

## NJ EFNEP Recipe Criteria 2016

| -  | <b>Soups</b><br>(per serving)                                  | <b>Entrées</b> -including breakfast and salads with a protein source<br>(Per serving) | <b>Side Dishes</b> - including non-protein based salads<br>(per serving) | <b>Desserts</b> (per serving)          | <b>Snacks/ Sandwiches</b><br>(per serving) |
|--|--|---|--|--|--|
| <b>Calories</b>  | < 200 kcal   | < 450 kcal  | < 200 kcal   | < 250 kcal                             | < 200 kcal                                 |
| <b>Total Fat</b>   | <13.5grams   | <13.5grams  | <13.5grams   | <13.5grams                             | <13.5grams                                 |
| <b>Sat Fats</b>  | < 2.5 grams  | < 4 grams   | < 2.5 grams  | < 2.5 grams                            | < 2 grams                                  |
| <b>Trans fat</b>   | < 0.5 grams  | < 0.5 grams   | < 0.5 grams  | < 0.5 grams                            | < 0.5 grams                                |
| <b>Sodium</b>  | < 370 mg   | < 500 mg  | < 300 mg   | < 200 mg                               | < 300 mg                                   |
| <b>MyPlate food groups</b>   | Include <b>at least 1</b> fruit OR or vegetable OR whole grain | Includes <b>at least 2</b> food groups  | Include <b>at least 1</b> fruit OR or vegetable OR whole grain           | Includes <b>at least 2</b> food groups | Includes <b>at least 2</b> food groups     |
| <b>Per Serving</b>   | < \$1.50   | < \$1.50  | < \$ 0.50  | < \$ 0.5                               | < \$ 1.50                                  |
| Low-cost and culturally acceptable ingredients are used.   |  |   |  |  |  |
| Ingredients are readily available in local stores, food stores or farmers markets.                               |  |   |  |  |  |
| Alternatives from the most current Commodity Foods list are suggested, if applicable.                            |  |   |  |  |  |
| Only basic cooking equipment and appliances are used. (see attachment for list of equipment)                     |  |   |  |  |  |
| Recipes are tested by $\geq 2$ preparers for ease of use, and by $\geq 2$ audiences for taste and visual appeal. |  |   |  |  |  |
| Recipe name gives a sufficient description of the major ingredients or preparation technique.                    |  |   |  |  |  |
|  |  |   |  |  |  |
| All ingredients are listed in the order in which they are used.  |  |   |  |  |  |
| A complete description of each ingredient is included, e.g., low fat, packed in juice, reduced fat.              |  |   |  |  |  |
| Ingredients are listed in the easiest standard units of measure, e.g., 1/4 cup instead of 4 tablespoons.         |  |   |  |  |  |
| All measurements are spelled out, not abbreviated, e.g., 1/2 cup, 2 teaspoons, 4-ounce can.                      |  |   |  |  |  |
| All measurements are shown as: Tablespoon (tbs), teaspoon (tsp), pounds (lb), ounces (oz).                       |  |   |  |  |  |
| Weights are used instead of measures when helpful, e.g., 4 ounces of chicken.                                    |  |   |  |  |  |
| Sizes of cans or boxes are specified, e.g., 2 packages (20 ounces each).   |  |   |  |  |  |
| Brand names are avoided.   |  |   |  |  |  |
| Recipe preparation requires no more than 10 steps.   |  |   |  |  |  |
| Steps are numbered and clear for every step.   |  |   |  |  |  |
| Size of pans or containers needed is stated, where important, e.g., 9-inch round pans.                           |  |   |  |  |  |
| Temperatures are given for recipes requiring the oven.   |  |   |  |  |  |
| Cooking and preparation times are stated.  |  |   |  |  |  |
| Number of servings and serving sizes are indicated.  |  |   |  |  |  |
| Suggestions of how to store leftovers are provided, e.g., cover and refrigerate for no more than 4 days.         |  |   |  |  |  |
| Warning label for common allergens, if present.  |  |   |  |  |  |