Cook Well, Eat Well, Live Well! A project of Cape Cod Hunger Network with support from Cape Cod Cooperative Extension Nutrition Education Program and Bilezikian Family Foundation, 2011

The Cape Cod Hunger Network is grateful to the Bilezikian Family Foundation for funding this project which will be a great resource for improving the nutritional knowledge of many Cape Cod individuals and families.

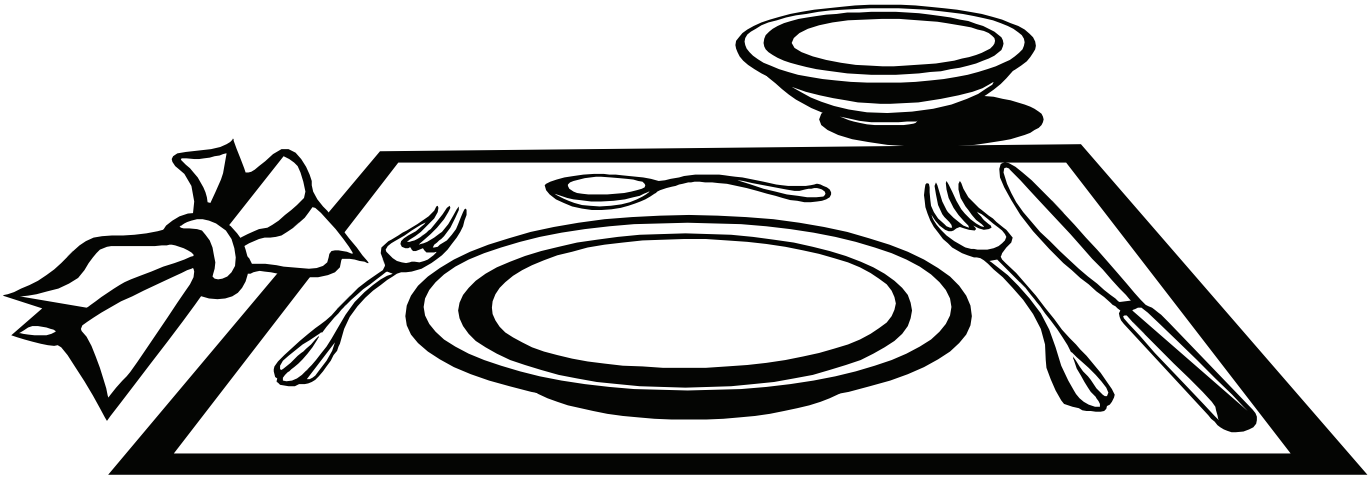
The Cape Cod Hunger Network is a coalition of organizations dedicated to coordinating food security programs throughout Cape Cod & the Islands. Meeting quarterly, the group includes membership from Cape food pantries and feeding programs, as well as state and local organizations who care about ensuring that hunger issues are seen as a high priority for all residents in need. The Cape Cod Hunger Network is proud to be a part of Barnstable County.

With Cape Cod Cooperative Extension and the food pantries, the Cape Cod Hunger Network has been working on a Healthy Eating Initiative for the past few years.

Cape Cod Cooperative Extension is Barnstable County's Education Department. The mission of Cape Cod Cooperative Extension is to improve the health and well-being of youth, families and communities; conserve and enhance natural and marine resources; and strengthen agriculture and food systems. Extension links the Massachusetts land grant university with a larger community of people to address issues of fundamental importance to the people of Barnstable County.

The Cape Cod Hunger Network would like to acknowledge additional funding support for this cookbook from Barnstable County Department of Human Services and Mass in Motion.

The Food We Eat



The Food We Eat

Where do you get your food from?

Do you have enough food for yourself and for your family?

Is it safe to eat? Do you know how to cook it properly?

There are resources to be found throughout Barnstable County. Here are some sources of food to use BEFORE using your cash.

Food can be accessed through:

Food pantries (Cape Cod Hunger Network) www.capecodhungernetwork.org

WIC (Women, Infant and Children) Nutrition Education Program
1-800-942-2445 or 1-800-942-1007

SNAP (formerly known as Food Stamps) www.gettingfoodstamps.org, 1-800-645-8333

The Food Source Hotline 1-800-645-8333

Dial Mass 2-1-1 or call 1-877-211-6277 (toll free), www.mass211.org

Meals can be secured through:

Councils on Aging and Senior Center in the form of congregate meals

Meals on Wheels through Elder Services of Cape Cod and the Islands
508-394-4630 or 1-800-244-4630

Additionally, there are many churches and community service groups which offer meals.

Nutrition and Food Safety Education:

www.choosemyplate.gov for nutrition and www.befoodsafe.org for food safety info.

Cape Cod Cooperative Extension: www.capecodextension.org or call 508-375-6690

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Checklist for Safe Food Handling

Keep Yourself and the Kitchen Clean

• Wash hands thoroughly before cooking. Proper hand washing requires soap, warm water, and at least 20 seconds of working the soap into the hands, including the fingernail area and between the fingers.

• Wash hands with soap and water after handling raw meat, poultry, and fish.

• Wash hands after touching anything else such as face, hair, clothes, and pets.

• Pull long hair back away from the face.

• Bandage open cuts and sores on hands. If available, wear a food service glove on the bandaged hand.

• Wash counters with soap and water as you work.

• Use clean washing and drying cloths.

• Wash knives, cutting boards, and other utensils used with raw meat, poultry, and fish before using them with other foods. Using a solution of bleach and water or washing in the dishwasher is recommended after cutting boards are exposed to raw meat, poultry, and fish.

Keep Food at Proper Temperatures

• Keep foods that need refrigeration below 40° Fahrenheit. Use a thermometer to check the temperature of your refrigerator.

• Let food sit at room temperature no longer than two hours.

• Thaw frozen foods in the refrigerator, under cold running water, in a microwave oven just before use, or as part of the cooking process.

• Use food immediately after thawing, especially if cold running water or the microwave oven was used for thawing.

• Cook food thoroughly. Use a thermometer to check correct temperature.

• Cool food quickly by refrigerating in small quantities and in shallow dishes.

Good Foods to Have on Hand: The Healthy Cupboard

Keep these basics stocked and create many meals!

Vegetables
- fresh, frozen and low-sodium canned: corn, peas, green beans, carrots, potatoes, tomatoes, pasta sauce and others available in season.
- leafy greens: lettuce, kale, collards, spinach

Fruits
- fresh, frozen and canned in fruit juice: peaches, pears, pineapple, applesauce and others available in season.
- dried raisins, cranberries, dates, figs, prunes, fruit leather (100% fruit)
- juice: 100% fruit juice, canned or boxed
- jams and jellies: all-fruit are best

Grains
- Rice: Brown rice, instant brown rice
- Pasta: whole grain noodles and pasta
- crackers: whole grain
- whole grain granola bars
- cereals: whole grain cold cereals, oatmeal, hot cereals

Flavor Makers
- spices: basil, bay leaves, black pepper, chili powder, cinnamon, dill, garlic powder, ginger, Italian seasoning, onion flakes, oregano, paprika, rosemary, salt, thyme
- low sodium chicken broth or bouillon
- lemon juice
- vinegar
- canola or olive oil
- vanilla

Protein
- eggs
- tuna (water pack and even better, low sodium)
- salmon: include canned, fresh and frozen
- beans: canned or dried beans…all kinds!
- nuts and seeds: sunflower and pumpkin seeds, walnuts, almonds, peanuts
- peanut butter
- ground meats: lean ground turkey and ground beef
- chicken: canned, frozen
- turkey: whole frozen or leftover cooked
- fish: frozen fillets or fresh if available
- pork: lean cuts such as pork loin
- meatballs: make ahead and freeze!

Dairy/ Calcium
- milk: low fat or skim, fresh, dried, evaporated, and shelf-stable
- cheese: low fat cheddar, other varieties (can be frozen and then cooked in casseroles!)
- soy milk, almond milk
- instant breakfast drinks and Ovaltine
- yogurt: low fat or non fat

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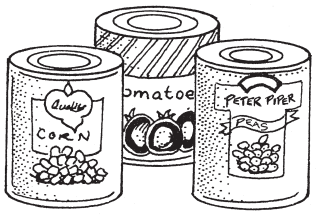
KEEPING YOUR FAMILY FED

If the Power Goes Out



Be Prepared–

If you live in an area where power outages are common, now is the time to stock up.

This is what you will need to keep your family fed:

- *Canned or shelf-stable foods*
- *Water*
- *Paper or plastic plates, cups and eating utensils*
- *A manual can opener*

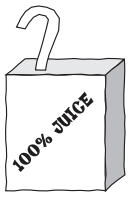
To keep your food safe and healthy:

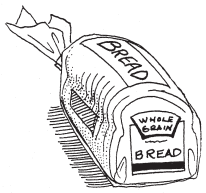
- *A food thermometer*
- *An insulated cooler*
- *Freezer packs*
- *Moist towelettes or alcohol-based hand sanitizers*

***If you CANNOT BOIL WATER, DO NOT include instant foods.**

Choose Foods with Good Nutrition & Safety in Mind

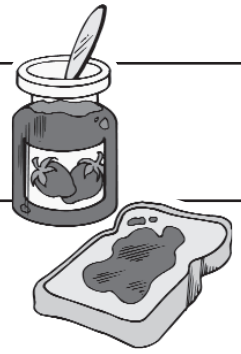
WATER	**Plan for one gallon per person per day for drinking, cooking and personal hygiene.** * Use bottled water or tap water that is stored in clean containers.
MILK AND MILK PRODUCTS	• Dry* or canned evaporated milk • Rice or soy milk • Boxed or shelf-stable milk • Powdered infant formula* • Canned puddings • Canned Parmesan or Romano cheese
MEAT, FISH, POULTRY, AND BEANS	• Ready-to-eat canned beans, meat, fish and poultry • Canned meat mixtures like chili, chow mein, stews and soups • Peanut butter, nuts and seeds • Beef jerky • Instant refried beans*
FRUITS	• Canned and dried fruit • Bottled, canned and powdered juices* and juice boxes
VEGETABLES	• Canned vegetables and vegetable juices • Canned salsa • Instant potatoes*
CEREALS AND GRAINS	• Bread (enriched and whole grain) • Bagels, muffins, quick breads • Breakfast or granola bars • Ready-to-eat cereals • Crackers, popcorn or rice cakes • Hard taco shells or tortilla chips • Instant hot cereals, rice and pasta or noodle mixes*
SOUPS	• Canned soups • Condensed soup or dried soup mixes*
SWEETS	• Trail mix • Jams and jellies • Cakes, cookies, fruit pies
STAPLES	• Instant coffee or tea, cocoa mix* • Sugar, spices, herbs, mustard, ketchup and other condiments • Non-dairy creamer • Margarine, vegetable oil

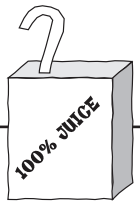




Sample "No-Cook" Menu

BREAKFAST	• Canned juice • Ready-to-eat cereal or breakfast snack bar • Whole wheat or enriched bread with jam, jelly or peanut butter • Milk (reconstituted dry* or canned milk)
LUNCH	• Peanut butter or processed cheese spread sandwich • Canned fruit • Milk or cocoa (reconstituted dry mix*)
SUPPER	• Canned tuna or stew • Crackers • Canned beans (baked beans) • Canned corn or green beans • Canned pudding • Milk or cocoa (reconstituted dry milk*
SNACK	• Canned pudding • Crackers • Peanuts, pretzels • Juice box • Granola bar or rice cakes





DON'T FORGET

- Batteries
- A flashlight
- A first aid kit
- Family medications
- Pet food (if you have a pet)
- A battery-operated clock or watch

Plan for a 3-day supply of foods that need no cooking or refrigeration.

- Choose from foods your family enjoys, plus favorite treats
- Include foods needed for special diets
- Check food labels:
  –Storage requirements
  –Use-by or expiration dates
- Plan on single servings or one-meal size portions to avoid leftovers

STORE FOODS SAFELY

- Store foods in a clean, dry area, off the floor and away from electrical appliances.
- Keep food covered at all times.
- Check all foods for signs of spoilage.
- Check cans for dents and rust. If they become damaged throw them out.

IF THE POWER GOES OUT

- FIRST–Use perishable foods and foods from the refrigerator
- SECOND–Use foods from the freezer
- THIRD–Use canned foods and shelf-stable foods

DISCARD ANY LEFTOVERS OR OPEN CANS!

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Healthy Eating

Cook Well, Eat Well, Live Well

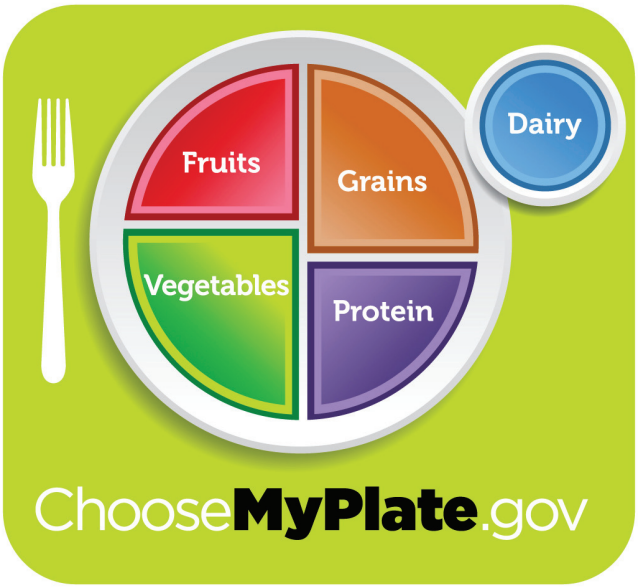
Cook Well, Eat Well, Live Well is designed to steer us towards healthy food choices and tasty meals with fewer ingredients so that we might lessen our chances of chronic illness and live active and happy lives.

Eating for the Health of It!

The USDA Dietary Guidelines offer these suggestions:

- Eat less! Balance your calories and be conscious of what, when, why and how much you eat. Strive for a healthy weight!
- To decrease your risk of chronic disease: eat less sodium, saturated fat, trans fatty acids, added sugars and processed, refined grains. Drink water!
- Build a Healthy Plate! Eat food dense in nutrients, not calories! Increase your intake of fruits, vegetables, whole grains, milk and dairy products and healthy oils to make sure you get your potassium, dietary fiber, calcium and vitamin D.
- Be active YOUR way! Pick activities you like and do what you can, at least 10 minutes at a time. It all adds up, and the health benefits increase as you spend more time being active.

For more information on healthy eating and creating healthy meals, visit www.ChooseMyPlate.gov



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10 Tips for a Healthy Plate

1. Balance calories. Find out how many calories you need for a day. This first step helps us get control of managing our weight. The standard 2000 calorie diet that food labels are based on may be too many or too little calories for you, depending on factors such as your age and activity.

2. Enjoy your food, but eat less. Eating too fast or when our attention is not on our food creates mindless eating making us eat more calories than we need. Pay attention to real hunger and fullness cues.

3. Avoid oversized portions. Use smaller plates, bowls, and glasses. You will trick your eyes and your stomach! Research shows that when we use big bowls we eat more than we think we do. Share a dish when you eat out. Measure your portions.

4. Foods to eat more often. Vegetables, fruits, low fat dairy products, whole grain breads, pastas, cereals and other grains. have the nutrients we need most.

5. Make half your plate fruits and vegetables. Eat a rainbow! It's almost impossible to eat too many fruits and vegetables! Filling up on a variety of fresh, frozen and canned will keep you from eating less nutritious foods.

6. Switch to fat-free or low-fat milk (1%) milk. These choices have the same calcium but less saturated fat and calories as whole milk or 2%. Not a fan of dairy? Try soybeans (edamame), dark leafy greens, almonds and calcium fortified breads and juice.

7. Make half your grains whole. Better yet, make them all whole! Experiment with grains such as barley, quinoa (a seed used as a grain), bulgur, brown rice and popcorn. Look for 100% whole wheat or whole grain as a first ingredient on a label.

8. Foods to eat less often. Make the cookies, cakes, ice cream, and chips an occasional treat rather than a daily snack! This type of food contains too many solid fats (shortening, butter) added sugars, and salt. They contribute to extra calories that can lead to weight gain with adding extra nutrition!

9. Compare sodium in foods. Think about it – foods that don't have a nutrition facts label (vegetables, fruits, whole grains) are the lowest in sodium. Read nutrition facts labels on packaged and processed foods and look for ways to reduce your sodium intake.

10. Drink water instead of sugary drinks. Plain water is always the best choice. Sugary drinks provide calories only. Even 100% fruit juices do not provide the nutrition of the whole fruit.

www.choosemyplate.org

Healthy Recipe Substitutions

Original Ingredient	Healthy Substitute (equal amount)
1) 1 Large whole egg (1/4 cup) — WARNING: *When baking, substitute half of the whole eggs with egg whites or the product may be tough*.	2 large egg whites, 1/4 cup egg whites or egg substitute
2) 2% or whole milk	Skim, 1/2 % or 1% milk
3) Heavy cream	Soups/casseroles — evaporated skim milk Baking — light cream or half & half
4) Coffee cream or half & half	Whole milk or evaporated skim milk
5) Buttermilk	2% buttermilk or 15 Tbsp skim milk + 2 Tbsp lemon juice
6) Evaporated whole milk	Evaporated skim milk
7) Sweetened condensed whole milk	Low-fat or nonfat sweetened condensed milk
8) Sour cream & yogurt — WARNING: *If recipe requires cooking, use nonfat only in sweet recipes.*	Low-fat or nonfat
9) Cream cheese — WARNING: *Nonfat produces dips and cakes frosting that are very runny*.	Light cream cheese
10) Cottage cheese & ricotta cheese	Low-fat or dry curds
11) Butter — WARNING: *Light/low-fat margarines contain more water and may cause a baked product to be tough, so try decreasing regular margarine 1 to 2 Tbsp first.*	Margarine
12) Regular cheese (block or shredded) — WARNING: *Do not use nonfat in cooked foods because it does not melt.*	Low-fat or nonfat
13) 1 cup cheddar cheese 1 cup grated Parmesan cheese	3/4 cup very sharp or sharp cheddar cheese 3/4 cup fresh shredded Parmesan cheese
14) 1 oz. unsweetened baking chocolate	3 Tbsp dry cocoa + 2 tsp sugar + 1 Tbsp oil
15) 1 cup chocolate chips	1/2 cup mini chocolate chips
16) 1 cup oil in quick breads (muffins, breads)	1/2 cup baby fruit or vegetable + 1/2 cup oil or 1% buttermilk
17) Regular peanut butter	Reduced fat
18) 1 cup chopped pecans or walnuts	1/2 cup nuts toasted to bring out the flavor
19) 1 cup shredded coconut	1/2 cup toasted coconut + 1/2 tsp coconut extract
20) Mayonnaise & salad dressing —WARNING: *Do not cook with nonfat versions, because they turn sweet with heat.*	Light or nonfat

Source: Purdue Extension

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How To Create Healthy Recipes

Use Less

- Sugars-Reduce the amount of added sugar by 1/3 to 1/2.
- Added Fats-In baking, use ½ of the amount of butter and substitute applesauce or mashed banana.
- Salt-Use less or eliminate from recipes. Flavor with herbs and spices.

Use More

- Vegetables-Add to prepared soups, pasta, casseroles, etc. to fill up with more fiber and less calories.
- Herbs- Flavoring with herbs and spices will curb the need for salt.
- Whole Grains-Try bulgur, brown rice, barley.

Substitute

- Pasta-Use whole grain or whole wheat varieties to triple the fiber.
- Milk-Using 8 ounces of fat free milk instead of whole milk saves 8 g fat!
- Meats-Use less meat and more vegetables and beans in recipes to save money, increase fiber and add more vitamins and minerals.
- Saturated fat-Cook with small amounts of oil and broth for heart health.

Eliminate or reduce

- Condiments-Sodium can be a hidden ingredient in sauces, dressings, mustards and catsup. Pickles and olives are also high. Read labels!
- Cheese-Using half the amount of cheese in a recipe will likely retain it's flavor. Grate cheese to make one ounce go further.

Change cooking methods

- Braising, baking and broiling, grilling and poaching add less calories from fat than frying.
- Basting-Baste with juices or low sodium broth instead of pan drippings.
- Steam vegetables in a small amount of water to retain vitamins.

Downsize your portions

- Use smaller plates and bowls to reduce excess portions.
- Eat slower to prevent mindless eating and excess calorie intake.

Nutrition Facts Labels

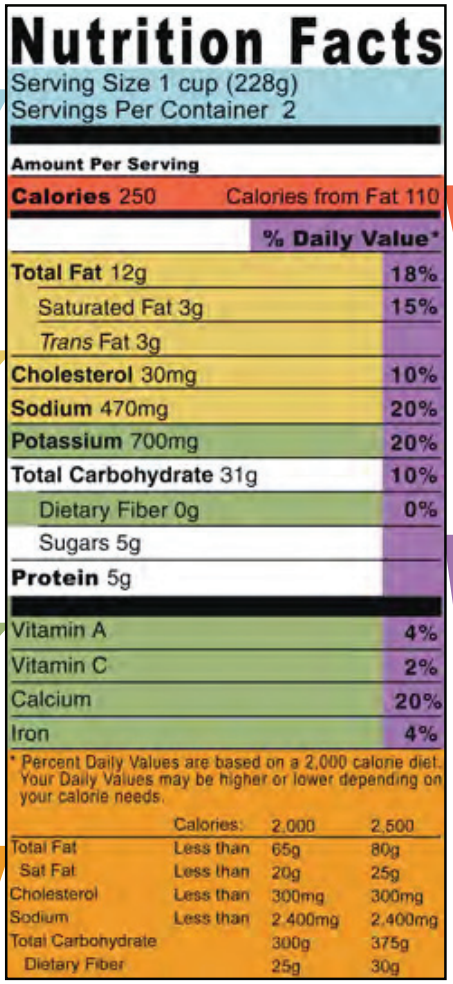
- Focus on those nutrients that are important to you. If you are concerned about your weight, concentrate on the amount of total calories you will get from eating one portion of that food.
- If you are concerned about blood pressure for example, you should pay attention to the amount of sodium in that food.
- On the right side of the nutrition facts label, you will find percentages of nutrients based on a 2,000 calorie diet. This 2,000 calorie diet is based on a standard diet and may be too many calories or not enough calories for you.
- If you would like to find out how many calories, food portions and amount of activity you need each day, you can go to www.ChooseMyPlate.gov for a personalized nutrition plan designed just for you.

1. Start Here - Everything on this label is specific to this serving size.

3. Limit these Nutrients

4. Get Enough of These Nutrients

5. Footnote - This portion of the label shows the daily goal of several nutrients based on a 2,000 or 2,500 calorie diet.



2. Check the Calories - This tells you how many calories you will be consuming if you eat the serving size. "Calories from Fat" shows you how much of the calorie content comes from fat.

6. Daily Values Made Easy - If the % Daily Value of a nutrient is less than 5%, the food is low in that nutrient. If the % Daily Value is 20% or greater, the food is high in that nutrient. Nutrients with no % Daily Value listed do not have a set recommendation for the amount to eat in one day.

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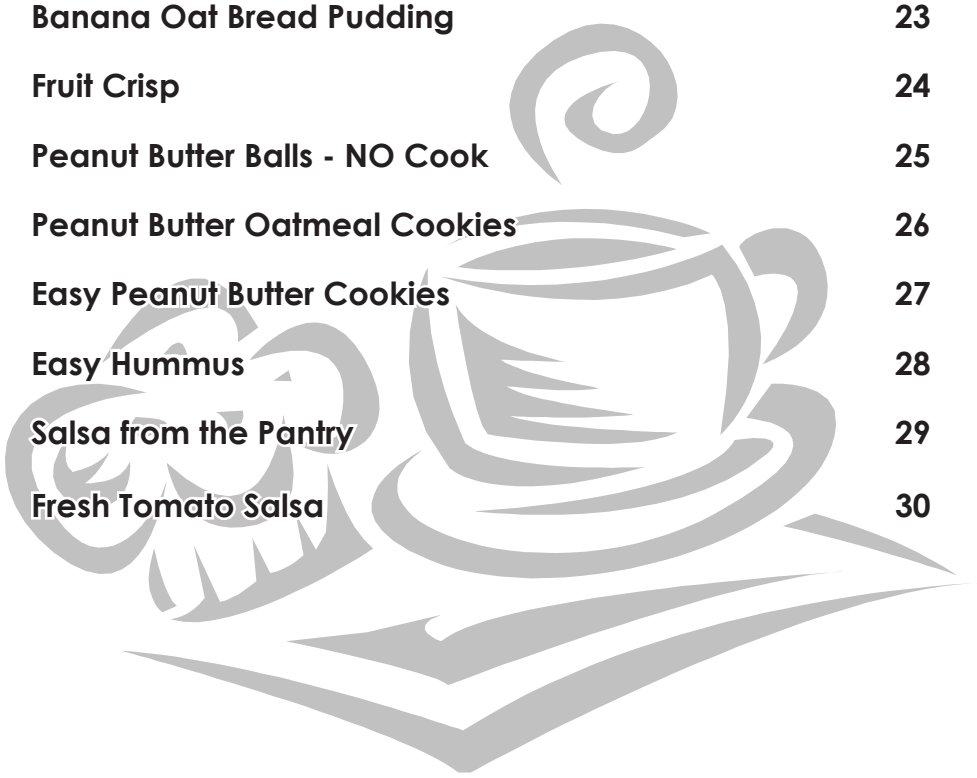
Breakfast & Snacks



Cooking Eggs

How to Make Hard Cooked Eggs
4 eggs
Cold water

1. Place eggs in a single layer in a medium saucepan. Add enough cold water to just cover the eggs. Bring to a rapid boil over high heat (water should have large, rapidly breaking bubbles).

2. Remove from heat, cover, and let stand for 15 minutes. Drain. Run cold water over the eggs or place them in ice water until cool enough to handle. Drain.

3. To peel eggs, gently tap each egg on the counter top. Roll the egg between the palms of your hands. Peel off the eggshell, starting at the large end.

How to Make Soft Cooked Eggs
4 eggs
Cold water

1. Place eggs in a single layer in a medium saucepan. Add enough cold water to just cover the eggs. Bring to a rapid boil over high heat (water should have large, rapidly breaking bubbles).

2. Remove from heat, cover, and let stand for 3 to 4 minutes. Drain.

3. Run cold water over the eggs or place them in ice water until cool enough to handle. Drain.

4. Cut tops off the eggs and serve in egg cups, or cut eggs in half and use a spoon to scoop the eggs into serving dishes.

How to Make **Microwave Scrambled Eggs**
1. Lightly oil (or use cooking spray) a microwave safe glass measure or coffee cup.

2. Add egg and milk or water; stir.

3. Cover and cook as follows:

# of Eggs	Milk or Water	Time
1	1 Tablespoon	45 seconds -1½ minutes
2	2 Tablespoons	1½ - 2½ minutes
4	3 Tablespoons	3½ - 6 minutes

4. Let egg rest for 1-3 minutes.

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Create an Omelet

Create a tasty omelet from simple foods. Just follow each step. Use your imagination! Each omelet serves 1 adult.

Step 1
Crack two eggs in a small bowl

Step 2
Add salt, pepper, water, and herbs to bowl and gently stir
Water – 1 tablespoon
Herbs – 1 tablespoon of chives and/or parsley (optional)

Step 3
Heat omelet pan or non-stick skillet over high heat and one teaspoon of butter or coat with cooking spray

Step 4
Add egg mixture and tilt pan to evenly coat bottom of pan with eggs

Step 5
Pull cooked egg from edge of pan with spatula and let liquid eggs run underneath

Step 6
Add fillings of choice
Grated cheese – Cheddar, Mozzarella, Swiss, American, Parmesan, Feta, etc.
Cooked meat – ham, bacon, Canadian bacon, chicken, etc.
Vegetables – onion, green pepper, tomatoes, salsa, green chilies, etc.

Step 7
Fold omelet in half and slide onto plate

Directions
The pan should be very hot when you add the butter so that it sizzles. As soon as the butter melts, tilt the pan to coat the bottom with the butter and then pour the egg mixture into the pan. Spread the mixture over the bottom of the pan. Gently start pulling the cooked egg to the center of the pan and let the liquid egg run underneath. When the eggs are mostly set but the top is still a little runny, add any filling of choice. Fold the omelet in half with a spatula and carefully slide it onto a plate.

Skillet Frittata

Serves 6

- 3 ½ cups of potatoes, sliced or 2 cans potatoes, drained, sliced
- ¼ cup olive oil
- 1 large onions, diced
- 1 large red pepper, diced
- 6 eggs, beaten
- 1 teaspoon baking powder
- 1 can peas, no salt added, drained
- 2 cups reduced fat cheddar or American cheese

1. Dry potatoes with paper towels.

2. In a skillet over medium heat, fry potatoes in olive oil until browned. (Skip this step if using canned potatoes).

3. In a separate skillet over medium heat, sauté onions and peppers for 5 minutes. Add to potatoes.

4. In a bowl, beat together eggs and baking powder. Pour over potato mixture. Add peas.

5. Sprinkle cheese on top of egg mixture, cover and cook for 3-5 minutes or until all cheese is melted.

Nutrition information: calories 317, total fat 17g, saturated fat 5g, sodium 454mg, carbohydrates 25g, dietary fiber 5g, protein 17g.

recipe from csfpcentral.org

Food for Thought
Fresh vegetables can be expensive out of season. When a small amount of a fresh vegetable is needed for a recipe, select a small amount from the salad bar at your grocery store. You will spend less, and possibly waste less.

Healthy Tip
Eggs are a great source of protein. Adding a mix of fresh and canned vegetables adds additional vitamins, minerals and fiber.

"I've had breakfast for dinner for years. A Frittata or omelette is a one dish meal I can make on the stove. I can add any vegetables I have in the fridge or cupboard."

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As You Like it Egg Casserole

As You Like It Egg Casserole Serves 8

This is a way to use up leftover stale bread with eggs, cheese, milk and whatever else might be in the refrigerator or cabinet!

6-10 eggs
2-3 cups grated cheddar cheese (or a blend of your favorites)
4-4 ½ cups stale bread, cut into small pieces or cubes (from a sliced or crusty loaf)
2 cups of lowfat milk

3-4 cups of a combination of these or make up your own!
- 1 cup corn (frozen or canned corn, drained)
- ½ cup chopped broccoli (leftover, fresh or frozen)
- ½ cup of sliced mushrooms
- ¼ cup chopped onion or green onions or chives
- 1 cup cubed ham or cooked lean sausage or crumbled bacon
- 1 teaspoon of dried or 1 tablespoon of fresh chopped (your choice)
  suggestions: fresh basil, thyme, rosemary or dried oregano, dill, basil

1. Preheat oven to 350F. Butter or spray a 9x13" casserole dish.
2. In a large bowl, beat eggs. Mix in milk and cheese. Add bread carefully and stir gently to coat the bread with the egg mixture.
3. Stir in the additional ingredients (usually a mixture of vegetables and maybe a little meat). Pour into casserole dish.
4. Bake in oven for 50 minutes or until the top is brown, the center is firm and a food thermometer reaches 165F.

Nutritional information varies with ingredients used. Using more vegetables and less meat would be a more nutritious choice.

Cooks Tip:
Ingredient proportions are estimates in egg dishes. Use more eggs for a firmer casserole. Some vegetables like zucchini and mushrooms have more water content and change the texture of the egg dish.

Safety First!

✓ Eggs must always be refrigerated.

✓ Store eggs in the original carton.

✓ Discard eggs that have cracked shells. These eggs could contain the bacteria salmonella which may cause illness.

Turkey Apple Breakfast Sausage Patties

Serves 6

- 1 cup of shredded, peeled apple
- 4 tablespoons soft bread crumbs
- 1 teaspoon dried sage, crushed
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- ¼ teaspoon paprika
- 1/4 teaspoon cayenne pepper
- dash ground nutmeg
- 16 ounces lean ground turkey
- nonstick cooking spray

1. In a large bowl combine the shredded apple, bread crumbs, sage, black pepper, salt, paprika, cayenne and nutmeg. Add the turkey, mixing well. Shape mixture into 8 half inch thick patties.

2. Lightly coat a large skillet with cooking spray. Heat over medium heat. Add patties and cook for 8-10 minutes or until the internal temperature reaches 165 degrees F, turning once.

Nutrition facts per patty: 98 calories, 5 g fat (1 g. saturated fat), 45 mg. cholesterol, 120 mg sodium, 3 g carbohydrate, 10 g protein.

Diabetic exchange: 1 ½ Lean Meat

Recipe from Better Homes and Gardens Kid Favorites Made Healthy, Meredith Corporation, 2003.

Food For Thought

Ground Turkey can be 'dry' or bland tasting. Add flavor and moisture with grated apple in this breakfast favorite. No time for breakfast? Cook all patties, freeze and reheat for a fast breakfast.

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Breakfast Bop - Microwavable

Serves 2

- ½ cup oats
- ¼ cup instant non fat dry milk powder
- 1 cup water
- 1 banana
- 2 tablespoons peanut butter

1. In a large microwave safe bowl, mix oats with nonfat dry milk powder and water.

2. Cook in microwave for 3 ½ minutes.

3. Carefully remove bowl from microwave and mix in the peanut butter. Slice banana on top and serve.

Nutrition information: calories 266, total fat 10g, saturated fat 2g, sodium 341mg, carbohydrates 36, dietary fiber 5g, protein 12 g.

Healthy Tip

Breakfast is the most important meal of the day. Don't skip breakfast because you are always rushed in the morning. Adding peanut butter to your breakfast adds protein. Protein is important for building healthy tissue, such as muscle and helps keep hunger away.

Skillet Granola

Serves 12

- 1/3 cup vegetable oil
- 3 tablespoons honey
- 1/4 cup powdered milk
- 1 teaspoon vanilla
- 4 cups uncooked, old-fashioned oats
- 1/2 cup sunflower seeds (or other nut)
- 1 cup raisins

1. Warm oil and honey in a skillet for one minute over medium heat. Add powdered milk and vanilla.

2. Stir in oats and sunflower seeds and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.

3. Take off heat. Stir in raisins.

4. Cool mixture. Store in an airtight container (jar or plastic bag).

Nutrition information per ½ cup serving: 260 calories, 10g fat (1g saturated, 0 trans fats), 10mg sodium, 34 carbohydrates, 4g fiber, 15g sugar, 7g protein.

Healthy Tip

Pre-made cereals often contain a lot of sodium. Make your own and sprinkle over yogurt and fruit for a healthy breakfast, snack or mini-meal.

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Applesauce Pancakes

Serves 6, 6-inch pancakes

- 1 cup applesauce, unsweetened
- ¼ cup instant nonfat dry milk powder
- 1 cup water
- 2 eggs
- 1 tablespoon canola oil
- 2 cups all purpose flour
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- 2 tablespoons baking powder

1. In a medium bowl, combine applesauce, instant nonfat dry milk powder, water, eggs and oil.

2. Add flour, sugar, cinnamon and baking powder. Stir until mixture has only small lumps.

3. Place large skillet on medium-high heat. Spray skillet with nonstick spray. Pour ½ cup batter onto skillet. Turn pancake over when bubbles form on top of the pancake. Cook the other side for about 1 minute or until golden brown.

Nutrition information per pancake: calories 240, total fat 5g, saturated fat 1g, sodium 400mg, carbohydrate 42g, dietary fiber 2g, protein 7g.

Healthy Tip

Warm a cup of applesauce and pour over your pancake instead of using maple syrup. Doing so will add some more wonderful apple flavor while saving about 50 calories.

Applesauce Bread Pudding

Serves 9

- 5 to 6 slices whole wheat bread or leftover stale bread, cut into cubes (about 3 to 4 cups)
- ½ cup seedless raisins
- 1 cup nonfat milk
- 3 eggs
- ¼ cup sugar
- 1 cup applesauce
- 2 teaspoons vanilla extract
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg

1. Preheat oven to 350 degrees. Place bread cubes in an 8" x 8" pan that has been sprayed with nonstick cooking spray.
2. Mix remaining ingredients in a medium bowl and pour over bread cubes. Bake for 40 minutes or until a table knife inserted in the center comes out clean.

Nutrition information: calories 145, total fat 3g, saturated fat 1g, sodium 99mg, carbohydrates 26g, dietary fiber 2g, protein 5g.

Recipe: "Easy Recipes using Common Commodity Foods", Northeast Project LEAN, Humboldt County Department of Health and Human Services, Eureka, CA., 2004.

Food for Thought

- Stale bread works the best: sliced, crusty or raisin bread.
- Try other dried fruit such as cranberries, dates, or cherries.
- Shopping tip: When purchasing whole wheat bread, look for whole wheat flour as the first ingredient on the label. "wheat flour" is white flour and not a whole grain.
- This dessert is another great way to use stale bread. Wrap stale bread in plastic wrap and put in the freezer until you are ready to use it in a recipe.

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Banana Oat Bread Pudding

Serves 16

- 4 slices of whole wheat bread (or 3-4 cups leftover stale bread), cut into cubes
- 1 cup quick cooking or rolled oats
- 2 ½ cup lowfat milk (shelf stable milk is ok to use)
- ¼ cup butter, softened
- 4 ripe, medium bananas, sliced
- 1/3 cup brown sugar
- ¼ cup raisins (optional)

1. Preheat oven to 350F. Lightly grease an 8 x 8 inch baking pan.
2. In a large bowl, break bread into small pieces.
3. Add oats and milk; stir. Let stand for 30 minutes.
4. to the milk mixture, add: butter, bananas, brown sugar and raisins. Stir to combine and pour into prepared pan.
5. Bake at 350F for 45-55 minutes, or until pudding has set. Serve warm or cold.

Recipe from Greater Pittsburgh Community Food Bank.

Nutrition information per 3 ounce serving: calories 120, total fat 4g, sodium 40mg, carbohydrate 20g, dietary fiber 2g, protein 3g.

Healthy Tip

This recipe has TWO whole grains: whole wheat bread and oats. Dietary fiber will help keep you full and possibly lower your blood pressure and cholesterol.

Fruit Crisp

Serves 6

- 2 cans fruit, packed in pear or pineapple juice, drained
- ¼ cup sugar (optional)
- ½ cup flour
- ¼ cup brown sugar
- 1/3 cup melted margarine or butter
- ½ cup rolled oats, uncooked
- ¾ teaspoon cinnamon
- ½ teaspoon nutmeg

1. Preheat oven to 375 F. Coat an 8" baking dish or pie plate with cooking spray.

2. Place fruit in prepared baking dish. Sprinkle with sugar, if desired.

3. Combine flour, brown sugar, margarine, oats, cinnamon, and nutmeg until crumbly. Sprinkle over fruit.

4. Bake at 375 degrees F for 30 minutes.

recipe from csfpcentral.org

Nutrition information: calories 273, total fat 10g, saturated fat 6g, sodium 74mg, carbohydrates 50g, dietary fiber 5g, protein 2g.

Healthy Tip

Many pre-made desserts are high in salt and sugar. Making them from scratch at home is often a healthier choice.

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Peanut Butter Balls - NO Cook!

8 servings

- 1/2 cup peanut butter
- 1 tablespoon honey or maple syrup
- 1/4 cup cocoa or dry nonfat milk powder
- 1/4 cup raisins, coconut, chopped nuts, or cereal (crushed)

1. Mix first three ingredients.

2. Roll into balls.

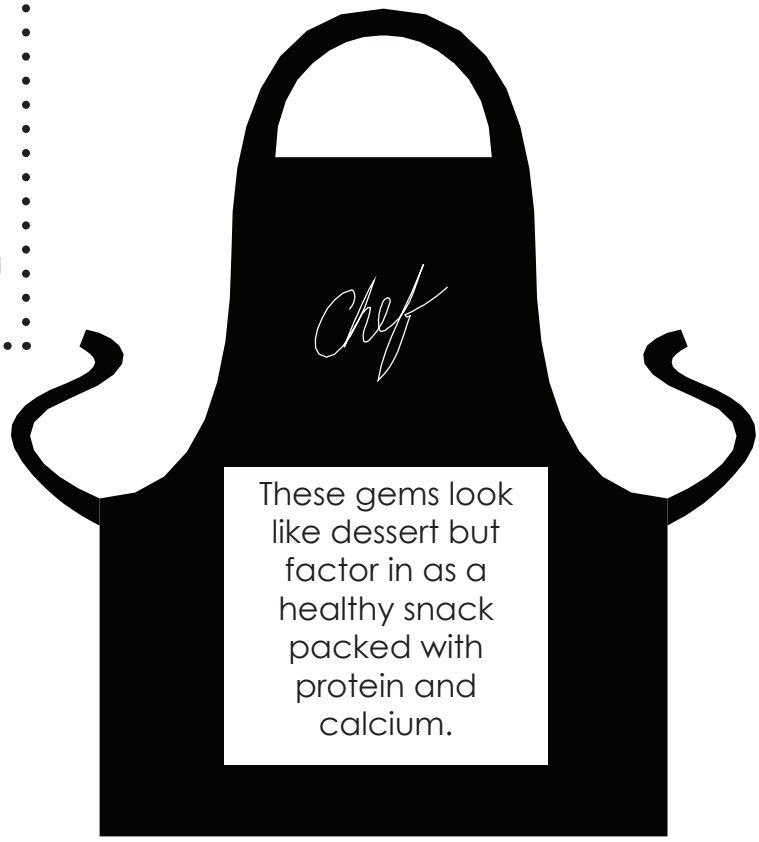
3. Roll in raisins, coconut, nuts or crushed cereal.

4. Serve, or chill for later!

Nutrition information: calories 106, total fat 8g, saturated fat 2g, sodium 79mg, carbohydrates 6g, dietary fiber 1g, protein 4g.

Healthy Tip

Sunflower butter works well when peanut butter isn't tolerated. Try rolling them in crunchy crushed cereal or soft coconut. Coated with plain cocoa they resemble a fancy chocolate truffle.



Peanut Butter Oatmeal Cookies

Yield: 3 dozen cookies

- ½ cup butter, softened
- 1/3 cup sugar
- ½ cup peanut butter
- 1/3 cup brown sugar
- 2 egg whites (or one whole egg)
- ½ teaspoon vanilla
- 1 cup flour
- ½ teaspoon baking soda
- 1 cup oats

1. Preheat oven to 375 degrees F.

2. Blend butter and sugar together. Add peanut butter and brown sugar, mixing until combined well. Add egg and vanilla.

3. Mix the baking soda and flour together and add to peanut butter mixture.

4. Stir in oats. Drop dough by spoonful 2 inches apart on an ungreased cookie sheet and bake for 8-10 minutes.

Nutrition facts: calories 134, fat 7 g, protein 3 g, carbohydrates 15 g

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Easy Peanut Butter Cookies

12 servings

- 1 cup peanut butter
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla extract

1. Preheat oven to 350 degrees F.

2. Combine all ingredients together in a large bowl and mix well.

3. Drop by the tablespoonful onto a baking sheet. Flatten cookies with a fork.

4. Bake 15 minutes.

Nutrition facts: calories 140, fat 7 g, protein 4 g, carbohydrates 15 g

"My daughter has celiac disease and needs to be gluten-free. She helps make these cookies and eats them warm out of the oven!"

Easy Hummus

Serves 8 as a dip or spread

No need to spend money on hummus! This is a quick version with great lemon flavor.

- 2 cups chick peas (one 15 ounce can, drained and rinsed)
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 3 cloves garlic, chopped
- 1/3 cup canola oil
- 1/4 cup lemon juice
- 2 tablespoons chopped parsley (optional)

Mix all ingredients together with a fork or in a blender, until smooth. Serve as a dip with vegetables.

Nutrition information: calories 148, total fat 9g, saturated fat 1g, sodium 326mg, carbohydrates 15g, dietary fiber 3g, protein 3g.

Healthy Tip

Chick peas (also known as garbanzo beans) are a great source of protein, iron, calcium and fiber.

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Salsa from the Pantry

Serves 6

- 1 (15-ounce) can tomatoes, diced, no salt added, drained
- 1 (15-ounce) can corn, no salt added, drained
- 1 small onion, diced
- 1 clove garlic, minced
- 1/4 cup vinegar
- 1/4 cup olive oil
- 1 tablespoon basil leaves or 1 teaspoon dried

1. In a bowl, combine all ingredients except for tortilla chips.

2. Refrigerate for 1 hour.

3. Serve with quesadillas, burritos or as a topping for fish or chicken.

csfpcentral.org

Nutrition information: calories 148, total fat 9g, saturated fat 1g, sodium 32mg, carbohydrate 17g, dietary fiber 3g, protein 2g.

Food for Thought

Add a can of drained and rinsed black beans for a protein and fiber packed side dish or dip.

Fresh Tomato Salsa

Serves 3

- 1 cup fresh tomato, diced and seeds taken out
- 2 tablespoons fresh basil or 1 teaspoon dried
- 1 teaspoon fresh mint, finely chopped or ¼ teaspoon dried mint
- 1 tablespoon chopped onion or sliced scallions
- 2 teaspoons olive or canola oil

1. Combine all ingredients in a bowl and gently mix.

2. Serve as a dip or use as a sauce, spooning salsa over baked or broiled fish or chicken.

Cindy Hubbard, UMASS Extension

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Soups & Stews

RECIPES

Souper Tricks

Adding additional ingredients increases the volume of food and can dilute the sodium. It can also increase the "nutrition density" of a food by adding fiber (ie: brown rice or whole grain pasta, vegetables), vitamins and minerals (ie: vegetables, milk) and protein (ie: beans, legumes, leftover meats, etc.).

Try these "souper" ideas using ready-to-serve or condensed soup. Reconstitute condensed soups per directions on the label using water or milk.

Chicken Rice or Noodle

- Add 1 cup of peas and carrots plus ¾ cup cooked chicken per can of soup.
- 15 oz. can of white or black beans, drained and rinsed, 1 cup crushed tomatoes and (optional) 4 ounce can of chopped green chillies.

Tomato

- Add mixed vegetables, corn or rice.
- Add to ½ pound of browned ground lean meat (turkey, beef or venison), adding water and vegetables for a quick stew.

Vegetable Beef

- Add whole grain pasta or noodles, rice and additional vegetables for a heartier soup.
- Add leftover vegetables and cooked chicken or other meat.

Ramen

- Use only ½ seasoning packet and add spinach and or peas. When done, quickly. whisk in an egg white to make your own "egg drop" soup. Add chopped chives or green onions if desired.

Split Pea

- Add leftover sausage, hot dog, kielbasa etc. and corn.

Vegetable

- Add to rice or pasta with extra vegetables and a can of kidney or white beans for a quick vegetarian meal.

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Kitchen Sink Soup or "Left Over" Soup

Ingredient Amount Suggestions for 4 servings

Liquid
- 4 cups broth, milk, tomato juice, or in combination with water

Vegetables
- ½ medium onion, chopped
- 1½ cups any vegetable(s) (canned, frozen, fresh or leftover)

Meat and/or Beans
- 1 cup combination cooked meat and cooked or canned beans, drained

Starch or Thickener
- 1 cup cooked rice, barley, noodles, pasta

Seasonings
- 1 Tablespoon vegetable oil
- 1 clove garlic, minced (optional)
- ½ teaspoon salt, ⅛ teaspoon pepper, herbs or spices to taste

1. In saucepan over medium heat, add oil and onions. Cook for 5 minutes or until onions are soft . Add optional garlic, cook 1 minute more.

2. Add liquid to onion mixture; bring to simmer.

3. Add vegetables, cooked meat and/or beans and starch or thickener. Cook until everything is hot and starch ingredient is cooked.

4. Add remaining seasonings. Cook an additional 5 minutes to combine flavors.

Greek Egg and Lemon Soup

Serves 2

Very easy soup packed with protein and iron! Very smooth.

- 2½ cups chicken broth, low fat
- 1½ tablespoons lemon juice
- ¼ cup orzo or other small pasta
- 1 cup packed baby spinach leaves
- 1 egg
- black pepper to taste

1. In a medium saucepan, bring broth to a boil. Add orzo or pasta. Lower heat and simmer until tender, about 8 minutes.

2. In a medium bowl, whisk together egg and lemon juice.

3. Remove pot from heat and, measure out ½ cup hot broth. Pour broth slowly into the egg-lemon mixture, whisking to keep eggs from scrambling. Pour egg mixture back into soup pot, whisking constantly. Add spinach and return to burner over very low heat, stirring until spinach wilts, 1 to 2 minutes. Season with pepper.

Nutrition Info: 190 calories, 5g fat, 1g fiber, 135mg sodium

Source: womenshealthmag.com

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Microwave Vegetable Soup

Serves 4

This soup has flavor, is simple to prepare, AND it's cheap!

- 1 cup diced onion
- 1 (15-ounce) can diced or stewed tomatoes
- 2 teaspoons minced garlic or 1 teaspoon of garlic powder
- 2 cups mixed vegetables (leftover, canned or frozen)
- 2 8-ounce cans no-salt added tomato sauce
- 1 teaspoon dried basil

1. Put all ingredients into a large microwave safe bowl.

2. Heat until vegetables are cooked.

Serve with whole grain bread.

Nutrition information per 1 1/2 Cup Serving: 161 calories, 0g fat, 300 mg sodium, 29 g carbohydrate, 7 g fiber, 6.6 g protein.

Healthy Tip

Eating vegetables increases the fiber in your diet, adds lots of vitamins and minerals and makes you feel full, so you don't need to fill up on less healthy choices.

To make this soup on the stove, sauté onion and garlic briefly in the pan with a cooking spray or just a little oil. This brings out their sweet flavor and adds to a richer flavor.

Minestrone Soup

Serves 8

- 2 (14.5 ounce) cans low fat, low sodium chicken broth
- ¼ cup shell macaroni, uncooked
- 1 (16 ounce) package of frozen mixed vegetables (or 4 cups of
- a combination of fresh, frozen and canned vegetables)
- 1 (16 ounce) can stewed or diced tomatoes
- 1 teaspoon garlic powder
- 2 cups (or one 15 ounce can) red kidney beans, drained and rinsed
- 1 teaspoon dried basil leaves

1. Mix all ingredients in a large saucepan; bring to a boil over medium-high heat.

2. Reduce heat, simmer for 20 minutes or until macaroni is cooked.

Nutrition facts: for each 1 cup serving: calories 140, fat .5 grams, fiber 6 grams

Recipe: UMass Extension Nutrition Education Program

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Vegetable Soup Shepherd's Pie

Serves 4

A quick version of a family favorite, using some basic pantry staples.

- 1 pound lean ground beef or turkey
- ½ cup onion, chopped
- 1 teaspoon ground black pepper
- 2 cans vegetable soup
- 1 can corn, no salt added, drained
- Instant or leftover mashed potatoes (about 2 cups) prepared

1. Preheat oven to 350 F. In a large pan, sauté ground meat and onions. Drain the meat. Add soup and corn and simmer until hot.

2. Pour meat mixture into 8 x 8" baking dish. Spread with mashed potatoes.

3. Bake uncovered at 350 F for 20 minutes.

Nutrition information: calories 365, total fat 9g, saturated fat 3g, sodium 775mg, carbohydrate 47g, dietary fiber 6g, protein 28g.

Healthy Tip

Soups contain high levels of salt. Using a reduced sodium soup will make this dish much lower. Adding extra water and more vegetables is another way to add more servings per recipe, cut the amount of sodium per serving, and add fiber, vitamins and minerals.

Six Can Chicken Tortilla Soup

Serves 6

This recipe can be made in a crock pot or slow cooker as suggested, or can be made in a large stew pot on the stove. Fresh, frozen or canned vegetables may be used.

- 1 (15-ounce) can corn, drained
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (10-ounce) can diced tomatoes with green chili peppers, drained
- 2 (14.5-ounce) can chicken broth
- 1 (10-ounce) can chunk chicken, or leftover cooked chicken or turkey
- Tortilla chips for garnish (optional)

1. Put all ingredients into a pot. Heat until boiling.

2. Reduce heat to a simmer for 5 to 10 minutes, or until everything is heated through. Serve with a few tortilla chips on top. Enjoy!

Nutrition information not available

Healthy Tip

Know your beans! Compare labels of the same type of bean but different brands. You will be surprised to see the difference: as little as 26mg sodium per serving in one brand and as much as 320mg in another.

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Easy Skillet Chili

Serves 10

- 1 pound ground meat (beef, chicken or turkey)
- 1 onion, chopped
- 2 teaspoons chili powder
- 1 (14.5-ounce) can tomatoes, chopped with juice
- 2 (15-ounce) cans beans (can use black, pinto, kidney or any other bean)
- 1 (10.75-ounce) can condensed tomato soup + 1 soup can of water

1. Brown meat and onion in a skillet, cook on medium-low heat for 5 minutes, stir often. Drain grease from pan.

2. Add chili powder and stir, cook for 3-5 minutes. Add tomatoes, drained beans and tomato soup. Add water; stir and simmer for at least 30 minutes.

3. Refrigerate leftovers within 2 hours.

Nutrition information for 2/3 cup serving: calories 170, total fat 4g, saturated fat 1g, sodium 520mg, carbohydrates 20g, dietary fiber 4g, protein 13g.
Recipe from www.foodhero.org

Ribollita Soup (Italian Tomato and Bread Soup)

Serves 6

- 2 tablespoons olive oil
- 4 garlic cloves, chopped
- 1 cup onion, chopped
- 2 medium carrots, chopped
- 2 celery ribs, chopped
- 1 (10-ounce) package frozen spinach
- 2 (15-ounce) cans cannellini beans, drained and rinsed
- 6 cups chicken broth, low sodium
- 1 (15-ounce) can tomato puree (or use crushed tomatoes)
- 9 ounces (3 cups) day old crusty bread, torn in small pieces
- ¼ cup fresh basil or 1 heaping tablespoon of dried basil
- Parmesan cheese, grated (optional)

1. Heat oil in a large pan over medium high heat. Add oil, garlic, onion, carrots, celery, and carrots.

2. Saute 5-7 minutes until vegetables are softened. Add frozen spinach and stir to break up clumps.

3. Add beans, broth and tomato puree. Bring soup to a boil and stir in bread.

4. Reduce heat to a simmer and cook until soup thickens slightly. Stir in chopped basil. Serve with parmesan cheese if desired.

Nutrition information: calories 384, total fat 6g, saturated fat 1g, sodium 889mg (see healthy tip!), carbohydrates 63g, dietary fiber 10g, protein 10g.

Healthy Tip

Canned tomato products can have high levels of sodium and can have corn syrup or sugar added to them. Read labels to make healthy choices and lower sodium in your recipes.

If you have an extra loaf of crusty bread, wrap in plastic wrap or bag, and freeze. When you are ready to eat it, unwrap, run quickly under running water and put into a 350 degree oven for about 10-15 minutes. It will crisp on the outside and warm on the inside!

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Tuscan Pasta and Bean Soup

Serves 4

- 1 (15-ounce) can of kidney or pinto beans, drained and rinsed
- 2 teaspoons of olive or canola oil
- 1 cup chopped onion
- 1 (28-ounce) can of crushed tomatoes
- 2 (14.5-ounce) cans of low fat low sodium chicken broth
- 2 teaspoons each of dried basil and parsley
- ¼ teaspoon black pepper
- ½ cup dried small pasta shells or macaroni

1. Heat oil in large saucepan over medium-high heat. Add onion and cook 2 to 3 minutes until tender.

2. Stir in tomatoes, broth, beans, 1/3 cup of water, basil, parsley and pepper. Bring to boil.

3. Add pasta, reduce heat to low. Cook 12 to 15 minutes or until pasta is tender.

Food for Thought

Beans offer a great source of protein and fiber, are low in calories and fat and have B vitamins, calcium, potassium and folate!

Healthy Tip

To lower sodium by almost 40%, drain and rinse canned beans before using them.

Quick Black Bean and Sweet Potato Chili

Serves 6

- 2 medium-large sweet potatoes
- 2 Tablespoons olive oil
- 1 cup chopped onion
- 2 to 3 garlic cloves, minced
- 1 medium red bell pepper, diced
- 1 (32-ounce) can black beans, drained and rinsed
- 1 (28-ounce) can diced tomatoes
- 1 to 2 small fresh hot chilies, minced
  OR
- 1 (4-ounce) can chopped mild green chilies
- 2 teaspoons ground cumin
- ½ teaspoon dried oregano

1. Microwave the sweet potatoes on high 3-4 minutes per potato. When cool enough to handle, peel and cut into ¾-inch dice. Set aside.

2. Heat the oil in a large soup pot. Add the onion and garlic and sauté over medium heat until golden. Add the bell pepper, beans, tomatoes, chilies, cumin, and oregano. Bring to a simmer. Cover and gently simmer for 15 minutes. Add the sweet potatoes and continue to simmer until tender.

3. Sprinkle with chopped fresh cilantro over the top of individual portions. For an easy meal, serve with cornbread or other hearty whole grain bread and a bountiful tossed salad.

Nutrition info per serving: 202 calories, 5 g total fat, 8 g protein, 8.5 g dietary fiber, 33 g carbohydrates, 222 mg sodium.

Recipe from: The Vegetarian Family Cookbook

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Brenda's Turkey Chili

Serves 6

- 1 pound lean ground turkey
- 2 cans low sodium corn, drained
- 2 cans dark kidney beans, drained and rinsed
- 1 (28 ounce) and 1 (8 ounce) can no salt added tomato sauce
- 2 teaspoons Chili powder and ½ teaspoon garlic powder (or to taste)
- ½ medium onion, chopped
- 1 medium green pepper, chopped
- 1 tablespoon olive or canola oil

1. In a large sauce pan, sauté onion and pepper in oil until tender. Set aside. In the same pan brown ground turkey until thoroughly cooked. Add onions and peppers to turkey. Add all other ingredients and bring to a boil.

2. Immediately lower heat and simmer for at least 30 minutes. Taste to adjust for seasonings.

Nutrition information: calories 365, fat 10g, saturated fat 2 g, sodium 310mg, carbohydrates 51, dietary fiber 9g, protein 22 g. nutritiondata.com

Submitted by Brenda Swain

Healthy Tip

Chili is a hearty meal that can be served with salad for a complete meal. Make a large batch and freeze chili for a quick lunch or dinner. Chili served over a baked potato is another quick meal to try.

Corn Chowder

Serves 6

- 1 tablespoon canola or other vegetable oil
- 1 medium onion, diced
- ½ cup celery, diced
- 2 cups potatoes, diced (about 2 medium)
- 1½ cups water
- 1 (14-ounce) can low-sodium chicken broth
- 1 bay leaf
- 1 teaspoon thyme
- 2 cups corn, cooked and cut from the cob, or
- frozen or canned corn
- 1 (12-ounce) can evaporated skim milk
- Salt and pepper to taste
- 2 tablespoons fresh chopped parsley (optional)

1. Sauté onions and celery over medium heat in oil until soft.

2. Add potatoes and stir with celery and onions. Add water, broth, bay leaf, and thyme.

3. Cover, bring to boil, and simmer until the potatoes are tender, about 10-15 minutes.

4. Add the corn, evaporated milk, salt and pepper.

5. Heat to a simmer. Add the chopped parsley and serve.

Nutrition information: Calories per cup: 140, fat: 2.5 (no saturated or trans fat), 5 mg cholesterol, 100 mg. sodium, 22 carbohydrates, 2.5 g. fiber, 7 g. protein

Recipe credit to: Learn It Live It Recipe Book, University of Rhode Island Cooperative Extension.

Healthy Tip

Make this chowder into a hearty meal by stirring in a can of tuna or salmon.

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Fish Chowder

Serves 8

- 4 cups chicken broth, low fat and low sodium
- 1 bay Leaf
- 1/8 teaspoon thyme
- 1/8 teaspoon rosemary
- 1 pound Fish Fillets,* cut in 1 inch cubes
- 1 large onion, chopped
- 1 cup chopped celery (include tender Leaves)
- 4 cups diced potatoes with skin
- 1 (13 ounce) can evaporated skim milk
- 1/4 cup corn starch
- Garnish: 1/4 cup finely chopped green onions

1. Place stock, first 3 seasonings, and fish in large pot. Bring to boil. Add vegetables when mixture returns to boil, reduce heat and simmer covered for 30 minutes.

2. Transfer 2 cups of the chowder to a blender and puree; return pureed contents to the pot.

3. Add can milk into cornstarch and stir until smooth. Add the mixture to the simmering chowder, stirring constantly until thicken. Remove bay leaf.

*Any white fish fillets will work.

Nutrition information: calories 272, total fat 1g, sodium 527mg, carbohydrates 38g, dietary fiber 3g, protein 26g.

Cook's Tip: Leftover fish could be used to make this recipe. Simply add fish to chowder after the vegetables have cooked about 15 minutes.

Healthy Tip: Evaporated skim milk is a great way to make a cream sauce or soup without the fat of cream.

Vegetable and Salmon Chowder

Serves 4

- 1 ½ cup onions, diced
- ½ cup carrots, sliced
- ½ cup celery, diced
- 2 cups canned potatoes, drained*
- 1 (10-ounce) package frozen corn or 8-ounce can, drained
- 4 cups low fat, low sodium chicken broth
- ½ (14-ounce.) can salmon, drained, flaked, skin and bones removed

1. Spray large saucepan with nonstick cooking spray; add onions, carrots and celery and cook over medium heat for 3 to 4 minutes or until tender.

2. Add corn and chicken broth; heat to boiling. Reduce heat; simmer for 10 minutes.

3. Add salmon and canned potatoes; cook for 5 minutes.

Nutrition facts: calories 230, fat 4 g, sodium 510 mg, protein 17 g, carbohydrates 35 g

Food for Thought

- Substitute 2 small diced potatoes for the canned potatoes. Add with the corn and the chicken broth.

- Use frozen, chopped spinach instead of corn for a different flavor and appearance.

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Rosemary Pork and Potato Stew

Serves 4

- 1 small onion, chopped
- ½ can pork, chopped or shredded
- 1 can potatoes, drained and rinsed (or a large raw potato, sliced)
- 4 carrots, peeled and sliced
- 1 (15 ½ oz.) can diced or stewed tomatoes, undrained
- ¼ cup low fat, low sodium chicken broth
- 1 teaspoon garlic powder
- 1 teaspoon dried rosemary leaves, crushed

1. Lightly spray a large, shallow saucepan with nonstick cooking spray and place over medium high heat. Brown onion and pork until golden brown, about 2 minutes. Drain the pork of any excess grease.

2. Add the remaining ingredients and bring to a boil. Reduce to a summer. Cook about 20 minutes to blend flavors and heat through. Stir occasionally.

Nutrition facts per serving: calories 300, fat 14 g, saturated fat 4.5, sodium 570mg, carbohydrates 24 g, fiber 5 g, protein 23 g

Food for Thought

- When possible use fresh potatoes instead of canned potatoes. Just peel and slice before adding to stew. Increase cooking time to make sure potatoes are done.

- Fresh rosemary leaves can be used in place of dried. Replace 1 teaspoon of dried herbs with 1 tablespoon fresh.

Panama Pork Stew

Serves 6

This recipe can be made in a crock pot or slow cooker as suggested, or can be made in a large stew pot on the stove. Fresh, frozen or canned vegetables may be used.

- 2 small sweet potatoes (about 12 ounces total), peeled and cut into 2 inch pieces
- 1 (10-ounce) package of frozen corn
- 1 (9-ounce) package of frozen green beans, or one can of green beans, no salt added
- 1 medium onion, chopped
- 1 ¼ pound lean pork stew meat, cut into 1 inch cubes OR 24 ounce canned pork
- 1 (14.5-ounce) can diced tomatoes
- ¼ cup water
- 1-2 tablespoons chili powder
- ½ teaspoon cumin

1. In a crock pot or slow cooker, place potatoes, corn, green beans and onion into bottom of pot. Top with pork.

2. Combine tomatoes, water, chili powder and cumin in a bowl and pour over the pork.

3. Cover and cook on Low for 6 hours if using canned pork, 7-9 hours if using fresh pork.

Nutrition information: calories 387, total fat 9g, saturated fat 3g, sodium 442mg, carbohydrates 41, dietary fiber 8g, protein 36g.

Recipe courtesy of Mary Anderson

Healthy Tip

Sweet potatoes and vegetables add a lot of fiber to this recipe. Use vegetables and canned beans and legumes to stretch the amount of servings you get from meat.

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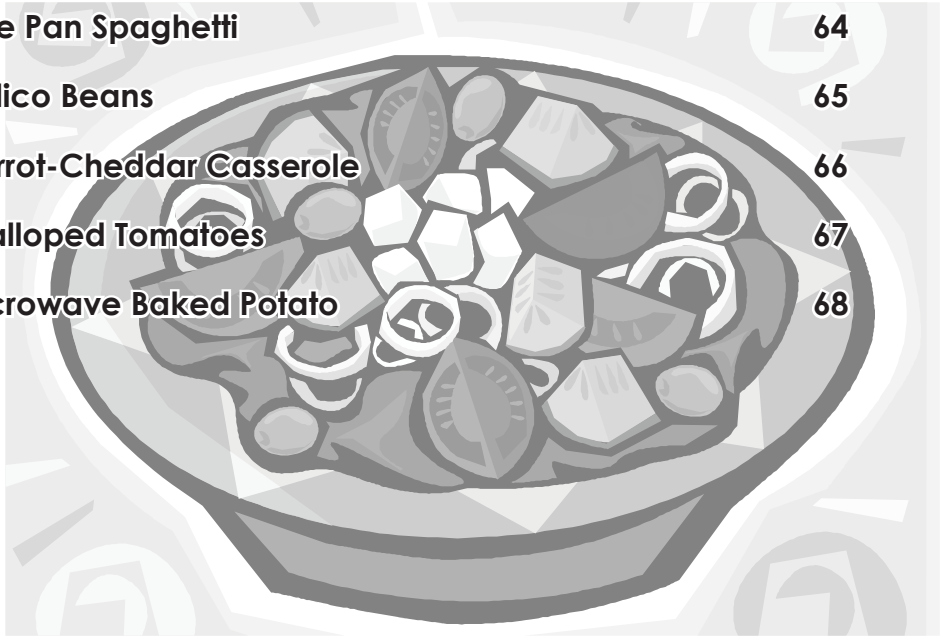
Salads & Sides

RECIPES



Create a Pasta Salad

Serves 2-3

Combine your choice of ingredients together in a large bowl. Add dressing and seasonings, toss to coat adding more dressing as needed. Chill until serving time.

Starch–start with:
2 cups cooked pasta
(any shape)

Vegetables–add 2 cups fresh, canned or frozen:
- Cauliflower
- Tomatoes
- Green beans
- Rutabaga
- Celery
- Peas
- Green pepper
- Carrots
- Broccoli
- Cucumbers
- Onions
- Olives
- Kohlrabi
- Radishes
- Zucchini

Protein–add 1/2 cup:
- Diced cheese
- Sunflower seeds
- Diced meat
- Kidney beans
- Pinto beans
- Garbanzo beans
- Nuts
- Tuna fish
- Canned meat
- Shrimp

Dressing–select ONE–add 1/4 cup:
- Oil/vinegar dressing
- Low-calorie salad dressing
- Low-calorie ranch dressing
- Low-calorie Caesar dressing
- Olive oil

Flavor–select ONE or MORE:
- Salt
- Pepper
- Oregano
- Basil
- Dill weed
- Other spices or herbs

Source: Michigan State University Extension (2008). Eating Right is Basic. East Lansing, MI: Michigan State University Extension.

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Cabbage and Ramen Noodle Salad

Serves 6

SALAD:
- 1 small head red or green cabbage, chopped finely (or use 1/2 of each)
- 2 green onions, chopped
- 1 carrot, washed well and grated
- 1 package ramen noodles, dry, crushed

DRESSING:
- 3 Tablespoons vegetable oil
- 3 Tablespoons vinegar
- 2 Tablespoons sugar
- 1 ramen noodle seasoning package.
- 1/4 teaspoon pepper
- 1 Tablespoon light soy sauce

1. Make dressing by combining ingredients in a bowl.

2. Combine cabbage, green onion and carrot in a large bowl, toss well. Add crushed ramen noodles and dressing and toss again.

3. Serve right away or cover and refrigerate to allow flavors to blend and noodles to soften.

Nutrition information: calories 173, fat 7g, saturated fat 1g, sodium 289 mg, carbohydrates 25 g, fiber 4 g, protein 3 g. nutritiondata.com

Healthy Tips

- ✓ Blanch or lightly steam cabbage to make it easier to chew and digest.
- ✓ To decrease sodium, add only 1 teaspoon of ramen seasoning package OR omit soy sauce.
- ✓ For more protein, add 1 chopped boiled egg OR add 1 cup cooked poultry, meat, or fish.
- ✓ Diabetics: use a sugar substitute in place of sugar to decrease the total carbohydrates.

" I didn't have cabbage so I used broccoli stems and carrots that I shredded on a grater. I love this in the summer because there is no cooking! I mix it up in the morning, put it into the refrigerator and by dinner time it's ready to serve."

Three Bean Pasta Salad

Serves 4-6

Beans are a natural combination with pasta and can be served as a main dish salad. It's easy to create your own salad -- just combine beans, veggies, pasta and your favorite salad dressing. Refrigerate for about an hour to allow flavors to blend. ENJOY!

- 1 pound whole grain or whole wheat pasta, (bowtie or other medium shape) uncooked
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 (15-ounce) can chickpeas, rinsed and drained (or use another white bean!)
- 1 cup green beans, (fresh, frozen or canned)
- 1 small red onion, chopped
- 1 red bell pepper, seeds and ribs removed, chopped
- 3 tablespoons Dijon mustard
- 2 tablespoons vegetable oil
- 3 tablespoons red wine vinegar
- 3 tablespoons chopped fresh parsley, basil or oregano (optional)

1. Prepare pasta according to package directions; drain. Rinse under cold water and drain again.

2. In a large bowl, stir together the pasta, kidney beans, chickpeas, green beans, onion and bell pepper. In a small bowl, stir together the remaining ingredients.

3. Toss pasta with dressing, chill and serve.

Nutrition Facts per serving: calories, 374; protein, 14.7 g; carbohydrates, 59.6 g; fat, 9.3 g; cholesterol, 0 mg

SOURCE: Recipe courtesy of National Pasta Organization. For more information about pasta, visit www.ilovepasta.org

Food for Thought

If red pepper is not available, use cherry or grape tomatoes or chopped carrots.

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Southwestern Black-eyed Pea and Corn Salad

Serves 6

- 2 (15-ounce) cans of black-eyed peas or pigeon peas, drained and rinsed
- 1 red bell pepper, diced
- 1 small onion, diced
- 2 cups canned or frozen corn, drained (and thawed)
- 3 tablespoons olive or canola oil
- 2 tablespoons vinegar
- 1 teaspoon ground cumin
- black pepper to taste
- fresh chopped parsley or cilantro

1. Mix the black-eyed peas and corn with the oil and vinegar. Add spices.

2. Toss parsley or cilantro into the salad. Chill until ready to use.

Nutrition facts per serving: calories 120, fat 3 g, protein 5 g, carbohydrates 21 g

Simple Three Bean Salad

Serves 8

1 (15 ounce) can green beans, rinsed and drained) or 2 cups fresh, cooked beans
1 (15 ounce) can kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 carrot, thinly sliced or grated
1 small onion, chopped or ½ cup green onions, sliced
3 tablespoons white or cider vinegar
1 tablespoon sugar (or splenda if used)
¼ cup olive or canola oil

1. In medium bowl, mix all ingredients.
2. Cover and chill for one hour before serving.

Nutrition information not available.

Rainbow Pasta Salad

Serves 6

- 8 ounces of rainbow pasta, cooked
- 1 cup cooked black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen or canned)
- 1 cup sliced carrots
- 1//2 cup sliced radishes
- ½ cup sliced green onions
- 1 cup broccoli florets, steamed
- 1 teaspoon olive oil
- 1 teaspoon of oregano
- 2 tablespoons vinegar (red wine or apple cider vinegar)

1. Cook pasta according to package directions; drain in colander and rinse with cold water.

2. Place all ingredients in a medium sized mixing bowl and mix well; refrigerate until ready to serve. Looks and tastes great served on a bed of garden greens.

Nutrition information (for 1 1/4 cup serving): calories 182, total fat 2g, sodium 8 mg, carbohydrates 36 g, dietary fiber 5g, protein 7g.

Source: Communicating Food For Health, May 1999.

Healthy Tip

Looks and tastes great served on a bed of garden greens.

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Peanut Butter Noodle Salad

Serves 6

- 1 (8 ounce) package of pasta, linguine works great
- 1 tablespoon peanut butter
- 2 tablespoons lite-Soy sauce
- 1 tablespoon oil (canola oil, olive oil or sesame oil)
- 1 teaspoon Sugar
- ½ teaspoon white or cider vinegar
- 2 garlic cloves; minced
- ¼ teaspoon onion powder or 3 chopped scallions, tops only

1. Cook linguine according to package instructions in boiling water; drain.

2. In a large bowl, mix all the remaining ingredients together.

3. Add linguine to sauce and toss to coat well. Refrigerate.

Nutrition information per serving: calories 185, total fat 4g, carbohydrates 30g, protein 6g, dietary fiber 1g.

Healthy Tip

Make it a meal! Add shredded purple cabbage, carrot and cucumber to add color and crunch.

Lunch Box Taco Salad

Serves 1

- 2 cups shredded romaine lettuce
- ¼ cup chopped tomato
- ½ cup pinto or kidney beans (cooked, from dried beans, no salt)
- ½ cup salsa
- ½ cup shredded low fat Cheddar cheese
- 2 Tablespoons low-fat sour cream
- ½ oz. (about 10 medium) baked tortilla chips

1. In a plastic container big enough for finished bowl of salad, toss together lettuce and tomato.

2. In a small plastic container stir together beans and salsa. Pack shredded cheese and sour cream separately. Pack tortilla chips separately.

3. At lunch time, open the bowl with lettuce and tomato mixture. Pour bean and salsa mixture on top, add a dollop of scour cream and sprinkle with shredded cheese.

4. Finally, crush tortilla chips in the bag and pour over

Nutrition information per serving: calories 308, total fat 7g, carbohydrates 44g, protein 19g, dietary fiber 12g.

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Curried Chicken Salad

Serves 2

- 2 Tablespoons raisins
- 1 scallion, chopped chives or 1 tablespoon onion, chopped
- 2 Tablespoons reduced-fat mayonnaise
- 3 ounces canned cooked chicken (about 1/3 cup)
- 1 Teaspoon curry powder
- black pepper
- 2 Teaspoons lemon juice

1. In a small bowl, soak raisins in hot water for 10 minutes until plump. Drain and set aside.

2. Combine mayonnaise, curry powder, and lemon juice.

3. Stir in scallions, raisins, and chicken. Season with pepper.

Nutrition information: calories 122, total fat 7g, saturated fat 1g, sodium 311mg, carbohydrates 8g, dietary fiber 1g, protein 8g.

Recipe: www.womenshealthmag.com

Tropical Chicken Salad

Serves 6

- ½ cup lowfat mayonnaise
- 2 Tablespoons honey
- ½ Teaspoon ground ginger
- 2 (10-ounce) cans of chicken in light broth or 2 cups of cooked chicken, chopped
- 1 (11-ounce) can of mandarin oranges, drained
- 1 (8-ounce) can of pineapple (chunks or tidbits), drained
- 1 cup apple, washed, chopped, skin on!
- ½ cup chopped celery
- Optional: chopped pecans or almonds for extra crunch

1. Combine ingredients in large bowl.

2. Chill at least one hour for flavors to blend.

3. Serve on whole wheat tortilla wraps lined with spinach, rolled up and cut into pieces. Secure roll-ups with toothpick if desired.

Nutritional information not available.

Tips

* Gluten-free option: use boston bib lettuce or other "flexible" lettuce leaf to wrap chicken salad.

* Grapes and sliced, canned water chestnuts are good additions to this salad.

* Use leftover chicken or turkey in place of canned chicken to reduce sodium.

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Tuna Bean Salad

Serves 6

- 2 (15 oz.) cans cannellini beans, rinsed and drained
- 1 cup red onion, chopped
- 1 small yellow summer squash, chopped
- 1 small red bell pepper, chopped
- 1/3 cup olive oil
- 3 Tablespoon red wine vinegar
- 1 Tablespoon Dijon or other mustard
- black pepper to taste
- 1 (6-ounce) can tuna, packed in water, drained

1. In large bowl, combine beans, onion, squash, and bell pepper and mix.

2. In small bowl, combine oil, vinegar, salt, mustard, and pepper and whisk to blend. Add tuna and stir.

3. Pour over bean mixture, cover, and chill for 1-2 hours, stirring occasionally.

4. Transfer to lettuce lined serving platter, using a slotted spoon.

Nutritional Information: Calories 161, total fat 12g, saturated fat 2g, sodium 218mg, carbohydrate 5g, fiber 1g, protein 8g.

Healthy Tip

Beans add additional fiber and protein to this healthy meal. Pack in a lunch alone or on a bed of lettuce, or eat as a light summer meal on a hot day.

Salmon and Chickpea Salad

Serves 6

- 1 (15 ounce) can chickpeas, drained and rinsed
- ¼ cup chopped onion
- 1 clove minced garlic
- 2 tablespoon chopped dill
- 2 tablespoon chopped parsley
- 1 ½ tablespoon red wine vinegar
- 2 tablespoon olive oil
- 1 can salmon, drained
- 1 cup chopped tomatoes

1. Combine all ingredients except salmon and tomatoes and mix well.

2. Add salmon and tomatoes and toss gently.

3. Top with more fresh dill and serve with crusty bread.

Adapted from: The New York Times 60-Minute Gourmet

Nutrition info per serving: calories 220, total fat 9g, saturated fat 1.5 g, carbohydrate 15 g, dietary fiber 3 g, protein 20 g, sodium 460 mg.

Healthy Tip

Fresh herbs are the key to this recipe.

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Fruity Carrots

Serves 6

- 1 (15-ounce) can of sliced carrots, no salt added, drained
- 1 cup pineapple chunks with juice
- ½ cup of orange juice
- ½ tablespoon cornstarch
- ½ teaspoon salt
- ¼ teaspoon cinnamon

1. In a medium saucepan, blend cornstarch with orange juice and juice from pineapple chunks. Heat, stirring constantly until thickened.

2. Add pineapple chunks, carrots, salt and cinnamon and cook, covered, over low heat for 15 minutes.

From Mississippi State University Extension

Nutrition information: calories 77, total fat 0g, sodium 225mg, carbohydrates 18, dietary fiber 2g, protein 1g.

Healthy Tip

Carrots are full of Vitamin A which is great for eye health.

Magical Fruit Salad

Serves 15

- One 20 ounce can pineapple chunks packed in juice
- 1/2 pound grapes, seedless
- 2 bananas, sliced
- 1 kiwi, peeled and sliced
- 1 3/4 cups milk (low fat, shelf stable, liquid or reconstituted dry)
- 1 small package instant lemon or vanilla pudding

1. Drain pineapple. Save juice to drink for later, if you wish.

2. Mix pineapple with other fruit in large bowl.

3. Pour milk over the fruit. While slowly stirring the fruit mixture, sprinkle in pudding mix.

4. Let the mixture stand 5 minutes to thicken.

Nutrition information: calories 61, sodium 35mg, carbohydrates 15g, dietary fiber 1g, protein 1g.

Healthy Tip

If you have diabetes, make this with sugar free instant pudding and put fruits with lower amounts of natural sugar. Strawberries have lower amounts of carbohydrates and more fiber than many other fruits. The small serving size here results in 15g. of carbohydrates or 1 carb serving.

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Skillet Mac and Cheese

Serves 7

- ¼ cup light margarine
- 1 cup chopped onion
- 1 tablespoon all purpose flour
- 1 (8-ounce) package elbow macaroni, uncooked
- 3½ cups 1% milk
- 2 cups shredded low-fat cheddar cheese

1. Melt margarine in a large pan. Add chopped onions and cook until brown and tender.

2. Stir in flour. Add macaroni to pan. Stir. Add milk, cover and bring to a boil.

3. Lower heat and cook for 15 minutes or until macaroni is tender, stirring occasionally.

4. Add cheese to the mixture. Stir until cheese melts at a low heat. Do not boil. Serve while still warm.

From LSU Agcenter Community nutrition program

Nutrition information per 1 cup serving: calories 279, total fat 8g, saturated fat 3g, carbohydrate 35g, protein 17g, dietary fiber 1g, sodium 344 mg.

" Macaroni and cheese is a comfort food from my childhood. I feel good making it from foods I have on hand. I change the pasta shapes each time I make it to keep it interesting to the kids."

Healthy Tip

Add chopped tomatoes, salsa or diced tomatoes in the last 5 minutes of cooking to add some heart healthy lycopene! Eat with a salad or raw vegetables for a complete meal.

One Pan Spaghetti

Serves 10

- 1 (15-ounce) can carrots, drained and rinsed
- 1 (26-ounce) can spaghetti sauce
- 2 carrot cans with water (4 cups)
- 1 (10-ounce) package whole grain or whole wheat spaghetti

1. In a mixing bowl, mash carrots until smooth. Pour into large sauce pot.

2. Add spaghetti sauce and water. Bring to a boil.

3. Break spaghetti pieces into thirds. Add to pot.

4. Simmer until spaghetti is tender, stirring often.

Nutrition information per 1 cup serving: calories 160, total fat 3g, protein 5g, carbohydrates 29g, dietary fiber 2g, sodium 500mg.

Recipe from www.kidsacookin.ksu.edu

"This skillet dish is quicker than making a package of mac n' cheese. I put it all in one pan and let it cook."

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Calico Beans

Serves 4

A tasty and simple way to add fiber to a meal.

- ½ cup onion, chopped
- 1 (28-ounce) can baked beans, undrained
- 1 (16-ounce) can kidney beans, drained and rinsed
- 1 (16-ounce) can lima beans, drained and rinsed
- ¼ cup ketchup
- 1 Tablespoon brown sugar
- black pepper to taste

1. Preheat oven to 350 degrees.

2. Combine all ingredients in a medium baking dish.

3. Bake dish for 20 to 25 minutes or until beans are bubbly OR simmer in a saucepan until onions are tender and beans are heated through.

Nutrition facts: calories 120, fat 0g, sodium 440 mg, carbohydrates 26 g, fiber 6 g, protein 6 g

Cooking Tip: Leftover cooked beans can be frozen for use in soup, refried beans and other dishes.

Health Hint

Canned beans should be rinsed with cold water to lower the amount of salt in the meal. This is especially helpful for people who must follow a low salt diet.

Carrot-Cheddar Casserole

Serves 6

- 2 (15-ounce) cans carrots, drained, rinsed and mashed
- 3 beaten eggs
- 2 cups milk
- 1 1/3 cup low-fat cheddar cheese, shredded
- 1 1/3 cups crushed crackers or bread crumbs (reserve 1/4 cup for topping)
- 2 tablespoons softened butter
- Pepper, to taste
- 1 tablespoon parsley (optional)

1. Preheat oven to 350 degrees F.

2. In a mixing bowl combine carrots, eggs, milk, cheese, crackers, butter, pepper and parsley. Mix well.

3. Place mixture in a greased 9x13 inch baking dish. Add reserved crackers on top.

4. Bake for 30 minutes or until knife inserted in center comes out clean.

Nutrition information: calories 159, total fat 7g, saturated fat 3g, sodium 234mg, carbohydrates 16g, dietary fiber 3g, protein 10g.

Healthy Tip

For a one dish meal, add cooked chicken or turkey to the mixture before baking.

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Scalloped Tomatoes

Serves 6

- 1 small onion, chopped
- 1 tablespoon canola oil
- ½ tablespoon brown sugar
- 1 ¼ cups dry bread cubes
- 2 (15.5-ounce) cans whole tomatoes, diced
- 1 teaspoon salt* (see Healthy Tip below)
- 2/3 teaspoon black pepper
- 1 cup bread crumbs

1. Preheat oven to 300 degrees.

2. Spray casserole dish with nonstick cooking spray.

3. In a large skillet, sauté onion in canola oil until tender. Reduce heat to low. Add sugar and bread cubes. Stir until sugar is dissolved. Mix in tomatoes, salt and pepper.

4. Pour evenly into casserole dish. Sprinkle top with bread crumbs.

5. Bake for 45 minutes or until bread begins to brown.

Nutrition information per ½ cup serving: calories 220, total fat 5g, saturated fat 1g, sodium 890mg, carbohydrates 37g, dietary fiber 4g, protein 7g.

Healthy Tip

To make a dish with less sodium, cook with garlic powder instead of adding salt to the dish.

Microwave Baked Potato

1. Scrub potato. Prick several times with a fork or knife.

2. Place on microwave safe plate and cook according to table below. Turn over halfway through cooking.

# of Potatoes	Time
1	7-8 minutes or until soft
2	10-12 minutes or until soft
4	14-18 minutes or until soft

4. Let potato rest for 1-3 minutes.






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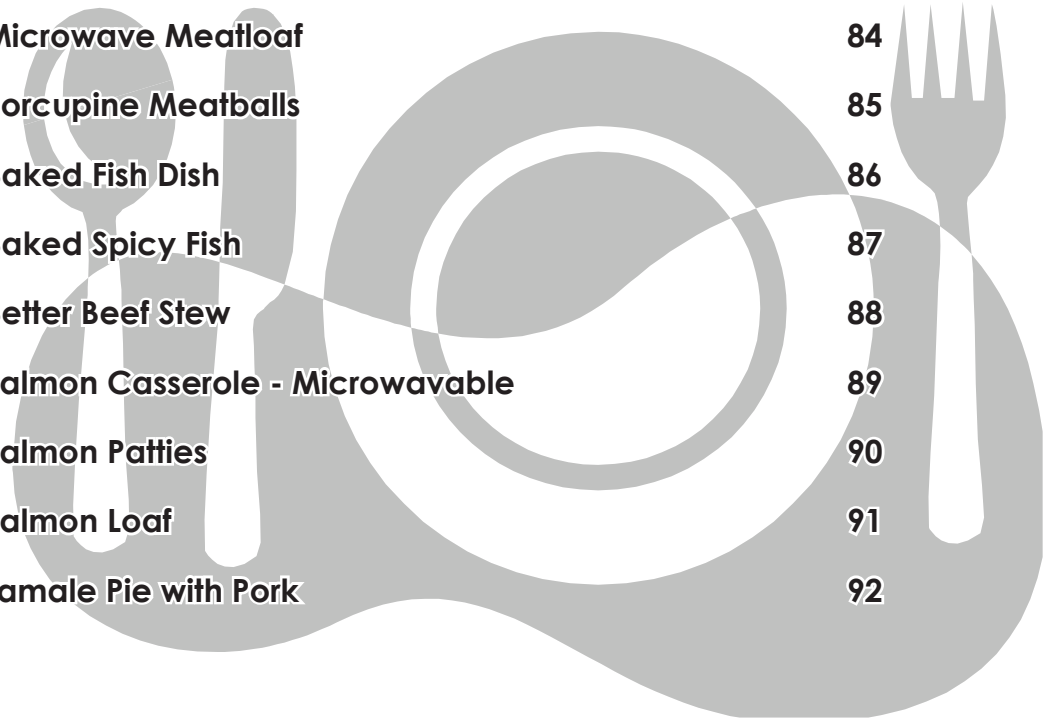
Main Dishes



Create a Casserole!

Create a tasty casserole from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each casserole serves 4 adults.

Step 1 Choose one starch
✓Rice: 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 20 minutes.
✓Pasta, noodles: 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain.
✓Potatoes: 3 cups diced potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.
✓Tortilla: Flour or corn

Step 2 Choose one protein
✓1 pound cooked ground beef
✓1 ½ cups cooked and diced chicken, turkey, ham, beef, or pork
✓2 cups chopped hard-boiled eggs
✓1-2 (6-8 oz) cans tuna, salmon, or other fish, flaked
✓1 (15 oz) can or 2 cups cooked dried beans (pinto, black, white, kidney, etc.)

Step 3 Choose one or two vegetables
✓broccoli, carrots, corn, green beans, peas, squash, mixed vegetables, etc.
✓2 cups fresh vegetables, cooked
✓2 cups frozen vegetables, cooked
✓1 (15 oz) can vegetables

Step 4 Choose one sauce
✓1 (10 oz) can soup (low fat, low sodium cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.)
✓1 (15 oz) can diced tomatoes with juice
✓2 cups white sauce (1 ½ tablespoons butter, margarine, or oil + 3 tablespoons flour + 1 ½ cups skim milk + 1/2 teaspoon salt + dash of black pepper

Step 5 Choose one or more flavors
✓½ cup chopped onion, celery, green pepper, ¼ cup sliced black olives, ½ cup salsa,
✓1 – 2 cloves garlic, crushed
✓1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, tarragon, sage, etc.)
✓Salt and pepper to taste

Step 6 Choose one or more toppings
If desired, after heating, place any of the following on top: 2 T grated Parmesan cheese, ¼ cup grated Cheddar or Mozzarella cheese, ¼ cup buttered bread crumbs

Directions
Select a food from each category or use your own favorites.

Combine all ingredients except toppings in a 9x13 pan coated with cooking spray.

Bake at 350° until bubbly *(30-45 minutes).

Add toppings and return to oven about 10 minutes. * May cook on stove top in saucepan or skillet for 15-20 minutes. Add more liquid if it becomes too dry. Watch closely so it does not burn.

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Easy Rice Cooking Instructions

For most types of rice:

1. Mix 1 part rice and 2 parts water (for example, 1 cup of rice and 2 cups of water or 2 cups of rice and 4 cups of water) in a saucepan.

2. Heat to boiling; stir once or twice.

3. Reduce heat.

4. Cover and simmer. Cook until all liquid is absorbed, 15 to 30 minutes. Do not stir while cooking.

Note: Rice types do vary. Brown rice takes longer to cook, usually 45 minutes. Follow cooking directions on package, if given.

Eggstraordinary Rice

Serves 4

Use what you have on hand! Remember: to lower total sodium, drain and rinse canned vegetables. Use a mix of fresh, frozen AND canned for better flavor and texture.

- 1 cup water
- ½ cup rice, uncooked
- 1 tablespoon of canola oil
- 1 large onion, diced
- 2 eggs, lightly beaten
- 1 can carrots, no salt added, drained
- 1 can corn, drained
- 1 can green beans, drained
- 1 can peas, no salt added drained
- 1 tablespoon low sodium soy sauce

1. In saucepan over high heat, bring water and rice to a boil.

2. Cover and reduce heat to low. Cook for 15 minutes or until all water is absorbed into rice.

3. In a separate saucepan, over medium heat, add canola oil. Cook onions for 2-3 minutes until tender. Add in beaten eggs and scramble.

4. Add carrots, corn, green beans, and peas to scrambled eggs. Stir and heat for 5 minutes.

5. Add cooked rice to egg/vegetable mixture. Stir in soy sauce and rice.

Nutrition information: calories 190, total fat 4g, sodium 624mg, carbohydrate 32g, dietary fiber 7g, protein 7g.

Healthy Tip

Use a mix of fresh, frozen and canned vegetables to keep sodium levels low and flavor high!

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Using Your Beans

Beans are:
- high in protein
- very low in fat
- very high in fiber
- they provide folic acid, calcium, iron and potassium

What kinds of beans?
There are many different choices of beans with different colors, textures and tastes. Mix two or more in a soup or stew.

Dry or canned?
Use both! When using canned beans, drain and rinse the beans to decrease the sodium by almost 40%. Read labels: some beans have very little added salt, while others are very high.

Beans from Scratch
- Quick soak: for each pound (2 cups) of beans add 10 cups of hot water, heat to boiling and let boil 2 or 3 minutes. Remove from heat and set aside for an hour.
- Overnight soak: For each pound, cover with 10 cups of cold water and let soak overnight. *Discard beans that float.

Cooking
Drain off soaking water and rinse beans, cover in fresh water and cook 30 minutes to up to 2 hours, depending on the type of bean. When cooked, they should be tender.

Food Safety
Cooked beans may be refrigerated in a covered container for up to 5 days. They also may be frozen for up to six months.

Cook's Tip
Never add salt or anything acidic, like tomato products or lemon juice, wine or vinegar, until the beans are tender. The beans may get tough and not soften if added to soon.

Healthy Tip
Blend mashed beans with seasonings such as garlic and lemon juice or some pesto for a quick dip and sandwich spread.

Including beans in your diet may reduce your risk of heart disease and certain cancers!

Beans may cut the risk for high blood pressure and may aid in losing weight!

Cooking Dried Beans in the Crock Pot

- 2 cups dried beans such as pinto or kidney
- 8 cups water
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon cumin
- ½ teaspoon pepper
- ½ teaspoon oregano
- 1 teaspoon salt

1. Sort beans checking for rocks, dirt, etc. Rinse well. Combine rinsed beans and water in crock-pot. Cook on low for 6-8 hours (or overnight) until beans are soft. At this point remaining ingredients may be added.

2. Continue cooking until onion is tender (about 30 minutes). Beans may be used in any recipe that calls for canned beans, with or without the additional ingredients. They keep in the refrigerator for 3 days or may be frozen for later use.

Utah State University Extension Food $ense Program.

Healthy Tip

Freeze beans in smaller bags. Take out to add in a soup, stew or casserole.

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Caribbean Black Beans and Rice

Serves 4

Fruit juice adds sweetness and flavor to this simple bean and rice dish.

- 1 ½ cup long grain rice, cooked
- 1 medium onion, chopped
- 1 (15 ounce) can of black beans, drained and rinsed
- ¾ cup orange juice or pineapple juice
- ½ teaspoon allspice or thyme
- black pepper to taste
- 1 tablespoon canola or olive oil

1. In a skillet, sauté the onion in oil. Add beans, juice and spices.

2. Mash some of the beans for a thicker consistency. Simmer over low heat.

3. Serve beans over cooked rice.

Nutrition Facts per one cup serving: calories: 380, fat: 4.5, sodium: 330 mg., carbohydrate: 74 g., fiber: 6 g., protein: 11 g.

Healthy Tip

Combining a non-meat source of iron (beans) with a food rich in vitamin C (pineapple) helps with iron absorption.

Southwestern Rice & Beans

Serves 4

- 1 tablespoon oil
- 1 large onion, diced
- 1 medium green pepper, diced
- 1 cup rice, uncooked
- 2 cups water
- 1 can tomatoes, diced, no salt added
- 1 ½ cups corn (fresh, frozen or canned, no salt added)
- 1 cup salsa
- 1 cup great northern or red kidney beans, cooked

1. In a large saucepan, over medium heat, sauté onion and green pepper in oil for 5 minutes.

2. Add rice and stir until browned, about 5 minutes.

3. Add in water, tomatoes, corn, and salsa. Bring to a boil.

4. Cover and reduce heat to low. Cook for 20 minutes.

5. Stir in beans and heat for 5 minutes. Serve.

recipe from csfpcentral.org

Nutrition information: calories 180, total fat 4.6g, saturated fat .4g, sodium 526mg, carbohydrates 50g, dietary fiber 9g, protein 8 g.

Healthy Tip

Meatless meals are IN! Beans and rice offer plenty of protein and fiber to satisfy hearty eaters! Serve with a salad of garden greens for a complete meal.

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Black Bean and Vegetable Quesadillas

Serves 6

- 1 cup black beans (if using canned, drained and rinsed)
- 1 T. olive oil or canola oil
- 2 medium carrots, peeled and diced small
- 1 medium zucchini, peeled and sliced
- ½ cup corn (frozen or fresh)
- 1 cup cheddar cheese, low-fat, shredded
- 6 flour tortillas (whole grain is best!)
- Optional condiments: salsa, shredded lettuce or spinach, plain yogurt or low-fat sour cream, chopped parsley or cilantro

1. In skillet, heat oil and sauté carrots until semi-soft. Add zucchini and corn and cook until tender, about 8 minutes.

2. Let cool and add black beans to vegetables. (Note: Mixture can be refrigerated at this point for later use.)

3. Spoon bean mixture onto only ½ of each tortilla. Top beans with 1-2 Tablespoons of cheese and fold over the tortilla to make a "half moon" shape.

4. Carefully place on heated griddle or skillet and heat 2 minutes on one side, then flip to heat the other side until quesadilla is thoroughly heated and cheese is melted.

5. Cut quesadilla into wedges and top with optional toppings such as salsa, lettuce, spinach, yogurt, sour cream and chopped herbs.

Recipe adapted from SOS: Share Our Strength Program, Operation Frontline, Eating Right, 2006.

Pasta with Greens and Beans

Serves 8

- 8 ounces pasta, cooked (penne works great!)
- 1/3 cup canola or vegetable oil
- 1 tablespoon garlic, peeled and minced
- 12 ounce package of frozen spinach (or use fresh or canned)
- 1 (15 ounce) can diced tomatoes with juice
- 1 (15 ounce) can white beans, drained and rinsed
- ½ teaspoon pepper
- ½ cup grated parmesan cheese

1. Heat oil in large skillet. Add garlic and cook on low until soft.

2. Add spinach, tomatoes with juice, drained beans, and pepper. Simmer 5 minutes.

3. Add pasta and parmesan. Toss well and serve.

Nutrition facts per one cup serving: calories: 290, fat: 12 g, carbohydrate: 39g, fiber: 4 g, protein: 11 g.

Recipe credit: Oregon State University Extension Service.

tips: substitute 6 cups fresh spinach or other greens such as chard or kale.

Healthy Tip

Substitute 6 cups fresh spinach or other greens such as chard or kale.

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American Turkey Goulash

Serves 4

- whole grain pasta (8 ounces uncooked)
- 1 onion, chopped
- 1 red or green bell pepper, sliced (or use a bag of frozen sliced mixed peppers)
- 1 medium zucchini, sliced
- 1 pound lean ground turkey
- 2 cups of chopped tomatoes (or a 14.5 ounce can of diced tomatoes)
- 2 tablespoons of fresh chopped basil or 3 teaspoons dried basil
- grated parmesan cheese (optional)

1. Cook egg noodles or pasta as directed. Drain.

2. Lightly coat one large skillet with cooking spray. Over medium heat, sauté chopped onion for 2 minutes, add ground turkey and cook 4 more minutes, breaking up the turkey so it cooks. Add bell peppers and zucchini and cook for a few more minutes, until vegetables are soft and turkey is cooked throughout.

3. Add remaining ingredients and cook 5 minutes stirring occasionally.

4. To serve: toss turkey mixture with the pasta or serve the sauce on top of the pasta. Garnish with parmesan cheese if desired.

Adapted from *Healthy in Holyoke, A Community Cookbook*, 2009.

Nutrition information not available

"I like to double this recipe but instead of mixing in the pasta, I freeze half of the mixture for another day. If I put into the refrigerator in the morning, all I have to do is cook the pasta and reheat the sauce when I come home from work."

Turkey Tacos

Serves 8

- 8 taco shells, hard or soft (flour)
- 1 lb. ground turkey
- 1 (8-ounce) can tomato sauce
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/4 teaspoon garlic powder
- 4 ounce shredded cheese
- 1 cup shredded lettuce
- 1/4 cup taco sauce or salsa

1. Brown ground turkey and drain off grease. Add tomato sauce, chili powder, cumin, oregano and garlic powder.

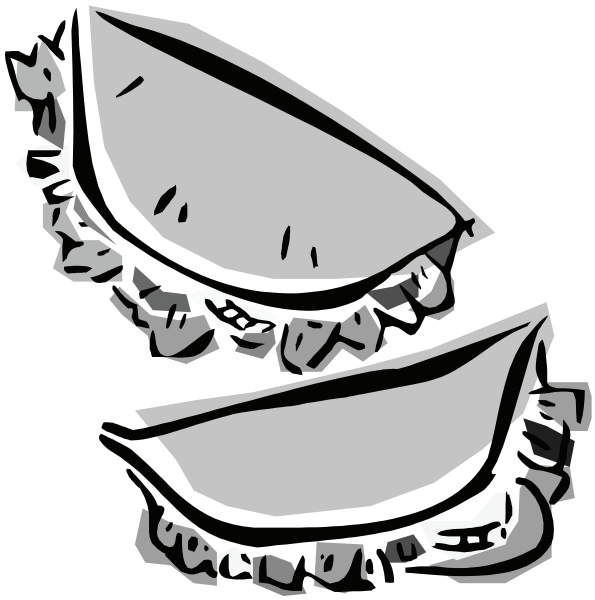
2. Simmer 5 minutes. Spoon beef mixture into hard or soft taco shells.

3. Top with shredded cheese, lettuce and taco sauce.

Nutrition facts: Calories: 265, Total Fat 15g, Sodium 415mg

Recipe credit: University of Georgia Cooperative Extension

"My family wouldn't eat ground turkey because they didn't like the flavor. If I mix it with spices like taco seasoning, they don't know it's turkey!"



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Pasta with Turkey and Peas

Serves 8

Leftover holiday turkey? Cut up into bite sized pieces and freeze for quick easy meals.

- 3 cups macaroni, uncooked
- 1 tablespoon canola oil
- 1 onion, chopped
- 1 cup turkey roast, cooked and chopped
- 1 (15-ounce) can peas, drained
- 2 tablespoons Parmesan cheese

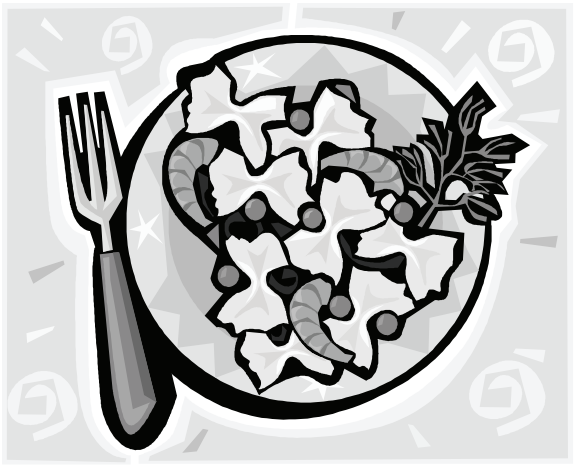
1. Cook macaroni according to package directions. Drain.

2. In a medium sized skillet, cook onion in the oil until soft. Add turkey and peas and cook until hot, about 5 to 7 minutes.

3. Toss turkey and peas with cooked macaroni and sprinkle with Parmesan cheese.

Nutrition information: per 1 ½ cup serving: calories 260, total fat 5g, saturated fat 1g, sodium 320mg, carbohydrates 39g, fiber 4g, protein 13g.

Recipe adapted from Commodity supplemental Food Program Cookbook, csfpcentral.org



Skillet Lasagna

Serves 6

This one dish meal can be made on the stove in a skillet or in an electric frying pan.

- ½ pound lean ground beef or ground turkey
- 1/2 cup chopped onion
- 1 15-ounce can tomato sauce
- 1 cup water
- 1/4 teaspoon garlic powder
- 1/2 teaspoon oregano, ground
- 1/2 teaspoon basil, ground
- 8 ounces wide egg noodles, uncooked
- 1 10-ounce package frozen chopped spinach, thawed
- 1 cup low-fat cottage cheese
- 1/2 cup Parmesan cheese

1. In large skillet or frying pan brown meat and onion. Drain off excess fat.

2. Add tomato sauce, 1 cup water, and spices. Stir.

3. Bring to a boil. Add noodles. Cover and simmer for 5 minutes, stirring gently to prevent sticking.

4. Spread cottage cheese on top. Sprinkle with Parmesan cheese.

5. Cover and simmer for about 10 minutes until noodles are tender.

Nutrition Facts: Serving size: about 1 cup; Calories: 300; Fruits and Vegetables: 1 1/2; Fat: 7 g; Fiber: 3 g

Recipe from UMass Extension

Food for Thought

Skillet meals are a great way to combine foods from different food groups into a one dish meal for fast food with few dishes! Mix together a whole grain, a protein, a sauce and a couple of vegetables.

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Unstuffed Cabbage

Serves 4

This is a twist on a traditional favorite! Bonus: it's a one-dish meal!

- 1 cup onion, chopped
- 3/4 pound (12-ounce) lean ground beef or turkey
- 3 cups cabbage, shredded
- 1 (15-ounce) can stewed tomatoes with juice
- 1 1/2 cups rice, cooked
- 1/3 cup low fat, low sodium chicken broth
- 1 teaspoon thyme, crushed
- 1 teaspoon garlic powder
- Pepper to taste

1. Spray a large skillet with nonstick cooking spray and cook the onion and ground meat, crumbling it into the pan. Saute the meat until thoroughly cooked. Rinse with warm water and drain.

2. Add the remaining ingredients. Bring to a boil, lower the heat and simmer, covered. Simmer until excess liquid has evaporated, about 5-10 minutes.

Nutrition information: calories 228, total fat 6 g, saturated fat 2g, sodium 173mg, carbohydrate 25, dietary fiber 5g, protein 20g.

Healthy Tip

Use other grains such as brown rice, barley, or wheat berries for additional vitamins, minerals, and fiber as well as more texture and flavor. Follow rice cooking directions but cook for 30-45 minutes.

Microwave Meatloaf

Serves 6

- 2 eggs, lightly beaten
- ¼ cup fine bread or cracker crumbs
- 1 small onion, chopped
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1½ pounds lean ground meat
- 2 Tablespoons ketchup, barbecue sauce, or steak sauce

1. In a large bowl, mix together eggs, bread or cracker crumbs, onion, salt and pepper.

2. Add ground meat and mix completely.

3. In a microwave safe dish, form meat mixture into a donut shape (for more even cooking).

4. Spread ketchup, barbecue or steak sauce evenly over top of meat loaf.

5. Microwave on HIGH for 6 minutes. Turn dish. Cook another 6 to 8 minutes.

6. Let stand 5 minutes. Meatloaf is done when meat thermometer reads 165°F.

Nutrition Information not available.

Adapted from: Buy Eat Live Better: Montana State University Extension

Healthy Tip

By shaping this meatloaf like a bagel it cooks more evenly. 165°F is high enough to kill harmful bacteria like salmonella and e.coli.

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Porcupine Meatballs

Serves 4

This is typically made with ground beef or ground turkey. Tomato sauce or tomato soup could be used for the sauce.

- 1 can beef, drained (or one pound of ground turkey or beef)
- ½ cup rice cooked
- 1 small onion, chopped
- ¼ teaspoon pepper
- ½ teaspoon salt (optional)
- 1 ½ cups tomato juice (or use tomato soup, diluted with 1 can of water, or tomato sauce)

1. In a bowl mix together all ingredients except for tomato juice. Shape mixture into balls. Put in heavy skillet.

2. Add tomato juice.

3. Bring to slow boil and turn down heat; simmer 45 minutes.

Note: if using ground meat, it is best to bake or pan sear the meatballs first to cook off some of the fat.

recipe from csfpcentral.org

Nutrition information (using ground turkey option): calories 203, total fat 8g, saturated fat 3g, sodium 331mg, carbohydrate 10g, dietary fiber 1g, protein 23g.

If using uncooked rice, use ¼ cup and add ½ cup of water with the tomato juice or sauce.

Healthy Tip

✓Canned beef may be higher in fat and sodium. It is best to scrape away any fat before using in a recipe.

✓This recipe is low in dietary fiber. Serve with a green salad or use brown rice to add fiber to this meal.

"My children love this when I make it with tomato soup because it has a sweeter flavor. I serve it over pasta or mashed potatoes with green beans for a vegetable."

Baked Fish Dish

Serves 6

This recipe was originally without the spinach. Adding a rich green like spinach adds many vitamins and minerals and fiber.

- 1 ½ pounds of white fish (cod, haddock, Pollack, tilapia)
- 6 ounces (about 1 ½ cups of shredded) reduced fat American, cheddar or Monterey Jack cheese
- 2 large potatoes, washed and peeled, cut into ¼" slices
- 1 large onion, sliced
- 10 ounce bag of baby spinach or 1 (10 ounce) box of frozen spinach, thawed and drained
- 4 tablespoons butter*
- juice from ½ lemon
- ½ sleeve of reduced sodium Ritz type crackers (about ¾ cup crumbs or 17 crackers) or bread crumbs

1. If using frozen fish, thaw in refrigerator overnight.

2. Take a 9 x 13" glass casserole dish and line with thin slices taken from 2 tablespoons of butter. (*Or to save calories and fat, spray the bottom of the baking pan with cooking spray and use little or no butter!)

3. Cover the bottom of the pan with a layer of onion slices. Next, layer the potato slices over the onions. Take fresh or frozen and thawed spinach and layer on top of the potatoes.

4. Cover spinach with the cheese. Lay the fish fillets over the spinach and cheese. Put thin slices from 2 tablespoons of butter on top of the fish. Squeeze lemon over the casserole. Sprinkle crushed crackers over the top.

5. Cook, uncovered, for 50 minutes. Cool 5 minutes before cutting.

Helpful Hint

The internal temperature of cooked fish should reach 145 degrees F. with a food thermometer. The general cooking time for baking, poaching, broiling, or grilling fish is about 10 minutes for every inch of thickness. For frozen, unthawed fish, double the cooking time to 20 minutes for every inch.

Nutrition information: 428 calories, total fat 18g, saturated fat 10 g*, sodium 450mg, carbohydrates 33g, fiber 5g, protein 39g.

Original recipe submitted by Cathy Driscoll from Hands of Hope Outreach Center

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Baked Spicy Fish

Serves 4

- 1 pound fresh or frozen white fish fillets
- ¼ teaspoon of each: garlic powder, onion powder, black pepper
- 1/8 teaspoon of each: black pepper, oregano, thyme (or basil)
- 1 tablespoon lemon juice
- 1 ½ tablespoon margarine or butter, melted

1. Thaw fish (if frozen) in refrigerator. Preheat oven to 350 F.

2. Place fish fillets in an ungreased baking pan.

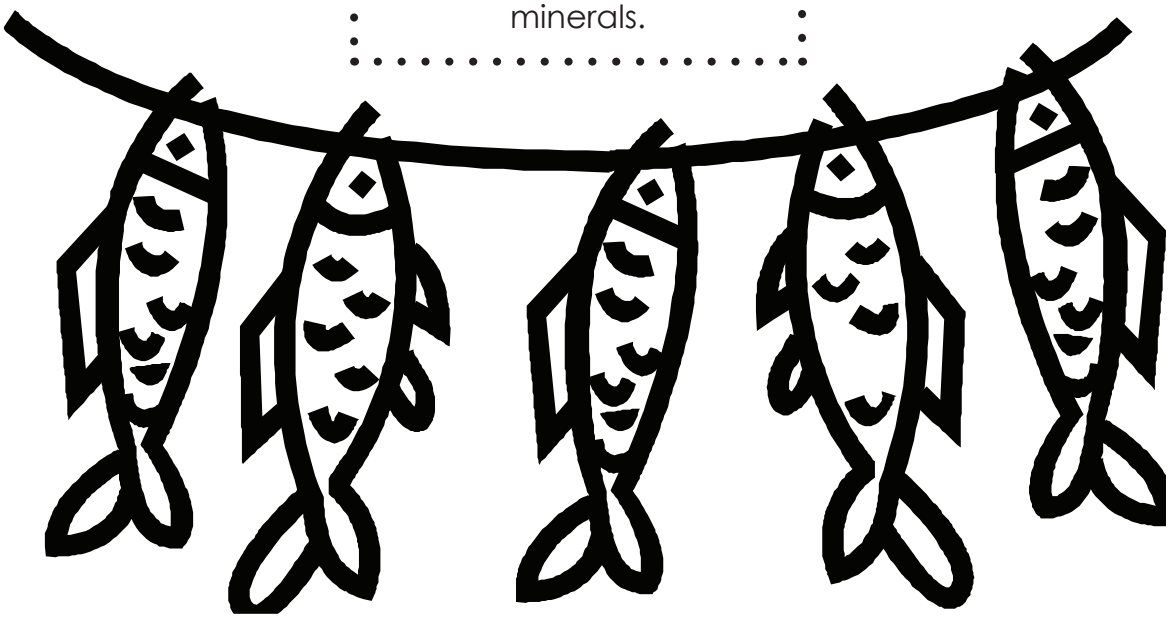
3. Combine seasonings in a small bowl and sprinkle over fish. Pour lemon juice and butter or margarine over fish.

4. Bake 20-25 minutes or until fish flakes easily with a fork.

Nutrition facts per 4 ounce serving: calories: 130, fat: 5g., sodium: 110 mg, protein: 20 g.

Did you Know?

Fish is a low fat and high protein food. It has Omega-3 fatty acids, Vitamin D and B vitamins, calcium and many minerals.



Better Beef Stew

Serves 4-6

- 2 cans beef stew
- 1 bunch greens, such as kale or chard, chopped and steamed
- 1 (8-ounce) can corn, drained

1. Open stew cans and put stew into saucepan.

2. Add prepared vegetables.

3. Heat on stove until hot enough to serve.

Nutrition facts per serving: calories 260, fat 13g, sodium 960 mg, carbohydrates 26, fiber 4 g, protein 12g

NOTE: This is a recipe using a prepared food that is high in sodium. Adding additional vegetables increases the fiber.

Food for Thought

Variations: Add any variety of leftover vegetables to stew such as carrots, spinach or celery.

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Salmon Casserole – Microwavable

Serves 4

- 1 cup macaroni, uncooked
- 1 cup hot water
- ¼ teaspoon salt
- 2 tablespoons margarine
- 1 small onion, chopped
- 2/3 cup evaporated milk
- 2 tablespoons flour
- 1 can salmon, drained
- 1 cup American cheese,
- shredded
- 1 can peas, drained

1. Mix macaroni, water, onion, margarine and salt in a microwavable dish. Cover with vented cover and microwave for three minutes.

2. Add milk and flour and stir. Cover and microwave for three minutes longer.

3. Add cheese and salmon. Stir and microwave for three minutes.

4. Remove and stir in green peas and microwave for 1 minute longer.

5. Stir and serve.

recipe from csfpcentral.org

Nutrition information: calories 452, total fat 18g, saturated fat 9g, sodium 643mg, carbohydrate 31g, dietary fiber 4g, protein 38g.

Healthy Tip

The American Heart Association recommends eating fish at least two times per week as part of a healthy diet. Fish is packed with protein, vitamins, and nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.

Salmon Patties

Serves 9

- 1 (15.5-ounce) can salmon, drained
- 1 cup crushed whole grain cereal or crackers
- 2 large eggs, lightly beaten
- ½ cup low-fat milk
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

1. Use a fork to flake salmon until very fine. Crumble cereal or crackers into crumbs.

2. Add cereal or cracker crumbs, eggs, milk and pepper to salmon. Mix thoroughly.

3. Shape into 9 patties. Heat oil in a skillet. Over medium heat, carefully brown both sides until patty is thoroughly cooked.

Nutrition information per patty: calories 110, total fat 5g, saturated fat 1g, sodium 270mg, carbohydrates 5g, dietary fiber 1g, protein 12g.

From www.fns.usda.gov/eatsmartplayhardhealthylifestyle

Replace the salmon with canned tuna fish. For fun, do a combination and mix the two types of fish. Leftover cooked fish could be used in place of canned and would decrease the sodium.

"As children we ate fish sticks or fish cakes on Fridays. These are great on a whole wheat roll with lettuce for crunch."

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Salmon Loaf

Serves 8

- 1 can (15.5 ounce) salmon
- 2 cups bread crumbs, soft
- 1 large chopped onion
- 1 tablespoon melted butter or margarine
- 1/4 cup diced celery
- 1 cup milk, 1%, lowfat or nonfat
- 1 tablespoon dried parsley.
- 2 large eggs

1. Preheat oven to 325 degrees F.

2. Drain salmon and remove skin.

3. Add the other ingredients and mix. Add enough milk so the mixture is moist but not runny.

4. Place in lightly oiled 9x5 inch loaf pan, or use a light layer of cooking spray.

5. Bake for 45 minutes.

Source: SNAP-Ed Connection, Food and Nutrition Service, USDA

Each serving: 160 calories, 8 grams total fat, 2 grams saturated fat, 90 milligrams cholesterol, 350 milligrams sodium, 10 grams carbohydrates, 3 grams dietary fiber, 14 grams protein.

Health Hint

Fish is a source of omega-3 fatty acids. These essential nutrients keep our heart and brain healthy. Two Omega-3 fatty acids found in fish are EPA and DHA. Our bodies don't produce Omega-3 fatty acids so we must get them through the food we eat. Omega-3 fatty acids are found in every kind of fish, but are especially high in fatty fish. Some good choices are salmon, trout, sardines, herring, canned mackerel, canned light tuna, and oysters.

Tamale Pie with Pork

Serves 4-6

- 1 ½ cups water
- 2/3 cup yellow corn meal
- 2/3 cup salsa
- 1 (15-ounce) can kidney beans, drained and rinsed
- ½ can pork, cubed or shredded
- ½ cup low fat cheddar cheese, shredded

1. Bring water to a boil. Slowly whisk in cornmeal. Stir in salsa and simmer 10-15 minutes, stirring occasionally until thick.

2. Pour half the corn mixture into a 9 inch pan that has been sprayed with nonstick cooking spray.

3. Spread beans over the top. Add pork. Cover with remaining cornmeal mixture.

4. Sprinkle cheese on top. Bake in preheated 350 degree oven for about 15 minutes or until it is heated through.

Nutrition facts per serving: calories 310, fat 13 g, saturated fat 5 g, sodium 630 mg, carbohydrates 29, fiber 6 g, protein 21 g

✓ Use rinsed and drained pinto or black beans instead of kidney beans.
✓ Monterey Jack or cheddar cheese works well too. You can always mix the cheese together if desired.
✓ Leftover chicken or beef can be used instead of pork.

Health Hint

✓ When using canned pork, it's wise to scrape or skim the fat off of the pork. It's also possible to cook the pork for a few minutes in a skillet then rinse it to remove the extra fat which contributes extra calories and sometimes an unfavorable flavor.

✓ Don't like canned meats? Try cooking them with stronger flavors like chili powder and cayenne and add texture with vegetables and beans to yield a flavorful meal.

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This material was developed and provided by the UMass Extension Nutrition Education Program with funding from USDA'S Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program helps low-income people buy the food they need for good health. It can help you to buy nutritious food and stretch your food dollars. For more information, call 1-866-950-3663.

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