



Apple Oatmeal

A tasty recipe packed with good-for-you foods.

Makes 4 servings.

¾ cup per serving.

Prep time: 10 minutes

Cook time: 2 minutes

Ingredients

1¾ cups 100% apple juice

1 cup quick cooking oats

1 large apple, cored and cut into bite-size chunks

½ teaspoon ground cinnamon

⅛ teaspoon salt (optional)

Preparation

1. Combine all ingredients in a medium, microwave safe bowl.
2. Place in microwave uncovered and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.

Nutrition information per serving:

Calories 157, Carbohydrate 34 g,
Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 78 mg

Breakfast Fruit Cup

Lowfat yogurt dresses up this tasty fruit cup.

Makes 4 servings.

½ cup per serving.

Prep time: 5 minutes

Ingredients

2 oranges, peeled, seeded, and sliced into bite-size pieces

1 medium banana, peeled and sliced

1 tablespoon raisins

⅓ cup lowfat vanilla yogurt

½ teaspoon ground cinnamon

Preparation

1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of lowfat yogurt over fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

Nutrition information per serving:

Calories 81, Carbohydrate 19 g,
Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 1 mg, Sodium 14 mg



Banana Berry Pancakes

This recipe promises to be a family favorite. Try fresh, canned, or frozen fruits for different flavors.

Makes 4 servings. 2 pancakes per serving.

Prep time: 10 minutes **Cook time:** 10 minutes



Ingredients

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water
- nonstick cooking spray

Topping

- 1 cup unsweetened frozen strawberries, thawed and sliced
- 2 tablespoons orange juice

Preparation

1. Place bananas in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
4. Pour ¼ cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side until fully cooked.

Topping

1. To make the topping, spray a pan with nonstick cooking spray and heat over medium heat.
2. Cook berries and orange juice for 3 minutes or until the berries are soft.
3. Spoon topping over pancakes and serve.

Nutrition information per serving: Calories 109, Carbohydrate 24 g,
Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 3 mg, Sodium 182 mg

Banana Berry Dynamo

Ingredients

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries
(strawberries, blueberries,
and/or blackberries)
- ½ cup 1% lowfat or nonfat milk or soft tofu
- ½ cup frozen orange juice concentrate

Preparation

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3. Pour into 2 glasses and serve.

Makes 2 servings.

One serving equals 1 ½ cups.

Preparation time: 5 minutes

COOKING CLUE:

Keep your leftover juice concentrate in the freezer for your next smoothie or add water to make it into juice.





Apple Oatmeal

A tasty recipe packed with good-for-you foods.

Makes 4 servings.

¾ cup per serving.

Prep time: 10 minutes

Cook time: 2 minutes

Ingredients

1¾ cups 100% apple juice

1 cup quick cooking oats

1 large apple, cored and cut into bite-size chunks

½ teaspoon ground cinnamon

⅛ teaspoon salt (optional)

Preparation

1. Combine all ingredients in a medium, microwave safe bowl.
2. Place in microwave uncovered and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.

Nutrition information per serving:

Calories 157, Carbohydrate 34 g,
Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 78 mg

Breakfast Fruit Cup

Lowfat yogurt dresses up this tasty fruit cup.

Makes 4 servings.

½ cup per serving.

Prep time: 5 minutes

Ingredients

2 oranges, peeled, seeded, and sliced into bite-size pieces

1 medium banana, peeled and sliced

1 tablespoon raisins

⅓ cup lowfat vanilla yogurt

½ teaspoon ground cinnamon

Preparation

1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of lowfat yogurt over fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

Nutrition information per serving:

Calories 81, Carbohydrate 19 g,
Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 1 mg, Sodium 14 mg



Huevos Rancheros with Pico de Gallo

Ingredients

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded Cheddar or Monterey Jack cheese
- 2 cups Pico de Gallo (see page 9)
- ⅛ teaspoon ground black pepper

Preparation

1. Preheat oven to 450°F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
5. Place an equal amount of eggs on each tortilla and top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted. Spoon ½ cup Pico de Gallo on each tortilla and top with ground black pepper. Serve warm.

A healthy version of a classic breakfast dish!

Makes 4 servings. 1 tortilla per serving.

Prep time: 15 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories 146, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 255 mg



Strawberry Smoothie

A cool start to your active day or an afternoon pick-me-up.

Makes 3 servings.

1 cup per serving.



Prep time: 10 minutes

INGREDIENTS

- ½ cup 100% orange juice
- 1 large banana, peeled and sliced
- 1 cup fresh or frozen strawberries, thawed
- 1 cup lowfat vanilla yogurt
- 5 ice cubes

PREPARATION

1. Combine orange juice, banana, and half the strawberries into a blender container. Blend until smooth.
2. Add yogurt, remaining strawberries, and ice cubes. Blend until smooth. Serve immediately.

Nutrition information per serving: Calories 153, Carbohydrate 32 g, Dietary Fiber 3 g, Protein 5 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 57 mg

Adapted from recipe courtesy of BOND of Color.

Mango Smoothie

A tropical twist for your morning.

Makes 4 servings.

1 cup per serving.



Prep time: 10 minutes

INGREDIENTS

- 1 cup 100% orange juice
- 1 small banana, peeled and sliced
- 2 fresh mangos, peeled and chopped or 2½ cups frozen mango chunks, thawed
- 5 ice cubes

PREPARATION

1. Combine orange juice, banana, and half the mango into a blender container. Blend until smooth.
2. Add remaining mango and ice cubes. Blend until smooth. Serve immediately.

Nutrition information per serving: Calories 120, Carbohydrate 30 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

Adapted from recipe courtesy of BOND of Color.



Mushroom Quiche

Serve this dish with whole wheat toast and 100% orange juice for a balanced start to your day.



INGREDIENTS

nonstick cooking spray	¼ teaspoon dried thyme
1¼ cups sliced mushrooms	¼ teaspoon ground black pepper
3 green onions, finely chopped	½ teaspoon dried mustard
1 clove garlic, finely chopped	1 cup egg substitute
1½ teaspoons dried oregano	¾ cup nonfat milk
2 teaspoons dried basil	½ cup shredded lowfat Cheddar cheese
¼ teaspoon salt	
1 teaspoon dried marjoram	

PREPARATION

1. Place an oven rack in the lower third of the oven. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
3. Sauté mushrooms, green onions, and garlic until tender, about 5 minutes.
4. Stir in oregano, basil, salt, marjoram, thyme, ground black pepper, and dry mustard. Cook until liquid is evaporated, about 2 minutes.
5. Let the mushroom mixture cool for about 5 minutes.
6. In a medium bowl, combine egg substitute, milk, and cheese; beat well.
7. Combine the batter with the mushroom mixture and pour into a 10-inch pie dish.
8. Bake for 35 to 45 minutes until filling is puffed, set, and starting to brown. Serve while hot.

Makes 6 servings. 4-inch slice per serving.
Prep time: 15 minutes **Cook time:** 1 hour

Nutrition information per serving: Calories 58, Carbohydrate 4 g,
Dietary Fiber 1 g, Protein 8 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 3 mg, Sodium 280 mg



Papaya Boats

Ingredients

- | | |
|------------------------------------|--|
| 2 papayas, rinsed and peeled | 1 (11-ounce) can mandarin oranges, drained |
| 1 medium banana, peeled and sliced | $\frac{3}{4}$ cup lowfat vanilla yogurt |
| 1 kiwifruit, peeled and sliced | 1 tablespoon honey* |
| 1 cup sliced strawberries | 2 teaspoons chopped fresh mint (optional) |

Preparation

1. Cut papayas in half lengthwise. Scoop out seeds. Place each half on a medium plate.
2. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half.
3. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.

*A special morning treat for you and your family.
Add a sprinkle of granola for more crunch.*

Makes 4 servings. *$\frac{1}{2}$ ripe papaya per serving.*

Prep time: 10 minutes

Nutrition information per serving:

Calories 195, Carbohydrate 46 g, Dietary Fiber 6 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 40 mg

*Do not give honey to children under the age of one.



Red and Yellow Bell Pepper Omelets

Ingredients

- | | |
|--|------------------------------------|
| 1 teaspoon olive oil | ½ teaspoon dried basil |
| 1 large red bell pepper, seeded and thinly sliced | ¼ teaspoon ground black pepper |
| 1 large yellow bell pepper, seeded and thinly sliced | nonstick cooking spray |
| 4 egg whites | 2 teaspoons grated Parmesan cheese |

Preparation

1. In a large nonstick pan over medium heat, warm oil; add red and yellow bell peppers and cook, stirring frequently for 4 to 5 minutes. Keep warm over low heat.
2. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.
3. Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set.
4. Carefully loosen and flip. Cook for 1 minute or until firm.
5. Sprinkle half of the red and yellow bell peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese.
6. Repeat with the remaining egg mixture, peppers, and cheese. Serve hot.

Colorful red and yellow bell peppers add a healthy twist to this breakfast staple.

Makes 2 servings. 1 omelet per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories 101, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg



Simmered Beans with Roasted Bell Peppers

Ingredients

- | | |
|---|--------------------------------------|
| 2 cups Simmered Beans, using pinto beans (see page 10) | 1 teaspoon crushed red chili peppers |
| 1 cup finely chopped roasted green bell peppers (see page 13) | |

Preparation

1. In a medium saucepan, mix all ingredients.
2. Cook over medium heat for 10 minutes. Serve.

A quick and easy solution for a healthy morning meal.

Makes 2 servings. 1 cup per serving.

Prep time: 5 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 253, Carbohydrate 48 g, Dietary Fiber 15 g, Protein 15 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg



Sweet Potato Hash

This savory and sweet side dish is sure to be a breakfast favorite.



INGREDIENTS

- | | |
|--|------------------------------|
| ¼ cup vegetable oil | 1 teaspoon cumin |
| 2 cups frozen or fresh chopped bell peppers and onions | 1 teaspoon salt |
| 2 pounds sweet potatoes (about 2 medium sweet potatoes), peeled and cut into small cubes | 1 teaspoon red pepper flakes |

PREPARATION

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20 to 25 minutes, stirring every 2 to 3 minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot.



Makes 6 servings. *1 cup per serving.*

Prep time: 10 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg



Tomato and Garlic Omelet

This unique omelet includes vegetables and whole wheat bread for a balanced breakfast.

Makes 1 serving. 1 omelet per serving.

Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients

- | | |
|--------------------------------|--|
| ½ slice whole wheat bread | 2 tablespoons grated part-skim Mozzarella cheese |
| ½ teaspoon olive oil | 1 large tomato, chopped |
| 1 clove garlic, finely chopped | 1 teaspoon dried basil |
| nonstick cooking spray | |
| ¾ cup egg substitute | |

Preparation

1. Preheat oven to 300°F.
2. Cut the bread into cubes; toss with oil and garlic in a small bowl. Spread the cubes in a single layer on a baking sheet and toast in the oven for 15 to 25 minutes, or until golden brown, tossing once or twice. Transfer to a plate to cool.
3. Spray a medium pan with nonstick cooking spray and heat over medium-high heat. Pour in egg substitute.
4. When the egg begins to set, spread evenly across the bottom of the pan and reduce the heat to low.
5. Once the top layer of egg is almost cooked, sprinkle the cheese and basil on top and scatter the tomatoes and bread over half of the omelet; fold the unfilled omelet half over the filling. Slide the omelet on a plate and serve.

Nutrition information per serving: Calories 235, Carbohydrate 18 g, Dietary Fiber 5 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 506 mg



Papaya Boats

*A special morning treat for you and your family.
Add a sprinkle of granola for more crunch.*

Makes 4 servings.

½ ripe papaya per serving.

Prep time: 10 minutes

Ingredients

- 2 papayas, rinsed and peeled
- 1 medium banana, peeled and sliced
- 1 kiwifruit, peeled and sliced
- 1 cup sliced strawberries
- 1 (11-ounce) can mandarin oranges, drained
- ¾ cup lowfat vanilla yogurt
- 1 tablespoon honey*
- 2 teaspoons chopped fresh mint (optional)

Preparation

1. Cut papayas in half lengthwise. Scoop out seeds. Place each half in a medium plate.
2. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half.
3. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.

Nutrition information per serving:

Calories 195, Carbohydrate 46 g,
Dietary Fiber 6 g, Protein 5 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 2 mg, Sodium 40 mg

*Do not give honey to children under the age of one.

Tropical Eye Opener

*A refreshing mixture of fruit, juice, and frozen yogurt
for a meal on the go.*

Makes 4 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

- 1 mango, peeled, seeded, and cut into chunks
- 1 large banana, peeled and sliced
- 1 cup undrained pineapple chunks*
- ¾ cup lowfat vanilla frozen yogurt
- 1 cup ice cubes

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth
2. Pour into glasses and serve.

Nutrition information per serving:

Calories 151, Carbohydrate 35 g,
Dietary Fiber 2 g, Protein 3 g, Total Fat 1 g,
Saturated Fat 1 g, Trans Fat 0 g,
Cholesterol 3 mg, Sodium 31 mg

*Canned fruit packed in 100% fruit juice.



Turkey Apple Sausage Breakfast Sandwiches

Get a head start on dinner! Set aside 2 sausage patties to make the Dirty Rice and Blackeye Peas recipe from page 32.



INGREDIENTS

Turkey Apple Sausage

- 1 pound ground turkey
- 1 red delicious apple, peeled, cored, and chopped
- 2 large cloves garlic, finely chopped and divided into 2 portions
- ½ teaspoon dried thyme
- ¼ teaspoon red pepper flakes
- 1 teaspoon dried sage

- ¼ teaspoon ground black pepper
- ⅛ teaspoon ground coriander
- nonstick cooking spray

Breakfast Sandwich

- 2½ cups chopped mushrooms
- 1½ cups chopped onions
- 6 whole wheat English muffins
- 6 slices tomato

PREPARATION

1. In a large bowl, combine turkey, apple, one garlic clove, thyme, red pepper flakes, sage, ground black pepper, and coriander; mix well.
2. Form the turkey mixture into 8 patties (set aside 2 patties for the Dirty Rice and Blackeye Peas recipe on page 32).
3. Spray a large skillet with nonstick cooking spray and heat over medium heat.
4. Cook patties until they are cooked through, about 5 to 7 minutes per side. Set aside.
5. Spray the skillet with nonstick cooking spray and sauté the remaining garlic for 3 minutes.

continued on following page



Makes 6 servings. 1 patty per serving.
Prep time: 5 minutes **Cook time:** 25 minutes

Nutrition information per serving: Calories 256, Carbohydrate 35 g, Dietary Fiber 6 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 459 mg



Turkey Apple Sausage Breakfast Sandwiches *(continued)*



PREPARATION

6. Add mushrooms and onions. Sauté until the mushrooms are tender and onions begin to brown, about 5 minutes.
7. Cut each English muffin in half. Place a Turkey Apple Sausage patty, $\frac{1}{2}$ cup of mushroom-onion mixture, and a slice of tomato on 6 English muffin halves.
8. Cover each sandwich with the other English muffin half and enjoy!



Makes 6 servings. *1 patty per serving.*
Prep time: 5 minutes **Cook time:** 25 minutes

Nutrition information per serving: Calories 256, Carbohydrate 35 g,
Dietary Fiber 6 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 38 mg, Sodium 459 mg



Makes 8 servings. 4-inch slice per serving.
Prep time: 15 minutes **Cook time:** 50 minutes

Nutrition information per serving: Calories 128, Carbohydrate 15 g,
Dietary Fiber 3 g, Protein 9 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 4 mg, Sodium 537 mg

Vegetable Brunch Pie

Who knew your children could love eating cauliflower?



INGREDIENTS

nonstick cooking spray	½ teaspoon onion powder
2¼ cups chopped cauliflower florets	1 teaspoon brown sugar
1 tablespoon vegetable oil	½ teaspoon salt
1 medium onion, chopped	⅛ teaspoon ground cayenne pepper
1 (8-ounce) package mushrooms, sliced	¾ cup shredded lowfat Cheddar cheese
4½ cups (about 6 ounces) of beet, mustard, or collard greens, finely chopped	1 cup lowfat milk
½ teaspoon garlic powder	¾ cup egg substitute
	¾ cup baking mix

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 375°F.
2. Spray a 10-inch pie dish with nonstick cooking spray and set aside.
3. In a microwave safe bowl, microwave cauliflower on high for 3 minutes, or steam it on the stovetop.
4. Pour vegetable oil into a 12-inch skillet and heat over medium heat.
5. Sauté onion and mushrooms until tender, about 5 minutes.
6. Add greens, garlic powder, onion powder, brown sugar, salt, and cayenne pepper. Sauté for another 3 minutes until greens are wilted.
7. Stir the cooked cauliflower into the greens mixture and place in the pie dish. Sprinkle with cheese.
8. In a medium bowl, combine milk, egg substitute, and baking mix. Whisk until well blended and pour over vegetable mixture.
9. Bake 30 to 35 minutes or until golden brown. Serve while hot.

Adapted from recipe courtesy of Cut 'n Clean Greens.



Veggie Scramble Wraps

Great for breakfast on the go. Make it your way by using your favorite mix of vegetables.



INGREDIENTS

- | | |
|--|------------------------------------|
| nonstick cooking spray | 1 cup egg substitute |
| 1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms) | 2 (6-inch) flour tortillas |
| | ¼ cup grated lowfat Cheddar cheese |

PREPARATION

1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.



Makes 2 servings. 1 wrap per serving.
Prep time: 5 minutes **Cook time:** 10 minutes

Nutrition information per serving: Calories 191, Carbohydrate 19 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 537 mg

Apple Turkey Gyro

A healthy twist on a classic Greek dish.

Makes 6 servings. 1 gyro per serving.

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients

- 1 cup sliced onion
- 1 tablespoon lemon juice
- 2 cups sliced red bell pepper
- 2 cups sliced green bell pepper
- 1 tablespoon vegetable oil
- ½ pound turkey breast, cut into thin strips
- 1 medium apple, cored and sliced
- 6 whole wheat pitas, lightly toasted
- ½ cup lowfat plain yogurt (optional)



Preparation

1. In a nonstick skillet, sauté onion, lemon juice, and bell peppers in oil until crisp-tender.
2. Stir in turkey and cook until turkey is fully cooked. Remove from heat and stir in apple.
3. Fold pita in half and fill with apple mixture; drizzle with yogurt. Serve warm.

Nutrition information per serving: Calories 215, Carbohydrate 33 g, Dietary Fiber 5 g, Protein 14 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 259 mg



Black Bean and Corn Pitas

A protein-packed mixture of seasoned vegetables, black beans, and cheese.

Makes 4 servings. *1/2 pita per serving.*

Prep time: 15 minutes

Ingredients

- | | |
|--|--|
| 1 (15-ounce) can low-sodium black beans | 1/8 teaspoon cayenne pepper or more to taste |
| 1 cup frozen corn, thawed | 2 teaspoons lemon juice |
| 1 cup fresh or no salt added canned tomatoes | 1/2 teaspoon chili powder |
| 1 avocado, chopped | 2 medium whole wheat pita pockets |
| 1 clove garlic, finely chopped | 1/3 cup shredded part-skim Mozzarella cheese |
| 1 teaspoon chopped fresh parsley | |

Preparation

1. Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado, and garlic. Add parsley, cayenne pepper, lemon juice, and chili powder.
2. Cut pita bread in half to form 4 pockets, and spoon equal amounts of filling into each half. Top with cheese and serve.

Nutrition information per serving: Calories 352, Carbohydrate 54 g, Dietary Fiber 17 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 176 mg



Cactus Salad

Ingredients

- | | |
|---|--|
| 4 cups shredded green cabbage | 1 large tomato, chopped |
| 2 fresh cactus leaves
(about 1 cup), cleaned
and finely chopped | 1 serrano chili, seeds removed
and finely chopped |
| 4 thin slices white onion | 2 tablespoons cider vinegar |
| 4 radishes, thinly sliced | 1 teaspoon oil |
| | 1 teaspoon sugar |

Preparation

1. Mix cabbage, cactus, onion, radishes, tomato, and serrano chili in a medium bowl. Place salad on 4 separate plates.
2. Stir together vinegar, oil, and sugar; drizzle over salad. Serve immediately.

This salad is fresh and festive. Use jarred cactus if you can't find fresh.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 48, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg



Ceviche

This light dish is great for lunch or to start off a meal.

Makes 4 servings.

¾ cup per serving.

Prep time: 20 minutes

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- ¼ cup finely chopped red onion
- ¼ cup frozen corn, thawed
- 3 tablespoons fresh lime juice

3 tablespoons prepared taco sauce

1 serrano chili, seeds removed and finely chopped

Preparation

1. Combine all ingredients in a small bowl and stir well.
2. Spoon into 4 small dishes and garnish with cilantro. Serve.

Nutrition information per serving: Calories 98, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 73 mg, Sodium 163 mg

Melon Cooler

For a slushy cooler, simply blend ice with melon and water.

Makes 4 servings.

¾ cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups chopped melon (cantaloupe, honeydew, or watermelon)
- 2 cups cold water

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving: Calories 27, Carbohydrate 7 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 15 mg



Chicken Tomatillo Salad

Make a day ahead for a delicious lunch at work.

Makes 6 servings. 1 cup per serving.

Prep time: 20 minutes

Dressing

- 1 cup husked and quartered tomatillos
- 3 tablespoons light Italian dressing
- 1 fresh Anaheim chili, seeded and chopped
- ¼ teaspoon ground black pepper

Salad

- 2 cups chopped, cooked chicken or turkey
- 1 cup chopped red bell pepper
- 1 cup frozen corn, thawed
- 1 cup chopped carrots
- 4 green onions, sliced
- ¼ cup chopped fresh cilantro

Preparation

1. In a blender or food processor container, purée tomatillos with dressing, Anaheim chili, and ground black pepper; set aside.
2. Combine all salad ingredients in a large bowl and toss.
3. Drizzle dressing over salad and toss well to coat.
4. Cover and chill for 20 minutes or make a day ahead to allow flavors to blend.
5. Serve on lettuce-lined plates or bowls.

Nutrition information per serving: Calories 141, Carbohydrate 12 g, Dietary Fiber 3 g, Protein 16 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 149 mg



Chicken Tortas

Ingredients

- | | |
|-----------------------------------|--|
| 2 cups cooked, shredded chicken | 4 thin slices white onion |
| 1 teaspoon chili powder | ½ cup shredded reduced fat Monterey Jack cheese |
| 2 cups Pico de Gallo (see page 9) | 2 radishes, sliced |
| 2 cups shredded romaine lettuce | 1 fresh avocado, mashed |
| | 4 bolillos or French bread rolls, cut in half lengthwise |

Preparation

1. In a medium bowl, combine chicken, chili powder, and 1 cup Pico de Gallo.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll.
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup Pico de Gallo over lettuce and close sandwich. Serve immediately.

Serve these sandwiches with sliced jalapeño peppers for a little added heat!

Makes 4 servings. 1 sandwich per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 379, Carbohydrate 32 g, Dietary Fiber 6 g, Protein 30 g, Total Fat 15 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 67 mg, Sodium 500 mg



Corn and Green Chili Salad

Ingredients

2 cups frozen corn, thawed	1 tablespoon lime juice
1 (10-ounce) can diced tomatoes with green chilies, drained	¼ cup sliced green onions
½ tablespoon vegetable oil	2 tablespoons chopped fresh cilantro

Preparation

1. Combine all ingredients in a medium bowl; mix well. Serve.

This salad is easy to prepare. Add some diced cooked chicken to make this side dish a meal, or sprinkle over salad greens.

Makes 4 servings. ¾ cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g,
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg



Creole Green Beans

Spice up your everyday dinners with this jazzy dish.



INGREDIENTS

- | | |
|---|------------------------------|
| 2 teaspoons vegetable oil | 1 cup chopped fresh tomatoes |
| 2 small cloves garlic, chopped | ½ cup chopped celery |
| 1 (16-ounce) package frozen cut green beans | ½ teaspoon salt |
| 1 cup chopped red bell pepper | ¼ teaspoon cayenne pepper |

PREPARATION

1. Heat oil in a large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add green beans and bell peppers; increase heat to medium and cook for 7 minutes.
4. Stir in tomatoes, celery, and seasonings; cook for 7 minutes more. Serve while hot.



Makes 8 servings. 1 cup per serving.

Prep time: 10 minutes **Cook time:** 15 minutes

Nutrition information per serving: Calories 35, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 159 mg



Crispy Taquitos

Ingredients

- | | |
|---|--|
| 2 cups Pico de Gallo, divided
(see page 9) | ½ cup shredded reduced fat
Cheddar cheese, Monterey
Jack cheese, or queso fresco |
| ½ cup cooked, finely chopped
chicken | 12 corn tortillas |
| ½ cup no salt added canned corn
or frozen corn, thawed | 2 teaspoons vegetable oil |
| ¼ cup chopped green onion | |
| ¼ cup chopped green bell pepper | |

Preparation

1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 286, Carbohydrate 41 g, Dietary Fiber 6 g, Protein 14 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 565 mg



Dirty Rice and Blackeye Peas

The sausage in this dish also makes a lean and healthy option for breakfast.



INGREDIENTS

2½ cups fat free, low-sodium vegetable broth	½ cup finely chopped bell pepper
2 bay leaves	1 tablespoon Soulful Seasoning (see recipe on page 34)
1¾ cups long grain rice	6 ounces (about 2 patties) Turkey Apple Sausage (see recipe on pages 15–16)
2 cups frozen blackeye peas	2 cloves garlic, finely chopped
nonstick cooking spray	½ tablespoon dried parsley
1 cup finely chopped onion	½ teaspoon dried oregano
1 cup finely chopped celery	

PREPARATION

1. In a large skillet, combine vegetable broth and bay leaves; bring to a boil.
2. Add rice and blackeye peas to broth and cover.
3. Reduce heat to simmer until all liquid is absorbed, about 18 to 20 minutes.
4. Remove bay leaves and place cooked rice and blackeye peas in a large bowl.
5. Spray a nonstick skillet with cooking spray and heat over medium-high heat. Add onion, celery, bell pepper, Soulful Seasoning, Turkey Apple Sausage, garlic, parsley, and oregano.
6. Sauté until sausage is thoroughly cooked, about 5 minutes.
7. Combine with rice and blackeye pea mixture. Serve while hot.



Makes 9 servings. *1 cup per serving.*

Prep time: 10 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 207, Carbohydrate 40 g, Dietary Fiber 3 g, Protein 8 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 85 mg

Herbed Potato Salad

Fresh vegetables and a light vinaigrette give this salad a lively flavor.

Makes 6 servings. *½ cup per serving.*

Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients

- 1½ pounds red potatoes
(about 8 potatoes), cut into cubes
- ½ cup light Italian dressing
- ½ tablespoon spicy brown mustard
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic salt
- ¼ teaspoon ground black pepper
- ½ cup chopped red bell pepper
- ½ cup chopped green bell pepper
- ½ cup chopped green onions



Preparation

1. In a large pot, cook potatoes in boiling water until tender, about 10 minutes (do not overcook).
2. Drain well and let cool.
3. Cut potatoes into bite-size pieces and place in a medium bowl.
4. In a small bowl, combine dressing, mustard, parsley, and seasonings; pour over potatoes and toss well.
5. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.

Nutrition information per serving: Calories 132, Carbohydrate 24 g,
Dietary Fiber 4 g, Protein 2 g, Total Fat 4 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 441 mg



Meatball Soup

Ingredients

- | | |
|--|---|
| 6 cups water | 8 ounces lean ground beef, turkey, or chicken |
| ½ cup brown rice | 1 tomato, finely chopped |
| 3 low-sodium beef- or chicken-flavored bouillon cubes or 1 tablespoon low-sodium bouillon powder | ½ onion, peeled and finely chopped |
| 4 sprigs fresh oregano, finely chopped or 1 tablespoon dried oregano | 1 large egg |
| | ½ teaspoon salt |
| | 2 cups chopped fresh vegetables (carrots, celery, and broccoli) |

Preparation

1. In a large pot, combine water, rice, bouillon cubes, and oregano. Bring to a boil over high heat. Stir to dissolve bouillon. Reduce heat to low and simmer.
2. Meanwhile, in a large bowl, mix ground meat, tomato, onion, egg, and salt. Form into 12 large meatballs.
3. Add meatballs to broth mixture and simmer 30 minutes.
4. Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve hot.

This simple soup with hearty meatballs is a tasty meal you can enjoy at home or reheated at work.

Makes 4 servings.

½ cup broth mixture and 3 large meatballs per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving:

Calories 196, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 16 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 85 mg, Sodium 407 mg



Ceviche

This light dish is great for lunch or to start off a meal.

Makes 4 servings.

¾ cup per serving.

Prep time: 20 minutes

Ingredients

- ½ pound cooked small bay shrimp
- 1 cup diced cucumber
- ½ cup diced avocado
- ½ cup chopped tomatoes
- ¼ cup finely chopped red onion
- ¼ cup frozen corn, thawed
- 3 tablespoons fresh lime juice

3 tablespoons prepared taco sauce

1 serrano chili, seeds removed and finely chopped

Preparation

1. Combine all ingredients in a small bowl and stir well.
2. Spoon into 4 small dishes and garnish with cilantro. Serve.

Nutrition information per serving: Calories 98, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 9 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 73 mg, Sodium 163 mg

Melon Cooler

For a slushy cooler, simply blend ice with melon and water.

Makes 4 servings.

¾ cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups chopped melon (cantaloupe, honeydew, or watermelon)
- 2 cups cold water

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Nutrition information per serving: Calories 27, Carbohydrate 7 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 15 mg



Mexican Rice

Ingredients

- | | |
|--|---|
| 1 tablespoon vegetable oil | ½ teaspoon chili powder |
| 1 cup chopped onion | ¼ teaspoon salt |
| 1 (14½-ounce) can low-sodium chicken broth | 1 cup frozen corn, thawed |
| 1 cup white rice | 1 cup frozen pea and carrot blend, thawed |
| ¾ cup chopped tomatoes | |

Preparation

1. Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, ½ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over the top and serve.

With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. ¾ cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg



Simmered Beans

Add Pico de Gallo for a spicy twist.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to 1 hour and 45 minutes

Ingredients

- 2 cups dried beans (pinto, black, or pink), rinsed
- 8 cups water
- 1 onion, peeled and chopped
- 1 bay leaf
- ¼ teaspoon salt

Preparation

1. Place beans, water, onion, and bay leaf in a large pot. Cover and bring to a boil over high heat. Reduce heat to low. Simmer for 1 to 1½ hours or until beans are tender.
2. Remove bay leaf and stir in salt. Cook 15 minutes longer.
3. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Nutrition information per serving: Calories 112, Carbohydrate 21 g, Dietary Fiber 7 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

Refried Beans

Top with Tomatillo Salsa for great flavor and color.

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely chopped
- 3 cups Simmered Beans with broth

Preparation

1. In a large nonstick pan, heat oil over medium heat. Add garlic and cook 1 minute.

2. Stir in beans with part of the broth. Cook 1 minute.
3. Cook and stir, adding additional broth and mashing beans lightly with a fork until bean mixture is a thick paste, but not dry.
4. Serve or store beans in refrigerator for up to 3 days in a covered plastic or glass container.

Nutrition information per serving: Calories 200, Carbohydrate 32 g, Dietary Fiber 11 g, Protein 10 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 80 mg



Simmered Beans

Add Pico de Gallo for a spicy twist.

Makes 12 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 1 hour and 15 minutes to
1 hour and 45 minutes

Ingredients

- 2 cups dried beans
(pinto, black, or pink),
rinsed
- 8 cups water
- 1 onion, peeled and
chopped
- 1 bay leaf
- ¼ teaspoon salt

Preparation

1. Place beans, water, onion,
and bay leaf in a large pot.
Cover and bring to a boil
over high heat. Reduce
heat to low. Simmer for 1
to 1½ hours or until beans
are tender.
2. Remove bay leaf and stir
in salt. Cook 15 minutes
longer.
3. Serve or store beans in
refrigerator for up to 3
days in a covered plastic
or glass container.

Nutrition information per serving: Calories 112, Carbohydrate 21 g,
Dietary Fiber 7 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 53 mg

Refried Beans

Top with Tomatillo Salsa for great flavor and color.

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

- 1 tablespoon vegetable oil
- 2 cloves garlic, finely
chopped
- 3 cups Simmered Beans
with broth

Preparation

1. In a large nonstick pan,
heat oil over medium heat.
Add garlic and cook
1 minute.

2. Stir in beans with part of
the broth. Cook 1 minute.
3. Cook and stir, adding
additional broth and
mashing beans lightly with
a fork until bean mixture is
a thick paste, but not dry.
4. Serve or store beans in
refrigerator for up to 3
days in a covered plastic
or glass container.

Nutrition information per serving: Calories 200, Carbohydrate 32 g,
Dietary Fiber 11 g, Protein 10 g, Total Fat 4 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 80 mg



Rainbow Coleslaw

Pack with Oven Fried Chicken for a tasty picnic lunch.



INGREDIENTS

2 cups thinly sliced red cabbage	½ cup chopped red onion
2 cups thinly sliced green cabbage	½ cup fat free mayonnaise
½ cup chopped yellow or red bell pepper	1 tablespoon red wine vinegar
½ cup shredded carrots	¼ teaspoon celery seed (optional)
	½ cup lowfat Cheddar cheese, cut into bite-size cubes

PREPARATION

1. In a large bowl, combine all the vegetables.
2. In a small bowl, mix mayonnaise, vinegar, and celery seed (if desired) to make a dressing.
3. Pour the dressing over the vegetable mixture and toss until well coated.
4. Toss salad with cheese and serve chilled.



Makes 12 servings. ½ cup per serving.

Prep time: 15 minutes

Nutrition information per serving: Calories 30, Carbohydrate 4 g,
Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg



Roasted Vegetable Medley

Bring harmony to your taste buds with this fresh vegetable dish. Add a Southern flair by serving over grits!



INGREDIENTS

nonstick cooking spray	2 cloves garlic, chopped
1 cup chopped baby carrots	4 teaspoons dried basil
1 cup chopped eggplant	1 cup chopped mushrooms
1 cup chopped asparagus	1 small zucchini, chopped
1 teaspoon vegetable oil	

PREPARATION

1. Place an oven rack on the bottom of the oven. Preheat oven to 450°F.
2. Spray a roasting pan with nonstick cooking spray.
3. Add carrots, eggplant, and asparagus to the pan. Drizzle with vegetable oil and toss until vegetables are lightly coated.
4. Bake for 20 minutes.
5. Spray a large pan with nonstick cooking spray and heat over medium heat.
6. Sauté garlic and basil for about 2 minutes.
7. Add mushrooms and zucchini and sauté until vegetables are tender, about 5 minutes.
8. Add roasted vegetables to the pan and sauté 5 minutes more. Serve immediately.

Makes 4 servings. 1 cup per serving.

Prep time: 15 minutes **Cook time:** 35 minutes

Nutrition information per serving: Calories 50, Carbohydrate 8 g,
Dietary Fiber 3 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg



Spud Stuffers

No ordinary potatoes here. Pick your favorite topping from the list on the next page.

Makes 4 servings. 1 potato per serving.

Prep time: 15 minutes **Cook time:** 16 to 60 minutes



Ingredients

- 4 medium baking potatoes
- 4 tablespoons light sour cream

Preparation

1. Wash potatoes and pierce 3 times with a fork. Microwave on high for about 6 minutes. Turn potatoes over and cook on high for 10 minutes more. Or, bake in the oven at 400°F for 45 to 60 minutes.
2. When cooked, carefully cut potatoes open on the top. Place 1 tablespoon sour cream on top of each potato. Top each potato with one of the toppings listed on the next page and serve while hot. The ingredient amounts listed are for one potato.



Super Salad Toppers

Salad shy? There is something for everyone with these simple sides.



INGREDIENTS

5 cups chopped salad greens (romaine, red or green leaf lettuce, spinach, spring mix, or a combination)

Citrus Splash Mix-In

1 large orange, peeled and cut into sections

1 medium pink or red grapefruit, peeled and cut into sections

½ cup chopped red onion

1 cup thinly sliced radishes

¼ cup sliced almonds

2 tablespoons light sesame dressing

2 tablespoons 100% orange juice

Nutrition information per serving: Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Savory & Satisfying Mix-In

1 cup canned black beans, drained and rinsed

½ red bell pepper, chopped

1 tomato, chopped

1 cup sweet corn

4 tablespoons lowfat Ranch dressing

Nutrition information per serving: Calories 151, Carbohydrate 27 g, Dietary Fiber 8 g, Protein 6 g, Total Fat 3 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 331 mg

Sweet Sensation Mix-In

1 cup sliced strawberries

1 cup shredded carrots

1 cup sliced apples

½ cup raisins

4 tablespoons lowfat balsamic vinaigrette

Nutrition information per serving: Calories 130, Carbohydrate 28 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 252 mg

PREPARATION

1. Place salad greens in a large bowl.
2. Choose one of the Mix-Ins listed above and combine with the salad greens.
3. Toss all ingredients together and serve immediately.



Makes 4 servings. 2 cups per serving.
Prep time: 10 minutes



Makes 8 servings. 2-inch slice per serving.

Prep time: 20 minutes **Cook time:** 1 hour

Nutrition information per serving: Calories 193, Carbohydrate 31 g, Dietary Fiber 3 g, Protein 8 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 573 mg

Swiss Chard Pinwheel Bread

Discover the rich flavor of Swiss chard or use your favorite kind of greens.



INGREDIENTS

nonstick cooking spray	1/8 teaspoon salt
2 1/2 cups (about 6 ounces) sliced mushrooms	2 tablespoons grated Parmesan cheese
1/4 cup chopped onion	1 (10- to 13-ounce) can refrigerated pizza crust dough
4 cups (about 12 ounces) chopped Swiss chard	3/4 cup shredded part-skim Mozzarella cheese
1 tablespoon water	1 1/2 cups marinara sauce
3/4 teaspoon garlic powder	
1/8 teaspoon ground black pepper	

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. Spray a skillet with nonstick cooking spray and heat over medium heat.
3. Add mushrooms and onion and sauté until tender, about 5 minutes.
4. Add Swiss chard and water. Continue cooking until Swiss chard becomes tender, about 8 to 10 minutes (you may need to add another tablespoon or more of water if the Swiss chard sticks to the skillet).
5. Add the garlic powder, ground black pepper, and salt.
6. Remove the skillet from the heat and stir in Parmesan cheese. Set the skillet aside to cool.
7. On a lightly floured board or surface, roll out pizza dough into a 10 x 14-inch rectangle.

continued on following page



Swiss Chard Pinwheel Bread *(continued)*



PREPARATION

8. Spread cooled Swiss chard mixture and Mozzarella cheese on top of dough, leaving about 1-inch of dough around the edges.
9. Starting from the long side, roll up the crust to make one large loaf.
10. Pinch along the seam of the loaf to seal and fold the ends under the loaf.
11. Place the loaf on a baking sheet sprayed with nonstick cooking spray.
12. Bake for 40 minutes or until golden brown.
13. Remove from oven and let cool for 5 minutes.
14. Cut into 8 slices and serve with warmed marinara sauce.

Makes 8 servings. *2-inch slice per serving.*

Prep time: 20 minutes **Cook time:** 1 hour

Nutrition information per serving: Calories 193, Carbohydrate 31 g,
Dietary Fiber 3 g, Protein 8 g, Total Fat 5 g, Saturated Fat 2 g,
Trans Fat 0 g, Cholesterol 5 mg, Sodium 573 mg



Toppings

Mexican Topping

- ¼ cup prepared Fresh Salsa (see page 54)
- 2 tablespoons shredded reduced fat Cheddar or Monterey Jack cheese
- 1 tablespoon diced green chilies

Nutrition information per serving: Calories 222, Carbohydrate 43 g, Dietary Fiber 5 g, Protein 9 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 341 mg

Western Topping

- 2 tablespoons chopped tomato
- 2 tablespoons finely chopped green bell pepper
- 2 tablespoons shredded reduced fat Cheddar cheese
- 1 tablespoon sliced green onions
- 2 tablespoon bacon bits

Nutrition information per serving: Calories 259, Carbohydrate 44 g, Dietary Fiber 6 g, Protein 13 g, Total Fat 4 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 327 mg

Veggie Topping

- 3 tablespoons chopped broccoli
- 2 tablespoons chopped yellow squash
- 2 tablespoons shredded reduced fat Cheddar cheese
- 1 tablespoon sliced green onions

Nutrition information per serving: Calories 216, Carbohydrate 41 g, Dietary Fiber 5 g, Protein 10 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 8 mg, Sodium 174 mg



Tuna Apple Salad

Apples and raisins add a nice twist to traditional tuna salad.

Makes 4 servings. 1 cup per serving.

Prep time: 15 minutes

Ingredients

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons finely chopped red onion
- 1 medium apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

Preparation

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of salad greens and tuna salad. Serve.

Nutrition information per serving: Calories 216, Carbohydrate 27 g,
Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg



Two Bean and Corn Salad

Try this salad as a condiment on grilled fish and chicken dishes.



INGREDIENTS

- | | |
|---|---|
| 1/3 cup vegetable oil | 3 stalks celery, chopped |
| 2 tablespoons balsamic vinaigrette | 2 cups frozen corn, thawed |
| 1 teaspoon cumin | 1 medium red bell pepper, chopped |
| 1 (15-ounce) can black beans, drained and rinsed | 1 cup chopped red onion |
| 1 (15-ounce) can Great Northern beans, drained and rinsed | 1/3 cup chopped fresh cilantro |
| | 2 small jalapeño peppers, seeded and chopped (optional) |

PREPARATION

1. In a large bowl, whisk oil, vinegar, and cumin.
2. Add remaining ingredients and toss to coat.
3. Serve immediately or refrigerate for up to 1 hour to allow flavors to blend.



Makes 10 servings. 1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving: Calories 227, Carbohydrate 31 g, Dietary Fiber 9 g, Protein 9 g, Total Fat 8 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 334 mg



Vegetable Quesadillas

Ingredients

nonstick cooking spray	2 tablespoons chopped fresh cilantro
½ cup chopped green bell pepper	4 (6-inch) flour tortillas
½ cup frozen corn, thawed	½ cup shredded reduced fat Cheddar or Monterey Jack cheese
½ cup sliced green onion	
½ cup chopped tomato	

Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.

Enjoy this healthier version of a classic snack.

Makes 4 servings. 1 tortilla per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg



Veggie Bean Wrap

Ingredients

- | | |
|---|--------------------------------------|
| 2 green or red bell peppers,
seeded and chopped | 2 mangos, chopped
juice of 1 lime |
| 1 onion, peeled and sliced | ½ cup chopped fresh cilantro |
| 1 (15-ounce) can low-sodium
black beans, drained and
rinsed | 1 avocado, peeled and diced |
| | 4 (10-inch) fat free flour tortillas |

Preparation

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture. Serve.

Fresh mangos and avocado give this meal a tasty twist.

Makes 4 servings. 1 wrap per serving.

Prep time: 15 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 451, Carbohydrate 82 g, Dietary Fiber 22 g, Protein 16 g, Total Fat 10 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 302 mg



Zesty Asian Chicken Salad

A colorful salad packed with a variety of healthy foods.

Makes 4 servings. 1 cup per serving.

Prep time: 20 minutes



Ingredients

3 boneless, skinless chicken breasts, cooked and chilled	1 red bell pepper, cut into strips
3 green onions, sliced	2 cups shredded cabbage
1½ cups small broccoli florets	½ cup fat free Asian or sesame salad dressing
2 medium carrots, peeled and cut into strips	¼ cup 100% orange juice
	¼ cup chopped fresh cilantro

Preparation

1. Cut chicken breasts into small strips and place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat. Stir in cilantro. Serve at room temperature.

Nutrition information per serving: Calories 184, Carbohydrate 13 g,
Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg



Ancho Chili and Chicken Soup

Ingredients

- | | |
|--|------------------------------------|
| 2 dried ancho chilies, seeded and torn into pieces | 1 medium onion, peeled and chopped |
| 1 cup water | 1 cup cooked, chopped chicken |
| 2½ cups low-sodium chicken broth | ¾ cup chopped carrots |
| 2 stalks celery, chopped | 1 teaspoon oregano |
| | ¾ cup chopped chayote squash |

Preparation

1. Place chilies in a hot skillet and cook for about 45 seconds until lightly toasted and fragrant. Cover with 1 cup boiling water and let stand for 20 minutes.
2. Meanwhile, combine broth, celery, onion, chicken, carrots, and oregano in a medium saucepan. Bring to a boil; reduce heat. Cover and let simmer for 20 minutes.
3. Place chilies and liquid in a blender or food processor and puree until smooth. Add chili puree and chayote to broth mixture. Simmer for 5 minutes more. Serve.

A slightly spicy chicken soup, packed full of hearty vegetables.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 103, Carbohydrate 8 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 29 mg, Sodium 408 mg



Apple Glazed Sweet Potatoes

So easy, just simmer sweet potato slices in juice and serve.

Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

- 2½ cups unsweetened 100% apple juice
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

Preparation

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve while hot.

Nutrition information per serving:
Calories 208, Carbohydrate 50 g, Dietary Fiber 5 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg

Zucchini Sauté

This vegetable side dish tastes lively and is fast to fix.

Makes 5 servings.

1 cup per serving.

Prep time: 10 minutes

Cook time: 5 minutes

Ingredients

- 1¼ pounds zucchini (about 3 medium zucchini)
- ½ teaspoon olive oil
- 1 tablespoon dried oregano
- 2 cloves garlic, finely chopped
- 1 teaspoon grated lemon peel
- 1 tablespoon grated Parmesan cheese
- ¼ teaspoon ground black pepper

Preparation

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Nutrition information per serving:
Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg



Avocado Tortilla Soup

Sprinkle red pepper flakes on this soup for added heat.

Makes 8 servings. 1 cup per serving.

Prep time: 15 minutes **Cook time:** 15 minutes

Ingredients

- | | |
|---|--|
| 3 (14-ounce) cans
low-sodium chicken broth | ½ teaspoon ground
black pepper |
| 2 (10¾-ounce) cans
low-sodium condensed
tomato soup | 1 ripe California avocado,
peeled, pitted, and
chopped |
| ½ bunch cilantro, leaves only | 8 corn tortilla chips,
crumbled |
| 3 cloves garlic, finely
chopped | |

Preparation

1. In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pan, add avocado and heat thoroughly.
4. Ladle into soup bowls and garnish with crumbled tortilla chips before serving.

Nutrition information per serving: Calories 134, Carbohydrate 17 g,
Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

Recipe courtesy of the California Avocado Commission.

BBQ Turkey in Pepper Shells

This dish is colorful and healthy. You can save money by using all green bell peppers.

Makes 6 servings.

1 stuffed bell pepper shell half per serving.

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients

- ¾ pound lean ground turkey
- 1 large onion, peeled and chopped
- 1 medium green bell pepper, seeded and chopped
- 1 (14½-ounce) can no salt added diced tomatoes
- 1 cup low-sodium canned black beans, drained and rinsed
- ½ cup prepared barbecue sauce
- 1 teaspoon garlic powder
- 1 teaspoon liquid smoke
- 3 bell peppers (any color)

Preparation

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, for about 5 minutes.
6. Remove peppers from the dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.



Nutrition information per serving: Calories 209, Carbohydrate 28 g, Dietary Fiber 7 g, Protein 17 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 404 mg



Catfish Stew

Catfish stew and whole wheat rolls combine for a tasty and filling meal.



INGREDIENTS

- | | |
|---|---|
| 3 cups water | 4 cloves garlic, finely chopped |
| 1 teaspoon salt | ½ small head cabbage, chopped |
| 2 medium white potatoes,
peeled and cut into cubes | 1 pound catfish, cut into 1-inch
chunks |
| 1 (14½-ounce) can diced
tomatoes | 1 tablespoon Soulful Seasoning
(see recipe on page 34) |
| 1 cup chopped onion | |

PREPARATION

1. In a large pot, bring water, salt, potatoes, tomatoes, onion, and garlic to a boil over medium-high heat. Reduce heat and simmer for 10 minutes.
2. Add cabbage and bring back to a boil. Reduce and simmer for 5 minutes.
3. Add catfish and Soulful Seasoning. Simmer until the catfish is cooked through, about 5 minutes more. Serve while hot.



Makes 6 servings. *1½ cups per serving.*
Prep time: 10 minutes **Cook time:** 20 minutes

Nutrition information per serving: Calories 198, Carbohydrate 21 g,
Dietary Fiber 4 g, Protein 18 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 57 mg, Sodium 541 mg

Chicken and Dumplings

Tasty, home cooked comfort food in less than 30 minutes.

Makes 6 servings.

1¼ cups per serving.

Prep time: 10 minutes **Cook time:** 25 minutes

.....

Ingredients

- 2¼ cups canned low-sodium chicken broth
- ¼ cup water
- 1 medium onion, peeled and chopped
- 4½ cups frozen mixed vegetables (corn, peas, carrots, and green beans)
- 2 cups cooked and chopped chicken
- 1 teaspoon dried thyme
- 1¼ cups reduced fat prepared baking mix
- ⅓ cup lowfat milk
- 1 egg



Preparation

1. In a large pot, combine chicken broth, water, onion, vegetables, chicken, and thyme.
2. Cover and bring to a boil over medium-high heat. Reduce heat and simmer for 15 minutes.
3. Place baking mix in a small bowl. Remove 2 tablespoons and stir into pot to thicken stew.
4. Add milk and egg to remaining baking mix and stir with a fork to blend. Drop rounded tablespoons onto hot chicken mixture. Cook over low heat, uncovered, for 5 minutes.
5. Cover and cook for 5 minutes more. Serve while hot.

Nutrition information per serving: Calories 226, Carbohydrate 24 g, Dietary Fiber 3 g, Protein 21 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 74 mg, Sodium 362 mg



Chicken and Rice

Ingredients

- | | |
|--|--|
| 2 pounds boneless, skinless chicken breasts, cut into strips | 2 cups reduced sodium chicken broth |
| 1 medium onion, peeled and chopped | 2 (14½-ounce) cans no salt added diced tomatoes, drained |
| 2 green bell peppers, chopped | ½ cup frozen pea and carrot blend |
| 2 jalapeño peppers, seeded and finely chopped | 1 teaspoon each ground cumin and chili powder |
| 3 cloves garlic, finely chopped | ¾ cup brown rice |

Preparation

1. In a nonstick skillet, sauté chicken strips over medium heat until cooked thoroughly, about 10 minutes. Set aside and keep warm.
2. In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.
3. Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice and serve.

Peas and carrots add color and provide a healthy addition to this traditional dish.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving:

Calories 331, Carbohydrate 30 g, Dietary Fiber 6 g, Protein 39 g, Total Fat 0 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 91 mg, Sodium 300 mg



Chicken Vegetable Creole

Serve with brown rice and salad for a complete meal. To add spice to this dish, try sausage instead of chicken.



INGREDIENTS

- | | |
|---|--------------------------------|
| nonstick cooking spray | 2 stalks celery, chopped |
| 1 pound boneless, skinless chicken breasts, cut into large chunks | 1½ teaspoons garlic powder |
| 1 large onion, chopped | 1 teaspoon onion powder |
| 1 (14½-ounce) can diced tomatoes | ½ teaspoon salt |
| ⅓ cup tomato paste | ¼ teaspoon red pepper flakes |
| | ⅛ teaspoon ground black pepper |
| | 1½ cups broccoli florets |

Preparation

1. Spray a large skillet with nonstick cooking spray and heat over medium heat.
2. Add chicken and onion; cook, stirring frequently, for 10 minutes.
3. Stir in all remaining ingredients except broccoli and cook for 5 minutes, stirring occasionally.
4. Stir in broccoli, cook for 5 minutes more. Serve while hot.



Makes 6 servings. 1 cup per serving.

Prep time: 10 minutes Cook time: 20 minutes

Nutrition information per serving: Calories 143, Carbohydrate 11 g, Dietary Fiber 3 g, Protein 19 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 46 mg, Sodium 460 mg



Chicken and Vegetables with Mole Sauce

Ingredients

- nonstick cooking spray
- 6 each skinless drumsticks and thighs
- 3 dried ancho chilies, seeded and torn into pieces
- 2¼ cups low-sodium chicken broth
- 1 medium onion, peeled and chopped
- 1½ cups fresh tomatillos (about 7 medium tomatillos), husks removed, washed, and diced
- 2 teaspoons ground cumin
- ¼ teaspoon salt
- 2 fresh cactus leaves (about 1 cup), cleaned and chopped
- ¾ pound fresh trimmed green beans

Preparation

1. Place chicken in a large skillet sprayed with nonstick cooking spray. Cook over medium heat for about 10 to 15 minutes per side or until cooked through.
2. While chicken is cooking, prepare mole sauce. Toast ancho chilies in a large skillet over medium-high heat for 1 minute, stirring constantly. Add broth to skillet and set aside.
3. Spray a large saucepan with nonstick cooking spray. Add onion; cook and stir over medium-high heat for 5 minutes. Add chili and broth mixture, tomatillos, cumin, and salt; bring to a boil, then reduce heat and simmer for 10 minutes. Let cool slightly and transfer to a blender container.
4. Puree until smooth and pour over chicken; cook for 5 minutes more.
5. Cook cactus and green beans in boiling water for about 5 minutes; drain. Serve chicken and sauce over cooked vegetables.

A lot faster than a traditional mole and just as good!

Makes 6 servings. 1 drumstick, 1 thigh, and ¾ cup of vegetables per serving.

Prep time: 15 minutes

Cook time: 45 to 55 minutes

Nutrition information per serving:

Calories 239, Carbohydrate 11 g, Dietary Fiber 4 g, Protein 31 g, Total Fat 8 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 92 mg, Sodium 388 mg



Chili Verde

Ingredients

- 1 pound fresh tomatillos, husks removed, washed, and cut into quarters
- 3 Anaheim chilies, roasted, peeled, seeded, and diced
- 3 green onions, sliced
- 2 cloves garlic, chopped
- 1 jalapeño pepper, seeded and diced
- 2 tablespoons fresh lime juice
- 1 teaspoon sugar
- 2 teaspoons oil
- 1½ pounds lean pork tenderloin, cut into ¾-inch chunks
- ¼ cup chopped fresh cilantro
- ½ teaspoon salt

Preparation

1. Place tomatillos in a medium saucepan with a small amount of water. Cover and simmer for about 5 minutes until soft.
2. Drain tomatillos and place in a blender container with the Anaheim chilies, green onions, garlic, and jalapeño pepper. Blend on low speed until fairly smooth. Stir in lime juice and sugar and pour back into saucepan; set aside.
3. Heat oil in a large skillet. Add pork to skillet; cook and stir over high heat for about 5 minutes to brown; add to the pan with the sauce. Bring to a boil; reduce heat and simmer, covered, for 50 minutes.
4. Remove cover and cook for 10 minutes more. Stir in cilantro and salt. Serve with ½ cup cooked brown rice.

Serve this dish with a side salad and fruit for a complete meal.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Cook time: 1 hour and 10 minutes

Nutrition information per serving:

Calories 413, Carbohydrate 35 g, Dietary Fiber 6 g, Protein 43 g, Total Fat 11 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 108 mg, Sodium 383 mg



Makes 9 servings. 3-inch square piece of cornbread and ½ cup blackeye peas per serving.

Prep time: 10 minutes **Cook time:** 50 minutes

Nutrition information per serving: Calories 329, Carbohydrate 54 g, Dietary Fiber 7 g, Protein 12 g, Total Fat 8 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 203 mg

Cornbread with Spicy Blackeye Peas

Serve with Oven Fried Chicken for a family dinner.



INGREDIENTS

6 cups water	¼ cup vegetable oil
1½ (16-ounce) package frozen blackeye peas	1 cup lowfat buttermilk
1 cup cornmeal	1 cup frozen corn, thawed
1 cup all-purpose flour	nonstick cooking spray
¼ cup sugar	1 medium onion, chopped
1 tablespoon baking powder	2 cloves garlic, finely chopped
1 egg, beaten	1 jalapeño pepper, seeded and chopped (optional)

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. In a medium-size pot, bring water to a boil over high heat.
3. Add blackeye peas and return to a boil. Lower the heat to medium and simmer for 30 minutes.
4. While the blackeye peas are cooking, mix cornmeal, flour, sugar, and baking powder in a medium bowl.
5. Add the egg, oil, buttermilk, and corn to the flour mixture. Mix ingredients until just blended (there may be a few small lumps).
6. Spray a 9 x 9-inch square pan with nonstick cooking spray.
7. Pour the batter into the pan.
8. Bake 20 to 25 minutes or until a wooden toothpick inserted in the center comes out clean.
9. As the cornbread continues to bake, drain the blackeye peas and keep half a cup of cooking water.

continued on following page



Cornbread with Spicy Blackeye Peas *(continued)*



PREPARATION

10. Spray a skillet with nonstick cooking spray and sauté onions and garlic over medium heat until tender, about 3 minutes.
11. Add blackeye peas, jalapeño pepper, and reserved cooking water to the skillet and continue to simmer and stir for 5 minutes more.
12. Serve a square of cornbread over $\frac{1}{2}$ cup of blackeye peas.

Makes 9 servings. 3-inch square piece of cornbread and $\frac{1}{2}$ cup blackeye peas per serving.

Prep time: 10 minutes **Cook time:** 50 minutes

Nutrition information per serving: Calories 329, Carbohydrate 54 g,
Dietary Fiber 7 g, Protein 12 g, Total Fat 8 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 25 mg, Sodium 203 mg



Easy Turkey Skillet Dinner

Serve this hearty meal with whole wheat bread and green salad.

Makes 4 servings. 1 cup per serving.

Prep time: 5 minutes **Cook time:** 25 minutes

Ingredients

nonstick cooking spray	1 teaspoon each dried basil, oregano, and garlic powder
$\frac{3}{4}$ pound lean ground turkey	$\frac{1}{2}$ teaspoon salt
1 medium onion, peeled and chopped	$\frac{1}{4}$ teaspoon ground black pepper
3 tomatoes, chopped	2 medium zucchini, sliced
3 tablespoons tomato paste	

Preparation

1. Spray nonstick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasonings. Simmer over medium heat for 10 minutes.
4. Add zucchini and cook for 5 minutes more. Serve while hot.

Nutrition information per serving: Calories 181, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 462 mg



Grilled Chicken Vegetable Kabobs

Try these kabobs at your next family barbecue.

Makes 4 servings. 1 skewer per serving.

Prep time: 1 hour and 15 minutes **Cook time:** 10 minutes

Ingredients

2 teaspoons olive oil	4 wooden skewers
3 tablespoons fresh lemon juice	8 cherry tomatoes
ground black pepper to taste	12 whole bay leaves
1 pound boneless chicken breast without skin, cut into 2-inch cubes	1 medium onion, cut into 1-inch cubes
	1 medium green bell pepper, cut into 1-inch cubes
	2 cups cooked brown rice

Preparation

1. In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat.
3. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.
4. Serve each kabob over $\frac{1}{2}$ cup of brown rice.

Nutrition information per serving: Calories 297, Carbohydrate 29 g,
Dietary Fiber 5 g, Protein 28 g, Total Fat 7 g, Saturated Fat 2 g,
Trans Fat 0 g, Cholesterol 68 mg, Sodium 73 mg



Hearty Bean and Vegetable Soup

Ingredients

- ½ cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried blackeye peas
- 8 cups water
- 1 smoked ham hock (about ½ pound)
- 1 teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chillies
- ½ teaspoon each salt and ground black pepper
- 1 bay leaf
- 1 cup chopped onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 (14½-ounce) cans no salt added diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce

Preparation

1. Rinse dried pink beans, lentils, black beans, yellow split peas, kidney beans, and blackeye peas under cold running water. Place beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain.
2. Combine drained bean, lentil and pea mixture, water, and ham hock in a large pot; bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour.
3. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup and serve.

This healthy meal is sure to please your entire family.

Makes 8 servings. 2 cups per serving.

Prep time: 20 minutes (excludes soaking beans)

Cook time: 3 hours

Nutrition information per serving:

Calories 346, Carbohydrate 50 g, Dietary Fiber 16 g, Protein 22 g, Total Fat 9 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 19 mg, Sodium 455 mg



Macaroni and Cheese with Glazed Vegetables

Try using sharp Cheddar cheese to kickup the flavor in this family favorite.



INGREDIENTS

- | | |
|--|---|
| 2 cups uncooked macaroni noodles | 4 cups frozen mixed vegetables (corn, carrots, lima beans, peas, green beans) |
| nonstick cooking spray | 1 teaspoon grated orange peel |
| ½ cup chopped onions | ½ cup 100% orange juice |
| ¾ cup evaporated skim milk | 1 tablespoon Dijon-style mustard |
| 1 egg, beaten | 1 teaspoon low-sodium soy sauce |
| ½ teaspoon ground black pepper | |
| 1¾ cups shredded lowfat Cheddar cheese | |

PREPARATION

1. Cook the macaroni noodles according to the package directions; drain and set aside.
2. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
3. Spray a skillet with nonstick cooking spray and heat over medium heat.
4. Add onions to skillet and sauté until tender, about 3 minutes.
5. Add evaporated milk, egg, ground black pepper, and 1½ cups cheese; mix until smooth.
6. Add cooked macaroni noodles to the cheese sauce and stir until well coated.
7. Spray a casserole dish with nonstick cooking spray.



Makes 5 servings. 1 cup macaroni and ¾ cup vegetables per serving.
Prep time: 15 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 457, Carbohydrate 73 g, Dietary Fiber 10 g, Protein 27 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 52 mg, Sodium 597 mg



Macaroni and Cheese with Glazed Vegetables *(continued)*



PREPARATION

8. Pour the mixture into the casserole dish and sprinkle the top with the remaining $\frac{1}{4}$ cup cheese.
9. Bake for 25 minutes or until the top bubbles and begins to brown.
10. While the macaroni and cheese is baking, cook mixed vegetables in a microwave safe dish according to the instructions on the package.
11. Combine the remaining ingredients in a small bowl and stir until well blended.
12. Drain vegetables and toss with the orange juice mixture.
13. Serve 1 cup of macaroni and cheese alongside $\frac{3}{4}$ cup of glazed vegetables.



Makes 5 servings. *1 cup macaroni and $\frac{3}{4}$ cup vegetables per serving.*

Prep time: 15 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 457, Carbohydrate 73 g, Dietary Fiber 10 g, Protein 27 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 52 mg, Sodium 597 mg

Mango Chicken Stir-Fry

Tender chunks of chicken team up with crisp peppers and sweet mangos in this colorful stir-fry. Substitute half of the red bell pepper with green bell pepper for a more colorful dish.

Makes 4 servings. *1½ cups per serving.*

Prep time: 15 minutes **Cook time:** 15 minutes

Ingredients

- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into bite-size chunks
- ¼ cup pineapple juice
- 3 tablespoons low-sodium soy sauce
- ¼ teaspoon ground ginger
- 1 red bell pepper, cut into bite-size strips
- 2 mangos, pitted and cut into bite-size strips
- ¼ cup toasted, slivered almonds
- ground black pepper to taste
- 2 cups cooked brown rice



Preparation

1. Spray a large wok or skillet with nonstick cooking spray.
2. Sauté chicken over medium-high heat until cooked through, about 10 minutes.
3. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
4. Cook and stir for about 5 minutes until peppers are crisp-tender.
5. Add the mango and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Serve each cup of stir-fry over ½ cup of brown rice.

Nutrition information per serving: Calories 387, Carbohydrate 47 g, Dietary Fiber 7 g, Protein 31 g, Total Fat 9 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 496 mg



Nellie's Kale Stew

A tasty stew anytime of the year.



INGREDIENTS

- | | |
|---|--|
| 1 tablespoon vegetable oil | 4 cups water |
| 1 large onion, chopped | 1 pound kale, chopped |
| 2 cloves garlic, chopped | 2 medium carrots, chopped |
| 1 medium green bell pepper, chopped | 2 medium white potatoes, cut into cubes |
| 1 (8-ounce) can tomato sauce | nonstick cooking spray |
| 1 (6-ounce) can tomato paste | ½ pound turkey kielbasa, sliced into thin rounds |
| 1 (14-ounce) can low-sodium chicken broth | |

PREPARATION

1. In a large pot, heat oil over medium-high heat.
2. Sauté onion, garlic, and bell peppers until tender, about 5 minutes.
3. Add tomato sauce, tomato paste, chicken broth, water, kale, carrots, and potatoes. Cook on medium-high heat until potatoes are tender, about 45 minutes.
4. Spray a medium skillet with nonstick cooking spray. Sauté kielbasa until heated through, about 5 minutes.
5. Add turkey kielbasa to stew and cook for 15 minutes more. Serve while hot.

Makes 10 Servings. *1½ cups per serving.*

Prep time: 10 minutes **Cook time:** 1 hour and 10 minutes

Nutrition information per serving: Calories 127, Carbohydrate 18 g, Dietary Fiber 3 g, Protein 7 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 12 mg, Sodium 596 mg



One Pot Vegetarian Stew

Warm up your winter evenings with this hearty vegetable dish.



INGREDIENTS

- | | |
|--|--|
| 2 teaspoons vegetable oil | 2 teaspoons chili powder |
| 1 medium onion, chopped | 2 teaspoons dried oregano |
| 1 medium green bell pepper, chopped | 1 (15-ounce) can black beans, drained and rinsed |
| 3 cloves garlic, finely chopped | 1 (15-ounce) can red beans, drained and rinsed |
| 1 (14½-ounce) can diced tomatoes | 8 tablespoons fat free sour cream (optional) |
| 2 cups fresh or frozen corn | |
| 1 (14½-ounce) can low-sodium vegetable broth | |

PREPARATION

1. In a large pot, heat oil over medium heat.
2. Sauté onion, bell pepper, and garlic until tender, about 5 minutes.
3. Add tomatoes, corn, vegetable broth, chili powder, oregano, and beans. Stir well.
4. Cover and simmer until thoroughly heated, about 15 minutes.
5. Spoon into 8 bowls. If desired, top each bowl with one tablespoon of fat free sour cream and serve with whole grain rolls.



Makes 8 servings. $1\frac{1}{2}$ cups per serving.
Prep time: 10 minutes Cook time: 20 minutes

Nutrition information per serving: Calories 220, Carbohydrate 42 g, Dietary Fiber 11 g, Protein 11 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 482 mg



Oven Fried Catfish with Stir-Fry Greens

This tasty twist on a traditional dish will have your family asking for more.



INGREDIENTS

nonstick cooking spray	1½ cups cornmeal
1 pound catfish fillets, cut into 6 equal pieces	1 teaspoon vegetable oil
4 teaspoons Soulful Seasoning (see recipe on page 34)	¼ cup chopped onion
½ cup egg substitute	2 cloves garlic, finely chopped
	1 pound collard greens, chopped

PREPARATION

1. Place an oven rack on the bottom level of the oven. Preheat oven to 400°F.
2. Spray a baking sheet with nonstick cooking spray.
3. Sprinkle both sides of fish with Soulful Seasoning.
4. Dip fish into egg substitute and roll in cornmeal.
5. Arrange fish on a baking sheet so that the pieces do not touch. Bake for 20 minutes.
6. Reduce heat to 350°F and bake until crust is golden and fish flakes easily, about 5 minutes more.
7. While the fish is baking, heat oil over medium heat in a large skillet.
8. Sauté onion and garlic until tender, about 3 to 5 minutes.
9. Add collard greens and cook, stirring often, until they turn bright green and limp.
10. Serve each piece of fish alongside one cup of greens.



Makes 6 servings. 1 piece of fish and 1 cup of greens per serving.

Prep time: 15 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 282, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 23 g, Total Fat 7 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 98 mg



Makes 6 servings. *1 piece of chicken and 1 cup squash per serving.*
Prep time: 10 minutes **Cook time:** 45 minutes

Nutrition information per serving: Calories 185, Carbohydrate 17 g,
Dietary Fiber 3 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 46 mg, Sodium 202 mg

Oven Fried Chicken with Summer Squash

This dish is a great way to bring the family to the table.



INGREDIENTS

- | | |
|---|---|
| 1 cup finely crushed cornflakes | nonstick cooking spray |
| ¼ teaspoon salt | ½ tablespoon vegetable oil |
| ½ teaspoon ground black pepper | 1 clove garlic, finely chopped |
| 1 teaspoon onion powder | 2 medium zucchinis, cut into short strips |
| 1 teaspoon garlic powder | 3 medium yellow squash, cut into short strips |
| ½ cup evaporated skim milk | 1 teaspoon dried oregano |
| 1 pound chicken breasts, skin removed and cut into 6 pieces | |

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. In a small bowl, combine cornflakes, salt, ground black pepper, onion powder, and garlic powder.
3. Place evaporated milk in a separate bowl. Dip chicken pieces in milk and roll in crushed cornflake mixture, lightly coating both sides.
4. Spray a roasting pan with nonstick cooking spray and arrange chicken pieces on the pan in a single layer. Bake for 30 minutes.
5. While the chicken is baking, heat oil in a medium skillet over medium-high heat.
6. Sauté garlic in oil for about 3 minutes. Add zucchini, yellow squash, and oregano; continue to cook until tender, about 5 to 7 minutes.
7. Serve each piece of chicken with 1 cup of zucchini and yellow squash mixture.



Oven Wedge Fries

A tasty surprise for those who love fries.

Makes 4 servings. 1 cup per serving.

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients

nonstick cooking spray
2 large russet potatoes, cut
into wedges

Seasoning Mix

2 cloves garlic, finely
chopped
1 teaspoon Italian herb
seasoning mix
1 teaspoon chili powder
and/or paprika

Preparation

1. Preheat oven to 400°F.
2. Spray a cookie sheet with nonstick cooking spray. Place potato wedges on the cookie sheet.
3. In a small bowl, combine garlic with seasonings and sprinkle $\frac{1}{2}$ of the mixture over the top of the potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over. Sprinkle with the remaining mixture, and bake for another 7 minutes or until the wedges are browned and cooked through. Serve while hot.

Nutrition information per serving: Calories 146, Carbohydrate 33 g,
Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg



Potato Sauté with Onions and Bell Peppers

Ingredients

- | | |
|--|---|
| 2 cups water | ½ cup chopped tomato |
| 2 large russet potatoes, cleaned and cut in half | ½ teaspoon oregano |
| 1 tablespoon vegetable oil | ¼ teaspoon each salt and ground black pepper |
| ½ cup chopped onion | ¼ cup crumbled queso fresco or reduced fat Monterey Jack cheese |
| ½ cup chopped green and red bell pepper | |
| ½ cup no salt added canned corn or frozen corn, thawed | |

Preparation

1. Bring water to a boil in a large pan. Add potatoes and cook until crisp-tender, about 15 minutes. Drain well and cut into bite-size pieces.
2. Heat oil in a large skillet. Sauté onion until golden brown and soft. Add potatoes and bell pepper to skillet and cook over medium-high heat, stirring frequently, until golden brown.
3. Stir in corn, tomato, oregano, salt, and ground black pepper. Top with cheese and serve.

This recipe is great as a side dish with dinner or for breakfast.

Makes 4 servings. ½ cup per serving.

Prep time: 15 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 217, Carbohydrate 39 g, Dietary Fiber 6 g, Protein 6 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 220 mg



Rosemary Lemon Chicken with Vegetables

This meal goes great with a crisp green salad.

Makes 4 servings. $\frac{1}{2}$ chicken breast and 1 cup vegetables per serving.

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients

- | | |
|---|--|
| $\frac{1}{2}$ pound small red potatoes (about 3 potatoes), rinsed and cubed | $\frac{1}{4}$ cup lemon juice, divided |
| $\frac{1}{2}$ cups baby carrots | 2 tablespoons honey* |
| 1 cup green beans, trimmed | 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary |
| 2 boneless, skinless chicken breasts, halved (about 1 pound) | 1 teaspoon grated lemon peel |
| 1 tablespoon olive oil | $\frac{1}{4}$ teaspoon ground black pepper |

Preparation

1. In a medium pot, bring 8 cups of water to a boil.
2. Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside.
3. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side.
4. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice.
5. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.

* Do not give honey to children under the age of one.

Nutrition information per serving: Calories 276, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 103 mg



Sautéed Okra with Onions and Tomatoes

Share this hearty vegetarian meal at your next potluck.



INGREDIENTS

- | | |
|---|---|
| 2 teaspoons vegetable oil | 1 teaspoon Soulful Seasoning
(see recipe on page 34) |
| 1 small onion, chopped | ½ teaspoon hot sauce |
| 1 pound okra, ends trimmed,
rinsed, and cut into ½-inch
thick slices or 1 (16-ounce)
package frozen okra | ¼ teaspoon ground black
pepper |
| 1 (14½-ounce) can diced
tomatoes | 2 cups cooked brown rice |

PREPARATION

1. Heat oil in a large skillet over medium-high heat.
2. Sauté onion until tender, about 3 minutes.
3. Add remaining ingredients and cook, stirring frequently, until okra is slightly tender, but not mushy, about 5 minutes.
4. Serve 1 cup of sautéed okra over ½ cup of brown rice.



Makes 4 servings. *1½ cups per serving.*
Prep time: 10 minutes **Cook time:** 10 minutes

Nutrition information per serving: Calories 182, Carbohydrate 34 g,
Dietary Fiber 7 g, Protein 6 g, Total Fat 4 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 144 mg

Savory Greens

You do not have to boil your greens for hours; in fact, doing this pulls nutrients out of them. Save time and nutrients by cooking greens for only one-half hour.

Makes 6 servings. 1 cup per serving.

Prep time: 10 minutes **Cook time:** 30 minutes



Ingredients

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped and seeded jalapeño pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens)



Preparation

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

Adapted from recipe courtesy of National Heart Lung and Blood Institute.

Nutrition information per serving: Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

DINNER

43

Sesame Chicken with Peppers and Snow Peas

Ginger and sesame add an Asian flare to this dish.

Makes 4 servings. *1¼ cups per serving.*

Prep time: 10 minutes **Cook time:** 20 minutes

Ingredients

- 1 tablespoon sesame seeds
- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into strips
- 2 cups snow peas, trimmed
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons water
- 1½ teaspoons packed brown sugar
- ¼ teaspoon ground ginger
- 2 green onions, sliced
- 2 cups cooked brown rice

Preparation

1. Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from skillet and set aside.



2. Spray same skillet with nonstick cooking spray. Add chicken; cook and stir for about 10 minutes or until chicken is fully cooked. Add snow peas and bell peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender.
3. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet. Cook for 5 minutes over medium-high heat.
4. Sprinkle with sesame seeds and green onions. Serve ¾ cups of chicken mixture over ½ cup of brown rice.

Nutrition information per serving: Calories 293, Carbohydrate 28 g, Dietary Fiber 5 g, Protein 30 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 470 mg



Simple Fish Tacos

Make your own restaurant-style fish tacos at home for a light and healthy dinner.

Makes 6 servings. 2 tacos per serving.

Prep time: 20 minutes **Cook time:** 5 minutes

Ingredients

- | | |
|---|------------------------------------|
| 1 pound cod or white fish fillets, cut into 1-inch pieces | 1 cup shredded red cabbage |
| 1 tablespoon olive oil | 1 cup shredded green cabbage |
| 2 tablespoons lemon juice | 2 cups chopped tomatoes |
| ½ package taco seasoning | ½ cup nonfat sour cream |
| 12 (6-inch) warmed corn tortillas | taco sauce to taste |
| | lime wedges for serving (optional) |

Preparation

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired.

Nutrition information per serving: Calories 239, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 42 mg, Sodium 247 mg

Recipe courtesy of the Produce for Better Health Foundation.

DINNER

42



Spaghetti with Turkey Meat Sauce

Top your pasta with this healthy version of a classic Italian dish.

Makes 8 servings. *1½ cups per serving.*

Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients

- | | |
|--|-------------------------------------|
| nonstick cooking spray | 2 cloves garlic,
finely chopped |
| ¾ pound lean ground turkey | 1 teaspoon crushed dried
oregano |
| 2 (14½-ounce) cans diced
tomatoes, juice reserved | 1 teaspoon ground black
pepper |
| 1 green bell pepper, finely
chopped | 1 pound spaghetti noodles |
| 1 cup finely chopped onion | |

Preparation

1. Spray a large skillet with nonstick cooking spray. Preheat skillet over medium heat.
2. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat.
3. Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally.
4. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.

Nutrition information per serving: Calories 346, Carbohydrate 57 g,
Dietary Fiber 5 g, Protein 20 g, Total Fat 4 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 28 mg, Sodium 162 mg



Spinach Corn Casserole

Ingredients

- 1 (16-ounce) package chopped frozen spinach
- ½ cup finely chopped white onion
- 2 (14¾-ounce) cans creamed corn
- 1 tablespoon margarine
- 2 teaspoons vinegar
- 1 teaspoon salt
- ½ teaspoon ground black pepper

Topping

- ½ cup bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon margarine

Preparation

1. Preheat oven to 400°F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
2. Combine spinach, onion, and creamed corn in casserole dish.
3. Melt 1 tablespoon margarine and add to casserole dish. Add vinegar, salt, and ground black pepper. Mix ingredients together.
4. Spread bread crumbs and Parmesan cheese over top of casserole. Melt remaining margarine and drizzle over topping. Bake for 20 to 30 minutes. Serve while hot.

Serve this vegetable dish alongside your favorite family meal.

Makes 12 servings. ½ cup per serving.

Prep time: 10 minutes

Cook time: 20 to 30 minutes

Nutrition information per serving:

Calories 100, Carbohydrate 18 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 419 mg



Soulful Seasoning

Add flavor to soups, stews, and side dishes with this savory seasoning.



INGREDIENTS

- 3 tablespoons onion powder
- 4 tablespoons garlic powder
- 1 tablespoon ground red pepper
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon ground black pepper
- 2 teaspoon ground thyme

PREPARATION

1. Mix all ingredients together to make $\frac{3}{4}$ cup seasoning.
2. Store in an airtight container and use in place of seasoning salts.

See the following recipes that use Soulful Seasoning:

Dirty Rice and Blackeye Peas on page 32

Sautéed Okra with Onions and Tomatoes on page 39

Catfish Stew on page 41

Oven Fried Catfish with Stir-Fry Greens on page 46

Makes 12 servings. 1 tablespoon per serving.

Prep time: 5 minutes

Nutrition information per serving: Calories 0, Carbohydrate 0 g, Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg



Tortilla Pizzas

Ingredients

- 12 small corn or flour tortillas
- vegetable oil or margarine
- 1 (16-ounce) can refried beans
- ¼ cup chopped onion
- 2 ounces fresh or canned green chili peppers, diced
- 6 tablespoons red taco sauce
- 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and red bell pepper
- ½ cup (2 ounces) shredded part-skim Mozzarella cheese
- ½ cup chopped fresh cilantro (optional)

Preparation

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan over medium heat, stirring occasionally. Remove from heat.
4. Spread about ⅓ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with ½ cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Chili peppers and taco sauce give this pizza a spicy twist.

Makes 6 servings. 1 pizza per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 235, Carbohydrate 39 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 11 mg, Sodium 402 mg



Turkey Chili

Serve with cornbread and salad for a hearty meal.



INGREDIENTS

- | | |
|---------------------------------|--|
| nonstick cooking spray | 2 (14½-ounce) cans kidney or pinto beans, drained and rinsed |
| 1 pound lean ground turkey | |
| 1 medium onion, chopped | 1 (8-ounce) can tomato sauce |
| 1 green bell pepper, chopped | 1 package chili seasoning |
| 1 (28-ounce) can whole tomatoes | 2 teaspoons ground black pepper |

PREPARATION

1. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
2. Brown ground turkey until no longer pink; drain excess fat.
3. Add onion and bell pepper and cook for 5 minutes.
4. Add remaining ingredients. Cover and cook for 20 minutes over low to medium heat. Serve while hot.



Makes 12 servings. 1 cup per serving.

Prep time: 10 minutes Cook Time: 30 minutes

Nutrition information per serving: Calories 176, Carbohydrate 23 g, Dietary Fiber 6 g, Protein 15 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 503 mg



Vegetable Chicken Enchiladas

Ingredients

- nonstick cooking spray
- 1 large onion, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 1 large zucchini, chopped
- 1 cup cooked, chopped chicken breast
- $\frac{3}{4}$ cup red enchilada sauce
- 2 (8-ounce) cans no salt added tomato sauce
- 8 (6-inch) corn tortillas
- $\frac{3}{8}$ cup shredded reduced fat Monterey Jack cheese

Preparation

1. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray. Sauté onion for 5 minutes over medium heat, stirring occasionally. Add bell pepper and zucchini; cook for 5 minutes more. Stir in chicken; set aside.
3. Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add $\frac{1}{2}$ cup to vegetable and chicken mixture.
4. Soften tortillas on the stovetop or in the microwave oven. Dip each tortilla in sauce and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 13 x 9-inch baking pan. Pour any remaining sauce over the top.
5. Cover loosely with foil and bake for 20 to 25 minutes. Remove cover and sprinkle cheese over top; bake for 5 minutes more. Serve while hot.

Unlike traditional enchiladas, these are full of fresh, tasty vegetables.

Makes 4 servings. 2 enchiladas per serving.

Prep time: 10 minutes

Cook time: 35 to 40 minutes

Nutrition information per serving:

Calories 311, Carbohydrate 41 g, Dietary Fiber 7 g, Protein 22 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 41 mg, Sodium 521 mg



Apple Glazed Sweet Potatoes

So easy, just simmer sweet potato slices in juice and serve.

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Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

2½ cups unsweetened 100% apple juice

½ teaspoon ground cinnamon

¼ teaspoon salt

2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

Preparation

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve while hot.

Nutrition information per serving:
Calories 208, Carbohydrate 50 g, Dietary Fiber 5 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg

Zucchini Sauté

This vegetable side dish tastes lively and is fast to fix.

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Makes 5 servings.

1 cup per serving.

Prep time: 10 minutes

Cook time: 5 minutes

Ingredients

1¼ pounds zucchini (about 3 medium zucchini)

½ teaspoon olive oil

1 tablespoon dried oregano

2 cloves garlic, finely chopped

1 teaspoon grated lemon peel

1 tablespoon grated Parmesan cheese

¼ teaspoon ground black pepper

Preparation

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Nutrition information per serving:
Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg



Cinnamon Baked Golden

Serve alone or with vanilla frozen yogurt and a sprinkle of lowfat granola.

Makes 4 servings. 1 apple per serving.

Prep time: 10 minutes **Cook time:** 10 minutes

Ingredients

4 large golden delicious apples, cored	1 tablespoon lemon juice
¼ cup raisins	1 teaspoon grated lemon peel
½ cup 100% apple juice	½ teaspoon ground cinnamon
2 tablespoons brown sugar	⅛ teaspoon nutmeg

Preparation

1. Place apples in a microwave safe baking dish.
2. Fill each apple with an equal amount of raisins.
3. Combine all remaining ingredients in a small bowl and pour over apples. Cover with plastic wrap and microwave on high for 5 minutes or until apples are tender.
4. Carefully remove apples from dish with a slotted spoon and set aside.
5. Place baking dish back in the microwave and cook on high, uncovered, for 3 to 5 minutes more or until mixture has thickened to a glaze. Drizzle over apples and serve while hot.

Nutrition information per serving: Calories 156, Carbohydrate 41 g,
Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg



Fresh Fruit Crepes

Fruit Topping Ingredients

- ¼ cup brown sugar
- juice of 1 lime
- 2 cups sliced fresh strawberries
- ½ cup fresh blueberries

Crepe Ingredients

- 1 cup lowfat ricotta cheese
- 2 tablespoons brown sugar
- ¼ teaspoon cinnamon
- 6 (6-inch) flour tortillas
- 2 teaspoons margarine

Preparation

1. Combine brown sugar and lime juice in a small bowl; stir to dissolve sugar. Stir in fruit and set aside.
2. To prepare crepes, combine cheese, brown sugar, and cinnamon in a small bowl. Spoon an even amount of mixture on half of each tortilla; fold over to enclose filling.
3. Melt 1 teaspoon margarine in a large skillet over medium heat. Place 3 of the filled tortillas in the skillet and cook for several minutes on each side until crisp and lightly browned. Repeat with remaining margarine and tortillas.
4. Spoon fruit topping over crepes and serve while hot.

Serve these crepes for brunch or as a light dessert.

Makes 6 servings. 1 crepe per serving.

Prep time: 10 minutes

Cook time: 10 minutes

Nutrition information per serving:

Calories 146, Carbohydrate 25 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 190 mg



Fruit Dip

Use fresh orange segments and kiwifruit slices when winter fruits are in season.

Makes 4 servings. *¼ recipe per serving.*

Prep time: 15 minutes

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Ingredients

1 (8-ounce) container lowfat vanilla yogurt	2 medium red apples, cored and sliced
2 tablespoons 100% orange juice	1 medium pear, cored and sliced
1 tablespoon lime juice	1 medium plum, sliced
½ tablespoon brown sugar	8 large strawberries

Preparation

1. In a small bowl, combine yogurt, orange juice, lime juice, and brown sugar; mix well.
2. Serve dip in a bowl on a large plate and surround with fruit.

Nutrition information per serving: Calories 140, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 40 mg

Amazing Fruit Salad

FUN FACT: Romaine, red leaf, and butter lettuce all have more nutrients than iceberg lettuce. Kiwifruit and strawberries both have lots of vitamin C.



Ingredients

- 2 cups washed and torn lettuce leaves (such as romaine, red leaf, or butter lettuce)
- 1 cup drained, canned* pineapple chunks
- 1 cup sliced strawberries
- 2 kiwifruit, peeled and sliced
- ½ cup lowfat, fruit-flavored yogurt
- 3 tablespoons frozen lemonade concentrate, thawed

Preparation

1. Place torn lettuce leaves into a large salad bowl.
2. Add pineapple chunks, strawberries, and kiwifruit.
3. In a small bowl, stir together yogurt and lemonade concentrate.
4. Drizzle yogurt mixture over salad. Serve.

Makes 4 servings.

One serving equals 1¼ cups.

Preparation time: 15 minutes

** canned fruit packed in 100% juice*



Fudgy Fruit

Chocolate covered fruit is a great after-dinner treat!

Makes 4 servings. *½ banana, 2 strawberries per serving.*

Prep time: 15 minutes **Cook time:** 30 seconds

Ingredients

- | | |
|---|--------------------------------|
| 2 tablespoons semi-sweet chocolate chips | 8 large strawberries |
| 2 large bananas, peeled and cut into quarters | ¼ cup chopped unsalted peanuts |

Preparation

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Nutrition information per serving: Calories 151, Carbohydrate 24 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg



Honey Gingered Fruit Salad

Dress up your fruit salad with a sprinkling of chopped almonds for a sweet and crunchy treat.



INGREDIENTS

- 1 large mango, peeled and cut into chunks
- 1 cup fresh blueberries
- 1 small banana, peeled and sliced
- 1 cup strawberries
- 1 cup seedless green grapes
- 1 cup nectarines, sliced
- 1 cup kiwifruit, peeled and sliced

Honey Ginger Sauce:

- ½ cup 100% orange juice
- 2 tablespoons lemon juice
- 1 tablespoon honey*
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground ginger

PREPARATION

1. In a large bowl, combine fruit.
2. In a small bowl, mix all honey ginger sauce ingredients until well blended.
3. Pour honey ginger sauce over fruit and toss together.
4. Refrigerate for at least 20 minutes and serve chilled.



Makes 6 servings. 1 cup per serving.

Prep time: 10 minutes **Marinate:** 20 minutes

Nutrition information per serving: Calories 124, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

* Do not give honey to children under the age of one.

Recipe courtesy of BOND of Color.



Mixed Berry Crisp

This medley of flavors will tantalize your taste buds.



INGREDIENTS

7 cups frozen mixed berry medley, thawed	¼ cup whole wheat flour
½ tablespoon sugar	¼ cup packed brown sugar
1 tablespoon all-purpose flour	¼ teaspoon salt
1½ teaspoons cornstarch	¼ teaspoon cinnamon
nonstick cooking spray	⅛ teaspoon vanilla extract
¾ cup old fashioned oats	2 tablespoons chilled butter, cut into small pieces

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 375°F.
2. In a medium bowl, mix berries, sugar, all-purpose flour, and cornstarch.
3. Spray a 9 x 9-inch baking dish with nonstick cooking spray. Pour fruit mixture into the baking dish.
4. In a medium bowl, combine oats, whole wheat flour, brown sugar, salt, cinnamon, and vanilla extract. Mix in butter until crumbly.
5. Sprinkle oat mixture evenly over berry mixture.
6. Bake until topping is golden brown, about 45 minutes. Serve warm or at room temperature.

Makes 6 servings. *1 cup per serving.*

Prep time: 10 minutes **Cook time:** 45 minutes

Nutrition information per serving: Calories 244, Carbohydrate 48 g, Dietary Fiber 11 g, Protein 5 g, Total Fat 6 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 10 mg, Sodium 235 mg



Oven Fried Plantains

Impress your friends with this sweet Caribbean dish.



INGREDIENTS

- nonstick cooking spray
- 4 very ripe medium plantains
- $\frac{1}{8}$ teaspoon ground nutmeg
- 4 tablespoons brown sugar

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. Spray cookie sheet well with nonstick cooking spray.
3. Peel and slice each plantain into 16 thin diagonal slices.
4. Sprinkle plantains with nutmeg and brown sugar.
5. Bake until crisp, about 45 minutes. Serve while warm.

Makes 8 servings. 8 slices per serving.

Prep time: 5 minutes **Cook time:** 45 minutes

Nutrition information per serving: Calories 158, Carbohydrate 42 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 8 mg

Peach Crumble

A light and healthy dessert that takes just minutes to prepare.

Makes 12 servings. *½ cup per serving.*

Prep time: 5 minutes **Cook time:** 25 minutes

Ingredients

- nonstick cooking spray
- 4 (15-ounce) cans juice packed peach slices, drained*
- 2 tablespoons cornstarch
- 1 teaspoon vanilla
- 1¼ teaspoons ground cinnamon
- ⅔ cup old fashioned oats
- ¼ cup brown sugar
- ⅓ cup flour
- 2½ tablespoons butter



Preparation

1. Preheat oven to 400°F.
2. Spray a 9-inch deep dish pie pan with nonstick cooking spray and pour peaches in the pan.
3. In a small bowl, stir in cornstarch, vanilla, and 1 teaspoon cinnamon; pour the mixture over peaches.
4. In a large bowl, mix the remaining cinnamon, oats, brown sugar, flour, and butter with a fork until crumbly; sprinkle over peaches.
5. Bake for 20 to 25 minutes or until juices are thickened and bubbly, and topping is lightly browned. Serve while hot.

*Canned fruit packed in 100% fruit juice.

Nutrition information per serving: Calories 139, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 25 mg



Rice Pudding

Ingredients

nonstick cooking spray	1 egg white
2½ cups cooked white rice	¼ teaspoon ground cinnamon
¼ cup granulated sugar	⅛ teaspoon ground nutmeg
2 tablespoons margarine, melted	1 cup raisins
1½ cups 1% lowfat milk	8 cups fruit, such as sliced strawberries, blueberries, or chopped mangos
1 egg	

Preparation

1. Heat oven to 350°F. Spray a 13x9-inch baking dish with nonstick cooking spray.
2. Combine rice, sugar, margarine, milk, eggs, cinnamon, nutmeg, and raisins. Mix well.
3. Pour into baking dish. Bake in oven until top is golden brown, approximately 30 minutes. Top pudding with fruit and serve.

Top Rice Pudding with canned fruit packed in 100% fruit juice when fresh berries and mangos are not in season.

Makes 12 servings. ½ cup per serving.

Prep time: 10 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 187, Carbohydrate 38 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 152 mg



Paradise Freeze

This dessert is simple to make, using just a few ingredients and a blender.

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Makes 4 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

- 1 large banana
- 2 cups strawberries
- 2 ripe mangos, chopped
- ½ cup of ice cubes

Preparation

1. Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Nutrition information per serving:

Calories 121, Carbohydrate 31 g,
Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 3 mg

Savory Grilled Fruit

Try this sweet and juicy recipe at your next family barbecue. Fruit that is firm can be used in most baked or grilled recipes.

.....

Makes 8 servings.

½ piece fruit per serving.

Prep time: 5 minutes

Cook time: 8 minutes

Ingredients

- 4 peaches, plums, or nectarines, halved and pitted

Preparation

1. Cook 4 halved peaches, plums, and/or nectarines over medium, indirect heat for 8 minutes in a covered barbecue grill. Turn after 4 minutes. Serve while hot.

Nutrition information per serving:

Calories 19, Carbohydrate 5 g,
Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 0 mg



Spicy Apple-Filled Squash

Cinnamon and cloves spice up traditional acorn squash wedges.

Makes 4 servings. 1 wedge per serving.

Prep time: 10 minutes **Cook time:** 60 minutes

Ingredients

- | | |
|--|-------------------------------|
| 1 large acorn squash
(about 1 pound) | 1 tablespoon brown sugar |
| 1 cup water | ¼ teaspoon ground
cinnamon |
| 2 teaspoons butter | ⅛ teaspoon ground cloves |
| 1 large apple, cored, peeled,
and chopped | ⅛ teaspoon nutmeg |

Preparation

1. Preheat oven to 400°F.
2. Cut squash into halves and scoop out the seeds. Place squash, cut side down, in 13x9-inch baking dish.
3. Add water and bake 35 to 45 minutes or until fork-tender.
4. While the squash is baking, cook the rest of the ingredients in a medium saucepan over medium heat for about 8 minutes or until apple is crisp-tender.
5. Cut each piece of squash in half and divide the apple mixture equally among squash wedges. Return squash to oven; bake 10 minutes more or until heated through and serve while hot.

Nutrition information per serving: Calories 99, Carbohydrate 21 g,
Dietary Fiber 4 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 5 mg, Sodium 18 mg



Sweet Potato Apple Bake

Serve with frozen yogurt for a special treat.



INGREDIENTS

- | | |
|---|---------------------------------|
| 1 pound sweet potatoes
(about 1 large sweet potato),
peeled and cut into chunks | 1 tablespoon butter, melted |
| $\frac{2}{3}$ cup unsweetened 100%
apple juice | $\frac{1}{2}$ teaspoon cinnamon |
| 2 apples, peeled and cut into
chunks | $\frac{1}{2}$ teaspoon nutmeg |
| $\frac{1}{2}$ teaspoon vanilla extract | 2 tablespoons brown sugar |
| | nonstick cooking spray |

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 400°F.
2. In a large bowl, mix all ingredients.
3. Spray a 9 x 9-inch glass baking dish with nonstick cooking spray. Pour mixture into baking dish.
4. Bake until sweet potatoes are tender, about 45 minutes. Spoon the liquid in the dish over the sweet potatoes and apples a few times while baking. Serve while warm.

Makes 6 servings. $\frac{1}{2}$ cup per serving.
Prep time: 15 minutes **Cook time:** 45 minutes

Nutrition information per serving: Calories 121, Carbohydrate 25 g,
Dietary Fiber 3 g, Protein 1 g, Total Fat 2 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 5 mg, Sodium 37 mg



Tropical Fruit Platter

Ingredients

- | | |
|---|------------------------------|
| 1 (20-ounce) can pineapple slices, each cut in half | 1 mango, peeled and sliced |
| 1 large papaya wedge, peeled and sliced | 2 cups strawberries, stemmed |
| | juice of 1 lime |

Preparation

1. Arrange pineapple, papaya, mango, and strawberries on a serving platter.
2. Sprinkle lime juice over fruit. Serve.

A quick and easy way to get more fruits into your day.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Nutrition information per serving:

Calories 119, Carbohydrate 31 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg



Chickpea Dip with Fresh Vegetables

Purée canned chickpeas, garlic, and seasonings for a quick veggie dip.

Makes 4 servings. 2 tablespoons per serving.

Prep time: 15 minutes

Ingredients

- | | |
|--|--------------------------------|
| 1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed | ¼ teaspoon paprika |
| 3 cloves garlic | ⅛ teaspoon ground black pepper |
| ¼ cup plain lowfat yogurt | 1 medium carrot, sliced |
| 1 tablespoon lemon juice | 2 medium celery stalks, sliced |
| 1 teaspoon olive oil | ½ cup snap peas |
| ¼ teaspoon salt | |

Preparation

1. Put the first eight ingredients into a food processor and blend until smooth. Serve at room temperature with vegetable slices and snap peas.

Nutrition information per serving: Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg



Watermelon Salsa

A mouthwatering combination of sweet and zesty.

Makes 8 servings.

½ cup per serving.



Prep time: 15 minutes

INGREDIENTS

- 3 cups seeded and chopped watermelon
- ½ medium onion, chopped
- ½ red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

PREPARATION

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition information per serving: Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg



Citrus Berry Ice

A refreshing treat to beat the summer heat.

Makes 4 servings.

1 cup per serving.

Prep time: 50 minutes

INGREDIENTS

- 2 tablespoons fresh lemon juice
- 1 tablespoon sugar
- 2 oranges, peeled and quartered
- 2½ cups fresh strawberries
- ¼ teaspoon cinnamon

PREPARATION

1. Place all ingredients in a blender container and blend until smooth.
2. Pour the mixture into a shallow plastic container and place in the freezer.
3. Stir every 15 minutes until the mixture reaches a sherbet-like thickness. Serve immediately.

Nutrition information per serving: Calories 105, Carbohydrate 27 g, Dietary Fiber 5 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg



Corn Tortillas

Ingredients

- 2 cups masa harina
- 1½ cups warm water

Preparation

1. Place masa harina and water in a large bowl. Mix with your hands until a soft dough is formed. Add a little more water if the dough is dry or cracks. Add a little more masa harina if the dough is sticky.
2. Knead dough about 3 minutes. Form 12 balls of equal size. As you form each ball, cover with plastic wrap to keep it moist.
3. Place one ball between 2 baggies or 2 sheets of plastic wrap. Using a tortilla press, flatten the ball to form a 6-inch circle or use a rolling pin to roll out the circle.
4. Repeat step 3, reusing the 2 baggies or 2 sheets of plastic wrap, until 12 tortillas are formed. As you press each tortilla, cover with plastic wrap to keep it moist.
5. Heat a griddle or heavy pan over medium heat until hot. Cook each tortilla 30 seconds on one side. Turn over and cook 1 minute. Turn over again and cook 30 seconds longer.
6. Place cooked tortillas on a plate or in a basket and cover.

For a serving of vegetables, fill one tortilla with ¼ cup cooked vegetables and ¼ cup Pico de Gallo.

Makes 6 servings. 2 tortillas per serving.

Prep time: 30 minutes

Cook time: 25 minutes

Nutrition information per serving:

Calories 139, Carbohydrate 29 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 3 mg



Crispy Taquitos

Ingredients

- | | |
|---|--|
| 2 cups Pico de Gallo, divided
(see page 9) | ½ cup shredded reduced fat
Cheddar cheese, Monterey
Jack cheese, or queso fresco |
| ½ cup cooked, finely chopped
chicken | 12 corn tortillas |
| ½ cup no salt added canned corn
or frozen corn, thawed | 2 teaspoons vegetable oil |
| ¼ cup chopped green onion | |
| ¼ cup chopped green bell pepper | |

Preparation

1. Heat oven to 425°F. In a medium bowl, combine 1 cup Pico de Gallo, chicken, corn, green onion, bell pepper, and cheese.
2. Soften tortillas on the stovetop or in the microwave oven, and spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure each with a toothpick.
3. Place rolled tortillas seam side down on a baking sheet and brush each lightly with oil. Bake for 10 to 15 minutes or until crisp and lightly browned.
4. Place 3 taquitos on each plate and serve with remaining Pico de Gallo.

Great to keep in the freezer. You can heat and eat for a quick snack or side dish! Serve with guacamole for added flavor.

Makes 4 servings. 3 taquitos per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 286, Carbohydrate 41 g, Dietary Fiber 6 g, Protein 14 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 24 mg, Sodium 565 mg



Fresh Cactus Leaves

Try fresh cactus in salads, burritos, scrambled eggs, or with refried beans.

Preparation

1. Using a knife or vegetable peeler, peel around the edge of fresh cactus leaves. There's no need to remove all the skin. Scrape off any spines and dark areas.
2. Finely chop cactus leaves.
3. Serve or store cactus in refrigerator for up to 3 days in a covered plastic or glass container.

Roasted Chilies and Bell Peppers

Add roasted chilies and bell peppers to salads, tacos, tostadas, and chicken tortas.

Preparation

1. Place whole chilies and bell peppers in an oven on broil or on a rack over a charcoal fire. Turn occasionally until blackened on all sides.
2. Place roasted chilies and bell peppers in a plastic bag. Close the bag and let stand until cooled.
3. Remove roasted chilies and bell peppers from the plastic bag. Using a sharp knife, peel off the skin. Remove stems and seeds. Cut chilies and bell peppers into strips.
4. Serve or store roasted chilies and bell peppers in the refrigerator for up to 3 days in a covered plastic or glass container.



Great Grape Smoothie

Quick and healthy, this snack is a favorite with kids.

Makes 2 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

Preparation

1. Combine all ingredients in a blender container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Tip: For a thicker consistency, freeze grapes before blending ingredients. To freeze grapes, rinse, dry, and spread grapes in a single layer on a cake pan or pie pan. Cover and freeze 1½ to 2 hours until completely frozen.

Nutrition information per serving:

Calories 187, Carbohydrate 48 g,
Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 4 mg

Fresh Salsa

Fresh tasting with just a bit of heat.

Makes 6 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ⅓ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

Nutrition information per serving:

Calories 34, Carbohydrate 8 g,
Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 105 mg



Jicama Piña Breeze

Ingredients

½ cup canned pineapple
chunks, packed in
100% juice, undrained

½ cup fresh jicama, peeled and
cut into small pieces

½ cup fresh orange chunks
2 cups orange juice
ice cubes

Preparation

1. Place all ingredients in a blender container.
2. Blend until smooth. Pour into glasses and serve.

A variety of flavors make up this refreshing drink.

Makes 3 servings. 1 cup per serving.

Prep time: 10 minutes

Nutrition information per serving:

Calories 117, Carbohydrate 28 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg



Mango and Blackeye Pea Salsa

Serve with grilled fish or chicken.



INGREDIENTS

- | | |
|---|--|
| 1 (15½-ounce) can blackeye peas, drained and rinsed | 1 tablespoon vegetable oil |
| 1½ tomatoes, finely chopped | 1 tablespoon white vinegar
juice of half a lime |
| 1 mango, peeled and finely chopped | 1 teaspoon ground cumin |
| 2 green onions, chopped | ½ teaspoon garlic powder |

PREPARATION

1. In a large bowl, combine all ingredients and mix well.
2. Serve immediately or cover and refrigerate for up to 4 hours to allow the flavors to blend.
3. Serve with baked pita or corn chips.



Makes 10 servings. ½ cup per serving.

Prep time: 15 minutes

Nutrition information per serving: Calories 83, Carbohydrate 14 g,
Dietary Fiber 3 g, Protein 4 g, Total Fat 2 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 108 mg



Mexican Rice

Ingredients

- | | |
|--|---|
| 1 tablespoon vegetable oil | ½ teaspoon chili powder |
| 1 cup chopped onion | ¼ teaspoon salt |
| 1 (14½-ounce) can low-sodium chicken broth | 1 cup frozen corn, thawed |
| 1 cup white rice | 1 cup frozen pea and carrot blend, thawed |
| ¾ cup chopped tomatoes | |

Preparation

1. Heat vegetable oil in a medium saucepan over medium heat. Add onion and sauté until soft, about 5 minutes.
2. Stir in broth, rice, ½ cup tomatoes, chili powder, and salt. Bring to a boil; reduce heat and simmer, covered, for 25 minutes.
3. Stir in vegetables and let stand for 5 minutes. Spoon remaining tomatoes over the top and serve.

With the help of frozen vegetables, this is a tasty, nutritious side dish. Garnish with chopped fresh cilantro or a sprinkle of cheese.

Makes 6 servings. ¾ cup per serving.

Prep time: 5 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg



Paradise Freeze

This dessert is simple to make, using just a few ingredients and a blender.

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Makes 4 servings.

1 cup per serving.

Prep time: 5 minutes

Ingredients

- 1 large banana
- 2 cups strawberries
- 2 ripe mangos, chopped
- ½ cup of ice cubes

Preparation

1. Combine all ingredients in a blender or food processor container. Blend until mixture is smooth.
2. Pour into glasses and serve.

Nutrition information per serving:

Calories 121, Carbohydrate 31 g,
Dietary Fiber 4 g, Protein 1 g, Total Fat 1 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 3 mg

Savory Grilled Fruit

Try this sweet and juicy recipe at your next family barbecue. Fruit that is firm can be used in most baked or grilled recipes.

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Makes 8 servings.

½ piece fruit per serving.

Prep time: 5 minutes

Cook time: 8 minutes

Ingredients

- 4 peaches, plums, or nectarines, halved and pitted

Preparation

1. Cook 4 halved peaches, plums, and/or nectarines over medium, indirect heat for 8 minutes in a covered barbecue grill. Turn after 4 minutes. Serve while hot.

Nutrition information per serving:

Calories 19, Carbohydrate 5 g,
Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g,
Saturated Fat 0 g, Trans Fat 0 g,
Cholesterol 0 mg, Sodium 0 mg



Peachy Peanut Butter Pita Pockets

Delicious, nutritious, and sure to be a kid favorite!

Makes 4 servings. $\frac{1}{2}$ pita pocket per serving.

Prep time: 10 minutes **Cook time:** 10 seconds



Ingredients

- | | |
|--|--|
| 2 medium whole wheat pita pockets | $\frac{1}{2}$ banana, thinly sliced |
| $\frac{1}{4}$ cup reduced fat chunky peanut butter | $\frac{1}{2}$ fresh peach, thinly sliced |
| $\frac{1}{2}$ apple, cored and thinly sliced | |

Preparation

1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

Nutrition information per serving: Calories 180, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 7 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 217 mg

Pear Mango Salsa

A tropical twist on a traditional favorite.

Makes 6 servings. *¼ cup per serving.*

Prep time: 30 minutes

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Ingredients

- 2 medium pears, peeled, cored, and cut into small chunks
- ½ mango, peeled, seeded, and cut into small chunks
- ⅓ cup finely chopped yellow bell pepper
- ⅓ cup finely chopped red bell pepper
- ¼ cup finely chopped red onion
- 1 small jalapeño pepper, seeded and finely chopped
- 3 tablespoons finely chopped fresh cilantro
- 2 teaspoons vegetable oil
- lime juice to taste
- salt to taste



Preparation

1. Mix all ingredients in a bowl and refrigerate in a covered container for at least 30 minutes or up to 3 hours before serving.
2. Serve with tortilla chips, quesadillas, or grilled or roasted meats or fish.

Recipe courtesy of the California Pear Advisory Board.

Nutrition information per serving: Calories 65, Carbohydrate 13 g, Dietary Fiber 3 g, Protein 1 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0g, Cholesterol 0 mg, Sodium 100 mg



Pico de Gallo

Use to season your family meals or serve with tortilla chips.

Makes 6 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ½ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

Nutrition information per serving: Calories 34, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 105 mg

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Tomatillo Salsa

Serve with eggs, quesadillas, or any of your favorite dishes.

Makes 4 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

Nutrition information per serving: Calories 64, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 152 mg

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.



Quick and Creamy Grape Shake

Serve this shake for a refreshing mid-morning snack.

Makes 4 servings.

1 cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups green or red seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12-16 ice cubes, crushed

Preparation

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Vegetable Medley with Salsa Dip

A quick and tasty snack you can enjoy throughout the day.

Makes 4 servings.

1 cup vegetables and ½ cup salsa dip per serving.

Prep time: 20 minutes

Ingredients

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- ½ jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed

- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup Pico de Gallo (see page 9)

Preparation

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and Pico de Gallo. Serve salsa dip with vegetables.

Nutrition information per serving: Calories 139, Carbohydrate 36 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Nutrition information per serving: Calories 100, Carbohydrate 22 g, Dietary Fiber 6 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 308 mg



Fresh Cactus Leaves

Try fresh cactus in salads, burritos, scrambled eggs, or with refried beans.

Preparation

1. Using a knife or vegetable peeler, peel around the edge of fresh cactus leaves. There's no need to remove all the skin. Scrape off any spines and dark areas.
2. Finely chop cactus leaves.
3. Serve or store cactus in refrigerator for up to 3 days in a covered plastic or glass container.

Roasted Chilies and Bell Peppers

Add roasted chilies and bell peppers to salads, tacos, tostadas, and chicken tortas.

Preparation

1. Place whole chilies and bell peppers in an oven on broil or on a rack over a charcoal fire. Turn occasionally until blackened on all sides.
2. Place roasted chilies and bell peppers in a plastic bag. Close the bag and let stand until cooled.
3. Remove roasted chilies and bell peppers from the plastic bag. Using a sharp knife, peel off the skin. Remove stems and seeds. Cut chilies and bell peppers into strips.
4. Serve or store roasted chilies and bell peppers in the refrigerator for up to 3 days in a covered plastic or glass container.



Pico de Gallo

Use to season your family meals or serve with tortilla chips.

Makes 6 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 1 pound ripe tomatoes (about 2 medium tomatoes), chopped
- 1½ cups chopped onion
- ½ cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, finely chopped
- ¼ teaspoon salt

Nutrition information per serving: Calories 34, Carbohydrate 8 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 105 mg

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Tomatillo Salsa

Serve with eggs, quesadillas, or any of your favorite dishes.

Makes 4 servings.

½ cup per serving.

Prep time: 20 minutes

Ingredients

- 18 medium-size tomatillos (about 2 cups), husks removed, washed, and finely chopped
- ½ cup chopped onion
- ½ cup chopped fresh cilantro
- 1 tablespoon fresh lime juice
- ¼ teaspoon salt
- ¼ teaspoon sugar
- 2 serrano chilies, seeds removed and finely chopped

Nutrition information per serving: Calories 64, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 152 mg

Preparation

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.



Supreme Mashed Potatoes

Think your kids won't like orange mashed potatoes? Try using parsnips in place of carrots. They are white like potatoes and sweet like carrots.



INGREDIENTS

- | | |
|--|---------------------------------------|
| 6 medium baking potatoes, peeled and cut into chunks | 3 large cloves garlic, finely chopped |
| 2 large carrots, peeled and chopped | ½ cup low-sodium chicken broth |
| | 1 tablespoon butter |

PREPARATION

1. Combine potatoes and carrots in a large pot and fill with cold water. Bring to a boil and cook 5 minutes.
2. Add garlic and reduce heat to simmer until potatoes and carrots are tender, about 35 minutes.
3. Drain and keep 1 cup of the cooking liquid.
4. Mash the potatoes and carrots with a hand masher.
5. Combine chicken broth and butter in a small pan; heat over medium heat until the butter melts.
6. Slowly stir broth mixture into the mashed potatoes and carrots.
7. If necessary, add the reserved cooking liquid until the potatoes reach the desired thickness. Serve while hot.

Makes 10 servings. $\frac{3}{4}$ cup per serving.
Prep time: 10 minutes **Cook time:** 45 minutes

Nutrition information per serving: Calories 104, Carbohydrate 22 g,
Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 3 mg, Sodium 51 mg



Sweet Potato Fries

A delightful surprise for kids who love fries!



INGREDIENTS

- nonstick cooking spray
- 1 large sweet potato, peeled
- ¼ cup egg substitute
- 1 teaspoon nutmeg

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. Spray a baking sheet with nonstick cooking spray and set aside.
3. Slice the sweet potato into ½-inch thick fries and place in a medium bowl.
4. Pour egg substitute over the sweet potato fries and sprinkle nutmeg on top; toss until well coated.
5. Place the sweet potato fries on the baking sheet so that they do not touch.
6. Bake until the edges of the potatoes start to turn crispy and brown, about 25 minutes.
7. Remove fries from the oven and serve while hot.



Makes 2 servings. *½ potato per serving.*
Prep time: 10 minutes **Cook time:** 25 minutes

Nutrition information per serving: Calories 109, Carbohydrate 20 g,
Dietary Fiber 3 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 90 mg



Tortilla Pizzas

Ingredients

- | | |
|---|--|
| 12 small corn or flour tortillas | 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and red bell pepper |
| vegetable oil or margarine | |
| 1 (16-ounce) can refried beans | ½ cup (2 ounces) shredded part-skim Mozzarella cheese |
| ¼ cup chopped onion | ½ cup chopped fresh cilantro (optional) |
| 2 ounces fresh or canned green chili peppers, diced | |
| 6 tablespoons red taco sauce | |

Preparation

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan over medium heat, stirring occasionally. Remove from heat.
4. Spread about ⅓ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with ½ cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Chili peppers and taco sauce give this pizza a spicy twist.

Makes 6 servings. 1 pizza per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 235, Carbohydrate 39 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 11 mg, Sodium 402 mg



Tropical Fruit and Nut Snack Mix

Great snack to have on hand when you and your family are on the go!

Makes 5 servings. *¾ cup per serving.*

Prep time: 5 minutes **Cook time:** 20 minutes

Ingredients

- | | |
|--------------------------------------|---------------------------------|
| 1 tablespoon butter | nonstick cooking spray |
| ¼ cup honey* | ½ cup sliced almonds |
| 1 teaspoon almond or coconut extract | ¾ cup dried tropical fruit bits |
| 1 teaspoon ground cinnamon | ½ cup banana chips |
| 2 cups old fashioned oats | ¼ cup raisins |

Preparation

1. Preheat oven to 350°F.
2. Melt butter in a medium saucepan. Add honey, almond or coconut extract, and cinnamon; mix well.
3. Stir in oats and transfer to a baking sheet coated with nonstick cooking spray. Spread into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and toss with dried fruit. Let cool completely and serve.

* Do not give honey to children under the age of one.

Nutrition information per serving: Calories 384, Carbohydrate 62 g,
Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g,
Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg



Quick and Creamy Grape Shake

Serve this shake for a refreshing mid-morning snack.

Makes 4 servings.

1 cup per serving.

Prep time: 10 minutes

Ingredients

- 2 cups green or red seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12-16 ice cubes, crushed

Preparation

1. Place grapes, bananas, oranges, and ice in a blender container.
2. Blend until smooth. Pour into glasses and serve.

Vegetable Medley with Salsa Dip

A quick and tasty snack you can enjoy throughout the day.

Makes 4 servings.

1 cup vegetables and ½ cup salsa dip per serving.

Prep time: 20 minutes

Ingredients

- 2 carrots, cut into 3-inch sticks
- 2 celery stalks, cut into 3-inch sticks
- ½ jicama, peeled and cut into 3-inch sticks
- 1 bunch radishes, trimmed

- 6 green onions, trimmed
- 1 cup fat free sour cream
- 1 cup Pico de Gallo (see page 9)

Preparation

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and Pico de Gallo. Serve salsa dip with vegetables.

Nutrition information per serving: Calories 139, Carbohydrate 36 g, Dietary Fiber 4 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg

Nutrition information per serving: Calories 100, Carbohydrate 22 g, Dietary Fiber 6 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 308 mg



Vegetable Quesadillas

Ingredients

nonstick cooking spray	2 tablespoons chopped fresh cilantro
½ cup chopped green bell pepper	4 (6-inch) flour tortillas
½ cup frozen corn, thawed	½ cup shredded reduced fat Cheddar or Monterey Jack cheese
½ cup sliced green onion	
½ cup chopped tomato	

Preparation

1. Spray a medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato; cook for several minutes more until heated through; stir in cilantro.
3. Heat tortillas in a large skillet over high heat. Place equal amounts of cheese and vegetables on each tortilla; fold in half and continue to cook until cheese is melted and tortilla is crisp and lightly browned. Serve while hot.

Enjoy this healthier version of a classic snack.

Makes 4 servings. 1 tortilla per serving.

Prep time: 10 minutes

Cook time: 15 minutes

Nutrition information per serving:

Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg



Veggie Tortilla Roll-Ups

Enjoy fresh veggies and flavored cream cheese in an easy-to-eat wrap! Cut into thick slices and serve as a snack.

Makes 4 servings. 1 tortilla roll per serving.

Prep time: 20 minutes



Ingredients

4 (7-inch) whole wheat tortillas	½ cup chopped bell pepper (red, green, orange, yellow, or a mixture)
8 tablespoons (½ cup) nonfat cream cheese	½ cup chopped cucumber
2 cups shredded romaine lettuce or fresh chopped spinach	¼ cup diced canned green chiles
1 cup chopped tomato	¼ cup sliced ripe olives, drained

Preparation

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.

Nutrition information per serving: Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg



Warming Tortillas

Microwave

1. Wrap as many as 12 tortillas in plastic wrap.
2. Microwave on high for 15 to 30 seconds.
3. Turn over stack of tortillas. Microwave 15 to 30 seconds longer or until heated thoroughly.

Oven

1. Wrap as many as 12 tortillas in aluminum foil.
2. Heat in 325°F oven for 20 minutes or until heated thoroughly.

Stovetop

1. Heat a griddle or heavy pan over medium heat.
2. Warm tortillas for 15 seconds on each side or until heated thoroughly.

Purchased or homemade tortillas can be warmed in a microwave, in an oven, or on a stovetop.



Watermelon Salsa

A mouthwatering combination of sweet and zesty.

Makes 8 servings.

½ cup per serving.



Prep time: 15 minutes

INGREDIENTS

- 3 cups seeded and chopped watermelon
- ½ medium onion, chopped
- ½ red bell pepper, chopped
- 1 tablespoon seeded and chopped jalapeño pepper
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon vegetable oil

PREPARATION

1. In a medium bowl, mix all ingredients.
2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition information per serving: Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg



Citrus Berry Ice

A refreshing treat to beat the summer heat.

Makes 4 servings.

1 cup per serving.

Prep time: 50 minutes

INGREDIENTS

- 2 tablespoons fresh lemon juice
- 1 tablespoon sugar
- 2 oranges, peeled and quartered
- 2½ cups fresh strawberries
- ¼ teaspoon cinnamon

PREPARATION

1. Place all ingredients in a blender container and blend until smooth.
2. Pour the mixture into a shallow plastic container and place in the freezer.
3. Stir every 15 minutes until the mixture reaches a sherbet-like thickness. Serve immediately.

Nutrition information per serving: Calories 105, Carbohydrate 27 g, Dietary Fiber 5 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg



Zucchini Muffins

A treat the whole family will love.



INGREDIENTS

nonstick cooking spray	1½ teaspoons ground cinnamon
2 eggs	½ teaspoon ground ginger
½ cup applesauce	¼ teaspoon ground cloves
¼ cup granulated sugar	2 cups grated zucchini (about 2 small zucchinis)
1 teaspoon vanilla extract	½ cup raisins
1¼ cups whole wheat flour	⅔ cup toasted and chopped pecans or walnuts
¼ teaspoon salt	
1 teaspoon baking soda	

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. Spray muffin pan (12 muffin cups total) with nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, salt, baking soda, cinnamon, ginger, and cloves.
5. Stir flour mixture into egg mixture until just barely blended (there may be a few small lumps).
6. Gently stir in zucchini, raisins, and nuts.
7. Divide batter evenly among muffin cups.
8. Bake 20 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.
9. Remove muffin pans from oven and let muffins stand for 5 minutes.
10. Remove muffins from pan and place them on a wire rack to finish cooling. Serve warm or at room temperature.

Adapted from recipe courtesy of Cut 'n Clean Greens.



Makes 12 servings. 1 muffin per serving.
Prep time: 15 minutes **Cook time:** 25 minutes

Nutrition information per serving: Calories 142, Carbohydrate 21 g,
Dietary Fiber 3 g, Protein 4 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 35 mg, Sodium 168 mg