

# Shepherd's Pie

**Makes:** 6 Servings

## Ingredients

2 potatoes, large with skin, diced  
1/3 cup milk, skim  
1/2 pound ground turkey, 85% lean  
2 tablespoons flour  
1 package frozen mixed vegetables (10 ounces)  
1 can vegetable stock, low sodium  
shredded cheese (optional)

## Directions

1. Place diced potatoes in saucepan. Cover with water and bring to a boil. Reduce heat and simmer (about 15 minutes).
2. Drain potatoes and mash. Stir in milk and set aside.
3. Preheat oven to 375°F.
4. Brown turkey in a large skillet. Stir in flour and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Bring to a slow boil.
6. Spoon vegetable/meat mixture into an 8-inch square baking dish. Spread potatoes over mixture. Bake 25 minutes.

7. Serve hot. Garnish with shredded cheese (optional).

# Vegetable Stew

**Makes:** 8 servings

## Ingredients

- 3 cups** water
- 1** vegetable bouillon (low sodium, cube)
- 2 cups** white potatoes (cut into 2-inch strips)
- 2 cups** carrot (sliced)
- 4 cups** summer squash (cut into 1-inch chunks)
- 1 cup** summer squash (cut into 4 chunks)
- 1 can** sweet corn (15 ounces, rinsed and drained)
- 1 teaspoon** thyme
- 2** garlic (cloves, minced)
- 1** green onion (stalk, chopped)
- 1/2** green chile pepper (small, chopped)
- 1 cup** onion (coarsley chopped)
- 1 cup** tomatoes (diced)

## Directions

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

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>140</b>	
Total Fat	1 g	2%
Protein	4 g	
Carbohydrates	31 g	10%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	210 mg	9%

# Cabbage Comfort

Rating: ★★★★★

Makes: 4 servings

## Ingredients

- 1 onion (sliced)
- 1 **teaspoon** vegetable oil
- 1 **pound** cabbage (sliced)
- 1/4 **teaspoon** salt
- 1/4 **teaspoon** black pepper
- 1 **teaspoon** caraway seeds

## Directions

1. Heat oil in a large saute pan.
2. Saute onion over medium heat, until light brown, about 5 to 6 minutes.
3. Add sliced cabbage, salt, black pepper, and caraway seeds.
4. Stir and cook for 30 minutes.
5. Serve immediately.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>50</b>	
Total Fat	1.5 g	2%
Protein	2 g	
Carbohydrates	9 g	3%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	170 mg	7%

# Sugarless Oatmeal Cookies

Rating: ★★

Makes: 15 servings

## Ingredients

3 banana (ripe)  
1/3 cup margarine  
2 cups quick-cooking oats (uncooked)  
1/4 cup skim milk  
1/2 cup raisins  
1 teaspoon vanilla extract

## Directions

1. Preheat oven to 350 degrees.
2. Put the margarine in a small saucepan. Melt it on low heat.
3. Put all the ingredients in a mixing bowl. Mix really well.
4. Let the mix stand for about 5 minutes, until the oats are wet.
5. Lightly grease the cookie sheet.
6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.
7. Bake the cookies for 15 to 20 minutes.
8. Let the cookies cool on the cookie sheet for about 1 minute.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>110</b>	
Total Fat	5 g	8%
Protein	2 g	
Carbohydrates	17 g	6%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	35 mg	1%

9. Move the cookies to wire racks or a towel. Let them cool completely.

# Confetti Slaw

Rating: ★★★★★

Makes: 8 servings

## Ingredients

- 1/4 head of cabbage (green)
- 2 carrot
- 1/4 cup raisins
- 1/4 cup peanuts
- 1/2 cup yogurt, low-fat vanilla
- 1 tablespoon orange juice

## Directions

1. Slice and cut cabbage into thin strips. Place pieces in large mixing bowl.
2. Peel and grate carrots. Add to mixing bowl.
3. Measure raisins and peanuts. Add to mixing bowl.
4. Mix all ingredients together.
5. Combine yogurt and orange juice in small bowl.
6. Add yogurt mixture to cabbage mixture, stirring to combine ingredients thoroughly.

### Create-a-Flavor Changes

- Combine 1/8 head each red and green cabbage.
- Add 2 tablespoons mini-marshmallows.
- Try a different flavor yogurt and juice.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>70</b>	
Total Fat	2.5 g	4%
Protein	2 g	
Carbohydrates	11 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	30 mg	1%

# Easy Red Beans and Rice

**Makes:** 8 servings

## Ingredients

cooking oil spray, as needed (non-stick)  
**1** onion (large, peeled and chopped)  
**1** green bell pepper (medium, washed, seeded and chopped)  
**1 teaspoon** garlic powder  
**2 cans** diced tomatoes (14.5 ounces)  
**1 can** kidney beans (15.5 oz, drained and rinsed)  
**6 cups** cooked brown rice

## Directions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil.
5. Reduce heat to low and simmer for 5 minutes.

6. Serve over rice.

# Lite Fried Okra

**Makes:** 4 servings

## Ingredients

**2 cups** okra (fresh, sliced)  
**3/4 teaspoon** vegetable oil  
**1/8 teaspoon** salt  
**1/8 teaspoon** pepper  
cooking spray (nonstick, as needed)

## Directions

1. Wash hands with warm water and soap.
2. In a bowl, mix sliced okra, oil, salt and pepper.
3. Coat a large fry pan with cooking spray.
4. Heat over medium heat, and add okra mixture, turning often with a wooden spoon or spatula.
5. Cook until okra is browned, about 10 minutes.
6. Serve with hot sauce or favorite relish.

# Southern Banana Pudding

**Makes:** 10 servings

## Ingredients

- 3 3/4 cups** milk (fat-free)
- 2** instant vanilla pudding and pie-filling mix (small packages 4 serving size, fat-free, sugar free)
- 32** vanilla wafers (reduced-fat)
- 2** banana (medium, sliced)
- 2 cups** frozen whipped topping (fat-free, thawed)

## Directions

1. Mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>140</b>	
Total Fat	2 g	3%
Protein	4 g	
Carbohydrates	26 g	9%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	170 mg	7%

# Corn Muffins

**Makes:** 12 servings

## Ingredients

**1 cup** cornmeal  
**1 cup** flour  
**1 tablespoon** baking powder  
**1/4 cup** sugar  
**1** egg  
**1 cup** milk  
**1/4 cup** vegetable oil  
margarine or butter (to grease the muffin cups)

## Directions

1. Preheat the oven to 425 degrees.
2. Put the cornmeal, flour, baking powder, salt and sugar in a large bowl. Stir together well. Set aside.
3. In a small bowl, beat the egg lightly. Add the milk and oil.
4. Add the egg, milk, and oil to the cornmeal mix. Stir just until blended.
5. Grease the muffin cups with some margarine or butter.
6. Fill each muffin cup 1/2 full with the batter.
7. Bake for 15 to 20 minutes or until lightly browned.

## Notes

Add 1/2 cup grated apple or 1/2 cup applesauce in the batter.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>160</b>	
Total Fat	5 g	8%
Protein	3 g	
Carbohydrates	24 g	8%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	140 mg	6%