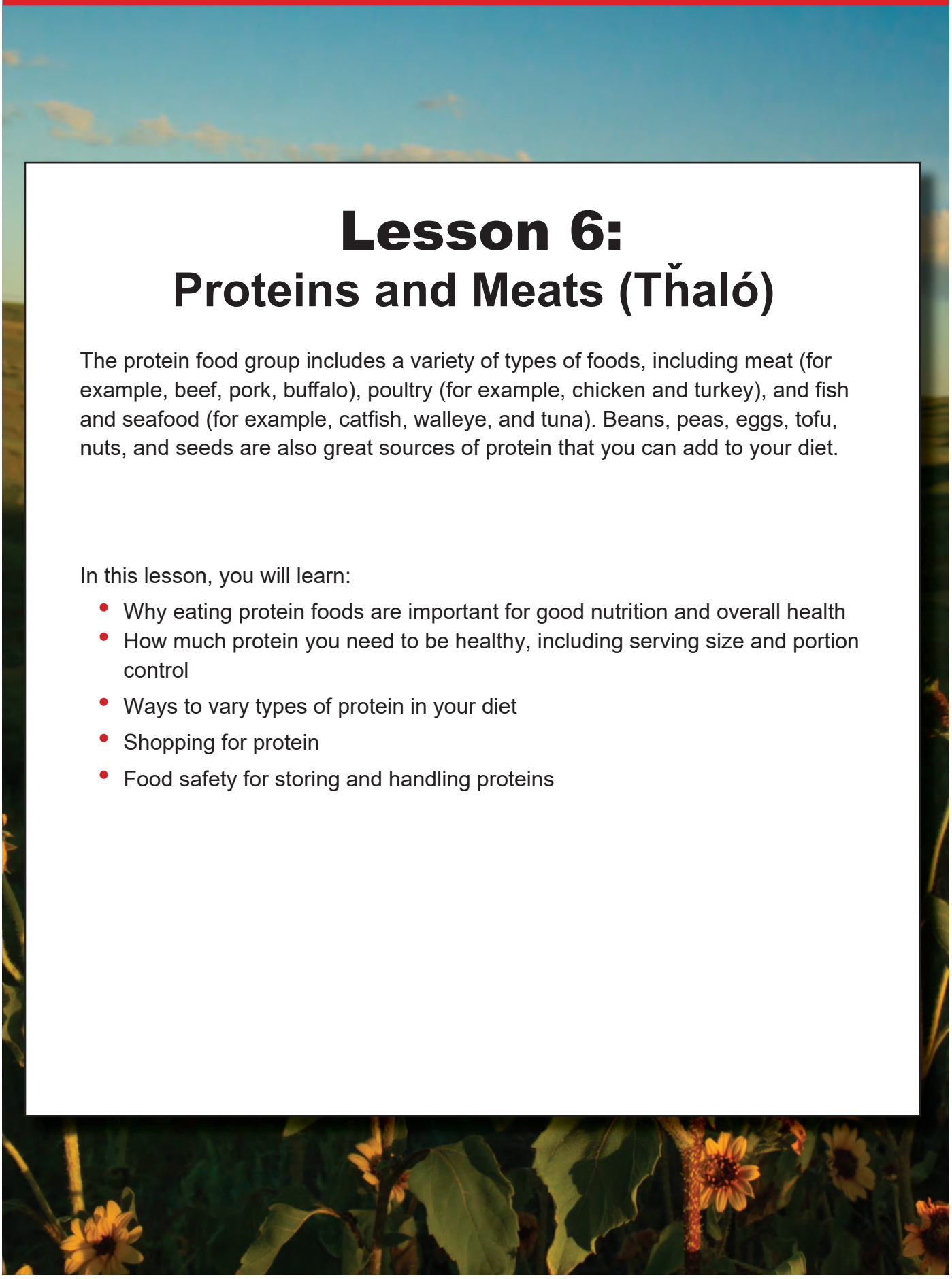


Lesson 6:
Proteins and Meats (Tȟaló)

The protein food group includes a variety of types of foods, including meat (for example, beef, pork, buffalo), poultry (for example, chicken and turkey), and fish and seafood (for example, catfish, walleye, and tuna). Beans, peas, eggs, tofu, nuts, and seeds are also great sources of protein that you can add to your diet.

In this lesson, you will learn:

- Why eating protein foods are important for good nutrition and overall health
- How much protein you need to be healthy, including serving size and portion control
- Ways to vary types of protein in your diet
- Shopping for protein
- Food safety for storing and handling proteins

Challenge Yourself!

Set a Goal

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

❒ I will try a new type of protein that I haven't eaten before.

❒ I will buy lean meats.

❒ I will follow food safety rules for protein foods.

❒ I will make a recipe from this lesson.

❒ I will: _____

_____

Why Eating Protein is Important

A healthy and balanced diet includes eating a variety of different types of protein, including:

- Meat (tȟaló) examples: beef, pork, lamb, buffalo
- Poultry
- Fish & seafood
- Beans (omníča)
- Peas
- Eggs
- Tofu
- Nuts, nut butters, and seeds

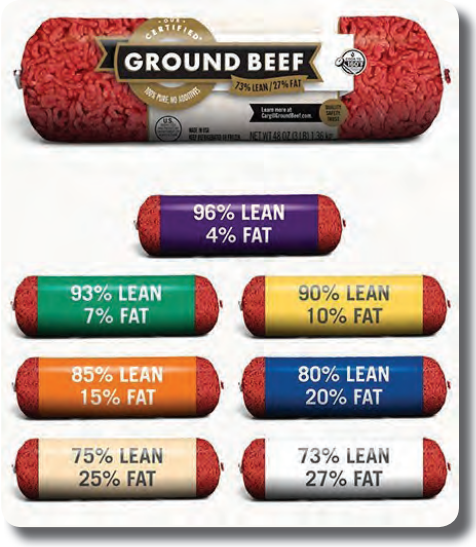
Diabetes Hints… Protein Foods

Healthy eating with diabetes starts with what is on your plate. **Protein foods will raise blood sugar a small amount** so it is important to pay attention to the serving size listed on the nutrition label. Approximately ¼ of your plate should be from the protein food group.

- **BLOOD SUGAR ALERT** – will raise blood sugar a little.
- **BENEFITS** – helps you feel full and a good source of energy.
- **PROTEIN FOODS TO TRY** – beef, beans, tuna, eggs, fish, nuts, peanut butter, chicken, turkey, and tofu.
- **EATING TIPS FOR A MEAL OR SNACK** –
  - Eat lean cuts of meat because they have less fat and usually cost less.
  - Dried beans and soy products (veggie burgers and tofu) contain carbs.
  - Dial back the carbs in favorite meals:
    - A burrito contains meat, beans, and rice wrapped in a flour tortilla – dial back the carbs by omitting the rice.
    - When eating spaghetti and meat sauce, use spiraled zucchini instead of pasta.
    - Enjoy a burger with fresh lettuce, tomato, onion, and slice of cheese, but omit the bun.
    - Omit the traditional pizza crust and use a cauliflower crust to make your favorite meat and veggie pizza.
    - Omit the tortilla shell and wrap meats in a lettuce leaf.

Meat (tȟaló) and poultry choices should be **lean or low-fat**.

What Does Lean or Low-Fat Mean?



Lean or low-fat can best be explained by comparing the amount of meat to fat. For example, the lean-to-fat ratio for ground beef is shown in the image on the right. Leaner meat has a lower percentage of fat, and is a healthier option. Meats with higher fat content have more “bad” cholesterol (LDL).

Cholesterol Facts

- Cholesterol is a type of fat found in our blood. Our bodies need cholesterol to make cell membranes, hormones, and to help digest food.
- Cholesterol comes from the foods we eat. Our liver also makes cholesterol.
- Cholesterol is found in protein foods, such as meat (beef, pork, lamb, buffalo, and venison), poultry, fish, and egg yolks. Dairy products also contain cholesterol.
- There are two types of cholesterol: LDL (low-density lipoprotein) and HDL (high-density lipoprotein).
    - LDL or “bad” or “unhealthy” cholesterol can clog arteries and cause strokes and heart attacks.
    - HDL or “good” or “healthy” cholesterol helps remove the LDL cholesterol from the bloodstream. Higher levels of HDL can help reduce the risk for heart disease.

To reduce the “bad” cholesterol (LDL) in our bodies, limit foods high in saturated fat, including:

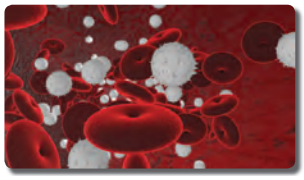
- Fatty cuts of red meats (tȟaló)
- Regular ground beef (75-85% lean)
- Sausages and hot dogs
- Bacon
- Bologna and salami
- Egg yolks
- Spam
- Vienna sausage
- Organ meats

*More information on fats (including oils) will be covered in Month 9, Lesson 9.

Eating Foods High in Protein will Help You Stay Healthy

Nutrients in protein foods (wóyute) include:

- B vitamins
- Iron
- Magnesium
- Omega-3 fatty acids (in fish & seafood)



B vitamins help your body make red and white blood cells. B vitamins also support metabolism and proper functioning of the nervous system.

Iron helps oxygen travel around your body in your blood.

Magnesium is important for building strong bones and muscles.

Fish and seafood are excellent sources of **omega-3 fatty acids**. Eating fish and seafood may help reduce risk of heart disease, depression, and joint pain.

Note: At the 1ppm mercury level, SD Department of Health recommends that people space their meals of fresh fish to limit consumption to safe levels. The SD Department of Health’s advisory follows the FDA’s action level and recommends that healthy adults eat no more than 7 ounces of fresh fish per week with mercury levels close to or slightly above 1ppm.

Note: Women at risk for pregnancy or currently pregnant should avoid fish that are high in mercury (such as marlin, shark, swordfish, grouper, and ahi tuna). Women who plan to become pregnant, are pregnant or breastfeeding, and children under age seven should eat no more than 7 ounces of such fish per month.

How Much Protein Do You Need Each Day to be Healthy?

The **amount of protein** you should eat depends on your:

- sex
- age
- physical activity level

Below are the daily recommendations for protein consumption for people who get less than 30 minutes of moderate physical activity (such as brisk walking) per day. Those who are more (or less) physically active should talk to their doctor about how much protein they need to be healthy.

Daily Recommendations for Protein Consumption*		
Children	2-3 years old 4-8 years old	2 ounces 4 ounces
Girls	9-13 years old 14-18 years old	5 ounces 5 ounces
Boys	9-13 years old 14-18 years old	5 ounces 6 ½ ounces
Women	19-30 years old 31-50 years old 51+ years old	5 ½ ounces 5 ounces 5 ounces
Men	19-30 years old 31-50 years old 51+ years old	6 ½ ounces 6 ounces 5 ½ ounces

*Not all protein foods are created equal. You cannot directly substitute an ounce of lean meat or poultry for an ounce of nuts. See the table “What Does an Ounce of Protein or Meat Look Like” to better understand protein equivalences.

What is a Typical Serving Size?

Common household objects can give you a good idea of a serving size of protein foods.

Meats, Fish & Nuts

3 ounces lean meat & poultry = deck of cards

3 ounces grilled or baked fish = checkbook

3 ounces tofu = deck of cards

2 Tablespoons peanut butter = golf ball

2 Tablespoons hummus = golf ball

1 ounce of almonds = 24 almonds

1 ounce of pistachios = 48 pistachios

3 ounces lean meat & poultry or 3 ounces tofu = deck of cards

3 ounces grilled/baked fish = checkbook

2 Tablespoons peanut butter or hummus = golf ball

Note: The above examples are to show the size of a typical serving of meats, fish and nuts. The above Daily Recommendations for Protein Consumption table shows how many ounces of protein you should eat per day based on your gender and age.

What Does One Ounce of Protein or Meat (Tȟaló) Look Like?

Depending on age, adult women should consume 5 to 5 ½ ounces and adult men should consume 5 ½ to 6 ½ ounces of protein foods per day as part of a healthy diet. Not all protein foods are measured the same. An ounce of ground beef is different than an ounce of peanut butter. This table shows you what counts as an "ounce".

Type of Protein	Amount that Equals One Ounce of Protein	Common Package or Portion Size
Meats	1 ounce of cooked lean beef, pork, lamb, bison, deer, or elk	 1 bison burger = 3-4 ounces (size of a deck of cards)  1 pork chop = 3-4 ounces (size of a deck of cards)
Poultry	1 ounce cooked chicken or turkey, without skin 1 sandwich slice of turkey (approximate size = ⅛ inch thick and shape of a deck of cards)	 1 small chicken breast half = 3 ounces (size of a deck of cards)

One Ounce of Protein or Meat, continued...

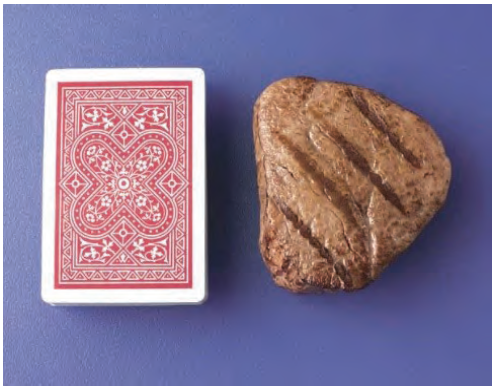
Type of Protein	Amount that Equals One Ounce of Protein	Common Package or Portion Size
Fish and Seafood	1 ounce cooked fish	 1 can of tuna, drained = 3-4 ounces  salmon steak = 4-6 ounces
Eggs	1 egg	 2 eggs = 2 ounces 3 egg whites = 2 ounces 3 egg yolks = 1 ounce
Nuts and Seeds	½ ounce of nuts (12 almonds, 24 pistachios, or 7 walnut halves)	 1 package of almonds = 1.5 ounces

Ounce of Protein or Meat, continued...

Type of Protein	Amount that Equals One Ounce of Protein	Common Package or Portion Size
Nuts and Seeds	½ ounce or 2 Tablespoons of pumpkin or sunflower seeds 1 Tablespoon of peanut or almond butter	 2 Tablespoons of peanut butter = 2 ounces
Beans and Peas	¼ cup of cooked beans (black, kidney, pinto, white), peas (chickpeas, cowpeas, lentils, split peas), baked beans, refried beans, or tofu ¼ cup of baked beans or refried beans 2 Tablespoons hummus	 1 cup bean or pea soup = 2 ounces  ½ cup of baked beans = 2 ounces  1 soy or bean burger patty = 2 ounces

Portion Distortion

The average portion size at restaurants and takeout has changed drastically over the last 20 years. Here are a couple examples of portion distortion from the protein food group:



3 ounces steak = 230 calories

9 ounces steak = 679 calories

Calorie difference: **449 calories**

In order to burn those **extra calories**, you need to ride a bike for **41 minutes***

*Based on a 130 pound person, Source: National Heart, Lung, & Blood Institute, Obesity Education Initiative, Portion Distortion

3.7 ounces = 333 calories

7.5 ounces = 590 calories

Calorie difference: **257 calories**

In order to burn those **extra calories**, you need to lift weights for **1 hour and 30 minutes***

*Based on a 130 pound person, Source: National Heart, Lung, & Blood Institute, Obesity Education Initiative, Portion Distortion

Portion Distortion (Continued)

1 cup spaghetti with sauce
& 3 small meatballs = 500 calories

2 cups spaghetti with sauce
& 3 large meatballs = 1,025 calories

Calorie difference: **525 calories**

In order to burn those **extra calories**, you need to clean house for **2 hours and 35 minutes.***

*Based on a 130 pound person, Source: National Heart, Lung, & Blood Institute, Obesity Education Initiative, Portion Distortion.

Tip! One way to prevent portion distortion is to use a smaller plate or bowl for meals. One cup of food looks very different when put on a smaller plate vs. a larger plate. Measure out one cup of food and see what it looks like on your plates and in your bowls; try it with other measurements (½ cup, ¼ cup, 2 Tablespoons). By doing this, you will know what different serving sizes look like using your dishes, and you can avoid portion distortion.

Vary Your Protein Routine

1 Vary your protein food choices
Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week
Eat seafood in place of meat or poultry twice a week if you are a healthy adult. Pregnant women and small children should only eat fish once per month.

3 Select lean meat and poultry
Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh. Try adding frozen vegetables, such as corn, peas, carrots, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.

5 Eat plant protein foods more often
Try beans and peas (kidney, pinto, black, or white beans, lentils, hummus), soy products (tofu, veggie burgers), nuts, and seeds.They are lower in saturated fat and some are higher in fiber.

6 Consider nuts and seeds
Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy
Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich
Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.

9 Think small when it comes to meat portions
Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

10 Check the sodium
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods - including soups, vegetables, beans, and meats. Many processed meats - such as ham, sausage, and hot dogs - are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

Adapted From: United States Department of Agriculture - Center for Nutrition Policy and Promotion. MyPlate MyWins

Food Selection Tips
From the CRST Diabetes Program

Know your portion size. Portion size matters and is part of keeping track of your total carbs, fat, sodium, and calories.

Protein Foods:

- Eggs are an excellent source of protein
- Follow recommended portion sizes for meats – a 3 ounce serving should be about the size of a deck of cards
- Always trim fat from meat
- Choose chicken or turkey breasts, and don't eat the skin
- When cooking hamburger for meat dishes, rinse under hot water to remove the fat

Talk with a registered dietitian to help you plan a healthy diet and better manage your diabetes.

How to Shop for Protein Foods

Protein foods can be bought three ways: fresh, canned, or frozen.

1. When buying fresh meat (tȟaló) products, choose those that have bright and uniform color, feel firm to the touch, and are packaged without tears or holes. Check the date on the package to make sure you will have time to use it before it will go bad.

   Sell By Date – tells the store owner how long the meat can be offered for sale. This is often used on hot dogs, sausage, or other processed meats. Only buy meats before the "sell by" date. Use soon after purchasing.

   Best if Used By Date – the date which the meat should be cooked and eaten by for the best flavor and quality. After this date, meats can have an off-odor and flavor due to spoilage and bacteria. Only buy meats you know you can use before the "best if used by" date.

   Use-By Date – the last recommended date to cook and eat the meat for best quality. Do not buy meats if the "use-by" date has expired or if you know you can't use the meat before the "use-by" date.

Many people find it difficult to purchase and/or prepare proteins due to cost and time-constraints. However, not all proteins are expensive or take a lot of time to cook.

Here are a few examples of how you can buy proteins that are canned and frozen:

2. Canned proteins are a good option because they are not expensive and do not take a long time to cook. Try to avoid purchasing dented cans for the best quality protein product.

Canned beans (omníča) are tasty and inexpensive. Keep a few cans of black beans, kidney beans, pinto beans, great northern beans, or other beans in the pantry for busy nights.

Canned fish and seafood (tuna, salmon) are also inexpensive staples you can use in many recipes – including a few at the end of this lesson!

Tip! Be sure to look for "no salt added" or "low sodium" on the canned items you choose. If low sodium options are not available, rinse canned beans, fish and seafood before using to remove extra salt.

How to Shop for Protein Foods, continued...

3. Frozen proteins are a good choice if you have access to a freezer. You can also freeze fresh protein when you get home from the grocery store to keep it safe for later use.

   Frozen fish fillets and canned tuna, salmon, sardines, or mackerel are budget-friendly choices.

Tip! Frozen white fish fillets like tilapia or haddock are often less pricey than other fish and seafood options. They also have a more mild flavor – good for kids or picky eaters.

Be aware: Prepackaged frozen meals may look tempting, but they are often very high in sodium, calories, fat, and sugar, and low in nutrients. They are also not very cost-effective.

Challenge Yourself!

Cooking for a family

You make your way to the fresh meat section to buy 92% lean ground beef and/or buffalo for your family's taco dinner.

The recipe in your Cheyenne River Cooking for Health Study binder states that it serves 8, but your family only has 2 people.

If the recipe calls for 1 pound of lean ground beef and/or buffalo, how much beef and/or buffalo should you buy?

Hint: 1 pound = 16 ounces (serves 8)

__1__ pound equals ____ ounces

____ ounces equals ____ servings

____ servings equals ____ ounces per serving

2 servings equals ____ ounces equals ____ pounds (to purchase)

Hearing about the success about your healthy taco night, your cousin has invited you and several other family members over for taco night and has asked that you bring enough 92% lean ground beef and/or buffalo for 24 people.

The recipe in your Cheyenne River Cooking for Health binder says that the recipe serves 8 people. If the recipe calls for 1 pound of lean ground beef and/or buffalo, how much beef and/or buffalo should you buy to serve 24 people?

__1__ pound equals ____ ounces

____ ounces equals ____ servings

____ servings equals ____ ounces per serving

24 servings equals ____ ounces equals ____ pounds (to purchase)

Answers: for a family of two, you should buy ¾ pounds; for your cousin's taco night, you should buy 3 pounds.

Food Storage & Handling

Shop Safely

- Choose meat packages that are cold and tightly wrapped.
- Look for and avoid package leaks and other damage.
- When grocery shopping, shop for refrigerated and frozen foods last so they stay cold longer.
- Separate raw and cooked meats in your cart when shopping and in your refrigerator at home.

Storing protein safety

- Store raw meat, poultry, fish, and seafood on the bottom shelf of the refrigerator so its juices do not drip on other foods.
- Store frozen foods in airtight containers or packaging.
- Keep freezer temperature at or below 0 degrees F.
- Keep refrigerator temperature at or below 40 degrees F.
- Refrigerate or freeze meat, poultry, fish, and seafood within 2 hours.
- Defrost meat, poultry, fish, and seafood by thawing in the refrigerator, in the microwave, or submerging packaged foods in cold tap water. Never defrost meat, poultry, fish or seafood on the kitchen counter at room temperature.

Food Storage and Handing Continued

Cooking Protein Safely

Wash your cutting boards, dishes and utensils with hot water and soap after preparing each food item and before you go on to the next food.

- Do not eat raw or partially cooked eggs or undercooked meat and poultry.
- Do not wash or rinse meat or poultry.
- After preparing raw meat, wash cutting boards, knives, utensils, and counters with hot soapy water. ***Do not use these to prepare fruit, vegetables, or cooked meats to avoid cross-contamination.***
- **Cook foods to a safe temperature** (see Month 1, Lesson 1) and use a meat thermometer to ensure that it is cooked all the way through. Place the thermometer in the thickest part of the food, away from bones. Wash the thermometer with hot, soapy water after each use.

Tip! Check out the video on using a meat thermometer in Month 1, Lesson 1.

Remember:

Wash Hands and Surfaces Often

Foodborne bacteria can't be seen, tasted or smelled. These microorganisms can make you sick if ingested, and they spread through contact with cutting boards, utensils, countertops and food - so ready, set, CLEAN!

Tip! Call the USDA Meat and Poultry Hotline if you have a question about meat, poultry, or egg products, its toll free at **1-888-MPHotline (1-888-674-6854)**.

The Hotline is open year-round Monday through Friday from 10 a.m. to 6 p.m. ET (English or Spanish). Recorded food safety messages are available 24 hours a day. Check out the FSIS Web site at www.fsis.usda.gov.

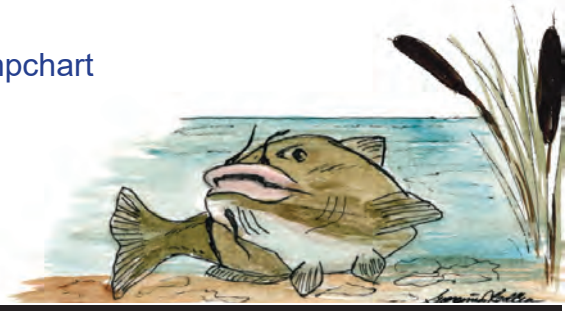
Safe Cooking Guidelines

Cook all food to these minimum internal temperatures as measured with a food thermometer before removing food from the heat source. For reasons of personal preference, consumers may choose to cook food to higher temperatures.

Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes.
Ground meats	160 °F (71.1 °C)
Ham, fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes.
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).

Product	Minimum Internal Temperature & Rest Time
All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

Short URL for this page: https://www.fsis.usda.gov/safetempchart



Challenge Yourself!

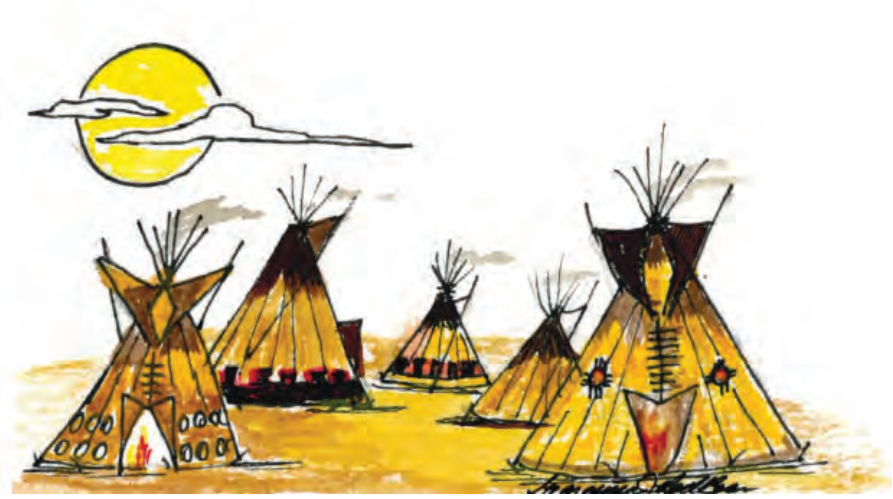
Set a Goal

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

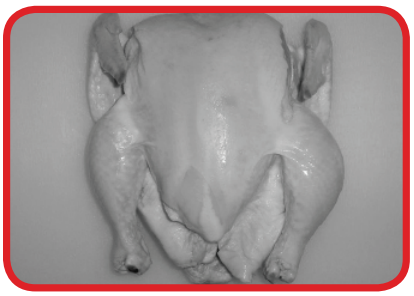
- ❒ I will try new type of protein that I haven't eaten before.
- ❒ I will buy lean meats.
- ❒ I will follow food safety rules for protein foods.
- ❒ I will make a recipe from this lesson.
- ❒ I will: _____

  _____

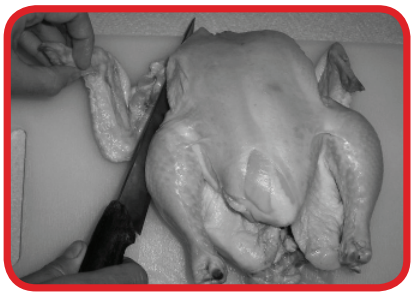
  _____



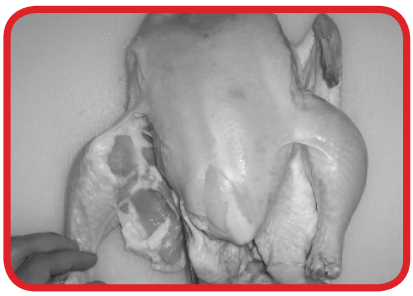
How to Cut a Whole Chicken



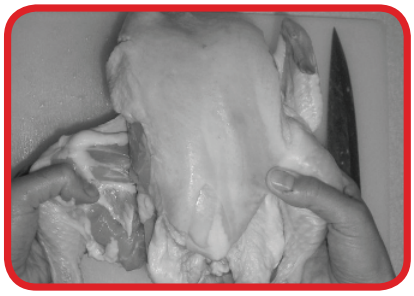
1. Get ready to cut.
- Have a bag or bowl ready for chicken parts.
- Wash your hands.
- Put the chicken on a cutting board, breast side up.



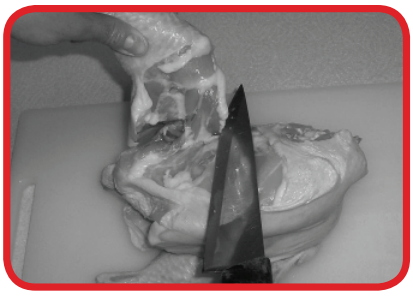
2. Cut off the wing.
- Pull the wing away from the body.
- Cut from the top down through the joint.



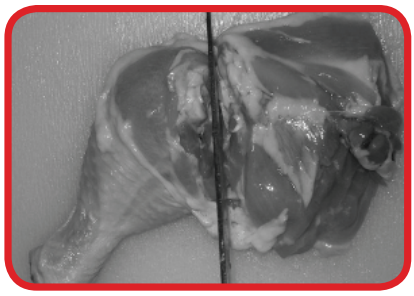
3. Cut the skin between the leg and the body
- Cut skin (not meat) to see where the leg connects to the body.
- Put down the knife.



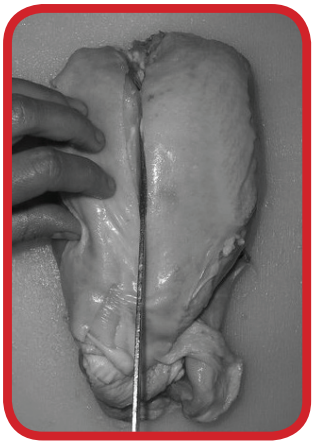
4. Break the hip joint.
- Hold a leg in each hand. Lift the chicken.
- Bend the leg backward until the joint pops.



5. Cut off the leg and thigh.
- Lay the chicken on its side.
- Cut the leg and thigh away from the body.

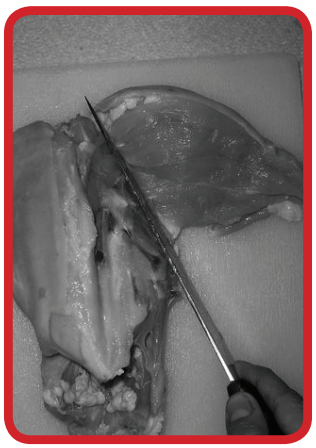


6. Separate the leg and thigh.
- Bend the leg to find the joint.
- Cut through the joint.
- Repeat steps 2-6 on the other side.

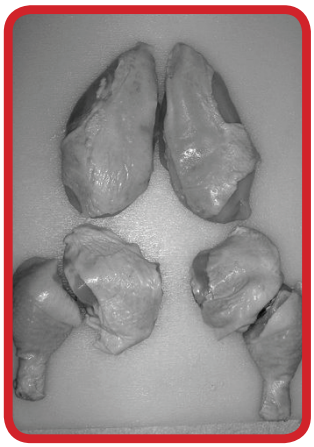


7. Cut between the breasts.
- Make a shallow cut along the breastbone.
- Use your fingers to loosen the meat from the bone.

8. Cut breast away from the ribs.
- Guide the knife along the ribcage.
- Make small cuts with the knife tip, pulling the meat away from the bone.



9. Cut off the breast.
- Cut the breast away from the body.
- Repeat steps 7-9 on the other side.



10. Clean up.
- •Remove the skin and any excess fat.
- Use the bones for soup or stock.
- Sanitize the knife and the cutting board.
- Wash your hands.

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.

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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

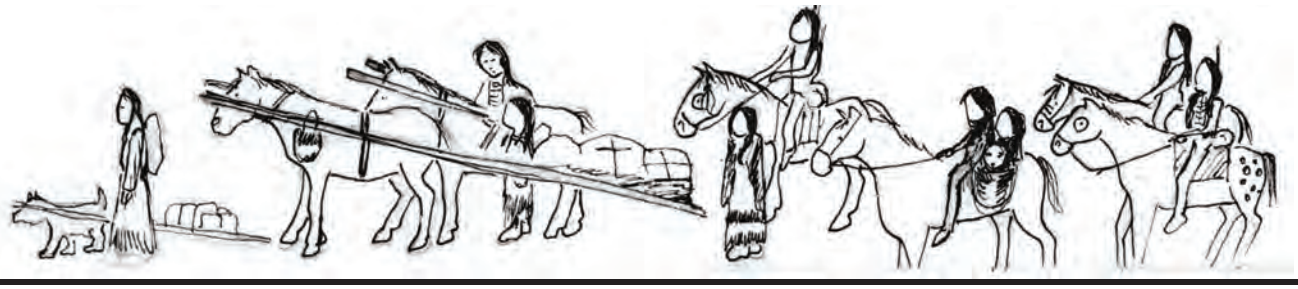
- 4 pounds lean (greater than 90%) ground beef or turkey
- 1 medium onion, minced
- 1 can (6 ounces) tomato paste plus 1 can (6 ounces) water OR 1 can tomato soup
- 2 cans (15 ounces each) tomato sauce
- 1 teaspoon garlic powder

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 1 1/2 cups

Ingredients

- 2 cups meat sauce master mix (page 26)
- 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 26).
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, ¾ cup per serving

Ingredients

- 2 cups meat sauce master mix (page 26)
- 1 ½ teaspoon Italian seasoning from lesson 1 OR 1 package spaghetti sauce seasoning
- 8 ounces whole grain pasta
- Parmesan cheese (optional)
- Tomato sauce (optional)

Directions

1. Mix meat sauce master mix (page 26) 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 26), 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 (Month 1, Lesson 1), a dash of black pepper, and 1 cup meat sauce master mix (page 26).
2. On cookie sheet, lay out 8 pizza bases. Try whole-grain bagel halves, English muffin 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, ½ cup per serving

Ingredients

- 2 cups meat sauce master mix (page 26)
- 1 Tablespoon vinegar
- 1 Tablespoon brown sugar
- ¼ cup ketchup

Directions

1. In a small bowl, mix meat sauce master mix (page 26), 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 (Month 1, Lesson 1) to 1 cup meat sauce master mix (page 26).
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 (page 26) with 1 teaspoon Mexican Seasoning (Month 1, Lesson 1).
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 (page 26) with 1 Tablespoon Italian Seasoning (Month 1, Lesson 1).
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 ½ 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.

Grandma's 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 32)
- 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 flour and seasoning.
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 32), 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 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.

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.

Tex-Mex Enchiladas

Serves 8, 1⅓ 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 32)
- 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 32), 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.

Tuscan Chicken & White Bean Stew

Serves 8, 2 cups per serving

Ingredients

- ½ cup roasted garlic puree (page 32)
- 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, finely chopped
- ½ cup water
- 1 teaspoon dried rosemary
- 1 cup roast chicken master mix (page 32)
- 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 32) 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 36)
- 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 36)
- 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.

Sweet and Sour Meatballs

Serves 6, ⅔ cup per serving

Ingredients

- 1 meatball master mix recipe (page 36)
- 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.

Calico Bean Salad

Serves 10, ¾ 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

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 homemade 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.

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.

Cooking 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.

Basic 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

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.

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.

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.