Recipe Index
Pick a Recipe Category to get Started!

Breakfast ........................................................................................................................................... 2

Snacks ............................................................................................................................................. 36

Appetizers ...................................................................................................................................... 74

Salads ............................................................................................................................................. 100

Vegetables .................................................................................................................................... 138

Soups ............................................................................................................................................... 179

Grains ............................................................................................................................................. 217

Side Dishes .................................................................................................................................... 255

Entrees ............................................................................................................................................ 296

Desserts .......................................................................................................................................... 358

Beverages ....................................................................................................................................... 406
Apple Oatmeal
From California Dept. of Public Health and the Network for a Healthy California Champions for Change

Ingredients

- 1⅛ cups 100% apple juice
- 1 cup quick cooking oats
- 1 large apple, cored and cut into bite-size chunks
- ½ teaspoon ground cinnamon
- 1/8 teaspoon salt (optional)

Instructions

1. Combine all ingredients in a medium, microwave-safe bowl.
2. Place in microwave uncovered and cook on high for about 2 minutes.
3. Stir and let cool for 1 minute before serving.

Makes 4 servings (¾ cup per serving)

Nutrition information per serving:
Calories 157
Carbohydrate 34 g
Dietary Fiber 4 g
Protein 3 g
Total Fat 1 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 78 mg
Avocado Breakfast Bruschetta
From the U.S. Department of Agriculture
https://www.choosemyplate.gov/recipes/myplate-cnpp/avocado-breakfast-bruschetta

Ingredients
1 ripe avocado
2 medium tomatoes
1 green onion
½ cup chopped fresh basil (plus 2 tbsp for garnish)

4 eggs (hardboiled)
12 slices whole wheat baguette bread
¼ cup ricotta cheese (reduced fat)

Instructions
1. Dice avocado, tomatoes and green onions
2. Peel and chop hard-boiled eggs
3. Reserve 2 tablespoons of basil for garnish, then gently toss the first five ingredients in a small bowl. Add pepper to taste.
4. Toast baguette slices and smear with ricotta cheese.
5. Top with avocado mix and garnish with left over basil.

Makes 4 servings

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Baked Eggs with Mushroom and Spinach

From the American Institute for Cancer Research
http://www.aicr.org/healthyrecipes/breakfast.html?page=2

Ingredients

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<thead>
<tr>
<th>Item</th>
<th>Quantity/Unit</th>
<th>Description</th>
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<tbody>
<tr>
<td>6 (1-oz.) slices whole-grain bread</td>
<td></td>
<td>6 cups baby spinach leaves, loosely packed</td>
</tr>
<tr>
<td>Canola oil cooking spray</td>
<td></td>
<td>6 large eggs</td>
</tr>
<tr>
<td>1 Tbsp. extra virgin olive oil</td>
<td></td>
<td>½ cup unsweetened almond milk or low-fat milk</td>
</tr>
<tr>
<td>1 medium onion, chopped</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 green onions, chopped, including green stems</td>
<td></td>
<td>½ cup reduced-fat cheddar, part-skim mozzarella cheese or Jarlsberg cheese</td>
</tr>
<tr>
<td>2 cups sliced mushrooms (any variety)</td>
<td></td>
<td>1 Tbsp. chopped parsley or chives</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Instructions

1. Preheat oven to 350° F.
2. In toaster, lightly toast bread. Coat a 9x13-inch baking pan with cooking spray. Arrange toast in flat layer without overlapping.
3. In large skillet, heat oil over medium-high heat. Add onion and sauté 5 minutes. Add green onion and sauté 3 minutes.
4. Add mushrooms and cook until they begin to brown, about 2-3 minutes. Season to taste with salt and pepper. Cook another 4 minutes. Stir in spinach and let wilt, about 2-3 minutes.
5. Evenly spread mushroom and spinach mixture over toast.
6. Crack an egg over each piece of toast. Lightly season with salt and pepper, to taste. Pour milk over eggs and sprinkle with cheese.
7. Bake until egg whites are set, about 28-30 minutes. Garnish with parsley or chives. Cut into 6 sections and serve hot.

Makes 6 servings

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Baked French Toast Fritters with Apples and Bananas

From the National Heart, Lung, and Blood Institute


Ingredients

- 8 slices whole-wheat/whole-grain bread
- ¼ cup peanut butter (or nut butter of choice)
- 1 apple, rinsed, peeled, cored, and sliced into 8 rings
- 2 bananas, peeled and cut into about 12 thin slices each
- 3 Tbs. egg substitute, or 1 egg white
- ¼ tsp. ground cinnamon
- 1 Tbs. brown sugar
- ¼ cup fat-free evaporated milk
- Nonstick cooking spray

Instructions

1. Preheat oven to 400 degrees. Place large baking sheet in oven to heat (about 10 minutes).
2. Assemble fritter as a sandwich. Use ½ Tbs. nut butter on each slice of bread, with 2 apple slices and 6 banana slices sandwiched between 2 slices.
3. Combine the rest of the ingredients (besides spray) into a batter.
5. Dip both sides of fritter in batter, and place on sheet. Bake for 10 minutes on each side, or until both sides are browned.

Makes 4 servings

Nutrition information per serving:

- Calories 332
- Carbohydrate 50 g
- Dietary Fiber 7 g
- Protein 14 g
- Total Fat 10 g
- Saturated Fat 2 g
- Sodium 374 mg
Barley Breakfast Bread
From the OLDWAYS Whole Grains Council
http://wholegrainscouncil.org/recipes/breads/barley-breakfast-bread

Ingredients
1 cup plain yogurt
2 large eggs
1/4 cup lukewarm water
1 1/2 cups cooked whole barley
2 tsp. instant yeast
1 1/2 tsps. salt

2 Tbsp. butter
3 Tbsp. brown sugar or honey
4 1/4 cups white whole wheat flour
3/4 cup hi-maize natural fiber
1/4 cup dry milk or nonfat dry milk
1 Tbsp. vital wheat gluten

Instructions
Mixing:
1. Combine all of the ingredients, then mix and knead, using your hands, a stand mixer, or a bread machine to make a soft, slightly sticky dough. It'll seem dry at first, but as you knead the dough will soften up and become sticky. Adjust its consistency by adding more water or flour only after kneading for several minutes.
2. Transfer the dough to a lightly greased bowl, cover the bowl with lightly greased plastic wrap, and allow the dough to rise for 1 hour. It'll become somewhat puffy, but probably won't double in bulk.

Shaping:
1. Divide the dough in half. Shape each half into a log, and place in two lightly greased 8 ½” x 4 ½” loaf pan.
2. Cover the pans with lightly greased plastic wrap, and allow the bread to rise till it's crowned about ½” over the rim of the pan, about 1 to 1 1/2 hours.

Baking:
1. Bake the bread in a preheated 350°F oven for 30 to 35 minutes, or until its interior registers 190°F on an instant-read thermometer.

Makes 2 loaves, 40 slices
Serving size: 1 slice
Nutrition information per serving:

| Calories: 70 | Dietary Fiber: 3 g |
| Total Fat: 1.5 g | Sodium:100 mg |
| Saturated Fat: .5 g | Protein: 3 g |
| Cholesterol: | Carbohydrates: 15 g |
Berry Delicious Peach Super Smoothie with Green Tea
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=23343&news_iv_ctrl=1681

Ingredients
1 cup green tea, chilled
3/4 cup plain Greek or regular yogurt (5-7 oz. container)
1 cup fresh or frozen berries
1 cup fresh or frozen sliced peaches (about 1 medium-large peach, sliced)
2 tsp. honey
6 fresh mint leaves, 1/2-inch fresh ginger or 1/4 tsp. ground cinnamon

Instructions
1. In blender combine in following order: tea, yogurt, fruit, honey and mint, ginger or cinnamon.
   Whirl until smooth. Serve immediately.

Makes 2 (1 cup) servings

Nutrition information per serving

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<td>Cholesterol:</td>
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<td>Carbohydrates: 27 g</td>
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Breakfast Pear Parfait
From the United States Department of Agriculture

Ingredients
2 cups oat circles (cold cereal)
1 pear (chopped)
1 cup low-fat vanilla yogurt

Instructions
1. Put 1 cup oat circles into two small bowls.
2. Add ½ of the copped pears on top of the oat circles.
3. Top each bowl with ½ cup of low-fat yogurt.

Makes 2 servings.

Nutritional Information

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Chickpea Crepes with Spinach Mushroom Pesto
From the American Institute for Cancer Research

Ingredients

Crepes
- 1 cup chickpea flour
- 2 tablespoon extra virgin olive oil
- 1 teaspoon finely chopped fresh rosemary
- 3/4 teaspoon salt
- 2 teaspoon soft buttery spread, if using skillet

Filling
- 2 teaspoon extra virgin olive oil
- 1/4 cup finely chopped red onion
- 1/3 cup finely chopped red bell pepper
- 2 cups Cremini mushrooms, thinly sliced
- 1 (5 ounce box) baby spinach
- 2 tablespoon prepared pesto
- Salt and freshly ground black pepper

Instructions

1. In medium bowl, whisk chickpea flour, oil, rosemary and salt with 1 cup water until mixture is smooth. Let batter sit 20-30 minutes to thicken slightly. Before cooking stir to loosen any clumps.

2. For crepes, set non-stick crepe pan over medium-high heat until drops of water flicked into pan ball up and bounce. With one hand, hold pan up at 45-degree angle. Pour 1/4 cup batter near top of pan, rotating pan as you pour so batter flows into 6-7-inch round crepe. Cook until crepe is golden on bottom, 1-2 minutes. Using large spatula, turn and cook until crepe is lightly golden on bottom, about 30 seconds. Transfer crepe to large plate. Cover each crepe with wax paper. If using a regular skillet instead of non-stick crepe pan, coat hot pan with 1/2 teaspoon spread before first crepe and repeat as needed between crepes.

3. If not filling crepes immediately, cool to room temperature and cover plate with plastic wrap. Hold crepes at room temperature for up to 8 hours, refrigerate for up to 24 hours.

4. For filling, in medium skillet heat oil over medium-high heat. Add onion and cook, stirring, 2 minutes. Add red peppers and cook, stirring, until onions are translucent, 5 minutes. Add mushrooms and cook, stirring occasionally, until mixture looks wet, 5-6 minutes. Add spinach, stirring to wilt leaves. Cook, stirring often, until most of moisture has evaporated and filling is tender, 8 minutes.

5. If crepes have been made ahead, wrap them in foil and warm in 250 degrees oven, 20 minutes. To assemble crepes, in small bowl, mix pesto with 2 tablespoons warm water. Stir pesto into filling. Arrange a crepe on a plate. Spoon one-sixth filling over bottom half of each crepe, then gently fold crepe in half over filling. Repeat with remaining crepes and filling. If desired, garnish plate with some mesclun leaves and strawberries. Serve immediately.

Makes 6 servings

- cont. -
**Nutrition information per serving**

<p>| | |</p>
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<tr>
<td><strong>Cholesterol:</strong></td>
<td><strong>Carbohydrates:</strong> 15 g</td>
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Well-Being Services
humanresources.illinois.edu/wellbeing-services
Chilled Fruit Soup
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23051&news_iv_ctrl=1681

Ingredients

2 ½ cups diced cantaloupe, about ½ melon
2 Braeburn or Gala apples, peeled, cored and diced
1 cup green grapes
½ lb. strawberries, halved, or ½ of 10 oz. package of frozen strawberries
¼ cup sugar
2 Tbsp. fresh lemon juice
1 cup fresh blueberries, for garnish
1 cup fresh raspberries, for garnish
12 mint leaves, cut crosswise into thin strips for garnish

Instructions

1. In large saucepan, combine melon, apples, grapes, strawberries, sugar and lemon juice. Add 3 cups water. Bring to boil over medium-high heat. Cover, reduce heat and simmer until fruit is very soft, 12-15 minutes. Uncover and set aside to cool for 15 minutes.
2. Transfer contents of pot to blender. Wrap dishtowel around top of blender. Firmly pressing down blender lid, whirl soup until smooth. It will look creamy. Doing this in 2 batches may be necessary.
3. Pour soup into 1 large or 2 medium jars and let sit at room temperature until lukewarm. Refrigerate soup until well chilled, 6 hours to overnight. Just before serving, shake jar vigorously.
4. Divide soup among 6 wide, shallow bowls. For garnish, divide blueberries, raspberries and mint among the bowls. Serve immediately.

Makes 6 servings

Nutrition information per serving

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<td>Carbohydrates: 36 g</td>
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Country Breakfast Cereal
From the Whole Grains Council
http://wholegrainscouncil.org/recipes/main-dishes/country-breakfast-cereal

Ingredients
1 cup (190g) uncooked brown rice
1/4 tablespoon butter or trans-fat free margarine
1/2 cup (75g) seedless raisins or dried cranberries
1 teaspoon ground cinnamon
2 1/4 (510 ml) cups water (For moister rice, add ¼ cup (30 ml) extra water)
skim or low-fat milk (optional)
honey or brown sugar (optional)
fresh fruit or toasted nuts (optional)

Instructions
1. Combine rice, butter, raisins and cinnamon with water in a 2- to 3-quart saucepan. Bring to a boil; stir.
2. Reduce heat, cover, and simmer 40 to 50 minutes, or until rice is tender and liquid is absorbed.
3. Fluff with fork. Serve with milk or cream, honey or brown sugar, and fresh fruit or nuts, if desired.

Variation: Make Country Breakfast Cereal using leftover cooked brown rice. For 3 cups (585g) cooked rice, add butter or trans-fat free margarine, raisins or cranberries and cinnamon above, and heat in a saucepan or in your microwave oven until heated through. Add optional ingredients, if desired.

Makes 6 servings

Nutrition information per serving
Calories 160
Total Fat 1.5g
Saturated Fat 0g
Carbohydrates 34g
Dietary Fiber 2g
Sodium 10mg
Protein 3g
Creamy Quinoa Oat Porridge

From the American Institute for Cancer Research

http://www.aicr.org/health-e-recipes/2013/creamy-quinoa-oat-porridge.html

Ingredients

½ cup quinoa
1¼ cups water
1/8 tsp. salt
1 ½ cups unsweetened almond milk
½ cup apple cider
½ cup water

½ cup quick cooking steel-cut oats
½ Granny Smith apple, cored, peeled, and shredded
¼ tsp. ground cinnamon
1 Tbsp. dark maple syrup
3 Tbsp. ground flaxseed, optional

Instructions

1. In medium saucepan, combine quinoa with 1¾ cups water, and salt. Cover, bring to a boil, and then simmer gently for 15 minutes. Off heat, let quinoa stand for 5 minutes. Set ½ cup of quinoa aside. Transfer the rest to a container and refrigerate for up to 3 days for another use.
2. In medium saucepan, combine almond milk, cider and 1/2 cup water, and bring to a boil. Immediately stir in oats, and add cooked quinoa, grated apple and cinnamon. Simmer gently for 15 minutes, stirring several times during the first 10 minutes, then frequently during the final 5 minutes to minimize sticking.
3. Divide porridge among 3 bowls. Drizzle 1 teaspoon of maple syrup over each serving. Sprinkle 1 tablespoon of flax seed over each serving, if using. Serve immediately.

Makes 3 servings (2 ½ cups total yield)
Serving size: 5/6 cup

Nutrition information per serving

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<td>Carbohydrates</td>
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Double Berry Whole Grain Pancakes
From the Whole Grains Council
http://www.wholegrainscouncil.org/recipes/main-dishes/double-berry-whole-grain-pancakes

Ingredients

For Pancakes:
- ¾ cup whole wheat flour
- ½ cup oats (quick or old fashioned, uncooked)
- ¼ cup toasted wheat germ
- 2 Tbs. granulated sugar
- 1 Tbs. baking powder
- ¼ tsp. salt
- 1 1/3 cup fat-free milk
- 1 egg, beaten
- 2 Tbs. vegetable oil
- ½ cup dried cranberries
- 1 ½ cups fresh or frozen blueberries, thawed and drained

For Berry Topping:
- 1 jar blueberry or blackberry fruit spread
- 1 Tbs. lemon juice

Instructions

1. In large bowl, combine flour, oats, wheat germ, sugar, baking powder, and salt. Mix well.
2. In medium bowl, combine milk, egg, and vegetable oil. Blend well. Add to dry ingredients all at once; mix until dry ingredients are moistened. Gently stir in cranberries.
3. Heat griddle over medium-high heat (or about 375 degrees F). Lightly spray with nonstick cooking spray. For each pancake, pour ¼ cup batter onto hot griddle. Top quickly with 8-10 blueberries. Turn pancakes when bubbled with cooked edges.
4. For the berry topping, heat fruit spread and lemon juice in the microwave on High for 3 minutes, stirring occasionally, until melted and smooth. Pour over pancakes.

Make 16 pancakes/ 8 servings (serving size: 2 pancakes)

Nutrition information per serving:
- Calories 245
- Carbohydrates 48 g
- Dietary Fiber 4 g
- Sugars 28 g
- Protein 5 g
- Total Fat 4 g
- Saturated Fat 0.5 g
- Cholesterol 0 mg

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Edamame, Sweet Pea and Egg Breakfast Tortilla
From Oldways Whole Grain Council
https://wholegrainscouncil.org/recipes/edamame-sweet-pea-and-egg-breakfast-tortillas

Ingredients
½ cup edamame, cooked 1 tablespoon lemon juice
½ cup sweet peas, cooked 1 clove garlic, minced
2 tablespoons tahini 2 tablespoons mint, chopped
1 tablespoon plus 2 teaspoons extra virgin olive oil, divided 2 whole wheat tortillas
2 large eggs

Instructions
1. In a food processor, pulse together edamame, peas, tahini, 1 tablespoon olive oil, lemon juice, garlic, and mint until smooth and combined. Divide the edamame “hummus” between the two tortillas.
2. Place a skillet with the remaining olive oil over medium heat. Once hot, break the eggs into the skillet and cook slowly until the whites are set. Place eggs on top of the tortillas. Optional: garnish with additional edamame, peas, and mint. Serve immediately.

Makes two servings

Nutrition information per serving
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Egg and Roasted Red Pepper Wrap
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=19227&news_iv_ctrl=1681

Ingredients
- 1 large red bell pepper, halved and seeded
- Salt to taste
- 1/4 tsp. each dried basil, oregano and thyme
- 1 large egg
- 1 large egg white
- Olive oil cooking spray
- 2 tsp. grated Parmesan cheese
- 2 Tbsp. chopped flat-leaf parsley
- 2 Tbsp. reduced-fat ricotta cheese
- 1/8 tsp. harissa, or to taste
- 1 low-fat whole-wheat wrapper

Instructions
1. Preheat oven to 425 degrees F.
2. Place pepper, cut side down, on foil-covered baking sheet. Bake until skin is puffed and blistered, 20-30 minutes. Transfer pepper to bowl, cover with plate, and let steam for 20 minutes. Pull off skin from pepper, using your fingers or small knife.
3. Place pepper on plate. Sprinkle with salt and dried herbs, cover with plastic wrap, and refrigerate overnight, or up to 24 hours.
4. In bowl, whisk egg and egg white together until well blended. Coat 8-inch skillet with cooking spray, and set over medium-high heat. Add egg, tilting to coat bottom of pan, and cook until egg is set, 1-2 minutes. Sprinkle on cheese and parsley, and cook until surface of omelet looks dull, 2-3 minutes. Slide flat omelet onto plate and set aside.
5. In small bowl, combine ricotta and harissa. Blot roasted pepper dry using paper towel, and cut pepper into very thin strips.
6. To assemble wrap, spread ricotta mixture over wrapper, leaving 1/2-inch uncovered around edges. Slide omelet onto wrapper, positioning it near one end. With narrow end of wrapper toward you, arrange 8-10 pepper strips horizontally on top of egg, and starting at end near you, tightly roll up wrapper. Cut rolled wrap diagonally into 3 pieces and serve immediately.

Makes 1 serving

Nutrition information per serving
- Calories: 330
- Total fat: 11 g
- Saturated fat: 3 g
- Carbohydrates: 34 g
- Protein: 20 g
- Dietary fiber: 6 g
- Sodium: 420 mg
Fantastic French Toast
From the United States Department of Agriculture

https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fantastic-french-toast

Ingredients

- 2 large eggs
- ½ cup non-fat milk
- ½ teaspoon vanilla extract
- 6 slices whole wheat bread
- Syrup or other toppings (optional)

Instructions

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees.
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed.
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray.
4. Dip both sides of bread, one slice at a time, in the egg mixture and cook on the hot griddle or frying pan.
5. Cook on one side until golden brown. Turn the bread over to cook the other side. It will take about 4 minutes on each side.
6. Optional: serve with syrup, applesauce, fruit slices, or jam.

Makes 6 servings
Serving size: 1 slice

Nutrition information per serving

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<td>Cholesterol: 62 mg</td>
<td>Carbohydrates: 13 g</td>
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Flaxseed and Blueberry Pancakes
From the American Institute for Cancer Research
http://www.aicr.org/foods-that-fight-cancer/blueberries.html#recipes

Ingredients
3/4 cup buckwheat flour
3/4 cup whole-wheat flour
2 Tbsp. ground flaxseed
2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1 cup skim or low fat buttermilk
3/4 cup skim milk
2 large eggs
1 Tbsp. canola oil
1 Tbsp. honey
2 cups blueberries (rinsed and set aside)
Vegetable cooking spray
Pure maple syrup as desired

Instructions
1. In large bowl combine flours, flaxseed, baking powder, baking soda and salt. In separate bowl mix together buttermilk, skim milk, eggs, oil and honey.
2. Pour egg mixture into dry ingredients and stir just until batter is lightly mixed together. (If the batter appears too thick, add a dollop more of skim milk to thin.) Lumps are okay and over mixing makes for hard pancakes. Fold in blueberries.
3. Preheat large skillet over medium heat. Spray skillet with cooking spray. Use about 1/4 cup of batter for each pancake. Cook for about 2 to 3 minutes per side on medium or medium-high heat. The pancakes are ready to flip when bubbles start to appear. Turn over only once and when golden brown. You will have enough for 4–6 generous servings, and any leftovers can be frozen for a mid-week treat.

Makes 4-6 servings

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Fresh Corn Pancakes with Lime Drizzle
From the American Institute for Cancer Research

Ingredients
6 tablespoons whole-wheat pastry flour
6 tablespoons unbleached all-purpose flour
¼ teaspoon salt
1 large egg
2/3 cup 1% milk
4 teaspoons unsalted butter, melted
½ cup fresh corn kernels (1 medium ear)
1 medium scallion, green part only, very thinly sliced
1 egg white
2 tablespoons honey, preferably wildflower
1-2 tablespoons fresh lime juice
Cooking spray

Instructions
1. In medium mixing bowl, combine flours and salt.
2. In small bowl, use fork to beat egg. Add milk and melted butter and stir to combine.
3. Add wet ingredients to dry ones, mixing until combined but small lumps remain. Stir in corn and scallion greens.
4. In small bowl, use hand or electric mixer to beat egg white until soft peaks form. Gently fold egg white into pancake batter.
5. Coat heavy skillet, preferably cast iron, generously with cooking spray and set pan over medium-high heat. When drops of water flicked into pan bounce, re-stir pancake batter. Using ¼ cup measure, scoop down to the bottom of bowl and dip out about 3 tablespoons batter. Pour batter onto skillet, making 3 ½-inch pancake. Repeat, placing pancakes 3 inches apart. Cook until bubbles dot pancakes, edges look opaque and bottoms are nicely browned, about 3 minutes. Flip pancakes and brown lightly on second side. Transfer pancakes to platter and cover to keep warm.
6. For drizzle, in small bowl, whisk honey and 1 tablespoon lime juice together until combined. If syrup is too sweet, add more lime juice to taste.
7. Serve pancakes with honey-lime drizzle.

Makes 4 servings; 12 pancakes

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Granola Fruit Squares
American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23059&news_iv_ctrl=2901

Ingredients

- 1 cup old-fashioned or quick oats, uncooked (not instant)
- 1/4 cup each almonds and walnuts
- 1 Tbsp. flax seeds
- 1/2 cup whole wheat flour
- 1 tsp. ground cinnamon
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/4 cup canola oil
- 1/4 cup brown sugar
- 1/2 tsp. vanilla
- 2 eggs
- 1/2 cup fresh blueberries
- 1/2 cup combination raisins, dried cranberries and dried cherries

Instructions

1. Preheat oven to 350 degrees.
2. Line 9-inch square baking dish with aluminum foil and leave 2-inches of foil hanging over edges.
3. In large nonstick skillet over medium heat stir oats, nuts and seeds and toast for 6-8 minutes. Set aside to cool. When cool, in food processor, pulse mixture until coarse. Avoid making the mixture too fine.
5. In another mixing bowl combine oil, honey, sugar, vanilla and eggs and mix well. Stir in flour mixture until just combined. Gently add oat mixture, fresh blueberries and dried fruit.
6. Lightly coat baking dish with cooking spray. Pour granola batter into dish and spread evenly. Bake until mixture is set, about 25 to 28 minutes. Remove from oven and allow to completely cool. Use overhanging foil to lift granola slab from baking dish to cutting board. Cut into desired size bars.

Makes approx. 16 squares.
Nutrition information per serving

| Calories: 198 | Dietary Fiber: 3 g |
| Total Fat: 10 g | Sodium: 77 mg |
| Saturated Fat: 1 g | Protein: 5 g |
| Cholesterol: | Carbohydrates: 25 g |
Huevos Rancheros with Pico de Gallo

From the California Dept. of Public Health and the Network for a Healthy California Champions for Change


Ingredients

- 4 (6-inch) corn tortillas
- ½ tablespoon vegetable oil
- nonstick cooking spray
- 1½ cups egg substitute
- 2 tablespoons shredded Cheddar or Monterey Jack cheese
- 2 cups Pico de Gallo (see recipe below or utilize a pre-prepared Pico de Gallo product)
- 1/8 teaspoon ground black pepper

Instructions

1. Preheat oven to 450°F.
2. Lightly brush tortillas with oil on both sides and place on a baking sheet. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown. Remove from the oven and set aside.
3. Spray a large skillet with nonstick cooking spray.
4. Pour egg substitute into skillet. Cook over medium heat for 2 to 3 minutes until eggs are cooked through.
5. Place an equal amount of eggs on each tortilla and top each with ½ tablespoon cheese.
6. Place under the broiler for about 2 minutes until cheese is melted.
7. Spoon ½ cup Pico de Gallo on each tortilla and top with ground black pepper.
8. Serve warm.

Makes 4 servings. (1 tortilla per serving)

Nutrition information per serving:

- Calories 146
- Carbohydrate 16 g
- Dietary Fiber 3 g
- Protein 13 g
- Total Fat 4 g
- Saturated Fat 1 g
- Trans Fat 0 g
- Cholesterol 3 mg
- Sodium 255 mg
Pico de Gallo
From the California Dept. of Public Health and the Network for a Healthy California Champions for Change

Ingredients

1 pound ripe tomatoes (about 2 medium tomatoes), chopped
1½ cups chopped onion
1/3 cup chopped fresh cilantro
3 jalapeño peppers, chopped (seeds removed)
2 tablespoons lime juice
2 cloves garlic, finely chopped
¼ teaspoon salt

Instructions

1. Combine all ingredients in a medium bowl.
2. Serve or cover and refrigerate for up to 3 days.

Use to season your family meals or serve with tortilla chips.

Makes 6 servings (½ cup per serving)

Nutrition information per serving:
Calories 34
Carbohydrate 8 g
Dietary Fiber 2 g
Protein 1 g
Total Fat 0 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 105 mg
Mini Breakfast Quiche
From the Seattle & King County Public Health Cookbook:
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/MiniQuiches.aspx

Ingredients
1 egg
3 egg whites
¼ cup onion, chopped
¼ cup chopped spinach (either fresh - steamed & cooled; or frozen - thawed & drained)
2 medium white mushrooms, diced

1/3 cup low-fat mozzarella cheese, shredded
1 tsp. Tabasco sauce
Salt and pepper to taste, optional
(Vitamin A 20% DV
Calcium 20% DV

Vegetable cooking spray

Instructions
1. Preheat oven to 350 degrees.
2. Mix eggs together in medium bowl. Add remaining ingredients and stir until combined.
3. Spray a muffin pan with cooking spray. Divide egg mixture evenly among six muffin cups.
4. Bake until and inserted knife comes out clean and top of quiches are golden brown, about 15-20 minutes.

Makes 2 servings (3 mini quiches per serving)

Nutrition information per serving:
Calories 129
Carbohydrate 5 g
Dietary Fiber 1 g
Protein 15 g
Total Fat 6 g
Sodium 238 mg
Oatmeal Pecan Waffles (or Pancakes)

Taken from the National Heart, Lung and Blood Institute

https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=1&clid=9&rId=152

Note: For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.

Ingredients

For waffles:
- 1 cup whole wheat flour
- ½ cup quick-cooking oats
- 2 teaspoons baking powder
- 1 teaspoon sugar
- ¼ cup unsalted pecans, chopped
- 2 large eggs, separated
- 1 ½ cup fat-free (skim) milk
- 1 tablespoon vegetable oil

For fruit topping:
- 2 cups fresh strawberries, rinsed, stems removed, and cut in half (or substitute frozen strawberries, thawed)
- 1 cup fresh blackberries, rinsed (or substitute frozen blackberries, thawed)
- 1 cup fresh blueberries, rinsed (or substitute frozen blueberries, thawed)
- 1 teaspoon powdered sugar

Instructions

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar and pecans in a large bowl.
3. Combine egg yolks, milk and vegetable oil in a separate bowl and mix well.
4. Add liquid mixture to the dry ingredients and stir together. Do not overmix, mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see note above).
6. Pour batter into preheated waffle iron and cook until the waffle iron light signals it’s done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle and serve.

Makes 4 servings.

Nutrition information per serving

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<td>Cholesterol: 107 mg</td>
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Overnight Oatmeal
From Oregon State University's Food Hero
https://foodhero.org/recipes/overnight-oatmeal

Ingredients
1 cup old-fashioned rolled oats (raw)
1 cup low-fat yogurt
1/2 cup non-fat or 1% milk
1/2 cup berries, fresh or frozen
1/2 cup chopped apple

Instructions
1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours.
4. Serve scoops of oatmeal in small dishes or spoon into small containers with lids for grab-and-go breakfasts.
5. Refrigerate leftovers within 2 hours.

Makes 4 servings

Nutrition information per serving

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Papaya Boats
From the California Dept. of Public Health and the Network for a Healthy California Champions for Change

Ingredients

2 papayas, rinsed and peeled
1 medium banana, peeled and sliced
1 kiwifruit, peeled and sliced
1 cup sliced strawberries
1 (11-ounce) can mandarin oranges, drained
¾ cup low fat vanilla yogurt
1 tablespoon honey*
2 teaspoons chopped fresh mint (optional)

Instructions

1. Cut papayas in half lengthwise. Scoop out seeds. Place each half on a medium plate.
2. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half.
3. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.

Makes 4 servings. (½ ripe papaya per serving.)

Nutrition information per serving:
Calories 195
Carbohydrate 46 g
Dietary Fiber 6 g
Protein 5 g
Total Fat 1 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 2 mg
Sodium 40 mg
Raspberry Almond Muesli
From the American Institute for Cancer Research
https://www.aicr.org/health-e-recipes/2015/her-570-raspberry-almond-muesli.html

Ingredients
1/2 cup quick cooking oats (not instant) 3 Tbsp. sliced almonds, divided
1 Tbsp. ground flaxseed 1 cup buttermilk, light or regular
Pinch of salt 1/2 tsp. vanilla extract
1 container (6 oz.) fresh raspberries, divided 1/4 cup fresh blueberries, for garnish
2 Tbsp. honey 8 fresh blackberries, for garnish
2 Tbsp. reduced-fat unsweetened shredded coconut

Instructions

1. In medium mixing bowl, combine oats, flax and salt.
2. In smaller bowl, use fork to coarsely mash 1 cup of raspberries with honey and set aside. Set remaining raspberries aside for garnish.
3. In dry medium skillet over medium-high heat, toast coconut, stirring constantly with wooden spatula, until it is golden brown in places and still pale in others, about 2 minutes. Immediately add toasted coconut to oats. Wipe out pan.
4. Return skillet to heat, add almonds, and toast, stirring constantly, until smaller bits are golden brown, about 4 minutes. Immediately spread nuts on plate. Measure and set aside 1 tablespoon toasted almonds and add rest to oat mixture.
5. To oats, add buttermilk and vanilla and mix until well combined. Add raspberry mixture and stir to combine thoroughly. Divide muesli between two bowls or decorative glass dessert dishes. Cover with plastic wrap and refrigerate for 4 to 12 hours.
6. To serve, arrange remaining raspberries, blueberries and blackberries over top of muesli. Sprinkle on remaining toasted almonds. Serve chilled muesli immediately.

Makes 2 servings

Nutrition information per serving

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Red and Yellow Bell Pepper Omelet

From the California Department of Public Health

Ingredients

- 1 teaspoon olive oil
- 1 large red bell pepper, seeded and thinly sliced
- 1 large yellow bell pepper, seeded and thinly sliced
- 4 egg whites
- ½ teaspoon dried basil
- ¼ teaspoon ground black pepper
- Nonstick cooking spray
- 2 teaspoons grated Parmesan cheese

Instructions

1. In a large nonstick pan over medium heat, warm oil; add red and yellow bell peppers and cook, stirring frequently for 4 to 5 minutes. Keep warm over low heat.
2. In a small bowl, lightly whisk together egg whites, basil, and ground black pepper.
3. Coat a small nonstick pan with nonstick cooking spray. Warm over medium-high heat for 1 minute. Add half of the egg mixture, swirling the pan to evenly coat the bottom. Cook for 30 seconds or until the eggs are set.
4. Carefully loosen and flip. Cook for 1 minute or until firm.
5. Sprinkle half of the red and yellow bell peppers over the eggs. Fold to enclose the filling. Transfer to a plate. Sprinkle with 1 teaspoon Parmesan cheese.
6. Repeat with the remaining egg mixture, peppers, and cheese. Serve hot.

Makes 2 servings

Nutrition information per serving

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Ricotta, Basil, and Strawberry Toast

From the American Institute for Cancer Research


Ingredients
1 slice whole grain bread, toasted
1 tablespoon ricotta cheese
3 fresh basil leaves, sliced into strips
2-4 strawberries, sliced into thin strips

Details
This toast is the perfect combination of savory and sweet flavors. It’s light and refreshing and works well with any type of berry in season. Berries are one of AICR’s Foods that Fight Cancer – and are particularly high in ellagic acid, a phytochemical that has been shown to have strong cancer-protective properties.

Makes 1 serving

Nutrition information per serving

| Calories: 140 | Dietary Fiber: 3 g |
| Total Fat: 4 g | Sodium: 135 mg |
| Saturated Fat: 1.5 g | Protein: 5 g |
| Cholesterol: | Carbohydrates: 23 g |
Spanish Omelet
National Diabetes Education Program
&redirect=true#page3

Ingredients
- 5 small potatoes, peeled and sliced
- Vegetable cooking spray
- ½ medium onion, minced
- 1 small zucchini, sliced
- 1 ½ cups green/red peppers, sliced thin
- 5 medium mushrooms, sliced
- 3 whole eggs, beaten
- 5 egg whites, beaten
- Pepper and garlic salt with herbs, to taste
- 3 ounces shredded part-skim mozzarella cheese
- 1 Tbsp. low-fat parmesan cheese

Instructions
1. Preheat oven to 375 degrees F.
2. Cook potatoes in boiling water until tender.
3. In a nonstick pan, add vegetable spray and warm at medium heat.
4. Add onion and sauté until brown. Add vegetables and sauté until tender but not brown.
5. In a medium mixing bowl, slightly beat eggs and egg whites, pepper, garlic salt, and low-fat mozzarella cheese. Stir egg-cheese mixture into the cooked vegetables.
6. In a 10 inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20-30 minutes.
7. Remove omelet from oven, cool for 10 minutes, cut into five pieces.

Makes 5 servings. Serving size: 1/5 of omelet

Nutritional information per serving (1/5 of omelet)
- Calories: 260
- Total fat: 10g
- Saturated fat: 3.5g
- Sodium: 240mg
- Total carbohydrate: 30g
- Cholesterol: 135 mg
- Dietary fiber: 3g
- Protein: 16g
Strawberry-Blueberry Muffins

American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=9501&news_iv_ctrl=1681

Ingredients
- Canola oil spray
- 3 Tbsp canola oil
- 1/3 cup unsweetened applesauce
- ½ cup sugar
- 2 eggs
- 1 tsp vanilla
- 1 cup fresh blueberries
- 1 cup chopped fresh strawberries
- 1 cup whole-wheat flour
- 1 cup unbleached all-purpose flour
- 2 tsp. baking powder
- ¼ tsp salt
- ½ cup fat-free milk

Instructions
1. Preheat oven to 375 degrees. Spray 12-cup muffin tin with canola oil and set aside.
2. In medium bowl, whisk together oil, applesauce, sugar and eggs. Add vanilla, blueberries and strawberries.
3. In separate bowl, blend together flours, baking powder and salt.
4. Fold in half flour mixture, then half milk.
5. Add remaining flour and milk, folding in just until blended.
6. Scoop batter into prepared tins.
7. Bake 25-30 minutes or until golden brown and inserted toothpick comes out dry.
8. Allow muffins to cool for 20 minutes before removing from pan.

Makes 12 muffins. Serving size: 1 muffin

Nutritional information per serving (1 muffin)
Calories: 165
Total fat: 5g
Saturated fat: Less than 1g
Sodium: 133mg
Total carbohydrate: 28g
Dietary fiber: 2g
Protein: 4g
Veggie Scramble Wraps
From the California Dept. of Public Health and the Network for a Healthy California Champions for Change

Ingredients
- Nonstick cooking spray
- 1 cup chopped fresh or frozen vegetables (bell peppers, onions, broccoli, and mushrooms)
- 1 cup egg substitute
- 2 (6-inch) flour tortillas
- ¼ cup grated low-fat Cheddar cheese

Instructions
1. Spray a medium skillet with nonstick cooking spray and heat over medium heat.
2. Cook vegetables until tender, about 5 minutes.
3. Add egg substitute and stir until thoroughly cooked, about 5 minutes.
4. Warm the tortillas in the microwave for 5 to 10 seconds.
5. Place half of the egg mixture in each tortilla and sprinkle with cheese.
6. Wrap the tortilla around the egg mixture and enjoy.

Makes 2 servings. (1 wrap per serving)

Nutrition information per serving:
- Calories 191
- Carbohydrate 19 g
- Dietary Fiber 4 g
- Protein 21 g
- Total Fat 4 g
- Saturated Fat 1 g
- Trans Fat 0 g
- Cholesterol 3 mg
- Sodium 537 mg
Whole Grain Strawberry Pancakes
From MyPlate -- United States Department of Agriculture

Ingredients
1 ½ cups whole wheat flour
3 tablespoons sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
3 eggs
1 container (6 oz) vanilla low-fat yogurt
¾ cup water
3 tablespoons canola oil
1 ¾ cups sliced fresh strawberries
1 container (6 oz) strawberry low-fat yogurt

Instructions
1. Heat griddle to 375°F or heat 12-inch skillet over medium heat. Grease with canola oil if necessary (or spray with cooking spray before heating).
2. In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, vanilla yogurt, water and oil with egg beater or wire whisk until well blended. Pour egg mixture all at once into flour mixture; stir until moistened.
3. For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
4. Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Makes 7 servings

Nutrition information per serving
Calories: 260
Total fat: 9 g
Saturated fat: 1.5 g
Sodium: 390 mg
Dietary fiber: 4 g
Zucchini Muffins
From the California Department of Public Health

Ingredients
- nonstick cooking spray
- 2 eggs
- ½ cup applesauce
- ¼ cup granulated sugar
- 1 teaspoon vanilla extract
- 1¼ cups whole wheat flour
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 2 cups grated zucchinis (about 2 small zucchinis)
- ½ cup raisins
- 2/3 cup toasted and chopped pecans or walnuts

Instructions
1. Place an oven rack in the middle of the oven. Preheat oven to 350 F.
2. Spray muffin pan (12 muffin cups total) with nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, salt, baking soda, cinnamon, ginger, and cloves.
5. Stir flour mixture into egg mixture until just barely blended (there may be a few small lumps).
7. Divide batter evenly among muffin cups.
8. Bake 20 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.
9. Remove muffin pans from oven and let muffins stand for 5 minutes.
10. Remove muffins from pan and place them on a wire rack to finish cooling. Serve warm or at room temperature.

Makes 12 servings

Nutrition information per serving
- Calories: 142
- Total Fat: 5g
- Saturated Fat: 1g
- Protein: 4g
- Sodium: 168g
- Carbohydrates: 21g
- Dietary Fiber: 3g
- Cholesterol: 35mg

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Anytime Pizza
From U.S. Department of Agriculture – Choose My Plate
https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/anytime-pizza

Note: For an added serving of grains, substitute any of the bread for a whole grain version.

Ingredients
- 1/4 mini baguette or Italian bread (split lengthwise, or 2 split English muffins)
- 1/2 cup pizza sauce
- 1/2 cup mozzarella or cheddar cheese (part-skim, shredded)
- 1/4 cup green pepper (chopped)
- 1/4 cup mushrooms (fresh or canned, sliced)
- Vegetable toppings (other, as desired, optional)
- Italian seasoning (optional)

Instructions
1. Toast the bread or English muffin until slightly brown.
2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese.
3. Sprinkle with Italian seasonings as desired.
4. Return bread to toaster oven (or regular oven preheated to 350 degrees).
5. Heat until cheese melts.

Makes two servings

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Apple Berry Fruit Leather
From Seattle & King County Public Health
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/FruitLeather.aspx

Ingredients
- 3 cups apples, cored and chopped
- 1 cup raspberries
- 2 tablespoons frozen orange juice concentrate
- 2 tablespoons honey
- 1 teaspoon cinnamon
- 1 teaspoon fresh lemon juice

Instructions
1. Preheat oven to 140º F.
2. Using a blender, blend 1 cup of apples, the raspberries and the orange juice concentrate until smooth. Add remaining apples and blend until smooth. Pour apple mixture in a medium sized bowl then stir in the honey, cinnamon and lemon juice.
3. Line a baking sheet with plastic wrap and tape to edges. Do not use wax paper or aluminum foil since it's difficult to remove the fruit from these items.
4. Pour apple mixture on the plastic lined baking sheet and spread with a rubber spatula until it's 1/8 inch thick. Leave about 1/2 inch of space open from edge of pan to allow fruit to expand while drying.
5. Bake in oven for 4-6 hours. Fruit leather is done when it is no longer sticky to the touch. When done, roll the fruit with the plastic wrap the long way. Cut into 2-inch pieces. Store pieces in an airtight container.

Makes 8 servings

Nutrition information per serving

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<tr>
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<tr>
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Apricot Pecan Bars
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22647&news_iv_ctrl=1681

Ingredients
3 cups quick cooking oats
1/2 cup pecans, chopped (almonds or walnuts may be substituted)
3 cups unsweetened grain cereal (try Cheerios or Shredded Wheat)
2 cups dried apricots, chopped (dried cherries or cranberries may be substituted)
1/4 cup whole-wheat flour
12 ounces silken tofu, drained
1 large egg
1/2 cup applesauce
1/2 cup canola oil
3/4 cup honey
12 ounces silken tofu, drained
1/2 tsp. salt
1 Tbsp. lemon zest, freshly grated
1 Tbsp. vanilla extract
Cooking spray

Instructions
1. Preheat oven to 350 degrees.
2. Spread oats and pecans on large (15x10 inch) baking dish. Bake until lightly brown and fragrant, 8 to 10 minutes.
3. Transfer to large mixing bowl and add cereal, apricots and flour; stir to combine.
4. Puree tofu, egg, applesauce, oil, honey, vanilla and lemon zest in a blender until smooth. Make a well in the center of the oat mixture and fold in the tofu mixture until combined. Coat 9x13 baking dish with cooking spray and spread the mixture uniformly in the dish.
5. Bake until firm in the center and golden brown, approximately 35 to 40 minutes. Let cool completely in the dish before cutting into bars with a sharp knife.

Makes 24 servings
Serving Size: 1 bar

Nutrition information per serving

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Avocado and Corn Salsa
From the United States Department of Agriculture

Ingredients
1 avocado (diced)
¾ cup Frozen corn kernels, thawed
½ cup grape tomatoes, quartered
1 tablespoon fresh cilantro, chopped
2 teaspoons lime juice
¼ teaspoon salt

Instructions
1. Toss avocado, corn, tomatoes, cilantro, lime juice, and salt in a medium bowl.
2. Chill one hour and then serve.

Makes 5 servings

Nutrition information per serving

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<td>Cholesterol: 0 g</td>
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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Baja Bean Dip

USDA


Ingredients
2 cans low-sodium tomatoes (about 15 ounces each, drained and chopped)
1 can no-fat low-sodium refried beans (about 15 ounces)
1 can low-sodium corn (about 15 ounces, drained)
2 tablespoons chili powder
2 cups low-fat cheddar cheese (shredded)

Directions
1. Preheat oven to 350 degrees F.
2. In a skillet, combine 1 cup tomatoes, refried beans, ½ can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon into 8x8-inch baking dish. Top with remaining corn and tomatoes and sprinkle with cheese.
4. Bake 5 to 10 minutes, or until cheese is melted. Serve warm with tortilla chips.

Makes 12 servings, serving size about ⅓ cup.

Nutritional Information per serving

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<td>Cholesterol: 5mg</td>
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Black Bean and Corn Dip
From the King County (Washington) Public Health Department
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/BlackBeanCornDip.aspx

Ingredients
1. 15 oz. can black beans, drained and rinsed or 2 cups black beans cooked at home
2. 2 cups cooked fresh, frozen or canned corn
3. 2 green onions, sliced
4. 1/2 cup plain nonfat yogurt
5. 1/2 teaspoon thyme
6. 1/2 teaspoon chili powder
7. Black pepper to taste

Instructions
1. Place all ingredients in a blender. Blend for about 20 seconds or until all ingredients are smooth.
2. If the dip is too thick, stir in two tablespoons of yogurt.

Makes 12 servings. Serving size: 1/4 cup (69g)

Nutritional information per serving (4 servings)
Calories: 68
Calories from fat: 3
Total fat: 0g
Saturated fat: 0g
Cholesterol: 0 mg
Sodium: 77mg
Total carbohydrate: 13g

Dietary fiber: 3g
Sugars: 0g
Protein: 4g
Vitamin A: 0%
Vitamin C: 4%
Calcium: 4%
Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.
Carrot Raisin Granola Bars
From the USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/recipes/granola-bars

Ingredients
- 1 cup honey
- 1 cup peanut butter
- 3 ½ cups rolled oats
- ½ cup raisins
- ½ cup carrot (grated)
- ¼ cup coconut

Instructions
1. Preheat oven to 350 degrees.
2. Peel and grate carrots.
3. Put honey and peanut butter in large saucepan. Cook on low heat until they melt.
4. Remove the pan from the heat. Turn off the burner.
5. Add oatmeal, raisins, carrots, and coconut to the saucepan. Stir well, and let cool until you can safely touch it with your hands.
6. Put the mix in the baking pan.
7. Press the mix firmly into the bottom of the pan.
8. Bake for 25 minutes.

Makes 24 servings

Nutrition information per serving:
- Calories: 160
- Carbohydrates: 25 g
- Dietary Fiber: 2 g
- Protein: 4 g
- Total Fat: 6 g
- Saturated Fat: 1.5 g
Carrot Tuna Vegetable Dip
From the Centers for Disease Control (CDC) Fruit and Veggies: More Matters Campaign
http://www.fruitsandveggiesmorematters.org/recipe?iRID=20

Ingredients
- 1 celery stalk, chopped
- ½ cup chopped carrots
- 7 oz. can water-packed tuna, drained
- ¼ cup nonfat mayo or creamy salad dressing
- 2 tsp. prepared horseradish
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- ¼ tsp. hot pepper sauce
- 2 tsp. basil, crushed if dried, chopped if fresh
- 1 large egg, hard-boiled and chopped
- 4 cups assorted snacking vegetables (such as carrots, celery, cucumbers, cauliflower, broccoli, cherry tomatoes, zucchini, mushrooms, peppers)

Instructions
1. Place chopped celery and carrots in blender, pulse/chop until very fine.
2. Add drained tuna, mayo, horseradish, salt, pepper, and hot sauce. Blend on medium, and then high until smooth.

Makes 4 servings

Nutrition information per serving:
- Calories 118
- Carbohydrate 10 g
- Dietary Fiber 3 g
- Protein 14 g
- Total Fat 2.5 g
- Saturated Fat 0.7 g
- Sodium 438 mg
Chicken Tortas

From the California Dept. of Public Health and the Network for a Healthy California Champions for Change

http://www.cachampionsforchange.net/en/docs/Lunch/Chicken-Tortas.pdf

Ingredients

- 2 cups cooked, shredded chicken
- 1 tsp chili powder
- 2 cups Pico de Gallo
- 2 cups shredded romaine lettuce
- 4 thin sliced white onion
- ½ cup shredded reduced fat Monterey Jack cheese
- 2 radishes, sliced
- 1 fresh avocado, mashed
- 4 bolillos or French bread rolls, cut in half lengthwise

Instructions

1. In a medium bowl, combine chicken, chili powder, and 1 cup Pico de Gallo.
2. In another medium bowl, combine lettuce, onion, cheese, and radishes.
3. Spread equal amounts of mashed avocado on each roll
4. Place equal amounts of chicken and lettuce mixtures inside of each roll.
5. Spoon ¼ cup Pico de Gallo over lettuce and close sandwich. Serve immediately.

Makes 4 servings (1 sandwich per serving)

Nutrition information per serving:

- Calories 379
- Carbohydrate 32 g
- Dietary Fiber 6 g
- Protein 30 g
- Total Fat 15 g
- Saturated Fat 4 g
- Trans Fat 0 g
- Cholesterol 67 mg
- Sodium 500 mg
Chocolate Banana Grahams
Brought to you by Million Hearts
http://recipes.millionhearts.hhs.gov/recipes/chocolate-banana-grahams

Ingredients
- 1 square graham cracker, broken into 2 rectangles
- 1/2 teaspoon Nutella, or other chocolate-hazelnut spread, divided
- 2 slices banana, about 2 inches long
- 1/2 teaspoon sweetened shredded coconut, toasted if desired, divided

Instructions

1. Spread each graham cracker piece with ¼ teaspoon Nutella and top with a slice of banana and a sprinkling of coconut.

Makes 1 serving

Nutrition information per serving

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<td>Carbohydrates: 13 g</td>
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Chunky Cranberry Dip

American Institute for Cancer Research

[Link to the original source]

**Ingredients**
- 1-8oz. package reduced fat cream cheese
- 1-2 Tbsp lowfat milk
- ½ cup chopped dried cranberries
- ¼ cup chopped blanched almonds
- ½ Tsp orange zest, preferably fresh

**Instructions**
1. In medium bowl, place cheese and allow to soften at room temperature.
2. Mash and work with fork until texture is light enough to combine easily with other ingredients.
3. Gradually add milk until cheese becomes soft and spreadable.
4. Mix remaining ingredients.
5. Cover and refrigerate up to 2 days ahead or let stand at room temperature 1 hour before serving to allow flavors to blend.

*Makes 1 ½ cups. Serving size: 1 tablespoon*

**Nutritional information per serving (1 tablespoon)**
- Calories: 29
- Total fat: 2g
- Saturated fat: Less than 1g
- Sodium: 35mg
- Total carbohydrate: 3g
- Dietary fiber: Less than 1g
- Protein: 1g
Cranberry Orange Chex Mix
From the Whole Grains Council

http://wholegrainscouncil.org/recipes/snacks-desserts/cranberry-orange-chex-mix

Ingredients

3 cups (90g) Corn Chex® cereal
3 cups (90g) Rice Chex® cereal
3 cups (90g) Wheat Chex® cereal
1 cup (80g) sliced almonds
1/4 cup (55g) butter or trans-fat free margarine, melted
1/4 cup (55g) packed brown sugar
1/4 cup (60 ml) thawed frozen thawed orange juice concentrate
1/2 cup (75g) dried cranberries

Instructions

1. Heat oven to 300°F (150°F, or gas mark 2). In large bowl, mix cereals and almonds.
2. In microwavable measuring cup, mix butter, brown sugar and juice concentrate. Microwave uncovered on High 30 seconds; stir.
3. Pour over cereal mixture, stirring until evenly coated. Pour into ungreased large roasting pan.
4. Bake uncovered 30 minutes, stirring after 15 minutes. Stir in cranberries.
5. Cool completely, about 15 minutes. Store in airtight container.

Makes 20 ½ cup servings

Nutrition information per serving

Calories 140
Total Fat 5g
Saturated Fat 1.5g
Carbohydrates 23g
Dietary Fiber 2g
Sodium 135mg
Protein 3g
Crispy Chicken Nuggets
From the King County Public Health Recipe Cookbook
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/ChickenNuggets.aspx

Ingredients

12 ounces skinless and boneless chicken breasts
1 egg, slightly beaten
1 tablespoon honey
1 teaspoon prepared mustard
2 cups cornflakes, crushed
1 teaspoon ground black pepper

Instructions

1. Preheat oven to 450º.
2. Cut chicken into 1 inch chunks.
3. In a small bowl, using a fork, combine egg, honey and mustard.
4. In a medium sized bowl, add the crushed cornflakes and toss with the pepper.
5. Dip chicken pieces in egg mixture then roll in cornflakes until covered.
6. Place chicken on an ungreased baking sheet and bake for 15 minutes or until cooked through and no longer pink in the center.

Makes 4 servings (1/4 recipe per serving)

Nutrition information per serving:
Calories 178
Carbohydrate 15 g
Dietary Fiber 0 g
Sugars 4 g
Protein 22 g
Total Fat 2 g
Saturated Fat 1 g
Trans Fat 0 g
Cholesterol 102 mg
Sodium 215 mg
Crunchy Chickpea Snacks
From Eat Move, Save, Illinois Extension Offices

https://eat-move-save.extension.illinois.edu/eat/recipes/crunchy-chickpea-snacks

Ingredients
1 can (14 to 15 oz) chickpeas/garbanzo beans
1 tablespoon vegetable oil
¼ teaspoon salt
½ teaspoon cumin
1/8 teaspoon black pepper

Instructions
1. Preheat oven to 400 degrees F.
2. Drain and rinse canned chickpeas/garbanzo beans. Spread onto plate or cutting board. Pat dry with a clean towel. Add to small bowl.
3. Add vegetable oil, salt, cumin, and black pepper to bowl with chickpeas. Mix until oil and spices are evenly distributed.
4. Spray nonstick cooking spray onto a baking pan or cookie sheet. Spread out chickpeas onto pan.
5. Bake for 40 to 50 minutes, until chickpeas are lightly toasted.

Note: Store in an airtight container. If storing longer than 1 to 2 days, refrigerate roasted chickpeas.

Makes 4 servings
Nutrition information per serving

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<table>
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<tr>
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Curry, Carrot and White Bean Spread

From the King County Public Health Services


Ingredients

2 cups water
2 medium carrots, peeled and sliced
2 tablespoons olive oil
1/4 cup onion, chopped
1 clove garlic, minced
1/2 teaspoon curry powder

1/4 teaspoon ground cumin
1/2 cup canned white beans (Cannellini or navy beans), drained
Salt to taste (optional)
Chopped cilantro for garnish (optional)

Instructions

1. Bring water to a boil in a small saucepan then add carrots and cook for about 7-8 minutes or until tender. Drain then set aside.
2. Heat oil in a small skillet over medium-high heat. Add onion, garlic, curry and cumin and cook until onion is tender (about 4-5 minutes.)
3. Place carrots and onion mixture in a food processor or blender then add beans and salt (if using.) Blend until smooth or to desired consistency.
4. Transfer to a bowl, garnish with cilantro and serve with your favorite crackers or bread slices.

Makes 16 servings

Nutrition information per serving

Calories: 29
Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 0mg
Carbohydrates: 3g
Protein: 1g
Dietary Fiber: 1g
Sodium: 3mg
Dunkin’ Veggies and Dip
From the National Heart, Lung, and Blood Institute
https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/veggies-dip.htm

Ingredients

5 cups assorted raw vegetables, rinsed and cut into bite-sized pieces as needed – such as baby carrots, celery sticks, broccoli florets, cauliflower florets, or cherry tomatoes

Low-Fat Blue Cheese Dip
¼ cup reduced-fat blue cheese crumbles
¼ cup fat-free sour cream
2 tablespoons light mayonnaise

Honey Mustard Dip
¼ cup honey
2 tablespoons brown mustard
2 tablespoons fat-free evaporated milk
1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)
1 tablespoon fresh chives, rinsed, dried, and chopped (or 1 teaspoon dried)

Instructions
1. For dip, combine ingredients for the two dips separately, and serve with Dunkin’ Veggies.
2. Arrange vegetables on a platter and serve with choice of dip.

Makes 4 servings

Nutrition information per serving

<table>
<thead>
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<th>Dunkin’ Veggies</th>
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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
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**Well-Being Services**

humanresources.illinois.edu/wellbeing-services
English Muffin Veggie Pizza
From the United States Department of Agriculture

Ingredients
1 cup broccoli (cooked chopped) ¼ cup carrot (4 Tablespoons, shredded)
4 English muffins (try whole wheat muffins) 1/3 tablespoon Parmesan cheese (1 teaspoon, grated)
1 cup pizza sauce (or spaghetti sauce) ½ cup mozzarella cheese, shredded, part skim

Instructions

1. Cut the broccoli to make 1 cup of chopped broccoli.
2. Put the broccoli in a saucepan with water. Cook on medium until tender.
3. Drain the water from the saucepan. Let the broccoli cool.
4. Cut 4 English muffins in half. Toast the 8 muffin halves.
5. Shred the mozzarella cheese to make ½ cup of shredded cheese.
6. Peel and shred the carrots to make 3 tablespoons shredded carrots.
7. Spoon 2 tablespoons pizza sauce over each English muffin half.
8. Sprinkle 1 tablespoon shredded mozzarella cheese on top of each half.
9. Put 2 tablespoons broccoli and 1 teaspoon shredded carrots on top of each half.
10. Sprinkle each half with 1 teaspoon grated parmesan cheese.
11. Toast in the toaster oven for 2 minutes, until the cheese melts.

Makes 4 servings
Serving size: 2 mini pizzas

Nutrition information per serving

| Calories: 220 | Dietary Fiber: 4 g |
| Total Fat: 5 g | Sodium: 576 mg |
| Saturated Fat: 2 g | Protein: 11 g |
| Cholesterol: 8 mg | Carbohydrates: 34 g |
Fresh Fruit with Cinnamon Yogurt Dip
From the United States Department of Agriculture
http://recipefinder.nal.usda.gov/recipes/fresh-fruit-cinnamon-yogurt-dip

Ingredients
1 apple
1 orange
¼ cup orange juice
1 cup vanilla yogurt
½ teaspoon cinnamon

Serving variations:
- Try using other favorite seasonal fruits such as berries, melons, or peaches.
- Use strained Greek yogurt for more protein

Instructions
1. Prepare fruit (core apple, peel orange; slice)
2. Pour orange juice into a small bowl
3. Dip the fruit pieces into the orange juice to prevent browning
4. Arrange on a plate
5. Mix the yogurt and cinnamon in small bowl
6. Dip fruit pieces into yogurt mixture

Makes 4 servings

Nutrition information per serving:
Calories 120
Carbohydrate 26 g
Dietary Fiber 3 g
Protein 4 g
Total Fat 1 g
Saturated Fat 0.5 g
Sodium 40 mg
Vitamin C 35% DV
Fresh Salsa
From Stay Young at Heart – National Heart Blood and Lung Institute

Ingredients
- 6 tomatoes preferably Roma (or 3 large tomatoes)
- ½ 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
- ½ avocado, diced (black skin)
- Juice of 1 lime

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

Makes 8 servings (Serving size: ½ cup)

Nutritional information per serving (8 servings)
- Calories: 42
- Total fat: 2g
- Saturated fat: <1g
- Sodium: 44mg
- Cholesterol: 0mg
- Calcium: 12mg
- Iron: 1mg
Lite Hummus Dip
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7348&news_iv_ctrl=1122

Ingredients
1 can (15 oz.) chick peas, rinsed and drained
1-2 cloves finely minced garlic (or to taste)
1 Tbsp. sesame tahini
6-8 Tbsp. reduced sodium vegetable broth or water
1-2 Tbsp. fresh lemon juice
1/2 tsp. extra virgin olive oil
Salt and freshly ground black pepper, to taste
Hot pepper sauce (optional)
Paprika

Instructions
1. In blender or food processor, place peas, garlic, tahini, broth or water, lemon juice and oil. Blend on high speed until mixture is smooth.
2. Add salt, pepper and hot pepper sauce to taste, if desired. Pour mixture into serving bowl. Dust lightly with paprika.
3. Serve with cut-up raw vegetables and pita bread.

Makes 1 ¼ cups (2 tablespoons per serving)

Nutrition information per serving
Calories: 50
Total fat: 2 g
Saturated fat: <1 g
Carbohydrates: 7 g
Protein: 2 g
Dietary fiber: 2 g
Sodium: 195 mg
Low-Fat Blue Cheese Dip
From Deliciously Healthy Family Meals, US Dept. of Health and Human Services
http://hp2010.nhlbihin.net/healthyeating/[S(izif4ca0pelbstzdd\wj34ji)]/recipedetail.aspx?linkId=1&cId=10&rId=132&AspxAutoDetectCookieSupport=1

Dipping makes veggies fun—try this tasty dip for dinner, a snack, or a party!

Ingredients
• ¼ cup reduced-fat blue cheese crumbles
• ¼ cup fat-free sour cream
• 2 Tbsp. light mayonnaise

Instructions
Combine ingredients; serve with assorted fresh vegetable strips and slices (e.g. cucumbers, carrots, red, green and yellow peppers, broccoli, summer squash, etc.)

Makes four servings (1Tbsp. of dip per serving)

Nutritional information per serving
Calories: 56
Total fat 4 g
Saturated fat 1 g
Cholesterol 4 mg
Sodium 145 mg
Total fiber 0 g
Protein 3 g
Carbohydrates 3 g
Potassium 22 mg
Vitamin A 2%
Vitamin C 0%
Calcium 2%
Iron 0%
Make Your Own Snack Mix
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=1&cId=10&rid=164

Ingredients
1 cup toasted oat cereal
¼ cup unsalted dry roasted peanuts (or other unsalted nut)
¼ cup raisins
¼ cup cranberries

Instructions
1. Combine all ingredients, and toss well.
2. Serve immediately, or store for later snacking.

Makes 4 servings

Nutrition information per serving

<table>
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<tr>
<th></th>
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</tr>
<tr>
<td>Cholesterol:</td>
<td></td>
<td>Carbohydrates: 22 g</td>
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</table>
Oven-Fried Yucca

From the National Heart, Lung, and Blood Institute

https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=1&cId=10&rId=166&AspxAutoDetectCookieSupport=1

Ingredients

1 pound fresh yucca (cassava), cut into 3-inch sections and peeled (or 1 pound peeled frozen yucca)
Nonstick cooking spray

Instructions

1. In a kettle, combine the yucca with enough cold water to cover it by 1 inch. Bring the water to a boil, and slowly simmer the yucca for 20 to 20 minutes, or until it is tender.
2. Preheat oven to 350 degrees Fahrenheit.
3. Transfer the yucca with a slotted spoon to a cutting board, let it cool, and cut it lengthwise into 3/4 inch-wide wedges, discarding the thin, woody core.
4. Spray a cookie sheet lightly with the cooking spray. Spread the yucca wedges in a single layer on the cookie sheet, and spray the wedges with cooking spray. Cover with foil and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

Makes 6 servings
Serving size: 1 piece (2 1/2 inches long)

Nutrition information per serving

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<th></th>
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<tbody>
<tr>
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<td>Protein</td>
<td>2 g</td>
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<tr>
<td>Carbohydrates</td>
<td>20 g</td>
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</table>

Note: Pre-cut Yucca (Cassava) is available to purchase fresh or frozen from Walmart, OR fresh from Meijer, OR Fresh International Market on Neil Street.
Pineapple-Soy Glazed Chicken Wings
From the King County Public Health Recipe Cookbook
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/ChickenNuggets.aspx

Ingredients
- Nonfat cooking spray
- 3 pounds frozen chicken drumettes (28-30 count)
- 1/4 cup packed brown sugar
- 1 tablespoon corn starch
- 2 teaspoons fresh ginger, grated
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup pineapple juice
- 1/2 cup low-sodium chicken broth
- 2 tablespoons low-sodium soy sauce
- 1/4 cup green bell pepper, seeded and diced

Instructions
1. Preheat oven to 400º. Spray a baking pan with nonfat cooking spray. Spread wings in pan then bake for 50 minutes or until skins are crispy.
2. In a small saucepan, combine the brown sugar, corn starch, ginger, and red pepper flakes and heat over medium heat. Stir in the pineapple juice, broth, soy sauce and bell pepper then stir until combined. Cover and let simmer for 15 minutes or until heated through.
3. Using a pastry brush, brush wings with the glaze on all sides then continue to bake for another 10 minutes. Place wings in a serving tray with the remaining glaze in a small serving bowl as extra dip.

Makes 30 servings (1 drummette per serving)

Nutrition information per serving:
- Calories 123
- Carbohydrate 3 g
- Dietary Fiber 0 g
- Sugars 2g
- Protein 14 g
- Total Fat 6 g
- Saturated Fat 2 g
- Trans Fat 0 g
- Cholesterol 47 mg
- Sodium 209 mg
Popcorn Trail Mix
From the American Institute of Cancer Research
http://www.aicr.org/foods-that-fight-cancer/cranberries.html#recipes

Ingredients
- 2 cups air-popped popcorn
- 1 ½ cups unsweetened whole-grain oat dry cereal
- ¼ cup golden raisins
- 3 Tbs. dried blueberries
- 3 Tbs. dried cranberries
- 3 Tbs. dry-roasted almonds, coarsely chopped
- 3 Tbs. chopped dried pineapple
- 2 Tbs. roasted pumpkin seeds
- 2 Tbs. dry-roasted sunflower seeds

Instructions
1. Combine all ingredients in large bowl.
2. Serve, or store in airtight container for up to 3 days.

Makes 10 servings

Nutrition information per serving:
Calories: 91
Carbohydrate: 15 g
Dietary Fiber: 2 g
Protein: 2 g
Total Fat: 3 g
Sodium: 37 mg
Pumpkin Spice Energy Bites
From American Institute for Cancer Research

Ingredients

Energy Bites
- ¾ cup old-fashioned oats
- 2 tablespoons hemp seeds
- 2 tablespoons chia seeds
- 2 tablespoons flax seeds
- ½ cup walnut pieces
- ¼ cup pumpkin seeds
- 2 teaspoons pumpkin spice pie blend

Topping
- 1/3 cup pumpkin seeds
- 1 cup canned or cooked pumpkin
- 10 small soft dates, pitted
- 1/3 cup creamy natural peanut butter
- 1 teaspoon vanilla

Instructions

1. Place oats, hemp, chia, flax, walnuts, ¼ cup pumpkin seeds, pumpkin pie spice and dried raisins in container of food processor. Process a few seconds, just until ingredients are finely ground.
2. Add pumpkin, dates, peanut butter and vanilla and process for a few minutes until smooth, pausing to scrape down sides as needed. Texture should be smooth, finely ground and sticky.
3. Pour mixture into bowl, cover and chill for about 1 hour.
4. Remove from refrigerator and form into small balls (makes 28 balls) with hands.
5. Place 1/3 cup pumpkin seeds in small dish and roll each ball in pumpkin seeds to coat.
6. Store in refrigerator in airtight container.

Makes 28 servings (28 balls).

Nutrition information per serving

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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
<td>0 g</td>
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<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>Total Sugars: 3 g</td>
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</table>

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Quinoa Oatmeal Cookies
From the Whole Grains Council
http://wholegrainscouncil.org/recipes/snacks-desserts/quinoa-oatmeal-cookies

Ingredients
- 6 tablespoons dairy free/soy free margarine (may substitute with butter)
- 1/2 cup brown sugar
- 1/4 cup soft silken tofu (may substitute with 1 egg)
- 3/4 cup quinoa flour
- 1/2 tsp. baking soda
- 1 tsp. gluten free vanilla
- 1 1/2 cups Arzu Original Flavor (see note)
- 1/2 cup raisins (may substitute with dried cranberries)

Instructions
1. Preheat oven to 350 degrees.
2. Cream margarine, brown sugar and tofu (or egg).
3. Add quinoa flour, baking soda, salt and cinnamon and vanilla. Beat for 1 minute on high. Add vanilla and Arzu. Mix well. Add raisins and gently mix in.
4. Drop by teaspoonful onto parchment lined cookie sheet.
5. Bake 10-12 minutes until golden brown.
6. Cool before storing in air tight container.

Note: Arzu is a gluten-free mix of whole grain quinoa, buckwheat and legumes that can be eaten as a porridge or incorporated into a wide range of cooked and baked products.

Makes 36 servings
Serving Size: 1 cookie

Nutrition information per serving

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<td>Cholesterol:</td>
<td>Carbohydrates: 9 g</td>
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Quinoa Mango Salsa

From OLDWAYS Whole Grain Council

http://wholegrainscouncil.org/recipes/salads-sides/quinoa-mango-salsa

Ingredients
1-2 cups cooked quinoa
2 mangos, ripe and cubed
2-4 serrano chili, seeded and chopped
1/2 cup or more chopped cilantro
1/4 cup chopped red onion
Juice of 1 lime
3-4 Tbsp. rice wine vinegar
A pinch of salt

Instructions
1. Combine all ingredients. Use in one of the following ways, or get creative and make a new dish:
   - Serve as a side dish to any fish or chicken.
   - Add chips and serve as a snack or appetizer.
   - Wrap any fish in a piece of parchment paper, pile this salsa on top of the fish and bake at 350 for 12 minutes or so.
   - Top a plate of black beans or put it in a burrito.
   - Double or triple the quinoa, add more vinegar and some olive oil for a cold salad.
   - Pile on top of a poached egg for breakfast.

Nutrition information per serving.

<table>
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<tr>
<th>Nutrient</th>
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<tr>
<td>Total Fat</td>
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<td>Protein</td>
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<tr>
<td>Carbohydrates</td>
<td>10 g</td>
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Roasted Red Pepper Dip

From the King County (Washington) Public Health Department

Ingredients
- 2 medium red sweet peppers
- 2 tablespoons tomato paste
- 1 teaspoon sugar
- 1 teaspoon fresh thyme (or ¼ teaspoon crushed and dried thyme)
- ¼ teaspoon salt
- Dash of red pepper flakes
- 1 clove garlic, chopped

Instructions
1. Roast the peppers:
   -- Cut peppers into quarters and remove stem, seeds, and membranes.
   -- Line a baking sheet with foil. Place peppers down on foil, skin side up and press each segment to lie flat on sheet.
   -- Bake in an oven at 425º for 20 minutes or until skin is blackened and blistered.
   -- Remove peppers from oven and place in a paper bag. Close bag and let cool for 10 minutes.
   -- Peel and discard skins.
2. Place peppers in a food processor, cover, and blend until finely chopped.
3. Add tomato paste, sugar, thyme, salt, red pepper flakes and garlic. Cover and blend until smooth.

Makes 12 servings. Serving size: 1 tablespoon (122 g)

Nutritional information per serving (12 servings)
Calories: 36
Calories from fat: 2
Total fat: 0g
Saturated fat: 0g
Cholesterol: 0 mg
Sodium: 73mg
Total carbohydrate: 9g
Dietary fiber: 2g
Sugars: 0g
Protein: 1g
Vitamin A: 135%
Vitamin C: 380%
Calcium: 0%
Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.
Roasted Vegetable Salsa
From the University of Illinois Extension Services: Recipes for Diabetes
http://urbanext.illinois.edu/diabetesrecipes/recipe.cfm?recipe=Roasted
Vegetable Salsa

Ingredients

2 cups chopped tomato
1 ½ cups chopped summer squash
1 ½ cups chopped zucchini squash
½ cup chopped green pepper
½ cup chopped onion
2 tsp. olive oil

¼ tsp. thyme
1/8 tsp. salt
1/8 tsp. black pepper
¼ tsp. dried dill weed.
Cooking spray

Instructions

1. Preheat oven to 400 degrees.
2. Spray a 7x11 inch glass pan with cooking spray.
3. Toss ingredients lightly in bowl and pour into pan. Roast for 55-60 minutes.
4. Serve warm or chilled, as a snack or appetizer, or as a vegetable dish.

Make 12 servings

Nutrition information per serving:

Calories 21
Carbohydrates 3 g
Dietary Fiber 1 g
Protein 1 g
Total Fat 1 g
Saturated Fat 0 g
Cholesterol 0 mg
Sodium 27 mg
Salmon Spread
From the United States Department of Agriculture

Ingredients

- 1 can salmon (about 15 ½ ounces)
- 1 tablespoon lemon juice
- 1 tablespoon horseradish
- 1 cup yogurt, fat-free plain
- 1 tablespoon dill weed (dried)
- 4 green onion (chopped, or ¼ cup onion, or onion powder to taste)
- Parsley (for garnish)

Instructions

1. Drain salmon and flake with a fork into a bowl.
2. Mix in all other ingredients.
3. Serve on bread, crackers, or a rice cake.
4. Sprinkle chopped parsley to garnish.

Makes 7 servings
Serving size: ¼ cup prepared spread, 1/7 of recipe

Nutrition information per serving

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<td>Carbohydrates: 4 g</td>
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humanresources.illinois.edu/fsaws
Savory Roasted Eggplant Spread

From the American Institute of Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7179&news_iv_ctrl=1122

Ingredients

1 large eggplant
1 peeled, seeded tomato, chopped
¼ cup chopped parsley
1 Tbsp minced green onions
2 Tsp fresh lemon juice
1 Tsp olive oil
Salt and freshly ground black pepper, to taste

Instructions

1. Place eggplant in baking dish and bake at 400 degrees for 45-55 minutes.
2. Let eggplant cool, then cut in half and scrape insides into bowl. Process in blender or processor, leaving slightly chunky. Stir in remaining ingredients.
3. To serve, spread on hearty whole grain bread or focaccia. If desired, top off sandwich with sliced tomatoes, roasted green or yellow squash slices, pepper strips, or onion.

Makes 6 servings

Nutritional information per serving (6 servings)

Calories: 32
Total fat: <1 g
Saturated fat: < 1 g
Sodium: 6mg
Total carbohydrate: 6g
Dietary fiber: 2g
Protein: 1g
Southwest Caviar
From the U of I Extension

http://web.extension.illinois.edu/ghhpsw/recipe/071201.html

Ingredients
- 2 - 16oz cans black-eyed peas (cowpeas), rinsed
- ¾ cup onions, finely chopped
- 1 ¼ cup fresh cilantro or fresh parsley, finely chopped
- 2 cups of picante sauce or salsa
- 2 Tbsp. jalapeno pepper, chopped (optional)

Instructions
1. Combine all ingredients.
2. Chill before serving.
3. Serve as a side dish with tortilla chips as an appetizer.

Nutrition information per serving (not counting tortilla chips)
- Calories: 130
- Fat: 1g
- Calories from fat: 10
- Sodium: 825mg
- Dietary fiber: 6g
Southwestern Beef Roll-Ups
From the National Heart, Lung, and Blood Institute’s Keep the Beat
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=0&cId=10&rd=161&AspxAutoDetectCookieSupport=1

Ingredients
For tortillas:
4 whole-wheat tortillas (6½ inch)
4 red leaf lettuce leaves, rinsed and dried
4 oz low-sodium deli roast beef

For spread:
1 Tbsp light mayonnaise
1 tsp lime juice (about ½ fresh lime)
½ tsp hot sauce

Instructions
2. Spread about 1 teaspoon of spread on each tortilla.
3. Top each tortilla with one lettuce leaf and 1 ounce roast beef (about two slices).
4. Fold sides in, and roll.
5. Serve with a side of Tangy Salsa.

Makes 4 serving

Nutrition information per serving

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<th></th>
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<th>Total Fat</th>
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<td>190</td>
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Sun-Dried Tomato Dip
American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7233&news_iv_ctrl=1122

Ingredients
- 2 large red bell peppers or 1 jar (12 oz.), drained
- 1 can (15 oz.) can white beans, rinsed and drained
- 10 marinated sun-dried tomato halves, coarsely chopped
- 2 garlic cloves, chopped
- 3 Tbsp low fat mayonnaise
- 1 tsp dry oregano
- 1 tsp ground cumin
- ¼ tsp ground chipotle chili powder or pinch cayenne pepper
- Salt and freshly ground black pepper, to taste

Instructions
1. Grill fresh peppers over open flame or under broiler until their skins are blackened all over, using tongs to turn often, about 5 minutes.
2. Place peppers in bowl and cover with plastic wrap. Let sit 20 minutes.
3. When skin is loosened, pull it away with your fingers. (Some bits will remain).
4. Open peppers and remove seeds and ribs. Coarsely chop peppers.
5. Place peppers in food processor or blender and puree.
6. Add beans, sun-dried tomatoes, garlic, mayonnaise, oregano, cumin and chili powder or cayenne. Process to smooth puree.
7. Season to taste with salt and pepper. Dip is best if it sits an hour before serving. It keeps up to 3 days, tightly covered, in refrigerator.

Makes 2 ½ cups. Serving size: 1 tablespoon

Nutritional information per serving (1 tablespoon)
- Calories: 18
- Total fat: Less than 1g
- Saturated fat: Less than 1g
- Sodium: 22mg
- Total carbohydrate: 3g
- Dietary fiber: 1g
- Protein: 1g
Turkey Pinwheels
From Keep the Beat – NHBLI

Ingredients
- 4 slices whole-wheat bread
- 1 Tbsp light mayonnaise
- 1 Tbsp deli mustard
- ½ C cucumber, peeled and thinly sliced
- ¼ C jarred roasted red peppers
- 2 oz. low-sodium deli turkey breast

Instructions
1. Remove the crusts from the bread and flatten each slice with a rolling pin.
2. Combine mayonnaise and mustard. Spread about ½ tablespoon on each bread slice.
3. Arrange cucumbers and red peppers evenly on each slice of bread, and top with ½ ounce turkey.
4. Roll each slice into log, and cut each log into four pieces with a sharp knife. Serve immediately, or refrigerate logs until ready to serve (cut prior to serving).

Makes 4 servings (1 log per serving)

Nutritional information per serving (4 servings)

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Percent Daily Values are based on a 2,000 calorie diet.
Veggie Guacamole

From the King County (Washington) Public Health Department

Ingredients
2 ripe avocados, peeled and pitted
Juice of 1 lemon
1 large tomato, seeded and diced
1 cup canned black beans, drained
1 cup cooked corn (canned, fresh, or frozen)
1/2 teaspoon minced garlic
1 tablespoon green onion, chopped
1 teaspoon jalapeño peppers, chopped (optional)

Instructions
1. Mash avocados in a bowl.
2. Add lemon juice and salt, then mix in the remaining ingredients.

Makes 14 servings (Serving size: ¼ of a cup)

Nutritional information per serving
Calories: 77
Calories from fat: 41
Total fat: 5 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 34 mg
Total Carbohydrates: 8 g
Dietary fiber: 3 g
Sugars: 0 g
Protein: 2 g
Almond-Crusted Baked Chicken Tenders

From the American Institute for Cancer Research

Ingredients

- 1 1/4 cup almonds
- 2 tsp. garlic powder
- 1 tsp. smoked paprika
- 1 tsp. dried mustard
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 eggs, beaten
- 2 lbs. thin-sliced chicken breast halves (cut in half) or chicken tenders

Instructions

1. Preheat oven to 375 degrees.
2. Pulse almonds in a food processor until finely ground into an almond meal.
3. Mix the almond meal together with garlic, paprika, dried mustard, oregano, thyme, salt and pepper.
4. Dredge each piece of chicken in egg and coat with almond spice mixture.
5. Place pieces on lightly greased cookie sheet.

Makes 8 servings
(About 2-3 tenders per serving)

Nutrition information per serving

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<td>Cholesterol:</td>
<td></td>
<td>Carbohydrates: 4 g</td>
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</table>

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Baked Tofu
From USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/
& Montana State University Extension Service
http://www.montana.edu/nep/recipes.htm

Ingredients
- 2 Tbsp. soy sauce
- 1 minced clove garlic or ¼ teaspoon garlic powder
- 1 tsp. minced fresh ginger (optional)
- 1 tsp. vegetable oil
- 1 package (16 ounce) drained tofu, firm or extra firm, water packed

Instructions
1. Preheat oven to 350 degrees. Line a rimmed baking sheet with foil.
2. Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes.
3. While tofu is draining, combine soy sauce, garlic, ginger and vegetable oil in a small bowl.
4. Slice tofu into ½ inch thick slices. Place tofu slices on foil lined baking sheet.
5. Pour soy sauce mixture over tofu. Using a spatula or pancake turner, gently turn slices over to coat both sides with sauce.
6. Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup or salad.

Makes 4 servings (2 slices per serving)

Nutritional information per serving (4 servings)
Calories: 100
Calories from fat: 40
Total fat: 4.5g
Saturated fat: 0g
Cholesterol: 0mg
Sodium: 710mg
Total carbohydrate: 4g

Dietary fiber: 0g
Sugars: 1g
Protein: 9g
Vitamin A: 0%
Vitamin C: 0%
Calcium: 2%
Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.
Bok Choy Wrappers
From the United States Department of Agriculture

Ingredients
1 ½ cups brown rice, long-grain, regular, dry
1 ¾ cups fresh bok choy, sliced ¼ in.
1 ¾ cups canned pineapple tidbits, in 100% juice
3 cups cooked chicken strips
⅛ cup sweet and sour sauce
1 tsp. low-sodium soy sauce
12 leaf of fresh romaine lettuce, outer leaves

Directions
1. Preheat oven to 350 degrees F.
2. Combine brown rice and 3 ½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. A rice cooker may be used with the same quantity of brown rice and water.
3. In a medium bowl, combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce.
4. Transfer mixture to an 8” x 8” nonstick baking pan coated with nonstick cooking spray. Bake at 350 °F for 30 minutes. Cook to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature).
5. Place two lettuce leaves on a plate. Top each with ¾ cup filling.
   Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve warm.

Makes 12 wraps.

Nutritional Information

| Calories: 376 | Dietary Fiber: 5 g |
| Total Fat: 11 g | Sodium: 377 mg |
| Saturated Fat: 2 g | Protein: 13 g |
| Cholesterol: 23 mg | Carbohydrates: 56 g |
Bruschetta
From Keep the Beat – NHBLI
http://hp2010.nhlbihin.net/healthyeating/recipedetail.aspx?linkId=1&cId=10&rId=157

Ingredients
• ½ whole grain baguette (French bread), cut into 12 slices (or substitute 3 slices whole-wheat bread, each cut into 4 squares)
• 1 cup fresh tomatoes, rinsed and diced
• ¼ cup jarred roasted red peppers, diced (or substitute fresh roasted red peppers; see tip) (Leftover Friendly)
• 6 Kalamata olives, rinsed and sliced (or substitute any black olive)
• ½ Tbsp. olive oil
• 2 Tbsp. fresh basil, rinsed, dried, and chopped (or 2 tsp dried)
• ⅛ tsp. ground black pepper

Instructions
1. Lightly toast baguette slices.
2. Combine remaining ingredients, and toss well.
3. Top each bread slice with about 2 tablespoons of tomato mixture, and serve

Tips:
• Substitute fresh roasted red peppers by making extra when you make the Super Quick Chunky Tomato Sauce. If you don’t have leftover cooked vegetables, see basic cooking instructions.
• Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.
• Substitute fresh roasted red peppers by making extra when you make the Super Quick Chunky Tomato Sauce. If you don’t have leftover cooked vegetables, see basic cooking instructions.
• Younger children can help arrange the sliced bread on the tray and add the toppings. Older children can make the recipe themselves.

Nutritional information per serving (makes 4 servings)
• Calories: 119
• Total fat: 4g
• Saturated fat: 0g
• Cholesterol: 0mg
• Sodium: 256mg
• Total fiber: 2g
• Protein: 4g
• Carbohydrates: 17g
• Potassium: 113mg
• Vitamin A: 10%
• Vitamin C: 10%
• Calcium: 4%
• Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.
Celery with Apricot Blue Cheese Spread

From the United States Department of Agriculture

Ingredients
2 tablespoons crumbled blue cheese
3 tablespoons fat-free cream cheese
½ cup fat-free yogurt (plain)
4 dried apricots
4 dried figs or dates
¼ cup pecans
8 stalks celery

Instructions
1. Chop dried fruit and pecans.
2. Mix blue cheese, cream cheese, and yogurt with a fork or hand mixer until smooth.
4. Slice celery stalks into 3-4 inch sticks.
5. Fill celery pieces with spread.

Makes 4 servings
Serving size: ¼ of recipe

Nutrition information per serving

| Calories: 140 | Dietary Fiber: 3 g |
| Total Fat: 6 g | Sodium: 220 mg |
| Saturated Fat: 2 g | Protein: 6 g |
| Cholesterol: 5 mg | Carbohydrates: 16 g |
Celery with Cream Cheese Mousse

From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/%28S%28hmja2aj2vppd0y5530m3ayjn%29%29/recipedetail.aspx?linkId=0&cid=10&rId=160

Ingredients

- ¼ C low-fat whipped cream cheese
- ¼ C fat-free plain yogurt
- 2 Tbsp scallions (green onions), rinsed and chopped
- 1 Tbsp lemon juice
- ½ tsp ground black pepper
- 6 celery sticks, rinsed, with ends cut off
- 1 Tbsp chopped walnuts

Instructions

1. Combine cream cheese, yogurt, scallions, lemon juice, and pepper. Mix well with a wooden spoon.
2. Spread mixture evenly down the middle of each celery stick.
3. Cut each stick into 5 pieces. Top with chopped walnuts, and serve.

Makes 6 servings

Nutrition information per serving

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Cornmeal Herb Crisp Crackers
From the American Institute for Cancer Research

Ingredients
1/3 cup unbleached all-purpose flour 1/2 teaspoon kosher salt, divided
1 teaspoon dried basil 1/2 cup stone ground yellow cornmeal
1 teaspoon dried oregano 1/2 cup cold water
1/2 teaspoon garlic powder 1 1/2 teaspoon unsalted butter, cut into 4
1/2 teaspoon baking powder pieces

Instructions
1. Preheat oven to 375 degrees F. Set out 2 baking sheets, preferably light colored.
2. In small bowl, combine flour, basil, oregano, garlic powder, baking powder and half the salt.
3. In small saucepan, mix cornmeal and water until smooth. Cook over medium-high heat while whisking
   constantly until most of cornmeal clings to whisk in a ball and just starts to steam. Transfer cornmeal to
   small mixing bowl.
4. Using flexible spatula, spread hot cornmeal to cover bottom of bowl. Add butter and with your fingers
   carefully work hot cornmeal and butter into soft ball. Flatten cornmeal to cover bottom of bowl. Add dry
   ingredients and with your hands, work them into cornmeal just until evenly blended, pliable dough
   forms. Do not overwork dough or crackers will be tough.
5. Place sheet of baking parchment on work surface. Pat dough into 4-inch by 6-inch rectangle and place in
   center of parchment with narrow edge toward you. Working always from center out, push rolling pin
   towards top, then bottom, then each side. Repeat until dough is 8-inch by 10-inch rectangle. If dough is
   irregularly shaped, trim and piece pieces around edges, pressing them into place.
6. Cut dough crosswise in half. Setting one half aside on a baking sheet, rotate piece remaining on
   parchment so narrow side faces you. Roll it out to roughly 6 inches by 9 inches. Lifting parchment on one
   long side, release dough against your hand, then lay it back down on parchment. Repeat to release
   dough on other side. Roll dough to get it as thin as you can (less than 1/16 inch if possible), to about 7
   inches by 10 inches. With tines of fork, pierce dough all over, about every inch. Using sharp, thin knife,
   trim sides to make them even. With ruler as guide, cut dough into 1-inch by 2-inch strips. Sprinkle half of
   remaining salt over pieces. Arrange pieces of dough on one of baking sheets, placing them 1/2-inch
   apart.
7. Bake crackers 12-15 minutes, or until almost firm and lightly golden. Crackers will be unevenly colored
   with dark brown patches. Transfer crackers to plate. They harden as they cool.
8. Meanwhile, roll out, cut and bake second rectangle of dough.

Makes 8 servings, Serving size: about 3 balls
## Nutrition information per serving

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<td>Protein: 7 g</td>
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Well-Being Services
humanresources.illinois.edu/wellbeing-services
Creamy Dill Dip
From USDA
http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/creamy-dill-dip

Ingredients
1 cup sour cream, non-fat
1 cup yogurt, non-fat plain
2 tablespoons dill (dried)

Instructions
1. Put the sour cream, yogurt, and dill in a medium bowl. Stir together.
2. Store the dip in a covered container if you don’t plan to eat it right away.
3. Keep the dip in the fridge until you serve it.

Serve with cucumbers slices. If you want a creamy salad dressing, add a few tablespoons of water to the dip. Fresh dill is often available at local farmers markets in the summer.

Makes 16 servings

Nutrition information per serving

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Crispy Chicken Nuggets
From the King County Public Health Recipe Cookbook
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/ChickenNuggets.aspx

Ingredients

- 12 ounces skinless and boneless chicken breasts
- 1 egg, slightly beaten
- 1 tablespoon honey
- 1 teaspoon prepared mustard
- 2 cups cornflakes, crushed
- 1 teaspoon ground black pepper

Instructions

1. Preheat oven to 450º.
2. Cut chicken into 1 inch chunks.
3. In a small bowl, using a fork, combine egg, honey and mustard.
4. In a medium sized bowl, add the crushed cornflakes and toss with the pepper.
5. Dip chicken pieces in egg mixture then roll in cornflakes until covered.
6. Place chicken on an ungreased baking sheet and bake for 15 minutes or until cooked through and no longer pink in the center.

Makes 4 servings (1/4 recipe per serving)

Nutrition information per serving:

- Calories 178
- Carbohydrate 15 g
- Dietary Fiber 0 g
- Sugars 4 g
- Protein 22 g
- Total Fat 2 g
- Saturated Fat 1 g
- Trans Fat 0 g
- Cholesterol 102 mg
- Sodium 215 mg
Crustless Spinach Quiche
From the National Dairy Council
http://www.nationaldairycouncil.org/Recipes/Pages/Crustless-Spinach-Quiche.aspx

Ingredients
- 2 tsp. canola oil
- 1 medium yellow onion, finely chopped
- 1 10-ounce package frozen chopped spinach, thawed and drained
- 1 ½ cups grated Cabot 50% Light Cheddar cheese
- 6 large egg whites
- 1 large egg
- 1/3 cup Cabot No Fat Cottage Cheese
- ¼ tsp. ground cayenne red pepper
- 1/8 tsp. salt
- 1/8 tsp. ground nutmeg

Instructions
1. Drizzle oil in nonstick skillet over medium-high heat.
2. Add onion; sauté for 5 minutes, or until translucent.
3. Add spinach and stir for 3 additional minutes, or until spinach is dry. Set aside. Preheat oven to 375 degrees Fahrenheit.
4. Lightly coat 9” nonstick pie pan with cooking spray. Sprinkle cheese in pan. Top with spinach mixture.
5. In a medium bowl, whisk egg whites, egg, cottage cheese, red pepper, salt and nutmeg. Pour egg mixture over spinach.

Makes 4 servings

Nutritional information per serving (4 servings)
- Calories: 215
- Total fat: 11 g
- Saturated fat: 5 g
- Cholesterol: 75 mg
- Sodium: 550 mg
- Protein: 23 g
- Total carbohydrates: 6 g
- Calcium: 40% Daily Value
Cucumber Yogurt Dip
From the U.S. Department of Agriculture

https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cucumber-yogurt-dip

Ingredients
2 cup yogurt (plain, low-fat) 1 tablespoon dill (fresh)
2 cucumbers (medium, peeled, seeded, and grated) 1 garlic clove, chopped
½ cup sour cream (non-fat) 1 cup cherry tomatoes
1 tablespoon lemon juice 1 cup broccoli florets
1 cup cherry tomatoes 1 cup baby carrots

Instructions
1. Peel, seed and grate one cucumber. Slice other cucumber and set aside
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill and garlic in a serving bowl. Chill for one hour.
3. Arrange tomatoes, cucumbers, broccoli and carrots on a colorful platter. Serve with cucumber dip.

Makes 6 servings

Nutrition information per serving

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Curtido Cabbage Salvadore
From the National Heart, Lung, and Blood Institute

Ingredients

1 medium head of cabbage, chopped
2 small carrots, grated
1 small onion, sliced
½ teaspoon dried, red pepper (optional)
½ teaspoon oregano
1 teaspoon olive oil
1 teaspoon salt
1 teaspoon brown sugar
½ cup vinegar
½ cup water

Instructions

1. Blanch the cabbage with boiling water for 1 minute. Discard the water.
2. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Place in refrigerator for at least 2 hours before serving.

Makes 8 servings
Serving size: 1 cup

Nutrition information per serving

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<td>Cholesterol:</td>
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<td>Carbohydrates: 0 g</td>
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Fresh Lumpia (Lumpiang Sariwa)

From the U.S. Department of Health and Human Services

https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=1&cId=10&rid=260&AspxAutoDetectCookieSupport=1

Note: The meat in this recipe can be left out or substituted with firm tofu.

Ingredients

For filling
1 Tbsp olive oil
½ C ground chicken breast or lean pork
½ C shrimp, peeled and deveined
2 cloves garlic, chopped
½ C cabbage, julienned
½ C green beans, julienned
½ C carrots, julienned
¼ C celery, julienned
¼ C jicama, julienned
½ C low-sodium chicken broth
¼ tsp salt
¼ tsp black pepper

For lumpia sauce
1 C broth from preparing the filling
1 Tbsp lite soy sauce
1 Tbsp brown sugar
3 cloves garlic, minced
1 tsp cornstarch
2 Tbsp cold water

For wrap
8 Vietnamese spring-roll wrappers or lumpia wrappers
8 pieces red leaf lettuce
⅓ C dry roasted peanuts, chopped

Instructions

1. Prepare the filling: Heat oil in a sauté pan, and sauté the ground meat with the shrimp and garlic.
2. Add the vegetables (cabbage, green beans, carrots, celery, and jicama), and sauté until slightly crisp.
3. Add the chicken broth and continue until vegetables are cooked. Season with salt and black pepper.
4. Remove from heat and use a colander to strain; save the broth for use in preparing the lumpia sauce (steps below). Let meat and vegetable mixture cool to room temperature.
5. Meanwhile, prepare the sauce: Mix 1 cup of the broth strained from the cooked filling, soy sauce, brown sugar, and garlic together in a saucepan, and bring to a boil.
6. In a small bowl, mix the cornstarch in 2 tablespoons of cold water. Slowly add the cornstarch mixture to the broth in the saucepan. Stir over medium heat until sauce thickens.
7. To assemble the spring rolls: Soak one spring roll wrapper in warm water until soft and transparent. Dry immediately with a paper towel.
8. Place the wrapper on a plate and lay a piece of lettuce on the wrapper. Put 2 tablespoons of the meat and vegetable mixture on the wrapper.
9. Fold bottom of wrapper over filling; wrap one side over filling and roll to the other side (to seal in the filling).
10. Repeat with remaining wrappers and filling.
11. Serve with lumpia sauce on top. Sprinkle with chopped peanuts.

Makes 8 servings

<table>
<thead>
<tr>
<th>Nutrition information per serving</th>
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<tr>
<td>Saturated Fat: 1 g</td>
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<tr>
<td>Cholesterol: 55 mg</td>
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Golden Beet Veggie Balls with Almond Sage Cranberry Crema (Vegan)
From the American Institute for Cancer Research


Ingredients

Veggie Balls:
1 bunch fresh golden beets (about 5) 1/2 cup whole wheat breadcrumbs (may use gluten-free)
1 (15-oz) can cannellini beans, rinsed drained (about 1 1 tsp sage
3/4 cups) 1 tsp tarragon
2 green onions, diced 1 tsp thyme
2 cloves garlic, minced 1/2 tsp smoked paprika
1 cup mushrooms, finely chopped 1/4 tsp black pepper
1/2 cup fresh chopped parsley 2 Tbsp reduced-sodium soy sauce
1/2 cup finely chopped hazelnuts 2 Tbsp tahini
1/4 cup ground flax seeds 1 lemon, juiced

Almond Sage Cranberry Crema:
1 cup peeled, slivered almonds 1/4 tsp freshly ground black pepper
1/3 cup plain, unsweetened plant milk (i.e. soy, 1/2 tsp ground sage
almond) Sea salt (to taste, optional)
1 Tbsp lemon juice 1 Tbsp fresh, chopped sage leaves
1 clove garlic 1/4 cup dried cranberries

Instructions
To make Veggie Balls:

1. Trim beets and scrub outside surface, leaving peels on. Shred beets with food processor or box grater.
2. Place beans in a mixing bowl and mash slightly with a potato masher to achieve a thick mixture with some lumps.
3. Add beets, onions, garlic, mushrooms, parsley, hazelnuts, flax seeds, breadcrumbs, sage, tarragon, thyme, smoked paprika, and black pepper. Toss together well.
4. Mix in soy sauce, tahini, and lemon juice—using hands to combine well.
5. Cover and refrigerate for 1 hour (or overnight).
6. Preheat oven to 375 degrees F and spray a baking sheet with non-stick cooking spray.
7. Form 24 golf ball-sized balls out of the mixture and place evenly on baking sheet.
8. Bake veggie balls in top rack of oven for about 40 minutes, until golden brown.

Makes 8 servings (3 veggie-balls each)
To make Almond Sage Cranberry Crema:
1. Soak almonds in water for 2 hours (or overnight).
2. Drain water and place soaked almonds in the container of a blender or food processor.
3. Add plant milk, lemon juice, garlic, black pepper, and ground sage and process to make a thick, creamy dip.
4. Transfer crema to a dish and stir in fresh sage, cranberries, and salt if desired. May garnish with additional freshly ground black pepper and fresh sage.

Makes 8 servings (about 2 ½ tablespoons each)

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<th>Nutrition information per serving</th>
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Lime Shrimp Kabobs
From the Centers for Disease Control & Prevention (CDC) Fruit and Veggies: More Matters Campaign


Ingredients
- 16 large shrimp, uncooked, deveined
- 3 large limes
- 2 cloves garlic, crushed and peeled
- ¼ tsp. black pepper
- 2 tsp. olive oil
- 10 medium cherry tomatoes, rinsed and dried
- 10 small white-button mushrooms, wiped clean and stems removed

Instructions
1. In a glass measuring cup, squeeze limes, yielding ¼ cup of juice.
2. Add garlic, pepper, olive oil, and cilantro. Stir.
3. Place shrimp in medium bowl and pour the cilantro lime marinade over the shrimp.
4. Let shrimp marinate for 10-15 minutes. (Do not let them marinate more than 30 minutes because the acid in the juice will alter the texture of the shrimp.)
5. Alternate tomatoes, mushrooms, and shrimp on four skewers.
6. Grill skewers over medium heat for 3-4 minutes on each side until shrimp are just cooked through.

Makes 2 servings (Serving size: 2 kabobs)

Nutrition information per serving:
- Calories: 160
- Carbohydrate: 17 g
- Dietary Fiber: 4 g
- Sugars: 5 g
- Protein: 15 g
- Total Fat: 6 g
- Saturated Fat: 1 g
- Trans Fat: 0 g
- Cholesterol: 85 mg
- Sodium: 95 mg
Peanut Butter Hummus
From the National Heart Lung and Blood Institute
http://hp2010.nhlbihin.net/healthyeating/recipedetail.aspx?linkId=1&cId=10&rId=158&AspxAutoDetectCookieSupport=1

Ingredients
For dip:
- 2 cups low-sodium garbanzo beans (chickpeas), rinsed and drained
- ¼ cup low-sodium chicken broth
- ¼ cup lemon juice
- 2-3 Tbs. garlic, diced (about 4-6 garlic cloves, depending on taste)
- ¼ cup creamy peanut butter (or substitute other nut or seed butter)
- ¼ tsp. cayenne pepper (or substitute paprika for less spice)
- 1 Tbs. olive oil

For pita chips:
- 4 (6 1/2-inch) whole-wheat pitas, each cut into 10 triangles
- 1 Tbs. olive oil
- 1 tsp. garlic, minced (about 1 clove) (or ½ tsp. garlic powder)
- ¼ tsp. ground black pepper

Instructions
1. Preheat oven to 400 degrees F.
2. To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.
3. Prepare the chips; toss pita triangles with the olive oil, garlic, and pepper.
4. Bake chips on a baking sheet and bake for 10 minutes, or until crispy.
5. Arrange pita chips on a platter or serve with the hummus.

Make 8 servings | Serving size: ½ cup hummus and 5 pita chips.

Nutrition information per serving:
Calories 235
Carbohydrates 32 g
Dietary Fiber 5 g
Protein 9 g
Total Fat 9 g
Saturated Fat 1 g
Cholesterol 0 mg
Quick Quesadillas
From the University of Illinois Extension
http://wellnessways.aces.illinois.edu/viewarecipe.cfm

Ingredients
• 2 tortillas, 6-inch
• 2 Tbsp. reduced fat cheddar cheese, shredded
• ¼ cup cooked chicken breast, chopped (optional)

Instructions
1. Place tortilla on microwave safe plate.
2. Sprinkle with cheese.
3. If using chicken, place chicken on top of cheese.
4. Place second tortilla on top.
5. Microwave for 20 seconds on high or spray outside tortillas with squirt of margarine and brown in skillet on stovetop.

Makes one serving.

Nutrition information per serving (1 serving)
• Calories: 280
• Fat: 10g
• Calories from fat: 90
• Sodium: 590mg
• Total carbohydrate: 27g
• Dietary fiber: 0g
Spiced Toasted Almonds
From the AICR Test Kitchen
http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Ingredients
- 1 Tbsp. dried thyme leaves
- 1 tsp. kosher or sea salt
- ¼ tsp. red (cayenne) pepper, or to taste
- 2 tsp. canola oil
- 2 cups whole, unblanched almonds
- Canola oil spray

Instructions
1. Preheat oven to 400 degrees.
2. In large, shallow bowl, combine thyme, salt, pepper and oil. Set aside.
3. Place nuts in medium bowl. While tossing with fork, lightly spray with canola oil so all surfaces are coated.
5. Toast until nuts are lightly browned and fragrant - about 8 minutes. Occasionally, shake pan to shift nuts and prevent scorching. (Be careful not to let nuts get too dark or they’ll taste burned.)
6. Remove from oven and immediately add hot nuts to spice mixture. Stir for a few minutes to coat the nuts thoroughly. Taste and adjust the seasonings.
7. Serve warm or at room temperature. Nuts can be sealed and stored for up to two weeks. Reheat in a hot oven.

Makes 8 servings (2 cups per serving)

Nutritional Information per serving (8 servings)
- Calories: 223
- Total fat: 19g
- Saturated fat: 1g
- Protein: 7g
- Total carbohydrate: 7g
- Dietary fiber: 4g
- Sodium: 235mg
Spicy Marinated Shrimp Appetizers
From the King County (Washington) Public Health Department

Ingredients
2 pounds fresh or frozen shrimp with tails intact (peel and devein if necessary)
1/4 cup chile pepper, minced (Warning: the oils in chile peppers are hot! Avoid touching eyes and mucous membranes when cutting and removing seeds. Wear disposal gloves when handling and wash hands with warm water and soap after preparing.)
1 teaspoon grated lime peel
1/4 cup lime juice
2 tablespoons oil
2 tablespoons chives, minced
2 tablespoons cilantro, minced
1/2 teaspoon sugar
2 cloves garlic, crushed
Salt and pepper, to taste (salt not calculated in Nutrition Facts)

Instructions
1. Thaw shrimp if frozen. Bring 4 cups of water to boiling in a large saucepan. Cook shrimp for 2-3 minutes or until opaque. Drain in a colander and rinse with cold water. Set aside.
2. In a large plastic bag or storage container with a lid, add the chile pepper, lime peel, lime juice, oil, chives, cilantro, sugar, garlic, salt and pepper. Mix well then add shrimp. Toss until well-coated. Seal and marinate in refrigerator for 2-3 hours.
3. Remove shrimp and discard remaining marinade. Add crushed ice in a medium size bowl or platter and arrange shrimp on top and add a few wedges of lemon or lime wedges for garnish.

Makes 12 servings. Serving size: 1/12 of recipe (91g)

Nutritional information per serving (4 servings)
Calories: 95
Calories from fat: 23
Total fat: 3g
Saturated fat: 0g
Dietary fiber: 0g
Sugars: 0g

Cholesterol: 115 mg
Sodium: 113mg
Total carbohydrate: 2g
Protein: 15g
Vitamin A: 4%

Percent Daily Values are based on a 2,000 calorie diet.
Sweet Potato Squash Pancakes
From the Centers for Disease Control (CDC) Fruit and Veggies: More Matters Campaign
http://www.fruitsandveggiesmorematters.org/recipe?iRID=944

Ingredients
- 1 tsp. vegetable oil
- 1 large sweet potato
- 1 large squash
- ¼ cup chopped onion
- 2 large egg whites
- 2 Tbs. chopped fresh chives
- 1 Tbs. all-purpose flour
- 2 Tbs. fresh lemon juice
- ½ tsp. salt
- ¼ tsp. ground pepper

Instructions
1. Peel, boil, and mash squash and sweet potato. Let cool.
2. Preheat oven to 200 degrees.
3. Mix cooled squash and sweet potato with all other ingredients.
4. Spray 10-inch skillet or griddle with nonstick spray; add oil. Heat on medium.
5. For each pancake, spoon about 1/3 cup batter onto hot griddle; flatten slightly. Cook about 4-5 minutes on each side until golden brown.
6. Placed cooked pancakes on cookie sheet in oven to keep warm while cooking rest of pancakes.

Makes 6 servings (serving size = 1 pancake)

Nutrition information per serving:
- Calories 45
- Carbohydrate 8 g
- Dietary Fiber 1 g
- Protein 2 g
- Total Fat 1 g
- Saturated Fat 0 g
- Sodium 230 mg
Vietnamese Fresh Spring Rolls
(Goi Cuon)

From the National Heart, Lung, and Blood Institute's Keep the Beat
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=0&cId=7&rd=247

Ingredients
1 Cup carrots, cut into long, thin strips
2 Cup bean sprouts
2 Cup cucumber, seeded and cut into long, thin strips
1 Cup minced scallions
½ Cup chopped fresh cilantro
¼ Cup chopped fresh mint
8 rice paper wrappers

Instructions
1. Toss first six ingredients in a large bowl.
2. Soak one rice paper wrapper in warm water until soft (1 to 2 minutes). Shake off excess water.
3. Place vegetable filling off-center on rice paper, and fold like an egg roll (tuck in the sides to keep the filling inside).
4. Repeat with remaining vegetable filling and rice paper wrappers.
5. Once you have assembled all of the spring rolls, serve immediately.

Makes 1 serving

Nutrition information per serving

<table>
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<tbody>
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Walnut Mushroom Pâté
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=22675&news_iv_ctrl=1122

Ingredients
1/2 cup chopped walnuts 1/2 cup coarsely chopped shallots
1/4 oz. dried porcini or wild mushrooms 2 garlic cloves, coarsely chopped
1/3 cup hot tap water 1 Tbsp. extra virgin olive oil
8 oz. crimini mushrooms, stemmed and quartered 1 Tbsp. dried thyme
8 oz. white mushrooms, stemmed and quartered 2 tsp. reduced-sodium soy sauce

Salt and freshly ground black pepper
2 Tbsp. chopped flat-leaf parsley, for garnish

Instructions
1. Preheat oven to 350 degrees.
2. Spread walnuts on baking sheet. Stir and toast 5 minutes, until nuts are colored and fragrant. Transfer nuts to plate, cool and set aside.
3. In small bowl, soak dried mushrooms in water until soft, 20-30 minutes. When soft, squeeze mushrooms until dry, catching their liquid in small bowl. Strain liquid through paper coffee filter or fine strainer and set the liquid aside. Coarsely chop soaked mushrooms and set aside.
4. In food processor, combine half the fresh mushrooms with shallots, garlic, and half the soaked wild mushrooms. Pulse to chop very fine, 20 times; take care not to over-process. In large skillet, heat oil over medium-high heat. Add chopped mushroom mixture, mixing to combine with oil. In food processor, finely chop remaining fresh and soaked mushrooms, then add to pan. Do not clean out food processor. Cook until mushrooms look wet, 8-10 minutes, stirring often. Add thyme, soy sauce, and reserved mushroom liquid. Continue cooking until mushrooms are golden and cling together, 8 minutes. Set aside.
5. Add walnuts to food processor, and then cooked mushrooms. Pulse until mushroom-walnut mixture is bubbly; do not purée. Turn warm pâté into serving bowl and season to taste with salt and pepper. Or season pâté and cool to room temperature, cover tightly and refrigerate for up to 5 days. Garnish with parsley and serve with toast points, crackers or pita chips.

Makes 28 servings
Serving size 1 tbsp

Nutrition information per serving
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Whole Wheat Garlic Bread Sticks

From the United States Department of Agriculture

https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/whole-wheat-garlic-bread-sticks

Ingredients

- 6 slices bread (100% whole wheat)
- 2 tablespoons olive oil
- ½ teaspoon garlic powder
- 1 teaspoon Italian seasoning (or as needed, to sprinkle on)

Instructions

1. Spread each slice of bread with one teaspoon oil.
2. Sprinkle with garlic powder and Italian seasoning.
3. Stack bread and cut each slice into 3 equal parts.
4. Bake at 300 degrees for about 25 minutes or until crisp and lightly browned.

Makes 6 servings
Serving size: 3 slices

Nutrition information per serving

<table>
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<td>Cholesterol</td>
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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Asparagus Salad with Lemon Soy Vinaigrette

From the King County (Washington) Public Health Department


Ingredients

- 1-1/4 lbs asparagus cut diagonally into 1-1/2 inch pieces
- 1/2 inch pieces
- 10 scallions, trimmed with some green
- 1 scallion, chopped and set aside
- 1 tablespoon vegetable oil
- 1/4 teaspoon fresh ginger, grated
- 1/2 cup nonfat, reduced sodium chicken broth
- 1 tablespoon rice wine vinegar
- 1 teaspoon low-sodium soy sauce
- 1/2 teaspoon sugar
- 1 teaspoon freshly ground black pepper
- 1 tablespoon fresh-squeezed lemon juice

Instructions

1. Steam asparagus and scallions in a steam basket over boiling water for 5 minutes or until asparagus is crisp-tender. Remove from heat and rinse with cold water in a colander to stop the cooking. Drain and let cool.

2. Make the vinaigrette: In a small saucepan, heat oil over medium-high heat. Add ginger and cook until it begins to brown. Add the reserved chopped scallion and cook for 15 seconds then stir in the chicken broth, vinegar, soy sauce and sugar. Remove from heat and set aside.

3. In a large bowl, toss steamed asparagus and scallions with the vinaigrette then add ground pepper and lemon juice then serve.

Makes 4 servings

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Avocado Garden Salad

From the California Dept. of Public Health and the Network for a Healthy California Champions for Change


Ingredients
- 6 cups torn or cut mixed salad greens
- 3 medium tomatoes, chopped
- 5 green onions, chopped
- 1 small cucumber, peeled and chopped
- 2 tablespoons lemon juice
- 1/3 tsp garlic powder
- ½ tsp ground black pepper
- ½ tsp salt
- 1 large avocado

Instructions
1. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.
2. In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together.
3. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick.
4. Arrange avocado slices on top of salad and serve immediately.

Makes 6 servings (1 ½ cup per serving)

Nutrition information per serving:
- Calories 78
- Carbohydrate 9 g
- Dietary Fiber 4 g
- Protein 2 g
- Total Fat 5 g
- Saturated Fat 1 g
- Trans Fat 0g
- Cholesterol 0 mg
- Sodium 222 mg
Baby Greens with Blackberry Vinaigrette

From the American Institute for Cancer Research

Dressing Ingredients                     Salad Ingredients

1/2 cup fresh or frozen                   4 cups lightly packed mesclun
blackberries (defrost if frozen)         salad mix (spinach, arugula, or
2 tsp. coarsely chopped                  other baby greens)
shallots                                 2 slices (3/4-in.) reduced-fat
2 Tbsp. extra virgin olive oil           fresh goat cheese
4 tsp. fresh lemon juice                 1 cup whole blackberries (can
2 tsp. agave syrup                       also include a few red
2 tsp. balsamic vinegar                 raspberries)
1/2 tsp. Dijon-style mustard             3 Tbsp. chopped walnuts or
Salt and freshly ground pepper,          almonds (optional)
to taste

Instructions
1. Place all dressing ingredients in bullet-style blender or mini food processor and whirl until
dressing is creamy and smooth. Season to taste with salt and pepper. Let dressing stand in
refrigerator for up to 24 hours before using. Makes 1/2 cup dressing.

2. Divide greens between 2 salad plates. If using cheese, set a slice in center on top of greens,
then drizzle 2 tablespoons of Blackberry Vinaigrette over salad before serving. Or, drizzle on
dressing, then sprinkle nuts and berries on top. Reserve remaining dressing for another use. It
keeps covered in refrigerator for 3 days.

Makes 2 servings

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
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Beet Salad
From the Public Health Seattle and King County

Ingredients
2 Tbl. vegetable oil
3 cups shredded/grated red cabbage
1 1/2 cups peeled, shredded/grated red beets
1 medium onion, thinly sliced
1 large apple, grated
1/2 cup apple cider vinegar
2 Tbl. brown sugar
1/2 tsp ground allspice
pinch of salt
pinch of pepper

Instructions
1. Mix the apple, vinegar, brown sugar, and spices in a bowl.
2. Heat the oil in a large skillet or wok. Stir fry the onion and cabbage until they just start to get soft.
3. Add the beets and the apple/vinegar mixture, cooking it until the beets and apple are just hot (about 1 minute).
4. Cool in refrigerator overnight and serve cold, or serve hot right away.
5. You may substitute green cabbage for red cabbage. You may also substitute golden beets for red beets.

Makes 8 servings

Nutrition information per serving

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<td>Sugars: 3 g</td>
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Broccoli Stem and Cauliflower Leaf Salad
From the Public Health Seattle and King County

Ingredients
4 tablespoon extra-virgin olive oil
½ teaspoon minced garlic
¼ cup broccoli stem, peeled, julienne sliced
¼ cup cauliflower leaves, julienne sliced
1 cup cauliflower florets, sliced, blanched for 45 seconds
¼ cup onion (sweet), diced
½ cup quinoa, cooked al dente
½ cup bell pepper (red, yellow, or orange), diced
¼ cup golden raisins
2 tablespoons lemon juice (fresh)
1 teaspoon lemon zest, fine minced
1 teaspoon salt
¼ teaspoon black pepper
2 tablespoons Italian parsley, fresh, chopped

Instructions
1. Cook the quinoa to al dente (1 part quinoa to 2 parts water, bring to boil, simmer about 15 minutes or until quinoa is cooked). Cool quickly and hold refrigerated until needed.
2. Cut the cauliflower and blanch in boiling water for 45 seconds.
3. Remove from the heat and rinse with cold water to chill quickly. Hold refrigerated until needed.
4. Mix all ingredients together, toss until well coated, place in the refrigerator and hold for 30-45 minutes, toss again to ensure even coating.
5. Garnish with an Italian parsley sprig. Serve.

Makes 4 servings

Nutrition information per serving

<p>| | |</p>
<table>
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<td>mg</td>
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<tr>
<td>Carbohydrates:</td>
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Cauliflower, Cabbage and Carrot Salad

From the American Institute for Cancer Research (AICR)
http://www.aicr.org/foods-that-fight-cancer/broccoli-cruciferous.html#recipes

Ingredients

1 small cauliflower, cut into florets
1 cup finely shredded red cabbage
2 medium carrots, grated
1 small red onion, finely chopped
¼ cup chopped walnuts
2 Tbs. chopped fresh parsley
1 Tbs. white vinegar
1 tsp. Dijon mustard
1 Tbs. extra virgin olive oil
1 Tbs. low-fat mayonnaise

Instructions

1. Toss together cauliflower with cabbage, carrots, onion, walnuts, and parsley.
2. Whisk together vinegar and mustard. Add oil and mayo, whisk again.
3. Drizzle over salad and mix well.

Makes 6 servings

Nutrition information per serving:

Calories 90
Carbohydrate 7 g
Dietary Fiber 2 g
Protein 2 g
Total Fat 6 g
Saturated Fat 1 g
Sodium 70 mg
Citrus Salad

From the United States Department of Agriculture

https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/citrus-salad

Ingredients

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<td>1 orange (peeled)</td>
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</tr>
<tr>
<td>10 cups fresh greens (lettuce)</td>
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</tr>
<tr>
<td>1 red onion (small, sliced thin)</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons cider vinegar</td>
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</tr>
<tr>
<td>1 tablespoon lime juice</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon water</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon black pepper</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon cumin</td>
<td></td>
</tr>
</tbody>
</table>

Instructions

1. Cut fruit into bite size pieces.
2. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.

Makes 8 servings
Serving size: 1/8 of recipe

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Colorful Edamame Salad
From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

Ingredients:
4 cups romaine lettuce, washed
1 cup shredded carrots
2 cups cherry tomatoes
1 cup sliced cucumber
1/2 cup chopped red onion
1-1/2 cups shelled edamame, cooked

Instructions
1. To cook edamame, bring three cups water to a boil. Add shelled edamame and cook four minutes. Drain and rinse with cold running water to cool.
2. Prepare all other ingredients and combine with the edamame in a large salad bowl. If desired, toss with a low or non-fat dressing of your choice. Note: the dressing is not included in the nutritional analysis below.

Serves 4.

Nutritional information per serving (4 servings)
Calories: 120
Calories from fat: 20
Total fat: 3g
Saturated fat: 0g
Trans fat: 0g
Cholesterol: 0mg
Sodium: 80 mg
Total carbohydrate: 17g
Dietary fiber: 4g
Sugars: 7g
Protein: 9g
Vitamin A: 150%
Vitamin C: 45%
Calcium: 10%
Iron: 10%

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**
Fruit: 0   Fat: 1
Vegetables: 2   Carbs: 0
Meat: 1   Other: 0
Milk: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.
Cool Cauliflower Salad
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=22540&news_iv_ctrl=1126

Ingredients
1 medium head cauliflower, broken into florets
1/2 cup celery, sliced into 1/2 inch pieces
1/4 cup of water
1 Tbsp. red wine vinegar
1 Tbsp. lemon juice
1 tsp. Dijon mustard
1 Tbsp. extra virgin olive oil
2 cloves garlic, minced
1/2 tsp. Italian seasoning
1/8 tsp. red pepper flakes
Salt and freshly ground black pepper

Instructions
1. Steam cauliflower florets 6 to 7 minutes or until desired tenderness. In large bowl, combine cauliflower and celery.
2. In small mixing bowl, combine remaining ingredients. Whisk together to mix well. Pour dressing mixture over vegetable mixture and toss gently to thoroughly coat.
3. Cover and chill 2 or more hours. Serve chilled.

Makes 6 servings

Nutrition information per serving
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<td>Cholesterol</td>
<td></td>
<td>Carbohydrates: 6 g</td>
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Creamy Cucumber Fennel Salad
From American Institute for Cancer Research

Ingredients
1 container (5-6 oz.) plain low-fat Greek yogurt
2 tsp. apple cider vinegar
⅛ tsp. salt or to taste
Freshly ground black pepper to taste
2 cups thinly sliced English cucumber*
1 small or ½ large fennel bulb, cut into quarters, cored, thinly sliced crosswise (about 1 cup)
3 Tbsp. coarsely chopped fennel fronds, divided

Directions
1. In medium bowl, whisk together yogurt, vinegar, salt and pepper.
2. Add cucumber, fennel and 2 tablespoons fronds and toss to coat.
3. Transfer to serving dish and garnish with remaining fennel fronds. Serve immediately or refrigerate until serving.

*If using large English cucumbers, cut in half lengthwise before slicing.

Makes 4 servings. Yield about 3 cups.

Nutritional Information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Crunchy Chicken Salad
From the USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/recipes/crunchy-chicken-salad

Ingredients
2 cup cooked chicken (chunked) ½ cup grape
½ cup celery 1 apple (small, diced, leave peel on)
¼ cup green pepper ¼ cup plain yogurt
¼ onion
½ cucumber

Instructions
1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop ¼ of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It’s okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together. Optional: Serve on lettuce, crackers, or bread.

Makes 5 servings (3/4 cup prepared salad per serving)

Nutritional Information per serving

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<td>Vitamin C: 15% DV</td>
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<tr>
<td>Vitamin A: 4% DV</td>
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Cucumber Blueberry Salad
From the U.S. Department of Agriculture
https://www.choosemyplate.gov/recipes/myplate-cnpp/cucumber-blueberry-salad

Ingredients
Vinaigrette
1 ½ tablespoon extra virgin olive oil
2 tablespoons white balsamic (or other) vinegar
1 tablespoon lime juice, freshly squeezed or bottled
1 teaspoon sugar
¼ teaspoon salt
1/8 teaspoon pepper

Salad
1 cup fresh blueberries
1 medium greenhouse grown cucumber, cut into small chunks
4 cups fresh arugula
⅛ medium red onion, thinly sliced
⅛ cup crumbled reduced-fat Feta cheese
2 tablespoons coarsely chopped walnuts (toasted optional)
4 slices whole grain bread

Instructions
1. In a small bowl, whisk together vinaigrette ingredients.
2. In a large bowl, mix together all salad ingredients except bread.
3. When ready to serve, add vinaigrette to salad and toss.
4. Toast bread then cut into four pieces.

Makes 4 servings
Nutrition information per serving

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Fiesta Slaw
From the American Institute for Cancer Research
http://www.aicr.org/health-e-recipes/2016/fiesta-slaw.html

Ingredients

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<tr>
<td>1 tbsp. extra virgin olive oil</td>
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</tr>
<tr>
<td>2 cloves garlic, finely minced</td>
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<tr>
<td>1 jalapeño pepper, seeded and minced</td>
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<tr>
<td>½ mango, diced</td>
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<tr>
<td>1 large red bell pepper, cut into thin strips</td>
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</tr>
<tr>
<td>1 large green bell pepper, cut into thin strips</td>
<td></td>
</tr>
<tr>
<td>½ apple, cut into thin strips</td>
<td></td>
</tr>
<tr>
<td>1/3 cup (packed) fresh cilantro leaves, minced</td>
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</tr>
<tr>
<td>salt and freshly ground black pepper</td>
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<tr>
<td>1 large yellow bell pepper, cut into thin strips</td>
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Instructions

1. Purée first 3 ingredients in blender or food processor until dressing is smooth.
2. Place peppers, jalapeño, mango, apple and cilantro in a large bowl.
3. Add dressing and toss to mix and coat well.
4. Season with salt and pepper to taste.
5. Cover and refrigerate until vegetables soften a little but still crunchy, about 4 hours. Serve at room temperature.

Makes 10 servings

Nutrition information per serving

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Fresh Cucumber Orange Salad
From Illinois Extension – Eat. Move. Save

https://eat-move-save.extension.illinois.edu/eat/recipes/fresh-cucumber-orange-salad

Ingredients
2 cucumbers, sliced
2 medium ripe oranges, peeled and chopped
1 tablespoon lime juice
1/2 teaspoon chili powder
1/4 teaspoon salt

Instructions
1. Wash hands with soap and water.
2. Gently rub produce under cool running water.
3. Place sliced cucumbers and chopped oranges into a medium bowl.
4. Add chili powder, lime juice, and salt. Lightly toss.
5. Serve cold. Salad can also be served over lettuce.

Makes about 4 servings, one cup each

Nutrition information per serving

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Greens with Pomegranate
From the Centers of Disease Control (CDC) Fruit and Veggies: More Matters Campaign
http://www.fruitsandveggiesmorematters.org/recipe?iRID=786

Ingredients
3 Tbs. balsamic vinegar
3 Tbs. water
3 Tbs. honey mustard
1 clove garlic, minced
Black pepper, freshly ground to taste
6 cups (1 head) Boston lettuce leaves, torn
1 cup pink grapefruit sections (about 1 grapefruit)
2 medium Red Delicious apples, cored and thinly sliced
1 small red onion, thinly sliced
1 pomegranate, seeds removed (about ½ cup)
3 Tbs. feta cheese, crumbled

Instructions
1. In small bowl, whisk together vinegar, water, mustard, and garlic to make vinaigrette. Season with pepper if desired.
2. In large salad bowl, toss remaining ingredients.
3. Drizzle vinaigrette on top and toss gently until evenly coated.

Makes 4 servings (1/2 cup each)

Nutrition information per serving:
Calories 146
Carbohydrate 31 g
Dietary Fiber 4 g
Protein 4 g
Total Fat 2.6 g
Saturated Fat 1.2 g
Sodium 152 mg
Grilled Peaches and Goat Cheese Salad

From the American Institute for Cancer Research


Ingredients
- Cooking spray
- 1/4 cup balsamic vinegar
- 2 Tbsp. honey
- 3 medium peaches, pitted and cut into 6 wedges
- 1 Tbsp extra virgin olive oil
- Salt and freshly ground black pepper, to taste
- 10 cups arugula, loosely packed
- 4 Tbsp goat cheese

Instructions
1. Prepare grill to high heat. Spray grill rack with cooking spray and set aside.
2. In small saucepan over medium-high heat, bring vinegar to a boil. Reduce heat and simmer until vinegar is reduced to 2 tablespoons (about 2 minutes). Remove from heat and stir in honey. Cool to room temperature.
3. Place peach wedges on grill rack. Grill 30 seconds on each side or until grill marks appear but peaches are still firm. Remove from grill and set aside.
4. In large bowl, combine oil, salt and pepper. Add arugula, tossing gently to coat. Arrange arugula mixture on platter. Top with peach wedges, balsamic syrup and cheese.

Makes 5 servings.

Nutrition information per serving
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<table>
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Holiday Fruit Salad
From the University of Illinois Extension
http://urbanext.illinois.edu/diabetesrecipes/recipe.cfm?recipe=Holiday%20Fruit%20Salad

Ingredients
1 can (20-ounce) crushed pineapple
2 packages (4 servings each) sugar-free cranberry gelatin
1 can (16-ounce) whole berry cranberry sauce
1 medium apple, chopped

Instructions
1. Drain pineapple, reserving juice. Add enough water to juice to have 2 cups and bring to a boil in microwave or stove.
2. Add boiling liquid to gelatin in mixing bowl. Stir until dissolved.
3. Add cranberry sauce and stir until blended.
5. Refrigerate until firm.

Makes 21 servings

Nutrition information per serving
Calories 58
Total Fat 0g
Saturated Fat 0g
Cholesterol 0mg
Dietary Fiber 1g
Sodium 33mg
Protein 0g
Carbohydrates 14g
Kale, Butternut Squash and Pomegranate Salad
From American Institute for Cancer Research

Ingredients
1 large butternut squash (about 3 pounds), peeled, cut into 3/4” cubes
¾ cup olive oil, divided
5 cloves garlic
½ teaspoon turmeric
¼ teaspoon salt
Freshly ground black pepper, to taste
½ cup chopped walnuts (this can also be substituted with pumpkin seeds or sliced almonds)

2 large bunches Tuscan kale, stemmed and thinly sliced
¼ cup lemon juice, divided
Sea salt, to taste
1 tablespoon apple cider vinegar
1 teaspoon pure maple syrup
1 tablespoon Dijon mustard
1 shallot, finely chopped
1 cup pomegranate seeds

Instructions
1. Preheat oven to 400°F.
2. Place squash cubes on baking sheet, drizzle 1 tsp. olive oil over squash. Add whole garlic cloves, turmeric and salt and pepper, to taste. Toss to evenly coat squash with oil and spices. Spread cubes evenly around pan and roast for 30-40 minutes until squash is tender.
3. While squash is roasting, heat 1 tsp. olive oil in small skillet over medium-high heat. Add walnuts and cook, stirring occasionally until golden brown, 2–3 minutes. Set aside.
4. Place kale in bowl. Add 2 Tbsp. lemon juice and pinch of sea salt and massage into kale to wilt. Set aside.
5. When squash and garlic are cooked, remove garlic and put squash in a separate bowl. Add remaining olive oil, lemon juice, vinegar, syrup, mustard and shallot; pulse in food processor until smooth to create a dressing.
6. In large mixing bowl, combine kale with about 3/4 of dressing, and toss until kale is lightly coated. Add more dressing to taste and reserve any leftover for another use.
7. Add roasted squash and pomegranate seeds to kale; toss to combine. Transfer to serving bowl; top with toasted walnuts.

Makes about 8 servings, 1 ½ cup each.
**Nutrition information per serving**

<p>| | |</p>
<table>
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<td>Protein: 6 g</td>
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<td>Saturated Fat: 1.5 g</td>
<td>Total Carbohydrates: 24 g</td>
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<td>Trans Fat: 0 g</td>
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<tr>
<td>Cholesterol: 0 mg</td>
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Mediterranean Bean Salad
From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22491&news_iv_ctrl=1126

Ingredients

Salad

1 (15-oz) can garbanzo beans, rinsed and drained
1 (15-oz) can butter beans, rinsed and drained (cooked fresh beans may be substituted)
1 (15-oz) can dark red kidney beans, rinsed and drained
1/2 small red onion, chopped fine
1 celery stalk, chopped fine
2-4 garlic cloves, minced
1/2-1 cup fresh parsley, chopped fine

1/4 cup basil, chopped fine (1 Tbsp. dried basil may be substituted)
1 Tbsp. fresh rosemary, chopped fine
2 tomatoes, diced

Dressing

3 Tbsp. extra virgin olive oil
1 Tbsp. vinegar (either white wine or apple cider work well)
Juice of one lemon
1/2 Tbsp. dried Italian seasoning
Salt and freshly ground pepper to taste

Instructions

1. In large bowl combine beans. Mix in onion, celery, garlic, parsley, basil and rosemary, adding tomatoes last to keep them from unnecessarily breaking apart.
2. In separate mixing bowl whisk together dressing ingredients. Add dressing to beans and toss gently to coat.
3. Chill for at least an hour to allow beans to absorb the flavor of the dressing. Re-toss gently and serve.

Makes 8 servings (3/4 cup per serving)

Nutrition information per serving
Calories: 190
Total fat: 7 g
Saturated fat: <1 g
Carbohydrates: 26 g
Protein: 9 g
Dietary fiber: 8 g
Sodium: 228 mg
Moroccan Lentil Salad
From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

Ingredients

1 ¼ cups uncooked lentils
2 ½ cups water
3 Tbsp. lemon juice
1 ½ Tbsp. olive oil
½ tsp. thyme
½ tsp. mint flakes
¼ tsp. salt
1/8 tsp. black pepper
1 garlic clove
1 ½ cup quartered cherry tomatoes
1 cup diced cucumber
½ cup crumbled reduced-fat feta cheese
1 cup thinly sliced celery
4 cups romaine lettuce leaves

Directions:
1. Place lentils and water in a large saucepan; bring to a boil.
2. Cover, reduce heat, and simmer 20 minutes or until tender.
3. Drain well, and set aside.
4. Combine lemon juice, olive oil, thyme, mint, salt, pepper, and garlic in a medium bowl; stir with a wire whisk until blended.
5. Add lentils, tomatoes, cucumber, cheese, and celery to dressing mixture; toss gently to coat. Serve on plates lined with romaine lettuce leaves.

Serves 4.

Nutritional facts per serving
Calories: 310
Calories from fat: 70
Total fat: 8 g
Saturated fat: 3 g
Trans fat: 0 g
Cholesterol: 5mg
Sodium: 570mg
Total carbohydrate: 42g
Dietary fiber: 16g
Sugars: 6 g
Protein: 21 g
Vitamin A: 80%
Vitamin C: 50%
Calcium: 15%
Iron: 40%

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Fruit: 0  Fat: 1
Vegetables: 1  Carbs: 2
Meat: 0  Other: 0
Milk: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.
Peach and Basil Salad with Fresh Mozzarella
From the American Institute for Cancer Research

Ingredients
1 pound peaches, sliced into wedges, then cut crosswise (frozen may be used)
8 ounces fresh mozzarella cheese, cut in 3/4–inch cubes
1 cup loosely packed fresh basil, torn into medium pieces
2 teaspoons extra virgin olive oil
2 teaspoons rice vinegar
Pinch salt
Freshly ground black pepper, optional

Instructions
1. In large mixing bowl combine peaches, mozzarella and basil.
2. Drizzle on oil and vinegar, add salt and pepper, if using, and toss gently until evenly coated.
3. Serve immediately or refrigerate up to 4 hours.

Makes 4 servings
Serving size: 1.2 cup

Nutrition information per serving

| Calories: 211 | Dietary Fiber: 2 g |
| Total Fat: 12 g | Sodium: 351 mg |
| Saturated Fat: 6 g | Protein: 15 g |
| Cholesterol: | Carbohydrates: 13 g |
Peach-Tomato Salsa
From the American Institute of Cancer Research
http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Ingredients
- 2 large ripe peaches, peeled, pitted and cut into 1-inch chunks
- 1 yellow bell pepper
- ½ cup grape tomatoes, sliced in quarters
- ¼ cup thinly chopped green onions
- 2 Tbsp. lime juice
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. freshly chopped mint leaves

Instructions
1. Place peaches, yellow pepper, tomatoes and green onion in medium sized bowl.
2. Add lime juice and olive oil; mix thoroughly.
3. Let salsa marinate for up to 1 hour.
4. Sprinkle with mint before serving.

Makes 6 servings.

Tip
- Serve as a refreshing taste twists with burgers, fish or poultry.

Nutritional information per serving (6 servings)
- Calories: 70
- Total fat: 5g
- Saturated fat: <1g
- Total carbohydrates: 8g
- Dietary fiber: 1g
- Protein: 1g
- Sodium: 0mg
Quinoa and Black Bean Salad
From the National Heart, Lung, and Blood Institute
http://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?cId=0&rId=191&AspxAutoDetectCookieSupport=1

Ingredients

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<tr>
<td>½ C quinoa</td>
<td>2 medium scallions, minced</td>
</tr>
<tr>
<td>1½ C water</td>
<td>1 can (15½ oz) low-sodium black beans, drained and rinsed</td>
</tr>
<tr>
<td>1½ Tbsp olive oil</td>
<td>2 C tomato, chopped</td>
</tr>
<tr>
<td>3 Tbsp lime juice</td>
<td>1 medium red bell pepper, chopped</td>
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<tr>
<td>¼ tsp cumin</td>
<td>1 medium green bell pepper, chopped</td>
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<tr>
<td>¼ tsp ground coriander (dried cilantro seeds)</td>
<td>2 fresh green chilies (or to taste), minced</td>
</tr>
<tr>
<td>2 Tbsp cilantro, chopped</td>
<td>Ground black pepper, to taste</td>
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Instructions

1. Rinse the quinoa in cold water. Boil 1½ cups water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.
2. While the quinoa is cooking, mix olive oil, lime juice, cumin, coriander, cilantro, and scallions in a small bowl, and set aside.
3. Combine chopped vegetables with the black beans in a large bowl, and set aside.
4. Once the quinoa has cooled, combine all ingredients and mix well.
5. Cover and refrigerate until ready to serve.

Makes 6 servings

Calories: 208
Saturated fat: 1 g
Sodium: 284 mg
Protein: 9 g

Total fat: 5 g
Cholesterol: 0 mg
Total fiber: 7 g
Carbohydrates: 34 g
Quinoa and Pomegranate Salad with Asparagus and Walnuts

From the American Institute for Cancer Research: http://www.aicr.org/enews/april-2013/enews-divine-asparagus-salad.html

Ingredients
2/3 cups quinoa (= about 2 cups cooked) ½ cup lemon juice from meyer lemons (or
2/3 lb. asparagus ¼ cup lemon juice + ¼ cup orange juice)
1 cup shredded carrots ½ tsp. salt, or to taste
1 cup chopped parsley Black pepper, to taste
½ cup finely chopped mint leaves 1 cup pomegranate seeds, divided (use 1
½ cup finely chopped dill large pomegranate)
¼ cup finely chopped walnuts Optional: ½ cup chopped cilantro
2 Tbs. olive oil Optional: ½ cup chopped scallions, green part only

Instructions
1. Cook quinoa according to package directions. Drain and cool.
2. Steam whole asparagus for 3 minutes or until bright green. Remove from pan immediately, drain, and let rest on plate with ice cubes. Slice diagonally into ¼-inch pieces.
3. In large bowl, combine quinoa, asparagus, carrots, parsley, mint, dill, walnuts, and cilantro and scallions, if using.
4. In a separate bowl, mix oil, lemon juice, salt, and pepper. Toss with quinoa mixture. Add ¾ cup pomegranate seeds.
5. Serve as is for buffet or spoon individual servings over 1 cup mixed greens of your choice. Garnish with remaining pomegranate seeds.

Makes 8 servings

Nutrition information per serving:
Calories 145
Carbohydrate 20 g
Dietary Fiber 3 g
Protein 4 g
Total Fat 7 g
Sodium 165 mg
Rainbow Fruit Salad
From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention
http://apps.nccd.cdc.gov/dnparecipe/recipe.aspx

Ingredients
1 large mango, peeled & diced
2 cups fresh blueberries
2 nectarines, unpeeled & sliced
2 cups halved fresh strawberries
2 cups seedless grapes
2 bananas, sliced
1 kiwifruit, peeled & diced
1/3 cup fresh orange juice
2 Tbsp. lemon juice
1 ½ Tbsp. honey
¼ tsp. ground ginger
dash nutmeg

Instructions
1. Prepare the fruit and place in a large bowl.
2. Combine orange juice, lemon juice, honey, ginger, and nutmeg in a small bowl.
3. Whisk together until well combined.
1. Just before serving, pour honey orange sauce over the fruit.

Serves 12

Nutritional facts per serving (12 servings)
Dietary fiber: 3g
Calories: 100
Calories from fat: 5
Total fat: 0 g
Saturated fat: 0g
Trans fat: 0g
Cholesterol: 0mg
Sodium: 0mg
Total carbohydrate: 25g
Sugars: 18g
Protein: 1g
Vitamin A: 6%
Vitamin C: 70%
Calium: 2%
Iron: 2%

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**
Fruit: 1  Fat: 0
Vegetables: 0  Carbs: 0
Meat: 0  Other: 0
Milk: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.
Roasted Vegetable Potato Salad
From the National Dairy Council
http://www.nationaldairycouncil.org/Recipes/Pages/Roasted-Vegetable-Potato-Salad.aspx

Ingredients

- 1 ¾ pounds red potatoes
- 2 Tbs. olive oil, divided
- 1 cup fresh green beans (1/2-inch pieces)
- 1 cup carrots (thin, diagonally sliced)
- 1 small red onion (cut into wedges)
- 3 Tbs. balsamic vinegar
- ½ tsp. salt
- ¼ tsp. pepper
- 4 slices reduced fat Swiss cheese, cut into ¼-inch strips

Instructions

1. Preheat oven to 450.
2. Cut potatoes into eighths and toss with 1 Tbs. oil in 15x10-inch baking pan.
3. Bake for 15 minutes.
4. Add green beans, carrots, and onion with remaining oil. Add to baking pan.
5. Stir vegetables and continue baking 15 minutes or until tender.
6. Combine vinegar, 2 Tbs. water, salt, and pepper in medium bowl. Add vegetable mixture and toss well.
7. Let to room temperature.
8. Sprinkle with cheese, and toss to combine. Serve room temperature or chilled.

Makes 5 servings

Nutrition information per serving:

Calories: 270
Carbohydrate: 40 g
Dietary Fiber: 5 g
Protein: 10 g
Total Fat: 9 g
Saturated Fat: 2.5 g
Trans Fat: 0 g
Sodium: 290 mg
Salad Nicoise
From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

Ingredients
- 9 small new potatoes, diced
- 2 cups frozen green beans, cooked and drained
- 4 ½ cups of mixed salad greens
- 1 14-oz can artichokes, drained, rinsed, and chopped
- 2 medium tomatoes
- 2 hard-boiled eggs, sliced
- 2 6-oz cans of tuna in water

Instructions
1. Cook potatoes in boiling water for 15 minutes.
2. Drain and cool for 10 minutes.
3. If desired, toss with a low or non-fat dressing of your choice. Note: the dressing is not included in the nutritional analysis below.
4. Divide each ingredient into 6 even portions. Arrange ingredients on six plates and serve.

Serves 6

Nutritional information per serving (6 servings)
Calories: 330
Calories from fat: 35
Total fat: 4g
Saturated fat: 1g
Trans fat: 0g
Cholesterol: 95g
Sodium: 420mg
Total carbohydrate: 51g
  Dietary fiber: 7g
  Sugars: 5g
Protein: 24g
Vitamin A: 35%
Vitamin C: 70%
Calcium: 8%
Iron: 25%

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**
Fruit: 0     Fat: 0
Vegetables: 2     Carbs: 2
Meat: 2     Other: 0
Milk: 0
** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.
Spicy Golden Slaw
From the AICR Test Kitchen
http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Ingredients
8 cups green cabbage (1 small head, about 1 ½ lb.), quartered, cored and shredded
1 large green bell pepper, seeded and cut into 2-inch by 1/4-inch strips
1 medium carrot, shredded
½ medium sweet onion, cut in thin crescents
¼ cup white vinegar
3 Tbsp. honey
½ tsp. ground ginger, or to taste
¼ tsp. ground turmeric
1/8 tsp. celery seed
1 Tbsp. canola oil
Salt and freshly ground black pepper

Instructions
1. Place the cabbage, pepper, carrot and onion in a large bowl, tossing until they are evenly combined.
2. In a small saucepan, combine the vinegar, honey, ginger, turmeric and celery seed. Over medium heat, bring the mixture to a boil, stirring to dissolve the honey.
3. Remove from heat and mix in the oil.
4. Pour the hot dressing over the vegetables. Toss until they are well combined. Season to taste with salt and pepper and adjust the amount of ginger and celery seed, if desired. (A little ginger goes a long way.)
5. Cover the slaw and refrigerate 4 to 24 hours before serving. (It will become more golden after two or three days.)

Makes 12 servings.

Nutritional information per serving (12 servings)
Calories: 46
Total fat: 1g
Saturated fat: 0g
Total carbohydrate: 9g
Dietary fiber: 1g
Protein: Less than 1g
Sodium: 1 mg

Percent Daily Values are based on a 2,000 calorie diet.
Spinach and Clementine Salad
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=10780&news_iv_ctrl=1126

Ingredients
- 2 lb. clementines (8-12)
- 2 lb. baby spinach, washed and dried
- 4 celery stalks, cut into diagonal slices
- ½ cup walnuts pieces, toasted
- 1 cup red onion, sliced thin
- ¼ cup dried cherries or cranberries
- 2 Tbs. red wine vinegar
- Pinch of sugar
- ¼ cup extra virgin olive oil
- 1 tsp. Dijon mustard
- 1 small clove garlic, minced
- Salt and freshly ground black pepper to taste

Instructions
1. Peel clementines and separate segments.
2. Put in large salad bowl with spinach, celery, nuts, onions, and berries.
3. Whisk together remaining ingredients in small bowl. Drizzle over salad and serve.

Makes 8 servings

Nutrition information per serving:
- Calories: 195
- Carbohydrates: 19 g
- Dietary Fiber: 6 g
- Protein: 6 g
- Total Fat: 12 g
- Saturated Fat: 1 g
Spinach Salad for Spring & Summer
From the U.S. Department of Health and Human Services:

Ingredients
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; Nutritional info uses strawberries)
3 Tbs. low-fat vinaigrette salad dressing (such as poppy seed or raspberry)
½ tsp. fresh cracked black pepper

Instructions
1. Place spinach and seasonal produce into large bowl.
2. Toss with dressing and serve.

Makes 2 servings

Nutrition information per serving:
Calories 59
Carbohydrate 10 g
Dietary Fiber 6 g
Total Fat 2 g
Sodium 250 mg
Spring Pea, Asparagus and Mint Salad
From the American Institute for Cancer Research

Ingredients
2 cups frozen peas
1 bunch (about ¾ lb) asparagus, tough ends removed, sliced into 2 in. pieces
2 cups fresh pea shoots
Juice and zest of one lemon
½ cup fresh mint, roughly chopped
1 Tbsp. extra virgin olive oil

Directions
1. Fill a large saucepan 3/4 full of water and bring to a boil over high heat.
2. Add peas to boiling water and blanch for 1 minute.
3. Strain peas using a slotted spoon (save the boiling water for the asparagus). Add peas to a bowl of ice water to stop cooking process, then strain again and set aside.
4. Add asparagus to the boiling water and cook until tender, about 2-3 minutes. Similarly drain asparagus and add to ice water for 1 min; drain and set aside.
5. In large bowl, combine peas, asparagus, pea shoots, lemon zest, lemon juice, mint and olive oil and toss to combine. Season with salt and pepper. Optional: garnish with a slice of lemon.

Makes 6 servings (about 1 cup each.)

Nutritional Information

| Calories: 80 | Dietary Fiber: 5 g |
| Total Fat: 2.5 g | Sodium: 35 mg |
| Saturated Fat: 0 g | Protein: 4 g |
| Cholesterol: | Carbohydrates: 12 g |
Three Bean Salad with Creamy Mustard Dill Dressing
From the American Institute of Cancer Research
http://www.aicr.org/foods-that-fight-cancer/legumes.html#recipes

Ingredients
1 cup canned chickpeas, rinsed and drained
1 cup canned Great Northern beans, rinsed and drained
1 cup canned kidney or red beans, rinsed and drained
½ cup finely chopped red onion
1 small red bell pepper, diced
1 small green bell pepper, diced
2 Tbs. fat free Greek yogurt
1 Tbs. low-fat mayonnaise
1 Tbs. coarse seed mustard
1 tsp. lemon juice
2 dashes hot pepper sauce
½ tsp. ground black pepper
2 tsp. extra virgin olive oil
¼ cup chopped fresh dill
¼ cup chopped flat-leaf parsley

Instructions
1. In mixing bowl, combine beans with onion and peppers.
2. For dressing, combine the yogurt, mayo, mustard, lemon juice, hot sauce, salt, and pepper. Drizzle in oil.
3. Add dressing to beans and mix to combine.
4. If serving immediately, mix in dill and parsley. Or, cover dressed beans and refrigerate for up to 8 hours, adding herbs just before serving.

Makes 4 servings

Nutrition information per serving:
Calories 230
Carbohydrate 36 g
Dietary Fiber 11 g
Protein 11 g
Total Fat 5 g
Sodium 390 mg
Tomato Salad with Orange Cilantro Vinaigrette

From the King County Public Health Recipe Cookbook

Ingredients

- 3 large, ripe tomatoes, sliced
- 3 tablespoons canola or vegetable oil
- 1/2 cup freshly squeezed orange juice
- 1 tablespoon orange zest, grated
- 1 tablespoon lemon zest, grated
- 1/2 teaspoon paprika
- 1/4 cup cilantro, chopped

Instructions

1. Arrange sliced tomatoes on plates (3 slices per plate.)
2. In a small bowl, whisk together the oil, orange juice, orange zest, lemon zest, paprika and cilantro.
3. Drizzle the dressing over the tomatoes and sprinkle with salt and pepper, to taste.

Makes 6 servings (1/6 recipe per serving)

Nutrition information per serving:

- Calories 92
- Carbohydrate 7 g
- Dietary Fiber 1 g
- Sugars 0 g
- Protein 1 g
- Total Fat 7 g
- Saturated Fat 1 g
- Trans Fat 0 g
- Cholesterol 0 mg
- Sodium 10 mg
Tuna Apple Salad
From the California Dept. of Public Health and the Network for a Healthy California Champions for Change


Ingredients
- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons finely chopped red onion
- 1 medium apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

Instructions
1. In a small bowl, stir together tuna, onion, apple celery, raisins and 2 tablespoons of dressing.
2. In another medium bowl, toss together salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.

Makes 4 servings (1 cup per serving)

Nutrition information per serving:
- Calories 216
- Carbohydrate 27 g
- Dietary Fiber 4 g
- Protein 25 g
- Total Fat 2 g
- Saturated Fat 0 g
- Trans Fat 0 g
- Cholesterol 26 mg
- Sodium 544 mg
Turkey and Kiwi Pasta Salad

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

Ingredients
- ½ cup wine vinegar
- 2 ½ Tbsp olive oil
- 2 Tbsp. Dijon mustard
- 2 tsp. basil
- 1 clove garlic (large), minced
- 1 package (8 oz) spiral noodles
- 2 cups broccoli flowerets
- 2 cups sliced crookneck squash
- 4 kiwifruits
- 1 lb cooked turkey breast, sliced
- 1 cup red pepper strips
- ½ cup sliced green onions
- 1/3 cup grated parmesan cheese

Instructions
1. Combine vinegar, oil, mustard, basil, and garlic; mix well.
2. Cook noodles as package directs.
3. Add broccoli and squash to the last 30 seconds of cooking the noodles and drain.
4. Pour dressing over noodles, and allow to cool.
5. Peel and slice kiwifruit.
6. Toss turkey, red pepper, green onions and kiwifruit with pasta.
7. Sprinkle with parmesan cheese to serve. Serves 8

Nutritional information per serving (8 servings)
- Calories: 280
- Calories from fat: 60
- Total fat: 7g
- Saturated fat: 2g
- Trans fat: 0g
- Cholesterol: 50mg
- Sodium: 140mg
- Total carbohydrate: 31g
- Dietary fiber: 4g
- Sugars: 4g
- Protein: 24g
- Vitamin A: 20%
- Vitamin C: 130%
- Calcium: 10%
- Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

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** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.
Watermelon and Tomato Salad
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?cId=0&rId=131

Ingredients
2 large tomatoes, rinsed and cut into 6 slices each
2 tablespoon white balsamic vinegar
1 tablespoon olive oil
1 tablespoon fresh basil, rinsed, dried, and chopped
4 cup diced watermelon, with seeds removed (about half a small melon)
¼ teaspoon salt
¼ teaspoon ground black pepper

Instructions
1. Arrange three tomato slices on each of four salad plates
2. Combine vinegar, oil, and basil in a bowl, and mix well
3. Add watermelon, and gently toss to coat evenly
4. Spoon watermelon over the tomatoes
5. Top with salt and pepper, and serve

Makes 4 servings

Nutrition information per serving

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5-A-Day Salad
From the USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/recipes/5-day-salad

Ingredients
4 cups fresh spinach
4 cups romaine lettuce
2 cups bell pepper, chopped (any color or mix)
2 cups cherry tomatoes
1 cup broccoli, chopped
1 cup cauliflower, chopped
1 cup yellow squash, sliced
2 cups cucumber, sliced
2 cups carrot, chopped
1 cup zucchini, sliced

Instructions
1. Wash all vegetables and mix together in large bowl.
2. Top with nonfat or low-fat dressing of your choice.

Make 4 servings

Nutrition information per serving (without dressing):
Calories 100
Carbohydrates 22 g
Dietary Fiber 8 g
Sugars 11 g
Protein 5 g
Total Fat 1 g
Saturated Fat 0 g
Cholesterol 0 mg
Sodium 90 mg
Asparagus Dijon
From the Wellness Council of America
www.welcoa.org

Ingredients
- 1 pound asparagus, cooked 1/4 cup fat-free sour cream
- 1/2 cup skim milk 1 teaspoon balsamic vinegar
- 1 teaspoon Dijon mustard Salt and pepper to taste
- 1 tablespoon flour

Instructions
1. Combine the milk, mustard and flour in a small saucepan and blend well.
2. Cook over medium heat, stirring, 3 to 5 minutes or until mixture thickens and is bubbly.
   Stir in the sour cream, vinegar, salt and pepper.
3. Heat through, and spoon the warm sauce over cooked asparagus.

Makes 4 servings.

Nutrition information per serving

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Asparagus with Lemon Sauce
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?cId=7&rId=6

Ingredients
20 medium asparagus spears, rinsed and trimmed
1 fresh lemon, rinsed
2 Tbsp. reduced-fat mayonnaise
1 Tbsp. dried parsley
1/8 tsp. ground black pepper
1/16 tsp. salt

Instructions
1. Place 1 inch of water in a 4 quart pot with a lid. Place a steamer basket inside the pot, add asparagus. Cover and bring to a boil over high heat. Reduce heat to medium. Cook 5-10 minutes, until asparagus is easily pierced with a sharp knife. Do not overcook.
2. While the asparagus cooks, grate the lemon zest into a small bowl. Cut the lemon in half and squeeze the juice into the bowl. Use the back of a spoon to press out extra juice and remove pits. Add mayonnaise, parsley, pepper, and salt. Stir well. Set aside.
3. When the asparagus is tender, remove the pot from the heat. Place asparagus spears in a serving bowl. Drizzle the lemon sauce evenly over the asparagus (about 1½ teaspoons per portion) and serve.

Makes 4 servings. Yield: about 5 spears each.

Nutrition information per serving.

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Asparagus with Parmesan
From the American Institute for Cancer Research
http://www.aicr.org/health-e-recipes/2015/her-558-asparagus-parmesan.html

Ingredients
1 pound medium sized asparagus, rinsed and trimmed
2 tsp. canola oil
4 tsp. unbleached all-purpose flour
3/4 cup fat free milk
1/4 tsp. onion powder
Salt and pepper, to taste
2 Tbsp. Parmesan cheese

Directions
1. Steam the asparagus until just tender, about 3 to 5 minutes.
2. Meanwhile, in a cold saucepan, blend canola oil with flour using a wire whisk. Slowly whisk in the milk and heat the sauce over medium heat, stirring constantly. Add onion powder, salt and pepper to taste.
3. Continue to stir until thickened, about 5 to 10 minutes. Stir in the cheese. Pour hot cheese sauce over asparagus and serve immediately.

Makes 4 servings.

Nutritional Information

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Autumn Vegetable Succotash
From the United States Department of Agriculture (USDA)
http://recipefinder.nal.usda.gov/recipes/autumn-vegetable-succotash

Ingredients
- ¼ cup olive oil
- 1 cup onion (diced)
- 2 garlic cloves (minced)
- 2 cups red bell pepper (diced)
- 2 cups zucchini (diced)
- 2 cups summer squash (diced)
- 3 cups lima beans (frozen)
- 3 cups corn kernels (fresh or frozen)
- 2 Tbs. sage (fresh, coarsely chopped)

Instructions
1. Heat skillet over medium-high heat, and add oil.
2. Add onion and cook until translucent (about 2 minutes).
3. Add everything else except the sage. (Season as desired.)
4. Cook, stirring, until vegetables are tender (about 10 minutes).
5. Stir in sage just before serving.

Makes 8 servings

Nutrition information per serving:
- Calories: 170
- Carbohydrate: 25 g
- Dietary Fiber: 4 g
- Protein: 4 g
- Total Fat: 8 g
- Saturated Fat: 1 g
- Sodium: 10 mg
Basil Green Beans
From the AICR Test Kitchen
http://preventcancer.aicr.org/site/PageServer?pageName=reduce_diet_recipes_test_kitchen

Ingredients
1 lb. fresh green beans
1 Tbsp. minced spring onion
½ tsp. butter or margarine
1 tsp. dried basil leaves
1 tsp. garlic powder
Dash pepper

Instructions
1. Trim and snap green beans into thirds. (You can do this ahead of time.) Mince onion.
2. Put water on to boil to steam beans. As soon as water boils, steam beans for 12 to 17 minutes or until tender.
3. Melt butter or margarine and sauté onions until tender. Add steamed beans, basil, garlic powder and pepper.
4. Toss beans with basil sauce to coat evenly and serve.

Makes 4 servings.

Nutritional information per serving (4 servings)
Calories: 46
Total fat: 1g
Saturated fat: 0g
Total carbohydrates: 8g
Dietary fiber: 1g
Protein: 2g
Sodium: 7mg
Braised Broccoli Leaves
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=23235&news_iv_ctrl=1128

Ingredients
1 bunch broccoli leaves (12-14 oz. with stalks or 1 bunch BroccoLeaf)
1 Tbsp. extra virgin olive oil
2-3 garlic cloves, peeled and each cut lengthwise into 5 slices
1/2 cup water
Salt and freshly ground black pepper

Instructions
1. Lay a leaf on work surface with stem toward you. Run tip of small, sharp knife down both sides of center vein, then grasping stem, lift it and vein away from leaf and discard. Fold leaf in half lengthwise and set aside. Repeat, stacking stemmed leaves.
2. Stack 6 halves horizontally on work surface with curved side toward you. Roll leaves into a long tube. Using a large knife, cut leaves crosswise into 1/2-inch strips; there will be 6 to 7 cups.
3. In large skillet, heat oil over medium-high heat. Add garlic and cook, turning it several times, until it just begins to color, 1 to 2 minutes. Add greens and cook, stirring until they look shiny and dark and have collapsed, about 1 minute. Pour in 1/2 cup water. Spread greens over bottom of pan, cover tightly and cook 5 minutes. Uncover, and cook, stirring often, until all moisture has evaporated, 4 to 5 minutes. Off heat, season braised greens to taste with salt and pepper.

Makes 4 servings

Nutrition information per serving

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Brussel Sprouts with Mushroom Sauce

From the United States Department of Agriculture


Ingredients

- 2 cups brussels sprouts (or broccoli, cabbage, kale, collards, or turnips)
- ½ cup chicken broth, low-sodium
- 1 teaspoon lemon juice
- 1 teaspoon brown mustard (spicy)
- ½ teaspoon thyme (dried)
- ½ cup mushroom (sliced)

Instructions

1. Trim brussels sprouts and cut in half. Steam until tender – about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.
4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

Makes 2 servings
Serving size: 1/2 of recipe

Nutrition information per serving

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Cauliflower and Chickpea Curry with Potatoes

From the American Institute of Cancer Research


**Ingredients**

- 4 cups bite-size cauliflower florets
- 1 medium yellow-flesh potato, peeled and diced (roughly 1 cup)
- 1 cup fat-free, reduced-sodium chicken or vegetable broth, divided
- 1 cup red onion, cut in thin crescents
- 3 garlic cloves, thinly sliced
- 2 Tbs. curry powder, hot or mild (add more or less to taste)
- 3 cups green cabbage, in ½-inch strips
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1 cup frozen cut green beans
- ¼ cup reduced-fat coconut milk, preferably organic
- Salt and ground black pepper (to taste)
- 4 hard-cooked eggs (whites), optional, for garnish

**Instructions**

1. In medium pot of boiling water, cook cauliflower and potatoes for 3 minutes. Drain, and set aside.
2. In large Dutch oven, heat ½ cup broth until it bubbles around edges. Add onion and garlic, and cook until onion is translucent (4 minutes), stirring occasionally.
3. Mix in curry powder until fragrant, 30 seconds. Add cabbage and cook, stirring occasionally, until it wilts (4-5 minutes), adding ¼ cup water if the pot gets dry before cabbage is limp.
4. Add chickpeas, green beans, cauliflower, and potatoes. Pour in remaining ½ cup broth and coconut milk. When liquid starts to bubble around edges of the pot, reduce heat and simmer, stirring occasionally, until potatoes are tender and cauliflower is tender-crisp, 15 minutes.
5. Season to taste with salt and pepper.
6. To serve, divide curry, including liquid from pot, among 6 soup bowls.

If using eggs, discard egg yolks or reserve for another use, and coarsely chop the whites. Sprinkle as garnish over curry.

_Makes 6 servings_

**Nutrition information per serving:**

- Calories 182
- Carbohydrates 33 g
- Protein 8 g
- Total Fat 4 g
- Saturated Fat 2 g
- Fiber 8 g
- Sodium 257 mg

Faculty/Staff Assistance and Well-Being Services

humanresources.illinois.edu/fsaws
Cauliflower Osso Bucco
From American Institute for Cancer Research
https://www.aicr.org/cancer-prevention/recipes/cauliflower-osso-bucco/

Ingredients
1 pound fresh cauliflower head
¼ cup white whole-wheat flour
1 tablespoon olive oil
2 cloves garlic, minced
2 carrots, chopped
2 teaspoons lemon zest
1 cup no salt-added tomato paste
1 ½ cups low-sodium vegetable broth (may need more)
Salt and black pepper, to taste

Instructions
1. Preheat oven to 350 degrees F.
2. Wash and slice cauliflower into “steaks.”
3. Dredge cauliflower in flour (you may need to dip it in water briefly first to get the flour to stick). Place olive oil in large skillet and briefly brown the cauliflower steaks on medium high heat until they are a rich golden color. Turn at least once during cooking to prevent burning and ensure steaks have a slight golden crust on both sides.
4. Push cauliflower to the side of the pan (or remove it to a plate if pan is too crowded) and add the garlic, carrots and lemon zest. Sauté for 3-5 minutes, stirring occasionally.
5. Add the tomato paste and broth and stir until blended. (If you removed the cauliflower from the pan in step 3, add it back to the pan at this time.)
6. Cover the pan and place in the 350 degree F oven to bake for approximately 45 minutes until the cauliflower is soft and the sauce is blended.
7. Adjust seasonings if needed. To serve, garnish with gremolata.
8. To make gremolata: Using a small bowl, combine 4 cloves of finely minced garlic, 1/2 cup washed and finely chopped fresh parsley, and 1 Tbsp. lemon zest. Cover and refrigerate until ready to use.

Makes about 3 servings, 1/3 pound cauliflower each.

Nutrition information per serving

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Cinnamon-Glazed Baby Carrots

From the National Heart, Lung, and Blood Institute’s Keep the Beat
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?cId=0&rId=43
(page 127)

Ingredients

4 C baby carrots, rinsed and split lengthwise if very thick (or frozen pre-sliced carrots)
2 Tbsp soft tub margarine
2 Tbsp brown sugar
½ tsp ground cinnamon
1/8 tsp salt

Instructions

1. Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7–8 minutes, just until the carrots are easily pierced with a sharp knife.
2. While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.
3. Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2–3 minutes, just until the carrots are thoroughly coated and the glaze thickens slightly. Serve warm.

Makes 4 servings

Nutrition information per serving

Calories 67
Total Fat 3g
Saturated Fat 0g
Cholesterol 0mg
Total Fiber 2g
Sodium 149mg
Protein 1g
Carbohydrates 1g
Collard Greens

From the USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/recipes/collard-greens

Ingredients

- 4 pounds fresh greens of choice (ex: chard, kale, turnip greens, spinach, or mixture)
- 2-3 cups low sodium chicken or vegetable broth
- 2 medium onions, chopped
- 3 cloves of garlic, crushed
- 1 tsp. red pepper flakes

Instructions

1. Wash and cut greens.
2. Place in large stock pot; add all other ingredients and enough water to cover.
3. Simmer over medium heat until tender, about 3 ½ hours. Stir occasionally.

Makes 8 servings

Nutrition information per serving:

- Calories 60
- Carbohydrates 10 g
- Dietary Fiber 5 g
- Sugars 1 g
- Protein 5 g
- Total Fat 1 g
- Saturated Fat 0 g
- Sodium 55 mg
Fall Veggie Casserole
From the United States Department of Agriculture (USDA)
http://recipefinder.nal.usda.gov/recipes/fall-veggie-casserole

Ingredients
- 1 eggplant (medium)
- 4 tomatoes
- 1 green bell pepper
- 1 onion
- 1 tsp. salt
- ¼ tsp. pepper
- 3 Tbs. vegetable oil
- 1 garlic clove
- 2 Tbs. parmesan cheese (grated)

Instructions
1. Cut eggplant into cubes. (Remove skin if desired, or leave on to increase fiber and nutrients.)
2. Remove seeds from green pepper.
3. Dice pepper, tomato, and onion.
4. Mince garlic.
5. Cook all ingredients except the cheese, in large skillet on medium heat until tender.
6. Top with cheese and serve.

Makes 8 servings

Nutrition information per serving: (if eggplant peeled)
- Calories: 90
- Carbohydrate: 9 g
- Dietary Fiber: 3 g
- Protein: 2 g
- Total Fat: 6 g
- Saturated Fat: 1 g
- Sodium: 310 mg
Fresh and Light Veggie Pad Thai
From American Institute for Cancer Research

Ingredients
*For pad thai*
- 8 ounces dried wide, flat rice noodles (preferably brown rice noodles)
- 1 Tbsp. olive, sesame, or canola oil (divided)
- 8 ounces extra firm tofu, drained and cut into ½ inch cubes
- 2 large eggs
- ½ yellow onion, chopped
- 3 cloves garlic, minced
- 1 head of broccoli, cut into small florets
- 1 zucchini, spiralized (or sliced into thin, long strips)
- 1 cup snap peas
- 2 carrots, grated
- 1 cup mung bean sprouts
- 1/4 cup fresh basil, chopped
- 1/4 cup fresh cilantro, chopped
- Crushed red pepper, to taste

*For sauce*
- 1 Tbsp. fish sauce
- 2 Tbsp. rice vinegar
- 1 Tbsp. reduced sodium soy sauce or tamari (gluten-free)
- 1 Tbsp. honey (or sub another sweetener)
- 1/4 cup lime juice (juice of 1-2 limes)

*Garnishes*
- 2 Tbsp. peanuts, chopped
- Lime wedges

Instructions
1. Prepare the sauce by whisking together all the sauce ingredients in a small bowl and set aside.
2. Next, prepare the noodles according to package instructions. For most rice noodles: bring a pot of water to a boil, remove from heat and let the noodles soak in the hot water until just al dente (about 10 minutes). Drain and set noodles aside.
3. Heat 1/2 of the oil over medium-high heat.
4. Sauté tofu about 3 minutes, or until just getting golden brown. Rotate the pieces to get a golden color on all sides. Move it to the edge of the pan.
5. Crack eggs into the pan, sauté with spatula to break yolk and scramble until just cooked through (about 1 min). Set the egg and tofu aside on a plate for a later step.
6. Add the remaining oil to the pan and add the onion and garlic. Sauté 1-2 minutes, or until just translucent. Optional: add a pinch of red chili flakes for extra heat.
7. Sauté the rest of your vegetables until they are just fork-tender and still bright in color, about 3 minutes.
8. Add the noodles, sauce, and tofu/egg mixture to the pan. Gently mix everything together so the flavors combine and the noodles can soak up the sauce. Add most of the herbs and bean sprouts (reserve a handful for garnish).

9. Serve with a topping of fresh herbs, the remaining bean sprouts, lime wedges, and a sprinkle of peanuts.

Makes about 4 servings, 1.5 to 2 cups each

**Nutrition information per serving**

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Fruity Baked Squash Rounds
From the Public Health Seattle & King County

Ingredients
1 large acorn squash, cut into 1/2 inch rings, seeds removed
1/2 cup orange juice
3 tablespoons brown sugar
1/8 teaspoon nutmeg
1/4 teaspoon cinnamon
Non-stick cooking spray
Fruit Filling: whole cranberry sauce or blueberry sauce. To make blueberry sauce, heat one cup frozen blueberries with 2 teaspoons sugar in a covered microwave bowl for 2 minutes. Stir.

Instructions
1. Preheat oven to 350º.
2. Spray a 13" X 9" baking dish with non-stick cooking spray.
3. Arrange squash rounds in baking dish.
4. Combine orange juice, brown sugar, nutmeg and cinnamon. Drizzle over squash.
5. Bake 45 minutes.
6. Spoon whole cranberry sauce or blueberry sauce* into center of squash rounds.

Makes 8 servings

Nutrition information per serving

<table>
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<tr>
<td>Sugar:</td>
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Gingered Carrots
From the AICR Test Kitchen
http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Ingredients
- ½ cup golden raisins
- Hot water
- 5-6 medium carrots (10-12 oz.)
- Boiling water, just enough to cover carrots
- 2 tsp. finely-minced fresh ginger
- 1 tsp. fresh lemon juice
- 2 tsp. butter or margarine
- 2 tsp. brown sugar
- 2 tsp. cornstarch
- 1 tsp. grated lemon zest
- Pinch of salt, if desired

Instructions
1. In a medium bowl, combine raisins and just enough hot water to cover them. Let stand about 15 minutes.
2. Meanwhile, peel and slice carrots diagonally into ½-inch slices. Place in a medium pot of boiling water, add ginger and lemon juice. Cook 6 to 7 minutes. Drain.
3. Drain raisins, reserving ¾ cup liquid, and set aside. In a skillet, melt butter or margarine over medium heat. Add brown sugar and cook 30 seconds.
4. In a separate bowl, mix together reserved raisin water and cornstarch. Add to butter/brown sugar mixture. Add raisins and carrots and cook 1 minute. Add lemon zest and salt, if desired. Serve immediately.

Makes 4 servings.

Nutritional information per serving (4 servings)
- Calories: 124
- Total fat: 2g
- Saturated fat: 1g
- Total carbohydrates: 26g
- Protein: 1g
- Dietary fiber: 3g
- Sodium: 55mg
Green Beans with Mustard, Shallots and Bacon

From Seattle & King County Public Health


Ingredients

1 pound fresh green beans, trimmed (or one 16-ounce package frozen green beans)
2 slices lean bacon
1/4 cup shallots, sliced (or, alternatively, 1/4 cup sliced green onions)
2 teaspoons brown or grainy mustard
salt and pepper, to taste (Nutrition Facts calculated without added salt)

Instructions

1. In a large saucepan, heat 1/2 cup water to boiling and add green beans. Cover and cook for 10-15 minutes or until beans are crisp-tender. Drain into a colander then rinse beans under cold water and set aside (if using frozen beans, cook according to package directions.)
2. In a medium skillet, cook bacon until crisp. Drain bacon on paper towels then crumble pieces and set aside.
3. Add shallots to bacon drippings then raise heat to medium-high and cook until tender. Turn heat to low then stir in the mustard, salt, and pepper. Add green beans and toss until evenly coated.
4. Serve in a platter sprinkled with crumbled bacon.

Makes 6 servings

Nutrition information per serving

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<td>Protein: 2g</td>
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Grilled Vegetable Kabobs
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=14&clId=7&rId=218

Ingredients
For Kabobs
2 medium zucchini
2 medium yellow squash
2 red or green bell peppers, seeded
2 medium red onions
16 cherry tomatoes
8 oz fresh mushrooms
2 medium ears sweet corn

Nonstick cooking spray

For Sauce
½ cup balsamic vinegar
2 tablespoon mustard
3 cloves garlic, minced
¼ teaspoon thyme

Instructions
1. Rinse all the vegetables. Cut zucchini, squash, and bell peppers into 2-inch chunks. Cut red onions into wedges. Combine the cut vegetables with the tomatoes and mushrooms in a bowl.
2. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Add the cooked corn to the other vegetables.
3. In a small bowl, mix the vinegar, mustard, garlic, and thyme for the sauce.
4. Toss vegetables in the sauce and thread vegetables onto 8 skewers. (If you use wooden skewers, soak them in water for 30 minutes before using.)
5. Before starting the grill, spray it with nonstick cooking spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce.
6. Grill for 20 minutes or until tender.

Makes 8 servings

Nutrition information per serving
Calories: 73
Total Fat: 1g
Saturated Fat: 0g
Carbohydrates: 4g
Sodium: 107g
Total Fiber: 4g
Italian Vegetables
From the United States Department of Agriculture
https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/italian-vegetables

Ingredients

2 cups water
1 cup broccoli florets
1 cup cauliflower florets
2 zucchini, small (sliced)
1 onion, small (diced)
3 celery stalks (chopped)
1 can tomato sauce (8 ounces)
2 teaspoons basil
1 teaspoon salt (optional)
1 point package of pasta, any shape (cooked)

Instructions

1. Put 1 cup of hot water in a saucepan.
2. Add vegetables and cook for 5 minutes.
3. Add tomato sauce, remaining cup of water, basil, and salt.
4. Simmer until heated thoroughly.
5. Serve with cooked pasta.
6. Refrigerate leftovers.

Makes 6 servings

Nutrition information per serving

<p>| | | |</p>
<table>
<thead>
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<th></th>
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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Kale with Sweet Corn
From the American Institute of Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=10784&news_iv_ctrl=1128

Ingredients

1 large ear fresh corn, husked, or ¾ cup defrosted frozen corn or canned drained corn
¾ lb. curly green kale, tough stems removed
2 tsp. extra virgin olive oil

½ cup finely chopped Vidalia or other sweet onion
2 scallions, green and white parts, finely chopped
¼ cup fat-free, reduced-sodium vegetable broth
Salt and freshly-ground black pepper

Directions

1. If using fresh corn, place it in boiling water and boil until the kernels are tender-crisp, about 4 minutes.
2. When cool enough to handle, stand the ear with its broad end down on a cutting board. Using a sharp knife, slice down the ear to cut off kernels. Rotate the ear and repeat until all the kernels are cut off. Gather up the cut kernels and set aside, or refrigerate in a closed container for up to 24 hours.
3. In a large pot, bring 1 inch of water to a boil. Add the kale, cover tightly and reduce the heat to medium. Steam until the kale is tender, about 12 minutes. Drain it in a colander.
4. When the kale is cool enough to handle, squeeze handfuls of it to remove excess water. Cut the kale crosswise into strips. Cut the strips crosswise, chopping the kale. Set the kale aside, or refrigerate in a closed container for up to 24 hours.
5. Heat the oil in a medium skillet over medium-high heat. Sauté the onion and scallions until the onion is soft, about 3 minutes.
6. Add the kale, corn and broth. Reduce the heat to low, and cook until the corn and kale are heated through, stirring often (about 3 minutes). Season to taste with salt and pepper and serve.

Makes 4 servings

Nutritional information per serving (4 servings)
Calories: 104
Total fat: 3g
Saturated fat: <1g
Sodium: 80mg
Protein: 14g
Total carbohydrates: 18g
Dietary fiber: 3g
Lemon Rosemary Zucchini

From the AICR Test Kitchen

http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Ingredients

1 Tbsp. extra virgin olive oil
1 medium yellow bell pepper, diced
2 tsp. finely minced fresh rosemary
2 cups chopped zucchini (2 medium)
1-3 tsp. freshly squeezed lemon juice, or to taste
Salt and freshly ground black pepper, to taste

Instructions

1. In medium non-stick skillet, heat olive oil over medium heat.
2. Add yellow pepper and rosemary and saute 2 minutes.
3. Add zucchini and salt and pepper, to taste.
4. Continue to saute for another 4 to 5 minutes or until zucchini is just tender.
5. Remove from heat and stir in lemon juice.

Makes 4 servings

Nutritional Information per serving (4 servings)

Calories: 46
Total fat: 3 g
Saturated fat: <1g
Total carbohydrate: 4g
Dietary fiber: 1g
Protein: 1g
Sodium: 6mg
Lima Beans and Spinach
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=11&cId=7&rid=67

Ingredients
- 2 cup frozen lima beans
- 1/2 cup onion, chopped
- 1 cup fennel bulb, rinsed and cut into 4-inch strips
- 1 tablespoon vegetable oil
- 1/4 cup low-sodium chicken broth
- 1 bag (10oz) leaf spinach, rinsed
- 1 tablespoon distilled vinegar
- 1/8 teaspoon ground black pepper
- 1 tablespoon dried chives

Instructions
1. In a saucepan, steam or boil lima beans in unsalted water for about 10 minutes. Drain.
2. In sauté pan, sauté onions and fennel in oil.
3. Add beans and chicken broth to sauté pan, and cover. Cook for 2 minutes.
4. Stir in Spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.

Makes 4 servings

Nutrition information per serving
Calories: 93
Total Fat: 2g
Saturated Fat: 1g
Cholesterol: 0mg
Carbohydrates: 15g
Protein: 5g
Total Fiber: 6g
Sodium: 84mg
Maple Dijon Roasted Rutabaga

From the American Institute for Cancer Research


Ingredients
2 lbs. rutabaga, peeled and cut into 1/2 inch wedges
1 Tbsp. olive or canola oil
Dash of salt and pepper, to taste
3 Tbsp. apple cider vinegar

1 Tbsp. pure maple syrup
1 Tbsp. Dijon mustard
1 tsp chopped fresh rosemary (or dried)
Dash of red chili flakes

Instructions
1. Preheat oven to 400° F.
2. Toss rutabaga in oil and season with salt and pepper.
3. Spread evenly on baking sheet and roast for about 30 minutes, or until lightly browned and fork tender.
4. Transfer rutabaga to large bowl and sprinkle lightly with vinegar, tossing to coat; allow it to absorb for about one minute.
5. Wisk together maple syrup, Dijon mustard, rosemary, and red chili flakes in a small bowl.
6. Drizzle Dijon mixture over rutabaga and toss.
7. Add additional black pepper, if needed.

Makes 4 servings
Serving size: ¼ of Recipe

Nutrition information per serving

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Mashed Sweet Potatoes and Turnips

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=10775&news_iv_ctrl=1128

Ingredients

- 1 medium sweet potato (about 3/4 pound), peeled and cut into 2-inch pieces
- 1 medium turnip, peeled and cut into 2-inch pieces
- 1 Tbsp. canola oil
- 1/2 cup diced onion
- 1/4 cup finely diced Italian parsley
- Salt and freshly ground black pepper, to taste
- 1/4 cup shredded reduced fat Swiss or Gruyère cheese

Instructions

1. In large pot, place steamer filled with potatoes and turnips. Add 2 cups water, cover and bring to boil. Steam until tender, about 15 minutes.
2. Meanwhile, in small skillet, sauté onion and parsley over medium heat in oil for 5 minutes.
3. In large bowl, place tender potatoes and turnips and mash with large fork. Stir in onion, parsley and oil from pan. Season mixture to taste with salt and pepper.
4. Lightly coat baking dish with oil spray and add potato mixture, pressing down evenly. Top with cheese and broil for 2-3 minutes or until cheese is bubbly and lightly browned.

Makes 4 servings

Nutrition information per serving

- Calories 121
- Total Fat 4g
- Saturated Fat >1g
- Carbohydrates 18g
- Dietary Fiber 3g
- Sodium 65mg
- Protein 4g
Mediterranean Vegetable Stew

From the American Institute of Cancer Research

http://www.aicr.org/foods-that-fight-cancer/legumes.html#recipes

Ingredients

- 1 Tbs. olive oil
- 1 large onion, chopped
- 1 cup low-sodium vegetable broth
- ½ tsp. chili powder (or to taste)
- ¼ tsp. ground cloves
- 1 tsp. cumin
- ½ tsp. cinnamon
- ½ tsp. ground paprika
- ½ tsp. ground turmeric
- ½ tsp. ground cardamom
- 2 cups butternut squash, peeled, seeded, diced into ½ inch cubes
- ¼ cup raisins
- 2 carrots, cut into ¼ inch slices
- 3 cloves garlic, minced
- 1 large zucchini, halved lengthwise and cut into ¼ inch slices
- 1 (15 oz.) can garbanzos, drained
- ¼ cup pitted black olives, halved
- ¾ tsp. salt
- ½ tsp. white or black pepper
- ¼ cup chopped fresh parsley, divided
- 1-2 Tbsp. fresh lemon juice
- 3 cups cooked brown rice (or other whole grain)

Instructions

2. While broth simmers, stir in spices. Add squash, raisins, carrots, and garlic. Cover and continue simmering until vegetables are tender, about 25-30 minutes.
3. Add in zucchini, garbanzos, olives, salt, and pepper. Re-cover and continue to simmer until zucchini is tender, an additional 10-12 minutes. Stir in 2 tablespoons parsley and lemon juice.
4. Place warm rice uniformly on large serving platter (or individual plates), and spoon stew over top. Garnish with remaining parsley and serve.

Makes 6 servings (about 1 cup stew per serving)

Nutrition information per serving:

- Calories 300
- Carbohydrate 54 g
- Dietary Fiber 9 g
- Protein 11 g
- Total Fat 6 g
- Saturated Fat 1 g
- Sodium 464 mg
Parmesan Green Beans
From Keep the Beat: National Heart Lung & Blood Institute
http://hp2010.nhlbihin.net/healthyeating/recipedetail.aspx?linkId=1&cId=7&rId=130

Ingredients
1 Tbsp. olive oil
1 tsp. garlic, minced (about 1 clove) (or ¼ tsp garlic powder)
1 small onion, thinly sliced (about ½ C)
1 bag (16 oz.) frozen green beans
1 C low-sodium chicken broth
¼ C grated parmesan cheese
¼ tsp. ground black pepper

Directions
1. Combine olive oil and garlic in a large saucepan. Cook until garlic is soft, but not browned (about 30 seconds).
2. Add onion, and continue to cook for about 5 minutes over medium heat until soft.
3. Add green beans and chicken broth. Bring to a boil and simmer for 2 minutes, until the beans are heated through.
4. Sprinkle with parmesan cheese and pepper, and serve.

Makes four servings (1 cup green bean mix per serving)

Nutritional information per serving (4 servings)

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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<td>Protein</td>
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Percent Daily Values are based on a 2,000 calorie diet
Ratatouille with Polenta
From the King County (Washington) Public Health Department
http://www.kingcounty.gov/healthServices/health/nutrition/recipes.asp

Ingredients
1 16-oz. package refrigerated and cooked polenta
1 tablespoon olive oil
1 green bell pepper, seeded and chopped
1 red bell pepper, seeded and chopped
2 cloves garlic, minced
1 small onion, thinly sliced
1 small eggplant, cubed
1 yellow summer squash or zucchini, sliced
1 tomato, chopped
1 bay leaf
3 sprigs fresh thyme
3 tablespoons chopped fresh parsley

Instructions
1. Prepare polenta according to package directions and set aside.
2. Heat oil in a medium sized saucepan over medium-high heat. Sauté green and red bell pepper, garlic and onions for 5 minutes, stirring often.
3. Stir in eggplant, squash, tomato, bay leaf, and thyme then cover and cook for 5-6 minutes or until vegetables are tender.
4. Stir in parsley, reduce heat to low and let stand for 1 minute.
5. Cut prepared polenta into rounds or wedges then place 1-2 pieces onto each plate. Spoon ratatouille onto polenta, add salt and pepper to taste, then serve.

Makes 4 servings

Nutrition information per serving (4 servings)

| Calories: 213 | Dietary fiber: 7 g |
| Calories: 213 | Sugars: 0 g |
| Calories from fat: 39 | Protein: 5 g |
| Total fat: 4 g | Vitamin A: 50% |
| Saturated fat: 1 g | Vitamin C: 160% |
| Cholesterol: 0 mg | Calcium: 4% |
| Sodium: 530 mg | Iron: 15% |
| Total carbohydrate: 40 g |

Percent Daily Values are based on a 2,000 calorie diet.
Roasted Asparagus with Parmesan Cheese Sauce
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?news_iv_ctrl=1121&abbr=dc_rc_&page=NewsArticle&id=9092

Ingredients
- 1 pound medium sized asparagus, rinsed and trimmed
- 2 tsp. canola oil
- 4 tsp. unbleached all-purpose flour
- ¼ cup fat free milk
- ¼ tsp. onion powder
- Salt and pepper, to taste
- 2 Tbsp. Parmesan cheese

Instructions
1. Steam the asparagus in a saucepan over boiling water until just tender, about 3 to 5 minutes.
2. Meanwhile, in a cold saucepan, blend canola oil with flour using a wire whisk.
3. Slowly whisk in the milk and heat the sauce over medium heat, stirring constantly.
4. Add onion powder, salt and pepper to taste.
5. Continue to stir until thickened, about 5 to 10 minutes. Stir in cheese.
6. Pour hot cheese sauce over asparagus and serve immediately.

Makes 4 servings

Nutritional information per serving (4 servings)
- Calories: 87
- Total fat: 3 g
- Saturated fat: < 1 g
- Sodium: 62 mg
- Protein: 5 g
- Carbohydrates: 9 g
- Dietary fiber: 3 g
Roasted Broccoli, Tomatoes and Olives
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=23134&news_iv_ctrl=1128

Ingredients
- 4 cups bite size broccoli florets
- 1 cup halved cherry tomatoes
- 1 cup pitted black olives, halved
- 4 cloves garlic, minced
- 2 Tbsp. extra virgin olive oil
- Salt to taste
- 1 tsp. freshly grated lemon zest
- 1 Tbsp. lemon juice, or to taste
- 1 tsp. oregano leaves, crushed

Instructions
1. Preheat oven to 375 degrees F.
2. In large bowl, add broccoli, tomatoes, olives, garlic, oil and salt to taste. Gently toss until well coated. Spread on baking sheet in single layer. Bake 15 minutes.
3. In same bowl, combine zest, juice and oregano. Add roasted vegetables and gently toss. Serve warm.

Makes 4 servings

Nutrition information per serving

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Roasted Brussel Sprouts and Potatoes

From the American Institute for Cancer Research (AICR)
http://www.aicr.org/foods-that-fight-cancer/broccoli-cruciferous.html#recipes

Ingredients
- ¾ lb. Brussels sprouts, preferably large
- 2 small onions
- 1 Tbs. extra virgin olive oil, divided
- ¾ lb. small potatoes, preferably 2 inches or smaller diameter
- Salt and ground black pepper

Instructions
1. Preheat oven to 400 degrees F.
2. Remove tough outer leaves from sprouts and cut crosswise into 3-4 rounds about ½-inch thick.
3. Halve onions and cut crosswise into very thin slices.
4. In medium bowl, combine sprouts and onions, 2 tsp. oil, and ½ tsp. salt. Mix to coat. Spread them on foil-covered baking sheet.
5. In same bowl, mix potatoes with remaining 1 tsp. oil. Place on second baking sheet.
6. Place both baking sheets in oven. Bake sprouts for 15 minutes, stir once, and continue baking until tender (about 10-15 more minutes).
7. Bake potatoes for 30 minutes, or until a knife pierces larger ones easily.
8. Transfer potatoes to cutting board and cut crosswise into ½-inch slices.

Makes 4 servings

Nutrition information per serving:
- Calories: 150
- Carbohydrate: 24 g
- Dietary Fiber: 6 g
- Protein: 4 g
- Total Fat: 4 g
- Saturated Fat: 0.5 g
- Sodium: 30 mg
Roasted Tomatoes with Herbs
From USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/

Ingredients
- Non-stick cooking oil spray, as needed
- 6 tomatoes, washed
- 2 Tbsp. olive oil or canola oil
- ½ tsp. pepper
- 1 Tbsp. dried parsley
- 1 Tbsp. minced garlic
- 2 Tbsp. Parmesan cheese

Instructions
1. Preheat oven to 425 degrees.
2. Spray a large baking sheet with cooking oil spray.
3. Cut each tomato in half. Place tomatoes on the sheet, cut side up.
4. Drizzle tomatoes with ½ of the oil and season with pepper.
5. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom.
6. Mix the remaining oil, parsley, garlic, and cheese in a small bowl.
7. Remove tomatoes from the oven and sprinkle the herb mixture over the tomatoes.
8. Return to oven for another 10 minutes, or until spices begin to brown.

Makes 6 servings (1 tomato per serving)

Nutritional information per serving (6 servings)
- Calories: 90
- Calories from fat: 50
- Total fat: 6g
- Saturated fat: 1g
- Trans fat: 0g
- Cholesterol: 0mg
- Sodium 30mg
- Total carbohydrate: 37g
- Dietary fiber: 1g
- Sugars: 4g
- Protein: 2g
- Vitamin A: 20%
- Vitamin C: 40%
- Calcium: 4%
- Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.
Sauteed Radishes

From Eat, Move, Save, Illinois Extension Offices

https://eat-move-save.extension.illinois.edu/eat/recipes/sauteed-radishes

*Note: For red radishes, look for those that are brightly colored, smooth and without cuts or soft spots. Look for fresh greens that are not wilted.*

**Ingredients**

- 1 tablespoon vegetable oil
- 1 to 2 bunches radishes (about 1 pound with tops), trimmed and each cut into quarters or halves if small
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon fresh dill, chopped

**Instructions**

1. Heat oil in nonstick 12 inch skillet over low-medium heat.
2. Add radishes, salt and pepper to skillet. Cook 14 to 15 minutes or until radishes are fork tender and lightly browned.
3. Remove skillet from heat. Toss radishes with dill and transfer to serving bowl.

Makes 4 servings

**Nutrition information per serving**

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Soulful Greens
From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

Ingredients
- ½ cup of low-sodium chicken broth
- ¾ cup water
- 2 pounds of collard greens, washed and stems removed
- 1 ½ cups sliced red onions
- 1 garlic clove, minced
- ¼ cup orange juice
- ½ tsp dried red pepper flakes

Instructions
1. Heat chicken broth and water in a large pot. Bring to a boil.
2. Add collards and cook for 10 minutes.
3. Sauté garlic and onions for 5 minutes in a skillet.
4. Add orange juice and wilted greens. Stir until well coated.
5. Simmer for 5 minutes.
6. Sprinkle with red pepper flakes and serve.

Serves 4.

Nutritional information per serving (4 servings)
- Calories: 100
- Calories from fat: 10
- Total fat: 1g
- Saturated fat: 0g
- Trans fat: 0g
- Cholesterol: 0g
- Sodium: 55mg
- Total carbohydrate: 19g
- Dietary fiber: 8g
- Sugars: 4g
- Protein: 7g
- Vitamin A: 430%
- Vitamin C: 100%
- Calcium: 40%
- Iron: 20%

Diabetic Exchange**
- Fruit: 0
- Vegetables: 4
- Meat: 0
- Milk: 0
- Fat: 0
- Carbs: 0
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.
Spiced Cabbage
From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

Ingredients
½ medium head of cabbage
1 small onion (or half a medium one)
1 hot green chili pepper
2 tsp. coconut
½ tsp. turmeric powder
2 cm piece of fresh ginger root

Instructions
1. Shred the cabbage very finely and chop into small pieces.
2. Finely chop the onion, chili and ginger.
4. Add the onion, ginger and chili.
5. Fry for 30 seconds then add the cabbage and turmeric. Fry at a high temperature for about ten minutes stirring constantly.
6. Remove the pan from the heat and stir in the coconut.

This dish can be served on it's own but can also accompany many different rice dishes.
Makes 4 servings (1 cup per serving)

Nutritional information per serving (4 servings)

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<td>Vitamin C</td>
<td>110%</td>
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Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

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** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Spicy Okra

From the National Heart, Lung, and Blood Institute’s Keep the Beat
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=0&clId=7&rId=232

Ingredients

- 2 packages (10 oz each) frozen, cut okra
- 1 Tbsp vegetable oil
- 1 medium onion, coarsely chopped
- 1 can (14½ oz) no-salt-added diced tomatoes
- 1 fresh jalapeno pepper (or habanero chile pepper), pierced 3 times with a fork
- ½ tsp salt
- ¼ tsp ground black pepper

Instructions

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Add onion and sauté for about 3 minutes.
3. Add tomatoes (including juice) and jalapeno pepper, and bring to a boil. Stir the mixture for 8 minutes.
4. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
5. Stir in salt and black pepper, and discard the jalapeno pepper before serving.

Makes 10 servings

Nutrition information per ½ serving

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Steamed Greens with Ginger and Water Chestnuts

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7180&news_iv_ctrl=1128

Ingredients

3 cups mixed leafy greens, chosen from the following:
- bok choy (Chinese cabbage or Chinese chard), choy sum (Chinese flowering cabbage), Chinese spinach (amaranth leaves), Swiss chard leaves, stems removed, spinach leaves, stems removed

1 tsp. finely minced, peeled fresh ginger
1 tsp. finely minced fresh garlic
1/2 cup diced canned water chestnuts (drained and rinsed)
1/2 Tbsp. sesame seed oil
Salt and pepper to taste

Instructions

1. Keeping each type separate, place greens on plate used for steaming. Sprinkle ginger and garlic over top of greens, then scatter water chestnuts on top. Sprinkle oil evenly over all.
2. Steam until greens are tender, watching carefully, as they will only take about 30 seconds. Season to taste with salt and pepper. Serve immediately.

Makes 4 servings

Nutritional information per serving
Calories: 32
Total fat: 2 g
Saturated fat: <1 g
Carbohydrates: 4 g
Protein: 1 g
Dietary fiber: 1 g
Sodium: 28 mg
Summer Squash Ribbons with Lemon Herb Dressing
From the American Institute for Cancer Research
http://www.aicr.org/health-e-recipes/2016/summer-squash-ribbons.html

Ingredients
2 Tbsp. extra virgin olive oil  Salt and freshly ground black pepper
1 Tbsp. fresh lemon juice (about 1/2 medium lemon) 1/2 small red onion, thinly sliced
1 tsp. lemon zest (about 1/2 medium lemon) 1 medium-large yellow straightneck summer squash
2 Tbsp. coarsely chopped fresh oregano leaves* 1 medium-large zucchini
1 Tbsp. chopped fresh thyme* 1/4 cup crumbled feta cheese, optional

Instructions
1. In large bowl, whisk together olive oil, lemon juice, lemon zest, oregano and thyme. Season to taste with salt and pepper. Stir in onion.
2. Cut stem end from squash. Holding stem end of squash and leaning other end on cutting board at an angle, use vegetable peeler to shave squash lengthwise to create ribbons. Stop peeling at seed core. Stack ribbons and cut in half crosswise. Add ribbons to bowl and stir, separating ribbons to cover with dressing. Rotate squash to opposite side and repeat peeling, cutting and mixing with dressing. Peel ribbons from remaining two sides of squash and repeat cutting and mixing with dressing. Repeat with zucchini. Save seed cores in refrigerator for salad, stir-fries, soup or stock.
3. Transfer squash salad to serving dish and top with feta, if using. Salad may be chilled and served later same day.

* Use combination of favorite fresh herbs.

Makes 4 servings

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Summer Vegetable Sauté
From the Seattle & King County Public Health Cookbook:

Ingredients
1 large onion, very finely chopped
1 Tbs. vegetable oil
1 ½ cups corn kernels, fresh or frozen
1 pound zucchini, chopped
1 28-oz. can plum or Roma tomatoes, crushed or chopped
1 15-oz. can kidney beans or black beans
1 tsp. oregano
Pinch of black pepper

Instructions
1. In large skillet, sauté onion in vegetable oil.
2. Add corn, zucchini, tomatoes, beans, oregano, and pepper. Toss gently to combine. Cover the skillet, and cook over low heat for 15 minutes, stirring occasionally.

Serving suggestion: serve over whole grain pasta or pilaf.

Makes 4 servings

Nutrition information per serving:
Calories 261
Protein 11 g
Carbohydrate 49 g
Dietary Fiber 12 g
Total Fat 5 g
Sodium 807 mg
Vitamin A 30% DV
Vitamin C 65% DV
Iron 20% DV
Sweet Roasted Root Veggies
From the American Institute for Cancer Research Test Kitchen
http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22779&news_iv_ctrl=2901

Ingredients
1 small sweet potato, about 8-oz, cut into ¾-inch cubes
1 medium potato, cut into ¾-inch cubes
(peeled parsnip may be substituted)
1 medium carrot, peeled, cut into ¼-inch slices
1 small red onion, cut into ½-inch wedges
1 medium beet, peeled, cut into ¾ -inch cubes
1½ Tbsp. extra virgin olive oil, divided
Salt and freshly ground black pepper, to taste
1 tsp. balsamic vinegar
2 tsp. fresh lemon juice
½ tsp. Dijon mustard
1 Tbsp. fresh parsley, chopped
1 tsp. cilantro, chopped
2 Tbsp. walnuts, finely chopped
1 oz. crumbled feta cheese

Instructions
1. Preheat oven to 425 degrees. In large bowl toss potatoes, carrot, onion, celery, and beet with ½ tablespoon oil, coating well. Arrange vegetables in a roasting pan. Season with salt and pepper. Roast, stirring several times, until tender and beginning to brown, about 50 minutes.
2. In mixing bowl, whisk vinegar, lemon juice and Dijon with remaining oil and stir in parsley, cilantro and walnuts. Drizzle dressing over vegetables and gently toss. Tops with crumbled feta.
3. Serve warm or at room temperature.

Makes 4 servings (3/4 cup per serving)

Nutrition information per serving:
Calories 156
Carbohydrate 17 g
Dietary Fiber 3 g
Protein 3 g
Total Fat 9 g
Saturated Fat 2 g
Sodium 134 mg
Tomatoes Stuffed with Freekeh
From Oldways Whole Grain Council
http://wholegrainscouncil.org/recipes/salads-sides/tomatoes-stuffed-with-freekeh

Ingredients
- 2 cups cooked Freekeh
- 4 medium tomatoes
- 1 egg, slightly beaten
- ¼ cup pine nuts
- ½ cup chopped fresh parsley
- ½ cup chopped fresh basil
- 2 tsp minced garlic

Instructions
1. Scoop out tomatoes and set aside.
2. Mix tomato pulp with freekeh, egg, nuts, garlic and basil-parsley mixture. Put back into tomatoes and drizzle with olive oil.
3. Bake at 375 for 35 minutes.

Makes 4 Servings.
Vegetarian Stuffed Peppers
From the USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/recipes/vegetarian-stuffed-peppers

Ingredients
4 bell peppers (red or green) 2 tsp. olive oil
2 cup cherry tomatoes ¼ tsp. salt
1 medium onion ¼ tsp. pepper
1 cup basil leaves (fresh)
3 garlic cloves

Instructions
1. Preheat oven to 425 degrees Fahrenheit. Lightly oil a large shallow baking pan.
2. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
3. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl toss tomatoes, onion, basil, garlic, olive oil. Salt and pepper to taste.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Makes 8 servings

Nutrition information per serving:
Calcium 4% DV
Calories 40
Carbohydrate 7 g
Dietary Fiber 2 g
Protein 1 g
Total Fat 1 g
Saturated Fat 0 g
Sodium 95 mg
Vitamin A 15% DV
Vitamin C 110% DV
# Apple Carrot Soup

From the United States Department of Agriculture


## Ingredients

- 1 pound pork (lean, cut into chunks)
- 4 apples (with skin, cored, and quartered)
- 4 carrots (large, peeled and cut into chunks)
- Orange peel (dried, 1 teaspoon, optional)
- 4 slices ginger
- ½ teaspoon salt
- 20 cups water

## Instructions

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.

## Makes 8 servings

**Serving size: 1 cup**

## Nutrition information per serving

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Asian Savoy Cabbage and Mushroom Soup

From the American Institute for Cancer Research


Ingredients

1 large egg
2 tsp. sesame or peanut oil
1/2 small-medium Savoy, napa or green cabbage, cut lengthwise, cored, sliced in 1/4-inch strips
2 medium-large carrots, cut in 1/4-inch slices

1/2 cup thinly sliced shiitake mushrooms
4 cups low-sodium vegetable stock
2 Tbsp. low-sodium soy sauce
Freshly ground black pepper
2 Tbsp. chopped fresh cilantro, garnish

Instructions

1. In small bowl, lightly beat egg.
3. Slide egg onto plate. Roll up egg and slice into ¼ inch rounds and set aside.
4. In medium saucepan over medium-high heat, add cabbage, carrots, mushrooms, stock, soy sauce and a few grinds of black pepper. Cover pot and bring to boil. Reduce heat to low and simmer, stirring occasionally, for 8-10 minutes or until vegetables are tender.
5. Ladle soup into four warmed soup bowls. Place several egg slices on surface of each bowl. Garnish with cilantro and serve warm.

Makes 4 servings

Nutrition information per serving

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<td>Cholesterol:</td>
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Asparagus and Scallion Soup with Almonds

From the American Institute for Cancer Research Test Kitchen:
http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=18788&news_iv_ctrl=1125

Ingredients
- ¼ cup sliced almonds, for garnish
- 1 Tbs. olive oil
- 2 medium leeks, thinly sliced
- 6 scallions, thinly sliced, 2 reserved for garnish
- 2 cans (14 oz. each) fat-free, reduced sodium vegetable broth
- ½ tsp. dried thyme, to taste
- Salt and white pepper, to taste
- 1 ½ lb. asparagus, thinly sliced
- 1 can (15 oz.) white beans, such as cannellini, rinsed & drained
- Optional: 1 cup evaporated skim milk (for creamier soup)

Instructions
1. Place almonds in saucepan over medium heat. Toast until golden, shaking pan occasionally to prevent burning, about 5-6 minutes. Transfer to paper towel and set aside.
2. In same pan, heat oil over medium heat. Add leeks and 4 chopped scallions. Cook, stirring occasionally, until tender, about 5-6 minutes. Add broth, thyme, salt and pepper, and bring to boil. Add asparagus and beans.
3. Bring back to boil, then immediately reduce heat and simmer, partially covered, until vegetables are soft, 12-15 minutes. Remove from heat and cool slightly.
4. Puree soup in blender until smooth. Pour back into saucepan over medium heat. (If using evaporated milk, now is the time to pour in.) Heat through. Ladle into serving bowls. Garnish with toasted almonds and remaining scallions.

Makes 6 servings

Nutrition information per serving:
- Calories: 146
- Carbohydrate: 24 g
- Dietary Fiber: 5 g
- Protein: 9 g
- Total Fat: 3 g
- Saturated Fat: <1 g
- Sodium: 304 mg
Avocado Zucchini Soup

This is a refreshingly cool summer soup with crisp zucchini and creamy avocado. From the American Institute for Cancer Research
http://www.aicr.org/health-e-recipes/2015/her-569-avocado-zucchini-soup.html

Ingredients

Soup Ingredients
- 1 cup vegetable broth
- 3 cups chopped zucchini (about 2-3 medium zucchini)
- ½ cup thinly sliced green onion, divided
- 1 medium Hass Avocado
- ¼ tsp. ground cumin, optional
- ¼ cup unsweetened plain almond milk

Cucumber Salsa
- 1 cup peeled, seeded, diced cucumber (about 1 medium cucumber)
- 1½ Tbsp. chopped fresh cilantro
- 2 Tbsp. fresh lime juice, divided
- Salt to taste

Directions:
1. In large saucepan over high heat, combine broth, zucchini and 1/4 cup onion. Cover and bring to a boil. Uncover, reduce heat and let simmer 6 minutes or until zucchini is tender. Remove from heat and set aside to cool for 20 minutes.
2. In small bowl combine cucumber, remaining onion, cilantro and 1 tablespoon lime juice. Season with salt to taste. Toss well, cover and refrigerate.
3. In blender, combine zucchini mix, avocado, cumin, if using, remaining 1 tablespoon lime juice and almond milk. Cover and purée until smooth. Leaving soup in blender container, refrigerate it for 2 hours.
4. When ready to serve, re-blend soup. Add additional almond milk for thinner consistency, if desired.
5. Pour into serving bowls. Top with salsa and serve.

Makes 4 (1 cup) servings.

Nutritional Information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Bean and Macaroni Soup
From the U.S. Department of Health and Human Services

Ingredients

- 2 cans (16 oz) great northern beans
- 1 tablespoon olive oil
- ½ pound 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
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano
- Black pepper, to taste
- 4 cups elbow macaroni, cooked

Instructions

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.

Makes 16 servings

Nutrition information per serving

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Bean and Macaroni Soup
From the U.S. Department of Health and Human Services


Ingredients

| 2 cans (16 oz) great northern beans | 3 cups peeled, fresh tomatoes, cut up |
| 1 tablespoon olive oil | 1 teaspoon dried sage |
| ½ pound fresh mushrooms, sliced | 1 teaspoon dried thyme |
| 1 cup onion, coarsely chopped | ½ teaspoon dried oregano |
| 2 cups carrots, sliced | Black pepper, to taste |
| 1 cup celery, coarsely chopped | 1 bay leaf, crumbled |
| 1 clove garlic, minced | 4 cups elbow macaroni, cooked |

Instructions

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.

Makes 16 servings

Nutrition information per serving

| Calories: 158 | Dietary Fiber: 5 mg |
| Total Fat: 1 g | Sodium: 154 mg |
| Saturated Fat: 1 g | Protein: 8 mg |
| Cholesterol: 0 mg | Carbohydrates: 29 g |
Beef and Broccoli Noodle Soup
From the King County (Washington) Public Health Department


Ingredients
1 garlic clove, minced
2 green onions, chopped
2 Tbsp. low-sodium soy sauce
1 tsp. sesame oil
8 ounces lean beef, trimmed of excess fat
8 ounces egg noodles
3-3/4 cups low-sodium beef broth
5 baby corns, chopped
1 leek, sliced (white part only) or 1 cup chopped onion
2 cups broccoli florets
½ tsp. chili powder

Instructions
1. In a medium sized bowl, combine garlic, green onions, soy sauce and sesame oil.
2. Slice beef into thin strips* then add to soy sauce mixture and stir until well-coated. Cover then marinate in refrigerator for at least 30 minutes to 1 hour.
   *Cook's Tip: Wrap beef in plastic wrap then place in a freezer for about 1/2 hour to partially freeze to make it easier to slice.
3. Cook noodles according to package instructions.
4. Place beef broth in a large saucepan then bring to a boil. Add the beef with the marinade, the baby corns, leek, and broccoli. Cover then lower heat to medium-low and simmer for 10 minutes. Stir in noodles and chili powder, cover and simmer for an additional 3 minutes then serve.

Makes 4 servings [Serving Size: ¼ of recipe (401g)]

Nutritional information per serving (4 servings)

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Percent daily values based on a 2000 calorie diet.
Butternut Squash, Tomato and Watercress Soup
From the AICR Test Kitchen
http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=8364&news_iv_ctrl=1125

Ingredients
- 2 Tbsp. olive oil
- 2 large tomatoes, seeded and chopped
- 1 small onion, chopped
- 1 small garlic clove, sliced
- 2 small carrots, chopped
- 1 cup peeled and chopped butternut squash
- 1 medium potato, peeled and chopped
- 1 bunch watercress, including stems
- 2 cups fat-free, reduced-sodium chicken broth
- 4 cups water
- Salt and freshly ground black pepper
- 2/3 cup frozen corn kernels, thawed, for garnish coarsely chopped

Instructions
1. In a large saucepan, heat the olive oil over medium-high heat. Sauté the tomatoes, onion and garlic for about 12 minutes, stirring occasionally, until the onions are translucent.
2. Add the carrots, squash, potato, watercress and chicken broth. Bring to a boil, reduce heat to low, and simmer, uncovered, for 30 minutes.
3. Add the water and return the mixture to a boil. Reduce heat and simmer, uncovered, for about 10 minutes, until the vegetables are very soft.
4. Remove the saucepan from the heat and let the soup sit for 15 minutes to cool slightly.
5. In a blender or food processor, purée the soup in batches and return to the saucepan.
6. Season to taste with salt and pepper. Reheat soup. Ladle the soup into bowls and garnish with the corn kernels. (The boiling hot soup heats the corn, eliminating the need to cook it separately before adding.)

Makes 6 servings.

Nutritional information per serving (6 servings)
- Calories: 111
- Total fat: 5g
- Saturated fat: less than 1g
- Total carbohydrate: 16g
- Dietary fiber: 3g
- Protein: 3g
- Sodium: 167mg

Percent Daily Values are based on a 2,000 calorie diet.
Chicken Vegetable Soup with Kale

From the States Department of Agriculture: What’s Cooking USDA Mixing Bowl

http://www whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/chicken-vegetable-soup-kale

Ingredients

- 2 tsp. vegetable oil
- 1/2 cup onion, chopped
- 1/2 cup carrot chopped
- 1 tsp. ground thyme
- 2 garlic cloves, minced
- 2 cups water or chicken broth
- 3/4 cup tomatoes, diced
- 1 cup chicken, cooked, skinned and cubed
- 1/2 cup brown rice, cooked (or white rice)
- 1 cup kale, chopped

Instructions

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Sauté for another minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

Makes 3 servings

Nutrition information per serving

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Chilled Cantaloupe Soup with Mint
From the American Institute for Cancer Research

Ingredients
4 cups cubed cantaloupe (about 1 large cantaloupe)
2 Tbsp. honey, or to taste
2 Tbsp. freshly squeezed lime juice, or to taste
1/8 tsp. ground cardamom, or to taste
Sliced fresh strawberries, for garnish
1/4 cup whole fresh mint leaves, for garnish

Instructions
1. Put the cantaloupe in a wide, shallow, microwave-safe container. Heat melon in microwave on 50% power for 2 minutes, or just until the melon softens slightly. Transfer cantaloupe to a blender or food processor. Add honey, lime juice and cardamom and blend mixture until smooth. Transfer to a bowl. Cover and refrigerate for 1 to 2 hours, until cold.
2. Before serving, taste and add more honey, cardamom, or lime juice as needed. Garnish each serving with strawberry slices and mint leaves.

Makes 4 servings

Nutrition information per serving

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Chipotle Chicken Soup
From the King County (Washington) Public Health Department
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Soups/ChipotleChickenSoup.aspx

Ingredients
1 large onion, chopped
1 clove garlic, minced
1 tablespoon olive oil
12 oz. skinless, boneless chicken breasts, chopped
1 14.5 oz. can of low-sodium chicken broth
2 teaspoons chopped canned chipotle peppers in adobo sauce
½ teaspoon sugar
¼ teaspoon salt
2 cups tomatoes, chopped (or 1 14.5 oz. can diced tomatoes)
¼ cup fresh cilantro, chopped

Instructions
1. In a Dutch oven, cook onion and garlic in olive oil over medium-high heat about 4 minutes or until onion is tender.
2. Add chicken and cook for 2 minutes.
3. Add broth, chipotle peppers, sugar and salt.
4. Bring to boiling then reduce heat. Simmer, uncovered for 15 minutes.
5. Remove from heat and add tomatoes and cilantro.

Makes 3 servings (Serving Size: 1/3 of recipe – 431 g)

Nutritional information per serving (3 servings)
Calories 237 Dietary Fiber 2 g
Calories from fat 65 Sugars 1 g
Total Fat 7 g Protein 31 g
Saturated Fat 31 g Vitamin A 20%
Cholesterol 66 mg Calcium 4%
Sodium 323 mg Iron 10%
Total Carbohydrates 12 g Vitamin C 50%

Percent daily values based on a 2000 calorie diet.
Corn Chowder
From the National Heart, Lung, and Blood Institute

Ingredients
1 tablespoon vegetable oil 1 cup water
2 tablespoons finely diced celery ⅛ teaspoon salt
2 tablespoons finely diced onion To taste black pepper
2 tablespoons finely diced green pepper ¼ teaspoon paprika
1 package frozen whole kernel corn (10oz) 2 tablespoons flour
1 cup peeled, diced, ½ inch raw potatoes 2 cups low-fat (1%) or skim milk
2 tablespoons chopped fresh parsley

Instructions
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. Place 1/2 cup milk in 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.

Makes 4 servings

Nutrition information per serving

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Cream of Broccoli Soup
From the National Dairy Council Recipe Index
http://www.nationaldairycouncil.org/Recipes/Pages/Cream-of-Broccoli-Soup.aspx

Ingredients
1 ½ cups water
3 cups finely chopped fresh broccoli
2 tsp. canola oil
1 cup chopped onion
1 Tbsp. chopped garlic
1 Tbsp. flour
3 cups fat free (skim) milk

½ tsp. celery seeds
½ tsp. salt
½ tsp. pepper
1/8 tsp. cayenne pepper
½ cup Parmesan cheese

Instructions
1. Combine the water and broccoli and boil over medium heat for 10 minutes. Remove from the heat and set aside.
2. In a large skillet, heat the oil and sauté the onion and garlic until translucent, about 5 minutes. Add the flour to the skillet, stirring constantly to mix. Add the liquid from the broccoli and cook until thickened, about 10 minutes. Add the milk, broccoli and spices and stir well.
3. Cook until hot, but do not allow the milk to boil. Top each serving with 1 teaspoon Parmesan cheese.

Makes 6 servings (1 cup per serving)

Nutrition information per serving:
Calcium 35.5% DV
Calories 146
Carbohydrate 15 g
Cholesterol 10 mg
Protein 11 g
Total Fat 5 g
Saturated Fat 2 g
Sodium 370 mg
Creamy Squash Soup with Shredded Apples
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=1&clId=15&rlId=75

Ingredients
2 boxes (16 oz. each) frozen pureed winter (butternut) squash
2 medium apples (try Golden Delicious or Gala)
1 Tbsp. olive oil
½ tsp pumpkin pie spice
2 cans (12 oz. each) fat-free evaporated milk
¼ tsp salt
⅛ tsp ground black pepper

Instructions
1. Place the frozen squash in a microwave-safe dish. Cover loosely. Defrost in the microwave on medium power for 5–10 minutes, until mostly thawed.
2. Meanwhile, peel then shred the apples using a grater or food processor, or peel and finely chop apples into thin strips. Set aside ¼ cup.
3. Warm oil in a 4-quart saucepan over medium heat. Add all but ¼ cup of the apples. Cook and stir until apples soften, about 5 minutes.
4. Stir in thawed squash and pumpkin pie spice.
5. Add the evaporated milk about ½ cup at a time, stirring after each addition.
6. Season with salt and pepper.
7. Cook and stir over high heat just until soup is about to boil.
8. Ladle into individual soup bowls. Top each with a tablespoon of the unused apples. Sprinkle with additional pumpkin pie spice, if desired.

Makes 4 servings
Serving size: 1 ½ cups

Nutrition information per serving

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Freestyle Fish Pho with Buckwheat Noodles

From OLDWAYS Whole Grains Council

Ingredients

- 1/4 lb. buckwheat noodles
- 4 cups vegetable stock
- 2 Tbsp. lemongrass
- 6 oz. sea bass (or fish of choice)
- 4 bok choy, halved
- 4 shiitake mushrooms, sliced
- 1/4 bunch yellow chives, sliced
- 1 Tbsp. scallions, sliced
- 6 leaves Thai basil, sliced
- 1/2 cup pressed five-spice tofu

Instructions

1. Cook buckwheat noodles in boiling water for 5 minutes. Strain and shock in cold water. Set aside. (Noodles will be rewarmed just before serving)
2. To poach the fish, bring vegetable stock to boil, add lemongrass, lower heat and simmer for 15 minutes. Add fish, return stock to a simmer, and poach for 5 minutes. Remove fish from pot and set aside
3. To cook vegetables and tofu, add shiitake mushrooms, bok choy, yellow chives and tofu to the vegetable stock and cook for 3 minutes at a boil. Remove and place in serving bowl.
4. Reheat cooked buckwheat noodles in vegetable stock for 1-2 minutes. While the stock reheats, portion the buckwheat noodles into two bowls or plates. Add the fish. Ladle hot vegetable stock over noodles and fish. Garnish with scallions and Thai basil.

Makes 2 servings.

Nutrition information per serving:

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Fresh Spinach Soup
From the AICR Test Kitchen

http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Ingredients

1 Tbsp. extra virgin olive oil
½ medium onion, chopped
1 Tbsp. water
1-2 cloves garlic, minced
1 medium russet potato, peeled and chopped into 1-inch pieces
2 cans (14 oz. each) fat-free, reduced sodium vegetable broth
1 bag (5 oz.) baby spinach leaves
Salt and freshly ground black pepper, to taste
¼ tsp. garlic powder
¼ cup evaporated fat-free milk
4 tsp. freshly grated Parmesan cheese

Instructions

1. In large soup pot, heat olive oil over medium heat. Sauté onion for 3 minutes until translucent. Add water and garlic and sauté 1 minute more.
2. Add potato and stir to coat.
3. Add broth and bring to boil.
4. Reduce heat and simmer until potatoes are tender, about 10 minutes.
5. Add spinach, stir and simmer until spinach is wilted, about 5 minutes.
6. Season soup with salt and pepper to taste.
7. Transfer soup to blender and purée until smooth.
8. Return to pot and place on low heat.
9. Add garlic powder and milk.
10. Stir 1 minute more.
11. Serve in individual bowls and garnish with cheese.

Makes 4 servings.

Nutritional information per serving (4 servings)

| Calories: 140 | Dietary fiber: 4g |
| Total fat: 4.5g | Protein: 5g |
| Saturated fat: 1g | Sodium: 260mg |
| Total carbohydrate: 21g |
Garden Barley Soup
From the University of Illinois Extension Service
http://web.aces.uiuc.edu/wellnessways/

Ingredients:
- 1 can (46 ounce) tomato juice
- 1 can (10 1/2 ounce) beef broth
- 1/3 cup regular barley
- 1/4 cup sugar
- 1 Tbsp. Worcestershire sauce
- 1 bay leaf
- ½ tsp. crushed thyme leaves
- ¼ tsp. salt
- 2 cups coarsely chopped zucchini
- 1 medium chopped tomato
- ½ cup chopped green pepper

Instructions:
1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender

Makes six servings

Cost:
Per Recipe: $ 4.33
Per Serving: $ 0.72

Nutritional information per serving (6 servings)
Calories: 130
Calories from fat: 5
Total fat:.5g
Saturated fat: 0
Trans fat: 0
Cholesterol: 0mg
Sodium: 330mg
Total carbohydrate: 29g
Dietary fiber: 4g
Sugars: 19g
Protein: 4g
Vitamin A: 30%
Vitamin C: 130%
Calcium: 4%
Iron: 10%

Percent daily values are based on a 2000 calorie diet.
Gazpacho
From Stay Young at Heart – National Heart, Blood, and Lung Institute

Ingredients

- 4 C tomato juice*
- 1/2 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
- 1/2 tsp Worcestershire sauce
- 1 clove garlic, minced
- 1 drop hot pepper sauce
- 1/8 tsp cayenne pepper
- 1/4 tsp black pepper
- 2 Tbsp olive oil
- 1 large tomato, finely diced
- 2 Tbsp minced chives or scallion tops
- 1 lemon, cut in 6 wedges

Instructions

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

Makes 6 servings (1 cup per serving)

Nutrition information for one serving
Calories: 87
Total fat: 5 g
Saturated fat: <1 g
Cholesterol: 0 mg
Sodium: 593 mg*

*To cut back on sodium, try low-sodium tomato juice.
Gazpacho with Cilantro Yogurt Topping
From the National Dairy Council

Ingredients
- 2 cups fat free plain yogurt
- ½ cup chopped fresh cilantro
- 4 large tomatoes
- 1 large red bell pepper
- 2 medium cucumbers, peeled, seeded, and sliced
- 1 large onion, chopped
- 3 cups tomato or eight-vegetable juice
- ¼ cup red wine vinegar
- 2 tsp. red pepper sauce
- ¼ tsp. pepper
- 1 garlic clove, finely chopped

Instructions
1. Stir together 1 cup of yogurt and cilantro. Set aside.
2. Cut 2 tomatoes, 1 cucumber, half of the red bell pepper, and half of the onion into 1-inch pieces. Place in food processor and process until well chopped.
3. Add all remaining ingredients except the other half of the vegetables. Process until well blended.
4. Dice remaining tomato, cucumber, bell pepper, and onion. Stir into soup. Refrigerate at least 2 hours. Top each serving with a dollop of cilantro yogurt.

Makes 4 servings

Nutrition information per serving:
- Calories: 190
- Carbohydrate: 38 g
- Dietary Fiber: 5 g
- Protein: 12 g
- Total Fat: 0.5 g
- Saturated Fat: 0 g
- Cholesterol: 5 mg
- Sodium: 470 mg
Greek Lentil Stew
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22463&news_iv_ctrl=1125

Ingredients
1 Tbsp. extra virgin olive oil 2 ½ cups reduced sodium vegetable broth, divided
1 small red onion, chopped 1 medium zucchini squash, chopped
1 medium yellow sweet pepper, chopped 1 Tbsp. tomato paste
2 garlic cloves, finely chopped ½ cup unsweetened pomegranate juice
1 cup lentils Salt and freshly ground pepper
2 tsp. dried oregano 4 Tbsp. crumbled reduced-fat feta cheese
1 tsp. ground cinnamon

Instructions
1. In small Dutch oven or large, heavy saucepan, heat oil over medium-high heat. Add onion and sweet pepper and sauté for 1 minute. Cover pot tightly and cook over medium heat for 4 minutes so vegetables let their juices. Mix in garlic and cook for 1 minute longer.
2. Mix in lentils, oregano and cinnamon and cook until seasoning is fragrant, 30 seconds. Pour in 2 cups of broth. Bring to boil, reduce heat, cover and simmer lentils for 25 minutes. Add squash, tomato paste, juice and remaining broth. Simmer stew for 15 minutes, or until lentils are done to your taste. Adjust seasoning with salt and pepper to taste.
3. Let stew sit, uncovered, for 15 minutes. Serve warm or at room temperature, divided among soup bowls, with 1 tablespoon of feta sprinkled over each serving.

Makes 4 servings

Nutrition information per serving
Calories: 275
Fat: 6 g
Saturated fat: 2 g
Carbohydrates: 40 g
Protein: 18 g
Fiber: 17 g
Sodium: 497 mg
Minestrone Soup
From Stay Young at Heart – National Heart, Lung, and Blood Institute

Ingredients

- ¼ cup olive oil
- 1 clove garlic, minced or 1/8 tsp garlic powder
- 1 1/3 cup coarsely chopped onion
- 1 ½ cup coarsely chopped celery and leaves
- 1 can (6 oz) tomato paste
- 1 Tbsp chopped fresh parsley
- 1 cup sliced carrots, fresh or frozen
- 4 ¾ cup shredded cabbage
- 1 can (1 lb) tomatoes, cut up
- 1 cup canned red kidney beans, drained and rinsed
- 1 ½ cup frozen peas
- 1 ½ cup fresh green beans
- Dash hot sauce
- 11 cups water
- 2 cups uncooked, broken spaghetti

Instructions

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.

Makes 16 servings

Nutrition information per serving (1 cup)

Calories: 153
Total fat: 4 g
Saturated fat: less than 1 g
Cholesterol: 0 mg
Sodium: 191 mg
Moroccan Seven Vegetable Tagine
From the American Institute for Cancer Research
http://www.aicr.org/health-e-recipes/2014/her-moroccan-seven-vegetable-tagine.html

Ingredients

2 white turnips, peeled and quartered 1 cup chopped zucchini, in 3/4-inch pieces
1 cup sliced carrots, in 3/4-inch slices 1/4 lb. string beans, trimmed and cut in
1 cup finely chopped onion 1⅓-inch lengths
1⅓ tsp. ground cumin 1 (15 oz.) can no salt added chickpeas, 1 tsp. ground sweet paprika
drained 1/2 tsp. ground ginger
1/2 tsp. ground turmeric 3/4 tsp. salt
Pinch of cayenne pepper Freshly ground black pepper
1½ cups reduced-sodium vegetable broth, 3 plum tomatoes, cut crosswise into 3/4-
divided inch slices
2½ cups butternut squash, in 1-inch cubes 1/4 cup chopped cilantro

Instructions

1. In medium Dutch oven, combine turnips, carrots, onion, cumin, paprika, ginger, turmeric and
cayenne. Pour in 1 cup broth. Cover and simmer over medium heat for 10 minutes.
2. Add butternut squash, zucchini, string beans, chickpeas and remaining broth. Add salt and 3-4
grinds of pepper. Cover and cook until vegetables are tender, 20 minutes. Arrange tomato
slices on top of the vegetables, cover, and cook until tomatoes are just soft, 5 minutes. Add
cilantro and parsley and let tagine sit, covered, for 10 minutes to allow flavors to meld. Serve
hot, directly from pot. This dish improves when reheated so, if desired, cool, cover, and
refrigerate for up to 2 days. Reheat, covered, over medium heat.

Makes 6 servings

Nutrition information per 1½ cup serving

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Old-Fashioned Tomato Soup
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=9465&news_iv_ctrl=1125

Ingredients
- 1 Tbs. butter
- 1 onion, finely chopped
- 2 large garlic cloves, chopped
- 1 can (28 oz.) diced tomatoes
- 1 Tbs. sugar
- 1 tsp. dried thyme
- 1/8 tsp. ground mace
- Pinch of cayenne pepper (to taste)
- ½ cup fat-free half-and-half cream
- Salt and freshly ground black pepper to taste
- 3 Tbs. snapped dill, for garnish (optional)

Instructions
1. Melt the butter in a small Dutch oven over medium-high heat. Saute the onion until translucent, 4 minutes. Add the garlic and sauté until the onions are golden, 5-6 minutes.
2. Add the tomatoes with their juices, the sugar, thyme, mace, and cayenne. Bring to a boil, cover, and simmer the soup until the tomatoes and onion are soft, about 15 minutes.
3. Let the soup sit 20 minutes, uncovered.
4. Transfer soup to a blender (or use immersion blender) and reduce the mixture to a puree, pulpy or completely smooth, as desired. Blend in the half-and-half. Season to taste with salt and pepper.
5. Serve soup hot, sprinkling one-fourth of the dill over each bowl, if using.

Makes 4 servings

Nutrition information per serving:
- Calories 105
- Carbohydrates 18 g
- Dietary Fiber <1 g
- Protein 3 g
- Total Fat 3 g
- Saturated Fat 2 g
- Sodium 586 mg
Peanutty African Stew
From the USDA
http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peanutty-african-stew

Ingredients
1 cup brown rice (instant) 1/2 teaspoon salt (optional)
2 cups chicken broth (reduced sodium) 1/2 cup peanut butter (creamy, reduced-fat)
1/3 tablespoon dehydrated onion (minced) 1 1/4 cups milk (non-fat)
1/2 teaspoon garlic powder 1/2 teaspoon ginger (ground) 3 cups baby spinach (coarsely chopped)
1/8 teaspoon red pepper (optional) 1/4 cup peanuts (roasted, chopped)
2 cups sweet potato (peeled and diced) green onion (optional, thinly sliced for garnish)
1 can tomatoes (diced, 14.5 ounces, with liquid)

Instructions
1. Combine first 9 ingredients in a soup pot. Bring to boil, then turn down to medium low, cover and simmer for 10 minutes.
2. Stir in peanut butter and milk. Return to gentle simmer and cook uncovered for 5 minutes.
3. Stir in spinach and cook until wilted, 2 to 3 minutes. Remove from heat.
4. Ladle stew into bowls and top with peanuts and green onion, if desired.

Tips
• Substitute 12 ounces frozen spinach for fresh.
• Flavor boosters: chopped cilantro, red and green peppers, raisins.

Makes 8 servings

Nutrition information per 1 cup serving

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Pho – Vietnamese Beef Noodle Soup
From Seattle & King County Public Health
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Recipes/Pho.aspx

Ingredients
4 quarts low-sodium beef broth
2 large onions, thinly sliced
6 slices of fresh ginger
1 cinnamon stick
1 star anise
1 teaspoon whole black peppercorns
2 cloves garlic, peeled and smashed
1 pound sirloin tip, thinly sliced
2 8-oz. packages dried rice noodles

Optional Garnishes (not counted in nutrition facts)
1 cup loosely packed fresh basil leaves
1 cup loosely packed fresh mint sprigs
1 cup loosely packed cilantro sprigs
3 fresh jalapeño peppers, thinly sliced
2-3 lime wedges
Hoisin sauce
Hot pepper sauce
Vietnamese fish sauce ("nuoc mam" or "nam pla" -- use sparingly, can be high in sodium)

Instructions
1. In a large stockpot, add broth, onions, ginger, cinnamon, star anise, peppercorns and garlic. Bring to a boil then reduce heat to low and cover. Simmer for 1 hour, stirring occasionally.
2. Arrange garnish ingredients into separate plates and bowls at the table.
3. Soak rice noodles in hot water (do not boil) for 15 minutes or until softened then drain (do not rinse with cold water.) Place equal amounts of noodles in soup bowls and cover with raw beef slices.
4. Ladle hot broth over noodles and beef (the beef slices should cook or brown in the hot broth.)
5. Add garnish ingredients to your preference.

Makes 6-8 servings

Nutrition information per serving

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Pumpkin and Bean Soup
From the United States Department of Agriculture (USDA)

Ingredients
- 1 can white beans
- 1 onion, small, finely chopped
- 1 cup water
- 1 can pumpkin (15 oz.)
- 1 ½ cups apple juice
- ½ tsp. cinnamon
- 1/8 tsp. nutmeg, allspice, and/or ginger
- ½ tsp. black pepper
- ¼ tsp. salt

Instructions
1. Blend beans, onion, and water with potato masher or blender until smooth.
2. In large pot, add pumpkin, juice, and spices. Stir.
3. Add blended bean mix and cook on low heat for 15-20 min, until warmed through.

Makes 6 servings (1 cup per serving)

Nutrition information per serving:
- Calories: 140
- Carbohydrate: 30 g
- Dietary Fiber: 7 g
- Protein: 7 g
- Total Fat: 0.5 g
- Sodium: 105 mg
- Vitamin A: 210%
Quick Eight-Vegetable Soup
From the American Institute for Cancer Research
https://www.aicr.org/cancer-prevention/recipes/quick-eight-vegetable-soup/

Ingredients
1 tablespoon extra virgin olive oil
1 chopped onion
4 cups low-sodium vegetable broth
½ cup frozen baby lima beans
1 (15 oz) can no salt-added black, Great Northern or navy beans
1 cup frozen mixed vegetables
½ cup frozen tri-colored bell peppers
2 teaspoons dried oregano or thyme
Pinch of dried red pepper flakes
1 cup frozen broccoli florets
Salt, to taste
¼ cup grated Parmesan cheese

Instructions
1. In a large saucepan, heat oil over medium-high heat. Add onion and cook until translucent, about 5 minutes, stirring occasionally. Add broth and bring liquid to boil. Add lima beans, reduce heat and simmer covered for 5 minutes.
2. Add canned beans, mixed vegetables, peppers, oregano and pepper flakes and simmer covered for 5 minutes. Add broccoli, cover, and cook for 5 minutes. Add salt to taste. This soup keeps covered in refrigerator for 3 days. Reheat in covered pot over medium heat.
3. To serve, divide soup among deep bowls. Option to top each serving with 1 tablespoon of Parmesan cheese.

Makes 4 servings, 1 1/3 cup each.
Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Rockport Fish Chowder
From the National Heart, Lung, and Blood Institute

Ingredients
2 Tbsp. vegetable oil
¾ cup coarsely chopped onion
½ cup coarsely chopped celery
1 cup sliced carrots
1 cups potatoes, raw, peeled and cubed
¼ tsp thyme
½ tsp paprika
2 cups bottled clam juice
8 whole peppercorns
1 bay leaf
1 lb. fresh or frozen (thawed) cod or haddock fillets, cut into ¾ in. cubes
¾ cup flour
3 cups low-fat (1%) milk
1 Tbsp. fresh parsley, chopped

Directions
1. Heat oil in a large saucepan. Add onion and celery and sauté about 3 minutes.
2. Add carrots, potatoes, thyme, paprika, and clam broth. Wrap peppercorns and bay leaves in cheese cloth. Add to pot. Bring to a boil, reduce heat, and simmer 15 minutes.
3. Add fish and simmer an additional 15 minutes, or until fish flakes easily and is opaque.
4. Remove fish and vegetables; break fish into chunks. Bring broth to a boil and continue boiling until volume is reduced to 1 cup. Remove bay leaves and peppercorns.
5. Shake flour and 1/2 cup low-fat (1%) milk in a container with a tight-fitting lid until smooth. Add to broth in saucepan with remaining milk. Cook over medium heat, stirring constantly, until mixture boils and is thickened.

Makes 8 servings – 1 cup each.

Nutritional Information

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Spicy Gazpacho
From the AICR Test Kitchen
http://preventcancer.aicr.org/site/PageServer?page\name=reduce_diet_recipes_test_kitchen

Ingredients
- 2 lbs. ripe tomatoes, seeded and diced, with their juice
- 2 large cloves garlic
- 1 slice stale white bread, crust removed*
- ½ cup reduced sodium tomato juice
- 2 Tbsp. tomato paste
- 4 tsp. white horseradish
- 2 tsp. white distilled vinegar
- 1 tsp. extra-virgin olive oil
- Pinch cayenne pepper
- Salt and ground black pepper, to taste
- ¼ cup finely diced peeled cucumber
- ¼ cup finely diced green bell pepper
- ¼ cup finely diced red onion
- 4 Tbsp. whole-wheat croutons

Instructions
1. In blender, whirl tomatoes and garlic to a coarse puree.
2. Tear bread into 1 inch pieces and add to tomatoes.
3. Add tomato juice, tomato paste, horseradish, vinegar, oil, and cayenne pepper.
4. Whirl until soup is a finely pulpy puree.
5. Season to taste with salt and pepper.
6. Transfer soup to a container, cover, and chill 3-4 hours to overnight. It will keep up to two days.
7. Divide chilled soup among four soup bowls. To each bowl, add 1 tablespoon diced cucumber, pepper and onion. Top with 1 tablespoon croutons and serve immediately.

*If bread is not stale, set it on rack in a 225 degree oven until dry and hard, about 20 minutes.

Makes 4 servings.

Nutritional information per serving (4 servings)
- Calories: 120
- Total fat: 3.5g
- Saturated fat: 0g
- Total carbohydrate: 18g
- Protein: 4g
- Dietary fiber: 4g
- Sodium: 250mg
Spring Vegetable Soup
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=18786&news_iv_ctrl=1125

Ingredients
- 1 Tbsp. extra virgin olive oil
- ¼ medium head red cabbage (about 2 cups) finely shredded
- 2 medium ripe tomatoes, seeded and chopped
- 1/2 cup canned artichoke hearts, drained and chopped
- 1 cup frozen or fresh green peas
- 2 ½ cups low-sodium tomato or vegetable juice
- 1 cup water
- 2 tsp. dried basil
- Salt and freshly ground black pepper, to taste

Directions
1. In large soup pot, heat oil over medium heat. Sauté cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add tomato juice and water. Bring to boil.
3. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
4. Serve in individual serving bowls. Season to taste with salt and pepper.

Makes 4 servings

Nutritional information per serving (4 servings)

Calories: 120
Total fat: 4g
Saturated fat: <1g
Sodium: 200mg
Protein: 5g
Total carbohydrates: 18g
Dietary fiber: 4g
Sweet Onion Soup
From the Publix Health Seattle & King County

Ingredients
Low fat cooking spray
1-1/2 pounds sweet onion such as Walla or Vidalia, thinly sliced
2 cloves garlic, minced
1 teaspoon sugar
1/3 cup all-purpose flour
5 cups low-sodium vegetable broth
1 cup dry white wine
1-1/2 teaspoons dried sage
1 bay leaf
1 tablespoon nonfat sour cream (optional)
Chives, chopped (optional)

Instructions
1. Spray a large saucepan with low fat cooking spray and heat over medium heat. Add onions and garlic and cook, covered, for about 10 minutes.
2. Reduce heat to medium-low then stir in sugar. Cook for about 15 minutes or until onions start to caramelize. Stir in the flour and continue to cook for 2 minutes.
3. Add the broth, wine, sage and bay leaf. Heat to boiling then reduce heat to medium-low and simmer, covered, for 30 minutes.
4. Serve in bowls with 1 tablespoon of nonfat sour cream and a sprinkling of chives.

Makes 8 servings
Serving Size: 1/8 of recipe

Nutrition information per serving

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Sweet Potato and Peanut Butter Soup
From King County Health Services

Ingredients
- 2/3 cups chunky peanut butter
- 1 tablespoon canola oil
- 2 cups onion, chopped
- 6 cups peeled and chopped sweet potato
- 1 tablespoon ground cumin
- salt and pepper, to taste
- 2 (15 1/2 oz.) cans garbanzo beans, drained
- 2 (14 1/2 oz.) cans low sodium vegetable broth
- 1 (28 oz.) can diced tomatoes, undrained

Instructions
1. Heat oil in a Dutch oven or large saucepan over medium-high heat. Add onions and sauté until lightly browned.
2. Stir in remaining ingredients, bring to a boil then reduce heat and simmer uncovered for 30 minutes or until sweet potato is tender

Makes 8 servings

Nutrition information per serving
Calories 436
Total Fat 15g
Saturated Fat 3g
Carbohydrates 64g
Dietary Fiber 11g
Sodium 696mg
Protein 16g
Ten Vegetable Soup
From the American Institute for Cancer Research

http://www.aicr.org/health-e-recipes/2013/ten-vegetable-soup.html

**Ingredients**

- 2 Tbsp. extra virgin olive oil
- 3 cups chopped green cabbage, quartered and cut crosswise into 1/2-inch strips
- 1 cup cauliflower florets, 1-inch pieces
- 1 medium leek, sliced, use white and 1-inch of light green part
- 1 small onion, chopped
- 1 medium carrot, chopped
- 1 medium celery stalk, chopped
- 1 (14.5-oz.) can no salt added diced tomatoes
- 4 cups low-fat, reduced-sodium chicken or vegetable broth
- 1 medium yellow-fleshed potato, diced
- 1/4 cup chopped flat-leaf parsley
- 1 Tbsp. dried thyme
- 1½ packed cups Swiss chard or spinach, cut crosswise into 1/2-inch strips
- Salt and freshly ground pepper, to taste
- Pinch of red pepper flakes or cayenne, optional
- Grated Parmesan cheese, optional

**Instructions**

1. In large Dutch oven or heavy soup pot with tight-fitting cover, heat oil over medium-high heat. Add cabbage, cauliflower, leek, onion, carrot and celery and stir to coat them with oil. Cook until cabbage is limp and onion translucent, 4-5 minutes, stirring occasionally. Cover, reduce heat to medium-low and cook gently until vegetables release their juices, about 8 minutes.
2. Add tomatoes with their liquid, broth, potato, parsley and thyme. Increase heat to medium-high until liquid boils, then cover, reduce heat, and simmer soup for 10 minutes. Add Swiss chard and simmer for 10 minutes. Season soup to taste with salt and pepper; let sit for 15 minutes before serving. If desired refrigerate for up to 4 days, reheating in covered pot over medium heat. Or divide cooled soup among reseal-able freezer bags and freeze. This soup keeps in freezer for up to 2 months.

Makes 10 servings

**Nutrition information per serving**

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Tofu, Tomato and Spinach Soup
From USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/
& Montana State University Extension Service
http://www.montana.edu/nep/recipes.htm

Ingredients
- 1 tsp. vegetable oil
- ¼ cup chopped onion
- 1 minced garlic clove
- 6 cups water or chicken broth or 4 teaspoons or cubes chicken bouillon (or use vegetable broth)
- 1 package (10.5 ounce) tofu, silken, firm or extra firm - patted dry and cut into ½ inch cubes
- 2 chopped tomatoes
- 3 chopped green onions (optional)
- 4 cups fresh spinach leaves - washed, torn or cut (if large) or 1-10 ounce box frozen chopped spinach, thawed and squeezed dry
- 1 Tbsp. soy sauce
- ¼ tsp. pepper
- ¼ cup cilantro leaves (optional)

Instructions
1. Heat a 3 quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant.
2. Add chicken broth. Bring to a boil. Add tomatoes and tofu. Lower heat and simmer until tomatoes are soft but not mushy (this takes just a couple of minutes).
3. Stir in green onions, spinach, ground pepper and cilantro. Cook just until spinach is wilted.

Makes 4 servings

Nutritional information per serving (4 servings)
Calories: 110 calories
Calories from fat: 45
Total fat: 5g
Saturated fat: 0.5g
Cholesterol: 0g
Sodium: 290mg
Total carbohydrate: 10g
Dietary fiber: 2g
Sugars: 4g
protein 8g
Vitamin A 70%
Vitamin C: 40%
Calcium: 20%
Iron: 15%

Percent daily values based on a 2000 calorie diet.
Tomato & Rice Soup with Scallop
From King County (Washington) Public Health Department
http://www.kingcounty.gov/healthServices/health/nutrition/recipes.asp

Ingredients
- 3.5 lbs. ripe tomatoes, chopped
- 1 Tbsp. unsalted butter
- 1 large onion, chopped
- 1 small celery stalk, chopped
- 2 small carrots, peeled and shredded
- 6 cups low sodium chicken stock
- 2 tsp. cilantro, chopped
- 2 Tbsp. green onions, chopped
- 4 Tbsp. long grain rice
- Salt and pepper, to taste (Nutrition facts are calculated without salt)
- 1 lb. fresh scallops
- ¼ cup dry white wine
- 1 bay leaf

Instructions
1. Heat butter in a large saucepan and add onions, celery, and carrots with 1 cup of the chicken stock. Cover and simmer for 10 minutes on low heat, stirring occasionally.
2. Stir in tomatoes and all of the stock except reserve a ½ cup of the stock and set aside.
3. Cover and simmer over low heat for an additional 15 minutes, stirring occasionally.
4. When tomatoes are soft, purée soup in a food processor and return to saucepan. Add cilantro, green onions, and rice. Sprinkle with salt and pepper to taste. Simmer, uncovered for 10 minutes or until rice is cooked through or "al dente".
5. In a small saucepan, add scallops, wine, bay leaf and reserved chicken stock and bring to a rapid simmer on medium high heat then turn heat to low and cook until scallops are tender and cooked through.
6. Remove bay leaf and pour scallop mixture into tomato and rice soup mixture and serve.

Nutritional information per serving (6 servings)
- Calories: 237
- Calories from fat: 46
- Total Fat: 5g
- Saturated Fat: 2g
- Cholesterol: 30mg
- Sodium: 229mg
- Total Carbohydrates: 25g
- Dietary Fiber: 4g
- Sugars: 0g
- Protein: 21g
- Vitamin A: 130%
- Vitamin C: 95%
- Calcium: 6%
- Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.
Tuscan Chickpea Soup
From the AICR Test Kitchen
http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

This surprisingly easy soup is both light and filling and perfect for a cool spring day. This dish is a warm comfort, reminiscent of the Tuscan countryside; with fresh herbs and hearty chickpeas you can enjoy this soup in as little as 30 minutes, anytime, anywhere.

Ingredients
- 2 cans (15 oz.) chickpeas, rinsed and drained
- 2 large whole garlic cloves, peeled
- 1 can (14 ¼ oz.) reduced-sodium vegetable broth
- 2 tsp. extra-virgin olive oil
- 2 cups water
- 1 medium onion, chopped
- 2 Tbsp. tomato paste
- 1 tsp. chopped fresh rosemary
- Salt and freshly ground black pepper
- 2 tsp. extra-virgin olive oil, for garnish (optional)
- 1 tsp. lemon juice (optional)
- 2 ½ Tbsp. minced flat-leaf parsley, for garnish (optional)

Instructions
1. Place chickpeas and garlic in large saucepan. Pour broth and 2 cups cold water into pot. Add liquid to pot and over medium-high heat, bring to a boil. Reduce heat and simmer, covered, until beans are very soft, 20 minutes. Let the soup sit 10 minutes to cool slightly.
2. Meanwhile, heat oil in small skillet over medium-high heat. Add onion and cook, stirring often, until onion is soft, about 5 minutes. Transfer mixture to blender.
3. Add chickpeas, garlic, liquid, tomato paste and rosemary. Purée until smooth. This may need to be done in 2 batches. Make soup smooth or leave some texture, as you prefer. Season to taste with salt and pepper.
4. To serve, ladle soup into bowls. Garnish each either by drizzling ½ teaspoon of olive oil over the soup, or by mixing in 1 teaspoon lemon juice. Sprinkle with parsley.

Makes 6 servings (1 cup per serving)

Nutritional information per serving (6 servings)
- Calories: 142
- Total fat: 3g
- Saturated fat: less than 1g
- Total carbohydrate: 21g
- Protein: 8g
- Dietary fiber: 5g
- Sodium: 372mg
Vegetarian Matzo Ball Soup
From the U.S. Department of Agriculture
https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/vegetarian-matzo-ball-soup

Note: Recipe cost can be reduced by substituting dried dill for fresh dill.

Ingredients
Matzo Balls
2 eggs, lightly beaten
2 tablespoons olive oil
2 cups low sodium vegetable broth
⅛ cup unsalted whole wheat/whole grain matzo meal
3 tablespoons fresh dill
½ teaspoon salt (optional)

Broth
6 cups low sodium vegetable broth
4 carrots, cut into ¼ inch slices
2 onions, coarsely chopped
2 cups parsnips, sliced
3 tablespoons fresh dill
Salt and pepper to taste (optional)

Instructions
To make matzo balls
1. Stir together eggs, oil and vegetable stock in a small bowl. Add matzo meal, dill and salt. Stir until evenly combined. Cover and refrigerate 15 minutes to eight hours.
2. Bring large pot of water to boil; add a dash of salt. Rub olive oil on hands, then form dough into 12 1-inch balls.
3. Drop the balls one at a time into the boiling water. Reduce heat and simmer for 30 minutes.

To make soup
1. While matzo balls are simmering, make soup by adding all ingredients and bringing to a boil.
2. Reduce heat and simmer for 20 minutes.
3. To serve, spoon 2 cooked matzo balls into a bowl and ladle one cup of soup over them.

Makes 6 servings

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
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Vegetable West African Soup
From the Public Health Seattle & King County

Ingredients
2 cups onions, chopped
2 teaspoons olive oil
1/3 cup peanut butter
6 cups sweet potatoes (not yams), peeled and cut into 1 inch cubes
1 tablespoon ground cumin
1/4 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon cayenne pepper
2 (15 1/2 ounce) cans garbanzo beans, undrained
2 (14 1.2 ounce) or 1 (32 ounce) cans low-sodium vegetable broth
1 (28 ounce) can diced or crushed tomatoes, undrained

Instructions
1. Heat oil over medium-high heat in a large saucepan and sauté onions until they start to brown.
2. Stir in the rest of the ingredients then raise heat to bring to a boil.
3. Reduce heat to low then cover and let simmer for 45 minutes or until sweet potatoes are softened.

Makes 8 servings

Nutrition information per serving
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Asian Inspired Tabouli Salad
From the National Heart, Lung, and Blood Institute
http://wholegrainscouncil.org/recipes/salads-sides/asian-inspired-tabouli-salad

Ingredients

**Salad:**
- 1/2 cup #3 coarse bulgur
- 1 cup water
- 1 16 ounce bag of frozen Asian vegetables (or stir fry mix)

**Dressing:**
- 1 Tbsp. olive oil
- 1 tsp. soy sauce
- 1 Tbsp. lemon juice
- 2 tsp. dried cilantro
- 1 tsp. ground ginger
- Kosher salt and fresh ground pepper
- 1/2 tsp. honey

Instructions

1. In a small saucepan, bring the bulgur and water to a boil. Cover and let sit for 25 minutes until all the liquid is absorbed.
2. Place the bag of frozen vegetables in a microwave safe dish and cook until defrosted but not hot.
3. In a large bowl, add the honey, olive oil, soy sauce, lemon juice, cilantro, ginger, 2 pinches of salt and some cracked black pepper. Whisk together. Add the vegetables and the bulgur. Stir well to coat everything in the dressing. Chill in the refrigerator until ready to eat.

Tip: You can use fresh vegetables if you prefer, and simply stir-fry them briefly to the desired tenderness.

Makes 4 servings.

Nutrition information per serving:

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Barley Pilaf


Ingredients

- 1 Tbsp. vegetable oil
- 1 cup chopped onion
- ½ cup chopped celery
- ½ cup chopped green or red bell pepper (optional)*
- 1 cup sliced fresh mushrooms or 1 - 4 ounce can mushrooms, drained
- 1 cup uncooked pearl barley
- 2 ½ water
- 1 cube or teaspoon vegetable, beef or chicken bouillon (may use low sodium bouillon)

Instructions

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper (if using), mushrooms and pearl barley. Stir well.
3. Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan.
4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

Makes eight servings (1/2 cup per serving)

Tips

- This can be used as a side dish.
- It can also be used as a stuffing for pork chops or chicken.
- Or add 2 cups of any chopped cooked meat during the last fifteen minutes of cooking and serve as a main dish meal.
- If using quick-cooking barley the recipe can be prepared in 15 minutes or less. Reduce water to 2 cups and cook for 10 to 15 minutes.

Nutritional information per serving (8 servings)

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</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet.
Black Beans with Rice
From Stay Young at Heart: National Heart Lung & Blood Institute

Ingredients
1 lb dry black beans 1 clove garlic, minced
7 cups water ½ tsp salt
1 medium green pepper, coarsely chopped 1 Tbsp vinegar (or lemon juice)
1-1/2 cups chopped onion 6 cups rice, cooked in unsalted water
1 Tbsp vegetable oil 1 jar (4 oz.) sliced pimento, drained
2 bay leaves 1 lemon cut into wedges

Directions
1. Pick through beans to remove bad beans. Soak beans overnight in cold water. Drain and rinse.
2. In large soup pot or dutch oven stir together beans, water, green pepper, onion, oil, bay leaves, garlic, and salt. Cover and boil 1 hour.
3. Reduce heat and simmer, covered 3-4 hours or until beans are very tender. Stir occasionally and add water if needed.
4. Remove about 1/3 of the beans, mash and return to pot. Stir and heat through.
5. Remove bay leaves and stir in vinegar or lemon juice when ready to serve.

Makes 6 servings (Serving Size: 8 oz.)

Nutritional information per serving (6 servings)
Calories: 561
Total fat: 4 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 193 mg
Brown Rice Pilaf With Sage, Walnuts and Dried Fruit

Ingredients

- Canola cooking spray, as needed
- 1 medium onion, chopped
- 1 medium stalk celery, ends trimmed and chopped
- 2 cups brown rice, uncooked
- 2 ½ cups water
- 2 cups fat-free vegetable broth, reduced sodium
- ¼ cup dark raisins
- ¼ cup dried apricots, chopped
- 4 cup chopped walnuts (optional)
- 1 tsp. dried sage
- 2 Tbsp. fresh sage, chopped
- Salt, to taste
- Pepper, to taste

Instructions

1. Spray the large skillet with canola cooking spray. Heat skillet over medium heat.
2. Sauté onion and celery until tender, about 5 minutes. Add brown rice and sauté for 5 minutes.
3. Add water, broth, raisins, and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes.
4. Stir in walnuts if desired, sage, salt and pepper.
5. Transfer to serving dish. Garnish with fresh sage and serve immediately.

Makes 8 servings. Serving Size: 1/8 of recipe

Nutritional Information per serving (8 servings)

<table>
<thead>
<tr>
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</tr>
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<tbody>
<tr>
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<tr>
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<td>Sugars: 3g</td>
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<tr>
<td>Total fat: 1.5g</td>
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</tr>
<tr>
<td>Saturated fat: 0</td>
<td>Vitamin A: 4%</td>
</tr>
<tr>
<td>Trans fat: 0g</td>
<td>Vitamin C: 2%</td>
</tr>
<tr>
<td>Cholesterol: 0 mg</td>
<td>Calcium: 4%</td>
</tr>
<tr>
<td>Sodium: 130mg</td>
<td>Iron: 6%</td>
</tr>
</tbody>
</table>
| Total Carbohydrate: 47g | Percent Daily Values are based on a 2,000 calorie diet.
Brown Rice Tabbouleh
From the United States Department of Agriculture

Ingredients
3 cups cooked brown rice 1/4 cup sliced green onions
3/4 cup chopped cucumber 1/4 cup olive oil
3/4 cup chopped tomato 1/4 cup lemon juice
1/2 cup chopped fresh parsley 1/2 teaspoon salt
1/4 cup chopped fresh mint leaves 1/4 teaspoon freshly ground black pepper

Directions
1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl.
2. Toss well and chill.

Makes 6 servings.

Nutritional Information

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
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<td>Carbohydrates: 26 g</td>
</tr>
<tr>
<td>Cholesterol: 23 mg</td>
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</table>
Bulgur With Apples, Currants and Toasted Pecans

From the AICR Test Kitchen
http://preventcancer.aicr.org/site/PageServer?pagename=reduce_diet_recipes_test_kitchen

Serve this warm treat for breakfast instead of the traditional oatmeal.

Ingredients
- 1 medium unpeeled apple, minced
- 1/3 cup currants
- 1/8 tsp. cinnamon
- 1 cup dried bulgur, cooked according to package directions
- 1 cup plain or vanilla-flavored soy milk, heated
- ½ cup maple syrup
- 2 Tbsp. finely chopped pecans

Instructions
1. In small bowl, combine apple, currants and cinnamon; set aside.
2. In medium saucepan, prepare bulgur.
3. Spoon bulgur evenly into 4 bowls.
4. Pour warm soy milk evenly over bulgur; drizzle with maple syrup.
5. Spoon apple mixture evenly on top; sprinkle with pecans. Serve immediately.

Makes 4 servings.

Nutritional information per serving (4 servings)
- Calories: 322
- Total fat: 4 g
- Saturated fat < 1g
- Cholesterol: 0 mg
- Sodium: 18mg
- Protein: 7g
- Total Carbohydrates: 69g
- Dietary fiber: 10g

Percent Daily Values are based on a 2,000 calorie diet.
Cinnamon Raisin Scones
From the King County (Washington) Public Health Department

Ingredients
1 ¾ cups plus 3 tablespoons flour
3 Tbsp sugar
1 Tbsp baking powder
1 Tsp ground cinnamon
½ Tsp salt
2 Tbsp butter
2 Tbsp applesauce
½ cup low fat milk
1 egg
1/3 cup raisins

Instructions
1. In a medium-sized mixing bowl, measure 1 ¾ cup flour, 3 tablespoons sugar, baking powder, cinnamon and salt. Mix together with a large spoon.
2. Melt butter and place in a medium bowl with the applesauce. Add milk, egg and raisins. Stir until ingredients are blended.
3. Add wet ingredients to flour mixture. Stir until dough forms into a ball.
4. Sprinkle the 3 tablespoons flour on a flour surface. Flour your hands well and move dough from bowl to surface. Knead the dough by using the heel of your hand to push the dough away from you. Then with your hands, pull the dough back toward you, folding over as your pull it. Repeat this for about 1 minute.
5. Place the kneaded dough on an ungreased cookie sheet or pizza pan. Pat the dough into an 8” circle. With a knife or pizza cutter, cut the dough into 8 wedges.
6. Place baking sheet in a preheated 425º oven and bake for 15-20 minutes or until golden brown.

Makes 8 servings (Serving Size: 1 scone - 72 g)

Nutritional information per serving (8 servings)

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<tr>
<th>Nutrient</th>
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<th>Percent Daily Value</th>
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<tr>
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<tr>
<td>Total Fat</td>
<td>4 g</td>
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</tr>
<tr>
<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<td>Total Carbohydrates</td>
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<td>Sugars</td>
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<td>1%</td>
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<tr>
<td>Protein</td>
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</tr>
<tr>
<td>Vitamin A</td>
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<td>4%</td>
</tr>
<tr>
<td>Calcium</td>
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</tr>
<tr>
<td>Iron</td>
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</tr>
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Percent daily values based on a 2000 calorie diet.
Couscous With Peas And Onions

USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/
& UMass Extension Nutrition Education Program
http://www.umass.edu/umext/nutrition/resources/library/download/fnp/recip es/couscous_with_peas_and_on.pdf

Ingredients
- 1 cup onion, finely chopped
- ½ tsp. ground sage
- 1 tsp. olive oil
- 1 1/3 cups water
- 1 cup green peas, frozen
- 1 cup couscous
- ½ tsp. salt (optional)

Instructions
1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.
6. Serve with lemon wedges or balsamic vinegar.

Makes 4 servings. Serving size: 1 cup

Nutritional information per serving (4 servings)
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<tr>
<td>Protein</td>
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</tr>
<tr>
<td>Vitamin A</td>
<td>15%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>15%</td>
</tr>
<tr>
<td>Calcium</td>
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</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet.
Farro with Pistachios and Parsley
From the Whole Grains Council

Ingredients
2 cups farro
4 cups water
1 tsp. kosher salt, divided
2 Tbs. plus ½ tsp. extra-virgin olive oil, divided
1 large yellow onion, chopped
2 cloves garlic, minced
4 oz. salted shelled pistachios (about 1 cup), toasted and chopped (see tip, below)
½ tsp. freshly ground pepper, divided
½ cup fresh parsley, chopped

Instructions
1. Combine farro, water, and ¾ tsp. salt in large heavy saucepan and bring to boil. Stir and reduce heat to simmer; cook, uncovered, until farro is tender (15-20 minutes).
2. Meanwhile, heat 2 Tbs. oil in medium skillet over medium heat. Add onion and garlic, and cook, stirring, until translucent (4-6 minutes). Remove from heat.
3. Combine pistachios, the remaining ½ tsp. oil, and ¼ tsp. pepper in a large bowl.
4. Drain faro and add to the bowl, along with onion mixture and parsley. Season with remaining ¼ tsp. salt and pepper. Toss to combine.

Tip: Toast pistachios in small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned (4-6 minutes). Can be prepared in advance, and reheated over low heat until warm.

Makes 10 servings (about 2/3 cup each)

Nutrition information per serving:
Calories 220
Carbohydrate 30 g
Dietary Fiber 5 g
Protein 8 g
Total Fat 9 g
Sodium 163 mg
**Fiesta Rice Salad**

USDA SNAP-Ed Recipe Finder
& Connecticut Food Policy Council
[http://www.foodpc.state.ct.us/cookbook%20x1a-rev1%2012-30-07.pdf](http://www.foodpc.state.ct.us/cookbook%20x1a-rev1%2012-30-07.pdf)

**Ingredients**
- 1 cup brown rice, cooked
- 1 carrot, shredded
- 1 cup broccoli, chopped fine
- 1 small red onion, chopped
- 1 cup tomato, chopped
- 1 sweet bell pepper (green, red, yellow)
- 1 can (15oz) kidney beans, drained, rinsed
- 2 Tbsp. cilantro (or other fresh herbs), chopped fine
- 2-3 Tbsp. red wine vinegar (or white or cider)
- 1 Tbsp. vegetable oil
- salt and pepper, to taste

**Instructions**
- Wash and chop vegetables and mix with cooked rice.
- In a small bowl, add vinegar, oil, dill, salt and pepper. (Or use your favorite dressing.) Pour over rice mixture.
- Add beans and toss well. Serve cold and enjoy!

Makes 4 servings. Serving Size: 1 1/4 cup

**Tips**
- Use your favorite vegetables- zucchini, summer squash, corn, greens, kohlrabi, cabbage or string beans. Use frozen or canned when fresh is unavailable. Grate, chop, cut into small thin strips for different shapes.
- Be creative! Try different vinegars -- cider, red or white wine, balsamic, rice or white -- or flavored vinegars.
- Use low calorie salad dressing and leave out the vinegar and oil.
- Try a squeeze of lemon or lime juice in place of vinegar!
- Try different fresh herbs- cilantro, dill, basil, chives, tarragon, oregano, rosemary or mint to name a few. Or use dried herbs – but use less.

-cont.-

Faculty/Staff Assistance and Well-Being Services
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Nutritional information per serving (4 servings)

Calories: 270
Calories from fat: 40
Total fat: 4.5g
Saturated fat: 0g
Trans fat: 0g
Cholesterol: 0mg
Sodium: 25mg
Total carbohydrate: 48g

Dietary fiber: 14g
Sugars: 8g
Protein: 11g
Vitamin A: 60%
Vitamin C: 90%
Calcium: 4%
Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.
(Gluten-free) Pesto Baked Polenta
From the National Heart, Liver, and Blood Institute

https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=1&cId=8&rId=58

Ingredients

- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 cup file yellow (instant) whole-grain cornmeal (polenta)
- 2/3 cup shredded parmesan cheese
- ¼ cup pesto sauce

Instructions

1. Fill a 4-quart saucepan with 3 cups of water; add salt and pepper. Cover. Bring to a boil over high heat.
2. When water boils, reduce heat to medium. Using a whisk or rubber spatula, quickly stir in cornmeal (polenta), cheese, and pesto sauce. Continue stirring until well blended and thick, about 1 minute.
3. Remove from heat. Pour the cornmeal mixture into an 8-inch pie pan or oven-safe dish. Spread evenly with the back of a spoon. Let stand until firm, about 5 minutes.
4. Preheat oven to 400 degrees Fahrenheit. Bake polenta until heated through, about 10 minutes. Remove from oven.
5. Cut into eight wedges. Serve hot.

Makes 8 servings
Serving size: 1 wedge

Nutrition information per serving

<table>
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<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
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</tr>
<tr>
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<tr>
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<td>8 mg</td>
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<tr>
<td>Carbohydrates</td>
<td>20 g</td>
</tr>
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</table>

Faculty/Staff Assistance and Well-Being Services
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Golden Quick Barley with Sweet Peas and Corn
From American Institute for Cancer Research

Ingredients
1 tablespoon extra virgin olive oil 1/8 teaspoon ground turmeric
1 small onion, chopped Freshly ground black pepper
2 cloves garlic, minced ½ cup frozen sweet peas
¾ cup quick pearled barley ½ cup frozen sweet corn
2 cups low-sodium vegetable or chicken broth Juice of ¼ fresh lemon, about 1 tablespoon
1 teaspoon Italian seasoning 1 to 2 tablespoons of shredded Pecorino Romano or Parmesan cheese, optional
½ teaspoon salt

Instructions
1. In 2-quart medium saucepan, heat oil over medium-high heat. Sauté onion until softened, about 4 minutes. Add garlic and sauté for 30 seconds. Add barley and stir 1 minute to toast.
2. Add broth, Italian seasoning, salt, turmeric and 4-5 grinds pepper. Increase heat to high and bring mixture to a boil. Reduce heat to simmer, cover and cook 15 minutes.
3. Stir in peas and corn. Cover and simmer 5 minutes. Barley mix should be slightly wet.
4. Stir in lemon juice. Sprinkle on or mix in cheese, if using, and serve immediately.

Makes 3 servings, ⅓ cup per serving.

Nutrition information per serving

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<tr>
<td>Cholesterol:</td>
<td>5 mg</td>
<td>Total Sugars: 3 g</td>
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</table>
Good-For-You Cornbread

From A Healthier You. Department of Health and Human Services


**Ingredients**

- 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)

**Instructions**

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.
7. Cut into 10 squares.

Makes 10 servings

**Tip**

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

**Nutritional information per serving** (10 servings)

- Calories: 178
- Fat: 6g
- Saturated fat: 1g
- Cholesterol: 22mg
- Sodium: 94mg
- Fiber: 1g
- Protein: 4g
- Carbohydrate: 27g
- Potassium: 132mg
Herbed Farro
From American Institute for Cancer Research
https://www.aicr.org/cancer-prevention/recipes/herbed-farro/

Ingredients
1/2 cup farro
1 cup fat free, reduced-sodium chicken broth (or sub vegetable broth or water)
1 clove garlic, chopped
1 tsp. fresh rosemary, chopped
1 tsp. fresh thyme leaves, chopped

Instructions
1. Bring broth, garlic and herbs to a boil.
2. Add farro, cover, and reduce heat to simmer.
3. Cook until water is absorbed, about 40 min.

Makes about 2 servings, half a cup each

Nutrition information per serving

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<td>Cholesterol:</td>
<td>0 mg</td>
<td>Carbohydrates: 39 g</td>
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# Honey Wheat Rolls

From the Oldways Whole Grains Council


## Ingredients

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<tr>
<th>Item</th>
<th>Amount</th>
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</thead>
<tbody>
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<td>1 packet &quot;highly active&quot; active dry yeast, or 2 1/4 tsp active dry yeast, or 2 1/4 tsp instant yeast</td>
<td></td>
</tr>
<tr>
<td>1 cup lukewarm water</td>
<td>3 Tbsp honey</td>
</tr>
<tr>
<td>1/4 cup orange juice</td>
<td>1 cup unbleached all-purpose flour</td>
</tr>
<tr>
<td>1/4 cup (1/2 stick) unsalted butter, cut into 6 pieces</td>
<td>2 cups traditional whole wheat flour or white whole wheat flour</td>
</tr>
<tr>
<td>1 1/4 tsp salt</td>
<td>2/3 cup instant mashed potato flakes</td>
</tr>
<tr>
<td>1 cup unbleached all-purpose flour</td>
<td>1/4 cup nonfat dry milk</td>
</tr>
</tbody>
</table>

## Instructions

**Mixing:**

1. If you're using active dry or "highly active" yeast, dissolve it with a pinch of sugar in 2 tablespoons of the lukewarm water. Let the yeast and water sit at room temperature for 15 minutes, until the mixture has bubbled and expanded. If you're using instant yeast, you can skip this step.
2. Combine the dissolved yeast with the remainder of the water and the rest of the ingredients. Mix and knead everything together—by hand, mixer or bread machine set on the dough cycle—till you've made a smooth dough. If you're kneading in a stand mixer, it should take about 5 to 7 minutes at second speed. In a bread machine (or by hand), it should form a smooth ball.

**Shaping:**

1. Place the dough in a lightly greased bowl. Cover the bowl, and allow the dough to rise, at room temperature, till it's quite puffy but not necessarily doubled in bulk, about 90 minutes to 2 hours. Rising may take longer, especially if you've kneaded by hand. Give it enough time to become quite puffy.
2. While the dough is rising, lightly grease a 9" x 13" pan, or two 9" round cake pans.
3. Gently deflate the dough, and transfer it to a lightly greased work surface. Divide it into 16 pieces.
4. Shape each piece into a rough ball by pulling the dough into a very small knot at the bottom (think of a balloon with its opening knotted), then rolling it under the palm of your hand into a smooth ball.
5. Place the rolls in the 9" x 13" pan, or put eight rolls in each of the round cake pans, spacing them evenly; they won't touch one another.
6. Cover the pans with lightly greased plastic wrap, and allow the rolls to rise for 1 1/2 to 2 hours. They'll become very puffy, and will reach out and touch one another. While the rolls are rising, preheat the oven to 350°F.

**Baking:**

---

Faculty/Staff Assistance and Well-Being Services

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1. Bake the rolls for 15 minutes, and tent them loosely with aluminum foil. Continue to bake until they're mahogany-brown on top, but lighter colored on the sides, an additional 10 to 13 minutes.

2. Remove the rolls from the oven, and after 2 or 3 minutes, carefully transfer them to a rack. They'll be hot and delicate, so be careful. Serve warm, or at room temperature.

**Makes 16 servings**

**Serving Size 1 Roll**

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<th>Nutrition information per serving</th>
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<td>Saturated Fat: 2 g</td>
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<td>Cholesterol:</td>
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Well-Being Services
humanresources.illinois.edu/wellbeing-services
Irish Soda Bread With Dried Cranberries
From the King County (Washington) Public Health Department

Ingredients
- Nonfat cooking spray
- 2 cups all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 3 tbsp unsalted butter, cut into small pieces
- 2 eggs, beaten and divided
- ¼ cup buttermilk
- 2 tbsp brown sugar
- 1/3 cup dried cranberries (may also use raisins or other dried fruit instead)

Instructions
1. Preheat oven to 375º.
2. Spray a baking sheet with nonfat cooking spray then set aside.
3. In a medium bowl, combine the flour, baking powder, baking soda and salt. Using a pastry blender, fork or wooden spoon, cut in the butter and mix until it resembles coarse crumbs. Make a fist and lightly press in a small well in the center of the flour mixture then set aside.
4. In a small bowl, stir in one of the beaten eggs, buttermilk, brown sugar and cranberries then pour buttermilk mixture into the well of the flour mixture. Stir all ingredients until evenly moistened.
5. Pour dough onto lightly floured board. Knead dough by folding it in half and lightly pressing down about 14-15 times. Shape dough into a 6-inch round loaf. Use a sharp knife and cut a slit down the middle about 1/4x deep. Brush dough with remaining egg then place on prepared baking sheet.
6. Bake for 40 minutes or until golden brown. Serve warm.

Makes 10 servings. Serving size: 1 slice (63 g)

Nutritional information per serving (10 servings)
- Calories: 158
- Calories from fat: 44
- Total fat: 5g
- Saturated fat: 3g
- Cholesterol: 52 mg
- Sodium: 203mg
- Total carbohydrate: 24g
- Dietary fiber: 1g
- Sugars: 3g
- Protein: 4g
- Vitamin A: 4%
- Vitamin C: 0%
- Calcium: 6%
- Iron: 8%

Percent Daily Values are based on a 2,000 calorie diet.

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Lemon Brown Rice Pilaf
From the American Institute for Cancer Research

Ingredients
- 1/2 medium onion, cut into thin crescents
- 2½ cups fat-free, reduced-sodium chicken broth
- Salt and freshly ground black pepper
- 1 Tbsp. extra virgin olive oil, divided
- 6 lemon slices, 1/4-inch thick
- 1 cup brown basmati rice

Instructions
1. Preheat oven to 350° F. Line small baking sheet with parchment paper.
2. In large saucepan, preferably wider than deep, place 1 teaspoon of oil. Add lemon slices and coat with oil. Arrange coated lemon slices on prepared baking sheet. Set pot aside.
3. Roast lemons for 20 minutes, or until rind is golden brown in places. Thin sections of slices may blacken. Coarsely chop 2 lemon slices, then set all roasted lemon aside.
4. Set saucepan over medium-high heat, and add remaining oil. Add rice, stirring to coat grains well. Spread rice to cover bottom of pot and cook until rice is fragrant and lightly browned in places, then starts to crackle, 5 minutes, stirring rice frequently. Add onions and cook, stirring constantly, until translucent, 3 minutes. Pour in broth, add chopped lemon, and bring liquid just to boil. Reduce heat, cover tightly and simmer for 20 minutes. Check to see if liquid is needed, adding 1/2 cup water. Continue cooking, covered, until liquid is absorbed and rice is fluffy but still slightly al dente. Set aside, covered, for 10 minutes. Season to taste with salt and pepper. Fluff pilaf with a fork.
5. To serve, spoon rice onto platter or into wide serving bowl and top with remaining lemon slices.

Makes 6 servings

Nutrition information per serving

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Millet-Cauliflower Mashed Potatoes

From the Oldways Whole Grains Council
http://wholegrainscouncil.org/recipes/salads-sides/millet-cauliflower-mashed-potatoes

Ingredients

1/2 cup millet
2 1/2 cups water
4 ounces sliced cauliflower stems and florets (about 1 1/2 cups)
1/2 tsp salt
Optional: butter, roasted garlic, wasabi, horseradish and/or sour cream to taste

Instructions

1. Wash and drain the millet, then put it in a saucepan with a lid. Add the water, cauliflower, and salt.
2. Bring to a boil and reduce the heat to the lowest simmer. Cover and cook for 35 minutes, checking and giving it a stir after 30 minutes. The millet will bread open and thicken the liquid in the pot. When the millet is very soft and thick, take it off the heat and let stand for 5 minutes.
3. Use a blender for the smoothest puree, but a food processor will work almost as well. Purée until the mixture is as smooth as you can get it.
4. Add butter or other flavorings, if desired, and serve as a side dish.

Makes 2 servings

Nutrition information per serving

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No-Knead Rustic Bread with Fruit and Nuts
From the American Institute for Cancer Research

Ingredients
2½ cups white whole-wheat flour or whole-wheat flour
2 cups all-purpose flour
1 cup dried fruit (dried cranberries, raisins, currants, cherries, apricots, dates)
1 cup coarsely chopped nuts (walnuts, pecans, almonds, pistachios)
1 Tbsp. cinnamon, optional
2 tsp salt
1/2 tsp instant/rapid rise yeast (not active)
1/4 cup honey
1¾ - 2 cups water, plus 1/4 cup

Instructions
1. In large mixing bowl, stir all ingredients together until sticky dough forms, about 30 seconds. If dough is not sticky to touch, add water in 1-tablespoon increments. Dough should be somewhat tacky when touched and loose, known as being shaggy. Cover bowl with plastic wrap and let dough sit at room temperature (about 70 degrees F) from 8 to 24 hours. After first rise, dough surface will be dotted with bubbles and dough will have doubled in size.
2. Line baking pan with parchment paper or grease pan with oil. Using your hands, gently fold in sides toward center, like closing box top flaps. Shape dough into a round loaf, similar to a French boule. Dough should feel tight and not completely spring back when poked. Lift dough from bowl in one piece and place seam side down on baking pan. Cover dough with a dishtowel and let sit 2 hours. After second rise, dough will be puffy.
3. Preheat oven to 350 degrees F. Place top baking rack in middle of oven and bottom rack on lowest level. In casserole dish add 1 cup hot water and place on bottom rack for steam while baking. Bake bread 55-70 minutes. Insert cooking thermometer in thickest part of loaf. Bread is done when thermometer reads 205 degrees F. If not using thermometer, tap bread with finger. If bread sounds hollow, it is done.
4. Place bread on cooling rack. Let cool for easier slicing. To store, wrap cooled bread in plastic or place in plastic bag for a few days. Bread may be sliced and frozen for quick toasting later or to make French toast.

Makes 1 (9 inch x 3 inch) boule, 22 servings

Nutrition information per serving

| Calories: 149 | Dietary Fiber: 2.5 g |
---|---|

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
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Oatmeal Risotto with Cherry Tomatoes and Basil
From Oldways Whole Grains Council
http://wholegrainscouncil.org/recipes/main-dishes/oatmeal-risotto-w-cherry-tomatoes-basil

Ingredients
3 cups chicken broth
1 cup quick oats
¼ cup grapeseed oil
1-2 garlic cloves, sliced thin
10 cherry tomatoes, quartered
5 basil leaves, torn
Kosher salt & pepper to taste
3 Tbsp. grated Parmesan or cheddar cheese (or try shredded mozzarella)

Instructions
1. First, make the oatmeal. In a saucepan, bring chicken broth to a boil. Add oats, return to a boil and simmer for 5 minutes. Let cool completely, then refrigerate for 4 hours so the oatmeal firms up nicely.
2. Heat grapeseed oil in a skillet over medium heat. Add garlic and sauté until golden brown. Add cherry tomatoes, sauté quickly, then add basil and cook another 30 seconds or so.
3. Fold in oatmeal, season with salt and pepper, and mix to incorporate ingredients and warm the oatmeal.
4. Distribute on plates, top with cheese and garnish with fresh basil.

Makes 4 Servings.

Nutritional Information per serving

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Orange-Scented Rice
From the Seattle & King County Public Health Cookbook

Ingredients
2 Tbs. butter
4 shallots, minced
1 cup Basmati rice, washed
1 inch fresh ginger, smashed and finely chopped
2 bay leaves
2 star anise
1 cinnamon stick
Grated rind and juice of 1 medium orange
1 Tbs. raisins, chopped
1 ¼ cups low-sodium chicken broth
Salt and pepper to taste

Instructions
1. Melt butter in medium sized saucepan over medium-high heat. Add shallots and cook, stirring, for 3-4 minutes until softened.
2. Add the rice and cook for 3 minutes until well coated, stirring constantly.
3. Add ginger, bay leaves, anise, and cinnamon stick.
4. Stir in the grated rind, orange juice, and raisins. Mix thoroughly.
5. Stir in chicken stock. Raise the heat and bring to boil. Reduce heat to medium-low, cover, and cook about 15-17 minutes or until rice is cooked through and liquid is absorbed.
6. Remove from heat and uncover. Discard bay leaves, star anise, and cinnamon stick. Place cover back on saucepan and let stand for about 15 minutes to rest. Serve.

Makes 4 servings

Nutrition information per serving:
Calories 271
Carbohydrates 47 g
Protein 6 g
Total Fat 7 g
Saturated Fat 4 g
Fiber 1 g
Sodium 88 mg (does not factor in added salt)
Quinoa Stuffed Tomatoes

From the National Heart, Lung, and Blood Institute

https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=1&cld=8&rId=155

Ingredients

- 4 medium (21/2 inches) tomatoes, rinsed
- 1 tablespoon olive oil
- 2 tablespoons red onions, peeled and chopped
- 1 cup cooked mixed vegetables—such as peppers, corn, carrots, or peas
- 1 cup quinoa, rinsed
- 1 cup low-sodium chicken broth
- 1/2 ripe avocado, peeled and diced
- 1/4 teaspoon ground black pepper
- 1 tablespoon fresh parsley, rinsed, dried, and chopped (or 1 teaspoon dried)

Instructions

1. Preheat oven to 350ºF.
2. Cut off the tops of the tomatoes and hollow out the insides. (The pulp can be saved for use in tomato soup or sauce, or salsa.) Set tomatoes aside.
3. Heat oil in a saucepan over medium-high heat. Add onions, and cook until they begin to soften, about 1–2 minutes.
4. Add cooked vegetables, and heat through, about another 1–2 minutes.
5. Add quinoa, and cook gently until it smells good, about 2 minutes.
6. Add chicken broth, and bring to a boil. Reduce the heat and cover the pan. Cook until the quinoa has absorbed all of the liquid and is fully cooked, about 7–10 minutes.
7. When the quinoa is cooked, remove the lid and gently fluff quinoa with a fork. Gently mix in the avocado, pepper, and parsley.
8. Carefully stuff about 3/4 cup of quinoa into each tomato.
9. Place tomatoes on a baking sheet, and bake for about 15–20 minutes, or until tomatoes are hot throughout (tomatoes may be stuffed in advance and baked later). Serve immediately.

Makes 4 servings

Nutrition information per serving

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Quinoa with Mushrooms and Squash
From the American Institute for Cancer Research

Ingredients
2 cups low-sodium vegetable broth
1 cup raw quinoa, rinsed in a fine sieve
1 Tbsp. olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 medium zucchini, halved length-wise and sliced

1 medium summer squash, halved length-wise and sliced
8 ounces crimini or baby bella mushrooms, sliced
3 Tbsp. chopped fresh cilantro
1/2 tsp. dried oregano
1/2 tsp. ground cumin
Salt and freshly ground pepper to taste

Instructions
1. Bring vegetable broth to a simmer over medium heat. Stir in quinoa and simmer gently until water is absorbed, about 15 minutes.
2. Heat oil in a skillet. Add onions and garlic, and sauté over medium heat until translucent.
3. Add squashes and mushrooms and sauté over high heat until squash is touched with golden spots.
4. Turn heat to low and stir in cooked quinoa, cilantro, oregano and cumin. Add salt and pepper to taste. Cook over low heat, stirring frequently, for 3 to 5 minutes. Serve immediately.

Makes 6 cups (1 cup per serving)

Nutrition information per serving
Calories: 170
Total fat: 5 g
Saturated fat: 0 g
Carbohydrates: 27 g
Protein: 5 g
Dietary fiber: 4 g
Sodium: 60 mg
Red Beans and Rice
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/%28S%28hmja2aj2vppd0y5530m3ayj%n%29%29/recipedetail.aspx?linkId=0&cId=6&rtId=45

Ingredients
1 Tbsp olive oil
1 C onion, cut into ½-inch pieces
1 C green bell pepper, rinsed and diced
1 Tbsp garlic, minced or pressed (about 2–3 cloves)
1 ½ tsp ground cumin
1 ½ tsp dried oregano
1 can (14½ oz) low-sodium chicken broth or vegetable broth
½ C instant brown rice, uncooked
2 cans (15 oz each) low-sodium red kidney beans, drained and rinsed

Instructions
1. Heat oil in a 12-inch sauté pan over medium heat. Cook onion, stirring occasionally, for 5 minutes, until pieces begin to soften, but not brown.
2. Meanwhile, dice green pepper into pieces about ¼ inch in size. Tip: Slice pepper lengthwise into ¼-inch strips. Holding the strips together, cut crosswise in ¼-inch pieces. Add green pepper to cooking onion. Cover. Cook for 5 minutes, stirring occasionally.
3. While the green pepper and onion cook, mince the garlic. Add garlic, cumin, and oregano to the sauté pan. Cook and stir for 1 minute.
4. Add broth and rice to sauté pan with green pepper and onion. Stir well, cover, and simmer for 10 minutes.
5. Meanwhile, drain beans and rinse thoroughly.
6. Add beans to sauté pan. Stir well. Cover. Simmer for 5 minutes to heat beans and blend flavors.

Makes 4 servings

Nutrition information per serving
Calories 344
Total Fat 4g
Saturated 1g
Cholesterol 2mg
Total Fiber 9g
Sodium 331mg
Protein 18g
Carbohydrates 57g
Rosemary Garlic Flatbread
From the American Institute for Cancer Research

Ingredients
2 cups chickpea flour 2 cups water
3/4 cup sorghum flour 1 tsp salt
1/4 cup golden flaxseed 1/2 tsp grated lemon zest
1/4 cup lemon juice 4-5 sprigs of fresh rosemary, chopped (or 1 Tbsp dried)
1 small head of garlic 2 Tbsp olive oil, divide

Instructions
1. Preheat oven to 450°F.
2. Slice off the top of the garlic head to expose the garlic cloves, wrap in foil and roast in the oven for about 30 minutes.
3. In a large bowl, mix flours, flaxseed, salt, zest, salt, and rosemary.
4. Add lemon juice and water and whisk to combine. The batter should be thick but not stiff; do not overmix (a few small lumps are fine).
5. If possible, let the mix sit for at least 30 minutes (the longer the better).
6. Remove garlic from oven when cloves are fork-soft and squeeze out the cloves. Roughly chop them (large pieces are fine) and stir them into the batter.
7. 10 minutes before you are ready to cook the flatbread, drizzle 1 Tbsp olive oil in your 12-inch skillet and set it in the oven to heat up.
8. Add about 1/2 - 1/3 of the batter to the pan (depending on how thick you want your flatbread) and tilt to coat evenly.
9. Place the pan in the oven to cook the flatbread for 10-15 minutes, or until you can easily lift it from the pan with a spatula and the bottom is getting golden brown.
10. Turn the oven to broil and broil for 2-3 minutes, or just until the top starts to brown.
11. Remove from oven, slide onto a cutting board, and slice into wedges.
12. Repeat with the 2nd batch of the batter.

Makes 8 servings

Nutrition information per serving

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Scallion Rice
From the National Heart, Lung and Blood Institute

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

Instructions
1. Cook rice according to directions on the package (omitting salt from water).
2. Combine the cooked rice, scallions and bouillon granules and mix well.
3. Measure 1 cup portions and serve.

Makes 5 servings

Nutrition information per serving

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Southwest Salsa Rice Bites
From the Whole Grains Council:
http://wholegrainscouncil.org/recipes/soups-starters/southwest-salsa-rice-bites

Ingredients
- 3 cups cooked brown rice, cooled
- 1 cup shredded pepper jack cheese
- 4 eggs
- 1 16-oz jar medium (or hot) thick and chunky-style salsa
- ½ cup sour cream (or sub plain, nonfat Greek yogurt; Nutrition info uses sour cream)
- ½ tsp. salt
- ½ tsp. pepper
- ¼ cup crushed corn or tortilla chips
- Vegetable cooking spray
- Optional: additional salsa for garnish

Instructions
1. Preheat oven to 350 degrees.
2. Combine rice and cheese in large bowl; set aside.
3. In medium bowl, beat eggs until well blended. Stir in salsa, sour cream or Greek yogurt, salt, and pepper. Add mixture to rice and cheese; mix well.
4. Spray mini muffin pans with vegetable cooking spray. Spoon approx. 1 ½ Tbs. rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of a spoon.
5. Bake 15-20 minutes, or until lightly browned. Serve warm, with additional salsa, if desired.

Makes 8 servings (6 bites per serving)

Nutrition information per serving:
- Calories: 287
- Protein: 10 g
- Carbohydrate: 31 g
- Dietary Fiber: 2 g
- Total Fat: 14 g
- Sodium: 784 mg
Summer Corn Sauté with Tomatillos and Peppers
From King County Department of Natural Resources

Ingredients
3 to 4 whole tomatillos, husks removed
2 tbsp. olive oil
2 cloves garlic, thinly sliced
2 ears of corn, shucked and kernels off cob
2 diced peppers, sweet, mild or medium hot
½ tsp salt
½ cup cilantro
Juice from 1 lime

Instructions
1. Heat a large cast-iron or stainless skillet over medium-high and add whole tomatillos to the dry skillet.
2. Sear tomatillos 2 to 3 minutes on each side, until brown spots appear and flesh softens.
3. Remove from skillet, cool and coarsely chop.
4. Turn heat to medium-low and add olive oil and garlic. Sauté 1 minute until garlic is lightly golden, but not browned.
5. Add corn, diced peppers and salt. Turn heat to medium-high and sauté for 5 minutes until corn is just cooked through.
6. Remove from heat and stir in cilantro and lime juice. Taste to adjust seasoning.
Sunshine Rice
From the National Heart, Lung, and Blood Institute
https://www.nhlbi.nih.gov/health/resources/heart/syah-html/sunshric

Ingredients

1 ½ tablespoon vegetable oil
1 ¼ cup finely chopped celery with leaves
1 ½ cup finely chopped onion
1 cup water
½ cup orange juice

2 tablespoons lemon juice
Dash of hot sauce
1 cup long-grain white rice, uncooked*
⅛ cup slivered almonds

Instructions

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.

Makes 4 servings

Nutrition information per serving

| Calories: 182 | 21 mg |
| Total Fat: 7 g | 21 mg |
| Saturated Fat: less than 1 g | Protein: mg |
| Cholesterol: 0 mg | Carbohydrates: g |

*Substitute brown rice for higher nutritional value.
Tabbouleh Salad with Lemon-Garlic Dressing
From King County (Washington) Public Health Department
http://www.kingcounty.gov/healthServices/health/nutrition/recipes.asp

Ingredients
- ¾ cups uncooked fine-grained cracked bulgur wheat
- 1 ½ cups boiling water
- Lemon Garlic Dressing (see recipe below)
- 3 tomatoes, chopped
- 6 green onions, chopped
- 1 medium red bell pepper, seeded and chopped
- 1 cup chopped cucumber
- ¼ cup fresh cilantro, chopped
- 3 Tbsp. chopped fresh mint
- 1 can (15 to 16 oz.) garbanzo beans, drained

Lemon-Garlic Dressing Ingredients
- ¼ cup fresh squeezed lemon juice
- 1 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. fresh ground pepper
- 3 cloves garlic, chopped

Directions
1. Place bulgur in a medium bowl and then add boiling water. Stir then let stand for 1 hour. Pour off any excess water and fluff with a fork.
2. Stir in vegetables and garbanzo beans with the bulgur then toss with the dressing.

Makes 4 servings.

Nutritional information per serving (4 servings)

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Percent Daily Values are based on a 2,000 calorie diet.
Vegetable Barley Salad in Cabbage Cups
From Seattle & King County Public Health

Ingredients
- 5 cups water
- 1 cup regular barley
- 2 cups frozen corn kernels, thawed
- 1/4 cup white wine vinegar
- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 2 teaspoons fresh oregano, snipped
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1 cup red bell pepper, seeded and chopped
- 1/2 cup pitted olives, sliced
- 1 medium sized red or green cabbage

Instructions
1. Bring water to boil in a large saucepan. Add barley then reduce heat and simmer for 50 minutes or until barley is tender, covered.
2. Stir in corn to barley during last 10 minutes of simmering. Drain in a colander and rinse with cold water.
3. In an airtight container, make the dressing by adding the oil, mustard, oregano, garlic, salt and black pepper. Seal tightly then shake until combined.
4. In a large serving bowl, add barley and corn mixture. Stir in red bell pepper and olives. Pour dressing over mixture then gently toss to coat evenly.
5. Carefully peel off 6 cabbage layers forming individual bowls. Fill each cabbage leaf with an equal amount of the barley mixture then serve on salad plates.

Makes 6 servings

Nutrition information per serving

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Vegetable Couscous
From King County (Washington) Public Health Department
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/VegetableCouscous.aspx

Ingredients
1 small onion, chopped
3 cloves garlic, minced and pressed
2 medium green bell peppers, chopped
1 tablespoon vegetable oil
1 cup dry couscous
1-1/2 cups water
2 small tomatoes, cut into wedges

Instructions
1. Sauté onion, garlic and green pepper in oil in a large skillet until soft, then push to sides of pan.
2. In the center of the skillet, pour in the couscous. Add the water to the couscous, stirring gently. Top this mixture with tomato wedges and the cooked green peppers; cover pan for 3 minutes.
3. Add a little water and cook longer, if needed. Couscous should be light and fluffy.

Makes 4 servings

Nutrition information per serving
Calories: 229
Total fat: 4 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 11 mg
Carbohydrates: 42 g
Dietary Fiber: 4 g
Sugars: 0 g
Protein: 7 g
Whole Grain Stuffing with Cranberries and Walnuts

From the American Institute for Cancer Research
http://www.aicr.org/foods-that-fight-cancer/cranberries.html#recipes

Ingredients

1. 24-oz. loaf sliced 100% whole wheat bread, one day old
2. 2 cups dried cranberries, or mix of dried cranberries, cherries, and golden raisins
3. 2 tsp. canola oil
4. 1 medium onion, chopped
5. 1 bunch scallions (green onions), trimmed and finely chopped
6. 2 tsp. dried thyme, or to taste
7. ¼ cup chopped walnuts
8. ¼ cup finely chopped flat-leaf parsley
9. ¼ cup chopped fresh chives
10. Salt and freshly ground black pepper, to taste
11. 3 ½ cups (about) canned non-fat, reduced sodium chicken or vegetable broth, heated

Instructions

1. Preheat oven to 250. Arrange bread slices on oven rack and leave in until dry but not brown, about 30 min. Shut off oven to cool bread until easily handled, and then transfer bread to large bowl.
2. Turn oven back on, to 325 degrees.
3. Place dried fruit in large, heat-proof bowl and cover with very hot water. Let stand until water is lukewarm. Drain and set fruit aside in large bowl.
4. Heat nonstick pan over medium-high heat until very hot. Place oil in pan. Add onion and sauté, stirring constantly, until translucent and golden. Stir in scallions and thyme. Transfer mixture to bowl of drained fruit.
5. Heat broth until hot.
6. Meanwhile, in large bowl, break bread into coarse crumbs. Mix in fruit, onions, walnuts, parsley, and chives. Season to taste with salt and pepper.
7. Tossing gently and constantly, add enough hot broth until mixture is moist but not wet (amount may depend on type of bread). Taste and adjust seasoning if necessary.
8. Lightly grease 9x13” pan and transfer stuffing. Cover with foil, sprayed, shiny side up.
9. Bake about 1 hour. If crisp top is desired, remove foil halfway through baking time.
10. Serve immediately or store in airtight container in fridge for up to 2 days.

Makes 18 servings (1/2 cup each)

Nutrition information per serving:

<table>
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<tbody>
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<td>Protein</td>
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</tr>
<tr>
<td>Total Fat</td>
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<tr>
<td>Sodium</td>
<td>293 mg (may depend on salt added)</td>
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</table>

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
5 A Day Bulgur Wheat

From the USDA’s SNAP-Ed recipe finder
http://recipefinder.nal.usda.gov/recipes/5-day-bulgur-wheat

Ingredients
1 onion (medium, chopped)
1 cup broccoli (chopped)
1 cup carrot (shredded)
1 green pepper (small, chopped – may use red or yellow pepper)
1/3 cup fresh parsley (chopped, or 2 Tablespoons dried)
1 teaspoon canola oil
1 ½ cup bulgur (dry)
2 cups chicken broth (low-sodium)
8 ounces chickpeas (canned, drained)

Instructions
1. Wash and chop fresh onion, broccoli, carrots, pepper and parsley (if using fresh parsley).
3. Add bulgur and stir to coat. Add 2 cups chicken broth to the skillet, bring to a boil.
4. Lower the heat, add remaining vegetables and chickpeas. Cook for 10 minutes or until the liquid is absorbed.
5. Add parsley and stir. Serve warm or cold.

Makes 8 servings

Nutrition information per serving
Calories: 150
Total fat: 1.5 g
Saturated fat: 0 g
Cholesterol: 0 mg
Sodium: 135 mg
Total Carbohydrate: 28 g
Dietary fiber: 7 g
Sugars: 3 g
Protein: 6 g
Acorn Squash Stuffed with Apricots and Cornbread

From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7217&news_iv_ctrl=1128

Ingredients

- 4 cups cornbread, cut into ½-inch cubes
- ½ cup chopped dried apricots
- 2 Tbs. extra-virgin olive oil, plus additional for brushing squash
- 2 large Spanish onions, thinly sliced
- ½ cup finely diced celery with leaves
- 2 Tbs. finely chopped fresh sage
- 2 tsp. finely chopped garlic
- 1 ½ cups hot water or vegetable broth
- 1 ½ cups chopped pecans, lightly toasted (optional)
- 3 large acorn squash, halved and seeded
- 2 Tbs. finely chopped parsley
- Salt and freshly ground black pepper, to taste

Instructions

1. Preheat oven to 400 degrees. On baking sheet, spread cornbread cubes and toast until lightly browned, 15-20 minutes. Transfer to bowl and set aside.

2. In heavy 2-quart pot, heat oil over high heat. Add onions, celery, sage, and garlic and sauté 20 minutes. Add water or broth, apricots and pecans, if desired. Simmer until two-thirds of liquid is absorbed, about 10 minutes.

3. Fold vegetables, parsley, salt, and pepper into cornbread. When ready to beak, preheat oven to 350 degrees. In baking pans large enough to hold them in single layer, place squash halves cut-side down. Brush skin lightly with oil. Pour ½-inch boiling water into pans and bake 20 minutes, until squash are halfway cooked. (Or, in microwave-safe dish, microwave 10-15 minutes, until halfway cooked.)

4. Transfer squash to plate until cool enough to handle. (This can be done 8 hours ahead.) Fill squash with stuffing and return, stuffing side up, to pan. Bake about 1 hour, until squash pierce easily with tip of knife. Before serving, cut each squish half in half again.

Makes 12 servings

Nutrition information per serving:

- Calories 212
- Carbohydrates 33 g
- Dietary Fiber 4 g
- Protein 3 g
- Total Fat 8 g
- Saturated Fat 2 g
Apple Cole Slaw

USDA

http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw

Ingredients
2 cups cabbage 5 tablespoons yogurt, low-fat
1 carrot (medium, grated) 1 tablespoon mayonnaise, low-fat
1/2 green pepper (chopped) 1 teaspoon lemon juice
1 apple (chopped) 1/4 teaspoon dill weed

Directions
1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.

Notes
Add salt and pepper to taste.

Makes 4 servings

Nutritional Information per ¼ of recipe

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<td>Cholesterol: 0mg</td>
<td>Sugars: 8g</td>
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Apple Noodle Kugel
From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=21141&news_iv_ctrl=1130

Ingredients

- Canola oil cooking spray
- 12 oz. wide egg noodles (preferably whole-wheat)
- 4 Tbsp. unsalted dairy and trans-fat free margarine, divided
- 2/3 cup sugar
- 1 tsp. ground cinnamon
- 1½ tsp. vanilla extract
- 4 eggs, beaten (or 3 whole eggs plus 2 egg whites)
- 1/3 cup vanilla soy milk
- 1/2 cup raisins
- 4 – 5 medium apples, such as Winesap, Mutsu, Honeycrisp, Northern Spy, Pink Lady, cored, peeled and sliced thin
- 1/4 cup chopped dates, optional
- 1/2 cup walnut pieces, optional
- 1/2 tsp. cinnamon mixed with 2 Tbsp. sugar, optional

Instructions

1. Preheat oven to 350 degrees F. Coat large casserole dish or 9 x 13-inch pan with cooking spray.
2. Boil water to cook noodles according to package directions, but do not cook entirely – just until noodles begin to get soft. Drain in colander and place in large bowl. Add to noodles two teaspoons margarine to prevent clumping. Set aside.
3. Melt remaining margarine in microwave. In bowl large combine melted margarine, sugar, cinnamon and vanilla extract. Beat in eggs, one at a time until volume has doubled. Add soy milk, raisins, sliced apples and dates and walnuts, if using. Add noodles.
4. Pour noodle mixture into prepared casserole dish. Sprinkle with cinnamon and sugar mixture if using.
5. Bake uncovered for 40 to 45 minutes, until kugel is firm, sides pull away and top is golden brown. Allow to cool and set before slicing.
6. Kugel may be made a day ahead and stored in refrigerator.

Makes 12 servings
**Nutrition information per serving**

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<td>Cholesterol:</td>
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<td>Carbohydrates: 43 g</td>
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Baby Spinach with Golden Raisins and Pine Nuts

From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=11&cId=7&rl

d=72

Ingredients

- 4 tablespoons pine nuts
- 2 bags (10 oz each) leaf spinach, rinsed
- 2/3 cup golden, seedless raisins
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon salt

Instructions

1. In a medium, nonstick pan over high heat, cook and stir the pine nuts until they begin to brown lightly and smell toasted, but not burnt. Set the pine nuts aside in another dish.
2. Return the pan to the burner over medium-high heat. Add ¼ cup water. As it begins to boil, add a small handful of the spinach. Cook and stir just until it begins to wilt. Then push it to the side of the pan, and add another ¼ cup water and handful of spinach. Continue until all the spinach has been cooked, adding the raisins with the last handful of spinach.
3. Sprinkle with nutmeg and salt. Cook and stir until all the spinach is wilted and the raisins are warm.
4. Remove from heat. Press out excess water. Place 1 cup spinach and raisins in a serving bowl. Top with pine nuts.

Makes 4 servings
Serving size: 1 cup

Nutrition information per serving

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<tr>
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<td>0 g</td>
</tr>
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<td>Protein</td>
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<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>13 g</td>
</tr>
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Black Quinoa Asian Slaw
From Oldways Whole Grain Council
http://wholegrainscouncil.org/recipes/salads-sides/black-quinoa-asian-slaw

Ingredients
For the Slaw:
- 8 ounces black quinoa (Can't get black quinoa? Substitute any color quinoa.)
- 2 cups water
- 2 cups red cabbage, shredded
- 1 cup snap peas, bias cut
- 1 cup carrots, shredded
- 1 cup scallions, bias cut
- 1 mango, diced small
- ½ cup fresh cilantro, roughly chopped
- Sesame seeds, toasted, to garnish

For the dressing:
- ½ cup orange juice
- ¼ cup rice wine vinegar
- 2 tablespoons fresh ginger, minced
- 1 teaspoon Sriracha sauce
- ¼ cup sesame oil

Instructions
1. Rinse black quinoa under cold water until water runs clear. Place black quinoa in boiling water and simmer for 12-15 minutes.
2. In a small bowl combine orange juice, rice wine vinegar, ginger and Sriracha sauce. Slowly whisk in sesame oil to create an emulsion. Set aside to incorporate flavors in dressing.
3. In a large bowl combine black quinoa, red cabbage, snap peas, carrots, scallions, mango, and cilantro.
4. Fold in dressing and let chill in fridge. When ready to serve, garnish with toasted sesame seeds.

Recipe courtesy of InHarvest Specialtifs.

Makes 7-8 cups

Nutritional Information per serving
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</tr>
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<td>Cholesterol:</td>
<td>Carbohydrates: 31 g</td>
</tr>
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Broccoli Baked Potatoes
Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

Ingredients
6 medium Idaho potatoes
3 stalks broccoli
¼ cup skim milk
1 cup shredded light cheddar cheese
1/8 tsp pepper

Instructions
1. Scrub potatoes. Make shallow slits around the middle as if you were cutting the potatoes in half lengthwise.
2. Bake at 350 °F for 30-60 minutes until done, depending on size.
3. Peel broccoli stems. Steam whole stalks just until tender and chop finely.
4. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli.
5. Add milk, ¾ cup cheese and pepper.
6. Mash together until the mixture is pale green with dark green flecks.
7. Heap into the potato jackets and sprinkle with remaining cheese.
8. Return to oven to heat through (about 15 minutes).

Makes 6 servings. Serving size: 1/6 recipe

Nutritional information per serving (6 servings)
Calories: 210
Calories from fat: 15
Total fat: 2g
Saturated fat: 1g
Trans fat: 0g
Cholesterol: 5 mg
Sodium: 140mg
Total carbohydrate: 39g
Dietary fiber: 5g
Sugars: 3g
Protein: 10g
Vitamin A: 4%
Vitamin C: 90%
Calcium: 10%
Iron: 10%

Diabetic Exchange**
Fruit: 0
Vegetables: 2
Meat: 1
Milk: 0
Fat: 0
Carbs: 0
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.
Butternut Squash with Black Beans

From the United States Department of Agriculture

https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/butternut-squash-black-beans

Ingredients

- 2 ¾ cups Butternut squash, cubed (1 small squash, about 1 pound)
- 1 teaspoon vegetable oil
- 1 onion (small, chopped)
- ¼ teaspoon garlic powder
- ¼ cup red wine vinegar
- ¼ cup water
- 2 cans black beans (16 ounces each, rinsed and drained)
- ½ teaspoon oregano
- ½ teaspoon oregano

Instructions

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash into ½ inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are heated through.

Makes 6 servings
Serving size: 1/6 of recipe

Nutrition information per serving

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</table>

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Candied Yams
Stay Young at Heart: National Heart Lung and Blood Institute

Ingredients
- 3 medium yams (1 ½ cups)
- ¼ cup brown sugar, packed
- 1 Tsp flour, sifted
- ¼ Tsp salt
- ¼ Tsp ground cinnamon
- ¼ Tsp ground nutmeg
- ¼ tsp orange peel
- 1 Tsp soft tub margarine
- ½ cup orange juice

Instructions
1. Cut yams in half and boil until tender but firm (about 20 minutes).
2. When cool enough to handle, peel and slice into ¼-inch thickness.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of the sliced yams in a medium-sized casserole dish.
5. Sprinkle with spiced sugar mixture.
6. Dot with half the amount of margarine.
7. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
8. Bake uncovered in oven preheated to 350 °F for 20 minutes.

Makes 6 servings. Serving size: 1/4 cup

Nutritional information per serving (6 servings)
- Calories: 110
- Fat: less than 1g
- Saturated fat: less than 1g
- Cholesterol: 0 mg
- Sodium: 115mg
Caribbean Casserole
From Heart Healthy Home Cooking African American Style

Ingredients
1 medium onion, chopped
½ green pepper, diced
1 tablespoon canola oil
1 14½-ounce can stewed tomatoes
1 16-ounce can black beans (or beans of your choice)
1 teaspoon oregano leaves
½ teaspoon garlic powder
1½ cups instant brown rice, uncooked

Instructions
1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. Bring to a boil.
   Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand
   for 5 minutes.

Makes 10 servings

Nutrition information per 1 cup serving

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<td>Potassium: 292 mg</td>
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Chayote Salad with Lemony Hot Sauce

From U.S. Department of Health and Human Services
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=1&cld=7&rId=219&AspxAutoDetectCookieSupport=1

Note: Malagueta peppers are a pickled hot pepper used in traditional Brazilian cooking. They can be found in some Latin American markets.

Ingredients

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<tr>
<th>Quantity</th>
<th>Item</th>
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<tr>
<td>2</td>
<td>malagueta peppers, drained and finely chopped</td>
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<tr>
<td>¼ C</td>
<td>finely chopped onion, divided</td>
</tr>
<tr>
<td>1½ tsp</td>
<td>minced garlic, divided</td>
</tr>
<tr>
<td>¼ C</td>
<td>lemon juice</td>
</tr>
<tr>
<td>2 tsp</td>
<td>olive oil</td>
</tr>
<tr>
<td>3 small</td>
<td>chayote squash or yellow summer squash, peeled, seeded, and sliced</td>
</tr>
<tr>
<td>⅛ C</td>
<td>red bell pepper, seeded and chopped</td>
</tr>
<tr>
<td>⅛ C</td>
<td>green bell pepper, seeded and chopped</td>
</tr>
<tr>
<td>¼ tsp</td>
<td>ground black pepper</td>
</tr>
<tr>
<td>2</td>
<td>medium plum tomatoes, diced</td>
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Instructions

1. Combine the malagueta peppers in a food processor or blender, and process them until the mixture is a thick paste. Add farro, cover, and reduce heat to simmer.
2. Gradually add half of the onion and half of the garlic and continue to process, scraping the sides of the container to blend all ingredients into the paste. Add the lemon juice and process again to mix.
3. Transfer the sauce to a glass bowl, cover with plastic wrap, and allow the mixture to stand for 30 minutes.
4. In a large heavy skillet, heat the olive oil over medium heat. Add the remaining onion and garlic. Saute for 2 minutes, add the chayote or summer squash, and continue to saute, stirring occasionally, for about 5 minutes.
5. Add the red and green bell peppers and allow to cook for another 5 minutes. Add the black pepper and remove the pan from the heat.
6. Place the sauteed vegetables in the refrigerator and chill for 2 hours.
7. When ready to serve, arrange the vegetables on a large platter and drizzle with a small amount of sauce. Sprinkle with the chopped tomato for added color. Add additional black pepper as desired.
Makes about 6 servings, one cup each

**Nutrition information per serving**

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Chipotle Orange Sweet Potatoes
From the Public Health Seattle & King County

Ingredients
4 large sweet potatoes
1 small can of chipotle peppers in adobo sauce (you will be using 2 tablespoons of the adobo sauce in the recipe)
Juice of 1 orange

Instructions
1. Heat oven to 375° F.
2. Bake sweet potatoes directly on oven racks for 1 hour, or until tender when pierced with a fork.
3. Remove potatoes from oven, slice in quarters. Carefully slide the potato skins off and discard. (Careful -- the potatoes are very hot!) Place potatoes in a large bowl and mash.
4. Add 2 tablespoons of adobo sauce to the potatoes and blend thoroughly. (If your tongue can take it and you want a more fiery and spicier dish, mix some chopped chipotle peppers into the potatoes.)
5. Add the orange juice and salt to taste. Mix until blended.

Makes 8 servings

<table>
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Dave’s Herb-Stuffed Mushrooms
From the U.S. Department of Agriculture
https://www.choosemyplate.gov/recipes/myplate-cnpp/dave-s-herb-stuffed-mushrooms

Ingredients
- 8 large mushrooms (approx. 3” in diameter)
- 4 cloves garlic
- ¼ cup white onion, chopped
- 3 teaspoons olive oil
- ½ teaspoon dried parsley
- ½ teaspoon dried sage
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- ¼ cup whole-wheat bread crumbs
- ¼ cup sun-dried tomatoes, finely chopped
- ¼ cup canned no-salt chickpeas/garbanzo beans, drained
- 1 teaspoon lemon juice
- Cooking spray

Instructions
1. Preheat oven to 375°F.
2. Clean mushrooms with a paper towel or vegetable brush; remove stems to use for the filling.
3. While oven is warming, put mushroom caps open side down in oven for 10 minutes. This will prepare the caps for stuffing.
4. Chop the garlic and onions and sauté with one teaspoon olive oil. One minute before they are finished, add the four herbs. After one minute, remove from heat.
5. In a large bowl, mash mushroom stems and chickpeas.
6. Add all other ingredients. Mix well.
7. Lightly spray a baking sheet and the mushroom caps.
8. Stuff the mushrooms with the mixture and place on a baking sheet.
9. Bake for 15 to 18 minutes or until the stuffing is golden brown.
10. Remove from oven and sprinkle with an herb of your choice before serving.

Makes 4 servings

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Fruit & Vegetable Medley

From the King County (Washington) Public Health Department

http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/FruitVegetableMedley.aspx

Ingredients
- Nonfat cooking spray
- 2-1/4 cups medium carrots, peeled and thinly sliced
- 2-1/4 cups parsnips, peeled and thinly sliced
- 2 medium ripe pears, peeled and chopped
- ¾ cups orange juice
- 1/3 cup dried chopped dates
- 1 Tsp grated fresh ginger
- 2 tablespoons brown sugar
- 1 tablespoon butter

Instructions
1. Spray a large skillet with cooking spray. Add carrots, parsnips, pears, orange juice, dates, and ginger. Stir to combine. Bring to boiling then reduce heat to simmer, uncovered, for about 7 minutes or until vegetables are crisp-tender.
2. Add sugar and butter and stir to coat vegetable mixture. Cook for an additional 2-3 minutes then serve as a side dish.

Makes 6 servings. Serving size: 1/6 of recipe (199 g)

Nutritional information per serving (6 servings)
- Calories: 165
- Calories from fat: 22
- Total fat: 2g
- Saturated fat: 1g
- Cholesterol: 5 mg
- Sodium: 43 mg
- Total carbohydrate: 37g
- Dietary fiber: 6g
- Sugars: 4g
- Protein: 2g
- Vitamin A: 260%
- Vitamin C: 50%
- Calcium: 4%
- Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.
Garden Potato Salad
From Stay Young at Heart – National Heart, Lung, and Blood Institute

Ingredients
- 3 lb (about 6 large) potatoes, boiled in jackets, peeled and cut into 1/2-inch cubes
- 1 C chopped celery
- 1/2 C sliced green onion
- 2 Tbsp chopped parsley
- 1 C low-fat cottage cheese
- 3/4 C skim milk
- 3 Tbsp lemon juice
- 2 Tbsp cider vinegar
- 1/2 tsp celery seed
- 1/2 tsp dill weed
- 1/2 tsp dry mustard
- 1/2 tsp white pepper

Instructions
1. In a large bowl, place potatoes, celery, green onion, and parsley.
2. Meanwhile, in a blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper until smooth. Chill for 1 hour.
3. Pour chilled cottage cheese mixture over vegetables; mix well. Chill at least 30 minutes before serving.

Makes 10 servings (1 cup per serving)

Nutrition information per serving
- Calories: 151
- Total fat: <1 g
- Saturated fat: <1 g
- Cholesterol: 2 mg
- Sodium: 118 mg
Greek Veggie Balls with Tahini Lemon Sauce (Vegan)
From the American Institute for Cancer Research

Ingredients

**Veggie Balls:**
- 2 (15-oz.) cans black-eyed peas, rinsed, drained (or 3 1/2 cups cooked)
- 1 medium red onion, finely diced
- 3 cloves garlic, minced
- 1/4 cup ground flax seeds
- 1/2 cup whole-wheat breadcrumbs (may use gluten-free)
- 1/4 cup ground flax seeds
- 1/2 cup whole-wheat breadcrumbs (may use gluten-free)
- 5 large Medjool dates, pitted, finely diced
- 1/4 cup finely chopped sun-dried tomatoes
- 1/2 cup chopped fresh parsley
- 1 tsp. fennel seeds
- 1 Tbsp. oregano
- 1/2 tsp. black pepper
- Pinch sea salt (optional)
- 1 large lemon, juiced
- 3 Tbsp. olive oil, divided

**Tahini Lemon Sauce:**
- 1/3 cup tahini
- 2 lemons, juiced
- 2 cloves garlic, minced
- 1/4 tsp. black pepper
- Water, as needed
- Smoked paprika

Instructions

1. Place drained black-eyed peas in large mixing bowl and mash with potato masher to achieve a smooth texture with some lumps.
2. Stir in onion, garlic, flax, breadcrumbs, nut meal, dates, tomatoes, parsley, fennel seeds, oregano, pepper, and salt, if using. Mix well.
3. Add lemon juice to moisten and mix well to create a slightly moist mixture.
4. Refrigerate for 30 minutes.
5. Meanwhile, make Tahini Lemon Sauce. Whisk together tahini, lemon juice, garlic, and black pepper. Add enough water to make a smooth sauce, according to your desired texture. (A thicker sauce is preferable served on the side with appetizer veggie balls, while a thinner sauce is preferable served on top of an entrée serving of veggie balls.)
6. Heat 1 1/2 tablespoons of the olive oil in a large skillet over medium heat. Roll veggie balls into 28 golf-size balls with your hands, and place in skillet. Cook balls, turning regularly, so that all sides are browned, for about 15 minutes. Remove, place on paper towels to drain excess oil. Add remaining olive oil to skillet and cook remaining veggie balls using same technique.
7. Serve with Tahini Lemon Sauce garnished with smoked paprika.

Makes 7 servings
Yields 28 veggie balls
Serving size: 4 veggie balls per serving

- cont. -
### Nutrition information per serving

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Grilled Corn on the Cob

From the Centers for Disease Control & Prevention (CDC) – Fruits and Veggies: More Matters Campaign


Ingredients
4 ears fresh corn with silks and husks
1 fresh lime or lemon, cut into wedges
Salt and pepper to taste (optional)
Chili powder (optional)

Instructions
1. Leaving on husks and silks, soak corn in enough water to cover for 30 minutes.
2. Remove corn and pull husks away from the top of the cobs to drain excess water. Remove silk, and pull husks back up to cover corn.
3. Arrange corn on grill over hot coals and close lid of grill. Cook 25-30 minutes, turning frequently, until corn is tender.
4. Let husks cool until they are not too hot to handle, and remove. Squeeze fresh lemon/lime juice over corn. Sprinkle with salt, pepper, and/or chili powder as desired. Serve.

Makes 4 servings (serving size: 1 ear of corn)

Nutrition information per serving:
Calories 130
Carbohydrates 29 g
Dietary Fiber 4 g
Sugars 5 g
Protein 5 g
Total Fat 2 g
Saturated Fat 0 g
Cholesterol 0 mg
Sodium 95 mg*

* Sodium will vary depending on amount of salt used
Grilled Tofu and Mushroom Brochettes
From the King County (Washington) Public Health Department
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/GrilledTofu.aspx

Ingredients

1 lemon
1 garlic clove, crushed
3 tablespoons olive oil
4 tablespoons white wine vinegar
1 tablespoon fresh rosemary, chopped
1 tablespoon cilantro, chopped
1 tablespoon fresh thyme, chopped
10 ½ oz. package of firm bean curd (tofu)
12 oz. white button mushrooms
Salt and pepper, to taste (salt not calculated with Nutrition Facts)

Instructions

1. Wash outside of lemon thoroughly with warm water and soap*. Pat dry then grate peel and set aside. Slice lemon in half and squeeze out juice into a medium sized bowl.
2. Add the garlic, oil, vinegar and chopped herbs with the lemon juice and mix well. Add salt and pepper to taste.
3. Clean mushrooms with a damp cloth to remove any excess soil. Slice mushrooms in half and set aside.
4. Using a sharp knife, slice the tofu into medium sized chunks. Thread tofu alternated with sliced mushrooms onto metal or wood skewers. Place brochettes into a shallow pan and pour the lemon-herb marinade over the skewers, coating evenly. Cover with plastic wrap and refrigerate for 1-2 hours.
5. Prepare grill. Remove brochettes and set aside marinade for basting. Cook brochettes over a hot grill, brushing often with the reserved marinade for about 6 minutes or until cooked through.
6. Serve with an extra sprinkling of chopped fresh herbs and lemon wedges.

Makes 4 servings. Serving size: 1/4 of recipe (200 g)

Nutritional information per serving (4 servings)

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Percent Daily Values are based on a 2,000 calorie diet.
Grilled Vegetable Packets
From USDA’s SNAP-Ed Connection recipe finder
http://recipefinder.nal.usda.gov/recipes/grilled-vegetable-packets

Ingredients
2 zucchini, small (sliced)       ½ bell pepper (red or green, seeded and sliced)
2 yellow squash, small (sliced)       ¼ cup Italian salad dressing, light
4 red potatoes, small (scrubbed well and sliced)       Salt and pepper (optional, to taste)
½ red onion (sliced)

Instructions
1. Heat grill to medium heat or 350 degrees.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
5. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill bake Veggie Packets in the oven at 400 degrees for 20-30 minutes.
6. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!
7. Empty vegetables onto serving plate or serve from foil packets.

Note:
Try different vegetables- Tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn or your favorites.
Use herbs or spices in place of dressing-Chili powder, Italian or oriental seasoning, basil, oregano, curry powder-be creative!

Makes 5 servings

Nutrition information per serving
Calories: 160       Total Carbohydrate: 30 g
Total fat: 3 g       Dietary fiber: 4 g
Saturated fat: 0 g       Sugars: 5 g
Cholesterol: 0 mg       Protein: 5 g
Sodium: 130 mg
Honey-Roasted Parsnips, Sweet Potatoes and Apples
From the American Institute for Cancer Research
http://www.aicr.org/health-e-recipes/holiday-honey-roasted.html

Ingredients
Canola oil cooking spray
1 ½ cups parsnips, peeled and cut into bite-size chunks
1 large sweet potato, peeled and cut into bite-size chunks
2 firm red apples, cored and cut into bite-size chunks
1 Tbsp. canola oil
1 Tbsp. honey
2 Tbsp. “lite” soy sauce
¾ tsp. ground ginger

Instructions
1. Preheat oven to 400 degrees.
2. Spray casserole dish with cooking spray and set aside.
3. In large mixing bowl, place parsnips, sweet potatoes and apples and set aside.
4. In microwave-safe bowl, mix oil and honey. In microwave, warm 10 seconds.
5. Mix in soy sauce and ginger. Pour sauce over vegetables and apples. Toss to coat well.
   Transfer to casserole dish.
6. Cover and bake until tender, about 1 hour.

Makes 6 servings
Serving size: 1/6 of recipe

Nutrition information per serving

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Kasha with Bell Pepper Confetti
From the National Heart, Lung, and Blood Institute’s Keep the Best
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=0&cld=8&rl
d=61

Ingredients
2 tsp olive oil               ¾ C kasha
½ C onion, diced             ¼ tsp dried oregano
¼ C red bell pepper, rinsed and diced  ½ tsp salt
¼ C green bell pepper, rinsed and diced ¼ tsp ground black pepper
¼ C yellow bell pepper, rinsed and diced ¼ tsp ground black pepper
1 can (14½ oz) low-sodium chicken broth

Instructions
1. Heat oil in a 4-quart saucepan over medium heat. Add onion. Cook for 5 minutes, stirring occasionally.
2. Add bell peppers to saucepan. Cook and stir for 2 minutes. Remove vegetables from pan and set aside.
3. Add chicken broth to saucepan. Cover. Bring to a boil over high heat.
4. Stir in kasha. Reduce heat to medium-low. Cover. Simmer for about 10 minutes, until kasha is cooked and liquid is absorbed.
5. Stir in peppers and onion mixture, oregano, salt, and pepper. Heat for 1 minute. Serve immediately.

Makes 4 servings

Nutrition information per ½ serving

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Muenster Monster Kebabs
From the National Dairy Council
http://www.nationaldairycouncil.org/Recipes/Pages/Muenster-Monster-Kabobs.aspx

Ingredients
- 8 oz. low-fat Muenster cheese
- Peppercorns
- 1 small bunch of parsley
- 1 cup blackberries
- 1 cantaloupe
- 2 oz. reduced fat cheddar cheese
- Skewers
- Pumpkin (optional, to use as centerpiece to stick kabobs in)

Instructions
1. Cut ghost shapes out of the Muenster cheese. Place peppercorns in the head of ghost to resemble eyes.
2. Cut cheddar cheese into small wedges.
3. Make melon balls with cantaloupe. Use a toothpick to make a tiny hole on the top of each ball, and place a small piece of parsley in the hole to resemble a pumpkin stem.
4. Alternate ghost, blackberry, cantaloupe pumpkin, and cheddar cheese wedges on skewers. Stick skewers in pumpkin for display if desired.

Makes 8 servings

Nutrition information per serving:
Calories: 140
Carbohydrate: 9 g
Protein: 10 g
Total Fat: 7 g
Saturated Fat: 4 g
Sodium: 250 mg
Calcium: 25% Daily Value
Oven Baked Potato Pancakes
From USDA

Ingredients
- 2 tablespoons olive oil
- 3 tablespoons whole wheat flour (or all-purpose flour)
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 2 russet potatoes, large (or 1 pound Yukon Gold potatoes)
- 1 onion, small peeled
- 1 egg, large
- applesauce and yogurt (plain low-fat or Greek) (optional)

Instructions
1. Turn the oven on to bake and set it to 425°F. Lightly oil the baking sheet (or sheets) by spreading the oil around with your clean hand or a paper towel.
2. Put the flour, baking powder, and salt, in a small bowl and mix well.
3. Use the large holes on your grater to grate the potato, then grate the onion too.
4. Put the potato and onion mixture in the colander inside the sink. Using a paper towel, press the potato mixture down to squeeze out and blot up some of the extra moisture. Stir it and blot again.
5. Put the potato mixture in the large bowl, add the egg, and stir well. Add the flour mixture and stir it very well.
6. Use a spoon or your clean fingers to pluck a clump of the potato mixture from the bowl and spread it into a round, flat nest on the oiled baking sheet: it should make a circle that's about 3 inches wide and 1/4 inch thick. Repeat to fill the sheet. (You don’t need to leave space between them).
7. Bake until the bottoms are deeply golden, 15 to 20 minutes, then turn the pancakes over, and bake for 10 more minutes. Serve the latkes with applesauce and yogurt (optional).

Makes 12 servings

Nutrition information per serving

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**Pasta Shells with Garlicky Kale**

From the American Institute for Cancer Research Test Kitchen


**Ingredients**

- 1 Tbsp. extra virgin olive oil
- 5 cloves garlic, minced
- ¼ tsp. red pepper flakes (or to taste)
- 10-12 oz. (10-12 cups, loosely packed) pre-washed baby kale, coarsely chopped
- ½ cup vegetable broth
- Salt and freshly ground black pepper, to taste
- 8 oz. small whole-wheat pasta shells, cooked to package directions
- 1 Tbsp. Parmesan cheese

**Instructions**

1. Heat oil in large skillet over medium heat. Sauté garlic with red pepper about 2 minutes.
2. Stir in about half the greens, broth, and season to taste with salt and pepper. Increase heat to medium-high, cover, and cook until greens wilt, about 3 minutes. Stir in remaining greens, cover, and cook an additional 12 minutes or until greens are tender. Stir occasionally.
3. Place cooked, drained pasta in saucepan. Add greens mixture and gently toss until well combined.
4. Sprinkle with cheese and serve.

*Makes 4 servings (1 ½ cups per serving)*

**Nutrition information per serving:**

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Portobello Mushrooms Stuffed with California Wild Rice


Ingredients

- 8 large Portobello mushrooms
- 3 Tbs. extra virgin olive oil
- Salt & pepper to taste
- 1 cup onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp. fresh thyme, chopped
- 1 tsp. fresh oregano, chopped
- 1 tsp. fresh basil, chopped
- ½ cup white wine
- 1 ½ cups cooked California Wild Rice
- 1 ½ cups cooked brown rice
- ⅛ cup scallions or garlic chives, thinly sliced
- ⅝ cup Parmigiano-Reggiano, grated
- 2 Tbs. Parmigiano-Reggiano for garnish

Instructions

1. Preheat oven to 350 degrees.
2. Break off mushroom stems and reserve, then wash caps if needed. Scrape gills and discard. Finely chop stems and set aside for later use.
3. Dry caps completely. Toss in 1.5 Tbs. olive oil with salt and pepper. Place in ovenproof dish upside down, and bake for 5 minutes.
4. Sauté onions with remaining 1.5 Tbs. olive oil on medium heat, stirring, until translucent. Add garlic, thyme, oregano, and basil. Sauté 1 minute.
5. Deglaze the pan with the white wine. Reduce until a glaze is formed. There will be some liquid remaining.
6. Add the rice, scallions, and ½ cup Parmigiano-Reggiano. Mix well and adjust the seasonings with salt and pepper.
7. Stuff the mushroom cavity with the filling. Top with additional Parmigiano-Reggiano, if desired.
8. Bake mushrooms again at 375 for 8-10 minutes, or until tops are lightly browned.

Makes 8 servings

Nutrition information per serving:

- Calories: 280
- Protein: 13 g
- Carbohydrate: 26 g
- Dietary Fiber: 6 g
- Total Fat: 14 g
- Saturated Fat: 3 g
- Sodium: 310 mg

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Potato and Parsnip Latkes
From the Public Health Seattle and King county
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/Latkes.aspx

Ingredients
- 2 1/2 cups peeled and shredded baking potato
- 1 1/4 cup shredded parsnip
- 1 1/4 cup peeled and shredded sweet potato
- 1 teaspoon salt
- 1/4 cup all-purpose flour
- 1 1/4 cups onion, chopped
- 1/2 teaspoon fresh ground black pepper
- 2 large egg whites
- Nonfat cooking spray
- Nonfat sour cream
- 1/4 cup chopped green onion

Instructions
1. Place a colander in the sink and line with paper towels. Add the shredded baking potato, parsnip, sweet potato and sprinkle with the 1 teaspoon salt. Let stand for about 15-20 minutes.
2. Gather the ends of the paper towels together and squeeze the potato mixture to remove excess liquid then transfer mixture to a large bowl.
3. Add flour, onion and pepper and toss well.
4. Add egg whites and mix well.
5. Spray a large skillet with nonfat cooking spray then heat to medium-high heat.
6. Spoon 1/3 cup of the batter into the skillet and cook 4-5 minutes on each side or until browned. Repeat with rest of mixture.
7. Serve latkes with a dollop of nonfat sour cream sprinkled with chopped green onion.

Makes 5 servings

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Potato Spinach Casserole

USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/
& Kansas State University Research and Extension
http://www.oznet.ksu.edu/humannutrition/recipebook.pdf

Ingredients
- 12 ounces frozen hash browns, country style, thawed
- ½ cup finely chopped, divided, green pepper
- ½ cup finely chopped, divided, onion
- ½ tsp salt
- ½ tsp black pepper
- 1 can (12 ounces) evaporated milk, nonfat
- ¾ cup egg whites
- ½ cup cheese, reduced-fat sharp cheddar, shredded
- ½ cup cheese, reduced-fat Monterey Jack, shredded
- 1 packed cup washed and chopped, fresh spinach
- ½ cup chopped, fresh tomatoes

Instructions
1. Preheat oven to 425 degrees. Wash your hands and work area.
2. In a large bowl, combine hash browns, green pepper, ¼ cup onion, salt, and ¼ tsp pepper
3. Spray a 8x8 inch baking dish with non-stick cooking spray. Press potato mixture into bottom.
4. Bake until lightly browned around edges, 20-25 minutes.
5. In large bowl, stir together evaporated milk, egg whites, ¼ teaspoon pepper, cheeses, spinach, remaining ¼ cup onion, and tomatoes.
6. Reduce oven temperature to 350 degrees.
7. Pour mixture over potato crust. Bake uncovered until center is set, 40-45 minutes.
8. Cover and let stand for 10 minutes. Cut into 6 pieces.
9. Cover and refrigerate leftovers within 2 hours.

Makes 6 servings. Serving size: 2 ½” x 4” piece

Cost Per Recipe: $4.69
Per Serving: $0.78

Nutritional information per serving (4 servings)
- Calories: 180
- Calories from fat: 35
- Total fat: 4g
- Saturated fat: 2.5g
- Trans fat: 0g
- Cholesterol: 15 mg
- Sodium: 480mg
- Total carbohydrate: 21g
- Dietary fiber: 1g
- Sugars: 9g
- Protein: 15g
- Vitamin A: 25%
- Vitamin C: 30%
- Calcium: 45%
- Iron: 2%

Percent Daily Values are based on a 2,000 calorie diet.

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Quinoa and Black Bean Salad
From the National Heart, Lung, and Blood Institute
http://healthyeating.nhlbi.nih.gov/recipedetail.aspx?cId=0&rId=191&AspxAutoDetectCookieSupport=1

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<tr>
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<tr>
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<tr>
<td>¼ tsp cumin</td>
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<tr>
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<tr>
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<tr>
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<tr>
<td>Ground black pepper, to taste</td>
<td></td>
</tr>
</tbody>
</table>

Instructions

1. Rinse the quinoa in cold water. Boil 1½ cups water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.
2. While the quinoa is cooking, mix olive oil, lime juice, cumin, coriander, cilantro, and scallions in a small bowl, and set aside.
3. Combine chopped vegetables with the black beans in a large bowl, and set aside.
4. Once the quinoa has cooled, combine all ingredients and mix well.
5. Cover and refrigerate until ready to serve.

Makes 6 servings

Calories: 208
Saturated fat: 1 g
Sodium: 284 mg
Protein: 9 g

Total fat: 5 g
Cholesterol: 0 mg
Total fiber: 7 g
Carbohydrates: 34 g
Red Lentil Latkes
From USDA
http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/red-lentil-latkes

Ingredients
1/2 cup dry red lentils
1 potato, medium grated (about 1/2 pound, peeling is optional)
1 large egg
1 garlic clove, finely sliced
2 tablespoons Parmesan cheese, grated or other cheese (optional)
1 dash hot sauce (1-2 dashes, optional)
1/4 teaspoon salt
black pepper (to taste, optional)
2 tablespoons canola oil (or olive oil, for cooking)

Instructions
1. Add the lentils to a medium saucepan and add water to cover by about an inch. Bring to a boil, then lower heat to a simmer and cook until tender, about 15 minutes. Drain and set aside.
2. Meanwhile, remove the excess water from the potato: you can either squeeze it by the handful, or put the entire pile on a clean tea towel and wring it out.
3. Crack the egg in a medium bowl and beat it lightly. Add the potato, cooked lentils, garlic, green onion, and cheese and hot sauce if you're using them in a medium bowl. Add the salt and a good grinding of black pepper, and stir until combined.
4. Heat a large skillet over medium heat, then add a generous drizzle of oil (1-2 Tablespoons). Working in batches, so as not to crowd the pan, add clumps of the potato-lentil mixture (about the size of a golf ball or slightly larger works well), and flatten each as soon as it's in the pan, making them about a half inch thick.
5. Cook for about 4-5 minutes per side, until the latkes are deeply golden brown and cooked through. Add a little more oil to the pan for each additional batch. Serve immediately or keep the latkes warm in a 200°F oven for up to an hour.

Makes 4 servings

Nutrition information per serving

<table>
<thead>
<tr>
<th>Calories:</th>
<th>Dietary Fiber: 6 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Sugars: 2 g</td>
<td>Sodium:</td>
</tr>
<tr>
<td>Saturated Fat:</td>
<td>Protein: 9 g</td>
</tr>
<tr>
<td>Cholesterol: 45 mg</td>
<td>Carbohydrates: 21 g</td>
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</tbody>
</table>
Salsa Mac with Colby Jack
From the National Dairy Council

Ingredients
- 1 cup uncooked elbow macaroni
- 1 medium tomato
- ½ medium green bell pepper
- ½ small onion
- 1 Tbs. butter
- 1 Tbs. all-purpose flour
- Fresh ground black pepper
- 1 ¼ cups 1% low-fat milk
- 8 oz. low-fat Colby Jack cheese, shredded

Instructions
1. Cook macaroni according to package directions.
2. Meanwhile, dice tomato, green pepper, and onion.
3. Drain macaroni and add tomato and green pepper. Reserve.
4. Preheat oven to 350 degrees.
5. In medium saucepan, sauté diced onion in butter until translucent. Stir in flour and black pepper. Add milk and cook until slightly thickened and bubbly.
6. Add cheese and stir until melted.
7. Add macaroni/vegetable mixture and coat evenly.
8. Transfer to 9-inch pie plate. Bake for 25-30 minutes or until bubbly.
9. Cool for 10 minutes before serving.

Makes 6 servings

Nutrition information per serving:
- Calories 182
- Carbohydrate 19 g
- Protein 14 g
- Total Fat 6 g
- Saturated Fat 4 g
- Sodium 285 mg
- Calcium 20% Daily Value
Sausage Cornbread Dressing
From the Whole Grains Council
http://wholegrainscouncil.org/recipes/salads-sides/sausage-corn-bread-dressing

Ingredients
Corn Bread
- 1 cup all-purpose flour
- 1 cup cornmeal
- 1/4 cup sugar
- 3 teaspoons baking powder

Dressing
- 1 pound turkey Italian sausage links, casings removed
- 4 celery ribs, chopped
- 1 medium onion, chopped
- 1 medium sweet red pepper, chopped
- 2 medium tart apples, chopped
- 1 cup chopped roasted chestnuts
- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 cup buttermilk
- 1/4 cup unsweetened applesauce
- 2 egg whites
- 1 teaspoon salt
- 1 cup buttermilk
- 1/4 cup unsweetened applesauce
- 2 egg whites
- 1 teaspoon salt
- 1 cup buttermilk
- 1/4 cup unsweetened applesauce
- 2 egg whites
- 3 tablespoons minced fresh parsley
- 2 garlic cloves, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper
- 1 cup reduced-sodium chicken broth
- 1 egg white

Instructions
To make the corn bread:
1. For corn bread, combine the first five ingredients in a large bowl. Combine the buttermilk, applesauce and egg whites; stir into dry ingredients just until moistened.
2. Pour into a 9-in. square baking dish coated with cooking spray. Bake at 400° for 20-25 minutes or until a toothpick inserted near the center comes out clean.
3. Cool on a wire rack. Can be made up to 2 days in advance.
4. Refrigerate until firm.

To make the dressing:
1. In a large nonstick skillet, cook the sausage, celery, onion and red pepper over medium heat until meat is no longer pink; drain. Transfer to a large bowl.
2. Crumble corn bread over mixture. Add the apples, chestnuts, parsley, garlic, thyme and pepper. Stir in broth and egg white.
3. Transfer to a 13-in. x 9-in. baking dish coated with cooking spray. Cover and bake at 325° for 40 minutes.
4. Uncover; bake 10 minutes longer or until lightly browned.

Makes 16 servings

Nutrition information per serving
- Calories: 120
- Total Fat: 3.5g
- Carbohydrates: 17g
- Dietary Fiber: 1g
- Sodium: 460mg
- Protein: 7g

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Sauteed Winter Squash
Los Angeles County- Public Health Department

Ingredients
1 medium winter squash
Salt
Pepper
1 Tbsp olive oil or chicken broth (optional)

Instructions
1. Remove tips from each end of squash.
2. Cut squash into small pieces, leaving the skin on unless it is very tough.
3. Heat olive oil or chicken broth (can use water) in a pan.
4. Add squash, sprinkle with salt and pepper, cover, and cook for 10 to 15 minutes at moderate heat.
5. Remove cover and cook a little longer for the excess liquid to evaporate. Serve hot.

Serving size: ½ cup (without oil)

Nutritional information per serving
Calories: 39
Total fat: 0g
Cholesterol: 0 mg
Total carbohydrate: 9g
Fiber: 3g
Protein: 1g
Savory Spinach with Tomatoes

From the King County (Washington) Public Health Department


Ingredients

1 Tbsp olive or canola oil
1 medium onion, chopped
1 clove garlic, minced or pressed
2 tomatoes, chopped
1 package frozen spinach leaves or 2 bunches fresh
½ Tsp salt

Instructions

1. In the oil, fry the onion, garlic, and tomato.
2. Add the clean spinach and salt. Stir together.
3. Cover and simmer for 5 minutes, until just tender

Makes 6 servings. Serving size: 1/6 of recipe (110g)

Nutritional information per serving (6 servings)

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<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
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<td>Protein</td>
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<tr>
<td>Vitamin A</td>
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<tr>
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<tr>
<td>Calcium</td>
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<td>8%</td>
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Percent Daily Values are based on a 2,000 calorie diet.
Simmered Beans
From U.S. Department of Agriculture
https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simmered-beans

Ingredients
2 cups beans, dried pinto, black or pink (rinsed)
8 cups water
1 onion, chopped
1 bay leaf
¼ teaspoon salt

Instructions
1. Place beans, water, onion and bay leaf in a large pot.
2. Cover and bring to a boil over high heat.
3. Reduce heat to low. Simmer for 1 to 1 1/2 hours or until beans are tender.
4. Remove bay leaf and stir in salt. Cook 15 minutes longer.
5. Top each serving of simmered beans with 1/2 cup fresh salsa or store beans in refrigerator for up to three days in a covered plastic or glass container.

Makes 12 servings, half cup each.

Nutrition information per serving

<table>
<thead>
<tr>
<th></th>
<th>Calories</th>
<th>Sodium</th>
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<th>Protein</th>
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<td></td>
<td>118</td>
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<tr>
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<tr>
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<td>0 mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
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<td></td>
<td></td>
<td></td>
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<td>1 g</td>
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Smothered Greens
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhli.nih.gov/recipedetail.aspx?linkId=15&cId=7&rid=229

Ingredients

- 3 cups water
- ¼ lb smoked turkey breast, skinless
- 1 tablespoon fresh hot pepper, chopped
- ¼ teaspoon cayenne pepper
- 2 cloves garlic, crushed
- ½ teaspoon dried thyme
- 1 scallion, chopped
- ½ teaspoon ground ginger
- ¼ cup chopped onion
- 2 lb greens (mustard, turnip, collard, kale, or mixture)

Instructions

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

Makes 5 servings

Nutrition information per serving

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<table>
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<tbody>
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<td>Sodium</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Cholesterol</td>
<td>16 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>9 g</td>
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</table>
Sweet Potato Wedges with Rosemary

From the King County (Washington) Public Health Department

Ingredients
- 2 lbs. sweet potatoes
- 1-2 tsp. vegetable oil
- Sprinkle of lemon juice and rosemary

Instructions
1. Wash and cut sweet potatoes into sticks or wedges.
2. Place potatoes in a bowl and toss with oil, then spread out onto a baking sheet and sprinkle with rosemary.
3. Bake about 30 minutes at 375 degrees, or until browned and tender. You may want to turn potatoes over half way through baking time.
4. Sprinkle with lemon juice, if desired.

Makes 6 servings [Serving Size: 1/6 of recipe (153 g)]

Nutritional information per serving (6 servings)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
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<td></td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Calories from fat</td>
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<tr>
<td>Protein</td>
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<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
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</tr>
<tr>
<td>Vitamin A</td>
<td>605%</td>
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</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Calcium</td>
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</tr>
<tr>
<td>Sodium</td>
<td>20 mg</td>
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</tr>
<tr>
<td>Iron</td>
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<tr>
<td>Total Carbohydrates</td>
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<tr>
<td>Vitamin C</td>
<td>55%</td>
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Percent daily values based on a 2000 calorie diet.
Winter Fruit Mostarda
From the American Institute for Cancer Research
http://www.aicr.org/health-e-recipes/2016/winter-fruit-mostarda.html

Ingredients
1 pkg. (10 oz.) frozen sliced peaches  4 (2in.x 1in.) strip orange zest
1 cup frozen dark cherries  ¼ cup pomegranate juice
1 medium Bosc pear, peeled, cored and cut  1/3 cup dry mustard powder
in 1 in. pieces  3 Tbsp. balsamic vinegar
1 cup large seedless red grapes, preferably ¼ cup honey
    globe variety  ¼ cup sugar

Instructions
1. In mixing bowl, defrost peaches and cherries. Drain liquid from bowl into measuring cup. Transfer peaches and cherries to stainless steel or other non-reactive medium saucepan. Add pear, grapes and orange zest.
2. To measuring cup with peach and cherry liquid, add enough pomegranate juice to make ½ cup liquid, reserving extra pomegranate juice for another use.
3. Place mustard powder in small mixing bowl. Pour in juice mixture and whisk to combine with mustard. Add mustard mixture to pot with fruits. Add vinegar, honey and sugar.
4. Over medium-high heat, bring liquid to boil. Using wooden spoon, gently stir to combine fruits with liquid and sweeteners. Boil gently until liquid is foamy, then reduce heat and boil until liquid is slightly thickened and fruits are tender but not falling apart, 20 minutes.
5. Take off heat. Cool to room temperature. Transfer mostarda to jar or bowl (preferably glass) including liquid up to level of fruit. Keeps in refrigerator for 3 days.

Makes 6 servings. Yield: about 2 ½ cups.

Nutrition information per serving.

<table>
<thead>
<tr>
<th>Calories: 165</th>
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<tbody>
<tr>
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</tr>
<tr>
<td>Saturated Fat: 0 g</td>
<td>Protein: 2 g</td>
</tr>
<tr>
<td>Cholesterol:</td>
<td>Carbohydrates: 40 g</td>
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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Wonderful Stuffed Potatoes
From the USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/recipes/wonderful-stuffed-potatoes

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

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

Makes 8 servings (1/2 potato each)

Nutrition information per serving:
- Calcium: 4% DV
- Calories: 130
- Carbohydrate: 20 g
- Dietary Fiber: 2 g
- Iron: 6% DV
- Protein: 5 g
- Total Fat: 3.5 g
- Saturated Fat: 1 g
- Sodium: 140 mg
- Vitamin A: 4% DV
- Vitamin C: 35% DV
Wow-y Maui Pasta
From the National Heart, Lung, and Blood Institute

Ingredients
2 cups (8 oz.) whole-wheat rotini (spiral) pasta
1 cup fresh or frozen snow peapods, sliced thinly on an angle
1/2 cup cucumber, peeled and diced
1/4 cup carrots, peeled and diced
1 can (8 oz.) pineapple chunks in juice, diced: set aside 1/4 c. juice
1/2 cup fat-free plain yogurt
1 Tbsp. fresh chives, rinsed, dried, and chopped (or 1 tsp. dried)
1 Tbsp. fresh parsley, rinsed, dried, and chopped (or 1 tsp. dried)
1/4 tsp. each salt and black pepper

Instructions
1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. Add pasta, and cook until tender, about 8 minutes. Drain, cool, and set aside
2. In the meantime, place peapods in a microwavable dish, add enough water to keep moist, and microwave for 1–2 minutes, or until warm.
3. Meanwhile, combine the remaining ingredients together in a separate bowl, and toss gently.
4. Add cooked pasta and peapods, and toss gently to coat the pasta.
5. Serve immediately, or refrigerate for later use.

Makes 4 servings, 2 cups per serving.

Nutrition information per serving:

<table>
<thead>
<tr>
<th></th>
<th>Calories: 273</th>
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<tbody>
<tr>
<td>Total Fat:</td>
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<tr>
<td>Saturated Fat:</td>
<td>0 g</td>
<td>Protein: 10 g</td>
</tr>
<tr>
<td>Cholesterol:</td>
<td></td>
<td>Carbohydrates: 56 g</td>
</tr>
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Arroz Con Pollo
From the United States Department of Agriculture

Ingredients
- 2 tablespoons vegetable oil
- 1 chicken (whole, cut up, skin removed)
- 1 green pepper (chopped)
- 1 onion (chopped)
- 2 tomatoes (chopped)
- 2 1/4 cups chicken broth (low-sodium)
- 1 bay leaf
- 1 cup rice (uncooked)
- 1 cup peas
- 3 garlic clove (minced)
- salt (to taste, optional)
- pepper (to taste, optional)

Instructions
1. In a large skillet heat oil and brown chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomato, chicken broth, bay leaf, salt pepper to taste.
4. Cover and cook for 20 minutes.
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot.

Makes 6 servings

Calories: 200
Total fat: 4 g
Saturated fat: 1 g
Cholesterol: 15 mg
Sodium: 70 mg
Carbohydrates: 31 g
Dietary fiber: 3 g
Sugars: 4 g
Protein: 11 g
Autumn Harvest Braised Brisket
From Texas Beef Council
http://www.txbeef.org/recipes/recipe/5196/autumn-harvest-braised-brisket

Ingredients
- 1 beef Brisket Flat Half Boneless (2-1/2 to 3-1/2 pounds)
- 2 tablespoons ground cumin
- 2 teaspoons ground cinnamon
- 2 tablespoons vegetable oil
- Salt and pepper
- 2 tablespoons minced garlic
- 1 cup cran-apple, cranberry or apple juice, divided
- 3 to 4 medium red apples (such as Jonathan, Red Delicious, Jazz or Fuji), cored, cut into 16 wedges each (about 1-1/4 pounds)
- 3/4 cup dried sweetened cranberries
- 2 tablespoons cornstarch

Instructions
1. Combine cumin and cinnamon; rub over beef Brisket. Heat oil in stockpot over medium heat until hot. Brown Brisket; season beef with salt and pepper, as desired.
2. Add 3/4 cup juice and garlic to stockpot; bring liquid to a boil. Reduce heat; cover tightly and simmer 2-3/4 to 3-1/4 hours. Add apples and cranberries to stockpot. Bring to a boil. Reduce heat; cover and simmer 20 to 25 minutes or until Brisket and apples are fork-tender, stirring and rearranging apples once during cooking.
3. Remove Brisket; keep warm. Combine remaining 1/4 cup juice and cornstarch; stir cornstarch mixture into apple mixture. Bring to a boil, stirring constantly. Boil 1 to 2 minutes or until mixture has thickened, stirring frequently.
4. Trim fat from Brisket. Carve diagonally across the grain into thin slices. Season with salt and pepper, as desired. Serve beef with apple mixture.

Makes 6 to 8 (6-ounce) or 12 to 16 (3-ounce) servings

Nutrition information per serving

(3-ounce serving)
- Calories: 347
- Total Fat: 10 g
- Saturated Fat: 2 g
- Cholesterol: 83 mg
- Dietary Fiber: 4.5 g
- Sodium: 52 mg
- Protein: 29 g
- Carbohydrates: 35 g

(6-ounce serving)
- Calories: 604
- Total Fat: 18 g
- Saturated Fat: 5 g
- Cholesterol: 165 mg
- Dietary Fiber: 6.8
- Sodium: 100 mg
- Protein: 57 g
- Carbohydrates: 52 g
Avocado Tacos/Tacos de Aguacate
From National Diabetes Education Program
&redirect=true#page9

Ingredients
- 1 medium onion, cut into thin strips
- 2 large green peppers, cut into thin strips
- 2 large red peppers, cut into thin strips
- 1 cup fresh cilantro, finely chopped
- 1 ripe avocado, peeled and seeded, cut into 12 slices
- 1½ cups fresh tomato salsa (see ingredients below)
- 12 flour tortillas
- Vegetable cooking spray

Fresh Tomato Salsa Ingredients
- 1 cup tomatoes, diced
- ⅓ cup onions, diced
- ½ clove garlic, minced
- 2 tsp. cilantro
- ⅓ tsp. jalapeño peppers, chopped
- ½ tsp. lime juice
- Pinch of cumin

Instructions
1. Mix together all salsa ingredients and refrigerate in advance.
2. Coat skillet with vegetable spray.
3. Lightly sauté onion and green and red peppers.
4. Warm tortillas in oven and fill with peppers, onions, avocado, and salsa. Fold tortillas and serve. Top with cilantro.

Exchanges per serving (12 servings – 1 taco per serving)
- Bread 3
- Vegetable 1
- Fat 1 ½

Note: Diabetic exchanges are calculated based on the American Diabetes association Exchange System.

Nutrition information per serving (12 servings – 1 taco per serving)
Calories: 270
Calories from Fat: 80
Total Fat: 8g
Saturated Fat: 2g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 460mg
Total Carbohydrate: 43g
Dietary Fiber: 5g
Sugars: 4g
Protein: 7g
Vitamin A: 25%

Vitamin C: 100%
Calcium: 10%
Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.
Baja-Style Salmon Tacos
From Keep the Beat: National Heart Lung & Blood Institute
http://hp2010.nhlbihin.net/healthyeating/default.aspx

Ingredients
12 oz. salmon fillet, cut into 4 portions (3 oz. each)
4 (8-inch) whole-wheat tortillas

Taco filling Ingredients:
- 1 cup green cabbage (about ¼ head), rinsed and shredded
- 1 tsp. lime juice
- 1 tsp. honey
- ½ cup red onions thinly sliced (or substitute white onion)

Marinade ingredients:
- ½ Tbsp. corn oil or other vegetable oil
- 1 Tbsp. lime juice
- 2 tsp. chili powder

Directions
1. Preheat grill or oven broiler (with the rack 3 inches from heat source) on high temperature.
2. Prepare taco filling by combining all ingredients. Let stand for 10–15 minutes to blend the flavors.
3. To prepare the marinade, combine the oil, lime juice, chili powder, cumin, coriander, and salt in a bowl.
4. Place salmon fillets in a flat dish with sides. Pour marinade evenly over fillets.
5. Place salmon fillets on grill or broiler. Cook for 3–4 minutes on each side, until fish flakes easily with a fork in the thickest part (minimum internal temperature of 145 °F). Remove from the heat and set aside for 2–3 minutes. Cut into strips.
6. To make each taco, fill one tortilla with ¾ cup filling and one salmon fillet.

Makes four servings
Tip: Try serving with a tomato cucumber salad drizzled with light vinaigrette.

Nutritional information per serving (4 servings)
- Calories: 325
- Total fat: 11g
- Saturated fat: 1g
- Cholesterol: 54mg
- Sodium: 395mg
- Protein: 24g
- Total carbohydrates: 29g
- Total fiber: 4g
- Potassium: 614mg
Baked Chicken with Vegetables

From the USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/recipes/baked-chicken-vegetables

Ingredients

- 4 potatoes (sliced)
- 6 carrots (sliced)
- 1 large, quartered onion
- 1 chicken (raw, cut into pieces, skin removed)
- ½ cup water
- 1 tsp. thyme
- ¼ tsp. pepper

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Place potatoes, carrots, and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400 degrees Fahrenheit for one hour or more until browned and tender.

Makes 6 servings

Nutrition information per serving:

- Calcium 6% DV
- Calories 240
- Carbohydrate 7 g
- Dietary Fiber 4 g
- Iron 15% DV
- Protein 26 g
- Total Fat 3.5 g
- Saturated Fat 1 g
- Sodium 130 mg
- Vitamin A 210% DV
- Vitamin C 45% DV
Baked Salmon Dijon
From Keep the Beat – US Health and Human Services
http://hp2010.nhlbihin.net/healthyeating/recipedetail.aspx?linkId=11&cId=3&rId=38&AspxAutoDetectCookieSupport=1

Ingredients
1 cup fat-free sour cream
2 tsp. dried dill
3 tbsp. scallions (green onions), rinsed and finely chopped
2 tbsp. Dijon mustard
2 tbsp. lemon juice
1 ½ lb. salmon filet, cut into 6 portions (4 oz. each)
½ tsp. garlic powder
½ tsp. ground black pepper
Cooking spray

Instructions
1. Preheat oven to 400°F.
2. Whisk sour cream, dill, scallions, mustard, and lemon juice in a small bowl to blend.
3. Lightly coat baking sheet with cooking spray.
4. Place salmon, skin side down, on the prepared baking sheet. Sprinkle with garlic powder and pepper, then spread with sauce.
5. Bake salmon filets until each is opaque in the center and flakes easily with a fork in the thickest part, about 20 minutes (to a minimum internal temperature of 145°F).

Makes six servings (Serving Size: 4 oz. salmon)

Nutritional information per serving (6 servings)
Calories 196
Total fat 7 g
Saturated fat 2 g
Cholesterol 76 mg
Sodium 229 mg
Total fiber 0 less than 1 g
Protein 27 g
Carbohydrates 5 g
Potassium 703 mg
Baked Tofu
From USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/
& Montana State University Extension Service
http://www.montana.edu/nep/recipes.htm

Ingredients
- 2 Tbsp. soy sauce
- 1 minced clove garlic or ¼ teaspoon garlic powder
- 1 tsp. minced fresh ginger (optional)
- 1 tsp. vegetable oil
- 1 package (16 ounce) drained tofu, firm or extra firm, water packed

Instructions
1. Preheat oven to 350 degrees. Line a rimmed baking sheet with foil.
2. Drain water from tofu. Wrap tofu in paper towels. Let set for about 5 minutes.
3. While tofu is draining, combine soy sauce, garlic, ginger and vegetable oil in a small bowl.
4. Slice tofu into ½ inch thick slices. Place tofu slices on foil lined baking sheet.
5. Pour soy sauce mixture over tofu. Using a spatula or pancake turner, gently turn slices over to coat both sides with sauce.
6. Bake tofu for 15 minutes. Turn slices over and bake for another 15 minutes. Tofu should be light golden brown and firm. Serve hot in place of meat or cut into slices or cubes and add to a stir-fry, fried rice, soup or salad.

Makes 4 servings (2 slices per serving)

Nutritional information per serving (4 servings)
Calories: 100
Calories from fat: 40
Total fat: 4.5g
Saturated fat: 0g
Cholesterol: 0mg
Sodium: 710mg
Total carbohydrate: 4g
Dietary fiber: 0g
Sugars: 1g
Protein: 9g
Vitamin A: 0%
Vitamin C: 0%
Calcium: 2%
Iron: 6%

Percent Daily Values are based on a 2,000 calorie diet.
Baked Trout Ole
From Stay Young at Heart – National Heart Blood and Lung Institute

Note: Bake fish with only a small amount of oil.

Ingredients
- 2 pounds 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)

Instructions
1. Preheat oven to 350ºF.
2. Rinse fish and pat dry. Place in baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 20 minutes or until fork-tender.
5. Yield: 6 servings--Serving size: 1 piece

Nutritional information per serving (6 servings)
- Calories: 230
- Total fat: 9g
- Saturated fat: 2g
- Cholesterol: 58mg
- Sodium: 162mg
- Calcium: 60mg
- Iron: 1mg
Beef and Cabbage for Dinner Tonight
From U.S. Department of Agriculture
https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/beef-and-cabbage-dinner-tonight

Ingredients
1 green cabbage head (washed and cut into bite-sized pieces)  1 teaspoon garlic powder
1 onion, medium (chopped)  ¼ teaspoon black pepper
1 pound ground beef, lean (90% lean)  Salt (to taste, optional)
2 sprays of non-stick cooking spray  Red pepper flakes (to taste, optional)

Instructions
1. Chop cabbage and onions, set aside.
2. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set beef aside.
4. Add cabbage to the onions and cook until cabbage starts to brown.
5. Stir the beef into the cabbage and onion mixture.
6. Season with garlic powder, salt (optional), and pepper. Add red pepper flakes (optional) to the cabbage if you like it spicy.

Makes 4 servings

Nutrition information per serving

<table>
<thead>
<tr>
<th></th>
<th>Calories: 246</th>
<th>Sodium: 107 mg</th>
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<td>Trans Fat:</td>
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<td>Dietary Fiber: 6 g</td>
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<tr>
<td>Cholesterol:</td>
<td>71 mg</td>
<td>Total Sugars: 8 g</td>
</tr>
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</table>
# Beef Steak with Light Tomato Mushroom Sauce

**Keep the Beat: National Heart Lung and Blood Institute**

[http://hp2010.nhlbihin.net/healthyeating/recipedetail.aspx?linkId=1&cId=1&rId=6](http://hp2010.nhlbihin.net/healthyeating/recipedetail.aspx?linkId=1&cId=1&rId=6)

## Ingredients

<table>
<thead>
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<th></th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 Tbsp olive oil</td>
<td></td>
</tr>
<tr>
<td>4 beef top sirloin steaks, lean (3 oz each)</td>
<td></td>
</tr>
<tr>
<td>4 oz white mushrooms, rinsed and quartered (about 1 cup)</td>
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<tr>
<td>1 large shallot, minced (about 2 Tbsp)</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp garlic, minced (about 2-3 cloves)</td>
<td></td>
</tr>
<tr>
<td>1 C canned no-salt-added diced tomatoes</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp no-salt-added tomato paste</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp apple cider vinegar</td>
<td></td>
</tr>
<tr>
<td>2 C low-sodium beef broth</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp cornstarch</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp fresh parsley, rinsed, dried, and minced (or 1 tsp dried)</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp fresh tarragon, rinsed, dried, and chopped (or 1 tsp dried)</td>
<td></td>
</tr>
<tr>
<td>½ Tsp salt</td>
<td></td>
</tr>
<tr>
<td>¼ Tsp ground black pepper</td>
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</tbody>
</table>

## Instructions

1. Preheat oven to 350°F.
2. Heat olive oil in a large, heavy-bottom sauté pan.
3. Gently blot steaks dry with paper towels and then carefully place them in the hot pan.
4. Sauté both sides, about 2–3 minutes, until golden to dark brown.
5. Remove steaks from pan, and put them on a baking sheet to finish in the preheated oven for an additional 3–5 minutes or to your desired doneness (to a minimum internal temperature of 145° F).
6. To make the sauce, pour off any excess grease from the pan. Add mushrooms and sauté until lightly brown, about 3–4 minutes.
7. Lower the heat, and add shallot and garlic. Cook gently over low heat for about 2 minutes, until tender, but not brown.
8. Add tomatoes, tomato paste, and apple cider vinegar, and cook an additional 3 minutes.
9. In a bowl, mix beef broth and cornstarch.
10. Add broth mixture, parsley, and tarragon to the sauté pan. Bring to a boil on medium-high heat while stirring constantly. Lower the heat and simmer for 2–3 minutes. Season with salt and pepper.
11. Serve one steak with ½ cup sauce.

*Makes 4 servings. Serving size: 2 oz steak, ½ cup sauce*

### Nutritional information per serving (4 servings)

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<td>Sodium</td>
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<td>Total fiber</td>
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<tr>
<td>Protein</td>
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<td>Carbohydrates</td>
<td>10g</td>
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<tr>
<td>Potassium</td>
<td>569 mg</td>
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</tbody>
</table>
Beef Stroganoff
From Stay Young at Heart: National Heart Lung & Blood Institute

Ingredients
- 1 lb. lean beef (top round)
- 2 tsp. vegetable oil
- 3/4 tbsp. finely chopped onion
- 1 lb. sliced mushrooms
- 1/4 tsp. salt
- To taste pepper
- 1/4 tsp. nutmeg
- 1/2 tsp. dried basil
- 1/4 C white wine
- 1 C plain low-fat yogurt
- 6 C cooked macaroni, cooked in unsalted water

Directions
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, 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 it has double thickening power. These calories are not figured into the nutrients per serving.

Makes 5 servings (Serving Size: 6 oz.)

Nutritional information per serving (5 servings)
- Calories: 499
- Total fat: 10 g
- Saturated fat: 3 g
- Cholesterol: 79 mg
- Sodium: 200 mg
Black Skillet Beef with Greens and Red Potatoes
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=13&cId=1&rlid=198

Ingredients

- 1 pound top round beef, sliced into long strips 1/8 inch thick and 3 inches wide
- 3 cups finely chopped onion
- 1 tablespoon paprika
- 2 cups beef broth
- 1 ½ teaspoon oregano
- 2 large garlic cloves, minced
- ½ teaspoon chili powder
- 2 large carrots, peeled, cut into very thin ½ inch strips
- ¼ teaspoon garlic powder
- ½ teaspoon ground black pepper
- 2 bunches (1/2 pound each) mustard greens, kale, or turnip greens, stems removed, coarsely torn
- ¼ teaspoon ground black pepper
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon dry mustard, Nonstick cooking spray
- 1/8 teaspoon crushed red pepper
- 8 red-skinned potatoes, halved

Instructions

1. Combine paprika, oregano, chili powder, garlic powder, ground black pepper, crushed red pepper, and dry mustard into a bowl.
2. Spray a large skillet with nonstick cooking spray, and preheat over high heat.
3. Coat strips of meat with the spice mixture and add them to the preheated skillet. Cook, stirring, for 5 minutes.
4. Add potatoes, onion, beef broth, and garlic. Cover and cook over medium heat for 20 minutes.
5. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes.
6. Serve in a large serving bowl, with crusty bread for dunking.

Makes 6 servings

Nutrition information per serving

<table>
<thead>
<tr>
<th></th>
<th>Calories: 342</th>
<th>Dietary Fiber: 8 g</th>
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<td>Total Fat:</td>
<td>4 g</td>
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<tr>
<td>Saturated Fat:</td>
<td>1 g</td>
<td>Protein: 27 g</td>
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<tr>
<td>Cholesterol:</td>
<td>45 mg</td>
<td>Carbohydrates: 56 g</td>
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</table>
Bowtie Pasta with Chicken, Broccoli & Feta

Keep the Beat: National Heart Lung and Blood Institute
http://hp2010.nhlbihin.net/healthyeating/recipedetail.aspx?linkId=1&cId=5&rId=145

Ingredients

1 cup whole-wheat bowtie pasta (farfalle) 
1 Tbsp olive oil 
1 Tsp garlic, minced (about ½ clove) 
8 oz white button mushrooms, rinsed and cut into quarters 
4 cups cooked broccoli florets (or 1 1-lb bag frozen broccoli, thawed) 
1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts) 
2 cups low-sodium chicken broth 
1 medium lemon, rinsed, for 1 tsp zest and 1 tbsp juice (use a grater to take a thin layer of skin off them lemon; squeeze juice and set aside) 
2 oz reduced-fat feta cheese, diced

Instructions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions. Drain.
3. Heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
4. Add mushrooms and heat until lightly browned and soft.
5. Add broccoli, diced chicken, and chicken broth. Bring to a boil and simmer for about 3 minutes, until the broccoli and chicken are heated through.
6. Add pasta, and toss gently. Continue to simmer until pasta is hot, about 3-4 minutes.
7. Add lemon zest and juice, toss gently.
8. Serve 2 cups of pasta and sauce per portion. Top each portion with 1 ½ tablespoons feta cheese.

Makes 4 servings. Serving size: 1 cup pasta; 1 cup sauce; 1½ Tbsp feta

Nutritional information per serving (4 servings)

Calories: 421
Total fat: 10g
Saturated fat: 2g
Cholesterol: 65 mg
Sodium: 285mg
Total fiber: 8g
Protein: 36g
Carbohydrates: 49g
Potassium: 697 mg
Vitamin A: 30%
Vitamin C: 140%
Calcium: 10%
Iron: 10%
Buckwheat and Cottage Cheese Casserole
From OLDWAYS Whole Grains Council
http://wholegrainscouncil.org/recipes/main-dishes/buckwheat-and-cottage-cheese-casserole

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3 cup rye flakes or old-fashioned rolled oats</td>
<td>1 Tbsp. unsalted butter, plus more for preparing pan</td>
</tr>
<tr>
<td>1 1/2 cups buckwheat groats</td>
<td>1 1/2 cups low-fat cottage cheese</td>
</tr>
<tr>
<td>1 1/2 tsp. dried dill</td>
<td>2 large eggs</td>
</tr>
<tr>
<td>1 tsp. salt</td>
<td>3/4 cup sour cream</td>
</tr>
<tr>
<td>1/4 tsp. ground black pepper</td>
<td>1/8 tsp. sweet paprika</td>
</tr>
</tbody>
</table>

Instructions

1. Set a rack in the center and preheat the oven to 350 degrees. Butter an 8-inch square baking dish. Coat the bottom and halfway up the sides with the rye flakes. Set aside.

2. In a heavy 2-quart Dutch oven or saucepan, combine 2 3/4 cups of water with the buckwheat, dill, 1/2 tsp of the salt and the pepper. Bring to a boil over high heat. Stir in the butter. Cover, reduce the heat to low, and simmer until the buckwheat is tender, about 10 minutes. Stir in another 1/4 cup of water if the mixture gets dry before the buckwheat is tender.

3. Transfer the cooked buckwheat to a medium bowl. Stir in the cottage cheese, followed by the eggs and the remaining 1/2 tsp salt.

4. Pour the mixture into the prepared baking pan. With a rubber spatula, spread the sour cream in a layer on top. Dust with the paprika. Bake until the edges are firm and the center is set, 45 to 50 minutes.

5. Remove from the oven and let cool for 5 minutes. Run a knife along the edges and cut into 8 portions. Use a spatula to remove the pieces from the pan.

Makes 8 servings.

Nutrition information per serving:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>220</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8 g</td>
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<tr>
<td>Saturated Fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Sodium</td>
<td>500 mg</td>
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<td>Protein</td>
<td>12 g</td>
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<tr>
<td>Carbohydrates</td>
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Bulgur Black Bean Veggie Burgers and Lime-Cilantro Aioli
From the Whole Grains Council

http://wholegrainscouncil.org/recipes/main-dishes/bulgur-black-bean-veggie-burger

Ingredients

1 Tbs. olive oil, plus additional for brushing
1 small onion (diced)
½ cup bulgur
1 (14-oz) can black beans, rinsed, drained, and mashed
½ cup whole wheat breadcrumbs
1 ½ Tbs. Worcestershire sauce
1 egg, slightly beaten
2 garlic cloves, minced
¼ cup fresh cilantro, minced
¼ tsp. cayenne
½ tsp. pepper
¼ tsp. salt
4 whole wheat hamburger rolls
Optional toppings: lettuce, tomato, red onion, avocado

For Lime-Cilantro Aioli

¼ cup prepared mayonnaise
¼ cup nonfat Greek yogurt
1 lime, zest and juice
1 clove garlic, chopped
1 Tbs. chopped fresh cilantro

Instructions

1. Heat olive oil in small saucepan over medium heat. Sauté onion until golden, 5-7 minutes. Add bulgur to pan along with 1 cup of water or broth. Cover and simmer on low until water is absorbed, about 15-18 minutes.
2. Put cooked bulgur in large mixing bowl with remaining ingredients and mix well.
3. Form into 4 patties, about ½ cups of mixture per patty.
4. Chill at least 20 minutes. While patties chill, prepare aioli by pulsing all ingredients in a blender or food processor until blended. Chill until ready to use.
5. In large skillet over medium heat, add 1 Tbs. oil. When hot, drop in patties and cook until golden, about 5 minutes per side.

Makes 4 servings

Nutrition information per serving:

<table>
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<th>390</th>
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<td>Protein</td>
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Caribbean Pink Beans
From U.S. Department of Health and Human Services
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=11&cld=6&rId=41

Note: This recipe calls for the beans to be soaked overnight.

Ingredients
1 lb dried pink beans
2 medium plantains, finely chopped
1 large tomato, rinsed and finely chopped
1 small red bell pepper, rinsed and finely chopped
1 medium white onion, finely chopped

1½ Tbsp garlic, minced (about 3 cloves)
1½ tsp salt
1 lb dried pink beans
2 medium plantains, finely chopped
1 large tomato, rinsed and finely chopped

Instructions
1. Rinse and pick through beans for rocks and other debris (discard these). Put beans in a large pot, and add 10 cups of water. Place pot in refrigerator, and allow beans to soak overnight.
2. Place the soaked and drained beans in a large pot with enough water to cover them by about 1 inch. Boil gently with lid tilted until beans are soft, about 1 hour. Add more water while beans are cooking if water level drops below the top of the beans.
3. Add plantains, tomato, red pepper, onion, garlic, and salt. Continue cooking at low heat until plantains are soft.

Serve warm.

Makes about 16 servings, half a cup each

Nutrition information per serving

<p>| | |</p>
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<thead>
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<tbody>
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<tr>
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<tr>
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<td>6 g</td>
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<tr>
<td>Carbohydrates</td>
<td>28 g</td>
</tr>
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</table>
Caribbean Red Snapper

From the National Institutes of Health National Diabetes Education Program:

&redirect=true%20-%20page5#page5

Ingredients

2 Tbs. olive oil
1 medium onion, chopped
½ cup red pepper, chopped
½ cup carrots, cut into strips
1 clove garlic, minced
½ cup dry white wine
¾ pound red snapper fillet
1 large tomato, chopped
2 Tbs. pitted ripe olives, chopped
2 Tbs. crumbled low-fat feta or low-fat ricotta cheese

Instructions

1. In large skillet, heat olive oil over medium heat. Add onion, red pepper, carrots, and garlic. Sauté mixture for 10 minutes. Add wine and bring to boil. Push vegetables to one side of pan.
2. Arrange fillets in a single layer in center of skillet. Cover and cook for 5 minutes.
3. Add tomato and olives. Top with cheese. Cover and cook for 3 minutes or until fish is firm but moist.
4. Transfer fish to serving platter. Garnish with vegetables and pan juices.

Makes 4 servings

Nutrition information per serving:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
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<td>Carbohydrate</td>
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<td>Protein</td>
<td>19 g</td>
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<td>Vitamin C</td>
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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
**Chickpea and Butternut Squash Fritters with Field Greens**

From the American Institute for Cancer Research


**Ingredients**

- 2 cups (10 oz.) cubed butternut squash
- 1 can (15.5 oz.) chickpeas, drained
- 3 Tbsp. whole-wheat flour
- 1 large egg
- 4 scallions, coarsely chopped
- 1 large clove garlic, minced
- 2 tsp. chopped fresh sage leaves
- 1/4 tsp. cumin
- 1/4 tsp. red pepper flakes
- Coarse salt and freshly ground pepper to taste
- 2 Tbsp. canola oil or extra virgin olive oil, divided
- 8 cups field greens (5 oz. pkg.)
- 1/4 cup coarsely chopped toasted skinless hazelnuts

**Yogurt Dill Sauce**

- 1 cup low-fat plain Greek yogurt
- 2 Tbsp. finely chopped fresh dill
- 1 clove garlic, minced
- 1/2 tsp. lemon zest
- 1 tsp. lemon juice
- Salt and freshly ground white or black pepper

**Salad Dressing**

- 1 Tbsp. lemon juice
- 1 Tbsp. extra virgin olive oil
- Salt and freshly ground black pepper

**Instructions**

1. For **Yogurt Dill Sauce**, in small bowl, combine all ingredients and mix well. Pour into small serving bowl and set aside.

2. For **Salad Dressing**, in small bowl, combine lemon juice and oil, season to taste with salt and pepper and set aside.

3. For **Chickpea and Butternut Squash Fritters**, in large saucepan with a steamer basket, steam squash until tender, about 10-12 minutes. Transfer squash to food processor. Add chickpeas, flour, egg, scallions, garlic, sage, cumin and pepper flakes. Pulse until blended yet slightly chunky. Season with salt and pepper.

4. Heat 1 tablespoon oil in large skillet over medium-high heat. Gently drop six scant 1/4-cup portions of mixture into pan and gently press into round patties with back of measuring cup or spatula. Don’t over crowd skillet. Sauté fritters until golden brown on
bottom, about 3-4 minutes. Heat may need to be adjusted for optimal browning. Carefully turn over each fritter and sauté until other side is golden brown, about 3-4 minutes. Transfer fritters to plate and cover with foil to keep warm. Use remaining oil to sauté remaining six fritters. There should be 12 fritters in total.
5. In large bowl, add salad greens. Stir salad dressing and pour over greens. Add hazelnuts and gently toss together.
6. Arrange greens on large serving platter or four individual dinner plates. Arrange all fritters on top of greens if serving on platter or 3 fritters on each individual plate. Serve with Yogurt Dill Dressing on the side or drizzle on fritters and serve.

Makes 4 servings
Serving size: 3 fritters

Nutrition information per serving

<p>| | |</p>
<table>
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Chicken Baked with Cabbage and Leek
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22881&news_iv_ctrl=1262

Ingredients
1 (2 lb.) Savoy or Napa cabbage
8 large Brussels sprouts
1 Tbsp. extra virgin olive oil
1 (3 lb.) chicken, cut into 8 pieces, or
4 (6 oz.) chicken breast halves with rib and skin
1 large leek, white part and 1-inch light green part, halved lengthwise and thinly sliced
1 medium onion, halved and sliced crosswise
1 Tbsp. dried thyme
1/2 tsp. Spanish paprika
Salt and freshly ground black pepper
1½ cups fat-free, reduced-sodium chicken broth

Instructions
1. Preheat the oven to 350 degrees.
2. Halve cabbage vertically and set one half aside for another use. Cut remaining cabbage into 2 wedges and cut away core. Cut wedges crosswise into 3/4-inch strips. There will be about 4 cups. Cut each Brussels sprout vertically into 4 slices.
3. In medium skillet that can go into oven, heat oil over medium-high heat. Reserving wings for another use, arrange chicken skin side down in hot pan and cook until skin is browned, turning pieces as needed, about 8 minutes. Transfer chicken to plate. Pour off all but 1 tablespoon of drippings from pan.
4. Add cabbage, brussels sprouts, leek and onion to pan, stirring to coat with remaining drippings. Cook, stirring occasionally, until cabbage and onion are limp and onion translucent, about 5 minutes. Add thyme, paprika, salt and pepper to taste, and mix to combine. Return chicken to pan, placing pieces skin side up on top of vegetables. Pour in broth. Place pan in oven, uncovered.
5. Bake for 35 minutes, or until an instant-read thermometer inserted into thickest part of chicken registers 160 degrees, about 15 minutes for breast, 20 minutes for thigh.
6. To serve, remove skin from chicken and divide pieces among four dinner plates. Spoon one-fourth of vegetables on top of or next to chicken. Spoon pan juices over chicken and vegetables.

Makes 4 servings
**Nutrition information per serving**

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Chicken Cacciatora
From the American Institute of Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=9473&news_iv_ctrl=1262

Ingredients
1 tbsp. extra virgin olive oil
1 lb. whole skinless and boneless chicken breast, cut in 4 pieces
1 medium red onion, chopped
3 garlic cloves, chopped
8 oz. sliced white mushrooms
3 tbsp. chopped flat-leaf parsley, divided
1 tbsp. chopped fresh rosemary, or 2 tsp. dried, crumbled
1 can (about 15 oz.) diced tomatoes, with their juices
2 tbsp. red wine vinegar
Salt and freshly ground black pepper

Instructions
1. Heat the oil in a medium skillet over medium-high heat. Brown the chicken lightly on both sides, about 8 minutes. Transfer the chicken to a plate and set aside.
2. In the same pan, sauté the onion until translucent, about 4 minutes. Add the garlic and cook 1 minute longer. Add the mushrooms and cook, stirring often, until they release their liquid and soften, about 6 minutes. Mix in 2 tablespoons of the parsley and the rosemary. Add the tomatoes, tomato paste and vinegar, scraping the bottom of the pan with a wooden spoon to incorporate any browned bits into the sauce.
3. Return the chicken to the pan. When the sauce bubbles, reduce the heat, partially cover and simmer 15 minutes. Turn the chicken and cook until it is no longer pink in the center at the thickest part, about 5 minutes longer. Season to taste with salt and pepper.
4. Divide the cacciatora among 4 plates. Garnish with the remaining parsley and serve.

Makes four servings

Nutritional information per serving (4 servings)
Calories: 211
Total fat: 5g
Saturated fat: < 1 g
Sodium: 222mg
Total carbohydrate: 12g
Dietary fiber: 3g
Protein: 29g
Chicken Ratatouille
From USDA’s SNAP-Ed Connection recipe finder
http://recipefinder.nal.usda.gov/recipes/chicken-ratatouille

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

Instructions
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.

Makes 4 servings

Nutrition information per serving
Calories: 270
Total fat: 7 g
Saturated fat: 1.5 g
Cholesterol: 75 mg
Sodium: 240 mg
Total carbohydrate: 20 g
Dietary fiber: 8 g
Sugars: 11 g
Protein: 32 g
Chickpeas with Sundried Tomatoes

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention

Ingredients
- 1 red onion, small, sliced crosswise and separated into rings
- 1/2 tsp. rosemary, dried, crumbled
- 1 medium tomato chopped
- 2-1/2 cups chick-peas, canned, rinsed and drained
- 1 Tbsp. olive oil
- 1/2 cup low-sodium vegetable stock
- 1 Tbsp. balsamic vinegar
- 2 Tbsp. sun-dried tomato bits

Directions
1. In a large no-stick frying pan over medium-high heat, warm the oil.
2. Add the onions and rosemary; cook, stirring frequently, for 2 to 3 minutes, or until tender.
3. Stir in the vegetable stock and chopped tomatoes. Cook for 3 to 4 minutes, or until all the liquid has evaporated.
4. Stir in the chick-peas, tomato bits and vinegar; cook for 1 to 2 minutes, or until heated through.

Makes 4 servings

Nutritional information per serving (4 servings)
- Calories: 200
- Calories from fat: 50
- Total fat: 6g
- Saturated fat: 1g
- Trans fat: 0g
- Cholesterol: 0mg
- Sodium: 490mg
- Total carbohydrate: 28g
- Dietary fiber: 7g

- Sugars: 4g
- Protein: 9g
- Vitamin A: 6%
- Vitamin C: 15%
- Calcium: 6%
- Iron: 10%

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**
- Fruit: 0
- Vegetables: 1
- Meat: 0
- Milk: 0
- Carbs: 2
- Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.
Crispy Oven Fried Chicken
From: Keep The Beat: Heart Healthy Recipes: National Health Lung and Blood Institute
http://hp2010.nhlbihin.net/healthyeating/default.aspx

Ingredients
½ C skim milk or buttermilk          2 tsp. dried hot pepper, crushed
1 tsp. poultry seasoning              1 tsp. ginger, ground
1 cup cornflakes, crumbled            8 pieces chicken, skinless (4 breasts, 4
drumsticks)
1 ½ Tbsp. onion powder                A few shakes of paprika
1 ½ Tbsp. garlic powder               1 tsp. vegetable oil
2 tsp. black pepper

Instructions
1. Preheat oven to 350 °F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly
   shake in bag with seasoning and crumbs. Refrigerate for 1 hour.
5. Remove from refrigerator and sprinkle lightly with paprika for color.
6. Evenly space chicken on greased baking pan.
7. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking
   for an added 30–40 minutes or until meat can be easily pulled away from bone with
   fork. Drumsticks may require less baking time than breasts. (Do not turn chicken
   during baking.)
8. Crumbs will form crispy "skin."

Makes 6 servings (Serving size: ½ breast or 2 small drumsticks)

Nutritional information per serving (6 servings)
Calories: 256               Protein: 30g
Total fat: 5g               Total Carbohydrates: 22g
Saturated fat: 1g           Dietary fiber: 1g
Cholesterol: 82mg           Potassium: 339mg
Sodium: 286mg
Crunchy Chicken Salad
From the USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/recipes/crunchy-chicken-salad

Ingredients
2 cup cooked chicken (chunked)  ½ cup grape
½ cup celery  1 apple (small, diced, leave peel on)
¼ cup green pepper  ¼ cup plain yogurt
¼ onion
½ cucumber

Instructions
1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery into small pieces.
3. Chop the green pepper into small pieces.
4. Peel and chop ¼ of an onion.
5. Peel and chop half of a cucumber.
6. Chop the apple into pieces. It’s okay to leave the peel on the apple.
7. Cut the grapes in half.
8. Put all the ingredients in a large bowl. Stir together. Optional: Serve on lettuce, crackers, or bread.

Makes 5 servings (3/4 cup prepared salad per serving)

Nutritional Information per serving

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Curry Chicken Salad
From King County (Washington) Public Health Department
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Salads/CurryChickenSalad.aspx

Ingredients
- 4 skinless, boneless, cooked chicken breast halves, chopped
- 1/2 cup low-fat mayonnaise
- 1/4 teaspoon curry powder
- 1/4 cup celery, chopped
- 1/2 cup bell pepper (any color), seeded and chopped
- 1 apple, peeled, cored and chopped
- 1/2 cup red, seedless grapes, halved
- 1/4 cup fresh ground pepper
- 1/4 cup almonds
- 1 8 oz. can water chestnuts, drained and sliced

Instructions
1. In a medium bowl, combine chicken, mayonnaise, curry, and pepper.
2. Add celery, bell pepper, apple, grapes, almonds and water chestnuts and mix until well-coated.

Makes 6 servings

Nutrition information per serving
- Calories: 198
- Total fat: 9 g
- Saturated fat: 1 g
- Cholesterol: 54 mg
- Sodium: 151 mg
- Carbohydrates: 12 g
- Dietary fiber: 2 g
- Sugars: 0 g
- Protein: 19 g
Easy Turkey Skillet Dinner
From the California Dept. of Public Health and the Network for a Healthy California Champions for Change

Ingredients
Nonstick cooking spray
¾ pound lean ground turkey
1 medium onion, peeled and chopped
3 tomatoes, chopped
3 tablespoons tomato paste
1 tsp each dried basil, oregano, and garlic powder
½ tsp salt
¼ tsp ground black pepper
2 medium zucchini, sliced

Instructions
1. Spray nonstick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasonings. Simmer over medium heat for 10 minutes.
4. Add zucchini and cook for 5 minutes more. Serve while hot.

Makes 4 servings (1 cup per serving)

Nutrition information per serving:
Calories 181
Carbohydrate 13 g
Dietary Fiber 4 g
Protein 21 g
Total Fat 6 g
Saturated Fat 1 g
Trans Fat 0 g
Cholesterol 57 mg
Sodium 462 mg
Easy But Elegant Risotto
From the American Institute of Cancer Research
http://preventcancer.aicr.org/site/News2?news_iv_ctrl=1121&abbr=dc_rc_&page=NewsArticle&id=9483

Ingredients
- 2 Tbsp. butter or trans-fat free spread
- 1 small red onion, finely chopped
- 1 ½ cups Arborio rice
- 3 Tbsp. fresh lemon juice
- 3 cups fat-free, reduced-sodium chicken broth
- 8 think asparagus, cut in 1-inch pieces
- ½ lb. medium shrimp, shelled and halved lengthwise
- ½ lb. mussels, rinsed and drained, for garnish
- Salt and freshly ground white pepper
- ¼ cup freshly grated Grana or Parmesan cheese

Instructions
1. Preheat oven to 450°F.
2. In a deep, oven-proof skillet, melt the butter over medium-high heat. Add the onion and rice.
3. Stir until onion is translucent and rice is opaque, about 2 minutes.
4. Add the lemon juice and cook until evaporated, stirring constantly.
5. Pour in the broth and 1 cup water. Remove from heat.
6. Cover with a large sheet of foil, pressing it down to touch the surface of liquid. Seal the foil around the rim of the pan. Cover pan with a tight lid.
7. Bake the risotto 25 minutes.
8. Meanwhile, boil 1 cup water in a medium saucepan. Add the asparagus and cook 2 minutes. Transfer the asparagus to a bowl.
9. Add the shrimp to the pot. When pink and curled, add them to the bowl.
10. Place the mussels in the pot, cover and cook until opened, about 2 minutes. Drain and set aside.
11. Remove the risotto from the over and place it on top of the stove. Slowly peel off the foil, starting from the side furthest from you. Mix in the cheese, asparagus and shrimp. (Use oven mitts to prevent steam burns.)
12. Season to taste with salt and pepper. Serve in shallow soup bowls or plates, using the mussels as garnish.

Makes 4 servings
Nutritional information per serving (4 servings)
- Calories 279
- Total fat 8g
- Saturated fat 5g
- Carbohydrate 32g
- Sodium 570 mg
- Protein 19g
- Dietary fiber 1g

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Edamame Stew
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=1&cId=6&rId=51

Ingredients
- 1 bag (16oz) frozen shelled edamame (green soybeans)
- 2 Tbsp. garlic, minced or pressed (about 5 gloves)
- 1 can (35oz) no-salt-added Italian whole peeled tomatoes with basil, diced into small chunks
- 2 Tbsp. lemon juice (or 1 large lemon, freshly juiced)
- 1 C frozen yellow corn
- ¼ tsp salt
- 2 Tbsp. ground cumin
- ¼ tsp ground cayenne pepper
- ½ tsp ground allspice (substitute cinnamon or pumpkin pie spice)
- 1 tsp. cilantro, chopped
- 1 tsp dried oregano
- 1 tsp. cilantro, chopped
- ½ tsp dried oregano

Instructions
1. Place frozen edamame in a deep saucepan with just enough water to cover. Bring to boil over high heat. Reduce heat to medium and cover. Cook for 5 minutes. Drain. Set aside.
2. While soybeans cook, chop tomatoes, zucchini, and onion.
3. In a large nonstick sauté pan, cook onion in olive oil over medium heat until soft, about 5 minutes.
4. Stir in cumin, cayenne pepper, and allspice (or cinnamon/pumpkin pie spice). Cook and stir for about 2 minutes.
5. Add garlic. Cook and stir for 1 minute.
6. Stir in the drained edamame, tomatoes, zucchini, corn, and salt.
7. Cover. Simmer until zucchini is tender, about 15 minutes.
8. Stir in lemon juice and oregano.
9. Serve immediately. Tip: Serve over brown rice for a complete meal

Makes 4 servings (2 cups of stew per serving)

Nutrition information per serving:
- Calories: 185
- Total Fat: 10 g
- Carbohydrate: 40 g
- Total Fiber: 14 g
- Potassium: 1,227 mg
- Saturated Fat: 1 g
- Protein: 16 g
- Sodium: 303 mg

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humanresources.illinois.edu/fsaws
Grilled Chicken with Green Chile Sauce
From the National Heart, Lung, and Blood Institute

Ingredients
- 4 skinless, boneless chicken breasts
- ¼ cup olive oil
- ¼ teaspoon oregano
- ½ teaspoon 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 tablespoons cilantro, chopped
- ¼ teaspoon salt
- ¼ cup low fat sour cream (or Homemade Sour Cream)
- Juice of 2 limes

Instructions
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 the ingredients are smooth. Place the sauce in 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.

Makes 4 servings

Nutrition information per serving

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Grilled Halibut with Jicama Salad

From the Seattle & King County Public Health Recipe Cookbook: http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Main Course/GrilledHalibut.aspx

Ingredients for salsa
- 2 cups peeled and chopped jicama
- 1 Tbs. fresh cilantro, chopped
- 1 Tbs. fresh lime juice
- ½ tsp. chili powder
- ¼ tsp. salt
- 1 medium cucumber, peeled and chopped
- 1 medium orange, peeled and chopped

Ingredients for halibut
- 6 (6 oz.) halibut filets
- 2 Tbs. olive oil
- 2 Tbs. fresh lime juice
- ½ tsp. dried thyme
- ½ tsp. dried basil
- 1/8 tsp. dried rosemary

Instructions
1. Mix all salsa ingredients in bowl. Cover and refrigerate for 2 hours.
2. Whisk together olive oil, lime juice, and herbs. Pour marinade over fish in large, shallow glass baking dish. Refrigerate 2-4 hours.
3. Preheat grill.
4. Oil grilling rack and adjust height to 4-6 inches from heat. Remove fish from marinade and place on grill. Cook 10 minutes per inch of thickness, or until fish flakes with a fork. Turn once to brown both sides.
5. Serve fish with jicama salsa.

Makes 6 servings

Nutrition information per serving:
- Calories 264
- Carbohydrate 9 g
- Dietary Fiber 3 g
- Sugars 0 g
- Protein 36 g
- Total Fat 9 g
- Saturated Fat 1 g
- Trans Fat 0 g
- Cholesterol 54 mg
- Sodium 192 mg
Grilled Panzanella
From the American Institute of Cancer Research
http://www.aicr.org/health-e-recipes/2013/grilled-panzanella.html

Ingredients
4 garlic cloves, minced 3 large ripe tomatoes, cut into 1-inch cubes
½ tsp. Dijon mustard 2 Tbsp. green olives, pitted and chopped
2 Tbsp. white wine vinegar (capers may be substituted)
½ cup extra virgin olive oil 1 medium red bell pepper, seeded and quartered
Salt and freshly ground pepper to taste ½ large red onion, cut in half and then ¼ inch slices
15 fresh basil leaves chopped coarsely ½ small loaf crusty whole-grain French or Italian bread, cut into 1-inch slices, halved
1 medium cucumber, seeded (or English cucumber) washed, sliced into ½ inch pieces

Directions
1. In mixing bowl whisk garlic, mustard, vinegar, oil, salt and pepper and set aside.
2. In large bowl gently combine basil, cucumber, tomatoes and olives.
3. Brush bell peppers and onion slices on one side with oil mixture. Place oil side down on hot grill and cook for 3-4 minutes. Brush other side with oil mixture, turn over and cook an additional 3-4 minutes.
4. Remove from grill. On cutting board, slice peppers into 1/2-inch slices and separate onion rings. Add to vegetables. Add oil mixture and toss to coat.
5. Toast both sides of bread until nicely browned.
6. On a serving platter layer bread and top with vegetables and basil mixture. Toss bread with vegetables if desired. Serve.

Makes 6 servings.

Nutritional Information per serving

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Herbed Chicken Cutlets
From the American Institute for Cancer Research
http://www.aicr.org/health-e-recipes/2015/her-574-herbed-chicken-cutlets.html

Ingredients

- 1 cup lightly packed cilantro leaves
- 1 cup lightly packed spearmint leaves
- 3 Tbsp. finely chopped onion
- 1/2-inch slice fresh ginger, chopped
- 1/2 tsp. salt
- 2 tsp. roasted sesame oil
- 1/2 tsp. grated lime zest
- Freshly ground pepper
- 2 (8-10 oz.) skinless, boneless chicken breasts
- 3 Tbsp. extra virgin olive oil, divided

Instructions

1. On cutting board, pile cilantro, mint, onion and ginger in a heap. Sprinkle on salt. Placing large, heavy knife over herbs and aromatics, place your fingers on front tip of blade and rock blade back and forth over them, gradually working blade around in half circle, stopping occasionally to mound chopped mixture back together. Chop until herbs look wet and are almost a coarse paste, about 4 minutes; there should be about 1/2 cup. Scoop paste into small bowl. Mix in sesame oil, lime zest and 5 grinds pepper. Set seasoning paste aside.

2. Cut each chicken breast crosswise, making 4 (4-5 oz.) pieces. Place one chicken piece on work surface. Place open hand gently on top of chicken. With other hand, hold knife with thin, sharp blade horizontally and use it to slit breast along one long side, taking care to cut only three-quarters of way through. Open breast like a book, set it on large piece of plastic wrap and cover with second piece of wrap. Using flat side of mallet, pound breast, working from center out, until it is evenly 1/4-inch thick; breast will about double in size. Repeat with remaining breast pieces.

3. Remove plastic from one side of breast and spread 1 tablespoon paste over it. Recover with plastic wrap, and using mallet, pound breast 15 or 20 times. Flip breast over and repeat to season second side. Repeat with remaining chicken.

4. In heavy, medium skillet over medium-high heat, warm 1 tablespoon oil. Add a chicken breast and cook for 2 minutes. Turn and cook until it feels firm when pressed with finger at thickest part, about 2 minutes. Transfer chicken to plate and cover loosely with foil. Add 2 teaspoons of remaining oil to pan and cook second chicken breast. Repeat using remaining oil and chicken breasts.

Makes 4 servings.
Nutrition information per serving:

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Jamaican Jerk Chicken
From the National Heart, Lung, and Blood Institute

Ingredients
- 8 pieces skinless chicken (4 breasts, 4 drumsticks)
- ½ tsp ground cinnamon
- 1½ tsp ground allspice
- 1½ tsp ground black pepper
- 1 Tbsp chopped hot pepper
- 1 tsp dried hot pepper
- 1 tsp oregano
- 2 tsp dried thyme
- ½ tsp salt
- 6 cloves garlic, finely chopped
- 1 C onion, pureed or finely chopped
- ¼ C vinegar
- 3 Tbsp brown sugar

Instructions
1. Wash chicken and pat dry.
2. In a large bowl, combine all ingredients except chicken.
3. Rub seasonings over chicken, and marinate in the refrigerator for 6 hours or longer.
4. Preheat oven to 350 °F. Space chicken pieces evenly on a nonstick or lightly greased baking pan.
5. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes, or until the meat can easily be pulled away from the bone with a fork.

Makes 10 servings

Nutrition information per serving

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<td>Cholesterol: 49 mg</td>
<td></td>
</tr>
<tr>
<td>Potassium: 192 mg</td>
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Lemon & Garlic Pasta with Pan-Seared Scallops

From: Keep The Beat: National Health Lung and Blood Institute
http://hp2010.nhlbihin.net/healthyeating/recipedetail.aspx?linkId=11&cId=5&rId=60&AspxAutoDetectCookieSupport=1

Ingredients
1 large lemon, grated for zest (and freshly squeezed for 2 Tbsp lemon juice)
1 Tbsp garlic, minced or pressed (about 2-3 cloves)
2 Tbsp olive oil, divided into two 1-Tbsp portions
16 large sea scallops (about 1lb)
¼ Tsp salt
1/8 Tsp ground black pepper
8 oz very thin spaghetti (vermicelli or angel hair)
2 Tbsp. shredded parmesan cheese

Instructions
1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat. When the water boils, reduce heat to simmer until you’re ready to cook the pasta (step 5).
2. While the water is heating up, use a grater to take off small peels of the skin of one lemon into a small saucepan. Cut the lemon in half and squeeze the juice into the pan and remove pits. Use the back of a large spoon to press the inside of the lemon to extract more juice. Add the garlic and 1 tablespoon of the olive oil to the saucepan. Stir to blend well. Place on stovetop on low heat.
3. Heat a large nonstick pan or grill pan on high temperature until very hot. Sprinkle the scallops with salt, pepper, and 1 tablespoon of olive oil. Toss to coat well.
4. Place the scallops in the hot pan. Cook about 4 minutes on each side, or until scallops are well browned and firm and milky white to the center (to a minimum internal temperature of 145° F).
5. After turning the scallops to the second side, drop the pasta into the boiling water. Set temperature on medium, and cook for 2 minutes or the shortest recommended time according to package directions.
6. When the pasta is done, set aside ½ cup of the cooking water. Drain the pasta. Return drained pasta to the pot, and toss with the warm olive oil mixture and the ½ cup reserved pasta water.
7. Divide the pasta equally among four plates (about 1 cup per plate). Top each with four scallops.
8. Garnish each dish with ½ tablespoon of shredded parmesan cheese. Serve immediately.

Makes 4 servings (Serving size: 4 scallops, 1 cup pasta)

Nutritional information per serving (4 servings)
Calories: 376
Total fat: 9g
Saturated fat: 2g
Cholesterol: 48mg
Sodium: 429mg

Total fiber: 2g
Protein: 28g
Total Carbohydrates: 43g
Potassium: 426mg
Lentil Tacos
From the USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/recipes/lentil-tacos

Ingredients
1 ½ cup dry lentils (sorted and rinsed)        1 tsp. chili powder
¼ cup raisins                                 1 tsp. cumin
4 cup water                                   ½ tsp. basil
½ green pepper, chopped                       2/3 cup tomato paste
4 cloves garlic, minced
½ tsp. hot pepper flakes (optional)

Instructions
1. Cook lentils in 3 cups water for 10 minutes.
2. Add remaining ingredients and simmer for 30 minutes (Add more water if necessary).
3. Serve with corn tortillas. Can also be served over rice or noodles.

Makes 6 servings

Nutrition information per serving:
Calcium             6% DV
Calories            160
Carbohydrate       34 g
Dietary Fiber      8 g
Iron                20% DV
Protein             8 g
Total Fat           1.5 g
Saturated Fat   0 g
Sodium             270 mg
Vitamin A        20% DV
Vitamin C        25% DV
Mediterranean Kebabs
From Keep the Beat – US Health and Human Services
http://hp2010.nhlbihin.net/healthyeating/default.aspx

Marinade Ingredients
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic (about 2 – 3 cloves)
- 2 Tbsp. lemon juice
- 1 Tbsp. fresh parsley, rinsed, dried and chopped 9 or 1 tsp. dried
- ½ tsp. salt

Kebab Ingredients
- 6 oz. top sirloin or other beef steak cubes ( 12 cubes)
- 6 oz. boneless, skinless chicken breast, cut into ¾ inch cubes (12 cubes)
- 1 large white onion, cut into ¾ inch squares (12 squares)
- 12 cherry tomatoes, rinsed
- 1 (4 oz.) red bell pepper, rinsed and cut into ¾ inch squares ( 12 squares)
- 12 wooden or metal skewers, each 6 inches long (if wood, soak them in warm water for 5 – 10 minutes to prevent burning)

Instructions
1. Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
2. Combine ingredients for marinade, and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving).
3. Mix the beef, chicken, onion, tomatoes, and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade.
4. Place one piece of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers.
5. Grill or broil on each of the four sides for 2–3 minutes or until completely cooked (to a minimum internal temperature of 145 °F for beef and 165 °F for chicken). Spoon most of the second half of the marinade over the kebabs while cooking.
6. Serve three skewers per serving. Drizzle the remaining marinade on top of each kebab before serving (use only the marinade that did not touch the raw meat or chicken).

Serves 4

Nutritional information per serving (4 servings)

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<td>Potassium</td>
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Polenta with Pepper and Cheese

From USDA SNAP-Ed recipe Finder
http://recipefinder.nal.usda.gov/

Ingredients
- 4 cups water
- 1 ½ cup corn meal, or polenta uncooked
- 1 can (11 ounces) whole kernel corn mixed with green and red peppers, drained
- 1 can (7 ounces) green chiles
- ½ tsp. salt
- 1 Tbsp. margarine or butter
- 6 ounce cheese, cheddar, reduced fat, shredded
- 1 can (15 ounces) rinsed black or pinto beans

Garnish
- Cilantro sprigs
- 1 red bell pepper - cut into rings

Instructions
1. In a medium sauce pan, bring the water to a boil. Gradually add the cornmeal or polenta. Reduce heat to low.
2. Continue stirring; add the corn, chiles and the salt. Cook 6-8 minutes or until mixture thickens, stirring occasionally.
3. Gently stir in the margarine, cheese and beans.
4. Remove from the heat and transfer to a serving dish.
5. Garnish with red bell pepper rings and cilantro.

Makes 8 servings (1 cup per serving)

Nutritional information per serving (8 servings)
- Calories: 240
- Calories from fat: 45
- Total fat: 5g
- Saturated fat: 1.5g
- Trans fat: 0g
- Cholesterol: 5mg
- Sodium 580mg
- Total carbohydrate: 37g
- Dietary fiber: 7g
- Sugars: 5g
- Protein: 11g
- Vitamin A: 20%
- Vitamin C: 70%
- Calcium: 15%
- Iron: 15%

Percent Daily Values are based on a 2,000 calorie diet.
**Porchetta-Style Roasted Turkey Breast**

From the American Institute for Cancer Research


**Ingredients**

- 1 tsp. coriander seed
- 1 tsp. fennel seed
- 1 Tbsp. finely chopped fresh rosemary
- 1 Tbsp. coarsely chopped fresh sage
- 2 garlic cloves, chopped
- 1 tsp. kosher salt
- 1/8 tsp. freshly ground pepper
- 3 Tbsp. extra virgin olive oil
- 1 (5-7 lb.) whole turkey breast, bone-in
- 4 cups low-sodium chicken broth*

**Instructions**

1. Combine coriander and fennel seeds in small, dry skillet and toast over medium-high heat until seeds are golden and fragrant, 3 to 4 minutes, shaking and moving pan in circular motion occasionally at first, then constantly. Transfer seeds to plate to cool.
2. Make seasoning mixture in food processor by pulsing toasted coriander and fennel seeds with herbs and garlic until finely chopped. Add salt and pepper and whirl until all ingredients are very finely chopped, 30 seconds. With motor running, drizzle in oil. Set seasoning mixture aside for 15 minutes.
3. While seasoning sits, use your fingers to gently separate skin from turkey breast meat, taking care not to tear skin. Using your hand, rub one third of seasoning mixture under skin on each side of breast and coat inside of breast with remaining mixture. Rub your oily hands over skin, coating it lightly. Seal breast in plastic wrap and set on a plate. Marinate breast in refrigerator for 4 hours.
4. Preheat oven to 350 degrees F. Place rack in large roasting pan. While oven heats, unwrap turkey and let sit on counter.
5. Pour chicken broth into roasting pan. Set turkey breast on rack. Roast turkey, turning pan in oven every 20 minutes to help it brown evenly. Breast is done when instant read thermometer inserted into thickest point reads 165 degrees F., about 2 hours for a 6 pound breast (allowing 20 minutes per pound). Skin can be dark without meat being dry, but tent foil over breast if skin is getting too dark. Because of brining effect of seasoning paste, skin near bone may look pale pink.

Makes 8 servings

**Nutrition information per serving**

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<td>Protein</td>
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Faculty/Staff Assistance and Well-Being Services

humanresources.illinois.edu/fsaws
Porkchops with Braised Red Cabbage, Apple and Cranberries

From the American Institute of Cancer Research
http://www.aicr.org/foods-that-fight-cancer/apples.html#recipes

Ingredients
1 small red cabbage, about 1 lb., quartered and cored
1 Tbs. canola oil
4 boneless lean center-cut pork chops, 4 oz. each
2 cups thinly sliced red onion
2 Granny Smith apples, peeled, cored, and cut into 12 slices each
2/3 cup dried cranberries

¼ cup pomegranate juice
¼ cup red wine vinegar
Zest of ½ orange
1 tsp. ground cinnamon
½ tsp. ground nutmeg
¼ tsp. ground cloves
¼ tsp. ground black pepper
Salt to taste

Instructions
1. Cut cabbage crosswise into ½-inch strips. There should be about 6 cups. (Save any extra to use in salads, etc.)
2. Heat oil in large skillet over medium-high heat. Brown pork chops on each side, about 1 minute, and remove from pan.
3. Add onion to pan and cook until limp, about 3 minutes.
4. Pour in juice and vinegar. Cook for 3 minutes.
5. Mix in zest, spices, and salt. Reduce heat to medium and cook for 15 minutes.
6. Add chops. Cook until cabbage is tender and pork registers 160 degrees F, 5-10 minutes, stirring occasionally.
7. To serve, spread 5 cups of cabbage onto platter, and top with chops. Remaining cabbage can be refrigerated up to 5 days.

Makes 4 servings

Nutrition information per serving:
Calories 410
Carbohydrate 51 g
Dietary Fiber 7 g
Protein 28 g
Total Fat 12 g
Saturated Fat 2 g
Quinoa Risotto Primavera
From the American Institute for Cancer Research

Ingredients

- 2 1/2 cups cauliflower florets, cut in 1-inch pieces, stems well-trimmed
- 1 1/2 tablespoon extra virgin olive oil
- 1/2 cup finely chopped onion
- 2 tablespoons finely shopped shallot
- 2/3 cup quinoa, rinsed and drained
- 3 1/2 cups fat-free, reduced-sodium chicken broth, divided
- 1/3 cup thinly sliced baby carrots
- 1/2 cup frozen baby green peas
- 1/4 cup grated Parmesan cheese
- Salt and freshly ground black pepper
- 1/3 cup chopped flat leaf parsley

Instructions

1. Place cauliflower in food processor. Pulse until cauliflower resembles crumbled feta, about 15-20 pulses; there should be 2 cups chopped cauliflower to set aside. Use leftover to add to soup or salad.

2. In heavy, wide, large saucepan, heat oil over medium-high heat. Add onion and cook, stirring often, for 3 minutes. Add shallots and cook until golden, about 3 minutes, stirring occasionally. Add quinoa and cook, stirring constantly, until grain makes constant crackling, popping sound, about 5 minutes. Carefully add 2 cups broth, standing back as it will spatter. Cover, reduce heat and simmer quinoa for 10 minutes.

3. Add cauliflower, carrots and 1/2 cup hot broth and simmer, uncovered, for 5 minutes, stirring often. Add peas and enough broth to keep risotto soupy, about 1/4 cup. Cook 8-10 minutes, or until quinoa is al dente or to your taste and vegetables are tender-crisp, adding broth 1/4 cup at a time, as needed. Risotto is done when liquid is mostly absorbed and mixture is slightly wet, but no longer soupy. Off heat, stir in cheese and season to taste with salt and pepper. Garnish with parsley and serve. Leftover risotto keeps for 3 days, covered in refrigerator, and can be served at room temperature as a whole-grain salad.

Makes 8 servings

Nutrition information per serving

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<th>Dietary Fiber: 3 g</th>
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<td>Cholesterol</td>
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Faculty/Staff Assistance and Well-Being Services
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Rotini with Spicy Red Pepper and Almond Sauce
From the National Heart, Lung, and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?cId=0&rId=43

Ingredients
- 8 oz whole-wheat rotini (spiral) pasta
- ½ cup whole natural almonds, unsalted
- 1 jar (12 oz) roasted red peppers
- 1 Tbsp garlic, roughly chopped (about 2–3 cloves)
- ⅛ tsp ground cayenne pepper
- 1 tsp paprika
- 1 Tbsp dried basil or parsley
- 1 Tbsp red wine vinegar
- ½ tsp salt
- Ground black pepper, to taste

Instructions
1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions for the shortest recommended time, about 10 minutes. Drain pasta.
3. While the pasta cooks, toast almonds in a toaster oven or regular oven at 350 °F until lightly toasted, about 5–8 minutes. Set aside to cool.
4. Meanwhile, in a food processor or blender, add roasted red peppers and liquid, garlic, cayenne pepper, paprika, basil, vinegar, salt, and pepper. Blend until smooth, 1–2 minutes.
5. Add cooled almonds to the sauce in the processor. Pulse until the almonds are chunky.
6. After draining the pasta, return to pot. Add almond sauce. Toss until pasta is well coated.
7. Divide into four equal portions (about 2 cups each).

Makes 4 servings

Nutrition information per serving
- Calories: 322
- Total Fat: 10g
- Saturated Fat: 1g
- Cholesterol: 0mg
- Total Fiber: 9g
- Sodium: 383mg
- Protein: 12g
- Carbohydrates: 49g
Scrumptious Meat Loaf

From Stay Young at Heart: National Heart Lung & Blood Institute

Ingredients

- 1 lb. ground beef, extra lean
- 1/2 cup tomato paste (4 oz.)
- 1/4 cup onion, chopped
- 1/4 cup green peppers
- 1/4 cup red peppers
- 1 cup tomatoes, fresh, blanched, chopped
- 1/2 tsp. mustard, low sodium
- 1/4 tsp. ground black pepper
- 1/2 tsp. hot pepper, chopped
- 2 cloves garlic, chopped
- 2 stalks scallion, chopped
- 1/2 tsp. ginger, ground
- 1/8 nutmeg, ground
- 1 tsp. orange rind, grated
- 1/2 tsp. thyme, crushed
- 1/4 cup bread crumbs, finely grated

Instructions

1. Mix all ingredients together.
2. Place in 1-pound loaf pan (preferably a pan with a drip rack) and bake covered at 350°F for 50 minutes.
3. Uncover pan and continue baking for 12 minutes.

Makes six servings [Serving Size: 6 (1-1/4-inch) thick slices]

Nutritional information per serving (6 servings)
Calories 193
Fat 9 g
Saturated fat 3 g
Cholesterol 45 mg
Sodium 91 mg
Spaghetti with Mediterranean Tuna
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abb=pr_hf_&page=NewsArticle&id=20295&news_iv_ctrl=1265

Ingredients
1 medium red bell pepper, halved and seeded (or use jarred roasted pepper)
1 Tbsp. capers, preferably salt-preserved
1 (7-oz.) can solid light tuna in olive oil, well drained
1 lemon, preferably organic
1/2 cup lightly packed flat-leaf parsley leaves, chopped
Salt and freshly ground pepper
8 oz. whole-wheat spaghetti, broken into thirds, or whole-wheat corkscrew shaped pasta

Instructions
1. If roasting pepper place rack in upper third of oven. Preheat oven to 450 degrees F.
2. Line baking sheet with foil and coat foil with cooking spray. Place pepper on baking sheet cut- side down, and roast on top rack for 20-25 minutes, until skin blisters and is black in places. Transfer pepper halves to small bowl, cover with plate or plastic wrap, and steam for 20 minutes. When pepper is cool enough to handle, use your fingers to pull off skin.
3. Finely chop pepper, and set aside.
4. Rinse capers, place in small bowl and cover with cool water. Soak for 20 to 30 minutes, then rinse capers well and pat dry on paper towel. Chop capers, and set aside.
5. boil large pot of water for pasta.
6. Place drained tuna in medium-size mixing bowl, and using a fork, flake it. Add capers, and roasted pepper. Zest lemon and set zest aside. Squeeze 2 tablespoons juice from lemon and add to tuna. Save remaining lemon for another use. Mix parsley into tuna. Season to taste with salt and pepper.
7. Pour additional boiling water into large mixing bowl. Set bowl with tuna mixture into larger bowl to warm it and help flavors to meld while pasta cooks, stirring sauce occasionally. Let sit for up to 30 minutes.
8. Cook spaghetti according to package directions. Drain, reserving 1/2 cup of cooking water. Divide pasta among 4 wide, shallow bowls and moisten with 2 tablespoons of cooking water. Top each serving with one-fourth of tuna mixture. Sprinkle zest over tuna, and serve.

Makes 4 servings
Nutrition information per serving

<p>| | |</p>
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Faculty/Staff Assistance and Well-Being Services
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Spring Stir Fry with Chicken
From the American Institute for Cancer Research

[Link: http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22311&news_iv_ctrl=1262]

Ingredients
- 1 Tbsp. peanut oil
- 5 cloves garlic, minced
- 1 tsp. grated fresh ginger
- 1/4 tsp. ground ginger
- 6 spring onions, chopped, including the green stems
- Salt to taste
- 1 lb. chicken, boneless and skinless, cut into about 1/2-inch strips
- 1 large onion, chopped
- 1 cup chopped cabbage
- 1 medium each, red and green bell peppers, chopped
- 2 Tbsp. reduced-sodium soy sauce
- 1 1/2 tsp. sugar, optional
- 1 Tbsp. cornstarch
- 1/2 cup water
- 3 cups of cooked brown rice

Instructions
1. Heat oil over medium-high heat in wok or large skillet. When oil is almost smoking, add garlic, ginger, ground ginger, spring onions and salt to taste. Stir-fry about 2 minutes. Add chicken. Stir fry an additional 3 to 4 minutes.
2. Add chopped onion and cabbage and cook, stirring occasionally, for about 5 minutes. Add peppers and cook for 2 minutes.
3. Mix soy sauce, sugar and cornstarch into water; add to wok or skillet. Cook uncovered until sauce thickens. Serve over hot rice.

Makes 4 servings (1 ½ cups per serving)

Nutrition information per serving
- Calories: 276
- Total fat: 7 g
- Saturated fat: 1.5 g
- Carbohydrates: 38 g
- Protein: 16 g
- Dietary fiber: 5 g
- Sodium: 349 mg
Stuffed Summer Squash

From USDA’s SNAP-Ed Connection recipe finder

http://recipefinder.nal.usda.gov/recipes/stuffed-summer-squash

Ingredients

2 summer squash
3 cups cooked brown rice
1 cup diced tomatoes
1 cup squash pulp (from summer squash listed above)
1 cup white beans, drained and rinsed
1 tablespoon fresh basil
4 tablespoons Parmesan cheese

Other Stuffing Options:
Rice + Turkey Stuffing: 1 cup squash pulp, 1 pound cooked ground turkey, 2 cups cooked brown rice, 1 can low-sodium condensed cream of mushroom soup, 2 Tablespoons shredded cheddar cheese.
Cornbread Stuffing: 2 cups squash pulp, 2 cups cornbread stuffing from a mix, dry, 1 cup diced cooked chicken or ham, 1/4 cup raisins, 1/4 cup almonds or other.

Instructions

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes.

Makes 4 servings

Nutrition information per serving
Calories: 290
Total fat: 3 g
Saturated fat: 1 g
Cholesterol: 5 mg
Sodium: 160 mg
Total carbohydrate: 54 g
Dietary fiber: 7 g
Sugars: 4 g
Protein: 12 g
Summer Vegetable Spaghetti
From Stay Young at Heart: National Heart Lung & Blood Institute

Ingredients
- 2 C small yellow onions, cut in eighths
- 1 clove garlic, minced
- 2 C chopped, peeled, fresh, ripe tomatoes (about 1 lb)
- ½ tsp. chili powder
- 2 C thinly sliced yellow and green squash (about 1 lb)
- ¼ tsp. salt
- 1 ½ C cut fresh green beans (about ½ lb)
- 1 can (6 oz.) tomato paste
- 2/3 C water
- 1 lb uncooked spaghetti
- ½ C grated parmesan cheese

Directions
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.

Makes 9 servings (Serving Size: 1 cup spaghetti and 3/4 cup sauce with vegetables)

Nutritional information per serving (9 servings)

- Calories: 279
- Total fat: 3 g
- Saturated fat: 1 g
- Cholesterol: 4 mg
- Sodium: 173 mg

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Turkey Chili
From the California Dept. of Public Health and the Network for a Healthy California Champions for Change

Ingredients
- Nonstick cooking spray
- 1 pound lean ground turkey
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 (28-ounce) can whole tomatoes
- 2 (14 ½-ounce) cans kidney or pinto beans, drained and rinsed
- 1 (8-ounce) can tomato sauce
- 1 package chili seasoning
- 2 teaspoons ground black pepper

Instructions
1. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
2. Brown ground turkey until no longer pink; drain excess fat.
3. Add onion and bell pepper and cook for 5 minutes.
4. Add remaining ingredients. Cover and cook for 20 minutes over low to medium heat. Serve while hot.

Makes 12 servings (1 cup per serving)

Nutrition information per serving:
- Calories 176
- Carbohydrate 23 g
- Dietary Fiber 6 g
- Protein 15 g
- Total Fat 3 g
- Saturated Fat 1 g
- Trans Fat 0 g
- Cholesterol 25 mg
- Sodium 503 mg
Turkey with Mustard-Tarragon Sauce

From the King County (Washington) Public Health Department

http://www.kingcounty.gov/healthservices/health/nutrition/recipes/MainCourse/TurkeyMustardTarragon.aspx

Ingredients

- 1 tbsp. olive oil
- 2 small turkey breast tenderloins (about 1 pound total), sliced horizontally in half to make 4 pieces
- ½ cup leeks (white part only), sliced
- ½ cup dry white wine (or water)
- ⅛ cup reduced sodium chicken broth
- 1 tsp. snipped fresh tarragon or ¼ tsp dried tarragon
- ¼ cup nonfat sour cream
- 2 tbsp Dijon-style mustard

Instructions

1. Heat oil in a large skillet over medium heat.
2. Add the turkey and the leeks and cook for 5 minutes until turkey is browned, turning once.
3. Stir in the wine, broth, and tarragon. Raise heat, bring to a boil then reduce heat to low. Cover and simmer for 5 minutes or until turkey is no longer pink in the center. Preferably, use a food thermometer to test the center of the meat which should be a minimum of 165 °F to determine doneness.
4. Transfer turkey to a serving plate and reserve liquids in the skillet. Raise heat to bring liquid to a boiling for 5 minutes until reduced to about ⅛ cup then return heat to low. Stir in the sour cream and mustard and heat through then spoon the sauce over the turkey and serve.

Makes four servings (Serving Size: ⅛ of recipe – 209 g)

Nutritional information per serving (4 servings)

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<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>2 g</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>27 g</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>6%</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4%</td>
<td>1%</td>
</tr>
<tr>
<td>Calcium</td>
<td>6%</td>
<td>1%</td>
</tr>
<tr>
<td>Iron</td>
<td>10%</td>
<td>1%</td>
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Percent daily values based on a 2000 calorie diet.
Vegetable Kare-Kare (Peanut Stew)

From the National Heart, Lung and Blood Institute
https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?linkId=18&clId=6&rid=265

Note: This is a traditional Filipino stew. All of the Asian ingredients can be found at an Asian grocer.
Banana hearts or blossoms can be found canned or dried. If you decide to use the dried blossoms, make sure to soak them in cold water for 10 minutes before using.
Kare-kare is also traditionally served with bagoong (salty fermented shrimp paste) on the side but this is completely optional.

Ingredients
2 tablespoons corn oil
9oz (250g) gluten or seitan cubes
2 cloves garlic, crushed
1 medium onion, sliced
½ cup ground peanuts
¼ cup ground toasted rice

Atsuete (optional) – soak 1 tablespoon of annatto seeds in ½ cup of water for 30 mins; add the liquid (not the seeds) to the recipe.

¼ teaspoon salt
7oz (200g) eggplant, sliced
3½ oz (100g) string beans, sliced
5 oz (150g) banana heart or blossoms
3½ oz (100g) bok choy/pechay, sliced

Instructions
To make ground toasted rice
1. Place approximately ½ cup of rice in a frying pan or wok over moderate heat. Stir frequently to keep it from burning and allow it to develop a uniform, deep golden color. This will take approximately two to three minutes. Remove from heat and cool to room temperature.
2. Grind the toasted rice coarsely in a blender, or spice or coffee grinder.

To make the stew
1. Heat the corn oil in a large skillet. Sauté the gluten/seitan, then add the garlic and onion.
2. Add enough water to cover gluten. Then add the ground peanuts and ground toasted rice and simmer to thicken.
3. Add atsuete for coloring (if using) and season with salt.
4. Turn heat to low and layer the vegetables in the pot in this order: eggplant, string beans, banana heart and bok choy (or pechay) should go in last and sit on top of the other
vegetables. Cook until vegetables are tender then mix the vegetables into the stew before serving.

Makes 6 servings

**Nutrition information per serving**

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<tr>
<td>Cholesterol: 0mg</td>
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Vegetarian Chili
From USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/

Ingredients
2 large onions - cut into 1/4 inch pieces
1 green bell pepper - cut into 1/4 inch pieces
3 garlic cloves
2 fresh, diced jalapeno chilies
2 Tbsp. vegetable-oil
1 Tbsp. chili powder
1 Tbsp. ground cumin
1 can (28 ounce) whole tomatoes - cut into 1/4 inch pieces (or 8 medium fresh tomatoes)
2 medium zucchini - cut into 1/4 inch pieces
2 medium summer squash - cut in to 1/4 inch pieces
1 can (16 ounce) ounces rinsed kidney beans
1 cup chopped, fresh cilantro (or coriander)
Salt and pepper to taste

Instructions
1. In a large pot sauté onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.
2. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans, and continue to simmer for another 5 minutes.
6. Serve the mixture hot. Put remaining cilantro on top.

Makes 4 servings

Nutritional Information per serving (4 servings)

| Calories: 330 | Dietary fiber: 14g |
| Calories from fat: 90 | Sugars: 19g |
| Total fat: 10g | Protein: 13g |
| Saturated fat: 1g | Vitamin A: 70% |
| Trans fat: 0g | Vitamin C: 190% |
| Cholesterol: 0mg | Calcium: 20% |
| Sodium: 270mg | Iron: 25% |
| Total carbohydrate: 49g |

Percent Daily Values are based on a 2,000 calorie diet.
Very Lemony Chicken
From the National Heart, Lung, and Blood Institute

https://www.nhlbi.nih.gov/health/resources/heart/syah-html/vlemchic

Ingredients

1-1/2 lbs. chicken breast, skinned and fat removed
1/2 cup fresh lemon juice
2 Tbsp. white wine vinegar
1/2 cup fresh sliced lemon peel
3 tsp chopped fresh oregano or 1 tsp dried oregano, crushed
1 medium onion, sliced
1/4 tsp salt
to taste black pepper
1/2 tsp paprika

Instructions

1. Preheat oven to 325 degrees F.
2. Place chicken in 13 x 9 x 2 inch glass baking dish.
3. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally.
4. Sprinkle with salt, pepper and paprika. Cover and bake for 30 minutes. Uncover and bake for 30 minutes more or until done.

Makes 4 servings.

Nutrition information per serving

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<td>Cholesterol:</td>
<td>63 mg</td>
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Warm Quinoa and Walnut Salad
From the American Institute for Cancer Research

Ingredients
1 cup red quinoa
2 cups low-sodium vegetable broth
2 cups (10 oz.) frozen shelled edamame
2 Tbsp. fresh tarragon, chopped (2 tsp. dried)
1 Tbsp. lemon zest, freshly grated
3 Tbsp. olive oil
3 Tbsp. lemon juice
3/4 cup jarred roasted red peppers, drained and coarsely chopped
Salt and freshly ground black pepper
1 pkg. (5 oz.) baby spinach
1/4 - 1/3 cup chopped walnuts

Instructions
1. In large strainer, rinse quinoa well.
2. In large pot over medium heat, toast quinoa until it starts to crackle, about 5 minutes. Add broth and bring to a boil. Cover, reduce heat to low and gently simmer for 12 minutes. Add edamame on top of quinoa. Do not stir or disturb quinoa. Cover again and continue cooking for 10 minutes or until edamame is tender. Carefully drain any remaining liquid. Set aside and let stand for 15 minutes.
3. In large mixing bowl, add tarragon, zest, olive oil and juice. Gently stir to combine. Reserve 2 tablespoons. Add red peppers and quinoa mixture and toss to combine well. Season to taste with salt and pepper.
4. In another large mixing bowl, gently toss spinach with reserved dressing.
5. Evenly divide spinach among six plates and top with quinoa mixture. Garnish salad with walnuts and serve.

Makes 8 servings

Nutrition information per serving

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<tr>
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<td>Saturated Fat</td>
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</tr>
<tr>
<td>Sodium</td>
<td>150 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>10 g</td>
</tr>
<tr>
<td>Carbohydrates</td>
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</tr>
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White Bean, Basil, and Sun-Dried Tomato Pizza
From Seattle & King County Public Health
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/MainCourse/WhiteBeanPizza.aspx

Ingredients
1/2 cup sun-dried tomatoes (not packed in oil), chopped
1 15-oz. can Great Northern or Navy beans, drained
2 cloves garlic, peeled and chopped
1/4 teaspoon dried oregano
1 10-oz. thin crust pre-made pizza crust (such as "Boboli")
1 cup shredded fresh basil leaves
1/2 cup shredded, reduced-fat, Mozzarella cheese

Instructions
1. Preheat oven to 425º F.
2. Place sun-dried tomatoes in a small bowl and pour boiling water over them enough to just cover and let stand for 10 minutes to soften them. Drain well then chop into thin strips.
3. Place beans, garlic and oregano in a food processor. Cover and blend until smooth.
4. Spread bean paste over surface of pizza crust.
5. Sprinkle with sun-dried tomatoes, basil and cheese.
6. Place pizza on an ungreased cookie sheet or pizza pan and bake for about 10 minutes or until cheese is melted.

Makes 6 servings

Nutrition information per serving

| Calories: 261 | Dietary Fiber: 5g |
| Total Fat: 5g | Sodium: 419mg |
| Saturated Fat: 1g | Protein: 14g |
| Cholesterol: 6mg | Carbohydrates: 42g |
White Chili

From the United States Department of Agriculture

https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/white-chili

Ingredients

- 4 cups white beans (cooked, see recipe)
- 1 tablespoon olive oil
- 2 red pepper (chopped)
- 1 onion (large, chopped)
- 1 chopped green chili (can adjust to taste)
- 3 garlic (cloves, minced)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- 2 cups chicken broth (low sodium)
- 2 cups milk, low-fat (1%)
- ¼ cup cilantro
- ¾ pound chicken (cooked and cubed)
- 6 corn tortillas (toasted and cut into 1 inch squares)

Instructions

1. Saute peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, and cooked chicken. Allow to thicken before adding cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

Makes 10 servings
Serving size: 1/10 of recipe

Nutrition information per serving

<table>
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<th>Nutrient</th>
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<td>208</td>
</tr>
<tr>
<td>Dietary Fiber</td>
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<tr>
<td>Total Fat</td>
<td>4 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>96 mg</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
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<tr>
<td>Protein</td>
<td>15 g</td>
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<tr>
<td>Cholesterol</td>
<td>16 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>30 g</td>
</tr>
</tbody>
</table>
Yosemite Chicken Stew and Dumplings
From the Centers for Disease Control – Healthy Recipes

Ingredients
For 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
- 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 dumplings:
- 1 cup yellow cornmeal
- ½ cup all-purpose flour, sifted
- 2 tsp. baking powder
- ¾ tsp. salt
- 1 tsp. ground cloves
- 1 bay leaf
- 3 cups water
- 1 tsp. cornstarch
- 1 tsp. dried basil
- 3 cups milk, low-fat (1%)
- 1 Tbs. vegetable oil

Instructions
1. For stew, place chicken, onion, carrot, celery, salt, pepper, cloves, bay leaf, and water into large saucepan. Heat to boiling; cover and reduce heat to simmer. Cook about 30 minutes, or until chicken is tender.
2. Remove chicken and vegetables from broth. Strain broth.
3. Skim fat from broth. Measure broth, and add water if necessary to make 3 cups of liquid.
4. Mix cornstarch with 1 cup cooled broth by shaking vigorously in a jar with a 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 dumplings.
8. For dumplings, sift together cornmeal, flour, baking powder, and salt into large bowl.
9. Mix together milk and oil. Add milk mixture all at once to dry ingredients; stir just enough to moisten flour and evenly distribute liquid. Dough will be soft.
10. Drop by full tablespoons on top of braised meat or stew. Cover tightly; heat to boiling. Reduce heat to simmer and steam about 20 minutes (do not lift cover).

Makes 6 servings
## Zucchini Lasagna

From Keep the Beat: National Heart Lung & Blood Institute


### Ingredients

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>½ lb cooked lasagna noodles, (in unsalted water)</td>
<td>2 ½ cup tomato sauce, no salt added</td>
</tr>
<tr>
<td>¾ cup mozzarella cheese, part-skim, grated</td>
<td>2 tsp. basil, dried</td>
</tr>
<tr>
<td>1 ½ cup cottage cheese, fat free</td>
<td>2 tsp. oregano, dried</td>
</tr>
<tr>
<td>¼ cup Parmesan cheese, grated</td>
<td>¼ cup onion, chopped</td>
</tr>
<tr>
<td>1 ½ cup zucchini, raw, sliced</td>
<td>1 clove garlic</td>
</tr>
<tr>
<td></td>
<td>1/8 tsp. black pepper</td>
</tr>
</tbody>
</table>

### Instructions

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

*Makes six servings (Serving Size: 1 piece)*

### Nutritional information per serving (6 servings)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
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<tr>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>380 mg</td>
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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws

356
20-Minute Chicken Creole
From Stay Young at Heart: National Heart, Lung, and Blood Institute.

Ingredients
- Nonstick cooking spray (as needed)
- 4 medium chicken breast halves, skinned, boned and cut into 1-inch strips
- 1 (14 oz.) can tomatoes, chopped
- 1 coup low-sodium chili sauce
- 1 ½ cup green peppers, chopped (about 1 large)
- ⅔ cup celery, chopped
- ¼ cup onion, chopped
- 2 cloves minced garlic
- 1 Tbsp. fresh basil (or 1 tsp. dried)
- 1 Tbsp. fresh parsley (or 1 tsp. dried)
- ¼ tsp. crushed red pepper
- ¼ tsp. salt

Instructions
1. Spray a deep skillet with nonstick 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. 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.
3. Serve over hot cooked brown rice or whole wheat pasta.

Tips:
- You can substitute 1 lb boneless, skinless, chicken breast, cut into 1-inch strips.
- To cut back on sodium, try low sodium canned tomatoes.

Makes 4 servings (Serving Size: 1½ cup)

Nutritional information per serving (4 servings)
Calories: 255
Total fat: 3 g
Saturated fat: less than 1 g
Cholesterol: 100 mg
Sodium: 465 mg
Acorn Squash Cookies
From the King County (Washington) Public Health Department

Ingredients
- ¾ cup firmly packed brown sugar
- ¼ cup margarine, softened
- ¾ cup mashed, cooked acorn squash
- 1 egg
- 1 ¼ cups whole wheat flour
- ½ tsp baking powder
- ¼ tsp baking soda
- ½ tsp cinnamon
- ¼ tsp salt
- 1/8 tsp nutmeg
- Lowfat cooking spray

Instructions
1. Preheat oven to 350º.
2. Cream sugar and margarine at medium speed until light and fluffy.
3. Add mashed squash and egg, beat well.
4. In a medium bowl, combine flour, baking powder, baking soda, cinnamon, salt and nutmeg. Then add dry ingredients to the squash mixture, mixing well.
5. Drop dough by heaping tablespoonfuls 2 inches apart onto cookie sheets sprayed with cooking spray.

Makes 24 servings. Serving size: 1 cookie (28g)

Nutritional information per serving (24 servings)
- Calories: 101
- Calories from fat: 53
- Total fat: 6g
- Saturated fat: 1g
- Cholesterol: 0 mg
- Sodium: 118mg
- Total carbohydrate: 12g
- Dietary fiber: 1g
- Sugars: 7g
- Protein: 1g
- Vitamin A: 10%
- Vitamin C: 0%
- Calcium: 2%
- Iron: 2%

Percent Daily Values are based on a 2,000 calorie diet.
Apple Chunk Cake
From USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/
& Chinatown Public Health Center, San Francisco Department of Public Health.

Ingredients
- 1 ¼ cups sugar
- ¼ cup vegetable oil
- 2 eggs
- 2 cups flour
- 1 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. baking soda
- 4 cups diced apple chunks
- ¼ cup applesauce
- 2 cups sliced apple to place on cake

Instructions
1. Preheat oven to 350° F.
2. In a large bowl, mix sugar, oil and eggs together. Beat well.
3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.
4. Add apple chunks and applesauce to the batter. Stir to combine.
5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.
6. Place apple slices on top of apple cake and serve.

Makes 12 servings

Nutritional information per serving (12 servings)

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<tr>
<td>Protein</td>
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<td>Vitamin A</td>
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<tr>
<td>Vitamin C</td>
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<td></td>
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<tr>
<td>Iron</td>
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Percent Daily Values are based on a 2,000 calorie diet.

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Apple Cinnamon Bars
From the United States Department of Agriculture
https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-cinnamon-bars

Ingredients

- 4 apples (medium)
- 1 cup flour
- ¼ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ½ cup brown sugar
- 1 cup oats (uncooked)
- ½ cup shortening

Instructions

1. Preheat the oven to 350 degrees.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use the 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40-45 minutes.
9. Cut into squares. It will fall apart easily.

Makes 24 servings
Serving size: 1 bar

Nutrition information per serving

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<tr>
<td>Saturated Fat: 1 g</td>
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</tr>
<tr>
<td>Cholesterol: 0 mg</td>
<td>Carbohydrates: 14 g</td>
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Apple Spice Bread
American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7247&news_iv_ctrl=1124

Ingredients
Cooking spray
2 medium Granny Smith apples (about 2 cups)
3 Tbsp fresh lemon juice
1 cup all-purpose flour
1 cup whole wheat flour
2 Tsp baking powder
1 ½ Tsp ground cinnamon
½ Tsp allspice
¼ Tsp salt
¾ cup packed light brown sugar
3 Tbsp canola oil
1 egg, lightly beaten
1 Tsp vanilla extract
Pinch of nutmeg (optional)

Instructions
1. Preheat oven to 350 degrees. Coat 9-inch loaf pan with cooking spray. Peel and grate apples. Toss with lemon juice to prevent browning.
2. In large bowl, combine flours, baking powder, cinnamon, allspice and salt. Mix well. Make well in center and set aside.
3. In medium bowl, combine apples, brown sugar, canola oil, egg and vanilla. Mix well. Add mixture to dry ingredients and mix until just blended. Transfer batter to prepared pan.
4. Bake 1 hour, until wooden pick inserted near center come out almost clean (to preserve moistness). Cool in pan on wire rack, 10 minutes. Remove from pan and cool completely.

Makes 10 servings. Serving size: 1/10 of recipe

Nutritional information per serving (10 servings)
Calories: 206
Total fat: 5g
Saturated fat: Less than 1g
Sodium: 170mg
Total carbohydrate: 38g
Dietary fiber: 2g
Protein: 4g
Baked Pears with Vanilla and Yogurt and Granola
From the National Dairy Council Recipe Index
http://www.nationaldairycouncil.org/Recipes/Pages/Baked-Pears-with-Vanilla-Yogurt-and-Granola.aspx

Ingredients
- 2 medium pears (Bartlett or D’Anjou pears)
- ½ cup apple juice
- 1 cup water
- 1 Tbsp. honey
- 1 Tbsp. ground cumin
- 3 (6oz) containers low-fat vanilla yogurt
- ½ cup low-fat granola
- Mint leaves, optional

Instructions
1. Preheat oven to 375 degrees Fahrenheit. Cut pears in half lengthwise and remove core with a melon baller or small spoon. While pears are baking, cut side down, in a shallow baking dish just large enough to hold them.
2. Pour apple juice and water over pears; drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender. While pears are baking, place granola in a shallow baking pan or pie plate and toast in oven 10 minutes; set aside.
3. When pears are done, pour baking liquid into a small saucepan and reduce over medium heat until about ¼ cup of syrup remains; set aside to cool.
4. Line a colander with paper towels and place over bowl to catch drips. Pour yogurt into colander and allow to drain about 30 minutes. Divide yogurt among 4 shallow bowls. Place warm pear half, cut side up, over yogurt. Top with toasted granola and drizzle with syrup. Garnish with a mint leaf, if desired.

Yields ½ pear plus ¼ of yogurt mixture, per serving

Nutrition information per serving:
- Calcium 25% DV
- Calories 240
- Carbohydrate 49 g
- Cholesterol 5 mg
- Dietary Fiber 3 g
- Protein 8 g
- Total Fat 2.5 g
- Saturated Fat 1 g
- Sodium 115 mg
Banana Cocoa Yogurt Pops

From the U.S. Department of Agriculture

https://www.choosemyplate.gov/recipes/myplate-cnpp/banana-cocoa-yogurt-pops

Ingredients
1 cup low-fat vanilla yogurt
1 medium banana
2 teaspoons cocoa powder
1 ice cube tray (or paper cups)

Instructions
1. Mash banana with a fork.
2. Mix banana and yogurt well.
3. Stir in cocoa powder.
4. Divide into 4 small paper cups (or 8 mini muffin cups) and insert popsicle sticks or cut paper straws.
5. Freeze.
6. Enjoy as a frozen treat!

Makes 4 servings

Nutrition information per serving

<table>
<thead>
<tr>
<th></th>
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<th>Dietary Fiber: 1g</th>
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<td>Cholesterol:</td>
<td>3mg</td>
<td>Carbohydrates: 15g</td>
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</table>

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Barley Chocolate Chip and Walnut Cookies
From the Whole Grains Council

Ingredients
1 1/2 cup barley flour
1 1/2 teaspoon baking powder
1/2 cup rice malt syrup or honey
2 teaspoon vanilla
1/4 cup vegetable oil
1 egg
1 cup walnuts, finely chopped
1 cup chocolate or carob chips

Instructions
1. Preheat oven to 350° F.
2. Combine flour and baking powder in a mixing bowl.
3. Beat eggs and combine with oil, syrup and vanilla.
4. Add flour mixture to wet mixture and mix together to form stiff dough. Mix in walnuts and chips.
5. Bake 10 to 12 minutes. Remove and cool on a wire rack.

Tip: Use a 1/8 cup measure to drop dough onto an oiled cookie sheet. Dip 1/8 cup measure into cool water first to prevent dough from sticking. Wet hand in cool water and flatten each cookie with palm.

Makes 20 servings

Nutrition information 1 cookie per serving

<table>
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<tr>
<th></th>
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<td>2.5 g</td>
<td>Protein: 3 g</td>
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<tr>
<td>Cholesterol:</td>
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Berry Parfait with Lemon Curd Dip

From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?id=22509

**Ingredients**

**Parfait**
- 3 medium or 2 large fresh peaches with skin, seed removed, sliced
- 2/3 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 3/4 tsp vanilla extract
- 2 Tbsp nonfat dry milk powder

**Lemon Curd Dip**
- 3 medium or 2 large fresh peaches with skin, seed removed, sliced
- 2/3 cup low-fat milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 3/4 tsp vanilla extract
- 2 Tbsp nonfat dry milk powder

**Instructions**

**Lemon Curd Dip**
1. In heavy, medium saucepan, whisk to combine egg yolks, sugar and lemon juice. Over medium-low heat, cook while whisking constantly until mixture looks silky and lightly coats a wooden spoon. When you run a finger down back of spoon, it should leave a clear line. This takes up to 10 minutes. If mixture starts to steam, reduce heat.
2. Off heat, add cold butter and whisk rapidly until combined. Scoop lemon curd into bowl or serving bowl and let stand until room temperature.
3. Cover lemon curd with plastic wrap, pressing against surface, and refrigerate curd for at least 12 and preferably 24 hours. It will thicken as it chills. Lemon Curd keeps for 4 days, tightly covered in refrigerator.
4. To serve, set bowl of chilled lemon curd on large plate and surround it with strawberries.

**Berry Parfait**
1. In a parfait glass, layer 1 tablespoon Greek yogurt, 1 tablespoon berries, 1 ½ tablespoon lemon curd dip. Repeat layers with 2 tablespoon yogurt, 1 ½ tablespoon berries, 1 ½ tablespoon lemon curd. Top with 1 tablespoon yogurt, remaining blueberries and whole strawberry.

**Makes 1 serving**

**Nutritional information per serving**

<table>
<thead>
<tr>
<th>Berry Parfait</th>
<th>Curd Dip (alone)—makes 6 servings (3 Tbsp. per serving)</th>
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</thead>
<tbody>
<tr>
<td>Calories: 210</td>
<td>Calories: 152</td>
</tr>
<tr>
<td>Fat: 6 g</td>
<td>Fat: 6 g</td>
</tr>
<tr>
<td>Saturated fat: 3.5 g</td>
<td>Saturated fat: 6 g</td>
</tr>
<tr>
<td>Protein: 7 g</td>
<td>Protein: 18 g</td>
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<tr>
<td>Fiber: 2 g</td>
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<tr>
<td>Sodium: 25 mg</td>
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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Black Bean Brownie
From employee Kyle Kroha adapted from Snack Girl
http://www.snack-girl.com/snack/black-bean-brownies/?c=rp

Ingredients

12oz can black beans
20z package brownie mix

Instructions

1. Remove lid from black bean can. Pour off liquid and rinse with water until clear.
2. Fill can (with rinsed beans in it) to top with fresh water.
3. Blend black beans and water in food processor or blender until smooth.
4. Combine black beans with brownie mix in place of water and oil required for preparation of box brownie recipe. Follow recipe on box.
5. Check for doneness by inserting a toothpick into the brownies. It should come out clean.

Makes 16 servings

Nutrition information per serving

<table>
<thead>
<tr>
<th>Calories: 154</th>
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<tbody>
<tr>
<td>Total Fat: 4.2g</td>
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<tr>
<td>Sugar: 17g</td>
<td>Protein: 2.5g</td>
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<tr>
<td>Carbohydrates: 30g</td>
<td></td>
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Blueberry Coffee Cake
From the King County (Washington) Public Health Department

Ingredients
1 cup lemon low-fat yogurt
3 Tbsp. vegetable oil
2 egg whites
½ cup sugar
1 ½ cup flour
1 Tbsp. grated lemon peel
2 tsp. baking powder
½ tsp. baking soda
¼ tsp. salt
1 ½ cups fresh or frozen* blueberries (be sure that any frozen fruit you decide to use be thawed and drained before adding to recipe)

Instructions
1. Heat oven to 375º F. Spray a 9x9x2” square pan with nonfat cooking spray.
2. Beat yogurt, oil, egg whites and sugar in a large bowl. Stir in remaining ingredients except blueberries.
3. Carefully stir in blueberries.
4. Spread all ingredients in pan.
5. Bake about 45 minutes or until cake springs back when touched lightly in center. Cool 10 minutes.

Makes 8 servings [Serving Size: 1/8 of recipe (110 g)]

Nutritional information per serving (8 servings)
Calories 227
Dietary Fiber 2 g
Calories from fat 54
Sugars 12g
Total Fat 6g
Protein 6 g
Saturated Fat 1 g
Vitamin A 0%
Cholesterol 1 mg
Calcium 8%
Sodium 192 mg
Iron 10%
Total Carbohydrates 38 g
Vitamin C 4%

Percent daily values based on a 2000 calorie diet.
Bread Pudding with Apple Raisin Sauce

From the U of I Extension
http://web.extension.illinois.edu/ghhpsw/recipe/061006.html

Ingredients
- 10 slices whole wheat bread
- 1 egg
- 3 egg whites
- 1 ½ c. skim milk
- ½ c. sugar
- ¼ c. brown sugar
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- ¼ tsp. each nutmeg and cloves
- 2 tsp. sugar

Instructions
1. Spray a 9" x 13" x 2" baking dish with nonstick cooking spray.
2. Lay the slices of bread in the baking dish in two rows, overlapping.
3. In a medium mixing bowl, beat together the egg, egg whites, milk, ¼ cup sugar, the brown sugar, and vanilla.
4. In a small bowl stir together the cinnamon, nutmeg, cloves, and sugar and sprinkle over the bread pudding.
5. Bake at 350 degrees for 30-35 minutes, until it has browned on top and is firm to the touch.
6. Serve warm or at room temperature, with warm apple-raisin sauce.

Apple-Raisin Sauce Ingredients
- 1 ¼ cup apple juice
- 1/2 cup apple butter
- 2 tbsp. brown sugar
- ½ cup raisins
- ¼ tsp. ground cinnamon nutmeg
- ½ tsp. orange zest (optional)

Instructions
1. Stir all the ingredients together in a medium saucepan.
2. Bring to a simmer over low heat.
3. Let the sauce simmer 5 minutes.
4. Serve warm.

Nutrition information per serving
Calories: 233
Total fat: 3g
Protein: 7.7g
Sodium: 252mg

Makes 2 cups.
Cherry Chocolate Bread Pudding
From the American Institute for Cancer Research (AICR)
http://www.aicr.org/foods-that-fight-cancer/cherries.html#recipes

Ingredients
- ¾ cup dried tart or sweet cherries
- ¾ cup apple juice or water
- 8 slices whole-wheat bread
- ¼ cup unsweetened Dutch-processed cocoa powder
- ½ cup firmly packed brown sugar
- ¼ tsp. salt
- 2 ½ cups refrigerated plain coconut milk, divided
- 2 large eggs
- 3 large egg whites
- 2 tsp. vanilla extract
- Canola oil cooking spray
- ¼ cup dark chocolate chips, at least 60% cocoa
- 2 Tbs. sliced almonds

Instructions
1. In small bowl, soak cherries in apple juice or water to plump. Drain well, set aside.
2. Stack bread slices and cut off crust. Cut bread into ½-inch cubes, making about 7 cups.
3. In large bowl, combine cocoa, sugar, and salt. Add 1/3 cup of coconut milk, and whisk until smooth. Mix in remaining milk. Add eggs, whites, and vanilla – whisk well. Add cubed bread and drained cherries, mixing gently until all bread is moistened. Soak mixture for 30-60 min.
4. Preheat oven to 350 degrees F.
6. Bake until knife in center comes out clean, 40-45 minutes. Cool on rack until just warm.
7. Cut into 12 pieces and serve. Cool completely and cover with plastic wrap to refrigerate.

Makes 12 servings

Nutrition information per serving:
- Calories: 176
- Carbohydrate: 31 g
- Dietary Fiber: 3 g
- Protein: 5 g
- Total Fat: 4 g
- Saturated Fat: 2 g
- Sodium: 232 mg
Chocolate and Blueberry Tofu Mousse with Sesame Crunch

From the American Institute for Cancer Research


Ingredients

Sesame Crunch
- ¼ cup water
- ¼ cup sugar
- 2 Tbsp. honey
- ¼ cup sesame seeds (raw, untoasted)
- ⅛ tsp salt

Chocolate Mousse
- ½ cup plain almond milk
- 8 oz. dark or bittersweet chocolate chips
- ½ tsp vanilla extract
- 10 oz. silken tofu, drained and cut into cubes

Blueberry Mousse
- 10 oz. blueberries, fresh or frozen
- ⅓ cup water
- 2 Tbsp. brown sugar
- 6 oz. silken tofu, drained and cut into cubes
- 2 Tbsp. sugar
- ¼ tsp salt

Directions

Sesame Crunch
Place all ingredients into non-stick pan and heat over medium heat, stirring while mixture gently boils until entire mixture is amber in color, and most of liquid is absorbed. Transfer to sheet pan lined with lightly sprayed parchment paper. Cool completely; cut into pieces.

Chocolate Mousse
Place almond milk in small saucepan and bring just to boil. Stir in chocolate chips until melted completely. Stir in vanilla. Transfer to blender; add tofu cubes and puree until smooth. Spoon into 8 individual molds or ceramic dish. Refrigerate until firm, about 1 hour.

Blueberry Mousse
Combine blueberries, water and brown sugar in saucepan and bring to boil. Reduce to simmer and cook for 8 minutes. Drain blueberries and reserve liquid. Transfer blueberries to blender. Add tofu, sugar, lemon juice and salt; puree completely. Spoon over cooled chocolate mousse and return molds or pan to refrigerator. Transfer reserved blueberry juice back to saucepan. Bring to boil, simmer over low heat for 10 minutes to thicken. Set aside. Unmold or spoon into 8 parfait cups. Drizzle blueberry sauce over top and decorate with sesame crunch.
### Nutritional Information per serving

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<th>Amount</th>
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<td>Sodium</td>
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Cocoa Berry Yogurt Tarts
From the National Dairy Council
https://dairygood.org/content/recipes/cocoa-berry-yogurt-tarts?ref=www.nationaldairycouncil.org

Ingredients
1 1/2 cups low-fat vanilla yogurt
1 1/2 cups reduced-fat ricotta cheese
2 tablespoon sugar
2 tablespoon unsweetened cocoa powder
6 graham cracker tart shells
3/4 cup strawberries, sliced (raspberries or blueberries can also be used)

Instructions
1. Mix yogurt, Ricotta, sugar and cocoa powder thoroughly with whisk until creamy.
2. Spoon 1/6 mixture into each tart shell and top with sliced strawberries.

Makes 6 servings
Serving size: 1 tart

Nutrition information per serving

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<tr>
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<td>Carbohydrates: 13 g</td>
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Creamy Vegan Chocolate Date Mousse
From American Institute for Cancer Research
https://www.aicr.org/cancer-prevention/recipes/creamy-chocolate-date-mousse/

Note: Option to garnish with raspberries, chopped nuts or a sprinkle of Himalayan sea salt.

Ingredients
- 8-10 Medjool dates, pitted
- ½ cup light coconut milk, canned + ¼ cup water
- 1 ripe avocado, peeled
- ¼ cup unsweetened cocoa powder
- ¼ cup semi-sweet chocolate chips, melted

Instructions
1. Chop the dates into small pieces.
2. Add chopped dates, coconut milk, and water into a blender or food processor and blend until smooth.
3. Add the avocado, melted chocolate chips, and cocoa powder. Blend again until creamy.
4. Pour into four small ramekins or bowls.
5. Chill in the fridge for at least 1-3 hours (or even overnight).

Makes 4 servings, about ½ cup each.
Nutrition information per serving

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<td>Cholesterol: 0 mg</td>
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Crunchy Pumpkin Pie
From Stay Young at Heart –National Heart Lung and Blood Institute

Ingredients: (Pie Crust)
- 1 cup quick cooking oats
- ¼ cup whole wheat flour
- ¼ cup ground almonds
- 2 Tbsp brown sugar
- ¼ Tsp salt
- 3 Tbsp vegetable oil
- 1 Tbsp water

Ingredients: (Pie Filling)
- ¼ cup packed brown sugar
- ½ Tsp ground cinnamon
- ¼ Tsp salt
- 1 egg, beaten
- 4 Tsp vanilla
- 1 cup canned pumpkin
- 2/3 cup evaporated skim milk

Instructions
1. Preheat oven to 425°F.
2. Mix oats, flour, almonds, sugar, and salt together in small mixing bowl.
3. Blend oil and water together in measuring cup with fork or small wire whisk until emulsified.
4. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
5. Press into a 9-inch pie pan and bake for 8-10 minutes, or until light brown.
6. Turn down oven to 350°F.
7. Mix sugar, cinnamon, nutmeg, and salt together in a bowl.
8. Add eggs and vanilla and mix to blend ingredients.
9. Add pumpkin and milk and stir to combine.
10. Pour into prepared pie shells
11. Bake 45 minutes at 350°F or until knife inserted near center comes out clean.

Makes 9 servings. Serving size: 1/9 of a 9-inch pie

Nutritional information per serving (4 servings)
Calories: 177
Total fat: 8g
Saturated fat: 1g
Cholesterol: 24 mg
Sodium: 153mg
Date, Walnut and Dark Chocolate Cookies

From the American Institute for Cancer Research


Ingredients
1/2 cup soft dairy-free margarine spread, at room temperature
1 tsp. vanilla extract
2 Tbsp. honey
1 cup white whole wheat flour
1/2 cup all-purpose flour
1/2 tsp. baking soda
1-1/2 tsp. egg replacer**
1 cup finely chopped walnuts
1/2 cup diced, pitted Medjool dates
1/2 cup dark chocolate chips or broken dark chocolate pieces

Instructions
1. Preheat the oven to 375ºF.
2. Mix together margarine, vanilla, and honey in a small bowl.
3. Combine the whole-wheat flour, all-purpose flour, baking soda, and egg replacer in a separate bowl.
4. Add the flour mixture to the margarine mixture and mix well to form a crumbly dough.
5. Stir in the walnuts, dates, and chocolate chips.
6. Shape the dough into walnut-sized balls and place about 3 inches apart on a baking sheet.
7. Bake for 15 minutes, or until golden brown.

*Note: These cookies store very well in an airtight container in the freezer.

**Note: Vegan egg replacers can be found in powdered form. Examples include Ener-G, VeganEgg, Bob’s Red Mill Egg Replacer.

Makes 20 cookies; 1 serving = 1 cookie

Nutrition information per serving

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<th>Amount</th>
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<td>Sodium</td>
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<td>2 g</td>
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Easiest Banana Ice Cream
From USDA’s SNAP-Ed Connection recipe finder
http://recipefinder.nal.usda.gov/recipes/easiest-banana-ice-cream

Ingredients
- 2 ½ bananas (can use 2-3 bananas)
- 3 tablespoons milk
- Chocolate syrup (optional)

Instructions
1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and tasted like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).

Makes 3 servings

Nutrition information per serving

Calories: 90
Total fat: 0 g
Cholesterol: 0 mg
Sodium: 10 mg
Total Carbohydrate: 23 g
Dietary fiber: 3 g
Sugars: 13 g
Protein: 2 g
Frozen Berry Vanilla Yogurt Pops
From Seattle and King County Public Health

Ingredients
- 1 8-ounce carton nonfat vanilla yogurt
- 2 10-ounce packages of frozen mixed berries (or choose one type of berry)
- 8 6-ounce paper cups
- Aluminum foil
- 8 wooden popsicle sticks or wooden spoons

Instructions
1. Pour yogurt and berries in a food processor or blender. Blend until berries are cut into smaller chunks.
2. Pour yogurt mixture into paper cups (or other type of ice mold if available.) Cover each with aluminum foil and insert a wooden stick through the foil into center of yogurt mixture.
3. Freeze for at least 3 hours or until solid. Peel off paper cup and serve.

Makes 8 servings

Nutrition information per serving

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<th>Calories: 107</th>
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<tr>
<td>Cholesterol: 0 mg</td>
<td>Carbohydrates: 25 g</td>
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</table>
Fruit Skewers with Yogurt Dip

Deliciously Healthy Family Meals, US Dept. of Health and Human Services

http://hp2010.nhlbihin.net/healthyeating/

Ingredients
1 cup strawberries, rinsed, stems removed and cut in half
1 cup fresh pineapple, diced (or canned pineapple chunks in juice, drained)
½ cup blackberries
1 tangerine or Clementine, peeled and cut into 8 segments
8 6-inch wooden skewers

For dip:
1 cup strawberries, rinsed, stems removed, and cut in half
¼ cup fat-free yogurt
1/8 teaspoon vanilla extract
1 tablespoon honey

Instructions
1. Thread two strawberry halves, two pineapple chunks, two blackberries and one tangerine segment on each skewer
2. To prepare the dip: puree the strawberries in a blender or food processor. Add yogurt, vanilla and honey; mix well.
3. Serve two skewers with yogurt dip on the side.

Makes 4 servings (Serving = 2 skewers with 1 ½ tablespoon dip)

Tips:
- Younger children can rinse the fruit, thread onto skewers, and mix the dip. Older children can make the recipe themselves.
- Skewers have sharp edges, so monitor young children while eating, or take the fruit off skewers for them.

Nutrition information per serving (4 servings)

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<th></th>
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<th>Sat fat: 0g</th>
<th>Cholesterol: 0mg</th>
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<tr>
<td></td>
<td>Protein: 1g</td>
<td>Vitamin A: 6 %</td>
<td>Vitamin C: 70%</td>
<td>Calcium: 4 %</td>
<td>Iron: 2%</td>
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Percent daily values based on a 2000 calorie diet
Gingerbread
From the American Institute for Cancer Research
http://www.aicr.org/health-e-recipes/2017/gingerbread.html

Ingredients
Canola oil spray
1 3/4 cups whole wheat pastry flour
1/4 cup packed light brown sugar
1 1/2 Tbsp. ground ginger
1/4 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/4 tsp. ground cloves
1 1/2 tsp. baking soda
1/2 tsp. salt
1/2 cup dark unsulfured molasses
1/2 cup unsweetened applesauce
6 Tbsp. canola oil
1 large egg
1/2 cup boiling water

Instructions
1. Preheat oven to 350 degrees. Lightly coat 9-inch square pan with canola oil spray. In medium bowl, sift together flour, sugar, spices, baking soda and salt.
2. In separate, large bowl, whisk together molasses, applesauce, canola oil, and egg until well blended. Add dry ingredients and stir until well combined. Whisk in boiling water and pour batter into prepared baking pan.
3. Bake for about 35 minutes, until the cake begins to pull away from the pan and a wooden toothpick inserted near the center comes out clean. Cool in pan on wire rack for 30 minutes. Invert cake onto platter and cool for about 15 minutes before serving.
4. Cut into 9 squares and serve warm. For storage, wrap tightly in foil and keep in fridge for up to 3 days.

Makes 9 servings - Prep Time: 1 hour - Cook Time: 35 minutes

Nutrition information per serving

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<td>Carbohydrates: 37 g</td>
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</table>

Faculty/Staff Assistance and Well-Being Services
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Gingerbread Pudding
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23155&news_iv_ctrl=2901

Ingredients
- 1/4 cup yellow cornmeal (wholegrain)
- 2½ cups reduced-fat milk (2 percent), scalded (see Note)
- 1/4 cup molasses (can use part brown sugar for milder flavor)
- 1/4 tsp. salt
- 1 tsp. ground ginger
- 1/2 tsp. ground nutmeg
- 1 tsp. ground cinnamon
- 1½ cups fruit, fresh, frozen, or canned
  (peaches, pears, strawberries, raspberries, blueberries, cranberries, etc.), lightly sweetened to taste, as necessary

Note: Scalding milk helps blend cornmeal more easily and speeds the cooking process. Scald milk by heating it to the point just before it would begin to boil, or when tiny bubbles form along the sides. At that point, immediately remove from heat and promptly add to cornmeal.

Instructions
1. Preheat oven to 300 degrees F. Coat 6 ramekins or a baking pan with cooking oil spray.
2. Put cornmeal in top of a double boiler and hot water in the bottom pot. Set over medium high heat and bring water to a simmer.
3. Meanwhile, heat milk until hot and tiny bubbles form along the sides. (Do not let it come to a boil.) Stir milk into cornmeal, blending well. Cook over hot water for 20 minutes, stirring occasionally. Add molasses, salt, ginger, nutmeg and cinnamon.
4. Pour into ramekins or other baking pan and bake 40 minutes or until firm.
5. Meanwhile, prepare fruit, depending on what version you use. Drain canned fruit. Defrost frozen berries, or wash and hull fresh berries, and lightly sweeten with sugar. Cranberries, frozen or fresh, can also be used after cooking in water and sugar, according to package instructions.
6. If using baking pan, divide pudding among 6 small, shallow bowls. Over the pudding, in ramekins or bowls, place two or more varieties of colorful fruit along the edge of the pudding.

Makes 6 servings

Nutrition information per serving
- Calories 126
- Total Fat 2g
- Saturated Fat 1g
- Carbohydrates 23g
- Dietary Fiber 1.5g
- Sodium 147mg
- Protein 4g
Gingersnaps

From the American Institute for Cancer Research

Ingredients

- 3/4 cup unbleached all-purpose flour
- 1/2 cup whole-wheat pastry flour
- 1/2 tsp. baking soda
- 1 ¼ tsp ground ginger
- 1/2 tsp. ground cinnamon
- 1/8 tsp. freshly ground black pepper
- 1/4 tsp. salt
- 1/3 cup dairy-free buttery shortening sticks
- 1/2 cup sugar, plus 2 tablespoons
- 2 Tbsp. unsulphured molasses
- 1 large egg white
- 1/3 cup confectioners' sugar
- 2 tsp. fresh lemon juice

Instructions

1. Preheat oven to 350 degrees F.
2. In mixing bowl, whisk together both flours, baking soda, ginger, cinnamon, pepper and salt.
3. In another bowl, use electric mixer on medium-high speed to beat non-dairy shortening sticks with 1/2 cup of the sugar for 2 minutes. Add molasses and egg white and beat for 3 minutes. Set mixer on low speed and mix in dry ingredients just to combine – leaving white streaks is better than over-mixing. Batter will form soft ball.
4. Place remaining 2 tablespoons sugar in wide, shallow bowl. Pinch off about 1 tablespoon batter and roll it between your palms, forming 1-inch ball. Place ball in bowl with sugar and roll to coat it, and then place on light-colored, ungreased baking sheet. Discard leftover sugar. Repeat, spacing balls 2-inches apart. Using back of a glass, press to flatten each ball into 1 ³/₄-inch disk.
5. Bake cookies for 10 minutes. While cookies bake, for glaze, in small bowl, combine confectioners' sugar with lemon juice, mixing until sugar is completely dissolved.
6. When cookies are done, immediately use spatula to transfer to wire cooling racks. Using tip of a knife, spread 1/4 teaspoon glaze on top of each warm cookie. Cool completely. Store in cookie tin for up to 1 week.

Makes 24 servings

Nutrition information 1 cookie per serving

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<td>Cholesterol:</td>
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Grapesicles
Deliciously Healthy Family Meals, US Dept of Health and Human Services
http://hp2010.nhlbi.nih.gov/healthyeating/

Ingredients
48 green seedless grapes, rinsed
48 red seedless grapes, rinsed
6-inch wooden skewers

Instructions
1. Thread six grapes, alternating grape colours onto each wooden skewer
2. Place skewers into the freezer for 30 minutes, until frozen
3. Serve immediately
4. Makes 4 servings (4 skewers per serving)

Tips:
- Children can rinse the grapes, freeze them and thread the skewers
- Skewers have sharp edges so monitor younger children while eating, or take the grapes off the skewers for them. Grapes should be cut in half for children under three years old to prevent choking.

Nutrition information per serving (4 servings)

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Percent daily values based on a 2000 calorie diet
Grilled Peaches on the Half Shell
From the Seattle & King County Public Health Recipe Cookbook

Ingredients
4 ripe peaches
1 cup fresh or frozen berries (if frozen thaw to room temp.)
2-3 Tbs. brown sugar
4 tsp. fresh squeezed lemon juice

Instructions
1. Prepare grill.
2. Wash and halve peaches. Remove pits and discard.
3. Place halved peaches cut side up on large squares of aluminum foil.
4. Fill each cavity with berries, a sprinkle of brown sugar, and a drizzle of lemon juice.
5. Bring sides of foil up to wrap over top and sides of peaches.

Makes 4 servings (serving size: 2 peach halves)

Nutrition information per serving:
Calories 86
Carbohydrates 22 g
Dietary Fiber 3 g
Sugars 6 g
Protein 1 g
Total Fat 0 g
Cholesterol 0 mg
Sodium 5 mg
Honey of a Pumpkin Bar

USDA SNAP-Ed recipe Finder
http://recipefinder.nal.usda.gov/
& Montana State University Extension Service
http://www.montana.edu/nep/recipes.htm

Ingredients
- 1/3 cup dry milk, nonfat
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 2 1/2 tsp. cinnamon
- 1/2 tsp. cloves
- 1/2 tsp. allspice
- 1/2 tsp. nutmeg
- 1/3 cup vegetable oil
- 2/3 cup honey
- 1/2 cup orange juice
- 2 Tbsp. grated orange peel
- 2 eggs
- 1 cup mashed pumpkin

Instructions
1. Preheat oven to 350 degrees. Lightly grease or spray with non-stick spray a 12 x 15 inch baking pan with sides.
2. In a small bowl, combine dry milk, flour, baking soda, and spices. Set aside.
3. In a large bowl, thoroughly mix oil, honey, juice, peel, eggs and pumpkin.
4. Gradually add flour mixture to pumpkin mixture, stirring until smooth.
5. Spread batter onto prepared baking pan. Bake for 15 to 20 minutes, or until golden brown and cake springs back when lightly touched with your finger. Cool. Cut into squares.

Makes 30 servings (2 bars per serving)

Nutrition Information per serving (30 servings)
| Calories: 90 | Dietary fiber: 1g |
| Calories from fat: 25 | Sugars: 7g |
| Total fat: 3g | Protein: 2g |
| Saturated fat: 0g | Vitamin A: 25% |
| Trans fat: 0g | Vitamin C: 4% |
| Cholesterol: 15mg | Calcium: 2% |
| Sodium: 50mg | Iron: 4% |
| Total carbohydrate: 14g | |

Percent Daily Values are based on a 2,000 calorie diet.
Instant Chocolate Mousse

USDA SNAP-Ed recipe Finder
http://recipefinder.nal.usda.gov/

Ingredients

• 1 small box instant chocolate pudding mix
• 1 1/4 cup cold soy milk
• 1 package (10.5 ounce) silken tofu

Instructions

1. Blend the chocolate pudding mix and the soy milk on medium speed for about 15 seconds until the mixture is very smooth.
2. Add the silken tofu and blend again. Scrape the mixture down off the sides to be sure it’s all mixed in. Blend and scrape until well mixed and very smooth.
3. Pour mixture into 4 small serving dishes.
4. Place in the fridge. Chill for at least 2 hours before serving.

Makes 4 servings

Nutritional information per serving (4 servings)

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Percent Daily Values are based on a 2,000 calorie diet.
Lemon Yogurt Bars
From the National Dairy Council
http://www.nationaldairycouncil.org/Recipes/Pages/Lemon-Yogurt-Bars.aspx

Ingredients
½ (17 oz. package) ready-to-bake sheet frozen puff pastry, thawed
Flour for rolling puff pastry
2 cups confectioner’s sugar (to be divided)
½ cup cornstarch
2 large egg yolks
2 Tbs. sugar

1 tsp. pure vanilla extract
1 cup fat free milk (to be divided)
4 cups low fat or fat free lemon yogurt (to be divided)
1 Tbs. lemon zest
1 ½ cups fresh blueberries or raspberries

Instructions
1. Preheat oven to 400 degrees.
2. On floured surface, roll out puff pastry to 11”x16”. Cut in half lengthwise, and place both halves on ungreased baking sheet. Pierce pastry with fork all over.
3. Bake 7-10 minutes or until puffed and golden. Cool on rack.
4. Blend 1 cup confectioner’s sugar, cornstarch, egg yolks, sugar, vanilla, and 2 Tbs. of the milk in medium bowl with a whisk. Set aside.
5. Bring remaining milk and 2 ½ cups yogurt to boil in a medium saucepan, while whisking.
6. Stir hot mixture into other mixture and blend thoroughly.
7. Return to saucepan and cook, stirring constantly, over medium heat for 4-5 minutes or until thickened to pudding consistency. Remove from heat, stir in lemon zest, and refrigerate for 20 minutes.
8. Spread the slightly-cooled filling on one piece of the pastry. Refrigerate additional 20 minutes, or until set.
9. For frosting, combine remaining yogurt (1 ½ cup) and confectioner’s sugar (1 cup) in small bowl. Cover and refrigerate if not used immediately.
10. To assemble, place the plain piece of puff pastry on top of the piece with filling. Frost. Top with berries. Keep chilled until ready to serve.

Makes 10 servings (serving size: 1 bar)

Nutrition information per serving:

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<td></td>
<td>360</td>
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<td>8 g</td>
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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Lemon Blueberry Cheesecake
From the University of Illinois Extension
http://web.extension.illinois.edu/lmw/downloads/64111.pdf

Ingredients
Crust: 1 ½ cups graham cracker crumbs
3 Tbsp. nonfat plain yogurt

Filling:
1 (8 oz.) package Neufchatel cheese 2 egg whites
3/4 cup nonfat plain yogurt 1 tsp. vanilla extract
1/3 cup granulated sugar 2 Tbsp. all-purpose flour
2 Tbsp. fresh lemon juice and zest of one small lemon 1 cup fresh blueberries

Directions
To make crust:
1. Preheat oven to 350°F.
2. In a medium bowl, mix together graham cracker crumbs and yogurt.
3. Press into an 8x8-inch pan.
4. Bake for 5 minutes and let cool.

To make filling:
1. In a large bowl, beat Neufchatel cheese, yogurt and sugar.
2. Add the lemon juice, zest, egg whites, vanilla, and flour and beat until fully combined.
3. Fold in blueberries.
4. Pour filling over the crust and return to oven.
5. Bake at 350°F for 25-30 minutes. Remove from oven, allow to cool and refrigerate for at least 3 hours before serving

Makes 12 servings.

Nutritional Information
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Faculty/Staff Assistance and Well-Being Services
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## Made-over Oatmeal Chocolate Chip Bites


### Ingredients
- 2 cups Gluten free certified old fashioned oats
- 1 cup almond flour
- ¾ cup ground flaxseed
- ½ tsp. salt
- 2 tsp. baking powder
- ½ cup vegan mini-chocolate chips
- 2 tsp. vanilla extract
- 1 cup pure maple syrup
- ½ cup natural almond butter

### Instructions
1. Preheat oven to 350° F.
2. Combine all dry ingredients in a large bowl. In another bowl, mix wet ingredients (vanilla extract through maple syrup). Add the wet ingredients to the dry ingredients and stir to combine.
3. Drop the dough into 24 even mounds on a parchment paper/silicon mat-lined or greased baking sheet or pour into a greased 9-inch by 13-inch baking pan. Lightly press down to flatten (cookies will not flatten much during cooking).
4. Bake 12-15 minutes, until the cookies are just set in the center.

Makes 24 servings  
Serving size: 1 cookie

### Nutrition information per serving

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**Faculty/Staff Assistance and Well-Being Services**  
humanresources.illinois.edu/fsaws
Melon Berry Banana Split
From the Seattle & King County Public Health Recipe Cookbook

Ingredients
2 large bananas
8 “scoops” watermelon, cantaloupe, and/or honeydew
1 cup berries of choice
½ cup low fat vanilla yogurt
¼ cup granola

Instructions
1. Peel bananas and cut in half crosswise, then lengthwise. For each serving, lay 2 banana pieces against the sides of a shallow dish.
2. To make melon “scoops,” use an ice cream scoop to create balls of melon. Place 2 “scoops” in each dish.
3. Fill the rest of dishes equally with berries.
4. Stir yogurt until smooth, and spoon over “scoops.”
5. Sprinkle with granola and serve.

Makes 4 servings

Nutrition information per serving:
Calories 151
Carbohydrate 31 g
Dietary Fiber 3 g
Protein 3 g
Total Fat 3 g
Saturated Fat 1 g
Cholesterol 2 mg
Sodium 24 mg
Mock-Southern Sweet Potato Pie
From the National Heart, Lung and Blood Institute

Ingredients

**Pastry**
- 1 ¼ cups flour
- ¼ tsp sugar
- ¼ cup skim milk
- 2 Tbsp vegetable oil

**Filling**
- ¼ cup brown sugar
- ¼ tsp salt
- ¼ tsp nutmeg
- 3 large eggs, beaten
- ¾ cup evaporated skim milk, canned
- 1 tsp vanilla extract
- 3 cups sweet potatoes (cooked and mashed)

Instructions

**Pastry**
1. Preheat oven to 350° F.
2. Combine the flour and sugar in a bowl.
3. Add milk and oil to the flour mixture.
4. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
5. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper.
6. Peel off top paper and invert crust into pie plate.

**Filling**
1. Combine sugars, salt, spices, and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie shell.
5. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.

Makes 16 servings
Serving Size: 1 slice

Nutrition information per serving

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Mousse a la Banana
From the National Heart, Lung, and Blood Institute
https://www.nhlbi.nih.gov/health/resources/heart/syah-html/banamous

Ingredients

2 tablespoons low fat (1%) milk
4 teaspoons sugar
1 teaspoon vanilla
1 medium banana, cut into quarters
1 cup plain low fat yogurt
8 ¼-inch banana slices

Instructions

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 4 dessert dishes; garnish each with 2 banana slices just before serving.

Makes 4 servings

Nutrition information per serving

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Nectarine and Raspberry Cobbler
From the American Institute for Cancer Research

Ingredients
Canola oil spray
6 cups thinly sliced nectarines (about 6-8 small)
2 cups fresh raspberries
1/2 cup sugar plus 1 Tbsp. sugar, divided
1/2 cup whole wheat flour
1/2 cup unbleached all-purpose flour plus more for dusting
1/2 tsp. ground cinnamon
2 tps. Baking powder
1/4 tsp. baking soda
1/4 tsp. salt
2 Tbsp. very cold unsalted butter, cut into small pieces
1/2 cup fat-free buttermilk

Instructions
1. Preheat oven to 450 degrees.
2. Lightly coat an 8-inch square baking dish with canola oil spray. In a bowl, toss nectarines and raspberries with 1/2 cup sugar, using your hands to distribute the sugar evenly. Pour the fruit, scraping the bowl with a rubber spatula, into prepared baking dish.
3. In a medium bowl, combine whole-wheat flour, 1/2 cup all-purpose flour, remaining 1 Tbsp. sugar, and cinnamon, baking powder, baking soda and salt. Cut the butter into dry ingredients using a pastry blender or tines of a fork. Work mixture with the tips of your fingers until grainy. Mix in buttermilk with a wooden spoon until soft, moist dough forms.
4. Lightly dust work surface with flour. Gently pat dough into a 1/4-inch thick rectangle using the heel of your hand. Sprinkle dough lightly with flour, if it becomes too sticky. Dip the rim of a 2-inch glass in flour and cut 9 rounds from the dough. Arrange rounds in 3 rows on top of fruit in baking dish. Rounds should almost touch and should leave a border of fruit along the outer edges of dish.
5. Bake cobbler for 25 – 30 minutes, until biscuits are lightly browned and fruit is bubbling. Cool on wire rack for 20 minutes and serve warm.

Makes 9 servings

Nutrition information per serving

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Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
No-Bake Watermelon “Cake”
From the AICR Kitchen
http://www.aicr.org/enews/watermelon-cake.html

Ingredients

- 1/3 cup whipping cream
- 12 oz. nonfat plain Greek yogurt
- 2 Tbsp. reduced-fat cream cheese
- 2 Tbsp. granulated sugar
- 1 tsp. lemon juice
- 1 medium seedless watermelon, well-chilled
- Blackberries, kiwi slices, red raspberries, for garnish

Instructions

1. Pour whipping cream in small mixing bowl and chill in refrigerator for about 10 to 20 minutes. (Cream is easier to whip when cold.) Meanwhile, in medium mixing bowl, mix together yogurt and cream cheese.
2. When cream is chilled, add sugar to cream and whip with whisk or electric mixer until moderately stiff peaks form. (Be careful not to overbeat, as too much whipping will turn cream to butter.) Add whipped cream and lemon juice to yogurt/cheese mixture. Chill.
3. Slice off both ends to make a flat top and bottom on your melon. Set melon on one flat end and carve rind off sides to make a round, cake-shaped melon.
4. Place melon cake on serving plate and frost top and sides with chilled icing. Decorate with berries on top and around the bottom. Keep well chilled until served.

Makes 10 servings.

Nutritional information per serving (10 servings)

- Calories: 150
- Total fat: 4g
- Saturated fat: 2g
- Total carbohydrates: 26g
- Protein: 5g
- Dietary fiber: 1g
- Sodium: 30mg
Pineapple Zucchini Cake
From the United States Department of Agriculture

Ingredients
3 eggs 1 tsp. baking soda
2 cups sugar 3 cups flour (all purpose, or half whole
2 tsp. vanilla wheat)
1 cup vegetable oil 1 cup pineapple (crushed, drained)
2 cups zucchini, grated ½ cup raisins (optional)
1 tsp. baking powder 1 cup pecans (optional) (chopped)
1 tsp. salt

Instructions
1. Preheat oven to 350 degrees.
2. Lightly grease 9x13” pan.
3. In large bowl, beat eggs, sugar, vanilla, and oil. Add zucchini.
4. In separate bowl, combine baking powder, salt, baking soda, and flour. Add to wet mixture.
5. Stir in fruit and nuts.
6. Bake 45-50 minutes, or until cake springs back when lightly pressed with finger.

Makes 12 servings

Nutrition information per serving:
Calories 440
Carbohydrate 61 g
Protein 5 g
Total Fat 20 g
Saturated Fat 2.5 g
Sodium 360 mg
Sugars 36 g
Pumpkin Pie
From the National Heart, Lung, and Blood Institute

Ingredients

For the pie crust:
• 1 C quick-cooking oats
• ¼ C whole wheat flour
• ¼ C ground almonds
• 2 Tbsp brown sugar
• ¼ tsp salt
• 3 Tbsp vegetable oil
• 1 Tbsp water

For the pie filling:
• ¼ C packed brown sugar
• ½ tsp ground cinnamon
• ¼ tsp ground nutmeg
• ¼ tsp salt
• 1 egg, beaten
• 4 tsp vanilla
• 1 C canned pumpkin
• ⅔ C fat-free evaporated milk

Instructions

1. Preheat oven to 425 °F.
2. Make the pie crust: Mix oats, flour, almonds, sugar, and salt together in small mixing bowl.
3. In a separate bowl/measuring cup, blend the oil and water together with a fork or small wire whisk, until emulsified (fully blended).
4. Add the oil mixture to the dry ingredients, and mix well. If needed, add a small amount of water to hold the dough together.
5. Work the dough into a disk shape, and roll on a lightly floured surface into a 12-inch circle.
6. Press into a 9-inch pie pan and bake for 8-10 minutes, or until light brown.
7. Turn down oven to 350 °F.
8. Make the filling: Mix sugar, cinnamon, nutmeg, and salt together in a bowl.
9. Add eggs and vanilla, and mix to blend ingredients.
10. Add pumpkin and milk, and stir to combine.
11. Pour into prepared pie shell. Bake for 45 minutes or until a knife inserted near center comes out clean.

Makes 9 servings

Nutrition information per serving

<table>
<thead>
<tr>
<th></th>
<th>Dietary Fiber:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 177</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 8 g</td>
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</tr>
<tr>
<td>Saturated Fat: 1 g</td>
<td>Protein:</td>
</tr>
<tr>
<td>Cholesterol: 24 mg</td>
<td>Carbohydrates:</td>
</tr>
</tbody>
</table>
Rhubarb Strawberry Parfaits
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?news_iv_ctrl=1121&abbr=pr_hf_&page=NewsArticle&id=9733

Ingredients
- 1 pint strawberries, hulled and thickly sliced
- ½ lb. fresh rhubarb, cut into 1 ½-inch pieces
- ¼ cup water
- ¼ cup orange juice
- ¼ cup sugar
- 1 vanilla bean, split lengthwise
- 1 ½ cups nonfat plain yogurt
- 1 tsp. pure vanilla extract
- 1 tsp. sugar, preferably superfine (optional)

Directions
1. Combine strawberries, rhubarb, water, orange juice, sugar, vanilla bean in a heavy, medium saucepan.
2. Bring to a boil over medium heat, stirring to dissolve the sugar. Reduce heat, cover and simmer until fruit is very soft, about 10 minutes.
3. Put mixture in a bowl and refrigerate until cold, about 4 hours.
4. Mix yogurt and vanilla until well combined. Taste and, if desired, stir in superfine sugar (if desired). Chill until serving time.
5. To serve, layer yogurt mixture and strawberry-rhubarb mixture alternately into wineglasses or parfait glasses, ending with fruit. Parfaits can be prepared a few hours ahead and refrigerated.

Makes 4 servings

Nutritional information per serving (4 servings)
Calories: 131
Total fat: < 1 g
Saturated fat: 0 g
Carbohydrate: 30 g
Sodium: 54 mg
Protein: 5 g
Dietary fiber: 3 g
Sparkling Apple Crumple
From the American Institute for Cancer Research
http://www.aicr.org/health-e-recipes/holiday-sparkling-crumple.html

Ingredients
- 4 (13-inch x 17-inch) sheets phyllo dough
- Canola cooking spray
- 3 Granny Smith or Golden Delicious apples, peeled, cored, and thinly sliced
- ¼ cup firmly packed brown sugar
- 1 tsp. ground cinnamon
- 4 gratings fresh nutmeg
- ¼ cup chopped walnuts
- ¼ cup dried cranberries
- ¼ cup golden raisins
- 2 Tbs. unsalted butter, melted
- 2 tsp. confectioners’ (powdered) sugar

Instructions
1. About 1 hour before preparing, remove phyllo dough from refrigerator and let sit until room temp. Remove the 4 sheets of phyllo required. Loosely roll into a tube, seal in plastic wrap, and set aside. Return remaining phyllo to refrigerator or freezer.
2. Preheat oven to 375 degrees F. Coat 9 x 1 ½-inch pie plate, preferably ovenproof glass, with cooking spray. Set aside.
3. In mixing bowl, toss apples with sugar, cinnamon, and nutmeg to evenly coat. Add nuts, cranberries, and raisins; toss to combine. Transfer to prepared pie plate, spreading evenly.
4. Unroll sheets of phyllo. Remove one sheet and place on work area. Immediately cover remaining dough with plastic wrap (it dries out fast). Brush the sheet generously with melted butter. Form into a loose ball, and set on top of fruit filling (covering about ¼ of pie plate). Repeat for all phyllo sheets, leaving some space at the edge of pie plate for juices to bubble up.
5. Bake for 10 minutes. Reduce heat to 325 degrees. Bake 20 minutes longer. Remove from oven and increase oven temperature to 400. Sprinkle confectioners’ sugar over top. Return to oven for 10 minutes, or until phyllo is golden brown and sugar has melted to a glaze (heavily dusted spots will remain white).
6. Let crumple stand for 10-60 minutes. Serve warm; the phyllo gets soggy if crumple stands too long.

Makes 8 servings

Nutrition information per serving:
- Calories 170
- Carbohydrates 29 g
- Protein 2 g
- Total Fat 6 g
- Saturated Fat 2 g
- Dietary Fiber 2 g
- Sodium 50 mg

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Strawberry Frozen Yogurt Squares

From the National Dairy Council:
http://www.nationaldairycouncil.org/Recipes/Pages/Strawberry-Frozen-Yogurt-Squares.aspx

Ingridents
1 cup crunchy wheat and barley cereal
3 cups fat-free strawberry yogurt
1 (10 oz.) bag frozen unsweetened strawberries (about 2 ½ cups)
1 cup fat-free sweetened condensed milk
Optional: 1 cup light or fat-free whipped topping

Instructions
1. Line an 8x8-inch baking pan with foil. Sprinkle cereal evenly over bottom of pan; set aside.
2. Place yogurt, strawberries, and condensed milk in a blender; cover and blend until smooth. Pour mixture over top of cereal, gently smoothing to edges of pan. Cover with foil or plastic wrap and freeze for 8 hours or until firm.
3. Use edges of foil to loosen and remove from pan. Let thaw 5-10 minutes. Cut into 9 squares and serve. (Top with whipped topping, if desired.)

Note: Create your own variations by using other flavor combinations of yogurt and fruit.

Makes 9 servings

Nutrition information per serving:
Calories 200
Carbohydrate 42 g
Dietary Fiber 2 g
Protein 7 g
Total Fat 0 g
Sodium 150 mg
Calcium 20% DV
Sunshine Frothie Pops
From the National Dairy Council
http://www.nationaldairycouncil.org/Recipes/Pages/Sunshine-Frothie.aspx

Ingredients
- 4-5 ice cubes
- 1 cup freshly-squeezed orange juice (juice from about 3 oranges)
- 2/3 cup fat-free milk
- 1/2 cup low-fat plain yogurt
- 2 tsp honey
- 1/2 tsp vanilla extract

Instructions
1. Add the ice to a blender container. Cover and crush.
2. Add the orange juice, milk, yogurt, honey and vanilla to a blender container. Cover and puree until smooth.
3. Freeze in popsicle molds.

Makes 2 servings

Nutrition information per serving
- Calories: 150
- Total Fat: 1.5g
- Saturated Fat: 0.5g
- Cholesterol: 5mg
- Carbohydrates: 27g
- Protein: 7g
- Sodium: 80mg
Sweet Potato Custard

USDA SNAP-Ed Recipe Finder
http://recipefinder.nal.usda.gov/

A Healthier You – HHS

Ingredients
- 1 cup cooked sweet potato, mashed
- ½ cup banana, mashed
- 1 cup evaporated milk, fat-free
- 2 Tbsp. brown sugar, packed
- 2 egg yolks, beaten, or 1/3 cup egg substitute
- ½ tsp. salt
- Non-stick cooking spray, as needed
- ¼ cup raisins
- 1 Tbsp. sugar
- 1 tsp. ground cinnamon

Instructions
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 pre-heated 325° oven for 40-45 minutes or until a knife inserted near center comes clean.

Makes 6 servings (½ cup per serving)

Nutritional information per serving (6 servings; ½ cup per serving)

| Calories: 170 | Sugars: 23g |
| Calories from fat: 15 | Protein 5g |
| Total fat: 2g | Vitamin A: 180% |
| Saturated fat: .5g | Vitamin C: 20 % |
| Trans fat: 0g | Calcium: 15% |
| Cholesterol: 70mg | Iron: 6% |
| Sodium: 260mg | |
| Total carbohydrate: 35g | |
| Dietary fiber: 3g | |

Percent Daily Values are based on a 2,000 calorie diet.
Tiramisu
From the King County (Washington) Public Health Department

Ingredients
1.5 cups coffee (strength according to your desire) 8 oz. fat free cream cheese
4 tablespoons coffee-flavored liqueur (i.e. Kahlúa) 1/3 cup packed brown sugar
3.5 oz. mascarpone cheese ¼ cup white sugar

Instructions
1. In a medium sized bowl, combine the coffee and 2 tablespoons of the coffee-flavored liqueur.
2. In a separate medium sized bowl, combine the mascarpone cheese, cream cheese, 2 tablespoons liqueur, brown and white sugars. Beat until well-blended.
3. Dip the ladyfingers in the coffee mixture then line them in one layer of an 8-inch square pan. Spread half of the cheese mixture on top of the ladyfingers then repeat with the remaining ladyfingers and cheese mixture.
4. Sprinkle with cocoa.
5. Stick a few toothpicks in the dessert then cover with plastic wrap (the toothpicks keep the plastic wrap from sticking to the dessert.)
6. Chill in refrigerator for at least 2 hours.

Makes 12 servings (Serving Size: 2 ladyfingers (63 g)

Nutritional information per serving (12 servings)

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<tr>
<th>Nutrient</th>
<th>Value per serving</th>
<th>Percent daily value</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total Fat</td>
<td>5 g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
<td>91 mg</td>
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<tr>
<td>Sodium</td>
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</tr>
<tr>
<td>Sugars</td>
<td>8 g</td>
<td>3%</td>
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<tr>
<td>Vitamin A</td>
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<tr>
<td>Calcium</td>
<td>6%</td>
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<td>Vitamin C</td>
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Percent daily values based on a 2000 calorie diet.
Whole Grain Berry Cake
From the OLDWAYS Whole Grains Council
http://wholegrainscouncil.org/recipes/snacks-desserts/whole-grain-berry-cake

Ingredients
For the Cake
- 3 large eggs, room temp
- ¼ tsp salt
- ½ cup sugar (divided)
- ¼ cup milk
- ½ tsp vanilla extract
- ¼ cup white whole wheat flour
- ½ tsp baking powder

For the Berries
- 1 quart strawberries or mixed berries
- 1 tsp. sugar

For the Cream
- 2 oz. whipping cream
- 6 oz. Greek yogurt
- sugar to taste

Instructions
1. Wash berries, and slice if large. Add sugar. Set aside for a few hours, so they'll get really juicy.
2. Preheat oven to 325°F. Separate the egg whites and yolks – whites into medium bowl, yolks into big bowl – and let them come to room temperature.
3. Whites + salt + ½ sugar: Beat the whites with the salt until they've peaked, then gradually beat in half the sugar. Set them aside.
4. Yolks + ½ sugar + milk + extracts: Without cleaning your beaters, beat the yolks with the remaining sugar until they're thick and light yellow. Blend in the milk, vanilla and almond extracts.
5. Flour + Baking Powder: In a small bowl, mix the flour with the baking powder.
6. With a whisk, blend the dry ingredients into the egg yolks, then fold in the egg whites.
7. Divide this mixture into two greased 8-inch cake pans. Note: grease pans, line with wax paper, grease again liberally as this low-fat cake likes to stick.
8. Bake for 30 to 35 minutes. Cool on a wire rack briefly, remove from pans and continue to cool. To Assemble: (at least an hour before serving, so juices penetrate): put one layer on a plate. Cover with "cream" and strawberries. Do the same thing with the second layer. When you serve the cake, use up any leftover fruit and "cream" on each serving.

Makes 6-8 servings
Nutrition information per serving:

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<th></th>
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<th>Dietary Fiber: 3 g</th>
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<tr>
<td>Total Fat:</td>
<td>6 g</td>
<td>Sodium: 160 mg</td>
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<tr>
<td>Saturated Fat:</td>
<td>3 g</td>
<td>Protein: 7 g</td>
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<tr>
<td>Cholesterol:</td>
<td></td>
<td>Carbohydrates: 29 g</td>
</tr>
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</table>
Winter Crisp
From Stay Young at Heart: National Heart Lung & Blood Institute

Ingredients (filling)
• ½ cup sugar
• 3 Tbsp all-purpose flour
• 1 Tsp lemon peel, grated
• ¾ Tsp lemon juice
• 5 cup apples, unpeeled, sliced
• 1 cup cranberries

Ingredients (topping)
• 2/3 cup rolled oats
• 1/3 cup brown sugar, packed
• ¼ cup whole wheat flour
• 2 Tsp ground cinnamon
• 1 Tbsp soft margarine, melted

Directions
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 375ºF oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Makes 6 servings (Serving Size: 1-3/4 inch by 2-inch piece)

Nutritional information per serving (6 servings)

Calories: 284
Total fat: 6 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 56 mg
1-2-3 Peach Cobbler
From NHLBI

Ingredients
- 1/2 tsp. ground cinnamon
- 1 Tbsp. vanilla extract
- 2 Tbsp. cornstarch
- 1 cup peach nectar
- 1/4 c pineapple or peach juice (can use juice from canned peaches)
- 2 cans (16 oz each) peaches, packed in juice, drained, (or 1 3/4 lb fresh), sliced
- 1 Tbsp. tub margarine
- 1 cup dry pancake mix
- 2/3 cup all-purpose flour
- 1/2 cup sugar
- 2/3 cup evaporated skim milk
- As needed, nonstick cooking spray
- 1/2 tsp. nutmeg
- 1 Tbsp. brown sugar

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

Makes 8 servings (Serving Size: 1 square)

Nutritional information per serving (8 servings)
Calories: 271
Total fat: 4g
Saturated fat: less than 1g
Cholesterol: less than 1mg
Sodium: 263mg
Total fiber: 2g
Protein: 4g
Carbohydrates: 54g
Potassium: 284mg
Apple Carrot Cocktail
From Seattle and King County Public Health
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/AppleCarrotCocktail.aspx

Ingredients
1/2 cup carrots, sliced
1-1/2 cups apple juice
1 teaspoon fresh thyme, snipped
1 teaspoon lemon peel, shredded
1/2 cup ice cubes
1 tablespoon fresh squeezed lemon juice
Fresh mint (optional)

Instructions
1. Heat 1 cup water to boiling in a small saucepan. Add carrots and cook for about 10 minutes or until tender. Drain, then set aside to cool.
2. Place carrots in a blender then add apple juice, thyme, lemon peel, ice and lemon juice. Blend until smooth or to desired consistency.

Makes 2 servings
Serving Size: 1/2 of recipe

Nutrition information per serving

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<th>Nutrient</th>
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<tr>
<td>Total Fat</td>
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<tr>
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<td>Dietary Fiber</td>
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<tr>
<td>Carbohydrates</td>
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</table>
Avocado Mango Smoothie
From the National Dairy Council:
http://www.nationaldairycouncil.org/Recipes/Pages/Avocado-MangoSmoothie.aspx

Ingredients
1 medium ripe avocado
1 cup frozen mango chunks
2 cups fat-free milk
1 (8oz) container vanilla bean low-fat frozen yogurt
1 tsp. chopped fresh mint leaves
2 tsp. lime juice
1 tsp. lime zest
1 Tbs. agave syrup (or honey or simple syrup)
1 cup (more or less as needed) ice cubes

Instructions
1. Remove flesh from avocado, cut into coarse chunks. Place in blender with mango, milk, yogurt, mint, lime juice and zest, agave syrup, and ice cubes. Process until smooth.
2. Pour smoothie into tall glasses and serve.

Makes 4 servings

Nutrition information per serving:
Calories 235
Carbohydrate 35 g
Dietary Fiber 5 g
Protein 8 g
Total Fat 8 g
Saturated Fat 1.5 g
Sodium 105 mg
Batido Smoothie
From the United States Department of Agriculture

Ingredients
- 2 cups papaya chunks (fresh or frozen)
- 2 bananas (overripe, sliced)
- 1 cup plain low-fat yogurt
- 1 cup ice cubes

Instructions
1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute.
3. Serve right away or cover and refrigerate up to 4 hours.

Makes 9 servings
Prep Time: 1 hour
Cook Time: 35 minutes

Nutrition information per serving

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<th></th>
<th>Calories: 118</th>
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<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
<td>4 mg</td>
<td>Carbohydrates: 25 g</td>
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Cantaloupe Crush
From the National Heart, Lung, and Blood Institute

Ingredients
1/2 cantaloupe
1 cup fat-free (skim) milk
1 ½ cups ice
Sweetener as needed (about 1-2 tsp. sugar or other sweetener)

Instructions
1. Cut cantaloupe into small cubes or thin strips.
2. Mix cantaloupe, milk, and ice in a blender until smooth.

Makes 4 servings. Yield: ½ cup each.

Nutrition information per serving.

<p>| | |</p>
<table>
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<tr>
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<tbody>
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<td>Saturated Fat: 0 g</td>
<td>Protein: 3 g</td>
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<tr>
<td>Cholesterol: 0 g</td>
<td>Carbohydrates: 10 g</td>
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</table>

Faculty/Staff Assistance and Well-Being Services
humanresources.illinois.edu/fsaws
Chai Hot Chocolate
From the American Institute for Cancer Research

Ingredients
4 cardamom pods, cracked
1 (4-inch) piece cinnamon stick
4 whole cloves
¼ tsp. anise seed
2 - 4 (¼ -inch) slices fresh ginger, peeled
2 cups water

2 black tea bags
2 Tbsp. unsweetened natural cocoa powder
¼ tsp. vanilla extract
2 cups unsweetened almond or soymilk
3 Tbsp. agave syrup or honey, or to taste

Instructions

1. Place cardamom, cinnamon, cloves, anise seed and ginger in medium saucepan, add 2 cups water, and place over medium-high heat. When water simmers, cover and simmer over medium-low heat for 3 minutes. Remove from heat. Add tea bags, cover and steep for 4 minutes. Remove tea bags, cover, and steep brewed tea with spices for 20 minutes. Strain to remove spices, and return spiced tea to saucepan.
2. In small bowl, whisk cocoa with 1/4 cup of hot tea until dissolved, then add to tea. Mix in vanilla, and almond or soymilk. Heat chai over medium-high heat until steaming. Sweeten to taste then pour into mugs, or divide chai among 4 mugs and sweeten it to taste individually.

Makes 4 servings
Serving size: 1 cup

Nutrition information per serving

| Calories: 120 | Dietary Fiber: 1 g |
| Total Fat: 3.5 g | Sodium: 65 mg |
| Saturated Fat: 0 g | Protein: 4 g |
| Cholesterol: | Carbohydrates: 21 g |
Chai Spiced Tea
From the King County (Washington) Public Health Department
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/ChaiTea.aspx

Ingredients
- 2 cups water
- 4 tea bags, black tea
- 2 cups 2% milk
- 2 tablespoons honey
- 2 slices fresh ginger, cut into 1 ½ inch slices
- ½ Tsp ground cardamom
- ½ Tsp ground nutmeg
- ¼ Tsp ground cinnamon
- ¼ Tsp allspice

Instructions
1. In a saucepan, bring water to a boil. Add tea bags, reduce heat and simmer for 2 minutes. Remove tea bags.
2. Add remaining ingredients to tea and bring to a boil. Reduce heat and simmer for 5 minutes.
3. Strain and serve hot.

Makes 4 servings. Serving size: 1/4 of recipe (312 g)

Nutritional information per serving (4 servings)
- Calories: 95
- Calories from fat: 21
- Total fat: 2g
- Saturated fat: 1g
- Cholesterol: 9 mg
- Sodium: 67mg
- Total carbohydrate: 15g
- Dietary fiber: 0g
- Sugars: 8g
- Protein: 4g
- Vitamin A: 4%
- Vitamin C: 2%
- Calcium: 15%
- Iron: 0%

Percent Daily Values are based on a 2,000 calorie diet.
Chocolate Framboise Steamer
From the National Dairy Council
http://www.nationaldairycouncil.org/Recipes/Pages/Chocolate-Framboise-Steamer.aspx

Ingredients
1 Tbs. sugar-free chocolate syrup
1 ½ Tbs. sugar-free raspberry syrup
1 cup low-fat milk

Instructions
1. Pour syrup into 20-oz chilled stainless steel pitcher. Add cold milk.
2. If using stove-top, heat syrup and milk in saucepan over medium-low heat; do not boil. If using microwave, heat milk and syrup in large, shallow bowl for 2-3 minutes. Whisk rapidly until milk is airy and frothed. Serve in a mug.

Makes 1 serving

Nutrition information per serving:
Calories 110
Carbohydrates 12 g
Protein 8 g
Total Fat 2.5 g
Saturated Fat 1.5 g
Sodium 130 mg
Calcium 30% Daily Value
Citrus Mint Crush
From the King County Public Health Recipe Cookbook

Ingredients
- 1-1/4 cups cold water
- 1/2 cup sugar
- 1/2 cup tightly packed mint leaves
- 1 tablespoon grated orange zest (no pith)
- 3/4 cup fresh squeezed orange juice
- 3/4 cup fresh squeezed lemon juice
- 2 cups lemon-flavored sparkling water
- Crushed ice
- Mint sprigs for garnish (optional)

Instructions
1. Add water and sugar in a medium saucepan and cook over medium-high heat until sugar completely dissolves, stirring constantly. Remove from heat and let cool completely.
2. Coarsely chop mint leaves and set aside.
3. Add the cooled sugar-water to a medium sized bowl then stir in mint, orange zest, orange juice and lemon juice. Cover bowl and refrigerate until chilled through.
4. Pour mixture through a fine mesh strainer into a large pitcher. Discard remaining orange zest and mint leaves. Stir in sparkling water then serve over crushed ice. Garnish with a mint sprig.

Makes 4 - 5 servings (About 1 cup per serving)

Nutrition information per serving:
- Calories 128
- Total Fat 0 g
- Carbohydrate 33 g
- Saturated Fat 0 g
- Dietary Fiber 1 g
- Trans Fat 0 g
- Sugars 24 g
- Cholesterol 0 mg
- Protein 1 g
- Sodium 11 mg
Coffee Cooler

From the U.S. Department of Agriculture

https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/coffee-cooler

Ingredients
½ cup 1% milk
½ cup low-fat vanilla frozen yogurt
½ cup or 4oz of coffee, cooled to room temperature
3 ice cubes
1 ½ teaspoons of sugar.

Instructions
1. In a blender, combine all ingredients, puree until smooth.
2. Pour into a chilled glass and sprinkle with cinnamon, cocoa or nutmeg if you like.

Makes 1 serving

<table>
<thead>
<tr>
<th>Nutrition information per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 181</td>
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<td>Protein: 9g</td>
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<td>Carbohydrates: 31g</td>
</tr>
</tbody>
</table>

Faculty/Staff Assistance and Well-Being Services
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Cranberry Spritzer
From the United States Department of Agriculture


Ingredients

1 cup prepared cranberry juice drink
1 cup seltzer or soda water
2 tablespoons lime juice

Instructions

1. Combine cranberry juice, seltzer or soda water, and lime juice in a pitcher and mix well.
2. Serve in tall glass

Makes 4 servings

Nutrition information per serving

<table>
<thead>
<tr>
<th></th>
<th>Calories: 30</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Total Fat:</td>
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</tr>
<tr>
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<td>0 g</td>
<td>Protein: 0 g</td>
</tr>
<tr>
<td>Cholesterol:</td>
<td>N/A</td>
<td>Carbohydrates: 9 g</td>
</tr>
</tbody>
</table>
Flavored Water
From the United States Department of Agriculture
https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/flavored-water

Ingredients
• 1 cup watermelon
• 1 lime
• 5 mint leaves (optional)

Instructions
1. Wash all produce.
2. Collect, slice, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to a fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
4. After you drink the water, you can eat the fruit or blend it into a smoothie!

Makes 1 serving (1 cup)

Nutrition information per serving

<table>
<thead>
<tr>
<th></th>
<th>Calories: 8</th>
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</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>Saturated Fat: 0 g</td>
<td></td>
<td>Protein: 0 g</td>
</tr>
<tr>
<td>Cholesterol: 0 g</td>
<td></td>
<td>Carbohydrates: 2 g</td>
</tr>
</tbody>
</table>

Notes
Try these refreshing combinations, or create your own!

Cucumber Lemon (or Lime)
• ½ cucumber
• 1 lemon or lime

Pineapple grape
• 1 cup canned diced pineapple
• Pineapple juice from can
• 1 cup grapes

Berry Kiwi (or Orange)
• 10 strawberries or blackberries
• 1 kiwi or orange
Green Tea Cooler with Fresh Mint
From the American Institute for Cancer Research

Ingredients
8 (6-inch) mint sprigs
4 green tea bags
1 1/3 cups apple cider, refrigerated
4 Tbsp. fresh lime juice
4 mint sprigs for garnish
4 lime wedges, for garnish

Directions
1. In heatproof pitcher or container, combine mint and tea bags.
2. In medium saucepan, heat 4 cups water until bubbles start to form around edge of pot. If possible, use instant-read thermometer to tell when water is 180 degrees F.
3. Pour hot water over mint and tea in pitcher. Steep for 6 minutes. Discard tea bags, leaving mint in pitcher. Cool tea to room temperature. Cover and refrigerate tea with mint for 4 to 24 hours.
4. Just before serving, add cider and lime juice to chilled tea. Pour tea into 4 tall, narrow glasses. Garnish each glass with mint spring and lime wedge.

Makes 4 servings (about 12 ounces each.)

Nutritional Information

<p>| | |</p>
<table>
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<tr>
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<tbody>
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<td>Saturated Fat:</td>
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<tr>
<td>Protein:</td>
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<tr>
<td>Cholesterol:</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates:</td>
<td>11 g</td>
</tr>
</tbody>
</table>
Green Tea Slush with Apricot Nectar
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7362&news_iv_ctrl=1123

Ingredients
3 cups prepared green tea (use decaffeinated if desired)
1 cup apricot nectar
1 cup crushed ice
1 Tbsp. honey

Directions
1. In blender or food processor, combine all ingredients and puree until smooth

Makes 4 servings

Nutritional information per serving (4 servings)
Calories: 51
Total fat: 0g
Saturated fat: 0g
Sodium: 2mg
Protein: 0g
Total carbohydrates: 13g
Dietary fiber: <1g
Horchata
From the UI Extension Fiesta of Flavors
http://urbanext.illinois.edu/fiesta/recipe.cfm?lang=en&id=250

Ingredients
- 1 cup uncooked long grain white rice
- Tap water
- 1 cup water
- 4 cup skim milk
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ cup granulated sugar
- Cheesecloth

Instructions
1. Soak the rice in tap water overnight
2. Drain the soaked rice through a strainer
3. In a blender add rice, ½ cup water, 2 cups milk, vanilla, sugar, and cinnamon. Blend on high speed until rice is all ground up (approximately 1.5 minutes)
4. Add the remaining ½ cup water and 2 cups milk. Blend on high for approximately 1 minute
5. Strain the mixture through the cheesecloth until no more liquid seeps out. Do not squeeze the cheesecloth. Discard cheesecloth and remains
6. Chill and serve

Makes 5 servings

Nutrition information per serving
Calories: 212
Total Fat: .5g
Carbohydrates: 44g
Protein: 8g
Dietary Fiber: .5g
Sodium: 100mg
Lavender Soymilk Chai Latte
From American Institute for Cancer Research
https://www.aicr.org/cancer-prevention/recipes/lavender-chai-latte/

Ingredients
1 ½ cups water
1 to 2 tablespoons dried lavender flowers
1 chai tea bag
1 tablespoon agave nectar
1 cup brewed strong coffee
1 cup unsweetened, plain soymilk

Instructions
1. Pour water into small pot and bring to a boil.
2. Add lavender flowers and chai tea bag and set aside for about 15 minutes to steep.
3. Pour liquid through strainer, squeezing remaining liquid from lavender flowers and chai tea bag, and return liquid to pot. Discard lavender and tea bag.
4. Add agave nectar, coffee, and soymilk and reheat, stirring well, just until mixture is hot. Do not boil.
5. Pour into 4 coffee cups.
Makes 4 servings, 7/8 cup each.

Nutrition information per serving

<table>
<thead>
<tr>
<th></th>
<th>Calories: 37</th>
<th>Sodium: 23 mg</th>
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<tbody>
<tr>
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<td>1 g</td>
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</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
<td>Total Carbohydrates: 5 g</td>
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<tr>
<td>Trans Fat</td>
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<td>Cholesterol</td>
<td>0 mg</td>
<td>Total Sugars: 4 g</td>
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Liz’s Sparkling New Year’s Cider

From the United States Department of Agriculture

Ingredients

2 cups 100% apple juice
½ teaspoon star anise
2 whole cloves
¼ teaspoon cinnamon
¼ teaspoon nutmeg
4 cups sparkling water (unsweetened)

Instructions

1. Combine the first five ingredients in a pot and cook over medium-high for about 5 minutes, stirring the liquid intermittently.
2. Place a strainer over a large glass, bowl, or pitcher. Carefully pour the liquid into the container. Discard the star anise and cloves.
3. Place the container in the refrigerator to cool for about 30 minutes.
4. Once the apple juice mixture is cool, combine it with the sparkling water and serve.

Makes 6 servings
Serving size: 1 cup

Nutrition information per serving

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
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<tr>
<td>Dietary Fiber</td>
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<tr>
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<td>0 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>3 mg</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Protein</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>9 g</td>
</tr>
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</table>
Melon Lime Cooler
From the University of Illinois Extension
http://urbanext.illinois.edu/fiesta/recipe.cfm?lang=en&id=379

Ingredients
1 cantaloupe melon
1 tablespoon chopped mint leaves
4 tablespoons lime juice
Ice cubes

Instructions
1. Cut cantaloupe into wedges and scrape seeds out. Slice skin off and cut into chunks.
2. Blend on purée in blender with lime juice and mint leaves.
3. Pour the juice over ice cubes in glasses.

Makes 3 servings

Nutrition information per serving

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
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<td>Cholesterol</td>
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<td>Protein</td>
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<td>20mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
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Peach of a Carrot Zucchini Smoothie

From American Institute for Cancer Research


Note: Unsweetened canned or frozen peaches can be used and milk can be substituted with a nondairy alternative.

Ingredients

1 medium peach, unpeeled, halved and pitted*
1 small carrot, unpeeled and chopped into quarters
1/2 small zucchini or yellow summer squash, unpeeled and chopped into quarters
2 Tbsp. pumpkin seeds, unsalted
1/2 tsp. cinnamon

1/2 cup milk**
1/2 tsp. vanilla extract
5 ice cubes
1 medium peach, unpeeled, halved and pitted*
1 small carrot, unpeeled and chopped into quarters

Instructions

1. Place peach, carrot and squash in the container of a blender.
2. Add pumpkin seeds, cinnamon, milk, vanilla extract and ice cubes to blender.
3. Cover and process a few seconds until smooth and creamy.
4. Pour into a glass and enjoy immediately, or chill until serving time.

Makes 1 serving.

Nutrition information per serving

<table>
<thead>
<tr>
<th></th>
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<tr>
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<td>Cholesterol:</td>
<td>0 mg</td>
<td>Carbohydrates: 37 g</td>
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</table>

*Note: *Unsweetened canned or frozen peaches can be used and milk can be substituted with a nondairy alternative.**

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Peachey Power Smoothie

From the National Dairy Council
http://www.nationaldairycouncil.org/Recipes/Pages/Peachy-Power-Smoothie.aspx

Ingredients
3 medium or 2 large fresh peaches with skin, seed removed, sliced
2/3 cup low-fat milk
1/2 cup low-fat plain yogurt
2 tsp honey
3/4 tsp vanilla extract
2 Tbsp nonfat dry milk powder

Instructions
1. In a single layer on a plate, freeze the sliced peaches for at least 1 hour (or overnight).
2. Add the frozen peach slices, milk, yogurt, honey, dry milk powder and vanilla extract to a blender container.
3. Cover and puree until smooth.
4. Pour into 2 chilled glasses.

Makes 2 servings

Nutrition information
Calories: 200
Total Fat: 2.5 g
Saturated Fat: 1 g
Cholesterol: 10 mg
Sodium: 100 mg
Calcium: 25% Daily Value
Protein: 9 g
Carbohydrate: 39 g
Dietary Fiber: 3 g
Pear, Kiwi and Lime Juice

From the Seattle and King County Public Health Recipe Cookbook
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/PearJuice.aspx

Ingredients

2 ripe pears
Juice of 1 medium lime
3 kiwis
2-3 ice cubes

Instructions

1. Core and stem the pears. Coarsely chop and add to a blender.
2. Add lime juice.
3. Peel kiwis. Coarsely chop and add to blender.
4. Add ice, cover blender, and blend until desired consistency.
5. Pour into 2 glasses and garnish with thin-sliced pear wedges.

Makes 2 servings

Nutrition information per serving:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tbody>
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<tr>
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<td>Protein</td>
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<tr>
<td>Total Fat</td>
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<td>Sugars</td>
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<td>Vitamin C</td>
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Pear Nog
From the Centers for Disease Control (CDC) Fruit and Veggies: More Matters Campaign
http://www.fruitsandveggiesmorematters.org/recipe?iRID=1017

Ingredients
1 pear, peeled, cored, cut into chunks
½ cup skim milk
¼ cup egg substitute
1 tsp. brown sugar
1 large pinch cinnamon (about ¼ tsp.)
2 ice cubes, cracked

Instructions
1. Peel, core, and cut pear.
2. Place all ingredients in blender.
3. Blend on high for 15 seconds.
4. Serve.

Makes 1 serving

Nutrition information per serving:
Calories 200
Carbohydrate 36 g
Dietary Fiber 6 g
Protein 12 g
Total Fat 2.5 g
Saturated Fat 0 g
Sodium 160 mg
Purple Cow
From USDA
http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/purple-cow

Ingredients
1 can grape juice (6 oz., frozen)
2 cups water (cold)
1/3 cup milk (nonfat, dry)
1 teaspoon vanilla
1 cup ice (or more)

Instructions
1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

Substitute 1 cup milk and 1 cup water for 2 cups water and ¼ cup nonfat dry milk

Makes 3 servings

Nutrition information per serving

<p>| | | | |</p>
<table>
<thead>
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<td>Carbohydrates:</td>
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Rhubarb and Orange Refresher
From the American Institute for Cancer Research
http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=23011&news_iv_ctrl=2901

Ingredients
3 cups fresh rhubarb, cut crosswise in ½ inch slices, about ¾ lb.
4 cups cold water
¼ cup agave syrup, preferable light color
1 cup orange juice
4 mint sprigs, for garnish

Instructions
1. In large, stainless steel or other non-reactive saucepan, combine rhubarb and water. Cover and bring to boil over medium-high heat. Reduce heat and simmer 15 minutes. Set covered pot aside to steep for 10 minutes.
2. Set large strainer over bowl. Pour contents of pot into strainer and drain liquid into bowl. Using back of wooden spoon, press very lightly on rhubarb, just to extract liquid that drains easily. Pressing too firmly will make infusion cloudy. Discard pulp. Pour liquid, about 4 cups, into jar or other container, preferably glass, and let sit until room temperature, then cover and refrigerate for up to 2 days.
3. To serve Refresher, measure 3 cups rhubarb infusion. Pour ½ cup into pitcher, add agave, and stir until combined. Pour in remaining rhubarb infusion and orange juice. To serve, divide Refresher among 4 ice-filled, tall glasses. Garnish each glass with mint sprig, if using. For single serving, in a glass, combine 1/4 cup rhubarb infusion with 1 tablespoon agave, and then add remaining 1/2 cup infusion, 1/4 cup orange juice and ice.

Makes 8 servings

Nutrition information per serving
Calories: 90
Carbohydrates: 23 g
Protein: 0 g
Dietary fiber: 0 g

Total fat: 0 g
Saturated fat: 0 g
Sodium: 0 mg
Spiced Banana Orange Smoothie

From the King County Public Health Recipe Cookbook
http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Beverages/BananaOrangeSmoothie.aspx

Ingredients
1 medium banana, peeled and cut into chunks
1 large seedless orange, peeled and sliced
2 cups plain or vanilla-flavored soy milk
1 teaspoon powdered ginger
3 or 4 ice cubes

Instructions
1. Place all ingredients except ice cubes in blender. Cover and blend on high speed for 15 seconds or until smooth.
2. Add ice cubes, cover and blend for 15 seconds more or until well blended.
3. Serve immediately.

Makes 2 servings (1/2 recipe per serving)

Nutrition information per serving:
Calories 118
Carbohydrate 19 g
Dietary Fiber 5 g
Sugars 0 g
Protein 5 g
Total Fat 3 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 20 mg
Strawberry Chia Smoothie
American Institute of Cancer Research

Ingredients
- ¾ cup skim milk
- 4 tsp. chia seeds
- 1 cup fresh strawberries
- 1 Tbsp. strawberry fruit spread, or to taste
- 2 tsp. orange zest
- ½ tsp. chopped fresh ginger
- ½ tsp. vanilla extract

Instructions
1. In blender, place milk and chia seeds and let sit while measuring remaining ingredients.
2. Add strawberries, preserves, orange zest, ginger and vanilla to blender. Whirl on high speed until smoothie is blended and creamy, about 1 minute. Pour smoothie into tall glass and serve immediately.

Makes One Serving

Nutrition information per serving

| Calories: 249 | Protein: 9g |
| Total Fat: 5g | Dietary Fiber: 9g |
| Saturated Fat: <1 g | Sodium: 90 mg |
| Carbohydrates: 44 g | |

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Summer Breezes Smoothie
From Stay Young at Heart – National Heart Blood and Lung Institute

Ingredients
- 1 cup yogurt, plain nonfat
- 6 medium strawberries
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp. vanilla extract
- 4 ice cubes

Directions
1. Place all ingredients in a blender and puree until smooth.
2. Serve in a frosted glass.

Makes 3 servings (Serving size: 1 cup)

Nutritional information per serving (3 servings)
- Calories: 121
- Total fat: <1g
- Saturated fat: <1g
- Sodium: 64mg
- Cholesterol: 1mg