**Breakfast Burrito**

Total Cost for family of 4: **$10.76**

**INGREDIENTS**  
(makes 1 serving)

Flour tortilla  
Scrambled Eggs  
Sausage and Ham  
Bacon Hash Brown Nuggets  
Shredded cheese blend  
Canned salsa

**Nutrition Information**

<table>
<thead>
<tr>
<th>Per serving Burrito</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>780</td>
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<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
<td>16 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>3 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>510 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>1480 mg</td>
</tr>
</tbody>
</table>

**Did you Know?**

When you buy a burrito at a restaurant they may fry the tortilla? Frying a tortilla can easily add 100 calories to your meal!

---

**Veggie Scramble**

Total Cost for family of 4: **$4.50**

Recipe from *Soulful Recipes; Building Healthy Traditions Cook book*

**INGREDIENTS**  
(makes 2 servings)

Nonstick cooking spray  
1 cup chopped vegetables; bell peppers, onions, broccoli and mushrooms  
1 cup egg substitute  
2 (6-inch) flour tortillas  
1/4 cup grated low fat cheddar cheese

**Nutrition Information**

<table>
<thead>
<tr>
<th>Per serving Wrap</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>191</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
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<tr>
<td>Trans Fat</td>
<td>0 g</td>
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<tr>
<td>Carbohydrates</td>
<td>19 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>3 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>537 mg</td>
</tr>
</tbody>
</table>

**Prep time:** 15 minutes

**Try using seasonal or frozen vegetables, they are less expensive!**

**Savings of:**

More than 500 calories  
48 grams of fat  
507 mg of cholesterol per wrap

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.
Extra Crispy Chicken Breast with Coleslaw

Total Cost for family of 4: $11.92

INGREDIENTS
(makes 4 servings)

1 whole frying chicken, marinated
6-8 cups shortening
1 egg, beaten
1 cup milk
2 cups all-purpose flour
2 1/2 tsp salt
3/4 tsp. pepper
3/4 tsp. MSG
1/8 tsp. paprika, garlic powder, baking powder

Coleslaw
Cabbage, carrot and onion, milk, mayonnaise, buttermilk, vinegar, lemon juice, sugar, salt and pepper

Nutrition Information
Per serving chicken w/ coleslaw
Calories 670
Total Fat 41 g
Saturated Fat 9 g
Trans Fat 0 g
Carbohydrates 39 g
Dietary Fiber 3 g
Cholesterol 125 mg
Sodium 1350 mg

Oven Fried Chicken with Summer Squash

Total Cost for family of 4: $4.73

Recipe from Soulful Recipes; Building Healthy Traditions Cook book

INGREDIENTS
(makes 6 servings)

Nonstick cooking spray
1 cup finely crushed cornflakes
1/4 tsp. salt
1/2 tsp. ground pepper
1 tsp. garlic powder
1 tsp. onion powder
1/2 cup evaporated skim milk
1 pound chicken breasts
1/2 tsp. vegetable oil
1 glove garlic
2 medium zucchini
3 medium yellow squash
1 tsp. dried oregano

Nutrition Information
Per serving chicken w/ coleslaw
Calories 185
Total Fat 4 g
Saturated Fat 1 g
Trans Fat 0 g
Carbohydrates 17 g
Dietary Fiber 3 g
Cholesterol 46 mg
Sodium 202 mg

Savings of:
$6.00 for entire meal
400 calories
35 grams of fat
1000 mg of sodium per serving!

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.
**Chicken Club Salad with Crispy Chicken**

Total Cost for family of 4: **$19.69** (w/o tax)

**INGREDIENTS**
(makes 4 servings)

- 4 small boneless chicken breasts
- 1 pouch extra crispy seasoned coating mix
- 1/4 cup grated Parmesan cheese
- 6 cups green leaf lettuce, pieces
- 1 cup tomato wedges

**Ranch dressing**
Vegetable oil, vinegar, sugar, salt, spices, color, buttermilk, natural flavors, phosphoric acid and other additives

**Nutrition Information**
Per serving salad w/ dressing (528g)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>655</td>
</tr>
<tr>
<td>Total Fat</td>
<td>53 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>14 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>31 g</td>
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<td>Dietary Fiber</td>
<td>9 g</td>
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<tr>
<td>Cholesterol</td>
<td>105 mg</td>
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<tr>
<td>Sodium</td>
<td>1750 mg</td>
</tr>
</tbody>
</table>

Most restaurants serve larger portions than needed, try these tips to decrease fat and calories:
1. Ask for a smaller portion.
2. Replace fried with grilled chicken.
3. Choose a light dressing.
4. Add more vegetables to lower fat and increase fiber.

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

---

**Chicken Vegetable Creole**

Total Cost for family of 4: **$6.64**

Recipe from *Soulful Recipes; Building Healthy Traditions Cookbook*

**Prep time:** 30 minutes

**INGREDIENTS**
(makes 6 servings)

- Nonstick cooking spray
- 1 pound boneless, skinless chicken breast
- 1 large onion, chopped
- 1 (14.5 oz) can diced tomatoes
- 1/3 cup tomato paste
- 2 stalks celery
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 1/4 tsp. red pepper flakes
- 1/8 tsp. ground black pepper
- 1 1/2 cups broccoli florets

**Nutrition Information**
Per serving Creole (227g)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>143</td>
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<tr>
<td>Total Fat</td>
<td>3 g</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>11 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>46 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>460 mg</td>
</tr>
</tbody>
</table>

**Savings of:**
More than $13.00
400 calories
50 grams of fat
1/3 of the sodium per serving!

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.
**Medium French Fries**

**INGREDIENTS**
(makes 1 serving)
- 2 large Idaho russet potatoes, cut
- 1/4 cup sugar
- 2 tbsp. corn syrup
- 1 1/2 - 2 cups hot water
- 6 cups shortening
- 1/4 cup beef lard and salt

**Nutrition Information**
Per Serving French Fries (4.1oz)
- Calories: 380
- Total Fat: 19 g
- Saturated Fat: 2.5 g
- Trans Fat: 0 g
- Carbohydrates: 3 g
- Dietary Fiber: 3 g
- Cholesterol: 0 mg
- Sodium: 270 mg

**Total Cost for family of 4:** $4.00

**Did you Know?**
You could eat a serving of rainbow coleslaw with our Rosemary Lemon Chicken and vegetables and still eat less fat and calories than a serving of French fries.

**Rainbow Coleslaw**

**INGREDIENTS**
(makes 12 servings)
- 2 cups red cabbage, shredded
- 2 cups green cabbage, shredded
- 1/2 cup chopped yellow or red bell pepper
- 1/2 cup shredded carrots
- 1/2 cup chopped red onion
- 1/2 cup fat free mayonnaise
- 1 tbsp. red wine vinegar
- 1/4 tbsp. celery seed (optional)
- 1/2 cup low fat shredded Cheddar cheese

**Nutrition Information**
Per serving Coleslaw (4oz)
- Calories: 30
- Total Fat: 1 g
- Saturated Fat: 0 g
- Trans Fat: 0 g
- Carbohydrates: 4 g
- Dietary Fiber: 1 g
- Cholesterol: 2 mg
- Sodium: 145 mg

**Total Cost for family of 4:** $1.60

Recipe from *Soulful Recipes; Building Healthy Traditions Cook book*

**Prep time:** 15 minutes

**Savings of:**
$2.40 total cost
350 calories per serving
18 grams of fat
And half the amount of sodium!!!
### Grain & Nut Pancakes

**Total Cost for family of 4:** $31.96

**Prep time:** 20 minutes

**INGREDIENTS**

*(makes 8 pancakes)*

- 3/4 cup oats
- 3/4 cup whole wheat flour
- 1/3 cup all-purpose flour
- 2 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1 1/4 cups buttermilk
- 1/3 cup whole milk
- 1/4 cup vegetable oil
- 2 eggs
- 1/4 cup granulated sugar
- 3 tbs. blanched almonds
- 3 tbs. walnuts

**Nutrition Information**

<table>
<thead>
<tr>
<th>Per 1 pancake</th>
<th>Calories</th>
<th>383</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>15.5 g</td>
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<tr>
<td>Saturated Fat</td>
<td>1.5 g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>7.0 g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>52.2 g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6.0 g</td>
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</tr>
<tr>
<td>Cholesterol</td>
<td>41.0 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>796.0 mg</td>
<td></td>
</tr>
</tbody>
</table>

**Time spent at restaurant:** 75 minutes

Though grains and nuts seem like a healthy alternative, one ounce of nuts contains 165-200 calories and typically 14-21 grams of fat. That's almost half of your daily fat intake in one ounce of nuts!

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

### Banana Berry Pancake

**Total Cost for family of 4:** $4.64

**Recipe from *Everyday Healthy Meals***

**Prep time:** 20 minutes

**INGREDIENTS**

*(makes 8 pancakes)*

- Nonstick cooking spray
- 2 large bananas, mashed
- 2 cups complete pancake mix
- 1 cup water

**Topping**

- 2 cups unsweetened frozen strawberries
- 4 tbs. orange juice

**Nutrition Information**

<table>
<thead>
<tr>
<th>Per 2 pancakes</th>
<th>Calories</th>
<th>109</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>1.0 g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.0 g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.0 g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>24.0 g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2.0 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>3.0 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>182.0 mg</td>
<td></td>
</tr>
</tbody>
</table>

**Savings of:**

$27.32 total cost

274 calories per serving
14.5 grams of fat
and 77% less sodium!!!

And a serving is 2 pancakes!

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.
**Double Cheeseburger with French Fries**

Total Cost for family of 4: **$24.36**

**INGREDIENTS**
(makes 1 serving)

- 3.2 oz ground beef
- 1 tsp. chopped onion
- 1 pickle
- 1 slice bacon
- 2 American cheese slices
- 1 Hamburger bun
- 2 tsp. mustard and ketchup

**French Fries**

- 2 large Idaho russet potatoes
- 1/4 cup sugar
- 2 tbs. corn syrup
- 6 cups shortening
- 1/4 cup beef lard

Cut down fat and calories by choosing lean ground turkey. Make the patties smaller. Slice up avocados and skip the cheese.

**Nutrition Information**
Per serving Cheeseburger w/ medium French Fries

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Carbohydrates</th>
<th>Dietary Fiber</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheeseburger</td>
<td>820 g</td>
<td>42 g</td>
<td>13 g</td>
<td>1.5 g</td>
<td>82 g</td>
<td>7 g</td>
<td>80 mg</td>
<td>1420 mg</td>
</tr>
</tbody>
</table>

**Spaghetti with Turkey Meat Sauce**

Total Cost for family of 4: **$6.72**

Recipe from *Everyday Healthy Meals*

**INGREDIENTS**
(makes 8 servings)

- Nonstick cooking spray
- 3/4 pound lean ground turkey
- 14.5 oz cans diced tomatoes, juice reserved
- 1 green bell pepper, chopped
- 1 cup chopped onion
- 2 cloves garlic, crushed
- 1 tsp. crushed dried oregano
- 1 tsp. ground black pepper
- 1 pound spaghetti noodles

**Nutrition Information**
Per serving Spaghetti w/ Turkey Meat Sauce

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Carbohydrates</th>
<th>Dietary Fiber</th>
<th>Cholesterol</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti w/ Turkey Meat Sauce</td>
<td>346 cal</td>
<td>4 cal</td>
<td>1 g</td>
<td>0 g</td>
<td>57 g</td>
<td>5 g</td>
<td>28 mg</td>
<td>162 mg</td>
</tr>
</tbody>
</table>

**Savings of:**

- $17.64 total cost
- 474 calories per serving
- 36 grams of fat
- And 89% less sodium!!!
Chicken Tomatillo Salad

Total Cost for family of 4: $ 6.48

Recipe from *Everyday Healthy Meals*

Prep time: 20 minutes

**INGREDIENTS**
(makes 6 servings)

2 cups chopped, cooked chicken or turkey
1 cup red bell pepper, chopped
1 cup frozen corn
4 green onions, chopped
1/4 cup chopped fresh cilantro

**Dressing**

1 cup husked and quartered tomatillos
3 tbs. light Italian dressing
1 fresh Anaheim chili
1 tsp. ground black pepper

**Nutrition Information**
Per serving salad (227g)

<table>
<thead>
<tr>
<th>Calories</th>
<th>141</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
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</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>12 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>38 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>149 mg</td>
</tr>
</tbody>
</table>

**Savings of:**
$13.21 total cost
514 calories per serving
49 grams of fat
And 92% less sodium!!!

---

Chicken Club Salad with Crispy Chicken

Total Cost for family of 4: $ 19.69

**INGREDIENTS**
(makes 4 serving)

4 small boneless chicken breasts
1 pouch extra crispy seasoned coating mix
1/4 cup grated Parmesan cheese
6 cups green leaf lettuce, pieces
1 cup tomato wedges

**Ranch dressing**
Vegetable oil, vinegar sugar, salt, spices, and color, buttermilk, natural flavors, phosphoric acid and other additives

**Nutrition Information**
Per serving salad w/ dressing (528g)

<table>
<thead>
<tr>
<th>Calories</th>
<th>655</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>53 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>14 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>31 g</td>
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<tr>
<td>Dietary Fiber</td>
<td>9 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>105 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>1750 mg</td>
</tr>
</tbody>
</table>

**Most restaurants serve larger portions than needed.**

1. Ask for a smaller portion.
2. Ask for grilled chicken
3. Choose a light dressing.
4. Add more vegetables to lower fat and increase fiber.

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.
Orange Smoothie

Total Cost for family of 4: $14.96

INGREDIENTS
(makes 1 serving)
1 cup orange juice
1 non-fat vanilla yogurt
1 1/2 cups of orange sherbet
1/2 cup soymilk

Twice as many calories in store bought smoothies!!

Most restaurants use sugary ice cream or frozen sorbet instead of fresh fruit. When making it at home, use fresh or frozen fruit without sugar added.

Nutrition Information
Per Smoothie (16oz)
Calories: 350
Total Fat: 1.5 g
Saturated Fat: 1 g
Trans Fat: 0 g
Carbohydrates: 75 g
Dietary Fiber: <1 g
Cholesterol: 5 mg
Sodium: 150 mg

Tropical Eye Opener

Total Cost for family of 4: $2.30
Recipe from Everyday Healthy Meals

Prep time: 10 minutes

INGREDIENTS
(makes 4 servings)
1 mango, peeled, seeded, and cut into chunks
1 large banana, peeled and sliced
1 cup un-drained pineapple chunks
3/4 cup low fat vanilla yogurt
1 cup ice cubes

Try seasonal or frozen fruit and pay less!

Nutrition Information
Per Smoothie (16oz)
Calories: 151
Total Fat: 1 g
Saturated Fat: 1 g
Trans Fat: 0 g
Carbohydrates: 35 g
Dietary Fiber: 2 g
Cholesterol: 3 mg
Sodium: 31 mg

Savings of:
$12.66 total cost
199 calories per serving
And 119 mg less sodium!!!
Breakfast Burrito

Total Cost for family of 4: $10.76

INGREDIENTS
(makes 1 serving)

- Corn tortillas
- Scrambled Eggs
- Sausage
- Ham
- Bacon
- Hash Brown Nuggets
- Shredded cheese blend
- Fresh Salsa

Did you know?
Most restaurants don't use fresh vegetables. Instead they serve more eggs and cheese than you need. If you make it at home, you can cut down calories by replacing eggs with egg whites and choosing more vegetables for your burrito.

Nutrition Information
Per serving Burrito

<table>
<thead>
<tr>
<th>Calories</th>
<th>780</th>
</tr>
</thead>
</table>

Huevos Rancheros with Pico de Gallo

Total Cost for family of 4: $9.76
Recipe from Healthy Latino Recipes Made with Love

Prep time: 30 minutes

INGREDIENTS
(makes 4 servings)

- Nonstick cooking spray
- 4 (6 inch) corn tortillas
- 1/2 tbs. vegetable oil
- 1 1/2 cups egg substitute
- 2 tbs. shredded Cheddar or Monterey Jack cheese
- 2 cups Pico de Gallo
- 1/8 tbs. ground black pepper

In one serving:
- Savings of: over 500 calories and 45 grams of fat!

Pico de Gallo
- 1 pound ripe tomatoes,
- 1 1/2 cups onion
- 1/3 cup fresh cilantro
- 3 jalapeño peppers
- 2 tbs. lime juice
- 2 gloves garlic
- 1/4 tbs. salt

Daily recommendation for total fat in a day is 65 grams for a 2,000 Kcal/day, this burrito has almost all of that!

Nutrition Information
Per serving Tortilla

<table>
<thead>
<tr>
<th>Calories</th>
<th>146</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>16 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>3 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>255 mg</td>
</tr>
</tbody>
</table>
Double Cheeseburger with French Fries

Total Cost for family of 4: $24.36

INGREDIENTS
(makes 1 serving)
3.2 oz ground beef
1 tsp. chopped onion
1 pickle
1 slice bacon
2 American cheese slices
1 hamburger bun
2 tsp. mustard and ketchup

French Fries
2 large Idaho russet potatoes
1/4 cup sugar
2 tbs. corn syrup
6 cups shortening
1/4 cup beef lard

Nutrition Information
Per serving Cheeseburger w/ medium French fries
Calories 820
Total Fat 42 g
Saturated Fat 13 g
Trans Fat 1.5 g
Carbohydrates 82 g
Dietary Fiber 7 g
Cholesterol 80 mg
Sodium 1420 mg

Did you know?
Ground beef has three times as much saturated fat as ground lean turkey?
A Turkey burger has only 4 grams of saturated fat

Chicken & Vegetables with Mole Sauce

Total Cost for family of 4: $10.37
Recipe from Healthy Latino Recipes Made with Love

Prep time: 60 minutes

INGREDIENTS
(makes 6 servings)
Nonstick cooking spray
4 skinless drumsticks and thighs
3 dried ancho chilies
2 1/4 cups canned reduce sodium chicken broth
1 medium onion
1 1/2 cups fresh tomatillos
2 tbs. ground cumin
1/4 tbs. salt
2 fresh cactus leaves
3/4 pound fresh green beans

Nutrition Information
Per serving 1 drumstick and 1 thigh and vegetables
Calories 239
Total Fat 8 g
Saturated Fat 2 g
Trans Fat 0 g
Carbohydrates 11 g
Dietary Fiber 4 g
Cholesterol 92 mg
Sodium 255 mg

Savings of:
Over $10.00 for the entire meal
1/3 of the calories
1/6 of the fat per serving

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.
**Soft Drink Cola flavored**

Total Cost for family of 4: **$2.20**

**INGREDIENTS**
(makes 10 gallons)
- 1 oz citrate caffeine
- 3 oz citric acid
- 1 oz extract vanilla
- 1 qt lime juice
- 2 oz flavoring
- 30 lb (14 kg) sugar
- 4 fl oz fluid extract of coca
- 2 gal water
- Caramel sufficient

**Flavorings**
Oil, orange, cinnamon, lemon, coriander, nutmeg, neroli and 1 quart alcohol

**Nutrition Information**
Per serving Cola (8 oz)

<p>| | |</p>
<table>
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<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Carbohydrates</td>
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<tr>
<td>Sugars</td>
<td>27 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>33 mg</td>
</tr>
</tbody>
</table>

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

**Melon Cooler**

Total Cost for family of 4: **$0.50**

Recipe from *Healthy Latino Recipes Made with Love*

**INGREDIENTS**
(makes 4 servings)
- 2 cups chopped melon (cantaloupe, honeydew or watermelon)
- 2 cups of cold water

**Nutrition Information**
Per serving Melon Cooler (6oz)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>27</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>7 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>0 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>15 mg</td>
</tr>
</tbody>
</table>

Savings of:
- 70 calories and 27 grams of sugar per serving

**Which is the better deal?**

**Cola has no nutritional value. It is just empty calories.**

**TRY OTHER FRUITS WHEN THEY ARE IN SEASON**

Two 12 oz cans of cola has 400mg of caffeine. More than 400mg of caffeine a day increases your risk of high blood pressure and other cardiovascular diseases as well as osteoporosis.

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.
**Chicken Club Salad with Crispy chicken**

Total Cost for family of 4: **$19.69**

**INGREDIENTS**
(makes 1 serving)

- 4 small boneless chicken breasts
- 1 pouch extra crispy seasoned coating mix
- 1/4 cup grated Parmesan cheese
- 6 cups green leaf lettuce, pieces
- 1 cup tomato wedges

**Ranch dressing**
Vegetable oil, vinegar, sugar, salt, spices, and color, buttermilk, natural flavors, phosphoric acid and other additives

**Nutrition Information**
Per serving Salad w/ dressing (528g)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>655</td>
</tr>
<tr>
<td>Total Fat</td>
<td>53 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>14 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>31 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>9 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>105 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>1750 mg</td>
</tr>
</tbody>
</table>

Most restaurants serve larger portions than needed, try these tips to decrease fat and calories:
1. Ask for a smaller portion.
2. Replace fried with grilled chicken.
3. Choose a light dressing.
4. Add more vegetables to lower fat and increase fiber.

**Ceviche with Shrimp**

Total Cost for family of 4: **$13.06**

Recipe from *Latino Healthy Recipes*

**INGREDIENTS**
(makes 6 servings)

- 1/2 pound cooked small bay shrimp
- 1 cup diced cucumber
- 1/2 cup diced avocado
- 1/4 cup minced red onion
- 1/4 cup chopped tomatoes
- 1/4 cup frozen corn, thawed
- 3 tbs. fresh lime juice
- 3 tbs. taco sauce
- 1 serrano chili

**Nutrition Information**
Per serving Ceviche w/shrimp (198g)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>89</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>9 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>73 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>163 mg</td>
</tr>
</tbody>
</table>

**Savings of:**
More than $6.63
566 calories
91% less sodium per serving!
**Chicken Quesadillas**

Total Cost for family of 4: **$11.16**

**INGREDIENTS** (makes 1 serving)

- 1 flour tortilla
- 1 chicken tenderloins
- 1/4 cup shredded cheddar cheese
- 1/4 cup shredded Monterey Jack cheese
- 1/2 slice process American cheese

**Sauce**

- 1/16 cup mayonnaise
- 1/2 tsp. minced jalapeno
- 1/2 tsp. jalapeno juice
- 1/4 tsp. sugar
- 1/8 tsp. cumin
- 1/8 tsp. paprika
- pepper, garlic powder and salt

**Nutrition Information**

<table>
<thead>
<tr>
<th>Per serving Quesadillas (184g)</th>
<th>Calories</th>
<th>540</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>30 g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>13 g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.5 g</td>
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<tr>
<td>Carbohydrates</td>
<td>40 g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>80 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>1380 mg</td>
<td></td>
</tr>
</tbody>
</table>

**Most restaurants don’t use fresh vegetables instead they use more cheese and fatty dressing than is recommended. Try fresh vegetables in season or buy them frozen or canned (choose low sodium).**

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**Which is the better deal?**

**Vegetable Quesadillas**

Total Cost for family of 4: **$4.89**

Recipe from *Latino Healthy Recipes with Love*

**Prep time:** 25 minutes

**INGREDIENTS** (makes 4 servings)

- Nonstick cooking spray
- 1/2 cup green bell pepper, chopped
- 1/2 cup frozen corn
- 1/2 cup sliced green onion
- 1 cup chopped tomato
- 2 tbs. chopped fresh cilantro
- 4 (6-inch) flour tortillas
- 1/2 cup shredded reduced fat cheddar or Monterey Jack cheese

**Nutrition Information**

<table>
<thead>
<tr>
<th>Per serving Quesadillas (179g)</th>
<th>Calories</th>
<th>134</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>3 g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>20 g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>3 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>302 mg</td>
<td></td>
</tr>
</tbody>
</table>

**Savings of:**

- More than $6.27
- 406 calories
- 27 grams of fat
- 78% less sodium per serving!

**You can add a 4oz grilled chicken breast which adds only 120 calories.**

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