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Lakota Values

Wičhózaŋni Étkiya Lol'íwaħ'an (Cooking for Health)

Wówaunšila (Compassion) for my family and friends to stay healthy

Wóksape (Wisdom) to make healthier choices to live a long and prosperous life

Wóyuonihan (Respect) our bodies and the gift of food by eating healthy

Wóuŋšiičiye (Humility) to recognize the importance of my health and better manage my diabetes through good nutrition

Wówačhaŋtognake (Generosity) to promote wellness for my family, friends, and others

Wóohitike (Courage) to educate the truth about the dangers of diabetes and eating unhealthy foods

Wówačhiŋthaŋka (Patience) for me and my family to make healthy food choices



Welcome (Tanyán yahí) to the *Cheyenne River Cooking for Health (Wičhózaŋni Étkiya Lol'íwaǵ'aŋ) Study.*

Eating healthy foods is a cornerstone of diabetes management. Over the next year, we ask you to complete 12 lessons (one per month) that will show you new ways to choose and prepare healthy foods—while staying within your food budget. We encourage you to apply what you learn as you shop for food and cook at home. The goal of the lessons is to give you the tools that you need to move closer to your healthy eating, cooking, and food budgeting goals, and improve blood sugar levels.

Organization of Materials

Each lesson includes written materials (in this binder) and videos. Videos are available to view online using your own device (computer, tablet, or phone), or on tablets available at the Missouri Breaks Industries Research Inc. office, the Adult Diabetes Program office in Eagle Butte, or field clinics in White Horse, Cherry Creek, LaPlant, or Red Scaffold. On average, it will take about an hour a month to complete each lesson. You can complete the materials at your leisure throughout the month. If you are in the intervention group and watch the videos, you will be entered into a monthly raffle for a cooking-related item. Completion of the video automatically enters you in the raffle.

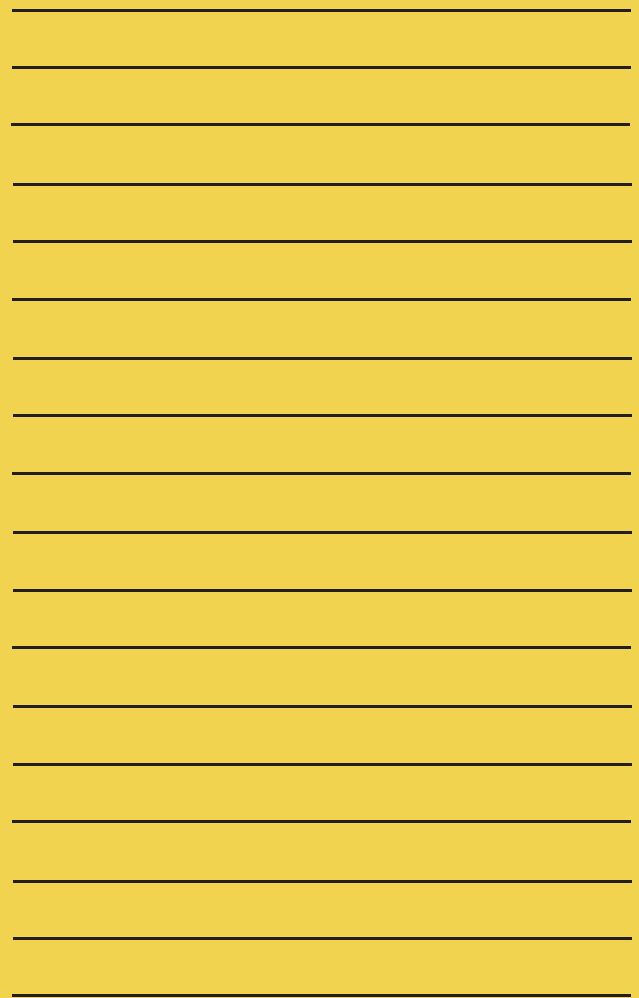
Information about Postcards

If you are in the intervention group, your binder includes 12 pre-stamped/addressed postcards, one for each study month. Once you complete each month's lesson, please answer the question(s) on the postcard and return to Missouri Breaks Industries Research Inc. If we receive your postcard by the 25th of the month, you will receive an extra entry into the month's raffle.

To Make the Most of your Time in the Study:

- **Get involved.** Commit at least one hour per month (can be broken up into smaller daily time slots—such as 15 minutes a week) to complete the lessons.
- **Share your experiences.** No doubt you've come up with lots of great ways to choose healthy foods and manage your food budget. Share your successes and challenges with others in the study using facebook (<https://www.facebook.com/cookingcr/>). Other participants will value your input.
- **Practice at home.** Try what you learn in the lessons at home. Try new recipes and practice food budgeting skills while making a grocery shopping list or planning a weekly menu. Push yourself to follow goals that you create as part of each lesson.

Thank you (Philámayaye) for joining the Cheyenne River Cooking for Health (Wičhózaŋni Étkiya Lol'íwaǵ'aŋ) Study. We hope that the lessons will help you feel confident in choosing foods that are healthy, affordable, taste great, and promote optimal diabetes management.



Challenge Yourself!

Set a Goal

Choose (*kaŋníŋa*) one of the goals below (or set your own) to try during the next month:

- ☐ I will try low-fat milk, cheese, and yogurt.
- ☐ I will try whole grain bread, cereal, and pasta that is on sale or inexpensive.
- ☐ I will read labels to find lean meats.
- ☐ I will practice measurement skills by creating one of this month's recipes.
- ☐ I will: _____



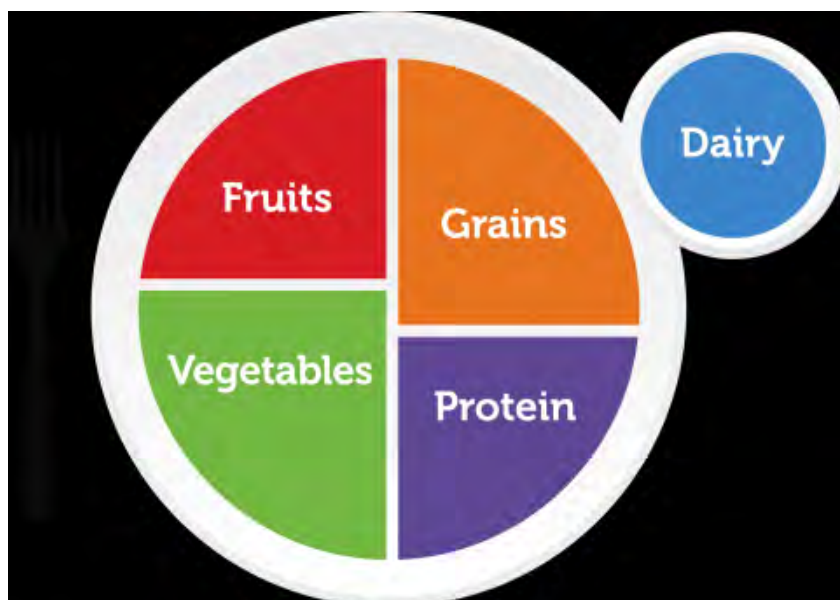
What are Healthy Foods?

Eating healthy is a key component to managing diabetes. Choose fruits, vegetables, whole grains, lean proteins, and low-fat dairy foods at every meal, and try to drink and eat less sodium, saturated fat, and added sugars.

“MyPlate” is the current nutrition guideline for most of us. MyPlate guidelines include 5 main food groups: fruits, vegetables, grains, protein, and dairy. The MyPlate diagram shows what a typical healthy plate should look like. Each section of the plate shows how much food from each food group should be eaten every day. Before you eat, think about how your plate compares to the MyPlate guidelines.

MyPlate

Eat Right. Have fun.



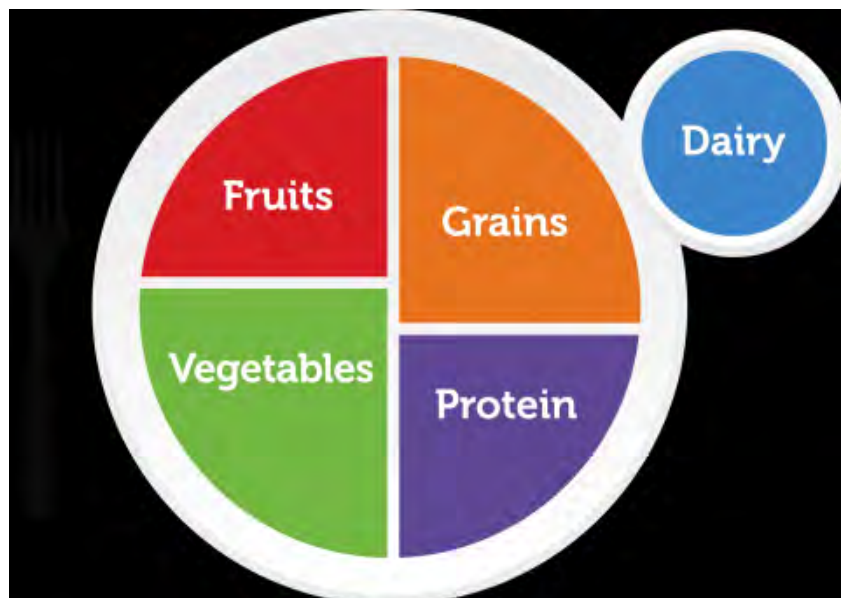
Fruits (Waskúyeča) and Vegetables (Wathóthoka)

Fill half of your plate at every meal with fruits and vegetables.

Why? Fruits and vegetables are low in calories and have lots of vitamins and minerals, including potassium, fiber, folate (folic acid), and vitamin C. Research has shown that people who eat fruits and vegetables every day have a lower risk of many chronic diseases, such as heart disease, high blood pressure, and some cancers.

Most of us don't eat enough fruits and vegetables every day. We might think fruits and vegetables (especially fresh) are too expensive, but there are ways you can afford inexpensive fruits and vegetables if you shop carefully. You will learn more about how to prepare and budget for fruits and vegetables in Month 3, Lesson 3 and Month 4, Lesson 4.

Remember that in addition to vitamins and minerals, fruit contains carbohydrates. Be sure to include fruit when carbohydrate counting.



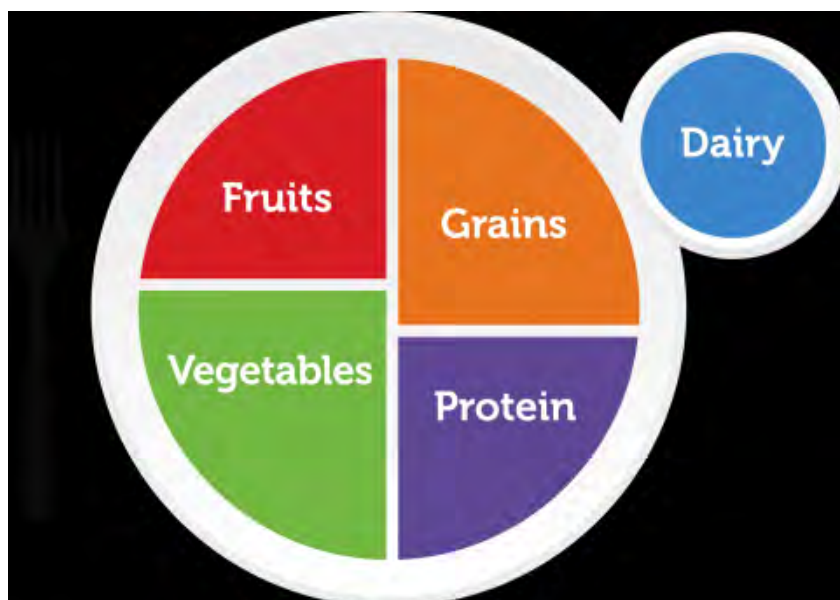
Grains (Pěžeží íŋkpa)

Choose grains as part of a healthy diet, and make sure at least half of your grains are whole.

Why? Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Whole grains are high in fiber, iron, magnesium, vitamin B, and vitamin E. Non-whole grains have been heavily processed. The processing creates a finer texture, but removes key nutrients and fiber.

Research has shown that people who eat whole grains have a lower risk of obesity and heart disease. Whole grain pastas and bread, oatmeal, and popcorn are common whole grains. Many breakfast cereals are also high in whole grains. Pick breakfast cereals with at least 3 grams of fiber and less than 6 grams of sugar per serving.

A variety of inexpensive whole grain foods are available at grocery stores in the community. You will learn more about how to prepare and budget for whole grains in Month 7, Lesson 7.



Protein Foods (Tǎhaló)

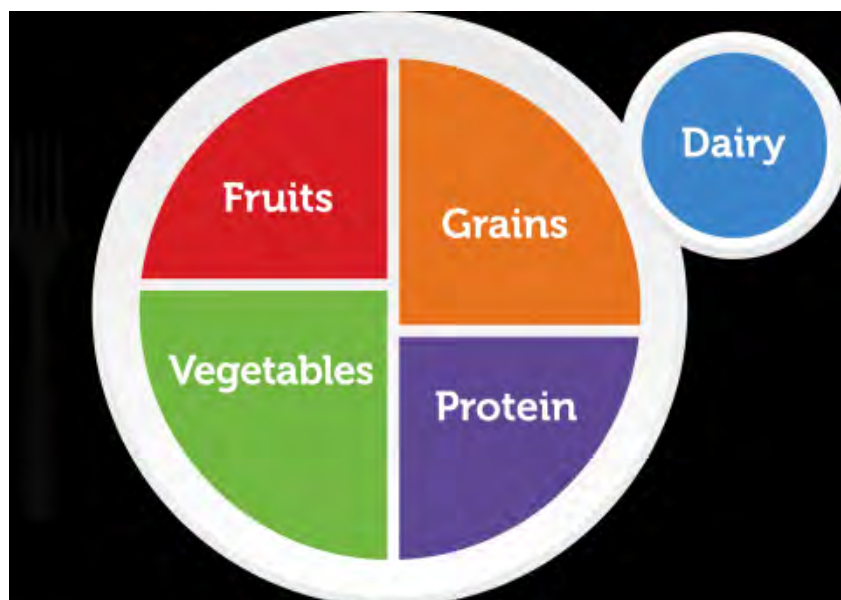
Choose lean proteins.

Why? Different sources of protein contain vastly different amounts of saturated fat, so the healthy choice is to eat protein that is lean. Common sources of lean protein include poultry, buffalo (tǎthǎnka), fresh fish and seafood, beans, eggs, tofu, nuts, and seeds.

It is common to believe that you need to eat lots of protein every day, but you actually don't need very much protein to be healthy. Most of us eat plenty of protein. Protein only takes about one-quarter of the space on the plate—so you should aim to eat twice as many fruits and vegetables as protein.

Some meats are very expensive, but there are lots of ways to include meat in your diet while not spending too much money. You will learn more about how to prepare and budget for protein in Month 6, Lesson 6.

Remember that some vegetarian sources of protein (for example, black beans, pinto beans, tofu) contain carbohydrates. Be sure to include these proteins when carbohydrate counting.



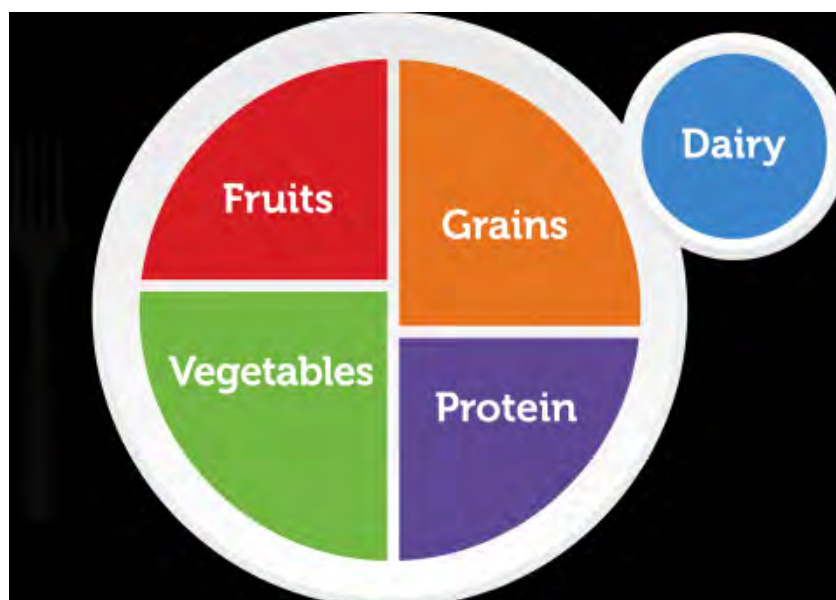
Dairy/Milk (Asáŋpi)

Choose low-fat dairy products.

Why? Many dairy products are high in fat, so be sure to choose milk and yogurt that are “low-fat” (use 1% milk) or fat-free (use skim milk). Common dairy foods include milk, cheese, and yogurt. Dairy products are high in calcium and vitamin D—nutrients that are important to maintain healthy bones and teeth.

If you are lactose-intolerant, try soy milk or almond milk as a source of calcium and vitamin D.

Dairy products contain different amounts of carbohydrates depending on the product. Be sure to look at the Nutrition Facts labels of dairy products to accurately count carbohydrates. You will learn more about healthy dairy products in Month 5, Lesson 5.



MyPlate Take-Home Message

- Eat a variety of foods from the five food groups.
- Fill half of your plate at every meal with fruits and vegetables.
- At least half of your grain servings should be whole grains.
- Many breakfast cereals are high in whole grains.
- Choose lean proteins, such as chicken, turkey, and fish.
- Choose fat-free or skim milk, and water instead of pop, sports drinks, or other sugary drinks.

Essential Nutrients

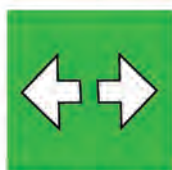
Nutrients are substances that our bodies need to grow properly. Nutrients come from the foods we eat. Each nutrient does a special job in our bodies to keep us healthy. There are six essential nutrients our bodies need. They are: water, protein, carbohydrates, fats, vitamins, and minerals.

6 Essential Nutrients	Function in the Body	Food Sources
1. Water	- Carries vitamins and minerals to cells in the body - Helps keep body temperature at 98.6°F	Water, beverages, foods containing water
2. Protein	- Builds and repairs muscles - Provides calories (energy) for the body	Meat, fish, poultry, milk, cheese, yogurt, dried beans/peas, peanut butter, tofu
3. Carbohydrates	- Come in three forms: starch, sugar and fiber - Foods with starch and sugar provide calories (energy) for the body - Fiber helps the body eliminate waste products	<u>Starch</u> : white/whole grain breads, rice, pasta/cereals, vegetables <u>Sugars</u> : table sugar, fruits, milk, puddings, yogurt, honey <u>Fiber</u> : fruits, vegetables, whole grain breads/cereals, rice, pasta
4. Fats	- Provide calories (energy) for the body - Carry Vitamins A, D, E and K to our cells	Butter/margarine (including foods containing butter/margarine), whole milk, meat, egg yolks, cheese, nuts
5. Vitamins	Help the body use other nutrients (protein, carbohydrates and fats)	
Vitamin A	- Keeps skin healthy - Helps eyes adjust to dim light	Liver, milk, some cheese, egg yolk, dark green leafy vegetables (spinach, kale, etc.), deep yellow fruits/vegetables (sweet potatoes, pumpkin and cantaloupe)
Vitamin D	Helps use calcium to build strong bones and teeth	Milk, exposure to sunlight, foods fortified with Vitamin D
Vitamin C	- Helps heal wounds - Builds strong bones, teeth and cells	Citrus fruits (orange, grapefruit, lemon, etc.), pineapple, kiwi, tomatoes, strawberries, cantaloupe, cranberries, cabbage, broccoli, cauliflower, kale, Brussel sprouts, potatoes, peppers, spinach
B Vitamins (Thiamin, Riboflavin, Niacin)	- Promote good appetite and digestion - Keep skin, eyes, tongue, and nervous system healthy	Whole grains, enriched breads/cereals, rice, pasta
Folic Acid	- Keeps body healthy - Prevents certain birth defects	Deep green vegetables (spinach, asparagus, Brussel sprouts), citrus fruits (oranges, grapefruit, lemons), strawberries, enriched breads and cereals, beans (kidney, black, etc.)
6. Minerals	- Needed for normal growth and development - Help maintain the health of bones and blood	

Keeping Food Safe



CLEAN



SEPARATE



COOK



CHILL

Preparing food safely is an important component of eating healthy. There are four basic food safety practices that will lower your risk of getting sick from foodborne illnesses—Clean, Separate, Cook, and Chill.

Clean



Washing your hands before handling or preparing food, and keeping a clean kitchen is one of the most effective ways to prevent food-borne illnesses. **You will need to wash your hands many different times during the food preparation process.**

To wash your hands

- **Wet** your hands with clean, running water (can be warm or cold) and apply soap (liquid, bar, or powdered soap).
- **Lather** your hands by rubbing them together with the soap. **Scrub** your hands for at least 20 seconds (20 seconds is about the time it takes to sing or hum the “Happy Birthday” song twice). Remember to lather the backs of your hands, between your fingers, and under your nails.
- **Rinse** well. **Dry** your hands using a clean towel.

Keep Food Surfaces Clean

- Harmful bacteria can spread easily throughout your kitchen on cutting boards, dishes, utensils, and countertops. Wash cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item and before you go on to the next item.
- Wash down the stovetop (including knobs) after preparing your meal.
- Once a week, throw out refrigerated foods that should no longer be eaten. As a rule of thumb, cooked leftovers should be eaten within 4 days.

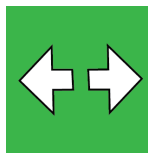
Try this simple bleach cleaning solution for countertops and the stovetop:

- Mix 1/4 teaspoon bleach with 2 cups of water in a plastic spray bottle
- Store in a cool and dry place for no longer than a month
- Wear rubber gloves when using a bleach solution

Wash Produce

- Wash fresh fruits and vegetables with clean running water before eating, cutting, or cooking. This includes produce that you plan to peel - as you don't want to transfer bacteria from the outside to the inside of the produce. Soap and bleach are not recommended when washing fruits and vegetables.

Separate



- When shopping, choose meat packages that are cold and tightly wrapped.
- When shopping, look for package leaks or other damage.
- In your refrigerator, keep raw meat, poultry, and seafood away from other food — especially raw foods or foods that do not need to be heated.
- A good place to store raw meat, poultry, and seafood is in sealed bags or Tupperware on the bottom shelf of the refrigerator so their juices do not drip on other foods.
- When cooking, use different cutting boards for raw meats, poultry, and seafood than for other foods.

Cook



- Use a food thermometer to be sure food is safe to eat.
- Place the food thermometer in the thickest part of the food, away from the bones—and follow the “Safe Minimal Internal Temperature Chart” to be sure that foods are safe to eat.

Safe Minimal Internal Temperature Chart

 145°F	 160°F	 165°F
		
fish, roasts, steaks, and chops (beef, pork, veal and lamb)	egg dishes and ground meats (beef, pork, veal and lamb)	stuffing, all poultry, casseroles reheated leftovers

Chill



- Keep freezer temperature at or below 0 degrees F.
- Keep refrigerator temperature at or below 40 degrees F.
- When shopping, put refrigerated and frozen items in your cart last.
- Refrigerate or freeze perishable items as soon as you get home from the store.

How to Use a Food Thermometer

Use a food thermometer to ensure that your food has reached the proper temperature for doneness. By cooking food to the proper temperature, you will prevent foodborne illness. The color and texture of food does not always indicate whether or not it is done.

Instant read thermometers are the most common types of thermometers for use in homes. Types of instant read thermometers are:

- **Bi-metallic stem thermometer:** most commonly used and most cost-effective. To use, insert into the center of the food from tip to dimple; allow about 15 seconds for the temperature to accurately read.
- **Digital thermometer:** about twice the cost of a stem thermometer. The sensor is in the tip of the thermometer, so the tip needs to be inserted into the center of the food. The thermometer will provide a digital read out of the temperature.



TIPS FOR USING THERMOMETERS

- Any food can be tested with a food thermometer: meat, poultry, fish, eggs, casseroles, soups. Casseroles, soups, and leftovers should have no cold spots.
- Make sure the thermometer is clean every time you use it. If you check a food and it is not the correct temperature, wash it before you check the temperature again.
- When checking meat and poultry, check the thickest part.
- Calibrate thermometers when you first get them and every three months after by inserting into an ice bath, waiting 30 seconds, and turning the dial to 32°F.

Bi-metallic Stem Thermometer



Digital Thermometer



Cook foods to the following temperatures:

- Ground Beef and pork 160°F.
- Ground Poultry 165°F.
- Cuts of beef and pork 145°F, plus let it stand for 3 minutes.
- Poultry (chicken, turkey, duck) 165°F.
- Egg dishes (quiche) 160°F.
- Eggs (fried, scrambled, boiled) yolk and white must be firm.
- Fish 145°F or until it is opaque and flakes easily with a fork.
- Casseroles, soups, and leftovers 165°F.

Knife Basics

Follow these tips to buy, use, and care for your knives.

Shopping Tips

- Hold a few in your hand before buying if you can. Handles have different shapes. Some may feel more comfortable than others.
- You don't need to purchase a 10-knife block set. Most kitchen tasks can be done with just one or two knives. Here are a few tips:
 - Chef's knife (8–10-inch blade). Almost all kitchen jobs can be done with just this knife. If you can only buy one, go with this one.
 - Paring knife (3–4-inch blade). Good for tasks where you may need to be more precise, like peeling and coring.
 - Serrated knife (8–10-inch blade, small “teeth”). This knife is long like a chef's knife but the blade edge is jagged, rather than smooth. Good for slicing bread and cutting soft-skinned produce like tomatoes.

Safety Tips

- Never put a knife in a sink full of water. You or someone else may forget it's there. This can lead to cuts when you grab things to clean.
- Don't try to catch a falling knife. If you drop it, take a quick step back so it doesn't nick your toes or bounce back on you.
- To pass a knife, hand it off by the handle. Or, set it down on the counter and let the other person pick it up.
- Always walk with the blade of your knife pointed towards the floor. This helps avoid nicking someone who comes into your path.
- When you are not using your knife, place it at the top of your cutting board. Keep the blade facing away from you.
- Keep knives sharp. A dull knife requires more force, which can lead to slipping. To sharpen knives, check the cost at a local hardware or kitchenware store, or price out sharpeners at discount stores. Do not try to sharpen serrated knives — it could ruin the teeth.



Using Knives Safely

Our recipes call for a lot of slicing, dicing, chopping, and mincing. Use these tips to cut like a pro:

- **Watch your fingers.** Tuck your fingers toward your palm on the hand that is holding the food.
- **Lead down with the tip.** Angle the tip of the knife toward the cutting board.
- **Slice.** Cut through the food with a slicing or sawing motion. Don't just push down.
- **Create a flat surface.** When working with round foods like onions or potatoes, cut them in half first. Lay the flat side down, then keep cutting.

Commonly Used Kitchen Tools

There are many types of kitchen tools and gadgets available. However, you don't need very many tools in order to prepare healthy foods for you and your family. Here is a list of kitchen tools that are commonly used in recipes.



Peeler



Measuring Spoons



Mixing Spoon



Spatula



Sheet Pan



Knife



Stock Pot



Cutting Board



Colander



Mixing Bowl



Can Opener



Whisk



Measuring Cups



Hot Pad or Oven Mitt

Cooking Terms

Recipes are easier to follow when you know these common terms.

Bake	To cook food in an oven with dry heat.
Boil	To cook food quickly in heated liquid. The liquid moves rapidly, and large bubbles keep breaking the surface. Often used for vegetables and pasta.
Broil	To cook food directly under the heat source of a gas or electric oven. Often used for fish and tender cuts of meat.
Brown	To cook quickly over high heat, usually on top of the stove, so the surface of the food turns brown and the inside stays moist.
Chop	To cut into pieces, which can vary in size.
Dice	To cut into small, even cubes, usually about ¼ inch per side.
Grill	To cook food directly on the heat source of a gas, charcoal, or wood grill. Often used for fish, tender cuts of meat, and vegetables.
Knead	To mix and work the ingredients that make up dough into smooth, elastic form. Can be done with hands or a heavy-duty mixer.
Mince	To cut food into even smaller pieces than diced.
Mix	To beat or stir two or more foods together until they are combined.
Poach	To cook food gently in large amounts of heated liquid. The liquid moves slightly, but no bubbles break the surface. Often used for eggs, fish, and fruit.
Roast	To cook by dry heat, usually in an oven.
Sauté (Pan Fry)	To cook food in a small amount of fat or oil on top of a stove. Heat the fat until hot (but not smoking), add the food, and cook to stated time or tenderness.
Simmer	To cook food slowly in heated liquid. Small bubbles should break the surface. Often used for meats and stews that benefit from slow cooking.
Slice	To cut into wide, thin pieces.
Steam	To cook food quickly in a covered pot by the moist heat made from a small amount of heated liquid. The food is held above the liquid by a basket or rack. Often used for vegetables and fish.
Whisk	To beat ingredients with a fork or a “whisk.” This adds air and increases the volume. The mixture appears light and fluffy.

Measure Up

Common Abbreviations

Need a Tablespoon but can only find a teaspoon measure? Use these conversions:

Teaspoon	Tablespoon	Cups	Ounces	Other
3 teaspoons	1 Tablespoon	$\frac{1}{16}$ cup	$\frac{1}{2}$ oz	
6 teaspoons	2 Tablespoons	$\frac{1}{8}$ cup	1 oz	
	4 Tablespoons	$\frac{1}{4}$ cup	2 oz	
	8 Tablespoons	$\frac{1}{2}$ cup	4 oz	$\frac{1}{4}$ pint
	12 Tablespoons	$\frac{3}{4}$ cup	6 oz	
	16 Tablespoons	1 cup	8 oz	$\frac{1}{2}$ pint
		2 cups	16 oz	1 pint
		4 cups	32 oz	1 quart
		8 cups	64 oz	2 quarts
		16 cups	128 oz	4 quarts = 1 gallon



Common Abbreviations

You may see these symbols in your recipes:

teaspoon = t or tsp

Tablespoon = T, Tbs, or Tbsp

ounce = oz

fluid ounce = fl or fl oz

cup = c

pint = pt

quart = qt

gallon = gal

pound = lb



Even or Level: Measure the exact amount (so the ingredient is level with the top of the cup or spoon). If the recipe doesn't say, measure like this.



Firmly Packed: Press as much of the ingredient as you can fit into the measure.



Lightly Packed: Press the ingredient into the cup lightly. Don't pack too tightly.



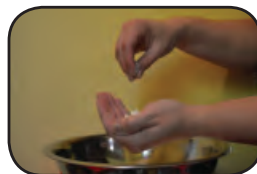
Rounded: Allow the ingredient to pile up above the rim of the measuring cup or spoon naturally, into a soft mound.



Heaping: Pile as much of the ingredient on top of the measure as it can hold.



Sifted: Pass dry ingredients through a fine-mesh strainer or sifter before measuring.



Pinch or Dash: A small amount, usually less than $\frac{1}{8}$ of a teaspoon.

Cooking for a Crowd?

Try doubling the recipe.

Cooking for One or Two?

Try halving the recipe.

Recipe calls for:	Double the amount by using:	Half the amount by using:
1 cup	2 cups	$\frac{1}{2}$ cup
$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	6 Tablespoons
$\frac{2}{3}$ cup	1 $\frac{1}{3}$ cups	$\frac{1}{3}$ cup
$\frac{1}{2}$ cup	1 cup	$\frac{1}{4}$ cup
$\frac{1}{3}$ cup	$\frac{2}{3}$ cup	2 Tablespoons + 2 teaspoons
$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	2 Tablespoons
1 Tablespoon	2 Tablespoons	1 $\frac{1}{2}$ teaspoons
1 teaspoon	2 teaspoons	$\frac{1}{2}$ teaspoon
$\frac{1}{2}$ teaspoon	1 teaspoon	$\frac{1}{4}$ teaspoon
$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{8}$ teaspoon



Challenge Yourself!

Practice Doubling a Recipe

You have been asked to make chicken and rice for a party. The recipe that you want to make says that it will serve 8 people. There will be 16 people at the party. Rewrite the ingredients for the recipe for chicken and rice so that you can feed 16 people.

Serving Size

Recipe serves 8: one serving equals 2/3 cup chicken and veggies, and 1/2 cup cooked rice

Ingredients

- 2 cups brown rice
- 2 large bell peppers
- 1 large onion
- ½ small serrano pepper
- 2 limes
- 2 pounds boneless, skinless chicken thighs
- 2 Tablespoons canola oil
- ¾ cup orange juice
- ¼ cup water
- ¼ teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon ground black pepper

To double the recipe, you will use:

- ____ cups brown rice
- ____ large bell peppers
- ____ large onions
- ____ small serrano pepper
- ____ limes
- ____ pounds boneless, skinless chicken thighs
- ____ Tablespoons canola oil
- ____ cups orange juice
- ____ cup water
- ____ teaspoon dried thyme
- ____ teaspoon salt
- ____ teaspoon ground black pepper

Nutrition Facts	
Serving Size 2/3 cup chicken and veggies and 1/2 cup rice	
Servings Per Recipe 8	
Amount Per Serving	
Calories 390	Calories from Fat 100
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 240mg	10%
Total Carbohydrate 48g	17%
Dietary Fiber 3g	11%
Sugars 5g	
Protein 24g	
Vitamin A 15%	Vitamin C 100%
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.	

Answer: 4 cups brown rice; 4 large bell peppers; 2 large onions; 1 small serrano pepper; 4 limes; 4 pounds boneless, skinless chicken thighs; 4 Tablespoons canola oil; 1 ½ cups orange juice; ½ cup water; ½ teaspoon dried thyme; 1 teaspoon salt; 1 teaspoon ground black pepper

Making Recipes Work for You

Learn to adjust recipes to meet your needs

Make changes to recipes based on:

- foods you have on hand, including leftovers
- what is in season
- family size and tastes
- ingredients on sale
- amount of time you have free to cook
- healthier cooking methods



Use the following ideas to combine foods and flavors in a way that appeals to your family:

Type of Recipe	What it is	Example From Your Book	Make It Work For You
Soup/Stew	Meat and/or vegetables cooked slowly in a broth with seasonings.	Soup Made Simple (Month 2, Lesson 2)	• Mix it up with different meats, vegetables, or beans. • Season to your tastes with different herbs or spices. • Go meatless.
Casserole	One-pot dish cooked slowly in the oven. Often contains rice or pasta, vegetables, beans, and/or meats.	Casserole (Month 8, Lesson 8)	• Use different types of cheese or different shapes of pasta. • Add chopped vegetables, meat, or tuna. • Season with different spices.
Salad	Mix of grains, fruits, and/or cold vegetables with a dressing.	Super Salads (Month 3, Lesson 3)	• Use different grains, vegetables, nuts, or dried fruits.
Wrap	Mix of hot or cold foods inside a sandwich wrap.	Veggie Wraps (page 28)	• Use different beans, vegetables, cheeses, or herbs. • Replace the eggs with tofu. • Make heartier by adding leftover rice or cooked meats.

Making Recipes Work for You

Missing an ingredient? Don't have time to go to the store?



Challenge Yourself!

Set a Goal

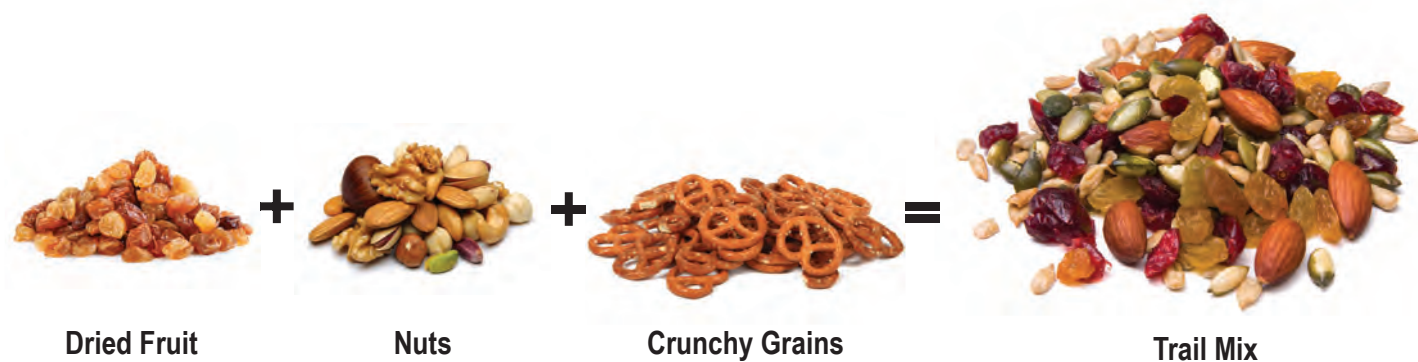
Choose (*kañníga*) one of the goals below (or set your own) to try during the next month:

- ☐ I will try low-fat milk, cheese, and yogurt.
- ☐ I will try whole grain bread, cereal, and pasta that is on sale or inexpensive.
- ☐ I will read labels to find lean meats.
- ☐ I will practice measurement skills by creating one of this month's recipes.
- ☐ I will: _____



Make Your Own Trail Mix

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



Add one ingredient from each column to make 6 servings ($\frac{1}{2}$ cup each).

Dried Fruit ($\frac{1}{2}$ cup)	+	Nuts ($\frac{1}{2}$ cup)	+	Crunchy Grains (1 cup)	+	Other (1 cup total; no more than $\frac{1}{2}$ 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!

Snack Smart

Instead of fruit-flavored snacks...

Make a Fruit Salad

- Wash and peel a variety of colorful fruits.
- Cut fruits into bite-sized pieces. Combine in a large bowl.
- Cut a lime in half. Squeeze the juice over the fruits.
- Drizzle on a Tablespoon of honey if you like.
- Stir ingredients to combine and enjoy!



Instead of snack or energy bars...

Make Banana Crunch

- Mash a large, ripe banana in a bowl.
- Add ¼ cup of granola.
- Add a dash of cinnamon.
- Mix ingredients together.
- Spread mixture onto whole wheat wafers or graham crackers and enjoy!

Make Avocado Crunch

- Mash a ripe avocado in a bowl.
- Add juice from half a lemon, 2 teaspoons of sunflower seeds, and a pinch of salt.
- Spread over whole wheat crackers. Or, eat with vegetable slices.

Instead of peanut butter crackers...

Make Peanut Butter Sticks

- Wash and cut celery into short sticks.
- Spread a thin layer of peanut butter on celery sticks.
- Top peanut butter with raisins and enjoy!



Instead of cheesy crackers...**Make Fruit and Cheese Kabobs**

- Cut block cheese into small cubes.
- Wash, peel, and cut a variety of colorful fruits into bite-sized pieces.
- Slide food onto coffee stirrer “skewers” or whole wheat pretzel sticks. Switch between fruit and cheese pieces.

Make Cucumber Sammies

- Cut cucumbers into thin slices.
- Top half of the slices with small pieces of turkey and cheese.
- Cover each one with another cucumber slice.

**Instead of potato chips or salty snacks...****Make your own trail mix (page 24)****Instead of ice cream...****Make your own yogurt parfaits (Month 5, Lesson 5)****Instead of frozen fruit snacks...****Make Frozen Fruit Poppers**

- Wash and peel a variety of colorful fruits.
- Cut fruits into bite-sized pieces. Place in a freezer-safe plastic bag.
- Let freeze in the freezer. Pull out and enjoy!

Make Fruit Pops

- In a blender, combine fresh or frozen fruit pieces, water, and a small amount of honey or sugar. Blend together.
- Pour mixture evenly into empty ice cube trays.
- Freeze until slushy, about 45 minutes.
- Stick a popsicle stick or toothpick into each cube. Place back in the freezer for 1 hour or until frozen.

Delicious 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*



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

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.

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 homemade guacamole in place of avocado.

Homemade 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.

Homemade 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 Cloves Coriander Curry Ginger Hot Peppers Mint Mustard Seeds Turmeric	Basil Marjoram Oregano Rosemary Sage Thyme	Allspice Caraway Cardamom Cinnamon Cumin Curry Dill	Ginger Hot Peppers Marjoram Mint Paprika Parsley	Allspice Cinnamon Chili powder Cilantro Cumin Curry Hot Peppers Nutmeg Oregano