FIFTEEN-MINUTE SOUP

Makes 4 servings
Prep Time: 15 minutes
Cook Time: 6-8 minutes

Ingredients
• 1 can (16-ounce) great northern beans
• 2 cups chicken broth (1 can)
• 2 cans (16-ounce) tomatoes
• 1 small onion, chopped
• 1 teaspoon garlic salt (or regular salt)
• 1 tablespoon oil (optional)
• 1 package (10-ounce) frozen, chopped spinach
• 1/2 cup whole-wheat noodles, any shape

Directions
1. In a 2-quart saucepan, combine all ingredients except spinach and macaroni. Heat until liquid comes to a boil.
2. Stir in and break up spinach; bring to a boil again.
3. Stir in noodles and simmer until macaroni is tender, about 7 to 9 minutes.

Nutrition information Per Serving
170 calories
Total Fat 0 g
Saturated Fat 0 g
Protein 11 g
Total Carbohydrate 36 g
Dietary Fiber 9 g
Sodium 920 mg

Iron Excellent Source of Iron
Vitamin A Excellent Source of Vitamin A
Vitamin C Excellent Source of Vitamin C
Calcium Good Source of Calcium

Recipe analyzed without the optional ingredient
BEEF STIR-FRY

Makes 6 servings
Serving Size: 2/3 cup over 1 cup rice

Tip:
Leftover lean meat, poultry, fish or tofu can be substituted for beef.

Ingredients
• 1 pound lean beef cut into thin strips (may use other meats such as pork or chicken)
• 2 tablespoons vegetable oil
• 1 small onion, chopped
• 1 green pepper, cut into strips
• 2 cups fresh cut vegetables (such as carrots, broccoli, cauliflower)
• 6 cups cooked brown rice, still hot

Directions
1. Heat oil in a large frying pan over medium high heat.
2. When oil is hot, add the meat, cook until there is no pink in the meat and the meat is thoroughly brown.
3. Add fresh vegetables and continue to stir until vegetables are tender.
4. Stir in sauce mixture (see recipe below). Pour into skillet with stir-fry. Cook until sauce bubbles.
5. Spoon stir-fry mixture over cooked rice.

Stir-Fry Sauce
Ingredients
• 2 tablespoons cornstarch
• 1½ cups cool water
• dash black pepper
• 2 tablespoons low-sodium soy sauce

Directions: Combine cornstarch and cool water. Stir in remaining ingredients. The cornstarch will settle to the bottom so stir again before adding sauce to stir-fry.

Nutrition information Per Serving, Beef Stir-Fry, rice, and sauce
420 calories
Total Fat 9 g
Saturated Fat 2 g
Protein 22 g
Total Carbohydrate 62 g
Dietary Fiber 2 g
Sodium 230 mg

Excellent Source of Vitamin A
Excellent Source of Vitamin C
Excellent Source of Iron

Eat Smart
CHEESE SPINACH NOODLES

Makes 6 servings
Prep Time: 20 minutes
Cook Time: 15 minutes

Ingredients
• 8 ounces whole-wheat egg noodles
• 10 ounce package frozen chopped spinach, thawed and drained
• 1/2 teaspoon dried basil
• 1 tablespoon dried parsley flakes
• 1 cup fat-free or low-fat cottage cheese
• 1/4 to 1/2 teaspoon salt (to taste)
• 2 tablespoons Parmesan cheese

Directions
1. Cook noodles according to package directions.
2. While noodles are cooking, cook the spinach in a skillet for 5 minutes.
3. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated.
4. Drain noodles and toss in large serving bowl with spinach mixture. Top with Parmesan cheese.

Nutrition information Per Serving
160 calories
Total Fat 1.5 g
Saturated Fat 0 g
Protein 11 g
Total Carbohydrate 26 g
Dietary Fiber 2 g
Sodium 280 mg

Excellent Source of Vitamin A
Excellent Source of Vitamin C
Good Source of Iron
Good Source of Calcium

Recipe analyzed using:
• Fat free cottage cheese
• Enriched egg noodles
• 1/4 tsp salt
Eat Smart

CHICKEN AND BROCCOLI QUICHE

Makes 2 quiche
6 servings per quiche
Serving Size: 1/6 quiche

Tip: With this time saving recipe, you can make one now and freeze one for later.

Hint: To lower fat and calories, try making this recipe in a muffin tin without the crust. It will be a perfect size serving, and you can freeze the leftovers for a quick breakfast or snack later.

Ingredients

- 2 (9-inch) pie crusts, baked
- 4 eggs
- 1 cup low-fat or skim milk
- 3/4 cup low-fat shredded cheddar cheese
- 3/4 cup cooked, chopped chicken
- 1 (10-ounce) package frozen, chopped broccoli
- 1/4 cup carrots, shredded
- 1/4 cup finely chopped onion (optional)
- pepper to taste
- 1/2 to 3/4 teaspoon salt

Directions

1. Preheat oven to 350°F. Bake pie crusts according to package directions.
2. In a mixing bowl, combine eggs, milk, salt and pepper. Mix well.
3. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove some more water.
4. Layer the meat, vegetables and cheese into baked pie crusts. Pour the egg mixture over the ingredients.
5. Bake at 350°F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean.
6. Let stand 5 minutes before cutting.

Nutrition information Per Serving

- 245 calories
- Total Carbohydrate 21 g
- Dietary Fiber 2 g
- Sodium 540 mg
- Excellent Source of Vitamins A
- Excellent Source of Vitamin C
- Good Source of Calcium

Eat Smart

NC STATE EXTENSION

Community & Clinical CONNECTIONS for Prevention & Health Branch
CHICKEN AND CHEESE ENCHILADAS

Makes 8 servings
Serving Size: 1 enchilada

Hint:
Try Fresh-Made Salsa from Cooking with EFNEP.

Ingredients
- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 1 ½ cups leftover chicken or turkey, cooked and shredded
- 1 (13-ounce) jar salsa, divided
- 1 package (3-ounce) 1/3 less fat cream cheese, cubed
- 1 teaspoon ground cumin
- 8 whole-wheat flour tortillas (6-inch)
- 2 cups (8 ounces) extra-sharp, low-fat, cheddar cheese, shredded and divided
- Non-stick cooking spray

Directions
1. Preheat oven to 350° F (unless you choose to use the microwave). Lightly spray baking dish.
2. Cook onion in vegetable oil in large skillet until tender.
3. Stir in chicken, 1/4 cup salsa, cream cheese and cumin. Cook until thoroughly heated.
4. Stir in 1/2 of shredded cheese.
5. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up.
6. Place seam side down in 12 x 7 inch baking dish. Top with remaining salsa and cheese. Be sure to completely cover enchiladas with salsa and cheese.
7. Bake at 350° F for 15 minutes or microwave 3 to 5 minutes or until heated through.

Nutrition information Per Serving
211 calories
Total Fat 7 g
Saturated Fat 2.5 g
Protein 17 g
Total Carbohydrate 20 g
Dietary Fiber 2 g
Sodium 380 g

Good Source of Calcium
CHICKEN AND FRUIT SALAD

Makes 8 servings
Serving Size: 2/3 cup

Ingredients

- 3 cups cooked chicken, chopped
- 1 (20-ounce) can pineapple chunks in juice, well drained
- 1 (11-ounce) can mandarin oranges, drained
- 3/4 cup chopped celery
- 1 cup seedless grapes, halved
- 1/4 cup pecans (optional), divided
- 1/4 cup low-fat mayonnaise or yogurt
- 1/4 teaspoon pepper
- 8 large lettuce leaves

Directions

1. In a large bowl, toss chicken, pineapple chunks, oranges, celery, grapes, and half of the pecans (optional).
2. Gently stir mayonnaise or yogurt into chicken mixture. Sprinkle with pepper.
3. Cover and chill in refrigerator.
4. To serve, scoop 2/3 cup of the chicken mixture onto 1 large leaf of lettuce.
5. (Optional) Sprinkle remaining pecans on top of chicken mixture.

Nutrition information Per Serving

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Excellent Source of Vitamin C
Good Source of Vitamin A
OVEN BAKED CHICKEN NUGGETS

Makes 4 servings
Serving Size: 6 nuggets

Ingredients

- 1 egg
- 2 tablespoons fat-free or low-fat (1%) milk
- 2 ¼ cups cornflakes, crushed
- 2 tablespoons Italian seasoning
- 1 pound boneless, skinless chicken breasts, cut into nugget-sized pieces
- 1/4 cup fat-free ranch dressing or fat-free honey mustard dressing for dipping sauce
- Non-stick cooking spray

Directions

1. Preheat oven to 400° F.
2. Whisk the egg and milk together in a small mixing bowl with a fork.
3. Place cornflakes in a plastic bag; crush. Add Italian seasoning to crushed cornflakes and mix well.
4. Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet coated with non-stick cooking spray.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with fat-free ranch dressing or fat-free honey mustard dressing for dipping sauce.

Nutrition information Per Serving

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Recipe analyzed without dipping sauce.
CHICKEN PASTA SALAD

Makes 7 servings
Prep Time: 30 minutes
Cook Time: 10-12 minutes

Ingredients
• 2 cups cooked whole-wheat penne pasta (about 1 cup uncooked)
• 1½ cup canned chicken (drained)
• 1 cup diced bell pepper (red or green or a combination)
• 1 cup shredded yellow squash (about 1 medium squash)
• 1/2 cup sliced carrots
• 1/2 cup sliced green onion
• 1/2 cup canned corn kernels (drained)
• 1/2 cup frozen peas (thawed)
• 1 can (15 ounces) black beans (rinsed and drained)
• 1/2 cup bottled Italian dressing or from recipe

Directions
1. Cook pasta according to package directions, drain; rinse.
2. Combine first nine ingredients in a large bowl
3. Toss gently with salad dressing (fat-free Ranch dressing may be substituted for Italian)
4. Chill for several hours to blend flavors.

Nutrition Information
Per Serving
230 calories
Total Fat 4.5 g
Saturated Fat 1 g
Protein 18 g
Total Carbohydrate 28 g
Dietary Fiber 6 g
Sodium 550 mg

Excellent Source of Vitamin A
Excellant Source of Vitamin C
Good Source of Iron

Recipe analyzed using:
• Enriched pasta
• Green pepper

Balsamic Dijon Vinaigrette Serves 8, Serving Size: 2 tablespoons
Prep Time: 5 minutes, Total Time: 5 minutes

Ingredients
• 6 tablespoons balsamic vinegar
• 1 tablespoon Dijon mustard
• 6 tablespoons olive oil
• Salt and fresh ground pepper to taste

Directions
1. Combine all ingredients in jar with tight fitting lid.
2. Shake vigorously.
3. Serve immediately with your favorite salad or chill until serving.

Note: if you chill the dressing, remove from the refrigerator a few minutes prior to serving to bring to room temperature. Shake to combine ingredients.

Nutrition Information per Serving: (Based on 1 teaspoon salt and 1 teaspoon pepper)
Serving Size: 2 tablespoons
102 calories
Carbohydrates: 2 grams
Fiber: 0 grams
Protein: 0 grams
Fat: 10 grams
Sodium: 315 mg
CHICKEN QUESADILLAS

Makes 4 servings
Serving Size: 1 quesadilla

Ingredients
• 1 cup chopped, cooked chicken
• 2 tablespoons salsa
• 1/4 cup chopped white onion
• Non-stick vegetable cooking spray
• 1/4 cup canned chopped green chili peppers (optional)
• 1/2 cup Monterey Jack, Colby or other cheese, shredded
• 4 (10-inch) whole-wheat tortillas

Directions
1. Preheat electric skillet to 350° F.
2. Mix chicken, salsa, onions, and green chili peppers (optional).
3. Place 1/4 chicken mixture on half of a tortilla. Top with 1/4 cheese. Fold tortilla over mixture and seal edges.
4. Place in skillet sprayed with non-stick vegetable cooking spray.
5. Brown on one side at medium heat for approximately 3–4 minutes.
6. Turn tortilla over and brown other side.
7. Cut each folded tortilla into 3 wedges.

Nutrition information Per Serving
240 calories
Total Carbohydrate 24 g
Total Fat 8 g
Saturated Fat 2.5 g
Protein 18 g
Dietary Fiber 2 g
Sodium 360 mg

Excellent Source of Calcium
Good Source of Vitamin C

Analyzed using Fresh-Made Salsa.
EASY LASAGNA

Makes 6 servings
Serving Size: 1/6 recipe

Ingredients
• 1/2 pound lean or extra-lean ground beef or ground turkey
• 8 ounces egg noodles, uncooked (try whole grain)
• 12 ounces fat-free cottage cheese
• 2 cups reduced-fat mozzarella cheese, shredded
• 1 (14.5-ounce) can unsalted, diced tomatoes, not drained
• 1 cup water
• 1/2 teaspoon parsley
• 1/2 teaspoon oregano
• 1 tablespoon Italian seasoning
• Non-stick cooking spray

Directions
1. Brown ground beef or turkey. Drain and return to skillet.
2. Stir in diced tomatoes, water, parsley, oregano and Italian seasoning.
   Bring to a boil.
3. Add uncooked pasta. Cover and cook on medium heat for 15 minutes.
4. Stir in cottage cheese. Cover and cook for 5 minutes.
5. Stir in 2 cups of mozzarella cheese.
6. Cover and remove from heat. Let stand for 5 minutes to melt cheese.

Nutrition information Per Serving
370 calories
Total Carbohydrate 35 g
Dietary Fiber 2 g
Sodium 530 mg
Total Fat 11 g
Saturated Fat 6 g
Protein 32 g

Excellent Source of Vitamin C
Excellent Source of Calcium
Excellent Source of Iron
Good Source of Vitamin A
FRENCH TOAST

Makes 8 servings
Serving Size: 1 slice

Tip: This recipe is great topped with fresh fruit. Serve with cold nonfat or low-fat milk.

Note: If you have more than you can use, freeze and save for another day. Your French toast can be reheated in the microwave, toaster or toaster oven.

Ingredients
- 4 eggs, beaten
- 1 cup skim milk
- 1/2 teaspoon ground cinnamon or nutmeg
- 8 slices of whole-wheat bread (Day-old bread is easier to use.)
- 1/2 teaspoon vanilla
- 1 tablespoon vegetable oil

Directions
1. In a large bowl, beat eggs with fork, and add milk, cinnamon and vanilla. Beat together until mixed well.
2. Heat oil in a large skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture to coat both sides.
4. Place in hot skillet. Brown each side, about 2 minutes or more.
5. Serve the toast with pancake syrup, fruit sauce (recipe below) or applesauce.

FRUIT SAUCE (optional) Makes 8 servings. Serving size: 1/4 cup

Ingredients
- 3 cups sliced strawberries or other fruit of your choice
- 1/3 cup lite maple-flavored syrup (reduced sugar)
- dash cinnamon

Directions: Combine syrup and cinnamon in microwave safe dish. Place in microwave and heat approximately 30 seconds or until warm. Spoon over fruit and toss gently. Serve immediately over French toast.

Nutrition information Per Serving

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Excellent source of Vitamin C

NC STATE EXTENSION
Community & Clinical CONNECTIONS for Prevention & Health Branch
EASY FRUIT SALAD

Makes 10 servings
Serving Size: 1/2 cup

Ingredients

- 1 (20-ounce) can pineapple chunks in juice, drained
- 1 (15-ounce) can (2 cups) fruit cocktail in juice, drained
- 2 small bananas, sliced
- 1 (8-ounce) low-fat yogurt (try vanilla or lemon)

Directions

1. Drain pineapple chunks and fruit cocktail.
2. Wash, peel and slice bananas.
3. Mix fruits and yogurt together.
4. Cover and chill until ready to serve.

For variation use the following fresh fruits, instead of canned:
1 cup grapes, seedless, halved
2 cups cantaloupe, cut into bite size pieces
1 cup strawberries, quartered
1 cup apple, cut into bite size pieces

Note: If the pineapple and fruit cocktail are left out, add a little lemon juice to bananas and apples to prevent browning.

Nutrition information Per Serving

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<td>Good source of Vitamin C</td>
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Eat Smart
FRUIT SMOOTHIES

Makes 2 servings
Serving Size: 1 cup

Choose 1/2 cup of a fruit
- Bananas
- Peaches
- Strawberries
- Blueberries

Choose 1 cup of a base
- Low-fat plain yogurt
- Low-fat vanilla yogurt
- Low-fat vanilla frozen yogurt
- Undiluted frozen juice concentrate, such as apple or orange
- Frozen fruit
- Ice cubes

Choose 1/2 cup of a liquid
- Low-fat or fat-free milk
- Calcium-fortified soy milk
- 100% fruit juice

Example 1
- 1/2 cup strawberries
- 1 cup low-fat vanilla yogurt
- 1/2 cup fat-free milk

Example 2
- 1/2 cup banana
- 1 cup frozen orange juice
- 1/2 cup low-fat milk

Example 3
- 1/2 cup blueberries
- 1 cup low-fat frozen vanilla yogurt
- 1/2 cup orange juice

Directions
Put all the ingredients in a blender and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.

Nutrition information

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Recipe analyzed according to Example 1.
Nutritional value will vary with choices made.
GARDEN BOW TIE PASTA

Makes 6 servings
Prep Time: 10 minutes
Cook Time: 20-25 minutes

Ingredients
• 1 can (12 ounces) tuna, drained and flaked
• 1/2 pound whole-wheat bow tie pasta
• 2 tablespoons olive oil
• 1 cup sliced onions
• 1 cup chicken broth
• 3 tablespoons fresh thyme or 1 tablespoon dried thyme
• 4 cups frozen vegetable medley
• Salt and pepper to taste

Directions
1. Cook pasta according to package directions, drain; rinse.
2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3–5 minutes.
3. Add broth and continue cooking 2 minutes.
4. Add thyme, tuna, vegetables, and mix gently.
5. Add pasta; season with salt and pepper.
6. Heat 3–4 minutes or until broth is reduced.

Nutrition information
Per Serving
350 calories
Total Fat 6 g
Saturated Fat 1 g
Protein 23 g
Total Carbohydrate 53 g
Dietary Fiber 8 g
Sodium 450 mg

Recipe analyzed using 1/4 tsp each of salt and pepper

Excellent Source of Iron
Excellent Source of Vitamin A
Excellent Source of Vitamin C
MINI MEATLOAVES

Makes 5 servings
Serving Size: 1 mini loaf

Ingredients
• 1 pound lean or extra-lean ground beef or ground turkey
• 1½ cups salsa, divided in half
• 1 egg, lightly beaten
• 1/4 cup dried bread crumbs (whole-wheat if available)
• 1/4 cup finely chopped onion
• Dash of black pepper
• Non-stick vegetable cooking spray

Directions
1. Heat oven to 350° F.
2. Combine all ingredients, saving half of the salsa for topping.
3. Divide into 5 equal portions. Shape into flattened loaves.
4. Spray baking dish with vegetable cooking spray.
5. Place loaves in dish.
6. Spoon half of the remaining salsa on top of loaves.
7. Bake at 350° F for 20 minutes. Check temperature with a thermometer to be sure it reaches 160° F for ground beef or 165° F for ground turkey.
8. Take out of oven, spoon remaining salsa over top, and bake an additional 10 minutes.

Nutrition information Per Serving

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Excellent Source of Vitamin C
Good Source of Iron
OATMEAL RAISIN MUFFINS

Makes 12 servings
Serving Size: 1 muffin

Ingredients
• Non-stick cooking spray
• 1½ cups all-purpose flour
• 1 tablespoon baking powder
• 1 teaspoon salt
• 1/3 cup sugar
• 1/2 teaspoon cinnamon
• 1 cup uncooked rolled oats
• 1/2 cup raisins
• 1 egg
• 1 cup skim milk
• 1/3 cup applesauce

Directions
1. Preheat oven to 400° F.
2. Lightly spray muffin tin with non-stick cooking spray (or use paper liners).
3. In a large bowl, sift (or mix) together flour, baking powder, salt, and sugar, and cinnamon.
4. Stir in the rolled oats and raisins.
5. In a separate bowl, beat together egg and milk.
6. Add applesauce to milk mixture.
7. Pour milk mixture into flour mixture, and stir only until dry ingredients are wet. Batter will be lumpy.
8. Fill muffin cups 2/3 full of batter.

Nutrition information Per Serving
140 calories
Total Fat 1 g
Saturated Fat 0 g
Protein 4 g
Total Carbohydrate 29 g
Dietary Fiber 2 g
Sodium 312 mg
OVEN FRIED CHICKEN LEGS

Makes 6 servings
Serving Size: 1 chicken leg
Prep Time: 20 minutes
Cook Time: 45 minutes

Ingredients
• 6 chicken legs, skinned
• 1/2 cup skim milk
• 1/2 cup dry bread crumbs (whole-wheat if available)
• 1/3 cup grated Parmesan cheese
• Salt and pepper, to taste

Directions
1. Heat oven to 375° F.
2. Remove skin from chicken. Place in a shallow pan.
3. Pour milk over chicken. Refrigerate while you prepare the coating.
4. Mix breadcrumbs, cheese, salt, and pepper in a shallow bowl.
5. Roll the chicken in breadcrumb mixture, coating well.
6. Place chicken on a lightly greased baking sheet.
7. Bake at 375° F for 45 minutes.

NOTE: You can use any chicken parts for this recipe. Try boneless, skinless chicken breasts cut into strips to make chicken fingers.

Nutrition information Per Serving

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Recipe analyzed using 1/4 tsp salt and pepper each.
OVEN FRIES

Makes 6 servings
Serving Size: 10 fries

Ingredients

• Non-stick cooking spray
• 4 medium baking potatoes or sweet potatoes
• 2 tablespoons vegetable oil
• Seasonings (optional)*

*Try one or several of these seasonings: pepper, garlic powder, onion powder, chili powder, paprika

Directions

1. Preheat oven to 475° F.
2. Lightly spray baking sheet with non-stick cooking spray.
3. Wash potatoes thoroughly and dry with a paper towel.
4. Cut potatoes into long strips about 1/2 inch thick.
5. Put oil in a plastic bag. Add potatoes and toss to evenly coat with oil. You may add seasoning to the bag.
6. Spread strips in a single layer on a baking sheet and place in preheated oven.
7. Bake at 475° F for 20 minutes.
8. After 20 minutes, take sheet out of oven and turn potato strips over.
9. Immediately return sheet to oven and bake at 475° F for 15 more minutes.

Nutrition information

<table>
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Excellent Source of Vitamin A
Excellent Source of Vitamin C

Eat Smart

Color Me Healthy
preschoolers moving & eating healthy

NC STATE EXTENSION

Community & Clinical CONNETIONS for Prevention & Health Branch SUMMER 2018
QUICK PIZZA

Makes 4 servings
Serving Size: 1 piece

Ingredients
• 4 slices whole-wheat bread
  or 2 whole-wheat English muffins, halved
• 1/2 cup low-sodium spaghetti sauce
• 1/2 cup pineapple tidbits in own juice, drained
• 1/2 cup lean diced ham
• 1/4 cup reduced-fat mozzarella cheese, shredded

Directions
1. Toast bread or muffin until very lightly browned.
2. Preheat oven to 350° F.
3. Place toasted bread or muffin on a baking sheet.
4. Spread 1/4 of the spaghetti sauce onto each slice of bread or muffin half.
5. Place 1/4 of the pineapple tidbits and 1/4 of the diced ham on top of the spaghetti sauce on each slice of bread or muffin half.
6. Sprinkle 2 tablespoons of cheese on top of pineapple and ham on each slice of bread or muffin half.
7. Bake at 350° F for 4-6 minutes or until cheese melts and bread or muffins are thoroughly heated.

Suggestion
Create delicious pizza varieties by replacing the pineapple and ham in this recipe with other vegetables and lean meat choices.

Nutrition information Per Serving

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Excellent Source of Vitamin C
Good Source of Calcium
Good Source of Iron
SANDWICH WRAPS

Start with a whole-wheat tortilla

Choose 1 tablespoon of a spread
• Low-fat mayonnaise
• Low-fat salad dressing
• Mustard
• Low-fat sour cream
• Hummus

Choose 1 ounce of meat
Leftovers such as ground beef, roasted chicken, turkey, or roast beef are great or use sandwich meats like ham or turkey (look for low-fat/low-sodium varieties).

Choose 1/4 cup chopped, sliced, or shredded fresh vegetables Use one vegetable or mix a few together to equal 1/4 cup.
• Cucumbers
• Carrots
• Slaw mix
• Tomatoes
• Onions
• Lettuce
• Green peppers
• Celery
• Spinach

Choose 1/4 cup grated or 1 slice of cheese
• Low-fat cheddar
• Low-fat American slices
• Part-skim Mozzarella

Directions
1. Coat one side of the tortilla with the spread.
2. Add the meat as the second layer.
3. Toss on the vegetables.
4. Add the cheese as the final layer.
5. Roll up. May be eaten cold or heated in a microwave or toaster oven until the cheese melts. Secure with a toothpick before heating.

Nutrition information Per Serving
258 calories
Total fat 11 g
Saturated fat 2 g
Protein 16 g
Sodium 790 g
Total carbohydrate 28 g
Dietary Fiber 2 g

Good source of Calcium
Good source of Iron
Good source of Vitamin A
Nutrition information for wrap made with low-fat mayonnaise, lettuce, fat-free turkey lunchmeat, chopped cucumbers and carrots, and part-skim Mozzarella cheese.

Make 1 wrap
Serving Size: 1 wrap
ZESTY SPINACH OMELET

Makes 1 serving
Serving Size: 1 omelet
Tip: Serve with a glass of orange juice to get even more folate.

Ingredients
- 2 eggs, beaten
- 2 tablespoon water
- 1/2 cup cooked spinach
- 1/4 cup cheese, shredded
- dash cumin
- dash pepper
- 1/4 cup salsa
- non-stick cooking spray

Directions
1. In medium bowl beat eggs, water, cumin, and pepper together using fork.
2. Spray skillet with non-stick cooking spray.
3. Heat a large skillet (10”) to medium high heat.
4. Pour egg mixture into pan.
5. Lift edges of eggs and tip pan as needed to let uncooked mixture flow underneath and cook.
6. Cook until almost set.
7. Spoon spinach and shredded cheese over 1/2 of the omelet.
8. Using spatula, fold other side of omelet over filling.
9. Top with salsa and serve.

Nutrition information Per Serving
210 calories
Total Carbohydrate 7 g
Total Fat 8 g
Dietary Fiber 1 g
Saturated Fat 2.5 g
Protein 22 g
Sodium 520 mg

Excellent Source of Vitamin A
Excellent Source of Calcium
Good Source of Iron
STUFFED BELL PEPPERS

Makes 4 servings
Serving Size: 1 pepper

Tip: If peppers are out of season, use cabbage leaves.

Ingredients

• 1 pound lean ground turkey
• 1/3 cup finely chopped onion
• 1 (15-ounce) can no-salt added tomato sauce (divided)
• 1/4 cup water
• 1 teaspoon salt
• 1/8 teaspoon pepper
• 1/2 cup uncooked instant brown rice
• 4 medium green peppers

Directions

1. Crumble turkey into a 1½ quart microwave-safe bowl; add onion.
2. Cover and microwave on high for 3-4 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Fill pepper halves with meat mixture.
8. Place in an ungreased, microwave-safe, shallow baking dish.
9. Spoon remaining tomato sauce over peppers; cover and microwave on high for 12-15 minutes or until peppers are tender.
10. Let stand for 5 minutes before serving.

Nutrition information Per Serving

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Excellent Source of Vitamin C
Excellent Source of Iron
Good Source of Vitamin A
SUPER STIR-FRY

Makes 2 servings
Serving Size: 1 cup

Choose 5 vegetables (1/2 cup of each)
- Onion
- Broccoli
- Celery
- Carrots
- Peppers
- Mushrooms
- Squash
- Zucchini
- Cauliflower

Choose 1 sauce (about 1/4 cup)
- Lite/Low-Sodium Soy Sauce
- Teriyaki Marinade
- Bottled Stir Fry Sauce

Choose 1 starch 1 cup per person (cooked according to package directions)
- Brown rice
- Whole-wheat spaghetti noodles

Directions
1. Wash and chop selected vegetables into small evenly sized pieces. You may cut them into circles, strips or cubes as desired. A variety of shapes will make the stir-fry more pleasing to the eye.
3. Heat a small amount (1 tablespoon or less) of vegetable oil over high heat in 10-inch frying pan, electric skillet or wok.
4. Keeping the heat high, add vegetables to the pan in order of firmness—harder foods first and ending with the softest foods.
5. Toss vegetables to keep from sticking until they are cooked. When stir-frying, vegetables should still be crisp and retain their bright color.
6. Add sauce to taste (about 1/4 cup). Stir-fry until all vegetables are thoroughly coated.
7. Serve with starch of choice.

Nutrition information Per Serving

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Recipe was analyzed using onions, green pepper, broccoli, celery, carrots and low sodium soy sauce.
Nutritional information will vary with other vegetable combinations. Analysis does not include rice or noodles.
TUNA BURGERS

Makes 6 servings
Serving Size: 1 patty

Hint: Serve on whole-wheat buns. Add lettuce, tomato, cucumbers and shredded carrots as condiments to build a healthy burger.

Ingredients
• 2 (4.5-ounce) cans low-sodium tuna, packed in water
• 1¼ cup bread crumbs, divided (whole-wheat if available)
• 1 cup low-fat shredded cheddar cheese
• 1 egg, lightly beaten
• 1/4 cup minced celery
• 1/4 cup minced onion
• 1 tablespoon Italian seasoning
• Non-stick cooking spray

Directions
1. Drain tuna, separate into flakes using a fork.
2. In a medium bowl, combine tuna, 3/4 cup bread crumbs, cheese, egg, celery, onion and Italian seasoning.
3. Form six patties; coat each side with remaining 1/2 cup bread crumbs.
4. Spray non-stick skillet with cooking spray; heat to medium heat.
5. Cook patties 3–5 minutes on each side until golden brown.

Nutrition information Per Serving
280 calories
Total Fat 9 g
Saturated Fat 4.5 g
Protein 23 g
Total Carbohydrate 24 g
Dietary Fiber <1 g
Sodium 750 mg

Recipe analyzed using light tuna in water.

Good Source
of Calcium
Good Source
of Iron

Eat Smart
HEARTY VEGETABLE SALAD

Makes 8 servings
Serving Size: 1/2 cup

Ingredients
• 1 (15-ounce) can unsalted baby green lima beans, drained
• 1 (15-ounce) can unsalted whole-kernel corn, drained
• 1 medium tomato, chopped
• 1/4 cup chopped onion
• 1/3 cup bottled Italian dressing (or from recipe below)
• Black pepper to taste

Directions
2. In large bowl, combine lima beans, corn, tomatoes and onions.
3. Pour Italian dressing over vegetable mixture and toss. Add black pepper to taste.
4. Serve immediately or chilled.

Balsamic Dijon Vinaigrette Serves 8, Serving Size: 2 tablespoons
Prep Time: 5 minutes, Total Time: 5 minutes

Ingredients
• 6 tablespoons balsamic vinegar
• 1 tablespoon Dijon mustard
• 6 tablespoons olive oil
• Salt and fresh ground pepper to taste

Directions
1. Combine all ingredients in jar with tight fitting lid.
2. Shake vigorously.
3. Serve immediately with your favorite salad or chill until serving.

Note: if you chill the dressing, remove from the refrigerator a few minutes prior to serving to bring to room temperature. Shake to combine ingredients.

Nutrition Information per Serving
(Based on 1 teaspoon salt and 1 teaspoon pepper)
Serving Size: 2 tablespoons 102 calories
Carbohydrates: 2 grams
Fiber: 0 grams
Protein: 0 grams
Fat: 10 grams
Sodium: 315 mg

Nutrition Information per Serving
140 calories
Total Fat: .5 g
Saturated Fat: 0 g
Protein: 4 g
Total Carbohydrate: 17 g
Dietary Fiber: 3 g
Sodium: 130 mg
Good Source of Vitamin C
CHICKEN AND VEGETABLE FRIED RICE

Serves 2
Serving Size: 2½ cups
Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes

Ingredients
• 2 tablespoons olive oil, divided
• 1 cup boneless, skinless chicken breast, diced
• 2 teaspoons freshly chopped garlic
• 2 teaspoons freshly chopped ginger
• 2 cups of chopped vegetables (for example: 1/2 cup chopped or shredded cabbage, 1/4 cup chopped carrots, and 1/4 cup peas)
• 3-5 chopped green onions
• 2 cups cooked brown rice
• 2 teaspoons low sodium soy sauce

Directions
1. In a wok add half tablespoon of olive oil over medium-high heat. Once the oil is hot, add the chicken pieces and let it cook, approximately 5–6 minutes. Once cooked, remove the chicken and set aside. (If using leftover cooked chicken, just heat slightly)
2. In the same wok add the remaining olive oil and heat over medium-high heat. Add the garlic and ginger and cook for 2–3 minutes. Add the chopped green onions and other vegetables.
3. Cook on high heat for approximately 5 minutes.
4. Once the vegetables are tender, add the cooked rice and chicken and toss again on medium heat for 2 minutes.
5. Add the soy sauce and toss to combine.

Nutrition information  Per Serving
512 calories (with chicken)
Carbohydrates  58 g
Fiber  8 g
Protein  29 g
Fat  18 g
Sodium  617 mg

Eat Smart
OVEN-ROASTED VEGETABLES

Serves (depends on amount prepared)
Serving Size: approximately 1 cup (as a side)
Prep Time: Depends on vegetables, approximately 15 minutes
Cook Time: Varies with vegetables, approximately 30-50 minutes
Total Time: 45 minutes–1 hour 5 minutes

Ingredients
Combination Suggestions
• Carrots, parsnips, turnips, sweet potatoes, and shallots. When done, top with a squeeze of orange and orange zest.
• Broccoli, cauliflower, and carrots. This is great with ground cumin.
• Asparagus. Great topped with lemon zest
• Bell pepper and onions. This is great as an addition to sandwiches or most any entrée.

Topping
• 2 tablespoons of olive oil, may need more depending on amount of vegetables
• Salt and pepper to taste

Directions
1. Preheat oven to 375º F. Line baking sheet with foil or parchment paper for easy clean up.
2. Cut chosen vegetables into 2-inch pieces. Toss in olive oil on baking sheet.
3. Sprinkle chosen seasoning and toss vegetables to coat well.
4. Bake until fork tender. Time depends on vegetables chosen.

Nutrition information Per Serving
162 calories
Carbohydrates 28 g
Fiber 5 g
Protein 3 g
Fat 5 g
Sodium 426 mg

Based on recipe created using 1 cup of each: carrots, parsnips, turnips, sweet potatoes and shallots, with 1 teaspoon salt and 2 tablespoons olive oil
BLACK BEAN SALSA

Serves 6
Serving Size: 1 cup
Prep Time: 5 minutes
Cook Time: 5 minutes
Chill Time: 10 minutes
Total time: 20 minutes

Ingredients
- 1 (15-ounce) bag of frozen white corn (or white and yellow mixed)
- 1 (15-ounce) can black beans, rinsed and drained
- 2 cups chopped tomatoes
- 1/2 cup chopped Vidalia onion
- 1/3 cup apple cider vinegar
- 1/3 cup extra virgin olive oil
- Salt and pepper to taste

Directions
1. Cook the frozen corn according to package directions and chill.
2. Combine all ingredients in a large bowl.
3. Serve immediately (with chips, or as a condiment), or chill until serving.

Nutrition information Per Serving
320 calories
Carbohydrates 45 g
Fiber 11 g
Protein 11 g
Fat 13 g
Sodium 214 mg

Based on 1/4 teaspoon salt and 1/2 teaspoon pepper
BROWN RICE SALAD

Serves 4
Serving Size: 1½ cups
Prep Time: 15 minutes
Total Time: 15 minutes

Ingredients

Salad
• 1 avocado, cubed
• 2 cups cooked brown rice, chilled
• 1 orange, cut in small pieces
• 1 can black beans, rinsed and drained
• 1 green onion, thinly sliced
• 2–3 tablespoons herb (parsley, mint, cilantro, basil) (optional)

Dressing
• Juice from 1 lime or lemon (approximately 2 tablespoons)
• 2 tablespoons olive oil
• Salt and pepper to taste

Directions
1. Combine avocado, brown rice, orange pieces, black beans, and onion in a large bowl.
2. Combine juice, olive oil and salt and pepper in a small bowl. Whisk to combine.
3. Pour dressing over salad and stir to coat.
4. Add herbs into large bowl with other ingredients and stir to combine.
5. Can be kept refrigerated for several days.

Nutrition information Per Serving

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Based on 1/2 teaspoon salt and 1/2 teaspoon pepper
MUSHROOM BEEF TACOS

Ingredients
- 4 cups (approximately 8 ounces) white mushrooms
- 1 tablespoon vegetable oil
- 1 large onion, finely chopped
- 2 tablespoon chili powder
- dash cayenne (optional)
- 4 tablespoons tomato paste
- 1 pound ground beef (97% lean), cooked and well-drained (can also use turkey or chicken)

Directions
1. Chop the mushrooms finely. This can be done in a food processor.
2. Cook the chopped mushrooms in a hot skillet over medium-high heat until well done and no moisture remains, approximately 5–7 minutes. Remove the mushrooms from the pan and set aside.
3. Heat the oil in the skillet and add the onions. Cook for 1–2 minutes stirring frequently.
4. Add the seasoning and the tomato paste. Stir to combine.
5. Add the cooked mushrooms and the cooked and well-drained hamburger.
6. Add a little water if needed for everything to be well combined. Serve on corn or whole wheat tortillas.

Nutrition information Per Serving
- 98 calories
- Carbohydrates 9 g
- Protein 10 g
- Fat 5 g
- Sodium 288 mg

Eat Smart

Serves 8
Serving Size: 4 ounces (1/2 cup)
Prep Time: 10 minutes
Cook Time: 15-20 minutes
Total Time: 25-30 minutes
FRUIT CHAAT

Serves 6
Serving Size: 3/4 cup
Prep Time: 20 minutes
Total Time: 20 minutes

Ingredients
• 2 medium bananas, peeled and sliced
• 1 medium apple, chopped into small pieces
• 1 mango, peeled and cut into small cubes
• 1 cup halved red grapes
• 1 medium sweet potato
• 1–2 limes
• 1/2 teaspoon salt (adjust to taste)
• 1/2 teaspoon red chili powder (adjust to taste)
• 1/4 teaspoon black pepper (adjust to taste)

Directions
1. Poke holes in the sweet potato and microwave for 5-8 minutes, rotating half way through. Allow to cool, peel and cut into small cubes.
2. Combine banana, apple, mango, grapes, and sweet potato in a big mixing bowl.
3. Squeeze juice from limes into mixture and toss.
4. Mix in the salt, chili powder, and black pepper.

Nutrition information Per Serving
104 calories  Fiber  3 g  Fat  0 g
Carbohydrates 20 g  Protein  1 g  Sodium 211 mg

Eat Smart
BANANA OATMEAL PANCAKES

Ingredients
• 2 eggs, beaten
• 2 bananas, mashed
• 1/2 cup of old fashioned rolled oats, uncooked
• 1/2 tablespoon sugar (optional)
• 1/2 teaspoon baking powder
• 1/4 teaspoon vanilla extract
• 1/8 teaspoon cinnamon
• 1/2 teaspoon olive oil
• 1/2 cup fresh or frozen fruit of your choice (optional)

Directions
1. In a medium bowl, combine eggs, bananas, rolled oats, sugar (optional), baking powder, vanilla extract, and cinnamon. Batter should be cohesive and without lumps.
2. Heat olive oil in medium skillet on medium-low heat. Once heated, spoon 1/4 cup portions of the batter onto skillet and cook until golden brown on both sides (about 4 minutes on each side).
3. Heat fruit in small skillet until warm, stirring occasionally. Serve over pancakes. You can also serve pancakes with chopped nuts or peanut butter on top.

Nutrition information Per Serving
306 calories
Carbohydrates 51 g
Fiber 6 g
Protein 10 g
Fat 9 g
Sodium 312 mg

Based on 1/2 cup frozen mixed fruit and 1/2 tablespoon sugar
BLACK BEAN SOUP

Serves 6
Serving Size: 1 cup
Prep Time: 20 minutes
Cook Time: 10 minutes
Total Time: 30 minutes

Ingredients
• 1 teaspoon olive oil
• 1 medium onion, chopped
• 1 tablespoon ground cumin or chili powder (or combination)
• 2 (15-ounce) cans black beans, rinsed and drained
• 2 cups chicken broth or water
• Salt and pepper to taste
• Plain yogurt or low-fat sour cream for topping

Directions
1. Sauté the onion in olive oil in a large pot over medium-high heat.
2. After 2 minutes, add the cumin or chili powder.
3. Add one can of beans and broth or water. Cook for 4-5 minutes on medium heat, stir occasionally.
4. Remove from heat and use a hand blender to puree ingredients or transfer to a blender and puree.
5. Add the second can of beans to the pot and cook over medium heat 3-4 minutes or until bubbly.
6. Taste and add salt and pepper as needed.
7. Serve topped with yogurt or low-fat sour cream.

Nutrition information Per Serving
160 calories
Carbohydrates 27 g
Fiber 11 g
Fat 2 g
Protein 11 g
Sodium 467 mg
HONEY CITRUS CHICKEN DRUMSTICKS

Serves 6
Serving Size: 1 drumstick
Prep Time: 20 minutes
Cool Time: 20 minutes
Cook Time: 20 minutes
Total Time: 1 hour
Tip: Remove the skin from the drumsticks for a healthy and delicious finger food— for kids and adults.

Ingredients
- Zest from one orange
- Juice from one orange (approximately 1/3 cup)
- Zest from one lemon
- 1/4 cup honey
- Pinch salt
- Pinch pepper
- 1/4 cup olive oil
- 1 teaspoon fresh thyme
- 6 skinless chicken drumsticks with bone-in

Directions
1. Preheat oven to 375° F.
2. Combine all ingredients (except chicken) to make marinade. Separate into two bowls.
3. Marinate the chicken in one of the bowls of marinade for 15–20 minutes.
4. Spread marinated chicken onto foil-lined baking pan and dispose of bowl of marinade used to marinate chicken.
5. Bake for 20–25 minutes at 375° F.
6. Once cooked, brush chicken with remaining marinade.

Nutrition information  Per Serving
- 210 calories
- Carbohydrates 13 g  Fiber 0 g  Fat 12 g
- Protein 13 g  Sodium 91 mg

Eat Smart
Ingredients
• 1 dozen boiled eggs, peeled
• 1 tablespoon Dijon mustard
• 1 teaspoon white vinegar (you can use white wine or champagne or just plain white vinegar)
• 1/3 cup extra virgin olive oil
• Paprika (optional)

Directions
1. Cut the eggs in half and place the yolks in the bowl of a food processor.
2. Add the vinegar and mustard.
3. Pulse the food processor a few times to combine.
4. With the processor running, drizzle in the olive oil. Most processors have a hole in the pusher to allow for a slow drizzle of oil. If yours does not, just add slowly in a small stream.
5. Stop the processor and scrape the mixture from the sides of the bowl.
6. Pulse once or twice to fully combine. The mixture will be light and fluffy (see picture below).
7. Fill the egg whites with the yolk mixture
8. Sprinkle with paprika (optional).

Nutrition information Per Serving
122 calories
Carbohydrates 0 g
Fiber 0 g
Fat 10 g
Protein 6 g
Sodium 76 mg
CUCUMBER CITRUS WATER

Serves 8
Serving Size: 1 cup (8 ounces)
Prep time: 5 minutes
Chill time: 30 minutes or more
Total time: 35 minutes or more

Ingredients
• 1 cucumber, sliced
• 1 orange, sliced
• 1 lime, sliced
• 1 cup ice
• Water

Directions
1. Add cucumber, orange and lime to a 2-quart drinking pitcher.
2. Top with ice and then add water.
3. Can be served immediately. However, for more flavor, chill for 30 minutes or more before serving.

Nutrition information Per Serving
11 calories
Carbohydrates 3 g
Protein 0 g
Based on consumption of cucumber, orange, and lime
Fat 0 g
Sodium 0 mg
Fiber 1 g

Eat Smart