

Easy, Affordable and Healthy Eating

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Tips To Eating Healthy On A Budget:

We all know healthy food can be expensive. Therefore it can be hard to eat healthy on a tight budget. What if I told you there are ways to save money and still eat hearty, single-ingredient foods?

Here are some ways to help you eat healthy on a budget:

1) Buy frozen fruits and veggies ... why?

- Frozen fruits, berries and vegetables are usually just as nutritious as their fresh counterparts. They are available all year round and are often sold in large bags.
- Frozen produce is great to use when cooking, making smoothies, or as toppings for oatmeal or yogurt.
- Reducing produce waste is a great way to save money.

2) Use Coupons

- Coupons can be a great way to stock up on healthy foods. Just make sure to avoid the ones that involve processed and unhealthy foods.

3) Don't shop when hungry!

- When you're hungry you often stray from your grocery list or crave foods that are not healthy or on your budget.
- Try eating a meal or a healthy snack before heading to the store.

4) Replace meat with other proteins

- Some great low-cost choices include beans and peas, such as kidney beans, black beans, and lentils. Use these good sources of protein for main or side dishes. Beans and peas cost far less than a similar amount of other protein foods.
- Don't forget about eggs! They're a great low-cost option that's easy to prepare.
- Seafood doesn't have to be expensive. Try buying canned tuna, salmon, or sardines – they store well and are a low-cost option.

Heart Health

The American Heart Association (AHA) breaks up tips for having a healthy heart into Four Categories.

Eat Smart

This category involves knowing what you are eating and how it affects your body. You don't have to be on a diet to be a healthy eater!

Using the recipes in this cookbook that are marked "heart healthy" can help ensure you are getting nutrient dense foods

Add Color

When adding natural color to your diet it will you will be adding a lot of nutrients with it.

Adding fresh produce to your meals can make all the difference to having a healthier diet.

Move More

The AHA recommends moving 150 minutes per week.

But the most important thing is to just get out and MOVE. Find something that works well with your body.

Be Well

Your heart is heavily impacted by your mental health. Chronic stress puts a strain on the whole body. Find ways to be well in your mind, body and soul.

Sodium & Your **HEART**

It's not hard to believe that your heart is affected by everything you eat. According to the American Heart Association reducing sodium is one of the best ways to protect your heart.

SODIUM: The function of sodium in the body is to help regulate fluid balance. When there is increased sodium it takes water from the body and puts it into the blood vessels.

Excess levels of sodium put you at risk for:

- **High Blood Pressure:** Sodium takes the water from your body and pulls it into the bloodstream. The increased fluid in the blood stream results in an increase in blood pressure.
- **Enlarged Heart Muscle:** Having high blood pressure for a long period of time puts a large strain on the heart because it has to work harder to pump the increased blood in the body. The result of this is the muscle growing bigger and bigger.
- **Heart Failure:** Once the heart muscle has been enlarged, it quickly stops functioning the way it should, leading to decreased productivity of the heart.

What has a lot of Sodium in it?

- **Table Salt** is actually sodium chloride. The concentration of sodium in table salt is 40%. That is a pretty high concentration! This is important to remember when you are adding salt to your foods!
- Some things that naturally have a lot of sodium are: **beets, celery, and even milk**
- Anything that is **prepackaged or canned** like **soups** or a **frozen dinner** has added sodium because it helps to preserve the foods.
- **Restaurants** sneakily add sodium to their food.

So what can you do?

- When buying canned vegetables look for “no salt added” on cans.
- Condiments often have a lot of added salt and should be used sparingly.
- To replace some of the flavor of salt in your cooking add things like onions, garlic and other herbs too.
- The American Heart Association has made a program where they put a heart healthy check on products in the grocery store that they have deemed heart healthy overall. **So look for the check mark!**



Heart-Healthy Substitutions



Sour Cream
Low protein, high fat



Greek Yogurt
High protein, no fat



Salty Snacks
20 Pretzels
250 mg sodium
No other nutrients



Fresh Fruit
1 Medium Apple
2 mg sodium
Fiber, Potassium, Vitamin C



Salted Butter
115 mg sodium



Unsalted Butter
0 mg sodium



Salted Nuts
80 mg sodium



Unsalted Nuts
0 mg sodium

Heart-Healthy Diet for Individuals living with Chronic Kidney Disease

Food Group	Decrease	Healthier Alternatives
Meat	Fried Fish & Poultry, Prime grades of beef, ribs, heavy marbled, fatty meat, regular ground beef Spare ribs, ground pork, sausage, bacon, processed meats (luncheon meats, bologna, salami), hot dogs Organ meat: sweetbreads, liver, kidneys	Fresh or Frozen fish, skinless poultry, lean pork and lamb, fresh ham, 90% lean ground beef, sirloin, tenderloin
Eggs	Avoid eating more than 3 eggs per week. Includes eggs used in cooking/baking	Egg White & Cholesterol-free egg substitute
Dairy	Whole milk, evaporated, or condensed. 2% milk	1% or skim milk Fat-free or low-fat yogurt Low-fat natural low sodium cheese Low-fat or fat-free ice cream or frozen yogurt, sour cream Low-fat coffee cream
Fats & Oils	Coconut oil, palm oil Butter, lard, shortening, bacon fat, stick margarine	Canola oil, peanut oil, olive oil. No salt- added margarine in a tub Corn, safflower, sesame, soybean sunflower oil. Salad dressing made with aforementioned oils and no added salt
Grains	High-fat breads: croissants, most granolas	Most fresh breads, low-fat crackers, homemade baked goods using allowed oil and ingredients
Vegetables	Vegetables fried or prepared with butter, cheese, or cream sauce	Fresh or frozen or low-sodium canned vegetables
Fruits	Fried fruits or served with butter or cream sauce	Fresh, frozen fruits Fruit juices (low & Medium potassium options)
Desserts	Milk chocolates, baked pies, cakes, donuts, and high-fat cookies	Gelatin, low-fat and fat-free desserts, sorbet, cookies and pies with egg white, skim milk, angel food cake

Diabetes Mellitus Type 2

- **Diabetes Prevention:**

- Maintain a healthy body weight
- Increasing consumption of whole grains, fruits, nuts and coffee can lower risk
- Decrease consumption of refined grains, red and processed meats, and sweetened drinks
(Ley, et. al)

Management Through Nutrition

- The American Diabetes Association recommends that individuals with type 2 diabetes (DM) should aim to reduce their intake of, “energy, **saturated** and **trans** fatty acids, cholesterol, and sodium,” to help control the disease.

Foods to Reduce in your diet:

Saturated Fats	Trans Fats
Butter, fatty beef & pork, salami	Fried foods, frozen pizza, margarine

- Individuals with DM should try to reduce the amount of these foods that they consume. The trans fats raise your **LDL** cholesterol levels while lowering **HDL** cholesterol which is associated with an increased risk for heart disease, stroke and type 2 Diabetes.
- **LDL**, low-density lipoprotein, is considered the **bad** cholesterol as it can form plaques and clog arteries.
- **HDL**, high density lipoprotein, is considered the **good** cholesterol as it acts to remove plaque forming LDL from the arteries to be excreted from the body via the liver.

🌽 INTRODUCTION 🌽

Regardless of your experience level with cooking, many seniors experience a decline in the healthfulness of their diet because they less frequently cook for themselves. There are many reasons for this. Medications can decrease appetite and interest in food as well as contribute to fatigue. People might find it difficult to stand for a long time, making food preparation in the kitchen difficult. Digestion slows down, which can decrease appetite and/or lead to constipation. Eating is often a social behavior. With social changes later in life, like living alone after living the majority of their life with a spouse and family. It is difficult to cook for oneself in such situations.

As a result, many older adults seek inexpensive processed meals that are perfect for a quick meal. What these meals offer in terms of time and financial savings they lack in nutritional value. This is why we made this cookbook for you.


Inside, you will find over a dozen snacks and meals that meet the following goals:

- Inexpensive
- Nutritious
- Easy to prepare, and most importantly
- Delicious!

Processed meals consisting of frozen, canned, or prepackaged meals are often small portions that are high in sodium and/or fat while lacking adequate fiber. Such meals are not **nutrient dense**. Nutrient density refers to the nutrition provided by a food compared to the total amount of calories. While a necessary nutrient, excess of dietary sodium can cause problems for the body, raising blood pressure and causing water retention.

Common chronic health problems for senior citizens include high blood pressure (hypertension), heart failure, diabetes, and kidney disease. The recipes in this cookbook provide **nutrient dense** meals that are compatible with one or more of these chronic problems. We use a simple key to make it easy to find meals that best fit your lifestyle. With this cookbook, our hope is that with its many easy, healthy options for you to make at home, you will enhance your diet and your health!

RECIPE KEY

 - Inexpensive	 - Heart-Friendly	 - Low Fat
 - Kidney	 - Diabetes	 - High Fiber

Breakfast



Top 9 Benefits of Eating Breakfast!

- 1) Energy to start your day!
- 2) Better focus throughout the day
- 3) Helps reduce early morning crankiness
- 4) Helps boost your metabolism to kickstart burning calories
- 5) Helps you lose weight
- 6) Allows you to properly portion your meals
- 7) Keeps you from overeating throughout the day
- 8) Helps lower "bad" cholesterol
- 9) Nutritious and delicious!

Strawberry Banana Smoothie



Makes: 8 servings

Serving Size: ½ cup (4 ounces)

Carb Grams Per Serving: 12g



INGREDIENTS:

- 4 cups** sliced fresh strawberries
- 1** medium banana, sliced
- 1 - 6 ounce carton** vanilla low-fat yogurt
- 1 cup** ice cubes
- 1** kiwifruit, peeled and sliced (optional)

Directions

In a blender, combine strawberries, banana, and yogurt; cover and blend until smooth. With blender running, add ice cubes, one at a time, through hole in the lid; blend until smooth. Pour into 8 small glasses. If desired, garnish with kiwi fruit; serve immediately.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
8 servings per container Serving size 1/2 cup Calories per serving	50	Total Fat 1g	1%	Total Carbohydrate 12g	4%
		Saturated Fat 0g	0%	Dietary Fiber 2g	7%
		<i>Trans</i> Fat 0g		Total Sugars 0g	
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 15mg	1%	Protein 2g	4%
		Vitamin D 0mcg	0%	● Calcium 0mg	0%
		Potassium 0mg	0%	● Iron 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Spinach Kale Smoothie



Sneaking leafy greens into meals is nothing new. In fact, it's a pretty awesome way to get extra nutrients in your diet!



Makes: 2 servings

Serving Size: 12 oz.

INGREDIENTS:

3oz (90g) frozen spinach

1 medium ripe banana

1 Red Delicious Apple

2 cups of water

Directions

Wash and slice the apple, slice the banana and add to the jug with spinach and water. Blend everything together until smooth – it shouldn't take longer than 3 minutes. Drink right away.

TIPS!

- Frozen Spinach is **cheaper** than fresh, easier to store and won't go bad.
- You can use a basic cheap blender, it doesn't have to be the expensive kind. Add the banana in the blender first to create a softer cushioning for the frozen spinach to make it easier on your blender. You don't want the ice from the spinach to halt the blades and make your blender overheat.

Nutrition Facts	Amount/serving		% Daily Value*	
	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings per container Serving size Calories per serving 100	Total Fat 0g	0%	Sodium 5mg	0%
	Saturated Fat 0g	0%	Total Carbohydrate 25g	9%
	<i>Trans</i> Fat 0g		Dietary Fiber 4g	14%
	Polyunsaturated Fat 0g		Total Sugars 15g	
	Monounsaturated Fat 0g		Includes 0g Added Sugars	0%
	Cholesterol 0mg	0%	Protein 1g	2%
	Vitamin D 0mcg	0%	● Calcium 13mg	0%
	Potassium 470mg	10%	● Iron 0.36mg	2%
			● Vitamin A	10%
			● Vitamin C	15%

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Hash Brown Potato Cakes \$

Makes: 8 servings

Serving Size: 2 potato cakes



Ingredients

- 1 pound** russet or round red potatoes
- $\frac{1}{2}$ of a medium onion, very thinly sliced
- 1 tablespoon** olive oil
- 2 teaspoons** snipped fresh thyme or $\frac{1}{4}$ teaspoon dried thyme, crushed
- $\frac{1}{4}$ teaspoon** salt
- $\frac{1}{8}$ teaspoon** ground black pepper

Directions

1. Preheat oven to 300 F.
2. Peel and shred potatoes. Immediately rinse with cold water in a colander, then pat dry, and put in a large bowl.
3. Dice onions. Stir onion, oil, thyme, salt and pepper into potatoes.
4. Coat a large skillet with nonstick cooking oil. Preheat the skillet or griddle to medium heat.
5. For each cake, scoop with a tablespoon of the potato mixture onto the skillet, press down potato mixture with spatula to flatten evenly and cook for 5 minutes. Then flip! Cook for 3-5 more minutes.
6. Place the cooked cakes onto a baking sheet. Keep them warm by putting them in the preheated oven uncovered.
7. Repeat until all the potato mixture is gone.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
8 servings per container	Serving size	Total Fat 2g	3%	Total Carbohydrate 9g	3%
		Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Calories per serving	60	Trans Fat 0g		Total Sugars 0g	
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 75mg	3%	Protein 1g	2%
		Vitamin D 0mcg	0%	● Calcium 0mg	0%
		Potassium 0mg	0%	● Iron 0mg	0%

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Quick and Easy Omelets \$

Makes: 4 servings



Ingredients

- Nonstick cooking spray
- 2 cups** refrigerated or frozen egg product, thawed, or 8 eggs
- 2 tablespoons** snipped fresh chives, or Italian (flat-leaf) parsley
- 1/8 teaspoon** salt
- 1/8 teaspoon** cayenne pepper
- 1/2 cup** shredded reduced-fat sharp cheddar cheese (2 ounces)
- 2 cups** fresh baby spinach leaves or torn fresh spinach

Directions

1. Coat a 10-inch nonstick skillet with cooking spray and heat the skillet to medium heat.
2. In a large bowl combine the eggs, chives, salt, and cayenne pepper.
3. Beat the mixture with a whisk until the eggs are frothy.
4. Pour egg mixture into the skillet and immediately stir the eggs gently and continuously with a wooden spoon.
5. When the egg has small pieces of cooked egg surrounded by liquid egg then stop stirring. Continue to cook for 30-60 seconds. The egg will set and be shiny.
6. Sprinkle with cheese, and the spinach.
7. With the spatula, lift and fold one side of omelet with the cheese and the spinach in the middle.
8. Serve!

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
	Total Fat 3g		4%	Sodium 400mg	17%
Saturated Fat 2g		10%	Total Carbohydrate 4g	1%	
Trans Fat 0g			Dietary Fiber 0g	0%	
Polyunsaturated Fat 0g			Total Sugars 1g		
Monounsaturated Fat 0g			Includes 0g Added Sugars	0%	
Cholesterol 10mg		3%	Protein 15g	30%	
Vitamin D 0mcg	0%	• Calcium 130mg	10%	• Iron 0mg	0%
Potassium 0mg	0%	• Vitamin A	8%		

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4 servings per container
Serving size
Calories per serving **110**

Granola

Ingredients:

- 3 cups** old-fashioned oats
- 2 cups** quick oats
- 1 cup** chopped pecans (or sliced almonds or sunflower seeds)
- 1/2 cup** toasted wheat germ
- 1/4 cup** maple syrup
- 2 tablespoons** Mazola® Corn Oil
- 4 teaspoons** ground Saigon cinnamon
- 1/2 teaspoon** ground nutmeg
- 1 cup** dried cranberries (or raisins or other dried fruit)



Directions

1. Preheat oven to 300 degrees F.
2. Combine old-fashioned oats, quick oats, pecans and wheat germ in a large bowl.
3. Combine maple syrup, oil, vanilla, cinnamon and nutmeg in a small bowl. Pour over oat mixture, stirring to coat.
4. Grease baking sheet and then spread mixture evenly on the greased baking sheet.
5. Bake for 50 to 60 minutes, stirring every 15 minutes, until oats are toasted.
6. Remove from oven and stir in dried fruit. Cool in pan on wire rack. Store in airtight container.

Serving suggestion: To make yogurt parfaits, layer 6 ounces yogurt, 1/2 cup mixed fresh or frozen fruit and 1/4 cup granola.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
16 servings per container Serving size Calories per serving 300	Total Fat 10g		13%	Sodium 90mg	4%	
	Saturated Fat 1g		5%	Total Carbohydrate 45g	16%	
	Trans Fat 0g			Dietary Fiber 6g	21%	
	Polyunsaturated Fat 4g			Total Sugars 9g		
	Monounsaturated Fat 4g			Includes 0g Added Sugars	0%	
	Cholesterol 0mg		0%	Protein 8g	16%	
	Vitamin D 0mcg	0%	• Calcium 65mg	4%	• Iron 2.7mg	15%
	Potassium 282mg	6%				

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Low Fat Banana Bread



Ingredients

- 1 ½ cups all-purpose flour
- 1 cup white sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 egg
- ½ cup light mayonnaise
- 3 ripe bananas
- 1 teaspoon vanilla extract

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Grease and flour a 9x5-inch loaf pan.
2. Whisk the flour, sugar, baking soda, and salt together in a bowl.
3. Beat the egg in a mixing bowl. Whisk in the mayonnaise, bananas, and vanilla extract until evenly mixed. Stir in the flour mixture until no dry lumps remain. Pour the batter into the prepared loaf pan.
4. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 45 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		12 servings per container	Total Fat 8g	10%	Sodium 560mg
Serving size	Saturated Fat 1g	5%	Total Carbohydrate 36g	13%	
Calories per serving	Trans Fat 0g		Dietary Fiber 1g	4%	
	220	Polyunsaturated Fat 4g		Total Sugars 21g	
		Monounsaturated Fat 2g		Includes 0g Added Sugars	0%
	Cholesterol 20mg	7%	Protein 2g	4%	
	Vitamin D 0mcg	0%	● Calcium 0mg	0%	
	Potassium 0mg	0%	● Iron 0mg	0%	

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Whole Wheat Pancakes with Strawberries



Ingredients

- Cooking spray
- 2/3 cup** whole-wheat flour
- 1/4 cup** oats
- 1 teaspoon** baking powder
- 2/3 cup** fat-free milk
- 1 large egg** lightly beaten
- 2 teaspoons** canola oil
- 3** sliced strawberries



Directions

1. In a large bowl, combine flour, oats and baking powder; mix well. In medium bowl combine milk, egg and oil; blend well.
2. Add dry ingredients to wet ingredients by stirring them in just until dry ingredients are moistened
3. Coat skillet with spray and heat to medium high. For each pancake spoon 1/4 cup of batter into skillet.
4. Flip when batter bubbles and edges begin to set. Remove from heat and top with the strawberries.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container	Serving size pancakes	Total Fat 3g	4%	Sodium 90mg	4%
		Saturated Fat 0.5g	3%	Total Carbohydrate 20g	7%
Calories per serving	120	<i>Trans Fat</i> 0g		Dietary Fiber 3g	11%
		Polyunsaturated Fat 1.5g		Total Sugars 6g	
		Monounsaturated Fat 1.5g		Includes 0g Added Sugars	0%
		Cholesterol 30mg	11%	Protein 5g	10%
		Vitamin D 0mcg	0%	● Calcium 0mg	0%
		Potassium 0mg	0%	● Iron 0mg	0%

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Cheese and Vegetable Frittata \$

Ingredients

6 large eggs
2 Tbsp whole-wheat flour
1 tsp baking powder
1/4 tsp black pepper
1 medium onion (about 1 cup),
cut into 1/2 inch pieces
1 cup fresh spinach, cut into
1/2-inch pieces
1 cup red and/or green bell
pepper, cut into 1/2-inch pieces
1 cup fresh mushrooms



1 clove garlic (finely chopped)
2 Tbsp fresh basil leaves (finely
chopped)
1/3 cup part-skim mozzarella
cheese (shredded)
Cooking spray

Directions

1. Preheat oven to broil setting.
2. In a large bowl, whisk eggs together until foamy, stir in the whole wheat flour, black pepper, and baking powder.
3. Using a heavy skillet with an ovenproof handle, or a muffin tray, coat the skillet with cooking spray and heat on medium.
4. Add the onion and cook until it starts to get soft, then add the spinach, bell pepper and mushrooms and cook for 2-3 minutes more.
5. Add the garlic and basil and cook for 1 minute. Stir to avoid burning these.
6. Add the egg mixture into the pan and stir to mix the vegetables with the eggs.
7. Cook for 5-6 minutes or until the egg mixture has set on the bottom and begins to set on top.

8. Add the shredded cheese and using the back of the spoon, push lightly under the eggs, so it won't burn in the oven.
9. Place pan into the oven and broil for 3-4 minutes until golden and fluffy
10. Remove from pan, cut into 6 servings and serve.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container Serving size	Calories per serving	Total Fat 7g	9%	Sodium 95mg	4%
		Saturated Fat 2g	10%	Total Carbohydrate 4g	1%
		Trans Fat 0g		Dietary Fiber 1g	4%
		Polyunsaturated Fat 1g		Total Sugars 1g	
		Monounsaturated Fat 3g		Includes 0g Added Sugars	0%
	110	Cholesterol 185mg	62%	Protein 8g	16%
		Vitamin D 0mcg	0%	● Calcium 0mg	0%
		Potassium 0mg	0%	● Vitamin A	15%
				● Iron 1.26mg	8%
				● Vitamin C	25%

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Ham Hash



Ingredients

- 2 tsp olive oil
- 1 large green bell pepper (diced)
- 1 large red bell pepper (diced)
- 1 medium onion (diced)
- 1/2 cup lower-sodium, low-fat, diced ham (about 4 ounces), all visible, fat discarded
- 3 cups frozen, fat-free southern-style diced hash brown potatoes



- 1/2 tsp salt-free Cajun or Creole seasoning blend
- 2 Tbsp. chopped, fresh parsley
- 1/4 tsp. salt
- 1/4 tsp. pepper

Directions

1. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4 to 5 minutes, or until the onion is soft and the bell pepper is tender, stirring occasionally. Stir in the ham. Cook for 1 to 2 minutes, or until heated through, stirring occasionally.
2. Stir in the hash browns and seasoning blend. Cook without stirring for 4 minutes, or until the bottom is golden brown. Stir (the golden-brown pieces will be redistributed). Cook without stirring for 4 minutes, or until the bottom is golden brown and the mixture is heated through.
3. Stir in the parsley, salt, and pepper.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*		
4 servings per container Serving size Calories per serving	220	Total Fat 5g	6%	Sodium 350mg	15%		
		Saturated Fat 2g	10%	Total Carbohydrate 36g	13%		
		Trans Fat 0g		Dietary Fiber 6g	21%		
		Polyunsaturated Fat 0g		Total Sugars 1g			
		Monounsaturated Fat 2g		Includes 0g Added Sugars	0%		
		Cholesterol 15mg	4%	Protein 6g	12%		
		Vitamin D 0mcg	0%	● Calcium 0mg	0%	● Iron 1.8mg	10%
		Potassium 658mg	15%	● Vitamin A	20%	● Vitamin C	80%

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Lunch and Dinner



Classic Beef Stroganoff with Zoodles

Makes: 6 servings

Ingredients

1 1/4 pounds beef stew meat

2 teaspoons vegetable oil

2 1/2 cups sliced fresh mushrooms

1/2 cup sliced green onions (4) or chopped onion (1 medium)

1 bay leaf

2 cloves garlic, minced

1/2 teaspoon dried oregano, crushed

1/4 teaspoon salt

1/4 teaspoon dried thyme, crushed

1/4 teaspoon black pepper

1 1/2 cups 50% less sodium beef broth

Snipped fresh parsley or basil (optional)



1/4 cup dry sherry

1 - 8 ounce carton light sour cream

1/3 cup all-purpose flour

1/4 cup water

Sautéed zucchini "noodles" or hot cooked whole wheat pasta

Directions

1. Cut up any large pieces of meat. In a large nonstick skillet cook half of the meat in hot oil over medium-high heat until brown. Drain grease and then remove meat from skillet. Repeat with the remaining meat. Drain off fat. Set meat aside.
2. In a 3 1/2 or 4-quart slow cooker combine mushrooms, green onions, bay leaf, garlic, oregano, salt, thyme, and pepper. Add meat. Pour broth and sherry over mixture in cooker.

Directions (Continued)

3. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours. Remove and discard bay leaf.
4. If using low-heat setting, turn to high-heat setting. In a medium bowl stir together sour cream, flour, and the water until smooth. Gradually stir about 1 cup of the hot broth into sour cream mixture. Return sour cream mixture to cooker; stir to combine.
5. Cover and cook about 30 minutes more or until thickened and bubbly. Serve over sautéed zucchini and, if desired, sprinkle with parsley.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		6 servings per container			
Serving size		Total Fat 14g	18%	Sodium 460mg	20%
Calories per serving 440		Saturated Fat 6g	30%	Total Carbohydrate 57g	21%
		<i>Trans</i> Fat 0g		Dietary Fiber 8g	29%
		Polyunsaturated Fat 1g		Total Sugars 6g	
		Monounsaturated Fat 1g		Includes 0g Added Sugars	0%
		Cholesterol 80mg	27%	Protein 35g	70%
		Vitamin D 0mcg	0%	● Calcium 130mg	10%
		Potassium 799mg	15%	● Iron 6.48mg	35%

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Chicken Piccata \$

\$2.71/serving

Ingredients

8 oz. whole-wheat angel hair pasta

2 Tbsp. whole-wheat flour

1/4 tsp. black pepper

2 boneless chicken breasts (all visible fat discarded, butterflied)

Nonstick cooking spray

1 1/2 cup sliced, fresh mushrooms

2 tsp. garlic (jarred, minced)



2 Tbsp. lemon juice

1/2 cup low-sodium chicken stock

2 tsp. salt-free, or, low-sodium Italian seasoning

2 medium zucchini (thinly sliced)

Directions

1. Prepare pasta to package directions – drain, rinse and set aside.
2. Mix flour and pepper in a shallow dish. One at a time, place chicken pieces in flour mixture and turn to coat.
3. Spray a large skillet with cooking spray, turn to medium heat and add chicken. Cook until no longer pink inside (3-4 minutes per side).
4. Transfer chicken to a plate and set aside.
5. Re-spray skillet with cooking spray, turn heat to medium-high, and cook mushrooms for 3-4 minutes, stirring occasionally.
6. Add garlic, lemon juice and chicken stock, stir and cook for 2 minutes.
7. Add Italian Seasoning and zucchini, bring to a simmer and cook about 5 minutes until zucchini is tender.
8. Toss pasta in the skillet with sauce. Serve topped with chicken.

Nutrition Facts		Amount/serving		% Daily Value*		
		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
4 servings per container Serving size Calories per serving 370	Total Fat	4.5g	6%	Sodium	150mg	7%
	Saturated Fat	1g	5%	Total Carbohydrate	50g	18%
	Trans Fat	0g		Dietary Fiber	6g	21%
	Polyunsaturated Fat	1g		Total Sugars	3g	
	Monounsaturated Fat	1g		Includes 0g Added Sugars		0%
	Cholesterol	75mg	24%	Protein	35g	70%
	Vitamin D	0mcg	0%	Calcium	50mg	4%
	Potassium	930mg	20%	Iron	0mg	0%
	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.					

Bacon Mushroom Mac & Cheese \$1.45/serving

Ingredients


6 oz whole-wheat corkscrew pasta	½ tsp black pepper
3 slices turkey bacon (cooked to package instructions, diced)	3 Tbsp water
2 tsp extra virgin olive oil	1 cup fat-free, plain Greek yogurt
½ medium onion (diced)	3 Tbsp grated, low-fat parmesan cheese
2 clove minced, fresh garlic OR	1 cup low-moisture, part-skim-fat mozzarella (shredded)
2 tsp jarred, minced garlic	3 Tbsp "panko" bread crumbs (whole wheat, if available)
2 cup mushrooms (sliced)	1 tsp extra virgin olive oil
2 Tbsp salt-free, dried herbs, Italian blend (divided)	

Directions

1. Preheat oven to 400 degrees F.
2. Boil pasta according to package directions, omitting oil, butter and salt. Reserve 1/4 cup pasta water after pasta is done cooking.
3. Cook turkey bacon in microwave according to package directions, cool slightly and roughly chop.
4. In medium size pot heat 2 teaspoons extra virgin olive oil over medium low heat, add onion and garlic and sauté until onions are soft, but not brown. Add mushrooms, 1 tablespoon Italian seasoning and pepper, cook for 2 minutes, add water and cook 2 more minutes.
5. In a separate bowl, combine yogurt, mozzarella and Parmesan. Add yogurt mixture, pasta water and pasta to mushroom mixture and stir to combine all ingredients.
6. Remove from heat and transfer to oven safe 8x8 or 9x13 dish.
7. Combine breadcrumbs, 1 tablespoon Italian seasoning and 1 teaspoon extra virgin olive oil and sprinkle evenly over the top of mac and cheese. Bake for 10 minutes and serve!

Chicken, Broccoli, & Brown Rice Casserole

\$ \$2.55 per serving

 Eliminate added salt & reduce cheese; 3/4c → 1/2c

Ingredients

2 (3 1/2-ounce) bags
boil-in-bag brown rice
1 tablespoon olive oil
1 small onion, finely chopped
(about 1 cup)
8 ounces pre-sliced button
mushrooms
8 ounces skinless, boneless
chicken thighs, cut into bite-sized
pieces
3/4 teaspoon salt, divided



1/4 teaspoon freshly ground black
pepper
1 (12-ounce) bag
microwave-in-bag fresh broccoli
florets
1 1/2 cups 1% lowfat milk
3 tablespoons all-purpose flour
3 ounces sharp cheddar cheese,
shredded (about 3/4 cup)

Directions

1. Preheat broiler to high. Cook rice according to package directions; drain.
2. While rice cooks, heat a large 12-inch ovenproof skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion, mushrooms, and chicken; sprinkle with 1/4 teaspoon salt and pepper. Sauté 6 minutes or until chicken and onion are done.
3. Cook broccoli in microwave according to package directions for 3 minutes. Open package to release steam.
4. Combine milk and flour, stirring with a whisk or fork until smooth.

5. Stir milk mixture into chicken mixture in skillet.
6. Cook 2 minutes or until bubbly and thick, stirring frequently.
7. Stir in remaining ½ teaspoon salt, rice, and broccoli. Sprinkle with cheese.
8. Broil 1 minute or until cheese melts and just begins to brown.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		4 servings per container		Total Fat 12g	15%
Serving size		Saturated Fat 4g	20%	Dietary Fiber 3g	11%
Calories per serving		<i>Trans</i> Fat 0g		Total Sugars 6g	
		Monounsaturated Fat 2g		Includes 0g Added Sugars	0%
300		Cholesterol 60mg	21%	Protein 24g	48%
		Sodium 190mg	8%		
		Vitamin D 0mcg	0%	● Calcium 312mg	25%
		Potassium 0mg	0%	● Vitamin A	35%
				● Iron 0.9mg	4%
				● Vitamin C	70%

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Vegetarian Ema Datshi \$



Makes: 4 servings

Ingredients

- 1/2 lb** hot green chili (jalapenos, serranos, Thai chilis, your choice depending on heat tolerance or use poblanos or anaheim)
- 1 medium** sweet onion, diced small
- 3/4 cup** water
- 1/2 lb** low fat feta cheese
- 2 teaspoons** vegetable or olive oil
- 2** tomatoes, diced
- 4** garlic cloves, chopped
- 1/2 teaspoon** fresh cilantro leaves, chopped



Directions

1. Remove seeds and ribs from chilies and cut lengthwise into 1/2" slices.
2. Place chilies and onion in water with vegetable oil. Boil 10 minutes. Add tomato and garlic and simmer for 2 more minutes.
3. Add cheese and simmer on low for 2 more minutes - enough to blend the cheese without completely melting it. Add cilantro and stir.
4. Serve with Bhutanese red rice or brown rice.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		4 servings per container		Total Fat 8g	10%
Serving size		Saturated Fat 2g	10%	Total Carbohydrate 16g	6%
Calories per serving 180		<i>Trans</i> Fat 0g		Dietary Fiber 2g	7%
		Polyunsaturated Fat 2g		Total Sugars 9g	
		Monounsaturated Fat 1g		Includes 0g Added Sugars	0%
		Cholesterol 20mg	7%	Protein 14g	28%
		Vitamin D 0mcg	0%	• Calcium 299mg	25%
		Potassium 423mg	8%	• Iron 0.9mg	4%
				• Vitamin A	25%
				• Vitamin C	240%

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Tuna Noodle Casserole

Ingredients

- 1 pound** whole-grain yolkless egg noodles
- 2 teaspoons** canola oil
- 10 ounces** fresh mushrooms, sliced
- 2 medium** carrots, diced
- 2 medium** stalks celery, diced
- 1 medium** bell pepper, diced
- 1 medium** onion, diced
- 4 cloves** garlic, minced
- 2 (6-ounce) cans** no-salt-added tuna in water, drained
- 1 cup** nonfat sour cream
- 1/2 cup** shredded Swiss cheese
- 1 teaspoon** Bragg Organic Sea Kelp Delight Seasoning
- 1/2 teaspoon** dried herbes de Provence
- Freshly ground black pepper, to taste

Directions

1. Cook noodles according to package directions, omitting salt. Drain and set aside.
2. Preheat oven to 375°F. Take out a 3-quart baking dish, spray lightly with oil, and set aside.
3. Heat oil in a sauté pan over medium heat. Add mushrooms, carrots, celery, bell pepper, onion, and garlic and cook, stirring, for 5 minutes. Remove from heat.
4. Add the noodles, along with the remaining ingredients, and stir well to combine.
5. Pour mixture into the prepared dish and cover with lid or aluminum foil. Place on middle rack in oven and bake for 25 minutes.
6. Remove from oven and serve immediately.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		4 servings per container	Total Fat 7g	9%	Total Carbohydrate 12g
Serving size	Saturated Fat 3g	15%	Dietary Fiber 4g	14%	
Calories per serving 270	Trans Fat 0g		Total Sugars 5g		
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%	
	Sodium 300mg	13%	Protein 9g	18%	
	Vitamin D 0mcg	0%	● Calcium 0mg	0%	
	Potassium 0mg	0%	● Iron 0mg	0%	

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Healthy Fish and Chips

Ingredients

- 2 tablespoons** unbleached all-purpose flour
- 2 tablespoons** white whole-wheat flour
- Freshly ground black pepper, to taste
- 2** egg whites
- 2 cups** salt-free bread crumbs or panko
- 1 tablespoon** dried herbs (a single herb or mix of favorites, such as parsley, dill, thyme, etc.)

1



- 1 pound** white-fleshed fish cut into 4 fillets
- 4 large** potatoes, scrubbed
- 3 tablespoons** olive oil
- Freshly ground black pepper, to taste

Directions

1. Preheat oven to 425°F. Cover a large baking sheet with foil and set aside.
2. Measure the flours into a wide shallow bowl, add black pepper, and whisk to combine.
3. Place the egg whites into a second shallow bowl.
4. Place breadcrumbs in a large plastic bag. Add herbs, seal bag, and shake well.
5. Cut the fish fillets in half, yielding 8 pieces total. Dredge each fillet completely in the seasoned flour, then dip in egg, coating completely.
6. Place the moistened fillet into the plastic bag, seal, and shake gently to coat. Once the fillet is totally coated, carefully remove from bag and place on the baking sheet. Repeat process until all pieces are battered. Place the tray of fish in the refrigerator.

7. Place a piece of parchment on a baking sheet. Cut each potato into 8 equal wedges. Arrange the wedges on the baking sheet and brush both sides lightly with oil. Season, to taste, with freshly ground black pepper.
8. Place baking sheet on the middle rack in the oven and bake for 15 minutes. Remove from oven and flip potatoes over. Return to middle rack in oven.
9. Remove the fish from the fridge and place on the top rack in the oven. Bake potatoes and fish for 15 minutes, until both are crispy and brown. Remove from oven and serve immediately.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		2 servings per container	Total Fat 11g	14%	Total Carbohydrate 15g
Serving size	Saturated Fat 4g	20%	Dietary Fiber 7g	25%	
Calories per serving	190	<i>Trans Fat</i> 0g	Total Sugars 3g		
		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
	Sodium 400mg	17%	Protein 7g	14%	
	Vitamin D 0mcg	0%	● Calcium 0mg	0%	
	Potassium 0mg	0%	● Iron 0mg	0%	

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Roasted Salmon with Lemon, Mustard, and Dill

Salmon is best without a lot of fanfare. Here it's roasted simply with a delectably tart and tangy dill glaze.

Ingredients

- 1 pound salmon
- Juice of 1 fresh lemon
- 2 tablespoons no-salt-added prepared mustard
- 2 tablespoons chopped fresh dill
- Freshly ground black pepper, to taste



Directions

1. Preheat oven to 450°F.
2. Slice salmon into 4 equal fillets and arrange in a baking pan.
3. Combine remaining ingredients in a small mixing bowl and brush tops and sides of fillets with mixture. Drizzle any remaining marinade over top of the fillets.
4. Place pan on middle rack in oven and bake for 10–15 minutes, depending upon thickness of fillets. Salmon is done when it flakes easily with a fork.
5. Remove from oven and serve immediately.

****Easy side:** Cook 2 (8.8-oz.) pouches ready-to-serve basmati rice according to package directions. Stir in 1 cup frozen sweet peas, thawed; 1/4 cup chopped fresh parsley (optional) ; and salt and pepper to taste**

Snacks and Sides



Banana Walnut Cookies



Ingredients

- 2 medium ripe bananas, mashed
- 1 cup of uncooked quick oats*
- 1/4 cup crushed walnuts



Directions

1. Preheat oven to 350°F. Spray a nonstick cookie sheet with cooking spray or use a Silpat.
2. Combine the mashed bananas and oats in a bowl. Fold in the walnuts and place a tablespoon of each on the cookie sheet.
3. Bake 15 minutes. Makes 16 cookies.

**** TIP: Use gluten-free oats such as Bob’s Red Mill quick oats to make them gluten-free.**

Nutrition Facts	Amount/serving		% Daily Value*	
	8 servings per container	Total Fat 3g	4%	Sodium 0mg
Serving size	Saturated Fat 0g	0%	Total Carbohydrate 0g	0%
Calories per serving	<i>Trans</i> Fat 0g		Dietary Fiber 2g	7%
	Polyunsaturated Fat 2g		Total Sugars 4g	
90	Monounsaturated Fat 1g		Includes 0g Added Sugars	0%
	Cholesterol 0mg	0%	Protein 2g	4%
	Vitamin D 0mcg	0%	● Calcium 0mg	0%
	Potassium 0mg	0%	● Iron 0mg	0%

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Sweet Potato

Nachos

Ingredients

3 medium sweet potatoes (2 pounds)

1 Tbsp Olive oil

1 tsp chili powder

1 tsp garlic powder

1 ½ tsp paprika

⅓ cup black beans, drained, rinsed

⅓ cup reduced-fat shredded Cheddar cheese

⅓ cup chopped tomato (1 plum tomato) OR ⅓ cups no-salt-added, canned, diced tomatoes, drained, rinsed

⅓ cup chopped avocado



Directions

1. Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds).
3. In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans).
4. Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
5. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container	Serving size	Total Fat 4g	5%	Total Carbohydrate 36g	13%
		Saturated Fat 1g	5%	Dietary Fiber 6g	21%
Calories per serving	190	Trans Fat 0g		Total Sugars 8g	
		Monounsaturated Fat 2g		Includes 0g Added Sugars	0%
		Cholesterol < 5mg	1%	Protein 6g	12%
		Sodium 135mg	6%		
		Vitamin D 0mcg	0%	Calcium 0mg	0%
		Potassium 846mg	20%	Iron 1.44mg	8%
				Vitamin A	440%

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Baked Kale Chips

These are a low-calorie nutritious snack that is high in vitamins A and C, low in sodium, and is a good source of fiber. Like potato chips, you cannot stop at just eating one. They are a great alternative to salted nuts that can be high in sodium, fat, and protein.

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt



Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burnt, 10 to 15 minutes.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container	Serving size	Total Fat 3g	4%	Total Carbohydrate 4g	1%
		Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Calories per serving	40	Trans Fat 0g		Total Sugars 1g	
		Monounsaturated Fat 2g		Includes 0g Added Sugars	0%
		Cholesterol 0mg	0%	Protein 0g	0%
		Sodium 270mg	12%		
		Vitamin D 0mcg	0%	● Calcium 1157mg	90%
		Potassium 0mg	0%	● Vitamin A	90%
				● Iron 0mg	0%

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Easy Hummus

Serve with pita chips or fresh veggie slices. Add more of the reserved bean liquid for a smoother dip.

Ingredients

- 1 (15 ounce) can** garbanzo beans,
drained, liquid reserved
- 2 ounces** fresh jalapeno pepper, sliced
- ½ teaspoon** ground cumin
- 2 tablespoons** lemon juice
- 3 cloves** garlic, minced



Directions

1. In a blender or food processor, combine garbanzo beans, jalapeno, cumin, lemon juice, garlic and 1 tablespoon of the reserved bean liquid.
2. Blend until smooth.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		16 servings per container		Total Fat 0g	0%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 0g	
Calories per serving		Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
		Sodium 80mg	3%	Protein 1g	2%
25		Vitamin D 0mcg	0%	● Calcium 0mg	0%
		Potassium 0mg	0%	● Iron 0mg	0%

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Avocado & Tuna Tapas

Ingredients

1 (12 ounce) can solid white tuna packed in water, drained

1 tablespoon mayonnaise

3 green onions, thinly sliced, plus additional for garnish

½ red bell pepper, chopped

1 dash balsamic vinegar

black pepper to taste



1 pinch garlic salt, or to taste

2 ripe avocados, halved and pitted

Directions

1. Stir together tuna, mayonnaise, green onions, red pepper, and balsamic vinegar in a bowl.
2. Season with pepper and garlic salt
3. Pack the avocado halves with the tuna mixture.
4. Garnish with reserved green onions and a dash of black pepper before serving.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	
4 servings per container	Serving size	Total Fat 13g	17%	Sodium 330mg	14%	
		Saturated Fat 2g	10%	Total Carbohydrate 8g	3%	
Calories per serving	230	<i>Trans Fat</i> 0g		Dietary Fiber 5g	18%	
		Polyunsaturated Fat 2g		Total Sugars 1g		
		Monounsaturated Fat 7g		Includes 0g Added Sugars	0%	
		Cholesterol 40mg	13%	Protein 26g	52%	
		Vitamin D 0mcg	0%	• Calcium 0mg	0%	
		Potassium 0mg	0%	• Iron 0mg	0%	
			• Vitamin A	10%	• Vitamin C	45%

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Watermelon Blueberry Ice Pops

Ingredients

3³/₄ cups chopped seedless watermelon

2 tablespoons lime juice

1-2 tablespoons sugar

1 cup fresh blueberries



Directions

1. Puree watermelon, lime juice and sugar to taste in a food processor or blender until smooth.
2. Divide blueberries among freezer-pop molds. Top with the watermelon mixture. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

Make-Ahead Tip: Freeze for up to 3 weeks.

Equipment: Ten 3-ounce (or similar-size) freezer-pop molds

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
10 servings per container		Total Fat 0g	0%	Total Carbohydrate 12g	4%
Serving size		Saturated Fat 0g	0%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 8g	
Calories	110	Cholesterol 0mg	0%	Includes 3g Added Sugars	6%
per serving		Sodium 110mg	5%	Protein 0g	0%
		Vitamin D 0mcg	0%	● Calcium 0mg	0%
		Potassium 0mg	0%	● Iron 0mg	0%

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Tuna & Cheese Stuffed Tomatoes

Ingredients

6 Tomatoes
¼ tsp Salt and Pepper
12 oz. Tuna In Water
½ Cup Chopped
1 Red Onion
½ cup Cucumber
½ cup (70g) Mushrooms
4 oz low sodium mozzarella
½ Cup Peppers, Red
½ cup chopped Celery
1 tsp Garlic
0.20 oz sesame seeds,
2 tsp sunflower seed



2 tbsp Shredded parmesan
1 tsp Garlic Salt
1 tsp onion powder
¼ tsp Salt and Pepper
1 tbsp Parsley Flakes
1 tsp Worcestershire Sauce

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cut a thin slice off the top of each tomato, and gently scoop out pulp and seeds, leaving a ½ inch wall. Finely dice ½ cup of the pulp and set aside. Season the inside of each hollowed tomato with pinches of salt and pepper.
3. Mix reserved diced tomato pulp, mozzarella cheese, tuna, red onion, cucumber, mushrooms, red pepper, celery, garlic, and sesame seeds in a large bowl.
4. Scoop mixture into tomato shells up to the top of each tomato. Place on a foil-lined baking sheet.
5. Sprinkle each tomato with sunflower seeds, Parmesan cheese, garlic salt, onion powder, salt, and pepper. If desired, sprinkle each tomato with parsley flakes and Worcestershire sauce.

6. Bake in the preheated oven for 25 minutes, then broil right before serving until tops are lightly browned, about 1 to 2 minutes.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings per container	Serving size	Total Fat 6g	8%	Sodium 540mg	24%
		Saturated Fat 2g	10%	Total Carbohydrate 15g	5%
Calories per serving	190	<i>Trans</i> Fat 0g		Dietary Fiber 2g	7%
		Polyunsaturated Fat 1g		Total Sugars 4g	
		Monounsaturated Fat 1g		Includes 0g Added Sugars	0%
		Cholesterol 35mg	12%	Protein 21g	42%
		Vitamin D 0mcg	0%	● Calcium 234mg	20%
		Potassium 0mg	0%	● Iron 0mg	0%
			● Vitamin A	40%	● Vitamin C
					110%

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Asian Coleslaw

Ingredients

4 cups cabbage, shredded

2 carrots, shredded

½ red onion, thinly sliced

3 green onions, chopped

1 garlic clove, minced

1 Tbsp Lemon juice

1 ½ Tbsp Soy sauce or

tamari

1 Tbsp Rice vinegar

2 tsp maple syrup

1 tsp hot chili sauce

2 Tbsp Sesame oil

2 Tbsp Sesame seeds



Directions

1. In a large bowl, combine cabbage, carrots, red onion, and green onions.
2. In a small bowl, combine remaining ingredients and mix well.
3. Pour the dressing over the vegetables and mix until well combined.
4. Refrigerate for a few hours or longer, and serve.

Nutrition Facts	Amount/serving		Amount/serving	
		% Daily Value*		% Daily Value*
Serving size 6 Calories per serving 100	Total Fat 6g	8%	Sodium 340mg	15%
	Saturated Fat 1g	5%	Total Carbohydrate 10g	4%
	Trans Fat 0g		Dietary Fiber 3g	11%
	Polyunsaturated Fat 2g		Total Sugars 6g	
	Monounsaturated Fat 3g		Includes 0g Added Sugars	0%
	Cholesterol 0mg	0%	Protein 2g	4%
	Vitamin D 0mcg	0%	● Calcium 0mg	0%
	Potassium 0mg	0%	● Iron 0mg	0%
			● Vitamin A	70%
			● Vitamin C	40%

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Healthy Recipe Resources

<http://recipes.heart.org>

<http://cookinglight.com>

<https://medcenterblog.uvmhealth.org/wellness/>

www.allrecipes.com

www.eatingwell.com

www.skinnytaste.com