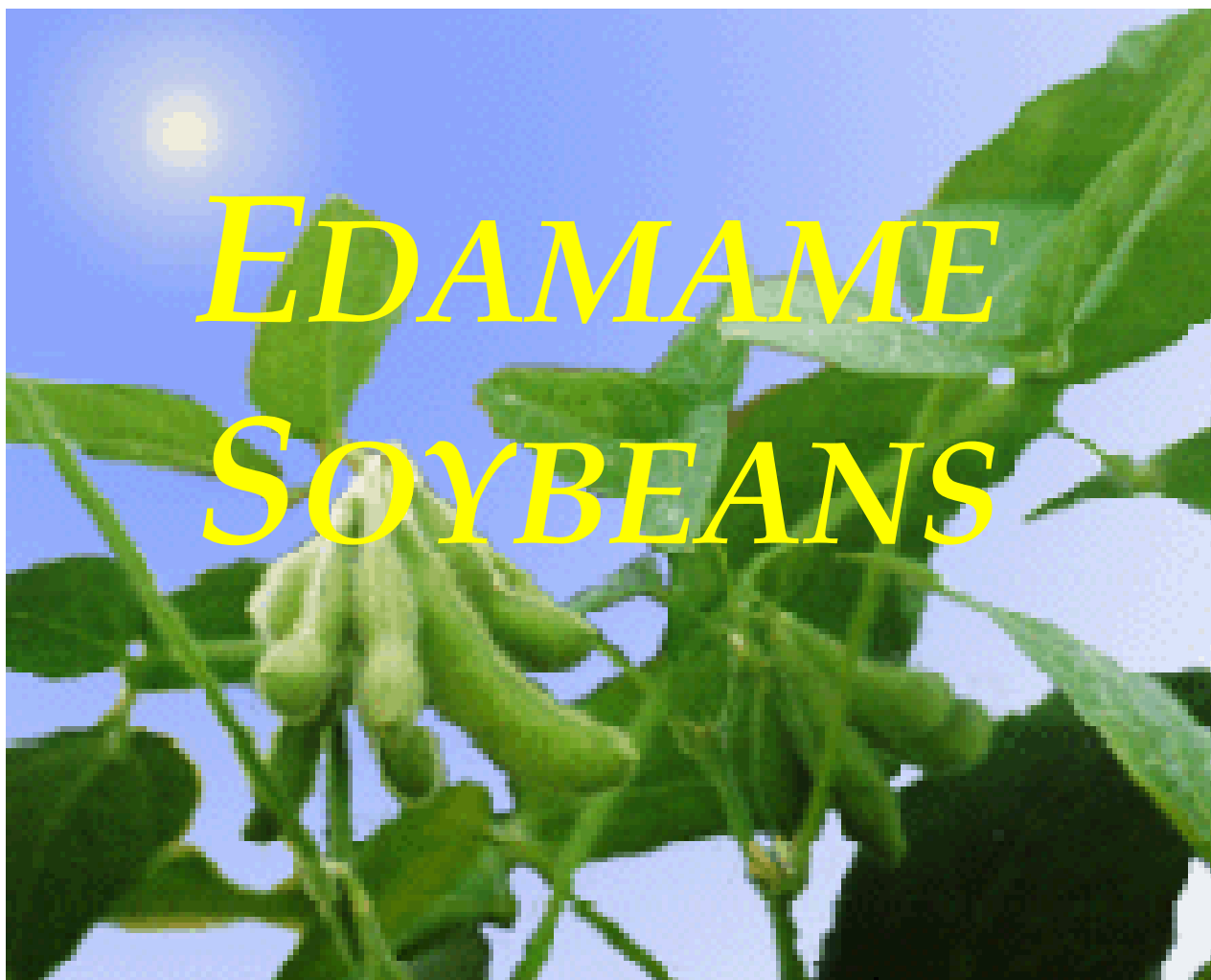




COOPERATIVE EXTENSION SERVICE  
UNIVERSITY OF KENTUCKY • COLLEGE OF AGRICULTURE



# *QUICK AND EASY*



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## Hail Caesar Salad

1 head romaine lettuce, torn into bite-sized pieces  
3 cooked chicken breasts, deboned and skinned, and cut into strips  
1 cup cooked and shelled edamame soybeans (approximately 3 cups edamame in pods)  
1/2 teaspoon minced garlic  
2 teaspoons lemon juice  
3 tablespoons olive oil  
3/4 cup bottled fat-free Caesar dressing  
1 cup croutons

In a microwave-safe container, microwave edamame soybeans in the pod plus 1/4 cup water covered for 5 – 7 minutes on high power. Remove from oven and shell soybeans into separate container. Discard pods. In a large salad bowl, rub garlic on inside of bowl. Add torn romaine leaves. Add lemon juice, olive oil, and dressing and toss with lettuce. Add sliced chicken breasts and edamame soybeans and top with croutons. *Serves 5-6.*

Note: Marinate chicken breasts in 1/4 cup bottled Italian dressing in a zip-top plastic bag for 15 minutes and cook thoroughly. Grill or cook chicken until center is no longer pink and until juices run clear. Meat temperature should be 170 degrees when tested with meat thermometer.

Cal – 216  
Fat – 12 g.  
Sat fat – 1 g.  
CHO – 13 g.  
Calcium – 75 mg.



## Easy Breezy Edamame

2 cups edamame soybeans, cooked and shelled  
2 cups frozen corn  
1 tablespoon butter or margarine  
2 tablespoons fresh cilantro or chopped parsley, or 1/2 teaspoon favorite herb seasoning

In a saucepan, cook corn according to package directions. Three minutes before cooking time is set to elapse, add cooked soybeans. *Serves 4.*

Calories – 218  
Fat – 8 g.  
Sat Fat – 1g.  
CHO – 24 g.  
Calcium 137 mg.



## Layered Vegetable Salad

Layer into large salad bowl or 13 x 9 dish:

- 1 head lettuce or romaine, washed and torn into bite-sized pieces
- 1 (10 oz.) package of frozen peas
- 1 cup edamame soybeans, cooked and shelled
- 2 tablespoons sugar
- 2 ribs celery, chopped
- 1 small onion, chopped
- 1 pint fat-free mayonnaise
- 1/2 cup bacon bits
- 1-1/2 cups mozzarella cheese, shredded
- 1/2 cup Parmesan cheese, grated

Add items to salad bowl or dish in the order listed. Cover and refrigerate for 4 – 6 hours before serving. *Serves 10.*

Calories – 187  
Fat – 7 g.  
Sat Fat – 3 g.  
CHO – 17 g.  
Calcium – 251 mg



## Three Bean and Corn Salad

- 1 (15-oz.) can green beans, drained
- 1 cup edamame soybeans, cooked and shelled
- 1 (15-oz.) can wax beans, drained and rinsed
- 1 cup cooked fresh or frozen corn
- 1 red bell pepper, finely chopped
- 1 medium tomato, chopped
- 1 cup red onion, sliced thinly
- 1 clove garlic, minced

### Dressing:

- 3/4 cup fat free Italian salad dressing
- 1/4 teaspoon chili powder (optional)
- 1 tablespoon lime juice

In a large bowl, combine salad ingredients. In a separate jar, combine dressing ingredients and pour over salad. Refrigerate for 6-8 hours and serve. Salad may be served with 2 cups cooked pasta for a main dish salad. *Salad serves 8-10.*

Per serving:            77 calories  
                              1 g. fat  
                              less than 1 g. saturated fat  
                              13 g. CHO  
                              54 mg. Calcium  
                              4 g. protein



## Simple Sweet-Sour Salad

4 cups broccoli florets  
1 cup dry roasted peanuts  
1/2 cup raisins  
1/2 cup chopped onion  
1 cup fat-free mayonnaise  
2 tablespoons sugar  
2 tablespoons vinegar  
1/2 cup edamame soybeans, cooked and shelled.

In a bowl, mix together broccoli, peanuts, raisins, onions and edamame soybeans. In a small container, mix together mayonnaise, sugar and vinegar. Pour over vegetables and toss lightly to coat. Cover and refrigerate for at least 2 hours. *Serves 8.*

Calories – 196  
Fat – 10 g.  
Sat. Fat – 1 g.  
CHO – 22 g.  
Calcium – 55 mg.



## 5-A-Day Salad

2 cups Gala apples, unpeeled and chopped (about 2)  
1/2 cup golden raisins  
2 cups broccoli florets, broken  
2 ribs celery, chopped  
1 cup red or white seedless grapes, halved  
1/2 cup cashews, broken  
1 cup edamame soybeans, cooked and shelled

Mix together salad ingredients (except cashews and soybeans) and refrigerate. When ready to serve, add dressing and mix. Top with cashews and soybeans. *Serves 15.*

Calories – 223  
Fat – 18 g.  
Sat. Fat – 3 g.  
CHO – 16 g.  
Calcium – 42 mg.

### Dressing:

1 clove garlic, chopped  
1 tablespoon chopped red onion  
1/3 cup red wine vinegar  
1/4 cup sugar  
1 teaspoon salt  
1 teaspoon prepared mustard  
1 tablespoon celery seed  
1 cup soy oil



## Black Bean Salad

1 cup edamame soybeans, cooked and shelled  
1 (15-oz.) can black beans, drained and rinsed  
1 (17-oz.) whole kernel corn, drained  
1 cup diced red bell pepper  
4 green onions, chopped  
1/4 teaspoon onion powder  
1/4 teaspoon dried oregano  
1/8 teaspoon garlic powder  
1/8 teaspoon cayenne pepper  
1/2 cup non-fat Italian dressing

Combine all ingredients and refrigerate for 2 hours before serving. *Serves 10.*



## Rice, Beans and Feta Salad

1 (15-oz.) can black beans, rinsed and drained  
1-1/2 cups chopped tomatoes  
1-1/2 cups cooked rice  
1 (4 oz.) package crumbled Feta cheese  
1/2 cup each chopped celery and green onions  
1/2 cup Italian dressing  
2 tablespoons chopped fresh cilantro or parsley  
1 cup edamame soybeans

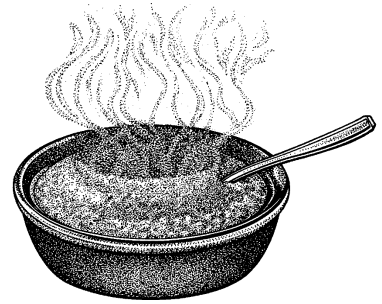
Mix all ingredients. Refrigerate. Makes 6 servings.

Calories – 219  
Fat – 7 g.  
Sat. Fat – 3 g.  
CHO – 29 g.  
Calcium – 175 mg.  
Protein – 12 g.



## Hoppin' John Soup (Slow Cooker)

2 (15 oz.) cans black-eyed peas, undrained  
1 15-1/2 oz.) can drained tomatoes  
8 ounces ham, chopped  
1 large onion, chopped  
1 cup celery, chopped (2-3 ribs)  
1 teaspoon salt  
2 teaspoons chili powder  
1/4 teaspoon dried basil leaves  
1 bay leaf  
1 pound hot sausage, browned and drained  
1 teaspoon tabasco hot sauce  
1 cup cooked rice (add to soup during last 30 minutes)  
1 cup edamame soybeans, cooked and shelled



Add all ingredients (except rice and soybeans) into slow cooker and simmer 3-4 hours on high. The last 30 minutes before serving, add rice and continue to heat until rice is tender. Add soybeans 10 minutes before serving. *Serves 15.*

**On top of range:** Simmer soup 1-1/2 hours, adding rice the last 25 minutes. Add soybeans last 10 minutes before serving.

Calories – 222  
Fat – 11 g.  
Sat. Fat – 4 g.  
CHO – 15 g.  
Calcium 56 mg.  
Protein 15 g.



## Vegetable Lasagna

3-4 medium zucchini, about 9 inches long, sliced lengthwise and ends removed  
1 (10 oz.) package frozen chopped spinach, cooked according to package directions and drained  
1 cup edamame soybeans, cooked and shelled  
1 (26 oz.) jar prepared marinara sauce or spaghetti sauce  
1 cup non-fat cottage cheese  
1 teaspoon oregano  
1 cup non-fat mozzarella cheese, grated  
1/4 cup non-fat Parmesan cheese, grated

In a bowl, combine cooked chopped spinach, spaghetti sauce, oregano, and edamame soybeans and set aside. In a microwave safe dish, place zucchini slices with 1 tablespoon water. Cover with waxed paper and microwave on high for 6-8 minutes, rearranging after half the time. Cook until fork tender. Drain liquid. Place zucchini on paper towels to remove excess moisture. In a 9 x 9 microwave safe dish, place half of zucchini slices. Add one half of cottage cheese and one half of mozzarella cheese. Add one half of spaghetti sauce. Repeat layers. Top with Parmesan cheese. Reduce microwave power to 50% (medium). Microwave on medium power for 20-25 minutes or until zucchini is tender and mixture is hot in center. Let stand for 5 minutes before serving. *Serves 6.*

Calories – 248  
Fat – 10 g.  
Sat. Fat – 3g.  
CHO – 24 g.  
Calcium – 368 mg.  
Protein – 20 g.



## The “Big Easy” Dinner

- 1 (8 oz.) package red beans and rice mix
- 3-1/2 cups water
- 1/2 pound sliced turkey sausage or chopped ham
- 1 tablespoon margarine
- 1 cup edamame soybeans, cooked and shelled

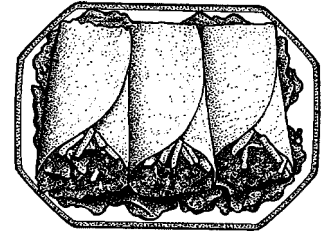
In a large saucepan with a tight-fitting lid, bring 3-1/2 cups water to a boil. Add 1 tablespoon margarine and 1 package red beans and rice mix, stirring while boiling for 1 minute. Add sausage or ham. Cover saucepan and reduce to simmer for 20-25 minutes. Fluff rice and top with soybeans. Serve with a cold salad or fruit. *Serves 5.*

- Calories – 184
- Fat – 11 g.
- Sat. Fat – 3 g.
- CHO – 11 g.
- Calcium – 61 mg.



## Fiesta Chicken Rollups

- 1 (15-1/4-oz.) can whole kernel corn or Mexicorn, drained
- 1 (5-oz.) can chicken white meat
- 1 cup edamame soybeans, cooked and shelled
- 2 cups Monterey Jack cheese, grated
- 2 cups mild, thick salsa
- 8 flour tortillas, fajita size



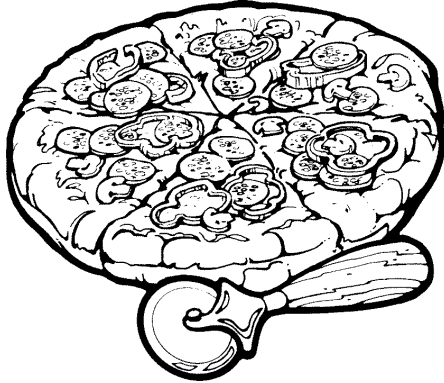
Combine whole kernel corn, soybeans, chicken, cheese and 1/2 cup salsa in bowl and mix well. Spoon mixture evenly over the middle of each tortilla. Roll tortillas closed and place flap down in a microwave safe dish. Top with remaining salsa and microwave for 5-7 minutes, or until fully heated. *Serves 6-8.*

- Calories – 467
- Fat – 17 g.
- Sat. Fat – 7 g.
- CHO – 57 g.
- Calcium – 380 mg.





## Veggie Alfredo Pizza



- 1 loaf French bread
- 1-1/2 cups prepared Alfredo sauce
- 1 package pepperoni slices (or cooked Italian sausage, sliced)
- 1 small (2-1/4 oz.) can sliced ripe olives, drained
- 1 small onion, chopped
- 1/2 green or red pepper, chopped
- 1 cup broccoli-carrot, and edamame soybean mixture, cooked and drained
- 2-1/4 cups sliced fresh mushrooms
- 1-1/2 cups shredded mozzarella cheese

Preheat oven to 350 degrees. Slice bread into individual slices and place on ungreased cookie sheet. Spoon Alfredo sauce over bread. Add pepperoni, olives, onion, green pepper, broccoli-soybean mixture, and mushrooms to top of bread, dividing evenly between slices.

Top with cheese. Bake at 350 degrees for 15-20 minutes or until cheese melts and slices are heated through. *8 servings.*

Calories – 469  
Fat – 28 g.  
Sat. Fat – 12 g.  
CHO – 35 g.  
Calcium – 310 mg.  
Protein – 18 g.



## Marinated Peas and Edamame

2 cans (15-16 oz. each) fat free black eyed peas, drained and rinsed  
2 medium stalks celery, chopped  
1 small green pepper, chopped  
1 jalapeno chile, seeded and chopped into fine bits (optional)  
1/2 cup chopped red onion  
1 cup edamame soybeans, cooked and shelled  
1/4 cup olive oil or soy oil  
2 Tablespoons red wine vinegar  
1/8 teaspoon pepper  
1 clove garlic, minced

Mix together peas, celery, peppers, onion, and edamame soybeans in a large bowl. In a separate small bowl, mix together oil, vinegar, pepper, and garlic. Pour over vegetables. Cover and refrigerate 2 – 4 hours, stirring occasionally. *Serves 10.*

Calories – 154  
Fat – 7 g.  
Sat. Fat – 1 g.  
CHO – 17 g.  
Calcium 58 mg.  
Protein – 7 g.

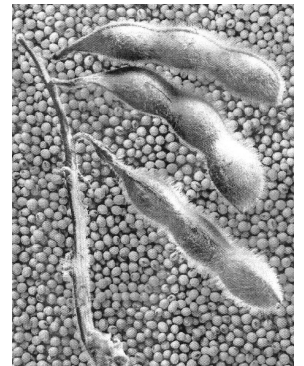


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