

High Fat Cheese Fries

½ lb. Frozen French Fries – Bake as directed. 5 minutes before end of baking time top with cheese.

1 c. Cheddar Cheese

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 lb. Frozen French Fries	\$1.48	12 g	2.5 g	798 mg.
1 c. Cheddar Cheese	.98 cents	36 g	20 g	720 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Low Fat Cheese Fries

**Preheat oven to 450 degrees

Ingredients:

4 potatoes

-Scrub potatoes and cut in half lengthwise.

Cut each half into 4 wedges.

Put in large bowl.

Add:

1 Tbsp. Oil

½ tsp. Pepper

½ tsp. Garlic Salt

-Stir potatoes and put on large silicone covered cookie sheet.

Bake for 30 min

Take out of oven.

Sprinkle with ¼ c. Parmesan Cheese.

Bake 10 more minutes.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
4 Potatoes	.06	0 g	0 g	0 mg.
1 Tbsp. Oil	.06 cents	14 g	1 g	0 mg.
1/2 tsp. Pepper	.01	0 g	0 g	0 mg.
1/2 tsp. Garlic Salt	.02	0 g	0 g	940 mg.
1/4 c. Parmesan Cheese	.50	9 g	6 g	450 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

High Fat Cakes or Cupcakes

1 Cake Mix
Oil
Eggs
Water

Follow directions on cake mix box and make either 2 round cakes or 24 cupcakes. Swap 1 round cake or half the cupcakes to another kitchen.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 Cake Mix	\$1.25	20 g	10 g	3200 mg.
1/2 c. Oil	.44 cents	112 g	8 g	0 mg.
3 Eggs	.57 cents	15 g	4.5 g.	150 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Low Fat Cakes or Cupcakes

1 Cake Mix
Applesauce
Eggs
Water

Follow directions on cake mix box EXCEPT use applesauce instead of oil and make either 2 round cakes or 24 cupcakes. Swap 1 round cake or half the cupcakes to another kitchen.

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 Cake Mix	\$1.25	20 g	10 g	3200 mg.
1/2 c. Applesauce	.29 cents	0 g	0 g	10 mg.
3 Egg Whites	.57 cents	1 g	0 g	3455 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

High Fat Macaroni & Cheese Recipe

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 c. macaroni or other medium tubular pasta	.13 cents	1 g	0 g	0 g
3 Tbsp. Butter	.33 cents	33 g	21 g	270 mg.
3 Tbsp. all-purpose Flour	.01 cents	0 g	0 g	0 mg.
¼ tsp. Salt	.01 cents	0 g	0 g	590 mg.
1/8 tsp. Pepper	.01 cents	0 g	0 g	0 mg.
Dash of Paprika	.01 cents	0 g	0 g	0 mg.
1 ¼ c. Whole Milk	.18 cents	10 g	3 g	190 mg.
1 1/4 c. grated medium cheddar cheese	\$1.23	45 g	25 g	900 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Directions:

Boil the pasta until al dente, according to package directions. Drain and rinse with cool water to stop the cooking, and return to the pan you boiled it in. Set aside. (Mix in a little butter to keep the noodles from sticking if it's going to be awhile before you make the sauce)

To a medium saucepan over medium heat, add the butter. When the butter has melted, add the flour, salt, dry mustard, pepper, and dash of paprika. With a wooden spoon or whisk, stir constantly for three minutes.

Add the milk in a thin stream, stirring constantly with a whisk. Continue to **stir constantly** until the sauce thickens, **about 10-12 minutes**.

Remove from heat and add the cheese, stirring until melted. Pour the cheese sauce over the pasta and toss gently until all of the pasta is coated. Enjoy!

Low Fat Macaroni & Cheese Recipe

Ingredient	Cost	Total Fat	Saturated Fat	Sodium
1 c. macaroni or other medium tubular pasta	.13 cents	1 g	0 g	0 g
3 Tbsp. Butter	.33 cents	33 g	21 g	270 mg.
3 Tbsp. all-purpose Flour	.01 cents	0 g	0 g	0 mg.
¼ tsp. Salt	.01 cents	0 g	0 g	590 mg.
1/8 tsp. Pepper	.01 cents	0 g	0 g	0 mg.
Dash of Paprika	.01 cents	0 g	0 g	0 mg.
1 ¼ c. Skim Milk	.18 cents	0 g	0 g	163 mg.
1 1/4 c. Lowfat grated medium cheddar cheese	\$1.31	18 g	12 g	730 mg.
Totals				
Totals ÷ Kids in your group = Amounts per Serving				

Use the same directions for regular fat Macaroni and Cheese.