Spaghetti el Lentil

Nutri Serving Size Servings Pe Amount Per Ser	1/2 cup (r Containe	(169g)	cts
Calories 14	0 Cald	ories fron	n Fat 25
		% Da	aily Value*
Total Fat 3g			5%
Saturated	Fat 1g		5%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium 45n	ng		2%
Total Carbo	hydrate 1	15g	5%
Dietary Fi	ber 4g		16%
Sugars 6g	3		
Protein 13g	·		
Vitamin A 15	5% · \	Vitamin (20%
Calcium 4%	•	ron 15%	
*Percent Daily Valiet. Your daily value depending on your daily value.	alues may be	e higher or I	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Makes 48 servings. Each serving has 140 calories, 3 grams (g) fat, 13 g protein, 15 g carbohydrate, 4 g fiber and 45 milligrams sodium.

Acini de Pea Confetti Salad

Nutri Serving Size Servings Per	(92g)		cts
Amount Per Ser	ving		
Calories 250) Cal	ories fron	n Fat 90
		% Da	ily Value*
Total Fat 10g	9		15%
Saturated	Fat 1.5g		8%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 200	mg		8%
Total Carbol	hydrate	35g	12%
Dietary Fil	per 4g		16%
Sugars 2g			
Protein 7g			
1.0			2004
Vitamin A 10		Vitamin C	3 80%
Calcium 2%	•	Iron 10%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Makes 48 servings. Each serving has 250 calories, 10 grams (g) fat, 7 g protein, 35 g carbohydrate, 4 g fiber, and 200 milligrams sodium.

Chickpea Chocolate Cake

Nutri Serving Size Servings Per	(59g)		cts
Amount Per Ser	rving		
Calories 160) Calo	ories fron	n Fat 60
		% Da	ily Value*
Total Fat 7g			11%
Saturated	Fat 3.5g		18%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium 100	mg		4%
Total Carbo	hydrate 2	23g	8%
Dietary Fil	ber 2g		8%
Sugars 19)g		
Protein 4g			
Vitamin A 2%	6 · '	Vitamin 0	0%
Calcium 0%	•	Iron 2%	
*Percent Daily Va diet. Your daily va depending on yo	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • 0	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Makes 18 servings. Each serving has 160 calories, 7 grams (g) fat, 4 g protein, 23 g carbohydrate, 2 g fiber, and 100 milligrams sodium.

Zesty Pizza Sub

Nutrition Serving Size 1 Sandv Servings Per Contain	vich (195	
Amount Per Serving		
Calories 350 Cal	ories fron	n Fat 80
Q. 1999-20-12-12-12-1	% Da	rily Value
Total Fat 9g	. 1000341	14%
Saturated Fat 3g	111	15%
Trans Fat 0g		
Cholesterol 40mg		13%
Sodium 460mg		19%
Total Carbohydrate	43g	14%
Dietary Fiber 7g		28%
Sugars 9g	-7777	
Protein 23g		
		2001
7110111117776	Vitamin (107-070
Calcium 15% •	Iron 20%	
*Percent Daily Values are ba diet. Your daily values may b depending on your calorie no Calories:	e higher or l	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Makes 50 servings. Each serving has 350 calories, 9 grams (g) fat, 23 g protein, 43 g carbohydrate, 7 g fiber and 460 mg sodium.

(analyzed with 1 ½ T. cheese/sub and no pepperoni)

You will need to state that the cheese and sauce are low sodium in the recipe.

South of the Border Tacos

Nutrit Serving Size of Servings Per	1 Taco (97g)	cts
Amount Per Serv	ing		
Calories 150	Cald	ories fron	n Fat 45
		% Da	ily Value*
Total Fat 5g			8%
Saturated F	at 1.5g		8%
Trans Fat C)g		
Cholesterol 2	20mg		7%
Sodium 170n	ng		7%
Total Carboh	ydrate	15g	5%
Dietary Fib	•		12%
Sugars 1g			
Protein 12g			
Vitamin A 4%	•	Vitamin (2%
Calcium 2%	•	Iron 10%	
*Percent Daily Valudiet. Your daily valuepending on your	ues may b	e higher or l	
Total Fat I Saturated Fat I Cholesterol I Sodium I Total Carbohydrate Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Ca	: arbohydrate	e 4 • Prote	ein 4

Makes 48 servings. Each serving has 150 calories, 5 grams (g) fat, 12 g protein, 15 g carbohydrate, 3 g fiber, and 170 milligrams sodium.

Carrot Dip

Nutri Serving Size Servings Per	(117g)		cts
Amount Per Ser	ving		
Calories 120) Cald	ories fron	n Fat 45
		% Da	ily Value*
Total Fat 5g			8%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol			0%
Sodium 230			10%
Total Carbo		15a	5%
Dietary Fil	•	, v g	16%
			10 /0
Sugars 2g)		
Protein 4g			
Vitamin A 0%	6 · '	Vitamin (6%
Calcium 2%	•	ron 6%	
*Percent Daily Va diet. Your daily va depending on yo	alues may be	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • (Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Makes 48 servings. Each serving has: 120 calories, 5 grams (g) fat, 4 g protein, 15 g carbohydrate, 4 g fiber and 230 milligrams of sodium.

Split Pea Salsa

Nutrit Serving Size (Servings Per C	190g)		cts
Amount Per Servi	ng		
Calories 100	Ca	lories fro	m Fat 5
		% Da	ily Value*
Total Fat 0.5g			1%
Saturated Fa	at 0g		0%
Trans Fat 0	J		
Cholesterol 0	mg		0%
Sodium 250m	g		10%
Total Carbohy	drate 2	20g	7%
Dietary Fibe	r 6g		24%
Sugars 5g			
Protein 5g			
Vitamin A 6%	• '	Vitamin (45%
Calcium 2%	•	Iron 8%	
*Percent Daily Value diet. Your daily value depending on your	es may be	e higher or l	000 calorie ower 2.500
Total Fat Li Saturated Fat Li Cholesterol Li Sodium Li Total Carbohydrate Dietary Fiber	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Car	bohydrate	e 4 • Prote	ein 4

Makes 50 servings. Each serving has 100 calories, 0.5 grams (g) fat, 5 g protein, 20 g carbohydrate, 6 g fiber, and 250 milligrams sodium.

Souped Up Sloppy Joes

Nutrition		(4) R(1)
Serving Size 1 Slopp Servings Per Contain		bg)
Amount Per Serving		
	lories from	n Fat 60
Outories 200 Out	one ne	ily Value
Total Fat 6g	70	9%
Saturated Fat 2g		10%
Trans Fat 0g		
Cholesterol 35mg		12%
Sodium 340mg		14%
Total Carbohydrate	36g	12%
Dietary Fiber 7g		28%
Sugars 7g		
Protein 20g		
Vitamin A 4% •	Vitamin (6%
Calcium 6% •	Iron 20%	
*Percent Daily Values are budiet. Your daily values may be depending on your calories. Calories.	be higher or I	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber	65g 20g 300mg	80g 25g 300mg 2.400mg 375g 30g

Makes 48 servings. Each serving has 280 calories, 6 grams (g) fat, 20 g protein, 36 g carbohydrate, 7 g fiber and 340 milligrams of sodium.