

FIFTEEN-MINUTE SOUP

Makes 4 servings

Prep Time: 15 minutes

Cook Time: 6-8 minutes

Ingredients

- 1½ cups pre-soaked beans or 1 (16-ounce) can beans, drained
- 1 (14-ounce) can low-sodium chicken broth
- 1 (16-ounce) can chopped or diced tomatoes, undrained
- 1 small onion, chopped
- 1/2 teaspoon garlic powder
- 1 (10-ounce) package frozen, chopped spinach
- 1/2 Cup macaroni

Directions

1. In a 2-quart pot, combine all ingredients except spinach and macaroni.
2. Heat until the liquid comes to a boil.
3. Stir in and break up spinach; bring to a boil again.
4. Stir in macaroni and simmer until pasta is tender, about 6-8 minutes.

Nutrition information Per Serving

145 calories
Total Fat .5 g
Saturated Fat 0 g
Protein 7 g
Total Carbohydrate 28 g
Dietary Fiber 7 g
Sodium 135 mg



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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
- 1 1/2 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



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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.



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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



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Recipe analyzed using:

- Fat free cottage cheese
- Enriched egg noodles
- 1/4 tsp salt



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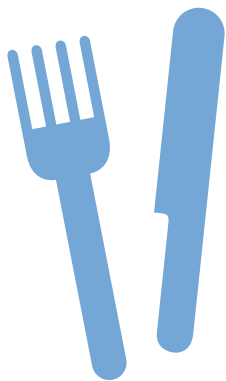
CHICKEN AND BROCCOLI QUICHE



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.



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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 Fat 11 g
Saturated Fat 4 g
Protein 15 g

Total Carbohydrate 21 g
Dietary Fiber 2 g
Sodium 540 mg



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CHICKEN AND CHEESE ENCHILADAS



Makes 8 servings

Serving Size: 1 enchilada

Ingredients

- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 1½ 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.



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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



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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

170 calories
Total Fat 4 g
Saturated Fat 1 g

Protein 14 g
Total Carbohydrate 19 g
Dietary Fiber 2 g
Sodium 105 mg



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OVEN BAKED CHICKEN NUGGETS



Makes 4 servings

Serving Size: 6 nuggets

Hint: Experiment with different spices such as garlic, lemon pepper, paprika, no-salt seasoning blend, dry ranch dressing mix, etc....

Hint: Finely crush corn flakes for best results.

Ingredients

- 1 egg
- 2 tablespoons fat-free or low-fat (1%) milk
- 2¾ 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

265 calories
Total Fat 5 g
Saturated Fat 1.5 g
Protein 38 g

Total Carbohydrate 17 g
Dietary Fiber 0 g
Sodium 240 mg

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Recipe analyzed without dipping sauce.



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CHICKEN PASTA SALAD

Makes 7 servings

Prep Time: 30 minutes

Cook Time: 10-12 minutes

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



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Recipe analyzed using:

- Enriched pasta
- Green pepper

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.

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



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CHICKEN QUESADILLAS

Makes 4 servings

Serving Size: 1 quesadilla

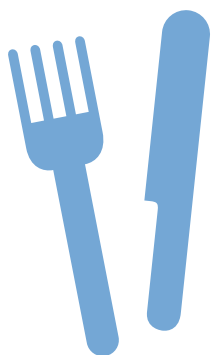


Ingredients

- 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.



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Nutrition information Per Serving

240 calories

Total Fat 8 g

Saturated Fat 2.5 g

Protein 18 g

Total Carbohydrate 24 g

Dietary Fiber 2 g

Sodium 360 mg



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Analyzed using Fresh-Made Salsa.



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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

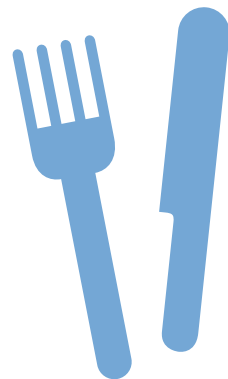
370 calories		Total Carbohydrate	35 g
Total Fat	11 g	Dietary Fiber	2 g
Saturated Fat	6 g	Sodium	530 mg
Protein	32 g		

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 Excellent Source of Calcium

 Excellent Source of Iron

 Good Source of Vitamin A



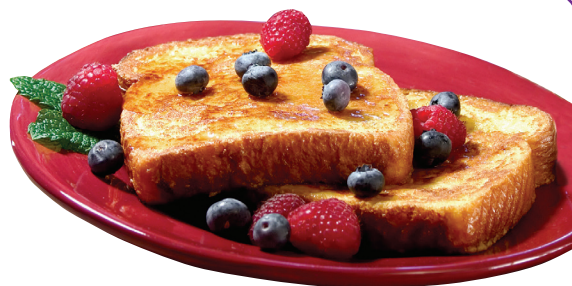
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FRENCH TOAST



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
- 1/2 teaspoon vanilla
- 8 slices of whole-wheat bread (Day-old bread is easier to use.)
- 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

FRENCH TOAST

180 calories
Total Fat 5 g
Saturated Fat 1 g
Protein 9 g
Total Carbohydrate 25 g

Dietary Fiber 7 g
Sodium 210 mg

FRUIT TOPPING

45 calories
Total Fat 0 g

Saturated Fat 0 g
Protein 0 g
Total Carbohydrate 11 g
Sodium 0 mg



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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

100 calories
Total Fat 0 g
Saturated Fat 0 g
Protein 2 g

Total Carbohydrate 23 g
Dietary Fiber 2 g
Sodium 15 mg



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FRUIT SMOOTHIES

Makes 2 servings

Serving Size: 1 cup

Choose 1/2 cup of a fruit

- Bananas
- Strawberries
- Peaches
- 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



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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 Per Serving

110 Calories
Total Fat 1.5 g
Saturated Fat 1 g
Protein 8 g
Total Carbohydrate 14 g
Dietary Fiber 1 g
Sodium 115 mg



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Recipe analyzed according to Example 1.

Nutritional value will vary with choices made.



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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.
7. Garnish option: grated Parmesan cheese.



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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



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Excellent Source of Vitamin A



Excellent Source of Vitamin C

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



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MINI MEATLOAVES

Makes 5 servings

Serving Size: 1 mini loaf

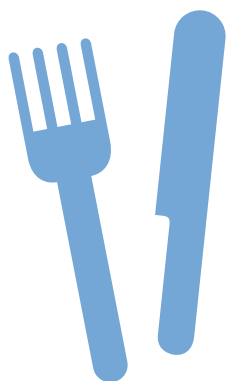


Ingredients

- 1 pound lean or extra-lean ground beef or ground turkey
- 1½ cups salsa, divided in half
- 1 egg, lightly beaten
- ¼ cup dried bread crumbs (whole-wheat if available)
- ¼ 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.



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Nutrition information Per Serving

150 calories
Total Fat 4.5 g
Saturated Fat 1.5 g
Protein 22 g

Total Carbohydrate 7 g
Dietary Fiber 1 g
Sodium 170 mg



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Good Source
of Iron



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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.
9. Bake at 400° F for 20-25 minutes.

Nutrition information Per Serving

140 calories		Protein	4 g	Dietary Fiber	2 g
Total Fat	1 g	Total Carbohydrate	29 g	Sodium	312 mg
Saturated Fat	0 g				



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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.



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Nutrition information Per Serving

220 calories
Total Fat 7 g
Saturated Fat 2 g
Protein 30 g
Total Carbohydrate 8 g
Dietary Fiber 0 g
Sodium 360 mg



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



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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 Per Serving

SWEET POTATO OVEN FRIES

120 calories
Total Fat 4.5 g
Saturated Fat 0.5 g
Protein 1 g
Total Carbohydrate 17 g

Dietary Fiber 3 g
Sodium 50 mg

 **Excellent Source of Vitamin A**

 **Excellent Source of Vitamin C**

OVEN FRIES

160 calories
Total Fat 5 g
Saturated Fat 0.5 g
Protein 3 g
Total Carbohydrate 25 g
Dietary Fiber 3 g
Sodium 15 mg

 **Excellent Source of Vitamin C**



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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

270 calories
Total Fat 6 g
Saturated Fat 2.5 g
Protein 12 g

Total Carbohydrate 40 g
Dietary Fiber 9 g
Sodium 390 mg

 Excellent Source of Vitamin C

 Good Source of Calcium

 Good Source of Iron



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SANDWICH WRAPS



Makes 1 wrap
Serving Size: 1 wrap

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



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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
Total carbohydrate 28 g
Dietary Fiber 2 g
Sodium 790 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.



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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 Fat
Saturated Fat
Protein

8 g
2.5 g
22 g

Total Carbohydrate 7 g
Dietary Fiber 1 g
Sodium 520 mg

 Excellent Source of Vitamin A

 Excellent Source of Calcium

 Good Source of Iron



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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

260 calories
Total Fat 7 g
Saturated Fat 2 g

Protein 24 g
Total Carbohydrate 24 g
Dietary Fiber 3 g
Sodium 410 mg

 Excellent Source of Vitamin C

 Excellent Source of Iron

 Good Source of Vitamin A



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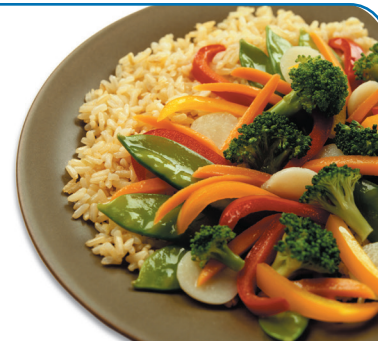


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SUPER STIR-FRY

Makes 2 servings
Serving Size: 1 cup



Choose 5 vegetables (1/2 cup of each)

- Onion
- Carrots
- Squash
- Broccoli
- Peppers
- Zucchini
- Celery
- Mushrooms
- Cauliflower

Choose 1 sauce (about 1/4 cup)

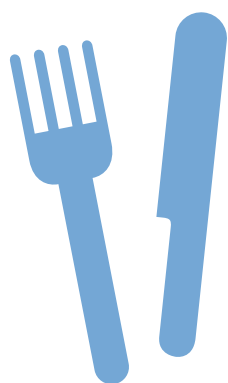
- Lite/Low-Sodium Soy Sauce
- Teriyaki Marinade
- Bottled Stir Fry Sauce

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.
2. Make stir-fry sauce (recipe below). Set aside.
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.



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Nutrition information Per Serving

270 calories
Total Fat .5 g
Saturated Fat 0 g
Protein 6 g
Total Carbohydrate 9 g
Dietary Fiber 2 g
Sodium 560 mg



Excellent Source of Vitamin A



Excellent Source of Vitamin C

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.



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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

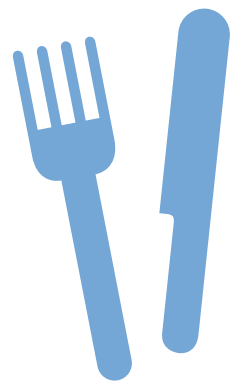


Good Source
of Calcium



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*Recipe analyzed using
light tuna in water.*



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HEARTY-VEGETABLE SALAD

Makes 8 servings

Serving Size: 1/2 cup

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

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

1. Heat lima beans and corn in microwave for 2 minutes. Cover loosely during heating. Cool.
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



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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.



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Nutrition information Per Serving

512 calories
(with chicken)

Carbohydrates	58 g
Fiber	8 g
Protein	29 g

Fat	18 g
Sodium	617 mg



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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 375° 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		Protein	3 g
Carbohydrates	28 g	Fat	5 g
Fiber	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



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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		Protein	11 g
Carbohydrates	45 g	Fat	13 g
Fiber	11 g	Sodium	214 mg

*Based on 1/4 teaspoon
salt and 1/2 teaspoon
pepper*



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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

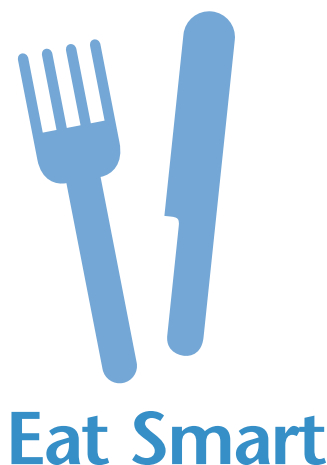
1. Combine avocado, brown rice, orange pieces, black beans, and onion in a large bowl.
2. Combine juice, olive oil and salt and pepper in a small bowl. Whisk to combine.
3. Pour dressing over salad and stir to coat.
4. Add herbs into large bowl with other ingredients and stir to combine.
5. Can be kept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

Nutrition information Per Serving

337 calories
Carbohydrates 48 g
Fiber 12 g

Protein 10 g
Fat 13 g
Sodium 155 mg

*Based on 1/2 teaspoon
salt and 1/2 teaspoon
pepper*



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MUSHROOM BEEF TACOS



Serves 8

**Serving Size: 4 ounces
(1/2 cup)**

Prep Time: 10 minutes

Cook Time: 15-20 minutes

Total Time: 25-30 minutes

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		Fiber	5 g	Fat	5 g
Carbohydrates	9 g	Protein	10 g	Sodium	288 mg



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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

104 calories	Fiber	3 g	Fat	0 g
Carbohydrates 20 g	Protein	1 g	Sodium	211 mg



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BANANA OATMEAL PANCAKES



Serves 2

Serving Size: 3 pancakes

Prep time: 5 minutes

Cook time: 20 minutes

Total Time: 25 minutes

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*



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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		Fiber	11 g	Fat	2 g
Carbohydrates	27 g	Protein	11 g	Sodium	467 mg



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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

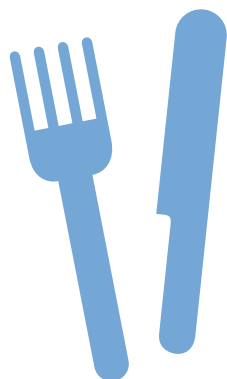
- Zest from one orange
- Juice from one orange (approximately 1/3 cup)
- Zest from one lemon
- 1/4 cup honey
- Pinch salt
- Pinch pepper
- 1/4 cup olive oil
- 1 teaspoon fresh thyme
- 6 skinless chicken drumsticks with bone-in

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		Fiber	0 g	Fat	12 g
Carbohydrates	13 g	Protein	13 g	Sodium	91 mg



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OLIVE OIL DEVILED EGGS



Serves 12

**Serving Size: 2 egg halves
(one whole egg)**

Prep Time: 20 minutes

Total Time: 20 minutes

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		Fiber	0 g	Fat	10 g
Carbohydrates	0 g	Protein	6 g	Sodium	76 mg



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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
Fiber 1 g

Protein 0 g
Fat 0 g
Sodium 0 mg

*Based on consumption
of cucumber, orange,
and lime*



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