



What's Cooking? USDA Mixing Bowl

What's Cooking? USDA Mixing Bowl is an online tool featuring a collection of healthy and budget-friendly recipes and resources. Visit this one-stop site to help you plan meals and menus inspired by the [Dietary Guidelines for Americans](#) and [MyPlate](#).

1 Find healthy recipes

What's for dinner tonight? Find inspiration for your next meal and search from over 1,400 household recipes.

2 Customize your search

What's Cooking? USDA Mixing Bowl has a variety of filters to help you find the recipes you want. Need a recipe for tomorrow's office party or love culturally inspired cuisine? Choose from Course, Cooking Equipment, and Cuisine to find the perfect recipe.



3 Choose your nutrition focus

Want to eat more fruits and vegetables, increase calcium, or cut back on sodium? Select from nutrition messages such as "Eat more fruits and vegetables," "Get more calcium," and "Reduce sodium."



4 Slide-n-find recipes

Find recipes by the amount of calories, saturated fat, and sodium. Check it out and "slide-n-find" recipes in your range.

5 Make your shopping list

Add ingredients from recipes to create a handy shopping list. Print or email the list for your next trip to the store.

6 Browse the cookbooks

Find recipe collections from the USDA Foods Fact Sheets, Healthy Lunchtime Challenge, and even the White House. [Cookbooks](#) are available to print or download.

7 Create your own cookbook

Organize your favorite What's Cooking recipes using the [My Cookbook](#) feature! Simply add recipes, name your cookbook, choose a cover, and save or print.



8 Share your thoughts

Let others know what you think! Try a recipe, give it a star rating, or submit your personal review.

9 Use What's Cooking on-the-go

Visit the site from your phone or tablet. Browse recipes, create a cookbook, and make your shopping list anytime, anywhere.

10 Tell friends and fellow chefs!

Share the site and your favorite recipes with friends, cooks, and foodies. Help everyone find new recipes and answer the question...What's Cooking?

