

Pink Party Salad

Makes: 6 servings

Ingredients

- 4 potatoes (washed and cut in half)
- 3 cups beets, cooked (peeled and diced)
- 1 cup peas, green, fresh or frozen
- 3 eggs, hard boiled
- 1 apple
- 1 teaspoon lemon juice
- 2 tablespoons olive oil
- 3 tablespoons vinegar
- 1 tablespoon sugar

Directions

1. Boil the potatoes in 2 cups of water in a deep kettle. Cover and cook over moderate heat for about 20 minutes, until the potatoes are tender.
2. When thoroughly cool, dice potatoes and place in a big bowl.
3. Add diced beets and mix with the potatoes.
4. Set aside 1/4 cup of peas for garnishing and add the rest to the bowl.
5. Save 1 egg to use as a garnish. Chop the rest and add to the bowl.
6. Peel the skin off the apple and remove the core. Cut the apple into small pieces, place in a small bowl and sprinkle with lemon juice. Add apple to the salad.
7. Add the vinegar, olive oil and sugar.
8. Mix thoroughly. Chill and serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	5 g	8%
Protein	5 g	
Carbohydrates	34 g	11%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	90 mg	4%

Baked Parmesan Fish

Makes: 4 Servings

Ingredients

- 1/3 cup** parmesan cheese, non-fat (grated)
- 1 teaspoon** flour, all-purpose
- 3** thyme sprigs (leaves removed and crushed)
- 4** fish fillets (white fish, 6 ounces each)
- 1** medium onion (chopped)
- 1 cup** halved mushroom caps
- 1/2 cup** green onions (finely sliced)
- 1** cloves garlic (crushed)

Directions

- 1) Preheat oven to 350°F. Place cheese, flour and thyme in paper bag.
- 2) Individually coat fish by gently shaking in bag; discard coating ingredients.
- 3) Place fillets in baking pan on rack. Bake for 20 minutes or until fish flakes easily when tested with fork.
- 4) Heat skillet over medium-high heat. Add onion, mushrooms, green onions, and garlic. Cook, stirring frequently, until onions are tender. Season with ground black pepper.
- 5) Serve baked fish topped with mushroom mixture.

Notes

- Atlantic cod fillets used in nutrition analysis.
- Suggest serving over pasta or rice.

Caribbean Casserole

Rating: ★★★★★

Makes: 10 servings

Ingredients

- 1 onion (medium, chopped)
- 1/2 green pepper (diced)
- 1 **tablespoon** canola oil
- 1 **can** stewed tomatoes (14.5 ounces)
- 1 **teaspoon** oregano leaves
- 1/2 **teaspoon** garlic powder
- 1 **1/2 cups** brown rice (instant, uncooked)
- 1 **can** black beans or beans of your choice (16 ounces)

Directions

1. Saute 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.
3. Stir in rice and cover.
4. Reduce heat to simmer for 5 minutes.
5. Remove from heat and let stand for 5 minutes.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	2 g	3%
Protein	4 g	
Carbohydrates	20 g	7%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	280 mg	12%

Kale with Nuts and Raisins

Makes: 5 Servings

Ingredients

1/4 cup nuts, chopped
2 tablespoons vegetable oil
2 cloves garlic, chopped
1 bunch kale, stems removed and chopped
1/2 cup raisins
salt (optional, to taste)

Directions

1. Heat oven to 350°F.
2. On a baking sheet, toast nuts for 5 minutes.
3. Heat oil in frying pan on medium heat.
4. Add garlic and kale to frying pan and cook for 4 minutes.
5. Add raisins and nuts and cook for 1 minute more.
6. Add salt to taste (optional)

Notes

Walnuts used for costing and nutrition analysis.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	10 g	15%
Protein	4 g	
Carbohydrates	20 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	30 mg	1%

Brown Rice Pilaf

Rating: ★★★★★

Makes: 4 servings

Ingredients

1 1/2 cups brown rice
3 cups water
1/4 cup almonds (chopped)
1 teaspoon parsley (dried)
1/2 teaspoon garlic powder
1/4 teaspoon black pepper

Directions

1. Place all ingredients in a rice cooker and cook until the water evaporates, about 30 minutes.
2. Fluff cooked rice with a fork.

Notes

This dish goes very well with fish and chicken. Add a large green salad to complete the meal. The dish may be made on the stovetop as well but may require more water.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	290	
Total Fat	5 g	8%
Protein	7 g	
Carbohydrates	55 g	18%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	10 mg	0%

Cantaloupe Cooler

Rating: ★★★★★

Makes: 8 servings

Ingredients

1 cantaloupe (ripe)
2 1/2 cups orange juice (cold)
2 tablespoons sugar (granulated)
ice (crushed)

Directions

1. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
2. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
3. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
4. Pour into glasses filled with crushed ice.

Notes

For a new twist, try other melons or strawberries in place of the cantaloupe.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	70	
Total Fat	0 g	0%
Protein	1 g	
Carbohydrates	18 g	6%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	15 mg	1%

Tortilla Chips and Bean Dip

Makes: 4 servings

Ingredients

- 4 corn tortillas
- 1 **can** kidney beans (16 ounce)
- 1/4 **cup** salsa
- 1/4 **cup** sour cream, non-fat
- 1/2 **cup** cheddar cheese (shredded)
- 1 **cup** lettuce (shredded)

Directions

1. Preheat oven to 400 degrees.
2. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
3. Lay tortillas pieces out in single layer on baking sheet. Set aside while making dip.
4. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
5. Measure salsa and spread over beans.
6. Measure sour cream and spread over beans.
7. Grate and measure cheese; sprinkle over bean mixture.
8. Place lettuce wedge on cutting board. Slice into thin strips; set aside.
9. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	240	
Total Fat	8 g	12%
Protein	11 g	
Carbohydrates	30 g	10%
Dietary Fiber	8 g	32%
Saturated Fat	5 g	25%
Sodium	450 mg	19%

pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Create-a-Flavor Changes

- Use Monterey Jack or another cheese.
- Substitute black beans for kidney beans.
- Substitute 1/4 cup chopped fresh tomatoes for taco sauce.
- Spread one small can chopped green chilis over beans.

Turkey Pinwheel Appetizers

Rating: ★★★★★

Makes: 16 servings

Ingredients

- 1 package** cream cheese, low-fat (8 oz, garlic and herb)
- 6** flour tortillas (8 inch)
- 6 slices** turkey
- 3** Roma tomatoes (small, chopped)
- 3 cups** baby spinach leaves (fresh)

Directions

1. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
2. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	4 g	6%
Protein	4 g	
Carbohydrates	13 g	4%
Dietary Fiber	1 g	4%
Saturated Fat	2 g	10%
Sodium	340 mg	14%

Colorful Quesadillas

Rating: 5 ★★★★★

Makes: 8 servings

Ingredients

- 8 ounces cream cheese, fat-free
- 1/4 teaspoon garlic powder
- 8 flour tortillas (small)
- 1 cup sweet red pepper (chopped)
- 1 cup low-fat cheese (shredded)
- 2 cups spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry)

Directions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 tablespoons of the cheese mixture on each tortilla.
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.
4. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
7. Cut each quesadilla into 4 wedges. Serve warm.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	3.5 g	5%
Protein	11 g	
Carbohydrates	20 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	420 mg	18%

Fudgy Fruit

Makes: 4 servings

Ingredients

- 2 tablespoons** chocolate chips (semi-sweet)
- 2** banana (large, peeled and cut into quarters)
- 8** strawberries (large)
- 1/4 cup** peanuts (chopped, unsalted)

Directions

1. Place chocolate chips in a small microwave safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	6 g	9%
Protein	3 g	
Carbohydrates	23 g	8%
Dietary Fiber	3 g	12%
Saturated Fat	1.5 g	8%
Sodium	0 mg	0%

Orange Glazed Skinless Chicken Wings

Makes: 5 Servings

Ingredients

10 chicken wings (skin removed)

3 tablespoons butter

1 teaspoon seasoned salt

1/2 cup orange marmalade

Directions

1. Rinse chicken wings and dry on paper toweling. Tuck the wing tip under the larger joint to form a triangle.
2. Heat butter in skillet (200°F on temperature controlled gas burner).
3. Sprinkle wings with seasoned salt and place in heated butter. Sauté on temperature controlled gas burner (325°F) until evenly brown on both sides, about 20 minutes.
4. Spread with orange marmalade, continuing to sauté while basting frequently for another 20 minutes.
5. Remove from skillet. Serve hot.
6. Hold at serving temperature on automatic burner or in 'Keep-Warm' oven set at 170°F. They will be glazed and "sticky" good.

Notes

Leg pieces or whole chicken may be prepared this way and served as an entree.

Crunchy Vegetable Wraps

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 4 tablespoons** cream cheese, low-fat (whipped)
- 2** flour tortillas
- 1/2 teaspoon** ranch seasoning mix
- 1/4 cup** broccoli (washed and chopped)
- 1/4 cup** carrot (peeled and grated)
- 1/4 cup** zucchini (washed and cut into small strips)
- 1/4 cup** summer squash (yellow, washed and cut into small strips)
- 1/2** tomato (diced)
- 2 tablespoons** green bell pepper (seeded and diced)
- 2 tablespoons** chives (chopped fine)

Directions

1. In a small bowl, stir ranch seasoning into cream cheese, chill.
2. Wash and chop vegetables.
3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
4. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
5. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	110	
Total Fat	3.5 g	5%
Protein	4 g	
Carbohydrates	16 g	5%
Dietary Fiber	2 g	8%
Saturated Fat	1.5 g	8%
Sodium	250 mg	10%

- Be creative. Try different vegetables, herbs and spices. Examples- green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry or chili powder.
- You can substitute pre-made flavored cream cheeses- chive, herb or vegetable.
- Try a sweet cream cheese and add fruit to your wrap for a different twist.
- This wrap is great with soup or salad or served as a cool summer appetizer!

Low Fat Ranch Dip

Makes: 4 servings

Ingredients

- 1 can** great northern beans (15 ounce, rinsed and drained)
- 1/4 cup** water
- 1/2 cup** yogurt, low-fat plain
- 1/2 teaspoon** garlic powder
- 1/8 teaspoon** cayenne pepper
- 1/4 teaspoon** black pepper
- 1 tablespoon** chives (fresh, chopped)
- 1 tablespoon** parsley (fresh, chopped)
- 1/4 teaspoon** tarragon (dried)
- 1/4 teaspoon** salt
- 1 tablespoon** lemon juice

Directions

1. Blend the beans and garlic in a blender, adding enough water for the desired consistency.
2. Blend for 2 minutes to make it silky smooth.
3. Use a spatula to scrape the mixture into a medium bowl.
4. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	1 g	2%
Protein	10 g	
Carbohydrates	26 g	9%
Dietary Fiber	6 g	24%
Saturated Fat	0 g	0%
Sodium	170 mg	7%

Fruit Dip

Rating: ★★★★★

Cook time: 15 minutes

Makes: 4 servings

Ingredients

- 8 ounces** yogurt, low-fat vanilla
- 2 tablespoons** orange juice, 100% juice, frozen concentrate (thawed)
- 1 tablespoon** lime juice
- 1/2 tablespoon** brown sugar
- 2** apple (red, cored and sliced)
- 1** pear (cored and sliced)
- 1** peach (pitted and sliced)

Directions

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	1 g	0%
Protein	4 g	
Carbohydrates	32 g	11%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	40 mg	2%

Stir Fried Beef

Makes: 6 servings

Ingredients

- 1 1/2 pounds** steak (sirloin)
- 2 teaspoons** vegetable oil
- 1** garlic clove (minced)
- 1 teaspoon** vinegar
- 1/8 teaspoon** salt
- 1/8 teaspoon** pepper
- 2** onion (large, sliced)
- 1** tomato (large, sliced)
- 3 cups** potatoes (boiled, diced)

Directions

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

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	280	
Total Fat	10 g	15%
Protein	27 g	
Carbohydrates	20 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	3.5 g	18%
Sodium	110 mg	5%

Fried Rice

Makes: 6 Servings

Ingredients

2 tablespoons vegetable oil
3 cups cooked brown rice
1 carrot (cut into 1/4-inch slices)
1/2 bell pepper (chopped)
1/2 cup chopped onion
1/2 cup chopped broccoli
2 tablespoons soy sauce, low-sodium
1/2 teaspoon black pepper
1 teaspoon garlic powder
2 eggs, beaten
3/4 cup cooked bite-size pieces of chicken

Directions

1. Heat oil in a large skillet over medium heat.
2. Add rice and stir for 5 minutes.
3. Stir in carrot, bell pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender.
4. Remove mixture from pan.
5. Pour eggs into pan and scramble.
6. Put vegetable mix and rice back in the pan and mix with scrambled eggs.

7. Add chicken and cook until hot.

8. Refrigerate leftovers.

Mixed Fruit Salad

Prep time: 10 minutes

Makes: 6 Servings

Ingredients

- 1 **can** mandarin oranges, drained
- 1 **can** fruit cocktail, drained
- 1 **can** pineapple chunks, drained
- 2 apples (chopped)
- 1 banana (sliced)

Directions

1. Mix all ingredients together.
2. Cover and chill until ready to serve.
3. Refrigerate leftovers.