



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



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

	Breakfast	Lunch	Supper
Weekday # 1			
Weekday # 2			
Saturday			
Sunday			

For more information about healthy eating, contact your local extension office or log on to 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 Higgins, Ph.D., R.D., L.D., 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 Judger rights reserved In each case credit Mary Meck Higgins "VVY Meal Planning Worksheet Rectine Service". November 2009. To

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

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
Main Dishes – Hot					
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

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
Hearty Winter Stew	Any	Meat or Fish	Oats	Celery, Carrots, Sweet potato or Squash, Potato or Parsnip, Brussels sprouts, Spinach, Collards or Kate	
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

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
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	

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
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) Main dishes –	Refried	Chicken or Turkey, Cheese	Tortilla	Tomatoes, Salsa, Carrots, Lettuce, Onion	
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	

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
Poultry, Pasta and Vegetables Dinner Salad Refreshing Green and Red Summer Supper	Black or Chickpeas	Chicken or Turkey, Cheese Meat or Poultry, Cheese,	Macaroni or Penne pasta	Spinach, Carrots, Onion Tomatoes, Green peas, Onion	
Seafood and Veggies Dinner Salad	Any	Milk Fish, Cheese Meat		Lettuce, Tomatoes, Potatoes, Green beans	
Slaw Dinner Salad		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) Side Dishes –		Fish such as Tuna, Cheese	Taco shells	Cabbage, Salsa	
Hot					
Hearty Brown Yeast Bread	Garbanzo or Great northern		Whole wheat flour, Bread flour, Oats		

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
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		
Side Dishes – Cold					
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			
Healthy Sweet Foods					

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
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

For more information about healthy eating, contact your local extension office or log on to 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. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., 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 2011. 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.

Hot Main Dishes



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.

(continued on pgzv'rci g)

Meal suggestion:

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

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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	g	
Calories 160	Calories	from Fat 25
		% Daily Value*
Total Fat 3g		5%
Saturated Fa	t 1.5g	8%
Trans Fat 0g		
Cholesterol 15	mg	5%
Sodium 520mg	J	22%
Total Carbohy	drate 21g	7 %
Dietary Fiber	4g	16%
Sugars 4g		
Protein 14g		

Protein 14g

Vitamin A 10%	 Vitamin C 110%
Calcium 10%	• Iron 8%
*Percent Daily Values	are based on a 2 000 calor

*Percent Daily Values are based on a 2,000 calori 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 Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gran	m·		

Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.

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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.

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.



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Recipe Category: Hot or Cold Main Dish

Cheesy Crab and Spinach Bake

Yield: 2 servings, 3/4 cup each

Meal Suggestion: Serve with grape juice.

- Use as a dip with raw vegetable sticks, such as celery, and wedges of pita bread.
- Use as a sandwich filling with whole grain bread, buns or tortilla wraps.
- Use as a topping over baked potato halves.

1/4 cup, about 2 ounces, fat-free sour cream

2 teaspoons mustard, any kind

4 ounces water chestnuts OR artichoke heart pieces, canned in water (about 1/2 cup after draining)

2 tablespoons chopped onion

1/2 cup shredded part-skim mozzarella cheese

2 ounces or 1/2 cup, chopped crab-flavored surimi

1/2 cup firmly packed, about 1 ounce, coarsely chopped fresh spinach leaves

4 tablespoons grated Parmesan cheese

- 1. Wash your hands and work area.
- 2. Preheat oven to 350 degrees F.
- 3. In a mixing bowl, stir together sour cream and mustard.
- 4. Drain and coarsely chop water chestnuts.
- 5. Stir together all ingredients except the Parmesan cheese.

This main dish may be served hot or cold. It is an excellent source of calcium and vitamin A, and a good source of vitamin C.

Nutrition Facts

Amount Per Ser	ving			
Calories 240)	Cal	ories fro	m Fat 90
			%	Daily Value
Total Fat 10	g			15%
Saturated	Fat 7	'g		35%
Trans Fat	0g			
Cholesterol	40m	g		13%
Sodium 850	mg			35%
Total Carbo	hydr	ate	20g	7 %
Dietary Fil	oer 2	g		8%
Sugars 6g				
Protein 18g				
Vitamin A 35	%	•	Vitamin	C 10%
Calcium 45%	5		Iron 6%	
*Percent Daily Va diet. Your daily va depending on you	alues r	nay t rie ne	e higher c	

1 carbohydrate choice per serving.

Fat 9 • Carbohydrate 4 • Protein 4

300g

375g

Total Carbohydrate

Dietary Fiber

Calories per gram:

- 6. Spray a round 9-inch pie pan with non-stick cooking spray. Transfer the mixture into the pan and press it down evenly across the pan.
- 7. Sprinkle Parmesan cheese evenly over the top of the mixture.
- 8. Bake uncovered for 10 to 15 minutes or until hot.
- 9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

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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.

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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 Ser	ving		
Calories 250) Cal	ories fror	n Fat 25
		% D	aily Value*
Total Fat 3g			5%
Saturated	Fat 1.5g	l	8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 790	mg		33%
Total Carbo	hydrate	42g	14%
Dietary Fil	ber 9g		36%
Sugars 3g	l		
Protein 14g			
Vitamin A 10	1% •	Vitamin	C 35%
Calcium 20%	, •	Iron 20%)
*Percent Daily Va	alues may l ur calorie n	oe higher or eeds:	lower
depending on you	Calories:	2,000	2,500

3 carbohydrate choices per serving.

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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 Ser	rving		
Calories 29) Cal	ories from	Fat 60
		% Da	ily Value*
Total Fat 7g			11%
Saturated	Fat 3.5g		18%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium 580	mg		24%
Total Carbo	hydrate	36g	12%
Dietary Fi	ber 7g		28%
Sugars 1g]		
Protein 21g			
Vitamin A 10	1% • '	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 Saturated Fat	Less than Less than	65g 20g	80g 25g

2 1/2 carbohydrate choices per serving.

Less than

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

Sodium

Total Carbohydrate

Dietary Fiber

2.400mg

300g

2.400mg

375g

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Easy Lentil Lasagna

Yield: 2 servings, about 1 cup each

2 (about 1 ounce) lasagna noodles, not cooked 1/2 cup cooked lentils or cooked dry beans (any kind, such as black, pinto or northern), cooked without salt, rinsed and drained

3/4 cup chunky spaghetti sauce 1/2 cup low fat small curd cottage cheese 1/2 cup shredded part-skim mozzarella cheese 2 tablespoons grated Parmesan cheese

- 1. Wash your hands and work area.
- 2. Cook noodles according to package directions, except do not add salt. Cut each noodle across, yielding four halves. Set aside.
- 3. In a bowl, stir together cooked lentils or beans and spaghetti sauce. Set aside.
- 4. Spray a microwave-safe casserole dish (preferably one with a lid) with non-stick cooking spray.
- 5. Layer half of the ingredients as follows:
 - cooked noodles
 - cottage cheese
 - mozzarella cheese
 - lentil or bean mixture
 - Parmesan cheese
- 6. Repeat layers.
- 7. Cover and heat in a microwave oven set to medium power for about 3 minutes, or until hot.
- 8. Let stand 5 minutes before serving.
- 9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof container.



Meal suggestion:

Serve with coleslaw or steamed cabbage wedges, whole grain toast and grape juice.

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

Nutrition Facts

Serving Size about 1 cup (270g) Servings Per Container 2

Amount Per Serving			
Calories 340	Calories	from	Fat 90
		% Dai	ly Value*
Total Fat 10g			15%
Saturated Fat	5g		25%
Trans Fat 0g			
Cholesterol 25r	ng		8%
Sodium 820mg			34%
Total Carbohyd	Irate 37g		12%
Dietary Fiber	7g		28%
Sugars 11g			
Protein 24g			
Vitamin A 15%	• Vita	min C	4%

Calcium 307		1011 1070	
*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 Saturated Fat Cholesterol Sodium	Less than Less than Less than Less than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg
Total Carbohydra	ate	300g	375g

Iron 15%

25g

30g

Dietary Fiber

Calcium 30%

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

2 1/2 carbohydrate choices per serving.

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K-STATE
Research and Extension

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

Servings Per Co	ontaine	er 2	
Amount Per Serving	l		
Calories 340	Cald	ories fron	n Fat 90
		% Da	ily Value*
Total Fat 10g			15%
Saturated Fat	4.5g		23%
Trans Fat 0g			
Cholesterol 45	mg		15%
Sodium 480mg			20%
Total Carbohydrate 43g 14%			14%
Dietary Fiber	9g		36%
Sugars 11g			
Protein 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			
Saturated Fat Les Cholesterol Les	s than s than s than s than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

3 carbohydrate choices per serving.

Fat 9 • Carbohydrate 4 • Protein 4

Calories per gram:

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Research a

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.

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 pgzv'rci g)

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 Saturated Fat 1g 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: 2 000 Calories: Total Fat Less than 80g Saturated Fat 20g 300mg 25g 300 mg Less than Cholesterol Less than 2,400mg 300g 2,400mg 375g Sodium Less than Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.

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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.



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 Serv	/ing		
Calories 240	Cal	ories fron	n Fat 60
		% Da	ily Value*
Total Fat 7g			11%
Saturated I	Fat 3.5g		18%
Trans Fat (0g		
Cholesterol	15mg		5%
Sodium 230r	ng		10%
Total Carbol	nydrate	27g	9%
Dietary Fib	er 6g		24%
Sugars 3g			
Protein 19g			
Vitamin A 10°	% •	Vitamin (C 2%
Calcium 20%	•	Iron 15%	
*Percent Daily Va diet. Your daily va depending on you	lues may b	e higher or	
Cholesterol	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g

For more information about healthy eating, contact your local extension office or log on to 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, 2 carbohydrate choices per serving.

Fat 9 • Carbohydrate 4 • Protein 4

Dietary Fiber Calories per gram:

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.



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 Se	rving		
Calories 33	0 Cal	ories fron	n Fat 70
		% Da	ily Value*
Total Fat 8g	l		12%
Saturated	Fat 3.5g		18%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium 640)mg		27%
Total Carbo	hydrate	45g	15%
Dietary Fi	ber 7g		28%
Sugars 14	1g		
Protein 20g			
Vitamin A 10)% •	Vitamin (35%
Calcium 15%	6 •	Iron 30%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g
Calories per grain Fat 9 • 0	m: Carbohydrat	e 4 • Prote	ein 4

3 carbohydrate choices per serving.

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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	g	
Calories 290	Calories from	Fat 30
	% Da	ily Value*
Total Fat 3.5g		5%
Saturated Fa	t 0.5g	3%
Trans Fat 0g		
Cholesterol 35	mg	12%
Sodium 350mg	I	15%
Total Carbohye	drate 47g	16%
Dietary Fiber	9g	36%
Sugars 15g		
Protein 18g		
Vitamin A 10%	Vitamin C	6%
Calcium 4%	• Iron 10%	
*Percent Daily Value diet. Your daily value depending on your ca	s may be higher or lo	

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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gran	m·		

Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.



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	
Calories 470 Calories	from Fat 130
	% Daily Value*
Total Fat 15g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 920mg	38%
Total Carbohydrate 63g	21%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 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 Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gra	m:		

Fat 9 • Carbohydrate 4 • Protein 4

4 carbohydrate choices per serving.



K-STATE
Research and Extension

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	9	
Calories 290	Calories fro	m Fat 60
	% D	aily Value*
Total Fat 7g		11%
Saturated Fa	t 2.5g	13%
Trans Fat 0g		
Cholesterol 15	mg	5%
Sodium 560mg		23%
Total Carbohyo	drate 41g	14%
Dietary Fiber	8g	32%
Sugars 2g		
Protein 13g		
Vitamin A 4%	 Vitamin 	C 0%
Calcium 15%	 Iron 15% 	6
*Percent Daily Value:	s are based on a 2	,000 calorie

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

Calories: 2,000 2,500

Total Fat Less than 80g Saturated Fat Cholesterol Less than 25g 300mg 300mg Less than Sodium 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.

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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 nonstick 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 Servin	g	
Calories 290	Calories	from Fat 50
		% Daily Value*
Total Fat 6g		9%
Saturated Fa	t 1.5g	8%
Trans Fat 0g		
Cholesterol 15	mg	5%
Sodium 350mg	l	15%
Total Carbohy	drate 45g	15%
Dietary Fiber	11g	44%
Sugars 3g		
Protein 18g		

Vitamin A 70%	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 lowe depending on your calorie needs:

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

Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.

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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

Calories 280) Calo	ories fron	n Fat 50
		% Da	ily Value*
Total Fat 5g			8%
Saturated	Fat 1.5g		8%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium 670	mg		28%
Total Carbo	hydrate 4	42g	14%
Dietary Fil	per 7g		28%
Sugars 9g			
Protein 20g			
Vitamin A 15	% • \	√itamin (C 15%
Calcium 10%	6 • I	ron 20%	
*Percent Daily Vadiet. Your daily vadepending on your	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g

3 carbohydrate choices per serving.

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log on to www.mtt.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.



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 Sei	ving		
Calories 190) Cal	ories fror	n Fat 30
		% Da	aily Value
Total Fat 3.5	5g		5%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	105mg		35%
Sodium 630	mg		26%
Total Carbo	hydrate	23g	8%
Dietary Fil	ber 6g		24%
Sugars 5g			
Protein 19g			
Vitamin A 35	•	Vitamin (C 15%
Calcium 8%	•	Iron 15%	
*Percent Daily Vadiet. Your daily value depending on your daily value.	alues may l	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1 1/2 carbohydrate choices per serving.

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



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-tomake 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	l
Calories 290	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat	0.5g 3 %
Trans Fat 0g	
Cholesterol 30	mg 10 %
Sodium 125mg	5%
Total Carbohyo	Irate 46g 15%
Dietary Fiber	5g 20 %
Sugars 12g	
Protein 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: Calcries: 2 000 2,500

	Odiorics.	2,000	2,000
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 grai	n:		

Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.



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 Sei	ving		
Calories 260) Cal	lories fron	r Fat 60
		% Da	ily Value*
Total Fat 7g			11%
Saturated	Fat 1.5g	l	8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 250	mg		10%
Total Carbo	hydrate	38g	13%
Dietary Fil	per 9g		36%
Sugars 6g	l		
Protein 15g			
Vitamin A 60	1% •	Vitamin (35%
Calcium 15%	, •	Iron 20%	
*Percent Daily Vadiet. Your daily value depending on your daily value.	alues may l	be higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than		80g 25g 300mg 2,400mg 375g 30g

2 1/2 carbohydrate choices per serving.

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Tortilla-Layered Southwest "Lasagna"

Yield: 3 servings, about 1 cup each

1/4 cup finely chopped onion

1 garlic clove, minced

1/2 teaspoon cumin, or more if desired

1/2 teaspoon chili powder, or more if desired

1/4 teaspoon ground black pepper

2/3 cup cooked red kidney or pinto beans, cooked without salt, rinsed and drained

4 ounces (about 3/4 cup) cooked chopped meat, without bones and trimmed of fat, such as chicken, turkey, beef or pork

1/4 cup frozen sweet corn kernels

1/4 cup canned diced tomatoes with green chilies

2 corn or flour tortillas, about 6 inches in diameter

1/2 cup low-fat cottage cheese

1/4 cup shredded cheddar or colby cheese

- 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 3 minutes, or until softened. Stir in spices and cook 1 minute longer. Remove from heat.
- 3. Stir in beans, meat, corn and tomatoes.
- 4. Spray a 1-quart round casserole dish with nonstick cooking spray. Place one tortilla in the bottom of the pan. Spread half of the beans-corn mixture, then half of each of the cheeses on top.
- 5. Repeat layers.
- 6. Cover and bake in a microwave oven at 50 percent power for 5 minutes. Let stand 5 minutes before serving.
- 7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.



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

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

Nutrition Facts Serving Size about 1 cup (193g) Servings Per Container 3 Amount Per Serving Calories 240 Calories from Fat 50 % Daily Value* Total Fat 6g Saturated Fat 3g 15% Trans Fat 0g Cholesterol 45mg 15% Sodium 320ma 13% %

Socium 320mg	13%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	20%
Sugars 3g	

Protein 23g

Vitamin A 8%	•	Vitamin C 6%
Calcium 20%	•	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 gran	m·		

Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.



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 pgzv'rci 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)	
Calories 270	Calories	from Fat 70
		% Daily Value*
Total Fat 8g		12%
Saturated Fa	t 3g	15%
Trans Fat 0g		
Cholesterol 45	mg	15%
Sodium 310mg		13%
Total Carbohyo	drate 31g	10%
Dietary Fiber	4g	16%
Sugars 8g		
Protein 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:

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 gran	m:		

Salories 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



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 Servi	ng	
Calories 350	Calories fro	m Fat 140
	%	Daily Value*
Total Fat 16g		25 %
Saturated Fa	at 3.5g	18%
Trans Fat 0o	3	
Cholesterol 1	Omg	3%
Sodium 300m	g	13%
Total Carbohy	drate 36g	12%
Dietary Fibe	r 8g	32%
Sugars 7g		
Protein 20a		

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	2,400m
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per grai	m:		
Fat 9 • (Carbohydrate	4 • Prot	ein 4

2 1/2 carbohydrate choices per serving.

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Recipe Category: Hot or Cold Main Dish

Cheesy Crab and Spinach Bake

Yield: 2 servings, 3/4 cup each

Meal Suggestion: Serve with grape juice.

- Use as a dip with raw vegetable sticks, such as celery, and wedges of pita bread.
- Use as a sandwich filling with whole grain bread, buns or tortilla wraps.
- Use as a topping over baked potato halves.

1/4 cup, about 2 ounces, fat-free sour cream

2 teaspoons mustard, any kind

4 ounces water chestnuts OR artichoke heart pieces, canned in water (about 1/2 cup after draining)

2 tablespoons chopped onion

1/2 cup shredded part-skim mozzarella cheese

2 ounces or 1/2 cup, chopped crab-flavored surimi

1/2 cup firmly packed, about 1 ounce, coarsely chopped fresh spinach leaves

4 tablespoons grated Parmesan cheese

- 1. Wash your hands and work area.
- 2. Preheat oven to 350 degrees F.
- 3. In a mixing bowl, stir together sour cream and mustard.
- 4. Drain and coarsely chop water chestnuts.
- 5. Stir together all ingredients except the Parmesan cheese.

This main dish may be served hot or cold. It is an excellent source of calcium and vitamin A, and a good source of vitamin C.

Nutri Serving Size Servings Per	3/4 cup	(190g)	cts
Amount Per Ser	ving		
Calories 240) Cal	ories fror	n Fat 90
		% Da	aily Value*
Total Fat 10	g		15%
Saturated	Fat 7g		35%
Trans Fat	0g		
Cholesterol	40mg		13%
Sodium 850	ma		35%
Total Carbo	hydrate	20g	7%
Dietary Fil	per 2g		8%
Sugars 6g			
Protein 18g			
Ţ.			
Vitamin A 35	•	Vitamin (C 10%
Calcium 45%	ó •	Iron 6%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1 carbohydrate choice per serving.

Fat 9 • Carbohydrate 4 • Protein 4

- 6. Spray a round 9-inch pie pan with non-stick cooking spray. Transfer the mixture into the pan and press it down evenly across the pan.
- 7. Sprinkle Parmesan cheese evenly over the top of the mixture.
- 8. Bake uncovered for 10 to 15 minutes or until hot.
- 9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

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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 Servin	ıg		
Calories 260	Calorie	s from	Fat 60
		% Dai	ly Value*
Total Fat 7g			11%
Saturated Fa	at 1.5g		8%
Trans Fat 0g	J		
Cholesterol 35	5mg		12%
Sodium 250mg	g		10%
Total Carbohy	drate 30g		10%
Dietary Fibe	r 10g		40%
Sugars 11g			
Protein 22g			
Vitamin A 140%	√ • Vita	min C	100%
Calcium 15%	• Iror	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:			
	alories: 2,0	000	2,500
Total Fat Le	ee than 65	a	80a

2 carbohydrate choices per serving.

Less than

Less than

Less than

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

300mg

2,400mg

300mg 2,400mg

Saturated Fat

Total Carbohydrate Dietary Fiber

Cholesterol

Sodium

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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 dryroasted

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 Servin	g	
Calories 310	Calories	from Fat 80
		% Daily Value*
Total Fat 9g		14%
Saturated Fa	t 1.5g	8%
Trans Fat 0g		
Cholesterol 45	mg	15%
Sodium 310mg	J	13%
Total Carbohy	drate 37g	12%
Dietary Fiber	8g	32%
Sugars 5g		
Protein 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:

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 Carbohydr	ate	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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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	g	
Calories 300	Calories	from Fat 35
		% Daily Value*
Total Fat 4g		6%
Saturated Fa	t 0g	0%
Trans Fat 0g		
Cholesterol 50	mg	17%
Sodium 220mg	l	9%
Total Carbohy	drate 42g	14%
Dietary Fiber	5g	20%
Sugars 12g		
Protein 22g		

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 Carbohydra	ate	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 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.



Fiesta Bean Salad

Yield: 1 serving, about 2 cups

1/2 tortilla, preferably whole wheat, 8 inches in diameter

1/2 cup cooked black beans, cooked without salt, rinsed and drained

2 tablespoons salsa

1 tablespoon reduced fat "light" ranch dressing

1/4 medium green sweet bell pepper, diced

2 tablespoons shredded cheese, such as cheddar or colby

1 cup bite-size pieces of fresh salad greens, such as spinach or romaine

- 1. Wash your hands and work area.
- 2. Cut the half tortilla in half. Place in a bread toaster. Toast until it is crispy. Cut into narrow strips about two inches long. Set tortilla strips aside.
- 3. In a bowl, stir together beans, salsa, dressing, sweet bell pepper and cheese.
- 4. Place salad greens on a serving plate. Mound bean mixture over the greens.
- 5. Sprinkle tortilla chips on top of salad just before serving so they do not become soggy.
- 6. Cover and refrigerate leftovers within two hours.



Meal suggestion: Serve with an apple and yogurt.

This lean, quick and easy-to-make cold main dish is an excellent source of vitamins A and C, and dietary fiber, calcium and iron.

Nutrition Facts

Servings Per Container 1

Amount Per Ser	ving		
Calories 290) Calo	ories fron	n Fat 80
		% Da	aily Value
Total Fat 9g			14%
Saturated	Fat 3.5g		18%
Trans Fat	0g		
Cholesterol	20mg		7 %
Sodium 520	mg		22%
Total Carbo	hydrate 3	38g	13%
Dietary Fil	per 10g		40%
Sugars 3g			
Protein 15g			
Vitamin A 60	% • \	Vitamin (C 60%
Calcium 20%	· I	ron 20%	
*Percent Daily Va diet. Your daily va	alues may be	e higher or	lower
depending on you	Calories:	2,000	2,500

2 1/2 carbohydrate choices per serving.



Recipe Category: Cold Main Dish

Funny Face Tuna Tostado

Yield: 1 serving

1/4 cup light tuna, canned in water, drained well and flaked

1/4 cup canned diced tomatoes with green chilies, drained well

1/2 teaspoon dried chopped cilantro leaves

1/2 teaspoon dried oregano leaves

2 teaspoons mayonnaise

1/4 cup shredded cheese, such as colby or cheddar

1 whole wheat tortilla, about 8 inches in diameter

4 thin round slices fresh cucumber, zucchini or radishes

3 small carrot strips or onion wedges

1/2 slice red tomato

1/2 cup torn salad greens, such as curly leaf lettuce

- 1. Wash your hands and work area.
- 2. In a small mixing bowl, mix tuna with canned tomatoes, cilantro, oregano, mayonnaise and cheese.
- 3. Place tortilla on a dinner plate. Spread tuna mixture across the top of the tortilla.
- 4. Make a funny face by topping the tuna mixture with cucumber slices for eyes, carrot strips or onion wedges for eyebrows and a nose, tomato for a mouth, and torn salad greens for hair.
- 5. Serve cold.
- 6. Cover and refrigerate leftovers within two hours.

Meal suggestion: Serve with plums and low-fat milk.

This easy and fun-tomake cold main dish is an excellent source of vitamins A and C, and of calcium. It is also a good source of dietary fiber and iron.

Nutrition Facts

Serving Size 1 funny face tostado (258g)

Servings Per Container 1

Amount Per Serving	
Calories 360 Calories	s from Fat 140
	% Daily Value*
Total Fat 16g	25 %
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 800mg	33%
Total Carbohydrate 32	g 11 %
Dietary Fiber 4g	16%
Sugars 4g	
Protein 22g	
Vitamin A 120% • Vit	amin C 20%

Vitamin A 120% • Vitamin C 20%
Calcium 25% • 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

80g

 Saturated Fat Cholesterol
 Less than Less than Less than Less than Staturated Fat Less than Less than Cholesterol
 2,400mg 2,400mg 300mg 2,400mg 300mg 300mg 300mg 375g 300g 375g 300g 375g 300g

 Total Carbohydrate Fat 9 • Carbohydrate

Less than

2 carbohydrate choices per serving.

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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 reducedsodium 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 fro	m Fat 170
%	Daily Value*
Total Fat 19g	29%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 800mg	33%
Total Carbohydrate 45g	15%
Dietary Fiber 8g	32%
Sugars 8g	
Protein 17g	
\(\text{it = \text{is } \Lambda \) \(\text{it = \text{is }} \)	- 0.400/
Vitamin A 70% • Vitamin	n C 40%
Calcium 20% • Iron 20	1 %
*Percent Daily Values are based on a diet. Your daily values may be higher	

depending on your calorie needs Calories: Total Fat Less than 80g Saturated Fat Less than 25g 300mg 300mg Cholesterol Less than Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g Dietary Fiber Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.

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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	3	
Calories 230	Calories from F	at 60
	% Daily '	∕alue*
Total Fat 7g		11%
Saturated Fa	t 1.5g	8%
Trans Fat 0g		
Cholesterol 40	mg	13%
Sodium 280mg		12%
Total Carbohy	drate 25g	8%
Dietary Fiber	6g	24%
Sugars 2g		
Protein 19g		

Vitamin A 70%	•	Vitamin C 10%	
Calcium 10%	•	Iron 10%	
*Percent Daily Values and diet. Your daily values medepending on your calor	пау	be higher or lower	ri
0-1		0.000 0.500	

	Calones:	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 Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
0-1			

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

1 1/2 carbohydrate choices per serving.

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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-onthe-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

depending on yo	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			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 crabflavored 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 'pgzv'rci 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 Se	rving		
Calories 31	0 Cal	ories fron	n Fat 90
		% Da	ily Value*
Total Fat 10	g		15%
Saturated	Fat 2.5g		13%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium 810)mg		34%
Total Carbo	hydrate	41g	14%
Dietary Fi	ber 8g		32%
Sugars 9g]		
Protein 15g			
Vitamin A 35	5% •	Vitamin (C 35%
Calcium 10%	6 •	Iron 15%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

3 carbohydrate choices per serving.

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

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$\textbf{Seafood and Veggies Dinner Salad}^{\textit{(Continued)}}$

- 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.



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

Servings Per	Contain	er 2	
Amount Per Sei	ving		
Calories 220) Cal	ories fron	n Fat 40
		% Da	ily Value*
Total Fat 4.5	5g		7%
Saturated	Fat 1g		5%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium 410	mg		17%
Total Carbo	hydrate	24g	8%
Dietary Fil	oer 7g		28%
Sugars 4g	l		
Protein 21g			
Vitamin A 4%	6 ·	Vitamin 0	35%
Calcium 6%	•	Iron 10%	
*Percent Daily Vadiet. Your daily valeending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • 0	Less than Less than ate m:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1 1/2 carbohydrate choices per serving.

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Spicy Seafood Slaw Dinner Salad

Yield: 1 serving, about 1 1/4 cups

2 tablespoons low fat small curd cottage cheese OR plain yogurt

1 tablespoon reduced fat "light" ranch salad dressing a dash of ground black pepper

1/2 teaspoon dried parsley leaves

1 teaspoon wasabi sauce OR creamy horseradish sauce

1 teaspoon lime juice

3 tablespoons cooked black beans, cooked without salt, drained and rinsed

1 tablespoon frozen sweet corn kernels, thawed

3 tablespoons light tuna canned in water, drained

2 tablespoons shredded fresh carrot

2/3 cup shredded fresh cabbage

- 1. Wash your hands and work area.
- 2. In a serving bowl, stir together cottage cheese, dressing, pepper, parsley, one of the sauces, and lime juice.
- 3. Mix in remaining ingredients.
- 4. Serve cold.
- 5. Cover and refrigerate leftovers within two hours.



Meal suggestion:

Serve with a wedge of watermelon, a whole grain muffin and lowfat milk.

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

Nutrition Facts

Serving Size about 1 1/4 cups (184g) Servings Per Container 1

Amount Per Servin	g	
Calories 170	Calories	from Fat 45
		% Daily Value*
Total Fat 5g		8%
Saturated Fa	t 0.5g	3%
Trans Fat 0g		
Cholesterol 20	mg	7%
Sodium 390mg	3	16%
Total Carbohy	drate 19g	6%
Dietary Fiber	· 5g	20%
Sugars 5g		
D		

Protein 14g

1 Totalii 1-19			
Vitamin A 50)% • '	Vitamin 0	30%
Calcium 10%	6 •	Iron 10%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

1 carbohydrate choice per serving.

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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.
- 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 Servin	g	
Calories 230	Calories	from Fat 35
		% Daily Value*
Total Fat 4g		6%
Saturated Fa	t 1g	5%
Trans Fat 0g		
Cholesterol 25	mg	8%
Sodium 480mg	J	20%
Total Carbohy	drate 29g	10%
Dietary Fiber	4g	16%
Sugars 9g		
Protein 20a		

Vitamin A 49	% • '	vitamin (6% ک
Calcium 8%	•	lron 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 Saturated Fat	Less than	65g 20g	80g 25g
Cholesterol Sodium	Less than	300mg 2,400mg	300 mg 2,400mg
Total Carbohydra Dietary Fiber		300g 25g	375g 30g

2 carbohydrate choices per serving.

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

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Tangy Tuna Vegetable Pinwheels

Yield: 2 servings

16 frozen asparagus spears, thawed

16 ounces canned sweet potato pieces in light syrup

2 large hard-boiled eggs, peeled and cut into halves

1 medium beet, cooked and cut into 4 wedges, OR 1/2 medium fresh tomato, cored and cut into 4 wedges

6 tablespoons light tuna, canned in water, drained well

2 teaspoons prepared wasabi sauce or creamy horseradish sauce

1 tablespoon chopped onion

2 tablespoons frozen orange juice concentrate, thawed 1/8 teaspoon ground black pepper

- 1. Wash your hands and work area.
- 2. On each of two large plates, arrange eight asparagus spears. If the plates were clocks, place the asparagus at the 3, 6, 9 and 12 o'clock positions. Put the asparagus tips at the edge of the plate and the stem ends in the center of the plate. Place four more spears on each plate between each set to form the pinwheel spokes. Trim stem ends so they do not extend past the center of the plate. Set aside any stem ends.
- 3. In a mixing bowl, empty the can of sweet potatoes in light syrup. Select and drain the four largest pieces and place two on each plate, across from each other and between a set of asparagus "spokes," at approximately the one and seven o'clock positions on a clock. Set aside remaining

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

This fun-to-make cold main dish is an excellent source of vitamins A and C, and of dietary fiber. It is a good source of iron.

Nutrition Facts

Serving Size 1 pinwheel (346g) Servings Per Container 2

Amount Per Serving			
Calories 310	Са	lories fror	n Fat 70
		% Da	aily Value*
Total Fat 8g			12%
Saturated Fat	2g		10%
Trans Fat 0g			
Cholesterol 225	mg		75%
Sodium 260mg			11%
Total Carbohydi	rate	41g	14%
Dietary Fiber 6	3g		24%
Sugars 16g			
Protein 20g			
Vitamin A 210%	•	Vitamin (C 120%
Calcium 8%	•	Iron 15%	,
*Percent Daily Values diet. Your daily values depending on your calc	may orie n	be higher or	
Saturated Fat Less Cholesterol Less	than than than than	20g 300mg	80g 25g 300mg 2,400mg 375g 30g

3 carbohydrate choices per serving.

(continued on pgzv'rci g)

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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 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 2,000 Calories: Total Fat Less than 65a 80a Saturated Fat Cholesterol 20g 300mg 25g Less than 300ma Less than Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.

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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	I	
Calories 140	Calories	from Fat 30
		% Daily Value*
Total Fat 3.5g		5%
Saturated Fat	: 0g	0%
Trans Fat 0g		
Cholesterol 0m	ıg	0%
Sodium 100mg		4%
Total Carbohyo	Irate 24g	8%
Dietary Fiber	3g	12%
Sugars 3g		
Protein 5g		

Vitamin A 0%	 Vitamin C 0%
Calcium 2%	 Iron 10%
	are based on a 2,000 calor

diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 650 800

1 1/2 a mult alan Junata

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
- 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 lowfat 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	ı	
Calories 180	Calories	from Fat 50
		% Daily Value*
Total Fat 6g		9%
Saturated Fat	0.5g	3%
Trans Fat 0g		
Cholesterol 20	mg	7%
Sodium 150mg		6%
Total Carbohyo	Irate 29g	10%
Dietary Fiber	3g	12%
Sugars 15g		
Protein 4g		

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:

· Vitamin C 0%

Vitamin A 2%

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

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.





Recipe Category: Hot or Cold Side Dish

Whole Grain Peanut Butter Breakfast **Muffins**

Yield: 7 servings, 1 muffin each

1/2 cup whole wheat flour OR all-purpose white flour

1 1/2 teaspoons baking powder

1/3 cup brown sugar, packed

1/4 cup quick-cooking rolled oats

1/4 cup yellow cornmeal

1/2 cup nonfat dry milk powder

2 tablespoons creamy peanut butter

3/4 cup water

1 large egg or 1/4 cup pasteurized egg substitute

- 1. Wash your hands and work area.
- 2. Spray 7 muffin cups with non-stick cooking spray.
- 3. Preheat oven to 350 degrees F.
- 4. In a mixing bowl, stir together flour, baking powder, sugar, oats, cornmeal and dry milk powder. Mix well.
- 5. Add peanut butter. Using a fork, blend mixture until it is crumbly. Set aside.
- 6. In a small bowl, beat together water and egg.
- 7. Add wet mixture to flour mixture. Stir until ingredients are just moistened, not longer.
- 8. Put about 1/3 cup batter into each muffin cup.
- 9. Bake for about 16 minutes, or until a toothpick inserted into the middle comes out dry.
- 10. For freshness, tightly cover any leftovers. Or, if desired, freeze cooled muffins in a moisture-proof freezer container.

Meal suggestion:

Serve as a breakfast or snack with an orange and low-fat milk.

These muffins are a good source of calcium. If desired, double the recipe and freeze the extras to use on busy days.

Nutrition Facts

Serving Size 1 muffin (70g) Servings Per Container 7 muffins

Amount Per Servin	g	
Calories 150	Calories	from Fat 30
		% Daily Value*
Total Fat 3.5g		5%
Saturated Fa	t 0.5g	3%
Trans Fat 0g		
Cholesterol 30	mg	10%
Sodium 170mg	J	7 %
Total Carbohy	drate 26g	9%
Dietary Fiber	2g	8%
Sugars 14g		
Protoin 6a		

6 · `	Vitamin 0	C 0%		
Calcium 15% • Iron 6%				
alues may b ur calorie ne	e higher or l eds:			
Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g 30g		
	alues are ba alues may b ur calorie ne Calories: Less than Less than Less than Less than	laues are based on a 2,0 alues may be higher or lur calorie needs: Calories: 2,000 Less than 20g Less than 300mg Less than 2,400mg		

2 carbohydrate choices per serving.

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

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	С	alories from Fa	at 5
		% Daily Va	lue*
Total Fat 0.5g			1%
Saturated Fat	0g		0%
Trans Fat 0g			
Cholesterol 0mg	g		0%
Sodium 40mg			2 %
Total Carbohyd	rate	26g	9%
Dietary Fiber 5	5g	2	0%
Sugars 3g			
Protein 7g			
Vitamin A 50%	•	Vitamin C 159	%
Calcium 4%	•	Iron 10%	
*Percent Daily Values diet. Your daily values depending on your cal Calc	may orie r	be higher or lower	

2 carbohydrate choices per serving.

Less than

Less than

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

300ma

300g

2,400mg

Total Fat

Cholesterol

Saturated Fat

Total Carbohydrate

Dietary Fiber

25g 300mg

2,400mg 375g



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	ı	
Calories 140	Calories	from Fat 30
		% Daily Value*
Total Fat 3.5g		5%
Saturated Fat	: 0g	0%
Trans Fat 0g		
Cholesterol 0m	g	0%
Sodium 100mg		4%
Total Carbohyo	Irate 24g	8%
Dietary Fiber	3g	12%
Sugars 3g		
Protein 5g		

Vitamin A 0%	•	Vitamin	C 0%	
Calcium 2%	•	Iron 10 ^o	%	
*Percent Daily Values are based on a 2,000 caloric diet. Your daily values may be higher or lower depending on your calorie needs:				
Cald	ories.	2 000	2 500	

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 Carbohydra	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 Side Dish

Peanut Butter Hummus Dip with Vegetable Sticks

Yield: 2 servings, about 1/4 cup hummus and 1/2 cup vegetables each

2/3 cup cooked chickpeas, cooked without salt, rinsed and drained

2 tablespoons lemon juice

2 tablespoons peanut butter, any kind

a dash of ground black pepper

1 teaspoon dried parsley flakes

1/2 clove of garlic, finely chopped

1 cup of a variety of raw vegetable sticks, such as carrots, celery, broccoli or sweet bell peppers

- 1. Wash your hands and work area.
- 2. On a serving plate, mash chickpeas with a fork until smooth.
- 3. Stir in lemon juice, peanut butter, ground black pepper, parsley and garlic.
- 4. Mound dip into the center of the plate. Arrange raw vegetable sticks around the dip.
- 5. Serve.
- 6. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with cubes of poultry, meats, seafood and cheeses, whole grain crackers,

and grape juice.

This easy and quickto-make cold side dish is also fun to eat. It is cholesterol-free and low in sodium. An excellent source of vitamin A and dietary fiber, it is also a good source of vitamin C and iron.

Nutrition Facts

Serving Size about 1/4 cup hummus and 1/2 cup vegetables (141g) Servings Per Container 2

Servings Per C	Ontain	CI Z	
Amount Per Servin	g		
Calories 210	Cald	ories fron	n Fat 90
		% Da	ily Value*
Total Fat 10g			15%
Saturated Fa	t 2g		10%
Trans Fat 0g			
Cholesterol 0r	ng		0%
Sodium 120mg]		5%
Total Carbohy	drate :	24g	8%
Dietary Fiber	· 6g		24%
Sugars 7g			
Protein 9g			
Vitamin A 90%	• '	Vitamin (C 15%
Calcium 6%	•	Iron 10%	
*Percent Daily Value diet. Your daily value depending on your of Ca	es may b	e higher or	
Saturated Fat Le Cholesterol Le	ss than ss than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

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1 1/2 carbohydrate choices per serving.



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
- 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 lowfat 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	3	
Calories 180	Calories	from Fat 50
		% Daily Value*
Total Fat 6g		9%
Saturated Fa	t 0.5g	3%
Trans Fat 0g		
Cholesterol 20	mg	7%
Sodium 150mg		6%
Total Carbohyo	drate 29g	10%
Dietary Fiber	3g	12%
Sugars 15g		
Protein 4g		

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:

· Vitamin C 0%

Vitamin A 2%

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



Recipe Category: Hot or Cold Side Dish

Whole Grain Peanut Butter Breakfast **Muffins**

Yield: 7 servings, 1 muffin each

1/2 cup whole wheat flour OR all-purpose white flour

1 1/2 teaspoons baking powder

1/3 cup brown sugar, packed

1/4 cup quick-cooking rolled oats

1/4 cup yellow cornmeal

1/2 cup nonfat dry milk powder

2 tablespoons creamy peanut butter

3/4 cup water

1 large egg or 1/4 cup pasteurized egg substitute

- 1. Wash your hands and work area.
- 2. Spray 7 muffin cups with non-stick cooking spray.
- 3. Preheat oven to 350 degrees F.
- 4. In a mixing bowl, stir together flour, baking powder, sugar, oats, cornmeal and dry milk powder. Mix well.
- 5. Add peanut butter. Using a fork, blend mixture until it is crumbly. Set aside.
- 6. In a small bowl, beat together water and egg.
- 7. Add wet mixture to flour mixture. Stir until ingredients are just moistened, not longer.
- 8. Put about 1/3 cup batter into each muffin cup.
- 9. Bake for about 16 minutes, or until a toothpick inserted into the middle comes out dry.
- 10. For freshness, tightly cover any leftovers. Or, if desired, freeze cooled muffins in a moisture-proof freezer container.

Meal suggestion:

Serve as a breakfast or snack with an orange and low-fat milk.

These muffins are a good source of calcium. If desired, double the recipe and freeze the extras to use on busy days.

Nutrition Facts

Serving Size 1 muffin (70g) Servings Per Container 7 muffins

Amount Per Serving	3	
Calories 150	Calories	from Fat 30
		% Daily Value*
Total Fat 3.5g		5%
Saturated Fa	t 0.5g	3%
Trans Fat 0g		
Cholesterol 30	mg	10%
Sodium 170mg		7%
Total Carbohyo	drate 26g	9%
Dietary Fiber	2g	8%
Sugars 14g		
Protein 6g		

Vitamin A 49	6 · '	Vitamin (0%
Calcium 15% • 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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

2 carbohydrate choices per serving.

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

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.

(continued on 'pgzv'rci g)



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 from Fat 20 Calories 80 % Daily Value* Total Fat 2.5g Saturated Fat 1g 5% Trans Fat 0g Cholesterol 5mg 2% Sodium 25mg 1% 4% Total Carbohydrate 13g 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

1 carbohydrate choice per serving.

Less than

Less than Less than

Less than

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

80g

25g 300mg

2,400mg 375g

20g 300mg

300a

2,400mg

Total Fat

Sodium

Saturated Fat Cholesterol

Dietary Fiber

Total Carbohydrate

For more information about healthy eating, contact your local extension office or log on to 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," 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.

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

0-1	O a la ui a a	f
Calories 180	Calories	from Fat 60
		% Daily Value*
Total Fat 7g		11%
Saturated Fa	t 2g	10%
Trans Fat 0g		
Cholesterol 35	img	12%
Sodium 25mg		1%
Total Carbohy	drate 28g	9%
Dietary Fiber	1g	4%
Sugars 17g		
Protein 3g		

Protein 3g			
Vitamin A 2%	6 •	Vitamin (0%
Calcium 0%	•	Iron 4%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

2 carbohydrate choices per serving.

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



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, lowsodium 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 Sei	ving		
Calories 70		alories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 110mg			5%
Total Carbohydrate 15g			5%
Dietary Fiber 2g			8%
Sugars 5g			
Protein 3g			
Vitamin A 22	00%	Vitamin (C 60/
Calcium 8%	.0% •	Iron 6%	J 070
*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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran	Less than Less than ate	20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

1 carbohydrate choice per serving.