

Johnson County 4-H welcomes you to

2016

4-H Food Fare:

Movie Edition



Johnson County
K-STATE
Research and Extension

Thank you to all the clubs that participated this year!

Also, a huge thank you to Angie Huber, Family and Consumer Science Office Professional, for her hard work on the recipe nutritional analysis.

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Alice in Wonderland

Prairie Star

Frozen Strawberry Lemonade

8 ounces lemonade
1 cup frozen strawberries
2 cups ice
1 lemon

Combine all ingredients in your blender and blend on high for several minutes. Once it is slushy, it is ready to serve.

Notes: The zest of the lemon can be sprinkled on the top or blended in the drink. You could also thinly slice the lemon as a garnish on the side of the cup.

Recipe submitted by Prairie Star 4H

Nutrition Facts			
Serving Size 8 ounces			
Servings Per Container 2			
Amount Per Serving			
Calories 260		Calories from Fat 10	
<hr/>			
% Daily Value*			
Total Fat 1g			2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 10mg			0%
Total Carbohydrate 66g			22%
Dietary Fiber	2g		8%
Sugars	54g		
Protein 1g			
<hr/>			
Vitamin A 0%		• Vitamin C	100%
Calcium 2%		• Iron	4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat	9	• Carbohydrate 4
			• Protein 4

Alice in Wonderland

Prairie Star

Sugar Cookies

3/4 c shortening (1/2 cup butter, 1/4 cup shortening)
1 cup sugar
2 eggs
1 teaspoon vanilla extract
3 cups flour
1 teaspoon baking powder
1/2 teaspoon salt

Preheat oven to 400°F.

Mix shortening, sugar, eggs, and vanilla.

In another bowl mix together flour, salt, and baking powder.

Slowly mix in dry ingredient mixture to the shortening, sugar, and egg mixture.

Chill in fridge for 1 hour.

Roll out on a flat surface and cut to desired shapes.

Bake for 6-8 minutes.

Makes 24 servings, 2 cookies each

Source: Recipe submitted by Prairie Star 4H

Icing

1 cup confectioner's sugar
2 teaspoon milk
2 teaspoon light corn syrup
1/4 teaspoon vanilla extract

In a bowl mix together sugar and milk.

Then beat in syrup and vanilla. If the mixture is too thick, add more syrup.

Divide mixture into 4 equal parts and add desired food coloring to each one.

Source: Recipe submitted by Prairie Star 4H

Nutrition Facts

Serving Size 2 Cookies (36g)
Servings Per Container 24

Amount Per Serving

Calories 150 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 75mg **3%**

Total Carbohydrate 20g **7%**

Dietary Fiber 0g **0%**

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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 1/48 of recipe
Servings Per Container 48

Amount Per Serving

Calories 10 **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 3g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 0g

Vitamin A 0% • Vitamin C 0%

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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Charlie and the Chocolate Factory

Sharon/Morning Glory

Decorated Pretzel Rods

1 package chocolate almond bark
2 bags pretzel rods
various sprinkles, colored sugar, nuts, etc. for decorating

Melt chocolate almond bark in the microwave, stirring every 30 seconds.
Dip half of pretzel rods into melted chocolate and lay on wax paper to dry.
Sprinkle colored sugar, sprinkles, etc. on the pretzel rods while still wet.
Let dry.

Makes 100 pretzel rods

Note: Nutritional Analysis was completed assuming there are 50 pretzel rods per bag and without using optional sprinkles, nuts, etc.

Source: Submitted by Sharon/Morning Glory

Nutrition Facts	
Serving Size 1 pretzel rod	
Servings Per Container 100	
Amount Per Serving	
Calories 60	Calories from Fat 20
<hr/>	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 1g	
<hr/>	
Vitamin A 0%	• 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Charlie and the Chocolate Factory

Sharon/Morning Glory

Grandma's Microwave Fudge

- 1 can (5 2/3 ounces) nonfat evaporated milk
- 1 stick butter, unsalted
- 2 cup sugar
- 1 jar (7 ounces) marshmallow crème
- 2 cups semi-sweet chocolate chips
- 1/2 cup chopped nuts (optional)

In large microwave safe bowl, combine milk, oleo, and sugar. Microwave at High 9-12 minutes (or until soft ball forms when small amount is dropped in cold water), stirring every 3 minutes.

Remove cover from marshmallow crème. Microwave in the jar for 30 seconds. Stir crème into sugar mixture with chips and nuts until well blended.

Pour into buttered glass dish (9 x 13). Let stand or refrigerate until firm. Cut into pieces.

Makes 48 servings, cut into 1 inch squares

Source: Submitted by Sharon/Morning Glory

Nutrition Facts	
Serving Size 1 inch square	
Servings Per Container 48	
Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 10mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 1g	
Vitamin A 2%	• Vitamin C 0%
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:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Charlie and the Chocolate Factory

Sharon/Morning Glory

Peanut Butter Bars

- 1 cup butter, unsalted, softened
- 1/2 pound graham crackers, crushed
- 1 cup peanut butter
- 1 pound powdered sugar
- 1/2 teaspoon vanilla
- 2 cups semi-sweet chocolate chips

Mix all ingredients, except chocolate chips, using hands, if necessary.

Press into 9 x 13 inch pan and chill approximately 15 minutes.

Melt chocolate chips and pour over mixture. Let cool completely and cut into bars.

Makes 24, 2 inch bars

Source: Submitted by Sharon/Morning

Nutrition Facts	
Serving Size 2 inch bar	
Servings Per Container 24	
Amount Per Serving	
Calories 310	Calories from Fat 160
<hr/>	
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 110mg	5%
Total Carbohydrate 37g	12%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 4g	
<hr/>	
Vitamin A 4%	• 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.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<hr/>	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Charlie and the Chocolate Factory

Sharon/Morning Glory

Slow Cooker Hot Chocolate

- 1-1/2 cups whipping cream
- 1 can (14 ounces) sweetened condensed milk
- 6 cups milk
- 1 teaspoon vanilla
- 2 cups chocolate chips (milk chocolate or semi-sweet)

Stir together all ingredients and pour into a slow cooker. Cover and cook on low for 2 hours, stirring occasionally, until mixture is hot and chocolate chips are melted. Stir again before serving. Garnish as desired.

Makes 12, 1 cup servings

Note: Nutritional Analysis was completed using light whipping cream, 1% milk and semi-sweet chocolate chips.

Source: Submitted by Sharon/Morning Glory from www.mrshappyhomemaker.com

Nutrition Facts			
Serving Size 1 cup			
Servings Per Container 12			
Amount Per Serving			
Calories	380	Calories from Fat	200
<hr/>			
			% Daily Value*
Total Fat	22g		34%
Saturated Fat	13g		65%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium	110mg		5%
Total Carbohydrate	43g		14%
Dietary Fiber	2g		8%
Sugars	40g		
Protein	9g		
<hr/>			
Vitamin A	8%	•	Vitamin C 2%
Calcium	30%	•	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Cloudy with a Chance of Meatballs

Oxford Hustlers

Neelys' BBQ Sauce

- 2 cup ketchup
- 1 cup water
- 1/2 cup apple cider vinegar
- 5 tablespoons light brown sugar
- 5 tablespoons sugar
- 1/2 tablespoon fresh ground black pepper
- 1/2 tablespoon onion powder
- 1/2 tablespoon ground mustard
- 1 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce

In a medium saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

Makes 14 servings, 1/4 cup each

Source: Recipe submitted by Oxford Hustlers

Nutrition Facts	
Serving Size 1/4 Cup	
Servings Per Container 14	
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 370mg	15%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 1g	
Vitamin A 4%	• Vitamin C 4%
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cloudy with a Chance of Meatballs

Oxford Hustlers

Spaghetti Sauce

- 2 teaspoons olive oil
- 1/2 small onion, chopped
- 2 green onions, chopped
- 2 teaspoons crushed garlic
- 1 can (28 ounces) peeled and diced tomatoes
- 4 teaspoons dried basil
- 4 teaspoons dried oregano
- 1 teaspoon sugar

In a large saucepan, heat oil over medium heat.

Saute onion, green onions and garlic.

When onions are clear, stir in tomatoes, basil, oregano and sugar.

Bring to a boil, reduce heat to low and simmer for 20 minutes.

Makes 7 servings, 1/2 each

Source: Recipe submitted by Oxford Hustlers

Nutrition Facts			
Serving Size 1/2 Cup			
Servings Per Container 7			
Amount Per Serving			
Calories 45	Calories from Fat 10		
% Daily Value*			
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 250mg			10%
Total Carbohydrate 8g			3%
Dietary Fiber 2g			8%
Sugars 4g			
Protein 1g			
Vitamin A 15%		Vitamin C 35%	
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:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Cloudy with a Chance of Meatballs

Oxford Hustlers

Sweet & Sour Meatballs

- 2 pounds ground round beef
- 1 cup corn flake crumbs
- 1/3 cup dried parsley flakes
- 2 eggs
- 1/4 teaspoon pepper
- 2 tablespoons soy sauce
- 1/2 teaspoon garlic powder
- 1/3 cup ketchup
- 2 tablespoons instant minced onion
- 1 can (1 pound) jellied cranberry sauce
- 2 tablespoon firmly packed brown sugar
- 1 tablespoon lemon juice
- 1 bottle (12 ounce) chili sauce

Preheat oven to 350°F.

In large bowl, combine beef, crumbs, parsley, eggs, pepper, soy sauce, garlic powder, catsup and minced onion. Blend well.

Form mixture into small meatballs on a jelly roll pan.

In saucepan, combine cranberry sauce, chili sauce, brown sugar and lemon juice. Cook over medium heat, stirring until cranberry sauce is melted and mixture well blended.

Pour over meatballs & bake for 30 minutes.

Makes 10 servings, 3 meatballs each

Notes: May be prepared ahead & frozen before baking. When ready to use, remove from freezer, thaw and bake for 30 minutes.

Source: Recipe submitted by Oxford Hustlers

Nutrition Facts	
Serving Size 3 Meatballs	
Servings Per Container 10	
Amount Per Serving	
Calories 310	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1250mg	52%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	4%
Sugars 28g	
Protein 22g	
Vitamin A 2%	• Vitamin C 6%
Calcium 4%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

James and the Giant Peach

Country Hearts

Apple Smiles

- 1 apple
- 1/2 cup mini Marshmallows
- 1 tablespoon Cream Cheese or Peanut Butter to spread

Cut the apple in quarters and remove the seeds. Cut each quarter in half to form the lips.

Spread one side of the apple slice with either cream cheese or peanut butter, top with 4-6 mini marshmallows, spread the another slice with the same filling and press together with ingredients in the middle to make a mouth.

Make more to share with friends. Enjoy!

Source: Recipe submitted by County Hearts

Nutrition Facts	
Serving Size 1/4 Apple	
Servings Per Container 4	
Amount Per Serving	
Calories 70	Calories from Fat 15
<hr/>	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	
<hr/>	
Vitamin A 2%	• Vitamin C 4%
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:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

James and the Giant Peach

Country Hearts

Chocolate Detox Bites

- 8 oz. of dark chocolate
- 1 cup assorted dried fruits
- 1/2 cup chopped nuts and seeds

Lay out a piece of parchment paper, waxed paper or foil.

Chop the chocolate into small pieces and put in a microwave safe glass measuring cup. Microwave for 60 seconds, and then stir. Microwave for another 30 seconds, and then stir again to completely melt the chocolate. If there are still lumps, microwave for another short burst and stir again.

Use a spoon to make small rounds of chocolate onto the parchment paper. Let the chocolate fall from the spoon and it will naturally form a more or less round shape. You can nudge it with your spoon if you like. Work with one at a time, and sprinkle each round of chocolate with an assortment of your healthy add-ins while the chocolate is still hot. Make them whatever size you like, but mine were about 2 to 2 1/2 inches in diameter.

Let the chocolate set at room temperature, or put the bites in the refrigerator to speed things up.

Makes 24 bites

Recipe submitted by County Hearts

Nutrition Facts

Serving Size 1 Bite - about 2 inch diameter	
Servings Per Container 24	
Amount Per Serving	
Calories 80	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

James and the Giant Peach

Country Hearts

Fresh Fruit Frozen Yogurt Pops

1-1/2 cups of Yoplait Source fat-free vanilla yogurt
2 cups of fresh, cut-up fruit – I used blueberries, raspberries, strawberries,
pineapple, orange and kiwi
1 tablespoon honey

In a blender, add yogurt, fresh fruit and honey. I used only one variety of fruit per batch.
Blend until smooth.

Pour mixture into small paper cups or popsicle molds. If using paper cups, place tinfoil
over the top of the cups and stick a popsicle stick through the center. The tinfoil will
help keep the popsicle stick upright.

Place your pops in the freezer and freeze about 6 hours, or until frozen.

Take fruit and yogurt pops out of the freezer and enjoy!

Makes 6 pops

Note: If having trouble releasing the pop from the mold, run un-
der hot water for a few seconds and it will slide right out!

Source: Recipe submitted by County Hearts

Nutrition Facts			
Serving Size 1 Pop			
Servings Per Container 6			
Amount Per Serving			
Calories 70	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 30mg			1%
Total Carbohydrate 16g			5%
Dietary Fiber 1g			4%
Sugars 13g			
Protein 2g			
Vitamin A 6%		Vitamin C 15%	
Calcium 6%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

James and the Giant Peach

Country Hearts

Fruit Pizza

1/2 cup butter, softened
3/4 cup white sugar
1 egg
1 1/4 cups all-purpose flour
1 teaspoon cream of tartar
1/2 teaspoon baking soda
1/4 teaspoon salt
1 (8 ounce) package cream cheese
1/2 cup white sugar
2 teaspoons vanilla extract
1/2 cup strawberries
1/2 cup blueberries
1 medium banana

Preheat oven to 350°F.

In a large bowl, cream together the butter and 3/4 cup sugar until smooth.

Mix in egg.

Combine the flour, cream of tartar, baking soda and salt; stir into the creamed mixture until just blended.

Press dough into an ungreased pizza pan.

Bake in preheated oven for 8 to 10 minutes, or until lightly browned. Cool.

In a large bowl, beat cream cheese with 1/2 cup sugar and vanilla until light. Spread on cooled crust.

Arrange desired fruit on top of filling, and chill.

Makes 8 servings

Recipe submitted by County Hearts from www.allrecipes.com/recipe/12604/fruit-pizza-i/

Nutrition Facts	
Serving Size 1/8 of pizza	
Servings Per Container 8	
Amount Per Serving	
Calories 370	Calories from Fat 200
%	
Total Fat 22g	
Saturated Fat 13g	
Trans Fat 1g	
Cholesterol 85mg	
Sodium 270mg	
Total Carbohydrate 40g	
Dietary Fiber 1g	
Sugars 24g	
Protein 5g	
Vitamin A 15% • Vitamin C 15%	
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:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Kung Fu Panda

Frontier Family

Orange Mango Garlic Noodles

- 1 cup orange peach mango fruit juice (or similar)
- 1/2 cup vegetable oil
- 1/4 cup Soy Sauce
- 1/3 cup sweet soy sauce
- 3 tablespoons rice vinegar
- 1 1/2 tablespoons garlic powder
- 1/4 cup water
- 2 tablespoons corn starch
- 1 pound vermicelli noodles

Cook noodles according to package directions and heat up wok.

Wisk fruit juice, vegetable oil, soy sauce, rice vinegar and garlic powder together in a bowl. Set aside.

Mix cornstarch and water in a separate cup.

Drop noodles (working in individual batches) in hot wok then follow with 1/4 cup juice mixture. Bring to quick simmer then add a couple of tablespoons of cornstarch and water. Simmer until slightly thickened.

Serve with quick stir fry vegetables and meat of choice.

Source: Recipe submitted by Frontier Family

Nutrition Facts			
Serving Size 1/10 Recipe			
Servings Per Container 10			
Amount Per Serving			
Calories 290	Calories from Fat 100		
% Daily Value*			
Total Fat 12g			18%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 470mg			20%
Total Carbohydrate 40g			13%
Dietary Fiber 2g			8%
Sugars 4g			
Protein 6g			
Vitamin A 0%		• Vitamin C 10%	
Calcium 0%		• Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Kung Fu Panda

Frontier Family

Pork on a stick

1 pound pork tenderloin, sliced thinly

Mr. Yoshida's marinade

Place pork and marinade in gallon zipper bag and marinate for at least two hours.

Weave onto skewers.

Cook on grill pan at medium-high heat until fully cooked.

Makes 4 servings, 1/4 pound each

Notes: Nutritional Analysis was completed without using marinade.

Source: Recipe submitted by Frontier Family

Nutrition Facts	
Serving Size 1/4 pound	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 20
<hr/>	
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Kung Fu Panda

Frontier Family

Vegetable Stir Fry

1 onion, sliced lengthwise
1 pepper, sliced in strips
3 carrots
1/2 cup snow peas
1 cup bok choy
2 cloves garlic
2 tablespoon soy sauce, to taste
Oil

Add oil to wok and bring to high heat.

Add peppers, carrots, and onion. Saute for 3 minutes.

Add snow peas and garlic. Saute another 1-2 minutes.

Add Bok Choy and season with soy sauce to taste.

Source: Recipe submitted by Frontier Family

Nutrition Facts	
Serving Size 1/4 of recipe	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	26%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 2g	
Vitamin A 190% • Vitamin C 120%	
Calcium 4% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Paddington

Lucky Clover

Orange Marmalade

1 3/4 pounds oranges, 4 to 5 medium

1 lemon zest, finely grated and juiced

6 cups water

3 pounds plus 12 ounces sugar

10 (8 ounce) canning jars with rings and lids, funnel, tongs, ladle, and 12 quart pot

Wash the oranges and lemon thoroughly. Cut the oranges into 1/8-inch slices using a mandoline, removing the seeds as you go. Stack the orange slices and cut them into quarters.

Place the oranges into an 8-quart stainless steel pot. Add the lemon zest and juice and the water to the pot, set over high heat and bring to a boil, approximately 10 minutes. Once boiling, reduce the heat to maintain a rapid simmer and cook, stirring frequently, for 40 minutes or until the fruit is very soft.

While the fruit is cooking, fill a large pot (at least 12-quart) 3/4 full with water, set over high heat and bring to a boil. Place 10 (8 ounce) jars and rings, canning funnel, ladle, and tongs into the boiling water and make sure the water covers the jars by at least an inch.

Boil for 10 minutes. Turn off the heat, add the lids and leave everything in the pot until the marmalade is ready.

Meanwhile, place a small plate in the freezer. Increase the heat under the orange mixture to return to full boil. Add the sugar and stir the mixture continually, until it reaches 222 to 223°F on a deep-fry or candy thermometer, and darkens in color, approximately 15 to 20 minutes. You may need to adjust the heat in order to prevent boil over. Test the readiness of the marmalade by placing a teaspoon of the mixture onto the chilled plate and allowing it to sit for 30 seconds. Tilt the plate. The mixture should be a soft gel that moves slightly. If mixture is thin and runs easily, it is not ready.

Remove jars from the water and drain on a clean towel. Place a canning funnel onto the top of 1 of the jars and ladle in the marmalade just to below the bottom of the threads of the jar. Repeat until all of the mixture has been used. The amount of marmalade may vary by 1 to 2 jars. Wipe the rims and threads of the jars with a moist paper towel and top each with a lid. Place a ring on each jar and tighten.

Return the jars to the pot with boiling water, being certain that they don't touch the bottom of the pot or each other. (If you don't have a jar rack, try a round cake rack, or metal mesh basket. Even a folded kitchen towel on the pot bottom will do in a pinch.) Add additional water if necessary to cover the jars by at least an inch. Boil for 10 minutes. Using canning tongs, carefully remove the jars from the water, place in a cool dry place and allow to sit at room temperature for at least 24 hours before opening. Once open, store in the refrigerator. Unopened marmalade will last for up to 6 months.

Makes 10, 8 ounce jars

Source: Recipe submitted by Lucky Clovers from Alton Brown, 2009

Nutrition Facts	
Serving Size 1 tablespoon	
Servings Per Container 160	
Amount Per Serving	
Calories 45	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 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 0g	
Vitamin A 0%	Vitamin C 4%
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Paddington

Lucky Clover

Shortbread Cookies

2 cups butter, softened
1 cup sugar
2 teaspoons vanilla extract
4 cups flour

Preheat oven to 350°F.

Cream butter and sugar until fluffy.

Stir in vanilla.

Add flour and mix well.

Use dough in a cookie press or shape into logs, wrap in waxed paper and chill in refrigerator for 30 minutes. When ready to use, cut into 1/4 inch slices.

Bake on ungreased cookie sheet for 10-12 minutes.

Makes 36 cookies

Source: Recipe submitted by Lucky Clover

Nutrition Facts			
Serving Size 1 cookie			
Servings Per Container 36			
Amount Per Serving			
Calories 160		Calories from Fat 90	
<hr/>			
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 7g			35%
Trans Fat 0g			
Cholesterol 25mg			8%
Sodium 80mg			3%
Total Carbohydrate 16g			5%
Dietary Fiber 0g			0%
Sugars 6g			
Protein 2g			
<hr/>			
Vitamin A 6%		Vitamin C 0%	
Calcium 0%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Parent Trap

Pioneer

Banana Boat Recipe

- 1 Banana
- 2 tablespoons marshmallows
- 2 tablespoons chocolate chips

Chose A Method to Prepare:

Peeled: Peel banana and discard peel. Cut a trench in the banana like a boat and fill with chocolate chips and marshmallows. Wrap in foil.

Peel and Replace: Peel a strip from the banana and leave it attached. Cut a trench like a boat and fill with chocolate chips and marshmallows.

Cut and Poke: Cut a slit along the length of the banana through the skin and pull apart ¼ to ½ inch. Fill with chocolate chips and marshmallows.

Get ready to Cook:

Spray the foil lightly with cooking spray. Wrap in foil.

The banana can be cooked in the peel without foil on a grate over a fire, on the grill or in the oven on a cooking sheet.

Choose a Cooking Method:

Campfire: Let the fire burn down to the coals. Place bananas wrapped in foil near the coals. Or, place bananas in the peel or wrapped in foil on a grate over the coals.

BBQ Grill: Place the bananas wrapped in foil or in the peel on the grate of the grill.

Oven: Place bananas wrapped in foil or in peel on a cooking sheet in a 300 degree oven.

Box Oven

Cooking Time:

Cook the bananas until chocolate chips and marshmallows are melted and the bananas are soft. Check every 5 minutes.

Optional Toppings:

Fruit, coconut, cut up Snickers or Rolos, brown sugar, ice cream, caramels. Use your imagination and have fun!

Makes 1 banana boat

Source: Recipe submitted by Pioneer 4H

Nutrition Facts	
Serving Size 1 boat	
Servings Per Container 1	
Amount Per Serving	
Calories 250	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 52g	17%
Dietary Fiber 4g	16%
Sugars 34g	
Protein 2g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Parent Trap

Pioneer

Pigs in a Sleeping Bag

1 package of hot dogs
1 can Crescent roll dough, refrigerated
Mustard

Take any type or size of hotdog and wrap it in a crescent roll with one end of the hot dog sticking out, the other end covered with crescent roll.

Using a box oven bake at 350°F for about 15 minutes

After they are cooked, add two dots of mustard to the exposed part of the hotdog for eyes.

Makes 8 servings, 1 hot dog each

Notes:

BOX OVEN COOKING

A box oven can be used to cook anything you might cook in your oven at home. It's a great way to expand your cooking options when camping using simple materials and cooking techniques.

(box oven instructions on next page)

Nutrition Facts

Serving Size 1 hotdog
Servings Per Container 8

Amount Per Serving

Calories 260 **Calories from Fat** 180

% Daily Value*

Total Fat 20g **31%**

 Saturated Fat 7g **35%**

 Trans Fat --g

Cholesterol 25mg **8%**

Sodium 680mg **28%**

Total Carbohydrate 12g **4%**

 Dietary Fiber 0g **0%**

 Sugars 3g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Parent Trap

Pioneer

SIMPLE BOX OVEN CONSTRUCTION

Materials:

A cardboard box (approximately 16 in. x 12 in. x 10 in. ht.)

Large roll of heavy duty aluminum foil

Four small empty cans (soda or soup can size work well)

Jelly roll pan that is smaller than your box

Charcoal briquettes (amount depends on what you are cooking – see below)

Note: each charcoal briquette will be approximately 35 degrees; 10 briquettes will create a 350 degrees oven temperature. Varying the number of briquettes is how you can vary the oven temperature to fit your recipe.

Small stone (no larger than 1 inch diameter)

Duct tape

Oven mitts

Tongs

Water bucket

To light the charcoal you will also need, fire starters, matches & a charcoal chimney starter: A charcoal chimney starter allows you to ignite charcoal without needing starter fluid.

Construct the box oven:

Prepare your cardboard box by completely covering the inside of the box with foil and extending foil up the outside of the box 4 inches. Secure the foil to the outside of the box with the duct tape, making sure no tape is on the inside of the box (it will burn) and that the inside is completely covered with foil.

Oven Assembly:

Remember to use oven mitts when working with anything hot or potentially hot!

Place a sheet of foil (shiny side up) that is slightly larger than the box opening on the ground where you will be cooking. Anchor the corners with small stones.

Put the coals in the center of the aluminum foil spread out on the ground---be sure the pile of coals have been spread to create one layer. Four soda/soup cans are used to lift the jelly roll pan above the coals.

Place the box oven over the coals and item to be cooked.

Then prop one edge open using the small rock – no higher than 1 inch. This allows air to circulate keeping your charcoal burning because fire requires oxygen to burn!

Time your baking based on your recipe directions.

Try not to peek! But if you must add charcoal or check your cooking process, have everything ready to do it quickly. Having your oven open causes a fast loss of critical heat for the cooking process.

Extinguish the coals:

Use the tongs to place coals into the water in the water bucket. Leave the coals in the water for 10 minutes to be sure there is no possibility of re-igniting. Dispose of wet ashes in an appropriate manner.

Parent Trap

Pioneer

Vanilla Cinnamon Buttermilk Pancakes

2 cups flour
3 tablespoons white sugar
1-1/2 teaspoons baking powder
1 teaspoon baking soda
1/4 teaspoon salt
2 cups low fat buttermilk (2 cups milk plus 2 tablespoons vinegar)
1-1/2 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1 egg
1/4 cup melted butter

Melt the butter and set aside to cool down slightly.

To a mixing bowl, add the flour, sugar, baking powder, baking soda, and salt. Use a whisk to combine all dry ingredients well.

In a separate bowl, combine buttermilk, vanilla, ground cinnamon and egg. Whisk to combine. Add melted butter and whisk again.

Slowly pour the wet ingredients into the dry ingredients, whisking and stirring to mix it all together. Once it's combined, stop mixing. If you over-mix, your pancakes won't be light and fluffy.

Set pancake batter aside and heat up a large skillet or griddle over MED-LOW heat. Add a bit of butter to the preheated griddle and spread it out.

Use a 1/4 or 1/3 cup measuring cup to scoop the pancake batter onto the griddle or skillet. Slowly pour it onto the surface, circling outwards to make a nice circle.

Let the pancake cook about 2-3 minutes. You'll notice bubbles popping up on the surface of the pancake, if the edges look set, carefully flip the pancake over. Cook another 2 minutes on the other side.

Remove to a plate and cover with a kitchen towel. Alternatively, you can place the pancakes on a baking sheet and keep it in a low heat oven (175-200°F), until you're ready to serve.

Makes 12 pancakes

Notes: A dash of nutmeg is also a great addition to these pancakes. Feel free to adjust the amount of vanilla and cinnamon to your liking. If you leave out the vanilla and cinnamon, you have a great basic buttermilk pancake recipe. This recipe makes enough for 4 people, so feel free to double to feed more people or to freeze some.

Source: Recipe submitted by Pioneer from
www.thechunkychef.com

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Nutrition Facts	
Serving Size 1/4 of recipe	
Servings Per Container 4	
Amount Per Serving	
Calories 430	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 980mg	41%
Total Carbohydrate 64g	21%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 12g	
Vitamin A 8%	• Vitamin C 2%
Calcium 25%	• Iron 20%
*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat: 9 • Carbohydrate 4 • Protein 4	

Ratatouille

Blue River Wranglers

Ratatouille Casserole

Sauce:

- 1 onion, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 tablespoon garlic, minced
- 1 red pepper
- 1 yellow pepper
- 1 can (28 ounce) crushed tomatoes
- 1 teaspoon herbs de provence
- 6 fresh basil leaves

Vegetables:

- 2 yellow squash
- 2 zucchinis
- 2 eggplant
- 6 roma tomatoes

Mix together and drizzle over top:

- 2 tablespoons olive oil
- 1 teaspoon garlic
- 1 teaspoon thyme

Prepare the sauce by roasting the red and yellow peppers over a flame or broiling them in the oven. After blackened, let them steam in a covered bowl for about 15 minutes before peeling them and chopping them up for the sauce.

Chop the carrots, celery and onion and sauté in the butter and olive oil.

Cook the carrots, celery and onion over high heat for about 10 minutes.

Add the garlic, peppers, tomatoes, & herbs and cook for another 20 minutes.

Add the fresh basil and puree into a thick sauce. Put this sauce into a serving casserole dish.

Slice the zucchini, squash, eggplant, and tomatoes into thin 1/16 inch round uniform slices and layer them, one at a time over the sauce. Be creative with the pattern.

Drizzle the olive oil, garlic, thyme sauce over the top and cover with foil.

Bake at 280°F for 3 hours.

The next day bake the casserole for 45 minutes at 350°F and serve up a beautiful, delicious, and healthy, casserole.

Makes 8 servings

Source: Recipe submitted by Blue River Wranglers

Nutrition Facts

Serving Size 1/8 of recipe
Servings Per Container 8

Amount Per Serving

Calories 160 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 240mg **10%**

Total Carbohydrate 22g **7%**

Dietary Fiber 6g **24%**

Sugars 12g

Protein 5g

Vitamin A 90% • **Vitamin C** 190%

Calcium 8% • **Iron** 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ratatouille

Master Food Volunteers

Chocolate Cherry Mice

24 maraschino cherries with stems
24 Hershey kisses
2 cups semi-sweet chocolate chips
1/4 cup sliced almonds

Lay your cherries out on paper towels to absorb as much juice as possible. Unwrap the Hershey kisses.

Empty chocolate chips into a microwave safe bowl. Heat the chocolate on high for 30 seconds. Carefully take out the bowl and stir the chocolate. Continue to heat in the microwave at 15 seconds intervals and stirring between each interval until the chocolate is completely melted.

Prepare a sheet of wax paper and let chocolate cool for a minute or two. By allowing it to cool just a little, you will reduce the amount of "puddling" you get under your dipped mice.

Now, hold a cherry by its stem and dip it in the chocolate. Let the excess drip off and also allow it to cool just a little. Place chocolate covered cherry on its side with the stem ("mouse tail") parallel to the surface of the wax paper. This is the mouse's body and tail.

Before the chocolate dries completely, stick the flat bottom of a Hershey's kiss onto the bottom of the chocolate covered cherry. This will be the mouse's pointy nose face.

Next, stick 2 slivered almonds in between the cherry and the Hershey's kiss to make the mouse's ears.

Allow chocolate to dry completely.

Makes about 24 mice

Source: Adapted from allrecipes.com



Nutrition Facts

Serving Size 1 mouse
Servings Per Container 24

Amount Per Serving

Calories 100 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 1g **4%**

Sugars 12g

Protein 1g

Vitamin A 0% • Vitamin C 0%

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:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ratatouille

Master Food Volunteers

Mini French Cheese Balls

2 packages (8 ounces each) cream cheese, softened
1 package (10 to 11 ounces) chevre (goat) cheese, softened
1 teaspoon fresh lemon juice
1/2 teaspoon Worcestershire sauce
1/4 teaspoon kosher (coarse) salt
1/4 teaspoon freshly ground black pepper

Flavor Stir-Ins (optional)

3 cups crumbled Roquefort (Blue) cheese (12 ounces)
2 tablespoons honey
3 tablespoons finely chopped shallot
1/4 cup chopped fresh parsley

Coating

3/4 cup chopped fresh parsley
1/4 cup finely chopped Marcona almonds

In large bowl, beat together the first 6 ingredients with electric mixer fitted with paddle attachment on medium speed until combined.

Stir in Flavor Stir-Ins.

With moistened hands, shape into 1-inch balls; refrigerate until firm, about 1 hour.

If not using immediately, cover and refrigerate up to 3 days, or freeze up to 1 month.

In small bowl, stir together coating ingredients.

Roll balls in mixture to coat before serving.

Serve with baguette slices, as desired.

Makes 75 balls

Note: Nutritional Analysis was completed omitting the Flavor Stir-Ins and using plain almonds.

Nutrition Facts	
Serving Size 1 ball	
Servings Per Container 75	
Amount Per Serving	
Calories 35	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	
Vitamin A 4%	• Vitamin C 2%
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ratatouille

Master Food Volunteers

Remy's Ratatouille

Ingredients

Piperade (bottom layer):

1/2 red bell pepper, seeds and ribs removed

1/2 yellow bell pepper, seeds and ribs removed

1/2 orange bell pepper, seeds and ribs removed

2 tablespoons extra-virgin olive oil

1 teaspoon minced garlic

1/2 cup finely diced yellow onion

3 tomatoes (about 12 ounces total weight), peeled, seeded and finely diced,
juices reserved

1 sprig fresh thyme

1 sprig flat-leaf parsley

1/2 bay leaf

Kosher salt (optional)

For the vegetables:

1 medium zucchini (4 to 5 ounces) sliced in 1/16-inch-thick rounds

1 Japanese eggplant (4 to 5 ounces) sliced into 1/16-inch-thick rounds

1 yellow (summer) squash (4 to 5 ounces) sliced into 1/16-inch-thick rounds

4 roma tomatoes, sliced into 1/16-inch-thick rounds shopping

1/2 teaspoon minced garlic

2 teaspoons extra-virgin olive oil

1/8 teaspoon fresh thyme leaves

Kosher salt and freshly ground black pepper (optional)

For the vinaigrette:

1 tablespoon extra-virgin olive oil

1 teaspoon balsamic vinegar

Assorted fresh herbs (such as thyme flowers, chervil, thyme)

Kosher salt and freshly ground black pepper (optional)

Ratatouille

Master Food Volunteers

Remy's Ratatouille

Instructions (continued)

Preheat oven to 450°F. Line a baking sheet with foil.

Make the piperade. Place pepper halves on the baking sheet, cut side down. Roast until the skins loosen, about 15 minutes.

Remove the peppers from the oven and let rest until cool enough to handle. Reduce the oven temperature to 275°F.

Peel the peppers and discard the skins. Finely chop the peppers, then set aside.

In medium skillet over low heat, combine oil, garlic, and onion and sauté until very soft but not browned, about eight minutes.

Add the tomatoes, their juices, thyme, parsley, and bay leaf. Bring to a simmer over low heat and cook until very soft and little liquid remains, about 10 minutes. Do not brown. (Note: I like to place the herbs in a metal tea infuser -- that way, when it's time to discard the herbs, I simply lift out the infuser and save myself the trouble of fishing around for a soggy bay leaf.)

Add the peppers and simmer to soften them. Discard the herbs, season to taste with salt. Reserve a tablespoon of the mixture, spread the remainder over the bottom of an 8-inch oven-proof skillet.

To prepare the vegetables, arrange the sliced zucchini, eggplant, squash, and tomatoes over the piperade in the skillet. Begin by arranging eight alternating slices of vegetables down the center, overlapping them so that 1/4 inch of each slice is exposed. This will be the center of the spiral. Around the center strip, overlap the vegetables in a close spiral that lets slices mound slightly toward center. All vegetables may not be needed. Set aside.

In a small bowl, mix the garlic, oil and thyme, then season with salt and pepper to taste. Sprinkle this over vegetables. Cover the skillet with foil and crimp edges to seal well.

Bake until the vegetables are tender when tested with a paring knife, about two hours. Uncover and bake for another 30 minutes. (Lightly cover with foil if it starts to brown.) If there is excess liquid in pan, place it over medium heat on stove until reduced. At this point it may be cooled, covered and refrigerated for up to two days. Serve cold or reheat in 350°F oven until warm.

To make the vinaigrette, in a small bowl whisk together the reserved piperade, oil, vinegar, herbs, and salt and pepper to taste.

To serve, heat the broiler and place skillet under it until lightly browned. Slice in quarters and lift very carefully onto plate with an offset spatula. Turn spatula 90 degrees as you set the food down, gently fanning the food into fan shape. Drizzle the vinaigrette around plate.

Source: Thomas Keller, French Laundry Restaurant, Napa Valley, California

Nutrition Facts

Serving Size 1/8 of recipe
Servings Per Container 8

Amount Per Serving

Calories 130 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 14g **5%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 2g

Vitamin A 20% • Vitamin C 110%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

The Three Amigos

Stanley Buccaneers

Black Bean & Corn Salsa

- 1 can (15 ounce) black beans, drained & rinsed
- 15 ounces frozen corn, thawed
- 1 can (10 ounce) tomatoes with green chilies (like Ro-Tel)
- 1/4 cup diced onion
- 1 tablespoon fresh lime juice
- 2 tablespoons fresh chopped cilantro

1. In a mixing bowl, combine black beans, corn, tomatoes, onion, lime juice, and cilantro.
2. Mix together well. Add salt and pepper if desired.

Makes 10, 1/2 cup servings

Source: Submitted by Stanley Buccaneers

Nutrition Facts			
Serving Size 1/2 cup			
Servings Per Container 10			
Amount Per Serving			
Calories 200	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 250mg			10%
Total Carbohydrate 46g			15%
Dietary Fiber	2g		8%
Sugars	0g		
Protein 2g			
Vitamin A 2%		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:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

The Three Amigos

Stanley Buccaneers

Guacamole

- 4 ripe Hass avocados
- 1 lime
- 1/4 cup diced red onion
- 1 cup diced tomato
- 1 teaspoon minced garlic
- 1 tablespoon freshly chopped cilantro
- 1 tablespoon jalapeno
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Begin by slicing each avocado in half lengthwise. Hold one avocado half with the pit facing up. Strike the avocado pit the blade of the knife, twist the knife and pry out the pit. Score the flesh of the avocado with the knife into large dice cubes. Repeat with the other avocados.

Using a large spoon, remove the flesh of the avocados from the skins to a large bowl. Discard the skins. Gently mash using a fork and spoon. (Do not over-mash, guacamole should have lumps of avocado.)

Slice the lime in half and squeeze the juice over the mashed avocado. (Along with adding flavor, the lime juice helps preserve the color of the avocado.)

Add the remaining ingredients and mix. (If not eating immediately, wait to add the tomatoes until just prior to serving.)

Serve with tortilla chips or your favorite vegetables.

Makes 4, 1/2 cup servings

Source: Recipe submitted by Stanley Buccaneers

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 340 **Calories from Fat** 270

% Daily Value*

Total Fat 30g **46%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 22g **7%**

Dietary Fiber 15g **60%**

Sugars 3g

Protein 5g

Vitamin A 15% • Vitamin C 60%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

The Three Amigos

Stanley Buccaneers

Locro Soup

- 2 tablespoons oil
- 1 teaspoon ground achiote
- 1 onion, chopped
- 2 cloves garlic, crushed
- 15 peeled, cubed potatoes
- 3 chicken broth cubes
- 2 packages (14 ounces) cacique cheese (Ranchera)
- Salt
- Pepper

Sauté onion, garlic and achiote in oil.

Add potatoes and bouillon.

Cover barely with water and bring to a boil.

Boil until potatoes begin to fall apart and thicken the soup.

Add cheese, salt and pepper to taste.

Recipe submitted from Stanley Buccaneers from an old family recipe from Central America

Nutrition Facts			
Serving Size 1/8 of recipe			
Servings Per Container 8			
Amount Per Serving			
Calories	720	Calories from Fat	300
<hr/>			
			% Daily Value*
Total Fat	33g		51%
Saturated Fat	19g		95%
Trans Fat	0g		
Cholesterol	105mg		35%
Sodium	940mg		39%
Total Carbohydrate	79g		26%
Dietary Fiber	9g		36%
Sugars	10g		
Protein	30g		
<hr/>			
Vitamin A	4%	• Vitamin C	140%
Calcium	70%	• Iron	20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat	9 • Carbohydrate 4 • Protein 4

The Three Amigos

Stanley Buccaneers

Mexican Hot Chocolate

- 3 cups powdered sugar
- 3 cups nonfat dry milk powder
- 2 cups miniature marshmallows
- 1 cup non-dairy powdered coffee creamer
- 1 cup cocoa powder
- 4 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper

1. Mix all ingredients together well.
2. Store in an airtight container.
3. To serve, place 1/4 cup mix in cup & add 3/4 cup hot water, stirring until mix is well blended.

Makes 32, 1 cup servings

Source: Submitted by Stanley Buccaneers from www.food.com

Nutrition Facts			
Serving Size 1 cup			
Servings Per Container 32			
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 45mg			2%
Total Carbohydrate 20g			7%
Dietary Fiber 1g			4%
Sugars 16g			
Protein 3g			
Vitamin A 0% • Vitamin C 2%			
Calcium 10% • Iron 2%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

The Three Amigos

Stanley Buccaneers

Pico de Gallo

- 1 medium tomato, diced
- 1 onion, finely chopped
- 1/2 fresh jalapeno pepper, seeded and chopped
- 2 sprigs fresh cilantro, finely chopped
- 1 green onion, finely chopped
- 1/2 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

In a medium bowl, combine tomato, onion, jalapeno pepper (to taste), cilantro and green onion.

Season with garlic powder, salt and pepper.

Stir until evenly distributed.

Refrigerate for 30 minutes.

Source: Recipe submitted by Stanley Buccaneers from www.allrecipes.com

Nutrition Facts	
Serving Size 1/8 of recipe	
Servings Per Container 8	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 4%	• Vitamin C 10%
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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

The Three Amigos

Stanley Buccaneers

Queso Dip

1 pound Velveeta
1 can Rotel tomatoes with diced green chilies, undrained
Combine Velveeta and Rotel on the stove top or slow cooker.
Cook until melted through and hot.

Source: Recipe submitted by Stanley Buccaneers from www.Kraft.com

Taco Seasoning

2 tablespoon chili powder
5 teaspoons paprika
4-1/2 teaspoons ground cumin
3 teaspoons onion powder
3 teaspoons salt
2-1/2 teaspoons garlic powder
1/8 teaspoons cayenne pepper

Combine all ingredients.
Store tightly covered until ready to use.

Makes 12 servings, 2 teaspoons each

Note: Makes enough for 3 pounds or more of meat
Source: Recipe submitted by Stanley Buccaneers from www.allrecipes.com

Nutrition Facts

Serving Size 1/4 of recipe
Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 2010mg **84%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **4%**

Sugars 11g

Protein 23g

Vitamin A 30% • Vitamin C 20%

Calcium 70% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

Serving Size 2 teaspoons
Servings Per Container 12

Amount Per Serving

Calories 15 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 620mg **26%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 20% • 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:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Veggietales

Great Plains

Cucumber Sandwiches

- 1 cucumber, peeled and thinly sliced
- 1 loaf (1 pound) sliced bread, crusts removed
- 1 (8 ounce) package cream cheese, softened
- 1/4 cup mayonnaise
- 1/4 teaspoon onion salt
- 1 dash Worcestershire sauce
- 1/4 teaspoon garlic powder

Mix together cream cheese, mayonnaise, onion salt, Worcestershire sauce and garlic powder.

Spread mixture on the slices of bread.

Add cucumbers and top with another slice of bread.

Makes 6 sandwiches

Source: Recipe submitted by Great Plains

Nutrition Facts	
Serving Size 1 sandwich	
Servings Per Container 6	
Amount Per Serving	
Calories 400	Calories from Fat 200
<hr/>	
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 640mg	27%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 9g	
<hr/>	
Vitamin A 10%	• Vitamin C 2%
Calcium 15%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Veggietales

Great Plains

Honey Mustard Dressing

1-1/3 cup mayonnaise

4-1/2 tablespoon sugar

2-1/2 tablespoons honey

2 tablespoon mustard

2 tablespoon Grey Poupon Dijon mustard

1-1/2 tablespoons poppy seeds

Mix all ingredients together and refrigerate until ready to use.

Makes 16 servings, 2 tablespoons each

Source: Recipe submitted by Great Plains

Nutrition Facts	
Serving Size 2 tablespoons	
Servings Per Container 16	
Amount Per Serving	
Calories 160	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 0g	
Vitamin A 0%	• 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Veggietales

Great Plains

Jerk Chicken Dressing

- 1-1/2 cup Dorothy Lynch salad dressing
- 3 tablespoons taco seasoning
- 2 tablespoons vinegar
- 2 teaspoon liquid smoke

Mix all ingredients together and refrigerate until ready to use.

Makes 16 servings, 2 tablespoons each

Notes: Nutritional Analysis was completed using Catalina Dressing instead of Dorothy Lynch.

Source: Recipe submitted by Great Plains

Nutrition Facts			
Serving Size 2 tablespoons			
Servings Per Container 16			
Amount Per Serving			
Calories 100		Calories from Fat 70	
<hr/>			
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 280mg			12%
Total Carbohydrate 6g			2%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 0g			
<hr/>			
Vitamin A 0%	•	Vitamin C 0%	
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:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			