



Previous Recipes of the Week

Baked Chicken Nuggets

Serving size: about 3 ounces

Yield: 4 servings

Ingredients:

1½ pounds chicken thighs, boneless and skinless

1 cup ready-to-eat cereal, cornflakes, crumbs

1 teaspoon paprika

½ teaspoon Italian herb seasoning

¼ teaspoon garlic powder

¼ teaspoon onion powder



Directions:

1. Preheat oven to 400° F. Lightly grease a cooking sheet.
2. Remove skin and bone; cut thighs into bite-size pieces.
3. Place cornflakes into plastic bag and crush by using a rolling pin.
4. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
5. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
6. Place chicken pieces on cooking sheet so they are not touching.
7. Bake until golden brown, about 12-14 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn the chicken thighs over.
3. Cut around bone and remove it.

Nutrition Facts: Calories: 175, Total fat: 8 g, Saturated fat: 2 g,, Cholesterol: 67 mg, Sodium: 127 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention

Baked Lentils Casserole

Yield: 5 servings

Ingredients:

1 cup lentils (rinsed)

¾ cups water

½ teaspoon salt



1/4 teaspoon pepper (optional)
1/2 cup onion (chopped)
2 carrots (thinly sliced)

1/4 teaspoon garlic powder (optional)
1 can tomatoes (16 ounces)
1/2 cup cheddar cheese (shredded)

Directions:

1. Combine lentils, water, seasonings, onion, and tomatoes.
2. Place in 2 quart casserole dish.
3. Cover tightly with lid or foil.
4. Bake at 350° F for 30 minutes.
5. Remove from oven and add carrots. Stir.
6. Cover and bake 30 minutes longer.
7. Remove cover and sprinkle cheese on top.
8. Bake, uncovered 5 minutes, until cheese melts.

Nutrition Facts: Calories, 210; Calories from fat, 35; Total fat, 3.5g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 10mg; Sodium, 240mg; Total Carbohydrate, 32g; Fiber, 14g; Protein, 13 g; Vit. A, 50%; Vit. C, 20%; Calcium, 4%; Iron, 20%.

Source: www.recipefinder.nal.usda.gov

BBQ Chicken and Cheddar Foil Packet Dinner

Yield: 4 servings

Ingredients:

3 tablespoons barbeque sauce
4 small boneless, skinless chicken breast halves (1 pound)
2 small unpeeled red potatoes, thinly sliced
1 red or green bell pepper, seeded and sliced
1 green onion, finely chopped
1/4 teaspoon salt
1/8 teaspoon black pepper
1-1/2 cups shredded reduced-fat Cheddar cheese



Directions:

1. Preheat oven to 375°F.
2. Place a foil sheet, approximately 12 x 12 inches, on a work surface. Spoon about 1 teaspoon of the barbecue sauce in the center of the foil sheet. Place one chicken breast half over barbecue sauce and spread another teaspoon of sauce over chicken. Top with a

quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper.

3. Fold foil in half to cover contents; make narrow folds along edges to seal. Repeat with remaining ingredients to assemble three more packets.

4. Place packets on a baking sheet and bake for 35 minutes. Open foil packets with scissors and carefully pull back edges (contents may be very hot). Sprinkle a quarter of the cheese over the top of each chicken breast half and return to oven, unsealed, for 2 minutes or until cheese is melted.

4. With a spatula, transfer the contents of each packet onto individual serving plates, if desired.

Nutritional Information Per Serving: Calories: 290; Total Fat: 4.5 g; Saturated Fat: 2.5 g; Cholesterol: 75 mg; Sodium: 630 mg; Calcium: 20% Daily Value; Protein: 38 g (10 grams from dairy); Carbohydrates: 21 g; Dietary Fiber: 2 g

Source: University of Nebraska-Lincoln Extension

Baked Chicken with Vegetables

Yield: 6 servings

Ingredients:

- 4 potatoes (sliced)
- 6 carrots (sliced)
- 1 onion (large, quartered)
- 1 chicken (raw, - cut into pieces, skin removed)
- 1/2 cup water
- 1 teaspoon thyme
- 1/4 teaspoon pepper



Directions:

1. Preheat oven to 400° F.
2. Place potatoes, carrots and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400° F for one hour or more until browned and tender.

Nutrition Facts: Calories, 240; Calories from fat, 30; Total fat, 3.5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 75mg; Sodium, 130mg; Total Carbohydrate, 8g; Fiber, 3g; Protein, 26 g; Vit. A, 210%; Vit. C, 45%; Calcium, 6%; Iron, 15%.

Cost: Per recipe: \$6.45; Per serving: \$1.07

<http://recipefinder.nal.usda.gov/>

Brag About It Bread Bake

Serving Size: 1/6 of recipes

Yield: 6 servings

Ingredients:

6 slices bread (cubed, approximately 6 cups)
1 1/2 cup broccoli (frozen, chopped and cooked)
1 cup cheese, shredded low-fat cheddar
1 tablespoon onion (minced, optional*)
1 cup chicken, skinless (diced, cooked)
3 eggs
4 egg whites
2 cups nonfat milk



Directions:

1. Place half the bread in a well-greased 9x9 inch pan.
2. Top with broccoli, cheese, onion and meat.
3. Place remaining bread on top.
4. In a bowl, mix eggs and milk.
5. Pour egg mixture over bread in pan.
6. Cover. Refrigerate overnight or at least 1 hour.
7. Bake uncovered at 325 degrees for 1 to 1 1/4 hours, or until center is firm and lightly browned.

*used in analysis

Nutrition Facts: Calories, 250; Calories from fat, 50; Total fat, 6g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 120mg; Sodium, 430mg; Total Carbohydrate, 24; Fiber, 2g; Protein, 25g; Vit. A, 15%; Vit. C, 40%; Calcium, 30%; Iron, 15%.

Source: <http://recipefinder.nal.usda.gov>

Broccoli Mandarin Orange Salad

Yield: 6 servings

Ingredients:

5 cups broccoli florets
2 tablespoons almonds
2 - 11 oz. cans of mandarin orange sections, well drained
1 orange, grated peel and juice
5 green onions, chopped
3 tablespoons white vinegar



1 tablespoons sugar
1 tablespoons olive oil
salt and pepper, optional*

Directions:

1. Steam broccoli flowerets in covered saucepan for 3 minutes only.
2. Remove quickly and rinse with cold running water until broccoli is no longer warm. Do not cook further. Place in serving bowl and chill, covered.
3. Meanwhile, in a medium-sized bowl, combine almonds, drained mandarin oranges, grated peel and juice from orange, green onions, and remaining ingredients except for salt and pepper. Toss gently and let stand at room temperature for about 15 to 30 minutes.
4. When ready to serve, pour marinated orange mixture on chilled broccoli and toss very gently.
5. Season to taste with salt and pepper, if desired, and serve.*

*Optional ingredients are not included in dietary analysis.

Chef's Notes: Vividly green vegetables such as green beans, cucumbers, broccoli, and zucchini will slowly turn a drab yellow-green color when in the presence of acids for a moderate period. To keep this salad bright in color, the orange-flavored salad dressing is added just before serving.

Nutritional Facts: Calories: 84; Total Fat: 3.4g; Saturated Fat: 0.4g; % of Calories from Fat: 33%; Cholesterol: 0mg; Carbohydrates: 13g; Dietary Fiber: 3g; Sodium: 19mg; Protein: 3g

Source: <http://www.fruitsandveggiesmorematters.org>

Broccoli Soup

Yield: 4 servings

Ingredients:

- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low sodium
- 1 cup evaporated milk, nonfat
- 1 cup mashed potatoes, instant (prepared in water)
- Salt and pepper (to taste, optional)
- 1/4 cup cheese, shredded cheddar (or American)



Directions:

1. Wash hands.
2. Combine broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.

7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls.
9. Sprinkle about 1 Tablespoon cheese over each serving.

Nutrition Facts: Calories, 200; Calories from fat, 45; Total fat, 5g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 10mg; Sodium, 400mg; Total Carbohydrate, 27g; Fiber, 4g; Protein, 15g; Vit. A, 20%; Vit. C, 140%; Calcium, 30%; Iron, 8%.

Source: <http://recipefinder.nal.usda.gov>

Broiled Tomatoes and Cheese

Yield: 3 servings

Ingredients:

- 3 tomatoes (large, firm)
- 8 ounces cottage cheese, low-fat
- 1/2 teaspoon basil (dried)
- 1/8 teaspoon black pepper
- 1/4 cup bread crumbs (plain)
- cooking spray (vegetable oil)



Directions:

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Nutrition Facts: Calories: 120; Total Fat: 1.5g; Saturated Fat: .5g; % of Calories from Fat: 11%;
Cholesterol: 5mg; Carbohydrates: 16mg; Dietary Fiber: 3g; Sodium: 380mg; Protein: 12g

Source: <http://www.fruitsandveggiesmorematters.org>; University of Massachusetts, Extension Nutrition Education Program

Cabbage Fruit Salad

Serving Size: 1 cup

Yield: 6 servings

Fruits make wonderful toppings for salads. For a salad in a hurry, top spinach with sliced apples, celery, walnuts, and a



vinaigrette dressing. To really wow your friends, try this eye-appealing Cabbage recipe.

Ingredients:

- 2 cups cabbage, shredded
- 2 oranges, peeled, sectioned and seeded
- 1/2 cup crushed pineapple, drained
- 2 medium apples, chopped
- 4 tablespoons plain low fat yogurt
- 1 teaspoon honey
- 2 tablespoons chopped peanuts and/or raisins (optional)

Directions:

1. Wash your hands and clean your cooking area.
2. Wash and prepare cabbage, oranges, and apples as directed.
3. Mix all ingredients.
4. Top with peanuts and/or raisins.

Nutrition facts: Calories, 70; Calories from fat, 0 ; Total fat, 0g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 10mg; Total Carbohydrate, 17g; Fiber, 3g; Protein, 1g; Vitamin A, 4%; Vitamin C, 60%; Calcium, 6%; Iron, 2%

Source: www.extension.org

Carrot Raisin Salad

Yield: 4 servings

Ingredients:

- 4 carrots (medium, peeled and grated)
- 1/4 cup raisins
- 2 teaspoons sugar
- Juice of one lemon



Directions:

1. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice.
2. Serve chilled.

Nutrition Facts: Calories, 70; Calories from fat, 0; Total fat, 0g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 45mg; Total Carbohydrate, 17g; Fiber, 2g; Protein, 1g; Vit. A, 200%; Vit. C, 15%; Calcium, 2%; Iron, 2%.

Source: University of Wyoming Cooperative Extension

Colorful Quesadillas

Serving Size: 1 quesadilla

Yield: 8 servings

Ingredients:

- 8 ounces cream cheese, fat-free
- 1/4 teaspoon garlic powder
- 8 flour tortillas (small)
- 1 cup sweet red pepper (chopped)
- 1 cup low-fat cheese (shredded)
- 2 cups spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry)



Directions:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Nutrition Facts per serving: Calories: 160, Fat: 3.5 g, Saturated fat: 1g, Cholesterol: 5 mg, Sodium: 420 mg, Carbohydrates: 20 g, Dietary fiber: 2 g, Protein: 11 g, Vitamin A: 35%, Vitamin C: 45%, Calcium: 20%, Iron: 8%

Source: Iowa State University Extension

Crispy Taquitos

Serving Size: 3 taquitos

Yield: 4 servings

Ingredients:

- 2 cups Pico de Gallo (see below)
- 1/2 cup chicken (cooked, finely chopped)
- 1/2 cup corn (no salt added, canned or frozen, thawed)
- 1/4 cup green onion (chopped)
- 1/4 cup bell pepper (green, chopped)
- 1/2 cup cheddar cheese (shredded, reduced fat, or Monterey jack or queso fresco)



12 corn tortillas
2 teaspoons vegetable oil

Directions:

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

Nutrition Facts: Calories, 250; Calories from fat, 60; Total fat, 7g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 20mg; Sodium, 240mg; Total Carbohydrate, 46g; Fiber, 7g; Protein, 14 g; Vit. A, 20%; Vit. C, 60%; Calcium, 15%; Iron, 10%.

Cost: Per recipe: \$3.58; Per serving: \$0.89

Pico de Gallo

Serving Size: ½ cup

Yield: 6 servings

Cooking time

Ingredients:

- 1 pound tomatoes (chopped ripe)
- 1 ½ cup onion (chopped)
- ⅓ cup cilantro (chopped, fresh)
- 3 jalapeno pepper (seeded and chopped)
- 2 tablespoons lime juice
- 2 garlic clove (minced)
- ¼ teaspoon salt



Directions:

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

Nutrition Facts: Calories, 35; Calories from fat, 0; Total fat, 0g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 105mg; Total Carbohydrate, 8g; Fiber, 2g; Protein, 1g; Vit. A, 15%; Vit. C, 40%; Calcium, 2%; Iron, 2%.

Cost: Per recipe: \$2.82; Per serving: \$0.47

<http://recipefinder.nal.usda.gov/>

Easy Skillet Chili

Serving Size: 2/3 cup

Yield: 10 servings

Ingredients:

- 1 pound ground meat - beef, chicken, or turkey
- 1 onion, chopped
- 2 teaspoons chili powder
- 1 can (14.5 ounces) tomatoes, chopped with juice
- 2 cans (15 ounces each) beans (try black, pinto, kidney, or others)
- 1 can (10.75 ounces) tomato soup



Directions:

1. Brown meat and onion in skillet. Cook on medium-low heat for 5 minutes. Stir often.
2. Drain grease from pan.
3. Add chili powder and stir. Cook for 3-5 minutes.
4. Add tomatoes, drained beans, and tomato soup.
5. Add 1 soup can of water; stir and simmer for at least 30 minutes.
5. Refrigerate leftovers within 2 hours.

Notes: Spice up your Easy Skillet Chili by adding diced green chilies, diced hot peppers, sautéed fresh mushrooms, sautéed fresh garlic, hot pepper sauce, frozen or canned corn, or extra chili powder.

Nutrition Facts: Calories, 170; Calories from fat, 35; Total fat, 4g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 35mg; Sodium, 520mg; Total Carbohydrate, 20g; Fiber, 4g; Protein, 13 g; Vit. A, 6%; Vit. C, 15%; Calcium, 6%; Iron, 10%.

Source: Oregon State University Extension

English Muffin Veggie Pizza

Serving Size: 2 pizzas

Yield: 4 servings

Ingredients:

- 1 cup broccoli (cooked chopped)
- 4 English muffins
- 1 cup pizza sauce (or spaghetti sauce)
- 1/2 cup mozzarella cheese, shredded, part skim
- 3 tablespoons carrot (shredded)
- 1 teaspoon Parmesan cheese (grated)



Directions:

1. Cut the broccoli to make 1 cup of chopped broccoli.

2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make ½ cup of shredded cheese.
6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
10. Sprinkle each half with 1 teaspoon grated parmesan cheese.
11. Toast in the toaster oven for 2 minutes, until the cheese melts.

Nutrition Facts: Calories, 240; Calories from fat, 45; Total fat, 5g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 5mg; Sodium, 340mg; Total Carbohydrate, 40g; Fiber, 7g; Protein, 13 g; Vit. A, 40%; Vit. C, 80%; Calcium, 35%; Iron, 15%.

Source: <http://recipefinder.nal.usda.gov>

Fruit & Chicken Salad

Servings: 4

Ingredients:

- 4 chicken breasts
- 1 apple
- 1 can pineapple chunks, reserve juice
- 1 lb. red grapes
- 2 Tbsps. fat free mayonnaise or salad dressing



Directions:

1. Season chicken with salt, pepper and/or onion powder.
2. Broil chicken breasts until done and remove skin.
3. Cut chicken in small pieces.
4. Cut apple into small slices.
5. Cut grapes in half.
6. Drain pineapple and set juice aside.
7. Mix all of these together well.
- 8/ Mix some of the pineapple juice with the mayonnaise.
9. Add to salad and mix.
10. Refrigerate.

Nutrition Facts (per serving): Calories, 190; fat, 2.5 g; sodium, 85 mg; carbohydrates, 23 g; fiber, 2 g

Source: University of Illinois Extension

Galloping Good Eggplant

Yield: 1 serving

Ingredients:

- ½ cup eggplant, diced
- ½ cup fresh mushrooms, diced
- ¾ cup fresh tomatoes, chopped
- 3 seconds butter-flavored cooking oil spray
- ¾ oz. fat-free mozzarella cheese (use a string cheese stick)



Directions:

1. Spray skillet with cooking oil.
2. Sauté eggplant, mushrooms, and tomatoes in skillet until tender but cooked.
3. Drain off extra juice and top with shredded or 'peeled' cheese.
4. Let it melt.

Nutritional Facts: Calories: 95; Carbohydrates: 10g; Total Fat: 2.9g; Saturated Fat: 0.3g; % of Calories from Fat: 25%; Cholesterol: 4mg; Dietary Fiber: 3g; Sodium: 151mg; Protein: 9g

Each serving provides: An excellent source of vitamins A and C, and a good source of potassium, calcium and fiber.

Source: <http://www.fruitsandveggiesmorematters.org>; from the Cool Fuel Cookbook for Kids

Glazed Butternut Squash

Serving Size: ¾ cup

Yield: 4 servings

Ingredients:

- 2 butternut squash (about 3 pounds)
- ½ cup apple juice
- ¼ cup water
- 2 tablespoons margarine
- 1 tablespoon sugar
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ cup chopped pecans, toasted
- 1 teaspoon dried sage



Directions:

1. Peel and cut squash in half and remove seeds. Cut into 2-inch pieces.

2. In a large skillet, stir together squash, juice, water, margarine, sugar, salt, and black pepper.
3. Bring to a boil. Reduce heat, cover, and simmer for 25 minutes. Stir occasionally.
4. Remove lid and cook 5 minutes or until liquid thickens and squash is tender.
5. Gently stir in pecans and sage.

Nutrition Facts: Calories, 280; Calories from fat,99 ; Total fat, 11g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 0mg; Sodium, 650mg; Total Carbohydrate, 48g; Fiber, 8g; Protein, 4g; Vitamin A, 730%; Vitamin C, 120%; Calcium, 15%; Iron, 15%

Source: www.extension.org

Greek Salad Wrap

Serving size: 1 tortilla with about ½ cup filling

Yield: 8 servings

Ingredients:

Dressing:

1 tablespoon lemon juice

1 clove garlic, minced or 1/8 teaspoon garlic powder

1 tablespoon parmesan cheese

½ tablespoon fresh oregano leaves, coarsely chopped or ½ teaspoon oregano, dried and crumbled

2 tablespoons olive or vegetable oil

Salad:

8 tortillas (8 inch size), whole-wheat

2 cups Romaine lettuce, chopped

12 black olives, pitted and sliced (optional)

2 ripe tomatoes, chopped

2 cucumbers, peeled and chopped

1 small onion, chopped (optional)

¼ pound Feta cheese, crumbled



Directions:

To make the dressing:

1. Add lemon juice, garlic, parmesan cheese and oregano to a bowl. Gradually blend in oil until well blended.

To make the salad:

1. Wash and prepare vegetables.

2. Toss all vegetables together with dressing.

3. Steam tortillas by placing them on a plate in the microwave for a few seconds.

4. Place a half cup of salad filling in the center of the tortilla wrap.

5. Fold right and left sides of the wrap into the center.

6. Roll tortilla towards the top of the wrap until filling is fully enclosed.
7. Cut in diagonal half slices and enjoy.
8. Serve soon after preparing.

Nutrition Facts per serving: Calories: 240; Fruits and Vegetables: 1 serving; Fat: 10 g; Fiber: 3 g

Source: UMass Extension Nutrition Education Program

Italian Broccoli and Pasta

Serving Size: 1 ¼ cups

Yield: 4 servings

Ingredients:

- 8 ounces fettucini or other pasta, uncooked
- 3 tablespoons green onions (chopped, also called scallions)
- 2 cups broccoli florets
- 1/2 teaspoon thyme (dried)
- 1/2 teaspoon oregano (dried)
- 1/2 teaspoon black pepper
- 1 can stewed tomatoes (14.5 ounce)
- 2 teaspoons Parmesan cheese (grated)



Directions:

1. Cook pasta according to package instructions (do not include oil or salt), and drain.
2. Spray a medium skillet with non-stick cooking spray; stir-fry onion and broccoli for 3 minutes over medium heat.
3. Add seasonings (but not the Parmesan cheese) and tomatoes; simmer until heated through.
4. Spoon vegetable mixture over pasta and top with Parmesan cheese.

Nutrition Facts: Calories, 240; Calories from fat, 15; Total fat, 1.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 280mg; Total Carbohydrate, 48g; Fiber, 4g; Protein, 9g; Vit. A, 25%; Vit. C, 70%; Calcium, 8%; Iron, 20%.

Cost: Per recipe: \$3.64; Per serving: \$0.91

Source: <http://recipefinder.nal.usda.gov/>

Layered Black Bean Dip

Serving size: 2 tablespoons

Yield: 16 servings

Ingredients:

- 1 can black beans (15 ounce, drained and rinsed)



1/4 teaspoon onion powder
1/4 teaspoon dried oregano
1/8 teaspoon garlic powder
1/8 teaspoon cayenne pepper
1/2 cup salsa (thick and chunky)
1/2 cup sour cream (light)
1/4 cup green onion (chopped)
2 ounces reduced-fat cheddar cheese (grated)

Directions:

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.
2. Top with salsa, sour cream, green onions and grated cheese.

Nutrition Facts: Calories, 40; Calories from fat, 15; Total fat, 1.5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 5mg; Sodium, 150mg; Total Carbohydrate, 4g; Fiber, 1g; Protein, 2g; Vit. A, 2%; Vit. C, 0%; Calcium, 6%; Iron, 2%.

Cost: per recipe: \$2.48; per serving: \$0.15

Source: <http://recipefinder.nal.usda.gov>; Cornell Cooperative Extension of Onondaga County, Good Food Cookbook

Mexican Chicken Soup

Serving size: 1 cup

Serves: 8

Ingredients:

2 (15-ounce) cans diced tomatoes (Mexican-style)
1 (15-ounce) can black beans, drained and rinsed
2 cups frozen corn or 1 15-ounce can corn, drained and rinsed
1 (14.5-ounce) can sodium-reduced chicken broth or 2 cups homemade chicken broth
2 cloves garlic, minced or 1/2 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon ground cumin (optional)
1/4 teaspoon pepper
1 pound skinless, boneless chicken breast



Directions

1. Add tomatoes, beans, corn, broth, garlic, chili powder, cumin (if desired), and pepper in large saucepan.

2. Remove and discard any visible fat from chicken. Cut chicken into large chunks and add to the saucepan. Heat to boiling, reduce heat and simmer, covered, for 20 minutes, or until chicken is tender.
3. Remove the chicken and place on a plate; use forks to shred the chicken. Return the shredded chicken to soup.
4. Serve with choice of garnishes, such as baked tortilla chips.

Nutritional Facts: Calories: 180; Total Fat: 3g; Saturated Fat: 1g; % of Calories from Fat: 25%; Cholesterol: 35mg; Carbohydrates: 20g; Dietary Fiber: 5g; Sodium: 280mg; Sugars: 4g; Protein: 3g

Source: Iowa State University Extension

Mexican Lasagna

Yield: 8 servings

Serving Size: 1 square

Ingredients:

- 10 6-inch corn tortillas
- 2 cups canned low-sodium black beans, rinsed
- 4 cups Super Quick Chunky Tomato Sauce (recipe below)
- 1½ cup Monterey Jack cheese, grated
- 1 10-ounce bag baby spinach leaves, rinsed
- 2 cups grilled chicken, diced
- 2 tablespoons fresh cilantro, rinsed, dried, and chopped (or substitute 1 teaspoon dried coriander)
- Non-stick cooking spray



Directions:

1. Preheat oven to 400°F.
2. Lightly spray a 9- by 13-inch baking pan with cooking spray. Place two to three corn tortillas on the bottom, trimming as necessary for a good fit.
3. Add beans, 1 cup tomato sauce, and ½ cup grated cheese. Top with two to three more corn tortillas.
4. Add 1 cup tomato sauce, spinach, and ½ cup cheese. Top with two more corn tortillas.
5. Add chicken and 1 cup tomato sauce. Top with two more corn tortillas.
6. Add 1 cup tomato sauce, ½ cup cheese, and cilantro.
7. Bake for 30 minutes, or until the cheese is melted and browned and chicken is reheated.
8. Let stand for 5 minutes. Cut into eight even squares, and serve.

Super Quick Chunky Tomato Sauce

Ingredients:

- 2 teaspoons olive oil
- 1 teaspoon garlic, chopped (about 1 clove)
- 1 12-ounce jar roasted red peppers drained and diced (or substitute fresh roasted red peppers)
- 2 - 14½-ounce can no-salt-added diced tomatoes
- 1 - 5½-ounce can low-sodium tomato juice
- 1 tablespoon fresh basil, rinsed, dried, and chopped (or 1 teaspoon dried)
- ¼ teaspoon ground black pepper

Directions:

1. In a medium saucepan, heat olive oil and garlic over medium heat. Cook until soft, but not browned (for about 30 seconds).
2. Add diced red peppers, and continue to cook for 2–3 minutes, until the peppers begin to sizzle.
3. Add tomatoes, tomato juice, basil, and pepper. Bring to a boil. Simmer for 10 minutes, or until the sauce thickens slightly. (Sauce can be puréed for picky eaters.).
4. Use immediately. Or, refrigerate in a tightly sealed container for 3–5 days or freeze for 1–2 months.

Nutrition Facts: Calories, 304; Calories from fat, 10g; Saturated fat, 4g; Trans fat 0g; Cholesterol, 52mg; Sodium, 275mg; Total Carbohydrate, 31g; Fiber, 6g; Protein, 23 g; Potassium, 550mg

Source: <http://www.nhlbi.nih.gov>; *Keep the Beat™ Recipes: Deliciously Healthy Family Meals*

Mexican Vegetables

Serving Size: ½ cup

Yield: 7 servings

Ingredients:

- 1 cup cucumber (chopped, with peel)
- 1 can corn (8 ¾ ounce - drained)
- 1 can stewed tomatoes (16 ounces)
- 2 tablespoons red pepper (chopped)
- 2 tablespoons green pepper (chopped)
- 2 tablespoons red wine vinegar
- ½ teaspoon garlic powder
- ½ teaspoon cumin (ground)
- ¼ teaspoon cilantro or coriander (dried)
- ⅛ teaspoon black pepper



Directions:

1. Combine ingredients and mix well.
2. Serve cold.

Nutrition Facts per serving: Calories, 50; Calories from fat, 5 ; Total fat, 0g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 320mg; Total Carbohydrate, 12g; Fiber, 1g; Protein, 2g; Vitamin A, 8%; Vitamin C, 25%; Calcium, 2%; Iron, 4%.

Oprah's Outtasight Salad

Ingredients:

- 2 cups salad greens (of your choice)
- 1 cup vegetables (tomatoes, cucumbers, carrots, green beans) (chopped)
- 1 cup pineapple chunks, drained (canned in juice, or fresh orange segments)
- 1/4 cup Dynamite Dressing
- 2 tablespoons raisins (or dried cranberries)
- 2 tablespoons nuts, any kind (chopped)

**Directions:**

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir.
3. Spoon mixture over salad greens.
4. Top with raisins and nuts. Serve.

Dynamite Dressing:**Ingredients:**

- 1 1/2 teaspoon white vinegar
- 1/4 cup yogurt, nonfat, fruit-flavored
- 1 tablespoon orange juice

Directions:

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

Nutrition Facts: Calories, 100; Calories from fat, 25; Total fat, 2.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 40mg; Total Carbohydrate, 18g; Fiber, 3g; Protein, 2 g; Vit. A, 100%; Vit. C, 15%; Calcium, 4%; Iron, 6%.

Source: www.recipefinder.nal.usda.gov

Oriental Sweet and Sour Vegetables

Serving Size: 1/2/cup

Yield: 6 servings

Ingredients:

- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 teaspoon light soy sauce
- 1/4 teaspoon ginger
- 1 cup pineapple or orange juice
- 1 tablespoon cornstarch (for thickness)
- 2 teaspoons oil
- 1 pound frozen stir-fry vegetables (bag)



Directions:

1. Combine all ingredients except vegetables into bowl, mix and set aside.
2. Heat 2 teaspoons of oil in skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender.
3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil.
4. Serve immediately. This dish is great over pasta or brown rice.

Nutrition Facts per serving: Calories, 80; Calories from fat, 15 ; Total fat, 1.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 45mg; Total Carbohydrate, 14g; Fiber, 1g; Protein, 1g; Vitamin A, 10%; Vitamin C, 45%; Calcium, 2%; Iron, 2%.

Source: SNAP-Ed Connection, <http://recipefinder.nal.usda.gov> and University of Florida, IFAS Extension, Cooking Healthy with Diabetes

Oven-Fried Fish

Serving size: 1 cut piece

Yield: 6 servings

Ingredients:

For variety, try this heart-healthy fish recipe with any kind of fish.

- 2 pound fish fillets
- 1 Tablespoon fresh lemon juice
- 1/4 cup milk, fat-free or buttermilk, low-fat
- 2 drops hot pepper sauce
- 1 teaspoon fresh garlic, minced
- 1/4 teaspoon white pepper, ground
- 1/4 teaspoon salt



¼ teaspoon onion powder
½ cup cornflakes, crumbled, or regular bread crumbs
1 Tablespoon vegetable oil (for greasing baking dish)
1 fresh lemon, cut in wedges

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 cornflake crumbs and place onto 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 without turning.
8. Cut into six pieces. Serve with fresh lemon.

Nutrition Facts: Calories, 183; Total fat, 2g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 80mg; Sodium, 325mg; Total Carbohydrate, 10g; Fiber, 1g; Protein, 30 g; Potassium, 453 mg.

Pasta Primavera

Serving Size: 2 cups

Yield: 2 servings

Ingredients:

1 cup broccoli florets
1 cup carrots, sliced
1 cup zucchini, sliced
1 cup macaroni or rotini pasta

Sauce

1 tablespoon margarine
1 tablespoon all-purpose flour
1 cup skim milk
¼ teaspoon dried basil
1/8 teaspoon black pepper
2 tablespoons Parmesan cheese, grated



Directions:

1. In a medium saucepan, place vegetables and about 1 inch of water. Bring to a boil.
2. Reduce heat, cover, and cook until vegetables are crisp-tender. Drain.
3. In another saucepan, cook macaroni according to package directions.

4. In a small saucepan, melt margarine and sprinkle in flour. Gradually stir in milk and seasonings.
5. Cook over medium heat, stirring constantly, until sauce thickens.
6. Remove from heat and stir in cheese. Pour over hot vegetables. Add macaroni and mix together.

Nutrition Facts: Calories, 360; Calories from fat, 72 ; Total fat, 8g; Saturated fat, 2g; Trans fat, 0g; Cholesterol, 5mg; Sodium, 200mg; Total Carbohydrate, 56g; Fiber, 5g; Protein, 15g; Vitamin A, 180%; Vitamin C, 8%; Calcium, 25%; Iron, 15%

Source: www.extension.org

Pasta Ratatouille

Serving Size: 1 cup

Yield: 12 servings

Ingredients:

- 6 cups water
- 1 pound pasta
- 3 tablespoons vegetable oil
- 1 large onion, chopped
- 5 cloves garlic, finely chopped
- 2 medium green bell peppers, chopped
- 3 small zucchini, cubed
- 1 small eggplant, cubed
- 3 medium tomatoes, cubed
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 2 teaspoons basil
- 1 cup Swiss cheese, shredded



Directions:

1. Bring water to a boil in a large pot. Add pasta and cook until tender, about 10 minutes. Drain and set aside.
2. Heat oil in a skillet over medium heat. Add onion and garlic and sauté about 4 minutes.
3. Add bell pepper, zucchini, and eggplant. Cook about 10 minutes.
4. Stir in tomatoes and seasonings. Continue to cook another 3 minutes or until vegetables are crisp-tender.
5. Serve over pasta.
6. Top with Swiss cheese.
7. Refrigerate leftovers within 2 hours.

Nutrition Facts: Calories, 240; Calories from fat, 60; Total fat, 7g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 10mg; Sodium, 320mg; Total Carbohydrate, 36g; Fiber, 4g; Protein, 9 g; Vit. A, 4%; Vit. C, 40%; Calcium, 10%; Iron, 10%.

Source: Oregon State University Extension

Peppers Stuffed with Turkey & Vegetables

Serving Size: 1/2 pepper

Yield: 6 servings

Ingredients:

- 1 cup cooked rice (white or brown)
- 3 bell peppers (green, red, or yellow)
- 10 ounces ground turkey (half a 20 ounce package)
- 1 teaspoon Italian Seasoning (or basil and oregano leaves)
- 1/2 teaspoon garlic powder or 2 cloves garlic, minced
- 1/4 teaspoon each salt and pepper
- 1/2 onion (about 1/2 cup)
- 1 cup sliced mushrooms
- 1 chopped zucchini (about 1 cup)
- 1 can (14.5 ounce) diced tomatoes with liquid



Directions:

1. Cook the rice or prepare instant rice according to package directions. Preheat oven to 350 degrees.
 2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
 3. In a large skillet over medium heat, cook the turkey until no longer pink. Add seasonings during last few minutes.
 4. Add onion, mushrooms, and zucchini to the skillet. Add a small amount of oil, if needed. Sauté until tender.
 5. Mix in the tomatoes and rice. Remove from heat.
 6. Fill the pepper halves with the skillet mixture.
 7. Cover the baking dish with foil. Bake at 350 degrees for 40 to 50 minutes or until peppers are tender when poked with a fork.
- Refrigerate leftovers within 2 hours.

Notes:

- Try chicken, beef or pork instead of turkey
- Add a sprinkle of cheese
- If there is extra filling, try it in a wrap for another meal

Nutrition Facts: Calories, 140; Calories from fat, 40; Total fat, 4g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 35mg; Sodium, 350mg; Total Carbohydrate, 16g; Fiber, 2g; Protein, 13 g; Vit. A, 8%; Vit. C, 110%; Calcium, 6%; Iron, 8%.

Source: Oregon State University Extension

Potato Spinach Casserole

Serving Size: 2 1/2" x 4" piece

Yield: 6 servings

Ingredients:

12 ounces frozen hash browns, country style (thawed)
1/2 cup green pepper (finely chopped, divided)
1/2 cup onion (finely chopped, divided)
1/2 teaspoon salt
1/2 teaspoon black pepper
1 can evaporated milk, nonfat (12 ounces)
3/4 cups egg whites
1/2 cup cheese, reduced-fat sharp cheddar, shredded
1/2 cup cheese, reduced fat Monterey Jack, shredded
1 cup spinach (washed and chopped, fresh)
1/2 cup tomatoes (chopped, fresh)



Directions:

1. Preheat oven to 425 degrees.
2. Wash your hands and work area.
3. In large bowl, combine hash browns, green pepper, 1/4 cup onion, salt, and 1/4 teaspoon pepper.
4. Spray an 8x8 inch baking dish with non-stick cooking spray. Press potato mixture into bottom.
5. Bake until lightly browned around edges, 20-25 minutes.
6. In large bowl, stir together evaporated milk, egg whites, 1/4 teaspoon pepper, cheeses, spinach, remaining 1/4 cup onion, and tomatoes.
7. Reduce oven temperature to 350 degrees.
8. Pour mixture over potato crust. Bake uncovered until center is set, 40-45 minutes.
9. Cover and let stand for 10 minutes. Cut into 6 pieces. Serve hot.

Nutrition Facts: Calories, 180; Calories from fat, 35; Total fat, 4g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 15mg; Sodium, 490mg; Total Carbohydrate, 21g; Fiber, 1g; Protein, 15 g; Vit. A, 25%; Vit. C, 25%; Calcium, 45%; Iron, 2%.

Cost: Per recipe: \$5.06; Per serving: \$0.84

Source: <http://recipefinder.nal.usda.gov>

Quick Skillet Lasagna

Serving Size: one cup prepared lasagna

Yield: 7 servings

Ingredients:

- 1/2 cup onion (chopped)
- 1/2 pound ground beef
- 1 can tomatoes (16 ounce)
- 1 can tomato paste (6 ounce)
- 1 tablespoon parsley (fresh, optional)
- 1 1/2 cup water
- 1 teaspoon garlic powder (optional)
- 2 cups egg noodles (cooked)
- 3/4 cups cottage cheese, lowfat
- 1/4 cup Parmesan cheese



Directions:

1. Chop onion. Cook beef and onion, in the frying pan until beef is brown and onion is tender. Drain off excess fat.
2. Add tomatoes, tomato paste, parsley, water, and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes.
3. Cook noodles in the saucepan according to package directions. Drain.
4. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the frying pan.
6. Cover and heat over low heat about 5 minutes. Refrigerate leftovers.

Nutrition Facts: Calories, 200; Calories from fat, 50; Total fat, 6g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 40mg; Sodium, 450mg; Total Carbohydrate, 23g; Fiber, 3g; Protein, 15 g; Vit. A, 10%; Vit. C, 20%; Calcium, 10%; Iron, 15%.

Source: Michigan State University Cooperative Extension Service

Roasted Cauliflower with Paprika

Serving Size: 1/2 cup

Yield: 4 servings

Ingredients:

- 1 head cauliflower, cored and broken into small florets
- 2 tablespoons olive oil
- 1 1/2 teaspoons paprika
- freshly ground black pepper



Directions:

1. Preheat oven to 450 degrees.
2. Line a rimmed baking sheet with aluminum foil. Spread cauliflower on foil.
3. Sprinkle with oil and paprika; toss to coat.
4. Season with pepper.
5. Roast until tender and lightly browned, 20 to 25 minutes, tossing once.

Nutrition Facts: Calories, 100; Calories from fat, 63; Total fat, 7g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 0mg; Sodium, 45mg; Total Carbohydrate, 8g; Fiber, 3g; Protein, 3g; Vit. A, 6%; Vit. C, 150%; Calcium, 4%; Iron, 4%.

www.extension.org

Sloppy Garden Joes

Serving Size: 1 sandwich on half a bun

Yield: 12 servings

Ingredients:

- 1 yellow onion (chopped)
- 1 carrot (chopped or shredded)
- 1 green pepper (chopped)
- 1 pound ground turkey (or chicken)
- 1 can tomato sauce (8 ounces, unsalted)
- 1 can whole tomatoes (15 ounces, crushed)
- 1 can mushroom (8 ounces, drained)
- 1/4 cup barbecue sauce
- 6 whole wheat buns (split in half to make 12)

**Directions:**

1. Sauté onions, carrots, green pepper and ground turkey or chicken in a pan over medium-heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, and seasonings and bring to boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts per serving: Calories, 140; Calories from fat, 40 ; Total fat, 4.5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 20mg; Sodium, 290mg; Total Carbohydrate, 18g; Fiber, 3g; Protein, 8g; Vitamin A, 35%; Vitamin C, 30%; Calcium, 4%; Iron, 8%.

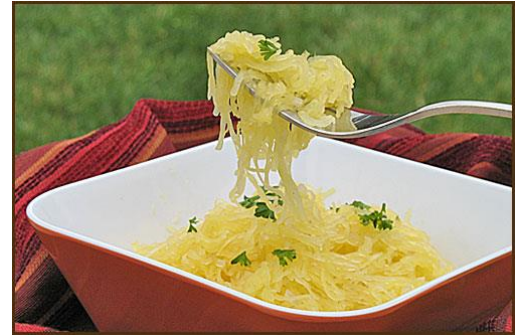
Source: SNAP-Ed Connection, <http://recipefinder.nal.usda.gov> and Oregon State University Cooperative Extension Service, Healthy Recipes

Spaghetti Squash w/Parmesan & Romano Cheese

Yield: 2 servings

Ingredients:

- 1 (3 pound) spaghetti squash
- ½ cup parsley, finely chopped
- Salt and pepper to taste
- 2 garlic cloves, minced and crushed
- 2 tablespoons Parmesan and Romano cheese
- 1 tablespoon margarine



Directions:

1. Microwave squash on high for 9 minutes. Let cool and remove spaghetti-like strands.
2. Place spaghetti strands in colander and let drain over a bowl.
3. Sauté garlic in margarine for 2 minutes. Add drained juice and parsley.
4. Heat for one minute in garlic mixture. Toss with spaghetti strands. Sprinkle with cheese, salt and pepper, and toss again. Serve.

Nutrition Facts: Calories: 120; Total Fat: 4.5g; Saturated Fat: 1g; % of Calories from Fat: 34%; % Calories from Sat Fat: 7.5%; Cholesterol: 0mg; Carbohydrates: 20g; Dietary Fiber: 4g; Sodium: 120mg; Protein: 3g

Each serving provides: An excellent source of vitamins A, C and K, and a good source of fiber, potassium, manganese, calcium, and vitamins B3 and B6.

Source: <http://www.fruitsandveggiesmorematters.org>; University of Illinois Extension Family Nutrition Program.

Spinach and Corn Pancakes

Yield: 4 servings

Serving Size: about 4 pancakes

Ingredients:

- ½ cup whole-wheat flour
- 1 cup fat-free (skim) milk
- 2 tablespoon vegetable oil
- 2 large eggs
- 1 cup frozen chopped spinach, thawed and drained
- 1 cup frozen whole corn kernels, thawed
- ¼ teaspoon ground black pepper
- Nonstick cooking spray



Directions:

1. Measure flour into a large mixing bowl.
2. In a smaller bowl, combine milk, oil, and eggs, and mix well. Add milk mixture to flour, and mix until smooth.
3. Add spinach, corn, and pepper to mixture, and stir well.
4. Heat a large nonstick sauté pan or griddle. Spray lightly with cooking spray.
5. Spoon batter $\frac{1}{4}$ cup at a time onto the pan. Cook each pancake for 2–3 minutes, or until the bottom holds together and is golden brown. Carefully flip and cook the second side for an additional 1–2 minutes. (Recipe makes about 16–18 pancakes.)
6. Serve immediately.

Nutrition Facts: Calories, 227; Total fat, 10 g; Saturated fat, 2 g; Cholesterol, 107 mg; Sodium, 128 mg; Total fiber, 4 g; Protein, 11 g; Carbohydrates, 27 g; Potassium, 391 mg; Vitamin A, 110%; Vitamin C, 30%; Calcium, 15%; Iron, 15%;

Source: *Keep the Beat: Deliciously Healthy Eating*, National Heart, Lung, Blood Institute

Spinach Lasagna

Yield: 8 servings

Ingredients:

9 lasagna noodles, preferably made with whole grain
tablespoon olive oil
6-8 cups fresh spinach (amount need not be exact)
2 eggs, beaten
1 (16 oz.) carton fat-free or low-fat ricotta cheese
3 cups shredded Mozzarella cheese
1 jar (24 oz.) low sodium spaghetti sauce, divided



Directions:

1. Heat oven to 350 degrees F.
2. Prepare the lasagna noodles according to package directions. Don't overcook them as they will cook more during the baking process. To keep them from sticking together while you're getting the other ingredients ready, rinse them under cold water and lay on a cookie sheet, with layers separated by plastic wrap or foil.
3. As you're preparing the noodles, start assembling the other ingredients. Begin by heating olive oil over a medium-low heat in a large skillet. Add spinach to the pan in stages; turn leaves until they wilt. Add more spinach; repeat process until all of the spinach is added. Remove spinach from skillet, place in a bowl, and set aside to cool.

4. Blend eggs and ricotta cheese in a food processor or blender until smooth. Transfer to another bowl and stir in 2 cups of the shredded cheese. Then, mix in the spinach.

5. Assemble the ingredients in a 13 x 9-inch baking dish that has been sprayed with cooking spray:

Layer 1: 1 cup of the spaghetti sauce, 3 lasagna noodles, and half the ricotta mixture.

Layer 2: Repeat layer 1

Layer 3: Top with remaining 3 noodles, spaghetti sauce and the remaining 1 cup shredded cheese.

6. Bake about 35 to 45 minutes or until top is lightly browned and a food thermometer inserted into the lasagna registers 165 degrees F. Let stand 10 minutes before serving.

Cook's Notes:

1. One 10-oz bag of fresh spinach equals approximately 5-6 cups of leaves. If you wish to use frozen spinach, substitute 1 package (10 oz.) frozen chopped spinach, that has been thawed and well drained.

Nutrition Facts: Calories, 380; Calories from fat, 150; Total fat, 16g; Saturated fat, 8g; Trans fat 0g; Cholesterol, 85mg; Sodium, 460mg; Total Carbohydrate, 33g; Fiber, 7g; Protein, 27g; Vit. A, 50%; Vit. C, 10%; Calcium, 90%; Iron, 15%.

Source: University of Nebraska-Lincoln Extension

Spinach Pesto Pasta

Serves: 4

Ingredients:

- 8 ounces fettuccine
- 1 Tablespoon olive oil
- 1 garlic clove, minced
- 1 cup basil leaves, stems removed
- 3 cups fresh spinach
- ½ cup low-fat, low-sodium chicken broth
- ¼ cup Parmesan cheese, grated
- 1 teaspoon black pepper
- 1 (15 ounce) can white beans, drained and rinsed
- 1 cup red bell pepper, chopped



Directions:

1. Cook pasta as directed on package. Drain and place in large mixing bowl.
2. In a blender add oil, garlic, spinach, basil, chicken broth, Parmesan cheese, and black pepper.
3. Blend until leaves are well-blended.
4. Pour sauce over pasta. Mix until well coated.

5. Add beans and red bell pepper. Stir gently and serve.

Nutritional Information per Serving: Calories: 360, Total Fat: 6g, Saturated Fat: 2g, % of Calories from Fat: 15%, Cholesterol: 5mg, Sodium: 330mg, Carbohydrates: 62g, Dietary Fiber: 8g, Protein: 16g

Source: www.fruitsandveggiesmorematters.org, credit: Centers for Disease Control

Spunky Vegetable Pizza

Serving Size: 1 slice

Yield: 8 servings

Ingredients:

3/4 cups pizza-sauce
1 Italian pizza shell (large)
1 cup broccoli (chopped)
1 cup carrot (shredded)
1/2 cup red or green bell pepper (sliced)
5 ounces mozzarella cheese, low-fat (shredded)



Instructions:

1. Preheat the oven to 450° F.
2. Spoon pizza sauce on pizza shell.
3. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese.
4. Bake for 10 minutes.
5. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

Nutrition Facts per serving: Calories, 100; Calories from fat, 40 ; Total fat, 4.5g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 10mg; Sodium, 210mg; Total Carbohydrate, 9g; Fiber, 1g; Protein, 6g; Vitamin A, 60%; Vitamin C, 45%; Calcium, 14%; Iron, 4%.

Source: SNAP-Ed Connection, <http://recipefinder.nal.usda.gov>

Stuffed Butternut Squash

Yield: 4 servings

Substitute any winter squash for butternut squash in this savory recipe!

Ingredients:

1/2 cup onion, chopped
1 clove garlic, crushed
1/2 teaspoon sage



½ teaspoon thyme
½ cup celery, diced
3 tablespoons oil
1 cup whole wheat bread crumbs
½ cup cheese, low-fat
1 medium buttercup squash, halved lengthwise and seeds removed

Directions:

1. Cook onions, garlic, sage, thyme, and celery in oil. Cook over low heat until onions are soft.
2. While vegetables and herbs are cooking, cut squash in half and remove seeds. Clean buttercup squash and microwave on high for 5 minutes.
3. Once onions are soft, add bread crumbs. Continue to cook over low heat for 5-10 minutes.
4. Remove from heat and mix in the cheese.
5. Pack stuffing into cleaned out squash.
6. Bake, covered at 350° F for 20 minutes, or until squash feels tender.

Nutrition Facts: Calories: 240; Total Fat: 12g; Saturated Fat: 2g; % of Calories from Fat: 45%; Cholesterol: 5mg; Carbohydrates: 28g; Dietary Fiber: 4g; Sodium: 125mg; Protein: 8g

Source: <http://www.fruitsandveggiesmorematters.org>; recipe adapted from the University of Maine Cooperative Extension.

Summer Vegetable Spaghetti

www.recipefinder.nal.usda.gov

Serving Size: 1 cup

Yield: 9 servings

Ingredients:

2 cups onion (small, yellow, cut into eighths)
2 cups tomatoes (chopped, peeled, fresh, ripe, about 1 pound)
2 cups squash (thinly sliced yellow and green, about 1 pound)
1 ½ cup green beans (cut fresh, about ½ pound)
2/3 cups water
2 tablespoons parsley (fresh, minced)
1 clove garlic (minced)
½ teaspoon chili powder
¼ teaspoon salt
black pepper (to taste)
1 can tomato paste (6 ounce)



1 pound spaghetti (uncooked)
1/2 cup Parmesan cheese (grated)

Directions:

1. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top.

Nutrition Facts: Calories, 260; Calories from fat, 25; Total fat, 2.5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 5mg; Sodium, 290mg; Total Carbohydrate, 48g; Fiber, 5g; Protein, 11g; Vit. A, 20%; Vit. C, 35%; Calcium, 8%; Iron, 15%.

National Heart, Lung and Blood Institute (NHLBI), Stay Young at Heart: Cooking the Heart Healthy Way

Sunshine Roll-Ups

Serving Size: 1 'wrap'

Yield: 4 servings

Ingredients:

1 cup cooked, diced chicken
1/2 cup finely chopped celery
2/3 cup canned, drained mandarin oranges
1/4 cup minced onion (green, red, or yellow)
2 tablespoons mayonnaise
1 teaspoon soy sauce
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1 large whole wheat tortilla
4 medium lettuce leaves, washed and patted dry



Directions:

1. In medium bowl, mix chicken, celery, oranges, and onions.
2. Add mayonnaise, soy sauce, garlic, and pepper. Mix gently until chicken mixture is coated.
3. Lay tortilla on clean cutting board or large plate. With a knife or clean scissors, cut tortilla into four quarters.
4. Place 1 lettuce leaf on each tortilla quarter, trimming leaf so it doesn't hang over edge of tortilla.
5. Place 1/4 of chicken mixture in the middle of each lettuce leaf.
6. Roll tortillas up into a cone, with the two straight edges coming together and the curved edge creating the opening of the cone. Eat like a sandwich!

7. Refrigerate leftovers within 2 hours.

Notes:

- No oranges? Use halved grapes or diced apples.
- Instead of chicken, try using 1 cup cooked/drained garbanzo beans, or 1 cup of small tofu cubes.

Nutrition Facts: Calories, 170; Calories from fat, 40; Total fat, 4.5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 25mg; Sodium, 550mg; Total Carbohydrate, 19g; Fiber, 3g; Protein, 13 g; Vit. A, 10%; Vit. C, 20%; Calcium, 4%; Iron, 10%.

Source: Oregon State University Extension

Taco Salad

Yield: 6 servings

Ingredients

1 butter lettuce (head, or any other small lettuce, torn into small pieces)

2 tomatoes (chopped, fresh)

1/2 cup green pepper (chopped)

1 pound ground turkey or ground beef

1 onion (small, chopped)

1 can pinto beans (15 1/2 ounce, drained)

3/4 cups salsa or taco sauce

Optional: shredded cheese (not included in nutrition facts)



Instructions:

1. Put lettuce in large bowl. Add tomatoes and green pepper.
2. Brown meat and onion in fry pan. Drain off fat and liquid.
3. Mix meat, beans and salsa. Add to salad mixture.
4. Serve with additional salsa. Refrigerate leftovers.

Nutrition Facts: Calories, 200; Calories from fat, 60; Total fat, 7g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 60mg; Sodium, 480mg; Total Carbohydrate, 18g; Fiber, 5g; Protein, 18g; Vit. A, 30%; Vit. C, 35%; Calcium, 6%; Iron, 15%.

Source: www.recipefinder.nal.usda.gov

Ten Minute Corn Chowder

Serving Size: 1 1/4 cups of chowder

Yield: 4 servings

Ingredients:



- 1 teaspoon oil
- 1/2 onion (chopped)
- 1 teaspoon garlic (minced)
- 4 tablespoons flour (all purpose)
- 3 cups non-fat milk
- 2 teaspoons mustard
- 1/4 teaspoon thyme (dried)
- black pepper (to taste)
- 2 cups corn kernels (frozen)
- 4 tablespoons cheddar cheese, shredded reduced fat

Directions:

1. Heat a large non-stick skillet over medium-high heat. Add the oil and sauté the onion and garlic until golden, about 2 minutes.
2. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl and mix well.
3. Add the milk mixture to the skillet followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning.
4. Divide into four bowls and top each with 1 Tablespoon of shredded cheese.

Nutrition Facts: Calories, 210; Calories from fat, 25; Total fat, 3g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 5mg; Sodium, 150mg; Total Carbohydrate, 37g; Fiber, 3g; Protein, 12 g; Vit. A, 2%; Vit. C, 15%; Calcium, 25%; Iron, 6%.

Source: <http://recipefinder.nal.usda.gov/>

Uncooked Tomato Sauce

Yield: 6 servings

Ingredients:

- 6 tomatoes (large, cut into chunks)
- 1 tablespoon garlic (minced)
- 1/2 onion, medium (finely chopped)
- 1/2 green pepper (finely chopped)
- 3 tablespoons fresh basil (chopped)
- 1/2 teaspoon dried oregano
- 1 tablespoon olive oil
- salt and pepper (optional, to taste)
- 6 cups pasta (cooked)
- 6 tablespoons Parmesan cheese (grated)



Directions:

1. Chop tomatoes and mix with all the remaining ingredients in a large bowl.
2. Let the mixture stand at room temperature for about 20 minutes. Toss with hot cooked pasta or rice and top with grated Romano or Parmesan cheese.

Source: <http://recipefinder.nal.usda.gov>

Vegetable Stew

Serving size: 1¼ cups

Yield: 8 servings

Ingredients:

- 3 cups water
- 1 cube vegetable bouillon, low-sodium
- 2 cups white potatoes, cut into 2-inch strips
- 2 cups carrots, sliced
- 4 cups summer squash, cut into 1-inch squares
- 1 cup summer squash, cut into 4 chunks
- 1 can (15-oz) sweet corn, rinsed and drained, or 2 ears fresh corn, 1½ cups
- 1 tsp thyme
- 2 cloves garlic, minced
- 1 stalk scallion, chopped
- ½ small hot pepper, chopped
- 1 cup onion, coarsely chopped
- 1 cup tomatoes, diced
- (Add other favorite vegetables such as broccoli and cauliflower)



Directions:

1. Heat water and bouillon in a large pot and bring to a boil.
2. Add potatoes and carrots to the broth and simmer for 5 minutes.
3. Add the remaining ingredients except for the tomatoes, and continue cooking for 15 minutes over medium heat.
4. Remove four chunks of squash and purée in blender.
5. Return puréed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from flame and let sit for minutes to allow stew to thicken.

Nutrition Facts: Calories, 119; Total fat, 1g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 0mg; Sodium, 196mg; Total Carbohydrate, 27g; Fiber, 4g; Protein, 4g; Potassium, 524

Source: *A Healthier You*, www.health.gov

Vegetable Quesadillas

Yield: 4 servings

Ingredients:

- 1 cup green bell peppers, chopped
- 1 cup frozen corn, thawed
- ¾ cup green onion, chopped
- 1 cup tomatoes, chopped
- 2 tablespoons cilantro, chopped
- 4 6" flour tortillas
- ½ cup reduced-fat cheddar cheese, shredded



Directions:

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

Nutrition Facts: Calories: 134; Total Fat: 3g; Saturated Fat: 1g; % of Calories from Fat: 20%; Cholesterol: 3mg; Carbohydrates: 20mg; Dietary Fiber: 2g; Sodium: 302mg; Protein: 7g

Source: <http://www.fruitsandveggiesmorematters.org>

Vegetarian Chili

Serving Size: ¼ of recipe

Yield: 4 servings

Ingredients:

- 2 onion (large, cut into 1/4 inch pieces)
- 1 green bell pepper (cut into 1/4 inch pieces)
- 3 garlic clove
- 2 jalapeno chilis (fresh, diced)
- 2 tablespoons vegetable oil
- 1 tablespoon chili powder
- 1 tablespoon cumin (ground)
- 1 can whole tomatoes (28 ounce - cut into 1/4 inch pieces or 8 medium fresh tomatoes)
- 2 zucchini (medium - cut into 1/4 inch pieces)
- 2 summer squash (medium - cut in to 1/4 inch pieces)
- 1 can kidney beans (16 ounce, rinsed)



1 cup cilantro (or coriander) (chopped, fresh)
salt and pepper (to taste, optional)

Directions:

1. In a large pot saute onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.
2. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans, and continue to simmer for another 5 minutes.
6. Serve the mixture hot. Put remaining cilantro on top.

Nutrition Facts: Calories, 300; Calories from fat, 80; Total fat, 9g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 0mg; Sodium, 310mg; Total Carbohydrate, 33g; Fiber, 13g; Protein, 13 g; Vit. A, 70%; Vit. C, 200%; Calcium, 20%; Iron, 30%.

Source: <http://recipefinder.nal.usda.gov>

Veggie Quiche Muffins

Serving Size: 1 muffin

Yield: 12 muffins

Ingredients:

- 3/4 cup low fat cheddar cheese, shredded
- 1 cup green onion or onion, chopped
- 1 cup broccoli, chopped
- 1 cup tomatoes, diced
- 2 cups milk
- 4 eggs
- 1 cup baking mix (for biscuits or pancakes)
- 1 teaspoon Italian seasoning (or dried leaf basil and oregano)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



Directions:

1. Heat oven to 375 degrees. Lightly oil 12 muffin cups.
2. Sprinkle cheese, onions, broccoli, and tomatoes in muffin cups.
3. Place remaining ingredients in a bowl and beat until smooth. Pour egg mixture over other ingredients in muffin cups.
4. Bake until golden brown or until knife inserted in center comes out clean, 35-40 minutes. Cool 5 minutes.
5. Refrigerate leftovers within 2 hours.

Notes:

- Try Chopped zucchini or mushrooms as part of the vegetables
- Use any variety of cheese your family enjoys
- Bake in a pie pan instead of muffin cups (baking time will be longer)

Nutrition Facts: Calories, 100; Calories from fat, 35; Total fat, 3.5g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 35mg; Sodium, 440mg; Total Carbohydrate, 11g; Fiber, 1g; Protein, 6g; Vit. A, 4%; Vit. C, 10%; Calcium, 19%; Iron, 4%.

Source: Oregon State University Extension

White Chili

Yield: 10 servings

Ingredients:

- 4 cups white beans (cooked, see recipe)
- 1 tablespoon olive oil
- 2 red pepper (chopped)
- 1 onion (large, chopped)
- 1 chopped green chili (can adjust to taste)
- 3 garlic (cloves, minced)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- 2 cups chicken broth (low sodium)
- 2 cups low-fat milk
- 1/4 cup cilantro
- 3/4 pounds chicken (cooked and cubed)
- 6 corn tortillas (toasted and cut into 1 inch squares)



Directions:

1. Sauté peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

Nutrition Facts: Calories, 210; Calories from fat, 45; Total fat, 5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 30mg; Sodium, 150mg; Total Carbohydrate, 25g; Fiber, 5g; Protein, 18g; Vit. A, 20%; Vit. C, 60%; Calcium, 10%; Iron, 15%.

Source: <http://recipefinder.nal.usda.gov>

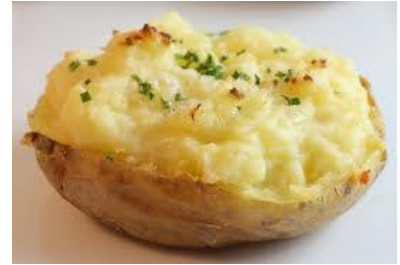
Wonderful Stuffed Potatoes

Serving size: ½ potato each

Yield: 8 servings

Ingredients:

- 4 medium baking potatoes
- ¾ cup cottage cheese, low-fat (1%)
- ¼ cup milk, low-fat (1%)
- 2 tablespoons soft (tub) margarine
- 1 teaspoon dill weed
- ¾ teaspoon herb seasoning
- 4-6 drops hot pepper sauce
- 2 teaspoons Parmesan cheese, grated



Directions:

1. Prick potatoes with fork. Bake at 425° F for 60 minutes or until fork is easily inserted.
2. Cut potatoes in half lengthwise. Carefully scoop out potato, leaving about ½ inch of pulp inside shell. Mash pulp in large bowl.
3. Mix in by hand remaining ingredients except Parmesan cheese. Spoon mixture into potato shells.
4. Sprinkle top with ¼ teaspoon of Parmesan cheese.
5. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.

Nutrition Facts: Calories: 113; Total fat: 3 g; Saturated fat: 1 g; Cholesterol: 1 mg; Sodium: 151 mg; Fiber: 2 g; Protein: 5 g; Carbohydrate: 17 g; Potassium: 293 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention