

Baked Chicken with Vegetables

Ingredients:

- 4 potatoes, sliced
- 6 carrots, sliced
- 1 large onion, quartered
- 1 raw chicken, cleaned, skin removed, and cut into pieces
- ½ cup water
- 1 teaspoon thyme
- ¼ teaspoon pepper

Preparation:

1. Preheat oven to 400°F.
2. Place potatoes, carrots, and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme, and pepper. Pour over chicken and vegetables.
5. Place pan in oven and bake. Spoon juices over chicken once or twice during cooking.
6. Bake for one hour or more, until chicken is browned and tender.

Yields 6 (1/6th of recipe) servings

Nutritional Information Per Serving: 190 calories, 26g protein, 13g carbohydrate, 3.5g fat (1g saturated fat), 75mg cholesterol, 5g fiber, 135mg sodium

Source: U.S. Department of Agriculture

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Easy Fruit Salad

Ingredients:

- 1 can fruit cocktail (16 ounce), drained
- 2 bananas, sliced
- 2 oranges, cut into bite-size pieces
- 2 apples, cut into bite-size pieces
- 8 ounces yogurt, low-fat pina colada

Preparation:

1. Mix fruit in a large bowl.
2. Add yogurt and mix well.
3. Chill in refrigerator before serving.

Yields 14 (½ cup) servings

Nutritional Information Per Serving: 70 calories, 1g protein,
17g carbohydrate, 0g fat, 0mg cholesterol, 2g fiber, 10mg sodium

Source: U.S. Department of Agriculture

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Cran-Apple Crisp

Ingredients:

- 4 apples, cored and thinly sliced
- 1 can (16 ounce) whole cranberry sauce
- 2 teaspoons soft margarine, melted
- 1 cup uncooked oatmeal
- 1/3 cup brown sugar
- 1 teaspoon cinnamon

Preparation:

1. Preheat oven to 400°F.
2. Wash apples and remove cores. With peel on, slice thinly.
3. In a bowl, combine the cranberry sauce and apples. Pour into an 8x8-inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple-cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake 10 more minutes, until the topping is crisp and brown.
7. Serve warm or cold.

Yields 8 (¾ cup) servings

Nutritional Information Per Serving: 220 calories, 2g protein, 52g carbohydrate, 2g fat, 0mg cholesterol, 4g fiber, 25mg sodium

Source: U.S. Department of Agriculture

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Meaty Stuffed Potatoes

Ingredients:

3 medium potatoes
1 cup turkey, chicken, beef,
or pork, diced and cooked
1 cup coarsely chopped broccoli
½ cup onions, chopped

½ cup carrots, thinly sliced
¾ cup hot water
¾ cup non-fat milk
1 tablespoon flour
¼ teaspoon black pepper
½ cup cheese, shredded low-fat

Preparation:

1. Scrub potatoes. Remove any bad spots. Do not peel. Cut each in half.
2. In a covered saucepan, boil potatoes in just enough water to cover the pieces. When they are fork-tender (about 15 to 20 minutes), remove from heat and drain. Set aside. (Note: You can also pierce whole potatoes with a knife or fork in several places and cook in microwave without water until fork-tender. Then cut each in half.)
3. In a skillet sprayed with non-stick cooking spray, combine cooked meat, broccoli, onion, carrots, and water.
4. Boil until vegetables are fork-tender (about 5 minutes). Reduce heat to low.
5. In a jar with a tight-fitting lid, combine milk, flour, and pepper. Shake well.
6. Stir flour mixture into meat mixture until well blended.
7. Stir in cheese. Cook over low heat — stirring frequently — for about 5 minutes or until the sauce thickens.
8. To serve, place 2 potato halves on each plate. Mash the middle of each potato a little bit, and spoon about one-third cup of the meat mixture over each potato half.

Yields 3 (1 potato) servings

Nutritional Information Per Serving: 220 calories, 27g protein,
22g carbohydrate, 3g fat, 40mg cholesterol, 7g fiber, 220mg sodium

Source: U.S. Department of Agriculture



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Mushroom Barley Soup

Ingredients:

- 1 tablespoon oil
- 1 onion, chopped
- 2 celery stalks, sliced thin
- 2 carrots, peeled and sliced thin
- 2 cups mushrooms, sliced
- ½ cup barley, quick cooking
- 1 teaspoon garlic powder
- ½ teaspoon ground thyme
- 3 cups chicken broth
- 2 cups water
- 1 tablespoon fresh parsley, chopped

Preparation:

1. Heat oil in large soup pot over high heat. Sauté onion, celery, carrots, and mushrooms until golden (about 4 minutes).
2. Add the rest of the ingredients, except for the parsley, and bring it to a boil.
3. Lower heat to a simmer and cook until the barley is tender (about 20 minutes).
4. Sprinkle parsley on top of soup and serve hot.

Yields 4 (1 ½ cup) servings

Nutritional Information Per Serving: 170 calories, 8g protein, 26g carbohydrate, 5g fat, 0mg cholesterol, 6g fiber, 100mg sodium

Source: U.S. Department of Agriculture

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Cranberry Pumpkin Muffins

Ingredients:

- 2 cups flour
- $\frac{3}{4}$ cup sugar
- 3 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{3}{4}$ teaspoon allspice
- $\frac{1}{3}$ cup vegetable oil
- 2 large eggs
- $\frac{3}{4}$ cup canned pumpkin
- 2 cups fresh or frozen cranberries, chopped

Preparation:

1. Preheat oven to 400°F.
2. Sift together dry ingredients (flour, sugar, baking powder, salt, cinnamon, and allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper-lined muffin cups or muffin tins.
7. Bake for 15 to 30 minutes.

Yields 12 (1 muffin) servings

Nutritional Information Per Serving: 200 calories, 3g protein, 32g carbohydrate, 7g fat, 35mg cholesterol, 2g fiber, 230mg sodium

Source: U.S. Department of Agriculture

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Grandma's Stuffing

Ingredients:

- 10 cups whole wheat (or white bread or buns) bread cubes, dry
- 1/3 cup water
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1 teaspoon parsley, dried, or 1 tablespoon fresh parsley, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups milk
- 1 egg, lightly beaten
- 2 medium apples, pared, cored, and chopped or 1/4 cup raisins (optional)

Preparation:

1. Preheat oven to 350°F.
2. Put bread cubes in a large bowl. Set aside.
3. Put water in medium saucepan. Add onion, celery, parsley, salt, and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg. Gently stir in apples and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake for 1 hour.

Yields 8 (1/8 of recipe) servings

Nutritional Information Per Serving: 150 calories, 6g protein, 26g carbohydrate, 2.5g fat, 30mg cholesterol, 1g fiber, 410mg sodium

Source: U.S. Department of Agriculture



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Orange Honeyed Acorn Squash

Ingredients:

- 3 small acorn squashes
- 2 tablespoons orange juice
- ¼ cup honey
- 2 tablespoons butter or margarine
- ⅛ teaspoon nutmeg (optional)

Preparation:

1. Preheat oven to 400°F.
2. Cut squashes in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey. Mix well. Put some of the orange juice-honey mixture in each squash cavity.
4. Add 1 tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminum foil to keep steam in and speed cooking.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Yields 6 (½ cup) servings

Nutritional Information Per Serving: 160 calories, 2g protein, 34g carbohydrate, 4g fat, 10mg cholesterol, 3g fiber, 35mg sodium

Source: U.S. Department of Agriculture

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Turkey Patties

Ingredients:

- 1 ¼ pound ground turkey
- 1 cup bread crumbs
- 1 egg
- ¼ cup green onions, chopped
- 1 tablespoon prepared mustard
- ½ cup chicken broth
- Nonstick cooking spray

Preparation:

1. Mix ground turkey, bread crumbs, egg, onions, and mustard in a large bowl. Shape into 4 patties, about ½ inch thick.
2. Spray a large skillet with cooking spray. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove.
3. Add chicken broth to skillet and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties.
4. Serve on buns.

Yields 4 (1 patty) servings

Nutritional Information Per Serving: 340 calories, 30g protein, 20g carbohydrate, 15g fat, 165mg cholesterol, 2g fiber, 440mg sodium

Source: U.S. Department of Agriculture

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Snappy Rice Dish

Ingredients:

- 1 cup vegetables, frozen or fresh, cut into bite-size pieces
- ½ cup chicken broth, reduced salt, or ½ cup water
- 1 cup brown (or other) rice, cooked
- ½ can kidney beans (about 7 oz.) or chick peas, or pink beans
- Dill weed (fresh-snipped or dry) to taste
- Pepper to taste

Preparation:

1. Steam-fry the vegetables in the chicken broth (or water) using a small pan, pot, or electric skillet on medium high heat.*
2. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth as needed to keep the vegetables moist.
3. Add the rice, canned beans, and seasonings. Steam-fry until heated through.

*Microwave version: Follow the same steps above. Use a microwave-safe, covered dish. Stir the vegetables every 2 to 3 minutes. Just before they are cooked, add the rice, beans, and herbs. Cook until heated. Rotate the dish and stir gently.

Yields 2 (½ of recipe) servings

Nutritional Information Per Serving: 270 calories, 12g protein, 52g carbohydrate, 1.5g fat, 0mg cholesterol, 13g fiber, 420mg sodium

Source: U.S. Department of Agriculture

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Vegetarian Chili

Ingredients:

- 2 large onions, cut into ¼ inch pieces
- 1 green bell pepper, cut into ¼ inch pieces
- 3 garlic cloves
- 2 fresh, diced jalapeno chilis
- 2 tablespoons vegetable oil
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 can (28 ounce) whole tomatoes (or 8 medium size fresh tomatoes), cut into ¼ inch pieces
- 2 medium size zucchini, cut into ¼ inch pieces
- 2 medium size summer squash, cut into ¼ inch pieces
- 1 can (16 ounce) kidney beans, rinsed
- 1 cup fresh cilantro (or coriander), chopped
- Salt and pepper to taste

Preparation:

1. In a large pot, sauté onions, bell pepper, garlic, and jalapeno in oil over medium-high heat for about 5 minutes. Stir often.
2. Add chili powder, cumin, half of the chopped cilantro, salt, and pepper, and continue cooking for another 3 minutes. Stir occasionally.
3. Add the tomatoes, zucchini, and squash. Bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans and continue to simmer for another 5 minutes.
6. Serve the mixture hot. Put remaining cilantro on top.

Yields 4 (¼ of recipe) servings

Nutritional Information Per Serving: 330 calories, 13g protein, 49g carbohydrate, 10g fat, 0mg cholesterol, 14g fiber, 270mg sodium

Source: U.S. Department of Agriculture

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Tuna Apple Salad

Ingredients:

- 1 can (12 ounce) tuna, packed in water
- 2 tablespoons red onion, minced
- 1 apple, cored and chopped
- 1 cup celery, chopped
- 1 cup golden raisins
- 5 tablespoons Italian dressing, light
- 2 cups salad greens
- 2 pita breads, cut in half

Preparation:

1. In a small bowl, stir together tuna, onion, apple, celery, raisins, and 2 tablespoons of dressing.
2. In another bowl, toss together salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of greens and tuna salad.

Yields 4 (½ pita) servings

Nutritional Information Per Serving: 270 calories, 26g protein, 32g carbohydrate, 4g fat, 25mg cholesterol, 3g fiber, 360mg sodium

Source: U.S. Department of Agriculture



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Turkey Salad with Orange Vinaigrette

Ingredients:

- ¼ cup orange juice
- 2 tablespoons white wine vinegar
- 2 tablespoons onion, finely chopped
- ¼ teaspoon salt
- Dash of pepper
- 1 tablespoon oil
- 2 teaspoons Dijon mustard
- 4 cups salad greens, torn in pieces
- 2 cups cooked turkey breast, cut into julienne strips
- 1 can (11 ounce) mandarin orange segments, drained
- ½ cup celery, sliced

Preparation:

1. In a jar with tight-fitting lid, combine all vinaigrette ingredients. Shake well. If you don't have a container with a tight-fitting lid, place ingredients in a small mixing bowl and mix together with a whisk.
2. In a large bowl, combine all salad ingredients and toss gently.
3. Serve with vinaigrette. If desired, garnish with fresh strawberries.

Note: You can substitute 1 ½ teaspoons dried chopped onion (or as recommended on the dried onion container) for the chopped fresh onion. Prepare the dressing at least 10 minutes before you need it to allow the dried onion to rehydrate from the fluids in the dressing. Use white meat leftovers if you have prepared a whole turkey and not just the breast portion. Another way to add crunch to your salad would be to use 4 tablespoons of chopped walnuts instead of celery.

Yields 4 (1 ½ cup) servings
Nutritional Information Per Serving:
200 calories, 23g protein,
13g carbohydrate, 6g fat, 50mg
cholesterol, 2g fiber, 280mg sodium

Source: U.S. Department
of Agriculture

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