea spoons nonfat dry milk + ½ cup
water)
3 tablespoons butter or margarine, melted

Top:
1. Melt the ¼ cup butter or margarine
   and spread in a 9-inch pan.
2. Mix cherries with sugar and pour into
   pan.

Cake Portion:
1. Preheat oven to 400°F
2. Mix together all ingredients and pour
   over cherries in the 9-inch pan.
3. Bake 30 minutes.
4. IMMEDIATELY after baking, invert
   and put on a serving plate.

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DRIED CRANBERRIES

Apple Cranberry Salad Toss
Makes 8 Servings

1 head of lettuce (about 10 cups)
2 medium apples, sliced
¼ cup walnuts, chopped
1 cup dried cranberries
½ cup sliced green onions
¼ cup vinaigrette dressing

1. Toss lettuce, apples, walnuts,
cranberries, and onions in large
bowl.
2. Add dressing; toss to coat. Serve
immediately.

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10
Cranberry Sweet Potato Bake
Makes 8 Servings

2 (15.5-ounce) cans sweet potatoes, drained and cut into ½-inch cubes
⅛ cup dried cranberries
¼ cup raisins
1 large apple, peeled and cut into ½-inch cubes
¼ cup butter or margarine, melted
⅛ cup sugar
1⅛ teaspoons cinnamon
⅛ teaspoon nutmeg
⅛ cup cranberry/apple juice
1/3 cup pecan halves

1. Preheat oven to 350°F.
2. Combine sweet potatoes, dried cranberries, apple, and raisins in a large mixing bowl.
3. Combine butter, sugar, and spices in a separate bowl. Add to sweet potato mixture, tossing to coat.
4. Place in a shallow 2-quart casserole dish. Pour juice over top of casserole.
5. Cover and bake for 20 minutes or until heated through, stirring occasionally.
6. Stir in pecans and cook, uncovered, 5 more minutes.
7. Let casserole sit 10 minutes before serving.

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Chicken and Cranberry Salad
Makes 4 Servings

12 ounces (1½ cups) cooked, diced chicken
⅛ cup vinaigrette dressing, divided
1 cup dried cranberries or cherries
2 tablespoons sliced almonds
1 head of lettuce, chopped

1. Toss chicken, cranberries, and almonds with dressing.
2. Serve on a mound of chopped lettuce.

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Cranberry Rice Salad
Makes 6 Servings

1 ¼ cup long grain white *rice*
½ cup *dried cranberries*
2 tablespoons dried chopped parsley
¼ teaspoon ground pepper
2 tablespoons *vegetable oil*
¼ cup green onions, diced
½ teaspoon ground cloves (optional)
Salt to taste

1. Cook the rice to package instructions.
2. Fluff rice and add all other ingredients. Cover and chill.

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DATES

Date-Oat Quick Bread
Makes 12 Servings

2 ½ cups *all-purpose flour*, sifted
2 ¼ teaspoons baking powder
¾ teaspoons salt
½ cup granulated sugar
½ cup brown sugar
½ cup quick rolled *oats*
1 1/3 cups (8 ounces) *dates*, chopped
1 egg (*or* 2 tablespoons *egg mix* + ¼ cup water)
1 ¼ cup low-fat milk (*or* 6 tablespoons + 2 teaspoons *nonfat dry milk* + ¼ cup water)
3 tablespoons butter or margarine, melted
1 teaspoon vanilla

1. Preheat oven to 350°F.
2. Sift flour, baking powder, and salt into a large bowl; add sugar. Stir in oats and dates.
3. In a separate small bowl, beat egg with milk; stir in melted butter and vanilla.
4. Add to flour mixture and stir until evenly moist. Pour mixture into a greased 9x5x3-inch loaf pan.
5. Bake for 55-65 minutes, or until a toothpick comes out clean when inserted in center. Once the loaf has cooled, wrap and store overnight for best flavor.

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Lowfat Date Yogurt Shake
Makes 1 Serving

½ cup *dates*, chopped
½ medium banana
½ cup *orange juice*
½ cup plain nonfat yogurt
½ cup crushed ice

1. Combine first three ingredients in blender and puree until dates are finely chopped.
2. Add yogurt and ice; blend until just combined.

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Date Muffins
Makes 6 Servings

2 cups *all-purpose flour*
¼ teaspoon salt
2 tablespoons sugar
4 teaspoons baking powder
1 egg (Or 2 tablespoons *egg mix* + ½ cup water)
1 cup low-fat milk (Or 1/3 cup *nonfat dry milk* + 1 cup water)
2 tablespoons butter or margarine, melted
½ cup *dates*, chopped

1. Preheat oven to 400°F.
2. Combine flour, salt, sugar, and baking powder.
3. Combine egg, milk, and butter; mix well and add dates.
4. Combine liquid ingredients with dry ingredients, stirring only until flour mixture is moistened.
5. Fill greased muffin pans, and bake for 20-25 minutes or until muffins test done.

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Great Date and Orange Salad
Makes 4 to 6 Servings

2 tablespoons lemon juice
3 tablespoons orange juice concentrate
2 tablespoons vegetable oil
½ teaspoon cinnamon
Pinch of salt
1 head of lettuce, shredded
3 oranges, sectioned, sections cut in half
1½ cups chopped dates
½ cup almond slivers as garnish (optional)

1. Mix the lemon juice, orange juice concentrate, vegetable oil, cinnamon, and salt to make a dressing.
2. In a large bowl, combine the lettuce and fruits; toss with the dressing.
3. Garnish with the almonds.

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FIGS

Baked Fig Pudding
Makes 14 Servings

½ cup butter or margarine
2 eggs (Or 4 tablespoons egg mix +
½ cup water)
1 cup molasses
2 cups figs, finely chopped
½ teaspoon grated lemon rind
1 cup buttermilk (Or 1 tablespoon vinegar
+ enough milk to equal 1 cup)
2½ cups all-purpose flour
½ teaspoon baking soda
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon nutmeg

1. Preheat oven to 325°F.
2. Beat butter or margarine until soft.
   Add eggs and molasses and beat until
   fluffy. Add figs, lemon rind, and
   buttermilk.
3. Sift together flour, baking soda,
   baking powder, salt, cinnamon, and
   nutmeg.
4. Stir the sifted ingredients into the
   pudding mixture.
5. Bake in a greased 9-inch tube pan for
   60 minutes.

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Fig Bars
Makes 32 Servings

½ cup butter or margarine, softened
1 cup packed brown sugar
3 eggs (Or 6 tablespoons egg mix +
  ¼ cup water)
1 teaspoon grated lemon peel
1 teaspoon vanilla
1 cup all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
1½ cups finely chopped dried figs

1. Preheat oven to 350°F.
2. Cream butter and sugar. Add eggs, lemon peel, and vanilla; beat well.
3. Stir together flour, baking powder, and salt; blend into creamed mixture. Stir in figs.

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| DRIED PLUMS (PRUNES) |

Creamy Chocolate Banana Smoothie
Makes 3 (1 cup) Servings

1¼ cup low-fat chocolate milk, divided
10 pitted dried plums (1/3 cup)
1 ripe banana, peeled and sliced

1. Pour 1 cup chocolate milk into ice cube tray; freeze until solid.
2. Combine prunes, banana, and ¼ cup chocolate milk in electric blender. Process until smooth, about 2 minutes.
3. Place chocolate milk cubes to blender and process until blended.

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Banana-Dried Plum Muffins
Makes 12 Muffins

¼ cup butter or margarine, softened
½ cup sugar
1 egg (Or 2 tablespoons egg mix + ¼ cup water)
1 cup mashed ripe banana
1 teaspoon vanilla
1½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
¼ teaspoon cinnamon
¾ cup pitted dried plums, chopped

1. Preheat oven to 375°F. Grease or line 12 muffin cups.
2. Combine butter and sugar, beat until well blended. Add egg and blend well. Stir in banana and vanilla.
3. Combine flour, baking powder, baking soda, salt, and cinnamon. Add to butter mixture; stir just until dry ingredients are moistened. Fold in dried plums.
4. Spoon batter into prepared muffin cups. Bake for 20-25 minutes or until inserted toothpick comes out clean.

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| Saturated Fat | 1 g | Dietary Fiber | 2 g | |

Dried Plum and Apple Salad
Makes 6 Servings

1 head of lettuce, washed and chopped
1 cup pitted dried plums, cut into halves
½ red apple, coarsely chopped
½ cup thinly sliced red onion
1/3 cup walnut pieces
½ cup of your favorite salad dressing

1. In large bowl, combine salad ingredients.
2. Serve dressing on the side or pour over salad; toss well.
3. Serve immediately.

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| Total Fat | 6 g | Total Carbohydrate | 26 g | Vitamin A | 450 RE | Vitamin C | 12 mg | 🍎
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Plum-Good Peanutter Bars
Makes 32 Servings

1 cup packed brown sugar
½ cup peanut butter
2 tablespoons butter or margarine, softened
½ cup low-fat milk (Or 2 tablespoons +
  2 teaspoons nonfat dry milk + ¼ cup water)
1 egg (or 2 tablespoons egg mix +
  ¼ cup water)
1 teaspoon vanilla extract
1 cup oats
1½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon salt
1 cup (6 ounces) dried plums, coarsely chopped

1. Preheat oven to 350°F and grease a 9x13-inch baking pan.
2. In mixer bowl, beat together sugar, peanut butter, and butter on medium speed until creamy. Add milk, egg, and vanilla; beat well.
3. Combine oats, flour, baking powder, and salt; add to peanut butter mixture; mixing until blended. Stir in dried prunes.
4. Press evenly into prepared pan; bake 24-27 minutes or until golden brown.

| Nutrition Information for Each Serving: |
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| Total Fat        | 3.5   | g     | Total Carbohydrate | 16 | g | Vitamin A | 23 | RE | Vitamin C | 0  | mg |
| Saturated Fat    | 0.5   | g     | Dietary Fiber | 1  | g |         |     |   |         |     |   |

RAISINS

Jiffy Oatmeal Crunch
Makes 2½ Dozen Squares

½ cup butter or margarine
¾ cup brown sugar, firmly packed
1 teaspoon vanilla
½ teaspoon baking soda
2 cups quick oats, uncooked
1 cup raisins

1. Preheat oven to 350°F and grease a 9x13-inch baking pan.
2. In large skillet, melt butter and brown sugar.
3. Remove from heat and stir in the remaining ingredients.
4. Spread into pan and bake for 15-20 minutes. Cool; cut into squares.

| Nutrition Information for Each Serving: |
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| Calories from fat| 35    | Kcal  | Sodium      | 69 | mg | Protein | 2  | g | Iron     | <1 | mg |
| Total Fat        | 4     | g     | Total Carbohydrate | 14 | g | Vitamin A | 30 | RE | Vitamin C | 0  | mg |
| Saturated Fat    | 3     | g     | Dietary Fiber | 1  | g |         |     |   |         |     |   |
Applesauce Bread Pudding
Makes 8 to 10 Servings

1 loaf white bread
1 cup raisins
2 teaspoons ground cinnamon
2 cups low-fat milk (Or 2/3 cup nonfat dry milk + 2 cups water)
1 cup applesauce
8 egg whites
1/2 cup firmly packed brown sugar
1 1/2 teaspoons vanilla extract

1. Preheat oven to 350°F and grease an 8-inch square pan.
2. Cut the sliced bread into 1/2-inch cubes. Toss with raisins and cinnamon in a large bowl.
3. Beat together the milk, applesauce, egg whites, sugar, and vanilla. Pour the mixture over the bread cubes and let stand 25 minutes.
4. Pour the bread mixture into the prepared pan and bake 35-40 minutes or until a knife inserted in the center comes out clean. Remove from oven and let cool 15-20 minutes.

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Creamy Raisin Oatmeal
Makes 4 to 5 Servings

1 1/2 cups water
1 1/2 cups low-fat milk (Or 1/3 cup + 2 tablespoons + 2 teaspoons nonfat dry milk and 1 1/2 cups water)
1 teaspoon salt
1 1/2 cups quick oats, uncooked
2/3 cup raisins

1. Bring water, milk, and salt to a boil; stir in oats and raisins.
2. Reduce heat and cook slowly for 5 minutes, stirring occasionally.
3. Cover; remove from heat and let stand several minutes before serving.

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Carrot Raisin Mallow Salad
Makes 8 to 10 Servings

3 cups shredded carrots
1 1/2 cups miniature marshmallows
2/3 cup raisins
1/2 cup light mayonnaise
1/2 cup celery slices
1/4 cup coarsely chopped walnuts

1. Mix ingredients together lightly; chill.

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Cauliflower, Broccoli, and Raisin Salad
Makes 8 Servings

2 1/4 cups fresh cauliflower florets
2 1/4 cups fresh broccoli florets
1/2 cup chopped onion
1/4 cup raisins
2 tablespoons bacon bits
1/4 cup reduced-fat mayonnaise
2 tablespoons white vinegar
2 tablespoons sugar

1. In a medium bowl, combine cauliflower, broccoli, onion, raisins, and bacon bits.
2. In a small bowl, combine mayonnaise, vinegar, and sugar.
3. Pour mayonnaise mixture over vegetable mixture. Mix well to combine. Cover and refrigerate at least 2 hours.
4. Gently stir again just before serving.

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19
CANNED SWEET POTATOES

Sweet Potatoes in Applesauce
Makes 4 Servings

1 (15.5-ounce) can sweet potatoes, drained
¼ teaspoon salt
1 cup applesauce
¼ cup brown sugar; firmly packed
1 tablespoon butter or margarine
¼ teaspoon nutmeg

1. Preheat oven to 375°F.
2. Place sweet potatoes in a 1-quart casserole.
3. Sprinkle with salt. Spoon applesauce over potatoes. Sprinkle with brown sugar; dot with butter or margarine. Sprinkle with nutmeg.
4. Bake for 30-35 minutes.

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Sweet Potato Stuffing
Makes 8 Servings

½ cup raisins
2 cups canned sweet potatoes, diced
2 cups cornbread, crumbled
1 tablespoon butter or margarine, melted

1. Preheat oven to 350°F.
2. Soak raisins in hot water for 1 hour.
4. Cover, and bake until heated through. Uncover and bake an additional 5 minutes to brown top.

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Ham and Sweet Potato Skillet
Makes 4 Servings

¼ cup chopped onion
4 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 (15.5-ounce) can pineapple chunks, drained, reserve juice
1/3 cup water
1/3 cup brown sugar, firmly packed
2 (15.5-ounce) cans sweet potatoes, drained and sliced
1 cup (8 ounces) cooked ham, diced

1. Cook onion in butter or margarine for 2-3 minutes; stir in flour.
2. Add reserved pineapple juice and water. Cook, stirring constantly, until thickened.
3. Stir in pineapple and brown sugar; top with potatoes and ham pieces.

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CANNED SPINACH

Spinach and Potato Soup
Makes 6 Servings

2 strips bacon
1/2 cup onion
2 cups chicken broth
1 (15.5-ounce) can mixed vegetables
1/2 teaspoon salt
1/4 teaspoon dried thyme
1/4 teaspoon dried sage
1/2 teaspoon pepper
3 (15.5-ounce) cans spinach, drained
2 cups low-fat milk (or 2/3 cup nonfat dry milk + 2 cups water)
1/4 cup dried parsley

1. Cut strips of bacon into pieces. In a skillet over medium-high heat, cook until crisp. Remove and set aside.
2. In the same skillet, sauté chopped onion in the drippings until tender. Stir in chicken broth, mixed vegetables, salt, thyme, sage, and pepper.
3. Heat to boiling; reduce the heat, cover, and simmer for 30 minutes.
4. Stir in chopped spinach and cook for 4 minutes. Stir in milk, parsley, and the reserved bacon; heat through.

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Spinach Lasagna
Makes 8 Servings

2½ cups spaghetti sauce
¼ cup parmesan cheese, grated
3 cups (12 ounces) shredded mozzarella cheese, divided
1½ cups (15 ounces) ricotta or cottage cheese
9 lasagna noodles, cooked
2 (15.5-ounce) cans spinach

1. Preheat oven to 375°F.
2. Heat spaghetti sauce in saucepan.
3. Combine 2 cups mozzarella cheese, ricotta (or cottage) cheese, and parmesan cheese.
4. Pour ¾ cups sauce in 13x9-inch pan; arrange 3 pieces pasta over sauce.
5. Pour ½ cup sauce over pasta; spread spinach layer over sauce; spread with half cheese mixture. Cover with ½ cup sauce. Repeat layers. Top with pasta and remaining sauce; sprinkle with additional parmesan cheese.
6. Cover with foil and bake 1 hour. Sprinkle with remaining 1 cup mozzarella cheese and let stand 10 minutes before serving.

Herb Spinach Bake
Makes 16 Servings

1 (15.5-ounce) can spinach
2 cups rice, cooked
¾ cup cheddar cheese, shredded
2/3 cup low-fat milk (Or 4 tablespoons nonfat dry milk + 2/3 cup water)
⅛ cup butter or margarine, softened
⅛ cup onion, chopped
2 teaspoons salt
1 teaspoon Worcestershire sauce
1 teaspoon thyme, ground

1. Preheat oven to 350°F and grease a 13x9-inch baking pan.
2. Drain canned spinach, removing any excess liquid.
3. Combine spinach with remaining ingredients in a large bowl.
4. Pour into pan. Cover and bake for 20 minutes.
5. Uncover and bake an additional 5 minutes or until set.
Tomato Florentine Soup

Makes 4 Servings

1 (10.5-ounce) can condensed tomato soup
1 (15.5-ounce) can diced tomatoes, undrained
1 (15.5-ounce) can kidney beans, drained and rinsed
3 cups canned vegetable broth
½ cup small macaroni or other small pasta
¼ (15.5-ounce) can spinach
1½ teaspoons dried oregano
1½ teaspoons dried basil
Pepper to taste

1. Combine the tomato soup, diced tomatoes, beans, broth, and macaroni in a soup pot.
2. Bring to a boil, then simmer 10-15 minutes. If the soup gets too thick, add water or additional vegetable broth to reach desired consistency.
3. Add spinach and seasonings to the soup. Simmer for an additional 5 minutes.

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Spinach, Tomatoes, and Corn

Makes 4 to 6 Servings

1 (15.5-ounce) can spinach, drained
1 (15.5-ounce) can tomatoes, diced
1 (15.5-ounce) can corn, drained
3 cups water
1 tablespoon butter or margarine
Seasonings to taste

1. Place all ingredients in a saucepan. Cover.
2. Heat thoroughly, about 10 minutes.

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<td>Vitamin C: 32 mg</td>
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WALNUTS

Pineapple Walnut Salad
Makes 6 Servings
1 (20-ounce) can pineapple chunks, drained
2 cups celery, sliced
½ cup walnuts, coarsely chopped
2 tablespoons mayonnaise (enough to moisten)
1 tablespoon lemon juice
Salt, to taste
Lettuce leaves

1. Mix together drained pineapple chunks, celery, and walnuts. Chill.
2. Before serving, add enough mayonnaise to moisten the pineapple salad ingredients, the lemon juice, and a little salt, to taste.
3. Gently stir to blend; serve on lettuce leaves or greens.

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Zucchini Walnut Bread
Makes 2 loaves (24 Servings)

3½ cups all-purpose flour
1½ teaspoons baking soda
1½ teaspoons salt
1 teaspoon ground cinnamon
¾ teaspoon baking powder
4 eggs
2 cups sugar
1 cup vegetable oil
2 cups grated zucchini
1 cup raisins
1 cup chopped walnuts
1 teaspoon vanilla extract

1. Preheat oven to 350°F. Grease and lightly flour two 9 x 5-inch loaf pans.
2. Whisk together flour, baking soda, salt, cinnamon, and baking powder.
3. In a large bowl, beat the eggs. Gradually beat in sugar, then oil. Add flour mixture, alternately with zucchini, into the egg mixture. Stir in the raisins, walnuts, and vanilla.
4. Pour batter into the two prepared loaf pans.
5. Bake on lowest rack of the oven for 55 minutes.
6. Let cool for 10 minutes in the pan, then turn out onto racks to cool completely.
7. Freezes well.

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CANNED PORK

Pork and Bean Casserole
Makes 6 Servings

1 pound (2 cups, drained) cooked pork, diced
1 (15.5-ounce) can black or pinto beans, drained and rinsed
1 (10.5-ounce) can condensed cream of chicken soup
2 (4-ounce) cans diced green chili peppers, drained
1 cup rice
¼ cup water
1 to 2 tablespoons salsa
1 teaspoon ground cumin (optional)
¼ cup shredded cheddar cheese

1. Preheat oven to 375°F.
2. Place all ingredients, except cheese, in 2-quart casserole dish.
3. Bake, uncovered, for 25 minutes or until rice is tender.
4. Sprinkle with cheese. Bake 3 to 4 minutes more or until cheese is melted.

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Zesty Pork Stew
Makes 8 Servings

1½ pounds (3 cups, drained) cooked pork, diced
1 (15.5-ounce) can tomatoes, undrained and chopped
1½ cups water
3 cups canned potatoes, peeled and cubed
2 cups thinly sliced onion
2 (15.5-ounce) cans carrots, diced
1 teaspoon dried oregano

1. In large pot, combine all ingredients.
2. Heat until all ingredients are heated thoroughly.

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Mexican Pork
Makes 4 Servings

¾ pound (1½ cups, drained) cooked pork, diced
1 (20-ounce) jar salsa
1 (4-ounce) can chopped green chilies, drained
1 (15.5-ounce) can black beans, rinsed and drained
1 cup low-fat Monterey Jack cheese, shredded

1. In a large pot, mix together the pork, salsa, black beans, and green chilies. Cover and cook over medium-heat until heated through.
2. Sprinkle with low-fat Monterey Jack cheese and serve.

| Nutrition Information for Each Serving: |
|-------------------------------|----------------|----------------|-------------|---------------|---------------|
| Calories                      | 410          | Kcal           | 60          | mg            | 0             |
| Calories from fat             | 170          | Kcal           | 1450        | mg            | 29            |
| Total Fat                     | 19           | g              | 25          | g             | 208           |
| Saturated Fat                 | 8.5          | g              | 9           | g             | 31            |
| Cholesterol                   |              |                | Protein     | mg            | Iron          |
| Sodium                        |              |                | 5           | mg            |
| Total Carbohydrate            |              |                | Vitamin A   | 58            |
| Dietary Fiber                 |              |                | Vitamin C   | 11            |

Pork Roast with Sweet Potatoes
Makes 6 Servings

2¼ pounds (4½ cups, drained) cooked pork, diced
1 (15.5-ounce) can sweet potatoes
1 green bell pepper
¼ cup apple cider
3 tablespoons brown sugar
1 teaspoon cinnamon
Salt and pepper to taste

1. Preheat oven to 350°F.
2. Put pork, chopped sweet potatoes, and chopped green peppers in large baking dish.
3. Mix the remaining ingredients and pour over all; cook for 30-40 minutes.

| Nutrition Information for Each Serving: |
|-------------------------------|----------------|----------------|-------------|---------------|---------------|
| Calories                      | 470          | Kcal           | 90          | mg            | 16            |
| Calories from fat             | 216          | Kcal           | 530         | mg            | 28            |
| Total Fat                     | 24           | g              | 25          | g             | 597           |
| Saturated Fat                 | 9            | g              | 3           | g             | 30            |
| Cholesterol                   |              |                | Protein     | mg            | Iron          |
| Sodium                        |              |                | 2           | mg            |
| Total Carbohydrate            |              |                | Vitamin A   | 58            |
| Dietary Fiber                 |              |                | Vitamin C   | 11            |
HAM

Crunchy Rice, Bean, and Ham Salad
Makes 8 Servings

Dressing:
1/3 cup cider vinegar
3 tablespoons sugar
1/4 cup vegetable oil
2 tablespoons mustard
2 teaspoons salt
1 teaspoon pepper
1/4 cup hot sauce

Salad:
3 cups rice, cooked
1 1/2 cups celery, sliced
1/4 cup each: chopped green onion and green pepper
1 (15.5-ounce) can kidney beans
8 ounces (1 cup) cooked ham, cut in thin strips
2 tomatoes, cut in wedges
2 hard-cooked eggs, sliced

1. Dressing: Combine all dressing ingredients in small pan and bring to a boil.
2. Salad: In a large bowl, combine rice, beans, celery, onion, pepper, and ham. Pour hot dressing over rice mixture and toss together.
3. Cover and chill, stirring occasionally, at least 8 hours and up to 24 hours.
4. Garnish with tomatoes and eggs.

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Ham 'N Rice
Makes 4 Servings

2 cups rice, cooked
1 pound (2 cups) ham, diced
1 cup low-fat cheddar cheese, grated
1 (15.5-ounce) can peas, drained

1. Preheat oven to 350°F.
2. Cut ham into cubes and mix with the cooked rice, grated cheddar cheese, and peas. Mix well, pour into baking dish.
3. Bake for 15 minutes.

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Creative Recipes for Less Familiar USDA Commodities Used by Household Programs
(Disclaimer: These recipes have not been tested or standardized by USDA.)

**Autumn Noodle Bake**
Makes 4 Servings

4 ounces *egg noodles*, uncooked
1 cup (8 ounces) cooked *ham*, diced
1 (10.75-ounce) can condensed cream of mushroom soup
½ cup water or milk
½ (15.5-ounce) can sliced *carrots*, drained
½ (15.5-ounce) can cut *green beans*, drained
1 cup low-fat cheddar cheese, shredded

1. Preheat oven to 350°F.
2. Cook noodles according to package directions; drain.
3. Combine noodles with ham, soup, ½ cup water or milk, vegetables, and ½ cup cheese.
4. Spoon into 2-quart baking dish; top with remaining cheese.
5. Bake, uncovered, for 20 minutes or until heated through and cheese is melted.

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**Potato and Cheddar Soup**
Makes 12 Servings

2 cups water
2 cups *potatoes*, peeled and cubed
3 tablespoons butter or margarine
1 small onion, chopped
3 tablespoons *all-purpose flour*
Black pepper to taste
3 cups low-fat milk (Or 1 cup *nonfat dry milk* + 3 cups water)
½ teaspoon sugar
1 cup cheddar cheese, shredded
1 cup (8 ounces) cooked *ham*, cubed

1. Bring water to a boil in large saucepan. Add potatoes and cook until tender. Drain, reserving liquid. Measure 1 cup, adding water if necessary.
2. Melt butter in saucepan over medium heat. Add onion; cook and stir until tender but not brown. Add flour; season with black pepper. Cook 3 to 4 minutes.
3. Gradually add potatoes, reserved liquid, milk, and sugar to onion mixture; stir well. Add cheese and ham.
4. Simmer over low heat 30 minutes, stirring frequently.

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