

# Food Guide Pyramid Recipes

Identify the different food groups found in the ingredient lists.

## Chicken (Turkey) Soup\*

1 Tbsp. margarine or butter  
 1/2 cup chopped celery  
 1/4 cup chopped onion  
 4 Tbsp. flour  
 1 quart chicken broth (stock)

1 1/2 cups cooked chicken, cubed or diced  
 salt and pepper to taste  
 1/2 cup shredded cheese  
 1 cup evaporated milk



Cook the celery and onion lightly in butter. Stir in flour until smooth. Add broth, chicken and seasonings. Stir until blended. Just before serving, add cheese and milk. Heat until cheese melts. DO NOT BOIL! Makes 7 servings.

**NUTRITION FACTS (per serving) - Calories 160 ~ fat 7 g ~ calories from fat 60 ~ sodium 490 mg ~ total carbohydrates 9 g**

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## Mexican Style Bean Pizza\*\*

1 2/3 cups cooked kidney, pinto or navy beans (16-oz. can, drained)  
 1 Tbsp. vegetable oil  
 1/2 cup chopped onion  
 1 can (8-oz.) tomato sauce  
 1/4 cup diced green chiles (optional)

1/2 cup ripe olives, sliced or chopped  
 1/4 to 1/2 tsp. ground cumin  
 Nonstick cooking spray  
 6 10-inch flour tortillas  
 8-oz. shredded cheese, divide in half  
 1/2 green pepper, thinly sliced

Preheat oven to 425 degrees. Reserve 1/2 cup whole beans; mash remaining beans with fork. Cook onions in oil until tender. Add mashed beans, tomato sauce, chiles, olives and cumin. Cook and stir 5 minutes. Spray baking sheet with nonstick cooking spray. Place tortillas on baking sheet. Spread hot bean and tomato sauce mixture on tortillas. Layer with cheese, green pepper, reserved whole beans and remaining cheese on top. Bake 10 minutes. Makes 6 servings.

**NUTRITION FACTS (per serving) - Calories 420 ~ fat 20 g ~ calories from fat 180 ~ sodium 870 mg ~ total carbohydrates 42 g**

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## Orange Sunshine Salad\*

1 (3-oz.) pkg. flavored gelatin  
 3/4 cup boiling water  
 3/4 cup orange juice

2/3 cup (1/2 can) evaporated milk  
 1 can mandarin oranges, drained  
 1/2 cup cottage cheese



Stir gelatin in boiling water until dissolved. Stir in juice and milk; chill until syrupy. Add oranges and cottage cheese. Refrigerate until chilled and firm. Makes 10 servings.

**NUTRITION FACTS (per serving) - Calories 90 ~ fat 1 g ~ calories from fat 10 ~ sodium 130 mg ~ total carbohydrates 14 g**

\*Adapted from "1999 Commodity Cookbook" North Dakota's Expanded Food & Nutrition Education Program.

\*\*Adapted from "Simply Good Eating", Minnesota Extension Service, 1995.



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