



Recipes

Introduction

An essential part of becoming a Healthier You is making healthy choices. This part of the book will give you some of the tools to stay on track. One of the simplest and most effective healthy choices you can make is to know what you are eating. Cooking at home is one sure-fire way to plan and keep track of calories, portion sizes, nutrients, and all of that other good stuff. Unfortunately, many people avoid cooking at home either because they feel that their cooking skills aren't up to par, don't have the time, or prefer the taste and quality of meals eaten out. This doesn't have to be the case! If you are one of those people, don't worry—we can help!

Here are 94 (almost 100) easy-to-make, fun, and delicious recipes. They are “heart healthy.” We know that because they were developed by researchers and nutritionists with the HHS National Institutes of Health. No advanced cooking skills required, and they taste great.

The recipes are for appetizers, soups, breads, beef, poultry, fish, vegetables, pasta, rice, sauces, desserts, great vegetarian dishes, and more! On the next page, they are categorized by the amount of time they take to prepare AND cook—from start to finish, all less than 90 minutes total. Since many of us want to save money by preparing our own meals, we've provided some healthy recipes that will be satisfying for the cost-conscious. If you have children that want to help make healthy meals, we have kid-friendly recipes as well.

There are multi-cultural dishes for a variety of tastes, and the best part is that each one is healthy. And you will know that because nutrition information is provided for each recipe. This information includes calories, total fat, saturated fat, cholesterol, and sodium for all recipes. Since you can see the ingredients, you know EXACTLY what is in each serving you eat—a great advantage to cooking your own food—nothing is HIDDEN. We hope you will enjoy the recipes and experiment a little! Make them your own. But be aware of what ingredients you are adding in the process (that means no adding saturated fat and salt!).

Recipes

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Chili and Spice Seasoning

This spicy seasoning will heat up your catfish stew—and other dishes too.

1/4 cup paprika
2 Tbsp dried oregano, crushed
2 tsp chili powder
1 tsp garlic powder
1 tsp black pepper
1/2 tsp red (cayenne) pepper
1/2 tsp dry mustard

1. Mix together all ingredients. Store in airtight container.

Yield: <input type="checkbox"/> cup	Cholesterol: 0 mg
Serving size: 1 Tbsp	Sodium: 13 mg
	Fiber: 2 g
Each serving provides:	Protein: 1 g
Calories: 26	Carbohydrate: 5 g
Total fat: 1 g	Potassium: 180 mg
Saturated fat: 0 g	

Fresh Salsa

Fresh herbs add flavor—so you can use less salt.

6 tomatoes, preferably Roma (or 3 large tomatoes)

1/2 medium onion, finely chopped

1 clove garlic, finely minced

2 serrano or jalapeno peppers, finely chopped

3 Tbsp cilantro, chopped

1/8 tsp oregano, finely crushed

1/8 tsp salt

1/8 tsp pepper

1/2 avocado, diced (black skin)

juice of 1 lime

1. Combine all ingredients in a glass bowl.
2. Serve immediately or refrigerate and serve within 4 or 5 hours.

Yield: 8 servings

Serving size: 1/2 cup

Each serving provides:

Calories: 42

Total fat: 2 g

Saturated fat: Less than 1 g

Cholesterol: 0 mg

Sodium: 44 mg

Calcium: 12 mg

Iron: 1 mg

Fiber: 2 g

Protein: 1 g

Carbohydrate: 7 g

Potassium: 337 mg

Hot ‘N Spicy Seasoning

Serving tip: Try this mix with meat, poultry, fish, or vegetable dishes. Use it instead of salt—even in the salt shaker.

1½ tsp white pepper
½ tsp cayenne pepper
½ tsp black pepper
1 tsp onion powder
1¼ tsp garlic powder
1 Tbsp basil, dried
1½ tsp thyme, dried

1. Mix all ingredients together. Store in an airtight container.

Yield: □ cup
Serving size: 1/2 tsp
Each serving provides:
Calories: 1
Total fat: 1 g
Saturated fat: 0 g
Cholesterol: 0 mg
Sodium: 0 mg
Fiber: 0 g
Protein: 0 g
Carbohydrate: less than 1 g
Potassium: 4 mg

Vinaigrette Salad Dressing

1 bulb garlic, separated and peeled
½ cup water
1 Tbsp red wine vinegar
¼ tsp honey
1 Tbsp virgin olive oil
¼ tsp black pepper

1. Place the garlic cloves into a small saucepan and pour enough water (about ½ cup) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Reduce the liquid to 2 tablespoons and increase the heat for 3 minutes.
4. Pour the contents into a small sieve over a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.
5. Whisk the vinegar into the garlic mixture; incorporate the oil and seasoning.

Yield: 4 servings
Serving size: 2 Tbsp
Each serving provides:
Calories: 32
Total fat: 3 g
Saturated fat: less than 1 g
Cholesterol: 0 mg
Sodium: 0 mg
Fiber: 0 g
Protein: 0 g
Carbohydrate: 1 g
Potassium: 6 mg

Yogurt Salad Dressing

8 oz plain yogurt, fat-free
1/4 cup mayonnaise, low-fat
2 Tbsp chives, dried
2 Tbsp dill, dried
2 Tbsp lemon juice

1. Mix all ingredients in bowl and refrigerate.

Yield: 8 servings	Sodium: 66 mg
Serving size: 2 Tbsp	Fiber: 0 g
	Protein: 2 g
Each serving provides:	Carbohydrate: 4 g
Calories: 39	Potassium: 110 mg
Total fat: 2 g	Calcium: 76 mg
Saturated fat: less than 0 g	Magnesium: 10 mg
Cholesterol: 3 mg	

Breakfast

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Applesauce Pancakes

1¼ cups milk, low-fat

2 large fresh eggs, beaten or ½ cup whole frozen eggs (4), thawed

¼ cup vegetable oil (2 Tbsp)

2 cups canned applesauce (1 lb 2 oz)

3 cups all-purpose flour (15 oz)

2 Tbsp baking powder

1 tsp salt

¼ cup sugar

¼ tsp ground cinnamon

1. In a mixing bowl, use the paddle attachment on low speed to combine milk, eggs, oil, and applesauce. Mix for 1 minute until blended.
2. Sift in flour, baking powder, salt, sugar, and cinnamon. Using the whip attachment on low speed, mix batter for 15 seconds until combined. Scrape down the sides of the bowl. Increase speed to medium and mix for 1 minute.
3. Portion batter with level No. 20 scoop (3 □ Tbsp) onto griddle, which has been heated to 375° F. (If desired, lightly oil griddle surface.)
4. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned, about 2 minutes. Turn and cook until lightly browned on other side, about 1 minute.

Yield: 25 servings: 3 lb 1 oz

Serving size: 1 piece provides the equivalent of 1 piece of bread

Each serving provides:

Calories: 121

Protein: 3 g

Carbohydrate: 19 g

Total fat: 4 g

Saturated fat: 0.7 g

Cholesterol: 20 mg

Vitamin A: 16

RE/60 IU

Vitamin C: 0 mg

Iron: 1 mg

Calcium: 86 mg

Sodium: 0 mg

Fiber: 1 g

Cinnamon-Sprinkled French Toast

2 large eggs
2 Tbsp milk, fat-free
½ tsp ground cinnamon, or to taste
2 slices whole wheat bread
1 tsp soft (tub) margarine
4 tsp light pancake syrup

Kids: Crack two eggs into flat-bottomed bowl. Thoroughly whisk in milk and cinnamon. Dip bread slices, one at a time, into egg mixture in bowl, wetting both sides. Re-dip, if necessary, until all the egg mixture is absorbed into the bread.

Adults: Meanwhile, heat large, non-stick skillet over medium heat. Add butter. Place dipped bread slices in skillet. Cook for 2½-3 minutes per side, or until both sides are golden brown.

Kids: Drizzle with syrup. Serve when warm.

Yield: 2 servings	Saturated fat: 3 g
Serving size: 1 slice	Cholesterol: 215 mg
	Fiber: 2 g
Each serving provides:	Sodium: 250 mg
Calories: 190	Vitamin A: 8%
Carbohydrate: 19 g	Vitamin C: 0%
Protein: 10 g	Calcium: 8%
Total fat: 8 g	Iron: 10%

Fruity Granola Yogurt Parfait

Did you know? Commercially available granola is often toasted with oil and honey, making it high in calories. So, it's important to choose low-fat granola, when available.

½ cup granola, low-fat
¾ cup (6-oz container) vanilla or plain yogurt, low-fat
½ cup fresh blueberries, raspberries, or sliced strawberries or bananas (use frozen fruit if fresh isn't available)

Adults: Measure out all ingredients to be used. Provide stemware or clear drinking glass or bowl.

Kids: Layer ingredients any which way you want in a glass, such as half of granola, yogurt, and fruit, then repeat. Eat with a long spoon.

Yield: 1 serving	Saturated fat: 2.5 g
Serving size: 1¾ cups	Cholesterol: 10 mg
	Fiber: 5 g
Each serving provides:	Sodium: 180 mg
Calories: 410	Vitamin A: 25%
Carbohydrate: 76 g	Vitamin C: 20%
Protein: 15 g	Calcium: 35%
Total fat: 6 g	Iron: 10%

Huevos Con Turkey Sausage

2 tsp vegetable oil
1 small (or ½ large) white onion, chopped
1 large tomato, chopped
½ lb turkey sausage (preferably hot Italian), squeezed from the skin
4 large eggs
¼ tsp salt, or to taste
4 small (6-inch) corn or flour tortillas, warm
1 Tbsp chopped fresh cilantro or parsley (optional)

Adults: Heat oil in large skillet over medium-high heat. Add onion and tomato. Sauté while stirring for 1 minute.

Kids: Toss in the turkey sausage. Stir frequently for 10 minutes while breaking apart sausage as you stir.

Kids and Adults: Add eggs and stir (scramble) for 1 additional minute, or until eggs are fully cooked. Sprinkle with salt.

Kids: Serve about ¼-cup scoop of the Huevos Con Turkey Sausage on top of each corn tortilla.

Yield: 4 servings

Serving size:

1 topped tortilla

Each serving provides:

Calories: 280

Carbohydrate: 19 g

Protein: 17 g

Total fat: 15 g

Saturated fat: 4 g

Cholesterol: 260 mg

Fiber: 2 g

Sodium: 590 mg

Vitamin A: 15%

Vitamin C: 15%

Calcium: 6%

Iron: 10%

Oven-Baked Pancakes

Special tip: For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

3 cups all-purpose flour (15 oz)
2 Tbsp baking powder
¼ cup sugar
2 tsp salt
2 large fresh eggs or ½ cup whole frozen eggs (4), thawed
¼ cup vegetable oil
3 cups milk, low-fat

1. In a mixing bowl, use the whip attachment on low speed to combine all ingredients for 30 seconds. Scrape the sides of the bowl and mix on medium speed for 1 minute, until batter is smooth.
2. Pour 1 quart 1 cup (2 lb 15 oz) of batter into each lightly greased half-sheet pan (18 inches by 13 inches by 1 inch).
3. To Bake: Conventional Oven: 450° F, 10 minutes Convection Oven: 400° F, 8 minutes Bake until golden brown.
4. Cut each pan into 25 pieces (5 inches by 5 inches).

Yield: 25 servings: 2 lb 9 oz	Total fat: 3.1 g
Serving size: 1 piece	Saturated fat: 0.7 g
provides the equivalent of	Cholesterol: 20 mg
1 slice of bread	Vitamin A: 26 RE/89 IU
	Vitamin C: 0 mg
Each serving provides:	Iron: 1 mg
Calories: 110	Calcium: 106 mg
Protein: 3 g	Sodium: 324 mg
Carbohydrate: 17 g	Fiber: 0 g

Variations of Oven-Baked Pancakes

Whole Wheat Pancakes

In Step 1, instead of using 15 oz of all-purpose flour, substitute a mixture of 7 oz (1½ cups) of whole wheat flour and 7 oz (1½ cups) of all-purpose flour. Continue with Steps 1, 2, 3, and 4 as directed.

Three-Grain Pancakes

In Step 1, in place of all-purpose flour, substitute a mixture of 5 oz (1 cup) buckwheat flour, 5 oz (1 cup) enriched bran flour, and 5 oz (1 cup) whole wheat flour. Continue with Steps 1, 2, 3, and 4 as directed.

Springtime Cereal

This recipe provides 1.5 fruit and vegetable servings per person.

¾ cup wheat and barley nugget cereal
¼ cup 100% bran cereal
2 tsp toasted sunflower seeds
2 tsp toasted almonds, sliced
1 Tbsp raisins
½ cup bananas, sliced
1 cup strawberries, sliced
1 cup raspberry or strawberry yogurt, low-fat

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl. Add the raisins, the bananas, and halve the strawberries. Gently stir in the yogurt and divide between two bowls. Scatter the remaining strawberries over the top and enjoy!

Serves: 2 people

Nutrition:

Per serving with low-fat yogurt: 352 calories

Fat: 6 g

Saturated fat: 1 g

Carbohydrate: 69 g

Sodium: 272 mg

Fiber: 8 g

Per serving with light

yogurt (sugar substitute):

268 calories

Fat: 5 g

Saturated fat: 0 g

Carbohydrate: 53 g

Sodium: 263 mg

Fiber: 9 g

Zucchini Breakfast Bread

Did you know? If you don't have 3 cups of self-rising flour, you can use 3 cups of all-purpose flour + 4 teaspoons baking powder + ¼ teaspoon salt.

3 large eggs, beaten
1¾ cups sugar
½ cup vegetable oil
½ cup cinnamon applesauce
1 Tbsp vanilla extract
2 cups zucchini, shredded or grated
3 cups self-rising flour
½ cup walnuts or pecans, chopped

Adults: Preheat the oven to 350° F.

Kids: Spray a non-stick 9- by 5-inch loaf pan with cooking spray.

Adults: In a large bowl, whisk together the beaten eggs, sugar, oil, applesauce, and vanilla.

Kids: Dump in the zucchini. Stir with a large spoon. Sprinkle in flour. Stir well.

Kids and Adults: Pour batter in the loaf pan. Sprinkle nuts over the batter. Bake for 1 hour, or until a toothpick comes out clean. Cool for 15 minutes on a cooling rack.

Adults: Loosen bread from the sides and remove the bread to cool completely on the rack. Once cool, slice and serve. (Hint: The bread slices even better when partially frozen.) Store individually wrapped leftovers in the freezer.

Yield: 14 servings

Serving size: 1 slice

Each serving provides:

Calories: 320

Carbohydrate: 48 g

Protein: 5 g

Total fat: 12 g

Saturated fat: 2 g

Cholesterol: 45 mg

Fiber: 1 g

Sodium: 360 mg

Vitamin A: 2%

Vitamin C: 4%

Calcium: 10%

Iron: 10%

Breads

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Carrot Raisin Bread

This tasty bread is low in saturated fat and cholesterol, thanks to the small amount of oil and egg used.

1½ cups all-purpose flour, sifted

½ cup sugar

1 tsp baking powder

¼ tsp baking soda

½ tsp salt

1½ tsp ground cinnamon

¼ tsp ground allspice

1 egg, beaten

½ cup water

2 Tbsp vegetable oil

½ tsp vanilla

1½ cups carrots, finely shredded

¼ cup pecans, chopped

¼ cup golden raisins

1. Preheat oven to 350° F. Lightly oil a 9- by 5- by 3-inch loaf pan.
2. Stir together dry ingredients in large mixing bowl. Make a well in center of dry mixture.
3. In separate bowl, mix together remaining ingredients; add this mixture all at once to dry ingredients. Stir just enough to moisten and evenly distribute carrots.
4. Turn into prepared pan. Bake for 50 minutes or until toothpick inserted in center comes out clean.
5. Cool 5 minutes in pan. Remove from pan and complete cooling on a wire rack before slicing.

Yield: 1 loaf

Serving size: ½-inch slice

Each serving provides:

Calories: 99

Total fat: 3 g

Saturated fat: less than 1 g

Cholesterol: 12 mg

Sodium: 97 mg

Fiber: 1 g

Protein: 2 g

Carbohydrate: 17 g

Potassium: 69 mg

Good-for-You Cornbread

Use 1% buttermilk and a small amount of margarine to make this cornbread lower in saturated fat and cholesterol.

1 cup cornmeal
1 cup flour
¼ cup white sugar
1 tsp baking powder
1 cup buttermilk, low-fat
1 egg, whole
¼ cup soft (tub) margarine
1 tsp vegetable oil (to grease baking pan)

1. Preheat oven to 350° F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.
6. Bake for 20-25 minutes in an 8- by 8-inch greased baking dish. Cool.
7. Cut into 10 squares.

Yield: 10 servings

Serving size: 1 square

Each serving provides:

Calories: 178

Fat: 6 g

Saturated fat: 1 g

Cholesterol: 22 mg

Sodium: 94 mg

Fiber: 1 g

Protein: 4 g

Carbohydrate: 27 g

Potassium: 132 mg

Homestyle Biscuits

It's easy to make homestyle biscuits with less fat.

2 cups flour
2 tsp baking powder
¼ tsp baking soda
¼ tsp salt
2 Tbsp sugar
 cup buttermilk, low-fat
3 Tbsp + 1 tsp vegetable oil

1. Preheat oven to 450° F.
2. In a medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In a small bowl, stir together buttermilk and oil. Pour over flour mixture; stir until well mixed.
4. On a lightly floured surface, knead dough gently for 10-12 strokes.
5. Roll or pat dough to ¾-inch thickness.
6. Cut with a 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts.
7. Transfer biscuits to an ungreased baking sheet.
8. Bake for 12 minutes or until golden brown. Serve warm.

Yield: 15 servings	Saturated fat: less than 1 g
Serving size:	Cholesterol: less than 1 mg
1 (2-inch) biscuit	Sodium: 72 mg
	Fiber: 1 g
Each serving provides:	Protein: 2 g
Calories: 99	Carbohydrate: 15 g
Total fat: 3 g	Potassium: 102 mg

Banana-Nut Bread

Bananas and low-fat buttermilk give this old favorite its moistness and help lower the fat.

1 cup ripe bananas, mashed
 cup buttermilk, low-fat
½ cup brown sugar, packed
¼ cup soft (tub) margarine
1 egg
2 cups all-purpose flour, sifted
1 tsp baking powder
½ tsp baking soda
½ tsp salt
½ cup pecans, chopped

1. Preheat oven to 350° F. Lightly oil two 9- by 5-inch loaf pans.
2. Stir together mashed bananas and buttermilk; set aside.
3. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture; beat well.
4. Sift together flour, baking powder, baking soda, and salt; add all at once to liquid ingredients. Stir until well blended.
5. Stir in nuts and turn into prepared pan.
6. Bake for 50-55 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes in pan.
7. Remove from pan and complete cooling on a wire rack before slicing.

Yield: 1 loaf

Serving size: ½-inch slice

Each serving provides:

Calories: 133

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 12 mg

Sodium: 138 mg

Fiber: 1 g

Protein: 2 g

Carbohydrate: 20 g

Potassium: 114 mg

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Cannery Row Soup

Using fish and clam juice makes this tasty soup heart-healthy.

2 lb varied fish fillets (e.g., haddock, perch, flounder, cod, or sole), cut into 1-inch-square cubes
2 Tbsp olive oil
1 clove garlic, minced
3 carrots, cut into thin strips
2 cups celery, sliced
1/2 cup onion, chopped
1/4 cup green peppers, chopped
1 can (28 oz) whole tomatoes, cut up, with liquid
1 cup clam juice
1/4 tsp dried thyme, crushed
1/4 tsp dried basil, crushed
1/8 tsp black pepper
1/4 cup fresh parsley, minced

1. Heat oil in large sauce pan. Sauté garlic, carrots, celery, onion, and green pepper in oil 3 minutes.
2. Add remaining ingredients except parsley and fish. Cover and simmer 10-15 minutes or until vegetables are fork-tender.
3. Add fish and parsley. Simmer, covered, 5-10 minutes more or until fish flakes easily and is opaque. Serve hot.

Yield: 8 servings

Serving size: 1 cup each

Each serving provides:

Calories: 170

Total fat: 5 g

Saturated fat: less than 1 g

Cholesterol: 56 mg

Sodium: 380 mg

Fiber: 3 g

Protein: 22 g

Carbohydrate: 9 g

Potassium: 710 mg

Chicken Salad

Chill out with this simple, yet flavorful dish.

3¹/₄ cups chicken, cooked, cubed, and skinless

1/4 cup celery, chopped

1 Tbsp lemon juice

1/2 tsp onion powder

1/8 tsp salt*

3 Tbsp mayonnaise, low-fat

1. Bake chicken, cut into cubes, and refrigerate.
2. In large bowl, combine rest of ingredients, add chilled chicken and mix well.

**Reduce sodium by removing the 1/8 tsp of added salt. New sodium content for each serving is 127 mg.*

Yield: 5 servings

Serving size: 3/4 cup

Each serving provides:

Calories: 176

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 77 mg

Sodium: 179 mg

Fiber: 0 g

Protein: 27 g

Carbohydrate: 2 g

Potassium: 236 mg

Corn Chowder

Using low-fat milk instead of cream lowers the saturated fat content in this hearty dish.

1 Tbsp vegetable oil
2 Tbsp celery, finely diced
2 Tbsp onion, finely diced
2 Tbsp green pepper, finely diced
1 package (10 oz) frozen whole kernel corn
1 cup raw potatoes, peeled, diced, and 1/2-inch
2 Tbsp fresh parsley, chopped
1 cup water
1/4 tsp salt
black pepper to taste
1/4 tsp paprika
2 Tbsp flour
2 cups milk, fat-free or low-fat (1%)

1. Heat oil in medium saucepan.
2. Add celery, onion, and green pepper and sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender.
4. Pour 1/2 cup of milk into a jar with tight-fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables and add remaining milk.
6. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley.

Yield: 4 servings	Cholesterol: 5 mg
Serving size: 1 cup	Sodium: 205 mg
	Fiber: 4 g
Each serving provides:	Protein: 7 g
Calories: 186	Carbohydrate: 31 g
Total fat: 5 g	Potassium: 455 mg
Saturated fat: 1 g	

Gazpacho

This classic chilled tomato soup is chock full of garden-fresh vegetables, cholesterol-free, and made with very little added oil.

4 cups tomato juice*

½ medium onion, peeled and coarsely chopped

1 small green pepper, peeled, cored, seeded, and coarsely chopped

1 small cucumber, peeled, pared, seeded, and coarsely chopped

½ tsp Worcestershire sauce

1 clove garlic, minced

1 drop hot pepper sauce

1/8 tsp cayenne pepper

¼ tsp black pepper

2 Tbsp olive oil

1 large tomato, finely diced

2 Tbsp minced chives or scallion tops

1 lemon, cut into 6 wedges

1. Put 2 cups of tomato juice and all other ingredients except diced tomato, chives, and lemon wedges into the blender.
2. Purée.
3. Slowly add the remaining 2 cups of tomato juice to puréed mixture. Add diced tomato. Chill.
4. Serve icy cold in individual bowls garnished with minced chives and lemon wedges.

Yield: 6 servings

Serving size: 1 cup

Each serving provides:

Calories: 87

Total fat: 5 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 593 mg*

**To cut back on sodium, try low-sodium tomato juice.*

Spinach Salad for Spring and Summer

This recipe provides 2.5 fruit and vegetable servings per person.

3 cups baby spinach leaves, well washed and dried
1 cup seasonal fresh vegetables or fruits of your choice such as raw sugar snap peas, strawberry halves, blueberries, or peach slices
3 Tbsp vinaigrette salad dressing, low-fat
½ tsp black pepper

1. Place the spinach and seasonal fruits or vegetables into a large bowl. The more colors you add to your diet, the more nutrients you'll get. Toss with the dressing and serve.

Serves: 2 people

Calories: 59

Each serving provides:
(Nutritional information includes strawberries in salad):

Total fat: 2 g

Saturated fat: 0 g

Carbohydrate: 10 g

Sodium: 250 mg

Fiber: 6 g

Sunshine Salad

This recipe provides 2 fruit and vegetable servings per person.

5 cups spinach leaves, packed, washed, and dried well
½ red onion, sliced thin
½ red pepper, sliced
1 whole cucumber, sliced
2 oranges, peeled and chopped into bite-size pieces
¼ cup of bottle "lite" vinaigrette dressing (around 15 calories per tablespoon or less)

1. Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Serves: 5 people

Sodium: 200 mg

Each serving provides:

Calories from Protein: 18%

Cholesterol: 0 mg

Calories from Carbohydrate: 62%

Fiber: 8 g

Calories from Fat: 20%

Tuna Salad

2 6-oz cans tuna, water pack
½ cup raw celery, chopped
¼ cup green onions, chopped
6½ Tbsp mayonnaise, low-fat

1. Rinse and drain tuna for 5 minutes. Break apart with a fork.
2. Add celery, onion, and mayonnaise and mix well.

Yield: 5 servings **Cholesterol: 25 mg**
Serving size: ½ cup **Sodium: 171 mg**
 Fiber: 0 g
Each serving provides: **Protein: 16 g**
Calories: 138 **Carbohydrate: 2 g**
Fat: 7 g **Potassium: 198 mg**
Saturated fat: 1 g

Waldorf Salad

This recipe provides 2.5 fruit and vegetable servings per person.

2 red-skinned crisp apples, try Jongold or Red Delicious (3 cups)
2 Tbsp lemon juice
2 ribs celery, diced (1/2 cup)
2 Tbsp toasted walnuts, chopped
¼ cup mayonnaise dressing, low-fat
4 cups romaine lettuce, washed and torn into bite-size pieces
¼ cup raisins

1. Wash and cut the apples into quarters, core, then dice into 3/4-inch pieces. Toss with the lemon juice.
2. Add the celery, walnuts, and mayonnaise dressing. Mix thoroughly.
3. Place the lettuce on four plates or into salad bowls.
4. Scoop the apple mixture onto each salad.
5. Scatter raisins over the top.

Serves: 4 people **Saturated fat: 0 g**
 Carbohydrate: 25 g
Each serving provides: **Sodium: 163 mg**
Calories: 129 **Fiber: 4 g**
Total fat: 4 g

Bean and Macaroni Soup

This cholesterol-free tasty dish is virtually fat-free and is prepared with only 1 tablespoon of oil for 16 servings.

2 cans (16 oz) great northern beans
1 Tbsp olive oil
½ lb fresh mushrooms, sliced
1 cup onion, coarsely chopped
2 cups carrots, sliced
1 cup celery, coarsely chopped
1 clove garlic, minced
3 cups peeled fresh tomatoes, cut up, or 1½ lb canned whole tomatoes, cut up
1 tsp dried sage
1 tsp dried thyme
½ tsp dried oregano
black pepper, to taste
1 bay leaf, crumbled
4 cups elbow macaroni, cooked

1. Drain beans and reserve liquid. Rinse beans.
2. Heat oil in a 6-quart kettle; add mushrooms, onion, carrots, celery, and garlic and sauté for 5 minutes.
3. Add tomatoes, sage, thyme, oregano, pepper, and bay leaf.
4. Cover and cook over medium heat 20 minutes. Cook macaroni according to directions on package using unsalted water. Drain when cooked. Do not overcook.
5. Combine reserved bean liquid with water to make 4 cups.
6. Add liquid, beans, and cooked macaroni to vegetable mixture.
7. Bring to a boil; cover and simmer until soup is thoroughly heated. Stir occasionally.

Yield: 16 servings **Sodium: 154 mg***
Serving size: 1 cup **Fiber: 5 mg**
 Protein: 8 mg
Each serving **Carbohydrate: 29 g**
provides: **Potassium: 524 mg**
Calories: 158 **If canned tomatoes are used, sodium will*
Total fat: 1 g *be higher.*
Saturated fat: 1 g
Cholesterol: 0 mg

Mexican Pozole

Only a small amount of oil is needed to sauté meat.

2 lb lean beef, cubed
1 Tbsp olive oil
1 large onion, chopped
1 clove garlic, finely chopped
¼ tsp salt
1/8 tsp pepper
¼ cup cilantro
1 can (15 oz) stewed tomatoes
2 oz tomato paste
1 can (1 lb 13 oz) hominy

1. In a large pot, heat oil. Sauté beef.
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender.
3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
4. Add hominy and continue cooking another 15 minutes, stirring occasionally, over low heat. If too thick, add water for desired consistency.

Option: Skinless, boneless chicken breasts may be used instead of beef cubes.

Yield: 10 servings

Serving size: 1 cup

Each serving provides:

Calories: 253

Total fat: 10 g

Saturated fat: 3 g

Cholesterol: 52 mg

Sodium: 425 mg

Calcium: 28 mg

Iron: 3 mg

Fiber: 4 g

Protein: 22 g

Carbohydrate: 19 g

Potassium: 485 mg

Minestrone Soup

A cholesterol-free classic Italian vegetable soup brimming with fiber-rich beans, peas, and carrots.

¼ cup olive oil
1 clove garlic, minced, or 1/8 tsp garlic powder
1 □ cups onion, coarsely chopped
1½ cups celery and leaves, coarsely chopped
1 can (6 oz) tomato paste
1 Tbsp fresh parsley, chopped
1 cup sliced carrots, fresh or frozen
4¾ cups cabbage, shredded
1 can (1 lb) tomatoes, cut up
1 cup canned red kidney beans, drained and rinsed
1½ cups frozen peas
1½ cups fresh green beans
dash hot sauce
11 cups water
2 cups spaghetti, uncooked and broken

1. Heat oil in a 4-quart saucepan.
2. Add garlic, onion, and celery and sauté about 5 minutes.
3. Add all remaining ingredients except spaghetti, and stir until ingredients are well mixed.
4. Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.
5. Add uncooked spaghetti and simmer 2-3 minutes only.

Yield: 16 servings

Serving size: 1 cup

Each serving provides:

Calories: 112

Total fat: 4 g

Saturated fat: 0 g

Cholesterol: 0 mg

Sodium: 202 mg

Fiber: 4 g

Protein: 4 g

Carbohydrate: 17 g

Potassium: 393 mg

Pupusas Revueltas with Chicken

Ground chicken and low-fat cheese help reduce fat and calories.

1 lb ground chicken breast
1 Tbsp vegetable oil
½ lb mozzarella cheese, grated, low-fat
½ small onion, finely diced
1 clove garlic, minced
1 medium green pepper, seeded and minced
1 small tomato, finely chopped
½ tsp salt
5 cups instant corn flour (masa harina)
6 cups water

1. In a non-stick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to keep it from sticking.
2. Add onion, garlic, green pepper, and tomato. Cook until chicken mixture is cooked through. Remove skillet from stove and let mixture cool in the refrigerator.
3. While the chicken mixture is cooling, place the flour into a large mixing bowl and stir in enough water to make a stiff tortilla-like dough.
4. When the chicken mixture has cooled, mix in the cheese.
5. Divide the dough into 24 portions. With your hands, roll the dough into balls and flatten each ball into a 1/2-inch-thick circle. Put a spoonful of the chicken mixture into the middle of each circle of dough and bring the edges to the center. Flatten the ball of dough again until it is ½-inch thick.
6. In a very hot, iron skillet, cook the pupusas on each side until golden brown.
7. Serve hot with Curtido salvadoreño.

Yield: 12 servings

Serving size: 2 pupusas

Each serving provides:

Calories: 290

Total fat: 7 g

Saturated fat: 3 g

Cholesterol: 33 mg

Sodium: 223 mg

Calcium: 149 mg

Iron: 2 mg

Fiber: 5 g

Protein: 14 g

Carbohydrate: 38 g

Potassium: 272 mg

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Beef Stroganoff

Using lean top round beef, plain low-fat yogurt, and very little added salt makes this a heart-healthy dish.

1 lb lean beef (top round)
2 tsp vegetable oil
$\frac{3}{4}$ Tbsp onion, finely chopped
1 lb mushrooms, sliced
$\frac{1}{4}$ tsp salt
black pepper to taste
$\frac{1}{4}$ tsp nutmeg
$\frac{1}{2}$ tsp dried basil
$\frac{1}{4}$ cup white wine
1 cup plain yogurt, low-fat
6 cups cooked macaroni, cooked in unsalted water

1. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in a non-stick skillet. Sauté onion for 2 minutes.
2. Add beef and sauté for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.
3. Add remaining oil to pan; sauté mushrooms.
4. Add beef and onions to pan with seasonings.
5. Add wine and yogurt; gently stir in. Heat, but do not boil.
6. Serve with macaroni.

Note: If thickening is desired, use 2 teaspoons cornstarch; calories are the same as flour, but cornstarch has double thickening power. These calories are not figured into the nutrients per serving.

Yield: 5 servings

Serving size: 6 oz

Each serving provides:

Calories: 499

Total fat: 10 g

Saturated fat: 3 g

Yield: 5 servings

Serving size: 6 oz

Each serving provides:

Calories: 499

Total fat: 10 g

Saturated fat: 3 g

Perky Picadillo

Did you know? You can freeze leftovers of this Cuban dish in an airtight container. When ready to eat, thaw in the refrigerator, then reheat in the microwave until hot (2-3 minutes).

1 Tbsp vegetable oil
1 large yellow onion, chopped
1 large or 2 small green peppers, chopped
¾ lb lean ground round or sirloin (95% lean)
1 jar (3.5 oz) capers (½ cup)
1 tsp garlic salt, or to taste
¼ tsp black pepper, or to taste
½ cup tomato sauce
¼ cup white grape juice or apple juice

1. Pre-prep all ingredients that need to be chopped.
2. In a large, non-stick skillet, heat the oil over medium-high heat. Sauté the chopped onion and pepper.
- 3 Add meat and cook for a few minutes while stirring. Add all the remaining ingredients.
4. Reduce heat to medium-low. Let it simmer, uncovered, for 15 minutes while stirring occasionally.
5. Serve the picadillo with rice and beans.

Yield: 6 servings	Carbohydrate: 8 g
Serving size: ¾ cup	Protein: 21 g
	Total fat: 10 g
Each serving provides:	Saturated fat: 3 g
Calories: 200	Cholesterol: 160 mg

Southwest Salad

Note: Garbanzo bean is another name for chickpea.

½ cup onions, chopped
1 lb lean ground beef
1 Tbsp chili powder
2 tsp ground cumin
1 cup canned red kidney beans, drained
1 can (15-oz) chickpeas, drained
1 medium tomato, diced
2 cups lettuce
½ cup cheddar cheese

1. Cook ground beef and onions in a large skillet until the beef no longer remains pink. Drain.
2. Stir chili powder, oregano, and cumin into beef mixture; cook for 1 minute.
3. Add beans, chickpeas, and tomatoes. Mix gently to combine.
4. Combine lettuce and cheddar cheese in large serving bowl. Portion lettuce and cheese onto four plates. Add 1 cup of beef mixture on top of lettuce and cheese.

Yield: 4 servings

Serving size: about

½ cup beef mixture,

**½ cup lettuce and
cheese mixture each**

Each serving provides:

Calories: 485

Total fat: 22 g

Saturated fat: 9 g

Cholesterol: 98 mg

Sodium: 411 mg

Stir-Fried Beef and Chinese Vegetables

2 Tbsp dry red wine
1 Tbsp soy sauce
½ tsp sugar
1½ tsp gingerroot, peeled and grated
1 lb boneless round steak, fat trimmed and cut across grain into 1½-inch strips
2 Tbsp vegetable oil
2 medium onions, each cut into 8 wedges
½ lb fresh mushrooms, rinsed, trimmed, and sliced
2 stalks (½ cup) celery, bias cut into ¼-inch slices
2 small green peppers, cut into thin lengthwise strips
1 cup water chestnuts, drained and sliced
2 Tbsp cornstarch
¼ cup water

1. Prepare marinade by mixing together wine, soy sauce, sugar, and ginger.
2. Marinate beef in mixture while preparing vegetables.
3. Heat 1 tablespoon of oil in large skillet or wok. Stir-fry onions and mushrooms for 3 minutes over medium-high heat.
4. Add celery and cook for 1 minute. Add remaining vegetables and cook for 2 minutes or until green pepper is tender but crisp. Transfer vegetables to warm bowl.
5. Add remaining 1 tablespoon of oil to skillet. Stir-fry meat in oil for about 2 minutes, or until meat loses its pink color.
6. Blend cornstarch and water. Stir into meat. Cook and stir until thickened. Then return vegetables to skillet. Stir gently and serve.

Yield: 6 servings	Cholesterol: 40 mg
Serving size: 6 oz	Sodium: 201 mg
	Fiber: 3 g
Each serving provides:	Protein: 17 g
Calories: 200	Carbohydrate: 12 g
Total fat: 9 g	Potassium: 552 mg
Saturated fat: 2 g	

Stir-Fried Beef and Potatoes

Trim fat off beef before cooking.

1 ½ lb sirloin steak

2 tsp vegetable oil

1 clove garlic, minced

1 tsp vinegar

1/8 tsp salt

1/8 tsp pepper

2 large onions, sliced

1 large tomato, sliced

3 cups boiled potatoes, diced

1. Trim fat from steak and cut into small, thin pieces.
2. In a large skillet, heat oil and sauté garlic until garlic is golden. Add steak, vinegar, salt, and pepper.
3. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.

Yield: 6 servings

Serving size: 1¼ cups

**Each serving with
potatoes provides:**

Calories: 274

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 56 mg

Sodium: 96 mg

Fiber: 3 g

Protein: 24 g

Carbohydrate: 33 g

Potassium: 878 mg

Beef Casserole

Drain fat from cooked beef to lower the amount of fat and calories.

½ lb lean ground beef

1 cup onion, chopped

1 cup celery, chopped

1 cup green pepper, cubed

3½ cups tomatoes, diced

¼ tsp salt

½ tsp black pepper

¼ tsp paprika

1 cup frozen peas

2 small carrots, diced

1 cup brown rice, uncooked

1½ cups water

1. In a skillet, brown the ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well. Cook over medium heat and cover skillet until boiling. Reduce to low heat and simmer for 35 minutes. Serve hot.

Yield: 8 servings

Serving size: 1 □ cups

Each serving provides:

Calories: 201

Total fat: 5 g

Saturated fat: 2 g

Cholesterol: 16 mg

Sodium: 164 mg

Calcium: 33 mg

Iron: 2 mg

Fiber: 3 g

Protein: 9 g

Carbohydrate: 31 g

Potassium: 449 mg

Black Skillet Beef with Greens and Red Potatoes

This heart-healthy one-dish meal is made with lean top round beef, lots of vegetables, and a spicy, herb mixture.

1 lb top round beef
1 Tbsp paprika
1½ tsp oregano
½ tsp chili powder
¼ tsp garlic powder
¼ tsp black pepper
1/8 tsp red pepper
1/8 tsp dry mustard
8 red-skinned potatoes, halved
3 cups onion, finely chopped
2 cups beef broth
2 large garlic cloves, minced
2 large carrots, peeled and cut into very thin 2½-inch strips
2 bunches mustard greens, kale, or turnip greens, stems removed (½ lb each) and coarsely torn
non-stick spray coating as needed

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8-inch thick and 3 inches wide. Trim away visible fat.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture.
3. Spray a large heavy skillet with non-stick spray coating. Preheat pan over high heat.
4. Add meat; cook, stirring for 5 minutes.
5. Add potatoes, onion, broth, and garlic. Cook, covered, over medium heat, for 20 minutes.
6. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes.
7. Serve in large serving bowl, with crusty bread for dunking.

Yield: 6 servings
Serving size: 7 oz

Each serving provides:
Calories: 340
Total fat: 5 g
Saturated fat: 2 g
Cholesterol: 64 mg
Sodium: 109 mg
Fiber: 8 g
Protein: 30 g
Carbohydrate: 45 g
Potassium: 1.278 mg

Shish Kabob

2 Tbsp olive oil
½ cup chicken broth
¼ cup red wine
1 lemon, juice only
1 tsp garlic, chopped
¼ tsp salt
½ tsp rosemary
1/8 tsp black pepper
2 lb lean lamb, cut into 1-inch cubes
24 cherry tomatoes
24 mushrooms
24 small onions

1. Combine oil, broth, wine, lemon juice, garlic, salt, rosemary, and pepper. Pour over lamb, tomatoes, mushrooms, and onions. Marinate in refrigerator for several hours or overnight.
2. Put together skewers of lamb, onions, mushrooms, and tomatoes. Broil 3 inches from heat for 15 minutes, turning every 5 minutes.

Yield: 8 servings

**Serving size: 1 kabob,
with 3 oz of meat**

Each serving provides:

Calories: 274

Total fat: 12 g

Saturated fat: 3 g

Cholesterol: 75 mg

Sodium: 207 mg

Fiber: 3 g

Protein: 26 g

Carbohydrate: 16 g

Potassium: 728 mg

20-Minute Chicken Creole

This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.

non-stick cooking spray as needed

4 medium chicken breast halves, skinned, boned, and cut into 1-inch strips*

1 can (14 oz) tomatoes, cut up**

1 cup chili sauce, low-sodium

1½ cups green peppers, chopped (1 large)

1½ cups celery, chopped

¼ cup onion, chopped

2 cloves garlic, minced

1 Tbsp fresh basil or 1 tsp dried

1 Tbsp fresh parsley or 1 tsp dried

¼ tsp crushed red pepper

¼ tsp salt

1. Spray a deep skillet with non-stick spray coating. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring, for 3-5 minutes, or until no longer pink. Reduce heat.
3. Add tomatoes and their juice, low-sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes.
4. Serve over hot cooked rice or whole wheat pasta.

**For convenience, you can use uncooked boneless, skinless chicken breasts.*

***To cut back on sodium, try low-sodium canned tomatoes.*

Yield: 4 servings

Serving size: 1½ cups

Each serving provides:

Calories: 274

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 73 mg

Sodium: 383 mg

Fiber: 4 g

Protein: 30 g

Carbohydrate: 30 g

Potassium: 944 mg

Baked Chicken Nuggets

1½ lb chicken thighs, boneless and skinless
1 cup ready-to-eat cereal, cornflakes, crumbs
1 tsp paprika
½ tsp Italian herb seasoning
¼ tsp garlic powder
¼ tsp onion powder

1. Remove skin and bone; cut thighs into bite-size pieces.
2. Place cornflakes into plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Conventional Method

1. Preheat oven to 400° F. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn the chicken thighs over.
3. Cut around bone and remove it.

Yield: 4 servings

Serving size: about 3 oz

Each serving provides:

Calories: 175

Total fat: 8 g

Saturated fat: 2 g

Cholesterol: 67 mg

Sodium: 127 mg

Chicken Marsala

Wine, lemons, and mushrooms flavor this chicken recipe the lower-salt and lower-fat way.

1/8 tsp black pepper
1/4 tsp salt
1/4 cup flour
4 chicken breasts, boned, and skinless (5 oz)
1 Tbsp olive oil
1/2 cup Marsala wine
1/2 cup chicken stock, skim fat from top
1/2 lemon, fresh lemon juice
1/2 cup mushrooms, sliced
1 Tbsp fresh parsley, chopped

1. Mix together pepper, salt, and flour. Coat chicken with seasoned flour.
2. In a heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides. Then remove chicken from skillet and set aside.
3. To the skillet, add wine and stir until the wine is heated. Add juice, stock, and mushrooms. Stir to toss, reduce heat, and cook for about 10 minutes until the sauce is partially reduced.
4. Return browned chicken breasts to skillet. Spoon sauce over the chicken.
5. Cover and cook for about 5-10 minutes or until chicken is done.
6. Serve sauce over chicken. Garnish with chopped parsley.

Yield: 4 servings

Serving size: 1 chicken breast with 1/4 cup sauce

Each serving provides:

Calories: 285

Total fat: 8 g

Saturated fat: 2 g

Cholesterol: 85 mg

Sodium: 236 mg

Fiber: 1 g

Protein: 33 g

Carbohydrate: 11 g

Potassium: 348 mg

Chicken Oriental

With no added salt and very little oil in the marinade, these broiled or grilled kabobs made with skinless chicken breasts are lower in saturated fat, cholesterol, and sodium.

8 chicken breasts, boneless and skinless
8 fresh mushrooms
black pepper to taste
8 whole white onions, parboiled
2 oranges, quartered
8 canned pineapple chunks
8 cherry tomatoes
1 can (6 oz) frozen, concentrated apple juice, thawed
1 cup dry white wine
2 Tbsp soy sauce, low-sodium
dash ground ginger
2 Tbsp vinegar
¼ cup vegetable oil

1. Sprinkle chicken breasts with pepper.
2. Thread eight skewers as follows: chicken, mushroom, chicken, onion, chicken, orange quarter, chicken, pineapple chunk, cherry tomato.
3. Place kabobs into shallow pan.
4. Combine remaining ingredients; spoon over kabobs. Marinate in refrigerator at least 1 hour.
5. Drain. Broil 6 inches from heat, 15 minutes on each side, brushing with marinade every 5 minutes. Discard any leftover marinade.

Yield: 8 servings	Saturated fat: 2 g
Serving size: ½ chicken breast kabob	Cholesterol: 66 mg
	Sodium: 226 mg
	Fiber: 3 g
Each serving provides:	Protein: 28 g
Calories: 359	Carbohydrate: 34 g
Total fat: 11 g	Potassium: 756 mg

Chicken and Vegetables

1½ Tbsp margarine
1 tsp garlic powder
½ cup onions, chopped
1 lb 4 oz chicken thighs, boneless and skinless
10-oz package cut green beans, frozen
¼ tsp pepper

1. Melt margarine in heavy skillet. Add garlic and onions; stir until blended. Cook over medium heat, until tender, about 5 minutes. Remove from skillet.
2. Place chicken in skillet. Cook over medium heat, until chicken is thoroughly done and no longer pink in color, about 12 minutes. Remove chicken from skillet; keep warm.
3. Place frozen green beans, pepper, and cooked onions in same skillet. Cover and cook over medium-low heat until beans are tender, about 5 minutes.
4. Add chicken to vegetable mixture. Continue cooking, stirring occasionally, until heated through, about 3 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn the chicken thighs over.
3. Cut around bone and remove it.

Yield: 4 servings
Serving size: 1 cup

Saturated fat: 3 g
Cholesterol: 57 mg
Sodium: 109 mg

Each serving provides:
Calories: 190
Total fat: 11 g

Barbecued Chicken

3 lb chicken parts (breast, drumstick, and thigh), skin and fat removed
1 large onion
3 Tbsp vinegar
3 Tbsp Worcestershire sauce
2 Tbsp brown sugar
black pepper to taste
1 Tbsp hot pepper flakes
1 Tbsp chili powder
1 cup chicken stock or broth, fat skimmed from top

1. Place chicken into 13- by 9- by 2-inch pan. Arrange onions over top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock.
3. Pour mixture over chicken and bake at 350° F for 1 hour or until done. While cooking, baste occasionally.

Yield: 8 servings

**Serving size: 1 chicken
part with sauce**

Each serving provides:

Calories: 176

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 68 mg

Sodium: 240 mg

Fiber: 1 g

Protein: 24 g

Carbohydrate: 7 g

Potassium: 360 mg

Chicken Ratatouille

Served over rice, this delicious dish is loaded with vegetables and skinless chicken breasts, making it a lower-fat, lower-salt one-dish meal.

1 Tbsp vegetable oil
4 medium chicken breast halves, skinned, fat removed, boned, and cut into 1-inch pieces
2 zucchini, about 7 inches long, unpeeled and thinly sliced
1 small eggplant, peeled and cut into 1-inch cubes
1 medium onion, thinly sliced
1 medium green pepper, cut into 1-inch pieces
½ lb fresh mushrooms, sliced
1 can (16 oz) whole tomatoes, cut up
1 clove garlic, minced
1½ tsp dried basil, crushed
1 Tbsp fresh parsley, minced
black pepper to taste

1. Heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned.
2. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally.
3. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.

Yield: 4 servings

Serving size: 1½ cups

Each serving provides:

Calories: 266

Total fat: 8 g

Saturated fat: 2 g

Cholesterol: 66 mg

Sodium: 253 mg

Fiber: 6 g

Protein: 30 g

Carbohydrate: 21 g

Potassium: 1,148 mg

Chicken and Spanish Rice

1 cup onions, chopped
¼ cup green peppers
2 tsp vegetable oil
1 can (8 oz) tomato sauce*
1 tsp parsley, chopped
½ tsp black pepper
1¼ tsp garlic, minced
5 cups brown rice, cooked in unsalted water
3½ cups chicken breasts, cooked, skin and bone removed, and diced

1. In large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken. Heat through.

**Reduce sodium by using one 4-oz can of no-salt-added tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 226 mg.*

Yield: 5 servings	Cholesterol: 80 mg
Serving size: 1½ cups	Sodium: 341 mg
	Fiber: 8 g
Each serving provides:	Protein: 29 g
Calories: 428	Carbohydrate: 35 g
Total fat: 52 g	Potassium: 545 mg
Saturated fat: 2 g	

Chicken Stew

Save leftovers for lunch the next day.

8 chicken pieces (breasts or legs)
1 cup water
2 small garlic cloves, minced
1 small onion, chopped
1½ tsp salt
½ tsp pepper
3 medium tomatoes, chopped
1 tsp parsley, chopped
¼ cup celery, finely chopped
2 medium potatoes, peeled and chopped
2 small carrots, chopped
2 bay leaves

1. Remove the skin from the chicken and any extra fat. In a large skillet, combine chicken, water, garlic, onion, salt, pepper, tomatoes, and parsley. Tightly cover and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

Yield: 8 servings

Serving size: 1 piece of chicken

Each serving provides:

Calories: 206

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 75 mg

Sodium: 489 mg

Calcium: 32 mg

Iron: 2 mg

Protein: 28 g

Carbohydrate: 10 g

Potassium: 493 mg

Grilled Chicken with Green Chile Sauce

Marinate meats to make them tender without adding a lot of fat.

4 chicken breasts, skinless and boneless
¼ cup olive oil
¼ tsp oregano
½ tsp black pepper
¼ cup water
10 to 12 tomatillos, husks removed and cut in half
½ medium onion, quartered
2 cloves garlic, finely chopped
2 serrano or jalapeno peppers
2 Tbsp cilantro, chopped
¼ tsp salt
¼ cup sour cream, low-fat
juice of 2 limes

1. Combine the oil, juice from one lime, oregano, and black pepper in a shallow glass baking dish. Stir. Place the chicken breasts in the baking dish and turn to coat each side. Cover the dish and refrigerate overnight. Turn the chicken periodically to marinate chicken on both sides.
2. Put water, tomatillos, and onion into a saucepan. Bring to a gentle boil and cook, uncovered, for 10 minutes or until the tomatillos are tender. In a blender, place the cooked onion, tomatillos, and any remaining water. Add the garlic, peppers, cilantro, salt, and the remaining lime juice. Blend until all ingredients are smooth. Place the sauce into a bowl and refrigerate.
3. Place the chicken breasts on a hot grill and cook until done. Place the chicken on a serving platter.
4. Spoon a tablespoon of low-fat sour cream over each chicken breast. Pour the sauce over the sour cream.

Yield: 4 servings

Serving size: 1 breast

**Each serving
provides:**

Calories: 210

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 73 mg

Sodium: 91 mg

Calcium: 53 mg

Iron: 2 mg

Fiber: 3 g

Protein: 29 g

Carbohydrate: 14 g

Potassium: 780 mg

Chicken and Rice

Take the skin off chicken to lower saturated fat and calories.

6 chicken pieces (legs and breasts), skinned
2 tsp vegetable oil
4 cups water
2 tomatoes, chopped
½ cup green pepper, chopped
¼ cup red pepper, chopped
¼ cup celery, diced
1 medium carrot, grated
¼ cup corn, frozen
½ cup onion, chopped
¼ cup fresh cilantro, chopped
2 cloves garlic, finely chopped
1/8 tsp salt
1/8 tsp pepper
2 cups brown rice
½ cup peas, frozen
2 oz Spanish olives
¼ cup raisins

1. In a large pot, brown chicken pieces in oil.
2. Add water, tomatoes, green and red peppers, celery, carrots, corn, onion, cilantro, garlic, salt, and pepper. Cover and cook over medium heat for 20-30 minutes or until chicken is done.
3. Remove chicken from the pot and place in the refrigerator. Add rice, peas, and olives to the pot. Cover pot and cook over low heat for about 20 minutes until rice is cooked.
4. Add chicken and raisins and cook for another 8 minutes.

Yield: 6 servings

**Serving size: 1 cup of rice
and 1 piece of chicken**

Each serving provides:

Calories: 448

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 49 mg

Sodium: 352 mg

Calcium: 63 mg

Iron: 4 mg

Fiber: 4 g

Protein: 24 g

Carbohydrate: 70 g

Potassium: 551 mg

Spicy Southern Barbecued Chicken

Removing the chicken fat and skin and adding no salt to the tasty sauce makes this chicken favorite heart-healthy.

5 Tbsp (3 oz) tomato paste
1 tsp ketchup
2 tsp honey
1 tsp molasses
1 tsp Worcestershire sauce
4 tsp white vinegar
 $\frac{3}{4}$ tsp cayenne pepper
 $\frac{1}{8}$ tsp black pepper
 $\frac{1}{4}$ tsp onion powder
2 cloves garlic, minced
 $\frac{1}{8}$ tsp ginger, grated
 $\frac{1}{2}$ lb chicken (breasts and drumsticks), skinless

1. Combine all ingredients except chicken in saucepan.
2. Simmer for 15 minutes.
3. Place chicken on large platter and brush with half of sauce mixture.
4. Cover with plastic wrap and marinate in refrigerator for 1 hour.
5. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
6. Turn oven to 350° F and add remaining sauce to chicken. Cover chicken with aluminum foil and continue baking for 30 minutes.

Yield: 6 servings	Cholesterol: 81 mg
Serving size: $\frac{1}{2}$ breast or 2 small drumsticks	Sodium: 199 mg
	Fiber: 1 g
	Protein: 27 g
Each serving provides:	Carbohydrate: 7 g
Calories: 176	Potassium: 392 mg
Total fat: 4 g	
Saturated fat: less than 1 g	

Yosemite Chicken Stew and Dumplings

Skinless chicken is the basis of this delicious stew with cornmeal dumplings made with low-fat milk.

For the stew:

1 lb chicken meat, skinless, boneless, and cut into 1-inch cubes
½ cup onion, coarsely chopped
1 medium carrot, peeled and thinly sliced
1 stalk celery, thinly sliced
¼ tsp salt
black pepper to taste
1 pinch ground cloves
1 bay leaf
3 cups water
1 tsp cornstarch
1 tsp dried basil
1 package (10 oz) frozen peas

For the cornmeal dumplings:

1 cup yellow cornmeal
¾ cup all-purpose flour, sifted
2 tsp baking powder
½ tsp salt
1 cup milk, low-fat (1%)
1 Tbsp vegetable oil

For the stew:

1. Place chicken, onion, carrot, celery, salt, pepper, cloves, bay leaf, and water into a large saucepan. Heat to boiling; cover and reduce heat to simmer. Cook about ½ hour or until chicken is tender.
2. Remove chicken and vegetables from broth. Strain broth.
3. Skim fat from broth; measure and, if necessary, add water to make 3 cups of liquid.
4. Mix cornstarch with 1 cup cooled broth by shaking vigorously in a jar with a tight-fitting lid.
5. Pour into saucepan with remaining broth; cook, stirring constantly, until mixture comes to a boil and is thickened.
6. Add basil, peas, and reserved vegetables to sauce; stir to combine.
7. Add chicken and heat slowly to boiling while preparing cornmeal dumplings.

For the dumplings:

1. Sift together cornmeal, flour, baking powder, and salt into a large mixing bowl.
2. Mix together milk and oil. Add milk mixture all at once to dry ingredients; stir just enough to moisten flour and to evenly distribute liquid. Dough will be soft.
3. Drop by full tablespoons on top of braised meat or stew. Cover tightly; heat to boiling. Reduce heat (do not lift cover) to simmering and steam about 20 minutes.

Yield: 6 servings
Serving size: 1¼ cups
stew with 2 dumplings

Each serving provides:
Calories: 301
Total fat: 6 g

Saturated fat: 1 g
Cholesterol: 43 mg
Sodium: 471 mg
Fiber: 5 g
Protein: 24 g
Carbohydrate: 37 g
Potassium: 409 mg

Turkey Patties

1 lb 4 oz ground turkey
1 cup bread crumbs
1 egg
¼ cup green onions, chopped
1 Tbsp prepared mustard
1½ Tbsp margarine
½ cup chicken broth

1. Mix ground turkey, bread crumbs, egg, onions, and mustard in large bowl. Shape into four patties, about ½-inch thick.
2. Melt margarine in large skillet over low heat. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove from skillet and place on plate.
3. Add chicken broth to skillet, and boil over high heat until slightly thickened, about 1-2 minutes. Pour sauce over patties.
4. Serve on buns.

Yield: 4 servings
Serving size: 1 patty

Each serving provides:
Calories: 305
Total fat: 18 g

Saturated fat: 5 g
Cholesterol: 149 mg
Sodium: 636 mg

Turkey Stir-Fry

1 chicken bouillon cube
½ cup hot water
2 Tbsp soy sauce
1 Tbsp cornstarch
2 Tbsp vegetable oil
½ tsp garlic powder
1 lb turkey, cubed
1¾ cups carrots, thinly sliced
1 cup zucchini, sliced
½ cup onions, thinly sliced
¼ cup hot water

1. Combine chicken bouillon cube and hot water to make broth; stir until dissolved.
2. Combine broth, soy sauce, and cornstarch in small bowl. Set aside.
3. Heat oil in skillet over high heat. Add garlic and turkey. Cook, stirring, until turkey is thoroughly cooked and no longer pink in color.
4. Add carrots, zucchini, onion, and water to cooked turkey. Cover and cook, stirring occasionally, until vegetables are tender-crisp, about 5 minutes. Uncover; bring turkey mixture to boil. Cook until almost all liquid has evaporated.
5. Stir in cornstarch mixture. Bring to boil, stirring constantly until thickened.

Note: Serve over steamed rice.

Yield: 4 servings

Serving size: ½ cup

Each serving provides:

Calories: 195

Total fat: 9 g

Saturated fat: 2 g

Cholesterol: 44 mg

Sodium: 506 mg

Spaghetti with Turkey Meat Sauce

Using non-stick cooking spray, ground turkey, and no added salt helps to make this classic dish heart-healthy.

non-stick cooking spray as needed

1 lb ground turkey

1 can(28 oz) tomatoes, cut up

1 cup green pepper, finely chopped

1 cup onion, finely chopped

2 cloves garlic, minced

1 tsp dried oregano, crushed

1 tsp black pepper

1 lb spaghetti, uncooked

1. Spray a large skillet with non-stick spray coating. Preheat over high heat.
2. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat and discard.
3. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to a boil; reduce heat. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor.)
4. Meanwhile, cook spaghetti in unsalted water. Drain well.
5. Serve sauce over spaghetti.

Yield: 6 servings

**Serving size: 5 oz sauce
and 9 oz spaghetti**

Each serving provides:

Calories: 455

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 51 mg

Sodium: 248 mg

Fiber: 5 g

Protein: 28 g

Carbohydrate: 71 g

Potassium: 593 mg

Turkey Meatloaf

Here's a healthier version of an old diner favorite.

1 lb lean ground turkey
½ cup regular oats, dry
1 large egg
1 Tbsp onion, dehydrated
¼ cup ketchup

1. Combine all ingredients and mix well.
2. Bake in loaf pan at 350° F or to internal temperature of 165° F for 25 minutes.
3. Cut into 5 slices and serve.

Yield: 5 servings	Cholesterol: 102 mg
Serving size: 1 slice	Sodium: 205 mg
	Fiber: 1 g
Each serving provides:	Protein: 22 g
Calories: 191	Carbohydrate: 9 g
Total fat: 7 g	Potassium: 268 mg
Saturated fat: 2 g	

Turkey Stuffed Cabbage

This hearty entrée uses half ground turkey and half lean ground beef and no added salt for a lower in fat and salt taste treat.

1 head cabbage
½ lb lean ground beef
½ lb ground turkey
1 small onion, minced
1 slice stale whole wheat bread, crumbled
1 Tbsp lemon juice
¼ cup water
1/8 tsp black pepper
1 can (16 oz) diced tomatoes
1 small onion, sliced
1 cup water
1 medium carrot, sliced
1 Tbsp lemon juice
2 Tbsp brown sugar
1 Tbsp cornstarch

1. Rinse and core cabbage. Carefully remove 10 outer leaves, place in saucepan, and cover with boiling water. Simmer 5 minutes. Remove and drain cooked cabbage leaves on paper towels.
2. Shred ½ cup of raw cabbage and set aside.
3. Brown ground beef and turkey and minced onion in skillet. Drain fat.
4. Place cooked and drained meat mixture, bread crumbs, water, and pepper into mixing bowl.
5. Drain tomatoes, reserving liquid, and add ½ cup of tomato juice from can to meat mixture. Mix well; then place ¼ cup of filling on each parboiled, drained cabbage leaf. Place folded side down in skillet.
6. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally.
7. Remove cabbage rolls to serving platter; keep warm.
8. Mix lemon juice, brown sugar, and cornstarch together in small bowl. Add to vegetables and liquid in skillet, and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls.

Yield: 5 servings

Serving size: 2 rolls each

Each serving provides:

Calories: 235

Total fat: 9 g

Saturated fat: 3 g

Cholesterol: 56 mg

Sodium: 235 mg

Fiber: 3 g

Protein: 20 g

Carbohydrate: 18 g

Potassium: 545 mg

Baked Salmon Dijon

1 cup sour cream, fat-free
2 tsp dried dill
3 Tbsp scallions, finely chopped
2 Tbsp Dijon mustard
2 Tbsp lemon juice
1½ lb salmon fillet with skin, cut in center
½ tsp garlic powder
½ tsp black pepper
fat-free cooking spray as needed

1. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend.
2. Preheat oven to 400° F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.

Yield: 6 servings	Saturated fat: 2 g
Serving size: 1 piece (4 oz)	Cholesterol: 76 mg
	Sodium: 229 mg
	Fiber: less than 1 g
Each serving provides:	Protein: 27 g
Calories: 196	Carbohydrate: 5 g
Total fat: 7 g	Potassium: 703 mg

Baked Trout Olé

Bake fish with only a small amount of oil.

2 lb trout fillet, cut into 6 pieces (any kind of fish can be used)
3 Tbsp lime juice (about 2 limes)
1 medium tomato, chopped
½ medium onion, chopped
3 Tbsp cilantro, chopped
½ tsp olive oil
¼ tsp black pepper
¼ tsp salt
¼ tsp red pepper (optional)

1. Preheat oven to 350° F.
2. Rinse fish and pat dry. Place into baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15-20 minutes or until fork-tender.

Yield: 6 servings

Serving size: 1 piece

Each serving provides:

Calories: 236

Fat: 9 g

Saturated fat: 3 g

Cholesterol: 104 mg

Sodium: 197 mg

Calcium: 60 mg

Iron: 1 mg

Fiber: less than 1 g

Protein: 34 g

Carbohydrate: 2 g

Potassium: 865 mg

Scallop Kabobs

These colorful skewers contain scallops, which are naturally low in total and saturated fat.

3 medium green peppers, cut into 1½-inch squares

1½ lb fresh bay scallops

1 pt cherry tomatoes

¼ cup dry white wine

¼ cup vegetable oil

3 Tbsp lemon juice

dash garlic powder

black pepper to taste

1. Parboil green peppers for 2 minutes.
2. Alternately thread first three ingredients on skewers.
3. Combine next five ingredients.
4. Brush kabobs with wine, oil, and lemon mixture; place on grill (or under broiler).
5. Grill 15 minutes, turning and basting frequently.

Yield: 4 servings

**Serving size: 6-oz scallop
kabob**

Each serving provides:

Calories: 224

Fat: 6 g

Saturated fat: 1 g

Cholesterol: 43 mg

Sodium: 355 mg

Fiber: 3 g

Protein: 30 g

Carbohydrate: 13 g

Potassium: 993 mg

Spicy Baked Fish

1 lb salmon (or other fish) fillet

1 Tbsp olive oil

1 tsp spicy seasoning, salt-free

1. Preheat oven to 350° F. Spray a casserole dish with cooking oil spray.
2. Wash and dry fish. Place in dish. Mix oil and seasoning, and drizzle over fish.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into four pieces. Serve with rice.

Yield: 4 servings

**Serving size: 1 piece
(3 oz)**

Each serving provides:

Calories: 192

Fat: 11 g

Saturated fat: 2 g

Cholesterol: 63 mg

Sodium: 50 mg

Fiber: 0 g

Protein: 23 g

Carbohydrate: 23 g

Potassium: 560 mg

Catfish Stew and Rice

2 medium potatoes
1 can (14½ oz) tomatoes, cut up*
1 cup onion, chopped
1 cup (8-oz bottle) clam juice or water
1 cup water
2 cloves garlic, minced
½ head cabbage, coarsely chopped
1 lb catfish fillets
green onion, sliced, as needed
1½ Tbsp Chili and Spice Seasoning (see recipe on [Toppings/Sauces/Dressings](#) page)
2 cups rice (brown or white), cooked

**Reduce the sodium by using low- or no-added-sodium canned tomatoes.*

1. Peel potatoes and cut into quarters.
2. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil and reduce heat. Cook covered over medium-low heat for 10 minutes.
3. Add cabbage and return to boil. Reduce heat. Cook covered over medium-low heat for 5 minutes, stirring occasionally.
4. Meanwhile, cut fillets into 2-inch lengths. Coat with Chili and Spice Seasoning.
5. Add fish to vegetables. Reduce heat and simmer covered for 5 minutes or until fish flakes easily with fork.
6. Serve in soup plates. Garnish with sliced green onion, if desired. Serve with scoop of hot cooked rice.

Yield: 4 servings	Saturated fat: 2 g
Serving size: 1 cup of stew with ½ cup of rice	Cholesterol: 87 mg
	Sodium: 355 mg
	Fiber: 4 g
Each serving provides:	Protein: 28 g
Calories: 363	Carbohydrate: 44 g
Total fat: 8 g	Potassium: 1.079 mg

Mediterranean Baked Fish

This dish is baked and flavored with a Mediterranean-style tomato, onion, and garlic sauce to make it lower in fat and salt.

2 tsp olive oil
1 large onion, sliced
1 can (16 oz) whole tomatoes, drained (reserve juice) and coarsely chopped
1 bay leaf
1 clove garlic, minced
1 cup dry white wine
½ cup reserved tomato juice, from canned tomatoes
¼ cup lemon juice
¼ cup orange juice
1 Tbsp fresh orange peel, grated
1 tsp fennel seeds, crushed
½ tsp dried oregano, crushed
½ tsp dried thyme, crushed
½ tsp dried basil, crushed
black pepper to taste
1 lb fish fillets (sole, flounder, salmon, or sea perch)

1. Heat oil in large non-stick skillet. Add onion, and sauté over moderate heat 5 minutes or until soft.
2. Add all remaining ingredients except fish.
3. Stir well and simmer 30 minutes, uncovered.
4. Arrange fish in a 10- by 6-inch baking dish; cover with sauce.
5. Bake, uncovered, at 375° F about 15 minutes or until fish flakes easily.

Yield: 4 servings

**Serving size: 4-oz fillet
with sauce**

Each serving provides:

Calories: 178

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 56 mg

Sodium: 260 mg

Fiber: 3 g

Protein: 22 g

Carbohydrate: 12 g

Potassium: 678 mg

Mouth-Watering Oven-Fried Fish

For variety, try this heart-healthy fish recipe with any kind of fish.

2 lb fish fillets
1 Tbsp fresh lemon juice
¼ cup milk, fat-free or buttermilk, low-fat
2 drops hot pepper sauce
1 tsp fresh garlic, minced
¼ tsp white pepper, ground
¼ tsp salt
¼ tsp onion powder
½ cup cornflakes, crumbled, or regular bread crumbs
1 Tbsp vegetable oil (for greasing baking dish)
1 fresh lemon, cut in wedges

1. Preheat oven to 475° F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place onto a plate.
5. Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake 20 minutes on middle rack without turning.
8. Cut into six pieces. Serve with fresh lemon.

Yield: 6 servings	Cholesterol: 80 mg
Serving size: 1 cut piece	Sodium: 325 mg
	Fiber: 1 g
Each serving provides:	Protein: 30 g
Calories: 183	Carbohydrate: 10 g
Total fat: 2 g	Potassium: 453 mg
Saturated fat: 1 g	

Frittata Primavera

3 tsp olive oil
¼ cup onion, chopped
1 clove garlic, finely chopped
½ cup fresh asparagus pieces
½ cup canned or frozen artichoke hearts, chopped
½ cup sugar snap peas, strings pulled and cut in ½-inch pieces
¼ tsp dried basil
salt and pepper to taste
¾ cup egg substitute or 3 eggs
1 Tbsp plain yogurt, low-fat
1 Tbsp Parmesan cheese, grated

1. Heat 1 teaspoon of the oil in a skillet and cook the onion 2 or 3 minutes or until soft.
2. Add the garlic and cook 1 minute more.
3. Stir in the asparagus, artichoke hearts, peas, basil, and pepper, and cook, stirring occasionally until tender but still slightly crisp, 3-5 minutes. Set aside.
4. Preheat the broiler.
5. Beat the egg substitute or eggs with the yogurt and another pinch of pepper.
6. Heat the remaining oil in a heavy-bottom skillet. Pour in the egg mixture and cook until just set on the bottom but still wet on the top, 1 minute.
7. Scatter the vegetables over the top and set into the oven to finish cooking, 2 minutes.
8. Dust the top with the Parmesan cheese, cut into wedges, and serve.

Yield: 2 servings

Each serving provides:

Calories: 126

Total fat: 3 g

Saturated fat: 1 g

Carbohydrate: 11 g

Sodium: 388 mg

Fiber: 2 g

Classic Macaroni and Cheese

Low-fat cheese and skim milk help to make this favorite dish heart-healthy.

2 cups macaroni
½ cup onions, chopped
½ cup evaporated milk, fat-free
1 medium egg, beaten
¼ tsp black pepper
1¼ cups sharp cheddar cheese (4 oz), finely shredded, low-fat
non-stick cooking oil spray

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with non-stick cooking oil spray. Preheat oven to 350° F.
3. Lightly spray saucepan with non-stick cooking oil spray.
4. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Yield: 8 servings

Serving size: ½ cup

Each serving provides:

Calories: 200

Total fat: 4 g

Saturated fat: 2 g

Cholesterol: 34 mg

Sodium: 120 mg

Fiber: 1 g

Protein: 11 g

Carbohydrate: 29 g

Potassium: 119 mg

Parmesan Rice and Pasta Pilaf

After the pasta and onion are sautéed, the oil is drained to minimize the fat content of this interesting pilaf.

2 Tbsp olive oil
½ cup vermicelli, uncooked and finely broken
2 Tbsp onion, diced
1 cup long-grain white or brown rice, uncooked
1¼ cups hot chicken stock
1¼ cups hot water
¼ tsp ground white pepper
1 bay leaf
2 Tbsp Parmesan cheese, grated

1. In a large skillet, heat oil. Sauté vermicelli and onion until golden brown, about 2-4 minutes over medium-high heat. Drain off oil.
2. Add rice, stock, water, pepper, and bay leaf. Cover and simmer 15-20 minutes. Fluff with fork. Cover and let stand 5-20 minutes. Remove bay leaf.
3. Sprinkle with Parmesan cheese and serve immediately.

Yield: 6 servings	Cholesterol: 2 mg
Serving size: ½ cup	Sodium: 140 mg
	Fiber: 1 g
Each serving provides:	Protein: 5 g
Calories: 208	Carbohydrate: 33 g
Total fat: 6 g	Potassium: 90 mg
Saturated fat: 1 g	

Summer Vegetable Spaghetti

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold.

2 cups small yellow onions, cut in eighths
2 cups fresh ripe tomatoes (about 1 lb), chopped and peeled
2 cups yellow and green squash (about 1 lb), thinly sliced
1½ cups fresh green beans (about ½ lb), cut
 cup water
2 Tbsp fresh parsley, minced
1 clove garlic, minced
½ tsp chili powder
¼ tsp salt
black pepper to taste
1 can (6 oz) tomato paste
1 lb spaghetti, uncooked
½ cup Parmesan cheese, grated

1. Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top.

Yield: 9 servings	Saturated fat: 1 g
Serving size: 1 cup spaghetti and ¾ cup sauce with vegetables	Cholesterol: 4 mg
	Sodium: 328 mg
	Fiber: 5 g
	Protein: 11 g
Each serving provides:	Carbohydrate: 51 g
Calories: 271	Potassium: 436 mg
Total fat: 3 g	

Vegetarian Spaghetti Sauce

2 Tbsp olive oil
2 small onions, chopped
3 cloves garlic, chopped
1¼ cups zucchini, sliced
1 Tbsp oregano, dried
1 Tbsp basil, dried
1 can (8-oz) tomato sauce
1 can (6-oz) tomato paste*
2 medium tomatoes, chopped
1 cup water

1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

**To reduce sodium, use a 6 oz can of no-salt-added tomato paste. New sodium content for each serving is 260 mg.*

Yield: 6 servings

Serving size: ¾ cup

Each serving provides:

Calories: 105

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 479 mg

Fiber: 4 g

Protein: 3 g

Carbohydrate: 15 g

Potassium: 686 mg

Italian Vegetable Bake

This colorful low-sodium cholesterol-free vegetable baked dish is prepared without any added fat.

1 can (28 oz) whole tomatoes
1 medium onion, sliced
½ lb fresh green beans, sliced
½ lb fresh okra, cut into ½-inch pieces, or ¾ cup or ½ 10-oz package frozen okra
¾ cup green pepper, finely chopped
2 Tbsp lemon juice
1 tsp fresh basil, chopped, or 1 tsp dried basil, crushed
1½ tsp fresh oregano leaves, chopped, or ½ tsp dried oregano, crushed
3 medium (7-inch-long) zucchini, cut into 1-inch cubes
1 medium eggplant, pared and cut into 1-inch cubes
2 Tbsp Parmesan cheese, grated

1. Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes and reserved liquid, onion, green beans, okra, green pepper, lemon juice, and herbs. Cover and bake at 325° F for 15 minutes.
2. Mix in zucchini and eggplant, and continue baking, covered, 60-70 more minutes or until vegetables are tender. Stir occasionally.
3. Sprinkle top with Parmesan cheese just before serving.

Yield: 18 servings

Serving size: ½ cup

Each serving provides:

Calories: 27

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 1 mg

Sodium: 86 mg

Fiber: 2 g

Protein: 2 g

Carbohydrate: 5 g

Potassium: 244 mg

Vegetable Stew

This stew is a great way to use summer vegetables in a new way.

3 cups water
1 cube vegetable bouillon, low-sodium
2 cups white potatoes, cut into 2-inch strips
2 cups carrots, sliced
4 cups summer squash, cut into 1-inch squares
1 cup summer squash, cut into 4 chunks
1 can (15-oz) sweet corn, rinsed and drained, or 2 ears fresh corn, 1½ cups
1 tsp thyme
2 cloves garlic, minced
1 stalk scallion, chopped
½ small hot pepper, chopped
1 cup onion, coarsely chopped
1 cup tomatoes, diced
(Add other favorite vegetables such as broccoli and cauliflower)

1. Heat water and bouillon in a large pot and bring to a boil.
2. Add potatoes and carrots to the broth and simmer for 5 minutes.
3. Add the remaining ingredients except for the tomatoes, and continue cooking for 15 minutes over medium heat.
4. Remove four chunks of squash and purée in blender.
5. Return puréed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from flame and let sit for minutes to allow stew to thicken.

Yield: 8 servings

Serving size: 1¼ cups

Each serving provides:

Calories: 119

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 g

Sodium: 196 mg

Fiber: 4 g

Protein: 4 g

Carbohydrate: 27 g

Potassium: 524 mg

Zucchini Lasagna

Say, “Cheese,” because this healthy version of a favorite comfort food will leave you smiling.

½ lb lasagna noodles, cooked in unsalted water

¾ cup part-skim mozzarella cheese, grated

1½ cups cottage cheese,* fat-free

¼ cup Parmesan cheese, grated

1½ cups raw zucchini, sliced

2½ cups no-salt-added tomato sauce

2 tsp basil, dried

2 tsp oregano, dried

¼ cup onion, chopped

1 clove garlic

1/8 tsp black pepper

1. Preheat oven to 350° F. Lightly spray 9- by 13-inch baking dish with vegetable oil spray.
2. In small bowl, combine 1/8 cup of mozzarella and 1 tablespoon of Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of the noodles in a single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake for 30-40 minutes. Cool for 10-15 minutes. Cut into six portions.

**Use unsalted cottage cheese to reduce the sodium content. New sodium content for each serving is 196 mg.*

Yield: 6 servings

Serving size: 1 piece

Each serving provides:

Calories: 200

Total fat: 5 g

Saturated fat: 3 g

Cholesterol: 12 g

Sodium: 368 mg

Fiber: 3 g

Protein: 15 g

Carbohydrate: 24 g

Potassium: 593 mg

Sides

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[Caribbean Pink Beans](#)

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[Oriental Rice](#)

[Scallion Rice](#)

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[New Orleans Red Beans](#)

[New Potato Salad](#)

[Smothered Greens with Turkey](#)

[Wonderful Stuffed Potatoes](#)

Brown or White Rice

Only 1 tablespoon of oil is used in this tasty and heart-healthy rice dish.

1 Tbsp vegetable oil

½ medium onion, chopped

2 cloves garlic, minced

2 cups long-grain brown or white rice

4 cups hot water

½ tsp salt

½ cup corn, peas, carrots, or peppers (optional), fresh or frozen

1. In medium pan, heat oil and sauté onion, garlic, and rice. Add hot water and salt. Bring to a full boil. Cover and simmer for 15 minutes without stirring. If desired, add vegetables, cover, and cook for an additional 5 minutes.
2. Uncover, give rice a full turn, and cover again. Turn heat off.
3. Let stand 15 minutes before serving.

Yield: 6 servings

Serving size: ½ cup

Each serving provides:

Calories: 270

Total fat: 3 g

Saturated fat: less than 1 g

Cholesterol: 0 g

Sodium: 21 mg

Calcium: 28 mg

Iron: 2 mg

Caribbean Pink Beans

Make beans without lard or other fat.

1 lb pink beans
10 cups water
2 medium plantains, finely chopped
1 large tomato, finely chopped
1 small red pepper, finely chopped
1 medium white onion, finely chopped
3 cloves garlic, finely chopped
1½ tsp salt

1. Rinse and pick through the beans. Put the beans into a large pot and add 10 cups of water. Place the pot into the refrigerator and allow the beans to soak overnight.
2. Cook the beans until they are soft. Add more water as needed while the beans are cooking.
3. Add the plantains, tomato, pepper, onion, garlic, and salt. Continue cooking at low heat until the plantains are soft.

Option: Serve with rice.

Yield: 16 servings	Sodium: 205 mg
Serving size: ½ cup	Calcium: 39 mg
	Iron: 2 mg
Each serving provides:	Fiber: 5 g
Calories: 133	Protein: 6 g
Total fat: less than 1 g	Carbohydrate: 28 g
Saturated fat: less than 1 g	Potassium: 495 mg
Cholesterol: 0 g	

Green Beans Sauté

Green beans and onions are lightly sautéed in only 1 tablespoon of oil.

1 lb green beans, fresh or frozen, cut into 1-inch pieces

1 Tbsp vegetable oil

1 large yellow onion, halved lengthwise and thinly sliced

½ tsp salt

1/8 tsp black pepper

1 Tbsp fresh parsley, minced

1. If using fresh green beans, cook green beans in boiling water for 10-12 minutes or steam for 2-3 minutes until barely fork-tender. Drain well. If using frozen green beans, thaw first.
2. Heat oil in a large skillet. Sauté onion until golden.
3. Stir in green beans, salt, and pepper. Heat through.
4. Toss with parsley before serving.

Yield: 4 servings

Serving size: ¾ cup

Each serving provides:

Calories: 64

Total fat: 4 g

Saturated fat: less than 1 g

Cholesterol: 0 g

Sodium: 282 mg

Fiber: 3 g

Protein: 2 g

Carbohydrate: 8 g

Potassium: 161 mg

Oriental Rice

Skimming the fat off the chicken stock and using a minimum of oil and no added salt means that this crunchy rice is lower in fat, saturated fat, and sodium.

1½ cups water

1 cup chicken stock or broth, skim fat from top

1 cup long-grain white or brown rice, uncooked

2 tsp vegetable oil

2 Tbsp onion, finely chopped

2 Tbsp green pepper, finely chopped

½ cup pecans, chopped

¼ tsp ground sage

1 cup celery, finely chopped

½ cup water chestnuts, sliced

¼ tsp nutmeg

black pepper to taste

1. Bring water and stock to a boil in medium-size saucepan.
2. Add rice and stir. Cover and simmer 20 minutes.
3. Remove pan from heat. Let stand, covered, 5 minutes or until all liquid is absorbed. Reserve.
4. Heat oil in large non-stick skillet.
5. Sauté onion and celery over moderate heat 3 minutes. Stir in remaining ingredients including reserved cooked rice. Fluff with fork before serving.

Yield: 10 servings

Serving size: ½ cup

Each serving provides:

Calories: 139

Total fat: 5 g

Saturated fat: less than 1 g

Cholesterol: 0 g

Sodium: 86 mg

Fiber: 1 g

Protein: 3 g

Carbohydrate: 21 g

Potassium: 124 mg

Scallion Rice

4½ cups rice, cooked in unsalted water
1½ tsp bouillon granules, unsalted
¼ cup scallions (green onions), chopped

1. Cook rice according to directions on the package.
2. Combine the cooked rice, scallions, and bouillon granules, and mix well.
3. Measure 1-cup portions and serve.

Yield: 5 servings

Serving size: 1 cup

Each serving provides:

Calories: 200

Total fat: 2 g

Saturated fat: 0 g

Cholesterol: 0 g

Sodium: 18 mg

Calcium: 23 mg

Magnesium: 77 mg

Fiber: 6 g

Protein: 5 g

Carbohydrate: 41 g

Potassium: 92 mg

Sunshine Rice

This citrusy rice contains almonds, celery, and onions, but no added salt, for a flavorful low-sodium side dish.

1½ Tbsp vegetable oil
1¼ cups celery with leaves, finely chopped
1½ cups onion, finely chopped
1 cup water
½ cup orange juice
2 Tbsp lemon juice
dash hot sauce
1 cup long-grain white or brown rice, uncooked
¼ cup almonds, slivered

1. Heat oil in medium saucepan. Add celery and onions and sauté until tender, about 10 minutes.
2. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed.
3. Stir in slivered almonds. Serve immediately as a side dish for a fish entrée.

Yield: 4 servings	Cholesterol: 0 g
Serving size: ¼ cup	Sodium: 52 mg
	Fiber: 5 g
Each serving provides:	Protein: 7 g
Calories: 276	Carbohydrate: 50 g
Total fat: 6 g	Potassium: 406 mg
Saturated fat: less than 1 g	

Vegetables with a Touch of Lemon

This heart-healthy sauce uses lemon juice, herbs, and a small amount of oil.

½ small head cauliflower, cut into florets
2 cups broccoli, cut into florets
2 Tbsp lemon juice
1 Tbsp olive oil
1 clove garlic, minced
2 tsp fresh parsley, chopped

1. Steam broccoli and cauliflower until tender (about 10 minutes).
2. In a small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 or 3 minutes.
3. Put the vegetables into a serving dish. Pour the lemon sauce over the vegetables. Garnish with parsley.

Yield: 6 servings	Sodium: 7 mg
Serving size: ½ cup	Calcium: 10 mg
	Iron: less than 1 mg
Each serving provides:	Fiber: 1 g
Calories: 22	Protein: 1 g
Total fat: 2 g	Carbohydrate: 2 g
Saturated fat: less than 1 g	Potassium: 49 mg
Cholesterol: 0 g	

New Orleans Red Beans

This vegetarian main dish is cholesterol-free, virtually fat-free, and chock full of vegetables.

1 lb dry red beans
2 qt water
1½ cups onion, chopped
1 cup celery, chopped
4 bay leaves
1 cup green pepper, chopped
3 Tbsp garlic, chopped
3 Tbsp parsley, chopped
2 tsp dried thyme, crushed
1 tsp salt
1 tsp black pepper

1. Pick through beans to remove bad beans; rinse thoroughly.
2. In a large pot, combine beans, water, onion, celery, and bay leaves. Bring to a boil; reduce heat. Cover and cook over low heat for about 1½ hours or until beans are tender. Stir. Mash beans against side of pan.
3. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy, about 30 minutes. Remove bay leaves.
4. Serve with hot cooked brown rice, if desired.

Yield: 8 servings

Serving size: 1¼ cups

Each serving provides:

Calories: 171

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 g

Sodium: 285 mg

Fiber: 7 g

Protein: 10 g

Carbohydrate: 32 g

Potassium: 665 mg

New Potato Salad

Onions and spices give this very low-sodium dish plenty of zip.

16 (5 cups) small new potatoes
2 Tbsp olive oil
¼ cup green onions, chopped
¼ tsp black pepper
1 tsp dill weed, dried

1. Thoroughly clean potatoes with vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into fourths and mix with olive oil, onions, and spices.
5. Refrigerate and serve.

Yield: 5 servings

Serving size: 1 cup

Each serving provides:

Calories: 196

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 0 g

Sodium: 17 mg

Fiber: 4 g

Protein: 4 g

Carbohydrate: 34 g

Potassium: 861 mg

Smothered Greens with Turkey

Use a small amount of skinless smoked turkey breast instead of fatback to lower the fat content but keep the taste.

3 cups water
¼ lb smoked turkey breasts, skinless
1 Tbsp hot pepper, freshly chopped
¼ tsp cayenne pepper
¼ tsp cloves, ground
2 cloves garlic, crushed
½ tsp thyme
1 stalk scallion, chopped
1 tsp ginger, ground
¼ cup onion, chopped
2 lb greens (mustard, turnip, collard, kale, or mixture)

1. Place all ingredients except greens into large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock.
5. Cook 20-30 minutes until tender.

Yield: 5 servings

Serving size: 1 cup

Each serving provides:

Calories: 80

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 16 g

Sodium: 378 mg

Fiber: 4 g

Protein: 9 g

Carbohydrate: 9 g

Potassium: 472 mg

Wonderful Stuffed Potatoes

Baked potatoes stuffed with seasoned, low-fat cottage cheese are a lavish low-fat, low-cholesterol, low-sodium treat.

4 medium baking potatoes
¾ cup cottage cheese, low-fat (1%)
¼ cup milk, low-fat (1%)
2 Tbsp soft (tub) margarine
1 tsp dill weed
¾ tsp herb seasoning
4-6 drops hot pepper sauce
2 tsp Parmesan cheese, grated

1. Prick potatoes with fork. Bake at 425° F for 60 minutes or until fork is easily inserted.
2. Cut potatoes in half lengthwise. Carefully scoop out potato, leaving about ½ inch of pulp inside shell. Mash pulp in large bowl.
3. Mix in by hand remaining ingredients except Parmesan cheese. Spoon mixture into potato shells.
4. Sprinkle top with ¼ teaspoon of Parmesan cheese.
5. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.

Yield: 8 servings

**Serving size: ½ potato
each**

Each serving provides:

Calories: 113

Total fat: 3 g

Saturated fat: 1 g

Cholesterol: 1 mg

Sodium: 151 mg

Fiber: 2 g

Protein: 5 g

Carbohydrate: 17 g

Potassium: 293 mg

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Mousse à la Banana

This creamy dessert is low in saturated fat, cholesterol, and sodium.

2 Tbsp milk, low-fat (1%)

4 tsp sugar

1 tsp vanilla

1 medium banana, cut into quarters

1 cup plain yogurt, low-fat

8¼-inch banana slices

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into four dessert dishes; garnish each with two banana slices just before serving.

Yield: 4 servings

Serving size: ½ cup

Each serving provides:

Calories: 94

Total fat: 1 g

Saturated fat: 1 g

Cholesterol: 4 mg

Sodium: 47 mg

Fiber: 1 g

Protein: 1 g

Carbohydrate: 18 g

Potassium: 297 mg

Rainbow Fruit Salad

Good as a side dish or dessert, this salad made from fresh fruit is naturally low in fat, saturated fat, and sodium and is cholesterol-free.

Fruit salad:

1 large mango, peeled and diced
2 cups fresh blueberries
2 bananas, sliced
2 cups fresh strawberries, halved
2 cups seedless grapes
2 nectarines, unpeeled and sliced
1 kiwi fruit, peeled and sliced

Honey orange sauce:

<input type="checkbox"/> cup unsweetened orange juice
2 Tbsp lemon juice
1½ Tbsp honey
¼ tsp ground ginger
dash nutmeg

1. Prepare the fruit.
2. Combine all the ingredients for the sauce and mix.
3. Just before serving, pour honey orange sauce over the fruit.

Yield: 12 servings	Cholesterol: 0 mg
Serving size: 4-oz cup	Sodium: 4 mg
	Fiber: 3 g
Each serving provides:	Protein: 1 g
Calories: 96	Carbohydrate: 24 g
Total fat: 1 g	Potassium: 302 mg
Saturated fat: less than 1 g	

1-2-3 Peach Cobbler

Cooking oil spray helps to coat the pan with little fat or calories.

½ tsp cinnamon, ground
1 Tbsp vanilla extract
2 Tbsp cornstarch
1 cup peach nectar
¼ cup pineapple juice or peach juice
2 cans (16-oz) peaches, sliced, packed in juice, and drained (or 1¾ lb), fresh
1 Tbsp soft (tub) margarine
1 cup pancake mix, dry
 cup all-purpose flour
½ cup sugar
 cup evaporated milk, fat-free
non-stick cooking oil spray (for baking dish)

Topping:

½ tsp nutmeg
1 Tbsp brown sugar

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5-10 minutes.
4. In another saucepan, melt margarine and set aside.
5. Lightly spray an 8-inch-square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
6. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk.
7. Quickly spoon this mixture over peach mixture.
8. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
9. Bake at 400° F for 15-20 minutes or until golden brown.
10. Cool and cut into eight squares.

Yield: 8 servings	Cholesterol: less than 1 mg
Serving size: 1 square	Sodium: 263 mg
	Fiber: 2 g
Each serving provides:	Protein: 4 g
Calories: 271	Carbohydrate: 54 g
Total fat: 4 g	Potassium: 284 mg
Saturated fat: less than 1 g	

Baked Apple Slices

This recipe provides 1.5 fruit and vegetable servings per person.

2 oranges
2 Tbsp honey
¼ tsp ground cinnamon
¼ tsp ground cloves
3 Granny Smith apples, peeled, cored, and cut into ½-inch slices
5 Tbsp raisins
¼ cup chopped walnuts, divided
¼ cup vanilla yogurt, low-fat

1. Preheat the oven to 500°F.
2. Grate the zest of one of the oranges and set aside.
3. Squeeze the juice from both oranges into a small bowl. Stir the honey, cinnamon, cloves, and half the zest into the juice.
4. Lay half the apple slices in a glass baking dish. Scatter the raisins and 2 tablespoons of the walnuts on top. Pour on half the juice mixture and top with the remaining apples and juice. Combine the remaining 2 tablespoons of walnuts with the orange zest and scatter over the top.
5. Cover lightly with foil, and bake 30 minutes or until the apples are soft and the juices, bubbly. Serve warm or cold with a dollop of low-fat vanilla yogurt.

Yield: 4 servings

Serving size: ~1½ cups

Each serving provides:

Calories: 206

Total fat: 6 g

Saturated fat: 1 g

Carbohydrate: 41 g

Sodium: 13 mg

Fiber: 4 g

Oatmeal Cookies

3/4 cup sugar
2 Tbsp margarine
1 egg
1/4 cup canned applesauce
2 Tbsp milk, low-fat
1 cup flour
1/4 tsp baking soda
1/2 tsp ground cinnamon
1 cup + 2 Tbsp quick rolled oats

1. Preheat oven to 350° F and lightly grease cookie sheets.
2. In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes.
3. Slowly add egg; mix on medium speed 1 minute. Gradually add applesauce and milk; mix on medium speed 1 minute. Scrape sides of bowl.
4. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and blend 30 seconds on low speed. Scrape sides of bowl.
5. Drop by teaspoonfuls onto cookie sheet, about 2 inches apart.
6. Bake until lightly browned, about 13-15 minutes. Remove from baking sheet while still warm. Cool on wire rack.

Yield: 4 servings

**Serving size: 2 cookies,
plus 4 servings for another
snack**

Each serving provides:

Calories: 215

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 27 mg

Sodium: 84 mg

Peach Cake

2¼ cups (29-oz can) canned peaches, light-syrup pack, drained and chopped
½ cup sugar
1 cup flour
1 egg
1 tsp baking soda
2 Tbsp vegetable oil
1 tsp vanilla
2 Tbsp brown sugar, firmly packed
2 tsp whole milk

1. Preheat oven to 350° F. Lightly grease 8- by 8-inch pan.
2. Spread peaches in baking pan. Mix remaining ingredients, except brown sugar and milk, together in mixing bowl; spread over top of peaches.
3. Bake until toothpick inserted into cake comes out clean, about 30-35 minutes.
4. For topping, combine brown sugar and milk in small bowl. Drizzle mixture on top of cake; return cake to oven, and bake 2-3 minutes.
5. Cut into eight pieces.

Yield: 8 servings

**Serving size: about 2- by
2-inch piece**

Saturated fat: 1 g

Cholesterol: 27 mg

Sodium: 171 mg

Each serving provides:

Calories: 205

Total fat: 4 g

Peach-Apple Crisp

20 oz canned peaches, light-syrup pack, drained
2 medium apples, tart, peeled and sliced
½ tsp vanilla
¼ tsp ground cinnamon
¾ cup + 3 Tbsp flour
¼ cup brown sugar, packed
3 Tbsp soft (tub) margarine

1. Preheat oven to 350° F. Lightly grease 9- by 9- by 2-inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 20 minutes.

Yield: 4 servings

**Serving size: ½ cup, plus
4 servings for another meal**

Saturated fat: 1 g

**Cholesterol: 0 mg
Sodium: 57 mg**

Each serving provides:

Calories: 175

Total fat: 5 g

Rice Pudding

Use skim milk instead of whole milk to reduce fat and calories.

6 cups water
2 cinnamon sticks
1 cup rice
3 cups milk, fat-free
 cup sugar
½ tsp salt

1. Put the water and cinnamon sticks into a medium saucepan. Bring to a boil.
2. Stir in rice. Cook on low heat for 30 minutes until rice is soft and water has evaporated.
3. Add skim milk, sugar, and salt. Cook for another 15 minutes until it thickens.

Yield: 8 servings	Sodium: 366 mg
Serving size: ½ cup	Calcium: 255 mg
	Iron: 2 mg
Each serving provides:	Fiber: 1 g
Calories: 372	Protein: 10 g
Total fat: less than 1 g	Carbohydrate: 81 g
Saturated fat: less than 1 g	Potassium: 363 mg
Cholesterol: 3 mg	

Sweet Potato Custard

Sweet potatoes and bananas combine to make a flavorful low-fat custard made with evaporated skim milk and no added fat.

1 cup cooked sweet potato, mashed
½ cup banana (about 2 small), mashed
1 cup evaporated milk, fat-free
2 Tbsp brown sugar, packed
2 egg yolks, beaten, or ¼ cup egg substitute
½ tsp salt
non-stick cooking spray as needed
¼ cup raisins
1 Tbsp sugar
1 tsp ground cinnamon

1. In a medium bowl, stir together sweet potato and banana.
2. Add milk, blending well.
3. Add brown sugar, egg yolks, and salt, mixing thoroughly.
4. Spray a 1-quart casserole with non-stick cooking spray. Transfer sweet potato mixture to casserole dish.
5. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture.
6. Bake in a preheated 325° F oven for 40-45 minutes or until a knife inserted near center comes out clean.

Yield: 6 servings

Serving size: ½ cup

Each serving provides:

Calories: 160

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 72 g*

Sodium: 255 mg

Fiber: 2 g

Protein: 5 g

Carbohydrate: 32 g

Potassium: 488 mg

**If egg substitutes are used,
cholesterol will be lower.*

Winter Crisp

Only 1 tablespoon of margarine is used to make the crumb topping of this tart and tangy fruit dessert that is cholesterol-free and low-sodium.

Filling:

½ cup sugar
3 Tbsp all-purpose flour
1 tsp lemon peel, grated
¾ tsp lemon juice
5 cups apples, unpeeled and sliced
1 cup cranberries

Topping:

cup rolled oats
 cup brown sugar, packed
¼ cup whole wheat flour
2 tsp ground cinnamon
1 Tbsp soft (tub) margarine, melted

1. To prepare filling, in a medium bowl combine sugar, flour, and lemon peel; mix well. Add lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish.
2. To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix.
3. Sprinkle topping over filling. Bake in a 375° F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Variation: Summer Crisp

1. Prepare as directed, substituting 4 cups of fresh or unsweetened frozen (thawed) peaches and 3 cups of fresh or unsweetened frozen (unthawed) blueberries for apples and cranberries. If the peaches are frozen, thaw them completely (do not drain). Do not thaw blueberries before mixing, or they will be crushed.

Yield: 6 servings	Saturated fat: less than 1 g
Serving size: 1¾- by	Cholesterol: 0 mg
2-inch piece	Sodium: 29 mg
	Fiber: 5 g
Each serving provides:	Protein: 3 g
Calories: 252	Carbohydrate: 58 g
Total fat: 2 g	Potassium: 221 mg

Apple Coffee Cake

Apples and raisins provide the moistness, which means less oil can be used in this low-saturated fat, low-cholesterol, and low-sodium coffee cake.

5 cups tart apples, cored, peeled, and chopped
1 cup sugar
1 cup dark raisins
½ cup pecans, chopped
¼ cup vegetable oil
2 tsp vanilla
1 egg, beaten
2½ cups all-purpose flour, sifted
1½ tsp baking soda
2 tsp ground cinnamon

1. Preheat oven to 350° F.
2. Lightly oil a 13- by 9- by 2-inch pan.
3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about \square at a time, just enough to moisten dry ingredients.
5. Turn batter into pan. Bake 35-40 minutes. Cool cake slightly before serving.

Yield: 20 servings

**Serving size: 3½- by
2½-inch piece**

Each serving provides:

Calories: 196

Total fat: 8 g

Saturated fat: 1 g

Cholesterol: 11 mg

Sodium: 67 mg

Fiber: 2 g

Protein: 3 g

Carbohydrate: 31 g

Potassium: 136 mg

Frosted Cake

Use fat-free milk and low-fat cream cheese to lower the saturated fat and calories in this special-occasion cake.

Cake:

2¼ cups cake flour
2¼ tsp baking powder
4 Tbsp soft (tub) margarine
1¼ cups sugar
4 eggs
1 tsp vanilla
1 Tbsp orange peel
¾ cup milk, fat-free

Icing:

3 oz cream cheese, low-fat
2 Tbsp milk, fat-free
6 Tbsp cocoa
2 cups confectioners sugar, sifted
½ tsp vanilla extract

1. Preheat the oven to 325° F.
2. Grease with small amount of cooking oil or use non-stick cooking oil spray on a 10-inch round pan (at least 2½ inches high). Powder pan with flour. Tap out excess flour.
3. Sift together flour and baking powder.
4. In a separate bowl, beat together margarine and sugar until soft and creamy.
5. Beat in eggs, vanilla, and orange peel.
6. Gradually add the flour mixture alternating with the milk, beginning and ending with flour.
7. Pour the mixture into the pan. Bake for 40-45 minutes or until done. Let cake cool for 5-10 minutes before removing from the pan. Let cool completely before icing.

Icing:

1. Cream together cream cheese and milk until smooth. Add cocoa. Blend well.
2. Slowly add sugar until icing is smooth. Mix in vanilla.
3. Smooth icing over top and sides of cooled cake.

Yield: 16 servings

Serving size: 1 slice

Each serving provides:

Calories: 241

Total fat: 5 g

Saturated fat: 2 g

Cholesterol: 57 mg

Sodium: 273 mg

Calcium: 70 mg

Iron: 2 mg

Fiber: 1 g

Protein: 4 g

Carbohydrate: 45 g

Potassium: 95 mg

