

Recipes

Healthy Soul Food

for the heart



compliments of **HCR**

Meal Plans



Sunday

Breakfast

2 egg omelets with green pepper & onions
2 strips turkey bacon
2 slices whole wheat toast with sugar-free jam
Small banana
Coffee

Snack

12 wheat thins with 1 tablespoon peanut butter

Lunch

Ham sandwich on whole wheat bread with 1 oz cheese, mustard
1 cup tomatoes with reduced-fat dressing
1 ¼ cup watermelon

Dinner

Macaroni and Cheese
Herb-Breaded Pork Chops
Meatless Collard Greens
Corn Bread Applesauce Muffin
Diet iced tea

Snack

Rice Pudding with Pecan Halves

Monday

Breakfast

¾ cup whole grain cereal
1 cup 1% milk
1 slice whole wheat toast
1 teaspoon margarine
½ cup orange juice

Snack

3 cups light popcorn

Lunch

1 cup **Chicken Gumbo Soup**
1 cup raw vegetables
2 tablespoons reduced-fat Ranch dressing
1 medium piece of fruit
Diet iced tea

Dinner

3 oz hamburger patty on whole wheat bun with lettuce, tomato, and 1 tablespoon reduced-fat mayo
½ cup cooked squash with 1 teaspoon margarine
½ cup **Carrot Raisin Salad**
1 cup 1% milk

Snack

3 graham crackers with 1 tablespoon peanut butter

Tuesday

Breakfast

2 frozen pancakes
2 tablespoons sugar-free syrup
1 egg
1 slice turkey bacon
½ cup canned light fruit

Snack

½ plain bagel with 1 tablespoon reduced-fat cream cheese

Lunch

Honey Mustard Chicken

¾ cup mixed vegetables with ¼ cup cooked pasta
Salad with low-fat dressing
½ cup canned fruit

Dinner

4 oz **Jamaican Style Roast Beef**
⅔ cup cooked rice
2 cups salad with 1 tablespoon reduced-fat dressing
⅛ avocado, sliced
½ mango

Snack

12 wheat thins and 1 cheese stick

Wednesday

Breakfast

- ½ cup grits
- 1 poached egg
- 1 slice whole wheat toast
- 1 teaspoon margarine
- ½ cup juice
- 1 cup 1% milk

Snack

- 1 granola bar

Lunch

- ½ cup tuna salad on whole wheat bread with lettuce and tomatoes
- ½ cup baby carrots
- ½ cup grapes
- 1 cup 1% milk

Dinner

- 3 oz baked chicken
- ½ cup **Garlic Mashed Potatoes**
- 1 cup collard greens with 2 slices cooked turkey bacon, crumbled
- 1 dinner roll with 1 teaspoon margarine
- 1 cup papaya

Snack

- 1 cup sugar-free yogurt

Thursday

Breakfast

- 1 whole wheat english muffin
- 2 tablespoon peanut butter
- ½ cup sliced banana
- 1 cup 1% milk

Snack

- 12 wheat thins and 1 cheese stick

Lunch

- 2 oz roasted chicken
- 1 cup cooked okra
- ½ cup **Corn Casserole**
- ½ cup fruit in natural juice

Dinner

Salmon with Lime Sauce

- 1 baked sweet potato
- ½ cup broccoli
- 1 cup salad with reduced-fat dressing
- ½ cup sugar-free pudding

Snack

- 3 cups light popcorn

Friday

Breakfast

- 1 oz sausage patty
- 1 scrambled egg
- 2 slices whole wheat toast
- ½ cup applesauce

Snack

- 1 cup sugar-free yogurt

Lunch

- Turkey sandwich on whole grain bread with lettuce, tomato, and light mayo
- 8-10 Lays Baked Potato Chips
- 1 cup melon cubes
- Diet iced tea

Dinner

Pulled Pork on Whole Wheat Bun

- ½ cup **Coleslaw**
- ½ cup green beans
- ½ cup sugar-free jello with 2 tablespoons whipped topping

Snack

- ½ cup sugar-free pudding with 2 pecan halves

Saturday

Breakfast

- 2 frozen waffles
- 2 tablespoons sugar-free syrup
- 1 cup 1% milk
- ½ cup pineapple

Snack

- ¼ cup reduced-fat cottage cheese
- 12 wheat thins

Lunch

Oven Fried Fish

- ½ cup frozen vegetables cooked
- ⅔ cup rice
- ½ cup mixed fruit

Dinner

- 1 cup chili and beans topped with 1 oz shredded cheddar cheese
- 2 cups salad with reduced-fat dressing
- 1 frozen fruit bar

Snack

- 3 graham crackers with 1 tablespoon peanut butter

Corn Bread Applesauce Muffins

Yield: 8 servings

Exchanges: 1 Bread/Starch; Calories: 86; Protein: 3g; Sodium: 189mg; Cholesterol: 0mg; Fat: 1g; Dietary Fiber: 1g; Carbohydrates: 18g

Ingredients

Vegetable oil spray
½ cup all-purpose flour
½ cup coarse yellow cornmeal
1½ teaspoon baking powder
¼ teaspoon salt
½ cup fat-free milk
Egg substitute (equivalent to 1 egg) or 1 egg
2 tablespoons honey
2 tablespoons unsweetened applesauce



Directions

1. Preheat oven to 425°. Lightly spray 8 muffin cups with vegetable oil spray.
2. Combine flour, cornmeal, baking powder, and salt in a large bowl, mix well.
3. Beat remaining ingredients in a small bowl.
4. Make a well in cornmeal mixture. Pour milk mixture into well, stirring just until moistened. Fill muffin cups $\frac{2}{3}$ full with batter.
5. Bake for 15 to 20 minutes, or until a cake tester or toothpick inserted in center of muffins comes out clean.

Meatless Collard Greens

Yield: 8 servings

**Exchanges: 2 Vegetables; 1 Fat; Calories: 84; Protein: 6g;
Cholesterol: 0mg; Sodium: 85mg; Fat: 3g; Carbohydrates: 10g**

Ingredients

2-3 bunches of greens of any kind
(collard, turnip, etc.)
1 cup onions, chopped
1-2 cups low-sodium bouillon or canned
low-sodium chicken broth
Pinch of sugar (optional)
¼ teaspoon salt (optional)
1½ tablespoons cooking oil
1-2 cloves fresh garlic, chopped
Few drops liquid smoke (optional)



Directions

1. In a 5 quart sauce pan, sauté onions in oil until soft.
2. Add the greens and continue to stir until they have wilted.
3. Add bouillon, salt, pinch of sugar (if desired) then cover and cook until tender.

Note: If desired, smoked turkey neck may be added.

Macaroni and Cheese

Yield: 8 servings

Exchanges: 1½ Starch; 1 Medium Fat; 1 Fat; Calories: 235; Calories from Fat: 84; Total Fat: 9g; Saturated: 4g; Cholesterol: 21mg; Sodium: 452mg; Total Carbohydrates: 25g; Fiber: 1g; Sugar: 4g; Protein: 13g

Ingredients

- 2 cups macaroni
- 2 tablespoons margarine
- 3 tablespoons flour
- ½ teaspoon salt
- 2 cups fat free milk
- 8oz shredded, reduced-fat cheddar cheese



Directions

1. Cook macaroni according to package directions, omitting salt. Drain and place in casserole dish. Heat oven to 350°.
2. Melt margarine in medium saucepan and stir in flour and salt, stirring constantly. Gradually pour in milk and cook until mixture thickens, stirring frequently.
3. Add half the cheese and stir until melted. Pour over macaroni and stir together. Add remaining cheese on top and bake for 20 minutes.

Rice Pudding with Pecan Halves

Yield: 10, ½ cup servings

**Exchanges: 2 Cholesterol; Calories: 148; Total Fat: 2g; Saturated: 0g;
Cholesterol: 43mg; Total Carbohydrates: 28g; Fiber: 1g; Sugar: 20g;
Protein: 6g**

Ingredients

1 ½ cups cooked rice
¾ cup raisins
½ cup sugar
2 eggs
¾ cup egg substitute
1 teaspoon vanilla
1 teaspoon cinnamon
dash nutmeg
2 cups fat-free milk, scalded
2 teaspoons reduced-fat margarine, melted



Directions

1. Heat oven to 350°. Combine all ingredients in a large bowl.
2. Pour into casserole dish and put dish in hot water bath. Bake for 1 hour. Serve each with 2 pecan halves, crushed.

Chicken Gumbo Soup

Yield: 6, 1 cup servings

Exchanges: 2 Starch; 2 Lean Meat; Calories: 279; Calories from Fat: 61; Total Fat: 7g; Saturated: 0g; Cholesterol: 43mg; Sodium: 720mg; Total Carbohydrates: 31g; Fiber: 4g; Sugar: 5g; Protein: 23g

Ingredients

1 lb boneless, skinless chicken breast, diced
3 cups reduced-sodium, reduced-fat chicken broth, divided
3 cups water
1 cup chopped onion
1 clove garlic minced
1 teaspoon salt
½ teaspoon pepper
1 bay leaf
⅛ teaspoon sage
¼ teaspoon red pepper flakes
¼ teaspoon thyme
1 cup chopped fresh tomatoes
1 cup corn kernels, frozen or fresh
1 cup frozen okra
2 tablespoons canola oil
¼ cup flour
2 cups cooked brown rice



Directions

1. Place chicken in a large stockpot with 1 cup broth and bring to a boil. Add additional broth, water, onion, garlic and seasonings. Simmer for 20 minutes.
2. Add tomatoes, corn, and okra; simmer for 15 minutes. In a separate pan, heat oil. Add flour, and whisk until the mixture is golden brown and bubbly. Add 1 cup of the soup broth and whisk until smooth.
3. Add mixture back to the soup pot and whisk until dissolved. Simmer 30 minutes. Stir in rice the last 10 minutes of cooking.

Honey Mustard Chicken

Yield: 4, 1/2 breast servings

Exchanges: 1 Carbohydrate; 4 Lean Meat; 1 Fat; Calories: 250; Calories from Fat: 45; Total Fat: 5g; Saturated: 1g; Cholesterol: 186g; Sodium: 401mg; Total Carbohydrates: 18g; Fiber: 0g; Sugar: 18g; Protein: 32g

Ingredients

- 1/4 cup honey
- 1 teaspoon canola oil
- 2 tablespoons Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 boneless chicken breast halves (~5 oz each)



Directions

1. Heat oven to 400°. Line a baking sheet with foil, spray a rack with nonstick spray and put rack on baking sheet.
2. Mix honey, oil, mustard, salt and pepper in a small bowl. Brush over chicken and place chicken on rack.
3. Baste occasionally until chicken is done, about 30-35 minutes.

Jamaican-Style Roast Beef

Yield: 6, 4 oz servings

Exchanges: 1 Vegetable; 3 Lean Meat; Calories: 202; Calories from Fat: 80; Total Fat: 9g; Saturated: 3g; Cholesterol: 72g; Sodium: 302mg; Total Carbohydrates: 4g; Fiber: 1g; Sugar: 3g; Protein: 25g

Ingredients

1 medium onion, finely chopped
3 stalks green onion, finely chopped
4 garlic cloves, finely chopped
½ teaspoon salt
1½ teaspoons pepper
2 teaspoons thyme
2 teaspoons pimienta seeds (available at West Indian markets)
2 teaspoons light soy sauce
1 tablespoon peppercorns
1½ lbs lean, boneless roast beef
1 tablespoon olive oil



Directions

1. Mix all the ingredients, except the beef and oil, in a small bowl. Pat beef dry. Using a thin sharp knife, make several 2 inch slits on all sides of the beef. Put seasonings in all the slits.
2. Marinate in a zippered plastic bag in the refrigerator for 12-24 hours. Heat oven to 300°. Place beef in nonstick baking dish and rub with oil. Bake for 45 minutes or until done.

Garlic Mashed Potatoes

Yield: 6, 1/2 cup servings

Exchanges: 1 Starch; 1/2 Fat; Calories: 99; Calories from Fat: 18; Total Fat: 2g; Saturated: 0g; Cholesterol: 0g; Sodium: 61mg; Total Carbohydrates: 18g; Fiber: 1g; Sugar: 4g; Protein: 3g

Ingredients

4 medium potatoes, peeled, cubed,
and cooked
7 cloves garlic, minced
1/3 cup fat-free milk, heated
1/4 cup fat-free sour cream
2 tablespoons reduced-fat margarine



Directions

Using an electric mixer, combine all the ingredients.

Carrot Raisin Salad

Yield: 6, 1/2 cup servings

Exchanges: 2 Vegetable; 1 Fruit; Calories: 187; Calories from Fat: 39; Total Fat: 4g; Saturated: 3g; Cholesterol: 13mg; Sodium: 422mg; Total Carbohydrates: 24g; Fiber: 2g; Sugar: 1g; Protein: 13g

Ingredients

2 1/2 cups shredded carrots
1/2 cup diced celery
1/2 cup raisins
1/4 cup fat-free mayo
1/4 cup plain, fat-free yogurt
1 teaspoon sugar
1 teaspoon lemon juice



Directions

Combine all ingredients and refrigerate.

Corn Casserole

Yield: 8 servings

Exchanges: 2 Starch; Calories: 156; Calories from Fat: 25; Total Fat: 3g; Saturated: 1g; Cholesterol: 0g; Sodium: 337mg; Total Carbohydrates: 29g; Fiber: 2g; Sugar: 9g; Protein: 6g

Ingredients

- 1 8 oz can creamed corn
- 1 cup canned whole kernel corn, undrained
- 1 6½ oz pkg corn bread mix
- 2 teaspoons sugar
- 1 cup egg substitute
- 1 tablespoon corn oil



Directions

1. Heat oven to 250°. Mix all ingredients in a large bowl.
2. Pour batter in a nonstick loaf pan and bake for 45 minutes or until golden brown.

Oven Fried Fish

Yield: 8, 4 oz servings

Exchanges: 1 Starch; 3 Very Lean Meat; Calories: 186; Calories from Fat: 31; Total Fat: 3g; Saturated: 0g; Cholesterol: 41g; Sodium: 494mg; Total Carbohydrates: 12g; Fiber: 0g; Sugar: 2g; Protein: 26g

Ingredients

- 1 cup dried bread crumbs
- 1 teaspoon salt
- 1 teaspoon basil
- 1 teaspoon oregano
- 2 lbs fish filets, cut into bite sized pieces
- 1 cup fat-free milk
- 2 tablespoons melted, reduced-fat margarine



Directions

1. Heat oven to 350°. Combine bread crumbs, salt and spices in shallow bowl.
2. Dip the fish in the milk, then roll in bread crumb mixture. Place in a nonstick baking dish and drizzle melted butter over fish. Bake for 10-12 minutes.

Salmon with Lime Sauce

Yield: 6 servings

Exchanges: 1/2 Starch; 3 Lean Meat; 1 Fat; **Calories:** 252; **Calories from Fat** 118; **Total Fat** 13g; **Saturated:** 4g; **Cholesterol:** 68g; **Sodium:** 392mg; **Total Carbohydrates:** 9g; **Fiber:** 0g; **Sugar:** 0g; **Protein:** 23g

Ingredients

1 1/2 lbs salmon filet, cut into 6 pieces
1/2 cup flour
1/4 teaspoon salt
1/2 teaspoon pepper
2 tablespoons corn oil
1 cup water
2 cups reduced-sodium, reduced-fat chicken broth
3 tablespoons lime juice
1 tablespoon capers



Directions

1. Place salmon in a plastic bag with flour, salt, and pepper. Shake to coat. Heat oil in a large skillet and brown salmon for 2 minutes on each side.
2. Remove salmon, then add remaining ingredients to skillet and bring to a boil. Stir, then return salmon to skillet, lower heat and simmer 8-10 minutes.

Pulled Pork on Whole Wheat Bun

Yield: 4 servings

Exchanges: 1 Carbohydrate; 3 Lean Meat; Calories: 230; Calories from Fat: 76; Total Fat: 8g; Saturated: 0g; Cholesterol: 34g; Sodium: 484mg; Total Carbohydrates: 17g; Fiber: 0g; Sugar: 4g; Protein: 15g

Ingredients

1 lb boneless pork tenderloin
½ teaspoon pepper
¼ teaspoon red pepper flakes
1 tablespoon canola oil
1 cup diced onion
2 garlic cloves minced
½ cup barbeque sauce
¼ cup ketchup
¼ cup water
1 teaspoon vinegar



Directions

1. Heat oven to 350°. Rub pork with pepper and pepper flakes and sear on all sides in a hot nonstick skillet. Place pork on rack in a roasting pan, cover with foil and bake for 25 minutes.
2. Heat oil in a medium skillet and sauté onion and garlic for 3-4 minutes. Add remaining ingredients and simmer for 10 minutes.
3. Shred pork with 2 forks. Stir pork into sauce and serve.

Herb-Breaded Pork Chops

Yield: 4 servings

Exchanges: 3½ Medium Lean Meat; ½ Starch; 1 Fat; **Calories:** 273;
Protein: 24g; **Sodium:** 351mg; **Cholesterol:** 76mg; **Fat:** 15g;
Carbohydrates: 7g

Ingredients

Fat-free cooking spray
¼ cup garlic-herb bread crumbs
2 tablespoons grated Parmesan cheese
1 teaspoon dried sage
2 tablespoons low-fat or nonfat mayo
1 egg white
4 (3-4oz) boneless pork chops
1 tablespoon all-purpose flour



Directions

1. Preheat oven to 375°. Spray a 12x8 inch (2 quart) glass baking dish or shallow pan with cooking spray. In a shallow bowl, combine bread crumbs, cheese, and sage. Mix well.
2. In another shallow bowl combine mayo and egg white and beat until smooth. Pour the flour into a shallow bowl and dip each pork chop into mixture, tapping off any excess. Dip each chop into egg mixture, then into bread crumb mixture, coating both sides.
3. Place chops in the baking dish in a single layer. Spray each chop lightly with cooking spray. Bake for 35-40 minutes or until pork is no longer pink in center.



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