



New York State 4-H Youth Development
Cornell University Division of Nutritional Sciences



HEAD



HEART



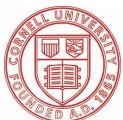
HANDS



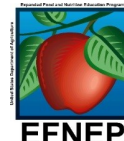
HEALTH

Quick and Tasty Recipes for Healthy Youth

Easy-to-Follow, Healthy Recipes to Enjoy
at 4-H Events or at Home



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Overview

This recipe book was compiled by Cornell Cooperative Extension's Youth Healthy Eating and Active Living Program Work Team, using Smith Lever and EFNEP funds. Special thanks to members Wendy Wolfe, Linda Tripp, Chrys Nestle, Holly Gump, and Nigel Gannon. Additional thanks to Deborah Mann and Carly Batist of the NYS 4-H Office for help with preparation of the document, and to Joan Doyle Paddock for her review.

Recipes were selected that are both kid-tested and meet the NYS EFNEP Recipe Policy to ensure they are healthy, as follows:

- Recipes have minimal added sugars – no more than 2 teaspoons of added sugar per serving.
- Dairy ingredients are non-fat, low-fat or reduced-fat.
- Recipes have 35 percent or fewer calories from fat, or 5 grams of fat or less per serving.*

This recipe book is available for download, in color or greyscale, at:

- The NYS 4-H Healthy Living website: <http://bit.ly/1xf10S2>
- The CHFFF section of the Cornell Food and Nutrition Education in Communities website: www.fnec.cornell.edu

For additional healthy recipes, see the Recipes section of the FNEC website, www.fnec.cornell.edu.

* The only exceptions are the two recipes for flavored nuts, which are healthy snacks since nuts are a source of healthy fat, but are higher in fat than the current policy.



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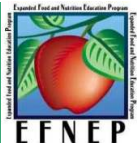
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Colorful Black Bean Salad

Ingredients:

- 2 15-ounce cans black beans, drained
- 2 cups corn, drained (1 15-ounce can or 12 ounces frozen)
- 1 15-ounce can diced tomatoes
- 1 4-ounce can chopped green chilies, drained, or 1 teaspoon chili powder
- 1/4 cup finely chopped onion
- 3 Tablespoons lime juice
- 2 Tablespoons olive or canola oil
- 1/2 teaspoon salt, pepper to taste
- 1 red or green bell pepper, chopped, optional
- 1 avocado, chopped, optional

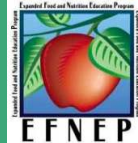
Instructions:

1. Mix black beans, corn, tomatoes, chilies, onion and optional bell pepper in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.
3. Add optional avocado just before serving.
4. Serve alone, over rice or quinoa, or with whole grain tortillas or tortilla chips.

Yield: About 12 servings

Source: *Choose Health: Food, Fun, and Fitness*, Cornell University 2015, as adapted from <http://snacktheplanet.blogspot.com>.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 12	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value *	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 4g	
Vitamin A 4%	Vitamin C 30%
Calcium 4%	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.	
20% calories from fat	
Nutrition facts using frozen corn, chili powder, olive oil, green bell pepper, and no avocado.	



Hummus with Veggies and Pita

Ingredients:

- 1 15-ounce can chickpeas or garbanzo beans, drained and rinsed
- 1 clove garlic, peeled and crushed
(or 1/8th teaspoon garlic powder)
- 3 Tablespoons lemon juice
- 1/2 teaspoon salt
- 6 Tablespoons water
- 3 Tablespoons tahini (ground sesame seeds) or peanut butter
- 1-2 Tablespoons olive or other vegetable oil
- 1/4 teaspoon paprika (optional)
- Cut-up raw vegetables for dipping
- Pita bread, cut into pieces (optional)

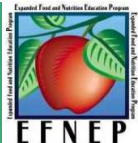
Nutrition Facts			
Serving Size: 2 tablespoons			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	60	Calories from Fat	30
% Daily Value *			
Total Fat	3.5g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	180mg		8%
Total Carbohydrate	6g		2%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	2g		
Vitamin A	0%	Vitamin C	2%
Calcium	2%	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.			
50% calories from fat (hummus only)			
Nutrition facts using tahini and 1 Tbsp oil			

Instructions:

1. Put garlic, lemon juice, salt, and 1 cup of chick peas into blender. Add 3 Tablespoons water, and blend until smooth. Or mash by hand, using garlic powder instead of fresh garlic.
2. Add second cup of chick peas and 3 Tablespoons cold water. Blend or mash until smooth.
3. Add tahini or peanut butter and oil and blend again until smooth. If too thick or you want creamier hummus, add an additional tablespoon of water.
4. Scoop hummus into a bowl and sprinkle with paprika (optional).
5. Serve with cut-up raw vegetables, and (optional) cut pieces of pita bread.

Yield: About 12 servings

Source: *Choose Health: Food, Fun, and Fitness*, Cornell University 2015, as adapted from *World-of-the-East Vegetarian Cooking*, by Madhur Jaffrey, 1981.



Low-Fat Ranch Dip with Vegetables

Ingredients:

- 1/2 of 1 oz packet ranch salad dressing mix
- 1/2 cup low-fat sour cream
- 1 cup plain low-fat yogurt
- 1 pound baby carrots
- Raw vegetables for dipping: broccoli or cauliflower florets, red or green bell pepper slices, cucumber, slices, cherry tomatoes, etc.

Instructions:

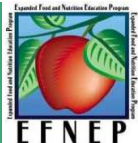
1. Combine salad dressing mix, sour cream and yogurt in small bowl; mix well.
2. Arrange prepared vegetables on plate or tray.
3. Dip vegetables and enjoy!

Variation: Include other veggies, especially ones that are in season!

Yield: About 12 servings

Source: Cornell Cooperative Extension of Cayuga County.

Nutrition Facts	
Serving Size 2 Tablespoons	
Servings Per Recipe 12	
Amount Per Serving	
Calories 30	Calories from Fat 15
% Daily Value *	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 2g	
Vitamin A 2%	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.	
50% calories from fat (dip only)	



Guacamole

Ingredients:

- 3 ripe Hass avocados
- 1 clove garlic, mashed
- Juice from half a lemon (about 1 – 2 Tablespoons)
- 3 Tablespoons onion, diced
- 2 Roma or plum tomatoes, diced
- 3 pickled jalapeno peppers, diced (about ¼ cup)
- Salt to taste

Instructions:

1. Peel and pit avocado. Mash in bowl with garlic.
2. Add lemon juice and mix well.
3. Add salt to taste.
4. Fold in onions, tomatoes and peppers and mix well.
5. Serve chilled, with baked tortilla chips and/or veggies.

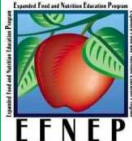
Tip: To prevent browning, cover tightly with plastic wrap until ready to serve, and serve about 1 cup at a time.

Variations: Add ½ cup cilantro, chopped, and/or use lime juice instead of lemon juice.

Yield: About 12 servings

Source: Holly Gump, EFNEP Regional Nutrition Coordinator, Cornell Cooperative Extension.

Nutrition Facts			
Serving Size 2 Tablespoons			
Servings Per Recipe 12			
Amount Per Serving			
Calories	60	Calories from Fat	45
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	60mg		3%
Total Carbohydrate	4g		1%
Dietary Fiber	3g		12%
Sugars	1g		
Protein	1g		
Vitamin A	2%	Vitamin C	8%
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.			
75% calories from fat			
Nutrition facts using medium size (5 oz) avocados and canned sliced pickled jalapeno peppers.			



Fast Fruit Salad

Ingredients:

- 2 apples
- 2 bananas
- 2 oranges
- 1 small can of pineapple chunks in juice

Instructions:

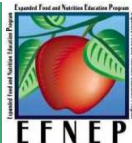
1. Wash apples, remove cores, and chop into bite size pieces.
2. Peel and slice bananas.
3. Peel and chop oranges into bite size pieces.
4. Mix all fruits in a large bowl.

Variations: Try different combinations of fresh or canned fruit.

Yield: About 8 servings

Source: *Sisters in Health: A Nutrition Program for Women*, Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

Nutrition Facts			
Serving Size 1/8 of recipe (4.6 ounces)			
Servings Per Recipe 8			
Amount Per Serving			
Calories	80	Calories from Fat	0
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	20g		7%
Dietary Fiber	3g		12%
Sugars	15g		
Protein	1g		
Vitamin A	2%	Vitamin C	40%
Calcium	2%	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.			
0% calories from fat			



Fruit Parfait

Ingredients:

- 3 cups chopped apple (about 3 medium) or other fruit, fresh, canned or frozen
- 2 cups low-fat yogurt, plain or vanilla
- 1½ cups low-fat granola or your favorite whole grain cereal

Instructions:

1. Drain canned fruit; thaw frozen fruit.
2. Cut fruit into bite size pieces.
3. Place ¼ cup fruit in bottom of individual cup or bowl.
4. Spoon 2-3 Tablespoons yogurt on top of the fruit.
5. Spoon 2 Tablespoons cereal on top of the yogurt.

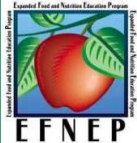
Fruit ideas: Apple, banana, or fresh, canned or frozen peaches, pineapple, strawberries, blueberries, etc.

Cereal ideas: Low-fat granola or a whole grain cereal with flakes and clusters. If use granola, use plain yogurt since granola is usually very sweet.

Yield: About 12 half-cup servings

Source: *Choose Health: Food, Fun, and Fitness*, Cornell University 2015, as adapted from *Eating Smart, Being Active*, California EFNEP and Colorado EFNEP, 2007.

Nutrition Facts			
Serving Size: About ½ cup			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	85	Calories from Fat	10
% Daily Value *			
Total Fat	1.5g		2%
Saturated Fat	0.5g		2%
Trans Fat	0g		
Cholesterol	3mg		1%
Sodium	50mg		2%
Total Carbohydrate	17g		6%
Dietary Fiber	1g		6%
Sugars	9g		
Protein 3g			
Vitamin A	4%	Vitamin C	3%
Calcium	5%	Iron	3%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
12% calories from fat			
Nutrition facts using apples, low fat granola and plain yogurt.			



Peanut Butter Yogurt Dip for Fruit

Ingredients:

- 1 8-ounce carton of low-fat vanilla yogurt
- 2 tablespoons peanut butter
- Cinnamon (optional)
- Fruits to dip: apples, peaches, grapes, strawberries, pears, or others

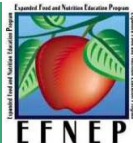
Instructions:

- Mix together peanut butter and yogurt. Sprinkle with cinnamon if desired.
- Cut up fruits to eat with dip.

Yield: Varies depending on amount of fruit

Source: *Sisters in Health: A Nutrition Program for Women*, Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 1999.

Nutrition Facts			
Serving Size 1½ Tablespoons			
Servings Per Recipe 12			
Amount Per Serving			
Calories	35	Calories from Fat	15
% Daily Value *			
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	20mg		1%
Total Carbohydrate	4g		1%
Dietary Fiber	0g		0%
Sugars	3g		
Protein	1g		
Vitamin A	2%	Vitamin C	0%
Calcium	2%	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.			
43% calories from fat (dip only)			



Crunchy Bananas

Ingredients:

- 2 medium sized bananas, cut in ½-inch pieces (about 20 slices total)
- ½ cup orange juice
- 1 cup unsweetened cereal

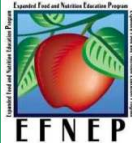
Instructions:

1. Dip banana chunks into orange juice.
2. Roll in cereal.
3. Insert a toothpick into each slice.

Yield: About 4 servings

Source: *Nutrition & Health Programs Recipe Collection*, Cornell University Cooperative Extension – New York City, 2006.

Nutrition Facts			
Serving Size 5 pieces (3.4 ounces)			
Servings Per Recipe 4			
Amount Per Serving			
Calories	90	Calories from Fat	0
% Daily Value *			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	55mg	2%	
Total Carbohydrate	4g	8%	
Dietary Fiber	2g	8%	
Sugars	11g		
Protein	1g		
Vitamin A	4%	Vitamin C	25%
Calcium	0%	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.			
0% calories from fat			
Nutrition facts using corn flakes cereal.			



Fruit Yogurt Smoothie

Ingredients:

- 3 cups (12oz) frozen strawberries or other fruit
- 2 cups fat-free milk
- 1 large banana
- ¾ cup low-fat yogurt (vanilla or plain)

Instructions:

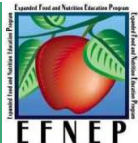
1. Slightly defrost the frozen fruit, just enough so that it will blend easily.
2. Pour the milk into a blender.
3. Add frozen fruit pieces to blender.
4. Add the banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

Variations: Add any seasonal fresh fruit or frozen fruit like peaches, pineapple or other berries. Let kids help choose which to use!

Yield: About 11 half-cup servings

Source: *Choose Health: Food, Fun, and Fitness*, Cornell University 2015, as adapted from *Eating Smart, Being Active*, California EFNEP and Colorado EFNEP, 2007.

Nutrition Facts			
Serving Size: ½ cup			
Servings Per Recipe: 11			
Amount Per Serving			
Calories	51	Calories from Fat	3
% Daily Value *			
Total Fat	<0.5g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	36mg		2%
Total Carbohydrate	10g		3%
Dietary Fiber	1g		4%
Sugars	6g		
Protein	3g		
Vitamin A	3%	Vitamin C	46%
Calcium	7%	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.			
6% calories from fat			
Nutrition facts using low fat vanilla yogurt and strawberries			



Water with a Twist

Ingredients:

One or more fruits or vegetables, such as:

- Oranges
- Lemons
- Limes
- Strawberries
- Pineapple
- Cucumber

Chilled water

Instructions:

1. Wash fruits or vegetables and cut into slices.
2. Add slices to a pitcher of water or to individual cups of water, mixing different fruits and vegetables as desired. Squeeze citrus to release more flavor into the water.
3. Serve and enjoy.
4. Optional: Eat the fruit as you drink or when you're done!

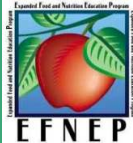
Nutrition Facts			
Serving Size: 1 cup			
Servings Per Recipe: Varies			
Amount Per Serving			
Calories	0	Calories from Fat	0
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
Vitamin A	0%	Vitamin C	1%
Calcium	0%	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.			
0% calories from fat			

Food Safety Note: Keep cold or drink within 2 hours. Can be refrigerated for up to 3 days.

Variation: Use seltzer water instead of plain water

Yield: Varies

Source: *Choose Health: Food, Fun, and Fitness*, Cornell University 2015.



Refreshing Pineapple Fizz

Ingredients:

- 1 cup unsweetened pineapple juice
- 3 cups seltzer water
- 4 lemon slices (optional)

Instructions:

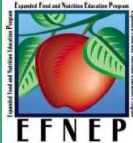
1. In a punch bowl or pitcher, mix the juice and seltzer water together.
2. Add the lemon slices and chill in refrigerator.

Variations: Use other juices such as orange, grape, or apple.

Yield: About 11 half-cup servings

Source: *Nutrition & Health Programs Recipe Collection*, Cornell University Cooperative Extension – New York City, 2006.

Nutrition Facts			
Serving Size: 1 cup			
Servings Per Recipe: 4			
Amount Per Serving			
Calories	35	Calories from Fat	0
% Daily Value *			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	9g		3%
Dietary Fiber	1g		4%
Sugars	8g		
Protein	0g		
Vitamin A	0%	Vitamin C	25%
Calcium	2%	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.			
0% calories from fat			



Maple Pecans

Ingredients:

- 8 ounces raw pecan halves (about 2 cups)
- 2 Tablespoons real maple syrup

Instructions:

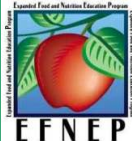
- Put nuts in a large dry frying pan and stir continuously until toasted, about 10 minutes. Be careful not to let burn. *(Note: If double the recipe, use two pans or cook in two batches)*
- Turn off burner, sprinkle the nuts with the maple syrup, and stir until well-coated, about 1 minute.
- Let sit until dry. Break apart as needed.
- Store in airtight container.

Nutrition Facts	
Serving Size 10 pecan halves (0.5 ounce)	
Servings Per Recipe 16	
Amount Per Serving	
Calories	105
Calories from Fat	90
% Daily Value *	
Total Fat	10g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	4g
Dietary Fiber	2g
Sugars	2g
Protein	2g
Vitamin A	0%
Vitamin C	0%
Calcium	1%
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.	
86% calories from fat	

Variations: Use walnuts or other nuts instead.

Yield: About 16 servings

Source: Wendy Wolfe, Division of Nutritional Sciences and Cornell Cooperative Extension.



Snack Mix

Ingredients:

- 3 cups of any iron-fortified low-sugar cereal
(Cheerios, Wheaties, Chex...)
- 1 cup dried fruit (raisins, banana, cranberries,
mango, pineapple, apricots...)
- ½ cup nuts (peanuts, sunflower seeds, almonds...)

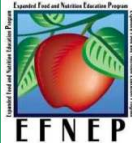
Instructions:

1. Wash hands thoroughly.
2. Put cereal, dried fruit and nuts in a medium sized bowl.
3. Gently mix ingredients.
4. Put mixture in baggies (optional).

Yield: About 9 servings

Source: Adapted from “Fast Mix,” *Eat Fit*, University of CA Davis, 2009.

Nutrition Facts			
Serving Size 1.5 ounces			
Servings Per Recipe 9			
Amount Per Serving			
Calories	155	Calories from Fat	45
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	130mg		5%
Total Carbohydrate	30g		10%
Dietary Fiber	4g		16%
Sugars	13g		
Protein	3g		
Vitamin A	4%	Vitamin C	5%
Calcium	7%	Iron	40%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
29% calories from fat			
Nutrition facts using multi-bran Chex cereal, dried cranberries, and dry roasted, unsalted almonds			



Broccoli Black Bean Quesadillas

Ingredients:

- 1 cup cooked black beans (half a 15-ounce can)
- ¼ cup salsa
- 1 cup grated low fat cheese (4 ounces)
- 1 cup cooked broccoli
- Cooking spray
- 4 whole wheat tortillas, 8-inch size

Instructions:

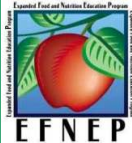
1. Mash beans in a large mixing bowl.
2. Drain salsa and add to beans.
3. Grate cheese and add to beans.
4. Chop broccoli and add to beans.
5. Coat pan with cooking spray.
6. Lay tortilla flat on plate, fill half tortilla with ¼ bean mixture. Fold other half over mixture.
7. Place folded tortilla in pan and cook 3 to 4 minutes, or until lightly browned. Flip and cook second side.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Nutrition Facts			
Serving Size :1 piece (1/2 tortilla)			
Servings Per Recipe: 8			
Amount Per Serving			
Calories	130	Calories from Fat	40
% Daily Value *			
Total Fat	4.5g		7%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	230mg		10%
Total Carbohydrate	14g		5%
Dietary Fiber	2g		8%
Sugars	1g		
Protein	7g		
Vitamin A	8%	Vitamin C	20%
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.			
31% calories from fat			

Variation: Use 2 cups (one 15-oz can) of the black beans instead of just 1 cup.

Yield: About 8 quesadillas (half tortilla each)

Source: *GET FRESH!*, Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.



Mini Veggie Pizzas

Ingredients:

- 4 whole grain English Muffins, cut in half
- 1 cup spaghetti sauce or pizza sauce
- 1½ cups chopped vegetables (sautéed sliced broccoli, eggplant, zucchini, spinach, onion, and/or raw red or green pepper, olives, tomato, etc.)
- 1 1/3 cups shredded part skim mozzarella cheese (4 ounces)

Instructions:

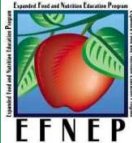
1. Preheat oven to 350°F.
2. Spread sauce on English muffin halves. Add toppings, then sprinkle with cheese.
3. Place on ungreased baking sheet and bake for 8-10 minutes, or until cheese melts.
4. Serve immediately.

Nutrition Facts	
Serving Size: 1 mini pizza	
Servings Per Recipe: 8	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value *	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	0%
Sodium 400mg	17%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	15%
Sugars 5g	
Protein 7g	
Vitamin A 20%	Vitamin C 50%
Calcium 20%	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.	
27% calories from fat	
Nutrition facts using broccoli, red pepper, and no meat.	

Variation: Make Hawaiian Pizza by topping with ½ cup chopped ham and 1 cup chopped pineapple.

Yield: About 8 servings

Source: Adapted from *Jump Into Foods and Fitness*, Lesson 1, Michigan State University Extension, 2006.



Kale Chips

Ingredients:

- 1 bunch curly kale (8-10 ounces)
- 1 tablespoon olive or other oil
- ¼ - ½ teaspoon salt
- Optional: garlic or onion powder, chili powder, and/or cayenne pepper

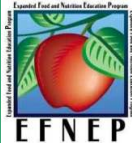
Instructions:

1. Preheat oven to 300°F.
2. Strip the leaves from the kale stems (hold base of stem in one hand, slide and pinch the leaves off with the other hand), and tear into medium size pieces (about 2 by 2 inches).
3. Wash and spin the leaves until thoroughly dry.
4. Mix the salt and other seasonings into the oil in a small pourable container.
5. In a large bowl (or in the pan), use your hands to massage the oil mixture into the kale leaves until well coated.
6. Spread the kale in a single layer onto two large rimmed baking sheets, being sure not to overcrowd the kale.
7. Bake for 10 minutes, rotate the pan, and bake for another 10-15 minutes, until the kale is crispy but not burned (the kale will shrink).
8. Cool the kale on the sheet for 3 minutes.
9. Enjoy immediately or store in an airtight container.

Nutrition Facts			
Serving Size 1 cup			
Servings Per Recipe 8			
Amount Per Serving			
Calories	30	Calories from Fat	20
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	3g		1%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	2g		
Vitamin A	70%	Vitamin C	70%
Calcium	6%	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.			
67% calories from fat			

Yield: About 8 servings

Source: Wendy Wolfe, Division of Nutritional Sciences and Cornell Cooperative Extension.



Bean Dip with Homemade Tortilla Chips

Ingredients:

- 4 6-inch corn tortillas
- 1 16-ounce can refried beans, non-fat
- ¼ cup salsa (or chopped fresh tomatoes)
- ¼ cup low-fat sour cream
- ½ cup shredded reduced fat cheddar cheese
- 1 cup shredded lettuce

Instructions:

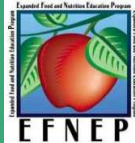
1. Preheat oven to 400°F.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight wedges.
3. Lay tortilla pieces out in single layer on a baking sheet. Set aside while making dip.
4. Spread refried beans over bottom of 8" x 8" baking dish.
5. Spread salsa and sour cream over beans; sprinkle with cheese.
6. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with the chips.

Nutrition Facts	
Serving Size: ¼ cup dip and 4 chips	
Servings Per Recipe: 8	
Amount Per Serving	
Calories	120
Calories from Fat	35
% Daily Value *	
Total Fat	4g 6%
Saturated Fat	2g 10%
Trans Fat	0g
Cholesterol	10mg 3%
Sodium	370mg 15%
Total Carbohydrate	17g 6%
Dietary Fiber	3g 12%
Sugars	1g
Protein 6g	
Vitamin A	8%
Vitamin C	8%
Calcium	15%
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.	
29% calories from fat	
Nutrition facts using romaine lettuce and salsa.	

Variation: Use whole wheat tortillas instead of corn tortillas.

Yield: About 8 servings

Source: Adapted from *Cooking Up Fun! Pyramid of Snacks*, Cornell University Cooperative Extension, 1998.



Tortilla Roll-ups

Ingredients:

- 6 large whole wheat flour tortillas
- 1 cup grated low fat cheddar cheese (4 oz.)
- 1 cup mild salsa (8 oz)
- 1 cup black beans, drained (½ can)
- 1 avocado, mashed (optional)

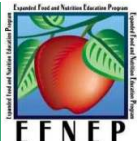
Instructions:

- Put the tortillas on a plate, cover with a paper towel, and microwave on High for 1 minute (optional).
- Mix cheese, salsa, and black beans.
- Spread a thin layer of mixture on each tortilla.
- Top with a spoonful of avocado (optional).
- Roll up, cut in half, and serve.

Nutrition Facts			
Serving Size: Half Tortilla			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	140	Calories from Fat	40
% Daily Value *			
Total Fat	4.5g		7%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	290mg		12%
Total Carbohydrate	17g		6%
Dietary Fiber	3g		12%
Sugars	1g		
Protein	6g		
Vitamin A	2%	Vitamin C	8%
Calcium	4%	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.			
29% calories from fat			

Yield: About 12 servings (½ tortilla each)

Source: *Choose Health: Food, Fun, and Fitness*, Cornell University 2015, recipe from Linda Tripp, Cornell Cooperative Extension of Columbia County.



Roasted (or Grilled) Veggie Wraps

Ingredients:

- 2 zucchini and/or yellow squash, in ¼ inch slices
- 1 red or green bell pepper, sliced
- 1 onion, sliced
- 2 cloves garlic, sliced
- 2 Tbsp olive or other vegetable oil
- ½ tsp salt, ¼ tsp pepper
- 4 Tbsp reduced fat cream cheese
- 5 (10-inch) low-fat whole wheat tortillas

Instructions:

1. Preheat oven to 425 F. In a large roasting pan or rimmed baking sheet, combine vegetables, oil, salt and pepper; toss until well combined. (Optional: Add basil and 2-3 tsp. balsamic vinegar).
2. Roast for 20-30 minutes until soft (or grill them).
3. Spread cream cheese on each tortilla (optional: warm each first briefly in a microwave).
4. Add the vegetables, fold in edges and roll tight. Cut each wrap in half.

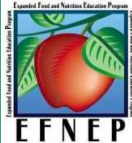
Yield: 10 servings

Source: Wendy Wolfe, EFNEP Youth Specialist, Cornell Cooperative Extension.

“Mexican Pinwheels” variation: Instead of above, mix cream cheese with 3 Tbsp corn (canned or frozen/defrosted, drained), 3 Tbsp chopped green chilies (drained), 1 Tbsp chopped onion, and 5 Tbsp salsa. Spread on four 7-inch tortillas and continue as above; makes 8 small servings. Adapted from *Eating Smart, Being Active, CA EFNEP & CO EFNEP*.

Other Variations: Add vegetables like eggplant, chopped spinach, or mushrooms, or try broccoli, kale, root vegetables, or whatever is in season.

Nutrition Facts			
Serving Size 1/2 wrap			
Servings Per Recipe 10			
Amount Per Serving			
Calories	120	Calories from Fat	42
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	300mg		13%
Total Carbohydrate	16g		5%
Dietary Fiber	2g		8%
Sugars	3g		
Protein 3g			
Vitamin A	15%	Vitamin C	50%
Calcium	2%	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.			
35% calories from fat Nutrition facts using zucchini, red bell pepper, olive oil, and 95% fat free tortilla.			



Veggie Pick-Pockets

Ingredients:

- 12 whole wheat mini pita pockets (4")
- 1 cucumber
- 3 carrots
- ¼ cup low fat creamy salad dressing

Instructions:

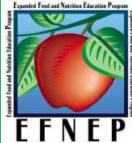
1. Cut each mini pita in half.
2. Peel and dice cucumbers.
3. Grate carrots or cut into slivers.
4. Put ½ teaspoon salad dressing in each half pocket.
5. Add veggies and serve.
6. Enjoy!

Yield: About 12 servings (2 half mini pitas per person)

Variation: Offer several choices of vegetables and let children choose and fill their own. Or mix salad dressing with prepared vegetables and then add to pita halves.

Source: Linda Earley, Cornell Cooperative Extension of Columbia County.

Nutrition Facts			
Serving Size: 2 half mini pitas			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	90	Calories from Fat	10
% Daily Value *			
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	210mg		9%
Total Carbohydrate	19g		6%
Dietary Fiber	3g		12%
Sugars	2g		
Protein	3g		
Vitamin A	70%	Vitamin C	4%
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.			
14% calories from fat			
Nutrition facts using low fat Ranch dressing			



Peachy Pops

Ingredients:

- 1½ cups chopped peaches, fresh or canned
- 2/3 cup low fat vanilla yogurt
- 2 cups orange juice
- 6 paper cups
- 6 spoons
- Aluminum foil

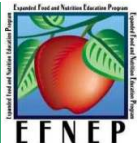
Instructions:

1. Chop peaches and divide among 6 paper cups.
2. Place yogurt in medium bowl.
3. Slowly pour orange juice into yogurt, stirring until blended.
4. Pour juice-yogurt mixture over peaches in cups.
5. Place spoon in each cup.
6. Cut squares of aluminum foil to cover tops of cups, piercing each with spoon handle. The foil holds spoon in center of cup.
7. Freeze at least 4 hours.
8. To eat, peel paper cups away from pops.

Nutrition Facts	
Serving Size 1 pop	
Servings Per Recipe 6	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value *	
Total Fat .5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 2g	
Vitamin A 6%	Vitamin C 60%
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.	
6% calories from fat	

Yield: About 6 servings

Source: *GET FRESH!*, Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.



Any Fruit Crisp

Ingredients:

- 4 cups fresh, frozen or canned fruit, such as sliced apples or peaches, berries, etc.*
- 3 tablespoons butter
- ¾ cup quick-cooking oats
- ½ cup brown or white sugar
- ½ cup flour
- 1 teaspoon cinnamon

Instructions:

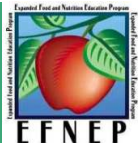
1. Preheat oven to 375°F.
2. In small bowl, mix together oats, sugar, flour and cinnamon.
3. Melt butter and stir into dry ingredients until blended.
4. Place fruit in 9-inch baking pan and spread oat mixture on top.
5. Bake 30 minutes or until fruit is bubbling and topping is browned.

Nutrition Facts			
Serving Size 1/8 Recipe			
Servings Per Recipe 8			
Amount Per Serving			
Calories	180	Calories from Fat	45
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	3g		0%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	0mg		0%
Total Carbohydrate	32g		11%
Dietary Fiber	3g		12%
Sugars	18g		
Protein 2g			
Vitamin A	4%	Vitamin C	4%
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.			
25% calories from fat			
Nutrition facts using fresh sliced apple.			

*For sour fruit like sour cherries or rhubarb, mix ¼ cup sugar with the fruit and let sit 15 minutes before topping with oat mixture.

Yield: About 8 servings

Source: Adapted from *GET FRESH!*, Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.



Quick Fruit Scones

Ingredients:

- 1 cup all-purpose flour
- 2/3 cup whole wheat flour (preferably pastry flour)
- 1/4 cup sugar
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 1/2 cup dried currants, raisins, or cranberries
- 3/4 cup non-fat milk
- 1/4 cup vegetable oil

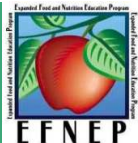
Instructions:

1. Preheat oven to 425°F.
2. Mix together dry ingredients, including dried fruit.
3. Whisk oil and milk together in separate bowl, then add to flour mixture and stir just until moistened. The dough will be sticky.
4. Drop by spoonfuls onto ungreased cookie sheet.
5. Bake until crisp, 8-10 minutes. Serve warm.

Nutrition Facts			
Serving Size: 1 scone			
Servings Per Recipe: 12			
Amount Per Serving			
Calories	140	Calories from Fat	40
% Daily Value *			
Total Fat	4.5g		7%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	230mg		10%
Total Carbohydrate	22g		7%
Dietary Fiber	1g		4%
Sugars	9g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
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.			
29% calories from fat			
Nutrition facts using dried currants.			

Yield: About 12 servings

Source: *Choose Health: Food, Fun, and Fitness*, Cornell University 2015, adapted from *Drop Biscuits Made with Oil, Joy of Cooking*, by Rombauer, Becker and Becker, 1997.



Blueberry Muffins, with Apple Variation

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole-wheat flour (pastry type, if available)
- 1/2 cup granulated sugar
- 1 Tablespoon baking powder
- 1 large egg
- 1/4 cup vegetable oil
- 1 cup skim milk
- 1 cup blueberries or other berries (if use frozen, keep frozen until added)

Instructions:

1. Preheat oven to 400°F. Grease 12 medium muffin cups.
2. Measure flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork.
4. Make a well in the center of flour mixture; add egg, oil, and milk. Stir batter just until dry ingredients are moistened; batter will be lumpy. Fold in blueberries.
5. Divide batter among muffin cups, filling each about half full.
6. Bake 20 minutes, until firm to touch.

Nutrition Facts			
Serving Size 1 muffin			
Servings Per Recipe 12			
Amount Per Serving			
Calories	180	Calories from Fat	45
% Daily Value *			
Total Fat	5g		8%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	150mg		6%
Total Carbohydrate	30g		10%
Dietary Fiber	1g		4%
Sugars	11g		
Protein	3g		
Vitamin A	2%	Vitamin C	2%
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.			
25% calories from fat			
Nutrition facts using soybean & canola vegetable oil, calcium fortified skim milk, and fresh blueberries			

Apple Muffin Variation: Omit blueberries. Add 1/2 teaspoon cinnamon to the flour mixture. Add 1 cup chopped apple with the milk.

Yield: About 12 muffins

Source: Adapted from *Cooking Up Fun! Muffins & More*, Cornell University Cooperative Extension, 1999.



Morning Glory Muffins

Ingredients:

- 4 carrots, grated (about 6 ounces)
- 1 ¼ cup whole wheat flour
- ½ cup all-purpose flour
- ¼ cup quick oats (optional)
- ½ teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 2 large eggs
- 1 cup plain low fat yogurt (8 oz)
- ½ cup honey
- 3 Tablespoons vegetable oil
- ½ cup raisins

Nutrition Facts	
Serving Size 1 muffin	
Servings Per Recipe 12	
Amount Per Serving	
Calories	200
Calories from Fat	45
% Daily Value *	
Total Fat	5g 8%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	30mg 10%
Sodium	290mg 12%
Total Carbohydrate	34g 11%
Dietary Fiber	3g 12%
Sugars	19g
Protein	5g
Vitamin A	50%
Vitamin C	2%
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.	
22% calories from fat	
Nutrition facts using quick oats	

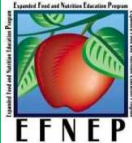
Instructions:

1. Preheat oven to 350°F. Insert cupcake liners into a muffin pan or spray each cup with nonstick cooking spray.
2. Stir together dry ingredients in a large bowl.
3. In a separate bowl, mix together the rest of the ingredients except the carrots and raisins, then stir into the flour mixture just until moistened (do not overmix).
4. Using a spatula, fold in the carrots and raisins.
5. Fill each muffin cup about ¾ full.
6. Bake for 18 minutes or until a toothpick comes out clean.
7. Let cool for 5 minutes, run a knife around the edge of each muffin, and turn onto a cooling rack.

Variations: Add coconut or nuts, and/or add 1 teaspoon freshly grated orange zest.

Yield: About 12 muffins

Source: Adapted from *Good Housekeeping Illustrated Children’s Cookbook*, 1997.



Oatmeal Raisin Cookies

Ingredients:

- 1 cup brown sugar
- 2 Tablespoons butter
- 2 Tablespoons oil
- 2 eggs
- 2 Tablespoons skim milk
- 1/2 cup applesauce
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3/4 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg, optional
- 1/2 teaspoon salt
- 2 1/2 cups quick-cooking rolled oats
- 1 cup raisins

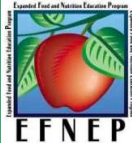
Nutrition Facts	
Serving Size 1 cookie	
Servings Per Recipe 24	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value *	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 95mg	4%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 3g	
Vitamin A 2%	Vitamin C 0%
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.	
20% calories from fat	
Nutrition facts using unsalted butter and canola oil	

Instructions:

1. Preheat oven to 375°F. Lightly grease baking sheet.
2. Beat butter and sugar together in a large bowl until well blended.
3. Add eggs and mix well. Add milk and applesauce; stir until well blended.
4. In a second bowl, combine dry ingredients.
5. Add flour mixture to sugar mixture; stir until well blended.
6. Add oats and raisins; stir until well blended.
7. Drop dough by rounded teaspoons onto baking sheet.
8. Bake 10 to 12 minutes, until lightly browned.

Yield: About 2 dozen cookies

Source: Adapted from *Cooking Up Fun! Pyramid of Snacks*, Cornell University Cooperative Extension, 1998.



Carrot-Raisin Clusters

Ingredients:

- 1 cup flour
- 1 teaspoon baking powder
- 1 cup oats
- 1 teaspoon cinnamon
- 1¼ cups shredded carrots
- 1½ cups raisins
- ½ cup applesauce
- ¼ cup vegetable or canola oil
- ½ cup honey

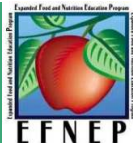
Instructions:

1. Pre-heat oven to 350°F.
2. In a large bowl, stir together flour, baking powder, oats, cinnamon, carrots and raisins.
3. In a small bowl, stir together the applesauce, oil and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by teaspoonfuls onto greased cookie sheet.
6. Bake for 10 minutes, or until lightly browned. Enjoy!

Yield: About 36 servings

Source: Adapted from “Carrot Cookies” from the NYS Department of Health *Just Say Yes to Fruits and Vegetables* program.

Nutrition Facts	
Serving Size 1 cookie	
Servings Per Recipe 36	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value *	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 1g	
Vitamin A 6%	Vitamin C 0%
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.	
17% calories from fat	
Nutrition facts using medium dry rolled oats and soybean & canola vegetable oil.	



Chewy Granola Bars

Ingredients:

- 2½ cups rolled oats, old-fashioned or quick
- ⅓ cup chopped nuts
- ¾ cup firmly packed brown sugar
- ½ cup raisins or other dried fruit, chopped
- 2 eggs
- 4 Tablespoons butter or margarine, melted
- 1 teaspoon vanilla extract

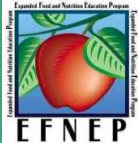
Instructions:

1. Preheat oven to 350°F. Lightly coat a 9"x9" baking pan with non-stick cooking spray.
2. In a large bowl, combine oats, nuts, brown sugar, and dried fruit.
3. Stir in eggs, butter, and vanilla. Mix until evenly combined.
4. Press mixture firmly into the prepared baking pan.
5. Bake for 25-30 minutes. Cool for 10 minutes. Cut into bars.

Nutrition Facts			
Serving Size 1 Bar			
Servings Per Recipe 24			
Amount Per Serving			
Calories	120	Calories from Fat	40
% Daily Value *			
Total Fat	4.5g		7%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	5mg		0%
Total Carbohydrate	17g		6%
Dietary Fiber	2g		8%
Sugars	8g		
Protein	2g		
Vitamin A	2%	Vitamin C	0%
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.			
33% calories from fat			
Nutrition facts using unsalted, dry roasted mixed nuts with peanuts, unsalted butter			

Yield: About 24 bars

Source: Adapted from *4-H Cooking 101*, University of Illinois Extension, 2015.



Tamari Pecans

Ingredients:

- 1 pound raw pecans
- ¼ cup low sodium tamari or soy sauce

Instructions:

1. Preheat oven to 300°F.
2. Divide 1 pound pecans evenly onto two pie plates.
3. Roast pecans in oven for 15 minutes.
4. Stir pecans and roast for another 15 minutes.
5. Turn oven temperature down to 150°F.
6. Drizzle nuts with 2 Tablespoons tamari per pie plate and stir with spatula to coat thoroughly.
7. Return nuts to oven, stirring every 20 minutes until nuts are dry.
8. Cool and store in airtight container.

Nutrition Facts	
Serving Size 10 pecan halves (0.5 ounce)	
Servings Per Recipe 32	
Amount Per Serving	
Calories 100	Calories from Fat 90
% Daily Value *	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 2g	<1%
Dietary Fiber 2g	6%
Sugars <1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	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.	
90% calories from fat	

Variation: Use almonds instead of pecans, roasting at 350°F instead of 300°F.

Yield: About 32 servings

Source: Holly Gump, EFNEP Regional Nutrition Coordinator, Cornell Cooperative Extension.