

## Broccoli Salad (Makes 8 servings – 1/4 cup each)

### Ingredients:

- 3/4 cup reduced fat mayonnaise
- 1/4 cup sugar
- 2 tablespoons cider or white vinegar
- 1 tablespoon low fat 1% milk
- 2 cups broccoli, chopped
- 1/2 cup raisins
- 1/4 cup walnuts, chopped
- 1/3 chopped onion (optional)

### Directions:

- Combine mayonnaise, sugar, vinegar, and milk. Mix well.
- Add dressing to chopped broccoli.
- Add raisins, walnuts, and onions to broccoli mixture. Stir to coat all pieces.
- Cover. Refrigerate until ready to serve.
- Mix lightly before serving.

Nutrition information per serving: 89 calories, 3 grams fat, 1 gram fiber • Source: USDA Team Nutrition Program.  
Total cost: \$5.32; Cost per serving: \$.66

## Boatloads of Fruit (Serves Four)

### Ingredients:

- 1 1/2 cups fresh strawberries or thawed, frozen strawberries
- 2 cups assorted fruit, chopped (apples, bananas, grapes, pears, melon)
- 4 tablespoons whipped cream
- 4 paper cups, waffle cones, or bowls

### Directions:

- Place the strawberries in a blender and blend until smooth.
- In a medium-sized bowl, stir together assorted chopped fruit.
- Spoon chopped fruit into paper cups, waffle cones, bowls, or serving bowls.
- Drizzle pureed strawberries over chopped fruit.
- Top each with 1 tablespoon of whipped cream (optional).

### Source:

Fruits & Veggies – More Matters. Available at <http://www.fruitsandveggiesmorematters.org>

Nutrition information per serving: 140 calories, 2 grams fat, 1 gram fiber  
Total cost: \$4.31; Cost per serving: \$1.07



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## Three Bean Salad (Makes 8-10 servings)

### Ingredients:

- 1 can (14.5 ounces) green beans, drained
- 1 can (14.5 ounces) wax beans drained
- 1 can (15 ounces) red kidney beans, drained
- 1/4 cup finely chopped onion
- 1/2 cup water
- 1/2 cup white vinegar
- 1/4 cup canola oil
- 1/4 cup sugar

### Directions:

- Mix vegetables in plastic, covered container.
- On top of stove or in microwave, heat water, vinegar, oil, and sugar until hot.
- Pour over vegetables.
- Seal. Marinate over night.

Nutrition information per serving: 120 calories, 6 grams fat, 3 grams fiber  
Total cost: \$2.60; Cost per serving: \$.26

## Tuna Pasta Salad (Makes 4 servings, about 1 1/2 cups each)

### Ingredients:

- 2 cups macaroni, uncooked
- 1/2 cup chopped zucchini
- 1/3 cup diced onions
- 2 (6.5 oz) cans water-packed tuna
- 1/2 cup sliced carrots
- 1/2 cup reduced fat mayonnaise

### Directions:

- Cook macaroni according to package directions. Drain.
- Drain tuna.
- Wash vegetables. Chop zucchini, slice carrots into thin slices, and dice onions.
- Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in mayonnaise.
- Chill until ready to serve.

### Source:

USDA Center for Nutrition Policy and Promotion, Recipe and Tips for Healthy Thrifty Meals

Nutrition information per serving: 405 calories, 13 grams fat, 2 grams saturated fat, 360 milligrams sodium  
Total cost: \$4.83; Cost per serving: \$1.20