Asian Beef & Noodles

Tip:
Beef has an especially large amount of saturated fat.
To limit saturated fat, buy the leanest ground beef you can afford. 90% lean ground beef will have less saturated fat (3.7 grams per 3 ounce serving) as compared to regular ground beef (73% lean) which has 7.0 grams of saturated fat per 3 oz serving.
To reduce fat in ground beef crumbles:
1. Brown ground beef and remove to a plate or container lined with 3 paper towels. Let sit for 1 minute and blot with more paper towels.
2. Place the beef in a fine mesh strainer or colander and set on a 1½ quart sturdy bowl and pour 4 cups of hot water (microwaved until hot, not boiling) to rinse fat.

Rinsing beef after cooking results in minimal flavor loss and can reduce fat by as much at 50%

Gather Ingredients:

1 pound extra lean ground beef
1 package Oriental flavored Ramen Noodle soup mix
1 package frozen mixed vegetables
¼ cup green onion, chopped

Steps:

1. In a large skillet, brown beef until done. Remove beef to colander in sink and rinse off fat using hot water. Set beef aside. Season with oriental flavor packet from the noodle soup mix.

2. In skillet, combine 2 cups water, noodles (broken into pieces), and frozen vegetables. Bring to boil. Reduce heat. Cover; simmer 3-5 minutes until noodles are tender.

3. Return beef to skillet; heat through. Stir in chopped green onion before serving. You may wish to add additional seasonings such as garlic powder, Mrs. Dash, crushed red pepper, etc.

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1/6 of recipe

<table>
<thead>
<tr>
<th></th>
<th>Value</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>252</td>
<td>-</td>
</tr>
<tr>
<td>Total Fat</td>
<td>12.5g</td>
<td>-</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
<td>-</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>46mg</td>
<td>-</td>
</tr>
<tr>
<td>Sodium</td>
<td>256mg</td>
<td>-</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>17.5g</td>
<td>-</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>-</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td>-</td>
</tr>
<tr>
<td>Protein</td>
<td>17g</td>
<td>-</td>
</tr>
</tbody>
</table>

%DV Vit A: 50%
%DV Vit C: 10%
%DV Calcium: 0%
%DV Iron: 15%
Avocado Egg Rolls

Serving Suggestions:
Carrot Sticks
Ramen Noodle Salad

Gather Ingredients:
2 large avocados, peeled, pitted and diced
4 Tablespoons sun-dried tomatoes, packed in oil, chopped
2 Tablespoons minced red onions
1 teaspoon fresh cilantro, chopped
1 pinch salt
10 egg roll wraps (keep in wrapper or covered with damp paper towel until ready to use)
1 egg, beaten
Olive oil, for drizzling or non-stick cooking spray

Nutrition Facts
Servings per Recipe: 10
Serving Size: 1 egg roll

Calories per Serving: 126
Total Fat: 6g
Saturated Fat: 1g
Cholesterol: 23mg
Sodium: 126mg
Total Carbohydrate: 15g
Dietary Fiber: 3g
Sugars: 0g
Protein: 3g

%DV Vit A: 2%
%DV Vit C: 9%
%DV Calcium: 2%
%DV Iron: 5%

Steps:
1. Preheat oven to 400 degrees F.

2. Gently stir together avocado, tomatoes, onion, cilantro and salt.

3. Distribute filling evenly onto center of each egg roll wrapper.

4. Position a wrapper so that a corner is pointing toward you; fold the bottom corner up, ¼ of the way over the filling. Brush remaining corners and edges of wrapper with the egg; roll up from side to side, fold top corner over all and press to seal.

5. Repeat for each egg roll.

6. Place egg rolls (seam side down) on baking sheet. Drizzle with olive oil (or spray with non-stick spray) and bake 15 to 20 minutes or until golden brown. Remove from oven. Cut on diagonal and serve immediately.
Baked Parmesan Fish

Tip:
To give this dish a little crunch, try baking the fish on a wire grid rack on a baking sheet—allows air to circulate all around. Turn fish halfway through cooking time and spray lightly with nonstick cooking spray.

Serving Suggestions:
Ramen Noodle Salad
Broiled Asparagus
Roasted Red Potatoes

Gather Ingredients:
5 tablespoons flour
5 tablespoons cornmeal
1/2 teaspoon garlic powder
Lite salt and pepper to taste
3 tablespoons light margarine
6 fish fillets—4 ounces each fillet (use what’s available—fresh or frozen)
1/3 cup grated Parmesan cheese

Steps:
1. Preheat oven to 400 degrees F.
2. On a dinner plate, combine flour, cornmeal, and seasonings.
3. Melt butter in a shallow baking dish. Dredge fish in flour mixture and place in baking dish. Turn fish to coat with margarine; then sprinkle with Parmesan cheese.
4. Bake for 8-10 minutes or until fish flakes easily with a fork.

Nutrition Facts
Servings per Recipe: 6
Serving Size: 3 ounces

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving</td>
<td>216</td>
<td></td>
</tr>
<tr>
<td>Total Fat:</td>
<td>11g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat:</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol:</td>
<td>58mg</td>
<td></td>
</tr>
<tr>
<td>Sodium:</td>
<td>260mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate:</td>
<td>10g</td>
<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber:</td>
<td>0.5g</td>
<td></td>
</tr>
<tr>
<td>Sugars:</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein:</td>
<td>19g</td>
<td>8%</td>
</tr>
<tr>
<td>%DV Vit A:</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>%DV Vit C:</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>%DV Calcium:</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>%DV Iron:</td>
<td>8%</td>
<td></td>
</tr>
</tbody>
</table>
# Baked Pork Chop

**Tip:**
Limiting portion sizes to 2-4 ounces for most meals will keep your saturated fat and cholesterol intake within heart healthy limits.

- **Lean Pork Sources**: Ham, Canadian Bacon, Tenderloin, Loin
- **Medium Fat Pork Sources**: Chops, Cutlets
- **High Fat Pork Sources**: Spareribs, Ground Pork, Pork Sausage

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 3 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 160</td>
</tr>
<tr>
<td>Total Fat: 8g</td>
</tr>
<tr>
<td>Saturated Fat: 3g</td>
</tr>
<tr>
<td>Cholesterol: 51mg</td>
</tr>
<tr>
<td>Sodium: 37mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 2.5g</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td>Sugars: 1g</td>
</tr>
<tr>
<td>Protein: 18g</td>
</tr>
</tbody>
</table>

| %DV Vit A: 1% |
| %DV Vit C: 3% |
| %DV Calcium: 3% |
| %DV Iron: 3% |

## Gather Ingredients:
1. medium onion
2. clove garlic
3. 4 pork chops, 4 ounces each
4. ¼ teaspoon oregano
5. ¼ teaspoon basil
6. ¼ teaspoon red pepper
7. Salt (optional) and pepper
8. Non-stick vegetable spray

## Steps:
1. Chop onion and garlic very fine.
2. Spray baking pan with non-stick spray.
3. Place pork chops into pan. Cover with onions and garlic.
4. Measure oregano, basil, and red pepper. Sprinkle over pork.
5. Add pepper. (Wait to add salt, if needed, until you’ve tasted your first bite.)
6. Cover with foil and bake for 30 minutes at 350 degrees.
7. Uncover pan for last 5 minutes to brown.
BBQ Chicken and Cheddar Packet

Gather Ingredients:
- 3 Tablespoons barbeque sauce
- 4 small boneless, skinless chicken breast halves (1 pound)
- 2 small unpeeled red potatoes, thinly sliced
- 1 red or green bell pepper, seeded and sliced
- 1 green onion, finely chopped
- ¼ teaspoon salt
- 1/8 teaspoon black pepper
- 1 ½ cups shredded reduced-fat Cheddar cheese

Serving Suggestions:
- Broccoli with Low-Fat Cheese Sauce
- Oregano Tomatoes
- Fruit Toss

Steps:
1. Preheat oven to 375 degrees Fahrenheit.
2. Place foil sheet on work surface. Spoon about 1 teaspoon of barbecue sauce in the center of the foil sheet. Place the chicken breast half over barbecue sauce and spread another teaspoon of sauce over chicken.
3. Top chicken with a quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper.
4. Fold foil in half to cover contents; make narrow fold along edges to seal. Repeat with remaining ingredients to assemble three more packets.
5. Place packets on a baking sheet and bake for 35 minutes.
6. Open foil packets with scissors and carefully pull back edges (contents may be very hot.) Sprinkle with a quarter of the cheese over the top of each chicken breast half and return to oven, unsealed, for 2 minutes or until cheese is melted.
7. With a spatula, transfer the contents of each packet onto individual serving plates.

Recipe from: 3 A Day Dairy

Main Dishes

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 290</td>
</tr>
<tr>
<td>Total Fat: 4.5g</td>
</tr>
<tr>
<td>Saturated Fat: 2.5g</td>
</tr>
<tr>
<td>Cholesterol: 75mg</td>
</tr>
<tr>
<td>Sodium: 630mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 21g</td>
</tr>
<tr>
<td>Dietary Fiber: 2g</td>
</tr>
<tr>
<td>Protein: 38g</td>
</tr>
<tr>
<td>%DV Calcium: 20%</td>
</tr>
</tbody>
</table>
Beany Burritos

Tip:
Beans contain very high amounts of fiber, especially soluble fiber which may help you to better control your blood sugars and blood cholesterol. Beans are also a good source of B vitamins, folate, and iron. Plan your meals to include ½ cup of beans three to five times per week to reap the many benefits of these powerful seeds.

Serving Suggestions:
Serve this recipe with a big spinach salad and bowl of baby carrots. To make a meatless meal, leave out the chopped beef and add a can of black beans, rinsed and drained.

Gather Ingredients:
1 tablespoon olive oil
1 medium onion, chopped
1 cup cooked, chopped beef sirloin
4 teaspoons taco seasoning mix (use lower sodium, if available)
1 can black beans, rinsed and drained
1 can pinto beans, rinsed and drained
6 whole wheat tortillas

Steps:
1. In a skillet, heat oil over medium heat and sauté onion until translucent.

2. Add cooked chopped beef, taco seasoning, and both cans of beans. Stir well until heated through.

3. Warm tortillas and fill with bean beef mixture.

4. Garnish with green onions, salsa, fat free sour cream, cilantro as desired.

Recipe from Saving Dinner by Leann Ely

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Suggestions:</th>
<th>Main Dishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 310</td>
<td>Servings per Recipe: 6</td>
</tr>
<tr>
<td>Total Fat: 11g</td>
<td>Serving Size: 1 burrito</td>
</tr>
<tr>
<td>Saturated Fat: 2g</td>
<td>%DV Vit A: 2%</td>
</tr>
<tr>
<td>Cholesterol: 17mg</td>
<td>%DV Vit C: 3%</td>
</tr>
<tr>
<td>Sodium: 556mg</td>
<td>%DV Calcium: 8%</td>
</tr>
<tr>
<td>Total Carbohydrate: 38g</td>
<td>%DV Iron: 17%</td>
</tr>
<tr>
<td>Dietary Fiber: 6g</td>
<td>Sugars: 3g</td>
</tr>
</tbody>
</table>
### Beef Stroganoff

#### Tips:
This dish uses reduced fat items and very little salt making it healthier for your heart. Choose a lean cut of beef such as top round or round steak. Pre-cut stew meat tends to have a higher fat content.

#### Gather Ingredients:
- 1 pound lean beef
- 2 teaspoons canola or olive oil
- 1 tablespoon finely chopped onion
- 1 pound fresh sliced mushrooms
- ¼ teaspoon salt
- Black pepper to taste
- ¼ teaspoon nutmeg
- ½ teaspoon basil
- ¼ cup white wine
- 1 cup plain low-fat yogurt
- 6 cups cooked whole wheat macaroni or pasta

#### Steps:
1. Cut beef into 1-inch cubes.
3. Add beef to skillet and continue to sauté for an additional 5 minutes. Stir beef frequently to brown evenly. Remove from pan, but keep hot.
4. Add remaining oil to pan, add mushrooms and sauté until soft.
5. Return beef and onions to pan. Add seasonings.
7. Serve with macaroni.

### Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 5</th>
<th>Serving Size: 6 ounces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 440</td>
<td>Total Fat: 9g</td>
</tr>
<tr>
<td>Saturated Fat: 2.5g</td>
<td>Cholesterol: 50mg</td>
</tr>
<tr>
<td>Sodium: 190mg</td>
<td>Total Carbohydrate: 55g</td>
</tr>
<tr>
<td>Dietary Fiber: 3g</td>
<td>Protein: 32g</td>
</tr>
<tr>
<td>%DV Vit A: 0%</td>
<td>%DV Vit C: 4%</td>
</tr>
<tr>
<td>%DV Calcium: 10%</td>
<td>%DV Iron: 25%</td>
</tr>
</tbody>
</table>
Black Bean Quesadillas

Gather Ingredients:
2 teaspoons olive oil
1 small onion, finely chopped
1-2 cloves garlic, pressed
1, 15-ounce can black beans, rinsed and drained
1 red bell pepper, chopped
1-2 tomatoes, chopped
¼ package frozen corn (3 ounces)
8 whole-wheat flour tortillas
1 cup low-fat Cheddar cheese, shredded

Serving Suggestions:
Sliced melon
Spinach Salad

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 387
Total Fat: 13g
Saturated Fat: 4g
Cholesterol: 20mg
Sodium: 1004mg
Total Carbohydrate: 49g
Dietary Fiber: 23g
Sugars: 4g
Protein: 20g

%DV Vit A: 28%
%DV Vit C: 75%
%DV Calcium: 54%
%DV Iron: 17%

Steps:
1. In a large skillet, add half the oil and sauté the onion and garlic until soft. Mix in beans, bell pepper, tomatoes and corn. Cook until heated through.

2. Place a tortilla on a plate of flat surface; sprinkle some Cheddar cheese over the tortilla. Spoon some of the bean and vegetable mixture over the cheese. Top with another tortilla. Repeat this process until all of the tortillas are used.

3. Heat remaining oil in a large skillet over medium-high heat. Place quesadillas in the skillet and heat and flip until both sides are browned.

Recipe adapted from Saving Dinner by Leanne Ely
## Blackened Salmon

**Gather Ingredients:**
- 2 teaspoons paprika
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon white pepper
- ¼ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon dried thyme
- ¼ teaspoon dried oregano
- 1 dash cumin
- Butter spray
- 4 salmon fillets (½ to ¾ -inch thick)

**Serving Suggestions:**
- Brown rice
- Steamed asparagus
- Steamed baby carrots

**Steps:**
1. Mix dry ingredients on a large plate.
2. Spray each fillet with butter spray on both sides.
3. Dip each fillet in the dry ingredients, patting the fillets by hand.
4. Heat skillet over medium-high heat. Spray with non-stick cooking spray. Cook fish on each side for 2-3 minutes, being careful when turning over. The fish will look charred—“blackened”—and there may be some smoke, but not enough so that you’ll need to call the fire department.

Recipe adapted from *Saving Dinner* by Leanne Ely

### Blackened Salmon Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving</td>
<td>175</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>54mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>67mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>19g</td>
<td></td>
</tr>
<tr>
<td>%DV Vit A</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>%DV Vit C</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>%DV Calcium</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>%DV Iron</td>
<td>2%</td>
<td></td>
</tr>
</tbody>
</table>

---

### Cherokee Nation Dietitian Cookbook

A-gi-yo-si (ha) (I’m Hungry)  
M-9 -  
Cherokee Nation Dietitian Cookbook
Boca Tacos

Serving Suggestions:
Black Bean Salsa or Fresh & Chunky Salsa
Baked Corn Chips

Main Dishes

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1 taco

<table>
<thead>
<tr>
<th>Calories per Serving: 143</th>
<th>Total Fat: 2g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat: 0g</td>
<td>Cholesterol: 0mg</td>
</tr>
<tr>
<td>Sodium: 405mg</td>
<td>Total Carbohydrate: 20g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber: 11g</td>
</tr>
<tr>
<td></td>
<td>Sugars: 1g</td>
</tr>
<tr>
<td></td>
<td>Protein: 11g</td>
</tr>
</tbody>
</table>

%DV Vit A: 9%
%DV Vit C: 7%
%DV Calcium: 11%
%DV Iron: 9%

Gather Ingredients:
2 pouches (1 cup each) frozen BOCA Meatless Ground Burger
¾ cup salsa
¼ teaspoon chili powder
¼ teaspoon ground cumin
6 whole wheat flour tortillas

Toppings:
¾ cup spinach leaves, slivered
1 medium tomato, chopped
½ cup chopped onion
Fat-free sour cream

Steps:
1. Mix ground burger, salsa and seasonings in non-stick skillet. Cook on medium heat 6 to 8 minutes or until heated through, stirring occasionally.

2. Spoon evenly onto tortillas. Add spinach, tomato and sour cream, if desired.
Breaded Pork Chop

Serving Suggestions:
Seasoned Green Beans
Macaroni and Cheese
Tossed Salad

Tip:
If you want to make these in the oven, simply place breaded chop on a wire grid rack on a baking sheet. Spray top of pork chop with non-stick cooking spray. Broil in oven for 5-10 minutes—should start to look crunchy. Remove and turn pork chop over and spray again with nonstick spray. Return to oven and broil 5-10 more minutes.

Gather Ingredients:
¼ cup Bisquick Baking Mix (can use reduced-fat)
6 saltine crackers, crushed (1/4 cup)
1 teaspoon lite seasoned salt (try Morton’s)
1 egg or ¼ cup fat-free cholesterol-free egg product
2 tablespoons water
4 pork boneless loin chops, ½ inch thick (about 1 pound)
Nonstick cooking spray

Steps:

1. Mix Bisquick, cracker crumbs, seasoned salt and pepper.

2. Mix egg and water.

3. Dip pork into egg mixture, then coat with Bisquick mixture.

4. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork in skillet 8 to 10 minutes, turning over once, until slightly pink in center.

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 4</th>
<th>Serving Size: 3 ounce chop</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 239</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 14g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat: 5g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 77mg</td>
<td></td>
</tr>
<tr>
<td>Sodium: 196mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate: 8g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
<td></td>
</tr>
<tr>
<td>Sugars: 0g</td>
<td></td>
</tr>
<tr>
<td>Protein: 18g</td>
<td></td>
</tr>
</tbody>
</table>

%DV Vit A: 1%
%DV Vit C: 0%
%DV Calcium: 2%
%DV Iron: 7%
Broiled Beef Pattie

Tip:
Removing fat in cooked ground beef burgers can be done very simply: After cooking, remove patties to large plate lined with 3 layers of paper towels. Let stand 1 minute. Turn over after 30 seconds. Blotting can reduce the fat content by as much as 1 to 2 grams depending on the type of ground beef used. (The higher the fat content of the ground meat when starting, the greater the fat loss will be.)

Serving Suggestions:
Try Nature’s Own 100% Whole Grain Wheat Buns which have 4 grams of fiber per bun. Serve with Coleslaw, Oven Baked Fries, and Baby Carrots.

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 3 ounces</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per Serving: 263</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 16.5g</td>
</tr>
<tr>
<td>Saturated Fat: 6g</td>
</tr>
<tr>
<td>Cholesterol: 68mg</td>
</tr>
<tr>
<td>Sodium: 75mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 5g</td>
</tr>
<tr>
<td>Dietary Fiber: 1g</td>
</tr>
<tr>
<td>Sugars: 2g</td>
</tr>
<tr>
<td>Protein: 24g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DV Vit A: 0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>DV Vit C: 3%</td>
</tr>
<tr>
<td>DV Calcium: 2%</td>
</tr>
<tr>
<td>DV Iron: 13%</td>
</tr>
</tbody>
</table>

Gather Ingredients:

½ pound of mushrooms
1 medium onion
1 pound lean ground beef
Pepper
Non-stick vegetable spray

Steps:
1. Chop up onion and mushrooms very fine.
2. Mix well with beef and pepper in bowl.
3. Shape into 4 patties.
4. Spray broiler pan and rack or grill with non-stick spray.
5. Broil patties for 4-5 minutes. Turn. Broil 4-5 minutes more.
Broiled Catfish Fillets

**Tip:**

**Storing Fresh Seafood:**
Rinse under cold water, pat dry with paper towel and place in an air-tight container. Store in the coldest part of the refrigerator.

For optimum flavor, texture, and nutritional value, store fresh seafood no longer than two days before use. Freeze immediately if you intend to keep it more than two days.

Gather Ingredients:

- 2 catfish fillets (3/4 pound total)
- Non-stick cooking spray
- 1/8 teaspoon salt
- 1/2 teaspoon lemon pepper

Steps:
1. Spray broiler pan and both sides of fish with non-stick cooking spray. Place fish on broiler pan with skin side up.

2. Broil about 7-8 inches from broiler unit or flames for about 5 to 7 minutes per side, or until fish is opaque when flaked.

3. Season top of fish with salt and lemon pepper. Serve immediately.

---

**Nutrition Facts**

Servings per Recipe: 2
Serving Size: 1 fillet

Calories per Serving: 230
Total Fat: 13g
  - Saturated Fat: 3g
Cholesterol: 80mg
Sodium: 235mg
Total Carbohydrate: 0g
  - Dietary Fiber: 0g
  - Sugars: 0g
Protein: 26g

%DV Vit A: 2%
%DV Vit C: 2%
%DV Calcium: 2%
%DV Iron: 5%
Caramelized Garlic Chicken

Gather Ingredients:
2 teaspoons olive oil
4 cloves garlic, pressed
4 teaspoons brown sugar
4 boneless, skinless chicken breast halves

Serving Suggestions:
Baked potato with fat-free sour cream or baked sweet potatoes
Steamed broccoli

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 295
Total Fat: 5g
Saturated Fat:
Cholesterol: 137mg
Sodium: 155mg
Total Carbohydrate: 4g
Dietary Fiber: 0g
Sugars:
Protein: 55g

%DV Vit A:
%DV Vit C:
%DV Calcium:
%DV Iron:

Steps:
1. Heat oven to 500 degrees F. Line shallow roasting pan with foil, lightly grease the foil with a little oil.
2. Heat oil in small skillet over medium-low heat until hot. Add garlic and cook 1-2 minutes or until garlic begins to soften. (Don't let garlic get brown!) Remove from heat and stir in brown sugar until well mixed. Set aside.
3. Place chicken breasts on greased foil-lined pan, spreading the garlic mixture evenly over chicken.
4. Bake for 10-15 minutes or until chicken is fork-tender and juices run clear.
### Chicken and Rice Primavera

**Tip:**  
Use No Salt Added Broth to make a lower sodium entree.

**Gather Ingredients:**
- 1 tablespoon olive oil
- ¾ pound boneless skinless chicken breasts, cut into strips
- 2 cloves garlic, minced
- 1 ½ cups chicken broth
- 1 cup broccoli flowerets
- ½ red pepper, cut into strips
- ½ cup diagonally sliced carrots
- ½ cup sliced yellow squash
- ¼ teaspoon black pepper
- 1 ½ cups Instant Brown Rice, uncooked
- ¼ cup (1 ounce) Grated Parmesan Cheese

**Steps:**
1. Heat oil in large skillet on medium high heat.
2. Add chicken and garlic; cook and stir until chicken is lightly browned.
3. Add broth, broccoli, red pepper, carrots, squash and black pepper. Bring to boil.
5. Reduce heat to low. Cover and simmer 5 minutes.
6. Stir in cheese and entrée is ready to serve.

**Nutrition Facts**
- Servings per Recipe: 5
- Serving Size: 1 cup
- Calories per Serving: 370
- Total Fat: 10g
- Saturated Fat: 2g
- Cholesterol: 35mg
- Sodium: 440mg
- Total Carbohydrate: 49g
- Dietary Fiber: 2g
- Sugars: 2g
- Protein: 24g
- %DV Vit A: 100%
- %DV Vit C: 80%
- %DV Calcium: 10%
- %DV Iron: 10%

Recipe adapted from *Diabetic Cooking*
Chicken & Black Bean Enchiladas

Tip:
An easy and delicious way to add fiber!

Gather Ingredients:

- 2 boneless, skinless chicken breasts, 5 ounces each
- ½ medium yellow onion, sliced
- 1 garlic clove, chopped
- 2 tablespoons cilantro, chopped
- 1 block fat free cream cheese, 8 ounces
- 1 can chopped green chilies
- 1 can black beans
- 1 pkg (10) Mission Carb Balance whole wheat fajita size tortillas
- 1 can green enchilada sauce
- ½ cup mozzarella cheese

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 10</th>
<th>Serving Size: 1/10 of Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 240</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 4.5g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 25mg</td>
<td></td>
</tr>
<tr>
<td>Sodium: 980mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate: 29g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber: 14g</td>
<td></td>
</tr>
<tr>
<td>Sugars: 2g</td>
<td></td>
</tr>
<tr>
<td>Protein: 18g</td>
<td></td>
</tr>
<tr>
<td>%DV Vit A: 8%</td>
<td></td>
</tr>
<tr>
<td>%DV Vit C: 15%</td>
<td></td>
</tr>
<tr>
<td>%DV Calcium: 10%</td>
<td></td>
</tr>
<tr>
<td>%DV Iron: 8%</td>
<td></td>
</tr>
</tbody>
</table>

Steps:

1. Cut chicken breasts into strips.
3. Add green chilies and black beans and stir.
4. Cut cream cheese block into 8 slices. Add slices of cream cheese to skillet and stir into chicken mixture until cream cheese is melted.
5. Spray 9x13 casserole dish with vegetable spray.
6. Place 1/8 of chicken mixture in the middle of a tortilla and roll. Put into casserole dish, seam side down. Repeat this with the remaining tortillas.
7. Pour green enchilada sauce over enchiladas and sprinkle with cheese.
8. Bake at 350 degrees on top rack until cheese is melted.
Cherokee Nation Health Services

Chicken & Black Bean Enchiladas

Tip:
This recipe has lots of sodium (salt) from the canned chicken and beans, but less than many restaurant versions of enchiladas. Rinse the items to remove some of the sodium.

Rinsing canned vegetables under running water can reduce the sodium content by as much as 40%.*

Serving Suggestions:
Avocado slices
Bean dip with vegetable sticks

Main Dishes

Nutrition Facts
Servings per Recipe: 6
Serving Size: 2 enchiladas

Calories per Serving: 365
Total Fat: 11.5g
Saturated Fat: 4g
Cholesterol: 34mg
Sodium: 1170mg*
Total Carbohydrate: 43g
Dietary Fiber: 22g
Sugars: 1g
Protein: 24g

%DV Vit A: 22%
%DV Vit C: 131%
%DV Calcium: 33%
%DV Iron: 17%

Gather Ingredients:
12 Whole Wheat Mission Low Carb Tortillas
1 can black beans—(15.25 ounces), drained and rinsed
1 can—10 ounces Green Chili Enchilada Sauce
¼ cup cilantro
¼ cup parsley
1 tablespoon lime juice
1 garlic clove
6 ounces 2% reduced fat Monterey Jack cheese, shredded; divided
1 large—10 ounce can chunk white chicken, drained and rinsed in warm water
Non-stick cooking spray

Steps:
1. Spray two 9x13 baking dishes with non-stick cooking spray.
2. Mix enchilada sauce, lime juice, garlic, parsley and cilantro in blender 30 seconds.
3. Mix chicken, beans and 3 ounces of cheese together in bowl with half (about ½ cup) of the enchilada sauce mixture. Reserve the rest of the sauce for later.
4. Add 2-3 tablespoons of chicken mixture to each tortilla and roll up. Place enchilada in baking dish.
5. Place 1 tablespoon of remaining enchilada sauce over each tortilla. Sprinkle evenly with remaining cheese.

*Recipe analyzed before rinsing canned foods
Chicken Enchiladas

**Tips:**

This recipe can be made as hot as you like by using different types of peppers.

Using canned, low-fat chicken helps to speed up the preparation of this traditionally time consuming recipe.

**Gather Ingredients:**

- 1 large can chicken breast, rinsed
- 1 can chopped tomatoes, 15 ounce
- 1 large can enchilada sauce
- 12 corn tortillas
- 4 ounces non-fat or 2% cheese, shredded
- 1 small can black olives, drained
- 4 chili peppers, chopped
- 1 medium onion, chopped

**Steps:**

1. Heat oven to 350 degrees. Spray 9x13 inch baking dish with non-stick vegetable cooking spray.

2. Drain tomatoes, set juice aside.

3. Place enchilada sauce in a large bowl; dip each tortilla into the sauce.

4. Place each tortilla on a plate. Add small amount of chicken, chili peppers, onions and tomatoes. Roll up tightly and place in baking dish, seam side down.

5. Pour the remaining enchilada sauce and the reserved tomato juice over enchiladas. Sprinkle with cheese and olives.

6. Bake at 350 degrees until cheese is bubbly.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving per Recipe: 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 enchilada</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per Serving: 116</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 3g</td>
</tr>
<tr>
<td>Saturated Fat: 1g</td>
</tr>
<tr>
<td>Cholesterol: 20mg</td>
</tr>
<tr>
<td>Sodium: 480mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 16g</td>
</tr>
<tr>
<td>Dietary Fiber: 2g</td>
</tr>
<tr>
<td>Protein: 7g</td>
</tr>
</tbody>
</table>

| %DV Vit A: 3% |
| %DV Vit C: 55% |
| %DV Calcium: 10% |
| %DV Iron: 5% |
Chicken Foil Packs

Tip:
You can switch out the veggies used depending on the season or use frozen veggies when you don’t have fresh. Almost a complete meal, add whole grain bread or brown rice. Also, a delicious way to get vitamin C.

Gather Ingredients:
6 boneless, skinless, breadless chicken breasts, about 1 ½ pounds
1 can 98% fat free cream of mushroom soup
1 large zucchini, sliced into ½ inch circles
1 large yellow squash, sliced into ½ inch circles
1 medium onion, sliced into 1 inch slices
1 large pepper, green, red or yellow, cut into 1 inch pieces
Salt & pepper to taste
Foil
Vegetable spray

Steps:
1. Preheat oven to 400°. Pound chicken breast to about ½ inch with a flat sided meat tenderizer mallot. Note: These can also be grilled for about 15 minutes.
2. Tear off 6-12 inch pieces of foil. Lay them out on a table and spray with vegetable spray.
3. Put a chicken breast on top of each foil piece.
4. Divide peppers, zucchini, & yellow squash evenly over each chicken breast.
5. Divide mushroom soup evenly over each foil pack.
7. Place foil packs on a 15x10x1 inch baking sheet. Bake 30 to 35 minutes or until chicken is cooked through. Remove from oven and let stand 5 minutes.
8. Place packs directly on dinner plates. As packs are hot, cut slits into foil using a knife to release steam before opening.

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1 foil pack

Calories per Serving: 190
Total Fat: 2.5g
Saturated Fat: 1g
Cholesterol: 70mg
Sodium: 270mg
Total Carbohydrate: 11g
Dietary Fiber: 3g
Sugars: 4g
Protein: 28g

%DV Vit A: 8%
%DV Vit C: 50%
%DV Calcium: 6%
%DV Iron: 6%
Chicken Noodle Surprise

Tips:
To lower the sodium in this recipe you can substitute cooked chicken breast for the canned chicken.

Gather Ingredients:
1 pkg. Angel hair pasta
1 can reduced fat cream of chicken soup
1 can reduced fat cream of mushroom soup
1 can white chicken, 6.75 oz.
2 cups low-fat grated cheddar cheese
½ cup chopped red onion
1 pkg. fresh sliced mushrooms

Steps:
1. In a small skillet, sauté the onion and mushrooms in a small amount of canola oil until tender.
2. Cook pasta.
3. Mix pasta and all ingredients together, leaving a small amount of cheese to sprinkle on top.
4. Put into a casserole dish and bake at 350 degrees for 15 minutes or until cheese melts on top.

Nutrition Facts:
Servings per Recipe: 10
Serving Size: 1 cup
Calories per Serving: 158
Total Fat: 7.5g
  Saturated Fat: 3.2g
Cholesterol: 15mg
Sodium: 557mg
Total Carbohydrate: 11g
  Dietary Fiber: less than 1g
  Sugars: 1g
Protein: 11g

%DV Vit A: 7%
%DV Vit C 1%
%DV Calcium: 15%
%DV Iron: 1%
Chicken Stir-Fry | Main Dishes

**Serving Suggestions:**
Brown rice, Tossed Salad

**Quick Tip:**
If you’re short on time, substitute a bag of frozen stir-fry vegetables for the fresh vegetables in this recipe. Another quick substitution is to use a 10-ounce can chunk white chicken breast meat instead of fresh chicken.

**Nutrition Facts**
- **Servings per Recipe:** 4
- **Serving Size:** 1/4 of Recipe
- **Calories per Serving:** 220
- **Total Fat:** 6g
- **Saturated Fat:** 1g
- **Cholesterol:** 48mg
- **Sodium:** 363mg
- **Total Carbohydrate:** 22g
- **Dietary Fiber:** 3g
- **Sugars:** 15g
- **Protein:** 20g
- **%DV Vit A:** 99%
- **%DV Vit C:** 156%
- **%DV Calcium:** 4%
- **%DV Iron:** 8%

**Gather Ingredients:**
- 2 tablespoons sesame oil
- 2 tablespoons low-sodium soy sauce
- 12 ounces boneless, skinless, chicken breast meat, sliced in strips
- 1 cup sliced red pepper
- 1 cup sliced carrots
- 1 cup sliced mushrooms
- 1 medium zucchini, sliced
- 1 cup pineapple chunks
- ½ cup pineapple juice
- 1 tablespoon cornstarch

**Steps:**

1. Heat sesame oil in a wok or large skillet over medium-high heat. Saute chicken until nearly cooked; add veggies and pineapple chunks and continue to cook until veggies are tender.

2. Meanwhile, mix pineapple juice, soy sauce and cornstarch together and add to ingredients in wok. Cook until sauce thickens slightly.
Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 12</th>
<th>Serving Size: 1/12 of recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 297</td>
<td>Total Fat: 8g</td>
</tr>
<tr>
<td>Total Fat: 8g</td>
<td>Saturated Fat: 3g</td>
</tr>
<tr>
<td>Cholesterol: 36mg</td>
<td>Sodium: 915mg</td>
</tr>
<tr>
<td>Sodium: 915mg</td>
<td>Total Carbohydrate: 36g</td>
</tr>
<tr>
<td>Total Carbohydrate: 36g</td>
<td>Dietary Fiber: 12.5g</td>
</tr>
<tr>
<td>Dietary Fiber: 12.5g</td>
<td>Sugars: 8.5g</td>
</tr>
<tr>
<td>Sugars: 8.5g</td>
<td>Protein: 20.5g</td>
</tr>
<tr>
<td>Protein: 20.5g</td>
<td>%DV Vit A: 152%</td>
</tr>
<tr>
<td>%DV Vit A: 152%</td>
<td>%DV Vit C: 23%</td>
</tr>
<tr>
<td>%DV Vit C: 23%</td>
<td>%DV Calcium: 10%</td>
</tr>
<tr>
<td>%DV Calcium: 10%</td>
<td>%DV Iron: 34%</td>
</tr>
<tr>
<td>%DV Iron: 34%</td>
<td></td>
</tr>
</tbody>
</table>

Gather Ingredients:
2 cups fresh or canned pumpkin
1.5 pounds extra lean ground beef
4 cans red kidney beans
2 medium onions, chopped
3 cans cut tomatoes—15 ounces each (try no salt added to reduce sodium content)
2 tablespoons chili powder
¼ teaspoon red pepper (optional)
2 tablespoons sugar (or substitute)
1 teaspoon salt
2 Bay leaves
1 cup mushrooms, sliced (optional)

Steps:
1. Brown ground beef, drain fat and rinse with hot water—if necessary.
2. Put ground beef into large pot.
3. Add each additional ingredient into pot.
4. Cook on low heat for one to two hours.
Gather Ingredients:
1 pound chuck roast, boneless and trimmed of all visible fat
Salt and pepper to taste
1 cup ketchup
1 1/2 Tablespoons honey
2 1/2 Tablespoons balsamic vinegar
1 1/2 Tablespoons Dijon mustard
2 1/2 Tablespoons barbecue sauce
1 1/2 Tablespoons Worcestershire sauce
1/2 teaspoon garlic powder

Serving Suggestions:
Serve on toasted 100% whole grain hamburger buns
Ramen Noodle Salad or Cucumbers with Dill

Steps:
1. In a Crock-Pot, place chuck roast. Salt and pepper it to your personal taste.
2. In a large bowl, mix the rest of the ingredients until well blended. Pour on top of the roast, cover, and cook on low for 8-10 hours.
3. Remove roast from Crock-Pot, stirring well to coat evenly with the sauce. Cook for another hour and remove meat to bowl or cutting board. Shred with two forks. Save sauce in bottom of crock.
4. Toast whole grain buns; top with meat and BBQ sauce.
Crock-Pot BBQ Chicken

Gather Ingredients:
1 small whole chicken
2 onions, sliced
1½ cups barbecue sauce

Serving Suggestions:
Steamed red potatoes tossed with a little garlic butter
Green salad
Baby carrots, cherry tomatoes, radishes

Steps:
1. Put chicken in Crock-Pot with onions on top and add the barbecue sauce; cook on low 6-8 hours.
2. Drain off fat and serve.

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

| Calories per Serving: 352 |
| Total Fat: 13g |
| Saturated Fat: 3.5g |
| Cholesterol: 108mg |
| Sodium: 865mg |
| Total Carbohydrate: 20g |
| Dietary Fiber: 2g |
| Sugars: 11g |
| Protein: 36g |

%DV Vit A: 2%
%DV Vit C: 19%
%DV Calcium: 5%
%DV Iron: 14%
Easy Fish Foil Packs

Tip:

Fresh salmon fillets may be difficult to find in your area. Many grocery stores carry frozen fillets of fish which can work nicely for many recipes. Be sure to defrost the fillets overnight in your refrigerator or according to your microwave instructions before use in this recipe.

Serving Suggestions:
Brown rice, baked acorn squash, and roasted asparagus

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1 packet</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories per Serving: 217</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 15g</td>
</tr>
<tr>
<td>Saturated Fat: 3g</td>
</tr>
<tr>
<td>Cholesterol: 54mg</td>
</tr>
<tr>
<td>Sodium: 71mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 0g</td>
</tr>
<tr>
<td>Dietary Fiber: 1.4g</td>
</tr>
<tr>
<td>Sugars: 0g</td>
</tr>
<tr>
<td>Protein: 19g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>%DV Vit A: 18%</th>
</tr>
</thead>
<tbody>
<tr>
<td>%DV Vit C: 11%</td>
</tr>
<tr>
<td>%DV Calcium: 3%</td>
</tr>
<tr>
<td>%DV Iron: 8%</td>
</tr>
</tbody>
</table>

Gather Ingredients:

- 6 4-ounce salmon fillets or other white fish
- 3 cups spinach leaves
- Fresh basil (at least six leaves), chopped
- Sesame oil, 2 tablespoons
- Aluminum foil

Steps:

1. Preheat oven to 400 degrees.
2. Tear piece of foil large enough to make a packet for each fillet and place about ½ cup of spinach leaves on the foil.
3. Place salmon (or other fish fillet) on top of spinach leaves. Drizzle with about 1 teaspoon of sesame oil and sprinkle with sliced basil leaves.
4. Bring up sides and fold the top and ends to seal the packet—so steam cannot escape the packet while cooking.
5. Place foil packet on baking sheet and bake for 15 minutes. (Other white fishes may only take about 10 minutes).
6. Remove from oven when done cooking. Place pack directly on dinner plate and cut slits into foil with a knife to release steam before opening, or use oven mitts to open foil packet and transfer contents to plate or bowl.
Easy Chicken Roll Ups

Tip:
Substituting white rice with brown rice in this recipe has increased the dietary fiber per serving.

Gather Ingredients:
2-3 boneless chicken breasts
5 cup long grain brown rice
10 flour tortillas
½ cup low-fat ranch dressing

Steps:
1. Bake chicken at 350 degrees for 15 minutes. Prepare rice according to directions.
2. Cut chicken into bite-size pieces.
3. When rice is almost done add some water to pan, then add chicken and the ranch dressing.
4. Put spoonfuls of mixture in the tortillas and wrap.

Main Dishes

Nutrition Facts
Servings per Recipe: 10
Serving Size: 1 chicken roll
Calories per Serving: 270
Total Fat: 3.5g
  Saturated Fat: 0.5g
Cholesterol: 10mg
Sodium: 460mg
Total Carbohydrate: 48g
  Dietary Fiber: 12g
  Sugars: 1g
  Protein: 12g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 4%
%DV Iron: 4%
Easy Homemade Pizza

Tip:
Homemade pizza can save you many calories over eating out.
If you use meat toppings, choose the healthier ones like lean ham, Canadian bacon, extra lean hamburger meat, veggie sausage, or veggie beef crumbles.

This easy deep dish veggie sausage pizza recipe has much less fat (by 60%), saturated fat (by 65%), and sodium (by 32%) than commercial deep dish sausage pizza. It’s also packed with fiber (64% more) as well as many vitamins and minerals.

Gather Ingredients:
1 loaf Rhodes Whole Wheat Dough, frozen
Non-stick cooking spray
½ cup of pizza or spaghetti sauce
2 cups part-skim mozzarella cheese, shredded
2 cups Morningstar Farms Veggie Sausage Crumbles or lean hamburger meat or Canadian or lean sliced ham

Toppings for pizza: Choose 3-4 cups raw: onions, mushrooms, broccoli, bell peppers-all colors, tomatoes, and/or artichoke hearts.

Do Ahead Tip:
Thaw dough loaf overnight in refrigerator.

Steps:
1. Press dough into a ball. Roll into a 14-inch circle.
2. Place into a 12-inch deep dish pizza pan sprayed with non-stick cooking spray.
3. Let rise 30 minutes.
4. Pre-bake crust at 400 degrees for 10 minutes.
5. Spread pizza sauce over crust. Add desired toppings and top with cheese.
6. Bake at 350 degrees for 15 to 20 minutes or until cheese is melted.

Nutrition Facts
Servings per Recipe: 8
Serving Size: 2 slices

Calories per Serving: 525
Total Fat: 15g
Saturated Fat: 5.5g
Cholesterol: 36mg
Sodium: 1233mg
Total Carbohydrate: 67g
Dietary Fiber: 11g
Sugars: 7g
Protein: 35g

%DV Vit A: 35%
%DV Vit C: 157%
%DV Calcium: 53%
%DV Iron: 27%
Fajitas

Serving Suggestions:
Baked Corn Chips
Homemade Salsa

Gather Ingredients:
2 limes, juiced
¼ cup rice vinegar
5 teaspoons cumin
2 tablespoons olive oil
1 pound flank steak, cut into thin strips
1 medium onion, sliced
1 small green bell pepper, sliced
1 small red bell pepper, sliced
½ cup cilantro, chopped
6 whole wheat flour tortillas

Steps:

1. Prepare the marinade: lime juice, vinegar, cumin, half the garlic and half the olive oil in a plastic zipper-topped bag. Squish it around to mix and add beef; then squish beef around. Throw the bag in the fridge and get your veggies ready.

2. In a skillet or wok (perfect tool for fajitas), heat the remaining olive oil over medium-high heat. Saute onion and remaining garlic till translucent but don’t let them brown. Add bell peppers and cook till crisp tender; set aside.

3. Remove meat from the fridge and take beef out of the marinade. Discard marinade. Saute beef till cooked. Add onion and bell pepper mixture and warm together for a minute. Add cilantro and toss to mix well.

4. Warm tortillas and serve.

Recipe from: Saving Dinner by Leanne Ely

Main Dishes

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 6</th>
<th>Serving Size: 1/6 of recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 297</td>
<td>Total Fat: 12.5g</td>
</tr>
<tr>
<td>Total Fat: 12.5g</td>
<td>Saturated Fat: 3g</td>
</tr>
<tr>
<td>Cholesterol: mg</td>
<td>Sodium: 282mg</td>
</tr>
<tr>
<td>Sodium: 282mg</td>
<td>Total Carbohydrate: 19g</td>
</tr>
<tr>
<td>Total Carbohydrate: 19g</td>
<td>Dietary Fiber: 10g</td>
</tr>
<tr>
<td>Dietary Fiber: 10g</td>
<td>Sugars: g</td>
</tr>
<tr>
<td>Sugars: g</td>
<td>Protein: 24g</td>
</tr>
<tr>
<td>Protein: 24g</td>
<td>%DV Vit A: 11%</td>
</tr>
<tr>
<td>%DV Vit A: 11%</td>
<td>%DV Vit C: 74%</td>
</tr>
<tr>
<td>%DV Vit C: 74%</td>
<td>%DV Calcium: 8%</td>
</tr>
<tr>
<td>%DV Calcium: 8%</td>
<td>%DV Iron: 14%</td>
</tr>
</tbody>
</table>

Recipe from: Saving Dinner by Leanne Ely
Fettuccine Alfredo

Tips:

To reduce fat in sauces use fat free milk or fat free evaporated milk in place of half-and-half and heavy cream.

Evaporated skim milk is not as perishable as half-and-half and heavy cream.

Gather Ingredients:

1 1/3 cups fat free milk
2 small garlic cloves, minced
2 teaspoons all-purpose flour
2 tablespoons fat-free cream cheese
1 cup grated Parmesan cheese
1 tablespoon plus 2 teaspoons Molly McButter natural or garlic flavor
4 cups hot cooked fettuccine noodles
2 boneless/skinless cooked chicken breast, cubed

Steps:

1. Cut chicken breast into strips or cubes and cook in a skillet with vegetable spray. Cook on medium heat until done and set aside.
2. In a saucepan over high heat, whisk milk, garlic, flour and cream cheese. Bring to a boil, whisking constantly. Reduce heat and simmer for 2 minutes or until thickened.
3. Add Parmesan, whisk until blended.
4. Remove from heat and stir in Molly McButter and chicken.
5. Pour sauce over hot fettuccine.

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1 cup

<table>
<thead>
<tr>
<th>Calories per Serving:</th>
<th>Total Fat: 8g</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Saturated Fat: 4g</td>
</tr>
<tr>
<td></td>
<td>Cholesterol: 95 mg</td>
</tr>
<tr>
<td></td>
<td>Sodium: 320mg</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate: 32g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber: 1g</td>
</tr>
<tr>
<td></td>
<td>Sugars: 3g</td>
</tr>
<tr>
<td></td>
<td>Protein: 26g</td>
</tr>
</tbody>
</table>

%DV

Vit A: 8%
Vit C: 0%
Calcium: 30%
Iron: 10%
Ginger-Soy-Lime Shrimp

Gather Ingredients:
2 large shallots, peeled and chopped 
1 (2-inch) piece fresh ginger, peeled and chopped 
4 cloves garlic, smashed 
3/4 cup soy sauce 
1/2 cup fresh lime juice 
2 tablespoons sugar 
1/4 cup chopped green onions 
1/4 cup peanut oil 
1/4 teaspoon coarsely ground black pepper 
2 pounds large shrimp, shells and tails on

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of Recipe
Calories per Serving: 312
Total Fat: 15g
Saturated Fat: 3g
Cholesterol: 276mg
Sodium: 1330mg
Total Carbohydrate: 11g
Dietary Fiber: 0.5g
Sugars: 5g
Protein: 33g

%DV Vit A: 11%
%DV Vit C: 25%
%DV Calcium: 8%
%DV Iron: 27%

Steps:

1. Place shallots, ginger, garlic, soy, lime juice and sugar in a blender and blend until smooth.
2. Add the green onion and oil and blend until combined. Season with black pepper to taste.
3. Place shrimp in a large bowl, pour the marinade over and let marinate at room temperature for 20 minutes.
4. Preheat grill to high.
5. Remove shrimp from the marinade and grill for 1 1/2 to 2 minutes per side. Serve on brown paper bags, if desired.

Serving Suggestions:
Grilled or Baked Sweet Potatoes; Wild Rice; Butternut Squash
**Ham and Asparagus Strata**

**Gather Ingredients:**
12 – 16 slices French or Italian bread, about 4 ounces, sliced ½ inch thick
1 cup shredded low-moisture, part-skim mozzarella or Italian blend cheeses, about 4 ounces, divided
1 cup chopped cooked lean ham, about 4 ounces, divided
8 ounces fresh asparagus spears, cut into 1 inch pieces (about 2 cups)
6 large eggs
1 cup fat free or low fat milk
2 tablespoons lemon juice
¼ teaspoon garlic powder

Modified from the American Egg Board

**Steps:**

1. Preheat oven to 350 degrees. Spray 8 inch square baking dish with vegetable spray. Layer in bottom of dish half of bread, ½ cup cheese, ½ cup ham, and 1 cup asparagus. Cover with remaining bread slices, laying them flat or in a shingled pattern. Sprinkle with remaining cheese, ham and asparagus.

2. In a medium bowl, beat together eggs, milk, lemon juice, and garlic powder. Pour evenly over layers.

3. Cover dish with aluminum foil. Bake for 40 – 45 minutes or until a thermometer reaches 160 degrees and knife inserted near center comes out clean.

4. To microwave: complete recipe through step 2. Cover strata with plastic wrap and microwave on full power 5 minutes. Rotate dish ¼ turn. Microwave on 50% power, rotating dish ¼ turn each 3 – 5 minutes, until thermometer inserted near center reaches 160 degrees and knife inserted near center comes out clean, about 10 – 12 minutes.

**Main Dishes**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Servings per Recipe: 6</th>
<th>Serving Size: 1/6 of recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 227</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 10g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat: 4g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 232mg</td>
<td></td>
</tr>
<tr>
<td>Sodium: 572mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate: 15g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber: 1g</td>
<td></td>
</tr>
<tr>
<td>Protein: 19g</td>
<td></td>
</tr>
</tbody>
</table>

%DV Vit A: 13%
%DV Vit C: 13%
%DV Calcium: 24%
%DV Iron: 11%
Hash Brown Casserole

Tips:
Fresh potatoes should be stored in a cool, dark location, but not refrigerated. Refrigerating potatoes causes their starch to change into sugar.

Save money! Purchase potatoes rather than potato products at the market. Using fresh potatoes to make homemade hash browns or French fries requires very little time, but can save you lots of money.

If you notice that the potatoes at the market have a green tinge, choose other potatoes to buy. That green color indicates that the potatoes have been getting too much light, and a chemical change is happening. This change can make some people sick if they eat the peeling from those potatoes.

Gather Ingredients:
1 package frozen hash brown potatoes, 2 pounds, thawed
1 1/2 cup light sour cream
2 cans reduced fat, reduced sodium Cream of Chicken soup, 10 3/4 ounce each
1 cup reduced-fat cheddar cheese (4 ounces)
1/2 small yellow onion
1/2 teaspoon black pepper
Non-stick cooking spray
1 cup crushed cornflakes
2 tablespoons soft margarine, melted

Steps:
1. Combine first 6 ingredients in a large bowl. Place in a 2 1/2 quart baking dish that has been sprayed with non-stick cooking spray.

2. Sprinkle with cornflakes.

3. Bake at 350 degrees for one hour.

Note: This recipe can be made with fresh potatoes. It will take 2 pounds of grated potatoes.

Main Dishes

Nutrition Facts
Servings per Recipe: 12
Serving Size: 1/2 cup

Calories per Serving: 180
Total Fat: 6g
Saturated Fat: 3g
Cholesterol: 15mg
Sodium: 360mg
Total Carbohydrate: 25g
Dietary Fiber: 2g
Sugars: 6g
Protein: 7g

%DV Vit A: 8%
%DV Vit C: 20%
%DV Calcium: 6%
%DV Iron: 8%
Tip:

Less tender cuts of beef from the round, chuck, brisket and shank usually require moist cooking methods to improve tenderness.

Examples of moist cooking methods include boiling, simmering, stewing, blanching, poaching, braising and steaming. Longer cooking times at lower temperatures with moisture help to increase tenderness by softening tough tissues.

A pressure pan or cooker is a great tool for saving time with some of these methods.

Marinating a less tender cut of beef, pounding it with a meat mallet or using commercial tenderizers may allow the beef to be cooked using a dry cooking method.

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: 3 ounces

<table>
<thead>
<tr>
<th>Calories per Serving</th>
<th>158</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>33mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>496mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>8g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>19g</td>
</tr>
</tbody>
</table>

%DV Vit A: 8%
%DV Vit C: 12%
%DV Calcium: 3%
%DV Iron: 15%

Gather Ingredients:

1 pound round steak trimmed of visible fat and bone
¼ teaspoon black pepper
1 can tomato sauce (15 ounce)
2 tablespoons instant onion flakes
1½ cup sliced celery
1 can sliced mushrooms and liquid (4 ounce)
1 tablespoon dried parsley flakes

Steps:
Do Ahead Preparation:
1. Trim all visible fat from the meat and cut into 4 serving pieces.
2. Sprinkle with pepper.
3. Place steak in baking dish. Pour on tomato sauce. Cover with plastic wrap and marinate in refrigerator overnight.

The Next Day:
2. Bake covered with foil (shiny side down) at 350 degrees for 1½ hours or until steak is tender.
Hot Stuff Casserole

Tips:
✓ Serve this with salad
✓ Can increase vegetable servings by serving a side dish of green beans or broccoli
✓ Can eliminate salt to reduce sodium in recipe

Gather Ingredients:
1 pound extra lean ground beef
1 can Rotel tomatoes
1 small can tomato sauce
¼ teaspoon Chili powder
1 teaspoon sugar
¼ teaspoon basil
1 small package wide noodles (12 oz)
1 cup low fat sour cream
1 pkg fat free cream cheese, 3 ounces, at room temperature
1 tablespoon chives
½ cup cheddar cheese, reduced fat

Steps:
1. Brown ground beef. Drain off the fat.

2. Add Rotel tomatoes, tomato sauce, sugar, salt, chili powder, and basil. Simmer for 20 minutes.

3. Cook noodles according to package directions.

4. Mix sour cream, cream cheese, and chives.

5. In casserole dish sprayed with Pam, layer 1/2 noodles, cream cheese mixture, then the meat mixture. Repeat layers.

6. Bake at 350 degrees for 20 minutes. Sprinkle cheddar cheese on top and return to oven until cheese has melted.
Island Spiced Salmon

Tip:
Serve this delightful salmon with white rice or a baked potato and a mixed greens salad for a delightful “company” meal. They will think you worked for hours!

Gather Ingredients:
- 2 tablespoons brown sugar
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- 1 salmon fillet (2 pounds)

Steps:
1. In a small bowl, combine the first five ingredients; mix well.
2. Rub over the flesh side of the fillet; refrigerate 30 minutes.
3. Place skin side down in a baking dish coated with non-stick cooking spray. Bake at 375 degrees for 20 – 25 minutes or until fish flakes easily with a fork.
4. Serve immediately.

Nutrition Facts
- Servings per Recipe: 8
- Serving Size: 4 ounces
- Calories per Serving: 230
- Total Fat: 13g
- Saturated Fat: 3g
- Cholesterol: 67 mg
- Sodium: 382 mg
- Total Carbohydrate: 5g
- Dietary Fiber: 0g
- Sugars: 0g
- Protein: 23g
- %DV Vit A: 2%
- %DV Vit C: 2%
- %DV Calcium: 2%
- %DV Iron: 5%
Lemon Roast Chicken

Gather Ingredients:
1 teaspoon oregano
2 cloves garlic
1 small whole chicken, with skin removed
2 teaspoons olive oil
Salt and pepper to taste
¼ cup water
2 Tablespoons lemon juice

Steps:
1. Sprinkle half the oregano and garlic inside the cavity of the chicken.
2. In a skillet, heat olive oil over medium-high heat. Brown chicken on all sides, then place in Crock-Pot.
3. Add remaining oregano and garlic, salt and pepper to taste.
4. Add water to skillet and use a wire whisk to loosen brown bits. Pour the skillet water into the Crock-Pot.
5. Cook on low for 8 hours. Add lemon juice in the last hour of cooking. When chicken is finished, pour cooking juices into a saucepan and heat over medium-high heat; allow to simmer. The sauce needs to simmer for about 10 minutes to reduce, then serve.

Serving Suggestions:
Mashed potatoes, steamed green beans, baby carrots

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of recipe

Calories per Serving: 272
Total Fat: 14g
  Saturated Fat: 3.5g
Cholesterol: 107mg
Sodium: 100mg
Total Carbohydrate: 1g
  Dietary Fiber: 0g
Sugar: 0g
Protein: 34g

%DV Vit A: 2%
%DV Vit C: 7%
%DV Calcium: 2%
%DV Iron: 8%
Tip:
Keep these ingredients on hand for a quick & easy, one pot dish. Add a salad and you have a complete meal.

Gather Ingredients:
1 (10 ounce) can 98% fat free white chicken meat, drained & rinsed
1 can 98% fat free cream of celery soup
1 can Veg-All mixed vegetables
1 can (10 count) biscuits, buttermilk or regular

Steps:
1. Spray a small casserole dish with vegetable spray.
2. Combine all ingredients in a small casserole dish
3. Mix well.
4. Cut each biscuit into 4 pieces and put on top of mixture to cover completely.
5. Bake at 375° till biscuits are well browned and not doughy in the middle.

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of Recipe
Calories per Serving: 300
Total Fat: 4.5g
Saturated Fat: 0.5g
Cholesterol: 35mg
Sodium: 1130mg
Total Carbohydrate: 38g
Dietary Fiber: 2g
Sugars: 6g
Protein: 23g

%DV Vit A: 2%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 0%
Luscious Lowfat Chicken

Tip:

Boneless, skinless chicken breasts are often packaged in larger portions than 4 ounces per breast. Try chicken breast tenders to help control portion sizes.

Chicken breast tenders are available in the fresh meat section or look in the frozen foods section of the grocery store.

Onions and garlic are perfect low-calorie and salt-free seasonings that compliment chicken very well.

Gather Ingredients:
4 boneless, skinless chicken breasts, 4 ounces each
1 small onion
2 cloves garlic
¼ teaspoon basil
2 tablespoons rose wine
Non-stick cooking spray

Steps:
1. Preheat oven to 350 degrees.
2. Spray baking pan with non-stick spray.
3. Place chicken in pan.
4. Cut up onion and garlic very fine. Measure out herbs and wine.
5. Sprinkle chicken with onion, garlic, herbs, and wine. Add pepper, if needed. Wait until you have tasted your first bite before you determine if added salt is necessary.
6. Cover with foil. Bake for 45 minutes.

Nutrition Facts
Servings per Recipe: 4
Serving Size: 3 ounces

Calories per Serving: 141
Total Fat: 1.5g
Saturated Fat: 0.5g
Cholesterol: 65mg
Sodium: 75mg
Total Carbohydrate: 3g
Dietary Fiber: 0g
Sugars: 1g
Protein: 26g

%DV Vit A: 1%
%DV Vit C: 5%
%DV Calcium: 2%
%DV Iron: 5%
Meatloaf

Tip:
If using beef, put meatloaf on a rack during baking to let some fat drain off. Louis Rich is a preferred brand of frozen ground turkey.

Gather Ingredients:

- 1 pound lean ground turkey (or beef, buffalo)
- 1 small onion, chopped
- 1 small bell pepper, chopped
- ½ cup catsup
- 1 egg
- 1 to 2 cloves garlic, mashed and chopped
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Mrs. Dash table blend seasoning
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ¾ cup uncooked oatmeal

Steps:

1. Mix all ingredients together well.
2. Form into a loaf.
3. Bake in a loaf pan at 400 degrees for 40 minutes or until middle is no longer pink and internal temperature is 160 degrees.

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 3 ounces</td>
</tr>
<tr>
<td>Calories per Serving: 250</td>
</tr>
<tr>
<td>Total Fat: 9g</td>
</tr>
<tr>
<td>Saturated Fat: 2g</td>
</tr>
<tr>
<td>Cholesterol: 95mg</td>
</tr>
<tr>
<td>Sodium: 540mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 21g</td>
</tr>
<tr>
<td>Dietary Fiber: 3g</td>
</tr>
<tr>
<td>Sugars: 4g</td>
</tr>
<tr>
<td>Protein: 18g</td>
</tr>
<tr>
<td>%DV Vit A: 6%</td>
</tr>
<tr>
<td>%DV Vit C: 25%</td>
</tr>
<tr>
<td>%DV Calcium: 4%</td>
</tr>
<tr>
<td>%DV Iron: 10%</td>
</tr>
</tbody>
</table>
Mexican Stir-Fry

Tip:
Using a good non-stick skillet lets you use less oil. You can reduce the sodium by using no salt added broth and rinsing the beans.

Gather Ingredients:

- 1 tablespoon canola oil
- 1 cup chopped onion
- 1 cup each diced red and green peppers
  (2 cups total)
- 4 cloves garlic, chopped
- ¼ cup canned green chilies, diced
- 1 teaspoon chili powder
- ¼ teaspoon ground red pepper
- 1 cup tomato puree
- 1 cup clear chicken broth
- 1 cup drained canned kidney beans
- 8 ounces cooked white meat chicken, diced
- 2 cups cooked long-grain rice
- 2 tablespoons reduced-fat cheddar cheese, grated

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 4</th>
<th>Serving Size: ¼ of recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 320</td>
<td>Total Fat: 7g</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat: 1g</td>
</tr>
<tr>
<td></td>
<td>Cholesterol: 45mg</td>
</tr>
<tr>
<td></td>
<td>Sodium: 750mg</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate: 47g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber: 6g</td>
</tr>
<tr>
<td></td>
<td>Sugars: 9g</td>
</tr>
<tr>
<td></td>
<td>Protein: 20g</td>
</tr>
<tr>
<td>%DV Vit A: 25%</td>
<td>%DV Vit C: 150%</td>
</tr>
<tr>
<td>%DV Calcium: 6%</td>
<td>%DV Iron: 25%</td>
</tr>
</tbody>
</table>

Steps:

1. Spray non-stick skillet with non-stick cooking spray, begin heating, and add oil.
2. Add chopped onion, garlic, and peppers and sauté for about 5 minutes or until starting to get tender.
3. Stir in tomato puree, chicken broth, chili powder, and ground red pepper.
4. Simmer for about 5 minutes.
5. Add beans, chicken, and rice and cook until heated through.
6. Sprinkle with grated cheese and serve.
Mustard Glazed Salmon

Tip:
Salmon is a source of omega-3 fatty acids. Omega-3 fatty acid intake has been associated with a reduced risk for Coronary Heart Disease.

The American Heart Association recommends at least two servings per week of oily fish like salmon, lake trout, tuna, and herring. Three ounces of salmon contains approximately one gram of omega-3 fatty acids.

Serving Suggestions:
Brown rice, baked acorn squash, and steamed broccoli

Gather Ingredients:
6 salmon fillets, 4 ounces each
6 tablespoons honey mustard
Green onion, chopped

Steps:
1. Preheat oven to 350 degrees.
2. In a shallow baking dish, place your fish and top with honey mustard (one tablespoon per fillet).
3. Bake for 15 minutes or longer, depending on the thickness of the fish until fish flakes easily with fork.
4. Top with chopped green onions before serving.

Nutrition Facts
Servings per Recipe: 6
Serving Size: 3 ounces

Calories per Serving: 226
Total Fat: 12g
Saturated Fat: 2.5g
Cholesterol: 67mg
Sodium: 158mg
Total Carbohydrate: 4g
Dietary Fiber: 0g
Sugars: 3g
Protein: 23g

%DV Vit A: 3%
%DV Vit C: 11%
%DV Calcium: 2%
%DV Iron: 3%
Pasta with Salmon & Lemon Cream

Tip: A tasty way to get some of those omega 3 fatty acids! Omega 3 fatty acids are good for your heart. They help to lower your triglycerides. The American Heart Association recommends eating 1-2 servings of fish (not fried) a week.

Gather Ingredients:
8 ounces dried spiral wheat pasta
1 package fat free cream cheese, 8 ounces
2/3 cup skim milk
1 teaspoon finely shredded lemon peel
1 tablespoon lemon juice
2 medium zucchini or yellow squash, cut in half lengthwise and thinly sliced
6 ounces thinly sliced, smoked salmon, cut into ½ inch strips or 1 can salmon, bones removed
2 tablespoons chives
1 tablespoon Italian seasoning
1 clove garlic

Steps:
1. Cook pasta according to package directions; drain. Return pasta to saucepan.
2. Meanwhile, for the sauce, in a medium saucepan heat the cheese, Italian seasoning, garlic and milk over low heat until cheese melts, whisking until smooth.
3. Stir in lemon peel and lemon juice.
4. Stir in zucchini or yellow squash and salmon; heat through.
5. Pour sauce over pasta; toss gently to coat.

Serve with a green leafy salad and lowfat dressing.

Nutrition Facts
Servings per Recipe: 8
Serving Size: 1 cup

Calories per Serving: 160
Total Fat: 1.5 g.
Saturated Fat: 0.5 g.
Cholesterol: 10 mg.
Sodium: 580 mg.
Total Carbohydrate: 22 g.
Dietary Fiber: 4 g.
Sugars: 3 g.
Protein: 14 g.

%DV Vit A: 10%
%DV Vit C: 10%
%DV Calcium: 10%
%DV Iron: 10%

Adapted from Better Homes and Gardens Dinnertime Express
Pita Pizza

Tip:
You can prepare this pizza in lots of different ways based on what your family likes. Try some of these toppings: Tomatoes, sun-dried tomatoes, peppers-bell or banana, onions, artichokes, mushrooms, pineapple, fresh garlic, grilled chicken, or hamburger.

Gather Ingredients:
- 4 whole wheat Pita breads
- ¾ cup pizza sauce or 1 can No Salt Added Tomatoes, drained
- 4 slices Canadian bacon, cut into fourths
- Vegetable toppings such as tomatoes, onions, peppers, mushrooms
- 1 cup part-skim mozzarella cheese

Steps:
1. Spread pizza sauce or diced tomatoes evenly on pita bread.
2. Add desired toppings.
3. Top each pita with ¼ cup cheese.
4. Bake at 350° for 8-10 minutes.

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 pita

Calories per Serving: 296
Total Fat: 7g
  Saturated Fat: 3g
Cholesterol: 26mg
Sodium: 961mg
Total Carbohydrate: 45g
  Dietary Fiber: 8g
  Sugars: 6g
  Protein: 19g

%DV Vit A: 14%
%DV Vit C: 41%
%DV Calcium: 22%
%DV Iron: 16%
Red Beans and Rice

Serving Suggestion:
A big green salad

Gather Ingredients:
1 pound low fat smoked sausage, cut into ¼-inch thick slices
1 onion, chopped
2 cloves garlic, pressed
1 bell pepper, chopped
2 cans red beans, drained
1 cup tomato, chopped
¼ teaspoon thyme
¼ teaspoon cayenne pepper, optional
Salt and pepper to taste
3 cups brown rice, cooked

Steps:

1. In a skillet over medium-low heat, cook sliced sausage for about 2 minutes. Add onion, garlic, bell pepper, and sauté till veggies are tender.

2. Add beans and tomatoes with their juice. Season with thyme, cayenne (optional), and salt and pepper to taste. Serve over rice.

Main Dishes

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1/6 of recipe

Calories per Serving: 354
Total Fat: 5g
Saturated Fat: 2g
Cholesterol: 33mg
Sodium: 1120mg
Total Carbohydrate: 57g
Dietary Fiber: 12g
Sugars: 6g
Protein: 20g

%DV Vit A: 5%
%DV Vit C: 44%
%DV Calcium: 6%
%DV Iron: 19%
Red Pepper, Tomato & Chicken Pilaf

Tips:
✓ Serve with a tossed salad

Gather Ingredients:

1 and 2/3 cups quick cooking brown rice
3/4 lb chicken breast, cut into 1 inch pieces
1 can stewed tomatoes, 14 1/2 ounces
1 can fat free, low sodium chicken broth
1 jar roasted red peppers, 7 ounces, drained and chopped
1 small onion chopped
1 tablespoon extra virgin olive oil
1/2 teaspoon oregano
1 bay leaf
1 teaspoon pepper
1/2 cup frozen green peas

Steps:

1. Preheat oven to 375 degrees. In 2 qt casserole combine all ingredients except the peas. Stir well, cover, and bake for 40 minutes

2. Remove from oven and stir in peas.

3. Bake an additional 10 – 15 minutes or until broth is absorbed. Remove bay leaf and serve.

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 6</th>
<th>Serving Size: 1/6 of recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 312</td>
<td>Total Fat: 8.3g</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat: 1.3g</td>
</tr>
<tr>
<td></td>
<td>Cholesterol: 7mg</td>
</tr>
<tr>
<td></td>
<td>Sodium: 341mg</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate: 50g</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber: 4g</td>
</tr>
<tr>
<td></td>
<td>Protein: 9.5g</td>
</tr>
</tbody>
</table>

%DV Vit A: 8%
%DV Vit C: 70%
%DV Calcium: 5%
%DV Iron: 35%
Salmon Patties

A lowfat, delicious version of the traditional salmon patties. Also a great way to get omega-3 fatty acids.

Nutrition Facts

Servings per Recipe: 6
Serving Size: 1/6 of recipe

Calories per Serving: 140
Total Fat: 9 g
  Saturated Fat: 1.5 g
Cholesterol: 25 mg
Sodium: 380 mg
Total Carbohydrate: 3 g
  Dietary Fiber: 0 g
  Sugars: 0 g
Protein: 10 g

%DV Vit A: 2%
%DV Vit C: 0%
%DV Calcium: 15%
%DV Iron: 4%

Gather Ingredients:

1 large can pink salmon with bones
¼ cup light mayonnaise or salad dressing
5 saltine crackers, crushed (or try ½ cup quick cook oats)
1 egg or ¼ cup egg substitute
1 tablespoon lemon juice
1 teaspoon Italian seasoning
Salt & pepper to taste
1 tablespoon canola or olive oil

Steps:

1. Put salmon into a medium size bowl. Mash up chunks of salmon and bones with a fork.
2. Add remaining ingredients, except oil, and stir until blended.
3. Heat oil on a griddle over medium heat.
4. Form 6 patties and put on griddle.
5. Cook patties on each side till browned.
Santa Fe Chicken

**Tip:**
Refrigerate pasta takes less time to cook than regular dry pastas. Be sure to check the cooking time on the package so you won’t overcook the tortellini.

**Gather Ingredients:**
- 1 pkg refrigerated cheese-filled tortellini, 9 ounces
- 3 tablespoons olive oil, divided
- 2 cups broccoli flowerets
- ½ cup chopped onion
- 1 cup red bell pepper; chopped
- 3 tablespoons all purpose flour
- ¾ cup low-fat milk
- ¾ cup chicken broth
- 1 teaspoon ground cumin
- 4 cups cut-up cooked chicken
- ½ cup shredded Monterey Jack cheese
- ½ cup shredded Colby cheese
- ½ cup crushed baked tortilla chips

**Steps:**
1. Preheat oven to 325 degrees. Spray casserole dish with vegetable spray.
2. Cook and drain tortellini as directed on package.
3. Heat 1 tablespoon of olive oil in 10 inch skillet over medium-high heat.
4. Cook broccoli mixture from skillet.
5. Cook flour and remaining 2 tablespoons of olive oil in same skillet over low heat, stirring constantly, until smooth.
6. Stir in milk, broth and cumin. Heat to boiling over medium heat, stirring constantly; remove from heat.
7. Stir in chicken, Monterey Jack Cheese, tortellini and broccoli mixture. Spoon into casserole.
8. Bake uncovered 25 to 35 minutes or until hot in center.
9. During last several minutes of baking, sprinkle with Colby cheese and baked chips. Bake until cheese in melted.

For a true taste of Southwest, serve this with your favorite salsa!

**Nutrition Facts**
- **Servings per Recipe:** 6
- **Serving Size:** 1 cup
- **Calories per Serving:** 390
- **Total Fat:** 19g
- **Saturated Fat:** 7g
- **Cholesterol:** 50g
- **Sodium:** 530mg
- **Total Carbohydrate:** 34g
- **Dietary Fiber:** 2g
- **Sugars:** 4g
- **Protein:** 22g

- **%DV Vit A:** 25%
- **%DV Vit C:** 80%
- **%DV Calcium:** 20%
- **%DV Iron:** 6%
Sausage with Peppers & Onion

Tip:
Using Healthy Choice Sausage saves lots of fat but keeps the flavor. This is a quick and easy dish. Goes well with brown rice.

Gather Ingredients:
1 pkg (14 oz) Healthy Choice lowfat smoked sausage
1 large green bell pepper
1 large red pepper
1 onion
Vegetable Spray
Mrs Dash Extra Spicy, to taste

Note: Add zucchini and yellow squash when they are in season. Try different flavors of Mrs Dash.

Steps:
1. Cut sausage into 2 inch pieces.
2. Cut peppers and onion into 1-2 inch pieces.
3. Spray a skillet with vegetable spray
4. Add sausage, peppers and onions to skillet.
5. Sprinkle Mrs Dash Extra Spicy over sausage mixture.
6. Cook until peppers and onion are tender.
7. Drain on paper towels.

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of Recipe

Calories per Serving: 170
Total Fat: 4.5g
Saturated Fat: 2g
Cholesterol: 45mg
Sodium: 840mg
Total Carbohydrate: 17g
Dietary Fiber: 2g
Sugars: 6g
Protein: 13g

%DV Vit A: 45%
%DV Vit C: 170%
%DV Calcium: 0%
%DV Iron: 2%
Skillet-Helper Chilimac

Tips:
This recipe has similar calories, fat, and saturated fat as the boxed Hamburger Helper® varieties, but this has less sodium and more fiber, plus Vitamins A and C!

*Beef has an especially large amount of saturated fat. To limit saturated fat, buy the leanest ground beef you can afford.*

*To reduce fat in ground beef crumbles:*
1. Brown ground beef and remove to a plate or container lined with 3 paper towels. Let sit for 1 minute and blot the top with more paper towels.
2. Place the beef in a fine mesh strainer or colander and set on a 1½ quart sturdy bowl and pour 4 cups of hot water (microwaved until hot, but not boiling) to rinse fat.

*Rinsing beef after cooking results in minimal flavor loss and can reduce fat by as much at 50%*

Gather Ingredients:
1 pound cooked lean ground beef, drained and rinsed in hot water.
2 cans tomatoes, 15½ ounces each
1 can vegetarian beans, 15 ½ ounces
1 cup dry macaroni

*Skillet Helper Mix:*
¼ cup dried onion
¼ teaspoon garlic
¼ teaspoon pepper
¼ teaspoon chili powder
¼ teaspoon sugar

Steps:
1. Heat ground meat in skillet until browned; remove to paper towels and blot, then remove to colander and rinse with hot water. Return meat to skillet.
2. Add tomatoes, beans, and Skillet Helper mix.
3. Add the macaroni, cover, and cook on low heat for 15 minutes or until macaroni is cooked.

Recipe obtained from: *A River of Recipes, Native American Recipes Using Commodity Foods*

---

Main Dishes

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Servings per Recipe: 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1/6 of recipe</td>
</tr>
</tbody>
</table>

| Calories per Serving: 403 |
| Total Fat: 15g |
| Saturated Fat: 5.5g |
| Cholesterol: 72mg |
| Sodium: 478mg |
| Total Carbohydrate: 39g |
| Dietary Fiber: 7g |
| Sugars: 6g |
| Protein: 29.5g |

| %DV Vit A: 21% |
| %DV Vit C: 28% |
| %DV Calcium: 10% |
| %DV Iron: 32% |
Spaghetti

Tip & Serving Suggestions:
To reduce the saturated fat in this recipe, substitute meatless soy protein ground burger meat—available in the freezer section at the grocery store.

Serve with sauteed mushrooms, tossed salad and garlic bread.

Gather Ingredients:
1 pound extra lean ground beef or ground turkey
1 small onion
2—16 ounce cans—tomatoes, no salt added
2—6 ounce cans—tomato paste, no salt
1 teaspoon dried oregano
1 teaspoon basil
2 cloves garlic
1 package artificial sweetener (optional)
Hot cooked spaghetti—preferable whole wheat—6 cups

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 1/6 of Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 401</td>
</tr>
<tr>
<td>Total Fat: 10g</td>
</tr>
<tr>
<td>Saturated Fat: 4g</td>
</tr>
<tr>
<td>Cholesterol: 54mg</td>
</tr>
<tr>
<td>Sodium: 148mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 55g</td>
</tr>
<tr>
<td>Dietary Fiber: 11g</td>
</tr>
<tr>
<td>Sugars: 11g</td>
</tr>
<tr>
<td>Protein: 27g</td>
</tr>
<tr>
<td>%DV Vit A: 27%</td>
</tr>
<tr>
<td>%DV Vit C: 30%</td>
</tr>
<tr>
<td>%DV Calcium: 7%</td>
</tr>
<tr>
<td>%DV Iron: 30%</td>
</tr>
</tbody>
</table>

Steps:

1. Add water to 2 quart stock pot and bring to a boil over medium heat.


3. Chop onion and garlic. Add with tomatoes and tomato paste to meat.

4. Measure oregano and basil. Add to meat.


6. Cook spaghetti according to package directions.

7. Remove from heat. Add artificial sweetener, if desired.

8. Serve over cooked spaghetti.
Spicy Garlic Rosemary Shrimp

Main Dishes

Nutrition Facts
Servings per Recipe: 4
Serving Size: ¼ of Recipe

<table>
<thead>
<tr>
<th>Calories per Serving: 151</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 8g</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
</tr>
<tr>
<td>Cholesterol: 166mg</td>
</tr>
<tr>
<td>Sodium: 260mg</td>
</tr>
<tr>
<td>Total Carbohydrate: 2g</td>
</tr>
<tr>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td>Sugars: 0g</td>
</tr>
<tr>
<td>Protein: 18g</td>
</tr>
</tbody>
</table>

%DV Vit A: 5%
%DV Vit C: 10%
%DV Calcium: 4%
%DV Iron: 6%

Serving Suggestions:
Broiled Zucchini & Squash
Grilled Sweet Potatoes
Garlic Bread

Gather Ingredients:
1 pound medium shrimp, deveined, peeled, tail end left on
2 tablespoons olive oil
2 cloves garlic, thinly sliced
1 tablespoon minced fresh rosemary leaves
1 teaspoon hot red pepper flakes
Lite salt
Freshly ground black pepper
Lemon juice

Steps:

1. To a large skillet, add olive oil and garlic slices and cook over moderate heat until golden. Remove garlic chips.

2. To the skillet, add rosemary, pepper flakes and shrimp and cook, stirring, until just cooked through—about 3 minutes.

3. Season with salt and pepper, to taste, and transfer to serving dish.

4. Squeeze some lemon juice over shrimp.
Southern Oven-Fried Chicken

Tip:
Baking chicken instead of frying and using skinless pieces saves you about 10g of fat for each serving.

Gather Ingredients:
- 1 cup crushed cornflakes (about 2 cups before crushing)
- 1/3 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon ground red pepper
- 3 egg whites, lightly beaten
- 1/4 cup fat-free milk
- 2 pounds boneless skinless chicken breast halves

Steps:
1. Preheat oven to 400 degrees.
2. Mix crushed cornflakes, flour, salt, and pepper in a shallow dish.
3. Mix egg whites and milk in a separate shallow dish.
4. Dip chicken in egg mixture, then coat with cornflake mixture.
5. Spray cookie sheet with non-stick cooking spray. Place chicken in a single layer on the cookie sheet.
7. Bake at 400 degrees for 15 minutes.
8. Remove pan from oven and turn pieces over and spray with non-stick cooking spray.
9. Return to oven and bake for 15 to 20 minutes more or until chicken is golden brown and juices are clear.
Spinach Lasagna

Tips:
This recipe can easily be divided into two 9-inch square baking pans and one can be frozen for a later date.

Gather Ingredients:
1 container low-fat cottage cheese, 16 oz.
1 pkg frozen spinach, 10 oz., thawed and drained
2 cups shredded part-skim mozzarella cheese
1 egg, beaten
1 jar spaghetti sauce, 28 ounces
8 lasagna noodles, cooked according to box
Parmesan to taste

Steps:
1. Heat oven to 350 degrees. Spray 9x13 inch baking dish with non-stick vegetable cooking spray.

2. Mix cottage cheese, spinach, egg and 1 cup of mozzarella cheese in bowl.

3. Layer 1 cup of spaghetti sauce, ½ of the cooked lasagna noodles, and ½ of the cottage cheese mixture in prepared pan. Sprinkle layer with Parmesan.

4. Repeat layers, ending with sauce. Sprinkle remaining 1 cup of mozzarella cheese on top of lasagna.

5. Bake 45 minutes. Let stand 5 minutes before serving.

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 10</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1/10 recipe</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories per Serving: 203</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat: 7g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat: 4g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 40mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium: 250mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate: 18g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber: 3g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein: 16g</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>%DV Vit A: 34%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>%DV Vit C: 18%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>%DV Calcium: 30%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>%DV Iron: 10%</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Tip:
Substitute the beef with deer meat or cut up duck breasts and you can decrease the fat. This recipe analysis includes the noodles. Serve with a green salad & dinner is complete.
Gather Ingredients:
Vegetable cooking spray
1 pound lean beef, flank steak into bite size pieces
½ medium onion, chopped
1 clove garlic, minced
2 Tablespoon flour
1 can mushrooms or 1 cup fresh
1 teaspoon beef bouillon mixed with 1 cup warm water
1 ½ Tablespoon Worchester sauce
1 teaspoon Italian seasoning
1 can 98% fat free creamy mushroom soup
OR 1 can golden mushroom soup
1 cup fat free sour cream
6 ounces, whole wheat egg noodles-dry

Nutrition Facts
Servings per Recipe: 6
Serving Size: 1/6 of recipe & 1 cup of noodles
Calories per Serving: 280
Total Fat: 7g
Saturated Fat: 2.5g
Cholesterol: 90mg
Sodium: 820mg
Total Carbohydrate: 21g
Dietary Fiber: 2g
Sugars: 4g
Protein: 29g
%DV Vit A: 6%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 15%

Steps:
1. Start boiling water for noodles according to package (you are going to cook only ½ of a 12 ounce bag).
4. Add cut up meat and cook till browned. Sprinkle flour over meat and stir till meat is coated.
5. Add mushrooms, soup, bouillon with water and Worcestershire sauce. Cook till the mixture begins to bubble.
6. Right before serving, add sour cream and stir till well blended.
7. Serve over cooked noodles.
Stuffed Quesadillas

Tip:
For a quick time saver, use canned chicken breast instead of boneless chicken breast.

Serving Suggestions:
Tossed salad
Black Bean Salsa

Gather Ingredients:
1 tablespoon olive oil
1 onion chopped
3 skinless, boneless, chicken breast, cut in 1-inch strips
Salt and pepper to taste
12 whole wheat flour tortillas
6 ounces low-fat Jack cheese, shredded
Salsa (your favorite variety)
Cilantro, chopped
Low-fat sour cream

Steps:
1. In a skillet, heat the olive oil over medium-high heat. Add onion and chicken, salt and pepper to taste, and sauté till chicken is thoroughly cooked. Remove chicken and onion and set aside.

2. In that same skillet, heat a flour tortilla. Spread a little cheese on the bottom, top with a portion of the chicken and onions, top with a little more cheese and another tortilla. Once it’s cooked on the one side, flip it over and continue cooking.

3. Cut quesadilla into quarters and serve with salsa, chopped cilantro, and sour cream.

Nutrition Facts

<table>
<thead>
<tr>
<th>营养标签</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per Recipe: 6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Serving Size: 1/6 of Recipe</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories per Serving: 301</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat: 13g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat: 5g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 33mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium: 835mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate: 28g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber: 17g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars: 1g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein: 19g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

%DV Vit A: 8%
%DV Vit C: 3%
%DV Calcium: 29%
%DV Iron: 4%
Tasty Chicken Tacos

Tip:
Use homemade taco seasoning to reduce the sodium content of this recipe by 37% or buy the 40% Less Sodium packaged seasoning.

Recipe for Taco Seasoning (if not using store bought):
1 cup minced dried onion
1/3 cup chili powder
2 tablespoons ground cumin
4 teaspoons crushed red pepper
1 tablespoon oregano
4 teaspoons garlic powder
2 teaspoons onion powder

1. Mix ingredients together and store in an airtight container in a cool dry place.
2. Use 1 tablespoon of seasoning per pound of ground meat, chicken or beans.

Nutrition Facts
Servings per Recipe: 8
Serving Size: 2 tacos

Calories per Serving: 401
Total Fat: 13g
Saturated Fat: 4g
Cholesterol: 94mg
Sodium: 822mg
Total Carbohydrate: 29g
Dietary Fiber: 17g
Sugars: 1g
Protein: 40.5g

%DV Vit A: 25%
%DV Vit C: 10%
%DV Calcium: 53%
%DV Iron: 13%

Gather Ingredients:
8 Whole Wheat Mission Low Carb Tortillas
1 pound boneless, skinless chicken breast, cut into ½-inch pieces
1 tablespoon taco seasoning—more, if desired
¾ cup water
1 cup reduced-fat shredded cheddar or Mexican style taco cheese, less if desired
1 cup spinach leaves, slivered
1 medium tomato, chopped
Fat-free sour cream, if desired

Steps:
1. Spray large skillet with non-stick cooking spray. Add chicken; cook and stir on medium heat until cooked through.

2. Stir in seasoning mix and water. Cook 10 minutes or until sauce is slightly thickened, stirring occasionally.

3. Spoon 2 tablespoons chicken mixture into each warmed tortilla; sprinkle with cheese. Top evenly with lettuce and tomato. Add sour cream, if desired
Tasty Italian Chicken

Tip:
Looking for a way to “hide” fiber? Here it is!

Gather Ingredients:

1 tablespoon olive oil
2 boneless, skinless chicken breast halves, chopped
2 zucchini, chopped
1 red pepper, seeded and sliced
2 ¼ cup sliced mushrooms
1 clove garlic, diced
1 can chopped tomatoes with basil, garlic oregano
2 tablespoon Italian seasoning
Salt and pepper to taste
4 ounces mozzarella or provolone cheese, thinly sliced

Main Dishes

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 4</th>
<th>Serving Size: 1 cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories per Serving: 290</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 15g</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat: 7g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 45mg</td>
<td></td>
</tr>
<tr>
<td>Sodium: 1450mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate: 15g</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber: 4g</td>
<td></td>
</tr>
<tr>
<td>Sugars: 8g</td>
<td></td>
</tr>
<tr>
<td>Protein: 22g</td>
<td></td>
</tr>
</tbody>
</table>

%DV Vit A: 40 %
%DV Vit C: 80%
%DV Calcium: 30%
%DV Iron: 15%

Steps:

1. Heat oil in pan. Add chicken and cook over medium heat for about 3-5 minutes, until browned on both sides.

2. Add the zucchini, pepper, mushrooms and garlic and sauté for another 3 minutes.

3. Stir in the tomatoes and herbs, bring to a boil, lower heat and simmer for 2 minutes. Season with salt and pepper.

4. Place chicken and mixture into a baking dish that has been sprayed with non-stick cooking spray. Top with slices of cheese.

5. Put dish under a preheated broiler and cook for 3 minutes or until the top is golden.
Toasted Ravioli

Tip:
To add some good flavor to this dish, serve with low fat marinara sauce rather than a creamy dipping sauce (like dressing or alfredo sauce) that would fat to your meal.

Gather Ingredients:
16 ounces unbreaded frozen beef/cheese ravioli
Vegetable Oil Spray
½ cup low fat Italian dressing
½ cup dried bread crumbs
1 ½ tablespoon salt-free Italian herb seasoning

Meal Suggestion:
If serving as an entree, this would be great served with a fresh spinach salad and a fresh piece of fruit for dessert.

Steps:
1. Preheat oven to 400 degrees.
2. Cook ravioli according to package directions, omitting salt and oil. Drain and cool for about 10 minutes.
4. Using a pastry brush, lightly coat top of each ravioli with dressing. Place on baking sheet.
5. Mix bread crumbs and Italian seasoning. Sprinkle over ravioli. Ravioli can be refrigerated up to 8 hours at this point before baking.
6. Lightly spray tops of ravioli with vegetable oil spray.
7. Bake ravioli for 9 -11 minutes or until golden brown.

Makes 5 (6 piece) servings as an entree or 10 (3 piece) servings as an appetizer.
Tuna Melt Burgers

Tip:
A comfort food from way back! Tuna Melt is also a good way to get some omega-3 fatty acid.

Serving Suggestion:
Broccoli Salad

Gather Ingredients:
1 can (10 ounce can) tuna in springwater, drained and rinsed
¼ cup fat free mayonnaise
½ teaspoon garlic powder
1 teaspoon Italian Seasoning
2 tablespoons pickle relish
Ground black pepper to taste
1 cup mozzarella cheese
8 Sara Lee Heart Healthy Wheat Hamburger buns

Nutrition Facts

<table>
<thead>
<tr>
<th>Servings per Recipe: 8</th>
<th>Main Dishes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: 1/8 of Recipe</td>
<td>Nutrition Facts</td>
</tr>
<tr>
<td>Calories per Serving: 220</td>
<td>Servings per Recipe: 8</td>
</tr>
<tr>
<td>Total Fat: 7g</td>
<td>Serving Size: 1/8 of Recipe</td>
</tr>
<tr>
<td>Saturated Fat: 0g</td>
<td>Calories per Serving: 220</td>
</tr>
<tr>
<td>Cholesterol: 15mg</td>
<td>Total Fat: 7g</td>
</tr>
<tr>
<td>Sodium: 560mg</td>
<td>Saturated Fat: 0g</td>
</tr>
<tr>
<td>Total Carbohydrate: 24g</td>
<td>Cholesterol: 15mg</td>
</tr>
<tr>
<td>Dietary Fiber: 2g</td>
<td>Sodium: 560mg</td>
</tr>
<tr>
<td>Sugars: 6g</td>
<td>Total Carbohydrate: 24g</td>
</tr>
<tr>
<td>Protein: 20g</td>
<td>Dietary Fiber: 2g</td>
</tr>
<tr>
<td>%DV Vit A: 0%</td>
<td>Sugars: 6g</td>
</tr>
<tr>
<td>%DV Vit C: 0%</td>
<td>Protein: 20g</td>
</tr>
<tr>
<td>%DV Calcium: 0%</td>
<td>%DV Vit A: 0%</td>
</tr>
<tr>
<td>%DV Iron: 0%</td>
<td>%DV Vit C: 0%</td>
</tr>
</tbody>
</table>

Steps:

1. Drain and rinse tuna.

2. Combine all ingredients in a small bowl, except for buns.

3. Mix well.

4. Spoon mixture into buns.

5. Sprinkle 1/8 cup of mozzarella cheese over mixture and replace top of bun.

6. Place sandwiches in 9 x 13 baking dish and cover with aluminum foil.

7. Bake at 350 degrees for about 15-20 minutes until cheese is melted.
Turkey Cutlets with Cream Gravy

Serving Suggestion:
This is a healthy version to a down-home favorite. Serve with mashed potatoes made from red potatoes with the peels left on and add some steamed green beans or yellow squash!

Gather Ingredients:
4 turkey cutlets, 4 ounces each
¼ cup flour
Dash salt
Dash pepper
2 tablespoons olive oil or canola oil
2 slices turkey bacon
1 tablespoon Italian seasoning
1 teaspoon rubbed sage
2 garlic cloves
2 tablespoons lemon juice
¾ cup fat free evaporated milk or skim milk

Nutrition Facts
Servings per Recipe: 4
Serving Size: 1 (4 oz.) cutlet + 1/8 cup gravy
Calories per Serving: 210
Total Fat: 7 g
Saturated Fat: 1 g
Cholesterol: 5 mg
Sodium: 220 mg
Total Carbohydrate: 12 g
Dietary Fiber: < 1 g
Sugars: 4 g
Protein: 25 g
%DV Vit A: 0%
%DV Vit C: 10%
%DV Calcium: 6%
%DV Iron: 4%

Steps:
1. Cook turkey bacon in microwave for about 1 ½ minutes or until bacon is crisp. Crumble bacon.

2. Combine flour, salt and pepper. Coat meat with flour mixture. In a heavy large skillet, heat olive oil over high heat. Add meat and cook for 2-3 minutes on each side until meat is done. Remove from skillet.

3. In the same skillet, combine the crumbled bacon, Italian seasoning, sage, onion, and garlic. Cook for 2-3 minutes until onion is tender. Add lemon juice; stir in cream. Bring to boiling; return meat to pan. Cook until the meat is heated through and the sauce is slightly thickened.

4. Note: if sauce does not thicken mix together ¼ cup cold water and 2 tablespoons flour and slowly whisk into mixture to thicken.

Adapted from Better Homes and Gardens’ Dinnertime Express