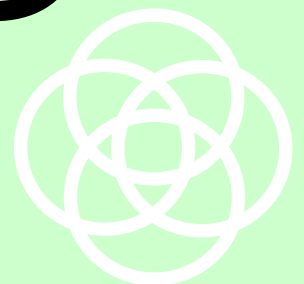




healthy

by: megan snider

helpings



acknowledgements

First, I must thank the institution of Girl Scouts for existing and presenting me with the opportunity to do this project.

Next, I have to thank my family for constantly pushing me to get this project done and never letting up on me. I really needed that push!

Mr. and Mrs. Smith are two of the most generous and brilliant chefs (well one brilliant chef and one brilliant wife to keep him in check) out there. I thank you endlessly for your help.

Thanks to Piddles, aka Sam Johnson. You might have pushed me even harder than my parents did to get this project done! Thank you!

Thank you to Rachel Longest, Mary Reiter, Thomas Ross and the Ross family, Melanie Moomau and Nick Slaughter, Erica Morrissey, Yvonne and Alison Rep, Sam Johnson, The Lopez Family, Elizabeth Levin and Diane and Alexis Vreeland for your help with testing the recipes. I could not have done this project without all of your help!

Thank you to the Bowie Interfaith Pantry staff for letting me bother all of you and let me do this project for you.

contents

introduction

kitchen tips

breakfast

lunch

appetizers and snacks

main dishes

sides

desserts

introduction

This book was created so that all people who cook with a limited selection of ingredients, especially clients of food banks, are able to create healthy meals. I know that eating and cooking healthily can be difficult and not always fun, but I have put forth my best efforts to find the most fun and delicious recipes while keeping good health in mind! I have reviewed these recipes with some of the best food experts I know and have tested and retested the recipes until the tastiest, healthiest, most affordable, and easiest recipes were created!

I hope you all enjoy creating these recipes as much as I loved creating this cookbook!

works used

While I was writing this book, I used other cookbooks to help come up with recipes and to get nutrition information and such. I have provided a list of them to both to cite where I got my information, but also to give you all more references to make healthy, affordable meals!

Cooking Basics for Dummies by Bryan Miller, Marie Rama, and Eve Adamson

Complete Idiot's Guide: Eating Well on a Budget by Lucy Beale and Jessica Partridge

4 Ingredients: KIDS—Simple, Healthy Fun in the Kitchen by Kim McCosker
Cheap. Fast. Good! by Beverly Mills and Alicia Ross

One-Dish Meals: 100 Delicious Recipes by Good Housekeeping

The Art of Nutritional Cooking: Third Edition by Michael Baskette and James Painter

One-Pot Meals: Great Taste, Low Fat by Time-Life Books

Betty Crocker's Kids Cook by Betty Crocker

Common Ingredient Substitutions by Allrecipes Staff

<http://dish.allrecipes.com/common-ingredient-substitutions/>

Ideally How Many Grams of Fat Should You Consume Daily by Erin Coleman

<http://healthyeating.sfgate.com/ideally-many-grams-fat-should-consume-daily-5501.html>

Common Ingredient Substitutions by The Old Farmer's Almanac

<http://www.almanac.com/content/common-ingredient-substitutions>

Allrecipes.com for multiple base recipes

Myrecipes.com for multiple base recipes

reference page

book markings

-I have marked recipes that contain the common allergens of milk/butter/dairy products, gluten, eggs, and nuts. The symbols for each of the allergens are listed below, respectively. If a recipe contains any of these allergens, you can find these images in the lower right hand corner of each recipe.



-I use the abbreviation TBS for tablespoon and tsp for teaspoon.

nutrition information

-This book is full of recipes that are healthy, however, if the portions are too large or the recipe is not followed, they can be just as unhealthy as a hamburger from McDonald's. I have provided the calorie, fat, and sodium information for each recipe. If you use that information along with how much an average, adult person should eat in a day, you can still maintain a healthy life style.

	Calories	Grams of Fat	Milligrams of Sodium
Males	2000-3000	58-101 g	2300 mg
Females	1600-2400	44-78 g	2300 mg

-A person with diabetes, high blood pressure, and other chronic diseases should eat no more than or less than 1,500 milligrams of sodium per day. All of this information also can change depending on how active a person is what his or her medical history is like.

places to find affordable food or help

-ALDI sells food for a low price and is located in Bowie at the Hilltop Shopping Center.

- Mom's Organic Market leaves boxes of food that is no longer sellable, but still good outside of their doors every night for anyone to take. Mom's is also located in Bowie in the Hilltop Shopping Center.

-Wholesale stores like BJ's and Costco also can cut down on costs. If you buy in bulk, the price is lower per product, but the total can be higher than it is normally because of the quantity.

-WIC is a program for women, infants, and children. This program helps low-income women who are pregnant, breastfeeding, or who have a small child to get food, find health care, and learn about nutrition. For more information, visit <http://www.fns.usda.gov/wic/women-infants-and-children-wic> or call 1-800-242-4942.

kitchen tips

1. If you are using any canned item and the recipe does NOT call for you to leave it undrained, DRAIN and RINSE your canned goods! Not only does this process leave your food tasting better, it washes off almost half of the sodium content!
2. Don't be afraid of canned chicken. I know it feels slimy and weird, but it is one of the safest forms of chicken you can eat due to strict canning laws.
3. By eating one vegetarian meal each week, a family of four can save over \$200 every year. Not only is that good for the budget, not eating meat every day is good for your health!
4. Reheat things in your microwave at 80%; it will still make your food hot in the middle, but plate won't burn your hand! You can change the wattage on most microwaves by putting in whatever time you need and before you press 'start', press 'cook power' and press '8' for 80%. Then, you can press 'start'.
5. If you need to test for doneness in a baked good or casserole, take a toothpick and poke it in the center. The toothpick should be clean when you pull it out.
6. When draining meat (ground beef) after cooking, don't pour the fat down the drain. Put a strainer over a small bowl and spoon the beef into the strainer to drain the fat. You can either throw the fat away after it solidifies or you can keep it in the refrigerator to cook with later. Meat fat, especially bacon fat, gives the other food you cook with a great flavor, though it isn't the most healthy.
7. If you ever get a cornbread mix in a box, simply mix some fresh or frozen corn kernels into the batter. Your corn bread will be 10 times as moist and it even adds a little more nutrition!
8. If a recipe ever calls for sour cream, use low fat sour cream. Low fat sour cream has the same flavor, minus the fat!

kitchen tips: helpful substitutions

- 1 cup of self rising flour=1 1/2 tsp baking powder, 1/2 tsp salt, and 1 cup all purpose flour
- 1/4 cup dry bread crumbs=1 slice of bread
- 1 cup heavy cream=3/4 cup milk and 1/3 cup melted butter
- 1 cup whipping cream=2/3 cup chilled evaporated milk, whipped
- 1 cup whole milk=1/2 cup evaporated milk and 1/2 cup water
- 1 cup broth: beef or chicken=1 bullion cube and 1 cup boiling water
There are about 2 cups of broth in a can of broth!
- 1 cup buttermilk=1 cup yogurt OR 1 TBS lemon juice or vinegar and enough regular milk to make 1 cup, let stand for 5 minutes
- 1 cup mayonnaise= 1 cup sour cream OR 1 cup plain yogurt
- 1 TBS orange juice=1 TBS any other citrus juice
- 1 cup ricotta=1 cup dry cottage cheese
- 1 tsp vinegar=1 tsp lemon OR lime juice
- 1 cup butter=1 cup regular margarine OR an equal amount of oil if the recipe calls for melted butter
- 1 cup molasses=1 cup honey OR 1 cup corn syrup OR 1 cup maple syrup
- 1 TBS cornstarch=2 TBS flour
- 1 whole egg=1/4 cup egg substitute OR 1/2 tsp baking powder, 1 TBS vinegar, and 1 TBS of a liquid, for BAKING ONLY
- 1 10 3/4 oz can tomato soup=1 cup tomato sauce and 1/4 cup water
- Lining with parchment paper=coating the pan with oil/butter
- 1 clove of garlic=1 tsp bottled minced garlic

breakfast

breakfast fruit

cheesy hash browns

fruit parfait

green eggs & ham

purple pancakes

scrambled eggs

spiced butternut squash

breakfast fruit

Serves: 4

Prep and Cook time: 10 min

Per serving: 197 calories, 11g fat, 96 mg sodium

1 (15 oz) can of peaches or pears, rinsed and drained

1/4 cup marmalade (orange, grapefruit, lemon, lime)

1/4 cup (1/2 stick) butter

1. Melt butter in frying pan. Add marmalade and stir until melted.
2. Add rinsed and drained fruit and turn gently until coated with sauce.
3. You can serve over pancakes or waffles as is, or leave in the pan until they brown on the edges.



cheesy hash browns

Serves: 6

Prep and Cook time: 15 min

Per serving: 476 calories, 26 g fat, 330 mg sodium

4 potatoes, peeled

1 1/4 cups grated Cheddar cheese

1/4 cup vegetable oil, plus extra if needed

1. Preheat the oven to 325° F. Line a baking sheet with paper towels.
2. Coarsely grate the potatoes, then use your hands to squeeze out as much excess liquid as possible and transfer to a bowl. Stir in the Cheddar and season to taste.
3. In a large nonstick skillet, heat 2 TBS of the oil over medium heat until shimmering but not smoking. Place four 1/4 cup portions of the potato mixture in the pan and flatten each with a spatula.
4. Cook until browned on one side, about 2 minutes. Flip and cook the other side for an additional 2 minutes.
5. Transfer the hash browns to the baking sheet and place in the oven to keep warm. Repeat with additional the remaining mixture for 2 more batches, reheating and adding more oil between batches if necessary.

Vary It! Use this recipe to smuggle more delicious veggies into your kid's diet! Grate in a little onion, carrot, or zucchini, or add some finely chopped red or green bell pepper, or ham.



fruit parfait

Serves: 2

Prep time: 10 min

Per serving: 265 calories, 11 g fat, 51 mg sodium

1 small banana, sliced 1/2 cup granola, plus extra 3/4 cup vanilla yogurt
8 strawberries, quar- for topping

tered

1. Layer the ingredients into a dish or Tupperware beginning with the fruit, then yogurt, and then cereal.
2. Repeat two more times to finish with a layer of cereal on top. Top with a strawberry or berry of choice.

Vary It! For something to eat while running out the door, try a shake! Use 1 banana, 1/2 cups milk, 2 to 3 TBS of your favorite whole-grain cereal, and 1 tsp honey. Blend all the ingredients together until nice and smooth. It is a tasty, nutritious, and fast breakfast!



green eggs and ham

Serves: 1

Prep and Cook time: 10 min

Per serving: 252 calories, 10 g fat, 1672 mg sodium

1 or 2 eggs

1 slice whole-grain bread

2 TBS of water/milk

1 thin slice honey-baked ham, cut into slivers

1 tsp chopped fresh chives (optional)

1 can spinach (juice squeezed/pressed out)

1. Heat an 8-inch nonstick skillet over low heat.

2. In a small bowl, whisk the egg and 2 TBS of water/milk until light and fluffy. Add in the pressed canned spinach and mix. Toast the bread while you cook the egg, as the egg cooks very quickly!

3. Pour the egg into the skillet and stir constantly for about 1 minute, or until it becomes slightly firm.

4. Stir in the ham and chives. Your egg is ready when there are no runny bits! Serve with the toast.

Vary It! If you have no chives, use parsley, a giant in terms of health benefits. You can also add tomato, cheese, or other vegetables into the egg mixture!



purple pancakes

Serves: 5

Prep and Cook time: 20 min

Per serving: 141 calories, 3 g fat, 353 mg sodium

1 cup self-rising flour
(or 1-1/2 tsp baking powder, 1/2 tsp salt, and 1 cup all-purpose flour)

1 cup milk
1 egg, beaten

1/2 cup berries,
thawed if frozen

1. In a bowl, lightly whisk together the flour, milk, and egg until all lumps are gone. 2. Gently stir in the berries. Heat a nonstick skillet over medium heat.

3. Using a 1/4 cup measure, pour 3 lots of batter into the pan.

4. Once the pancakes begin to bubble evenly, flip and cook the other side until the bottom is lightly golden. Repeat until all the batter is gone.

Vary It! Serve dolloped with your kids' favorite yogurt and additional berries. If you have ground cinnamon in your pantry, add a pinch to the batter for a lovely flavor.

If you (or your kids) aren't fans of pancakes with fruit in them, simply omit the berries from the recipe and you can just top the pancakes with 'Breakfast Fruit'!



scrambled eggs

Serves: 4

Prep and Cook time: 10 min

Per serving: 228 calories, 19 g fat, 133 mg sodium

8 eggs

1/4 cup light cream,
half-and-half, milk, or
water

2 TBS chopped chives
(optional)

1/2 tsp salt (recommended)

Few dashes of black
pepper

2 TBS butter

1. Break the eggs into a medium bowl. With a wire whisk or a fork, beat the eggs just until they're blended to incorporate the yolks and whites.
2. Add the cream/milk/water and chives, salt, and pepper (if desired), and beat a few seconds to blend.
3. Heat a 10-inch skillet or omelet pan over medium heat. Add butter. As it melts, tilt the pan to cover the surface with butter. Pour in the egg mixture.
4. Stir the eggs, pulling them gently across the bottom and sides of the pan with a spatula or wooden spoon as they set. Cook to desired doneness (from creamy to dry). Taste before serving to determine whether you need more salt and/or pepper.

Vary It! Add shredded cheese, salsa, tomatoes, peppers, hot sauce, or whatever you can think of in order to dress up your eggs!



spiced butternut squash muffins

Serves: 12

Prep and Cook time: 1 hr 15 min

Per serving: 121 calories, 1.9 g fat, 129 mg sodium

1/2 pound peeled, seeded and cubed butternut squash

1/2 cup white sugar

3/4 cup milk

1 1/2 cups all-purpose flour

1/4 tsp salt

1 egg, beaten

2 tsp baking powder

2 tsp pumpkin pie spice (equal parts cinnamon, nutmeg, ginger, and allspice)

1 TBS butter, melted

1. Preheat oven to 400° F. Lightly grease a 12 cup muffin pan.
2. In a medium saucepan with enough water to cover, boil the squash for 20 minutes, or until tender. Remove from heat, drain, and puree in a food processor. If you don't have a food processor, place the squash in a bowl and smash with a potato masher or with a fork until very smooth.
3. In a large bowl, whisk together flour, baking powder, white sugar, salt and pumpkin pie spice.
4. In a medium bowl, thoroughly mix together milk, egg and butter. Stir in squash puree. Fold the squash mixture into the flour mixture just until moistened.
5. Spoon the batter into the prepared muffin pan, filling cups about 1/2 full. Bake 20 minutes in the preheated oven, or until a toothpick inserted in the center of a muffin comes out clean.
6. Remove from muffin pan and cool before serving.



lunch

chicken caesar salad

creamy chicken and raisin salad

hawaiian ham rollups

hot diggity dogs

oriental salad

pita pizza

pizzadilla

spaghetti cupcakes

tuna melt with vegetables

chicken caesar salad

Serves: 4

Prep and Cook time: 20 min

Per serving: 242 calories, 11 g fat,
451 mg sodium

8 cups torn lettuce
(romaine recommended)

1/2 cup grated Parmesan
cheese

1 cup croutons

Pepper, to taste

3/4 cup Caesar-style
dressing

2 cups already cooked
chicken chunks, defrosted if
frozen, or canned chicken

1. Place the lettuce in a large bowl. Add the Parmesan cheese and croutons. Pour the dressing over the salad and toss to coat well.

2. Divide the salad among 4 plates and top with the chicken.

Vary It! If you don't have any dressing, try whisking together 1/4 cup parmesan cheese, 1/4 cup mayonnaise, 2 TBS milk, 1 TBS lemon juice, 2 tsp mustard, 1 clove of garlic, and 1/8 tsp cayenne pepper



creamy chicken and raisin salad

Serves: 4 (1/2 cup)

Prep time: 5 min

Per serving: 189 calories, 5 g
fat, 83 mg sodium

1/2 cup chopped celery,
about 2 stalks

1/8 cup golden raisins, or
more to taste

4 crisp lettuce leaves
(optional)

2 TBS honey

1 tsp chili powder

8 oz. cooked chicken,
chopped

1/8 cup walnuts, chopped,
or more to taste

1/2 cup plain yogurt

1 tsp curry powder

1. In a large bowl, combine chicken, yogurt, raisins, walnuts, celery, honey, curry powder, and chili powder. Stir well.

2. Spoon salad onto lettuce leaves and serve.

Vary It! If you are lactose intolerant, you can substitute mayonnaise for the yogurt in this recipe.

Pack this salad to go by wrapping it in a whole-wheat tortilla. When grapes are in season, add 1/4 cup sliced green grapes to the salad for a refreshing, sweet crunch.



hawaiian ham rollups

Serves: 4

Prep and Cook time: 10 min

Per serving: 227 calories, 12.4 g fat, 692 mg sodium

1 tsp olive oil

8 (1 oz.) slices ham

4 whole wheat tortillas

1/2 cup crushed pineapple

2 TBS Parmesan cheese,
or a mild cheddar
cheese

1/4 cup bottled
poppy seed salad
dressing (or any
sweet dressing)

1. Heat olive oil on low heat in a large skillet. Sauté each tortilla until slightly warm, 5-10 seconds on each side. Then lightly sauté ham slices.

2. On each tortilla, arrange 2 slices ham and 2 TBS crushed pineapple. Sprinkle with Parmesan cheese and roll up. Serve with salad dressing in small side bowl for dipping.

Vary It! You can also warm up your tortillas by wrapping them in a moist paper towel and microwaving it for a few seconds to cut fat even more.



hot diggity dogs

Serves: 4

Prep and Cook time: 15 min

Per serving: 468 calories, 24 g fat, 1236 mg sodium

4 hot dogs

1 can (13.7 oz) baked beans

½ cup shredded white Cheddar cheese (recommended)

4 split-top hot dog buns

1. In a saucepan of simmering water, cook the hot dogs until heated through, 5 to 7 minutes.
2. Meanwhile, in a small saucepan, warm the baked beans. Stir occasionally.
3. Place the drained hot dogs in the buns and top with the baked beans and cheese.

Vary It! Try other toppings for the Hot-Diggity Dogs! Make a quick salsa with tomatoes, red bell pepper, and cilantro. Caramelized onions, crispy bacon, and cheese are delicious add-ons, or simply serve with ketchup and mustard.



oriental salad

Serves: 2

Prep time: 10 min

Per serving: 279 calories, 19 g fat, 160 mg sodium

1 can mandarin oranges, drained

4 cups lettuce, or arugula, or spinach leaves

1/2 cup sliced almonds (optional)

2 TBS rice wine vinegar, or apple cider vinegar, or white wine vinegar, or white vinegar

1 tsp soy sauce

2 TBS oil (canola or vegetable)

2 tsp sesame oil or 1 tsp mustard

1. To make the dressing, combine the oil, sesame oil or mustard, vinegar, and soy sauce in a small bowl.

2. Cut and divide the lettuce between the two serving dishes. Rinse and drain the oranges and divide the can between the two dishes. If using, sprinkle the almonds over the salads and finish the salad with the dressing.

Vary It! You can also use almost any Asian salad dressing to top off your salad. I recommend using the sesame or ginger salad dressing for this salad.

You can also take raw ramen noodles (without the flavor packet on them), crunch them up, and sprinkle over this salad as a fun type of crouton!



pita pizza

Serves: 6 (1 1/2 pizzas)

Prep and Cook time: 20 min

Per serving: 316 calories, 5.9 g fat, 700 mg sodium

8 whole-grain pitas
1 cup marinara/Ragu sauce

1 cup sliced mushrooms,
canned (optional)

1 cup shredded
mozzarella cheese

1. Set the broiler to low. Arrange pitas on a foil-covered cookie sheet.
2. Top each pita with 2 TBS of marinara sauce, 2 TBS sliced mushrooms, and 2 TBS mozzarella cheese.
3. Cook under the broiler until cheese is bubbly, up to 7 minutes. Cut each pita in quarters. Serve immediately.

Vary It! Fruit and vegetables give pizza interesting tastes. Try pineapple with marinara sauce or raisins and asparagus with hummus. For something a little more spicy, try olives, precooked ground beef, lettuce, sour cream, and canned corn with salsa. Choose a cheese that compliments your choices.



pizzadilla

Serves: 4

Prep and Cook time: 15 min

Per serving: 302 calories, 9 g fat, 443 mg sodium

2/3 cup shredded mozzarella cheese

1 cup tomato based pasta sauce (Ragu)

2 oz fresh or canned spinach, with the liquid squeezed out (optional)

4 whole wheat/flour tortillas

1. Lay one tortilla down with the rougher-textured side down. Spread $\frac{1}{4}$ of the tomato sauce evenly over the whole tortilla, all the way to the edges. Repeat with the other three tortillas. Divide the spinach, mozzarella, and any other toppings between the four tortillas.
2. Gently, fold each of the tortillas in half. Place a nonstick skillet over medium heat. Gently slide 1 pizzadilla into the pan and cook until golden on the bottom, about 2 minutes. Using a spatula, gently flip and cook the other side until the cheese melts, 1 to 2 minutes.
3. Transfer the pizzadilla to a cutting board. Repeat with the other pizzadillas.
4. Cut the pizzadillas into wedges and serve.

Vary It! Throw in any number of extra veggies, since it's the melted cheese the kids love most. You can use mashed kidney beans, avocado, finely chopped red bell pepper, corn, onions, and pepperoni.



spaghetti cupcakes

Serves: 6

Prep and Cook time: 45 min

Per serving: 218 calories, 13 g fat, 444 mg sodium

Olive Oil spray

2 cups grated mozzarella cheese

Salt and pepper to taste

4 eggs

1 can (14.5 oz) SpaghettiOs

1. Preheat the oven to 350° F. Lightly coat 12 cups of a muffin tin with olive oil spray.
2. In a bowl, beat the eggs. Add 1 ½ cups of the mozzarella cheese and the spaghetti and stir to combine.
3. Using a ¼ cup measure, divide the mixture evenly among the muffin cups. Sprinkle each with the remaining cheese.
4. Bake until the eggs are set and the cheese is lightly browned, about 25-30 minutes. They are finished when you can stick a table knife in the 'cupcake' and there is only very slight residue left on the knife.

Vary It! Decorate these 'cupcakes' with sliced olives, mushrooms, ham, or red bell peppers, or add grated zucchini carrot, onions, and corn before baking for added nutritional value! You can serve these with spaghetti sauce for dipping the cupcakes in.

These will keep in your freezer for up to 2 weeks. Wrap securely in plastic wrap. Simply remove from the freezer to thaw in the fridge overnight to eat these cupcakes the next day.



tuna melt with vegetables

Serves: 6

Prep and Cook time: 15 min

Per serving: 314 calories, 4.1 g fat, 282 mg sodium

1 stalk celery, raw

1/4 cup mayonnaise

6 slices of bread

2 TBS onion, raw,
chopped

1 can tuna

3 slices sharp
cheddar cheese

2 TBS pickle relish, sweet

1. Preheat oven to 350° F. Chop the onion and celery into small slivers.

In a large bowl, combine tuna, celery, relish, mayonnaise, and onion. Spread tuna mixture on half the bread slices. Cover each piece with a slice of Cheddar.

2. Place sandwiches on a baking sheet and warm in oven 10 minutes until cheese is bubbly. Cut each slice in half. Serve.

Vary It! You can use leftovers of this as a normal tuna salad sandwich! Simply put the tuna mixture on a piece of bread, a wrap, or even an English muffin and take it to go; no oven needed!



apps and snacks

bugs in rugs

frosted grapes

quesadilla rollups

queso fundido

quiche cakes

taco popcorn

bugs in rugs

Serves: 6

Prep and Cook time: 20 min

Per serving: 76 calories, 4.8 g fat, 245 mg sodium

1/2 cup ketchup
12 cocktail franks

3 slices whole wheat bread,
crusts removed

2 TBS butter, melted

1. Preheat the oven to 350° F.
2. Spread the bread with ketchup, then cut the bread into quarters. Pierce the franks all over with a fork.
3. Place a frank diagonally on each piece of bread. Bring up the edges and secure with a toothpick.
4. Brush with the melted butter. Place on a nonstick baking sheet and bake until the bread is crisp and lightly browned, about 15 minutes. Serve warm.



frosted grapes

Serves: 6

Prep time: 2 hr 10 min

Per serving: 70 calories, 0 g fat,
25 mg sodium

1 lb. seedless green
grapes

2 Tbsp. (about 1/3 of 3-oz.
pkg.) Jell-O Lime Flavor
Gelatin

1. Rinse grapes; shake gently to remove excess water. Remove and discard stems from grapes.
2. Place grapes in large resealable bag. Add dry Jell-O mix, close bag, and shake gently to evenly coat grapes with the mix.
3. Spread the grapes onto a baking sheet and freeze for 2 hours or until frozen.

Vary It! Use your favorite Jell-O to coat the grapes for a different flavor!

quesadilla rollups

Serves: 4

Prep and Cook time: 10 min

Per serving: 181 calories, 9 g fat, 460 mg sodium

2 large (10 to 12 inch) flour tortillas

1/4 cup taco sauce/salsa

1/3 cup shredded Mexican-blend or Cheddar cheese

1. Place the tortillas on a clean work surface. Spread 2 TBS of the taco sauce/salsa evenly over each tortilla, spreading it nearly to the edge. Sprinkle 3 TBS of the cheese evenly over each tortilla. Roll the tortillas up tightly, jelly-roll fashion.
2. Place the tortilla rolls, seam side down, on a microwave safe plate and microwave, uncovered, on 80% or high power until they are heated through and the cheese has melted, about 1 minute.
3. Remove the tortillas from the microwave and cut each roll in half. Serve immediately.

Vary It! You can add in some vegetables and protein for even more flavor. Try putting in bell peppers, onions, chicken, shredded beef, corn, or black beans. Serve the quesadilla rolls with sour cream and guacamole.



queso fundido

Serves: 20

Prep and Cook time: 10 min

Per serving: 68 calories, 7.4 g fat, 5 mg sodium

1 package (16 oz)
Velveeta, cut into 1/2-
inch cubes

1 (10-oz.) can Rotel,
undrained

1. Combine undrained tomatoes and Velveeta in medium saucepan.
2. Cook over medium heat 5 minutes or until Velveeta is melted completely and mixture is blended, stirring frequently.
3. Serve warm as a dip with tortilla chips, crackers or cut-up fresh vegetables.

Vary It! If you like spicy queso dip, add 1 tsp of your favorite bottled hot sauce. To add even more fun queso dip, try adding in onions, bell peppers, sausage, or even hot peppers!

If you don't have Rotel, mix a can of diced tomatoes, diced chiles, and a sprinkle of garlic powder.



quiche cakes

Serves: 12

Prep and Cook time: 20 min

Per serving: 235 calories, 15 g fat, 243 mg sodium

2 refrigerated piecrusts
1 cup heavy cream

1 cup grated Cheddar
cheese

6 eggs, beaten

1. Preheat the oven to 350° F.
2. Using a 2-inch scalloped-edge cookie cutter or a glass, cut 12 rounds from the piecrust dough.
3. Gently press a dough round into each of 12 cups of a nonstick muffin tin.
4. Add half the cheese to the beaten eggs, season to taste with salt and pepper, and mix well. Divide the mixture evenly among the 12 cups.
5. Sprinkle with the remaining cheese. Bake until golden and set, about 12 minutes

Vary It! Quiches are a superb vehicle for smuggling veggies! Try precooked spinach and broccoli, roasted butternut squash cubes and red pepper flakes, or sliced mushrooms, bacon, and onions sprinkled with Parmesan cheese instead of Cheddar. If your kids are still wary, top the quiches with some ketchup.



taco popcorn

Serves: 6-8

Prep and Cook time: 5 min

Per serving: 79 calories, 7 g fat,
1 mg sodium

8 cups popped pop-
corn

3 TBS butter; melted

2 tsp taco seasoning
mix, or more to taste

1. Place the popcorn in a large bowl.
2. In a small bowl, mix together the butter and taco seasoning (start with 1 tsp and taste before adding more).
3. Drizzle over the popcorn and toss to coat thoroughly.
Serve immediately.

Vary It! To make delicious Chili Cheese Popcorn, take 2 TBS melted butter, add 1/2 tsp chili powder, 1/2 tsp garlic salt, 1/4 tsp onion powder, and mix in 8 cups popped popcorn. Serve sprinkled with finely grated Parmesan cheese.

To make something sweeter, take 2 tsp of sugar and 2 tsp of cinnamon and mix in a bowl with 2 TBS of melted butter. Mix in 8 cups of popped popcorn and enjoy!



main dishes

autumn pork chops
baked macaroni and cheese
bbq chicken and black bean burritos
bottom of the bag chicken
butternut squash lasagna
cheesy zucchini egg bake
chili in spud bowls
creamy beef stroganoff
cure all chicken soup
easy sloppy joes
fall sausage and cabbage sauté
fettuccine carbonara
fish baked in bags
fish with a tea sauce
franks and beans
ham and noodle casserole
healthy fish fingers
homey chicken hash
marmalade glazed ham
meatloaf cupcakes
meatball hoagies
meatball minestrone
mini mexican pizzas
orange spiced roast
pasta e fagioli
porcupine balls
quick beef fajitas
salmon cakes
salmon pasta salad
shepherd's ramen pie
spicy stuffed eggplant
spinach and carrot kugel
stuffed turkey burgers
sweet and sour chicken
sweet chicken fingers
thrifty chicken with broccoli
tortellini and spinach soup
tuna casserole

autumn pork chops

Serves: 4

Prep and Cook time: 30 min

Per serving: 250 calories, 10 g fat, 150 mg sodium

4 (1 lb. total) 1/2-inch-thick pork chops

Salt and ground black pepper

2 TBS all-purpose flour

1 TBS butter

1 medium onion, halved and thinly sliced

1 cup apple juice

2 cloves garlic, finely chopped or 2 tsp bottled minced garlic

1. Season pork chops with salt and pepper. Dust with flour.
2. Melt butter in large, nonstick skillet over medium heat. Add pork chops; cook on one side until golden. Turn pork chops over; stir in onion, apple juice, and garlic. Bring to a boil. Reduce heat; cover and cook for 7 minutes or until pork chops are no longer pink in the center.

Kitchen Tips: Always rest your meat for 5-10 minutes after cooking or grilling before you cut it for a much juicier cut.

Vary It! You can add in some baked apple slices with cinnamon for an even more nutritious meal!



baked macaroni and cheese

Serves: 4

Prep and Cook time: 45 min

Per serving: 334 calories, 11 g fat, 661 mg sodium

1 1/4 cups uncooked elbow macaroni (about 6 oz)

1 1/4 cups (5 oz) shredded reduced-fat sharp cheddar cheese

1 (1 1/2-oz) slice white bread

1 cup milk

1/2 tsp salt

1 TBS butter, melted

2 TBS all-purpose flour

1/8 tsp freshly ground black pepper

1. Preheat oven to 350° F. Cook pasta according to package directions, omitting salt and fat. Drain.
2. Place bread in a food processor, and pulse 10 times or until the crumbs measure 1 1/4 cups. Or, use 1/4 to a 1/3 cup of premade breadcrumbs.
3. Combine milk and flour in a medium saucepan, stirring with a whisk. Cook over medium heat 2 minutes or until thick, stirring constantly with a whisk. Add cheese, salt, and pepper, stirring with a whisk until smooth. Add pasta; toss to coat. Pour into a glass baking dish.
4. Heat a large nonstick skillet over medium heat. Add breadcrumbs, and cook 5 minutes or until lightly browned, stirring occasionally. Stir in melted butter; cook 2 minutes, stirring occasionally. Sprinkle breadcrumb mixture over pasta mixture.
5. Put the baking dish into the oven for about 10 minutes to allow the macaroni and breadcrumbs to crisp up.



bbq chicken and black bean burritos

Serves: 4

Prep and Cook time: 25 min

Per serving: 666 calories, 22 g fat, 1060 mg sodium

1 lb skinless, boneless chicken, fresh or frozen	1 clove fresh garlic, minced, or 1 tsp bottled minced garlic	4 large (10 to 12 inch) flour tortillas
1 small onion (1/2 cup chopped)	1/2 cup barbeque sauce, or more to taste	About 1/4 cup low fat sour cream (optional)
1 TBS vegetable oil	1/2 cup finely shredded Cheddar cheese, or more to taste	
1 can (15 oz) black beans		

1. If the chicken is frozen, run it under hot water so you can remove the packaging. Place the chicken on a microwave-safe plate and microwave, uncovered, on high power for 3 minutes to partially defrost.
2. Meanwhile, peel and dice the onion and set it aside.
3. Heat the oil in a 12-inch skillet over medium heat. While the oil is heating, cut the chicken (fresh or partially defrosted) into bite-size pieces, adding them to the pan as you cut. When all of the chicken has been added, cook, stirring occasionally, for 2 minutes.
4. Add the garlic and onion to the skillet. Continue cooking, stirring frequently, until the chicken is no longer pink in the center, 3 to 4 minutes more. Meanwhile, rinse and drain the beans.
5. When the chicken is cooked through, add the beans and barbeque sauce to the skillet and stir well to coat the chicken with the sauce. Sprinkle the cheese evenly over the mixture and continue to cook, without stirring, until the cheese melts, 2 to 3 minutes.
6. Meanwhile, stack the tortillas on a microwave-safe plate between damp paper towels and microwave until warm, 35-40 seconds.
7. To serve, spoon some of the chicken mixture onto the center of each tortilla and add a dollop of sour cream, if desired. Tuck in one end and roll up the tortillas burrito-style.



bottom of the bag chicken

Serves: 8

Prep and Cook time: 45 min

Per serving: 135 calories, 5.7 g fat, 89 mg sodium

1 pound boneless chicken

1 egg, beaten

1/2 tsp garlic powder (optional)

1/2 cup crushed chips or crackers

Salt and pepper to taste

1/2 cup shredded parmesan cheese (optional)

1. Preheat oven to 400° F. Rinse chicken breasts and cut into long 1-inch-wide strips Set aside.

2. In a large bowl, crush chips or crackers and mix in parmesan cheese. If using, add in salt, pepper, and garlic powder to the cheese and cracker mix. In a small bowl, beat the egg. Dip each chicken strip into egg and then into chip mixture. Coat each piece well and place on a cookie sheet covered with parchment paper or sprayed with oil cooking spray.

3. Bake 20-30 minutes until crispy. Cool slightly before serving.

Vary It! Use white fish or salmon in place of the chicken.

Different chips and crackers produce amazingly different tastes.

Try flavors such as cheddar, salt and vinegar, coarse stone-ground, or crunchy corn.

Serve chicken fingers with several different sauces to add variety to your meals. Try honey mustard, salsa, or for a buffalo wing flavor, serve with sour cream and hot sauce.



butternut squash lasagna

Serves: 6

Prep and Cook time: 1 hr 20 min

Per serving: 254 calories, 8.5 g fat, 560 mg sodium

1/4 tsp freshly ground black pepper

1 1/2 cups chopped onion

1/2 tsp salt

1 large egg

5 cup fresh, frozen, or canned spinach

3 cups marinara sauce (Ragu)

1 (15-oz) carton ricotta cheese

1/2 cup shredded sharp provolone cheese, or any white cheese

6 oven-ready lasagna noodles

1 1/2 cups diced, peeled butternut squash

1/4 cup chopped fresh flat-leaf parsley (optional)

1/2 cup grated Parmesan cheese (optional)

Cooking spray (oil or butter)

1. Preheat oven to 375°.

2. Heat a large pot coated with cooking spray over medium-high heat, or use some butter or oil. Add onion and sauté for 4 minutes or until tender. Add spinach; sauté 1 1/2 minutes or until spinach wilts. Combine provolone, parsley, salt, pepper, eggs, and ricotta cheeses in a large bowl.

3. Place squash in a microwave-safe bowl. Cover and cook on high 5 minutes or until tender.

4. Coat the bottom and sides of 1 (8-inch-square) baking dish with cooking spray. Spread 1/2 cup marinara sauce in the bottom of the prepared dish. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over noodles. Arrange the squash over cheese mixture; spread 3/4 cup sauce over squash.

5. Arrange 2 noodles over sauce; spread 1 cup cheese mixture over the noodles. Arrange 1 1/2 cups onion mixture over cheese mixture; spread 3/4 cup sauce over spinach mixture.

6. Arrange 2 noodles over sauce; spread 1 cup marinara sauce evenly over noodles. Sprinkle with 1/2 cup Parmesan. Cover the pan with foil.

7. Bake for 30 minutes. Then, uncover and bake an additional 30 minutes.

Kitchen Tip: To freeze unbaked lasagna: Prepare through Step 6. Cover with plastic wrap, pressing to remove as much air as possible. Wrap with heavy-duty foil. Store in freezer for up to 2 months.

To prepare frozen unbaked lasagna: Thaw completely in refrigerator (about 24 hours). Preheat oven to 375°. Remove foil; reserve foil. Remove plastic wrap; discard wrap. Cover lasagna with reserved foil; bake at 375° for 1 hour. Uncover and bake an additional 30 minutes or until bubbly.



cheesy zucchini egg bake

Serves: 4

Prep and Cook time: 35 min

Per serving: 422 calories, 28 g fat, 836 mg sodium

6 eggs

1 large zucchini

1/2 cup self-rising flour (or 3/4 tsp baking powder, 1/4 tsp salt, and 1/2 cup all-purpose flour)

1 cup grated Cheddar cheese

1/4 tsp salt

1/4 tsp pepper

1. Preheat the oven to 350° F. Line a 7 x 11 inch baking pan with parchment paper or spray with cooking oil.
2. Wash the zucchini and cut off the ends. Then, grate using a grater. If you don't have a grater, cut the zucchini into tiny slivers about the size of matches.
3. In a large bowl, whisk the eggs. Whisk in the flour, then add the zucchini, cheddar cheese, salt, and pepper. Mix until combined.
4. Pour the contents into the prepared pan and bake until set and nicely browned on top, about 25 minutes. Allow to cool slightly, then slice and serve.

Vary It! Customize this by adding some grated carrot, onion, corn or bacon.



chili in spud bowls

Serves: 6

Prep and Cook time: 25 min

Per serving: 466 calories, 20 g fat, 377 mg sodium

6 already-baked Russet baking potatoes

1 can (15 oz) kidney beans

1 TBS chili powder

12 oz ground beef, fresh or frozen

1 jar (16 oz) mild or hot Mexican picante sauce (optional)

6 TBS shredded Cheddar cheese, or more to taste

1 TBS vegetable oil

1 clove fresh garlic, minced, or 1 tsp bottled minced garlic

Low fat sour cream to taste (optional)

1 large onion (for about 1 cup chopped)

1. Preheat the oven to 400° F.
2. Cut the baked potatoes in half lengthwise and carefully scoop out the pulp, leaving a good $\frac{1}{4}$ inch of potato pulp on all sides. Set the pulp aside for another use. Place the skins, cut side up, on a baking sheet.
3. Bake the skins, uncovered, until just heated through, 5 to 10 minutes.
4. Meanwhile, if the beef is frozen, run it under hot water so you can remove the packaging. Place the beef on a microwave-safe plate and microwave, uncovered, on high power for 3 minutes to partially defrost.
5. Heat the oil in an extra-deep 12-inch skillet over medium heat. Peel and coarsely chop the onion and add it to the pan.
6. Add the beef (fresh or partially defrosted) to the skillet. Cook, turning and breaking up the meat, until it is crumbled and browned, 8 to 10 minutes.
7. While the beef browns, rinse and drain the beans. Set them aside.
8. When the beef is no longer pink, drain any accumulated fat from the skillet. Add the picante sauce, beans, chili powder, and garlic. Stir well. Cook until heated through, 3 to 5 minutes.
9. When the potato skins are warmed through, remove them from the oven. To serve, place 2 potato skins on each plate and spoon the chili into each spud bowl. Sprinkle 1 TBS of the cheese (or more to taste) over each 'bowl' of chili. Garnish with a dollop of sour cream, if desired.



creamy beef stroganoff

Serves: 8

Prep and Cook time: 20 min

Per serving: 240 calories, 10.7 g fat, 77 mg sodium

1 (12-oz.) package
wide egg noodles

1 lb. lean ground beef

1 TBS mustard

1/4 cup diced onions

2 TBS flour

1 cup sour cream

1 cup sliced mushrooms

1/4 cup water

(low fat
recommended)

1/4 tsp ground black pepper

2 tsp olive oil

1. Prepare egg noodles according to package. Drain well and set aside.
2. In a large skillet over medium heat, sauté onions and mushrooms in olive oil for 8 minutes. Remove to a side bowl. In the same skillet, brown beef until no longer pink. Drain well and return to heat.
3. Return onions and mushrooms to the skillet. Add flour and pepper. Stir well to coat meat, onions, and mushrooms. Add water and mustard. Cook 10 minutes, stirring often.
4. Reduce heat and stir in sour cream. Heat gently for 3 minutes. Serve hot over noodles.

Vary It! Use sirloin beef chunks in place of ground beef.



cure all chicken soup

Serves: 4

Prep and Cook time: 30 min

Per serving: 385 calories, 7 g

Salt for cooking the rice

2/3 lb skinless, boneless chicken breast halves, fresh or frozen

1 cup long-grain rice

2 tsp vegetable oil

2 can (14 oz each) chicken broth

1 large onion (1 cup chopped)

2 medium sized carrots (1 cup chopped)

3 medium sized celery (1 1/2 cups diced)

1 clove fresh garlic, minced, or

1 tsp bottled minced garlic

1/2 tsp finely minced fresh ginger or bottled minced ginger (optional)

1/4 tsp black pepper, or more to taste

Fresh chopped parsley to garnish (optional)

1. Bring 2 cups lightly salted water to a boil in a 2 quart saucepan.
2. While the water is heating, if the chicken is frozen, run it under hot water so you can remove the packaging. Place the chicken on a microwave safe plate and microwave, uncovered, on high power for 2 minutes to partially defrost it.
3. When the water comes to a boil, add the rice, stir, and reduce the heat to low. Cover the pan and simmer until the rice is tender, about 20 minutes.
4. Meanwhile, heat the oil in a 4 1/2 quart or larger soup pot or Dutch oven over medium heat. Peel the onion and finely chop it. Then, add it to the pot. Cut the chicken into bite-sized pieces and add it to the pot. When all of the chicken is in the pot, raise the heat to medium-high. Cook, stirring, until the chicken is almost cooked through, about 4 minutes.
5. Peel and coarsely chop the carrots. Then, add them to the pot. Coarsely dice the celery, adding it to the pot as you dice. Add the garlic and ginger to the pot. Continue to cook, stirring occasionally, until the celery is crisp-tender, about 2 minutes.
6. Add the broth to the pot, raise the heat to high, and bring the soup to a boil. Then reduce the heat to medium and cook at a moderate boil to combine the flavors, 5 minutes. Season with black pepper. To serve, spoon some rice into each bowl and top it with the soup.

easy sloppy joes

Serves: 6

Prep and Cook time: 40 min

Per serving: 191 calories, 5.2 g fat, 183 mg sodium

1 lb. lean ground beef

2 tsp Worcestershire sauce

1/4 cup apple juice

1 (6-oz.) can tomato paste

1 TBS mustard

6 buns, split and toasted

1. In a large skillet over medium-high heat, brown beef until no longer pink. Drain well and return to heat.
2. Add tomato paste, Worcestershire sauce, mustard, and apple juice. Stir well and bring to a boil. Reduce heat and simmer 15 minutes until sauce thickens.
3. Spoon onto toasted buns and serve hot.



fall sausage and cabbage sauté

Serves: 4

Prep and Cook time: 40 min

Per serving: 458 calories, 10 g fat, 1233 mg sodium

1 TBS vegetable oil

4 TBS (1/2 stick) butter

1 medium sized head (about 1 3/4 lb) green cabbage

1 lb smoked or fresh sausage, such as kielbasa or bratwurst

2/3 cup grainy mustard

1. Heat the oil in a 12 inch skillet over medium heat. Cut the sausage into 1/4 inch thick slices. Cook the sausage, turning and stirring it frequently, until it is lightly browned and cooked through, 7 to 8 minutes.

2. Meanwhile, place the butter and mustard in a small microwave-safe bowl and microwave on high power for 1 minute. Remove the bowl from the microwave oven and stir until the butter is melted and the sauce is well blended. Set aside.

3. Cut the cabbage in half and remove and discard the tough core. Coarsely chop the cabbage.

4. Add 1 cup water to the skillet and spread the chopped cabbage over the cooked sausage. Cover the skillet and steam until the cabbage is crisp-tender, 5 to 7 minutes.

5. Using a slotted spoon, divide the sausage-cabbage mixture equally among four dinner plates. Drizzle 2 TBS of the mustard sauce over each serving. Serve immediately.

Vary It! Serve over noodles or rice to complete your meal!



fettuccine carbonara

Serves: 4

Prep and Cook time: 30 min

Per serving: 678 calories, 27 g fat, 1700 mg sodium

12 oz fettuccine

3 eggs, beaten

3/4 cups grated

12 slices bacon,
chopped

1/4 cup milk

Parmesan cheese

1. Preheat the oven to 350° F. Cook the pasta according to the package directions. Meanwhile, in a skillet, cook the bacon until crisp. Drain all the bacon fat you can get out into a separate dish, you can cook other things in the bacon fat for extra flavor. Set the bacon aside in the pan it was cooked in.
 2. In a bowl, mix together the eggs, cheese, and milk. Drain the pasta, do not rinse, and add it to the egg mixture.
 3. Using tongs or a long fork, lift the fettuccine so it mixes easily with the egg mixture, which thickens but doesn't scramble. Transfer the fettuccine and egg mixture to a baking dish and cover with tinfoil or a lid. Bake, covered, in the oven for 10-15 minutes. When removed from oven, take the tongs and move the fettuccine around to break up the eggs on the bottom of the pan. Add the bacon and toss again. Serve immediately.
- Vary It! In order to add some more nutrition, add ½ cup of peas to the fettuccine in the last 1 to 2 minutes of cooking. You can even substitute regular bacon with turkey bacon for



fish baked in bags

Serves: 4

Prep and Cook time: 20 min

Per serving: 184 calories, 8.2 g fat, 646 mg sodium

4 (3 to 4 oz) fillets sole or trout
1/2 cup crushed pineapple

2 TBS olive oil

8 tsp soy sauce

1. Preheat oven to 400° F.
2. Cut 4 large squares of aluminum foil approximately 4x4 inches. Brush center of foil lightly with olive oil. Place a fish fillet in the center of each square. Drizzle 2 tsp of soy sauce and place 2 TBS crushed pineapple on top of each fillet. Carefully fold foil into envelope, making sure the edges are all closed.
3. Place packets on a cookie sheet. Bake 12 minutes. Serve immediately, either in the foil envelopes or removed with sauce in bag to individual plates. Be careful opening these foil envelopes, the steam is hot!

fish with a tea sauce

Serves: 4

Prep and Cook time: 40 min

Per serving: 265 calories, 5 g fat, 81 mg sodium

2 cups water

1 TBS butter

1/2 cup sugar

1/2 cup mint leaves
(optional)

1/2 tsp red pepper flakes

4 fish filets (4-6 oz each),
seasoned with salt and
pepper (halibut, cod, tilapia,
or any white fish)

4 bags of tea (any
flavor)

Fresh juice of 1 lime
or 2 TBS of bottled
lime juice

1. If you are broiling your fish, preheat the broiler now and place a piece of aluminum foil on top of a baking sheet. If you are sautéing your fish, go to step 2 now.
2. Combine the water and sugar in a small pot and bring to a boil. Add the tea bags, remove the pot from heat, and steep for 10 minutes.
3. Remove the tea bags from the pot, add the lime juice, and reduce the tea over high heat for about 15 minutes. The sauce should coat a wooden spoon when ready. If you want a softer, less pungent flavor, steep the tea for about 8 minutes.
4. Once the sauce is ready, take the pot off the heat and stir in the mint leaves and pepper flakes once the tea has stopped boiling. Keep the mint in the sauce only for 2 minutes, then remove the leaves. Set the sauce off to the side.
5. Brush the tea sauce onto the seasoned fish. If you are broiling your fish, put your fish on the baking sheet and broil for about 10 minutes, glazing 1-2 times while it is cooking. The fish should easily flake with a fork when ready. If you are sautéing your fish, place 1 TBS of butter in a large skillet over medium-high heat. Once the butter has melted, put the fillets in the pan. Cook the fish for 2 to 3 minutes on each side. When the fish is flipped, brush the fish with the glaze again.
6. Once the fish is ready, remove from the pan or baking sheet and serve immediately. You can garnish your fish with lime wedges and the mint you used in the sauce.

franks and beans

Serves: 4

Prep and Cook time: 30 min

Per serving: 314 calories, 13 g fat, 1111 mg sodium

2 tsp vegetable oil
3 regular hot dogs
1/2 large green bell pepper (for 3/4 cup chopped) (optional)

1 large can (28 oz) baked beans (seasoned beans are recommended)
2 cans (about 14 oz each) vegetable broth or chicken broth

1/2 tsp chili powder
1 tsp spicy brown mustard

1. Heat the oil in a 4 ½ quart soup pot or Dutch oven over medium heat. Cut the hot dogs onto 1/4 inch thick slices and add them to the pot. Cook until the franks start to brown, 2 to 3 minutes.
2. Add the baked beans with their juice, and the broth, chili powder, and mustard. Stir well. Raise the heat to high and bring the soup to a boil. Then reduce the heat to medium to maintain a moderate boil.
3. Stem, seed, and coarsely chop the green pepper (if using) and set it aside. Continue to boil the soup to blend the flavors, about 10 minutes. Add the green pepper (if using) to the pot in the last 5 minutes of cooking. Serve at once.

ham and noodle casserole

Serves: 6 (1 cup)

Prep and Cook time: 1 hr 10 min

Per serving: 464 calories, 26.7 g fat, 1037 mg sodium

1 (12 oz) package whole wheat egg noodles

2 cups cooked ham, chopped

1 cup frozen green peas

1 onion, chopped (optional)

1/2 cup low-fat sour cream

1 (10.75 oz) can condensed cream of chicken/mushroom soup

1 TBS olive oil

2 cups shredded Swiss cheese

1 tsp ground black pepper

1/4 cup bread crumbs

1. Preheat an oven to 350 °F. Grease a 2-quart casserole.
2. Bring water to a full rolling boil in a pot. Cook the egg noodles in the boiling water, stirring occasionally, for 3 minutes; remove from heat, cover, and let stand until the noodles are tender, about 10 minutes. Drain.
3. Stir the noodles, onion, sour cream, chicken/mushroom soup, ham, peas, and Swiss cheese together in a large bowl. Season with salt and pepper. Spoon into the prepared casserole. Sprinkle the top with bread crumbs.
4. Bake in the preheated oven until the casserole is bubbling and the bread crumbs have browned, about 40 minutes.

Vary It! Serve this casserole with a fresh green salad, cut up veggies, or fruit to add nutrients to your meal!



healthy fish fingers

Serves: 4

Prep and Cook time: 30 min

Per serving: 162 calories, 4 g fat, 131 mg sodium

1 lb fish fillet (catfish, cod, perch, or any other firm fish)

2 slices whole-grain bread, grated or 1/2 cup bread-crumbs

1 egg, beaten

3/4 tsp all-purpose seasoning

1. Preheat the oven to 350° F. Line a baking sheet with parchment paper.
2. Pat the fish dry and cut into 3/4 inch wide strips. Combine the bread crumbs and seasoning on a plate. Coat the fish in the egg, then roll in the bread crumbs.
3. Place on the prepared baking sheet and bake until cooked through and crispy, 10 to 15 minutes, turning once halfway through.

Vary It! Serve with sweet potato fries and a vegetable for a balanced meal!



homey chicken hash

Serves: 4

Prep and Cook time: 20 min

Per serving: 395 calories, 18 g fat, 257 mg sodium

1 TBS vegetable oil

Salt and black pepper to taste

1 cup (4 oz) shredded Cheddar cheese

2 medium-size carrots (1 cup sliced)

4 cups diced cooked potatoes (See Kitchen Tips)

2 cups cooked chicken chunks (See Kitchen Tips)

1 small onion (1/2 cup chopped)

Ketchup, for serving (optional)

1. Heat the oil in an extra-deep 12-inch skillet over medium. Peel and coarsely chop the onion. Then, add the onion to the pan. Peel and cut the carrots into 1/4 inch slices and add them to the pan. Cook until the onion begins to brown on the edges, 3 to 5 minutes.
2. Add the potatoes to the skillet. Cook, stirring, until brown, 5 to 7 minutes. (If using refrigerated diced potatoes, cook longer if necessary, until tender.) Add the chicken and stir well to break up any pieces. Cook until the chicken is heated through, 2-3 minutes. Or, use the meat from a rotisserie chicken or other leftovers.
3. Season the hash liberally with salt and black pepper. Sprinkle the cheese over the hash and cover the skillet. Remove the skillet from the heat and set it aside until the cheese has melted, about 2 minutes. Serve at once, with ketchup, if desired.

Kitchen Tips: For the potatoes, you can boil 1 pound of diced peeled raw potatoes until tender, about 10 minutes. Drain well and proceed with the recipe. Or use 1 package (1 pound, 4 oz) refrigerated diced potatoes with onion, such as the Simply Potatoes brand. For the chicken, you can cut 1 lb. skinless, boneless chicken breast into bite-sized chunks and sauté in 1 TBS vegetable oil until



marmalade glazed ham

Serves: 15-24

Prep time: 10 min

Per serving: 288 calories, 4 g

1 cup firmly packed light
brown sugar

1/4 cup mustard

1/2 tsp ground cloves

2 cup orange marmalade

3 TBS cider vinegar

Cooking oil spray

1 bone-in, fully cooked smoked
ham half (7 ½ to 8 ½ pounds)

1. Position the oven rack in the middle of the oven and preheat the oven to 325° F.
2. Combine the brown sugar, marmalade, mustard, vinegar, and cloves in a small microwave-safe mixing bowl. Stir well. Microwave, uncovered, on high power to melt the marmalade slightly, so the mixture will spread easily, 1 minute. Remove the glaze from the microwave and stir. Set aside.
3. Line a roasting pan or a large casserole dish with aluminum foil and spray the foil with cooking oil spray. Cut the skin off the ham (it's dark-colored and rough), if necessary. Trim away any excess fat. Place the ham on the foil, flat side down, and spoon some of the glaze over the ham to coat it. Rub the glaze into the ham with the back of a spoon to make sure all areas are covered.
4. Place the ham in the oven and bake until an instant-read meat thermometer registers 140° F when inserted in the center (do not touch the bone), about 2 hours for an 8-pound ham (see Kitchen Tip). While the ham is baking, baste it three more times with the remaining glaze. (Do not rub the glaze into the ham as you did the first time or you will rub off the glaze that has begun to bake on. Just spoon the glaze over the ham—it will spread easily over the hot ham.) If the ham begins to get too brown in the final minutes of baking, tent the top with foil.
5. Remove the ham from the oven and let it stand for 15 minutes before slicing and serving. (If you expect to have leftover ham, slice only as much as you'll serve at this meal.)

Kitchen Tip: To determine how long to bake the ham, multiply the number of pounds by 15 minutes, then round off the cooking time to the nearest 5-minute point. For example, a ham weighing 7 ½ pounds will cook for about 1 hour and 50 minutes. An 8 pound ham will reach an internal temperature of 140° F in about 2 hours.

For leftovers, it's easy to freeze extra ham, which is what you should do with any ham you don't plan to eat within 4 days of cooking. Freezing ham will change its texture somewhat, but if you use it cubed in casseroles and other dishes, you can't tell the difference. Just cut the ham into bite-size cubes, wrap them tightly in plastic wrap, and place them in freezer-weight zipper-top plastic bags or other airtight containers.

meatball hoagies

Serves: 4

Prep and Cook time: 15 min

Per serving: 807 calories, 46 g fat, 927 mg sodium

24 already-cooked meatballs, defrosted if frozen

1 cup finely shredded mozzarella cheese

4 hoagie rolls

1 1/2 cups bottled smooth-style spaghetti sauce

1. Preheat the broiler to high.
2. Place the meatballs in a microwave-safe container, cover them with a paper towel, and microwave on high power until heated through, 3 to 4 minutes. Set aside.
3. Pour the spaghetti sauce into a microwave-safe container, cover with a paper towel, and microwave on high power until heated -through, about 4 minutes, stirring once halfway through. Set aside.
4. Cut the hoagie rolls in half and lightly toast them under the broiler, 1 to 2 minutes.
5. Place both halves of a roll, toasted side up, on each of four plates, and arrange 6 meatballs on one of the halves. Spoon some sauce over the meatballs and then sprinkle 1/4 cup of the cheese evenly over the sauce. (The heat from the sauce will melt the cheese.) Close the sandwiches and serve.

Vary It! Meatball Hoagies can be great ways to hide veggies! Top your sandwiches with sautéed mushrooms, green peppers, and caramelized onions.



meatball minestrone

Serves: 4

Prep and Cook time: 25 min

Per serving: 805 calories, 42 g fat, 412 mg sodium

1 can (about 14 oz) chicken broth

1 can (14 ½ oz) stewed or diced tomatoes

1 can (15 oz) red kidney beans, defrosted if frozen

1 can (14 oz) beef broth

20 already cooked meatballs, defrosted if frozen

1 tsp dried Italian seasoning

2 cups frozen mixed vegetables, such as corn, carrots, and peas

1/3 cup broken angel hair pasta (1 to 2 inch lengths)

1/2 tsp garlic powder

1/4 cup shredded or grated Parmesan cheese

1. Pour the two broths into a 4 ½ quart soup pot or Dutch oven and place over high heat. While the liquid is heating, add the frozen vegetables, tomatoes, meatballs, and pasta. Cover the pot and bring to a boil. This will take about 10 minutes.

3. While the soup is heating, rinse and drain the beans.

3. When the soup comes to a boil, uncover it and stir well. Add the beans, Italian seasoning, and garlic powder and reduce the heat to medium to maintain a vigorous boil. Stir frequently until the pasta is tender, about 3 minutes. Serve at once, sprinkling each bowl with 1 TBS of Parmesan cheese.

Vary It! To reduce the sodium content, try using homemade chicken and beef broth and making your own beans from dried beans. You can also use turkey meatballs for an even healthier soup.



meatloaf cupcakes

Serves: 6

Prep and Cook time: 35 min

Per serving: 243 calories, 16 g fat, 187 mg sodium

1 lb ground beef

1 egg

2 slices multigrain bread,
grated (about 2/3 cup
breadcrumbs)

1/4 cup barbecue
sauce, plus extra for
basting

1. Preheat the oven to 350° F. Line 12 cups of a muffin tin with foil liners.
 2. In a large bowl, combine the beef egg, bread crumbs, and 1/4 cup barbecue sauce. Divide the mixture evenly among the muffin cups.
 3. Brush the tops with a little barbecue sauce and bake until cooked through, 20 to 25 minutes. Towards the end of the baking time, baste the 'cupcakes' with barbeque sauce again. Remove from the oven and let rest.
 4. Optional for the "icing" spoon some warmed mashed potato into a large ziplock bag. Cut off the tip of one of the bottom corners and pipe the potato onto the top of each meat loaf in a swirling motion to ice your 'cupcakes'. You can also put some more barbeque sauce on top of the 'cupcake' if it seems too dry.
- Vary It! The options are endless, but some great smuggling ideas are finely chopped celery onion, grated carrot, and beets seasoned with fresh thyme.

For a more traditional meatloaf, you can cook this recipe as a free-form loaf. Follow the same directions on how to prepare the meat and then simply put the ground beef and bread crumb mixture in a glass baking dish and cook for 50 minutes to 1 hour.



mini mexican pizzas

Serves: 3

Prep and Cook time: 25 min

Per serving: 179 calories, 7 g fat, 443 mg sodium

6 small (7-inch) soft corn tortillas

6 TBS frozen yellow corn kernels

Salsa, for serving

1 can (16 oz) refried beans

1 can (4 oz) chopped green chiles, mild or hot

Low fat sour cream, for serving (optional)

6 TBS shredded Cheddar or Mexican-blend cheese

1. Preheat the oven to 450° F.
2. Place the tortillas on an ungreased 17- x 11-inch baking sheet. (The edges may overlap slightly.) Divide the beans evenly over the tortillas and, using a rubber spatula or the back of a spoon, spread them to within ½ inch of the edges.
3. Sprinkle 1 TBS of the cheese and 1 TBS of the corn over each tortilla. Drain the chiles and divide them evenly the tortillas.
4. Bake the tortillas until they are steaming and the cheese has melted, 5-10 minutes. Remove the baking sheet from the oven and, using a wide spatula, transfer each tortilla to a serving plate. Serve at once, topping the tortillas with salsa and sour cream, if desired.



orange spiced roast

Serves: 10 (3 oz)

Prep and Cook time: 55 min

Per serving: 202 calories, 8.5 g fat, 88 mg sodium

1 cup orange juice

2 TBS mustard

2 lb London broil-cut beef

1 TBS minced garlic

1 tsp ground black pepper

1. The night before you plan to serve, prepare marinade. In a large bowl, combine orange juice, garlic, mustard, and pepper. Whisk well. Place beef in marinade. Cover and refrigerate overnight.

2. On the day of cooking, preheat broiler.

3. Place beef on oven broiling pan or preheated grill. Cook minutes 5 to 7 minutes per side. Check to see if it is done with a meat thermometer. When the roast is ready, it should read at about 145°F. Allow meat to rest 10 minutes after removing from oven, then slice and serve.

Vary It! You can use other cuts of beef for this recipe, such as skirt or flank steak. Just be sure the meat is less than 2 inches thick, or else it won't cook. Also, oranges and other citrus fruits enhance the flavor of beef. You can try grapefruit juice instead of orange juice.

pasta e fagioli

Serves: 6 generously

Prep and Cook time: 30 min

Per serving: 218 calories, 3 g fat, 989 mg sodium

2 tsp olive oil	1 clove fresh garlic, minced, or 1 tsp bottled minced garlic	1 cup elbow macaroni
1 large onion (1 cup chopped)	2 cans (14 1/2 oz each) Italian- style stewed tomatoes	1 can (15 oz) red kid- ney beans
2 medium-size carrots (1 cup sliced)	1 tsp dried Italian seasoning (oregano, parsley, rosemary, thyme, and basil)	1 can (15 oz) white beans (navy beans)
3 cans (14 oz each) vege- table broth	1/3 cup shredded or grated Parmesan cheese, or to taste	1/4 tsp black pepper, or to taste

1. Heat the oil in a 4 1/2 quart Dutch oven or soup pot over medium heat. Peel and coarsely chop the onion and add it to the pan. Cook, stirring from time to time, while peeling and slicing the carrots into 1/4 inch-thick rounds. Add the carrots to the pot and cook, stirring frequently, until they begin to soften, about 3 minutes.
2. Add the garlic, broth, tomatoes with their juice, and Italian seasoning to the pot. Cover, raise the heat to high, and bring the soup to a boil.
3. When the broth comes to a boil, add the macaroni and cook, uncovered, at a rolling boil for 7 minutes. Meanwhile, rinse and drain the beans.
4. Add the beans and bring the soup back to a boil. Continue to cook until the macaroni is tender, about 3 minutes more. Season the soup with black pepper and serve, sprinkling the Parmesan cheese on top.

Kitchen Tip: Diced tomatoes flavored with Italian-style seasonings such as garlic, basil, and onions can be substituted.

You can also use homemade vegetable broth from bouillon cubes or powder.



porcupine balls

Serves: 6

Prep and Cook time: 1 hr 10 min

Per serving: 447 calories, 28 g fat, 185 mg sodium

1 3/4 lb ground beef
2 eggs, beaten

2/3 cup long-grain white rice

3 cans (10.75 oz) condensed tomato soup

1. Preheat the oven to 375° F. In a bowl, combine the beef, eggs, and rice, and season with sea salt and pepper. Mix well and form into 1 ½ inch meatballs.

2. Place in a large baking dish and cover with the soup. Take each can and swirl with 3 to 4 TBS water. Add this liquid to the meatballs.

3. Cover and bake until the ground beef is cooked through and the rice is tender, about 50 minutes. Remove the lid for the last 15 minutes.

Vary It! Serve with mashed potatoes and steamed veggies like broccoli and carrots. For extra veggie content, add some grated zucchini or finely chopped fresh herbs to the ground beef mixture.



quick beef fajitas

Serves: 8

Prep and Cook time: 30 min

Per serving: 271 calories, 11.4 g fat, 296 mg sodium

2 TBS olive oil

1 TBS minced garlic

1 onion, sliced

1 green or red bell pepper, sliced

2 tsp ground cumin

1/2 cup salsa

2 cups sliced or shredded beef

1/2 cup low fat sour cream

8 whole-wheat tortillas

1. In a large skillet over medium heat, heat olive oil and sauté garlic, onion, and bell pepper for 5 minutes. Add cumin and salsa. Stir well and cook 5 minutes.

2. Add beef. Cook 10 minutes, stirring occasionally. Wrap beef and vegetables in whole-wheat tortillas. Top each with 1 TBS sour cream.

Vary It! Add vegetables such as zucchini, broccoli, carrots, or mushrooms to these fajitas. The vegetables can be fresh, canned, or frozen, and they all taste great! You can use leftover pork in place of the beef.



salmon cakes

Serves: 5-10

Prep and Cook time: 30 min

Per serving: 314 calories, 18 g fat, 341 mg sodium

Oil for frying

3 (6-oz) cans salmon, drained well

1 1/2 cups bread crumbs

2 large eggs, beaten

1/2 red bell pepper, seeded and finely chopped

1/4 cup chopped green onion (optional)

1/4 cup chopped fresh parsley or cilantro (optional)

1 tsp hot sauce

1 TBS lemon juice

2 tsp Old Bay seasoning

1. Heat a large, heavy skillet with 1/4 inch of frying oil over moderate heat.

2. Flake the salmon with a fork. Add crumbs to the bowl and work through the fish with your hands. Add the remaining ingredients to the bowl and combine well with your hands. If the mixture is a little wet, add a bit more crumbs.

3. Form 3-inch patties of salmon cakes 1-inch thick. You should yield 8 to 10 cakes. Fry cakes until golden in a single layer 3 or 4 minutes on each side. Drain on paper towel lined plate.

4. Mix together sauce ingredients and serve on top.

1/4 cup mayonnaise

1/4 cup plain yogurt

2 finely chopped green onions (optional)

1 or 2 TBS lemon juice

1 TBS chopped fresh parsley or cilantro (optional)

1/4 tsp salt and pepper to taste



salmon pasta salad

Serves: 4

Prep and Cook time: 25 min

Per serving: 671 calories, 37 g fat, 331 mg sodium

Salt for cooking the pasta

1/2 seedless cucumber (about 8 oz)

1/2 lemon

8 oz short pasta, such as medium-size shells

Two 6-oz canned pink salmon

1 tsp snipped fresh dill, or 1/2 tsp dried dill

2 cups seedless red or green grapes

1 cup bottled ranch or Green Goddess salad dressing

1. Bring 2 ½ quarts lightly salted water to a boil in a covered 4 ½ quart pot. When the water reaches a rapid boil, add the pasta and cook, uncovered, until just firm-tender, following the package directions.
2. Meanwhile, cut the grapes in half and place them in a large serving bowl. Thinly slice the cucumber and add it to the bowl. Add the salmon, flaking it with a fork. Set aside.
3. Pour the salad dressing into a small bowl or 2-cup glass measure. Squeeze the lemon juice through a strainer into the dressing. Add the dill and whisk until well blended.
4. When the pasta is done, drain it in a colander and throw in 2 handfuls of ice cubes. Rinse the pasta under cold running water until it reaches cool room temperature. Drain well.
5. Add the cooled pasta and the salad dressing to the serving bowl, toss to mix well and to coat the pasta with the dressing, and serve.



shepherd's ramen pie

Serves: 4

Prep and Cook time: 45 min

Per serving: 726 calories, 27 g fat, 686 mg sodium

1 lb ground beef

1/4 tsp salt

1/2 tsp garlic powder
(optional)

1/2 diced onion

1/4 tsp pepper

1 can peas and
carrots, rinsed and
drained

2 TBS flour

1/3 cup ketchup

1 package ramen
noodles

1. Preheat oven to 375° F. Heat a pot of water to boil the ramen in.
2. Brown hamburger in pan over medium heat. Drain the fat and add the onion and flour to the pan. Stir until the flour is dissolved into the meat. Stir in peas and carrots, season with salt, pepper, garlic powder, and ketchup. Turn down the heat to low.
3. Place ramen in the boiling water for three minutes, then drain.
4. Spread meat mixture in the bottom of a baking dish. Top with noodles.
5. Bake in oven until the top is browned and crunchy, or 20-30 minutes.



spicy stuffed eggplant

Serves: 4-6

Prep and Cook time: 1 hour

Per serving: 447 calories, 31 g fat, 574 mg sodium

1 medium eggplant (one pound)	3/4 cup bread crumbs	1/4 tsp basil (optional)
1 pound hamburger	2 TBS chopped salad peppers (similar to banana peppers)	1/2 tsp salt
3 TBS olive oil	2 TBS lemon juice	1/2 cup shredded provolone
1/3 cup chopped onion	1 clove garlic minced, or 1 tsp bottled minced garlic	1 tsp parsley (optional)
1/4 cup chopped black olives		

1. Preheat oven to 350° F.
2. Cut eggplant in half lengthwise. Place it face down in microwave and cook on high for ten minutes.
3. Allow eggplant to cool slightly, then scoop out the center with a spoon onto a cutting board, leaving a 1/4" thick shell.
4. Chop the eggplant flesh and transfer to a skillet over medium heat with 3 TBS olive oil. Add the hamburger, onion and garlic until onion is translucent. Add the bread crumbs, olives, salad peppers, lemon juice, basil, cheese, and salt. Stir thoroughly.
5. Put eggplant shells on cookie sheet and fill the shells with the meat mixture. Cook for 25 to 30 minutes, until the top is browned.
6. Remove from oven and garnish with freshly chopped parsley.



spinach and carrot kugel

Serves: 8 (1 cup)

Prep and Cook time: 55 min

Per serving: 104 calories, 3.2 g fat, 42 mg sodium

2 tsp olive oil

1/2 cup apple juice

1/4 tsp ground black pepper

1 (12-oz.) package noodles

2 carrots, shredded

2 cups frozen chopped spinach, thawed

3 eggs

1/4 cup diced red bell pepper (optional)

1. Preheat oven to 375° F. Lightly oil a 9x13-inch baking dish. Prepare noodles al dente according to package directions. Drain well and set aside.

2. In a large bowl, combine eggs, apple juice, and remaining olive oil. Whisk briskly. Stir in shredded carrots, bell pepper, and black pepper.

3. Place noodles in the bottom of the baking dish. Top with spinach. Pour egg-vegetable mixture over noodles and spinach. Stir gently. Bake 45 minutes. Cool slightly before serving.

Vary It! Top the kugel with your favorite cheese about 15 minutes before the end of the baking time. Swiss cheese is especially good with this vegetable mix. You can also add in some mushrooms for even more nutrition!



stuffed turkey burgers

Serves: 6

Prep and Cook time: 35 min

Per serving: 272 calories, 16.4 g fat, 211 mg sodium

1 TBS olive oil

1 lb. ground turkey

1 egg

1/2 cup breadcrumbs

3 TBS onion (optional)

1 tsp dried thyme (optional)

1 clove garlic, minced or 1
tsp bottled minced garlic

1/4 tsp ground black pepper

1/2 cup shredded Monterey
Jack cheese, or another
white cheese

6 buns, split and
toasted

1/4 cup dried
cranberries

1. Preheat oven to 400° F. Lightly oil a 9x13-inch baking dish.

2. In a large bowl, combine turkey, egg, thyme, and pepper. Mix well.

3. In a small bowl, combine cranberries and cheese. Form 6 patties of the turkey mixture. Create a hollow in each patty fill with cheese mixture. Fold edges of patty over cheese mixture to create a tight seal. Place patties in the prepared baking dish. Bake 15 minutes. Turn burgers over. Bake additional 10 minutes. Serve hot on toasted buns.

Vary It! Try this recipe with any cheese you like. Try cream cheese with dill or Swiss with sage! You can also dice an apple and make it part of the stuffing.



sweet and sour chicken

Serves: 4

Prep and Cook time: 45 min

Per serving: 468 calories, 13 g fat, 1871 mg sodium

2 TBS corn starch

3/4 cup sugar

1/2 cup soy sauce

1/4 cup white vinegar

1 clove garlic (optional)

1 (15 oz) can cut pineapple, cherry, tropical fruit mix, or peach

1/4 tsp pepper

1/2 tsp ginger

1/2 cup chopped onion and green pepper (optional)

1 lb. boneless chicken breast or tender

2 tsp oil (canola or vegetable)

1. Heat the oil in a skillet over medium heat. Cut the chicken into small, bite-sized pieces and place in the pan. Cook the chicken until no longer pink in the middle, 3-5 minutes. Set aside.

2. Strain the juice of the fruit into the same pan and stir in the cornstarch completely before heating. Heat until simmering, then add the sugar, soy sauce, vinegar, garlic, pepper, ginger, and onions and pepper. Stir well until sugar is dissolved.

3. Add fruit and heat through. Serve over the cooked chicken.

Vary It! Serve this dish with a side of brown rice!

sweet chicken fingers

Serves: 6

Prep and Cook time: 40 min

Per serving: 524 calories, 30 g fat, 1065 mg sodium

2 cups cornflakes
(Frosted Flakes),
crushed

3/4 cup plain yogurt

2 lb chicken tenders

1 cup shredded Parmesan cheese

1. Preheat the oven to 350° F. Line a baking sheet with parchment paper. In a shallow bowl, combine the crushed cornflakes and Parmesan. Place the yogurt in a separate shallow bowl.

2. Coat the chicken with the yogurt and then roll in the cornflake mixture. Place on the baking sheet and bake until the chicken is cooked through and the coating is golden and crunchy, about 25-30 minutes. To check if the chicken is done, cut one piece in half. If the chicken has no pink in the middle, then the chicken is done.

Vary It! For even simpler chicken fingers, coat the chicken in mayonnaise then in dried bread crumbs. Drizzle with butter and bake for 25-30 minutes.



thrifty chicken with broccoli

Serves: 4

Prep and Cook time: 30 min

Per serving: 641 calories, 21 g fat, 767 mg sodium

1 can (14 oz) chicken broth

1 TBS vegetable oil

1 can (10 3/4 oz) cream of chicken soup

1 1/3 cups long-grain rice

1 large onion (1 cup chopped)

1/2 cup shredded

1 pound skinless, boneless chicken, fresh or frozen

1/4 tsp black pepper

Cheddar or Swiss cheese

1 clove fresh garlic, minced, or 1 tsp bottled minted garlic

1 bag (16 oz) frozen broccoli pieces

1. Pour 3/4 cup of broth and 2 cups water into a covered medium sized saucepan and bring to a boil over high heat. Add the rice, stir, and reduce heat to low. Cover the pan and simmer until the rice is tender, about 20 minutes for white rice or 30 minutes for brown rice.
2. Meanwhile, if the chicken is frozen, run it under hot water so you can remove the packaging. Place the chicken on a microwave safe plate and microwave, uncovered, on high power for 3 minutes to partially defrost.
3. While the chicken defrosts, heat the oil in an extra deep 12 inch skillet over medium heat. Peel and coarsely chop the onion and add it to the pan. Cut the chicken (fresh or defrosted) into bite-size pieces and add them to the skillet. Sprinkle the black pepper over the chicken and cook, stirring often. While the chicken cooks, add the garlic to the skillet.
4. When chicken is no longer pink in the center, after 5 to 6 minutes, add the cream of chicken soup and the remaining 1 1/4 cups broth to the skillet. Sprinkle the broccoli pieces evenly over the ingredients. Cover the skillet and cook until heated through, about 3 minutes.
5. Sprinkle the cheese evenly over the mixture and reduce the heat to low. Cook, covered, until the cheese melts, 1 to 2 minutes. Serve the chicken and sauce over the hot rice.



tortellini and spinach soup

Serves: 4 generously

Prep and Cook time: 25 min

Per serving: 298 calories, 10 g fat, 932 mg sodium

1 package (10 oz) frozen chopped spinach

2 tsp olive oil

1 medium-size onion (3/4 cup chopped)

1 tsp sugar

1 large egg

1 clove fresh garlic, minced, or 1 tsp bottled minced garlic

2 cans (about 14 oz each) fat-free chicken broth

1 can (14 oz) diced tomatoes

1/4 tsp salt

2 cups frozen cheese tortellini, or 8 oz other pasta

3 TBS shredded or grated Parmesan cheese

1/4 tsp black pepper

1. Remove the spinach from its packaging and place it in a microwave-safe dish. Microwave, uncovered, on high power until defrosted, about 5 minutes.
2. Meanwhile, heat the oil in a 4 1/2 quart Dutch oven or soup pot over medium heat. Peel and finely chop the onion and add it to the pot. Add the garlic. Cook, stirring, until the onion is tender, 2 to 3 minutes. Add 2 cups water and the broth; raise the heat to high and bring the soup to a boil.
3. Remove the spinach from the microwave and drain it well, squeezing out the excess water. Add it to the pot. Add the tomatoes with their juice and the sugar. Stir to mix well.
4. Add the tortellini and bring the soup back to a boil. Reduce the heat to medium, maintaining a slow boil, and cook until the pasta is just tender. 4 to 5 minutes.
5. Meanwhile, combine the Parmesan cheese, salt, black pepper, and egg in a small bowl and stir vigorously with a fork or a small whisk. Set aside.
6. When the pasta is tender, slowly drizzle the egg mixture over the soup, stirring constantly. Cook, stirring, for 2 minutes. Then remove the pot from the heat, spoon the soup into shallow bowls, and serve.

Vary It! Any variety of filled tortellini is wonderful here. For an even more economical soup, substitute a plain short pasta, such as elbow macaroni or rotini, for the tortellini.



tuna casserole

Serves: 8

Prep and Cook time: 45 min

Per serving: 469 calories, 28.5 g fat, 708 mg sodium

1 1/2 cups dry macaroni (for about 3 cups cooked)

2 (6 oz) cans tuna, drained and flaked

2 (10.75 oz) can cream of mushroom soup, condensed

1 cup shredded Cheddar cheese, or more to taste

1 1/2 cups French fried onions (or breadcrumbs mixed with butter)

1/2 cup milk, or more to taste

1. In a large pot, cook pasta as package directs but only until barely al dente. Drain and set aside. Preheat oven to 350° F.
2. In a 9x13-inch baking dish, combine the macaroni, tuna, and soup. Mix well, and then top with cheese.
3. Bake for about 25 minutes, or until bubbly. Sprinkle with fried onions, and bake for another 5 minutes. Serve hot.



sides

baked beans

creamed corn

creamy potato salad

crisp homemade croutons

fruit glazed carrots

homemade mashed potatoes

mint and melon salad

quick drop biscuits

roasted okra

simply delicious coleslaw

sour cream and cucumber salad

steamed broccoli with lemon butter

sweet potato oven fries

three bean salad

baked beans

Serves: 6

Prep and Cook time: 50 min

Per serving: 200 calories, 1.5 g fat, 710 mg sodium

8 oz turkey/regular
bacon (optional)

1/4 cup maple syrup

2 tsp cornstarch

1 can (28 oz) baked beans

1/3 cup brown sugar

1/4 cup finely chopped
onion

1/4 cup ketchup

1 tsp mustard

1. Preheat oven to 350° F.

2. In a large skillet, fry bacon until crisp. Crumble and set aside.

3. In 1 1/2 quart casserole dish, mix all ingredients.

4. Bake 30 to 40 minutes or until hot and bubbly.

Vary It! If you want to add in some veggies, add in some chopped green bell pepper, mushrooms, or even carrots!

creamed corn

Serves: 8

Prep and Cook time: 20 min

Per serving: 253 calories, 16.5 g fat, 373 mg sodium

2 TBS butter

1 cup heavy cream

1 tsp salt, or to taste

2 TBS sugar

1 cup milk

1/4 tsp black pepper,
or to taste

2 TBS flour

2 (10 oz) package frozen
corn kernels

1/4 cup parmesan
cheese

1. In a skillet over medium heat, combine the corn, cream, salt, sugar, pepper, and butter.
2. In a medium bowl, whisk together the milk and flour, and stir into the corn mixture.
3. Cook stirring over medium heat until the mixture is thickened, and corn is cooked through, 5-10 minutes.
4. Remove from heat, and stir in the Parmesan cheese until melted. Serve hot.



creamy potato salad

Serves: 6-8

Prep and Cook time: 35 min

Per serving: 212 calories, 9 g fat, 72 mg sodium

3 lb. red potatoes,
unpeeled

2 TBS chopped green onion
(optional)

1/2 tsp salt

3/4 cup sour cream
(low fat recommended)

4 TBS chopped fresh parsley
or cilantro (optional)

1/4 tsp pepper

3/4 cup mayonnaise

1 tsp dry mustard

2 celery stalks

1. Fill a large pot three-fourths full of water and bring to a boil over high heat. Add the potatoes and cook until tender but slightly resistant when pierced with a fork, 25-30 minutes.
2. Drain and let cool, then cut the potatoes into 1 inch cubes and place in bowl.
3. To prepare the dressing, in a small bowl, combine the sour cream, mayonnaise, celery, celery seeds, green onion, parsley, mustard, salt, and pepper. Mix well.
4. Pour the dressing over the potatoes and mix gently to coat evenly. Taste and make any adjustments needed.
5. Serve immediately or let it chill, covered, in the refrigerator for 1-2 hours so the flavors can blend.



crisp homemade croutons

Serves: 8-12

Prep and Cook time: 1 hour

Per serving: 158 calories, 12 g fat, 121 mg sodium

12 bread slices (for about 4 cups 1/2 inch cubes, lightly packed)

1/4 tsp garlic powder (optional)

1/2 tsp dried basil (optional)

1/2 cup olive oil or 4 TBS (1/2 stick) butter, melted

1. Preheat the oven to 325° F.
2. Trim the crusts from the bread, saving them to make bread crumbs. Cut the bread into 1/2-inch cubes and place them in a single layer in a baking pan and bake, uncovered, for 10 minutes. Remove the pan from the oven, stir the cubes, and return the pan to the oven. Bake, uncovered, for 10 more minutes.
3. Remove the pan from the oven. Drizzle the oil over the cubes and sprinkle the garlic powder and basil (if using) evenly over them. Stir well.
4. Return the pan to the oven and continue to bake, uncovered, removing the pan from the oven to stir the croutons every 5 minutes, until the croutons are golden brown and crisp, 15 to 20 minutes.
5. Allow the croutons to cool to room temperature. They will stay fresh for up to 3 weeks in an airtight container at room temperature.

Note: Bread that is still slightly frozen is easier to cut. You don't need to get the ruler out and measure. Slight variations in size are fine. Also, don't waste your stale bread! Once it is baked, the



fruit glazed carrots

Serves: 4 (1 cup)

Prep and Cook time: 30 min

Per serving: 102 calories, 4 g fat, 78 mg sodium

4 cups sliced carrots

2 TBS water

2 TBS fruit jam or jelly (peach, strawberry, apricot, orange)

1/2 tsp red wine vinegar, or

1/2 tsp hot sauce

1 TBS olive oil

Dash salt and black pepper

1. Preheat oven to 350° F. Place carrots in a microwave safe bowl with water. Cover and microwave on high for 8 minutes. Drain well. Add jam, vinegar, and olive oil. Mix gently.

2. Transfer carrots to a lightly oiled 8x8x2-inch or 9x9x2-inch baking dish. Season with salt and pepper. Bake 15 minutes. Serve hot or chill 20 minutes before serving.

Vary It! This sauce for these carrots tastes great on other vegetables as well, such as broccoli, snap peas, and spinach. You can serve the sauce on the side for dipping.

homemade mashed potatoes

Serves: 4

Prep and Cook time: 35 min

Per serving: 263 calories, 10 g fat, 315 mg sodium

4 large Idaho potatoes, about 2 pounds total
1/2 cup milk, or more to taste
1/2 tsp salt
3 TBS butter
Salt and black pepper

1. Peel the potatoes and cut them into quarters.
2. Place them in a medium saucepan with cold water to barely cover and add the salt.
3. Cover and bring to a boil over high heat. Reduce heat to medium and cook, covered, for about 15 minutes or until you can easily pierce the potatoes with a fork.
4. Drain the potatoes in a colander and then return them to the saucepan. Shake the potatoes in the pan over low heat for 10 to 15 seconds to evaporate excess moisture, if necessary.
5. Remove the pan from the heat. Mash the potatoes a few times with a potato masher, ricer, or fork.
6. Add the milk, butter, and salt and pepper to taste and mash again until smooth and creamy. Depending on the texture of the potatoes, you may have to add more milk. Potatoes can vary in dryness.

Kitchen Tip: Mashed potatoes are best when mashed by hand with a potato masher or fork, or when pressed through a ricer. Blenders and food processors can leave them pasty.

Vary It! You can mash other cooked vegetables, such as broccoli, carrots, turnips, or sweet potatoes, and blend them into the



mint and melon salad

Serves: 6 (2/3 cup)

Prep time: 10 min

Per serving: 44 calories, 0.2 g fat, 9 mg sodium

2 cups diced cantaloupe

1 cup orange slices (1 medium orange)

3 TBS lime or lemon juice

1 cup diced apples (1 small-medium apple)

2 TBS chopped fresh mint

1. In a large bowl, combine melon, apples, and oranges.
2. In a medium bowl, combine mint and lime/lemon juice. Pour over fruit mixture. Mix just a little bit to spread the citrus juice, but not enough to bruise the fruit. Chill 1 hour to blend flavors. Serve cold.

quick drop biscuits

Serves: 12-14 (1 biscuit) Prep and Cook time: 25 min Per serving: 125 calories, 0.8 g fat, 56 mg sodium

2 cups all-purpose flour 1/2 tsp salt 1/2 cup oil (canola or olive)
1 TBS baking powder 1 cup low-fat milk

1. Preheat oven to 400° F. Line a cookie sheet with parchment paper or coat thinly with butter.
2. In a large bowl, combine flour, baking powder, and salt. Make a hollow in the dry ingredients. Add milk and oil to the hollow. Stir gently until the dough just begins to stick together. Drop batter in 12-14 spoonfuls onto the baking sheet.
3. Bake 20 minutes until biscuit edges are golden brown and crispy. Serve warm.

Vary It! You can add many tasty tidbits to this basic biscuit recipe. Try berries, cheese and chiles, or rosemary. If the additions are wet or moist like strawberries, reduce the amount of milk a little.

If you only have self-rising flour, substitute the all-purpose flour and the baking powder for 1 1/4 cups self-rising flour.



roasted okra

Serves: 12-14 (1 biscuit)

Prep and Cook time: 20 min

Per serving: 97 calories, 6 g fat,
8 mg sodium

1 pound okra

2 TBS olive oil

Freshly ground

Salt to taste

Fresh thyme leaves to taste
(optional)

pepper to taste

1. Preheat the oven to 450° F. Rinse the okra, and drain on a kitchen towel. The okra should be dry. Trim away the stem ends and the tips, just the very ends, and then place the okra in a large bowl. Add the salt to taste, and toss with the olive oil until coated.

2. Lift and shake the okra lightly, leaving behind any excess oil. Place on a sheet pan in one layer. Roast in the oven for 15 minutes (large okra might take a little longer), shaking the pan every five minutes. The okra should be lightly browned and tender, with a nice aroma. If you don't want it too brown, set the oven at 400 degrees.

3. Remove from the heat, toss with fresh thyme, if using, and freshly ground pepper. Transfer to a platter. Serve hot.

Vary It! Use this roasting recipe with other vegetables too! Use broccoli, carrots, Brussel sprouts, cauliflower, potatoes, beets, radishes, mushrooms, squash, zucchini, and tomatoes in place of the okra!

simply delicious coleslaw

Serves: 4 generously

Prep time: 10 min

Per serving: 228 calories, 19 g fat, 679 mg sodium

1 1/4 cup regular or reduced-fat mayonnaise

1/3 cup sugar

1/2 tsp salt, or more to taste

1/4 cup cider vinegar or distilled white vinegar, or more to taste

1 very small head green cabbage, or 1/2 large head (about 1 pounds), or 1 package coleslaw mix

1/4 tsp celery seed (optional)

1/4 tsp black pepper

1. Combine the mayonnaise, sugar, vinegar, salt, and black pepper in a large bowl and whisk well.
2. Halve the cabbage and remove and discard the core. Coarsely chop the cabbage and add it to the bowl. Stir until the cabbage is well coated with the dressing. (At first it may not seem as if there's enough dressing. Just keep stirring—the dressing will seem to expand as the cabbage gives off moisture.)
3. Serve at once or refrigerate until ready to serve, up to 24 hours.

Vary It! Smuggle in more veggies by adding in grated carrots! It adds both nutrients and color!



sour cream cucumber salad

Serves: 8 (1/2 cup)

Prep time: 10 min

Per serving: 46 calories, 3.1 g fat, 155 mg sodium

1/2 cup low fat sour cream

1/2 TBS dried dill (optional)

2 cucumbers, sliced

3 TBS distilled white vinegar, or more to taste

1/2 tsp salt

1/2 cup sliced white or sweet onions (optional)

1 tsp ground black pepper

1 TBS white sugar

1. In a large bowl, combine sour cream, vinegar, sugar, dill, salt, and pepper. Stir well.
2. Add cucumbers and onions. Toss gently to coat. Chill 1 hour before serving.



steamed broccoli with lemon butter

Serves: 4

Prep and Cook time: 25 min

Per serving: 109 calories, 9 g fat, 176 mg sodium

1 head broccoli or 3 1/2 cups frozen broccoli

3 TBS butter

Salt and black pepper, to taste

Juice of 1/2 lemon, or 2-3 TBS bottled lemon juice

1. Wash the broccoli thoroughly. Trim off only the thickest part of stems and the large leaves. Divide the larger florets by slicing through the base of the flower and straight down through the length of the stem.
 2. Place the broccoli in a 3- or 4-quart saucepan holding about 2 inches of water. (The stalks should stand on the bottom with the florets facing up.) Sprinkle the salt and pepper over the broccoli and cover the pan.
 3. Bring to a boil over high heat and then reduce the heat to low and simmer, covered, for about 5 minutes or until the stalks are tender but not soft.
 4. While the broccoli steams, melt the butter in a small saucepan and add the lemon juice. Stir to blend.
 5. Using tongs, carefully remove the broccoli to a serving dish. Pour the lemon-butter sauce over the broccoli and serve.
- Kitchen Tip: Trim and cut the vegetables into equal-sized pieces so that they cook evenly.

Vary it! You can substitute vegetables like cauliflower and asparagus for the broccoli in this recipe.



sweet potato oven fries

Serves: 4 (1/2 potato)

Prep and Cook time: 50 min

Per serving: 91 calories, 4.6 g fat, 13 mg sodium

2 large sweet potatoes,
peeled

2 TBS olive oil

1/2 tsp salt, or more to taste

1/2 tsp pepper, or more to
taste

1 egg white

1. Preheat oven to 400° F.

2. Cut sweet potatoes into 1-inch thick strips about 3 inches long. In a large bowl, beat together olive oil and egg white. Add sweet potato strips and stir gently to coat.

3. Arrange strips in a single layer on a greased cookie sheet. Sprinkle with salt and pepper.

4. Bake 40 minutes, shaking the pan every 8 minutes to keep fries from sticking. Cool slightly before serving. The fries are done when you can stick a fork easily into the sweet potato. The fries won't be extremely crispy, but it is a tasty, healthy way to eat sweet potatoes.

Vary It! You can make oven fried using regular potatoes this same way. Scrub them well and you don't even need to peel them.



three bean salad

Serves: 12

Prep and Cook time: 15 min

Per serving: 428 calories, 8 g fat, 74 mg sodium

1 small onion (½ cup chopped)

2 celery stalks

¼ cup fresh cilantro or parsley leaves (optional)

¼ cup olive oil

3 OR 4 TBS sugar

1 can (15 oz) black beans

1 can (15 oz) red beans, such as kidney beans

1 can (15 oz) chickpeas

1 cup frozen yellow corn kernels

¼ cup red wine vinegar

½ tsp garlic powder

¼ tsp salt, or to taste

¼ tsp black pepper, or to taste

1. Place all the beans and the frozen corn in a large colander and rinse with cool tap water. Shake to drain well. Place the beans and corn in a medium-size bowl.
2. Peel and finely chop the onion and add it to the bean mixture. Thinly slice the celery and add it to the bowl. Coarsely chop the cilantro or parsley (if using) and add it to the bowl. Toss gently to mix the vegetables.
3. Pour the oil into a 2-cup glass measure. Whisk in the vinegar, garlic powder, sugar, salt, and black pepper. Pour the dressing over the bean mixture and stir until well coated. Serve at once or cover chill until ready to serve, up to 24 hours.

dessert

4 minute strawberry soft serve

90 second microwave fudge

apple pie quesadilla

baked apples

bread pudding

brown sugar ginger shortbread

chocolate chip cookies

chocolate coated ritz

cookies flavored with tea

éclair cake

jell-o shaved ice

peach crumble

rich caramel sauce

sugary pastry crisp

sweet cinnamon chips

4 minute strawberry soft serve

Serves: 4

Prep time: 10 min

Per serving: 189 calories, 15 g fat, 16 mg sodium

10 oz frozen strawberries
1/4 cup superfine sugar/powdered sugar

2/3 cup heavy cream (extra cold)

1/4 tsp vanilla extract

1. Combine the frozen strawberries and sugar in a food processor or blender. Process until the fruit is roughly chopped.
2. Add the cream and vanilla and blend until combined. Add more frozen berries if you want a more firm product. Serve immediately as a soft serve, or freeze for at least 4 hours for a firm ice cream.

Vary It! The flavors for this are endless. Try it with frozen raspberries, mango, or blueberries. For a lighter version, replace the cream with your kid's favorite yogurt.



90 second microwave fudge

Serves: 16

Prep and Cook time: 1 hr 10 min

Per serving: 168 calories, 8 g fat, 33 mg sodium

1 can (14 oz) condensed milk

9 oz dark chocolate, broken up into small bits (milk chocolate is okay too)

1 cup chopped walnuts

1. Line an 8-inch square cake pan with wax paper.
2. In a large microwaveable bowl, melt the chocolate in 20 second increments, stirring after each, until smooth and creamy.
3. Gradually add the condensed milk, stirring all the while. Add the nuts and stir to combine.
4. Spread the mixture in the cake pan and refrigerate until set, about 1 hour. Cut into 16 squares.



apple pie quesadilla

Serves: 4

Prep and Cook time: 25 min

Per serving: 410 calories, 16 g fat, 496 mg sodium

Cooking oil spray

1 TBS butter

2 large (10- to 12-inch) flour tortillas

1 can (21 oz) apple pie filling

1/2 cup finely shredded Cheddar cheese

1 TBS sugar

1/2 tsp ground cinnamon

1. Preheat the oven to 375° F. Spray a large baking sheet with cooking oil spray.
2. Place the butter in a shallow microwave-safe dish and microwave, uncovered, on 80% power for 10 seconds. Stir and repeat until the butter is completely melted. Set aside.
3. Place 1 tortilla on the prepared baking sheet. Spoon the apple onto the tortilla and spread it out almost to the edge. Sprinkle the cheese evenly over the filling. Place the second tortilla over apple mixture, forming a top crust.
4. Drizzle the melted butter evenly over the top crust of the quesadilla. Mix the sugar and cinnamon together in a small dish and sprinkle it evenly over the melted butter.
5. Bake until the quesadilla is crisp and the edges are just beginning to brown, 8 to 10 minutes. Remove it from the oven and using a pizza cutter or a sharp knife, cut the quesadilla into 4 wedges, then serve.



baked apples

Serves: 4

Prep and Cook time: 30 min

Per serving: 220 calories, 5 g fat, 8 mg sodium

1/4 cup walnut or pecan pieces

About 6 TBS lightly packed light brown sugar

4 tsp butter, cut into 4 pieces

4 medium-size tart apples, such as Granny Smith or Braeburn

1/2 tsp apple pie spice or ground cinnamon

1. Spread the nuts out on a microwave-safe plate and microwave uncovered, on high power until fragrant and toasted, 1 to 3 minutes, stopping halfway to stir. Set aside.

2. While the nuts microwave, core the apples all the way through (do not peel them). Place the apples in a shallow microwave-safe dish, such as a glass pie plate. (If an apple doesn't sit upright in the dish, cut a little off the base to flatten it.)

3. Microwave the apples, uncovered, on high power for 6 minutes to partially cook them.

4. While the apples microwave, finely chop the nuts and set them aside. Place the brown sugar in a small dish, add the apple pie spice, and stir well; set aside.

5. Using oven mitts, carefully remove the plate of apples from the microwave oven. Spoon 1 TBS of the chopped nuts and 1 TBS of the brown sugar mixture into the cavity of each apple. Using your fingers or the spoon handle, pack the sugar mixture into the cavity. (Depending on the size of the cavity, you may want to use a little more sugar or a little less.) Place a piece of butter on top of the sugar in each apple. (It's okay if the butter just sits on top.)

6. Return the plate to the microwave oven and microwave, uncovered, on high power until the apples are tender when pierced with the tip of a sharp knife, 6 to 8 minutes.

7. Using oven mitts again, carefully remove the plate from the microwave. Use a large serving spoon to place each apple in a shallow bowl. Spoon the sugar syrup and any nuts that have accumulated in the baking dish evenly over the apples. Allow the apples to cool for 10 to 20 minutes before serving. Serve warm.



bread pudding

Serves: 12

Prep and Cook time: 1 hr 20 min

Per serving: 342 calories, 22 g

5 large egg yolks

2/3 cup sugar

1 tsp vanilla extract

2 cups heavy whipping cream

4 TBS (1/2 stick) butter, plus more for preparing the pan

6 cups loosely packed, bite-size white bread cubes

1 cup whole milk, low-fat milk, or half-and-half (not skim milk)

1/3 cup raisins (optional)

Rich Caramel Sauce, for serving (optional but recommended)

1. Lightly butter a 13x 9-inch glass or ceramic baking dish.
2. Place the bread cubes in the prepared baking dish.
3. Place the butter in a shallow microwave-safe dish and microwave, uncovered, on 80% power for 10 seconds. Stir and repeat until the butter is completely melted. Drizzle the melted butter over the bread cubes, tossing the cubes to distribute the butter as evenly as possible. Set the dish aside.
4. Combine the cream and milk in a small saucepan and bring just to a boil over medium heat. While the mixture is heating, place the egg yolks in a small bowl and beat them lightly.
5. When the cream mixture comes to a boil, remove the pan from the heat. Whisk in the sugar and vanilla well, then whisk in the egg yolks. Pour the mixture over the bread cubes, making sure all the bread is covered. Use the back of a spoon to even out the mixture, if necessary. Sprinkle the raisins on top of the pudding, if using. Cover the baking dish with aluminum foil and refrigerate for at least 1 hour and up to 4 hours.
6. When ready to bake the pudding, preheat the oven to 325° F.
7. Remove the baking dish from the refrigerator and cut six small vent holes in the foil. Bake, covered with the foil, until the pudding is just set, 50 minutes to 1 ½ hours. The colder it gets in the refrigerator, the longer it has to bake. When you are checking for doneness, poke the center with a table knife. There should only be a little residue left on the knife when it is pulled out. The pudding will still be a little jiggly even when it is done; it needs to set after baking. When the bread pudding is done, you also should be able to smell it while it is still in the oven.
8. Remove the bread pudding from the oven, uncover it, and allow it to cool for 15 to 20 minutes in order to let it set. Spoon the warm pudding into bowls and top with sauce, if desired.



brown sugar ginger shortbread

Serves: 12

Prep and Cook time: 30 min

Per serving: 140 calories, 7.8 g fat, 81 mg sodium

2 sticks of butter (1 cup) 3/4 cup packed brown sugar 1/8 tsp salt
2 cups all-purpose flour 1 TBS ground ginger

1. Preheat oven to 350° F. Butter a 9x9 inch baking dish.
2. In a large saucepan over medium-low heat, melt remaining butter. Stir constantly until butter begins to darken. Remove from heat. Smell the butter while you work and if it starts to smell burnt, remove from heat.
3. Add flour, brown sugar, ginger, and salt. Stir well. Pour batter into the prepared baking dish. Bake 20 minutes.
4. Remove shortbread from the oven and gently score the shortbread with a sharp knife (do not cut all the way through), making 12 squares. Allow shortbread to cool in the pan 20 minutes before breaking up and serving.

Vary It! Add ½ tsp lemon or orange zest to the batter before baking for a special treat.

If you are out of or don't have ground ginger, try using cinnamon or allspice!



chocolate chip cookies

Makes: 5 dozen

Prep and Cook time: 25 min

Per serving: 110 calories, 7g fat, 85 mg sodium

2 1/4 cups all-purpose flour

3/4 cup granulated sugar

2 cups semi-sweet chocolate chips

1 tsp baking soda

3/4 cup packed brown sugar

1 cup chopped nuts (optional)

1 tsp salt

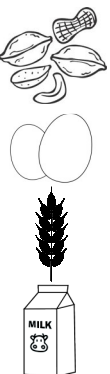
1 tsp vanilla extract

2 large eggs

1 cup (2 sticks) butter, softened

1. Preheat oven to 375°F. Line a cookie sheet with parchment paper or lightly grease the cookie sheet.
2. Combine flour, baking soda, and salt in small bowl.
3. Beat butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. You can also do this by hand with a pastry cutter or forks. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts.
4. Drop by rounded tablespoon onto ungreased baking sheets.
5. Bake for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

You can use these cookies to make ice-cream sandwiches. Slightly thaw your favorite flavor ice cream, spread about one cup of the ice cream on top of one cookie and place a second cookie upside down on top of the ice cream. Chill 1 hour before serving.



chocolate coated ritz

Serves: 4

Prep and Cook time: 45 min

Per serving: 246 calories, 16 g fat, 117 mg sodium

4 oz dark chocolate, broken into pieces

16 Ritz crackers

2 TBS peanut butter

1. Line a baking sheet with parchment paper. In a microwaveable bowl, microwave the chocolate in 20-second increments, stirring after each, until nice and smooth.
2. Take 2 crackers, spread one with peanut butter, and top with the other.
3. Dip the "sandwich" in the melted chocolate, turning to coat completely. Gently shake to remove any excess chocolate. Repeat with the remaining crackers. Refrigerate until the chocolate is set, about 30 minutes.



cookies flavored with tea

Serves: 12

Prep and Cook time: 20 min

Per serving: 311 calories, 16 g fat, 139 mg sodium

1 cup softened butter

2 TBS honey

2 tsp tea leaves (2 teabags of your favorite flavor)

1 cup sugar

2 1/2 cups all-purpose flour

1/8 tsp salt

1 egg

1. Preheat oven to 375° F. Line a cookie sheet with parchment paper.
2. In a large bowl, cream butter and 3/4 cup of sugar. Add egg and honey. Mix well.
3. In a medium bowl, combine flour, tea, and salt. Stir gently with a fork to combine. Slowly add flour mixture to wet ingredients. Stir until well mixed.
4. Shape dough into a log and wrap tightly in plastic wrap or waxed paper. Chill 1 hour. Unwrap log and slice into 24 rounds. Place rounds on a cookie sheet and bake 10 minutes until golden. Sprinkle warm cookies with remaining sugar. Cool slightly before serving.

Vary It! You can use any tea you like in these cookies. Try Lady Gray, Earl Grey, green tea, chai, or chamomile.



éclair cake

Serves: 8

Prep time: 15 min

Per serving: 542 calories, 22 g fat, 573 mg sodium

2 individual packages graham crackers

2 (3 oz) packages instant vanilla pudding mix

3 cups milk

1 (8 oz) container frozen whipped topping, thawed

1 (16 oz) package prepared chocolate frosting

1. Line the bottom of a 9x13-inch pan with graham crackers.
2. In a large bowl, combine pudding mix and milk. Stir well. Stir in whipped topping to pudding mixture. Spread half of mixture over graham cracker layer. Top with another layer of graham crackers and the remaining pudding.
3. Top off with a final layer of graham crackers and frost with chocolate frosting. Refrigerate, covered, until serving.



jell-o shaved ice

Serves: 6

Prep time: 15 min

Per serving: 97 calories, 0 g fat,
67 mg sodium

1 cup boiling water

2 cups Sprite or similar soda

1 four serving size any
Jell-O flavor

1. In a square cake pan, whisk the Jell-O into the boiling water until dissolved.
2. Stir in the soda. Freeze for at least 4 hours or over night.
3. Use an ice cream scoop or a spoon to shave the ice. Serve immediately.

Vary It! Try adding chunks of fresh fruit to your Jell-O ice! If you are using Orange Jell-O, chop an orange and add to the liquid before freezing. Or, if you are using a flavor like Lime Jell-O, try adding some lime juice for an even stronger flavor!

peach crumble

Serves: 6-8

Prep and Cook time: 1 hour

Per serving: 366 calories, 12 g fat, 200 mg sodium

1 cup all-purpose flour	1 1/2 cups old-fashioned oats	2 cans (15-1/4 oz each) sliced peaches
1/2 cup packed brown sugar	1/2 cup packed brown sugar	1 cup sugar
1/4 tsp salt	1/4 cup all-purpose flour	1/4 cup cornstarch
1/2 cup butter, cubed	5 TBS butter, cubed	

1. Preheat oven to 350° F. In a large bowl, combine the first column of ingredients: flour, brown sugar and salt. Cut in butter until crumbly. Pat into a greased 9-in. square baking pan. Bake at 350° for 15 minutes or until lightly browned.
2. Meanwhile, drain the peaches and reserve juice in a small saucepan. Stir in the sugar and cornstarch until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in peaches.
3. Pour peaches into crust. For topping, combine the second column of ingredients: oats, brown sugar and flour. Cut in the butter until crumbly. Sprinkle over filling. Bake at 350° for 25-30 minutes or until golden brown and bubbly.



rich caramel sauce

Makes: 1 2/3 cups

Prep and Cook time: 10 min

Per serving: 107 calories, 6 g fat, 6 mg sodium

8 TBS (1 stick) butter

1/2 cup heavy or whipping cream

1 tsp vanilla extract

1 cup lightly packed

light brown sugar- 1 1/2 cup

2 TBS honey or 2 TBS corn syrup

1. Cut the butter into 4 pieces and place them in a 4 cup glass measure. Add the brown sugar, cream, and honey/corn syrup. Stir to mix. Cover with microwave-safe plastic wrap and cut a small hole in the plastic to vent.

Microwave on high power until the mixture boils, 3 to 4 minutes. When removing the dish from the microwave, be careful, it is very hot! Use oven mitts to remove the dish from the microwave. The, uncover and stir well, there will be a slight film of oil over the top of the mixture. Do your best to mix that in, but it is okay for it to stay on top. Stir in the vanilla.

2. Let the mixture cool; serve the sauce warm or at room temperature.

Note: The sauce can be prepared up to 1 week ahead and refrigerated in an airtight container. To reheat, place the sauce in a microwave-safe bowl, cover with a paper towel, and microwave on high power until warm, about 1 minute. Stir the sauce before serving.



sugary pastry crisps

Serves: 12 (1 wedge)

Prep and Cook time: 20 min

Per serving: 221 calories, 11 g fat, 157 mg sodium

3 TBS firmly packed light or dark brown sugar

1 tsp ground cinnamon

Two 9-inch unbaked, unfrozen pie crusts, purchased or homemade

1/4 cup pecans or walnuts

1/4 cup honey or Rich Caramel Sauce, or more to taste

1. Preheat the oven to 450° F.
2. If you are using homemade piecrusts that are not already rolled out, roll them out to form a 9 to 10 inch round. If you are using purchased pie crusts, follow the directions on the package for bringing the crusts to room temperature.
3. Place 1 pie crust on an ungreased cookie sheet or pizza pan. Press the pie crust so it is flat. Repair any cracks or tears with wet fingers, pinching the dough back together. Crumble the brown sugar evenly over the entire crust. Sprinkle the cinnamon evenly over the sugar. Finely chop the nuts and sprinkle them evenly over the cinnamon.
4. Place the second pie crust over the top and press it down firmly with a flat hand. Press the edges of the two crusts together with your fingertips and repair any crack with wet fingers.
5. Bake the cookie until it is light brown, about 11 minutes.
6. Using a pizza cutter or a knife, slice the cookie into 12 wedges. Place the wedges on a serving plate, drizzle honey evenly over them, and serve.



sweet cinnamon chips

Makes: 16 chips

Prep and Cook time: 20 min

Per serving: 261 calories, 11 g fat, 238 mg sodium

3 TBS butter

2 large (10- to 12-inch) flour tortillas

1/4 cup honey, chocolate syrup, or Rich Caramel Sauce, or more to taste

2 TBS sugar

1 tsp ground cinnamon

1. Preheat the oven to 375° F.
2. Stack the tortillas on top of each other and cut them into 8 equal triangles, using a pizza cutter or a sharp knife.
3. Place the butter in a shallow microwave-safe dish and microwave, uncovered, on 80% power for 10 seconds. Stir and repeat until the butter is completely melted. Meanwhile, combine the sugar and cinnamon in a small bowl and set it aside.
4. Drag one side of each tortilla triangle through the melted butter, then over the side of the dish to remove the excess. Place the triangles, butter side up, on an ungreased 15- x 10-inch baking sheet. Sprinkle evenly with the cinnamon sugar.
5. Bake until the tortillas barely begin to crisp, up to 8 minutes. Transfer the crisps to a serving plate and let them rest for 2 minutes to cool and crisp.
6. Meanwhile, place the honey in a microwave-safe dish and heat on high power for 30 seconds to 1 minute. Drizzle the warm honey over the crisps and serve.



index

apples

- baked apples
- baked beans
- mint and melon salad

broccoli

- fruit glazed carrots
- homemade mashed potatoes
- porcupine balls
- roasted okra
- steamed broccoli with lemon butter
- thrifty chicken with broccoli
- quiche cakes
- quick beef fajitas

butternut squash

- butternut squash lasagna
- spiced butternut squash muffins
- quiche cakes

canned beans

- baked beans
- bbq chicken and black bean burritos
- chili in spud bowls
- franks and beans
- hot diggity dogs
- meatball minestrone
- mini mexican pizzas
- pasta e fagioli
- pizzadilla
- quesadilla roll-ups
- three bean salad

canned fruit

- baked beans
- breakfast fruit
- hawaiian ham roll-ups
- sweet and sour chicken

canned tuna

- tuna casserole
- tuna melt with vegetables

carrots

- creamy potato salad
- cure all chicken soup
- fruit glazed carrots
- homemade mashed potatoes
- homey chicken hash

meatball minestrone

- pasta e fagioli
- porcupine balls
- roasted okra
- shepherd's ramen pie
- simply delicious coleslaw
- spinach and carrot kugel
- quick beef fajitas

chicken

- bbq chicken and black bean burritos
- bottom of the bag chicken
- chicken caesar salad
- creamy chicken and raisin salad
- cure all chicken soup
- homey chicken hash
- sweet and sour chicken
- sweet chicken fingers
- quesadilla roll-ups
- thrifty chicken with broccoli

cucumber

- salmon pasta salad
- sour cream cucumber salad

eggplant

- spicy stuffed eggplant

fish

- bottom of the bag chicken
- fish baked in bags
- fish with a tea sauce
- healthy fish fingers

ground beef

- chili in spud bowls
- creamy beef stroganoff
- easy sloppy joes
- meatloaf cupcakes
- pita pizza
- porcupine balls

jell-o

- frosted grapes
- jell-o shaved ice

okra

- roasted okra

pasta

baked macaroni and cheese

- butternut squash lasagna
- creamy beef stroganoff
- fettuccine carbonara
- ham and noodle casserole
- meatball minestrone
- oriental salad
- pasta e fagioli
- salmon pasta salad
- shepherd's ramen pie
- spinach and carrot kugel
- tortellini and spinach soup
- tuna casserole

potatoes

- chili in spud bowls
- creamy potato salad
- homemade mashed potatoes
- homey chicken hash
- roasted okra

ramen

- oriental salad
- shepherd's ramen pie

spinach

- butternut squash lasagna
- green eggs & ham
- oriental salad
- pizzadilla
- spinach and carrot kugel
- quiche cakes
- tortellini and spinach soup

zucchini

- cheesy hash browns
- cheesy zucchini egg bake
- porcupine balls
- roasted okra
- spaghetti cupcakes
- quick beef fajitas