

Brussels Sprouts with Mushroom Sauce

Ingredients:

- ½ pound Brussels sprouts or broccoli, cabbage, kale, collard greens, or turnips
- ½ cup low-sodium chicken broth
- 1 teaspoon lemon juice
- 1 teaspoon spicy brown mustard
- ½ teaspoon dried thyme
- ½ cup sliced mushrooms

Preparation:

1. Trim Brussels sprouts and cut in half. Steam until tender — about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot, bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the Brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

Yields 2 servings

Nutritional Information Per Serving: 70 calories, 4g protein, 10g carbohydrate (4g fiber), 1g fat, 0mg cholesterol, 85mg sodium

Source: U.S. Department of Agriculture



Baked Pork Chops

Ingredients:

- 6 pork chops, lean center-cut, ½-inch thick
- 1 medium onion, thinly sliced
- ½ cup chopped green pepper
- ½ cup chopped red pepper
- ⅛ teaspoon black pepper
- ¼ teaspoon salt
- Fresh parsley for garnish

Preparation:

1. Trim fat from pork chops and place them in a 13x9-inch baking pan.
2. Spread onion and peppers on top of pork chops. Sprinkle with pepper and salt.
3. Refrigerate for 1 hour.
4. Preheat oven to 375°F.
5. Cover pan and bake 30 minutes.
6. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains. Garnish with fresh parsley.

Yields 6 (1 pork chop) servings

Nutritional Information Per Serving: 160 calories, 17g protein, 4g carbohydrate (1g fiber), 9g fat, 55mg cholesterol, 150mg sodium

Source: U.S. Department of Agriculture



Asian Coleslaw

Ingredients:

- 1 pound shredded cabbage or 16-ounce bag of coleslaw mix
- 1 can (11-ounce) mandarin oranges, drained
- ½ cup peanuts (optional)

Dressing Ingredients:

- ⅔ cup light Italian dressing
- 2 tablespoons low-sodium soy sauce

Preparation:

1. Mix the shredded cabbage or coleslaw, nuts, and mandarin oranges together in a large bowl.
2. Mix the Italian dressing and soy sauce and stir into the dry ingredients.

Yields 12 servings

Nutritional Information Per Serving: 45 calories, 1g protein, 6g carbohydrate (1g fiber), 2.5g fat, 0mg cholesterol, 250mg sodium

Source: U.S. Department of Agriculture



Baked Potatoes Primavera

Ingredients:

- 4 medium potatoes
- 4 cups frozen mixed vegetables
- 1¼ cups nonfat sour cream
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- Black pepper to taste

Preparation:

1. Pierce each potato several times with a fork. Microwave on high until tender, about 3–4 minutes per potato.
2. Steam mixed vegetables until hot.
3. Mix the sour cream with the herbs and pepper.
4. Split the potatoes in the center and fill with steamed vegetables. Top with sour cream mixture and serve hot.

Yields 4 (1 potato) servings

Nutritional Information Per Serving: 360 calories, 12g protein, 74g carbohydrate (13g fiber), 0g fat, 15mg cholesterol, 180mg sodium

Source: U.S. Department of Agriculture



Baked Chicken Nuggets

Ingredients:

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| 1½ pounds chicken thighs, boneless and skinless | ¼ teaspoon garlic powder |
| 1 cup cereal crumbs, cornflakes type | ¼ teaspoon onion powder |
| ½ teaspoon Italian herb seasoning | 1 teaspoon paprika |

Preparation:

1. Remove skin and bone from chicken; cut thighs into bite-sized pieces.
 2. Place cornflakes in plastic bag and crush with a rolling pin.
 3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
 4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.
2. Place chicken pieces in baking dish so they are not touching. Cover with waxed paper and cook on high.
 3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

Microwave

1. Lightly grease an 8x12-inch baking dish.
3. Bake until golden brown, about 12-14 minutes.

Yields 4 servings

Nutritional Information Per Serving: 230 calories, 34g protein, 7g carbohydrate (0g fiber), 7g fat, 140mg cholesterol, 240mg sodium

Source: U.S. Department of Agriculture



Asparagus with Gremolata Sauce

Ingredients:

- 2 pounds asparagus, washed and trimmed
- 2 tablespoons margarine or butter
- 2 teaspoons grated lemon peel
- 1 large garlic clove, minced
- 2 tablespoons fresh lemon juice
- Parsley for topping

Preparation:

1. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
2. Drain, rinse with cold water to cool quickly, and drain again.
3. Pat dry; wrap in a paper towel and then in plastic wrap. Refrigerate.
4. Start gremolata sauce by melting margarine in a heavy large skillet over medium-high heat.
5. Add lemon peel and garlic and stir for 30 seconds.
6. Add asparagus and toss to coat.
7. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with gremolata sauce, about 3 minutes.
8. Transfer to platter. Sprinkle with parsley and serve.

Yields 6 servings

Nutritional Information Per Serving: 70 calories, 3g protein, 6g carbohydrate (3g fiber), 4g fat, 0mg cholesterol, 55mg sodium

Source: U.S. Department of Agriculture



Banana Bread

Ingredients:

3 large, well-ripened bananas
1 egg
2 tablespoons vegetable oil
1/3 cup milk
1/3 cup sugar

1 teaspoon salt
1 teaspoon baking soda
1/2 teaspoon baking powder
1 1/2 cup flour

Preparation:

1. Preheat oven to 350°F.
2. Peel the bananas. Place them in a mixing bowl and mash them with a fork.
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder.
4. Mix well with the fork.
5. Slowly stir the flour into the banana mixture. Stir for 20 seconds until all the flour is moistened.
6. Lightly grease the bread pan with cooking spray or line it with wax paper.
7. Pour the batter into the bread pan.

8. Bake for 45 minutes, or until a toothpick inserted near the middle comes out clean.
9. Let the bread cool for 5 minutes before removing it from the pan.

Note: The key to good banana bread is to use well-ripened bananas that are covered with brown speckles.

Option: Try using half whole wheat flour to add more fiber.

Yields 12 (1 slice) servings

Nutritional Information Per Serving: 140 calories, 3g protein, 26g carbohydrate (1g fiber), 3g fat, 20mg cholesterol, 330mg sodium

Source: U.S. Department of Agriculture



Apple Carrot Pork Soup

Ingredients:

- 1 pound lean pork, cut into chunks
- 4 apples with skin, cored and quartered
- 4 large carrots, peeled and cut into chunks
- 1 piece dried orange peel (optional)
- 4 slices ginger
- ½ teaspoon salt
- 20 cups water

Preparation:

1. In a large pot over high heat, combine all ingredients and bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.

Yields 8 (1 cup) servings

Nutritional Information Per Serving: 110 calories, 10g protein, 13g carbohydrate (3g fiber), 3g fat, 25mg cholesterol, 200mg sodium

Source: U.S. Department of Agriculture



Salmon Patties

Ingredients:

- 1 can (15½ ounce) salmon, drained
- 1 cup whole-grain, crushed cereal or crackers
- 2 large eggs, lightly beaten
- ½ cup 1% milk
- ⅛ teaspoon black pepper
- 1 tablespoon vegetable oil

Preparation:

1. Use a fork to flake salmon until very fine.
2. Crush cereal or crackers into crumbs.
3. Add crumbs, eggs, milk, and pepper to salmon.
4. Mix thoroughly.
5. Shape into 9 patties.
6. Heat oil in a skillet.
7. Over medium heat, carefully brown both sides until salmon patty is thoroughly cooked.

Option: Replace the salmon with canned tuna fish. For fun, use a combination of the tuna and salmon!

Yields 9 (1 patty) servings

Nutritional Information Per Serving: 110 calories, 12g protein, 5g carbohydrate (1g fiber), 4.5g fat, 20mg cholesterol, 270mg sodium

Source: U.S. Department of Agriculture



Corn and Bean Medley

Ingredients:

- 3 tablespoons liquid drained from canned corn
- ¼ cup chopped onion
- 1 cup canned, whole-kernel corn, drained
- ¾ cup kidney beans, cooked
- ¾ teaspoon chili powder
- ¼ teaspoon hot red pepper flakes (optional)

Preparation:

1. Heat 3 tablespoons of liquid from canned corn in saucepan.
2. Cook onion in liquid until soft, about 2 minutes.
3. Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture.
4. Cook over low heat for about 10 minutes.

Yields 4 (¼ cup) servings

Nutritional Information Per Serving: 100 calories, 4g protein, 17g carbohydrate (4g fiber), 1g fat, 0mg cholesterol, 210mg sodium

Source: U.S. Department of Agriculture



Chicken and Spanish Rice

Ingredients:

- 1 cup chopped onions
- ¼ cup green peppers
- 2 teaspoons vegetable oil
- 1 (8 ounce) can low-sodium tomato sauce
- 1 teaspoon chopped parsley
- ½ teaspoon black pepper
- ¼ teaspoons minced garlic
- 5 cups brown rice, cooked in unsalted water
- 3½ cups cooked chicken breast, skinless, boneless, and diced

Preparation:

1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat thoroughly.
3. Add cooked rice and chicken. Heat until all ingredients are warmed.

Yields 5 servings

Nutritional Information Per Serving: 420 calories, 37g protein, 51g carbohydrate (5g fiber), 7g fat, 85mg cholesterol, 320mg sodium

Source: U.S. Department of Agriculture



Tomato Basil Bruschetta

Ingredients:

- 8 ripe, Roma (plum) tomatoes, chopped
- 2 garlic cloves, minced
- ½ red onion, chopped
- 6–8 fresh basil leaves
- 2 tablespoons extra-virgin olive oil
- 1 loaf Italian or French bread, cut into ½-inch diagonal slices
- Salt to taste
- Pepper to taste

Preparation:

1. Preheat oven to 400°F.
2. Combine tomatoes, garlic, onion, basil, and olive oil in a bowl. Season with salt and pepper.
3. Arrange bread on a baking sheet in a single layer. Bake about 5 to 7 minutes, until bread begins to brown slightly.
4. Remove bread from oven and transfer to a serving platter.
5. Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

Yields 12 (1 slice) servings

Nutritional Information Per Serving: 80 calories, 2g protein, 12g carbohydrate (1g fiber), 3g fat, 0mg cholesterol, 120mg sodium

Source: U.S. Department of Agriculture



Ambrosia

Ingredients:

- 1 can (20 ounce) pineapple chunks in juice, drained
- 1 can (11 ounce) mandarin oranges, drained
- 1 banana, peeled and sliced
- 1½ cups seedless grapes
- ¾ cup miniature marshmallows
- ⅓ cup flaked coconut
- 1 carton (8 ounce) low-fat vanilla yogurt

Preparation:

1. Drain pineapple and oranges. Use juice as a beverage.
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt.
4. Chill and serve.

Yields 8 (½ cup) servings

Nutritional Information Per Serving: 140 calories, 3g protein, 33g carbohydrate (2g fiber), 1.5g fat, 0mg cholesterol, 35mg sodium

Source: U.S. Department of Agriculture

