

Yummy Benefits Cookbook

Volume II



Table of Contents:

Cooking Temperatures:.....pg06

Abbreviations.....pg07

Breakfast:

Breakfast Burrito.....pg09

Breakfast Quinoa.....pg10

Cinnamon Walnut Overnight Oats.....pg11

Spinach and Mozzarella Egg Bake.....pg12

**Egg White Omelet with Cheese, Mushrooms and Spinach
.....pg13**

Soups and Salads:

Black Bean and Salsa Soup.....pg15

Chicken Barley Stew.....pg16

Country Lentil Soup..... pg17

Curry Pumpkin Soup.....pg18

Gingery Carrot Tomato Soup.....pg19

Kale Salad.....pg20

Mediterranean Chickpea Salad.....pg21

Smokey Ham and Bean soup.....pg22

Tuscan Bean Soup.....	pg23
Apple Walnut Salad with Red Wine Vinaigrette.....	pg24
Winter Vegetable Soup.....	pg25

Entrees:

20 Minute Chicken Creole.....	pg27
Black Bean Covered Sweet Potato.....	pg28
Black Bean and Zucchini Quesadillas.....	pg29
Black Bean Burgers.....	pg30
Chicken Fajitas.....	pg31
Mini Tortilla Pizzas.....	pg32
Oven Baked Fish Sticks.....	pg33
Pan Seared Fish with Wilted Kale.....	pg34
Poached Cod and Green Beans with Pesto.....	pg35
Stir Fried Orange Beef.....	pg36
Super Meat Loaf.....	pg37
Sweet and Sour Chicken.....	pg38
Tropical Teriyaki Chickpeas over Brown Rice.....	pg39
Veggie Quesadillas.....	pg40
Vegetable Stir Fry.....	pg41
Zesty Tuna Burgers.....	pg42

Sides:

Apple Coleslaw.....	pg44
Baked Acorn Squash.....	pg45
Cinnamon Glazed Baby Carrots.....	pg46
Creamy Potato Salad with Eggs, Peas and Chives	pg47
Garden Risotto.....	pg48
Japanese Cucumber Salad.....	pg49
Lemon Parmesan Broccoli.....	pg50
Mashed Cauli-Potatoes.....	pg51
Root Vegetable Home Fries.....	pg52
Zucchini Pancakes.....	pg53

Snacks:

Black Bean and Corn Salad.....	pg55
Energy Bars.....	pg56
Fiestas Cheese Torta.....	pg57
Fluffy Peanut Butter Dip.....	pg58
Gazpacho Dip with Garlic Pita Chips.....	pg59
Hummus.....	pg60
Pineapple Yogurt Dip.....	pg61

Desserts:

Berry Parfait.....pg63
Caramelized Bananas.....pg64
Peanut Butter Milkshake.....pg65
Pumpkin Moussepg66
Strawberry Banana Oatmeal Smoothie.....pg67
Summer Strawberry Orange Cups.....pg68

Healthy Sustainable Eating Tips.....pg69

Cooking Temperatures

(fsis.usda.gov)

Poultry:

Whole: 165° F

Ground: 165° F

Beef:

Steaks/Roasts/Chops: 145° F

Ground: 160° F

Pork:

Steaks/Roasts/Chops: 145° F

Ground: 160° F

Ham:

Fresh or smoked: 145° F

Fish:

Filets: 145° F

Ground: 145° F

Eggs: 160° F

Leftovers and Casseroles: 165° F

Abbreviations

c = Cup

Tbsp. = Tablespoon

Tsp = Teaspoon

oz. = Ounce

lb. = Pound

g = Gram

mg = Milligram

Breakfast



Breakfast Burrito

Servings: 4

Servings Size: 1 burrito

Source: VA Minneapolis Healthcare System Healthy Teaching Kitchen



Ingredients:

- ✓ 1 Tbsp olive oil
- ✓ ¼ c green pepper, chopped
- ✓ ½ c shredded Monterey jack cheese
- ✓ ¼ c salsa
- ✓ ½ c onion, diced
- ✓ 4 eggs, beaten
- ✓ 4 (8 inch) whole wheat tortillas

Directions:

1. Add olive oil to a skillet over medium-low heat. Sauté onion and green bell pepper until onion and bell pepper are tender, about 5-10 minutes.
2. Pour eggs into vegetable mixture. Cook and stir until eggs are scrambled and cooked through until firm, about 5 minutes.
3. Sprinkle Monterey jack cheese over egg mixture. Cook and stir egg mixture until cheese is melted, about 2-3 minutes.
4. Serve egg mixture in tortillas. Top with salsa.



Nutritional Info:

Calories: 293
Fat: 14g
Carbohydrate: 29g
Sodium: 513mg
Fiber: 4g
Protein: 15g

TIPS:

- ✓ Try using other combinations of vegetable toppings: mushrooms, broccoli, zucchini, squash, etc.
- ✓ For added protein, consider adding a lean meat or beans.

Breakfast Quinoa

Servings: 2

Servings Size: ½ recipe

Source: Adapted from allrecipes.com

Submitted by: Allison Wanner- Fargo VA



Ingredients:

- ✓ ½ c quinoa
- ✓ ½ c water
- ✓ ½ c skim milk
- ✓ ½ tsp ground cinnamon
- ✓ ½ tsp vanilla extract
- ✓ ¼ c dried cranberries
- ✓ ¼ c almonds
- ✓ 1 Tbsp honey

Directions:

1. Bring quinoa, water, and skim milk to a boil. Reduce heat to medium-low.
2. Add cinnamon and vanilla extract.
3. Cover and simmer about 10-15 minutes until water is absorbed and quinoa is fork tender and no longer crunchy.
4. Mix cranberries, almonds, and honey into the quinoa mixture.



Nutritional Info:

Calories: 311
Fat: 8g
Carbohydrate: 45g
Sodium: 37mg
Fiber: 5g
Protein: 10g

TIPS:

- ✓ Try using a garnish: blackberries, strawberries, raspberries, etc.
- ✓ For added fruit: consider adding other dried fruit or fresh fruit options.

Cinnamon Walnut Overnight Oats

Servings: 1

Servings Size: 1 recipe

Source: Jenelle York, MS, RD- VA Portland Health Care System



Ingredients:

- ✓ ½ c rolled oats
- ✓ 1 c low-fat milk
- ✓ 1 Tbsp chia seeds
- ✓ 1 crisp pear, cored, and diced
- ✓ 2 Tbsp walnuts, roughly chopped
- ✓ ⅛ - ¼ tsp ground cinnamon

Directions:

1. Stir together oats, milk, and chia seeds.
2. Add remaining ingredients.
3. Cover and refrigerate overnight. In the morning, grab and go.



TIP:

Nutritional Info:

Calories: 421
Fat: 18g
Carbohydrate: 58g
Sodium: 206mg
Fiber: 15
Protein: 14g

- ✓ Substitute the pear with another fresh or dried fruit offering if you prefer.
- ✓ Don't do well with milk? Substitute non-dairy alternative like soy or almond milk.

Spinach and Mozzarella Egg Bake

Servings: 6

Servings Size: 1/6 of pan

Source: Dietitians Emily Walker and Elizabeth Ollendike



Ingredients:

- ✓ 1 small can mushrooms,
drained and rinsed
- ✓ 5 oz spinach
- ✓ 1/3 c chopped onion
- ✓ 1 ½ c shredded part skim
mozzarella cheese, grated
- ✓ 2 c egg substitute
- ✓ Mrs. Dash to taste

Directions:

1. Preheat oven to 375°F. Spray a 13-inch x 9-inch glass or crockery casserole dish with non-stick spray.
2. Spray a pan, add onion, mushrooms and spinach all at once, and stir just until the spinach is wilted, about 2 minutes.
3. Transfer to the casserole dish, spreading it around so all the bottom of the dish is covered.
4. Layer the grated cheese on top of the spinach mix.
5. Beat the eggs with Mrs. Dash. Pour the egg mixture over the cheese and then use a fork to gently stir so the eggs, spinach, onion, mushrooms and cheese are evenly combined.
6. Bake about 35 minutes or until the mixture is completely set and starting to lightly brown.
7. Let cool about 5 minutes before cutting. Serve hot.



Nutritional Info:

Calories: 137
Fat: 6g
Carbohydrate: 5g
Sodium: 368mg
Fiber: 1g
Protein: 16g

TIP:

- ✓ Consider adding or replacing other fresh vegetables for some variety.
- ✓ Consider adding a lean meat for extra protein.

Egg White Omelet with Cheese, Mushrooms, and Spinach

Servings: 4

Servings Size: ¼ of recipe

Source: Brian Dugan- Minneapolis VA Healthcare System Healthy Teaching Kitchen



Ingredients:

- ✓ 12 egg whites, beaten
- ✓ 3/4 c low-fat shredded cheese
- ✓ 1 c sautéed mushrooms
- ✓ non-stick vegetable spray
- ✓ 2 c frozen spinach, thawed
- ✓ salt and pepper to taste

Directions:

1. Spray pan with non-stick vegetable spray and heat over medium-high.
2. Add egg whites to the pan. Do not stir. Allow egg whites to cook until firm.
3. Add low-fat cheese, sautéed mushrooms, spinach, as well as a small pinch of salt and pepper over the top of the forming omelet.
4. Turn down the heat and turn one side of the omelet over the other. Keep on stovetop or put it into the oven until the cheese is melted on the inside. About 1-2 minutes.



Nutritional Info:

Calories: 144
Fat: 6g
Carbohydrate: 4g
Sodium: 544mg
Fiber: 3g
Protein: 19g

TIP:

- ✓ Consider adding or replacing other fresh vegetables. Try some salsa or jalapenos for some extra heat.
- ✓ Consider adding a lean meat for extra protein.

Soups and Salads



Black Bean and Salsa Soup

Servings: 4

Servings Size: 8 oz

Source: allrecipes.com

Submitted by: Jaylene Daugherty, RD, LD, CDE- Sheridan, WY



Ingredients:

- ✓ 2 (15oz) cans of black beans,
drained and rinsed
- ✓ 1 ½ c low sodium chicken broth
- ✓ 1 tsp ground cumin
- ✓ 1 c chunky salsa
- ✓ 4 Tbsp light sour cream
- ✓ 2 Tbsp green onion as garnish

Directions:

1. In a food processor or blender, combine beans, broth, salsa and cumin. Blend until fairly smooth. You can save some beans as whole if so desired.
2. Heat the mixture in a saucepan over medium heat until thoroughly heated.
3. Ladle soup into 4 bowls and top each with 1 Tbsp sour cream and ½ Tbsp green onion.



Nutritional Info:

Calories: 240
Fat: 5g
Carbohydrate: 35g
Sodium: 1200mg
Fiber: 13g
Protein: 13g

TIP:

- ✓ Reduce sodium by rinsing the canned beans well or choosing dried beans and cooking yourself.

Chicken Barley Stew

Servings: 4

Servings Size: 1 $\frac{3}{4}$ cups

Source: Adapted from 2004 recipe from Cooking Light

Submitted by: Sandra Athanas-Moccia, RD, LDN- VISN 1



Ingredients:

- ✓ 1 c uncooked quick-cooking barley
- ✓ 5 $\frac{1}{4}$ c low sodium chicken broth
- ✓ 1 Tbsp olive oil
- ✓ 1 $\frac{3}{4}$ c chopped onion
- ✓ 10 oz frozen vegetables
- ✓ 12 oz cooked chicken
- ✓ $\frac{1}{4}$ tsp ground thyme
- ✓ $\frac{1}{4}$ tsp black pepper

Directions:

1. Bring barley and broth to a boil in a large saucepan. Reduce heat, and simmer 5 minutes.
2. While barley cooks, heat oil in a large nonstick skillet over medium-high heat.
3. Add onion; sauté 3 minutes. Add mixed vegetables; sauté 2 minutes. Add vegetable mixture, chicken, thyme, and pepper to barley mixture; simmer 4 minutes.



Nutritional Info:

Calories: 420
Fat: 10g
Carbohydrate: 49g
Sodium: 290mg
Fiber: 11g
Protein: 33g

TIP:

- ✓ Scandinavian or Italian blend frozen vegetable mix works really well with this recipe.

Country Lentil Soup

Servings: 6

Servings Size: 1-1½ cups

Source: 1,001 Delicious Recipes for People with Diabetes

Submitted by: Barbara Nolan, MS, RD, CDE, CD



Ingredients:

- ✓ 1 ½ c chopped onion
- ✓ 1 c chopped celery
- ✓ 1 c chopped carrots
- ✓ 2 tsp minced garlic
- ✓ 1 Tbsp olive oil
- ✓ 3 c low sodium vegetable broth
- ✓ 2 c water
- ✓ 1 c dried lentils
- ✓ 1 can (14 ½ oz) whole tomatoes, undrained, crushed
- ✓ 2 Tbsp chopped parsley
- ✓ 1 tsp dried marjoram leaves
- ✓ ½ tsp dried oregano
- ✓ ½ tsp dried thyme leaves
- ✓ salt and pepper to taste
- ✓ 4 Tbsp grated fat-free Parmesan cheese

Directions:

1. Sauté onions, celery, carrots, and garlic in oil in large saucepan 5-8 minutes.
2. Add broth, water, lentils, tomatoes, and herbs; heat to boiling. Reduce heat and simmer, covered, until lentils are tender, about 30 minutes.
3. Season to taste with salt and pepper.
4. Sprinkle each bowl of soup with 1 Tablespoon cheese.



Nutritional Info:

Calories: 275
Fat: 4.5g
Carbohydrate: 43g
Sodium: 109mg
Protein: 16g

TIP:

- ✓ For a little spice, add diced jalapeno to step one.
- ✓ Try using “reduced sodium” or “no added salt” canned tomatoes too.

Curry Pumpkin Soup

Servings: 4

Servings Size: 1 cup

Source: Adapted from tasteofhome.com

Submitted by: Kori Geinert, RD- Minneapolis VA Medical Center



Ingredients:

- | | |
|--------------------------------|-----------------------------------|
| ✓ 1 small onion, chopped | ✓ 1 tsp curry powder |
| ✓ 1 tsp canola oil | ✓ 1 tsp sugar |
| ✓ 2 c low sodium chicken broth | ✓ dash pepper |
| ✓ 1 can (15oz) pumpkin | ✓ ½ c evaporated milk |
| ✓ 1 Tbsp lemon juice | ✓ chopped fresh parsley, optional |

Directions:

1. In a saucepan over medium heat, sauté onion in oil until tender.
2. Add the broth, pumpkin, lemon juice, curry powder, sugar, and pepper; bring to a boil.
3. Reduce heat; cover and simmer for 15 minutes. Stir in evaporated milk; heat through.
4. Garnish with parsley if desired.



Nutritional Info:

Calories: 74
Fat: 2g
Carbohydrate: 11g
Sodium: 60mg
Fiber: 1g
Protein: 3g

TIP:

- ✓ Top with a spoonful of plain Greek yogurt as a low fat alternative to sour cream.

Gingery Carrot Tomato Soup

Servings: 2

Servings Size: 2 cups

Source: Jenelle York, MS, RD- VA Portland Health Care System



Ingredients:

- ✓ 1 pint cherry or grape tomatoes
- ✓ 1 stalk celery, quartered
- ✓ 4 small carrots, peeled and quartered
- ✓ 2 Tbsp low fat milk
- ✓ 1-2 tsp of ground ginger
- ✓ 1 clove garlic or ⅛ tsp garlic powder
- ✓ ½ tsp smoked paprika
- ✓ ¼ tsp pepper
- ✓ ¼ tsp turmeric
- ✓ 1 c water

Directions:

1. Add ingredients to blender and blend until smooth, adding additional water if needed.
2. Transfer to a small pot and heat, stirring, until heated through.



Nutritional Info:

Calories: 84
Fat: 0.5g
Carbohydrate: 18g
Sodium: 380mg
Fiber: 5g
Protein: 3g

TIP:

- ✓ Really like ginger, or not a big fan? Start with the lesser amount and increase to taste while heating the soup.
- ✓ Substitute soymilk or coconut milk for cow's milk.

Kale Salad

Servings: 6

Servings Size: 1 cup

Source: Suzanne Sullivan MS, RD- Northport V.A Medical Center



Ingredients:

- ✓ 1 (16 oz) bag cut kale
- ✓ 1 and ½ lemon, juiced (1 for preparing kale, ½ for dressing)
- ✓ 3 Tbsp extra virgin olive oil
- ✓ 1 tsp honey
- ✓ pinch of Kosher salt
- ✓ freshly ground pepper, to taste
- ✓ ½ c grape tomatoes
- ✓ 2 Tbsp sunflower seeds
- ✓ ½ tsp fresh lemon zest (optional)*

Directions:

1. Place all of the kale in a large bowl, drizzle approximately 2 Tbsp of olive oil and 1 whole lemon juiced and a pinch of kosher salt over the kale.
2. Massage into kale making sure each leaf is coated. Allow to sit and marinate for a few minutes while you make the dressing. The kale leaves should wilt down in size and become smoother in texture.
3. In a small separate bowl whisk together 1 tsp honey, whisk in ½ lemon juiced and 1 Tbsp olive oil, fresh ground black pepper, and lemon zest* to taste. Pour over kale.
4. Mix in the sunflower seeds and grape tomatoes.



Nutritional Info:

Calories: 123
Fat: 8g
Carbohydrate: 10g
Sodium: 34mg
Fiber: 2g
Protein: 3g

TIP:

- ✓ Load it up with more fiber by adding any of your other favorite vegetables to this awesome dish.
- ✓ Watching the salt? Don't be afraid to omit it or substitute with your favorite salt alternative.

Mediterranean Chickpea Salad

Servings: 4

Servings Size: ¼ of recipe

**Source: Eleni Christoforou RD, CDN; Joseph Mutz, MS, RD, CDN;
Gail Schechter, MBA, RD, CSG, CDN- VA New York Harbor Healthcare System**



Ingredients:

- | | |
|--------------------------------|----------------------------------|
| ✓ 3 c no added salt chickpeas | ✓ 4 Tbsp lemon juice or vinegar |
| ✓ 1 c tomatoes, cubed | ✓ 3 Tbsp olive or vegetable oil |
| ✓ 1 c unpeeled cucumber, cubed | ✓ 1 Tbsp garlic, diced |
| ✓ 1 c red onion, chopped | ✓ 1 tsp dried oregano |
| ✓ 1 c green peppers, chopped | ✓ 1 tsp crushed red pepper flake |

Directions:

1. Drain chickpeas, add to the bowl.
2. Add the tomatoes, cucumbers, red onions and green peppers.
3. Add in garlic, oregano and crushed red pepper.
4. Add the oil and lemon juice. Mix well to incorporate.
5. Chill for 1-2 hours and enjoy.



Nutritional Info:

Calories: 203
Fat: 11g
Carbohydrate: 23g
Sodium: 70mg
Fiber: 4.5g
Protein: 4.5g

TIP:

- ✓ Best if chilled in the refrigerator at least 1-2 hours for the flavors to incorporate.
- ✓ Try different flavors of vinegar like balsamic, pomegranate, or apple cider.

Smokey Ham and Bean Soup

Servings: 10

Servings Size: 1 cup

Source: Karen R. Host, MA, RD, CDE- VISN 11: Battle Creek VA Medical Center at the Wyoming Health Care Center



Ingredients:

- ✓ 3 slices bacon, cooked and crumbled
- ✓ 1 small onion, finely chopped
- ✓ 2-3 ribs celery, finely chopped
- ✓ 3 medium carrots, peeled and chopped
- ✓ 2 cloves garlic, minced
- ✓ ¼ tsp crushed red pepper flakes
- ✓ 3 c canned crushed tomatoes
- ✓ 2 ½ c canned reduced sodium Northern beans, drained and rinsed
- ✓ 1 c cooked ham, diced
- ✓ 6 c low sodium chicken broth
- ✓ ¾ c elbow pasta (or other small type pasta)

Directions:

1. Add crumbled bacon, onion, celery, carrots, garlic and red pepper flakes to skillet and sauté until vegetables are softened, about 10 minutes.
2. Stir in tomatoes, cook and stir occasionally for 10 more minutes.
3. Stir in beans and ham. Add broth and bring to a gentle boil.
4. Add pasta and continue cooking until pasta is tender, but still firm, for about 15 minutes. Serve immediately.



Nutritional Info:

Calories: 125
Fat: 2g
Carbohydrate: 19g
Sodium: 428mg
Fiber: 4g
Protein: 9.5 g

TIP:

- ✓ Decrease the sodium further by using dried beans and cooking them yourself.

Tuscan Bean Soup

Servings: 6

Servings Size: 1 cup

Source: Adapted from recipes by © American Heart Association

Submitted by: Lynn Schmidt, MS, RD, CDE- Lake City VAMC



Ingredients:

- ✓ 1 tsp olive oil
- ✓ ½ small red onion, chopped
- ✓ 1 medium rib of celery, chopped
- ✓ 1 medium garlic clove, minced or ⅛ tsp garlic powder
- ✓ 1 tsp dried oregano
- ✓ ½ tsp dried thyme, crushed
- ✓ ⅛ tsp crushed red pepper flakes
- ✓ 2 c low-sodium chicken broth
- ✓ 1 (15.5 oz) can no-salt-added or reduced sodium Great Northern beans, drained and rinsed
- ✓ 1 (14.5 oz) can no-salt-added diced tomatoes, undrained
- ✓ 2 c spinach
- ✓ 1/3 c shredded or grated low fat Parmesan cheese

Directions:

1. In a large saucepan, heat the oil over medium heat. Cook the onion, celery, and garlic for 4 to 5 minutes or until the onion and celery are soft.
2. Add oregano, thyme and red pepper flakes; sauté another minute.
3. Stir in the broth, beans, and tomatoes with liquid. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes so the flavors blend.
4. Stir in the spinach. Simmer, covered, for 2 to 3 minutes, or until the spinach is wilted.
5. Just before serving, sprinkle the soup with the Parmesan cheese.



Nutritional Info:

Calories: 100
Fat: 2g
Carbohydrate: 14g
Sodium: 400 mg
Fiber: 4g
Protein: 7g

TIP:

- ✓ For added flavor try adding a few drops of hot sauce, lite soy sauce or Worcestershire sauce.

Apple Walnut Salad with Red Wine Vinaigrette

Servings: 6

Servings Size: 1/6 of recipe

Source: BettyCrocker.com

Submitted by: Neal Kurmas, MS, RD, LD, CDE- Cleveland VAMC



Ingredients:

Vinaigrette dressing:

- ✓ 1/3 c olive oil
- ✓ ¼ c red wine vinegar
- ✓ 2 Tbsp Splenda
- ✓ 1 tsp Dijon mustard
- ✓ 1 tsp garlic

Salad:

- ✓ 1 bag (10 oz mixed baby greens or spinach)
- ✓ 1 medium apple, diced
- ✓ ½ c crumbled blue or feta cheese
- ✓ 1/3 c chopped walnuts

Directions:

1. In a small bowl, beat vinaigrette ingredients with wire whisk until smooth.
2. In a large bowl, toss salad ingredients with vinaigrette ingredients just before serving.



Nutritional Info:

Calories: 214
Fat: 19g
Carbohydrate: 6g
Sodium: 170mg
Fiber: 2g
Protein: 4g

TIP:

- ✓ Feel free to increase fiber by adding any of your other favorite fruit or veggies with this salad.

Winter Vegetable Soup

Servings: 8

Servings Size: 1 cup

Source: Pamela Woythal MS, RD, CDN- Stratton VAMC



Ingredients:

- ✓ 1 tsp olive oil
- ✓ 2 oz chopped pancetta
- ✓ 1 c chopped onion
- ✓ 3 garlic cloves, minced or roughly ¼ tsp garlic powder
- ✓ 2 c cubed peeled acorn squash
- ✓ 2 c diced peeled red potato
- ✓ ½ c chopped celery
- ✓ ½ c chopped carrot
- ✓ 1 tsp dried basil
- ✓ ¼ tsp ground cinnamon
- ✓ ¼ tsp dried thyme
- ✓ 1 (28 oz) can whole tomatoes, drained and chopped
- ✓ 2 (14.5 oz) cans fat-free, less-sodium chicken broth
- ✓ 4 c chopped kale or fresh spinach leaves
- ✓ 1 (15.5-oz) can low sodium navy beans or other small white beans, drained and rinsed

Directions:

1. Heat oil in a sauté pan over medium-high heat.
2. Add pancetta; sauté 3 minutes. Add onion and garlic; sauté 3 minutes. Add squash, potato, celery, carrot, basil, cinnamon and thyme. Stir to combine; cook 4 minutes, stirring occasionally. Add tomatoes; cook 2 minutes.
3. Stir in broth; bring to a boil. Reduce heat; simmer 8 minutes.
4. Add kale; simmer 5 minutes. Add beans; simmer 4 minutes or until potato and kale are tender



Nutritional Info:

Calories: 175
Fat: 5g
Carbohydrate: 28g
Sodium: 538mg
Fiber: 5g
Protein: 7g

TIP:

- ✓ Don't have pancetta? Any bacon will substitute well.

Entrees



20-minute Chicken Creole

Servings: 4

Servings Size: 1 ½ cups

Source: Recipe taken from Keep the beat Recipes: Deliciously Healthy Dinners

Submitted by: Marni Whalen, RD, LN, CDE, MOVE! Coordinator- VA Black Hills Health Care System



Ingredients:

- ✓ 12 oz boneless, skinless chicken breast, cut into thin strips
- ✓ 1 c canned whole peeled tomatoes, chopped
- ✓ 1 c chili sauce (look for lowest sodium version)
- ✓ 1 ½ c green bell pepper, rinsed and chopped
- ✓ 1 ½ c celery, rinsed and chopped
- ✓ ¼ c onion, chopped
- ✓ 1 Tbsp garlic, minced (about 2-3 cloves)
- ✓ 1 Tbsp fresh basil, rinsed, dried and chopped (or 1 tsp dried)
- ✓ 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ✓ ¼ tsp crushed red pepper

Directions:

1. Spray sauté pan with cooking spray. Preheat over high heat.
2. Cook chicken in hot sauté pan, stirring for 3-5 minutes. Reduce heat.
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley and crushed red pepper. Bring to a boil over high heat, and then reduce heat to simmer.
4. Simmer covered for 10 minutes.



Nutritional Info:

Calories: 274
Fat: 5g
Carbohydrate: 30g
Sodium: 383mg
Fiber: 4g
Protein: 30g

TIP:

- ✓ Don't have fresh peppers or onions? Replace with frozen diced onion and peppers thawed. They are available in most supermarkets.

Black Bean Covered Sweet Potato

Servings: 2

Servings Size: 1 potato with 1 cup of mixture

Source: Eatingwell.com

Submitted by: Julie Harmon, RD- Tampa MOVE! Program dietitian



Ingredients:

- ✓ 2 medium sweet potatoes
- ✓ 1 (15 oz) can reduced sodium black beans, drained and rinsed
- ✓ 1 medium tomato
- ✓ 2 tsp olive oil
- ✓ ½ tsp cumin
- ✓ ½ tsp ground coriander
- ✓ 2 Tbsp fat free sour cream or Greek yogurt
- ✓ 2 Tbsp cilantro, chopped

Directions:

1. Prick sweet potatoes with a fork in several places. Microwave on High until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.)
2. Meanwhile, combine beans, tomato, oil, cumin, coriander and salt in a medium microwave-safe bowl; microwave on High until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)
3. When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.



Nutritional Info:

Calories: 350
Fat: 7g
Carbohydrate: 61g
Sodium: 468 mg
Fiber: 12g
Protein: 11g

TIP:

- ✓ Don't have fresh cilantro on hand? Try substituting with 2 tsp of dried cilantro, green onion, parsley or chives.

Black Bean and Zucchini Quesadillas

Servings: 2

Servings Size: 1 Quesadilla

Source: MyRecipes.com

Submitted by: Ellen Baxley, RD, LD/N- Lecanto VA CBOC



Ingredients:

- ✓ ½ c canned black beans,
drained and rinsed
- ✓ 2 Tbsp salsa
- ✓ ½ c finely chopped zucchini
- ✓ 4 (6-inch) whole wheat tortillas
- ✓ 4 Tbsp shredded Cheddar
cheese

Directions:

1. Combine beans and salsa in a small bowl; mix with a fork. Stir in zucchini.
2. Layer 1 tortilla with half the bean mixture, sprinkle with 2 tablespoons cheese, and top with another tortilla.
3. Repeat with remaining tortillas, bean mixture, and cheese.
4. Cook in a skillet on the stove, flipping once to ensure even cooking.



Nutritional Info:

Calories: 400
Fat: 11g
Carbohydrate: 65g
Sodium: 670mg
Fiber: 13g
Protein: 18g

TIP:

- ✓ Have other favorite vegetables? Give them a try in your quesadilla.

Black Bean Burgers

Servings: 12

Servings Size: 1 patty

Source: Tenneil Zielaskowski, MA, RD- Battle Creek VA Medical Center



Ingredients:

- ✓ 2 (15oz) cans black beans, drained, rinsed
- ✓ ½ medium onion, chopped
- ✓ 1-2 tsp garlic, minced
- ✓ 2 Tbsp fresh cilantro, chopped
- ✓ 2 tsp fresh, parsley, chopped
- ✓ 1 egg
- ✓ ½ c rolled oats (or breadcrumbs)
- ✓ 1 tsp cumin
- ✓ ½ tsp red pepper flakes
- ✓ ¾ c frozen corn, thawed
- ✓ black pepper to taste

Directions:

1. Heat a grill or grill pan over medium-low heat.
2. In a food processor, pulse onion and garlic until finely chopped. Add 1 can black beans, cilantro, parsley, cumin, egg, oatmeal and red pepper flakes and pulse to combine.
3. Transfer mixture to a large mixing bowl; add the remaining can of black beans and the corn. Season with pepper, to taste, and mix until well combined.
4. Divide mixture into 12 portions and form into patties. Place on hot oiled grill over medium-low heat and cook about 6 minutes per side or until patty reaches 165°F.
5. Consume alone, with salsa or on a bun with desired toppings.



Nutritional Info:

Calories: 140
Fat: 1.5g
Carbohydrate: 24g
Sodium: 202mg
Fiber: 5g
Protein: 8g

TIPS:

- ✓ Don't have fresh herbs? Use dried. 2 tsp dried cilantro and 1 tsp parsley would work well too.

Chicken Fajitas

Servings: 2

Servings Size: 2 fajitas

**Source: Kathy M. Petosky, RDN, LD- Iowa City VA Health Care System
Bettendorf CBOC**



Ingredients:

- | | |
|---|------------------------------------|
| ✓ ½ chicken breast, sliced into 1 inch strips | ✓ ½ c sour cream |
| ✓ 1 medium yellow onion, sliced | ✓ 1 avocado, sliced |
| ✓ 1 green, yellow or red sweet pepper, sliced | ✓ salsa or pico de gallo, to taste |
| ✓ 1 large tomato, diced | ✓ 4 (8 inch) whole wheat tortillas |
| | ✓ 1 Tbsp oil |
| | ✓ garlic powder, pinch |

Directions:

1. Heat oil on medium heat in 9 inch skillet until it glistens.
2. Place chicken in skillet and sprinkle with garlic powder.
3. Cook, turning frequently until fully cooked to 165°F.
4. Add sliced onion and pepper to skillet and cook until vegetables are flexible, but not mushy. Onions should be translucent (see through).
5. Build your fajitas by stuffing your tortilla with chicken, peppers, onions, avocado slices, diced tomato, sour cream and salsa.



Nutritional Info:

Calories: 514
Fat: 7g
Carbohydrate: 62g
Sodium: 601mg
Fiber: 10g
Protein: 19g

TIP:

- ✓ Try using any of your other favorite vegetables in this dish.
- ✓ Use left over chicken from a previous meal if you have it; this is a great way to use leftovers.
- ✓ Low-fat sour cream is preferred to decrease calories and saturated fat.

Mini Tortilla Pizzas

Servings: 8

Servings Size: 1 pizza

Source: Karen R. Host, MA, RD, CDE- Battle Creek VA Medical Center at the Wyoming Health Care Center



Ingredients:

- ✓ ½ green bell pepper, diced
- ✓ 1 tsp basil, dried
- ✓ 1 small onion, diced
- ✓ 1 tsp oregano, dried
- ✓ 1 (15 oz) can no salt added tomato sauce
- ✓ 1 (8 oz) no salt added canned or fresh mushrooms
- ✓ 8 (6 inch) whole wheat flour tortillas
- ✓ 1 (8 oz) light mozzarella cheese, shredded
- ✓ cooking spray

Directions:

1. Preheat oven at 350°F.
2. Separate and arrange 8 tortillas on sprayed baking cookie sheets (need 2).
3. Spread ¼ cup of tomato sauce evenly onto each tortilla. Add basil and oregano. Sprinkle about ¼ cup shredded cheese onto each tortilla. Add the mushrooms, bell peppers and onions.
4. Bake until the cheese is melted and tortillas are slightly browned (about 7-8 minutes). May use a toaster oven if desired.



Nutritional Info:

Calories: 229
Fat: 7g
Carbohydrate: 30g
Sodium: 605mg
Fiber: 5g
Protein: 12g

TIP:

- ✓ Try using other combinations of pizza toppings: colored bell peppers, zucchini, pineapple, broccoli, etc.
- ✓ For added protein, add a lean meat

Oven Baked Fish Sticks

Servings: 2

Servings Size: 1 (4 oz) fish fillet or 4 fish sticks

Source: Neal Kurmas MS, RD, LD, CDE- Cleveland VAMC



Ingredients:

- ✓ 2 flounder or cod or tilapia fillets (cut into 4 strips each if desired)
- ✓ ½ c 1% milk
- ✓ ½ c whole-grain bread crumbs or Panko crumbs
- ✓ ¼ c whole-wheat flour
- ✓ ¼ c grated parmesan cheese
- ✓ Mrs. Dash

Directions:

1. Preheat oven at 400°F. Cut fish fillets into strips if desired.
2. In first bowl, place whole wheat flour. In second bowl, place 1% milk. In third bowl, place and mix whole-grain bread crumbs, parmesan cheese, and Mrs. Dash.
3. First dip fish into wheat flour and coat it evenly.
4. Then completely dip fish into milk.
5. Then dip fish into bread crumb mixture and coat it evenly. Discard leftovers after all fish is battered.
6. Place aluminum foil onto cooking pan and spray with cooking spray.
7. Place breaded fish fillets onto pan and bake for ~10 minutes. Then flip fillet/strips and bake for another 5-10 minutes until golden brown.



Nutritional Info:

Calories: 432
Fat: 10g
Carbohydrate: 30g
Sodium: 523mg
Fiber: 6g
Protein: 26g

TIP:

- ✓ Try lemon pepper, garlic and herb, or extra spicy Mrs. Dash varieties.
- ✓ If you don't have Mrs. Dash, try adding 1 tsp garlic powder and ¼ tsp black pepper.

Pan Seared Fish with Wilted Kale

Servings: 1

Servings Size: 1 fish fillet

Source: Chef Michion Lewis, Stephanie Bowles, RD- DC VA Medical Center



Ingredients:

- ✓ 4 oz skinless fish fillet
(flounder, whiting, tilapia, salmon, tuna)
- ✓ ¼ tsp salt substitute or Mrs. Dash
- ✓ ½ Tbsp chopped dill
- ✓ 1 lemon
- ✓ 2 Tbsp olive oil for fish
- ✓ 2 Tbsp olive oil for kale
- ✓ 2 c kale shredded

Directions:

1. Preheat non-stick skillet on medium-high.
2. On a separate plate, season fish with chopped dill and salt substitute.
3. Add 2 Tbsp olive oil to heated pan.
4. Sear fish for two to four minutes until crust forms. Turn fish over and cook for additional four to six minutes. Remove fish from pan. Set aside.
5. Add 2 Tbsp olive oil to pan. Add kale and juice of half the lemon. Sauté for two minutes until kale is wilted. Serve fish with other half of lemon.



Nutritional Info:

Calories: 157
Fat: 14g
Carbohydrate: 4g
Sodium: 233g
Fiber: 1g
Protein: 5g

TIP:

- ✓ Cut the fat further by reducing oil in pan and using cooking spray to ensure non-stick.
- ✓ To shred kale, remove stem, then simply tear leaves with hands or chop with a knife.

Poached Cod and Green Beans with Pesto

Servings: 4

Servings Size: 4 oz cod, 1 1/4 cups beans and 2 Tbsp sauce

Source: EatingWell July/August 2014



Ingredients:

- ✓ 1 Tbsp olive oil
- ✓ 1 lb green and/or yellow wax beans, trimmed
- ✓ 3/4 c shallot, thinly sliced
- ✓ 1 1/4 pounds cod, cut into 4 portions
- ✓ 1/4 tsp salt
- ✓ 1/4 tsp freshly ground pepper
- ✓ 1 1/2 c low-sodium chicken broth or "no-chicken" broth
- ✓ 1/4 c prepared pesto
- ✓ lemon wedges for serving, as desired

Directions:

1. Heat oil in a large skillet over medium-high heat. Add beans and shallot and cook, stirring occasionally, until the shallot starts to soften, 1 to 2 minutes.
2. Sprinkle both sides of cod with salt and pepper. Spread the beans into a flat layer in the pan and gently place the cod on top. Increase heat to high, add broth, cover and cook until the fish is just cooked through, 4 to 6 minutes.
3. With a slotted spoon, transfer the cod and beans to a serving dish; cover to keep warm. Cook the broth over high heat, uncovered, until reduced to about 1/2 cup, about 5 minutes. Remove from heat and stir in pesto. Pour the sauce over the fish and beans and serve with lemon wedges, if desired.



Nutritional Info:

Calories: 264
Fat: 12g
Carbohydrate: 15g
Sodium: 371mg
Fiber: 4g
Protein: 26g

TIP:

- ✓ Don't have shallots on hand? Substitute with any onion you have on hand.

Stir-Fried Orange Beef

Servings: 4

Servings Size: 2 cups

Source: Keep the beat recipes: deliciously healthy dinners

Submitted by: Marni Whalen, RD, LN, CDE MOVE! Coordinator at VA Black Hills

Ingredients:

- ✓ 1 bag (12 oz) frozen vegetable stir-fry, thawed
- ✓ 1 Tbsp peanut or canola oil
- ✓ 1 Tbsp onion, minced (or ½ Tbsp dried)
- ✓ 1 Tbsp garlic, minced (about 2-3 cloves)
- ✓ 1 Tbsp ginger, minced
- ✓ 1 egg white, lightly beaten
- ✓ 2 Tbsp cornstarch
- ✓ 12 oz beef flank steak, sliced into strips
- ✓ 2 Tbsp Hoisin sauce
- ✓ 1 Tbsp low sodium soy sauce
- ✓ ½ c orange juice

Directions:

1. Heat oil in a large wok or sauté pan.
2. Add onion, garlic, and ginger and stir fry until tender but not brown, about 30 seconds to 1 minute.
3. Put egg white in one bowl and cornstarch in another. Dip steak strips into egg white and then coat with cornstarch.
4. Add steak strips to pan and continue to stir fry until steak strips are lightly browned, about 5-8 minutes.
5. Add Hoisin sauce, soy sauce and orange juice. Bring to a boil over high heat. Immediately lower temperature to a gentle simmer.
6. Add the thawed vegetables and mix gently. Simmer until vegetables are heated through, about 3-4 minutes.

Nutritional Info:

Calories: 261
Fat: 9g
Carbohydrate: 23g
Sodium: 418mg
Fiber: 3g
Protein: 23g

TIP:

- ✓ Thaw vegetables in microwave or by placing them in the refrigerator in advance.

Super Meat Loaf

Servings: 12

Servings Size: 1/12 of recipe

Source: Katie Kirzonic, RD, LDN- Lebanon VA Medical Center



Ingredients:

- | | |
|---------------------------------|---------------------------------|
| ✓ 1 lb lean ground beef | ✓ 1 egg, lightly beaten |
| ✓ 2 oz tomato paste | ✓ ¼ tsp pepper |
| ✓ ½ c chopped Vidalia onion | ✓ 1/3 c ketchup |
| ✓ ½ c chopped green bell pepper | ✓ 1 Tbsp Dijon mustard |
| ✓ ½ c zucchini, chopped small | ✓ 1 tsp each of basil, oregano, |
| ✓ ½ c shredded carrots | thyme, garlic powder, pepper |
| ✓ 2 Tbsp bread crumbs | and parsley |

Directions:

1. Preheat oven to 375°F.
2. In a large bowl, combine all ingredients. Shape the mixture into a loaf and place it in a 9 by 5-inch loaf pan or into equal balls into a muffin tin.
3. Bake until the meat loaf is firm and cooked all the way through, about 45-60 minutes for the loaf and about 15-20 minutes for muffin tin.



Nutritional Info:

Calories: 155
Fat: 8.5g
Carbohydrate: 6g
Sodium: 168mg
Fiber: 1g
Protein: 8g

TIP:

- ✓ Do you have a food processor?
Save time and chop your
vegetables in the food processor
until small dice achieved.

Sweet & Sour Chicken

Servings: 2

Servings Size: ½ of recipe

Source: Kathy M. Petosky, RDN, LD- Iowa City VA Health Care System



Ingredients:

- | | |
|---|--|
| ✓ ½ chicken breast, sliced into 1 inch strips | ✓ 2 Tbsp white vinegar or rice vinegar |
| ✓ 1 bag frozen stir fry vegetables, thawed | ✓ 2 Tbsp low sodium soy sauce |
| ✓ 1 c canned pineapple chunks plus 2 Tbsp juice | ✓ garlic powder, dash |
| ✓ 1 (8 oz) can of water chestnuts, drained | ✓ ginger powder, dash |
| | ✓ 1 Tbsp oil |
| | ✓ 1 Tbsp corn starch |

Directions:

1. Heat oil in 9 inch skillet on medium heat until it glistens.
2. Place chicken in skillet and sprinkle with garlic powder and ginger powder. Cook, turning frequently until chicken reaches 165°F.
3. Add pineapple, water chestnuts, frozen vegetables, vinegar and soy sauce to skillet. Cook until vegetables and pineapple are warmed through.
4. Sprinkle corn starch over chicken and vegetables. Stir and continue warming for 2 minutes to thicken the sauce.
5. Serve over ¾ cup of brown rice or whole grain noodles.



Nutritional Info:

Calories: 273
Fat: 8g
Carbohydrate: 37g
Sodium: 614mg
Fiber: 4g
Protein: 9g

TIP:

- ✓ Substitute the chicken for pork loin for a sweet and sour pork recipe.

Tropical Teriyaki Chickpeas Over Brown Rice

Servings: 2

Servings Size: ½ of recipe

Source: Jenelle York, MS, RD– VA Portland Health Care System



Ingredients:

- ✓ 1 can low-sodium chickpeas, drained and rinsed
- ✓ 1 bell pepper, cored and diced
- ✓ ¼ cup low sodium teriyaki sauce
- ✓ 1 Tbsp sriracha sauce or hot sauce of choice
- ✓ 1 c mango salsa
- ✓ 1 c cooked brown rice
- ✓ Optional garnish: Chopped cilantro

Directions:

1. Add chickpeas, pepper, teriyaki sauce and sriracha sauce to a pan and sauté until sauce thickens.
2. Add salsa and stir to heat through, 1-2 minutes.
3. Serve over rice and top with cilantro if desired.



Nutritional Info:

Calories: 380
Fat: 4g
Carbohydrate: 70g
Sodium: 826mg
Fiber: 11g
Protein: 14g

TIP:

- ✓ Really pack this dish full of fiber by adding more of your favorite vegetables such as broccoli, snow peas or cauliflower.
- ✓ If you can't find mango salsa, try using regular salsa plus ¼ cup of canned pineapple chunks, drained.

Veggie Quesadillas

Servings: 1

Servings Size: 1 quesadilla

Source: Neal Kurmas, MS, RD, LD, CDE- Cleveland VAMC



Ingredients:

- | | |
|-----------------------------------|-------------------------------------|
| ✓ 1 whole-wheat tortilla | ✓ ½ c baby spinach, chopped |
| ✓ cooking spray | ✓ ¼ c tomatoes, chopped |
| ✓ ¼ c reduced fat shredded cheese | ✓ ¼ c red onion, chopped |
| ✓ ¼ c green bell peppers, chopped | ✓ 2 Tbsp salsa |
| ✓ ¼ c mushrooms, chopped | ✓ Mrs. Dash to taste |
| | ✓ 2 Tbsp light sour cream (on side) |

Directions:

1. Evenly coat cooking pan with cooking spray.
2. Sauté Mrs. Dash and chopped veggies in cooking pan over medium heat. Remove sautéed veggies from pan and set aside on plate or bowl.
3. Again evenly coat pan with cooking spray.
4. Place tortilla in cooking pan. Spread sautéed veggies on half of tortilla.
5. Cover with ¼ cup shredded cheese.
6. Fold tortilla in half and cook each side of tortilla until golden brown.
7. Cut quesadilla into quartered slices.
8. Dip in salsa and sour cream and enjoy.



Nutritional Info:

Calories: 258
Fat: 9g
Carbohydrate: 33g
Sodium: 623mg
Fiber: 5g
Protein: 14g

TIP:

- ✓ Try any of your favorite healthy tortillas such as high fiber or sun dried tomato.
- ✓ If you are dairy free, spread one side of the tortilla with prepared hummus before adding vegetables to hold the quesadilla together in place of cheese.

Vegetable Stir Fry

Servings: 4

Servings Size: 1 cup

Source: Erin Vaillancourt, MS, RD, CDE- Aleda E Lutz VA



Ingredients:

Stir-fry:

- ✓ 1 Tbsp olive oil
- ✓ 2 garlic cloves, minced
- ✓ 1 c chopped onion
- ✓ 2 c red bell pepper strips
- ✓ 2 c zucchini strips
- ✓ ½ tsp salt
- ✓ 1 (12.3oz) package low-fat firm tofu, drained and cubed

✓ 2 Tbsp sesame seeds

✓ 1 tsp garlic powder

Dressing:

- ✓ 2 Tbsp rice vinegar
- ✓ 2 Tbsp low sodium soy sauce
- ✓ 2 tsp dark sesame oil
- ✓ Dash of crushed red pepper

Directions:

1. Combine all dressing ingredients in a small bowl; stir with a whisk. Set aside.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add onion and garlic, and stir-fry 5 minutes.
3. Add the bell pepper, zucchini, salt, and tofu; stir-fry 3 minutes or until desired texture.
4. Stir in dressing and sprinkle with sesame seeds.



Nutritional Info:

Calories: 162
Fat: 9g
Carbohydrate: 19g
Sodium: 435mg
Fiber: 6g
Protein: 8g

TIP:

- ✓ If you have left over veggies, throw them in to increase fiber. Broccoli, snow peas, green beans and cauliflower would all make great additions to this dish.

Zesty Tuna Burgers

Servings: 4

Servings Size: 1 burger

Source: VA Minneapolis Healthcare System Healthy Teaching Kitchen



Ingredients:

- ✓ ½ c Italian bread crumbs
- ✓ ¼ c mayonnaise, low fat
- ✓ 4 Bagel Thins
- ✓ ½ tsp black pepper
- ✓ ½ tsp garlic powder
- ✓ 1 Tbsp extra virgin olive oil
- ✓ 2 (5 oz) cans tuna packed in water
- ✓ ¼ c bell pepper, chopped
- ✓ ¼ c onion, chopped
- ✓ ¼ c celery, chopped

Directions:

1. Remove tuna from cans and drain well.
2. Combine tuna, breadcrumbs, mayo, bell peppers, celery, onion, black pepper and garlic powder in a medium bowl.
3. Break up any larger pieces of tuna until the mixture is uniform and holds together.
4. Heat oil in a large nonstick skillet over medium heat.
5. Using 1/3 cup each, form the tuna mixture into four, 3 inch burgers.
6. Cook until heated through and golden brown, about 2 minutes per side.
7. Spread the top half of each bagel thin with 1 Tbsp mayonnaise and place burger, lettuce, and tomato on the bottom half.



Nutritional Info:

Calories: 400
Fat: 18g
Carbohydrate: 39g
Sodium: 719mg
Fiber: 5g
Protein: 28g

TIP:

- ✓ As an alternative to mayonnaise, try using plain Greek yogurt.

Sides



Apple Coleslaw

Servings: 6

Servings Size: ½ cup

Source: Katie Kirzoncic, RD, LDN- Lebanon VA Medical Center



Ingredients:

- ✓ 2 c cabbage, shredded
- ✓ 1 medium carrot, grated
- ✓ ½ c raisins
- ✓ 1 apple, chopped
- ✓ ½ c yogurt, low-fat plain
- ✓ 0.5-1 Tbsp lemon juice

Directions:

1. Wash the cabbage. Cut it into fine shreds.
2. Peel the carrot. Grate it with a grater or pulse in a food processor until minced.
3. Remove the core, and chop the apple.
4. Put the cabbage, carrot, raisins and apple in a large mixing bowl. Stir together.
5. Put the yogurt and lemon juice in a small bowl. Stir together to make a dressing.
6. Pour the dressing over the salad. Toss to mix.



Nutritional Info:

Calories: 80
Fat: 1g
Carbohydrate: 19g
Sodium: 2mg
Fiber: 27g
Protein: 2g

TIP:

- ✓ A great accompaniment to pork-apple burgers or pork sandwiches.
- ✓ Best if prepared the day of serving.

Baked Acorn Squash

Servings: 2

Servings Size: 1 cup

Source: Heather Stanley-Sutton, MA, RD- Battle Creek, MI VAMC



Ingredients:

- ✓ 1 medium acorn squash, halved and seeded
- ✓ 1 Tbsp unsalted butter
- ✓ 2 Tbsp brown sugar

Directions:

1. Preheat oven to 350°F.
2. Turn acorn squash upside down onto a cookie sheet. Bake until it begins to soften, approximately 30 to 45 minutes.
3. Remove squash from the oven and turn onto a plate so that the flesh is facing upwards. Place butter and brown sugar into one squash half, and place the other half on top. Return squash to the oven and bake another 30 minutes.



Nutritional Info:

Calories: 256
Fat: 12g
Carbohydrate: 30g
Sodium: 15mg
Fiber: 3g
Protein: 2g

TIP:

- ✓ Inspect the acorn squash and verify maturity. Press your thumb nail into the squash; the squash is ripe if your nail doesn't pierce the rind. Ripe acorn squash also has a dull surface.

Cinnamon-Glazed Baby Carrots

Servings: 4

Servings Size: 1 cup

Source: Keep the Beat: Heart Healthy Recipes from the National Heart, Lung, and Blood Institute



Ingredients:

- ✓ 4 c baby carrots, rinsed and split lengthwise
- ✓ 2 Tbsp soft tub margarine
- ✓ 2 Tbsp brown sugar
- ✓ ½ tsp ground cinnamon

Directions:

1. Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover and bring to a boil. Reduce the 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, and cinnamon in a small microwave-safe bowl. Microwave on high until margarine is 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.



Nutritional Info:

Calories: 67
Fat: 3g
Carbohydrate: 10g
Sodium: 100mg
Fiber: 10g
Protein: 2g

TIP:

- ✓ No one will be able to resist this sweet veggie side dish that's great with most meat, chicken, and seafood.

Creamy Potato Salad with Eggs, Peas, and Chives

Servings: 6

Servings Size: $\frac{3}{4}$ cup

Source: Ellie Krieger, 2011

Submitted by: Robin LaCroix, RD- WRJ VA



Ingredients:

- ✓ 1 $\frac{1}{2}$ lbs Yukon Gold potatoes, unpeeled (about 4 medium)
- ✓ 4 large eggs
- ✓ $\frac{1}{3}$ c plain Greek-style nonfat yogurt
- ✓ 2 Tbsp mayonnaise
- ✓ 1 Tbsp Dijon mustard
- ✓ 1 Tbsp white wine vinegar
- ✓ $\frac{1}{2}$ tsp salt
- ✓ $\frac{1}{4}$ tsp freshly ground black pepper
- ✓ 1 c green peas, steamed
- ✓ 3 Tbsp chopped fresh chives

Directions:

1. Place the potatoes in a steamer basket fitted over a large pot of boiling water. Cover and steam until the potatoes are knife-tender, 25 to 30 minutes. Remove from the steamer and allow to cool completely. Cut the potatoes into $\frac{1}{2}$ -inch cubes.
2. Place the eggs in a medium pot, cover with water, and bring to a boil. Reduce the heat to medium low and simmer for 9 minutes. Drain and rinse the eggs under cold water, or refrigerate until cool enough to handle, and peel them. Discard 2 yolks and then coarsely chop the remaining eggs.
3. In a large bowl, whisk together the yogurt, mayonnaise, mustard, vinegar, salt and black pepper. Add the eggs, potatoes, peas and chives and gently fold until combined. Cover and refrigerate to allow the flavors to meld for at least 1 hour and up to overnight.



Nutritional Info:

Calories: 160
Fat: 4g
Carbohydrate: 26g
Sodium: 370mg
Fiber: 4g
Protein: 8g

Tip:

- ✓ If peas are not in season, try using frozen peas, thawed.
- ✓ Pre-chill ingredients to maintain cold preparation temperature of 41°F or less.

Garden Risotto

Servings: 6

Serving Size: 1 cup

Source: Ellie Krieger, 2007

Submitted by: Robin LaCroix, RD- WRJ VA

Ingredients:

- ✓ 6 c low-sodium chicken broth
- ✓ 2 tsp olive oil
- ✓ 1 medium onion, chopped
- ✓ 1 ½ c Arborio rice
- ✓ ½ c dry white wine
- ✓ ¾ tsp salt
- ✓ Freshly ground black pepper
- ✓ 3 c lightly packed, baby spinach
- ✓ 1 c frozen peas, thawed.
- ✓ ½ lb asparagus, steamed and cut into 3/4-inch pieces
- ✓ ¼ c freshly grated Parmesan cheese

Directions:

1. Bring the broth to a simmer in a medium saucepan.
2. Heat the oil in a large saucepan over moderately low heat and cook the onion until soft, 3 to 5 minutes, stirring occasionally.
3. Add the rice to the onion in the pan and cook, stirring constantly for 1 minute. Add the wine and simmer, stirring constantly until absorbed, about 1 minute. Add 3/4 c of hot broth, the salt, pepper and simmer, stirring constantly until broth is absorbed. Add hot broth about 3/4 cup at a time, stirring constantly and allowing it to be absorbed before adding more. Cook until rice is almost tender and creamy-looking, about 18 minutes.
4. Add spinach and peas and cook until the spinach is wilted, about 2 minutes. Add asparagus and cook just until vegetables are hot. Stir in Parmesan and add broth if the risotto seems too thick. Serve.

Nutritional Info:

Calories: 273
Fat: 3g
Carbohydrate: 47g
Sodium: 461mg
Fiber: 4g
Protein: 10g

TIP:

- ✓ Consider adding more of your favorite vegetables to this dish such as carrots, broccoli, or cauliflower.

Japanese Cucumber Salad

Servings: 4

Servings Size: 1 cup

Source: Modified from Eating Well recipe



Ingredients:

- ✓ 2 medium cucumbers, or 1 large English cucumber
 - ✓ 1 tsp sugar
 - ✓ ¼ c rice vinegar
 - ✓ 2 Tbsp sesame seeds, toasted
- Note: if you use *seasoned* rice vinegar the sodium will be 280mg per serving)

Directions:

1. Wash cucumbers, and then peel them to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.
2. Combine vinegar and sugar in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.



Nutritional Info:

Calories: 46
Fat: 2g
Carbohydrate: 4g
Sodium: 0mg
Fiber: 1g
Protein: 1g

TIP:

- ✓ To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

Lemon Parmesan Broccoli

Servings: 6

Servings Size: ☐ cup

Source: Cooking Light October 2011



Ingredients:

- ✓ 12 oz frozen broccoli florets
- ✓ 2 Tbsp olive oil
- ✓ 1 Tbsp minced garlic or 1 garlic clove chopped
- ✓ 1 tsp lemon juice
- ✓ 3 Tbsp grated or shredded Parmesan cheese
- ✓ Mrs. Dash to taste

Directions:

1. Coat cooking skillet with cooking spray and heat over medium heat.
2. Place frozen or thawed broccoli florets into skillet and cook until broccoli is warm and tender.
3. Pour broccoli into serving bowl.
4. Place olive oil into pan skillet over medium-high heat and add garlic.
5. Cook about 2 minutes or until garlic gives odor.
6. Add hot oil/garlic mixture, lemon juice, and Parmesan cheese to broccoli and mix.
7. Serve with Mrs. Dash.



Nutritional Info:

Calories: 71
Fat: 6g
Carbohydrate: 3g
Sodium: 57mg
Fiber: 2g
Protein: 3g

TIP:

- ✓ If you don't have fresh garlic on hand, try using ¼ tsp garlic powder.

Mashed Cauli-Potatoes

Servings: 10

Servings Size: ½ cup

Source: Katie Kirzonic, RD, LDN- Lebanon VA Medical Center



Ingredients:

- ✓ 1 large potato, diced
- ✓ 1 head of cauliflower, chopped
- ✓ 4 Tbsp plain yogurt
- ✓ 2 tsp unsalted butter
- ✓ garlic powder (if desired)
- ✓ black pepper

Directions:

1. Put potatoes and cauliflower into a saucepan. Add water until covered.
2. Bring to boil, reduce heat and simmer, covered for 15-20 minutes, or until done when a fork can easily be poked through them.
3. Drain water. Add yogurt and butter.
4. Use potato masher to mash potatoes and cauliflower.
5. Use a strong spoon to beat further, adding more yogurt as needed to achieve the consistency you desire.
6. Season to taste.



Nutritional Info:

Calories: 51
Fat: 7g
Carbohydrate: 10g
Sodium: 21mg
Fiber: 1g
Protein: 2g

TIP:

- ✓ For a lemon pepper variation, add 1 Tbsp lemon juice.

Root Vegetable Home Fries

Servings: 4

Servings Size: 1 cup

Source: Brian Dugan- Minneapolis VA Healthcare System



Ingredients:

- ✓ 1 butternut squash, diced
- ✓ 2 potatoes (skin on), diced
- ✓ 1 can beets, diced
- ✓ 2 onions, diced
- ✓ 4 cloves garlic, minced
- ✓ 4 sprigs thyme, chopped
- ✓ 2 Tbsp vegetable oil
- ✓ salt and pepper, to taste

Directions:

1. Heat oil in pan.
2. Add potato, butternut squash, and onion.
3. Cook until light golden brown, stirring periodically.
4. Add garlic and beets, stir for one minute.
5. Remove from heat and add chopped thyme, as well as a Dash of salt and pepper to taste.



Nutritional Info:

Calories: 162
Fat: 3g
Carbohydrate: 20g
Sodium: 518mg
Fiber: 2g
Protein: 12g

TIP:

- ✓ Squash skin is edible so you can leave on and eat for added fiber or peel beforehand if preferred.
- ✓ To reduce sodium, substitute your favorite Mrs. Dash seasoning for salt.

Zucchini Pancakes

Servings: 6

Servings Size: 4 pancakes

**Source: Original recipe/adaptation Melissa Moore-Boyle, MS, RD, LDN, CDE
Boston Healthcare System**



Ingredients:

- | | |
|------------------------------|------------------------|
| ✓ 4 medium zucchini (1 ½ lb) | ✓ 2 tsp chopped garlic |
| ✓ 2 large whole eggs | ✓ 2 Tbsp chopped onion |
| ✓ 2 large egg whites | ✓ ½ tsp cayenne pepper |
| ✓ ¾ c all-purpose flour | ✓ 1 Tbsp olive oil |
| ✓ ½ tsp salt | |

Directions:

1. Trim ends off zucchini, but leave skin on. Shred with a large grater or food processor. Place in large bowl and toss with salt. Transfer to a colander, place a clean plate on top, and weight it with cans. Let drain for 10 minutes, and discard liquid.
2. In another large bowl, mix eggs, pepper, cayenne and garlic. Add remaining ingredients, stirring just until moistened. Add zucchini and stir again, just until combined.
3. Heat a large, non-stick pan over medium heat. Add olive oil and spread around, wiping out excess.
4. Spoon 1 heaping tablespoon of batter onto hot pan, Cook on each side about 2-3 minutes, until golden brown. Repeat, wiping pan with oily paper towel between pancakes.
5. Place on oven-proof plate and keep warm in oven until serving time.



Nutrition Facts:

Calories: 151
Fat: 6g
Carbohydrate: 8g
Sodium: 380mg
Fiber: 3g
Protein: 8g

Tips:

- ✓ To increase fiber, try substituting all or half of the all-purpose flour for whole wheat flour.

Snacks



Black Bean and Corn Salad

Servings: 20

Servings Size: ¼ cup

Source: Heather Stanley-Sutton, MA, RD- Battle Creek, MI VAMC



Ingredients:

- ✓ 1 (15 oz) can black beans,
drained and rinsed
- ✓ 1 c frozen corn kernels, thawed
- ✓ ½ c red bell pepper, chopped
- ✓ ½ c fresh cilantro, chopped
- ✓ 3 Tbsp lime juice
- ✓ 8 small green onions, chopped
- ✓ 2 Tbsp balsamic vinegar
- ✓ ½ tsp ground cumin
- ✓ ½ tsp salt (optional)
- ✓ tortilla chips
- ✓ Optional: 1 small green chili
chopped or use crushed red
pepper

Directions:

1. Mix all the above together.
2. Best if refrigerated for 2 hours before serving.
3. Serve chilled with tortilla chips.



Nutritional Info:

Calories: 30
Fat: 0g
Carbohydrate: 6g
Sodium: 121mg
Fiber: 2g
Protein: 2g

TIP:

- ✓ Serve on top of salad greens for a meal.

Energy Bars

Servings: 12

Servings Size: 1 bar

Source: Ellen Baxley, RD, LD/N- Lecanto VA CBOC



Ingredients:

- ✓ 2 c rolled oats
- ✓ 1 ½ c peanut butter
- ✓ ½ tsp vanilla extract
- ✓ ½ c honey or agave
- ✓ ¾ c dried tart cherries or raisins

Directions:

1. Mix all ingredients well.
2. Flatten out between two pieces of wax paper and refrigerate overnight.
3. Cut into 12 evenly sized bars.
4. Serve chilled.



Nutritional Info:

Calories: 100
Fat: 11g
Carbohydrate: 19g
Sodium: 80mg
Fiber: 11g
Protein: 6g

TIP:

- ✓ Try rolling them into individual balls for on the go enjoyment.

Fiesta Cheese Torta

Servings: 20

Servings Size: 2 Tbsp

Source: Recipe modified from Pampered Chef

**Submitted by: Anne Sposato, MS, RD, LD, CCC- Iowa VA Health Care System
Coralville Clinic**



Ingredients:

- ✓ 16 oz light cream cheese, softened
- ✓ 1 Tbsp taco seasoning mix
- ✓ 2 garlic cloves, pressed
- ✓ 4 oz shredded cheddar cheese (about 1 cup)
- ✓ ¼ c chopped green onions with tops
- ✓ ¼ c snipped fresh cilantro
- ✓ 1 plum tomato, seeded and diced
- ✓ ½ c pitted ripe olives, drained and chopped
- ✓ additional snipped fresh cilantro
- ✓ assorted crackers or tortilla chips

Directions:

1. Line inside of small bowl (1 quart) with plastic wrap, set aside.
2. In a large bowl, combine cream cheese, seasoning mix and garlic; mix until blended. Stir in cheddar cheese, green onions, and cilantro; mix well.
3. Spoon 1/2 cup of the cream cheese mixture into the bottom of the small lined bowl, spreading evenly. Top with diced tomatoes, pressing lightly.
4. Spoon 1/2 cup of the cream cheese mixture over tomato, spreading evening. Top with olives, pressing lightly.
5. Spoon remaining cream cheese mixture over olives, spreading evenly. Cover and refrigerate 30 minutes to allow favors to blend.
6. To serve, invert small mixing bowl. Remove plastic wrap. Sprinkle with additional snipped cilantro, if desired. Serve with crackers or tortilla chips.



Nutritional Info:

Calories: 65
Fat: 10g
Carbohydrate: 2g
Sodium: 150mg
Fiber: 1g
Protein: 2g

TIP:

- ✓ To reduce sodium content further, make your own taco seasoning using 1 Tbsp chili powder, 1 tsp ground cumin, ½ tsp paprika, ¼ tsp garlic powder, ¼ tsp onion powder, ¼ tsp black pepper.

Fluffy Peanut Butter Dip

Servings: 12

Servings Size: 2 Tbsp

Source: Recipe modified from Pampered Chef

Submitted by: Anne Sposato, MS, RD, LD, CCC- Iowa VA Healthcare, Coralville Clinic



Ingredients:

- ✓ 1/3 c of creamy light peanut butter
- ✓ 1 container light vanilla Greek yogurt
- ✓ ½ c thawed, frozen light whipped topping
- ✓ apple wedges, strawberries, celery sticks, pretzel or graham crackers sticks

Directions:

1. Place peanut butter and yogurt in a small bowl, and whisk until smooth. Add whipped topping to the peanut mixture and mix well. Serve with your choice of dippers.



Nutritional Info:

Calories: 64
Fat: 4g
Carbohydrate: 6g
Sodium: 20mg
Fiber: 0g
Protein: 3g

Tip:

- ✓ Add 1 Tbsp cocoa powder for a chocolate peanut butter dip.

Gazpacho Dip with Garlic Pita Chips

Servings: 6

Servings Size: 2 cups

Source: American Institute for Cancer Research

Submitted by: Marianne Schneider, MS, RD, LDN- Erie VA Medical Center



Ingredients:

- ✓ 2 whole-wheat pita breads
- ✓ 2 large garlic cloves, halved crosswise
- ✓ cooking spray
- ✓ ⅛ tsp salt
- ✓ 1 ripe medium tomato, seeded and finely chopped
- ✓ 1/3 c finely chopped celery
- ✓ 1/3 c finely chopped cucumber
- ✓ 1/3 c finely chopped green bell pepper
- ✓ ¼ c finely chopped onion
- ✓ 3/4 c salsa, hot or mild
- ✓ 1/4 tsp garlic powder
- ✓ 2 tsp lime juice
- ✓ 2 tsp rice vinegar
- ✓ ¼ c chopped cilantro

Directions:

1. Preheat the oven to 350°F.
2. Cut the pita breads each into 6 wedges. Separate each wedge into 2 pieces.
3. One at a time, rub the rough side of the wedges with the cut side of a garlic clove and place them on a baking sheet in 1 layer. Lightly coat the pita wedges with cooking spray and sprinkle with the salt. Bake 6 minutes, or until the wedges curl at the edges and darken slightly in color.
4. Cool on the baking sheet. Cover with foil and store at room temperature up to 8 hours.
5. In a mixing bowl, combine the tomato, celery, cucumber, green pepper and onion. Add the salsa, garlic powder, lime juice and vinegar, and mix well.
6. Just before serving, mix in the cilantro and transfer the dip to a serving bowl. Place the bowl on a platter, surround with the pita chips, and serve.



Nutritional Info:

Calories: 42
Fat: 0g
Carbohydrate: 9g
Sodium: 98mg
Fiber: 2g
Protein: 2g

Tip:

- ✓ Save time! You can make the gazpacho dip up to 4 hours before serving. Just keep dip refrigerated in a covered container.

Hummus

Servings: 20

Servings Size: 3 Tbsp

Source: Suzanne Sullivan, MS, RD- Northport VAMC



Ingredients:

- ✓ 2 cans (15.5 oz) no-salt-added chickpeas (garbanzo beans), drained and rinsed
- ✓ 2 cloves garlic, crushed
- ✓ ½ c water
- ✓ ¼ c tahini (sesame seed paste)
- ✓ 3 Tbsp fresh lemon juice
- ✓ 2 Tbsp extra-virgin olive oil
- ✓ pinch of salt
- ✓ ¼ tsp black pepper
- ✓ ¼ tsp cumin
- ✓ ¼ tsp paprika

Directions:

1. Place beans and garlic in a food processor; pulse 5 times or until chopped.
2. Add water and remaining ingredients; pulse until smooth, scraping down sides as needed. Serve some pita bread or fresh vegetables and enjoy.



Nutritional Info:

Calories: 85
Fat: 3g
Carbohydrate: 11g
Sodium: 96mg
Fiber: 3g
Protein: 3g

Tip:

- ✓ This makes a great dip for vegetables in place of salad dressing dip. Perfect for a picnic or party.
- ✓ Tahini can usually be found in the ethnic section of your supermarket or at times near the peanut butter.

Pineapple Yogurt Dip

Servings: 14

Servings Size: ¼ cup

Submitted by: Ellen Baxley, RD, LD/N- Lecanto VA CBOC



Ingredients:

- ✓ 1 (8 oz) reduced fat cream cheese, softened
- ✓ 1 (8 oz) container of fat free plain yogurt
- ✓ 1 (8 oz) can crushed pineapple, drained well
- ✓ ½ c Splenda, granulated

Directions:

1. Process cream cheese, yogurt, pineapple, and Splenda in a food processor or blender until smooth, stopping to scrape down the sides. Spoon into a serving dish, cover and chill.



Nutritional Info:

Calories: 83
Fat: 5g
Carbohydrate: 8.5g
Sodium: 92mg
Fiber: 1g
Protein: 0g

Tip:

- ✓ Try this with all of your favorite fruits.

Desserts



Berry Parfait

Servings: 4

Servings Size: 1 cup

Source: Karen R. Host, MA, RD, CDE- Battle Creek VA Medical Center at the Wyoming Health Care Center



Ingredients:

- ✓ 1 package graham crackers
- ✓ 2 c skim milk
- ✓ 1 small package sugar free instant pudding (any flavor)
- ✓ 1 c sliced fresh strawberries
- ✓ 1 c fresh blueberries
- ✓ ½ c chocolate chips

Directions:

1. Put the graham crackers in a releasable plastic bag. Smash them into pieces by using a mallet or your hands. Set aside.
2. Mix the skim milk and pudding for about 2-3 minutes until thicken.
3. Assemble the parfaits into layers into juice glasses, champagne glasses or whatever dish you prefer in the following order: graham crackers, 2-3 Tbsp pudding, strawberries, blueberries, chocolate chips. Repeat layers until filled to the top with chocolate chips to top it off. Save and store in the refrigerator any extra pudding. May serve immediately or chilled after 2-3 hours.



Nutritional Info:

Calories: 363
Fat: 8.3g
Carbohydrate: 58g
Sodium: 661mg
Fiber: 3g
Protein: 6g

Tip:

- ✓ Don't have fresh berries on hand, thaw out some frozen berries or substitute for another favorite fruit.

Caramelized Bananas

Servings: 2

Servings Size: 1 banana

Source: Jenelle York, MS, RD- VA Portland Health Care System in Portland, OR



Ingredients:

- ✓ 2 bananas, halved and split lengthwise
- ✓ 1 Tbsp honey or other liquid sweetener
- ✓ 1 Tbsp vegetable or coconut oil
- ✓ ½ tsp cinnamon plus garnish

Directions:

1. Heat coconut oil in skillet over medium high heat.
2. Add bananas, honey and ½ teaspoon cinnamon.
3. Flip bananas every minute or so until they get soft, making sure they don't stick to the pan. This will only take a couple minutes.
4. Sprinkle with cinnamon and serve warm.



Nutritional Info:

Calories: 200
Fat: 7g
Carbohydrate: 37g
Sodium: 2mg
Fiber: 3g
Protein: 1g

TIP:

- ✓ Try using cooking spray in place of oil to reduce calories further, however make sure you use a good non-stick pan.

Peanut Butter Milkshake

Servings: 4

Servings Size: 6 oz

Source: Katie Kirzonic, RD, LDN- Lebanon VA Medical Center



Ingredients:

- ✓ 4 bananas, frozen
- ✓ $\frac{3}{4}$ c low fat milk
- ✓ 2 Tbsp peanut butter

Directions:

1. Put frozen bananas in blender with milk and peanut butter.
2. Blend until smooth and milk shake consistency. May need to add more milk based on the size of the bananas.



Nutritional Info:

Calories: 172
Fat: 5g
Carbohydrate: 31g
Sodium: 57mg
Fiber: 4g
Protein: 5g

TIP:

- ✓ Freeze bananas in a freezer bag without the peel. Frozen bananas can be kept several weeks in the freezer before browning so you can always keep on hand for an easy, healthy treat.

Pumpkin Mousse

Servings: 4

Servings Size: about $\frac{2}{3}$ cup

Source: tasteofhome.com

Submitted by: Ellen Baxley, RD, LD/N- Lecanto VA CBOC



Ingredients:

- ✓ 1 $\frac{1}{2}$ c cold fat free milk
- ✓ 1 oz package sugar-free instant butterscotch pudding mix
- ✓ $\frac{1}{2}$ c canned pumpkin
- ✓ $\frac{1}{2}$ tsp ground cinnamon
- ✓ $\frac{1}{2}$ tsp ground ginger
- ✓ $\frac{1}{4}$ tsp ground allspice
- ✓ 1 c fat-free whipped topping, divided

Directions:

1. In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set.
2. Combine the pumpkin, cinnamon, ginger and allspice; fold into pudding.
3. Fold in $\frac{1}{2}$ c whipped topping.
4. Transfer to individual serving dishes. Refrigerate until serving. Garnish with remaining whipped topping.



Nutritional Info:

Calories: 96
Fat: 0g
Carbohydrate: 18g
Sodium: 360mg
Fiber: 1g
Protein: 4g

TIP:

- ✓ Make sure to choose plain canned pumpkin for this recipe and not the canned pumpkin pie mix.

Strawberry Banana Oatmeal Smoothie

Servings: 2

Servings Size: 8 oz

Source: theyummylife.com/recipes

Submitted by: Allison Wanner- Fargo VA



Ingredients:

- ✓ ¼ c uncooked rolled oats
- ✓ 1 ½ tsp dried chia seeds (optional)
- ✓ ¾ c skim milk
- ✓ ¼ c orange juice
- ✓ ¼ c low-fat yogurt (Greek yogurt recommended)
- ✓ ½ c quartered strawberries
- ✓ ½ c fresh banana slices
- ✓ ½ tsp vanilla extract
- ✓ ½ tsp honey, optional

Directions:

1. Add oats and chia seeds to blender and blend on high until texture of flour.
2. Then add milk and juice to blender and use spoon or spatula to stir in oats/chia seeds from bottom.
3. Add yogurt, strawberries, and bananas, and blend on high until desired smoothness. Taste and add sweetener, as needed. Blend ingredients again.
4. Transfer to pint (2 cup) jar or container and refrigerate overnight (or minimum of 4 hours) to soften oats and chia seeds. Will keep in refrigerator for 2-3 days; shake before drinking.



Nutritional Info:

Calories: 186
Fat: 3g
Carbohydrate: 35g
Sodium: 59mg
Fiber: 4g
Protein: 9g

Tip:

- ✓ If fresh strawberries are not in season, substitute for frozen.

Summer Strawberry Orange Cups

Servings: 6

Servings Size: 8 oz

Source: Diabetic Cooking May/June 2007

Submitted by: Allison Wanner- Fargo VA



Ingredients:

- | | |
|---------------------------------|---------------------------|
| ✓ 1 pint strawberries | ✓ ½ c frozen orange juice |
| ✓ 1 envelope unflavored gelatin | concentrate, thawed |
| ✓ 2 Tbsp cool water | ✓ 1 ½ c reduced-fat milk |
| ✓ 2 Tbsp boiling water | ✓ 1 tsp vanilla extract |

Directions:

1. Wash and hull strawberries. Cut half of berries into thin slices and layer on bottom of six (8 oz) custard cups or ramekins.
2. Soften gelatin in cool water for 5 minutes.
3. Combine orange juice concentrate, milk and vanilla; mix well. Rest mixture at room 20 minutes.
4. Add boiling water to gelatin; stir until completely dissolved. Stir dissolved gelatin to orange juice mixture.
5. Pour mixture over sliced strawberries in cups. Place in refrigerator for 2 hours or until completely set.
6. Halve remaining strawberries; divide equally among cups, arranging on top.



Nutritional Info:

Calories: 89
Fat: 1g
Carbohydrate: 16g
Sodium: 29mg
Fiber: 1g
Protein: 4g


Healthy Sustainable Eating Tips

**Eat
Local**

**Live
Healthier**

**Reduce
Waste**

Here are 7 tips to help you learn how to eat healthy while also taking care of the planet.

	1. Make eating healthy a priority. Savor your food by allowing adequate time for meals. Limit distractions while eating by turning off your TV and putting away your cell phone. Eat with your family or friends when possible.
	2. Learn to cook. Develop, practice, share and enjoy your food preparation and cooking skills. Ask your dietitian if your VA has a Healthy Teaching Kitchen program.
	3. Buy fresh produce locally or directly from growers. Many VA facilities now have farmers markets on site. Consider growing your own fresh produce.
	4. Prepare meals from plant-based food more often. Limit consumption of ready-to-eat foods and beverages. Try eating at least one vegetarian meal each week.
	5. Eat 3 meals each day. When having a snack, choose a fruit or vegetable.
	6. Reduce food related waste. Forecast your food needs by making a meal plan and shopping list. Understand expiration dates. Reduce food related packaging by buying in bulk. Compost food waste.
	7. When you eat out, choose restaurants that serve freshly made, plant-based food. Order a side salad with your meal instead of French fries.