

Tuna Quesadillas

Ingredients:

- 1 can drained tuna fish, packed in water
 - 1 tablespoon mayonnaise, light
 - 4 flour tortillas
 - ½ cup grated low-fat cheddar cheese
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Preparation:

1. Mix tuna with mayonnaise.

Microwave:

Spoon filling onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Stove:

Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with nonstick cooking spray. Brown quesadillas on both sides.

2. Cut in half before serving.
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Yields 4 (¼ recipe) servings

Nutritional Information Per Serving: 180 calories, 17 g protein, 17 g carbohydrate (1 g fiber), 5 g fat, 15 mg cholesterol, 330 mg sodium

Source: U.S. Department of Agriculture



Banana Split Oatmeal

Ingredients:

- 1/3 cup dry oatmeal, quick-cooking
- 1/8 teaspoon salt
- 3/4 cup very hot water
- 1/2 sliced banana
- 1/2 cup frozen non-fat yogurt

Preparation:

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

TIP: The banana split oatmeal can also be a snack by itself.

Yields 1 serving

Nutritional Information Per Serving: 150 calories, 4 g protein, 30 g carbohydrate (4 g fiber), 1 g fat, 0 mg cholesterol, 290 mg sodium

Source: U.S. Department of Agriculture



20-Minute Chicken Creole

Ingredients:

1 tablespoon vegetable oil	2 celery ribs, chopped
2 whole, skinless, boneless chicken breasts	1 small onion, chopped
1 can (14½ oz.) diced tomatoes with juice	2 garlic cloves, minced
1 cup low-sodium chili sauce	1 teaspoon dried basil
1 large green pepper, chopped	1 teaspoon dried parsley
	¼ teaspoon cayenne pepper
	¼ teaspoon salt

Preparation:

1. Heat pan over medium-high heat (350°F in an electric skillet). Add vegetable oil and chicken and cook until no longer pink when cut (3-5 minutes).
2. Reduce heat to medium (300°F in an electric skillet).
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
4. Bring to a boil; reduce heat to low and simmer, covered, for 10-15 minutes.
5. Serve over hot, cooked rice or whole wheat pasta.
6. Refrigerate leftovers within 2-3 hours.

Yields 8 (1 cup) servings

Nutritional Information Per Serving: 130 calories, 9 g protein, 18 g carbohydrate (1 g fiber), 3 g fat, 20 mg cholesterol, 260 mg sodium

Source: U.S. Department of Agriculture



Cucumber Yogurt Dip

Ingredients:

- 2 cups low-fat plain yogurt
- 2 large cucumbers, peeled, seeded, and grated
- ½ cup non-fat sour cream
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

Preparation:

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Yields 6 (⅓ recipe) servings

Nutritional Information Per Serving: 100 calories, 6 g protein, 16 g carbohydrate (2 g fiber), 1.5 g fat, 5 mg cholesterol, 120 mg sodium

Source: U.S. Department of Agriculture



Green Bean Sauté

Ingredients:

- 1 cup chopped onions
- 1 cup sliced mushrooms
- 1 teaspoon minced garlic
- 1 can (16 ounce) cut green beans, drained

Preparation:

1. Spray a skillet with non-stick cooking spray.
2. Sauté onions, mushrooms, and garlic.
3. Add green beans and heat thoroughly.

Yields 6 (½ cup) servings

Nutritional Information Per Serving: 30 calories, 2 g protein,
7 g carbohydrate (2 g fiber), 0 g fat, 0 mg cholesterol, 200 mg sodium

Source: U.S. Department of Agriculture



Hooked on Salmon Sticks

Ingredients:

- 1 can (14¾ ounces) drained pink salmon
- ½ cup crushed saltine crackers (about 16 crackers)
- 1 egg
- 1 tablespoon vegetable oil
- Non-stick cooking spray

Preparation:

1. In a large mixing bowl, combine salmon, cracker crumbs, and egg.
2. Divide mixture into 8 balls and shape into sticks about 4 inches long.
3. Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes.
4. Flip over and cook about 3 minutes or until golden brown.

Note: Canned pink salmon contains soft bones that are a great source of calcium. Take out any large, hard bones, and then mash the small bones with a fork. You can do this and you will never know the bones are there once the fish is cooked. Pink salmon is "swimming" with omega-3 fatty acids — a "good" thing for your heart. So it's a good idea to get hooked on salmon. Rinsing your hands in lemon juice and water will get rid of the fishy smell after preparing fish.

Yields 8 (⅛ recipe) servings

Nutritional Information Per Serving: 120 calories, 11 g protein, 4 g carbohydrate, 7 g fat, 60 mg cholesterol, 300 mg sodium

Source: U.S. Department of Agriculture



Fabulous Fruit Muffins

Ingredients:

- 1¼ cups flour
- ¼ cup sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¾ cup low-fat buttermilk
- 2 tablespoons melted margarine
- 1 slightly beaten egg
- ½ teaspoon vanilla extract
- 1 cup coarsely chopped frozen strawberries or other fruit, fresh or frozen

Preparation:

1. Wash your hands and work area.
2. Heat oven to 400°F. Spray muffin tin with non-stick cooking spray.
3. In a large bowl, combine the flour, sugar, baking powder, and baking soda. Stir well until all ingredients are blended.
4. In another bowl, combine buttermilk, margarine, egg, and vanilla. Pour this mixture into the dry ingredients (made in step #3).
5. Using a large spoon, gently stir ingredients just until moist (do not over-mix). Add fruit and stir gently (do not over-mix).
6. Spoon batter evenly into 9 muffin cups.
7. Bake 20 to 25 minutes or until golden brown.
8. Serve hot or cold. Muffins may be frozen for later use.

Yields 9 (1 muffin) servings

Nutritional Information Per Serving: 130 calories, 3 g protein, 22 g carbohydrate (1 g fiber), 3.5 g fat, 25 mg cholesterol, 105 mg sodium

Source: U.S. Department of Agriculture



Black Bean Soup

Ingredients:

- 1 cup chopped onion
- $\frac{3}{4}$ cup chopped celery
- 2 teaspoons chopped garlic
- $1\frac{1}{2}$ cups beef broth, * fat removed
- 2 cans (15 oz. each) black beans, drained and rinsed
- $\frac{1}{2}$ cup salsa, thick and chunky
- $1\frac{1}{2}$ teaspoon cumin
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon dried oregano

Preparation:

1. Combine all ingredients in a saucepan.
2. Cover and simmer for 20-25 minutes or until vegetables are tender.

Yields 4 ($1\frac{1}{4}$ cup) servings

Nutritional Information Per Serving: 180 calories, 10 g protein, 27 g carbohydrate (10 g fiber), 1.5 g fat, 0 mg cholesterol, 870 mg sodium

*To lower the sodium in this recipe, use low-sodium beef broth.

Source: U.S. Department of Agriculture



Carrots with Tomatoes and Macaroni

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 4 canned plum tomatoes, chopped
- ½ cup canned tomato juice
- 6 large carrots, peeled and sliced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon sugar
- 2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley
- 1 teaspoon butter
- 1 cup elbow macaroni, cooked

Preparation:

1. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper, and sugar.
2. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce.
3. Stir in the parsley. Mix the butter with the cooked elbows. Stir in the carrot mixture and serve.

Yields 4 (¼ recipe) servings

Nutritional Information Per Serving: 170 calories, 4 g protein, 27 g carbohydrate (5 g fiber), 5 g fat, 5 mg cholesterol, 240 mg sodium

Source: U.S. Department of Agriculture



Basic Quiche

Ingredients:

1 (9-inch) baked pie shell	3 beaten eggs
1 cup chopped vegetables, cooked and drained (broccoli, zucchini, or mushrooms)	1 cup skim milk
½ cup cheese, shredded	½ teaspoon salt
	½ teaspoon pepper
	½ teaspoon garlic powder

Preparation:

1. Preheat the oven to 375°F.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup.
4. Cook the vegetables until they are cooked through, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables.
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving.

Yields 6 (⅓ recipe) servings

Nutritional Information Per Serving: 210 calories, 9 g protein,
14 g carbohydrate (1 g fiber), 13 g fat, 115 mg cholesterol, 450 mg sodium

Source: U.S. Department of Agriculture



Creamy Chicken Hash

Ingredients:

1 medium (6 ounce) russet potato, scrubbed

2 tablespoons butter or canola oil, divided

½ small onion, finely chopped

¼ cup finely chopped green bell pepper

¼ cup finely chopped red bell pepper

¼ cup finely chopped celery

1 small garlic clove, finely chopped

Canola cooking spray

2 cups diced skinless cooked chicken breast

2 tablespoons low-fat (2%) milk

Pinch of cayenne pepper, or to taste

Salt and freshly ground

black pepper, to taste

4 tablespoons prepared barbecue sauce

Preparation:

1. Shred the potato and set aside. (It will darken in color, but this will not affect hash.)

2. Heat 1 tablespoon butter or oil in a medium/large non-stick skillet. Add onion, bell peppers, celery, and garlic. Sauté until lightly browned, about 5 minutes. Push vegetables to one side of pan. Add remaining butter or oil. Add potatoes and mix with oil to coat them. Mix and combine well with the vegetables. Cook 3 minutes. If potatoes stick, scrape pan vigorously and move contents around pan to spray the bottom with cooking spray.

3. Mix in chicken, milk, cayenne, salt, and pepper. Spread and flatten out the mixture into a thick cake. Use the edge of a pancake turner to cut it into 4 sections. (Hash can also be broken into rough pieces while cooking.) Cover the pan. Cook until potatoes are tender and hash is lightly browned, 3 to 5 minutes, turning so bottom sides can also be brown. (Spray pan with oil spray if necessary while turning hash.)

4. When hash is done, divide equally among four plates. Serve with barbecue sauce drizzled on top or around each portion. (If desired, sauce can be thinned first, by mixing 4 tablespoons of sauce with 4 tablespoons of milk.)

Yields 4 (¼ recipe) servings

Nutritional Information Per Serving: 250 calories, 23 g protein,

18 g carbohydrate (2 g fiber), 8 g fat, 75 mg cholesterol, 320 mg sodium

Source: U.S. Department of Agriculture



Couscous with Peas and Onions

Ingredients:

- 1 cup onion, finely chopped
- ½ teaspoon ground sage
- 1 teaspoon olive oil
- 1½ cups water
- 1 cup green peas, frozen
- 1 cup couscous
- ½ teaspoon salt (optional)

Preparation:

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.
6. Serve with lemon wedges or balsamic vinegar.

Yields 4 (¼ recipe) servings

Nutritional Information Per Serving: 190 calories, 7 g protein, 37 g carbohydrate (4 g fiber), 1.5 g fat, 0 mg cholesterol, 50 mg sodium

Source: U.S. Department of Agriculture



Apple Salad

Ingredients:

- 2 eggs
- 2 cups diced apples
- 1 cup diced celery
- ½ cup raisins
- ½ cup nuts
- 2 tablespoons salad dressing or mayonnaise
- 1 tablespoon orange juice

Preparation:

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins, and nuts with the dressing mixture.

Yields 8 (½ cup) servings

Nutritional Information Per Serving: 110 calories, 2 g protein,
15 g carbohydrate (2 g fiber), 6 g fat, 0 mg cholesterol, 45 mg sodium

Source: U.S. Department of Agriculture

