

# RECIPES

## HERB AND GARLIC FISH

¼ cup Miracle Whip Light Dressing

1 tsp Italian seasoning

½ tsp garlic powder

4 fillets (4 oz each, 1 lb total) cod or orange roughy fillets

1 Tbsp lemon juice

1. Preheat broiler. Mix dressing and seasonings in small bowl.
2. Place fish on greased rack of broiler pan. Brush with dressing mixture.
3. Broil, 2 to 4 inches from heat, 6 to 8 minutes or until fish flakes easily with fork. Place on serving plate; sprinkle evenly with lemon juice.

Per fillet: Calories 135, Fat 4g (Saturated 0.6g), Cholesterol 52.5mg, Carbohydrate 3g, Fiber 0g, Protein 20g, Sodium 207mg.

## FISH STICKS

1 Tbsp. canola oil

1 egg

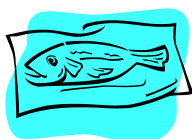
2/3 cup instant potato flakes

2 lb. firm white fish fillets, such as Pollack, cod, or haddock, cut into 16 4-inch-long, ½-inch-wide strips

Pinch of seasoned salt

Pinch of cayenne pepper

1. Preheat oven to 400°F.
2. Grease a baking sheet with the oil. Beat the egg in a small shallow bowl, and pour the potato flakes in a pie plate or shallow bowl.
3. One at a time, dip the fish fillets in the egg mixture. Then, dredge in the potato flakes, pressing with your fingers to help the flakes adhere. Place the fish on the prepared baking sheet.



4. Sprinkle the fish with the seasoned salt and cayenne pepper. Bake, turning once, until puffy and golden, 20 to 25 minutes.

Makes: 8 servings. Serving size: 2 sticks

Per 2 sticks: Calories 126, Total Fat 3 g (Saturated 0 g), Cholesterol 75 mg, Sodium 78 mg, Carbohydrate 3 g, Fiber 0 g, Protein 21 g

## CHICKEN NUGGETS

Canola oil spray

2 boneless, skinless chicken breast halves

1 to 2 Tbs. flour

2 egg whites, lightly beaten

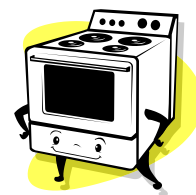
1/2 cup plain bread crumbs

1/8 tsp. salt

1/8 tsp. pepper

1. Heat oven to 350°F.
2. Spray a baking sheet with canola oil and set aside.
3. Slice chicken into nugget-size pieces and sprinkle with salt and pepper. Dust chicken with flour, dip in egg whites, and coat with breadcrumbs. Bake until golden brown, 10 to 15 minutes, turning once halfway through cooking time.

½ recipe: Calories 202, Total fat 2g (Saturated 1g), Cholesterol 34 mg, Carbohydrate 23 g, 1 g fiber, 437mg sodium, Protein 21g.



## TURKEY AND BLACK BEAN CHILI

1 lb ground turkey breast

1 can (28oz) diced tomatoes, undrained

1 jar (16oz) chunky salsa

2 cans (15oz each) black beans, drained, rinsed

1 medium green bell pepper, chopped

1 Tbsp. chili powder

1. Cook turkey in large saucepan on medium-high heat until no longer pink, stirring frequently.
2. Add remaining ingredients; mix well. Bring to a boil.
3. Reduced heat to low; simmer 20 minutes, stirring occasionally.

Makes 8 servings.

Per serving: Calories 200, Total fat 1.5g (Saturated 0g), Cholesterol 30mg, Carbohydrate 27g, Fiber 8g, Protein 22g, Sodium 560mg.

## SLOPPY JOES

1 lb ground round (may substitute ground turkey breast)

1 large green bell pepper, chopped

1 large onion, chopped

1 ½ cans (10.75 oz each) reduced-sodium tomato soup

6 Whole-wheat or White wheat hamburger buns

1. In a nonstick frying pan, cook the ground meat, onion, and pepper until the meat is browned and the vegetables are tender, about 7 to 10 minutes.
2. Drain the meat well and return the mixture to the frying pan.
3. Add the tomato soup to the ground beef mixture and stir well. Simmer for at least 10 minutes.
4. To serve, place 2/3 cup of the Sloppy Joe mixture on each hamburger bun. Serve immediately. Makes 6 Sloppy Joes.

1 Sloppy Joe: Calories 318, Total fat 13g (Saturated 5g), Protein 23 g, Carbohydrate 29 gm, Fiber 3g, Cholesterol 57 mg, Sodium 399 mg.



## CHEESY QUESADILLAS

1 ½ cups Reduced-fat Mexican-style shredded cheese

12 flour tortillas

¾ cup salsa



1. Spoon 2 Tbsp cheese onto center of each tortilla; fold tortilla over to completely enclose filling.
2. Spray large skillet with cooking spray. Cook 1 or 2 quesadillas at a time on medium-high heat 2 to 3 minutes on each side or until crisp and lightly browned on both sides.
3. Cut each quesadilla into thirds. Serve warm with the salsa.

Makes 12 quesadillas.

Per Quesadilla (3 triangles) with 1 Tbsp salsa: Calories 133, Fat 5.75g (Saturated 2.75g), Cholesterol 10 mg, Carbohydrate 14g, Fiber 0.4 g, Protein 5g, Sodium 395 mg.

## MACARONI AND CHEESE

2 ½ tbsp light butter

2 tbsp flour

1 cup low-fat milk or evaporated milk

4 ounces reduced-fat sharp cheddar cheese, grated

5 cups cooked macaroni

1. In medium saucepan on low heat, melt butter and stir in flour until it makes a paste.
2. Gradually stir in milk until smooth. Cook until thickened.
3. Add cheese and cook until melted.
4. Stir in macaroni. Pour into a serving dish and top with reserved cheese. Makes approximately 5 cups.

Per ½ cup: Calories 184, Fat 5.7g (Saturated 1.8g), Cholesterol 7.5mg, Carbohydrate 24g, Fiber 1.3g, Protein 8g, Sodium 116mg.



## FRENCH FRIES

1 package (32 oz) frozen French Fries

1. Follow package directions, using oven method.
2. Drain on paper towels.
3. Serve immediately.

Per 14 pieces: Calories 120, Fat 3.5g, Saturated fat 0.5, Cholesterol 0mg, Carbohydrate 20g, Fiber 2g, Protein 2g, Sodium 350 mg.

## BROCCOLI SUPREME

2 packages (10-ounces each) frozen chopped broccoli

1 cup reduced-sodium chicken broth  
2 tablespoons reduced-fat mayonnaise  
2 teaspoons dried minced onion (optional)



1. Combine broccoli, chicken broth, mayonnaise, and minced onion in large saucepan.
2. Simmer, covered, stirring occasionally until broccoli is tender.
3. Uncover, continue to simmer, stirring occasionally, until liquid is evaporated.

Makes: 7 servings.

Per ¾ cup: Calories 31, Total fat 1 g (Saturated <1g), Cholesterol 1mg, Carbohydrate 4g, Fiber 2 g, Protein 2g, Sodium 26 mg.

## SAUTEED SUMMER SQUASH

2 cups summer squash (yellow or zucchini), sliced

Cooking spray

1 cup minced onions

¼ tsp salt

¼ tsp pepper

Parmesan cheese

1. Spray sauté pan with cooking spray.
2. Add onions and sauté until golden brown.
3. Add squash and cooking until tender, about 10 minutes, stirring carefully to keep squash from sticking.
4. Sprinkle with grated parmesan cheese and serve. Makes 4 servings.

¼ recipe: Calories 15, Total Fat 0 g (Saturated 0g), Protein 1g, Total Carbohydrate 3g, Fiber 1 g, Sodium 125 mg.

## PEAR POPS

16 oz can pear slices or halves, drained

8 oz low-fat yogurt with fruit, any flavor

1. Pour fruit and yogurt into blender and blend until smooth.
2. Divide mixture among Popsicle molds or small paper cups; insert sticks.
3. Freeze until firm, about 3 hours.

Variations: Place bits of fruit or whole blueberries in the mold before pouring in pear mixture. Makes 4 pops.

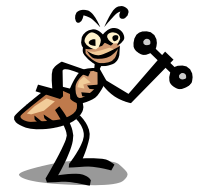
Per pop: 98 calories; 1 g fat; 2 mg cholesterol; 36 mg sodium; 22 g carbohydrate; 1 g fiber; 3 g protein.

## ANTS ON A LOG

2 celery stalks

2 tbsp peanut butter

2 tbsp raisins



1. Wash the celery and cut in half (each piece should be about 5 inches long).
2. Spread peanut butter in u-shaped part of celery, from one end to the other.
3. Press raisins gently into peanut butter. Enjoy your ants on a log! Serves 2.

1/2 recipe: Calories 130, Fat 8g (Saturated 1.75g), Protein 5g, Cholesterol 0mg, Carbohydrate 13g, Fiber 2.5g, Sodium 125mg.

## ANGEL FOOD SURPRISE

- 1 Angel Food cake
- 1 lg. box instant sugar-free vanilla pudding
- 2 c. low-fat or fat free milk
- 1/2 c. low-fat sour cream
- 1 1/2 pts. fresh strawberries, sliced
- 1 (8 oz.) light whipped topping

1. Tear cake in medium size chunks and put half of the chunks into bottom of 9 x 12 inch pan.
2. In a separate bowl, mix pudding with milk. Add sour cream and blend together.
3. Pour pudding over cake chunks.
4. Place berries on pudding layer. Put remaining cake chunks over berries.
5. Cover with whipped topping and chill.

1/12 recipe: Calories 242, Fat 4.4g (Saturated 3.2g), Cholesterol 6.3 mg, Carbohydrate 46g, Fiber 1g, Protein 5.6g, Sodium 640 mg.



## BERRY BLAST SMOOTHIE

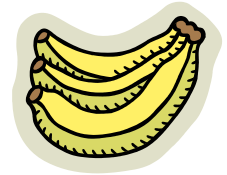
- 1/2 cup fat free or 1% low-fat milk
- 1/2 cup fat free plain or light vanilla yogurt
- 1 cup frozen, unsweetened berries (blueberries, strawberries, raspberries, etc)
- 1 packet Splenda, sucralose, or preferred low-calorie sweetener, or 1 tsp honey

1. Put all ingredients into a blender and blend until smooth.

Makes 1 delicious, bone-friendly smoothie.

1 Recipe (made with fat free milk, light vanilla yogurt, blueberries): Calories 170, Total fat 1.5g (Saturated 0g), Cholesterol 5gm, Carbohydrate 34g, Fiber 4g, Protein 9g, Sodium 120 mg.

## BANANA PUDDING



- 2 (1 oz) packages sugar-free instant vanilla pudding mix
  - 4 cups low-fat or fat free milk
  - 3 bananas
  - 1/2 box (12 oz) vanilla wafers
  - 2 cups Light or Fat-free whipped topping
1. In mixing bowl, combine pudding mix and milk; mix well.
  2. Slice bananas.
  3. In 9 x 9-inch or 7 x 11-inch casserole, layer vanilla wafers, bananas, and pudding.
  4. Repeat layers.
  5. Top with whipped topping.
  6. Chill at least 2 hours before serving.
- Makes 10 servings.

1/10 recipe: Calories 217, Total Fat 8g, (Sat 3.3g), Cholesterol 5mg, Carbohydrate 33g, Fiber 1.8g, Protein 4.6g, Sodium 179mg.

For more recipes and meal ideas, visit the following websites:

[www.5aday.gov](http://www.5aday.gov)

[www.3aday.org](http://www.3aday.org)

[www.diabeticcooking.com](http://www.diabeticcooking.com)

[www.mealsmatter.org](http://www.mealsmatter.org)

[www.mealtime.org](http://www.mealtime.org)

<http://kidsinthekitchen.ajli.org/?nd=home>

