

BREADS & CEREALS – submitted by Rita

Recommended: Junior/Intermediate. Although, could be a senior recipe.

Vegetable Fried Rice

2 c. white long grain rice
1 small can of corn
2 large carrots, diced
1 small green pepper, chopped
3 T. olive oil
1 medium onion, chopped
Salt & pepper to taste
1/2 tsp. garlic powder
1 T. soy sauce

Cook the carrots and green pepper quickly in a small amount of boiling water until tender.

Heat the oil in a skillet. Sauté the chopped onion. Add rice and sauté, stirring constantly. Add the cooked vegetables and the corn, salt and pepper, garlic powder and soy sauce. Stir until completely mixed. Remove skillet from burner.

BREADS & CEREALS – submitted by Rita

OATMEAL PANCAKES

1/2 c. quick-cooking or old-fashioned oats
1/4 c. all-purpose flour
1/4 c. whole wheat flour
1 c. skim milk
1 T. sugar
2 T. canola or vegetable oil
1 tsp. baking powder
1/2 tsp. baking soda
1 egg or 1/4 c. fat-free cholesterol-free egg product

Beat all ingredients with wire whisk just until smooth.

Spray skillet with cooking spray; heat skillet over medium heat. For each pancake, pour slightly less than 1/4 cup batter from bowl onto hot griddle.

Cook pancakes until puffed and dry around edges. Turn; cook other side until golden brown.

I would add fresh strawberries and/or blueberries for color and garnish.

FRUITS & VEG - submitted by Shirley

Creamed Spinach



PREP/TOTAL TIME:
25 min.

- 3/4 pound fresh spinach, torn
- 2 tablespoons olive oil
- 6 tablespoons butter, cubed
- 1/4 cup chopped onion
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1-1/2 cups milk

In a Dutch oven, cook spinach in oil for 3 minutes or until wilted. Transfer to a cutting board; chop. Melt butter in the Dutch oven. Add onion; saute for 2 minutes or until crisp-tender.

Stir in flour, salt and nutmeg until combined. Gradually whisk in milk until blended. Bring to a boil; cook and stir 2 minutes or until thickened. Add chopped spinach. Reduce heat to low; cook, uncovered, for 5 minutes or until heated through. **Yield:** 4 servings.

ZUCCHINI A LA NANCY

These delightful zucchini slices have a very fresh and unusual flavor. They are always the hit of the Skinny class.

Makes about 30 slices

- 2 medium zucchini
- Salt
- 2 ounces low-calorie cream cheese, room temperature
- 2 tomatoes (1/2 pound), peeled, seeded and chopped
- 1 ounce chopped green olives
- 1 ounce chopped black olives
- 2 minced green onions
- 2 ounces French breadcrumbs
- Chopped thyme
- Chopped parsley
- Salt and freshly ground pepper
- Pimiento strips

Slice zucchini 1/4 inch thick. Place in small bowl with salt and let stand half an hour.

Beat cream cheese in bowl with wooden spoon. Add remaining ingredients except zucchini and pimiento, seasoning to taste.

Just before serving, rinse zucchini and dry slices thoroughly with a paper towel. Mound a small spoonful of cheese mixture on each slice and criss-cross with strips of pimiento.

SOUTHERN SUMMER SQUASH

- 1/4 cup water
- 2 tablespoons butter or margarine
- 1 sweet onion, thinly sliced
- 1 pound small yellow squash, thinly sliced
- 1 pound small zucchini, thinly sliced
- 3 medium tomatoes, peeled, seeded, and chopped*
- 1 teaspoon chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup (4 ounces) shredded Cheddar cheese

• **BRING** 1/4 cup water and butter to a boil in a large skillet over medium-high heat.

• **ADD** onion, squash, and zucchini; return to a boil. Cover, reduce heat, and simmer 5 minutes. Stir in tomato and next 3 ingredients; cover and simmer 5 minutes or until thoroughly heated. Sprinkle with shredded Cheddar cheese, and serve immediately.

YIELD: 6 servings. *Tracy Russell Greensboro, North Carolina*

*1 (16-ounce) can diced tomatoes, drained, may be substituted.

190 SOUTHERN LIVING

CUCUMBER SANDWICHES

20 servings

- | | |
|---|---------------------------------|
| 2 medium cucumbers, peeled, large seeds removed | 1 teaspoon Worcestershire sauce |
| 1 (8-ounce) package cream cheese, softened | 1 teaspoon lemon juice |
| 1 tablespoon grated onion | Dash of salt |
| | 1 (1-pound) loaf sandwich bread |

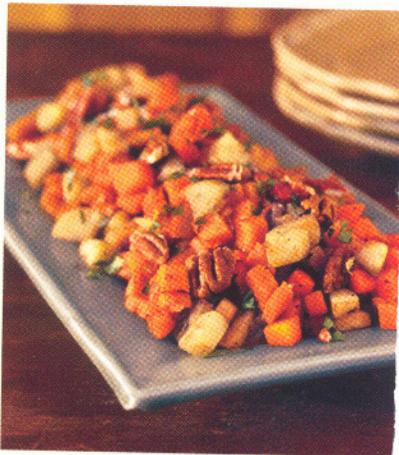
Grate cucumbers; drain well. Combine all ingredients, except bread; chill several hours. Cut bread slices in desired shape; spread with mixture. Serve sandwich or open-face style. Chill until serving.

SAVORY SWEET POTATO HASH

MAKES 4 TO 6 SERVINGS
PREP: 15 MIN., COOK: 20 MIN.

- 4 bacon slices, diced
- 1 tablespoon olive oil
- 1/2 medium onion, diced
- 3 medium-size sweet potatoes, chopped
- 1 large Granny Smith apple, peeled and chopped
- 1/2 cup chicken broth
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground allspice
- 1/2 cup chopped toasted pecans
- 1 tablespoon chopped fresh parsley

SAUTÉ bacon in hot oil in a large non-stick skillet over medium-high heat 3



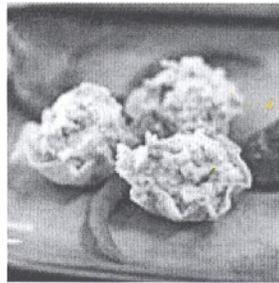
Equally good with chicken or pork, Savory Sweet Potato Hash combines the tart taste of green apples with smoky bits of crumbled bacon and toasted pecans.

minutes or until brown. Add onion, and sauté 2 minutes. Stir in sweet potatoes, and sauté 5 minutes. Stir in apple and next 3 ingredients, and cook, stirring often, 8 to 10 minutes or until potatoes and apple are tender.

SP mixture into a serving dish, and sprinkle evenly with pecans and parsley.

ALFRED LESTER
WILMINGTON, NORTH CAROLINA

Zucchini Spread



Rated: ★★★★★

Submitted By: Judithan Williamson
Photo By: the_crazy_cooker

Prep Time: 10 Minutes

Ready In: 10 Minutes
Servings: 16

"We entertain a lot and I always like to do something different. All our friends like this spread."

INGREDIENTS:

- 1 cup finely shredded zucchini
- 1 cup shredded sharp Cheddar cheese
- 1/2 cup chopped walnuts
- 1 teaspoon lemon juice
- 3/4 cup mayonnaise
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS:

1. Place zucchini in cheesecloth or a strainer; squeeze out excess moisture. In a bowl, combine zucchini with remaining ingredients; mix well. Cover and refrigerate at least 1 hour or overnight. Serve with crackers or raw vegetables.

Per serving

Calories 90
Protein 4 g
Carbohydrates 16 g
Total Fat 2 g
21% Calories from Fat
Cholesterol 8 mg
Fiber 2 g
Sodium 227 mg
Sugar 4 g

Zesty Mexican Cauliflower

Serves 6

- 1 1/2 cups cauliflower florets
- 1/2 cup low-fat sour cream
- 1 tablespoon low-fat mayonnaise
- 1 teaspoon hot pepper sauce
- 1/2 cup salsa
- 1/4 cup (1 ounce) low-fat shredded Cheddar cheese
- 1 1/2 cups cooked fresh corn kernels

Steam the cauliflower over boiling water in a saucepan for 5 minutes or until tender. Drain and set aside. Combine the sour cream, mayonnaise, hot sauce and salsa in a large saucepan. Cook over medium heat until bubbly, stirring constantly. Add the cauliflower, cheese and corn and toss well.

In a Dutch oven, cook spinach in oil for 3 minutes or until wilted. Transfer to a cutting board; chop. Melt butter in the Dutch oven. Add onion; sauté for 2 minutes or until crisp-tender. Stir in flour, salt and nutmeg until combined. Gradually whisk in milk until blended. Bring to a boil; cook and stir 2 minutes or until thickened. Add chopped spinach. Reduce heat to low; cook, uncovered, for 5 minutes or until heated through. **Yield:** 4 servings.

- Creamed Spinach**
PREP/TOTAL TIME: 25 min.
- 3/4 pound fresh spinach, torn
 - 2 tablespoons olive oil
 - 6 tablespoons butter, cubed
 - 1/4 cup chopped onion
 - 1/4 cup all-purpose flour
 - 1/2 teaspoon salt
 - 1/8 teaspoon ground nutmeg
 - 1-1/2 cups milk



Senior only

FRUITS & VEG - submitted by Shirley

Fruit Soup

Serves 10

Per serving

Calories 106
Protein 1 g
Carbohydrates 27 g
Total Fat <1 g
3% Calories from Fat
Cholesterol 0 mg
Fiber 3 g
Sodium 3 mg
Sugar 19 g

- 3 tablespoons tapioca
- 1/2 cup sugar (optional)
- 1/16 teaspoon salt
- 1 cup cold water
- 1 (6-ounce) can frozen orange juice concentrate
- 1 1/2 cups water
- 1 (11-ounce) can mandarin oranges, drained
- 1 (8-ounce) package sliced strawberries
- 2 bananas, sliced
- 2 cups chopped drained peaches
- 2 apples, chopped

Might cut down on some fruit for economics.

Mix the tapioca, sugar, salt and 1 cup cold water in a saucepan. Let stand for 5 minutes. Cook for 6 to 8 minutes or until clear, stirring frequently. Stir in the orange juice concentrate, 1 1/2 cups water, the mandarin oranges, strawberries, bananas, peaches and apples. Chill until serving time. Serve cold.

Note: You may serve topped with sherbet.

Spiced Pear Salad

Serves 4

Per serving

Calories 197
Protein 2 g
Carbohydrates 37 g
Total Fat 5 g
23% Calories from Fat
Cholesterol 8 mg
Fiber 2 g
Sodium 55 mg
Sugar 27 g

- 1 (15-ounce) can pear halves
- 1/4 cup packed brown sugar
- 2 tablespoons sherry
- 1 1/2 teaspoons apple cider vinegar
- 1/16 teaspoon cinnamon
- 1/16 teaspoon nutmeg
- 1/16 teaspoon ground cloves
- 2 ounces reduced-fat cream cheese
- 2 tablespoons chopped pecans
- 4 small lettuce leaves

Drain the pear halves, reserving 1 tablespoon of the juice. Mix the brown sugar, sherry, reserved juice, vinegar, cinnamon, nutmeg and cloves in a 1-quart microwave-safe dish. Microwave on High for 1 to 2 minutes or until boiling, stirring after half the time. Add the pear halves, stirring to coat. Microwave on High for 1 to 2 minutes or until heated through. Chill in the refrigerator.

To serve, cut the cream cheese into four pieces. Shape the cream cheese into four balls and roll in the pecans. Place each pear half on a lettuce leaf on a serving plate. Spoon the sauce over the pear half. Place the cheese ball in the hollow of each pear half.

Note: The pears and sauce may be made one to two days in advance. Assemble the salad just before serving.

Summer Fruit Salad

Serves 12

Per serving

Calories 93
 Protein 1 g
 Carbohydrates 20 g
 Total Fat 1 g
 13% Calories from Fat
 Cholesterol 4 mg
 Fiber 2 g
 Sodium 89 mg
 Sugar 14 g

- 1/2 cup blueberries
- 1 pear, chopped
- 1 peach, peeled and chopped
- 1 apple, chopped
- 1 cup sliced fresh strawberries
- 1 1/2 cups seedless grapes
- 1 teaspoon lemon juice
- 4 ounces low-fat strawberry cream cheese spread
- 1/4 cup packed light brown sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1 cup broken pretzels

Cut in half & use fewer fruits to be more economical

Chilling Injury

Sometimes refrigeration may actually cause injury to the flesh or rinds of some fruits and vegetables. This is known as a chilling injury. The chilling injury can cause surface lesions, internal discoloration, water-soaking of the tissue, and failure of a fruit or

Combine the blueberries, pear, peach, apple, strawberries and grapes in a large bowl. Add the lemon juice and toss to mix. Beat the cream cheese spread, brown sugar, vanilla and cinnamon in a bowl until smooth. Fold into the fruit. Stir in the pretzels gently. Serve immediately or chill until serving time.

Fruit Salad

FRUITS & VEG - submitted by Shirley

Per serving

Calories 132
 Protein 2 g
 Carbohydrates 32 g
 Total Fat 1 g
 5% Calories from Fat
 Cholesterol 21 mg
 Fiber 2 g
 Sodium 13 mg
 Sugar 25 g

- 1 (20-ounce) can juice-packed pineapple chunks
- 2 large apples, chopped
- 1 cup marshmallows
- 2 bananas, sliced
- 1 cup seedless grapes
- 1/4 cup sugar
- 2 tablespoons all-purpose flour
- 1 egg

Drain the pineapple, reserving the liquid. Add enough water to the reserved liquid to measure 1 cup. Combine the apples, marshmallows, bananas, pineapple chunks and grapes in a large bowl. Mix the sugar, flour, reserved pineapple liquid and egg in a small saucepan. Cook over medium heat until thickened, stirring constantly. Pour over the fruit mixture and toss to coat. Chill for 2 hours or longer before serving.

Per serving

Calories 278
 Protein 6 g
 Carbohydrates 43 g
 Total Fat 11 g
 33% Calories from Fat
 Cholesterol 10 mg
 Fiber 6 g
 Sodium 284 mg
 Sugar 26 g

Wheat Berry Broccoli Salad

Serves 8

- | | |
|---|------------------------------|
| 1/2 cup wheat berries | 1/2 cup raisins |
| 2 bunches broccoli, cut into florets | 1/4 cup chopped purple onion |
| 2 cups seedless grapes, cut into halves | 1 cup light mayonnaise |
| 2 tablespoons bacon bits | 1/2 cup sugar |
| | 2 tablespoons vinegar |

Bring water to a boil in a saucepan. Add the wheat berries and reduce the heat. Simmer, uncovered, for 1 hour or until cooked through. The wheat berries will retain a firm chewy texture when cooked. Drain and set aside to cool.

Combine the wheat berries, broccoli, grapes, bacon bits, raisins and onion in a large bowl. Mix the mayonnaise, sugar and vinegar in a small bowl. Add to the broccoli mixture just before serving and toss to coat.

Note: The dressing may be made a day ahead and chilled until serving time. One bunch broccoli and one head cauliflower or dried cranberries may be used.

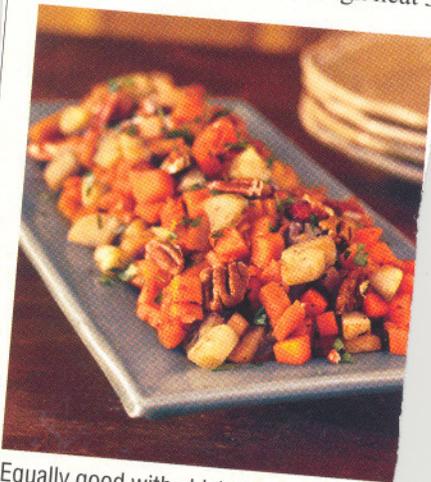
SAVORY SWEET POTATO HASH

MAKES 4 TO 6 SERVINGS
PREP: 15 MIN., COOK: 20 MIN.

FRUITS & VEG - submitted by Shirley

- 4 bacon slices, diced
- 1 tablespoon olive oil
- ½ medium onion, diced
- 3 medium-size sweet potatoes, chopped
- 1 large Granny Smith apple, peeled and chopped
- ½ cup chicken broth
- ¼ teaspoon dried thyme
- ¼ teaspoon ground allspice
- ½ cup chopped toasted pecans
- 1 tablespoon chopped fresh parsley

SAUTÉ bacon in hot oil in a large non-stick skillet over medium-high heat 3



Equally good with chicken or pork, Savory Sweet Potato Hash combines the tart taste of green apples with smoky bits of crumbled bacon and toasted pecans.

minutes or until brown. Add onion, and sauté 2 minutes. Stir in sweet potatoes, and sauté 5 minutes. Stir in apple and next 3 ingredients, and cook, stirring often, 8 to 10 minutes or until potatoes and apple are tender.

SPOON mixture into a serving dish, and sprinkle evenly with pecans and parsley.

ALFRED LESTER
WILMINGTON, NORTH CAROLINA



What's for dinner?

Pumpkin Soup

1/2 cup chopped onion
1/2 tsp. minced garlic
15 oz. canned pumpkin
1/2 cup cooked, mashed carrots
15 oz. can of navy beans, drained
3 1/2 cups fat free, sodium reduced chicken broth
1/2 cup fat free half and half
Salt and pepper or other seasonings to taste

Sauté the onion and garlic in small amount of oil over medium heat until tender, about 5 minutes. Mix pumpkin, carrots, and broth together; add to the onion-garlic mixture and heat. Add beans plus seasoning to taste. The last ingredient is the half and half. Heat just until soup is simmering. Do not boil. Serve immediately.

Yield: 6 (1 cup) servings
Calories: 109

Optional seasonings:
Jalapeno peppers, crushed red peppers

Preparation Time: 20 minutes
Cook Time: 15 minutes

Nutrition facts per serving:
Total fat: 1 g
Cholesterol: 1 mg
Sodium 187 mg
Total Carbohydrate: 19 g
Protein: 7 g

Serve with: Sandwiches and fruit

FRUITS & VEG - submitted by Donna



Recipes

Very Veggie Fettuccine

Try this recipe! In small portions it makes a great side dish, or serve up a larger amount as a vegetarian entree.

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's [strict nutrition guidelines](#) as a healthy recipe.

Category: Main Dishes

Think Variety; Think Color:   

Preparation time: 25 minutes

Serves: 4

Cups of Fruits and Vegetables per Serving: 1

Ingredients:

1 9-oz. package refrigerated spinach fettuccini
 1 tablespoon olive oil
 2 medium carrots, chopped to small dice
 2 tablespoons chopped scallions
 1 cup chopped yellow peppers
 ¼ cup sun-dried tomatoes, oil pack, drained; cut into small pieces
 4 medium tomatoes, sliced into wedges
 2 ounces feta cheese, crumbled

Prepare pasta as label directs and keep warm.

Meanwhile, heat olive oil over MEDIUM-HIGH heat and sauté carrots until tender-crisp, about 4 minutes.

Add scallions and peppers and stir-fry until tender crisp, about 4 more minutes.

Add vegetables to pasta and stir to mix.

Mix in chopped sun-dried tomatoes.

Place equal amounts on 4 serving plates.

Arrange tomato slices on top.

Sprinkle with feta cheese.

Serve immediately.

Each serving provides: an excellent source of vitamin A, vitamin C; and a good source of calcium, potassium and fiber.

Credit: Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Center for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 314	Carbohydrates: 45g
Total Fat: 9.9g	Cholesterol: 63mg
Saturated Fat: 3.5g	Dietary Fiber: 5g
% of Calories from Fat: 28%	Sodium: 270mg
Protein: 13g	

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FRUITS & VEG - submitted by Donna



Recipes

Confetti Plum-Pasta Salad

This beautiful pasta salad features both fruit and veggies!

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's [strict nutrition guidelines](#) as a healthy recipe.

Category: Salads

Think Variety; Think Color: 

Preparation time: 30 minutes

Serves: 6

Cups of Fruits and Vegetables per Serving: ½

Ingredients:

8 oz. colored corkscrew pasta
 ½ medium red bell pepper, cut into strips
 ½ medium yellow bell pepper, cut into strips
 ¾ cup jicama, peeled and sliced
 ½ cup chopped red onion
 4 plums, sliced
 2 tablespoons fresh basil, chopped
 1 teaspoon pimiento, diced
 1 teaspoon fresh ginger, finely grated
 2 tablespoons rice or white wine vinegar
 2 tablespoons vegetable oil
 1 teaspoon sugar
 Salt and freshly ground black pepper to taste

Cook the pasta according to the package directions.

Drain.

Rinse briefly under cold water and drain.

In a large bowl, toss together the pasta, red and yellow bell peppers, jicama, onion, and plums.

In a small bowl, whisk together the basil, pimiento, ginger, vinegar, oil, sugar, salt, and pepper until blended.

Drizzle the dressing over the salad and toss until evenly coated.

Each serving provides: An excellent source of vitamin C, and a good source of vitamin A, folate and fiber.

Credit: Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Center for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 140	Carbohydrates: 21g
Total Fat: 5.2g	Cholesterol: 0mg
Saturated Fat: 0.9g	Dietary Fiber: 3g
% of Calories from Fat: 33%	Sodium: 51mg
Protein: 3g	

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FRUITS & VEG - submitted by Donna



Recipes

Asparagus Saute

Delicious and quick, this great recipe works well when you need another side dish fast!

This is one of our own Fruits & Veggies—More Matters™ recipes. It meets the Centers for Disease Control and Prevention's [strict nutrition guidelines](#) as a healthy recipe.

Category: Side Dishes

Think Variety; Think Color:   

Preparation time: 30 minutes or less

Serves: 10

Cups of Fruits and Vegetables per Serving: 1

Ingredients:

2 pound asparagus, trimmed and cut into 1 ½ inch pieces
 8 oz. sugar snap peas, strings removed
 2 teaspoons olive oil
 1 pound radishes, each cut into quarters
 ½ teaspoon salt
 ¼ teaspoon black pepper
 4 tablespoons chopped green onions

Fill a large bowl with ice and cold water.

Steam asparagus and snap peas until bright green, about 5 minutes.

Drain vegetables and plunge into cold water to stop cooking.

Drain again.

Meanwhile, heat olive oil in large skillet and stir fry radishes for 5 minutes.

Add asparagus and snap peas; season with salt and pepper.

Cook until tender crisp, about 5 minutes, stirring occasionally.

Place in serving bowl and sprinkle with green onions.

Each serving provides: an excellent source of vitamin C and a good source of vitamin A, folate and fiber.

Credit: Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Center for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 45	Carbohydrates: 7g
Total Fat: 1.1g	Cholesterol: 0mg
Saturated Fat: 0.2g	Dietary Fiber: 3g
% of Calories from Fat: 19%	Sodium: 139mg
Protein: 3g	

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Dinner Tonight!

Couscous Chicken

- 1 Tablespoon olive oil
- 3 cloves garlic, chopped
- 2 (8-ounce) boneless, skinless chicken breasts, halved
- 8 ounces baby spinach
- 1/3 cup Italian dressing
- 1 cup low-sodium canned tomatoes, diced, with juice
- 2 cups whole wheat couscous, cooked

Cut meat into 20 (1-inch) cubes. Heat a large skillet over medium-high heat. Add the olive oil and heat. Add the garlic and cook for 1 minute. Add the chicken and cook about 4 minutes per side, or until cooked through and juices run clear. Remove the chicken and set aside. To the same pan, add the spinach and cook just until wilted, about 1 to 2 minutes. Remove from the pan and set aside. Lower the heat to medium and add the Italian dressing to the pan and stir, scraping the bottom of the pan to remove any browned bits. Add the tomatoes, bring to a simmer and cook 3 to 5 minutes. Cook couscous according to package directions and place cooked couscous in a serving bowl. Top with the spinach, chicken, and tomato sauce mixture.

Preparation Time: 5 minutes

Cook Time: 15 minutes

Serves: 4

Cost per serving: \$1.67

Nutrition facts per serving:

Calories: 353

Total Fat: 6 g

Saturated Fat: .9 g

Fiber: 8 g

Total Carbohydrate: 42 g

Protein: 34 g

Serve with: Fresh Fruit

MAIN DISH – submitted by Karen

Beef-Fried Rice

(Best for Seniors—I would probably cut recipe in ½ so it can be made in a saucepan and have plenty of room in pan)

- 1 lb. boneless beef sirloin steak, thinly sliced
- 2 c. frozen stir-fry vegetables
- 1 c. chicken broth
- 3 T. Catalina salad dressing
- 2 T. soy sauce
- 2 c. instant brown rice, uncooked
- 1 can (11oz) mandarin oranges, drained
- 1/3 c. chopped green onions

Cook meat in non-stick skillet on high heat for 3 minutes or until even browned, stirring occasionally.

Add next five ingredients; stir. Bring to boil; cover. Simmer 5 minutes. Remove from heat.

Let stand 5 minutes. Add oranges and onions. Fluff w/ fork.

4 servings (1 ¾ c. each)

MAIN DISH – submitted by Karen

Pasta with Creamy Sauce

Best for Seniors

- 1 T. olive oil
- 1 small onion
- 1 clove garlic
- 1 can (14.5 oz) chicken broth
- 1/8 t. crushed red pepper
- 8 oz. Neufchatel cream cheese, softened and cubed
- 1 lb penne pasta, uncooked
- 1 c. frozen peas
- ½ c. Parmesan cheese, grated and divided
- 6 oz. chopped ham

Sauté onions in oil until crisp tender. Add garlic and cook an additional 2 minutes. Add broth and crushed pepper and bring to boil. Lower heat and whisk in cream cheese and stirring until melted. Add peas and 1/3 c. Parmesan cheese and simmer on low until sauce is slightly thickened. Add chopped ham.

Cook pasta according to package directions. Drain. Stir into sauce mixture.

8 servings (1 c. each)

MAIN DISH – submitted by Karen

Chicken Fajita Quesadillas

Juniors or Seniors—could be made into dip and used toasted tortillas with it or as a quesadilla.

½ lb. boneless skinless chicken breast, cut into thin strips

¾ c. sliced onions

¾ c. sliced red pepper strips

½ c. salsa

½ c. rinsed canned black beans

6 whole wheat tortillas

1 ½ c. cheddar cheese, grated

Cook chicken in large skillet on medium heat 5 minutes; stirring frequently.

Add onions and peppers; cook 4 to 5 minutes or until crisp tender. Stir in salsa and beans; cook an additional 3 minutes or until heated through.

Spoon ¼ c. chicken mixture onto half of each tortilla; sprinkle with cheese. Fold tortillas in half. Spray second large skillet with cooking spray. Heat skillet to medium heat. Add quesadillas and brown on each side.

6 servings

MAIN DISH – submitted by Karen

Peanutty Stir-Fry Salad

Juniors or Seniors—may want to substitute almonds in case of peanut allergy, however)

¼ c. Catalina Dressing

4 c. assorted fresh vegetables (green peppers, mushrooms, onions, broccoli, carrots, zucchini)

¾ lb. boneless, skinless chicken breasts, cut into strips

½ c. cocktail peanuts

2 T. soy sauce

1 pkg. torn salad greens

Heat dressing in skillet over medium heat. Add vegetables and stir-fry 5 minutes or until done.

Add nuts and soy sauce; stir-fry 2 minutes or until vegetables are crisp tender and heated through.

Serve over salad greens.

4 servings

NUTRITIOUS SNACKS – submitted by Micah

Peanut Butter Power Balls

These are packed with protein. Just make sure your school doesn't have a zero-tolerance policy on peanut butter, due to some children's allergic reactions. Try this recipe.

2 servings

Ingredients:

- 1 cup peanut butter
- 1/2 cup non-fat dry milk powder *or* soy protein powder
- 1/2 cup raisins *or* chocolate chips
- 1/4 cup honey
- Graham cracker crumbs

Directions:

1. Mix all ingredients except the graham cracker crumbs in a large bowl. Shape mixture into 1-inch balls. Roll in crumbs and refrigerate (or freeze -- balls will thaw by lunchtime).

Fruit and Yogurt Parfait

No one will be able to resist this low-fat fruit and yogurt dessert.

4 servings

Ingredients:

- 4 cups various sliced fruit (strawberries, kiwi, mango, pineapple, etc.)
- 16 ounces fat-free vanilla or lemon yogurt
- 1/2 cup wheat germ

Directions:

1. In each of 4 large glass wine goblets, place a layer of fruit, yogurt, and wheat germ. Repeat the layers.
2. Chill before serving.

Tips: This is another easy make-ahead dessert. It looks very attractive served in a glass wine goblet.

NUTRITIOUS SNACKS – submitted by Micah

Pizzadillas With Red Sauce

Note: These are great warm from the skillet or cold, packed for lunch with a container of sauce for dipping.



Nutrition Facts	
Serving Size (142g) Half a Pizzadilla	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	12%
Cholesterol 10mg	3%
Sodium 550mg	23%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	15%
Sugars 3g	
Protein 10g	
Vitamin A 45%	• Vitamin C 20%
Calcium 20%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Prep Time: 10-15 minutes

What you need:

- 4 whole-wheat tortillas (8 inches)
- 2/3 cup fresh or frozen spinach, finely chopped
- 2/3 cup part-skim mozzarella cheese, shredded
- 1 cup marinara sauce (store-bought or homemade)
- Cooking spray

Equipment and supplies:

- A 10- to 12-inch skillet
- Thin spatula (metal preferred)

What to do:

1. Lay 2 tortillas on a flat surface. Divide spinach and cheese between the tortillas.
2. Top with remaining 2 tortillas.
3. Place skillet over medium heat. Lightly coat pan with cooking spray.
4. Gently slide 1 pizzadilla into the pan and cook until light golden brown on one side (about 1-2 minutes).
5. Using a thin spatula, gently flip over the pizzadilla and cook for 30-60 seconds more or until cheese is fully melted.
6. Remove pizzadilla and cut into triangles. Repeat with remaining pizzadilla.
7. Serve with marinara sauce for dipping.
8. You can wrap and refrigerate leftovers to take to school for lunch.

Nutritious Snacks Category

Clue: Cold Snack

3/4 cup sliced strawberries
3/4 cup blueberries
1 (6 ounce) container vanilla yogurt
1/2 banana, sliced
1/3 cup granola

Nutritional Information

Servings Per Recipe: 1

Amount Per Serving

Calories: 520

- * Total Fat: 13.5g
- * Cholesterol: 8mg
- * Sodium: 126mg
- * Total Carbs: 86.9g
- * Dietary Fiber: 11.1g
- * Protein: 18.3g

Nutritious Snacks Category

Clue: Roll-up

1/2 (8 ounce) package cream cheese, softened
1/3 cup and 2 tablespoons and 1 teaspoon sour cream
1/2 (1 ounce) package dry fiesta-style ranch dressing mix
1/3 cup and 2 tablespoons and 1 teaspoon chunky salsa
2/3 cup and 1 tablespoon shredded Cheddar cheese
4-3/4 (10 inch) flour tortillas

Nutritional Information

Servings Per Recipe: 12

Amount Per Serving

Calories: 178

- * Total Fat: 9.4g
- * Cholesterol: 21mg
- * Sodium: 334mg
- * Total Carbs: 17.9g
- * Dietary Fiber: 1.1g
- * Protein: 5.3g

Nutritious Snacks Category

Clue: Ball

1 (8 ounce) package cream cheese, softened
1 cup shredded Cheddar cheese
1-1/2 teaspoons finely chopped pimento
1-1/2 teaspoons finely chopped green pepper
1-1/2 teaspoons finely chopped onion
1 tablespoon Worcestershire sauce
1-1/2 teaspoons lemon juice
1/2 pinch salt
1/4 cup finely chopped pecans

Nutritional Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 244

- * Total Fat: 22.8g
- * Cholesterol: 61mg
- * Sodium: 288mg
- * Total Carbs: 2.7g
- * Dietary Fiber: 0.5g
- * Protein: 8g

Nutritious Snacks Category

Clue: Mix it Up

1 cup cereal with fruit
1 cup “chex” type bran cereal
¼ cup raisins
¼ cup peanuts
¼ cup shredded coconut

Nutritional Information

Servings per recipe: 4

Amount Per Serving

Calories: 210

- Total Fat: 9 g.
- Cholesterol: 0 mg
- Sodium: 170 mg
- Total Carbs: 3.2 g.
- Dietary Fiber: 3 g.
- Protein: 5 g.

Nutritious Snack Category

Clue: Que?

6 ounces cooked chicken breast
1/3 cup shredded Monterey Jack cheese
2 Tbsp. green onion, finely chopped
4 (8") flour tortillas
½ cup salsa
½ cup sour cream

Nutritional Information

Servings per recipe: 4

Amount per serving

Calories: 310

- Total Fat: 10 g.
- Cholesterol: 95 mg.
- Sodium: 710 mg.
- Total Carbs: 14 g.
- Dietary Fiber: 2 g.
- Protein: 38 g.

Nutritious Snack Category

Clue: Pile-up

16 corn tortilla chips
1 cup shredded lettuce
½ cup diced tomatoes
1 cup fat-free refried beans
½ cup grated reduced fat cheese

Nutritional Information

Servings Per Recipe: 4

Amount per serving

Calories: 140

- Total Fat: 2 g.
- Cholesterol: 5 mg.
- Sodium: 390 mg.
- Total Carbs: 22 g.
- Dietary Fiber: 5 g.
- Protein: 8 g.

Pumpkin Soup

1/2 cup chopped onion
1/2 tsp. minced garlic
15 oz. canned pumpkin
1/2 cup cooked, mashed carrots
15 oz. can of navy beans, drained
3 1/2 cups fat free, sodium reduced chicken broth
1/2 cup fat free half and half
Salt and pepper or other seasonings to taste

Sauté the onion and garlic in small amount of oil over medium heat until tender, about 5 minutes. Mix pumpkin, carrots, and broth together; add to the onion-garlic mixture and heat. Add beans plus seasoning to taste. The last ingredient is the half and half. Heat just until soup is simmering. Do not boil. Serve immediately.

Yield: 6 (1 cup) servings
Calories: 109

Optional seasonings:
Jalapeno peppers, crushed red peppers

Preparation Time: 20 minutes
Cook Time: 15 minutes

Nutrition facts per serving:
Total fat: 1 g
Cholesterol: 1 mg
Sodium 187 mg
Total Carbohydrate: 19 g
Protein: 7 g

Serve with: Sandwiches and fruit

Mango Salsa

Serves: 6

Serving Size: 1 cup

Ingredients:

1 pound ripe tomatoes (about 4), diced
1 mango, peeled and diced
1 and 1/3 cups cooked black beans, drained
1/2 cup green onions, sliced
1/3 cup cilantro or parsley, chopped
Juice of 2 limes
1 tsp oil

Directions:

Toss all the ingredients together and chill until ready to serve.

Nutrition Information:

This recipe makes 6 servings. Each cup contains 184 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 5 mg sodium, 35 g carbohydrate, 8 g fiber, 6 g sugar, and 10 g protein.

Each serving also has 11% DV vitamin A, 33% DV vitamin C, 6% DV calcium, and 11% DV iron.

Chef's Tips:

If you're using canned beans, be sure to drain and rinse them thoroughly before adding them to the salsa.



Cooking Lesson:

Here's another garde manger recipe that is perfect for honing knife skills.

Nutrition Lesson:

Beans add fiber and protein to any meal, offering way more staying power than traditional veggie dishes that lack beans.

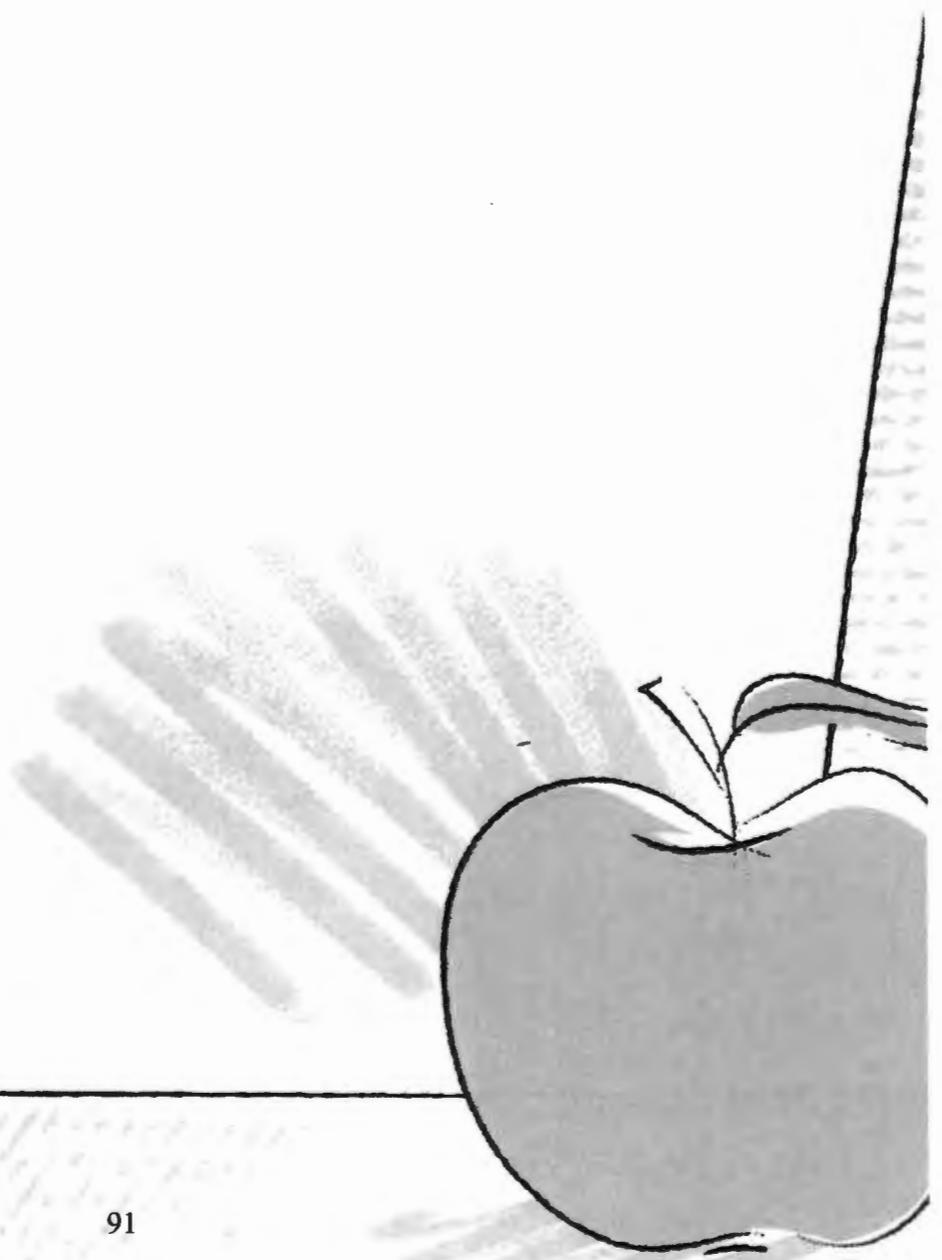
Mill A part of sustainability is all...



Cheerio Bars

1/2 c Peanut butter
1/2 c Sugar
1/2 c Honey
3 c Cheerios
Salted peanuts

Bring sugar and honey to a boil in 2 qt saucepan. Remove from heat, stir in peanut butter until blended. Pour in cheerios and mix until well coated. Spread in buttered 9 x 13 pan and let cool. cut in squares.



Chicken Salad Sandwich

Serves: 2

Serving Size: 1 open faced sandwich, 1/2 salad

Ingredients:

2 slices of whole grain bread
Half of 1 roasted chicken breast, diced
1 tablespoon light mayonnaise
3 dried apricots, diced
1 tsp. chopped red onion
1 tablespoon diced red pepper
1 tablespoon diced celery
1 tablespoon hot green chili pepper
3 cups arugula or mixed greens
2 plum tomatoes, sliced
2 navel oranges, peeled and segmented
A spritz or two of Italian dressing

Directions:

Place the chicken, mayonnaise, apricot, onion, pepper, and celery in a bowl and mix well.

Arrange each slice of bread on a single plate. Divide the chicken salad mixture into two equal portions and top each slice of bread with one portion of the chicken salad.

Place the greens, sliced tomatoes and orange segments in even amounts on both plates and spritz with the Italian dressing spray.

Nutrition Information:

Serves 2. Each 1 plate serving has 266 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 37 mg cholesterol, 207 mg sodium, 37 g carbohydrate, 7 g dietary fiber, 19 g sugar, and 19 g protein.

Each serving also contains 34% DV vitamin A, 176% DV vitamin C, 13% DV calcium, and 11% DV



iron.

Chef's Tips:

You can use lemon juice or vinegar to top the salad instead of the Italian dressing.

Not a mayonnaise fan? Try the same amount of nonfat, unsweetened Greek yogurt for a creamy and tangy kick.

For a milder bite, replace the red onion with shallots or even scallions.

Spinach, baby arugula, or baby romaine are all great options for the side salad. Feel free to use a mix of a few different greens.

Pear Salad

Serves: 4

Serving Size: 1 and 1/4 cups

Ingredients:

4 cups mixed baby lettuce, washed and chopped

1/4 cup quartered dried figs

1/4 cup dried raisins and cranberries

1 pear, cored and sliced

Balsamic vinegar to taste

Drizzle of olive oil

Black pepper to taste

1 tablespoon toasted almond slices



Directions:

Mix the lettuce with the figs, dried fruit, pear, vinegar, oil, and pepper. Place on plates and top with toasted almonds.

Nutrition Information:

This recipe serves 4. Each 1 and 1/4 cup serving contains 108 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 11 mg sodium, 22 g carbohydrate, 3 g fiber, 15 g sugars, and 2 g protein.

Each serving also has 42% DV vitamin A, 5% DV vitamin C, 4% DV calcium, and 5% DV iron.

Chef's Tips:

This is a great holiday or winter salad when pears are in season.

Cooking Lesson:

Dried fruits and nuts add flavor, texture, and color to a salad.

Nutrition Lesson:

Dried fruits are often high in nutrients, but they are also high in calories. Exercise portion control whenever you make them a part of your meals.

Apple Broccoli Waldorf Salad

Serves: 4

Serving Size: 1 cup

Ingredients:

- 2 unpeeled red apples, diced
- 2 cups raw broccoli florets
- 2 tablespoons chopped green onion
- 2 tablespoons chopped walnuts
- 1/4 cup raisins
- 1/2 cup low-fat vanilla yogurt

Directions:

Mix all ingredients together and refrigerate until ready to serve. This salad looks especially nice when served on a bed of lettuce with a pinch of ground cinnamon on top.

Nutrition Information:

Serves 4. Each cup contains 141 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 2 mg cholesterol, 38 mg sodium, 28 g carbohydrate, 4 g dietary fiber, 20 g sugar, and 4 g protein.

Each serving also has 9% DV vitamin A, 76% DV vitamin C, 8% DV calcium, and 5% DV iron.

Chef's Tips:

This red and green salad is perfect for any holiday meal.

No green onion? Try chives or shallot instead.



Cooking Lesson:

You can make this dish in the garde manger, no need for any heat at all!

Nutrition Lesson:

This is a twist on a traditional waldorf salad. This version is lower in sodium and calories, yet higher in nutrients.

Vegetarian Quesadillas

Serves: 3

Serving Size: 1 quesadilla

Ingredients:

Spray olive oil
6 small, low-fat, whole wheat tortillas
1 can black beans (no added salt), drained
1/4 cup shredded cheddar cheese

Directions:

Heat the beans in a covered bowl in the microwave. Heat a nonstick pan over medium heat *or* heat up a panini maker or quesadilla maker. Lightly spray the pan with oil.

Place one tortilla on the pan. Top with 1/2 cup beans and 1/3 of the cheddar cheese.

Place a second tortilla over the beans and cheese. Lower the press for the panini or quesadilla maker, or just cook the quesadilla in the nonstick pan.

Cook the first side until it is brown, about 3 minutes. Flip the quesadilla and cook for 3 more minutes.

Nutrition Information:

Serves 3. Each serving contains 375 calories, 5 g fat, 2 g saturated fat, 0 g trans fat, 10 mg cholesterol, 116 mg sodium, 66 g carbohydrate, 8 g dietary fiber, 0 g sugar, and 15 g protein.

Each serving also has 1% DV vitamin A, 0% DV vitamin C, 11% DV calcium, and 27% DV iron.

Chef's Tips:

I served the quesadillas with slaw, mango salsa, and pico de gallo. They look especially nice when they are cut into quarters and stacked on the plate, as



pictured above.

Cooking Lesson:

Get to know your gadgets! A panini maker is a great tool to have on hand for recipes just like this one.

Nutrition Lesson:

Beans are a fantastic source of fiber, plant protein, iron, zinc, folate, and potassium.

Category: Fruits & Vegetables

Hint: A side dish you can eat as a dessert!

Ingredient List:

3 large Granny Smith Apples, cored and diced

1 cup chopped celery (chopped very small)

½ cup walnuts

½ cup raisins

1 package fat-free instant Butterscotch pudding

2 cups low-fat plain yogurt

Improving Lives. Improving Texas.

Food challenge
workshop Oct. 2013

Carmel Apple Salad

What you need:

Utensils:

- Knife
- Cutting Board
- 2 Mixing Bowls
- Spoon

Ingredients:

- 3 large Granny Smith Apples, cored and diced
- 1 cup chopped celery (chopped very small)
- ½ cup walnuts
- ½ cup raisins
- 1 package (4 servings) fat-free instant Butterscotch pudding
- 2 cups low-fat plain yogurt

What to do:

1. Wash your hands and clean your cooking area.
2. Wash, core, and dice apples.
3. Wash and chop celery.
4. Mix apples, walnuts, raisins and celery in a large mixing bowl.
5. In a small bowl, mix dry pudding package and yogurt.
6. Combine the pudding mixture with the apple mixture and mix well.
7. Refrigerate for 30 minutes to 1 hour before serving.

Prep Time: 20 minutes

Chill Time: 30-60 minutes

Cost per serving: \$0.31

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 3g	
Vitamin A 2%	• Vitamin C 4%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

MyPyramid:

½ cup Fruit

⅓ ounce Meat & Beans

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Rainbow Pasta Salad

Serves: 6

Serving Size: 1 and 1/4 cups

Ingredients:

3 cups cooked macaroni
1/2 cup red onion, chopped
2 cups tomato, chopped
1 cup red or green bell pepper, chopped
1 cup cooked black beans
1 cup cooked corn
1 Tbsp vinegar
1 tsp oil
Black pepper to taste
2 tsp Italian seasoning

Directions:

Combine all of the ingredients in a large mixing bowl. Refrigerate until ready to serve, up to 24 hours. If you'd like, you can garnish the dish with Parmesan cheese.

Nutrition Information:

Serves 6. Each 1 and 1/4 cup serving contains 278 calories, 3 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 54 g carbohydrate, 7 g dietary fiber, 3 g sugar, and 10 g protein.

Each serving also has 13% DV vitamin A, 48% DV vitamin C, 2% DV calcium, and 16% DV iron.

Chef's Tips:

Don't have Italian seasoning mix? Make your own! Play around with dried rosemary, basil, oregano, garlic powder, and red pepper flakes until you have a combination that pleases your palate.



Cooking Lesson:

This is a great "planned over" dish that can use extra foods from other meals (boil extra pasta the next time you make it and use that as the base of this dish, for example) for a quick and healthful meal later in the week.

Nutrition Lesson:

Go for whole wheat pasta instead of traditional refined varieties and you will increase the fiber and nutrients in this already amazing dish!

Muesli

Serves: 6

Serving Size: 1 cup

Ingredients:

- 2 cups rolled oats
- 2 cups skim milk
- 2 Tbsp dark seedless raisins
- 1 apple, cored and chopped
- 1 banana, sliced
- 1 orange, peeled and cubed
- 1 Tbsp sliced almonds
- 1 cup vanilla light nonfat yogurt

Directions:

Mix the rolled oats and skim milk in a bowl. Be sure to get them thoroughly combined.

Add the rest of the ingredients and mix well. Eat right away or refrigerate for later.

Nutrition Information:

This recipe makes 6 servings. Each serving has 318 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 2 mg cholesterol, 59 mg sodium, 57 g carbohydrate, 8 g fiber, 18 g sugars, 14 g protein.

Each serving also contains 5% DV vitamin A, 23% DV vitamin C, 20% DV calcium, and 16% DV iron.

Chef's Tips:

If you want to make this ahead of time, leave the banana out until you're ready to serve the dish. Without the banana, the muesli will keep in the fridge for up to 2 days.



Cooking Lesson:

This recipe is another classic of the garde manger and doesn't require any heat at all.

Muesli was invented in Switzerland and remains a very popular breakfast dish to this day. The name translates to "a mix." This is one of my absolute favorite breakfasts during the summer.

Nutrition Lesson:

Whole dairy products are huge sources of unhealthy saturated fat, which increases LDL (a.k.a. "bad" cholesterol) production and clogs your arteries. Choose nonfat, or low-fat options whenever you can.

Spaghetti Bolognese

1 Peel and dice onions and garlic. Peel and wash carrots, wash celery and dice both ingredients.

2 Sear mince in hot oil. Add onions, garlic and vegetables and sear briefly with the meat.

3 Add tomatoes in their juice, tomato paste and meat stock.

4 Leave the sauce to simmer in an open pot over low heat for about 20 minutes. Stir in oregano and lightly simmer for another 20 minutes. Season to taste with salt, pepper and sugar.

5 Cook spaghetti, as per packet instructions, in liberally salted water until the pasta is 'al dente'. Then pour off the liquid and leave to drain.

6 Arrange spaghetti in a preheated dish. Serve with sauce and flaked Parmesan.

Nutritional Tip

Pasta counts as one of the basic essential foodstuffs. The main ingredient is cereal, especially wheat, which means pasta is particularly rich in starch. Whole-wheat pasta has an especially high starch content, since it contains traces of the cereal's husk. Pasta's high fiber content means that pasta meals remain satisfying long after you eat them.

Serves 4

- 1 onion
- 2 garlic cloves
- 1 small carrot
- 3 ½ oz / 100 g celery sticks
- 10 ½ oz / 300 g mixed ground meat
- 2 tbsp olive oil
- 1 can tomatoes (drained weight 8 oz / 240 g)
- 1 small can tomato paste
- 7 tbsp meat stock
- 2 tsp dried oregano
- salt, pepper
- 1 pinch sugar
- 10 ½ oz / 300 g spaghetti
- ⅔ cup / 75 g grated Parmesan

Preparation time: ca. 30 minutes (plus cooking time)

*Per serving ca. 700 kcal / 2940 kJ
33 g P, 37 g F, 58 g C*



Meatless Meals for Better Health



Skillet Chili

- 1 medium onion, chopped¹
- 2 garlic cloves, minced²
- 1 small bell pepper, diced
- 1/2 cup crushed tomatoes
- 2 15-ounce cans pinto beans, including liquid
- 1 diced mild green chile peppers
- 1 tsp cumin
- Pinch oregano

Directions:

1. Heat 1/2 cup water in a large skillet or pot. Add the onion, garlic, and bell pepper and cook over high heat, stirring often, until the onion is translucent, about 5 minutes.
2. Stir in the remaining ingredients and simmer, stirring occasionally, for 15 minutes.

Serves 6. Each 1 cup serving: 160 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 450 mg sodium, 30 g carbohydrate, 9 g fiber, 8 g protein. Diabetic exchange: 1-1/2 bread, 1 veg.

Cook's Notes:

1. You can find chopped onion in the freezer section of your grocery store.
2. You can also use 2 tsp of minced garlic. Find this in the produce or spice section of your grocery store.

Vegetarian Sloppy Joes

This fun dish makes a spicy, easy meal. It's a healthy twist on an old classic.

- 4 whole wheat rolls, halved and toasted
- 1/2 cup each, sliced: zucchini, green onion, mushrooms
- 1/2 cup kidney beans, drained and rinsed
- 1 15-oz. can stewed diced tomatoes, drained
- 1/2 cup barbecue sauce
- 1/4-1/2 tsp chili powder

Directions:

1. Heat a large, nonstick skill over medium-high heat. Add vegetables, beans, tomatoes, barbecue sauce and chili powder and bring mixture to a boil, stirring well.
2. Reduce heat to a simmer and cook until vegetables are tender, about 4-5 minutes.
3. Serve mixture over toasted bun halves, open face style. This dish goes well with a tossed salad or lowfat slaw. You can also cook everything together in the microwave.

Serves 4. Each serving: 180 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 580 mg sodium, 33 g carbohydrate, 5 g fiber, 7 g protein. Diabetic exchange: 2 bread, 1 veg.

Recipes to Lower Blood Pressure

Muesli

Eat this delicious dish for breakfast to increase your calcium intake. It is very convenient to eat on the go.

- 1/4 cup rolled oats, dry
- 1/4 cup skim milk
- 1/2 cup vanilla light nonfat yogurt
- 1 cup diced fresh fruit
- Pinch of cinnamon

Directions:

1. Mix the rolled oats and milk; allow to soak for a few minutes or overnight.
2. Fold in the rest of the ingredients. Eat immediately or refrigerate until ready to serve, up to 1 day. Serves 1. Each serving (about 2 cups): 250 calories, 6 g fat, 0.5 g saturated fat, 4 mg cholesterol, 84 mg sodium, 38 g carbohydrate, 6 g fiber, 11 g protein.

Broccoli Peanut Stir Fry

Peanuts add crunch to this delicious stir fry dish.

- 2 tsp oil
- 1 cup sliced green onion
- 1 cup sliced carrots
- 2 cups chopped kale, prewashed
- 1 cup chopped broccoli
- 1/2 tsp garlic powder
- 2 Tbsp light soy sauce
- 1/4 tsp ground ginger (or 1 Tbsp fresh ground ginger)
- 1 cup dry roasted peanuts, no salt added
- 2 cups cooked brown rice
- Optional garnish: 4 tsp sesame seeds

Directions:

1. Cook brown rice in microwave according to package directions. (We recommend that you cook it ahead of time or start it before class arrives. It is also handy to have a microwave or rice cooker so you are hands free while it is cooking).
2. Heat a large, nonstick skillet over medium high and add oil. Add the vegetables in the order they appear above. Cover pan and allow to saute for a few minutes before stirring, allowing them to turn golden brown. Saute until vegetables are almost tender then add seasonings and peanuts.
3. Serve over cooked brown rice and garnish with toasted sesame seeds. (You can toast them in an oven or toaster oven).

Serves 4. Each 1-1/2 cup serving: 280 calories, 12 g fat, 1.5 g saturated fat, 0 mg cholesterol, 290 mg sodium, 35 g carbohydrate, 5.5 g fiber, 9.5 g protein.

10 Minute Corn Chowder

This tasty corn chowder is easily made in a skillet.

- 1 tsp oil
- 1/2 onion, chopped
- 1 tsp minced garlic
- 4 tbsp all purpose flour
- 3 cups skim milk
- 2 tsp prepared mustard
- 1/4 tsp dried thyme
- Black pepper to taste
- 2 cups frozen corn kernels
- 2 Tbsp shredded reduced fat cheddar cheese

Directions:

1. Heat a large, nonstick skillet over medium-high. Add the oil, then onion and garlic and saute until golden, about 2 minutes.
2. Meanwhile, place the milk, flour, mustard, and seasonings in a small bowl and mix well. Add the milk mixture to the skillet, followed by the corn. Mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.
3. Divide into four bowls and top each with 1 tablespoon of shredded cheese.

Serves 4. Each serving (1-1/4 cups): 232 calories, 5 g fat, 2.5 g saturated fat, 13 mg cholesterol, 191 mg sodium, 35 g carbohydrate, 3 g fiber, 13 g protein.

Healthy Pasta Sauce

- 8-oz can no-salt-added tomato sauce
- 15-oz can no-salt-added stewed tomatoes
- 6-oz can tomato paste
- 1/2 cup mixed frozen vegetables
- 1 tsp dried oregano
- 1 Tbsp olive oil
- 1 Tbsp sugar

Directions:

1. Place all ingredients in blender and blend on high speed until smooth.
2. Pour out of blender and into a saucepan. Place pan on the stove, bring to a boil, reduce to a simmer, and cook for 5 minutes. Use on pasta or chill and freeze for later use. Makes one quart.

Serves 5. Each serving (2/3 cup): 101 calories, 3 g fat, 0 g saturated fat, 0 mg cholesterol, 53 mg sodium, 16 g carbohydrate, 3.5 g fiber, 3 g protein.

Note: Commercial varieties of pasta sauce have about 600-800 mg sodium per 1/2 cup!

Delicious Brown Bag Recipes



Garden Pita

- 1 whole wheat pita pocket, cut in half
- 1 cup shredded romaine or other dark lettuce
- 1/4 cup sliced carrots
- 1 small tomato, diced
- 1/4 cup garbanzo beans
- 1 tsp olive oil
- 2 tsp vinegar

Directions:

1. Toss lettuce, carrots, tomato, beans, oil, and vinegar in a medium bowl.
2. Stuff the pita with salad, wrap it in plastic, and refrigerate or keep cold until ready to eat.

Serves 1. Each serving (1 pita): 289 calories, 65 g fat, 0.5 g saturated fat, 0 mg cholesterol, 515 mg sodium, 52 g carbohydrate, 10 g fiber, 12 g protein.

Turkey Apple Pita

- 2 slices of turkey
- 1 apple, cored and sliced
- 2 Tbsp nonfat light vanilla yogurt
- 1/2 cup shredded romaine or other dark lettuce
- 1 whole wheat pita pocket, cut in half

Directions:

1. Place one slice of turkey, 1/2 the apple, 1 tablespoon yogurt and 1/4 cup lettuce in each pita half.
2. Wrap in plastic and refrigerate or keep cold.

Serves 1. Each serving: 275 calories, 2.5 g fat, 0 g saturated fat, 20 mg cholesterol, 350 mg sodium, 52 g carbohydrate, 9 g fiber, 17 g protein.

Black Bean Pasta Salad

- 8 oz dry macaroni
- 1 cup cooked black beans
- 2 cups pasta sauce

Directions:

1. Cook macaroni according to package directions. Drain in colander and rinse well.
2. Mix the macaroni with the beans and sauce and divide into lunch portions (1-1/2 cups each). Keep refrigerated or chilled until ready to eat.

Serves 4. Each serving (about 1-1/4 cups): 307 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 394 mg sodium, 61 g carbohydrate, 7 g fiber, 13 g protein.

Rabbit Bag

- 1 apple, cored and cut in wedges
- 1 orange, cut in wedges
- 1/2 cup baby carrots or carrot sticks
- 1/2 cup broccoli florets

Directions:

1. Divide ingredients between 2 plastic bags and shake well.
 2. Keep refrigerated or chilled until ready to eat.
- Serves 1. Each 3 cup serving: 185 calories, 1 g fat, 0 g saturated fat, 0 mg cholesterol, 39 mg sodium, 45 g carbohydrate, 9.5 g fiber, 3 g protein.

10 Minute Chili Soup

- 1 tsp oil
- 1 cup diced onions
- 1 cup diced carrots
- 1 can diced tomatoes
- 1 cup water
- 1 can kidney beans
- 1 tsp chili powder
- 1 tsp dried oregano

Directions:

1. Heat a large, nonstick skillet over medium-high heat. Add oil and saute onions and carrots until golden, about 3 minutes.
2. Add the rest of the ingredients and bring to a boil. Simmer until vegetables are tender, about 4-5 minutes.
3. Pour into thermos or refrigerate until ready to heat and serve.

Serves 4. Each 1-1/4 cup serving: 130 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 339 mg sodium, 24 g carbohydrate, 8.5 g fiber, 6 g protein.

Nutritious Snacks Category

Clue: Ball

- 1 (8 ounce) package cream cheese, softened
- 1 cup shredded Cheddar cheese
- 1-1/2 teaspoons finely chopped pimento
- 1-1/2 teaspoons finely chopped green pepper
- 1-1/2 teaspoons finely chopped onion
- 1 tablespoon Worcestershire sauce
- 1-1/2 teaspoons lemon juice
- 1/2 pinch salt
- 1/4 cup finely chopped pecans

Nutritional Information

Servings Per Recipe: 6

Amount Per Serving

Calories: 244

- * Total Fat: 22.8g
- * Cholesterol: 61mg
- * Sodium: 288mg
- * Total Carbs: 2.7g
- * Dietary Fiber: 0.5g
- * Protein: 8g

Cream Cheese Bread with Kiwi

- 1 Spread butter and cream cheese onto bread and cut slices into triangles.
- 2 Crush cornflakes and sprinkle them on 2 of the triangles.
- 3 Peel kiwi fruit, cut it into thin slices and place on top of the cornflakes.
- 4 Cover with the other 2 triangles.
- 5 Top with some mandarin slices, as desired. Wrap the triangles individually for a mid-morning snack or place in a lunchbox.

Serves 1

2 slices linseed bread
(1 ½ oz / 40 g per slice)
2 tsp butter for spreading
3 ½ tbsp full-fat cream cheese (60 % fat) (or low-fat if you prefer)
1 tbsp cornflakes
½ kiwi fruit
a few mandarin slices (optional)

Preparation time: ca. 5 minutes
Per serving ca. 485 kcal / 2035 kJ
13 g P, 27 g F, 48 g C



Granary Bread with Honey and Fruit

- 1 Spread butter on bread, followed by a thin layer of honey.
- 2 Wash peach, halve and remove stone. Cut the peach halves into slices and drizzle with lemon juice.
- 3 Wash strawberries and remove green stalks. Cut into slices.
- 4 Spread peach slices and strawberries over bread and double up to make sandwiches. Cut sandwiches in half and wrap in baking parchment or place in an airtight container.

Serves 2

4 slices granary or whole-wheat bread
1 ½ tbsp butter for spreading
2 tbsp honey
1 peach
a dash of lemon juice
10 strawberries

Preparation time: ca. 10 minutes
Per serving ca. 235 kcal / 987 kJ
13 g P, 4 g F, 26 g C

Carrot Ginger Salad

Serves: 4

Serving Size: 1 and 1/4 cups

Ingredients:

- 1 package butter lettuce blend (about 5 cups)
- 1 cup cherry tomatoes
- 1 cup grated carrots
- 1 tablespoon grated ginger root
- 1/2 cup sliced green onions
- Red wine vinegar to taste



Directions:

Place washed lettuce in a wide, shallow bowl. Top with tomatoes, carrots, ginger, and green onions. Serve salad with black pepper and red wine vinegar on the side.

Nutrition Information:

This recipe serves 4. Each serving contains 30 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 26 mg sodium, 6 g carbohydrate, 2 g fiber, 3 g sugars, and 1 g protein.

Each serving also has 127% DV vitamin A, 18% DV vitamin C, 3% DV calcium, and 5% DV iron.

Chef's Tips:

The combination of grated ginger and carrots is really delicious in this salad. You can also top it with balsamic vinegar glaze.

If you don't want to chop fresh ginger, you can purchase ginger paste in a tube at the grocery store so that you always have fresh ginger on hand.

Cooking Lesson:

This salad requires no heat at all and can be prepared entirely in the garde manger.

Nutrition Lesson:

Vegetables are high in nutrients and fiber, yet low in calories and fat. Many people detract from the overall benefits of salads by slathering them with dressings and cheese. I do not recommend that. Instead, flavor salads with oil in sparing amounts, along with vinegar or lemon.

Hot Times in the Summer

July 21st recipes

Broccoli Grape Salad

- 1 bunch of broccoli
- ¼ cup chopped green onion tops
- 1 cup seedless green grapes
- 1 cup seedless red grapes
- 6-8 slices bacon
- 1 cup slivered almonds

Chop fresh broccoli and green onions. Place in mixing bowl. Add halved grapes. Cook bacon until crisp. Drain and crumble. Add bacon and almonds. Pour dressing over salad mixture and chill for two to 24 hours. Makes 8 side dish servings.

Dressing:

- ¼ cup sugar
- 1 cup mayonnaise
- 1 tbsp. vinegar

In small mixing bowl combine sugar, mayonnaise and vinegar.

Corn Dip

- 3 cans corn, drained
- 3 green onions or garlic chives, sliced
- 1 cup sour cream
- 1 cup mayonnaise
- 1 (7 ounce) can green chilies
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon chili powder
- Sliced zucchini, green peppers, Frito dippers

Mix all ingredients together and chill. Serve with dippers.

Fruit Smoothie

- 2 Bananas broken up
- 1 Apple cored and cut up
- 2 Cups frozen fruit slightly thawed (fresh can be used)
- 1 Cup frozen blueberries slightly thawed (fresh can be used)
- 1 Cup milk or vanilla yogurt

Put all ingredients in at least a 4 cup blender and blend until smooth. If you want a sweeter taste you can use one of the following: 1-2 Tablespoons of maple syrup, 1 Tablespoon of Agave Nectar or Stevia. These are much healthier than plain sugar.



FRUITS & VEG - submitted by Donna



recipes

Confetti Plum-Pasta Salad

This beautiful pasta salad features both fruit and veggies!

This is one of our own **Fruits & Veggies—More Matters™** recipes. It meets the Centers for Disease Control and Prevention's strict nutrition guidelines as a healthy recipe.

Category: Salads

Think Variety; Think Color: 

Preparation time: 30 minutes

Serves: 6

Cups of Fruits and Vegetables per Serving: ½

Ingredients:

8 oz. colored corkscrew pasta
 ½ medium red bell pepper, cut into strips
 ½ medium yellow bell pepper, cut into strips
 ¼ cup jicama, peeled and sliced
 ¼ cup chopped red onion
 4 plums, sliced
 2 tablespoons fresh basil, chopped
 1 teaspoon pimienta, diced
 1 teaspoon fresh ginger, finely grated
 2 tablespoons rice or white wine vinegar
 2 tablespoons vegetable oil
 1 teaspoon sugar
 Salt and freshly ground black pepper to taste

Cook the pasta according to the package directions.

Drain.

Rinse briefly under cold water and drain.

In a large bowl, toss together the pasta, red and yellow bell peppers, jicama, onion, and plums.

In a small bowl, whisk together the basil, pimienta, ginger, vinegar, oil, sugar, salt, and pepper until blended.

Drizzle the dressing over the salad and toss until evenly coated.

Each serving provides: An excellent source of vitamin C, and a good source of vitamin A, folate and fiber.

Credit: Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Center for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Nutritional Information per Serving

Calories: 140	Carbohydrates: 21g
Total Fat: 5.2g	Cholesterol: 0mg
Saturated Fat: 0.9g	Dietary Fiber: 3g
% of Calories from Fat: 33%	Sodium: 51mg
Protein: 3g	

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Wake Up With a MyPyramid Breakfast

Nectarine Sandwich from North Dakota 12

- 1 fresh medium nectarine, washed, cut in half, remove pit
- 2 Tbsp peanut butter or other nut butter*



Spread 1 Tbsp peanut butter in the pit of each half of the nectarine. Enjoy a nectarine sandwich!
Makes 1 serving.

Note: *Peanut butter is only one type of nut butter. Look at Tip 5, page 38 for additional protein sources to use in place of peanut butter.

MyPyramid ✓ Each serving has:

Grain	Vegetable	Fruit	Milk	Meat
Add 1 oz Tip 1, pg 34		¾ cup	Add 1 cup Tip 4, pg 38	2 oz



MyPyramid 25 Stars Challenge: Color 1 ☆ if you look on *Your Pyramid Connections Slide Guide™* and find the portion size for peanut butter that equals 1 oz meat. Measure that amount on your ½ nectarine sandwich (Hint: peanut butter is in the meat/bean group).

Wake Up With a MyPyramid Breakfast

Veggie Quesadilla from Ohio 19

- 1 tsp canola oil
- 1 cup assorted veggies – pick at least 3 – sliced mushrooms, bell peppers (red or green), onion, spinach (fresh or frozen), asparagus, broccoli, or water chestnuts
- 2 (7-inch) whole-wheat flour tortillas
- ⅔ cup shredded 2% milk cheese such as cheddar or part-skim mozzarella
- Salsa and 4 Tbsp fat-free sour cream



Add oil to skillet. Sauté 1 cup of the vegetables that you chose, about 3 minutes. Remove sautéed vegetables from the skillet and put on a plate.

Place one tortilla in the skillet. Place ½ cup of vegetables on ½ of the tortilla. Top the vegetables with ⅓ cup cheese and fold tortilla in half.

Turn the heat to medium, and brown each side of the tortilla (turn the tortilla with tongs). Repeat with the remaining tortilla. Serve quesadilla with salsa and 2 Tbsp fat-free or lite sour cream.

Makes 2 servings.

MyPyramid ✓ Each serving has:

Grain	Vegetable	Fruit	Milk	Meat
1-2 oz	½ cup	Add ½ cup	1 cup	

MyPyramid 25 Stars Challenge: Color 1 ☆ if you use a dark green vegetable in your vegetable selection (see Tip 2, page 36). Color 1 more star if you find the definition for lite sour cream (Tip 9, page 42).

Quick Crisp Snack Bars

- 1/2 cup honey
- 1/2 cup reduced-fat chunky peanut butter
- 1/2 cup nonfat dry milk powder
- 4 cups crisp rice cereal

In a large saucepan, combine the honey, peanut butter and milk powder. Cook and stir over low heat until blended. Remove from the heat; stir in cereal. Press into an 8-in. square baking dish coated with nonstick cooking spray. Let stand until set. Cut into bars. Yield: 1 dozen.



Tip

Birthday parties can get pretty busy when it's time to serve cake and ice cream. Try scooping out ice cream beforehand. Put the scoops of ice cream on a plate or cookie sheet, cover tightly and store in the freezer. When it comes time to serve cake, simply grab a frozen scoop of ice cream and place on each cake serving!

—Dorothy Allen, King City, Oregon

Mini Apple Turnovers

- 1 package (8 ounces) cream cheese, softened
- 3/4 cup butter, softened
- 1 egg, separated
- 3 tablespoons cold water, *divided*
- 2 cups all-purpose flour
- 7 cups thinly sliced peeled tart apples (about 6 medium)
- 3/4 cup sugar
- 1-1/2 teaspoons ground cinnamon
- Additional sugar, optional
- Vanilla ice cream, optional

In a mixing bowl, beat cream cheese and butter until smooth. Refrigerate the egg white. Beat egg yolk and 2 tablespoons water into cream cheese mixture. Gradually beat in flour until well blended. Shape pastry into a ball. Cover and

refrigerate for 1 hour. Meanwhile, in a large skillet, toss apples with sugar and cinnamon. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until apples are tender. Remove from the heat.

Turn the pastry onto a lightly floured surface. Roll to 1/8-in. thickness; cut into 4-in. circles. Top each circle with apple mixture. Brush edges of pastry with water; fold pastry over filling and seal edges well. In a small bowl, whisk egg white and remaining water; brush over pastry. Sprinkle with additional sugar if desired.

Place on greased baking sheets. Bake at 375° for 18-22 minutes or until golden brown. Remove to wire racks to cool. Serve with ice cream if desired. Yield: 2 dozen.

Fruit-Topped Star Cookies

It's nice to be able to offer cookies for a dessert or snack and still have the kids get a dairy and fruit serving in as well. These luscious cookies will fly off the plate.

Taste of Home
Test Kitchen



Taste of Home

Speedy Ice Cream

This "hands-on" recipe lets kids create their own cool ice cream. Every child I prepare this with loves making and eating it. It doesn't leave a mess to clean and keeps the children smiling and giggling.

Cindy Marshall
Bradley, California



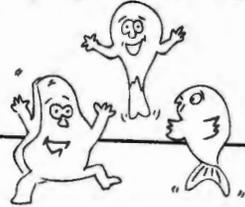
Taste of Home

End Your Day With a MyPyramid Dinner

Simple Skillet Supper from Virginia 34

½ cup chopped celery
½ cup chopped onion
1 can (16 oz) diced tomatoes*
1 cup brown rice, uncooked
2 cups reduced-sodium chicken or vegetable broth

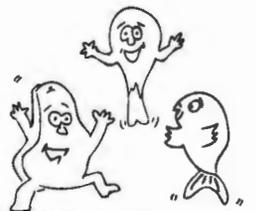
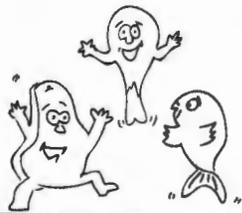
⅛ tsp cayenne pepper
10 oz canned tuna or chicken, drained
⅔ cup shredded 2% milk cheddar cheese



In a large skillet, place celery, onion, tomatoes with juice, rice, reduced-sodium broth, and pepper. Stir ingredients together. Bring to a boil, cover, reduce heat and simmer until rice is tender, about 45 minutes. Stir in drained tuna or chicken. Sprinkle shredded cheese on top and cover skillet until cheese melts. **Makes 4 servings.**

*To limit sodium, used reduced-sodium products. See Tip 10, page 42.

MyPyramid ✓ Each serving has:				
Grain	Vegetable	Fruit	Milk	Meat
1 oz	½ cup		½ cup	2½ oz



MyPyramid 25 Stars Challenge: Color 1 ☆ if you use brown rice and NOT white rice, in this recipe. Color 1 more star if you look at the charts in Tip 15, page 47 to find the vitamin that is high in brown rice.

End Your Day With a MyPyramid Dinner

Spicy Mexican Bean and Rice Casserole from Florida 35

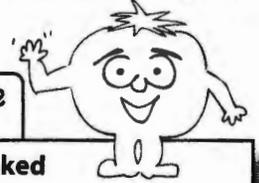
2 cups cooked brown rice (1 cup uncooked rice makes 2 cups cooked)
1½ cups salsa, mild or hot (save extra salsa for topping)
1 can (15 oz) chili beans with sauce
1 cup frozen whole kernel corn
1 can (4 oz) chopped green chilies (optional)
⅛ tsp crushed red pepper (optional)
⅔ cup shredded 2% milk cheddar cheese

For Topping:

Remaining salsa

½ cup chopped dark greens (romaine, green leaf lettuce)
¼ cup chopped green onions
½ cup chopped tomatoes
½ cup low-fat or lite sour cream

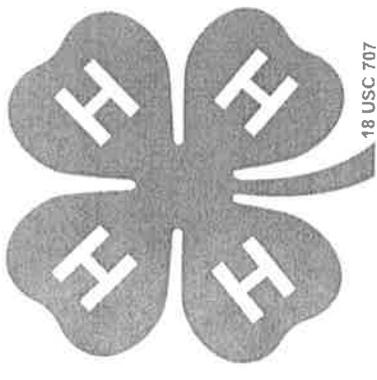
In a medium bowl, mix the first 6 ingredients (to the cheese). Place in a 13"x 9" baking dish. Cover and bake at 350 degrees for 20 minutes. Remove from oven, top with cheese, and return to oven for 10 additional minutes, uncovered. Serve topped with extra salsa, chopped greens, green onions, tomatoes, and sour cream. **Makes 4 servings.**



MyPyramid ✓ Each serving has:

Grain	Vegetable	Fruit	Milk	Meat
1 oz	¾ cup		½ cup	1½ oz

MyPyramid 25 Stars Challenge: Color 1 ☆ if you eat brown rice (or another whole grain) in this recipe. Look at Tip 1, page 34 for whole-grain substitutions for brown rice.



2015 Erath County 4-H Food Challenge Practice Recipes and Clues

Group: Breads and Cereals

Clue: Rise and shine – it's morning!

1 cup white whole wheat flour

½ cup rolled oats

1 tsp. sugar

2 tsp. baking powder

Pinch ground cinnamon

¼ cup egg substitute

1 cup skim milk

2 TB. Oil

1 tsp. vanilla

Oatmeal Pancakes

Serves: 4

Serving Size: 3 pancakes

Ingredients:

- 1 cup white whole wheat flour
- 1/2 cup rolled oats
- 1 teaspoon sugar
- 2 teaspoons baking powder
- Pinch ground cinnamon
- 1/4 cup egg substitute
- 1 cup skim milk
- 2 tablespoons oil
- 1 teaspoon vanilla

Directions:

Place all dry ingredients in a medium mixing bowl. Add wet ingredients and stir well.

Spray a large nonstick skillet lightly with vegetable oil cooking spray and heat over medium heat.

Spoon batter into pan, making 4 small pancakes. Flip them over when they start to bubble. Cook until browned evenly on both sides. Repeat until you've used up all the batter.

Nutrition Information:

This recipe makes 4 servings. Each serving has 244 calories, 9 g fat, 1 g saturated fat, 0 g trans fat, 1 mg cholesterol, 331 mg sodium, 34 g carbohydrate, 4 g fiber, 5 g sugar, and 9 g protein.

Each serving also contains 8% DV vitamin A, 0% DV vitamin C, 28% DV calcium, and 27% DV iron.

Chef's Tips:

Use a mild oil, like canola oil. Steer clear of



stronger flavors, especially olive oil, which can add bitterness to the pancakes.

Cooking Lesson:

This recipe uses dry heat to cook the pancakes. Be sure to wait until bubbles form on the tops of the pancakes before you flip them. Otherwise the other side might be undercooked and harder to separate from the skillet.

Nutrition Lesson:

Whole wheat contains the bran, the germ, and the endosperm of the grain kernel, making it a more nutritious choice than regular white flour, which only has the endosperm of the grain.

Group: Main Dish

Clue: Think of final dish as “all-in-one”

1 pound boneless beef top sirloin steak, cut into ¼” strips

2 tsp. dark sesame oil

2 garlic cloves, minced

1 med. red bell pepper, cut into thin strips

3 TB reduced-sodium soy sauce, divided

2 TB water

3 cups coarsely chopped fresh spinach

½ cup sliced green onions

3 TB ketchup

2 cups hot cooked rice

Shrimp and Summer Fruit Kabobs
Submitted by Cassandra Coleman

Prep Time: 10 minutes

Cook Time: About 15 minutes

¼ cup extra-virgin olive oil
2 cloves garlic, minced
2 tablespoons chopped fresh herbs (such as basil, marjoram, rosemary and thyme)
1 California peach, pitted
1 California nectarine, pitted
1 California plum, pitted
1 pound large peeled and deveined shrimp
1 lemon, halved and thinly sliced
Salt and freshly ground pepper to taste

Heat oil in a small skillet until very hot. Add garlic and cook briefly until aromatic; do not allow the garlic to brown. Remove from heat immediately and stir in herbs; set aside. Cut peach, plum and nectarine into 1-inch chunks and thread onto skewers alternately with shrimp and lemon slices. Brush lightly with garlic-herb oil. Grill over medium-high heat for 3 to 5 minutes per side or until shrimp is pink and cooked through. Remove from grill and drizzle with remaining oil. Makes 5 Servings.

Per serving: 220 calories, 19g protein, 7g carbohydrate, 12g total fat, 175mg cholesterol, 320mg sodium, 1g fiber.



Spinach and Beef Skillet
Submitted by Louriseal McDonald

Dark sesame oil, which is expressed from roasted sesame seeds, adds a rich flavor accent to this colorful stir-fry.

Total Preparation and Cooking Time: 30 minutes.

1 pound boneless beef top sirloin steak, cut ¾ inch thick — *smallest amount*
2 teaspoons dark sesame oil
2 garlic cloves, minced
1 medium red bell pepper, cut into thin strips
3 tablespoons reduced-sodium soy sauce, divided
2 tablespoons water
3 cups coarsely chopped fresh spinach
½ cup sliced green onions
3 tablespoons ketchup
2 cups hot cooked brown rice, prepared without butter or salt — *minute rice*

Cut beef steak lengthwise in half, then crosswise into ¼-inch thick strips. Toss with sesame oil and garlic. Heat large nonstick skillet over medium-high heat until hot. Add half of the beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink.

Remove from skillet; keep warm. Repeat with remaining beef. In same skillet, add bell pepper, 2 tablespoons soy sauce, and water. Cook and stir 2 to 3 minutes or until pepper is crisp-tender. Add spinach and green onions; cook and stir until spinach is just wilted. Stir in ketchup, remaining 1 tablespoon soy sauce, and beef; heat through.

Serve over rice. Makes 4 servings.

Per Serving: 361 calories, 9 g fat, 3 g saturated fat, 3 g monounsaturated fat, 62 mg cholesterol, 691 mg sodium, 30 g carbohydrate, 2.8 g fiber, 37 g protein, 11.5 mg Niacin, 1.0 mg Vitamin B6, 1.8 mcg Vitamin b12, 3.3 mg Iron, 49.4 mcg selenium, 6.9 mg zinc

Source: *The Healthy Beef Cookbook, National Cattlemen's Beef Association, American Dietetic Association*

Spunky Vegetable Pizza Submitted by Cassandra Coleman

3/4 cup pizza sauce
1 large Italian pizza shell
1 cup chopped broccoli
1 cup shredded carrots
1/2 cup sliced red or green bell peppers
5 to 6-oz. shredded, lowfat mozzarella or cheddar cheese

Preheat the oven to 450°F. Spoon pizza sauce on pizza shell. Put pizza on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese. Bake for 10 minutes. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges. Serves 8.

Calories: 213
Protein: 13 gm.
Fat: 6 gm.
Carbohydrate: 29 gm.
Sodium: 494 gm.
Cholesterol: 10 mg.
Saturated Fat: 2 gm.
Fiber: 2 gm.

Summer Squash Pizza Submitted by Tootie Fruities 8

1 teaspoon olive oil
1 teaspoon balsamic vinegar
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 medium zucchini, cut lengthwise into (1/4-inch-thick) slices
1 medium yellow squash, cut lengthwise into (1/4-inch-thick) slices
Cooking spray
1 (12-inch) packaged pizza crust (such as Mama Mary's)

Group: Nutritious Snacks

Clue: Think about recipe and quantity of crackers to gain insight into this unique chicken snack.

½ cup finely chopped chicken, cooked

½ cup canned mandarin orange segments, drained and cut into thirds

¼ cup dried cranberries

2 TB sliced almonds

2 TB salad dressing, light

48 100% whole-grain wheat crackers, reduced fat

Mandarin Almond Chicken Bites



½ cup finely chopped cooked chicken
½ cup canned mandarin orange segments, drained cut into thirds
¼ cup dried cranberries
2 tablespoons sliced almonds
2 tablespoons salad dressing, light
48 100% whole-grain wheat crackers, reduced fat
Mix together chicken, oranges, cranberries, almonds and dressing; cover.
Refrigerate at least 1 hour to allow flavors to blend. Top each cracker with 1 teaspoon of the chicken mixture. Serve immediately.

Per serving: Calories 80, total fat 2 g; saturated fat 0; cholesterol 5 mg; sodium 85mg; carbohydrates 13g; dietary fiber 2g; sugars 3 g; protein 3 g;. Exchange; 1 carbohydrate

Beef Sirloin with Oven-Roasted Vegetables Submitted by Louraiseal McDonald

Unlike steaming or stir-frying, roasting develops the naturals. Makes 12 servings.

1½ tablespoons chopped fresh rosemary
1 tablespoon minced garlic
1½ teaspoon salt
1 teaspoon pepper
1 boneless beef top sirloin steak, cut 2 inches thick (about 3 pounds)
¼ cup extra-virgin olive oil
2 pounds new red potatoes
4 large carrots, each cut crosswise into quarters
1 large zucchini, cut crosswise into quarters
2 medium onions, cut into 1-inch-thick wedges

Heat oven to 425°F. Combine rosemary, garlic, salt, and pepper; press 1½ teaspoons evenly onto beef steak. Stir oil into remaining seasoning mixture. Set aside. Cut small potatoes in half and large potatoes into quarters. Cut each carrot and zucchini quarter lengthwise in half. Set aside zucchini. Combine potatoes, carrots, onions, and remaining seasoning mixture in large bowl; toss to coat. Arrange, cut sides down, in single layer on metal baking sheet. Set aside. Place steak on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast steak and vegetables in 425°F oven for 25 minutes. Stir vegetables and add zucchini to baking pan; continue roasting 20 to 25 minutes or until vegetables are tender and meat thermometer registers 140°F for medium-rare doneness. Transfer steak to carving board. Let stand 5 to 10 minutes. (Temperature will continue to rise about 5°F to reach 145°F for medium-rare.)
Carve steak into slices. Serve with vegetables.

Group: Main Dish

Clue: Not your ordinary familiar Mexican food

- 1 ripe avocado, peeled and seeded
- 1 medium onion, julienne
- 2 large green peppers, julienne
- 2 large red peppers, julienne
- 1 cup fresh cilantro, finely chopped

12 flour tortillas

Non-stick cooking spray

- 1 cup diced tomatoes
- 1/3 cup diced onions
- ½ clove garlic, minced
- 2 tsp. cilantro
- 1/3 tsp. chopped jalapeno peppers
- ½ tsp. lime juice
- Pinch of cumin

★

Avocado Tacos
Submitted by Marian Ross

1 ripe avocado, peeled and seeded
1 medium onion, julienne
2 large green peppers, julienne
2 large red peppers, julienne
1 cup fresh cilantro, finely chopped
1 ½ cups fresh tomato salsa (see below)
12 flour tortillas
Non-stick cooking spray
Fresh Tomato Salsa
1 cup diced tomatoes
1/3 cup diced onions
½ clove garlic, minced
2 tsp cilantro
1/3 tsp chopped jalapeño peppers
½ tsp lime juice
Pinch of cumin

Prepare salsa as listed below. Spray skillet with cooking spray. Lightly sauté onion and green and red peppers. Cut avocado into 12 slices. Warm tortillas in oven and fill with peppers, onions, avocado slices and salsa. Fold tortillas and serve Fresh Tomato Salsa. Mix together all ingredients and refrigerate in advance.

Calories 270; Fat 8 g (Sat 2 g, Trans 0 g) Sodium 480 mg; Carbohydrate 43 g; Dietary Fiber 5 g; Sugars 4 g; Protein 7 g

Chicken and Black Bean Enchiladas
Submitted by Linda Ferrell

Cooking Spray
1 cup Canned black beans, rinsed and drained
2 tsp. Chili powder
1 tsp. Ground cumin
1 Jalapeno, seeded and minced (optional)
½ cup salsa of your choice
4 (9 inch) whole-wheat tortillas
12 oz. Boneless, skinless chicken breast, cooked and shredded
½ cup shredded reduced-fat Monterey Jack cheese
½ cup chopped scallions

Preheat oven to 400 degrees. Coat a shallow baking pan with cooking spray and set aside. In a large bowl, combine beans, chili powder, cumin jalapeno and 1/4 cup of the salsa. Mash the ingredients with a fork until blended. Spoon the mixture onto the center of each tortilla. Divide the chicken evenly among the 4 tortillas and over the bean mixture. Roll each tortilla, fold in the ends and place side-by-side in the bottom of prepared pan. Top each rolled tortilla with the remaining salsa; cheese and scallions. Cover the pan

Group: Fruits and Vegetables

Clue: The name of this dish means “a dish of corn and lima beans cooked together”

- ¼ cup olive oil
- 1 cup diced onion
- 2 cloves garlic, finely chopped
- 2 cups diced red bell peppers
- 2 cups diced zucchini
- 2 cups diced yellow summer squash
- 3 cups frozen lima beans
- 3 cups fresh or frozen corn kernels
- 2 TB coarsely chopped fresh sage

Autumn Vegetable Succotash
Submitted by The Fruit and Veggie Bandits



1/4 cup olive oil
1 cup diced onion
2 cloves garlic, finely chopped
2 cups diced red bell peppers
2 cups diced zucchini
2 cups diced yellow summer squash
3 cups frozen lima beans
3 cups fresh or frozen corn kernels
2 Tbsp coarsely chopped fresh sage

In a skillet over medium-high heat, add oil. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage, and serve.

Number of Servings: 8
Cups of Fruits and Vegetables Per Person: 1.00

Nutrition per serving: Calories - 220; Total Fat - 8g; Cholesterol - 0mg; Sodium - 40mg;
Total Carbohydrate - 35g; Dietary Fiber - 7g; Protein - 8 g

Barbecued Succotash (a Rachel Ray recipe)
Submitted by Fruitilicious Four!

1 tablespoon extra virgin olive oil
1/2 red onion, chopped
1 red bell pepper, seeded and chopped
1 can black beans, rinsed and drained (14 ounces)
1 box frozen corn (10 ounces)
Salt and pepper to taste
1/2 1/2 cup smoky barbecue sauce, any brand
2 tablespoons chopped fresh chives, flat leaf parsley or cilantro for garnish.

Heat a medium skillet over medium-high heat. Warm the olive oil, then add onions and peppers. Saute for five minutes.

Add beans and corn and season with salt and pepper. When corn heats through, add barbecue sauce. Stir to combine and serve succotash with chopped chives, parsley or cilantro to garnish. 4 servings

1 serving = 218 calories, 8 grams protein, 4 grams fat, 40 grams carbohydrate, 5 grams fiber, 895 milligrams sodium

Group: Fruits and Vegetables

Clue: A great southern summer side dish

¼ cup water

2 TB butter

1 Sweet onion, thinly sliced

1 pound small yellow squash, thinly sliced

1 pound small zucchini, thinly sliced

3 medium tomatoes, peeled and chopped

1 tsp. chopped fresh basil

½ tsp. salt

¼ tsp. pepper

1 cup shredded Cheddar cheese

FRUITS & VEG - submitted by Shirley

Creamed Spinach



PREP/TOTAL TIME:
25 min.

- 3/4 pound fresh spinach, torn
- 2 tablespoons olive oil
- 6 tablespoons butter, cubed
- 1/4 cup chopped onion
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1-1/2 cups milk

In a Dutch oven, cook spinach in oil for 3 minutes or until wilted. Transfer to a cutting board; chop. Melt butter in the Dutch oven. Add onion; saute for 2 minutes or until crisp-tender. Stir in flour, salt and nutmeg until combined. Gradually whisk in milk until blended. Bring to a boil; cook and stir 2 minutes or until thickened. Add chopped spinach. Reduce heat to low; cook, uncovered, for 5 minutes or until heated through. **Yield:** 4 servings.

ZUCCHINI A LA NANCY

These delightful zucchini slices have a very fresh and unusual flavor. They are always the hit of the Skinny class.

Makes about 30 slices

- 2 medium zucchini
- Salt
- 2 ounces low-calorie cream cheese, room temperature
- 2 tomatoes (1/2 pound), peeled, seeded and chopped
- 1 ounce chopped green olives
- 1 ounce chopped black olives
- 2 minced green onions
- 2 ounces French breadcrumbs
- Chopped thyme
- Chopped parsley
- Salt and freshly ground pepper
- Pimiento strips

Slice zucchini 1/4 inch thick. Place in small bowl with salt and let stand half an hour.

Beat cream cheese in bowl with wooden spoon. Add remaining ingredients except zucchini and pimiento, seasoning to taste.

Just before serving, rinse zucchini and dry slices thoroughly with a paper towel. Mound a small spoonful of cheese mixture on each slice and criss-cross with strips of pimiento.

SOUTHERN SUMMER SQUASH

- 1/4 cup water
- 2 tablespoons butter or margarine
- 1 sweet onion, thinly sliced
- 1 pound small yellow squash, thinly sliced
- 1 pound small zucchini, thinly sliced
- 3 medium tomatoes, peeled, seeded, and chopped*
- 1 teaspoon chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup (4 ounces) shredded Cheddar cheese

• **BRING** 1/4 cup water and butter to a boil in a large skillet over medium-high heat.

• **ADD** onion, squash, and zucchini; return to a boil. Cover, reduce heat, and simmer 5 minutes. Stir in tomato and next 3 ingredients; cover and simmer 5 minutes or until thoroughly heated. Sprinkle with shredded Cheddar cheese, and serve immediately.

YIELD: 6 servings. *Tracy Russell Greensboro, North Carolina*

*1 (16-ounce) can diced tomatoes, drained, may be substituted.

CUCUMBER SANDWICHES 20 servings

- 2 medium cucumbers, peeled, large seeds removed
- 1 (8-ounce) package cream cheese, softened
- 1 tablespoon grated onion
- 1 teaspoon Worcestershire sauce
- 1 teaspoon lemon juice
- Dash of salt
- 1 (1-pound) loaf sandwich bread

Grate cucumbers; drain well. Combine all ingredients, except bread; chill several hours. Cut bread slices in desired shape; spread with mixture. Serve sandwich or open-face style. Chill until serving.

1 cup shredded Cheddar cheese

Group: Fruits and Vegetables

Clue: This dish means “lightly sautéed spring vegetables” usually with pasta.

1 shallot, or ¼ cup red onion, minced
8 medium fresh asparagus spears, cooked and cut into 1” pieces
1 cup frozen peas
1 cup halved grape tomatoes
1/8 tsp. salt
1/8 tsp. black pepper
6 TB whole wheat couscous
¼ cup grated Parmesan cheese
½ cup water

1 tablespoon minced fresh parsley

Combine first 4 ingredients in a large skillet. Bring to a boil; add zucchini, squash, carrot, and red pepper. Cover, reduce heat, and simmer 6 to 8 minutes or until vegetables are tender. Drain well. Transfer mixture to a serving dish, and sprinkle with parsley. Yield: 7 servings (26 calories per ½-cup serving).

Nutritional Facts

1.2 g. Protein	0 mg. Cholesterol
0.4 g. Fat	125mg. Sodium
5.4 g. Carbohydrate	23 mg. Calcium

Recipe provided by Cooking Light Cookbook 1992 Oxmoor House

Couscous Primavera

Submitted by Beverly Greenhill



1 shallot, or 1/4 cup red onion, minced
8 medium fresh asparagus spears, cooked and cut into 1-inch pieces
1 cup frozen peas
1 cup halved grape tomatoes
1/8 tsp. Salt
1/8 tsp. Black Pepper
6 Tbsp whole wheat couscous
1/4 cup grated Parmesan cheese
½ cup water

Coat large skillet with nonstick cooking spray. Add shallot or red onion. Cook over medium-high heat 3 minutes or until tender. Add asparagus and peas. Cook 2 minutes or until peas are heated through. Add tomatoes and cook 2 minutes or until pulpy. Add salt, pepper and ½ cup water. Bring to a boil. Stir in couscous. Cover, reduce heat to low. Simmer 2 minutes or until liquid is absorbed. Fluff with fork. Stir in Parmesan cheese. Serve immediately. Makes 2 (1 1/3-cup) servings

Per Serving: 303 Calories, 4 g Fat, 2 g Sat Fat, 19 g Protein, 53 g Carb, 9 mg Chol., 12 g Dietary Fiber, 363 mg Sodium.

Adapted from Diabetic Cooking.

Group: Fruits and Vegetables

Clue: The main ingredient in this recipe is known as a “yam bean”

- ¼ cup fresh apple cider
- 1 ½ TB olive oil, preferably extra-virgin
- 1 TB cider vinegar
- 2 tsp. Dijon mustard
- 1 clove garlic, minced
- 2 cups grated jicama
- 1 cup grated carrots
- 1 cup grated Granny Smith apples
- Salt and pepper to taste

Italian-Style Cabbage Salad
Submitted by Marian Ross

- 8 cups thinly sliced red cabbage (about ½ large head)
- ¼ cup chopped Italian parsley
- 2 tbsp drained capers
- 1 tbsp olive oil (preferably extra-virgin)
- 2 ½ tbsp red wine vinegar
- 2 ½ tbsp water
- 1 tbsp minced garlic

Combine red cabbage, parsley and capers in a large bowl. Whisk oil, vinegar, 2 tbsp water and garlic in a small bowl to blend. Add to cabbage mixture and toss to blend. Season to taste with salt and pepper. (Can be prepared up to 3 hours ahead. Cover and refrigerate.) Yields 6 servings.

Per serving: Calories: 54; total fat: 2g; carbohydrate: 7g; cholesterol: 0mg; sodium 111 mg

Jicama Slaw 
Submitted by Katie Phillips

- 1/4 cup fresh apple cider
- 1 1/2 tbsp olive oil, preferably extra-virgin
- 1 tbsp cider vinegar
- 2 tsp dijon mustard
- 1 clove garlic, minced
- 2 cups grated jicama
- 1 cup grated carrots
- 1 cup grated Granny Smith apple
- Salt & freshly ground black pepper to taste

In a small bowl, whisk apple cider, oil, vinegar, mustard and garlic. Add jicama, carrots and apples; toss to coat. Season with salt and pepper.

Per Serving (1 Cup): 150 Calories, 5 g Total Fat, 0.8 g Saturated Fat, 0 mg Cholesterol, 25 mg Sodium, 25 g Total Carbohydrate, 2 g Dietary Fiber, 1 g Protein

Source: Dotty's WeightLoss Zone