

A Toolkit for **Healthy** Girls & Strong Women

HEALTHY RECIPES



U.S. Department of Health and Human Services
Office on Women's Health

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Introduction

Welcome to BodyWorks
Healthy Recipes,
where you'll find simple,
low-cost recipes to make
delicious breakfasts, lunches, dinners,
snacks, and even desserts.

This booklet also features
cooking tips, nutrition information,
and time-saving tips
that you can share with your family.

NUTRITION FACTS

Fruits and vegetables

Fruits and vegetables help keep girls healthy, prevent disease, and are low in fat and calories. People of all ages should eat seven to nine servings of fruits and vegetables every day. Ideally, adolescent girls should eat seven servings daily.

Fruits and vegetables can be fresh, frozen, canned, or dried. The following examples equal one serving size of a fruit or vegetable:

Food	Serving Size
Fruits such as apples, oranges, bananas, and pears	1 medium-sized piece
Raw, cooked, canned, or frozen vegetables	1/2 cup
Cut fruit	1/2 cup
Raw leafy vegetables such as lettuce and spinach	1 cup
Dried fruits such as raisins, apricots, and mangoes	1/4 cup
Cooked peas or beans (canned or dried)	1/2 cup



Whole grains

Whole grains contain vitamins, minerals, and other nutrients that are important for a girl's health and growth.

Today, many foods such as white bread and white rice are made with refined grains, which are low in fiber and other nutrients found naturally in grains. Instead, it's best to eat a variety of whole grain foods. Ideas include:

Food	Serving Size
Whole grain bread	1 slice
Whole grain pasta	1/2 cup
Brown rice	1/2 cup
Foods made with bulgur (cracked wheat) such as tabouli salad	1 cup
Some ready-made whole grain breakfast cereals	1/2 cup
Whole barley, which can be added to soups	Check the Nutrition Facts label

Check the Nutrition Facts labels to choose whole grain foods that contain at least 10 percent Daily Value of fiber and low in saturated fat, trans fat, sugars, and sodium (salt). In addition, one of the following whole grains should be listed first on the ingredient list:

- ◆ Brown rice
- ◆ Oatmeal
- ◆ Rolled or whole oats
- ◆ Bulgur (cracked wheat)
- ◆ Popcorn
- ◆ Whole rye
- ◆ Graham flour
- ◆ Whole barley
- ◆ Whole wheat
- ◆ Whole grain corn

Wheat flour, enriched flour, and degerminated corn meal are not whole grains.

Fiber

One of the best known benefits of fiber is that it reduces constipation. But did you know that fiber may also reduce the risk of coronary heart disease?

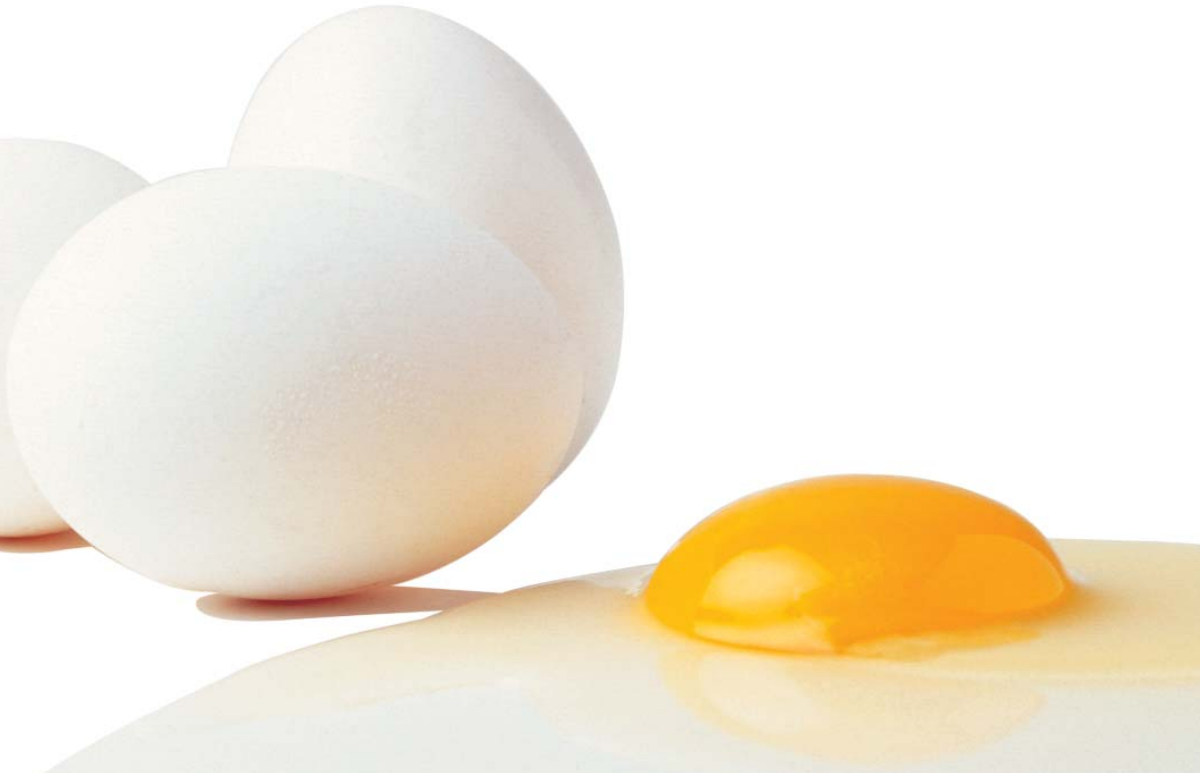
The total number of fiber grams to be consumed by children can be computed by adding their age plus five. For example, a 14-year-old girl should take in about 19 grams of fiber every day. Ideas for increasing fiber intake include:

- ◆ Eating whole fruits instead of drinking fruit juices.
- ◆ Eating brown rice and whole-grain products instead of white rice, bread, and pasta.
- ◆ Choosing whole-grain cereals for breakfast.
- ◆ Snacking on raw vegetables.
- ◆ Replacing legumes for meat two to three times per week in chili and soups.
- ◆ Using whole grains and legumes as part of the main meal (such as Indian dal or lentils) or in salads (such as tabouli).

Protein

Protein helps build and repair body tissue and is important for growth and daily energy levels. Teen girls need two servings of protein each day, which equals six ounces. Good sources of protein include:

Food	Serving Size
Lean meat, poultry (no skin), or fish	2-3 ounces
Beans	1/2 cup (cooked)
Tofu	1/2 cup
Eggs	1
Peanut butter	2 tablespoons
Soy burger	2 1/2 ounce
Nuts	1/3 cup



Calcium

Calcium is one of the most important nutrients for adolescent girls. If girls get enough calcium while they are young, they can strengthen their bones and reduce the risk of osteoporosis later in life.

Foods with calcium include:

Food	One Serving
Plain yogurt, low-fat or fat-free	1 cup
American cheese, low-fat	2 ounces
Ricotta cheese, part skim	1/2 cup
Fruit yogurt, low-fat or fat-free	1 cup
Milk, low-fat or fat-free	1 cup
Orange juice with added calcium	1 cup
Cheddar cheese, low-fat or fat-free	1 ounce
White beans (boiled)	1 cup
Broccoli (cooked or fresh)	1 cup

Fats

Fat is an important nutrient that keeps your body functioning properly.

However, not all fats are the same.

It is important to understand which fats you should limit and which fats you can eat in moderation.

Unsaturated fats found in many vegetable oils do not raise blood cholesterol. They can be part of a healthy diet—as long as you don't eat too much since fats are still high in calories. Unsaturated fats are found in olive, canola, safflower, sunflower, corn, and soybean oils as well as in fish and nuts.

Saturated fats raise “bad” cholesterol levels in your blood. They are a major risk for heart disease, so it is best to avoid foods with too much saturated fat. These fats are found in animal products such as butter, cheese, whole milk, and fatty meats and also in coconut, palm, and palm kernel oils. Cakes, cookies, quick breads, doughnuts, and chips may also contain saturated fats.

Trans fats also raise “bad” cholesterol levels in your blood and increase the risk of heart disease. There is no safe amount of trans fat. The best approach is to eat foods with as little trans fat as possible. Trans fat is often found in baked goods, snack foods, vegetable shortening, hard margarine, fried foods, and many processed foods.

Tips on choosing fats

- ◆ Look for words such as “shortening,” “partially hydrogenated vegetable oil,” or “hydrogenated vegetable oil” in the ingredients. These words are clues that the food contains trans fat.
- ◆ Look at the amounts of saturated fat and dietary cholesterol on nutrition labels. Remember, 5 percent of the daily value (%DV) or less is low and 20 percent or more is high.
- ◆ Use olive, canola, soybean, corn, and sunflower oils.
- ◆ Choose soft margarines (liquid, tub, or spray) over solid shortenings, hard margarines, and animal fats, including butter.





Breakfast

Springtime Cereal

Serves 2

Ingredients

3/4 CUP - wheat and barley nugget cereal

1/4 CUP - 100% bran cereal

2 TEASPOONS - toasted sunflower seeds

2 TEASPOONS - toasted sliced almonds

1 TABLESPOON - raisins

1/2 CUP - bananas, sliced

1 CUP - strawberries, sliced

1 CUP - low-fat raspberry or strawberry yogurt

Directions

- 1 Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl. Add the raisins, the bananas, and halve the strawberries.
- 2 Gently stir in the yogurt and divide between 2 bowls. Scatter the remaining strawberries over the top and enjoy!

CALORIES: 352

TOTAL FAT: 6G

FIBER: 8G

CARBOHYDRATES: 69G

SODIUM: 272MG

National Cancer Institute 5-aDay for Better Health.
www.5aday.gov

Cinnamon French Toast

Serves 2

Ingredients

4 SLICES - cinnamon bread

4 - egg whites or
equivalent egg substitute

1 TEASPOON - vanilla extract

1/8 TEASPOON - nutmeg

Cinnamon

Powdered sugar

Syrup

Directions

- 1** Spray pan with non-stick spray. Crack egg whites into a bowl, discarding the yolks. Add vanilla and nutmeg. Whip well. Dip bread into egg mixture, coating both sides.
- 2** Over medium heat, toast bread. Sprinkle cinnamon on each side of the bread. When done, sprinkle with powdered sugar and serve.

If desired, top with syrup.

CALORIES: 360

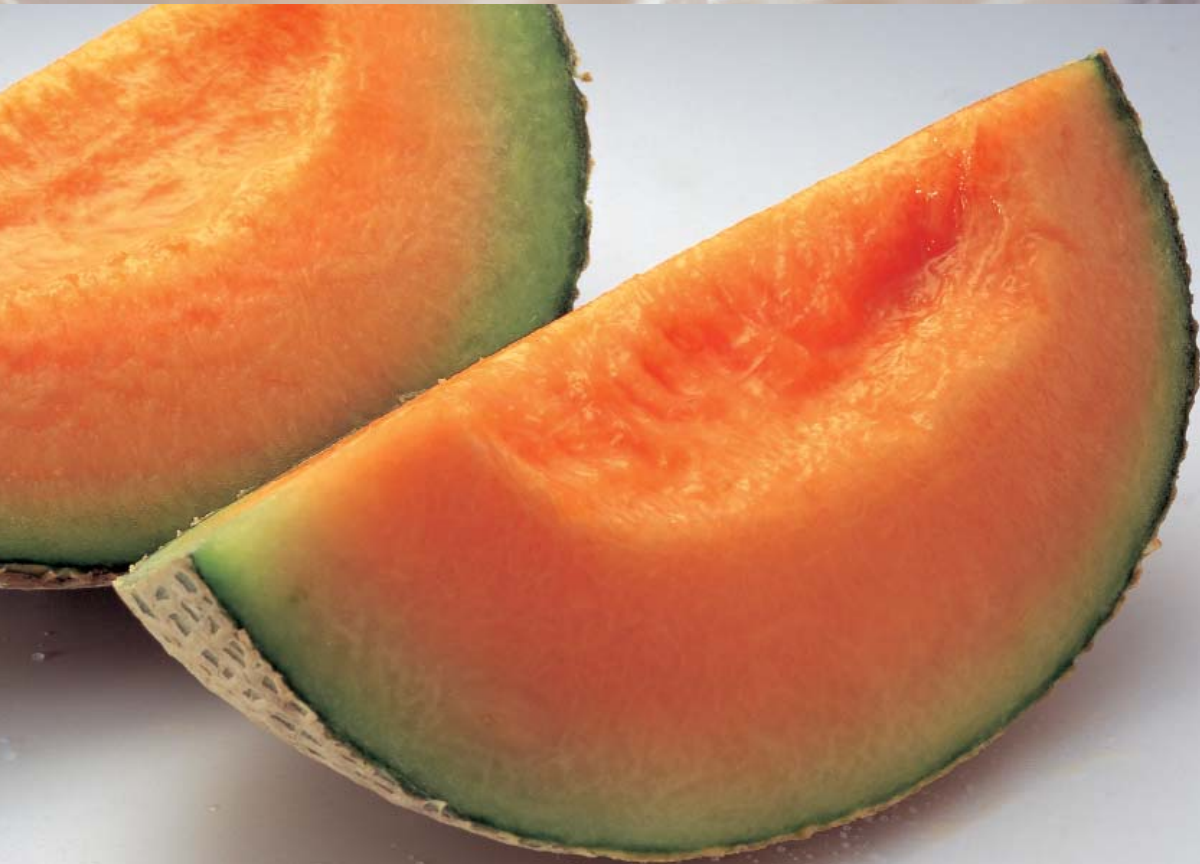
TOTAL FAT: 3G

FIBER: 3G

CHOLESTEROL: 0MG

SODIUM: 780MG

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Strawberry Yogurt Breakfast Split

Serves 1

Ingredients

- 1 - banana
- 4 OUNCES - (1cup) fresh strawberries
- 4 OUNCES - (1/2 cup) vanilla yogurt
- 1 TABLESPOON - toasted almonds, chopped

CALORIES: 312

TOTAL FAT: 7G

FIBER: 5G

CHOLESTEROL: 5MG

SODIUM: 75MG

Directions

- 1 Peel and split banana.
- 2 Place banana halves in serving bowl.
- 3 Top with strawberries, yogurt, and almonds.

National Cancer Institute 5-aDay for Better Health.
www.5aday.gov

Cantaloupe Crush

Serves 4

Ingredients

- 1/2 - cantaloupe
- 1 CUP - fat free milk
- 1 1/2 CUPS - ice
- 1 TO 2 TEASPOONS - sugar or an equivalent sweetener

CALORIES: 90

TOTAL FAT: 0G

FIBER: 1G

CHOLESTEROL: 2MG

SODIUM: 74MG

Directions

- 1 Cut cantaloupe into small cubes.
- 2 Blend all ingredients until smooth.
- 3 Sweeten to taste.

National Cancer Institute 5-aDay for Better Health.
www.5aday.gov



Fruit Pancakes

Serves 4

Ingredients

4 SERVINGS - pancake mix

2 CUPS - thawed frozen or fresh blueberries

vegetable oil spray

1 CUP - thawed frozen or fresh strawberries, chopped or banana pieces

(make sure to drain frozen fruit)

Directions

- 1 Make the pancake batter according to package directions. Have 2 cups of the fruit, plain or mixed, ready.
- 2 Coat a skillet or griddle with vegetable oil spray and heat.
- 3 When it's nice and hot, spoon the batter into the hot pan making whatever size cakes you want.
- 4 Scatter the fruit on top, 1/4 cup for smaller cakes and 1/2 cup for larger cakes. Turn when brown and cook until done.
- 5 Lay on a hot plate, top with a little jam and a few more berries, and serve immediately.

CALORIES: 236

TOTAL FAT: 6G

SATURATED FAT: 2G

CARBOHYDRATES: 43G

SODIUM: 251MG

Cinnamon-Orange Pancakes

Serves 6 — Serving size is 2 pancakes

Ingredients

3/4 CUP - all purpose flour

2 TABLESPOONS - wheat germ

1 CUP - whole wheat flour

2 TEASPOONS - baking powder

1 TABLESPOON - sugar

1 TEASPOONS - ground cinnamon

1 CUP - skim milk

3/4 CUP - fresh orange juice

1 - egg or equivalent egg substitute

1 TEASPOON - grated fresh orange peel

Vegetable oil spray

Directions

- 1** In a medium mixing bowl, combine all dry ingredients and mix until well blended.
- 2** In another medium bowl, combine all liquid ingredients and orange peel. Stir to mix well.
- 3** Pour liquid ingredients into dry ingredients and stir only until moistened.
- 4** Preheat griddle or skillet for pancakes. Spray lightly with vegetable oil spray.
- 5** For each pancake, pour 1/4 cup of batter onto griddle or skillet. Turn each pancake when edges are dry and bubbles appear on top. Serve hot.

CALORIES: 171

TOTAL FAT: 1G

SATURATED FAT: 0G

CHOLESTEROL: 1MG

SODIUM: 140MG

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French Toast with Blueberry-Orange Sauce

Serves 4

Ingredients

FRENCH TOAST

1/2 CUP - egg substitute or
2 whole eggs

1/4 CUP - evaporated
skim milk

1/2 TEASPOON - vanilla

8 SLICES - whole wheat bread
vegetable oil spray

SAUCE

2 CUPS - fresh or frozen
blueberries

1/4 CUP - orange juice
concentrate

Directions

- 1 Stir the blueberries and orange juice concentrate together in a saucepan and heat gently.
- 2 Preheat the oven to 250° F.
- 3 Combine the egg substitute or eggs with the milk and vanilla.
- 4 Heat a large heavy skillet and coat with vegetable oil spray. Dip as many slices of the bread as will fit in the pan into the egg mixture and cook until brown on one side. Turn and brown the other side. Keep warm in the oven. Repeat with the rest of the bread.
- 5 Divide the french toast among 4 hot plates and spoon the sauce over them.

CALORIES: 215

TOTAL FAT: 3G

SATURATED FAT: 1G

CARBOHYDRATES: 40G

SODIUM: 372MG

*National Cancer Institute 5-aDay for Better Health.
www.5aday.gov*

Spanish Omelet

Serves 5 — Serving size is 1/5 of omelet

Ingredients

5 - small potatoes, peeled and sliced

1 TEASPOON - olive oil or vegetable cooking spray

1/2 - medium onion, minced

1 - small zucchini, sliced

1 1/2 CUP - green/red peppers, sliced thin

5 - medium mushrooms, sliced

3 - whole eggs, beaten

5 - egg whites, beaten

3 OUNCES - shredded part-skim mozzarella cheese

1 TABLESPOON - parmesan cheese

Pepper, garlic salt, and herbs, to taste

Directions

- 1** Preheat the oven to 375° F.
- 2** Cook potatoes in boiling water until tender.
- 3** In a nonstick pan, add oil or vegetable spray and warm at medium heat.
- 4** Add the onion and sauté until brown. Add vegetables and sauté until tender but not brown.
- 5** In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg cheese mixture into the cooked vegetables.
- 6** Oil or spray a 10-inch pie pan or ovenproof skillet. Transfer potatoes and eggs mixture to pan. Spread with parmesan cheese and bake omelet until firm and brown on top, about 20 to 30 minutes.

CALORIES: 242

TOTAL FAT: 9G

PROTEIN: 19G

CARBOHYDRATES: 18G

National Diabetes Education Program
Recipe and Meal Planner Guide at
www.dnep.nih.gov/diabeates/MealPlanner.

Homestyle Biscuits

Serves 15

Ingredients

2 CUPS - flour

2 TEASPOONS - baking powder

1/4 TEASPOON - baking soda

1/4 TEASPOON - salt

2 TABLESPOONS - sugar

2/3 CUP - 1% buttermilk

3 TABLESPOONS + 1 TEASPOON - vegetable oil

Directions

- 1** Preheat the oven to 450° F.
- 2** In a medium bowl, combine flour, baking powder, baking soda, salt and sugar.
- 3** In a small bowl, stir together butter, milk and oil. Pour over flour mixture; stir until well mixed.
- 4** On a lightly floured surface, knead dough gently for 10 to 20 strokes. Roll or pat dough to 3/4 inch thickness. Cut with a 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased sheet.
- 5** Bake for 12 minutes or until golden brown. Serve warm.

CALORIES: 99

TOTAL FAT: 3G

SATURATED FAT: LESS THAN 1G

CHOLESTEROL: LESS THAN 1G

SODIUM: 72MG

Heart-Healthy Home Cooking African American Style
NIH and NHLB
www.nhlbi-nhi.gov/health/public/heart

Apple Coffee Cake

Serves 20 — Serving size is 3 1/2 inch x 2 1/2 inch

Ingredients

5 CUPS - tart apples, cored, peeled chopped

1 CUP - sugar

1 CUP - dark raisins

1/2 CUP - pecans, chopped

1/4 CUP - vegetable oil

2 TEASPOONS - vanilla

1 CUP - egg, beaten

2 1/2 CUPS - sifted all-purpose flour

1 1/2 TEASPOON - baking soda

2 TEASPOONS - ground cinnamon

Directions

- 1** Preheat oven to 350° F.
- 2** Lightly oil a 13x9x2 - inch pan.
- 3** In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
- 4** Stir in oil, vanilla, and eggs. Sift together flour, baking soda, and cinnamon; stir into apple mixture about 1/3 at a time just enough to moisten dry ingredients.
- 5** Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.

CALORIES: 188

TOTAL FAT: 5G

SATURATED FAT: LESS THAN 1G

CHOLESTEROL: 11MG

SODIUM: 68MG

From "Stay Young at Heart"
www.nhlbi.nih.gov/healthy/public/heart







Lunch

Make-Ahead Tuna Hoagie

Serves 8

Ingredients

1 - 16 ounce loaf of sourdough French bread

1 - 12 1/4 ounce canned low-salt tuna, water-packed, drained and flaked

2 TABLESPOONS - balsamic or red wine vinegar

1/4 CUP - fat-free, cholesterol-free mayonnaise or salad dressing

1 TEASPOON - anchovy paste

1 - large ripe tomato, thinly sliced

1/2 - medium red onion, thinly sliced

1/4 CUP - loosely packed fresh chopped parsley leaves

Freshly ground black pepper

Directions

- 1** Cut bread in half lengthwise. Using your fingers, hollow out each half of the bread, leaving a 1/2 inch shell. Save bread from inside loaf for another use.
- 2** In a small bowl, combine tuna and vinegar; set aside.
- 3** In another small bowl, stir together mayonnaise or salad dressing and anchovy paste. Spread the inside of each half of loaf with mayonnaise mixture. Spoon tuna mixture into the bottom half of bread.
- 4** Arrange tomato slices over tuna and season with pepper. Arrange onions over tomatoes and sprinkle with parsley. Top with remaining bread half.
- 5** Wrap loaf in foil and store in the refrigerator for 2 to 24 hours. To serve, cut into 8 slices.

CALORIES: 246

TOTAL FAT: 6G

SATURATED FAT: 4G

CHOLESTEROL: 17MG

SODIUM: 322MG

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Open-Face Vegetable Sandwiches

Serves 2

INGREDIENTS

2 TO 4 TEASPOONS - dijon mustard

2 - whole-grain English muffins, split and toasted

1/2 CUP - small broccoli florets

1/4 CUP - red, yellow, or green bell pepper, chopped

1/4 CUP - shredded carrot

1/2 CUP - low-fat Monterey Jack cheese, shredded

Directions

- 1** Preheat broiler.
- 2** Spread mustard over the cut side of each English muffin half. Arrange broccoli, bell pepper and carrot over mustard. Sprinkle with cheese.
- 3** Place English muffin halves on the unheated rack of a broiler pan.
- 4** Broil about 4 inches from the heat for 2 to 3 minutes, or until cheese melts.

CALORIES: 223

TOTAL FAT: 1G

SATURATED FAT: 0G

CHOLESTEROL: 8MG

SODIUM: 519MG

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Heart-Healthy Turkey Reubens

Serves 4

Ingredients

- 1/4 CUP** - nonfat Thousand Island salad dressing
- 8 SLICES** - dark rye or pumpernickel bread
- vegetable oil spray
- 8 OUNCES** - thinly sliced low-fat, low-sodium cooked turkey or chicken
- 1/2 CUP** - sauerkraut, rinsed and well drained
- 4 SLICES** - low-fat Swiss cheese (1 1/2 ounces)

CALORIES: 273

TOTAL FAT: 5G

SATURATED FAT: 1G

CHOLESTEROL: 48MG

SODIUM: 780MG

Directions

- 1 Spread salad dressing on one side of each slice of bread. Top 4 slices of bread with turkey or chicken, sauerkraut and cheese. Top with remaining bread slices, dressing side down.
- 2 Spray a large skillet with vegetable oil. Cook 2 sandwiches over medium heat for 4 to 6 minutes, or until bread toasts and cheese melts, turning once.
- 3 Repeat with remaining sandwiches.

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Vegetable Sandwich Booster

Serves 4

Ingredients

- 1 - MEDIUM** zucchini
- 1/2 CUP** - carrots, grated
- 1/4 CUP** - red wine or balsamic vinegar
- 1** - bell pepper
- 1** - small red onion
- 1 TEASPOON** - olive oil
- Salt and pepper to taste

CALORIES: 52

TOTAL FAT: 4G

FIBER: 1G

CHOLESTEROL: 0G

SODIUM: 5MG

Directions

- 1 Slice all vegetables thinly. Toss with oil, vinegar, salt, and pepper. Add to sandwich to boost 5 A Day servings.

*National Cancer Institute 5-aDay for Better Health.
www.5aday.gov*

Grilled Vegetable and Cheese Sandwich

Serves 4

Ingredients

- 2** - large zucchini squash, cut lengthwise into eight 1/4 inch slices
- 4** - slices sweet onion (such as Vidalia or Walla Walla) cut 1/4 inch thick
- 1** - large yellow bell pepper, cut lengthwise into quarters
- 4 TABLESPOONS** - prepared fat-free dressing, divided in half
- 8** - oval slices sourdough bread
- 4 (1 OUNCE)** - slices low-fat cheese

Directions

- 1** Prepare barbeque for grilling. Brush both sides of vegetables with 2 tablespoons of dressing. Place vegetables on grid over medium coals. Grill on covered grill 5 minutes. Turn; grill 2 minutes.
- 2** Brush both sides of bread lightly with remaining 2 tablespoons dressing. Place bread around vegetables; grill 2 minutes or until bread is lightly toasted. Turn bread; top 4 pieces of bread with 4 slices of cheese. Grill vegetables and bread 1 to 2 minutes more or until cheese is melted, bread is toasted and vegetables are crisp-tender.
- 3** Arrange vegetables over cheese side of bread; top with remaining bread.

CALORIES: 290

TOTAL FAT: 11G

SATURATED FAT: 3G

CHOLESTEROL: 30MG

SODIUM: 939MG

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Tuna Pita Pockets

Serves 2

Ingredients

2 CUPS - iceberg lettuce, shredded

1 - 3 ounce canned tuna in spring water

1/2 CUP - tomatoes

1/4 CUP - green pepper

1/4 CUP - carrots

1/4 CUP - broccoli

1/4 CUP - onion

1/4 CUP - light ranch dressing

1 - whole-wheat pita pocket

Directions

- 1** Shred iceberg lettuce and place in bowl.
- 2** Dice tomatoes, green pepper, carrots, broccoli, and onion. Add to lettuce.
- 3** Toss well.
- 4** Drain tuna and place half in the bowl.
- 5** Add half of the dressing.
- 6** Add remaining tuna and ranch dressing.
- 7** Toss well.
- 8** Slice pita in half. Put 3/4 cup of the mixture into each pita pocket and serve.

CALORIES: 155

TOTAL FAT: 5G

FIBER: 3G

CHOLESTEROL: 10MG

SODIUM: 400MG

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Tuna Pasta Salad

Serves 4 — Serving size is 1 1/2 cup each

Ingredients

2 CUPS - macaroni, uncooked

2 - 6 1/2 ounce cans of tuna, water-pack, drained

1/2 CUP - zucchini, chopped

1/4 CUP - carrots, sliced

1/3 CUP - onions, diced

1/4 CUP - salad dressing, mayonnaise - type

Directions

- 1** Cook macaroni according to package directions.
- 2** Drain tuna.
- 3** Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions.
- 4** Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in salad dressing.
- 5** Chill until ready to serve.

CALORIES: 405

TOTAL FAT: 13G

SATURATED FAT: 2G

CHOLESTEROL: 25MG

SODIUM: 360MG

*Recipes and Tips for Healthy, Thrifty Meals
Center for Nutrition Policy and Promotion, USDA*

Tuna Macaroni Salad

Serves 4 — Serving size is 1 1/2 cup each

Ingredients

1 CUP - elbow macaroni, uncooked

2 - 6 ounce cans of tuna, water-pack, drained

4 - eggs, hard cooked, finely diced

1/4 CUP - celery, chopped

3/4 CUP - carrots, grated

1/2 CUP - salad dressing, mayonnaise

2 TABLESPOONS - onion, minced

1/4 TEASPOON - black pepper

Directions

- 1** Place water in large saucepan and bring to boil. Add macaroni and cook until tender, about 6 to 8 minutes. Drain.
- 2** Combine macaroni, tuna, eggs, celery, and carrots in a large bowl.
- 3** Stir together salad dressing, onion, and pepper. Spoon dressing over salad; toss until evenly combined.
- 4** Chill until ready to serve.

CALORIES: 520

TOTAL FAT: 30G

SATURATED FAT: 5G

CHOLESTEROL: 237MG

SODIUM: 509MG



Grilled Tri-Colored Pepper Salad

Serves 6

Ingredients

- 1** - each large red, yellow, and green bell pepper, cut into halves or quarters
- 2 TABLESPOONS** - extra-virgin olive oil
- 2 TABLESPOONS** - balsamic vinegar
- 2** - cloves garlic, minced
- 1/4 TEASPOON** - salt
- 1/4 TEASPOON** - black pepper
- 1/4 CUP** - crumbled goat cheese (about 1 ounce)
- 1/4 CUP** - thinly sliced fresh basil leaves

Directions

- 1** Prepare barbeque grill for direct cooking.
- 2** Place bell peppers, skin side down, on grid. Grill bell peppers on covered grill, over hot coals 10 to 12 minutes or until skin is charred. Place charred bell peppers in paper bag. Close bag; set aside to cool 10 to 15 minutes. Remove skin with paring knife; discard skin.
- 3** Place bell peppers in shallow glass serving dish. Combine oil, vinegar, garlic, salt and black pepper in small bowl; whisk until well combined. Pour over bell peppers. Let stand 30 minutes at room temperature (or cover and refrigerate up to 24 hours. Bring bell peppers to room temperature before serving).
- 4** Sprinkle bell peppers with cheese and basil just before serving.

CALORIES: 78

TOTAL FAT: 5G

SATURATED FAT: 1G

CHOLESTEROL: 2MG

SODIUM: 168MG

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Greek Salad

Serves 2

Ingredients

4 CUPS - red and green leaf lettuce

1/2 CUP - diced cucumber

1/2 CUP - diced sweet pepper

1/2 CUP - diced carrots

4 TABLESPOONS - crumbled feta cheese

2 SLICES - red onion

4 - pitted kalamata olives

4 - peperoncini peppers

2 TABLESPOONS - balsamic vinegar dressing

Directions

- 1** On separate plates, place two cups of the mixed lettuce.
- 2** Dice the cucumber, sweet pepper and carrots.
- 3** Toss each plate of greens with a 1/4 cup of the cucumber, sweet pepper, and carrots.
- 4** Top with 2 tablespoons of feta cheese.
- 5** Slice red onions in an eighth of an inch slices.
- 6** Separate the slice of red onion and place rings on the salad.
- 7** Garnish with 2 pitted kalamata olives and 2 peperoncini peppers.
- 8** Drizzle one tablespoons of balsamic vinegar dressing on the salad.

CALORIES: 170

FAT: 9G

CHOLESTEROL: 20MG

SODIUM: 540MG

FIBER: 5G

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Vegetable Pasta Salad

Serves 4

Ingredients

- 1 CUP** - orzo pasta, cooked
- 1 CUP** - asparagus, lightly steamed, cut the same size as the pasta, or peas
- 1/2 CUP** - red bell pepper or carrots, chopped
- 1/2 CUP** - green onions, sliced
- 1/2 CUP** - yellow summer squash, chopped
- 1 CUP** - fresh spinach, chopped
- 1 CUP** - small cherry tomatoes
- 1/4 CUP** - low-fat vinaigrette dressing
- 2 TABLESPOONS** - grated Parmesan cheese
- 1/4 TEASPOON** - salt

CALORIES: 114
TOTAL FAT: 2G
SATURATED FAT: 1G
CARBOHYDRATES: 20G
SODIUM: 344MG

Directions

- 1** Combine the pasta, asparagus, peppers, onions, squash, spinach, tomatoes, dressing, and Parmesan cheese in a large bowl.
- 2** Toss to coat with the dressing.
- 3** Serve with grilled chicken or fish at a barbecue or picnic.

Grilled Vegetable Pizzas

Makes 16 slices

Ingredients

- 2 TABLESPOONS** - olive oil
- 1** - clove garlic, minced
- 1** - red bell pepper, cut into quarters
- 4** - slices red onion, cut 1/4 inch thick
- 1** - medium zucchini, halved lengthwise
- 1** - medium yellow squash, halved lengthwise
- 1 CUP** - purchased pizza sauce
- 1/4 TEASPOON** - crushed red pepper
- 2 (10 INCH)** - prepared pizza crusts
- 2 CUPS (8 OUNCES)** - shredded low fat mozzarella cheese
- 1/4 CUP** - sliced fresh basil leaves

CALORIES: 203

TOTAL FAT: 6G

SATURATED FAT: LESS THAN 1G

CHOLESTEROL: 6MG

SODIUM: 430MG

Directions

- 1** Prepare grill for direct cooking. Combine 2 tablespoons oil and garlic in small bowl; brush over bell pepper, onion, zucchini, and squash. Place vegetables on grill. Grill, on covered grill, over medium heat 10 minutes or until crisp-tender, turning halfway through grilling time. Remove vegetables from grill.
- 2** Slice bell pepper lengthwise into 1/4 inch strips. Cut zucchini and squash crosswise into 1/4 inch slices. Separate onion slices into rings.
- 3** Combine pizza sauce and red pepper flakes in small bowl. Top crusts with pizza sauce mixture, cheese, and grilled vegetables.
- 4** Place pizzas, one at a time, on grid. Grill, covered, over medium to low heat 5 to 6 minutes, or until cheese is melted and crust is hot.
- 5** Sprinkle pizzas with basil; cut into wedges. Serve warm or at room temperature.

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Meatball Soup

Serves 4 — Serving size is 1 1/2 cup each

Ingredients

6 CUPS - water

1/3 CUP - rice

3 CUBES - low-sodium beef or chicken flavored bouillon cubes

(OR 1 TABLESPOON LOW-SODIUM BOUILLON POWDER)

4 SPRIGS - fresh oregano, finely chopped *(OR 1 TABLESPOON DRIED OREGANO)*

8 OUNCES - lean ground beef, turkey, or chicken (90% lean, 10% fat)

1 - tomato, finely chopped

1/2 - onion, finely chopped

1 - large egg

1/2 TEASPOON - salt

2 CUPS - fresh vegetables (carrots, celery, and broccoli)

CALORIES: 212

TOTAL FAT: 6G

SATURATED FAT: 2G

CHOLESTEROL: 86MG

SODIUM: 368MG

CARBOHYDRATE: 22MG

PROTEIN: 17MG

Directions

- 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 24 large meatballs.
- 3 Add meatballs to broth mixture and simmer 20 minutes.
- 4 Add vegetables. Cook 10 to 15 minutes or until meatballs are cooked and rice and vegetables are tender. Serve.

*Healthy Latino Recipes Made With Love
California Department of Health Services and
The California Latino 5 A Day Campaign.
www.ca5aday.com*



Zesty Tomato Soup

Serves 2

Ingredients

2 (10.5 OUNCE) CANS - condensed tomato soup (low-sodium, low-fat)

2 - chopped tomatoes

2 TABLESPOONS - chopped basil or cilantro (fresh)

2 TABLESPOONS - Parmesan cheese (fresh)

1/4 CUP - croutons

Directions

- 1** Prepare soup according to directions on can.
- 2** Warm over medium-low heat on the stove.
- 3** While soup is warming, chop tomatoes and herbs.
- 4** Add tomatoes and herbs to the soup.
- 5** Cook an additional 5 minutes.
- 6** Evenly divide into bowls.
- 7** Top each bowl with 1 tablespoon parmesan cheese and 1 1/2 tablespoons of croutons.

CALORIES: 350

FAT: 8G

CHOLESTEROL: 5MG

SODIUM: 1500MG

FIBER: 5G

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Gazpacho

Serves 4 — Serving size is 1 1/4 cup

Ingredients

3 - medium tomatoes, peeled and chopped

1/2 CUP - cucumber, seeded and chopped

1/2 CUP - green pepper, chopped

2 - green onion, sliced

2 CUPS - low-sodium vegetable juice cocktail

1 TABLESPOON - lemon juice

1/2 TEASPOON - basil, dried

1/4 TEASPOON - hot pepper sauce

1 - clove garlic, minced

Directions

- 1** In a large mixing bowl, combine all ingredients.
- 2** Cover and chill in refrigerator for several hours. Serve cold.

CALORIES: 52

TOTAL FAT: LESS THAN 1G

SATURATED FAT: LESS THAN 1G

CHOLESTEROL: 0MG

SODIUM: 41MG

Delicious Heart-Healthy Latino Recipes
NIH and NHLB
www.nhlbi.nih.gov/health/public/heart

Minestrone

Serves 16 — Serving size is 1 cup

Ingredients

- 1/4 CUP** - olive oil
- 1 CLOVE** - garlic, minced or 1/8 teaspoon garlic powder
- 1 1/3 CUPS** - onion, coarsely chopped
- 1 1/2 CUPS** - celery and leaves, coarsely chopped
- 1 TABLESPOON** - fresh parsley, chopped
- 1 CUP** - carrots, fresh or frozen, chopped
- 4 3/4 CUPS** - cabbage, shredded
- 1** - 1 pound can of tomatoes, cut up
- 1 CUP** - canned red kidney beans, drained and rinsed
- 1 1/2 CUPS** - frozen peas
- 1 1/2 CUPS** - green beans
- 1** - 6 ounce can of tomato paste
- 11 CUPS** - water
- 2 CUPS** - uncooked, broken spaghetti
- DASH** - hot sauce

CALORIES: 153

TOTAL FAT: 4G

SODIUM: 191MG

CHOLESTEROL: 0MG

Directions

- 1** Heat oil in a 4 quart saucepan.
- 2** Add garlic, onion, and celery and sauté about 5 minutes.
- 3** Add all remaining ingredients except spaghetti, and stir until well mixed.
- 4** Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.
- 5** Add uncooked spaghetti and simmer 2 to 3 minutes only.

*From National Heart Lung Blood Institute (NIH)
"Stay Young at Heart"
www.nhlbi.nih.gov/health/public/heart*

Beef-Barley-Vegetable Soup

Serves 12

Ingredients

Vegetable oil spray

3 POUNDS - center-cut beef shank, all visible fat removed

2 QUARTS - of water

1 - medium onion, peeled and quartered

1 - bay leaf

1 TEASPOON - salt

Freshly ground pepper to taste

3 CUPS - peeled and diced potatoes

1 CUP - thickly sliced celery

1 1/4 CUPS - peeled and thickly sliced carrots

3 TABLESPOONS - uncooked peeled barley

2 TABLESPOONS - thyme

1 TEASPOON - salt

Freshly ground black pepper to taste

CALORIES: 136

PROTEIN: 15G

CARBOHYDRATES: 12G

TOTAL FAT: 3G

SATURATED FAT: 1G

CHOLESTEROL: 37MG

SODIUM: 398MG

Directions

- 1 Preheat broiler. Lightly spray a broiler pan with vegetable oil spray.
- 2 Place beef on prepared pan and place pan in broiler. Broil meat 5 minutes on each side, or until thoroughly browned.
- 3 In large stockpot, combine meat, water, onion, bay leaf, 1 teaspoon, salt, and pepper. Bring to boil. Reduce heat to simmer and cook 3 hours, or until meat is tender. Remove meat from pot and set aside. Strain broth and skim off fat. Cut meat into pieces.
- 4 Place strained broth, meat and remaining ingredients in stockpot and bring to boil. Reduce heat and simmer 20 to 25 minutes, or until vegetables are tender. Serve hot.

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Sweet Potato and Pear Soup

Serves 6

Ingredients

- 2 TEASPOONS** - vegetable oil
- 1** - large onion, chopped (about 1 cup)
- 1** - medium rib celery, sliced (about 1/2 cup)
- 3** - medium sweet potatoes, peeled and cubed (about 3 cups)
- 2** - ripe, medium pears, peeled and cubed (about 2 cups), plus 1 small ripe pear for garnish
- 4 CUPS** - low-sodium chicken broth
- 1/2 CUP** - dry vermouth
- 1** - cinnamon stick
- 1 TEASPOON** - finely grated orange zest
- 1/2 TEASPOON** - dried thyme
- 1/4 TEASPOON** - ground nutmeg
- 1/4 TEASPOON** - salt
- 1/4 TEASPOON** - freshly ground black pepper
- 1 CONTAINER (8 OUNCES)** - low-fat plain yogurt (optional)

Finely chopped fresh parsley, for garnish

CALORIES: 189

TOTAL FAT: 4G

CHOLESTEROL: 3MG

SODIUM: 192MG

Directions

- 1** In a large saucepan, heat the oil over medium heat. Add the onion and celery and cook for about 10 minutes, or until soft but not browned.
- 2** Add the sweet potatoes, pears, chicken broth, vermouth, cinnamon stick, orange zest, and thyme.
- 3** Bring to a boil, reduce the heat and simmer, covered, for 35 to 45 minutes, or until the sweet potatoes are tender. Remove the cinnamon stick.
- 4** In a food processor or blender, puree the vegetable mixture, in batches, until smooth.
- 5** Return the puree to the saucepan and stir in the nutmeg, salt, and pepper. Cook over medium heat until heated through.
- 6** To serve, halve, core, and cut the pear into 6 wedges and cut each wedge to form a fan.
- 7** Ladle the soup into bowls and top with a dollop of yogurt, if desired.

5 aDay: The Better Health Cookbook by E. Pivonka and B. Berry. Produced by the Philip Lief Group, Inc., Rodale, 2002.

Mexican Tortilla Soup

Serves 8

Ingredients

Nonstick cooking spray

2 POUNDS - boneless, skinless chicken breasts, cut into 1/2 inch strips

4 CUPS - diced carrots

2 CUPS - sliced celery

1 CUP - chopped green bell pepper

1 CUP - chopped onion

4 - cloves garlic, minced

1 - jalapeño pepper, seeded and sliced

1 TEASPOON - dried oregano leaves

1/2 TEASPOON - ground cumin

8 CUPS - fat-free reduced-sodium chicken broth

1 - large tomato, seeded and chopped

4-5 TABLESPOONS - lime juice

2 (6 INCH) - corn tortillas cut into 1/4 inch strips salt (optional)

3 TABLESPOONS - finely chopped fresh cilantro

CALORIES: 184

TOTAL FAT: 3G

SATURATED FAT: 1G

CHOLESTEROL: 58MG

SODIUM: 132MG

Directions

- 1 Preheat oven to 350° F. Spray large nonstick Dutch oven with cooking spray; heat over medium heat. Add chicken; cook and stir about 10 minutes or until browned and no longer pink in the center. Add carrots, celery, bell pepper, onion, garlic, jalapeño pepper, oregano, and cumin; cook and stir over medium heat 5 minutes.
- 2 Stir in chicken broth, tomato, and lime juice, heat to boil. Reduce heat to low; cover and simmer 15 to 20 minutes.
- 3 Spray tortilla strips lightly with cooking spray; Place on baking sheet. Bake about 10 minutes or until browned and crisp, stirring occasionally.
- 4 Stir cilantro into soup. Ladle soup into bowls; top with tortilla strips.

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Turkey Chili

Serves 4 — Serving size is 1 1/2 cup each

Ingredients

- 1 POUND** - ground turkey
- 3/4 CUP** - onion, minced
- 2 TABLESPOONS** - margarine
- 3 CUPS** - water
- 1/2 TEASPOON** - garlic powder
- 1 TABLESPOON** - chili powder
- 1 TABLESPOON** - dry parsley flakes
- 1 TEASPOON** - paprika
- 2 TEASPOONS** - dry mustard
- 1** - 15 1/2 ounce canned red kidney beans, drained
- 1** - 6 ounce can of tomato paste
- 1/2 CUP** - pearl barley
- 3/4 CUP** - cheddar cheese, shredded

CALORIES: 540

TOTAL FAT: 26G

SATURATED FAT: 9G

CHOLESTEROL: 104MG

SODIUM: 579MG

Directions

- 1** In large sauce pan, cook turkey and onions in margarine until turkey is browned and no longer pink in color, about 9 minutes. Drain; return turkey and onions to pan.
- 2** Add remaining ingredients except the cheese to turkey mixture; bring to boil, stirring frequently. Cover, reduce heat, and simmer 30 minutes, stirring occasionally.
- 3** Uncover and simmer 30 minutes, stirring occasionally.
- 4** Sprinkle 3 tablespoons of cheese over each serving of chili.
- 5** Serve over cooked macaroni.





*Time-saving tips
and
healthy choices*

COOKING SHORT-CUTS FOR PARENTS ON THE RUN

- 1 Plan weekly.** Take one hour every week or weekend to plan your week so that you will have the food you need to make healthy meals. Use a shopping list, and ask members of your family to contribute and accompany you to the grocery.
- 2 Keep basic ingredients on hand.** Stock up on often-used quick meal fixings, such as canned beans and tuna, rice, pasta, and jars of spaghetti sauce. Buy extra canned or frozen fruits and vegetables. Because they're packed at the peak of freshness, they are just as nutritious as fresh ones.
- 3 Use a crockpot or slow cooker to save time.** All you have to do is fill it and turn it on. When you get home in the evening, your dinner is ready. For more information on how to use a crock-pot, cooking tips, and recipes, go to <http://busycooks.about.com/library/howtos/blcrockpot101.htm>.
- 4 Try batch cooking.** During the weekend or sometime during the week, block out a couple of hours to make a big batch of chili, soup, casserole or a pasta dish to refrigerate or freeze for sometime later. Then you can just heat and eat.
- 5 Use your microwave.** For recipes appropriate for a microwave, check out the following: www.bhg.com/home./microwaver-ecipes.html, www.goodnuke.com/, or www.alaskaseafood.org.
- 6 Introduce cooking to your children.** Let your children join you in your kitchen to help prepare meals, learn new recipes, find ingredients, and serve a family dinner. They can help you while learning nutritional information about a broad range of foods. Cookbooks especially for children pre-teen and up include *Honest Pretzels* by Molly Katzen, *There's a Chef in My Soup! Recipes for the Kid in Everyone*, and *The Teen's Vegetarian Cookbook* by Judy Krizmanic.



Good choices in canned foods

Fresh or frozen are not the only options for making a healthy meal. Recipes can also be made with canned foods.

The following are some of the healthier canned foods that can be added to recipes:

- ◆ Tomatoes and tomato sauces
- ◆ Fish, such as sardines, salmon, herring, and tuna*
- ◆ Chicken
- ◆ Vegetables such as pumpkin
- ◆ Beans, especially kidney, pinto, and navy beans
- ◆ Fruits, such as berries, pineapple, and peaches
- ◆ To reduce sodium (salt) in canned beans, place them in a strainer and rinse with cold water

Use the percent Daily Value (%DV) on the Nutrition Facts label to limit sodium. Remember, 5 percent DV or less is low and 20 percent or more is high. Also, read the ingredient list to make sure that added sugars (caloric sweeteners) are not one of the first few ingredients. Examples include brown sugar, corn sweetener, corn syrup, dextrose, fructose, and fruit juice concentrates.



Below are some low-calorie alternatives for higher-fat meat, fish and poultry items. You can incorporate these healthy choices into your recipes:

High-calorie items:	Choose these instead:
<input type="checkbox"/> Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)	<input type="checkbox"/> Low-fat cold cuts (95 to 97% fat-free lunch meats, low-fat pressed meats)
<input type="checkbox"/> Hot dogs (regular)	<input type="checkbox"/> Lower-fat hot dogs made from chicken, turkey or soy
<input type="checkbox"/> Bacon or sausage	<input type="checkbox"/> Canadian bacon or lean ham
<input type="checkbox"/> Regular ground beef	<input type="checkbox"/> Extra lean ground beef such as ground round or ground turkey (read labels)
<input type="checkbox"/> Chicken or turkey with skin, duck or goose	<input type="checkbox"/> Chicken or turkey without skin (white meat)
<input type="checkbox"/> Oil-packed tuna	<input type="checkbox"/> Water-packed tuna* (rinse to reduce sodium content)
<input type="checkbox"/> Beef (chuck, rib brisket)	<input type="checkbox"/> Beef (round, loin, trimmed of external fat)
<input type="checkbox"/> Pork (spareribs, untrimmed loin)	<input type="checkbox"/> Port tenderloin or trimmed, lean smoked ham
<input type="checkbox"/> Frozen breaded fish or fried fish (homemade or commercial)	<input type="checkbox"/> Fish or shellfish, unbreaded (fresh, frozen, canned in water)
<input type="checkbox"/> Whole eggs	<input type="checkbox"/> Egg whites or egg substitutes
<input type="checkbox"/> Frozen TV dinners (containing more than 13 grams of fat per serving)	<input type="checkbox"/> Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium)
<input type="checkbox"/> Chorizo sausage	<input type="checkbox"/> Turkey sausage, drained well or vegetarian sausage (made with tofu)

**Women who may become pregnant, pregnant women, nursing mothers, and young children are advised by the federal government to limit consumption of albacore "white" tuna to 6 ounces per week to reduce exposure to the harmful effects of mercury. Canned light tuna is lower in mercury than albacore tuna.*

PORTIONS AND SERVING SIZES

What does it all mean?

One important aspect of eating healthy is watching the amount of food you are consuming. Check the Nutrition Facts label to see how much of the food amounts to one serving. Even small packages of food can contain more than one serving. **If you double the servings, you also double the calories and nutrients.**

**Please note that images on the following page are not set at actual size.*

What does a serving size look like?

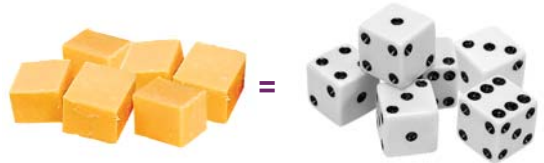
Fruit: 1 medium fruit is equal to the size of a baseball



Vegetables: 1/2 cup, which looks like a small computer mouse.



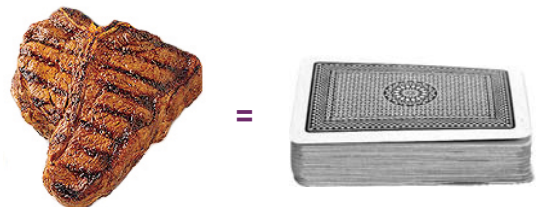
Cheese: 1 1/2 ounces, or the size of six dice



Pasta: 1/2 cup, which looks like a small computer mouse.



Fish or meat: 2 to 3 ounces is the size of a cassette tape or a deck of cards



Source: U.S. Department of Agriculture, Food and Nutritional Service





Dinner

Spicy Southern Barbecue Chicken

Serves 6 — Serving size is 1/2 breast or 2 small drumsticks

Ingredients

- 5 TABLESPOONS** - tomato paste (3 ounces)
- 1 TEASPOON** - ketchup
- 2 TEASPOONS** - honey
- 1 TEASPOON** - molasses
- 1 TEASPOON** - Worcestershire sauce
- 4 TEASPOONS** - white vinegar
- 3/4 TEASPOON** - cayenne pepper
- 1/8 TEASPOON** - black pepper
- 1/4 TEASPOON** - onion powder
- 2 CLOVES** - garlic, minced
- 1/8 TEASPOON** - ginger, grated
- 1 1/2 POUNDS** - chicken, skinless (breasts, drumsticks)

Directions

- 1** Combine all ingredients except chicken in a sauce pan.
- 2** Simmer for 15 minutes.
- 3** Wash chicken and pat dry.
- 4** Place chicken on a large platter.
- 5** Brush chicken with 1/2 of sauce mixture.
- 6** Cover with plastic wrap and marinate in refrigerator for 1 hour.
- 7** Place chicken on a baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
- 8** Turn oven down to 350° F, and add the remaining sauce to the chicken.
- 9** Cover the chicken with aluminum foil and continue baking for 30 minutes.

CALORIES: 176

TOTAL FAT: 4G

SATURATED FAT: LESS THAN 1G

CHOLESTEROL: 81MG

SODIUM: 199MG

Heart-Healthy Home Cooking African American Style
NIH and NHLB
www.nhlbi-nhi.gov/health/public/heart



Crispy Oven-Fried Chicken

Serves 6 — Serving size is 1/2 breast or 2 small drumsticks

Ingredients

- 1/2 CUP** - skim milk or buttermilk
 - 1 TEASPOON** - poultry seasoning
 - 1 CUP** - cornflakes, crumbled
 - 1 1/2 TABLESPOONS** - onion powder
 - 1 1/2 TABLESPOONS** - garlic powder
 - 2 TEASPOONS** - black pepper
 - 2 TEASPOONS** - dried hot pepper, crushed
 - 1 TEASPOON** - ginger, ground
 - 8 PIECES** - chicken, skinless (4 breasts, 4 drumsticks)
- A few shakes of paprika
- Vegetable oil spray

Directions

- 1** Add 1/2 teaspoon of poultry seasoning to milk.
- 2** Combine all other spices with cornflakes crumbs and place in a plastic bag.
- 3** Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, quickly shake in bag with seasoning and crumbs.
- 4** Refrigerate for 1 hour.
- 5** Preheat oven to 350° F.
- 6** Remove from refrigerator and sprinkle lightly with paprika for color.
- 7** Evenly space chicken on greased baking pan.
- 8** Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy “skin.”

(Do not turn chicken during baking.)

CALORIES: 256

TOTAL FAT: 5G

SATURATED FAT: 1G

CHOLESTEROL: 82MG

SODIUM: 286MG

Heart-Healthy Home Cooking African American Style
 NIH and NHLB
www.nhlbi-nhi.gov/health/public/heart

Pancit Bihon (Filipino Noodles with Vegetables)

Serves 9

Ingredients

1 TEASPOON - cooking spray or olive oil

3 CLOVES - garlic, minced

1 - small onion

1 1/4 POUNDS - cooked boneless, breast, diced into 1/2-inch or 1-inch cubes (about 3 cups)

1/4 TEASOON - pepper

1 8-OUNCE - package noodles (pancit bihon noodles* or angel hair pasta)

1 1/2 CUPS - green cabbage, sliced into strips

1/2 CUP - scallions, diced (about 3 onions), divided

3 TEASPOONS - low sodium soy sauce

1 CUP - chicken broth

1 - medium lemon, thinly sliced

1 TEASPOON - fresh lemon juice

1 CUP - carrots, diced

Directions

- 1** Spray a wok or large saucepan with cooking spray, or use olive oil.
- 2** Over medium heat, sauté garlic and onion, cooking until golden brown.
- 3** Add cooked chicken until its browned and warmed throughout, 2 to 3 minutes.
- 4** Add pepper. While chicken is heating, soften noodles by putting them in a colander and running water over them until they're soft (do not soak).
- 5** Cut the noodles with kitchen scissors into 2-inch segments. Let noodles stand until they further soften. (Or, if using angel hair pasta, cook it according to directions and set it aside).
- 6** Add carrots to pan with chicken, and cook for 2 minutes.
- 7** Stir in cabbage, celery, and 1/4 cup scallions, and cook for 2 minutes.
- 8** Add noodles gradually, stirring to blend with vegetables and meat.
- 9** Add chicken broth and soy sauce to moisten. Cook until noodles are soft, about 5 minutes (omit this step if using angel hair pasta).
- 10** Garnish with lemon slices and remaining scallions. Squeeze fresh lemon juice over the dish just before serving.

**Pancit bihon noodles can be found in Asian grocery stores and in some supermarkets.*

Used with permission: Kalusugan Community Services; Funded by California Adolescent Nutrition and Fitness Program, Berkeley, CA. For more information, call (510)644-1533.

CALORIES: 173

TOTAL FAT: 6G

CHOLESTEROL: 32MG

SODIUM: 51MG

FIBER: 6G

Mediterranean Chicken Kabobs

Serves 8

Ingredients

2 POUNDS - boneless, skinless chicken breasts or chicken tenders, cut into 1 inch pieces

1 - small eggplant, peeled and cut into 1 inch pieces

1 - medium zucchini, cut crosswise into 1/2 inch slices

2 - medium onions, each cut into 8 wedges

16 - medium mushrooms, stems removed

16 - cherry tomatoes

1 CUP - fat-free reduced sodium chicken broth

2/3 CUP - balsamic vinegar

3 TABLESPOONS - olive oil or vegetable oil

2 TABLESPOONS - dried mint leaves

4 TEASPOONS - dried basil leaves

1 TABLESPOON - dried oregano leaves

2 TEASPOONS - grated lemon peel
chopped fresh parsley

4 CUPS - hot cooked couscous

CALORIES: 300

TOTAL FAT: 5G

SATURATED FAT: 1G

CHOLESTEROL: 69MG

SODIUM: 79MG

Directions

- 1 Alternately thread chicken, eggplant, zucchini, onions, mushrooms, and tomatoes onto 16 metal skewers; place in large glass baking dish.
- 2 Combine chicken broth, vinegar, oil, mint, basil, and oregano in small bowl; pour over kabobs. Cover marinade in refrigerator 2 hours, turning kabobs occasionally. Remove kabobs from marinade; discard marinade.
- 3 Broil kabobs, 6 inches from heat source, 10 to 15 minutes or until chicken is no longer pink in center, turning kabobs halfway through cooking time. Or, grill over medium hot coals, 10 to 15 minutes or until chicken is no longer pink in center, turning kabobs halfway through cooking time. Stir lemon peel and parsley into couscous.

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Chicken Oriental

Serves 6

Ingredients

- 1 TABLESPOON** - vegetable oil
- 1 POUND** - boneless, skinless chicken breast halves, cut into 1 inch chunks
- 8 OUNCES** - asparagus, trimmed and cut into 2 inch matchstick strips
- 1** - medium red or green bell pepper, cut into thin strips
- 1** - medium onion, sliced
- 2 TABLESPOONS** - sugar
- 1/4 TEASPOON** - freshly ground black pepper
- 2 TABLESPOONS** - light soy sauce
- hot cooked rice, for serving

Directions

- 1** In a large skillet or wok, heat the oil over high heat until hot. Add the chicken and stir-fry for about 4 minutes or until no longer pink.
- 2** Transfer to a plate and add the asparagus, bell pepper, onion, sugar, and black pepper to the skillet.
- 3** Stir-fry for about 3 minutes or until the vegetables are crisp tender.
- 4** Return the chicken to the skillet and sprinkle with the soy sauce, cover and cook for about 1 minute or until mixture begins to steam.
- 5** Serve over rice.

CALORIES: 156
TOTAL FAT: 3.4G
CHOLESTEROL: 44MG
SODIUM: 254MG

5 aDay: The Better Health Cookbook by E. Pivonka and B. Berry. Produced by the Philip Lief Group, Inc., Rodale, 2002.

Asian Salad

Serves 4

Ingredients

2 1/2 CUPS - cooked chicken, cut into bite size pieces

1 (10 OUNCE) - bag shredded cabbage

1 CUP - Sliced mushrooms

2 - carrots shredded

2 TABLESPOONS - chopped cilantro

1 - cucumber, thinly sliced

3 - green onions, thinly sliced

1 - tangerine, divided into sections

1/2 CUP - non-fat Asian or Oriental style salad dressing

Black pepper

Directions

- 1** In a large bowl, combine chicken, cabbage, mushrooms, carrot, cilantro, cucumber, and dressing.
- 2** Toss well.
- 3** Top with green onions and tangerine sections.

CALORIES: 220

TOTAL FAT: 7G

SATURATED FAT: 2G

CHOLESTEROL: 70MG

SODIUM: 367MG

Chicken and Vegetable Pasta with Orange-Basil Sauce

Serves 4

Ingredients

3/4 CUP - frozen orange juice concentrate thawed

1/2 CUP - chicken broth

4 TEASPOONS - cornstarch

6 OUNCES - packaged dried corkscrew pasta

2 CUPS - cubed, cooked chicken or turkey

1 (16 OUNCE) - package loose pack frozen Italian blend (zucchini, carrots, cauliflower, lima beans, and Italian beans) or other mixed vegetables

1/4 CUP - snipped fresh basil

Directions

- 1** Purchase a deli roasted chicken or a cooked turkey breast.
- 2** For sauce, in a small saucepan combine thawed concentrate, chicken broth, and cornstarch.
- 3** Cook and stir until thickened and bubbly, cook and stir 2 minutes more.
- 4** In a large saucepan, cook pasta in boiling lightly salted water for 5 minutes.
- 5** Add frozen vegetables, return to boiling.
- 6** Cook uncovered, 5 minutes more or until pasta and vegetables are tender.
- 7** Drain and return to saucepan.
- 8** Add sauce, chicken, basil, and 1/8 teaspoon pepper.
- 9** Heat and toss until hot.

CALORIES: 438

TOTAL FAT: 7G

SATURATED FAT: 2G

CHOLESTEROL: 68MG

SODIUM: 190MG

Jamaican Jerk Chicken

Serves 6 — Serving size is 1/2 breast or 2 small drumsticks

Ingredients

- 1/2 TEASPOON** - cinnamon, ground
- 1 1/2 TEASPOONS** - allspice, ground
- 1 1/2 TEASPOONS** - black pepper, ground
- 1 TABLESPOON** - hot pepper, chopped
- 2 TABLESPOONS** - oregano, crushed
- 2 TABLESPOONS** - thyme, crushed
- 1/2 TEASPOON** - salt
- 6 CLOVES** - garlic, finely chopped
- 1 CUP** - onion, puréed or finely chopped
- 1/4 CUP** - vinegar
- 3 TABLESPOONS** - brown sugar
- 8 PIECES** - chicken, skinless (4 breasts, 4 drumsticks)

Directions

- 1** Combine all ingredients except chicken in large bowl. Rub seasoning over chicken.
- 2** Marinate in the refrigerator for 6 more hours.
- 3** Preheat oven to 350° F.
- 4** Evenly space chicken on nonstick or lightly greased baking pan.
- 5** Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less cooking time than the breasts.

CALORIES: 199

TOTAL FAT: 4G

SATURATED FAT: 1G

CHOLESTEROL: 81MG

SODIUM: 267MG

Heart-Healthy Home Cooking African American Style
NIH and NHLB
www.nhlbi-nhi.gov/health/public/heart

Rice with Chicken, Spanish Style

Serves 8

Ingredients

- 2 TABLESPOONS** - olive oil
- 2** - medium onions, chopped
- 4 CLOVES** - garlic, minced
- 2** - stalks celery, diced
- 2** - medium red/green peppers, cut into strips
- 1 CUP** - mushrooms, chopped
- 2 CUPS** - uncooked rice
- 1 (3 POUND CHICKEN)** - cut into 8 pieces, skin removed
- 1 TEASPOON** - salt (optional)
- 3 1/2 CUPS** - chicken broth, fat removed
- 4 CUPS** - water Saffron (Sazon) for color
- 3** - medium tomatoes, chopped
- 1 CUP** - frozen peas
- 1 CUP** - frozen corn

Olives or capers for garnish, if desired

Directions

- 1** Heat the oil over medium heat in a nonstick pot. Add the onion, garlic, celery, green pepper, and mushrooms. Cook over medium heat, stirring often, for about 3 minutes or until tender.
- 2** Add the rice and sauté for 2 to 3 minutes, stirring constantly until it begins to brown.
- 3** Add the chicken, salt, chicken broth, water, saffron (Sazón), and tomatoes. Bring the water to a boil, then reduce heat to medium to low and let simmer.
- 4** Cover the pot and let the casserole simmer until the water is absorbed and rice is tender, about 20 minutes.
- 5** Stir in peas, corn, and beans and cook for 8 to 10 minutes. When everything is hot the casserole is ready to serve. Garnish with olives or capers, if desired.

CALORIES: 330
TOTAL FAT: 14G
CARBOHYDRATE: 24G
PROTEIN: 27MG

National Diabetes Education Program
 Recipe and Meal Planner Guide at
www.dnep.nih.gov/diabeates/MealPlanner.



Quick Beef Casserole

Serves 8 — Serving size is 1 1/3 cups

Ingredients

- 1/2 POUND** - lean ground beef
- 1 CUP** - onion, chopped
- 1 CUP** - celery, chopped
- 1 CUP** - green pepper, cubed
- 3 1/2 CUPS** - tomatoes, diced
- 1/4 TEASPOON** - salt
- 1/2 TEASPOON** - black pepper
- 1/4 TEASPOON** - paprika
- 1 CUP** - frozen peas
- 2** - small carrots, diced
- 1 CUP** - uncooked rice
- 1 1/2 CUPS** - water

Directions

- 1** In a skillet, brown the ground beef and drain off the fat.
- 2** Add the rest of the ingredients. Mix well. Cook over medium heat and cover skillet until boiling. Reduce to low heat and simmer for 35 minutes. Serve hot.

CALORIES: 184
TOTAL FAT: 3G
SATURATED FAT: 1G
CHOLESTEROL: 15MG
SODIUM: 125MG

Delicious Heart-Healthy Latino Recipes
NIH and NHLB
www.nhlbi.nih.gov/health/public/heart

Mexican Steak and Fruit Skewers

Serves 4

Ingredients

- 4 TEASPOONS** - chili powder
- 1 TABLESPOON** - ground cumin
- 3/4 TEASPOON** - dried oregano
- 1/2 TEASPOON** - freshly ground black pepper
- 1 POUND** - boneless beef top sirloin, trimmed and cut into 1/2 inch chunks
- 1 PACKAGE (6 OUNCES)** - Turkish apricots, nectarines, peaches, or apples
- 8 OUNCES** - pineapple-orange juice
- 2 TABLESPOONS** - fresh lime or lemon juice
- 1 MEDIUM** - red bell pepper, cut into 1 inch pieces
- 1** - small red onion, cut into 1 inch pieces

Warm tortillas or rice and beans

Directions

- 1** Preheat the grill to medium, or preheat the broiler.
- 2** In a large bowl, combine the chili powder, cumin, oregano, and pepper. Add the beef and toss until evenly coated. Set aside.
- 3** In a small saucepan, combine the dried fruit, pineapple-orange juice, and lime juice. Bring to a boil, then reduce the heat and simmer, stirring occasionally.
- 4** Drain the fruit, discarding the liquid.
- 5** Thread the beef, dried fruit, bell pepper, and onion alternately on skewers. Grill slowly over indirect heat or broil 5 to 6 inches from heat source, turning frequently to prevent the fruit from burning, for 8 to 10 minutes.
- 6** Serve with warm tortillas or rice and beans.

CALORIES: 361

TOTAL FAT: 9.1G

CHOLESTEROL: 100MG

SODIUM: 119MG

5 aDay: The Better Health Cookbook by E. Pivonka and B. Berry. Produced by the Philip Lief Group, Inc., Rodale, 2002.

Althea's Beef Gumbo

Serves 7

Ingredients

- 1 POUND** - 90 percent lean ground beef
- 2** - large onions, chopped
- 16 OUNCES** - frozen white corn kernels, thawed
- 15 OUNCE** - can stewed tomatoes, with juice
- 10 OUNCE** - package frozen sliced okra, thawed
- 2 TABLESPOONS** - chili powder
- 2 1/3 CUP** - cooked rice

Directions

- 1** Brown the ground beef and onion in a large soup pot or Dutch oven, stirring until the beef crumbles. Drain the beef, discarding the fat.
- 2** Stir in the remaining ingredients except for the rice and bring the mixture to a boil over medium heat, stirring occasionally.
- 3** Cover and reduce the heat; simmer 20 minutes. Stir occasionally. Serve over 1/3 cup of rice.

CALORIES: 390
TOTAL FAT: 10G
SATURATED FAT: 3G
CHOLESTEROL: 41MG
SODIUM: 200MG
FIBER: 9G
PROTEIN: 22G

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Beef Stroganoff

Serves 2

Ingredients

1/4 POUND - boneless beef round steak (cut 3/4 inch thick with all fat removed)

2 TABLESPOONS - chopped onion

1/4 CAN - cream of mushroom soup

2 TEASPOON - flour

1/4 TEASPOON - paprika

1/4 CUP - sour cream (fat-free)

2 CUP - cooked yolless egg noodles

Directions

- 1 Slice beef across the grain into very thin strips.
- 2 Coat a nonstick skillet with nonstick spray.
- 3 Brown the beef and onions over high heat. You may have to add a little water to the pan to begin cooking.
- 4 Add noodles to boiling water. Cook until al dente.
- 5 Set beef and onion mixture aside.
- 6 In a saucepan, mix the soup, water and flour until thickened.
- 7 Return the meat mixture to the skillet.
- 8 Add the mushroom soup mixture and paprika.
- 9 Heat through.
- 10 Stir in the fat-free sour cream.
- 11 Serve immediately over cooked noodles - **do not continue to cook.**

CALORIES: 380

FAT: 9G

CHOLESTEROL: 100MG

SODIUM: 230MG

FIBER: 3G

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Sloppy Joes

Serves 2

Ingredients

- 3/4 POUND** - ground beef
- 1** - medium onion
- 1** - medium green pepper
- 1 (10.5 OUNCE) CAN** - tomato soup, low sodium
- 2** - whole-wheat hamburger buns

Directions

- 1** Chop green pepper and onion.
- 2** In a skillet coated with non-stick spray, brown meat with the onions and green peppers.
- 3** Once browned, drain any excess fat off.
- 4** Pour tomato soup in and mix well.
- 5** Simmer for at least 10 minutes.
- 6** Place 2/3 cup of the mixture on a hamburger bun.
- 7** Any extra mixture can be frozen.

CALORIES: 495

FAT: 10G

CHOLESTEROL: 85MG

SODIUM: 395MG

FIBER: 7G

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Beef Goulash

Serves 6

Ingredients

- 1 CUP** - uncooked macaroni
- 1 POUND** - lean ground beef
- 1/2 POUND** - fresh mushrooms, sliced
- 1 CUP** - chopped onion
- 1 CLOVE** - garlic, minced
- 1 (6-OUNCE) CAN** - no-salt-added tomato paste
- 3/4 CUP** - water
- 1 CUP** - low-sodium ketchup
- 1** - small bay leaf
- 1 TEASPOON** - sugar
- 1/2 TEASPOON** - freshly ground black pepper
- 1/4 TEASPOON** - oregano
- 1/4 TEASPOON** - basil

CALORIES: 330

PROTEIN: 23G

CARBOHYDRATES: 39G

TOTAL FAT: 9G

SATURATED FAT: 3G

CHOLESTEROL: 54MG

SODIUM: 58MG

Directions

- 1** Cook macaroni according to package directions, omitting salt. Drain and set aside.
- 2** Brown ground beef with mushrooms, onion, and garlic. Pour off fat.
- 3** Add remaining ingredients. Simmer gently about 15 minutes.
- 4** Add cooked, drained macaroni. Simmer 5 minutes.
- 5** Remove bay leaf and serve.

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Beef Soft Tacos

Serves 2

Ingredients

1/2 POUND - ground beef

1/2 CUP - chopped onion

1 TABLESPOON - chili powder

1/2 TEASPOON - cumin

1/4 TEASPOON - oregano

4 - flour tortillas (fat-free)

1/4 CUP - cheddar cheese,
finely shredded

Lettuce (as desired)

Tomatoes (as desired)

Salsa (as desired)

Jalapenos (as desired)

Directions

- 1 Chop onion.
- 2 Spray frying pan with non-stick spray.
- 3 Sauté chopped onion for a couple minutes over medium heat.
- 4 Add meat and spices (chili powder, cumin, and oregano).
- 5 Taste meat and adjust seasonings as needed.
- 6 While meat is cooking, chop lettuce, tomato, and jalapenos.
- 7 Warm tortillas in microwave about 10 seconds.
- 8 Place 1/4 cup of beef mixture in tortilla.
- 9 Top with 2 tablespoons of cheddar cheese.
- 10 Add lettuce, tomato, jalapenos, and salsa as desired.

CALORIES: 375

FAT: 10G

CHOLESTEROL: 85MG

SODIUM: 505MG

FIBER: 10G

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Stir-Fried Beef

Serves 6 — Serving size is 1 1/4 cup

Ingredients

- 1 1/2 POUNDS** - sirloin steak
- 2 TEASPOONS** - vegetable oil
- 1 CLOVE** - garlic, minced
- 1 TEASPOON** - vinegar
- 1/8 TEASPOON** - salt
- 1/8 TEASPOON** - pepper
- 2** - large onions, sliced
- 1** - large tomato, sliced
- 3 CUPS** - boiled potatoes, diced

Directions

- 1** Trim fat from steak and cut into small, thin pieces.
- 2** In a large skillet, heat oil and sauté garlic until garlic is golden. Add steak, vinegar, salt, and pepper.
- 3** Cook for 6 minutes, stirring beef until brown.
- 4** Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes and white rice.

CALORIES: 549

TOTAL FAT: 8G

SATURATED FAT: 2G

CHOLESTEROL: 56MG

SODIUM: 288MG

*Delicious Heart-Healthy Latino Recipes
NIH and NHLB
www.nhlbi.nih.gov/health/public/heart*

Granny Smith Pork

Serves 6

Ingredients

- 1 TEASPOONS** - canola oil
- 1 1/2 POUNDS** - boneless pork, cut into 1/2 inch cubes
- 4** - medium Granny Smith apples, cored and sliced into 1/2 inch wedges
- 1 CUP** - dry white wine
- 1 TABLESPOON** - brown sugar
- 1/4 CUP** - cider vinegar
- 3 TABLESPOONS** - cornstarch or arrowroot powder
- 2 TABLESPOONS** - worcestershire sauce
- 1 PINCH** - fresh ground pepper and salt to taste

CALORIES: 244
TOTAL FAT: 6G
SATURATED FAT: 2G
CHOLESTEROL: 56MG
SODIUM: 135MG
CARBOHYDRATES: 26G
FIBER: 3G
SUGAR: 18G
PROTEIN: 20G

Directions

- 1** Heat the oil in a skillet over medium to high heat. Add the pork and brown on all sides. Add the apple slices and sauté for 3 minutes. Add 1/2 cup of the wine, reduce the heat, cover, and simmer for 10 minutes.
- 2** Mix the other 1/2 cup of wine together with the remaining ingredients and add to the skillet. Cook over medium heat, stirring constantly, until sauce thickens.

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Baked Pork Chops

Serves 6 — Serving size is 1 chop

Ingredients

6 - lean center-cut pork chops,
1/2 inch thick

1 - medium onion, thinly sliced

1/2 CUP - green pepper

1/2 CUP - red pepper

1/8 TEASPOON - black pepper

1/4 TEASPOON - salt

Fresh parsley

Directions

- 1** Preheat oven to 375° F.
- 2** Trim fat from pork chops. Place chops in a 13x9-inch baking pan.
- 3** Spread onion and peppers on top of chops. Sprinkle with black pepper and salt. Refrigerate or 1 hour.
- 4** Cover pan and bake for 30 minutes. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains. Garnish with fresh parsley.

CALORIES: 170

TOTAL FAT: 8G

SATURATED FAT: 3G

CHOLESTEROL: 61MG

SODIUM: 135MG

Pork Tenderloin with Orange-Basil Sauce

Serves 4

Ingredients

- 1 TEASPOON** - vegetable oil
- 1 POUND** - pork tenderloin, trimmed and cut into 1/4 inch thick slices
- 12 OUNCES** - pineapple-orange juice or pineapple juice
- 2 TEASPOONS** - cornstarch
- 2 CLOVES** - garlic, finely chopped, or 1/2 teaspoon garlic powder
- 1 TEASPOON** - finely grated orange zest
- 1 1/2 TEASPOONS** - dried basil, crushed
- 2** - oranges, sliced
- 1** - scallion, sliced

Directions

- 1** In a large, nonstick skillet, heat the oil over medium-high heat until hot. Add the pork slices and cook, turning, for 3 to 5 minutes, or until the pork is no longer pink.
- 2** Transfer the pork to a plate and keep warm. Wipe the skillet dry with paper towels.
- 3** In the same skillet, whisk together the pineapple-orange juice, cornstarch, garlic, orange zest, and basil until blended.
- 4** Bring to a boil over medium to high heat; cook for 2 minutes, or until the sauce thickens slightly and boils.
- 5** Return the pork and any accumulated juices to the skillet; cook for 1 minute or until heated through.

CALORIES: 232

TOTAL FAT: 5.2G

CHOLESTEROL: 73.7MG

SODIUM: 64 MG

5 aDay: The Better Health Cookbook by E. Pivonka and B. Berry. Produced by the Philip Lief Group, Inc., Rodale, 2002.

Asian Pork Tenderloin

Serves 2

Ingredients

- 8 OUNCES** - pork tenderloin
- 2 TABLESPOONS** - sesame seeds, toasted
- 1 TEASPOON** - ground coriander
- 1/8 TEASPOON** - cayenne pepper
- 1/8 TEASPOON** - celery seed
- 1/2 TEASPOON** - minced dried onion
- 1/4 TEASPOON** - ground cumin
- 1/8 TEASPOON** - cinnamon

Directions

- 1** Preheat oven 400° F.
- 2** Toast sesame seeds.
- 3** Mix all spices together (use only half the spice mixture).
- 4** Slice the pork into approximately 3 to 4 ounce sections
- 5** Rub spice mixture on pork.
- 6** Spray oven safe pan with nonstick spray.
- 7** Place pork in oven.
- 8** Cook until done (approximately 15 minutes).

CALORIES: 165

FAT: 8G

CHOLESTEROL: 60MG

SODIUM: 45MG

FIBER: 0G

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IS THIS FRESH?

How to shop for fish

- ◆ Whole fish and fillets should have firm and shiny flesh. Dull flesh may mean the fish is old.
- ◆ Fresh whole fish should have bright red gills and should be slime-free.
- ◆ The flesh of the fish should spring back when pressed.
- ◆ The flesh of the fish should not be dark around the edges or have brownish or yellowish discoloration.
- ◆ The fish should smell fresh and mild, not fishy or ammonia-like.
- ◆ Make sure fresh seafood is refrigerated or properly iced when you buy it.

Stay fit with fish

Seafood is high in protein and other nutrients and is also low in fat. There are many healthy choices when it comes to seafood. Some ideas include:

- ◆ Salmon
- ◆ Sea bass
- ◆ Freshwater trout
- ◆ Sardines
- ◆ Oysters
- ◆ Whitefish
- ◆ Perch
- ◆ King crab
- ◆ Flounder
- ◆ Sole
- ◆ Pollock
- ◆ Catfish
- ◆ Tilapia
- ◆ Clams
- ◆ Shrimp

**Women who may become pregnant, pregnant women, nursing mothers, and young children are advised by the federal government to avoid eating shark, swordfish, king mackerel, or tilefish because they contain high levels of mercury. They are also advised to limit consumption of albacore "white" tuna to 6 ounces per week to reduce exposure to mercury. It is ok to eat up to 12 ounces a week of a variety of fish and shellfish that are lower in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.*

Source: U.S. Department of Health and Human Services and U.S. Environmental Protection Agency.

Storing fish

- ◆ Put seafood on ice, in the refrigerator, or in the freezer, right after you buy it.
- ◆ If you plan to use the seafood within two days of buying it, store it in the coldest part of the refrigerator. The best places are usually under the freezer compartment or in a special “meat keeper.”
- ◆ If you are freezing the seafood, wrap it tightly in moisture-proof freezer paper or foil to avoid air leaks.
- ◆ Throw out shellfish if they die during storage or if their shells crack or break. Live shellfish close up when the shell is tapped.

Handling fish

- ◆ Wash your hands well with hot soapy water before and after handling raw food.
- ◆ It's best to thaw frozen fish in the refrigerator gradually overnight.
- ◆ If you must thaw fish quickly, seal it in a plastic bag and place it in cold water for about an hour. You can also microwave on the “defrost” setting if you plan to cook the fish immediately. Make sure to take the fish out of the microwave while it is still icy but bendable.
- ◆ Marinate seafood in the refrigerator, not on the counter. Throw out any marinade that is not used since it contains raw fish juices.

- ◆ Do not allow cooked seafood to come in contact with raw products. Use separate cutting boards and utensils or wash items completely between uses.

Cooking fish

How do you know the seafood is done?

- ◆ For fish, pull aside the flesh with the point of a sharp knife. The edges should be opaque and the center slightly clear with flakes beginning to separate. Let the fish stand three to four minutes to finish cooking.
- ◆ For shrimp, lobster, and scallops, check color. Shrimp and lobster turn red and the flesh becomes pearly opaque. Scallops turn milky white or opaque and firm.
- ◆ For clams, mussels, and oysters, watch for the shells to open. That means they're done. Throw out those that stay closed.

Also, remember that cooked seafood should not be outside a refrigerator or freezer for more than two hours.

Source: U.S. Food and Drug Administration

Play it safe with food

Know how to prepare, handle, and store food to keep you and your family safe.

- ◆ Wash your hands before handling any food.
- ◆ Clean any kitchen surfaces that will come in contact with food, such as counters, cutting boards, and stove tops.
- ◆ Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing.
- ◆ Wash fruits and vegetables before eating or cooking.
- ◆ Thaw food in the refrigerator. For quick thawing submerge food in cold water in airtight packaging, or thaw food in the microwave (cook right away).
- ◆ Don't wash or rinse poultry and meat to avoid spreading bacteria to other foods.
- ◆ Cook meat, poultry and fish to safe internal temperatures to kill microorganisms.
- ◆ Use a cooking thermometer to assure that meat, poultry and seafood are cooked safely. Meat should be cooked to 160° F, poultry to 180° F, and seafood to 145° F.
- ◆ Chill perishable foods promptly.

Source: U.S. Food and Drug Administration





Mouth-Watering Oven-Fried Fish

Serves 6 — Serving size is 1 cut piece

Ingredients

2 POUNDS - fish fillets (such as catfish or cod)

1 TABLESPOON - lemon juice, fresh

1/4 CUP - skim milk or 1% buttermilk

2 DROPS - hot pepper sauce

1 TEASPOON - fresh garlic, minced

1/4 TEASPOON - white pepper, ground

1/4 TEASPOON - salt

1/4 TEASPOON - onion powder

1/2 CUP - cornflakes, crumbled or regular bread crumbs

1 - fresh lemon, cut in wedges

Vegetable oil spray

Directions

- 1** Preheat oven to 475° F.
- 2** Wipe fillets with lemon juice and pat dry.
- 3** Combine milk, hot pepper sauce, and garlic.
- 4** Combine pepper, salt, and onion powder with cornflakes crumbs and place on a plate.
- 5** Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
- 6** Arrange on lightly oiled shallow baking dish.
- 7** Bake 20 minutes on middle rack with turning.
- 8** Cut into 6 pieces. Serve with fresh lemon.

CALORIES: 183

TOTAL FAT: 2G

SATURATED FAT: LESS THAN 1G

CHOLESTEROL: 80MG

SODIUM: 325MG

Fisherman's Salmon with rice and tomatoes

Serves 4

Ingredients

12 OUNCES - cooked fresh salmon or 2 cans (7 ounces each), drained

1 TABLESPOON - olive oil

1 TABLESPOON - white wine vinegar

2 TEASPOONS - Dijon mustard

1 TABLESPOON - finely chopped parsley

1 CUP - cooked rice

1 CUP - cooked whole corn kernels, chilled

4 - large tomatoes, halved and seeded

Directions

- 1** Put the salmon into a large bowl and flake it with a fork.
- 2** Whisk together the oil, vinegar, and mustard until well blended.
- 3** Add the rice, corn, and dressing to the salmon and toss until well-mixed.
- 4** Place the tomato halves on a platter and fill with the salmon mixture.

CALORIES: 289

TOTAL FAT: 10G

CHOLESTEROL: 62MG

SODIUM: 108MG

5 aDay: The Better Health Cookbook by E. Pivonka and B. Berry. Produced by the Philip Lief Group, Inc., Rodale, 2002.

Seafood Tacos with Fruit Salsa

Makes 12 Tacos (1 taco per serving)

Ingredients

- 2 TABLESPOONS** - lemon juice
- 1 TEASPOON** - chili powder
- 1 TEASPOON** - ground allspice
- 1 TEASPOON** - olive oil
- 1 TEASPOON** - minced garlic
- 1 TEASPOON** - lemon zest
- 1/2 TEASPOON** - ground cloves
- 1 POUND** - halibut fillets
- 12 (6 INCH)** - corn tortillas
- 3 CUPS** - shredded lettuce
- 1** - small red onion, sliced

FRUIT SALSA

- 1 CUP** - diced papaya
- 1** - firm, small banana, sliced
- 2** - green onions, minced
- 3 TABLESPOONS**- cilantro
- 3 TABLESPOONS** - lime juice
- 1** - jalapeño pepper, minced

CALORIES: 147

TOTAL FAT: 3G

SATURATED FAT: LESS THAN 1G

CHOLESTEROL: 12MG

SODIUM: 148MG

Directions

- 1** Combine lemon juice, chili powder, allspice, oil, garlic, zest and cloves in a bowl. Rub fish with mixture; Cover and refrigerate.
- 2** Prepare Fruit Salsa.
- 3** Preheat grill to medium to high heat; oil lightly. Grill fish, covered, 3 minutes or until fish is browned. Turn; grill 2 minutes or until fish flakes easily when tested with fork. Remove from heat; Flake into chunks.
- 4** Place tortillas on grill and heat 5 to 10 seconds; turn and cook 5 to 10 seconds or until hot. Keep warm.
- 5** Top each tortilla with 1/4 cup lettuce and onion. Add fish and 2 tablespoons Fruit Salsa.
- 6** Combine all ingredients in bowl.

*** JALAPEÑO PEPPERS CAN STING AND IRRITATE THE SKIN. WEAR RUBBER GLOVES WHEN HANDLING PEPPERS AND DO NOT TOUCH EYES. WASH HANDS AFTER HANDLING.**

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Catfish Stew and Rice

Serves 4

Ingredients

2 - medium potatoes

1 (14 1/2 OUNCE) - can tomatoes, diced

1 (8 OUNCE BOTTLE) OR 1 CUP - clam juice or water

1 CUP - water

2 - cloves garlic, minced

1/2 - head cabbage, coarsely chopped

1 POUND - catfish fillers

1 1/2 TABLESPOONS - Hot 'N Spicy Seasoning (*see below*)

Sliced green onion for garnish

2 CUPS - hot cooked rice

HOT 'N SPICY SEASONING

1/4 CUP - paprika

2 TABLESPOONS - dried oregano, crushed

2 TEASPOONS - chili powder

1 TEASPOON - garlic powder

1 TEASPOON - black pepper

1/2 TEASPOON - red (cayenne) pepper

1/2 TEASPOON - dry mustard

CALORIES: 355

TOTAL FAT: 5G

SATURATED FAT: 1.3G

CHOLESTEROL: 65MG

SODIUM: 454MG

Directions

- 1** Peel potatoes and cut into quarters. In a large pot combine potatoes, tomatoes (and their juice) onion, clam juice, water, and garlic. Bring to a boiling; reduce heat. Cook, covered, over medium to low heat for 10 minutes.
- 2** Add cabbage. Return to boiling. Reduce heat; cook, covered, over medium to low heat for 5 minutes, stirring occasionally.
- 3** Meanwhile, cut fillets into 2-inch lengths. Coat with Hot 'N Spicy Seasoning. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with a fork.
- 4** Serve in soup plates, garnished with sliced green onion. Top with an ice cream scoop of hot cooked rice. Or, ladle stew over hot cooked rice in soup plates and garnish with green onion.

*Down Home Healthy
National Institute of Health
National Cancer Institute
National Heart, Lung, and Blood Institute*

Orange Roughy

Serves 2

Ingredients

8 OUNCES - orange roughy

1 - fresh lemon

1 TEASPOON - fresh thyme

Directions

- 1** Turn oven on to broil.
- 2** Spray baking dish with nonstick spray.
- 3** Wash fish and place in baking dish.
- 4** Quarter lemon and squeeze 2 quarters on the fish.
- 5** Chop fresh thyme and sprinkle it on the fish.
- 6** Place in oven and cook until done 8 to 10 minutes.

CALORIES: 75

FAT: 1G

CHOLESTEROL: 20MG

SODIUM: 70MG

FIBER: 0G

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Broiled Grouper with Teriyaki Sauce

Serves 2

Ingredients

8 OUNCES - grouper

1 TABLESPOON - Teriyaki sauce
(low sodium)

1/4 TEASPOON - minced garlic
Italian seasoning (to taste)

Lemon juice (to taste)

Directions

- 1** Wash grouper
- 2** Measure teriyaki sauce and place in bowl.
- 3** Add garlic to sauce and mix well.
- 4** Brush sauce on grouper.
- 5** Allow to marinate for at least 15 minutes in refrigerator.
- 6** Turn oven on broil.
- 7** Spray pan with non-stick spray.
- 8** Cook grouper approximately 10 minutes (depending on the thickness of cut).
- 9** Remove from oven, squeeze lemon juice over it and sprinkle with Italian seasoning.

CALORIES: 125

FAT: 2G

CHOLESTEROL: 40MG

SODIUM: 500MG

FIBER: 0G

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Halibut

Serves 2

Ingredients

- 8 OUNCES** - halibut
- 1** - tomato
- 1 1/2 TABLESPOONS** - fresh chopped basil
- 1 TEASPOON** - fresh chopped oregano
- 2 TEASPOONS** - minced garlic
- 1 TEASPOON** - olive oil

Directions

- 1** Preheat the oven to 350° F.
- 2** Dice tomato and put in a bowl.
- 3** Chop basil and oregano and toss with tomato.
- 4** Mince garlic or measure it out if using pre-minced and add to tomato mixture.
- 5** Add olive oil to tomato mixture and toss.
- 6** Wash fish.
- 7** Place in baking dish that has been sprayed with nonstick spray.
- 8** Spoon tomato mixture over fish.
- 9** Place in oven for 10 to 15 minutes or until it is done.

CALORIES: 160

FAT: 5G

CHOLESTEROL: 36MG

SODIUM: 65MG

FIBER: 1G

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Seasoned Baked Cod

Serves 2

Ingredients

8 OUNCES - cod

1 TEASPOON - Old Bay Seasoning

1/2 - lemon

Directions

- 1** Preheat oven at 350° F
- 2** Wash and pat the cod dry.
- 3** Place cod in tin foil.
- 4** Squeeze a quarter of a lemon on each 4-ounce portion of fish.
- 5** Drizzle 1 teaspoon of seasoning on each 4 ounce portion of fish.
- 6** Wrap in the tin foil
- 7** Bake at 350° F until done (flaky), approximately 10 minutes.

CALORIES: 100

FAT: 1G

CHOLESTEROL: 50MG

SODIUM: 330MG

FIBER: 0G

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Baked Trout

Serves 6 — Serving size is 1 piece

Ingredients

2 POUNDS - trout fillet, cut into 6 pieces (any kind of fish can be used)

3 TEASPOONS - lime juice (about 2 limes)

1 MEDIUM - tomato, chopped

1/2 MEDIUM - onion, chopped

3 TABLESPOONS - cilantro, chopped

1/2 TEASPOON - olive oil

1/4 TEASPOON - black pepper

1/4 TEASPOON - salt

1/4 TEASPOON - red pepper (optional)

Directions

- 1** Preheat oven to 350° F.
- 2** Rinse fish and pat dry. Place in baking dish.
- 3** In a sperate dish, mix remaining ingredients together and pour over fish.
- 4** Bake for 15 to 20 minutes or until fork-tender.

CALORIES: 230

TOTAL FAT: 9G

SATURATED FAT: 2G

CHOLESTEROL: 58MG

SODIUM: 162MG

Delicious Heart-Healthy Latino Recipes
NIH and NHLB
www.nhlbi.nih.gov/health/public/heart

VEGETARIANISM AND TEENS

It is not uncommon for teen girls to become interested in vegetarianism.

In fact, about one-third of U.S. teenagers think that being a vegetarian is “in.”

Research shows that vegetarians may have a lower risk of obesity, coronary heart disease, high blood pressure, diabetes, and some forms of cancer. However, vegetarian diets are not automatically healthy.

Vegetarians need to pay special attention to their daily intake of the important nutrients they need to grow and develop. These include:

- ◆ **Protein:** While animal products are good sources of protein, there are many other ways to get enough protein, including from whole grains, legumes, vegetables, seeds, nuts, and soy.
- ◆ **Iron:** Vegetarians may have a greater risk of iron deficiency. Dried beans, spinach, enriched products, and dried fruits are all plant sources of iron.
- ◆ **Vitamin B-12:** This vitamin is found naturally only from animal sources but it can also be found in some fortified foods such as breakfast cereals and soy beverages as well as in vitamin supplements.
- ◆ **Vitamin D:** Vegetarians who don't get much sunlight may need a supplement.
- ◆ **Calcium:** Studies show that vegetarians absorb and retain more calcium from foods. Vegetable greens such as spinach, kale, and broccoli and some legumes and soybean products are good plant sources of calcium.
- ◆ **Zinc:** Zinc is needed for growth and development. Good plant sources include grains, nuts, and legumes. Shellfish are another good source of zinc. If you use supplements, they should contain no more 15 to 18 mg of zinc.

If your child is considering becoming a vegetarian,

make sure she understands basic nutrition information and knows what nutrients she will need to consume every day. It is also a good idea to encourage your child to learn how to cook.

Styles of Vegetarianism

There are many different styles of vegetarianism, including:

- ◆ **Vegans:** people who do not eat any animal products at all, including eggs and dairy products. It's best to consult a nutritionist before allowing your child to become a vegan.
- ◆ **Lactovegetarians:** people who eat only plant foods, cheese, and other dairy products.
- ◆ **Ovo-lactovegetarians:** people who eat milk, cheese, yogurt, and eggs.
- ◆ **Semi-vegetarians:** people who don't eat red meat but do eat chicken and fish with plant foods, dairy products, and eggs.



Eggplant Lasagna

Serves 4

Ingredients

- 1 TABLESPOON** - olive oil
- 1** - medium onion, sliced
- 1** - clove garlic, minced
- 1** - large tomato, sliced very thin
- 1 CUP** - canned crushed tomatoes
- 1 1/2 TEASPOONS** - dried basil
- 1 1/2 TEASPOONS** - dried oregano
- 1/4 TEASPOON** - salt (optional)
- 1** - medium eggplant, sliced very thin
- 8 OUNCES** - shredded part-skim mozzarella cheese

Directions

- 1** Preheat oven to 425° F
- 2** In a medium nonstick skillet, heat olive oil over medium heat. Sauté onion until tender, about 2 to 3 minutes. Transfer to an 8x8 or 9x13 baking dish.
- 3** Sauté the garlic for 1 minute. Add the crushed tomato, basil, oregano, and salt, and cook gently over medium low heat for 10 minutes.
- 4** Spread a layer of this mixture over the onion layer.
- 5** Add a layer of eggplant and follow with a layer of tomato.
- 6** Sprinkle 1/3 of the mozzarella cheese over top.
- 7** Repeat layers of eggplant, tomato, and cheese until you use all ingredients. Finish with a layer of mozzarella cheese.
- 8** Cover with aluminum foil and bake for 25 minutes, or until vegetables are tender.
- 9** Uncover and bake 10 to 15 minutes, or until layer of cheese is light brown.

CALORIES: 219
TOTAL FAT: 15G

*National Diabetes Education Program
Recipe and Meal Planner Guide at
www.dnep.nih.gov/diabeates/MealPlanner.*

Vegetarian Chili

Serves 6

Ingredients

- 1 CUP** - dry kidney beans
- 6 CUPS** - water
- 3 TABLESPOONS** - acceptable vegetable oil
- 2 CUPS** - chopped onions
- 2 CUPS** - chopped green bell peppers
- 2 CLOVES** - garlic, minced
- 1 CUP** - canned low-sodium tomatoes, chopped
- 2 CUPS** - water
- 1 CUP** - bulgar
- 1 1/2 TABLESPOONS** - chili powder (or to taste)
- 1/4 TEASPOON** - cayenne pepper
- 1/2 TEASPOON** - freshly ground black pepper
- 2 TABLESPOONS** - ground cumin
- 1 TABLESPOON** - fresh lemon juice

CALORIES: 100

FAT: 1G

CHOLESTEROL: 50MG

SODIUM: 330MG

FIBER: 0G

Directions

- 1** Soak beans overnight in 3 cups of water.
- 2** Drain beans and place them in a large saucepan.
- 3** Add 3 cups of fresh water and cook uncovered, 1 1/2 hours, or until tender.
- 4** Drain, rinse, and set aside.
- 5** In a large saucepan or Dutch oven, place oil, onions, green peppers, and garlic and sauté 8 to 10 minutes, or until vegetables are soft.
- 6** Add tomatoes, 2 cups of water, and bulgur. Simmer 45 to 60 minutes.
- 7** Add cooked kidney beans and remaining ingredients and cook an additional 10 minutes.

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Vegetable Quesadillas

Serves 4

Ingredients

- 1 - large carrot, grated
- 1 - zucchini, grated
- 8 - flour tortillas
- 3/4 CUP** - crumbled queso fresco or shredded Monterey Jack cheese
- Bottled hot sauce to taste

Directions

- 1** In a small bowl, mix carrot and zucchini.
- 2** Sprinkle 1/2 cup vegetable mixture over each of the four tortillas. Top each tortilla with 3 tablespoons cheese. Sprinkle with hot sauce, to taste. Cover with a second tortilla.
- 3** Heat a nonstick pan over medium heat until hot. Place each quesadilla in pan. Cook 1 minute. Turn over and cook 1 minute longer or until hot and cheese melts. Cut each quesadilla into four quarters. Serve.

CALORIES: 359
TOTAL FAT: 10G
SATURATED FAT: 3G
CHOLESTEROL: 14MG
SODIUM: 475MG

Healthy Latino Recipes Made With Love
California Department of Health Services and
The California Latino 5 A Day Campaign.
www.ca5aday.com

Vegetable Stir Fry

Serves 8

Ingredients

- 1 POUND** - fresh broccoli
- 1 TABLESPOON** - acceptable margarine
- 1 TABLESPOON** - peanut oil
- 1 POUND** - carrots, peeled and thinly sliced
- 3/4 POUNDS** - mushrooms, thinly sliced
- 5 MEDIUM** - green onions, thinly sliced
- 1 TABLESPOON** - fresh lemon juice
- 2 TABLESPOONS** - sherry
- Freshly ground black pepper to taste
- 1 TEASPOON** - nutmeg
- 1 TEASPOON** - thyme

Directions

- 1** Rinse broccoli and trim.
- 2** Separate florets by cutting into quarters so they are uniform size.
- 3** Peel stems and cut into 2 inch lengths and set aside.
- 4** In a large skillet or wok, heat margarine and oil over medium heat.
- 5** Add broccoli, carrots, mushrooms, and onions.
- 6** Cook and stir 5 minutes, or until vegetables are tender to crisp.
- 7** Stir in lemon juice, sherry, and other seasonings. Serve immediately.

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Veggie Noodles

Serves 4

Ingredients

- 1 POUND** - uncooked pasta
- 2 CUPS** - canned, drained vegetables
- 1 CUP** - spaghetti sauce
- 1/2 CUP** - shredded cheese

Directions

- 1** Boil water in a cooking pot and add the pasta. Turn down the heat to medium to low; cook for 10 minutes.
- 2** Return cooked and drained pasta back to cooking pot and add the vegetables and spaghetti sauce.
- 3** Sprinkle with cheese just before serving.

CALORIES: 630
TOTAL FAT: 10G
SATURATED FAT: 3.5G
CHOLESTEROL: 15MG
SODIUM: 540MG

*The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions
United States Department of Agriculture,
Department of Health and Human Services*

Spaghetti with Mushroom Sauce

Serves 6

Ingredients

3 TABLESPOONS - acceptable margarine

1 CUP - sliced fresh mushrooms

1/3 CUP - chopped onion

1 CLOVE - garlic, minced

1 (16 OUNCE) CAN - no-salt-added tomatoes, chopped

1 6 OUNCE -CAN - no-salt-added tomato paste

1/2 CUP - water

1 TABLESPOON - sugar

1 BAY - leaf

1/4 TEASPOON - basil

1/4 TEASPOON - oregano

1/8 TEASPOON - freshly ground black pepper

1 8 OUNCE - package spaghetti

Directions

- 1** Melt margarine in large non-stick skillet over medium-high heat and add mushrooms, onion, and garlic.
- 2** Sauté until onions are tender.
- 3** Stir in remaining ingredients except spaghetti.
- 4** Cover and simmer over low heat 2 hours, stirring occasionally.
- 5** If sauce appears too thick, add additional water.
- 6** Remove bay leaf.
- 7** Cook spaghetti according to package directions, omitting salt and drain.



Classic Macaroni and Cheese

Serves 8 — Serving size is 1/2 cup

Ingredients

- 2 CUPS** - macaroni
- 1/2 CUP** - chopped onions
- 1/2 CUP** - evaporated skim milk
- 1** - medium egg, beaten
- 1/4 TEASPOON** - black pepper
- 1 1/4 CUPS** - low-fat sharp cheddar cheese (4 ounces), finely shredded
- Vegetable oil spray

Directions

- 1** Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
- 2** Spray a casserole dish with nonstick cooking oil spray.
- 3** Preheat oven to 350° F.
- 4** Lightly spray saucepan with vegetable oil spray.
- 5** Add onions to saucepan and sauté for about 3 minutes.
- 6** In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
- 7** Transfer mixture into casserole dish.
- 8** Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

CALORIES: 200

TOTAL FAT: 4G

SATURATED FAT: 2G

CHOLESTEROL: 34MG

SODIUM: 120MG

Heart-Healthy Home Cooking African American Style
NIH and NHLB
www.nhlbi-nhi.gov/health/public/heart

Grape and Pasta Sauté

Serves 6

Ingredients

8 OUNCES - gnocchi or large shelled pasta, cooked and drained

1/2 CUP - chopped onion

2 TEASPOONS - olive oil

1 CUP - fresh or frozen pea pods, thawed, cut in half diagonally

1 CUP - cubed sweet red or yellow pepper

1 CUP - sliced mushrooms

1/2 TEASPOON - dried oregano, crushed

2 CUPS - seedless grapes

Garlic salt and ground pepper to taste

Directions

- 1** Sauté onion in oil and non-stick skillet until tender.
- 2** Add pea pods, peppers, mushrooms, and oregano.
- 3** Cook 2 to 3 minutes or until vegetables are crisp to tender.
- 4** Stir in grapes and pasta.
- 5** Add salt and pepper to taste, and heat thoroughly.
- 6** **Variation:** add cooked chicken or shrimp and sprinkle with grated parmesan cheese.

CALORIES: 220

TOTAL FAT: 2.7G

SATURATED FAT: .5G

CHOLESTEROL: 0MG

SODIUM: 4MG





*Healthy snacks
and
desserts*



Mango Shake

Serves 4 — Serving size is 3/4 cup

Ingredients

- 2 CUPS** - 1% milk
- 4 TABLESPOONS** - frozen mango juice (or 1 fresh pitted mango)
- 1** - small banana
- 2** - ice cubes

CALORIES: 106
TOTAL FAT: 2G
SATURATED FAT: 1G
CHOLESTEROL: 5MG
SODIUM: 63MG

Directions

- 1** Put all ingredients into a blender. Blend until foamy. Serve immediately.

Variations: Instead of mango, try orange juice, papaya, or strawberries.

*Delicious Heart-Healthy Latino Recipes
 NIH and NHLB
www.nhlbi.nih.gov/health/public/heart*

Summer Breezes Smoothie

Serves 3 — Serving size is 1 cup

Ingredients

- 1 CUP** - plain nonfat yogurt
- 6** - medium strawberries
- 1 CUP** - pineapple, crushed, canned in juice
- 1** - medium banana
- 1 TEASPOON** - vanilla extract
- 4** - ice cubes

CALORIES: 121
TOTAL FAT: LESS THAN 1G
SATURATED FAT: LESS THAN 1G
CHOLESTEROL: 1MG
SODIUM: 64MG

Directions

- 1** Place all ingredients in a blender and purée until smooth.
- 2** Serve in a frosted glass.

*Delicious Heart-Healthy Latino Recipes
 NIH and NHLB
www.nhlbi.nih.gov/health/public/heart*

1-2-3 Peach Cobbler

Serves 8 — Serving size is 1 square

Ingredients

- 1/2 TEASPOON** - ground cinnamon
- 1 TABLESPOON** - vanilla extract
- 2 TABLESPOONS** - cornstarch
- 1 CUP** - peach nectar
- 1/4 CUP** - pineapple juice or peach juice
- 2** - 16-oz cans of peaches, sliced, packed in juice, drained (or 1 3/4 pounds fresh peaches)
- Nonstick cooking oil spray (to grease baking dish)
- 1 TABLESPOON** - soft margarine
- 1 CUP** - dry pancake mix
- 2/3 CUP** - all-purpose flour
- 1/2 CUP** - sugar
- 2/3 CUP** - evaporated skim milk

TOPPING

- 1/2 TEASPOON** - nutmeg
- 1 TABLESPOON** - brown sugar

CALORIES: 271

TOTAL FAT: 4G

SATURATED FAT: LESS THAN 1G

CHOLESTEROL: LESS THAN 1G

SODIUM: 263MG

Directions

- 1** Preheat oven to 400° F.
- 2** Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
- 3** Add sliced peaches to mixture.
- 4** Reduce heat and simmer for 5 to 10 minutes.
- 5** In another saucepan melt margarine and set aside.
- 6** Lightly spray an 8-inch square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
- 7** In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk.
- 8** Quickly spoon mixture over peach mixture.
- 9** Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
- 10** Bake at for 15 to 20 minutes or until golden brown.
- 11** Cool and cut into 8 squares.

Delicious Heart-Healthy Latino Recipes
 NIH and NHLB
www.nhlbi.nih.gov/health/public/heart

Hummus for Spring Vegetables

Serves 4 — Serving size is 1/2 cup

Ingredients

1 - 15 1/2 ounce can reduced sodium garbanzo beans, drained and rinsed

1 TABLESPOON - tahini

2 TABLESPOONS - lemon juice

2 CLOVES - garlic, chopped

1/4 TEASPOON - salt

1/4 - 1/2 CUP - water (no more than 1/2 cup of water because you want a thick texture)

1/4 CUP - parsley, chopped

A pinch of cayenne pepper

Directions

- 1** Place beans in a processor or blender. Add the tahini, lemon juice, garlic, salt, and cayenne. Whiz until smooth.
- 2** Scrape into a bowl and stir in the parsley. Serve with fresh cut up vegetables or as a sandwich spread.

CALORIES: 123

TOTAL FAT: 4G

SATURATED FAT: 0G

CARBOHYDRATES: 17MG

SODIUM: 261MG

*National Cancer Institute 5-aDay for Better Health.
www.5aday.gov*

Five Star Fruit Salad

Serves 6

Ingredients

- 1** - sweet pineapple, peeled, cored, and diced into small cubes
 - 1** - mango, peeled and sliced into thin strips
 - 3** - green Anjou pears, cored and diced into small cubes
 - 1** - large ruby red grapefruit, segmented
- Seeds of 1 pomegranate

Directions

- 1** Combine all fruit, or layer in a clear bowl, and dress with the following ingredients whisked together:

Juice of 5 limes

3 TABLESPOONS - honey

CALORIES: 191

TOTAL FAT: 1G

SATURATED FAT: 0G

CHOLESTEROL: 0MG

SODIUM: 4MG

*Eating 5 to 9 at Holiday Time
from the NCI 5 aDay program*

Rice Pudding

Serves 5 — Serving size is 1/2 cup

Ingredients

- 6 CUPS** - water
- 2** - cinnamon sticks
- 1 CUP** - rice
- 3 CUPS** - skim milk
- 2/3 CUP** - sugar
- 1/2 TEASPOON** - salt

Directions

- 1** Put the water and cinnamon sticks into a medium saucepan. Bring to a boil.
- 2** Stir in rice. Cook on low heat for 30 minutes until rice is soft and water has evaporated.
- 3** Add skim milk, sugar and salt. Cook for another 15 minutes until it thickens.
- 4** Serve warm or cold.

CALORIES: 372

TOTAL FAT: LESS THAN 1G

SATURATED FAT: LESS THAN 1G

CHOLESTEROL: 3MG

SODIUM: 366MG

Delicious Heart-Healthy Latino Recipes
NIH and NHLB
www.nhlbi.nih.gov/health/public/heart

Sweet Potato Custard

Serves 6

Ingredients

- 1 CUP** - mashed banana
(about 2 small)
- 1 CUP** - evaporated skim milk
- 2 TABLESPOONS** - packed
brown sugar
- 2** -beaten egg yolks (or 1/3 cup
egg substitute)
- 1/2 TEASPOON** - salt
- 1/4 CUP** - raisins
- 1 TABLESPOON** - sugar
- 1 TEASPOON** - ground cinnamon
- Nonstick spray coating

Directions

- 1** Preheat oven to 300° F.
- 2** In a medium bowl stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt, mixing thoroughly.
- 3** Spray a 1 quart casserole with nonstick spray coating. Transfer sweet potato mixture to casserole.
- 4** Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Bake in oven for 45 to 50 minutes or until a knife inserted near center comes out clean.

CALORIES: 144
TOTAL FAT: 2G
SATURATED FAT: .7G
CHOLESTEROL: 92MG
SODIUM: 235MG

*Down Home Healthy
 National Institute of Health
 National Cancer Institute
 National Heart, Lung, and Blood Institute*

Coconut Macaroons

Serves 12 — Serving size is 2 macaroons

Ingredients

- 1 1/4 CUPS** - sweetened flaked coconut
- 1 1/2 CUPS** - crisped rice cereal
- 2** - egg whites
- 3 TABLESPOONS** - granulated sugar
- 1 TEASPOON** - vanilla extract
- 1/8 TEASPOON** - coconut extract

CALORIES: 63
TOTAL FAT: 3G
SATURATED FAT: 3G
CHOLESTEROL: 0MG
SODIUM: 65MG
CARBOHYDRATES: 10G
FIBER: 0G
SUGAR: 8G
PROTEIN: 1G

Directions

- 1** Preheat the oven to 300° F. Line two baking sheets with parchment paper or spray with nonstick cooking spray.
- 2** In a medium baking pan or shallow baking dish, evenly spread the coconut in a thin layer. Bake, stirring every 5 minutes, until lightly browned throughout, about 15 minutes. Remove and let cool. Raise the oven heat to 350° F.
- 3** In a medium bowl, combine the cooled coconut, rice cereal, egg whites, sugar, vanilla, and coconut extract; stir with a spatula until well combined. Moisten your hands and shape the mixture into walnut-size balls, compacting the balls so they hold together. Place on the prepared baking sheets. Bake until lightly browned, about 20 minutes; cool at least 30 minutes on a rack before serving.

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Watermelon Blueberry Banana Split

Serves 4

Ingredients

- 2** - large bananas
- 8** - “scoops” watermelon
- 2 CUPS** - fresh blueberries
- 1/2 CUP** - vanilla low-fat yogurt
- 1/4 CUP** - crunchy cereal nuggets

Directions

- 1** Peel bananas and cut in half crosswise, then cut each piece in half lengthwise.
- 2** For each serving, lay 2 banana pieces against the sides of a shallow dish.
- 3** Place a watermelon “scoop” at each end of the dish.
- 4** Fill the center space with the blueberries.
- 5** Stir yogurt until smooth. Spoon over the watermelon “scoops.”
- 6** Sprinkle with cereal nuggets.

CALORIES: 186

TOTAL FAT: 1G

CHOLESTEROL: 1MG

SODIUM: 66MG

*National Cancer Institute 5-aDay for Better Health.
www.5aday.gov*



Berry Delicious Pie

Serves 2 — Serving size is 1/2 cup

Ingredients

4-5 - medium strawberries

1/4 CUP - raspberries

1 TABLESPOON + 1 TEASPOON -
strawberry glaze (sugar free)

2 - graham cracker crusts
(individual size)

Whipped topping (pressurized)

Directions

- 1** Wash strawberries and raspberries.
- 2** Remove stems from strawberries and cut into quarters.
- 3** Mix strawberry pieces and raspberries together in a bowl.
- 4** Chop until pieces are small.
- 5** Spread about 1 teaspoon of strawberry glaze on the bottom and sides of piecrust.
- 6** Add strawberry/raspberry mixture (about 2 tablespoons).
- 7** Top with 1 teaspoon of strawberry glaze.
- 8** Top with whipped topping as desired.
- 9** Serve immediately or place in refrigerator until ready to serve.

CALORIES: 150

TOTAL FAT: 6G

FIBER: 2G

CHOLESTEROL: 0MG

SODIUM: 150MG

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Baked Sliced Apples

Serves 4

Ingredients

- 2** - oranges
- 2 TABLESPOONS** - honey
- 1/4 TEASPOON** - ground cinnamon
- 1/4 TEASPOON** - ground cloves
- 3** - Granny Smith apples, peeled, cored and cut in 1/2 inch slices
- 5 TABLESPOONS** - raisins
- 1/4 CUP** - walnuts, chopped and divided
- 1/4 CUP** - low-fat vanilla yogurt

Directions

- 1** Preheat the oven to 500° F. Grate the zest of one of the oranges and set aside. Squeeze the juice from both oranges into a small bowl. Stir the honey, cinnamon, cloves, and half the zest into the juice.
- 2** Lay half the apple slices in a glass baking dish. Scatter the raisins and 2 tablespoons of the walnuts on top. Pour on half the juice mixture and top with remaining apples and juice.
- 3** Combine the remaining 2 tablespoons walnuts with the orange zest and scatter over the top. Cover lightly with foil and bake 30 minutes or until the apples are soft and the juices, bubbly.
- 4** Serve warm or cold with a dollop of low-fat vanilla yogurt.

CALORIES: 206

TOTAL FAT: 6G

SATURATED FAT: 1G

CARBOHYDRATES: 41MG

SODIUM: 13MG

*National Cancer Institute 5-aDay for Better Health.
www.5aday.gov*

Apple-Raisin Sauce

Serves 9

Ingredients

- 1 1/4 CUPS** - apple juice
- 1/2 CUP** - apple butter
- 2 TABLESPOONS** - molasses
- 1/2 CUP** - raisins
- 1/4 TEASPOON** - ground cinnamon
- 1/4 TEASPOON** - ground nutmeg
- 1/2 TEASPOON** - orange zest (optional)

**GREAT WITH BREAD PUDDING
RECIPE ON NEXT PAGE!**

CALORIES: 233
TOTAL FAT: 3G
SATURATED FAT: 1G
CHOLESTEROL: 24MG
SODIUM: 252MG

Directions

- 1** Stir all ingredients together in medium saucepan.
- 2** Bring to a simmer over low heat. Let the sauce simmer 5 minutes.
- 3** Serve warm.

*Down Home Healthy
National Institute of Health
National Cancer Institute
National Heart, Lung, and Blood Institute*

Bread Pudding

Serves 9

Ingredients

- 10** - slices whole wheat bread
 - 1** - egg
 - 3** - egg whites
 - 1 1/2 CUPS** - skim milk
 - 1/4 CUP** - sugar
 - 1/4 CUP** - brown sugar
 - 1 TEASPOON** - vanilla extract
 - 1/2 TEASPOON** - cinnamon
 - 1/4 TEASPOON** - nutmeg
 - 1/4 TEASPOON** - cloves
 - 2 TEASPOONS** - sugar
- Vegetable oil spray

Directions

- 1** Preheat the oven to 350° F. Spray 8x8 inch baking dish with vegetable oil spray.
- 2** Lay slices of bread in the baking dish in two rows, overlapping them like shingles. In a medium mixing bowl, beat together the egg, egg whites, milk, 1/4 cup sugar, the brown sugar, and vanilla. Pour the egg mixture over the bread.
- 3** In a small bowl stir together the cinnamon, nutmeg, cloves, and sugar. Bake the pudding for 30 to 35 minutes, until it has browned on top and is firm to the touch.
- 4** Serve warm or at room temperature, with warm apple - raisin sauce. (See previous page)

CALORIES: 233
TOTAL FAT: 3G
SATURATED FAT: 1G
CHOLESTEROL: 24MG
SODIUM: 252MG

*Down Home Healthy
 National Institute of Health
 National Cancer Institute
 National Heart, Lung, and Blood Institute*

A CHANGE OF TASTE: NEW HEALTHY RECIPES

Be adventurous. Try some new dishes that are healthy, quick, and tasty. Several Web sites offer recipes, cookbooks, and other links:

- ◆ **The American Heart Association.** Web site contains facts, recipes, and helpful tips for shopping, cooking, and eating out. www.deliciousdecisions.org
- ◆ **California Project Lean.** Multicultural low-fat recipes for all occasions, with many in Spanish. www.californiaprojectlean.org/healthy/.
- ◆ **Dietary Approaches to Stop Hypertension (DASH).** Sponsored by the National Heart, Lung, and Blood Institute. Emphasizes whole grains, fruits and vegetables, low-fat dairy products and lean meat, poultry, and seafood in dishes for the whole family. www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf.
- ◆ **Five a Day.** Inexpensive, fast, and tasty ways to eat fruits and vegetables every day. Cosponsored by the National Cancer Institute and the Produce for Better Health Foundation. www.5aday.gov/index-recipes.html.
- ◆ **Heart Healthy Home Cooking African-American Style.** Produced by National Heart, Lung, and Blood Institute. www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf.

- ◆ **La Diabetes Recetas.** Recipes in Spanish for those with diabetes that can be used by anyone interested in preparing healthy meals. www.pueblo.gsa.gov/cic_text/food/d-recetas/recetas.htm.
- ◆ **The New American Plates.** Recipes emphasize plant-based foods and portion size, sponsored by the American Institute on Cancer Research. <http://www.aicr.org/brochures/napbook.htm>.
- ◆ **Team Nutrition.** USDA site that offers "Food, Family, and Fun: A Seasonal Guide to Healthy Eating." www.fns.usda.gov/tn/students/Food_Family/index.html.

More Web sites for recipes:

- ◆ **www.eatright.org.** Consumer friendly nutrition information and recipes provided by the American Dietetic Association.
- ◆ **www.ediets.com.** Weight management tool that includes lists of healthy recipes and cooking tips.
- ◆ **www.epicurious.com.** Obtain recipes for lighter versions of dishes from Gourmet and Bon Appetit magazines by using low-fat as a key word.
- ◆ **www.usda.gov.** Click onto "consumer corner" for healthy recipes.
- ◆ **www.weightwatchers.com.** Recipes advocated by the national organization known for weight loss programs.

Recipes by phone:

Call these numbers, mostly toll-free, to request free recipes in English and Spanish.

- ◆ **American Dietetic Association:**
(800) 366-1655
- ◆ **American Cancer Society:**
(800) 227-2345
- ◆ **American Diabetes Association:**
(800) 366-1655
- ◆ **American Heart Association:**
(800) 242-8721
- ◆ **California Department of Health Services:**
(888) 328-3483
- ◆ **National Heart, Lung, and Blood Institute:**
(301) 592-8573
- ◆ **National Cancer Institute:**
(800) 4CANCER
- ◆ **National Diabetes Education Program:
Program of NIDDK:** (800) 438-5383
- ◆ **Weight Information Control Network
(WIN) of the National Institute on
Diabetes and Digestive and Kidney
Diseases (NIDDK):**
(877) 946-4627

Learn to cook healthy by watching *Cooking Thin* with Kathleen Daelemans on the Food Network. This chef teaches how to use locally grown, organic and seasonally fresh food for delicious meals that are low-fat and nutritious, such as Asian Chicken Noodle Soup, Herbed Fillet with Red Wine, Quick Oven Baked Potatoes, and Nantucket Cranberry Pie. Check for the times of her show at www.foodnetwork.com. She has also written a cookbook of her favorite recipes available at bookstores and libraries.



1

*Decide
to live a
healthy
lifestyle*

2

*See where
you are now*

3

*Understand
healthy eating*

4

*Recognize the
benefits of
physical activity*

5

*Set goals
and plan*

6

*Shop, cook, eat
together*

7

*Support a
healthy lifestyle
for your family*

