



Recipes



Healthy!
Easy!
Low-Cost!

in a SNAP

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Introduction

Serving healthy meals on a budget takes time and planning. This book will provide you with helpful information on how to plan, shop and prepare easy, low cost meals that your family will enjoy. This book includes:

- Money saving tips at the grocery store.
- MyPlate nutrition and servings information.
- “Perfect Pantry” list
- Food safety information

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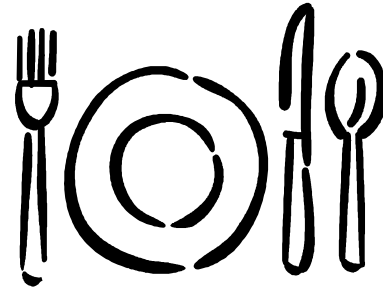
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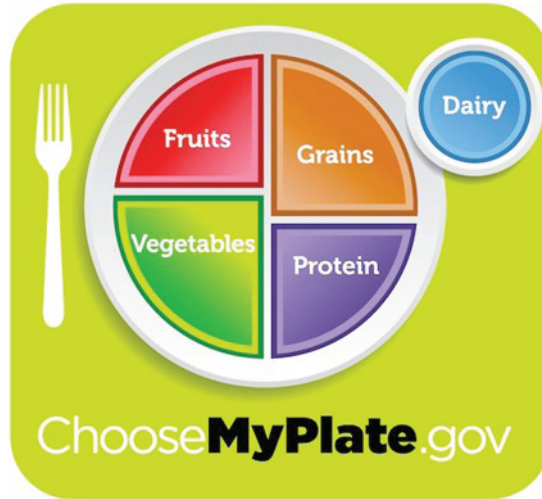
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Choose MyPlate: Balance Your Calories



WHAT IS THE RIGHT PORTION SIZE?

Color	Group	How much is needed?	Example
Orange	Grain	6 ounces; 1/2 should be whole grains	1 piece of whole wheat bread, ½ cup cooked oatmeal, ¾ cup ½ cup rice or pasta
Green	Vegetable	2-1/2 cups	1 cup raw or cooked vegetables, 2 cups green leafy vegetables 8 ounces veg. juice
Red	Fruit	2 cups	1 cup of fresh or canned fruit ½ cup dried fruit 8 ounces %100 juice
Blue	Dairy	3 cups	8 ounces low fat or soy milk 1-1/2 ounce cheese 1 cup low fat yogurt
Purple	Protein	5-1/2 ounces	1 ounce meat, poultry or fish 1 egg ¼ cup cooked beans 1 tablespoon nuts or nut butters

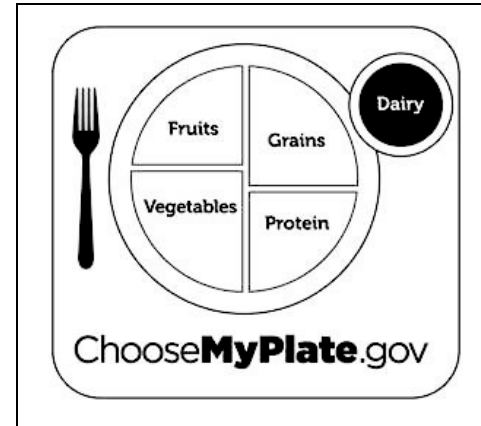
2010 Dietary Guidelines for Americans

1. Build a Healthy Plate

- a. Make half of your plate fruits and vegetables.
- b. Switch to skim or 1% milk.
- c. Make at least half your grains whole.
- d. Vary your protein choices.

2. Cut Back on Foods High in Solid Fats, Added Sugars, and Salt

- a. Choose foods and drinks with little or no added sugars.
- b. Look out for salt (sodium) in foods you buy- it all adds up.
- c. Eat fewer foods that are high in solid fats.



2010 Dietary Guidelines for Americans

4. Be Physically Active Your Way

- a. Pick activities that you like and start by doing what you can, at least 10 minutes at a time.

5. Use Food Labels to Help You Make Better Choices

- a. Check calories
- b. Be sure to look at the serving size and how many servings you are actually consuming.
- c. Check the ingredient list for added sugars. Some names for added sugars include sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

6. Eat the Right Amount of Calories for You

- a. Enjoy your food, but eat less.
- b. Cook more often at home, where you are in control of what's in your food.
- c. When eating out, choose lower calorie menu options.
- d. Write down what you eat to keep track of how much you eat.
- e. If you drink alcoholic beverages, do so sensibly- limit to 1 drink a day for women or to 2 drinks a day for men.

Tips for Food Shopping

Before You Go:

1. Plan your meals for one week.
2. Make a list of all the foods you need. Check what you already have on hand. Then buy the foods you do not have.
3. Look for sales and low prices in the newspaper ads.
4. Clip coupons for foods you plan to buy. Coupons only save money if you use the product.

While You Shop:

1. Try store brands. They can cost less, but have similar taste and nutritional value.
2. Buy what is on sale and in season.
3. When possible, buy in bulk. A 3 lb. package of meat can cost less per lb. than a 1 lb. package of meat.
4. Frozen and canned fruits and vegetables are just as nutritious as fresh ones. Look for low-sodium vegetables and fruits packed in their own juice.

Be Food Safe

1. Clean

- Wash hands with soap and warm running water before handling food.
- Wash cutting boards, utensils, dishes and counter tops used to cut raw meat with soap and hot water right away.

2. Separate

- Store raw meat, poultry, and seafood in a sealed container in the refrigerator.
- Keep raw meat, poultry and seafood away from foods that are ready to eat.

3. Cook

- Use a food thermometer to make sure meats, poultry, fish, and casseroles are cooked properly: Beef- 160°F Pork - 160°F Poultry - 165°F Fish - until it flakes with a fork.

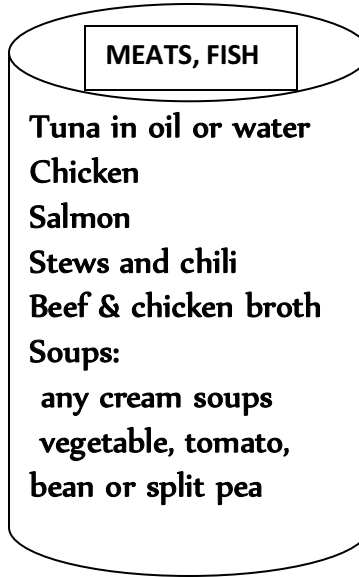
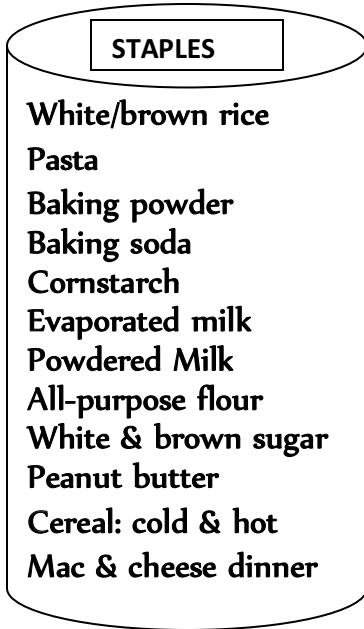
4. Chill

- Keep your refrigerator at 32-40°F. Thaw foods in the refrigerator, **not** the kitchen counter.
- Perishable food like meats should not sit out at room temperature for more than 2 hours.

Recipe Substitutions

Ingredient	Amount	Substitution
Salt	1 teaspoon	1 teaspoon dried herbs, spices, garlic or onion powder, herb blends OR 1 tablespoon fresh, herbs
Butter/Oil/Shortening in baked goods	1 cup	½ cup applesauce + ½ cup butter or 1 cup pureed beans
Buttermilk	1 cup	1 cup plain yogurt OR 1 tablespoon lemon juice or vinegar to 1 cup milk
Egg	1 egg	2 ½ tablespoon egg substitute + 2 ½ tablespoon water OR ½ banana + ½ teaspoon baking powder
Garlic (fresh)	1 clove	1/8 teaspoon garlic powder
Herbs	1 tablespoon fresh herbs	1 teaspoon dried herbs
Onion	1 medium onion	1 tablespoon onion powder or 1 tablespoon dried minced onion

The Perfect Pantry: Keep these food in your pantry for quick, healthy meals



The Perfect Pantry

FRUITS

Applesauce
Mandarin oranges
Pineapple
Pears
Peaches
Fruit cocktail
100% juice: orange,
apple or pineapple

BEANS

Cannellini beans
Black beans
Kidney beans
Chick peas
Baked beans

VEGETABLES

Whole potatoes
Diced tomatoes
Tomato sauce/paste
Sweet potatoes
Corn and Green beans
Peas
Carrots
Instant Mashed potatoes
Mushrooms

SOUPS



Easy Pea Soup

Serving Size: 1/4 of recipe

Yield: 4 servings

Ingredients:

<u>Cauliflower</u>	<u>1 head, cut into pieces or frozen, 3 cups</u>
<u>Onion, chopped</u>	<u>1/4 cup</u>
<u>Margarine or butter</u>	<u>1 teaspoon</u>
<u>Water</u>	<u>2 cups</u>
<u>Canned Peas</u>	<u>3 cups, drained</u>
<u>Salt and Pepper</u>	<u>to taste</u>

Instructions:

1. Melt butter in saucepan over medium heat.
2. Cook onions until soft, about 3 minutes.
3. Add water, cauliflower and peas. Season to taste with salt and pepper. Heat the mixture over medium heat, about 4 minutes.
4. Strain peas and cauliflower (retain cooking water) and cool under cold tap water.
5. Puree the peas and cauliflower in a blender or food processor in batches. Blend for one minute.
6. Strain back into the saucepan and reheat.
7. Season to taste with salt and pepper.

Nutrition Facts Per Serving:

Calories 141

Fat 7.5 grams

Protein 5.8 grams

Sodium 362 milligrams

Fiber 5.4 grams

Lentil Barley Soup

Serving Size: 1 cup

Yield: 12

Ingredients:

<u>Chopped onion</u>	<u>1 medium</u>
<u>Thinly sliced celery</u>	<u>$\frac{3}{4}$ cup</u>
<u>Water</u>	<u>2 quarts</u>
<u>Garlic, minced</u>	<u>1 clove</u>
<u>Margarine</u>	<u>1 tablespoon</u>
<u>Diced tomatoes,</u>	<u>1 can, (28 oz.)</u>
<u>Vegetable soup mix</u>	<u>1 package (1.8 oz)</u>
<u>Dry lentils</u>	<u>$\frac{3}{4}$ cup</u>
<u>Pearl barley</u>	<u>$\frac{3}{4}$ cup</u>
<u>Thinly sliced carrots</u>	<u>2 medium</u>
<u>Black pepper</u>	<u>$\frac{1}{4}$ teaspoon</u>

Instructions:

1. Sautee onion, celery, garlic in margarine until tender. Set aside
2. Bring water, tomatoes, soup mix, lentils, barley, and pepper to a boil.
3. Add sautéed vegetables to liquid mix.
4. Reduce heat; simmer for 45 minutes.
5. Add carrots; simmer 20-25 minutes longer

Nutrition Facts Per Serving:

Calories 125

Protein 5 grams

Fat 1 gram

Sodium 405 milligrams.

Fiber 7 grams

Low-fat Big Taste Potato Soup

Serving Size: $\frac{3}{4}$ cup servings

Yield: 8 servings

Ingredients:

<u>White potatoes, peeled and diced</u>	<u>2 cups</u>
<u>White onion, chopped</u>	<u>$\frac{1}{2}$ cup</u>
<u>Celery, chopped</u>	<u>$\frac{1}{4}$ cup</u>
<u>Low sodium chicken broth</u>	<u>14 ounce can</u>
<u>Black pepper</u>	<u>$\frac{1}{2}$ teaspoon</u>
<u>Cornstarch</u>	<u>3 tablespoons</u>
<u>Evaporated milk, fat-free</u>	<u>12 ounce can</u>
<u>Salt</u>	<u>to taste</u>

Instructions

1. In a large saucepan, combine the potatoes, onion, celery, broth and pepper. Bring to a boil. Reduce heat; cover and simmer for 15-18 minutes or until vegetables are tender.
2. Combine cornstarch and $\frac{1}{4}$ cup milk until smooth; stir into potato mixture.
3. Add the remaining milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat.

Nutrition Facts **Per serving:**

Calories 60

Fat less than 1 gram

Protein 3 grams

Sodium 240 milligrams

Fiber 1 gram

Pumpkin Soup

Serving Size: 1 cup

Yield: 6 servings

Ingredients:

<u>White beans</u>	<u>1 can (15 ounce)</u>
<u>Finely chopped onion</u>	<u>1 small</u>
<u>Water</u>	<u>1 cup</u>
<u>Canned pumpkin</u>	<u>1 can (15 ounce)</u>
<u>Apple juice</u>	<u>1 1/2 cups</u>
<u>Nutmeg, allspice, or ginger</u>	<u>1/8 teaspoon</u>
<u>Cinnamon</u>	<u>1/2 teaspoon</u>
<u>Black pepper</u>	<u>1/2 teaspoon</u>
<u>Salt</u>	<u>1/4 teaspoon</u>

Instructions:

1. Blend white beans, onion, and water with a potato masher or blender till smooth.
2. In a large pot, add pumpkin, juice, nutmeg, cinnamon, black pepper, and salt. Stir.
3. Add the blended bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

Nutrition Facts Per Serving:

Calories 140

Protein 7 grams

Fat .5 grams

Sodium 105 milligrams

Fiber 7 grams

Roasted Garlic and Tomato Soup

Serving Size: 1/8 of recipe

Yield: 8 servings

Ingredients:

<u>Garlic (peeled)</u>	<u>1 head</u>
<u>Vegetable oil</u>	<u>2 teaspoon</u>
<u>Chopped onion</u>	<u>1 cup</u>
<u>Chopped celery</u>	<u>1 cup</u>
<u>Stewed tomatoes</u>	<u>4 cans, (14.5 oz)</u>
<u>Water</u>	<u>1 cup</u>
<u>Dried oregano</u>	<u>1 teaspoon</u>
<u>Dried basil</u>	<u>1 teaspoon</u>
<u>Dried thyme</u>	<u>1 teaspoon</u>
<u>Salt and pepper</u>	<u>to taste</u>

Instructions:

Preheat oven to 350°F.

1. Drizzle garlic with 1/2 teaspoon vegetable oil.
2. Wrap garlic loosely in foil and roast for 40 minutes in oven. Let cool in small bowl.
3. In a large saucepan over medium heat, heat remaining vegetable oil adding onion, celery and roasted garlic. Cook for 3 minutes
3. Stir in tomatoes, 1 cup of water, oregano, basil, thyme, and salt and pepper to taste. Bring to a boil.
4. Reduce heat and simmer for 15 minutes
5. Puree soup in batches until smooth

Nutrition Facts **Per serving:**

Calories 198

Fat 2.5 grams

Protein 5 grams

Sodium 493 milligrams

Fiber 1.5 grams

Ten Minute Minestrone Soup

Serving Size: 1/8 of recipe

Yield: 8 servings

Ingredients:

<u>Pasta (your choice) cooked</u>	<u>2 cups</u>
<u>Chicken broth</u>	<u>4 cups</u>
<u>Garlic, minced</u>	<u>2 cloves</u>
<u>Italian seasoning</u>	<u>2 teaspoons</u>
<u>Vegetable juice, 100%</u>	<u>1 cup</u>
<u>Diced tomatoes, canned</u>	<u>1 cup</u>
<u>Chickpeas, canned*</u>	<u>1 cup</u>
<u>Sliced carrots, drained</u>	<u>1 can</u>
<u>Cut green beans, drained</u>	<u>1 can</u>
<u>Mushrooms, drained</u>	<u>1 can</u>

*To reduce sodium use fresh or frozen vegetables. Note: Cook vegetables first.

Instructions:

1. Bring the broth, garlic, Italian seasoning, and vegetable juice to a boil in a large saucepan.
2. Stir in cooked pasta
3. Add tomatoes, beans, carrots, green beans, and mushrooms; lower heat and simmer 4 to 5 minutes.
3. Serve in bowls garnished with grated parmesan cheese.

Nutrition Facts **Per serving:**

Calories 155

Fat 1.5 gram

Protein 6.8 grams

Sodium 1098 milligrams

Fiber 5.3 grams

Tortilla Soup

Serving Size: 1/4 of recipe

Yield: 4 servings

Ingredients:

<u>Chicken and rice soup</u>	<u>1 can (10.5 ounces)</u>
<u>Diced tomatoes</u>	<u>1 can (10 ounces)</u>
<u>Corn</u>	<u>½ can (15 ounces)</u>
<u>Kidney or black beans</u>	<u>1 can (15 ounces)</u>
<u>Tortilla Chips</u>	<u>12 chips, crushed</u>
<u>Cheese</u>	<u>½ cup, grated</u>

Instructions:

1. In a large sauce pan, combine soup, tomatoes, corn and beans. Bring to a boil.
2. Place soup in bowls and top with tortilla chips and grated cheese.

Nutrition Facts Per Serving:

Calories 325

Fat 8 grams

Protein 20 grams

Sodium 1335 milligrams

Fiber 9.3 grams

ENTREES & SIDE DISHES



Baked Chicken with Mushroom Sauce

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

<u>Chicken Breast</u>	<u>6 skinless, boneless</u>
<u>Paprika</u>	<u>¼ teaspoon</u>
<u>Pepper</u>	<u>¼ teaspoon</u>
<u>Cream of Mushroom Soup</u>	<u>1 can (19 oz)</u>
<u>Cooked noodles</u>	<u>6 cups</u>

*Add frozen vegetables to this recipe to complete the meal.

Instructions:

Preheat oven to 375°F.

1. In a 3 quart shallow baking dish, arrange chicken.
2. Sprinkle with paprika and pepper.
3. Pour soup over chicken.
4. Bake at 375°F for 30 minutes or until chicken is done.
5. Stir sauce. Serve with noodles.

Nutrition Facts Per Serving

Calories 370

Fat 5.4 grams

Protein 34.7 grams

Sodium 406 milligrams

Fiber 2.4 grams

Broccoli Lo Mein

Serving Size: ¼ of recipe (about 1 ½ cups)

Yield: 4 servings

Ingredients:

<u>Spaghetti (cooked)</u>	<u>4 cups</u>
<u>Sesame oil</u>	<u>1 teaspoon</u>
<u>Vegetable oil</u>	<u>1 tablespoon</u>
<u>Ginger root, peeled and minced</u>	<u>1 tablespoon</u>
<u>Garlic, minced</u>	<u>2 cloves</u>
<u>Broccoli</u>	<u>1 cup</u>
<u>Onions, diced</u>	<u>1 cup</u>
<u>Carrots, diced</u>	<u>1 cup</u>
<u>Soy sauce, low sodium</u>	<u>2 tablespoons</u>
<u>Brown sugar</u>	<u>1 tablespoon</u>
<u>Chile powder</u>	<u>½ teaspoon</u>

* Add 2 cups cooked chicken as main course.

**Freeze peeled ginger root for to 6 months.

Instructions

1. Toss spaghetti with sesame oil in large bowl. Set aside.
2. Heat vegetable oil in a large skillet over medium heat. Add ginger and garlic. Cook for 30 seconds.
3. Add broccoli, onions and carrots. Cook for 3 minutes.
4. Add pasta, soy sauce, brown sugar and chili powder. Cook for one minute.
5. Divide lo mein onto four plates and serve immediately.

Nutrition Facts **Per Serving:**

Calories 315

Fat 6 grams

Protein 7 grams

Sodium 328 milligrams

Fiber 4 grams

Broccoli Salad

Serving Size: ½ cup

Yield: 8 servings

Ingredients:

<u>Broccoli florets</u>	<u>1 ½ cups</u>
<u>Shredded cheddar cheese</u>	<u>1 cup</u>
<u>Raisins</u>	<u>½ cup</u>
<u>Slivered almonds</u>	<u>½ cup</u>
<u>Bacon bits</u>	<u>2 tablespoons</u>

**Dressing*

<u>Light mayonnaise</u>	<u>½ cup</u>
<u>Plain yogurt</u>	<u>½ cup</u>
<u>Red wine vinegar</u>	<u>½ cup</u>
<u>Sugar</u>	<u>½ teaspoon</u>

Instructions:

1. Combine broccoli, cheese, raisins, almonds, and bacon bits in a large mixing bowl.
2. Combine mayonnaise, yogurt, vinegar, and sugar in a separate bowl, and stir until blended
3. Pour dressing over broccoli mixture and toss lightly to coat. Refrigerate until ready to serve.

Nutrition Facts Per Serving:

Calories 206

Fat 9.5 grams

Protein 9 grams

Sodium 267 milligrams

Fiber 1.5 grams

Cheesy Baked Cauliflower

Serving Size: 1/5 of recipe

Yield: 5 servings

Ingredients

<u>Cauliflower</u>	<u>1 head, cut into pieces</u> <u>or frozen, 3 cups</u>
<u>Mayonnaise</u>	<u>1 teaspoon</u>
<u>Prepared mustard</u>	<u>1 teaspoon</u>
<u>Butter</u>	<u>2 tablespoons</u>
<u>Parmesan cheese</u>	<u>1 cup, grated</u>

Instructions:

Preheat oven to 375° F.

1. Separate cauliflower pieces on pan.
2. In a mixing bowl, combine mayonnaise and mustard; spread the mixture over the cauliflower and dot with pats of butter.
3. Sprinkle generously with Parmesan cheese.
4. Bake for about 30 minutes or until cheese is brown.

Nutrition Facts Per Serving:

Calories 98

Fat 6 grams

Protein 4.5 grams

Sodium 200 milligrams

Fiber 3 grams

Creamy Salmon and Pasta

Serving Size: 1 ½ cups

Yield: 4 servings

Ingredients:

<u>Margarine</u>	<u>3 tablespoons</u>
<u>Onion, diced</u>	<u>¼ cup</u>
<u>All-purpose flour</u>	<u>1 tablespoon</u>
<u>Garlic powder</u>	<u>1 teaspoon</u>
<u>Skim milk</u>	<u>1 cup</u>
<u>Parmesan cheese, grated</u>	<u>¼ cup</u>
<u>Green peas, canned</u>	<u>½ cup</u>
<u>Mushrooms, canned</u>	<u>¼ cup</u>
<u>Salmon</u>	<u>1, 6-ounce can</u>
<u>Spaghetti</u>	<u>½ a 16-ounce box</u>

**Saturated fat per serving is just 6g.
Salmon is high in Omega-3 fats, and this recipe provides 11g of heart healthy monounsaturated fat.

Instructions

1. Cook pasta according to directions, drain and set aside.
2. Melt margarine in a large skillet, add onion and cook until tender.
3. Reduce heat, stir flour and garlic powder into onions. Gradually stir in the milk until sauce thickens.
4. Stir in cheese, peas and mushrooms. Cook on low to medium heat for 4 minutes.
5. Add salmon. Cook for 2 minutes. Pour sauce over pasta and serve

Nutrition Facts Per Serving:

Calories 299

Fat 14 grams*

Protein 20 grams

Sodium 506 milligrams

Fiber 4 grams

Easy Chicken Pot Pie

Serving Size: 1/4 of recipe

Yield: 4 servings

Ingredients:

<u>Cream of chicken soup</u>	<u>1 can</u>
<u>Mixed vegetables, frozen</u>	<u>1 1lb package</u>
<u>Chicken, cooked diced</u>	<u>1 cup</u>
<u>Milk, evaporated fat-free</u>	<u>½ cup</u>
<u>Egg</u>	<u>1</u>
<u>All-purpose baking mix</u>	<u>1 cup</u>

*Note: Canned chicken, drained and rinse can be substituted for cooked diced chicken

Instructions:

Preheat the oven to 400°F.

1. Add soup, vegetables and chicken to a 9-inch pie plate.
2. Mix milk, egg and baking mix in bowl.
3. Pour over chicken mixture.
4. Bake in preheated oven for 30 minutes until golden brown.

Nutrition Facts Per Serving

Calories 216

Fat 5.4 grams

Protein 13.8 grams

Sodium 485 milligrams

Fiber 2.7 grams

Guacamole

Serving Size: 1/4 of recipe

Yield: 4 servings

Ingredients:

<u>Avocado</u>	<u>1 ripe</u>
<u>Chicken bouillon</u>	<u>1 teaspoon</u>
<u>Garlic, minced</u>	<u>1 teaspoon</u>
<u>Chopped tomatoes</u>	<u>¼ cup</u>
<u>Onions</u>	<u>¼ cup</u>
<u>Tortilla chips</u>	

Instructions:

1. Peel, remove the pit, and thoroughly mash the avocado.
2. Add the bouillon and the minced garlic. Mix well.
3. Add chopped tomatoes and onions. Serve with tortilla chips.

Nutrition Facts Per Serving:

Calories 87

Fat 7 grams

Protein 1.4 grams

Sodium 147 milligrams

Fiber 3.6 grams

Healthy Beef and Noodle Casserole

Serving Size: 1 ½ cups

Yield: 6 servings

Ingredients:

<u>Ground beef, 15% or less fat</u>	<u>1 pound</u>
<u>Onion, chopped</u>	<u>½ cup</u>
<u>Egg noodles</u>	<u>2 cups, uncooked</u>
<u>Tomato sauce, canned</u>	<u>1, 10 ounce can</u>
<u>Water</u>	<u>1 ¼ cups</u>
<u>Black pepper</u>	<u>½ teaspoon</u>
<u>Frozen mixed vegetables, thawed</u>	<u>1 cup</u>
<u>Bread crumbs</u>	<u>1 cup</u>

Instructions

1. Pre-heat oven to 300 degrees F.
2. Brown beef and onion in skillet until cooked. Drain fat. Set aside.
3. Cook noodles according to directions. Drain and set aside.
4. In a bowl, mix tomato sauce, water and pepper. Pour mixture over ground beef.
5. Gently add noodles and mixed vegetables to beef mixture.
6. Spoon beef-noodle mixture into 9 x 13 glass baking dish. Top with bread crumbs and bake for 20-25 minutes.

Nutrition Facts Per serving:

Calories 295

Fat 12.5 grams

Protein 40 grams

Sodium 132 milligrams

Fiber 3 grams

Herb Spinach Bake

Serving Size: 1/8 of recipe

Yield: 8 servings

Ingredients:

<u>Spinach, canned</u>	<u>1 can (15.5 oz)</u>
<u>Brown rice, cooked</u>	<u>2 cups</u>
<u>Cheddar cheese, shredded</u>	<u>3/4 cup</u>
<u>Milk, low-fat*</u>	<u>2/3 cup</u>
<u>Butter or margarine, soft</u>	<u>1/4 cup</u>
<u>Salt</u>	<u>1 teaspoon</u>
<u>Worcestershire sauce</u>	<u>1/2 teaspoon</u>
<u>Thyme, dried</u>	<u>1/2 teaspoon</u>
<u>Onion, diced</u>	<u>1/4 cup</u>

*You can substitute low fat milk with:
4 tablespoons dry milk + 2/3 cup

Instructions:

Preheat oven to 350°F.

1. Drain canned spinach to remove liquid.
2. Combine spinach with remaining ingredients in a large bowl.
3. Pour into lightly greased 13x9-inch baking pan.
4. Cover and bake for 20 minutes.
5. Uncover and bake an additional 5 minutes or until set.

Nutrition Facts Per serving

Calories 85

Fat 5 grams

Protein 3 grams

Sodium 224 milligrams

Fiber 1.5 grams

Light Macaroni and Cheese

Serving Size: 2/3 cup

Yield: 4 servings

Ingredients:

<u>Margarine</u>	<u>1 tablespoon</u>
<u>Flour (all-purpose)</u>	<u>¼ cup</u>
<u>Dry mustard</u>	<u>¾ teaspoon</u>
<u>Cayenne pepper</u>	<u>1/8 teaspoon</u>
<u>Skim milk</u>	<u>2 cups</u>
<u>Cheddar Cheese (Reduced fat)</u>	<u>4 ounces</u>
<u>Black pepper</u>	<u>1/8 teaspoon</u>
<u>Elbow macaroni*</u>	<u>3 cups</u>

*Note: Try whole wheat to increase fiber

Instructions

1. Melt margarine in saucepan. Add flour, mustard and red pepper. Cook 1 minute, stirring constantly.
2. Gradually add milk; stir well. Cook over medium heat 10 minutes or until thickened, stirring constantly. Remove from heat.
4. Add half the cheese and pepper to the sauce, stirring until cheese melts. Add cooked macaroni. Spoon into casserole dish. Sprinkle with remaining cheese.
5. Cover and bake at 350 degrees for 30 minutes. Let stand, 10 minutes.

Nutrition Facts Per Serving:

Calories 331

Fat 9 grams

Protein 17 grams

Sodium 307 milligrams

Fiber 2 grams

MyPlate Pizza

Serving Size: 1

Yield: 1 pizza

Ingredients:

<u>Deli Thin or small pita (unsplit)</u>	<u>1</u>
<u>Tomato Sauce</u>	<u>2 tablespoons</u>
<u>Shredded mozzarella cheese</u>	<u>2 tablespoons</u>
<u>Pineapple tidbits</u>	<u>1 tablespoon</u>
<u>Chopped green pepper</u>	<u>1 tablespoon</u>
<u>Turkey pepperoni</u>	<u>4 slices</u>

Instructions

1. Preheat oven to 350 degrees F.
2. Line baking sheet with foil and spray foil with cooking spray.
3. Spread tomato sauce on Deli Thin or pita
4. Sprinkle mozzarella cheese on top
5. Add pineapple & green pepper on cheese
6. Layer slices of pepperoni on top.
7. Cook pizza for 8-10 minutes until cheese is melted.
8. Let cool for at least 2 minutes

Nutrition Facts Per serving:

Calories 208

Fat 6 grams

Protein 10 grams

Sodium 330 milligrams

Fiber 1 grams

Sante Fe Black Beans and Rice

Serving Size: 1 cup

Yield: 4 servings

Ingredients:

<u>Instant brown rice</u>	<u>1 cup</u>
<u>Canola oil</u>	<u>2 teaspoons</u>
<u>Chopped onion</u>	<u>1 cup</u>
<u>Chopped green bell pepper</u>	<u>2 cups</u>
<u>Garlic powder</u>	<u>1 teaspoon</u>
<u>Black beans*</u>	<u>1, 15-ounce can</u>
<u>Reduced-sodium chicken broth</u>	<u>¼ cup</u>
<u>Apple cider vinegar</u>	<u>1 tablespoon</u>
<u>Black pepper</u>	<u>½ teaspoon</u>
<u>Salsa</u>	<u>4 tablespoons</u>
<u>Shredded light cheddar cheese</u>	<u>4 tablespoons</u>

*Note: Rinse canned beans in a colander (pasta strainer) with cool water to reduce sodium by 40%.

Instructions

1. Cook rice according to directions.
2. Heat oil in large skillet over medium heat.
3. Add & stir onion, bell pepper, and garlic powder. Cook vegetables for 2 minutes.
4. Add black beans, broth, vinegar and black pepper, cook for about 2 minutes.
5. Add the cooked brown rice to the pan, stirring until all ingredients are combined.
6. Place bean- rice mixture in four bowls. Top each with 1 tablespoon salsa and 2 tablespoon shredded cheese.

Nutrition Facts Per serving:

Calories 252

Fat 3 grams

Protein 9 grams

Sodium 106 milligrams

Fiber 8 grams

Sweet Potato Fries

Serving Size: ¼ of recipe

Yield: 4 servings

Ingredients:

<u>Sweet potato</u>	<u>2 large</u>
<u>Water</u>	<u>1 tablespoon</u>
<u>Cinnamon</u>	<u>1 ½ teaspoon</u>
<u>Salt</u>	<u>½ teaspoon</u>
<u>Olive oil</u>	<u>1 tablespoon</u>

Instructions

1. Preheat oven to 400 degrees F.
2. Cut potatoes into ¼ inch thin strips and microwave for 2 minutes in a microwave safe dish filled with water.
3. Remove potatoes from microwave and drain. Toss potatoes with cinnamon, salt and olive oil.
4. Spray cookie sheet with non-stick spray. Arrange potatoes on tray in a single layer. Bake for 30 minutes or until potatoes are crispy.

Nutrition Facts **Per Serving:**

Calories 86

Fat 3.5 grams

Protein 1 grams

Sodium 331 milligrams

Fiber 2 grams

Three Bean Turkey Chili

Serving Size: 4, 1 Cup servings

Yield: 4 servings

Ingredients:

<u>Ground turkey, less than 10% fat</u>	<u>1 pound</u>
<u>Tomato puree*</u>	<u>1, 28-ounce can</u>
<u>Rinsed black beans**</u>	<u>1, 16-ounce can</u>
<u>Rinsed kidney beans**</u>	<u>1, 16-ounce can</u>
<u>Rinsed northern beans**</u>	<u>1, 16-ounce can</u>
<u>Diced tomatoes*</u>	<u>1, 15-ounce can</u>
<u>Salsa</u>	<u>1, 16-ounce jar</u>
<u>Chili powder</u>	<u>2 tablespoon</u>
<u>Black pepper</u>	<u>½ teaspoon</u>
<u>Salt</u>	<u>1 teaspoon</u>

* Choose reduced salt varieties

** Rinsing beans can remove up to 40% of sodium

Instructions

1. Brown turkey in medium-high skillet. Once turkey is cooked through (no pink is showing) turn burner down to low.
2. To large stock pot add tomato puree, beans, tomatoes, salsa, chili powder and salt and pepper. Add cooked turkey. Stir and cook on low-medium heat for at least 45 minutes.

Nutrition Facts Per serving:

Calories 319

Fat 6 grams

Protein 23 grams

Sodium 336 milligrams

Fiber 12 grams

Tuna Quesadillas

Serving Size: 1/4 of recipe

Yield: 4 servings

Ingredients:

<u>Tuna fish, packed in water, drained</u>	<u>1 can</u>
<u>Mayonnaise, light</u>	<u>1 Tablespoon</u>
<u>Flour tortillas</u>	<u>4 tortillas</u>
<u>Cheddar cheese, low fat, grated</u>	<u>1/2 cup</u>

*For added fiber, try whole wheat tortillas and your favorite vegetables.

Instructions:

1. Mix tuna with mayonnaise.
2. *In microwave:* Spoon filling onto half of each tortilla. Top with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time. OR
On Stove top: Divide mixture onto four tortillas. Top with cheese and fold tortilla in half. Spray skillet with non-stick cooking spray. Brown quesadillas on both sides.

Nutrition Facts Per serving:

Calories 287

Fat 11 grams

Protein 18 grams

Sodium 479 milligrams

Fiber 1.6 grams

Vegetable Quiche

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

<u>Pie shell, frozen</u>	<u>1 (9 inch)</u>
<u>Cheese, low fat, shredded</u>	<u>1 cup</u>
<u>Fresh vegetables (your choice)</u>	<u>2 cups</u>
<u>OR canned vegetable (your choice)</u>	<u>1 cup</u>
<u>Milk, low fat or skim</u>	<u>½ cup</u>
<u>Eggs, beaten</u>	<u>3</u>
<u>Salt</u>	<u>½ teaspoon</u>
<u>Pepper</u>	<u>¾ teaspoon</u>
<u>Garlic powder</u>	<u>½ teaspoon</u>
<u>Onion powder</u>	<u>½ teaspoon</u>

Instructions:

1. Bake pie shell according to instructions.
2. Preheat the oven to 375°F.
3. If using fresh vegetables, steam for 2-3 minutes.
4. Add vegetables and shredded cheese into pie shell.
5. Mix the milk, eggs, salt, pepper, onion powder, and garlic powder in a bowl. Pour over cheese and vegetables.
6. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
7. Cool for 5 minutes before serving.

Nutrition Facts Per serving:

Calories 210

Fat 13 grams

Protein 9 grams

Sodium 450 milligrams

Fiber 1 grams

Veggie Stir Fry

Serving Size: 1/2 cup

Yield: 4 servings

Ingredients:

<u>Onion</u>	<u>1 medium</u>
<u>Zucchini</u>	<u>1 medium</u>
<u>Red Pepper</u>	<u>1 medium</u>
<u>Vegetable oil</u>	<u>1 tablespoon</u>
<u>Pepper</u>	<u>½ teaspoon Dried</u>
<u>Carrots</u>	<u>2 medium</u>
<u>Dried basil</u>	<u>¼ teaspoon</u>
<u>Dried oregano</u>	<u>¼ teaspoon</u>

Instructions:

1. Peel onion and cut it into slices.
2. Slice the zucchini into thin round pieces.
3. Chop the red pepper into small pieces.
4. Chop the carrots into small pieces
4. Heat the oil in a frying pan or stir-fry pan. Add the onion slices. Cook over medium heat, stirring quickly for 1 minute.
6. Add the spices and stir a few times.
7. Add the zucchini and red pepper and cook for 3 to 5 minutes till vegetables are just tender.

Nutrition Facts Per serving:

Calories 80

Fat 3.5 grams

Protein 2.5 grams

Sodium 30 milligrams

Fiber 4 grams

Waldorf Salad

Serving Size: 1/10 of recipe

Yield: 10 servings

Ingredients:

<u>Pineapple tidbits, unsweetened 1 can (20 oz)</u>	
<u>Red apples, chopped</u>	<u>6</u>
<u>Celery, chopped</u>	<u>1 ½ cups</u>
<u>Golden raisins</u>	<u>½ cup</u>
<u>Yogurt, fat-free</u>	<u>½ cup</u>
<u>Mayonnaise, reduced fat</u>	<u>½ cup</u>

*For more fiber and crunch, add ½ cup walnuts.

Instructions:

1. Drain pineapple reserving ½ cup juice. (Save extra juice for another use)
2. In a bowl, combine the pineapple, apples, celery, and raisins.
3. In another bowl, combine the yogurt, mayonnaise, and reserved pineapple juice.
4. Pour over fruit mixture and toss to coat.
5. Refrigerate until serving.

Nutrition Facts Per serving

Calories 152

Fat 4.4 grams

Protein 1.6 grams

Sodium 122 milligrams

Fiber 3.3 grams

Desserts & Breads



Applesauce Bread Pudding

Serving Size: 1/8 recipe

Yield: 8

Ingredients:

<u>100% Wheat Bread</u>	<u>1 loaf</u>
<u>Raisins</u>	<u>1 cup</u>
<u>Ground Cinnamon</u>	<u>2 teaspoons</u>
<u>*Low fat milk</u>	<u>2 cups</u>
<u>Applesauce</u>	<u>1 cup</u>
<u>Eggs</u>	<u>3</u>
<u>Brown sugar, firmly packed</u>	<u>½ cup</u>
<u>Vanilla extract</u>	<u>1 ½ teaspoons</u>

*Substitute low fat milk with 2/3 cup nonfat dry milk + 2 cups water)

Instructions:

Preheat oven to 350°F.

1. Grease an 8-inch square pan.
2. Cut the sliced bread into ½-inch cubes. In large bowl, toss with raisins and cinnamon.
3. Beat together milk, applesauce, eggs, sugar, and vanilla. Pour the mixture over the bread cubes and let stand 10 minutes.
4. Pour the bread mixture into the prepared pan and bake 35 minutes or until a clean knife inserted in the center comes out clean.
5. Remove from oven & cool 15-20 minutes.

Nutrition Facts **Per Serving:**

Calories 240

Fat 2.5 grams

Protein 8 grams

Sodium 290 milligrams

Fiber 3.5 grams

Banana Bread

Serving Size: 1/12 recipe

Yield: 12 servings

Ingredients:

<u>All purpose flour</u>	<u>2 cups</u>
<u>Baking soda</u>	<u>1 teaspoon</u>
<u>Salt</u>	<u>¼ teaspoon</u>
<u>Butter, softened</u>	<u>½ cup</u>
<u>Brown sugar</u>	<u>¾ cup</u>
<u>Eggs</u>	<u>2, beaten</u>
<u>Bananas, mashed and overripe</u>	<u>2 ½ cups</u>

* Option to add ½ cup or raisins or nuts

Instructions:

Preheat oven to 350°F.

1. In a large bowl, combine flour, baking soda and salt. In a separate bowl, mix butter and brown sugar until creamy.
2. Stir in eggs and mashed bananas until blended..
3. Stir banana mixture into flour mixture until moist. Pour batter into lightly greased 9x5 inch loaf pan.
4. Bake in preheated oven 60-65 minutes, until a toothpick inserted into the center of the loaf comes out clean.
5. Let bread cool in pan for 10 minutes, and then turn out onto a wire rack.

Nutrition Facts **Per Serving:**

Calories 236

Protein 3.4 grams

Fat 8.6 grams

Sodium 16 milligrams

Fiber 1.7 grams

Black Bean Brownies

Serving Size: 1/16 of recipe

Yield: 16 servings

Ingredients

<u>Dry Brownie Mix</u>	<u>1 box</u>
<u>Black Beans</u>	<u>1 can, 15.5 ounce</u>
<u>Tap water</u>	<u>¼ cup</u>
<u>Non fat Cooking Spray</u>	<u>_____</u>

Instructions:

Preheat oven to 350° F.

1. Rinse and drain black beans in strainer.
2. Combine black beans and ¼ cup of water in a food processor or blender and blend and smooth. (may seek beans pieces in mixture)
3. Add dry brownie mix and black bean puree to large bowl. Mix well with wooden spoon.
4. Spray pan with nonfat cooking spray. Pour batter into pan.
6. Follow pan size and baking temperatures on the brownie mix box.
7. Cool for at least 30 minutes.

Nutrition Facts Per Serving:

Calories 164

Fat 1.9 grams

Protein 3 grams

Sodium 175 milligrams

Fiber 2.5 grams

Cranberry Fruit Dip

Serving Size: 2 tablespoons

Yield: 5 servings

Ingredients:

Light cream cheese (softened) 4 ounces

Canned cranberry sauce 1 cup

Fat-free whipped topping 1 cup

Fresh fruit, cut into 1 inch chunks 2 ½ cups

*1/2 cup fruit adds approximately 60 calories, 0 grams of fat, 2 grams of protein and 2 grams of fiber

Instructions:

1. Beat the cream cheese and cranberry sauce together.
2. Fold in the whipped topping.
3. Serve with fruit chunks.

Nutrition Facts Per serving:*

Calories 155

Fat 3.5 grams

Protein 1.4 grams

Sodium 138 milligrams

Fiber less than 1 gram

Navy Bean Pie

Serving Size: 1/8 of recipe

Yield: 8 servings

Ingredients:

<u>Eggs</u>	<u>2, beaten</u>
<u>Evaporated milk</u>	<u>1 cup</u>
<u>Navy Beans</u>	<u>1, 15ounce can</u>
<u>Sugar</u>	<u>2/3 cup</u>
<u>Ground cinnamon</u>	<u>3/4 teaspoon</u>
<u>Ground ginger</u>	<u>1/2 teaspoon</u>
<u>Ground nutmeg</u>	<u>1/2 teaspoon</u>
<u>Pie shell</u>	<u>1 (9 inch)</u>

Instructions:

Preheat the oven to 425 degrees.

1. Drain and mash navy beans
2. In large bowl, combine eggs, evaporated milk, and mashed beans. Mix well.
3. Add sugar, cinnamon, ginger & nutmeg.
4. Pour mixture into pie shell.
5. Bake in oven for 15 minutes. Reduce heat to 350 degrees and bake an additional 35 minutes.
6. Cool for 30 minutes before serving.

Nutrition Facts Per Serving:

Calories 250

Fat 9 grams

Protein 7.6 grams

Sodium 305 milligrams

Fiber 4.3 grams

Peanut Butter Bites

Serving Size: 2 bites

Yield: 24 bites

Ingredients:

<u>Creamy peanut butter</u>	<u>½ cup</u>
<u>Non-fat milk powder</u>	<u>¾ cup</u>
<u>Honey</u>	<u>½ cup</u>
<u>Sunflower seeds (unsalted)</u>	<u>1/3 cup</u>
<u>Raisins</u>	<u>1/3 cup</u>
<u>Flake cereal*, crushed</u>	<u>1 cup</u>

*Note: Use any cluster or flake type cereal

Instructions

1. Combine peanut butter, milk powder, and honey in a bowl and mix well. Stir in sunflower seeds and raisins.
2. Roll mixture into small balls and then roll balls in crushed cereal. Place on waxed paper.
3. Chill in the refrigerator for at least 1 hour before serving.

Nutrition Facts Per serving:

Calories 190

Fat 4 grams

Protein 7 grams

Sodium 106 milligrams

Fiber 1 grams

Strawberry Banana Smoothie

Serving Size: 16 ounces

Yield: 2 servings

Ingredients:

<u>Yogurt, vanilla, low fat</u>	<u>2 cups</u>
<u>Sliced strawberries</u>	<u>1 cup</u>
<u>Banana</u>	<u>1 ripe</u>
<u>Orange juice</u>	<u>½ cup</u>

*For more variety, try raspberries, blueberries, or blackberries.

** For a chilled smoothie, use frozen fruit

Instructions:

1. Place all ingredients in a blender.
2. Blend until smooth about one minute.
3. Pour and serve.

Nutrition Facts **Per serving:**

Calories 274

Fat 4.4 grams

Protein 14.4 grams

Sodium 175 milligrams

Fiber 3.9 grams

Yam Smoothie and Sherbet

Serving Size: 1/8 of recipe

Yield: 8 servings

Ingredients

<u>Yams, canned, drained</u>	<u>1, 29 oz can</u>
<u>Vanilla yogurt (low-fat)</u>	<u>3 cups</u>
<u>Milk, low fat or skim</u>	<u>1 cup</u>
<u>Cinnamon</u>	<u>½ teaspoon</u>
<u>Ice</u>	<u>1 cup</u>
<u>Pineapple juice</u>	<u>1 cup</u>
<u>Low fat whipped cream</u>	<u>optional</u>

Instructions:

1. Add ingredients in blender and blend until smooth.
2. Serve chilled and enjoy.

For frozen dessert:

3. Freeze the remaining smoothie in small dishes. To serve, top with spoon of low fat whipped cream and sprinkle of cinnamon.

Nutrition Facts Per serving

Calories 181

Fat 3.4 grams

Protein 4.8 grams

Sodium 22.5 milligrams

Fiber 3.5 grams

Zucchini Bread

Serving Size: 1/12 recipe

Yield: 12 servings

Ingredients:

<u>All-purpose flour*</u>	<u>½ cup</u>
<u>Baking soda</u>	<u>½ teaspoon</u>
<u>Baking powder</u>	<u>½ teaspoon</u>
<u>Salt</u>	<u>½ teaspoon</u>
<u>Sugar</u>	<u>1 cup</u>
<u>Eggs</u>	<u>1</u>
<u>Zucchini, grated</u>	<u>1 cup</u>
<u>Cinnamon</u>	<u>1 ½ tablespoons</u>
<u>Vegetable oil</u>	<u>½ cup</u>
<u>Vanilla</u>	<u>1 ½ teaspoons</u>
<u>Walnuts, chopped</u>	<u>½ cup</u>

*To increase fiber, use whole wheat flour

Instructions:

Preheat oven to 325°F.

1. Grease and flour baking pan
2. Sift flour, salt, baking powder, baking soda, and cinnamon together.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pan.
4. Bake for 40 to 60 minutes. Cool for 20 minutes before serving.

Nutrition Facts Per Serving:

Calories 206
Protein 2 grams
Fat 13 grams
Sodium 177 mg
Fiber 0.5 grams

APPENDICES



Vegetable Spice Chart

Make foods tasty without using salt or adding extra fat or sugar by adding these spices and herbs.

Carrots	Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
Corn	Cumin, curry powder, onion, paprika, parsley
Green Beans	Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
Greens	Onion, pepper
Peas	Ginger, marjoram, onion, parsley, sage
Potatoes	Dill, garlic, onion, paprika, parsley, sage
Summer Squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Winter Squash	Cinnamon, ginger, nutmeg, onion
Tomatoes	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

Meat, Poultry, and Fish Spice Chart

Make foods tasty without using salt or adding extra fat or sugar by adding these spices and herbs.

Beef	Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Lamb	Curry powder, garlic, rosemary, mint
Pork	Garlic, onion, sage, pepper, oregano
Veal	Bay leaf, curry powder, ginger, marjoram, oregano
Chicken	Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
Fish	Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper

Seasonal Produce Chart

Produce that is “in season” usually costs less than buying foods that are hard to find during that time of year or that have to shipped in from far away.

Spring	Summer	Fall	Winter
<u>Veggies</u> Asparagus Beets Broccoli Cabbage Carrots Cauliflower Celery Lettuce Onions Peas Potatoes Spinach	<u>Veggies</u> Cabbage Carrots Cucumbers Eggplant Green Beans Lima Beans Lettuce Onions Peppers Potatoes Squash Sweet Corn Tomatoes	<u>Veggies</u> Brussels sprouts Cabbage Cucumber Eggplant Lima Beans Onions Peppers Potatoes Sweet corn Sweet potatoes Summer squash Tomatoes Winter squash	<u>Veggies</u> Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Cauliflower Potatoes Spinach Sweet Potatoes Winter Squash
<u>Fruits</u> Apples Avocado Grapefruit Navel oranges Valencia oranges Strawberries Pears	<u>Fruits</u> Berries Cantaloupes Cherries Grapes Honeydew melons Nectarines/peaches Plums Strawberries Watermelon	<u>Fruits</u> Apples Avocado Cantaloupe Dates Grapes Honeydew melons Peaches Pears Plums	<u>Fruits</u> Apples Avocado Dates Grapefruit Navel oranges Winter pears

Common Household Measurements

	1 teaspoon =	1/6 fluid ounce
3 teaspoons =	1 tablespoon =	1/2 fluid ounce
16 tablespoons =	1 cup =	8 fluid ounces
2 cups =	1 pint =	16 fluid ounces
2 pints =	1 quart =	32 fluid ounces
4 quarts =	1 gallon =	128 fluid ounces



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