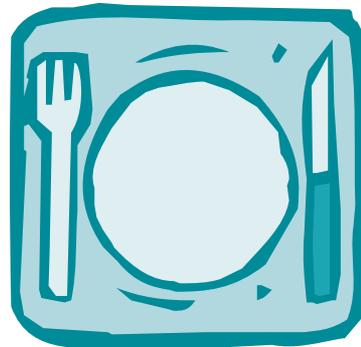




Quick and Easy Meals

for Less!

Healthy Eating Tips, Shopping Instructions and Recipes



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

Cooking Basics: Ingredient Substitutions

Have you ever been all set to prepare a favorite dish and suddenly discover you do not have one of the ingredients for your recipe? Here are some substitutions that can be used.

Ingredient	Amount	Substitutions
Baking powder	1 tsp.	1/4 tsp. baking soda plus 5/8 tsp. cream of tartar, or 1/4 tsp. baking soda plus 1/2 cup sour milk, or buttermilk (if using sour milk or buttermilk, decrease liquid called for in recipe by 1/2 cup)
Beef or chicken broth	1 (14 1/2 oz.) can	2 tsp. instant beef or chicken bouillon granules with water to equal amount of broth specified
Developed by UNH Cooperative Extension Nutrition Connections Staff		
Bouillon cube	1	1 Tbsp. soy sauce
Dry bread crumbs	1/4 cup	cracker crumbs, corn meal, or 1 cup soft bread crumbs
Butter	1 cup	7/8 to 1 cup shortening plus 1/2 tsp. salt, or 1 cup margarine
Catsup or chili sauce	1 cup	1 cup tomato sauce plus 1/2 cup sugar and 2 Tbsp. vinegar (for use in cooking only)
Corn syrup	1 cup	1 cup sugar plus 1/4 cup liquid (use the type of liquid that is called for in recipe)
Cornstarch	1 Tbsp.	2 Tbsp. all purpose flour, or 2 Tbsp. quick cooking tapioca
Egg (cake batter only)	1	2 Tbsp. mayonnaise
Flour, all purpose	1 Tbsp.	1/2 Tbsp. cornstarch or quick cooking tapioca (for thickening)
Flour, all purpose	1 cup sifted	1 cup plus 2 Tbsp. sifted cake flour, or 1 cup unsifted all purpose flour minus 2 Tbsp.
Flour, cake	1 cup sifted	1 cup minus 2 Tbsp. sifted all purpose flour
Garlic	1 clove, small	1/8 tsp. garlic powder
Gelatin, flavored	3 ounce package	1 Tbsp. plain gelatin plus 2 (prepared with water) cups fruit juice

(continued on inside back cover)



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Healthy Eating Tips, Shopping Instructions and Recipes

Developed by
Nutrition Connections Staff,
University of New Hampshire Cooperative Extension

“Helping You Put Knowledge and Research To Work”



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

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Easy Guidelines for Healthy Eating

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The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238.

Healthy eating doesn't mean giving up the foods and beverages you like best. Just learn how to balance your food choices, with the USDA Food Guide Pyramid. You can still fit in your favorite foods while promoting good health. And remember, add physical activity to your daily routine!

These simple tips will boost your energy, help control your weight, slow down the aging process, and lower your risk of cancer, heart disease, stroke, diabetes, and osteoporosis.

Control your portion sizes of high calorie foods, and choose more foods that fill you up on fewer calories like vegetables, whole fruits (not juices), low fat dairy, beans, fish (not fried), and very lean meats.

Food Selection Tips

Bread, Cereal, Rice and Pasta Group

Eat more whole grains! Choose whole grain foods for half your grain servings, and cut back on refined, processed grains like white bread, white pasta, and other white flour foods. They're lower in fiber and other nutrients, and take more calories to fill you up.

Breads

Eat 100% whole wheat bread. Whole grain breads contain at least 2 grams of fiber per 70 calorie slice or 3 grams per 100 calorie slice. Many supermarkets have low cost store brands of whole wheat bread.

Breakfast Cereals

Read cereal labels! Choose mainly high fiber cereals with at least 3 grams of dietary fiber per serving (at least 5 grams if serving size is over 160 calories) such as oatmeal, bran flakes, and shredded wheat.

Oatmeal in the individual, flavored packets costs about four times more per ounce than plain oats in the 42-ounce container.

Crackers

Best choices are low fat, whole grain types.

Pasta

Try store brand whole wheat pastas. They can be as inexpensive as \$1.00 per pound.

Rice

Try brown rice (use 2 cups water per cup of rice). Remember, boil-in-the bag rice is expensive.

Popcorn

Buy popcorn that is at least 94% fat free to reduce calories and unhealthy fat from vegetable shortening.

Fruit and Vegetable Group

Eat more fruits and vegetables – it's the single biggest step most people can take toward a healthier diet.

Fruits and vegetables are packed with vitamins, minerals, fiber, and hundreds of types of beneficial antioxidants. And they're good for your weight too, because they fill you up on fewer calories.

To get the most benefit, include more deeply colored produce like broccoli, spinach, sweet potatoes, tomatoes, cantaloupe, pink grapefruit, plums, and berries. Choose a wide variety of fruits and vegetables in a rainbow of colors (red, blue/purple, orange, green, yellow, and white). They're especially high in beneficial antioxidants. The nutrients in fruits and vegetables vary a lot and are closely related to their different colors. White vegetables like garlic, onions, and cauliflower are nutritious too.

To save money, buy fruits and vegetables in season, use WIC farmers' market coupons, and check to see if the market will accept the Food Stamp EBT card.

Whole fruits are a better choice than juices, because they contain fiber and fill you up on fewer calories.

Canned fruit: Buy juice packed fruit, or pour off the heavy syrup.

Buy 100% juice, not juice drinks or punches. Juice drinks and punches are mainly sugar water.

Frozen juice concentrate is half the price of juice in cartons.

Pre-washed, pre-cut salad greens are pricey. So is pre-cut fruit.

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

Make healthier choices in the Protein Group.

Cut back on high fat meats like hotdogs, bologna, sausage, and ground beef less than 90% lean. Choose very lean meat, skinless poultry, and broiled or grilled fish.

Use more meat alternatives such as beans, lentils, garbanzos, nuts, and soy foods. Beans, lentils, and garbanzos are inexpensive and also rich in fiber, protein, iron, and folic acid. Packaged dry beans are half the price of canned.

Nuts have heart healthy fat, fiber, and other nutrients. People who eat nuts regularly live longer. Keep portion size to a medium handful per day (about 3 level Tablespoons).

Peanut butter is also healthy and contains only tiny amounts of vegetable shortening.

Eggs: Most people can safely eat an egg a day (3-4 a week if you have diabetes or heart disease.)

Fish: Pregnant or nursing women, women of child-bearing age, and children under the age of 7 should check with their health care professional before eating fish. Some fresh water and salt water fish can contain heavy metals and pollutants which can be harmful to these groups. Many types of fish are good to eat. Your health care professional can provide you with a current list of the types of fish that are safe to eat.

Leanest meats: Any beef or pork cut with “loin” or “round” in the name, chicken without the skin, luncheon meats at least 97% fat free, ground beef 95% or more lean, Canadian bacon and low fat turkey bacon, and try low fat or fat free hotdogs, bologna, and sausage.

Milk, Yogurt, and Cheese Group

Aim for 3 low fat dairy servings a day. Milk, yogurt, and cheese provide calcium, protein, potassium, vitamin A, and B vitamins. Plus, milk and some yogurts are fortified with hard-to-find vitamin D, which helps your bones absorb calcium. Dairy calcium also helps your body burn fat better.

Skim milk, 1% milk, and low fat or fat free yogurt or cheese are the wisest choices for adults and children over age 2. Here’s why: Low fat dairy saves you calories. At 2 cups a day, 1% milk saves you nearly 100 calories over whole milk. In a year, that adds up to about 36,000 saved calories or 10 pounds of weight loss! Reduced fat cheese has about one third fewer calories.

Low fat dairy foods are heart healthier, because they’re lower in saturated fat.

Milk in gallon containers is by far the lowest cost dairy food.

Skim or 1% milk and low fat or fat free yogurt are the healthiest choices.

Choose reduced fat or fat free cheese (less calories and saturated fat).

Ice cream belongs in the Food Guide Pyramid’s tip (eat sparingly). Some contain as much as 270 calories and 11g of saturated fat in just 1/2 cup.

Fats

Foods high in heart risky saturated fat include butter, full fat ice cream, full fat cheese, whole milk, sour cream, cream cheese, and fatty meats. Eat less of these.

Foods high in heart risky *trans* fats (found in partially hydrogenated fat, also known as vegetable shortening) include most kinds of cookies, cakes, crackers, pies, and “buttered” popcorn, doughnuts, French fries, fried chicken and seafood, and other deep fried foods, most hard stick margarines and coffee creamers. Eat less of these.

Foods rich in heart healthy fats include fish (baked, grilled, broiled), canola oil, olive oil, nuts, peanut butter, and avocados. Eat more of these.

Vegetable Oils

Canola oil is the healthiest oil overall, since it's rich in two types of beneficial fat (omega-3 and monounsaturated).

Olive oil is also great but contains little omega-3 fat. Choose extra virgin olive oil, since it's richer in beneficial antioxidants.

Cooking sprays aren't calorie free. Every second of spray contains 6-7 calories.

Margarine and Butter

Butter is high in heart risky saturated fat.

Most stick margarine is high in unhealthy *trans* fats found in partially hydrogenated fat (vegetable shortening).

Tub margarine is easily the healthiest choice. Select ones that list liquid canola oil or liquid soybean oil as the first ingredient. But, the most expensive tub margarines aren't necessarily better than the less expensive ones.

Salad Dressings

Most full fat dressings contain largely healthy fat from liquid canola or soybean oils, but have 100 to 150 calories per 2 tablespoon serving. Save calories by choosing low fat or fat free versions.

Full fat, creamy versions of Blue Cheese, Ranch, and Parmesan are high in saturated fat.

Choose dressings with less than 2 grams of saturated fat per 2 tablespoon serving.

Mayonnaise

Full fat mayonnaise has 100 calories per tablespoon, but its fat is largely healthy liquid soybean oil.

Imitation mayonnaise contains 35 calories per tablespoon.

Sugars

Cut back on soda and juice drinks, their sugar-rich liquid calories don't satisfy hunger well and encourages weight gain. Plus, they contain little to no nutrients.

Sodium

Go easy on sodium. At least 75% of the sodium you eat comes from the salt added to the processed foods

you buy, not from your salt shaker! Most of us eat too much sodium, and it's a major cause of high blood pressure and water retention.

Here's how to cut back: Check labels carefully! Lower sodium foods contain less than 1 milligram of sodium per calorie. Cut back on high-sodium foods and choose low-sodium or unsalted versions when available.

Use other seasonings. Flavor your foods with spices, herbs, lemon, lime, vinegar, or salt free seasoning blends.

Use less added salt in recipes and in cooking pasta, rice, and hot cereals. In most cases, you can even eliminate salt.

Rinse or soak canned foods like beans and tuna in a strainer in cold water for a minute or so. This will remove about 30-40% of the salt.

Frozen Dinners

These dinners are expensive and skimpy on vegetables. Most are high in calories, saturated fat, and sodium.

There are many "lean" or "light" frozen dinners that are lower in calories and saturated fat, but not

necessarily in sodium. At \$2.75 to \$3.25 each, it's an expensive way to get a 300 calorie meal.

Choose frozen entrees with less than 10 grams total fat per serving.

Soups

Buy reduced sodium soups when possible. Choose lower fat versions of cream soups.

Snacks for Kids

The ready prepared boxed lunches for children you can buy at the supermarket are expensive, and high in sodium and high in unhealthy types of fat.

Snack suggestions: 1% milk (can be flavored), low fat string cheese, low fat yogurt, fat free pudding, mini bagels with peanut butter or low fat cream cheese, low fat granola bars, baked multi grain low fat chips, celery, carrots, cherry tomatoes, whole fruit, unsweetened apple sauce, grapes, 100% juice, very low fat popcorn, and nuts (for kids over age 7).

Miscellaneous

Coffee creamers: most are high in partially hydrogenated fat. Use low fat versions or try powered milk.

Cooking Basics

The Three "P's".... How to Plan, Purchase and Prepare To Save Money

Plan

Have you ever gone to the kitchen and wondered, "What meal can I make tonight?" Planning can help. It saves you time and money and helps you serve healthy meals.

Planning meals and snacks is one way to determine what foods you need to have in the house. Think about what foods your family likes to eat in the morning, at lunch, for dinner, and snacks. Make a list of meals like the one in this guide but, make your list a special one just for your family.

When you've done that, check to see if the menu has foods from the five groups in the Food Guide Pyramid. Are there foods from the Bread, Cereal, Rice and Pasta Group at every meal? Are there fruits? Are there vegetables? Are there foods from the Milk, Yogurt, and Cheese Group? Are there foods from the Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group?

Remember to plan for nutritious snacks. Snacks are important, especially for children. Snacks can add foods from the five food groups that may be missing from meals. Sometimes we call snacks "mini meals." Consider what healthy snacks your children like.

Now that you have your menu, you can plan your shopping list. A shopping list helps you stick to your budget. Check to see what foods you already have. Write down everything you need and how much you need of each food. Do you have a list started? It helps to keep a piece of paper and pencil in the kitchen or somewhere handy to write down things you need or will need. Some people keep a list on the refrigerator.

How often do you go to the grocery store? Experts recommend you go once a week and plan to get everything you need for the week. When you stop at small neighborhood stores for extra items, you may spend more money than you planned.

Do you clip coupons? Use coupons only if they save you money on products you ordinarily buy and use. Compare brands. You may get a lower price on one brand without a coupon, than on another brand with a coupon. It pays to compare!

Planning a menu and making a shopping list takes a little extra time. But in the long run, planning saves time and money!

Purchase

Decide where to shop. If possible, plan to shop at a large supermarket. These stores often have lower prices and greater selection than smaller stores.

If possible, shop when you're not hungry and the store isn't crowded. When is a good time for you to shop? Hint—there are usually fewer people in stores on weekday mornings or early on weekends.

Remember, a shopping list can be flexible. Once you get to the store, look at the in-store specials. You might find, for example, that some canned vegetables are a great buy. Could you substitute these vegetables for other vegetables in this week's menu plan?

Look for ways that stores tempt you to spend money. Stores put extra items in places which might persuade you to buy them. For example, small toys for sale in the cereal aisle.

Preparation

It usually costs less money to make your own meals than to buy similar convenience meals. For example, you can make a casserole with hamburger, noodles and sauce for less than combining hamburger with a "helper" mix. Or, consider that a whole chicken roasted at the supermarket can easily cost three to four times the amount of a fresh chicken you cook at home. Deli turkey and roast beef are also more expensive than the same meats cooked at home.

Whenever possible, make it at home yourself. You'll save money and be able to afford some of the extra foods you want for your family. This guide includes recipes for you to prepare at home. Try them out and enjoy! For more recipe ideas, look in the daily paper, at the library, and ask friends to share their favorite recipes.

Remember, experiment with new foods and cooking ideas!

Ready to Eat in 30 to 60 minutes - Meals from Your Cupboard

A well-organized kitchen is your best time saver.

Keep your cupboard, refrigerator and freezer stocked with healthy staples such as these.

In the cupboard:

Spaghetti, macaroni, and other pasta

Soups, tomato sauces, spaghetti sauces

Rice, bulgur, barley, lentils, split peas

Canned fruits, vegetables, beans, tuna

Canned and bottled fruit and vegetable juices

Salsa, seasoning and sauce mixes, and other condiments

Hot and cold cereal

Bread crumbs, crackers

In the refrigerator/freezer:

Fresh and frozen vegetables, carrots, salad greens

Tortillas, pita bread, pizza crusts, bagels, ready-to-bake rolls, whole grain bread, English muffins

Cheese, yogurt, cottage cheese, milk, eggs

Fresh and frozen fruit and fruit juices

Frozen chopped onion and green pepper

Ground meats, sliced meat or poultry, fish

Skinless, boneless chicken and/or turkey breasts

Find recipes you can use with ingredients from your cupboards and refrigerator/freezer.

When you need to make a meal “in a pinch” you’ll have the ingredients available.

For example, a lentil soup is tasty on a cold winter day. All you need are dried lentils, chicken broth, onions, and carrots.

Or, a spaghetti dinner is a quick meal with spaghetti and bottled sauce from your cupboard, and hamburger from your freezer.

Corn Chowder

Serves: 6

Serving size: 1½ cup

Preparation time: 5 minutes

Cook time: 15-20 minutes

Tips: Add one extra tablespoon of flour if you want the chowder a little thicker.

Time Savers: Use small red potatoes cut in quarters or canned potatoes.

Menu ideas: Soups can be a light meal on their own. Adding a slice of bread or a half sandwich (on page 21) and a green salad makes a heartier meal.

- 2 Tbsp. margarine
- ½ cup chopped onion, about one medium
- 2 stalks celery, chopped, about 1 cup
- 1 Tbsp. flour
- 4 cups 1% milk
- ¼ tsp. salt
- ⅛ tsp. pepper
- 1 14.5-oz. can cream-style corn or 1 15-oz. can regular corn
- 2 whole potatoes, peeled and diced into ½ inch cubes

1. Melt margarine in 3 quart saucepan.
2. Add onion and celery and cook over medium-high heat, stirring constantly, until onion is tender.
3. Remove from heat. Stir in flour.
4. Cook over low heat, stirring constantly, until mixture is bubbly.
5. Remove from heat. Stir in milk. Add potatoes. Reduce heat.
6. Heat to boiling, stirring constantly. Stir in salt, pepper and corn. Simmer for 5 minutes.

Nutrition Facts			
Serving Size (326g)			
Servings Per Container			
Amount Per Serving			
Calories 220		Calories from Fat 50	
%			
Daily Value*			
Total Fat	6g		9%
Saturated Fat	1.5g		8%
Cholesterol	10mg		3%
Sodium	480mg		20%
Total Carbohydrate	35g		12%
Dietary Fiber	2g		8%
Sugars	16g		
Protein	9g		
Vitamin A	15%	Vitamin C	15%
Calcium	20%	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	Less Than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	Carbohydrate 4 • Protein 4

Delicious Bean Soup

Serves: 12

Serving size: 1 cup

Preparation time: 10 minutes,
plus overnight soaking

Total time: 1½ hours

Tips: For a different bean soup, add 1 can diced tomatoes or leftover tomato paste from Chili Mac (on page 32) and ¼ cup uncooked pasta.

Menu ideas: Cornbread or blueberry muffins team up well with a steamy bowl of this soup. Alaskan Salmon Burgers (on page 23) and a mixed green salad with mandarin oranges are nice too.

Time saver: If using canned beans, substitute 3 or 4 cans, drained and rinsed. Add rest of ingredients, bring to a boil, and simmer until spinach is cooked, about 10 minutes.

Freezes well.

This fiber-filled soup is ideal for a winter warm-up. It's easy to prepare and will feed a crowd.

1 pound great Northern beans or other white bean
1 10-oz. package frozen spinach, chopped
3 garlic cloves or ½ tsp. garlic powder
¼ tsp. pepper
8 cups water
6 cubes chicken bouillon, low sodium

1. Soak beans in large pot of water overnight. Drain beans and leave in pot.
2. Add the rest of the ingredients to the pot.
3. Cover and bring to a boil.
4. Simmer about 1 to 1½ hours or until beans are tender.

Nutrition Facts

Serving Size (222g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 8g	32%
Sugars 1g	
Protein 9g	
Vitamin A 35%	• Vitamin C 6%
Calcium 10%	• 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

Golden Split Pea Soup

Serves: 8

Serving size: 1 – 1½ cups

Preparation time: 10 minutes

Cook time: 1 hour

Tips: Poultry seasoning is a mixture of many spices - thyme, sage, marjoram, rosemary, black pepper, and nutmeg. You can substitute any combination of these spices in place of poultry seasoning.

Menu ideas: Grilled cheese and tomato sandwich or a sandwich wrap (on page 21) along with this soup, make a stick-to-your-ribs meal for lunch or dinner.

Freezes well.

2 tsp. canola oil
2 cups chopped onion, about 2 large onions
2 cups diced potatoes, with skins on, about 3 medium potatoes
12-oz. yellow split peas, rinsed and checked for stones, about 1½ cups
6 cups low-sodium chicken broth
1 cup water
½ tsp. onion powder (optional)
1 tsp. poultry seasoning, see “Tips” if you don’t have any on hand

1. Place oil in large pot. Heat over medium-high.
2. Add onion and sauté until golden, about 5 minutes.
3. Add the rest of the ingredients. Bring to a boil, and then lower to simmer.
4. Cook uncovered until peas are tender (about 45 minutes). Serve hot.

Nutrition Facts

Serving Size (274g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 5mg	2%
Sodium 80mg	3%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 13g	
Vitamin A 2%	• Vitamin C 15%
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

Lentil Soup

Serves: 12

Serving size: 1 cup

Preparation time: 15 minutes

Cook time: 45 minutes

Tips: Lentils are a high protein, low-cost legume that do not require soaking prior to cooking. Lentils can be found in most supermarkets, often in the international foods section.

The leftover tomato paste can be used in Chili Mac (on page 32) or Summer Vegetable Spaghetti (on page 45). Or, put the leftover paste into a baggie and freeze it for later use.

Time saver: Use red lentils which require 15 minutes to cook instead of brown lentils which need 1/2 hour.

Menu ideas: Serve with crusty bread or roll, a green salad, and fruit parfait for a balanced meal.

Freezes well.

- 1 pound of dried lentils
- 6 cups water
- 2 cups chicken or beef broth, low sodium
- 2 carrots, diced
- 1 10-oz. package frozen spinach
- 1 bay leaf, optional
- 2 Tbsp. tomato paste

1. Wash lentils and check for small stones. Put in pot with water and broth, heat on medium high.
3. Microwave spinach to defrost.
4. Peel and dice carrots. Add to soup.
5. Break up spinach and add to pot along with bay leaf. Dissolve tomato paste into mixture.
6. When soup comes to a boil, lower heat and simmer for about 45 minutes.

Nutrition Facts

Serving Size (235g)		Servings Per Container	
Amount Per Serving			
Calories 150	Calories from Fat 10		
		% Daily Value*	
Total Fat 1g			2%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 210mg			9%
Total Carbohydrate 24g			8%
Dietary Fiber 13g			52%
Sugars 3g			
Protein 12g			
Vitamin A 80%		Vitamin C 10%	
Calcium 4%		Iron 20%	
*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

Quick Chicken and Vegetable Soup

Serves: 7

Serving size: 1½ cup

Preparation time: 10 minutes

Cook time: 15-20 minutes

Tips: A variety of herbs can be substituted for thyme - oregano, marjoram, or savory. Italian seasoning could also be substituted for thyme in this recipe.

You can use canned beef in place of chicken. Dice 2 cups of beef and add to recipe as you would chicken.

Menu ideas: Cornbread with added blueberries or canned peaches, if desired or any type of muffin goes well with this soup.

Freezes well.

Try a cup of this easy homemade soup. Regular canned soups can have more than four times the sodium found in this recipe.

- 1 14.5-oz. can tomatoes, broken up
- 1 14-oz. can low sodium chicken broth
- 1 Tbsp. onion, chopped
- 2 cups cooked chicken, diced
- 1 10-oz. package frozen mixed vegetables
- ¼ tsp. thyme, optional
- ⅛ tsp. pepper
- ⅛ tsp. salt

1. Combine tomatoes and broth. Heat to boiling.
2. Add onion. Simmer for 5 minutes.
3. Add remaining ingredients. Cover and cook over low heat until vegetables are tender, about 10 minutes.

Developed by University of Connecticut
Expanded Food and Nutrition Education Program,
<http://www.camr.uconn.edu/nusci/outrch/EFNEP.html>

Nutrition Facts	
Serving Size (223g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Cholesterol 40mg	13%
Sodium 430mg	18%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 15g	
Vitamin A 60%	• Vitamin C 15%
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	30g 37.5g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Twisty Minestrone Soup

Serves: 16

Serving size: 1 cup

Preparation time: 15 minutes

Cook time: 35 minutes

Tips: Turn the leftovers into a casserole by thickening it. Thicken by reheating it in a 350 degree oven and sprinkle with shredded cheese.

Leftovers: The soup can also be frozen in individual containers or a quick microwavable lunch.

Menu ideas: Serve with garlic bread, spinach or mixed green salad, and fresh, frozen, or canned fruit. Serve the leftovers for lunch with a sandwich.

Freezes well.

Make this tasty soup for a crowd to warm them up on a cold day.

- 1 15-oz. can kidney beans, drained and rinsed
- 6 cups water
- 1/3 pound lean ground beef or ground turkey
- 1/2 cup chopped onion
- 1 28-oz. can crushed tomatoes
- 10-oz. package frozen mixed vegetables
- 1 tsp. oregano leaves, dried
- 1/4 tsp. garlic powder
- 1/4 tsp. pepper
- 2 bay leaves, optional
- 1/2 cup pasta twists or other shape pasta, uncooked

1. Cook meat and onion in pot until browned. Drain off fat. Add kidney beans.
2. Break up large pieces of tomatoes. Add tomatoes and remaining ingredients, except pasta, to ground meat and bean mixture.
3. Return to a boil. Reduce heat and simmer, uncovered, for 20 minutes.
4. Add pasta and continue cooking until pasta is tender, about 10 minutes. Stir several times to prevent sticking.
5. Remove bay leaves and serve.

Nutrition Facts	
Serving Size (316g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 10mg	3%
Sodium 150mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 9g	
Vitamin A 35%	• Vitamin C 20%
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

Bean and Pasta Salad

Serves: 12

Serving size: 1¼ cup

Preparation and cook time:
20 minutes

Tips: Use whichever vegetables are in season and inexpensive.

For more protein, add sliced hard cooked eggs, bite sized pieces of cheddar or Swiss cheese, or left-over cooked chicken or ham.

For variety, substitute Creamy Salad Dressing (on page 54).

Time saver: Use low fat mayonnaise style salad dressing instead of making the dressing here.

Salad

- 1 pound pasta, uncooked
- 1 6-oz. can tuna, water packed, drained
- 2 cups assorted raw vegetables, washed and chopped (green or red pepper, zucchini, broccoli, cabbage, cauliflower, carrots, celery, onion, cucumber)
- ½ cup black or green olives, drained (optional)
- 2 cups cooked or canned beans, drained and rinsed, any type

Dressing

- ½ cup mayonnaise, low fat
- ½ cup low fat sour cream or yogurt
- 2 Tbsp. mustard
- 1 Tbsp. lemon juice or vinegar
- ½ tsp. herbs, dill, oregano, or basil, or a combination of all

1. Cook pasta in boiling water, according to package directions. Do not overcook.
2. Rinse with cold running water and drain very well.
3. While pasta is cooking chop vegetables.
4. In a large bowl, place prepared raw vegetables. Add half of the cooked, drained pasta. Mix gently. Add the rest of the pasta, the beans and olives. Stir gently.
5. In a small bowl mix mayonnaise, sour cream or yogurt, mustard, lemon juice or vinegar, and herbs. Pour over salad, and stir gently to blend well.
6. Serve on a bed of lettuce leaves, with fresh tomatoes or other vegetables in season.

Developed by University of Connecticut
Expanded Food and Nutrition Education Program

Nutrition Facts			
Serving Size (146g)			
Servings Per Container			
Amount Per Serving		Calories from Fat 60	
Calories 260			
		% Daily Value*	
Total Fat 6g			9%
Saturated Fat 1.5g			8%
Cholesterol 15mg			5%
Sodium 310mg			13%
Total Carbohydrate 38g			13%
Dietary Fiber 4g			16%
Sugars 4g			
Protein 13g			
Vitamin A 8%		Vitamin C 25%	
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

Couscous Salad

Serves: 5

Serving size: 1 cup

Preparation and cook time:

15 minutes

Tip: Dry roast the sunflower seeds for added flavor.

To roast the sunflower seeds: Gently heat a pan. Pour in the seeds and cook, stirring to prevent burning. Remove from the pan to cool when they are golden brown.

Prepare ahead to let the flavors blend.

Menu idea: Serve with Quick Chicken and Vegetable Soup (on page 14) and fruit for lunch. It is also great as a side dish with vegetables and an entrée.

A light and filling salad for a hot summer day

- 1 box plain couscous, uncooked
- 1/2 cup grated carrots
- 1/3 cup fresh parsley, minced or 1 1/2 Tbsp. dry parsley
- 1/4 cup sunflower seeds, no shells
- 2-3 cloves garlic, minced or 1/4 tsp. garlic powder
- 1/4 cup lemon juice
- 2 Tbsp. canola oil
- 2 Tbsp. low-sodium soy sauce

1. Prepare the couscous according to package directions.
2. When cool, mix with the carrots, parsley and sunflower seeds.
3. Prepare the dressing by mixing the garlic, lemon juice, olive oil and soy sauce.
4. Pour the dressing over the salad and mix thoroughly. Prepare ahead to let the flavors blend.

Nutrition Facts	
Serving Size (80g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 7g	
Vitamin A 30%	• Vitamin C 15%
Calcium 2%	• 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

Crunchy Vegetable Wrap

Serves: 4

Serving size: 1 tortilla, $\frac{3}{4}$ cup vegetables and lettuce.

Preparation time: 15 minutes

Tips: Experiment with different raw vegetables to find the combination you like best. Wrap leftover vegetables with the dressing and heat in the oven at 350 degrees for 5 minutes for a hot wrap.

Leftovers: Use tortillas to make Fruit Salsa and Cinnamon Chips (on page 59), or for burritos (on page 38).

Menu idea: Serve with fruit salad or a fruit smoothie.

Wrap

- $\frac{1}{2}$ cup carrots, shredded
- $\frac{1}{2}$ cup broccoli, chopped
- $\frac{1}{2}$ cup cauliflower, chopped
- 2 green onions, thinly sliced or 1 small yellow onion
- 4 oz. low fat cheddar cheese, shredded
- 1 cup lettuce, torn into bite sized pieces
- 4 flour tortillas, 8 inch

Dressing

- $\frac{1}{4}$ cup low-fat ranch salad dressing
- $\frac{1}{2}$ tsp. chili powder

1. Wash and chop vegetables.
2. Combine chopped vegetables with cheese, dressing, and chili powder. Mix well.
3. Spoon $\frac{1}{2}$ cup vegetable mixture and $\frac{1}{4}$ cup lettuce into the center of each tortilla.
4. Wrap each tortilla around the vegetable mixture.

Part of Choices: Steps Toward Health developed by University of Massachusetts Nutrition Education Program.

Nutrition Facts			
Serving Size (143g)			
Servings Per Container			
Amount Per Serving			
Calories 270		Calories from Fat 120	
% Daily Value*			
Total Fat	14g		22%
Saturated Fat	6g		30%
Cholesterol	25mg		8%
Sodium	170mg		7%
Total Carbohydrate	24g		8%
Dietary Fiber	3g		12%
Sugars	2g		
Protein	14g		
Vitamin A	50%	•	Vitamin C 30%
Calcium	25%	•	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

Easy Fruit Salad

Serves: 4

Serving size: 1 cup

Preparation time: 10 minutes

Menu ideas: Serve with a sandwich or dinner. Can be eaten as a snack or dessert too.

Tips: Bananas get mushy after a day or two. Add sliced banana when you are ready to eat the fruit salad if you plan to have leftovers.

Time saver: Use canned fruit too.

Fruit salad is great any time of year. Use fresh fruit when it is in season and less expensive. Canned and frozen fruit can be used for fruit salad as well.

Choose your favorite fruit or fruit in season:

Bananas
Oranges
Strawberries
Pineapple
Apples
Grapes, seedless
Peaches

Choose your favorite dressing:

Basic Dressing:

1/2 cup fat free fruit yogurt

Honey Dressing:

1/2 cup fat free vanilla or fruit yogurt

2 Tbsp. honey

Juice Dressing:

1/4 cup fat free vanilla yogurt

1/4 cup orange juice

1/2 tsp. cinnamon

1. Combine 4 cups of assorted fruits.
2. Mix in dressing. Let stand 10-15 minutes and serve.

Nutrition Facts

Serving Size (177g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Sugars 22g	
Protein 2g	
Vitamin A 2%	Vitamin C 50%
Calcium 6%	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

Picnic Potato Salad

Serves: 8

Serving size: 1/2 cup

Preparation and cook time:
20 minutes

Tips: This basic potato salad recipe can be easily modified based on ingredients you have on hand. Use up leftover ingredients from other recipes like celery, mushrooms, green peppers, and black olives. Try red wine vinegar or cider vinegar instead of white vinegar. Or mix in a tablespoon of mustard for a different flavor.

This classic potato salad is a favorite anytime.

- 5 medium potatoes
- 1 egg, hard boiled and chopped
- 1 Tbsp. chopped onion
- 1/2 cup chopped celery
- 1/4 cup low fat mayonnaise
- 2 Tbsp. vinegar
- dash of salt
- 1/4 tsp. pepper

1. Wash, peel and cube potatoes. Place potatoes in sauce pan; add just enough water to cover. Cover and boil for about 10 minutes or until potatoes are tender but not mushy.
2. Put egg in a small pan with water and bring to a boil. Turn off the heat and keep egg in the water for 15 minutes. Run under cold water to cool.
3. While potatoes and egg are cooking, combine mayonnaise, vinegar, salt, pepper, onion, and celery in a 3-quart salad bowl.
4. Add cooled potatoes and egg. Stir just to blend. Serve.

Nutrition Facts			
Serving Size (119g)			
Servings Per Container			
Amount Per Serving			
Calories 100	Calories from Fat 30		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0.5g	3%		
Cholesterol 30mg	10%		
Sodium 90mg	4%		
Total Carbohydrate 17g	6%		
Dietary Fiber 2g	8%		
Sugars 2g			
Protein 3g			
Vitamin A 2%	• Vitamin C 30%		
Calcium 2%	• 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

Spruce Up Your Sandwiches

Menu idea: Here is an example of some ways you could put them together:

Crunchy Vegetable Wrap
(on page 18)

Tips: Sandwiches are a great way to get another serving of vegetables.

Make your own Honey mustard with 2 Tbsp. mustard, 2 Tbsp. mayonnaise and 2 tsp. honey.

Tired of the same old sandwich? Mix and match from each of these categories.

Bread

Whole wheat bread	Rye bread
Whole wheat pita pocket	Herb wrap
Tortilla	English muffin

Fillings

Hummus (on page 55)	Deli meats
Peanut butter	Tuna
Tomato slices	
Chopped left over chicken or roast beef	
Cheese, like sharp Cheddar, Swiss, Monterey Jack	

Crunch

All kinds of lettuce... romaine, green/red leaf, Boston
Spinach
Chopped or thinly sliced celery
Thinly sliced green pepper
Shredded carrots
Cucumber slices

Spread

Non-fat salad dressing
Mayonnaise, low fat
Mustard
Hummus
Honey mustard

Nutrition Facts

Serving Size (184g)			
Servings Per Container			
Amount Per Serving			
Calories 250	Calories from Fat 70		
% Daily Value*			
Total Fat 8g	12%		
Saturated Fat 1.5g	8%		
Cholesterol 30mg	10%		
Sodium 1010mg	42%		
Total Carbohydrate 32g	11%		
Dietary Fiber 4g	16%		
Sugars 13g			
Protein 17g			
Vitamin A 6%	• Vitamin C 20%		
Calcium 4%	• 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			

Sweet Potato Salad

Serves: 8

Serving size: 1/2 cup

Preparation time: 5-10 minutes

Cook time: 15 minutes

Tip: If you don't have a microwave, boil the sweet potatoes for 25-30 minutes, or until tender.

Menu ideas: Serve with pork or chicken and mixed vegetables, or Zucchini Burgers (on page 46).

1 pound sweet potatoes, about 3 medium
1 cup green peas, cooked
1/4 cup diced green pepper
1/4 cup diced red or white onion
1 Tbsp. cider vinegar
1 Tbsp. canola oil
black pepper to taste
1 tsp. oregano

1. Wash, pierce and dry the sweet potatoes. Microwave on high until tender or about 5 minutes per sweet potato.
2. Steam or microwave peas according to package directions.
3. Cool sweet potatoes, then peel them and cut into 1 inch pieces. Transfer to a serving bowl.
4. Dice the vegetables and add to the bowl. Add the rest of the ingredients and mix well. Serve immediately or chill for later use.

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Nutrition Facts			
Serving Size (68g)			
Servings Per Container			
Amount Per Serving			
Calories 70	Calories from Fat 15		
% Daily Value*			
Total Fat 2g			3%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 25mg			1%
Total Carbohydrate 11g			4%
Dietary Fiber 2g			8%
Sugars 4g			
Protein 2g			
Vitamin A 140%		Vitamin C 20%	
Calcium 2%		Iron 4%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	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

Alaskan Salmon Burgers

Serves: 4

Serving size: 1 patty

Preparation time: 5 minutes

Cook time: 5-10 minutes

Menu ideas: Serve each burger on a bun with lettuce, tomato slices, and condiments as desired. Serve with Sweet Potato Salad (on page 22) and crunchy veggie sticks for a complete meal.

Tips: Leftover egg yolks can be frozen and will keep for about 1 month. If you don't have dry bread crumbs, use 3 slices of bread torn into small pieces.

- 1 14.5-oz. can of pink or red salmon
- 2 Tbsp. lemon juice or juice of 1 lemon
- 1½ Tbsp. prepared mustard
- 1 cup dry breadcrumbs or about 3 slices sandwich bread torn into small pieces
- ¼ cup chopped onions
- 3 egg whites or 2 Tbsp. egg substitute

1. Drain and flake the salmon, blending in the skin, along with the tiny soft bones. Rinse under cold water in a colander for 1 minute to remove some of the sodium.
2. Combine lemon juice and mustard.
3. Blend flaked salmon with breadcrumbs, onion, lemon juice, and mustard.
4. Mix in egg whites until well blended.
5. Form the mixture into four patties, and sauté in a lightly oiled pan over medium-high heat until golden brown on both sides.

Nutrition Facts

Serving Size (162g)
Servings Per Container

Amount Per Serving	
Calories 200	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Cholesterol 65mg	22%
Sodium 620mg	26%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 24g	

Vitamin A 0% • Vitamin C 8%
Calcium 20% • 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

Baked Spicy Fish

Serves: 4

Serving size: 4 ounces

Preparation time: 10 minutes
(doesn't count thawing fish if frozen)

Cook time: 25 minutes

Tips: Thaw fish overnight in the refrigerator. Put on a plate to collect any dripping.

1 pound fresh or frozen cod fillets

¼ tsp. paprika

¼ tsp. garlic powder

¼ tsp. onion powder

⅛ tsp. black pepper

⅛ tsp. oregano

⅛ tsp. thyme or basil

1 Tbsp. lemon juice

1½ Tbsp. margarine, melted

1. Thaw fish (if frozen) according to package instructions.
2. Preheat oven to 350 degrees.
3. Place fish fillets in an ungreased baking pan.
4. Combine seasonings in a small bowl and sprinkle over fish. Pour lemon juice and margarine over fish.
5. Bake fish for about 20-25 minutes or until it flakes easily with a fork.

Nutrition Facts	
Serving Size (123g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 50mg	17%
Sodium 110mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 6%	• Vitamin C 6%
Calcium 2%	• 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	30g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Chicken with Vegetables and Pasta

Serves: 8

Serving size: 1½ cup

Preparation time: 5 minutes

Cook time: 15 minutes

Tips: Any leftover chicken, like Sunday Best Roast Chicken (on page 30), or turkey can be used as well as leftover or canned vegetables. Add vegetables at the last minute just to heat.

Menu ideas: This meal can be made complete with the addition of fruit - canned, fresh, or frozen. Try a fruit smoothie for dessert.

This one-pan meal cooks up quickly and cleans up easily.

- 2 tsp. canola oil
- ½ cup chopped onion
- 2 cups cooked cubed chicken breast, without skin
- 2 cups frozen mixed vegetables
- 1 ½ cups uncooked noodles, any type
- 2 cups chicken broth, low-sodium
- ½ tsp. garlic powder
- 1 tsp. dried oregano or basil
- 1 14.5 oz. can whole tomatoes, drained

1. Heat canola oil in large non stick skillet over medium high heat.
2. Sauté the onion for a few minutes then add the rest of the ingredients.
3. Bring to a boil. Lower heat and cover the pan. Simmer until the noodles are tender, about 8 to 10 minutes. Serve hot.

Nutrition Facts

Serving Size (205g)			
Servings Per Container			
Amount Per Serving			
Calories 150	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	5%		
Saturated Fat 1g	5%		
Cholesterol 30mg	10%		
Sodium 170mg	7%		
Total Carbohydrate 15g	5%		
Dietary Fiber 2g	8%		
Sugars 3g			
Protein 14g			
Vitamin A 15%	• Vitamin C 10%		
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

Chicken, Rice and Red Beans

Serves: 8

Serving size: 1/2 cup rice, 1 1/2 cup meat and vegetables

Preparation and cook time:
30 minutes

Menu ideas: Serve with broccoli, peas, or a garden salad.

Tips: Use canned pork or beef instead of chicken breast. Sauté vegetables, add pork and other ingredients to heat through.

Chicken can carry harmful bacteria. Make sure to wash your hands, cutting boards or plates, utensils and the counter with hot soapy water after cutting and handling raw chicken.

Tomatoes and green peppers are at their best and cheapest at the end of the summer.

- 1 pound chicken breast, boneless and skinless, cut into 1/2 inch strips
- 1 Tbsp. canola oil
- 1 medium onion, chopped
- 1/2 tsp. garlic powder
- 2 medium tomatoes, finely diced or 1 14.5-oz. can diced tomatoes
- 1 medium green pepper, chopped, about 1 cup
- 2 medium celery stalks, sliced, about 1 cup
- 3/4 tsp. oregano
- 2 15-oz. cans red beans or pinto beans, drained and well rinsed
- 4 cups cooked brown or white rice

1. Sauté chicken in canola oil until browned on all sides.
2. Add onion, garlic powder, green pepper, and celery stalks. Cook for 2 to 4 minutes.
3. Add tomatoes, oregano, and beans. Cook until heated through, about 5 to 8 minutes.
4. Serve over rice.

Nutrition Facts	
Serving Size (321g)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Cholesterol 35mg	12%
Sodium 50mg	2%
Total Carbohydrate 50g	17%
Dietary Fiber 12g	48%
Sugars 4g	
Protein 24g	
Vitamin A 6%	Vitamin C 35%
Calcium 2%	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	

Chicken Stir Fry

Serves: 4

Serving size: 2 cups

Preparation and cook time:

40 minutes

Time savers: Use a bag of frozen stir fry vegetables, and use cut up leftover chicken from Sunday Best Roast Chicken (on page 30).

Menu ideas: Serve over brown rice and add fruit or Banana Pudding (on page 64) for a complete meal.

Tips: Chicken can carry harmful bacteria. Make sure to wash your hands, cutting boards or plates, utensils and the counter with hot soapy water after cutting and handling raw chicken.

- 2 Tbsp. canola oil
- 1 pound chicken, cut in 1-inch cubes
- 1½ cups sliced carrots
- 1½ cups broccoli
- 1½ cups thinly sliced celery
- 1 medium onion, thinly sliced
- ¾ cup sliced mushrooms (optional)

- 3 Tbsp. cornstarch
- 1 14.5-oz. can low-sodium chicken broth
- ½ cup water
- 1½ Tbsp. low-sodium soy sauce
- ¾ tsp. ground ginger

1. In a skillet, over medium heat, sauté chicken in 1 tablespoon of oil, until well cooked.
2. While the chicken cooks, chop the vegetables. Remove the chicken from the skillet.
3. Put carrots, broccoli, celery, onions and the rest of the oil in the skillet and sauté until tender crisp. Add chicken.
4. In bowl, blend cornstarch, chicken broth, water, soy sauce and ginger until smooth.
5. Gradually stir into vegetable/chicken mix. Cook over medium heat until mixture thickens, stirring often.

Nutrition Facts	
Serving Size (377g) Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 3.5g	18%
Cholesterol 85mg	28%
Sodium 400mg	17%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 26g	
Vitamin A 130%	Vitamin C 50%
Calcium 8%	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	

Crispy Oven Chicken

Serves: 4

Serving size: 6 ounces

Preparation Time: 15 minutes

Cook time: 30 minutes

Menu ideas: Serve chicken with mixed vegetables and Sweet Potatoes (on page 53) or Fried Plantains (on page 48).

Tips: Chicken can carry harmful bacteria. Make sure to wash your hands, cutting boards or plates, utensils and the counter with hot soapy water after cutting and handling raw chicken.

To remove bone from chicken thighs, place chicken on a cutting board or plate. Remove skin. Turn thigh over, and cut around bone to remove it.

A healthy variation on a fried chicken favorite.

1½ pounds boneless chicken thighs,
or 1¾ chicken thighs with bone.

¼ cup nonfat or 1% milk

½ cup flour

1 tsp. paprika

½ tsp. black pepper

1 cup corn type cereal flakes

4 Tbsp. canola oil

¼ tsp. onion powder

1. Preheat oven to 400 degrees.
2. Remove skin and fat from chicken.
3. Place milk in a shallow bowl. Combine flour, paprika and pepper on a plate. Put cereal on another plate and crush.
4. Place chicken into the milk and turn to coat.
5. Dip each chicken piece into flour.
6. Return chicken to milk and turn to coat.
7. Dip each chicken piece into crushed cereal.
8. Put chicken on a foil lined baking sheet, drizzle oil over chicken.
9. Bake at 400 degrees for 15 minutes. Turn chicken over and continue to bake until crust is crisp about 15 minutes more.

Nutrition Facts	
Serving Size (145g)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 3g	15%
Cholesterol 90mg	30%
Sodium 150mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 30g	
Vitamin A 10%	Vitamin C 0%
Calcium 4%	Iron 20%
*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

Hearty Chicken Stew

Serves: 6

Serving size: 2 cups

Preparation and cook time:

1¼ hours

Tips: Stews freeze well.

Double the recipe and freeze the leftovers in meal-sized portions for quick lunches and dinners later.

Chicken can carry harmful bacteria. Make sure to wash your hands, cutting boards or plates, utensils and the counter with hot soapy water after cutting and handling raw chicken.

Freezes well.

This stew is just the thing for cold winter nights.

- 2 Tbsp. canola oil
- 6 chicken thighs or legs, skinless
- 2 medium onions, diced
- 6 small potatoes, peeled and cut into chunks.
- 6 cups chicken broth, low-sodium
- 2 ears corn, each cut into 3 slices (small frozen ears can be used)
- 3 Tbsp. capers
- ¾ cup 1% milk

1. Heat the oil in a large pot. Add the chicken and the onions and sauté until the chicken is golden on both sides. While the chicken is cooking, prepare the potatoes and corn.
2. Add the stock to the pot. Cover and cook until the chicken is done, about 40 minutes.
4. Remove the chicken and add the potatoes. Cook for 15 minutes.
5. While the potatoes are cooking, bone the chicken and return the meat to the pot.
6. Season to taste with salt and pepper, add the potatoes, corn and capers, and simmer for 5 minutes longer.
7. Add the milk and continue cooking just long enough to heat it through.

Nutrition Facts

Serving Size (508g)
Servings Per Container

Amount Per Serving		Calories from Fat 180	
		% Daily Value*	
Calories 440			
Total Fat 20g			31%
Saturated Fat 5g			25%
Cholesterol 85mg			28%
Sodium 370mg			15%
Total Carbohydrate 38g			13%
Dietary Fiber 4g			16%
Sugars 6g			
Protein 29g			
Vitamin A 6%		•	Vitamin C 25%
Calcium 8%		•	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

Sunday Best Roast Chicken

Serves: 8

Serving size: 1/8 of chicken

Preparation time: 5 minutes

Cook time: Approximately 2½ hours

Tips: Chicken can carry harmful bacteria. Make sure to wash your hands, cutting boards or plates, utensils and the counter with hot soapy water after cutting and handling raw chicken

Menu ideas: Sweet potatoes (on page 53), Green Beans with Tomatoes and Herbs (on page 49), or Cabbage in Sauce (on page 47) and an oven baked dessert, such as Baked Apples (on page 63) all go well with this dish.

Leftovers: Leftover roasted chicken can be turned into many different meals: use in Stir Fry (on page 27), sandwiches (on page 21), and Hearty Chicken Stew (on page 29).

Roasting chicken, about 5 pounds

1. Clean chicken thoroughly by rinsing with water in the sink. Rub cavity of chicken lightly with salt if desired.
2. Place chicken breast-side up on rack in a shallow roasting pan.
3. Bake uncovered in 375 degree oven until thickest parts of chicken are done and drumstick meat feels very soft when pressed between fingers, approximately 2 to 2½ hours. If chicken is browning too quickly, cover loosely with aluminum foil.

For a juicy, evenly cooked bird, prepare chicken by folding wings across back with tips touching. Tie or skewer drumsticks to tail.

Nutrition Facts			
Serving Size (113g)			
Servings Per Container			
Amount Per Serving			
Calories 220	Calories from Fat 80		
% Daily Value*			
Total Fat 9g	14%		
Saturated Fat 2.5g	13%		
Cholesterol 95mg	32%		
Sodium 80mg	3%		
Total Carbohydrate 0g	0%		
Dietary Fiber 0g	0%		
Sugars 0g			
Protein 34g			
Vitamin A 2%	• Vitamin C 0%		
Calcium 2%	• 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

Beef Fajitas

Serves: 4

Serving size: 1 tortilla with 1½ cup filling

Preparation time:

15 minutes plus 30 minutes to marinate.

Cook time: 10 minutes

Tips: To warm tortillas, stack tortillas and wrap in a paper towel and heat in the microwave for approximately 30 seconds or heat individually on a dry skillet for a about 30 seconds.

Fajitas are a good way to use up leftover cheese from Quick Lasagna (on page 44) or Skillet Noodles and Beef (on page 34).

Menu ideas: Fresh fruit or frozen yogurt is an easy ending to this quick and tasty meal.

- ½ lb. chuck steak cut ½ inch thick
- 1 lime or 2 Tbsp. lime juice
- ¼ tsp. garlic powder
- ¼ tsp. pepper
- 4 tortillas, warmed
- 1 cup shredded lettuce

- 1 cup chopped tomato
- 1 red or green pepper, diced
- ¼ cup chopped onion
- ¼ cup shredded mozzarella cheese, part skim
- 2 Tbsp. plain low-fat yogurt

1. Pound meat to ¼ inch thickness.
2. Place meat in heavy plastic bag and sprinkle with lime juice, garlic powder, and pepper. Seal bag and marinate for at least 30 minutes or up to 24 hours in the refrigerator.
3. While the meat marinates, prepare the vegetables and grate the cheese.
4. Remove meat from marinade and broil for 3 minutes on each side.
5. Carve across the grain into thin slices.
6. Put warmed tortillas on dinner plates and place lettuce, tomato, pepper, onion, cheese, and yogurt on each tortilla. Top with meat and serve.

Nutrition Facts	
Serving Size (233g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 40mg	13%
Sodium 190mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 22g	
Vitamin A 15%	• Vitamin C 70%
Calcium 10%	• 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

Chili Mac

Serves: 10

Serving size: 1½ cup

Preparation and cook time:

25 minutes

Tips: Since you won't be using the full can of tomato paste, freeze the remainder in a plastic baggie. Seal and label for future use.

A little tomato paste adds color and zip to many homemade stews and soups.

Menu ideas: Goes well with a green salad, such as spinach or a tossed salad, and a piece of fruit or any fruit salad.

Add lettuce, frozen green beans, broccoli, or corn to boost your vegetable servings.

Freezes well.

- 1 pound ground beef or extra lean ground turkey
- 1 small onion, chopped
- 3 tsp. chili powder
- 1/8 tsp. garlic powder
- 1 large green pepper, chopped
- 2 15-oz cans small red beans or black beans, drained and rinsed
- 2 14.5-oz. cans diced tomatoes with juice
- 1/2 cup tomato paste
- 1½ cups dry elbow macaroni
- 1 cup shredded reduced-fat cheddar cheese

1. Spray a 4-6 quart saucepan or large skillet with non-stick vegetable spray; add ground meat, onions, garlic, chili powder, and green pepper. Chop up meat and stir until meat is cooked through and no longer pink (ground turkey should turn white).
2. Meanwhile, cook the macaroni following package directions, but omit salt.
3. Add the drained beans, tomatoes, and tomato paste to the ground meat mix. Bring the sauce to a boil, and reduce heat. Cover and simmer for 4-5 minutes, stirring occasionally. Add water if sauce becomes too thick.
4. Combine cooked macaroni and sauce. Sprinkle with cheese. Cover and cook over low heat until cheese melts.

Nutrition Facts			
Serving Size (261g)			
Servings Per Container			
Amount Per Serving			
Calories 290	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 3.5g			18%
Cholesterol 35mg			12%
Sodium 440mg			18%
Total Carbohydrate 33g			11%
Dietary Fiber 6g			24%
Sugars 6g			
Protein 20g			
Vitamin A 15%		Vitamin C 45%	
Calcium 20%		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

Old Fashion Beef Stew

Serves: 6

Serving size: 1 – 1½ cups

Preparation time: 30 minutes

Cook time: 2 – 2 ½ hours

Tips: Add whatever vegetables you may have on hand - peas, whole green beans, cauliflower, or mushrooms all work well. Also try substituting barley or lentils in place of the potatoes for added fiber. Stews and soups often taste better the next day when flavors have a chance to blend. Make enough for another meal.

If using canned beef or pork, brown onions, add water and vegetables to cook to fork tender. Add canned beef and heat for another 5 minutes.

Menu ideas: A crusty bread or roll and a simple green salad make this a hearty meal.

Freezes well.

1 pound beef chuck, cubed
2-3 cups water
2 large carrots, sliced
3 small onions, chopped

3 medium potatoes, cubed
1 Tbsp. canola oil
¼ cup flour

1. Cut beef into small cubes. Sprinkle with salt and pepper and roll in flour.
2. In a heavy pot, add 1 Tbsp. of oil and beef cubes. Cook beef cubes on medium-high heat, stirring constantly, until they turn brown. Add chopped onion and cook with the browned meat for 2 minutes.
3. Add water. Bring water to boil, cover and reduce heat. Cook meat very slowly until meat is fork-tender, about 1½ - 2 hours.
4. Add vegetables to stew meat. Add more water to just barely cover. Bring to boil, reduce heat and cook until potatoes and carrots are fork-tender (but not falling apart).
5. If gravy isn't as thick as you'd like, mix 1 Tbsp. of flour in ½ cup cold water and stir thoroughly. Add to stew and bring to boil.

Nutrition Facts

Serving Size (298g)		Servings Per Container	
Amount Per Serving			
Calories 340	Calories from Fat 170		
% Daily Value*			
Total Fat 19g	29%		
Saturated Fat 7g	35%		
Cholesterol 70mg	23%		
Sodium 60mg	3%		
Total Carbohydrate 22g	7%		
Dietary Fiber 3g	12%		
Sugars 4g			
Protein 21g			
Vitamin A 60%	• Vitamin C 30%		
Calcium 4%	• 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

Skillet Noodles and Beef

Serves: 8

Serving size: 1½ cups

Preparation and cook time:
30 minutes

Tips: Use other vegetables you have on hand if desired.

Menu ideas: Whole grain bread or rolls and yogurt and fruit parfaits for dessert make a complete meal.

Leftovers: Use leftover cheese from Quick Lasagna (on page 44).

Fast, easy one-pot meal

½ pound ground beef, or turkey
½ cup chopped onion, 1 small
1 15-oz. can tomato sauce
1½ cups water
¼ tsp. garlic powder
¼ tsp. oregano
¼ tsp. basil

3 cups uncooked noodles, ½ inch wide
1 10-oz. package frozen chopped spinach
1 cup fat-free or low-fat cottage cheese
2 oz. mozzarella cheese, shredded,
about ½ cup

1. Brown ground meat in a large skillet. Drain and rinse to remove fat.
2. Add onion, tomato sauce, water, and spices. Cover and bring to a boil.
3. Add noodles. Cover and simmer for 5 minutes.
4. Defrost spinach in the microwave. Squeeze out excess moisture. Drop spoonfuls of spinach onto skillet mixture. Cover and simmer for 5 minutes
5. Stir mixture. Spoon cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 minutes. Add water if mixture gets too dry.

Nutrition Facts			
Serving Size (214g)			
Servings Per Container			
Amount Per Serving			
Calories 180	Calories from Fat 50		
			% Daily Value*
Total Fat 6g			9%
Saturated Fat 2.5g			13%
Cholesterol 40mg			13%
Sodium 510mg			21%
Total Carbohydrate 17g			6%
Dietary Fiber 2g			8%
Sugars 4g			
Protein 14g			
Vitamin A 60%	• Vitamin C 10%		
Calcium 10%	• 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

Stuffed Peppers

Preparation time: 20 minutes

Cook time: 20 minutes

Serves: 5

Serving size: 1 stuffed pepper

Time saver: Instead of stuffing the peppers, cut up peppers and add to the hamburger when it is browning. When rice is done add to hamburger mixture. Top each serving with cheese.

Tips: This is a great recipe to make when bags of green peppers are on special at the grocery store and in the summer when fresh peppers are in season and less expensive.

Leftovers: Make extra rice and whip up some Rice Pudding (on page 67) for breakfast tomorrow.

Menu ideas: Serve with a tossed salad, or a steamed vegetable like broccoli or carrots.

- 5 green peppers
- 1 box Spanish-style flavored rice
- ½ pound ground beef
- 1 cup leftover vegetables (optional)
- 2 Tbsp. salsa
- 2 Tbsp. tomato or spaghetti sauce
- ⅓ cup shredded, reduced fat, cheddar or Monterey jack cheese

1. Cook rice according to package directions.
2. While the rice is cooking, brown the beef. Drain and rinse the beef. Return to the pan and add salsa, tomato sauce and leftover vegetables.
3. Cut off the tops of the peppers, scoop out the insides and seeds.
4. When rice is done, mix with beef mixture.
5. Spoon the rice and beef mixture into the peppers. Top with cheese.
7. Place peppers on a baking sheet and bake for 20 minutes at 350 degrees.

Nutrition Facts

Serving Size (283g)
Servings Per Container

Amount Per Serving

Calories 260 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2.5g **13%**

Cholesterol 30mg **10%**

Sodium 700mg **29%**

Total Carbohydrate 37g **12%**

Dietary Fiber 5g **20%**

Sugars 6g

Protein 14g

Vitamin A 120% • **Vitamin C** 230%

Calcium 8% • **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

Honey Roasted Pork

Serves: 4

Serving size: 3 ounces

Preparation time: 5 minutes

Cook time: 30 minutes

Menu Ideas: Serve with a cooked vegetable and Sweet Potatoes (on page 53).

1 pound of pork tenderloins or pork chops
2 Tbsp. honey
¼ cup orange juice

1. Preheat oven to 425 degrees.
2. Put pork in a baking dish.
3. Drizzle honey over pork.
4. Pour juice over pork.
5. Bake for 15 minutes. Remove from oven and turn over. Spoon juices over pork. Return to oven.
6. Bake for another 15 minutes.

Nutrition Facts

Serving Size (46g)

Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 20**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Cholesterol 15mg **5%**

Sodium 10mg **0%**

Total Carbohydrate 10g **3%**

Dietary Fiber 0g **0%**

Sugars 8g

Protein 6g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • 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

Autumn Pork Stew

Serves: 4

Serving size: 1½ cups

Preparation time: 25 minutes

Cook time: 15 minutes

Time saver: Use frozen sweet potato and frozen green beans.

Menu ideas: Serve with applesauce or pineapple chunks and crusty bread for a tasty meal.

- 1 pound lean pork, cut into 1 inch cubes
- 2 medium sweet potatoes, peeled and cubed, about 2 cups
- 1 cup green beans
- 2 carrots, chopped, about ½ cup
- ¼ tsp. garlic powder
- 1 cup coarsely chopped cabbage
- ½ tsp. paprika
- 1 14.5-oz. can chicken broth, low sodium

1. Spray 4 quart pot with cooking spray and heat over medium-high heat.
2. Add pork, stirring occasionally, until brown.
3. Stir in remaining ingredients. Heat to boiling and reduce heat.
4. Cover and simmer about 15 minutes, stirring once until sweet potatoes are tender.

Nutrition Facts			
Serving Size (359g)			
Servings Per Container			
Amount Per Serving			
Calories 320	Calories from Fat 90		
% Daily Value*			
Total Fat 11g			17%
Saturated Fat 4g			20%
Cholesterol 80mg			27%
Sodium 160mg			7%
Total Carbohydrate 25g			8%
Dietary Fiber 4g			16%
Sugars 8g			
Protein 32g			
Vitamin A 360%		• Vitamin C 70%	
Calcium 6%		• 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

Mix and Match Burritos

Serving size: 1 burrito

Prep time: 10 minutes

Cook time: 1 minute

Tips: Burritos are a quick way to use up leftovers such as Caribbean Black Beans (on page 41), chili (on page 43) or stir fry (on page 27).

Wrappers

Flour tortillas

Corn tortillas

Toppers: 2-4 Tbsp. each

Shredded lettuce

Homemade or canned salsa

Guacamole or avocado slices

Red or green bell pepper, chopped

Chopped onion

Shredded reduced fat cheddar cheese

Non-fat plain yogurt or low fat sour cream

Seasonings

1/2 tsp. cumin

1 tsp. garlic, chopped

1/2 tsp. chili powder

1/2 tsp. dried basil

1. For each burrito, heat a tortilla on a large ungreased pan until hot and soft, but not dry, about 30 seconds.
2. Mix seasoning of choice into beans, refried beans, or chicken. Put 1/2 cup of filling on tortilla, a little below the center.
3. Add your favorite topping.
4. Fold sides of tortilla over filling so they meet in the center. Fold up bottom flap over filling and roll up, enclosing filling completely. Repeat with remaining tortillas and ingredients.
5. Serve immediately or burritos will be soggy.

Filling: 1/2 cup of:

Canned or homemade beans or refried beans, heated

Cooked chicken, cut in bite sized pieces

Cooked or canned beef, cut in bite sized pieces

Nutrition Facts

Serving Size (191g)

Servings Per Container

Amount Per Serving	
Calories 320	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 5g	25%
Cholesterol 75mg	25%
Sodium 210mg	9%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 27g	
Vitamin A 6%	• Vitamin C 15%
Calcium 10%	• 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

Mix 'N Match Pasta

Serves: 4

Serving size: 1½ cups

Preparation time: 5-10 minutes

Cook time: 15-20 minutes

Menu idea: Mix 'N Match Pasta can be eaten as a meal or added to a vegetable salad.

A pasta meal is a great way to use up leftovers, and it goes together quickly. The leftovers re-heat well for even quicker meals.

Pasta - leftover or cooked fresh, 3 cups

Use any shape pasta you like

Try whole wheat pasta for a change of pace

Seasoning - ½ - 1 tsp.

Any combination seasonings like Italian herb mix, southwestern seasonings

Garlic powder

Garlic pepper

Lemon juice

Sauce - 1 cup

Tomato or spaghetti sauce

Spicy Peanut Dip (see recipe on page 57)

Salsa

Oil and vinegar

Italian salad dressing

Vegetables - choose any combination, 1 cup total, canned, frozen, fresh, or leftover

Tomatoes

Peas

Zucchini

Carrots

Peppers

Olives

Broccoli

Mushrooms

Cauliflower

Leftover vegetable stir fry

Green beans

Protein - 1 cup cooked

Chicken Beans
Pork Beef

Topping - 1/4 cup shredded reduced fat cheese, mozzarella, cheddar, Monterey jack

If the meat is already cooked:

1. Cook the pasta according to package directions.
2. Prepare and cook the vegetables (stir fry, steam, and microwave).
3. While those are cooking, prepare the sauce or seasonings.
4. Cut the meat into bite sized pieces and reheat.
5. Mix the ingredients all together and serve.

If the meat isn't cooked:

1. Cook the meat.
2. Fifteen minutes before it's done, start cooking the pasta.
3. Prepare and cook the vegetables (stir fry, steam, and microwave).
4. While those are cooking, prepare the sauce or seasonings.
5. Cut the meat up, or serve whole on the side.
6. Mix the ingredients together and serve.

Nutrition Facts			
Serving Size (244g)			
Servings Per Container			
Amount Per Serving			
Calories 300	Calories from Fat 60		
% Daily Value*			
Total Fat 7g			11%
Saturated Fat 2.5g			13%
Cholesterol 35mg			12%
Sodium 410mg			17%
Total Carbohydrate 40g			13%
Dietary Fiber 4g			16%
Sugars 6g			
Protein 19g			
Vitamin A 25%		Vitamin C 20%	
Calcium 8%		Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	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

Caribbean Black Beans and Rice

Serves: 4

Serving size: 1 cup

Preparation time: 10 minutes

Cook time: 20 minutes

Menu idea: Steam a green vegetable to quickly round out this meal.

Tips: Roll leftovers in a flour tortilla and top with some salsa for a quick burrito.

Try brown rice for a richer taste and more fiber.

Fruit juice adds sweetness and flavor to this simple beans and rice dish.

1½ cups long grain rice

1 medium onion, chopped

1 15-oz. can of black beans, drained and rinsed

¾ cup orange juice or pineapple juice

½ tsp. allspice or thyme

Pepper to taste

1 Tbsp. canola oil

1. Cook the rice according to the directions on the package.
2. While rice is cooking, in a skillet, sauté the onion in oil.
3. Add black beans, orange juice, allspice or thyme, and pepper. Mash some beans for thicker consistency. Simmer over low heat until rice is done, stirring occasionally.
4. Serve black beans over rice.

Nutrition Facts

Serving Size (252g)
Servings Per Container

Amount Per Serving		Calories from Fat 40	
		% Daily Value*	
Calories 380			
Total Fat 4.5g			7%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 330mg			14%
Total Carbohydrate 74g			25%
Dietary Fiber 6g			24%
Sugars 1g			
Protein 11g			
Vitamin A 2%			Vitamin C 35%
Calcium 4%			Iron 25%
*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

English Muffin Pizza

Serves: 10 small pizzas

Serving size: 2 small pizzas

Preparation time: 5 minutes

Cook time: 5 minutes

Menu ideas: Serve with a glass of milk for a meal or serve 1/2 of a muffin for a snack.

Tips: Add other vegetables, cut into small pieces, for variety. Try with different spices or cheeses.

5 whole English muffins

1/2 cup tomato or pizza sauce

1 tsp. oregano

1/4 cup onion, chopped

1/2 cup shredded reduced fat cheddar cheese

1. Preheat oven to 400 degrees.
2. Slice English muffins in half and place on a baking sheet.
3. Mix tomato sauce and oregano, and spoon on each muffin.
4. Sprinkle onion over tomato sauce mixture. Top with shredded cheese.
5. Bake until crust is lightly browned and cheese is melted, about 5 minutes.

Nutrition Facts

Serving Size (101g)
Servings Per Container

Amount Per Serving		% Daily Value*	
Calories	170	Calories from Fat	15
Total Fat	2g		3%
Saturated Fat	0.5g		3%
Cholesterol	0mg		0%
Sodium	400mg		17%
Total Carbohydrate	29g		10%
Dietary Fiber	2g		8%
Sugars	3g		
Protein	8g		
Vitamin A	4%	Vitamin C	4%
Calcium	15%	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

Pinto Bean Chili

Serves: 4

Serving size: 1¼ cups

Preparation and cook time:

20 minutes

Menu ideas: Serve this chili with rice, pasta, or a baked potato.

Leftovers: Roll leftovers in a flour tortilla for a burrito (on page 38).

Freezes well.

- 1 Tbsp. canola oil
- 1 cup chopped onion, about 1 large onion
- 1 Tbsp. minced garlic or ½ tsp. garlic powder
- 1 green pepper, chopped
- 1 cup diced tomatoes, fresh or canned
- 1 cup low sodium tomato sauce
- 1 15-oz. can pinto beans, drained and rinsed
- 1 tsp. chili powder
- ½ tsp. cumin
- 1 tsp. oregano

1. Put canola oil in a large non-stick skillet and heat over medium-high heat. While the oil heats, chop the onion.
2. Sauté the onion and garlic until golden, about 1 minute. Add the green pepper and sauté 1 or 2 minutes.
3. Add the beans, tomatoes, chili powder, cumin, and oregano, and bring to a boil. Simmer until onions and green peppers are tender, about 8 minutes.

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Nutrition Facts	
Serving Size (287g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 8g	32%
Sugars 4g	
Protein 9g	
Vitamin A 25%	Vitamin C 80%
Calcium 10%	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	30g 37.5g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Quick Lasagna

Serves: 8

Serving size: 1/8 piece

Preparation time: 15 minutes

Total time: 45 minutes, plus 15 minutes to rest

Time Saver: Use uncooked lasagna noodles. Break noodles as necessary to fit dish. Noodles will cook as lasagna bakes.

Menu ideas: Serve with a green salad and finish this meal with Raisin Oatmeal Cookies (on page 65) and milk.

Freezes well.

- 1 26-oz. jar spaghetti sauce
- 12-oz. lasagna noodles
- 1 15-oz. carton low-fat ricotta or creamed cottage cheese
- 1/4 cup grated Parmesan cheese
- 1 Tbsp. parsley flakes
- 1/4 tsp. oregano
- 2 cups part-skim shredded mozzarella cheese

1. Cook noodles as directed on package, drain.
2. Mix ricotta cheese, parsley, and oregano.
3. Spread 1 cup of the sauce in ungreased rectangular baking dish, 13 x 9 x 2 inches. Top with 4 noodles. Spread 1 cup of the cheese mixture over noodles, spread with 1 cup of the sauce mixture. Sprinkle with 2/3 cup of the mozzarella cheese.
4. Repeat with 4 noodles, the remaining cheese mixture, 1 cup of the sauce mixture, and 2/3 cup of the mozzarella cheese. Top with remaining noodles and sauce mixture. Sprinkle with remaining mozzarella and Parmesan cheese.
5. Bake uncovered in 350 degree oven until hot and bubbly, about 45 minutes. Let stand 15 minutes before cutting.

Nutrition Facts	
Serving Size (213g)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Cholesterol 20mg	7%
Sodium 900mg	38%
Total Carbohydrate 43g	14%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 20g	
Vitamin A 20%	• Vitamin C 25%
Calcium 30%	• 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	

Summer Vegetable Spaghetti

Serves: 4

Serving size: $\frac{3}{4}$ -1 cup vegetable mixture; 1 cup cooked spaghetti

Preparation time: 25 minutes

Cook time: 30 minutes

Menu ideas: Serve with a glass of milk and some fruit for a complete meal. Use leftover vegetable mixture in a sandwich. See Spruce up Your Sandwich (on page 21) for ideas.

Tips: Choose fresh vegetables in season to reduce cost. Canned vegetables can be used, just heat through instead of cooking gently. Frozen vegetables could be used as well and would be cooked like fresh vegetables.

Use leftover tomato paste to make Lentil Soup (on page 13) or Chili Mac (on page 32). If you won't use it within a couple of days put it into a plastic bag and freeze it for later use.

- 1 medium yellow onion, cut in eights
- 1 cup fresh ripe tomatoes, peeled and chopped, about $\frac{1}{2}$ pound, or 1 cup canned whole tomatoes
- 1 cup yellow summer squash and green zucchini squash, about $\frac{1}{2}$ pound
- $\frac{3}{4}$ cup cut green beans, fresh frozen or canned, about $\frac{1}{4}$ pound
- $\frac{1}{3}$ cup water
- 1 Tbsp. minced fresh parsley or 1 tsp. parsley flakes
- 1 clove garlic, minced or $\frac{1}{8}$ tsp. garlic powder
- $\frac{1}{4}$ tsp. chili powder or Italian seasoning (optional)
- black pepper to taste
- $\frac{1}{2}$ 6-oz. can of tomato paste
- $\frac{1}{2}$ pound uncooked spaghetti or other pasta
- $\frac{1}{4}$ cup grated Parmesan cheese or sharp cheddar cheese

1. Cook spaghetti in unsalted water according to package directions.
2. Combine vegetables, water and seasonings in large saucepan; cook for 10 minutes.
3. Stir in tomato paste. Cover and cook gently, stirring occasionally for 15 minutes or until vegetables are tender.
4. Spoon vegetable mixture over drained hot spaghetti and sprinkle Parmesan cheese over top.

Nutrition Facts

Serving Size (286g)		
Servings Per Container		
Amount Per Serving		
Calories 310	Calories from Fat 35	
% Daily Value*		
Total Fat 4g	6%	
Saturated Fat 1.5g	8%	
Cholesterol 10mg	3%	
Sodium 135mg	6%	
Total Carbohydrate 56g	19%	
Dietary Fiber 5g	20%	
Sugars 8g		
Protein 14g		
Vitamin A 20%	Vitamin C 80%	
Calcium 15%	Iron 20%	
*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

Zucchini Burgers

Serves: 6

Serving size: 1 patty

Preparation time: 15 minutes

Cook time: 10 minutes

Tips: Freeze any leftover patties. Thaw in the refrigerator and heat.

Zucchini is in season and cheaper in the summer.

Save money and use bread you have on hand instead of store-bought bread crumbs. It's a good way to use up heels or stale bread.

Time saver: Instead of shaping patties with your hands, drop $\frac{1}{2}$ cup of the zucchini mixture into the pan. Tap it flat with the bottom of the measuring cup. Use the spatula to shape each patty into a circle while they cook.

Menu ideas: Serve patty on roll with lettuce and tomato, and with Oven Fries (on page 50) or Sweet Potato Salad (on page 22).

- 2 $\frac{1}{2}$ cups grated zucchini
- 2 eggs, beaten or $\frac{1}{2}$ cup egg substitute
- $\frac{3}{4}$ cup bread crumbs or 2 slices sandwich bread torn into small pieces
- $\frac{3}{4}$ cup grated cheddar or Swiss cheese, reduced fat
- $\frac{1}{3}$ cup chopped mushrooms, or 6-oz. can, drained
- 2 Tbsp. chopped onion
- $\frac{1}{4}$ tsp. thyme or rosemary
- 1 tsp. oregano or basil
- 1 Tbsp. canola oil

1. In a small dish, beat eggs.
2. Grate zucchini and cheese into a large bowl.
3. Add eggs and remaining ingredients to the large bowl. Mix well. Shape into patties.
4. In a large pan, heat oil over medium-high heat. Fry patties until brown on one side. Flip over and brown the other side.

From the Keene State College Dietetic Internship Program, reprinted with permission

Nutrition Facts	
Serving Size (99g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 75mg	25%
Sodium 110mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 7g	
Vitamin A 4%	Vitamin C 15%
Calcium 15%	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	30g 37g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cabbage in Sauce

Serves: 8

Serving size: $\frac{3}{4}$ - 1 cup

Preparation and cook time:

45 minutes

Tips: Leftovers can be eaten the next day with a sandwich for a quick and balanced lunch or dinner.

Menu ideas: Serve as a side dish with meatloaf or Sunday Best Roast Chicken (on page 30).

Time saver: Use canned potatoes.

- 4 medium potatoes, peeled
 - 1 small white or green cabbage, about 1 lb.
 - 3 Tbsp. canola oil
 - 1 medium onion, finely chopped
 - 1 hot pepper, seeded & chopped or a few drops of hot sauce
 - salt and pepper
 - 1 Tbsp. tomato sauce
 - 2 tsp. dried cilantro or parsley (optional)
 - 3 medium tomatoes, peeled & chopped
1. Boil potatoes in saucepan until fork-tender. Drain and cut in half.
 2. Wash the cabbage and finely shred. Drop into a large saucepan of boiling salted water. Bring back to a boil and simmer for 5 minutes. Drain thoroughly and set aside.
 3. In a skillet, heat oil and sauté onion until soft. Add the tomatoes and hot pepper and cook until the mixture is well blended, about 5 minutes. Season with salt and pepper to taste.
 4. Stir in the tomato sauce and the spices.
 5. Fold in the cabbage, add the potatoes and heat through.

Nutrition Facts	
Serving Size (203g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 50
<hr/>	
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 3g	
<hr/>	
Vitamin A 8%	Vitamin C 110%
Calcium 4%	Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Fried Plantains

Serves: 4

Serving size: 1/2 cup

Preparation time: 5 minutes

Cook time: 5-10 minutes

Tips: When choosing plantains, select plantains yellow in color, without green tips. The plantain should be firm but soft to the touch. Green plantains will ripen at home over time, provided they are not refrigerated. Avoid any black plantains that are still hard.

To peel plantains, use a sharp knife and slice off top and bottom. Make 3 or 4 lengthwise slits in skin without cutting the flesh. Peel back and remove skin.

Menu ideas: Fried or baked go well with any rice or meat dish.

2 ripe but firm plantains
2 Tbsp. canola oil

Stove Top Directions:

1. Heat oil in a skillet over medium heat.
2. While the oil is heating peel and slice the plantains. See “Tips” for peeling instructions. Slice plantains into 1/4 inch rounds.
3. Add plantains to the pan and cook, turning occasionally, for 4 minutes or until tender and golden brown.
4. Transfer to paper towel-lined plate to drain. Sprinkle with a little salt; serve at once.

Oven Directions

1. Preheat oven to 350 degrees.
2. Peel and slice the plantains. See “Tips” for peeling instructions. Slice plantains into 1/4 inch rounds.
3. Place in a baking dish. Drizzle with 1/4 cup orange juice and two tablespoons of honey.
4. Bake until brown, about 5-10 minutes.

Nutrition Facts	
Serving Size 1/2 cup (97g)	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	
Vitamin A 20%	Vitamin C 25%
Calcium 0%	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	

Green Beans with Tomatoes and Herbs

Serves: 4

Serving size: 1/2 cup

Preparation and cook time:

20 minutes

Tips: If using canned green beans add them and just heat through.

Menu ideas: Makes a great side dish for the Sunday Best Roast Chicken (on page 30), Alaskan Salmon Burgers (on page 23) and macaroni and cheese.

Fresh green beans are in season from July to August.

Jazz up plain green beans with ingredients you probably have on hand.

- 1 tsp. canola oil
- 2 garlic cloves, finely minced or 1/4 tsp. garlic powder
- 1 small onion, minced
- 1 large ripe tomato, diced or 1/2 14.5-oz. can diced tomatoes
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 3/4 pound green beans, fresh, canned, or frozen

1. In nonstick skillet, heat oil over medium heat.
2. Add garlic and onion, and sauté for 5 minutes.
3. Add tomato, basil and oregano. Cook 2 minutes.
4. Rinse and add green beans. Cover and cook 6 minutes.

Adaptation from a recipe from the American Institute for Cancer Research

Nutrition Facts	
Serving Size (150g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 2g	
Vitamin A 20%	Vitamin C 45%
Calcium 4%	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	

Oven Fries

Serves: 4

Serving size: 1/2 cup

Preparation time: 10 minutes

Cook time: 25-30 minutes

Menu ideas: Healthier than French fries, Oven Fries make a great snack or side to hamburgers, Zucchini Burgers (on page 46), or Alaskan Salmon Burgers (on page 23).

Tips: Try with other seasonings, like paprika or oregano for a different flavor.

- 1 large sweet potato sliced into strips
- 1 large white potato, sliced into strips
- 2 Tbsp. canola oil
- 1/2 tsp. chili powder or pepper
- 1/2 tsp. paprika
- 1/2 tsp. salt

1. Preheat oven to 450 degrees.
2. Combine oil, chili powder or pepper, and paprika in a bowl and mix well.
3. Add potatoes and mix until they are coated with the oil and spices.
4. Arrange potatoes in a single layer on baking sheet. Bake for 25-30 minutes. Turn fries over halfway through, and continue baking.
5. Remove from oven, place on paper towel, and sprinkle with small amount of salt.

Nutrition Facts	
Serving Size (146g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 3g	
Vitamin A 170%	• Vitamin C 45%
Calcium 4%	• Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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	

Pineapple Baked Beans

Serves: 6

Serving size: 1/2 cup

Preparation time: 10 minutes

Cook time: 2 hours (oven),
45-60 minutes (microwave)

Tips: Serve with a Sweet Potato (on page 53) or brown bread, and a cooked vegetable.

1 tsp. canola oil

1/3 cup sliced green onions and tops, or yellow onion

1 1/2 cloves garlic, minced or 1/4 tsp. garlic powder

2 15.5-oz. cans navy or great Northern beans, use other types if preferred

1 8-oz. can crushed pineapple, save juice

1/8 to 1/4 tsp. minced jalapeno pepper (optional)

1/4 cup packed light brown sugar

1/2 cup pineapple or apple juice

1 Tbsp. mustard

1/8 tsp. pepper

Oven Directions

1. Heat oil in a small skillet or saucepan. Add onions and garlic and sauté until tender, 4 to 5 minutes.
2. Mix all ingredients in 1 1/2 quart casserole.
3. Bake, covered, at 350 degrees for 1 1/2 hours. Then bake, uncovered, for 30 minutes.

Microwave Directions

1. Heat oil in a small skillet or saucepan. Add onions and garlic and sauté until tender, 4 to 5 minutes.
2. Mix all ingredients in 1 1/2 quart casserole.
3. Microwave on medium high for 45-60 minutes. If your microwave doesn't have a turn table, stir every 15 minutes.

From the American Dry Bean Board: <http://www.americanbean.org/>

Nutrition Facts

Serving Size (217g)		
Servings Per Container		
Amount Per Serving		
Calories 240	Calories from Fat 15	
% Daily Value*		
Total Fat 1.5g	2%	
Saturated Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 670mg	28%	
Total Carbohydrate 46g	15%	
Dietary Fiber 8g	32%	
Sugars 17g		
Protein 11g		
Vitamin A 0%	Vitamin C 10%	
Calcium 8%	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

Stir Fried Vegetables

Serves: 4

Serving size: 1 cup

Preparation time: 15 minutes

Cook time: 15 minutes

Tips: To save time use a bag of frozen stir fry vegetables. Fresh broccoli is at its best and least expensive during the summer

Menu ideas: Serve over rice or other grain, such as bulgur, couscous, pasta, or Asian noodles. To add protein, top with grated Parmesan cheese, seasoned tofu, or toasted nuts.

- 2 Tbsp. canola oil
- 1/4 tsp. garlic powder
- 2 cups broccoli, frozen or fresh
- 4 carrots, peeled and cut in thin diagonal slices
- 2 stalks celery, cut in thin diagonal slices
- 1 14.5-oz. can low sodium chicken broth
- 2 Tbsp. cornstarch
- 2 Tbsp. cold water

1. Heat oil in skillet on medium high heat.
2. Add broccoli, carrots, and celery. Cook 2 minutes.
3. Add chicken broth and garlic powder. Cook until vegetables are tender-crisp.
4. Mix cornstarch with cold water. Add to skillet and stir until sauce thickens lightly. Serve immediately.

Nutrition Facts			
Serving Size (262g)			
Servings Per Container			
Amount Per Serving			
Calories 130	Calories from Fat 60		
% Daily Value*			
Total Fat 7g			11%
Saturated Fat 0.5g			3%
Cholesterol 0mg			0%
Sodium 310mg			13%
Total Carbohydrate 15g			5%
Dietary Fiber 4g			16%
Sugars 5g			
Protein 4g			
Vitamin A 290%		Vitamin C 70%	
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

Sweet Potatoes

Serves: 6

Serving size: 1 potato

Preparation time: 5 minutes

Cook time: 45 minutes

Tips: When shopping look for smooth, even colored skins; potatoes that are firm and nicely shaped.

Menu ideas: Serve sweet potatoes with anything you would serve white potatoes. They go especially well with Honey Roasted Pork (on page 36) and chicken.

2 pounds of sweet potatoes, about 6 medium

Stove Top Directions:

1. Wash sweet potatoes but do not peel. Put them in a large saucepan. Add water to cover.
2. Cover and bring to a boil, then reduce heat. Simmer until tender, 30 to 35 minutes.
3. Drain potatoes. Peel off skins. Leave potatoes whole, slice or mash them.

Microwave Directions:

1. Wash, pierce and dry the sweet potatoes. Microwave on high until tender or about 5 minutes per sweet potato.

Nutrition Facts	
Serving Size (151g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 13g	
Protein 3g	
Vitamin A 580%	Vitamin C 50%
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	

Creamy Salad Dressing

Preparation time: 10 minutes

Serving size: 2 Tbsp.

- 1 cup nonfat dry milk powder
- 1/4 cup sugar
- 4 tsp. onion powder
- 4 tsp. dried basil
- 2 tsp. dried mustard
- 1 tsp. garlic powder
- 1/2 cup water
- 3/4 cup low-fat mayonnaise

1. Combine all dry ingredients in a bowl and mix well.
2. Mix in water, then add mayonnaise.
3. Mix well before serving. Refrigerate.

Nutrition Facts

Serving Size (22g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 95mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 2g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	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	

Simple Hummus

Serves: 6

Serving size: 1/4 cup

Preparation time: 10 minutes

Menu ideas: Snack on Simple Hummus as a dip for raw vegetables or crackers. It also makes a tasty sandwich filling. See Spruce up Your Sandwiches (on page 21) for ideas.

Tips: Chickpeas are also called garbanzo beans.

Variations:

Add one of these ingredients for variety:

- 2 Tbsp. peanut butter
- 2 additional Tbsp. lemon juice
- 2 Tbsp. lime juice
- 1 additional clove of garlic or 1/8 tsp. garlic powder
- 1 tsp. of dill or cilantro
- 1/2 tsp. pepper or chili powder

- 2 Tbsp. lemon juice
- 1 15-oz. can chickpeas, drained and rinsed
- 1 clove minced garlic or 1/8 tsp. garlic powder
- 1 Tbsp. canola oil

1. Put all ingredients into a blender or food processor, starting with the lemon juice. Blend until smooth

Nutrition Facts			
Serving Size (78g)			
Servings Per Container			
Amount Per Serving			
Calories 80	Calories from Fat 30		
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 190mg			8%
Total Carbohydrate 9g			3%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 3g			
Vitamin A 0%		• Vitamin C 4%	
Calcium 2%		• 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

Courtesy of *Living and Eating Well with Type 2 Diabetes*

Spicy Apricot Sauce

Serves: 4

Serving size: 1/4 cup

Preparation time: 5 minutes

Cook time: 25 minutes

Tips: Substitute canned peaches or canned plums for apricots, if desired.

Menu ideas: Spicy Apricot Sauce is delicious over pork and chicken.

1 15.25-oz. can apricot halves in juice, drained, keep juice

1/4 tsp. ground cinnamon or 1/4 tsp. ground cloves

2 Tbsp. sugar

1 tsp. margarine

1. Combine juice from apricots with spices, sugar and margarine in a saucepan. Bring to a boil, reduce heat and simmer uncovered for 20 minutes.
2. While the apricot juice is cooking, mash apricots or puree in a blender and add to saucepan. Cook until heated through.
3. If desired, thicken mixture with a little cornstarch or flour. Mix 1 Tbsp. cornstarch or flour with 1 Tbsp. of cold water. When the mixture is smooth, add it to the sauce.

Adaptation from a recipe from the American Institute for Cancer Research

Nutrition Facts	
Serving Size (116g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 0g	
Vitamin A 25%	Vitamin C 8%
Calcium 0%	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

Spicy Peanut Dip

Preparation time: 5 minutes

Serves: 5

Serving size: 1/4 cup

Menu ideas: This is a great dip for raw veggies. Serve it over chicken and cooked broccoli for a peanutty chicken meal.

Keeps for 2 weeks covered and refrigerated.

- 1 cup peanut butter
- 1/3 cup finely chopped onion
- 1/3 cup diced tomatoes, fresh or canned
- 1/4 cup lemon juice
- 1 Tbsp. soy sauce
- 1/4 tsp. pepper
- 1/2 tsp. ground cumin

1. Mix all of the ingredients together in a bowl and serve.

Nutrition Facts	
Serving Size (76g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 150
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 9g	
Vitamin A 0%	• Vitamin C 15%
Calcium 2%	• 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	

Crunchy Cereal Snack Mix

Serves: 9

Serving size: 1/2 cup

Preparation time: 5 minutes

Tips: Add raisins or dried cranberries for a different flavor. Look for cereals that have lower sugar content and more iron and other vitamins and minerals.

Grab a glass of milk and a bowl of this mix for a satisfying snack.

3 cups cereal, any kind

- feel free to mix 1 cup each of 3 different cereals

1 cup pretzels

1/2 cup peanuts

Mix all ingredients.

Nutrition Facts	
Serving Size (23g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• 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	

Fruit Salsa and Cinnamon Chips

Serves: 10

Serving size: 1/4 cup salsa,
8 cinnamon chips

Preparation time: 10 minutes

Cook time: 25 minutes (includes
cooling of cinnamon chips)

Tips: To make cinnamon sugar
mix 1/4 – 1/2 tsp. cinnamon
with 1/4 cup sugar.

When you don't have these fruits
on-hand, use any combination
of fruits you like.

2 kiwis or peaches, peeled and diced
2 golden delicious apples, peeled, cored, and diced
8 oz. raspberries, fresh or frozen
1 pound strawberries, sliced, fresh or frozen
2 Tbsp. sugar
3 Tbsp. fruit preserves, any flavor
10 10-inch flour tortillas
butter flavored cooking spray
1/4 cup cinnamon sugar, see "Tips" for instructions

1. Wash fruit. In a large bowl, mix kiwis, apples, raspberries, strawberries, sugar, and fruit preserves. Cover and chill.
2. Preheat oven to 350 degrees.
3. Coat one side of each tortilla with butter-flavored cooking spray. Cut each tortilla into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
4. Bake in preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool about 15 minutes.
5. Serve with chilled fruit mixture.

Nutrition Facts			
Serving Size (207g)			
Servings Per Container			
Amount Per Serving			
Calories 320		Calories from Fat 50	
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 1g			5%
Cholesterol 0mg			0%
Sodium 400mg			17%
Total Carbohydrate 56g			19%
Dietary Fiber 10g			40%
Sugars 18g			
Protein 7g			
Vitamin A 0%		• Vitamin C 90%	
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

Fruit Smoothies

Serves: 4

Serving size: 1¹/₄ cup

Preparation time: 5 minutes

Serving ideas: Use a fruit smoothie for a snack or part of a meal

Tips: Bananas and berries go well together in a smoothie. Use fruit in any form, frozen, fresh or canned.

Fruit smoothies are a great treat but good for you too.

Almost any fruit can be used.

Put some of your fruit in the freezer before using to make your smoothie cold:

2 cups skim or 1% milk
1 cup juice, unsweetened
4 cups of assorted fruit

1. In a blender, combine the milk, fruit, and juice. Blend until smooth.

Nutrition Facts

Serving Size 1 1/4 cup (322g)
Servings Per Container 4

Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 6g	
Vitamin A 8%	• Vitamin C 130%
Calcium 15%	• 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

Juice Pops

Servings: 12

Serving size: 2 juice pops

Preparation time: 5 minutes

Caution: Young children can choke on toothpicks. Use straws cut in pieces instead.

An inexpensive treat for hot summer days.

1½ cups of 100% unsweetened fruit juice

1. Fill ice cube trays with juice.
2. Cover with plastic wrap; poke a toothpick through the plastic wrap in the center of each ice cube section.
3. Freeze.
4. After the pops are frozen, remove plastic wrap. Twist trays and remove pops with toothpicks.

Nutrition Facts

Serving Size (31g)

Servings Per Container

Amount Per Serving

Calories 15 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars --g

Protein 0g

Vitamin A 0% • Vitamin C 20%

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:

		2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Apple Crisp

Serves: 6

Serving size: 1/2 cup

Preparation time: 10 minutes

Cook time: 30 minutes

Tips: Plan to make apple crisp on a night when the oven is already on.

Apple crisp is a great way to use up a bag of apples.

Apples are at their peak quality and best prices in late summer and the fall.

Curl up on the sofa with this cozy apple crisp and a cup of hot tea.

- 4 cups sliced tart apples
- 2/3 cup packed brown sugar
- 1/2 cup all-purpose flour
- 1/2 cup oats
- 1/3 cup margarine or butter, softened
- 3/4 tsp. cinnamon
- 3/4 tsp. nutmeg

1. Heat oven to 375 degrees.
2. Arrange apples in greased square pan, 8x8x2 inches.
3. Mix remaining ingredients; sprinkle over apples.
4. Bake until topping is golden brown and apples are tender, about 30 minutes. Serve warm.

Nutrition Facts	
Serving Size (128g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Cholesterol 10mg	3%
Sodium 125mg	5%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 31g	
Protein 2g	
Vitamin A 10%	Vitamin C 6%
Calcium 4%	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	30g 37.5g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Baked Apples

Serves: 4

Serving size: 1 apple

Preparation time: 5-10 minutes

Cook time: 45-60 minutes

Menu ideas: Serve as dessert for Sunday Best Chicken.

Tips: Baked apples help use up a bag of apples.

Apples are at their peak quality and best prices in late summer and the fall.

4 medium apples

4 Tbsp. raisins

1 cup water

1/2 tsp. cinnamon

1. Preheat oven to 350 degrees.
2. Remove core from apples, leaving 1/2 inch of the core at the bottom of the apple. Peel top one-third of apple.
3. Arrange apples in baking pan. Put 1 Tbsp. of raisins in the center of each apple. Sprinkle with cinnamon. Pour water into pan.
4. Bake 45 to 60 minutes or until tender. Spoon liquid from pan over apples one or two times during cooking.

Nutrition Facts

Serving Size (207g)
Servings Per Container

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 110			
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 5mg			0%
Total Carbohydrate 27g			9%
Dietary Fiber 4g			16%
Sugars 22g			
Protein 1g			
Vitamin A 2%		• Vitamin C 10%	
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

Banana Pudding

Serves: 4

Serving size: 1/2 cup

Preparation time: 5 minutes

Cook time: None, chill 1 hour

Tip: Use other fruit, canned or fresh if you don't have bananas.

Serve for a tasty snack, or a quick dessert.

2 Tbsp. 1% milk

4 tsp. sugar

1 tsp. vanilla

1 medium banana, cut into quarters

1 cup plain low-fat yogurt

8 1/4-inch banana slices, reserve for topping

1. Mix milk, sugar, vanilla, and banana quarters in blender until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill for 1 hour.
3. Spoon into 4 dishes; put 2 banana slices on each dish just before serving.

Nutrition Facts			
Serving Size (107g)			
Servings Per Container			
Amount Per Serving			
Calories 100	Calories from Fat 5		
	% Daily Value*		
Total Fat 1g			2%
Saturated Fat 0g			0%
Cholesterol 5mg			2%
Sodium 50mg			2%
Total Carbohydrate 18g			6%
Dietary Fiber 1g			4%
Sugars 14g			
Protein 4g			
Vitamin A 2%		Vitamin C 6%	
Calcium 10%		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

Raisin Oatmeal Cookies

Serves: makes about 30 cookies

Serving size: 2 cookies

Preparation and cook time:

20 minutes

Tips: Use other diced dried fruit in this recipe.

Menu ideas: Snack on these cookies with milk or yogurt.

- 1 cup margarine
- 2 cups packed brown sugar
- 2 eggs
- 2 tsp. baking soda
- 1 tsp. salt
- 2 cups flour
- 2 cups quick cooking rolled oats
- 1 cup raisins

1. Preheat oven to 375 degrees.
2. Mix margarine, sugar, eggs together.
3. Mix in baking soda, salt, and flour.
4. Mix in rolled oats and raisins.
5. Drop dough by spoonfuls on baking pan. Leave room for cookies to spread. Bake for 10 to 12 minutes.

Nutrition Facts			
Serving Size (45g)			
Servings Per Container			
Amount Per Serving			
Calories 180		Calories from Fat 60	
		% Daily Value*	
Total Fat 7g			11%
Saturated Fat 1.5g			8%
Cholesterol 15mg			5%
Sodium 240mg			10%
Total Carbohydrate 28g			9%
Dietary Fiber 1g			4%
Sugars 18g			
Protein 2g			
Vitamin A 6%		Vitamin C 0%	
Calcium 2%		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

Sweet and Soft Cookies

Serves: makes about 30 cookies

Serving size: 2 cookies

Preparation time: 15 minutes

Cook time: 10 minutes

Tips: Increase the raisins if you don't have or like dates.

- 1/2 cup raisins
- 1 medium banana, sliced
- 1 egg
- 1 cup oatmeal
- 1 tsp. baking soda
- 1/2 cup chopped dates
- 1/3 cup peanut butter
- 1/4 cup water
- 1 tsp. vanilla
- 1/2 cup flour

1. Preheat oven to 350 degrees.
2. In a mixing bowl, combine raisins, dates, banana, peanut butter, water, egg and vanilla. Beat until blended.
3. Add oatmeal, flour and baking soda. Mix to blend completely.
4. Drop by teaspoon onto a slightly greased cooking sheet, flatten slightly.
5. Bake at 350 degrees about 10 minutes until browned on bottom.
6. Cool on racks and store in airtight container.

Nutrition Facts	
Serving Size (21g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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

Easy Rice Pudding

Serves: 6

Serving size: 1/2 cup

Preparation and cook time:

10 minutes

Tips: Use leftover rice from Stuffed Peppers (on page 35) to make rice pudding for breakfast or lunch.

1 package instant vanilla pudding mix

2 cups non-fat milk

1 cup cooked rice

1/2 cup raisins

1 tsp. vanilla

1/4 tsp. cinnamon

1. Make vanilla pudding according to package directions using non-fat milk.
2. Add rice, raisins, vanilla and cinnamon and mix well.
3. Chill in the refrigerator before serving.

Nutrition Facts

Serving Size (140g)
Servings Per Container

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
Calories 170			
Total Fat 0g			0%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 290mg			12%
Total Carbohydrate 38g			13%
Dietary Fiber 1g			4%
Sugars 29g			
Protein 4g			
Vitamin A 4%		•	Vitamin C 0%
Calcium 10%		•	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	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

French Toast

Serves: 4

Serving size: 2 slices

Preparation time: 5 minutes

Cook time: 10 minutes

Serving suggestion:

Try applesauce or other fruit as a topping.

Tips: Mix $\frac{2}{3}$ dry egg mix with $\frac{2}{3}$ cup water to replace fresh eggs. Use up leftover egg milk mixture with more slices of bread. Cook and refrigerate. Reheat in toaster oven or toaster. Use within 2-3 days.

3 large eggs or $\frac{3}{4}$ cup egg substitute

1 cup milk, nonfat or 1%

8 slices raisin bread

dash of cinnamon

1 tsp. margarine

1. Beat eggs and milk together in pie pan or bowl.
2. Melt margarine in skillet.
3. Dip bread quickly in egg mixture to coat.
4. Brown one side in skillet. Sprinkle top side with cinnamon. Turn, brown second side. Serve immediately.

Nutrition Facts			
Serving Size (153g)			
Servings Per Container			
Amount Per Serving			
Calories 230	Calories from Fat 60		
% Daily Value*			
Total Fat 7g			11%
Saturated Fat 2g			10%
Cholesterol 160mg			53%
Sodium 300mg			13%
Total Carbohydrate 31g			10%
Dietary Fiber 2g			8%
Sugars 6g			
Protein 11g			
Vitamin A 6%			Vitamin C 0%
Calcium 10%			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

Honey-Oatmeal Muffins

Serves: 12

Serving size: 1 muffin

Preparation time: 10 minutes

Cook time: 18 minutes

Tips: Freeze leftover muffins to eat later.

With a piece of fruit, these muffins make a good breakfast-on-the-run.

1½ cups quick oats

1 cup all purpose flour

⅓ cup firmly packed brown sugar

1 Tbsp. baking powder

¾ tsp. salt

⅔ cup skim or 1% milk

⅓ cup applesauce

1 egg, beaten

¼ cup honey

½ cup raisins

½ cup chopped nuts (optional)

vegetable cooking spray

1. Preheat oven to 400 degrees.
2. Combine all dry ingredients in large mixing bowl: oats, flour, brown sugar, baking powder, and salt. Mix well.
3. Add milk, applesauce, egg, and honey to dry ingredients; mix until moistened.
4. Add raisins and nuts, mix well.
5. Spray vegetable cooking spray into 12 medium size muffin cups. Fill each cup ⅔ full with muffin batter.
6. Bake in oven for 15 to 18 minutes or until golden brown.

Part of Choices: Steps Toward Health developed by University of Massachusetts Nutrition Education Program.

Nutrition Facts		
Serving Size (100g)		
Servings Per Container		
Amount Per Serving		
Calories 200	Calories from Fat 45	
	% Daily Value*	
Total Fat 5g		8%
Saturated Fat 0.5g		3%
Cholesterol 20mg		7%
Sodium 260mg		11%
Total Carbohydrate 35g		12%
Dietary Fiber 3g		12%
Sugars 18g		
Protein 5g		
Vitamin A 2%	• Vitamin C 0%	
Calcium 10%	• 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 300mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate	Less Than	300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9	• Carbohydrate 4 • Protein 4

Make Ahead Banana Muffins

Serves: 6

Serving size: 1 muffin

Preparation time: 5 minutes

Cook time: 15 minutes

Tips: Freeze leftover muffins to eat later.

Menu ideas: Serve with 100% juice and yogurt.

1/2 cup mashed banana, about 1 medium banana

1/2 cup 1% milk

1 egg

2 cups biscuit mix

1/4 cup sugar

1/2 tsp. cinnamon

cooking spray

1. Preheat oven to 400 degrees.
2. Blend banana, milk and egg with a fork in a mixing bowl. Stir in remaining ingredients, just until moistened.
3. Use cooking spray on 6 medium size muffin cups.
4. Fill muffin tin cups $\frac{2}{3}$ full. Bake for 15 minutes, or until evenly browned.

Nutrition Facts

Serving Size (53g)

Servings Per Container

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
Calories 50			
Total Fat 1.5g			2%
Saturated Fat 0g			0%
Cholesterol 20mg			7%
Sodium 55mg			2%
Total Carbohydrate 9g			3%
Dietary Fiber 0g			0%
Sugars 6g			
Protein 1g			
Vitamin A 0%		Vitamin C 2%	
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	Less Than	300g	375g
Dietary Fiber	Less Than	25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

Grandma's Breakfast Pancakes

Serves: 4

Serving size: 4 pancakes

Preparation time: 10 minutes

Cook time: 15 minutes

Menu ideas: Top pancakes with your favorite fruit or applesauce. Serve with milk or juice.

Tips: Refrigerate or freeze leftover pancakes for a quick breakfast or snack during the week. Reheat in toaster or toaster oven. Use refrigerated pancakes within 2-3 days.

- 1 1/2 cups flour
- 1 Tbsp. sugar
- 2 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1 tsp. vanilla
- 3 Tbsp. applesauce
- 1 egg
- 1 cup milk
- 1 Tbsp. oil (optional)

1. Heat a frying pan over medium heat. If it doesn't have a non-stick coating, add 1 Tbsp. oil.
2. In a large mixing bowl, combine the flour, sugar, baking powder and salt and stir well.
3. Add the milk, vanilla, applesauce and egg. Stir until fully mixed together.
4. For each pancake, pour 1/8 cup of batter into the frying pan. Cook until pancakes are bubbly and slightly dry around edges. Flip them over and cook until golden brown.

Nutrition Facts	
Serving Size (156g)	
Servings Per Container	
Amount Per Serving	
Calories 240	Calories from Fat 5
<hr/>	
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1010mg	42%
Total Carbohydrate 45g	15%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 13g	
<hr/>	
Vitamin A 2%	• Vitamin C 0%
Calcium 6%	• 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	

Cooking Basics: Measuring

Equivalents

3 teaspoons	=	1 tablespoon
4 tablespoons	=	$\frac{1}{4}$ cup
5 $\frac{1}{3}$ tablespoons	=	$\frac{1}{3}$ cup
8 tablespoons	=	$\frac{1}{2}$ cup
10 $\frac{2}{3}$ tablespoons	=	$\frac{2}{3}$ cup
12 tablespoons	=	$\frac{3}{4}$ cup
16 tablespoons	=	1 cup
16 ounces	=	1 pound
2 tablespoons	=	1 fluid ounce
1 cup	=	8 fluid ounces
1 cup	=	$\frac{1}{2}$ pint
2 cups	=	1 pint
4 cups	=	1 quart
4 quarts	=	1 gallon

Abbreviations

Tbsp.	=	tablespoon
tsp.	=	teaspoon
oz.	=	ounce
lb.	=	pound
pt.	=	pint
qt.	=	quart
gal.	=	gallon

Adapted from: *Eating Right is Basic*
(Third Edition), 1995,
Michigan State University.

One of the skills needed to prepare food is measuring. Let's review some important points about measuring.

Measuring Liquid Ingredients

Use a liquid measuring cup to measure water, oil, fluid milk, juices, and syrup.

Measure liquid in marked, clear containers if they are available. Set measuring cup on a flat surface. Check at eye level to make sure the correct amount is measured.

Measuring Dry Ingredients

Measure dry ingredients in containers that allow you to level off the ingredients across the top edge. Use a dry measuring cup to measure ingredients like flour, sugar, cornmeal, dry milk, and solid shortening.

Sift or fluff dry ingredients, like flour, with a fork before measuring.

Spoon dry ingredients into a dry measuring cup. Level off ingredients with the flat edge of a knife.

Do not measure any ingredients over the mixing bowl.

Cooking Basics: Cooking Terms

Term	Definition	Term	Definition
Boil	To heat a liquid until bubbles break on the surface or to cook in boiling water.	Drain	To put food and liquid into a strainer or colander, or to pour liquid out of a pot by keeping the lid slightly away from the edge of the pan and pouring away from you.
Broil	To use direct heat to cook.	Flute	To pinch the edges of dough such as on a pie crust.
Coat	To cover entire surface with a mixture such as flour or bread crumbs.	Fold	To combine by using two motions, one which cuts vertically through the mixture, and the other which turns over by sliding the spatula across the bottom of the mixing bowl. Be gentle.
Core	Using a sharp knife, remove the core/seeds of a fruit.	Fork-tender	Describes the “doneness” of a food when a fork can easily go into the food.
Cream	To stir one or more foods thoroughly until they are soft and well mixed.	Knead	To mix by “pushing” and by folding.
Cut in	To mix fat into dry ingredients using a pastry blender, fork, or two knives, with as little blending as possible until fat is in small pieces.		
Dice	To cut into small, square shaped pieces.		

Term	Definition	Term	Definition
Marinate	To allow food to soak in liquid to increase flavor and tenderness.	Shred	To chop or grate into small pieces.
Mince	To cut or chop food into small pieces.	Simmer	To cook at a temperature that is just below the boiling point. Bubbles form slowly, but do not reach the surface.
Mix	To combine ingredients using a fork or spoon.	Steam	To cook over boiling water.
Oil	To apply a thin layer of canola oil on a dish or pan. Vegetable spray may be used instead.	Stir fry	A method of cooking, in which vegetables are fried quickly to a crisp-tender state while stirring constantly.
Roast	Cook meat in shallow pan, uncovered, in oven without adding liquid.	Stock	Water, in which vegetable(s) or meat has been cooked; Stock should be stored in the refrigerator.
Sauté	To cook in a small amount of fat or water.		
Scald	To heat milk until bubbles appear (bubbles should not be “breaking” on the surface).		

Adapted from: Eating Right is Basic (Third Edition), 1995, Michigan State University.

Cooking Basics: Cooking with Herbs, Spices and Seasonings

Cooking with herbs, spices and seasonings can add flavor and variety to your food. Use a little at first, add more when you're sure you like the flavor. To substitute dry herbs for fresh, use $\frac{1}{3}$ tsp. powder or $\frac{1}{2}$ tsp. crushed for 1 Tbsp. fresh chopped herbs. Some herbs and spices are expensive. You might want to buy only a few of the less expensive herbs and spices you will use.

Herbs and spices lose flavor, and can spoil if kept in the cupboard longer than a year. If you use herbs and spices slowly, buy small containers, or store them in the freezer.

Herbs, Spices and Seasonings

Uses

Allspice	Fruit desserts, pumpkin pie, apple cider, cakes, cookies, chicken, beef and fish dishes. It is a mixture of cinnamon, nutmeg and cloves.
Basil	Tomato and egg dishes, stews, soups and salads.
Bay Leaves	Tomato dishes, fish and meat dishes.

Herbs, Spices and Seasonings

Uses

Black Pepper	Meats, casseroles, vegetables, pot roasts, poultry, rolls and biscuits.
Celery Seed	Juices, soups, salads, vegetables, pot roasts, poultry, rolls and biscuits.
Chili Powder	Chili, bean and rice dishes.
Chives	Potato dishes, soups, dips and sauces.
Cilantro	Latin American, Indian and dishes, salsa, stir fry, legume or salads, or hot cooked rice, grilled chicken or fish, or a dish of ripe tomatoes, use fresh if possible.
Chinese rice	Also known as coriander leaves.
Cinnamon	French toast, and fruit salads, sweet potatoes, pumpkin and squash, puddings and apple desserts, ham or pork chops.

Herbs, Spices and Seasonings**Uses**

Cloves	Whole cloves on ham or pork roasts, ground cloves to season pear or apple dessert, beets, beans, tomatoes, squash and sweet potatoes.
Coriander Seed	Middle Eastern dishes, spice cakes and cookies, soups, roast pork and salad dressings.
Cumin	Mexican, Middle Eastern and Indian dishes, beef and lamb, dry bean dishes, marinades, chili and tomato sauces, ingredient in curry powder.
Dillweed	Tuna or salmon salad, potato salad, pickles, dips and sauces.
Garlic	Mexican, Italian and Asian dishes, salad dressings, can be used fresh, dried, minced or powder.

Herbs, Spices and Seasonings**Uses**

Ginger (fresh)	Oriental dishes, marinades for chicken or fish, fruit salad dressings.
Ginger (ground)	Gingerbread, spice cake, pumpkin pie, poultry or meat, soups, stews, stuffing, squash, sweet potatoes.
Italian Seasoning	Italian dishes such as spaghetti, a mixture of marjoram, oregano, basil and rosemary.
Marjoram	Egg and cheese dishes, meats, fish, poultry and vegetables.
Mint	Fruit salads and fruit soups, melon, berries, and cold fruit beverages, cooked carrots or peas, chilled yogurt soup, lamb, tabbouleh.
Mustard	Sauces for meat and fish, marinades, salad dressings, chutneys, pickles and relishes.

Cooking Basics: Cooking with Herbs, Spices and Seasonings

Herbs, Spices and Seasonings

Uses

Nutmeg	Cooked fruits, pies, and desserts, baked items, spinach, sweet potatoes, eggnog and French toast.
Onion	Any dish where onion flavor is desired; can be used fresh or dried (minced or powder).
Oregano	Italian dishes, chili, omelets, beef stew, meat loaf, pork, and vegetables such as broccoli or tomatoes.
Paprika	Stew; chicken, fish, potatoes, rice and hard-cooked eggs.
Parsley	Meat, soup or vegetable dishes; adds color.

Herbs, Spices and Seasonings

Uses

Rosemary	Egg dishes, meats, fish, soups and stews, and vegetables.
Thyme	Fish, poultry, or meats, in soups; stews, vegetable salads

Seasoning Your Food with Less Salt

Try using herbs and spices to season your food. You may find that you can cut down the amount of salt you use.

Some seasonings contain salt and/or sodium. Use these sparingly:

garlic salt	seasoned salt
onion salt	celery salt
soy sauce	monosodium glutamate (MSG)

Many seasoning mixtures contain a lot of salt and/or sodium - read the label!

Cooking Basics: Food Yields

Apples	1 pound = 3 medium = 3 cups slices	Ground meat (beef, pork, turkey)	1 pound = 2 cups ground
Bananas	1 pound = 3-4 medium = 1½ cups mashed = 2 cups sliced	Lemons	1 lemon = 2-4 Tbsp. juice
Beans(dry)	1 pound = 2-2½ cups (dry) = cups cooked	Macaroni, spaghetti	1 pound = 5 cups (dry) = 8-10 cups cooked
Bread crumbs	4 slices bread = 2 cups fresh crumbs = 1⅓ cups dry crumbs	Milk, evaporated	6 ounce can = 1½ cups reconstituted
Butter, margarine or shortening	1 pound = 2 cups	Oatmeal	½ cup (dry) = 1 cup cooked
Cabbage	1 pound = 6 cups shredded = 2-3 cups cooked	Onions	1 pound = 3 large
Carrots	1 pound = 3 cups sliced = 2½ cups shredded	Oranges	1 orange = 6 Tbsp. juice
Cheese	4 ounces = 1⅓ cups shredded	Potatoes	1 pound = 3 medium = 3½ cups sliced = 2 cups mashed
Coffee	1 pound = 40-50 cups brewed	Raisins	1 pound = 2¾- 3 cups
Cornmeal	1 pound = 3 cups (dry) = 12 cups cooked	Rice, regular white or brown	1 pound = 2½ cups (dry) = 7½ cups cooked
Eggs (medium)	1 dozen = 2 cups	Saltines	22 crackers = 1 cup crumbs
Egg whites (large)	8 eggs= 1 cup	Sugar, white- granulated	1 pound = 2 cups
Flour, all purpose	1 pound = 4 cups sifted	Sugar, brown	1 pound = 2 ¼ cups (firmly packed)
Flour, whole wheat	1 pound = 3⅓ - 3¾ cups	Yeast (active dry)	1 packet = 1 Tbsp.
Graham crackers	12 squares = 1 cup crumbs		

Adapted from: *Eating Right is Basic (Third Edition)*, 1995, Michigan State University.

Cooking Basics: Kitchen Equipment

Sometimes a recipe calls for a piece of equipment you may not have. Don't worry, there's always another item in your kitchen you can substitute. Below is a list of some items you can substitute for equipment that may be called for in a recipe:

Kitchen Equipment	Substitute Items	Kitchen Equipment	Substitute Items
Measuring cup	Marked jar or baby bottle	Round cake pan	Square or oblong pan
Strainer	Pan with a lid or cover	Biscuit/cookie cutters	Lids, rim of jars, rim of cans, glasses
Cookie sheet	Cake pans, pizza pan	Ladle for serving soup	Cup with handle
Rolling pin	Smooth bottle or glass, plastic tube	Pancake turner	Two knives, fork
Potato masher	Forks	Cooling rack	Oven rack
Measuring spoons	Regular teaspoon, tablespoon	Rotary beater	Fork
Vegetable peeler	Sharp knife	Wire whisk	Two forks or jar with tight lid
Mixing bowls	Kettle, pan, or storage containers	Pot holder	Folded towel
Cutting board	Sturdy plate	Pastry blender	Two knives
Pie pan	Cake pan	Grater	Sharp knife

Adapted from: Eating Right is Basic (Third Edition), 1995, Michigan State University.

Cooking Basics: Ingredient Substitutions *(continued from inside front cover)*

Ingredient	Amount	Substitutions
Herbs, fresh	1 Tbsp.	1 tsp. dried herbs
Honey	1 cup	1½ cups sugar plus ¼ cup liquid (use liquid called for in recipe)
Lemon	1 medium	2 to 3 Tbsp. juice and 1 to 2 tsp. rind
Lemon juice	1 tsp.	½ tsp. vinegar (for use as acid source in cooking only)
Milk, buttermilk	1 cup	1 cup yogurt or 1 cup sour milk (make sour milk by putting 1 Tbsp. of vinegar or lemon juice in a measuring cup and add milk to 1 cup mark)
Milk, whole	1 cup	½ cup evaporated milk plus ½ cup water
Milk, skim	1 cup	5 Tbsp. non-fat dry milk and 1 cup water
Onion, fresh	1 small	Tbsp. dry minced onion, re-hydrated
Prepared mustard	1 Tbsp.	1 tsp. dried mustard
Parsley, dried	1 tsp.	3 tsp. chopped fresh parsley
Shortening, melted	1 cup	1 cup canola oil
Sour cream	1 cup	1 cup yogurt
Sugar, white	1 cup	1 cup corn syrup minus ¼ cup liquid in recipe, or 1 cup brown sugar (firmly packed), or 1 cup honey (reduce liquid in recipe by ¼ cup), or 1¾ cup confectioners (powered) sugar (packed)
Tomato juice	1 cup	½ cup tomato sauce plus ½ cup water
Tomato sauce	1 (15 oz. can)	1 (6 oz. can) tomato paste and 1 cup water
Tomatoes	1 (16 oz. can)	3 fresh medium tomatoes, cut up
Yogurt	1 cup	1 cup buttermilk or sour milk (make sour milk by putting 1 Tbsp. of vinegar or lemon juice in a measuring cup and add milk to 1 cup mark)

Adapted from: Eating Right is Basic (Third Edition), 1995, Michigan State University.

UNH Cooperative Extension Offices

To find out more, call UNH Cooperative Extension, Nutrition Connections Program, at 1-800-366-3546.
UNH Cooperative Extension, 315 Daniel Webster Highway Boscawen, NH 03824,
603-225-5505

Belknap County
36 County Drive
Laconia, NH 03246
527-5475

Coös County
629A Main St.
Lancaster, NH 03584
788-4961

Merrimack County
315 Daniel Webster Hwy.
Boscawen, NH 03303
225-5505

Carroll County
PO Box 860
Center Ossipee, NH 03814
539-3331

Grafton County
Whole Village Center
258 Highland St.
Plymouth, NH 03264
536-3720 ext.107

Strafford County
259 County Farm Rd., Unit 5
Dover, NH 03820
749-4445

Cheshire County
800 Park Ave.
Keene, NH 03431
352-4550

Hillsborough County
329 Mast Rd., Suite 101
Goffstown, NH 03045
641-6060

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Newport, NH 03773
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