

Russia

SWEET POTATO FRIES

Serves 4 (serving size: 1 cup)

1 serving provides 1 cup Vegetables group

Ingredients

- Canola oil spray
- ¼ cup orange juice
- ½ teaspoon cinnamon
- 4 medium sweet potatoes, cut into ½ inch strips
- Dash cayenne pepper

Directions

1. Preheat oven to 450 degrees F.
2. Lightly spray oil on a baking sheet.
3. In a medium bowl, combine orange juice and spices.
4. Dip sweet potato sticks to coat and then place them in a single layer on baking sheet.
5. Bake 10 to 15 minutes, turn, and bake another 10 minutes or until tender.

Nutrition Facts

Serving Size 1 cup (196g)
Servings Per Container 4

Amount Per Serving

Calories 170 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrate 39g **13%**

Dietary Fiber 6g **24%**

Sugars 15g

Protein 4g

Vitamin A 690% • Vitamin C 70%

Calcium 6% • 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

4-H Afterschool Food, Culture, & Reading - www.4-H.org/curriculum/fcr



Russia

BORSCH

Serves 6 (serving size: 1 1/2 cup)

1 serving provides 3/4 cup Vegetables, 1 oz. Meat & Beans groups

Ingredients

- 2 carrots (1 cup pared and sliced)
- 1 1/2 cups shredded raw beets
- 1 turnip (3/4 cup pared and diced)
- 1 medium sliced onion
- 1 cup water
- 1 teaspoon vinegar
- 2 teaspoons salt
- 1 teaspoon sugar
- 6 cups beef stock
- 2 cups diced cooked beef
- 1/2 small head cabbage (shredded)

Directions

1. Combine carrots, 1 cup beets, turnip, onion, water, vinegar, salt, and sugar. Bring to a boil.
2. Reduce heat and simmer for 20 minutes.
3. Add beef stock, beef, and cabbage, and simmer 15 minutes.
4. Stir in 1/2 cup remaining beets.

Nutrition Facts

Serving Size 1 1/2 (420g)
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 1330mg **55%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 22g

Vitamin A 80% • Vitamin C 30%

Calcium 6% • 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

4-H Afterschool Food, Culture, & Reading - www.4-H.org/curriculum/fcr



Russia

VEGGIE LO MEIN

Serves 4 (serving size: 1 cup)

1 serving provides 2 oz. Grains, ²/₃ cup Vegetables groups

Ingredients

- ½ pound dry thin spaghetti (whole-wheat spaghetti is a taste and nutrition bonus)
- 2 tablespoons canola oil
- 2 cloves garlic, peeled and minced
- 1 tablespoon fresh ginger root, peeled and minced (ginger is pricey, but you will only need a 1-inch piece)
- 3 medium carrots, peeled and sliced into matchsticks
- 1 pound broccoli broken into small florets plus tender parts of stems peeled and chopped to measure about 2 cups
- 2 tablespoons low-sodium soy sauce

Directions

1. Break the dry spaghetti in half and cook according to package directions. Drain and set aside.
2. In a large skillet, heat the oil over medium heat. Add garlic and ginger and cook, stirring, 1–2 minutes. (Be careful not to let the garlic burn. It will ruin the dish.)
3. Add the carrots and broccoli and cook, stirring occasionally, until tender, about 10 minutes. (You can put a lid on the pan to help them steam a little.)
4. Toss the cooked spaghetti into the skillet with the cooked vegetables.
5. Add the soy sauce, and toss to coat. Serve warm or cold.

Nutrition Facts

Serving Size 1 cup (92g)
Servings Per Container 4

Amount Per Serving

Calories 280 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 280mg **12%**

Total Carbohydrate 44g **15%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 9g

Vitamin A 15% • Vitamin C 30%

Calcium 2% • Iron 10%

*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4-H Afterschool Food, Culture, & Reading - www.4-H.org/curriculum/fcr



Russia

SPINACH-ORANGE SALAD

Serves 4 (serving size: 1 cup)

1 serving provides 1 cup Vegetables, 1/2 cup Fruits groups

Ingredients

- 4 cups spinach torn into pieces (about one bag), washed, dried
- 2 medium oranges, sectioned (or 1 small can mandarin oranges)
- 1/2 cup sliced red onion
- 2 tablespoons canola oil
- 2 tablespoons vinegar
- 1/4 cup orange juice
- 1/2 teaspoon ground ginger
- 1/4 teaspoon pepper

Directions

1. Place spinach in bowl.
2. Add orange sections and onion.
3. Toss lightly to mix.
4. Mix oil, vinegar, orange juice, ginger, and pepper well.
5. Pour over spinach mixture.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1 cup (142g)
Servings Per Container 4

Amount Per Serving

Calories 110 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 2g

Vitamin A 70% • Vitamin C 60%

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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4-H Afterschool Food, Culture, & Reading - www.4-H.org/curriculum/fcr



Russia

PUMPKIN PUDDING

Serves 2 (serving size: $\frac{3}{4}$ cup)

1 serving provides $\frac{1}{2}$ cup Milk group

Ingredients

- 1 cup 2% milk
- $\frac{1}{2}$ package (4-serving size) instant vanilla pudding mix
- $\frac{1}{4}$ cup solid-pack pumpkin (about $\frac{1}{4}$ of 15-ounce can)
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground ginger
- 1 tablespoon graham cracker crumbs
- 2 small (4-ounce) cups
- 1 quart-sized self-closing plastic freezer bag
- Spoons

Directions

1. Measure 1 cup milk and $\frac{1}{2}$ package of instant vanilla pudding mix into a self-closing plastic freezer bag. Mix.
2. Add $\frac{1}{2}$ cup pumpkin. Mix.
3. Add $\frac{1}{4}$ teaspoon cinnamon and $\frac{1}{8}$ teaspoon ginger to bag, close, and mix. Knead and mix for 2 minutes until well blended.
4. Cut a corner off the freezer bag and squeeze the mixture into 2 cups that have been filled with 1 tablespoon of graham cracker crumbs.
5. Serve and eat.

NO-OVEN RECIPE

Nutrition Facts

Serving Size $\frac{3}{4}$ cup (209g)
Servings Per Container 2

Amount Per Serving

Calories 180 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 440mg **18%**

Total Carbohydrate 36g **12%**

Dietary Fiber 3g **12%**

Sugars 32g

Protein 6g

Vitamin A 180% • 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4-H Afterschool Food, Culture, & Reading - www.4-H.org/curriculum/fcr



Russia

CORNBREAD

Serves 10 (serving size: 1 square)

1 serving provides 2 oz. Grains group

Ingredients

- 1 cup cornmeal
- 1 cup flour
- ¼ cup white sugar
- 1 teaspoon baking powder
- 1 cup buttermilk, low-fat
- 1 egg, whole
- ¼ cup soft (tub) margarine
- 1 teaspoon vegetable oil or oil spray

Directions

1. Preheat oven to 350 degrees F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.
6. Bake for 20 minutes in an 8 x 8-inch greased baking dish. Cool.
7. Cut into 10 squares.

Nutrition Facts

Serving Size 1 piece (63g)
Servings Per Container 10

Amount Per Serving

Calories 160 Calories from Fat 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1.5g 8%

Trans Fat 1g

Cholesterol 25mg 8%

Sodium 115mg 5%

Total Carbohydrate 23g 8%

Dietary Fiber 1g 4%

Sugars 5g

Protein 4g

Vitamin A 6% • Vitamin C 0%

Calcium 6% • 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4-H Afterschool Food, Culture, & Reading - www.4-H.org/curriculum/fcr



Russia

BROCCOLI SALAD

Serves 8 (serving size: 1/2 cup)

1 serving provides 3/4 cup Vegetables group

Ingredients

Salad:

- 2 heads broccoli, washed (6 cups chopped)
- 1/2 cup raisins
- 1/2 cup peanuts

Dressing:

- 1/2 cup nonfat plain yogurt
- 1/2 cup reduced-fat mayonnaise
- 1/4 cup sugar
- 2 tablespoons vinegar

Directions

1. Combine salad ingredients in a large bowl.
2. Combine dressing ingredients and pour over broccoli mixture.
3. Refrigerate until ready to serve.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1/2 cup (110g)
Servings Per Container 8

Amount Per Serving

Calories 170 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 150mg **6%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 13g

Protein 5g

Vitamin A 35% • **Vitamin C** 80%

Calcium 6% • **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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4-H Afterschool Food, Culture, & Reading - www.4-H.org/curriculum/fcr



Russia

FRESH GARDEN SALSA

Serves 13 (serving size: 1/4 cup)

1 serving provides no significant food groups

Ingredients

- 3 tomatoes, chopped
- 1 green pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon vinegar
- 1 teaspoon olive oil
- 1 teaspoon cumin

Directions

1. Toss all of the ingredients in a bowl.
2. Refrigerate in a covered container until ready to serve.

NO-OVEN RECIPE

Nutrition Facts

Serving Size 1/4 cup (27g)
Servings Per Container 13

Amount Per Serving

Calories 10 Calories from Fat 5

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Sugars 1g

Protein 0g

Vitamin A 2% • Vitamin C 10%

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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

4-H Afterschool Food, Culture, & Reading - www.4-H.org/curriculum/fcr



Russia

BEAN AND CORN SALAD

Serves 12 (serving size: ½ cup)

1 serving provides ½ cup Vegetables group

Ingredients

- 2 cups frozen whole-kernel corn, thawed
- 1 red or green bell pepper, seeded and chopped
- 1 medium tomato, chopped
- 1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1 bunch green onions (scallions), sliced
- ¼ cup vinegar
- ¼ cup olive oil
- 2 tablespoons lemon or lime juice
- ½ teaspoon dried cumin
- ¼ teaspoon pepper
- Dash of salt
- 2 teaspoon minced garlic

Directions

1. In a large bowl, combine the corn, pepper, tomato, garbanzo beans, black beans, pinto beans, green onions, vinegar, olive oil, parsley, lemon or lime juice, cumin, pepper, salt, and minced garlic; mix well.
2. Serve immediately or cover and refrigerate until serving time.

NO-OVEN RECIPE

4-H Afterschool Food, Culture, & Reading - www.4-H.org/curriculum/fcr

Nutrition Facts

Serving Size 1/2 cup (152g)
Servings Per Container 12

Amount Per Serving

Calories 160 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 6g **24%**

Sugars 3g

Protein 6g

Vitamin A 2% • Vitamin C 15%

Calcium 4% • Iron 10%

*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

