

SECTION 2: RECIPE IDEAS

An important part of healthy eating is putting it together in an interesting way. This section provides recipe ideas that utilize Foodbank items, as well as those listed on the 'Additional Items Shopping List' from the previous section.

Note: Carbohydrate amounts at the end of each recipe assume the usage of optional ingredients unless otherwise specified.

Tuna Pasta Salad

You will need:

- 8 oz. whole-grain pasta
- 1 cup frozen green peas
- 5 oz. canned tuna
- 1/2 cup chopped celery
- 1/4 cup balsamic vinaigrette

Directions:

1. Combine pasta and peas in a large bowl with tuna, celery, and balsamic vinaigrette.
2. Season with 1/4 tsp. salt and black pepper to taste; mix well to combine.
3. Serve slightly chilled or at room temperature.

24 g CHO/serving (1 cup)

Optional: Enjoy over a pile over mixed greens (not factored into carbohydrate amount).

Fruity Yogurt Parfaits

You will need (per glass):

- 1 cup (8 oz.) low-fat yogurt
- 1/8 can pie filling

Directions:

Layer the yogurt and pie filling in a glass, alternating between yogurt and pie filling. Enjoy as an occasional treat.

32 g CHO/serving

Optional: To make it a bit more interesting, try adding a few layers of chopped fruit (not factored into carbohydrate amount).

Black Bean and Corn Salad

Salad Ingredients:

- 2 cans (15.2 oz.) corn, drained and rinsed
- 2 cans (15.5 oz.) black beans, drained and rinsed
- 1 can (14.5 oz.) diced tomatoes with green chilies (optional)
- 1 small onion, chopped (optional)

Dressing Ingredients (this is optional, you may choose a similar low-fat store-bought dressing):

- 3 tablespoons olive oil or canola oil
- 1/3 cup lime or lemon juice
- 1/2 teaspoon pepper
- 1 teaspoon ground cumin (optional)

Directions:

1. Mix the salad ingredients in a large bowl.
2. Mix the dressing ingredients in a small bowl (if you chose to make it).
3. Pour dressing over corn mixture, mix well.
4. Cover and refrigerate for at least 2 hours.

28 g CHO/serving (1/2 cup) Note: this measurement assumes you used the dressing in this recipe.

Salsa Chicken

You will need:

- 4 boneless, skinless chicken breasts
- 1 tsp. salt
- 1 tsp. pepper
- 1 Tbsp. olive oil
- 1 (16 oz) jar mild salsa
- 1 cup low-fat mozzarella cheese, shredded (another cheese may be substituted)
- 4 cups cooked brown rice (pasta or another rice variety may be substituted)

Directions:

1. Season chicken breasts with salt and pepper.
2. Heat olive oil in large skillet over medium heat and add chicken breast.
3. Cook chicken breast 10 minutes on each side, until juices run clear.
4. Add jar of salsa to chicken and simmer 10 minutes.
5. Sprinkle cheese over salsa chicken mixture. Cover and continue to simmer for 5 minutes.
6. Serve over rice (or pasta, as the case may be).

13 g CHO/chicken breast

Quick Taco Salad

You will need:

- 1 lb. lean ground beef
- 1 onion, chopped (optional)
- 1 pkg. (1-1/4 oz.) taco seasoning mix
- 1/4 cup water
- 10 cups torn romaine lettuce (about 1 large head) (another type of lettuce may be substituted)
- 2 tomatoes, chopped (optional)
- 1 cup shredded cheddar cheese (another variety may be substituted)
- 2 cups tortilla chips, coarsely crushed (optional)

Directions:

1. Brown meat with onions (if used) in large nonstick skillet on medium-high heat; drain.
2. Add seasoning mix and water; mix well. Bring to boil. Simmer on medium-low heat 3 min.
3. Divide lettuce among 4 plates. Top evenly with meat mixture, tomatoes (if used), cheese, and crushed chips (if used). Drizzle with dressing (optional).

24 g CHO/serving (makes 4 servings)

Mediterranean Pork Chops

You will need:

- 4 pork chops, cut into 1/2 inch thick pieces

- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. dried rosemary, crushed (optional)
- 3 cloves garlic, minced

Directions:

1. Preheat oven to 425 degrees Fahrenheit.
2. Sprinkle all sides of chops with salt and pepper; set aside.
3. In a small bowl, combine rosemary (if used) and garlic.
4. Sprinkle rosemary/garlic mixture evenly over all sides of the chops; rub in with your fingers.
5. Place chops on a rack in a shallow roasting pan.
6. Roast chops for 10 minutes.
7. Reduce oven temperature to 350 degrees and continue roasting for about 25 minutes or until no pink remains and juices run clear.

1 g CHO/chop

Healthy Ramen Noodles (Ramen is surprisingly versatile; for a fun experiment, try seeing what concoctions you can come up with!)

You will need:

- 1 pkg. Ramen Noodles
- 1 cup cooked chicken breast
- 1 cup frozen vegetables of your choice

Directions:

1. Prepare ramen according to package directions.
2. Add chicken and vegetables. Mix and enjoy!

32 g CHO/serving

Garlic Mashed Potatoes

You will need:

- 1-1/4 lb. potatoes (about 2 potatoes), unpeeled and cut into 1-inch pieces
- 4 large cloves of garlic, peeled and quartered
- 1/2 cup low-sodium chicken broth

- 1 Tbsp. olive oil
- 1/2 tsp. salt
- 1/4 tsp. black pepper

Directions:

1. Boil potatoes until soft.
2. Warm chicken broth in a small pot on the stove or in a glass container in the microwave.
3. Drain water from potatoes.
4. Transfer the potatoes and garlic to the pot, add the oil, salt, pepper, and broth and mash until smooth.

31 g CHO/serving (3/4 cup)

Honey Balsamic Chicken

You will need:

- 2 boneless, skinless chicken breast halves
- 1/2 tsp. garlic salt
- 1/8 tsp. pepper
- 2 tsp. canola oil
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. honey
- 1/2 tsp. dried basil (optional)

Directions:

1. Sprinkle chicken with salt and pepper.
2. In a large skillet over medium heat, cook chicken in oil for 4-7 minutes on each side or until juices run clear.
3. Remove and keep warm.
4. Add the vinegar, honey, and basil (if desired) to the same skillet; cook and stir for 1 minute.
5. Return chicken to the pan; heat through, turning to coat with glaze. Serve with cooked brown rice. Add vegetables if desired.

10 g CHO/chicken breast half, 30 g CHO/1 cup rice, 5 g CHO/1/2 cup vegetables

45 g CHO total

Baked Beans (using can of pork & beans)

You will need:

- 20 oz. pork & beans
- 3 slices bacon (optional)
- 3 Tbsp. chopped onions (optional)
- 1 Tbsp Worcestershire sauce
- 1 tsp dry mustard (optional)
- 1 Tbsp brown sugar (optional)
- 1 Tbsp catsup

Directions:

1. Brown bacon and onion (if used).
2. Place beans in casserole dish with other ingredients.
3. Ad bacon and onions (if used).
4. Bake 25 min. in 300 degree Fahrenheit oven.

20 g CHO/serving (1/4 cup)

Recipe Ideas for Vegetarians

Mushroom Stroganoff

You will need:

- 1/4 cup (1/2 stick) butter, divided
- 1 (16 ounce) package fresh mushrooms, sliced
- 2 medium onions, cut in wedges
- 2 garlic cloves, minced
- 2 Tbsp. unbleached white flour
- 1 cup vegetable broth
- 1 (8 ounce) carton reduced-fat sour cream

Directions:

1. Melt 2 Tbsp. butter in non-stick 12-inch skillet and add mushrooms, onions, and garlic. Cook and stir over medium heat until vegetables are tender. Remove vegetables and keep warm.
2. Add remaining butter and stir in flour. Cook over medium-high heat until mixture bubbles. Pour in broth and stir continuously until sauce thickens. Remove from heat and stir in mushroom mixture and sour cream.

3. Tip: Serve over whole wheat noodles or your choice of rice

Serving size: 1 cup

Nutritional information per serving: 165 Calories, 14 g Total Fat, 8 g Saturated Fat, 35 mg Cholesterol, 190 mg Sodium, 7 g Total Carbohydrate, 1 g Fiber, 2 g Sugars, 5 g Protein.

Penne with Creamy Tomato Sauce

You will need:

- 8 ounces whole wheat penne pasta
- 2 cups tomato pasta sauce
- 1/2 cup fat-free half-and-half cream
- 1 (8 ounce) package sliced mushrooms
- 1/2 tsp salt
- 1/4 tsp pepper

Directions

1. Cook pasta according to package directions. Drain and keep warm.
2. While pasta cooks, heat tomato sauce in 2-quart saucepan over medium heat. Remove from heat and stir in half-and-half cream. Keep warm.
3. Combine mushrooms, salt, and pepper in sprayed non-stick 10-inch skillet over medium-high heat. Cook and stir until mushrooms are tender.
4. Lightly toss cooked pasta, sauce and mushrooms in large bowl.
5. Tip: Pass freshly grated parmesan or Romano cheese at the table.

Serving size: 1 cup

Nutritional information per serving: 265 Calories, 3 g Total Fat, 0 g Saturated Fat, 1 mg Cholesterol, 48 mg Sodium, 49 g Carbohydrate, 7 g Fiber, 4 g Sugar, 10 g Protein.

Rice and Garden Vegetables

You will need:

- 1 Tbsp. olive oil
- 1 cup brown rice (another variety may be substituted if desired)
- 1 garlic clove, minced
- 1 cup chopped onion

- 3 cups vegetable broth
- 1 cup shredded carrots
- 1/2 cup frozen peas
- 1/2 tsp salt
- 1/4 tsp pepper

Directions

1. Heat oil in large heavy pan over medium-high heat. Add brown rice; cook and stir until it browns. (Be careful not to burn rice.) Add garlic and onion, cook and stir until onion is tender.
2. Add broth and bring to a boil. Reduce heat to low, cover and simmer about 45 to 50 minutes or until rice is tender and absorbs broth.
3. Stir in carrots, peas, salt, and pepper. Simmer covered about 5 minutes or until carrots and peas are tender. Add small amount of water, if needed.
4. Tip: You can use frozen black-eyed peas instead of frozen peas, if you like.

Serving Size: 1 cup

Nutritional information per serving: 77 Calories, 2 g Total Fat, 0 g Saturated Fat, 0 mg Cholesterol, 437 mg Sodium, 12 g Carbohydrate, 2 g Fiber, 3 g sugars, 2 g Protein.

Almond-Raisin Curried Rice

You will need:

- 1 cup brown rice (another variety may be substituted if desired)
- 2-3/4 cups vegetable broth
- 1 Tbsp. butter
- 1 Tbsp. finely chopped onion
- 1/2 to 1 tsp. curry powder
- 1/3 cup slivered almonds, toasted
- 1/3 cup golden raisins
- 3/4 tsp salt
- 1/4 tsp pepper

Directions

1. Combine brown rice and broth in 2-quart saucepan and bring to a boil. Reduce heat to low. Cover and simmer 45 to 50 minutes. Fluff with fork and let stand in saucepan.

2. Add butter and onion to non-stick 12-inch skillet over medium heat. Cook and stir about 2 minutes. Add curry powder, salt, and pepper and stir. Transfer onion mixture to hot brown rice and stir to mix.
3. Sprinkle almonds and raisins on top.

Serving size: 1 cup

Nutritional information per serving: 239 Calories, 14 g Total Fat, 3 g Saturated Fat, 8 mg Cholesterol, 651 mg Sodium, 27 g Carbohydrate, 4 g Fiber, 10 g Sugars, 6 g Protein.

Oven-Baked Rice

You will need:

- 2 Tbsp butter
- 1 cup long-grain white rice (another variety may be substituted if desired)
- 2 cups vegetable broth

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Melt butter in 10-inch skillet over medium heat. Add rice; cook and stir until rice browns.
3. Add rice and broth to 1-1/2 quart baking dish. Cover and bake about 35 minutes or until rice is tender and absorbs broth. Fluff with fork before serving
4. Tip: Rice math; 1 cup regular rice=3 cups cooked rice; 1 cup brown rice=3-1/2 to 4 cups cooked brown rice

Serving size: 3/4 cup

Nutritional information per serving: 99 Calories, 6 g Total Fat, 4 g Saturated Fat, 16 mg Cholesterol, 236 mg Sodium, 10 g Carbohydrate, 0 g Fiber, 0 g Sugars, 1 g Protein.

Broccoli-Cheese Soup

You will need:

- 4 cups frozen chopped broccoli, divided
- 1 (14 ounce can) vegetable broth
- 1 Tbsp butter
- 1 Tbsp unbleached white flour
- 1 cup light plain soymilk

- 1/2 cup shredded sharp cheddar cheese
- 1/2 tsp salt
- 1/8 tsp pepper

Directions:

1. Cook broccoli according to package directions, drain and set aside 1 cup.
2. Combine remaining broccoli and 1 cup broth or water in food processor or blender. Cover and process until smooth.
3. Melt butter in large, heavy saucepan over medium heat and stir in flour. Add salt and pepper. Cook until mixture bubbles.
4. Add soymilk, cook and stir until mixture thickens. Stir in remaining broccoli, processed broccoli, remaining broth and cheese. Cook over low heat until cheese melts.

Serving size: 1 cup

Nutritional information per serving: 134 Calories, 7 g Total Fat, 4 g Saturated Fat, 18 mg Cholesterol, 450 mg Sodium, 11 g Carbohydrate, 2 g Fiber, 3 g Sugars, 8 g Protein.

Hearty Potato Soup

You will need:

- 5 medium russet potatoes, peeled, cubed
- 1/2 cup chopped onion
- 1 (14 ounce) can vegetable broth, divided
- 1 Tbsp butter
- 1 Tbsp unbleached white flour
- 1 cup fat-free skim milk, divided
- 1/2 tsp salt
- 1/8 tsp pepper

Directions:

1. Combine potatoes and onion with enough water to cover in 4-quart saucepan. Bring to a boil, reduce heat and simmer covered for about 15 to 20 minutes or until potatoes are tender. Drain and set aside 1 cup potatoes.
2. Add remaining drained potato-onion mixture and 3/4 cup broth to food processor. Process in batches about 1 minute or until smooth. Alternatively, you may use a blender.

3. Melt butter in large, heavy saucepan over medium heat and stir in flour. Add salt and pepper. Cook and stir until mixture bubbles. Add skim milk, cook and stir until it thickens.
4. Stir in processed potatoes, unprocessed potatoes and remaining broth and cook until hot.
5. Tip: Garnish each serving with sliced green onions and shredded sharp cheddar cheese.

Serving size: 3/4 cup

Nutritional information per serving: 115 Calories, 1 g Total Fat, 1 g Saturated Fat, 4 mg Cholesterol, 183 mg Sodium, 23 g Carbohydrate, 2 g Fiber, 3 g Sugars, 3 g Protein.

