

Tuna Veggie Antipasto

Ingredients:

- 2 cups chopped raw carrots (or any of your favorite raw veggies)
- 2½ cups chopped raw celery (or any of your favorite raw veggies)
- 6–8 ounces light tuna in water, drained and flaked
- 1 can (15 ounces) white beans (or your favorite beans)
- 2 Tablespoons grated Parmesan cheese
- ¼ cup vinegar (or juice of 2 lemons)
- 1 Tablespoon vegetable oil
- ½ teaspoon dried dill (or 1 Tablespoon fresh dill)
- 1 teaspoon chopped garlic

Preparation:

1. Wash and trim vegetables. Chop into bite size pieces. Place in large bowl.
2. Combine vinegar, dill (or other herbs), garlic, and oil. Pour over vegetables.
3. Drain and rinse beans. Break up tuna into smaller chunks.
4. Combine vegetables, beans, and tuna; toss gently.
5. Marinate salad overnight to combine flavors.
6. Chill and serve as a light summer lunch or as a picnic side dish.

Note:

- Use salad to fill a pita for a crunchy sandwich.
- Serve on fresh, washed leaf lettuce.
- Add cooked rice or pasta.
- Try balsamic vinegar or ½ cup of your favorite salad dressing.

Yields 6 (1 cup) servings

Nutritional Information Per Serving: 180 calories, 15g protein,
21g carbohydrate (5g fiber), 3.5g fat, 10mg cholesterol, 115mg sodium

Source: U.S. Department of Agriculture



5-A-Day Salad

Ingredients:

4 cups fresh spinach
4 cups Romaine lettuce
2 cups chopped green pepper (or red, yellow, or orange)
2 cups cherry tomatoes
1 cup chopped broccoli
1 cup chopped cauliflower
1 cup sliced yellow squash
2 cups sliced cucumbers
2 cups chopped carrots
1 cup sliced zucchini

Preparation:

1. Wash all of the vegetables and mix them together in a large mixing bowl.
Top this colorful meal with the non-fat or low-fat dressing of your choice.

Note: Dressing is not included in the nutritional analysis.

Each serving = 5 cups of vegetables (Eight 5-A-Day servings).

Yields 4 (¼ of salad) servings

Nutritional Information Per Serving: 100 calories, 5g protein, 22g carbohydrate (8g fiber), 1g fat, 0mg cholesterol, 90mg sodium

Source: U.S. Department of Agriculture



Farmers Market Salsa

Ingredients:

- ½ cup fresh cooked or frozen corn
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup fresh diced tomatoes
- ½ cup diced onion
- ½ cup diced green pepper
- 2 Tablespoons lime juice
- 2 finely chopped garlic cloves
- ½ cup picante sauce

Preparation:

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.

Note: This salsa uses fresh vegetables that are available year-round and add flavor and color. Kids and grown-ups alike can't resist how good it tastes. If you have a hand-held chopper, it is an easy task for kids to help with the recipe.

Yields 8 (⅓ of recipe) servings

Nutritional Information Per Serving: 70 calories, 4g protein, 13g carbohydrate (4g fiber), 0.5g fat, 0mg cholesterol, 290mg sodium

Source: U.S. Department of Agriculture



Grilled Vegetable Packets

Ingredients:

- 2 small zucchinis, sliced
- 2 small yellow squashes, sliced
- 4 small red potatoes, scrubbed well and sliced
- ½ red onion, sliced
- ½ bell pepper (red or green), seeded and sliced
- ¼ cup light Italian salad dressing
- Salt and pepper to taste

Preparation:

1. Heat grill to medium heat or 350°F.
2. Wash vegetables and then slice them.
3. Toss vegetables in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear 2 large squares of aluminum foil. Place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold the bottom piece with the top sheet to form a packet.
5. Place on heated grill for 20–30 minutes or until the potatoes are tender. If you don't have a grill, bake Veggie Packets in the oven at 400°F for 20–30 minutes.
6. Poke holes in the foil with a fork before you open the packets to let some steam out. Be very careful opening the foil as the steam will be very hot and could burn you!
7. Empty vegetables onto serving plate or serve from foil packets.

Note:

Try different vegetables such as tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, and corn, or use your favorite vegetables. Use herbs or spices in place of dressing, for example, chili powder, Italian or oriental seasoning, basil, oregano, and curry powder. Be creative!

Yields 5 (¾ cup) servings

Nutritional Information Per Serving: 160 calories, 4g protein, 31g carbohydrate (4g fiber), 2.5g fat, 0mg cholesterol, 170mg sodium

Source: U.S. Department of Agriculture



Broiled Tomatoes and Cheese

Ingredients:

- 3 large firm tomatoes
- 8 ounces low-fat cottage cheese
- ½ teaspoon dried basil
- ⅛ teaspoon black pepper
- ¼ cup plain bread crumbs
- Vegetable oil cooking spray

Preparation:

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil, and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

Yields 3 (⅓ of recipe) servings

Nutritional Information Per Serving: 120 calories, 12g protein,
16g carbohydrate (3g fiber), 1.5g fat, 5mg cholesterol, 380mg sodium

Source: U.S. Department of Agriculture



A Simple Mexican Salad

Ingredients:

2 cucumbers
2 oranges
Juice of 1 lemon or lime
½ teaspoon chili powder
½ teaspoon salt

Preparation:

1. Wash the cucumbers, oranges, and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice, and salt.

Yields 4 (¼ of recipe) servings

Nutritional Information Per Serving: 50 calories, 1g protein, 12g carbohydrate (3g fiber), 0g fat, 0mg cholesterol, 300mg sodium

Source: U.S. Department of Agriculture



Zucchini Au Gratin

Ingredients:

- 4 cups thinly sliced zucchini
- ½ cup sliced onion
- 2 Tablespoons water
- 1 Tablespoon margarine
- Pepper to taste
- 3 Tablespoons grated Parmesan cheese

Preparation:

1. Wash vegetables and slice them. Place zucchini, onion, water, margarine, and pepper in a frying pan. Cover and cook over medium heat for 1 minute.
2. Remove cover and cook until crisp-tender, about 10 minutes.
3. Turn with large spoon to cook evenly.
4. Sprinkle with cheese; toss lightly.
5. Serve at once.

Total Time: 20 minutes

Note: Can be served over rice or noodles. Green pepper can be used instead of onion. Summer squash can be used instead of zucchini.

Yields 7 (¾ cup) servings

Nutritional Information Per Serving: 40 calories, 2g protein, 4g carbohydrate (1g fiber), 2.5g fat, 0mg cholesterol, 55mg sodium

Source: U.S. Department of Agriculture



Farmers Market Gazpacho

Ingredients:

- 2 cucumbers, diced into ¼-inch pieces
- 3 red bell peppers, seeded and diced into ¼-inch pieces
- 3 green peppers, seeded and diced into ¼-inch pieces
- 4 celery stalks, diced into ¼-inch pieces
- 2 tomatoes, diced into ¼-inch pieces
- 1 medium onion, diced into ¼-inch pieces
- 2 lemons
- 2 cups low-sodium tomato juice
- 3 fresh garlic cloves, minced
- 1 Tablespoon ground cumin
- 1 cup fresh chopped cilantro
- Salt and pepper to taste

Preparation:

1. Combine all ingredients except salt, pepper, and lemons in a bowl.
2. Remove 2 cups of the mixture and reserve.
3. Using a blender or food processor, puree the remaining mixture in the bowl.
4. Add 2 cups of reserved mixture to the pureed mixture.
5. Season with salt, pepper, and the juice from the lemons.
6. Cover mixture and refrigerate for at least 2 hours before serving.
7. Garnish with chopped cilantro and serve cold.

Yields 4 (¼ of recipe) servings

Nutritional Information Per Serving: 140 calories, 5g protein, 30g carbohydrate (8g fiber), 1.5g fat, 0mg cholesterol, 65mg sodium

Source: U.S. Department of Agriculture



Apple Cranberry Salad Toss

Ingredients:

- 1 head of lettuce (about 10 cups)
- 2 medium apples, sliced
- ½ cup chopped walnuts
- 1 cup dried cranberries
- ½ cup sliced green onions
- ¾ cup vinaigrette dressing

Preparation:

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing; toss to coat. Serve immediately.

Yields 8 (⅛ of recipe) servings

Nutritional Information Per Serving: 140 calories, 2g protein,
24g carbohydrate (3g fiber), 5g fat, 0mg cholesterol, 10mg sodium

Source: U.S. Department of Agriculture



Zucchini Coleslaw

Ingredients:

- 2 cups coarsely shredded zucchini
- 2 cups shredded cabbage
- 1 medium carrot, shredded
- 2 green onions, sliced
- ½ cup thinly sliced radishes
- ⅓ cup low-fat mayonnaise
- ⅓ cup mild salsa

Preparation:

1. Drain zucchini by pressing between layers of paper towels.
2. Put zucchini in large bowl; add cabbage, carrot, onions, and radishes.
3. In a small bowl, combine remaining ingredients.
4. Pour over vegetables and toss well.
5. Cover and chill at least one hour.

Yields 6 (⅓ of recipe) servings

Nutritional Information Per Serving: 70 calories, 1g protein, 6g carbohydrate (2g fiber), 4.5g fat, 5mg cholesterol, 160mg sodium

Source: U.S. Department of Agriculture



BBQ Chicken Pizza

Ingredients:

6 English muffins

$\frac{3}{4}$ cup barbecue sauce

1½ cups cut-up cooked chicken

$\frac{3}{4}$ cup shredded smoked or regular cheddar cheese

1 bell pepper, chopped

Preparation:

1. Heat oven to 450°F.
2. Slice English muffins in half and place on large, ungreased cookie sheet.
3. Chop the bell pepper.
4. Spread barbecue sauce on English muffins to within $\frac{1}{4}$ inch of edges. Top with chicken, cheese, and bell pepper.
5. Bake 7 to 12 minutes or until cheese is melted.

Total Time: 17-22 minutes

Yields 12 ($\frac{1}{2}$ English muffin) servings

Nutritional Information Per Serving: 130 calories, 9g protein, 19g carbohydrate (1g fiber), 2g fat, 15mg cholesterol, 360mg sodium

Source: U.S. Department of Agriculture



Mouth-Watering Oven-Fried Fish

Ingredients:

- 2 pounds fish fillets*
- 1 Tablespoon fresh lemon juice
- ¼ cup fat-free or low-fat buttermilk
- 1 teaspoon fresh garlic, minced
- ⅛ teaspoon hot sauce
- ¼ teaspoon ground white pepper
- ¼ teaspoon salt
- ¼ teaspoon onion powder
- ½ cup cornflakes, crumbled, or regular bread crumbs
- 1 Tablespoon vegetable oil
- 1 fresh lemon, cut in wedges

Preparation:

1. Preheat oven to 475°F.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with crumbs and place on plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.

*Atlantic cod and low-fat buttermilk (1%) were used for the nutritional analysis.

Yields 6 (1 piece) servings

Nutritional Information Per Serving: 150 calories, 25g protein, 4g carbohydrate (0g fiber), 3.5g fat, 60mg cholesterol, 210mg sodium

Source: U.S. Department of Agriculture



Apple Slice Pancakes

Ingredients:

- 1 Granny Smith apple
- 1¼ cup any type pancake mix
- ½ teaspoon cinnamon
- 1 egg
- 2 teaspoons canola oil
- 1 cup low-fat milk

Preparation:

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core, and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour about ¼ cup batter over apple ring, starting in the center and covering the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Yields 6 (2 pancake) servings

Nutritional Information Per Serving: 160 calories, 5g protein, 24g carbohydrate (1g fiber), 4g fat, 45mg cholesterol, 360mg sodium

Source: U.S. Department of Agriculture



Curried Potatoes

Ingredients:

- ¼ cup margarine or butter
- 1 small onion finely chopped
- 3 cups cubed potatoes, boiled and cooled
- ¾ cup chicken broth
- ½ Tablespoon curry powder
- ½ Tablespoon lemon juice

Preparation:

1. Peel the onion, and chop it into small pieces.
2. Peel the potatoes, and chop them into 1-inch cubes.
3. Boil the potatoes in a medium saucepan until they are soft. Drain off the hot water.
4. Add ice cold water to cover the potatoes.
5. Melt the butter on medium heat in a frying pan or skillet.
6. Cook the onion in the butter until it turns yellow.
7. Drain the water from the potatoes, and add them to the frying pan. Stir and cook until they absorb the butter.
8. Add the broth, curry powder, and lemon juice.
9. Cook until the potatoes have absorbed the broth.

Yields 6 (½ cup) servings

Nutritional Information Per Serving: 150 calories, 3g protein, 18g carbohydrate (2g fiber), 8g fat, 0mg cholesterol, 260mg sodium

Source: U.S. Department of Agriculture



Cabbage Salad

Ingredients:

- 4 cups shredded or thinly sliced cabbage
- ¼ cup grated or finely sliced carrots
- ¼ cup thinly sliced celery
- ¼ cup chopped green pepper
- 1 teaspoon finely chopped onion
- ½ teaspoon dill or basil or parsley
- ½ cup light or low-fat mayonnaise
- ½ cup non-fat plain yogurt
- 1 teaspoon mustard
- ½ teaspoon lemon juice
- ½ teaspoon sugar

Preparation:

1. Wash and prepare vegetables for chopping.
2. Use a cheese grater or slice all vegetables thinly with a sharp knife.
3. Put in a large bowl.
4. Add herbs to taste.
5. Mix mayonnaise, yogurt, mustard, lemon juice, and sugar in a small bowl. Blend well. Add to vegetables.
6. Mix well. Keep in refrigerator until ready to eat.

Yields 8 (⅛ of recipe) servings

Nutritional Information Per Serving: 70 calories, 1g protein, 5g carbohydrate (1g fiber), 5g fat, 5mg cholesterol, 125mg sodium

Source: U.S. Department of Agriculture



Jamaican Jerk Chicken

Ingredients:

- ½ teaspoon ground cinnamon
- 1½ teaspoons ground allspice
- 1½ teaspoons ground black pepper
- 1 teaspoon crushed dried hot pepper
- 2 teaspoons crushed oregano
- 1 Tablespoon chopped hot pepper
- 2 teaspoons chopped thyme
- ½ teaspoon salt
- 6 garlic cloves, finely chopped
- 1 cup onion, pureed or finely chopped
- ¼ cup vinegar
- 3 Tablespoon brown sugar
- 8 pieces skinless chicken (4 drumsticks and 4 breasts)

Preparation:

1. Combine all ingredients, except chicken in large bowl. Rub seasonings over chicken and marinate in refrigerator for 6 hours or longer.
2. Twenty minutes before cooking, preheat oven to 350°F.
3. Space chicken evenly on non-stick or lightly greased baking pan.
4. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30–40 minutes or until the meat can easily be pulled away from the bone with a fork.

Yields 10 (½ breast or 2 small drumstick) servings

Nutritional Information Per Serving: 120 calories, 16g protein, 7g carbohydrate (1g fiber), 2.5g fat, 45mg cholesterol, 160mg sodium

Source: U.S. Department of Agriculture



Chickpea Dip

Ingredients:

- 3 garlic cloves
- ¼ cup low-fat plain yogurt
- 1 Tablespoon fresh lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon pepper
- 1 can (19 ounces) chickpeas (garbanzo beans), drained

Preparation:

1. Put all ingredients into a food processors and blend until smooth.
2. Serve at room temperature with pita chips, crackers, carrots, or other dipping vegetables.

Yields 4 (¼ of recipe) servings

Nutritional Information Per Serving: 160 calories, 8g protein, 26g carbohydrate (5g fiber), 2.5g fat, 0mg cholesterol, 190mg sodium

Source: U.S. Department of Agriculture



Carrot Cookies

Ingredients:

- ½ cup soft margarine
- 1 cup honey*
- 1 cup grated raw carrots
- 2 well-beaten egg whites
- 2 cups all purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 2 cups quick cooking raw oatmeal
- 1 cup raisins

Preparation:

1. In a large bowl, cream together margarine and honey.* Stir in carrots and egg whites.
2. Stir flour, baking powder, baking soda, salt, cinnamon, oatmeal, and raisins together. Gradually stir flour-oatmeal mixture into creamed mixture, until all flour is mixed. Do not over mix.
3. Use teaspoon to drop batter onto greased baking sheet. Flatten slightly and bake at 350°F for 10 minutes, or until lightly browned.

*Note: Instead of honey, you can use 1¼ cups sugar mixed with ¼ cup water.

Yields 30 (2 cookie) servings

Nutritional Information Per Serving: 130 calories, 2g protein, 24g carbohydrate (1g fiber), 3.5g fat, 0mg cholesterol, 100mg sodium

Source: U.S. Department of Agriculture



Autumn Vegetable Succotash

Ingredients:

- ¼ cup olive oil
- 1 cup diced onion
- 2 finely chopped garlic cloves
- 2 cups diced red bell peppers
- 2 cups diced zucchini
- 2 cups diced yellow summer squash
- 3 cups frozen lima beans
- 3 cups frozen corn kernels
- 2 Tablespoons fresh sage, coarsely chopped

Preparation:

1. In a skillet over medium-high heat, add oil
2. Add onion; cook until translucent (about 2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn.
3. Season as desired. Cook, stirring, until vegetables are tender (10 minutes). Stir in sage and serve.

Yields 8 (⅓ of recipe) servings

Nutritional Information Per Serving: 170 calories, 4g protein, 25g carbohydrate (4g fiber), 8g fat, 0mg cholesterol, 10mg sodium

Source: U.S. Department of Agriculture



Berry Bread Pudding

Ingredients:

1½ cups berries (frozen blueberries, sliced strawberries, or raspberries — thawed)

4–5 slices whole wheat bread — crusts removed

½ teaspoon sugar (optional)*

Low-fat vanilla yogurt (optional topping)

Powdered sugar (optional topping)

Preparation:

1. Combine the thawed berries and sugar* (if you choose to use the sugar). Layer a spoonful of berries on the bottom of a small 2-cup deep dish. Cover the berries and the bottom of the dish with a layer of bread. Spoon in most of the berries. Add another layer of bread and continue until the dish is full. Finish with a layer of bread on the top.
2. Cover the dish with plastic wrap and place a plate or bowl over the top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers. Refrigerate overnight. (Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.)
3. Serve with a dollop of vanilla yogurt or a sprinkle of powdered sugar.

Note: In summer fresh berries can be used.

Yields 2 (1 cup) servings

Nutritional Information Per Serving: 180 calories, 6g protein, 37g carbohydrate (6g fiber), 2.5g fat, 0mg cholesterol, 300mg sodium

Source: U.S. Department of Agriculture



Vegetable and Turkey Stir Fry

Ingredients:

- 1 Tablespoon vegetable oil
- ½ teaspoon salt
- 2 thin slices ginger root, minced
- 1 peeled and minced garlic clove
- 1–2 cups turkey, cooked and cut into ½-inch cubes
- ½ teaspoon sugar
- 1 pound chopped vegetables, fresh or frozen
- Water (optional)

Preparation:

1. Heat fry pan. Add oil and heat on high temperature.
2. Add ginger, garlic, turkey, and vegetables. Stir fry about 1 minute to coat with oil.
3. Adjust heat to prevent scorching. Add sugar. If vegetables are tender, stop cooking.
4. If the vegetables are firm, add 1–2 tablespoons of water; cover and cook for 2 minutes or until tender.
5. Serve at once or, if you wish to add gravy, mix the gravy ingredients well, pour over vegetables and turkey, and cook for 30 seconds.
6. Refrigerate leftovers within 2 hours.

Yields 4 (¼ of recipe) servings

Nutritional Information Per Serving: 310 calories, 49g protein, 16g carbohydrate (4g fiber), 5g fat, 125mg cholesterol, 420mg sodium

Source: U.S. Department of Agriculture



Sweet Potato Patties

Ingredients:

- 3 sweet potatoes
- 1 cup crushed bread crumbs
- 1 Tablespoon vegetable oil

Preparation:

1. Wash the sweet potatoes.
2. Bake the sweet potatoes in a microwave until they are soft.
3. Remove the peels from the sweet potatoes.
4. Put the sweet potatoes in a medium bowl. Mash them with a fork.
5. Crush the bread crumbs on a cutting board with a rolling pin or jar.
6. Put the crushed bread crumbs in a small bowl.
7. Shape sweet potato into 6 small patties.
8. Roll each patty in the crushed crumbs.
9. Heat the oil in a frying pan on medium heat.
10. Brown each patty on both sides.

Notes: For variety, add some finely chopped apple.

Yields 6 (1 sweet potato patty) servings

Nutritional Information Per Serving: 150 calories, 3g protein, 26g carbohydrate (3g fiber), 3.5g fat, 0mg cholesterol, 170mg sodium

Source: U.S. Department of Agriculture



Easy Chicken Pot Pie

Ingredients:

- 1⅓ cups frozen mixed vegetables, thawed
- 1 cup cut-up cooked chicken
- 1 (10¾ ounces) can condensed low-fat cream of chicken soup
- 1 cup reduced-fat baking mix
- ½ cup milk
- 1 egg

Preparation:

1. Wash hands and any cooking surfaces.
2. Preheat oven to 400°F.
3. Mix vegetables, chicken, and soup in an ungreased 9-inch pie plate.
4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.

Yields 6 (⅓ of pie) servings

Nutritional Information Per Serving: 190 calories, 12g protein, 25g carbohydrate (1g fiber), 4g fat, 60mg cholesterol, 460mg sodium

Source: U.S. Department of Agriculture



Green Beans and New Potatoes

Ingredients:

- 16 ounces frozen green beans
- 8 small potatoes, washed, peeled, and halved
- 1 medium onion, chopped
- ¼ teaspoon salt

Preparation:

1. Add all ingredients to a large stock pot and cover with water.
2. Bring to a boil and reduce to medium heat.
3. Cook until green beans and potatoes are tender.

Total Time: About 20 minutes

Yields 6 (⅓ of recipe) servings

Nutritional Information Per Serving: 170 calories, 4g protein,
40g carbohydrate (6g fiber), 0g fat, 0mg cholesterol, 105mg sodium

Source: U.S. Department of Agriculture



Basic Custard

Ingredients:

- 1 egg
- 2 Tablespoons sugar
- 1 cup skim milk or reconstituted non-fat dry milk
- ¼ to ½ teaspoon vanilla (optional)

Preparation:

Stovetop version:

1. Beat egg and sugar together in a saucepan.
2. Add milk.
3. Place saucepan with egg/milk mixture in another pan containing 1–2 inches boiling water.
4. Stir custard constantly while cooking. Cook until foam disappears and custard coats the spoon. Remove from heat.
5. Add flavoring and stir. Pour into individual dishes and cool in the refrigerator. Custard will be soft.

Baked version:

1. Beat egg and sugar together in a baking dish.
2. Add milk and flavorings. Mix thoroughly.
3. Set baking dish in a shallow pan of hot water.
4. Bake at 350°F until the tip of a knife inserted in the center of the custard comes out clean (50–60 minutes). Do not overcook. Eat warm or refrigerate for later.

Note: An additional egg can be added during step #1.

Yields 4 (½ cup) servings

Nutritional Information Per Serving: 70 calories, 4g protein, 10g carbohydrate (0g fiber), 1g fat, 55mg cholesterol, 50mg sodium

Source: U.S. Department of Agriculture



Pineapple Pork

Ingredients:

- 1 medium green pepper, cut into strips
- 4 boneless pork chops (about 1 pound)
- 1/8 teaspoon salt
- 1 Tablespoon vegetable oil
- 1 can (8 ounces) pineapple chunks, undrained
- 1/4 teaspoon ginger
- 1/4 teaspoon cinnamon

Preparation:

1. Cut the green pepper into strips.
2. Heat the oil in a large skillet.
3. Place pork chops on the heated skillet. Sprinkle the salt on top.
4. Cook the pork for 5 minutes on low heat on each side. The pork should lose its pink color when it's cooked enough.
5. Remove the cooked pork from the skillet. Place it in a serving dish.
6. Put the green pepper in the skillet, and stir in the pineapple chunks with juice.
7. Stir in the ginger and cinnamon.
8. Simmer for about 3–5 minutes.
9. Spoon the pineapple mixture over cooked pork.

Note: Serve with cooked rice.

Yields 4 (3 ounce) servings

Nutritional Information Per Serving: 270 calories, 24g protein, 9g carbohydrate (1g fiber), 14g fat, 65mg cholesterol, 140mg sodium

Source: U.S. Department of Agriculture

