A-gi-yo-si
(I’m Hungry)

This cookbook was inspired by our patients who have come to us asking A-gi-yo-si (I’m Hungry), what can I eat. We hope you enjoy using this cookbook in good health! Remember your local dietitians are always there for you.

Cookbook authors include current and past Cherokee Nation Registered Dietitians.

The majority of the recipes were analyzed by the NutriBase V nutritional analysis program. Analysis program was provided by the Cherokee Nation W.I.C program.

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Many different nutrients are needed for good health. These include carbohydrate, protein, fat, vitamins, minerals, and water. Most foods contain more than one nutrient.

**CARBOHYDRATE**

Three types of carbohydrate are sugar, starch, and fiber.

*Sugar* gives food flavor. There are many different types of sugar. Natural sugars found in milk, yogurt & fruit provide calories and vitamins and minerals. Added sugars contain calories, but few vitamins and minerals. They include brown sugar, cane sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high fructose corn syrup, honey, invert sugar, lactose, malt syrup, maltose, maple syrup, molasses, sucrose, and sugar syrup.

*Starch* is a major source of energy. Foods that contain starch also contain many vitamins and minerals. Good sources of starch are grains (wheat, oats, corn, rice, etc.) and products made from grains such as flour, pasta, breads, and cereals. Vegetables, such as potatoes, sweet potatoes, dry beans, and dry peas, are also good sources of starch.

*Dietary Fiber* is found in plant foods. Fiber helps your digestive tract function. Eating foods with fiber can help satisfy your appetite. Lentils, sunflower seeds, dry roasted peanuts, bran cereal, shredded wheat, black beans, great northern beans, kidney beans, and pinto beans are good sources of fiber. Other foods that are good sources of fiber include apples, bananas, pears, prunes, raspberries, strawberries, oranges, raisins, corn, and potatoes.

**PROTEIN**

*Protein* is needed for the continued growth and maintenance of your body. Protein also forms the hormones and enzymes used to regulate body functions. Beef, pork, poultry, fish, eggs, milk, yogurt, and cheese are animal proteins. Vegetable proteins include cooked dry beans, dry peas, lentils, peanut butter, and nuts.

**FAT**

Everyone needs fat in his or her diet. Certain essential fats are needed for brain development, vision, and the formation of some hormones. Fats also carry fat-soluble vitamins (A, D, E, and K) throughout your body. Health experts recommend that 30% or less of a diet’s total calories come from fat. For many adults, that’s about 65 grams per day. There are four types of fat—saturated, monounsaturated, polyunsaturated, and trans fat.

*Saturated fats* are usually animal fats. Most saturated fats are solid at room temperature. Partially hydrogenated vegetable oils, such as shortening and margarine, contain saturated fat and trans fatty acids which act like saturated fats. Health experts recommend that less than 7% of a diet’s calories come from saturated fat. For many adults, that’s about 15 grams or less per day.
Trans fatty acids are fats created when vegetable oil is hydrogenated (turn liquid oil into a more solid-shortening or margarine). Shortening, stick margarines and some tub margarines, many cakes, frostings, doughnuts, pies, fried foods made with shortening, and other high fat convenience foods contain larger amounts of trans fat. The healthiest recommendation for trans fat is 0 grams per day (meaning the less trans fat you eat, the better for your health).

Unsaturated fats are liquid at room temperature. Two types of unsaturated fats are monounsaturated and polyunsaturated. Olive, canola, and peanut oils contain large amounts of monounsaturated fat. Sunflower, safflower, corn, soybean, and cottonseed oils contain large amounts of polyunsaturated fat. Using monounsaturated fat and polyunsaturated fat in place of saturated fat can help keep blood cholesterol levels down.

Cholesterol is a fat-like substance. Your body uses it to produce hormones. It also helps give cells their structure. Cholesterol comes from two sources. It is produced by your liver. It is also found in foods that come from animals, such as meats, egg yolks, and dairy products. Foods from plants, such as fruits, vegetables, grains, nuts, and seeds, do not contain cholesterol.

To reduce the total amount of saturated fat, trans fat, and cholesterol you eat, follow these tips:

- Choose skim (nonfat) or 1% (lowfat) milk. Choose nonfat and lowfat yogurt and cheeses.
- Read food labels and choose other foods that are low in fat and saturated fat.
- Eat lean meat, fish, and skinless poultry.
- Eat main dishes that use pasta, rice, beans, and/or vegetables as the main ingredient. Or, create “low meat” dishes by mixing these foods with small amounts of lean meat, poultry, or fish.
- Use cooking methods that require little or no fat, such as boiling, baking, roasting, stewing, poaching, steaming, sautéing, stir-frying, or microwaving.
- Trim off fat before cooking meat and poultry. Drain off the fat after browning meat.
- Chill soups and stews after cooking, and then skim the hardened fat from the top.
- Limit egg yolks to 3 to 4 per week.
- Limit your use of organ meats, such as liver, brains, chitterlings, kidney, heart, gizzard, sweetbreads, and pork maws.
- Use liquid canola or olive oil instead of lard or shortening.
- Chill canned commodity meat and remove solid fat “cap” before preparing a recipe. This is called “defatting”.
- Limit fast foods and convenience food items.
- Look for tub margarines labeled “Trans Fat-Free” or “No Trans-Fat”.

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VITAMINS AND MINERALS
Your body needs vitamins and minerals in very small amounts every day. Many functions in the body depend on vitamins and minerals. The vitamins and minerals listed here are shown on many food labels in the grocery store.

Vitamin A helps form and maintain healthy skin, hair, and mucous membranes. Vitamin A helps people see in dim light. Some good sources of vitamin A are cantaloupe, mangos, broccoli, carrots, greens, pumpkin, spinach, winter squash, sweet potatoes, and tomatoes. Liver, whole eggs, and milk also contain vitamin A.

Vitamin C helps form collagen, which gives structure to bones, muscles, and skin. Vitamin C also helps the body absorb iron. It is an antioxidant that helps fight cancer. Many fruits and vegetables are good sources of vitamin C, including cantaloupe, citrus fruits and juices (grapefruit, orange, etc.), kiwi, pineapple, raspberries, watermelon, asparagus, broccoli, cabbage, cauliflower, kale, peppers, sweet potatoes, and tomatoes.

Calcium helps build and maintain strong bones and teeth. It also helps your muscles contract and your blood clot. Milk, yogurt, cheese, spinach, collard greens, and sesame seeds are good sources of calcium. Calcium-fortified foods like orange juice, bread, rice, and breakfast cereals are also available.

Vitamin D helps your body absorb calcium. Vitamin D is found in fortified dairy products, fortified cereals, eggs, and margarine.

Iron helps carry oxygen throughout the body. Good sources of iron include red meat, dry peas, navy beans, great northern beans, kidney beans, black-eyed peas, lima beans, spinach, Swiss chard, enriched breads, and fortified or enriched cereals.

WATER
Water, often called the “forgotten nutrient,” is needed to replace body water lost in urine and sweat. It helps transport nutrients, remove wastes, and regulate body temperature. Water is an important part of a healthy diet. It is calorie-free, inexpensive, readily available, and absorbed faster than other beverages.

To prevent dehydration, drink eight to twelve 8-ounce glasses of water or other fluids a day. Signs of moderate dehydration are thirst, dry lips, dry mouth, and/or concentrated (dark colored) urine. Besides water, other hydrating beverages include juice, milk, herbal tea, and carbonated soda without caffeine. Dehydrating beverages include coffee, tea, carbonated sodas with caffeine, beer, wine, and other alcoholic beverages.

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FOOD LABELS AND CLAIMS
Most packaged foods have a Nutrition Facts label on them. Nutrition Facts labels can help you decide if a food fits into your meal plan.

Serving Size- Is your serving the same as the one on the label? If you eat double the serving size listed, you are eating twice the nutrients and calories. If you eat one-half the serving size, you are eating one-half the nutrients and calories.

Calories- Look here to see how a serving of the food adds to the total number of calories you need each day. (1200 to 1800 daily for weight loss)

Total Fat- Most people need to cut back on fat. Too much fat may contribute to heart disease and cancer. Try to limit your calories from fat. Choose foods with a big difference between the total number of calories and the number of calories from fat. (40 to 60 grams daily for weight loss)

Saturated Fat- Saturated fat is part of the total fat in food. It is listed separately because it may raise blood cholesterol and your risk of heart disease. (<20 grams daily)

Cholesterol- Too much cholesterol may lead to heart disease. Challenge yourself to eat less than 300 mg each day.

Sodium- You call it “salt”, the label calls it “sodium.” Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low: 2400-3000 mg or less each day.

Total Carbohydrate- Carbohydrates give you energy. Foods like bread, potatoes, fruits, and vegetables, milk, and yogurt contain carbohydrates. (30 – 45 grams at meals and 15 – 20 grams at snacks)

Dietary Fiber- Fiber may help reduce the risk of heart disease and cancer. Fruits, vegetables, whole-grain foods, and beans are all good sources of fiber. (20 – 30 grams daily)

Protein- Most people get more protein than they need. Eat small servings of lean meat, fish, and poultry. Use skim or lowfat milk, yogurt, and cheese. Try vegetable proteins like beans, grains, and cereals.

Vitamins and Minerals- Your goal is 100% of each for the day. Don’t count on one food to do it all. Eat a variety of foods.

Daily Values- For fat, saturated fat, cholesterol, and sodium, choose foods with a low % Daily Value. For total carbohydrate, dietary fiber, vitamins, and minerals, your goal is to choose foods that add up to 100% of each.

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## Nutrition Facts

**Serving Size**: 1 cup (228g)
**Serving Per Container**: 2

### Amount Per Serving

<table>
<thead>
<tr>
<th>Component</th>
<th>Value</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>250</td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>12g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>1.5g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>30mg</td>
<td>10%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>470mg</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td></td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>Iron</td>
<td></td>
<td>4%</td>
</tr>
</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Your Daily Values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Component</th>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>
Many food labels use words such as “free”, “light”, and “reduced.” These words can help you spot foods that offer nutritional benefits.

The chart below lists some nutrient claims and their definitions.

<table>
<thead>
<tr>
<th>Claim</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat Free or Nonfat</td>
<td>Less than 0.5g of fat per serving</td>
</tr>
<tr>
<td>Lowfat</td>
<td>3g or less of fat per 100 calorie serving</td>
</tr>
<tr>
<td>Reduced Fat or Lower Fat</td>
<td>At least 25% less fat per serving than the traditional item</td>
</tr>
<tr>
<td>Light</td>
<td>At least 33% fewer calories per serving than the traditional item or</td>
</tr>
<tr>
<td></td>
<td>At least 50% less fat per serving than the traditional item or</td>
</tr>
<tr>
<td></td>
<td>A low-calorie, lowfat food with 50% less sodium than the traditional item</td>
</tr>
<tr>
<td>Lean</td>
<td>Less than 10g of fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving</td>
</tr>
<tr>
<td>Extra Lean</td>
<td>Less than 5g of fat, less than 2g of saturated fat, and less than 95mg of cholesterol per serving</td>
</tr>
<tr>
<td>Low Saturated Fat</td>
<td>1g or less of saturated fat per serving</td>
</tr>
<tr>
<td>Low Cholesterol</td>
<td>20mg or less of cholesterol and 2g or less of saturated fat per serving</td>
</tr>
<tr>
<td>Low Sodium</td>
<td>140mg or less of sodium per serving</td>
</tr>
<tr>
<td>Low Calorie</td>
<td>40 calories or less per serving</td>
</tr>
<tr>
<td>Sugar Free</td>
<td>Less than 0.5g of sugar per serving</td>
</tr>
<tr>
<td>Excellent Source, High, Rich</td>
<td>20% or more of the Daily Value of a nutrient per serving</td>
</tr>
<tr>
<td>Good Source</td>
<td>10-19% of the Daily Value of a nutrient per serving</td>
</tr>
</tbody>
</table>
FOOD SAFETY

Over seven million people suffer from foodborne illness, also known as food poisoning, each year. Foodborne illness usually resembles the “stomach flu” with symptoms of diarrhea, headache, fever, and vomiting. Symptoms may appear as early as a half hour after eating the spoiled food or may not develop for up to two weeks.

Foodborne illness is usually caused by eating foods that are contaminated with harmful bacteria. Bacteria may be present when you purchase food. Bacteria can also get into food during preparation, cooking, serving, and storage.

Bacteria need ideal conditions to survive and multiply. Bacteria like:

- Food—high protein foods such as meat, poultry, seafood, eggs, and dairy products are favorites.
- Moist conditions—bacteria need water.
- The right temperature—bacteria grow best between 41°F and 135°F.
- A neutral environment—bacteria don’t like acidic foods such as vinegar, citrus fruits, and tomatoes.
- Air—bacteria need oxygen to grow.
- Time—bacteria need time to multiply.

How can you prevent bacteria from contaminating the food you and your family eat? Follow these four simple steps:

1. **Keep food, hands, and preparation areas clean.**
   Wash your hands with hot, soapy water for 15 seconds before and after food preparation, especially after handling meat, poultry, seafood, and eggs. Always wash your hands before eating and after using the restroom.

   Fresh fruits and vegetables may contain bacteria when purchased. It is important to wash fresh fruits and vegetables with soapy water and rinse them well before eating or cooking.

   Wash the surfaces used to prepare your food with hot, soapy water. Using a disinfectant cleaner or a mixture of bleach and water on surfaces can add extra protection against bacteria.

   Always use clean towels to wash and dry kitchen surfaces.

2. **Don’t cross contaminate. Separate raw meat products from all other foods.**
   Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods such as fruits and vegetables. This will help prevent cross contamination.

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Keep raw meat, poultry, and seafood separate from other foods in your shopping cart and in your refrigerator. Store raw meat, poultry, and fish on the lowest shelf in your refrigerator so the juices from these foods do not drip onto other foods.

If possible, use a separate cutting board for raw meat products. Always wash your hands, utensils, cutting boards, and other work surfaces with hot, soapy water after they come in contact with raw meat products.

Never place cooked food on a plate that held raw meat products.

3. Cook foods well.
The best way to kill harmful bacteria is to cook food to the proper temperature for a long enough period of time. Use a thermometer to check the temperature inside cooked foods.
Meat, poultry, seafood, and eggs should be cooked to the following internal temperatures:

<table>
<thead>
<tr>
<th>Food</th>
<th>°F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poultry</td>
<td></td>
</tr>
<tr>
<td>Chicken, Turkey, Duck and Pheasant</td>
<td>165</td>
</tr>
<tr>
<td>Meat with a stuffing</td>
<td></td>
</tr>
<tr>
<td>Anything stuffed with meat</td>
<td></td>
</tr>
<tr>
<td>Ground meats (hamburger)</td>
<td>155</td>
</tr>
<tr>
<td>Pork, Seafood and most other potentially hazardous foods(eggs)</td>
<td>145</td>
</tr>
<tr>
<td>Rare Roast Beef</td>
<td>130</td>
</tr>
<tr>
<td>Leftovers &amp; Casseroles</td>
<td>165</td>
</tr>
</tbody>
</table>

Fish should be opaque (cloudy) and flake easily with a fork. When cooking and reheating in the microwave, check for cold spots where bacteria can grow. Make sure the food has been cooked throughout.

4. Chill foods by refrigerating them.
Bacteria like a temperature between 41-135°F. This is known as the danger zone. So, set your refrigerator at 41°F. Check these temperatures once in a while with an appliance thermometer.

Completely chill foods to 41°F or less within 6 hours. Put large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.

Defrost or thaw foods in the refrigerator(which is the safest way), under cold running water, during the cooking process, or in the microwave. Never thaw foods at room temperature.

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<table>
<thead>
<tr>
<th>These foods:</th>
<th>Are not safe to eat if they are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh poultry</td>
<td>● Stored raw in the refrigerator for longer than 1-2 days (3-4 days when cooked).</td>
</tr>
<tr>
<td></td>
<td>● Left unrefrigerated for more than 2 hours either before or after cooking.</td>
</tr>
<tr>
<td></td>
<td>● Eaten without thorough cooking.</td>
</tr>
<tr>
<td>Fresh meat</td>
<td>● Stored raw in the refrigerator for longer than 3-4 days (1-2 days for hamburger).</td>
</tr>
<tr>
<td></td>
<td>● Discolored, smelly, or slimy</td>
</tr>
<tr>
<td></td>
<td>● Left unrefrigerated for more than 2 hours either before or after cooking.</td>
</tr>
<tr>
<td></td>
<td>● Eaten without thorough cooking.</td>
</tr>
<tr>
<td>Fresh Fish</td>
<td>● Stored for longer than 1-2 days in the refrigerator.</td>
</tr>
<tr>
<td></td>
<td>● Dried at edges; smelly.</td>
</tr>
<tr>
<td></td>
<td>● Left unrefrigerated for more than 2 hours either before or after cooking.</td>
</tr>
<tr>
<td></td>
<td>● Eaten without thorough cooking.</td>
</tr>
<tr>
<td>Milk and Cream</td>
<td>● Left unrefrigerated for more than 2 hours.</td>
</tr>
<tr>
<td>Eggs and Foods Made with Eggs</td>
<td>● Left unrefrigerated for more than 2 hours.</td>
</tr>
<tr>
<td></td>
<td>● Eaten without thorough cooking.</td>
</tr>
<tr>
<td>Frozen Meats, Poultry, Fish, or Casseroles</td>
<td>● Thawed at room temperature.</td>
</tr>
<tr>
<td></td>
<td>● Thawed, refrozen, and thawed again.</td>
</tr>
<tr>
<td></td>
<td>● Eaten without thorough cooking.</td>
</tr>
<tr>
<td>Canned Foods</td>
<td>● Liquid spurts out when can is opened.</td>
</tr>
<tr>
<td></td>
<td>● Can is corroded, rusty, leaky, swollen on top or bottom, or dented on side seams.</td>
</tr>
<tr>
<td></td>
<td>● Contents have off-odors or foamy or mushy texture.</td>
</tr>
<tr>
<td></td>
<td>● Stored at hot temperatures or allowed to freeze and thaw.</td>
</tr>
<tr>
<td>Fresh Fruits or Vegetables</td>
<td>● Unwashed, moldy, soft, or discolored.</td>
</tr>
<tr>
<td>Bread Products</td>
<td>● Moldy or infested with insects.</td>
</tr>
</tbody>
</table>
### COMMON MEASUREMENTS

#### A Guide to Volume Equivalents

<table>
<thead>
<tr>
<th>Volume</th>
<th>Tablespoons</th>
<th>Teaspoons</th>
<th>Fluid Ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon</td>
<td>3</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td>1/8 cup</td>
<td>2</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td>1/4 cup</td>
<td>4</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>1/3 cup</td>
<td>5 1/3</td>
<td>2.65</td>
<td></td>
</tr>
<tr>
<td>3/8 cup</td>
<td>6</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>8</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5/8 cup</td>
<td>10</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>2/3 cup</td>
<td>10 2/3</td>
<td>5.3</td>
<td></td>
</tr>
<tr>
<td>3/4 cup</td>
<td>12</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>7/8 cup</td>
<td>14</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>16</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>1/2 pint</td>
<td>1</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>1 pint</td>
<td>2</td>
<td>16</td>
<td></td>
</tr>
<tr>
<td>1 quart</td>
<td>2</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>1 gallon</td>
<td>4</td>
<td>128</td>
<td></td>
</tr>
<tr>
<td>1 peck</td>
<td>8</td>
<td>128</td>
<td></td>
</tr>
<tr>
<td>1 bushel</td>
<td>4</td>
<td>128</td>
<td></td>
</tr>
</tbody>
</table>

### A Guide to Metric Conversions

<table>
<thead>
<tr>
<th>To Change</th>
<th>To</th>
<th>Multiply by</th>
</tr>
</thead>
<tbody>
<tr>
<td>ounces (oz)</td>
<td>grams (g)</td>
<td>28.35</td>
</tr>
<tr>
<td>pounds (lb)</td>
<td>grams (g)</td>
<td>453.6</td>
</tr>
<tr>
<td>pounds (lb)</td>
<td>kilograms (kg)</td>
<td>0.4536</td>
</tr>
<tr>
<td>teaspoons (tsp)</td>
<td>milliliters (mL)</td>
<td>4.93</td>
</tr>
<tr>
<td>tablespoons (Tbsp)</td>
<td>milliliters (mL)</td>
<td>14.79</td>
</tr>
<tr>
<td>fluid ounces (fl oz)</td>
<td>milliliters (mL)</td>
<td>29.57</td>
</tr>
<tr>
<td>Cups (c)</td>
<td>liters (L)</td>
<td>0.236</td>
</tr>
<tr>
<td>pints (pt)</td>
<td>liters (L)</td>
<td>0.473</td>
</tr>
<tr>
<td>quarts (qt)</td>
<td>liters (L)</td>
<td>0.946</td>
</tr>
<tr>
<td>gallons (gal)</td>
<td>liters (L)</td>
<td>3.785</td>
</tr>
</tbody>
</table>


Adapted and reprinted with permission from:
A River of Recipes-Native American Recipes Using Commodity Foods
©2003 USDA Food Distribution Program on Indian Reservations
Recipe Modifications

Some key words to keep in mind when modifying recipes are:

**Elimination:** If the ingredient is not essential, do not use it. For example, most package directions call for oil and salt added to water when making pasta or rice.

**Reduction:** If less of an ingredient will do, go for it! Try reducing sugar and fat by 1/3-1/2 in your recipe. Use nonstick pans and reduce the oil in skillet dishes.

**Substitution:** If you can find a healthier ingredient, use it!

### SUBSTITUTIONS

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Use:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAIRY PRODUCTS</strong></td>
<td></td>
</tr>
<tr>
<td>Cheddar cheese, American,</td>
<td>Reduced-fat cheese or fat-free cheese</td>
</tr>
<tr>
<td>Swiss, Colby, Muenster, Velvette</td>
<td>-or-</td>
</tr>
<tr>
<td>Part-skim mozzarella cheese</td>
<td></td>
</tr>
<tr>
<td>Cream Cheese</td>
<td>Light or Fat-Free cream cheese</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>Evaporated skim milk</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Fat-free sour cream or nonfat plain yogurt</td>
</tr>
<tr>
<td></td>
<td>-or-</td>
</tr>
<tr>
<td></td>
<td>1 cup pureed fat-free cottage cheese and 1 tbsp. lemon juice</td>
</tr>
<tr>
<td>Whole Milk</td>
<td>Skim/Nonfat Milk</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>Ice Milk or Nonfat frozen yogurt</td>
</tr>
<tr>
<td>Sweetened Condensed Milk</td>
<td>Low-fat/Nonfat sweetened condensed milk</td>
</tr>
<tr>
<td>Evaporated Milk</td>
<td>Evaporated skim milk</td>
</tr>
<tr>
<td>Whipping Cream</td>
<td>Evaporated skim milk, chilled</td>
</tr>
<tr>
<td>Or Half and Half</td>
<td></td>
</tr>
<tr>
<td><strong>FATS AND OILS</strong></td>
<td></td>
</tr>
<tr>
<td>½ cup oil or ½ cup margarine or butter (for baking)</td>
<td>½ cup reduced-fat margarine (40% fat)</td>
</tr>
<tr>
<td></td>
<td>-or-</td>
</tr>
<tr>
<td></td>
<td>½ cup applesauce, mashed pears or bananas or ½ cup baby food prunes</td>
</tr>
<tr>
<td>Ingredient</td>
<td>Description</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>½ cup oil</td>
<td>(for marinades, cooking meats, and salad dressings)</td>
</tr>
<tr>
<td>2 tablespoons oil</td>
<td>(for sautéing)</td>
</tr>
<tr>
<td>½ cup shortening or lard</td>
<td></td>
</tr>
<tr>
<td>MEATS, CHICKEN, FISH AND EGGS</td>
<td></td>
</tr>
<tr>
<td>Ground Beef (80% lean)</td>
<td></td>
</tr>
<tr>
<td>Ground beef (95% lean) or Ground turkey breast</td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td></td>
</tr>
<tr>
<td>Pork spareribs</td>
<td></td>
</tr>
<tr>
<td>Chuck roast</td>
<td></td>
</tr>
<tr>
<td>Roasted chicken thigh (with skin)</td>
<td></td>
</tr>
<tr>
<td>Roasted chicken breast (without skin)</td>
<td></td>
</tr>
<tr>
<td>Oil-packed tuna</td>
<td></td>
</tr>
<tr>
<td>Water-packed tuna</td>
<td></td>
</tr>
<tr>
<td>Whole egg</td>
<td></td>
</tr>
<tr>
<td>2 egg whites or ¼ cup egg substitute</td>
<td></td>
</tr>
<tr>
<td>MISC.</td>
<td></td>
</tr>
<tr>
<td>Chocolate chips or nuts</td>
<td></td>
</tr>
<tr>
<td>1 ounce baking chocolate</td>
<td></td>
</tr>
<tr>
<td>3-4 tbsp. unsweetened cocoa powder + 1 tbsp. oil</td>
<td>(for frosting/sauces) or ¼ cup cocoa (for cakes or cookies)</td>
</tr>
<tr>
<td>1 cup shredded coconut</td>
<td></td>
</tr>
<tr>
<td>½ cup shredded coconut or 1 tsp. Coconut flavoring</td>
<td></td>
</tr>
<tr>
<td>1 cup sugar</td>
<td></td>
</tr>
<tr>
<td>½ - ¾ cup sugar or 1 cup splenda</td>
<td></td>
</tr>
<tr>
<td>SOUPS</td>
<td></td>
</tr>
<tr>
<td>1 can cream of chicken soup</td>
<td></td>
</tr>
<tr>
<td>1 can low-fat, low-sodium cream soup or</td>
<td></td>
</tr>
<tr>
<td>Make your own white sauce: 1c. skim milk + 2 tbsp. flour + 1 tbsp. margarine or oil + 1 chicken bouillon cube (low sodium)</td>
<td></td>
</tr>
<tr>
<td>Ingredient</td>
<td>Substitute</td>
</tr>
<tr>
<td>------------</td>
<td>------------</td>
</tr>
<tr>
<td>1 can cream of mushroom soup/ Cream of celery soup</td>
<td>1 can low-fat, low-sodium cream soup -or- 1 cup white sauce+ 1 can drained mushrooms/1/4 cup chopped celery</td>
</tr>
<tr>
<td>Iceberg lettuce</td>
<td>Spinach, romaine, other dark green leafy lettuces</td>
</tr>
<tr>
<td>White Rice</td>
<td>Brown rice</td>
</tr>
<tr>
<td>Salt</td>
<td>Fresh or dried herbs and spices: parsley, thyme, basil, bay, sage, tarragon, mint, dill, chives, oregano, garlic, chili powder, cumin, curry, paprika, pepper, cinnamon, tumeric, etc. Dry mustard, flavored vinegars, sherry, wine, clear broth (low sodium), onion powder, garlic powder, lemon, lime, pepper sauce.</td>
</tr>
<tr>
<td>White Flour</td>
<td>¼ Whole Wheat Flour + ¾ White Flour</td>
</tr>
<tr>
<td>Salad Dressings/Mayonnaise</td>
<td>Use low-fat salad dressings/mayo or flavored vinegars</td>
</tr>
<tr>
<td>1 cup mayonnaise</td>
<td>½ cup low-fat mayo+ ½ cup nonfat plain yogurt</td>
</tr>
<tr>
<td>Pastry Pie crust</td>
<td>Phyllo crust, graham cracker crust</td>
</tr>
<tr>
<td>Pie Filling</td>
<td>“Lite” fruit filling, low- fat pudding</td>
</tr>
<tr>
<td>Frosting</td>
<td>Sliced fresh fruit, fruit sauce, light dusting of powdered sugar</td>
</tr>
<tr>
<td>Fudge Sauce</td>
<td>Light chocolate syrup</td>
</tr>
</tbody>
</table>

*Substitutions are replaced in equal amounts originally called for in the recipe unless otherwise noted.*
### Choosing Foods from Food Distribution
(Guidelines for choosing/using foods to improve & maintain health for your diabetes, blood pressure and heart health)

<table>
<thead>
<tr>
<th>FOOD</th>
<th>RECOMMENDATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>*Choose flour, rice, and oats to make recipes from scratch instead of buying prepackaged mixes, like rice-a-roni, which is high in sodium. *Instead of getting the biscuit mix, make biscuits, etc from scratch using the flour above.</td>
</tr>
<tr>
<td>Fruit/juices</td>
<td>*Choose fresh fruits and canned fruits. *Drain and rinse canned fruits. *Limit or avoid juices. *If you do get juices, mix 4 ounces of juice with diet Sprite or diet 7-Up so you can have more to drink without adding more calories (4 ounces of juice = 1 carbohydrate serving).</td>
</tr>
<tr>
<td>Vegetables</td>
<td>*Choose fresh vegetables (carrots, onions). *Choose nonstarchy canned vegetables (tomatoes, green beans, carrots) for most of your allowance. *Choose a smaller amount of the starchy vegetables (peas, corn, potatoes). *Drain and rinse canned vegetables.</td>
</tr>
<tr>
<td>Meat/Meat substitutes</td>
<td>*Choose fresh meats (hamburger, bison/buffalo, whole chickens). *Drain cooked meat, ground meat in a strainer and rinse under hot water before adding seasonings. *Choose lean canned meats (chicken, beef, pork) *Rinse canned meats in a strainer, under hot water to get rid of some of the fat and sodium. *Pull off the skin of the whole chicken BEFORE cooking. *Limit or avoid canned luncheon meat. *Beans are an excellent source of protein, fiber &amp; folic acid. Use these often but watch your serving size if you have diabetes (1/2 cup= 1 serving)</td>
</tr>
<tr>
<td>Dairy</td>
<td>*Use nonfat dried milk in recipes or when making cream soups. *Limit how much of the cheese you use, it is high in fat. *Grate cheese to use over foods instead of slicing it, you tend to use less.</td>
</tr>
<tr>
<td>Fats/oils</td>
<td>*Choose the vegetable oil over the butter or shortening. *Use a small amount of vegetable oil and a paper towel to grease skillets or pans, if you do not have a vegetable spray.</td>
</tr>
<tr>
<td>Sugar/sweets</td>
<td>*Use honey and corn syrup in small amounts. These are high in calories and are just like regular sugar.</td>
</tr>
</tbody>
</table>
APPETIZERS & SNACKS
# Healthy Snacks

## 25 calories or less/serving:

- Sugar-free hard candy
- Sugar-free gelatin
- 5 celery stalks
- Sugar-free soft drinks, drink mixes, tea
- 5 zucchini sticks
- 1 cup baby carrots
- 1 cup shredded cabbage
- ½ cup spinach (cooked)
- 2 large olives
- 1 prune
- 2 whole cucumbers
- 2 large dill pickles
- 1 tomato
- 1 large carrot
- 1 apricot
- ½ cup vegetable juice
- ½ cup beets
- 1 stalk broccoli
- 12 radishes
- 9 brussel sprouts
- 1 tomato
- 1 apricot
- ½ cup vegetable juice
- ½ cup beets
- 1 stalk broccoli
- 12 radishes
- 9 brussel sprouts
- 5 celery stalks
- 1 tomato
- 1 apricot
- ½ cup vegetable juice
- ½ cup beets
- 1 stalk broccoli
- 12 radishes
- 9 brussel sprouts
- 100 calories or less/serving:

## 60 calories or less/serving:

- 1 medium size fruit
- ½ cup canned fruit (in own juice)
- 1 fig bar
- 1 cup raw vegetables
- 2T. raisins (w/ 2T. Fat-free dressing)
- 1 cup sugar-free cocoa

## 100 calories or less/serving:

- 4-6 saltine crackers
- 3 cups low-fat or natural popcorn
- ½ English Muffin & ½ tsp margarine
- 2 rice cakes
- 1 slice mozzarella cheese
- ½ cup fat-free/sugar-free pudding
- 1 cup cheerios
- ¾ cup trail mix (with cheerios, pretzels, raisins, dried cranberries, peanuts)
- 1 small angel food cake with 1/3 cup berries
- 30 goldfish crackers
- 10 reduced fat wheat thins
- 15 reduced fat weathables
- 3 ginger snaps
- 15-20 baked/fat-free potato chips or tortilla chips
- 1/2 cup cottage cheese
- 1 tortilla
- 1 1/2 cups puffed dry cereal
- 8 animal crackers
- 1 boiled egg
- 1 fruit roll-up
- 10-15 baked tortilla chips
- 15 teddy graham's
- 6 vanilla wafers
- 8 animal crackers
- 6 oz. low-fat/fat-free fruit yogurt
- 1 slice toast & 1 tsp jelly
- 1 rice cake & 1 T peanut butter
- 1/2 cup pretzels with mustard
- 1 cup puffed cereal with 1/2 cup skim milk
- 3 (2 1/2”) square graham crackers
- 1-100% juice fruit bar
- 1 small corn tortilla w/ 1T low-fat cheese
- chopped tomatoes, peppers
- 5 reduced fat triscuits
BEVERAGES
Banana-Strawberry Shake

Tip:
Using frozen strawberries lets you make a shake without using ice cream. You'll never miss it!

Gather Ingredients:
1 medium fresh banana, peeled
1 cup frozen, unsweetened strawberries
1 cup skim milk
1-2 individual packages Splenda (optional)

Steps:
1. In a blender container, combine the peeled banana, strawberries, and milk.
2. Blend on medium speed until the strawberries are completely pureed and the shake is smooth.
3. May sweeten with Splenda if desired.
4. Serve immediately.

Beverages

Nutrition Facts
Servings per Recipe: 2
Serving Size: ½ of recipe

Calories per Serving: 120
Total Fat: 1g
  Saturated Fat: 0g
Cholesterol: less than 5mg
Sodium: 65mg
Total Carbohydrate: 26g
  Dietary Fiber: 2g
  Sugars: 21g
Protein: 5g

%DV Vit A: 0%
%DV Vit C: 30%
%DV Calcium: 15%
%DV Iron: 0%
Blues Buster Smoothie

Tip:
What a delicious way to get some bone building calcium and cancer fighting anti-oxidant blueberries.

Gather Ingredients:
6 ounces lowfat/fat free blueberry yogurt
½ cup apple juice
1/3 cup fresh or frozen blueberries
1/3 cup fresh or frozen peaches, sliced
5-6 ice cubes

Nutrition Facts
Servings per Recipe: 3
Serving Size: About ¾ cup

Calories per Serving: 70
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 40 mg
Total Carbohydrate: 15 g
Dietary Fiber: <1 g
Sugars: 12 g
Protein: 2 g

%DV Vit A: 10%
%DV Vit C: 50%
%DV Calcium: 6%
%DV Iron: 0%

Steps:
1. Blend all ingredients with ice (amount of ice will vary depending on desired consistency).

2. Pour into a chilled glass.

Adapted from 3 A Day Dairy Council.
### Cherry Limeade

**Beverages**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per Recipe: 1</td>
</tr>
<tr>
<td>Serving Size: 20 ounces</td>
</tr>
<tr>
<td>Calories per Serving: 10</td>
</tr>
<tr>
<td>Total Fat: 0g</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
</tr>
<tr>
<td>Cholesterol: 0 mg</td>
</tr>
<tr>
<td>Sodium: 80 mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 3g</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td>Sugars: 0g</td>
</tr>
<tr>
<td>Protein: 0g</td>
</tr>
<tr>
<td>%DV Vit A: 0%</td>
</tr>
<tr>
<td>%DV Vit C: 0%</td>
</tr>
<tr>
<td>%DV Calcium: 0%</td>
</tr>
<tr>
<td>%DV Iron: 0%</td>
</tr>
</tbody>
</table>

#### Gather Ingredients:
- Diet Cherry 7-Up
- 1 tablespoon lime juice
- Crushed ice
- 3 packets of Equal or favorite sugar substitute

#### Steps:
1. Fill a large glass (about 20 ounce) 2/3 full with crushed ice.
2. Add 1 tablespoon lime juice.
3. Fill with Diet Cherry 7-Up.
4. Add 3 packets of Equal or your favorite sugar substitute and stir.
Choco-Raspberry Chug

A cool, chocolatey way to get your 3 A-Day

<table>
<thead>
<tr>
<th>Gather Ingredients:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup skim milk</td>
</tr>
<tr>
<td>1 cup frozen raspberries</td>
</tr>
<tr>
<td>1 package of diet Swiss Miss cocoa mix</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Steps:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Put all ingredients in a blender and blend.</td>
</tr>
</tbody>
</table>

Beverages

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 2</th>
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</thead>
<tbody>
<tr>
<td>Serving Size: ½ recipe</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per Serving: 80</th>
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<tbody>
<tr>
<td>Total Fat: 1 g</td>
</tr>
<tr>
<td>Saturated Fat: 0 g</td>
</tr>
<tr>
<td>Cholesterol: less than 5 mg</td>
</tr>
<tr>
<td>Sodium: 170mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 15g</td>
</tr>
<tr>
<td>Dietary Fiber: 4g</td>
</tr>
<tr>
<td>Sugars: 13g</td>
</tr>
<tr>
<td>Protein: 6g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>%DV Vit A: 0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>%DV Vit C: 30%</td>
</tr>
<tr>
<td>%DV Calcium: 15%</td>
</tr>
<tr>
<td>%DV Iron: 4%</td>
</tr>
</tbody>
</table>

Adapted from 3 A Day Dairy Council.
Cranberry Raspberry Breeze

Gather Ingredients:
1. 1 tub Crystal Light Raspberry Ice® Flavor Low Calorie Soft Drink Mix
2. 4 cups (1 quart) cold reduced calorie cranberry juice cocktail
3. 1 bottle (1 liter) cold club soda ice cubes

Nutrition Facts
Servings per Recipe: 8
Serving Size: 1 cup

Calories per Serving: 25
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 30mg
Total Carbohydrate: 7g
Dietary Fiber: 0g
Sugars: 6g
Protein: 0g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Steps:
1. Place drink mix in large plastic or glass pitcher. Add cranberry juice cocktail; stir to dissolve. Refrigerate.
2. Just before serving, stir in club soda. Serve over ice.
Cranberry Sparkler

This makes a great low calorie punch to share at any party.

Gather Ingredients:
- 2 quarts light cranberry juice
- 2-liter bottle diet ginger ale
- 1-liter bottle club soda

Steps:
1. Combine in a large punch bowl and serve at once.

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 8 ounces</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per Serving: 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 0g</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
</tr>
<tr>
<td>Cholesterol: 0 mg</td>
</tr>
<tr>
<td>Sodium: 170mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 3g</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td>Sugars: 2g</td>
</tr>
<tr>
<td>Protein: 0g</td>
</tr>
</tbody>
</table>

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 4%
%DV Iron: 0%
Crystal Light Punch

Gather Ingredients:
1 can unsweetened pineapple juice, 32 ounces
1 liter bottle diet 7-Up
2 individual containers Crystal Light fruit punch or your favorite flavor
(mix with pineapple juice first before adding soda)

Steps:
1. Mix all ingredients together in a punch bowl.

Suggestion:
Make an ice ring out of more diet 7-up and it won’t dilute the punch as it melts.

Nutrition Facts
Servings per Recipe: 8
Serving Size: 8 ounces
Calories per Serving: 40
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 15 mg
Total Carbohydrate: 10g
Dietary Fiber: 0g
Sugars: 10g
Protein: 0g

%DV Vit A: 0%
%DV Vit C: 15%
%DV Calcium: 0%
%DV Iron: 0%
Flavored Tea Sparkler

Gather Ingredients:
1 bottle diet 7-Up, 2 liter
4-6 flavored tea bags (raspberry is good)

Steps:
1. Put the flavored tea bags into the bottle of 7-Up (quickly). The 7-Up will start bubbling up once you begin putting the tea bags in. Recap the bottle tightly.

2. Let set in the refrigerator for at least 2-4 hours for the best flavor.

Nutrition Facts
Servings per Recipe: 8
Serving Size: 8 ounces

Calories per Serving: 0
Total Fat: 0g
  Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 45mg
Total Carbohydrate: 0g
  Dietary Fiber: 0g
  Sugars: 0g
Protein: 0g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%
Root Beer Floats

Tip:
These root beer floats trim 200 calories, 9 grams of fat, 5.5 grams of saturated fat, and 21 grams of carbohydrate off traditional root beer floats.

Beverages

Nutrition Facts
Servings per Recipe: 2
Serving Size: ½ of recipe

<table>
<thead>
<tr>
<th>Calories per Serving: 100</th>
<th>Total Fat: 3g</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Saturated Fat: 2g</td>
</tr>
<tr>
<td></td>
<td>Cholesterol: 15mg</td>
</tr>
<tr>
<td></td>
<td>Sodium: 120mg</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate: 15g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td></td>
<td>Sugars: 6g</td>
</tr>
<tr>
<td></td>
<td>Protein: 4g</td>
</tr>
</tbody>
</table>

%DV Vit A: 6%
%DV Vit C: 0%
%DV Calcium: 45%
%DV Iron: 0%

Gather Ingredients:
16 ounces diet root beer
1 cup Blue Bell No Sugar Added Lowfat Ice Cream—Country Vanilla flavor

Steps:
1. Scoop ½ cup ice cream into glass and pour 8 ounces of root beer over ice cream.
Tip:  
Mix together and put into small glass jars with a ribbon for a thoughtful gift during the winter months!

Gather Ingredients:  
1 cup Lipton instant tea with lemon and nutrasweet  
2 tubs of sugar free Tang® with nutrasweet  
½ teaspoon cinnamon  
¼ teaspoon ground cloves

Steps:  
1. Mix all ingredients into a glass jar and shake together until all is mixed.  
2. Use approximately 1 teaspoon per 1 cup of hot water.

Nutrition Facts
Servings per Recipe: 42  
Serving Size: 1 teaspoon

Calories per Serving: 3  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 0mg  
Total Carbohydrate: 3g  
Dietary Fiber: 0g  
Sugars: 0g  
Protein: 0g

%DV Vit A: 0%  
%DV Vit C: 100%  
%DV Calcium: 0%  
%DV Iron: 0%
Watermelon-Strawberry Shake

Gather Ingredients:
2 cups seeded and cubed watermelon
1 pint strawberries, hulled, (may substitute unsweetened frozen if necessary) plus 4 whole strawberries for garnish
1 medium banana, sliced
1 container (8 ounces) fat-free or low-fat lemon yogurt

Steps:
1. In blender or food processor, combine the watermelon, strawberries, banana, and yogurt and puree until smooth and frothy.
2. Pour into glasses and garnish with whole strawberries.

Recipe from: 5 a day the better health cookbook

Nutrition Facts

| Servings per Recipe: 4
| Serving Size: ¼ of recipe |
| Calories per Serving: 122 |
| Total Fat: 1g |
| Saturated Fat: 0.5g |
| Cholesterol: 3mg |
| Sodium: 40mg |
| Total Carbohydrate: 27g |
| Dietary Fiber: 2.5g |
| Sugars: 20g |
| Protein: 4g |

%DV Vit A: 9%
%DV Vit C: 85%
%DV Calcium: 10%
%DV Iron: 3%
BREADS
Broccoli Cheese Cornbread Muffins

Tip:
To save on the fat and cholesterol in a recipe substitute 2 egg whites for 1 whole egg.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per Recipe: 20</td>
</tr>
<tr>
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<tr>
<td>%DV Calcium: 0%</td>
</tr>
<tr>
<td>%DV Iron: 0%</td>
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Gather Ingredients:
- 2 packages cornbread mix
- 10 ounce package frozen chopped broccoli, thawed and drained
- ½ cup chopped onion
- 1 cup low-fat cottage cheese
- 8 egg whites or 1 cup egg substitute

Steps:
1. Combine all ingredients in a large mixing bowl.
2. Place paper liners in a muffin tin.
4. Bake at 400 degrees for 20-25 minutes or until golden brown.
Tip:
Use egg whites instead of whole eggs to cut 5g of fat per egg used. Using low-fat buttermilk also cuts about 5g of fat.

Gather Ingredients:

2 cups yellow cornmeal  
3 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
2 egg whites  
2 tablespoons canola oil  
1 cup low-fat buttermilk

Nutrition Facts

Servings per Recipe: 24  
Serving Size: 2x2 square

Calories per Serving: 60  
Total Fat: 1.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 150mg  
Total Carbohydrate: 10g  
Dietary Fiber: less than 1g  
Sugars: less than 1g  
Protein: 2g

%DV Vit A: 0%  
%DV Vit C: 0%  
%DV Calcium: 4%  
%DV Iron: 4%

Steps:

1. Preheat Oven to 425°F.
2. Combine cornmeal, baking powder, baking soda, and salt in a large bowl.
3. Combine egg whites, oil, and buttermilk in a small bowl.
4. Add wet ingredients to dry ingredients and combine well.
5. Spray 9x13 baking pan with non-stick cooking spray and pour batter into pan.
6. Bake for about 15-20 minutes, or until golden brown.
Cornbread Dressing

Tip:
Use egg whites instead of whole eggs to cut 5g of fat per egg used. Using Healthy Request soup cuts fat and sodium. Using clear broth cuts fat, but you could also cut the sodium by using no salt added broth.

Gather Ingredients:
1 recipe cornbread (see next page)
2 teaspoons ground sage
2 teaspoons poultry seasoning
½ teaspoon salt
1 teaspoon black pepper
2 tablespoons light margarine
1 medium onion, chopped
1 cup celery, chopped
1 10.5 ounce can Healthy Request cream of chicken soup
1 whole egg
1 egg white
3 15 ounce cans clear chicken broth

Steps:
1. Prepare cornbread the day before.
2. Preheat Oven to 400°.
3. Crumble cooled cornbread into large bowl.
4. Add sage, poultry seasoning, salt, and pepper to crumbled cornbread and stir well.
5. Melt light margarine in skillet and add chopped onion and celery.
6. Sauté vegetables until onion is translucent, then add vegetables to the bowl of cornbread.
7. Add cream of chicken soup, whole egg, egg white, and broth to cornbread mixture and combine well. Mixture should be slightly “soupy”.
8. Spray 9x13 and 8x8 pans with non-stick cooking spray and pour mixture into pans.
9. Bake in 400° oven for about 45 minutes, or until set and golden brown.

Nutrition Facts
Servings per Recipe: 24
Serving Size: ½ cup

Calories per Serving: 80
Total Fat: 3g
Saturated Fat: 0.5g
Cholesterol: 10mg
Sodium: 490mg
Total Carbohydrate: 11g
Dietary Fiber: 1g
Sugars: less than 1g
Protein: 3g

%DV Vit A: 2%
%DV Vit C: 0%
%DV Calcium: 6%
%DV Iron: 4%
## Crock Pot Dressing

### Tip:
Replacing whole eggs with egg whites in this recipe has reduced the Total Fat. 

Replacing white bread crumbs with whole wheat bread crumbs has added some fiber to this recipe.

### Gather Ingredients:
- 8 inch pan of cornbread
- 2 ½ cups dried whole wheat bread crumbs
- 8 egg whites
- 1 medium onion, chopped
- 1 cup celery, chopped
- 1 ½ tablespoons sage
- 2 cans cream of chicken soup
- 2 cans chicken broth
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons margarine

### Steps:
1. Prepare cornbread as directed on package.
2. Crumble bread. Add other ingredients except margarine.
3. Pour into Crock Pot.
4. Dot with margarine.
5. Cover and cook on high for 2 hours or on low for 3 - 4 hours.

### Nutrition Facts
- Servings per Recipe: 16
- Serving Size: ½ cup
- Calories per Serving: 90
- Total Fat: 1.5g
- Saturated Fat: 0g
- Cholesterol: 0 mg
- Sodium: 340mg
- Total Carbohydrate: 14g
- Dietary Fiber: 1g
- Sugars: 3g
- Protein: 4g
- %DV Vit A: 0%
- %DV Vit C: 0%
- %DV Calcium: 0%
- %DV Iron: 2%
Pumpkin Muffins

Tip:
Yummy way to sneak in some Vitamin A and fiber! Using Splenda will decrease the calories and carb to 96 calories and 12 g. carb per muffin.

Gather Ingredients:
Vegetable cooking spray
1 1/2 cups skim milk
1/4 cup canola oil
2 whole eggs
4 egg whites or 1/2 cup egg substitute
1 1/2 cup canned, unsweetened, solid pack pumpkin
3/4 cup sugar or 3/4 cup Splenda
1 1/2 cup whole wheat flour
1/2 cup ground flaxseed or wheat germ
4 1/2 teaspoon baking powder
2 teaspoon ground cinnamon

Nutrition Facts
Servings per Recipe: 24
Serving Size: 1 muffin

Calories per Serving: 120
Total Fat: 4g
Saturated Fat: 0g
Cholesterol: 20mg
Sodium: 110mg
Total Carbohydrate: 18g
Dietary Fiber: 3g
Sugars: 7g
Protein: 3g

%DV Vit A: 30%
%DV Vit C: 0%
%DV Calcium: 4%
%DV Iron: 4%

Steps:
1. Preheat oven to 400 degrees F. Coat 24 muffin tin cups with veg. cooking oil spray or line with paper muffin cups.
2. Combine milk, oil, eggs, egg whites, & pumpkin.
3. Mix together the flour, wheat germ, sugar, baking powder & cinnamon in a large bowl. Gradually add the pumpkin mixture until well combined.
4. Pour batter into muffin tins, filling each cup to 2/3 cup full. Bake for 15-20 minutes. The muffins are done when toothpick inserted into the center of one comes out clean.
“Red Lobster” Cheddar Biscuits

Tips:

Using lower fat buttermilk, low-fat cheese and reduced fat baking mix has lowered the fat and calories in this recipe.

Tips: To make fine parsley flakes, as can be found on the original biscuits, simply crush the flakes between your thumb and forefinger.

Nutrition Facts

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Gather Ingredients:

2 cups Bisquick, reduced-fat baking mix
¾ cup low-fat buttermilk (1% fat)
1 cup shredded low-fat cheddar cheese
2 tablespoons Fleishmann’s Fat-Free Buttery Spread
¼ teaspoons garlic powder
¼ teaspoons dried parsley flakes, crushed fine

Steps:

1. Preheat oven to 400 degrees. Combine the baking mix, milk and cheddar cheese in a medium bowl. Mix by hand until well combined.
2. Divide the dough into 12 equal portions (about 3 tablespoons each) and spoon onto a lightly greased or nonstick cookie sheet. Flatten each biscuit with your fingers.
3. Bake for 18-20 minutes or until the tops of the biscuits begin to brown.
4. In a small bowl combine the spread with the garlic powder. Heat this mixture for 30 seconds in microwave, then brush a light coating over the top of each biscuit. Sprinkle each with the fine parsley flakes.
BREAKFAST
Apple Oatmeal Pancakes  
    Lite Syrup  
    Turkey Bacon  
    Sliced Apples

Baked Oatmeal  
    Fall fruit Compote  
    Turkey Bacon

Easy French Toast  
    Orange or Grapefruit  
    Turkey or Canadian Bacon

Easy French Toast  
    Beef Sausage

Lemon Blueberry Muffin  
    Canadian Bacon  
    Yogurt

Six Weeks Bran muffins  
    Fabulous Fruit Spread  
    Beef Sausage

Vegetable Frittata  
    Cranberry-Raspberry Breeze

Banana Oatmeal Bread  
    Go Nuts Yogurt
Apple Oatmeal Pancakes

Nutrition Facts
Servings per Recipe: 9
Serving Size: 1 pancake

Calories per Serving: 80
Total Fat: 2.5g
  Saturated Fat: 0g
Cholesterol: 25mg
Sodium: 120mg
Total Carbohydrate: 12g
  Dietary Fiber: 1g
Sugars: 4g
Protein: 3g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 6%
%DV Iron: 4%

Gather Ingredients:
  1 egg
  2/3 cup oatmeal
  1/3 cup white flour
  1 cup skim milk or nonfat dry milk
  1 tablespoon sugar substitute
  1 tablespoon canola oil
  1 tablespoon baking powder
  1 cup chopped apples

Steps:
  1. Mix liquid ingredients together. Add dry ingredients and mix well.
  2. Add apples, stir until apples are mixed throughout batter.
  3. Heat skillet on medium heat and spray with vegetable spray.
  4. Cook pancakes until puffy and dry around edges.
  5. Turn and cook other side until golden brown.
Baked Oatmeal

Tips:

This is a great recipe for company or as a “make ahead” breakfast for a busy week.

Squares can be crumbled into bowl and re-heated in the microwave. Top with skim milk.

Gather Ingredients:

½ cup Smart Balance (or other trans-fat free margarine)
3 cups old fashioned oats
½ teaspoon salt
½ cup packed brown sugar
2 teaspoons baking powder
2 egg whites or ½ cup egg substitute
1 cup skim milk

Steps:

1. Combine all ingredients and stir until well mixed.

2. Pour into 8x8 inch square baking dish that has been sprayed with non-fat vegetable spray.

3. Bake at 350 degrees for 40 minutes. Serve warm, topped with skim milk.

Nutrition Facts

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Banana Oatmeal Bread

Tips:
✓ Adding cinnamon will enhance the banana flavor. One to 2 teaspoons should do the trick!

Gather Ingredients:
1 1/4 cup all purpose flour
1/2 cup unpacked brown sugar
1/2 teaspoon salt
1/2 teaspoon baking soda
1/4 teaspoon baking powder
3 teaspoons canola oil
1 large egg, beaten
2 medium egg whites, beaten
3 large bananas, ripe
1 cup uncooked old fashioned oats

Steps:
1. Preheat oven to 350 degrees F. In a large bowl, stir together dry ingredients. Add oil and eggs; mix thoroughly.

2. In a smaller bowl, mash bananas with potato masher or fork. Add to oatmeal batter.

3. Spray a 9X5 loaf pan with cooking spray. Pour batter into pan and bake until top of loaf is firm to touch, 45 – 55 minutes. Remove from oven and cool in pan for 5 minutes. Remove from pan and cool on a wire rack for another 10 minutes.

4. Prep time 10 minutes, cook time 50 minutes

Nutrition Facts
Servings per Recipe: 10
Serving Size: 1/10 of loaf

Calories per Serving: 204
Total Fat: 3g
Saturated Fat: .5g
Cholesterol: 21mg
Sodium: 213mg
Total Carbohydrate: 39g
Dietary Fiber: 3g
Protein: 6g

%DV Vit A: 1%
%DV Vit C: 4%
%DV Calcium: 2%
%DV Iron: 23%
Berry Delicious Parfait

Tip:
A sweet treat with lots of health benefits. This easy recipe is high in fiber, antioxidants and calcium. Can be eaten for breakfast or a snack.

Gather Ingredients:
1-6 ounce container, 100 calorie vanilla Yogurt
½ cup Fiber One cereal, or other high fiber cereal
½ cup blueberries or other berries

Nutrition Facts

Calories per Serving: 80
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 125mg
Total Carbohydrate: 21g
Dietary Fiber: 8g
Sugars: 6g
Protein: 5g

%DV Vit A: 0%
%DV Vit C: 10%
%DV Calcium: 10%
%DV Iron: 15%

Steps:
1. Combine all ingredients in a small bowl.
2. Mix well.
3. Let set for about 5-10 minutes. Enjoy!
Beef Sausage

Tip:
Making your own sausage lets you control the amount of fat and salt. Regular sausage has 16g of fat per serving and this version has only 5g!

Gather Ingredients:
- 8 ounces lean ground beef
- 1 teaspoon dried Italian seasoning
- 1 tablespoon ground sage
- ½ teaspoon fennel seed (optional)
- 1/8 teaspoon salt
- 1 egg white

Steps:
1. Combine all ingredients in a small bowl.
2. Mix well.
3. Shape mixture into four equal patties.
4. Chill at least one hour.
5. Coat a large skillet with non-stick cooking spray.
6. Place over medium heat and add the patties.
7. Cook about 5 minutes on each side, or until no longer pink.
8. Drain on paper towels.
Breakfast Burrito

Tip:
This easy morning treat is both good tasting and good for you. These lowfat burritos are loaded with all kinds of potential cancer fighting agents such as soy protein based sausage, vitamin A & C packed peppers and 4+ grams of fiber.

Compare these to their McDonald’s counterpart:
Our breakfast burrito: McDonald’s:
Calories: 210 Calories: 292
Total fat: 4 grams Total fat: 16 grams

Gather Ingredients:
¾ cup egg substitute
1 Boca or Morningstar soy sausage
¼ cup chopped peppers (red, green, yellow)
Mrs. Dash, spicy seasoning
Black pepper
2 fat free wheat tortillas
Salsa, optional

Steps:
1. Spray skillet with vegetable spray. Saute peppers and brown sausage together in skillet.
2. Add egg substitute, Mrs. Dash and black pepper. Scramble eggs and Mrs. Dash & peppers & sausage until eggs are glossy.
3. Place ½ egg mixture in tortilla with salsa and roll into a burrito.

Nutrition Facts

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%DV Vit A: 40%
%DV Vit C: 20%
%DV Calcium: 6%
%DV Iron: 20%
Tip:
Syrups have high amounts of sugar and calories with little nutritional value. So, if you must use syrup, try to substitute a sugar-free syrup or lite syrup in your recipe. Sugar-free and lite syrups are not carbohydrate-free, and still contain minimal nutritive value, but they usually have fewer calories than regular syrup.

A great substitution for syrup when sweetening breakfast foods is to use frozen berries, such as blackberries, blueberries, raspberries, or strawberries. Heat a small dish of berries in the microwave—when the berries are heated, use the sweet juice and berries as your sweetener. Put a few tablespoons over your breakfast item, like French Toast, and you’ll increase the sweetness as well as the nutritional value of your meal.

Gather Ingredients:
4 eggs or 8 egg whites* or 1 cup egg substitute
1 cup skim milk
8 slices of whole wheat (or whole-grain) bread
Non-stick vegetable spray
4 Tablespoons lite (or sugar-free) syrup*

Steps:
1. Crack eggs or measure out egg substitute in bowl.
3. Pour into shallow pan. Dip bread slice in one at a time. Coat both sides.
6. Top with 1 tablespoon of warm sugar-free syrup.
7. Leftover can be refrigerated or frozen.

*Nutrient analysis performed using egg whites and lite syrup.

Nutrition Facts
Servings per Recipe: 4
Serving Size: 2 slices toast

Calories per Serving: 198
Total Fat: 2g
Saturated Fat: 0.5g
Cholesterol: 1mg
Sodium: 410mg
Total Carbohydrate: 33g
Dietary Fiber: 3.5g
 Sugars: 13g
Protein: 13g

%DV Vit A: 3%
%DV Vit C: 0%
%DV Calcium: 10%
%DV Iron: 11%
Fabulous Fruit Spread

Tips:
Breakfast is a most important meal. It kick-starts your metabolism and gives your body energy to fuel your daily activities. Breakfast does not have to be the “traditional” time-consuming American meal with bacon and eggs, biscuits and gravy, or a stack of pancakes. It can be lighter and quicker…it just needs to be eaten!

Quick breakfasts can include breads and spreads, fruit, nuts, cereal and milk, or even leftovers from last night’s dinner! Even a slice of pizza can break your fast! Something is far better than nothing…but it is always heart smart to choose foods with lower fat levels whenever possible (pineapple and ham rather than pepperoni on the pizza), and watch portion size (don’t eat half the pizza).

Nutrition Facts
Servings per Recipe: 20
Serving Size: 2 tablespoons

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%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Gather Ingredients:
1 cup (8 ounces) fat free cottage cheese
1 package (8 ounces) reduced fat cream cheese, cubed
1 tablespoon orange juice
½ teaspoon grated orange peel
½ cup assorted dried fruit, chopped
Toast or English muffins

Steps:
1. In a food processor combine the first four ingredients; cover and process until smooth.
2. Stir in fruit.
3. Spread on toast or English muffins. Store leftovers in the refrigerator.
Fall Fruit Compote

Tips:
✓ Can be served warm or cold
✓ Try swirling it in oatmeal
✓ Use as a side dish with pork or chicken

This recipe courtesy of Weight Watchers

Gather Ingredients:
2 medium apples diced into ½ inch pieces
1/3 cup orange juice, freshly squeezed
3 medium pears diced into ½ inch pieces
½ cup dried cranberries
½ teaspoon ground cinnamon
¼ teaspoon ground ginger
½ cup water
1 teaspoon orange zest
1 medium orange, sectioned and pits removed

Steps:
1. Combine 1 diced apple, orange juice, 1 diced pear, ¼ cup cranberries, cinnamon, and ginger in a medium pot over medium heat. Cook until liquid almost evaporates, stirring occasionally – about 15 minutes.
2. Add remaining apple, 1 diced pear and ½ cup water; cook until the apple is just tender – about 8 minutes. Add orange zest, orange sections, and remaining pear and cranberries. Cook until heated through, stirring occasionally – about 2 – 3 minutes.
3. Prep time 20 minutes. Cooking time 25 minutes.

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1/2 cup

Calories per Serving: 122
Total Fat: less than 1g
Saturated Fat: 0
Cholesterol: 0
Sodium: 2mg
Total Carbohydrate: 32g
Dietary Fiber: 5g
Protein: less than 1g

%DV Vit A: 1%
%DV Vit C: 33%
%DV Calcium: 2%
%DV Iron: 5%
Go Nuts Yogurt

Go nuts over this quick and easy twist to yogurt.

Nutrition Facts
Servings per Recipe: 1
Serving Size: 1

Calories per Serving: 110
Total Fat: 2g
  Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 135mg
Total Carbohydrate: 14g
  Dietary Fiber: 0g
  Sugars: 7g
Protein: 8g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 25%
%DV Iron: 0%

Gather Ingredients:
  1 (6-8) ounce sugar free, nonfat vanilla yogurt
  1 teaspoon chopped pecans
  Dash of cinnamon

Steps:
  1. Sprinkle pecans and cinnamon over yogurt.
Ham & Egg Muffins

Tip:
Fast food breakfasts such as bacon, egg & cheese biscuits or sausage biscuits are often extremely high in fat, calories, and sodium.

Try staying at home a few minutes (rather than waiting in the drive-thru) to save yourself a few calories.

Compare the following to see the difference with our recipe:
McDonald’s® Bacon, Egg, & Cheese Biscuit:
- Calories: 460
- Fat: 28g
- Sodium: 1370mg

McDonald’s® Sausage McMuffin® with Egg:
- Calories: 450
- Fat: 28g

Gather Ingredients:
1 cup skim milk
1 tablespoon cornstarch
¼ teaspoon salt
1/8 teaspoon coarsely ground black pepper
2 English muffins, split
4 thin slices, cooked, 97% fat free ham
2 eggs, plus 4 egg whites, slightly beaten
Non-stick cooking spray

Steps:
1. Prepare white sauce in small saucepan: Dissolve cornstarch in milk; heat over medium heat, stirring constantly, until thickened; add salt and pepper, remove from heat and cover to keep warm.

2. Toast English muffins.

3. Cook ham in skillet over medium heat until brown on both sides (or heat in microwave).

4. Spray non-stick skillet with cooking spray. Heat over medium heat until drops of water bounce when sprinkled on skillet. Pour eggs into skillet. As mixture begins to set at bottom and sides, gently lift portions with spatula so that the uncooked portion can flow underneath. Cook 2-4 minutes or until thickened throughout, but still moist.

5. Place slice of ham on each muffin half. Top with eggs. Spoon white sauce over eggs.
Lemon Blueberry Muffin

**Tips:**
- Using Splenda in place of sugar in this recipe can reduce the calories and total carbohydrate per muffin to: 150 calories, 28g Total Carbohydrate

**Gather Ingredients:**
- 1-3/4 cup Oats (quick or old fashioned, uncooked), divided
- 2 tablespoons firmly packed brown sugar
- 1 cups all-purpose flour (add an additional 2 tablespoons if using old fashioned oats)
- ½ cup granulated sugar
- 1 tablespoon baking powder
- ¼ teaspoon salt (optional)
- 1 cup skim milk
- 2 egg whites, lightly beaten
- 2 tablespoons vegetable oil
- 1 teaspoon grated lemon peel
- 1 teaspoon vanilla
- 1 cup fresh or frozen blueberries (do not thaw)

**Nutrition Facts**

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**Steps:**
1. Heat oven to 400 degrees F. Line 12 medium muffin cups with paper baking cups. For topping, combine ¼ cup oats and brown sugar; set aside.
2. For muffins, combine 1 ½ cups oats and remaining dry ingredients in large bowl; mix well. In small bowl, combine milk, egg whites, oil, lemon peel and vanilla; mix well.
3. Add to dry ingredients; stir until moistened. Gently stir in berries. Fill muffin cups almost full; sprinkle with topping.
4. Bake 20-24 minutes or until light golden brown. Cool muffins in pan on wire rack for five minutes; remove from pan. Serve warm.
Multi-Grain Buttermilk Pancakes

Tip:
Starting each day with a high fiber breakfast is very important for good health. The National Weight Loss Registry lists having breakfast as one of the tips for successful weight management. The recommended daily intake for dietary fiber in adults is 25-30 grams per day. Most Americans get less than half of that each day.

Gather Ingredients:
2 cups whole-wheat flour
½ cup wheat germ
¼ cup oats
1 teaspoon baking soda
1 teaspoon salt
2 eggs
3 cups low-fat buttermilk

Steps:
1. Stir together all dry ingredients.
2. In a separate bowl, beat the eggs lightly and combine with milk.
3. Add the egg/milk mixture to the dry ingredients. Stir until well mixed.
4. Drop batter onto hot griddle or skillet that has been prepared with non-fat vegetable cooking spray. Pancakes should be 4 inches in diameter.
5. Cook over medium heat, turning once after bubbles appear on the surface.
6. Serve with sugar-free syrup and/or fresh fruit.

Nutrition Facts

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%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 10%
%DV Iron: 10%
Nut and Fruit Breakfast Bites

Tips:

✓ Try substituting Splenda or Splenda Blend for the sugar to reduce the total amount of sugar

✓ Pair one of two of these crunchy, chewy bites with nonfat yogurt or a piece of fruit and you’ve got a great “to go” breakfast

Gather Ingredients:
1/3 cup reduced-calorie margarine, soft
1/3 cup sugar
¼ cup honey
½ teaspoon ground cinnamon
1 ¼ cup dried mixed fruit, such as raisins, apples, and cranberries
1 cup quick oats
1 ¾ cup uncooked old fashioned oats
¼ cup chopped walnuts

Steps:
1. Combine margarine, sugar and honey in saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil; boil for 1 minute. Remove from heat; stir in remaining ingredients.

2. Press mixture into the bottom of a 9-inch square baking pan coated with cooking spray. Allow to cool and then cut into 16 pieces. Store in a covered container in the refrigerator.

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A-gi-yo-si (I’m Hungry)            BRFT- 14 -            Cherokee Nation Dietitian Cookbook
Oat Bran and Dried Fruit Muffins

Tips:
✓ Dried fruit adds sweetness and a chewy texture

Gather Ingredients:
1 1/4 cup dried mixed fruit, coarsely chopped
¾ cup uncooked oat bran
1 tablespoon all-purpose flour
5 teaspoons baking powder
1 cup fat-free skim milk
2 large egg whites
¾ large banana, or 1 medium, mashed
1 cup old fashioned oats
½ cup all-purpose flour
3 tablespoons packed light brown sugar
1 teaspoon ground cinnamon
¼ cup orange juice, fresh
2 tablespoons vegetable oil
2 teaspoons orange zest

Breakfast

Nutrition Facts
Servings per Recipe: 12
Serving Size: 1 muffin

Calories per Serving: 176
Total Fat: 3g
Saturated Fat: <1g
Cholesterol: <1mg
Sodium: 227mg
Total Carbohydrate: 36g
Dietary Fiber: 4g
Protein: 5g

%DV Vit A: 6%
%DV Vit C: 5%
%DV Calcium: 14%
%DV Iron: 24%

Steps:
1. Preheat oven to 400 degrees F. Spray a 12 cup muffin pan with nonstick spray or line with paper liners.

2. Combine the dried fruit, rolled oats, oat bran, flour, banana, brown sugar, baking powder, and cinnamon in food processor. Pulse until the mixture is just blended, then transfer to a bowl.

3. Combine the milk, orange juice, egg whites, oil, and orange zest in another bowl. Add the milk mixture to the dried fruit mixture; stir just until blended. Spoon into cups, filling about two-thirds full.

4. Bake until surface of muffins are golden brown and spring back when lightly pressed, or until a toothpick inserted in a muffin comes out clean – about 15 minutes. Remove from the pan and cool on a rack for 10 minutes before serving. Store in an airtight container at room temperature for up to 3 days.

Recipe courtesy of Great Cooking Every Day by Weight Watchers and The Culinary Institute of America.
Six Weeks Bran Muffins

Tips:
✓ Using Splenda Blend reduces calories to 102 per muffin
✓ Using egg substitute reduces cholesterol to .59 grams

Gather Ingredients:
1 15 ounce box Raisin Bran Cereal
3 cups sugar
5 cups flour
5 teaspoons baking soda
2 teaspoons salt
1 cup canola oil
1 quart buttermilk, low fat
4 eggs, beaten

Steps:
1. Preheat oven to 400 degrees. Mix dry ingredients together in very large bowl.
2. Add eggs, oil, and buttermilk and mix well to moisten all ingredients.
3. Store batter in airtight container in refrigerator for up to six weeks.
4. Bake as few or as many as you like at a time. Bake in preheated oven for approximately 15 minutes, in paper lined muffin tin.

Nutrition Facts
Servings per Recipe: 72
Serving Size: 1 muffin
Calories per Serving: 119
Total Fat: 3.6g
Saturated Fat: less than 1g
Cholesterol: 12.3mg
Sodium: 205mg
Total Carbohydrate: 20g
Dietary Fiber: 1g
Protein: 2.2g

%DV Vit A: 2%
%DV Vit C: 0%
%DV Calcium: 2%
%DV Iron: 11%
Vegetable Frittata

Tip:
✓ To get your 5-9 fruits and vegetables start with breakfast.
✓ Vegetables can be added to omelets, egg casseroles, breakfast burritos, etc.
✓ Include fresh fruit or canned fruit (in its own juice) on the side.

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 cup

Calories per Serving: 150
Total Fat: 4.5g
Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 240mg
Total Carbohydrate: 17g
Dietary Fiber: 2g
Sugars: 6g
Protein: 13g

%DV Vit A: 8%
%DV Vit C: 70%
%DV Calcium: 4%
%DV Iron: 2%

Gather Ingredients:
1 teaspoon olive oil
1 medium yellow onion, chopped
1 garlic clove, minced
1 green bell pepper, chopped
1 large baked potato, cooked and cubed
1 medium tomato, chopped
2 cups egg substitute
2 tablespoons grated Parmesan cheese
½ teaspoon fresh rosemary or oregano, or ¼ teaspoon dried
Salt and ground pepper, to taste
Spicy tomato salsa, optional

Steps:
1. Add olive oil to a large non-stick skillet; sauté onion, garlic and bell pepper until soft, about 3 minutes.
2. Combine egg substitute, cheese and seasonings.
3. Add potato and tomato to the skillet and immediately top with the egg mixture.
4. Cook over low heat until nearly cooked through; top should be slightly uncooked.
5. Transfer skillet under broiler for a minute or until top is done and slightly browned.
6. Remove frittata from skillet to a plate and serve with salsa.
White Gravy

Tip:
Using light margarine and skim milk really cut the unhealthy fat in gravy. You can enjoy this without feeling guilty!

Gather Ingredients:

- 2 tablespoons light margarine
- ¼ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons all-purpose flour
- 1 cup skim milk

Steps:

1. Melt light margarine in a non-stick skillet.
2. Add salt, pepper, and flour and stir with whisk to combine.
3. Add skim milk and continue stirring with whisk until smooth and thick.

Nutrition Facts

Servings per Recipe: 4
Serving Size: ¼ of Recipe

Calories per Serving: 60
- Total Fat: 3g
- Saturated Fat: 0.5g
- Cholesterol: 0mg
- Sodium: 250mg
- Total Carbohydrate: 6g
- Dietary Fiber: 0g
- Sugars: 3g
- Protein: 3g

%DV Vit A: 8%
%DV Vit C: 0%
%DV Calcium: 8%
%DV Iron: 0%
DESSERTS

Bake Sale
Applesauce Bran Muffins

Tip:
To add fiber to muffins use ¾ cup wholewheat flour and ½ cup white flour.
For even more fiber, ½ cup wheat germ may be substituted for ½ cup of the whole-wheat flour.

Gather Ingredients:
1 ¼ cups flour
1 tablespoon baking powder
¼ teaspoon salt
2 cups Fruit and Fiber or Fruit and Bran cereal
1 cup fat free milk
1 egg, slightly beaten
½ cup applesauce
½ cup packed brown sugar
2 tablespoons canola oil

Nutrition Facts
Servings per Recipe: 12
Serving Size: 1 muffin

Calories per Serving: 150
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 20mg
Sodium: 180mg
Total Carbohydrate: 30g
Dietary Fiber: 5g
Sugars: 12g
Protein: 4g

%DV Vit A: 8%
%DV Vit C: 8%
%DV Calcium: 4%
%DV Iron: 25%

Steps:
1. Mix flour, baking powder and salt in large bowl.
2. Mix cereal and milk and let stand for 3 minutes.
3. Stir in egg, applesauce, sugar, and oil.
4. Add to flour and mix until moistened.
5. Spoon batter into muffin pan lined with muffin liners or sprayed with vegetable spray.
6. Bake at 400° F for 20 minutes or until golden brown.

Makes approximately 1 dozen muffins.
### Canola Oil Pie Crust

**Tip:**
Pie Crust is a higher fat food. However, using canola oil instead of shortening or lard makes it a more heart healthy product, since most of the fat will be monounsaturated. The dough is a little sticky, so make sure and roll out between waxed paper.

**Gather Ingredients:**
- 2 cups all-purpose flour
- ½ teaspoon salt
- ½ cup canola oil
- 5 tablespoons skim (fat-free) milk

### Steps:
1. Mix dry ingredients in bowl and make a well in the middle.
2. Pour oil and milk into the well.
3. Combine well with a fork.
4. Divide dough into 2 even balls.
5. Roll pastry out between 2 sheets of waxed paper.
6. Bake as directed by recipe you are using the crust for.

Recipe makes enough dough for (2) 9-inch crusts with 8 servings each. Nutrition facts above are for 1 serving of a single crust pie. If making a pie with a double crust, you would need to double the amounts listed.

### Nutrition Facts

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| %DV Vit A: 0% | %DV Vit C: 0% | %DV Calcium: 0% | %DV Iron: 4% |
Chewy Fudge Drop Cookies

Gather Ingredients:

1 cup (6 ounces) semisweet chocolate chips, divided
3 tablespoons canola oil
1 cup packed brown sugar
3 egg whites
2 tablespoons plus 1 ½ teaspoons light corn syrup
1 tablespoon water
2 ½ teaspoons vanilla extract
1 ¾ cups all purpose flour
2/3 cup plus 1 tablespoon confectioners’ sugar divided
1/3 cup baking cocoa
2 ¼ teaspoons baking powder
1/8 teaspoon salt

Steps:

1. In a sauce pan, melt ¾ cup chocolate chips and oil over low heat, stirring constantly. Pour into large bowl; cool for 5 minutes.

2. Stir in brown sugar. Add egg whites, corn syrup, water and vanilla; stir well.

3. In a small bowl, combine the flour, 2/3 cup confectioners’ sugar, cocoa, baking powder and salt.

4. Stir dry ingredient mixture into chocolate mixture until combined. Stir in the remaining chocolate chips (dough will be very stiff).

5. Drop by tablespoonfuls 2 inches apart onto baking sheets coated with nonstick cooking spray. Bake at 350 degrees for 8-10 minutes or until puffed and set.

6. Cool for 2 minutes before removing to wire racks. Sprinkle cooled cookies with remaining confectioners’ sugar. Yield: 4 dozen.

Nutrition Facts

Servings per Recipe: 24
Serving Size: 2 cookies

Calories per Serving: 139
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 48 mg
Total Carbohydrate: 26 g
Dietary Fiber: 1 g
Sugars: 0g
Protein: 2 g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%
Chocolate Pudding

Tip:
Using Splenda for half of the sugar cuts 60 grams of carbohydrate from the recipe—or 9 grams per serving.

Gather Ingredients:

2/3 cup powdered milk
¼ cup sugar
½ cup Splenda
3 tablespoons cornstarch
1/3 cup cocoa powder
¼ teaspoon salt
2 ½ cups water
1 teaspoon vanilla

Nutrition Facts

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Steps:

1. Combine powdered milk, sugar, Splenda, cornstarch, cocoa powder, and salt in a medium saucepan until well blended.
2. Add the water and stir until well combined.
3. Cook over medium heat until thickened.
4. Remove from heat and add vanilla.
5. Serve chilled.
Chocolate Zucchini Cake

Gather Ingredients:
2 ½ cups unsifted all-purpose flour
½ cup baking cocoa
2 ½ teaspoons baking powder
1 ½ teaspoons baking soda
½ teaspoon salt
1-1 ½ teaspoons cinnamon
¾ cup light soft margarine
½ cup Splenda Sugar Blend for Baking
¾ cup egg substitute
2 teaspoons vanilla
2 teaspoons grated orange rind
2 cups coarsely shredded zucchini (not peeled)
½ cup 1% milk
1 cup chopped nuts
½ cup sifted powdered sugar

Nutrition Facts
Servings per Recipe: 16
Serving Size: 1/16 of cake
Calories per Serving: 225
Total Fat: 8g
Saturated Fat: less than 1g
Cholesterol: .5mg
Sodium: 366mg
Total Carbohydrate: 34g
Dietary Fiber: 2g
Sugars: N/A
Protein: 2g

%DV Vit A: 11%
%DV Vit C: 3%
%DV Calcium: 6%
%DV Iron: 31%

Steps:
1. Preheat oven to 350°F. Grease and flour a 10 inch tube or bundt pan.

2. Combine the first 6 ingredients in bowl; set aside.

3. Cream margarine with Splenda Sugar Blend for Baking until creamy. Add eggs one at a time, beating well after each addition. Stir in vanilla, orange rind, and shredded zucchini.

4. Add dry ingredients alternately with ½ cup milk, mixing well after each addition. Fold in nuts.

5. Pour into prepared pan. Bake at 350°F for about 1 hour or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove to wire rack to cool completely. Sift powdered sugar over cooled cake.

Adapted from a recipe from OSU Cooperative Extension Service.
Cooked Apples

Tip:
Apples keep best when refrigerated. Store them in a plastic bag or in the crisper drawer to keep them fresh.

Suggestion:
When baking apples whole, some varieties work better than others. Try Golden Delicious, Red Rome (Rome Beauty) or Granny Smith for this recipe.

Desserts

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1 apple

Calories per Serving: 89
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 3mg
Total Carbohydrate: 23.5g
Dietary Fiber: 3g
Sugars: 18.5g
Protein: 0.5g

%DV Vit A: 1%
%DV Vit C: 11%
%DV Calcium: 1%
%DV Iron: 1%

Gather Ingredients:
6 apples
3-6 tablespoons brown sugar (or brown sugar substitute)
Aluminum foil, one sheet for each apple

Steps:
1. Wash apples and remove core from each apple.
2. Place an apple on a piece of aluminum foil.
3. Fill the empty core cavity with approximately ½ -1 tablespoon of brown sugar.
5. Place each wrapped apple on a baking sheet. Bake in preheated 350 degree oven for 15 to 20 minutes until tender. Remove foil with care when done cooking as apple will be hot.

For extra zing—sprinkle with nutmeg or cinnamon before baking.
Crispy Cereal Meringues

Gather Ingredients:

- 4 egg whites
- ¼ teaspoon cream of tartar
- ¼ teaspoon salt
- 1 cup sugar
- 2 cups chocolate-flavored crisp rice cereal
- ¼ cup semisweet chocolate chips
- ½ teaspoon vegetable shortening

Nutrition Facts

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%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Steps:

1. In a mixing bowl, beat egg whites, cream of tartar and salt until soft peaks form.
2. Gradually add sugar, 1 tablespoon at a time, until stiff peaks form, about 6 minutes.
3. Fold in cereal. Drop by rounded teaspoonfuls 1 in apart onto baking sheets coated with nonstick cooking spray.
4. Bake at 300 degrees for 35-40 minutes or until firm to touch. Remove to wire rack to cool.
5. In a microwave or heavy sauce pan over low heat, melt chocolate chips with shortening, stirring constantly.
6. Transfer to small resealable plastic bag; cut a small hole in the corner of bag. Drizzle melted chocolate over meringues.
7. Place on waxed paper to harden. Yield 64 cookies.
Crispy Oat Cookies

Gather Ingredients:

- ¼ cup butter or stick margarine, softened
- ¼ cup canola oil
- 1 cup sugar, divided
- 1 tablespoon water
- 1 egg
- 1 teaspoon vanilla extract
- ¾ cup all purpose flour
- ¼ cup cornstarch
- 1 teaspoon baking soda
- 1 teaspoon cream of tartar
- ½ teaspoon salt
- 1 ½ cups crisp rice cereal
- 1 cup quick cooking oats
- 1/3 cup flaked coconut
- ¼ cup chopped walnuts

Desserts

Nutrition Facts

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| %DV Vit A: 0%            |
| %DV Vit C: 0%            |
| %DV Calcium: 0%          |
| %DV Iron: 0%             |

Steps:

1. In a mixing bowl, beat the butter, oil, ¾ cup sugar and water. Beat in egg and vanilla.

2. In another bowl, combine the flour, cornstarch, baking soda, cream of tartar and salt; gradually add to the butter mixture.

3. Stir in the cereal, oats, coconut and nuts. (Dough will be sticky).

4. Shape into 1 in balls; roll in some of the remaining sugar. Place balls 2 in apart on baking sheet coated with non stick cooking spray. Flatten with a glass dipped in remaining sugar.

5. Bake at 350 degrees for 10-12 minutes or until lightly browned. Remove to wire racks to cool.
Crustless Pumpkin Pie

Tip:

This is an easy to make, low fat pie that is great for potlucks or other dinners. It can be cut as a pie, or baked and served as bars.

Omitting the crust decreases the total and saturated fat. If you miss the crust, you may sprinkle graham cracker crumbs on the bottom of the baking dish before adding the pie ingredients.

For a special treat, top with a dollop of light whipped topping.

Gather Ingredients:

15 ounce can solid-pack pumpkin
12 ounce can evaporated skim milk
¾ cup egg substitute (or 3 egg whites)
½ cup Bisquick baking mix
2 tablespoons sugar
1/3 cup Splenda or 8 packets of Sweet’n Low
1 tablespoon pumpkin pie spice
2 teaspoons vanilla

Steps:

1. Heat oven to 350°F. Spray 9-inch pie baking dish with non-stick vegetable cooking spray.

2. Combine all ingredients; beat for 2 minutes or until thoroughly mixed.

3. Bake 45-60 minutes.

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1/8 recipe

Calories per Serving: 120
Total Fat: 2.5g
Saturated Fat: 0g
Cholesterol: 5mg
Sodium: 320mg
Total Carbohydrate: 18g
Dietary Fiber: 2g
Sugars: N/A
Protein: 8g

%DV Vit A: 250%
%DV Vit C: 4%
%DV Calcium: 20%
%DV Iron: 10%
Fruit and Yogurt Brulee

Tip:
If you don’t have individual custard cups, you can make this in an oven-proof casserole dish and then portion into small bowls.

Gather Ingredients:
2 cups sliced fresh fruit (strawberries, apples, blueberries, etc) or well drained canned fruits (sliced peaches, pineapple, or pears) or frozen fruit unsweetened
8 ounces lite vanilla yogurt (100 calorie or less yogurt-fat free/sugar free)
3 tablespoons firmly packed Splenda Brown Sugar
dash cinnamon or allspice (optional)

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe
Calories per Serving: 70
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 40mg
Total Carbohydrate: 16g
Dietary Fiber: 2g
Sugars: 13g
Protein: 2g

%DV Vit A: 5%
%DV Vit C: 40%
%DV Calcium: 11%
%DV Iron: 2%

Steps:
1. Preheat broiler. Divide fruit among four 6 ounce oven-proof custard cups.
2. Divide yogurt among cups and spread to an even layer over fruit.
3. Sprinkle approximately 2 teaspoons brown sugar over each serving.
4. Broil 3 – 4 inches from heat source, about 1 – 3 minutes or until sugar is melted.
5. Refrigerate 1-2 hours before serving.

Adapted from a recipe from American Institute for Cancer Research.
Heart Healthy Haystacks

Tip:
A modified version of the “not so good” for you haystacks. These use dark chocolate to add antioxidants and Fiber One to add lots of fiber. A great dessert to have around for when you have a chocolate attack!

Gather Ingredients:
1 ½ ounces dark chocolate chips
2 cups Fiber One cereal
½ cup peanut butter, I use natural

Steps:
1. In a 2 quart saucepan, melt the dark chocolate chips with the peanut butter.
2. Add the Fiber One cereal and stir to coat.
3. On a piece of wax paper, drop spoonfuls of chocolate coated cereal to form small “haystacks”.
4. Let cool and store in airtight container.

Nutrition Facts
Servings per Recipe: 12
Serving Size: 1/12 of Recipe
Calories per Serving: 100
Total Fat: 6g
  Saturated Fat: 1.5g
Cholesterol: 0mg
Sodium: 50mg
Total Carbohydrate: 12g
  Dietary Fiber: 6g
  Sugars: 3g
Protein: 4g

%DV Vit A: 0%
%DV Vit C: 6%
%DV Calcium: 0%
%DV Iron: 10%
Tip:
This is a crowd pleaser that has people eating healthy---without even realizing it!

Gather Ingredients:
- 1 box sugar free Jello (any flavor)
- ½ cup water
- 1 (8 ounce) Cool Whip Lite
- 2 fat free/light yogurts (any flavor)
- 1 reduced fat graham cracker crust
- 1 (20 ounce) can crushed pineapple-drained

Steps:
1. Mix Jello with ½ cup boiling water.
2. Let cool to lukewarm temperature.
3. Add yogurt and drained pineapple and mix well; pour into graham cracker crust.
4. Add the container of Cool Whip evenly on top of pie.
5. Let set overnight in refrigerator.

Nutrition Facts
Servings per Recipe: 12
Serving Size: 1/12 of pie

Calories per Serving: 90
Total Fat: 2.5g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 45mg
Total Carbohydrate: 13g
Dietary Fiber: 0g
Sugars: less than 9g
Protein: 1g

%DV Vit A: 0%
%DV Vit C: 4%
%DV Calcium: 4%
%DV Iron: 0%
Nutter Butter Cookies

Tip:
Replacing the regular fats in cookies with applesauce and peanut butter makes these cookies a heart healthy snack. The applesauce and raisins serve as sweeteners, while vanilla and cinnamon enhance sweetness. There is no added sugar! Sugar Twin, Splenda, or Sweet n’ Low could add more sweetness if needed.

Gather Ingredients:

1 cup applesauce
½ cup peanut butter
1 teaspoon vanilla
¾ cup non-fat dry milk
¾ cup all-purpose flour
¼ teaspoon cinnamon
½ cup raisins

Steps:

1. Beat applesauce, peanut butter, and vanilla together in a mixing bowl.
2. Add milk, flour, cinnamon, and raisins and mix well.
3. Drop by teaspoonfuls onto a greased cookie sheet and flatten with the tines of a flour-dipped fork.
4. Bake at 350° for 10 minutes and serve warm or chilled.

Nutrition Facts

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%DV Vit A: 0%
%DV Vit C: 6%
%DV Calcium: 4%
%DV Iron: 0%
Outrageous Oat Bran Cookies

Tip:
This recipe originated from the Hodgen’s Mill website. Though it will increase the calories and fat a bit, you could add a ½ cup of miniature chocolate chips to this recipe.

Gather Ingredients:
¾ cup light margarine
1 cup brown sugar
½ cup granulated sugar
½ cup applesauce
2 teaspoons vanilla
1 cup all purpose flour
1 cup whole wheat flour
1 cup oat bran cereal
¼ cup ground flax seed
¼ teaspoon baking powder
¼ teaspoon baking soda

Nutrition Facts
Servings per Recipe: 24
Serving Size: 2 small cookies

Calories per Serving: 127
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 107mg
Total Carbohydrate: 24g
Dietary Fiber: 2g
Sugars: N/A
Protein: 2g

%DV Vit A: 7%
%DV Vit C: 1%
%DV Calcium: 2%
%DV Iron: 5%

Steps:
1. Heat oven to 350°F.
2. In a medium bowl, mix margarine and both sugars until creamy. Add applesauce and vanilla.
3. Add remaining ingredients and mix until well blended.
4. Drop dough by tablespoon onto a cookie sheet that has been prepared with non-stick vegetable cooking spray.
5. Bake 8-10 minutes. Allow to cool 1 minute before removing from cookie sheet.
**Peppermint Kisses**

**Tip:**
Meringue kisses are great holiday pleasers. Easy to make...you can make up a batch in only a few minutes.

You can drop the cookies by spoonfuls onto the baking sheet if you do not want to use a plastic bag and pipe them out.

You can also turn the oven off at the end of the baking time and leave the cookies in the oven to cool with the door slightly open.

---

**Nutrition Facts**

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**Gather Ingredients:**

- 2 egg whites
- 1/8 tsp salt
- 1/8 tsp cream of tartar
- 1/2 cup sugar
- 2 peppermint canes (one green, one red), crushed

**Steps:**

1. In a mixing bowl, beat egg whites until foamy.

2. Add salt and cream of tartar; beat until soft peaks form. Beat in sugar, 1 tablespoon at a time, until stiff and glossy.

3. Spoon meringue into a pastry bag or resealable plastic bag. If using a plastic bag, cut a 1-inch hole in a corner. Squeeze 1 1/2-inch kisses of meringue onto ungreased, foil-lined baking sheets. Sprinkle half with crushed red candy canes and half with green candy canes.

4. Bake at 225 degrees for 1 1/2 to 2 hours or until dry but not brown. Cool; remove from foil. Store in an airtight container. Makes 3 dozen (36) cookies.
Pumpkin Chocolate Brownies

Tip:
These moist brownies are rich in Vitamin A thanks to the addition of canned pumpkin.

Cholesterol is kept low by omitting two egg yolks.

Use miniature chips, and less, in your recipes that call for regular chocolate chips. Your product will look like it's packed with chocolate, but it will actually be less and thus lower in fat.

To add fiber to this recipe, substitute ½ cup of whole-wheat flour for ½ cup of white flour.

Adapted from a recipe from Everyday Eating publication.

Nutrition Facts
Servings per Recipe: 16
Serving Size: 2 inch square

Calories per Serving: 100
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 15mg
Sodium: 80mg
Total Carbohydrate: 18g
Dietary Fiber: 0g
Sugars: 11g
Protein: 2g

%DV Vit A: 25%
%DV Vit C: 0%
%DV Calcium: 4%
%DV Iron: 4%

Gather Ingredients:
2/3 cup firmly packed brown sugar
½ cup canned pumpkin
1 egg
2 egg whites
2 tablespoons oil
1 cup flour
1 teaspoon baking powder
1 teaspoon cocoa
½ teaspoon ground cinnamon
½ teaspoon ground allspice
¼ teaspoon salt
¼ teaspoon ground nutmeg
1/3 cup semi-sweet chocolate miniature morsels

Steps:
1. Preheat oven to 350° F. Coat a 9” square baking pan with nonstick cooking spray.
2. In a large bowl, combine brown sugar, pumpkin, egg, egg whites and oil. Beat with mixer until blended.
Pumpkin Chocolate Chip Bread

Tips:

✓ Substitute 1 cup Splenda blend for the 2 cups sugar to reduce total sugar in recipe
✓ Cut salt in half or omit to lower sodium intake
✓ 1 cup chopped pecans would make a great addition and would increase fiber intake
✓ Try substituting Whole Wheat Flour for some of the all purpose flour

Gather Ingredients:
2 cups sugar
2 cups canned pumpkin
½ cup canola oil
½ cup fat free vanilla pudding (prepared)
4 large egg whites
3 cups all-purpose flour
2 teaspoons ground cinnamon
1 ¼ teaspoon salt
1 teaspoon baking soda
1 cup mini chocolate chips

Nutrition Facts
Servings per Recipe: 32
Serving Size: 1 slice

Calories per Serving: 170
Total Fat: 5g
Saturated Fat: 1.2g
Cholesterol: 0mg
Sodium: 180mg
Total Carbohydrate: 28g
Dietary Fiber: 1g
Protein: 2g

%DV Vit A: 70%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 6%

Steps:
1. Preheat oven to 350 degrees.
2. Combine first 5 ingredients in large bowl, stirring well with a whisk. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cinnamon, salt, and baking soda in medium bowl, stirring well to combine. Add this mixture to pumpkin mixture; stirring just until moist. Stir in mini chocolate chips.
3. Spoon into 2 (8x4) loaf pans coated with cooking spray. Bake at 350 degrees for 1 hour and 15 minutes or until wooden toothpick inserted in center comes out clean. Cool 10 minutes on wire rack.
Pumpkin Custard

Tip:
Great Holiday dessert! Fat Free Cool Whip could be substituted for the Dream Whip. Using sugar free pudding mix cuts about 15g of carbohydrate per serving.

Gather Ingredients:
1 package sugar-free instant butterscotch pudding mix
2 cups skim milk
½ cup canned pumpkin puree
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
2 cups prepared Dream Whip

Steps:
1. Prepare pudding mix with the skim milk.
2. Add pumpkin and spices and combine well.
3. Fold in the prepared Dream Whip.
4. Serve chilled.

Desserts

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1/2 cup

Calories per Serving: 110
Total Fat: 3g
Saturated Fat: 1.5g
Cholesterol: 0mg
Sodium: 135mg
Total Carbohydrate: 14g
Dietary Fiber: less than 1g
Sugars: 10g
Protein: 3g

%DV Vit A: 90%
%DV Vit C: 2%
%DV Calcium: 10%
%DV Iron: 0%
Pumpkin Pie

Tip:
Make your own homemade graham cracker pie crust to save on calories.

Graham Cracker Pie Crust:
Gather Ingredients:
¾ cup graham cracker crumbs (about 3 whole crackers finely crushed)
3 tablespoons melted light margarine
¼ teaspoon cinnamon
¼ teaspoon nutmeg

Directions:
2. Chill in refrigerator 2 hours before filling.

Gather Ingredients:
1 can pumpkin
1 package sugar-free Butterscotch pudding mix
1 container of Lite Whipped Topping (can use fat-free to lighten calories and saturated fat in recipe)
1 to 1½ teaspoon pumpkin pie spice
1 graham cracker pie crust

Steps:
1. Mix all ingredients together.
2. Pour into graham cracker crust.
3. Chill until firm.

Desserts

Nutrition Facts
Servings per Recipe: 8
Serving Size: 1 slice

Calories per Serving: 200
Total Fat: 7g
Saturated Fat: 4g
Cholesterol: 0mg
Sodium: 256mg
Total Carbohydrate: 33g
Dietary Fiber: 4g
Sugars: 12g
Protein: 1g

%DV Vit A: 41%
%DV Vit C: 0%
%DV Calcium: 2%
%DV Iron: 6%
Quick Pineapple Pie

Tip:
Even though this recipe has more than 30% of the calories from fat, most of the fat is from the canola oil in the crust. Canola oil is mostly monounsaturated fat—and is much more heart healthy than shortening—which is normally used in pie crust.

Gather Ingredients:
2 canola oil pie crusts
2 cans pineapple chunks, packed in juice, 12 ounces each
3 tablespoons of light margarine
3 tablespoons of corn starch
6 tablespoons of Sweet-n-Low or Splenda or may use 1 teaspoon of cinnamon instead
Optional: ½ teaspoon of sugar for top of crust

Nutrition Facts
Servings per Recipe: 8
Serving Size: 1/8 of recipe

Calories per Serving: 320
Total Fat: 16.5g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 205mg
Total Carbohydrate: 38g
Dietary Fiber: less than 1g
Sugars: 10g
Protein: 4g

%DV Vit A: 0%
%DV Vit C: 15%
%DV Calcium: 0%
%DV Iron: 8%

Steps:
1. Spray pie pan with Pam spray.
2. Place crust over pie pan and shape.
3. Drain pineapple chunks.
4. Mix pineapple chunks, light margarine, cornstarch and Sweet-n-Low or Splenda (or cinnamon) together in bowl, and then pour into the bottom crust.
5. Place top crust on pie, dust with cinnamon and sugar is optional.
6. Put aluminum foil around pie edges so fluted area will not be excessively browned.

Adapted from a recipe contributed by Beverly Cowan.
**Roasted Pears**

**Desserts**

**Nutrition Facts**
- Serving Size: ½ of pear
- Servings per Recipe: 6
- Calories per Serving: 123
- Total Fat: 3g
  - Saturated Fat: 1g
- Cholesterol: 0mg
- Sodium: 56mg
- Total Carbohydrate: 26g
  - Dietary Fiber: 3g
  - Sugars: 21g
- Protein: 0g

- %DV Vit A: 5%
- %DV Vit C: 6%
- %DV Calcium: 2%
- %DV Iron: 2%

**Gather Ingredients:**
- 1/3 cup of apple juice
- 1/3 cup firmly packed dark brown sugar
- 3 Tablespoons trans-free margarine
- 3 firm Bosc pears

Vanilla ice cream for serving, if desired.

**Steps:**

1. Preheat the oven to 400 degrees F.
2. Wash, peel, halve and core pears.
3. Arrange the pears cut side up in an 8-inch square baking dish.
4. Whisk the apple juice and sugar in a heavy saucepan over medium-high heat until the sugar dissolves. Whisk in the margarine. Pour the sauce over the pears.
5. Bake until the pears are crisp-tender and beginning to brown, basting occasionally with the juices, about 35 minutes.
Spicy Oatmeal Raisin Cookies

Tip:
You can use applesauce in your favorite desserts in place of the fat called for in the recipe.

Nutrition Facts
Servings per Recipe: 48
Serving Size: 1 cookie
Calories per Serving: 60
Total Fat: 0g
    Saturated Fat: 0g
    Cholesterol: 0 mg
    Sodium: 65mg
    Total Carbohydrate: 13g
    Dietary Fiber: 0g
    Sugars: 4g
    Protein: 1g

    %DV Vit A: 0%
    %DV Vit C: 0%
    %DV Calcium: 0%
    %DV Iron: 0%

Gather Ingredients:
1 (18.25 ounce) package spice cake mix
1 cup quick cooking oats
½ cup egg substitute
½ cup applesauce
½ cup raisins

Steps:
1. Preheat oven to 350°F. Spray baking sheets with nonfat cooking spray.
3. Drop by teaspoons onto baking sheets. Bake for 7-9 minutes or until lightly browned.
4. Cool 1 minute on baking sheet.
Sugar-Free Strawberry Pie

Tip:
Pie may be served with fat-free whipped topping.

Gather Ingredients:
1 canola oil pie crust, baked (see index)
2 cups sliced fresh strawberries
2 packages Equal sugar substitute
1 package sugar-free cook and serve vanilla pudding mix, 6 oz box
1 package sugar-free strawberry gelatin
2 cups water
4 packages Equal sugar substitute
2 teaspoons light margarine or butter flavoring

Steps:
1. Sprinkle strawberries with 2 packages of sugar substitute.
2. In medium saucepan, cook pudding mix, gelatin, water and the 4 packages of sugar substitute until thickened. Stir in the margarine and cool slightly.
3. Arrange strawberries in baked pie shell.
4. Cover with pudding.
5. Chill and serve.

Adapted from a recipe contributed by Beverly Cowan.

Desserts

Nutrition Facts
Servings per Recipe: 8
Serving Size: 1/8 of recipe

Calories per Serving: 290
Total Fat: 8g
Saturated Fat: 0.5g
Cholesterol: 10mg
Sodium: 75mg
Total Carbohydrate: 37g
Dietary Fiber: 3g
Sugars: 11g
Protein: 2.5g

%DV Vit A: 4%
%DV Vit C: 15%
%DV Calcium: 8%
%DV Iron: 19%
**3-Step Mini Cheesecakes**

**Nutrition Facts**
Servings per Recipe: 12  
Serving Size: 1 cheesecake

- Calories per Serving: 100  
- Total Fat: 1g  
- Saturated Fat: 0g  
- Cholesterol: 40 mg  
- Sodium: 210 mg  
- Total Carbohydrate: 13g  
- Dietary Fiber: 0g  
- Sugars: 10g  
- Protein: 6g

%DV Vit A: 10%  
%DV Vit C: 0%  
%DV Calcium: 10%  
%DV Iron: 0%

**Gather Ingredients:**
- 2 pkg. (8 ounces each) fat-free cream cheese, softened  
- ½ cup sugar or sugar substitute  
- ½ teaspoon vanilla  
- 2 eggs  
- 12 vanilla wafers or chocolate sandwich cookies

**Steps:**
1. Mix cream cheese, sugar, and vanilla with electric mixer on medium speed until well blended. Add eggs; mix until blended.

2. Place 1 cookie on bottom of each of the 12 paper-lined muffin cups. Pour batter evenly into muffin cups.

3. Bake at 350 degrees for 20 minutes or until centers are almost set. Cool. Refrigerate 3 hours or overnight. Garnish with fresh fruit.
Tip:
This recipe really tempts the “sweet tooth.” Some of that sweetness comes from fresh fruit. Berries are a great source of antioxidants, which may help prevent or slow down damage to the body’s cells.

Gather Ingredients:
1 (1 ounce) package strawberry flavored sugar-free gelatin
¾ cup boiling water
½ cup water
1 (1 ounce) package white chocolate sugar-free instant pudding mix
2 cups skim milk
1 (10.5 ounce) prepared angel food cake
2 cups sliced strawberries
2 cups fresh blueberries
1 (12 ounce) container fat-free whipped topping

Steps:
1. Prepare gelatin and pudding according to the package directions.
2. Tear cake into bite-size pieces. Arrange half of cake pieces in a 3-quart trifle bowl.
3. Spoon half of gelatin over cake, and half of pudding over gelatin.
4. Sprinkle one-third of strawberries and one-third of blueberries over pudding.
5. Spread half of whipped topping over berries.
6. Repeat layers with remaining cake, gelatin, pudding, one-third of berries, and topping.
7. Sprinkle remaining one-third fruit over trifle. Cover and chill.

Nutrition Facts
Servings per Recipe: 12
Serving Size: 1/12 of recipe

Calories per Serving: 160
Total Fat: 3g
Saturated Fat: 3g
Cholesterol: 0mg
Sodium: 310mg
Total Carbohydrate: 29g
Dietary Fiber: 2g
Sugars: N/A
Protein: 3g

%DV Vit A: 0%
%DV Vit C: 25%
%DV Calcium: 10%
%DV Iron: 2%
### Tropical Snack Cake

**Tip:**
To add fiber in your diet, oats can be added to some of your favorite dessert recipes or whole-wheat flour can usually be substituted in for half the amount of all-purpose flour called for in a recipe.

#### Gather Ingredients:
- 1 ½ cups all-purpose flour
- 1 cup oats (quick or old fashioned)
- 2 tablespoons sugar substitute
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt (optional)
- 8 ounce can crushed pineapple in juice
- ½ cup skim milk or nonfat dry milk
- ¼ cup mashed ripe banana
- 1/3 cup egg substitute or 2 egg whites
- 2 tablespoons vegetable oil
- 2 teaspoons vanilla

#### Nutrition Facts

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#### Steps:

1. Heat oven to 350° F.
2. Grease and flour an 8 x 8 square pan.
3. Combine first 6 ingredients; mix well. Set aside.
4. Blend pineapple, milk, banana, egg whites, oil, and vanilla until mixed thoroughly.
5. Add dry ingredients, mixing just until moistened.
6. Pour into prepared pan. Bake 45-50 minutes or until golden brown and toothpick inserted in center comes out clean.
7. Cool slightly before serving.
Healthy Strategies for Chocolate Lovers

Chocolate, while delicious, usually contains high amounts of saturated fat (and sugar too). High consumption of saturated fats can raise blood cholesterol levels, especially LDL (low-density lipoprotein) or “lousy” cholesterol. It’s often easy to overindulge in extra portions of chocolate and really boost saturated fat intake beyond daily recommendations.

Healthy daily recommendations for saturated fat consumption often range from about 12 to 20 grams per day or less to help keep LDL levels down.

- Remember to follow the basic principles of balance, variety, moderation and above all portion control with your food intake.

- Top fruit with ≤1 Tablespoon of chocolate syrup—use light to save sugar calories

- Spread fat-free cream cheese or whipped topping on graham crackers and sprinkle with cocoa powder and non-nutritive sweetener or ≤1 Tablespoon chocolate syrup

- Try sugar-free hot chocolate

- Add ≤1 Tablespoon chocolate syrup to 8 ounces (1 cup) of low-fat milk

- Mix ≤5 Hershey Kisses with ¼ cup walnuts or almonds

- Try ½ cup chocolate pudding (sugar-free varieties are available) made with low-fat milk.

- Add ≤1 Tablespoon of chocolate syrup to toasted whole wheat English muffin half or bread slice (or can toast and add light margarine and sprinkle with cocoa powder and Splenda—or other non-nutritive sweetener)

- Try chocolate flavored low-fat yogurt varieties

- Sugar-free Carnation Instant breakfast (or other breakfast shake) (Limit to 1/2 serving size)

- Try Kudos granola bar

- Trail mix—≤1 Tablespoon semi-sweet chocolate chips, 1 Tablespoon dried fruit, ¼ cup high-fiber cereal
MAIN DISHES
MENU SUGGESTIONS

FISH
Broiled Catfish Fillets
Spinach Risotto
Butternut Squash
Mustard Glazed Salmon
Seasoned Asparagus
Baked Acorn Squash
Brown or Wild Rice
Pasta with Salmon Lemon Cream
Seasoned Asparagus
Cheddar Biscuits
Salmon Patties
Pasta Salad
Sliced Apples
Tuna Melt Burgers
Broccoli Salad
Easy Fish Foil Packs
Roasted Vegetables
Cheddar Biscuits

CHICKEN
Chicken Enchiladas
Strawberry-Avocado Salad
Baked Tortilla Chips
Fresh and Chunky Salsa
Chicken & Rice Primavera
Tossed Salad
Cheddar Biscuits
Easy Chicken Roll-Ups
Mexican Cabbage
Low Fat & Easy Chicken Pot Pie
Tossed Salad
Luscious Lowfat Chicken
Glazed Carrots
Lighter Mashed Potatoes
Broccoli Cheese Muffins
Southern Oven Fried Chicken
Collard Greens
Lighter Mashed Potatoes
Cornbread
Turkey Cutlets with Cream Gravy
Stuffed Zucchini
Lighter Mashed Potatoes
Chicken Foil Packs
Brown or Wild Rice
Garlic Bread
Mexican Stir-fry
Glazed Carrots
Seasoned Asparagus

BEEF/PORK
Asian Beef Noodles
Seasoned Asparagus
Brown Rice
Baked Pork Chop
Collard Greens
Cheesy Oven Fries
Whole Wheat Roll or Bread
Broiled Beef Patties
Carrots & Broccoli
Low Fat Potato Crisps
Whole Wheat Bun or Bread
Healthier Swiss Steak
Spaghetti Squash
Broiled Zucchini
Whole Wheat Roll or Bread
Meatloaf
Tossed Salad
Lighter Tossed Salad
Collard Greens
Sausage with Peppers & Onions
Zucchini & Squash
Sliced Apples

MISCELLANEOUS
Beany Burritos
Spinach Salad
Baby Carrots
Fresh Fruit
Brown Beans
Wild Onions & Eggs
Watercress Salad
Cornbread
Easy Homemade Pizza
Tossed Salad
Fettuccine Alfredo
Grilled Chicken Breast
Steamed Broccoli
Lean Indian Taco
Banana-Strawberry Shake
Skillet Helper Chilimac
Frosted Cauliflower
Tossed Salad
Spinach Lasagna
Tossed Salad
Garlic Bread
Toasted Ravioli
Sauteed Mushrooms
Tossed Salad
Garlic Bread
Asian Beef & Noodles

Tip:
Beef has an especially large amount of saturated fat.
To limit saturated fat, buy the leanest ground beef you can afford. 90% lean ground beef will have less saturated fat (3.7 grams per 3 ounce serving) as compared to regular ground beef (73% lean) which has 7.0 grams of saturated fat per 3 oz serving.
To reduce fat in ground beef crumbles:
1. Brown ground beef and remove to a plate or container lined with 3 paper towels. Let sit for 1 minute and blot with more paper towels.
2. Place the beef in a fine mesh strainer or colander and set on a 1½ quart sturdy bowl and pour 4 cups of hot water (microwaved until hot, not boiling) to rinse fat.

Rinsing beef after cooking results in minimal flavor loss and can reduce fat by as much at 50%

Main Dishes

Nutrition Facts
Servings per Recipe:  6
Serving Size:  1/6 of recipe

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%DV Vit A: 50%
%DV Vit C: 10%
%DV Calcium: 0%
%DV Iron: 15%

Gather Ingredients:

1 pound extra lean ground beef
1 package Oriental flavored Ramen Noodle soup mix
1 package frozen mixed vegetables
¼ cup green onion, chopped

Steps:

1. In a large skillet, brown beef until done. Remove beef to colander in sink and rinse off fat using hot water. Set beef aside. Season with oriental flavor packet from the noodle soup mix.

2. In skillet, combine 2 cups water, noodles (broken into pieces), and frozen vegetables. Bring to boil. Reduce heat. Cover; simmer 3-5 minutes until noodles are tender.

3. Return beef to skillet; heat through. Stir in chopped green onion before serving. You may wish to add additional seasonings such as garlic powder, Mrs. Dash, crushed red pepper, etc.
Avocado Egg Rolls

Serving Suggestions:
- Carrot Sticks
- Ramen Noodle Salad

Gather Ingredients:
- 2 large avocados, peeled, pitted and diced
- 4 Tablespoons sun-dried tomatoes, packed in oil, chopped
- 2 Tablespoons minced red onions
- 1 teaspoon fresh cilantro, chopped
- 1 pinch salt
- 10 egg roll wraps (keep in wrapper or covered with damp paper towel until ready to use)
- 1 egg, beaten
- Olive oil, for drizzling or non-stick cooking spray

Nutrition Facts
Servings per Recipe: 10
Serving Size: 1 egg roll

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%DV Vit A: 2%
%DV Vit C: 9%
%DV Calcium: 2%
%DV Iron: 5%

Steps:
1. Preheat oven to 400 degrees F.
2. Gently stir together avocado, tomatoes, onion, cilantro and salt.
3. Distribute filling evenly onto center of each egg roll wrapper.
4. Position a wrapper so that a corner is pointing toward you; fold the bottom corner up, ¼ of the way over the filling. Brush remaining corners and edges of wrapper with the egg; roll up from side to side, fold top corner over all and press to seal.
5. Repeat for each egg roll.
6. Place egg rolls (seam side down) on baking sheet. Drizzle with olive oil (or spray with non-stick spray) and bake 15 to 20 minutes or until golden brown. Remove from oven. Cut on diagonal and serve immediately.
Baked Parmesan Fish

Tip:
To give this dish a little crunch, try baking the fish on a wire grid rack on a baking sheet—allows air to circulate all around. Turn fish halfway through cooking time and spray lightly with nonstick cooking spray.

Serving Suggestions:
Ramen Noodle Salad
Broiled Asparagus
Roasted Red Potatoes

Gather Ingredients:
5 tablespoons flour
5 tablespoons cornmeal
½ teaspoon garlic powder
Lite salt and pepper to taste
3 tablespoons light margarine
6 fish fillets—4 ounces each fillet (use what’s available—fresh or frozen)
1/3 cup grated Parmesan cheese

Steps:

1. Preheat oven to 400 degrees F.

2. On a dinner plate, combine flour, cornmeal, and seasonings.

3. Melt butter in a shallow baking dish. Dredge fish in flour mixture and place in baking dish. Turn fish to coat with margarine; then sprinkle with Parmesan cheese.

4. Bake for 8-10 minutes or until fish flakes easily with a fork.
Baked Pork Chop

Tip:
Limiting portion sizes to 2-4 ounces for most meals will keep your saturated fat and cholesterol intake within heart healthy limits.

Lean Pork Sources 😊
Ham, Canadian Bacon, Tenderloin, Loin

Medium Fat Pork Sources
Chops, Cutlets

High Fat Pork Sources 😞
Spareribs, Ground Pork, Pork Sausage

Nutrition Facts

Servings per Recipe: 4
Serving Size: 3 ounces

Calories per Serving: 160
Total Fat: 8g
  Saturated Fat: 3g
  Cholesterol: 51mg
  Sodium: 37mg
Total Carbohydrate: 2.5g
  Dietary Fiber: 0g
  Sugars: 1g
  Protein: 18g

%DV Vit A: 1%
%DV Vit C: 3%
%DV Calcium: 3%
%DV Iron: 3%

Gather Ingredients:
1 medium onion
1 clove garlic
4 pork chops, 4 ounces each
¼ teaspoon oregano
¼ teaspoon basil
¼ teaspoon red pepper
Salt (optional) and pepper
Non-stick vegetable spray

Steps:
1. Chop onion and garlic very fine.

2. Spray baking pan with non-stick spray.

3. Place pork chops into pan. Cover with onions and garlic.

4. Measure oregano, basil, and red pepper. Sprinkle over pork.

5. Add pepper. (Wait to add salt, if needed, until you’ve tasted your first bite.)

6. Cover with foil and bake for 30 minutes at 350 degrees.

7. Uncover pan for last 5 minutes to brown.
BBQ Chicken and Cheddar Packet

Gather Ingredients:
3 Tablespoons barbeque sauce
4 small boneless, skinless chicken breast halves (1 pound)
2 small unpeeled red potatoes, thinly sliced
1 red or green bell pepper, seeded and sliced
1 green onion, finely chopped
¼ teaspoon salt
1/8 teaspoon black pepper
1 ½ cups shredded reduced-fat Cheddar cheese

Serving Suggestions:
Broccoli with Low-Fat Cheese Sauce
Oregano Tomatoes
Fruit Toss

Steps:
1. Preheat oven to 375 degrees Fahrenheit.
2. Place foil sheet on work surface. Spoon about 1 teaspoon of barbecue sauce in the center of the foil sheet. Place the chicken breast half over barbecue sauce and spread another teaspoon of sauce over chicken.
3. Top chicken with a quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper.
4. Fold foil in half to cover contents; make narrow fold along edges to seal. Repeat with remaining ingredients to assemble three more packets.
5. Place packets on a baking sheet and bake for 35 minutes.
6. Open foil packets with scissors and carefully pull back edges (contents may be very hot.) Sprinkle with a quarter of the cheese over the top of each chicken breast half and return to oven, unsealed, for 2 minutes or until cheese is melted.
7. With a spatula, transfer the contents of each packet onto individual serving plates.

Recipe from: 3 A Day Dairy

Main Dishes

Nutrition Facts

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<td>%DV Calcium: 20%</td>
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Beany Burritos

Tip:
Beans contain very high amounts of fiber, especially soluble fiber which may help you to better control your blood sugars and blood cholesterol. Beans are also a good source of B vitamins, folate, and iron. Plan your meals to include ½ cup of beans three to five times per week to reap the many benefits of these powerful seeds.

Serving Suggestions:
Serve this recipe with a big spinach salad and bowl of baby carrots. To make a meatless meal, leave out the chopped beef and add a can of black beans, rinsed and drained.

Main Dishes

Nutrition Facts

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Gather Ingredients:

1 tablespoon olive oil
1 medium onion, chopped
1 cup cooked, chopped beef sirloin
4 teaspoons taco seasoning mix (use lower sodium, if available)
1 can black beans, rinsed and drained
1 can pinto beans, rinsed and drained
6 whole wheat tortillas

Steps:

1. In a skillet, heat oil over medium heat and sauté onion until translucent.

2. Add cooked chopped beef, taco seasoning, and both cans of beans. Stir well until heated through.

3. Warm tortillas and fill with bean beef mixture.

4. Garnish with green onions, salsa, fat free sour cream, cilantro as desired.

Recipe from Saving Dinner by Leann Ely
**Beef Stroganoff**

**Tips:**
This dish uses reduced fat items and very little salt making it healthier for your heart. Choose a lean cut of beef such as top round or round steak. Pre-cut stew meat tends to have a higher fat content.

**Gather Ingredients:**
1 pound lean beef  
2 teaspoons canola or olive oil  
1 tablespoon finely chopped onion  
1 pound fresh sliced mushrooms  
¼ teaspoon salt  
Black pepper to taste  
¼ teaspoon nutmeg  
½ teaspoon basil  
¼ cup white wine  
1 cup plain low-fat yogurt  
6 cups cooked whole wheat macaroni or pasta

**Steps:**
1. Cut beef into 1-inch cubes.
3. Add beef to skillet and continue to sauté for an additional 5 minutes. Stir beef frequently to brown evenly. Remove from pan, but keep hot.
4. Add remaining oil to pan, add mushrooms and sauté until soft.
5. Return beef and onions to pan. Add seasonings.
7. Serve with macaroni.

**Nutrition Facts**

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Black Bean Quesadillas

Gather Ingredients:
2 teaspoons olive oil
1 small onion, finely chopped
1-2 cloves garlic, pressed
1, 15-ounce can black beans, rinsed and drained
1 red bell pepper, chopped
1-2 tomatoes, chopped
¼ package frozen corn (3 ounces)
8 whole-wheat flour tortillas
1 cup low-fat Cheddar cheese, shredded

Serving Suggestions:
Sliced melon
Spinach Salad

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

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%DV Vit A: 28%
%DV Vit C: 75%
%DV Calcium: 54%
%DV Iron: 17%

Steps:
1. In a large skillet, add half the oil and sauté the onion and garlic until soft. Mix in beans, bell pepper, tomatoes and corn. Cook until heated through.

2. Place a tortilla on a plate of flat surface; sprinkle some Cheddar cheese over the tortilla. Spoon some of the bean and vegetable mixture over the cheese. Top with another tortilla. Repeat this process until all of the tortillas are used.

3. Heat remaining oil in a large skillet over medium-high heat. Place quesadillas in the skillet and heat and flip until both sides are browned.

Recipe adapted from Saving Dinner by Leanne Ely
Blackened Salmon

Gather Ingredients:
2 teaspoons paprika
¼ teaspoon cayenne pepper
½ teaspoon salt
¼ teaspoon black pepper
¼ teaspoon white pepper
½ teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon dried thyme
¼ teaspoon dried oregano
1 dash cumin
Butter spray
4 salmon fillets (½ to ¾ -inch thick)

Serving Suggestions:
Brown rice
Steamed asparagus
Steamed baby carrots

Steps:
1. Mix dry ingredients on a large plate.
2. Spray each fillet with butter spray on both sides.
3. Dip each fillet in the dry ingredients, patting the fillets by hand.
4. Heat skillet over medium-high heat. Spray with non-stick cooking spray. Cook fish on each side for 2-3 minutes, being careful when turning over. The fish will look charred—“blackened”—and there may be some smoke, but not enough so that you’ll need to call the fire department.

Recipe adapted from Saving Dinner by Leanne Ely

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 175
Total Fat: 10g
Saturated Fat: 2g
Cholesterol: 54mg
Sodium: 67mg
Total Carbohydrate: 0g
Dietary Fiber: 0g
Sugars: 0g
Protein: 19g

%DV Vit A: 1%
%DV Vit C: 5%
%DV Calcium: 1%
%DV Iron: 2%
Boca Tacos

Serving Suggestions:
Black Bean Salsa or Fresh & Chunky Salsa
Baked Corn Chips

Gather Ingredients:
2 pouches (1 cup each) frozen BOCA Meatless Ground Burger
¾ cup salsa
¼ teaspoon chili powder
¼ teaspoon ground cumin
6 whole wheat flour tortillas

Toppings:
¾ cup spinach leaves, slivered
1 medium tomato, chopped
½ cup chopped onion
Fat-free sour cream

Steps:
1. Mix ground burger, salsa and seasonings in non-stick skillet. Cook on medium heat 6 to 8 minutes or until heated through, stirring occasionally.

2. Spoon evenly onto tortillas. Add spinach, tomato and sour cream, if desired.

Main Dishes

Boca Tacos

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1 taco

Calories per Serving: 143
Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 405mg
Total Carbohydrate: 20g
Dietary Fiber: 11g
Sugars: 1g
Protein: 11g

%DV Vit A: 9%
%DV Vit C: 7%
%DV Calcium: 11%
%DV Iron: 9%
Breaded Pork Chop

Nutrition Facts

Servings per Recipe: 4  
Serving Size: 3 ounce chop

Calories per Serving: 239  
Total Fat: 14g  
Saturated Fat: 5g  
Cholesterol: 77mg  
Sodium: 196mg  
Total Carbohydrate: 8g  
Dietary Fiber: 0g  
Sugars: 0g  
Protein: 18g

%DV Vit A: 1%  
%DV Vit C: 0%  
%DV Calcium: 2%  
%DV Iron: 7%

Tip:
If you want to make these in the oven, simply place breaded chop on a wire grid rack on a baking sheet. Spray top of pork chop with non-stick cooking spray. Broil in oven for 5-10 minutes—should start to look crunchy. Remove and turn pork chop over and spray again with nonstick spray. Return to oven and broil 5-10 more minutes.

Main Dishes

Gather Ingredients:
¼ cup Bisquick Baking Mix (can use reduced-fat)  
6 saltine crackers, crushed (1/4 cup)  
1 teaspoon lite seasoned salt (try Morton’s)  
1 egg or ¼ cup fat-free cholesterol-free egg product  
2 tablespoons water  
4 pork boneless loin chops, ½ inch thick (about 1 pound)  
Nonstick cooking spray

Steps:

1. Mix Bisquick, cracker crumbs, seasoned salt and pepper.

2. Mix egg and water.

3. Dip pork into egg mixture, then coat with Bisquick mixture.

4. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork in skillet 8 to 10 minutes, turning over once, until slightly pink in center.

Serving Suggestions:
Seasoned Green Beans  
Macaroni and Cheese  
Tossed Salad
Broiled Beef Pattie

Tip:
Removing fat in cooked ground beef burgers can be done very simply:
After cooking, remove patties to large plate lined with 3 layers of paper towels.
Let stand 1 minute.
Turn over after 30 seconds.
Blotting can reduce the fat content by as much as 1 to 2 grams depending on the type of ground beef used. (The higher the fat content of the ground meat when starting, the greater the fat loss will be.)

Serving Suggestions:
Try Nature’s Own 100% Whole Grain Wheat Buns which have 4 grams of fiber per bun.
Serve with Coleslaw, Oven Baked Fries, and Baby Carrots.

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: 3 ounces

Calories per Serving: 263
Total Fat: 16.5g
Saturated Fat: 6g
Cholesterol: 68mg
Sodium: 75mg
Total Carbohydrate: 5g
Dietary Fiber: 1g
Sugars: 2g
Protein: 24g

DV Vit A: 0%
DV Vit C: 3%
DV Calcium: 2%
DV Iron: 13%

Gather Ingredients:

½ pound of mushrooms
1 medium onion
1 pound lean ground beef
Pepper
Non-stick vegetable spray

Steps:
1. Chop up onion and mushrooms very fine.
2. Mix well with beef and pepper in bowl.
3. Shape into 4 patties.
4. Spray broiler pan and rack or grill with non-stick spray.
5. Broil patties for 4-5 minutes. Turn. Broil 4-5 minutes more.
Tip:

**Storing Fresh Seafood:**

Rinse under cold water, pat dry with paper towel and place in an air-tight container. Store in the coldest part of the refrigerator.

For optimum flavor, texture, and nutritional value, store fresh seafood no longer than two days before use. Freeze immediately if you intend to keep it more than two days.

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Gather Ingredients:

2 catfish fillets (3/4 pound total)
Non-stick cooking spray
1/8 teaspoon salt
1/2 teaspoon lemon pepper

Steps:

1. Spray broiler pan and both sides of fish with non-stick cooking spray. Place fish on broiler pan with skin side up.

2. Broil about 7-8 inches from broiler unit or flames for about 5 to 7 minutes per side, or until fish is opaque when flaked.

3. Season top of fish with salt and lemon pepper. Serve immediately.
Caramelized Garlic Chicken

Gather Ingredients:
2 teaspoons olive oil
4 cloves garlic, pressed
4 teaspoons brown sugar
4 boneless, skinless chicken breast halves

Serving Suggestions:
Baked potato with fat-free sour cream or baked sweet potatoes
Steamed broccoli

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 295
Total Fat: 5g
Saturated Fat:
Cholesterol: 137mg
Sodium: 155mg
Total Carbohydrate: 4g
Dietary Fiber: 0g
Sugars:
Protein: 55g

%DV Vit A:
%DV Vit C:
%DV Calcium:
%DV Iron:

Steps:
1. Heat oven to 500 degrees F. Line shallow roasting pan with foil, lightly grease the foil with a little oil.
2. Heat oil in small skillet over medium-low heat until hot. Add garlic and cook 1-2 minutes or until garlic begins to soften. (Don’t let garlic get brown!) Remove from heat and stir in brown sugar until well mixed. Set aside.
3. Place chicken breasts on greased foil-lined pan, spreading the garlic mixture evenly over chicken.
4. Bake for 10-15 minutes or until chicken is fork-tender and juices run clear.
## Chicken and Rice Primavera

**Tip:**
Use No Salt Added Broth to make a lower sodium entree.

**Gather Ingredients:**

- 1 tablespoon olive oil
- ¾ pound boneless skinless chicken breasts, cut into strips
- 2 cloves garlic, minced
- 1½ cups chicken broth
- 1 cup broccoli flowerets
- ½ red pepper, cut into strips
- ½ cup diagonally sliced carrots
- ½ cup sliced yellow squash
- ¼ teaspoon black pepper
- 1 ½ cups Instant Brown Rice, uncooked
- ¼ cup (1 ounce) Grated Parmesan Cheese

**Nutrition Facts**

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**Steps:**

1. Heat oil in large skillet on medium high heat.
2. Add chicken and garlic; cook and stir until chicken is lightly browned.
3. Add broth, broccoli, red pepper, carrots, squash and black pepper. Bring to boil.
5. Reduce heat to low. Cover and simmer 5 minutes.
6. Stir in cheese and entrée is ready to serve.

Recipe adapted from *Diabetic Cooking*
Chicken & Black Bean Enchiladas

Tip:
An easy and delicious way to add fiber!

Gather Ingredients:

2 boneless, skinless chicken breasts, 5 ounces each
½ medium yellow onion, sliced
1 garlic clove, chopped
2 tablespoons cilantro, chopped
1 block fat free cream cheese, 8 ounces
1 can chopped green chilies
1 can black beans
1 pkg (10) Mission Carb Balance whole wheat fajita size tortillas
1 can green enchilada sauce
½ cup mozzarella cheese

Nutrition Facts

Servings per Recipe: 10
Serving Size: 1/10 of Recipe

Calories per Serving: 240
Total Fat: 4.5g
Saturated Fat: 0g
Cholesterol: 25mg
Sodium: 980mg
Total Carbohydrate: 29g
Dietary Fiber: 14g
Sugars: 2g
Protein: 18g

%DV Vit A: 8%
%DV Vit C: 15%
%DV Calcium: 10%
%DV Iron: 8%

Steps:

1. Cut chicken breasts into strips.
3. Add green chilies and black beans and stir.
4. Cut cream cheese block into 8 slices. Add slices of cream cheese to skillet and stir into chicken mixture until cream cheese is melted.
5. Spray 9x13 casserole dish with vegetable spray.
6. Place 1/8 of chicken mixture in the middle of a tortilla and roll. Put into casserole dish, seam side down. Repeat this with the remaining tortillas.
7. Pour green enchilada sauce over enchiladas and sprinkle with cheese.
8. Bake at 350 degrees on top rack until cheese is melted.
Chicken & Black Bean Enchiladas

Tip:
This recipe has lots of sodium (salt) from the canned chicken and beans, but less than many restaurant versions of enchiladas. Rinse the items to remove some of the sodium.

Rinsing canned vegetables under running water can reduce the sodium content by as much as 40%.*

Serving Suggestions:
Avocado slices
Bean dip with vegetable sticks

Gather Ingredients:
12 Whole Wheat Mission Low Carb Tortillas
1 can black beans—(15.25 ounces), drained and rinsed
1 can—10 ounces Green Chili Enchilada Sauce
¼ cup cilantro
¼ cup parsley
1 tablespoon lime juice
1 garlic clove
6 ounces 2% reduced fat Monterey Jack cheese, shredded; divided
1 large—10 ounce can chunk white chicken, drained and rinsed in warm water
Non-stick cooking spray

Steps:
1. Spray two 9x13 baking dished with non-stick cooking spray
2. Mix enchilada sauce, lime juice, garlic, parsley and cilantro in blender 30 seconds.
3. Mix chicken, beans and 3 ounces of cheese together in bowl with half (about ½ cup) of the enchilada sauce mixture. Reserve the rest of the sauce for later.
4. Add 2-3 tablespoons of chicken mixture to each tortilla and roll up. Place enchilada in baking dish.
5. Place 1 tablespoon of remaining enchilada sauce over each tortilla. Sprinkle evenly with remaining cheese.
*Recipe analyzed before rinsing canned foods

Main Dishes

Nutrition Facts
Servings per Recipe: 6
Serving Size: 2 enchiladas

Calories per Serving: 365
Total Fat: 11.5g
Saturated Fat: 4g
Cholesterol: 34mg
Sodium: 1170mg*
Total Carbohydrate: 43g
Dietary Fiber: 22g
Sugars: 1g
Protein: 24g

%DV Vit A: 22%
%DV Vit C: 131%
%DV Calcium: 33%
%DV Iron: 17%
Chicken Enchiladas

Tips:

This recipe can be made as hot as you like by using different types of peppers.

Using canned, low-fat chicken helps to speed up the preparation of this traditionally time consuming recipe.

Gather Ingredients:

1 large can chicken breast, rinsed
1 can chopped tomatoes, 15 ounce
1 large can enchilada sauce
12 corn tortillas
4 ounces non-fat or 2% cheese, shredded
1 small can black olives, drained
4 chili peppers, chopped
1 medium onion, chopped

Steps:

1. Heat oven to 350 degrees. Spray 9x13 inch baking dish with non-stick vegetable cooking spray.

2. Drain tomatoes, set juice aside.

3. Place enchilada sauce in a large bowl; dip each tortilla into the sauce.

4. Place each tortilla on a plate. Add small amount of chicken, chili peppers, onions and tomatoes. Roll up tightly and place in baking dish, seam side down.

5. Pour the remaining enchilada sauce and the reserved tomato juice over enchiladas. Sprinkle with cheese and olives.

6. Bake at 350 degrees until cheese is bubbly.

Nutrition Facts

Servings per Recipe: 12
Serving Size: 1 enchilada

Calories per Serving: 116
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 20mg
Sodium: 480mg
Total Carbohydrate: 16g
Dietary Fiber: 2g
Protein: 7g

%DV Vit A: 3%
%DV Vit C: 55%
%DV Calcium: 10%
%DV Iron: 5%
Chicken Foil Packs

Tip:
You can switch out the veggies used depending on the season or use frozen veggies when you don’t have fresh. Almost a complete meal, add whole grain bread or brown rice. Also, a delicious way to get vitamin C.

Gather Ingredients:
6 boneless, skinless, breadless chicken breasts, about 1 ½ pounds
1 can 98% fat free cream of mushroom soup
1 large zucchini, sliced into ½ inch circles
1 large yellow squash, sliced into ½ inch circles
1 medium onion, sliced into 1 inch slices
1 large pepper, green, red or yellow, cut into 1 inch pieces
Salt & pepper to taste
Foil
Vegetable spray

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1 foil pack

Calories per Serving: 190
Total Fat: 2.5g
Saturated Fat: 1g
Cholesterol: 70mg
Sodium: 270mg
Total Carbohydrate: 11g
Dietary Fiber: 3g
Sugars: 4g
Protein: 28g

%DV Vit A: 8%
%DV Vit C: 50%
%DV Calcium: 6%
%DV Iron: 6%

Steps:

1. Preheat oven to 400°. Pound chicken breast to about ½ inch with a flat sided meat tenderizer mallot. Note: These can also be grilled for about 15 minutes.
2. Tear off 6-12 inch pieces of foil. Lay them out on a table and spray with vegetable spray.
3. Put a chicken breast on top of each foil piece.
4. Divide peppers, zucchini, & yellow squash evenly over each chicken breast.
5. Divide mushroom soup evenly over each foil pack.
7. Place foil packs on a 15x10x1 inch baking sheet. Bake 30 to 35 minutes or until chicken is cooked through. Remove from oven and let stand 5 minutes.
8. Place packs directly on dinner plates. As packs are hot, cut slits into foil using a knife to release steam before opening.
Chicken Noodle Surprise

Tips:
To lower the sodium in this recipe you can substitute cooked chicken breast for the canned chicken.

Nutrition Facts:
Servings per Recipe: 10
Serving Size: 1 cup

Calories per Serving: 158
Total Fat: 7.5g
Saturated Fat: 3.2g
Cholesterol: 15mg
Sodium: 557mg
Total Carbohydrate: 11g
Dietary Fiber: less than 1g
Sugars: 1g
Protein: 11g

%DV Vit A: 7%
%DV Vit C: 1%
%DV Calcium: 15%
%DV Iron: 1%

Gather Ingredients:
1 pkg. Angel hair pasta
1 can reduced fat cream of chicken soup
1 can reduced fat cream of mushroom soup
1 can white chicken, 6.75 oz.
2 cups low-fat grated cheddar cheese
½ cup chopped red onion
1 pkg. fresh sliced mushrooms

Steps:
1. In a small skillet, sauté the onion and mushrooms in a small amount of canola oil until tender.
2. Cook pasta.
3. Mix pasta and all ingredients together, leaving a small amount of cheese to sprinkle on top.
4. Put into a casserole dish and bake at 350 degrees for 15 minutes or until cheese melts on top.
Chicken Stir-Fry

Serving Suggestions:
Brown rice, Tossed Salad

Quick Tip:
If you’re short on time, substitute a bag of frozen stir-fry vegetables for the fresh vegetables in this recipe. Another quick substitution is to use a 10-ounce can chunk white chicken breast meat instead of fresh chicken.

Gather Ingredients:
2 tablespoons sesame oil
2 tablespoons low-sodium soy sauce
12 ounces boneless, skinless, chicken breast meat, sliced in strips
1 cup sliced red pepper
1 cup sliced carrots
1 cup sliced mushrooms
1 medium zucchini, sliced
1 cup pineapple chunks
½ cup pineapple juice
1 tablespoon cornstarch

Steps:
1. Heat sesame oil in a wok or large skillet over medium-high heat. Saute chicken until nearly cooked; add veggies and pineapple chunks and continue to cook until veggies are tender.
2. Meanwhile, mix pineapple juice, soy sauce and cornstarch together and add to ingredients in wok. Cook until sauce thickens slightly.

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1/4 of Recipe

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%DV Vit A: 99%
%DV Vit C: 156%
%DV Calcium: 4%
%DV Iron: 8%
### Chili, Pumpkin Style

#### Main Dishes

**Nutrition Facts**

- **Servings per Recipe:** 12
- **Serving Size:** 1/12 of recipe

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- **%DV Vit A:** 152%
- **%DV Vit C:** 23%
- **%DV Calcium:** 10%
- **%DV Iron:** 34%

#### Gather Ingredients:
- 2 cups fresh or canned pumpkin
- 1.5 pounds extra lean ground beef
- 4 cans red kidney beans
- 2 medium onions, chopped
- 3 cans cut tomatoes—15 ounces each (try no salt added to reduce sodium content)
- 2 tablespoons chili powder
- ¼ teaspoon red pepper (optional)
- 2 tablespoons sugar (or substitute)
- 1 teaspoon salt
- 2 Bay leaves
- 1 cup mushrooms, sliced (optional)

#### Steps:

1. Brown ground beef, drain fat and rinse with hot water—if necessary.
2. Put ground beef into large pot.
3. Add each additional ingredient into pot.
4. Cook on low heat for one to two hours.
Crocked BBQ Beef

Gather Ingredients:
1 pound chuck roast, boneless and trimmed of all visible fat
Salt and pepper to taste
1 cup ketchup
1½ Tablespoons honey
2½ Tablespoons balsamic vinegar
1½ Tablespoons Dijon mustard
2½ Tablespoons barbecue sauce
1½ Tablespoons Worcestershire sauce
½ teaspoon garlic powder

Serving Suggestions:
Serve on toasted 100% whole grain hamburger buns
Ramen Noodle Salad or Cucumbers with Dill

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 349
Total Fat: 10g
Saturated Fat: 3.5g
Cholesterol: 115mg
Sodium: 1025mg
Total Carbohydrate: 25g
Dietary Fiber: 1g
Sugars: 22g
Protein: 38g

%DV Vit A: 11%
%DV Vit C: 16%
%DV Calcium: 2%
%DV Iron: 29%

Steps:
1. In a Crock-Pot, place chuck roast. Salt and pepper it to your personal taste.
2. In a large bowl, mix the rest of the ingredients until well blended. Pour on top of the roast, cover, and cook on low for 8-10 hours.
3. Remove roast from Crock-Pot, stirring well to coat evenly with the sauce. Cook for another hour and remove meat to bowl or cutting board. Shred with two forks. Save sauce in bottom of crock.
4. Toast whole grain buns; top with meat and BBQ sauce.
Crock-Pot BBQ Chicken

Gather Ingredients:
1 small whole chicken
2 onions, sliced
1 ½ cups barbecue sauce

Serving Suggestions:
Steamed red potatoes tossed with a little garlic butter
Green salad
Baby carrots, cherry tomatoes, radishes

Steps:
1. Put chicken in Crock-Pot with onions on top and add the barbecue sauce; cook on low 6-8 hours.
2. Drain off fat and serve.

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Nutrition Facts:
Calories per Serving: 352
Total Fat: 13g
Saturated Fat: 3.5g
Cholesterol: 108mg
Sodium: 865mg
Total Carbohydrate: 20g
Dietary Fiber: 2g
Sugars: 11g
Protein: 36g

%DV Vit A: 2%
%DV Vit C: 19%
%DV Calcium: 5%
%DV Iron: 14%
### Easy Fish Foil Packs

**Tip:**

Fresh salmon fillets may be difficult to find in your area. Many grocery stores carry frozen fillets of fish which can work nicely for many recipes. Be sure to defrost the fillets overnight in your refrigerator or according to your microwave instructions before use in this recipe.

**Serving Suggestions:**
Brown rice, baked acorn squash, and roasted asparagus

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| %DV Vit A: 18% |
| %DV Vit C: 11% |
| %DV Calcium: 3% |
| %DV Iron: 8% |

### Gather Ingredients:

6 4-ounce salmon fillets or other white fish
3 cups spinach leaves
Fresh basil (at least six leaves), chopped
Sesame oil, 2 tablespoons
Aluminum foil

### Steps:

1. Preheat oven to 400 degrees.
2. Tear piece of foil large enough to make a packet for each fillet and place about ½ cup of spinach leaves on the foil.
3. Place salmon (or other fish fillet) on top of spinach leaves. Drizzle with about 1 teaspoon of sesame oil and sprinkle with sliced basil leaves.
4. Bring up sides and fold the top and ends to seal the packet—so steam cannot escape the packet while cooking.
5. Place foil packet on baking sheet and bake for 15 minutes. (Other white fishes may only take about 10 minutes).
6. Remove from oven when done cooking. Place pack directly on dinner plate and cut slits into foil with a knife to release steam before opening, or use oven mitts to open foil packet and transfer contents to plate or bowl.
Easy Chicken Roll Ups

Tip:
Substituting white rice with brown rice in this recipe has increased the dietary fiber per serving.

Gather Ingredients:
- 2-3 boneless chicken breasts
- 5 cup long grain brown rice
- 10 flour tortillas
- ½ cup low-fat ranch dressing

Steps:
1. Bake chicken at 350 degrees for 15 minutes. Prepare rice according to directions.

2. Cut chicken into bite-size pieces.

3. When rice is almost done add some water to pan, then add chicken and the ranch dressing.

4. Put spoonfuls of mixture in the tortillas and wrap.

Nutrition Facts

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### Easy Homemade Pizza

**Tip:**
Homemade pizza can save you many calories over eating out. If you use meat toppings, choose the healthier ones like lean ham, Canadian bacon, extra lean hamburger meat, veggie sausage, or veggie beef crumbles.

This easy deep dish veggie sausage pizza recipe has much less fat (by 60%), saturated fat (by 65%), and sodium (by 32%) than commercial deep dish sausage pizza. It's also packed with fiber (64% more) as well as many vitamins and minerals.

### Nutrition Facts

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| %DV Vit A: 35% |
| %DV Vit C: 157% |
| %DV Calcium: 53% |
| %DV Iron: 27% |

### Gather Ingredients:
- 1 loaf Rhodes Whole Wheat Dough, frozen
- Non-stick cooking spray
- ½ cup of pizza or spaghetti sauce
- 2 cups part-skim mozzarella cheese, shredded
- 2 cups Morningstar Farms Veggie Sausage Crumbles or lean hamburger meat or Canadian or lean sliced ham

Toppings for pizza: Choose 3-4 cups raw: onions, mushrooms, broccoli, bell peppers— all colors, tomatoes, and/or artichoke hearts.

### Do Ahead Tip:
Thaw dough loaf overnight in refrigerator.

### Steps:
1. Press dough into a ball. Roll into a 14-inch circle.
2. Place into a 12-inch deep dish pizza pan sprayed with non-stick cooking spray.
3. Let rise 30 minutes.
4. Pre-bake crust at 400 degrees for 10 minutes.
5. Spread pizza sauce over crust. Add desired toppings and top with cheese.
6. Bake at 350 degrees for 15 to 20 minutes or until cheese is melted.
Fajitas

Gather Ingredients:
2 limes, juiced
¼ cup rice vinegar
5 teaspoons cumin
2 tablespoons olive oil
1 pound flank steak, cut into thin strips
1 medium onion, sliced
1 small green bell pepper, sliced
1 small red bell pepper, sliced
½ cup cilantro, chopped
6 whole wheat flour tortillas

Steps:
1. Prepare the marinade: lime juice, vinegar, cumin, half the garlic and half the olive oil in a plastic zipper-topped bag. Squish it around to mix and add beef; then squish beef around. Throw the bag in the fridge and get your veggies ready.

2. In a skillet or wok (perfect tool for fajitas), heat the remaining olive oil over medium-high heat. Saute onion and remaining garlic till translucent but don’t let them brown. Add bell peppers and cook till crisp tender; set aside.

3. Remove meat from the fridge and take beef out of the marinade. Discard marinade. Saute beef till cooked. Add onion and bell pepper mixture and warm together for a minute. Add cilantro and toss to mix well.

4. Warm tortillas and serve.

Recipe from: Saving Dinner by Leanne Ely
Fettuccine Alfredo

Tips:
To reduce fat in sauces use fat free milk or fat free evaporated milk in place of half-and-half and heavy cream.
Evaporated skim milk is not as perishable as half-and-half and heavy cream.

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1 cup

Calories per Serving:
Total Fat: 8g
Saturated Fat: 4g
Cholesterol: 95 mg
Sodium: 320mg
Total Carbohydrate: 32g
Dietary Fiber: 1g.
Sugars: 3g
Protein: 26g

%DV Vit A: 8%
%DV Vit C: 0%
%DV Calcium: 30%
%DV Iron: 10%

Gather Ingredients:
1 1/3 cups fat free milk
2 small garlic cloves, minced
2 teaspoons all-purpose flour
2 tablespoons fat-free cream cheese
1 cup grated Parmesan cheese
1 tablespoon plus 2 teaspoons Molly McButter natural or garlic flavor
4 cups hot cooked fettuccine noodles
2 boneless/skinless cooked chicken breast, cubed

Steps:
1. Cut chicken breast into strips or cubes and cook in a skillet with vegetable spray. Cook on medium heat until done and set aside.
2. In a saucepan over high heat, whisk milk, garlic, flour and cream cheese. Bring to a boil, whisking constantly. Reduce heat and simmer for 2 minutes or until thickened.
3. Add Parmesan, whisk until blended.
4. Remove from heat and stir in Molly McButter and chicken.
5. Pour sauce over hot fettuccine.
Ginger-Soy-Lime Shrimp

Gather Ingredients:
2 large shallots, peeled and chopped
1 (2-inch) piece fresh ginger, peeled and chopped
4 cloves garlic, smashed
3/4 cup soy sauce
1/2 cup fresh lime juice
2 tablespoons sugar
1/4 cup chopped green onions
1/4 cup peanut oil
1/4 teaspoon coarsely ground black pepper
2 pounds large shrimp, shells and tails on

Steps:

1. Place shallots, ginger, garlic, soy, lime juice and sugar in a blender and blend until smooth.

2. Add the green onion and oil and blend until combined. Season with black pepper to taste.

3. Place shrimp in a large bowl, pour the marinade over and let marinate at room temperature for 20 minutes.

4. Preheat grill to high.

5. Remove shrimp from the marinade and grill for 1 1/2 to 2 minutes per side. Serve on brown paper bags, if desired.

Serving Suggestions:
Grilled or Baked Sweet Potatoes; Wild Rice; Butternut Squash

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of Recipe

Calories per Serving: 312
Total Fat: 15g
Saturated Fat: 3g
Cholesterol: 276mg
Sodium: 1330mg
Total Carbohydrate: 11g
Dietary Fiber: 0.5g
Sugars: 5g
Protein: 33g

%DV Vit A: 11%
%DV Vit C: 25%
%DV Calcium: 8%
%DV Iron: 27%
### Ham and Asparagus Strata

**Gather Ingredients:**

- 12 – 16 slices French or Italian bread, about 4 ounces, sliced ½ inch thick
- 1 cup shredded low-moisture, part-skim mozzarella or Italian blend cheeses, about 4 ounces, divided
- 1 cup chopped cooked lean ham, about 4 ounces, divided
- 8 ounces fresh asparagus spears, cut into 1 inch pieces (about 2 cups)
- 6 large eggs
- 1 cup fat free or low fat milk
- 2 tablespoons lemon juice
- ¼ teaspoon garlic powder

Modified from the American Egg Board

### Steps:

1. Preheat oven to 350 degrees. Spray 8 inch square baking dish with vegetable spray. Layer in bottom of dish half of bread, ½ cup cheese, ½ cup ham, and 1 cup asparagus. Cover with remaining bread slices, laying them flat or in a shingled pattern. Sprinkle with remaining cheese, ham and asparagus.

2. In a medium bowl, beat together eggs, milk, lemon juice, and garlic powder. Pour evenly over layers.

3. Cover dish with aluminum foil. Bake for 40 – 45 minutes or until a thermometer reaches 160 degrees and knife inserted near center comes out clean.

4. To microwave: complete recipe through step 2. Cover strata with plastic wrap and microwave on full power 5 minutes. Rotate dish ¼ turn. Microwave on 50% power, rotating dish ¼ turn each 3 – 5 minutes, until thermometer inserted near center reaches 160 degrees and knife inserted near center comes out clean, about 10 – 12 minutes.

### Nutrition Facts

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<tr>
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<tr>
<td>%DV Iron: 11%</td>
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Hash Brown Casserole

Tips:

Fresh potatoes should be stored in a cool, dark location, but not refrigerated. Refrigerating potatoes causes their starch to change into sugar.

Save money! Purchase potatoes rather than potato products at the market. Using fresh potatoes to make homemade hash browns or French fries requires very little time, but can save you lots of money.

If you notice that the potatoes at the market have a green tinge, choose other potatoes to buy. That green color indicates that the potatoes have been getting too much light, and a chemical change is happening. This change can make some people sick if they eat the peeling from those potatoes.

Gather Ingredients:

1 package frozen hash brown potatoes, 2 pounds, thawed
1½ cup light sour cream
2 cans reduced fat, reduced sodium Cream of Chicken soup, 10 ¾ ounce each
1 cup reduced-fat cheddar cheese (4 ounces)
½ small yellow onion
½ teaspoon black pepper
Non-stick cooking spray
1 cup crushed cornflakes
2 tablespoons soft margarine, melted

Steps:

1. Combine first 6 ingredients in a large bowl. Place in a 2 ½ quart baking dish that has been sprayed with non-stick cooking spray.

2. Sprinkle with cornflakes.

3. Bake at 350 degrees for one hour.

Note: This recipe can be made with fresh potatoes. It will take 2 pounds of grated potatoes.

Main Dishes

Nutrition Facts

Servings per Recipe: 12
Serving Size: 1/2 cup

Calories per Serving: 180
Total Fat: 6g
Saturated Fat: 3g
Cholesterol: 15mg
Sodium: 360mg
Total Carbohydrate: 25g
Dietary Fiber: 2g
Sugars: 6g
Protein: 7g

%DV Vit A: 8%
%DV Vit C: 20%
%DV Calcium: 6%
%DV Iron: 8%
Healthier Swiss Steak

Tip:
Less tender cuts of beef from the round, chuck, brisket and shank usually require moist cooking methods to improve tenderness.

Examples of moist cooking methods include boiling, simmering, stewing, blanching, poaching, braising and steaming. Longer cooking times at lower temperatures with moisture help to increase tenderness by softening tough tissues.

A pressure pan or cooker is a great tool for saving time with some of these methods.

Marinating a less tender cut of beef, pounding it with a meat mallet or using commercial tenderizers may allow the beef to be cooked using a dry cooking method.

Nutrition Facts
Servings per Recipe: 4
Serving Size: 3 ounces

Calories per Serving: 158
Total Fat: 5g
Saturated Fat: 2g
Cholesterol: 33mg
Sodium: 496mg
Total Carbohydrate: 8g
Dietary Fiber: 2g
Sugars: 4g
Protein: 19g

%DV Vit A: 8%
%DV Vit C: 12%
%DV Calcium: 3%
%DV Iron: 15%

Gather Ingredients:
1 pound round steak trimmed of visible fat and bone
¼ teaspoon black pepper
1 can tomato sauce (15 ounce)
2 tablespoons instant onion flakes
1½ cup sliced celery
1 can sliced mushrooms and liquid (4 ounce)
1 tablespoon dried parsley flakes

Steps:
Do Ahead Preparation:
1. Trim all visible fat from the meat and cut into 4 serving pieces.
2. Sprinkle with pepper.
3. Place steak in baking dish. Pour on tomato sauce. Cover with plastic wrap and marinate in refrigerator overnight.

The Next Day:
2. Bake covered with foil (shiny side down) at 350 degrees for 1½ hours or until steak is tender.
Hot Stuff Casserole

Tips:
✓ Serve this with salad
✓ Can increase vegetable servings by serving a side dish of green beans or broccoli
✓ Can eliminate salt to reduce sodium in recipe

Gather Ingredients:
1 pound extra lean ground beef
1 can Rotel tomatoes
1 small can tomato sauce
¼ teaspoon Chili powder
1 teaspoon sugar
¼ teaspoon basil
1 small package wide noodles (12 oz)
1 cup low fat sour cream
1 pkg fat free cream cheese, 3 ounces, at room temperature
1 tablespoon chives
½ cup cheddar cheese, reduced fat

Steps:
1. Brown ground beef. Drain off the fat.

2. Add Rotel tomatoes, tomato sauce, sugar, salt, chili powder, and basil. Simmer for 20 minutes.

3. Cook noodles according to package directions.

4. Mix sour cream, cream cheese, and chives.

5. In casserole dish sprayed with Pam, layer 1/2 noodles, cream cheese mixture, then the meat mixture. Repeat layers.

6. Bake at 350 degrees for 20 minutes. Sprinkle cheddar cheese on top and return to oven until cheese has melted.

Nutrition Facts

Servings per Recipe: 12
Serving Size: 1/12
Calories per Serving: 241
Total Fat: 7g
Saturated Fat: 3.3g
Cholesterol: 69.7
Sodium: 544mg
Total Carbohydrate: 25g
Dietary Fiber: 1.1g
Protein: 19g

%DV Vit A: 6%
%DV Vit C: 3.2%
%DV Calcium: 8%
%DV Iron: 36%
Island Spiced Salmon

Tip:
Serve this delightful salmon with white rice or a baked potato and a mixed greens salad for a delightful “company” meal. They will think you worked for hours!

Gather Ingredients:
2 tablespoons brown sugar
2 tablespoons chili powder
2 teaspoons ground cumin
1 teaspoon salt
1/2 teaspoon ground cinnamon
1 salmon fillet (2 pounds)

Steps:
1. In a small bowl, combine the first five ingredients; mix well.
2. Rub over the flesh side of the fillet; refrigerate 30 minutes.
3. Place skin side down in a baking dish coated with non-stick cooking spray. Bake at 375 degrees for 20 – 25 minutes or until fish flakes easily with a fork.
4. Serve immediately.

Main Dishes

Nutrition Facts
Servings per Recipe: 8
Serving Size: 4 ounces

Calories per Serving: 230
Total Fat: 13g
  Saturated Fat: 3g
  Cholesterol: 67 mg
  Sodium: 382 mg
  Total Carbohydrate: 5 g
  Dietary Fiber: 0 g
  Sugars: 0 g
  Protein: 23 g

%DV Vit A: 2%
%DV Vit C: 2%
%DV Calcium: 2%
%DV Iron: 5%
Lemon Roast Chicken

Gather Ingredients:
- 1 teaspoon oregano
- 2 cloves garlic
- 1 small whole chicken, with skin removed
- 2 teaspoons olive oil
- Salt and pepper to taste
- ¼ cup water
- 2 Tablespoons lemon juice

Serving Suggestions:
Mashed potatoes, steamed green beans, baby carrots

Nutrition Facts
- Servings per Recipe: 4
- Serving Size: ¼ of recipe

Calories per Serving: 272
- Total Fat: 14g
- Saturated Fat: 3.5g
- Cholesterol: 107mg
- Sodium: 100mg
- Total Carbohydrate: 1g
- Dietary Fiber: 0g
- Sugars: 0g
- Protein: 34g

- %DV Vit A: 2%
- %DV Vit C: 7%
- %DV Calcium: 2%
- %DV Iron: 8%

Steps:
1. Sprinkle half the oregano and garlic inside the cavity of the chicken.
2. In a skillet, heat olive oil over medium-high heat. Brown chicken on all sides, then place in Crock-Pot.
3. Add remaining oregano and garlic, salt and pepper to taste.
4. Add water to skillet and use a wire whisk to loosen brown bits. Pour the skillet water into the Crock-Pot.
5. Cook on low for 8 hours. Add lemon juice in the last hour of cooking. When chicken is finished, pour cooking juices into a saucepan and heat over medium-high heat; allow to simmer. The sauce needs to simmer for about 10 minutes to reduce, then serve.
Lowfat & Easy Chicken Pot Pie

Tip:
Keep these ingredients on hand for a quick & easy, one pot dish. Add a salad and you have a complete meal.

Gather Ingredients:
1 (10 ounce) can 98% fat free white chicken meat, drained & rinsed
1 can 98% fat free cream of celery soup
1 can Veg-All mixed vegetables
1 can (10 count) biscuits, buttermilk or regular

Nutrition Facts

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<td>%DV Calcium: 0%</td>
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Steps:
1. Spray a small casserole dish with vegetable spray.
2. Combine all ingredients in a small casserole dish
3. Mix well.
4. Cut each biscuit into 4 pieces and put on top of mixture to cover completely.
5. Bake at 375° till biscuits are well browned and not doughy in the middle.
Luscious Lowfat Chicken

Tip:

Boneless, skinless chicken breasts are often packaged in larger portions than 4 ounces per breast. Try chicken breast tenders to help control portion sizes.

Chicken breast tenders are available in the fresh meat section or look in the frozen foods section of the grocery store.

Onions and garlic are perfect low-calorie and salt-free seasonings that compliment chicken very well.

Gather Ingredients:
4 boneless, skinless chicken breasts, 4 ounces each
1 small onion
2 cloves garlic
¼ teaspoon basil
2 tablespoons rose wine
Non-stick cooking spray

Steps:
1. Preheat oven to 350 degrees.

2. Spray baking pan with non-stick spray.

3. Place chicken in pan.

4. Cut up onion and garlic very fine. Measure out herbs and wine.

5. Sprinkle chicken with onion, garlic, herbs, and wine. Add pepper, if needed. Wait until you have tasted your first bite before you determine if added salt is necessary.

6. Cover with foil. Bake for 45 minutes.

Nutrition Facts

Servings per Recipe: 4
Serving Size: 3 ounces

Calories per Serving: 141
Total Fat: 1.5g
  Saturated Fat: 0.5g
Cholesterol: 65mg
Sodium: 75mg
Total Carbohydrate: 3g
  Dietary Fiber: 0g
  Sugars: 1g
Protein: 26g

%DV Vit A: 1%
%DV Vit C: 5%
%DV Calcium: 2%
%DV Iron: 5%
**Meatloaf**

**Nutrition Facts**

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<tr>
<td>%DV Iron: 10%</td>
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**Tip:**
If using beef, put meatloaf on a rack during baking to let some fat drain off. Louis Rich is a preferred brand of frozen ground turkey.

**Gather Ingredients:**

- 1 pound lean ground turkey (or beef, buffalo)
- 1 small onion, chopped
- 1 small bell pepper, chopped
- ½ cup catsup
- 1 egg
- 1 to 2 cloves garlic, mashed and chopped
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Mrs. Dash table blend seasoning
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ¾ cup uncooked oatmeal

**Steps:**

1. Mix all ingredients together well.
2. Form into a loaf.
3. Bake in a loaf pan at 400 degrees for 40 minutes or until middle is no longer pink and internal temperature is 160 degrees.
### Mexican Stir-Fry

**Tip:**
Using a good non-stick skillet lets you use less oil. You can reduce the sodium by using no salt added broth and rinsing the beans.

**Gather Ingredients:**
- 1 tablespoon canola oil
- 1 cup chopped onion
- 1 cup each diced red and green peppers (2 cups total)
- 4 cloves garlic, chopped
- ¼ cup canned green chilies, diced
- 1 teaspoon chili powder
- ¼ teaspoon ground red pepper
- 1 cup tomato puree
- 1 cup clear chicken broth
- 1 cup drained canned kidney beans
- 8 ounces cooked white meat chicken, diced
- 2 cups cooked long-grain rice
- 2 tablespoons reduced-fat cheddar cheese, grated

**Nutrition Facts**
- **Servings per Recipe:** 4
- **Serving Size:** ¼ of recipe
- Calories per Serving: 320
- Total Fat: 7g
- Saturated Fat: 1g
- Cholesterol: 45mg
- Sodium: 750mg
- Total Carbohydrate: 47g
- Dietary Fiber: 6g
- Sugars: 9g
- Protein: 20g
- %DV Vit A: 25%
- %DV Vit C: 150%
- %DV Calcium: 6%
- %DV Iron: 25%

**Steps:**
1. Spray non-stick skillet with non-stick cooking spray, begin heating, and add oil.
2. Add chopped onion, garlic, and peppers and sauté for about 5 minutes or until starting to get tender.
3. Stir in tomato puree, chicken broth, chili powder, and ground red pepper.
4. Simmer for about 5 minutes.
5. Add beans, chicken, and rice and cook until heated through.
6. Sprinkle with grated cheese and serve.
Mustard Glazed Salmon

Tip:
Salmon is a source of omega-3 fatty acids. Omega-3 fatty acid intake has been associated with a reduced risk for Coronary Heart Disease.

The American Heart Association recommends at least two servings per week of oily fish like salmon, lake trout, tuna, and herring. Three ounces of salmon contains approximately one gram of omega-3 fatty acids.

Serving Suggestions:
Brown rice, baked acorn squash, and steamed broccoli

Nutrition Facts

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<tr>
<td>%DV Calcium: 2%</td>
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Gather Ingredients:

6 salmon fillets, 4 ounces each
6 tablespoons honey mustard
Green onion, chopped

Steps:

1. Preheat oven to 350 degrees.

2. In a shallow baking dish, place your fish and top with honey mustard (one tablespoon per fillet).

3. Bake for 15 minutes or longer, depending on the thickness of the fish until fish flakes easily with fork.

4. Top with chopped green onions before serving.
Pasta with Salmon & Lemon Cream

Tip: A tasty way to get some of those omega 3 fatty acids! Omega 3 fatty acids are good for your heart. They help to lower your triglycerides. The American Heart Association recommends eating 1-2 servings of fish (not fried) a week.

Gather Ingredients:
8 ounces dried spiral wheat pasta
1 package fat free cream cheese, 8 ounces
2/3 cup skim milk
1 teaspoon finely shredded lemon peel
1 tablespoon lemon juice
2 medium zucchini or yellow squash, cut in half lengthwise and thinly sliced
6 ounces thinly sliced, smoked salmon, cut into ½ inch strips or 1 can salmon, bones removed
2 tablespoons chives
1 tablespoon Italian seasoning
1 clove garlic

Main Dishes

Nutrition Facts
Servings per Recipe: 8
Serving Size: 1 cup

Calories per Serving: 160
Total Fat: 1.5 g.
Saturated Fat: 0.5 g.
Cholesterol: 10 mg.
Sodium: 580 mg.
Total Carbohydrate: 22 g.
Dietary Fiber: 4 g.
Sugars: 3 g.
Protein: 14 g.

%DV Vit A: 10%
%DV Vit C: 10%
%DV Calcium: 10%
%DV Iron: 10%

Steps:

1. Cook pasta according to package directions; drain. Return pasta to saucepan.

2. Meanwhile, for the sauce, in a medium saucepan hat the cheese, Italian seasoning, garlic and milk over low heat until cheese melts, whisking until smooth.

3. Stir in lemon peel and lemon juice.

4. Stir in zucchini or yellow squash and salmon; heat through.

5. Pour sauce over pasta; toss gently to coat.

Serve with a green leafy salad and lowfat dressing.

Adapted from Better Homes and Gardens Dinnertime Express
Pita Pizza

Tip:
You can prepare this pizza in lots of different ways based on what your family likes. Try some of these toppings: Tomatoes, sun-dried tomatoes, peppers-bell or banana, onions, artichokes, mushrooms, pineapple, fresh garlic, grilled chicken, or hamburger.

Gather Ingredients:
4 whole wheat Pita breads
¾ cup pizza sauce or 1 can No Salt Added Tomatoes, drained
4 slices Canadian bacon, cut into fourths
Vegetable toppings such as tomatoes, onions, peppers, mushrooms
1 cup part-skim mozzarella cheese

Steps:
1. Spread pizza sauce or diced tomatoes evenly on pita bread.
2. Add desired toppings.
3. Top each pita with ¼ cup cheese.
4. Bake at 350° for 8-10 minutes.

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 pita

Calories per Serving: 296
Total Fat: 7g
Saturated Fat: 3g
Cholesterol: 26mg
Sodium: 961mg
Total Carbohydrate: 45g
Dietary Fiber: 8g
Sugars: 6g
Protein: 19g

%DV Vit A: 14%
%DV Vit C: 41%
%DV Calcium: 22%
%DV Iron: 16%
Red Beans and Rice

Serving Suggestion:
A big green salad

Gather Ingredients:
1 pound low fat smoked sausage, cut into ¼-inch thick slices
1 onion, chopped
2 cloves garlic, pressed
1 bell pepper, chopped
2 cans red beans, drained
1 cup tomato, chopped
¼ teaspoon thyme
¼ teaspoon cayenne pepper, optional
Salt and pepper to taste
3 cups brown rice, cooked

Steps:

1. In a skillet over medium-low heat, cook sliced sausage for about 2 minutes. Add onion, garlic, bell pepper, and sauté till veggies are tender.

2. Add beans and tomatoes with their juice. Season with thyme, cayenne (optional), and salt and pepper to taste. Serve over rice.

Main Dishes

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1/6 of recipe

Calories per Serving: 354
Total Fat: 5g
Saturated Fat: 2g
Cholesterol: 33mg
Sodium: 1120mg
Total Carbohydrate: 57g
Dietary Fiber: 12g
Sugars: 6g
Protein: 20g

%DV Vit A: 5%
%DV Vit C: 44%
%DV Calcium: 6%
%DV Iron: 19%
Red Pepper, Tomato & Chicken Pilaf

Tips:
✓ Serve with a tossed salad

Gather Ingredients:
1 and 2/3 cups quick cooking brown rice
¾ lb chicken breast, cut into 1 inch pieces
1 can stewed tomatoes, 14½ ounces
1 can fat free, low sodium chicken broth
1 jar roasted red peppers, 7 ounces, drained and chopped
1 small onion chopped
1 tablespoon extra virgin olive oil
½ teaspoon oregano
1 bay leaf
1 teaspoon pepper
½ cup frozen green peas

Steps:
1. Preheat oven to 375 degrees. In 2 qt casserole combine all ingredients except the peas. Stir well, cover, and bake for 40 minutes
2. Remove from oven and stir in peas.
3. Bake an additional 10 – 15 minutes or until broth is absorbed. Remove bay leaf and serve.

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1/6 of recipe

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%DV Vit A: 8%
%DV Vit C: 70%
%DV Calcium: 5%
%DV Iron: 35%
Salmon Patties

A lowfat, delicious version of the traditional salmon patties. Also a great way to get omega-3 fatty acids.

Nutrition Facts

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%DV Vit A: 2%
%DV Vit C: 0%
%DV Calcium: 15%
%DV Iron: 4%

Gather Ingredients:
1 large can pink salmon with bones
¼ cup light mayonnaise or salad dressing
5 saltine crackers, crushed (or try ½ cup quick cook oats)
1 egg or ¼ cup egg substitute
1 tablespoon lemon juice
1 teaspoon Italian seasoning
Salt & pepper to taste
1 tablespoon canola or olive oil

Steps:
1. Put salmon into a medium size bowl. Mash up chunks of salmon and bones with a fork.
2. Add remaining ingredients, except oil, and stir until blended.
3. Heat oil on a griddle over medium heat.
4. Form 6 patties and put on griddle.
5. Cook patties on each side till browned.
Tip:
Refrigerate pasta takes less time to cook than regular dry pastas. Be sure to check the cooking time on the package so you won’t overcook the tortellini.

Gather Ingredients:
1 pkg refrigerated cheese-filled tortellini, 9 ounces
3 tablespoons olive oil, divided
2 cups broccoli flowerets
½ cup chopped onion
1 cup red bell pepper; chopped
3 tablespoons all purpose flour
¾ cup low-fat milk
¾ cup chicken broth
1 teaspoon ground cumin
4 cups cut-up cooked chicken
½ cup shredded Monterey Jack cheese
½ cup shredded Colby cheese
½ cup crushed baked tortilla chips

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1 cup
Calories per Serving: 390
Total Fat: 19g
Saturated Fat: 7g
Cholesterol: 50g
Sodium: 530mg
Total Carbohydrate: 34g
Dietary Fiber: 2g
Sugars: 4g
Protein: 22g

%DV Vit A: 25%
%DV Vit C: 80%
%DV Calcium: 20%
%DV Iron: 6%

Steps:
1. Preheat oven to 325 degrees. Spray casserole dish with vegetable spray.
2. Cook and drain tortellini as directed on package.
3. Heat 1 tablespoon of olive oil in 10 inch skillet over medium-high heat.
4. Cook broccoli mixture from skillet.
5. Cook flour and remaining 2 tablespoons of olive oil in same skillet over low heat, stirring constantly, until smooth.
6. Stir in milk, broth and cumin. Heat to boiling over medium heat, stirring constantly; remove from heat.
7. Stir in chicken, Monterey Jack Cheese, tortellini and broccoli mixture. Spoon into casserole.
8. Bake uncovered 25 to 35 minutes or until hot in center.
9. During last several minutes of baking, sprinkle with Colby cheese and baked chips. Bake until cheese is melted.

For a true taste of Southwest, serve this with your favorite salsa!
Sausage with Peppers & Onion

Tip:
Using Healthy Choice Sausage saves lots of fat but keeps the flavor. This is a quick and easy dish. Goes well with brown rice.

Gather Ingredients:
1 pkg (14 oz) Healthy Choice lowfat smoked sausage
1 large green bell pepper
1 large red pepper
1 onion
Vegetable Spray
Mrs Dash Extra Spicy, to taste

Note: Add zucchini and yellow squash when they are in season. Try different flavors of Mrs Dash.

Steps:
1. Cut sausage into 2 inch pieces.
2. Cut peppers and onion into 1-2 inch pieces.
3. Spray a skillet with vegetable spray
4. Add sausage, peppers and onions to skillet.
5. Sprinkle Mrs Dash Extra Spicy over sausage mixture.
6. Cook until peppers and onion are tender.
7. Drain on paper towels.

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of Recipe

Calories per Serving: 170
Total Fat: 4.5g
Saturated Fat: 2g
Cholesterol: 45mg
Sodium: 840mg
Total Carbohydrate: 17g
Dietary Fiber: 2g
Sugars: 6g
Protein: 13g

%DV Vit A: 45%
%DV Vit C: 170%
%DV Calcium: 0%
%DV Iron: 2%
Skillet-Helper Chilimac

Tips:
This recipe has similar calories, fat, and saturated fat as the boxed Hamburger Helper® varieties, but this has less sodium and more fiber, plus Vitamins A and C!

*Beef has an especially large amount of saturated fat.*
*To limit saturated fat, buy the leanest ground beef you can afford.*

*To reduce fat in ground beef crumbles:*
1. Brown ground beef and remove to a plate or container lined with 3 paper towels. Let sit for 1 minute and blot the top with more paper towels.
2. Place the beef in a fine mesh strainer or colander and set on a 1½ quart sturdy bowl and pour 4 cups of hot water (microwaved until hot, but not boiling) to rinse fat.

*Rinsing beef after cooking results in minimal flavor loss and can reduce fat by as much at 50%*

**Nutrition Facts**

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Gather Ingredients:

1 pound cooked lean ground beef, drained and rinsed in hot water.
2 cans tomatoes, 15½ ounces each
1 can vegetarian beans, 15 ½ ounces
1 cup dry macaroni

**Skillet Helper Mix:**

1/4 cup dried onion
1/4 teaspoon garlic
1/4 teaspoon pepper
1/4 teaspoon chili powder
1/4 teaspoon sugar

Steps:

1. Heat ground meat in skillet until browned; remove to paper towels and blot, then remove to colander and rinse with hot water. Return meat to skillet.

2. Add tomatoes, beans, and Skillet Helper mix.

3. Add the macaroni, cover, and cook on low heat for 15 minutes or until macaroni is cooked.

Recipe obtained from: *A River of Recipes, Native American Recipes Using Commodity Foods*
### Spaghetti

**Tip & Serving Suggestions:**
To reduce the saturated fat in this recipe, substitute meatless soy protein ground burger meat—available in the freezer section at the grocery store.

Serve with sautéed mushrooms, tossed salad and garlic bread.

**Gather Ingredients:**
- 1 pound extra lean ground beef or ground turkey
- 1 small onion
- 2—16 ounce cans—tomatoes, no salt added
- 2—6 ounce cans—tomato paste, no salt
- 1 teaspoon dried oregano
- 1 teaspoon basil
- 2 cloves garlic
- 1 package artificial sweetener (optional)
- Hot cooked spaghetti—preferable whole wheat—6 cups

**Nutrition Facts**

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**Steps:**

1. Add water to 2 quart stock pot and bring to a boil over medium heat.
3. Chop onion and garlic. Add with tomatoes and tomato paste to meat.
4. Measure oregano and basil. Add to meat.
6. Cook spaghetti according to package directions.
7. Remove from heat. Add artificial sweetener, if desired.
8. Serve over cooked spaghetti.
Spicy Garlic Rosemary Shrimp

**Serving Suggestions:**
- Broiled Zucchini & Squash
- Grilled Sweet Potatoes
- Garlic Bread

**Gather Ingredients:**
- 1 pound medium shrimp, deveined, peeled, tail end left on
- 2 tablespoons olive oil
- 2 cloves garlic, thinly sliced
- 1 tablespoon minced fresh rosemary leaves
- 1 teaspoon hot red pepper flakes
- Lite salt
- Freshly ground black pepper
- Lemon juice

**Nutrition Facts**

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| %DV Vit A: 5% |
| %DV Vit C: 10% |
| %DV Calcium: 4% |
| %DV Iron: 6% |

**Steps:**

1. To a large skillet, add olive oil and garlic slices and cook over moderate heat until golden. Remove garlic chips.

2. To the skillet, add rosemary, pepper flakes and shrimp and cook, stirring, until just cooked through—about 3 minutes.

3. Season with salt and pepper, to taste, and transfer to serving dish.

4. Squeeze some lemon juice over shrimp.
Southern Oven-Fried Chicken

Tip:
Baking chicken instead of frying and using skinless pieces saves you about 10g of fat for each serving.

Gather Ingredients:

1 cup crushed cornflakes (about 2 cups before crushing)
1/3 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon ground red pepper
3 egg whites, lightly beaten
1/4 cup fat-free milk
2 pounds boneless skinless chicken breast halves

Nutrition Facts

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Steps:

1. Preheat oven to 400 degrees.
2. Mix crushed cornflakes, flour, salt, and pepper in a shallow dish.
3. Mix egg whites and milk in a separate shallow dish.
4. Dip chicken in egg mixture, then coat with cornflake mixture.
5. Spray cookie sheet with non-stick cooking spray. Place chicken in a single layer on the cookie sheet.
7. Bake at 400 degrees for 15 minutes.
8. Remove pan from oven and turn pieces over and spray with non-stick cooking spray.
9. Return to oven and bake for 15 to 20 minutes more or until chicken is golden brown and juices are clear.
Spinach Lasagna

Tips:

This recipe can easily be divided into two 9-inch square baking pans and one can be frozen for a later date.

Gather Ingredients:

1 container low-fat cottage cheese, 16 oz.
1 pkg frozen spinach, 10 oz., thawed and drained
2 cups shredded part-skim mozzarella cheese
1 egg, beaten
1 jar spaghetti sauce, 28 ounces
8 lasagna noodles, cooked according to box
Parmesan to taste

Steps:

1. Heat oven to 350 degrees. Spray 9x13 inch baking dish with non-stick vegetable cooking spray.

2. Mix cottage cheese, spinach, egg and 1 cup of mozzarella cheese in bowl.

3. Layer 1 cup of spaghetti sauce, ½ of the cooked lasagna noodles, and ½ of the cottage cheese mixture in prepared pan. Sprinkle layer with Parmesan.

4. Repeat layers, ending with sauce. Sprinkle remaining 1 cup of mozzarella cheese on top of lasagna.

5. Bake 45 minutes. Let stand 5 minutes before serving.

Nutrition Facts

Servings per Recipe: 10
Serving Size: 1/10 recipe

Calories per Serving: 203
Total Fat: 7g
Saturated Fat: 4g
Cholesterol: 40mg
Sodium: 250mg
Total Carbohydrate: 18g
Dietary Fiber: 3g
Protein: 16g

%DV Vit A: 34%
%DV Vit C: 18%
%DV Calcium: 30%
%DV Iron: 10%
Stroganoff

Tip:
Substitute the beef with deer meat or cut up duck breasts and you can decrease the fat. This recipe analysis includes the noodles. Serve with a green salad & dinner is complete.

Gather Ingredients:
Vegetable cooking spray
1 pound lean beef, flank steak into bite size pieces
½ medium onion, chopped
1 clove garlic, minced
2 Tablespoon flour
1 can mushrooms or 1 cup fresh
1 teaspoon beef bouillon mixed with 1 cup warm water
1 ½ Tablespoon Worcesthshire sauce
1 teaspoon Italian seasoning
1 can 98% fat free creamy mushroom soup
OR 1 can golden mushroom soup
1 cup fat free sour cream
6 ounces, whole wheat egg noodles

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1/6 of recipe & 1 cup of noodles

Calories per Serving: 280
Total Fat: 7g
Saturated Fat: 2.5g
Cholesterol: 90mg
Sodium: 820mg
Total Carbohydrate: 21g
Dietary Fiber: 2g
Sugars: 4g
Protein: 29g

%DV Vit A: 6%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 15%

Steps:
1. Start boiling water for noodles according to package (you are going to cook only ½ of a 12 ounce bag).
4. Add cut up meat and cook till browned. Sprinkle flour over meat and stir till meat is coated.
5. Add mushrooms, soup, bouillon with water and Worcestershire sauce. Cook till the mixture begins to bubble.
6. Right before serving, add sour cream and stir till well blended.
7. Serve over cooked noodles.
Stuffed Quesadillas

Tip:
For a quick time saver, use canned chicken breast instead of boneless chicken breast.

Serving Suggestions:
Tossed salad
Black Bean Salsa

Gather Ingredients:
1 tablespoon olive oil
1 onion chopped
3 skinless, boneless, chicken breast, cut in 1-inch strips
Salt and pepper to taste
12 whole wheat flour tortillas
6 ounces low-fat Jack cheese, shredded
Salsa (your favorite variety)
Cilantro, chopped
Low-fat sour cream

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1/6 of Recipe
Calories per Serving: 301
Total Fat: 13g
Saturated Fat: 5g
Cholesterol: 33mg
Sodium: 835mg
Total Carbohydrate: 28g
Dietary Fiber: 17g
Sugars: 1g
Protein: 19g

%DV Vit A: 8%
%DV Vit C: 3%
%DV Calcium: 29%
%DV Iron: 4%

Steps:
1. In a skillet, heat the olive oil over medium-high heat. Add onion and chicken, salt and pepper to taste, and sauté till chicken is thoroughly cooked. Remove chicken and onion and set aside.

2. In that same skillet, heat a flour tortilla. Spread a little cheese on the bottom, top with a portion of the chicken and onions, top with a little more cheese and another tortilla. Once it’s cooked on the one side, flip it over and continue cooking.

3. Cut quesadilla into quarters and serve with salsa, chopped cilantro, and sour cream.
Tasty Chicken Tacos

Tip:
Use homemade taco seasoning to reduce the sodium content of this recipe by 37% or buy the 40% Less Sodium packaged seasoning.

Recipe for Taco Seasoning (if not using store bought):
1 cup minced dried onion
1/3 cup chili powder
2 tablespoons ground cumin
4 teaspoons crushed red pepper
1 tablespoon oregano
4 teaspoons garlic powder
2 teaspoons onion powder

1. Mix ingredients together and store in airtight container in a cool dry place.
2. Use 1 tablespoon of seasoning per pound of ground meat, chicken or beans.

Gather Ingredients:
8 Whole Wheat Mission Low Carb Tortillas
1 pound boneless, skinless chicken breast, cut into ½-inch pieces
1 tablespoon taco seasoning—more, if desired
¼ cup water
1 cup reduced-fat shredded cheddar or Mexican style taco cheese, less if desired
1 cup spinach leaves, slivered
1 medium tomato, chopped
Fat-free sour cream, if desired

Steps:
1. Spray large skillet with non-stick cooking spray. Add chicken; cook and stir on medium heat until cooked through.

2. Stir in seasoning mix and water. Cook 10 minutes or until sauce is slightly thickened, stirring occasionally.

3. Spoon 2 tablespoons chicken mixture into each warmed tortilla; sprinkle with cheese. Top evenly with lettuce and tomato. Add sour cream, if desired
Tasty Italian Chicken

Tip:
Looking for a way to “hide” fiber? Here it is!

Gather Ingredients:
1 tablespoon olive oil
2 boneless, skinless chicken breast halves, chopped
2 zucchini, chopped
1 red pepper, seeded and sliced
2 ¼ cup sliced mushrooms
1 clove garlic, diced
1 can chopped tomatoes with basil, garlic oregano
2 tablespoon Italian seasoning
Salt and pepper to taste
4 ounces mozzarella or provolone cheese, thinly sliced

Steps:
1. Heat oil in pan. Add chicken and cook over medium heat for about 3-5 minutes, until browned on both sides.
2. Add the zucchini, pepper, mushrooms and garlic and sauté for another 3 minutes.
3. Stir in the tomatoes and herbs, bring to a boil, lower heat and simmer for 2 minutes. Season with salt and pepper.
4. Place chicken and mixture into a baking dish that has been sprayed with non-stick cooking spray. Top with slices of cheese.
5. Put dish under a preheated broiler and cook for 3 minutes or until the top is golden.

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 cup

Calories per Serving: 290
Total Fat: 15g
Saturated Fat: 7g
Cholesterol: 45mg
Sodium: 1450mg
Total Carbohydrate: 15g
Dietary Fiber: 4g
Sugars: 8g
Protein: 22g

%DV Vit A: 40 %
%DV Vit C: 80%
%DV Calcium: 30%
%DV Iron: 15%
**Toasted Ravioli**

**Tip:**
To add some good flavor to this dish, serve with low fat marinara sauce rather than a creamy dipping sauce (like dressing or alfredo sauce) that would fat to your meal.

**Gather Ingredients:**
- 16 ounces unbreaded frozen beef/cheese ravioli
- Vegetable Oil Spray
- ½ cup low fat Italian dressing
- ½ cup dried bread crumbs
- 1 ½ tablespoon salt-free Italian herb seasoning

**Meal Suggestion:**
If serving as an entrée, this would be great served with a fresh spinach salad and a fresh piece of fruit for dessert.

**Steps:**
1. Preheat oven to 400 degrees.
2. Cook ravioli according to package directions, omitting salt and oil. Drain and cool for about 10 minutes.
4. Using a pastry brush, lightly coat top of each ravioli with dressing. Place on baking sheet.
5. Mix bread crumbs and Italian seasoning. Sprinkle over ravioli. Ravioli can be refrigerated up to 8 hours at this point before baking.
6. Lightly spray tops of ravioli with vegetable oil spray.
7. Bake ravioli for 9 -11 minutes or until golden brown.

Makes 5 (6 piece) servings as an entrée or 10 (3 piece) servings as an appetizer.

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%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 2%
Tuna Melt Burgers

Tip:
A comfort food from way back! Tuna Melt is also a good way to get some omega-3 fatty acid.

Serving Suggestion:
Broccoli Salad

Gather Ingredients:
1 can (10 ounce can) tuna in springwater, drained and rinsed
¼ cup fat free mayonnaise
½ teaspoon garlic powder
1 teaspoon Italian Seasoning
2 tablespoons pickle relish
Ground black pepper to taste
1 cup mozzarella cheese
8 Sara Lee Heart Healthy Wheat Hamburger buns

Nutrition Facts
Servings per Recipe: 8
Serving Size: 1/8 of Recipe

Calories per Serving: 220
Total Fat: 7g
Saturated Fat: 0g
Cholesterol: 15mg
Sodium: 560mg
Total Carbohydrate: 24g
Dietary Fiber: 2g
Sugars: 6g
Protein: 20g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Steps:
1. Drain and rinse tuna.
2. Combine all ingredients in a small bowl, except for buns.
3. Mix well.
4. Spoon mixture into buns.
5. Sprinkle 1/8 cup of mozzarella cheese over mixture and replace top of bun.
6. Place sandwiches in 9 x 13 baking dish and cover with aluminum foil.
7. Bake at 350 degrees for about 15-20 minutes until cheese is melted.
Turkey Cutlets with Cream Gravy

Serving Suggestion:
This is a healthy version to a down-home favorite. Serve with mashed potatoes made from red potatoes with the peels left on and add some steamed green beans or yellow squash!

Gather Ingredients:
- 4 turkey cutlets, 4 ounces each
- ¼ cup flour
- Dash salt
- Dash pepper
- 2 tablespoons olive oil or canola oil
- 2 slices turkey bacon
- 1 tablespoon Italian seasoning
- 1 teaspoon rubbed sage
- 2 garlic cloves
- 2 tablespoons lemon juice
- ¾ cup fat free evaporated milk or skim milk

Nutrition Facts
- Servings per Recipe: 4
- Serving Size: 1 (4 oz.) cutlet + 1/8 cup gravy
- Calories per Serving: 210
- Total Fat: 7 g
- Saturated Fat: 1 g
- Cholesterol: 5 mg
- Sodium: 220 mg
- Total Carbohydrate: 12 g
- Dietary Fiber: < 1 g
- Sugars: 4 g
- Protein: 25 g
- %DV Vit A: 0%
- %DV Vit C: 10%
- %DV Calcium: 6%
- %DV Iron: 4%

Steps:
1. Cook turkey bacon in microwave for about 1 ½ minutes or until bacon is crisp. Crumble bacon.
2. Combine flour, salt and pepper. Coat meat with flour mixture. In a heavy large skillet, heat olive oil over high heat. Add meat and cook for 2-3 minutes on each side until meat is done. Remove from skillet.
3. In the same skillet, combine the crumbled bacon, Italian seasoning, sage, onion, and garlic. Cook for 2-3 minutes until onion is tender. Add lemon juice; stir in cream. Bring to boiling; return meat to pan. Cook until the meat is heated through and the sauce is slightly thickened.
4. Note: if sauce does not thicken mix together ¼ cup cold water and 2 tablespoons flour and slowly whisk into mixture to thicken.

Adapted from Better Homes and Gardens’ Dinnertime Express
SALADS
SALADS

Pasta Salad
Grilled Chicken Breast
Whole Wheat Roll or Bread
Grapes

Ramen Noodle Salad
Sub Sandwich
Sliced Apples or Oranges

Strawberry-Avocado Salad
Grilled Chicken Breast
Garlic Bread

Salmon Salad Sandwich
Broccoli Salad
Fresh Fruit

Egg Salad Sandwich
Poke Salad Greens

Tuna Salad Sandwich
Creamy Broccoli Soup
Tossed Salad
Chinese Chicken Salad

Gather Ingredients:

1 head cabbage
3 grilled chicken breast
3 diced green onions
3 tablespoon sliced almonds
3 tablespoon toasted sesame seeds
½ cup instant oriental noodles (noodles only)
1 can mandarin oranges

Dressing:

½ cup canola oil
3 tablespoon vinegar
2 tablespoon sugar
½ teaspoon salt
½ teaspoon pepper

Nutrition Facts

Servings per Recipe: 4
Serving Size: ________________

Calories per Serving: 560
Total Fat: 36g
Saturated Fat: 3.5g
Cholesterol: 30mg
Sodium: 490mg
Total Carbohydrate: 43g
Dietary Fiber: 9g
Sugars: 28g
Protein: 20g

%DV Vit A: 20%
%DV Vit C: 150%
%DV Calcium: 15%
%DV Iron: 15%

Steps:

1. Combine all salad ingredients.
2. Cut chicken into shredded bite size pieces and add to salad.
3. Sprinkle sesame seeds and almonds; add the dry uncooked oriental noodles, breaking them into the salad.
4. Add dressing and stir.
5. Refrigerate for an hour before serving.
Egg Salad

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Tip:
Eggs are easily contaminated with Salmonella organisms. Never eat or serve a dish or beverage made with raw fresh eggs. Salmonella is destroyed by cooking eggs to an internal temperature of 145 degrees F. Egg-Milk dishes, such as custard, must be cooked to an internal temperature of 160 degrees F.

The freshest eggs sink and lie flat on their sides when submerged in cool water. By the time the egg is a week old the broad end of the egg tilts up when submerged in cool water. (These eggs are easier to peel when hard-cooked.) A week or two later, the broad end of the egg will point straight up when submerged in water. (These eggs should only be used in sauces where it doesn’t matter if it isn’t picture-perfect.) After four weeks, the egg will float. Throw it away.

Gather Ingredients:
4 hard-cooked eggs
1 teaspoon mustard
2 tablespoons lite mayonnaise
2 tablespoons plain lowfat yogurt
1 medium dill pickle
Salt (optional)
8 slices whole wheat bread

Steps:
1. Mash hard-cooked eggs with fork in bowl.
3. Chop pickle very fine. Stir into egg mix. Add salt if needed.
5. Serve on whole wheat bread.

*Recipe analyzed without added salt.
Fancy Fruit Salad

Tips:

Children can help make this quick and easy fruit salad. By using reduced fat and sugar free products this becomes a low calorie treat.

On special occasions you can add ½ cup chopped pecans or walnuts. This will add an additional 38 calories and 4 grams of total fat per serving.

Gather Ingredients:

1 large can fruit cocktail
1 large can pineapple chunks
1 can mandarin oranges
1 small box sugar free orange gelatin
8 ounces fat-free sour cream
1 small container light whipped topping
3 cups miniature marshmallows

Steps:

1. Open all cans of fruit and pour into colander in the sink. Rinse lightly to drain off syrups.

2. Transfer fruit to a large bowl and stir to mix.

3. In a separate mixing bowl, mix the gelatin powder and sour cream. Fold in whipped topping.


Nutrition Facts

Servings per Recipe: 8
Serving Size: 1/8 recipe

Calories per Serving: 90
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 20mg
Total Carbohydrate: 18g
Dietary Fiber: 1g
Protein: 1g

%DV Vit A: 4%
%DV Vit C: 15%
%DV Calcium: 4%
%DV Iron: 0%
Ham Salad (for sandwiches)

Tips:

Even the kids will love this quick and easy alternative to the traditional old' sandwich. Serve Ham Salad on 100% whole wheat bread, tortillas, or pitas.

CAUTION: The sodium content of this recipe is high (greater than 50% of your daily needs) due to the use of luncheon meat. Persons on a limited sodium meal plan should not use this recipe. Others should be mindful of their daily intake of sodium from other meals. Serve with fresh vegetables such as leaf lettuce and tomatoes.

Gather Ingredients:

1 pound lean lunchmeat ham
2 teaspoons pickle relish
1/8 cup chopped celery
1 tablespoon chopped onion
Low-fat or Fat-free mayonnaise

Steps:

1. Using a cutting board, chop ham into small pieces.

2. In a bowl, mix the ham, pickle relish, chopped celery and chopped onion.

3. Add mayonnaise slowly; you’ll need just enough to make the mixture stick together. Refrigerate until ready to use.

Nutrition Facts

Servings per Recipe: 4
Serving Size: ¼ cup

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%DV Vit A: 34%
%DV Vit C: 18%
%DV Calcium: 30%
%DV Iron: 10%
Hot Chicken Salad

Tips:
Substituting with Campbell’s “Healthy Request” soups in recipes can decrease the sodium and fat content.

Gather Ingredients:
4 eggs, boiled
¾ cup fat-free mayonnaise
1 can low-fat cream of chicken soup
¼ cup chicken broth or bouillon
2 tablespoons lemon juice
4 cups cooked chopped chicken breasts
1 small jar drained chopped pimentos
1 cup chopped celery
2 tablespoons finely chopped onions
¼ cup chopped green pepper
1 ½ cups cooked long grain rice (3/4 cup uncooked)
1 tsp. salt (optional)
1 cup low-fat grated cheese
2 cups baked potato chips

Steps:
1. Mix mayonnaise, soup, broth, and lemon juice together.
2. Add chopped cooked chicken, pimentos, celery, onions, green pepper, cooked rice, and salt to mayonnaise mixture. Stir well.
3. In a 9 X 13 casserole dish, make a layer of chicken mixture, add ½ of sliced hard boiled eggs, and repeat the layers.
4. Top with grated cheese and crushed baked potato chips. Bake at 350° for 30 minutes.

Nutrition Facts
Servings per Recipe: 12
Serving Size: 1 cup
Calories per Serving: 180
Total Fat: 2g
Saturated Fat: 0.5g
Cholesterol: 95mg
Sodium: 310mg
Total Carbohydrate: 21g
Dietary Fiber: 1g
Sugars: 2g
Protein: 17g

%DV Vit A: 8%
%DV Vit C: 20%
%DV Calcium: 4%
%DV Iron: 6%
Italian Vegetable Salad

Tips:
This is a great “make ahead” salad to feed a large bunch. You can reduce the fat by leaving out the olives and using less cheese and creamy dressing.

Gather Ingredients:
5 cups broccoli florets (1 large bunch)
5 cups cauliflowerets (1 large bunch)
4 plum tomatoes, chopped
1 medium cucumber, peeled & sliced
1 medium sweet onion, thinly sliced
1 cup sliced carrots
2 cans (2.25 ounce) sliced black olives, drained
1 (8 ounce) bottle Fat-Free Zesty Italian Salad Dressing
1 (8 ounce) bottle Reduced Fat Creamy Italian Salad Dressing
2 cups shredded part-skim mozzarella cheese

Steps:
1. In a large bowl, combine first 8 ingredients.
2. Combine the salad dressings together. Pour over vegetables and toss to coat.
3. Cover and refrigerate at least 4 hours or overnight.
4. Stir in cheese just before serving.

Nutrition Facts
Servings per Recipe: 10
Serving Size: 1/10 recipe

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%DV Vit A: 100%
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%DV Calcium: 20%
%DV Iron: 8%
This salad is a Heart Healthy Dish. Walnuts, olive oil, beans, fruits and vegetables are all a part of a Heart Healthy diet.

**Nutrition Facts**

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**Gather Ingredients:**

- 2 cups shredded red cabbage
- 19 ounce can Cannellini Beans or your choice, drained and rinsed
- 11 ounce can Mandarin Oranges, drained
- ½ cup walnuts
- 2 green onions, chopped

**Dressing:**

- 2 Tablespoons Extra virgin olive oil
- 2 Tablespoons Balsamic vinegar
- 2 Tablespoons Orange juice

**Steps:**

1. Put all the first 5 ingredients in a bowl. Add salt and pepper to taste.
2. Whisk together dressing ingredients. Add to salad and toss all.
Pasta Salad

Gather Ingredients:
1 pkg. cork screw pasta or any pasta
1 small onion, chopped
½ green pepper, chopped
1 small cucumber, chopped
1 cup broccoli, chopped
1 cup carrots, chopped
1 tomato, chopped
1 bottle Light Italian salad dressing

Nutrition Facts
Servings per Recipe: 18
Serving Size: ½ cup
Calories per Serving: 90
Total Fat: 1g
  Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 370mg
Total Carbohydrate: 15g
  Dietary Fiber: 3g
  Sugars: 3g
Protein: 4g

%DV Vit A: 40%
%DV Vit C: 20%
%DV Calcium: 0%
%DV Iron: 6%

Steps:
1. Cook pasta to al dente.
2. Mix cooked pasta and all ingredients together in a large bowl.
3. Refrigerate 2 hours.
Potato Salad

Tips:
To reduce the fat in this recipe the mayonnaise and sour cream are substituted with nonfat mayonnaise and sour cream.

Light Italian dressing was also used to reduce the fat in this recipe.

Gather Ingredients:
- 1/3 cup Light Italian dressing
- 7 medium potatoes, cook in jackets, peeled, sliced
- ¾ cup sliced celery
- 1/3 cup sliced green onions
- 4 hard-cooked eggs (optional)
- 1 cup fat-free mayonnaise
- ½ fat-free sour cream
- 1 ½ teaspoons horseradish mustard
- parsley to taste

Steps:
1. Pour Italian dressing over warm potatoes; Chill 2 hours.
2. Add celery and onions. Chop egg whites; add. (optional)
3. Sieve egg yolks (Optional)
4. Mix egg yolks with mayonnaise, sour cream, and mustard.
5. Fold into salad.
6. Add salt and celery salt to taste
7. Chill 2 hours.
Ramen Noodle Salad

Tips:
Canola Oil is a heart healthy oil. Use the oil in place of other vegetable oils, shortening/lard, or butter.

Nutrition Facts
Servings per Recipe: 8
Serving Size: ½ cup

Calories per Serving: 90
Total Fat: 4.5g
Saturated Fat: 1.5g
Cholesterol: less than 5mg
Sodium: 250mg
Total Carbohydrate: 11g
Dietary Fiber: less than 1g
Sugars: 0g
Protein: 1g

%DV Vit A: 6%
%DV Vit C: 15%
%DV Calcium: 0%
%DV Iron: 4%

Gather Ingredients:
2 cups packaged coleslaw or broccoli slaw
1 package Chicken Flavored Ramen Noodle soup mix
4 green onions, green and white parts, thinly sliced
2 tbs. Sugar
3 tbs. Apple cider vinegar
1 tbs. Canola Oil
¼ cup water
1 tsp. grated, peeled fresh gingerroot (optional)

Steps:
1. Mix coleslaw, onions, noodles in a large bowl.
2. Mix remaining ingredients (including spice mix from soup) together in a small bowl using a wire whisk.
3. Add dressing to coleslaw mixture; toss to coat evenly.
4. Chill, covered, for one hour before serving.
Tip:

Heat sterilization processes for canned salmon softens the bones and skin to the point where they can be easily mashed and blended into salads, casseroles and other delicious dishes.
A 3.5 ounce portion (about ¾ cup) contains 1.7 grams of omega-3 fatty acid and 213 milligrams of calcium.

You can safely eat 12 ounces per week of cooked fish—just pick a variety of different species.

For more recipes using salmon, visit The Alaska Seafood Organization at www.alaskaseafood.org

Gather Ingredients:

1 stalk celery
1 medium dill pickle
2 tablespoons light mayonnaise
2 tablespoons plain lowfat yogurt
1 cup pink salmon

Steps:
Do Ahead Preparation:
1. Chop celery and pickle very fine.

2. Mix everything together in bowl.

3. Chill.

Once chilled, serve on whole wheat bread for sandwiches.

*Recipe analyzed using 100% whole wheat bread slices

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<tbody>
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<tr>
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Spinach Salad

Tip:
Spinach is a good source of vitamin A and vitamin C. Spinach has a lot of calcium, but your body absorbs very little due to the presence of a compound called oxalic acid. The most nutritious way to serve this food is fresh or lightly steamed to preserve its vitamin C.

When buying spinach, look for fresh, dark-green leaves that are free of dirt and debris. Avoid yellowed leaves. Store loose leaves in a roomy plastic bag in the refrigerator. When ready to use, wash the spinach under cool running water. Trim the ribs and stems which are a good source of fiber. Refrigerate the damp leaves to make them crisp for your salad.

Gather Ingredients:
¼ pound fresh spinach (washed and torn into bite-sized pieces, tough veins & stems removed or trimmed)
2 teaspoons canola oil
2 teaspoons cider vinegar
1/8 teaspoon black pepper
1 packet artificial sweetener
2 teaspoons Imitation bacon bits (optional)

Steps:
1. Wash spinach and tear into bite-sized pieces; drain in colander. Spinach can be stored several hours or overnight in large container or plastic bag in refrigerator.

2. Put oil, vinegar, and pepper in Dutch oven; heat to sizzling; turn off heat; add spinach and artificial sweetener; toss to evenly distribute hot dressing on spinach. Serve immediately. Sprinkle with bacon bits, if desired.

*Recipe analyzed with imitation bacon bits.

Nutrition Facts

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%DV Vit A: 60%
%DV Vit C: 22%
%DV Calcium: 5%
%DV Iron: 21%
Strawberry-Avocado Salad

Tips:
Make sure to allow time to refrigerate the dressing when preparing this recipe—it's a must to impress your taste buds!

Avocados are packed with vitamins and minerals. Even though avocados have a fair amount of fat, mostly monounsaturated, they are fairly reasonable on calories when compared to other high-fat toppings like butter, sour cream, and cream cheese. Monounsaturated fats, when substituted for saturated fats, can help to lower LDL (bad) cholesterol and maintain HDL (good) cholesterol levels.

Gather Ingredients for Dressing:
- ¼ cup olive oil
- ¼ cup Raspberry wine vinegar
- 1½ Tablespoons sugar
- ¼ teaspoon hot sauce
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- ¼ teaspoon ground cinnamon

Gather Ingredients for Salad:
- 1 pound of Romaine lettuce, torn (about 8 cups)
- 1 cup mandarin oranges canned in light syrup
- 1 cup strawberries, stemmed and quartered
- ½ small red onion, sliced
- ¼ cup toasted pecans, chopped coarsely
- ½ avocado, sliced

Steps:
1. Combine the olive oil, vinegar, sugar, hot sauce, salt, pepper, and cinnamon in a jar.
2. Shake well and refrigerate 2 hours.
3. Combine the romaine lettuce, oranges, strawberries, onion, pecans and avocado in large bowl.
4. Top with half the dressing; toss well. Serve with the remaining dressing.

Recipe from: Intercourses—an aphrodisiac cookbook by Martha Hopkins and Randall Lockridge

Nutrition Facts

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Tips:
Make sure to allow time to refrigerate the dressing when preparing this recipe—it's a must to impress your taste buds!

Avocados are packed with vitamins and minerals. Even though avocados have a fair amount of fat, mostly monounsaturated, they are fairly reasonable on calories when compared to other high-fat toppings like butter, sour cream, and cream cheese. Monounsaturated fats, when substituted for saturated fats, can help to lower LDL (bad) cholesterol and maintain HDL (good) cholesterol levels.

Gather Ingredients for Dressing:
- ¼ cup olive oil
- ¼ cup Raspberry wine vinegar
- 1½ Tablespoons sugar
- ¼ teaspoon hot sauce
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- ¼ teaspoon ground cinnamon

Gather Ingredients for Salad:
- 1 pound of Romaine lettuce, torn (about 8 cups)
- 1 cup mandarin oranges canned in light syrup
- 1 cup strawberries, stemmed and quartered
- ½ small red onion, sliced
- ¼ cup toasted pecans, chopped coarsely
- ½ avocado, sliced

Steps:
1. Combine the olive oil, vinegar, sugar, hot sauce, salt, pepper, and cinnamon in a jar.
2. Shake well and refrigerate 2 hours.
3. Combine the romaine lettuce, oranges, strawberries, onion, pecans and avocado in large bowl.
4. Top with half the dressing; toss well. Serve with the remaining dressing.

Recipe from: Intercourses—an aphrodisiac cookbook by Martha Hopkins and Randall Lockridge
Tuna Salad

Tips:
Canned tuna can often be high in sodium. To reduce the salt or sodium content, drain the tuna when opened. Next, place the tuna in a colander or strainer and gently run hot water over the meat. Drain the excess water and continue with the recipe.

Albacore tuna makes a great substitution for white tuna. Albacore tuna contains higher amounts of omega-3 fatty acids, which may help to reduce inflammation and lower your risk for Coronary Heart Disease.

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 sandwich
Calories per Serving: 196
Total Fat: 4g
  Saturated Fat: 1g
Cholesterol: 15mg
Sodium: 547mg
Total Carbohydrate: 25g
  Dietary Fiber: 3.5g
  Sugars: 11g
Protein: 17g
%DV Vit A: 2%
%DV Vit C: 1%
%DV Calcium: 6%
%DV Iron: 13%

Gather Ingredients:
1 stalk celery
1 medium dill pickle
2 tablespoons light mayonnaise
2 tablespoons plain lowfat yogurt
6½ or 7 ounce can of tuna, drained
8 slices of whole wheat bread

Steps:
Do Ahead Preparation:
1. Chop celery and pickle very fine.
2. Mix everything together in bowl.
3. Chill.

Once chilled, serve on whole wheat bread.
SANDWICHES
Cajun Chicken Sandwich
  Oregano Tomatoes
  Roasted Corn

Fish Fillet Sandwich
  Tossed Salad
  Roasted Red Potatoes

French Dip Sandwich
  Roasted Vegetables
  Fruit

Grilled Portabella Sandwich
  Grilled Sweet Potatoes
  Tossed Salad

Tomato Swiss Sandwich
  Cheesy Oven Fries
  Tossed Salad

T-BLT’s
  Easy Tomato Bisque
  Carrot Sticks
  Whole Grain Crackers

Veggie Burger
  Tossed Salad
  Baked

Salmon Salad Sandwich
  Broccoli Salad
  Fresh Fruit

Egg Salad Sandwich
  Poke Salad Greens

Tuna Salad Sandwich
  Creamy Broccoli Soup
  Tossed Salad
Cajun Chicken Sandwich

Gather Ingredients:
4, 4-ounce boneless, skinless chicken breast
2 tablespoons Cajun seasoning blend
Butter spray
4 whole wheat hamburger buns
1 medium tomato, sliced
4 green leaf lettuce leaves

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 sandwich
Calories per Serving: 269
Total Fat: 5g
Saturated Fat: 2g
Cholesterol: 72mg
Sodium: 536mg
Total Carbohydrate: 26g
Dietary Fiber: 5g
Sugars: 1g
Protein: 33g
%DV Vit A: 30%
%DV Vit C: 15%
%DV Calcium: 6%
%DV Iron: 12%

Serving Suggestions:
Roasted corn
Broiled oregano tomatoes

Sandwiches

Steps:

1. Preheat cast iron skillet over high heat on top of stove.
2. Dredge chicken in Cajun seasoning.
3. Spray bottom of pan with butter spray.
4. Place seasoned chicken in skillet. Cook until seasoning is black, then turn and cook until done.
5. Serve on toasted bun with tomato slices and lettuce.
Eggplant and Tomato Sandwich

Gather Ingredients:
1 egg, beaten, and mixed with 1 Tablespoon of water
1 eggplant, sliced into ¼ inch rounds
¼ cup grated reduced-fat Parmesan cheese
¼ cup light mayonnaise
2 cloves garlic, minced
2 teaspoons thyme leaves
2 medium tomatoes, sliced
8 slices French bread

Serving Suggestions:
Pasta Salad

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 sandwich

Calories per Serving: 300
Total Fat: 14g
Saturated Fat: 3.5g
Cholesterol: 67mg
Sodium: 651mg
Total Carbohydrate: 34g
Dietary Fiber: 4g
Sugars: 3g
Protein: 9g

%DV Vit A: 13%
%DV Vit C: 16%
%DV Calcium: 12%
%DV Iron: 11%

Steps:
1. Preheat broiler.
2. Brush the eggplant slices with the egg and dip both sides in Parmesan cheese.
3. Place slices on a sheet pan and place under broiler. Brown both sides about 5 minutes. Set aside to cool.
4. Mix garlic and thyme into mayonnaise. Spread mayonnaise on bread.
5. Layer the eggplant, and tomato slices on bread.
### Fish Fillet Sandwich

**Gather Ingredients:**
- 4, 4-ounce tuna steak fillets
- 3 teaspoons ginger, minced
- 1 lime
- 1 tablespoon lime juice
- 1/3 cup light mayonnaise
- 3 tablespoons horseradish
- Cayenne pepper to taste
- Watercress sprigs
- 8 slices multi-grain bread

**Nutrition Facts**
- Serving Size: 1 sandwich
- Calories per Serving: 362
- Total Fat: 14g
- Saturated Fat: 3g
- Cholesterol: 48mg
- Sodium: 494mg
- Total Carbohydrate: 28g
- Dietary Fiber: 3.5g
- Sugars: 6g
- Protein: 31g

**%DV**
- Vit A: 51%
- Vit C: 13%
- Calcium: 7%
- Iron: 17%

**Serving Suggestions:**
- Rosemary Red Potatoes
- Salad

**Steps:**

1. Rub steaks with lime juice and ginger. Heat grill or broiler oven.

2. Grill fish for 3 minutes per side for medium rare steak.

3. Grill bread to toast.

4. In a small bowl, mix together the mayonnaise, lime juice, horseradish and cayenne. Spread mayonnaise mixture on grilled bread and top with tuna steak, watercress and second slice of bread.
French Dip Sandwiches

Gather Ingredients:
2 tablespoons light margarine
1 shallot, chopped
1 tablespoon all-purpose flour
2 tablespoons dry sherry, optional
2 cans beef broth—use lower sodium to reduce the sodium content of this recipe
1 pound deli sliced roast beef
Grill seasoning blend for steak or coarse salt and pepper
4 torpedo sandwich rolls, split (look for ones that no more than 200 calories per roll)

Sandwiches

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 sandwich

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<tr>
<td>%DV Calcium: 7%</td>
</tr>
<tr>
<td>%DV Iron: 15%</td>
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Steps:

1. In a large, shallow skillet over moderate heat, melt margarine. Add shallots to skillet and sauté 2 minutes.

2. Add flour to margarine and shallot and cook a minute longer.

3. Whisk in sherry and cook liquid out. Whisk in beef broth in a slow stream. Bring sauce to a bubble and allow to simmer over low heat until ready to serve sandwiches.

4. Pile meat loosely across your cutting board or large work surface. Season meat with grill seasoning or salt and black pepper. Set out 4 ramekins or small soup cups for dipping sauce.

5. To assemble, using a pair of kitchen tongs, dip meat into loose au jus sauce and pile into rolls. Set ramekins or cups with extra dipping sauce along side the sandwiches.

Serving Suggestions:
Harvest roasted vegetables (onions, peppers, tomatoes)
### Grilled Portobello Sandwich

#### Gather Ingredients:
- 4, 3-ounce Portobello mushrooms
- 1 medium red bell pepper, halved
- ½ red onion, sliced thin
- 4 whole wheat hamburger buns
- 4 slices reduced-fat mozzarella cheese
- 8 tablespoons low-calorie Thousand Island salad dressing

#### Serving Suggestions:
- Sweet potato fries

#### Nutrition Facts

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| %DV Vit A: 31% | %DV Vit C: 120% | %DV Calcium: 29% | %DV Iron: 10% |
|----------------|-----------------|------------------|********|********|

#### Sandwiches

#### Steps:

1. Clean and stem mushrooms. Dry.

2. Brush mushroom, bell pepper, onion and cut sides of bun with some dressing; set bun aside. Place vegetables over medium-hot grill. Grill 2 minutes.

3. Turn vegetables over; brush with dressing. Grill 2 minutes or until vegetables are tender. Remove bell pepper and onion from grill.

4. Place bun halves, cut sides down, on grill. Turn mushroom top side up; brush with any remaining dressing and cover with cheese. Grill 1 minute or until cheese is melted and bun is lightly toasted.

5. Cut pepper into strips. Place mushroom on bottom half of bun; top with pepper strips and onion slices. Cover with top half of bun.

Note: To broil, brush mushrooms, bell pepper, onion, and cut sides of bun with dressing. Place vegetables on greased rack of broiler pan; set bun aside. Broil vegetables 4 to 6 inches from heat for 3 minutes; turn over. Brush with dressing. Broil 3 minutes or until vegetables are tender. Place mushroom, top side up, on broiler pan; top with cheese. Place bun, cut sides up on broiler pan. Broil 1 minute or until cheese is melted and bun is toasted. Assemble sandwich as directed above.
Tomato Swiss Sandwich

Nutrition Facts

Servings per Recipe: 1
Serving Size: 1 sandwich

Calories per Serving: 282
Total Fat: 10g
  Saturated Fat: 5g
Cholesterol: 5mg
Sodium: 477mg
Total Carbohydrate: 35g
  Dietary Fiber: 4.5g
  Sugars: 0g
Protein: 13.5g

%DV Vit A: 15%
%DV Vit C: 13%
%DV Calcium: 27%
%DV Iron: 11%

Serving Suggestions:
Cheesy Oven Fries or Lowfat Potato Crisps
Green salad

Gather Ingredients:
2 slices rye bread
1 slice Swiss cheese
½ tomato, sliced
Non-stick cooking spray

Steps:
1. Spray bread slices with cooking spray and place in skillet on medium heat.

2. Turn to opposite side when toasted (about 3 minutes.)

3. Place cheese on one side and tomato sliced on other side while heating.

4. Turn cheese slice over on top of tomato slice; remove to plate and slice into two halves.
T-BLT’s (Turkey Bacon, Lettuce & Tomato) Sandwiches

Tip:
This sandwich saves loads of saturated fat by using turkey bacon instead of bacon and fat free cheese instead of full fat cheese.

Serving Suggestions:
Serve with a cup of tomato soup, carrots sticks and whole grain crackers.

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 sandwich

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%DV Vit A: 25%
%DV Vit C: 16%
%DV Calcium: 24%
%DV Iron: 8%

Gather Ingredients:
12 slices Oscar Meyer Turkey Bacon
1 cup spinach leaves
2 medium tomatoes, sliced
8 slices 100% whole wheat reduced-calorie bread (50 calories per slice)
4 slices fat-free cheese
4 teaspoons fat free mayonnaise

Steps:
1. Place turkey bacon on plate lined with paper towel. Cover with paper towel.
2. Cook in microwave according to package instructions.
3. Wash spinach leaves and tomato and dry.
4. Slice tomatoes into even slices about ¼ inch thick.
5. Toast bread in toaster, if desired.
6. Spread each bread slice with ½ teaspoon of fat free mayonnaise.
7. Add 3 slices turkey bacon. Top with cheese, tomato slices and spinach leaves.
Veggie Burgers

Gather Ingredients:
4 veggie burger patties
4 whole wheat hamburger buns
4 slices fat-free cheese
4 teaspoons light mayonnaise
1 basil leaf
1 cup onions
1 tablespoon olive oil
Avocado

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 burger

Calories per Serving: 397
Total Fat: 19g
Saturated Fat: 3.5g
Cholesterol: 2mg
Sodium: 853mg
Total Carbohydrate: 35g
Dietary Fiber: 9g
Sugars: 3g
Protein: 27g

%DV Vit A: 7%
%DV Vit C: 6%
%DV Calcium: 24%
%DV Iron: 14%

Serving Suggestion:
Green salad
Grilled or baked sweet potatoes

Sandwiches

Tip:
The olive oil and avocado add extra healthy fat calories. To reduce the calories in this recipe, sauté onions with non-stick cooking spray instead of olive oil. Trim extra calories by reducing the amount of avocado or eliminating.

Steps:

1. Slice onions into rings. Heat olive oil in skillet and add onions to sauté, stirring occasionally. Cook until caramelized.

2. Wash basil and chop finely. Add to mayonnaise and mix together.

3. Meanwhile, cook veggie burgers in microwave or skillet according to package instructions. Melt cheese slice over burgers.

4. Peel avocado and remove pit. Cut each half into ¼-inch thick slices.

5. Serve veggie burgers on warm buns with basil mayonnaise. Top burger with onions and avocado slices.
Mix and Match Bag Lunch Ideas
Create your own bag lunches, which are low in saturated fat and cholesterol. For a balanced lunch, try to choose at least one item from each food group. If you want dessert, try something from the Fruit or Dairy Products groups.

Protein Ideas:
- Sliced turkey or chicken breast
- Tuna (packed in water)
- Turkey ham or lean ham
- Lean sliced roast beef
- Low fat lunch meats (less than 3 grams fat/ounce)

Grain Ideas:
- 100% Whole grain breads
- Whole wheat pita bread
- Whole wheat tortillas
- Whole wheat English muffins
- Whole wheat rolls
- Whole wheat hamburger or hot dog buns

Vegetable Ideas:
- Tomato or vegetable juice
- Carrot or celery sticks
- Cauliflower or broccoli florets
- Cucumber slices
- Salad
SOUPS
SOUPS
Best Broccoli Soup
Cheddar Biscuits
Fancy Fruit Salad

Creamy Broccoli Soup
Tossed Salad
Cheddar Biscuits
Fruit

Southwestern Chili
Glazed Carrots
Cornbread
Fruit

Taco Soup
Spinach Salad
Baked Tortilla Chips
Fresh & Chunky Salsa

Tortilla Soup
Baked Tortilla Chips
Black Bean Salsa

Very Veggie Chili
Italian Vegetable Salad
Broccoli Cheese Muffins
Baked Potato Soup

Tips:
✓ Try leaving on the potato skins for added flavor and some extra fiber.

Recipe courtesy of *Cooking Light* magazine.

**Gather Ingredients:**
- 4 baking potatoes (about 2 ½ pounds)
- 2/3 cup all purpose flour
- 6 cups 2% milk
- 1 cup (4 ounces) reduced fat shredded extra sharp cheese, divided
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 cup reduced fat sour cream
- ¾ cup chopped green onions, divided
- 6 bacon slices, cooked and crumbled

**Steps:**
1. Bake potatoes in microwave until done and set aside. Can also be baked in the oven at 400°F for 1 hour or until tender. Cool. Scoop out potato, place in bowl and mash coarsely.

2. Lightly spoon flour into a dry measuring cup; level with a knife. Place flour in a large Dutch oven; gradually add milk, stirring with a whisk until blended. Cook over medium heat until thick and bubbly – about 8 minutes. Add mashed potatoes, ¾ cup cheese, salt, and pepper stirring until cheese melts. Remove from heat.

3. Stir in sour cream, ham, and ½ cup onions. Cook over low heat 10 minutes or until thoroughly heated (do not boil). Sprinkle each serving with cheese, onions and bacon.

**Nutrition Facts**
- **Servings per Recipe:** 12
- **Serving Size:** 1 cup
- **Calories per Serving:** 219
  - Total Fat: 7g
  - Saturated Fat: 4g
  - Cholesterol: 25mg
  - Sodium: 391mg
  - Total Carbohydrate: 16g
  - Dietary Fiber: 1g
  - Protein: 9g
- **%DV Vit A:** 12%
- **%DV Vit C:** 8%
- **%DV Calcium:** 15%
- **%DV Iron:** 14%
Best Broccoli Soup

Tips:
An easy way to get your 5-9 fruit and vegetable servings each day is by having a bowl of soup such as this one.

Gather Ingredients:
- 2 cups water
- 4 cups chopped fresh broccoli
- 1 cup chopped celery
- 1 cup carrots
- ½ cup chopped onion
- 6 tablespoons all-purpose flour
- 3 cups chicken broth
- 2 cups skim milk
- 1 tablespoon minced fresh parsley
- 1 cup carrots
- 1 teaspoon onion salt
- ½ teaspoon garlic powder
- ½ teaspoon salt

Steps:
1. In a pot, bring water to a boil. Add broccoli, celery and carrots; boil 2-3 minutes. Drain; set vegetables aside.
2. In the same pot, sauté onion in margarine until tender. Stir in flour to form a paste. Gradually add the broth and milk, stirring constantly. Bring to a boil; boil and stir for 1 minute.
3. Add vegetables and remaining ingredients. Reduce heat; cover and simmer for 30-40 minutes or until vegetables are tender.

Nutrition Facts
Servings per Recipe: 8
Serving Size: 1 cup

Calories per Serving: 140
- Total Fat: 8g
- Saturated Fat: 1.5g
- Cholesterol: less than 5 mg
- Sodium: 0mg
- Total Carbohydrate: 13g
- Dietary Fiber: 3g
- Sugars: 6g
- Protein: 5g

%DV Vit A: 100%
%DV Vit C: 90%
%DV Calcium: 10%
%DV Iron: 6%
**Black-Eyed Pea Soup**

**Tips:**

Canadian Bacon has 85% less fat than traditional breakfast bacon and can be used as a substitute in most recipes that call for bacon. Simply pan-fry in a hot skillet – no added fat is necessary.

Black-Eyed peas are a good source of soluble fiber, which helps to lower LDL (“lousy”) cholesterol. Other good sources of soluble fiber are oats and berries.

This recipe originated from: *What’s Cooking at the Cooper Clinic*, from the Nutrition Department of the Cooper Clinic, Dallas, TX.

**Gather Ingredients:**

2 ounces Canadian bacon, chopped
1 cup chopped onion
2 cups tomatoes, chopped
2 tablespoons jalapenos, finely chopped (optional)
½ teaspoon minced garlic
salt & pepper to taste
3 cups water
2 chicken bouillon cubes
4 (15.8 ounce) cans black-eyed peas, drained and rinsed
3 cups low-fat (2% or fat-free) cheddar cheese, grated

**Steps:**

1. Spray saucepan with non-stick vegetable cooking spray; add Canadian bacon, onions, tomatoes, jalapenos, garlic, salt and pepper. Cover. Sauté until onions become clear. If ingredients begin to stick, you may add up to 2 tablespoons of water.
2. Add water; dissolve bouillon cubes in the mixture.
3. Add peas (drained and rinsed) to the soup and simmer for 20 minutes or until steaming hot.
4. Add the cheese and stir until melted, or serve as garnish.

**Nutrition Facts**

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%DV Vit A: 5%
%DV Vit C: 15%
%DV Calcium: 19%
%DV Iron: 12%
Creamy Broccoli Soup

Tip:
This soup is a fast one for busy families. The sodium content is also low compared to many commercial processed soup mixes. Frozen broccoli is a quick time saver in this recipe.

Serving Suggestions:
Double the serving size and add a whole grain roll to make a meatless meal packed with vitamins, minerals and fiber.

Nutrition Facts

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Gather Ingredients:
1 pound of chopped broccoli, frozen
1 medium onion, chopped
1 carrot, shredded
¼ cup light margarine
2 tablespoons all purpose flour
2 cups skim milk
1 can 98% Fat Free Cream of Chicken soup, condensed
1 teaspoon ground white pepper
1 teaspoon paprika
2 ounces dry sherry

Steps:
1. Sauté broccoli, onion and shredded carrot in margarine until vegetables are tender.

2. Stir in flour until thickened slightly.

3. Stir in milk and soup (mix ahead for easier incorporation); cook mixture just until thoroughly heated (about 15 minutes).

Easy Cheesy Vegetable Soup

Tip:
This soup is a fast one for busy families. The sodium content is also low compared to many commercial processed soup mixes. Using frozen vegetables is a quick time saver in this recipe.

Serving Suggestions:
- Spinach salad
- Bread

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1¼ cup

Calories per Serving: 198
- Total Fat: 3g
- Saturated Fat: 1.5g
- Cholesterol: 15mg
- Sodium: 383mg
- Total Carbohydrate: 37g
- Dietary Fiber: 3g
- Sugars: 11g
- Protein: 12.5g

%DV Vit A: 23%
%DV Vit C: 20%
%DV Calcium: 26%
%DV Iron: 6%

Gather Ingredients:
- 4 ounces reduced-fat process cheese spread loaf, cubed
- 3 ½ cups fat-free (skim) milk
- ½ teaspoon chili powder
- 2 cups cooked brown, wild, or white rice
- 1 bag (1 pound) frozen cauliflower, carrots and asparagus (or other combination), thawed, and drained

Steps:
1. Cook rice.
2. Heat cheese and milk in 3-quart saucepan over low heat, stirring occasionally, until cheese is melted.
3. Stir in chili powder. Stir in rice and vegetables; cook until hot.

Recipe from: Betty Crocker's Diabetes Cookbook
Easy Tomato Bisque

Tip: A delicious, easy way to make a soup to impress your guests. Use low sodium tomato juice and reduce the sodium. Serve with some crusty bread, lowfat cheese, a big salad and you have a meal.

Gather Ingredients:
Vegetable cooking spray
1 can diced tomatoes with onions & garlic
2 Tablespoons flour
1 (12 ounce) can tomato juice or V8 juice
1 cup skim milk
1 teaspoon Italian seasoning, dried OR
1 Tablespoon fresh, chopped basil, thyme and oregano
Pepper to taste

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1 cup

Calories per Serving: 90
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 380mg
Total Carbohydrate: 15g
Dietary Fiber: 1g
Sugars: 14g
Protein: 8g

%DV Vit A: 20%
%DV Vit C: 20%
%DV Calcium: 25%
%DV Iron: 4%

Steps:

1. In a 2 quart saucepan pour diced tomatoes and add flour.

2. Cook for a few minutes to heat through.

3. Add Italian seasonings and tomato juice or V8 juice.

4. Cook till thickened slightly.

5. Whisk in milk and cook till starting to bubble.
Homemade Bean Soup

Tip:
Soaking beans overnight before cooking helps to lessen the effect of intestinal gas which can be uncomfortable. Soak your beans for at least four hours in nine cups of water for every one cup of beans.

Serving Suggestions:
Serve beans with whole grains to obtain a source of “complete” protein. Also, vitamin C-rich foods (like tomatoes) and iron-rich foods (some lean meats) will help your body absorb and use the iron available in the beans.

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 cup

Calories per Serving: 139
Total Fat: 0g
  Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 582mg
Total Carbohydrate: 25g
  Dietary Fiber: 5g
  Sugars: 2g
Protein: 9g

%DV Vit A: 50%
%DV Vit C: 16%
%DV Calcium: 6%
%DV Iron: 11%

Gather Ingredients:
½ cup dried pinto or white beans
Water
1 large potato
1 carrot
2 stalks celery
1 clove garlic
4 cups fat free broth
Salt and pepper (optional)

Steps:
Do Ahead Preparation:
  Soak dried beans overnight in refrigerator

1. Drain beans.

2. Chop up carrot, onion, celery, potato and garlic.

3. Measure broth, put in pan with beans, carrot, onion, celery, potato and garlic.

4. Bring to boil. Turn heat down. Simmer 2 to 3 hours or until beans are tender.

5. Add pepper before serving. Taste before adding salt.
30-Minute Minestrone

Tip:
Use this quick, yummy soup to warm up a cold evening! Serve with crackers or even cornbread for a healthy, hearty meal.

Gather Ingredients:
2 medium carrots, chopped
1 cup chopped cabbage
1 celery rib, thinly sliced
1 small onion, chopped
1 garlic clove, minced
2 tsp canola oil
3 cups water
1 can (14½ ounces) Italian stewed or diced tomatoes, undrained
3 low-sodium beef bouillon cubes
1 cup torn fresh spinach
2/3 cup cooked elbow macaroni
¼ tsp pepper

Nutrition Facts

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Steps:

1. In a 3 qt. Saucepan, sauté carrots, cabbage, celery, onion and garlic in oil for 5 minutes.

2. Add water, tomatoes and bouillon; bring to a boil. Reduce heat.

3. Simmer, uncovered, for 20 - 25 minutes or until vegetables are tender.

4. Stir in spinach, macaroni and pepper; heat through.
Potato Soup

Tip:
Use no salt added broth and leave out the salt to make a lower sodium soup.

Gather Ingredients:
2 tablespoons light margarine
2 medium onions, chopped
3 carrots, chopped
3 stalks celery, chopped
5 pounds potatoes, peeled and chopped
2.5 quarts clear chicken broth (10 cups)
2 cups water
1 teaspoon salt
2 teaspoons pepper
1 teaspoon garlic powder
½ cup all-purpose flour
2 cups skim milk

Nutrition Facts
Servings per Recipe: 20
Serving Size: 1 cup

Calories per Serving: 80
Total Fat: 1.5g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 650mg
Total Carbohydrate: 13g
Dietary Fiber: 4g
Sugars: 4g
Protein: 5g

%DV Vit A: 60%
%DV Vit C: 35%
%DV Calcium: 6%
%DV Iron: 8%

Steps:
1. Melt light margarine in large pan (Dutch oven).
2. Add chopped onion, carrots, and celery.
3. Sauté until vegetables are tender.
4. Add peeled and chopped potatoes and chicken broth.
5. Add water as needed to cover the potatoes.
6. Cook until potatoes are tender.
7. Mix flour with cold milk until smooth and add to soup.
8. Cook until thickened and smooth.
Southwestern Chili

Gather Ingredients:
Southwestern Seasoning Mix (see recipe)
½ pound extra lean ground beef
1 large onion, chopped
1 medium green bell pepper, chopped
1 clove garlic, minced
1 ½ cups V8 or tomato juice
1 ½ to 2 cups beef or chicken stock
1 cup canned crushed tomatoes in puree
3-4 cups cooked black or red beans
¾ teaspoon salt
Black pepper, to taste
Low-fat grated cheddar cheese, fat-free
sour cream, and/or chopped
parsley/cilantro, for garnish

Southwestern Seasoning Mix
1 Tablespoon Cumin
1 Tablespoon Mild chili powder
1 ½ teaspoon Coriander
1 teaspoon unsweetened cocoa powder
1 teaspoon sugar

Nutrition Facts
Servings per Recipe: 10
Serving Size: 1 cup
Calories per Serving: 140
Total Fat: 4g
Saturated Fat: 1.5g
Cholesterol: 15mg
Sodium: 450mg
Total Carbohydrate: 18g
Dietary Fiber: 5g
Sugars: 4g
Protein: 9g

%DV Vit A: 6%
%DV Vit C: 30%
%DV Calcium: 4%
%DV Iron: 10%

Steps:

1. In a small bowl, blend all of the ingredients for the Southwestern Seasoning Mix, then set the bowl aside.

2. Brown ground beef over medium heat for several minutes. Drain any excess fat. Add onion and green pepper and cook over moderate heat for 8-9 minutes, until the onion is translucent.

3. Add the garlic, tomato juice, beef or chicken stock, crushed tomatoes, beans, salt, and seasoning mix.

4. Cook on low heat for about 30 minutes.

5. Top with low-fat grated cheddar cheese and fat-free sour cream. Garnish with fresh parsley or cilantro.
Taco Soup

Tips:
Draining and rinsing higher fat hamburger meat can reduce the fat by as much as 50% if lean or extra lean meat is not economical for you.

Gather Ingredients:
1 pound Lean ground beef
1 large onion, chopped
3-16 ounce cans Mexican style chili beans, undrained
16-ounce can whole corn, undrained
16-ounce can chopped tomatoes, undrained
15-ounce can tomato sauce
1 ½ cups water
4 ½- ounce can chopped green chilies (or large can if you prefer)
1 package Taco seasoning mix
1 envelope Fat-Free Hidden Valley Ranch dry salad dressing mix

Steps:
1. Cook beef and onion until beef is browned; drain.
2. Mix beef and onion with other ingredients in a large pan.
3. Bring mixture to a boil; reduce heat and let simmer for 15 minutes.

Makes 3 ½ quarts of soup. This soup freezes well and can be kept in freezer for up to 3 months.

Nutrition Facts

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Tortilla Soup

Tip:
To make this soup lower sodium, use no salt added chicken broth and canned tomatoes and rinse the beans after you drain them.

Gather Ingredients:

2 (5 ounce) cans chicken
1 medium onion, chopped
1 stalk celery, chopped
1 clove garlic, chopped
½ package dry taco seasoning mix
2 (14.5 ounce) cans fat-free chicken broth
2 (14.5 ounce) cans tomatoes, chopped
1 (4 ounce) can chopped green chilies
1 (14.5 ounce) can navy beans, drained
6 corn tortillas, cut into 1-inch squares
½ cup fat-free sour cream

Nutrition Facts

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%DV Vit A: 20%
%DV Vit C: 20%
%DV Calcium: 10%
%DV Iron: 10%

Steps:

1. Spray a large pot with non-stick cooking spray.

2. Add chopped onion, celery, and garlic and sauté until soft.

3. Add canned chicken, chopped canned tomatoes, drained canned beans, taco seasoning, and broth.

4. Simmer for about 15 minutes (or longer).

5. Add cut tortillas and simmer an additional 1-2 minutes to soften.

6. Serve with a dollop of fat-free sour cream on the top or have on the side.
Vegetable and Pasta Soup

Tips:

Gather Ingredients:
1 cup chopped onion
1 cup baby carrots
¾ cup celery, sliced
1 cup frozen corn
½ teaspoon minced garlic
3 tablespoons olive oil
6 cups lower sodium, fat free beef broth or water
1 28 ounce can diced tomatoes
1 8 ounce can tomato sauce
½ teaspoon thyme
½ teaspoon rosemary
¼ teaspoon marjoram
¼ teaspoon black pepper
3 cups chopped green cabbage
1 cup frozen cut green beans
2 cups cooked macaroni

Recipe courtesy of Cooking Light magazine

Steps:

1. Place all ingredients except pasta in a large soup kettle. Bring to a boil. Reduce heat to a simmer. Simmer for 1 to 1½ hours or until vegetables are tender.

2. Add macaroni and warm thoroughly.

Recipe source: OSU Cooperative Extension Service

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1/8 of recipe

Calories per Serving: 186
Total Fat: 6g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 672mg
Total Carbohydrate: 16.4g
Dietary Fiber: 5g
Protein: 6g

%DV Vit A: 110%
%DV Vit C: 60%
%DV Calcium: 8%
%DV Iron: 10%
Vegetable Stew

Tips:

Gather Ingredients:
1 medium yellow onion, sliced
3 cloves garlic, minced
1 tablespoon olive oil
1 pound yellow squash, cubed
1 pound zucchini, cubed
2 medium tomatoes, peeled, chopped
¾ pound frozen green beans, sliced
1 ¼ cups fresh corn kernels
1 teaspoon salt
½ teaspoon pepper

Steps:

1. In a large skillet, sauté onion and garlic in oil until tender.

2. Add squash, tomatoes, and beans. Reduce heat, cover, and cook slowly 15 minutes longer.

3. Add corn, salt, and pepper. Cook for 4 minutes.

Recipe courtesy of OSU Cooperative Extension Service

Soups

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1/8 of recipe

Calories per Serving: 87
Total Fat: 2g
  Saturated Fat: trace
Cholesterol: 0mg
Sodium: 275mg
Total Carbohydrate: 15g
  Dietary Fiber: 4g
Protein: 3g

%DV Vit A: 16%
%DV Vit C: 40%
%DV Calcium: 5%
%DV Iron: 7%
### Vegetable Stock

**Tips:**
- ✓ Good for making soups or stews

**Gather Ingredients:**
- 1 tablespoon extra-virgin olive oil
- 2 leeks, white and light green parts only, well washed and chopped
- 4 medium onions, chopped
- 6 large carrots, peeled and chopped
- 3 stalks celery, chopped
- 1 small bunch parsley stems
- 2 teaspoons dried whole marjoram
- ½ teaspoon dried whole thyme
- 2 bay leaves
- 1 ½ gallon cold purified water

Recipe courtesy of **Dr. Andrew Weil, MD**

**Steps:**

1. Heat the olive oil over medium heat in a large pot. Add the vegetables and stir-fry to brown lightly. Add the marjoram, thyme, bay leaves, and cold water. Bring to a boil, reduce heat, cover and simmer for one hour.

2. Strain the stock through a fine sieve or a cheesecloth-lined colander. Press or squeeze the vegetables to extract their liquid.

3. Discard the vegetables. If you don’t use it right away, freeze it for later use.

### Nutrition Facts

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<thead>
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<td>Calcium</td>
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**Servings per Recipe:** 20
**Serving Size:** 1/20th
Very Veggie Chili

Tips:

A great alternative to regular chili, this recipe is filled with high fiber ingredients to really fill you up!

The sodium content comes from the canned vegetables. To decrease the amount of sodium use fresh or frozen vegetables in the place of canned. You can also rinse off the beans and corn with warm water before adding to the recipe.

This is very tasty served with a dollop of fat-free sour cream and a small amount of 2% grated cheese.

Gather Ingredients:

1 medium green bell pepper, chopped
1 medium onion, chopped
3 cloves garlic, minced
1 tablespoon canola oil
2 cans (14 ½ ounce) Mexican tomatoes
1 (15 ounce) can pinto beans, drained
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can whole kernel corn, drained
2 ½ cups water
1 cup uncooked brown rice
2 tablespoons chili powder
1 teaspoon ground cumin

Steps:

1. In a 3-quart saucepan, sauté first four ingredients until tender (about 5 minutes).

2. Add remaining ingredients, stir well.

3. Bring to boil, then reduce heat. Cover and simmer for 30 minutes stirring occasionally.

Nutrition Facts

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%DV

| Vit A: 20%                   |
| Vit C: 30%                   |
| Calcium: 15%                 |
| Iron: 10%                    |
THIS 'N THAT
Balsamic Vinaigrette Dressing

Tip:
This dressing has mostly monounsaturated fat (the better for your heart fat) and has NO sodium so perfect for making salads taste delicious and keeping your heart healthy.
Use Splenda in place of sugar to decrease carbs to 0 grams and calories to 64 calories per 1 tablespoon serving.

Gather Ingredients:
4 Tablespoons Canola oil
4 Tablespoons Balsamic Vinegar
2 Tablespoon sugar or Splenda

Steps:
1. In a jar or dressing mixing container (cruet) put all above ingredients and shake till all ingredients are blended.
2. Serve over green salads or fruit.

Nutrition Facts
Servings per Recipe: 1 T.
Serving Size: about 8

Calories per Serving: 80
Total Fat: 7g
  Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 0mg
Total Carbohydrate: 4g
  Dietary Fiber: 0g
  Sugars: 4g
Protein: 0g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%
Black Bean Salsa

Gather Ingredients:
4 Roma tomatoes, chopped
1 can black beans, rinsed and drained
Juice of 1 lime
½ cup fresh cilantro, chopped
Salt and pepper to taste (optional)

Steps:
1. In a bowl, stir together all ingredients.
2. Serve with baked tortilla chips.

This ‘N That

Nutrition Facts
Servings per Recipe: 4
Serving Size: ½ cup

Calories per Serving: 117
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 335mg
Total Carbohydrate: 21g
Dietary Fiber: 7g
Sugars: 2g
Protein: 7g

%DV Vit A: 22%
%DV Vit C: 35%
%DV Calcium: 6%
%DV Iron: 16%
Cinnamon Ornaments

Tip:
Another use for all your cookie cutters other than for cookies. These smell delicious hung throughout the house during the holidays.

Gather Ingredients:

¾ cup applesauce  
1 cup ground cinnamon  
1 tablespoon nutmeg  
2 tablespoons white craft glue  
Paints  
Paintbrushes  
Cookie cutters

NOTE: These are not to be eaten!!!!!

Steps:

1. Mix together till dough is smooth and holds together.  
   (if too sticky add cinnamon, if too dry add applesauce)

2. Roll out to about ¼ inch thick and cut with cookie cutters.

3. If using for ornaments, using a straw, make a hole for stringing ribbon or yarn.

4. Let dry for 24 hours or in an oven at 200° till dry.

5. Paint and decorate as you like.
Egg Roll Dipping Sauce

Gather Ingredients for Sauce:
1½ Tablespoons white vinegar
1 teaspoon balsamic vinegar
½ teaspoon tamarind pulp
4 Tablespoons honey
1 pinch powdered saffron
½ cup chopped cashews
1 cup fresh cilantro, chopped
2 garlic cloves, minced
2 green onions, chopped
1 Tablespoon granulated sugar
1 teaspoon ground black pepper
1 teaspoon ground cumin
4 Tablespoons olive oil

Nutrition Facts
Servings per Recipe: 10
Serving Size: 1/10 of sauce

Calories per Serving: 123
Total Fat: 8g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 126mg
Total Carbohydrate: 11g
Dietary Fiber: 0.5g
Sugars: 8g
Protein: 1g

%DV Vit A: 10%
%DV Vit C: 6%
%DV Calcium: 2%
%DV Iron: 4%

Steps:
1. Stir together vinegars, tamarind, honey and saffron in bowl and microwave 1 minute.

2. Stir until tamarind is dissolved. Blend mixture together with cashews, cilantro, garlic, onions, sugar, pepper, and cumin.

3. Pour into bowl and stir in oil.

4. Refrigerate until ready to use.
Fresh and Chunky Salsa

Gather Ingredients:
1 can chopped tomatoes-14½ ounce
½ cup chopped green bell pepper
2 green onions, sliced
2 tablespoons fresh cilantro
1 tablespoon white wine vinegar
½ teaspoon ground cumin
½ teaspoon bottled minced garlic
Few dashes bottled red hot pepper sauce

Nutrition Facts
Servings per Recipe: 4
Serving Size: ½ cup

Calories per Serving: 45
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 180mg
Total Carbohydrate: 9g
Dietary Fiber: 2g
Sugars: 5g
Protein: 2g

%DV Vit A: 5%
%DV Vit C: 45%
%DV Calcium: 4%
%DV Iron: 8%

Steps:
1. In a bowl, stir together all ingredients.
2. Salsa can be covered and stored in the refrigerator for up to 1 week.

Recipe adapted from the American Heart Association Learn and Live
Fruit Toss

Tip:

This is an easy fruit favorite. The fruit tastes delicious after chilling in the refrigerator—especially in glass jars.

Remember to wash the outside of the melons before cutting through the skin with a knife, since bacteria can be hiding on the skins and become transferred by the knife.

Gather Ingredients:
2 cups cantaloupe, cubed
2 cups honeydew melon, cubed
2 cups seedless grapes, red or green, washed and pulled off stem
2 cups strawberries, washed, hulled, and quartered

Steps:

1. Combine fruit in a large bowl and then scoop into glass jars or other covered storage containers.

2. Chill in refrigerator until ready to serve.

---

This ‘N That

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1 cup

Calories per Serving: 68
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 13mg
Total Carbohydrate: 17g
Dietary Fiber: 2g
Sugars: 13g
Protein: 1g

%DV Vit A: 28%
%DV Vit C: 84%
%DV Calcium: 1%
%DV Iron: 3%
Herbal Blend

Tip:
Herbal blends can be added to enhance the food’s flavor without adding the extra sodium.

Spices should be stored in a cool and dry environment.

Gather Ingredients:
½ cup dried oregano
½ cup onion powder
2 tablespoons garlic powder
2 teaspoons dried basil
2 teaspoons dried marjoram
2 teaspoons dried rosemary
2 teaspoons dried thyme
¾ teaspoon dried sage
¾ teaspoon black pepper

Steps:
1. Mix ingredients together.
2. Store in air-tight container.

This ‘N That

Nutrition Facts
Servings per Recipe: 12
Serving Size: 1 tablespoon

Calories per Serving: 25
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 0mg
Total Carbohydrate: 5g
Dietary Fiber: less than 1g
Sugars: 0g
Protein: less than 1g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 2%
%DV Iron: 2%
Poppy Seed Dressing

Tip:
You can easily replace the sugar in this recipe with a sugar substitute such as Splenda®.

Nutrition Facts
Servings per Recipe: 48
Serving Size: 1 Tablespoon

Calories per Serving: 90
Total Fat: 7g
  Saturated Fat: 0.5g
Cholesterol: 0 mg
Sodium: 45mg
Total Carbohydrate: 7g
  Dietary Fiber: 0g
  Sugars: 6g
Protein: 0g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Gather Ingredients:
  ½ cup sugar or Splenda®
  ¾ cup honey
  1½ cup canola oil
  ½ cup cider vinegar
  1½ tablespoon grated onion
  ½ tablespoon salt
  ½ tablespoon dry mustard
  2¼ tablespoon poppy seed

Steps:
1. Combine all ingredients except poppy seeds in blender until well blended then add seeds.
2. Store in air-tight container.
Pumpkin Dip

Serving Suggestion:
Serve with crackers, gingerbread, veggies, or baked chips.

Tip:
For a lighter dip, substitute light or fat-free sour cream for cream cheese.

Nutrition Facts
Servings per Recipe: 24
Serving Size: 2 tablespoons

Calories per Serving: 53
Total Fat: 2g
  Saturated Fat: 1g
Cholesterol: 5.5mg
Sodium: 33mg
Total Carbohydrate: 8g
  Dietary Fiber: 0.5g
  Sugars: 6.5g
Protein: 1g

%DV Vit A: 65%
%DV Vit C: 1%
%DV Calcium: 2%
%DV Iron: 3%

Gather Ingredients for Dip:
2 cups pumpkin puree, canned or fresh
1 cup brown sugar (or try brown sugar substitute to reduce sugar calories)
1 teaspoon ground cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
1 package, 8 ounces, low-fat* or fat-free cream cheese, softened

Steps:
1. Place pumpkin puree and cream cheese into a large bowl and mix together.
2. Add all other additional ingredients.
3. Mix ingredients together until smooth and creamy.
4. Refrigerate at least four hours or overnight.

*Recipe analyzed using low-fat cream cheese
Pumpkin Seeds

Suggestion:
To cut the sodium content of this recipe by half, use lite salt.

For flavor variations try:
Cheesy pumpkin seeds:
Sprinkle with Molly McButter cheese flavor sprinkles

Tex Mex pumpkin seeds:
Sprinkle seeds with taco seasoning—add red pepper powder for a really hot seed!

Cajun style pumpkin seeds:
Sprinkle seeds with Cajun seasonings—add hot sauce if you like it spicy hot!

Gather Ingredients:
Seeds of 1 pumpkin
Salt (1 teaspoon) or other flavorings, as desired

Steps:
1. Extract seeds from pumpkin.
2. Separate and discard pulp.
3. Thoroughly wash seeds in warm water.
4. Spread seeds out onto a baking sheet.
5. Sprinkle with salt.
6. Put into oven and bake at 350 degrees for approximately 20 minutes.
7. Check every five minutes and stir, adding more salt to taste.
8. Check seeds to see if they are done by taking a sample out. Allow the sample to cool and then taste—if the insides are dry, they are done.
9. Allow to cool and serve.

This ‘N That

Nutrition Facts
Servings per Recipe: 10
Serving Size: About 1/3 cup

| Calories per Serving: 86 |
| Total Fat: 3.5g |
| Saturated Fat: 0.5g |
| Cholesterol: 0mg |
| Sodium: 236mg |
| Total Carbohydrate: 10g |
| Dietary Fiber: 0g |
| Sugars: 0g |
| Protein: 3.5g |

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 1%
%DV Iron: 4%
Pumpkin Vinaigrette Dressing

Gather Ingredients for Dressing:
- 4 tablespoons pumpkin puree
- ¼ cup cider vinegar or balsamic vinegar
- 1 clove garlic
- 1 teaspoon sugar
- ½ teaspoon salt
- ⅛ teaspoon black pepper
- ½ cup olive oil

Steps:
1. Finely chop or mash the clove of garlic.
2. Put all ingredients except the olive oil into a bowl.
3. Whisk all ingredients together. Mix well.
4. Add olive oil and whisk well.

Note: It is important to mix the olive oil in last as the salt will not dissolve in oil.

This ‘N That

Nutrition Facts
Servings per Recipe: 12
Serving Size: 1 tablespoon

Calories per Serving: 84
- Total Fat: 9g
  - Saturated Fat: 1g
  - Cholesterol: 0mg
  - Sodium: 98mg
- Total Carbohydrate: 1g
  - Dietary Fiber: 0g
  - Sugars: 1g
  - Protein: 0g

%DV Vit A: 16%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 1%
Raspberry Vinaigrette Dressing

Tips:

Make sure to refrigerate the dressing before use—it’s a must to impress your taste buds!

To lower the carbohydrate and sugar content, try using a sugar substitute, such as Splenda® in place of the sugar ingredient.

Gather Ingredients for Dressing:

- ¼ cup olive oil
- ¼ cup Raspberry wine vinegar
- 1 ½ Tablespoons sugar
- ¼ teaspoon hot sauce
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- ¼ teaspoon ground cinnamon

Steps:

1. Combine the olive oil, vinegar, sugar, hot sauce, salt, pepper, and cinnamon in a jar.

2. Shake well and refrigerate 2 hours.

This ‘N That

Nutrition Facts

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%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%
Sour Cream Salad Dressing

Tips:
This is a great low-fat alternative to traditional cream-based salad dressings. Use a little less milk to make a nice dip.

Try these variations:
Herb – Add 1 teaspoon of any minced herb
Salsa – Add ¼ cup salsa

Gather Ingredients:
1 cup fat-free sour cream
½ cup fat-free mayonnaise
½ teaspoon pepper
2-3 tablespoons skim milk or buttermilk

Steps:
1. Combine all ingredients; stir until smooth.
2. Refrigerate in a closed-top glass jar.

Nutrition Facts
Servings per Recipe: 12
Serving Size: 2 tablespoons

Calories per Serving: 41
Total Fat: 2g
  Saturated Fat: 1g
Cholesterol: 7mg
Sodium: 108 mg
Total Carbohydrate: 4g
  Dietary Fiber: 0g
Protein: 1g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 4%
%DV Iron: 0%
Summer Sausage

Gather Ingredients:
2½ pounds ground deer meat
2 tablespoons sodium free meat tenderizer
2 tablespoons mustard seed
2 tablespoons course black pepper
2 tablespoon crushed red pepper
½ teaspoon garlic powder
2 teaspoons liquid smoke

Nutrition Facts
Servings per Recipe: 12
Serving Size: 3 ounces

Calories per Serving: 130
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 80mg
Sodium: 50mg
Total Carbohydrate: 3g
Dietary Fiber: less than 1 g
Sugars: 0g
Protein: 22g

%DV Vit A: 2%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 25%

Steps:
1. Mix all ingredients well in large plastic or glass bowl.
2. Cover mixture and put in refrigerator for 24 hours
3. Divide mixture into 4 even parts. Shape into 4 large balls
4. Place balls on broiler pan. Bake at 250 degrees for 2 hours.
5. Turn balls and continue to bake for another 2 hours.
6. Cool and serve.
Nutrition Facts

Servings per Recipe: 10
Serving Size: ½ cup

Calories per Serving: 85
Total Fat: 2g
  Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 311mg
Total Carbohydrate: 13.5g
  Dietary Fiber: 1.5g
Sugars: 1g
Protein: 4g

%DV Vit A: 5%
%DV Vit C: 25%
%DV Calcium: 1%
%DV Iron: 3%

Gather Ingredients:
1 cup wild rice, or wild rice mixture, uncooked
½ cup of sliced mushrooms
½ cup diced onions
½ cup diced green, or red, peppers
1 tablespoon canola oil
½ teaspoon salt
¼ teaspoon pepper
2½ cups chicken broth

Steps:
1. Layer rice and vegetables in slow cooker. Pour oil, salt, and pepper over vegetables. Stir.


3. Cover. Cook on High for 2½ to 3 hours, or until rice is soft and liquid is absorbed.
How to Save Calories While Keeping the Flavor In Traditional Foods

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<td>Egg whites</td>
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Did you know that poke greens, wild onions, watercress and cochana are all good sources of Vitamin A, Vitamin C, Calcium and Fiber!!!!!!!
Blackberry Dumplings

Tip:
Using mashed blackberries instead of just juice, adds fiber to this recipe. You can use frozen or fresh. Just think, if you pick your own blackberries, you are also getting some exercise!

Gather Ingredients:
6 cups fresh or frozen blackberries  
½ cup of blackberry juice after mashing berries  
1 cup self rising flour  
½ cup sugar  
½ cup Splenda

Steps:
1. Mash berries in a 2 quart saucepan. Pour out ½ cup juice.
2. Add sugar and Splenda to mashed berries.
3. Add juice to flour and mix into a dough.
4. Roll out dough very thin on a floured board.
5. Cut into strip ½ inch wide and 2 inches long.
6. Drop dumplings into boiling blackberries and juice, cover and cook for 10-12 minutes.

Nutrition Facts

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<tr>
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<tr>
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Brown Beans

Tip:
Add lean, sliced ham to give the beans the flavor of pork without the grease of bacon. Tomatoes add some vitamin C to this high iron food for better iron absorption.

Gather Ingredients:

2 cups dry pinto beans
5 cups water
4 slices lean ham
1 can stewed tomatoes
1 clove garlic
lite salt and pepper to taste

Steps:

1. Rinse and sort beans.
2. Mix all ingredients in crock pot.
3. Cook in crock pot at medium to medium-high heat for 6-8 hours until desired consistency.

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1 cup

Calories per Serving: 270
Total Fat: 1.5g
  Saturated Fat: 0g
  Cholesterol: 10mg
  Sodium: 170mg
Total Carbohydrate: 47g
  Dietary Fiber: 14g
  Sugars: 5g
  Protein: 18g

%DV Vit A: 6%
%DV Vit C: 20%
%DV Calcium: 10%
%DV Iron: 25%
Fried Corn

Tip:
The use of vegetable spray makes this unfried, fried recipe a healthy option. The addition of peppers and onions, add more fiber, lots of vitamin C and lots of color.

Gather Ingredients:
4 frozen (4 inch) ears of corn or 2 fresh ears of corn
½ cup chopped fresh red pepper
½ cup chopped fresh green pepper
¼ cup chopped onion
lite salt and pepper to taste

Traditional Nutrition Facts
Servings per Recipe: 4
Serving Size: ½ cup

Calories per Serving: 80
Total Fat: 0.5g
Saturated Fat: 0g
Cholesterol: 10mg
Sodium: 105mg
Total Carbohydrate: 16g
Dietary Fiber: 2g
Sugars: 4g
Protein: 2g

%DV Vit A: 0%
%DV Vit C: 70%
%DV Calcium: 0%
%DV Iron: 0%

Steps:
1. Thaw frozen ears of corn then cut kernels off. If using fresh corn, husk ears then cut kernels off (uncooked).
2. Spray a skillet with vegetable spray.
3. Add corn, peppers and onions to skillet. Cover and cook until desired tenderness.
4. Season to taste with lite salt and pepper.
### Grape Dumplings

#### Traditional

#### Nutrition Facts

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| %DV Vit A            | 0% |
| %DV Vit C            | 0% |
| %DV Calcium          | 0% |
| %DV Iron             | 0% |

#### Gather Ingredients:
- 1 cup flour
- 1 ½ teaspoons baking powder
- 2 teaspoons sugar
- ¼ teaspoon salt
- 1 tablespoon shortening
- ½ cup grape juice

#### Steps:
1. Mix flour, baking powder, sugar, salt and shortening.
2. Add juice and mix into stiff dough.
3. Roll dough very thin on floured board.
4. Cut into strips ½ “ wide and 2” long.
5. Drop into boiling grape juice, cover and cook for 10-12 minutes.
Kanuchi

Tip:
Just one simple change can make a big difference in calories by using a sugar substitute instead of sugar. Kanuchi balls can be fresh or kept in freezer for months if well wrapped.

Gather Ingredients:
1 kanuchi ball
water
cheesecloth
about 2 cups cooked rice or hominy
1 cup Splenda

*Note: Nutrient analysis is an approximation, especially for protein content.

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 8</th>
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<tbody>
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<table>
<thead>
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<tr>
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<td>Sugars: 0g</td>
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<td>Protein: 1.3g</td>
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</tbody>
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%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%

Steps:

1. Place kanuchi ball into large saucepan with about 2 cups water and bring to a boil to dissolve ball.

2. Using a strainer, strain the kanuchi to get out the big pieces of shell. Pour hot boiling water over shells to get some more of the nut meat off the shells.

3. Throw away the shells.
   Line the strainer with cheesecloth and strain the kanuchi again. Pour boiling water over remaining shells in strainer/cheesecloth to rinse more nut meat out.

4. Throw away cheesecloth with the shells.

5. Pour the kanuchi back into saucepan or pitcher. Add about ½ - 1 cup sugar substitute to taste.

5. Stir in about 2 cups cooked rice or hominy.

6. Serve hot in a cup with a spoon as a beverage.

Makes about 1 gallon depending upon size of kanuchi ball.
Lean Indian Taco

Tip:
Use skillet bread in place of fry bread in Indian tacos or with beans.

Gather Ingredients for Skillet Bread:
1 cup self rising flour
½ - 3/4 cup skim milk

Steps:
1. In a bowl pour 1 cup flour.
2. Make well in the middle of the flour.
3. Pour milk into well and mix with hand. As batter becomes stiff, form 6 balls and flatten each into 4 inch x ½ inch pieces.
4. Heat flat griddle and lightly grease with small amount of canola oil.
5. Place flattened pieces onto hot griddle and cook on each side until browned.

Traditional

Gather Ingredients for Taco:
6 4-inch pieces of skillet bread
3 cups pinto beans, boiled without oil
12 ounces cooked extra lean ground beef
3 cups lettuce, chopped
1 medium red tomato, chopped
½ medium onion, chopped
3 ounces shredded lower fat cheddar cheese
Fat-free sour cream
Salsa

Steps:
1. Add ½ cup beans, 2 ounces cooked beef, 1 cup total lettuce, tomato, onion, and about 1 tablespoon shredded cheese to skillet bread.
2. Add 2 tablespoons fat free sour cream and salsa, if desired.

Nutrition Facts

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%DV Vit A: 14%  
%DV Vit C: 17%  
%DV Calcium: 26%  
%DV Iron: 20%
## Poke Salad

**Tip:**
Use a small amount of canola oil instead of bacon grease to decrease the saturated fat yet still add a little extra flavor. Poke salad is a very nutrient dense food and can be found right out most people’s back door (in the south). It’s a free 5 A Day vegetable!

**Gather Ingredients:**
8 cups raw, young, tender poke greens (and cochana if you have any)
water
1 tablespoon canola oil
lite salt
hot pepper sauce or balsamic vinegar to taste

**Nutrition Facts**

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| %DV Vit A: 70% |
| %DV Vit C: 15% |
| %DV Calcium: 10% |
| %DV Iron: 6% |

**Steps:**

1. Wash and clean greens.
2. Put greens in a skillet with enough water to cover greens. Boil down greens until dark green.
3. Drain greens.
   Rinse greens with water.
   Put greens back in skillet and add enough water to barely cover greens.
   Cook in new water for a few minutes.
4. Add vegetable oil and stir gently with a fork until greens are glossy.
5. Serve hot.
6. Season with lite salt and hot pepper sauce or balsamic vinegar as desired.
Skillet Bread

Tip:
Skillet bread is the low fat sister to the well known fry bread. Use skillet bread in place of fry bread in Indian tacos or with beans.

Gather Ingredients:
1 cup self rising flour
½ -3/4 cup skim milk

Traditional

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1: 4 inch piece
Calories per Serving: 90
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 290mg
Total Carbohydrate: 19g
Dietary Fiber: <1g
Sugars: 1g
Protein: 4g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 10%
%DV Iron: 6%

Steps:
1. In a bowl pour 1 cup flour.
2. Make well in the middle of the flour
3. Pour milk into well and mix with hand. As batter becomes stiff, form 6 balls and flatten each into 4 inch x ½ inch pieces.
4. Heat flat griddle and lightly grease with small amount of canola oil.
5. Place flattened pieces onto hot griddle and cook on each side until browned.
Tip:
A delicious low fat version of the wilted salad made with bacon grease. Watercress is packed with lots of vitamin A and vitamin C.

Gather Ingredients:

40 sprigs of watercress
4 tablespoons balsamic vinegar or any other kind
2 tablespoons canola oil
1 tablespoon sugar or sugar substitute

Steps:

1. In a small bowl, combine vinegar, oil and sugar until sugar is dissolved to make dressing.

2. Wash and clean watercress and put in 4 salad bowls or 1 large bowl.

3. Sprinkle dressing over salads and serve cold.

Nutrition Facts

Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 90
Total Fat: 7g
  Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 10mg
Total Carbohydrate: 5g
  Dietary Fiber: 0g
  Sugars: 5g
  Protein: <1g

%DV Vit A: 25%
%DV Vit C: 20%
%DV Calcium: 4%
%DV Iron: 0%
Wild Onions and Eggs

Tip:
Use egg substitute in place of regular eggs to cut down on the fat and cholesterol in this tasty spring delicacy. Wild onions are high in both vitamin C and iron!

Gather Ingredients:
- 2 cups wild onions, chopped into 3-4 inch pieces
- water
- 1 cup egg substitute
- lite salt or salt to taste

Nutrition Facts

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<td>%DV Calcium: 10%</td>
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<td></td>
<td>%DV Iron: 15%</td>
</tr>
</tbody>
</table>

Steps:

1. Gather onions and clean well.
2. Put onions and water to cover onions in a skillet and cook at medium heat until onions are tender.
3. Slowly add egg substitute, stirring onions with a fork as you add.
4. Cook until eggs are cooked. Add small amount of salt or lite salt to taste.
5. Serve hot.
Vegetables
Roasted Broccoli with garlic, parmesan & lemon

Tip:

Winter squash is best in early fall through winter. Squash may be kept in a cool, dry place for up to a month.

When choosing winter squash, look for those that are heavy for their size and have a hard, deep colored rind.

Avoid squash with cuts, punctures, sunken spots or with moldy spots on the rind.

Nutrition Facts

Servings per Recipe: 8
Serving Size: 1 cup

Calories per Serving: 110
Total Fat: 7 g
Saturated Fat: 2 g
Trans Fat: 0 g
Polyunsaturated Fat: 1 g
Monounsaturated Fat: 4 g
Cholesterol: 3 mg
Sodium: 554 mg
Total Carbohydrate: 9 g
Dietary Fiber: 5 g
Sugars: 0 g
Protein: 6 g

%DV Vit A: 9%
%DV Vit C: 18%
%DV Calcium: 5%

Gather Ingredients:

1 medium acorn squash
Butter cooking spray
1 to 2 packets artificial sweetener or 1 to 2 teaspoons brown sugar

Steps:

1. Wash squash and cut in half lengthwise.

2. Scoop out seeds and wrap each half tightly in Saran Wrap.

3. Microwave for 10 minutes.

4. Remove from microwave—Careful!—squash will be hot.

5. Carefully remove saran wrap and cut into four serving pieces.

6. Spray with butter cooking spray and sprinkle with artificial sweetener or brown sugar.
Baked Sweet Potatoes

Gather Ingredients:
2 medium sweet potatoes
2-4 teaspoons brown sugar
2 tablespoons light margarine or spray butter

Nutrition Facts
Servings per Recipe: 4
Serving Size: ½ potato

Calories per Serving: 110
Total Fat: 2.5g
  Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 59mg
Total Carbohydrate: 20.5g
  Dietary Fiber: 3g
Sugars: 7g
Protein: 1.5g

%DV Vit A: 290%
%DV Vit C: 38%
%DV Calcium: 3%
%DV Iron: 4%

Steps:
1. Wash and dry sweet potato.
2. Using fork or knife, cut holes in potato before baking.
3. Place potato on microwavable plate and cook in microwave for 5 to 7 minutes or until soft.
4. Remove from microwave and transfer to cutting board. Slice potato open lengthwise and add ½ tablespoon light margarine to each half.
5. Sprinkle ½ to 1 teaspoon of brown sugar over each half and serve.
Broiled Asparagus

Gather Ingredients:
2 cups fresh asparagus, trimmed
1 tablespoon olive oil
1/8 teaspoon lite salt
1/8 teaspoon pepper

Steps:
1. Preheat broiler to high.
2. Place asparagus on baking sheet.
3. Coat pieces with olive oil.
4. Broil for 8 to 10 minutes.

Nutrition Facts
Servings per Recipe: 4
Serving Size: ½ cup
Calories per Serving: 38
Total Fat: 3.5g
  Saturated Fat: 0.5g
  Cholesterol: 0mg
Sodium: 36mg
Total Carbohydrate: 3g
  Dietary Fiber: 1.5g
  Sugars: 1g
Protein: 1.5g

%DV Vit A: 10%
%DV Vit C: 6%
%DV Calcium: 2%
%DV Iron: 8%
Broiled Zucchini or Squash

Gather Ingredients:
- 2 medium zucchini or yellow summer squash
- 2 teaspoons olive oil or non-stick cooking spray
- 1/8 teaspoon black pepper (optional)
- 2 tablespoons grated Parmesan cheese

Steps:
1. Preheat broiler oven.
2. Wash zucchini and slice off ends.
3. Cut zucchini into strips. (Cut each zucchini in half width-wise and then cut each half in half lengthwise. Continue process until you have sixteen zucchini sticks.)
4. Place zucchini in broiler-safe dish or pan. Brush with olive oil and pepper, if desired.
5. Broil for 5 to 10 minutes until toasty (but not burnt). Remove from broiler.

Nutrition Facts

Servings per Recipe: 4
Serving Size: ½ zucchini

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%DV Vit A: 4%
%DV Vit C: 24%
%DV Calcium: 4%
%DV Iron: 2%
Butternut Squash

Tip:

Winter squash is best in early fall through winter. Squash may be kept in a cool, dry place for up to a month.

When choosing winter squash, look for those that are heavy for their size and have a hard, deep colored rind.

Avoid squash with cuts, punctures, sunken spots or with moldy spots on the rind.

Nutrition Facts

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<td>Sugars: 5.5g</td>
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<td>Protein: 1g</td>
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%DV Vit A: 308%
%DV Vit C: 34%
%DV Calcium: 6%
%DV Iron: 5%

Gather Ingredients:
1 butternut squash
4 teaspoons brown sugar or substitute
4 teaspoons light margarine

Steps:
1. Wash squash and slice down the middle, lengthwise.

2. Scoop out seeds.

3. Place flesh-side down (skin-side up) in microwavable dish with 1-inch of water or wrap each half in plastic wrap.

4. Microwave 6 to 8 minutes. Remove from water or remove plastic wrap.

5. Fill each cavity with 1-2 teaspoons light margarine and sprinkle with sugar or sweetener.

6. Use sauce in cavity to drizzle on remaining area of squash. Divide into four servings.

Variation: Bake as directed, but omit margarine and sugar. Salt lightly and serve.
Cheesy Oven Fries

Tip:
Homemade fries have much less fat, saturated fat, trans fat and calories than fast food French fries.
Compare to a small order of McDonald’s French fries and you’ll save:
113 calories
9.5 grams of fat
1 gram of saturated fat
70 milligrams of sodium

Serving Suggestions:
Serve these with veggie burgers, grilled chicken or fish.

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 107
Total Fat: 1.5g
  Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 80mg
Total Carbohydrate: 18g
  Dietary Fiber: 2g
  Sugars: 2g
Protein: 5g

%DV Vit A: 0%
%DV Vit C: 35%
%DV Calcium: 7%
%DV Iron: 6%

Gather Ingredients:
2 large or 4 small Idaho potatoes
1 teaspoon garlic powder
Black pepper to taste
¼ cup Parmesan cheese, grated
Non-stick cooking spray

Steps:
1. Preheat oven to 400 degrees F.
2. Wash potatoes and cut into ¼ inch thick wedges.
3. Mix the rest of ingredients in a small bowl and set aside.
4. Arrange the potato wedges in rows so they don’t touch. Spray the top side of the potatoes with the cooking spray and place them in the oven. Bake potatoes until golden brown—about 10 minutes.
5. Flip them over and continue baking until brown on both sides—about 10 minutes.
6. Place potatoes in serving bowl and toss with seasoning mixture.

Source: www.foodandhealth.com
Collard Greens

Tip:
Greens are best when cooked within a day or two but will keep in a ventilated plastic bag refrigerated for up to one week.

Wash fresh greens before using. Two “rinsings” may be necessary to remove all the grit.

If you cook a large pot of greens, more than you can use in 4-5 days, then place the remaining greens in an air-tight container and freeze for up to 6 months.

The liquid in which the greens have been cooked is highly nutritious and can be used as an excellent vegetable stock for soups.

Gather Ingredients:
1 pound of collard or turnip greens
1 packet low sodium beef bouillon
1 small onion, chopped
¼ cup vinegar
Pepper to taste

Steps:
1. Cook greens in 2 cups of water seasoned with the bouillon and onion for 4 minutes (may need to cook longer if greens are older).

2. Add vinegar and pepper to taste.

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 18
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 9mg
Total Carbohydrate: 5g
Dietary Fiber: 1g
Sugars: 1g
Protein: 0g

%DV Vit A: 0%
%DV Vit C: 16%
%DV Calcium: 4%
%DV Iron: 3%
Tip:
If you don’t want to grill your corn, roast the corn in their husks in a 350 degree oven for 25 or more minutes.

Gather Ingredients:
4 ears corn on the cob, silk removed; husks left on and soaked in cold water for 20 minutes
4 tablespoons light margarine
1-2 tablespoons chopped fresh dill
1 teaspoon ground black pepper

Steps:
1. Heat grill to high,
2. Remove corn from water and place on the grill.
3. Close cover and grill until just cooked through, about 20 minutes.
4. While corn is grilling, combine margarine and dill in a small bowl until smooth and season with pepper.
5. Remove husk and slather with dill spread.

Recipe adapted from Bobby Flay

Nutrition Facts
Serving Size: 1 ear of corn
Servings per Recipe: 4

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%DV Vit A: 4%
%DV Vit C: 10%
%DV Calcium: 1%
%DV Iron: 3%
Fresh Orange Carrots and Broccoli

Tip:
This dish is low in fat, saturated fat, salt and high in fiber!!!!

Gather Ingredients:
2 cups broccoli flowerets
1 ½ cups carrots, bias-cut
½ cup low sodium chicken broth
½ cup fresh orange juice
2 teaspoons cornstarch
1 green onion, sliced
½ teaspoon dried basil, crushed
½ teaspoon sugar
¼ teaspoon salt
¼ teaspoon pepper
1 orange, peeled and chopped

Nutrition Facts
Servings per Recipe: 5
Serving Size: ½ cup

Calories per Serving: 58
Total Fat: trace
Saturated Fat: trace
Cholesterol: 0mg
Sodium: 179mg
Total Carbohydrate: 13g
Dietary Fiber: 3g
Protein: 3g

%DV Vit A: 237%
%DV Vit C: 100%
%DV Calcium: 5%
%DV Iron: 4%

Steps:

1. Place broccoli and carrots in a steamer basket in a saucepan filled with 1 inch of water. Bring water to a boil; cover and steam 6 to 10 minutes, or until vegetables are tender. Remove steamer basket from pan, discard liquid. Keep vegetables warm.

2. In the same saucepan stir together broth and juice. Add cornstarch and stir until dissolved. Stir in onion, basil, sugar, salt, and pepper.

3. Bring mixture to a boil, reduce heat and simmer until sauce thickens and bubbles. Cook 1 minute more.

4. Stir in chopped orange; add vegetables back to pan. Toss gently to coat with sauce. Serve immediately.
### Frosted Cauliflower

#### Tip:

#### Gather Ingredients:
- 1 medium head cauliflower
- ½ cup mayonnaise
- 2 teaspoons mustard
- ¾ cup Cabot 50% Light Jalapeno Cheddar Cheese, shredded

#### Nutrition Facts

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<td>%DV Iron</td>
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#### Steps:

1. Steam cauliflower for 15 minutes.
2. Drain and put into a shallow baking dish (8x8 inch).
3. Combine remaining ingredients and pour over cauliflower.
4. Bake at 375 degrees for 10 minutes or until cheese has fully melted.

Recipe adapted from Cabot Vermont’s *Light Cheddar Recipes with a Southwest Flavor*
Gather Ingredients:

2 cups carrots, peeled and sliced
2/3 cup orange juice, unsweetened
1 tablespoon cornstarch
¼ teaspoon ground ginger
4 packets artificial sweetener

Steps:
1. Cook carrots in casserole dish in microwave with no added water or on stove with a small amount of water in covered saucepan until tender. Drain thoroughly and set aside.

2. In small saucepan, dissolve cornstarch in cold orange juice. Stir in ginger and sweetener.

3. Over medium heat, bring juice mixture to a slow boil, stirring constantly until thickened. Add carrots to sauce. Stir to coat.
Grilled Sweet Potatoes

Gather Ingredients:
4 small sweet potatoes (12 ounces total), par-cooked and cut into ½ inch slices
4 tablespoons Olive oil
2 tablespoons Dijon mustard
½ cup cider vinegar
¼ cup Balsamic vinegar
2 teaspoons honey
¼ cup coarsely chopped flat-leafed parsley
8 green onions

Steps:
1. Preheat grill.
2. Brush potatoes and onions with olive oil and arrange on grill.
3. Grill potatoes on each side for 3 to 4 minutes or until tender.
4. Grill onions until softened and marked. Remove from grill and cut into thin slices.
5. In large bowl, whisk together olive oil, the mustard, vinegars and honey. Season with salt and pepper to taste.
6. Add potatoes, onions, parsley, and toss until potatoes are well coated. Transfer to a platter and serve.

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 208
Total Fat: 13.5g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 196mg
Total Carbohydrate: 22g
Dietary Fiber: 3g
Sugars: 10g
Protein: 3g

%DV Vit A: 206%
%DV Vit C: 43%
%DV Calcium: 6%
%DV Iron: 9%
Lighter Mashed Potatoes

**Tip:**

Potatoes are a good source of many healthy nutrients for your body like vitamin C, potassium, and dietary fiber. Plan to cook potatoes in a healthy way to get the best benefits from this vegetable.

Avoid adding extra fat when cooking. Use light margarines or low-fat milks to substitute for butter or whole milk.

Leave the peeler in the drawer! Potato skins are packed with nutrients you don’t want to miss out on.

---

**Gather Ingredients:**

1½ pounds potatoes  
1 1/3 cup water  
1½ teaspoon salt (optional)  
1 tablespoon light margarine  
1/3 cup skim milk  
1/8 teaspoon black pepper (optional)

**Steps:**

1. Wash potatoes. Do not peel! Cut into pieces no thicker than ½ inch. Put potato pieces and water into heavy-bottomed pot. Cover and bring to a boil; reduce heat to simmer. Simmer for about 15 minutes, or until potatoes are very tender. Add a little more water if necessary to keep potatoes from sticking. If you add too much water; you’ll need to drain the potatoes before mashing.

2. Remove from heat, add margarine. Mash with electric mixer on low speed or use a potato masher.

3. Heat the skim milk. Gradually beat the hot milk into the potatoes; continue beating until light and fluffy. Add black pepper, if desired. Taste before adding salt.

---

**Nutrition Facts**

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Tip:

A-gi-yo-si (ha) (I’m Hungry)  
V-13-Cherokee Nation Dietitian Cookbook
Low Fat Potato Crisps

Tips:

Any seasoning can be sprinkled on the potatoes. Possible options: red pepper, garlic powder, onion powder, chili pepper, Italian seasoning or dill weed.

The recipe can also be made with the oven turned up to 475 degrees. This will make the potatoes puff up.

The potato crisps can be reheated in the microwave on high power for 1 to 2 minutes, but they are best when eaten fresh.

Nutrition Facts

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Gather Ingredients:

4 small potatoes
Non-stick cooking spray
Hungarian paprika (optional)
Salt and pepper (optional)

Steps:

1. Preheat oven broiler.

2. Slice potatoes into very thin slices (1/4 inch or less).


4. Broil for about 5 minutes or until brown on one side. Turn and broil another 5 minutes or until both sides are brown. Serve immediately.
Mexican Cabbage

Tip:
Using a good non-stick skillet allows you not to have to add any fat. Try the reduced-fat block cheeses and add to foods at the last minute to let them melt—they really do melt!

Gather Ingredients:
1 bag angel hair cole slaw mix or 1 head of cabbage, finely shredded
2 tablespoons water
2 teaspoons Cajun seasoning blend
1 cup salsa
½ cup reduced-fat cheddar cheese, grated

Steps:
1. Put water in the bottom of a large non-stick skillet.
2. Add bag of shredded cabbage.
3. Sprinkle with Cajun seasoning blend.
4. Cover tightly with lid and steam for 3-4 minutes.
5. Uncover and top cabbage with salsa and grated cheese.
6. Cover tightly for 2 more minutes or until cheese is melted.

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1 cup

Calories per Serving: 90
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: less than 5mg
Sodium: 350mg
Total Carbohydrate: 13g
Dietary Fiber: 5g
Sugars: 7g
Protein: 6g

%DV Vit A: 10%
%DV Vit C: 120%
%DV Calcium: 20%
%DV Iron: 8%
Oregano Tomatoes

Nutrition Facts

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Gather Ingredients:
1 pound of cherry tomatoes
Butter spray
1 tablespoon fresh oregano or ½ teaspoon dried
1 clove garlic, finely minced or pressed
1 teaspoon black pepper
¼ teaspoon lite salt
2 tablespoons grated Parmesan cheese

Steps:
1. Preheat broiler to medium heat.
2. Wash tomatoes and cut in half horizontally. Place cut side up in a shallow, flameproof dish.
3. Mix oregano, garlic, pepper, salt, and Parmesan in bowl.
4. Spray cut side of each tomato with butter spray; sprinkle with cheese mixture.
5. Broil under medium heat for about 5 minutes or until topping is just golden brown.
6. Remove from broiler and transfer to serving dish.
Oven-Fried Vegetables

Gather Ingredients:
1 pound fresh okra
2/3 cup yellow cornmeal
1/4 teaspoon lite salt (more if desired)
1/8 teaspoon black pepper
1/4 cup non-fat or low-fat buttermilk
1 egg slightly beaten

Tip:
Try oven-fried zucchini or squash with this recipe. Place coated vegetables on a wire rack on a baking sheet to lift vegetables for air to circulate and create crispiness. Spray vegetables with cooking spray and cook for 15 to 20 minutes on each side.

Nutrition Facts

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%DV Vit A: 7%
%DV Vit C: 27%
%DV Calcium: 8%
%DV Iron: 7%

Steps:

1. Preheat oven to 450 degrees.
2. Wash okra. Snip the top and bottom from each pod.
3. Cut the okra into 1/2 inch pieces.
4. In a shallow bowl, combine cornmeal, salt, and pepper.
5. In a large bowl, combine the buttermilk and egg. Stir in the okra and let stand for a few minutes.
6. Remove from batter and coat the okra with the cornmeal mixture.
7. Place okra on a non-stick baking sheet.
8. Bake at 450 degrees for 40 to 45 minutes or until crisp.
Roasted Red Potatoes

Tip:
Add garlic if you want garlic roasted potatoes.

Gather Ingredients:
1 pound of red potatoes
2 tablespoons olive oil
¼ teaspoon lite salt
½ teaspoon black pepper
1 tablespoon fresh rosemary, chopped or
1 teaspoon dried rosemary

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1/6 of Recipe

Calories per Serving: 96
Total Fat: 5g
Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 49mg
Total Carbohydrate: 12g
Dietary Fiber: 1.5g
Sugars: 1g
Protein: 2g

%DV Vit A: 0%
%DV Vit C: 23%
%DV Calcium: 1%
%DV Iron: 4%

Prep:
1. Preheat oven to 400 degrees F.
2. Wash potatoes with cold water to remove any dirt.
3. Quarter or half potatoes, depending on size.
4. Toss potatoes in olive oil, rosemary, salt and pepper to taste. Place on a baking sheet and bake for about 20 minutes. Turn over once and continue cooking till golden brown.
Roasted Vegetables

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 30
Total Fat: 0g
  Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 300mg
Total Carbohydrate: 7g
  Dietary Fiber: 2g
  Sugars: 0g
Protein: 1g

%DV Vit A: 10%
%DV Vit C: 73%
%DV Calcium: 2%
%DV Iron: 2%

Gather Ingredients:
1 medium green bell pepper, cut into 1-inch pieces
1 medium onion, cut into ¼-inch wedges
1 medium tomato, cut into ¼-inch wedges
1 medium zucchini, cut into 1-inch pieces
Olive oil-flavored cooking spray
½ teaspoon salt

Steps:

2. Broil with tops 4 inches from heat about 12 minutes, stirring occasionally, until vegetables are tender. Sprinkle with remaining ¼ teaspoon salt.
### Rosemary Potato Crisps

**Nutrition Facts**

Servings per Recipe: 4  
Serving Size: ¼ of recipe

| Nutrition Facts | Calories per Serving: 83  
|-----------------|--------------------------|----------------------|
|                 | Total Fat: 1.5g  
|                 | Saturated Fat: 1g  
|                 | Cholesterol: 3mg  
|                 | Sodium: 90mg  
|                 | Total Carbohydrate: 14g  
|                 | Dietary Fiber: 1.5g  
|                 | Sugars: 1g  
|                 | Protein: 3.5g  
| %DV Vit A: 1%  
| %DV Vit C: 28%  
| %DV Calcium: 7%  
| %DV Iron: 4%  

### Gather Ingredients:

- ¾ pounds red potatoes  
- Non-stick cooking spray—olive oil flavor  
- 4 tablespoons Parmesan cheese  
- 1 tablespoon chopped fresh rosemary

### Steps:

1. Preheat oven broiler.

2. Wash and dry potatoes. Slice potatoes into very thin slices (1/4 inch or less.)


4. Broil for about 5 minutes or until brown on one side. Turn and broil another 5 minutes or until both sides are brown.

5. Serve immediately.
Tip:
To add flavor without the salt, add red wine and cook mushrooms in wine until reduced.

Gather Ingredients:
2 cups mushrooms, sliced
1 tablespoon olive oil
¼ teaspoon lite salt (optional)
1 teaspoon black pepper

Nutrition Facts
Servings per Recipe: 4
Serving Size: ½ cup
Calories per Serving: 44
Total Fat: 4g
Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 71mg
Total Carbohydrate: 2g
Dietary Fiber: 0.5g
Sugars: 0g
Protein: 1.5g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 2%

Steps:
1. Wash mushrooms and slice on cutting board.
2. In a medium skillet, add 1 tablespoon olive oil and heat on low heat.
3. Add sliced mushrooms and sauté about 15 minutes, stirring occasionally.
4. Add red wine, if desired, cook to reduce.
5. Remove from heat and add pepper and salt, if desired.
**Seasoned Asparagus**

**Gather Ingredients:**
- 2 cups fresh asparagus, trimmed
- 2 tablespoon water
- 1 tablespoon light margarine melted
- ¼ teaspoon dried mint
- ¹⁄₈ teaspoon salt
- ¹⁄₈ teaspoon pepper
- ¼ teaspoon lemon juice

**Nutrition Facts**

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%DV Vit A: 10%
%DV Vit C: 6%
%DV Calcium: 2%
%DV Iron: 8%

**Steps:**

1. Place asparagus and water in a 1 quart microwave-safe dish.
2. Cover and microwave on high for five minutes or until crisp tender.
3. Drain remaining water in bowl.
4. Combine margarine, mint, lemon juice, and salt and pepper.
Gather Ingredients:
3 cups fresh string green beans
1 tablespoon olive oil
1 tablespoon Mrs. Dash Lemon Pepper seasoning or salt-free Greek seasoning or other salt-free seasoning

Steps:
1. Wash beans and dry thoroughly with paper towel. Remove ends, if desired.
2. In a medium skillet, add 1 tablespoon olive oil and heat on low to medium heat.
3. Add beans and cook about 10 minutes or until just tender, stirring occasionally.
4. Add seasoning and stir together with beans.
Spaghetti Squash

Tip:
Winter squash is best in early fall through winter. Squash may be kept in a cool, dry place for up to a month.

When choosing winter squash, look for those that are heavy for their size and have a hard, deep colored rind.

Avoid squash with cuts, punctures, sunken spots or with moldy spots on the rind.

Gather Ingredients:
1 medium spaghetti squash
2 tablespoons light margarine or butter sprinkles
½ teaspoon lite salt (optional)

Steps:
1. Wash squash and slice down the middle, lengthwise.
2. Scoop out seeds.
3. Place flesh-side down (skin-side up) in microwavable dish with 1-inch of water.
4. Microwave 8-10 minutes.
5. Using fork, scrape flesh into spaghetti-like strands into serving bowl.
6. Add margarine, pepper and salt, if desired; stir.

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ recipe

Calories per Serving: 54
Total Fat: 2g
Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 193mg
Total Carbohydrate: 8g
Dietary Fiber: 2g
Sugars: 0g
Protein: 1g

%DV Vit A: 8%
%DV Vit C: 7%
%DV Calcium: 2%
%DV Iron: 2%
Spinach Risotto

Tip: A delicious, lowfat and quick version to original risotto recipes. This recipe is also a good source of Vitamin A and C. Sodium can be lowered even more by substituting ½ cup white cooking wine for ½ cup of the broth.

Gather Ingredients:
4 cups baby spinach leaves, washed, dried
1 ½ cups Minute brown rice, uncooked
1 cup grape or cherry tomatoes
1 can (10 ½ oz.) condensed chicken broth
½ cup water
¼ cup Grated Parmesan Cheese

Steps:
1. In a 2 quart saucepan, combine spinach, rice, tomatoes, broth and water; mix well.
2. Bring to boil. Reduce heat to low and cover.
3. Simmer 5 minutes, stirring occasionally.
4. Stir in parmesan cheese.
5. Serve

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%DV Vit A: 25%
%DV Vit C: 20%
%DV Calcium: 2%
%DV Iron: 6%
Steamed Broccoli

Tips:
Fresh broccoli is great, but try frozen without added sauces if you’re in a hurry.

Try adding Mrs. Dash flavorings to season your vegetables instead of salt.

Steps:
1. Chop broccoli into manageable pieces for eating and transfer to microwavable bowl.
2. Add one to two tablespoons of water and cover.
3. Microwave for 4 to 6 minutes, remove from microwave and drain water before serving.

Nutrition Facts

Calories per ½ cup: 27
Total Fat: 0g
  Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 32mg
Total Carbohydrate: 6g
  Dietary Fiber: 2.5g
  Sugars: 1g
Protein: 2g

%DV Vit A: 31%
%DV Vit C: 84%
%DV Calcium: 3%
%DV Iron: 3%
Stuffed Zucchini

Tip:
In recipes try substituting real eggs, with egg substitute to cut down cholesterol.

Gather Ingredients:
2 medium zucchini
1 clove garlic, peeled and minced
1 tablespoon Light margarine, divided
½ cup chopped green bell pepper (If desired, substitute red bell pepper.)
¼ cup Egg Beaters Healthy Real Egg Product
19 unsalted club crackers, divided
1 tablespoon grated Parmesan cheese

Nutrition Facts
Servings per Recipe: 4
Serving Size: ½ zucchini

Calories per Serving: 160
Total Fat: 8g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 190mg
Total Carbohydrate: 18g
Dietary Fiber: 2g
Sugars: 5g
Protein: 5g

%DV Vit A: 20%
%DV Vit C: 45%
%DV Calcium: 6%
%DV Iron: 8%

Steps:
1. Halve each zucchini lengthwise; scoop out center portions, leaving ¼ inch shell. Chop 1 cup scooped out zucchini filling; reserve.
2. In large nonstick skillet, over medium heat, cook onion and garlic in 2 teaspoons margarine until tender.
3. Stir in bell pepper, eggplant tomato and reserved chopped zucchini; cook until tender-crisp, about 5 minutes.
4. Remove from heat; stir in egg beaters and basil.
5. Coarsely break 15 crackers; stir into vegetable mixture. Spoon vegetable mixture into zucchini shells.
6. Place zucchini shells in 12x8x2 inch baking dish.
7. Melt remaining margarine. Crush remaining crackers; in small bowl, toss with melted margarine until well coated.
8. Stir in cheese; sprinkle over vegetable mixture. Bake at 375 degrees F for 20 to 25 minutes or until hot.
Gather Ingredients:
2 medium sweet potatoes (about 1 1/3 pounds)
2 teaspoons olive oil
4 tablespoons Maple syrup

Tip:
To cut calories from this recipe, eliminate the syrup and save 52 calories and reduce the carbohydrate content by 13 grams.

Steps:
1. Preheat oven to 400 degrees.
2. Wash and dry sweet potatoes. Trim ends and cut out any bad spots.
3. Cut into 3-4 inch long and ¼ inch thick strips (steak fries.)
4. Place in a bowl or plastic bag with olive oil; shake to coat.
5. Arrange potato strips in a single layer, skin side down on a non-stick pan.
6. Bake for 30 to 40 minutes.
7. Serve with 1 tablespoon warmed Maple syrup.
Tomato Zucchini Pie

Nutrition Facts

Tip:
A great way to use tomatoes and zucchini in the summer when you don't know what you will do with yet another zucchini! You can substitute different kinds of tomatoes or yellow squash for the zucchini.

Gather Ingredients:
Vegetable spray
2 cups Simply Potatoes Hash Browns (found by the bacon or egg area at the grocery store)
½ cup flour
½ teaspoon onion powder
¼ cup egg substitute
1 medium zucchini, sliced thin
3 plum tomatoes, sliced thin
¾ cup mozzarella cheese
¼ cup parmesan cheese
Pepper to taste
1 teaspoon Italian seasoning

Steps:
1. Preheat oven to 375 degrees. Spray a pie pan with veg. spray.
2. Mix together hash browns, flour, onion powder, egg substitute and press into bottom of pie pan.
3. Bake for about 20-30 minutes until crust is browned.
4. Layer 1/3 cheese, tomatoes, zucchini, 1/3 cheese, tomatoes, zucchini. Top with the rest of the mozz. cheese and parmesan cheese. Sprinkle Italian seasoning over the top.
5. Bake until cheese is browned like a pizza about 30 minutes.
Tossed Salad

Tips:
For a fast salad, try the bagged, pre-washed salads in the produce section. Look for varieties that have Vitamin A and C and dietary fiber. Avoid those with added dressing mixes or plan to use your own at home.

Add your own carrots, onions, bell peppers and other favorite vegetables to add more nutrients.

One tablespoon of light, creamy salad dressing adds:
41 calories
3.5 grams of fat
0.5 gram of saturated fat
140 milligrams of sodium
1.5 grams of carbohydrate

Nutrition Facts

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%DV Vit A: 80%
%DV Vit C: 20%
%DV Calcium: 2%
%DV Iron: 4%
Tomato Zucchini Pie

Tip:
A great way to use tomatoes and zucchini in the summer when you don't know what you will do with yet another zucchini! You can substitute different kinds of tomatoes or yellow squash for the zucchini.

Gather Ingredients:
Vegetable spray
2 cups Simply Potatoes Hash Browns (found by the bacon or egg area at the grocery store)
½ cup flour
½ teaspoon onion powder
¼ cup egg substitute
1 medium zucchini, sliced thin
3 plum tomatoes, sliced thin
¾ cup mozzarella cheese
¼ cup parmesan cheese
Pepper to taste
1 teaspoon Italian seasoning

Nutrition Facts
Servings per Recipe: 8
Serving Size: 1/8 of pie

Calories per Serving: 100
Total Fat: 3g
Saturated Fat: 0.5g
Cholesterol: 0mg
Sodium: 160mg
Total Carbohydrate: 14g
Dietary Fiber: 2g
Sugars: 2g
Protein: 5g

%DV Vit A: 8%
%DV Vit C: 15%
%DV Calcium: 8%
%DV Iron: 4%

Steps:
1. Preheat oven to 375 degrees. Spray a pie pan with veg. spray.
2. Mix together hash browns, flour, onion powder, egg substitute and press into bottom of pie pan.
3. Bake for about 20-30 minutes until crust is browned.
4. Layer 1/3 cheese, tomatoes, zucchini, 1/3 cheese, tomatoes, zucchini. Top with the rest of the mozz. cheese and parmesan cheese. Sprinkle Italian seasoning over the top.
5. Bake until cheese is browned like a pizza about 30 minutes.
Tips to help you eat whole grains

At Meals:

• To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It’s important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.
• For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
• Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
• Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
• Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
• Use whole-grain bread or cracker crumbs in meatloaf.
• Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
• Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
• Freeze leftover cooked brown rice, bulgur, or barley. Heat and serve it later as a quick side dish.

As Snacks:

• Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
• Add whole-grain flour or oatmeal when making cookies or other baked treats.
• Try a whole-grain snack chip, such as baked tortilla chips.
• Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

What to Look for on the Food Label:

• Choose foods that name one of the following whole-grain ingredients first on the label’s ingredient list:
  “brown rice”  “whole oats”
  “bulgur”  “whole rye”
  “graham flour”  “whole wheat”
  “oatmeal”  “wild rice”
  “whole-grain corn”

• Foods labeled with the words “multi-grain,” “stone-ground,” “100% wheat,” “cracked wheat,” “seven-grain,” or “bran” are usually not whole-grain products.
• Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
• Use the Nutrition Facts label and choose products with a higher % Daily Value (%DV) for fiber – the %DV for fiber is a good clue to the amount of whole grain in the product.
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