



Recipes

✓ Easy

✓ Low Cost

✓ Healthy

Tennessee Department
of Health

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- ✓ Healthy



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The goal of the 2010 Dietary Guidelines for Americans is to put to work knowledge of nutrition, the food and physical activity environment, and health by facilitating and promoting healthy eating and physical activity choices, with the ultimate purpose of improving the health of all Americans ages 2 years and older. The Tennessee Department of Health hopes you enjoy the cookbook in good health.

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Introduction

The Tennessee Department of Health is committed to helping Tennesseans improve their health. This cookbook includes recipes to help you and your family achieve a healthy way to eat. The recipes were tested and evaluated by registered dietitians and a health educator from the Tennessee Department of Health, Nutrition and Wellness Section, Tennessee State University Cooperative Extension Program Coordinator, as well as a local high school Culinary Arts teacher and her students. The recipes are tasty, economical, easy to prepare and contain the recommended amounts of fat, saturated fat, cholesterol and sodium.

The types and amounts of food and the way food is cooked can help prevent or delay risk factors for diseases such as cancer, diabetes, high blood pressure and heart disease. The amount of food you need is based on your age, gender and activity level. Go to www.MyPyramid.gov for the types and amounts of food that are right for you and your family.

The guidelines on the following pages will help improve your health and the health of your family. For more information visit the Tennessee Department of Health Nutrition website at <http://health.state.tn.us/nutrition>.

Eat a Variety of Foods

- Make half the grains you eat whole grains. Aim for 3 to 5 ounces of whole grains every day.
- Eat a variety of vegetables that include dark green vegetables, orange vegetables, dry beans and peas, starchy vegetables and other vegetables.
- Eat a variety of fruits every day. Go easy on fruit juices.
- Drink milk or eat milk products such as yogurt every day. Choose low fat or fat free milk and milk products.
- Choose low fat or lean meats and poultry. Choose more fish, beans, peas, nuts and seeds for your protein needs.
- Limit the amount of saturated fat, trans fat, cholesterol, added sugar, salt and alcohol.

Limit Fats

- Eat less than 10% of calories from saturated fat.
- Eat less than 300 milligrams of cholesterol a day.
- Limit foods that contain trans fats. This type of fat increases your risk for heart disease. Trans fats are formed when vegetable oils are hardened and are found in some margarines, crackers, cookies, snack foods, baked goods and other processed foods.
- Most fats consumed should be polyunsaturated and monounsaturated fats such as fish, nuts, canola and olive oils. The recipes in this cookbook used canola and olive oils and soft margarines made from these oils.
- Choose lean meats, low fat or fat free milk and milk products.
- The recipes in the cookbook meet the above guidelines for fat.

Moderate Your Sodium Intake

- Eat less than 2,300 milligrams of sodium a day.
- Persons who are 51 and older and those of any age who are African American or have hypertension, diabetes or chronic kidney disease should limit their sodium intake to no more than 1,500 mg per day. The 1,500 mg recommendation applies to about half of the U.S. population, including children and the majority of adults.
- One teaspoon of table salt contains approximately 2,300 milligrams of sodium.
- Choose and prepare foods with no or little salt. See the section in the cookbook for adding flavor without salt by cooking with herbs and spices in place of salt.
- Check food labels for sodium content because many foods are processed with sodium.
- Check the sodium content of the recipes in this cookbook. If using a higher sodium recipe for a meal, use lower sodium foods to complete the meal.
- The recipes in this cookbook contain less than 425 milligrams of sodium per portion.

Follow Food Safety Guidelines

- Clean hands, food contact surfaces, fruits and vegetables.
- To prevent the spread of bacteria, do not wash or rinse raw meat or poultry.
- Separate raw, cooked and ready to eat foods when shopping, preparing or storing foods.
- Cook foods to a safe temperature to kill bacteria.
- Refrigerate perishable foods promptly and defrost foods properly.
- Avoid unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices and raw sprouts.
- Pregnant and nursing women and women who might become pregnant should not eat some fish such as shark, swordfish, king mackerel or tilefish because of high mercury levels which can harm their unborn child. They can safely eat up to 12 ounces of other purchased fish and shellfish a week.

Manage Your Weight

- Balance what you eat and drink with the amount of calories used in daily activities.
- To help prevent gradual weight gain and to help with a gradual weight loss, increase your daily activities and make gradual changes to decrease the amount of calories that you eat and drink.

Become Physically Active

- Adults need to be physically active for at least 30 minutes a day most days of the week.
- Adults may prevent weight gain by getting 60 minutes a day of physical activity.
- To sustain weight loss, at least 60 to 90 minutes of physical activity a day may be needed.
- Children and teenagers need 60 minutes a day of physical activity most days of the week.

Lower Your Fat Intake

You can lower your cholesterol level and decrease your risk for heart disease by cutting down on the amount of fat in the foods that you eat. Cutting back on fat aids in maintaining and achieving a healthy weight. Try these tips to decrease the amount of fat you eat:

- Bake, broil, grill, poach, roast or steam foods rather than fry.
- Choose lean cuts of meat with little visible fat and not too much marbling.
- Trim excess fat off meat before cooking.
- Avoid high fat meats such as bologna, hot dogs, sausage and bacon.
- Remove skin from meat and poultry.
- Use less than 1 teaspoon of margarine without trans fats on breads or vegetables.
- Use low fat and fat free mayonnaise, sandwich spreads and salad dressings.
- Use low fat and fat free substitutions when available.
- Choose low fat and fat free milk and dairy products.
- De-fat meat drippings and soups by refrigerating and then skimming off fat from top.
- Flavor foods with herbs, spices and other low fat seasonings.

USE THIS RULE OF THUMB WHEN READING THE FOOD LABEL:
NO MORE THAN 3 GRAMS OF FAT FOR EVERY 100 CALORIES IN A SINGLE SERVING.

Add Flavor Without Salt

Sodium is a mineral that our bodies need to regulate water balance and blood pressure as well as for muscle function and absorption of nutrients. Sodium makes up about 40% of table salt (sodium chloride). Most of us get too much sodium in our diets. Table salt is one of the main ways we get sodium in our diets. Large amounts of sodium are also found in commercially processed foods such as cured meats, canned vegetables, sauces, salad dressings, condiments, canned soups, salty snacks like chips and frozen dinners.

Healthy adults should not eat more than 2,300 milligrams of sodium a day. Persons 51 years and older and those of any age who are African American or have hypertension, diabetes or chronic kidney disease should limit sodium intake to 1,500 milligrams of sodium a day. Check the sodium content on food labels to see how much sodium you are getting from the foods that you and your family eat.

You can reduce the amount of sodium in your diet by making the following changes:

- Fill half your plate with fruits and vegetables at every meal.
- Whenever possible, buy fresh or frozen vegetables, which are low in sodium. Canned vegetables are usually processed with salt but several canned vegetables are available without added salt.
- Look for “no salt added” on the label and buy these in place of vegetables containing salt.
- If you cannot buy unsalted vegetables, rinse and drain the salted vegetables to get rid of about $\frac{1}{3}$ of the sodium.
- Use reduced sodium broths or soups.
- Limit the amount of salt used in cooking.
- Do not add salt to water when cooking pasta or rice.
- Take the salt shaker off the table. Do not salt food after it is prepared.
- Use spices and herbs to replace salt in flavoring your food. Use herb only seasonings such as garlic powder and onion flakes in place of garlic and onion salts. Check the label to be sure that the seasoning does not contain sodium.
- Spices and herbs such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger and onion are very good replacements for the taste of salt.

Amount of Spices and Herbs to Use

Spices and herbs are a good way to season your foods without adding sodium. Try different herbs and spices when cooking. Soon you will find your favorites. Some things to keep in mind are:

- Start with adding small amounts, about $\frac{1}{8}$ teaspoon until you find the amount that is right for your taste.
- 1 teaspoon dried herbs is equal to 1 tablespoon fresh herbs.
- $\frac{1}{2}$ teaspoon ground dried herbs is equal to 1 tablespoon fresh herbs.

Spices and Herbs Food Combinations

Try one or more of the following herbs and spices with meats and vegetables to add flavor without salt:

Meats

Beef	basil, bay leaf, garlic powder, marjoram, oregano, thyme
Pork	garlic powder, pepper, oregano, rosemary, sage
Chicken	basil, chili powder, cumin, garlic powder, marjoram, oregano, rosemary, tarragon, thyme

Vegetables

Carrots	cinnamon, cloves, dill, ginger, marjoram, nutmeg
Corn	cumin, onion, paprika
Green beans	basil, dill, marjoram, oregano, tarragon, thyme
Greens	onion, pepper
Potatoes	dill, garlic, onion, paprika, parsley, sage
Summer squash	cloves, marjoram, onion, rosemary
Tomatoes	basil, bay leaf, dill, marjoram, onion, oregano, pepper

Ingredient Substitutions

If you don't have:

Use this instead:

Baking powder (1 teaspoon)

$\frac{1}{4}$ teaspoon baking soda + $\frac{1}{2}$ teaspoon cream of tartar

Baking soda

No substitution

Buttermilk (1 cup)

1 cup plain low fat yogurt; or 1 tablespoon lemon juice or vinegar + enough milk to make 1 cup; or 1 cup milk + $1\frac{3}{4}$ teaspoons cream of tartar (allow to stand 5 minutes)

Cornstarch (1 tablespoon)

2 tablespoons all-purpose flour

Cream soup (10 ounces)

1 cup evaporated milk + 1 tablespoon cornstarch + 1 teaspoon chicken or beef bouillon granules; or 1 envelope of flavored soup mix (Combine all ingredients and heat until thick and bubbly.)

Dry mustard (1 teaspoon)

1 tablespoon prepared mustard

Fresh herbs (1 tablespoon)

1 teaspoon dried herbs or $\frac{1}{2}$ teaspoon ground dried herbs

Lemon juice (1 teaspoon)

$\frac{1}{2}$ teaspoon white or cider vinegar

Light brown sugar (1 cup)

1 cup granulated sugar + 1 tablespoon molasses + $\frac{1}{2}$ teaspoon baking soda; or $\frac{1}{2}$ cup dark brown sugar + $\frac{1}{2}$ cup granulated sugar

Milk (1 cup)

$\frac{1}{3}$ cup dry milk + 1 cup water; or $\frac{1}{2}$ cup evaporated milk + $\frac{1}{2}$ cup water

Onion (1 small or $\frac{1}{4}$ cup chopped)

1 tablespoon instant minced onion

Tomato sauce (1 cup)

$\frac{3}{8}$ cup tomato paste + $\frac{1}{2}$ cup water

To reduce the amount of fat and cholesterol

If your recipe calls for:

Try substituting:

Bacon

Turkey bacon or smoked turkey

Butter, margarine, shortening or oil in baked goods

Applesauce or prune puree for half of the called-for butter, shortening, or oil; or use low fat margarine

Butter, margarine, shortening or oil to prevent sticking

Cooking spray or use nonstick pans

Cream soups

Fat free milk based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents

Eggs

Two egg whites or $\frac{1}{4}$ cup egg substitutes for each whole egg

Evaporated milk

Evaporated skim milk

Cream cheese

Fat free or low fat cream cheese or low fat cottage cheese pureed until smooth

Sour cream

Fat free plain yogurt, or fat free or low fat sour cream

Ground beef

Extra lean or lean ground beef, chicken or turkey

Mayonnaise

Fat free, reduced fat, or reduced calorie mayonnaise salad dressing

Oil based marinades

Wine, balsamic vinegar, fruit juice or fat free broth

Salad dressing

Fat free or reduced calorie salad dressing or flavored vinegars

Tuna

Tuna packed in water

Whole milk

Skim, 1%, or 2 % milk

Food and Nutrition Websites:

American Diabetes Association www.diabetes.org

American Dietetic Association www.eatright.org

American Heart Association www.americanheart.org

Centers for Disease Control and Prevention www.cdc.gov

Children's Site for Nutrition & Physical Activity www.bam.gov/

Federal Recreation Areas www.recreation.gov/

Food and Drug Administration www.fda.gov

Food and Nutrition Information Center www.nal.usda.gov/fnic

Food Guide Pyramid www.MyPyramid.gov

Food Safety www.foodsafety.gov

Get Fit Tennessee www.getfittn.com

National Health Information Center, Healthfinder www.healthfinder.gov/

Nutrition www.nutrition.gov/

Produce for Better Health Foundation www.fruitsandveggiesmorematters.com

Tennessee Department of Health www.tn.gov/health/

The National Women's Health Information Center www.4woman.gov

United States Department of Agriculture www.usda.gov

Favorite Recipes:

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Breakfast

Breakfast Parfait

16 ounces fat free vanilla yogurt
1 cup fresh or canned fruit (drained)
1 cup low fat granola cereal

Makes 4 portions, 1 parfait each

Per portion

Calories:	224
Carbohydrate:	42 grams
Protein:	7 grams
Fat:	3 grams
Saturated fat:	1 gram
Cholesterol:	7 milligrams
Sodium:	115 milligrams
Dietary fiber:	2 grams

-
1. If using fresh fruit, wash it.
 2. In a tall glass, layer 4 tablespoons yogurt, 2 tablespoons fruit, and 2 tablespoons of granola.
 3. Layer these ingredients again in the same order.

Apple Breakfast Crescent Rolls

1 large apple
1 teaspoon sugar
1 tablespoon packed brown sugar
 $\frac{1}{4}$ teaspoon ground cinnamon
8 roll reduced fat crescent roll dough

Makes 8 portions, 2 pieces each

Per portion

Calories:	99
Carbohydrate:	19 grams
Protein:	2 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	0
Sodium:	157 milligrams
Dietary fiber:	1 gram

1. Preheat oven to 375°.
2. Wash, peel, core, and chop apple.
3. Combine apple, sugar, brown sugar, and cinnamon in a bowl. Set aside.
4. Unroll dough and cut each roll in half. Flatten wide edge of each roll.
5. Spoon 1 teaspoon of apple mixture onto each piece of dough and roll up. Seal edges by pressing together with a fork.
6. Put rolls on nonstick baking sheet.
7. Bake at 375° for 12 to 15 minutes or until golden brown.

Breakfast Wrap

1 apple
4 slices reduced fat cheddar cheese
4 low fat tortillas

Makes 4 portions, 1 wrap each

Per portion

Calories:	238
Carbohydrate:	35 grams
Protein:	9 grams
Fat:	7 grams
Saturated fat:	3 grams
Cholesterol:	15 milligrams
Sodium:	355 milligrams
Dietary fiber:	3 grams

-
1. Slice apple into thin slices.
 2. Place 1 slice cheese and one fourth sliced apple on each tortilla and roll.

Country Style Breakfast Casserole

Nonstick cooking spray
4 ounces lean ham
 $\frac{1}{2}$ cup fat free sour cream
2 pounds frozen country-style hash browns (no oil added)
4 slices fat free American cheese
2 green onions
2 eggs
6 egg whites
2 cups fat free milk
2 tablespoons grated parmesan cheese
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon dry mustard (optional)

Makes 18, $\frac{1}{2}$ cup portions

Per portion

Calories: 96
Carbohydrate: 12 grams
Protein: 7 grams
Fat: 2 grams
Saturated fat: 1 gram
Cholesterol: 31 milligrams
Sodium: 233 milligrams
Dietary fiber: 1 gram

-
1. Preheat oven to 350°.
 2. Lightly coat 9x13 inch baking pan with cooking spray.
 3. Chop ham and put in baking pan. Combine sour cream and hash browns and put on top of ham.
 4. Dice cheese and put on top of hash browns.
 5. Wash and chop onions.
 6. In medium bowl, whisk together 2 eggs and 6 egg whites. Add green onions and remaining ingredients, and pour over hash browns.
 7. Bake at 350° for one hour or until center is set.
 8. Let cool for at least 10 minutes before cutting into portions.
-

Creamy Fruit Smoothie

- 1/2 cup fat free milk
- 1/2 cup fruit flavored low fat or fat free yogurt*
- 1/2 cup frozen, fresh, or canned fruit (drained)*
- 4 to 6 ice cubes

Makes 2 portions, 1 cup each

Per portion

Calories:	127
Carbohydrate:	25 grams
Protein:	5 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	5 milligrams
Sodium:	75 milligrams
Dietary fiber:	0

1. If using fresh fruit, wash it.
2. Place milk, yogurt, and fruit in a blender. Blend for 30 seconds to 1 minute.
3. Add ice cubes and blend until ice is crushed.

Flavor Combination Ideas

Yogurt

- *Strawberry
- *Peach
- *Blueberry or strawberry
- *Pineapple
- *Vanilla

Fruit

- *Frozen strawberries
- *Frozen or canned peaches
- *Bananas
- *Crushed pineapple
- *Chopped apple or applesauce with 1/4 teaspoon cinnamon

French Toast with Fruit

2 eggs
2 tablespoons fat free milk
2 teaspoons margarine
4 slices bread
Fresh strawberries or peaches or canned fruit
2 tablespoons powdered sugar

Makes 4 portions, 1 slice each

Per portion

Calories: 218
Carbohydrate: 33 grams
Protein: 8 grams
Fat: 7 grams
Saturated fat: 1 gram
Cholesterol: 106 milligrams
Sodium: 220 milligrams
Dietary fiber: 4 grams

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1. Beat eggs and milk together in shallow bowl.
 2. Heat skillet on medium heat.
 3. Add 2 teaspoons margarine to skillet.
 4. Dip bread into egg mixture and place in skillet.
 5. Cook on each side until lightly browned.
 6. If using fresh fruit, wash it.
 7. Top with fresh fruit such as strawberries or peaches or canned fruit.
 8. Sprinkle with powdered sugar.

Raisin Cinnamon Oatmeal

1/4 cup orange juice
1/8 teaspoon ground cinnamon
1 1/4 cups water
2/3 cup old fashioned dry oats
1 tablespoon firmly packed brown sugar
2 tablespoons raisins

Makes 2 portions, 3/4 cup each

Per portion

Calories:	165
Carbohydrate:	35 grams
Protein:	4 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	0
Sodium:	9 milligrams
Dietary fiber:	3 grams

-
1. Combine orange juice, cinnamon, and water in a medium saucepan. Bring to a boil over high heat.
 2. Stir in oats and reduce heat to medium-low. Cook for 5 minutes, stirring occasionally; remove from heat.
 3. Add brown sugar and raisins to oatmeal. Cover oatmeal and let stand for 8 minutes, or until the desired thickness.

Favorite Recipes:



Desserts

Fruit Pie

- 1 small carton (6 to 8 ounces) fat free fruit flavored yogurt
- 1 cup fresh fruit (to match yogurt flavor)
- 1 small carton (8 ounces) fat free whipped topping
- 1 reduced fat graham cracker pie shell

Makes 8 portions, 1 slice each

Per portion

Calories:	173
Carbohydrate:	31 grams
Protein:	2 grams
Fat:	4 grams
Saturated fat:	1 gram
Cholesterol:	2 milligrams
Sodium:	129 milligrams
Dietary fiber:	0

-
1. If using fresh fruit, wash it.
 2. Fold together yogurt, fruit, and whipped topping. Pour into pie shell.
 3. Refrigerate at least 3 hours or overnight.

This recipe is good with sliced strawberries, diced peaches, blueberries, or canned mandarin oranges.

Apple Crisp

Nonstick cooking spray
 $\frac{1}{3}$ cup water
5 medium apples
 $\frac{1}{3}$ cup firmly packed brown sugar
 $\frac{1}{4}$ cup all-purpose flour
 $\frac{1}{2}$ teaspoon ground cinnamon
2 tablespoons margarine

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 125
Carbohydrate: 25 grams
Protein: 1 gram
Fat: 3 grams
Saturated fat: 0
Cholesterol: 0
Sodium: 42 milligrams
Dietary fiber: 3 grams

1. Preheat oven to 350°.
2. Coat 7x11 inch baking pan with cooking spray. Pour water into pan.
3. Wash, peel, core, and slice apples. Arrange apple slices in prepared pan. Coat apple slices lightly with cooking spray.
4. Combine brown sugar, flour, and cinnamon. Cut in margarine with two knives until mixture is crumbly.
5. Sprinkle mixture evenly over apples. Bake uncovered at 350° for 30 minutes or until apples are tender.

Cake Mix Cookies

Nonstick cooking spray
1 box (18.25 ounces) cake mix, any flavor
 $\frac{1}{2}$ cup egg substitute
 $\frac{1}{2}$ cup unsweetened applesauce
1 teaspoon vanilla

Makes 28 portions, 1 cookie each

Per portion

Calories:	83
Carbohydrate:	16 grams
Protein:	1 gram
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	0
Sodium:	120 milligrams
Dietary fiber:	0

-
1. Preheat oven to 350°.
 2. Spray baking sheet with cooking spray.
 3. Mix all ingredients well, using an electric mixer.
 4. Drop by tablespoonfuls onto lightly greased baking sheet.
 5. Bake at 350° for 8 to 10 minutes.
 6. Allow to cool slightly on baking sheet and then transfer to a cooling rack.
 7. Store in single layers since this is a moist cookie.

Chocolate Caramel Cake

Nonstick cooking spray
1 box devil's food cake mix
1 egg white
1 teaspoon vanilla
10 ounces diet cola
6 ounces fat free caramel ice cream topping
8 ounces fat free sweetened condensed milk
1 cup toffee bits
1 (8 ounces) container fat free whipped
topping

Makes 24 portions, 1 slice each

Per portion

Calories:	202
Carbohydrate:	37 grams
Protein:	2 grams
Fat:	4 grams
Saturated fat:	1 gram
Cholesterol:	4 milligrams
Sodium:	254 milligrams
Dietary fiber:	0

1. Preheat oven to 350°.
2. Coat 9x13 inch baking pan with nonstick cooking spray.
3. Mix cake mix, egg white, vanilla, and diet cola. Pour into baking pan. Bake for the amount of time listed on package instructions.
4. While cake is baking, put caramel and condensed milk in sauce pan and stir on medium heat until smooth.
5. Take cake out of the oven and poke holes with fork or toothpick.
6. Pour caramel mixture over warm cake to fill in the holes. Sprinkle $\frac{1}{2}$ cup toffee bits over the top, and save $\frac{1}{2}$ cup for the final layer.
7. Let cool completely.
8. Cover top with whipped topping and sprinkle with remaining toffee bits. Refrigerate until ready to serve.

Easy Strawberry Lemon Parfait

2 cups fresh or frozen strawberries
2 (6 to 8 ounces each) cartons fat free
lemon yogurt
10 gingersnaps

Makes 4 portions, 1 parfait each

Per portion

Calories:	199
Carbohydrate:	36 grams
Protein:	6 grams
Fat:	3 grams
Saturated fat:	1 gram
Cholesterol:	7 milligrams
Sodium:	195 milligrams
Dietary fiber:	2 grams

-
1. Crumble gingersnaps.
 2. Wash and slice strawberries if using fresh.
 3. In each of four tall glasses put $\frac{1}{2}$ cup strawberries, followed by $\frac{1}{2}$ cup yogurt and then crumbled gingersnaps.

Fruit Cobbler

2 cups fresh or frozen fruit of your choice

Nonstick cooking spray

$\frac{2}{3}$ cup all-purpose flour

$\frac{3}{4}$ cup sugar

$1\frac{1}{2}$ teaspoons baking powder

$\frac{2}{3}$ cup fat free milk

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	134
Carbohydrate:	32 grams
Protein:	2 grams
Fat:	0
Saturated fat:	0
Cholesterol:	0
Sodium:	86 milligrams
Dietary fiber:	1 gram

-
1. Preheat oven to 350°.
 2. If using fresh fruit, wash and slice it.
 3. Coat $1\frac{1}{2}$ quart casserole dish with cooking spray.
 4. Divide sugar into $\frac{1}{2}$ cup and $\frac{1}{4}$ cup portions.
 5. Combine flour, $\frac{1}{2}$ cup sugar, and baking powder in small mixing bowl. Slowly stir in milk.
 6. Pour batter into casserole dish.
 7. Combine $\frac{1}{4}$ cup sugar with fruit. Sprinkle fruit mixture evenly on top of batter.
 8. Bake at 350° for 50 minutes. Serve hot.

Lemon Icebox Pie

- 3 lemons
- 1 can fat free sweetened condensed milk
- 1 reduced fat graham cracker pie shell
- $\frac{1}{2}$ cup fat free whipped topping

Makes 8 portions, 1 slice each

Per portion

Calories:	245
Carbohydrate:	51 grams
Protein:	5 grams
Fat:	4 grams
Saturated fat:	0
Cholesterol:	5 milligrams
Sodium:	155 milligrams
Dietary fiber:	2 grams

-
1. Juice lemons. If not using a juicer, place lemons in microwave for 30 seconds to soften. Cut lemons in half and mash with spoon to get the juice.
 2. Mix juice from lemons and sweetened condensed milk together.
 3. Put into pie shell and refrigerate until set.
 4. Top each slice with 1 tablespoon fat free whipped topping.

Tropical Trifle

- 1 pre-made angel food cake
- 1 (3.4 ounces) package instant vanilla pudding
- 2 cups fat free milk
- 8 ounces fat free vanilla yogurt*
- 1 (8 ounces) carton fat free whipped topping
- 2 cups sliced fruits**

Makes 30 portions, ½ cup each

Per portion

Calories:	79
Carbohydrate:	17 grams
Protein:	2 grams
Fat:	0
Saturated fat:	0
Cholesterol:	1 milligram
Sodium:	177 milligrams
Dietary fiber:	0

This recipe is good for serving a large group of people.

1. Crumble cake into bite size pieces.
2. Make pudding according to directions on box (mix with 2 cups of fat free milk). Mix prepared pudding with yogurt and whipped topping.
3. If using fresh fruit, wash it.
4. Slice fruit into bite size pieces.
5. In a large serving dish, cover bottom with pieces of cake. Spread fruit on top. Spread pudding mixture on top.
6. Continue layering ingredients in this order until all ingredients are used; making sure the last layer on top is the pudding mixture.
7. Refrigerate until ready to serve.

*Flavored fat free yogurt can be used in place of vanilla yogurt. Match flavor of yogurt to the chosen fruit.

**Good fruit to use includes canned mandarin orange sections, fresh strawberries, blueberries, blackberries or raspberries.

One type of fruit or any desired combination of fruit can be used when making the trifle.



Main Dishes

Main Dishes

Oven Fried Chicken

Nonstick cooking spray
1 cup corn flake crumbs
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{2}$ teaspoon black pepper
2 egg whites
1 pound (4) skinless chicken breasts

Makes 4 portions, 2 strips each

Per portion

Calories:	214
Carbohydrate:	18 grams
Protein:	30 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	66 milligrams
Sodium:	311 milligrams
Dietary fiber:	0

-
1. Preheat oven to 350°.
 2. Spray baking sheet with cooking spray.
 3. Combine corn flake crumbs, paprika, salt, and black pepper in a small bowl. Stir well.
 4. Lightly beat egg whites in a bowl.
 5. Skin chicken if not using skinless chicken. Cut chicken into 2 x $\frac{3}{4}$ inch strips. Dip chicken strips into egg whites.
 6. Roll into crumb mixture to coat.
 7. Place chicken strips on baking sheet.
 8. Bake, uncovered at 350° for about 30 minutes or until the chicken is no longer pink on the inside. If using breasts with bone in, chicken will need to be cooked for longer time.
-

Baked Vegetable Macaroni and Cheese

1 (10 ounces) package frozen chopped broccoli
1 (8 ounces) package uncooked macaroni
1 onion
2 cloves garlic
Nonstick cooking spray
1/3 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon black pepper
2 1/2 cups fat free milk
1/2 cup shredded extra sharp reduced fat cheddar cheese
1/4 cup grated parmesan cheese
Paprika (optional)

Makes 6 portions, 1 cup each

Per portion

Calories: 271
Carbohydrate: 43 grams
Protein: 4 grams
Fat: 4 grams
Saturated fat: 2 grams
Cholesterol: 12 milligrams
Sodium: 415 milligrams
Dietary fiber: 3 grams

1. Thaw and drain broccoli.
2. In large pot of boiling water, cook macaroni according to package directions. Do not add salt to the water. Drain and set aside.
3. Preheat oven to 350°.
4. Chop onion and mince garlic.
5. Place nonstick skillet over medium heat and coat with cooking spray. Add onion and garlic. Cook until onion is clear.
6. Add broccoli. Cook until tender, about 5 minutes.
7. In medium size saucepan, combine flour, salt, and pepper. Gradually add milk, stirring until smooth. Cook over medium heat, stirring constantly, until mixture is thick and bubbly.
8. Add half of both cheeses to milk mixture, stirring until smooth. Stir in macaroni and vegetable mixture.
9. Coat 2 quart casserole dish with cooking spray and pour macaroni mixture in dish.
10. Sprinkle with remaining cheeses. Sprinkle with paprika.
11. Bake at 350° for 30 minutes.

Beef Stew

4 carrots
2 stalks celery
2 medium onions
3 medium potatoes
2 pounds beef stew meat
2 tablespoons cornstarch
½ teaspoon black pepper
1 teaspoon salt
2 (14.5 ounces each) cans no added salt diced tomatoes
1 (10 ounces) package frozen corn

Makes 12 portions, 1 cup each

Per portion

Calories: 214
Carbohydrate: 20 grams
Protein: 24 grams
Fat: 4 grams
Saturated fat: 1 gram
Cholesterol: 52 milligrams
Sodium: 288 milligrams
Dietary fiber: 4 grams

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1. Preheat oven to 350°.
 2. Wash and cut carrots into 1 inch pieces.
 3. Wash and chop celery and onions.
 4. Scrub potatoes and cut into 1 inch cubes.
 5. Mix all ingredients EXCEPT potatoes and corn in large covered roasting pan.
 6. Cover and bake at 350° for 2½ hours, stirring 2 or 3 times.
 7. Add corn and potatoes and cook an additional hour or until potatoes are tender.

Chicken Broccoli Noodle Casserole

- 1 (10 ounces) package frozen, chopped broccoli
- 2 small chicken breasts
- 1 (8 ounces) package uncooked noodles or rotini
- 1 can Healthy Request® Cream of Celery soup
- ½ teaspoon pepper
- ¼ cup fat free milk
- Nonstick cooking spray
- ½ cup corn flakes

Makes 8 portions, 1 cup each

Per portion

Calories:	196
Carbohydrate:	27 grams
Protein:	16 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	53 milligrams
Sodium:	213 milligrams
Dietary fiber:	2 grams

1. Preheat oven to 350°.
2. Thaw and drain broccoli.
3. Skin chicken if not using skinless chicken. Bake, boil or microwave chicken and set aside to cool. De-bone chicken if needed and shred.
4. Cook noodles until tender, then drain.
5. Coat 2 quart casserole dish with cooking spray.
6. Mix broccoli, chicken, noodles, soup, pepper, and milk. Put in dish.
7. Crush corn flakes and place on top of casserole.
8. Bake at 350° for 20 minutes.

Chicken Creole

1 large green pepper
1 stalk celery
1 small onion
2 cloves garlic
1½ pounds chicken breasts
Nonstick cooking spray
1 (14.5 ounces) can no added salt diced tomatoes
½ cup Mexican hot style tomato sauce
1 teaspoon dried basil
1 teaspoon dried parsley
¼ teaspoon crushed red pepper

Makes 4 portions, 1 cup each

Per portion

Calories:	240
Carbohydrate:	12 grams
Protein:	41 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	99 milligrams
Sodium:	289 milligrams
Dietary fiber:	2 grams

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1. Wash and chop green pepper, celery, and onion. Mince garlic.
 2. De-bone and skin the chicken if not using boneless, skinless chicken. Cut chicken into 1 inch strips.
 3. Coat large skillet with cooking spray. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 5 to 7 minutes or until no longer pink.
 4. Reduce heat. Add green pepper, celery, onion, garlic, tomatoes and their juice, Mexican tomato sauce, basil, parsley, and crushed red pepper. Bring to boil, reduce heat and simmer, covered for 20 minutes.
 5. Serve over hot cooked rice or pasta.

Oven Chicken Parmesan

Nonstick cooking spray
4 chicken breasts (about 1 pound)
2 tablespoons fat free mayonnaise or salad dressing
1/4 cup Italian bread crumbs (or crushed corn flake crumbs)
1/4 cup parmesan cheese, grated
1/2 teaspoon paprika

Makes 4 portions, 1 chicken breast each

Per portion

Calories:	186
Carbohydrate:	6 grams
Protein:	30 grams
Fat:	4 grams
Saturated fat:	2 grams
Cholesterol:	71 milligrams
Sodium:	358 milligrams
Dietary fiber:	0

1. Preheat oven to 350°.
2. Coat baking pan with cooking spray.
3. Skin chicken if not using skinless chicken. Coat each piece of chicken with a light film of mayonnaise or salad dressing.
4. Combine bread or corn flake crumbs, cheese, and paprika.
5. Roll chicken pieces into crumb mixture to coat.
6. Place in baking pan. Bake uncovered at 350° for about 30 minutes or until chicken is no longer pink on the inside. If using breasts with bone in, chicken will need to be cooked for longer time.

Oven Fried Fish

Nonstick cooking spray
1 cup corn flake crumbs
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{2}$ teaspoon black pepper
2 egg whites
1 pound whiting or tilapia fish

Makes 4 portions, 3 strips each

Per portion

Calories:	197
Carbohydrate:	20 grams
Protein:	22 grams
Fat:	3 grams
Saturated fat:	0
Cholesterol:	0
Sodium:	292 milligrams
Dietary fiber:	0

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1. Preheat oven to 500°.
 2. Spray baking sheet with cooking spray.
 3. Combine corn flake crumbs, paprika, salt, and black pepper in a small bowl. Stir well.
 4. Lightly beat egg whites.
 5. Cut fish into 3 x $\frac{3}{4}$ inch strips. Dip fish strips into egg whites.
 6. Roll fish into crumb mixture to coat.
 7. Place fish strips on baking sheet.
 8. Bake, uncovered at 500° for 8 to 10 minutes or until fish flakes easily when tested with fork.

Roast Beef Hash

2 cups roast beef (about 1 pound raw)
1 stalk celery
1 small onion
2 tablespoons vegetable oil or margarine
 $\frac{1}{4}$ cup flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper
1 (12 ounces) can fat free evaporated milk
 $1\frac{1}{2}$ cups water

Makes 6 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	241
Carbohydrate:	13 grams
Protein:	27 grams
Fat:	8 grams
Saturated fat:	2 grams
Cholesterol:	54 milligrams
Sodium:	228 milligrams
Dietary fiber:	1 gram

1. Cook roast and chop 2 cups.
2. Wash and chop celery and onion.
3. Place oil or margarine in large skillet.
4. Add chopped celery, onion, and flour. Cook until well browned.
5. Add salt, pepper, fat free evaporated milk, and water. Stir well. Heat until thickened.
6. Add chopped roast beef and simmer until meat is warm.
7. Serve on toast or biscuit if desired.

Soft Chicken Tacos

1½ pounds chicken breasts
1 small onion
Nonstick cooking spray
½ cup canned no added salt diced tomatoes, undrained
1 teaspoon mild taco seasoning mix
¼ cup shredded reduced fat Monterey Jack cheese or reduced fat sharp cheddar cheese
8 (8 inches each) flour tortillas
¼ cup fat free sour cream

Makes 8 portions, 1 taco each

Per portion

Calories:	249
Carbohydrate:	24 grams
Protein:	24 grams
Fat:	5 grams
Saturated fat:	2 grams
Cholesterol:	52 milligrams
Sodium:	412 milligrams
Dietary fiber:	0

1. Skin chicken if needed. Place chicken breasts in a saucepan with enough water just to cover. Bring to a boil, and cook until meat shreds easily.
 2. Remove chicken from water, de-bone chicken if needed, shred and set aside.
 3. Chop onion.
 4. Lightly coat large nonstick skillet with cooking spray. Heat skillet to medium heat. Add onion and cook until clear.
 5. Add shredded chicken, stir in undrained tomatoes, and taco seasoning. Reduce heat to low and simmer 30 minutes, or until the sauce is thick.
 6. Remove pan from heat, sprinkle cheese over the chicken mixture.
 7. Serve over flour tortillas and serve with fat free sour cream.
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Southern Red Beans

1 pound dry red beans
2 stalks celery
2 small onions
6 cloves garlic
4 ounces lean ham
2 quarts water
2 bay leaves
³/₄ teaspoon salt
1 teaspoon black pepper

Makes 8 portions, 1 cup each

Per portion

Calories:	236
Carbohydrate:	39 grams
Protein:	16 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	5 milligrams
Sodium:	422 milligrams
Dietary fiber:	10 grams

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1. Pick through beans to remove bad beans. Rinse thoroughly.
 2. Wash and chop celery.
 3. Chop onion and garlic.
 4. Chop ham.
 5. In 5 quart pot, combine beans and remaining ingredients. Bring to boil and reduce heat.
 6. Cover and cook over low heat, for about 2 to 3 hours or until beans are tender. Stir and mash some of the beans against side of pan.
 7. Cook, uncovered, over low heat until creamy, about 30 minutes. Add 1 cup of water if bean mixture is too thick. Remove bay leaves.
 8. Serve over hot cooked rice if desired.

Spaghetti with Meat Sauce

- 1 green pepper
- 1 medium onion
- 2 cloves garlic
- Nonstick cooking spray
- 1 pound ground turkey or very lean ground beef
- 2 (14.5 ounces each) cans no added salt diced tomatoes (undrained)
- 1 (8 ounces) can no added salt tomato sauce
- 2 teaspoons Italian blend seasoning
- 1 teaspoon black pepper
- $\frac{1}{4}$ teaspoon salt
- 1 pound spaghetti, uncooked

Makes 10 portions, $\frac{2}{3}$ cup sauce with $\frac{3}{4}$ cup spaghetti

Per portion

Calories:	270
Carbohydrate:	42 grams
Protein:	15 grams
Fat:	5 grams
Saturated fat:	1 gram
Cholesterol:	36 milligrams
Sodium:	200 milligrams
Dietary fiber:	3 grams

1. Finely chop pepper and onion. Mince garlic.
2. Spray large skillet with nonstick cooking spray. Preheat over high heat. Add ground meat and cook, stirring occasionally for 5 minutes or until no longer pink. Drain on paper towels.
3. Stir in undrained tomatoes, tomato sauce, green pepper, onion, garlic, Italian seasoning, black pepper, and salt.
4. Bring to a boil and reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.
5. Remove cover and simmer for 15 minutes more.
6. Cook spaghetti according to directions, do not add salt. Drain well. Serve sauce over spaghetti.

Tamale Pie

Nonstick cooking spray
1 pound ground turkey or very lean
ground beef
1 onion
1 green pepper
1 tablespoon chili powder
1 teaspoon cumin
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{1}{2}$ teaspoon garlic powder
1 teaspoon salt
1 (14.5 ounces) can no added salt diced
tomatoes (undrained)
4 cups boiling water
2 cups yellow cornmeal
2 cups cold water

Makes 8 portions, 1 cup each

Per portion

Calories:	239
Carbohydrate:	32 grams
Protein:	14 grams
Fat:	5 grams
Saturated fat:	1 gram
Cholesterol:	45 milligrams
Sodium:	375 milligrams
Dietary fiber:	4 grams

1. Spray large skillet with cooking spray. Preheat on medium heat and add ground meat. Cook until meat is no longer pink.
2. Chop onion and green pepper. Add to meat and cook until tender.
3. Add chili powder, cumin, pepper, garlic powder, salt, and tomatoes. Simmer for 10 minutes.
4. Boil 4 cups water.
5. Mix corn meal with cold water in large pot. Add boiling water and cook about 10 minutes or until thick.
6. Coat 9x13 casserole dish with cooking spray. Put $\frac{1}{2}$ cornmeal on bottom of dish. Pour meat mixture on top of cornmeal. Spread the remaining cornmeal over meat mixture.
7. Bake at 375° for 40 minutes.

Tuna Noodle Casserole

1/2 (16 ounces) package medium egg noodles
3 green onions
1 clove garlic
3 tablespoons margarine
1/4 cup all-purpose flour
2 cups 1% milk
1 (12 ounces) can tuna, canned in water
1 (10 ounces) package frozen green peas
1/4 teaspoon black pepper
Nonstick cooking spray
3 tablespoons bread crumbs
2 teaspoons dried parsley flakes

Makes 8 portions, 1 cup each

Per portion

Calories:	285
Carbohydrate:	34 grams
Protein:	19 grams
Fat:	8 grams
Saturated fat:	2 grams
Cholesterol:	47 milligrams
Sodium:	327 milligrams
Dietary fiber:	3 grams

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1. Preheat oven to 350°.
 2. Bring large pot of water to a boil. Cook noodles according to package directions. Do not add salt to the water.
 3. Chop green onions and mince garlic.
 4. Melt margarine in medium saucepan over medium heat. Add onions and garlic and cook until tender. Add flour and blend until smooth. Add milk and stir constantly until mixture is thick and bubbly.
 5. Remove from heat. Drain and flake tuna; add tuna, peas, and pepper to the milk mixture. Stir in noodles.
 6. Mix bread crumbs and parsley; sprinkle over top of casserole.
 7. Bake at 350° for 15 to 20 minutes, or until heated through.
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Vegetable Beef Skillet

- 1 (10 ounces) package frozen lima beans
- 1 (10 ounces) package frozen whole kernel corn
- 1 (10 ounces) package frozen green beans
- 1 large onion
- 1/2 pound extra lean ground beef or ground turkey
- 1/2 teaspoon pepper
- 1 teaspoon garlic salt
- 4 medium tomatoes, peeled and cubed or 2 cans (14.5 ounces each) no added salt diced tomatoes

Makes 10 portions, 1 cup each

Per portion

Calories:	142
Carbohydrate:	19 grams
Protein:	8 grams
Fat:	4 grams
Saturated fat:	2 grams
Cholesterol:	16 milligrams
Sodium:	183 milligrams
Dietary fiber:	4 grams

1. Thaw lima beans, corn, and green beans.
2. Chop onion.
3. Brown ground beef in large skillet, stirring to crumble. Drain off any fat.
4. Add all ingredients except tomatoes. Cover and cook over low heat for 20 minutes.
5. Wash tomatoes if using fresh.
6. Add tomatoes and cook for 5 to 10 minutes more.
7. Serve over steamed rice or noodles if desired.

Zesty Skillet Pork Chops

1 teaspoon chili powder
1/4 teaspoon salt
1 1/4 pounds (6 chops) lean pork chops
2 cups diced tomatoes or 1 (14.5 ounces)
can no added salt diced tomatoes
1 green bell pepper
1 1/2 stalks celery
1 small onion
1 tablespoon hot pepper sauce
Nonstick cooking spray

Makes 6 portions, 1 chop each

Per portion

Calories: 166
Carbohydrate: 8 grams
Protein: 22 grams
Fat: 5 grams
Saturated fat: 2 grams
Cholesterol: 52 milligrams
Sodium: 294 milligrams
Dietary fiber: 2 grams

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1. Rub chili powder and salt evenly over chops.
 2. If using fresh tomatoes, wash and dice.
 3. Wash and chop green pepper, celery, and onion.
 4. Combine tomatoes, green pepper, celery, onion, and pepper sauce in bowl.
 5. Lightly coat nonstick skillet with cooking spray. Heat skillet to medium high. Add chops and cook 1 minute. Turn chops and top with tomato mixture.
 6. Bring to boil. Reduce heat and simmer, covered, 25 minutes or until meat is tender and mixture thickens.
 7. Transfer chops to serving plates. Increase heat and bring tomato mixture to boil. Cook 2 minutes or until most of the liquid evaporates. Remove from heat and spoon sauce over chops.

Favorite Recipes:



Salads

Salads

Potato Salad

3 pounds potatoes
2 eggs
2 stalks celery
3 green onions
 $\frac{1}{2}$ cup fat free mayonnaise
 $\frac{1}{2}$ cup fat free sour cream
 $\frac{1}{4}$ cup pickle relish
2 tablespoons cider vinegar
1 tablespoon mustard
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper

Makes 10 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	164
Carbohydrate:	34 grams
Protein:	4 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	44 milligrams
Sodium:	265 milligrams
Dietary fiber:	3 grams

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1. Scrub potatoes and boil in skins until tender. Drain and set aside to cool.
 2. Boil eggs. Drain and set aside to cool.
 3. Peel potatoes and cut into $\frac{1}{2}$ inch cubes.
 4. Wash and chop celery and green onions.
 5. Combine potatoes and eggs in large bowl. Add celery, green onions, mayonnaise, sour cream, pickle relish, cider vinegar, mustard, salt, and black pepper. Mix thoroughly.
 6. Refrigerate at least 1 hour before serving.

Broccoli Salad

1 head broccoli
1 medium red onion
 $\frac{3}{4}$ cup fat free mayonnaise
2 tablespoons vinegar
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ cup raisins

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	84
Carbohydrate:	20 grams
Protein:	2 grams
Fat:	0
Saturated fat:	0
Cholesterol:	0
Sodium:	193 milligrams
Dietary fiber:	2 grams

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1. Wash and divide broccoli and chop into small pieces.
 2. Finely chop onion.
 3. Mix together mayonnaise, vinegar, and sugar.
 4. Add broccoli, onion, and raisins to mayonnaise mixture and toss.
 5. Refrigerate until ready to serve.

Carrot Raisin Salad

2 small carrots
1 apple
 $\frac{3}{4}$ cup raisins
1 tablespoon orange juice
3 tablespoons light or fat free mayonnaise

Makes 6 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	99
Carbohydrate:	20 grams
Protein:	1 gram
Fat:	3 grams
Saturated fat:	0
Cholesterol:	2 milligrams
Sodium:	52 milligrams
Dietary fiber:	2 grams

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1. Wash, scrape, and grate carrots, wash and chop apples, and combine with raisins.
 2. Pour orange juice over carrots, apples, and raisins.
 3. Add mayonnaise, mix all ingredients together, and put in medium size bowl.
 4. Refrigerate until ready to serve.

Chicken and Macaroni Salad

2 chicken breasts
2 cups uncooked elbow macaroni
1 cup frozen green peas
1 stalk celery
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{1}{3}$ cup Italian dressing

Makes 10 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	143
Carbohydrate:	15 grams
Protein:	10 grams
Fat:	4 grams
Saturated fat:	1 gram
Cholesterol:	13 milligrams
Sodium:	97 milligrams
Dietary fiber:	1 gram

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1. Skin chicken if not using skinless chicken. Cook chicken (grill, roast or sauté) and set aside to cool. De-bone chicken, if needed, and chop.
 2. Bring large pot of water to a boil. Cook macaroni according to package directions. Do not add salt to the water. During final two minutes of cooking time, add peas to pasta in cooking water.
 3. Wash and thinly slice celery.
 4. Drain pasta and peas well. Place in large mixing bowl.
 5. Add chicken, celery, and pepper.
 6. Stir in dressing to mix and coat.
 7. Refrigerate 2 hours before serving.

Confetti Salad

- 1 cucumber
- 1 large tomato
- 1 small onion
- 1 (15.25 ounces) can no added salt whole kernel corn
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup fat free Italian dressing

Makes 12 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	43
Carbohydrate:	8 grams
Protein:	1 gram
Fat:	1 gram
Saturated fat:	0
Cholesterol:	0
Sodium:	102 milligrams
Dietary fiber:	1 gram

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1. Wash and chop cucumber and tomato.
 2. Finely chop onion.
 3. Drain corn.
 4. Mix all ingredients together and put in large serving bowl.
 5. Refrigerate 1 to 2 hours before serving.

Cranberry Freeze

- 1 (8 ounces) can crushed pineapple, canned in pineapple juice
- 1 (16 ounces) can whole cranberry sauce
- 1/2 cup chopped pecans (optional)
- 1 (8 ounces) carton fat free sour cream

Makes 12 portions, about 2x3 inches each

Per portion

Calories:	118
Carbohydrate:	22 grams
Protein:	1 gram
Fat:	3 grams
Saturated fat:	0
Cholesterol:	1 milligram
Sodium:	39 milligrams
Dietary fiber:	1 gram

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1. Drain pineapple.
 2. Mash cranberry sauce well with a spoon or a fork.
 3. Combine all ingredients.
 4. Pour into 9x9 inch baking pan and put in freezer.
 5. Once frozen, cut into squares to serve. Optional, serve on lettuce leaf.

Cucumber and Onion Salad

2 cucumbers
1 onion
 $\frac{1}{3}$ cup vinegar
 $\frac{1}{3}$ cup water
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ cup sugar

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 45
Carbohydrate: 10 grams
Protein: 1 gram
Fat: 0
Saturated fat: 0
Cholesterol: 0
Sodium: 149 milligrams
Dietary fiber: 1 gram

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1. Wash and slice cucumbers and onion into paper thin slices.
 2. Layer cucumbers and onion in a bowl.
 3. Combine remaining ingredients in separate bowl and pour over vegetables.
 4. Refrigerate overnight, stirring several times.

Fruit Salad Dressing/Dip

- 1 small carton (6 to 8 ounces) low fat vanilla yogurt
- 1 tablespoon honey
- 1½ teaspoons grated lemon rind

Makes 6 to 8 portions, 2
tablespoons each

Per portion

Calories:	30
Carbohydrate:	6 grams
Protein:	1 gram
Fat:	0
Saturated fat:	0
Cholesterol:	16 milligrams
Sodium:	16 milligrams
Dietary fiber:	0

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1. Mix all ingredients together in a small bowl. Use as a dressing for fresh fruit salad, or as a dip with fruit chunks.

Golden Fruit Salad

- 2 golden or red delicious apples
- 1 banana
- 1 (8.25 ounces) can pineapple chunks, canned in pineapple juice
- $\frac{1}{2}$ cup red grapes
- $\frac{1}{2}$ cup low fat lemon or orange yogurt

Makes 10 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	60
Carbohydrate:	14 grams
Protein:	1 gram
Fat:	0
Saturated fat:	0
Cholesterol:	1 milligram
Sodium:	10 milligrams
Dietary fiber:	1 gram

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1. Wash, core, and slice apples.
 2. Peel and slice banana.
 3. Drain pineapple chunks. Save small amount of juice and pour over apples and banana.
 4. Wash and cut grapes in halves.
 5. Combine all fruit, and mix well.
 6. Serve with yogurt on top.
 7. Serve immediately.

Herbed Ranch Dressing

- 1 clove garlic
- $\frac{3}{4}$ cup low fat buttermilk
- $\frac{1}{4}$ cup fat free sour cream
- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon dried dill
- $\frac{1}{4}$ teaspoon pepper

Makes 8 portions, 2 tablespoons each

Per portion

Calories:	28
Carbohydrate:	4 grams
Protein:	2 grams
Fat:	0
Saturated fat:	0
Cholesterol:	2 milligrams
Sodium:	130 milligrams
Dietary fiber:	0

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1. Mince garlic. Combine all ingredients in a bowl; stir well with whisk or fork.
 2. Cover and chill. Use for dressing for fresh greens, or use with roasted or grilled vegetables.

Refreshing Fruit Salad

- 1 can (15 ounces) mandarin oranges, canned in juice
- 1 can (20 ounces) pineapple chunks, canned in pineapple juice
- 1 cup fat free whipped topping
- 1 cup miniature marshmallows

Makes 8 portions, 1/2 cup each

Per portion

Calories:	91
Carbohydrate:	22 grams
Protein:	0
Fat:	0
Saturated fat:	0
Cholesterol:	0
Sodium:	19 milligrams
Dietary fiber:	1 gram

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1. Drain mandarin oranges and pineapple thoroughly.
 2. Combine all ingredients and refrigerate.
 3. Refrigerate until ready to serve.

Six Layer Salad

- 1 (10 ounces) package frozen green peas
- 2 eggs
- 1 small onion
- 3 to 4 cups lettuce
- $\frac{2}{3}$ cup fat free mayonnaise
- $\frac{1}{3}$ cup parmesan cheese

Makes 12 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	60
Carbohydrate:	7 grams
Protein:	4 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	37 milligrams
Sodium:	196 milligrams
Dietary fiber:	2 grams

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1. Thaw and drain peas.
 2. Boil eggs. Drain and set aside to cool.
 3. Chop onion.
 4. Grate eggs.
 5. Wash, shred, and place lettuce in bottom of large bowl or serving dish.
 6. Layer peas and onion over lettuce.
 7. Spread mayonnaise over the onion layer.
 8. Top with eggs and cheese.
 9. Refrigerate until ready to serve.

Steps to Building a Healthful Salad

1. Start with the greens

Salad greens are a great source of vitamins and minerals, including folate, vitamin C, and beta-carotene. Boost your vitamin and mineral intake with dark-leaf greens, like spinach, romaine lettuce, mixed spring greens, red-leaf lettuce, and arugula.

2. Add more veggies

Each color family of vegetables provides different nutrients, so try to include a variety of colors in your salad. Try green, red, and yellow peppers, cucumbers, carrots, onions, mushrooms, broccoli, radishes, asparagus, tomatoes, eggplant, beets, and cauliflower.

3. Pack on the fruit

Fruit helps add color, taste, texture, and additional nutrients to a vegetable salad. Try pineapple chunks, apples, pears, mandarin oranges, strawberries, melon, or grapes.

4. Add lean protein

You can add protein without adding a lot of fat to your salad. Some protein-packed salad favorites include grilled chicken, black beans, kidney beans, garbanzo beans, lean ham or turkey, canned tuna or salmon, and low fat cottage cheese. If you want eggs in your salad, toss out the yolks.

5. Beware of unhealthy, hidden fats

You don't have to avoid all fats, but there are salad toppings that are loaded with fat and calories. Go easy on the croutons, bacon, fried tortilla chips, crispy noodles, and excess amounts of cheese.

6. Choose whole grains

In pasta or rice salads, choose whole grains including whole wheat pastas, brown rice, quinoa, or couscous. This will help add even more fiber to your salad.

7. Dress for success

For some people, dressing is the best part of the salad. Unfortunately, salad dressing is often loaded with fat and calories. That's why it is so important to choose your dressing wisely, and limit the amount you use. Choose low calorie or low fat/reduced fat dressing varieties, or try a simple vinaigrette made with 1 teaspoon of olive oil and 3-4 teaspoons of lemon juice or vinegar.

Strawberry Gelatin Salad

- 1 cup boiling water
- 1 large (.6 ounces) package sugar free strawberry Jell-O®
- 1 (4 ounces) can crushed pineapple, canned in pineapple juice
- 3 ripe bananas
- 2 (10 ounces each) packages frozen, sweetened strawberries
- 1 (16 ounces) carton fat free sour cream
- 1/2 cup chopped pecans

Makes 18 portions, about 2x3 inches each

Per portion

Calories:	98
Carbohydrate:	19 grams
Protein:	2 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	2 milligrams
Sodium:	49 milligrams
Dietary fiber:	1 gram

-
1. Boil water and dissolve gelatin in it.
 2. Drain pineapple and slice bananas. Combine pineapple, bananas, cold strawberries with juice, and chopped pecans. Fold fruit mixture into jell-o. Put half of jell-o mixture in 9x13 inch pan or glass dish.
 3. Place in refrigerator for about 30 minutes or until it begins to set. Spread sour cream over the jell-o. Pour the rest of the jell-o mixture on top of sour cream layer and place in refrigerator. Refrigerate until firm. Cut in squares to serve.

Tuna Pasta Salad

- 2 small carrots
- 1 small green pepper
- 3 cups uncooked pasta shells*
- 1 can (6.5 ounces) tuna, canned in water
- 1/2 cup fat free Italian salad dressing
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon black pepper

Makes 10 portions, 1/2 cup each

Per portion

Calories:	156
Carbohydrate:	27 grams
Protein:	9 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	8 milligrams
Sodium:	238 milligrams
Dietary fiber:	1 gram

-
1. Wash and chop carrots and green pepper.
 2. Cook pasta according to package directions. Do not add salt to the water.
 3. Add carrots during last 2 minutes of cooking; drain.
 4. Rinse with cold water to cool quickly, drain well.
 5. Rinse, drain, and flake tuna.
 6. In large bowl, stir together carrots, cooled pasta, and remaining ingredients.
 7. Cover and refrigerate for 2 hours before serving.

*Can use other pasta shapes

Favorite Recipes:



Side Dishes

Side Dishes

Basil Green Beans

1 pound fresh or frozen green beans
2 teaspoons margarine
 $\frac{1}{2}$ teaspoon basil
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Makes 6 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 37
Carbohydrate: 6 grams
Protein: 1 gram
Fat: 1 gram
Saturated fat: 0
Cholesterol: 0
Sodium: 114 milligrams
Dietary fiber: 2 grams

-
1. Wash and trim green beans if using fresh.
 2. Simmer or steam fresh or frozen beans until tender.
 3. Add margarine, basil, salt, and pepper.
 4. Toss to coat.

Broccoli Parmesan

1 bunch fresh broccoli or 1 (16 ounces)
package frozen broccoli florets
1 clove garlic
1 teaspoon olive or vegetable oil
 $\frac{1}{8}$ teaspoon red pepper flakes
 $\frac{1}{4}$ teaspoon pepper
1 teaspoon parmesan cheese

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 24
Carbohydrate: 3 grams
Protein: 1 gram
Fat: 1 gram
Saturated fat: 0
Cholesterol: 0
Sodium: 0
Dietary fiber: 1 gram

-
1. Trim broccoli and cut into florets if using fresh.
 2. Boil water, add broccoli and cook until tender, about 5 minutes; drain.
 3. Mince garlic. Heat olive oil over low heat. Add minced garlic and cook until golden, stirring constantly.
 4. Add broccoli, red pepper flakes, and pepper. Cook until broccoli is heated through. Sprinkle with grated parmesan cheese.

Cauliflower Casserole

1 (16 ounces) package cauliflower
Nonstick cooking spray
1 (8 ounces) carton fat free sour cream
2 eggs
 $\frac{1}{2}$ cup shredded reduced fat cheddar cheese
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon black pepper
 $\frac{1}{3}$ cup bread crumbs

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 96
Carbohydrate: 10 grams
Protein: 6 grams
Fat: 3 grams
Saturated fat: 1 gram
Cholesterol: 60 milligrams
Sodium: 228 milligrams
Dietary fiber: 2 grams

-
1. Preheat oven to 375°.
 2. Boil cauliflower until tender, or cook in microwave as directed on package. Drain well.
 3. Coat shallow $1\frac{1}{2}$ quart casserole dish with cooking spray and put cauliflower in dish.
 4. Combine sour cream and next 4 ingredients in a bowl; stir well. Pour sour cream mixture over cauliflower.
 5. Sprinkle bread crumbs over sour cream mixture. Coat bread crumb mixture with cooking spray.
 6. Bake uncovered at 375° for 20 minutes or until hot and bubbly.

Cheesy Squash Casserole

2 pounds yellow squash
1 medium onion
2 teaspoons margarine
2 tablespoons all-purpose flour
1 cup fat free milk
 $\frac{1}{2}$ cup shredded reduced fat mild Cheddar cheese
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
Nonstick cooking spray
 $\frac{1}{3}$ cup toasted bread crumbs

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	83
Carbohydrate:	11 grams
Protein:	4 grams
Fat:	3 grams
Saturated fat:	1 gram
Cholesterol:	5 milligrams
Sodium:	243 milligrams
Dietary fiber:	2 grams

1. Preheat oven to 350°.
2. Wash and slice squash.
3. Chop onion.
4. Cook squash and onion in a small amount of boiling water 10 to 15 minutes until vegetables are tender. Drain and set aside.
5. Melt margarine in medium saucepan over medium heat. Add flour and cook 1 minute, stirring constantly. Add milk and stir constantly until mixture is thickened and bubbly.
6. Remove from heat. Add cheese, salt, and pepper, stirring until cheese melts. Add squash mixture and stir well.
7. Coat shallow $1\frac{1}{2}$ quart casserole dish with cooking spray and pour squash mixture in dish.
8. Sprinkle bread crumbs evenly over squash.
9. Bake at 350° for 20 to 25 minutes or until mixture is thoroughly heated.

Healthy Black-Eyed Peas

1(1 pound) bag dried black-eyed peas
1 large onion
 $\frac{1}{2}$ small green pepper
1 tablespoon vegetable oil
1 teaspoon salt
1 teaspoon pepper
5 cups water

Makes 8 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	54
Carbohydrate:	8 grams
Protein:	3 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	0
Sodium:	171 milligrams
Dietary fiber:	2 grams

-
1. Soak beans overnight and drain. Place soaked beans in large pot.
 2. Chop onion and green pepper. Add to pot of beans. Cover and let stand about 20 minutes for peas to absorb flavors.
 3. Add oil, salt, and pepper; stir. Cover and let stand an additional 10 to 15 minutes for peas to absorb flavor.
 4. Add 5 cups water. Bring to a boil; lower heat and simmer, covered, 50 minutes to an hour or until tender.

Honey Carrots

1½ cups water
1 package (16 ounces) frozen sliced carrots
¼ teaspoon ground cinnamon
Dash of ground cloves (optional)
½ lemon
1½ tablespoons honey
1 teaspoon margarine

Makes 6 portions, ½ cup each

Per portion

Calories: 55
Carbohydrate: 11 grams
Protein: 1 gram
Fat: 1 gram
Saturated fat: 0
Cholesterol: 0
Sodium: 51 milligrams
Dietary fiber: 2 grams

-
1. Boil water in medium saucepan. Add carrots, cinnamon, and cloves to water; cook for about 8 minutes or until tender. Drain well.
 2. Juice lemon and grate peel.
 3. Add honey, margarine, lemon peel and lemon juice to carrots. Heat until carrots are warm.

Okra with Tomatoes

1/2 small onion
3 cups water
1 (16 ounces) package frozen sliced okra
1 (14.5 ounces) can no added salt diced tomatoes (undrained)
1/4 teaspoon salt
Crushed red pepper flakes (optional)

Makes 8 portions, 1/2 cup each

Per portion

Calories: 29
Carbohydrate: 6 grams
Protein: 2 grams
Fat: 0
Saturated fat: 0
Cholesterol: 0
Sodium: 103 milligrams
Dietary fiber: 3 grams

-
1. Chop onion.
 2. Bring water to boil. Add okra and onion and cook for 5 minutes. Drain water and add tomatoes, salt, and pepper.
 3. Simmer mixture for 10 to 15 minutes.

Parmesan Oven Fries

2 teaspoons margarine
4 small baking potatoes (about 1 pound)
 $\frac{1}{4}$ cup grated parmesan cheese
 $\frac{1}{2}$ teaspoon garlic salt
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{4}$ teaspoon onion powder
Nonstick cooking spray

Makes 4 portions, 6 pieces each

Per portion

Calories: 114
Carbohydrate: 15 grams
Protein: 5 grams
Fat: 4 grams
Saturated fat: 1 gram
Cholesterol: 5 grams
Sodium: 255 milligrams
Dietary fiber: 2 grams

-
1. Preheat oven to 400°.
 2. Melt margarine in microwave or on stove.
 3. Scrub potatoes thoroughly. Cut each potato lengthwise into 8 slices. Brush cut surface of potatoes lightly with melted margarine.
 4. In plastic bag, combine parmesan cheese, garlic salt, paprika, and onion powder. Add 8 potato slices to the bag. Shake to coat. Potatoes will not be completely coated.
 5. Spray 7x11 inch baking sheet with nonstick cooking spray. Arrange potatoes on baking sheet.
 6. Repeat this process with remaining potatoes.
 7. Bake uncovered at 400° for 25 to 30 minutes or until tender. Serve hot.

Scalloped Corn

1 (15.25 ounces) can no added salt whole kernel corn
12 saltine crackers
1 (14.75 ounces) can no added salt cream style corn
1 egg
 $\frac{1}{2}$ cup fat free milk
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
Nonstick cooking spray
1 tablespoon margarine

Makes 7 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 144
Carbohydrate: 24 grams
Protein: 4 grams
Fat: 3 grams
Saturated fat: 1 gram
Cholesterol: 31 milligrams
Sodium: 195 milligrams
Dietary fiber: 3 grams

-
1. Preheat oven to 350°.
 2. Drain whole kernel corn.
 3. Crush crackers.
 4. Mix all ingredients except margarine.
 5. Coat $1\frac{1}{2}$ quart casserole dish with cooking spray and put corn mixture in dish.
 6. Dot with 1 tablespoon margarine.
 7. Bake at 350° for about 1 hour or until set.

Scalloped Potatoes

- 4 small potatoes
- 1 small onion
- Nonstick cooking spray
- 2 teaspoons margarine
- 1/2 cup low fat buttermilk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon all-purpose flour

Makes 7 portions, 1/2 cup each

Per portion

Calories:	81
Carbohydrate:	16 grams
Protein:	2 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	0
Sodium:	103 milligrams
Dietary fiber:	1 gram

-
1. Preheat oven to 350°.
 2. Thinly slice potatoes and chop onion.
 3. Coat 2 quart microwavable, ovenproof baking dish with cooking spray. Place potatoes and onion in dish and dot with margarine. Cover with plastic wrap; microwave at high for 5 minutes.
 4. Combine buttermilk, salt, pepper, and flour in small bowl; mix well. Pour over potatoes.
 5. Bake, uncovered, 1 hour or until top is lightly browned and potatoes are tender.

Skillet Zucchini

2 medium zucchini
1 medium tomato
Nonstick cooking spray
 $\frac{1}{2}$ teaspoon dried basil
 $\frac{1}{4}$ teaspoon dried oregano
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ cup shredded part-skim mozzarella
cheese

Makes 6 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 31
Carbohydrate: 5 grams
Protein: 2 grams
Fat: 1 gram
Saturated fat: 0
Cholesterol: 3 milligrams
Sodium: 124 milligrams
Dietary fiber: 1 gram

-
1. Wash and slice zucchini.
 2. Wash and dice tomato.
 3. Coat a large nonstick skillet with cooking spray, place over medium-high heat until hot.
 4. Add zucchini and cook 6 to 8 minutes or until crisp tender.
 5. Add tomato, basil, oregano, salt, and pepper. Cook until thoroughly heated.
 6. Put in serving dish and sprinkle with cheese.

Spanish Rice

1 small onion
Nonstick cooking spray
1 cup uncooked regular long-grain rice
2¹/₂ cups water
¹/₄ teaspoon salt
³/₄ teaspoon chili powder
¹/₈ teaspoon garlic powder
1 (8 ounces) can tomato sauce
¹/₂ cup chopped green pepper
¹/₄ teaspoon pepper

Makes 8 portions, ¹/₂ cup each

Per portion

Calories: 100
Carbohydrate: 22 grams
Protein: 2 grams
Fat: 0
Saturated fat: 0
Cholesterol: 0
Sodium: 251 milligrams
Dietary fiber: 1 gram

-
1. Chop onion.
 2. Coat nonstick skillet with cooking spray.
 3. Brown onion and rice while stirring in skillet over medium heat, until rice is golden brown and onion is clear.
 4. Stir in remaining ingredients. Heat to boiling and reduce heat.
 5. Cover and simmer about 30 minutes, stirring occasionally, until rice is tender.

Spinach Casserole

- 2 (10 ounces each) packages chopped frozen spinach
- 1 small onion
- 1 can low fat cream of mushroom soup
- 1 egg
- 1/2 teaspoon garlic powder
- 2 tablespoons parmesan cheese

Makes 6 portions, 1/2 cup each

Per portion

Calories:	78
Carbohydrate:	9 grams
Protein:	5 grams
Fat:	3 grams
Saturated fat:	1 gram
Cholesterol:	41 milligrams
Sodium:	315 milligrams
Dietary fiber:	3 grams

-
1. Preheat oven to 350°.
 2. Cook and drain spinach.
 3. Chop onion.
 4. Mix all ingredients except cheese.
 5. Sprinkle cheese on top and bake at 350° for 30 minutes.

Yummy Yams

1 (29 ounces) can yams
3 tablespoons brown sugar
2 tablespoons margarine
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt

Makes 6 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	213
Carbohydrate:	43 grams
Protein:	2 grams
Fat:	4 grams
Saturated fat:	1 gram
Cholesterol:	0
Sodium:	155 milligrams
Dietary fiber:	6 grams

-
1. Preheat oven to 350°.
 2. Drain and save half of liquid from yams.
 3. Add remaining ingredients, including saved liquid, to large bowl.
 4. Mash with fork or potato masher until smooth.
 5. Bake at 350° for 25 minutes until heated thoroughly.

Zucchini Sticks

Nonstick cooking spray
2 small zucchini (about 4 ounces each)
 $\frac{3}{4}$ cup seasoned dry bread crumbs
2 tablespoons grated parmesan cheese
2 egg whites
1 teaspoon fat free milk

Makes 5 portions, 5 pieces each

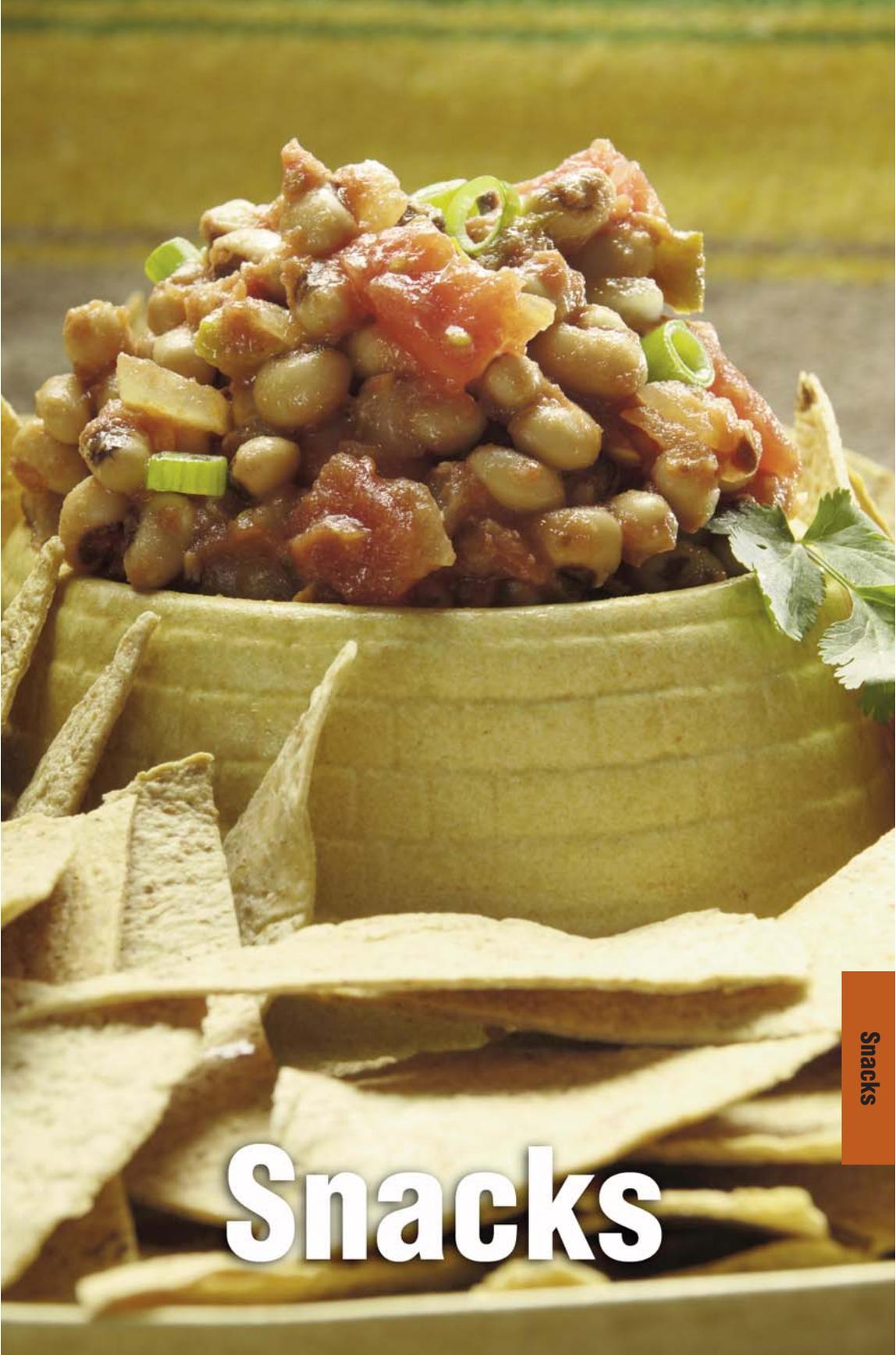
Per portion

Calories: 88
Carbohydrate: 14 grams
Protein: 5 grams
Fat: 2 grams
Saturated fat: 0
Cholesterol: 2 milligrams
Sodium: 319 milligrams
Dietary fiber: 1 gram

-
1. Preheat oven to 400°.
 2. Spray baking sheet with cooking spray.
 3. Wash and cut zucchini into strips, about 3 inches long and $\frac{1}{2}$ inch wide.
 4. Combine bread crumbs and parmesan cheese in shallow dish.
 5. Combine egg whites and milk in another shallow dish. Beat with fork until well blended.
 6. Dip each zucchini wedge first into egg mixture.
 7. Roll in crumb mixture to coat.
 8. Place zucchini wedges on prepared baking sheet. Coat wedges with cooking spray.
 9. Bake at 400° for 15 to 18 minutes until golden brown. Turn wedges after baking 8 minutes so that both sides are brown and crispy.
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Favorite Recipes:

Side Dishes



Snacks

Snacks

Southwestern Salsa

2 (14 ounces each) cans black-eyed peas
1 cup salsa
2 cloves or 1 teaspoon chopped garlic
 $\frac{1}{4}$ cup chopped green onion
Baked tortilla chips

**Makes 16 portions, $\frac{1}{4}$ cup portions
salsa, 10 chips each**

Per portion

Calories:	127
Carbohydrate:	26 grams
Protein:	4 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	0
Sodium:	331 milligrams
Dietary fiber:	3 grams

-
1. Drain and rinse black-eyed peas.
 2. Mix together with the salsa, garlic, and onion.
 3. Serve with baked tortilla chips.

Apple Cheese Bites

3 tablespoons light cream cheese
4 apples
3 tablespoons orange juice
3 tablespoons dried cranberries or raisins
Pinch of cinnamon

Makes 4 portions, 4 pieces each

Per portion

Calories: 133
Carbohydrate: 28 grams
Protein: 2 grams
Fat: 2 grams
Saturated fat: 1 gram
Cholesterol: 6 milligrams
Sodium: 34 milligrams
Dietary fiber: 4 grams

-
1. Soften cream cheese to room temperature.
 2. Wash, core, and cut each apple into 4 slices. Pour orange juice over apples to keep apples from turning brown.
 3. In bowl, stir together cream cheese and raisins. Spread over slices of apples.
 4. Sprinkle with cinnamon.

Frozen Yogurt Pudding Sandwich

2 cups low fat or fat free vanilla yogurt
1 (3.4 ounces) package vanilla or
chocolate instant pudding mix
30 (2¹/₂ inches each) graham cracker
squares

**Makes 15 portions, 1 sandwich
each**

Per portion

Calories:	113
Carbohydrate:	22 grams
Protein:	3 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	2 milligrams
Sodium:	202 milligrams
Dietary fiber:	0

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1. Mix yogurt and dry pudding mix with a wire whisk or hand mixer until smooth.
 2. Spread 2 tablespoons of pudding mixture between two graham crackers to make each sandwich.
 3. Put on baking sheet and freeze for about 2 hours or until firm.
 4. Store in an airtight container or bag in the freezer.

Oatmeal Cookies

Nonstick cooking spray
 $\frac{3}{4}$ cup sugar
2 tablespoons margarine
1 egg
 $\frac{1}{3}$ cup applesauce
2 tablespoons 1% low fat milk
1 cup flour
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon ground cinnamon
 $1\frac{1}{2}$ cups quick rolled oats
 $\frac{1}{2}$ cup raisins (optional)

Makes 28 portions, 1 cookie each

Per portion

Calories:	72
Carbohydrate:	14 grams
Protein:	1 gram
Fat:	1 gram
Saturated fat:	0
Cholesterol:	8 milligrams
Sodium:	26 milligrams
Dietary fiber:	1 gram

-
1. Preheat oven to 350°.
 2. Lightly spray baking sheet with cooking spray.
 3. In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes.
 4. Slowly add egg; mix on medium speed 1 minute. Gradually add applesauce and milk. Mix on medium speed 1 minute. Scrape sides of bowl.
 5. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture. Mix on low speed until blended, about 2 minutes. Add oats and raisins (optional). Blend 30 seconds on low speed. Scrape sides of bowl.
 6. Drop by teaspoonfuls onto baking sheet, about 2 inches apart.
 7. Bake at 350° for 13 to 15 minutes, until lightly browned. Remove from baking sheet while still warm. Cool on wire rack.

Snack Pizza

1 tablespoon part-skim mozzarella cheese
1 6-inch flour tortilla
1 tablespoon no added salt tomato sauce
 $\frac{1}{4}$ teaspoon dried oregano or Italian
blended seasoning

Makes 1 portion

Per portion

Calories:	127
Carbohydrate:	19 grams
Protein:	5 grams
Fat:	3 grams
Saturated fat:	1 gram
Cholesterol:	4 milligrams
Sodium:	189 milligrams
Dietary fiber:	1 gram

-
1. Preheat oven to 500°.
 2. Grate cheese.
 3. Spread tomato sauce to edges of tortilla. Sprinkle with oregano. Top with cheese.
 4. Place on baking sheet and bake about 4 minutes or until tortilla is crisp and cheese is bubbly.

Consider adding your favorite fresh vegetables such as grated carrots, broccoli, or chopped green peppers on top of pizza before sprinkling seasoning and cheese.

Super Fast Snack Mix

- 2 cups dry cereal
- 1 cup animal crackers
- 1 cup mini pretzels or pretzel sticks

Makes 8 portions, 1/2 cup each

Per portion

Calories:	81
Carbohydrate:	15 grams
Protein:	2 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	0
Sodium:	176 milligrams
Dietary fiber:	1 gram

-
1. Place all ingredients in a plastic bag and shake. Seal and store in a dry place.

Tasty Tostadas

Nonstick cooking spray
4 corn tortillas
2 carrots
1 cup lettuce
 $\frac{2}{3}$ cup fat free refried beans
 $\frac{1}{4}$ cup shredded reduced fat Monterey
Jack cheese
 $\frac{1}{2}$ cup fat free sour cream
 $\frac{1}{2}$ cup salsa

Makes 4 portions, 1 tostada each

Per portion

Calories:	156
Carbohydrate:	27 grams
Protein:	7 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	7 milligrams
Sodium:	366 milligrams
Dietary fiber:	5 grams

-
1. Heat oven to 350°.
 2. Lightly spray both sides of tortillas with cooking spray.
 3. Place tortillas on baking sheet. Bake 10 minutes or until crisp . Remove from oven.
 4. Wash and shred carrots and lettuce.
 5. Spread 2 $\frac{1}{2}$ tablespoons of beans on each tortilla. Top each tortilla with 1 tablespoon of cheese.
 6. Place back into oven. Bake at 350° until cheese melts, about 2 minutes. Remove tortillas from baking sheet and place each one on a plate.
 7. Top each tortilla with 2 tablespoons sour cream, $\frac{1}{4}$ cup shredded carrots, $\frac{1}{4}$ cup shredded lettuce, and 2 tablespoons salsa. Serve.

Favorite Recipes:



Soups

Souper Bowl

1 stalk celery
2 (14 ounces each) cans reduced sodium chicken broth
 $\frac{1}{3}$ cup uncooked long grain rice
1 (16 ounces) package frozen mixed vegetables
1 (10 ounces) package frozen cut okra
 $\frac{1}{4}$ cup chopped fresh parsley or 2 teaspoons dried parsley (optional)
2 teaspoons Worcestershire sauce (optional)
 $\frac{1}{2}$ teaspoon black pepper
2 (14.5 ounces each) cans no added salt diced tomatoes (undrained)
2 cups water
 $\frac{1}{2}$ teaspoon crushed red pepper

Makes 8 portions, 1 cup each

Per portion

Calories:	108
Carbohydrate:	22 grams
Protein:	6 grams
Fat:	0
Saturated fat:	0
Cholesterol:	0
Sodium:	333 milligrams
Dietary fiber:	6 grams

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1. Wash and chop celery.
 2. In large saucepan, bring broth to a boil over high heat.
 3. Add rice, reduce heat to medium-low. Cover and cook 10 minutes.
 4. Add remaining ingredients. Bring to a boil over high heat.
 5. Reduce to medium low; cover and cook 10 minutes longer until rice is tender.

Chicken and Black Bean Soup

$\frac{3}{4}$ cup dry black beans
1 (10 ounces) package frozen whole kernel corn
Nonstick cooking spray
1 pound chicken breasts
1 onion
2 tomatoes
1 small green pepper
2 (14 ounces each) cans reduced sodium chicken broth
2 cups water
1 teaspoon dried oregano
 $\frac{1}{2}$ teaspoon ground cumin
 $\frac{1}{2}$ teaspoon garlic powder
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper

Makes 6 portions, 1 cup each

Per portion

Calories:	238
Carbohydrate:	30 grams
Protein:	26 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	44 milligrams
Sodium:	365 milligrams
Dietary fiber:	6 grams

1. Sort and wash beans. Place beans in a large soup pot. Cover with water to a depth of 2 inches above the beans, and let soak overnight.
2. Thaw corn.
3. Spray skillet with nonstick cooking spray. Skin chicken if not using skinless chicken. Cook chicken and set aside to cool.
4. De-bone chicken, if needed, and chop.
5. Wash and chop onion, tomatoes, and green pepper.
6. Drain beans. Combine beans, onion, green pepper, broth, water, oregano, cumin, garlic powder, salt, and pepper in pot and bring to a boil.
7. Cover and reduce heat. Simmer 1 hour or until beans are tender, stirring occasionally.
8. Add tomatoes and corn to bean mixture.
9. Cover, simmer 30 minutes or until vegetables are tender. Add chicken just before serving.

Chicken and Rice Soup

1 small green pepper
3 carrots
1 stalk celery
1 medium onion
1¹/₂ pounds chicken breasts
1 bay leaf (optional)
5 cups water
2 (14.5 ounces each) cans no added salt diced tomatoes (undrained)
1 teaspoon ground cumin
1/2 teaspoon crushed red pepper
1/4 teaspoon garlic powder
1 teaspoon salt
1 teaspoon dried parsley (optional)
1/3 cup uncooked long grain rice

Makes 10 portions, 1 cup each

Per portion

Calories:	135
Carbohydrate:	14 grams
Protein:	17 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	39 milligrams
Sodium:	328 milligrams
Dietary fiber:	3 grams

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1. Wash green pepper, carrots, and celery.
 2. Chop onion and green pepper.
 3. Slice carrots and celery.
 4. Skin chicken if not using skinless chicken.
 5. Combine carrots, celery, onion, chicken, bay leaf and water in a large soup pot. Bring to a boil, cover, and reduce heat. Simmer 25 minutes or until chicken is tender.
 6. Remove chicken from broth. Save broth and vegetables.
 7. De-bone chicken, if needed, and cut into bite size pieces.
 8. Add chicken, green pepper, tomatoes, cumin, red pepper, garlic powder, salt, and parsley to broth in pot.
 9. Bring mixture to a boil; cover, reduce heat, and simmer 15 minutes.
 10. Stir in uncooked rice. Cover and simmer an additional 25 minutes or until rice is tender.
 11. Remove bay leaf before serving.
-

Chili

- 1 (16 ounces) can light red kidney beans*
- 1 onion
- 1 pound ground turkey
- 2 (14.5 ounces each) cans no added salt diced tomatoes (undrained)
- 1 tablespoon chili powder
- 1/2 teaspoon pepper

Makes 6 portions, 1 cup each

Per portion

Calories:	219
Carbohydrate:	21 grams
Protein:	19 grams
Fat:	7 grams
Saturated fat:	2 grams
Cholesterol:	60 milligrams
Sodium:	302 milligrams
Dietary fiber:	8 grams

-
1. Rinse and drain kidney beans.
 2. Chop onion.
 3. Cook meat and onion in large saucepan, drain fat.
 4. Add all other ingredients and stir well, reduce heat.
 5. Cover and simmer 45 minutes.

*Can use dark red kidney beans

Pasta and Bean Soup

1/2 cup uncooked elbow macaroni
2 carrots
1 stalk celery
1 (10 ounces) package frozen chopped spinach (optional)
2 (14 ounces each) cans reduced sodium chicken broth
1 cup water
1 teaspoon dried oregano or Italian herb blend
1/2 teaspoon crushed red pepper
1/2 teaspoon salt
1/2 teaspoon garlic powder
1 (15 ounces) can dark red kidney beans*
1 (14.5 ounces) can no added salt diced tomatoes (undrained)

Makes 10 portions, 1 cup each

Per portion

Calories:	83
Carbohydrate:	15 grams
Protein:	5 grams
Fat:	0
Saturated fat:	0
Cholesterol:	0
Sodium:	398 milligrams
Dietary fiber:	5 grams

-
1. Cook macaroni according to package directions. Do not add salt to the water. Drain and set aside.
 2. Wash and chop carrots and celery. Thaw spinach.
 3. Combine broth, water, carrots and celery in a large pot. Sprinkle with dried herbs, crushed red pepper, salt, and garlic powder. Stir and simmer 10 minutes.
 4. Drain kidney beans and rinse thoroughly.
 5. Mash 1/2 of the kidney beans in a small bowl. Add the mashed beans, remaining beans, spinach, and chopped tomatoes to the broth and stir well.
 6. Add pasta and simmer for 5 minutes. Stir in spinach and cook for 2 to 3 more minutes.

*Can use light red kidney beans

Potato Soup

2 potatoes
1 stalk celery
1 small onion
1 cup water
1 tablespoon margarine
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
2 cups fat free milk

Makes 6 portions, 1 cup each

Per portion

Calories:	104
Carbohydrate:	17 grams
Protein:	5 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	1 milligram
Sodium:	268 milligrams
Dietary fiber:	2 grams

-
1. Scrub potatoes and wash celery.
 2. Peel and cube potatoes.
 3. Chop onion and celery.
 4. Combine all the ingredients except the milk in a pot and cook about 20 minutes or until tender.
 5. Add milk and heat thoroughly.

White Bean Chili

1 pound dry Great Northern Beans
8 cups water
2 pounds chicken breasts
4 medium onions
4 cloves garlic
1/2 teaspoon salt
1 teaspoon pepper
2 (4 ounces each) cans chopped mild green chilies
2 teaspoons ground cumin
1 teaspoon oregano
Optional toppings: fat free sour cream or salsa, dash of red pepper sauce, or 1 tablespoon shredded Monterey Jack cheese

Makes 10 portions, 1 cup each

Per portion

Calories:	287
Carbohydrate:	35 grams
Protein:	32 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	53 milligrams
Sodium:	274 milligrams
Dietary fiber:	11 grams

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1. Sort and wash beans. Place beans in a large soup pot. Cover with water to a depth of 2 inches above the beans and soak overnight.
 2. Cut 2 onions into quarters.
 3. Skin chicken if not using skinless chicken.
 4. Combine chicken with onion quarters and 8 cups water to cover in an 8 quart pot.
 5. Bring to a boil and reduce heat. Simmer for 20 to 30 minutes or until the chicken is tender. Strain and SAVE 6 CUPS LIQUID AND ONIONS.
 6. Cool, de-bone chicken, if needed, and shred the chicken.
 7. Chop remaining 2 onions.
 8. Mince garlic.
 9. Drain beans that soaked overnight.
 10. Add beans (drained from water that was soaked overnight), chopped onion, garlic, salt, pepper, chilies, cumin, and oregano to the saved cooking liquid.
 11. Simmer for 1 1/2 to 2 hours or until the beans are tender. Add chicken and cook until heated thoroughly.
 12. Sprinkle each serving with optional toppings.
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Tennessee Department of Health Nutrition and Wellness Section

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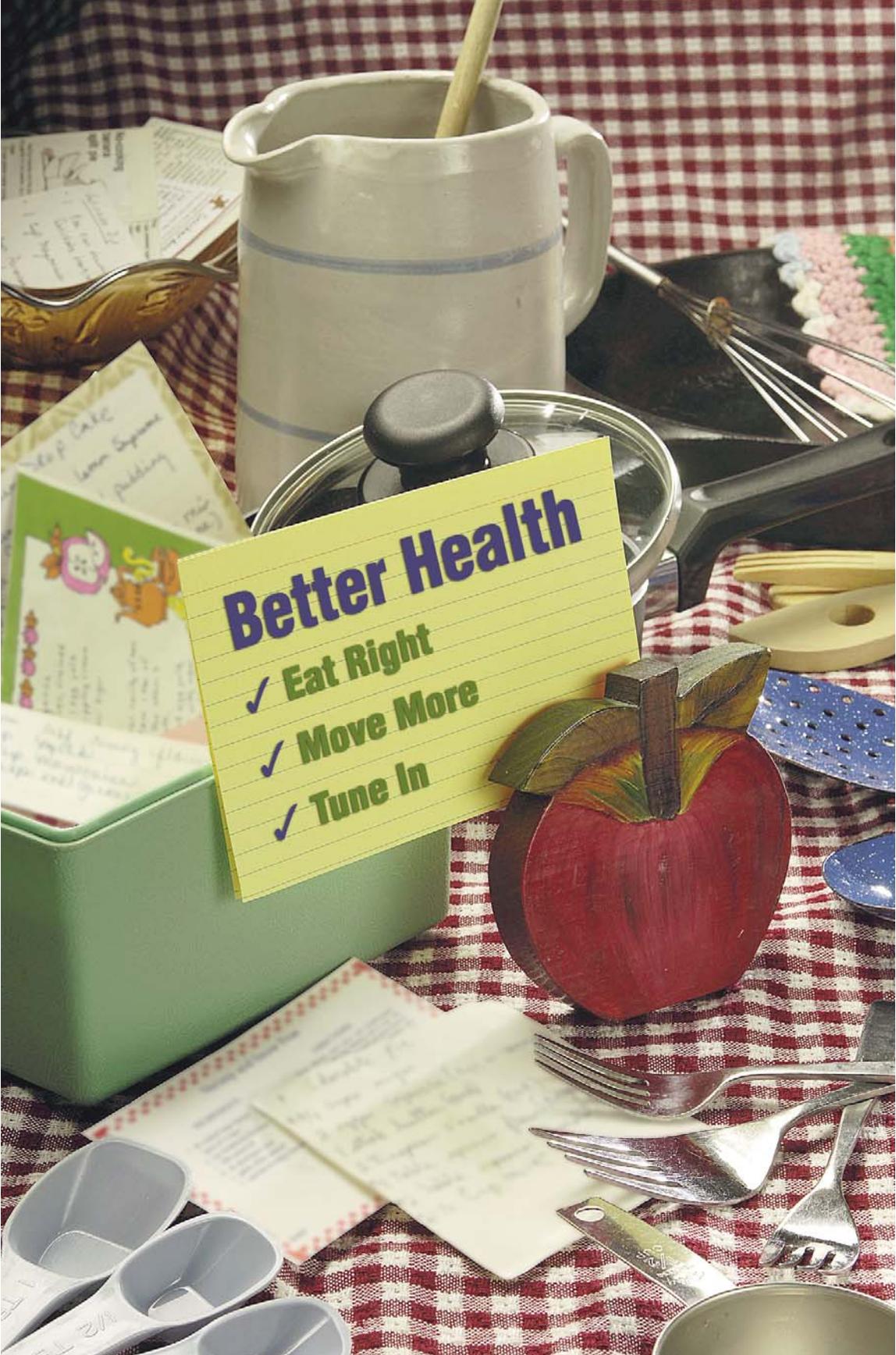
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