

**HEALTHWORKS!**



# **Cookbook**

**June 2017**

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# HealthWorks! Camps Out

## Introduction

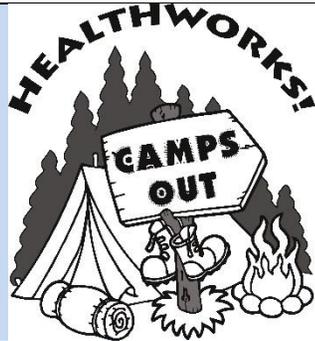
All the meals and snacks at camp follow the *Healthy Eating Plan*. This plan focuses on heart healthy foods that have a low glycemic value.

The HealthWorks! *Camps Out* Cookbook contains recipes from every year that we have had the HealthWorks! summer camp program. Using the recipes and tips offered in the cookbook can help campers continue their dietary changes when they return home. It contains menus, recipes and tips that make it easy to stay on the *Healthy Eating Plan*.

Families can use the cookbook to learn more about the *Healthy Eating Plan* and the dietary adjustments experienced by campers. Talk to your child about all the new foods they tried at camp. Find out which food or recipe was their favorite or which new vegetable they'd like to try again. A family's interest (or even better – their participation) in the eating plan will provide positive reinforcement for the camper's changes and encourage the continued use of the eating plan.

We hope the following information helps your child continue with the positive habits they started at camp; and remember to check in with your HealthWorks! team for more education, information and support. We're here to help your child achieve good health by reaching & maintaining their dietary and physical activity goals.



	BREAKFAST	LUNCH	SNACK	DINNER	SNACK
<b>SUNDAY</b>	<b>HEALTHWORKS! CAMPS OUT MENU 2017</b>			Adobo Chicken Gordita on Whole Wheat Flatbread Camp Joy Salsa, Plain Greek Yogurt Roasted Broccoli Salad Bar Pineapple Chunks	Graham Crackers Chocolate Marshmallows Strawberries
<b>MONDAY</b>	Egg Muffin Sandwich (Egg, Low-fat Cheese, Canadian Bacon on Whole Grain English Muffin) Honeydew Melon	'Fit' Burger On Whole Grain Bun Lettuce, Tomato, Low-fat cheese Ketchup Packet; Mustard Packet, Low-fat Mayonnaise Packet Dill Pickle Corn-on-the-Cob Salad Bar Grapes	Chips and Salsa	Mama Joy's Meatballs Spaghetti Sauce Whole Grain Penne Pasta Parmesan Cheese Italian Green Beans Salad Bar Apple Slices	Low-fat String cheese <u>Or</u> Light Yogurt Orange Slices & Bananas Carrots & Celery w/fat-free Ranch
<b>TUESDAY</b>	Whole Grain Waffles Sugar-Free Syrup Turkey Sausage Cantaloupe	Chicken Ranch Wrap (Chicken, Low-fat Cheese, Ranch, Lettuce on Whole Wheat Tortilla) Cherry Tomatoes, Salad Bar Green Apple slices	Ice Cream Cup Blueberries	Roast Turkey Sweet Potato Tater Tots Ketchup Packet Sautéed Greens Salad Bar Watermelon	Low-fat String cheese <u>Or</u> Light Yogurt Grapes & Pineapple Chunks Pepper Strips & Cucumber Slices w/fat-free Ranch
<b>WEDNESDAY</b>	Breakfast Burrito (Cheesy Scrambled Eggs Whole Wheat Wrap, Salsa) Mixed Fresh Fruit	Camp Joy Chili Reduced-Fat Cheddar Cheese Camp Joy Salsa Whole Grain Crackers Carrots/Snap Peas w/Low-Fat Dip Salad Bar Banana	Vanilla Sugar-Free Yogurt Healthy Granola Cereal Topping	Turkey Taquitos (Tacos) Camp Joy Salsa, Hot Sauce, Plain Greek Yogurt Roasted Carrots Salad Bar Orange Slices	Low-fat String cheese <u>Or</u> Light Yogurt Apple Slices & Kiwi Broccoli & Cauliflower w/fat-free Ranch
<b>THURSDAY</b>	Whole Wheat Pancakes w/sugar free syrup Yogurt Banana	BBQ Sloppy Joes Whole Grain Bun Carrots and Celery Salad Bar Strawberries	Angel Food Cake Low-fat Whipped Topping Strawberries	Pizza Joy-Nita Veggie Pizza on Whole Wheat Crust Salad Bar Green Apple Slices	Low-fat String cheese <u>Or</u> Light Yogurt Melon Snap Peas & Cherry Tomatoes w/fat-free Ranch
<b>FRIDAY</b>	Scrambled Egg Muffin Mini Wheat Bagel Cream Cheese Mixed Fresh fruit				

Vegetarian choice available at all meals

Hot sauce and dry spices on the table at each meal

Water & Skim Milk available at every meal; Crystal Light Lemonade available at lunch & dinner; Water available at snack USE YOUR WATER BOTTLES throughout the day

# Breakfast





# French Toast Casserole

Makes 6 **Green** servings: 2 slices per serving

Here's a great breakfast recipe that is perfect for company but easy enough to fix for the family anytime. Make it up the day before so even the cook can enjoy breakfast!

## **You'll need**

12 slices whole wheat bread  
3 eggs  
½ cup egg substitute or egg whites  
1 cup skim milk  
1 cup fat free half & half  
2 teaspoons vanilla extract  
1 – 2 teaspoons ground cinnamon

Toppings: warmed, no-sugar-added applesauce, fresh fruit or sugar-free syrup

## **What to do**

1. Spray a large glass baking dish with vegetable oil cooking spray. Place bread slices into the baking dish (might have to cut bread into smaller pieces to fit).
2. In a large bowl, whisk together eggs, egg substitute, vanilla, and cinnamon
3. Add milk and half & half to egg mixture, mix well
4. Pour egg mixture over the bread, making sure to coat every slice of bread
5. Cover pan with foil and refrigerate for 4-36 hours
6. Preheat oven to 350° F
7. Bake casserole for 45 minutes to an hour. It will puff up when it gets close to being done (it's done when the liquid doesn't jiggle anymore)
8. Serve with warmed applesauce, fresh fruit or sugar-free syrup

*Nutrition Information per serving: 227 calories, 15 grams protein, 30 grams carbohydrates, 5 grams fat, 2 grams saturated fat, 4 grams fiber, 109 milligrams cholesterol, 414 milligrams sodium*

## **Cook's Tips**

- This recipe is a great way to use up “day-old” bread. Dense or slightly stale whole wheat bread absorbs the egg mixture without getting too soggy.
- Experiment with fruit toppings – for the most flavorful fruit at the best price, choose what's in season.

# Scrambled Egg Muffins

Makes 6 **Green** servings: 1 muffin per serving

Here's a really easy recipe that we're sure will be a big hit with everyone in the family.

## **You'll need**

6 large eggs  
¼ cup skim milk (or ¼ cup fat free half & half)  
½ cup reduced fat cheese of choice (shredded cheddar, crumbled feta or whatever cheese you like)  
½ teaspoon ground black pepper  
1 garlic clove, minced or ¼ teaspoon garlic powder  
1 – 2 tablespoons grated parmesan cheese

## **What to do**

1. Preheat oven to 350° F
2. Spray a muffin tin with vegetable oil cooking spray (don't use paper liners)
3. In a medium bowl, whisk eggs
4. Add milk (or half & half) & spices to eggs, mix well
5. Fold in cheese and any other optional add-ins
6. Divide egg mixture evenly into prepared muffin tin spaces; top each muffin with a teaspoon of grated parmesan cheese
7. Bake egg muffins for 20-25 minutes, check for doneness – when egg mixture is set

*Nutrition Information per muffin: 120 calories, 9 grams protein, 2 grams carbohydrates, 8 grams fat, 2.5 grams saturated fat, 0 grams fiber, 175 milligrams cholesterol, 180 milligrams sodium*

## **Cook's Tips**

- You'll want to make more than one batch of this recipe to have an easy "grab-'n'-go" breakfast your family will love. Store cooled leftover muffins in plastic baggies in the refrigerator or freezer. Muffins are ready after 30 – 60 seconds in the microwave if refrigerated, a little longer if frozen
- Cut calories and fat by replacing 3 of the eggs with ¾ cup of egg substitute – this will reduce the calories to 90 and cut the fat content almost in half. Use only egg substitute to cut the calories in half with only 1 gram of fat; protein stays the same with both changes
- Experiment with optional add-ins:
  - 1 cup chopped vegetables (i.e. bell peppers, green onions, mushrooms, spinach, tomatoes); sautéed until tender in a small skillet sprayed with cooking oil spray
  - ½ cup cooked chopped Canadian or turkey bacon, cooked crumbled turkey sausage or soy crumbles
  - 1 tablespoon chopped fresh herbs, or 1 teaspoon dried herbs (i.e. basil, oregano, thyme)
  - ¼ teaspoon crushed red pepper

# Main Dishes





## Adobo Chicken Gordita

Makes 6 **Green** servings: 1 flatbread sandwich per serving

### **You'll need**

12 ounces boneless, skinless chicken breast  
½ cup enchilada sauce  
2 tablespoons salsa  
¼ cup fat free or low fat plain Greek yogurt  
¼ cup fat free or low fat Ranch dressing  
¼ - ½ teaspoon ground cumin  
¼ - ½ teaspoon lime zest or lime juice  
1½ cups brown rice, cooked  
1½ cups low fat Monterey Jack cheese, shredded  
6 whole wheat *Flatout* flatbreads  
1½ cups shredded lettuce  
¾ cup salsa  
6 tablespoons fat free or low fat plain Greek yogurt



### **What to do**

1. Bake or grill chicken breast, cool and shred
2. Mix together enchilada sauce and salsa in a heavy saucepan, add the shredded chicken and simmer over medium heat until heated through
3. In a small bowl combine yogurt, dressing, cumin and lime, whisk to blend; add to chicken mixture
4. Warm *Flatout* flatbreads in oven, microwave or on grill.
5. Fold flatbread in half and fill each with ¼ cup each of chicken mixture, rice, cheese & lettuce. Garnish with 2 tablespoons salsa and 1 tablespoon yogurt.

*Nutrition Information per Gordita (sandwich): 358 calories, 28 grams protein, 35 grams carbohydrates, 11 grams fat, 4 grams saturated fat, 3 grams fiber, 61 milligrams cholesterol, 663 milligrams sodium*

Recipe from Gordon Food Service

## All Wrapped Up

Makes 6 **Green** servings: 1 wrap per serving

### **You'll need**

6 (8-inch) whole wheat tortillas

2 – 3 ounces of lean lunchmeat (chicken breast, ham, roast beef, or turkey) or ½ cup beans

½ - 1 cup assorted vegetables (any combination of broccoli, carrots, cauliflower, hot peppers, mushrooms, onions, sweet peppers, tomatoes)

Canola or olive oil cooking spray

¾ cup ranch dressing (recipe on page 39)

¾ cup salsa (recipe on page 40 or your favorite brand)

### **What to do**

1. Thoroughly wash all vegetables, pat dry. Chop, grate, slice or pull apart any combination of the vegetables to be used
2. Vegetables can be added to the wrap raw, or sauté first if desired
3. To sauté vegetables spray skillet or sauté pan with cooking spray. Cook on medium-high heat until tender, stirring frequently
4. To assemble each wrap start with a tortilla
5. Spread on 2 tablespoons ranch, 2 tablespoons salsa or 1-2 tablespoons of each
6. Cover with lunchmeat or beans
7. Add the vegetables in a line along the bottom third of the tortilla. Fold the bottom third upwards so that the filling is inside a pocket. Next, fold the sides of the tortilla in towards the center to seal up the ends of the wrap
8. Finally, finish rolling up the tortilla, starting at the filled pocket and move up to the top. Cut the wrap in half, or just pick it up, eat & enjoy

*Nutrition Information per wrap: 250 calories, 16 grams protein, 34 grams carbohydrates, 5 grams fat, 1 gram saturated fat, 3 grams fiber, 25 milligrams cholesterol, 860 milligrams sodium*

# Asian Lettuce Wraps

## **You'll need**

- 1 Tablespoon vegetable oil
- 3 scallions (green onions) finely sliced
- 2 garlic cloves, peeled and diced finely
- 1 Tablespoon fresh Ginger, peeled and diced or 2 teaspoons ground ginger\*
- 1 pound chicken breast, diced into ½ inch cubes
- 2 Tablespoons low-sodium soy sauce
- 1 Tablespoon rice vinegar or white vinegar
- 8 soft lettuce leaves (such as ice berg)

## **What to do**

1. Put a large skillet on the stove and turn the heat to medium.
2. When the skillet is hot, add the oil, scallions, garlic, & ginger. Cook, stirring without stopping, until the mixture is bubbly and lightly browned, about 2 to 3 minutes.
3. Add the chicken to the skillet and turn the heat up to medium-high. Continue cooking & stirring until the chicken is cooked through (all of it is solid white), about 7 to 9 minutes.
4. Stir in the soy sauce and vinegar. Cook until the liquids are absorbed, about 2 minutes.
5. To serve: Divide the chicken mixture into 5 equal portions. Serve along with lettuce leaves. Put a spoonful of meat mixture into a lettuce leaf, roll, eat, enjoy!

## **Cook's Tips**

- Ginger is a spice used in Asian cooking. It gives a lemony and pungent flavor to food and a little goes a long way. You can buy fresh ginger root in the produce section of the grocery store. Any unused portion can be stored in the freezer until you need it again. Ginger can also be purchased as a dry spice in the baking aisle.
- Chicken breast is easier to cut when it is partially frozen – place uncooked chicken into the freezer for 30 minutes before starting your recipe

*Nutrition facts per wrap: 140 calories; 21 grams protein; 2 grams carbohydrates; 5 grams fat; 270 mg sodium*

Recipe modified from ChopChopMag.org

# Asian Noodle Bowl

Makes 6 **Green** servings: 1 – 1 ½ cups per serving

## **You'll need**

12 ounces Soba noodles (100% buckwheat)  
½ head (approximately 3 cups) bok choy, shredded  
1 each red, green and yellow peppers, chopped or diced  
1½ cups (4 ounces) snow peas  
1 (11 ounce) can mandarin oranges, drained & rinsed  
12-18 ounces boneless, skinless chicken breast, grilled & cut into strips  
¼ cup sesame seeds to garnish (optional)  
6 brown rice cakes (optional)  
Kewl Asian Dip (See recipe on page 38)

## **What to do**

1. Prepare Soba noodles according to manufacturer's directions.
2. Shred and steam bok choy for approximately 3 to 5 minutes on stovetop using steamer basket. Cook until stalks are tender and leaves just wilted. Be careful not to overcook.
3. Chop or dice peppers.

## **Serving suggestion**

Place noodles in the bottom of a bowl.  
Arrange bok choy, peppers, snow peas and oranges around edge of the bowl in individual clumps  
Place 2-3 ounces sliced grilled chicken on top  
Sprinkle with sesame seeds (optional)  
Serve with 2 tablespoons of *Kewl* Asian Dip (recipe on page 38) and 1 rice cake (optional)

*Nutrition information per serving: 382 calories, grams protein, 45 grams carbohydrates, 13 grams fat, 2 gram saturated fat, 97 milligrams cholesterol, 696 milligrams sodium*

## **Cook's Tips**

- Can't find Soba noodles? You can substitute with whole wheat spaghetti
- Bok choy is a Chinese vegetable. It's classified as a cabbage but it looks more like string-less, leafy celery. It can be found in the produce section of your grocery store. Like most vegetables it's low in calories and high in vitamins A & C and calcium
- Bok choy (just like most vegetables) can also be steamed in the microwave. Just add ¼ cup water or vegetable broth to the vegetables, cover tightly and cook 3-5 minutes

Recipe by Reed Alexander for the Alliance for a Healthier Generation

## BBQ Sloppy Joes

Makes 8 *Green* servings: 1 sandwich per serving

### **You'll need**

1 1/3 pounds lean ground turkey  
1/4 cup chopped onion  
1/2 teaspoon garlic powder  
1/2 cup tomato paste  
1/3 cup reduced-sugar ketchup  
1/4 cup water  
2 1/2 tablespoons white vinegar  
1 teaspoon ground mustard  
2 1/2 teaspoons brown sugar or artificial brown sugar equivalent  
Ground pepper, to taste  
8 whole wheat hamburger buns

### **What to do**

1. Brown ground turkey, drain
2. Add onions & garlic powder, cook for 5 minutes
3. Combine tomato paste, ketchup, water, vinegar, dry mustard, pepper and brown sugar; add to ground turkey mixture; simmer on low 15 – 20 minutes
4. Divide turkey mixture evenly between 8 hamburger buns

*Nutrition Information per serving: 386 calories, 18 grams protein, 36 grams carbohydrate, 8gram fat, 2 grams saturated fat, 2.5 grams fiber, 57 milligram cholesterol, 889 milligrams sodium*

# Basic Baked Chicken

Makes approximately 6 Servings

## **You'll need**

1 package chicken; cut-up and thawed (about 4 pounds)  
Nonstick cooking spray  
1 teaspoon garlic powder  
1 teaspoon pepper

## **What to do**

1. Preheat oven to 350 degrees F.
2. Spray baking pan or oven-safe baking dish with nonstick cooking spray.
3. Cover chicken with garlic powder and pepper.
4. Bake for one hour. Insert a thermometer into the thickest part of the chicken not touching the bone. Chicken is safe to eat when temperature reaches 165 degrees F for 15 seconds, as measured with a food thermometer.
5. Remove skin before serving the chicken or using the chicken in recipes

*Nutrition Information per serving: 160 calories, 23 grams protein, 7gram fat, 2 grams saturated fat, 350 milligrams sodium*

## **Cook's Tips**

- To save more money buy a whole roasting chicken and cut it up yourself

Recipe adapted from SNAP-ED Connection Recipe Finder @ [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

# Camp Joy Chili

Makes 6 **Green** servings: 1 cup per serving

Serve this Camp Joy favorite with low fat, grated cheddar or mozzarella cheese and whole wheat crackers for lunch or dinner.

## **You'll need**

- 1 large can (28-30 ounces) kidney beans
- 1 large can (28-30 ounces) diced tomatoes
- 2 cups reduced-sodium tomato juice
- 1 medium onion, chopped
- 2 medium green bell peppers, seeded & chopped
- 1 tablespoon chili powder
- 1 tablespoon crushed red pepper



## **What to do**

1. Spray large pot with cooking oil spray, sauté chopped onion and green peppers on medium-high heat until tender
2. Rinse kidney beans. Add beans, tomatoes and tomato juice to the onions and peppers
3. Add chili powder and crushed red pepper to pot, bring to a boil
4. Reduce heat to medium and simmer until liquid reduces & chili gets thick; approximately 30 minutes

*Nutrition Information per 1 cup serving: 203 calories, 11 grams protein, 38 gram carbohydrate, 1gram fat, 0 grams saturated fat, 14 grams fiber, 0 milligram cholesterol, 30 milligrams sodium*

## **Cook's Tips**

- Using beans instead of ground meat lowers the calories and fat while adding fiber and maintaining the protein. Dietary guidelines recommend we get at least 3 cups of beans a week.
- This is another recipe you'll want to cook once and serve two or three times. Double or triple the ingredients and store leftovers in the freezer or use later in the week to make burritos, taco salad or serve it over whole wheat pasta.

# “Chipotle” Burrito

Makes 4 *Green* servings

## **You’ll need**

Cooking oil spray

3/4 cup salsa

1 chipotle chile in adobo sauce, chopped, plus 1 to 2 tablespoons sauce from the can

1 14-ounce can black or pinto beans, drained and rinsed (optional)

1 1/3 cups shredded or chopped chicken, cooked, skin removed

1/4 cup roughly chopped fresh cilantro

4 whole wheat flour 8” tortillas

1 cup cooked lime rice, warmed (recipe provided)

1 cup shredded low fat Monterey jack cheese

1 – 1½ cups shredded romaine lettuce (optional)

Guacamole, for serving (optional)

## **What to do**

1. Spray medium pot with cooking oil, put over medium-high heat.
2. Add 1/2 cup salsa, the chopped chipotle, and adobo sauce to taste; cook until the mixture starts to sizzle, about 2 minutes.
3. Add the beans and 3/4 cup water; bring to a low boil, then stir in the chicken and cook until the mixture is slightly thickened, about 2 minutes. Stir in the cilantro.
4. Heat the tortillas as the label directs. Arrange the 1/4 cup rice horizontally in the lower half of each tortilla, leaving a 1 1/2-inch border on all sides. Top evenly with 1/4 cup cheese, 1/3 cup chicken mixture, lettuce and the remaining salsa.
5. Fold the bottom edge of each tortilla snugly over the filling, tuck in the sides and roll up tightly. Cut the burritos in half and serve with guacamole.

## **Cook’s Tips**

- Chipotle chiles in adobo sauce is a canned product usually found in the Mexican food section of your grocery store

*Nutrition facts per burrito: 399 calories; 30 grams protein; 44 grams carbohydrates; 10 grams fat; 10 grams fiber; 680 mg sodium*

Adapted from recipe in Food Network Magazine

# CJ's Chicken Tenders

Makes 6 **Green** or **Yellow** servings: 2 – 3 ounces per serving

Chicken strips are always a crowd-pleaser and this tasty, baked version won't disappoint your crowd.

## **You'll need**

2 pounds boneless, skinless chicken breasts, cut into strips (or boneless, skinless chicken tenders)  
Salt and pepper  
2 (8-ounce) containers plain, fat free or low fat yogurt **or** 1 egg, whisked & ½ cup egg substitute  
4 cups whole wheat bread crumbs or Panko crumbs (see *Cook's Tips* below)  
Cooking oil spray

## **What to do**

1. Preheat oven to 400° F
2. Spray a large non-stick baking sheet with cooking spray; set aside
3. Sprinkle salt and pepper on chicken
4. Pour yogurt or eggs into a shallow bowl. Pour bread crumbs into a separate shallow dish
5. Dip chicken completely in yogurt or eggs, shake off excess
6. Roll chicken in the bread crumbs, covering completely. Place chicken in the prepared pan.
7. Repeat until all the chicken is coated; lightly spray chicken fingers with cooking oil spray
8. Place pan in oven and bake for 10 minutes
9. Remove pan from oven, turn chicken; lightly spray with cooking oil spray
10. Return chicken to the oven and bake until cooked through (approximately 10 minutes)

*Nutrition Information per serving: 310 calories, 42 grams protein, 22 grams carbohydrates, 5 grams fat, 1 gram saturated fat, 3 grams fiber, 98 milligrams cholesterol, 414 milligrams sodium*

## **Cook's Tips**

- Make your own whole wheat bread crumbs by using slices of whole wheat bread. Tear the bread into pieces, place in blender and pulse until bread is fine crumbs. Add no more than 4 slices of bread to the blender at one time.
- For the best results when coating, do a few chicken pieces at a time.
- You want to coat the chicken well but not use up the coating too fast.
- For a crispier 'finger', substitute bread crumbs with panko crumbs (can find packaged in the Asian food section of most stores). This does change the chicken fingers to a **Yellow** food

Recipe from FoodNetwork.com courtesy of Kathleen Daelemans

# 'Cool Pool' Tuna Salad

Makes 6 *Green* servings: 1 cup per serving

## **You'll need**

6 whole-grain flatbreads  
3+ cups salad mix or field greens  
1 medium cucumber, scrubbed or peeled; sliced or chopped  
½ pint grape tomatoes, washed thoroughly  
6 servings Cool Pool Tuna Salad (*See ingredients and recipe below*)

## **Tuna Salad**

3 (6-oz) cans tuna, drained  
2 tablespoons olive oil  
1 lemon, juiced  
¼ cup fresh dill weed, washed thoroughly and chopped  
¼ cup chives, washed thoroughly and chopped  
½ teaspoon white pepper

## **What to do**

1. Drain and flake tuna.
2. Chop fresh dill and chives.
3. Combine tuna, olive oil, lemon juice, dill and chives. Mix lightly until well blended. Sprinkle with white pepper to taste.
4. Chill tuna salad in refrigerator until ready to serve

## **Serving suggestion**

Place flatbread in a bowl.

Combine salad mix & cucumbers; divide into 6 equal portions & place on flatbread

Divide tuna salad into 6 servings (approximately 1/3 cup each), place on top of salad mix

Top each serving with ½ cup of grape tomatoes

*Nutrition Information per 1 cup serving: 406 calories, 22 grams protein, 44 gram carbohydrate, 15 gram fat, 3 grams saturated fat, 14 grams fiber, 26 milligram cholesterol, 615 milligrams sodium*

## **Cook's Tips**

- No fresh herbs? No problem. Dried herbs can be substituted as long as you adjust the amount. You'll need to use smaller amounts of dried herbs – an easy guide when going from powdered to dried to fresh is 1/4 teaspoon powdered = 3/4 teaspoon dried = 2 teaspoons fresh. With many recipes it's also a good idea to add dried or powdered herbs early in the cooking process & add fresh herbs toward the end.
- Not a big fan of tuna? Substitute canned chicken or better yet chickpeas (rinsed) – you'll save calories & fat while adding fiber.

Recipe by Reed Alexander for the Alliance for a Healthier Generation

# Mama Joy's Turkey Meatballs

Makes 6 **Green** or **Yellow** servings: 2 meatballs per serving

Make this easy meatball recipe to go with whole wheat pasta and a canned or jarred low-sugar marinara sauce. Some popular sauces with less than six grams of sugar are *Hunt's No-Added-Sugar Italian Style Sauce*, *Meijer's Marinara Sauce* and *Ragu's No-Sugar-Added Tomato & Basil Sauce*. Read labels to find more choices that fit the Healthy Eating Plan.

## **You'll need**

- 1 pound lean ground turkey (at least 85% lean for yellow, 93% or 99% for green)
- 3 slices of whole wheat bread, soaked in water and drained (you can squeeze out the excess water with your hands)
- 1 egg (or ¼ cup of egg substitute)
- 1 tablespoon garlic powder
- 1 tablespoon powdered oregano
- 1 tablespoon powdered thyme
- 1/3 cup dry parsley
- ½ cup finely grated reduced fat parmesan cheese

## **What to do**

1. Preheat oven to 400°
2. Mix bread into ground turkey, add beaten egg (or egg substitute), mix well
3. Add spices - garlic, oregano and thyme; mix well
4. Add parsley; mix
5. Add parmesan cheese; mix and shape into 2" meatballs (a little bigger than a ping pong ball)
6. Place meatballs on a broiler pan or baking sheet coated with cooking spray
7. Bake for 20 minutes or until cooked through, can turn half way through to ensure more even cooking

*Nutrition Information per serving: 177 calories, 20 grams protein, 9 grams carbohydrates, 8 grams fat, 3 grams saturated fat, 2 grams fiber, 84 milligrams cholesterol, 229 milligrams sodium*

## **Cook's Tips**

- Ask the kids to help; they'll love using their hands to mix up the meatballs – just make sure they wash their hands before and after mixing.
- Parmesan cheese in the container with a green lid works best. If you have trouble locating the reduced fat parmesan cheese – ask a store clerk for help or ask the store manager to order it.
- Prepare once, serve 2 – 3 times by doubling or tripling the ingredients in this recipe. Serve one pound of meatballs; after cooling, place extra meatballs into a tight-sealing plastic bag & freeze for quick dinners on nights when you're too busy to cook. To reheat meatballs, bake in oven (350°F) for 25-30 minutes if frozen or 20-25 minutes if thawed; or microwave uncovered in batches of 8-10 meatballs on high for 2-3 minutes if frozen or 1½ or 2½ minutes if thawed.

# Mexi Mac and Cheese

Makes 6 **Yellow** servings: ½ cup per serving

Mac & Cheese can be a main dish or a side dish. The difference is the portion size – 1 cup is a main course, ½ cup is a side dish (served with a lean protein, like beans, poultry, fish, etc.)

## **You'll need**

12 ounces whole grain rotini pasta	1 cup 1% milk
6 ounces reduced-fat American cheese, grated	½ cup prepared salsa (check out the recipe on page 40)
5 ounces reduced-fat cheddar cheese, shredded	1 cup frozen corn
3 teaspoons all-purpose flour	1 teaspoon chili powder
3 teaspoons vegetable oil	½ teaspoon nutmeg
1 cup fat-free, low sodium chicken stock	¼ teaspoons ground black pepper

## **Topping:**

½ cup reduced-fat shredded cheddar cheese  
2 tablespoons fresh cilantro, cleaned thoroughly and chopped

## **What to do**

1. Cook pasta according to package directions, set aside
2. In a sauce pan over medium-heat mix together the flour & oil to form a paste (see *Cook's Tips*)
3. In a large pan on medium-heat bring the milk to a simmer, add the paste and mix thoroughly; as the milk thickens slowly add chicken broth
4. When this thickens, slowly add in the American & cheddar cheese, mixing until well blended
5. Add the salsa, corn, chili powder, nutmeg & pepper; cook for ten minutes
6. Add the cooked pasta and mix well to coat evenly in sauce; transfer to prepared baking dish and top with remaining shredded cheddar
7. Bake in oven at 350° for 20 minutes
8. Before serving add chopped cilantro as garnish.

*Nutrition Information per serving: 181 calories; 17 grams protein; 13 grams carbohydrates; 7 grams fat; 3 grams saturated fat; 1 gram fiber; 18 milligrams cholesterol; 607 mg sodium*

## **Cook's Tips**

- For best results choose a block of low fat cheddar roughly 50% the fat and calories of regular cheese (Boar's Head & Cabot brands are favorites). Grate using a food processor or a small hand-held grater (found in the kitchen section of most stores), grating can be fun for the kids. No time to grate? Substitute low fat shredded cheddar – it will cost more but it can save time when in a hurry.
- A *roux* works as a thickener for sauces and soups. It is equal parts flour & some sort of fat (oil or butter) mixed together over low to medium heat to form a paste. Use it to thicken sauces and soups.

Recipe by Rachael Ray for the Alliance for a Healthier Generation

# Oven Fried Fish

Makes 6 **Green** servings: approximately 3 ounces each

These delicious oven-fried fish fillets will be a family favorite. Serve as an entrée along with Tangy Tropical Broccoli Salad (recipe on page 34).

## **You'll need**

- 1 tablespoon canola oil
- 1 large egg or ¼ cup egg substitute
- 1 tablespoon lemon juice
- ½ teaspoon black pepper
- ¼ teaspoon salt
- ½ cup whole wheat bread crumbs or Panko crumbs (see *Cook's Tips* below)
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon dried basil
- ¼ teaspoon dried oregano
- ¼ teaspoon paprika
- ¼ teaspoon red pepper flakes
- 2 – 12-ounce bags of fish fillets (any white fish fillet – tilapia, cod, whiting, etc.)

## **What to do**

1. Preheat oven to 425°F. Spray a shallow baking pan with cooking spray and drizzle with the canola oil. Set aside.
2. In a shallow dish, combine egg, lemon juice, black pepper and salt. Mix well.
3. In a separate bowl or re-sealable plastic bag, combine breadcrumbs and the rest of the spices. Stir or shake gently to combine.
4. Dip fish fillets, one at a time, in egg mixture. Then coat with seasoned crumbs. Place coated fillets in prepared pan.
5. Bake uncovered in 425° oven for 5-6 minutes. Turn fillets and continue baking for 5-6 minutes or until fish flakes easily with a fork and the crust is crisp.

*Nutritional Information per serving: 236 calories, 26 grams protein, 15 grams carbohydrates, 8 grams fat ( 1.5 grams saturated fat), <1 gram fiber, 127 mg cholesterol, 388 mg sodium*

## **Cook's Tips**

- Panko crumbs make a very crispy crust. Find Panko crumbs in the Asian food section of most grocery stores
- If you don't keep many herbs & spices on hand or want to save time, substitute a salt-free seasoning blend (i.e. *Mrs. Dash's* Garlic & Herb, Southwest Chipotle, Fiesta Lime) for the onion powder, garlic powder, basil, oregano, paprika & red pepper flakes
- Don't like things hot & spicy? Leave out the red pepper flakes
- Turn leftovers into fish tacos – toss fish into a whole wheat tortilla and top with Broccoli Slaw (recipe on page 28).
- Boneless, skinless chicken breasts can be substituted for the fish. Bake a few minutes longer depending on the size of the chicken pieces.

## Pizza, Pizza, Pizza

Delivered or frozen pizzas make quick meal but they can be loaded with extra calories and unhealthy ingredients. Try making your own pizza – it's fun & faster than you think. And everyone can make their own to avoid *topping* disagreements.

### **Fast & Easy Pizza Crust**

Makes 4 – 6” pizza crusts or 2 – 12” thin crusts; **Green** serving if made with whole wheat flour;  
**Yellow** serving if made with a combination of whole wheat & white flour

### **You'll need**

- 1<sup>3</sup>/<sub>4</sub> - 2<sup>1</sup>/<sub>4</sub> cups whole wheat or white all-purpose flour (or a combination whole wheat & white)
- 1 envelope Fleischmann's<sup>®</sup> pizza crust yeast
- 1<sup>1</sup>/<sub>2</sub> teaspoons sugar
- <sup>3</sup>/<sub>4</sub> teaspoon salt
- 2/3 cup very warm water (120° - 130° F)
- 3 tablespoons canola or olive oil



### **What to do**

1. Preheat oven to 425° F.
2. Combine 1 cup flour, undissolved yeast, sugar and salt in a large bowl. Add water and oil. Mix until well blended (about 1 minute).
3. Gradually add enough of the remaining flour until a soft dough ball is formed (dough will be slightly sticky).
4. Knead on a lightly floured surface, non-stick aluminum foil or parchment paper until smooth and elastic; about 4 minutes. With hands, pat dough out to desired thickness on prepared cooking surface (pizza pan sprayed with cooking oil or squares of heavy duty aluminum foil). Can also use a rolling pin for a thinner crust.
5. Top pizza with sauce, cheese and favorite toppings (see following page for *Cooks Tips*)
6. Bake on bottom oven rack for 12-15 minutes until crust browns and cheese is bubbly.

**(Continues on next page)**

## Pizza, Pizza, Pizza (continued from last page)

### Pizza sauce

Makes enough sauce for 8 – 12 small pizzas or 2 large pizzas, *Green* servings

### You'll need

- 1 (28-ounce) can whole peeled tomatoes, drained
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon red wine vinegar
- 2 garlic cloves, minced
- 1 teaspoon salt (optional)
- 1 teaspoon dried oregano
- ¼ teaspoon pepper



### What to do

1. Place all the ingredients in a blender or food processor and blend until smooth.

*Nutrition Information per 6" individual pizza (made with whole wheat flour, topped with lean protein, vegetables & cheese): 440 calories, 21 grams protein, 53 grams carbohydrates, 19 grams fat, 4 grams saturated fat, 7 gram fiber, 3 grams, sugar, 15 milligrams cholesterol, 623 milligrams sodium*

### Cook's Tips

- Keep your pizza **Green** by topping it with lean proteins (chicken, turkey), vegetables (mushrooms, onions, peppers, tomatoes, etc.), and/or fruit (pineapple)
- Go light on the cheese – 1 – 2 ounces of light mozzarella should be enough to cover a 6" pizza
- A canned or jarred pizza sauce can be substituted for the homemade version
- Serve your homemade pizza with a tasty Caesar Salad using our dressing & crouton recipes on page 36)

Pizza crust recipe adapted from *Fleischmann's*® Pizza Crust Yeast package

Pizza sauce recipe adapted from The Best of America's Test Kitchen, 2012

# Turkey Taquitos

Makes 6 **Green** servings: 2 tacos per serving

Serve with Mexican Brown Rice (page 31) or Black Bean & Roasted Corn Salad (page 28)

## **You'll need**

2 pounds ground turkey  
1 – 2 tablespoons canola oil  
1 medium yellow onion, diced  
1 raw jalapeño, chopped fine with seeds removed (optional)  
2 bunches cilantro, cleaned thoroughly and chopped  
1 cup salsa (try Teresa's Blue Ribbon salsa recipe on page 40)  
½ cup fat free, low sodium chicken broth  
1 teaspoon ground cumin  
1 tablespoon chili powder  
½ teaspoon ground black pepper  
6 whole-grain baked, crunchy taco shells

## **Taco Toppings:**

1½ cups reduced fat, shredded cheddar cheese  
2½ cups shredded lettuce  
¾ cup salsa

## **What to do**

1. Heat a skillet to medium-high, brown turkey, drain fat and remove from skillet; set aside
2. Heat skillet to medium, add oil. Cook onion, jalapeño and half the cilantro until the onions are soft and clear (approximately 5 minutes)
3. Add cooked turkey meat, mix well
4. Add salsa, chicken broth, cumin, chili powder & pepper; cook until liquid is reduced by half (about 15 minutes)

To assemble tacos: fill each shell with a ½ cup meat mixture, ¼ cup cheese, ½ cup lettuce & 2 tablespoons salsa

*Nutrition Information per serving: 432 calories, 22 grams protein, 34 grams carbohydrates, 16 grams fat, 8 grams saturated fat, 3 grams fiber, 132 milligrams cholesterol, 589 mg sodium*

## **Cook's Tips**

- If using lean ground turkey breast you can use 1½ pounds instead of 2 pounds
- Top tacos with more veggies than just lettuce – try diced cucumbers, green onions, or shredded carrots

Recipe by Rachael Ray for the Alliance for a Healthier Generation

# Side Dishes & Salads





## Black Bean and Roasted Corn Salad

Makes 6 *Yellow* servings: ½ cup per serving

### **You'll need**

- |  |                                     |
|--|-------------------------------------|
| 1 (15-ounce) can black beans                   | 1 medium green bell pepper, diced   |
| 1½ cups corn (can use fresh, frozen or canned) | 1 tablespoon chopped fresh cilantro |
| 1 medium red onion, diced                      | 1 tablespoon lemon juice            |
| 1 medium red bell pepper, diced                | 1 tablespoon olive oil              |

### **What to do**

1. Preheat oven to 350° F
2. Drain and rinse black beans & corn (if using canned). If using fresh corn remove from cob before roasting
3. Roast corn in oven until corn colors slightly (10-15 minutes)
4. Peel, wash & dice onion
5. Cut peppers in half, remove seeds & ribs; dice
6. Mix together all ingredients, refrigerate overnight

*Nutrition Information per serving: 109 calories, 6 grams protein, 24 grams carbohydrates, 1 gram fat, 0 gram saturated fat, 6 grams fiber, 0 milligrams cholesterol, 315 mg sodium*

Recipe by Rachael Ray for the Alliance for a Healthier Generation

## Broccoli Slaw

Makes 8 servings

### **You'll need**

- |   |  |
|---|--|
| 4 slices turkey bacon (optional)                        | Salt & pepper to taste   |
| 1 12-16 ounce bag shredded broccoli slaw                | 1 8-ounce can low-sodium sliced water chestnuts, rinsed and coarsely chopped |
| ¼ cup low-fat or fat-free plain yogurt                  | ½ cup finely diced red onion   |
| ¼ cup reduced-fat mayonnaise                            | (approximately ½ a medium onion)   |
| 3 tablespoons cider vinegar                             |  |
| 2 teaspoons sugar (or 1 packet of artificial sweetener) |  |

### **What to do**

1. Cook bacon in a large skillet over medium heat, turning frequently, until crisp, 5 to 8 minutes (or microwave on High for 2 to 3 minutes until crisp). Drain bacon on paper towels, chop coarsely.
2. Whisk yogurt, mayonnaise, vinegar, sugar, salt and pepper in a large bowl.
3. Add water chestnuts, onion, bacon, and broccoli. Toss to coat
4. Chill for at least 2 hours before serving **Make-Ahead Tip:** Cover and chill for up to 2 days.

*Nutritional Information per serving: 80 calories, 3 grams protein, 9 grams carbohydrates, 3 grams fat, 1 gram saturated fat, 3 grams fiber, 5 milligrams cholesterol, 271 milligrams sodium*

## Cajun Sweet Potato Chips

Makes 6 **Green** servings: 1/6 of recipe per serving

### **You'll need**

5 medium sweet potatoes (about 2¼ pounds)

2 tablespoons of canola or olive oil

1-2 teaspoons Cajun seasoning (found in the spice section or the meat & fish counter)

### **What to do**

1. Preheat oven to 375° F
2. Wash and dry sweet potatoes, leaving skin on
3. Using a kitchen brush (pictured), brush a shallow baking pan with 1 tablespoon of vegetable oil
4. Slice sweet potatoes into ¼" slices (chips) at a diagonal and place on the prepared pan
5. With a kitchen brush, brush the tops of the sweet potato chips with vegetable oil
6. Sprinkle the Cajun seasoning evenly over the sweet potato chips
7. Bake at 375° F until tender to the touch, approximately 15 minutes
8. Serve hot or cold



*Nutrition Information per serving: 127 calories, 2 grams protein, 20 grams carbohydrates, 5 grams fat, 0 grams saturated fat, 3 grams fiber, 0 milligrams cholesterol, 214 milligrams sodium*

### **Cook's Tips**

- Save time by substituting cooking spray for the vegetable oil and brush.
- Afraid Cajun seasoning is too spicy? Substitute kosher salt, onion powder or nutmeg.
- For fast, easy, uniform chips use a food processor or *mandolin* (a hand-held slicer that can be found for under \$20 in the kitchen section of most department stores - pictured).



Campers had their chips as part of a meal, but for a great **Green** snack, serve the chips with the dip recipe on page 37.

# Fried Rice

Makes 14 servings (1/2 cup each)

## **You'll need**

2 tablespoons Canola Oil  
1 cup peeled, finely diced broccoli florets  
3/4 cup finely diced red bell pepper  
3/4 cup finely diced carrots  
3/4 cup frozen shelled edamame  
3/4 cup corn kernels, fresh or frozen  
4 scallions (both white and green parts), thinly sliced  
1/2 - 1 tablespoon finely grated, fresh ginger or 1/2 - 1 teaspoon dried (optional)  
2 large cloves garlic, minced  
4 cups very cold cooked brown rice  
2 large eggs, lightly beaten  
3 tablespoons lower-sodium soy sauce

## **What to do**

1. Heat all but 1 teaspoon of the oil in a large nonstick skillet or stir-fry pan over medium-high heat.
2. Add the broccoli, carrots, and bell pepper and cook, stirring frequently until the vegetables begin to soften, 3 to 5 minutes.
3. Add the edamame and corn and cook until the edamame is thawed, about 1 minute.
4. Add the scallion, ginger, and garlic and cook, stirring until the raw garlic aroma subsides, about 1 minute.
5. Add the rice, stir well. Heat until heated through, 3 to 5 minutes.
6. Make a 3 inch well in the center of the rice mixture. Add the remaining 1 teaspoon of oil, then the eggs, and cook, stirring until the eggs are almost fully scrambled.
7. Stir the cooked eggs into the rice mixture. Stir in the soy sauce and serve.

*Nutrition Information per serving: 100 calories, 4 grams protein, 13 grams carbohydrate, 3.5 gram fat, 0 grams saturated fat, 2 grams fiber, 25 milligram cholesterol, 150 milligrams sodium*

## **Cook's Tips**

- Amount of ginger can be adjusted or left out based on personal preference

Recipe adapted from Ellie Krieger, [www.foodnetwork.com](http://www.foodnetwork.com)

## Grilled Mushrooms

Makes 6 **Green** servings: ½ cup per serving

### **You'll need**

1½ pounds mushrooms (use your favorite variety or try some new)  
Low fat or fat free Italian dressing

### **What to do**

1. Wash mushrooms, gently pat dry & slice
2. Put sliced mushrooms in a shallow bowl or a sealable (Ziploc) plastic bag
3. Pour dressing over the mushrooms, gently mix to coat
4. Heat to medium-high on indoor (George Foreman, grill pan, etc.) or outdoor grill
5. Place mushroom slices on grill grate. Grill for 3 – 5 minutes on each side or until softened, basting with marinade throughout cooking process

*Nutrition Information per serving: 28 calories 4 grams protein, grams 4 carbohydrates, 1 gram fat, 0 gram saturated fat, 0 grams fiber, 1 milligram cholesterol, 142 mg sodium*

## Kale Chips

Makes 6 **Green** servings: 1/6 of recipe per serving

### **You'll need**

1 bunch kale  
1 tablespoon olive oil  
1 teaspoon seasoned salt

### **What to do**

1. Preheat an oven to 350° F
2. Line a non-insulated cookie sheet with aluminum foil or parchment paper
3. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear the kale into bite size pieces
4. Wash and thoroughly dry kale with a salad spinner or pat dry using towels
5. Drizzle kale with olive oil and sprinkle with seasoning salt
6. Bake until the edges brown but are not burnt, 10 to 15 minutes

*Nutrition Information per serving: 58 calories, 2 grams protein, 5 grams carbohydrates, 3 grams fat, 0 grams saturated fat, 2 grams fiber, 0 milligrams cholesterol, 301 milligrams sodium*

### **Cook's Tips**

- Instead of drizzling on oil – spray it on using an atomizer filled with olive oil or olive oil cooking spray

Recipe from Allrecipes.com, 2012

## Lime Rice

Makes 4 (½ cup) or 8 (¼ cup) **Green** servings

### **You'll need**

2 cups basmati or brown rice, cooked according to package directions

Cooking oil spray

1 tablespoon fresh cilantro

1 lime for juice and zest

### **What to do**

1. Cook rice according to package directions.
2. Spray medium skillet with cooking oil spray, heat over low heat.
3. Add rice and 1-2 tablespoon(s) lime juice, stir for 1 minute. Top with zest from lime, stir & serve.

### **Cook's Tips**

- Zest provides intense flavor to dishes. It is small pieces of the outside peel (colored part only) of citrus fruit - limes, lemons, oranges). It can be made with a micro-plane, fine grater, peeler or knife.
- This recipe can be made with leftover rice
- No leftover rice but in a hurry - use the rice packets that cook in the microwave in 90 seconds.
- Lime rice can be served as a side dish as well as in a burrito or burrito bowl.

*Nutrition facts per ¼ cup: 50 calories; 1 gram protein; 9 grams carbohydrates, 1gram fat; <1 gram fiber; <4 mg sodium*

Inspired by Chipotle's Basmati Lime Rice recipe,  
developed by executive chef (and CEO), Steve Ells.

## Mashed Cauliflower

Makes 6 – 8 **Green** servings: ½ cup per serving

### **You'll need**

4 cups cauliflower florets  
1 ounce spray margarine  
1 ounce skim milk or fat free half & half  
Salt & pepper to taste

### **What to do**

1. Steam or microwave the cauliflower until soft, 4 – 6 minutes
2. Puree in blender or food processor, adding margarine & milk
3. Salt & pepper to taste

*Nutrition Information per serving: 40 calories, 1 gram protein, 3 grams carbohydrates, 3 grams fat, 1 gram saturated fat, 2 grams fiber, 2 milligrams cholesterol, 41 mg sodium*

### **Cook's Tips**

- If you don't have a blender or food processor, use a mixer or potato masher

Recipe from *the South Beach Diet* by Arthur Agatston, MD

## Mexican Brown Rice

Makes 6 **Green** servings: ¼ cup per serving (when served along with Turkey Taquitos) or ½ cup when served as a side dish

### **You'll need**

1½ cups medium grain brown rice  
½ cup salsa  
2 tablespoons fresh cilantro, chopped  
4 – 6 lime slices

### **What to do**

1. Prepare rice according to package
2. Gently fold salsa into cooked rice
3. Garnish with chopped cilantro and lime slices

*Nutrition Information per serving: 102 calories, 2.5 grams protein, 21 grams carbohydrates, 1 grams fat, 0 grams saturated fat, 1 gram fiber, 0 milligrams cholesterol, 187 mg sodium*

Recipe by Rachael Ray for the Alliance for a Healthier Generation

## Roasted Broccoli

Makes 6 – 8 **Green** servings: ½ cup per serving

### **You'll need**

One head fresh broccoli  
¼ cup olive oil  
1 teaspoon chili powder  
1 teaspoon garlic powder

### **What to do**

1. Pre-heat oven to 400° F
2. Wash broccoli under running water, pat dry
3. Cut broccoli into stems, should equal 3-4 cups
4. In a large Ziploc bag, mix the olive oil, chili and garlic powder
5. Add the broccoli, seal the bag and shake to coat evenly
6. Place coated broccoli on a cookie sheet.
7. Roast for 16 – 20 minutes, turning broccoli after 8 – 10 minutes

*Nutrition Information per serving: 100 calories, 2 grams protein, 6 grams carbohydrates, 9 grams fat, 1 gram saturated fat, 3 grams fiber, 0 milligrams cholesterol, 176 mg sodium*

### **Cook's Tips**

- Don't have Ziploc bags? Mix broccoli, oil and spices in a large bowl
- No time to cut up a head of broccoli? Use a bag of fresh broccoli florets

## Roasted Carrots

Makes 4 **Green** servings: approximately ½ cup per serving

### **You'll need**

1 lb. baby carrots  
2 tablespoons olive oil  
1 tablespoon fresh chopped rosemary (or 1 teaspoon dried rosemary)  
2 cloves garlic, peeled & crushed (or ½ teaspoon garlic powder)  
1/2 teaspoons freshly ground black pepper

### **What to do**

1. Pre-heat oven to 400° F
2. Spray baking sheet with cooking oil, set aside
3. Wash and dry carrots, place in bowl or plastic bag
4. Add oil, garlic, rosemary and pepper, toss to coat carrots
5. Pour carrots onto prepared baking sheet, spread them out into a single layer so they bake evenly
6. Bake in oven for 30 – 40 minutes or until tender (should be able to cut with a fork)

*Nutrition Information per serving: 100 calories, 2 grams protein, 6 grams carbohydrates, 9 grams fat, 1 gram saturated fat, 3 grams fiber, 0 milligrams cholesterol, 176 mg sodium*

### **Cook's Tips**

- Rosemary, garlic and pepper are optional. This recipe can be made with just carrots & olive oil.

## Roasted Corn

Makes 6 **Green** servings: ½ cup per serving

### **You'll need**

3 cups corn (fresh or frozen)  
Olive oil cooking spray  
½ teaspoon red pepper flakes (optional)  
Kosher salt to taste (optional)

### **What to do**

1. Preheat oven to 350° F
2. Spray cookie sheet with olive oil cooking spray
3. Remove kernels from cobs (if using fresh corn)
4. Spread kernels on cookie sheet in single layer, spray kernels with olive oil
5. Sprinkle on red pepper flakes & salt if using
6. Roast in oven 10-15 minutes or until slightly colored; stir half way through the cooking time

*Nutrition Information per serving: 33 calories, 4 grams protein, 4 grams carbohydrates, 1 grams fat, 0 grams saturated fat, 1 grams fiber, 1 milligrams cholesterol, 142 mg sodium*

### **Cook's Tips**

If using fresh corn, you'll need 9-12 ears of corn to get 3 cups of kernels to roast

## Roasted Garlic

### **You'll need**

1 (or more) garlic bulbs  
1 teaspoon olive oil

### **What to do**

1. Preheat oven to 250° F.
2. Slice ¼ inch off the top of garlic bulb; place cut-side up in a small baking dish; drizzle with olive oil.
3. Bake in preheated oven for 20 minutes, until outside is lightly browned and garlic cloves are soft
4. Cool, squeeze each clove to extract softened garlic

## Sautéed Greens

Makes 6 **Green** servings: ½ cup per serving

Campers had kale but any dark green leafy vegetable will work with this recipe. Try collard, mustard, spinach, Swiss chard, or any combination to add fun, taste and nutrition.

### **You'll need**

1½ pounds greens, stems and leaves coarsely chopped  
1 tablespoon olive oil  
2 cloves garlic, thinly sliced or ½ teaspoon of garlic powder  
½ cup low sodium chicken or vegetable broth or water  
2 tablespoons balsamic vinegar  
Salt and pepper to taste  
Red pepper flakes or hot sauce (optional)

### **What to do**

1. Spray large saucepan with cooking spray. Add olive oil to saucepan over medium-high heat.
2. Add the garlic and cook until soft, but not colored (skip this step if using garlic powder)
3. Raise heat to high, add the stock and greens, toss to combine (if using garlic powder add it to the broth before adding the greens)
4. Cover and cook for 5 minutes
5. Remove cover and continue to cook, stirring until all the liquid has evaporated
6. Add vinegar, salt, pepper, red pepper flakes and/or hot sauce to taste

*Nutrition Information per serving: 59 calories, 3 grams protein, 7 grams carbohydrates, 3 grams fat, <1 gram saturated fat, 4 grams fiber, 0 milligrams cholesterol, 61 milligrams sodium*

### **Cook's Tips**

- No time to clean a bunch of greens? Check the produce section for ready-to-use, washed & trimmed greens. It will cost more than an unprepared bunch of greens but it won't cost as much as a fast food meal.

## Sautéed Snow Peas with Soy Sauce

Makes 6 **Green** servings: ½ cup per serving

### **You'll need**

Cooking oil spray  
8 ounces fresh snow peas (approximately 3 cups)  
¼ cup low sodium soy sauce  
2 tablespoons dried minced onions

### **What to do**

1. Wash & trim snow peas (remove ends & strings); pat dry
2. Spray sauté pan with cooking oil spray, heat to medium-high & add snow peas
3. Stir frequently; when snow peas start to soften, add soy sauce and cook another minute
4. Stir in dried onions and cook another 3 – 5 minutes continuing to stir frequently (snow peas will be soft & tender)

*Nutrition Information per serving: 25 calories, 2 grams protein, 4 grams carbohydrates, 0 grams fat, 0 grams saturated fat, 1 gram fiber, 0 milligrams cholesterol, 353 mg sodium*

## Steamed Snap Peas with Lemon & Parmesan

Makes 6 *Green* servings: ½ cup per serving

### **You'll need**

8 ounces sugar snap peas  
¼ cup water  
1 lemon  
2 tablespoons grated parmesan cheese

### **What to do**

1. Wash & trim snap peas (remove ends & strings)
2. In a microwave-safe bowl combine snap peas with ¼ cup water, microwave 3 – 5 minutes or until peas are tender, drain
3. Wash lemon & roll on cutting board (this helps to release the juice); cut in half & squeeze juice onto peas
4. Grate a piece of parmesan cheese until the amount equals 2 tablespoons, sprinkle onto the snap peas

*Nutrition Information per serving: 41 calories, 4 grams protein, 3 grams carbohydrates, 2 grams fat, 1 gram saturated fat, 1 grams fiber, 7 milligrams cholesterol, 115 mg sodium*

### **Cook's Tips**

- No microwave? Just steam on the stove top in a small amount of water for 5 – 8 minutes (3 – 5 minutes if using a steamer basket)

## Tangy Tropical Broccoli Salad

Makes 8 servings

### **You'll need**

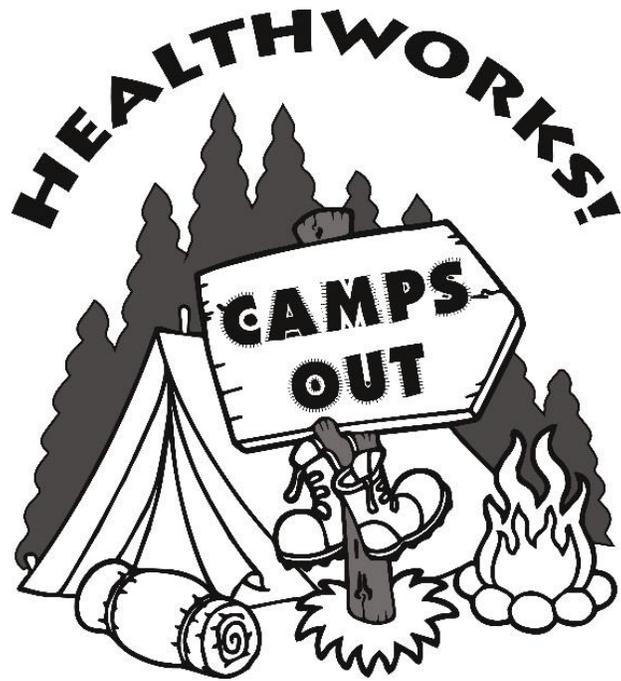
½ cup reduced-fat mayonnaise  
½ cup plain Greek yogurt  
2 teaspoons sugar or 1 packet of artificial sweetener  
2 tablespoons apple cider vinegar  
6 cups small fresh broccoli florets  
8-ounce can of pineapple tidbits  
1/3 cup chopped red onion

### **What to do**

1. In a large bowl, whisk together mayonnaise, yogurt, sugar or sweetener, and vinegar
2. Add broccoli, pineapple, and onion; mix lightly
3. Chill at least 1 hour before serving. For the best flavor, make ahead and let sit overnight

*Nutritional Information per serving: 76 calories, 3 grams protein, 9 grams carbohydrates, 4 grams fat, 2 saturated fat, 2 grams fiber, 3 milligrams cholesterol, 151 milligrams sodium*

# Dressings & Dips





## Caesar Salad Dressing

Makes 16 **Green** servings: 1 tablespoon per serving

### **You'll need**

4 garlic cloves, peeled and minced or chopped (can substitute 2 teaspoons garlic powder)  
2-3 anchovies, minced (optional)  
½ teaspoon Dijon mustard  
¼ cup lemon juice (about 2 lemons)  
½ cup olive oil

### **What to do**

1. Put all the ingredients in a jar with a tight fitting lid and shake, shake, shake.
2. Or put all the ingredients in a bowl and whisk, whisk, whisk.

*Nutrition Information per serving: 68 calories, <1 gram protein, <1 gram carbohydrates, 7 grams fat, 1 gram saturated fat, <1 gram fiber, 1 milligram cholesterol, 22 milligrams sodium*

## Croutons

Makes 16 **Green** servings: ¼ cup per serving

### **You'll need**

4 cups ½-inch cubes of day-old, whole wheat bread (approximately 8 slices)  
2 tablespoons olive or canola oil  
1 – 2 garlic cloves, peeled and minced (can substitute 1 teaspoon of garlic powder)  
1 teaspoon kosher salt (optional)  
1 tablespoon grated cheese – Asiago, Parmesan or Romano (optional)

### **What to do**

1. Preheat oven to 350° F.
2. Put the bread cubes into a large bowl.
3. In a small bowl combine oil, garlic, salt & cheese (if using). Pour over bread cubes, toss to evenly coat cubes.
4. Spread the cubes out evenly onto a large baking sheet.
5. Bake the bread cubes until golden, about 15 – 20 minutes; cool completely
6. Croutons can be served right away or store and freeze in a plastic bag up to 2 weeks.

*Nutrition Information per serving: 51 calories, 2 grams protein, 6 grams carbohydrates, 2 grams fat, <1 gram saturated fat, 1 gram fiber, <1 milligrams cholesterol, 181 milligrams sodium*

### **Cook's Tips**

- For a Caesar Salad, wash and dry a head of romaine lettuce; tear into bite sized pieces. Drizzle a teaspoon of dressing on a cup of the romaine lettuce pieces; toss to coat. Add ¼ cup croutons if you like. Enjoy!

Recipes adapted from Chop Chop Cookbook

## Cajun Sweet Potato Chip Dip

Makes 8 *Green* servings: 2 Tablespoons per serving

### **You'll need**

- ½ cup plain Greek yogurt
- ½ cup fat free mayonnaise
- 1 tablespoon minced onion or shallot (a small, mild-flavored, onion-like bulb – found in the produce department)
- 1 teaspoon Beau Monde Seasoning (find it in the spice section of the grocery store, or make it using the recipe that follows)

### **What to do**

1. Mix together yogurt, mayonnaise, minced onion or shallot, and seasoning. Refrigerate until ready to eat.

*Nutrition Information per tablespoon: 22 calories, <1gram protein, 4 grams carbohydrates, 0 grams fat, 0 grams saturated fat, 0 grams fiber, <1 milligram cholesterol, 132 milligrams sodium*

## Beau Monde Seasoning Salt

Makes about 9 tablespoons

This popular seasoning salt can be used in all kinds of dips and dishes. Be adventurous – let your inner cook & chemist come out in the kitchen.

### **You'll need**

- 1 tablespoon ground cloves
- 1 ¼ teaspoons ground cinnamon
- 1 tablespoon salt
- 1 tablespoon ground bay leaf
- 1 tablespoon ground allspice
- 2 tablespoons ground pepper
- 1 tablespoon ground white pepper
- 1 teaspoon ground nutmeg
- 1 teaspoon ground mace
- 1 teaspoon celery seed

### **What to do**

1. In a container with a tight-fitting lid, combine all the spices. Shake to mix well.  
The spice mixture can be stored for up to six months.

## Kewl Asian Dip & Dressing

Makes 8 *Green* servings: 2 Tablespoons per serving

### **You'll need**

1 clove garlic, minced  
3 tablespoons rice vinegar  
¼ teaspoon ground ginger  
¼ cup olive oil  
¼ cup reduced sodium soy sauce  
¼ cup +1 tablespoon water  
1 tablespoon honey

### **What to do**

1. Combine all ingredients in a mixer bowl
2. Blend for 3 minutes at medium speed
3. Cover and refrigerate until served (for best results, refrigerate overnight to develop flavors)
4. Stir or shake well before adding to salad

*Nutrition Information per 2 tablespoon: 73 calories, <1 gram protein, 3 grams carbohydrates, 7 grams fat, 1gram saturated fat < 1 gram fiber, 300 milligrams sodium*

### **Cook's Tips**

- If you don't have fresh garlic (or just don't like to peel & mince it) replace it with ¼ - ½ teaspoon of garlic powder
- If preferred, a packet of artificial sweetener can be used in place of the honey

# Ranch Salad Dressing or Dip

Makes 8 *Green* servings: 2 Tablespoons per serving

Ranch dressing and dip is a favorite among campers. This recipe is fat-free and has less calories & sodium than the bottled versions you find in the grocery store. The dressing was offered at the salad bar all week, and the dip was served with the afternoon snack every day.

## **You'll need**

- 1 tablespoon of the dry seasoning mix (recipe follows)
- 1 – 2 cups fat free plain Greek yogurt, drained
- 1 cup fat free or low fat buttermilk (for dressing)

## **What to do**

1. For dressing, combine 1 tablespoon of dry seasoning mix with one cup yogurt and one cup buttermilk. Mix well & chill.
2. For dip, combine 1 tablespoon of dry seasoning mix with two cups drained yogurt (or yogurt cheese - see *Cook's Tip*). Mix well & chill.

## **Dry Seasoning Mix**

Combine the following ingredients in a container with a lid:

- 2 teaspoons dried parsley
- 2 tablespoons salt
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 1/2 teaspoon onion powder

Cover & shake to mix. It makes enough seasoning mix to make 8 cups of dressing. It can be stored on the shelf with your other spices in an airtight container for up to 6 months.

*Nutrition Facts per 2-tablespoon serving of prepared dressing: 14 calories, 2 grams protein, 1 gram carbohydrate, <1gram fat, 0 grams saturated fat, 0 grams fiber, <1 milligram cholesterol, 94 milligrams sodium*

## **Cook's Tips**

- Greek yogurt is thicker & higher in protein than other kinds of yogurt. Eating foods higher in protein may satisfy our hunger longer.
- Use drained plain Greek yogurt (yogurt cheese) in place of sour cream and cream cheese in your favorite recipes. To make yogurt cheese, spoon yogurt into a strainer lined with a paper coffee filter or cheesecloth. Place a bowl under the strainer, cover the yogurt with plastic wrap and refrigerate overnight. The yogurt will reduce by about half; throw out the liquid (whey).

## Shelly's Fruit Salsa

Makes 24 **Green** servings: 2 tablespoons per serving

### **You'll need**

2 cups pineapple, diced

½ mango, diced

1 tablespoon minced jalapeño (approximately half a small jalapeño, seeded, white part removed)

1 tablespoon cilantro, chopped (more to taste)

¼ cup onion, diced

1 tablespoon lime juice (approximately ½ fresh lime)

### **What to do**

1. Combine all ingredients in a bowl
2. Refrigerate for at least 30 minutes before serving (longer would be better for the flavors to blend)

*Nutrition Information per serving: 18 calories, 1 gram protein, 4 grams carbohydrates, <1 gram fat, 0 gram saturated fat, 0 grams fiber, 0 milligrams cholesterol, 145 milligrams sodium*

## Teresa's Blue Ribbon Salsa

Makes 8 **Green** servings: ¼ cup per serving

### **You'll need**

4 tomatoes, diced

1 clove garlic, minced

1-2 fresh jalapeño peppers (or more if you like it spicy)

1 tablespoon chopped cilantro

¼ - ½ teaspoon salt

### **What to do**

1. Wash & dice tomatoes
2. Wash jalapeños, remove seeds & ribs, chop
3. Combine all ingredients in a food processor and pulse until finely diced but not smooth.
4. Refrigerate for at least 30 minutes before serving (longer would be better for the flavors to blend)

*Nutrition Information per serving: 18 calories, 1 gram protein, 4 grams carbohydrates, <1 gram fat, 0 gram saturated fat, 0 grams fiber, 0 milligrams cholesterol, 145 milligrams sodium*

### **Cook's Tip**

- If you leave the seeds in the jalapeño it will add more *heat* to your salsa  
Make sure you wash your hands after chopping any spicy peppers. The oils that provide the *heat* can irritate your eyes, etc.
- Salsas add flavor without adding too many calories. They can be served as a topping on proteins (chicken, fish, eggs), used as a condiment on sandwiches or in wraps, or served as a dip with baked chips (see the pita chip recipe on page 45)

## Watermelon Salsa

Makes 8 **Green** servings (1/2 cup each)

### **You'll need**

3 cups finely diced seedless watermelon (about 2 1/4 pounds with the rind)  
2 jalapeno peppers, seeded and minced  
1/3 cup chopped cilantro  
1/4 cup lime juice  
1/4 cup minced red onion (about 1/2 small)  
1/4 teaspoon salt, or to taste

### **What to do**

1. Place watermelon, jalapenos, cilantro, lime juice and onion in a medium bowl.
2. Stir well to combine
3. Season with salt
4. Serve at room temperature or chilled.

*Nutrition Information per serving: 26 calories, 1 grams protein, 7 grams carbohydrate, 0gram fat, 0 grams saturated fat, 1grams fiber, 0 milligram cholesterol, 75 milligrams sodium*

# White Bean Hummus

Makes 28 tablespoons

This hummus recipe is quick, easy and all **Green**.

## **You'll need**

- 1 14-ounce can white beans (i.e. cannellini, navy), rinsed & drained
- 2 garlic cloves, minced
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- ¼ cup fresh parsley leaves
- Salt & pepper to taste

## **What to do**

1. Put all ingredients into a food processor. Pulse until the mixture is the consistency you like (coarsely chopped to creamy, or anywhere in between)
2. Transfer to serving dish or sealed container for storage
3. Serve with raw vegetables and homemade pita chips (recipe on page 45)

*Nutrition Information per tablespoon: 20 calories, 1gram protein, 2grams carbohydrates, 1gram fat, 0 grams saturated fat, 1 gram fiber, 0 milligrams cholesterol, 5 milligrams sodium*

## **Cook's Tips**

- If you don't have a food processor, use a blender or mixer (you may need to mash beans with potato masher or fork tines before using mixer.)
- White beans will make a creamier hummus; if you prefer more texture to your hummus, substitute a can of chickpeas for the white beans
- Use roasted garlic for a mellow, sweeter garlic flavor (instructions for roasting can be found in your cookbook)

Modified from recipes at [www.foodnetwork.com](http://www.foodnetwork.com) – White Bean Hummus by Ellie Krieger and White Bean Dip with Pita Chips by Giada DeLaurentiis



# Snacks & More





## Fruit Parfait

Makes 1 **Green** serving

### **You'll need**

- ½ cup assortment of fruit (i.e. Cutie oranges, melon, mango, nectarines)
- 1 (4 - 6 ounce) container of low-fat or fat-free vanilla or plain yogurt
- 1-2 tablespoons of cereal from the Healthy Eating Plan list (optional)

### **What to do**

1. In a small cup or bowl spoon in ½ cup assortment of fruit
2. Top with 4 – 6 ounces of low fat vanilla or plain yogurt
3. Top with 1 – 2 tablespoons of cereal from the Healthy Eating Plan list

*Nutrition Information per serving: 180 calories, 6 grams protein, 33 grams carbohydrates, <1 gram fat, 0 gram saturated fat, 0 grams fiber, 5 milligrams cholesterol, 103 milligrams sodium*

## Fruit Pizza

Makes 4 **Green** servings: ¼ recipe per serving

### **You'll need**

- 1 mini, thin or ½ of a 3” whole wheat bagel
- 1 – 2 tablespoons of low fat whipped cream cheese
- ½ cup assortment of fruit (i.e. kiwi, pineapple & red raspberries)

### **What to do**

1. Spread bagel with cream cheese
2. Top each piece with ½ cup of fruit assortment

*Nutrition Information per serving: 215 calories, 7 grams protein, 41 grams carbohydrates, 4 grams fat, 2 gram saturated fat, 6 grams fiber, 10 milligrams cholesterol, 280 milligrams sodium*

## Pita Chips

Makes 6 – 12 **Green** servings: ½ - 1 pita per serving

### **You'll need**

6 (6-inch) whole wheat pitas  
Olive oil cooking spray  
1 teaspoon dried oregano

### **What to do**

1. Preheat oven to 400° F.
2. Cut each pita in half and then into 8 wedges
3. Lightly spray large baking sheet with cooking spray. Spread out the pita wedges evenly on the prepared baking sheet. Lightly spray the top side of the wedges with the cooking spray.
4. Sprinkle the wedges with the oregano
5. Bake for 8 to 12 minutes, or until toasted and golden in color.
6. Serve the toasted pita wedges warm or at room temperature with the White Bean Hummus

*Nutrition Information per pita: 110 calories, 6 grams protein, 20 grams carbohydrates, 1.5 grams fat, 0 grams saturated fat, 5 grams fiber, 25 milligrams cholesterol, 170 milligrams sodium*

## Tomato Basil Mozzarella Kebobs

Makes 6 **Green** servings: 2 kebobs per serving

### **You'll need**

12 cherry tomatoes  
2 pieces of light string cheese  
30 fresh basil leaves  
¼ cup balsamic vinegar  
12 toothpicks

### **What to do**

1. Wash cherry tomatoes and basil leaves, pat dry
2. Cut string cheese into 1-inch slices
3. For each kebob, skewer a toothpick with a piece of cheese, a basil leaf, and a tomato. Repeat the combination and end with a piece of cheese
4. Arrange kebobs on a platter; drizzle with balsamic vinegar & garnish with additional basil leaves

*Nutrition Information per kebob: 14 calories, >1 gram protein, 2 grams carbohydrates, <1 gram fat, <1 gram saturated fat, <1 grams fiber, 2 milligrams cholesterol, 33 milligrams sodium*

## Beat-the-Heat Frozen Treat

Makes 1 **Red** serving

Looking for a sweet treat that's less than 100 calories? Try making your own graham cracker sandwich!

### **You'll need**

1 graham cracker sheet (4 small squares), any flavor  
2 tablespoons frozen yogurt  
Fruit (optional)

### **What to do**

1. Place a graham cracker square on a plate or platter.
2. Spread 2 tablespoons frozen yogurt on the graham cracker square.
3. Place a graham cracker square on top of the frozen yogurt.



*Nutrition Information per sandwich: 87 calories, <2 grams protein, 15 grams carbohydrates, 2 grams fat, <1 gram saturated fat, <1 gram fiber, <0 milligrams cholesterol, 82 milligrams sodium*

### **Cook's Tips**

- Add a layer of fruit slices on top of the frozen yogurt before adding the second graham cracker. Fruit can also be mixed into the ice cream before making the sandwiches.
- Make a batch and keep in the freezer for later

## Smoothies

All smoothie recipes make 2 **Green** Servings; ½ recipe per serving

### Caribbean Cooler

#### **You'll need**

- 1 (8 ounce) container of low-fat lite vanilla yogurt
- ½ frozen banana
- 1 cup frozen Tropical blend fruit (found in the freezer section of most grocery stores)
- 1 cup fresh spinach, kale or any other dark leafy green vegetable
- ½ cup skim milk

#### **What to do**

6. Put yogurt, frozen fruit & vegetables in blender, add milk and blend until smooth.

*Nutrition Information per serving: 125 calories, 8 grams protein, 17 grams carbohydrates, 3 grams fat, 1 gram saturated fat, 2 grams fiber, 13 milligrams cholesterol, 400 milligrams sodium*

### Carrot Cake Smoothie

#### **You'll need**

- 1 (5.3 ounce) container of lite vanilla Greek yogurt
- ½ cup 1% or skim milk
- 2/3 cup shredded fresh, frozen or well-drained canned carrots
- 1 cup any fresh greens (for example spinach, kale, etc.)
- ½ frozen banana
- ½ cup frozen mango
- ¼ teaspoon pumpkin pie spice or cinnamon

#### **What to do**

7. Put yogurt, milk, carrots and spinach into a blender. Blend until smooth.
8. Add banana, mango and spice. Blend again until smooth.

*Nutrition Information per serving: 150 calories, 10 grams protein, 27 grams carbohydrates, 1 gram fat, 0 grams saturated fat, 4 grams fiber, 10 milligrams cholesterol, 170 milligrams sodium*

## Smoothies (continued)

### Monster Smoothie

#### **You'll need**

- 1 (8 ounce) container of low-fat lite vanilla yogurt
- ½ frozen banana
- 1/3 cup frozen blueberries
- 1/3 cup frozen strawberries
- 1 cup fresh spinach, kale or any other dark leafy green vegetable
- ½ cup skim milk

#### **What to do**

1. Put yogurt, frozen fruit & vegetables in blender, add milk and blend until smooth.

*Nutrition Information per serving: 125 calories, 8 grams protein, 17 grams carbohydrates, 3 grams fat, 1 gram saturated fat, 2 grams fiber, 13 milligrams cholesterol, 400 milligrams sodium*

### Sunny Smoothie

#### **You'll need**

- 1 (8 ounce) container of low fat lite vanilla yogurt
- ½ cup frozen pineapple chunks
- 1 cup frozen berries (i.e. blackberries, blueberries, raspberries, strawberries)
- 1 cup fresh spinach, kale or any other dark leafy green vegetable
- ¼ cup 100% orange juice
- ¼ cup skim milk

#### **What to do**

1. Put yogurt, frozen fruit & vegetables in blender, add orange juice & milk and blend until smooth.

*Nutrition Information per serving: 137 calories, 7 grams protein, 29 grams carbohydrates, <1 gram fat, 0 grams saturated fat, 3 grams fiber, 3 milligrams cholesterol, 99 milligrams sodium*

#### **Cook's Tips**

- If you want more protein, use Greek yogurt (foods higher in protein may satisfy our hunger longer)
- No time to cut up a fresh pineapple? Use canned pineapple chunks, drained & rinsed
- Finely chop fruit & veggies to make blending easier and to make sure nothing clogs your straw
- Add a handful of ice cubes if your smoothie isn't thick enough

## Fruit Water

Add flavor to your water without adding calories and sugar. Make a pitcher of fruit-flavored water by combining your favorite fruit with water. You can use any fruit – pineapple, strawberries, kiwi, melon, or lemon to name a few—and you can even add herbs, such as mint or rosemary!

### **You'll need**

1 cup fresh fruit – i.e. kiwi, melon, pineapple, raspberries, strawberries  
4 cups water

### **What to do**

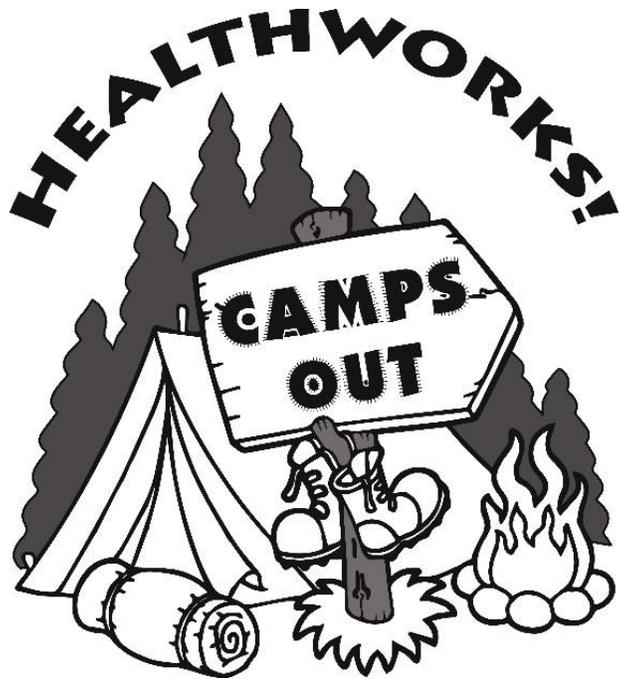
1. Put the fruit and water in a pitcher.
2. Refrigerate for 1 hour or longer

### **Cook's Tips**

- If you like add 1-2 pieces of fruit to each glass of water
- Try combining herbs with fruit: lemon & mint; apple & rosemary, melon & basil
- Try combining fruits: lemon or limes with raspberries
- Vegetables can work, too – add a cup of cucumber slices to 4 cups of water
- Use seltzer or sparkling water instead of tap water for a little fizz



# Ideas & Information





# Lighten Up Recipes Using the Healthy Eating Plan

Is your recipe box full of family favorites that don't match your new Healthy Eating Plan? Not to worry – here are a few easy ways to make your recipes match your plan while adding zing, boosting nutrition and cutting calories.

Start by scanning the ingredient list for **red** foods. Then find an acceptable **green or yellow** food to substitute.

Recipe Substitution Ideas:

## To Reduce Fat and Calories

- **Sauté without adding oil.** When the recipe calls for adding oil to the pan to sauté onions, garlic or ground beef, add a couple of tablespoons of water or broth instead of adding oil to the pan. This will add some extra moisture and flavor to the dish.
- **Use a low-fat, strong-flavored cheese** (sharp cheddar, feta, parmesan) instead of a mild cheese (Monterey Jack, mild cheddar) and cut the amount in half – will cut calories & fat but keep the flavor
- **Use tangy, fat-free, plain Greek yogurt** in recipes that call for sour cream or use fat-free sour cream.
- **Use fat-free half & half or evaporated skim milk** instead of cream in soup or pasta sauce recipes.
- **Remove the skin** from chicken or turkey and trim the fat from pork and beef before cooking. The skin on chicken and turkey, as well as the solid fat around cuts of beef and pork, is full of unhealthy, saturated fat.
- **Purchase leaner cuts of meat:** Look for ground meats that are at least 85% lean; or cuts of beef and pork that contain the word “loin” in the name.

## To Add Fiber

- **Use 100% whole wheat breadcrumbs** to ‘bread’ your chicken breast or fish. Make your own whole wheat bread crumbs by using a combination of whole wheat bread and a higher fiber cereal, such as Fiber One or Kashi Go Lean or All Bran. Tear the whole wheat bread into pieces, place in blender. Use no more than 4 slices of bread to the blender at one time. Add a ½ cup of the high-fiber cereal and whirl until mixture is the consistency of fine crumbs. You can use these crumbs to make your own nuggets, patties or sticks instead of using the chicken nuggets, chicken patties, or fish sticks available in the freezer section.
- **To bread food:** dip the chicken or fish into a bowl of beaten egg to wet the food, and then dip the wet chicken or fish into the bread crumbs. Bake in the oven in a pan or sheet sprayed with cooking spray. You can freeze the cooked fish or chicken strips in freezer safe baggies to be used at another meal.
- **Add any kind of beans or vegetables** to soups, stews, and pasta sauces to boost the nutrition. Mirepoix is a mixture of finely diced celery, carrots and onions found in the frozen food section. Add to soups and pasta sauce. Before adding canned vegetables, drain and rinse them under cold water first to remove excess sodium. Frozen vegetables can be directly added to the pot.

- **Pureed beans, carrots, or squash** will naturally thicken the soup or sauce without changing the flavor of the food. Try using Cannellini beans (white kidney beans) for cream based soups and casseroles. For tomato based pasta sauce or chili try pureeing kidney beans or pinto beans. To puree beans: Drain the can of beans, rinse under water and add the beans to a blender along with a little bit of water. Blend until it is a consistency of a paste. Stir into soups, pasta sauce or chili.

## **To Add Flavor**

- **Use fruit juices or citrus zest on vegetables.** Squeeze lemon juice, orange juice or lime juice onto vegetables instead of topping them with margarine or butter. Or for a milder flavor, you can add the zest of lemons, oranges, or limes to the vegetables as they cook.
  - To zest a citrus fruit: Wash the fruit. Using a sharp knife or a fruit zester, gently scrape off only the outer layer of the fruit's rind that has color (avoid scraping off the white bitter part under the color). Add zest to the pot as the vegetable cooks.
- **Add some beef, chicken or vegetable broth to the pan as vegetables cook.** This will give the vegetables some additional flavor.
- **Sprinkle a light amount of reduced-fat shredded cheese** onto cooked vegetables. This will add less fat and calories than using cheese sauces, yet keep the cheesy flavor.

# Quick and Tasty

Do you find yourself scrambling every night for dinner ideas that are quick? tasty? healthy? Follow our five-part plan and you can put a balanced, family-pleasing meal on the table in the time it takes to pick up fast food or wait for a meal to be delivered. Not only will you be eating sooner ... you'll be eating healthier and enjoying the extra *cha-ching* in your wallet.

## **Step One: Plan Ahead**

- Look at your schedule for the week. Match meals to the amount of time you have to cook.
- On a night you have extra time, consider making a double batch & freeze.
- On a busy night plan on using one of your freezer meals or a “Go To” Meal (see below).

## **Step Two: Keep Convenience Items in the House**

A few ‘must-have’ convenience foods needed to make quick, tasty, and healthy meals.

- Quick cooking brown rice
- Frozen vegetables
- Frozen bags of chopped onions or peppers
- Refrigerated or frozen, pre-cooked chicken strips or chunks
- Canned beans
- Salads in a bag
- Pre-washed, fresh veggies in bags (broccoli, carrots, snap peas, celery)
- Beef, chicken or vegetable broth in a can or carton

## **Step Three: Use a variety of cooking methods to keep dinner meals fresh**

All of these cooking tools offer quick cooking options. Consider the following:

- Crock Pot
- Electric Skillet
- Grill or Counter Top Grill
- Oven
- Pressure Cooker
- Steamer bags for the Microwave
- Stovetop
- Wok

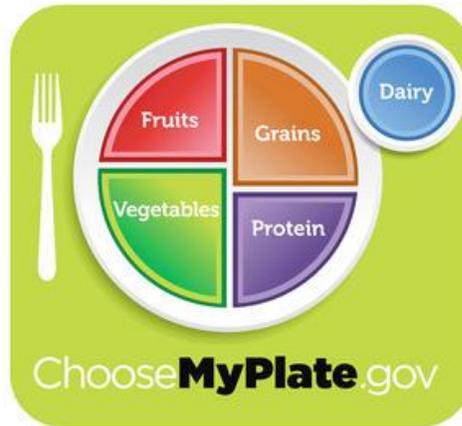
## **Step Four: Develop one or two “go to” meals**

- Keep on hand a stash of ingredients you need to make your family’s favorite fast meal.
- Next time you are at the store make sure you replace any of the ingredients you may have used (this way you will always have one “Go To” meal you can make in a hurry).
- Tip: Find two meals you can rotate between so they don’t get tired of one idea.

## **Step Five: Frozen Dinners**

- Frozen, portioned, calorie-managed meals have come a long way! Most are tasty and nutritious. Read labels, especially for sodium, if salt intake is a focus.
- Consider making your own frozen dinners by cooking double batches of your favorite meals. Freeze the second batch for use on another night. Or freeze individual servings for meals to go.

# What's on your plate?



## Guidelines for a balanced, portion-controlled lunch or dinner

### 1. **Protein Source: 1 Serving**

High protein foods, e.g. meat, chicken, turkey, fish, pork: 2-4 oz.

Main course casserole that includes a high protein food and starch: 1 – 1½ cups  
(For example, beef stew, lasagna, tuna noodle casserole)

**Note:** Can select larger volume if main course casserole includes non-starchy vegetables

### 2. **Starches And Grains: 1-2 Servings**

1 serving of noodles, whole wheat pasta, brown rice, sweet potatoes, corn, or peas is ½ cup

1 serving is 1 slice of whole grain bread, 1 small whole grain dinner roll, 1 6”- 8” whole wheat tortilla, or ½ hamburger bun

### 3. **Vegetables (Non-Starchy): 1-2 Servings** (or more if hungry)

1 serving is ½ cup cooked or 1 cup raw

### 4. **Fruit: 1 Serving** (or more if hungry)

Can add more if variety of vegetables eaten is limited or include in addition to the vegetable(s) served at dinner if still hungry.

1 serving is a small piece of fresh fruit or ½ cup of berries or ½ cup of other chopped fruit.

**Note:** If using canned fruit, be sure to rinse and drain before serving.

# Healthy Eating Plan for Weight Management

## What is the Healthy Eating Plan?

### The Healthy Eating Plan (HEP):

- Includes foods from all of the food groups
- Is heart healthy
- Focuses on managing hunger
- Uses the glycemic load of food



## What is the Glycemic Load?

The Glycemic Load (GL) is a rating scale for food. GL rates foods on how fast and how much the food increases blood sugar levels. Foods or combination of foods with a lower GL will raise blood sugar more slowly and may make you feel fuller longer. Some foods or combination of foods with a higher GL will raise your blood sugar more quickly and may make you feel hungry sooner. Eating lower GL meals and snacks may help you to eat less and better manage your weight.

### Lower GL Meals & Snacks

- Digest slower
- Make you feel full longer
- Promote a healthy weight

### Higher GL Meals & Snacks

- Digest very quickly
- Make you feel hungry sooner
- Lead to overeating

## How do I use the Healthy Eating Plan Food Chart to plan meals & snacks?



**GREEN FOODS:** Pick most of your foods from the **GREEN** list

**YELLOW FOODS:** Limit to 2 servings per day

**RED FOODS:** Limit to 7 servings per week. Do not eat more than 2 servings of a **RED** food in a day

### Each MEAL must include at least 3 foods:

- A protein food (meat, dairy, beans or nuts)
- A fruit and/or vegetable
- A **Green Food** (whole grain, fruit, vegetable, low-fat dairy, lean protein food)

### Each SNACK must include:

- At least 1 **Green Food**
- If you want to use one of your **Red** or **Yellow** foods as a snack, you **MUST** also eat a **Green** food along with a single serving of the **RED** or **YELLOW** food

# Healthy Eating Plan

<b>GREEN</b>	<b>YELLOW</b>	<b>RED</b>
Have More Often	Choose <b>NO MORE THAN 2</b> servings a day	Limit to <b>NO MORE THAN 7 servings</b> per week <b>NO MORE THAN 2 servings</b> per day
<b>GRAIN FOODS</b> (Breads, Cereals, Pasta & Rice)		
<p><b>Breads - 100% Whole Wheat or Whole Grain</b> Bagel                      Bread      Bun English muffin      Pita      Tortilla</p> <p><b>Cereals (Hot and Cold) -</b> 6 grams or less of sugar <b>AND</b> 4 grams or more of fiber Examples: Old-fashioned oatmeal; Fiber One (original &amp; chocolate), Shredded Wheat, Wheat Chex</p> <p><b>Crackers - 100% Whole Wheat</b></p> <p><b>Pasta - 100% Whole Wheat</b> Whole Wheat blends</p> <p><b>Rice –</b> Brown, Basmati, Converted (parboiled), Long grain, Wild</p> <p><b>Snack Bars –</b> 9 grams or less of sugar <b>AND</b> 3 grams or more of fiber <b>AND</b> 3 grams or more of protein Examples: Kellogg's Special K Protein Granola , Nature Valley Protein (Peanut, Almond Chocolate)</p>	<p><b>Cereals (Hot and Cold) –</b> 9 grams or less of sugar <b>AND</b> 2 grams or more of fiber Examples: Cheerios, Multi Grain Cheerios, Life, Wheaties</p> <p><b>Pancakes &amp; Waffles -</b> Pancakes made whole wheat mix Whole grain toaster waffles</p> <p><b>Pasta -</b> made with white flour Macaroni &amp; cheese</p> <p><b>Snack Bars –</b> have to meet 2 of the 3 criteria listed for bars on the Green list Examples: Fit &amp; Active Light &amp; Crispy Vitality; Kellogg's Nutri-Grain Bar (Chocolatey Crunch)</p>	<p><b>Breads - made with White Flour</b> Bread                      Biscuits                      Buns Croissants                      Muffins                      Rolls French Toast                      Fried Taco Shells</p> <p><b>Breakfast Pastry-</b> (even if whole grain) Donuts      Pop tarts      Toaster Strudel</p> <p><b>Cereals (Hot and Cold) –</b> 10 grams or more of sugar <b>OR</b> less than 2 grams of fiber Examples: Flavored instant oatmeal, Cinnamon Toast Crunch, Special K</p> <p><b>Crackers -</b> made with white flour (examples: saltines, Ritz, even low fat)</p> <p><b>Pancakes &amp; Waffles -</b> made with white flour</p> <p><b>Rice -</b> Instant, Processed (Rice-A- Roni, Uncle Ben's, Lipton) Short grain; White</p> <p><b>Snack Bars –</b> meets only 1 of the 3 criteria listed for bars on the Green list Examples: Fiber Now (Oats &amp; Chocolate); Nutri-Grain Apple Cinnamon</p>
<b>VEGETABLES</b>		
<p>All raw and cooked vegetables, <b>except those listed as YELLOW &amp; RED</b> Fresh, frozen, canned (drained &amp; rinsed or no added salt) Pasta sauces (6 grams or less sugar; 3 grams or less fat per serving)</p>	<p>Corn White potatoes – Baked or Mashed (made with low fat/fat free ingredients)</p>	<p>Potatoes prepared with high fat or high sugar ingredients: Baked or Mashed with added butter, cream, whole milk, sour cream, sugar, brown sugar, molasses Fried – French fries, hash browns, tater tots, Sweet pickles</p>
<b>MEAT &amp; PROTEIN FOODS</b>		
<p>Lean, unprocessed meat (Round, Sirloin) Ground meat (≥90% lean) Chicken &amp; Turkey (skin removed) Fish Canadian bacon Lunchmeat (less than 3 grams or less fat/ounce) Vegetarian burger (Boca Burger) Eggs                      Beans (all kinds) Hummus                      Lentils Nuts; Nut Butters-peanut, almond, etc.</p>	<p>Ground meat (85% lean) Meat (e.g. beef, pork) – chuck Turkey sausage (low-fat) Turkey bacon (low-fat) Chicken nuggets – baked Fish sticks – baked Lunchmeat (4-7 grams fat/ounce) Vegetarian burger (Garden Burger) Hot dogs with ≤ 7 grams fat/ounce</p>	<p>Bacon Baked beans (in sauce) Chicken, Turkey with skin; fried chicken Flavored nut butters (such as Nutella) Fish – fried Goetta Lunchmeat with ≥8 grams fat/ounce (e.g. bologna, salami) Meat ( – e.g. beef, pork) – brisket, ribs, corned beef Pork chops - fried Sausage Hot dogs with ≥ 8 grams fat/ounce</p>

GREEN	YELLOW	RED
<b>FRUIT</b>		
All fruits, <b>except those listed as YELLOW &amp; RED</b> Fresh Frozen, no added sugar Canned fruits (drained & rinsed)	Dried fruits (e.g. cranberries, raisins)  100% Fruit juice (≤4-6 ounces/day)	Applesauce with added sugar Canned fruits in syrup Dates Frozen fruits with added sugar
<b>MILK &amp; DAIRY PRODUCTS</b>		
Cheese (low-fat, light or fat free) – cottage cheese, cream cheese, sticks Milk – skim (fat free), 1% (unflavored) Non-dairy milk – unflavored or low in sugar Low fat buttermilk Yogurt (light, low in sugar)	Cheese – regular, cream cheese, cottage cheese 2% milk Ice cream, low fat Pudding, sugar-free Yogurt with added sugar Frozen yogurt, low fat	Whole (Vitamin D) Milk Flavored milk (e.g. chocolate, vanilla) Hot chocolate, regular (added sugar) Ice cream, regular Frozen desserts, novelties Pudding, regular (added sugar)
<b>COMBINATIONS &amp; SOUPS</b>		
Frozen entrée with whole grains & lean protein (e.g. some Lean Cuisine, Healthy Choice, South Beach) Lentil soup Minestrone soup Tomato soup	Chicken nuggets (baked) Fish sticks (baked) Pizza (thin crust; prefer whole wheat) Soups – bean, green pea, vegetarian chili	Canned Pasta meals Frozen entrees with more than one red food (e.g. some Banquet, Stouffers, Swanson) Pizza – thick crust, pepperoni, sausage or extra cheese
<b>FATS AND CONDIMENTS</b>		
Lemon juice Margarine – low fat, spray Mayonnaise or Miracle Whip – fat free or low fat (≤3 grams per serving) Mustard Salad dressing (fat-free or low-fat; less than 3 grams sugar/serving) Salsa Sour cream, fat free or low fat Sugar substitutes Tomato sauce (no added sugar)	Vinegar  Agave Alfredo sauce (4 grams or less of fat) Honey mustard sauce Ketchup Margarine (soft), light Mayonnaise, light Miracle Whip, light Sour cream, light Spreadable fruit (no added sugar)	Alfredo sauce (>4 grams of fat) BBQ sauce Butter Honey Mayonnaise (regular) Miracle Whip (regular) Molasses Sour cream (regular) Sugar - brown, granulated (white) Sweet and Sour Sauce Syrup (low-sugar or regular)
<b>SNACKS</b>		
Fruits and Vegetables (except those listed on YELLOW & RED) Cheese (low-fat) Peanuts and other nuts Snack Bars – see GRAIN FOODS Sugar-free ice pops or popsicles Sugar-free gelatin Yogurt (light or low fat)	Frozen yogurt, low fat Ice cream, low fat Popcorn Pudding, sugar free Snack Bars – see GRAIN FOODS	Cake, snack cakes, pie, brownies, cookies (even low fat) Candy (even sugar free) Chips (even baked), Pretzels Fruit snacks, Roll ups Gelatin (with sugar) Ice cream Popsicles (with sugar) Snack Bars – see GRAIN FOODS
<b>BEVERAGES</b>		
Water Milk – skim (fat-free) or 1% Non-dairy milk – unflavored or low in sugar Unsweetened tea	Milk – 2% 100% fruit juice - ≤4-6 ounces/day Drinks-no more than 20 calories per serving Drinks with artificial sweeteners (diet soda, Crystal Light, sport drinks, coffee, tea) Limit to no more than 2 servings per day (not part of YELLOW total for the day)	Milk – whole (Vitamin D) Drinks with calories (high in sugar and/or fat) Examples: Sports drinks (e.g. Gatorade, G-2), Fruit drinks (e.g. punch, Kool-Aid, Slushies), Milk Shakes, Smoothies, Regular soda Sweet tea, Coffee drinks, Hot Cocoa

