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.
**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.
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.

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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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%.
**Garden Frittata**

**Makes 2 servings**

**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)

**Directions:**
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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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.
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.
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.
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.
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.
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.
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)

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.

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)

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.
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.
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.
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.
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.
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.
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.
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

**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.
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.

### Nutrition Facts

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*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
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)

**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.
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.
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.
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.
Salads

Salads
Healthy Potato Salad

Makes 2 Servings

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

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.
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.

### Nutrition Facts

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Waldorf Coleslaw

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
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
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.

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**Nutrition Facts**

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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.
7. Store in the refrigerator until you are ready to enjoy the salad.
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.
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.
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.
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.
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.
Crunchy Pita or Burrito

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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Yogurt Dressing:
Blend together:
- Low-fat or non-fat plain yogurt
- Minced garlic to taste
- Curry powder to taste
- Lemon juice to taste
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.

Nutrition Facts

Serving size: 1 pita sandwich (184g)
Servings Per Container: 4

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
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.
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.

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**Nutrition Facts**

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*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
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

**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.
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.
Tuna Casserole

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.
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.
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

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.

Makes 4-6 servings
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.