

FIFTEEN-MINUTE SOUP

Makes 4 servings

Prep Time: 15 minutes

Cook Time: 6-8 minutes

Ingredients

- 1 can (16-ounce) great northern beans
- 1 cup water
- 1 teaspoon (1 cube) beef or chicken bouillon
- 2 cans (16-ounce) tomatoes
- 1 small onion, chopped
- 1 teaspoon garlic salt (or regular salt)
- 1 tablespoon oil or margarine (optional)
- 1 package (10-ounce) frozen, chopped spinach
- 1/2 cup macaroni (elbow or any other shape)

Directions

1. In a 2-quart saucepan, combine all ingredients except spinach and macaroni. Heat until liquid comes to a boil.
2. Stir in and break up spinach; bring to a boil again.
3. Stir in macaroni and simmer until macaroni is tender, about 6 to 8 minutes.


Nutrition information Per Serving

170 calories
Total Fat 0 g
Saturated Fat 0 g
Protein 11 g
Total Carbohydrate 36 g
Dietary Fiber 9 g
Sodium 920 mg

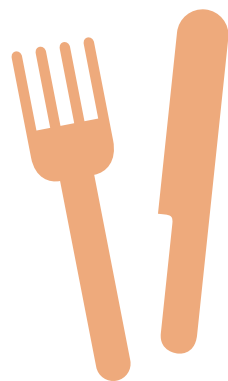
 Excellent Source of Iron

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

 Good Source of Calcium

Recipe analyzed without the optional ingredient



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BEEF STIR-FRY

Makes 6 servings

Serving Size: 2/3 cup over
1 cup rice

Ingredients

- 1 pound lean beef cut into thin strips (may use other meats such as pork or chicken)
- 2 tablespoons vegetable oil
- 1 small onion, chopped
- 1 green pepper, cut into strips
- 2 cups fresh cut vegetables (such as carrots, broccoli, cauliflower)
- 6 cups cooked rice, still hot



Directions

1. Heat oil in a large frying pan over medium high heat.
2. When oil is hot, add the meat, cook until there is no pink in the meat and the meat is thoroughly brown.
3. Add fresh vegetables and continue to stir until vegetables are tender.
4. Stir sauce mixture (see recipe below). Pour into skillet with stir fry. Cook until sauce bubbles.
5. Spoon stir-fry mixture over cooked rice.




Stir Fry Sauce

Ingredients

- 2 tablespoons cornstarch
- 1 1/2 cups cool water
- dash black pepper
- 2 tablespoons low sodium soy sauce

Directions: Combine cornstarch and cool water. Stir in remaining ingredients. The cornstarch will settle to the bottom so stir again before adding sauce to stir-fry.

Nutrition information Per Serving, Beef Stir Fry, rice, and sauce

420 calories	Total Carbohydrate	62 g		Excellent Source of Vitamin A
Total Fat 9 g	Dietary Fiber	2 g		Excellent Source of Vitamin C
Saturated Fat 2 g	Sodium	230 mg		Excellent Source of Iron
Protein 22 g				



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BEEFY SKILLET DINNER

Makes 5 servings

Serving Size: 1 cup

Ingredients

- 1 pound lean or extra lean ground beef
- 1 envelope beef-flavored onion soup mix
- 1 cup water
- 1/4 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can corn, drained
- 3/4 cup uncooked elbow macaroni
- 1/2 cup low-fat cheddar cheese, shredded
- salt and pepper to taste

Directions

1. Brown ground beef in a large skillet. Drain. Return meat to skillet.
2. Stir in the soup mix, water, onions, tomato sauce, corn, and macaroni.
3. Bring mixture to a boil. Cover and simmer for 10 minutes. Add salt and pepper to taste.
4. Remove cover and simmer until macaroni is tender; stir occasionally.
5. Top with cheese.

Nutrition information Per Serving

240 calories

Total Fat

6 g

Saturated Fat

2 g

Protein

24 g

Total Carbohydrate 26 g

Dietary Fiber 2 g

Sodium 640 mg



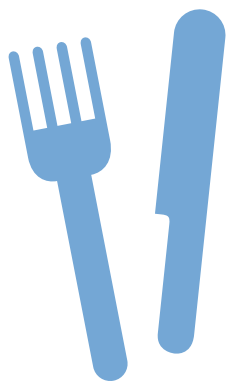
Excellent Source of Vitamin C



Good Source of Iron



Good Source of Vitamin A



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CHEESE SPINACH NOODLES

Makes 6 servings

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients

- 8 ounces egg noodles
- 10 ounce package frozen chopped spinach, thawed and drained
- 1/2 teaspoon dried basil
- 1 tablespoon dried parsley flakes
- 1 cup fat-free or low-fat cottage cheese
- 1/4 to 1/2 teaspoon salt (to taste)
- 2 tablespoons Parmesan cheese



Directions

1. Cook noodles according to package directions.
2. While noodles are cooking, cook the spinach in a skillet for 5 minutes.
3. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated.
4. Drain noodles and toss in large serving bowl with spinach mixture. Top with Parmesan cheese.

Nutrition information Per Serving

160 calories
Total Fat 1.5 g
Saturated Fat 0 g
Protein 11 g
Total Carbohydrate 26 g
Dietary Fiber 2 g
Sodium 280 mg

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

 Good Source of Iron

 Good Source of Calcium

Recipe analyzed using:
• Fat free cottage cheese
• Enriched egg noodles
• 1/4 tsp salt



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CHICKEN AND BROCCOLI QUICHE



Makes 6 servings

Serving Size: 1/6 quiche

Ingredients

- 1 9-inch ready made pie crust, baked
- 4 eggs
- 1 cup low-fat or skim milk
- 3/4 cup low-fat cheddar cheese, shredded
- 3/4 cup cooked, chopped chicken
- 10-ounce frozen, chopped broccoli
- 1/4 cup carrots, shredded
- 1/4 cup finely chopped onion (optional)
- pepper to taste
- 1/2–3/4 teaspoon garlic salt

Directions

1. Preheat oven to 350° F. Bake pie crust according to package directions.
2. In a mixing bowl, combine eggs, milk, salt and pepper. Mix well.
3. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove some more water.
4. Layer the meat, vegetables and cheese into baked pie crust. Pour the egg mixture over the ingredients.
5. Bake at 350° F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean.
6. Let stand 5 minutes before cutting.

Nutrition information Per Serving

270 calories

Total Fat

16 g

Saturated Fat

6 g

Protein

16 g

Total Carbohydrate

17 g

Dietary Fiber

2 g

Sodium

540 mg



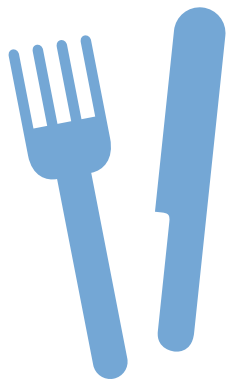
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CHICKEN AND CHEESE ENCHILADAS



Makes 8 servings

Serving Size: 1 enchilada

Ingredients

- 1 medium onion, chopped
- 1 tablespoon margarine
- 1 1/2 cups leftover chicken or turkey, cooked and shredded
- 1 (13-ounce) jar salsa, divided
- 1 package (3-ounce) 1/3 less fat cream cheese, cubed
- 1 teaspoon ground cumin
- 8 flour tortillas (6-inch)
- 2 cups (8 ounces) extra-sharp, low-fat, cheddar cheese, shredded and divided
- Non-stick cooking spray

Directions

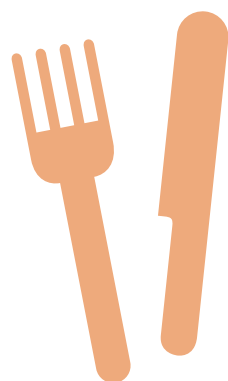
1. Preheat oven to 350° F (unless you choose to use the microwave). Lightly spray baking dish.
2. Cook and stir onion in margarine in large skillet until tender.
3. Stir in chicken, 1/4 cup salsa, cream cheese and cumin. Cook until thoroughly heated.
4. Stir in 1/2 of shredded cheese.
5. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up.
6. Place seam side down in 12 x 7 inch baking dish. Top with remaining salsa and cheese.
7. Bake at 350° F for 15 minutes or microwave 3 to 5 minutes or until heated through.

Nutrition information Per Serving

280 calories		Protein	19 g
Total Fat	9 g	Total Carbohydrate	25 g
Saturated Fat	4 g	Dietary Fiber	1 g
		Sodium	760 g



Excellent Source of Calcium



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CHICKEN AND FRUIT SALAD

Makes 8 servings

Serving Size: 2/3 cup

Ingredients

- 3 cups cooked chicken, chopped
- 1 (20-ounce) can pineapple chunks in juice, well drained
- 1 (11-ounce) can mandarin oranges, drained
- 3/4 cup chopped celery
- 1 cup seedless grapes, halved
- 1/4 cup pecans (optional), divided
- 1/4 cup low-fat mayonnaise
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 8 cups of lettuce leaves or 8 large lettuce leaves



Directions

1. In a large bowl, toss chicken, pineapple chunks, oranges, celery, grapes, and half of the pecans (optional).
2. In a separate small bowl, mix low-fat mayonnaise, salt, and pepper.
3. Gently stir mayonnaise mixture into chicken mixture.
4. Cover and chill in refrigerator.
5. To serve, scoop 2/3 cup of the chicken mixture onto 1 cup of lettuce leaves or onto 1 large leaf of lettuce.
6. (Optional) Sprinkle remaining pecans on top of chicken mixture.

Nutrition information Per Serving

200 calories		Protein	17 g
Total Fat	5 g	Total Carbohydrate	21 g
Saturated Fat	1 g	Dietary Fiber	1 g
		Sodium	200 mg



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OVEN BAKED CHICKEN NUGGETS



Hint: Experiment with different spices such as Italian seasoning, garlic lemon pepper, paprika, soy sauce, dry ranch dressing mix, etc....

Makes 4 servings

Serving Size: 6 nuggets

Ingredients


- 1 egg
- 2 tablespoons milk
- 3 1/2 cups cornflakes, crushed
- 1 pound boneless, skinless chicken breasts, cut into nugget-sized pieces
- 1/4 cup barbeque sauce, ketchup, or mustard for dipping sauce
- Non-stick cooking spray

Directions

1. Preheat oven to 400° F.
2. Whisk the egg and milk together in a small mixing bowl with a fork.
3. Place cornflakes in a plastic bag; crush.
4. Dip chicken pieces in egg mixture, then shake with cornflakes to coat.
5. Put coated chicken on a baking sheet coated with non-stick cooking spray.
6. Carefully place pan in oven and bake for 15 minutes.
7. Carefully remove the baking pan from the oven.
8. Serve nuggets with barbeque, ketchup, or mustard dipping sauce.

Nutrition information Per Serving

250 calories
Total Fat 3 g
Saturated Fat 1 g
Protein 30 g
Total Carbohydrate 24 g
Dietary Fiber < 1 g
Sodium 480 mg

 **Good Source of Iron**

Recipe analyzed using ketchup for dipping.



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CHICKEN PASTA SALAD

Makes 7 servings

Prep Time: 30 minutes

Cook Time: 10-12 minutes

Ingredients

- 2 cups cooked small seashell pasta (about 1 cup uncooked)
- 1 1/2 cup canned chicken (drained)
- 1 cup diced bell pepper (red or green or a combination)
- 1 cup shredded yellow squash (about 1 medium squash)
- 1/2 cup sliced carrots
- 1/2 cup sliced green onion
- 1/2 cup canned corn kernels (drained)
- 1/2 cup frozen peas (thawed)
- 1 can (15 ounces) black beans (rinsed and drained)
- 1/2 cup fat free Italian dressing

Directions

1. Cook pasta according to package directions, drain; rinse.
2. Combine first nine ingredients in a large bowl
3. Toss gently with salad dressing (fat-free Ranch dressing may be substituted for Italian)
4. Chill for several hours to blend flavors.

Nutrition information Per Serving

230 calories

Total Fat 4.5 g

Saturated Fat 1 g

Protein 18 g

Total Carbohydrate 28 g

Dietary Fiber 6 g

Sodium 550 mg



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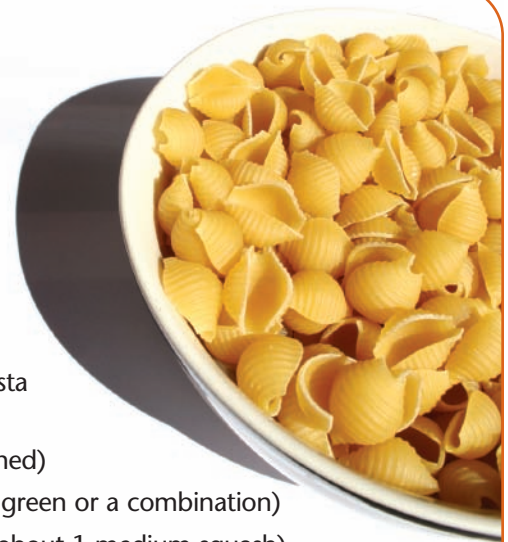
Excellent Source of Vitamin C



Good Source of Iron

Recipe analyzed using:

- Enriched pasta
- Green pepper



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CHICKEN QUESADILLAS

Makes 4 servings

Serving Size: 1 quesadilla

Ingredients

- 1 cup chopped, cooked chicken
- 2 tablespoons chunky salsa
- 1/4 cup chopped white onion
- Non-stick cooking spray
- 1/4 cup canned chopped green chili peppers (optional)
- 1/2 cup Monterey Jack/Colby Cheese, shredded (other cheeses are acceptable)
- 4 flour tortillas (10")

Directions

1. Preheat electric skillet to 350° F.
2. Mix chicken, salsa, onions, and green chili peppers (optional).
3. Place 1/4 chicken mixture on half of a tortilla. Top with 1/4 cheese; fold over mixture and seal edges.
4. Place in skillet sprayed with non-stick cooking spray.
5. Brown on one side at medium heat for approximately 3-4 minutes.
6. Turn tortilla over and brown other side.
7. Cut each folded tortilla into 3 wedges.

Nutrition information Per Serving

250 calories		Total Carbohydrate	23 g
Total Fat	10 g	Dietary Fiber	<1 g
Saturated Fat	4.5 g	Sodium	480 mg
Protein	16 g		



Excellent Source
of Calcium



Good Source
of Iron



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IMPOSSIBLY EASY CHEESEBURGER PIE

Makes 6 servings

Prep Time: 20 minutes

Cook Time: 25 minutes

Ingredients

- 1 pound extra lean ground beef
- 1 cup chopped onion
- 1/2 teaspoon salt
- 1 cup shredded fat-free Cheddar cheese
- 1/2 cup Reduced Fat Bisquick
- 1 cup skim (fat-free) milk
- 2 eggs



Directions

1. Heat oven to 400° F.
2. Coat 9" pie plate with non-fat cooking spray.
3. Cook ground beef and onion until beef is brown; drain.
4. Stir in salt.
5. Spread in pie plate and sprinkle with cheese.
6. In a medium bowl, stir remaining ingredients until blended; pour into pie plate over beef mixture.
7. Bake 25 minutes or until a knife inserted in center comes out clean.

Nutrition information Per Serving

210 calories
Total Fat 5 g
Saturated Fat 1.5 g
Protein 26 g
Total Carbohydrate 13 g
Dietary Fiber 0 g
Sodium 550 mg



Good Source of Iron



Excellent Source of Calcium

Recipe analyzed using large egg



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EASY CHICKEN POT PIE

Makes 6 servings

Prep Time: 15 minutes

Cook Time: 30 minutes






Ingredients

- 1 2/3 cups frozen mixed vegetables, thawed (peas only, if preferred)
- 1 cup canned chicken
- 1 can (10 3/4 ounces) condensed reduced-fat cream of chicken soup
- 1 cup Reduced Fat Bisquick
- 1/2 cup skim (fat-free) milk
- 1 egg

Directions

1. Heat oven to 400° F.
2. Mix vegetables, chicken, and soup and place in ungreased 9" pie plate.
3. Stir, in a medium bowl, remaining ingredients until blended to make batter.
4. Pour batter on top of chicken mixture.
5. Bake 30 minutes or until golden brown.

Nutrition information Per Serving

230 calories		 Excellent Source of Vitamin A
Total Fat	6 g	
Saturated Fat	2 g	 Good Source of Iron
Protein	15 g	
Total Carbohydrate	30 g	
Dietary Fiber	3 g	 Good Source of Vitamin C
Sodium	740 mg	

Recipe analyzed using:

- 98% fat free cream of chicken soup
- Large egg



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EASY LASAGNA



Makes 6 servings

Serving Size: 1/6 recipe

Ingredients

- 1/2 pound ground beef
- 8 ounces egg noodles, uncooked (try whole grain)
- 12 ounces fat free cottage cheese
- 12 ounces reduced-fat mozzarella cheese, shredded
- 1 (26-ounce) jar spaghetti sauce
- 1 tablespoon Italian seasoning
- Non-stick cooking spray

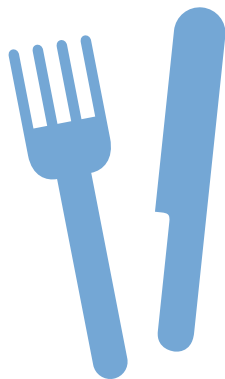
Directions

1. Brown ground beef. Drain and return to skillet.
2. Stir in spaghetti sauce and Italian seasoning. Bring to a boil.
3. Add 1 cup water and uncooked pasta. Cover and cook on medium heat for 15 minutes.
4. Stir in cottage cheese. Cover and cook for 5 minutes.
5. Stir in 2 cups of mozzarella cheese. Sprinkle the remaining cheese on top.
6. Cover and remove from heat. Let stand for 5 minutes to melt cheese.

Nutrition information Per Serving

450 calories		Total Carbohydrate	46 g
Total Fat	15 g	Dietary Fiber	4 g
Saturated Fat	15 g	Sodium	1080 mg
Protein	35 g		

-  Excellent Source of Vitamin A
-  Excellent Source of Calcium
-  Excellent Source of Iron
-  Good Source of Vitamin C



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FRENCH TOAST

Makes 8 servings

Serving Size: 1 slice

Note: If you have more than you can use, freeze and save for another day. Your French toast can be reheated in the microwave, toaster, or toaster oven.



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Ingredients

- 4 eggs, beaten
- 1 cup skim milk
- 1/2 teaspoon ground cinnamon or nutmeg
- 1/2 teaspoon vanilla
- 8 slices of whole wheat bread (day old bread is easier to use)
- 1 tablespoon margarine

Directions

1. In a large bowl, beat eggs, and add milk, cinnamon and vanilla. Beat together until mixed well.
2. Melt margarine in a large skillet on medium-high heat.
3. Dip one slice of bread at a time in the egg mixture to coat both sides.
4. Place in hot skillet. Brown each side, about 2 minutes or more.
5. Serve the toast with pancake syrup, fruit sauce (recipe below) or applesauce.

FRUIT SAUCE (optional) Makes 8 servings, Serving Size: 1/4 Cup

Ingredients

- 3 cups sliced strawberries or other fruit of your choice
- 1/3 cup maple-flavored syrup
- dash cinnamon

Directions: Combine syrup and cinnamon in microwave safe dish. Place in microwave and heat approximately 30 seconds or until warm. Spoon over fruit and toss gently. Serve immediately over French toast.

Nutrition information Per Serving

FRENCH TOAST		FRUIT TOPPING	
130 calories		5 calories	
Total Fat	5 g	Total Fat	0 g
Saturated Fat	1.5 g	Saturated Fat	0 g
Protein	7 g	Protein	0 g
Total Carbohydrate	15 g	Total Carbohydrate	6 g
Dietary Fiber	2 g	Sodium	10 mg
Sodium	210 mg		



Excellent source of Vitamin C



EASY FRUIT SALAD

Makes 10 servings
Serving Size: 1/2 cup

Ingredients

- 2 small bananas, sliced
- 1 (20-ounce) can pineapple chunks in juice, drained
- 1 (8-ounce) low-fat yogurt (try vanilla or lemon)
- 1 (15-ounce) can (2 cups) fruit cocktail in juice, drained

Directions

1. Wash, peel and slice bananas.
2. Drain pineapple chunks and fruit cocktail.
3. Mix fruits and yogurt together.
4. Cover and chill until ready to serve.



For variation use the following fresh fruits, instead of canned:

- 1 cup grapes, seedless, halved
- 2 cups cantaloupe, cut into bite size pieces
- 1 cup strawberries, quartered
- 1 cup apple, cut into bite size pieces

Note: If the pineapple and fruit cocktail are left out, add a little lemon juice to bananas and apples to prevent browning.

Nutrition information Per Serving

90 calories		Total Carbohydrate	20 g
Total Fat	0 g	Dietary Fiber	1 g
Saturated Fat	0 g	Sodium	20 mg
Protein	1 g		



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of Vitamin C



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FRUIT SMOOTHIES

Makes 2 servings

Serving Size: 1 cup

Choose 1/2 cup of a fruit

- Bananas
- Peaches
- Strawberries
- Blueberries

Choose 1 cup of a base

- Low-fat plain yogurt
- Low-fat vanilla yogurt
- Low-fat vanilla frozen yogurt
- Frozen juice concentrate, such as apple or orange
- Frozen fruit
- Ice cubes

Choose 1/2 cup of a liquid

- Low-fat or fat-free milk
- 100% fruit juice
- Calcium-fortified soy milk



Example 1

- 1/2 cup strawberries
- 1 cup low-fat vanilla yogurt
- 1/2 cup fat-free milk

Example 2

- 1/2 cup banana
- 1 cup frozen orange juice
- 1/2 cup low-fat milk

Example 3

- 1/2 cup blueberries
- 1 cup low-fat frozen vanilla yogurt
- 1/2 cup orange juice



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Directions

Put all the ingredients in a blender and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.

Nutrition information Per Serving

140 Calories
Total Fat 2 g
Saturated Fat 1 g
Protein 8 g
Total Carbohydrate 23 g
Dietary Fiber <1 g
Sodium 115 mg

 **Excellent Source of Vitamin C**

 **Excellent Source of Calcium**

Recipe analyzed according to Example 1. Nutritional value will vary with choices made.



GARDEN BOW TIE PASTA



Makes 6 servings

Prep Time: 10 minutes

Cook Time: 20-25 minutes

Ingredients

- 1 can (12 ounces) tuna, drained and flaked
- 1/2 pound bow tie pasta
- 2 tablespoons olive oil
- 1 cup sliced onions
- 1 cup chicken broth
- 3 tablespoons fresh thyme or 1 tablespoon dried thyme
- 4 cups frozen vegetable medley
- Garlic salt and pepper to taste

Directions

1. Cook pasta according to package directions, drain; rinse.
2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3-5 minutes.
3. Add broth and continue cooking 2 minutes.
4. Add thyme, tuna, vegetables, and mix gently.
5. Add pasta; season with garlic salt and pepper.
6. Heat 3-4 minutes or until broth is reduced.
7. Garnish option: grated Parmesan cheese.

Nutrition information Per Serving

350 calories
Total Fat 6 g
Saturated Fat 1 g
Protein 23 g
Total Carbohydrate 53 g
Dietary Fiber 8 g
Sodium 450 mg

 Excellent Source of Iron

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

Recipe analyzed using
1/4 tsp garlic salt and
pepper each



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MINI MEATLOAVES

Makes 5 servings

Serving Size: 1 mini loaf

Ingredients

- 1 pound lean or extra lean ground beef
- 1 1/2 cup mild or medium salsa, divided in half
- 1 egg, lightly beaten
- 1/4 cup dry bread crumbs
- 1/4 cup finely chopped onion
- 1/2 teaspoon salt
- dash of black pepper
- Non-stick cooking spray

Directions

1. Heat oven to 350° F.
2. Combine all ingredients saving half of salsa for topping.
3. Divide into 5 equal portions. Shape into flattened loaves.
4. Spray baking dish with non-stick cooking spray.
5. Place loaves in dish.
6. Spoon half of the remaining salsa on top of loaves.
7. Bake at 350° F for 20 minutes.
8. Take out of oven and spoon remaining salsa over top and bake an additional 10 minutes.

Nutrition information Per Serving

210 calories

Total Fat 10 g

Saturated Fat 3.5 g

Protein 22 g

Total Carbohydrate 10 g

Dietary Fiber 2 g

Sodium 690 mg



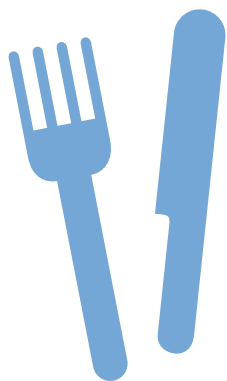
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Excellent Source of Vitamin C



Excellent Source of Iron



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OATMEAL RAISIN MUFFINS



Makes 12 servings
Serving Size: 1 muffin

Ingredients

- Non-stick cooking spray
- 1 1/2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/3 cup sugar
- 1/2 teaspoon cinnamon
- 1 cup uncooked rolled oats
- 1/2 cup raisins
- 1 egg
- 1 cup skim milk
- 1/3 cup applesauce

Directions

1. Preheat oven to 400° F.
2. Lightly spray muffin tin with non-stick cooking spray (or use paper liners).
3. In a large bowl, sift (or mix) together flour, baking powder, salt, and sugar, and cinnamon.
4. Stir in the rolled oats and raisins.
5. In a separate bowl, beat together egg and milk.
6. Add applesauce to milk mixture.
7. Pour milk mixture into flour mixture, and stir only until dry ingredients are wet. Batter will be lumpy.
8. Fill muffin cups 2/3 full of batter.
9. Bake at 400° F for 20-25 minutes.

Nutrition information Per Serving

140 calories	Protein	4 g	Dietary Fiber	2 g	
Total Fat	1 g	Total Carbohydrate	29 g	Sodium	312 mg
Saturated Fat	0 g				



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OVEN FRIED CHICKEN LEGS

Makes 6 servings
Serving Size: 1 chicken leg

Prep Time: 20 minutes

Cook Time: 45 minutes

Ingredients

- 6 chicken legs, skinned
- 1/2 cup skim milk
- 1/2 cup dry bread crumbs
- 1/3 cup grated Parmesan cheese
- Salt and pepper, to taste

Directions

1. Heat oven to 375° F.
2. Remove skin from chicken. Place in a shallow pan.
3. Pour milk over chicken. Refrigerate while you prepare the coating.
4. Mix breadcrumbs, cheese, salt, and pepper in a shallow bowl.
5. Roll the chicken in breadcrumb mixture, coating well.
6. Place chicken on a lightly greased baking sheet.
7. Bake at 375° F for 45 minutes.

NOTE: You can use any chicken parts for this recipe. Try boneless, skinless chicken breasts cut into strips to make chicken fingers.



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Nutrition information Per Serving

220 calories
Total Fat 7 g
Saturated Fat 2 g
Protein 30 g
Total Carbohydrate 8 g
Dietary Fiber 0 g
Sodium 360 mg

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 Good Source of Calcium

Recipe analyzed using
1/4 tsp salt and pepper
each



OVEN FRIES

Makes 6 servings

Serving Size: 10 fries

Ingredients

- Non-stick cooking spray
- 4 medium baking potatoes or sweet potatoes
- 2 tablespoons vegetable oil
- seasonings (optional)*

*Try one or several of these seasonings: salt, pepper, seasoning salt, garlic powder, onion powder, chili powder, paprika

Directions

1. Preheat oven to 475° F.
2. Lightly spray baking sheet with non-stick cooking spray.
3. Wash potatoes thoroughly and dry with a paper towel.
4. Cut potatoes into long strips about 1/2 inch thick.
5. Put oil in a plastic bag. Add potatoes and toss to evenly coat with oil. You may add seasoning to the bag.
6. Spread strips in a single layer on a baking sheet and place in preheated oven.
7. Bake at 475° F for 20 minutes.
8. After 20 minutes, take sheet out of oven and turn potato strips over.
9. Immediately return sheet to oven and bake at 475° F for 15 more minutes.

Nutrition information Per Serving

SWEET POTATO OVEN FRIES

130 calories
Total Fat 5 g
Saturated Fat 0.5 g
Protein 1 g
Total Carbohydrate 21 g
Dietary Fiber 3 g
Sodium 10 mg



Excellent Source of Vitamin A



Excellent Source of Vitamin C

OVEN FRIES

170 calories
Total Fat 5 g
Saturated Fat 0.5 g
Protein 3 g
Total Carbohydrate 29 g
Dietary Fiber 3 g
Sodium 10 mg



Excellent Source of Vitamin C



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preschoolers moving & eating healthy



QUICK PIZZA

Makes 2 servings

Serving Size: 1 piece

Ingredients

- 2 slices whole wheat bread or English muffin, halved
- 1/2 cup spaghetti sauce
- 1/2 cup pineapple tidbits in own juice, drained
- 1/2 cup lean diced ham
- 1/4 cup reduced-fat, mozzarella cheese, shredded

Directions

1. Toast bread or muffin until very lightly browned.
2. Preheat oven to 350° F.
3. Place toasted bread or muffin on a baking sheet.
4. Spread 1/2 of the spaghetti sauce onto each slice of bread or muffin half.
5. Place 1/2 of the pineapple tidbits and 1/2 of the diced ham on top of the spaghetti sauce on each slice of bread or muffin half.
6. Sprinkle 2 tablespoons of cheese on top of pineapple and ham on each slice of bread or muffin half.
7. Bake at 350° F. for 4-6 minutes or until cheese melts and bread or muffins are thoroughly heated.

Suggestion

Create delicious pizza varieties by replacing the pineapple and ham in this recipe with other vegetables and lean meat choices.

Nutrition information Per Serving

270 calories		Total Carbohydrate	28 g
Total Fat	11 g	Dietary Fiber	3 g
Saturated Fat	4 g	Total Sugars	12 g
Protein	16 g	Sodium	490 mg

-  Excellent Source of Vitamin C
-  Good Source of Calcium
-  Good Source of Iron

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SANDWICH WRAPS



Makes 1 wrap

Serving Size: 1 wrap

Start with a whole wheat tortilla

Choose 1 tablespoon of a spread

- Low-fat mayonnaise
- Low-fat salad dressing
- Mustard
- Low-fat sour cream
- Hummus

Choose 1 ounce of meat

Leftovers such as ground beef, roasted chicken, turkey, or roast beef are great or use sandwich meats like ham or turkey (look for low-fat/low-sodium varieties).

Choose 1/4 cup chopped, sliced, or shredded fresh vegetables

Use one vegetable or mix a few together to equal 1/4 cup.

- Cucumbers
- Carrots
- Slaw mix
- Tomatoes
- Onions
- Lettuce
- Green peppers
- Celery
- Spinach

Choose 1/4 cup grated or 1 slice of cheese

- Low-fat cheddar
- Low-fat American slices
- Part-skim Mozzarella

Directions

1. Coat one side of the tortilla with the spread.
2. Add the meat as the second layer.
3. Toss on the vegetables.
4. Add the cheese as the final layer.
5. Roll up. May be eaten cold or heated in a microwave or toaster oven until the cheese melts. Secure with a toothpick before heating.

Nutrition information Per Serving

258 calories

Total fat 11 g

Saturated fat 2 g

Protein 16 g

Total carbohydrate 28 g

Dietary Fiber 2 g

Sodium 790 g



Good source of Calcium



Good source of Iron



Good source of Vitamin A

Nutrition information for wrap made with low-fat mayonnaise, lettuce, fat-free turkey lunchmeat, chopped cucumbers and carrots, and part-skim Mozzarella cheese.



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SLOPPY JOES WITH BEANS

Makes 6 servings

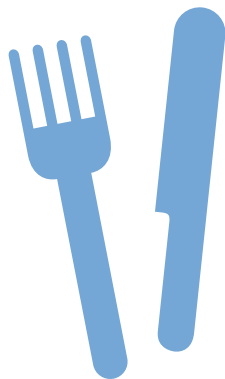
Serving Size: 1 sandwich

Ingredients

- 1 pound ground turkey
- 1 (15.5-ounce) can kidney beans, drained and mashed
- 1 (15.5-ounce) can Sloppy Joe sauce
- 1/4 cup chopped onion
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper
- 6 hamburger buns or toasted bread
- Non-stick cooking spray

Directions

1. Spray skillet with non-stick cooking spray.
2. Brown turkey over medium heat. Add onion.
3. While turkey is browning, drain beans and mash with a fork.
4. Add beans, Sloppy Joe sauce, garlic salt, and pepper to turkey.
5. Simmer for 2 minutes.
6. Toast hamburger bun halves.
7. Assemble sandwiches by placing 1/6 of Sloppy Joe mixture between toasted buns.



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Nutrition information Per Serving

400 calories		Total Carbohydrate	56 g
Total Fat	8 g	Dietary Fiber	8 g
Saturated Fat	2 g	Sodium	1150 mg
Protein	23 g		



Excellent Source
of Vitamin A



Good Source
of Iron



ZESTY SPINACH OMELET



Makes 1 serving
Serving Size: 1 omelet

Ingredients

- 2 eggs, beaten
- 2 tablespoon water
- 1/2 cup fresh spinach
- 1/4 cup cheese, shredded
- dash cumin
- dash salt
- dash pepper
- 1/4 cup salsa
- non-stick cooking spray

Directions

1. Wash and rinse spinach leaves. Remove stems.
2. In medium bowl beat eggs, water, cumin, salt and pepper together using fork.
3. Spray skillet with non-stick cooking spray.
4. Heat a large skillet (10") to medium high heat.
5. Pour egg mixture into pan.
6. Lift edges of eggs and tip pan as needed to let uncooked mixture flow underneath and cook.
7. Cook until almost set.
8. Spread spinach and shredded cheese over 1/2 of the omelet.
9. Using spatula, fold other side of omelet over filling.
10. Top with salsa and serve.
11. Serve with glass of orange juice to get even more folate.

Nutrition information Per Serving

230 calories		Total Carbohydrate	7 g
Total Fat	12 g	Dietary Fiber	2 g
Saturated Fat	4.5 g	Sodium	590 mg
Protein	21 g		

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

 Excellent Source of Calcium

 Good Source of Iron



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STUFFED BELL PEPPERS



Makes 4 servings

Serving Size: 1 pepper

Ingredients

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 (15-ounce) can low-sodium tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

Directions

1. Crumble turkey into a 1-1/2 quart microwave-safe bowl; add onion.
2. Cover and microwave on high for 3-4 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Fill pepper halves with meat mixture.
8. Place in an ungreased, microwave-safe, shallow baking dish.
9. Spoon remaining tomato sauce over peppers; cover and microwave on high for 12-15 minutes or until peppers are tender.
10. Let stand for 5 minutes before serving.

Nutrition information Per Serving

270 calories		Protein	23 g
Total Fat	10 g	Total Carbohydrate	24 g
Saturated Fat	2.5 g	Dietary Fiber	5 g
		Sodium	700 mg

 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

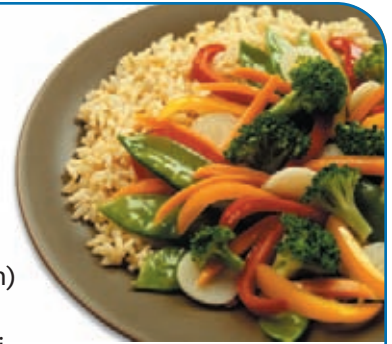
 Excellent Source of Iron



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SUPER STIR FRY



Makes 2 servings

Serving Size: 1 cup

Choose 5 vegetables (1/2 cup of each)

- Onion
- Carrots
- Squash
- Broccoli
- Peppers
- Zucchini
- Celery
- Mushrooms
- Cauliflower

Choose 1 sauce (about 1/4 cup)

- Lite/Low-Sodium Soy Sauce
- Teriyaki Marinade
- Bottled Stir Fry Sauce

Choose 1 starch 1 cup per person (cook according to package directions)

- White Rice
- Rice Noodles
- Brown Rice
- Whole Wheat Spaghetti Noodles

Directions

1. Wash and chop selected vegetables into small evenly sized pieces. You may cut them into circles, strips or cubes as desired. A variety of shapes will make the stir fry more pleasing to the eye.
2. Heat a small amount (1 tablespoon or less) of vegetable oil over high heat in 10-inch frying pan, electric skillet or wok.
3. Keeping the heat high, add vegetables to the pan in order of firmness—harder foods first and ending with the softest foods.
4. Toss vegetables to keep from sticking until they are cooked. When stir frying, vegetables should still be crisp and retain their bright color.
5. Add sauce to taste (about 1/4 cup). Stir Fry until all vegetables are thoroughly coated.
6. Serve with starch of choice.

Nutrition information Per Serving

270 calories

Total Fat 0.5 g

Saturated Fat 0 g

Protein 6 g

Total Carbohydrate 9 g

Dietary Fiber 2 g

Sodium 560 mg

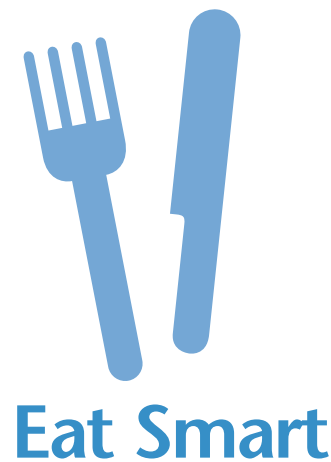


Excellent Source of Vitamin A



Excellent Source of Vitamin C

Recipe was analyzed using onions, green pepper, broccoli, celery, carrots and low sodium soy sauce. Nutritional information will vary with other vegetable combinations. Analysis does not include rice or noodles.



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TANGY CITRUS CHICKEN



Makes 8 servings
Serving Size: 1 chicken breast

Prep Time: 10 minutes
Cook Time: 40 minutes

Ingredients

- 8 boneless skinless chicken breasts
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- 1/2 cup honey
- 1 teaspoon rubbed sage
- 1/2 teaspoon ground mustard
- 1/2 teaspoon dried thyme
- 1/2 teaspoon lemon juice

Directions

1. Place chicken breasts in a 13x9x2 baking dish coated with nonstick cooking spray.
2. In a small bowl, combine remaining ingredients; mix well.
3. Pour half the sauce over the chicken.
4. Bake, uncovered at 350° F for 20 minutes.
5. Turn chicken; pour remaining sauce on top.
6. Bake 15-20 minutes longer or until meat juices run clear.

Nutrition information Per Serving

260 calories		Protein	29 g	Dietary Fiber	0 g
Total Fat	3 g	Total Carbohydrate	30 g	Sodium	410 mg
Saturated Fat	1 g				



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TUNA BURGERS

Makes 6 servings

Serving Size: 1 patty

Ingredients

- 1 (12-ounce) can tuna
- 1 1/4 cups bread crumbs, divided
- 1 cup (4 ounces) cheddar cheese, shredded
- 1 egg, lightly beaten
- 1/2 cup non-fat ranch salad dressing
- 1/4 cup finely chopped onion
- Non-stick cooking spray

Directions

1. Drain tuna, separate into flakes using a fork.
2. In a medium bowl, combine tuna, 3/4 cup bread crumbs, cheese, egg, salad dressing, and onion.
3. Form six patties; coat each side with remaining 1/2 cup bread crumbs.
4. Spray non-stick skillet with cooking spray; heat to medium heat.
5. Cook patties 3-5 minutes on each side until golden brown

Nutrition information Per Serving

280 calories
Total Fat 9 g
Saturated Fat 4.5 g
Protein 23 g
Total Carbohydrate 24 g
Dietary Fiber <1 g
Sodium 750 mg

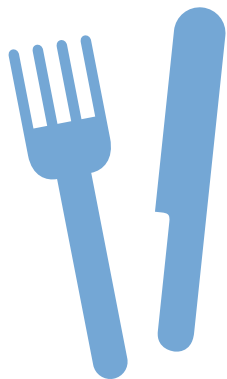


Excellent Source
of Calcium



Excellent Source
of Iron

Recipe analyzed using
light tuna in water.



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TURKEY SLOPPY JOES



Makes 6 servings
Serving Size: 1 sandwich

Prep Time: 15 minutes
Cook Time: 10 minutes

Ingredients

- 1 pound ground turkey or lean ground beef
- 1/4 cup chopped onion
- 1/2 cup ketchup
- 3 tablespoons barbecue sauce
- 1 tablespoon yellow mustard
- 1 tablespoon vinegar
- 1 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1/4 teaspoon pepper
- 6 whole wheat hamburger buns

Directions

1. In a nonstick skillet, cook the turkey and onion for 5 minutes or until turkey is no longer pink.
2. Add the next seven ingredients; simmer for 10 minutes. Stir occasionally.
3. Serve on buns.



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Nutrition information Per Serving

230 calories	
Total Fat	3 g
Saturated Fat	0 g
Protein	23 g
Total Carbohydrate	30 g
Dietary Fiber	3 g
Sodium	620 mg

 **Good Source of Iron**

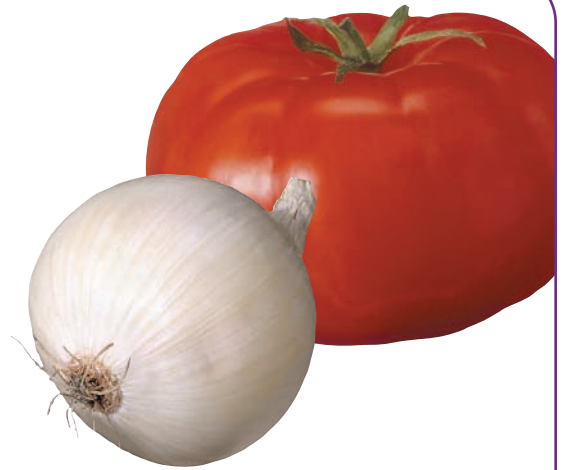
Recipe analyzed using
99% fat free ground
turkey



HEARTY VEGETABLE SALAD

Makes 8 servings

Serving Size: 1/2 cup



Ingredients

- 1 (15-ounce) can baby green lima beans, drained
- 1 (15-ounce) can whole kernel corn, drained
- 1 medium tomato, chopped
- 1/4 cup chopped onion
- 1/3 cup Italian dressing, fat-free
- black pepper to taste

Directions

1. Heat lima beans and corn in microwave.
2. In large bowl, combine lima beans, corn, tomatoes and onions.
3. Pour Italian dressing over vegetable mixture and toss. Add black pepper to taste.
4. Serve immediately or chilled.

Nutrition information Per Serving

140 calories		Total Carbohydrate	28 g
Total Fat	1 g	Dietary Fiber	6 g
Saturated Fat	0 g	Sodium	410 mg
Protein	6 g		

 Good Source of Iron



Eat Smart

