Easy Recipes Using Common Commodity Foods

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Presenter’s Guide

Introduction

This collection of tested recipes, “Easy Recipes Using Common Commodity Foods,” has been developed for use in cooking classes and cooking demonstrations. The collection contains a wide array of recipes, many requiring 30 minutes or less from start to finish. The recipes are ideal for groups of people who need tips to enable them to use the foods distributed by food assistance programs. This instruction may eliminate waste due to lack of knowledge or lack of planning skills.

Background

The food bank director in our area had long possessed a vision of classes to be held to educate food bank participants about the use of commodity items. Resources were not available for this endeavor at the local site. Northcoast Project LEAN, however, was willing to partner with Food for People providing the expertise of LEAN staff members to plan and execute cooking demonstrations. Food for People offered to supply a place for the class, the use of commodity foods, and marketing of the class.

Establishing a group of interested participants was accomplished by placing a time and date poster in the waiting area. Participants were encouraged to sign up for the class when they came for food distributions and were called the day before the class as a reminder. Class members received an extra box of food after the class.

The demonstrations were held for groups of 6 to 10 for the first few sessions. Various days and hours were tried to determine the best time to hold the classes. As a result of this experimentation, a typical class now numbers 15 to 20. There is often standing room only!

Class Organization

Recipes for use are chosen by consulting the list of foods being offered for monthly distribution. A secondary consideration in recipe choice is the inclusion of fruits and vegetables as a primary ingredient in the recipe. These fruits and vegetables may be canned, fresh, or frozen. The amount of fat in the recipes has been kept to an acceptable level for good health.

Preparation time must also be considered as classes usually last about one hour. Simple preparation techniques such as chopping and draining are done before the class. This enables the recipes to be assembled and completed within the time frame of the class. It is recommended that there be an instructor and an assistant. Ideally, the assistant will be an employee of the program presenting the classes. It is however, possible to ask for help from the audience. Cooking food item on the stovetop or in the oven can be accomplished by a volunteer.

Occasionally, a recipe cannot be completed in the allotted time but it has been determined that participants need to sample the dish. The recipe is then prepared before the class, discussed and offered during the sampling period.

In addition to commodity foods, the Food Bank may purchase a plentiful, fresh seasonal vegetable for the participants. Vegetable selection, storage and methods of preparation are discussed.
Sampling and Celebration

Prepared recipes are shared with class participants and their comments are solicited. In some cases, recipes have been altered as a result of feedback from the audience. An evaluation is used to determine the response of the participants to the content and presentation of the class.

Class Objectives

Class participants will acquire the ability to choose and prepare foods that are available from food assistance programs in combination with the constraints of a limited food budget. Participants will be able to:

1. Apply concepts of good nutrition to food preparation tasks.
2. Apply food safety principles to food preparation tasks.
3. Choose appropriate recipes and preparation techniques within the constraints of a limited food budget.
4. Choose appropriate recipes and preparation techniques within the constraints of limited kitchen and equipment availability.

Foods Commonly Available Through Food Assistance Programs:

- Applesauce, canned
- Beef, ground
- Biscuit mix
- Chicken, canned
- Corn, canned
- Cornmeal
- Dried beans
- Figs, dried
- Flour, all-purpose
- Green beans, canned
- Macaroni
- Milk, nonfat powdered
- Peaches, canned
- Peanut butter
- Pork, canned
- Potatoes, canned
- Raisins
- Refried beans, canned
- Rice
- Rice cereal, dry
- Rolled oats
- Salmon, canned
- Spaghetti
- Spaghetti sauce, canned
Checklist for Safe Food Handling

**Keep Yourself and the Kitchen Clean**

- Wash hands thoroughly before cooking. Proper hand washing requires soap, warm water, and at least 20 seconds of working the soap into the hands, including the fingernail area and between the fingers.

- Wash hands with soap and water after handling raw meat, poultry, and fish.

- Wash hands after touching anything else such as face, hair, clothes, and pets.

- Pull long hair back away from the face.

- Bandage open cuts and sores on hands. If available, wear a latex glove on the bandaged hand.

- Wash counters with soap and water as you work.

- Use clean washing and drying cloths.

- Wash knives, cutting boards, and other utensils used with raw meat, poultry, and fish before using them with other foods. Using a solution of bleach and water or washing in the dishwasher is recommended after cutting boards are exposed to raw meat, poultry, and fish.

**Keep Food at Proper Temperatures**

- Keep foods that need refrigeration below 40° Fahrenheit. Use a thermometer to check the temperature of your refrigerator.

- Let food sit at room temperature no longer than two hours.

- Thaw frozen foods in the refrigerator, under cold running water, in a microwave oven just before use, or as part of the cooking process.

- Use food immediately after thawing, especially if cold running water or the microwave oven was used for thawing and the food is not refrigerated.

- Cook food thoroughly. Use a thermometer to check correct doneness.

- Cool food quickly by refrigerating in small quantities and in shallow dishes.
Recipes
Chicken and Vegetable Gumbo

1/2 pound sliced okra, frozen or fresh
1 cup onion, chopped
1/2 cup green pepper, chopped
1/2 teaspoon pepper
1/2 teaspoon dried thyme, crushed
1 (14-1/2 oz.) can diced tomatoes
1 1/2 cups white rice, uncooked
5 cups chicken broth
1 1/2 cups canned chicken, shredded

Spray large pot with nonstick cooking spray. Add okra, onion, bell pepper, black pepper, and thyme. Cook 5 minutes, stirring often.

Add tomatoes, rice, and broth. Bring to a boil; simmer for 15 minutes. Add chicken and heat thoroughly. Makes 8 (1 ¾ cup) servings.

Leftovers can be frozen for later use.

Variations:

• Other suggested vegetable choices for the soup would be carrots, zucchini, broccoli, celery, spinach, and corn. Vegetables that require longer cooking like carrots and celery should be added at the beginning of the cooking period.

• Zucchini and broccoli should be added halfway through the simmering period.

• Add chopped greens like spinach at the end of the cooking time so they wilt but aren’t overcooked.

• Other herbs may be substituted for thyme such as basil, oregano, or Italian seasoning.

If okra is hard to find or isn’t the family’s favorite vegetable, use other vegetables that are on hand. Then it will be Chicken and Vegetable Soup.

While the soup is cooking, make a simple fruit salad from fresh, canned, or frozen fruit.

Add bread and milk to complete the meal.
Corn and Potato Chowder

1 medium onion, chopped
1 stalk celery, chopped
3 cloves garlic, minced
3 1/2 cups chicken broth
1/2 teaspoon cumin
1 1/2 teaspoon dried thyme, crushed
2 cups canned Mexicorn or frozen corn
1 large baking potato, peeled and diced
1 tablespoon cornstarch
1 1/2 cups extra-strength* nonfat milk
Salt and pepper to taste
Vegetable oil cooking spray or small amount of oil

Spray a heavy saucepan with vegetable oil cooking spray, add onion and celery and brown for 2 to 3 minutes. Add broth, cumin, thyme and bay leaf and bring to a boil. Reduce heat to low and simmer, uncovered, for 10 minutes. Add corn and potatoes, return to a simmer and cook until all vegetables are tender, 5 to 10 minutes.

Place cornstarch in a small covered container. Slowly add milk and shake until cornstarch is dissolved. Stir into the soup and return to a simmer. Cook, stirring, until thickened. Season with salt and pepper. Makes 6 (1 ½ cup) servings.

Variations:

• Canned corn can be substituted for Mexicorn but does not have the same eye appeal or flavor.
• If dried thyme is not available, substitute other dried herbs such as crushed rosemary or basil.
• Nonfat evaporated skim milk may be substituted for the extra-strength nonfat milk.

Soup provides a feeling of warm satisfaction on cold winter evenings. This recipe only takes about 25 minutes from start to finish.

Health Tip

Mixing extra strength dry milk creates a creamier soup without the harmful animal fat found in whole milk or cream. To mix dry milk, add 1 part dry milk (for example, 1/2 cup) to 2 parts of water (1 cup).
Easy Bean Soup

1 (14 ½ oz.) can tomatoes, undrained and chopped
1 (15 oz.) can corn, drained
2-3 cups cooked white beans
3 oz. ham, chopped
Chili powder and cumin

Pour the can of tomatoes into a pot and cut up with a spoon. Add corn, beans, and ham. Mix. Cook until all the ingredients are heated. Season with chili powder and cumin to taste. Serves 4.

Cooking Tip

• See page 76 (“Cooking a Pot of Beans”) for instructions on cooking dried beans.

Health Hints

• Dried beans are good sources of protein, fiber, and iron. The iron in vegetables isn’t absorbed as well as the iron in meat. In order for the body to absorb as much iron as possible from vegetable food sources, use a source of Vitamin C in the recipe or serve one of the following foods with the soup: tomatoes, tomato juice, oranges, orange juice, cantaloupe, green peppers, and broccoli.

• A small amount of meat, such as the ham in this recipe, not only adds flavor but helps the body to absorb the iron in the dried beans.

Time Savers

• Use canned white beans to make this soup even quicker. Rinse and drain beans before using.

• Cook more dried white beans than are needed for a meal and freeze the rest for use in recipes like this one.

Just add crusty French bread or a cornmeal muffin plus fruit and milk for a quick meal.
Garden Minestrone

2 cups cabbage, chopped
1 cup carrots, sliced
1 cup zucchini, sliced
1 cup onion, chopped
1 tablespoon garlic, chopped
1 (16 oz.) can diced tomatoes, undrained
1 (16 oz.) can green beans, undrained
6 cups beef broth, fat removed
1 cup elbow macaroni, uncooked
1 teaspoon dried basil, crushed
1/2 teaspoon dried oregano, crushed
Pepper to taste
1 cup lean meat such as ham or beef, cooked and chopped

Brown cabbage, carrots, zucchini, onion, and garlic in a large pot that has been sprayed with nonstick cooking spray. Add remaining ingredients, except meat, and simmer until vegetables are tender, 15-20 minutes. Add meat and simmer until thoroughly heated. Makes 8 (1-3/4) cup servings.

Variations:

• To provide added fiber and iron, substitute canned legumes such as kidney, pinto, or black beans for the green beans.

• For a vegetarian dish, use vegetable broth and omit the meat.

Health Hints

• Use vegetables that you have to make this soup. Also, any pasta can be used. A recipe is only a plan to get you started! Change ingredients to suit your family’s tastes and to utilize ingredients that are on hand.

• Cabbage, broccoli, brussels sprouts, and kale contain plant chemicals that may reduce the risk of cancer. Include one of those vegetables in the soup.

Each serving of this hearty soup provides one full serving of vegetables.

Time Saver

To make this soup more quickly, use frozen vegetables. To thaw, run hot water over the frozen vegetables and drain well. Frozen vegetables are JUST AS nutritious as fresh vegetables.
Ham and Broccoli Soup

1 large (baking size) russet potato
1 (15 oz.) can chicken broth
1 1/2 cup cooked broccoli, coarsely chopped
1/2 cup cooked ham, cut into bite-size pieces
1 cup nonfat or lowfat milk
Pepper to taste
Croutons, optional

Scrub the potato and cut into one-inch chunks. Put the pieces in a medium-size saucepan with the chicken broth and simmer until the potato is cooked through, about 30 minutes.

Add the cooked broccoli and heat. For a smooth soup, put the soup in a blender and blend for about 1 minute.

Return mixture to the pan and add the ham, milk, and pepper. Heat until hot but not boiling. If desired, top with croutons before serving. Serves 4.

Variation:

Add 1/2 cup grated sharp cheddar cheese with the milk. Stir until cheese is melted.

Health Hints

- Use nonfat or lowfat milk when a recipe calls for milk or cream. Another lowfat substitute for milk or cream is canned evaporated skim milk. This has a creamy taste.
- This soup doesn’t need cream to be thick. When blended, it is thickened by the potato.
- When cooking the broccoli, peel and chop the stems. The stems of the plant contain valuable vitamins and minerals that should not be discarded.

Time Saver

Use frozen broccoli in this soup. Thaw under running hot water, drain, and add to soup according to the recipe directions.

Equipment

No blender? Mash potatoes with a fork before adding chopped broccoli.

Money Saver

To make your own healthy and easy croutons, cut bread into cubes and place in a bowl. Spray with nonstick cooking spray and sprinkle with garlic powder and/or dried herbs. Stir to coat all surfaces. Place on a baking sheet in a single layer and bake at 350 degrees until the bread cubes are dried all the way through, about 10 to 15 minutes.

Ham chunks add flavor and protein to this yummy soup. Unlike most high fat broccoli soups, this one does not contain large amounts of cheese. A small amount can be added at the end of the cooking period for flavor.
Hamburger Macaroni Vegetable Soup

1 pound ground beef
6 cups water
3 teaspoons (or 3 cubes) instant beef bouillon
2 cups carrots, sliced
1 1/2 cups onion, coarsely chopped
1/2 cup green pepper, coarsely chopped
1/2 cup macaroni, uncooked
1 (28 oz.) can tomatoes, undrained, cut up (3 cups)
1 (8 oz.) can tomato sauce
2 bay leaves, optional
Pepper to taste

In a large pot with a cover, brown ground beef until no longer pink. Rinse with warm water and thoroughly drain. Stir in remaining ingredients. Bring to a boil. Reduce heat; cover and simmer about 30 minutes or until vegetables and macaroni are tender. Remove bay leaves before serving. Makes 10 (1-1/2 cup) servings.

Variations:

Use odds and ends of fresh, frozen and canned vegetables from your refrigerator. The amount of leftover vegetables may not be enough to serve alone but make a great addition to the soup.

Health Hint

Rinsing ground beef removes harmful artery clogging saturated fat as well as calories. Use warm water as cold water causes the fat to harden and to remain in the soup mixture. Tomatoes and tomato sauce in mixed dishes count toward the 5 to 9 servings of fruits and vegetables needed each day for good health.

For Best Leftovers

This soup thickens after refrigeration. Add more beef broth until desired thickness is reached.

Here is a hearty, flavorful soup. Serve it with French bread or biscuits and milk.
2 (15 oz.) cans chicken or vegetable broth
1 (15 oz.) can kidney beans, rinsed and drained
1 (8 oz.) can tomato sauce
1 cup prepared chunky salsa
1 cup corn kernels, frozen or canned
1 cup green or red pepper, diced, optional
1 cup cabbage, sliced
1/2 cup macaroni, uncooked

Combine all ingredients in a large pan. Bring to a boil, reduce to a simmer and cook until macaroni is tender – about 15 minutes. Stir occasionally to prevent macaroni from sticking to the bottom of the pan. Serves 4-6.

**Microwave Directions:**

Combine all ingredients in a microwave container and cook on full power until macaroni is tender – about 12-15 minutes, stirring occasionally.

**Variations:**

• Other pasta shapes and different beans may be used in this recipe. Try shell macaroni and drained and rinsed black beans.

• Bouillon granules or cubes may be used in place of the canned broth. Follow package directions to reconstitute.
Taco Soup

1 pound lean ground beef or turkey
1 medium onion, chopped
1 (8 oz.) can tomato sauce
2 (15 1/2 oz.) cans tomatoes, cut up
4 cups cooked pinto beans or 2 cans (15 1/2 oz.) pinto beans, undrained
2 tablespoons taco seasoning mix
2 carrots, thinly sliced
1/2 package frozen spinach, thawed, with water squeezed out

Brown meat with onion in a large pan that has been sprayed with nonstick cooking spray. Rinse the ground meat mixture with warm water and drain thoroughly. Add tomato sauce, tomatoes, beans, and taco seasoning and simmer 30 minutes.

Add carrots after the first 15 minutes of the cooking time and spinach after 20 minutes. Simmer 10 minutes more for a total of 30 minutes cooking time. Makes approximately 6 (1-1/2) cup servings.

Health Hints

• Rinsing cooked ground meat with warm water does not harm the flavor or cause the loss of vitamins and minerals. It does, however, remove some of the harmful saturated fat in the meat. Make sure cold water is not used as cold water makes the fat harden and then remain in the soup mixture.
• Vegetables are often better accepted by adults and children alike when they are mixed into a dish rather than served alone. This soup recipe works especially well because of the spicy flavor -- they'll taste the taco seasoning, not the spinach.
• Pinto beans are a healthy source of fiber and nutrients. Try using more beans and less meat in this recipe. Or leave out the meat completely and add more vegetables!

Time Saver

• Keep basics like canned tomato products, beans, corn, and broth on hand for quick meals.
Turkey Macaroni Soup

1 meaty turkey carcass
8 cups water
1 large onion, quartered
1/2 teaspoon garlic powder or 1 garlic clove, minced
2 cups turkey, cooked and chopped
1 (16 oz.) can tomatoes, cut up
1 tablespoon instant chicken bouillon or 3 bouillon cubes
1 1/2 teaspoon dried oregano, basil, or thyme, crushed
Pepper to taste
3 cups sliced celery, carrots, broccoli, or cauliflower, fresh or frozen
1 1/2 cups macaroni, uncooked

Break turkey carcass or cut in half with kitchen shears. Place in a large pot. Add water, onion, and garlic powder or garlic. Bring to a boil; reduce heat. Cover and simmer for 1 1/2 hours.

Remove turkey frame. When cool enough to handle, cut meat off bones and coarsely chop. Add additional turkey to equal 2 cups. Set meat aside and discard bones.

Stir in undrained tomatoes, bouillon granules, herbs and pepper. Add fresh or frozen vegetables. Return to boiling and reduce heat. Cover; simmer for 15 minutes. Stir in macaroni and simmer 8 to 10 minutes more or until macaroni is done and vegetables are crisp tender. Stir in turkey and heat through. Makes 8 large (2 cup) servings.

Variations:

• Use pre-seasoned canned tomatoes and omit herbs.

• One can of chicken broth may be used in place of the bouillon granules or cubes. Decrease water from 8 cups to 6 cups.

• Any vegetable combination may be used in this recipe.
Vegetable and Salmon Chowder

1 1/2 cup onions, diced
1/2 cup carrots, sliced
1/2 cup celery, diced
2 cups canned potatoes, drained
1 (10 oz.) package frozen corn or 8 oz. can corn, drained
4 cups chicken broth
1/2 (14 oz.) can salmon, drained, flaked, skin and bones removed

Spray large saucepan with nonstick cooking spray; add onions, carrots and celery and cook over medium heat for 3 to 4 minutes or until tender. Add corn and chicken broth; heat to boiling. Reduce heat; simmer for 10 minutes. Add salmon and canned potatoes; cook for 5 minutes. Serves 4.

VARIATIONS:

• Substitute 2 small diced potatoes for the canned potatoes. Add with the corn and the chicken broth.

• Use frozen, chopped spinach instead of corn for a different flavor and appearance.

Time Saver

Use ready-to-eat baby carrots in place of the sliced carrots. Add with the corn and chicken broth.
Apple Coleslaw

2 cups cabbage, finely shredded
1/3 cup raisins
1/3 cup lemon yogurt
2 unpeeled apples, cored and coarsely shredded or chopped

Combine all ingredients in a bowl. Toss gently to combine, chill and serve. Makes 4 servings.

Variations:

• Use vanilla yogurt with grated lemon peel for a dressing.
• Add marshmallows in place of raisins.
• Add chunk or crushed pineapple, drained, in place of apples or in addition to one of the apples.

Health Hints

• The mayonnaise used in traditional coleslaws adds fat and calories but does not add nutrition to the salad. Yogurt has protein, calcium, and fewer calories than mayonnaise -- a much healthier choice!
• Using unpeeled apples adds fiber to the salad.

Cooking Tip

• When using raw cabbage in a dish like cole slaw, chop it finely. This makes it easier to eat.
Carrot-Pineapple Cup

5 cups carrots, grated
1/2 cup raisins
1 cup pineapple chunks, packed in their own juice, drained
2 tablespoons white or apple cider vinegar
1 tablespoon brown sugar
1/4 teaspoon cinnamon

In a bowl, mix together grated carrots and raisins; set aside. In a blender, puree pineapple, vinegar, sugar, and cinnamon until smooth. Pour over carrot mixture; mix well. Chill for 30 minutes and serve. Makes 12 (1/2 cup) servings.

Variations:

• Use 1/4 teaspoon crushed oregano instead of the cinnamon.

• Purchase a larger can of pineapple and add pineapple chunks to the salad with the raisins.

• If no blender is available to make the dressing, try yogurt or reduced-fat mayonnaise for dressing instead. Or mix 1 cup of the juice from the pineapple with the cinnamon, vinegar, and brown sugar to make the dressing -- then add the pineapple chunks to the salad.

Health Hint

• Raw carrots are often better accepted by picky eaters than cooked carrots.
Honey-Mustard Pasta Tuna Salad

1 (12 1/2 oz.) can tuna, drained
4 cups pasta, uncooked
1 medium cucumber, peeled and chopped
1 tomato, diced
1 cup green beans, blanched* and broken into 1/2” pieces

Dressing:
3 tablespoons prepared mustard
2 tablespoons honey
1 cup low-fat buttermilk
1/2 cup low-fat mayonnaise

Cook pasta until tender but still chewy. Rinse with warm water, drain and add to vegetables in a bowl. Add drained tuna.

Dressing: Mix mustard, honey, buttermilk and mayonnaise together and add to salad ingredients. Toss to coat pasta and tuna with dressing and chill. Makes 6 main dish servings

Variations:

• Substitute chicken for canned tuna.
• Use whatever pasta shape is in the cupboard.
• Canned green beans can be used. However, the beans will not have a crunchy texture.

Food Safety

The combination of mayonnaise based salad dressings and a protein source like tuna or chicken can be a recipe for food poisoning. Refrigerate except at serving time.

Time Saver

Use prepared honey mustard dressing rather than making it.

*To blanch, bring water to a boil. Add washed and trimmed green beans. Leave in boiling water for 3 minutes. Drain, rinse with cold water until beans are no longer warm.
Pasta Salad

1 1/4 cups macaroni, uncooked
1/4 cup celery, chopped
1/4 cup onion, chopped
1/4 cup green pepper, chopped
1 cup tomato, chopped
1 1/2 cups canned beans, drained and rinsed
1/4 cup cheddar or jack cheese, shredded
1/4 cup low-fat bottled Italian dressing or use the recipe on this page

Fill a 2-quart saucepan two-thirds full of water; bring to a boil. Add macaroni and reduce heat. Cook 10-12 minutes, until tender. Drain and rinse with warm water.

Chop vegetables. Drain and rinse canned beans. In a serving bowl, combine vegetables, beans, and cooked macaroni. Pour Italian dressing over pasta; mix well. Cover and refrigerate. Add cheese just before serving as cheese softens and breaks down if left in the dressing for long periods of time. Serves 6.

Variations:
• Use any pasta shape, even broken spaghetti.
• Other vegetables that can be used are cucumbers, shredded carrots, jicama, and corn.
• Canned green beans work well in this recipe, as well as legumes such as black, kidney, pinto, and garbanzo beans.

Time Savers
• A quick cooking trick is to keep certain staples on hand. Pasta and canned beans of all types are “cupboard supplies” that can be used to make salads, main dishes, and more.
• Cook twice as much macaroni as you need for the salad and save half in the refrigerator for a casserole the next day.

Food Safety
• Keep hands, utensils, and cutting surfaces clean to help avoid bacteria. Refrigerate salad as soon as it is made.

Low-Fat Italian Dressing
1/4 cup vinegar
3 tablespoons vegetable oil
1/2 teaspoon oregano, crushed
pinch of garlic powder
pinch of black pepper
2 teaspoons sugar

Combine all ingredients in a container with lid; shake to blend. Taste and adjust seasonings, if desired. Cover and refrigerate.

Variation:
• Add other seasonings to taste. Try lemon juice, onion flakes, or mustard.
Tuna Ramen Noodle Salad

1 package (3 oz.) Oriental-flavor ramen noodle soup mix
1 (6 oz.) can water packed tuna, drained and flaked
1 cup cucumber, julienned (cut in sticks)
1 cup green or red pepper, julienned
1/2 cup sliced water chestnuts, optional

Cook ramen noodles according to package directions. Drain broth and allow noodles to cool. Toss noodles with tuna, cucumber, bell pepper and water chestnuts, if using. Makes 2 servings.

Variations:

• Other crunchy vegetables can be used such as jicama, celery, and shredded carrots.

• For a different flavor, add rice wine vinegar as a dressing and toss.

Cooking Tips

• Drained broth can be saved and used in a recipe that asks for broth.

• Rinse the noodles with warm water or the noodles will stick together as the salad cools in the refrigerator.

• Allowing the noodles to cool slightly before adding raw vegetables keeps the vegetables crisp.

Ramen noodle mixes are high in fat and salt. Adding vegetables and a low fat protein like tuna to the noodles makes a tasty and nutritious salad.
Tuscan Tuna Salad

Salad:

1 (16-oz) can white beans, drained and rinsed
1 (16-oz) can green beans, drained and rinsed
1 (6-oz) can water packed tuna, drained
2 tablespoons onion, chopped
1/4 cup ripe olives, chopped, OPTIONAL

Combine ingredients and chill for at least one hour.

Dressing:

2 tablespoons oil
1 tablespoon lemon juice
1 teaspoon mustard
1 clove garlic, minced
Salt and pepper to taste

Put salad dressing ingredients in a small jar, cover tightly and shake. Add to chilled salad and serve. Makes 4 small main dish servings

Variation:

• Use canned chicken instead of tuna.

Health Hint

• Rinse canned beans to remove the salt added in processing. The average American eats more salt than is needed by the body each day.

Time Saver

• Bottled dressing can be used to save time. (Note: The dressing recipe given here is easy to make and costs much less than buying bottled dressing.)
Vegetable Macaroni Salad

3 cups cooked macaroni (1-1/4 cups dry), drained and rinsed with warm water to prevent sticking
1 cup carrots, grated or thinly sliced
1 cup canned green beans, rinsed and drained
1 cup canned chicken, shredded
1/3 cup seasoned rice wine vinegar
1/2 teaspoon lite soy sauce
1/8 teaspoon hot sauce, optional

Mix together cooked pasta, carrots, green beans, and chicken. In a small bowl, combine remaining ingredients and mix well. Add to pasta mixture and toss. Makes 4 servings.

Variations:

• Use 1/3 cup lowfat vinagrette dressing instead of seasoned rice wine vinegar dressing.

• Any shape pasta will work in this recipe. Try bow tie pasta, a fun shape kids love!

• Substitute leftover chicken or turkey for canned chicken in this recipe.

Health Hints

• Unless canned vegetables say “less salt” on the label, large amounts of salt have been added in the canning process. Rinsing the vegetable with water washes some of the salt away.

• Lowfat dressings have less fat and fewer calories than regular dressings and have just as much flavor.
Applesauce Muffins

1 3/4 cups all-purpose flour
1/2 cup sugar
1/4 cup nuts, finely chopped, optional
1 1/2 teaspoon baking soda
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1 cup peeled apple, shredded
1 cup + 2 tablespoons unsweetened applesauce
1/4 cup oil
1 egg, slightly beaten

Topping:

1/2 teaspoon cinnamon
2 tablespoons sugar

Heat oven to 350 degrees. Line 12 muffin cups with paper cups or spray well with nonstick cooking spray.

In a large bowl, stir together flour, sugar, nuts, baking soda, cinnamon, and nutmeg.

In a small bowl, combine apple, applesauce, oil and egg. Mix well, then add to dry ingredients. Stir until just combined. Batter will be lumpy. Divide batter evenly among prepared muffin cups.

Mix cinnamon and sugar for topping and sprinkle a small amount on the top of each muffin before baking. Bake for 18-23 minutes or until evenly browned. Cool for five minutes in the pan. Then gently turn muffins onto a rack to cool. Makes 12 muffins.

Time Saver

• Serve some of the muffins with a meal and freeze the rest to be eaten with another meal or add them to packed lunches for school or work.
Calico Beans

1/2 cup onion, chopped
1 (28 oz.) can baked beans, undrained
1 (16 oz.) can kidney beans, rinsed and drained
1 (16 oz.) can lima beans, rinsed and drained
1/4 cup catsup
1 tablespoon brown sugar
Salt and pepper to taste

Combine ingredients in a medium baking dish. Bake at 350 degrees for 20 to 25 minutes or until beans are bubbly. Serves 6 to 8.

Health Hint

• Canned beans should be rinsed with cold water for persons on sodium restricted diets. The rinsing will remove some of the added salt.

Cooking Tips

• Beans can always be soaked, rinsed, and cooked from scratch for bean dishes. See “Cooking a Pot of Beans” on page 80. Leftover cooked beans can be frozen for use in soup, re-fried beans, and other dishes.

Shopping Tip

• There is a difference in baked beans from brand to brand. Beans in tomato sauce aren’t as flavorful in this recipe as other beans.

A tasty and simple way to add fiber to a meal!
Colcannon

1 pound potatoes, washed, peeled, and cut into chunks
4 cups (about 1 pound) green cabbage, shredded
1 cup onion, chopped
1/4 cup nonfat milk
1/2 cup sharp cheddar cheese, grated
Pepper to taste

Boil the potatoes until they are tender but not mushy. Drain, reserving the cooking liquid. Set potatoes aside to cool.

Using the potato water, boil the cabbage and onion for about 5 minutes or until tender. Add more water if necessary. Drain the vegetables and set aside.

When the potatoes have cooled slightly, put in a bowl, add the milk, and mash them until smooth. Add the boiled vegetables and mix.

Blend two-thirds of the cheese into the potato mixture. Season with pepper and put into a baking dish sprayed with nonstick cooking spray. Sprinkle the remaining cheese over the top. Bake at 350 degrees until hot and the cheese is slightly brown, about 15 to 20 minutes. Makes 4 main dish servings.

Variations:

• Leave the peel on the potatoes for more color and fiber.
• Use kale instead of cabbage.
• Add 1/2 cup lean diced ham to the potato mixture with the boiled vegetables. If using ham, the cheese may be omitted.

Cooking Tip

• When using cabbage in a cooked dish like Colcannon, chop it coarsely. This will make the dish more flavorful.
• For a quicker version of this recipe, see Short-Cut Colcannon on page 35.
Crispy Corn Tortilla Chips

Extra-thin corn tortillas (6-7 inches in diameter)
Nonstick cooking spray
Salt

Preheat oven to 375 degrees. Cut the tortillas into 6 wedges by cutting in half and then cutting each half into 3 triangles. Spread the wedges on a cookie sheet. Lightly spray the wedges with nonstick cooking spray. Then season them lightly with salt.

Bake 10 to 12 minutes or until golden brown and very crisp. Remove from the oven and serve warm, if possible.

Cooking Tip

• If regular tortillas are used, the baking time will need to be increased.

Storage Tip

• Store leftover chips in an airtight plastic bag to help them stay crisp.

Another Snack Idea:
Fresh Vegetables and Dip

Carrots, celery, broccoli, peppers, cauliflower or other raw vegetables
1 (16 oz.) container non-fat sour cream
1 package ranch dressing or dip mix

Thoroughly wash and cut raw vegetables into dipping-size pieces. Combine non-fat sour cream and dressing or dip mix. Stir until well mixed and refrigerate for at least one hour for the flavors to blend. Serve vegetables with dip.

Variation:

• Serve vegetables with salsa.
Herb-Roasted Potatoes

1 1/2 pounds white potatoes or Yukon Gold, unpeeled and scrubbed, cut into 1 inch chunks
Nonstick cooking spray or small amount of oil
1/4 teaspoon salt
1/2 teaspoon dried thyme leaves, crushed
1/4 teaspoon black pepper

Preheat oven to 450 degrees. In 13 x 9 inch metal baking pan, arrange potatoes in single layer. Spray potatoes with cooking spray to coat: toss with salt, thyme and pepper. (If using oil, put potatoes and seasonings in plastic bag, add oil and shake.) Roast potatoes in oven for 20 to 25 minutes, turning once with spatula, until golden and tender. Makes 4 servings.

Variation:

• Use other herbs, such as oregano, Italian seasoning, or basil.

Shopping and Storage Tips

• Choose heavy potatoes that are firm, not soft, and smooth to the touch.

• Avoid sprouting potatoes, as these have been on the store shelf too long.

• Avoid potatoes with patchy green color, which will be bitter.

• Store potatoes in a ventilated cabinet. Avoid storing potatoes in plastic, which speeds the rate of spoilage.

Helpful Hint

• A metal pan must be used for baking at high temperatures. Glass pans may shatter when taken from a hot oven into cooler temperatures.
1 cup rice
1 medium onion, chopped
1 clove garlic, chopped
1 1/2 cups hot water
2 chicken bouillon cubes
1 (8oz.) can tomato sauce
3 1/3 cups frozen peas and carrots

Lightly spray a large saucepan with nonstick cooking spray. Add rice to saucepan. Cook over medium heat, stirring constantly, until rice is lightly browned. Stir in onion and garlic. Cook for 2 to 3 minutes.

Add hot water, bouillon cubes, and tomato sauce. Stir until bouillon cubes are dissolved. Reduce heat to low. Cover and simmer for 15 minutes.

Add frozen vegetables and stir to remove any rice that may be sticking to the bottom of the pan. Cover and simmer for an additional 5 minutes or until all moisture is absorbed. Makes 6 (1 cup) servings.

**Time Savers**

- Frozen peas and carrots may be added right out of the freezer without thawing and draining.
- Use 1/4 cup dried minced onion instead of 1 medium fresh onion.
**Oven-Baked French Fries**

Nonstick cooking spray  
4 medium size potatoes  
1 tablespoon olive or canola oil  
Salt to taste

Preheat oven to 425 degrees. Scrub potatoes well. Do not peel! Cut into 1/2 inch strips. Spray a baking sheet with nonstick cooking spray. Drizzle the potatoes with 1 tablespoon oil and toss to coat. Arrange potatoes in a single layer on the baking sheet. Bake for 30 to 40 minutes or until golden brown and cooked through. Sprinkle with salt and serve. Serves 4.

**Variation:**

- Before baking, sprinkle potatoes lightly with garlic powder and/or Italian herbs.

**Health Hint**

- Potato peels are a good source of fiber. Be sure to leave them on! Do remove any green areas from the peel with a potato peeler.

**Shopping Tip**

- Russet and Yukon Gold potatoes work well in this recipe.
- For variety and a sweet flavor, try sweet potatoes.
Potato Sauté

1 can sliced potatoes, drained
1/2 bell pepper, finely chopped
1 cup canned corn, drained
1/2 cup canned tomatoes, drained and chopped
1/2 teaspoon dried oregano, crushed
Salt and pepper
1/4 cup Monterey Jack cheese, shredded

Spray frying pan with nonstick vegetable oil cooking spray. Add bell pepper and cook until crisp-tender. Add potatoes and cook for 1 minute.

Stir in corn, tomato and oregano, and heat thoroughly. Season with salt and pepper. Sprinkle each serving with small amount of cheese. Makes 4 servings.

Variations:

• Use cheddar cheese instead of Monterey Jack.

• Substitute Mexican-style canned tomatoes for the plain tomatoes for added flavor.

• If using fresh potatoes in this recipe, scrub and slice them. Either steam them until tender, or microwave them in a covered dish until tender. Leftover baked potatoes, sliced, may also be used.
Salsa

2 (14 1/2 oz.) cans tomatoes, chopped and drained
1 (8 oz.) can tomato sauce
1/2 cup onion, chopped
2 cloves garlic, minced
2 teaspoons lemon juice
1 teaspoon hot pepper, chopped, optional
1 teaspoon cilantro, chopped, optional
Salt and Pepper, to taste

Mix ingredients together. Allow to stand several hours or overnight in the refrigerator for flavors to blend. Makes about 5 cups.

Variations:

• Add 1/2 cup canned corn, drained, or 1/2 cup canned black beans, rinsed and drained.

• Add one small avocado, pit removed, peeled and chopped.

• For chunky salsa, use half of the can of tomato sauce.

Shopping and Storage Tip

• When using fresh herbs, cut off 1/2 an inch from the stems, wrap in a wet paper towel, and place in a sealed plastic bag. Store in the bottom drawer of the refrigerator to keep herbs fresh.
Short-Cut Colcannon

Vegetable oil cooking spray or small amount of oil
4 cups dried potato flakes
1 clove garlic, finely chopped
4 cups green cabbage, coarsely shredded
1/3 cup cheddar cheese, grated

Prepare the mashed potatoes according to package directions. Spread in an 8x8 inch pan that has been sprayed with vegetable oil cooking spray or lightly coated with oil.

Spray a large skillet with cooking spray and add garlic. Saute just until fragrant, 1 to 2 minutes. Add shredded cabbage and saute until just wilted, not soft. Season with pepper. Layer over mashed potatoes. Cover with cheddar cheese.

Bake 15 to 20 minutes, until hot and cheese has melted. Serves 6.

Variations:

• Use kale instead of cabbage. Remove large ribs from kale, as these are tough.

• Try 1/2 cup diced onion instead of the garlic. Saute until tender, about 5 minutes, before adding cabbage or kale.

Time Saver

• Use leftover mashed potatoes in this recipe instead of the prepared potato flakes.

Here is a fast way to make this traditional Irish potato dish.
Traditional Bread Stuffing

2 (16 oz.) loaves, firm white or wheat bread, sliced into 1/2 inch cubes, lightly toasted
5 large celery stalks, diced
1 large onion, diced
1 teaspoon dried thyme, crushed
1/2 teaspoon pepper
1/2 teaspoon dried sage
2 1/2 cups chicken broth

Spray skillet with nonstick cooking spray and add celery and onion. Cook until tender, about 5 minutes, stirring occasionally. Stir in thyme, pepper, sage, chicken broth, and 1/4 cup water. Remove skillet from heat.

Place bread cubes in large bowl. Add celery mixture and toss gently to mix well. Spoon stuffing into a 13 x 9 inch glass baking or casserole dish. Cover with foil and bake approximately 40 minutes at 325 degrees. Makes about 12 cups.

Variation:

• Optional additions may include chopped nuts, dried fruits, shredded zucchini, red or green pepper, mushrooms, and frozen spinach, thawed and well-drained. These ingredients add flavor, fiber, vitamins, and minerals.

Food Safety

• Stuffing may be used to fill the cavity of the chicken or turkey just before roasting. Be sure to wash the cavity thoroughly with cold, running water.
• Spoon stuffing loosely into the cavity to allow room for it to expand. If the stuffing is too tightly packed, it will not reach a safe temperature by the time the bird is done.
• Remove leftover stuffing from bird and store in the refrigerator separately from the poultry.

Using more chicken broth moistens the bread -- no butter or margarine needed for a moist stuffing!

Cooking Tip

• Toast bread cubes by placing them on cookie sheets and browning in the oven. Stir often and bake until light brown.
Zesty Corn Stuffing

1/2 cup onion, chopped
1/2 cup celery, chopped
1 (8 oz.) can cream-style corn
1/2 cup water
5 cups bread cubes, toasted
1 1/2 teaspoon poultry seasoning or sage
1 egg, slightly beaten

Cook onion and celery in a skillet sprayed with nonstick cooking spray. Cook until tender but not brown. Add corn, water, and poultry seasoning and bring to a boil.

Put bread cubes in a large bowl. Pour vegetable mixture over bread cubes and toss lightly. Stir in beaten egg. Stuff bird or shape into 8 balls and bake at 375 degrees for 25 minutes. Serves 8.

Time Saver

Use prepared stuffing mix in place of toasted bread cubes. Most stuffing mixes contain poultry seasoning or sage -- no need to add these ingredients if using mix.
Chicken and Spinach Calzones

1 tablespoon cornmeal, if desired
1/2 small onion, finely chopped
1 garlic clove, minced
1/2 cup canned chicken, drained
1/4 cup tomato sauce
1/2 teaspoon Italian seasoning, crushed
1/2 (10 oz.) package frozen chopped spinach, thawed and drained thoroughly
1/3 cup mozzarella cheese, shredded
1 (10 oz.) can refrigerated pizza crust

Heat oven to 400 degrees. Spray a baking sheet with nonstick vegetable oil cooking spray and sprinkle with cornmeal, if using.

Spray a small frying pan with nonstick cooking spray or add a small amount of oil. Saute onion and minced garlic until tender, 3 to 4 minutes. In a bowl, mix chicken, tomato sauce, Italian seasoning, drained spinach and cheese. Add onion and garlic, mix.

On a lightly floured board, pat dough into a 12-inch square. Cut into nine 4-inch squares. Place squares on baking sheet. Divide filling into 9 portions. Spread each filling portion over half of one square of dough to within ¼ inch of the edge.

For each calzone, fold dough over filling diagonally to make a triangle. Using the tines of a fork, press edges firmly together to seal securely. The edges will seal easier if the filling is not spread too close to the edges.

Bake until golden, about 10 to 15 minutes. Makes 9 side dish servings of 1 calzone each, or 3 large servings of 3 calzones each.

Variations:

• Use jack or cheddar cheese instead of mozzarella.

• Try frozen bread dough, white or whole wheat, in place of canned pizza crust. Thaw, pat, and roll dough into a 12” square and cut following recipe directions.

A calzone is pizza filling wrapped in crust -- a nice change from sandwiches!

Cooking Tip

• Partially thaw spinach, cut it in half, and put the unused portion back into the freezer.
Potato and Egg Burrito

1 medium onion, halved and sliced
1 medium baking potato, peeled and cut into small pieces
2 garlic cloves, minced
Salt and pepper to taste
4 eggs
1 small jalapeno pepper, seeded and sliced into rings
4 (7-inch) flour tortillas

Spray a skillet with nonstick cooking spray and add onion. Saute over medium heat about 2 minutes. Add potato and garlic, saute about 3 minutes longer. Cover and reduce heat to low. Cook 12 to 14 minutes longer, stirring occasionally, until potatoes are cooked through. Remove cover, turn mixture, and continue cooking until well-browned, 1 to 3 minutes longer.

Beat eggs with salt and pepper to taste. Pour over potatoes. Push gently around skillet until large curds form around potatoes, about 1 minute. Remove from heat, stir in jalapeno peppers. Spoon into flour tortillas, then roll into burritos. Serve with salsa, if desired. Makes 4 burritos.

Variations:
• Serve burrito filling with toast if tortillas are not available.
• Use 1 tablespoon of canned jalapenos instead of fresh.

Cooking Tips
• Remove the seeds and ribs from the inside of the pepper as these are the hottest part of the pepper.

• Do not stir the eggs in this dish but do exactly as the directions state. PUSH the eggs around the skillet to cook instead of stirring. This way the egg mixture will cook in larger pieces.
Salmon Salad Wraps

1 (14-1/2 oz.) can salmon, drained and flaked
1 cup cucumber, diced
1/4 cup green onions, chopped
1 medium red or green pepper, diced
2 teaspoons dried dill or 1/4 cup fresh dill, chopped
1 cup canned corn, drained
1/2 cup creamy garlic dressing*
6 to 8 (10 to 12 inch) tortillas
Lettuce

In medium bowl, combine all ingredients except lettuce and tortillas; mix well. Heat tortillas in oven or microwave to soften. Spoon about 1/2 to 3/4 cup salmon mixture evenly over tortilla. Add lettuce and fold up bottom 1/4 of tortilla. Fold sides toward center. Serves 6 to 8.

*Creamy Garlic Dressing

1/4 cup low-fat mayonnaise
1/4 cup nonfat sour cream or nonfat plain yogurt
1 small clove garlic, minced
2 tablespoons nonfat milk
Dash of salt and pepper

Blend ingredients until smooth. Flavors will be stronger if made 2 to 3 hours before using.

Variations:

• Use shredded carrots and chopped celery instead of cucumbers and peppers.

• Fresh spinach leaves and chopped cabbage can be used in wraps rather than lettuce.

• Purchased salad dressing can be used in this recipe but it will be more expensive and not as healthy.

• Use whole wheat tortillas when available. Remember, tortillas are inexpensive and can be frozen.
Stromboli

1 loaf French bread, cut in half lengthwise
1 medium onion, thinly sliced
2 cloves fresh garlic, minced
2 tomatoes, thinly sliced
1/4 teaspoon pepper
1 cup prepared spaghetti sauce
2 oz. mozzarella cheese, shredded

Brown onion, garlic, and pepper in nonstick cooking spray. Stir in spaghetti sauce. Heat until bubbly. Spread sauce mixture over both halves of the French bread and top with sliced tomatoes and cheese.

Broil 6 inches under broiler until cheese is melted and slightly brown. Slice and serve. Makes 6 servings.

Variations:

• To make this a heartier main dish, add browned and rinsed ground beef to the spaghetti sauce.

• Use leftover made-from-scratch spaghetti sauce in this recipe.
Tuna Pitas

1 (6 oz) can water packed tuna, drained
1/3 cup green onions, chopped
1/3 cup salsa, ready-prepared or homemade (see page 34)
4 pita bread halves
2 cups dark green lettuce, shredded
1 cup garbanzo beans, rinsed and drained
1 cup tomatoes, chopped
Shredded low-fat cheese, optional
Sliced ripe olives, optional

Toss together tuna, onions and salsa until combined. If time permits, refrigerate filling to allow flavors to blend.

Fill each bread half with one quarter of the filling, lettuce, garbanzo beans, and tomatoes. Add a small amount of cheese and olives, if desired. Serves 4.

Variation:

• Use other variety breads such as English muffins, taco shells, and flour tortillas as the base for a sandwich.

Health Hints

• Choosing dark green lettuce like romaine, rather than a light colored head lettuce such as iceberg, adds more vitamins and minerals to the diet.

• Mayonnaise not only has more fat and calories than salsa, but will cause the sandwich filling to spoil more rapidly, possibly leading to food poisoning.
Tuna Salad Sandwich

1 (12 1/2 oz.) can water-packed tuna, drained and flaked, or canned salmon, bones and skin removed
1/3 cup reduced-fat mayonnaise
3 tablespoon salsa or to taste
1/3 cup celery, finely chopped
1/4 cup onion, minced
1 pickled jalapeno or yellow chile, minced (optional)
1 cup frozen peas, carrots, and green beans, thawed, or other vegetable combinations
4 (5-inch) torpedo-shaped French rolls
8 slices of tomato
4 large lettuce leaves

In a bowl, combine tuna, mayonnaise, salsa, celery, onion and jalapeno, if using. Mix well. Stir in thawed and well-drained vegetables. Set aside. Makes 3 cups.

Slice rolls lengthwise and pull out enough of the soft white center to create a space for the filling. Stuff with tuna mixture. Top with tomato and lettuce. Cover with the top half of roll. Repeat until all sandwiches are made. Makes 4 servings.

Health Hints

• Sandwiches with “salad” in the name are often loaded with calories from mayonnaise. Switching to lowfat mayonnaise will not make a noticeable flavor difference.

• Children will enjoy the soft center of the rolls that are removed for filling the sandwiches, so save this part of the roll. This bread can also be dried in the oven and used as fine bread crumbs.

• Remember that the homemade salsa recipe on the previous page may be used in this recipe.

• To add even more nutrition to this sandwich, choose dark green lettuce such as romaine or spinach leaves. Pale green iceberg lettuce is less nutritious.

Food Safety

• Sandwiches are often carried to picnics or to the beach in hot weather. Chill food ahead and keep cold foods cold in coolers with ice or ice packs. Pack coolers with the food to be used first on the top so bottom foods remain cold and are not disturbed. Keep cooler out of hot automobile trunks and direct sun.

• If food sits for two hours at room temperature or one hour in hot weather, throw it out. Bacteria grow quickly in hot, humid weather.

This recipe gives a new twist to the classic tuna sandwich by adding vegetables and salsa. These additions not only mean more flavor but also add more vegetables to the daily diet.
Turkey French Dip

4 (6-inch) French rolls
8 oz. cooked turkey slices
4 oz. part-skim mozzarella cheese
1 package au jus gravy mix

Preheat oven to 400 degrees. Cut French rolls in half lengthwise. Place 2 thin slices of turkey and 1 slice of mozzarella cheese on each French roll. Wrap each roll in aluminum foil and heat in the oven for 10 minutes.

Mix au jus according to package directions. Slice each sandwich in half, diagonally. Serve each with 1/3 cup au jus.
Makes 4 sandwiches.

Variations:

• Use cooked beef or pork in place of turkey.

• Make this on a loaf of French bread and cut into serving pieces.

• Other kinds of cheese can be used. Try pepper jack for a spicy flavor, but slice it thinly. Cheese is a high fat food.
Beef Pot Pie

2 cans beef stew
1 bunch greens, such as kale or chard, chopped and steamed
1 (8 oz.) can corn, drained

Open stew cans and put stew into a saucepan. Add prepared vegetables. Heat on stove until hot enough to serve.

Biscuits

1 cup white flour
1 1/2 teaspoons sugar
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup nonfat milk
1 tablespoon oil

Preheat oven to 400 degrees. Mix dry ingredients. Gradually stir in milk and oil. Mix with a fork just until dough is formed. Drop dough by spoonfuls onto a baking sheet that has been sprayed with nonstick cooking spray. Bake for 10 to 15 minutes, until golden brown.

To serve, place biscuits on top of heated stew. Serves 4.

Variations:

• Add any variety of leftover vegetables to the stew.

• Use whole wheat flour in the biscuits instead of white flour. Increase baking powder to 2 teaspoons. Whole wheat pastry flour makes a lighter biscuit than regular whole wheat flour.
2 1/2 lb. beef chuck roast, approximate weight 
1/3 cup water or tomato juice 
1/2 teaspoon instant beef bouillon granules 
1/2 teaspoon dried basil, crushed 
2 large carrots, peeled and cut into chunks 
1 small onion, cut into wedges 
2 stalks celery, cut on a slant into 1 inch pieces 
1 (12 oz.) can potatoes, drained 
2 tablespoons flour 
Salt and pepper, to taste

Trim all visible fat from roast. In a large pot sprayed with non-stick cooking spray, brown the roast on all sides. Combine water or tomato juice, bouillon granules, and crushed basil. Pour over the roast. Bring to boiling and reduce heat. Cover and simmer on top of the stove for 1 hour.

Add carrots, onions, and celery to meat. Cover and simmer 45 to 60 minutes more or until tender. Add more liquid if necessary. Add potatoes in the last 15 minutes of cooking time. Remove meat and vegetables from the pan.

For gravy, skim fat from pan juices. Measure juices. If necessary, add water to equal 3/4 cup. Combine flour and 1/4 cup cold water, stirring to make a paste. Slowly add flour mixture to the juices, stirring to combine. Return to pan and cook over medium heat until thickened and bubbly. Cook and stir 1 minute more. Season with salt and pepper to taste. Serves 6.

Variations:

• Use fresh, peeled, and quartered potatoes in place of canned potatoes. When using small, red potatoes, scrub and cook whole. Add fresh potatoes with the other vegetables.
• Yams or sweet potatoes can be peeled, quartered, and added with the other vegetables.
• Other less tender cuts of beef like top round roast, bottom round roast, rump, and boneless arm pot roast may be used in recipes using liquid for cooking as this tenderizes the meat.

Health Hint

• Serve more people with the same size roast by increasing the amount of vegetables. Serving more vegetables and less meat is healthier, too.
1 1/2 lb. rump roast, cut into 1 inch cubes
1/2 cup onion, chopped
1 clove garlic, minced
1 (16 oz.) can tomatoes, cut-up
1 (10 1/2 oz.) can beef broth
2 cups plus 3 tablespoons water, separated
1 tablespoon chili powder
1/2 teaspoon dried basil, crushed
4 large carrots, peeled
1 (10 oz.) package frozen cut broccoli, thawed and drained
2 tablespoons cornstarch

Spray a large saucepan with nonstick cooking spray. Heat. Add meat, onion, and garlic and cook over medium high heat until meat is brown and onion is tender. Drain any fat that accumulates. Stir in undrained tomatoes, broth, chili powder, basil, and the 2 cups water. Bring to a boil, then reduce heat. Cover and simmer on top of stove for 45 minutes or until meat is tender.

Cut carrots into thin, matchlike strips. Stir carrots and broccoli into meat mixture. Cover and simmer 8 to 10 minutes or until crisp/tender.

Stir together cornstarch and the 3 tablespoons cold water and add to stew. Cook and stir until bubbly. Continue cooking for 2 minutes more. Serves 6.

**Variation:**

• Any frozen vegetable mixture with large pieces of vegetables may be used in this recipe.

**Health Hint**

• Nonstick cooking spray is used in place of oil in most of these recipes. A quick spray contains much less fat than pouring oil into a pan. Wiping a pan with oil using a paper towel is an alternative to nonstick cooking spray.
Chili Macaroni

3/4 lb. (12 oz.) lean ground beef
1/4 cup onion, chopped
1/4 cup celery, chopped
2 cups navy beans, cooked, or 1 (16 oz.) can navy beans, rinsed and drained
1 cup elbow macaroni, uncooked
1 1/2 cups water
2-3 teaspoon chili powder
1/4 teaspoon garlic powder, optional

Cook beef with celery and onion over medium heat until browned. Rinse with warm water. Drain. Add other ingredients to meat mixture. Heat to boiling over medium high heat. Turn temperature to low and cook for about 15 minutes in a partially covered pan. The mixture should be thick and the macaroni and vegetables tender. Serves 4-6.

Variations:

• These vegetables may be added to boost the nutritional value of the dish, to make a larger volume, and to add flavor:
  - frozen chopped spinach, partially thawed and broken into small chunks
  - frozen or canned peas
  - fresh or frozen chopped broccoli
  - thickly sliced carrots or zucchini

• Instead of the ground beef, use cooked, leftover meats like beef or turkey in this recipe.

Time Saver

• Use canned beans, rinsed and drained, or cook more dried beans than are needed in this recipe. Freeze the extra beans to use later.
Corned Beef and Cabbage Casserole

3 medium potatoes (about 1 lb.) peeled and cut into chunks
Nonfat milk as needed, about 1/3 cup
Salt and pepper to taste
2 cups cabbage, finely chopped
1 1/2 cups corned beef, finely chopped
1/2 cup carrots, shredded
1/4 cup onion, finely chopped
1/2 cup reduced fat cheese, shredded

Place potatoes in a medium saucepan and cover with water. Bring to a boil. Reduce heat and simmer until potatoes are tender, about 15 minutes. Drain. Mash potatoes, adding enough milk to obtain desired consistency. Add salt and pepper to taste.

Spoon mashed potatoes into a casserole dish sprayed with vegetable cooking spray. Mix cabbage, corned beef, carrots, and onion. Spoon mixture over potatoes. Sprinkle cheese over the top. Bake, covered, at 350 degrees for 35 to 40 minutes or until thoroughly heated. Serves 6

Variation:

• Substitute swiss chard or kale for the cabbage and enjoy a new flavor. Remove the center ribs of the greens before using. They are too tough to be used in this recipe.

Time Savers

• Use leftover mashed potatoes or potato flakes in this recipe.

• Canned corned beef works well in this dish. Remove all visible fat before adding to recipe.
Easy Beef Stew

1 (10 1/2 oz.) can condensed beef broth plus one can of water
1/4 cup flour
1/4 cup dry breadcrumbs
1 1/2 lb. beef stew meat, cut into 1 inch cubes
1 1/2 cups carrots, peeled and sliced
1/2 cup onion, coarsely chopped
1 1/2 teaspoon Italian seasoning, crushed
1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups canned potatoes, drained

Mix 1/2 cup broth with the flour, stir well. In a large casserole dish, combine the rest of the broth, water, and breadcrumbs. Add the broth and flour mixture. Mix until smooth. Add remaining ingredients except potatoes and stir to combine. Cover and bake at 350 degrees for 1 1/2 hours or until beef is very tender. Stir mixture half way through cooking time. Add canned potatoes during the last 30 minutes of cooking. Makes 6 servings.

Variations:

• Use fresh potatoes, peeled and quartered, instead of canned potatoes. Add at the beginning of the cooking time.
• Dry bread in the oven and crush with a rolling pin or glass to make breadcrumbs.
• Bouillon cubes may be used in place of canned broth.
• Other vegetables may be used such as yams, cabbage, or winter squash. Add vegetables that don’t take long to cook, like cabbage, during the last 30 minutes of cooking.

Time Savers

• Use a bag of mixed frozen vegetables instead of fresh.
• Ready-to-eat baby carrots may be used in place of the whole carrots. These often turn whitish in the refrigerator, which is not harmful. Use them in this stew rather than throwing them away.

Here is a “meal in a dish” for busy people. Add a serving of canned or fresh fruit and milk and the family has a healthy and delicious meal.

Health Hints

• Meat can be used as a flavoring in this dish -- decrease the amount of meat and increase the amount of vegetables.

• Meat contains harmful saturated fat that can lead to heart disease. Vegetables have fiber that is not only good for the body, but also makes us feel full. Eating more vegetables is important for maintaining a healthy weight.

Meat can be used as a flavoring in this dish -- decrease the amount of meat and increase the amount of vegetables.

• Meat contains harmful saturated fat that can lead to heart disease. Vegetables have fiber that is not only good for the body, but also makes us feel full. Eating more vegetables is important for maintaining a healthy weight.
Main Dish Casserole

1 lb. lean ground beef, browned and rinsed with warm water
1 (15 oz.) can corn, drained
1 1/2 cups carrots, thinly sliced
1 1/2 cups tomato sauce
1 tablespoon Italian seasoning, crushed
1/2 teaspoon chili powder

Topping:
1 1/2 cups biscuit mix
1/2 cup water

Preheat oven to 350 degrees. Stir first 6 ingredients together in a large frying pan. Cook, covered, for approximately 15 minutes. Pour into a 9 x 13-inch pan. Mix biscuits and spoon on top of casserole. Bake, uncovered, approximately 10 minutes or until biscuits are lightly browned. Serves 6.

Variations:

• Make an Italian seasoning blend by mixing basil, oregano, and thyme.

• Use ground turkey or chicken in place of ground beef.
Roast Beef Po-Boys

1 1/2 pounds beef rump roast
1/2 envelope onion soup mix
2 cups water
1/2 (10 1/2 oz.) can cream of mushroom soup
1 onion, chopped
6 French rolls

Place roast in small oven proof pan. Cover with soup mix. Add water and bake at 350 degrees for 1 hour. Remove meat from the liquid and allow to cool slightly. Add mushroom soup and onions to 1 cup of liquid from the roast to make a gravy. Slice roast beef and layer with gravy in the roasting pan. Return to the oven for 20 minutes. Serve on French rolls with shredded lettuce and sliced tomatoes. Makes 6 sandwiches.

Health Hint

• When buying cream soups, read the label. Choose those with reduced sodium and fat.

Bring a little bit of the South to your dinner table with Roast Beef Po-Boy sandwiches.
Sassy Zucchini

1 lb. lean ground beef
1 medium onion, chopped
1 (16 oz.) can tomatoes, cut up
3/4 cup water
1 envelope dry spaghetti sauce mix
3 cups rice, cooked
4 cups (1 1/2 lbs.) zucchini, cut in 1-inch strips

In a large skillet, cook ground beef and onion until meat is browned and onion is tender. Put in strainer and rinse with warm water to remove fat. Return to frying pan, add the undrained tomatoes, water and spaghetti sauce mix; bring to a boil. Stir in cooked rice and zucchini pieces. Cover tightly and simmer for 12 to 15 minutes or until zucchini is tender, stirring occasionally. Be careful not to overcook zucchini. Makes 6 (1 1/2 cup) servings.

Variations:
• Use other vegetables, fresh, canned, or frozen.
• Eliminate the ground beef and use tofu instead.

Health Hints
• It’s not necessary to add fat when browning ground beef. It has enough of its own fat to brown the beef and onions.
• Brown rice has a little more fiber than white rice and a nutty flavor. Use it for a slightly different flavor.

Time Savers
• Use 2 1/2 cups bottled spaghetti sauce instead of the canned tomatoes, water, and spaghetti sauce mix. The flavor will be similar.
• Cook twice as much rice as needed and refrigerate or freeze the unused portion. Rice can be stored in the refrigerator for about one week and used in other recipes.

Easy Rice Cooking Instructions
For most types of rice, mix 1 part rice and 2 parts water (for example, 1 cup of rice and 2 cups of water or 2 cups of rice and 4 cups of water) in a saucepan. Heat to boiling; stir once or twice. Reduce heat. Cover and simmer. Cook until all liquid is absorbed, 15 to 30 minutes. Do not stir while cooking.

Rice types do vary. Brown rice takes longer to cook, usually 45 minutes. Follow cooking directions on package, if given.
Saucy Ground Beef-Topped Potatoes

3 medium baking potatoes
1/2 lb. (8 oz.) ground beef
1 (14 1/2 oz.) jar spaghetti sauce
1 cup canned whole kernel corn, drained
1/4 cup mozzarella cheese, shredded
Frozen chopped broccoli, thawed, optional

Scrub potatoes with a vegetable brush and pierce in several places with a fork. Bake at 400 degrees for about 45 minutes.

Brown ground beef until thoroughly cooked. Rinse with warm water to remove excess fat. Stir in spaghetti sauce and corn. Cover and simmer 4 to 5 minutes or until heated through, stirring occasionally.

To serve, cut potatoes in half lengthwise; mash potatoes slightly with a fork and top with about 1/2 cup of the beef mixture. Add broccoli, if using. Sprinkle with cheese. Makes 3 large or 6 small servings.

Time Saver

Microwave scrubbed and pierced potatoes on HIGH for 10 to 13 minutes or until tender, turning potatoes over and rearranging halfway through cooking time. Let stand for 3 minutes before mashing slightly and adding topping.
Spicy Rump Roast

2 lbs. rump roast, well trimmed
1 onion, sliced
1 1/4 cup canned tomatoes, cut up
1 teaspoon pepper
1/4 teaspoon ground cloves, cinnamon, or allspice
2 tablespoons red wine vinegar
1 tablespoon brown sugar

Choose a large pan with a lid. Spray pan with nonstick cooking spray. Over medium-high heat, brown roast on all sides. Add onions to tomatoes, spices, vinegar, and brown sugar. Mix and pour over meat. Put lid on pan. Put roast in a 325 degree oven for 1 1/2 to 2 hours. Baste occasionally. (This can also be simmered on the stove.) Serves 6.

Variation:

• Add peeled and quartered potatoes and peeled carrots to the tomato mixture after 1 hour of the cooking time and cook as a pot roast.

Cooking Tips

• The red wine vinegar and tomatoes are acidic and help to tenderize this cut of meat.

• Slice less tender cuts of meat such as rump roast thinly and across the grain. The meat will be more tender if served in thin slices.

Meat is a rich source of iron. Iron is necessary for making red blood cells. Small servings, about the size of a deck of cards, add to a healthy diet.

Large amounts of meat contribute to diseases such as obesity, heart disease, and cancer.

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Unstuffed Cabbage

1 cup onion, chopped
3/4 lb. (12 oz.) ground beef or turkey
3 cups cabbage, shredded
1 (15 oz.) can stewed tomatoes with juice
1 1/2 cups rice, cooked (see recipe on page 53)
1/3 cup chicken broth
1 tsp. thyme, crushed
1 tsp. garlic powder
Pepper to taste

Spray a large skillet with nonstick cooking spray and heat to medium high. Be careful not to burn cooking spray. Brown onion and add the ground meat, crumbling it into the pan. Saute the meat until thoroughly cooked. Rinse with warm water and drain.

Add the remaining ingredients. Bring to a boil, then reduce the heat and simmer, covered. Simmer until excess liquid has evaporated, about 5-10 minutes. Serves 4.

Variation:

• Use other grains such as brown rice, barley, or wheat berries for additional vitamins, minerals, and fiber as well as more texture and flavor. Follow rice cooking directions but cook for 30-45 minutes.

Cooking Tip

• When cooking rice, use two times as much water as rice. For example, add one cup of rice to two cups boiling water. Turn burner to low, cover pan, and simmer for about 20 minutes. All water should be absorbed.
Guadalajara Chili with Pork

2 teaspoons canola oil
1 cup onion, chopped
2 teaspoons garlic, chopped
1/2 can of pork, trimmed and shredded
2 teaspoons chili powder
2 teaspoons cumin
2 (16 oz.) cans chili beans in spicy sauce, undrained
1 (14 1/2 oz.) can Mexican-style stewed tomatoes, drained
1/2 cup salsa
1/2 cup cilantro, coarsely chopped, optional
Shredded cheese, optional
Fat free sour cream, optional

Use a paper towel to wipe skillet with one teaspoon of the oil. Add onion and garlic, cook over medium-high heat for 2 minutes, stirring constantly.

Remove fat from canned pork using the microwave or trimming method, as explained below. Cube pork, sprinkle with chili powder and cumin and add to skillet along with a teaspoon of oil. Brown meat. Stir in beans, tomatoes, and salsa. Cover and bring to a boil. Reduce heat and simmer, covered, for 10 minutes. If desired, stir cilantro into chili and top with small amount of shredded cheese or fat free sour cream. Makes 4 servings.

About Using Canned Pork . . .

Canned pork is packed in gelatin. Remove pork from can and run hot water over the pork to separate gelatin from solid meat. Remove any visible fat and chop or shred pork depending on the recipe being used.

To prepare canned pork in the microwave, place pork in a microwave-safe dish and microwave for 30 seconds. Check to see if fat has turned to liquid. If not, microwave another 30 seconds. Discard fat. Shred or chop pork.

This is a tasty chili recipe that uses canned pork.

Health Hint

Using one-half of the can of pork provides the recipe with plenty of meat. The addition of beans adds more protein and fiber for a feeling of fullness.
Rosemary Pork and Potato Stew

1 small onion, chopped
1/2 can pork, chopped or shredded
1 can potatoes, drained
4 carrots, peeled and sliced
1 (15 1/2 oz.) can tomatoes, diced, undrained
1/4 cup chicken broth
1 teaspoon garlic powder
1 teaspoon dried rosemary leaves, crushed

Lightly spray a large, shallow saucepan with nonstick cooking spray and place over medium high heat. Brown onion and pork until golden brown, about 2 minutes.

Add the remainder of the ingredients and bring to a boil. Reduce to a simmer. Cook about 20 minutes to blend flavors and heat through. Stir occasionally. Makes 4 servings.

Variations:

• Use fresh potatoes instead of canned potatoes. Just peel and slice before adding to stew. Increase cooking time to make sure potatoes are done.

• Fresh rosemary leaves can be used in place of dried. Replace 1 teaspoon of dried herbs with 1 tablespoon fresh. The rosemary that grows in flower beds can be used in recipes.

Cooking Tip

• See “About Using Canned Pork” on page 57.
### Sweet and Sour Pork

1 1/2 cups canned pork, cubed  
1 teaspoon garlic, chopped  
1 cup chicken broth  
1 tablespoon lite soy sauce  
1 tablespoon vinegar (white, cider, or rice)  
1 teaspoon sugar  
1 green bell pepper, cut in strips  
2 cups celery, sliced  
2 tablespoons cornstarch  
1 can pineapple tidbits, packed in juice, drained and juice reserved  
Saved pineapple juice

Spray a medium sized skillet with nonstick cooking spray.  
Brown pork with garlic. Add chicken broth, soy sauce, vinegar, sugar, green pepper, and celery. Cover and simmer 5 minutes.

Blend cornstarch with reserved pineapple juice and add to the skillet. Cook, stirring constantly, until mixture thickens. Add pineapple tidbits and heat thoroughly. Serves 4.

**Variations:**

- Leftover cooked pork or chicken can be used in this dish.  
- Try using tofu for all or some of the meat in this stir-fry.  
- Use any color or combination of colored peppers or add sliced carrots.

### Health Hints

- Look for canned fruits that are packed in their own juice or in water. Fruits in syrups have sugar added, which makes them higher in calories.  
- Buy lite soy sauce. Regular soy sauce is very high in sodium.

### Serving Tip

Serve the stir-fry mixture with rice, pasta, or whole grains.

Try a mixture of brown and white rice. Add 2 cups of water to a pan. Bring to a boil and add 1/2 cup brown rice. Lower heat to a simmer and cook about 25 minutes. Add 1/2 cup white rice and cook 20 minutes more. If water has not been fully absorbed after 45 minutes, turn heat off and allow mixture to remain in pan for about 5 more minutes. Makes 3 cups of rice.

### Cooking Tip

Always dissolve cornstarch in room temperature liquid before adding to a hot mixture. This allows the cornstarch to be evenly distributed and prevents lumps.
Tamale Pie with Pork

1 1/2 cup water
2/3 cup yellow corn meal
2/3 cup salsa
1 (15 oz.) can kidney beans, rinsed and drained
1/2 can pork, cubed or shredded
1/2 cup cheese, shredded

Bring water to a boil. Slowly whisk in cornmeal. Stir in salsa and simmer 10-15 minutes, stirring occasionally until thick.

Pour half the corn mixture into a 9-inch pan that has been sprayed with nonstick cooking spray. Spread beans over the top. Add pork. Cover with remaining cornmeal mixture. Sprinkle cheese on top. Bake in 350 degree oven for about 15 minutes or until heated through. Serves 4-6.

Variations:

• For a great vegetarian meal or a side dish, eliminate the meat and use 3/4 cup cheese.
• Use rinsed and drained pinto or black beans instead of kidney beans.
• Monterey Jack or cheddar cheese work well. Mix the two, if desired.
• Leftover chicken or beef can be used instead of the pork.

Time Savers

• Buying shredded cheese saves time and mess but is more expensive. Compare the store brand shredded cheese price to block cheese prices.

• Using prepared salsa also saves time but homemade salsa made from food bank items is easy. Make a large amount, so that it is on hand for use in several recipes.
Chicken Country Captain

2 to 2 1/2 pounds raw meaty chicken pieces (breasts, legs, or thighs)
1 (14 1/2 oz.) can chunky style stewed tomatoes
1/4 cup raisins
1 1/2 teaspoons curry powder or to taste
1/2 teaspoon instant chicken broth
1/2 teaspoon nutmeg, optional
1/4 teaspoon sugar
1 tablespoon cornstarch
1 tablespoon cold water

Rinse chicken and pat dry. Remove skin and any visible fat. In a large frying pan, combine tomatoes, raisins, curry powder, instant broth, sugar and nutmeg, if used. Place chicken pieces in pan. Spoon tomato mixture over chicken. Bring to a boil; reduce heat. Cover and simmer 35 to 45 minutes or until chicken is tender and no longer pink. Remove chicken from the pan, place on a plate, and cover with foil.

For sauce, skim fat from tomato mixture in pan with a spoon. Shake cornstarch and cold water together in a container with a tight fitting lid. Add to pan while stirring the sauce. Cook and stir until mixture is thickened and bubbly. Cook and stir for 2 minutes more. Serve chicken and sauce with noodles or rice. Makes 6 servings.

Health Hints

• Chicken skin contains harmful saturated fat. It should be removed before cooking whenever possible. In this recipe, the skin is easy to remove from the breast but not so easy to remove from the legs and thighs. Remove and discard skin from cooked legs and thighs before eating.
• The stewed tomatoes in this recipe provide one half of a serving of vegetables in each portion.

Cooking Tip

Cornstarch makes a clear sauce or gravy and seldom lumps. Be sure to dissolve cornstarch in cold water before adding.

The raisins and curry powder give this dish an East Indian flavor.

Shopping Tip

Spices like curry powder can be expensive when purchased in small jars. The amount in a jar may lose some of its flavor before it is used. Bulk spices sold at many supermarkets are the answer to this problem! Buy small amounts of these spices -- it costs less and the spices will be fresher.
Chicken Quesadillas

1/4 cup onion, minced (chopped very finely)
1/3 cup green or red pepper, minced
1/4 teaspoon chili powder
1/4 teaspoon cumin
1 1/2 cups canned chicken, drained and shredded
2 (10 inch) flour tortillas
1/2 cup cheddar or jack cheese, shredded
Salsa (ready-prepared or see recipe on page 34)

Spray a frying pan with nonstick cooking spray and add onion and green pepper. Brown, stirring, until vegetables are tender. Toss with chili powder and cumin. Remove from heat. Spread vegetables over one of the flour tortillas.

Spread chicken over the vegetables and sprinkle with cheese. Cover with the second flour tortilla. Heat a large skillet and carefully add the quesadilla. Press down with a spatula and turn once, cooking on each side until brown. Cut tortilla into 4 wedges. Serve with salsa. Makes 2 servings of 2 wedges each.

Variations:

• If you don’t have both chili powder and cumin, use more of the one you do have.

• Vary the flavor by using other cooked meats and refried beans or just refried beans and cheese.

Money Saver

• Make your own salsa -- it is less expensive than ready prepared! A recipe for salsa is on page 34.

Health Hint

• Quesadillas in restaurants are fried in oil and often use beans made with lard and lots of high-fat cheese. Make your own at home -- a healthy and delicious lunch or dinner!
**Honey Chicken**

1 cup dried bread crumbs  
1 tablespoon orange rind, grated  
1 teaspoon salt  
1/4 teaspoon pepper  
2 to 2 1/2 pounds raw meaty chicken pieces (breasts, thighs, or legs)  
1 cup orange juice  
1/3 cup honey  

Combine bread crumbs, orange rind, salt and pepper. Rinse chicken, remove skin from chicken if possible (see note below) and any visible yellow fat, and pat dry. Dip chicken in 1/3 cup orange juice and roll in bread crumbs.

Spray a shallow pan with nonstick cooking oil spray, put chicken in pan. Bake at 350 degrees for 30 minutes.

Combine remaining 2/3 cup orange juice and honey in a saucepan. Heat to combine. Pour over chicken and continue baking 30 minutes longer, pouring orange juice mixture over chicken occasionally to keep the chicken moist. A glaze will form on the chicken. Makes 4 to 6 servings.

**Cooking Tip**

• Purchased bread crumbs are convenient but making them is easy and inexpensive. Bake old bread slices on cookie sheets in a 350 degree oven until dry and crisp all the way through. Crush the dried bread with a rolling pin or in a blender until crumbs are fine. Store in a sealed plastic bag.

**Shopping Tip**

• Honey can sometimes be purchased in the bulk food section of grocery stores. This allows you to purchase only the amount you need.
Chili powder to taste
1 (8 oz.) can tomato sauce
1 (15 oz.) can beans, rinsed and drained, or vegetarian refried beans
8 (6-inch) corn tortillas, torn into bite-size pieces
1 1/2 cups cooked, shredded turkey
3/4 cup sharp Cheddar cheese, shredded

Mix chili powder and tomato sauce. For easy spreading, warm beans in a saucepan.

Spray a small or medium baking dish with nonstick cooking spray. Spread half of the tortilla pieces in the dish. Layer with half the sauce, beans, turkey, and cheese. Repeat for the second layer. Cover the pan with foil. Bake at 350 degrees for 15-20 minutes or until cheese is melted. Serves 4.

Microwave: Cover with a paper towel and microwave until cheese melts.

**Variations:**

- Use Monterey Jack or mozzarella cheese.
- Use cooked chicken or pork in place of the turkey.
- Jalapeno peppers may be used in place of chili powder.

**Time Savers**

- Pre-shredded cheese may be used to save time. This usually costs more, however.
- Pre-cooked chicken may be purchased in the fresh meat section of the supermarket. Use the “fajita-style” variety and no other seasoning would be necessary.
Stir-Fry Chicken and Vegetables

3 tablespoons lite soy sauce
2 tablespoons cornstarch
1 1/2 cups chicken broth
2 tablespoons brown sugar
1 teaspoon garlic powder or 1 clove garlic, minced
3/4 teaspoon ground ginger, optional
1 1/2 cups canned chicken, drained and shredded
6 cups frozen mixed vegetables, suitable for stir frying, thawed

Mix soy sauce and cornstarch to form a thin paste, then add to a large frying pan along with broth, brown sugar, garlic, and ginger and mix well. Stirring constantly, bring to a boil and cook for 1 minute to thicken.

Add chicken and vegetables. Cook until thoroughly heated. Serve over rice, pasta, or a mixture of whole grains. Makes 6 servings.

Variations:

• Use leftover cooked chicken or turkey.
• Substitute fresh vegetables for frozen vegetables.
• Substitute cooked beef, pork, or tofu for chicken.
• Add pineapple to the stir fry for a new flavor.

Cooking Tip:

• Place frozen vegetables in a strainer. Run hot tap water over them until thawed. Squeeze excess water from vegetables, if necessary, and add to the stir fry mixture.

Health Hint

• When purchasing soy sauce, choose lite soy sauce as it contains less salt. It is easy to eat too much salt. The processed foods that so many people buy are made with large amounts of salt. Some people are “salt sensitive,” meaning that salt causes their blood pressure to rise.
Turkey Tortilla Casserole

1/2 cup onion, chopped
1/2 cup chicken broth
1/4 cup celery, chopped
3 cups cooked turkey or chicken, chopped or shredded
10-12 small corn tortillas, torn into bite-sized pieces
1 (10 3/4 oz.) can lowfat condensed cream of chicken soup
1 teaspoon pepper
1/2 cup sharp cheddar cheese, shredded
3/4 cup Monterey Jack cheese, shredded
1 cup salsa

In a medium saucepan, combine onion, broth, and celery. Bring to boiling; reduce heat. Simmer, covered for 5-6 minutes or until vegetables are just tender.

In a large bowl, stir together undrained onion mixture, chopped turkey, corn tortillas, soup and pepper.

Combine cheeses. Set aside 3/4 cup of cheese. Stir remaining cheese into tortilla mixture. Transfer mixture to a lightly sprayed 13 x 9 inch baking dish. Top with salsa and reserved cheese. Bake in a 325 degree oven about 25 minutes or until heated through. Let stand 5 minutes before serving. Serves 8-10.

Variations:

• Use reduced-fat cheeses if available.

• Add drained canned corn for additional fiber and to increase the number of servings the recipe makes.

• Less cheese can be used with just as much flavor by substituting SHARP cheddar for regular cheddar cheese.
Two-Bean Chicken Chili

This chili is full of healthy fiber and uses black-eyed peas, a common food bank item.

1 1/2 cups celery, chopped
1 medium onion, coarsely chopped
3 garlic cloves, minced (chopped finely)
2 (15 oz.) cans chicken, drained and flaked
2 teaspoons cumin
2 teaspoons dried oregano leaves, crushed
3 (14 1/2 oz.) cans ready-to-serve chicken broth
2 (15 1/2 oz.) cans great northern beans, rinsed and drained
2 (15 oz.) cans black-eyed peas, rinsed and drained
1 (11 oz.) can whole kernel corn, drained
1 (4 1/2 oz.) can green chilies, chopped
2 tablespoons lime juice, optional

Spray the bottom of a large saucepan with nonstick cooking spray. Brown celery, onion and garlic. Add chicken, cumin and oregano. Mix well. Cook 5 to 6 minutes, stirring frequently.

Add broth, beans, peas, corn and chilies; mix well. Bring to a boil. Reduce heat. Simmer 25 to 30 minutes to blend flavors, stirring occasionally. Stir in lime juice if desired. Makes 10 (1 1/2 cup) servings.

**Variation:**

- Use 6 cups of water and 6 chicken bouillon cubes or 6 teaspoons broth granules in place of canned chicken broth.

- Start with dried black-eyed peas. See “Cooking a Pot of Beans” on page 76.
Un-Fried Fried Chicken

6 chicken pieces (breasts, thighs, and/or legs)  
2 egg whites, beaten with 2 tablespoons water OR 1/2 cup buttermilk or non-fat milk  
Dried bread crumbs, crushed cereal, or cracker crumbs

Wash chicken pieces in cold water and remove skin and any visible fat. Pat dry with a paper towel. Dip chicken in egg or milk. Shake chicken pieces in crumbs or cereal that have been seasoned with salt and pepper to taste.

Place chicken pieces in pan that has been sprayed with non-stick cooking spray. Bake at 350 degrees for 1 hour or until browned and tender. Serves 6.

Variations:

• Try this method with pork chops or turkey cutlets.

• Add crushed, dried herbs such as oregano or Italian seasoning to the crumbs.

Food Safety

• Wash your hands, work surfaces, and utensils in hot soapy water after handling raw poultry to prevent the spread of bacteria.

• When cutting poultry, use a plastic cutting board as it is easier to clean and disinfect than a wooden one. Plastic cutting boards can be washed in the dishwasher or with a small amount of bleach mixed with soapy water.

Shopping and Storage Tip

• Poultry spoils easily. Buy it and store it carefully. Check the “sell by” date on the package. That is the last day the poultry should be sold. Store fresh poultry in the coldest part of the refrigerator as soon as you get it home. Plan to use the fresh poultry within 1 to 2 days.

Cooking Tip

Of the choices given in the recipe, buttermilk makes the crispiest coating.
Fish in Salsa & Seasoning for Fish

1 pound fish fillets
3/4 cup salsa

Preheat oven to 450 degrees. Spray a baking pan with non-stick vegetable oil cooking spray. Arrange fish in pan. Top with salsa. Bake for 4 to 6 minutes per half-inch thickness of fish. Serves 4.

Cooking Tips

• Most fish fillets, including salmon, can be cooked skin side down. When fish is done, the skin will easily separate from the flesh.

• Squeeze a little fresh lemon juice on plain baked fish.

Here is another easy way to bake fish:

Seasoning Rub for Fish

2 tablespoons garlic powder
1/2 teaspoon cumin
1/2 teaspoon dillweed

Combine ingredients in a jar.

To use:

Preheat oven to 450 degrees. Spray a baking dish with non-stick cooking spray. Arrange fish fillets in pan. Rub a pinch of seasoning on the top side of each fillet. Bake 4 to 6 minutes per half inch thickness of fish.
Ginger Glazed Salmon

1 pound salmon fillets, cut into four pieces
1/4 cup low sodium soy sauce
2 tablespoons rice vinegar
1 garlic clove, minced
1 teaspoon sugar
1 teaspoon fresh ginger, grated or shredded

Place fillets in a shallow non-aluminum pan. Combine and stir remaining ingredients until the sugar dissolves. Pour marinade over salmon. Refrigerate for 30 minutes. Turn salmon to coat with marinade.

Broil or barbecue 4 to 6 minutes per side, turning once and basting again. Bring remaining marinade to a boil, reduce heat and cook until syrupy. Drizzle over cooked salmon immediately before serving. Serves 4.

Cooking Tips

• Basting means to moisten with a liquid during cooking. In this recipe, moisten the salmon with the marinade liquid.

• Mixtures that contain vinegar should not be used in aluminum containers. Vinegar reacts with aluminum and may pit the surface of the aluminum container.

Shopping Tips

• Fresh ginger can be found in the produce section. Buy a small piece, use what is called for in the recipe, and freeze the rest.

• Wash fresh ginger thoroughly before grating or shredding. There is no need to peel the ginger.

Serve Ginger Glazed Salmon with brown rice and your favorite frozen vegetable mixture.
Rice Pilaf with Salmon

Canola oil
1 cup long grain rice
1/2 cup onion, finely chopped
1 1/2 teaspoon dried basil, crushed
1/4 teaspoon pepper
2 1/4 cups chicken or vegetable broth
2 cups frozen peas, thawed
1/2 (15 oz.) can salmon, drained, flaked with large bones and skin removed
1/2 cup cheddar cheese, shredded

Oil a medium saucepan with a tight-fitting lid. See “Health Hint for Using Oil.” Cook rice and onion until rice is golden and onion is soft. Stir in basil, pepper, and broth. Bring to a boil; cover. Reduce heat; simmer about 20 minutes or until rice is tender. Not all of the liquid will be absorbed.

Add thawed vegetables, salmon and 1/3 cup cheese, stir to blend and to warm the salmon and vegetables. Sprinkle with remaining cheese and serve. Makes 6 (1 cup) servings.

Variations:

• Use mixed vegetables, corn, or chopped broccoli instead of peas.

• Use Monterey Jack or mozzarella cheese instead of cheddar.

• Try canned tuna or chicken in this recipe.

• Dill, thyme or oregano can be used instead of basil.

• Use brown rice instead of white rice in this recipe -- it will add iron, fiber and a nuttier flavor. Brown rice will take 30 to 40 minutes longer to cook. After the cooking time, turn off the heat and let sit in covered pan for another 10 minutes. When cooking brown rice, cook double the amount needed. Freeze the leftover rice for another meal.

Here is another way to use canned salmon. Serve with fruit, fresh or canned, and milk.

Health Hints

• When using oil rather than nonstick cooking spray, apply oil with a paper towel or brush rather than pouring oil in the pan. This method controls the amount of oil used.

• Substituting brown rice for white rice in this recipe adds iron, fiber, and a nuttier flavor.

• Leaving the bones in the salmon increases the amount of calcium in the completed recipe.
Salmon Biscuit Casserole

1/2 cup onion, chopped
3 tablespoons margarine or butter
1/3 cup flour
2 teaspoons instant chicken bouillon granules, or 2 chicken bouillon cubes, broken up
1/4 teaspoon dried thyme, crushed
1/4 teaspoon pepper
2 cups nonfat or 1% milk
1/2 (14 1/2 oz.) can salmon, drained and flaked, with bones and skin removed
2 cups canned or frozen mixed vegetables, thawed and drained
1 (6 biscuit size) can refrigerated biscuits

Preheat oven to 400 degrees. Cook onion in margarine until tender. Stir in flour, bouillon, thyme, and pepper. Add a small amount of the milk and mix until smooth. Add remaining milk, cook, and stir until thickened and bubbly. Stir in salmon and vegetables. Cook and stir until heated.

Immediately pour mixture into a small baking dish. Open biscuit can, separate biscuits, and cut each biscuit into fourths. Place biscuit pieces on top of the salmon mixture. Try to cover most of the surface. Bake for 10 to 12 minutes or until biscuits are golden brown. Serves 6.

Variations:

• Bake whole biscuits separately. Serve hot salmon mixture over split biscuits.

• Try tuna in this recipe. Replace the thyme with dillweed or oregano.

• Use reconstituted dry milk for the fresh milk in this recipe.

• Serve the creamed salmon mixture over toast or English muffins. Use it to fill flour tortillas, roll, sprinkle with shredded cheese and heat in the microwave.

This recipe is a new take on old-fashioned creamed salmon dishes.

Cooking Tip

Nonfat cooking spray is used in place of margarine or oil in most of the recipes in this collection. Margarine is used to make the cream sauce in this recipe as it is necessary to make a smooth paste with the flour for thickening. Light whipped margarine is a good substitute for stick margarine when used this way. It is not a good substitute in baking, however, unless a recipe has been formulated using this kind of margarine.
Salmon Frittata

1/2 (14 1/2 oz.) can salmon, drained and flaked, with large bones and skin removed
1 dozen eggs, beaten
1 pint (2 cups) lowfat cottage cheese
1 (10 oz.) package frozen chopped spinach, thawed and well drained
1 teaspoon dried basil, crushed
Salt and pepper to taste

Beat eggs and add remaining ingredients. Squeeze any excess liquid from spinach before adding it. Mix well.

Pour into a 9”x 13” baking pan that has been sprayed with nonstick cooking spray. Bake at 350 degrees for 30 minutes or until frittata is set.* Makes 8 servings.

*Table knife inserted in the center will come out clean when frittata is set.

Variations:

• Frozen chopped broccoli may be used instead of spinach.
• Grated carrots and onion would be flavorful additions. Try 1/3 cup of each.
• Sprinkle with grated Parmesan cheese before baking.
• Use 1 cup of chopped leftover cooked meat instead of the salmon.

Health Hints

• Egg substitute may be used to cut back on fat and cholesterol. One fresh egg is equal to 1/4 cup egg substitute.

• Eggs are an economical source of protein and provide a feeling of fullness. Eggs have only 75 calories each.

• Read cottage cheese labels carefully. Choose 1% milkfat or nonfat cottage cheese.

A frittata is a thick, baked omelet. Serve it with bread and canned fruit or a green salad.
**Salmon in Mustard Sauce**

1 lb. salmon fillets  
2 tablespoons low fat mayonnaise  
1 tablespoon prepared mustard  
1 teaspoon lemon juice

Preheat oven to 450 degrees. Arrange fish in a baking pan that has been sprayed with nonstick vegetable oil cooking spray. Mix sauce ingredients and spread on salmon fillets. Bake, uncovered, for 4-6 minutes per ½ inch thickness of fillet. Serves 4.

**Variation:**

- Try Dijon or spicy mustard for a new flavor.

**Health Hint**

- Healthy omega-3 fatty acids are found in high fat fish such like salmon, tuna, herring, sardines and lake trout. Omega-3 fatty acids have been found to lower blood pressure, decrease insulin resistance, and to reduce the tendency of blood to clot.

**Food Safety**

- To thaw frozen fish, place the unopened package in a container in the refrigerator. Thaw overnight for a 1 pound package of fish. If necessary, place the wrapped package of fish under cold running water for 1 to 2 minutes to speed thawing.

- DO NOT refreeze fish.

- Cook fish as quickly as possible after purchasing. If not possible, wrap fresh fish loosely in plastic wrap, store in the coldest part of the refrigerator and use within 2 days. Cover and refrigerate any leftover cooked fish and use within 2 days.

- Keep frozen fish in a freezer set at 0 degrees or lower for up to 3 months.

**Shopping Tips**

- When buying fresh fish, look for flesh that feels firm not soft. Avoid fish that has a strong, fishy odor.

- Frozen fish should be solidly frozen and tightly wrapped with no openings in the wrapping. Packages of frozen fish in the supermarket should be solidly frozen.
8 Anaheim or large mild green chilies
1 (6 oz.) can water packed tuna, drained and flaked
3/4 cup Monterey Jack or pepper jack cheese, grated
1/2 cup part skim ricotta cheese
1 cup whole kernel corn, drained
1 egg
Pepper to taste

Preheat oven to 425 degrees. Wash and dry chilies. Cut stems from chilies. Cut chilies in half lengthwise. Remove seeds and ribs. Do not touch face or eyes while handling chilies. Wash hands thoroughly with soap and water after handling.

In a bowl, stir together tuna, cheeses, corn, egg, and pepper. Mix well. Carefully stuff each chili with about 1/4 cup of the tuna mixture. Spray a baking sheet with nonstick cooking spray. Place stuffed chilies on baking sheet. Cover with foil. Bake for 20 to 25 minutes, or until chilies are soft and filling is heated. Makes 4 servings of 2 chilies each.

Cooking Tips

• Chilies found at the Food Bank are usually very ripe. Use them right away.

• Chilies may have soft or discolored areas. Remove these spots with a sharp knife before using.
Tuna Melt Tacos

1/2 cup finely chopped apple (about 1/2 of a medium apple)
1 tablespoon light mayonnaise
1 (6 oz.) can light tuna, drained
Salt and pepper
4 (6 inch) corn tortillas
Shredded pepper jack or other cheese
Shredded lettuce, cabbage or spinach

Mix together the apple, mayonnaise and tuna, plus salt and pepper to taste.

Place a skillet over medium heat. Add 1 or 2 tortillas depending on available space. Sprinkle each with 2 tablespoons shredded cheese. When cheese melts, place 1/4 cup tuna salad and 1/4 cup lettuce or spinach on one side of the tortilla; fold over. Press down with a spatula; heat 30 seconds. Repeat with remaining tortillas, cheese, tuna salad and lettuce. Makes 2 servings, 2 tortillas per serving

Health Hints

• Water packed tuna has fewer calories than oil packed tuna.

• Some fish contains mercury, which can be harmful to health. Light canned tuna contains less mercury than white (albacore) tuna. Pregnant women and children under the age of 2 should limit eating tuna to once a week.

Cooking Tip

• Pepper jack cheese will give this recipe the most flavor, but other types of cheeses will work well, too.
3/4 cup rice, uncooked
1/2 cup onion, chopped
1 clove garlic, chopped
1 (16 oz.) can Italian-style stewed tomatoes, cut up
1 (14 oz.) can chicken broth
1 (16 oz.) bag frozen mixed vegetables
1 (12 1/2 oz.) can tuna, drained and flaked
1/3 cup cheddar cheese, shredded

Spray a saucepan with nonstick cooking spray. Add rice, onion and garlic. Cook 5 minutes. Add stewed tomatoes and chicken broth to rice mixture. Bring to a boil, cover and simmer until rice is cooked, about 25 minutes.


Variations:

• Vegetable broth can be used in place of chicken broth. Broth granules or bouillon cubes can be reconstituted and used in place of canned broth in any recipe in this book.

• Mexican-style stewed tomatoes will create entirely new flavors in this recipe.

Cooking Tip

• The amount of liquid in this recipe is the correct amount to cook the rice. This saves a step in preparation.
Beans and Greens with Marinara

1 teaspoon olive or canola oil
3 cloves garlic, finely chopped
2 to 3 cups prepared spaghetti or marinara sauce
3 cups coarsely chopped greens (kale, spinach, or chard)
1 (15 ounce) can pinto beans, rinsed and drained
Pepper to taste

To serve:
Cooked pasta or rice
1/4 cup grated parmesan cheese

Heat oil in a sauce pan over medium heat. Add garlic and stir until golden, about 1 minute.

Add spaghetti or marinara sauce, followed by greens and beans. Bring to a simmer (low boil), and cook until greens are tender, 1 to 5 minutes.

Season with pepper to taste. Serve over cooked pasta and top each serving with 1 tablespoon cheese. Serves 4.

Variations:

• Instead of pinto beans, try garbanzo, kidney, or navy beans.
• If spaghetti or marinara sauce is unavailable, use a 15 ounce can of diced tomatoes, undrained. Add a teaspoon of dried oregano, basil, or Italian seasoning.
• Try serving this recipe with whole wheat rolls instead of over pasta.
• Different vegetables can be added to this recipe. Try adding 1/2 cup finely diced onion, 1/2 cup chopped celery, and/or diced red or green bell pepper with the garlic. One cup chopped zucchini or other summer squash can be added with the greens and beans.

Shopping Tip

• Shaker-style Parmesan cheese costs less than fresh Parmesan cheese. Parmesan cheese is also sometimes available in the bulk food section of grocery stores.
Cheesy Parmesan Potato Skins

2 baking potatoes, medium or large
4 tablespoons Parmesan cheese, grated
1/4 cup nonfat sour cream or plain yogurt
2 tablespoons nonfat or 1% milk
Garlic powder and pepper to taste

Scrub potatoes thoroughly and poke with a fork in several places. Bake on the oven rack at 400 degrees until soft when pinched. This will take about 45 minutes, depending on the size of the potato. Let the potatoes cool slightly.

Cut the baked potatoes in half lengthwise, scoop out most of the inside of the potato. Set skins aside. Place potato insides in a bowl. Add remaining ingredients and mash with a fork or potato masher until blended and smooth. Spoon mixture back into potato skins. Broil until lightly browned or bake an additional 10 minutes to warm the potato filling. Serves 4.

Variations:

• For a more substantial meal, add diced ham, corned beef or chicken as a topping.
• Lightly steamed broccoli, mushrooms, carrots and onions, either fresh or frozen, will add to the flavor of the potato while increasing daily vegetable consumption.

Cooking Tips:

• Poking the potatoes with a fork allows steam to escape while baking. This prevents the potato from exploding in the oven.
• Russet potatoes contain more starch than red or white potatoes. This makes them a better choice for baking.
• Potatoes can be cooked in the microwave. If the texture of an oven-baked potato is preferred, microwave for a short time to start, then finish in the oven.

Health Hints

• One-half of a large potato is a serving.
• The potato skin is a source of iron and fiber and should be eaten.
To Soak Beans:

Traditional method: Soak beans for at least four hours or overnight in a pot filled with cool water. Choose a roomy pot -- beans expand when soaked.

Quick method: Bring water to a boil and let beans soak in hot water for one to four hours depending on the size of the bean.

To reduce the gas caused by beans: after soaking, rinse beans. Discard the soaking water and cook in fresh water. The beans will lose very little of their nutrients.

To Cook Beans:

Cover soaked beans with fresh water (about 6 cups of fresh water for each pound of dry beans). Add seasonings other than salt to the cooking water.

Cover the pot partially. To keep legumes from foaming as they cook, add a little cooking oil (1/4 tsp.) to the water. Simmer beans until they are soft when pressed between your fingers. Be sure to cook beans thoroughly as under-cooked beans cause intestinal gas. Beans are now ready to add to your favorite dish.

Cooking Tips

• Salt toughens beans and slows the cooking time. Add salt, if desired, toward the end of cooking.

• Acid foods like tomatoes or vinegar slow the softening of the beans so wait until the end of the cooking time to add these also.

• Cook more beans than needed for the planned meal. The unused beans can be frozen and used later.
Dutch Apple Pancake

2/3 cup water
3 tablespoons margarine
1 cup biscuit baking mix
4 eggs
2 apples, peeled and sliced
1/4 teaspoon cinnamon
2 tablespoons sugar

This oven-baked fruit pancake makes a great breakfast or dessert. Try it as a treat in the afternoon with coffee or tea!

Heat oven to 400 degrees. Spray a medium baking dish with nonstick cooking spray.

Heat water and margarine to boiling in a saucepan. Add biscuit baking mix all at once. Stir vigorously over low heat until mixture forms a ball, about 1 minute. Remove from heat. Beat in eggs, two at a time. Beat until batter is smooth and glossy. Batter will be stiff.

Spread batter in pan. Be careful not to spread batter up sides of pan. Top with apples, sugar, and cinnamon. Bake until puffed and dry in the center, 25 to 30 minutes. Serve immediately, as the pancake will fall when it cools. Serves 8 to 10.

Variation:

• Other fresh, frozen, or canned fruit, such as peaches, pears, or berries, may be used in this recipe.

Health Hint

• Margarine is used instead of butter in this recipe because it has less artery-clogging saturated fat. Tub margarine is preferable over stick margarine as the tub variety has less trans fat. Trans fat raises bad (LDL) cholesterol in the blood.
El Paso Tofu and Macaroni

1 cup onions, chopped
2 cloves garlic, chopped
1 (4 oz.) can green chilies, drained
1 (6 oz.) can tomato paste
1 1/2 cups water
1/2 teaspoon dried oregano, crushed
1/2 teaspoon chili powder
3 cups cooked elbow macaroni (1 1/4 cups dry)
1 (8 oz.) package firm tofu, pressed, drained, and crumbled
1 cup grated Cheddar cheese

Preheat oven to 350 degrees. Lightly spray an 8-inch square baking dish with nonstick cooking spray and set aside.

Spray a medium skillet or frying pan with nonstick cooking spray. Heat and add onions and garlic. Cook, stirring frequently, about 5 minutes, or until onions are tender. Stir in chilies, tomato paste, water, and spices. Bring mixture to a boil, stirring frequently. Remove from heat.

Place half of cooked macaroni in bottom of prepared baking dish. Top with half of the tofu and sprinkle with half the cheese. Spread half the sauce over the mixture. Repeat layers, using the remaining macaroni, tofu, and cheese, ending with the sauce spread evenly over the top. Cover and bake for 45 minutes to allow the tofu to absorb the flavors and to be heated through. Makes 6 servings.

Tips for Using Tofu

• Add chunks of firm tofu to soups and stews. Mix crumbled tofu into a meatloaf for a light texture.

• Blend dried onion soup mix into soft or silken tofu to make onion dip.

• Add a package of taco seasoning to pan-fried, crumbled tofu, or a mixture of tofu and ground beef to make taco filling.
Huevos Rancheros

1 (15 to 19 oz.) can pinto beans, rinsed and drained
1 1/4 cups mild or medium-hot salsa
4 large eggs
1/3 cup cheddar cheese, shredded
1/3 cup Jack cheese, shredded
Warm flour tortillas

In a small or medium skillet, mix pinto beans, salsa, and ¼ cup water. Heat to boiling over high heat, stirring frequently.

Spray a medium frying pan with nonstick cooking spray. Fry eggs until the yolk is solid and the white is no longer runny, or longer if desired.

Top bean mixture with fried eggs. To serve, sprinkle with shredded cheese. Serve with warm tortillas. Makes 4 main-dish servings.

Variation:

• Shredded Jack or mozzarella cheese can be mixed with the cheddar cheese.

Food Safety

• Frying the eggs separately before adding them to the beans ensures that the eggs are thoroughly cooked. Uncooked eggs can be a source of bacteria that can cause foodborne illness.
1 cup dried lentils, rinsed and sorted  
2 stalks celery, sliced  
2 medium russet or baking potatoes, well-scrubbed, un-peeled and cubed  
1 medium dark orange sweet potato, peeled and cubed  
1 medium onion, cut into thin wedges  
4 chicken bouillon cubes or 4 teaspoons of chicken bouillon granules  
1/2 teaspoon dried rosemary leaves, crushed  
1/4 teaspoon dried thyme leaves, crushed  
1/4 teaspoon pepper  
1/8 teaspoon garlic powder  
4 cups water  
1 (10 oz.) package frozen spinach

In large saucepan, combine all ingredients except the spinach. Mix well. Bring to a boil. Reduce heat, cover, and simmer 15 minutes.

Add frozen spinach and simmer until thawed and hot and until lentils and vegetables are tender, stirring occasionally. Makes 6 (1 ½ cup) servings.

**Health Hint**

This recipe provides vegetable protein as well as fiber. These nutrients are especially important in low fat cooking. Fiber and protein give a feeling of fullness.
Macaroni and Cheese

1 package (16 ounces) macaroni or other pasta
3 tablespoons margarine or butter
1/4 cup flour
Pinch of ground nutmeg (optional)
3 ½ cups nonfat or lowfat milk
1 ½ cups American cheese, cubed
2 cups frozen mixed vegetables

Add pasta to pot of boiling water; cook until tender but not soft. Drain in colander.

In a large saucepan, melt margarine and carefully stir in flour a tablespoon at a time until a smooth paste is made. Add salt, pepper and nutmeg if using. Cook 1 minute, stirring constantly. Gradually stir in milk and cook until sauce boils and thickens slightly. Boil 1 minute, stirring. Remove saucepan from heat and stir in cheese just until melted.

Thaw frozen vegetables in colander with warm tap water. Drain vegetables. Add pasta and vegetables to cheese sauce and stir well. Serves 8

Shopping Tip

• Nonfat dry milk and macaroni are frequent commodity items. Using them in this recipe as opposed to buying boxed macaroni and cheese will save your family money.

Cooking Tips

• To reconstitute nonfat dry milk solids, use 1 ¾ cups nonfat dry milk solids and water to equal 3 ½ cups.

• A simple white sauce made with nonfat dry milk solids holds the ingredients together. The secret of a smooth white sauce is to add the flour a tablespoon at a time until a smooth paste results. When stirring in milk, also do this gradually to prevent lumping.

Tips for Using Nonfat Dry Milk

Packaged nonfat dry milk should be kept in a cool, dry place out of direct sunlight up to 6 months. Packages should be carefully closed after each use to prevent moisture from being absorbed, which leads to lumps in the powder. Nonfat dry milk needs refrigeration after water is added.

Health Hints

• American cheese made from 2% milk melts well and is lower in calories than full fat American cheese.

• Each serving of this dish adds ½ serving of vegetables to the diet.
Ranch Beans

1/2 cup onion, diced
1/4 cup green pepper, chopped
1 (16 oz.) can vegetarian beans, partially drained
1 (15 oz.) can red kidney beans, drained and rinsed
2 tablespoons catsup
2 tablespoons brown sugar or molasses
1 tablespoon mustard
1 cup ham, chopped

Brown onion and green pepper in nonstick cooking spray or in a very small amount of oil in a saucepan. Add remaining ingredients. Heat thoroughly for about 10 minutes. Makes 4 (1 1/2 cup) main dish servings.

Variation:

* Any type of canned beans can be substituted for kidney beans.

Health Hints

* The addition of a small amount of ham to this recipe adds flavor and makes the iron in the beans more available for use by the body.

* Serving foods with this meal that contain vitamin C also increases the availability of iron from the beans. Examples of these foods are tomatoes, oranges, broccoli, and cantaloupe.
Simple Lasagna

1 (16 oz.) container low-fat cottage cheese  
2 eggs  
1 (10 oz.) package frozen, chopped spinach, thawed and well-drained  
1/2 teaspoon oregano, crushed  
1/4 teaspoon pepper  
1 (28 oz.) jar spaghetti sauce  
1 (16 oz.) box lasagna noodles  
2 cups (8 oz.) shredded part-skim mozzarella cheese

Preheat oven to 350 degrees. Spray a 9 x 13 inch pan with nonstick cooking spray or lightly oil with a paper towel. Mix cottage cheese, 1 cup mozzarella cheese, eggs, oregano, and pepper in large bowl. Add the spinach and mix thoroughly. Spread 1 cup of the spaghetti sauce in the pan. Layer uncooked noodles on top of the sauce. Layer 1/2 of the cheese mixture on top of the noodles. Repeat layers of sauce, noodles, and cheese mixture.

Finish with a layer of noodles and the rest of the sauce. Sprinkle with the remaining 1 cup of shredded mozzarella cheese. Pour 1 cup of warm water AROUND THE EDGES of the pan. Be careful not to pour the water over the lasagna mixture. Cover with foil and bake for 45 minutes. Remove foil and bake for 15 minutes more. Remove lasagna from oven and allow to stand for 5 to 10 minutes before serving. Makes 8-10 servings.

Variations:

• Part-skim ricotta cheese may be substituted for the cottage cheese.
• Brown 2 medium zucchini, sliced and 1/4 cup onion, chopped in nonfat cooking spray. Add 1 1/2 tbsp. flour to vegetables and cook for 2 minutes. Add 1 (10 oz.) package frozen cut broccoli, thawed and drained. Substitute this vegetable mixture for the spinach in the recipe.
• Follow the above directions using other vegetables you may have on hand.

In this recipe, skip the step of cooking the noodles first. Using uncooked noodles saves time and makes handling easier.

Shopping Tip

• When buying cheese, compare the price of the shredded cheese to the brick cheese. Buying shredded cheese saves time, but is often more expensive.

Health Hints

• Low-fat cottage cheese and part-skim mozzarella cheese cost the same as similar high fat products. In mixed dishes, there is no difference in taste.
• When choosing spaghetti sauces, read the label. Some types contain twice as much fat as others. Choose a sauce with a small amount of fat.
Spinach Strata

6 slices firm white bread, cut to fit the pan
1 cup (4 oz.) part-skim mozzarella cheese, shredded
1 (10 oz.) package frozen, chopped spinach, thawed and squeezed dry
2 cups nonfat milk
6 large eggs
2 teaspoon dried basil, crushed, or 1/2 teaspoon nutmeg
1/4 teaspoon pepper
1/2 teaspoon salt
Salsa or marinara, if desired

Spray an 8x8-inch baking dish with nonstick cooking spray. Place half of the bread in the dish; top with half of the cheese. Then add all of the spinach, topped with the remaining cheese. Add remaining bread slices.

In a medium bowl, beat milk, eggs, basil or nutmeg, salt, and pepper with a fork until blended. Slowly pour the egg mixture over the bread slices. Prick the bread with a fork and press the slices down to absorb the egg mixture. Cover the baking dish with plastic wrap and refrigerate for at least 30 minutes or as long as overnight.

To bake, preheat oven to 350 degrees. Uncover the baking dish and bake strata for 1 hour or until knife inserted in the center comes out clean. Remove strata from the oven and allow to stand 5 minutes before serving. Serve with salsa or marinara sauce, if desired. Makes 6 main dish servings.

Variations:

- Use frozen, chopped broccoli in place of the spinach.
- Jack or cheddar cheese could be used instead of mozzarella.

Shopping Tip

- Soft bread will not absorb as much liquid as firm bread like sourdough.
Squash and Corn with Pasta

3 cups chicken broth
4 small zucchini, diced
1/2 small onion, chopped
1 large clove garlic, minced
2 cups (16 oz.) canned corn, drained
1 (10 oz.) package angel hair pasta (thin spaghetti), broken into 2” or 3” pieces
1 cup (8 oz.) tomato sauce

Spray bottom of large skillet with nonstick cooking spray. Add broken pasta and spray with cooking spray for 3 seconds. Mix well to coat. Toast pasta over medium heat, stirring and turning constantly until golden. Pasta will burn easily.

In a 2 quart saucepan, heat chicken broth to boiling. Add zucchini, onion, and garlic. Cook, covered, until zucchini is soft. Stir in corn and remove from heat.

Carefully stir toasted spaghetti into saucepan with zucchini; add tomato sauce. Heat to boiling; reduce heat and simmer 8 to 10 minutes until spaghetti is tender. To serve, ladle into shallow bowls. Makes 6 (1 3/4) cup servings.

Variations:

• Refrigerated leftovers become thick as spaghetti absorbs the liquid. It then becomes a delicious pasta dish rather than a soup.
• Any summer squash may be diced and used in this recipe.
• Fresh or frozen corn may be used. Don’t discard leftover, cooked corn on the cob. Cut the corn off the cob and use in dishes like this one.

Health Hint

• Oil may be used to brown the spaghetti. Use a paper towel to lightly coat the pan with oil. Keep oils in cooking to as small an amount as possible as any oil, whether it is olive, canola, or another choice, has 120 calories per tablespoon.
Tofu Scramble

1/2 cup onion, chopped
1/2 cup green, red or yellow bell pepper, diced
8 oz. tofu, crumbled or cubed
Dash soy sauce
Black pepper
1/2 tsp. dried basil, crushed
1/2 tsp. garlic powder

Spray a skillet or frying pan with nonstick cooking spray. Brown the onion and pepper until slightly tender. Add the tofu and cook 1 or 2 more minutes. Add soy sauce and seasonings and heat through. Serve with whole grain toast and fruit for breakfast or a light supper. Serves 4.

Health Hints

• Tofu contains little saturated fat and no cholesterol. Plain tofu is very bland, but its porous texture quickly absorbs seasonings and flavors from other food.

• Calcium content of tofu varies. Calcium content is higher if calcium sulfate is used as the thickener instead of nigari. Check the label to see which type of tofu you are buying.

Shopping and Storage Tips

• Mixtures of green, red, and yellow peppers are available in bags in the frozen food section of the supermarket.

• Packaged tofu is often labeled soft, firm, or extra firm. If you plan to slice, cube, or crumble it, a firm tofu is best. Soft tofu is good for blending or mashing.

• Tofu can be frozen for up to 5 months. Defrosted tofu has a caramel color and chewy, spongy texture that soaks up marinades and is great for the grill.

Tofu Scramble tastes like scrambled eggs and has the health benefits of soy.

Cooking Tip

• The tofu sold in water-filled tubs needs to be drained and pressed. Put the tofu block between paper towels and top with a heavy plate or other object to press the water out of the tofu.
Zucchini Tomato Pie

2 cups zucchini, chopped
1 cup tomatoes, chopped
1/2 cup onion, chopped
1/3 cup Parmesan cheese, grated
3/4 cup biscuit baking mix
1/3 cup non-fat or low fat milk
3 eggs
Salt and pepper, to taste

Preheat oven to 400 degrees. Spray a 10-inch pie plate with nonstick cooking spray.

Combine zucchini, tomato, onion and cheese in the prepared pie pan. In a small bowl, combine biscuit mix, milk, eggs, salt and pepper. Beat until smooth and pour over the vegetable mixture.

Bake for 20 to 25 minutes or until knife inserted in center comes out clean. Be careful not to overbake pie. Serves 4-6.

Variations:

• Try cheddar, mozzarella or jack cheese instead of Parmesan cheese.

• Serve as a main dish or as a side dish with a small serving of meat or poultry.
How to Make Hard Cooked Eggs

4 eggs
Cold water

Place eggs in a single layer in a medium saucepan. Add enough cold water to just cover the eggs. Bring to a rapid boil over high heat (water should have large, rapidly breaking bubbles). Remove from heat, cover, and let stand for 15 minutes. Drain.

Run cold water over the eggs or place them in ice water until cool enough to handle. Drain.

To peel eggs, gently tap each egg on the countertop. Roll the egg between the palms of your hands. Peel off the eggshell, starting at the large end.

How to Make Soft Cooked Eggs

4 eggs
Cold water

Place eggs in a single layer in a medium saucepan. Add enough cold water to just cover the eggs. Bring to a rapid boil over high heat (water should have large, rapidly breaking bubbles). Remove from heat, cover, and let stand for 3 to 4 minutes. Drain.

Run cold water over the eggs or place them in ice water until cool enough to handle. Drain. Cut tops off the eggs and serve in egg cups, or cut eggs in half and use a spoon to scoop the eggs into serving dishes.
1/4 cup onion, finely chopped
6 eggs, beaten
3/4 cup nonfat or lowfat milk
2 slices French or other firm bread, torn into small pieces
10 ounces lean ham, diced
1/4 cup cheddar cheese, shredded

Spray frying pan with nonstick cooking spray. Cook onions until soft, 3 to 5 minutes. Beat eggs with milk, add bread, and pour into pan. When eggs appear to have thickened and cooked on the bottom, add diced ham and cheese. Stir gently, turn mixture and cook other side briefly. Slide mixture into a sprayed 8x8 inch pan and bake covered for 30 minutes at 350 degrees. Mixture should be puffed and browned. Serves 6.

**Variation:**

* Add thawed frozen chopped broccoli or spinach and diced red or green peppers.

**Food Safety**

* Eggs must always be refrigerated.

* Store eggs in the original carton.

* Discard eggs that have cracked shells. These eggs could contain the salmonella bacteria.
Mexican Baked Eggs

8 eggs
Salt and pepper to taste
Mozzarella or jack cheese, shredded
English muffins or thick bread slices, toasted
Salsa, ready-prepared or homemade (see recipe on page 34)

Spray 8 cups of a 12-cup muffin tin with nonstick cooking spray. Place 1 tablespoon salsa in each of the 8 sprayed cups. Crack an egg over salsa into each cup. Salt and pepper each egg and sprinkle with shredded cheese. Bake in a 350 degree oven for 20 to 25 minutes. Serve on toasted muffins or bread. Spoon sauce from muffin cups over eggs. Serves 4, two-egg serving each.

Food Safety

- Eggs need to be cooked until the yolk is solid and the white is no longer runny. Salmonella bacteria in eggs can only be killed by thorough cooking.
Sweet potatoes
Topping, optional (see below)

Scrub potatoes and prick with a fork in several places to allow steam to escape. This keeps the potato from exploding in the oven. Place potatoes on a pan and bake in a 400 degree oven for about an hour or until soft when pinched.

Depending on size, 1/4 to 1/2 of a sweet potato is one serving.

**Variations:**

Sweet potatoes can be eaten plain, straight from the oven. For variety, try topping with a small amount of:

- Cinnamon and sugar
- Warm applesauce
- A teaspoon of butter or margarine, with brown sugar or salt and pepper

**Shopping Tip**

There are two kinds of sweet potatoes commonly available. The moist sweet potato, which is often called a yam, has reddish brown skin and deep orange flesh. Dry sweet potatoes, with tan skins and yellow-to-gold flesh, are not as sweet.

**Cooking Tips**

- Cooking time will vary depending upon the size of the potato.
- Sweet potatoes may be baked at a lower temperature when sharing the oven with other dishes. This will increase baking time.
Braised Cabbage

6 cups (1 1/2 lbs.) cabbage, shredded
1 tablespoon brown sugar
1/8 teaspoon cinnamon
1/8 teaspoon ginger
1/8 teaspoon nutmeg
3 tablespoons cider vinegar

Spray a skillet with nonstick cooking spray and warm over medium heat. Add cabbage and stir fry, stirring frequently, until it begins to wilt. Add remaining ingredients and serve immediately. Serves 6.

Variations:

• 1/2 tsp. pumpkin pie spice may be used in place of the three spices or a larger amount of one spice may be used.

• Red cabbage may be used instead of green cabbage, or try a combination of the two.

Health Hints

• When using oil rather than nonstick cooking spray, apply with a paper towel or brush rather than pouring oil in the pan. This method controls the amount of oil used.

• Cabbage is a good source of vitamin C, an important antioxidant.
Brussel Sprouts Two Ways

Brussel Sprouts with Mustard Glaze

4 cups (about 1 1/4 lbs.) brussel sprouts
3 tablespoons brown sugar, firmly packed
2 tablespoons vinegar
1 tablespoon mustard

Remove and discard tougher outer leaves from larger sprouts. Smaller sprouts have tender outer leaves. Wash well, drain, cut in half, and place in a large frying pan with a small amount of water. (The amount of water used will depend on the size of the pan but start with 1/4 cup water and add more if necessary to cover the bottom of the pan).

Cover the pan and steam at a medium temperature until sprouts are tender when pierced (about 5 minutes). Drain any remaining water off the sprouts.

While sprouts are steaming, combine sugar, vinegar, and mustard in a small saucepan or glass measuring cup. Cook over medium-high heat or in microwave, stirring until mixture bubbles. Pour over sprouts, stir and serve. Makes 4 servings.

Brussel Sprouts with Maple Syrup

4 cups (about 1 1/4 lbs.) brussel sprouts
1/3 cup maple syrup
Pepper

Remove and discard tougher outer leaves from larger sprouts. Smaller sprouts have tender outer leaves. Wash well, drain, cut in half, and place in a large frying pan with a small amount of water. (The amount of water used will depend on the size of the pan but start with 1/4 cup water and add more, if necessary, to cover the bottom of the pan).

Cover the pan and steam at a medium temperature until sprouts are tender when pierced (about 5 minutes). Drain any remaining water off the sprouts. Add maple syrup and toss to coat. Add pepper to taste. Makes 4 servings.
Honey-Roasted Root Vegetables

3 carrots, peeled and cut into bite-size chunks
2 small to medium turnips, peeled and cut into bite-size chunks
2 firm apples, cored and cut into bite-size chunks
1 tablespoon oil
1 tablespoon honey
2 tablespoons lite soy sauce

Preheat oven to 400 degrees. Spray a casserole dish with nonstick vegetable oil cooking spray and add prepared vegetables and apples. In microwave safe bowl, mix oil, honey and soy sauce. Warm for 10 seconds. This can also be warmed in a saucepan on the stovetop.

Pour sauce over vegetables and toss to coat well. Cover and bake until tender – about 45 minutes. Serves 4 to 6.

Variations:

• Use peeled and chunked sweet potatoes and parsnips instead of carrots and turnips.

Health Hint

• Lite soy sauce contains less salt. It is healthier than regular soy sauce, but won’t change the flavor of the dish.

Shopping Tip

• Turnips should be smooth and firm. A wrinkled turnip will have a spongy texture. Choose small turnips for sweeter flavor.
Pennsylvania Cabbage

2 tablespoons brown sugar
2 tablespoons vinegar
1/4 teaspoon caraway seed, optional
2 tablespoons water
Dash of pepper
2 cups red or green cabbage, shredded
3/4 cup apple, unpeeled and coarsely chopped

In a large skillet, stir together brown sugar, vinegar, caraway seed if using, water, and pepper. Cook for 2-3 minutes or until hot, stirring occasionally. Stir in cabbage and apple. Cook, covered, over medium-low heat for 10-12 minutes or till crisp-tender, stirring occasionally.

Microwave Directions:

Use 1 tablespoon of water rather than 2 tablespoons. In a 1-qt. casserole, stir together all ingredients except apple and cabbage. Microwave on high for 1-2 minutes or until sugar dissolves, stirring once. Stir in cabbage and apple. Cook, covered, on high for 1-2 minutes, or until crisp-tender, stirring twice. Makes 3-4 servings.

Shopping Tips

• Use cooking apples like Golden Delicious or Jonathon varieties so that apples hold their shape and don't become mushy.

• When selecting cabbage, the head should feel heavy for its size and should have bright colored leaves. Refrigerate in a covered container for up to 2 weeks.
Roasted Asparagus

1 lb. fresh asparagus
Parmesan cheese, grated

Wash asparagus thoroughly under running cold water. Rinse tips well as dirt and sand can be present there. Snap the white bottom part of the asparagus off.

Spray a baking sheet or large baking dish with nonstick cooking spray. Arrange the asparagus spears close together on sheet or dish and spray lightly with nonstick cooking spray. Sprinkle with Parmesan cheese and bake at 400 degrees for about 10 minutes or until crisp tender. Should be able to be pierced with a fork when done. Serves 4.

Health Hints

• Asparagus is rich in folic acid. Folic acid is important to women planning to have a baby and in the early months of pregnancy. It has been proven to prevent certain birth defects.

• For people in general, folic acid may reduce the risk of heart disease, stroke, and colon cancer.

Shopping and Storage Tips

• Look for green color, straight stalks, closed tips and a small amount of white area at the bottom.

• Cut a small amount off the bottom of the asparagus stalks, wrap with a damp paper towel, put in open plastic bag, and place in the vegetable drawer of the refrigerator. Use within two days of purchase for maximum quality and nutrition.
Fresh green beans
Salt to taste

Preheat oven to 375 degrees. Wash and trim green beans. Spread them on a baking sheet. Spray with nonstick cooking spray and toss to coat. Roast, uncovered, for 5 to 8 minutes, shaking the pan once or twice to move the beans around and to allow for even cooking. Remove from the oven and sprinkle lightly with salt while the beans are still hot. Serve hot or cold.

**Shopping Tip**

* Choose green beans that are about the same size, unblemished, crisp, and have small seeds.
Squash with Apples

1 to 1 1/2 pounds winter squash, seeded and peeled
1 large apple, peeled
1/3 cup water, more if needed
2 teaspoons lemon juice, optional
1/4 cup brown sugar, packed
1/2 teaspoon cinnamon

Cut the squash and apples into 1/2-inch cubes. There will be about 4 cups. Put squash, apples, water, and lemon juice (if using) in a wide frying pan. Stir, cover, and cook on medium heat for 4 to 5 minutes or until tender and liquid is absorbed. Add sugar and cinnamon and stir to coat. Serves 4.

Variation:

• Use spices that are in the cupboard like nutmeg, ginger, or allspice if cinnamon is not available.

Shopping Tip

• Banana and Hubbard squashes are the easiest to peel and have the thick meat needed for this recipe.

• Cooking apples like Golden Delicious or Jonathons work the best as they hold their shape.

Storage Tip

• Store whole squash in a cool, dry place for up to 2 months. Store cut squash, wrapped in plastic, for up to 4 days in the refrigerator.

Many of the people who came to this cooking demonstration had never eaten winter squash. Those people went away with the desire to try this recipe on their own.

Others said this was the tastiest squash recipe ever!
Sweet Potatoes with Apples

4 large sweet potatoes, scrubbed, unpeeled
1/3 cup brown sugar, packed
1/4 cup orange juice
2 teaspoons orange rind, grated
1/2 teaspoon cinnamon
2 large cooking apples such as Golden Delicious or Granny Smiths, unpeeled, sliced

Steam or boil sweet potatoes just until tender, not soft. Allow potatoes to cool slightly, peel, and cut into ½” slices. Combine brown sugar, orange juice, orange rind and cinnamon in a small bowl and mix well.

Heat oven to 350 degrees. Spray a large baking dish with nonstick cooking spray. Layer potatoes, apples, and brown sugar mixture, one-third at a time. There will be three layers. Cover and bake for 30 minutes or until apples are tender. Makes 8 servings.

Variations:

• Use drained, canned peaches or pineapple in place of apples.
• Try dried apricots, cranberries or apples in place of fresh or canned fruit.
• Use pineapple or apple juice instead of orange juice.
• Other spices, such as ginger or nutmeg, may be used instead of cinnamon.

Time Saver

• Use canned sweet potatoes in place of fresh. Flavor and texture will be slightly different than when using fresh sweet potatoes.

Storage Tip

• Store sweet potatoes just like other potatoes -- in a cool, dry, dark place.
Winter Squash Preparation, Including Pumpkin

Wash squash and halve lengthwise. Remove seeds and strings. Spray a pan with nonstick cooking spray. Place squash cut-side down in pan. Bake at 350 degrees for 20 to 60 minutes, depending on the size of the pieces. Squash is done when it is tender and can be easily pierced with a fork.

For Pie Filling

Mash or blend well. Using a blender makes a texture that is most like canned pumpkin.

Health Hints

• Winter squash is a rich source of Vitamin A, an antioxidant vitamin that should be included from food sources in each day’s meal plan. The dark orange color signals the presence of Vitamin A in foods.

• Varieties of winter squash such as Hubbard, banana, butternut, and acorn are good sources of fiber. Try using pureed or blended squash in place of pumpkin in muffin recipes.
Apple Crisp

6 large cooking apples, washed and cored
1/2 cup orange juice
1/3 cup sugar
1/2 teaspoon cinnamon

Topping:
3/4 cup flour
1/2 cup sugar
1/3 cup margarine

Slice apples and arrange in an 8 x 8-inch pan sprayed with nonstick cooking spray. Combine juice, sugar, and cinnamon and pour over apples.

Combine flour and sugar and cut in margarine until mixture is crumbly. Sprinkle over apples. Bake at 350 degrees for 45 to 60 minutes or until golden brown. Serves 8.

Variations:

• Add 1/4 cup oatmeal to the topping in place of 1/4 cup flour for crunch and fiber.
• Instead of apples, try other seasonal fruit, such as pears or peaches.

Health Hint

• The crust for a serving of a two-crust pie, like apple pie, contains 241 calories and 15 grams of fat. Making a crisp and eliminating the crust saves 171 calories and 7 grams of fat. These figures do not include the filling.

Shopping Tip

• Cooking apples are red, yellow, or green apples that hold their shape when cooked. Examples of cooking apples are Pippins, Golden Delicious, and Rome Beauty.
Applesauce Bread Pudding

5 to 6 slices whole wheat bread, cut into cubes (about 3 to 4 cups)*
1/2 cup seedless raisins
1 cup nonfat milk
3 eggs
1/4 cup sugar
1 cup applesauce
2 teaspoons vanilla extract
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg

Preheat oven to 350 degrees. Place bread cubes in an 8” x 8” pan that has been sprayed with nonstick cooking spray. Mix remaining ingredients and pour over bread cubes. Bake for 40 minutes or until a table knife inserted in the center comes out clean. Serves 9.

Variations

• Use raisin bread and omit the raisins from the recipe.

• Other dried fruit such as cranberries, dates or prunes may be used instead of raisins.

• For a very special treat, serve with heated caramel ice cream topping.

Shopping Tip

• When purchasing whole wheat bread, look for whole wheat flour as the first ingredient on the label. “Wheat flour” is white flour and not a whole grain.

*Stale bread works best.
Apricot Upside-Down Cake

2 tablespoons soft margarine
1/3 cup brown sugar, packed
1 tablespoon water
1 (15 oz.) can apricots, drained
2 tablespoons raisins or dried cranberries
1 1/3 cups flour
2/3 cup sugar
2 teaspoons baking powder
2/3 cup nonfat milk
1/4 cup soft margarine
1 egg
1 teaspoon vanilla

Melt the 2 tablespoons margarine in a 8” or 9” round pan. Stir in brown sugar and water. Arrange apricots and dried fruit in the pan. Set aside.

Stir together flour, sugar, and baking powder. Add milk, the 1/4 cup margarine, egg, and vanilla. Beat with an electric mixer or a wooden spoon. Beat for 1 minute. Spoon batter into prepared pan. Bake in a 350 degree oven for 30 to 35 minutes or until a toothpick in center comes out clean.

Cool for a short time. Loosen sides, turn upside down on a plate and serve warm. Makes 8 servings.

Variations:

• Substitute canned pears or peaches for the apricots.
• Thawed frozen fruit could be used instead of canned fruit.
• Use reconstituted nonfat dry milk in place of the fresh milk.

Health Hint

Soft margarines (tub margarines) contain less harmful trans fats than stick margarines. Soft margarine should only be used in specially-formulated recipes, as they have a higher water content.
Banana Roll-Ups

1 cup granola or crispy rice cereal
1/4 cup mini chocolate chips, optional
4 medium bananas
4 tablespoons peanut butter (smooth or chunky)

Spread granola on a plate. Mix in chocolate chips, if using. Peel banana and cut in half. Spread peanut butter on banana halves. Roll in the granola mixture. Makes 4 whole or 8 half banana servings.

Enjoy now or refrigerate for later use.

Health Hints

• Bananas are a good source of fiber so they make us feel full.

• Peanut butter not only acts as glue in this recipe but provides protein, an important nutrient for children.

• The cereal adds crunch plus vitamins, minerals, and fiber.
Blueberry Peach Crisp

Topping:
1/2 cup oatmeal
1/2 cup brown sugar
1/4 cup flour
1/4 cup margarine, cut up
1/3 cup walnuts, chopped

Filling:
2 cups frozen blueberries, thawed
3 cups frozen sliced peaches, thawed
1/4 cup sugar
3 tablespoon flour
1/2 teaspoon cinnamon

Preheat oven to 350 degrees. Combine oats, brown sugar and flour. Cut in margarine with pastry blender or fork until well blended and moist enough to form a ball. Add chopped walnuts.

Toss undrained blueberries and peaches with sugar, flour and spices. Pour in an 8x8 inch baking dish. Scrape bowl well. Sprinkle topping mixture evenly over fruit and bake for 35-40 minutes or until golden brown. Serves 9.

Variations:

• Fresh fruit may be used in season, when it is a good buy.
• Use frozen blackberries and peaches or peaches only as the filling.

Health Hints

• Rolled oats, walnuts and fruit combine to make this dessert a good source of fiber.
• Use soft tub margarine instead of stick margarine as it has less trans fats. Trans fats can be harmful to health when used in large quantities.
Fresh Peach Cobbler

Filling:
1/2 cup sugar
1 tablespoon cornstarch
1/4 teaspoon cinnamon
4 cups peaches, sliced
1 teaspoon lemon juice

Topping:
1 cup flour
1 tablespoon sugar
1 1/2 teaspoons baking powder
2 tablespoons stick margarine
1/2 cup nonfat or 1% milk

Preheat oven to 400 degrees. Mix 1/2 cup sugar, the cornstarch and cinnamon in a 2-qt. saucepan. Stir in peaches, thawed if frozen, and lemon juice. Cook over medium heat stirring constantly until mixture thickens and boils. Boil and stir for 1 minute. Pour into ungreased 2 quart casserole. Keep peach mixture hot in oven.

In a bowl, mix flour, 1 tablespoon sugar, and baking powder. Cut in margarine with a fork until mixture looks like fine crumbs. Stir in milk. Drop dough by 6 spoonfuls onto hot peach mixture. Bake 25 to 30 minutes or until topping is golden brown. Serve warm. Makes 8 servings.

Variations:
• Use drained canned peaches or other canned fruit.
• Use half peaches and half blackberries in the cobbler.
• Top with nonfat frozen yogurt.

Health Hint
This dessert provides one serving of fruit -- a fun way to help reach the goal of having 5 servings of fruits and vegetables each day.
Grandma’s Applesauce Cake

1/4 cup margarine
3/4 cup brown sugar
1 large egg
1 1/4 cups flour
1/4 teaspoon baking soda
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1 cup unsweetened applesauce
1/2 cup raisins
1/3 cup walnuts, chopped

Preheat oven to 350 degrees. Coat an 8 x 8 inch baking pan with nonstick cooking spray. Blend together softened margarine and brown sugar. Add egg and beat until fluffy. In a separate bowl, stir together flour, baking powder, baking soda, cinnamon, and nutmeg. Add flour mixture alternately with applesauce, making two additions of each. Beat lightly after each addition. Stir in raisins and walnuts.

Spread batter evenly in pan and bake for about 35 minutes or until top is brown and toothpick inserted in the center comes out clean. Cool completely before frosting.

**Frosting**

2 tablespoons margarine
1/4 cup brown sugar
1 tablespoon non-fat or lowfat milk
3/4 cup powdered sugar


**Variations**

• Spices may be varied or increased. If cinnamon is the only spice you have, use 3/4 teaspoon of it.

• The walnuts can be left out, if desired. Add more raisins.

• Instead of using frosting, sprinkle the cooled cake with powdered sugar.

**Health Hint**

For a nutritional boost, substitute whole wheat flour for half the white flour. Increase baking soda to 1/2 teaspoon, as wheat flour may yield a heavier cake.
Crust

1 1/2 cups graham crackers, finely crushed
3 tablespoons margarine, melted
2 tablespoons sugar

Mix crumbs, margarine and sugar and pat into a 9-inch metal pie plate. The crust gets too dark when baked in a glass pie plate. Put aluminum foil around the edges of the crust to prevent excessive browning. Remove for final 10 minutes of baking.

Filling

3/4 cup sugar
1 tsp. cinnamon
1/2 tsp. ginger
1/4 tsp. cloves or nutmeg
2 large eggs
1 (15 oz.) can pumpkin or 2 cups fresh, cooked pumpkin (see page 104)
1 (12 oz.) can evaporated SKIM milk

Mix sugar and spices in a small bowl. Beat eggs in a large bowl and stir in sugar/spice mixture. Gradually stir in evaporated skim milk. Pour into pie shell. Put aluminum foil around the edges of the crust to prevent excessive browning. Remove foil during last 15 minutes of baking.

Bake in preheated 425 degree oven for 15 minutes. Reduce temperature to 350 degrees and bake 40 to 50 minutes longer or until knife inserted near center comes out clean. Cool on wire rack. Refrigerate. Serves 8.

Variation:

• Use 1 3/4 tsp. of pumpkin pie spice in place of the individual spices in the recipe. Check the bulk section of your grocery store for spices -- buy just the amount needed to save money.

Both the filling and the crust are healthier than a traditional pumpkin pie. No one would ever know it from the flavor!

Health Hints

• If using a traditional pie crust recipe, cut the pie into smaller pieces. Pie crust has lots of fat and calories.

• Evaporated skim milk can be used in any recipe using regular evaporated milk. Substitute also for whole milk, half and half, and sometimes in place of whipping cream. There is NO flavor or texture difference when evaporated skim milk is substituted for evaporated whole milk.
Yummy Cereal Peanut Butter Bars

3 1/2 cups flake or crispy rice cereal, crushed
1/2 cup shredded coconut, optional
1/2 cup light corn syrup
1/2 cup sugar
1/2 cup peanut butter, smooth or chunky
1/2 cup chocolate chips
1/2 cup butterscotch chips

Spray a 8 x 8-inch pan with nonstick cooking spray and add cereal and coconut; mix. In saucepan, combine corn syrup and sugar. Bring to a boil and add peanut butter. Stir until smooth, pour over cereal mixture covering as much of the cereal as possible. Mix thoroughly. Pat into pan.

Combine chocolate and butterscotch chips in a saucepan. On the stovetop at a very low heat, stir until melted and smooth. May also be melted in the microwave by cooking for 60 to 90 seconds and stirring mid-way to hasten the melting process.

Spread the melted chocolate mixture over the bars. Cool and cut. Makes 16 servings.
Sample Menus

Breakfast Menu

Tofu Scramble
Whole Wheat Toast with Jam
Mixed Canned Fruit
Milk

Lunch Menu

Tuna Pitas
Raw Vegetables with Low-Fat Dip
Banana Roll-Ups
Milk

Picnic Menu

Tuna Salad Sandwich
Crisp Corn Tortilla Chips
Raw Vegetables with Low-Fat Dip
Ranch Beans
Grandma’s Applesauce Cake
100% Fruit Juice

Dinner Menu #1

Sweet and Sour Pork
Rice
Brussel Sprouts with Mustard Glaze
Applesauce Muffins
Milk

Dinner Menu #2

Tuna Chilies Rellenos
Mexican Rice
Tossed Green Salad with Low-Fat Dressing
Milk

Dinner Menu #3

Ham and Broccoli Soup
French Bread
Carrot-Pineapple Cup
Milk
Please circle your response to each of the following statements.

**Value of the Class**

1. This information will help me to make better use of Food Bank foods.
   - Poor               Good               Very Good
2. I will try to make the recipes used.
   - Poor               Good               Very Good
3. The handout materials were useful.
   - Poor               Good               Very Good

**Evaluate the Instructor**

1. The instructor was well-informed about the subject.
   - Poor               Good               Very Good
2. The style of instruction was easy to understand.
   - Poor               Good               Very Good
3. The instructor was courteous and considerate.
   - Poor               Good               Very Good

**Comments** -- Please finish the following statements. Use the back of this sheet if needed.

1. The part of the program I liked the most was:

2. The part of the program I did not like was:

3. In the future, I would like to learn about the following nutritional information:
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