

from K-State Research and Extension Department of Human Nutrition

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**Recipe Category: Hot or Cold Main or Side Dish**

## **How to Cook Dry Beans**

Yield: 1 cup dried beans makes 2-3 cups cooked

*Consider making a large batch and freezing most of it for future meals. Beans are a low-cost food packed full of good nutrition, such as low fat protein and dietary fiber. Beans can really help stretch your food dollars, especially if you buy them dry rather than canned. They also add color, flavor and texture appeal to meals.*

1. Wash your hands and work area.
2. Throw away any discolored beans and non-bean items (such as small rocks, if any). Rinse well. Drain.
3. In a large pot, add three cups of water for every one cup of beans.
4. Soaking beans before cooking reduces their cooking time. To soak:
  - a. Boil for 3 minutes. Do not drain. Place the pot of beans in a refrigerator overnight.
  - b. Drain soaked beans. Cover with fresh water.
5. Bring beans to a boil. Reduce heat to low.
6. Boil beans gently until they are tender, 1 to 2 hours for beans that have been soaked overnight, depending on the type of bean.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze in meal-sized portions in moisture-proof containers.

# Vary Your Protein Meal Planning/Recording Worksheet

Note: Use this form to plan meals that include a variety of protein foods,  
OR to record protein foods that you have eaten.

For more information, visit the website:

[www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=198](http://www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=198)



[www.MyPyramid.gov](http://www.MyPyramid.gov)

Examples of portions that provide 6 to 8 grams of protein.

Choose 8 to 10 of a variety of these portions each day:

- 1/4 to 1/2 cup cooked dry beans/peas OR 1/2 cup tofu
- 1 cup milk/yogurt OR 1 ounce hard cheese OR  
1/4 c cottage/ricotta cheese
- 1 egg
- 1 ounce cooked lean and boneless fin fish/shell fish
- 2 tablespoons peanut butter OR 1 to 2 ounces nuts/seeds
- 1 ounce cooked lean, boneless poultry/red meat

	<b>Breakfast</b>	<b>Lunch</b>	<b>Supper</b>
<b>Weekday # 1</b>			
<b>Weekday # 2</b>			
<b>Saturday</b>			
<b>Sunday</b>			

For more information about healthy eating, contact your local extension office or log on to [www.ksre.ksu.edu/humannutrition](http://www.ksre.ksu.edu/humannutrition) The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Worksheet developed by Mary Meck

## Vary Your Protein Recipes Chart

**Showing the type of cooked dry legumes and other protein foods, grains, vegetables and fruits featured in the VYP recipe**

**Note: Dining on a Dime website is at**

*<http://www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=91>*

**Fix It Fresh website is at**

*<http://www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=77>*

	<b>Cooked Dry Legume Used</b>	<b>Other Protein Food Used</b>	<b>Grain Used</b>	<b>Vegetables Used</b>	<b>Fruit Used</b>
<b>Main Dishes – Hot</b>					
Beans, Rice and Tuna-Stuffed Pepper	Any	Tuna, Cheese	Rice	Corn, Peppers, Salsa	
Cheesy Crab and Spinach Bake		Surimi, Cheeses		Spinach, Water chestnuts, Onion	
Chunky Refried Bean Soup	Refried	Cheese, Milk	Rice	Peppers, Tomatoes, Onions	
Colorful Hominy Casserole	Black	Poultry or Meat, Cheese	Rice	Hominy, Tomatoes, Onion	
Easy Lentil Lasagna	Lentils	Cheeses	Pasta-lasagna	Spaghetti sauce	
Great Northern Brown Sauce Skillet Supper	Great northern beans	Ground Beef or Turkey, Cheese	Pasta-macaroni or penne	Bell pepper, Tomato sauce, Tomato, Onion	Raisins

	<b>Cooked Dry Legume Used</b>	<b>Other Protein Food Used</b>	<b>Grain Used</b>	<b>Vegetables Used</b>	<b>Fruit Used</b>
Hearty Winter Stew	Any	Meat or Fish	Oats	Celery, Carrots, Sweet potato or Squash, Potato or Parsnip, Brussels sprouts, Spinach, Collards or Kale	
Make-ahead Eggs, Beans and Hash Brown Potatoes	Black beans	Cheese, Eggs, Milk		Potatoes	
Meat 'n Double Beans Casserole	Pork and beans	Ground beef or turkey, Cheese		Potato, Green beans, Onion	
Pork, Baked Beans and Apple Casserole	Baked beans	Pork or beef	Rice		Apple
Quick 'n Easy Thin Crust Pizza	Refried	Cheese	Tortillas	Spinach, Spaghetti sauce	
Quick Quesadilla	Refried, Any other	Cheese	Tortilla	Salsa	
Roasted Vegetables and Ham	Any	Ham, Cheese	Rice	Brussels sprouts, Onion, Carrots	
Simple Seafood Tomato Sauce with Spaghetti		Tuna, Cheese	Pasta-spaghetti	Spaghetti sauce	
Spicy Shrimp or Meat and Veggies Soup	Split peas, Lentils, or Any legume	Shrimp, Poultry, Meat or Fish		Salsa, Spinach, Onion	
Spinach Succotash Skillet Casserole	Lima beans	Meat	Rice	Spinach, Corn, Potato, Onion	Orange juice

	<b>Cooked Dry Legume Used</b>	<b>Other Protein Food Used</b>	<b>Grain Used</b>	<b>Vegetables Used</b>	<b>Fruit Used</b>
Ten-minute Colorful Bean and Vegetable Skillet	Any	Cheese, Nuts		Tomato, Onion, Spinach or Collards, Corn, Peppers	
Tortilla-Layered Southwest “Lasagna”	Red kidney	Cheeses, Poultry or Meat	Tortillas	Corn, Tomatoes, Onion	
Vegetable and Fish Chowder		Salmon or Tuna, Milk, Cheese		Potato, Cabbage, Peas or Corn, Onion or Celery	
3-Bean Chili (Dining on a Dime Oct. 2008)	Three kinds			Green pepper, Onion, Tomatoes, Tomato sauce	
Black Bean soup (Dining on a Dime Oct. 2007)	Black	Cheese		Tomato juice, Spaghetti sauce, Onions	
Cheese and Veggie Lasagna Casserole (Dining on a Dime July 2007)		Cheeses	Pasta-macaroni	Broccoli, Spaghetti sauce, Tomato	
Dried Bean Soup Mix (Dining on a Dime Dec. 2003)	Mixture			Tomatoes	
Fragrant Vegetable Beef Stew (Dining on a Dime Mar. 2009)		Beef		Carrots, Potatoes, Onion, Tomatoes, Celery	
Garden Chili (Fix It Fresh)	Red	Beef		Peppers, Corn, Tomatoes, Tomato sauce, Onion, Celery	
Green Beans and Meat Frittata (Dining on a Dime Nov. 2006)		Eggs, Turkey or Ham, Cheese		Green beans, Onion	

	<b>Cooked Dry Legume Used</b>	<b>Other Protein Food Used</b>	<b>Grain Used</b>	<b>Vegetables Used</b>	<b>Fruit Used</b>
Make It A Meal Macaroni and Cheese (Dining on a Dime June 2006)		Tuna, Cheese, Milk	Pasta-macaroni	Broccoli	
Salmon Patties (Dining on a Dime Jan. 2009)		Salmon, Egg	Oats	Onion	
Tempting Tostadas (Fix It Fresh)	Refried	Chicken or Turkey, Cheese	Tortilla	Tomatoes, Salsa, Carrots, Lettuce, Onion	
<b>Main dishes – Cold</b>					
Asian Tuna Dinner Salad	Any	Tuna, Cheese, Peanuts, Peanut butter	Rice	Cucumber, Lettuce, Asparagus or Green beans, Carrots	Pineapple
Cheesy Crab and Spinach Bake		Surimi, Cheeses		Spinach, Water chestnuts, Onion	
Colorful Berry and Orange Dinner Salad	Black	Meat, Almonds, Cheese		Lettuce	Oranges, Raspberries or Blackberries
Cool ‘n Crunchy Meat, Barley and Veggie Salad	Any	Meat, Peanuts, Cheese	Barley, Quinoa or Rice	Lettuce, Corn, Carrots, Peppers, Celery or Cucumber or Zucchini	
Easy Winter Holiday Wrap		Turkey	Tortilla	Pumpkin, Lettuce	Cranberries
Fiesta Bean Salad	Black	Cheese	Tortilla	Salsa, Lettuce, Peppers	
Funny Face Tuna Tostado		Tuna, Cheese	Tortilla	Lettuce, Tomatoes, Carrots, Cucumber	
Hoppin’ John Dinner Salad	Black-eye peas	Sausage Almonds	Rice	Lettuce, Tomatoes	



	<b>Cooked Dry Legume Used</b>	<b>Other Protein Food Used</b>	<b>Grain Used</b>	<b>Vegetables Used</b>	<b>Fruit Used</b>
Poultry, Pasta and Vegetables Dinner Salad	Black or Chickpeas	Chicken or Turkey, Cheese	Macaroni or Penne pasta	Spinach, Carrots, Onion	
Refreshing Green and Red Summer Supper		Meat or Poultry, Cheese, Milk		Tomatoes, Green peas, Onion	
Seafood and Veggies Dinner Salad	Any	Fish, Cheese		Lettuce, Tomatoes, Potatoes, Green beans	
Southwestern Slaw Dinner Salad	Black	Meat		Cabbage, Salsa, Corn	
Spicy Seafood Slaw Dinner Salad	Black	Tuna, Cottage cheese or Yogurt		Cabbage, Corn, Carrots	
Spicy Tuna and Apple Pockets		Tuna, Yogurt, Cheese	Pita bread	Cucumber or Celery	Apple
Tangy Tuna Vegetable Pinwheels		Tuna, Egg		Asparagus, Sweet potato, Beet or Tomato, Onion	Orange juice
Zesty Island Seafood Sandwiches	Black	Tuna or Salmon, Cheese	Rice, Couscous, Quinoa or Barley Whole wheat bread	Salsa, Celery	
Fish Tacos (Dining on a Dime Dec. 2007)		Fish such as Tuna, Cheese	Taco shells	Cabbage, Salsa	
<b>Side Dishes – Hot</b>					
Hearty Brown Yeast Bread	Garbanzo or Great northern		Whole wheat flour, Bread flour, Oats		

	<b>Cooked Dry Legume Used</b>	<b>Other Protein Food Used</b>	<b>Grain Used</b>	<b>Vegetables Used</b>	<b>Fruit Used</b>
Raisin or Cranberry Cinnamon Muffins	Chickpeas	Egg, Milk	Whole wheat flour		Raisins or Cranberries
Whole Grain Peanut Butter Breakfast Muffins		Peanut butter, Dry Milk, Egg	Whole wheat flour, Oats, Cornmeal		
<b>Side Dishes – Cold</b>					
Beans and Pasta Salad	Red		Pasta-macaroni or bowtie	Carrots, Peas, Cucumber, Radish	
Hearty Brown Yeast Bread	Garbanzo or Great northern		Whole wheat flour, Bread flour, Oats		
Peanut Butter Hummus Dip with Vegetable Sticks	Chickpeas	Peanut butter		Any raw veg. sticks	
Raisin or Cranberry Cinnamon Muffins	Chickpeas	Egg, Milk	Whole wheat flour		Raisins or Cranberries
Whole Grain Peanut Butter Breakfast Muffins		Peanut butter, Dry Milk, Egg	Whole wheat flour, Oats, Cornmeal		
Deviled Eggs (Dining on a Dime April 2004)		Eggs			
Fresh Salsa with Black Beans (Fix It Fresh)	Black			Tomatoes, Salsa, Onion, Corn, Peppers	
Pumpkin Seeds (Dining on a Dime October 2003)		Pumpkin seeds			
<b>Healthy Sweet Foods</b>					

	<b>Cooked Dry Legume Used</b>	<b>Other Protein Food Used</b>	<b>Grain Used</b>	<b>Vegetables Used</b>	<b>Fruit Used</b>
Cake-like Apple, Oatmeal, Raisin & Chocolate Chip Cookies	Great northern or Cannellini	Egg	Whole wheat flour, Rolled oats		Applesauce, Orange juice, Raisins
Easy Double-Chocolate Fudge Brownies	Black	Eggs	AP flour		
No-Added-Sugar “Pumpkin Pie” Pudding		Milk		Pumpkin	
Berry Chocolate Mousse (Dining on a Dime Feb. 2008)	Soy (tofu)	Milk, Nuts			Berries
Chocolate Chip Peanut Butter Cereal Bars (Dining on a Dime Apr. 2008)		Peanut butter, Egg, Dry Milk	Wheat germ, Oats, Rice cereal		Raisins

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# **Hot Main Dishes**

# VYP

## Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

### Beans, Rice and Tuna-Stuffed Pepper

Yield: 2 servings, each 1/2 of a large stuffed pepper

- 1 large fresh sweet bell pepper, any color
- 2 tablespoons frozen corn kernels
- 5 tablespoons chunky tomato salsa, divided
- 3 ounces tuna canned in water, drained well
- 1/4 cup cooked dry beans, any kind (such as black or red), cooked without salt, rinsed and drained
- 1 teaspoon dried parsley leaves
- 1/4 cup cooked rice, brown or white
- 2 tablespoons water
- 2 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. Rinse pepper under cool running water. Cut away and discard stem, membranes and seeds. Leave the body of the pepper whole and intact.
3. In a mixing bowl, stir together corn, 2 tablespoons salsa, tuna, cooked beans, parsley and rice.
4. Place pepper on a piece of aluminum foil. Spoon the mixture into the pepper until it just reaches the top.
5. Bring foil loosely up around the sides of the pepper, but leave the top exposed.
6. Place 1 tablespoon salsa on top of the filling.
7. Spray the bottom of a baking pan OR a slow cooker with non-stick cooking spray. Place the wrapped pepper into the pan or slow cooker, keeping the foil opening at the top.

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*Meal suggestion:*

*Serve with whole grain bread, carrot sticks, a nectarine and low-fat milk.*

*This extra lean hot main dish is an excellent source of vitamin C and a good source of dietary fiber, vitamin A and calcium.*

### Nutrition Facts

Serving Size 1/2 of a large stuffed pepper (227g)  
Servings Per Container 2

Amount Per Serving

**Calories** 160      **Calories from Fat** 25  
% Daily Value\*

**Total Fat** 3g      **5%**  
Saturated Fat 1.5g      **8%**  
Trans Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 520mg      **22%**

**Total Carbohydrate** 21g      **7%**

Dietary Fiber 4g      **16%**

Sugars 4g

**Protein** 14g

Vitamin A 10%      •      Vitamin C 110%

Calcium 10%      •      Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*1 1/2 carbohydrate choices per serving.*

## **Beans, Rice and Tuna-Stuffed Pepper** *(Continued)*

8. In the same mixing bowl, along with any remaining rice mixture, stir together remaining 2 tablespoons salsa and water.
9. Pour sauce into the opening of the foil, around the bottom of the pepper. Wrap foil edges together tightly.
10. Bake in an oven at 350 degrees F. for 45 minutes. OR, cover slow cooker and cook on LOW heat setting for 5 to 10 hours.
11. To serve, open foil and place stuffed pepper on a dinner plate. Cut pepper in half, from top to bottom. Put half on a second dinner plate. Cut each half in half. Spoon sauce in foil over each serving. Sprinkle 1 tablespoon cheese over each serving. Serve warm.
12. Cover and refrigerate leftovers within two hours.



**Recipe Category: Hot Main Dish**

## Chunky Refried Bean Soup

Yield: 2 servings, about 3/4 cup each

*If desired, make this recipe using less milk and serve over baked potatoes.*

- 1/4 medium green sweet bell pepper, chopped
- 1/4 medium onion, finely chopped
- 1 clove of garlic, finely chopped
- 1/2 cup cooked plain rice, brown or white
- 1/2 cup canned diced tomatoes with green chilies, not drained
- 2 teaspoons dried cilantro leaves
- 1/2 teaspoon ground cumin
- a dash of dried red pepper flakes
- 1 cup canned fat free seasoned refried beans
- 1/4 cup skim milk
- 1/4 cup shredded cheese, such as cheddar or colby

1. Wash your hands and work area.
2. Heat a saucepan sprayed with non-stick cooking spray over medium-high heat. Add green pepper, onion and garlic. Cook for about 5 minutes, or until pepper is softened.
3. Stir in remaining ingredients, except cheese.
4. Reduce heat to low. Stirring constantly, bring to a gentle boil. Add a little more milk if soup is too thick.
5. Spoon into serving bowls and sprinkle each serving with 2 tablespoons shredded cheese.
6. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with a leafy green salad, chunks of mangoes, a handful of nuts, whole grain bread and low-fat milk.*

*This satisfying low-fat hot main dish is an excellent source of dietary fiber, vitamin C, calcium and iron, and a good source of vitamin A.*

### Nutrition Facts

Serving Size about 3/4 cup (303g)  
Servings Per Container 2

Amount Per Serving

**Calories 250**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 790mg**      **33%**

**Total Carbohydrate 42g**      **14%**

Dietary Fiber 9g      **36%**

Sugars 3g

**Protein 14g**

Vitamin A 10%      •      Vitamin C 35%

Calcium 20%      •      Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate choices per serving.*

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# VYP

## Vary Your Protein Recipe Series



### Recipe Category: Hot Main Dish

## Colorful Hominy Casserole

Yield: 2 servings, about 1 1/4 cups each

- 2 tablespoons finely chopped onion
- 1 clove of garlic, finely chopped
- 1 tablespoon dried parsley leaves
- 2 teaspoons prepared yellow mustard
- 2/3 cup cooked brown rice
- 2/3 cup canned diced tomatoes with green chilies, not drained
- 1/2 cup cooked chopped turkey, chicken, pork or beef, without skin or bones and trimmed of fat
- 1/2 cup cooked black beans, cooked without salt, rinsed and drained
- 1/2 cup canned hominy, rinsed and drained (corn may be substituted, if desired)
- 1/4 cup shredded cheddar or colby cheese

1. Wash your hands and work area.
2. Heat a small skillet sprayed with non-stick cooking spray over medium heat. Add onions and garlic. Cook and stir until softened, about 3 minutes.
3. In a 1-quart microwave-safe casserole dish, stir together all ingredients except cheese.
4. Cover and cook in a microwave oven on 50 percent power for 5 minutes, stirring after 3 minutes.
5. When thoroughly hot, spoon casserole onto dinner plates. Sprinkle with shredded cheese.
6. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

*Meal suggestion:  
Serve with a leafy green salad, bananas, oatmeal cookies and low-fat milk.*

*This lean hot main dish is an excellent source of dietary fiber and iron, and a good source of calcium and vitamins A and C.*

### Nutrition Facts

Serving Size about 1 1/4 cups (295g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 60
<hr/>	
	% Daily Value*
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 580mg	<b>24%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 1g	

### Protein 21g

Vitamin A 10% • Vitamin C 10%  
Calcium 15% • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000		2,500	
Total Fat	Less than	65g	Less than	80g
Saturated Fat	Less than	20g	Less than	25g
Cholesterol	Less than	300mg	Less than	300mg
Sodium	Less than	2,400mg	Less than	2,400mg
Total Carbohydrate	Less than	300g	Less than	375g
Dietary Fiber	Less than	25g	Less than	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*2 1/2 carbohydrate choices per serving.*

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**Recipe Category: Hot Main Dish**

**Great Northern Brown Sauce Skillet Supper**

Yield: 2 servings, each 1 1/4 cups

- 2 cloves of garlic, finely chopped
- 1/2 medium onion, chopped
- 1/2 medium sweet bell pepper, any color, chopped
- 1/2 cup (3 ounces) cooked ground beef or turkey
- 4 ounces tomato sauce
- 3/4 cup water
- 1 teaspoon unsweetened baking cocoa
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground cinnamon
- 1/3 cup dry small pasta, such as macaroni or penne
- 1/2 cup cooked great northern beans, cooked without added salt, rinsed and drained
- 2 tablespoons packed raisins (preferably golden because of the color contrast)
- 2 tablespoons diced tomatoes, fresh or canned
- 2 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. Heat a large skillet sprayed with non-stick cooking spray over medium heat. Cook garlic, onion and bell pepper for about 3 minutes or until softened, stirring occasionally.
3. Stir in cooked ground meat, tomato sauce, water, cocoa, chili powder, cinnamon and pasta.
4. Reduce heat. Cover and boil gently, stirring occasionally, for 10 to 12 minutes.
5. Stir in cooked beans, raisins and tomatoes. Cover and bring back to a boil. When thoroughly hot, remove from heat.
6. Spoon into serving bowls. Sprinkle with cheese.
7. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with peaches,  
yogurt and oatmeal  
cookies.*

*This healthy hot main  
dish is an excellent  
source of vitamin C,  
dietary fiber, iron and  
calcium. It is a good  
source of vitamin A.*

**Nutrition Facts**

Serving Size 1 1/4 cups (386g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 340	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 11g	

<b>Protein</b> 24g	
Vitamin A 10%	Vitamin C 60%
Calcium 20%	Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate  
choices per serving.*

For more information about healthy eating, contact your local extension office or log on to [www.mt.ksu.edu/humannutrition](http://www.mt.ksu.edu/humannutrition). The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," June 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.

**Recipe Category: Hot Main Dish**

## Hearty Winter Stew

Yield: 2 servings, about 1 cup each

- 1 teaspoon vegetable cooking oil
  - 2 tablespoons chopped onion
  - 1 clove of garlic, minced
  - 1 cup reduced-sodium chicken broth
  - 1 cup water
  - 1/4 cup chopped celery
  - 1/4 cup peeled and diced carrots, sweet potato, or butternut or acorn squash
  - 2 tablespoons cubed white potato or parsnip
  - 6 Brussels sprouts, halved
  - 1 teaspoon dried parsley leaves
  - 1/2 teaspoon dried oregano or marjoram
  - 1/8 teaspoon ground black pepper
  - 1/8 teaspoon crushed red pepper flakes, if desired
  - 2 tablespoons rolled oats
  - 1/2 cup of any kind of cooked chopped poultry or meat, without skin or bones and trimmed of fat, or shelled and deveined shrimp, or lobster-flavored or crab-flavored surimi
  - 1/2 cup cooked dry beans or lentils, any kind (such as kidney, pinto, great northern, or black), cooked without salt, rinsed and drained
  - 1/2 cup chopped spinach, collard greens or kale (fresh or frozen)
1. Wash your hands and work area.
  2. Warm oil in a saucepan over medium heat. Add chopped onion and garlic. Cook for several minutes until softened, stirring occasionally.

*(continued on pgzvr ci g)*

*Meal suggestion:  
Serve with pears,  
whole grain rolls and  
low-fat milk.*

*This colorful and  
comforting lean main  
dish is an excellent  
source of vitamin A,  
vitamin C and dietary  
fiber, and is a good  
source of iron.*

### Nutrition Facts

Serving Size 1 cup (446g)  
Servings Per Container 2

Amount Per Serving

**Calories 220**      **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**      **7%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 30mg**      **10%**

**Sodium 360mg**      **15%**

**Total Carbohydrate 24g**      **8%**

Dietary Fiber 7g      **28%**

Sugars 4g

**Protein 20g**

Vitamin A 80%      •      Vitamin C 100%

Calcium 8%      •      Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*1 1/2 carbohydrate  
choices per serving.*

## **Hearty Winter Stew** *(Continued)*

3. Add chicken broth, water, celery, orange vegetable, white vegetable, Brussels sprouts, parsley, oregano or marjoram, black pepper and dried red pepper.
4. Cover and boil gently for 10 minutes. Stir occasionally.
5. Add rolled oats. Continue to boil gently for 5 to 10 minutes, until thickened and vegetables are tender.
6. Stir in cooked meat and cooked dry beans. Continue to cook until beans are hot.
7. Add spinach, collards or kale and cook just until hot and tender.
8. Cover and refrigerate leftovers within two hours. Or, if desired, freeze soup in a moisture-proof container.

**Recipe Category: Hot Main Dish**

## Make-ahead Eggs, Beans and Hash Brown Potatoes

Yield: 2 servings, about 1 cup each

- 2/3 cup frozen diced southern hash brown potatoes (or hash brown potatoes O'Brien)
- 2/3 cup cooked black beans, cooked without added salt, rinsed and drained
- 1/4 cup shredded cheese, such as colby or cheddar
- 1/2 cup pasteurized egg substitute or 2 large eggs
- 1/3 cup fat free milk
- 1 teaspoon dried basil leaves (or cilantro leaves)
- a dash of ground black pepper

1. Wash your hands and work area.
2. Spray a quart-size baking dish with non-stick cooking spray. In the dish, stir together potatoes and beans. Sprinkle cheese over the top.
3. In a small mixing bowl, beat together egg substitute or eggs, and milk. Mix in basil or cilantro, and black pepper. Pour egg mixture evenly over the potato mixture.
4. Cover and refrigerate for 2 to 24 hours to allow flavors to blend.
5. Heat oven to 350 degrees F.
6. Bake uncovered for about 40 minutes, or until a knife inserted in the center comes out clean.
7. Let stand 5 minutes before serving.
8. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

*Meal suggestion:  
Serve with melon wedges, muffins and low-fat milk.*

*This hot main dish can be served any time of the day. It is an excellent source of dietary fiber and calcium, and a good source of iron and vitamin A.*

### Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 3g	
<b>Protein</b> 19g	
Vitamin A 10%	• Vitamin C 2%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*2 carbohydrate choices per serving.*

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**Recipe Category: Hot Main Dish**

**Meat ‘n Double Beans Casserole**

Yield: 2 servings, about 1 1/2 cups each

- 1/4 pound raw lean ground beef or ground turkey (or about 3 ounces cooked)
- 1/4 medium onion, chopped
- 2/3 cup canned pork & beans in tomato sauce
- 2 teaspoons brown sugar or crushed pineapple
- 2 teaspoons prepared mustard
- 2 teaspoons Worcestershire sauce
- 1 medium raw potato, diced
- 1 cup frozen cut greens beans
- 2 tablespoons shredded cheddar or colby cheese

1. Wash your hands and work area.
2. In a skillet sprayed with non-stick cooking spray, brown ground meat over medium heat. Drain off and discard fat.
3. Add onion and cook about 3 minutes, until onion softens. Remove from heat.
4. Meanwhile, remove and discard the chunk of pork from canned pork and beans. In a mixing bowl, mix together all ingredients very well.
5. Pour mixture into a 1 or 1.5 quart microwave-safe dish that has been sprayed with non-stick cooking spray. Cover and cook in a microwave oven on high power for 6 minutes, stirring after 3 minutes. (Or, cover and bake in a conventional oven at 350 degrees F. for 1 hour, stirring after 30 minutes.)
6. Serve when thoroughly hot and potatoes are tender.
7. Cover and refrigerate leftovers within two hours. Or, if desired, leftovers may be frozen in a moisture-proof freezer container.

*Meal suggestion:  
Serve with angel food cake topped with yogurt and mixed berries.*

*This lean main dish is an excellent source of vitamin C, iron and dietary fiber. It is a good source of calcium and vitamin A.*

**Nutrition Facts**

Serving Size about 1 1/2 cups (313g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 330	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 640mg	<b>27%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 14g	
<b>Protein</b> 20g	
Vitamin A 10%	• Vitamin C 35%
Calcium 15%	• Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*3 carbohydrate choices per serving.*

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**Recipe Category: Hot Main Dish**

**Pork, Baked Beans and Apple Casserole**

Yield: 2 servings, each 1 1/3 cups

- 1 medium apple
- 1/4 teaspoon ground cinnamon
- 2/3 cup baked beans
- 2/3 cup chopped cooked pork or beef, without bones and trimmed of fat
- 2/3 cup cooked brown rice, heated

1. Wash your hands and work area.
2. Wash and drain apple. Core and cut into cubes.
3. Spray a microwave-safe dish with non-stick cooking spray. Add all ingredients except rice. Stir until mixed well.
4. Cover and cook in a microwave oven on high power for 6 minutes or until thoroughly hot, stirring after 3 minutes.
5. Spoon meat mixture over hot rice.
6. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with broccoli or asparagus, whole grain dinner rolls and low-fat milk.*

*This lean hot main dish is an excellent source of dietary fiber and a good source of iron and vitamin A.*

Nutrition Facts	
Serving Size about 1 1/3 cups (288g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 47g	<b>16%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 15g	
<b>Protein</b> 18g	
Vitamin A 10%	• Vitamin C 6%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*3 carbohydrate choices per serving.*

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# VYP

Vary Your Protein Recipe Series



Recipe Category: Hot Main Dish

## Quick 'n Easy Thin Crust Pizza

Yield: 1 serving

- 2 tortillas, preferably whole wheat, 8 inches in diameter
- 3 tablespoons canned fat free seasoned refried beans
- 1 teaspoon dried chopped onion
- 3 tablespoons chunky spaghetti sauce
- a dash of dried red pepper flakes
- 1/4 cup chopped fresh spinach leaves, firmly packed
- 1/4 cup shredded cheese, such as colby or cheddar

1. Wash your hands and work area.
2. Heat oven to 425 degrees F.
3. Place a tortilla on a plate. Spread about one or two teaspoons of refried beans over the center top of the tortilla.
4. Press the second tortilla on top of the first one. Spread remaining refried beans across the tortilla, stopping about 1/2 inch from the edges.
5. Over the beans, sprinkle onion, spaghetti sauce, red pepper and spinach.
6. If desired, add other favorite pizza toppings, such as chopped green peppers, broccoli or black olives.
7. Sprinkle toppings with cheese.
8. Bake pizza on an ungreased baking pan for about 10 minutes, until crust is crisp and cheese is melted.
9. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with a leafy green salad, an orange and yogurt.*

*This hot main dish is very easy to make. It is an excellent source of, dietary fiber, vitamin A, calcium and iron.*

### Nutrition Facts

Serving Size 1 pizza (228g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 470	Calories from Fat 130
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 920mg	<b>38%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 6g	
<b>Protein</b> 18g	
Vitamin A 30%	• Vitamin C 6%
Calcium 25%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

*4 carbohydrate choices per serving.*

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**Recipe Category: Hot Main Dish**

## Quick Quesadilla

Yield: 1 serving

- 1 tortilla, preferably whole wheat, 8 inches in diameter
- 3 tablespoons canned fat free seasoned refried beans
- 3 tablespoons cooked dry beans, any kind (such as red, black or pinto), cooked without salt, drained and rinsed
- 2 tablespoons shredded cheese, such as colby or cheddar
- 1 tablespoon chunky salsa

1. Wash your hands and work area.
2. Place a tortilla on a flat surface, such as a large plate.
3. Spread refried beans over the tortilla, leaving the edges bare.
4. Spread cooked dry beans over the refried beans.
5. Sprinkle shredded cheese over the beans.
6. Fold tortilla in half and press edges together.
7. Heat a skillet sprayed with non-stick cooking spray over medium heat. Place quesadilla in skillet for 1 to 2 minutes on each side, until lightly browned.
8. Just before serving, top with 1 tablespoon salsa.
9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze quesadilla in a moisture-proof freezer container. The day before serving, allow it to thaw in the refrigerator. Place on a microwave-safe plate and microwave on medium power until warm.

*Meal suggestion:  
Serve with a tossed salad, sliced apples and low-fat milk.*

*This hot main dish is an excellent source of dietary fiber and a good source of calcium and iron.*

### Nutrition Facts

Serving Size 1 quesadilla (156g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 560mg	<b>23%</b>
<b>Total Carbohydrate</b> 41g	<b>14%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 2g	
<b>Protein</b> 13g	
Vitamin A 4%	• Vitamin C 0%
Calcium 15%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*3 carbohydrate choices per serving.*

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# VYP

Vary Your Protein Recipe Series



Recipe Category: Hot Main Dish

## Roasted Vegetables and Ham

Yield: 2 servings, about 1 1/2 cups each

- 1 cup Brussels sprouts, frozen and thawed, or fresh and cleaned
- 2/3 cup plain cooked rice, brown or white
- 1/4 cup chopped onion
- 1/4 cup chopped carrots
- 1 clove of garlic, minced
- 1 teaspoon cooking oil
- 1/3 cup cooked chopped ham, trimmed of visible fat
- 1 cup cooked dry beans, any kind (such as great northern, navy, kidney, pinto or black), cooked without salt, rinsed and drained
- a dash of ground black pepper
- 1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. Preheat oven to 400 degrees F.
3. Coat an 8 x 8 inch baking pan heavily with non-stick cooking spray and/or line it with a piece of aluminum foil.
4. Cut Brussels sprouts in half lengthwise and place in the baking pan.
5. Stir in remaining ingredients except the rice and cheese.
6. Bake uncovered for 20 minutes, stirring once after 10 minutes.
7. Serve over warm rice and top with grated cheese.
8. Cover and refrigerate leftovers within two hours. Or, freeze leftovers in a moisture-proof freezer container.

*Meal suggestion:  
Serve with cranberry sauce and low-fat milk.*

*This low-cholesterol hot main dish is an excellent source of vitamins A and C, and fiber, and is a good source of calcium and iron.*

### Nutrition Facts

Serving Size about 1 1/2 cups (297g)  
Servings Per Container 2

Amount Per Serving

**Calories 290**      **Calories from Fat 50**

% Daily Value\*

**Total Fat 6g**      **9%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 15mg**      **5%**

**Sodium 350mg**      **15%**

**Total Carbohydrate 45g**      **15%**

Dietary Fiber 11g      **44%**

Sugars 3g

**Protein 18g**

Vitamin A 70%      •      Vitamin C 70%

Calcium 15%      •      Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate choices per serving.*

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**Recipe Category: Hot Main Dish**

**Simple Seafood Tomato Sauce with Spaghetti**

Yield: 2 servings, about 1 cup each

- 1 1/2 cups cooked spaghetti, whole wheat or regular, boiled without added salt, drained
- 1 teaspoon vegetable cooking oil
- 2 cloves of garlic, minced
- 1 tablespoon dried onion flakes
- 3/4 cup spaghetti sauce, plain or with chunks of vegetables
- 3 ounces light tuna canned in water, drained
- a dash of ground black pepper, to taste
- a dash of dried red pepper flakes, to taste
- 2 teaspoons dried parsley flakes
- 2 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. If you do not have cooked spaghetti on hand, boil according to package directions, except do not add salt.
3. Meanwhile, heat cooking oil in a skillet over low to medium heat. Add garlic. Cook until the garlic is golden and fragrant, about 3 minutes.
4. Add dried onion, spaghetti sauce and drained tuna to the garlic in the skillet. Boil gently over medium heat for several minutes until heated through, stirring occasionally. Season with ground black pepper and red pepper flakes.
5. Place hot, cooked spaghetti on two dinner plates. Top with seafood-tomato mixture. Garnish with parsley flakes and cheese. Serve immediately.
6. Cover and refrigerate leftovers within two hours. Or, if desired, freeze sauce for a future meal.

*Meal suggestion:  
Serve with green beans, applesauce, whole grain toast and low-fat milk.*

*This quick, extra lean hot main dish is an excellent source of dietary fiber and iron, and a good source of vitamins A and C, and calcium.*

**Nutrition Facts**

Serving Size about 1 cup (254g)  
Servings Per Container 2

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Amount Per Serving

**Calories 280**      **Calories from Fat 50**

---

	% Daily Value*	
<b>Total Fat</b> 5g		<b>8%</b>
Saturated Fat 1.5g		<b>8%</b>
Trans Fat 0g		
<b>Cholesterol</b> 15mg		<b>5%</b>
<b>Sodium</b> 670mg		<b>28%</b>
<b>Total Carbohydrate</b> 42g		<b>14%</b>
Dietary Fiber 7g		<b>28%</b>
Sugars 9g		
<b>Protein</b> 20g		
Vitamin A 15%	•	Vitamin C 15%
Calcium 10%	•	Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000		2,500	
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate choices per serving.*

For more information about healthy eating, contact your local extension office or log on to [www.mt.g.ksu.edu/humannutrition](http://www.mt.g.ksu.edu/humannutrition). The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.

**Recipe Category: Hot Main Dish**

## Spicy Shrimp or Meat and Veggies Soup

Yield: 2 servings, about 1 cup each

- 1 teaspoon cooking oil
- 1/4 cup diced onion
- 1 clove garlic, minced
- 1 cup water
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/2 cup chunky salsa
- 2/3 cup cooked split peas, lentils or dry beans (any kind, such as black beans, red beans, chickpeas), cooked without salt, rinsed and drained
- 3/4 cup cooked small shrimp, deveined and without tails, or chopped cooked poultry, meat or fish (without bones and trimmed of fat)
- 1 cup torn or chopped spinach or collard greens, fresh or frozen

1. Wash your hands and work area.
2. Over medium heat, warm oil in a saucepan. Cook onion and garlic until tender, about 3 minutes.
3. Add water, cinnamon, ginger, salsa, cooked split peas/lentils/dry beans, and cooked shrimp/poultry/meat/fish.
4. Boil until heated through, stirring frequently.
5. Stir in greens. Boil until just wilted, stirring frequently.
6. Serve hot.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

*Meal suggestion:  
Serve with nectarines,  
whole grain bread and  
low-fat milk.*

*This hot main dish is  
an excellent source of  
vitamin A and dietary  
fiber, and is a good  
source of vitamin C  
and iron.*

### Nutrition Facts

Serving Size 1 cup (336g)  
Servings Per Container 2

Amount Per Serving

**Calories** 190    **Calories from Fat** 30

% Daily Value\*

**Total Fat** 3.5g    **5%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 105mg    **35%**

**Sodium** 630mg    **26%**

**Total Carbohydrate** 23g    **8%**

Dietary Fiber 6g    **24%**

Sugars 5g

**Protein** 19g

Vitamin A 35%    •    Vitamin C 15%

Calcium 8%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*1 1/2 carbohydrate  
choices per serving.*

For more information about healthy eating, contact your local extension office or log on to [www.ksu.edu/humannutrition](http://www.ksu.edu/humannutrition). The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.



**Recipe Category: Hot Main Dish**

## Spinach Succotash Skillet Casserole

Yield: 2 servings, about 1 1/2 cups each

- 1 teaspoon vegetable cooking oil
- 1/3 cup chopped onion
- 2 teaspoons chopped garlic
- 1/3 cup fresh or frozen diced potato
- 1/8 teaspoon ground black pepper, or more if desired
- a dash of dried red pepper flakes, or more if desired
- 3/4 cup orange juice
- 1/3 cup fresh or frozen sweet corn kernels
- 1/3 cup fresh or frozen lima beans
- 2/3 cup plain cooked rice, brown or white
- 1/2 cup chopped cooked turkey, chicken, pork or beef (without fat, skin or bones)
- 1/2 teaspoon vinegar or lime juice
- 2 cups chopped fresh or frozen spinach leaves

1. Wash your hands and work area.
2. Heat oil in a skillet over medium heat.
3. Add onion, garlic and potato. Cook about 3 minutes, stirring occasionally, until mixture is softened and fragrant. Sprinkle with black pepper and red pepper flakes, if desired.
4. Add orange juice, corn and lima beans.
5. Cover and let mixture boil gently for 3 to 5 minutes.
6. Stir in cooked rice, cooked meat, and vinegar or lime juice.
7. Add spinach to top of mixture. Cover and cook until spinach wilts, about 2 minutes.
8. Remove from heat. Serve hot.
9. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with cherries, an oatmeal cookie and low-fat milk.*

*This lean, easy-to-make hot main dish is an excellent source of vitamins A and C, and dietary fiber. It is a good source of iron.*

### Nutrition Facts

Serving Size about 1 1/2 cups (326g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 46g	<b>15%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 12g	
<b>Protein</b> 16g	

Vitamin A 60% • Vitamin C 35%  
Calcium 6% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate choices per serving.*

# VYP

Vary Your Protein Recipe Series



Recipe Category: Hot Main Dish

## Ten-minute Colorful Bean and Vegetable Skillet

Yield: 1 serving, about 1 1/2 cups

- 1/4 cup chopped onion
- 1/4 cup chopped red sweet bell pepper, if available
- 1/4 cup canned diced tomatoes, not drained
- 1/2 cup cooked dry beans, any kind (such as kidney, pinto, black, chickpeas, black-eyed peas or great northern), cooked without salt, rinsed and drained
- 1 tablespoon dry roasted peanuts, slivered almonds or any other kind of nut, preferably not salted
- 1/3 cup sweet corn kernels, frozen or fresh
- 1 cup chopped fresh or frozen spinach or collard leaves or other greens
- 1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. Spray a skillet with non-stick cooking spray.
3. Over medium to low heat, add chopped onion. Cook for a few minutes, until softened. Stir occasionally.
4. Stir in chopped red pepper. Cook for one minute longer.
5. Stir in tomatoes, beans, nuts and corn. Cook for 2 to 3 minutes, until warm. Stir occasionally.
6. Stir in greens. Cook for several minutes, until wilted and warm. Stir occasionally.
7. Remove from heat.
8. Serve topped with grated cheese.
9. Cover and refrigerate leftovers within two hours.

*Meal suggestion:*

*Serve with a peach, whole grain muffin or bagel, and low-fat milk.*

*This hot main dish is very low in cholesterol yet is an excellent source of vitamins A and C, dietary fiber, and iron, and a good source of calcium.*

### Nutrition Facts

Serving Size 1 1/2 cups (277g)  
Servings Per Container 1

Amount Per Serving

Calories 260    Calories from Fat 60

% Daily Value\*

**Total Fat** 7g    **11%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 5mg    **2%**

**Sodium** 250mg    **10%**

**Total Carbohydrate** 38g    **13%**

Dietary Fiber 9g    **36%**

Sugars 6g

**Protein** 15g

Vitamin A 60%    •    Vitamin C 35%

Calcium 15%    •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

*2 1/2 carbohydrate choices per serving.*

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**Recipe Category: Hot Main Dish**

**Vegetable and Fish Chowder**

Yield: 2 servings, about 1 1/2 cups each

- 1 small potato, to yield about 1/2 cup cubed
- 1 cup coarsely chopped green cabbage
- 1/3 cup frozen peas or sweet corn kernels
- 3 ounces canned salmon or light tuna canned in water, drained well
- 1/4 cup chopped onion or celery
- 1 clove of garlic, minced
- 1 teaspoon vegetable cooking oil
- 1 tablespoon all-purpose white flour
- 3/4 cup skim milk
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon ground paprika
- 1 teaspoon dried parsley leaves or chives
- 3 tablespoons shredded cheese, such as colby or cheddar

1. Wash your hands and work area.
2. Pierce potato several times with a sharp knife. Microwave on high power for 4 minutes, or until soft. Set aside until cool enough to handle. Cut potato into approximately half-inch cubes.
3. Meanwhile, in a microwave-safe dish, combine shredded cabbage with peas or corn and 1/4 cup water. Cover and microwave on high power for 2 minutes. When done, do not drain. Set aside.
4. If using salmon, crush bones well. Using a fork, break all chunks into small “flakes” of salmon or tuna.

*(continued on pgzvr ci g)*

*Meal suggestion:  
Serve with whole grain bread or rolls and berries with yogurt.*

*This healthy hot main dish is an excellent source of vitamin C, calcium and vitamin A, and a good source of dietary fiber and iron.*

**Nutrition Facts**

Serving Size about 1 1/2 cups (304g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 270	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 8g	
<b>Protein</b> 20g	

Vitamin A 20% • Vitamin C 45%  
Calcium 35% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*2 carbohydrate choices per serving.*

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## **Vegetable and Fish Chowder** *(Continued)*

5. Spray a saucepan with non-stick cooking spray. Cook onions or celery, and garlic, over medium heat until softened, about 3 minutes. Transfer to a plate and set aside.
6. In the same pan, heat oil over low heat. Add flour, stirring until smooth and thick. Cook one minute, stirring constantly.
7. Increase heat to medium, and add a small amount of skim milk at a time to the flour mixture, stirring constantly. Cook and stir until mixture thickens and bubbles.
8. Reduce heat and add remaining ingredients except the cheese. Cover and cook over low heat until thoroughly heated, stirring frequently. Do not boil. Soup will thicken as it cooks. If soup is too thick, stir in a little more milk.
9. Just before serving, add cheese and stir until melted. Serve immediately.
10. Cover and refrigerate leftovers within two hours.

# **Cold Main Dishes**

**Recipe Category: Cold Main Dish**

**Asian Tuna Dinner Salad**

Yield: 1 meal, about 2 cups

- 1/2 cup fresh or frozen asparagus, cut into 1-inch pieces, or fresh or frozen cut green beans
- 1/2 teaspoon reduced-sodium soy sauce
- 1/4 teaspoon ground ginger
- a dash of ground black pepper
- 1 teaspoon dried cilantro leaves
- 1 tablespoon peanut butter, any kind
- 1 tablespoon crushed pineapple, drained
- 3 tablespoons raw diced or shredded carrot
- 1 tablespoon peanuts, preferably unsalted
- 3 tablespoons diced cucumber
- 2 tablespoons tuna canned in water, drained
- 1/4 cup cooked dry beans, any kind (such as kidney, black, navy, great northern or garbanzo), cooked without salt, rinsed and drained
- 1/4 cup cooked rice, brown or white
- 3/4 cup torn or chopped fresh salad greens, such as romaine or spinach
- 1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. Measure out asparagus. Set aside.
3. Using a fork, stir together soy sauce, ginger, pepper, cilantro, peanut butter and pineapple in a mixing bowl.
4. Stir in carrots and peanuts.
5. Gently stir in cucumber, tuna, cooked dry beans, rice, asparagus and lettuce.
6. Place salad on a dinner plate. Sprinkle with cheese.
7. Serve cold.
8. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with a banana, whole grain crackers and low-fat milk.*

*This low cholesterol cold main dish is an excellent source of vitamins A and C, dietary fiber and iron, and a good source of calcium.*

**Nutrition Facts**

Serving Size 2 cups (302g)  
Servings Per Container 1

Amount Per Serving

**Calories 350**    **Calories from Fat 140**

	% Daily Value*
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 7g	

**Protein 20g**

Vitamin A 120%    •    Vitamin C 30%  
Calcium 15%    •    Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9    •    Carbohydrate 4    •    Protein 4

*2 1/2 carbohydrate choices per serving.*

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**Recipe Category: Cold Main Dish**

## Colorful Berry and Orange Dinner Salad

Yield: 1 serving, about 3 cups each

For the salad dressing:

1/4 cup frozen or fresh raspberries or black berries  
2 teaspoons grainy mustard, such as Dijon-style  
2 tablespoons liquid from canned mandarin oranges  
a dash of ground black pepper

For the salad:

1/2 of an 11 ounce can (about 1/2 cup) of mandarin oranges, drained  
1/3 cup cooked black beans, cooked without salt, drained and rinsed  
1/4 cup chopped cooked chicken, turkey, beef or pork (without skin, bones or fat)  
2 cups chopped or torn fresh salad greens, such as romaine or spinach  
1 tablespoon slivered almonds  
1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. For the salad dressing, place the six ingredients in a blender or food processor and process, scraping sides of blender if needed.
3. For the salad, combine all ingredients in a serving bowl or plate.
4. Just prior to serving, pour dressing over salad.
5. Cover and refrigerate leftovers within two hours.

*Meal suggestion:*

*Serve with cornbread and low-fat milk.*

*This healthy, lean cold main dish provides a powerhouse of nutrients. It is an excellent source of vitamins A and C, dietary fiber, and iron. It is also a good source of calcium.*

### Nutrition Facts

Serving Size about 3 cups (363g)  
Servings Per Container 1

Amount Per Serving

**Calories 260**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 35mg**      **12%**

**Sodium 250mg**      **10%**

**Total Carbohydrate 30g**      **10%**

Dietary Fiber 10g      **40%**

Sugars 11g

**Protein 22g**

Vitamin A 140%      •      Vitamin C 100%

Calcium 15%      •      Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*2 carbohydrate choices per serving.*

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**Recipe Category: Cold Main Dish**

## Cool ‘n Crunchy Meat, Barley and Veggie Salad

Yield: 2 servings, about 2 1/2 cups each

- 1/2 cup cooked and cooled barley, quinoa or rice
- 1 tablespoon instant chopped onion
- 1 tablespoon peanuts, preferably unsalted and dry-roasted
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon dried parsley flakes
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon dried red pepper flakes, or more if desired
- 3 tablespoons reduced fat “light” ranch salad dressing
- 1/2 cup chopped or shredded raw carrots
- 1/4 cup chopped sweet bell pepper, any color
- 1/4 cup chopped celery, cucumber or zucchini squash
- 1/4 cup frozen whole kernel sweet corn
- 1/2 cup cooked dry beans, any kind (such as kidney, garbanzo, navy or black), cooked without added salt, rinsed and drained
- 3 ounces (about 2/3 cup) cooked chopped meat, without bones and trimmed of fat, such as chicken, turkey, beef or pork
- 2 cups chopped or torn fresh salad greens, such as romaine or spinach

1. Wash your hands and work area.
2. In a mixing bowl, gently stir together all ingredients except salad greens.
3. To serve, place half of the greens on a dinner plate and top with half of the salad mixture.
4. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with applesauce,  
whole wheat bread,  
and low-fat milk.*

*This low cholesterol  
cold main dish is an  
excellent source of  
vitamins A and C,  
dietary fiber and iron,  
and a good source of  
calcium.*

### Nutrition Facts

Serving Size about 2 1/2 cups (287g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 310	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 5g	

<b>Protein</b> 22g	
Vitamin A 170%	• Vitamin C 50%
Calcium 15%	• Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*2 1/2 carbohydrate  
choices per serving.*

For more information about healthy eating, contact your local extension office or log on to [www.mg.ksu.edu/humannutrition](http://www.mg.ksu.edu/humannutrition). The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, “VYP Recipe Series,” Jan. 2009. This material was funded by USDA’s Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.



# VYP

Vary Your Protein Recipe Series



Recipe Category: Cold Main Dish

## Easy Winter Holiday Wrap

Yield: 1 serving of 2 halves

- 1 tortilla, preferably whole wheat, 8 inches in diameter
- a dash of pumpkin pie spice
- 3 tablespoons canned solid pack pumpkin, without salt
- 2 tablespoons whole berry cranberry sauce
- a dash of dried sage leaves, if desired
- a dash of minced dried chives, if desired
- 1 cup torn or chopped fresh salad greens, such as romaine or spinach
- 2 ounces (a scant 1/2 cup) chopped roasted turkey (without skin, bones or fat)

1. Wash your hands and work area.
2. If desired, warm tortilla in a microwave oven.
3. In the order shown, spread ingredients over the entire surface of the tortilla.
4. Roll up tortilla. Secure closed with toothpicks, if desired.
5. Slice in half diagonally. Serve immediately, or if desired, cover and refrigerate until chilled.
6. Cover and refrigerate any leftovers within two hours.

*Meal suggestion:  
Serve with grapefruit  
and low-fat milk.*

*This healthy cold main dish is a quick way to combine foods that might be left after a traditional holiday meal. It is an excellent source of vitamins A and C, iron, and dietary fiber.*

### Nutrition Facts

Serving Size 2 halves (247g)  
Servings Per Container 1

Amount Per Serving

**Calories 300**    Calories from Fat 35

% Daily Value\*

**Total Fat 4g**    **6%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 50mg**    **17%**

**Sodium 220mg**    **9%**

**Total Carbohydrate 42g**    **14%**

Dietary Fiber 5g    **20%**

Sugars 12g

**Protein 22g**

Vitamin A 250%    •    Vitamin C 25%

Calcium 4%    •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

*3 carbohydrate  
choices per serving.*

For more information about healthy eating, contact your local extension office or log on to [www.mt.ksu.edu/humannutrition](http://www.mt.ksu.edu/humannutrition). The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.







# VYP

## Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

### Hoppin' John Dinner Salad

Yield: 2 servings, about 2 1/4 cups each

#### For the dressing:

- 2 tablespoons lemon juice
- 2 teaspoons granulated white sugar
- 2 teaspoons dried cilantro leaves
- 1/2 teaspoon minced garlic
- a dash of dried red pepper flakes, or more if desired
- a dash of ground black pepper, or more if desired
- 2 teaspoons cooking oil

#### For the salad:

- 2/3 cup cooked plain rice, preferably brown
- 2 teaspoons dried parsley leaves
- 1 cup cooked black-eye peas, cooked without salt, drained and rinsed
- 4 ounces cooked smoked reduced-fat and reduced-sodium sausage or "light" frankfurters, chopped or thinly sliced
- 1/2 cup canned diced tomatoes with green chilies, not drained
- 2 cups torn or chopped fresh salad greens, such as Romaine or spinach
- 2 tablespoons slivered almonds

1. Wash your hands and work area.
2. To make the dressing, in a small bowl, stir together lemon juice, sugar, cilantro, garlic, red and black pepper and oil. Set aside.
3. To make the salad, in a 1 1/2 quart serving bowl, stir together remaining ingredients.
4. Just before serving, stir dressing. Pour over salad.
5. Cover and refrigerate leftovers within two hours.



#### *Meal suggestion:*

*Serve with bananas, whole wheat rolls and low-fat milk.*

*This cold main dish is a revision of an old favorite. It is an excellent source of vitamins A and C, and of dietary fiber, iron and calcium.*

### Nutrition Facts

Serving Size about 2 1/4 cups (344g)  
Servings Per Container 2

Amount Per Serving

Calories 410    Calories from Fat 170

	% Daily Value*
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 800mg	<b>33%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 8g	

**Protein** 17g

Vitamin A 70%    •    Vitamin C 40%  
Calcium 20%    •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate choices per serving.*

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# VYP

Vary Your Protein Recipe Series



Recipe Category: Cold Main Dish

## Poultry, Pasta and Vegetables Dinner Salad

Yield: 2 servings, about 1 cup each

- 2 tablespoons onion, thinly sliced
- 1 clove of garlic, thinly sliced
- 1 tablespoon water
- 1/8 teaspoon crushed red pepper flakes, or more if desired
- 1/4 cup frozen sliced carrots, chopped
- 1 cup fresh (or 1/2 cup frozen) chopped spinach
- 1/2 cup cooked black or garbanzo beans, cooked without salt, drained and rinsed
- 1/2 cup chopped cooked chicken or turkey, without skin or bones and trimmed of fat
- 1/2 cup cooked pasta, such as macaroni or penne, preferably whole wheat
- 1 tablespoon grated Parmesan cheese
- 2 tablespoons reduced fat “light” ranch dressing

1. Wash your hands and work area.
2. Heat a skillet sprayed with non-stick cooking spray over medium heat. Cook onion and garlic for about 3 minutes, until softened and fragrant.
3. Add water, red pepper flakes, carrots and spinach. Heat until spinach is wilted. Remove from heat.
4. Transfer mixture to a serving bowl. Stir in remaining ingredients.
5. Cover and refrigerate for several hours to allow flavors to blend.
6. Serve chilled.
7. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with tomato slices, toasted bagels, apricots and low-fat milk.*

*This healthy, lean cold main dish is an excellent source of vitamin A and dietary fiber, and a good source of calcium, iron and vitamin C.*

### Nutrition Facts

Serving Size about 1 cup (183g)  
Servings Per Container 2

Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 2g	
<b>Protein</b> 19g	

Vitamin A 70% • Vitamin C 10%

Calcium 10% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*1 1/2 carbohydrate choices per serving.*

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# VYP

Vary Your Protein Recipe Series



Recipe Category: Cold Main Dish

## Refreshing Green and Red Summer Supper

Yield: 2 servings

### For the salad:

- 12 medium, ripe, fresh tomato slices, each about 1/4-inch thick
- 3 slices provolone or mozzarella cheese
- 1/2 cup (about 2 1/2 ounces) cooked, chopped pork, roast beef, turkey or chicken, without bones and trimmed of fat
- 2 tablespoons frozen green peas, thawed, set aside

### For the salad dressing:

- 1 clove garlic, coarsely chopped
- 2 teaspoons dried basil leaves
- 1/4 teaspoon ground black pepper
- 1 teaspoon cooking oil
- 1 tablespoon chopped onion
- 1 tablespoon lime or lemon juice
- 1/4 cup skim milk
- 1/4 cup frozen green peas, thawed

1. Wash your hands and work area.
2. To make the salad, place 6 tomato slices on each of two dinner plates. Cut each slice of cheese into fourths. Place one piece of cheese on top of each tomato slice. Sprinkle 1/4 cup chopped cooked meat across each salad.
3. To make the salad dressing, combine the dressing ingredients in a blender or food processor. Blend until smooth.
4. Just before serving, drizzle half (about 4 tablespoons) of the dressing over each salad.
5. Sprinkle each salad with 1 tablespoon peas.
6. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with corn-on-the-cob and crusty whole grain bread.*

*This recipe is especially good during the hot summer months when tomatoes are in season. It is an excellent source of vitamins A and C, and of calcium. It is a good source of dietary fiber and iron.*

## Nutrition Facts

Serving Size 1/2 salad (263g)  
Servings Per Container 2

Amount Per Serving

Calories 250    Calories from Fat 110

% Daily Value\*

Total Fat 12g    18%

Saturated Fat 6g    30%

Trans Fat 0g

Cholesterol 50mg    17%

Sodium 350mg    15%

Total Carbohydrate 13g    4%

Dietary Fiber 3g    12%

Sugars 7g

Protein 21g

Vitamin A 40%    •    Vitamin C 35%

Calcium 30%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

*1 carbohydrate choice per serving.*

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**Recipe Category: Cold Main Dish**

## Seafood and Veggies Dinner Salad

Yield: 2 servings, 1 1/2 cups each

For the salad dressing:

- 1 tablespoon vegetable cooking oil
- 1 tablespoon vinegar (balsamic or red wine vinegar, if possible)
- 1 tablespoon unsalted tomato juice, or liquid from canned tomatoes, or water
- 1 teaspoon lime or lemon juice
- 1 teaspoon worcestershire sauce
- 1/4 teaspoon grainy mustard, such as spicy brown or dijon-style
- a dash of ground black pepper

For the salad:

- 6 ounces cooked boneless fish, chilled (such as crab-flavored or lobster-flavored surimi or light tuna canned in water and drained)
- 1/4 cup diced tomatoes, fresh or canned
- 1 tablespoon chopped onion (red, if possible)
- 1/4 teaspoon dried basil leaves
- 1/4 teaspoon dried parsley flakes
- 1/2 cup sliced boiled potatoes, chilled
- 1/2 cup green beans, thawed from frozen
- 2/3 cup cooked dry beans, any kind (such as black, great northern, chickpeas or kidney), cooked without salt, rinsed and drained
- 1 cup torn fresh salad greens, such as romaine or spinach
- 2 tablespoons shredded cheese, such as colby or cheddar

*(continued on 'pgzvr ci g)*

*Meal suggestion:  
Serve with nectarines,  
whole grain crackers  
and low-fat milk.*

*This lean cold main  
dish is an excellent  
source of vitamins A  
and C, and dietary  
fiber. It is a good  
source of iron and  
calcium.*

### Nutrition Facts

Serving Size 1 1/2 cups (306g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 310	Calories from Fat 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 810mg	<b>34%</b>
<b>Total Carbohydrate</b> 41g	<b>14%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 9g	
<b>Protein</b> 15g	
Vitamin A 35%	• Vitamin C 35%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*3 carbohydrate  
choices per serving.*

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## **Seafood and Veggies Dinner Salad** *(Continued)*

1. Wash your hands and work area.
2. For the salad dressing, combine ingredients in a small bowl. Stir well, using a fork. Set aside.
3. For the salad, in a serving bowl, stir all of the ingredients together.
4. Just before serving, stir salad dressing again and pour over salad.
5. Cover and refrigerate leftovers within two hours.

# VYP

Vary Your Protein Recipe Series



Recipe Category: Cold Main Dish

## Southwestern Slaw Dinner Salad

Yield: 2 servings, about 1 1/4 cups each

- 2 tablespoons reduced fat “light” ranch salad dressing
- 1/4 cup chunky salsa
- 2/3 cup cooked black beans, cooked without salt, drained and rinsed
- 1/4 cup frozen sweet corn kernels, thawed
- 2/3 cup chopped cooked chicken, turkey, beef or pork (without skin, bones or fat)
- 1 1/2 cups shredded fresh cabbage

1. Wash your hands and work area.
2. In a serving bowl, stir together all ingredients.
3. Serve cold.
4. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with a wedge of cantaloupe, whole grain bread and low-fat milk.*

*This healthy, lean cold main dish is an excellent source of vitamin C and dietary fiber, and a good source of iron.*

### Nutrition Facts

Serving Size about 1 1/4 cups (217g)  
Servings Per Container 2

Amount Per Serving

**Calories 220**    **Calories from Fat 40**

**% Daily Value\***

**Total Fat 4.5g**    **7%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 45mg**    **15%**

**Sodium 410mg**    **17%**

**Total Carbohydrate 24g**    **8%**

Dietary Fiber 7g    **28%**

Sugars 4g

**Protein 21g**

Vitamin A 4%    • Vitamin C 35%

Calcium 6%    • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*1 1/2 carbohydrate choices per serving.*

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**Recipe Category: Cold Main Dish**

## Spicy Tuna and Apple Pockets

Yield: 3 servings, 1/2 pocket each

- 1 teaspoon prepared mustard, any kind
- 3 tablespoons non-fat or low-fat plain or vanilla yogurt
- 1 teaspoon dried parsley
- 1 teaspoon instant chopped onion
- 1/4 teaspoon ground black pepper
- 6 ounces light tuna canned in water, drained
- 2 tablespoons grated Parmesan cheese
- 1/4 cup chopped cucumber or celery
- 1 medium apple, cored, not peeled, chopped
- 3 halves of pita bread, preferably whole wheat, about 6 1/2 inches wide
- 1 tablespoon prepared wasabi sauce or creamy horseradish sauce

1. Wash your hands and work area.
2. Shake mustard bottle well before measuring. In a mixing bowl, stir together mustard and yogurt. Stir in all remaining ingredients, except the pita bread and sauce.
3. Spread the inside of each pita half with 1 teaspoon prepared wasabi sauce or creamy horseradish sauce.
4. Fill each pita pocket with 1/3 of the tuna mixture. Serve cold.
5. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with a green leafy salad, a small wedge of watermelon, and low-fat milk.*

*This extra lean, quick and easy-to-make cold main dish is low in cholesterol. It is a good source of dietary fiber and iron.*

### Nutrition Facts

Serving Size 1/2 pocket (183g)  
Servings Per Container 3

Amount Per Serving

**Calories 230**      **Calories from Fat 35**

% Daily Value\*

**Total Fat 4g**      **6%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 25mg**      **8%**

**Sodium 480mg**      **20%**

**Total Carbohydrate 29g**      **10%**

Dietary Fiber 4g      **16%**

Sugars 9g

**Protein 20g**

Vitamin A 4%      •      Vitamin C 6%

Calcium 8%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*2 carbohydrate choices per serving.*

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## **Tangy Tuna Vegetable Pinwheels** *(Continued)*

- sweet potatoes and syrup.
4. Arrange egg halves and beets or tomato wedges across from each other to form the rest of the wheel.
  5. In a small bowl, mix tuna and wasabi sauce together. Mound half of the mixture into the center of one plate. Repeat for the second plate.
  6. In a blender or food processor, place any stem ends of asparagus from the salad preparation. Add 1/2 cup sweet potato pieces, 1/4 cup sweet potato syrup, onion, orange juice concentrate and black pepper. Blend until smooth. Drizzle mixture over each salad just before serving.
  7. Cover and refrigerate leftovers within two hours.

**Recipe Category: Cold Main Dish**

## Zesty Island Seafood Sandwiches

Yield: 2 servings, one sandwich each

- 1/4 cup light tuna or salmon, canned in water, drained well
- 1/2 cup cooked brown rice, couscous, quinoa or barley
- 1/3 cup chunky salsa
- 1/3 cup chopped celery or cucumber
- 1 tablespoon dried parsley
- 2 tablespoons cooked black beans, cooked without added salt, rinsed and drained
- 4 slices whole wheat bread or toast
- 2 slices cheese, such as American or provolone

1. Wash your hands and work area.
2. In a serving bowl, crush salmon bones if using salmon. Stir together all remaining ingredients, except for the bread and cheese.
3. If desired, cover and refrigerate mixture for several hours to allow flavors to blend.
4. To serve, place half of the mixture (about 2/3 cup) on a slice of bread. Top with a slice of cheese and another slice of bread.
5. Repeat for a second sandwich.
6. Cover and refrigerate leftovers within two hours.

*Meal suggestion:  
Serve with a green leafy salad, yogurt and applesauce.*

*This extra-lean cold main dish is an excellent source of dietary fiber and calcium, and is a good source of iron.*

### Nutrition Facts

Serving Size 1 sandwich (214g)  
Servings Per Container 2

Amount Per Serving

**Calories 310**    Calories from Fat 70

% Daily Value\*

**Total Fat 7g**    **11%**

Saturated Fat 3.5g    **18%**

Trans Fat 0g

**Cholesterol 20mg**    **7%**

**Sodium 890mg**    **37%**

**Total Carbohydrate 42g**    **14%**

Dietary Fiber 7g    **28%**

Sugars 7g

**Protein 18g**

Vitamin A 8%    •    Vitamin C 2%

Calcium 20%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*3 carbohydrate choices per serving.*

# **Hot Side Dishes**

**Recipe Category: Hot or Cold Side Dish**

## Hearty Brown Yeast Bread

Yield: 1 loaf, 12 slices

*Note: This recipe calls for using a bread machine.*

- 2/3 cup cooked garbanzo or northern beans, cooked without salt, rinsed and drained
- 1 cup plus 1 tablespoon warm water
- 2 tablespoons brown sugar, packed
- 2 tablespoons cooking oil
- 1/2 teaspoon salt
- 1 cup quick-cooking rolled oats
- 1/2 cup whole wheat flour
- 1 1/2 cups bread flour
- 1 tablespoon dry active baker's yeast

1. Wash your hands and work area.
2. On a plate, mash beans with a fork until smooth.
3. Place all ingredients into a bread machine pan. (Or, if desired, follow the directions in another recipe for making yeast bread by hand.)
4. Bake immediately (do not use delay cycle) according to the bread machine's directions for a medium, or 1.5 pound, loaf of whole wheat yeast bread.
5. Cut into 12 slices. Serve hot or cold.
6. If desired, freeze leftovers in a moisture-proof freezer container.

*Meal suggestion:  
Serve at any meal  
(breakfast, lunch,  
supper or snack)  
where flavorful moist  
bread is desired.*

*This compact bread  
has a light brown  
color. It is a good  
source of dietary fiber  
and iron.*

### Nutrition Facts

Serving Size 1 slice (63g)  
Servings Per Container 12 slices

Amount Per Serving

**Calories 140**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3.5g**      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 100mg**      **4%**

**Total Carbohydrate 24g**      **8%**

Dietary Fiber 3g      **12%**

Sugars 3g

**Protein 5g**

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*1 1/2 carbohydrate  
choices per serving.*

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**Recipe Category: Hot or Cold Side Dish**

## Raisin or Cranberry Cinnamon Muffins

Yield: 12 servings, 1 muffin each

- 1/2 cup raisins or dried cranberries
- 2 tablespoons hot water
- 1 1/2 cups cooked chickpeas, cooked without salt, rinsed and drained
- 1/2 cup packed brown sugar
- 1 raw egg or 1/4 cup pasteurized egg substitute
- 3/4 cup skim milk
- 1/4 cup vegetable cooking oil
- 1 cup whole wheat or all-purpose white flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg

1. Wash your hands and work area.
2. Preheat oven to 400 degrees F.
3. Combine raisins or cranberries and hot water in a small bowl or cup. Set aside.
4. On a plate, mash chickpeas thoroughly with a fork.
5. In a mixing bowl, stir together mashed chickpeas, brown sugar, egg, milk, oil and soaked raisins or cranberries and water mixture. Set aside.
6. In a separate mixing bowl, combine flour, baking powder, baking soda, cinnamon and nutmeg. Mix well. Set aside.
7. Spray muffin tins with non-stick cooking spray.

*(continued on pgzvr ci g)*

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*Meal suggestion:  
Serve with baked fish or chicken, steamed broccoli, wedges of cantaloupe and low-fat milk.*

*These fragrant muffins are a rich brown color. A hidden ingredient – mashed chickpeas – helps keep them moist and boosts their nutrient value. Each muffin is a good source of dietary fiber and calcium.*

### Nutrition Facts

Serving Size 1 muffin (75g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 15g	

<b>Protein</b> 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*2 carbohydrate choices per serving.*

## **Raisin or Cranberry Cinnamon Muffins** *(Continued)*

8. Add wet mixture to the dry mixture. Stir 10 to 20 seconds. Do not overmix. Batter may still be lumpy.
9. Evenly divide mixture among the muffin cups, using about 1/4 cup batter for each muffin.
10. Bake for 15 minutes or until golden brown.
11. To serve hot, remove muffins from pan and serve immediately. Or, let cool and serve at room temperature. If desired, cooled muffins may be frozen in a moisture-proof freezer container for future use.



# **Cold Side Dishes**

# VYP

Vary Your Protein Recipe Series



Recipe Category: Cold Side Dish

## Beans and Pasta Salad

Yield: 2 servings, about 1 cup each

- 1/3 cup cooked red beans, cooked without salt, drained and rinsed
- 1/3 cup chopped fresh cucumber
- 1/4 cup chopped radishes
- 1/4 cup frozen peas
- 1/4 cup frozen cut carrots, cut into quarters
- 1 teaspoon dried parsley flakes
- 1/2 teaspoon dried Italian seasoning or dried oregano leaves
- 1/8 teaspoon ground black pepper
- a dash of dried red pepper flakes
- 1 tablespoon lemon juice
- 3/4 cup cooked elbow macaroni or bowtie pasta, preferably whole wheat

1. Wash your hands and work area.
2. In a shallow serving bowl, gently stir all ingredients together.
3. Cover and refrigerate for several hours to allow flavors to blend.
4. Serve chilled.
5. Cover and refrigerate leftovers within two hours.

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*Meal suggestion:  
Serve with egg or tuna salad and spinach leaves tucked into a whole grain pita pocket, watermelon, and low-fat milk.*

*This easy cold side dish is also healthy. Cholesterol-free and low in fat and sodium, it is an excellent source of vitamin A and dietary fiber, and a good source of vitamin C and iron.*

## Nutrition Facts

Serving Size about 1 cup (156g)  
Servings Per Container 2

Amount Per Serving

Calories 130      Calories from Fat 5

% Daily Value\*

Total Fat 0.5g      1%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 40mg      2%

Total Carbohydrate 26g      9%

Dietary Fiber 5g      20%

Sugars 3g

Protein 7g

Vitamin A 50%      • Vitamin C 15%

Calcium 4%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*2 carbohydrate choices per serving.*

**Recipe Category: Hot or Cold Side Dish**

## Hearty Brown Yeast Bread

Yield: 1 loaf, 12 slices

*Note: This recipe calls for using a bread machine.*

- 2/3 cup cooked garbanzo or northern beans, cooked without salt, rinsed and drained
- 1 cup plus 1 tablespoon warm water
- 2 tablespoons brown sugar, packed
- 2 tablespoons cooking oil
- 1/2 teaspoon salt
- 1 cup quick-cooking rolled oats
- 1/2 cup whole wheat flour
- 1 1/2 cups bread flour
- 1 tablespoon dry active baker's yeast

1. Wash your hands and work area.
2. On a plate, mash beans with a fork until smooth.
3. Place all ingredients into a bread machine pan. (Or, if desired, follow the directions in another recipe for making yeast bread by hand.)
4. Bake immediately (do not use delay cycle) according to the bread machine's directions for a medium, or 1.5 pound, loaf of whole wheat yeast bread.
5. Cut into 12 slices. Serve hot or cold.
6. If desired, freeze leftovers in a moisture-proof freezer container.

*Meal suggestion:  
Serve at any meal  
(breakfast, lunch,  
supper or snack)  
where flavorful moist  
bread is desired.*

*This compact bread  
has a light brown  
color. It is a good  
source of dietary fiber  
and iron.*

### Nutrition Facts

Serving Size 1 slice (63g)  
Servings Per Container 12 slices

Amount Per Serving

**Calories 140**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3.5g**      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 100mg**      **4%**

**Total Carbohydrate 24g**      **8%**

Dietary Fiber 3g      **12%**

Sugars 3g

**Protein 5g**

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*1 1/2 carbohydrate  
choices per serving.*

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**Recipe Category: Hot or Cold Side Dish**

## Raisin or Cranberry Cinnamon Muffins

Yield: 12 servings, 1 muffin each

- 1/2 cup raisins or dried cranberries
- 2 tablespoons hot water
- 1 1/2 cups cooked chickpeas, cooked without salt, rinsed and drained
- 1/2 cup packed brown sugar
- 1 raw egg or 1/4 cup pasteurized egg substitute
- 3/4 cup skim milk
- 1/4 cup vegetable cooking oil
- 1 cup whole wheat or all-purpose white flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg

1. Wash your hands and work area.
2. Preheat oven to 400 degrees F.
3. Combine raisins or cranberries and hot water in a small bowl or cup. Set aside.
4. On a plate, mash chickpeas thoroughly with a fork.
5. In a mixing bowl, stir together mashed chickpeas, brown sugar, egg, milk, oil and soaked raisins or cranberries and water mixture. Set aside.
6. In a separate mixing bowl, combine flour, baking powder, baking soda, cinnamon and nutmeg. Mix well. Set aside.
7. Spray muffin tins with non-stick cooking spray.

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*Meal suggestion:  
Serve with baked fish or chicken, steamed broccoli, wedges of cantaloupe and low-fat milk.*

*These fragrant muffins are a rich brown color. A hidden ingredient – mashed chickpeas – helps keep them moist and boosts their nutrient value. Each muffin is a good source of dietary fiber and calcium.*

### Nutrition Facts

Serving Size 1 muffin (75g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 15g	

<b>Protein</b> 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*2 carbohydrate choices per serving.*

## **Raisin or Cranberry Cinnamon Muffins** *(Continued)*

8. Add wet mixture to the dry mixture. Stir 10 to 20 seconds. Do not overmix. Batter may still be lumpy.
9. Evenly divide mixture among the muffin cups, using about 1/4 cup batter for each muffin.
10. Bake for 15 minutes or until golden brown.
11. To serve hot, remove muffins from pan and serve immediately. Or, let cool and serve at room temperature. If desired, cooled muffins may be frozen in a moisture-proof freezer container for future use.



# **Healthy Sweet Foods**

**Recipe Category: Healthy Sweet Food**

## Cake-like Apple, Oatmeal, Raisin & Chocolate Chip Cookies

Yield: 52 servings, 1 cookie each

- 2 cups whole wheat flour
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1 1/3 cups cooked great northern or cannellini beans, cooked without salt, rinsed and drained
- 1 raw large egg, or 1/4 cup pasteurized egg substitute
- 2 teaspoons vanilla
- 1/4 cup vegetable cooking oil
- 1/2 cup applesauce, any kind
- 1/2 cup orange juice
- 1/3 cup packed brown sugar
- 1/2 cup granulated white sugar
- 2 cups quick-cooking rolled oats
- 1/3 cup packed seedless raisins
- 2/3 cup mini chocolate chips
- optional: 1/2 cup chopped nuts

1. Wash your hands and work area.
2. In a large mixing bowl, combine flour, baking soda and cinnamon. Mix well. Set aside.
3. On a large plate, using a fork, mash beans until smooth. Transfer to a second mixing bowl. Stir in egg, vanilla, oil, applesauce, juice, and both kinds of sugars. Mix well.
4. Preheat oven to 350 degrees F.
5. Pour liquid mixture into flour mixture and stir well. Stir in oatmeal. Stir in raisins, chocolate chips, and if desired, nuts. Dough will be soft.

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*Meal suggestion:  
Serve at breakfast or  
as a snack with low-fat  
milk.*

*This low-fat healthy  
sweet food has a  
hidden ingredient  
(mashed beans) which  
helps keep them moist  
and adds nutritional  
value.*

### Nutrition Facts

Serving Size 1 cookie (27g)  
Servings Per Container 52

Amount Per Serving

**Calories 80**      **Calories from Fat 20**

% Daily Value\*

**Total Fat 2.5g**      **4%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 25mg**      **1%**

**Total Carbohydrate 13g**      **4%**

Dietary Fiber 1g      **4%**

Sugars 5g

**Protein 2g**

Vitamin A 0%      • Vitamin C 2%

Calcium 0%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*1 carbohydrate choice  
per serving.*

## **Cake-like Apple, Oatmeal, Raisin & Chocolate Chip Cookies** *(Continued)*

6. Spray a cookie sheet with nonstick cooking spray. Mound about 1 1/2 tablespoons of dough onto the cookie sheet. Repeat until you have a tray of cookies ready to bake. Flatten each cookie slightly with a fork.
7. Bake for 16 to 17 minutes, or until light golden brown on the bottom.
8. Remove from oven. Let cool for 1 minute before transferring cookies onto a cooling rack or paper towels.
9. Store leftovers in a covered container. Or, if desired, freeze cookies in a moisture-proof freezer container for a future treat.

**Recipe Category: Healthy Sweet Food**

## Easy Double-Chocolate Fudge Brownies

Yield: 12 servings, about 2 x 2 1/2 inches

2/3 cup cooked black beans, cooked without salt,  
drained and rinsed

1/4 cup cooking oil

1 cup granulated white sugar

2 eggs or 1/2 cup pasteurized egg substitute

1/4 cup water

1/3 cup unsweetened cocoa powder

1/2 cup all-purpose white flour

1/4 teaspoon baking powder

1/4 cup mini chocolate chips

1. Wash your hands and work area.
2. Preheat oven to 350 degrees F. Spray an 8 x 8 inch baking pan with non-stick cooking spray.
3. On a plate, mash beans with a fork until completely smooth.
4. In a mixing bowl, stir together beans, oil, sugar, eggs and water until well blended.
5. In a separate mixing bowl, stir together cocoa, flour and baking powder until well blended.
6. Stir wet mixture into dry mixture.
7. Pour the batter into pan.
8. Bake for 25 to 30 minutes, or until brownies are firm in the middle and the sides begin to pull away from the pan.
9. Sprinkle chocolate chips over the top of the brownies immediately after removing them from the oven. When the chips have softened, spread the chocolate with a knife evenly over the top.
10. When cool, cut brownies into 12 bars.
11. If desired, freeze leftovers in a moisture-proof freezer container.

*Meal suggestion:*

*Serve as a snack or dessert with a banana and low-fat milk.*

*This rich dessert has a hidden ingredient – mashed black beans – that helps keep them moist.*

### Nutrition Facts

Serving Size about 2 x 2 1/2 inches (57g)

Servings Per Container 12

Amount Per Serving

**Calories 180**      **Calories from Fat 60**

**% Daily Value\***

**Total Fat 7g**      **11%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol 35mg**      **12%**

**Sodium 25mg**      **1%**

**Total Carbohydrate 28g**      **9%**

Dietary Fiber 1g      **4%**

Sugars 17g

**Protein 3g**

Vitamin A 2%      •      Vitamin C 0%

Calcium 0%      •      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*2 carbohydrate choices per serving.*

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**Recipe Category: Healthy Sweet Food**

## No-Added-Sugar “Pumpkin Pie” Pudding

Yield: 6 servings, about 1/2 cup each

- 1 1/2 cups skim milk
- 1.5 ounces instant vanilla sugar-free pudding mix
- 1 to 1 1/2 teaspoons pumpkin pie spice, as desired
- 15 ounces canned 100% pumpkin

1. Wash your hands and work area.
2. Pour milk into a large mixing bowl.
3. Open pudding mix package and add pumpkin pie spice. Stir them slightly in the package using a fork.
4. Add dry mixture to milk. Use a wire whisk to stir pudding for one minute. It will be thick.
5. Stir in pumpkin and stir for one minute longer.
6. Serve immediately, or cover and refrigerate 30 minutes or longer to allow flavors to blend.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container. (When thawed, pudding will not be as smooth, but it will still taste delicious!)

*Serving suggestion:  
Serve as a snack with  
graham crackers.*

*This fat-free, low-  
sodium healthy sweet  
food is an excellent  
source of vitamin A.*

### Nutrition Facts

Serving Size about 1/2 cup (140g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 110mg	5%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein</b> 3g	
Vitamin A 220%	Vitamin C 6%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

*1 carbohydrate choice  
per serving.*

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