

Healthy Eating on a Budget

Planning
Shopping
Cooking

30+ healthy recipes for family meals



ENGLEWOOD
HEALTH

PARTNERSHIP FOR

HEALTHY EATING

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WITH SPECIAL THANKS TO



AND OUR COMMUNITY PARTNERS

Age-Friendly Englewood
Center for Food Action
The Community Chest
Englewood Health Department
Office of Concern

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Dear Friends,

Our community is in a health crisis. Obesity continues to grow dramatically and, as a result, an average 1 in 3 Americans now have prediabetes. A group of concerned local Englewood organizations worked together to create the Partnership for Healthy Eating, with the goal of helping our neighbors better understand how to eat healthy on a budget.

The program and our materials are free to the community. This book includes helpful suggestions and delicious healthy recipes (all priced at about \$4.25 per person). It is a good place to start on the path toward healthier eating and wellness for all.

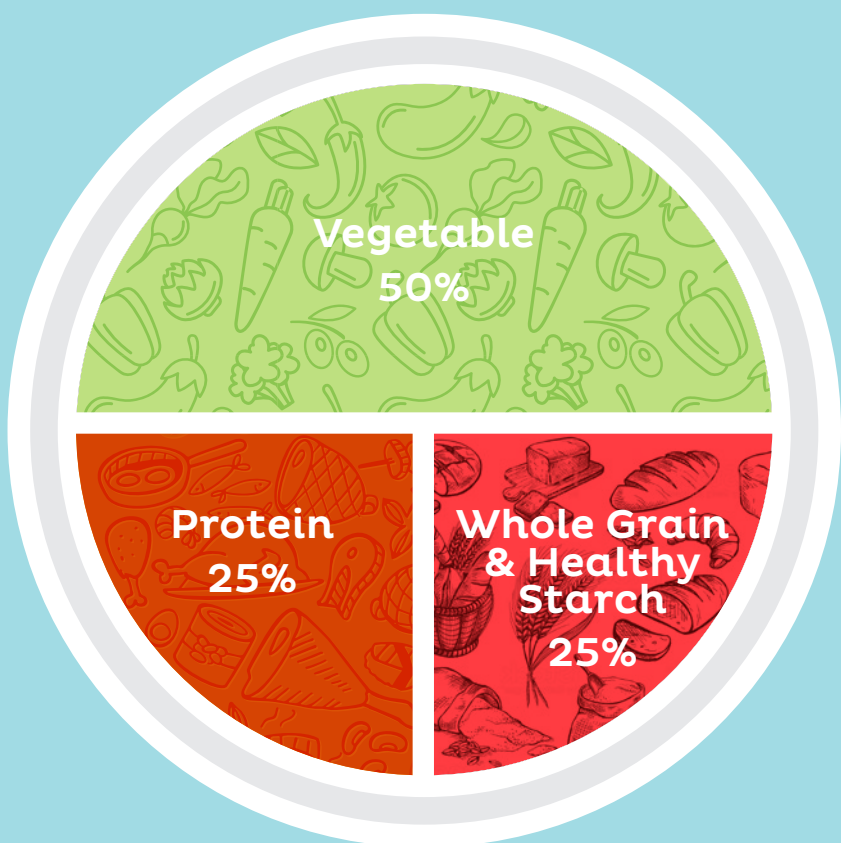
We are here to help and we care. For additional information, please call 201-608-2525.

In good health,



FOOD FUNDAMENTALS

THE BALANCED PLATE



Vegetable

Any vegetable or 100% vegetable juice counts toward your vegetable intake. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and whole, cut-up, or mashed. Based on their nutrient content, vegetables are organized into five subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. Just be sure they take up about half of your plate!

Protein

Select a variety of protein foods to improve nutrient intake and health benefits, including at least 8 ounces of cooked seafood per week. Meat and poultry choices should be lean or low-fat. Young children need less, depending on their age and calorie needs. Vegetarian protein options include beans and peas, processed soy products, and nuts and seeds.

Whole Grain

Grains are divided into two subgroups: whole grains and refined grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm (middle, starchy part). Examples of whole grains are whole wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to

give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Examples of refined grain products are white flour, de-germed cornmeal, white bread, and white rice.

Healthy Starch

Many types of starches—also known as complex carbohydrates—contain a wealth of beneficial nutrients, including fiber, vitamins, minerals, and phytonutrients (chemical compounds produced by plants), making them a valuable part of a healthy diet when consumed in moderation. Pick and choose which starches to include in your diet, limiting processed, refined starches in favor of nutrient-dense options such as whole grains and starchy vegetables (such as sweet potatoes and winter squash) and legumes (beans and lentils). grains contain the entire grain kernel—the bran, germ, and endosperm (middle, starchy part). Examples of whole grains include whole wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Examples of refined grain products are white flour, de-germed cornmeal, white bread, and white rice.

Everything you eat and drink over time matters. The right combination can help you be healthier now and in the future. Start with small changes to make healthier choices you can enjoy.

Find your healthy eating style and maintain it for a lifetime. This means:

- Make half your plate fruits and vegetables. Focus on whole fruits, and vary your veggies.
- Make half your grains whole grains.
- Move to low-fat and fat-free milk or yogurt.
- Vary your protein routine.
- Drink and eat less sodium, saturated fat, and added sugars.

VISUAL GUIDE TO ESTIMATE PORTION SIZE

USING YOUR HANDS



CUPPED HAND

Equal to ½ cup or 1 ounce
is a portion of snacks like nuts
or dried fruits. **170 calories**



FINGERTIP

Equal to 1 teaspoon
is a portion of fats like
mayonnaise or butter.
35 calories



PALM

Equal to 3 ounces
is a portion of protein
like red meat or
chicken. **160 calories**



THUMB

**Equal to
2 tablespoons**
is a portion of dairy
and peanut butter.
170 calories



FIST

Equal to 1 cup
is a portion of
rice, fruits, or
vegetables.
200 calories

PLANNING

BUDGETING

SHOPPING

PREPPING



PLANNING

The Secret to Successful Meals

Before making a grocery list, write down meals you want to make this week. Buying for the week means you'll make fewer shopping trips and buy only the items you need.

Below are some basic tips for creating your menu and grocery list:

1. See what you already have. You can save money by using these items in the upcoming week's meals.
2. Use a worksheet to plan your meals. It's a great way to plan your week and figure out what items you need to buy.
3. Create a list of recipes to try. Organize a library of recipes for healthy, low-cost meals.
4. Think about your schedule. Choose meals you can prepare easily when you don't have a lot of time. You also can prepare meals in advance to heat and serve on your busiest days.

Plan to use leftovers. Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients you need to buy and save time spent preparing another meal.

BUDGETING

Get the Most for Your Money

There are many ways to save money on the foods you eat. The three main steps are: **planning before you shop, purchasing items at the best price, and preparing meals that stretch your food dollars.**

Planning

Before heading to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list of what you need to buy.

Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop regularly. Look for specials or sales on meat and seafood—often the most expensive items on your list.

Compare and contrast

Locate the unit price on the shelf directly below the product. The unit price is the price per unit of weight or measurement—often per ounce. Use it to compare different brands, as well as different sizes of the same brand, to determine which is the best buy.

Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before shopping, remember to check if you have enough freezer space.

Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness. If you are not going to use them all right away, buy some that still need time to ripen.

Convenience costs . . . go back to the basics

Convenience foods like frozen dinners, precut fruits and vegetables, and take-out meals often cost more than if you were to make them at home. Take the time to prepare your own—and save!

Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.

Cook once . . . eat all week!

Prepare a large batch of favorite recipes on your day off, and double or triple the recipe. Freeze in individual containers. Eat them throughout the week, and you won't have to spend money on take-out meals.

Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.

Portion power!

Start downsizing to healthy portions and your body will too. Learn to “eyeball” your food to gauge what's too much—and what's just right. Use smaller plates at home to serve your meals: Your plate will look full, but you'll be eating less.

SHOPPING

Find Creative Ways to Use Healthy Foods



Mix it up with fruits and veggies

Fruits and veggies can help stretch meals and make you feel fuller longer.

- Mix in fresh, frozen, or canned veggies with rice, beans, or pasta.
- Create a stir-fry with whole-grain rice and veggies.
- Add fresh, frozen, canned, or dried fruit to salads.
- Add fresh, frozen, or canned fruit to oatmeal or yogurt.
- Add fresh, frozen, or canned vegetables to main dishes made with ground beef, shredded chicken, or tuna and casseroles.
- Add fresh, frozen, or canned vegetables to soups.



Calcium-rich dairy

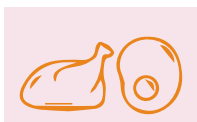
- Low-fat milk, yogurt, and cheese to keep your bones and teeth strong and heart healthy!
- Make meat loaf or hamburgers with $\frac{1}{4}$ to $\frac{1}{2}$ cup dry milk per pound of meat.
- Cooked cereal: Add $\frac{1}{4}$ to $\frac{1}{2}$ cup milk to each cup of cereal or oatmeal before cooking.



Great grains

Grains and breads provide energy and are nutritious ways to stretch meals. Remember to make half your grains whole grains!

- Add brown rice to soups and stews.
- Top whole wheat bread slices with tomato sauce, spinach leaves, and cheese to make mini pizzas.
- Use whole wheat pasta and add leftover veggies to the sauce.
- Top a yogurt and fruit parfait with crushed whole-grain cereal.
- Toast bread in the oven, then chop to use as croutons in salad.



Protein power!

Lean protein helps you feel full and provides energy.

- Use canned peas or beans as toppings on salads and side dishes.
- Spread pinto or black beans with salsa on a corn tortilla, or eat with baked tortilla chips.
- Canned tuna goes great with peas and rice.
- Add canned chicken or turkey to grilled cheese sandwiches.
- Add tuna or salmon to pasta dishes or macaroni and cheese.
- Use peanut butter to top toast or whole pieces of fruit.
- Make a peanut butter smoothie with low-fat milk, banana, and ice.
- Make oatmeal with low-fat milk instead of water, for a boost of protein.

PREPPING

Get Ready, Get Set, Cook

Simple Cooking Tips for Stretching Meals: Tips to Help Save Time, Money, and Food

	Save Time	Save Money	Save Food
Cook in large amounts. Freeze leftovers in smaller containers for future meals.	•	•	•
Buy foods in bulk that you often use in large amounts	•	•	
Share meals with other families, or take turns cooking and eat together.		•	•
Create a weekly meal calendar that uses some of the same ingredients in different ways.	•	•	•
Add whole-grain pasta or brown rice to soups, stews, and chili to make more filling.			•
Try new protein sources. Beans, eggs, and milk are good low-cost sources of protein.		•	
Stretch meat further by adding it to casseroles or stews with vegetables and grains.		•	•
Substitute ingredients in a recipe with items you already have.		•	•

SUBSTITUTIONS

Use this chart when you do not have all the items for a recipe you want to make.

IF YOU DO NOT HAVE . . .

USE INSTEAD . . .

1 cup bread crumbs, dry	¾ cup crushed cereal or crackers
14.5-oz can broth (chicken or beef)	2 beef/chicken bouillon cubes and 2 cups water
1 cup milk	⅓ cup nonfat dry milk and 1 cup water
1 cup sour cream	1 cup plain yogurt
15-oz can tomato sauce	6-oz can tomato paste and 1 cup water
1 cup mayonnaise	1 tsp Dijon mustard and 1 cup yogurt
1 clove garlic	1 tsp garlic powder
1 tsp lemon juice	⅛ tsp vinegar

USE THESE SIMPLE HINTS FOR MEASURING INGREDIENTS AND READING RECIPES.



MEASUREMENTS

t or tsp = teaspoon
T or Tbsp = tablespoon
c = cup
pt = pint
qt = quart
fl = fluid
oz = ounce
lb = pound
gal = gallon
pkg or pk = package
gm or g = gram
hr = hour
min = minute
doz = dozen
°C = degrees Celsius
°F = degrees Fahrenheit



CONVERSIONS

1 Tbs = 3 tsp
1 fl oz = 2 Tbsp
 $\frac{1}{4}$ c = 4 Tbsp
 $\frac{1}{3}$ c = 5 Tbsp + 1 tsp
 $\frac{1}{2}$ c = 8 Tbsp
 $\frac{2}{3}$ c = 10 Tbsp + 2 tsp
 $\frac{3}{4}$ c = 12 Tbsp
1 c = 16 Tbsp
8 fl oz = 1 c
1 pt = 2 c
1 qt = 2 pts
4 c = 1 qt
1 gal = 4 qts
16 oz = 1 lb

STOCK UP

Keep these nutrient-rich staple foods on hand for quick, easy, and healthy dinners!



IN YOUR CUPBOARD

- ☐ canned beans: low-fat refried beans, black beans
- ☐ canned tuna, packed in water
- ☐ canned petite diced tomatoes
- ☐ canned chopped green chilies
- ☐ canned pineapple chunks or tidbits, in own juice
- ☐ chili powder or no-sodium chili seasoning packet
- ☐ instant brown rice
- ☐ non-stick cooking spray
- ☐ whole wheat thin spaghetti
- ☐ garlic powder or fresh garlic



IN YOUR REFRIGERATOR

- ☐ light mayonnaise, shredded low-fat or reduced-fat cheddar cheese
- ☐ shredded part-skim mozzarella cheese
- ☐ eggs
- ☐ veggies of choice (e.g., red onion, celery)
- ☐ light sour cream or plain yogurt
- ☐ whole wheat or corn tortillas
- ☐ whole wheat English muffins
- ☐ low-sodium teriyaki sauce

IN YOUR FREEZER

- ☐ frozen stir-fry vegetables
- ☐ frozen bell pepper strips
- ☐ frozen vegetable medley
- ☐ frozen corn
- ☐ frozen lean meats, raw (e.g., chicken tenders, 95% lean beef, lean pork, or fish)

- BREAKFAST
- MAIN DISHES
- SIDE DISHES
- SOUPS
- SNACKS

RECIPES

Photos are for illustrative purposes only and may not resemble final cooked dish.

A top-down view of a white ceramic bowl filled with oatmeal. The oatmeal is topped with several slices of banana, a generous amount of chopped walnuts, and a small pile of black chia seeds. The bowl is set on a dark, textured wooden surface. In the background, there are more banana slices on a wooden board and some whole walnuts.

BREAKFAST

Banana Walnut Oatmeal

SERVES 4

Recipe Source: United States Department of Agriculture, USDA's Collection of Nonfat Dry Milk (NDM) Recipes



BANANA WALNUT OATMEAL (not diabetes-friendly)

Ingredients

- ⅔ cup non-fat dry milk
- 1 pinch salt
- 2¾ cups water
- 2 cups quick-cooking oats
- 2 mashed bananas, very ripe
- 2 tablespoons maple syrup
- 2 tablespoons chopped walnuts

Instructions

1. In a small saucepan, combine non-fat dry milk, salt, and water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove pan from the heat and stir in mashed banana and maple syrup. Divide among bowls, garnish with walnuts, and serve.

Notes

- May substitute 2 cups water or 2 cups skim milk for the non-fat dry milk.
- May use pancake syrup or reduced-calorie syrup in place of maple syrup.
- May use other nuts in place of walnuts.

Nutritional Information (per serving)

Calories 340, total fat 6g, cholesterol 5mg, sodium 190mg, total carbohydrate 60g, dietary fiber 6g, sugars 25g, protein 14g.

A close-up photograph of two breakfast burritos. The burritos are made with soft, white flour tortillas and are filled with scrambled yellow eggs, diced red tomatoes, green bell peppers, and white onions. They are resting on a dark, textured wooden surface. The lighting is bright, highlighting the textures of the ingredients.

BREAKFAST

Breakfast Burrito with Salsa

SERVINGS: 4 • COOK TIME: 30 MINUTES

USDA, Food and Nutrition Service (FNS), Food Family Fun



BREAKFAST BURRITO WITH SALSA

Ingredients

- 4 large eggs
- 2 tablespoons frozen corn
- 1 tablespoon 1% milk
- 2 tablespoons diced green pepper
- ¼ cup minced onion
- 1 tablespoon diced fresh tomatoes
- 1 teaspoon yellow mustard (or brown or Dijon)
- ¼ teaspoon granulated garlic
- ¼ teaspoon hot pepper sauce (optional)
- 4 flour tortillas (8-inch)
- ¼ cup canned salsa
- Pinch of salt

Instructions

Preheat oven to 350 degrees.

1. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute, until eggs are smooth.
2. Pour egg mixture into a lightly oiled 9 x 9 x 2-inch baking dish and cover with foil.
3. Bake for 20–25 minutes until eggs are set and thoroughly cooked.
4. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas, as they may be hot.
5. Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla.
6. Serve each burrito topped with 2 tablespoons of salsa.

Notes

- May use fresh or minced garlic in place of granulated garlic.

Nutritional Information (per serving)

Calories 240, total fat 8g, saturated fat 2.5g, cholesterol 185mg, sodium 620mg, total carbohydrate 30g, dietary fiber 2g, sugars 4g, protein 11g.



BREAKFAST

Blueberry-Pomegranate Smoothie

SERVINGS: 2 • PREP TIME: 10 MINUTES



BLUEBERRY-POMEGRANATE SMOOTHIE (not diabetes-friendly)

Ingredients

- ¾ cup fresh blueberries
- 1 cup 100% pomegranate juice
- 1 cup baby spinach or kale leaves
- ⅓ cup nonfat plain yogurt
- 1 tablespoon honey
- 1 tablespoon soaked chia seeds (optional)
- ¾ cup crushed ice

Instructions

1. Place blueberries, pomegranate juice, spinach, yogurt, and honey in a blender.
2. Add chia seeds (if desired), ice, and ½ cup cold water.
3. Cover and blend until smooth. Pour into glasses and serve immediately.

Nutritional Information (per serving)

Calories 180, total fat 2g, cholesterol 1mg, sodium 60mg, carbohydrate 41g, dietary fiber 4g, protein 4g.



Kellogg's® Eggo® Cinnamon Toast Mini Waffles add an unexpected twist to classic peanut butter and jelly sandwiches.

SERVINGS: 1 • PREP TIME: 10 MINUTES

BREAKFAST

Bite-Size Eggo® PB & J

Ingredients

2 Kellogg's® Eggo® Minis Cinnamon Toast waffles
4½ teaspoons creamy peanut butter
1½ teaspoons desired flavor jelly
2 thin apple slices (optional)

Instructions

1. Prepare Kellogg's® Eggo® Cinnamon Toast Mini Waffles according to package directions.
2. Spread peanut butter on the waffles. Top with jelly and remaining waffles. Serve with apple slices (if desired).

Nutritional Information (per serving)

Calories 300, total fat 16g, saturated fat 3.5g, trans fat 1g, cholesterol 10mg, sodium 350mg, carbohydrate 34g, dietary fiber 2g, sugars 17g, protein 9g, potassium 210mg.



BREAKFAST

Banana- Granola Yogurt Parfait

SERVINGS: 3 • PREP TIME: 10 MINUTES • COOK TIME: 25 MINUTES



BANANA-GRANOLA YOGURT PARFAIT (not diabetes-friendly)

Ingredients

- ¾ cup old-fashioned oats
- 2 tablespoons wheat germ
- ¼ cup sliced almonds
- 1 tablespoon honey
- ½ tablespoon melted butter
- 2 tablespoons raisins
- 1 medium banana, ½-inch slices
- 6 ounces vanilla yogurt

Instructions

1. Preheat oven to 325 degrees.
2. For granola mixture, combine oats and wheat germ in large bowl. Spread on a lightly greased baking sheet. Bake for 10 minutes, stirring occasionally. Remove from oven.
3. Pour into bowl. Stir in almonds, honey, melted butter, and salt. Spread on baking sheet. Bake for 15 minutes, or until lightly browned, stirring every 5 minutes. Remove from oven. Cool to room temperature and stir in raisins, breaking up large granola clusters.
4. For each parfait, spoon 2 tablespoons granola into a parfait glass or dessert dish. Alternate layers, using banana slices, yogurt, and granola.

Nutritional Information (per serving)

Calories 257, total fat 8g, saturated fat 2g, cholesterol 6mg, sodium 44mg, carbohydrate 43g, dietary fiber 5g, protein 9g, calcium 110mg.



MAIN DISHES

Honey Mustard Pork Chops

SERVINGS: 4

Recipe Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes



HONEY MUSTARD PORK CHOPS

Ingredients

- 4 top loin pork chops
- 1/3 cup orange juice
- 1 tablespoon soy sauce
- 2 tablespoons honey mustard (make your own by combining 1 tablespoon each of honey and mustard)

Instructions

1. Put pork chops in large non-stick skillet.
2. Cook over medium-high heat to brown one side.
3. Use the spatula to turn the chops.
4. Add the rest of the ingredients and stir.
5. Cover pan and lower the heat.
6. Simmer for 6–8 minutes until chops are done (when they reach an internal temperature of 145 degrees).
7. To thicken sauce, if needed, remove cooked pork chops and cook sauce without a lid until desired consistency is reached.

Nutritional Information (per serving)

Calories 300, total fat 12g, saturated fat 4.5g, cholesterol 95mg, sodium 400mg, total carbohydrate 6g, sugars 5g, protein 40g.

MAIN DISHES

White Chili



SERVINGS: 10

Recipe Source: Washington State WIC Program, The Bold Beautiful Book of Bean Recipes



WHITE CHILI

Ingredients

- | | |
|--|---|
| 4 cups cooked white beans | 1 teaspoon oregano |
| 1 tablespoon olive oil | 2 cups low-sodium chicken broth |
| 2 red peppers, chopped | 2 cups low-fat milk |
| 1 large onion, chopped | ¼ cup cilantro |
| 1 green chili, chopped (may adjust to taste) | ¾ pound chicken, cooked and cubed |
| 3 garlic cloves, minced | 6 corn tortillas, toasted and cut into 1-inch squares |
| 1 tablespoon chili powder | |
| 1 teaspoon cumin | |

Instructions

1. Sauté peppers and onion in olive oil.
2. Add beans, garlic, chili powder, cumin, oregano, chicken broth, milk, and chicken. Allow to thicken before adding cilantro. Heat through.
3. Top chili with crisp tortillas before serving.

Notes

- If using canned white beans, rinse and drain, to reduce sodium.
- May use any vegetable oil in place of olive oil.
- May use fresh parsley in place of fresh cilantro.
- May use a mix of other spices such as cayenne pepper, cumin, or oregano, in place of chili powder.
- May use Italian mixed herbs/seasonings, basil, or thyme, in place of oregano.

Nutritional Information (per serving)

Calories 210, total fat 5g, saturated fat 1g, cholesterol 30mg, sodium 150mg, total carbohydrate 25g, dietary fiber 5g, sugars 5g, protein 18g.



MAIN DISHES

Mouth- Watering Oven-Fried Fish

SERVINGS: 6

Recipe Source: U.S. Department of Health and Human Services, National Institutes of Health National Heart, Lung, and Blood Institute, Heart Healthy Home Cooking: African American Style



MOUTH-WATERING OVEN-FRIED FISH

Ingredients

- | | |
|---|--|
| 2 pounds fish fillets | ¼ teaspoon onion powder |
| 1 tablespoon fresh lemon juice | ½ cup corn flakes (crushed, see notes or regular bread crumbs) |
| ¼ cup buttermilk (fat-free or low-fat, see notes) | 1 tablespoon vegetable oil |
| 1 teaspoon fresh garlic, minced | 1 fresh lemon, cut in wedges |
| ⅛ teaspoon hot sauce | |
| ¼ teaspoon ground white pepper | |
| ¼ teaspoon salt | |

Instructions

1. Preheat oven to 475 degrees.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with corn flake crumbs and place on plate.
5. Dip the fish in the wet ingredients followed by the dry ingredients.
6. Let sit briefly until coating sticks to both sides of the fish.
7. Arrange on lightly oiled shallow baking dish.
8. Bake for 20 minutes on middle rack without turning.
9. Cut into 6 pieces. Serve with fresh lemon.

Notes

- May substitute black pepper for white pepper.
- May use dry bread crumbs, cracker crumbs, or other unsweetened cereal crumbs in place of corn flakes.
- May use fat-free or low-fat milk with vinegar in place of buttermilk. (Use 1 teaspoon vinegar and ¼ cup of milk; stir and let stand a few minutes.)

Nutritional Information (per serving)

*Atlantic cod and 1% buttermilk used for nutritional analysis. Calories 150, total fat 3.5g, saturated fat 0.5g, cholesterol 60mg, sodium 210mg, total carbohydrate 4g, sugars 1g, protein 25g.



MAIN DISHES

Crunchy Chicken Salad

SERVINGS: 5

Recipe Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes



CRUNCHY CHICKEN SALAD

Ingredients

- 2 cups cooked chunked chicken
- ½ cup celery
- ¼ cup pepper
- ¼ onion
- ½ cucumber
- ½ cup grapes
- 1 small apple, diced (leave peel on)
- ¼ cup plain yogurt

Instructions

1. Use leftover cooked chicken, or cook enough chicken for 2 cups of chicken pieces.
2. Chop celery into small pieces.
3. Chop green pepper into small pieces.
4. Peel and chop ¼ onion.
5. Peel and chop ½ cucumber.
6. Chop apple into pieces. You may leave the peel on the apple.
7. Cut grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

Note

- Serve on lettuce, crackers, or bread.



Nutritional Information (per serving)

Calories 140, total fat 4.5g, saturated fat 1g, cholesterol 50mg, sodium 65mg, total carbohydrate 8g, dietary fiber 1g, sugars 6g, protein 17g.

A close-up photograph of a hand stirring a pot of lentil stew. The stew is thick and contains orange lentils, diced orange carrots, and yellow potatoes. The pot is silver and sits on a dark surface. Dried leaves and a red chili pepper are scattered around the base of the pot.

MAIN DISHES

Lentil Stew

SERVINGS: 10

Recipe Source: Maryland Food Supplement Nutrition Education, 2009 Recipe Calendar



LENTIL STEW

Ingredients

- 2 teaspoons olive or canola oil
- 1 large onion, chopped
- 1 teaspoon garlic powder
- (1) 16-ounce package frozen sliced carrots
- (1) 16-ounce package dry lentils, rinsed and drained
- (3) 14.5-ounce cans diced tomatoes
- 3 cups water
- 1 teaspoon chili powder

Instructions

1. Heat the oil in a large pot over medium heat.
2. Add chopped onion.
3. Cook for 3 minutes, or until tender.
4. Stir in garlic powder, carrots, lentils, tomatoes, water, and chili powder.
5. Simmer uncovered for about 20 minutes, or until lentils are tender.

Notes

- May use any vegetable oil in place of olive oil.
- May use minced fresh garlic in place of garlic powder.
- May use “no-salt-added” canned diced tomatoes for less sodium.
- May use a mix of other spices such as cayenne pepper, cumin, and oregano, in place of chili powder.

Nutritional Information (per serving)

Calories 110, total fat 1g, sodium 310mg, total carbohydrate 20g, dietary fiber 6g, sugars 7g, protein 6g.

MAIN DISHES

Muffin Meat Loaf



SERVINGS: 6

Recipe Source: Kansas Family Nutrition Program, Kids a Cookin'



MUFFIN MEAT LOAF

Ingredients

- 1 egg
- ½ cup non-fat milk
- ¾ cup oats
- 1 pound lean ground beef
- 3 tablespoons chopped onion
- ½ teaspoon salt
- ½ cup grated cheese, any variety

Instructions

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture and divide evenly into 12 greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.

Notes

- Combine meat loaf ingredients until well mixed, but don't over-mix; too much mixing can make a meat loaf tough.
- May also fill 24 small muffin cups and serve 2 muffins per person.

SAFETY TIP

Cook meat loaves to 160 degrees. Use a meat thermometer to test the temperature. That way, you will know that your loaves are completely and safely cooked without being dried out from overheating.

Nutritional Information (per serving)

Calories 230, total fat 12g, saturated fat 5g, cholesterol 90mg, sodium 330mg, total carbohydrate 8g, dietary fiber 1g, sugars 2g, protein 21g.



MAIN DISHES

Jamaican Spiced Chicken Thighs

SERVINGS: 4



JAMAICAN SPICED CHICKEN THIGHS

Ingredients

- | | |
|---|---|
| ¼ cup red onion, minced | ½ teaspoon dried thyme |
| 1 tablespoon sugar | ½ teaspoon black pepper |
| 1 tablespoon seeded jalapeno pepper, finely chopped | ¼ teaspoon ground red pepper |
| 2 teaspoons cider vinegar | 8 skinless, boneless chicken thighs (about 1½ pounds) |
| 2 teaspoons low-sodium soy sauce | cooking spray |
| ½ teaspoon salt | |
| ½ teaspoon ground allspice | |

Instructions

1. Combine first 10 ingredients in a large bowl.
2. Add chicken, tossing to coat.
3. Coat pan with cooking spray.
4. Add chicken to pan; cook 4 minutes.
5. Turn chicken over; cook 6 minutes, or until done.

Notes

- May use any vegetable oil in place of olive oil.
- May use minced fresh garlic in place of garlic powder.
- May use “no-salt-added” canned diced tomatoes for less sodium.
- May use a mix of other spices such as cayenne pepper, cumin, and oregano, in place of chili powder.

Nutritional Information (per serving)

Calories 190, total fat 7g, saturated fat 1.5g, cholesterol 90mg, sodium 510mg, total carbohydrate 5g, dietary fiber 0g, sugars 4g, protein 24g.



MAIN DISHES

Baked Maple Chicken Thighs

SERVINGS: 12



BAKED MAPLE CHICKEN THIGHS (Boneless and Skinless)

Ingredients

- | | |
|---|-----------------------------------|
| 12 boneless and skinless chicken thighs | 2 tablespoons apple cider vinegar |
| 2 tablespoons olive oil | 3 pressed garlic cloves |
| 1 teaspoon sesame oil | 2 tablespoons fresh parsley, |
| 2 teaspoons kosher salt (to taste) | finely chopped |
| ½ teaspoon black pepper | |
| 2 tablespoons maple syrup | |

Instructions

1. Preheat oven to 425 degrees.
2. Place the chicken thighs in a large bowl. Add the salt, pepper, oils, maple syrup, apple cider vinegar, garlic, and one tablespoon of chopped parsley. Mix and let sit at room temperature for 30 minutes.
3. Mix again and transfer the chicken thighs to a 9 x 13-inch baking dish.
4. Bake for 20 minutes, or until the thighs reach an internal temperature of 150–155 degrees. Move the baking dish to the top rack and turn the broiler on to high. Broil for a few minutes, constantly watching, until slightly browned.
5. Remove the thighs from the oven, baste with pan juices, and let rest for about 5 minutes. Sprinkle with the remaining chopped parsley and serve.

Nutritional Information (per serving)

Calories 110, total fat 6g, saturated fat 1g, cholesterol 45mg, sodium 450mg, total carbohydrate 2g, dietary fiber 0g, sugars 1g, protein 12g.

A close-up photograph of three baked chicken thighs in a black cast-iron skillet. The chicken is coated in a golden-brown honey mustard glaze and garnished with fresh rosemary sprigs. The background is a dark, textured surface.

MAIN DISHES

Baked Honey Mustard Chicken

SERVINGS: 4



BAKED HONEY MUSTARD CHICKEN

Ingredients

- 8 boneless chicken thighs
- ½ cup brown mustard
- ½ cup honey
- 2 teaspoons kosher salt (to taste)
- ½ teaspoon black pepper
- 2 tablespoons maple syrup
- 2 tablespoons apple cider vinegar
- 3 pressed garlic cloves
- 2 tablespoons fresh parsley, finely chopped

Instructions

1. Preheat oven to 425 degrees.
2. Place chicken thighs in a large bowl. Add the salt, pepper, mustard, maple syrup, apple cider vinegar, garlic, and one tbsp. of chopped parsley. Mix and let sit at room temperature for 30 minutes.
3. Mix again and transfer the chicken thighs to a 9 x 13-inch baking dish.
4. Bake for 20 minutes, or until the thighs reach an internal temperature of 150–155 degrees. Move the baking dish to the top rack and turn the broiler on to high. Broil for a few minutes, constantly watching, until slightly browned.
5. Remove the thighs from the oven, baste with pan juices, and let rest for about 5 minutes. Sprinkle with the remaining chopped parsley and serve.

Nutritional Information (per serving)

Calories 330, total fat 7g, saturated fat 1g, cholesterol 90mg, sodium 1650mg, total carbohydrate 44g, dietary fiber 1g, sugars 41g, protein 25g.



MAIN DISHES

Quick Tuna Casserole

SERVINGS: 6

Recipe Source: Tara Caulder, Soaad Ali, and Laide Bello (Supervised by Dr. Mira Mehta and Terri Kieckhefer),
Healthy Cookbook for African American Populations



QUICK TUNA CASSEROLE

Ingredients

- 4 cups water
- 5 ounces wide egg noodles
- 10 ounces low-sodium cream of mushroom soup
- $\frac{1}{3}$ cup skim milk
- (1) 6.5-ounce can tuna (packed in water, drained)
- 1 cup frozen green peas
- 1 cup fresh bread crumbs

Instructions

1. Preheat oven to 350 degrees
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Cover the pot, remove from heat, and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles and combine with the tuna mixture.
7. Sprinkle on top with bread crumbs.
8. Bake for 30 minutes.

Notes

- May use low-fat cream of mushroom soup for low-sodium soup (low-fat soup is lower in sodium than regular soup).
- Measuring hint: 2 slices of bread will yield approximately 1 cup of bread crumbs.

Nutritional Information (per serving)

Calories 240, total fat 4.5g, saturated fat 1g, cholesterol 30mg, sodium 280mg, total carbohydrate 35g, dietary fiber 3g, sugars 4g, protein 15g.

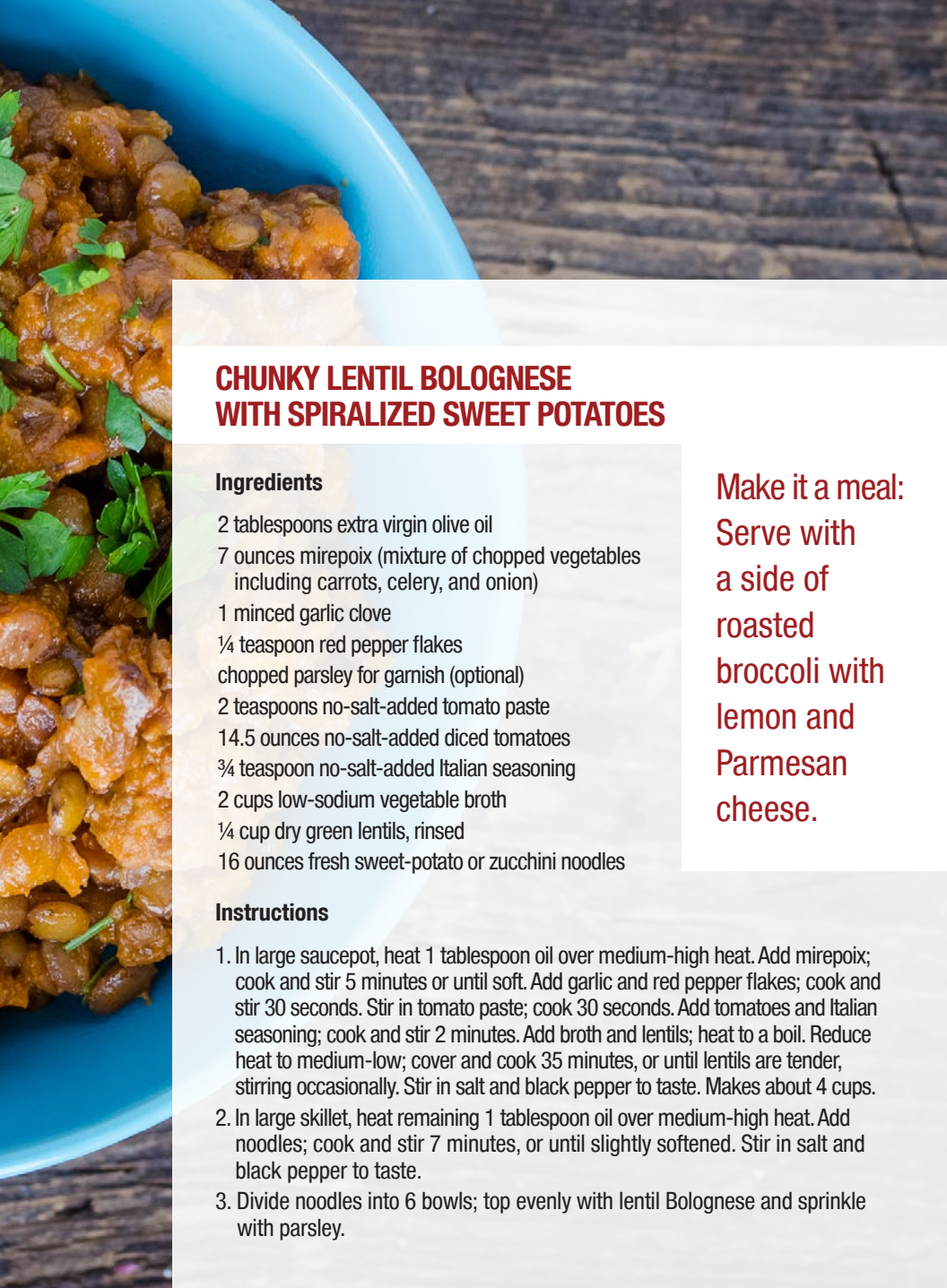


MAIN DISHES

Chunky Lentil Bolognese

with Spiralized Sweet Potatoes

SERVINGS: 6 • PREP TIME: 15 MINUTES • COOK TIME: 50 MINUTES



CHUNKY LENTIL BOLOGNESE WITH SPIRALIZED SWEET POTATOES

Ingredients

- 2 tablespoons extra virgin olive oil
- 7 ounces mirepoix (mixture of chopped vegetables including carrots, celery, and onion)
- 1 minced garlic clove
- ¼ teaspoon red pepper flakes
- chopped parsley for garnish (optional)
- 2 teaspoons no-salt-added tomato paste
- 14.5 ounces no-salt-added diced tomatoes
- ¾ teaspoon no-salt-added Italian seasoning
- 2 cups low-sodium vegetable broth
- ¼ cup dry green lentils, rinsed
- 16 ounces fresh sweet-potato or zucchini noodles

Instructions

1. In large saucepot, heat 1 tablespoon oil over medium-high heat. Add mirepoix; cook and stir 5 minutes or until soft. Add garlic and red pepper flakes; cook and stir 30 seconds. Stir in tomato paste; cook 30 seconds. Add tomatoes and Italian seasoning; cook and stir 2 minutes. Add broth and lentils; heat to a boil. Reduce heat to medium-low; cover and cook 35 minutes, or until lentils are tender, stirring occasionally. Stir in salt and black pepper to taste. Makes about 4 cups.
2. In large skillet, heat remaining 1 tablespoon oil over medium-high heat. Add noodles; cook and stir 7 minutes, or until slightly softened. Stir in salt and black pepper to taste.
3. Divide noodles into 6 bowls; top evenly with lentil Bolognese and sprinkle with parsley.

Make it a meal:
Serve with
a side of
roasted
broccoli with
lemon and
Parmesan
cheese.

Nutritional Information (per serving)

Calories 194, total fat 5g, saturated fat 1g, sodium 97mg, total carbohydrate 35g, dietary fiber 6g, sugars 9g, protein 5g.

MAIN DISHES

Chickpea and Squash Tagine



SERVINGS: 4 • PREP TIME: 10 MINUTES • COOK TIME: 30 MINUTES



CHICKPEA AND SQUASH TAGINE

Ingredients

- 1 tablespoon olive oil
- ½ medium red onion, diced
- 2 garlic cloves, minced
- (1) 16-ounce package fresh green zucchini coins and yellow squash
- 1½ cups small cauliflower florets
- 2 teaspoons Moroccan blend seasoning (mixture of ground nutmeg, cumin, coriander, and allspice)
- (1) 14.5-ounce can fire-roasted, no-salt-added diced tomatoes
- (1) 14.5-ounce can reduced-sodium chickpeas, drained and rinsed
- 3 tablespoons golden raisins
- ½ cup chopped dry-roasted unsalted cashews

Instructions

1. In large frying pan, heat oil over medium-high heat.
2. Add onion; cook and stir 2 minutes.
3. Add garlic; cook 30 seconds, stirring frequently.
4. Add zucchini, squash and cauliflower; cook and stir 2 minutes.
5. Stir in seasoning; cook 1 minute.
6. Add tomatoes and ½ cup water; heat to a simmer. Reduce heat to medium-low; cover and cook 15 minutes.
7. Add chickpeas and raisins; cover and cook 5 minutes, stirring occasionally.
8. Stir in salt to taste.
9. Divide into 4 bowls; sprinkle with cashews.

Pump up the protein: Serve with chicken strips sprinkled with additional Moroccan blend seasoning.

Nutritional Information (per serving)

Calories 288, total fat 14g, saturated fat 2g, sodium 259mg, total carbohydrate 35g, dietary fiber 8g, sugars 13g, protein 10g.



MAIN DISHES

Chickpea Lettuce Wraps

SERVINGS: 4 • PREP TIME: 25 MINUTES



CHICKPEA LETTUCE WRAPS

Ingredients

- 2 cups canned garbanzo beans (chickpeas), rinsed and drained
- 1 large celery stalk, finely chopped
- 2 tablespoons red onion, finely chopped
- 2 tablespoons sun-dried tomatoes in oil, drained and finely chopped
- 2 tablespoons roasted red peppers, drained and finely chopped
- 2 tablespoon extra virgin olive oil
- $\frac{1}{4}$ teaspoon smoked paprika or paprika
- $\frac{1}{8}$ teaspoon ground cumin
- $\frac{1}{8}$ teaspoon ground red pepper
- 8 leaves romaine lettuce
- 1 medium avocado, chopped
- 1 cup chopped cucumber
- 1 cup quartered cherry tomatoes
- fresh ground black pepper (optional)

Instructions

1. In medium bowl, use back of fork to coarsely mash beans.
2. Fold in celery, onion, sun-dried tomatoes, roasted red peppers, olive oil, paprika, cumin, and ground red pepper. Makes about $2\frac{1}{2}$ cups.
3. Evenly spoon bean mixture into lettuce leaves; top with avocado, cucumber, and cherry tomatoes. Sprinkle with black pepper, if desired, and serve.

Nutritional Information (per serving)

Calories 285, total fat 13g, saturated fat 2g, sodium 397mg, total carbohydrate 35g, dietary fiber 9g, protein 8g .



SIDE DISHES

Herbed Vegetables

SERVINGS: 6

Recipe Source: Ohio State University Extension, Quick and Healthy Meals Tips and Tools for Planning Meals for Your Family Cuyahoga County



HERBED VEGETABLES

Ingredients

- (1) 16-ounce can vegetables (any combination green or yellow beans, carrots, corn, mixed, etc.)
- ¼ cup chopped onion
- ½ teaspoon dried Italian herbs, basil, or rosemary, crushed
- 1-2 garlic cloves, chopped
- 1 tablespoon margarine or butter

Instructions

1. Drain vegetables, saving 2 tablespoons liquid.
2. Cook onion, herbs, and garlic in the margarine/butter in a small saucepan until onion is tender.
3. Stir in the vegetables and liquid.
4. Cook and stir until heated through.

Notes

- May use “no-salt-added” canned vegetables for less sodium.
- May use margarine or vegetable oil spread in place of butter.

Nutritional Information (per serving)

Calories 60, total fat 2g, sodium 130mg, total carbohydrate 8g, dietary fiber 2g, sugars 2g, protein 2g.

SIDE DISHES

Mixed Spring Vegetables

A close-up photograph of fresh spring vegetables. In the foreground, two yellow squash are prominent, one slightly larger and more rounded than the other. Behind them, several green zucchini are visible, some showing their characteristic bumps. To the right, a few orange carrots are partially visible. The vegetables are resting on a rustic wooden cutting board. A large, black-handled knife with a silver blade is positioned diagonally across the bottom right of the frame. The background is a dark, textured surface, possibly a wooden table or countertop.

SERVINGS: 4



MIXED SPRING VEGETABLES

Ingredients

- 1 medium carrot, peeled
- 1 yellow squash
- 1 zucchini
- 2 tablespoons olive oil
- Pinch of salt and pepper

Instructions

1. Slice carrot in half lengthwise and cut into ½-inch pieces.
2. Cut zucchini and squash in half lengthwise and then in half lengthwise again, then cut into ½-inch pieces.
3. Place 3 quarts of water in a pot with a pinch of salt and bring to a boil.
4. Place carrots in the water and lower flame to medium. Cook for 2 minutes.
5. Add the squash and zucchini and cook for an additional 2 minutes.
6. Strain vegetables and transfer to a serving bowl.
7. Toss with olive oil and a pinch of salt and pepper.

Nutritional Information (per serving)

Calories 80, total fat 7g, saturated fat 1g, cholesterol 0mg, sodium 160mg, total carbohydrate 3g, dietary fiber 1g, sugars 2g, protein less than 1g.



SIDE DISHES

Tasty Pan-Roasted Corn

SERVINGS: 6–8



TASTY PAN-ROASTED CORN

Ingredients

- 2 cups frozen yellow corn, thawed
- 2 cups frozen white corn, thawed
- 1 tablespoon butter
- ½ tablespoon olive oil
- 1 tablespoon garlic, finely chopped
- ½ cup onions, finely chopped
- 1 tablespoon Italian seasoning
- salt and pepper to taste

Instructions

1. Place oil and butter in a large skillet. Under low to medium heat, cook butter in oil for 1 minute, until completely dissolved.
2. Add onion and garlic. Cook 1–2 minutes, while stirring.
3. Add yellow and white corn, Italian seasoning, and salt and pepper.
4. Stir continuously until both yellow and white corn are cooked but still crunchy.
5. Serve hot.

Nutritional Information (per serving)

Calories 100, total fat 3g, saturated fat 1g, cholesterol 5mg, sodium 20mg, total carbohydrate 19g, dietary fiber 2g, sugars 2g, protein 3g.



SIDE DISHES

String Beans with Garlic

SERVINGS: 4



STRING BEANS WITH GARLIC

Ingredients

- 1 tablespoon of olive oil
- 12 ounces, or 2 cups, string beans, trimmed and washed
- 2 garlic cloves, chopped
- 2 tablespoons water
- 1 dash salt

Instructions

1. Heat oil in a large skillet over low to medium heat.
2. Add garlic and cook for 1–2 minutes. Be sure the garlic doesn't burn.
3. Add the beans, water, and salt. Stir, lower heat, and cook covered for 20 minutes.
4. Serve hot.

Nutritional Information (per serving)

Calories 35, total fat 0g, saturated fat 0g, cholesterol 0mg, sodium 15mg, total carbohydrate 7g, dietary fiber 2g, sugars 2g, protein 2g.



SIDE DISHES

Lemon Parmesan Roasted Broccoli

SERVINGS: 4



LEMON PARMESAN ROASTED BROCCOLI

Ingredients

- 24 ounces broccoli florets
- 2–3 tablespoons olive oil
- 2 garlic cloves, minced
- ½ cup grated Parmesan cheese
- Juice of 1 lemon
- 2 lemons cut into wedges
- Salt and pepper to taste

Instructions

1. Preheat oven to 425 degrees.
2. Spray a baking sheet with non-stick spray and set aside.
3. In a large bowl, combine broccoli, olive oil, salt and pepper, garlic, lemon juice, and half of the Parmesan cheese. Toss to mix flavors.
4. Arrange broccoli in a single layer on the baking sheet and surround with lemon wedges, as you see fit.
5. Bake for 12–14 minutes, or until tender.
6. Remove from oven and sprinkle with the rest of the Parmesan cheese. Squeeze lemon wedges over broccoli if desired.
7. Serve hot.

Nutritional Information (per serving)

Calories 180, total fat 11g, saturated fat 3g, cholesterol 10mg, sodium 360mg, total carbohydrate 16g, dietary fiber 5g, sugars 4g, protein 9g.

A top-down view of a rustic green ceramic bowl filled with a creamy, light-yellow mash of cauliflower and potatoes. The bowl sits on a brown burlap cloth. In the upper left corner, several raw cauliflower florets are visible. The background is a dark, textured wooden surface.

SIDE DISHES

Cauliflower and Potato Mash

SERVINGS: 4

Recipe Source: La Promenade, Tenafly.



CAULIFLOWER AND POTATO MASH

Ingredients

- 2 Idaho potatoes
- 1 head of cauliflower
- 1 cup milk
- ½ stick, or 2 ounces, butter
- Salt and pepper
- Nutmeg (if available)

Instructions

1. Peel potatoes and cut into 8 pieces.
2. Cut head of cauliflower in half.
3. Wrap half of the cauliflower and place in refrigerator, as you will not be needing it.
4. Cut the remaining cauliflower half into approximately 1-inch pieces.
5. Place 4 quarts of water in a pot with a pinch of salt and bring to a boil.
6. Add potatoes to boiling water.
7. Lower heat under the water to low/medium, bringing the water to a simmer, and cook for 15 minutes.
8. Add cauliflower and cook together for an additional 10–12 minutes.
9. Heat milk and butter together in a saucepan for 2–3 minutes under low heat.
10. Strain the cauliflower and potatoes, then place in mixing bowl.
11. Add the milk and butter, and mash together.
12. Mix in salt, pepper, and nutmeg to taste.

Nutritional Information (per serving)

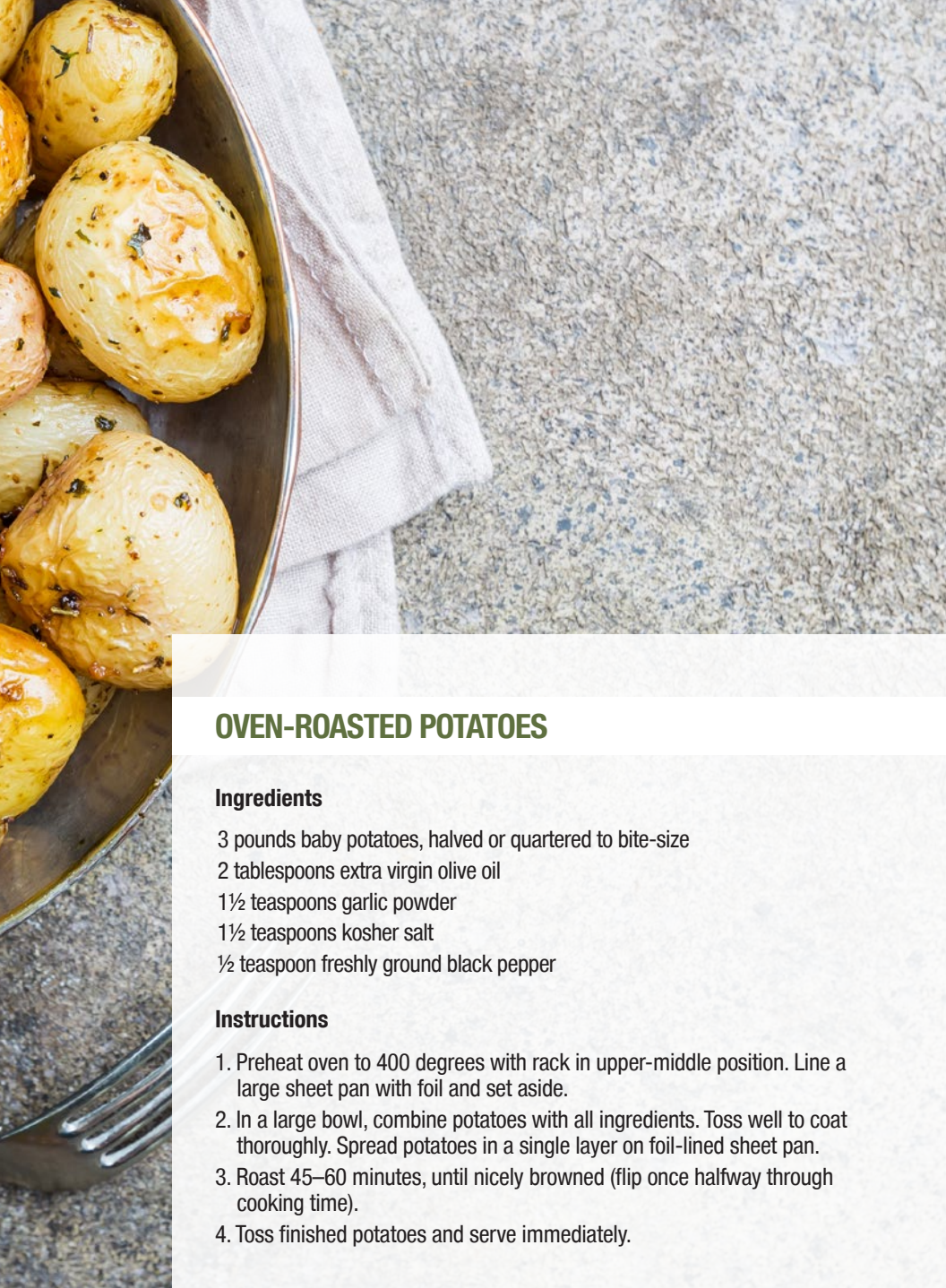
Calories 170, total fat 13g, saturated fat 8g, cholesterol 35mg, sodium 200mg, total carbohydrate 12g, dietary fiber 1g, sugars 4g, protein 3g.



SIDE DISHES

Oven- Roasted Potatoes

SERVINGS: 6



OVEN-ROASTED POTATOES

Ingredients

- 3 pounds baby potatoes, halved or quartered to bite-size
- 2 tablespoons extra virgin olive oil
- 1½ teaspoons garlic powder
- 1½ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper

Instructions

1. Preheat oven to 400 degrees with rack in upper-middle position. Line a large sheet pan with foil and set aside.
2. In a large bowl, combine potatoes with all ingredients. Toss well to coat thoroughly. Spread potatoes in a single layer on foil-lined sheet pan.
3. Roast 45–60 minutes, until nicely browned (flip once halfway through cooking time).
4. Toss finished potatoes and serve immediately.

Nutritional Information (per serving)

Calories 180, total fat 3.5g, saturated fat 0.5g, cholesterol 0mg, sodium 450mg, total carbohydrate 35g, dietary fiber 3g, sugars 1g, protein 3g.



SIDE DISHES

Quinoa

SERVINGS:4



QUINOA

Ingredients

- 1 cup quinoa (Check package directions to see if rinsing is required. If it is, place quinoa in a strainer and run cold water over it for 1 minute.)
- 2 cups vegetable broth or salted water (less liquid if quinoa has been rinsed)
- ¼ cup chopped parsley
- Juice of 1 lime

Instructions

1. Bring broth or water to a boil. If you have rinsed the quinoa, use about ¼ cup less liquid. Add quinoa and stir. Cover and lower flame to a simmer.
2. Simmer for 15–20 minutes, until all the liquid is absorbed.
3. Fluff with a fork, sprinkle parsley, and squeeze lime juice on top.

Nutritional Information (per serving)

Calories 190, total fat 3.5g, saturated fat 0g, cholesterol 0mg, sodium 300mg, total carbohydrate 33g, dietary fiber 4g, sugars 0g, protein 7g.

A close-up photograph of a light-colored ceramic bowl with a brown handle, filled with brown rice pilaf. The rice is coated in a golden-brown sauce and topped with a fresh green parsley leaf. The bowl sits on a brown woven placemat. In the background, a brown ceramic lid is partially visible.

SIDE DISHES

Brown Rice Pilaf

SERVINGS: 4

Recipe Source: Food and Health Communications, Inc., website



BROWN RICE PILAF

Ingredients

- 1 cup brown rice
- 3 cups water
- ¼ cup chopped almonds
- 1 teaspoon dried parsley
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper

Instructions

1. Place all the ingredients in a rice cooker and cook until the water evaporates, about 30 minutes.
2. Fluff cooked rice with a fork.

Notes

- This dish goes well with fish and chicken. Add a large green salad to complete the meal.
- May be prepared on the stovetop as well but may require more water.
- May use other nuts in place of almonds.
- May use Italian mixed herbs/seasonings or cilantro in place of dried parsley.
- May use minced fresh garlic or onion powder in place of garlic powder.

Nutritional Information (per serving)

Calories 290, total fat 5g, saturated fat 0.5g, sodium 10mg, total carbohydrate 55g, dietary fiber 3g, sugars 1g, protein 7g.



SIDE DISHES

Easy Red Beans and Rice

SERVINGS: 10

Recipe Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar



EASY RED BEANS AND RICE

Ingredients

Non-stick cooking oil spray, as needed

1 large onion, peeled and chopped

1 medium green bell pepper, washed, seeded, and chopped

1 teaspoon garlic powder

(2) 14.5-ounce cans diced tomatoes

(1) 15.5-ounce can kidney beans, drained and rinsed

6 cups cooked brown rice

Instructions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes, or until tender.
3. Add garlic powder, tomatoes, and kidneys beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.
6. Serve over rice.

Notes

- May use “no-salt-added” canned diced tomatoes for less sodium.
- May use minced fresh garlic or onion powder in place of garlic powder.

Nutritional Information (per serving)

Calories 210, total fat 1.5g, saturated fat 0g, cholesterol 0mg, sodium 310mg, total carbohydrate 43g, dietary fiber 5g, sugars 5g, protein 6g.

SOUPS

Pumpkin and White Bean Soup

SERVINGS: 6



PUMPKIN AND WHITE BEAN SOUP

Ingredients

- 1½ cups apple juice
- (1) 15-ounce can small white beans
- 1 small onion, finely chopped
- 1 cup water
- (1) 15-ounce can pumpkin
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg, allspice, or ginger (if desired)
- ½ teaspoon black pepper
- ¼ teaspoon salt

Instructions

1. Mash white beans, onion, and water with a fork or blender until smooth. Set aside.
2. Place the pumpkin, juice, cinnamon, black pepper, and salt in a large pot. If using nutmeg, allspice, or ginger, add at this time. Stir.
3. Add the bean mixture to the pot.
4. Cook over low heat for 15–20 minutes, until warmed through.


Notes

- May use “no-salt-added” canned diced tomatoes for less sodium.
- May use minced fresh garlic or onion powder in place of garlic powder.

Nutritional Information (per serving)

Calories 140, total fat 1g, saturated fat 0g, cholesterol N/A, sodium 420mg, total carbohydrate 28g, dietary fiber 7g, total sugars 10g, added sugars included N/A, protein 7g, vitamin D N/A, calcium 60mg, iron 2mg, potassium N/A.

Unsweetened apple juice is used in this unique soup. The pumpkin and beans help increase fiber and vitamin A intake.



Make it in advance: The day before, prepare the soup and let it cool completely. Refrigerate soup in a large lidded container. Reheat in a heavy-bottomed pot over low heat, stirring frequently. (Boiling may cause ingredients to separate.)

SOUPS

Butternut Squash Soup with Cashew Cream

SERVINGS: 8 • PREP TIME: 20 MINUTES • COOK TIME: 35 MINUTES

Recipe Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar



BUTTERNUT SQUASH SOUP WITH CASHEW CREAM

Ingredients

- 1 cup dry-roasted unsalted cashews, soaked 1 hour and drained
- 1 cup light coconut milk
- 1 tablespoon lime juice
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 garlic cloves, chopped
- 1 medium butternut squash, peeled and cut into 1-inch cubes (about 4 cups)
- 4 cups reduced-sodium vegetable broth
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 teaspoon curry powder

Instructions

1. In a blender, combine cashews, coconut milk, and lime juice; cover and blend until smooth, scraping down sides of blender occasionally. Transfer mixture to a bowl, cover with plastic wrap, and refrigerate until ready to serve.
2. In a large pan, heat oil over medium heat. Add onion, garlic, and squash; cook 5 minutes. Add broth, cumin, coriander, and curry powder; bring to a boil. Lower heat and simmer 20 minutes, or until squash softens. Let cool 10 minutes.
3. Working in batches, ladle squash mixture into a blender and blend until smooth. Transfer soup to a clean pot; stir in salt and pepper to taste. Cover and cook over low heat 5 minutes, or until heated through. Ladle into soup bowls, drizzle with cashew cream, and serve.

Notes

- May use “no-salt-added” canned diced tomatoes for less sodium.
- May use minced fresh garlic or onion powder in place of garlic powder.

Nutritional Information (per serving)

Calories 190, total fat 14g, saturated fat 3.5g, sodium 80mg, total carbohydrate 16g, dietary fiber 2g, protein 3g.



SNACKS

Apple Cranberry Poached Pear

SERVINGS: 4



APPLE CRANBERRY POACHED PEAR

Ingredients

- 4 Bosc pears, peeled and cored
- 12 ounces apple juice
- 12 ounces cranberry juice
- 12 ounces water
- 6 cloves (optional)
- 2 cinnamon sticks (optional)

Instructions

1. Place everything in a 5-quart pot.
2. Bring to a boil, then lower heat to medium.
3. Place a plate on top of the pear to submerge.
4. Cook for 20 minutes, then let cool for 1 hour.
5. Transfer to a plastic container with liquid and place in fridge.

Nutritional Information (per serving)

Calories 180, total fat 0g, saturated fat 0g, cholesterol 0mg, sodium 10mg, total carbohydrate 44g, dietary fiber 4g, sugars 33g, protein less than 1g.



SNACKS

Broiled Mango

SERVINGS: 2



BROILED MANGO

Ingredients

- 1 peeled and sliced mango
- lime wedges

Instructions

1. Position rack in upper third of oven and preheat broiler. Line a broiler pan with foil.
2. Arrange mango slices in a single layer in the prepared pan. Broil until browned in spots, 8–10 minutes.
3. Squeeze lime wedges over the broiled mango and serve.

Nutritional Information (per serving)

Calories 60, total fat 0g, saturated fat 0g, cholesterol 0mg, sodium 0mg, total carbohydrate 17g, dietary fiber 2g, sugars 14g, protein less than 1g.



SNACKS

Chocolate Chip Yogurt Cookies

SERVINGS: 36

Recipe Source: Cornell University Cooperative Extension, Eat Smart New York

CHOCOLATE CHIP YOGURT COOKIES

Ingredients

- ½ cup sugar
- ½ cup brown sugar (firmly packed)
- ½ cup margarine
- ½ cup non-fat plain yogurt
- 1½ teaspoons vanilla
- ¾ cup all-purpose flour
- 1 cup whole wheat flour
- ½ teaspoon baking soda
- ½ cup chocolate chips (miniature or carob chips)

Instructions

1. Heat oven to 375 degrees.
2. In a large bowl, combine sugar, brown sugar, and margarine; beat until light and fluffy.
3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.
4. Drop dough by rounded teaspoonfuls, 2 inches apart onto ungreased cookie sheets. Bake at 375 degrees for 8–12 minutes, or until light, golden brown.
5. Cool 1 minute, remove from cookie sheets.

Nutritional Information (per serving)

Calories 80, total fat 3.5g, saturated fat 1g, sodium 50mg, total carbohydrate 12g, dietary fiber 1g, sugars 7g, protein 1g.

SNACKS

Yogurt Pops



SERVINGS: 4

Recipe Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes.



YOGURT POPS (not diabetes-friendly)

Ingredients

6 ounces fat-free yogurt, plain or flavored
¾ cup fruit juice

Instructions

1. Place yogurt and juice in a bowl.
2. Stir together well.
3. Pour mix into paper cups.
4. Place a popsicle stick in the center of each cup.
5. Place the yogurt pops in the freezer until they turn solid.

Notes

- Some good flavor mixes for yogurt pops:
 - Lemon yogurt with orange juice
 - Vanilla yogurt with raspberry juice
- Use 100% fruit juice for no added sugars.
- You can buy popsicle sticks in a crafts store or in the crafts department of a discount store.

Nutritional Information (per serving)

Calories 45, sodium 20mg, total carbohydrate 10g, sugars 9g, protein 1g.

25 healthy snacks for kids

1. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.
2. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
3. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding, along with a few miniature marshmallows.
4. Mini Pizza: Toast an English muffin, drizzle with pizza sauce, and sprinkle with low-fat mozzarella cheese.
5. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese, and lettuce. Then roll it up.
6. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape, and the edges, too!
7. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal. (Not diabetes-friendly.)
8. Apple Pie Oatmeal: Make one packet of microwave oatmeal with low-fat milk. Mix in $\frac{1}{4}$ cup unsweetened applesauce. Sprinkle with apple-pie spice or cinnamon.

9. Mix peanut butter and cornflakes together in a bowl. Shape into balls and roll in crushed graham crackers.
10. Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers.
11. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
12. Sprinkle grated Parmesan cheese on hot popcorn.
13. Peel a banana and dip in yogurt. Roll in crushed cereal and freeze.
14. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.
15. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
16. Mix together ready-to-eat cereal, dried fruit, and nuts in a sandwich bag for an on-the-go snack.
17. Smear a scoop of frozen yogurt on two graham crackers, and add sliced banana for a yummy sandwich.
18. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
19. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
20. Toast a whole-grain waffle and top with low-fat yogurt and peaches.
21. Combine low-fat cream cheese, mixed dried fruit bits, and shelled sunflower seeds. Spread on a toasted English muffin.
22. Blend low-fat milk, frozen strawberries, and a banana for 30 seconds for a delicious smoothie. (Not diabetes-friendly.)
23. Make a mini-sandwich with tuna or egg salad on a dinner roll.
24. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for 20 seconds. Top with salsa.
25. Spread peanut butter on apple slices.



