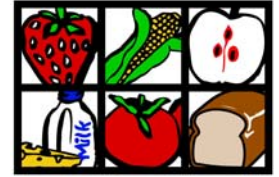


Cornell University
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Eat Smart New York!



Healthy Meals in a Flash

The approach you take to saving time depends on what kind of time you want to save – active or total. “Active” time includes preparation steps that require your full or partial attention- the time you are “actively” involved in food preparation. “Total” time refers to how long it takes to get a meal ready, from start to finish. For example, preparing a roast for dinner takes very little *active* time. The roast is not a good choice, however, if you’re short on *total* time because it takes a long time to cook.

Getting Organized

One of the first steps in learning to manage your time is ORGANIZATION in planning for meals and preparing recipes:

Kitchen arrangement. Make sure foods, utensils, and equipment are arranged conveniently for fast-paced work. Buy some quality utensils and equipment as well as some disposable tools.

Adequate food supply. Keep your food cabinets, refrigerator and freezer stocked with quick-to-fix ingredients that can be used in a variety of ways (an assortment of canned and frozen vegetables, ground beef, fish fillets, and chicken, for example.)

Meal ideas. Try to plan at least some meals in advance. This can be as simple as making a mental note of what you’ll have for dinner tomorrow or defrosting a meat so it will be ready to prepare.

Shopping lists. Keep a piece of paper near the refrigerator for jotting down items as you need them. Use it as a basis for a complete shopping list.

Game plans. Read recipes ahead to be sure you have all ingredients on hand. Make a “game plan” – a logical order for tasks in preparing the meal.

Time-Saving Strategies

Focus preparation efforts on one portion of the meal. There’s no need for all meal components to be elaborate. For example, if the main dish requires lots of attention, fix a simple vegetable or salad. If the main dish is simply prepared meat, dress up the vegetables or add an interesting side dish.

Do some preparation steps ahead. Thaw frozen meat, fish or poultry in the microwave oven or overnight in the refrigerator. Assemble equipment, cooking utensils, and ingredients before you start meal preparation.

Use time-saving food preparation methods. To save total preparation time, try quick microwave or stovetop versions of dishes you usually cook in the oven – skillet lasagna or microwave cornbread, perhaps. One dish meals save cleanup time.

Get others to help. Have your children or other household members help with simple food preparation steps, setting and clearing the table or washing dishes.

Collect quick and easy menu ideas and recipes. Jot down whole menus as well as recipes. Look for recipes that have just a few ingredients. Also, look for ingredients you usually have on hand.

Be efficient. When you *do* have time to cook, make your efforts really worthwhile. On weekends, for example, if you prepare pancakes, waffles, or french toast for breakfast, make a double or triple batch and freeze the extras. Anytime you make foods such as soups, stews, chili, or spaghetti sauce, make extra and freeze in meal-size portions. Double your meatloaf recipe and freeze half the uncooked meat mixture as patties or meatballs to use later. Or, freeze some in muffin tins to make mini-loaves.

Time-Saving Equipment

Busy schedules and a desire for easy meals have made microwave ovens an essential part of many kitchens. Active preparation time is often about the same for microwave and conventionally cooked foods, but total cooking time is usually shorter. However, cooking some foods in the microwave oven does *not* save time- rice and pasta, for example. The solution: cook rice or pasta on the stovetop while your main dish is in the microwave oven. The greater the amount of food, the longer it takes to cook in a microwave oven. Therefore, cooking several foods for a meal in the microwave oven may not save time.

Other labor-saving devices:

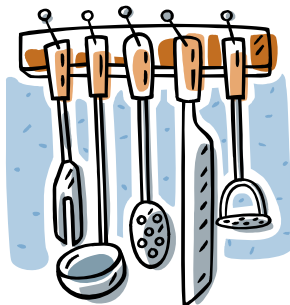
Toaster ovens, countertop convection ovens, pressure saucepans or cookers, electric frypans, and crockpots are other small appliances that can help save active or total time.

Save food transfer and cleanup time by using cookware in which food can be cooked, served, and stored, like Corningware. Line pans with aluminum foil to shorten cleanup time.

A food processor can save considerable time if you have lots of vegetables to chop or slice for a salad, soup, stirfry dish or casserole, although it may not be worth the trouble for small amounts.

A tip for onion and green pepper: chop a large quantity and freeze in a zip-top freezer bag or other airtight container for future use in cooked dishes. Frozen chopped pieces separate easily with a knife and during cooking.

Whatever gadgets you use, the fewer you use, the less time needed for cleanup!



Dietary Guideline Reminders

For variety, include foods from all of these groups on a daily basis: breads, cereals, and other grain products; fruits; vegetables; meat, poultry, fish, and alternates; milk, cheese, and yogurt.

To maintain desirable weight:

- Choose a variety of foods that provide needed nutrients.
- Go easy on foods that supply mainly calories – sugars, sweets, fats and oils, foods high in sugars and fats, and alcoholic beverages.

To avoid too much fat, saturated fat, and cholesterol:

- Choose lean meat, fish and poultry, and dry beans and peas as protein sources.
- Use skim or low-fat milk and milk products.
- Use egg yolks and organ meats in moderation.
- Use fats and oils, especially those high in saturated fat, such as cream, lard and butter, in moderation.
- Use foods high in fat, such as deep-fat-fried foods, in moderation.
- Trim fat off meats; remove skin from poultry.
- Broil, bake, boil, steam, or microwave, rather than fry.
- Use healthy recipe substitutions (list provided in this packet).

To eat more starch and fiber:

- Choose foods that are good sources of starch-breads, cereals, pasta, rice, dry beans and peas, and starchy vegetables such as potatoes, corn, and lima beans.
- Choose foods that are good sources of fiber, such as whole-grain breads, cereals, and pasta; vegetables and fruits with edible skins; dry beans and peas.

To avoid too much sugar:

- Use less of all sugars and of foods high in sugars, like prepared baked goods, candies, sweet desserts, soft drinks, and fruit-flavored punches and ades.
- Select fresh fruits, unsweetened frozen fruits, or canned fruits packed in water, juice, or light syrup.
- Cut back on the amount of sugars used in recipes.

To avoid too much sodium:

- Cook without salt or with only small amounts of added salt. This includes seasoned salts as well as table salt.
- Flavor foods with herbs, spices or lemon juice.
- Go easy on high-sodium condiments (soy sauce, steak sauce, catsup), pickles, cured or processed meats, most cheeses, and most canned vegetables and soups.
- Use lower sodium products in place of higher sodium ones – “no-salt-added” or “reduced-sodium” products, for example.

If you eat foods high in fat, sugars, or sodium, balance them during the day with other foods that are lower in these components.

Evaluating Recipes

Time-saving tips are a help regardless of the foods you cook. The keys to quick meals in the Dietary Guidelines style are the amounts and types of ingredients you choose, and of course, the food preparation methods and recipes you use. Keep both time-saving tips and the “Dietary Guideline Reminders” above in mind when you choose recipes.

Look at recipes in terms of active and total preparation time. Note whether a recipe meets your time requirements, how many ingredients are required, and how many steps are needed to get those ingredients in ready-to-use form. For example, a simple five-ingredient recipe including a cup of cooked, diced chicken isn’t going to fill the bill for a meal needed in half an hour unless you already have cooked chicken on hand.

Look at your favorite recipes. Can any ingredients be changed to save preparation time? Can any preparation steps be combined or eliminated? Can any be doubled and used as the basis for a “planned-over” meal?



Quick Chili – Recipe Makeover

Recipe Preparation Time

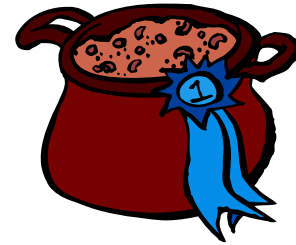
Active: 10 minutes **Total:** 20 minutes

Nutrition Info: 230 calories, 9g fat, 390mg sodium

Makes: 4 servings, about $\frac{3}{4}$ cup each

Ingredients:

- ½ lb lean ground beef
- 1 (15.5 ounce) can kidney beans, drained (save liquid)
- 1/3 cup bean liquid
- 1 cup “no-salt-added” canned tomato puree
- 1 Tbsp instant minced onion
- 1 ½ Tbsp chili powder



Directions:

1. Cook beef in hot fry pan until lightly browned. Drain off fat.
2. Stir in remaining ingredients.
3. Bring to a boil. Reduce heat, cover, and simmer for 10 minutes.

Menu Suggestion: Serve with mixed salad greens with reduced-calorie dressing, whole-wheat rolls, and juice-pack canned pineapple chunks. (Menu preparation time including recipe: **active**, 15 minutes; **total**, 20 minutes)

This quick and easy recipe only takes 20 minutes to prepare compared to 1 to 3 hours for many other chili recipes because it....

- ✓ Has only six ingredients, none of which require preparation.
- ✓ Has only three major preparation steps. All are very simple.
- ✓ Uses one pan for all steps. (This saves on both preparation and cleanup time.)
- ✓ Uses canned rather than dry beans that you have to cook.
- ✓ Uses a small amount of liquid and cooks just long enough to blend flavors and become thickened.
- ✓ Uses dried rather than fresh onion-no chopping.

The recipe is also a good choice for Dietary Guideline-style meals because....

- ✓ Lean ground beef is used in place of regular ground beef.
- ✓ Ground beef is browned without added fat. Fat that accumulates during cooking is drained off.
- ✓ Kidney beans are a good source of starch and fiber. Only a portion of the bean liquid has been used to help reduce sodium.
- ✓ “No-salt-added” tomato puree is lower in sodium than most other processed tomato products. (It contains about 50 milligrams sodium per cup, compared to about 1000 milligrams per cup for regular tomato puree). No salt is added to the recipe.

These changes result in 110 fewer calories, 9 fewer grams of fat, and 440 fewer milligrams of sodium than a similar serving of typical chili.

This chili recipe makes a great “planned-over” meal. Make a double batch and freeze half to reheat later for use in chili tacos; to combine with macaroni in a skillet main dish; in chili burgers served sloppy-joe style; in taco salad; or as a potato topper.

“Planned-Overs” – Cook Once, Eat Twice

Leftovers don't have to be boring. Planned leftover (planned-overs) can be helpful in quick meals-part of meal preparation is already complete! Here are some tips for using leftovers:

Use leftovers in a totally different way from the original meal and vary the way you use them.

Look for new recipes that use foods you often have left over.

Use planned-overs to make efficient use of large meat cuts and other foods that come in large packages. Roast a chicken, turkey, beef roast, or ham and slice some for eating while hot. Cool the rest quickly and cut into meal-size portions for use later in casseroles, stirfry dishes, sandwiches, soups, stews, and salads. Freeze the portion you won't use within a day or two.

Preparing Quick Meals

Here are some basic food preparation ideas that save time and also help reduce fat, cholesterol, sugars and sodium.

Quick –cooking methods that help cut down on fat include broiling, pan-frying without added fat, or stirfrying in a very small amount of oil. A nonstick frypan is helpful for browning meat. Drain fat well after cooking.

Poultry. Remove skin to reduce fat. Several forms of fresh chicken and turkey are available with skin and bone already removed-chicken breasts and turkey cutlets, for example. There are also many precooked poultry products that require only heating-barbecued chicken from the deli, for example. However, these choices are often higher in calories, fat and sodium.

Pound boneless skinless chicken breasts with a metal meat mallet to flatten or use turkey breast fillets or tenderloins. Season with herbs and braise in chicken broth without added salt or broil. Brush with a small amount of sauce or oil during cooking if needed to prevent dryness.

Cut chicken into strips and stirfry.



Planning and Management for Good Nutrition

Planning is essential to the completion of any large project, and it's an important factor in healthier eating. Planning eliminates the:

- 5 o'clock "what's-for-dinner" syndrome
- Search-for-the-quick-meal supermarket visit
- Missing-ingredient-for-the-casserole dilemma
- Potato chip binge before dinner

Advantages to menu planning include:

Saves time and effort – ingredients will be on hand, which means fewer trips to the supermarket; planning helps you make good use of leftovers, which can save you prep time and money.

Encourages variety –you can schedule in varied, balanced meals. Too many nights with red meat entrees? Just substitute a vegetarian or fish entrée one night.

Can help you save money – with a menu plan, you'll know exactly what you need when you're in the supermarket. Pre-planned quick meals can take the place of more expensive convenience foods.

Planning enhances nutrition- you can balance your menu choices to control total fat, calories and/or sodium.

If you have never menu-planned, you may want to begin by just planning meals for two or three days, and later expand to one-week menu cycles. Some working women write a menu plan for a one-month period, but usually a one-week plan will be enough to save you time, money and energy. You'll find that the majority of the time spent on menu planning is devoted to setting the dinner menu, because lunch menus, for today's busy families, are usually brown-bag ideas like leftovers, lean luncheon meats, fresh fruits, and juice.

Here are the steps to efficient menu planning:

1. Set aside a regular time each week to plan your menus.
2. Develop a repertoire of meals that you cook well. Plan to have basic ingredients on hand. Keep a grocery list on the fridge and write down items that you are out of, or are close to it.
3. On a sheet of paper, write the days of the week in rows, and the meals in the columns. As "meals," you may include all eating times, like breakfast, lunch, and dinner plus snacks, or just the major meals.
4. It's easier to start the week's plan with the dinner menus; this way, leftovers can be worked into lunch or subsequent dinners. Make sure the major food groups, in the suggested servings per day, are represented. Try a new recipe once a week.
5. Plan easier meals for the nights you'll have the least kitchen help; plan to serve less food when you know half the family won't be home for dinner (unless you want leftovers); plan a light dinner when you know you'll have a big lunch at work. Make

- food on a night that's less hectic so you have leftovers for another night when time is tight.
6. List not only the main dish for each meal plan, but also any side dishes and the beverage. Listing all the side dishes accompanying the entrée, you'll be able to prepare a more complete shopping list, have a better idea about balance in the food groups, and , on that evening of the meal, a food preparation order (like first the bulgur and broccoli side dishes before broiling the chops).
 7. When you're done with the week's menu, start your shopping list, using the planned menus to guide your shopping list.
 8. Post your menu sheet on the fridge or the kitchen bulletin board, for the family to see. Why? If you're using a "Family Help Chart," each family member needs to know what their dinner responsibility is for each night of the week. Also, in case you're a little late getting home, someone else can help get dinner started.

Planning the Shopping Trip

Menu-planning virtually guarantees a well-planned shopping list. Using your week's menu plan, develop that week's shopping list following these 4 basic steps:

1. Go through your weekly menu, and write down all the needed ingredients, especially any perishable foods (like dairy, meats, and vegetables); it's helpful to note amounts needed ("2 bell peppers," "1 cup low-fat cottage cheese").
2. Check your pantry, freezer, and refrigerator, for any foods that are running low or are gone (like eggs, peanut butter, or spaghetti sauce). If you have been updating your list posted on the fridge, this will save time.
3. See what's on sale at the supermarket this week so you can stock up on good buys (you may even want to do this first, to include sale foods –especially meats and vegetables- in the weekly menu plan).
4. Do you use coupons? Now is the time to put a "C" next to those items you can save on with a coupon.

Developed in this way, a complete, efficient grocery list means no more daily visits to the supermarket—no more valuable time wasted or unneeded frustration.

Consider that certain food choices in the supermarket can also save you valuable preparation time. Some cooks rely on processed or convenience foods to save them time in the kitchen. If time and energy savings outweigh the cost and if healthy, than use the convenience foods, for instance, bagged salad. However, many of these foods can be very high in sodium, fat, or calories, including canned soups, boxed macaroni and cheese, frozen side-dishes, and boxed potato dishes. For pre-prepared convenience without forfeiting nutrition, try the following:

Visit your supermarket's salad bar- you'll find pre-sliced mushrooms, broccoli and cauliflower florets, cleaned spinach, and chopped onions. A sampling of these veggies can mean a quick stirfry or soup.

Chicken- choose skinless, boneless chicken breast.

Cheese – buy it grated or sliced.

Meats – choose those closely trimmed of fat.

Fish and Shellfish – very fast cooking; buy as steaks, or fillets, get shrimp shelled and deveined, oysters and clams shucked; some stores will even steam shrimp for you.

Rice – brown rice is higher in fiber, but can take a long time to cook; options are instant brown rice, or soak your brown rice the night before, this speeds up cooking to less than 30 minutes.

Bulgur and couscous – grain foods that cook in less than 10 and 5 minutes, respectively.

Frozen bread dough – can contribute a fresh made atmosphere when baking.

Packaged angel-food cake – makes an easy and nutritious dessert when topped with fresh fruit or frozen berries.

Pasta – many frozen varieties like ravioli, tortellini, and gnocchi are available; they can go directly from freezer into boiling water, and cook in about 15-20 minutes. Top with low-fat sauce, or a creamy topping of blended yogurt and cottage cheese.

Frozen vegetables – buy them plain, then add your own spices and herbs to flavor.

Breads – purchase them pre-sliced, or ask the bakery to slice the loaf for you. Throw a loaf in the freezer.

Garlic – buy pre-chopped in jars; 1 teaspoon equals one clove. Pesto sauce also comes prepared in jars.

Beans – high in fiber, but cooking from dry is time-consuming. Buy them canned (like kidney beans and chickpeas) and rinse before using – this helps to remove some of the sodium. You can cook and then freeze beans.

Bisquick® – there are lots of tasty recipes that utilize baking mix.



Planning for a Rainy Day

Lots of recipes can be made ahead and stowed away for a busy day when there's literally no time to prepare a meal from scratch. Popular stow-away foods are casseroles (like lasagna), soups (like split pea or lentil), and stews (like chili).

"Leftovers" is not a dirty work, especially if leftover food can be "re-created" into a new or different dish. Many working women say that planning for leftovers is a real time-saver in their lives:

"I cook ahead and freeze for the week or later "(be careful, some foods do not freeze well).

"I use a lot of leftovers from meal to meal for my family."

"Make one big thing on the weekend and freeze it for the next week."

"I cook a big meal on Sunday to last through the week."

As an example of re-creating foods, consider the Quick Chili recipe listed earlier. It can be served as suggested. If the recipe is doubled, or tripled, the leftover chili could be used in creative ways like:

Chili tacos – warm taco shells, stuff with reheated chili, and top with shredded lettuce, tomatoes, a low-fat shredded cheese, yogurt and salsa.

Chili burgers – served sloppy-joe style; fill whole wheat hamburger buns with reheated chili, top with slice of low-fat cheese.

Chili potato – microwave baking potatoes, split and top with reheated chili. Sprinkle on low-fat shredded cheese.

Macaroni and chili – cook elbow macaroni, combine with leftover chili, and reheat in a skillet for a casserole dish.

Taco salad – make a bed of lettuce greens, top with reheated chili, and add chunks of tomato, chopped scallions, diced bell peppers, and low-fat shredded cheese; stick in unsalted tortilla chips here and there.

Leftovers can also be good lunch items. Soup and casseroles make good winter-time lunches, while pasta or chicken salads are good for warmer months.

Another way to plan for leftovers is in the vegetable department. Don't waste valuable time each night preparing the salad greens. Wash lettuce greens in bulk and store the unused portion in a crisper for the rest of the week; slice mushrooms, carrots or cucumbers ahead and store them in airtight baggies. This way, not only can the dinner salad be assembled quickly, the sliced vegetables also make a nice pre-dinner snack instead of fatty potato chips.

Planning Supplies

Your weekly shopping list should include not only the foods you'll need for preparing the week's menus, but also "staple" foods. "Staples" are foods that you purchase regularly, and are the mainstays of your diet.

A well-stocked pantry, freezer, and refrigerator can save you extra trips to the grocery store during the week, as well as during meal emergencies, like unexpected dinner guests. A supply of essential foods will also give you the freedom to make whatever you'd like for a meal.

Of course, you can store some foods longer than others (like oatmeal versus ricotta cheese), so it's better to keep a supply of the non-perishable staples on hand, rather than over-stocking with foods that may spoil. It's best to buy the more perishable foods when you'll use them; during the week you've planned a menu to include them.

Dry Goods to Keep on Hand

Canned or dry beans
Lentils
Favorite spices, herbs, seasonings
Healthful canned soups
Oil and vinegar
desserts
Pasta
Pasta sauce
side-
Rice
Tuna fish
Whole-grain breads and cereals

What to Buy for the Freezer

Chicken
Ground turkey breast (skinless)
Fish and seafood
Lean cuts of beef or pork
Fruits – great for smoothies and

Nuts
Vegetables for soups, stirfry dishes,

dishes and additions to pasta

Veggie burgers

What to Put in the Refrigerator

Fruits
Vegetables
Salad vegetables
Potatoes
Sweet potatoes
Fat-free sour cream
Margarine (light)
Orange juice
Parmesan cheese
Skim milk
Yogurt (light)



Healthy Recipe Substitutions

1 Whole Egg	2 Egg Whites <i>or</i> ¼ cup Egg Substitute
1 cup Butter	2/3 cup Preferable Oil (Canola, Olive or Peanut) <i>or</i> 1 cup Tub Margarine
½ cup Shortening	1/3 cup Oil <i>or</i> ¼ cup Oil & ¼ cup crushed or pureed fruit (applesauce, crushed pineapple or baby food prunes) <i>or</i> can substitute ½ cup crushed or pureed fruit
Mayonnaise	Plain Low fat or Nonfat Yogurt <i>or</i> Low fat or Fat Free Mayo
Sour Cream	Plain Low fat Yogurt <i>or</i> Pureed Cottage Cheese
Cream	Evaporated Skim Milk
Cream Cheese	Low fat <i>or</i> Nonfat Cream Cheese
Cheddar Cheese	Extra Sharp Cheddar-but only use ½ amount
Ice Cream	Nonfat Ice Cream <i>or</i> Nonfat Frozen Yogurt <i>or</i> Ice Milk
Whipped Cream	Evaporated Skim Milk- chilled till almost frozen & then whipped
Bacon	Canadian Bacon <i>or</i> Lean Ham
Broth or Bouillon	Low Sodium Versions <i>or</i> Low Sodium V8 Juice
Salt	Mrs. Dash, Spike or Other Salt Free Seasoning Blend <i>or</i> Herbs and Spices <i>or</i> Lemon/Lime Juice
1 cup Buttermilk	1 Tbsp Lemon Juice or Vinegar + Skim Milk to Make 1 Cup
1 oz. Baking Chocolate (1 square)	3 Tbsp Powdered Cocoa + 1 Tbsp Oil
Whole Milk	Equal Amounts Water + Evaporated Skim or Low fat Evaporated Milk (handy to keep in pantry)
1 Tbsp Fresh Herbs	1/3 to ½ tsp Dried Herbs

Recipes

Orange-Poppy Noodle Style Pasta

1 lb diet margarine	1 tsp poppy seed
¼ cup orange juice	6 oz noodles (cholesterol/yolk free)
1 tsp grated orange peel	(4 ½ cups)

Cook and drain noodles. In a small saucepan, melt margarine over low heat. Stir in orange juice, orange peel and poppy seed; heat through. Toss with noodle style pasta.

Pasta Broccoli Salad with Tuna

8 oz spirals, cooked	2 tsp dried basil
1 bunch fresh broccoli, steamed	1 tsp oregano
3 large tomatoes, cubed	3 Tbsp red wine vinegar
1 (6 oz) can tuna in water, drained	3 Tbsp olive oil

Combine pasta, broccoli, tuna, tomatoes & onion in large bowl. In jar, with lid, combine remaining ingredients. Shake well. Pour over salad and toss. Chill one hour.

California Pasta

1 lb spaghetti	3 oz skim mozzarella cheese, diced
6 large ripe tomatoes	2 Tbsp oil
10 basil leaves, chopped	2 cloves minced garlic
	salt and pepper to taste

Cook pasta until tender. While pasta is cooking combine remaining ingredients in large bowl. Toss drained pasta with tomato mixture. Garnish pasta with Parmesan cheese and serve. Serve with salad and rolls.

Macaroni and Cheese

3 cups any pasta	1/8 tsp garlic powder
½ cup skim milk	2 cups low-fat cheddar cheese, grated
1 cup low-fat cottage cheese	

Cook pasta according to package directions. Pour cooked pasta into 8 x 10 inch baking dish. Mix remaining ingredients and pour over pasta. Bake in 350 degree oven for 30 minutes or until liquid is absorbed.



Quick Italian Pasta Casserole

2 ½ cup any pasta

Sauce:

1 (15 ounce) can tomato sauce
½ tsp oregano
1 tsp minced onion
¼ tsp garlic powder

Cheese:

1 cup low-fat cottage cheese
¾ cup low-fat cubed mozzarella cheese
2 Tbsp parmesan cheese

Cook pasta according to directions on package. Mix sauce ingredients together while pasta is cooking. Put pasta in 2-quart baking dish, add cheeses and toss to mix well. Add sauce with pasta and cheese. Bake at 350 degrees for 25 minutes.

Small Snails with Potatoes

2 onions, chopped
2 Tbsp olive oil
2 Tbsp diet margarine
5 potatoes, peeled and cubed

1 can tomatoes
1 Tbsp Italian seasoning
6 Tbsp parmesan cheese
1 lb shell pasta, cooked

Cook onions in oil and diet margarine until soft. Stir in potatoes and simmer covered for 15 minutes. Stir in tomatoes and seasoning. Simmer 25 minutes covered, stirring often. Pour over hot pasta and stir. Top with cheese and serve.

Little Butterflies with Beans

2 cups canned lima beans
4 slices lean bacon

1 lb bow pasta, cooked
3 Tbsp diet margarine

Cut bacon into small pieces and fry until crisp. Drain off all grease in bowl and toss with diet margarine. Add lima beans, stirring until warm. Add bean and bacon mixture. Toss again.

Carrots and Macaroni Soup

¼ cup onions, diced
¼ cup green peppers, diced
2 cups shredded carrots
1 Tbsp diet margarine

4 cups chicken broth
2 cups macaroni twists, cooked
1 Tbsp tarragon
1 ½ cups skim milk

Cook onions, peppers and carrots in margarine for 5 minutes. Add chicken broth and bring to a boil. Lower heat and cover for 30 minutes. Add macaroni, milk and tarragon. Heat through.



Bows and Broccoli

8 oz cooked pasta bows	1 cup broccoli, cooked
1 Tbsp oil	1 tsp basil
1 chopped garlic clove	1 tsp oregano
2 red peppers, diced	pepper to taste
1 cup chicken broth	¼ cup parmesan cheese

Cook garlic and red peppers in oil, stirring constantly. Add chicken broth and cook until 1/3 cup liquid remains. Cook an additional 7-8 minutes. Blend mixture in blender until smooth. Pour back into pan and add remaining ingredients. Cook until broccoli is heated. Toss with pasta.

Pasta Vegetable Soup

1 can cream of chicken	¼ cup diced tomato
1 can cream of celery	1 cup cooked tiny pasta
¼ cup chopped celery	1 tsp curry
½ cup shredded carrots	1 tsp diet margarine
2 cans skim milk	

Melt margarine and brown celery until tender. Add curry, carrots and cook 5 minutes. Add remaining ingredients, except pasta and cook until heated through. Add hot pasta and serve.

Tuna and Shells Soup

2 cup small shells, cooked	2 Tbsp tomato paste
1 Tbsp diet margarine	1/8 tsp cayenne pepper
2 cans tuna in water, drained	1 tsp turmeric
2 Tbsp minced onion	6 cups skim milk

Melt margarine in large sauce pan, add tuna, onion and cook until tender. Add tomato paste, pepper, turmeric and milk. Cook over low heat. Stir in pasta shells and heat thoroughly.

Pasta with Spicy Carrot Sauce

8 oz pasta, cooked	¼ tsp crushed red pepper
½ lb carrots, shredded	1 tsp thyme
1 celery stalk, chopped	2 cups chicken broth
4 cloves garlic, chopped	1 Tbsp diet margarine
	salt and pepper

Cook carrots, celery, garlic, red pepper and thyme in large pan with water. Cook for 20 minutes or until vegetables are tender. Drain off water. Pour 1 cup broth over vegetable

mixture and continue cooking for 10 minutes, reducing liquid. Add second cup of broth and continue cooking until ¼ cup liquid remains. Stir margarine and salt and pepper into sauce. Pour on cooked pasta.

Pinto Beans and Wheels

8 oz wagon wheel pasta, cooked	1 clove garlic, chopped
1 cup pinto beans	1 (28 ounce) can tomatoes, chopped
2 Tbsp oil	5 drops red hot sauce
1 green pepper, chopped	1 tsp black pepper
1 onion, chopped	¼ cup low-fat cheddar cheese

Soak beans in 3 cups water for 8 hours and drain. Cook beans for 10 minutes in boiling water. While beans are cooking, heat oil in heavy skillet. Brown peppers, onion and garlic. Add tomato sauce, beans and one cup water. Bring mixture to a simmer. Cover pan and reduce heat to low cooking for one hour. Pour mixture over cooked pasta, stirring in red hot sauce and pepper. Top with cheese and serve.

Hawaiian Ham and Noodles

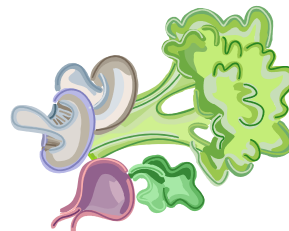
1(8 ounce) can pineapple chunks, drained (Save ½ cup juice)	
½ cup cider vinegar	2 Tbsp vegetable oil
2 Tbsp reduced-sodium soy sauce	1 medium onion, sliced thin
1 Tbsp ketchup	2 large sweet peppers, diced
1 Tbsp cornstarch	1 clove garlic
8 oz fine noodles, cooked	4 oz baked or boiled ham, cubed

Combine pineapple juice, soy sauce, ketchup and cornstarch in small bowl. Heat oil in large skillet, add onions and peppers and cook for 8 minutes or until tender. Stir in garlic and ham. Cook 5 minutes. Add pineapple chunks and pineapple mixture. Bring to a boil, stirring constantly or until sauce thickens. Put noodles on plate and spoon mixture over them.

Pasta Primavera (Springtime Vegetables)

1 large onion, finely chopped	¼ cup chopped fresh basil
2 cloves garlic, minced	4 cups vegetables in season, cut into bite-size pieces (include zucchini)
4 Tbsp oil	
1 large can Italian plum tomatoes	1 lb linguine, cooked till almost done
	grated parmesan cheese

In a large skillet, sauté onion and garlic in oil until transparent and lightly browned. Add tomatoes with basil and cook uncovered for 25 minutes. Meanwhile, steam the fresh vegetables until almost tender, drain well. Pour half the sauce on large platter. Top with cooked linguine. Arrange vegetables over pasta, then pour on the remaining sauce. Sprinkle with cheese.



Italian Stew

1 lb turkey Italian sausage links, semi- frozen, cut into bite size pieces	
1 large onion, chopped	2 tsp oregano
2 cloves garlic, minced	1 Tbsp olive oil
2 green peppers, diced	1 lb cut green beans
3 (20 ounce) cans crushed tomatoes	????zucchini
	2 cups uncooked macaroni

In a 6-quart dutch oven or large pot, sauté onion, garlic, green peppers and sausage in oil until tender. Drain off excess grease. Add tomatoes, green beans and zucchini. Simmer 30 minutes. Add oregano and macaroni. Simmer until macaroni is tender. Stir occasionally. Serve in soup bowls. Sprinkle with parmesan cheese.

Pesto Pasta

9 oz pasta, cooked and drained	1 ½ cups chopped zucchini
1 cup fresh basil leaves, rinsed and dried	1/3 cup fat-free chicken or vegetable broth
2 tsp minced garlic	1/3 cup freshly grated parmesan cheese
½ tsp onion powder	

Cook pasta according to package directions and drain well. Combine basil, garlic and onion powder in food processor or blender and process until chopped. Add zucchini, broth and cheese and process until smooth. Pour pesto sauce into small saucepan and heat over medium heat just until heated through. Serve over hot pasta.

Nutrition Info: 444 calories, 4g fat, 7g fiber, 345mg sodium
Serves: 6

Sloppy Joes

1 lb fat-free beef crumbles	1 tsp mustard
2 Tbsp onion powder	1 tsp garlic powder
½ cup ketchup	¼ tsp pepper

Lightly spray a large non-stick skillet with non-fat cooking spray and heat over medium-high heat. Add beef and cook until no longer pink and cooked through; drain well. Add remaining ingredients and heat over medium-high heat until mixture comes to a boil; reduce temperature to low, cover and simmer 20-30 minutes. Serve over bread, stuffed in a pita pocket, or rolled in low-fat flour tortillas.

Variation: Replace the beef crumbles with seasoned soy meat alternative such as *Ground Meatlessu* or *Gimme Leanu*

Nutrition Info: 146 calories, 570 mg sodium
Serves: 4

Stovetop Tamale Pie

1 recipe Quick Chili (earlier in packet)	dash of salt (optional)
1 (8 ounce) can “no-salt-added” whole-kernel corn, undrained	1¼ cups cold water
½ cup yellow cornmeal	1/8 tsp chili powder

Place chili in a 10-inch frypan. Stir in corn. Heat thoroughly. As chili heats, mix cornmeal and salt with water in a saucepan. Cook over medium heat, stirring constantly until thickened, about 2 minutes. Spread cornmeal mixture over hot chili to form a crust. Sprinkle with chili powder. Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes.

Menu suggestion: Serve with cooked frozen kale and fresh fruit cup.

Nutrition Info: 330 calories, 9g fat, 431mg sodium
Serves: 4

Chicken Italiano

4 chicken breast halves, skinned, boned	1 tsp oregano leaves
1 tsp oil	1/8 tsp salt (optional)
4 oz thin spaghetti, broken into fourths	1/8 tsp pepper
1 small onion, cut in wedges	1 bay leaf
1 small green pepper, cut in strips	1 (16 ounce) can tomatoes
1/8 tsp instant minced garlic	¼ cup water
	1 Tbsp chopped parsley, if desired

Pound chicken breasts with a metal meat mallet between sheets of plastic wrap until about ½-inch thick. Heat oil in frypan. Brown chicken breasts on each side. Add spaghetti, onion, and pepper strips around chicken. Sprinkle with seasonings. Break up large pieces of tomatoes. Pour tomatoes and water over top of chicken. Bring to boiling. Reduce heat, cover, and cook until chicken and spaghetti are done, about 15 minutes. Remove bay leaf. Garnish with parsley.

Menu Suggestion: Serve with spinach-mandarin orange salad with reduced-calorie dressing and garlic bread (small amount of soft margarine and garlic powder).

Nutrition Info: 280 calories, 3g fat, 341mg sodium
Serves: 4

Tabouleh

1 ½ cups bulgur (cracked wheat)	¾ cup chopped fresh parsley leaves
¼ cup fresh lemon juice	½ cup chopped fresh mint leaves
1 lb diced ripe tomatoes	1 Tbsp olive oil
1 medium cucumber, diced	¾ tsp salt
3 green onions, chopped	¼ tsp coarsely ground black pepper

In a medium bowl, combine bulgur, lemon juice and 1 ½ cups boiling water, stirring to mix. Let stand until liquid is absorbed, about 30 minutes. When bulgur mixture is ready, stir in remaining ingredients. Cover and refrigerate for at least 1 hour, or up to 24 hours, to blend flavors.

Nutrition Info: 97 calories, 2g fat, 139mg sodium

Serves: 12

Regal Chicken Salad

4 cups diced, cooked chicken	salt (optional)
1 can (1 lb 4 ½ oz) pineapple chunks, drained (reserve juice)	¼ tsp dried tarragon (1 tsp fresh)
2 cups seedless green grapes	1 cup low or non-fat mayonnaise
1 cup chopped celery	2 Tbsp lemon juice
¼ cup coarsely chopped dry salted peanuts	2 Tbsp reserved pineapple juice

Combine chicken, drained pineapple, grapes, celery and peanuts. Add a pinch of salt if needed. Stir in tarragon. Combine mayonnaise, lemon juice and pineapple juice. Gently fold into chicken mixture. Serve on lettuce with parsley or small celery leaves for garnish.

Nutrition Info: 254 calories, 8.29g fat, 2g fiber, 343mg sodium

Serves: 8

Basic Black Beans

2 cans black beans, rinsed and drained	1 Tbsp cumin
1 cup water	1 tsp oregano
2 tsp canola oil	2 bay leaves, broken in half
½ cup onion, chopped	pinch salt (optional)
2 cloves garlic, minced	¼ cup freshly squeezed lemon juice
2 large ripe tomatoes, diced	2-3 drops Tabasco sauce
1 tsp brown sugar	

Sauté onions and garlic in oil for 3-4 minutes, until onions have softened. Add remaining ingredients and simmer over medium.

Use this basic dish to: wrap in burritos; stuff into tacos; chill & toss with couscous and fresh vegetables as a hearty summer salad; serve over rice, pasta or any other grain; dilute with broth for soup; puree for a quick dip or sandwich spread; add meat or meat substitute and vegetables for stew or chili; layer with lasagna noodles and cheese for a southwestern lasagna; layer with rice, vegetables and cheese for a casserole; dilute and puree to a thick, smooth texture to serve over steamed or grilled vegetables; serve atop your favorite burgers & hot dogs.

Nutrition Info: 225 calories, 2g fat, 15g fiber, 877mg sodium

Spaghetti Sauce

2 Tbsp salad oil	2 Tbsp chopped parsley
1 medium onion, diced	1 tsp oregano leaves
1 medium garlic clove, minced	1 tsp salt (optional)
2 (15 oz) cans tomato sauce	1/8 tsp cracked pepper
1 (12 oz) can tomato paste	1 bay leaf
2 tsp brown sugar	

In a 3-quart saucepan over medium heat, in hot salad oil, cook onion and garlic until tender, stirring frequently, about 10 minutes. Add tomato sauce and remaining ingredients; over high heat, heat to boiling. Reduce heat to medium-low; partially cover and cook 30 minutes. Discard bay leaf.

Yields: 4 cups

Meat Sauce

2 Tbsp olive or salad oil	4 tsp sugar
1 lb ground beef	2 tsp oregano leaves
1 medium onion, chopped	1 3/4 tsp salt (optional)
1 garlic clove, minced	1/8 tsp cayenne pepper
1 (16 oz) can tomatoes	1 bay leaf, crumbled
1 (12 oz) can tomato paste	

In a 5-quart Dutch oven over medium heat, in hot olive oil, cook ground beef, onion and garlic until meat is well browned; spoon off excess fat. Stir in tomatoes, their liquid and remaining ingredients. Reduce heat to low; partially cover and simmer tomato meat mixture 35 minutes or until very thick, stirring occasionally.

Yields: 4 cups



White Clam Sauce

3 (8 oz) cans minced clams	2 Tbsp white wine (optional)
¼ cup olive or salad oil	1 tsp basil
1 garlic clove, minced	½ tsp salt (optional)
¾ cup chopped parsley	

Drain juice from clams, reserving juice. In a 2-quart saucepan, over medium heat, in hot oil, cook garlic until tender. Stir in reserved clam juice and remaining ingredients except clams; cook 10 minutes, stirring occasionally. Stir in drained clams; cook sauce just until clams are heated through.

Yields: 2 cups

Anchovy Sauce

¼ cup olive or salad oil	2 Tbsp minced parsley
1 small clove garlic, halved	2 Tbsp grated parmesan cheese
1 (2 oz) can anchovy fillets, drained and chopped	1 tsp lemon juice

In a 1-quart saucepan over medium-high heat, in hot olive oil, brown garlic. Remove from heat; discard garlic. Stir in remaining ingredients until well-mixed.

Yields: 1 cup

Marinara Sauce

2 Tbsp olive or salad oil	1 (6 oz) can tomato paste
2 garlic cloves, minced	1 Tbsp sugar
1 small onion, chopped	2 tsp basil
1 (16 oz) can tomatoes	1 ½ tsp salt (optional)

In a 2-quart saucepan over medium heat, in oil, cook garlic and onion until tender, 5 minutes. Stir in tomatoes, their liquid and remaining ingredients. Reduce heat to low; cover; cook 20 minutes or until thickened, stirring occasionally.

Yields: 3 cups

Shrimp Marinara Sauce

1 Tbsp olive oil	1 Tbsp sugar
1 garlic clove, minced	¾ tsp salt (optional)
1 (15 oz) can tomato sauce	½ tsp oregano leaves
1 (6 oz) can tomato paste	¼ tsp pepper
2 Tbsp chopped parsley	1 lb frozen shelled and deveined shrimp

In a 10-inch skillet over medium-high heat, in hot olive oil, lightly brown garlic. Add tomato sauce and next 6 ingredients; heat to boiling. Reduce heat to low; cover and simmer sauce mixture over low heat 10 minutes. Add frozen shrimp and cook until shrimp are tender, about 8 minutes, stirring occasionally.

Yields: 4 cups

Spinach Sauce

¼ cup butter or margarine	¼ cup grated parmesan cheese
1 (10 oz) package frozen chopped spinach	¼ cup milk
1 tsp salt (optional)	1/8 tsp ground nutmeg
1 cup ricotta cheese	

In a 2-quart saucepan over medium heat, in hot butter, cook spinach and salt 10 minutes. Reduce heat to low; add remaining ingredients; mix sauce well; cook sauce until just heated through (do not boil).

Yields: 2 ½ cups

Walnut Sauce

¼ cup butter or margarine	½ cup milk
1 cup walnuts, coarsely chopped	2 Tbsp minced parsley
	1 tsp salt (optional)

In a 9-inch skillet over medium heat, in hot butter, lightly brown walnuts, about 5 minutes, stirring occasionally. Stir in remaining ingredients; heat.

Yields: 1 1/3 cups

Pesto

1/3 cup olive or salad oil	2 Tbsp basil or ½ cup fresh basil
¼ cup grated parmesan cheese	1 tsp salt (optional)
¼ cup chopped parsley	¼ tsp ground nutmeg
1 small garlic clove, quartered	

In a blender, place all ingredients; cover and blend at medium speed until well mixed.

Yields: 1/2 cup



Spaghetti with Red Clam Sauce

2 Tbsp olive oil	1 can (1 lb 13 oz) tomatoes
2 medium-size onions, peeled & chopped	1 (6 oz) can tomato paste
1 clove garlic, minced	¼ cup dry white wine
1 bay leaf	¼ cup minced parsley
¼ tsp dried basil	2 (6 oz) cans chopped clams
1 tsp salt (optional)	1 lb thin spaghetti, cooked
1/8 tsp freshly ground black pepper	grated parmesan cheese for topping
2 tsp honey or light brown sugar	

Heat olive oil in a large heavy skillet over moderate heat; add onion and garlic and sauté, stirring occasionally, 8-10 minutes, or until golden. Add bay leaf, basil, salt, pepper, honey or brown sugar, tomatoes, tomato paste, wine, parsley and the liquid drained from the canned clams; reserve clams. Simmer, uncovered, stirring occasionally for 1 hour until flavors mingle and sauce is about the consistency of gravy. Mix in clams and heat 5 minutes longer. Drain spaghetti well; mound on a large heated platter and top with the Red Clam Sauce. Sprinkle with grated parmesan and serve.

Nutrition Info: 331 calories, 6g fat, 6g fiber, 693mg sodium

Focaccia

prepared pizza dough, thawed	1 tomato, sliced
2 Tbsp olive oil	4 oz part skim mozzarella cheese
1 tsp garlic powder (or 1 Tbsp freshly minced garlic)	2 Tbsp parmesan cheese
1 red or green bell pepper, sliced in rings	1 Tbsp freshly chopped parsley
½ medium onion, sliced in rings	

Preheat oven to 400 degrees. Spray cookie sheet with cooking spray and roll out dough onto sheet. Dough may resist fitting into the edges of the pan; this is fine as long as it is uniformly about ¼" thick. Brush the dough with olive oil, then sprinkle with garlic, arrange vegetables, and top with cheese and parsley. Bake for 15-20 minutes, cut into six pieces and serve.

Variations: Try any other seasonal vegetables that suit you: broccoli, mushrooms, artichoke hearts, spinach, etc.

Add some extra protein: chicken, shrimp or meat substitute.

Experiment with cheeses such as ricotta, goat cheese, feta, cheddar, etc

Serving Suggestions: As a meal, serve hot with a tossed salad or cup of soup.

Focaccia also makes a great appetizer or hors d'oeuvre; cut into thin slices and serve with a warm marinara sauce.

Nutrition Info: 230 calories, 9g fat, 1g fiber, 380mg sodium
Serves: 6

Strawberry Spinach Salad

1 bunch spinach, washed and dried	1 ½ tsp finely chopped onion
1 pint fresh strawberries, hulled & sliced	¼ tsp Worcestershire sauce
¼ cup sugar	¼ tsp paprika
2 Tbsp sesame seeds	¼ cup canola oil
1 Tbsp poppy seeds	¼ cup apple cider vinegar

Arrange the spinach and strawberries on individual plates or in a large salad bowl. Place the next six ingredients in a blender. With unit running, add oil and vinegar and blend until thickened. Drizzle over salad and serve immediately.

Nutrition Info: 130 calories, 7g fat, 75mg sodium
Serves: 8

Chicken Nuggets

1 lb skinless, boneless chicken breast	½ tsp paprika
3 Tbsp milk	1/3 tsp pepper
¼ cup grated parmesan cheese	1/8 tsp garlic powder
¼ cup dry bread crumbs	barbecue sauce, applesauce or pizza
½ tsp seasoned salt	sauce for dipping, if desired

Cut chicken into 1-inch cubes. Place pieces in small bowl. Pour milk over chicken. Mix lightly so all pieces are coated with milk. In a plastic bag, shake together until well-combined the parmesan cheese, bread crumbs, seasoned salt, paprika, pepper and garlic powder. Put half the chicken pieces in bag and shake to coat pieces evenly. Arrange these chicken pieces in a circle on microwave safe plate. Cover with a paper towel. Microwave on 100% power for 3-4 minutes, rotating the plate once. Chicken should not be pink inside when done. Microwave the second plate of chicken pieces for 3-4 minutes, rotating the plate once.

Nutrition Info: 24 calories, .74g fat, .05g fiber, 62.27mg sodium
Yields: 25-30 nuggets

30 Minute Chicken Dinner

Nonstick spray coating	
½ cup chopped onion	¼ tsp ground ginger
3 cups water	1/8-1/4 tsp pepper
1 ¼ cups long grain rice	3 cups loose-pack frozen stirfry
¾ cup frozen orange juice concentrate, thawed	vegetables (sugar snap peas, carrots, onions & mushrooms)
3 Tbsp reduced-sodium soy sauce	1 cup chopped cooked chicken

Spray an unheated large saucepan with nonstick coating. Add onion; cook and stir over medium heat until onion is tender, but not brown. Carefully stir in water, uncooked rice, thawed concentrate, soy sauce, ginger and pepper. Bring to boiling; reduce heat. Cover and simmer for 15 minutes. Sprinkle frozen vegetables on top of mixture; **do not stir in**. Cover and simmer about 5 minutes more until rice and vegetables are tender and liquid is absorbed. Stir in chicken; heat through.

Nutrition Info: 421 calories, 4g fat, 2g fiber, 459mg sodium
Serves: 4

Calypso Chicken Salad with Gingered Orange Dressing

1 cup long grain rice	2 oranges, peeled, sectioned and seeded
Nonstick spray coating	1 cup fresh pineapple chunks
8 oz skinless, boneless chicken breast halves cut into 1-inch pieces	1 (15-ounce) can black beans, rinsed and drained
½ tsp Creole seasoning	1 cup chopped red sweet pepper
1 Tbsp cooking oil	Gingered Orange Dressing
lettuce leaves	

Cook rice according to package directions. Spray four 6-ounce custard cups with nonstick coating. Spoon ¾ cup cooked rice into each custard cup. Cover; refrigerate 2 hours. Sprinkle chicken with seasoning. Stirfry chicken in hot oil over medium-high heat 3 to 4 minutes or until no longer pink. Set aside. Divide lettuce among 4 plates. Invert one custard cup of rice onto each plate. Arrange chicken, oranges, pineapple, black beans and pepper atop lettuce. Serve with dressing.

Gingered Orange Dressing

½ cup plain low-fat yogurt	¼ cup reduced-fat peanut butter spread
1/3 cup frozen orange juice concentrate, thawed (about ½ of a 6-ounce container)	1 tsp grated ginger root
	½ tsp curry powder

In a food processor bowl or blender container, combine all ingredients. Cover and process or blend until mixture is smooth.

Nutrition Info: 506 calories, 13g fat, 7g fiber, 405mg sodium
Serves: 4

Chicken and Pasta with Orange-Basil Sauce

¾ cup frozen orange juice concentrate thawed	1 (16-ounce) pkg loose-pack frozen Italian blend or other mixed vegetables
½ cup chicken broth	2 cups cubed cooked chicken or turkey
4 tsp cornstarch	¼ cup snipped fresh basil
6 oz packaged dried gemelli or corkscrew pasta (rotini)	1/8 tsp pepper

For sauce, in a small saucepan, combine thawed concentrate, chicken broth, and cornstarch. Cook and stir until thickened and bubbly; cook and stir for 2 minutes more. Meanwhile, in a large saucepan, cook pasta in boiling, lightly salted water for 5 minutes. Add frozen vegetables; return to boiling. Cook uncovered, 5 minutes more or until pasta and vegetables are tender. Drain; return to saucepan. Add sauce, chicken, basil and pepper. Heat and toss until hot.

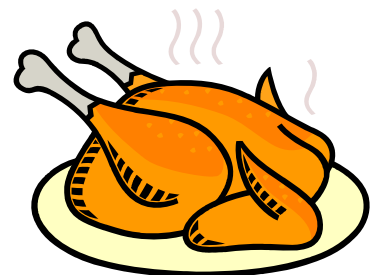
Nutrition Info: 438 calories, 7g fat, 4g fiber, 190mg sodium
Serves: 4

Chicken and Rice Bake

3 whole medium chicken breasts skinned and halved lengthwise	½ tsp dried thyme, crushed
2 cups water	dash pepper
¾ cup frozen orange juice concentrate, thawed	1 1/3 cups long grain rice
½ cup thinly sliced celery	garlic salt
½ cup chopped onion	paprika
2 tsp instant chicken bouillon granules	snipped parsley

Rinse chicken; pat dry with paper towels. In a medium saucepan, combine water, thawed concentrate, celery, onion, bouillon granules, thyme and pepper. Bring to boiling. Transfer to a 3-quart rectangular baking dish. Stir in uncooked rice. Add chicken pieces. Sprinkle lightly with garlic salt, paprika and additional pepper. Cover and bake in a 350 degree oven about 1 hour or until chicken is tender and no longer pink and rice is tender. Sprinkle with snipped parsley before serving.

Nutrition Info: 309 calories, 3g fat, 1g fiber, 370mg sodium
Serves: 6



Fresh Vegetable Medley

2 Tbsp butter or margarine	½ lb fresh mushrooms, sliced
½ lb fresh green beans, cut in 2" pieces	1 medium tomato, cut in wedges
½ tsp dried leaf basil, crumbled	½ tsp salt (optional)
1/8 tsp pepper	

Melt butter in 1 ½ quart casserole suitable for microwave use, 30 seconds. Combine green beans, basil and pepper in casserole, mix well. Cover with glass lid or plastic wrap; cook 3 minutes. Add mushrooms, mix well; cook 3 minutes covered. Add tomato, mix well; cover, cook 1 ½ minutes. Stir in salt. Cover, let stand 3 minutes before serving.

Nutritional Info: 90 calories, 5.87g fat, 3g fiber, 8.59mg sodium
Serves: 4

Cheesy Cauliflower

1 medium head cauliflower (around 1 lb)	1 tsp fresh snipped parsley
4 oz fresh mushrooms, sliced	½ cup milk
¼ tsp dry mustard	1 cup shredded cheddar, Swiss or American cheese
1 Tbsp all-purpose flour	1/3 cup sour cream
dash pepper	

After breaking off outer leaves and trimming close to base, wash in cool water. Shake off excess water. Wrap head in plastic wrap; place on paper plate with sealed edges down. Microwave on High for 3 minutes. Turn cauliflower over. Microwave on High until head is flexible and floweret stems are almost fork tender; approximately 5 ½-7 ½ minutes. Let stand, covered for 3 minutes. Combine mushrooms and butter in 1-1 ½ quart casserole. Microwave on High 1 ½- 2 minutes, or until mushrooms are tender, stirring after one minute. Blend in flour and seasonings. Stir in milk. Microwave on High 1 ½- 3 minutes, or until thickened, stirring every minute. Mix in cheese. Microwave on High 15 seconds to melt if necessary. Blend in sour cream. Serve over cauliflower.

Nutrition Info: 223 calories, 14g fat, 4g fiber, 248mg sodium
Serves: 4

Black Beans and Corn Chili

2 (16 ounce) jars mild picante sauce	2 cups frozen corn
3 (16 ounce) cans black beans	8 oz package low-fat cheddar cheese
2 (8 ounce) cans tomato sauce	1 tsp ground cumin

Drain and rinse the beans. In skillet or saucepan, combine beans, picante sauce, corn and cumin. Bring to a boil and reduce heat and simmer for 5-10 minutes. Grate cheese. Serve chili in bowls and top with shredded cheese.

Nutrition Info: 227 calories, 5g fat, 5g fiber, 743mg sodium
Serves: 12

Cheesy-Apple Acorn Squash

2 medium acorn squash, halved
2 medium apples, cored and diced
2 Tbsp water
½ cup grated low-fat cheese

Topping:

1 Tbsp butter or margarine
1/3 cup dry bread crumbs
¼ tsp cinnamon
dash nutmeg

Scoop seeds from squash halves. Place cut side down on microwave baking sheet or in a 2-quart casserole. Cover with plastic wrap, vent. Microwave on High 10-12 minutes, or until fork tender. In 1-quart casserole, combine apples and water. Cover and microwave on High 4-6 minutes, or until just tender, stirring after 2 minutes. Turn squash cut side up. Place one-fourth of apples in each squash half. For topping, in 2 cup glass measure, microwave butter on High for 30-45 seconds, or until melted. Stir in bread crumbs, cinnamon and nutmeg. Spoon cheese onto apples and top with crumbs. Microwave on High uncovered, about 2 minutes, or until cheese is softened.

Nutrition Info: 407 calories, 10g fat, 10g fiber, 342mg sodium
Serves: 2



Crumb Topped Tomatoes

4 medium tomatoes
1 Tbsp dry onion soup mix
1 ½ Tbsp butter or margarine, melted
1 ½ Tbsp dry bread crumbs

1 Tbsp chopped fresh parsley
1 Tbsp chopped fresh basil **or**
1 tsp dried basil

Cut slice off stem end of each tomato. Place tomatoes, cut side up, in circle on microwave safe plate. Combine onion soup mix, melted butter, crumbs, parsley and basil. Divide among 4 tomatoes, spreading mixture on cut surface. Cook, uncovered, on High, 3 ½ to 4 ½ minutes, or until tomatoes are hot.

Nutrition Info: 80 calories, 4.88g fat, 1.56g fiber, 166.62mg sodium
Serves: 4

Green Beans Italian

Fresh green beans
1 small onion, thickly sliced

¼ cup bottled Italian dressing
bacon bits (optional)

Place beans, onion and Italian dressing in microwave safe casserole. Cook, covered, on High, until beans are tender and onion is transparent. Sprinkle with bacon bits.

Crumb-Topped Baked Apples

3 Tbsp flour
3 Tbsp brown sugar
4 tsp butter or margarine
3 Tbsp chopped nuts

½ tsp cinnamon
dash nutmeg
4 small baking apples

Combine flour, brown sugar and butter in small bowl and microwave on High 30 seconds or until butter is softened. Mix until crumbly; stir in nuts, cinnamon and nutmeg. Cut apples in half lengthwise; remove core. Arrange cut-side up in 2-quart rectangular baking dish. Spoon topping evenly into center of apples. Cover with waxed paper and microwave on High 6-7 minutes, or until apples are tender. Let rest, uncovered, 3 minutes.

Nutrition Info: 212 calories, 7.59g fat, 5.69g fiber, 4.8mg sodium
Serves: 4

Fresh Fruit Dessert Pizza

Crust:

1 cup plus 2 Tbsp sifted flour
¼ cup unsalted soft tub margarine
1 extra-large egg
1 Tbsp skim milk
1 tsp sugar
1 tsp almond extract

Topping:

1 (8 oz) cup lemon-flavored yogurt
3 cups mixed fresh fruits, sliced (try grapes, strawberries, nectarines, kiwi, etc.)

Preheat oven to 375 degrees. Coat shallow 10" pizza pan with non-stick cooking spray. **Prepare Crust:** combine flour, margarine, egg, skim milk, sugar and almond extract in food processor or blender. Process until just combined. Scrape dough into prepared pan. Coat sheet of wax paper with non-stick cooking spray. Place on top of dough and pat dough out evenly into pan. Prick all over with fork. Bake in preheated oven for 15 minutes or until crust is lightly browned. Transfer the pan to a wire rack to cool. **Prepare Topping:** stir yogurt until smooth and spread evenly over the crust. Pat fruit dry on paper towels if wet, then arrange on the pizza. Let stand 30 minutes. Cut into wedges and serve.

Nutrition Info: 186 calories, 7g fat



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Recipe Modification Activity

Pizza

Original	Changes
2 ½ to 3 cups all-purpose flour	
1 package active dry yeast	
1 tsp salt (optional)	
1 cup warm water (115 to 120 degrees)	
2 Tbsp cooking oil	
tomato sauce	
1 lb bulk Italian sausage or ground pork, cooked and drained, or 6 oz sliced pepperoni	
Sliced or chopped green onions, green pepper, mushrooms, olives and/or canned green chili peppers	
2 to 3 cups shredded mozzarella, Monterey Jack or Swiss cheese	

Lasagna

Original	Changes
1 lb bulk pork sausage or ground beef	
½ cup chopped onion	
1 clove garlic, minced	
1 (16 ounce) can tomatoes, cut cup	
1 (8 ounce) can tomato sauce	
1 (6 ounce) can tomato paste	
2 tsp dried basil, crushed	
1 tsp salt (optional)	
8 oz lasagna noodles	
1 Tbsp cooking oil	
2 eggs	
2 ½ cups ricotta or cream-style cottage cheese	
¾ cup grated parmesan or romano cheese	
2 Tbsp dried parsley flakes	
1 lb mozzarella cheese, thinly sliced	

What changes can you make?

