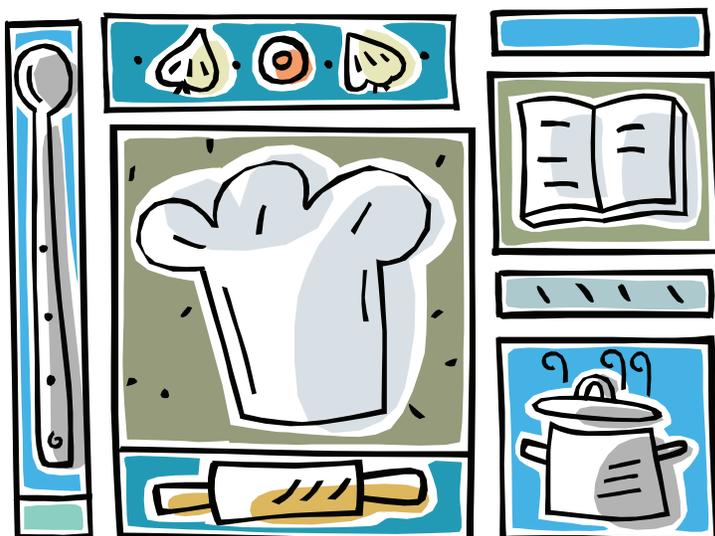


# Healthy Eating for Healthy Aging

## COOKBOOK

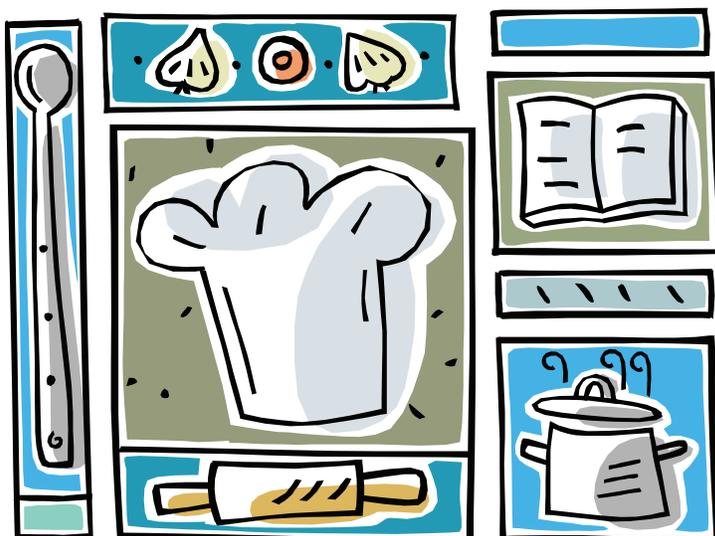
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# *Healthy Eating for Healthy Aging* **COOKBOOK**



2008

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2008

## ***Recipes***

### **Breakfast Foods**

Garden Frittata  
Mini Breakfast Quiches  
Whole-Grain Granola  
Whole-Grain Pancakes

### **Soups and Side Dishes**

Beans and Greens with  
Sweet Potato or Yam  
Mediterranean Chickpeas  
with Broccoli  
Oven-Roasted Vegetables  
Vegetable Barley Soup

### **Desserts**

Fruit Crisp  
Fruit and Yogurt Parfait

### **Salads**

Corn, Tomato, and Basil Salad  
Green Bean and Tomato Salad  
Healthy Potato Salad  
Spinach and Pear Salad with  
Dijon Vinaigrette  
Waldorf Coleslaw

### **Main Dishes**

Cuban Black Beans and Rice  
Crunchy Pita or Burrito  
Oven-Fried Chicken  
Rainbow Pizza  
Tuna Casserole  
Turkey Stew

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## **Dietary Guidelines for Americans**

- ◆ Make smart choices from every food group.
  - ◆ Choose a variety of fruits—fresh, frozen, canned, or dried. Aim for 2 cups of fruit each day.
  - ◆ Choose more dark green and orange vegetables along with your favorites. Aim for 2 to 2-1/2 cups of vegetables each day.
  - ◆ Choose calcium-rich foods such as milk, dairy, leafy greens, and calcium-fortified foods.
  - ◆ Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day.
  - ◆ Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. Include eggs, nuts, and cooked dried beans such as pinto, kidney, and black beans.
- ◆ Know your limits on fats, salt, and sugars. Look for foods that are low in saturated and trans fats. Choose and prepare foods with little salt and added sugars.
- ◆ Balance your intake with regular exercise and activity.



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## How do portions and serving sizes measure up?

A baseball is about 1 cup.



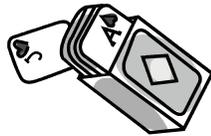
A rounded handful is about 1/2 cup.



A large egg is about 1/4 cup.



A pack of playing cards is about 3 ounces.



An ounce of whole grain is equal to:

One slice of bread.

1/2 cup of pasta or rice.

1 cup of breakfast cereal.

Look for the word "whole" in the ingredient list.

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## Reading and Understanding the Food Label

**Serving Size:** Check your portions. If you eat double the serving size listed, you will need to double the nutrient and calorie values. If you eat one-half the serving size shown, cut the nutrient and calorie values in half.

**Calories:** The amount of calories you need to eat every day depends on your age, weight, and activity level. Most older adults need 2,000 calories or less per day.

**Calories from Fat:** Choose foods with a big difference between the total number of calories and the number of calories from fat.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 120
	<b>% Daily Value*</b>
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 2g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

\* 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
Sat 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

**Total Fat:** Most people need 60-75 grams of fat per day. Try to limit the amount of saturated fat to 20 grams or less and *trans fat* to 0.

**Total Carbohydrate:** Look at total carbohydrate rather than the grams of sugar per serving. Most people need at least 130 grams of carbohydrate per day.

**Dietary Fiber:** Foods that have 5 or more grams of fiber per serving are considered good sources.

**Protein:** Most older adults need at least 60 grams of protein daily.

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**Protein:** Most older adults need at least 60 grams of protein daily.

## Reading and Understanding the Food Label, continued

**Sodium:** The recommended level for sodium for most people is 2,300 milligrams per day. Some people with high blood pressure may benefit from reducing their sodium intake to this level or lower. A food is considered to be low in sodium if it has less than 250 milligrams per serving.

**Percent (%) Daily Value:** These values are listed for people who eat 2,000 or 2,500 calories per day. If you eat less, your personal value will be lower than these numbers. If you eat more, your personal value will be higher. Think of these values as a general guide to the nutrient value of a food.

A food is considered a good source of a nutrient if one serving provides 10-19% of a given nutrient. A food is considered to be a very good source if it provides 20% or more of a given nutrient. A food that provides 5% or less is considered to be low in that nutrient. For fat, saturated fat, cholesterol, and sodium, choose foods with a low % daily value. Your daily value goal for fiber, vitamins, and minerals is 100%.

## Reading and Understanding the Food Label, continued

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***Breakfast Foods***



***Breakfast Foods***



## Garden Frittata

### Ingredients:

- 2 teaspoons canola oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 medium tomato, chopped
- 1/2 teaspoon Italian seasoning
- Black pepper to taste
- Dash of salt
- 3 eggs, lightly beaten
- 1/2 of a 10-ounce package frozen spinach, thawed and squeezed dry
- 1/4 cup grated sharp cheddar cheese (optional)



Makes 2 servings

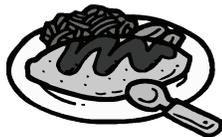
### Directions:

1. Heat oil in skillet. Add onion, garlic, and tomato. Sauté until soft.
2. Mix Italian seasoning, pepper and salt with the beaten eggs and add to the onion mixture.
3. Stir in the spinach and cheese.
4. Cover with a tight-fitting lid and turn heat to low.
5. Cook for 15 minutes and check for firmness.
6. Cut into wedges and serve.

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3. Stir in the spinach and cheese.
4. Cover with a tight-fitting lid and turn heat to low.
5. Cook for 15 minutes and check for firmness.
6. Cut into wedges and serve.

<b>Nutrition Facts</b>	
Serving size: 1/2 frittata (292g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 299	Cal. from Fat 189
<b>% Daily Value*</b>	
<b>Total Fat</b> 21g	<b>30%</b>
Saturated Fat 9g	<b>45%</b>
<b>Cholesterol</b> 310mg	<b>105%</b>
<b>Sodium</b> 345mg	<b>15%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber 3g	<b>15%</b>
Sugars 0g	
<b>Protein</b> 19g	
Vitamin A 190%	Vitamin C 40%
Calcium 40%	Iron 30%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ To reduce fat and cholesterol in recipe, use an egg substitute or use egg whites only (if using egg whites you may need to use an extra egg).
- ♦ Use canned tomatoes if fresh tomatoes are not available or too expensive.
- ♦ Try adding fresh or dried herbs such as basil or thyme.
- ♦ Substitute broccoli in place of spinach.

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## Mini Breakfast Quiches

Makes 2 servings

### Ingredients:

- 1 egg
- 3 egg whites
- 1/4 cup chopped onion
- 1/4 package chopped, frozen spinach, thawed and drained
- 1/4 cup diced white mushrooms
- 1/3 cup low-fat mozzarella cheese
- 1 teaspoon Tabasco sauce (optional)
- Salt and pepper to taste
- Vegetable cooking spray



### Directions:

1. Preheat oven to 350° degrees F.
2. Mix eggs together in a medium bowl. Whisk until well blended.
3. Add remaining ingredients and stir to mix.
4. Spray a muffin pan with cooking spray. Divide egg mixture evenly among six muffin cups.
5. Bake until an inserted knife comes out clean and top of quiches are golden brown.

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5. Bake until an inserted knife comes out clean and top of quiches are golden brown.

<b>Nutrition Facts</b>	
Serving size: 3 mini quiches (169g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 135	Cal. from Fat 53
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 116mg	<b>40%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 15g	
Vitamin A 60%	Vitamin C 15%
Calcium 20%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Use 1/2 cup egg substitute for the egg, and egg whites to reduce cholesterol even further.
- ♦ Substitute other favorite chopped vegetable, such as broccoli, for the spinach.
- ♦ Serve with fresh fruit and yogurt for a complete balanced breakfast.

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## Whole Grain Granola

Makes 12 servings

### Ingredients:

- 2 cups rolled oats
- 1/2 cup whole-wheat flour
- 1/2 cup triticale flakes
- 1/2 cup barley flakes
- Nutmeg, cinnamon to taste
- 2/3 cup honey
- 5-6 tablespoons canola oil
- 3/4 cup nuts of your choice
- 3/4 cup dried raisins or other fruit



### Directions:

1. Toss together flour, grains, and spices, mix well.
2. Mix honey and oil thoroughly and blend in the mixture of grains and spices.
3. Heat in a skillet over medium heat.
4. Remove from heat. Stir in nuts and dried fruit.
5. Cool and store in a large jar with a tight-fitting lid.

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3. Heat in a skillet over medium heat.
4. Remove from heat. Stir in nuts and dried fruit.
5. Cool and store in a large jar with a tight-fitting lid.

<b>Nutrition Facts</b>			
Serving size: 1/2 cup (78g)			
Servings Per Container 12			
<b>Amount Per Serving</b>			
<b>Calories</b> 321		Cal. from Fat 116	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 13g			<b>20%</b>
Saturated Fat 1g			<b>4%</b>
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 4mg			<b>0%</b>
<b>Total Carbohydrate</b> 48g			<b>15%</b>
Dietary Fiber 4g			<b>15%</b>
Sugars 15g			
<b>Protein</b> 7g			
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	10%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ◆ Add shredded unsweetened coconut, wheat germ, or other favorite grains for added flavor and variety.
- ◆ Use as a cereal with nonfat or 1% milk or as a topping for low-fat yogurt or ice cream.

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## Whole-Grain Pancakes

### Ingredients:

- 1 cup all purpose flour
- 1 cup quick oats or whole-wheat pastry flour
- 1/3 cup non-fat dry milk
- 1 tablespoon baking powder
- 1 cup whole-wheat flour
- 1 1/3 cups water or low-fat milk
- 2 tablespoons canola oil
- 2 eggs or 1/4 cup egg substitute
- 1 teaspoon canola oil for cooking or spray oil
- Finely chopped fruit (optional)



Makes 4 servings

### Directions:

1. Put all of the ingredients in a bowl.
2. Stir just enough to moisten dry ingredients.
3. Add fruit for added flavor and fiber.
4. Drop by tablespoon onto a hot skillet.
5. Cook slowly until the surface of the pancake is covered with bubbles.
6. Turn and cook until both sides are well browned.

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<b>Nutrition Facts</b>	
Serving size: 3, 4" cakes (165g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 349	Cal. from Fat 94
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1g	<b>8%</b>
<b>Cholesterol</b> 108mg	<b>35%</b>
<b>Sodium</b> 449mg	<b>20%</b>
<b>Total Carbohydrate</b> 52g	<b>15%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 0g	
<b>Protein</b> 14g	
Vitamin A 8%	Vitamin C 0%
Calcium 35%	Iron 20%
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### Little changes that may suit you better:

- ◆ Top pancakes with fruit preserves, syrup, applesauce or enjoy them plain.
- ◆ Use chopped apples, berries, peaches, or other favorite fruit.
- ◆ Complete your breakfast with a glass of 1% or fat-free milk.
- ◆ Make a larger batch of the dry ingredients and store the dry mix for future use.

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## ***Soups and Side Dishes***



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## Beans and Greens with Sweet Potato or Yam Makes 3 servings

### Ingredients:

- 1 tablespoon olive oil
- 2 cloves fresh garlic, minced
- 1 yellow onion, chopped
- 1/2 teaspoon curry powder
- 1 large bunch of kale, chard, or mustard greens, cleaned and chopped
- 1 medium sweet potato or yam, baked
- 1 can black-eyed peas, drained and rinsed
- Salt and pepper to taste



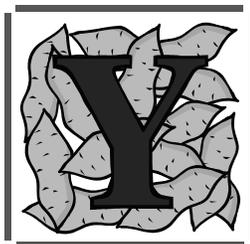
### Directions:

1. Warm large skillet to medium heat.
2. Add olive oil and garlic and sauté for 30 seconds.
3. Next add the chopped onion and sauté until soft and translucent (about 5 minutes). Add curry powder.
4. Place greens in the skillet and cook until just wilted (about 3 minutes).
5. Now add the black-eyed peas and cooked sweet potato or yam. Mix well with the vegetables and cook until heated through.
6. Season with salt and pepper as desired.

## Beans and Greens with Sweet Potato or Yam Makes 3 servings

### Ingredients:

- 1 tablespoon olive oil
- 2 cloves fresh garlic, minced
- 1 yellow onion, chopped
- 1/2 teaspoon curry powder
- 1 large bunch of kale, chard, or mustard greens, cleaned and chopped
- 1 medium sweet potato or yam, baked
- 1 can black-eyed peas, drained and rinsed
- Salt and pepper to taste



### Directions:

1. Warm large skillet to medium heat.
2. Add olive oil and garlic and sauté for 30 seconds.
3. Next add the chopped onion and sauté until soft and translucent (about 5 minutes). Add curry powder.
4. Place greens in the skillet and cook until just wilted (about 3 minutes).
5. Now add the black-eyed peas and cooked sweet potato or yam. Mix well with the vegetables and cook until heated through.
6. Season with salt and pepper as desired.

<b>Nutrition Facts</b>	
Serving size: 1 1/3 cup (256g)	
Servings Per Container 3	
<b>Amount Per Serving</b>	
<b>Calories</b> 209	Cal. from Fat 49
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 31mg	<b>0%</b>
<b>Total Carbohydrate</b> 35g	<b>10%</b>
Dietary Fiber 7g	<b>30%</b>
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 300%	Vitamin C 80%
Calcium 10%	Iron 15%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ◆ This a great recipe for using leftovers. Substitute a yam or sweet potato for your usual baked potato and cook two. The next night, just pull the extra yam from the fridge. This meal can be made in minutes.
- ◆ There is no need for additional protein or starch in this meal. Serve with a fresh green salad or vegetable soup and have a piece of fruit for dessert.

<b>Nutrition Facts</b>	
Serving size: 1 1/3 cup (256g)	
Servings Per Container 3	
<b>Amount Per Serving</b>	
<b>Calories</b> 209	Cal. from Fat 49
<b>% Daily Value*</b>	
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Dietary Fiber 7g	<b>30%</b>
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 300%	Vitamin C 80%
Calcium 10%	Iron 15%
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### Little changes that may suit you better:

- ◆ This a great recipe for using leftovers. Substitute a yam or sweet potato for your usual baked potato and cook two. The next night, just pull the extra yam from the fridge. This meal can be made in minutes.
- ◆ There is no need for additional protein or starch in this meal. Serve with a fresh green salad or vegetable soup and have a piece of fruit for dessert.

## Mediterranean Chickpeas with Broccoli

Makes 4 servings

### Ingredients:

- 1 stalk of broccoli
- 1 can chick peas, drained & rinsed
- 1 tablespoon olive oil
- 1-3 cloves of fresh garlic, minced
- 1 teaspoon of grated lemon zest
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 1 teaspoon fresh rosemary, minced
- 4 green onion tops, thinly sliced
- 1/4 cup chopped parsley



### Directions:

1. Blanch broccoli by dipping in a pot of boiling water until bright green. Rinse with cold water and set aside to cool. Remove the tough stalk and chop into bite-sized pieces.
2. Heat olive oil over medium flame in a large pot. Add garlic, lemon zest, red pepper flakes, and salt. Cook for 10 seconds.
3. Add the chickpeas and broccoli. Stir until coated with olive oil mixture and heated through.
4. Remove from heat and toss with fresh herbs: rosemary, green onion, and parsley.

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Makes 4 servings

### Ingredients:

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- 1 can chick peas, drained & rinsed
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- 1 teaspoon of grated lemon zest
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- 4 green onion tops, thinly sliced
- 1/4 cup chopped parsley



### Directions:

1. Blanch broccoli by dipping in a pot of boiling water until bright green. Rinse with cold water and set aside to cool. Remove the tough stalk and chop into bite-sized pieces.
2. Heat olive oil over medium flame in a large pot. Add garlic, lemon zest, red pepper flakes, and salt. Cook for 10 seconds.
3. Add the chickpeas and broccoli. Stir until coated with olive oil mixture and heated through.
4. Remove from heat and toss with fresh herbs: rosemary, green onion, and parsley.

<b>Nutrition Facts</b>	
Serving size: 1 cup (159g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 212	Cal. from Fat 65
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 407mg	<b>15%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 7g	<b>30%</b>
Sugars 0g	
<b>Protein</b> 10g	
Vitamin A 10%	Vitamin C 80%
Calcium 8%	Iron 15%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ◆ Make this dish into a meal by tossing with pasta, serving over rice, or serving with bread (makes a great filling for flat bread).
- ◆ Tastes great warm, at room temperature, or cold. This flexibility is helpful for entertaining, potlucks, and using up leftovers.
- ◆ Adjust the lemon rind and red pepper flakes to your taste.

<b>Nutrition Facts</b>	
Serving size: 1 cup (159g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 212	Cal. from Fat 65
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>10%</b>
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- ◆ Adjust the lemon rind and red pepper flakes to your taste.

## Oven Roasted Vegetables

### Ingredients:

Choose any of the following:



### Hearty Roasted Vegetables

Potatoes, carrots, beets, parsnips, sweet potatoes, winter squash, onions, Brussels sprouts.

### Lighter Roasted Vegetables

Zucchini or yellow summer squash, eggplant, onions, mushrooms, tomatoes, green onions, broccoli, asparagus, green beans, peppers, or any other favorite vegetable.

### Directions:

1. Preheat oven to 400° degrees F.
2. Clean and cut vegetables in 3/4 inch cubes or 1/4 inch slices. Trim asparagus ends and leave whole. Snap ends off green beans. For Brussels sprouts, slice off tough stem end and halve or leave whole.
3. Toss vegetables lightly in olive or canola oil.
4. Place in a shallow pan in a single layer.
5. Roast for about 15-30 minutes depending upon your vegetable assortment. Turn at least once.

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Choose any of the following:



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Potatoes, carrots, beets, parsnips, sweet potatoes, winter squash, onions, Brussels sprouts.

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Zucchini or yellow summer squash, eggplant, onions, mushrooms, tomatoes, green onions, broccoli, asparagus, green beans, peppers, or any other favorite vegetable.

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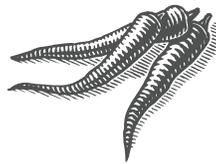
### How to use:

- ◆ Pita sandwiches
- ◆ Salads
- ◆ Tossed into pasta dishes
- ◆ Use eggplant and peppers on sliced bread or in pita and melt low-fat cheese on top.
- ◆ Use alone as appetizers.
- ◆ Chop coarsely and add Italian herbs and serve as a side dish.
- ◆ Marinate the lighter vegetables in lemon, soy sauce, and oil. You can also add 1 inch cubes of tofu. Serve over brown rice.



### Little changes that may suit you better:

- ◆ For hearty vegetables, toss with dried herbs such as rosemary, fresh garlic or garlic powder, and paprika.
- ◆ For lighter vegetables, toss with lemon juice or zest, garlic, and soy sauce.



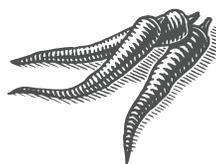
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- ◆ For lighter vegetables, toss with lemon juice or zest, garlic, and soy sauce.



## Vegetable Barley Soup

### Ingredients:

- 1 1/2 cups cooked barley
- 1-2 medium tomatoes, chopped
- 1-2 medium carrots, sliced
- 1/2 medium onion, chopped
- 1 clove garlic, minced
- 1-2 medium zucchini, sliced
- 3 cups low-sodium vegetable or chicken broth
- 1 cup low-sodium vegetable juice
- 1 tablespoon dried basil
- 1/2 cup mushrooms, sliced
- Salt and pepper to taste



Makes four 1-cup servings

### Directions:

1. In a large saucepan, add the barley, tomatoes, carrots, onion, garlic, broth, vegetable juice, and basil.
2. Raise heat until mixture starts to boil, then reduce heat to medium-low, cover and cook for 10 minutes or until vegetables are tender.
3. Add mushrooms and zucchini and cook for an additional 5-10 minutes.
4. Add salt and pepper if desired.
5. Add a dollop of sour cream to each bowl before serving.

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4. Add salt and pepper if desired.
5. Add a dollop of sour cream to each bowl before serving.

<b>Nutrition Facts</b>	
Serving size: 1 1/2 cups (516g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	Cal. from Fat 17
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>4%</b>
Saturated Fat 0g	<b>2%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 82mg	<b>4%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 6g	<b>25%</b>
Sugars 0g	
<b>Protein</b> 8g	
Vitamin A 195%	Vitamin C 60%
Calcium 4%	Iron 15%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ◆ Frozen or canned vegetables may be substituted for fresh. Purchase no-added salt canned vegetables or rinse well before using.
- ◆ Use any favorite vegetables in this soup. Choose a variety of colors.
- ◆ Soak barley overnight to reduce cooking time. Use at least 3 cups of water as the barley will expand.
- ◆ Other whole grains such as bulgur, brown rice, or millet can be substituted for the barley.

<b>Nutrition Facts</b>	
Serving size: 1 1/2 cups (516g)	
Servings Per Container 4	
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# ***Desserts***



# ***Desserts***



## Fruit Crisp

### Ingredients:

- 2 medium apples or pears, unpeeled, cored & sliced thin
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 4 tablespoons all-purpose flour
- 1/2 cup oats (regular or quick)
- 1-2 tablespoons butter, melted
- 3-4 tablespoons raisins (optional)
- 1/4 cup chopped nuts (optional)



## Makes 4 Servings

### Directions:

1. In a medium bowl, combine the apples or pears, raisins, sugar, cinnamon and 1 tablespoon of the flour.
2. Stir well to coat the fruit with the dry ingredients. Transfer mixture to a greased shallow baking dish.
3. In the same bowl, combine the remaining flour, oats and nuts. Stir in the melted butter and mix well. Mixture should be crumbly.
4. Sprinkle the oat mixture over the fruit.
5. Bake at 375° degrees F for 30-40 minutes or until crisp is lightly browned. Let stand for about 10 minutes before serving.

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<b>Nutrition Facts</b>	
Serving size: 1 1/4 cups (135g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 318	Cal. from Fat 105
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>20%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 16mg	<b>4%</b>
<b>Sodium</b> 62mg	<b>4%</b>
<b>Total Carbohydrate</b> 53g	<b>20%</b>
Dietary Fiber 4g	<b>20%</b>
Sugars 13g	
<b>Protein</b> 4g	
Vitamin A 4%	Vitamin C 8%
Calcium 4%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**. Little changes that may suit you better:**

- ◆ Use whole-wheat pastry flour instead of all purpose flour to boost fiber
- ◆ Add other dried fruit such as unsweetened cranberries
- ◆ Use canned fruits instead of fresh. Be sure to rinse and drain well before using.

<b>Nutrition Facts</b>	
Serving size: 1 1/4 cups (135g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 318	Cal. from Fat 105
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- ◆ Add other dried fruit such as unsweetened cranberries
- ◆ Use canned fruits instead of fresh. Be sure to rinse and drain well before using.

## Fruit and Yogurt Parfait      Makes 4 Servings

### Ingredients:

- 1 cup mangoes or peaches, chopped
- 2 cups mixed berries,
- 1 cup vanilla low-fat yogurt
- 1 cup lowfat whole-grain granola or other favorite whole-grain cereal

- ♦ Mix and match fruit by color
- ♦ Choose yogurt that is Calcium and Vitamin D fortified.



### Directions:

1. Using a clear bowl, layer the ingredients starting with a layer of one fruit.
2. Top with remaining granola.
3. You may also create individual parfaits using clear glasses or bowls.

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### Directions:

1. Using a clear bowl, layer the ingredients starting with a layer of one fruit.
2. Top with remaining granola.
3. You may also create individual parfaits using clear glasses or bowls.

<b>Nutrition Facts</b>			
Serving size: 1 1/4 cups (200g)			
Servings Per Container 4			
<b>Amount Per Serving</b>			
<b>Calories</b> 213		Cal. from Fat 22	
		<b>% Daily Value*</b>	
<b>Total Fat</b>	2g		<b>4%</b>
	Saturated Fat 1g		<b>4%</b>
<b>Cholesterol</b>	3mg		<b>0%</b>
<b>Sodium</b>	106mg		<b>4%</b>
<b>Total Carbohydrate</b>	45g		<b>15%</b>
	Dietary Fiber 4g		<b>15%</b>
	Sugars 7g		
<b>Protein</b>	6g		
Vitamin A	40%	Vitamin C	40%
Calcium	10%	Iron	6%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ◆ Use any of your other favorite fruits in the place of the ones called for in the recipe. Choose a variety of colors.
- ◆ Use canned or frozen fruit. Choose fruit canned in water or fruit juice. Drain before adding to parfait.
- ◆ Use your favorite low-fat, high fiber cereal in place of granola.
- ◆ Change the yogurt for a change in taste. Try using low-fat raspberry, lemon, peach, or blackberry yogurt.

<b>Nutrition Facts</b>			
Serving size: 1 1/4 cups (200g)			
Servings Per Container 4			
<b>Amount Per Serving</b>			
<b>Calories</b> 213		Cal. from Fat 22	
		<b>% Daily Value*</b>	
<b>Total Fat</b>	2g		<b>4%</b>
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<b>Cholesterol</b>	3mg		<b>0%</b>
<b>Sodium</b>	106mg		<b>4%</b>
<b>Total Carbohydrate</b>	45g		<b>15%</b>
	Dietary Fiber 4g		<b>15%</b>
	Sugars 7g		
<b>Protein</b>	6g		
Vitamin A	40%	Vitamin C	40%
Calcium	10%	Iron	6%
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- ◆ Change the yogurt for a change in taste. Try using low-fat raspberry, lemon, peach, or blackberry yogurt.

# *Salads*



# *Salads*



## Healthy Potato Salad

### Ingredients:

2 large red potatoes  
1 hard cooked egg, chopped  
1/3 cup green peas  
1/4 cup chopped celery  
1/4 cup chopped red bell pepper  
1/4 cup grated white onion  
1 tablespoon yellow or Dijon mustard  
2 tablespoon light mayonnaise  
Lemon juice to taste  
Black pepper to taste



Makes 2 Servings

### Directions:

1. Cook potatoes in boiling water for 8-10 minutes until tender but still firm (be careful not to overcook). Drain and cool.
2. Cube potatoes into bite-sized pieces. Leave the skins on for extra fiber.
3. Add chopped egg, peas, chopped celery, chopped bell pepper, and white onion.
4. Mix mustard, mayonnaise and lemon juice with a whisk.
5. Gently blend mayonnaise mixture with potatoes and vegetables.

## Healthy Potato Salad

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1. Cook potatoes in boiling water for 8-10 minutes until tender but still firm (be careful not to overcook). Drain and cool.
2. Cube potatoes into bite-sized pieces. Leave the skins on for extra fiber.
3. Add chopped egg, peas, chopped celery, chopped bell pepper, and white onion.
4. Mix mustard, mayonnaise and lemon juice with a whisk.
5. Gently blend mayonnaise mixture with potatoes and vegetables.

<b>Nutrition Facts</b>			
Serving size: 1 cup (166g)			
Servings Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories</b>	149	Cal. from Fat	20
<b>% Daily Value*</b>			
<b>Total Fat</b>	2g		<b>4%</b>
Saturated Fat	0g		<b>2%</b>
<b>Cholesterol</b>	37mg		<b>10%</b>
<b>Sodium</b>	83mg		<b>4%</b>
<b>Total Carbohydrate</b>	28g		<b>8%</b>
Dietary Fiber	3g		<b>10%</b>
Sugars	2g		
<b>Protein</b>	5g		
Vitamin A	8%	Vitamin C	50%
Calcium	2%	Iron	8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Try different kinds of potatoes such as Yukon Gold. Leave the skins on to add extra fiber.
- ♦ Experiment with a variety of vegetables, green onions, cucumbers, or other favorites.
- ♦ Cooked greens that have been cooled and chopped are a wonderful addition to this recipe.

<b>Nutrition Facts</b>			
Serving size: 1 cup (166g)			
Servings Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories</b>	149	Cal. from Fat	20
<b>% Daily Value*</b>			
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Dietary Fiber	3g		<b>10%</b>
Sugars	2g		
<b>Protein</b>	5g		
Vitamin A	8%	Vitamin C	50%
Calcium	2%	Iron	8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Try different kinds of potatoes such as Yukon Gold. Leave the skins on to add extra fiber.
- ♦ Experiment with a variety of vegetables, green onions, cucumbers, or other favorites.
- ♦ Cooked greens that have been cooled and chopped are a wonderful addition to this recipe.

## Waldorf Coleslaw

Makes 5 Servings

### Dressing:

- 4 tablespoons plain low-fat yogurt
- 1 tablespoon low-fat mayonnaise
- 1 tablespoon honey
- 2 teaspoons lemon juice
- 1/4 teaspoon pepper, salt (optional)

### Ingredients:

- 1 1/2 cups shredded cabbage  
(purple or green will both work)
- 1 tart apple, diced
- 1/4 cup raisins
- 1 carrot, grated
- 3 tablespoons walnuts,  
chopped



### Directions:

1. Combine the cabbage, apple, raisins, carrot, and walnuts in a medium bowl.
2. In a separate small bowl, whisk together the yogurt, mayonnaise, honey, lemon juice, and pepper. Thin dressing with low-fat milk if needed. Salt is optional.
3. Pour the dressing over the cabbage mixture.
4. Cover and chill for 2 hours.

—Adapted from: Cooking Light, December 2003

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Makes 5 Servings

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- 1 tablespoon low-fat mayonnaise
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### Directions:

1. Combine the cabbage, apple, raisins, carrot, and walnuts in a medium bowl.
2. In a separate small bowl, whisk together the yogurt, mayonnaise, honey, lemon juice, and pepper. Thin dressing with low-fat milk if needed. Salt is optional.
3. Pour the dressing over the cabbage mixture.
4. Cover and chill for 2 hours.

—Adapted from: Cooking Light, December 2003

<b>Nutrition Facts</b>			
Serving size: 1/2 cup (79g)			
Servings Per Container 5			
<b>Amount Per Serving</b>			
<b>Calories</b> 105		Cal. from Fat 38	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 4g			<b>8%</b>
Saturated Fat 0g			<b>2%</b>
<b>Cholesterol</b> 2mg			<b>0%</b>
<b>Sodium</b> 144mg			<b>6%</b>
<b>Total Carbohydrate</b> 17g			<b>6%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 2g			
<b>Protein</b> 2g			
Vitamin A 0%	Vitamin C 15%		
Calcium 4%	Iron 4%		
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Using pre-cut cabbage from a bag is an excellent substitute for cabbage in this recipe.
- ♦ All nuts are excellent sources of healthy fats and vitamin E. Substitute your favorite nut for walnuts.
- ♦ Fresh grapes would be a tasty addition if you don't care for raisins.
- ♦ Remember to refrigerate leftover salad.

<b>Nutrition Facts</b>			
Serving size: 1/2 cup (79g)			
Servings Per Container 5			
<b>Amount Per Serving</b>			
<b>Calories</b> 105		Cal. from Fat 38	
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Dietary Fiber 1g			<b>4%</b>
Sugars 2g			
<b>Protein</b> 2g			
Vitamin A 0%	Vitamin C 15%		
Calcium 4%	Iron 4%		
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

### Little changes that may suit you better:

- ♦ Using pre-cut cabbage from a bag is an excellent substitute for cabbage in this recipe.
- ♦ All nuts are excellent sources of healthy fats and vitamin E. Substitute your favorite nut for walnuts.
- ♦ Fresh grapes would be a tasty addition if you don't care for raisins.
- ♦ Remember to refrigerate leftover salad.

## Corn, Tomato, and Basil Salad      Makes 6 servings

### Ingredients:

6 large ears white corn, husked  
5 tablespoons olive or canola oil  
3-4 cloves finely chopped garlic  
1/2 cup packed thinly sliced fresh basil  
5 plum tomatoes, seeded and  
    chopped  
3 tablespoons balsamic vinegar  
Salt and pepper to taste



### Directions:

1. Use a large knife, cut corn kernels from cobs.
2. Heat 2 tablespoons oil in heavy skillet over medium-high heat. Add garlic; sauté 1 minute.
3. Add corn; sauté until just cooked through, about 5 minutes.
4. Remove from heat. Add half of basil.
5. Transfer corn mixture to large bowl. Cool slightly, stirring occasionally.
6. Stir in tomatoes, vinegar, the remaining oil, and basil.
7. Season with salt and pepper.
8. Cover; chill 3-8 hours

Recipe courtesy of Seattle Nutrition Action Consortium

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6. Stir in tomatoes, vinegar, the remaining oil, and basil.
7. Season with salt and pepper.
8. Cover; chill 3-8 hours

Recipe courtesy of Seattle Nutrition Action Consortium

<b>Nutrition Facts</b>	
Serving size: 3/4 cup (192g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 205	Cal. from Fat 77
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>15%</b>
Saturated Fat 1g	<b>6%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 8mg	<b>0%</b>
<b>Total Carbohydrate</b> 34g	<b>10%</b>
Dietary Fiber 8g	<b>30%</b>
Sugars 0g	
<b>Protein</b> 5g	
Vitamin A 8%	Vitamin C 30%
Calcium 0%	Iron 6%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Little changes that may suit you better:**

- ♦ Use frozen or canned corn instead of fresh corn for simpler preparation.
- ♦ Canned plum tomatoes that are drained of their liquid are a good substitute for fresh tomatoes.
- ♦ Keep fresh herbs such as basil at their peak by immersing their stems in a glass of water in the refrigerator. Change the water daily.

<b>Nutrition Facts</b>	
Serving size: 3/4 cup (192g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 205	Cal. from Fat 77
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>15%</b>
Saturated Fat 1g	<b>6%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 8mg	<b>0%</b>
<b>Total Carbohydrate</b> 34g	<b>10%</b>
Dietary Fiber 8g	<b>30%</b>
Sugars 0g	
<b>Protein</b> 5g	
Vitamin A 8%	Vitamin C 30%
Calcium 0%	Iron 6%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Little changes that may suit you better:**

- ♦ Use frozen or canned corn instead of fresh corn for simpler preparation.
- ♦ Canned plum tomatoes that are drained of their liquid are a good substitute for fresh tomatoes.
- ♦ Keep fresh herbs such as basil at their peak by immersing their stems in a glass of water in the refrigerator. Change the water daily.

## Green Bean and Tomato Salad

Makes 3 Servings

### Ingredients:

- 1 cup green beans, trimmed
- 2 cups coarsely chopped tomatoes
- 1/2 red onion, thinly sliced
- 1 tablespoon fresh herbs (basil, mint, or oregano)
- 1 tablespoon red wine vinegar
- 2 teaspoons canola or olive oil
- 1/4 teaspoon salt (optional)
- Pinch of pepper
- 1/4 cup shredded Parmesan cheese



### Directions:

1. Trim the green beans. Place the beans in a large saucepan of boiling water, and cook 3 minutes or until just tender. Drain and plunge the beans into ice water. Drain again.
2. Combine green beans, tomatoes, red onion, and herbs in a large bowl.
3. In a separate bowl, whisk together the vinegar, oil, salt, and pepper.
4. Pour the dressing over the main ingredients.
5. Mix gently.
6. Garnish with shredded cheese.
7. Store in the refrigerator until you are ready to enjoy the salad.

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Makes 3 Servings

### Ingredients:

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- 2 cups coarsely chopped tomatoes
- 1/2 red onion, thinly sliced
- 1 tablespoon fresh herbs (basil, mint, or oregano)
- 1 tablespoon red wine vinegar
- 2 teaspoons canola or olive oil
- 1/4 teaspoon salt (optional)
- Pinch of pepper
- 1/4 cup shredded Parmesan cheese



### Directions:

1. Trim the green beans. Place the beans in a large saucepan of boiling water, and cook 3 minutes or until just tender. Drain and plunge the beans into ice water. Drain again.
2. Combine green beans, tomatoes, red onion, and herbs in a large bowl.
3. In a separate bowl, whisk together the vinegar, oil, salt, and pepper.
4. Pour the dressing over the main ingredients.
5. Mix gently.
6. Garnish with shredded cheese.
7. Store in the refrigerator until you are ready to enjoy the salad.

<b>Nutrition Facts</b>	
Serving size: 1 cup (194g)	
Servings Per Container 3	
<b>Amount Per Serving</b>	
<b>Calories</b> 101	Cal. from Fat 48
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>8%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 126mg	<b>4%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 0g	
<b>Protein</b> 5g	
Vitamin A 20%	Vitamin C 50%
Calcium 10%	Iron 6%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ◆ Substitute apple cider vinegar for red wine vinegar.
- ◆ Substitute frozen beans for fresh. Thaw before using.
- ◆ Substitute dried herbs for fresh by using 1 teaspoon dried for every tablespoon fresh. Allow salad to sit in refrigerator for 1-2 hours to allow flavors to develop.

<b>Nutrition Facts</b>	
Serving size: 1 cup (194g)	
Servings Per Container 3	
<b>Amount Per Serving</b>	
<b>Calories</b> 101	Cal. from Fat 48
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1g	<b>8%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
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<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 0g	
<b>Protein</b> 5g	
Vitamin A 20%	Vitamin C 50%
Calcium 10%	Iron 6%
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## **Spinach and Pear Salad** with Dijon Mustard Vinaigrette **Makes 4 Servings**

### **Ingredients:**

2 tablespoons water  
1-1/2 tablespoons red wine vinegar  
1 tablespoon olive oil  
1 tablespoon honey  
2 teaspoons Dijon mustard  
1/4 teaspoon freshly ground black pepper  
2 pears (Bosc or Anjou), cored and sliced lengthwise  
8 cups torn fresh spinach  
1/4 cup red onion, thinly sliced



### **Directions:**

1. In a small bowl, whisk together the water, vinegar, olive oil, honey, Dijon mustard, and black pepper.
2. In a large bowl, add the pear slices and 2 tablespoons of the vinaigrette and toss to coat.
3. Add remaining dressing, spinach, and onion and toss to coat.

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8 cups torn fresh spinach  
1/4 cup red onion, thinly sliced



### **Directions:**

1. In a small bowl, whisk together the water, vinegar, olive oil, honey, Dijon mustard, and black pepper.
2. In a large bowl, add the pear slices and 2 tablespoons of the vinaigrette and toss to coat.
3. Add remaining dressing, spinach, and onion and toss to coat.

<b>Nutrition Facts</b>	
Serving size: 1/4 of recipe (167g)	
Servings Per Recipe 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 114	Cal. from Fat 37
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>4%</b>
<b>Total Carbohydrate</b> 20g	<b>8%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 80%	Vitamin C 35%
Calcium 8%	Iron 10%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ◆ Try using other greens like arugula or red leaf lettuce.
- ◆ If you use bagged spinach or lettuce, wash first.
- ◆ Add toasted almonds or walnuts for added flavor and crunch.
- ◆ Mix a large batch of the dressing to keep on hand for your other favorite salad recipes.
- ◆ Add feta, goat, or Parmesan cheese for a different flavor.

<b>Nutrition Facts</b>	
Serving size: 1/4 of recipe (167g)	
Servings Per Recipe 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 114	Cal. from Fat 37
<b>% Daily Value*</b>	
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<b>Total Carbohydrate</b> 20g	<b>8%</b>
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Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 80%	Vitamin C 35%
Calcium 8%	Iron 10%
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- ◆ Add feta, goat, or Parmesan cheese for a different flavor.

***Main Dishes***



***Main Dishes***



## Cuban Black Beans & Rice

Makes 4 servings

### Ingredients:

1 teaspoon canola oil  
3 cloves garlic, minced  
2 onions, chopped  
1 green pepper, chopped  
1 tomato, chopped  
1 stalk celery, chopped  
1 tablespoon vinegar  
1/4 teaspoon crushed red pepper  
1 cup low-sodium broth  
2 cups cooked black beans  
Salt and pepper to taste  
2 cups hot cooked brown rice  
Chopped green onion  
Thin lemon wedge



### Directions:

1. In a large saucepan, heat oil over medium heat; cook garlic, onions, green pepper, tomato, and celery, stirring often, for 7 minutes or until onion is translucent. Stir in vinegar and red chili pepper. Add broth.
2. Add beans and bring to a boil. Reduce heat and simmer, stirring occasionally, for about 20 minutes or until liquid is reduced. Season to taste with salt and pepper.
3. Spoon rice onto serving plate or bowl. Spoon beans over top. Garnish with green onion and lemon wedges.

## Cuban Black Beans & Rice

Makes 4 servings

### Ingredients:

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3 cloves garlic, minced  
2 onions, chopped  
1 green pepper, chopped  
1 tomato, chopped  
1 stalk celery, chopped  
1 tablespoon vinegar  
1/4 teaspoon crushed red pepper  
1 cup low-sodium broth  
2 cups cooked black beans  
Salt and pepper to taste  
2 cups hot cooked brown rice  
Chopped green onion  
Thin lemon wedge



### Directions:

1. In a large saucepan, heat oil over medium heat; cook garlic, onions, green pepper, tomato, and celery, stirring often, for 7 minutes or until onion is translucent. Stir in vinegar and red chili pepper. Add broth.
2. Add beans and bring to a boil. Reduce heat and simmer, stirring occasionally, for about 20 minutes or until liquid is reduced. Season to taste with salt and pepper.
3. Spoon rice onto serving plate or bowl. Spoon beans over top. Garnish with green onion and lemon wedges.

<b>Nutrition Facts</b>	
Serving size: 1/4 of recipe (390g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 293	Cal. from Fat 25
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>2%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 314mg	<b>15%</b>
<b>Total Carbohydrate</b> 56g	<b>20%</b>
Dietary Fiber 12g	<b>45%</b>
Sugars 0g	
<b>Protein</b> 13g	
Vitamin A 8%	Vitamin C 65%
Calcium 8%	Iron 15%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Change the flavors of this recipe by adding other favorite fresh or frozen vegetables such as zucchini or yellow squash.
- ♦ Substitute other whole grains for the brown rice such as bulgur, quinoa, couscous, or barley.
- ♦ Spoon bean mixture into a whole-wheat pita pocket and add fresh lettuce or spinach for a simple lunch.

<b>Nutrition Facts</b>	
Serving size: 1/4 of recipe (390g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 293	Cal. from Fat 25
<b>% Daily Value*</b>	
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- ♦ Spoon bean mixture into a whole-wheat pita pocket and add fresh lettuce or spinach for a simple lunch.

## Crunchy Pita or Burrito

Makes 4 servings

### Ingredients:

- 1/2 cup carrots, chopped
- 1/2 cup broccoli, chopped
- 1/2 cup cauliflower, chopped
- 2 green onions, thinly sliced
- 4 ounces sharp cheddar cheese, shredded
- 1/4 cup yogurt dressing
- 1/2 teaspoon chili powder
- 4 whole-wheat pita bread or tortilla
- 1 cup shredded lettuce or cabbage



### Directions:

1. In a mixing bowl, combine carrots, broccoli, cauliflower, and onions with cheese, dressing, and chili powder.
2. Spoon about 1/2 cup of the vegetable mixture into half of a pita bread. If using tortillas, spoon the vegetable mixture into the center and wrap the tortilla around it.

### Yogurt Dressing:

Blend together:

- Low-fat or non-fat plain yogurt
- Minced garlic to taste
- Curry powder to taste
- Lemon juice to taste

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Makes 4 servings

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### Yogurt Dressing:

Blend together:

- Low-fat or non-fat plain yogurt
- Minced garlic to taste
- Curry powder to taste
- Lemon juice to taste

<b>Nutrition Facts</b>	
Serving size: 1 pita sandwich (184g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 264	Cal. from Fat 62
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 16mg	<b>4%</b>
<b>Sodium</b> 466mg	<b>20%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 7g	<b>30%</b>
Sugars 0g	
<b>Protein</b> 12g	
Vitamin A 90%	Vitamin C 70%
Calcium 20%	Iron 15%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Use a bag of frozen, mixed vegetables instead of fresh. Thaw and drain. Chop into bite-sized pieces.
- ♦ Substitute low-fat ranch dressing for yogurt dressing if desired.
- ♦ Use whole-wheat or whole corn tortillas for added fiber.

<b>Nutrition Facts</b>	
Serving size: 1 pita sandwich (184g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 264	Cal. from Fat 62
<b>% Daily Value*</b>	
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- ♦ Substitute low-fat ranch dressing for yogurt dressing if desired.
- ♦ Use whole-wheat or whole corn tortillas for added fiber.

## Oven-Fried Chicken

Makes 6 servings

### Ingredients:

- 1 cup bread crumbs or panko
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon thyme
- 1/2 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon paprika
- Pepper and salt to taste
- 2 egg whites
- 3 tablespoons olive oil or cooking spray
- 4-6 boneless, skinless chicken pieces



### Directions:

1. Preheat oven to 350° degrees F.
2. Combine bread crumbs and spices in a bowl or a plastic bag.
3. In a shallow bowl, beat egg whites.
4. Dip chicken pieces into beaten egg whites and roll in bread crumb mixture or shake in the bag.
5. Spread chicken pieces out on a cookie sheet. Drizzle olive oil over each piece, or spray with cooking spray.
6. Bake for 30-35 minutes, until no trace of pink meat remains. Test by piercing pieces with a fork. It is usually done when clear juice appears.

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Makes 6 servings

### Ingredients:

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- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon thyme
- 1/2 teaspoon oregano
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3. In a shallow bowl, beat egg whites.
4. Dip chicken pieces into beaten egg whites and roll in bread crumb mixture or shake in the bag.
5. Spread chicken pieces out on a cookie sheet. Drizzle olive oil over each piece, or spray with cooking spray.
6. Bake for 30-35 minutes, until no trace of pink meat remains. Test by piercing pieces with a fork. It is usually done when clear juice appears.

<b>Nutrition Facts</b>	
Serving size: 4 oz. (110g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 243	Cal. from Fat 77
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 136mg	<b>45%</b>
<b>Sodium</b> 411mg	<b>15%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 0g	<b>2%</b>
Sugars 0g	
<b>Protein</b> 26g	
Vitamin A 4%	Vitamin C 0%
Calcium 6%	Iron 10%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ If you cook your chicken without the skin, you would reduce the calories by at least 200 and significantly reduce the cholesterol.
- ♦ Change the flavor by substituting other favorite spices or herbs in the breading mixture.
- ♦ Use whole wheat bread crumbs or panko to increase fiber. Or make your own from leftover whole-wheat or whole-grain bread.

<b>Nutrition Facts</b>	
Serving size: 4 oz. (110g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 243	Cal. from Fat 77
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>15%</b>
Saturated Fat 2g	<b>10%</b>
<b>Cholesterol</b> 136mg	<b>45%</b>
<b>Sodium</b> 411mg	<b>15%</b>
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## Rainbow Pizza

### Ingredients:

Pita bread, English muffins, tortillas, or  
pizza dough

Pasta or pizza sauce

Pizza toppings:

Chopped carrots

Sliced mushrooms

Broccoli florets

Pineapple chunks

Green or red pepper slices

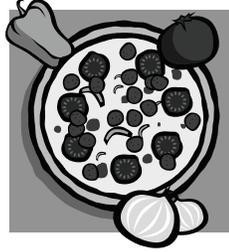
Sliced zucchini

Mozzarella cheese, grated

Parmesan cheese, grated

Dried oregano, basil, or

Italian seasoning



1 Serving

### Directions:

1. Spread sauce on pizza dough, English muffin, pita bread, or tortilla.
2. Arrange favorite toppings on the “crust” in a single layer. Use at least 3 colors!
3. Sprinkle with mozzarella and Parmesan cheese.
4. Place pizzas on a baking sheet and bake at 350 degrees F for 10 minutes, or until cheese is melted OR place pizzas in a large frying pan over low-medium heat and cook until cheese is melted.

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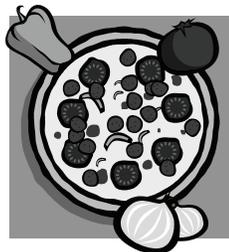
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<b>Nutrition Facts</b>	
Serving size: 1 pita pizza (322g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 331	Cal. from Fat 77
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
<b>Cholesterol</b> 20mg	<b>8%</b>
<b>Sodium</b> 742mg	<b>30%</b>
<b>Total Carbohydrate</b> 50g	<b>15%</b>
Dietary Fiber 7g	<b>30%</b>
Sugars 0g	
<b>Protein</b> 18g	
Vitamin A 120%	Vitamin C 95%
Calcium 30%	Iron 20%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ◆ Almost any vegetable or fruit can be used for pizzas. Use roasted vegetables or thawed and drained frozen vegetables instead of fresh.
- ◆ Use whole-wheat pita bread or tortillas to increase fiber.
- ◆ Be creative. Use any leftover vegetables or fruit to create your own personal favorite pizza.

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## Tuna Casserole

Makes 4-6 servings

### Ingredients:

- 2 cups whole-wheat noodles or pasta
- 1/2 cup plain bread crumbs
- 1 teaspoon olive or canola oil
- 1 cup chopped celery
- 1/4 cup chopped onion
- 1 can low-sodium cream of mushroom or celery soup
- 1 cup non-fat or 1% milk
- 2 six-ounce cans light tuna in water
- 1 pound bag of frozen vegetables
- 1/4 cup chopped red pepper



### Directions:

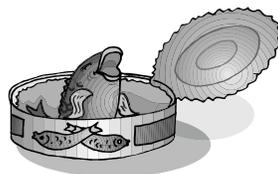
1. Preheat oven to 375° degrees F.
2. Cook noodles according to package directions. Drain and set aside.
3. Combine bread crumbs with olive or canola oil. Set aside.
4. Spray an 8 x 8 casserole dish with cooking spray.
5. Combine celery, onion, mushroom soup, milk, tuna, frozen vegetables, and red pepper in the casserole dish.
6. Sprinkle with the bread crumb mixture.
7. Bake uncovered for 20-25 minutes or until bubbly and crumb mixture is golden brown.

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<b>Nutrition Facts</b>	
Serving size: 1 1/12 cup (530g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 523	Cal. from Fat 100
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 36mg	<b>10%</b>
<b>Sodium</b> 391mg	<b>15%</b>
<b>Total Carbohydrate</b> 72g	<b>25%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 0g	
<b>Protein</b> 38g	
Vitamin A 25%	Vitamin C 60%
Calcium 20%	Iron 30%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

### Little changes that may suit you better:

- ♦ Use your favorite frozen, fresh, or canned vegetables. Drain and rinse canned vegetables before using.
- ♦ Substitute canned salmon, mackerel, or chicken for the tuna.
- ♦ Add shredded cheddar or Parmesan cheese, or cottage cheese.
- ♦ This recipe can be made using an electric skillet. Mix as directed, sprinkle with bread crumbs, cover, and cook for 10 minutes over low heat.

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## Turkey Stew

### Ingredients:

- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2-3 stalks of celery, sliced or chopped
- 1 tablespoon olive or canola oil
- 1 pound ground turkey breast
- 3-4 carrots, diced
- 4 medium potatoes, diced
- 4 cups low sodium vegetable or chicken broth
- Other vegetables, as desired
- 1-2 teaspoons thyme
- 2 tablespoons flour
- Pepper to taste



Makes 4-6 servings

### Directions:

1. Sauté onion, garlic and celery in oil until just soft. Set aside.
2. Brown turkey in small amount of oil and drain excess fat.
3. Combine onion mixture, turkey, carrots, potatoes, and broth in a large pot or skillet.
4. Bring to a boil and reduce heat. Simmer until carrots and potatoes are tender.
5. Add additional vegetables and thyme when potatoes are close to tender.
6. Remove 1 cup of broth and mix with 2 tablespoons flour. Return to pot and simmer until mixture thickens.

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<b>Nutrition Facts</b>	
Serving size: 1 1/2 cups (687g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 421	Cal. from Fat 101
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>15%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 238mg	<b>10%</b>
<b>Total Carbohydrate</b> 50g	<b>15%</b>
Dietary Fiber 6g	<b>25%</b>
Sugars 1g	
<b>Protein</b> 30g	
Vitamin A 345%	Vitamin C 85%
Calcium 10%	Iron 25%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Little changes that may suit you better:**

- ♦ Make this a vegetarian stew by omitting the ground turkey and adding cooked dried beans.
- ♦ Add color and nutrients to stew by adding seasonal vegetables. Aim for at least three colors.
- ♦ Substitute other root vegetables such as turnips and parsnips for the potatoes.

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Dedicated to Patricia Manuele  
1951-2007



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