Cheyenne River

Cooking for Health

Wičhózaŋni Étkiya Lol'íwaȟ'aŋ

COOK BOOK
TO MOVE CLOSER TO HEALTHY EATING

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Trail Mix

Make your own trail mix for a healthy snack packed with flavor!

Dried Fruit + Nuts + Crunchy Grains = Trail Mix

Add one ingredient from each column to make 6 servings (1/2 cup each).

Dried Fruit (1/2 cup)	Nuts (1/2 cup)	Crunchy Grains (1 cup)	Other (1 cup total; no more than 1/2 cup chocolate or marshmallows)
Cranberries	Unsalted roasted peanuts	Low-fat granola	White or dark chocolate, carob, or butterscotch chips
Banana chips	Unsalted cashews	Crispy whole grain cereal	Yogurt-covered chips or raisins
Mango slices	Unsalted raw sunflower seeds	Low-sodium or unsalted pretzels	Low-sodium or unsalted pretzels
Raisins	Unsalted roasted almonds	Sesame sticks	Shredded unsweetened coconut
Crystallized ginger	Soy nuts		Mini-marshmallows
Pineapple	Chopped walnuts		
Apple			
Papaya			

Chef's Notes

- Make a batch in advance. Store in an air-tight container in a cool, dry place.
- Trail mix can be high in calories. Keep portion sizes small.
- Pack single servings into small snack bags. Take for a healthy snack on the go!

Dips & Spreads

Pair your favorite fruits, veggies, and whole grains with easy-to-make dips.

Bean Dip

- Using a blender, mix 1 (15½-ounce) can beans (cannellini, chickpeas, black beans, etc.) rinsed and drained, 1 minced garlic clove, ¼ cup water, 1 Tablespoon canola oil, ½ teaspoon salt, and ½ teaspoon ground black pepper.
- For extra kick, add ¼ cup salsa. For a thicker dip, add ¼ cup low-fat yogurt. For a different flavor, add ¼ cup of your favorite rinsed and minced fresh herbs.
- Serve with cut-up fresh veggies, whole wheat pita wedges or crackers, or use as a sandwich spread.

Honey Mustard Dip

- Mix ½ cup plain nonfat yogurt, 1 Tablespoon mustard, and 1 Tablespoon honey.
- Serve with soft whole grain pretzels.

Vegetable Dip

- Mix ½ cup plain nonfat yogurt, ½ cup reduced-fat mayonnaise, and 1 Tablespoon salt-free seasoning blend (or use ½ teaspoon each of dried chives and parsley, ¼ teaspoon each of garlic and onion powder, and ⅛ teaspoon each of salt and pepper). Use low-fat sour cream in place of mayonnaise if you like.
- Serve with cut-up fresh veggies. Or, use as a topping for quesadillas, tacos, or chili.

Chef's Notes

- If you do not have a blender, use a fork to mash more solid ingredients.
- Then, blend with other ingredients using a mixing spoon.

Pumpkin Dip

- Using a blender, mix 1 (15-ounce) can pumpkin puree, 1 cup low-fat cream cheese (softened), ¼ cup powdered sugar, 1 teaspoon ground cinnamon, and ⅛ teaspoon ground nutmeg.
- Serve with whole wheat graham crackers or apple wedges. Or, use as a spread on whole wheat toast or bread.
- Add extra spices if more flavor is desired.

Ricotta Fruit Dip

- Mix 8 ounces low-fat ricotta cheese, ½ cup nonfat vanilla yogurt, 3 Tablespoons of your favorite fruit preserves or jam, and ½ teaspoon ground cinnamon.
- Serve with cut-up fresh fruit or whole wheat crackers. Or, use as a spread on whole wheat toast, bread, or pancakes.

Fruit Yogurt Dip

- Using a blender, mix 1 cup low-fat cream cheese (softened), ½ cup nonfat vanilla yogurt, ½ cup fruit puree — such as crushed pineapple, berries, or mashed banana — 1 teaspoon honey, and ¼ teaspoon ground cinnamon.
- Serve with cut-up fresh fruit. Try apples, bananas, grapes, or strawberries.

Veggie Wraps

Serves 4, 3 pinwheels per serving

Ingredients

- 4 large radishes
- 1 small carrot
- 1 cup salad greens
- 3 sprigs fresh herbs (parsley, dill, cilantro, or combination)
- 1 lemon
- 2 ounces low-fat Swiss or cheddar cheese
- 1 large, ripe avocado
- ¼ cup nonfat plain yogurt
- 3 (8-inch) whole wheat flour tortillas

Optional Ingredients

- *5 ounces thinly sliced roasted turkey*

Nutrition Facts

Serving Size 3 pinwheels
Servings Per Recipe 4

Amount Per Serving	
Calories 220	Calories from Fat 100
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Sugars 3g	
Protein 9g	
Vitamin A 50% • Vitamin C 25%	
Calcium 10% • Iron 6%	

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

Directions

1. Scrub and rinse radishes and carrot. Rinse salad greens. Pat all veggies dry.
2. Use a vegetable peeler to peel radishes and carrot into long, thin strips. In a medium bowl, collect veggie strips.
3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.
4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.
5. Grate cheese.
6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.
7. In a small bowl, use a fork to mash avocado. Stir in yogurt.
8. Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir.
9. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.
10. Place the warm tortilla on a cutting board. Spread ⅓ avocado mixture over center of tortilla. Layer with ⅓ greens, ⅓ grated veggies, and ⅓ cheese. If using turkey, add ⅓ turkey now. Squeeze more lemon juice over the mixture.
11. Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four "pinwheels."
12. Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels

Chef's Notes

- Use any of your favorite seasonal veggies in this wrap. Grate, chop, or peel into thin slices before adding.
- Use 1 cup guacamole in place of avocado.

Corn Tortilla Chips

Serves 12, 4 chips per serving

Ingredients

- 8 (6-inch) tortillas
- Non-stick cooking spray

Directions

1. Preheat oven to 375°F.
2. Cut each corn tortilla into six triangles.
3. Coat a baking sheet with non-stick cooking spray.
4. Place tortilla slices on baking sheet, lightly spray the chips with non-stick cooking spray to prevent burning.
5. Bake until golden brown and crispy, about 8-10 minutes.

Nutrition Facts

Serving Size 4 chips
Servings Per Recipe 12

Amount Per Serving	
Calories 40	Calories from Fat 10
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%

Chef's Notes

- Try whole wheat tortillas instead of corn tortillas.
- If serving chips with savory or salty foods, sprinkle with garlic powder before baking.
- For a sweet treat, sprinkle with cinnamon and sugar before baking.
- Try serving with salsa, hummus, bean dip, or chili.

Spice Mixes

Mix spices together in a small bowl. Store in an airtight container for up to 3 months.

Italian Seasoning

1 Tablespoon dried basil leaves
1 Tablespoon dried oregano leaves
1 Tablespoon dried rosemary leaves
1 Tablespoon dried thyme leaves

Jerk Seasoning

1 Tablespoon dried thyme leaves
1 teaspoon ground allspice
1 teaspoon ground cinnamon
1 teaspoon ground cloves
1 teaspoon garlic powder
1 teaspoon cayenne pepper

Pumpkin Pie Spice

1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground allspice
¼ teaspoon ground nutmeg

Taco Seasoning

4½ teaspoons chili powder
4½ teaspoons ground cumin
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon dried oregano leaves
¼ teaspoon salt

To use taco seasoning: In a large skillet, add 1 pound lean ground beef, turkey, or chicken. Cook, crumbling meat with a mixing spoon or rubber spatula, until no longer pink. Add 1 batch of seasoning (3 Tablespoons plus 1 teaspoon) and ¼ cup water. Stir to mix. Cook until water evaporates, about 1 minute.

Herbs and Spices Around the World

As your cooking skills improve, try using new flavors to jazz up your favorite meals. Use the list below to test out flavors commonly used by cultures around the world.

Asian Flavors	Italian Flavors	Middle Eastern & African Flavors		Latin & Caribbean Flavors
Cinnamon	Basil	Allspice	Ginger	Allspice
Cloves	Marjoram	Caraway	Hot Peppers	Cinnamon
Coriander	Oregano	Cardamom	Marjoram	Chili powder
Curry	Rosemary	Cinnamon	Mint	Cilantro
Ginger	Sage	Cumin	Paprika	Cumin
Hot Peppers	Thyme	Curry	Parsley	Curry
Mint		Dill		Hot Peppers
Mustard Seeds				Nutmeg
Tumeric				Oregano

Corn Bread

Serves 9, 1 piece per serving

Ingredients

- 1 cup sifted all-purpose flour
- ¼ cup sugar
- 3 teaspoons baking powder
- ¾ teaspoon salt
- 1 cup yellow cornmeal
- 2 eggs
- 1 cup milk
- ¼ cup vegetable oil

Directions

1. Preheat oven to 425°; grease 9x9x2-inch pan.
2. Combine flour, sugar, baking powder, and salt; stir in cornmeal.
3. Add eggs, milk, and oil. Stir until mixed (do not over mix!) Pour into greased pan.
4. Bake for 20 to 25 minutes.
5. Cut into 9 3x3-inch pieces

Nutrition Facts

Serving Size 1 piece (80.73g)
Servings Per Container 9

Amount Per Serving	
Calories 180	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 220mg	**9%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 5g	**10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Soups Made Simple

Soup makes an easy lunch or dinner.
Leftovers can be frozen for another day.

Use the chart below to choose ingredients from each column. Follow the chef's notes and step-by-step directions below to make your soup.

Protein 1 pound (diced meat)	+	Vegetables 2 cups, chopped	+	Liquids 4 cups	+	Whole Grains 1½ cups, cooked
Beef (shoulder round or brisket)		Onions		Water		Brown rice
Chicken/Turkey (leg or thigh; boneless, skinless)		Greens (spinach, kale, collards, chard, etc.)		Low-sodium stock/broth		Whole what pasta
Pork (shoulder/butt)		Celery				Barley
Beans or Lentils (cooked, or drained and rinsed from a can)		Zucchini				Quinoa
		Tomatoes				
		Carrots				
		Mushrooms				
		Broccoli				

If using meat as your protein:

1. Heat 1 Tablespoon canola oil in a soup pot over medium-high heat. Sauté meat until lightly browned, about 5 minutes.
2. Add the vegetables. Reduce heat to medium and sauté for 5 minutes. If using canned or thawed frozen vegetables, skip this step and add vegetables during step 4.
3. Add liquid and bring to a boil. Reduce heat and simmer for 25-30 minutes or until meat is cooked through. Stir occasionally to keep ingredients from sticking to the bottom of the pot.
4. Add cooked grains during the last 5-7 minutes of cooking time, to warm through.

If using beans or lentils as your protein:

- Skip step 1 above. Follow the remaining steps, adding beans to the liquid in step 3. Shorten the total cooking time to 15 minutes.

Chef's Notes:

- **Vegetables:** Softer vegetables like spinach or zucchini will cook faster. Add during the last 5-7 minutes of cooking time.
- **Whole Grains:** Cook grains according to package instructions ahead of time. Refrigerate and add to soups you make that week.
- **Seasonings:** In addition to salt and pepper, try adding herbs and spices such as dried thyme, parsley, or ground cumin. Or, kick up the flavor by adding some minced garlic, hot peppers, ginger, or citrus zest. When using fresh herbs, add them at the end of cooking to keep the flavor fresh.

Bean Soup

Makes 6 servings

Ingredients

- 2 cups dried navy beans
- 3 quarts water for soaking or quick-cooking
- 6 cups water or low-sodium chicken broth
- 1 garlic clove, chopped (½ teaspoon minced or ¼ teaspoon powder)
- 1 large onion, minced
- 3 stalks celery, chopped
- 1 meaty ham bone or 1/2 pound chopped ham
- Salt and black pepper to taste

Directions

1. Sort beans to remove any stems or rocks. Wash and drain beans.
2. In large pot, cover beans with water and soak overnight in the refrigerator. Or bring to boil and boil for 2 minutes. Remove from heat and let stand 1 hour.
3. Drain water.
4. Add 6 cups of water or broth to pot.
5. Add remaining ingredients.
6. Heat to boiling. Cover. Turn down heat and simmer 2 to 4 hours or until tender. Add more water if needed.

Nutrition Facts

Serving Size 1 cup (741.47g)
Servings Per Container 6

Amount Per Serving	
Calories 320	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 400mg	**17%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 17g	**68%**
Sugars 4g	
Protein 22g	**44%**

*Percent Daily Values are based on a 2,000 calorie diet.

Variations:

Split Pea Soup - Use split green or yellow peas and ham. Overnight soak is not needed.

Black Bean Soup - Use black beans instead of navy beans. Add one green pepper, chopped.

Chuckwagon Beans - Use kidney beans instead of navy beans. Add 1 6-ounce can of tomato paste and 1 Tablespoon of Taco Seasoning during last hour of cooking.

Master Mix

Yield: Approximately 10 cups

Keeps about 3 months in refrigerator

The below recipe is for Master Mix, an all-purpose baking mix which can be made ahead of time, stored easily, and used to make many dishes.

Ingredients

- 4 cups unsifted all-purpose flour
- 4 cups unsifted whole-wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon iodized salt
- 1⅓ cups nonfat dry milk powder
- 1 cup canola oil

Directions

1. In large bowl, combine flours, baking powder, sugar, salt, and dry milk.
2. Drizzle oil over dry mixture; cut in with pastry blender, fork, or fingers until it resembles course conrmeal.
3. Store in covered container in refrigerator.

Variations:

Flour - Use 8 cups all-pupose flour; or 6 cups all-purpose flour and 2 cups whole-wheat flour.

Nutrition Facts

Serving Size 1/4 cup (36.75g)
Servings Per Container 40

Amount Per Serving	
Calories 150	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 310mg	**13%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 4g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Chef's Notes

- To measure *Master Mix* for recipes, stir lightly, pile into cup (do not shake), and level off.

Biscuits

Makes 10 to 12 biscuits

- 2 cups Master Mix
- ½-¾ cup water or low-fat milk

1. Measure Master Mix into bowl; add water and stir.
2. Add more water, as needed, 1 Tablespoon at a time, to form a soft dough.
3. Knead gently about 12 times in the bowl or on a surface sprinkled with Master Mix.
4. Roll or pat to ½-inch thickness. Cut into circles using a floured biscuit cutter or glass, or cut into squares or triangles with a knife.
5. Bake on ungreased baking sheet (any size) at 450°F for 12 to 15 minutes.

Nutrition Facts
Serving Size 1 biscuit (34.38g)
Servings Per Container 12

Amount Per Serving	
Calories 100	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 3g	**6%**

*Percent Daily Values are based on a 2,000 calorie diet.

Pancakes

Makes 4 servings

- 2 cups Master Mix
- 1½ cups water or low-fat milk
- 1 egg, beaten

1. Combine all ingredients, stirring just enough to moisten dry ingredients.
2. Coat griddle, fry pan, or electric skillet with non-stick spray.
3. Drop batter by spoonfuls onto hot surface.
4. Turn when bubbles appear on the surface of the cakes. Cook until well-browned.

Nutrition Facts
Serving Size 2 pancakes (174.88g)
Servings Per Container 4

Amount Per Serving	
Calories 330	Calories from Fat 110
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 640mg	**27%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 3g	**12%**
Sugars 6g	
Protein 10g	**20%**

*Percent Daily Values are based on a 2,000 calorie diet.

Variations:

Waffles- Add 1 Tablespoon canola oil to pancake mixture. Bake in preheated waffle iron. Makes 4 small waffles.

Pumpkin Pancakes or Waffles– Add 1 cup of canned pumpkin, 1 teaspoon cinnamon and ½ teaspoon ginger to the batter. If batter is too thick, add water or milk a little at a time.

Fruit Pancakes or Waffles– Add small pieces of your favorite fruit to the batter. Try blueberries, shredded apple, or diced bananas. Or, add the fruit on top after cooking.

Muffins

Makes 12 muffins

- 3 cups + 2 Tablespoons Master Mix
- 3 Tablespoons sugar
- 1 egg, beaten
- 1¼ cups water or low-fat milk

1. Combine Master Mix and sugar.
2. Blend egg and water; add to mix. Stir gently just until dry ingredients are moistened. Mixture should be lumpy.
3. Coat muffin pans with non-stick spray. Fill ⅔ full.
4. Bake at 400°F for 20 minutes.

Nutrition Facts

Serving Size 1 muffin (70.29g)
Servings Per Container 12

Amount Per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 330mg	**14%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 5g	**10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Variations:

Blueberry Muffins- Lightly coat ¾ cup fresh or frozen blueberries with Master Mix to keep them from discoloring or sinking to bottom. Fold blueberries and 1 teaspoon finely grated lemon peel into batter.

Cranberry Muffins- Combine 1 cup coarsely chopped cranberries and 2 Tablespoons sugar. Fold into batter.

Date-Nut Muffins- Lightly coat ⅔ cup snipped, pitted whole dates with Master Mix to keep them from sinking. Combine dates and ½ cup chopped nuts. Fold into batter.

Jelly Muffins- Do not use muffin papers. Fill muffin cups ⅓ full with batter, top with 1 teaspoon jelly, jam, or preserves, top with enough batter to fill ⅔ full.

Cheese Muffins- Stir ½ cup shredded low-fat cheddar or Monterey Jack cheese into batter.

Cornmeal Muffins- Reduce Master Mix to 1½ cups. Add 1 cup yellow cornmeal.

Banana Muffins- Reduce water to ½ cup. Add ¾ cup mashed banana and ½ cup chopped nuts to batter.

Breadsticks

Makes 12 breadsticks

- 1 cup Master Mix
- ½ cup fl our
- ½-⅔ cup water (approximate)
- Sesame or caraway seeds (optional)

1. Mix dry ingredients. Add enough water to form soft dough.
2. Knead 12 times in the bowl or on surface sprinkled with flour or Master Mix.
3. Shape into pencil-like strands ½-inch thick. Cut into 3-inch lengths. Roll in sesame or caraway seeds, if desired.
4. Bake on ungreased baking sheet (any size) at 400°F for about 15 to 20 minutes or until brown. For extra crispness, when sticks are brown, turn off oven and leave sticks in oven for about 5 minutes.

Nutrition Facts
Serving Size 1 breadstick (27.33g)
Servings Per Container 12

Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 2g	**4%**

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Banana Bread

Makes 1 loaf. 8 slices.

- 2 eggs
- ⅓ cup water or low-fat milk
- ⅓ cup sugar
- ½ teaspoon baking soda
- 1¼ cups mashed bananas (about 3)
- 2½ cups Master Mix
- ¼ cup chopped nuts (optional)

1. Beat eggs, water and sugar in a bowl until well blended. Add baking soda and bananas.
2. Stir in Master Mix and nuts until all dry ingredients are coated.
3. Pour into 9x5x3-inch loaf pan coated with non-stick spray. Bake at 350°F for 40 to 45 minutes or until brown.

Nutrition Facts
Serving Size 1 slice (121.24g)
Servings Per Container 8

Amount Per Serving	
Calories 290	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 480mg	**20%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 3g	**12%**
Sugars 18g	
Protein 7g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Coffee Cake

Makes 16 pieces

Cake

- 2 cups Master Mix
- ½ cup sugar
- 1 egg
- ⅔ cup water or low-fat milk

1. Combine Master Mix and sugar. Mix egg and water and stir into dry ingredients just until blended.
2. Coat an 8x8-inch baking pan with non-stick spray. Spread batter and sprinkle with topping.
3. Bake at 375°F for 20 minutes.

Topping

- ⅓ cup brown (or white) sugar
- 2 Tablespoons Master Mix
- 1 teaspoon cinnamon
- 2 Tablespoons soft-tub margarine

1. Combine dry ingredients and cut in margarine.
2. Sprinkle over batter before baking.

Variations:

Apple or Pear Coffee Cake- Instead of topping, arrange apple or pear slices on cake batter in a pretty design. Sprinkle with a mixture of 2 Tablespoons sugar and 1 teaspoon cinnamon.

Nutrition Facts

Serving Size 1 piece (37.67g)
Servings Per Container 16

Amount Per Serving	
Calories 110	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 160mg	**7%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 1g	**4%**
Sugars 8g	
Protein 3g	**6%**

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Pizza

Crust:

- 1 1/3 cups Master Mix
- 1/4 to 1/3 cup water (approximate)

1. Combine Master Mix with enough water to make a soft dough.
2. Knead in the bowl 12 times.
3. Roll or pat out thin on a greased cookie sheet into an 11 to 12-inch circle or rectangle. (A small glass makes a good rolling pin.)
4. Turn up edges of dough.
5. Bake at 425° for 8 to 10 minutes or until partially baked and starting to brown.
6. Reduce heat to 375°. Remove from oven and add topping.

Topping:

- 1 can (8 ounces) tomato sauce
- 1 Tablespoon instant minced onion
- 1/4 teaspoon garlic salt
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 4 ounces cubed or shredded mozzarella cheese or processed cheese food
- Grated Parmesan or Romano cheese (optional)

7. Mix tomato sauce, onion, and spices. Spread over partially baked crust. Sprinkle with mozzarella and then with some Parmesan.
8. Bake at 375° for 15 to 20 minutes or until topping is hot and crust is brown.

Variations:

Add 1/2 pound of cooked, seasoned, ground beef, drained, or additional toppings before cheese.

Sweet Potato Fries

Serves 6, 8-10 fries per serving

Ingredients

- medium sweet potatoes
- 1½ teaspoons paprika
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper
- 1 Tablespoon canola oil
- Non-stick cooking spray

Directions

1. Preheat oven to 450°F.
2. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
3. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½-inch wide.
4. In a large bowl, mix paprika, salt, ground black pepper, and cayenne pepper. Add oil. Blend with a fork until there are no lumps.
5. Add sweet potato strips to the bowl. Toss until they are coated on all sides.
6. Coat baking sheet with non-stick cooking spray. Place sweet potatoes in a single layer on the sheet.
7. Bake for 15 minutes. Turn fries over and bake another 10-15 minutes, or until fries are tender.

Nutrition Facts

Serving Size 8-10 fries
Servings Per Recipe 6

Amount Per Serving	
Calories 100	Calories from Fat 25
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 1g	
Vitamin A 250% • Vitamin C 4%	
Calcium 2% • Iron 6%	

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Chef's Notes:

- For easier cleanup, line the baking sheet with a layer of aluminum foil. Coat with non-stick cooking spray before placing the sweet potatoes on the sheet.
- White baking potatoes can be used in place of all or part of the sweet potatoes.
- For milder flavor, dust the potatoes with 1½ teaspoons of curry powder and ¾ teaspoon of salt in place of the cayenne seasoning.
- For the crispiest fries, be sure sweet potatoes do not lie on top of each other on the baking sheet. You may need to cook in two batches.

Stir-Fry

Want a quick and healthy weeknight meal? Try a stir-fry!

Stir-fries are a great way to use up veggies that may soon go bad. Choose ingredients and follow the directions below to make a tasty meal for four.

Veggies (2–3 cups total, any combo)	+	Protein	+	Original Flavoring (1 Tablespoon)	+	Sauce (1 recipe batch)	+	Grain (1 cup dry)
Bell pepper, sliced		Boneless, skinless chicken breasts or thighs, trimmed and cut into bite-sized pieces (1 pound)		Minced garlic		Peanut Sauce		Brown rice
Carrots or celery, sliced		Sirloin or flank steak, trimmed and cut into bite-sized pieces (1 pound)		Minced ginger (or 1/2 teaspoon ground ginger)		Spicy Soy Sauce		Whole grain couscous
Snow peas, sugar peas, or green beans, trimmed		Pork tenderloin or boneless loin chops, trimmed and cut into bite-sized pieces (1 pound)				Lemon Stir-Fry Sauce		Instant barley
Mushrooms or onion, sliced		Extra-firm tofu, drained and cut into 1-inch cubes (14-ounce package)						Rice noodles or whole grain pasta
Zucchini or yellow squash, sliced		Frozen edamame (soy beans), thawed and drained (2 cups)						
Cabbage, thinly sliced								
Canned water chestnuts, rinsed and drained								

Stir-Fry continued

Try these sauces!

Peanut Sauce
In a small bowl, stir together ¼ cup peanut butter, ⅓ cup warm water, ¼ cup low-sodium soy sauce, 2 Tablespoons cider vinegar, and 1 Tablespoon sugar.

Spicy Soy Sauce
In a small bowl, stir together ¼ cup low-sodium soy sauce, 1 Tablespoon brown sugar, 1 Tablespoon cornstarch, 1 teaspoon minced jalapeno, and ½ teaspoon ground ginger.

Lemon Stir-Fry Sauce
In a small bowl, stir together 3 Tablespoons lemon juice, 3 Tablespoons low-sodium soy sauce, and 2 teaspoons cornstarch.

Directions
If using meat or poultry as your protein:

1. Cook grains following package directions. While grains cook, make stir-fry.
2. In a large skillet over medium-high heat, heat 1 Tablespoon canola oil. Add meat or poultry. Stir occasionally until just cooked through, about 4–6 minutes. Transfer to a plate.
3. Add veggies to skillet. Start with harder veggies first (e.g., green beans, onion, carrots, broccoli, cauliflower). As they begin to soften, add softer veggies (e.g., zucchini, yellow squash) and keep cooking. Total cooking time may be about 10 minutes.
4. If using garlic and/or ginger, add to skillet when all veggies are soft. Stir until fragrant, about 15 seconds.
5. If using Peanut Sauce or other thick sauce, remove pan from heat and stir in sauce. If using Spicy Soy Sauce, Lemon Stir-Fry Sauce, or other thin sauce, add to pan and bring to a boil. Cook until thickened, about 1–2 minutes.
6. Stir cooked meat or poultry into veggie mixture. Serve stir-fry over cooked grains.

If using tofu or edamame as your protein:

- Follow directions above, omitting step 2. Add tofu or edamame in step 3, during the last 3–5 minutes of vegetable cooking time. Heat through.

Butternut Squash

Serves 6, 3/4 cup per serving

Ingredients

- 2 pounds butternut squash
- ¼ cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- ¼ teaspoon salt
- ¼ teaspoon ground black-pepper
- 1 Tablespoon butter or canola oil
- ¼ cup dried cranberries
- 1½ Tablespoons maple syrup

Nutrition Facts

Serving Size 3/4 cup
Servings Per Recipe 6

Amount Per Serving	
Calories 180	Calories from Fat 90
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Sugars 11g	
Protein 2g	
Vitamin A 290% • Vitamin C 35%	
Calcium 6% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher

Directions

1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut squash into ¾-inch, even-size cubes.
3. In a large bowl, add squash. Toss with oil, sage, salt, and ground black pepper.
4. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
5. While squash is roasting, coarsely chop walnuts. Set aside.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

Chef's Notes

- To bring out flavors even more, stir in 1 Tablespoon cider vinegar along with the cranberry mixture.
- You can use fresh sage instead of dried. Leave out dried sage in step 3. Roll 4 fresh sage leaves into a log shape and slice thinly. Cook fresh sage in butter or oil along with the walnuts in step 6.
- Use pecans or hazelnuts in place of walnuts. Try using raisins or dried cherries in place of cranberries. Also, you can use any winter squash for this recipe.

Super Salads

Load up on veggies with a tasty salad.

Serve a small salad before dinner. Or, add protein to make a quick and tasty weeknight meal. Add ingredients from each column to make a salad for four.

Greens (4 cups)	Veggies (1–2 cups total, any combo)	Optional Protein (2 cups)	Optional Add-Ins (1/2 cup)	Salad Dressing (1/4 cup)
Leaf Lettuce	Raw beets or carrots, peeled and shredded	Canned beans, rinsed and drained	Toasted nuts or seeds, chopped or sliced	Oil and vinegar
Spinach	Broccoli or cauliflower, chopped	Hard-boiled eggs, chopped	Cheese, shredded or crumbled	Honey mustard
Romaine lettuce	Cucumber, chopped or sliced	Roasted chicken, turkey, beef, or pork, shredded or sliced	Cooked barley, brown rice, or whole grain pasta	Citrus dressing
Mixed salad greens	Tomatoes, diced (canned or fresh)	Extra-firm tofu, crumbled and drained	Olives, sliced	Balsamic vinaigrette
	Corn kernels or peas (fresh or frozen, thawed)	Frozen peas or edamame (soy beans), thawed and drained	Orange or grapefruit, cut into segments	Low-fat ranch
	Radishes, sliced		Whole grain croutons	
	Bell pepper, chopped		Dried fruit	

Try these combos!

Spinach Salad
Spinach + shredded carrots + hard-boiled eggs + honey mustard dressing

Winter Salad
Mixed salad greens + shredded beets + grapefruit or orange segments + citrus dressing

Fast Southwestern Dinner Salad
Romaine lettuce + corn + diced tomatoes + black beans + cooked and chilled brown rice + shredded cheddar + sliced olives + citrus dressing with a pinch of chili powder

Super Salads (Continued)

Dress foods up with homemade salad dressing.
Make salad dressing just the way you like it with a few basic items. Follow this ratio:

- 2 parts olive or canola oil
- 1 part acid, such as vinegar, lemon or lime juice, or Dijon mustard
- Salt and pepper

Simple Salad Dressing	Honey Mustard	Citrus Dressing	Balsamic Vinaigrette	Creamy Low-Fat Ranch Dressing
3 Tablespoons oil 2 Tablespoons red wine vinegar 1 teaspoon salt ¼ teaspoon pepper	6 Tablespoons mustard ½ Tablespoon fresh lemon juice or cider vinegar 1½ Tablespoons honey 1 teaspoon oil Salt and pepper to taste	2 Tablespoons lime, lemon, or orange juice. 3-4 Tablespoons oil Salt and pepper to taste	2 Tablespoons balsamic vinegar 1 Tablespoon Dijon mustard 3-4 Tablespoons oil Salt and pepper to taste	1 (6-ounce) container plain nonfat or low-fat yogurt ⅓ cup low-fat mayo 2 Tablespoons white vinegar 1 Tablespoon dried dill ¼ teaspoon garlic powder ⅛ teaspoon salt

Chef's Notes

- For a thinner Ranch dressing, use more vinegar. For a thicker Ranch, good for cut-up veggies, use less.
- You can use milk instead of vinegar in the Ranch if you prefer.
- Different ratios of oil to vinegar will change the taste of your vinaigrette and adding ingredients such as honey or mustard may impact the amount of oil needed. Experiment to find the right ratio for your tastes.

Coleslaw

Makes 4 servings

Ingredients

- ¼ cup light mayonnaise
- 2 Tablespoons vinegar
- 2 Tablespoons sugar
- ½ teaspoon mustard (optional)
- ⅛ teaspoon black pepper
- ½ head cabbage, shredded

Directions

1. Combine mayonnaise, vinegar, sugar, and spices.
2. Pour over cabbage and toss lightly.

Nutrition Facts

Serving Size 1/2 cup (142.94g)
Servings Per Container 4

Amount Per Serving	
Calories 110	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 125mg	**5%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 3g	**12%**
Sugars 11g	
Protein 2g	**4%**

*Percent Daily Values are based on a 2,000 calorie diet.

Add Color and Variety:

- Add one or more of the following: pineapple chunks, halved seedless grapes, shredded carrots, diced apple, diced green pepper, nuts, sunflower seeds, or raisins.

Cauliflower Mashed Potatoes

Makes 8 servings

Ingredients

- 3-4 medium potatoes (about 1 pound), cubed
- 1 small head cauliflower, cut into 1½-inch cubes
- 1 small onion, diced
- 1 clove garlic, chopped (½ teaspoon minced or ¼ teaspoon powder)
- ½ cup low-fat (1%) milk
- 1 Tablespoon soft-tub margarine
- Salt and black pepper

Nutrition Facts
Serving Size 1/2 cup (161.14g)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 35mg	**1%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 3g	**6%**

*Percent Daily Values are based on a 2,000 calorie diet.

Directions

1. Boil potatoes and cauliflower until tender, about 20 minutes.
2. While potatoes are boiling, cook onion and garlic in 1 teaspoon of margarine until tender.
3. Drain potatoes and cauliflower and place in a deep bowl. Mash with a fork, or potato masher until chunky. Add garlic and onion. Continue mashing while gradually adding margarine and low-fat (1%) milk.
4. Season with salt and pepper to taste.

Mashed Potatoes

Makes 4 servings

Ingredients

- 4 medium potatoes (red or yellow work best for boiling)
- ¼ cup low-fat (1%) milk (approximately)
- 1 Tablespoon soft-tub margarine
- Salt to taste

Directions

1. Wash potatoes, removing sprouts and blemishes. Leave peels on and cut into 2-inch pieces. Put potatoes in saucepan, cover with water, add salt, and bring to boil. Reduce heat and simmer until fork tender (about 30 minutes).
2. Drain (reserved liquid can be used in gravy, soup, or rolls) and mash with potato masher or fork. Add milk to desired consistency and salt to taste. Add margarine and stir. To help fluff the potatoes, cover, and place over very low heat for about 5 minutes.

Nutrition Facts

Serving Size 1/2 cup (154.77g)
Servings Per Container 4

Amount Per Serving	
Calories 150	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 370mg	**15%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 3g	**12%**
Sugars 2g	
Protein 3g	**6%**

*Percent Daily Values are based on a 2,000 calorie diet.

Variation

- *No skins* - Use peeled potatoes and follow cooking directions above.

Potato Salad

Makes 8 servings

Ingredients

- 4 medium potatoes (red or yellow potatoes hold their shape the best)
- 1 small onion, chopped
- 2 Tablespoons sweet pickle relish
- 1 medium stalk celery, chopped
- ¼ cup light mayonnaise
- ½ cup plain low-fat (1%) yogurt
- 1 Tablespoon yellow mustard
- ½ teaspoon garlic powder (1 teaspoon minced or 2 cloves)
- ⅛ teaspoon black pepper
- 2 hard-cooked eggs

Directions

1. Scrub potatoes. Place potatoes in pan and add water; heat to boiling and cover; cook until tender, about 30 to 35 minutes. Drain and cool.
2. Slice or cube potatoes (leave skins on to retain fiber and nutrients). Place potatoes, onion, relish, and celery in large bowl.
3. In separate bowl, mix mayonnaise, yogurt, mustard, garlic, and pepper.
4. Cut eggs into small pieces and add to potatoes with mayonnaise mixture. Stir until potatoes are well-coated.
5. Chill and serve.

Nutrition Facts

Serving Size 1/2 cup (154.77g)
Servings Per Container 4

Amount Per Serving	
Calories 150	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 370mg	**15%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 3g	**12%**
Sugars 2g	
Protein 3g	**6%**

*Percent Daily Values are based on a 2,000 calorie diet.

Fries

Makes 6 servings

Ingredients:

- 3 medium baking potatoes
- 2 Tablespoons canola oil
- Spices you enjoy
- Dash of salt

Directions:

1. Wash potatoes and cut into thick strips or wedges.
2. Toss pieces in a bowl with oil, spices and salt.
3. Spread pieces on baking sheet (any size) coated with non-stick spray.
4. Bake at 400°F for 20 minutes or until brown.

Nutrition Facts

Serving Size 8 fries (91.03g)
Servings Per Container 6

Amount Per Serving	
Calories 120	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 2g	**4%**

*Percent Daily Values are based on a 2,000 calorie diet.

Variation:

Ranch: Add 1 teaspoon Herb Ranch Seasoning and 1 Tablespoon grated Parmesan cheese.

Mexican: Add 1 teaspoon Mexican Seasoning.

Sweet Potato: Cut 2 large sweet potatoes into ½-inch strips. Use 1 teaspoon thyme and ½ teaspoon rosemary. Bake 450° F about 30 minutes. Salt and pepper to taste. For crispier fries, cut thinner strips.

Italian: Add 2 teaspoons Italian Seasoning with either regular or sweet potatoes.

Carrots and Onions

Makes 6 servings

Ingredients

- ½ medium size onion, chopped
- 1 Tablespoon canola oil
- 3 cups coarsely shredded or thinly sliced carrots
- ½ teaspoon salt
- Black pepper to taste

Directions

1. Cook onions in oil for 1 minute in medium saucepan or electric skillet over low heat.
2. Add carrots.
3. Season with salt and pepper.
4. Cover tightly and steam until tender, about 5 to 8 minutes.

Nutrition Facts

Serving Size 1/2 cup (77.33g)
Servings Per Container 6

Amount Per Serving	
Calories 50	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 1g	**2%**

*Percent Daily Values are based on a 2,000 calorie diet.

Variations

Vegetable Mix - Add Vegetable Mix to above recipe.

Cabbage - Substitute shredded cabbage for carrots or a combination of carrots and cabbage.

Summer Squash - Add chunks of zucchini or other summer squash.

Zucchini and Tomatoes - Slice 3 zucchini lengthwise. Cook in a pan with 1 Tablespoon oil and ¼ teaspoon black pepper until zucchini are browned. Add 2 diced tomatoes (or a 15-ounce can diced tomatoes, drained) and ¼ teaspoon garlic powder. Cook 10 minutes.

Vegetable Soup

Makes 8 servings

Ingredients

- 4½ cups chicken, beef or vegetable broth, low sodium
- ½ cup chopped onion
- 2 teaspoons Italian Seasoning
- 1 bay leaf
- ¼ teaspoon black pepper
- 1 10-ounce package frozen mixed vegetables (2 cups)
- 1 15-ounce can chopped tomatoes

Directions

1. In large saucepan, mix broth, onion, Italian Seasoning, bay leaf, and pepper.
2. Stir in mixed vegetables but not tomatoes.
3. Bring to boil; reduce heat. Cover and simmer 6 to 8 minutes or until vegetables are tender crisp. Remove and throw away bay leaf.
4. Stir in tomatoes. Heat through. Serve hot.

Nutrition Facts

Serving Size 1 cup (234g)
Servings Per Container 8

Amount Per Serving	
Calories 70	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 4g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Variation

Meat - Add 1 pound of cooked ground beef, turkey or pork.

Beans - Add 2 cups of cooked kidney beans, or one 15-ounce can

Vegetable Mix

Makes 8 servings

Ingredients

- 2 small zucchini or cucumbers
- 1 bell pepper, green or red
- 1 onion
- 3 carrots
- 3 stalks of celery
- 1 small yellow squash
- Vary the vegetables based on what is in season.

Directions

1. Chop the vegetables into about ½-inch pieces. Chop only the amount that can be used within about 3 days. Store remaining uncut vegetables to chop later in the week.
2. Combine chopped vegetables and store in sealable bag in the refrigerator.
3. Use ½ to 1 cup of the mix in the following ways. Use the mix within 3 to 4 days.

Nutrition Facts

Serving Size 1/2 cup (165.62g)
Servings Per Container 8

Amount Per Serving	
Calories 45	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 90mg	**4%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 2g	**4%**

*Percent Daily Values are based on a 2,000 calorie diet.

Vegetable Mix (Continued)

Breakfast:

- Cook in a little canola oil in a small pan and add scrambled eggs.
- Add to any type of quiche.
- Finely chop the vegetables. Mix with low-fat soft cream cheese and salt and black pepper. Spread on bagel or toast.
- Cook in a little canola oil in a small pan with chopped potatoes, low-fat breakfast sausage, and salsa.

Lunch and Dinners:

- Cook in a small pan or microwave. Add to soup, stew, sloppy joe mix, spaghetti sauce, or tacos.
- Add to any green salad or tuna, egg, or pasta salad.
- Add to other vegetables such as cabbage or broccoli for a stir-fry. Try adding meat, poultry, fish, eggs, beans or tofu.
- Cook in small pan or microwave. Make a pilaf by adding rice, barley, or another grain; or pasta.
- Make a cool wrap with hummus, vegetables, lettuce, tomato, avocado, and sunflower seeds in a tortilla.
- Replace in recipes calling for fresh or cooked chopped vegetables.

Vegetable Salad Western

Makes 10 servings

Ingredients

- 1 15-ounce can whole kernel corn, drained, or 2 cups frozen corn
- 2 cups cooked black beans or 1 15-ounce can; rinsed and drained
- 1 bell pepper, minced
- ¾ cup minced onion
- 1 medium tomato, chopped
- 1 clove garlic (¼ teaspoon powder or ½ teaspoon minced)

Nutrition Facts
Serving Size 1/2 cup (110.09g)
Servings Per Container 10

Amount Per Serving	
Calories 110	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 4g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Dressing

- ¼ cup Italian dressing
- ½ teaspoon chili powder
- 1 Tablespoon lemon or lime juice
- 1 Tablespoon chopped cilantro or 1 teaspoon dried cilantro (optional)
- ¾ teaspoon hot pepper sauce (optional)

Directions

1. Drain corn and beans and place in a large bowl.
2. Chop bell pepper, onion, garlic, and tomato, and add to the bean and corn mixture.
3. Mix dressing ingredients. Pour dressing over the salad.
4. Cover the bowl. Refrigerate for at least 6 hours, or overnight.

Add Veggies:

- Add Vegetable Mix, extra zucchini or avocado.

Main Dish Salad

1. Choose at least one ingredient from each column on this page.
2. Combine and serve.
3. Store leftovers in the refrigerator.

Base	Protein	Vegetables or Fruit
Lettuce or salad greens, 4-5 cups: romaine, spinach, arugula, spring greens Cooked whole-wheat pasta, 3 cups Cooked grain, 3 cups: Brown rice, bulgur, quinoa, couscous Cooked potatoes, 4 cups: chunks regular or sweet potatoes Whole-grain bread: torn in bite-sized pieces and toasted	2 cups cooked dried beans: pinto, black, chickpeas, lentils ½ pound cooked ground meat 1½ cups cooked and diced chicken, turkey, fish, pork, or beef 1-2 cans (6-8 ounces) canned fish, chicken, or beef 1 pound extra firm tofu, drain, marinate in soy sauce and fruit juice 2 cups chopped hard-boiled eggs	2 cups Vegetable Mix 2 cups fresh, frozen or canned vegetables 1 cup fruit (optional): apples, orange segments, raisins, dried cranberries

Dressing	Flavor	Topping
Vinaigrette Fat-free or low-fat dressing	½ to 1 cup diced onion, celery, and/or green pepper 1 cup Vegetable Mix ½ cup Salsa 2-4 Tablespoons fresh herbs or 1-2 teaspoons dried	¼ cup slivered or chopped nuts 2 Tablespoons grated Parmesan cheese ¼ cup shredded low-fat cheddar or mozzarella cheese 2 Tablespoons dried fruit Grated orange or lemon rind

Vinaigrette

1. Put ingredients in a jar, seal and shake. Or mix in a glass or stainless steel bowl with a fork or whisk. Add a pinch of salt and black pepper to taste.
2. Let stand 15 minutes to blend flavors.
3. Store extra dressing in the refrigerator and use within 3 days. After 3 days, freeze or discard remaining dressing.

Herb Vinaigrette: Olive oil, lemon juice, oregano and basil, salt and pepper.

Garlic Mustard Vinaigrette: canola oil, red wine vinegar, Dijon mustard, minced garlic, honey, salt, and pepper.

Italian Vinaigrette: vegetable oil, white vinegar, Italian Seasoning.

Citrus Vinaigrette: canola oil, lemon juice, orange or lemon zest, orange juice.

Vinaigrette

Makes 6 servings (approx. 2 Tablespoons each)

Oil 1/2 cup	Acid 3 Tablespoons	Aromatics 1/2 teaspoon powder 1 teaspoon dried or 3 Tablespoons fresh	Sweet (optional) 1 Tablespoon
Olive Canola Vegetable Walnut	Vinegar (cider, rice, white, red wine, balsamic, etc.) Citrus juice (lemon, lime, orange, grapefruit)	Herbs (fresh or dried) Spices (celery seed, paprika, or others) Garlic or onion Seasoning Mixes, 1 teaspoon Basil and cilantro Dill and parsley Thyme and rosemary Basil, bay leaf, oregano, and parsley Prepared mustards, 1 Tablespoon Zest from orange or lemon (scrape, grate or cut outer, colorful peel)	Honey Maple syrup Brown sugar Orange juice Jam

Vinaigrettes can be used in many ways:

- Add to any cold or warm salad, green salads, pasta salads, fruit salads, vegetable salads, and bean salad.
- Add to coleslaw mix, or sliced cabbage and carrots for your own slaw.
- Marinade fresh vegetables several hours or overnight in a bowl or sealable plastic bag in the refrigerator. Try tomatoes, mushrooms, green beans, zucchini, jicama, yellow squash, or onion slices. Discard marinade after use.
- Marinade for beef, game, fish, tofu, or chicken. Add soy sauce if desired. Marinade several hours or overnight in a bowl or sealable plastic bag in refrigerator. Discard marinade after use. If basting meat while cooking, use fresh marinade.
- Pour over cut vegetables and let sit about 30 minutes before roasting, grilling or broiling.

Baked Apples

Makes 4 servings

Ingredients

- 4 medium baking apples*
- ½ cup raisins, dates, or mixed dried fruits
- 2 Tablespoons brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ⅓ cup water

Directions

1. Spray or grease baking pan (any size).
2. Wash and core apples, leaving them whole; slice bottoms to sit level. Place apples on a baking pan coated with non-stick spray.
3. Combine raisins, dates, or mixed dried fruits, brown sugar, cinnamon, and nutmeg. Spoon into centers of apples. Add water to dish.
4. Bake at 350°F for 30 to 40 minutes or until apples are tender, basting occasionally with the cooking liquid. To reduce baking time, cook partially in the microwave for 3 minutes in a microwave-safe dish. Bake in oven at 350°F for 15 minutes.
5. Serve warm with low-fat vanilla yogurt, regular or frozen.

Nutrition Facts

Serving Size 1 apple (224.78g)
Servings Per Container 4

Amount Per Serving	
Calories 190	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 5g	**21%**
Sugars 34g	
Protein 1g	**2%**

Vitamin A 0% • Vitamin C 15%
Calcium 2% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

**Varieties for baking include:*
Braeburn, Gala, Granny Smith,
Golden Delicious, Jonathan, Rome Beauty

Apple Salad

Makes 4 servings. 3/4 cup per serving.

Ingredients

- 2 medium Granny Smith apples
- 2 Tablespoons dried fruit, such as raisins, dried cranberries, or dried currants
- 3 Tablespoons plain low-fat yogurt
- 1 Tablespoon whole, chopped walnuts

Optional Ingredients

- 1 Tablespoon honey

Nutrition Facts

Serving Size 3/4 cup
Servings Per Recipe 4

Amount Per Serving	
Calories 80	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 3g	**11%**
Sugars 12g	
Protein 1g	
Vitamin A 2% • Vitamin C 0%	
Calcium 2% • Iron 0%	

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

Directions

1. Rinse and remove cores from apples. Do not peel. Cut into 1-inch pieces. Place in medium bowl.
2. Add dried fruit and yogurt to bowl. Mix well.
3. Add chopped nuts to bowl. If using, add honey. Toss and serve.

Chef's Notes

- Use any kind of apple in this recipe.
- Use any kind of nuts in place of walnuts.
- Toasting nuts can make them more flavorful. In a small skillet over medium heat, toast nuts until golden brown and fragrant, about 2 minutes. Watch closely so they do not burn. Remove from pan and let cool before using.

Fruit Salad

Serves 6, 1 cup per serving

Ingredients

- 2 cups frozen strawberries
- 1 cup frozen blueberries
- 1 cup frozen mango chunks
- 2 medium bananas
- 2 kiwis
- 1 (15-ounce) can pineapple chunks in juice

Optional Ingredients

- 3 Tablespoons mint leaves
- ½ cup shredded, toasted coconut
- ½ cup slivered almonds

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 6

Amount Per Serving	
Calories 140	Calories from Fat 0
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 4g	**14%**
Sugars 26g	
Protein 1g	
Vitamin A 6% • Vitamin C 100%	
Calcium 2% • Iron 6%	

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

Directions

In Advance

1. Thaw frozen fruit in the refrigerator until no longer hard, but still cool to the touch.

Preparation

2. Drain canned pineapple, reserving juice.
3. Peel and slice bananas and kiwis.
4. In a large bowl, add bananas, kiwis, pineapple, and thawed fruit. Mix.
5. In a small pot over medium heat, add reserved pineapple juice. Stir. Heat until juice thickens slightly, about 5 minutes. Allow juice to cool for 5-10 minutes.
6. If using, rinse and chop mint leaves.
7. Pour thickened pineapple juice over fruit salad. Mix to coat fruit. If using, mix in mint, coconut, and almonds.

Chef's Notes

- Use any fruits you like. To cut costs, choose fruits in season or on sale. Choose frozen and canned fruit in juice and with no added sugar.
- To toast coconut: Heat oven to 300°F. Place coconut shreds on a baking sheet lined with aluminum foil. Bake for 5 minutes or until light brown.
- Try serving for breakfast. Use as a topping for oatmeal or plain, nonfat yogurt.
- Use leftover frozen fruit in fruit smoothies.

Yogurt Salad

Makes 6 servings

Ingredients

- 2 cups diced, unpeeled apples (2 medium)
- 1 cup diced celery
- ½ cup seedless grapes
- ⅓ cup chopped nuts
- ½ cup low-fat plain or vanilla yogurt

Directions

1. Combine apples, celery, grapes, nuts, and yogurt.
2. Toss gently and serve immediately.
3. Store leftovers in the refrigerator up to one day.

Chef's Notes - Make it a Main Dish

- Toss in chunks of grilled chicken.

Nutrition Facts

Serving Size 3/4 cup (116.93g)
Servings Per Container 6

Amount Per Serving	
Calories 110	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 2g	**9%**
Sugars 10g	
Protein 2g	**5%**
Vitamin A 2% •	Vitamin C 6%
Calcium 6% •	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Fruit Salsa

Makes 3 servings

Ingredients

- ¾ cup chopped strawberries
- 2 apples, cored and chopped
- 1 kiwifruit, peeled and chopped
- 1 Tablespoon brown sugar
- 1 Tablespoon fruit jelly
- Juice from one orange

Directions

1. Combine all fruit in a bowl.
2. Add sugar, jelly, and juice.
3. Use Cinnamon Chips, graham crackers, or pieces of fruit to dip into salsa.

Nutrition Facts

Serving Size 1/2 cup (202.67g)
Servings Per Container 3

Amount Per Serving	
Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**0%**
Trans Fat	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 4g	**17%**
Sugars 21g	
Protein 1g	**2%**
Vitamin A 0% •	Vitamin C 100%
Calcium 2% •	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Tortilla Chips

Makes 6 servings

Ingredients

- 6 small tortillas: yellow corn, white corn, or whole-wheat flour tortillas
- Non-stick spray
- Salt

Nutrition Facts

Serving Size 6 chips (25g)
Servings Per Container 6

Amount Per Serving	
Calories 50	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**1%**
Trans Fat	
Cholesterol 0mg	**0%**
Sodium 400mg	**17%**
Total Carbohydrate 11 g	**4%**
Dietary Fiber 2g	**6%**
Sugars 0g	
Protein 1g	**3%**
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Directions

1. Cut tortillas into 6 wedges and place in single layer on a cookie sheet.
2. Spray the chips lightly with non-stick spray.
3. Sprinkle lightly with salt.
4. Bake in oven at 400°F until golden crisp. Corn tortillas will take 3-5 minutes. Flour tortillas will take 5-10 minutes. White corn tortillas are often crispier than yellow.

Variations:

Cinnamon Chips - Mix 3 Tablespoons sugar and 1 teaspoon cinnamon in a bowl. Sprinkle on tortillas instead of salt.

Mexican Chips - Sprinkle 2 Tablespoons of Mexican Seasoning on tortillas instead of salt.

Fruit Tarts

Serves 6, 1 tart per serving

Ingredients

- 4 ounces low-fat cream cheese
- 3 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
- 6 slices whole wheat sandwich bread
- 1½ Tablespoons nonfat milk
- 2 Tablespoons honey
- ¼ teaspoon vanilla extract

Nutrition Facts

Serving Size 1 tart
Servings Per Recipe 6

Amount Per Serving	
Calories 160	Calories from Fat 35
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 6g	
Vitamin A 6% • Vitamin C 25%	
Calcium 6% • Iron 6%	

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

Directions

In Advance

1. Remove cream cheese from refrigerator. Let come to room temperature on counter top, about 2 hours.

Preparation

2. Preheat oven to 350°F.
3. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 2 cups total.
4. Slice crust off bread. Using the bottom of a heavy skillet, flatten to about ⅛-inch thick. Place on a baking sheet and bake until crisp, about 10 minutes. Let cool for 5 minutes.
5. While bread bakes, in a small bowl, use fork to mix cream cheese and milk until smooth. Stir in honey and vanilla.
6. Spread a heaping Tablespoon of cream cheese mixture on each piece of cooled bread. Arrange about ⅓ cup fruit on top of each tart.

Chef's Notes

- Use your favorite fruits to make these tarts. For best price, choose fresh fruits in season or thawed frozen fruits. Mangoes, apples, pears, melons, pineapple, berries, and orange or grapefruit segments all make good toppings.
- If you do not have an oven, crisp the bread in a skillet over medium heat. Or, use a toaster or toaster oven. Watch carefully so bread gets just crisp and not brown.
- Cover and refrigerate the cream cheese mixture up to 3 days. Leftover cream cheese mixture makes a great dip for fruits.
- Use leftover crusts to make whole grain breadcrumbs. Chop them as finely as you can with a knife, or pulse in a blender until crumbs form. For fresh crumbs, use as is. For dried crumbs, toast in a skillet over medium heat until light brown. Freeze in an airtight container until ready to use.

Pineapple - grilled or broiled

Makes 8 servings

Ingredients

- 1 fresh pineapple
- 1 Tablespoon lime juice, lemon juice or orange juice
- 2 Tablespoons honey
- ½ Tablespoon cinnamon

Directions

1. Preheat grill or broiler. Or use an electric skillet on high heat, about 425ºF. Coat cooking surface with non-stick spray.
2. Peel, core, and cut pineapple into ½ inch slices.
3. Make a glaze by mixing juice, honey, and cinnamon in a small bowl until smooth.
4. Spread glaze on each side of each pineapple ring.
5. Grill or broil 4-5 inches from heat (or on electric skillet) for 5-10 minutes, turning once, until heated through and tender.
6. Can be served as a side with dinner, on a hamburger,or as a snack with low-fat vanilla yogurt.

Nutrition Facts

Serving Size 3 slices (38.22g)
Servings Per Container 8

Amount Per Serving	
Calories 35	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 9g	**3%**
Dietary Fiber <1g	**3%**
Sugars 7g	
Protein 0g	**0%**
Vitamin A 0% •	Vitamin C 25%
Calcium 0% •	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Variations:

Change spices - Try brown sugar and vanilla, or brush the fruit with olive oil and sprinkle with black pepper.

Change fruits - Other fruits that grill well are watermelon, peaches, pears, plums, apples, figs, and bananas. Softer, smaller fruits take less time to heat through.

Kabobs - Grill or broil fruit kabobs with strawberries and cubes of cantaloupe.

Apple Pancake Rings

Makes 4 servings

Ingredients

- 1 cup Master Mix
- 1 egg
- ½ cup low-fat milk
- ½ teaspoon cinnamon
- 2 medium apples, peeled and cored

Directions

1. Beat together Master Mix, egg, milk and cinnamon until smooth.
2. Coat a pan or electric skillet with non-stick spray. Warm to medium heat.
3. Slice apples and dip in batter. Place on skillet and cook until golden brown, turning once.
4. Top with fresh fruit or low-fat yogurt for breakfast.

Variations:
Pear Pancake Rings - Try using pear slices.

Nutrition Facts

Serving Size 1/2 apple (171.04g)
Servings Per Container 4

Amount Per Serving	
Calories 240	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 50mg	**16%**
Sodium 340mg	**14%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 4g	**16%**
Sugars 14g	
Protein 7g	**14%**
Vitamin A 4% •	Vitamin C 8%
Calcium 20% •	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Tropical Morning Treat

Makes 4 servings

Ingredients

- 2 Tablespoons orange juice
- 1 apple
- 1 orange
- 1 banana

Directions

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple pieces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into ¼-inch circles.
5. Toss all fruit and orange juice lightly. Chill or serve immediately.

Nutrition Facts

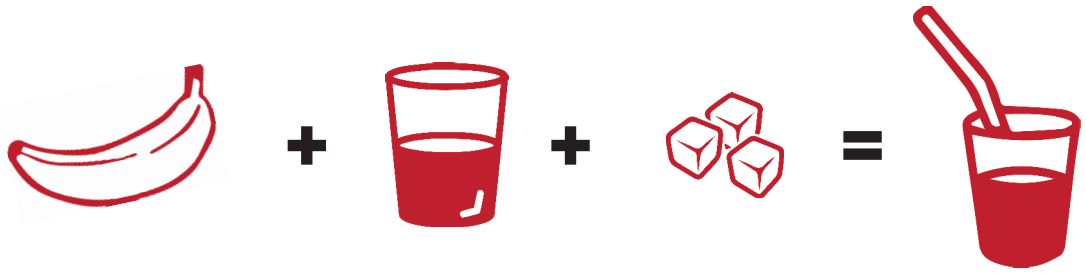
Serving Size 1/2 cup (115.5g)
Servings Per Container 4

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**11%**
Sugars 12g	
Protein <1g	**2%**
Vitamin A 2% •	Vitamin C 45%
Calcium 0% •	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Fruit Smoothies

Smoothies are easy, healthy, and can be made to your liking!



Add ingredients from each column to blender. Blend until thick and smooth.

Fruit (½ -1 cup sliced or chopped per smoothie — fresh or frozen)	+	Liquid (½ to 1 cup per smoothie)	+	Optional Flavorings (up to ½ tsp per smoothie)	+	Thickener (up to ½ cup per smoothie)
Bananas		Apple juice, 100% juice		Ground cinnamon		Ice
Strawberries		Orange juice, 100% juice		Vanilla extract or flavor		Low-fat or nonfat yogurt (plain or frozen)
Raspberries, whole		Cranberry juice, 100% juice		Coconut flakes, unsweetened		Frozen low-fat or nonfat yogurt
Blueberries, whole		Low-fat or nonfat milk, plain or flavored		Honey or maple syrup		
Peach		Soy milk, plain or flavored				
Mango		Almond milk				
Pineapple						

Try these combos!

Very Berry: ½ cup mixture of strawberry, blueberry, and raspberry + ½ cup apple juice + ¼ cup plain yogurt + 1 tsp honey + ¼ cup ice

Banana-Honey: ½ cup sliced, frozen banana + ¼ cup apple juice + ¼ cup nonfat milk + ¼ cup plain yogurt + 1 tsp honey

Triple-C Blaster: ½ cup mixture of mango and papaya + ½ cup orange juice + ¼ cup nonfat vanilla yogurt + 1 tsp honey + ¼ cup ice

Tropical Sunrise: ½ cup mixture of banana and mango + ½ cup low-fat milk + ½ tsp coconut flakes + ¼ cup nonfat yogurt + ¼ cup ice

Chef's Notes

- Use milk, tofu, or yogurt to create a creamier smoothie.
- If adding frozen fruit, use less or no ice.
- Freeze slices of fruits that are about to go bad. Use them in smoothies.

Yogurt Parfait

Serves 6, 1 parfait per serving

Ingredients

- 4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
- 3 cups nonfat plain yogurt
- 1½ cups granola

Optional Ingredients

2 Tablespoons sliced almonds

Directions

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 3 cups total.
2. Layer ¼ cup yogurt into each of 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

Nutrition Facts

Serving Size 1 parfait
Servings Per Recipe 6

Amount Per Serving	
Calories 230	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 40g	**15%**
Dietary Fiber 4g	**14%**
Sugars 26g	
Protein 10g	
Vitamin A 4% • Vitamin C 35%	
Calcium 20% • Iron 6%	

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

Chef's Notes

- Layer parfait just before serving to keep granola crunchy.
- Use any high-fiber cereal you like instead of granola.
- Try topping with rinsed, chopped fresh mint leaves for extra flavor and color.
- To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.
- Use leftover fruit in fruit smoothies.
- Make your own homemade granola.

Dairy Dips

Pair your favorite fruits, veggies, and whole grains with easy-to-make dips.

Honey Mustard Dip

- Mix ½ cup plain nonfat yogurt, 1 Tablespoon mustard, and 1 Tablespoon honey.
- Serve with chicken or soft whole grain pretzels.

Ricotta Fruit Dip

- Mix 8 ounces low-fat ricotta cheese, ½ cup nonfat vanilla yogurt, 3 Tablespoons of your favorite fruit preserves or jam, and ½ teaspoon ground cinnamon.
- Serve with cut-up fresh fruit or whole wheat crackers. Or, use as a spread on whole wheat toast, bread, or pancakes.

Vegetable Dip

- Mix ½ cup nonfat plain yogurt, ½ cup reduced-fat mayonnaise, and 1 Tablespoon salt-free seasoning blend (or use ½ teaspoon each of dried chives and parsley, ¼ teaspoon each of garlic and onion powder, and ⅛ teaspoon each of salt and pepper). Use low-fat sour cream in place of mayonnaise if you like.
- Serve with cut-up fresh veggies. Or, use as a topping for quesadillas, tacos, or chili.

Fruit Yogurt Dip

- Using a blender, mix 1 cup low-fat cream cheese (softened), ½ cup nonfat vanilla yogurt, ½ cup fruit puree — such as crushed pineapple, berries, or mashed banana — 1 teaspoon honey, and ¼ teaspoon ground cinnamon.
- Serve with cut-up fresh fruits. Try apples, bananas, grapes, or strawberries.

Chef's Notes

- If you do not have a blender, use a fork to mash more solid ingredients. Then, blend with other ingredients using a mixing spoon.

Peanut Butter Yogurt Dip

Makes about 8 servings

Nutrition Facts
Serving Size 1/4 cup (62.62g)
Servings Per Container 8

Amount Per Serving	
Calories 230	Calories from Fat 150
	% Daily Value*
Total Fat 17g	**26%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 2g	**8%**
Sugars 7g	
Protein 10g	**20%**

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients

- 1 cup low-fat vanilla yogurt
- 1 cup peanut butter

Directions

1. Mix well in a bowl or resealable plastic bag.
2. Great with apples, pears, bananas or celery. Can also be used in sandwiches.

Pumpkin Yogurt Dip

Makes about 6 servings

Nutrition Facts
Serving Size 1/4 cup (61.44g)
Servings Per Container 6

Amount Per Serving	
Calories 45	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 30mg	**1%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 1g	**4%**
Sugars 6g	
Protein 2g	**4%**

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients

- ½ cup canned pumpkin
- 1 cup vanilla low-fat yogurt
- ½ teaspoon cinnamon

Directions

1. Mix well in a bowl or resealable plastic bag.
2. Freeze extra pumpkin in a plastic freezer-safe container for later use.

Magic Mix

Ingredients

- 4 cups nonfat dry milk powder
- 1 cup enriched flour
- ⅓ cup canola oil

Directions

1. Put ingredients into large bowl and mix until it looks like course cornmeal.
2. Refrigerate in tightly covered container. Keeps about 3 months in refrigerator.

Nutrition Facts
Serving Size 1/3 cup (31.3g)
Servings Per Container 15

Amount Per Serving	
Calories 140	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 100mg	**4%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 0g	**0%**
Sugars 9g	
Protein 7g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

Cream of Anything Soup

Directions

1. Combine liquid, Magic Mix, and salt in saucepan. Stir over medium heat until slightly thick.
2. Add one to three of your favorite herbs and spices. Or ½ to 1 Tablespoon of one of the Spice Mixes.
3. Add one or more of the "anything" ingredients. Choose what you have on hand and what your family likes.
4. Heat through.

Cream of Anything Soup

Bases *Mix in saucepan*	Herbs & Spices *Choose from below*	Anything *Add one or more*
• 4 cups water or combination of water and chicken, vegetable or beef broth • 2 cups Magic Mix • 1 teaspoon salt	• 1 Tablespoon of fresh herbs or 1 teaspoon of dried spices • 2 cloves garlic (½ teaspoon powder or 1 teaspoon minced) • ½ to 1 Tablespoon Taco Seasoning • 1 Tablespoon Jerk Seasoning	• 3 carrots or zucchinis, sliced and cooked • 1 package frozen spinach, cooked • 1 package frozen broccoli, cooked, and 1 cup shredded low-fat cheese • 3 potatoes, chopped and cooked, and 1 Tablespoon chopped onion • 1 can cream style corn and 1 Tablespoon chopped onion • Canned, fresh or frozen vegetables, cooked • Cooked meat, poultry, fish, beans, or tofu

Vanilla Pudding

Makes 4 servings

Ingredients

- ¼ cup sugar
- 2 cups Magic Mix
- 2 cups milk
- 1 teaspoon vanilla

Directions

1. In medium saucepan, stir sugar, Magic Mix, and water over medium heat until mixture starts to boil.
2. Remove from heat. Add vanilla and beat until smooth.
3. Cover, cool, and serve.

Variations

- *Chocolate Pudding* - Add 3 Tablespoons of cocoa when adding vanilla.
- *Fruit Pudding* - Add peaches, bananas and other fruit after vanilla.
- *Creamy* - Add one egg, slightly beaten, when adding sugar.
- *Change the Sweetener* - Change white sugar to brown sugar.

Nutrition Facts

Serving Size 1/2 cup (182.64g)
Servings Per Container 4

Amount Per Serving	
Calories 310	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 200mg	**8%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 0g	**0%**
Sugars 33g	
Protein 15g	**30%**

*Percent Daily Values are based on a 2,000 calorie diet.

Make it Quick:

- Cook in the microwave 1 to 2 minutes at a time. Stop and stir every 1 to 2 minutes until thick and creamy.

White Sauce

- For thin sauce, use ⅓ cup plus 1 Tablespoon Magic Mix and 1 cup water. Yield: 1 cup.
- For medium sauce, use ½ cup Magic Mix and 1 cup water. Yield: 1 cup.
- For thick sauce, use ⅔ cup Magic Mix and 1 cup water. Yield: 1 cup.

Directions

1. Stir in a saucepan over medium heat until smooth and thick. Milk scorches easily, so keep heat at medium or lower.

Cream of Anything Gravy

Makes 6 servings

1. In a sauce pan, make a medium White Sauce with ½ cup Magic Mix and 1 cup of water. Stir over medium heat until smooth and thick.
2. Add any of the following:
   - 1 cup cubed cooked ham
   - 1 cup cooked, diced chicken or turkey
   - 1 can tuna or salmon, drained
   - 1 pound cooked ground beef or sausage
   - 1 cup shredded dried (chipped) beef
   - 4 hard-cooked eggs, sliced
   - Spice Mixes or other spice combinations, as desired. Stir well.
3. Heat thoroughly. Serve over whole-grain toast, biscuits, English muffins, brown rice, or whole-wheat noodles.

Add Flavor:
- Substitute broth for all or part of the water.

Creamed Vegetables

Makes 4 servings

1. In a sauce pan, make a medium White Sauce with ½ cup Magic Mix and 1 cup of water. Stir over medium heat smooth and thick.
2. Add 2 cups cooked vegetables and heat through.
3. Add Spice Mixes, as desired.

Scalloped Vegetables

Makes 4 servings

1. In a sauce pan, make a thin White Sauce with ⅓ cup plus 1 Tablespoon of Magic Mix and 1 cup of water. Stir over medium heat until smooth and thick.
2. Add 2 cups cooked vegetables.
3. Add Spice Mixes, as desired. Stir well.
4. Place in ungreased 1-quart casserole. Sprinkle with ½ cup cereal or bread crumbs.
5. Bake uncovered at 325°F for 15 to 18 minutes, or until heated through.

Cheese Sauce

1. In a sauce pan, make a medium White Sauce with ½ cup of Magic Mix and 1 cup water. Stir over medium heat until smooth and thick.
2. Add 1 cup shredded low-fat cheese and stir until melted.

Au Gratin Vegetables

Makes 4 servings

1. Make White Sauce in a sauce pan by combining ½ cup of Magic Mix and 1 cup of water. Stir over medium heat until smooth and thick.
2. Add 1 cup shredded low-fat cheese and stir until melted.
3. Add 2 cups cooked vegetables. Stir well.
4. Place in ungreased, 1-quart casserole dish. Sprinkle with ½ cup cereal or bread crumbs.
5. Bake at 325°F for 15 to 18 minutes, or until heated through.

Vegetables in Cheese Sauce

Makes 4 servings

1. Prepare Cheese Sauce as directed (page X). Add 2 cups cooked vegetables.
2. Heat through and serve.

Chocolate Magic Mix

Ingredients

- 8 cups nonfat dry milk powder
- 1 cup cocoa
- 1½ cups sugar
- Dash of salt

Directions

1. Combine ingredients. Mix well. Pour into jar or can with tight-fitting lid.

Nutrition Facts
Serving Size 1/4 cup (34.11g)
Servings Per Container 40

Amount Per Serving	
Calories 130	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 190mg	**8%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 1g	**4%**
Sugars 20g	
Protein 9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Hot Cocoa

Ingredients

- ¼ cup Chocolate Magic Mix
- 1 cup hot water

Directions

1. Stir well and enjoy!

Nutrition Facts
Serving Size 1 cup (271.11g)
Servings Per Container 1

Amount Per Serving	
Calories 130	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 200mg	**8%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 1g	**4%**
Sugars 20g	
Protein 9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Quesadillas

Makes 12 servings

Ingredients

- 1 dozen corn tortillas
- ¾ cup taco sauce or Salsa
- ¾ cup shredded low-fat cheddar cheese
- ¾ cup shredded low-fat Monterey Jack cheese

Directions

1. Spread each tortilla with 1 Tablespoon taco sauce or salsa. Sprinkle on 1 Tablespoon of each kind of cheese.
2. Fold tortillas in half, fasten with a toothpick, and place on a baking sheet (any size).
3. Bake at 350°F about 5 minutes or until cheese melts.

Variations

Microwave - Place quesadilla on paper towel and cook on high for 30 to 45 seconds for each tortilla. Let stand to allow cheese to melt.

Electric Skillet or Stovetop - Coat cooking surface with non-stick spray. Place quesadilla on surface warmed up to medium heat and cook until brown (about 2 minutes). Turn and continue to cook until cheese is melted (about 2 minutes).

Nutrition Facts

Serving Size 1 quesadilla (84.42g)
Servings Per Container 12

Amount Per Serving	
Calories 170	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 390mg	**16%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 8g	**16%**

*Percent Daily Values are based on a 2,000 calorie diet.

Macaroni and Cheese

Serves 16, ½ cup per serving

Ingredients

- 1 small head broccoli
- 5 ounces cheddar or Monterey Jack cheese
- 1 (16-ounce) package whole wheat macaroni
- 1½ cups nonfat milk
- 1½ Tablespoons unsalted butter
- 2 Tablespoons all-purpose
- flour
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 4 Tablespoons light cream cheese

Nutrition Facts

Serving Size 1/2 cup
Servings Per Recipe 16

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 85mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 8g	
Vitamin A 6% • Vitamin C 10%	
Calcium 8% • Iron 6%	

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

Directions

1. Rinse and chop broccoli.
2. Grate cheddar or Monterey Jack cheese.
3. In a microwave-safe bowl, add broccoli and just enough water to cover half way. Heat in microwave until bright green and tender, about 6-8 minutes.
4. Cook pasta following package directions. Drain in a colander and set aside. While pasta is cooking, make cheese sauce.
5. In a small pot over medium heat, heat milk. When hot, remove from heat. Cover to keep warm.
6. In a large pot over medium heat, melt butter. Add flour. Whisk with a fork, stirring constantly.
7. Slowly add the warm milk. Stir constantly with a rubber spatula, until sauce thickens. Sauce should be thick enough to coat the back of a spoon.
8. Stir in salt and black pepper. Add cream cheese, grated cheese, and broccoli. Stir until grated cheese is melted. Remove from heat.
9. Add macaroni to cheese sauce. Stir to coat.

Chef's Notes

- Use any veggies you like. Try using 1½ cups chopped tomatoes, steamed cauliflower, cooked peas or spinach, or cooked butternut or acorn squash cubes instead of broccoli.
- For a heartier version, in step 8 add 1 (12-ounce) can tuna, packed in water, drained. Or, add cubed and cooked chicken pieces.
- For extra flavor, add ½ teaspoon dried thyme or any herbs and spices you like. Mix into the sauce with the salt and pepper.
- Use other whole wheat pasta, like penne or shells, instead of macaroni.
- Top with toasted whole wheat breadcrumbs if you like.
- Freeze leftovers for up to 3 months.

Bean Basics

Dried beans are packed with nutrients, low cost, and easy to prepare

1. Clean

- Before soaking, sort through dried beans or lentils.
- Throw out any that are discolored or shriveled.

2. Soak

- Fill a pot with water. Add beans. Bring to a boil.
- Boil beans for 5 minutes. Turn the heat off. Cover, and let sit for one hour.
- Drain the soaking water. Rinse the beans.

To soak overnight:

- Fill bowl with 3 cups cold water per 1 cup beans.
- Soak beans for 8 to 12 hours at room temperature.
- Drain the soaking water. Rinse the beans

3. Cook

- Add enough water to cover dry beans or lentils by two inches.
- Simmer the beans for 30 minutes to 2 hours, until cooked. You may need to add water to keep beans from drying out.
- Beans and lentils are done when they are easy to break open with a fork.

4. Store

- Use right away. Or, store in refrigerator or freezer.
- When you are ready to use frozen beans, defrost and prepare like canned beans.

Bean Cooking Times

Use 1 cup of dried beans to make about 3 cups cooked.	Use this much water.*	Cook for this amount of time.
Black beans	3 cups	About 2 hours
Blackeyed peas, cowpeas	2½ cups	½ hour
Great northern beans	2½ cups	1 to 1½ hours
Kidney beans	3 cups	About 2 hours
Lentils (do not soak)	2½ cups	½ hour
Lima beans	2½ cups	45 minutes to 1 hour
Navy or pea beans	3 cups	1½ to 2 hours
Pink or pinto beans	3 cups	2 hours

*At high altitudes (above 3,500 feet), dried beans take more time to rehydrate and cook.

SPEND SMART. EAT SMART.
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How to Make a Slow Cooker Meal

Making a slow cooker meal is ideal for a day when you will not have time to watch something in the oven or on the stove.

SLOW COOKER RECIPES ARE EASY!

Simply prepare the ingredients and place them all in the slow cooker. Then set the temperature, leave it to cook, and have a meal ready when you need it.

- Vegetables and meat can be cut up the night before you need them. Store them in the refrigerator in airtight containers. Do not store them in the liner. If the liner is left in the refrigerator, it cannot heat up quickly enough for the food to be safe to eat. It may break if exposed to cold then exposed to heat.
- To ensure that vegetables are tender, cut hard vegetables into smaller chunks and soft vegetables into larger chunks, or wait to put the soft vegetables in until the last hour of cooking.
- If meat needs to be browned, it is best to brown it right before adding to the slow cooker.
- To avoid sticking, spray the slow cooker with non-stick spray before adding the ingredients.
- Fill the slow cooker at least half full and no more than two thirds full to ensure proper cooking.
- Do not open the lid of the slow cooker during cooking. Only open it towards the end to check for doneness. Each time you lift the lid you prolong the cooking time.
- Many recipes can easily be adapted to your slow cooker. Recipes that are typically simmered on the stove top are easiest to adapt. Just reduce the liquid by 1/3 to 1/2 and adjust the cooking time. Find helpful tips: *www.pillsbury.com/cooking-occasions/easy-meals/slow-cooker-recipe-guide/slow-cooker-recipe-conversion-table.*

SLOW COOKERS HAVE MANY BENEFITS

- They are cost effective when used for cooking beans or tougher cuts of meat that tend to be less expensive.
- Nutritionally, they can be a healthy choice because they are a great way to cook vegetables, beans, and lean cuts of meat.
- They safely cook food when you cannot watch it closely.
- Slow cookers use less electricity and do not heat up the house like stoves and ovens.

KEEP FOOD SAFE TO EAT IN THE SLOW COOKER

- Follow food safety procedures that you would follow for any other recipe.
- Foods cooked in the slow cooker need to reach appropriate internal temperatures and be held at 140ºF or above. Food cooked on either low or high in the slow cooker will get the food to the appropriate internal temperature. Once the food reaches the appropriate temperature, it can be held on the warm setting.
- Completely thaw frozen ingredients before putting them in the slow cooker. Frozen ingredients will not be able to reach the appropriate temperature within two hours, which can cause foodborne illness.
- Ensure thorough cooking of meat by cutting it into chunks or small pieces.
- Refrigerate leftovers in shallow containers to ensure that they cool quickly. Foods should be re-heated in the microwave or on the stove top, not in the slow cooker.

GARBANZO BEAN SOUP

Get the recipe: spendsmart.extension.iastate.edu/recipe/garbanzo-bean-soup

This is a Spend Smart. Eat Smart. recipe that can be adapted for the slow cooker by cooking all the ingredients on low for 4 to 6 hours.

CHECK OUT OUR VIDEOS

spendsmart.extension.iastate.edu/videos *for more information on basic food preparation, safety, storage, and easy recipes!*

SSES 22 | August 2017

Source: Iowa State University Extension and Outreach

Meat Sauce Master Mix

Yields: 8 cups

Ingredients

- 4 pounds lean (greater than 90%) ground beef or turkey
- 1 medium onion, minced
- 1 can (6 ounces) tomato paste plus 1 can (6 ounces) water OR 1 can tomato soup
- 2 cans (15 ounces each) tomato sauce
- 1 teaspoon garlic powder

Directions

1. Brown meat.
2. Drain fat.
3. Add all other ingredients.
4. Simmer 20 to 30 minutes.
5. Add water or tomato juice to sauce to thin if necessary.
6. Chill rapidly.
7. Use in other meat sauce master mix recipes. Or place 2 cup portions in quart-size freezer-quality bags and freeze immediately.

Chef's Notes

- This meat sauce master mix is used to make recipes on pages 27-31.

Easy, Cheesy Pasta

Serves 6-8, Serving Size 1¹/₂ cups

Ingredients

- 2 cups meat sauce master mix (page X)
- 2 cans (16 ounces each) chili beans
- 4 cups cooked, drained whole wheat macaroni
  (NOTE: prepare pasta noodles slightly undercooked so they do not get mushy after freezing)
- 1 cup grated mozzarella cheese

Directions

1. Mix together chili beans, macaroni and meat sauce master mix (page x).
2. Add half of the grated cheese.
3. Place mixture in freezer bag with date and cooking instructions.
4. Place remaining ½ cup cheese in smaller freezer bag. Tape bag of cheese to pasta mixture. Freeze.

Note: Recipe may be divided and frozen in individual servings.

To Cook

1. Thaw in refrigerator for 24 hours.
2. Place in sauce pan.
3. Heat over medium heat until bubbling and temperature reaches 165°F.
4. Add 1 Tablespoon water if mixture is dry.
5. Add 1/2 cup cheese over pasta before serving.

Note: Individual recipe servings may be reheated in the microwave to 165°F.

Nutrition Information

350 calories, 28g protein, 45g carbohydrate, 6g fat, 45mg cholesterol, 840mg sodium, 9g fiber

Nutrition Facts
Serving Size 1 1/2 cups
Servings Per Container 7

Amount Per Serving	
Calories 350	
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 840mg	**35%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 9g	**36%**
Sugars 0g	
Protein 28g	**56%**

*Percent Daily Values are based on a 2,000 calorie diet.

Spaghetti

Serves 4, ³/₄ cup per serving

Ingredients

- 2 cups meat sauce master mix
- 1 ½ teaspoon Italian seasoning OR 1 package spaghetti sauce seasoning
- 8 ounces whole grain pasta
- Parmesan cheese (optional)
- Tomato sauce (optional)

Directions

1. Mix meat sauce master mix and seasoning in a small bowl.
2. If the sauce is too thick, add extra tomato sauce.
3. Place in quart-size freezer bag.
4. Label, date and include instructions.

Note: Recipe may be divided and frozen in individual servings.

To Cook

1. Thaw meat sauce in refrigerator for 24 hours.
2. Heat in microwave or on stove top to 165°F.

To prepare pasta

1. In a large pan, boil 3 quarts water.
2. Add pasta gradually.
3. Boil uncovered, stirring occasionally (over stirring causes sticky pasta). Pasta should be tender, yet firm.
4. Immediately drain pasta; do not rinse.
5. Pour meat sauce over hot, cooked pasta.
6. Sprinkle with Parmesan cheese.

Nutrition Facts

Serving Size 3/4 cups
Servings Per Container 4

Amount Per Serving	
Calories 350	
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 430mg	**18%**
Total Carbohydrate 48g	**16%**
Dietary Fiber 9g	**36%**
Sugars 0g	
Protein 32g	**64%**

*Percent Daily Values are based on a 2,000 calorie diet.

Chili

Serves 4

Directions

1. In a pot or electric skillet, mix 2 to 3 teaspoons chili powder, two cups meat sauce master mix (page x), and 4 cups cooked kidney beans (or 2 15-ounce cans beans, drained).
2. For extra Vitamin A, add a 15-ounce can of pumpkin.
3. Heat through.

Mini Pizzas

Serves 4

Directions

1. Mix 1 teaspoon Italian Seasoning, a dash of black pepper, and 1 cup meat sauce master mix.
2. On cookie sheet, lay out 8 pizza bases. Try whole-grain bagel halves, English muffi n halves or slices of bread.
3. Spoon 2 Tablespoons of the meat sauce master mix and seasoning mixture on each base.
4. Top with a variety of sliced vegetables.
5. Sprinkle with 1 Tablespoon mozzarella cheese.
6. Broil or bake 2 to 3 minutes until cheese starts to brown.

Sloppy Joes

Serves 4, 1/2 cup per serving

Ingredients

- 2 cups meat sauce master mix (page x)
- 1 Tablespoon vinegar
- 1 Tablespoon brown sugar
- ¼ cup ketchup

Directions

1. In a small bowl, mix meat sauce master mix (page x), vinegar, brown sugar, and ketchup.
2. Place in a quart-size freezer bag, seal, date, and secure instructions.
3. Freeze with bag of whole wheat hamburger buns.

Note: Recipe may be divided and frozen in individual servings.

To Cook

1. Thaw in refrigerator for 24 hours.
2. Heat mix in microwave or on stove top until mixture reaches 165°F.
3. Toast hamburger buns in oven.

Nutrition Note: Nutrition Facts label does not include hamburger bun information.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving	
Calories 180	
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 600mg	**25%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 24g	**48%**

*Percent Daily Values are based on a 2,000 calorie diet.

Tacos

Serves 4

Directions

1. In a saucepan or electric skillet, add 1 teaspoon Mexican Seasoning to 1 cup meat sauce master mix.
2. Heat through.
3. Spoon 1-2 Tablespoons of the meat sauce master mix and seasoning mixture into a taco shell.
4. Add salsa, lettuce, tomatoes, onions, and shredded cheese.

Taco Soup

Serves 6

Directions

1. In a saucepan or electric skillet, mix 2 cups meat sauce master mix with 1 teaspoon Mexican Seasoning.
2. Add 1 15-ounce can diced tomatoes; 2 cups cooked kidney, pinto or black beans (or 1 15-ounce can, drained); and 1 15-ounce can corn, drained.
3. Add 1 cup of water and bring to a boil.
4. Simmer 10 minutes.
5. Add more water, if needed.
6. Ladle into bowls and sprinkle with shredded cheese.
7. Serve with corn chips, olives, and/or low-fat sour cream.

Italian Soup

Serves 6

Directions

1. In a saucepan or electric skillet, mix 2 cups meat sauce master mix with 1 Tablespoon Italian Seasoning.
2. Add 1 15-ounce can crushed tomatoes; 2 cups cooked cannellini beans (or 1 15-ounce can, drained); 2 cups beef broth; and ½ cup uncooked pasta.
3. Add 1 cup vegetables.
4. Bring to a boil.
5. Add more water, if needed.
6. Simmer 10 minutes.

Roast Chicken with Garlic Master Mix

Yield: 7 cups chicken meat and 1/2 cup garlic puree

Ingredients

- 2 whole chickens (about 3.5 pounds each)
- ½ teaspoon black pepper
- ½ Tablepoon olive oil
- 4 large heads garlic

Directions

1. Season both the inside and outside of the chicken with pepper.
2. Place breast side down on racks in two roasting pans.
3. Toss garlic heads in oil and place in roasting pans.
4. Roast the chicken and garlic in a 400°F oven for one hour and ten minutes or until a thermometer reaches 165°F.
5. Cool.
6. Separate garlic into cloves and squeeze pulp out of each clove into small bowl.
7. Mash with fork and set aside for Tuscan Chicken and White Bean Stew; may be frozen.
8. Remove meat from chicken and dice.
9. Discard skin and bones.
10. Cover and refrigerate for up to three days or freeze in a freezer safe container up to 3 months.

Chef's Notes

- This meat roast chicken master mix is used to make recipes on pages 33-35.

Chicken Pot Pie

Serves 8, 1⅓ cups per serving

Ingredients

- 2 Tablespoons butter or margarine
- ¼ cup onion, minced
- 3 Tablespoons flour
- 1 Tablespoon salt-free all-purpose seasoning mix (Mrs. Dash™, McCormick Perfect Pinch™, etc.)
- 1 cup reduced-sodium chicken broth (NOTE: bouillon may be used, but will increase sodium)
- 1 cup low-fat milk
- 1 ½ cups carrots, sliced
- 3 cups roast chicken master mix (page x)
- 8 ounces sliced mushrooms, fresh or canned
- 1 cup frozen peas

Directions

1. Line a 2 quart casserole dish with foil, leaving enough overhang to cover food and seal foil.
2. Melt butter in skillet over medium heat.
3. Add onions and cook 4 minutes.
4. Stir in flourandseasoning.
5. Increase heat and add chicken broth and milk.
6. Bring to a boil, stirring constantly.
7. Add carrots and cook 5 minutes.
8. Add chicken master mix (page X), mushrooms and peas; cook 5 minutes.
9. Pour into prepared dish. Cool, seal, label, and freeze.
10. Once pot pie is frozen, remove from casserole dish and return to freezer.

Optional: Pot pie mix may also be placed into a freezer bag for storage.

To Cook

Cornbread Topping:

1. Peel foil from pot pie and place into greased baking pan.
2. Thaw in refrigerator for 24 hours.
3. Prepare corn bread according to package directions.
4. Pour over top of casserole.
5. Bake at 350°F uncovered for 1 hour to 165°F.

Biscuit Topping:

1. Peel foil from pot pie and place into greased baking pan.
2. Thaw in refrigerator for 24 hours.
3. Bake at 400°F uncovered for 35 minutes.
4. Reduce oven temperature to 350°F.
5. Arrange biscuits over chicken mixture.
6. Bake at 350°F for 15 to 18 minutes, or until biscuits are golden brown and mixture reaches 165°F.

Nutrition Facts

Serving Size 1 1/3 cups
Servings Per Container 8

Amount Per Serving	
Calories 170	
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 280mg	12%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 18g	36%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Note: Nutrition Facts label does not include cornbread or biscuit information.

Safety Note: If freezing in glass bakeware, please read manufacturer's instructions. Glass bakeware may break if placed directly from freezer to oven.

Enchiladas Tex-Mex

Serves 8, 1¹/₃ cups per serving

Ingredients

- 1 can (15 ounces) black beans, rinsed and drained
- 2 teaspoons dried cilantro or parsley (OR 2 Tablespoons fresh, chopped)
- 1 jar (10 ½ ounces) salsa
- 3 cups roast chicken master mix (page X)
- 2 cups low-fat Monterey Jack cheese, shredded
- 8 large whole wheat tortillas
- 1 jar (10 ½ ounces) salsa (optional topping when reheated)

Directions

1. Line a 9 x 13-inch baking pan with foil, leaving enough overhang to cover food and seal foil.
2. Spray foil with cooking spray.
3. In mixing bowl, combine black beans, chicken master mix (page X), cilantro, 1 cup cheese, and 1 jar of salsa.
4. Fill each tortilla with ½ cup of chicken mixture.
5. Roll and place seam side down in baking pan.
6. Sprinkle remaining cheese over enchiladas.
7. Seal, label, and freeze.
8. Once enchiladas are frozen, remove from pan and return to freezer, or wrap individually.

To Cook

1. Peel foil from enchiladas and return to baking pan.
2. Thaw for 24 hours in the refrigerator.
3. Cover pan loosely with foil and bake at 350°F for 1 hour.
4. Remove foil and bake 15 minutes longer to 165°F.
5. Individual servings can also be reheated in the microwave.

Safety Note: If freezing in glass bakeware, please read manufacturer's instructions. Glass bakeware may break if placed directly from freezer to oven.

Nutrition Facts

Serving Size 1 1/3 cups
Servings Per Container 8

Amount Per Serving	
Calories 350	
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 830mg	**35%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 5g	**20%**
Sugars 0g	
Protein 28g	**56%**

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken & White Bean Tuscan Stew

Serves 8, 2 cups per serving

Ingredients

- ½ cup roasted garlic puree (page X)
- 4 cans (15 ounces) Great Northern beans, drained and rinsed
- 2 cans (13.75 oounces each) reduced sodium chicken broth
- 1 cup carrots, thinly sliced
- 1 cup onions, finelychopped
- ½ cup water
- 1 teaspoon dried rosemary
- 1 cup roast chicken master mix (page X)
- ½ teaspoon black pepper
- 3 slices of bacon, cooked & chopped (optional)

Directions

1. Puree garlic with 2 cans of the beans and 1 can of the chicken broth. Set aside.
2. Add carrots, onions, water and rosemary to a 5-quart pot.
3. Simmer uncovered for 5 minutes.
4. Stir in pureed bean mixture, remaining broth and beans, chicken master mix (page X) and pepper.
5. Simmer uncovered 5 minutes.
6. Cool, seal, label, and freeze in a freezer safe container.

To Cook

1. Thaw for 24 hours in the refrigerator.
2. Heat in microwave or on stove top to 165°F.

Nutrition Facts

Serving Size 2 cups
Servings Per Container 8

Amount Per Serving	
Calories 120	
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 22mg	**7%**
Sodium 630mg	**26%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 6g	**24%**
Sugars 0g	
Protein 12g	**24%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meatball Master Mix

Yield: 20 - 1-inch meatballs

Ingredients

- 1 pound lean (greater than 90%) ground beef or turkey
- 1 egg
- 1 1/2 teaspoon dried parsley
- 1/4 cup bread OR cracker crumbs
- 1/4 cup skim milk
- 1/4 cup minced onion
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder

Directions

1. Preheat oven to 350°F.
2. In large bowl, combine all ingredients and mix well.
3. Shape into meatballs about 1 inch in diameter and place on a baking or broiler pan.
4. Bake for 25 — 30 minutes until meatballs are 165°F.
5. Chill rapidly, package in freezer-quality bags and freeze immediately.

Freezing Suggestions

Cooked meatballs last for about 2-3 months in the freezer.

Chef's Notes

- This meatball master mix is used to make recipes on pages 37-39.

Meatball Sandwiches

Serves 4, 1 sandwich per serving

Ingredients

- 1/2 Meatball Master Mix recipe (about 10 meatballs) (page X)
- 4 slices low-fat mozzarella cheese
- 1 1/3 cups prepared spaghetti sauce
- 4 whole-wheat hot dog buns, pita pockets OR bread

Directions

1. Thaw meatballs in refrigerator for 24 hours.
2. Place meatballs and spaghetti sauce in large saucepan.
3. Heat until meatballs are 165°F with a food thermometer.
4. Place meatballs into warmed bun.
5. Spoon spaghetti sauce onto bun and place mozzarella slice on top of the sandwich.

Nutrition Facts
Serving Size 1 sandwich
Servings Per Container 4

Amount Per Serving	
Calories 350	
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 63mg	**21%**
Sodium 860mg	**36%**
Total Carbohydrate 70g	**23%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 28g	**56%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meatball Stroganoff

Serves 4, 1½ cups per serving

Ingredients

- 1/2 meatball master mix recipe (about 10 meatballs) (page X)
- 1/2 cup low-fat sour cream OR plain yogurt
- 1 can (4 ounces) mushrooms
- 1 can low sodium condensed cream of mushroom soup
- 8 ounces whole grain pasta

Directions

1. Thaw meatballs in refrigerator for 24 hours.
2. In a medium saucepan, mix together cream of mushroom soup and sour cream or yogurt.
3. Gently stir in mushrooms and meatballs.
4. Simmer until meatballs are heated to 165°F.

To prepare pasta

1. In a large pan, boil 3 quarts water.
2. Add pasta gradually.
3. Boil uncovered, stirring occasionally (over stirring causes sticky pasta). Pasta should be tender, yet firm.
4. Immediately drain pasta; do not rinse.
5. Pour meat sauce over hot, cooked pasta.

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 4

Amount Per Serving	
Calories 390	
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 63mg	**21%**
Sodium 130mg	**5%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 25g	**50%**

*Percent Daily Values are based on a 2,000 calorie diet.

Meatballs Sweet & Sour

Serves 6, ⅔ cup per serving

Ingredients

- 1 meatball master mix recipe (page X)
- 1 green pepper, chopped
- 20 ounces chunk pineapple
- 2 cups brown sugar, packed
- 1 Tablespoon cornstarch
- 1/4 cup vinegar
- 1 Tablespoon soy sauce
- 1/4 cup ketchup
- Hot cooked brown rice

Directions

1. Thaw meatballs.
2. Microwave meatballs and green pepper on high until meatballs are heated to 165°F.
3. Turn meatballs during cooking.
4. Drain pineapple and save the juice.
5. Mix together brown sugar, cornstarch, pineapple juice, vinegar, ketchup and soy sauce.
6. Microwave on high 5-6 minutes until thick; stir every 2 minutes.
7. Add green peppers, meatballs and pineapple chunks.
8. Heat 1-2 minutes.
9. Serve over brown rice.

Nutrition Note: Nutrition Facts label does not include brown rice information.

Nutrition Facts

Serving Size 2/3 cup
Servings Per Container 6

Amount Per Serving	
Calories 280	
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 470mg	20%
Total Carbohydrate 43g	14%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	36%

*Percent Daily Values are based on a 2,000 calorie diet.

Bean Calico Salad

Serves 10, ³/₄ cup per serving

Ingredients

- 2 cups cooked navy, great northern, or small white beans or 1 15-ounce can, drained
- 2 cups cooked dark or light kidney beans or 1 15-ounce can, drained
- 2 cups cooked garbanzo beans or 1 15-ounce can, drained
- ½ cup Italian Vinaigrette
- Salt and black pepper to taste
- Tomato wedges
- Onion slices, separated into rings

Nutrition Facts
Serving Size 3/4 cup (149.34g)
Servings Per Container 10

Amount Per Serving	
Calories 230	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 9g	**36%**
Sugars 3g	
Protein 9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Directions

1. Mix beans together lightly. Cover with dressing. Add salt and pepper.
2. Refrigerate for several hours.
3. When ready to serve, mix again.
4. Serve in large bowl and top with tomato wedges and onion rings.

Variation

Change Dressing- Try other vinaigrette or bottled French Dressing.

Red, White and Green- Use all white beans and add chopped red bell pepper and fresh or frozen peas. Blend with Garlic Mustard Vinaigrette.

Eggs

Pan-Fry

1. Coat a skillet with non-stick spray or heat 1 teaspoon of oil until just hot enough to sizzle a drop of water.
2. Break eggs into small dish one at a time. Slide gently into pan. Immediately reduce heat.
3. Cover and cook until egg whites are completely set and yolks thicken, but are not hard. If desired, baste eggs with oil, or turn eggs to cook both sides.

Boiling

1. Place a single layer of eggs in a saucepan.
2. Add enough cool water to rise at least 1 inch above eggs.
3. Over medium heat, bring water to just boiling.
4. Cover pan and remove from heat.
5. Let eggs stand about 12 to 15 minutes.
6. Run cool water over eggs until cool enough to handle.
7. Peel and eat. Since older eggs peel easier, try to buy eggs about 5 days before hard-boiling.

Penny Saving Pointers for Eggs

- Protein supplied by eggs is high in quality and low in cost.
- Any size eggs work in most basic recipes. For baking, recipes usually call for large eggs. Three small eggs equal two large eggs.
- One egg equals one ounce of lean meat, poultry, or fish.

Safety for Eggs

- Commercially bought eggs do not need to be washed at home and washing is not recommended.
- Farm fresh eggs should be washed before refrigeration. Once collected from the chicken, dirt should be rubbed off. Wash the eggs in 90ºF water. Dry eggs before placing in carton and refrigerating.
- Eggs and dishes with eggs must be thoroughly cooked to 160ºF to prevent salmonella contamination.
- The yolk and white will be firm when fully cooked.
- For recipes calling for uncooked eggs, use pasteurized eggs, egg substitutes, or powdered eggs.

Omelet

Makes 1 omelet

Ingredients

- 2 eggs
- 2 Tablespoons water or low-fat milk
- ⅛ teaspoon salt (optional)
- Black pepper to taste (optional)
- 1 teaspoon canola oil

Directions

1. In small bowl, beat eggs and water or milk with seasonings.
2. In skillet, heat oil until just hot enough to sizzle a drop of water.
3. Pour in eggs; mixture should begin to set around edges.
4. Carefully push edges toward center with pancake turner so uncooked portion can reach hot pan surface.
5. When top is thickened and no liquid egg remains, fold omelet in half. Slide from pan onto plate.

Variations

Cheese - Omit salt. When eggs are cooked, add ¼ cup shredded low-fat cheese in center of omelet. Fold over.

Ham and Cheese - Prepare cheese omelet with ¼ cup chopped, cooked ham. Fold over.

Mushroom - Cook ⅓ cup sliced fresh mushrooms in a little oil until tender. Spoon into center of omelet. Fold over.

Vegetable - Cook ⅓ cup mixed vegetables or other chopped vegetables and ⅛ teaspoon basil in a little oil until tender. Spoon into center of omelet. Sprinkle with grated Parmesan, shredded low-fat cheddar, or crumbled feta cheese. Fold over.

Nutrition Facts

Serving Size 1 omelet (135.03g)
Servings Per Container 1

Amount Per Serving	
Calories 190	Calories from Fat 130
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 375mg	**125%**
Sodium 160mg	**6%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars 2g	
Protein 14g	**27%**
Vitamin A 10% •	Vitamin C 0%
Calcium 10% •	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Peanut Butter and Banana Pockets

Serves 4, 1 folded quesadilla per serving

Ingredients

- 3 ripe bananas
- 3 Tablespoons creamy peanut butter
- 1½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

Nutrition Facts

Serving Size 1 folded quesadilla
Servings Per Recipe 4

Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 370mg	**16%**
Total Carbohydrate 47g	**17%**
Dietary Fiber 3g	**11%**
Sugars 14g	
Protein 8g	
Vitamin A 2% • Vitamin C 15%	
Calcium 0% • Iron 0%	

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

Directions

1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1–2 minutes on each side, or until golden brown.

Chef's Notes

- For a richer flavor, stir 2 Tablespoons of low-fat cream cheese into the peanut butter mixture in step 2. Let cheese come to room temperature before adding.
- To serve as a dessert, add melted chocolate sauce. Or, sprinkle a few chocolate chips inside the tortilla while cooking.

Baked Flaked Fish with Tartar Sauce

Serves 8, 4 ounces cooked fish and 2 Tablespoons sauce per serving

Ingredients

Fish

- 2 pounds fish fillets, such as tilapia or haddock
- 4¼ cups cornflakes cereal
- ⅓ cup whole wheat flour
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 large eggs
- ¼ cup nonfat milk
- Non-stick cooking spray

Tartar Sauce

- ½ medium lemon
- ½ cup light mayonnaise
- ½ cup plain nonfat yogurt
- 3 Tablespoons sweet pickle relish
- ¼ teaspoon ground black pepper

Nutrition Facts

Serving Size 4 ounces cooked fish and 2 Tablespoons sauce
Servings Per Recipe 8

Amount Per Serving	
Calories 260	Calories from Fat 70
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 500mg	22%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 25g	
Vitamin A 10% • Vitamin C 8%	
Calcium 4% • Iron 30%	

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

Directions

1. Preheat oven to 375 °F.
2. Cut fillets into 8 roughly even-size pieces.
3. In a medium bowl, crush cornflakes.
4. In a second medium bowl, mix flour, salt, and black pepper.
5. In a third medium bowl, add eggs and milk. Beat with a fork.
6. Dip each fish piece into flour, then egg mixture, then cornflakes. Each piece should be fully coated with flakes.
7. Coat baking sheet with non-stick cooking spray. Place fish pieces on sheet, evenly spaced. Spray pieces lightly with cooking spray.
8. Bake until fish flakes easily with a fork, about 15–20 minutes. While fish cooks, prepare tartar sauce.
9. Rinse lemon. In a small bowl, squeeze juice. Discard seeds.
10. In a second small bowl, add mayonnaise and yogurt. Whisk with a fork until smooth. Add relish, black pepper, and 2 teaspoons lemon juice. Stir until combined.
11. When fish is cooked, serve immediately. Add a dollop of tartar sauce on top or serve on the side.

Chef's Notes

- Leftovers can be refrigerated for about 1 day. Reheat in oven at 350 °F for 10–15 minutes. Add to fish tacos, wraps, or salad.
- To crush cornflakes easily, place in bowl and crush using the bottom of a measuring cup. Or, place in a large zip-top plastic bag and crush using your fists or the bottom of a measuring cup.
- For a different flavor, try topping with a fresh fruit salsa instead of tartar sauce.

Barley and Lentil Soup

Serves 8, 1 cup per serving

Ingredients

- 3 medium carrots
- 2 medium onions
- 3 large cloves garlic
- 4 cups fresh spinach
- ¾ cup pearl barley
- 1 Tablespoon canola oil
- 1 teaspoon ground paprika
- ½ teaspoon ground cayenne pepper
- 6 cups water
- 4 cups low-sodium chicken or vegetable broth
- 1 cup dried lentils
- 1 (14½-ounce) can diced tomatoes, no salt added
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

Optional Ingredients

- ¼ cup grated Parmesan cheese

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 8

Amount Per Serving	
Calories 210	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 370mg	**16%**
Total Carbohydrate 38g	**14%**
Dietary Fiber 10g	**36%**
Sugars 5g	
Protein 11g	

Vitamin A 100% • Vitamin C 15%
Calcium 4% • Iron 20%

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

Directions

1. Rinse, peel, and dice carrots and onions. Peel and mince garlic. Rinse and chop spinach.
2. In a colander, rinse barley with cold water.
3. In a large pot, add oil. Heat over medium-high heat. Add carrots and onions. Cook until slightly soft, about 5 minutes.
4. Add garlic, paprika, and cayenne pepper to pot. Stir and cook for 30 seconds.
5. Add barley, water, and broth to pot. Bring to a boil. Reduce heat to low. Partially cover with a lid and simmer for 15 minutes.
6. In a colander, rinse lentils with cold water. Add lentils to pot, along with tomatoes. Cover and simmer for 30 minutes.
7. Add spinach to soup and stir. Cover and simmer for 5 more minutes.
8. Add salt and pepper and stir. If using Parmesan cheese, add now.

Chef's Notes

- If soup is too thick, add extra liquid (water or broth) to your taste.
- Beans and grains continue to absorb water when stored in the fridge. When reheating leftover soup, add water or broth as needed.
- Use kale, chard, or collard greens in place of spinach, if you like.
- For a more filling and healthier soup, add more colorful veggies.

Chicken Salad With Peanut Dressing

Serves 4, 2 cups per serving

Ingredients

Salad

- 4 bone-in chicken thighs, about 1½ pounds
- 1 medium head romaine lettuce
- 1 medium red bell pepper
- 1 small apple
- 8 snow peas
- 1 (10-ounce) can mandarin oranges, packed in juice

Dressing

- 2 Tablespoons peanut butter
- 2 Tablespoons canola oil
- 2 teaspoons low-sodium soy sauce
- 2 teaspoons distilled white vinegar

Optional Ingredients

- ¼ cup slivered almonds

Nutrition Facts

Serving Size 2 cups
Servings Per Recipe 4

Amount Per Serving	
Calories 340	Calories from Fat 170
	% Daily Value*
Total Fat 19g	**24%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 120mg	**40%**
Sodium 210mg	**9%**
Total Carbohydrate 21g	**8%**
Dietary Fiber 6g	**21%**
Sugars 14g	
Protein 26g	
Vitamin A 310% •	Vitamin C 120%
Calcium 6% •	Iron 15%

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

Directions

1. Remove skin and trim any excess fat from chicken thighs. In a large pot over high heat, add chicken and cover with water. Bring to a simmer. Reduce heat to maintain a simmer. Cook until a food thermometer inserted in the thickest part of a thigh without touching the bone reads 165 °F, about 10 minutes. Transfer to a plate and let cool. While the chicken cooks and cools, prepare rest of salad.
2. Rinse lettuce. Pat dry. Tear into bite-size pieces.
3. Rinse bell pepper. Remove core and seeds. Cut into bite-size pieces.
4. Rinse apple. Cut into thin slices. Then, cut slices into matchsticks.
5. Rinse snow peas. Slice thinly on the diagonal.
6. Drain mandarin oranges, reserving juice.
7. In a large bowl, add peanut butter, oil, soy sauce, vinegar, and 1 Tablespoon reserved mandarin orange juice. Mix until well blended.
8. When the chicken is cool, shred with two forks.
9. Add lettuce, bell pepper, apple, snow peas, drained mandarin oranges, and chicken to bowl with dressing. Toss to coat. If using almonds, sprinkle on top of salad now.

Chef's Notes

- If you have leftover cooked chicken, use 1½ cups in place of the chicken thighs.
- Use 4 cups spinach instead of romaine, if you prefer.
- For extra color and flavor, add grated carrots.
- Plan ahead for leftovers. Set aside some salad and dressing before tossing together. Store separately. Toss just before serving.
- You can use rice vinegar instead of distilled white vinegar.
- When they are in season, use fresh oranges or clementines in place of canned mandarin oranges. Use 1 Tablespoon orange juice in place of reserved mandarin orange juice in step 7.

Chicken With Apples and Raisins

Serves 6, 1–2 pieces of chicken and ¾ cup vegetable mixture per serving

Ingredients

- 1 large onion
- 2 large carrots
- 2 medium apples
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon salt, divided
- ¼ teaspoon ground black pepper
- 5 pounds bone-in chicken pieces
- 2 Tablespoons canola oil, divided
- 1 (15-ounce) can low-sodium chicken broth
- ¾ cup raisins

Optional Ingredients

- ½ cup nuts (such as walnuts, almonds, or pecans)
- ¼ cup fresh parsley and/or cilantro

Nutrition Facts

Serving Size 1-2 pieces chicken and 3/4 cup veggie mixture
Servings Per Recipe 6

Amount Per Serving

Calories 440	Calories from Fat 140
	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 130mg	**43%**
Sodium 350mg	**15%**
Total Carbohydrate 30g	**11%**
Dietary Fiber 4g	**14%**
Sugars 20g	
Protein 46g	

Vitamin A 80% • Vitamin C 8%
Calcium 4% • Iron 15%

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

Directions

1. Peel, rinse, and dice onion and carrots. Rinse and dice apples.
2. If using, chop nuts. Rinse and mince parsley or cilantro.
3. In a small bowl, mix cinnamon, coriander, cumin, ¼ teaspoon salt, and pepper.
4. Pat chicken dry with paper towels. Remove skin. If using whole chicken legs, separate the thigh and drumstick. Rub chicken pieces with spice mixture.
5. In a large skillet over medium heat, heat 1 Tablespoon oil. Add onion, carrots, and apples. Cook, stirring occasionally, until starting to brown, about 15 minutes. Transfer to a medium bowl.
6. Add remaining 1 Tablespoon oil to skillet. Brown chicken in 2 batches, 2–4 minutes per side. Return all chicken pieces to skillet and add broth. Bring to a simmer. Cook, turning occasionally, until chicken reaches an internal temperature of 165 °F, about 15–25 minutes depending on size of the pieces. Transfer cooked chicken to a clean plate.
7. Add raisins, vegetable mixture, and remaining ¼ teaspoon salt to skillet. Bring to a simmer and cook until liquid is almost gone, 5–10 minutes more. Serve over cooked chicken. If using, top with nuts and herbs.

Chef's Notes

- Serve with whole grain couscous or brown rice and a vegetable side dish.
- Try using dried cranberries or apricots in place of raisins.
- Bone-in chicken pieces tend to be less expensive, but this recipe will work just as well with boneless chicken if you prefer.

Tuna Melt

Serves 4, 1 sandwich per serving

Ingredients

- 1 large or 2 small stalks celery
- 1 large tomato
- ½ medium lemon
- 2 (5- or 6-ounce) cans light
- tuna, packed in water, no salt added
- 2 ounces low-fat cheddar cheese
- ¼ cup low-fat mayonnaise
- ¼ teaspoon ground black pepper
- 4 slices whole wheat sandwich bread

Optional Ingredients

- ¼ teaspoon dried dill or tarragon
- Hot sauce, to taste

Nutrition Facts

Serving Size 1 open-faced sandwich
Servings Per Recipe 4

Amount Per Serving	
Calories 220	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 440mg	**19%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 29g	
Vitamin A 10% • Vitamin C 15%	
Calcium 10% • Iron 10%	

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

Directions

1. Rinse and dice celery. Rinse, core, and cut tomato into 4 thick slices.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In a colander, drain tuna.
4. Grate cheese.
5. In a medium bowl, add tuna. Flake apart with a fork. Add celery, lemon juice, mayonnaise, and black pepper. Mix with fork until combined. If using dried herbs and hot sauce, stir in now.
6. In a large skillet over medium heat, add 2 slices bread. Cook until toasted on bottom, about 5 minutes. Remove from pan. Repeat with other 2 slices. Remove pan from heat.
7. On the toasted side of each bread slice, add ½ cup tuna salad. Top with tomato slice and sprinkle with cheese (about 2 Tablespoons each).
8. Return skillet to medium heat. Place 2 sandwiches in skillet. Cover and cook until cheese is melted and underside is browned, about 3–5 minutes. Remove from pan. Repeat with other 2 sandwiches.

Chef's Notes

- Tuna salad is also great for cold sandwiches. Or, use to make a pasta salad. Combine with leftover whole wheat pasta, a handful of thawed frozen peas, and a little extra low-fat mayonnaise and lemon juice.
- Use diced radishes in place of celery, if you like.
- To make all 4 sandwiches at once, use the oven. Toast bread on a baking sheet at 450 °F for 10 minutes. Remove from oven and turn each slice over. Top with tuna salad, tomato slices, and cheese. Return to oven and bake until cheese is melted, about 3–5 minutes.

Scrambled Egg Muffins

Serves 6, one muffin per serving

Ingredients

- 2 cups vegetables (washed and diced) (broccoli, red or green bell peppers, onion)
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- ½ cup low fat cheddar cheese, shredded

Directions

1. Preheat oven to 350 °F. Spray muffin tin with nonstick spray.
2. Add diced vegetables to the muffin tin.
3. Beat eggs in a bowl. Stir in salt, pepper, and garlic powder.
4. Pour eggs into the muffin tin and bake 20-25 minutes. Remove the tin from the oven during the last 3 minutes of baking. Sprinkle the cheese on top of the muffins and return the tin to the oven.
5. Bake until the temperature reaches 160 °F or a knife inserted near the center comes out clean.

Nutrition Facts

6 Servings Per Container
Serving Size: 1 muffin

Amount Per Serving	
Calories	**110**
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 190mg	63%
Sodium 200mg	8%
Total Carbohydrates 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Added Sugars	NA*
Protein 8g	
Vitamin D 1mcg	5%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 176mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently avaliable for the recipe. We will be updating the information shortly.

Chef's Notes

- Use other vegetables such as mushrooms, tomato, or spinach instead of broccoli and peppers.
- Diced means to cut into small pieces (¼ inch or less).
- Vegetables can be prepared the night before and stored in the refrigerator for a quick breakfast.
- Bake in an 8" x 8" pan for about 20 minutes.
- Add ham or Canadian bacon.
- Serve leftovers in tortillas or with a green salad and roll for a meal idea.

Pasta

- Two ounces of uncooked pasta is about ½ cup dry and 1 cup cooked.
- For long pasta, like spaghetti, 2 ounces uncooked is about ½-inch diameter dry (about the size of a dime) and 1 cup cooked.
- Dry pasta will keep in a cool, dry place for up to one year.
- Whole-grain pasta and pasta blends provide more fiber and nutrients than regular pasta.

Cooking Grains

Grain	Ingredients	Instructions	Cooking Time
Oatmeal	I cup water or low-fat milk, ½ cup oats, dash of salt	Boil liquid and salt. Stir in oats.	Cook 5 minutes, medium heat. Stir occasionally.
Quick barley (Regular barley takes 45 min-utes)	2 cups water, 2 cup barley, dash of salt	Boil liquid and salt. Stir in barley. Cover.	Cook about 10-12 minutes. Remove from heat. Let Stand 5 minutes.
Cornmeal	2½ cups water, 1¼ cups cornmeal, dash of salt	Put water, salt and cornmeal in a pan.	Cook 5-7 minutes over medium heat, stirring frequently.
Bulgur	¾ cup bulgur, 2 cups water	Put bulgur in bowl. Boil water and pour over bulgur.	Let stand for 1 hour.
Couscous	1¼ cups water or broth, 2 Tablespoons canola oil, 1 cup couscous, dash of salt	Boil liquid. Add oil, couscous, and salt. Stir, cover, and remove from heat.	Let stand 5 minutes. Fluff before serving.
Quinoa	1 cup quinoa, 2 cups water or broth	If not pre-rinsed, rinse quinoa in cold water (reduces bitterness). Boil liquid and salt, add quinoa. Cover.	Cook 12-15 minutes or until liquid is absorbed. Remove from heat, fluff. Let Stand 5 minutes.
Pasta	3 quarts water, salt, 8 ounces whole-wheat macaroni or spaghetti, or egg noodles	Boil water. Add salt and then add pasta gradually.	Boil uncovered, stirring occasionally, 8-10 minutes (check package directions). Pasta should be tender, yet firm. Drain.

Cooking Grains - Continued

Grain	Ingredients	Instructions	Cooking Time
White rice (not instant)	1 cup rice, 2 cups cold water, dash of salt	Combine in a pan. Bring to a boil. Cover, reduce heat. Do not stir.	Simmer 15-18 minutes until rice is render and liquid is absorbed.
Brown rice	1 cup brown rice, 2½ cups water, dash of salt	Combine in a pan. Bring to a boil. Cover, reduce heat. Do not stir.	Simmer 45-55 minutes until rice is tender and liquid is absorbed.
Wild rice	1 cup rice, 4 cups water	Combine in a pan. Bring to a boil, stir once or twice. Cover, reduce heat.	Simmer about 50 minutes until rice is tender and liquid is absorbed.
Oven-baked rice	Follow amounts from above.	Place ingredients in oven-safe dish with lid. Place in 375°F oven. Do not stir.	Bake brown or wild rice 40-50 minutes. Bake white rice 30 minutes. All liquid should be absorbed.
Other pasta or grains	Follow package directions		

Biscuits

Serves 16, One biscuit per serving

Ingredients

- 2 ¼ cups unsifted all-purpose flour
- 2 ½ teaspoon baking powder
- 1 teaspoon salt
- 1/3 cup oil
- ¾ cup of milk

Directions

1. Combine flour, baking powder, and salt in mixing bowl.
2. Add oil and milk: stir with fork until soft dough is formed.
3. Turn onto lightly floured surface, knead gently 10 to 15 times.
4. Roll out to thickness of ½ to ¾ inch and cut with floured cutter or cut into two-inch squares.
5. Bake on ungreased baking sheet at 450 degrees for 12 to 15 minutes.

Nutrition Facts

Serving Size 1 bisciut
Servings Per Container 16

Amount Per Serving	
Calories 110	Calories from Fat 45
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 2g	**4%**

Vitamin A 0% • Vitamin C 0%
Calcium 8% • Iron 4%

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

Chef's Notes

- "Handle Lightly" is the key phrase for really delicious biscuits. Stir as little as possible and fold the dough over easy.

Pancakes

Makes 8 pancakes. 1 standard-size pancake per serving

Ingredients

- 1 cup all-purpose flour
- 1 Tablespoon sugar
- 2 teaspoon baking powder
- ¼ teaspoon salt
- 1 egg, beaten
- 1 cup skim milk
- 2 Tablespoon oil

Directions

1. In a mixing bowl stir together flour, sugar, baking powder, and salt.
2. In another bowl, combine egg, milk, and oil. Add to flour mixture all at once. Stir mixture until blended but still lightly lumpy.
3. For standard size pancakes, pour about ¼ cup batter onto a hot, lightly greased griddle or heavy skillet. For dollar-size pancakes, use one tablespoon batter.
4. Cook until pancakes have a bubbly surface and slightly dry edges, then turn once to brown second side.

Variation - Buttermilk Pancakes

Prepare as above except reduce baking powder to 1 teaspoon and add ½ teaspoon baking soda to flour mixture; substitute buttermilk for milk. Add additional buttermilk to thin batter if necessary.

Nutrition Facts

Serving Size 1 pancake
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 160mg	**7%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 0g	**0%**
Sugars 3g	
Protein 3g	**6%**

Vitamin A 4% • Vitamin C 0%
Calcium 8% • Iron 4%

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

Bread-in-a-Bag

Makes about 20 slices of bread

Ingredients

- 1½ cups whole-wheat flour
- 1 package rapid-rise yeast (or 2½ teaspoons)
- 3 Tablespoons sugar
- 3 Tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup hot water (125-130°F)
- 3 Tablespoons canola oil
- 1½ cups all-purpose flour (approximate)

Nutrition Facts

Serving Size 1 slice (35.94g)
Servings Per Container 20

Amount Per Serving	
Calories 100	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 1g	**5%**
Sugars 3g	
Protein 3g	**5%**
Vitamin A 0% •	Vitamin C 0%
Calcium 4% •	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Directions

1. Combine whole-wheat flour, undissolved yeast, sugar, dry milk, and salt in a 1-gallon heavy-duty freezer bag with a zipper lock. Squeeze upper part of bag to force out air. Shake and work bag with fingers to blend ingredients.
2. Add hot water and oil to dry ingredients. Re-seal bag. Mix by working bag with fingers.
3. Gradually add enough all-purpose flour to make stiff dough that pulls away from the bag.
4. Place dough on a floured surface; knead 2 to 4 minutes, or until smooth and elastic.
5. Cover dough and let it rest for 10 minutes.
6. Roll out dough to a 12x7-inch rectangle. Roll up from narrow end. Pinch to seal. Place in a 9x5x3-inch loaf pan coated with non-stick spray. Let rise 20 minutes or until double in size.
7. Bake at 375°F for 30 to 35 minutes or until brown.

Bread-in-a-Bag - Variations

Cinnamon and Raisin Bread - After the dough is rolled into a rectangle, sprinkle with 1 Tablespoon of cinnamon and ⅓ cup raisins. Roll up from the narrow end and bake.

Jalapeno Cheese Bread - After the dough is rolled into a rectangle, sprinkle with ¼ cup sliced jalapeno peppers and ½ cup shredded low-fat cheese. Roll up from the narrow end and bake.

Honey Wheat Bread - After the dough is rolled into a rectangle, spread ¼ cup honey over dough. Roll up from the narrow end and bake.

Italian Bread - Add 2 Tablespoons Italian Seasoning in first step.

Rosemary Black Pepper Bread - After the dough is rolled into a rectangle, brush with olive oil and sprinkle with 2 teaspoons Rosemary and 1 Tablespoon black pepper. Roll up from the narrow end and bake.

Dill Bread - Add 1½ teaspoons dill and 1 T ablespoon lemon zest (grated lemon peel) in first step.

Butter Crunch Bread - After the dough is rolled into a rectangle, spread 2 Tablespoons soft margarine over dough and sprinkle with 3 Tablespoons brown sugar and ¼ cup chopped nuts. Roll up from the narrow end and bake.

Garlic Parmesan Bread - Add 1 teaspoon garlic powder and ¼ cup grated Parmesan cheese in firststep.

Breadsticks - Add ½ cup rolled wheat or other rolled grain to bag after mixing in whole-wheat flour.Addonlyenoughall-purpose flourtomakeasti ffdough.Rolloutdoughinarectangle ½-inch thick. Cut dough into strips ¾-inch wide. Twist strips while placing on baking sheet. Bake at 375°F for 15 minutes or until brown.

Cinnamon Rolls - After rolling dough into 12x7-inch rectangle on flouredsurface,spreadwith2 Tablespoons soft-tub margarine. Sprinkle with ½ cup brown sugar and 2 teaspoons cinnamon. Add ½ cup raisins or chopped nuts, if desired. Roll up dough and seal edges. Cut into 1-inch slices. Place in baking pan coated with non-stick spray. Cover; let rise 20 to 30 minutes. Bake at 375°F for 20 to 25 minutes or until golden brown. Remove from pan. Makes 12 rolls.

Rolls - After kneading and resting for 10 minutes, roll out dough to ½-inch thick. Use a round cookie cutter or biscuit cutter to make rolls. Place on baking sheet coated with non-stick spray. Cover and raise 20 minutes. Bake at 375°F for 12 to 15 minutes.

Potato Rolls - Beat one egg and add with oil and water. Before adding white flour,add½to¾ cup leftover mashed potatoes. Make rolls, raise, and bake at 375°F for 20 minutes.

Pizza dough - Change canola oil to olive oil. When adding the water and oil, mix in spices such as: 1 teaspoon oregano, basil, or red pepper flakes;and1T ablespoon grated Parmesan cheese. After kneading, allow dough to rest for 10 minutes. Roll into circle or rectangle about ¼-inch thick. Add toppings of your choice. Bake at 375°F for 15-20 minutes.

Fried Rice

Serves 6, 2/3 cup per serving

Ingredients

- 1 cup sliced green onions
- 2 Tablespoons canola oil
- 2 eggs, beaten
- 3 cups cooked rice, brown or white (see cooking steps page X-X)
- 2 Tablespoons soy sauce

Directions

1. Cook green onions in oil in a pan or electric skillet until tender. Add eggs and cook until a scrambled egg consistency.
2. Add rice and soy sauce and cook, stirring constantly, until rice is heated.

Variation:

Make it a Main Dish – toss in and heat pieces of cooked meat (pork chops, chicken, beef, or shrimp) or tofu.

Add Veggies – add Vegetable Mix or a bag of frozen vegetables.

Nutrition Facts

Serving Size 2/3 cup (140.37g)
Servings Per Container 6

Amount Per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 60mg	**21%**
Sodium 410mg	**17%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**9%**
Sugars <1g	
Protein 5g	**10%**
Vitamin A 6% •	Vitamin C 6%
Calcium 4% •	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Rice Pilaf

Serves 6, ½ cup per serving

Ingredients

- 1 cup chopped onion
- 2 Tablespoons margarine or butter
- 1 cup of cooked rice
- 2 cups of chicken broth or bouillon and water
- ½ teaspoon pepper

Directions

1. In a 2 ½ -quart saucepan, cook, onions in margarine until soft but not brown.
2. Add rice, broth, and pepper. Heat to boiling; stir once.
3. Reduce heat, cover, and simmer 20 minutes or until rice is tender and liquid is absorbed. Mix lightly and serve hot.

Variation:

Add 1 to 2 cups cooked meat and vegetables after simmering. Mix lightly; cook covered for 5 additional minutes.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving	
Calories 160	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 300mg	**13%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 4g	**8%**

Vitamin A 4% • Vitamin C 4%
Calcium 2% • Iron 8%

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

Spanish Rice

Serves 6, one cup per serving

Ingredients

- ½ cup onion, finely chopped
- ¼ cup chopped green pepper
- 3 Tablespoons margarine
- 1 can (16 oz.) stewed tomatoes
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 3 cups cooked rice

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 330mg	**14%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 1g	**4%**
Sugars 4g	
Protein 3g	**6%**

Vitamin A 10% • Vitamin C 15%
Calcium 4% • Iron 8%

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

Directions

1. In large skillet, cook and stir onion and green pepper in margarine until onion is tender.
2. Stir in tomatoes, salt, pepper, and rice. Simmer uncovered over low heat, about 15 minutes, until flavors are blended and mixture is hot.

Pizza Dough - Whole Wheat

Makes 1 pound dough for 2 (12-inch) pizzas

Ingredients

- 1 cup warm water
- 1 package active dry yeast (2½ teaspoons)
- 1½ cups whole wheat flour
- 2 Tablespoons canola or olive oil
- ½ teaspoon salt
- 1¼ to 1½ cups all-purpose flour
- Non-stick cooking spray

Directions

1. In a large bowl, add water, yeast, and whole wheat flour. Mix well.
2. Add oil, salt, and 1¼ cups all-purpose flour. Mix well. If dough is very sticky, add remaining ¼ cup all-purpose flour. Blend until dough holds its shape.
3. Place dough on a lightly floured surface. Knead until smooth and elastic, about 5 minutes. Knead by pushing down and forward on the dough with the palms of your hands. Fold dough over onto itself. Push down and forward again.
4. Spray large bowl with non-stick cooking spray. Add dough. Cover with plastic wrap. Let sit at room temperature to rest and soften, about 30–60 minutes.
5. When dough is soft and supple, remove from bowl. Knead again for 1–2 minutes. Divide evenly into 2 balls.

Chef's Notes

- If you only want to make one pizza, or if you plan to make the pizza another time, save one or both dough balls for later use. Store dough in a lightly oiled zip-top plastic bag for up to 2 days in the refrigerator or 1 month in the freezer. Defrost frozen dough in the refrigerator overnight. Let refrigerated dough come to room temperature on the counter before using.

Pizza - The Works

Serves 8, 1 slice per serving

Ingredients

- 1 large onion
- 1 medium green bell pepper
- 1 medium red bell pepper
- 8 ounces button mushrooms
- 2 medium tomatoes
- 1 (6-ounce) block mozzarella
- cheese
- 1 Tablespoon canola oil
- 1 frozen or refrigerated whole wheat pizza dough, defrosted
- Non-stick cooking spray
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- 1 (8-ounce) can tomato sauce, no salt added

Optional Ingredients

- ¼ teaspoon dried parsley
- 15 (2-inch diameter) turkey pepperoni slices

Directions

1. Preheat oven to 450°F.
2. Rinse and peel onion. Rinse peppers, mushrooms, and tomatoes. Dice onion, peppers, and tomatoes into ½-inch pieces. Slice mushrooms ¼-inch thick.
3. Grate cheese.
4. In a large skillet over medium-high heat, heat oil. Add onions, mushrooms, and peppers. Cook for 3 minutes. Remove from heat and stir in tomatoes.
5. Shape dough into a 12-inch pizza round. Use your fingers to stretch and spread the dough.
6. Coat a baking sheet with non-stick cooking spray. Place pizza dough in center of sheet.
7. Mix dried basil and dried oregano into tomato sauce. If using dried parsley, add now. Spread a layer of sauce across dough.
8. Sprinkle cheese evenly across dough. Spread vegetable mixture evenly over the pizza. If using turkey pepperoni, add a layer of slices now.
9. Bake pizza until cheese is melted and crust is browned on the sides and bottom, about 20-25 minutes. Remove from oven.
10. Let rest for 2 minutes. Using a sharp knife, cut into 8 pieces.

Nutrition Facts

Serving Size 1/8 of pizza
Servings Per Recipe 8 slices

Amount Per Serving	
Calories 200	Calories from Fat 80
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 320mg	**14%**
Total Carbohydrate 25g	**9%**
Dietary Fiber 2g	**7%**
Sugars 6g	
Protein 10g	
Vitamin A 20% • Vitamin C 70%	
Calcium 15% • Iron 10%	

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

Chef's Notes

- Make your own whole wheat dough. Or, look for prepared whole wheat pizza dough in the refrigerator section of your store.
- Try making a calzone. Lightly coat a baking sheet with non-stick cooking spray. Lay dough on sheet. Cover half the dough with sauce, cheese, and veggies.
  Fold the dough in half over toppings and seal the edges.
  Bake for 6 minutes. Turn over, then bake an extra 6 minutes.
- Make mini pizzas using English muffins or pita bread for the crust.
- Top pizza with any seasonal veggies you like. Try broccoli, red onion, zucchini, or others.
- Instead of using canned tomato sauce, make your own.
- For a crispier crust, precook the crust for 10 minutes after step 7, and then reduce the cooking time in step 10 to 10-15 minutes.

Pasta With Roasted Vegetables

Serves 8, 1½ cups per serving

Ingredients

- 1 medium onion
- 1 small summer squash, or ½ medium winter squash
- 1 handful mushrooms
- 1 small head cauliflower
- ¼ cup canola oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- Non-stick cooking spray
- 1 (16-ounce) package whole wheat pasta

Optional Ingredients

- 1½ cups grated Parmesan or Romano cheese
- ¼ cup torn fresh basil

Nutrition Facts

Serving Size 1 1/2 cups
Servings Per Recipe 8

Amount Per Serving	
Calories 310	Calories from Fat 90
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 50g	18%
Dietary Fiber 7g	25%
Sugars 3g	
Protein 10g	
Vitamin A 0% • Vitamin C 25%	
Calcium 2% • Iron 15%	

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

Directions

1. Preheat the oven to 425°F.
2. Rinse and peel onion. Rinse squash, mushrooms, and cauliflower. Chop vegetables into bite-size pieces, all equal size.
3. In a medium bowl, add oil, salt, pepper, and cut veggies. Stir until veggies are well coated.
4. Spray a baking sheet with non-stick cooking spray. Spread veggies on the baking sheet in a single layer. Roast until veggies are browned at the edges, about 30–35 minutes.
5. During last 10 minutes of baking time, cook pasta following package directions. Reserve ½ cup of pasta water. Drain pasta.
6. In a large skillet, add veggies and drained pasta. Heat over medium heat for 2–3 minutes. Stir frequently. Add some of the reserved pasta water to moisten and make a sauce.
7. Transfer mixture to a serving bowl. If using grated cheese and fresh herbs, add now. Serve hot.

Chef's Notes

- To cut costs, use whatever veggies are in season or on sale. Try different combinations like halved plum tomatoes and broccoli, or red onion and chunks of butternut squash. Or, use thawed frozen veggies. Be sure to pat dry before using.
- Try serving this dish with marinara sauce.
- Use any whole wheat pasta you like, such as penne, rigatoni, shells, or bow tie.
- For more heat, add ¼ teaspoon ground cayenne pepper to the veggies in step 3.

Oats & Peanut Butter Cookies

Serves 18, 2 cookies per serving

Ingredients

- 1 ripe banana
- ½ stick (4 Tablespoons) unsalted butter
- ⅓ cup granulated sugar
- ½ cup peanut butter
- ⅓ cup light brown sugar, packed
- 1 large egg
- ½ teaspoon vanilla extract
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ teaspoon baking soda
- ⅔ cup rolled oats

Optional Ingredients

- ½ cup raisins (or ⅓ cup chocolate chips)

Nutrition Facts

Serving Size 2 cookies
Servings Per Recipe 18

Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 70mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 3g	
Vitamin A 2% • Vitamin C 0%	
Calcium 2% • Iron 6%	

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

Directions

1. Preheat oven to 375°F.
2. Mash the banana with a fork.
3. Cut butter in half. In a microwave-safe bowl, heat in microwave 10–15 seconds to soften. Be careful not to melt butter.
4. In a large bowl, use a mixing spoon to blend butter, banana, and sugar.
5. Add peanut butter and brown sugar. Continue mixing until completely combined.
6. Add egg and vanilla. Mix until smooth.
7. Add flours and baking soda. Mix until smooth.
8. Stir in rolled oats. If using chocolate chips or raisins, gently stir in now.
9. Scoop dough with a teaspoon. Shape into 1-inch balls. Place dough balls 2 inches apart on an ungreased baking sheet. Flatten dough balls by using a fork to make a criss-cross pattern on the cookies.
10. Bake on middle rack of oven until cookies are lightly browned on bottom, about 8–10 minutes. Remove from oven. Let sit 5 minutes to firm up. Remove from tray.

Chef's Notes

- Cookies may take a little more or less time to brown depending on your oven.
- For a quick snack, crumble cookies on top of ½ cup low-fat plain yogurt

Casseroles: An Easy, Make-Ahead Meal

Use the guide below to choose your ingredients. To cook, season with salt and pepper or other spices to taste. Bake at 350ºF for 40-60 minutes or until top is brown and bubbly.

Protein 1 cup (fully cooked)	+	Vegetables 1½-2 cups, chopped	+	Sauce (Choose one)	+	Whole Grains 1½ cups, cooked	+	Toppings ½ cup
Beef (lean cuts), cubed or ground		Greens (kale, spinach, chard)		Low-fat or nonfat cream soup, such as mushroom, celery, or tomato (10 ounce can) + ¼ cup nonfat milk		Brown rice		Grated low-fat cheese
Chicken or turkey (boneless; skin removed), cubed or ground		Mixed vegetables (such as carrots, peas and corn)		Diced tomatoes (14.5oz can, drained — approx. 1 cup)		Whole wheat pasta		Bread crumbs
Low-sodium ham, diced		Zucchini		½ cup reduced-fat sour cream (optional)		Barley		Crushed corn flakes
Beans or lentils		Mushrooms				Quinoa		Crushed tortilla chips
Canned tuna or salmon		Broccoli				Cubed whole wheat bread (1 cup)		

Casserole Ideas:

- Chicken, Rice & Broccoli: 1 cup diced, cooked chicken + 1½ cups chopped, blanched broccoli + 1½ cups cooked brown rice +1 can cream of mushroom soup + ¼ cup nonfat milk + ½ cup shredded low-fat cheese on top.
- Smoked Turkey & Spinach: 1 cup diced, smoked turkey + 1½ cups chopped spinach + ½ cup chopped mushrooms + 1½ cups cooked barley + 1 can cream of celery soup + ¼ cup nonfat milk + ½ cup shredded low-fat cheese on top.
- Mexican Black Beans & Rice: 1 cup black beans + 1½ cups chopped spinach + ½ cup corn + 1½ cups cooked brown rice + 1 cup diced tomatoes + ½ cup low-fat sour cream + ½ teaspoon ground cumin + ¼ teaspoon cayenne pepper + ½ cup shredded low-fat cheese on top.

Chef's Notes:

- **Vegetables:** Cook firmer veggies like carrots or broccoli, and heartier greens like kale or collards, for 3-4 minutes in boiling water. Drain well before adding to casserole. If using canned or thawed frozen vegetables, drain them well. You don't need to cook them before adding.

  Whole Grains: Cook grains according to package instructions ahead of time. Refrigerate and add to soups you make that week.
- **Toppings:** Toppings like bread crumbs, corn flakes, or tortilla chips may brown quickly. Cover the casserole loosely with foil while cooking. Remove the foil for the last 5-10 minutes.

Pasta Dinner

Pinching pennies? Make it a pasta night!

Use the guide below to choose your ingredients. To cook, season with salt and pepper or other spices, to taste. Bake at 350ºF for 40-60 minutes or until top is brown and bubbly.

Pasta (½ pound)	+ Protein	+ Veggies (2 cups total, any combo)	+ Sauce (1-2 cups)	+ Seasonings (Optional, to taste)
Whole grain pasta	Lean ground beef, turkey, or chicken, cooked and drained (1 pound)	Spinach, chard, or kale	Marinara	Grated low-fat cheese
Brown rice	Extra-firm tofu, drained and crumbled (14-ounce package)	Broccoli	Peanut Sauce	Bread crumbs
	Beans, rinsed and drained (1 can or 2 cups cooked)	Carrots	Canned diced or crushed tomatoes	Crushed corn flakes
	Frozen peas or edamame (soy beans), thawed and drained (2 cups)	Sugar snap or snow peas	Cheese Sauce (recipe on page X)	Crushed tortilla chips
	Chicken or turkey sausage, cooked and sliced	Zucchini or yellow squash	Cream Sauce (recipe on page X)	

Directions

1. Cook pasta according to package directions. In a colander, drain pasta.
2. Cook protein as needed.
3. Cook veggies by steaming, grilling, roasting, sautéing, or adding to boiling pasta water during the last few minutes of cooking. See Veggies Three Ways for other tips.
4. In a large pot over medium heat, heat sauce. If using, add optional seasonings now. Add protein and veggies and heat through. Toss with hot cooked pasta and serve.

Chef's Notes:

- New to whole grain pasta? Start with a whole grain blend. Once you are used to the taste, switch to 100% whole wheat pasta.
- Use ground meat that is 93% lean or leaner. Drain excess fat from meat after cooking.

Try these combos!

Summer Pasta Primavera
Whole grain pasta + diced tomatoes + cannellini beans + zucchini + garlic

Spaghetti and Meat Sauce
Whole grain pasta + lean ground beef + broccoli + marinara sauce + dried basil + dried oregano + garlic

Sauce Recipes

Cream Sauce

1. In a small bowl, use a fork to whisk together 2 Tablespoons cornstarch and 1 cup nonfat (skim) or low-fat (1%) milk until smooth.
2. In a large saucepan over medium heat, add milk mixture. Cook until thickened, stirring constantly, about 5 minutes.
3. Stir in 2 teaspoons mustard. Season with dried or fresh herbs as you like, such as basil, parsley, or dill. Start with ¼ teaspoon and add to your taste.
4. Remove from heat. Add salt and pepper to taste. Serve hot.

Cheese Sauce

1. Grate 2 ounces low-fat cheddar cheese.
2. Follow instructions for Cream Sauce above. In step 3, stir in cheese along with the mustard and seasonings, until melted.

Lighten Up

Got a favorite family recipe you can't live without? Try these tips for making your classic dishes healthier.

Start with one small change. You probably won't be able to taste the difference. Slowly try making other changes, one at a time.

1. Reduce unhealthy fats.

- Choose low-fat or nonfat versions of mayonnaise and dairy products, like milk, cheese, sour cream, and yogurt.
- Use canola oil in place of half the butter when you bake. For instance, if your recipe calls for ½ cup butter, use ¼ cup each butter and oil. Or, if the recipe calls for the butter to be melted, try using canola oil in place of all of the butter.
- When pan-cooking, spray the skillet with non-stick cooking spray instead of coating with butter or oil.
- Bake, broil, or grill instead of frying.
- Choose full-flavored cheeses, such as sharp cheddar, Parmesan, and blue cheese, instead of mild ones. The stronger taste means you can use less and still get big flavor.

Switching from 1 cup of whole milk to 1 cup of fat-free (skim) milk saves you almost 60 calories and 8 grams of fat.

Swapping canola oil for butter lowers saturated fat by 11 grams per Tablespoon.

SPOTLIGHT ON: **Roasted Turkey and Gravy**
Skip rubbing down the turkey with butter or oil — this is not needed. For gravy, pour pan drippings into a measuring cup or bowl. Place in the freezer about 20 minutes. The fat will rise to the top. Skim it off before using in your gravy.

SPOTLIGHT ON: **Mashed Potatoes**
Use half the amount of butter. Try fat-free (skim) milk, buttermilk, or yogurt in place of cream or whole milk. Add fresh or dried herbs, such as chives or parsley, for more flavor.

SPOTLIGHT ON:
Bread Pudding
Swap fat-free (skim) or low-fat (1%) milk for whole milk or cream. Cut the amount of sugar by ⅓. Use whole grain bread instead of white. Add or increase the amount of fruit. Berries, apples or pears, stone fruit, and dried fruit are all good options.

Lighten Up, Continued...

2. Lighten it up.

- Use half the amount of ingredients used to decorate or top a recipe, such as frosting, coconut, grated cheese, or breadcrumbs. Or, don't use it at all.
- Reduce the amount of sugar called for by one-third. Chances are you won't miss it.
- Use half the amount of "add-in" ingredients when baking, such as chocolate chips or dried fruit.
- Always measure your oil. Do not pour it straight from the bottle. Using an extra Tablespoon adds 120 calories to your dish.

SPOTLIGHT ON:
Tuna Noodle Casserole
Use White Sauce in place of canned soup. Use whole wheat pasta instead of white pasta. Use tuna packed in water, not oil. Add frozen peas or broccoli. Top with whole wheat breadcrumbs.

3. Add Fiber.

- Swap whole wheat flour for white flour. Start by using half white and half whole wheat. Slowly work your way up to all whole wheat flour. If the dough or batter looks a little dry, add 1 Tablespoon more liquid per cup of whole wheat flour.
- Choose whole wheat pasta or whole grain pasta blends instead of white pasta.
- Skip the white rice. Serve recipes over brown rice, barley, quinoa, whole wheat couscous, bulgur, or polenta instead.
- Use whole wheat breadcrumbs for breading, on top of casseroles, or to bind ground meat in meatloaf and meatballs.
- Leave skins on fruits and veggies like apples, pears, potatoes, sweet potatoes, zucchini, cucumber, and others when you can.

Using whole wheat flour instead of regular white flour adds 13 more grams of fiber per cup.

Use stale whole wheat bread to make breadcrumbs. Chop bread as finely as possible with a knife. Or, tear into pieces and pulse in a blender until crumbs form. Use as is or toast crumbs in a skillet over medium heat until light brown. Freeze in an airtight container until ready to use.

Lighten Up, Continued...

SPOTLIGHT ON:
Fettuccine Alfredo
Saute plenty of minced fresh garlic and add to White Sauce. Use whole wheat pasta instead of white pasta. Use poached chicken breast. Add veggies, like broccoli, cauliflower, peas, or carrots, to boiling pasta water during the last few minutes of cooking.

4. Go lean on protein.

- In recipes like tacos and chili, swap half the meat for beans. You'll add fiber and reduce unhealthy fats.
- Watch your portions. About a pound of meat for every 4 people is a good serving size. Add more filling veggies to the meal.
- Choose ground meats labeled 93% lean or leaner. Drain fat after cooking.
- Trim all visible fat and remove skin from meat and poultry before cooking.
- Use chicken or turkey sausage instead of pork sausage.
- Choose seafood and non-meat sources of protein at least 2–3 times per week. Non-meat sources of protein include: beans, lentils, peanut butter, nuts, seeds, and soy products like tofu and edamame.

5. Watch the sodium.

- Use low-sodium or no-salt-added canned goods or condiments, such as beans, vegetables, tomatoes, broths, soy sauce, and ketchup. Rinse canned beans and veggies before using.
- Reduce the amount of salt in baked goods to ½ teaspoon per batch.
- Season with herbs and spices instead of salt. See for tips. Or, kick up flavor using orange, lemon, and lime zest or juice.
- Measure salt before adding to your dish. An extra ¼ teaspoon salt has about 600 mg of sodium, more than a quarter of the recommended daily maximum for an adult!

Muffins

Muffins make a great grab-and-go breakfast or snack

Make a large batch on a day you have some extra time. Then pull one out to take on the go! Follow these steps to make 12 muffins.

Directions

1. Preheat oven to 400°F.
2. Coat a 12-cup muffin pan with non-stick cooking spray. Or, use muffin liner cups.
3. Make muffin dry mix: In a large bowl, whisk together 1½ cups whole wheat flour, 1 cup all-purpose flour, 1½ teaspoons baking powder, and ¼ teaspoon salt. Add **Optional Dry Flavorings**.
4. Make muffin wet mix: In a medium bowl, whisk together 2 large eggs, 1 cup fat-free (skim) or low-fat (1%) milk, ⅔ cup brown or granulated sugar, 2 Tablespoons melted unsalted butter, 2 Tablespoons canola oil, and 1 teaspoon vanilla extract. Add **Optional Wet Flavorings.**
5. Add wet mix to dry mix. Stir until just combined. Fold in **Fruits and Veggies** and **Optional Add-Ins.**
6. Bake muffins until a toothpick inserted in the center comes out with just a couple of moist crumbs attached, 20–25 minutes.
7. Let cool in the pan for 10 minutes. Remove from pan and let cool completely.

See next page for muffin ad-ins!

Muffins, Continued...

Optional Add-ins

Optional Dry Flavorings (1-1½ teaspoons total)
Ground cinnamon
Ground nutmeg
Ground allspice
Ground ginger
Pumpkin pie spice

+

Optional Wet Flavorings
½ teaspoon coconut or almond extract
1 Tablespoon lemon, lime, or orange zest

+

Fruits and Veggies (2 cups total)
Fresh or frozen (not thawed) berries
Diced or mashed bananas
Diced mango or pine-apple
Shredded apples or pears
Shredded carrots, zucchini, or parsnips

+

Optional Add-Ins (up to ½ cup total)
Dried fruit, such as raisins, cherries, currants, or cranberries
Toasted chopped or slivered nuts
Mini chocolate chips
Shredded unsweetened coconut

Try these combos!

Spiced Banana-Nut Muffins
Add ½ teaspoon each ground cinnamon, nutmeg, and allspice to the dry mix. Combine wet and dry mixes. Stir in diced bananas and chopped pecans.

Zucchini-Raisin Muffins
Add 1 teaspoon ground cinnamon to the dry mix. Combine wet and dry mixes. Stir in zucchini and raisins.

Blueberry-Ginger Muffins
Add 1½ teaspoons ground ginger to the dry mix. Combine wet and dry mixes. Stir in blueberries.

Chef's Notes

- To freeze leftover muffins, wrap each one in plastic wrap. Place in an airtight container. Freeze up to 1 month.
- Use up fruits and veggies that are starting to get too ripe.
- To make bread instead of muffins, coat a loaf pan with non-stick cooking spray. Bake at 375°F for 50–60 minutes.

Raspberry-Lime Fizz

Serves 5, 1 cup per serving

Ingredients

- 1 cup cranberry-raspberry juice
- 4 cups seltzer water
- 1 large lime

Directions

1. In a large pitcher, mix cranberry-raspberry juice with seltzer water.
2. Rinse lime and cut in half. Squeeze juice from each half into the pitcher, discarding seeds.
3. Mix well before serving.

Nutrition Facts

Serving Size 1 cup
Servings Per Recipe 5

Amount Per Serving	
Calories 30	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 0g	
Vitamin A 0% • Vitamin C 25%	
Calcium 0% • Iron 0%	

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

Chef's Notes

- Pour over ice and garnish with a lime wedge.
- Replace cranberry-raspberry juice with any 100% juice you prefer.
- For more fruit flavor, increase juice or decrease seltzer water.
- Add thin slices of lemon, lime, or orange for more flavor.
- If you do not have a large pitcher, prepare in a large bowl. Use a measuring cup or ladle to serve.

Tomato Sauce

Serves 6, 1/2 cup per serving

Ingredients

- 1 medium onion
- 4 cloves garlic
- 1 medium carrot
- 1 Tablespoon canola oil
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ½ teaspoon pepper
- 1 (28-ounce) can crushed tomatoes, no salt added

Directions

1. Peel and rinse onion, garlic, and carrot.
2. Dice onion. Shred carrot using a grater. Mince garlic.
3. In a medium pot over medium heat, heat oil. Add onion, garlic, and carrot. Cook until onion is soft, about 3 minutes.
4. Add basil, oregano, salt, pepper, and tomatoes. Bring to a boil.
5. Cover and reduce heat. Simmer for 15 minutes.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Recipe 6

Amount Per Serving	
Calories 80	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 13g	5%
Dietary Fiber 4g	14%
Sugars 4g	
Protein 3g	
Vitamin A 30% • Vitamin C 2%	
Calcium 2% • Iron 0%	

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

Chef's Notes

- Add ground turkey or lean ground beef to make a meat sauce. Cook meat and drain fat. Add veggies and proceed with recipe.
- Make a double batch of sauce. Freeze extra for later use.
- Add diced zucchini, peppers, mushrooms, or other vegetables if you like.
- Try adding 1-2 Tablespoons of balsamic vinegar with the spices for a different flavor.
- Serve over whole grain pasta. Or, use in place of canned tomato sauce in other recipes.

Apple Sauce

Makes 8 servings

Ingredients

- 3 pounds cooking apples* (9 medium) cored, quartered
- 1 cup water
- 1 teaspoon cinnamon (optional)

**Varieties for cooking include: Braeburn,Granny Smith, Golden Delicious, Jonathan, Jonagold, McIntosh, Rome Beauty*

Directions

1. Wash apples. Cut in quarters and remove core.
2. Combine ingredients in saucepan.
3. Bring to a boil; reduce heat. Cover and simmer for 8 to 10 minutes or until apples are tender; add more water if necessary.
4. Remove from heat.
5. Mash with potato masher or process in blender or food processor to desired texture.
6. Serve warm or chilled. Stir before serving.

★ *This recipe was adapted to lower the sugar content.*

Nutrition Facts
Serving Size 1/2 cup (242.98g)
Servings Per Container 8

Amount Per Serving	
Calories 102	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 5g	**20%**
Sugars 17g	
Protein 1g	**2%**

*Percent Daily Values are based on a 2,000 calorie diet.

Chef's Notes - Make it Quick!

In a microwave-safe mixing bowl, combine ½ of each of the ingredients above. Cover bowl with wax paper. Microwave 10 to 12 minutes, stirring twice. Mash or blend. Makes 4 servings.

Apple Crisp

Serves 10, 1 piece (1/10 of crisp) per serving

Ingredients

- 5 medium apples
- ¾ cup light brown sugar, packed and divided
- ½ cup whole wheat flour, divided
- ½ teaspoon ground cinnamon
- Non-stick cooking spray
- ½ stick (2 ounces) cold, unsalted butter
- 1½ cups quick oats

Optional Ingredients
¼ teaspoon ground nutmeg

Nutrition Facts
Serving Size 1/10 of apple crisp
Servings Per Recipe 10

Amount Per Serving	
Calories 220	Calories from Fat 50
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 5mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 3g	11%
Sugars 26g	
Protein 3g	
Vitamin A 4% • Vitamin C 6%	
Calcium 2% • Iron 6%	

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

Directions

1. Preheat oven to 350°F.
2. Rinse and cut apples in half, lengthwise. Remove any stems. Cut out center core of apple that contains the seeds. Do not peel.
3. Place apples cut side down. Use a sharp knife to cut apples into ⅛-inch slices.
4. In a large bowl, combine sliced apples, ¼ cup of brown sugar, 1 Tablespoon of flour, cinnamon, and nutmeg, if using. Mix well.
5. Spray 9-inch square baking dish with non-stick cooking spray.
6. Pour apple mixture into baking dish. Spread evenly.
7. Dice butter into smaller cubes, using a sharp knife. In a medium bowl, combine remaining brown sugar and flour, oats, and butter. Mix with hands until crumbly.
8. Spread oat and flour mixture over apple mixture. Bake uncovered on middle rack of oven for 40 minutes or until top is lightly browned or bubbly.
9. Let sit for 15–20 minutes before serving.

Chef's Notes - Make it Quick!

- Use any apples you like. Or, try a mix of apples for different textures and flavors.
- Top with low-fat vanilla frozen yogurt if you like.
- Use other fruits, such as peaches, pears, or berries, when in season.

Black Bean Brownies

Serves 16, 1 brownie per serving

Ingredients

- Non-stick cooking spray
- 1 (15-ounce) can black beans or 1¾ cups cooked, cooled black beans
- 3 large eggs
- 3 Tablespoons canola oil
- 1 teaspoon vanilla extract
- ½ cup packed brown sugar
- ⅓ cup cocoa powder

Optional Ingredients
½ cup chocolate, peanut butter, or butterscotch chips, or chopped nuts

Nutrition Facts

Serving Size 1 brownie
Servings Per Recipe 16

Amount Per Serving	
Calories 90	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 15mg	**1%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 2g	**7%**
Sugars 7g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 6%	

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

Directions

1. Preheat oven to 350°F. Coat a 9-inch square baking dish with non-stick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, use fork to whisk eggs, oil, and vanilla. Add beans and mash with fork until beans are barely visible (this can take 5 minutes or more of mashing). Stir in sugar and cocoa. Blend with a rubber spatula until mixed. If using, stir in chips or nuts now.
4. Pour batter into the baking dish. Bake until a knife inserted in the center of the brownies comes out clean, 25–30 minutes. Let cool completely.
5. Cut into 16 squares.

Chef's Notes - Make it Quick!

- If you have a blender, you can use it to make these brownies. Add eggs, oil, and vanilla to blender and pulse to mix. Add beans and blend until pureed and smooth, 1–2 minutes. Be sure to scrape down the sides of the blender with a rubber spatula once or twice. Add sugar and cocoa. Blend until mixed, about 1 minute. If using, add chips or nuts and pulse once or twice to mix. Pour batter into baking dish. Bake as directed in step 4.

Banana Crumble

Serves 10, 1/10 of crumble and
1 Tablespoon topping per serving

Ingredients

- 4 large bananas
- 2 cups mixed fresh berries
- Non-stick cooking spray
- 5 Tablespoons whole wheat flour, divided
- 1 cup old-fashioned rolled oats
- ¼ cup light brown sugar, packed
- 1 teaspoon ground cinnamon
- Pinch of salt
- 4 Tablespoons cold unsalted butter
- ⅔ cup nonfat plain yogurt
- 1 Tablespoon honey

Nutrition Facts

Serving Size 1/10 of crumble and 1 Tablespoon topping
Servings Per Recipe 10

Amount Per Serving	
Calories 180	Calories from Fat 50
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 45mg	2%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Sugars 17g	
Protein 3g	
Vitamin A 4% • Vitamin C 25%	
Calcium 4% • Iron 6%	

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

Directions

1. Preheat oven to 400°F.
2. Peel and slice bananas in half lengthwise.
3. Rinse berries and pat dry.
4. Spray 9-inch square baking dish with non-stick cooking spray. Place the banana halves flat side down in the baking dish.
5. Toss berries with 1 Tablespoon flour. Sprinkle berries over the bananas.
6. In a medium bowl, add 4 Tablespoons flour, oats, sugar, and spices. Stir to blend.
7. Cut cold butter into little pieces. Add to bowl. Using your fingers, quickly blend the butter into the dry ingredients until the mixture is crumbly.
8. Spread the crumbly mixture over the fruit in an even layer. Press down slightly.
9. Bake about 10–15 minutes, or until the crumble is firm and golden in color.
10. While crumble bakes, stir together yogurt and honey in a small bowl to create a lighter version of whipped cream.
11. When crumble is done, spoon 1 Tablespoon of the yogurt and honey topping over each serving.

Chef's Notes - Make it Quick!

- When berries are not in season, use frozen berries. Before adding, bring berries to room temperature and drain off any liquid. Use reserved berry liquid to flavor sparkling water or club soda for a naturally sweet, low-calorie drink.
- If using whole strawberries, cut in half or slice before using.

Salmon Pasta Bake

Serves 9, 1/9 of recipe per serving

Ingredients

- 2 cups whole wheat penne pasta
- 2 medium green onions
- 1 (14½-ounce) can pink salmon in water
- 1 cup frozen peas
- 1 cup nonfat or low-fat plain yogurt
- 2 teaspoons dried dill or dried parsley
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup Parmesan cheese, grated

Nutrition Facts

Serving Size 1/9 of recipe
Servings Per Recipe 9

Amount Per Serving	
Calories 180	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 310mg	13%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Sugars 3g	
Protein 15g	

Vitamin A 8% • Vitamin C 4%
Calcium 15% • Iron 10%

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

Directions

1. Preheat oven to 400°F.
2. Boil the pasta according to package directions. Drain in a colander. Run under water until cool to the touch, to keep noodles from sticking together.
3. Rinse and finely chop green onions.
4. Drain canned salmon. In a large bowl, mix salmon, pasta, green onions, peas, yogurt, dill or parsley, salt, and black pepper.
5. Transfer pasta mixture to a 9-inch square baking dish.
6. Sprinkle Parmesan cheese over pasta mixture. Bake 25-30 minutes, until bubbling and golden.

Chef's Notes - Make it Quick!

- Try using 1 (12-ounce) can low-sodium tuna in water instead of the salmon.
- Kick up the flavor by adding a pinch of ground cayenne pepper to the pasta mixture. Or, top with hot sauce when served.

Oatmeal Packets

Serves 1, serving size: 1 packet

Ingredients

- ½ cup quick oats
- 1 cup water

Apple Cinnamon option
Add 1 teaspoon of sugar, 1/4 teaspoon cinnamon, and 2 Tablespoons apples (chopped and dried)

Cinnamon Raisin option
Add 2 teaspoons packed brown sugar, 1/4 teaspoon cinnamon, and 2 Tablespoons raisins

Cinnamon Spice option
Add 1 teaspoon of sugar, 1/4 teaspoon cinnamon, and a scant 1/8 teaspoon nutmeg

Cocoa option Add 1 teaspoon baking cocoa and 1 teaspoon sugar or 2 teaspoons "quick type" chocolate drink powder

Sweetened option Add 1 teaspoon sugar or 2 teaspoons packed brown sugar

Directions

1. Put quick oats and optional ingredients into a plastic snack or sandwich bag.
2. Seal bag and store for future use.
3. Empty packet into microwave safe bowl when ready to use.
4. Stir in 1 cup water or milk.
5. Microwave on high 2 1/2-3 minutes.
6. Stir before serving.

Nutrition Facts
Serving Size 1 packet
Servings Per Container 1

Amount Per Serving	
Calories 170	
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 5g	**20%**
Sugars 2g	
Protein 6g	**12%**

*Percent Daily Values are based on a 2,000 calorie diet.

Chef's Notes

- Top with dried banana chips, small pieces of walnuts or almonds, dried cranberries, or other dried fruits.

Orange Oatmeal Pancakes

Serves 6, 2 (4-inch) pancakes per serving

Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup quick oats
- 1 Tablespoon baking powder
- ¼ teaspoon salt
- 1 large egg
- ¾ cup orange juice
- ½ cup nonfat milk
- 2 Tablespoons canola oil
- Non-stick cooking spray

Directions

1. In a large bowl, combine flours, oats, baking powder, and salt. Mix well.
2. In another large bowl, crack egg. Beat lightly with a fork.
3. Add orange juice, milk, and canola oil to egg. Mix well.
4. Coat large skillet with non-stick cooking spray. Heat over medium-high heat.
5. Add wet ingredients to dry ingredients. Stir just until dry ingredients are moistened. Do not overmix.
6. Pour ¼ cup batter into hot pan for each pancake. Adjust heat as needed to avoid burning.
7. Flip pancakes when bubbles appear on top of the batter and the edges are slightly browned, about 3-4 minutes. Cook until second side is slightly browned, about 2-3 minutes more.

Nutrition Facts

Serving Size 2 (4-inch) pancakes
Servings Per Recipe 6

Amount Per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 360mg	16%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 5g	
Vitamin A 2% • Vitamin C 15%	
Calcium 15% • Iron 10%	

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

Chef's Notes - Make it Quick!

- If using an electric griddle instead of a skillet, preheat to 375°F before using.
- Chop and add 3 Tablespoons of your favorite nuts if no one is allergic to them.
- Make a double batch, cool, and then freeze the cooked leftovers. To prevent the pancakes from sticking together, layer waxed paper between each pancake. Place the stack in an airtight container or zip-top plastic bag. Freeze for no more than 6 weeks. Warm pancakes in a microwave or toaster oven for a quick breakfast.

English Muffin Breakfast Sandwich

Serves 2, 1 sandwich per serving

Ingredients

- 1 small tomato
- 2 cups fresh spinach
- 2 whole wheat English muffins
- 1 teaspoon canola oil
- 2 large eggs
- Pinch salt

Optional Ingredients

- *1 small avocado*

Nutrition Facts

Serving Size 1 sandwich
Servings Per Recipe 2

Amount Per Serving	
Calories 250	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 185mg	**62%**
Sodium 320mg	**14%**
Total Carbohydrate 30g	**11%**
Dietary Fiber 1g	**4%**
Sugars 7g	
Protein 13g	
Vitamin A 60% • Vitamin C 15%	
Calcium 20% • Iron 15%	

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

Directions

1. Rinse and slice tomato into 4 slices. Rinse spinach. If using avocado, peel, remove pit, and slice now.
2. Split each muffin in half. Set muffin tops aside.
3. In a medium skillet over medium heat, heat oil.
4. Gently break eggs into skillet. Be careful not to break the yolk. Cook about 1 minute. Carefully flip each egg over with a rubber spatula. Cook until yolk is slightly firm, about 1–2 minutes. Top each muffin bottom with cooked egg.
5. Add spinach to skillet with a splash of water and pinch of salt. Cover and cook until wilted, about 1–2 minutes.
6. Top the egg with tomato and spinach. If using avocado, add avocado slices now. Cover with the muffin tops to make a sandwich.

Chef's Notes - Make it Quick!

- Scramble the eggs instead of frying, if you like.
- Try toasting the muffins in a toaster or in the oven set to broil before adding eggs and toppings.
- Top cooked eggs with sliced low-fat cheese or turkey bacon. Cook 1 slice turkey bacon in skillet for 1 minute on each side. Break into pieces and add to muffin.

Hummus

Serves 10, ¼ cup per serving

Ingredients

- 1 clove garlic
- 1 large lemon
- 1 (15½-ounce) can garbanzo beans
- ½ cup warm water
- 2 Tablespoons low-fat plain yogurt
- 2 Tablespoons canola oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

Optional Ingredients

- *1 fresh red pepper, or 3 roasted red peppers from a jar*
- *Pinch ground cumin, ground cayenne pepper, or red pepper flakes*

Directions

1. Peel and chop garlic. If using fresh red pepper, rinse, remove core and seeds, and mince now. Or, mince jarred roasted peppers.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In a colander, drain and rinse beans.
4. Add garlic, lemon juice, beans, and remaining ingredients to blender. If using optional spices, add now. Blend until creamy and well-mixed.
5. If using, top hummus with minced red pepper.

Chef's Notes - Make it Quick!

- Serve hummus with sliced whole wheat pita bread. Or, serve as a dip for cut-up fresh vegetables like cucumber, carrots, or broccoli.
- Make a tasty sandwich. Stuff a pita pocket with cut-up fresh veggies and hummus.
- If mixture seems too dry when blending, add more water or lemon juice 1 teaspoon at a time. Blend until smooth and creamy.
- For a different flavor, try using tahini or peanut butter instead of yogurt. Tahini is sold in jars and may be found in the ethnic foods section of your store.
- If you do not have a blender, use a potato masher to blend ingredients.
- Substitute 2 Tablespoons of olive oil for canola oil if available.

Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 10

Amount Per Serving	
Calories 60	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 2g	**4%**

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken Burger

Serves 4, 1 burger per serving

Ingredients

- ¼ small bell pepper
- ¼ small red onion
- 1 pound lean ground chicken, turkey, or beef
- 1½ teaspoons garlic powder
- 1½ teaspoons onion powder
- ½ teaspoon dried parsley flakes
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 Tablespoon canola oil
- ¼ cup water

Nutrition Facts

Serving Size 1 burger
Servings Per Recipe 4

Amount Per Serving	
Calories 210	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 370mg	**16%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 22g	
Vitamin A 4% • Vitamin C 10%	
Calcium 2% • Iron 10%	

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

Directions

1. Peel onion. Rinse and finely chop bell pepper and onion.
2. In a medium bowl, combine bell pepper, onion, ground meat, garlic powder, onion powder, parsley, salt, and pepper.
3. Divide evenly into 4 pieces. Form pieces into patties about 4 inches across.
4. In a large skillet over medium heat, heat oil. Add burgers. Cook until browned on both sides, about 5 minutes per side. Add water to the pan. Cover and cook until the burgers reach 165°F, about 10 minutes more.

Chef's Notes

- Serve on whole wheat buns with lettuce, tomato, and onion. Or, pair with a tossed salad.
- Cut leftover bell pepper into strips. Add to a tossed salad or enjoy with a healthy dip.

Tomato Salsa

Serves 6, ⅓ cup per serving

Ingredients

- 2 medium jalapeño peppers
- ½ medium red onion
- 2 cloves garlic
- 1 Tablespoon cider vinegar
- 1 (14½-ounce) can diced tomatoes, no salt added

Optional Ingredients

- *¼ cup fresh cilantro leaves*

Directions

1. Rinse peppers. Remove seeds and mince.
2. Peel onion and garlic. Rinse onion and dice. Mince garlic.
3. If using, rinse and chop cilantro leaves.
4. In a medium pot, add peppers, garlic, onion, cider vinegar, and canned tomatoes. Heat mixture over medium heat for 15 minutes. Stir occasionally.
5. Chill before serving. If using, add cilantro to chilled salsa.

Nutrition Facts

Serving Size 1/3 cup
Servings Per Recipe 6

Amount Per Serving	
Calories 20	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	

Vitamin A 6% • Vitamin C 20%
Calcium 2% • Iron 0%

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

Chef's Notes

- Use any kind of onions or hot peppers you like.
- For an extra kick, add a third jalapeño or a serrano pepper.
- When in season, use 3 medium or 2 large fresh tomatoes in place of canned.
- Use juice from half a lime in place of cider vinegar if you like.
- Try serving this salsa as a dip with corn tortilla chips, as a topping on baked potatoes or tacos, or as a sauce for grilled meats and fish.
- Make a bigger batch and freeze.

Hearty Egg Burritos

Serves 4, 1 burrito per serving

Ingredients

- 3 green onions
- 1 medium red or green bell pepper
- 1 medium clove garlic
- 2 ounces low-fat cheddar cheese
- 1 (15½-ounce) can black beans, no salt added
- 1 teaspoon canola oil
- 4 large eggs
- ¾ teaspoon ground cumin, divided
- ¼ teaspoon ground black pepper
- Non-stick cooking spray
- 4 (8-inch) whole wheat flour tortillas

Optional Ingredients

- *⅓ cup nonfat plain yogurt*
- *¼ cup fresh cilantro*

Nutrition Facts

Serving Size 1 burrito
Servings Per Recipe 4

Amount Per Serving	
Calories 360	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 190mg	**63%**
Sodium 330mg	**14%**
Total Carbohydrate 46g	**17%**
Dietary Fiber 7g	**25%**
Sugars 5g	
Protein 21g	
Vitamin A 20% • Vitamin C 60%	
Calcium 15% • Iron 20%	

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

Directions

1. Rinse green onions and bell pepper. Peel garlic clove.
2. Slice green onions. Remove core and dice bell pepper. Mince garlic.
3. If using fresh cilantro, rinse and chop leaves now.
4. Grate cheese.
5. In a colander, drain and rinse beans.
6. In a medium skillet over medium heat, heat oil. Add beans, green onions, bell pepper, and garlic. Cook until peppers are soft, about 3 minutes. Add ½ teaspoon ground cumin and black pepper. Transfer mixture to a plate.
7. In a small bowl, crack eggs. Add remaining ¼ teaspoon cumin. Beat mixture lightly with a fork.
8. Wipe out skillet with a paper towel. Coat with non-stick cooking spray. Heat at medium-low. Add egg mixture. Cook, stirring occasionally, until eggs are as firm as you like, about 3–5 minutes. If using cilantro, add now.
9. Spoon egg mixture into the center of each tortilla, dividing evenly. Add beans and veggies. Sprinkle cheese on top. If using yogurt, add a dollop to each tortilla.
10. Fold tortilla over mixture and serve.

Chef's Notes

- Add color and flavor with a fresh salsa. Mix chopped fresh or canned tomatoes, chopped onion, and chopped cilantro. Add a pinch of ground cumin for heat.
- For a different flavor, use Monterey Jack or colby cheese instead of cheddar.
- When selecting whole wheat tortillas, compare Nutrition Facts labels and look for options lower in sodium and saturated fat and with no trans fat.
- Steam, sauté, or grill a mix of veggies. Add to burritos.
- If you double the recipe, do not double cumin.
- Use 1 Tablespoon coriander instead of fresh cilantro, if you like.
- Burritos can be frozen for up to one week. Wrap tightly in plastic wrap, cover with aluminum foil, and freeze. To reheat, remove foil and plastic. Microwave 1½–2 minutes, turning as needed. Or, remove plastic wrap and re-cover in aluminum foil. Heat in a toaster oven or regular oven at 300°F for about 6 minutes.

Peanut Butter and Banana Pockets

Serves 4, 1 folded tortilla per serving

Ingredients

- 3 ripe banana
- 3 Tablespoons creamy peanut butter
- 1½ teaspoons honey
- ¼ teaspoon ground cinnamon
- 4 (8-inch) whole wheat flour tortillas
- Non-stick cooking spray

Directions

1. Peel and slice bananas about ¼-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
5. Coat a large skillet with non-stick cooking spray. Heat over medium-high heat.
6. Place folded tortillas in the skillet. Cook for 1–2 minutes on each side, or until golden brown.

Nutrition Facts

Serving Size 1 folded quesadilla
Servings Per Recipe 4

Amount Per Serving	
Calories 300	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 370mg	**16%**
Total Carbohydrate 47g	**17%**
Dietary Fiber 3g	**11%**
Sugars 14g	
Protein 8g	
Vitamin A 2% • Vitamin C 15%	
Calcium 0% • Iron 0%	

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

Chef's Notes

- For a richer flavor, stir 2 Tablespoons of low-fat cream cheese into the peanut butter mixture in step 2. Let cheese come to room temperature before adding.
- To serve as a dessert, add melted chocolate sauce. Or, sprinkle a few chocolate chips inside the tortilla while cooking.

Tuna Boats

Serves 4, ½ cucumber and 6 ounces filling per serving

Ingredients

- 2 large cucumbers
- 1 lemon
- 2 green onions
- 1 (6-ounce) can low-sodium tuna, packed in water
- 1 (15½-ounce) can white beans
- 1 Tablespoon canola oil
- 1 Tablespoon Dijon or country mustard
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Nutrition Facts

Serving Size 1/2 cucumber and 6 ounces filling
Servings Per Recipe 4

Amount Per Serving	
Calories 220	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 500mg	22%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Sugars 3g	
Protein 19g	
Vitamin A 4% • Vitamin C 20%	
Calcium 8% • Iron 20%	

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

Directions

1. Rinse cucumbers. Peel off skin every ¼ inch, all the way around. Cut lengthwise. Scoop out the seeds with a small spoon.
2. Rinse lemon. Zest using the small holes of a box grater. Cut in half. In a small bowl, squeeze juice. Discard seeds.
3. Rinse and chop green onions.
4. Drain tuna. In a colander, drain and rinse beans.
5. In a medium bowl, mash beans lightly with a fork.
6. Add green onions, tuna, oil, mustard, salt, pepper, lemon zest, and 2 Tablespoons of the lemon juice to beans. Mix with a fork.
7. Fill each cucumber half with ¼ tuna mixture. Serve.

Chef's Notes

- For a snack or party food, cut cucumbers into thick slices. Do not remove seeds. Place a dollop of tuna mixture on top.
- Add chopped bell pepper or celery for extra nutrition and crunch.
- Try canned salmon, packed in water, instead of tuna.

Ceyaka (Mint) Tea

Ingredients

- ¼ cup dried crushed ceyaka (mint)
- 3 cups boiling water
- ½ cup honey
- 5 cups ice water

Nutritional Information

Calories 63.8

Total Fat 0.0g

Sodium 5.6g

Total Carbohydrates 17.3g

Protein 0.1g

Instructions

Place 3 cups of water in a sauce pan with ¼ cup of dried crushed cayaka and bring to boil. Once it begins boiling, let boil for 10 minutes or until the water turns a green color. Pour through strainer (to separate loose ceyaka) into pitcher and stir in honey. Add ice water and serve.

Wild Mint

Wild mint or ceyaka is often infused to make a traditional tea. This tea is sweetened using honey and often used for medical purposes. Ceyaka is found growing along creeks and other waterways. Ceyaka is best harvested until mid-August. Ceyaka can be utilized while fresh or dried for later use.

Did you know?

Wild mint can be used to treat colds and upset stomachs.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

Chokecherry Patties

Ingredients

- Ripe Chokecherries

Instructions

Grind whole chokecherries, including pits until it is a fine consistency. Using about ¼ cup of chokecherries, shape into round, thin patties. Place patties in a dehydrator; leaving ½ inch space between patties. Chokecherry patties will take 12-16 hours to dry. Flip patties every 2-3 hours to ensure even drying.

Nutritional Information

Calories per serving 97

Protein 1.8g

Total fat 1g

Sodium 3g

Total Carbohydrates 20.2g

Chokeberries

Traditionally, chokecherries were a very important part of the Native Americans' diet. Chokecherries are collected in the fall when the berries ripen. The berries are high in vitamins A and C. There are many uses for the chokecherries. Chokecherries can be dried into patties and consumed later. Chokecherries are also used in the making of Wasna and Pemmican. Chokecherries can also be used to make syrups, jams and jellies. The bark was mainly used for medicinal purposes.

Did you know?

Chokecherries have a medical use. Chokecherries can be used as an astringent for coughs and colds and can be used to treat digestive problems.

Recipe and Photo of Chokecherry Patties Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

Wasna

Ingredients

- 2 cups shredded beef or bison jerky
- 1 cup chopped tart berries (chokecherries, sour cherries, or cranberries work best)
- 6 Tablespoons beef tallow or vegetable shortening

Nutritional Information

Calories per serving 83.5

Total Fat 5.3g

Cholesterol 20.0 mg

Sodium 16.0mg

Potassium 94.5mg

Total Carbohydrates 0.8g

Instructions

Shred the jerky and berries in a food processor. Mix in tallow or shortening and stir until well incorporated. Form the mixture into patties and dry in a dehydrator or refrigerate and eat within 3 days.

Wasna

The Lakota diet was high in protein and often the tribe either had much food to eat, such as after they killed a buffalo, or very little. One of the traditional recipes that the Lakota have passed through the generations is Wasna. Wasna derives from "wa" meaning "anything" and the "sna" meaning ground up. Non-Lakota people sometimes refer to it as Pemmican. This dish consists of dried buffalo, dried berries, and fat or bone marrow. Early Lakotas would grind the ingredients together with pounding a stone. Wasna is often seen as a sacred food and was often used in ceremonies and rituals. It also has less cholesterol, yet a mere four ounces provides more protein than half a dozen eggs. Wasna, because of protein it contains, can raise a person's iron level within 15 minutes. Today, Lakota people believe their ancestors did not suffer from diabetes, heart disease, or cancer due to the healing powers of Wasna.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

Tinpsila Wasna

Ingredients

- 2 cups wild turnips
- 4 Tablespoons kidney fat (buffalo or choice of wild game)

Instructions

Harvest turnips in early June or soak dried turnips for two days in water. Shred or grind the turnips to the desired texture. Render the kidney fat in a skillet and add to the ground turnips or break pieces of kidney fat and add to the ground or shredded turnips. Add these two ingredients to your desired consistency, or about 80 percent turnips and 20 percent kidney fat.

Tinpsila

Tinpsila Wasna is one of the four types of Wasna. Tinpsila (wild turnip) is harvested in early June when the wild turnip flower is visible. After it is picked, the wild turnip flower is put back in the soil to ensure a regrowth for the next year. The Tinpsila is then peeled and either dried or used right away for Wasna. If it is dried and used for a later day, the Tinpsila bulb is usually soaked in water for two days before it is either grated or ground for Wasna.

Did you know?

One bulb of Tinpsila (wild turnip) contains the same amount of potassium as 3 whole bananas.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

Papa Wasna

Ingredients

- 2 cups of ground, dried meat
- 4 Tablespoons kidney fat or rendered fat

Nutritional Information

100 grams of raw buffalo (95%) lean has a total fat of 4.6g

127.94 kcal calories

54.76mg of cholesterol-- all which is significantly lower when compared to beef, pork, turkey and chicken

Buffalo has a total of 20.77g of protein which is more protein than beef, pork, turkey and chicken

Instructions

To dry the meat, first fillet thin layers of raw meat while rolling the meat and cutting as you move along. Once you get a thin layer of meat cut out, hang your fresh meat over a line or pole and dry in a cool dry place. Lightly salt and turn once a day. When the meat is completely dry, grind meat to desired texture, but you usually want some fluff to the meat. Once the dried meat is ground to the desired texture, add kidney fat to the dried meat, mixing as you add the fat.

Papa (dried meat) Wasna

Papa is one of the four types of Wasna. Traditionally, dried meat was used in most traditional foods for the Lakota. Throughout the year, dried meat was constantly stored, maintained and almost always readily available. Papa Wasna is one of the four types of sacred Wasna utilized in many Lakota ceremonies.

Did you know?

Long ago, the Lakota use to have a game with the children to soften the dried meat in preparation for Wasna. Elders would lay the dried meat on a hide and cover with a thin layer of hide while the children would continuously jump up and down on the hides, which softened up the meat for Wasna.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

Corn Wasna

Ingredients

- 1 cup of ground roasted corn
- 4 Tablespoons kidney or rendered fat

Instructions

Grind the roasted corn kernels with a food grinder, or a stone grinder into a fine powder. Add in kidney or rendered fat to the mix. Work in the mixture with your hands. The corn Wasna can be stored in a container for a later use.

Papa (wagmiza) Wasna

Stove top roasted corn kernels are ground into a fine powder. After it is ground down, rendered kidney fat is added to give it flavor. Modern versions include the addition of: cornmeal, raisins, and sugar to add flavor and sweetness to today's ever-changing taste palate. This form of Wasna can be used right away or stored for later use. Wagmiza Wasna is one of the four types of sacred Wasna utilized in many Lakota ceremonies.

Did you know?

Corn Wasna is a great source of dietary fiber, iron, and phosphorous. It also contains complex carbs and other nutrients, and they can help prevent diseases like diabetes, heart disease and some cancers.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

Buffalo Minestrone

Serves 6

Ingredients

- 1 pound ground buffalo
- ¼ cup chopped prairie onions
- 1 clove garlic crushed
- 1 cup shredded cabbage
- ½ cup uncooked elbow macaroni or broken spaghetti
- 1¼ cups water
- 2 cubes beef bouillon
- 1 teaspoon Italian seasoning
- 2 stalks celery, thinly sliced (approximately 1 cup)
- 1 medium zucchini, sliced (approximately 1½ cups)
- 1 can (28 ounces) whole tomatoes, undrained
- 1 can (8 ounces) kidney beans, undrained
- 1 can (8 ounces) whole kernel corn, undrained
- Grated Parmesan cheese

Nutritional Information

Calories per serving 184

Protein 22g

Total Fat 3g

Sodium 721mg

Total Carbohydrates 19g

Instructions

Cook buffalo, onion, and garlic in Dutch oven over low to medium heat stirring occasionally until buffalo is brown; then drain. Stir in remaining ingredients except cheese, breaking up tomatoes. Bring soup to boil, reduce heat to low. Cover and simmer about 15 minutes, stirring occasionally, until macaroni is tender. Serve with Parmesan cheese.

Prairie Onion

The prairie onion can be used fresh or it can be dried and saved for later use. Plains tribes, particularly the Lakota, used prairie onions to flavor soups.The onion has more of an intense flavor the longer it is left to grow. However, they become more bitter once they begin to flower.

Did you know?

Prairie onions help with healthy cholesterol levels and also provide high anti-cancer sulfur compounds.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

Lakota Skillet Bread (Gabubu Bread)

Serves 6, one 4" round piece of bread per serving

Ingredients

- 2 cups flour
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1 Tablespoon canola oil
- ¼ teaspoon sugar
- 1 ½ cups 1% milk

Instructions

Mix all the dry ingredients together. Make a small well in the middle of the flour and add the milk and oil. Mix together slowly and gently. You may need to add a little more flour to mix the dough until it is easy to handle. Separate dough into six balls.

Fry bread one piece at a time using a non-stick fry pan with 1 Tablespoon canola oil. Flatten dough with your hands, lay dough flat in hot, greased pan. Fry on low until golden brown. Flip dough and fry other side until golden brown, adding more canola oil as needed.

Chef's Notes

Tip: Grease your hands with canola oil when you handle the dough. It will keep the dough from sticking to your hands.

Roast with Veggies

Ingredients

- 4 pounds buffalo roast
- 1 onion, diced
- 5 carrots, sliced ¼ inch thick
- 5-7 medium potato, chopped in squares
- 5 stalks of celery, sliced 1/3 inch thick
- 1 Tablespoon beef base

Instructions

Preheat oven to 325 degrees F. Place buffalo roast in roaster with lid. Place 1 inch of water in the bottom of the roaster. Sprinkle roast with black pepper and place diced onions over the top of the roast and in the water. Add beef base to water after the roast has cooked for 1 ½ hours, place carrots, potatoes, and celery in the water and cook for another hour, until roast is completely cooked.

Nutritional Information

Calories per serving 250

Protein 33g

Total fat 3g

Sodium 103mg

Total carbohydrates 22g

Serves 13

Buffalo

Over 1 million Native Americans shared the land of North America with the buffalo. The buffalo were very important to Native Americans and to their survival. Native Americans used every part of the buffalo as a source of food, clothing, and shelter. Native Americans treated the buffalo with respect, and the buffalo was very sacred to them. There were many traditional uses for the buffalo. Native Americans use buffalo bones for arrowheads, eating utensil, knives, shovels, and war clubs. Buffalo fat was used for soaps, tallow, and hair grease, among other things. Buffalo hair was used for braided ropes, headdresses, pillow fillers, and moccasin lining. Buffalo tails were used as fly swatters, knife sheaths, whips, and medicine. Buffalo meat was traditionally used primarily for consumption. Buffalo meat can be immediately consumed, dried into a jerky, or used to make Wasna (pemmican).

Nutritional Value of a Buffalo

Prairie onions help with healthy cholesterol levels and Calories-A 100 grams serving of bison meat-about 3.5 ounces, or about ¼ pound contains about 146 calories. This makes it one of the lowest calorie meats. A similar serving of lean beef contains about 176 calories, while pork contains about 218 calories and turkey contains about 149 calories.

Fat and Cholesterol-One serving of buffalo meat contains 7.21 grams of fat, and about 55 milligrams of cholesterol. To put that in perspective, the same size serving of 90 percent lean beef contains about 10 grams of fat and about 65 milligrams of cholesterol.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

BuffaloStew

Ingredients

- 2 pounds ground buffalo
- 2 cans (16 ounces) mixed vegetable
- 2 cans (16 ounces) chopped tomatoes
- 2 cups elbow macaroni uncooked
- 6 cups water

Instructions

In a large soup pot, cook ground buffalo between low and medium heat. Stir until brown. Add water, macaroni, vegetables, and tomatoes. Stir ingredients together and season to taste with salt and pepper. Reduce heat and simmer until macaroni is completely cooked.

Buffalo

Buffalo meat has a very little fat compared to beef or pork. Buffalo meat can be expensive. Since buffalo has less fat, there is less waste when compared to other meats. Buffalo will also cook faster, since it has lower fat content. Buffalo should be cooked at lower temperatures to keep the meat from becoming tough. When cooking buffalo, the drier the cooking method, the more tender the meat will be. Cooking methods such as boiling, roasting, and grilling are most ideal. Buffalo can be substituted for beef in recipes.

Nutritional Information

Calories per serving 167

Protein 22g

Total fat 2g

Sodium 266g

Total Carbohydrates 14g

Did you know?

Buffalo is very nutrient dense food. It is an excellent source of protein, vitamins B12 and B6, as well as iron and zinc.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

Papa Soup (Dried Meat Soup)

Serves 8

Ingredients

- 6 pieces of Papa (dried meat)
- ½ string of tinpsila (turnips)
- 2 cups of dried corn
- 1 onion, diced
- 6 potatoes, diced
- 5 quarts of water
- Salt and pepper to taste

Instructions

Soak tinpsila and corn in water overnight. Boil 4 quarts of water. Add Papa, turnips, and corn. Cook until turnips are soft. Add onions and potatoes. Cook until potatoes are done. Add salt and pepper to taste.

Tinpsila

Tinpsila or wild prairie turnips are an important food for Native Americans in the Great Plains region. Tinpsila is gathered every summer. The tinpsila plant is dug, then the stem is placed back into the ground to spread the seeds. Tinpsila is often braided and dried for later use in foods. Tinpsila is used in many traditional foods, such as Papa soup.

Nutritional Information

Calories per serving 173

Protein 21.5g

Total fat 1.0g

Sodium 40g

Total Carbohydrates 33.8g

Did you know?

Tinpsila can be dried and ground into flour.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

Wojapi

Ingredients

- Fresh berries or chokecherry patties
- Water
- Cornstarch
- Sugar, Splenda or honey

Nutritional Information

Calories per serving 42

Protein 0.5g

Total fat 0.2g

Sodium 1.8mg

Total Carbohydrates 10.4g

Instructions

You can use fresh berries or you can use chokecherry patties. Soak five patties in water overnight in order to make a small pot of Wojapi. Place the water and soaking patties onto medium heat and boil for an hour. Break apart the patties in the water as its boiling. Once they're all broken up, turn the heat down to low and add a little mix of corn starch and water to thicken the consistency of pudding. Stir constantly to avoid lumps.

Wojapi

Long ago, Wojapi consisted of ripened chokecherries and crushed tinpsila (wild turnips). Our ancestors would only use the ripened dark chokecherries, so sugar wasn't needed. The crushed wild turnip was used to add thickness to the chokecherries, giving it a pudding like texture. Nowadays, we add sugar and cornstarch into our Wojapi for flavor and texture. Chokecherries contain the highest amounts of an antioxidant called anthocyanin, which studies have shown to reduce the severity of colon cancer by 80 percent. Numerous studies have shown that the antioxidants in chokecherries have huge health benefits for cardiovascular disorders, anti-inflammatory responses, colon cancer and diverse degenerative diseases.

Plums when ripe can also be used to make wojapi.

Recipe and Photo Source: Great Plains Tribal Chairmen's Health Board – Good Health and Wellness Program

Fry Bread - Whole Wheat

Serves 8, 1 small fry bread per serving

Ingredients

- 2 cups whole wheat flour
- 1 cup white flour
- 3 Tablespoons powdered milk
- 1 Tablespoon baking powder
- 1 teaspoon salt (optional)
- 1 1/2 cups warm water
- canola oil for frying

Directions

1. Mix dry ingredients in a bowl and gradually add water to make a dough.
2. Knead the dough until it forms a ball and comes clean from the edge of bowl.
3. Cover with a cloth and let it sit for 30 minutes.
4. Pour 3/4 inch of canola oil into a deep frying pan and heat on medium. You can test the temperature of the oil by putting a small pinch of dough into it. If the oil is ready, the dough will rise immediately to the top.
5. Divide the dough and knead into 8 round balls.
6. Roll the dough balls into flat circles, or pat them between your hands and stretch them out while turning them clockwise. Continue stretching until the dough is 1/4 to 1/2 inch thick. With a fork, poke a few holes in the flattened circles of dough.
7. Carefully slide each flattened dough into the hot oil to avoid splashes.
8. Slightly lift the fry bread pieces with a fork to check the bottoms. When they are brown, lift each fry bread and turn it over.
9. When both sides are brown, remove the fry breads from the pan and put them in a baking pan lined with paper towels to drain excess oil and cool.

Nutrition Facts

Serving Size 1 piece (1g)
Servings Per Container 8

Amount Per Serving	
Calories 240	
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 42mg	**14%**
Sodium 365mg	**15%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 6g	**24%**
Sugars 0g	
Protein 6g	**12%**

*Percent Daily Values are based on a 2,000 calorie diet.

Reproduced by IHS Division of Diabetes Treatment and Prevention, 6/2013.

Chef's Notes

Use canola oil when making fry bread (instead of melting shortening) to lower exposure to harmful fats found in shortening. By using canola oil instead of shortening or other oils, there is less odor while frying. The fry bread has a light, whole wheat taste.

Pulled Pork with Pineapple BBQ Sauce

Makes 8 servings (½ cup servings)

Ingredients

- 2 pounds pork tenderloin
- 1 ½ cups no-sugar-added barbecue sauce
- 1 cup canned crushed no-sugar-added pineapple with juice
- 2 cloves garlic (minced)
- 1 small onion (diced)

Directions

1. Add all of the ingredients to a slow cooker.
2. Cook on high for 8 hours.
3. Shred the meat with two forks. Serve the pulled pork in a lower-carb wrap, in lettuce "cups," or on a salad. If desired, serve with extra barbecue sauce.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving	
Calories 190	
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 400mg	**17%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**4%**
Sugars 8g	
Protein 25g	**50%**

*Percent Daily Values are based on a 2,000 calorie diet.

Roasted Chicken Breast

Makes 4 servings (4 oz servings)

Ingredients

- Nonstick cooking spray
- 4 chicken breasts (4-ounces each, skinless, boneless)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 Tablespoon olive oil
- ¼ cup lemon juice
- 2 Tablespoon garlic (minced)
- 1 ½ teaspoon paprika

Directions

1. Preheat oven to 350 degrees F. Coat a baking sheet with cooking spray.
2. Place the chicken breasts on the baking sheet.
3. In a small bowl, combine salt, pepper, olive oil, lemon juice and garlic, and whisk until combined.
4. Brush on or pour lemon juice mixture over each chicken breast, coating evenly.
5. Sprinkle each chicken breast evenly with paprika and bake in oven for 35 minutes or until the chicken is cooked to an internal temperature of 165 degrees F.
6. Let the chicken breasts rest, covered with foil for 10-15 minutes before slicing or serving.

Nutrition Facts

Serving Size 4 ounces chicken
Servings Per Container 4

Amount Per Serving	
Calories 170	
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 60mg	**3%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 24g	**48%**

*Percent Daily Values are based on a 2,000 calorie diet.

Cucumber & Tomato Salad

Serves 4, 1 cup per serving

Ingredients

- 1/8 teaspoon black pepper
- 2 Tablespoons red wine vinegar
- 10 ½ ounces cherry tomatoes, cut in half
- 1 large cucumber, peeled and cut in half
- 1 ½ Tablespoons olive oil
- Pinch of salt

Directions

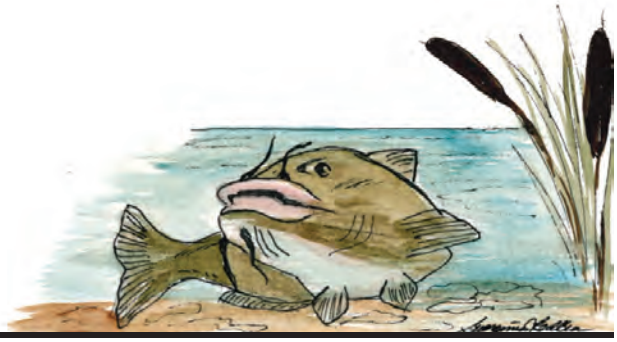
1. Cut each cucumber half in half and slice into large chunks. Place the cucumber in a salad bowl with the cherry tomatoes.
2. In a small bowl, whisk together the dressing. ingredients. Pour the dressing over the cucumbers and tomatoes and serve.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 4

Amount Per Serving	
Calories 70	
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Sugars 3g	
Protein 1g	**2%**

*Percent Daily Values are based on a 2,000 calorie diet.



Deviled Eggs

Serves 12, ½ egg per serving

Ingredients

- 6 large eggs
- 2 Tablespoons plus 1 teaspoon light mayonnaise
- 1/8 teaspoon dry mustard powder
- Pinch of salt
- Freshly ground black pepper

Directions

1. Place the eggs in a small saucepan so that they won't bounce or move around and crack. Cover with water. Bring to a boil. Immediately turn off and cover. Let sit for 15-18 minutes to continue cooking. Pour out the hot water. Shake the eggs in the pan to crack the shells. Add cold water and let sit. (This will make them easier to peel.)
2. Peel the eggs and cut them in half vertically. Remove yolks, place them in a small bowl, and mash with a fork. Add mayo, mustard, salt and pepper. Fill egg whites with mixture. If desired, garnish with sliced grape tomatoes, sliced olives, sliced radishes, or sliced scallions.

Nutrition Facts

Serving Size 1/2 large egg
Servings Per Container 12

Amount Per Serving	
Calories 45	
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 95mg	**32%**
Sodium 70mg	**3%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 3g	**6%**

*Percent Daily Values are based on a 2,000 calorie diet.

Strawberry Banana Jello Salad

Makes 8 servings

Ingredients

- 1 ½ cups hot water
- 1 package sugar-free strawberry Jello (6 ounces)
- 1 package frozen strawberries (sliced or whole) (no sugar added) (20 ounces)
- 1 cup crushed pineapple (no sugar added)
- 3-4 bananas, sliced
- 1 cup walnuts, chopped
- 2 cups fat-free sour cream

Directions

1. Dissolve Jello in the hot water.
2. Fold in strawberries, crushed pineapple, banana slices, and walnuts, and stir to mix.
3. Pour 1/2 of the mixture into a 12" x 8" dish, and refrigerate until firmly set.
4. Set the other 1/2 aside at room temperature.
5. When refrigerated half is set, gently spread with sour cream and then top with the remaining 1/2 mixture.
6. Refrigerate 2 to 3 hours before serving.

Nutrition Facts

Serving Size (283g)
Servings Per Container 8

Amount Per Serving	
Calories 272	Calories from Fat 94
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 228mg	**10%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 4g	**16%**
Sugars 18g	
Protein 9g	**18%**

*Percent Daily Values are based on a 2,000 calorie diet.

Angel Food Cake

Makes 12 servings

Ingredients

- 12 egg whites, room temperature
- 1 cup all purpose flour
- 1/4 cup cornstarch
- 1 teaspoon cream of tartar
- 1 1/2 cups sugar substitute*
- 2 teaspoons pure vanilla extract
- Pinch of salt

Directions

1. Preheat oven to 325 degrees F.
2. Sift flour, cornstarch, sweetener, and salt into a bowl. Set aside.
3. Using a mixer, whip egg whites with the cream of tartar until medium peaks form. Add the vanilla little by little.
4. Gently, using a spatula, fold in the flour mixture into the egg whites in 3-4 batches. Be careful, do not deflate the egg whites.
5. Place mixture into a UNGREASED angel food pan and bake for 40-45 minutes or until cake is springy to the touch and the top is golden (if you don't have an angel food pan, you can use a regular cake pan—but cooking time may be slightly different so watch carefully when baking to avoid overcooking).
6. Remove from the oven and invert pan onto the neck of a wine bottle to cool completely.
7. Run a knife around the rim of the cake pan to remove the sides. Then run your knife between the cake and the bottom part of the mold to release the bottom part.
8. Serve with sour cream, sugar-free whipped topping, and fresh fruit.
9. Enjoy!

Nutrition Facts

Serving Size 1 slice
Servings Per Container 12

Amount Per Serving	
Calories 66	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 50mg	**2%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 4g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Chef's Notes

*You can use 1 1/2 cups of Swerve or Splenda. Just keep in mind that some sweeteners are stronger than others, so read on the label their conversion chart to see how much you would need to replace 1 1/2 cups of sugar.