

NJ EFNEP Recipe Criteria 2016

-	Soups (per serving)	Entrées -including breakfast and salads with a protein source (Per serving)	Side Dishes - including non-protein based salads (per serving)	Desserts (per serving)	Snacks/ Sandwiches (per serving)
Calories	< 200 kcal	< 450 kcal	< 200 kcal	< 250 kcal	< 200 kcal
Total Fat	<13.5grams	<13.5grams	<13.5grams	<13.5grams	<13.5grams
Sat Fats	< 2.5 grams	< 4 grams	< 2.5 grams	< 2.5 grams	< 2 grams
Trans fat	< 0.5 grams	< 0.5 grams	< 0.5 grams	< 0.5 grams	< 0.5 grams
Sodium	< 370 mg	< 500 mg	< 300 mg	< 200 mg	< 300 mg
MyPlate food groups	Include at least 1 fruit OR or vegetable OR whole grain	Includes at least 2 food groups	Include at least 1 fruit OR or vegetable OR whole grain	Includes at least 2 food groups	Includes at least 2 food groups
Per Serving	< \$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 ≥ 2 preparers for ease of use, and by ≥ 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.					