

# Pink Party Salad

## Ingredients:

- 4 potatoes – washed and cut in half
- 3 cups beets, cooked – peeled and diced
- 1 cup peas, green, fresh or frozen
- 3 eggs, hard-boiled
- 1 apple
- 1 teaspoon lemon juice
- 2 tablespoons olive oil
- 3 tablespoons vinegar
- 1 tablespoon sugar

## Preparation:

1. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
2. When thoroughly cool, dice potatoes and place in a big bowl.
3. Add diced beets and mix with the potatoes.
4. Set aside ¼ cup of peas for garnishing and add the rest to the bowl.
5. Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
6. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.
7. Add the vinegar, olive oil, and sugar.
8. Mix thoroughly. Chill and serve.

Yields: 6 (½ recipe) servings

Nutritional Information Per Serving: 140 calories, 5g protein, 22g carbohydrate, 5g fat, 0mg cholesterol, 6g fiber, 100mg sodium

Source: U.S. Department of Agriculture



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# Orange Pork Chops

## Ingredients:

- 2 pork chops
- 1 peeled sweet potato
- ½ orange, sliced
- Dash of cinnamon
- Dash of salt
- Dash of black pepper

## Preparation:

1. Preheat oven to 350°F.
2. In a medium skillet, brown pork chops in a small amount of oil.
3. Cut sweet potato into ½-inch slices.
4. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings.
5. Cover and bake for 1 hour until meat is tender. Cook pork to internal temperature of 170°F; check with meat thermometer.

Yields: 2 (1 pork chop) servings

Nutritional Information Per Serving: 270 calories, 25g protein, 17g carbohydrate, 11g fat, 65mg cholesterol, 3g fiber, 85mg sodium

Source: U.S. Department of Agriculture

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# Roasted Root Vegetables

## Ingredients:

4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, and sweet potatoes)

2 carrots, chopped

1 medium onion, chopped

¼ cup vegetable oil

3 tablespoons Parmesan cheese

Season with your favorite spices

## Preparation:

1. Preheat oven to 350°F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Yields: 4 (¼ of recipe) servings

Nutritional Information Per Serving: 250 calories, 5g protein, 26g carbohydrate, 15g fat, 5mg cholesterol, 7g fiber, 150mg sodium

Source: U.S. Department of Agriculture

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# Tomato Basil Soup

## Ingredients:

- 1 medium onion, chopped
- 1 tablespoon olive oil
- 2 crushed garlic cloves (or ¼ teaspoon garlic powder)
- 1 can (15.5 oz.) tomatoes, drained and chopped
- 1 pinch ground red pepper
- 1 teaspoon dried basil
- ⅔ cup nonfat dry milk (NDM) + 2 cups water (or substitute 2 cups nonfat milk for the reconstituted NDM)
- Salt and pepper to taste

## Preparation:

1. In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes.
2. Add garlic and cook 1 minute longer.
3. Add chopped tomatoes. Cook uncovered over medium heat for 10 minutes.
4. Spoon ¾ of mixture into food processor or blender container; puree until smooth. Return to saucepan.
5. Add red pepper, basil, and reconstituted NDM to the soup. Heat until hot but do not boil. Season to taste with salt and pepper. Serve immediately.

Yields: 4 (1 cup) servings

Nutritional Information Per Serving: 120 calories, 6g protein, 18g carbohydrate, 4g fat, 0mg cholesterol, 3g fiber, 210mg sodium

Source: U.S. Department of Agriculture



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# Colorful Quesadillas

## Ingredients:

- 8 ounces fat-free cream cheese
- ¼ teaspoon garlic powder
- 8 small four tortillas
- 1 cup chopped sweet red pepper
- 1 cup shredded low-fat cheese
- 2 cups fresh spinach leaves or 9 oz. package frozen, thawed and squeezed dry

## Preparation:

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons low-fat cheese on one-half of each tortilla.
4. Add spinach: ¼ cup if using fresh leaves OR 2 tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1 to 2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter, and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Yields: 8 (1 quesadilla) servings

Nutritional Information Per Serving: 160 calories, 11g protein, 21g carbohydrate, 3.5g fat, 5mg cholesterol, 2g fiber, 420mg sodium

Source: U.S. Department of Agriculture



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# Garden Barley Soup

## Ingredients:

- 1 can (46 oz.) tomato juice
- 1 can ( 10 ½ ounce) beef broth
- ⅓ cup regular barley
- ¼ cup sugar
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- ½ teaspoon crushed thyme leaves
- ¼ teaspoon salt
- 2 cups coarsely chopped zucchini
- 1 medium tomato, chopped
- ½ cup chopped green pepper

## Preparation:

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar, and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15 to 20 minutes or until vegetables and barley are tender.

Yields: 6 (⅓ of recipe) servings

Nutritional Information Per Serving: 130 calories, 4g protein, 29g carbohydrate, 0.5g fat, 0mg cholesterol, 4g fiber, 330mg sodium

Source: U.S. Department of Agriculture



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# Crunchy Chicken Salad

## Ingredients:

- 2 cups cooked chicken, chunked
- ½ cup chopped celery
- ¼ cup chopped green pepper
- ¼ onion, chopped
- ½ cucumber, chopped
- ½ cup grapes, sliced in half
- 1 small apple, diced (leave the peel on)
- ¼ cup plain yogurt

## Preparation:

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop onion.
5. Peel and chop cucumber.
6. Chop the apple into pieces, leaving the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together.

Note: Serve on lettuce, crackers, or bread.

Yields: 5 (¾ cup) servings

Nutritional Information Per Serving: 140 calories, 17g protein, 9g carbohydrate, 4.5g fat, 50mg cholesterol, 1g fiber, 65mg sodium

Source: U.S. Department of Agriculture

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# Frozen Fruit Cups

## Ingredients:

3 bananas

24 oz. nonfat strawberry yogurt

10 ounces strawberries, frozen – thawed and undrained

8 ounces canned crushed pineapple, undrained

## Preparation:

1. Line 18 muffin tins or muffin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin tins or muffin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Yields: 18 (one muffin cup) servings

Nutritional Information Per Serving: 50 calories, 2g protein, 12g carbohydrate, 0g fat, 0mg cholesterol, 1g fiber, 25mg sodium

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# Pizza Meat Loaf

## Ingredients:

- 1 pound ground turkey
- $\frac{3}{4}$  cup spaghetti sauce
- $\frac{1}{4}$  cup mozzarella cheese, part skim
- $\frac{1}{2}$  cup chopped green pepper
- $\frac{1}{4}$  cup minced onion

## Preparation:

1. Lightly grease 9-inch pie plate with vegetable oil. Pat turkey into pie plate.
2. Cover turkey with waxed paper. Cook in microwave on high; rotate plate  $\frac{1}{4}$  turn after 3 minutes. Cook until turkey no longer remains pink, about 5 more minutes. Drain.

## OR

Place turkey in 350°F oven; bake until turkey no longer remains pink, about 30 to 35 minutes.

3. Top cooked turkey with vegetables, spaghetti sauce, and cheese.
4. Return turkey to either the microwave or oven and heat until cheese is melted, about 1 to 2 minutes.

Yields: 4 ( $\frac{1}{4}$  of recipe) servings

Nutritional Information Per Serving: 220 calories, 22g protein, 6g carbohydrate, 12g fat, 95mg cholesterol, 1g fiber, 350mg sodium

Source: U.S. Department of Agriculture



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# Lentil Chili

## Ingredients:

- ½ pound ground beef
- 1½ cup chopped onion
- 1 clove garlic, crushed
- 2 cups lentils, cooked and drained
- 1 can (29 oz.) or 2 cans (14.5 oz) tomatoes, diced or crushed
- 1 tablespoon chili powder
- ½ teaspoon ground cumin (optional)

## Preparation:

1. In a large saucepan, brown beef over medium-high heat, breaking it into bite-sized pieces. Drain fat.
2. Add onion and garlic and cook until softened.
3. Add lentils, tomatoes, chili powder, and cumin. Cook for about 1 hour until flavors are blended.
4. Serve hot, topped with your favorite chili toppings.

Yields: 6 (1 cup) servings

Nutritional Information Per Serving: 210 calories, 16g protein, 28g carbohydrate, 4.5g fat, 25mg cholesterol, 7g fiber, 470mg sodium

Source: U.S. Department of Agriculture



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# Spinach and Meat Cakes

## Ingredients:

- 1 pound lean ground beef or turkey
- 2 bunches spinach, washed and cut into pieces (may substitute with a 1 pound bag of frozen chopped spinach, thawed and well drained)
- ½ small onion, finely chopped
- 2 garlic cloves, minced
- ½ teaspoon salt
- Black pepper to taste
- 3 cups cooked brown rice

## Preparation:

1. Preheat frying pan (no oil).
2. Combine all ingredients, except brown rice, in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over brown rice.

Yields: 6 (2 meat cakes each) servings

Nutritional Information Per Serving: 270 calories, 21g protein, 27g carbohydrate, 9g fat, 50mg cholesterol, 4g fiber, 340mg sodium

Source: U.S. Department of Agriculture



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# Party-Time Pasta

## Ingredients:

- ½ pound lean ground turkey
- 1 teaspoon paprika
- 1 can (14.5 oz.) tomatoes, crushed
- 1 can (14.5 oz.) reduced sodium chicken broth
- 2 cups bow tie pasta, uncooked
- 3 cups frozen vegetables, such as carrots, broccoli, and cauliflower, thawed

## Tasty Topping

- ½ cup chopped parsley, fresh or dried
- ¼ cup seasoned dry bread crumbs
- ¼ cup grated Parmesan cheese

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## Preparation:

1. Heat a large nonstick pan over medium heat.
2. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes.
3. Stir in tomatoes, chicken broth, and pasta. Bring mixture to a boil.
4. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10 to 15 minutes.
5. Remove lid. Place vegetables on top of pasta. Replace lid.
6. Cook until vegetables are tender, about 5 minutes.
7. Prepare the Tasty Topping. Mix parsley, bread crumbs, and Parmesan cheese. Sprinkle over vegetables in skillet.
8. Cover and let sit for 3 minutes before serving.

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Yields: 6 (1 cup) servings

Nutritional Information Per Serving: 210 calories, 14g protein, 26g carbohydrate, 6g fat, 35mg cholesterol, 5g fiber, 410mg sodium

Source: U.S. Department of Agriculture



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# Tortellini Soup

## Ingredients:

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| 1 cup dried Great Northern beans         | 1 teaspoon onion powder                   |
| ¼ cup brown lentils                      | ½ teaspoon instant minced garlic          |
| ¼ cup green split peas                   | ½ teaspoon thyme                          |
| 2 tablespoons dried parsley flakes       | ¾ cup dried tortellini                    |
| 1 tablespoon chicken broth granules      | 1 cup coarsely chopped carrots (optional) |
| 2 tablespoons chopped sun-dried tomatoes | 1 cup coarsely chopped celery (optional)  |
| 2 teaspoons grated Parmesan cheese       |   |

## Preparation:

1. Rinse beans.
2. Put into a 4 to 5 quart heavy pot with 8 cups of water.
3. Bring to a boil, reduce heat to medium, and cover. Simmer until the beans are tender (1 ¼ to 1 ½ hours).
4. Add 4 cups water, seasonings, tortellini, and, if desired, the coarsely chopped carrots and celery.
5. Return to boil.
6. Reduce heat to low and cover. Simmer ½ hour, until tortellini and vegetables are tender.

Yields 6 (1½ cup) servings

Nutritional Information Per Serving: 210 calories, 13g protein, 37g carbohydrate, 2g fat, 5mg cholesterol, 11g fiber, 270mg sodium

Source: U.S. Department of Agriculture

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