



Healthy Cooking at Home

Nutrition and Food Services Healthy Teaching Kitchen



VA



U.S. Department
of Veterans Affairs

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Cooking References



Cooking Safely

Did you know that 1 in 6 Americans will get sick from food poisoning this year? Food poisoning not only sends 128,000 Americans to the hospital each year, it can also have long-term health effects.

The keys to basic food safety are cooking food to the right temperature and handling food properly. Follow these guidelines to keep you, your family, and your guests safe.

For more information on these and other food safety guidelines, please visit www.foodsafety.gov.

Practice Good Hygiene

Use hot water and regular soap to wash your hands. Scrub the backs of your hands, between your fingers, and under your nails for at least 20 seconds. Need a timer? Try humming the “Happy Birthday” song from beginning to end twice. Rinse hands, then dry with a clean towel.

Wash your hands often, especially during these key times when germs can spread:

- Before, during, and after preparing food
- Before serving food or eating
- After handling raw meat, poultry, seafood, eggs, or their juices
- After using the toilet, touching garbage, touching an animal, or picking something up off the floor
- After changing a diaper or taking care of someone who is sick
- After blowing your nose, coughing, or sneezing

Cook to Safe Temperatures

Cook all food to the minimum safe internal temperatures on the chart above. Use a food thermometer to be sure your food is safe. When you think your food is done, place the food thermometer in the thickest part of the food, making sure not to touch bone, fat, or gristle.

Safe Internal Food Temperatures	
Poultry	
Whole or Pieces	165°F
Ground	165°F
Beef, Pork, and Lamb	
Steaks/Roasts/Chops	145°F
Ground	160°F
Pre-Cooked Ham	140°F
Seafood	
Fish Fillet/Whole Fish	145°F
Shrimp/Lobster/Crab	Cook until flesh is pearly and opaque
Leftovers and Casseroles	165°F
Egg Dishes	160°F

Separate Hazardous Foods

Use one cutting board for hazardous foods (e.g. raw meat, poultry, seafood, eggs) and another for non-hazardous foods (e.g. fresh produce, cooked foods, foods that won't be cooked).

Use separate plates and utensils for cooked and raw foods. Use hot, soapy water to wash all plates, utensils, and cutting boards that touched hazardous foods before using them again.

Refrigerate and Freeze Properly

Your refrigerator should be set to 40°F or below and your freezer to 0°F or below. Use a refrigerator and/or freezer thermometer to be sure. Place raw meat, poultry, and seafood on plates, in containers, or in sealed plastic bags. Freeze them if you're not planning to use them within a few days. Freezing does not kill harmful germs, but it does keep food safe until you can cook it.

Avoid the Danger Zone

Bacteria that cause food poisoning grow quickest between 40°F and 140°F, also known as the danger zone. Never leave perishable foods at room temperature for more than two hours. If the food is exposed to temperatures above 90°F, refrigerate it within one hour.

If you're not serving food right after cooking, keep it out of the temperature danger zone by using a heat source like a chafing dish, warming tray, or slow cooker. Cold foods can be kept on ice or in a cooler for longer serving times.

Never thaw or marinate foods at room temperature. The safest way to thaw or marinate is in the refrigerator or under cool running water. Leftovers should be placed in small shallow containers and refrigerated promptly to allow for quick cooling.

Wash Produce

Cut away any damaged or bruised areas on fruits and vegetables, then rinse under warm running water. Scrub firm produce like melons, potatoes, or cucumbers with a clean produce brush. Air dry or pat dry with a paper towel or clean cloth towel. Don't rinse raw meat, poultry, or seafood to avoid contaminating other surfaces.

When In Doubt, Throw It Out

The germs that make you sick are not always the same ones that cause food to go bad. Don't use smell, taste, and appearance as your only guides. Use the storage times on the table above to guide you. If you're still not sure whether a food item is safe, it's better to be safe than sorry and throw it away.

Safe Food Storage Times (Refrigerated at 40°F or Below)	
Raw Poultry	
Whole, Pieces, or Ground	1-2 days
Raw Beef, Pork, and Lamb	
Steaks/Roasts/Chops	3-5 days
Pre-Cooked Ham	3-4 days
Ground	1-2 days
Stew Meat	1-2 days
Raw Seafood	
Fish Fillet/Whole Fish	1-2 days
Shrimp/Lobster/Crab	1-2 days
Raw Eggs	
In shell	3-5 weeks
Out of Shell	2-4 days
Cooked Leftovers	
Beef, Pork, and Lamb	3-4 days
Poultry	3-4 days
Seafood	3-4 days
Egg Dishes	3-4 days
Hard-Cooked Eggs, In Shell	7 days
Vegetables and Fruit	5-7 days
Soups and Stews	3-4 days



Cooking Equipment

Having the right tools on hand can help make cooking as easy and efficient as possible. Use the list below to make sure you will have what you need to make a variety of recipes.

- | | |
|---|---|
| <input type="checkbox"/> Large frying pan, 10+ inches across | <input type="checkbox"/> Chef knife |
| <input type="checkbox"/> Small frying pan, 6 inches across | <input type="checkbox"/> Bread (serrated) knife |
| <input type="checkbox"/> Large sauté pan, 10+ inches across | <input type="checkbox"/> Paring knife |
| <input type="checkbox"/> Large saucepan with lid, 6+ quarts | <input type="checkbox"/> Honing steel |
| <input type="checkbox"/> Small saucepan with a lid, about 2.5 quarts | <input type="checkbox"/> Spring-loaded tongs |
| <input type="checkbox"/> Stockpot with a lid | <input type="checkbox"/> Wire whisk |
| <input type="checkbox"/> Roasting pan | <input type="checkbox"/> Can opener |
| <input type="checkbox"/> At least 2 mixing bowls, one large and one small | <input type="checkbox"/> Colander |
| <input type="checkbox"/> Microwave- and oven-safe casserole dish with a lid, 2-3 quarts | <input type="checkbox"/> Strainer |
| <input type="checkbox"/> Large cutting board | <input type="checkbox"/> Ladle |
| <input type="checkbox"/> 2-3 smaller cutting boards | <input type="checkbox"/> Vegetable peeler |
| <input type="checkbox"/> Turning spatula | <input type="checkbox"/> Pot holders and/or oven mitts |
| <input type="checkbox"/> Scraper/rubber spatula | <input type="checkbox"/> Instant-read digital thermometer |
| <input type="checkbox"/> Wooden spoons | <input type="checkbox"/> Potato masher |
| <input type="checkbox"/> 2 metal baking sheets | <input type="checkbox"/> Collapsible vegetable steamer |
| <input type="checkbox"/> 2 wire cooling racks | <input type="checkbox"/> Slow cooker |
| <input type="checkbox"/> Dry ingredient measuring cups | <input type="checkbox"/> Dutch oven |
| <input type="checkbox"/> Liquid/wet ingredient measuring cups | <input type="checkbox"/> Parchment paper |
| <input type="checkbox"/> Measuring spoons | <input type="checkbox"/> Aluminum foil |
| <input type="checkbox"/> Box grater | <input type="checkbox"/> Plastic wrap |
| | <input type="checkbox"/> Food storage containers |



Measurements and Abbreviations

Common Abbreviations

c — cup
 Tbsp — tablespoon
 tsp — teaspoon
 oz — ounce (usually weight, unless referring to a liquid)
 fl oz — fluid ounces
 lb — pound
 g — gram
 mg — milligram
 ~ — about/roughly

Volume Conversions

3 teaspoons = 1 tablespoon
 $\frac{1}{2}$ tablespoon = 1 $\frac{1}{2}$ teaspoons
 2 tablespoons = 1 (fluid) ounce = $\frac{1}{8}$ cup
 4 tablespoons = 2 (fluid) ounces = $\frac{1}{4}$ cup
 5 tablespoons + 1 teaspoon = $\frac{1}{3}$ cup
 1 cup = 8 (fluid) ounces
 2 cups = 16 (fluid) ounces = 1 pint
 4 cups = 32 (fluid) ounces = 1 quart
 2 quarts = 64 (fluid) ounces = $\frac{1}{2}$ gallon
 16 cups = 128 (fluid) ounces = 1 gallon

Fresh to Dried Herbs Ratios

Dried leafy herbs (e.g. oregano, basil, tarragon)

1 tablespoon fresh = 1 teaspoon dried

Dried ground herbs and spices (e.g. ginger, garlic, ground thyme)

4 parts fresh = 1 part dried

Dried leafy herb to dried ground herb

1 teaspoon dried leaf = $\frac{1}{2}$ teaspoon ground herb

Reducing Recipes for Fewer Servings

When the Recipe Says...	To Make Half, Use...	To Make a Third, Use...
$\frac{1}{4}$ cup	2 tablespoons	1 tbsp + 1 tsp
$\frac{1}{3}$ cup	2 tbsp + 2 tsp	1 tbsp + $2\frac{1}{4}$ tsp
$\frac{1}{2}$ cup	$\frac{1}{4}$ cup	2 tbsp + 2 tsp
$\frac{2}{3}$ cup	$\frac{1}{3}$ cup	3 tbsp + $1\frac{1}{2}$ tsp
$\frac{3}{4}$ cup	$\frac{1}{4}$ cup + 2 tbsp	$\frac{1}{4}$ cup
1 cup	$\frac{1}{2}$ cup	$\frac{1}{3}$ cup
1 tablespoon	1 $\frac{1}{2}$ teaspoon	1 teaspoon
1 teaspoon	$\frac{1}{2}$ teaspoon	$\frac{1}{4}$ teaspoon
$\frac{1}{2}$ teaspoon	$\frac{1}{4}$ teaspoon	Scant $\frac{1}{4}$ teaspoon
$\frac{1}{4}$ teaspoon	$\frac{1}{8}$ teaspoon	Scant $\frac{1}{8}$ teaspoon
$\frac{1}{8}$ teaspoon	Dash	Pinch



Recipe Tips and Cooking Terms

Recipe Tips

- Recipes in this cookbook have been written using the lowfat (1%) version of cow's milk. Feel free to substitute nonfat (skim) milk or your favorite unsweetened non-dairy alternative such as soy, rice, or almond milk.
- Recipes in this cookbook can be adapted to dietary restrictions, allergies, and or food preferences as desired.
- Artificial and natural (non-caloric) sweeteners may be substituted for sugar or honey in most recipes. Follow the conversion directions on the package to know how much to add.
- Please note that any adaptations to these recipes may alter their nutritional content.
- Several recipes call for a salt-free seasoning blend. You can purchase this at the store or make your own blend by combining ½ teaspoon garlic powder, ½ teaspoon onion powder, and ¼ teaspoon ground black pepper.

Cooking Terms and Definitions

- **Braise:** A combination cooking method that uses both moist and dry heat. Typically, the food is first cooked over high heat. Then, it is finished in a covered pot with a cooking liquid at a lower temperature.
- **Sauté:** To cook food quickly, usually while stirring, in a minimal amount of fat over relatively high heat.
- **Simmer:** To cook in a liquid at a temperature just below boiling (usually 180-205°F). You should be able to see small bubbles forming along the sides of the liquid.
- **Shimmering:** A term used to describe how oil looks when hot. Once heated, the surface of the oil will have slight ripples and the oil will swirl easily in the bottom of the pan.

Recipes in this cookbook have been inspired by and adapted from a variety of online resources and submitted by dietitians from VA facilities across the nation:

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Breakfast Recipes



Spinach-Mozzarella Egg Bake

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: ~5-inch square piece

Ingredients

Nonstick cooking spray
½ medium onion, chopped (about ½ cup)
1 large tomato, diced (about 1½ cups)
5 ounces spinach, roughly chopped (about 5 cups fresh or 1¼ cups frozen)
12 large eggs
¾ cup lowfat (1%) milk
1 tablespoon Italian seasoning blend
1 (15-ounce) can no-salt-added cannellini beans, drained and rinsed
1 cup shredded part-skim mozzarella cheese

Directions

1. Preheat the oven to 375°F.
2. Spray a 13x9-inch baking dish with nonstick spray. Set aside.
3. Heat a nonstick skillet or sauté pan over medium heat.
4. Spray the pan with nonstick spray, then add the onion, tomato, and spinach. Cook, stirring often, just until the spinach is wilted (or thawed if frozen), about 2-5 minutes. Remove the pan from the heat and set aside.
5. In a large mixing bowl, gently whisk together the eggs, milk, and Italian seasoning.
6. Add the cooked vegetable mixture, beans, and cheese to the egg mixture. Stir to combine.
7. Pour the egg mixture into the prepared baking dish, spreading it evenly over the bottom of the dish.
8. Place in the oven and bake until the mixture is completely set and just starting to brown, about 25-35 minutes.
9. Let cool in the pan for 5 minutes, then cut and serve warm.

Recipe Notes

- Change out the vegetables, cheese, or seasoning for different flavor combinations if desired.
- Store any leftovers in the refrigerator for up to 4 days, reheating each portion in the microwave.

**Nutrition Facts Per Serving: Calories: 200 | Total Fat: 10.5 g | Saturated Fat: 3.5 g
Sodium: 200 mg | Total Carbohydrate: 10 g | Dietary Fiber: 2.5 g | Protein: 16 g**

For more recipes, please visit www.nutrition.va.gov



Crustless Leftovers Quiche

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: 2 quiche muffins

Ingredients

Nonstick cooking spray

6 large eggs

1 cup lowfat (1%) milk

¼ teaspoon salt

¼-½ teaspoon ground black pepper, to taste

1 cup raw or cooked vegetables, chopped as needed (one type or a combination; e.g. onion, mushrooms, bell peppers, broccoli, asparagus)

½ cup reduced-fat (2%) shredded cheese

2 tablespoons shredded or grated parmesan cheese

⅓ cup chopped or sliced cooked meat (optional; e.g. ham, steak, turkey, chicken)

Directions

1. Preheat the oven to 350°F.
2. Coat a 12-cup muffin pan with nonstick spray. Set aside.
3. Whisk together the eggs, milk, salt, and black pepper. Set aside.
4. Evenly divide the selected vegetables, shredded cheese, parmesan cheese, and cooked meat (if using) between the muffin tin cups.
5. Evenly divide the egg mixture between the muffin tin cups.
6. Bake uncovered until the eggs are fully set, about 15-20 minutes.
7. Serve warm.

Recipe Notes

- This recipe can also be prepared in an 8x8-inch glass pan or an 8- to 9-inch pie dish. Increase the cooking time to 30-45 minutes, cooking until eggs are fully set.
- Refrigerate for up to 4 days. Freezing is not recommended.
- Substitute your favorite unsweetened non-dairy milk if desired.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 10 g | Saturated Fat: 4.5 g
Sodium: 365 mg | Total Carbohydrate: 4.5 g | Dietary Fiber: 0.5 g | Protein: 15.5 g**

For more recipes, please visit www.nutrition.va.gov



Loaded Vegetable Omelet

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 1 serving | Serving Size: 1 omelet

Ingredients

3 large eggs
3 tablespoons lowfat (1%) milk
¼ teaspoon ground black pepper
1 teaspoon olive oil
⅓ cup finely diced onion
⅓ cup finely diced mushrooms
⅓ cup finely diced bell pepper
Nonstick cooking spray
2 tablespoons shredded reduced-fat (2%) cheese

Directions

1. Crack the eggs into a small bowl. Add the milk and black pepper. Whisk with fork until combined, then set aside.
2. Heat a 10-inch nonstick skillet over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the onion, mushrooms, and bell pepper. Cook, stirring often, until tender and lightly browned, about 3-5 minutes.
5. Transfer the vegetable mixture to a plate and set aside.
6. Spray the pan with nonstick spray and return the pan to the stovetop. Reduce the heat to medium-low.
7. Add the egg mixture to the pan and cover the pan with a lid.
8. Allow the eggs to cook, without stirring, until firm but still moist, about 2-4 minutes.
9. Remove the lid and sprinkle the vegetable mixture and cheese over one half of the cooked eggs.
10. Fold the other half of eggs over the vegetables and cheese.
11. Turn off the heat and cover the pan with the lid until the cheese is melted, about 2-3 minutes, then serve warm.

Recipe Notes

- Substitute any of your favorite fresh or leftover vegetables, or add cooked lean meat and beans if desired.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 22 g | Saturated Fat: 6.5 g
Sodium: 400 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 28 g**

For more recipes, please visit www.nutrition.va.gov



Breakfast Burritos

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: 1 burrito

Ingredients

1 teaspoon olive oil
½ medium onion, diced (about ½ cup)
½ medium bell pepper, diced (about ½ cup)
½ cup finely chopped broccoli
Pinch ground black pepper
4 large eggs (can substitute half of a 16-ounce block of soft or firm tofu, crumbled into chunks and pat dry with paper towels)
¾ cup shredded cheddar cheese
4 tablespoons (¼ cup) salsa, divided
4 (10-inch) whole-wheat tortillas, warmed in the microwave for 15-30 seconds

Directions

1. Heat a large nonstick skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, bell pepper, broccoli, and black pepper. Cook, stirring often, until tender, about 5-7 minutes.
4. In a medium bowl, whisk the eggs together.
5. Move the vegetables to the sides of the pan and pour the eggs into the middle. Scrape the bottom of the pan with a rubber spatula as the eggs cook, keeping the eggs in the middle and the vegetables on the sides.
6. Once the eggs are cooked, mix in the vegetables and stir in the cheese. Remove the pan from the heat.
7. Top each warmed tortilla with a quarter of the egg mixture and 1 tablespoon of the salsa. Wrap into a burrito and set aside. Repeat with the remaining tortillas, egg mixture, and salsa.
8. Serve warm.

Recipe Notes

- These burritos freeze well. To freeze, let cool and wrap each burrito in plastic wrap, then place in a zip-top plastic bag. Freeze for up to 3 months. To thaw, unwrap a burrito and place it on a microwave-safe plate. Cover with a paper towel and microwave until the burrito is hot in the center, about 2 minutes.

**Nutrition Facts Per Serving: Calories: 270 | Total Fat: 10 g | Saturated Fat: 2 g
Sodium: 450 mg | Total Carbohydrate: 34 g | Dietary Fiber: 2 g | Protein: 11 g**

For more recipes, please visit www.nutrition.va.gov



Turkey Breakfast Sausage

Prep: 5 minutes | Cook: 20 minutes | Total: 25 minutes

Yield: 8 patties | Serving Size: 1 patty

Ingredients

- 1 pound (16 ounces) lean ground turkey (90% lean or higher)
- 1 teaspoon dried sage
- 1 teaspoon dried oregano
- ½-1 teaspoon salt, to taste
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- ¼ teaspoon crushed red pepper flakes (add more or less to adjust the heat level as desired)
- 1 tablespoon maple syrup

Directions

1. Heat a nonstick skillet over medium-high heat.
2. Add the turkey, sage, oregano, salt, garlic powder, black pepper, red pepper flakes, and maple syrup to a large mixing bowl.
3. Gently knead the ingredients together with your freshly-washed hands.
4. Divide the mixture into eight equal portions, then form each portion into a patty about ¼- to ½-inch thick. Press your thumb into the center of each patty to create a dimple.
5. Working in batches, add the patties to the skillet and cook until browned and cooked through, about 3-5 minutes on each side.
6. Serve warm.

Recipe Notes

- Both the cooked and uncooked patties will freeze well, up to 3 months.
- If the patties are too dry for your taste, use ½ pound ground pork and ½ pound lean ground turkey. It will still have about half the fat as traditional pork breakfast sausage, but the slightly higher fat content will prevent a dry texture. Alternatively, you can add 1 egg or 1-2 tablespoons olive oil to the turkey mixture.

**Nutrition Facts Per Serving: Calories: 115 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 60 mg | Total Carbohydrate: 2 g | Dietary Fiber: 0 g | Protein: 16 g**

For more recipes, please visit www.nutrition.va.gov



Savory Avocado Toast

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 slice toast with toppings

Ingredients

- 1 slice whole-wheat bread
- 1 hardboiled egg, peeled
- ¼ avocado, pitted and peeled
- 2 tablespoons salsa

Directions

1. Toast the slice of bread to your desired level of doneness.
2. Cut the egg and avocado into slices.
3. Layer the toast with the following ingredients, in this order: egg, avocado, and salsa.
4. Serve immediately.

Recipe Notes

- Try other toast topping combinations to change it up. Here are some ideas to get you started: 2 tablespoons nut butter (e.g. peanut, almond) + ½ small banana, sliced + ½ tablespoon honey or 2 tablespoons lowfat cottage cheese + 1 tablespoon fresh fruit or fruit preserves

Nutrition Facts Per Serving: Calories: 245 | Total Fat: 15 g | Saturated Fat: 3.5 g
Sodium: 390 mg | Total Carbohydrate: 18 g | Dietary Fiber: 6 g | Protein: 10.5 g

For more recipes, please visit www.nutrition.va.gov



Breakfast PB&J Wrap-Up

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 1 wrap

Ingredients

- 1 (8-inch) whole-grain wrap or tortilla
- 2 tablespoons creamy natural peanut butter
- 2 tablespoons fruit preserves
- 1 small banana

Directions

1. Place the wrap or tortilla on a clean flat surface.
2. Spread the peanut butter on one half of the wrap or tortilla and the fruit preserves on the other half.
3. Place the banana at the edge of the wrap, on the preserves side, along the line between the peanut butter and the preserves.
4. Roll the wrap or tortilla up around the banana, rolling towards the peanut butter side. The peanut butter should act like a glue and keep the wrap together.
5. Enjoy whole as a grab-and-go breakfast, slice into pieces to share, or serve as a side.

Recipe Notes

- Try using almond butter in place of the peanut butter.
- Look for fruit preserves that have fruit listed as the first ingredient.
- To reduce the total carbohydrates, consider leaving out the fruit preserves.

Nutrition Facts Per Serving: Calories: 370 | Total Fat: 10 g | Saturated Fat: 5 g
Sodium: 150 mg | Total Carbohydrate: 70 g | Dietary Fiber: 6 g | Protein: 8 g

For more recipes, please visit www.nutrition.va.gov



Blueberry Oatmeal Pancakes

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 2 pancakes

Ingredients

1 cup uncooked old fashioned (rolled) oats
1 cup lowfat buttermilk (can substitute 1 cup milk plus 1 tablespoon lemon juice or vinegar)
¼ cup whole-wheat flour
1½ tablespoons sugar
½ teaspoon baking powder
½ teaspoon baking soda
1 egg, beaten
2 tablespoons unsalted butter, melted and cooled
½ cup fresh or frozen blueberries
Nonstick cooking spray

Directions

1. Combine the oats and buttermilk in a medium mixing bowl and let sit, covered, in the refrigerator for at least 30 minutes. If you don't have time to let it sit, microwave the oat-buttermilk mixture until the oats have absorbed the liquid and the mixture is batter-like, about 1-2 minutes).
2. In a separate medium mixing bowl, whisk together the flour, sugar, baking powder, and baking soda.
3. Add the flour mixture, egg, melted butter, and blueberries to the oat-buttermilk mixture. Stir to combine.
4. Spray a nonstick skillet with nonstick spray and set over medium heat.
5. Working ¼ cup at a time and around the perimeter of the skillet, portion the batter into the pan, leaving at least ½ inch between each portion of batter.
6. Cook on the first side until the edges are dry and the bottom is golden-brown, about 3-4 minutes.
7. Flip all of the pancakes over and cook on the other side until golden-brown, about 1-2 minutes.
8. Repeat steps 5-7 with any remaining batter.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 225 | Total Fat: 9 g | Saturated Fat: 4.5 g
Sodium: 280 mg | Total Carbohydrate: 30 g | Dietary Fiber: 3 g | Protein: 7 g**

For more recipes, please visit www.nutrition.va.gov



Apple-Cinnamon Microwave Oatmeal

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 bowl

Ingredients

- 1 small apple (e.g. Gala, Fuji, Delicious, Pink Lady), cored and finely chopped (about $\frac{3}{4}$ cup)
- $\frac{1}{2}$ cup uncooked old fashioned (rolled) oats
- $\frac{1}{2}$ cup lowfat (1%) milk
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon ground cinnamon, to taste
- Pinch salt
- 1 tablespoon unsalted chopped, slivered, or sliced nuts (e.g. almonds, walnuts, pecans)
- 1-3 teaspoons sweetener, to taste (optional; e.g. maple syrup, honey)

Directions

1. Place the apple, oats, milk, water, cinnamon, and salt in a microwave-safe bowl. Stir to combine.
2. Cook on high power (default setting) in the microwave until thickened and bubbly, about 3-5 minutes, removing once or twice during the cooking time to stir.
3. Top with the selected nuts and sweetener (if using). Serve warm.

Recipe Notes

- For an overnight option, place all of the ingredients, except the selected nuts, in a container with a lid. Cover and refrigerate overnight, at least 8-12 hours. In the morning, serve cold or heat in the microwave for 1 minute and serve warm. Add the nuts just before serving.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 8.5 g | Saturated Fat: 2 g
Sodium: 220 mg | Total Carbohydrate: 47 g | Dietary Fiber: 8 g | Protein: 8.5 g**

For more recipes, please visit www.nutrition.va.gov



Next-Day Oatmeal

Prep: 5 minutes | Cook: 10 minutes | Chill: 9 hours | Total: 9 hours 15 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

- 1 cup uncooked steel-cut oats
- 3-4 cups lowfat (1%) milk, to desired consistency
- 1 cup chopped fresh fruit or ¼ cup dried fruit, chopped if large (e.g. apples, cherries, raisins, peaches, berries)
- ¼ cup chopped nuts or nut butter (e.g. walnuts, pecans, almonds, almond butter, peanut butter)
- 1 teaspoon pumpkin pie spice
- 1-2 teaspoons sweetener, to taste (e.g. honey, maple syrup, molasses, brown sugar)

Directions

1. Add the oats and milk to a large pot, using 3 cups milk for a thicker consistency and up to 4 cups for a thinner consistency.
2. Bring to a boil over high heat, then turn off the heat.
3. Let the oat mixture sit to cool on the stovetop for 30-60 minutes.
4. Add the selected fresh or dried fruit, nuts or nut butter, pumpkin pie spice, and sweetener. Stir to combine.
5. Transfer the oat mixture to a storage container and place in the refrigerator overnight, or at least 8 hours.
6. Serve cold, or reheat in the microwave and serve warm.

Recipe Notes

- The ingredients can also be placed in a slow cooker, set to low heat. Cover and cook overnight, or 8-10 hours.
- Old fashioned (rolled) oats can be used in place of steel-cut oats. If used, skip steps 1-3. Simply combine the ingredients, then let sit in the refrigerator overnight.
- This oatmeal will keep for 5-7 days in the refrigerator.
- Change up the flavor by using different spice combinations, such as cinnamon, nutmeg, ginger, and/or allspice.
- Substitute your favorite unsweetened non-dairy milk if desired.

**Nutrition Facts Per Serving: Calories: 305 | Total Fat: 13 g | Saturated Fat: 3.5 g
Sodium: 145 mg | Total Carbohydrate: 33 g | Dietary Fiber: 4 g | Protein: 14 g**

For more recipes, please visit www.nutrition.va.gov



Fruit and Nut Overnight Oats

Prep: 10 minutes | Chill: 8 hours | Total: 8 hours 10 minutes

Yield: 1 serving | Serving Size: 1 batch

Ingredients

½ cup uncooked old fashioned (rolled) oats

1 cup lowfat (1%) milk

1 tablespoon chia seeds

⅛-¼ teaspoon ground cinnamon, to taste

1 cup fresh fruit (e.g. berries, apple, banana), chopped

2 tablespoons unsalted chopped, slivered, or sliced nuts (e.g. almonds, walnuts, pecans)

Directions

1. In a quart-size mason jar or other 4-cup storage container, stir together the oats, milk, chia seeds, and cinnamon.
2. Add the fruit and nuts.
3. Cover with a lid and refrigerate overnight, or at least 8 hours.
4. Serve cold, or heat in the microwave for 1-2 minutes and serve warm.

Recipe Notes

- Substitute your favorite unsweetened non-dairy milk if desired.
- Try hemp seeds or ground flax seed (flax meal) instead of chia seeds.
- Add ¼ cup dried fruit, such as raisins or dried cranberries, instead of fresh fruit.
- For more crunch, add the nuts just before serving.

**Nutrition Facts Per Serving: Calories: 460 | Total Fat: 18 g | Saturated Fat: 3 g
Sodium: 115 mg | Total Carbohydrate: 65 g | Dietary Fiber: 13.5 g | Protein: 17.5 g**

For more recipes, please visit www.nutrition.va.gov



Cranberry-Almond Breakfast Quinoa

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: ~1 cup

Ingredients

- ½ cup uncooked quinoa, rinsed
- ½ cup water
- ½ cup lowfat (1%) milk
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- ¼ cup dried cranberries
- ¼ cup almonds, chopped

Directions

1. Add the quinoa, water, and milk to a small saucepan over high heat.
2. Bring to a boil, then reduce the heat to low.
3. Add the cinnamon and vanilla.
4. Cover the pot with a lid and simmer until the liquid is absorbed and the quinoa is tender, about 10-15 minutes.
5. Stir in the cranberries and almonds and serve warm, or chill before serving if desired.

Recipe Notes

- For a sweeter flavor, add 1-3 teaspoons of honey or maple syrup to taste.
- Consider using other dried fruit such as raisins or chopped apricots in place of the dried cranberries.
- Substitute your favorite unsweetened non-dairy milk if desired.

**Nutrition Facts Per Serving: Calories: 260 | Total Fat: 8.5 g | Saturated Fat: 1 g
Sodium: 35 mg | Total Carbohydrate: 34.5 g | Dietary Fiber: 5.5 g | Protein: 10.5 g**

For more recipes, please visit www.nutrition.va.gov



Hearty Pumpkin Muffins

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 12 servings | Serving Size: 1 muffin

Ingredients

Nonstick cooking spray
1 cup all-purpose flour
1 cup whole-wheat flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 tablespoon pumpkin pie spice or ground cinnamon
¾ cup packed dark brown sugar
⅓ cup canola oil or avocado oil
2 large eggs
1 cup canned pumpkin puree
¾ cup lowfat (1%) milk
1 tablespoon vanilla extract

Directions

1. Preheat the oven to 400°F.
2. Coat a 12-cup muffin pan with nonstick spray. Set aside.
3. In a medium mixing bowl, whisk together the all-purpose flour, whole-wheat flour, baking powder, baking soda, salt, and pumpkin pie spice or cinnamon.
4. In a separate large mixing bowl, whisk together the brown sugar, oil, and eggs. Add the pumpkin puree, milk, and vanilla extract. Whisk to combine.
5. Gradually add the flour mixture to the pumpkin mixture, stirring gently just until combined.
6. Pour the batter into the prepared muffin pan, filling each cup all the way to the top.
7. Bake until a toothpick comes out clean when inserted into the center of the muffins, about 18-22 minutes.
8. Let cool in the muffin pan for 5 minutes, then transfer to a cooling rack. Serve warm or at room temperature.

Recipe Notes

- Try adding the extra pumpkin puree to oatmeal, yogurt, or smoothies.
- If desired, add up to ½ cup of mix-ins such as walnuts, dried cranberries, or green pumpkin seeds (pepitas).

Nutrition Facts Per Serving: Calories: 190 | Total Fat: 7.5 g | Saturated Fat: 1 g
Sodium: 170 mg | Total Carbohydrate: 27 g | Dietary Fiber: 2 g | Protein: 4 g

For more recipes, please visit www.nutrition.va.gov



Tropical Smoothie

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- 1 cup lowfat (1%) milk
- 1 cup diced frozen mango or pineapple
- 1 small (or ½ large) banana, sliced
- ½ cup fresh spinach

Directions

1. Pour the milk into the pitcher of a blender.
2. Add the mango or pineapple, banana, and spinach.
3. Blend until smooth and fully combined, about 2-3 minutes.
4. Serve immediately.

Recipe Notes

- For a boost of flavor, consider adding 1 teaspoon grated fresh ginger (or ¼ teaspoon ground dried ginger) and/or ¼ teaspoon ground cinnamon.
- For additional protein, try adding 1-2 scoops protein powder, 1-2 teaspoons chia seeds or hemp hearts, 1 teaspoon ground flax seed (flax meal), ¼-½ cup Greek yogurt, or ¼-½ cup cottage cheese.
- Substitute your favorite unsweetened non-dairy milk if desired.
- If you don't have fresh spinach on hand, substitute any leafy green or ¼ cup loose frozen spinach.
- Substitute any other frozen fruit for the mango or pineapple if desired.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 3 g | Saturated Fat: 1.5 g
Sodium: 60 mg | Total Carbohydrate: 29 g | Dietary Fiber: 3 g | Protein: 5 g**

For more recipes, please visit www.nutrition.va.gov



Strawberry-Banana Oatmeal Smoothie

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- ¼ cup uncooked old fashioned (rolled) oats
- 2 teaspoons chia seeds or ground flax seed (optional)
- 1 cup lowfat (1%) milk
- ¼ cup nonfat Greek yogurt (plain or any flavor)
- ½ cup strawberries, tops removed
- 1 small banana (or ½ large), as ripe as possible
- ½ teaspoon vanilla extract

Directions

1. Add the oats and chia seeds or ground flax seed (if using) to the pitcher of a blender.
2. Blend on high until the texture looks like flour.
3. Add the milk and use a spoon or rubber spatula to combine it with the oat mixture.
4. Add the yogurt, strawberries, banana, and vanilla.
5. Blend until smooth and fully combined, about 2-3 minutes.
6. Transfer to a pint-size mason jar or other 2-cup storage container with a tightly fitting lid.
7. Cover and refrigerate overnight (or at least 4 hours) to soften the oats and chia seeds or ground flax seed.
8. Shake well and divide into two serving glasses.
9. Serve cold.

Recipe Notes

- To change the flavor, substitute ¼ cup orange or other fruit juice for up to ¼ cup of the milk.
- Substitute frozen berries if fresh berries are unavailable.
- This smoothie will keep in the refrigerator for 2-3 days.
- Substitute your favorite unsweetened non-dairy milk if desired.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 2.5 g | Saturated Fat: 1 g
Sodium: 80 mg | Total Carbohydrate: 26 g | Dietary Fiber: 3 g | Protein: 11 g**

For more recipes, please visit www.nutrition.va.gov

Lunch Recipes



Italian Summer Soup

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

2 tablespoons olive oil
1 medium onion, diced (about 1 cup)
6 garlic cloves, minced (about 1 tablespoon)
2 tablespoons Italian seasoning
¼ teaspoon cayenne
½ teaspoon salt
2 medium tomatoes, diced (about 2 cups)
1 medium bell pepper, diced (about 1 cup)
1 medium zucchini, diced (about 1 cup)
1 (15-ounce) can no-salt-added white beans
(e.g. cannellini beans, great northern beans)
1 cup frozen corn kernels
4 cups (32 ounces) low-sodium vegetable broth

Directions

1. Heat a medium saucepan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, garlic, Italian seasoning, cayenne, and salt.
4. Sauté until the onion is softened and translucent, about 5-7 minutes.
5. Add the tomatoes, bell pepper, zucchini, beans, corn, and broth.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cook uncovered until the vegetables are tender, about 20-25 minutes.
8. Serve warm.

Recipe Notes

- Substitute 1 (14.5-ounce) can no-salt-added diced tomatoes for the fresh tomatoes if desired.

**Nutrition Facts Per Serving: Calories: 185 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 250 mg | Total Carbohydrate: 26 g | Dietary Fiber: 5.5 g | Protein: 8.5 g**

For more recipes, please visit www.nutrition.va.gov



Winter Vegetable Soup

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

1 teaspoon olive oil
2-3 slices bacon, chopped (about 2 ounces)
1 medium onion, chopped (about 1 cup)
2 garlic cloves, minced (about 1 teaspoon)
1 medium acorn squash or butternut squash, peeled and cut in ¾-inch cubes (about 2 cups)
2-3 medium red potatoes, diced (about 2 cups)
2 stalks celery, chopped (about ½ cup)
1 medium carrot, chopped (about ½ cup)
1 teaspoon dried basil
¼ teaspoon ground cinnamon
¼ teaspoon dried thyme
1 (28-ounce) can no-salt-added diced tomatoes
4 cups (32 ounces) low-sodium chicken broth
4 cups chopped, destemmed kale (about 1 bunch)
1 (15-ounce) can no-salt-added white beans (e.g. navy beans, cannellini beans), drained

Directions

1. Heat the oil in a large pot over medium-high heat.
2. Add the bacon and cook, stirring often, for 3 minutes.
3. Add the onion and garlic and cook, stirring often, for 3 minutes.
4. Add the squash, potato, celery, carrot, basil, cinnamon, and thyme. Cook, stirring occasionally, for 4 minutes.
5. Add the tomatoes with their juice and stir to combine. Cook for 2 minutes.
6. Add the broth and stir to combine.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cook for 8 minutes.
8. Add the kale and beans.
9. Continue cooking at a simmer until the potatoes, squash, and kale are tender, about 10-15 minutes.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 225 | Total Fat: 4 g | Saturated Fat: 1 g
Sodium: 240 mg | Total Carbohydrate: 39 g | Dietary Fiber: 7.5 g | Protein: 10 g**

For more recipes, please visit www.nutrition.va.gov



Creamless Creamy Tomato Soup

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 8 servings | Serving Size: 1 cup

Ingredients

4 tablespoons olive oil, divided
1 medium onion, finely chopped (about 1 cup)
3 garlic cloves, minced (about 2 teaspoons)
Pinch crushed red pepper flakes (optional)
2 (28-ounce) cans no-salt-added crushed tomatoes
3 slices whole-wheat sandwich bread, torn into 1-inch pieces
2 cups (16 ounces) low-sodium chicken or vegetable broth
½ teaspoon salt
½ teaspoon ground black pepper
¼ cup chopped fresh chives or basil

Directions

1. Heat a large pot over medium heat. Add 2 tablespoons of the oil and heat until shimmering.
2. Add the onion, garlic, and red pepper flakes (if using). Cook, stirring frequently, until the onion is softened, about 5-7 minutes.
3. Add the tomatoes with their juice and the bread. Bring to a boil over high heat, then reduce the heat to a simmer.
4. Cook, stirring occasionally, until the bread is completely saturated and starts to break down, about 3-5 minutes.
5. Transfer half the tomato mixture to the pitcher of a blender, along with 1 tablespoon of the oil. Remove the plastic piece from the center of the blender lid and place a towel over the hole. Blend until smooth, about 2-3 minutes, then transfer the mixture to a large heatproof bowl.
6. Repeat step 5 with the remaining tomato mixture and 1 tablespoon of oil.
7. Return all of the blended tomato mixture to the pot. Stir in the broth, salt, and black pepper. Bring to a boil over high heat, then remove the pot from the heat.
8. Serve warm, topped with the chives or basil as desired.

**Nutrition Facts Per Serving: Calories: 115 | Total Fat: 7.5 g | Saturated Fat: 1 g
Sodium: 235 mg | Total Carbohydrate: 9.5 g | Dietary Fiber: 2 g | Protein: 2.5 g**

For more recipes, please visit www.nutrition.va.gov



Creamy Roasted Cauliflower Soup

Prep: 15 minutes | Cook: 55 minutes | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

2 pounds cauliflower (about 2 small to medium heads or 1 large head), cut into bite-size florets
3 tablespoons olive oil, divided
 $\frac{3}{4}$ teaspoon salt, divided
1 medium onion, chopped (about 1 cup)
2 cloves garlic, minced (about 1 teaspoon)
4 cups (32 ounces) low-sodium vegetable broth
2 tablespoons unsalted butter
1-2 tablespoons lemon juice, to taste (about $\frac{1}{2}$ lemon)
 $\frac{1}{4}$ teaspoon ground nutmeg
4 tablespoons ($\frac{1}{4}$ cup) finely chopped fresh flat-leaf (Italian) parsley, chives, or scallion (green onion), divided

Directions

1. Preheat the oven to 425°F.
2. Toss the cauliflower with 2 tablespoons of the oil to coat, then sprinkle with $\frac{1}{4}$ teaspoon of the salt. Arrange the cauliflower in a single layer on a rimmed baking sheet.
3. Bake until the cauliflower is tender and browned on the edges, about 35-40 minutes, stirring after 20 minutes.
4. When there is about 10 minutes left on the cauliflower, heat a Dutch oven or large pot over medium heat. Add the remaining 1 tablespoon oil and heat until shimmering.
5. Add the onion and $\frac{1}{4}$ teaspoon of the salt. Cook, stirring occasionally, until softened, about 5-7 minutes.
6. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds, then add the broth and cauliflower.
7. Bring to a boil over high heat, then reduce the heat to a simmer. Cook, stirring occasionally, for 20 minutes.
8. Add the butter, lemon juice, nutmeg, and remaining $\frac{1}{4}$ teaspoon salt. Blend until smooth using an immersion (handheld) blender.
9. Garnish each serving with 1 tablespoon of the parsley, chives, or scallion and serve warm.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 17 g | Saturated Fat: 5 g
Sodium: 580 mg | Total Carbohydrate: 17 g | Dietary Fiber: 6.5 g | Protein: 7 g**

For more recipes, please visit www.nutrition.va.gov



Smokey Ham and Bean Soup

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 5 servings | Serving Size: 2 cups

Ingredients

1 tablespoon olive oil
1 medium onion, diced (about 1 cup)
4 stalks celery, diced (about 1 cup)
3 medium carrots, diced (about 1½ cups)
2 cloves garlic, minced (about 1 teaspoon)
¼-1 teaspoon smoked paprika or liquid smoke, to taste
¼ teaspoon crushed red pepper flakes
1 (28-ounce) can no-salt-added crushed tomatoes
4 cups (32 ounces) low-sodium chicken broth
1 (15-ounce) can no-salt-added great northern beans, drained and rinsed
1 cup cooked ham, diced

Directions

1. Heat a large saucepan or pot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, and carrots. Cook, stirring often, until softened, about 7-10 minutes.
4. Add the garlic, smoked paprika or liquid smoke, and red pepper flakes. Cook, stirring constantly, until fragrant, about 30-60 seconds.
5. Add the tomatoes with their juice and cook, stirring occasionally, for 10 minutes.
6. Add the broth, beans, and ham.
7. Bring to a simmer over high heat, then reduce the heat to maintain a simmer.
8. Cook until warmed through, about 7-10 minutes.
9. Serve warm.

Recipe Notes

- For a creamier texture, mash ¼-½ cup of the beans before adding them to the soup.
- If desired, you can substitute chili powder or cumin for the smoked paprika or liquid smoke.

**Nutrition Facts Per Serving: Calories: 195 | Total Fat: 5.5 g | Saturated Fat: 1.5 g
Sodium: 460 mg | Total Carbohydrate: 24 g | Dietary Fiber: 7 g | Protein: 13 g**

For more recipes, please visit www.nutrition.va.gov



Zesty Black Bean Soup

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

3 (15-ounce) cans no-salt-added black beans, drained and rinsed
2 cups (16 ounces) low-sodium vegetable broth
1 (10-ounce) can no-salt-added diced tomatoes with green chiles, drained
1 teaspoon ground cumin
1 teaspoon onion powder
½ teaspoon garlic powder
¼ teaspoon dried oregano
1-2 tablespoons lime juice, to taste (about ½-1 lime)
6 tablespoons nonfat plain Greek yogurt, divided
2 tablespoons sliced scallions (green onions), divided

Directions

1. In a food processor or blender, add the beans, broth, tomatoes with green chiles, cumin, onion powder, garlic powder, and oregano. Blend until fairly smooth.
2. Transfer the mixture to a medium saucepan and place over medium heat.
3. Bring the mixture up to a gentle simmer and let it cook until it is warmed through and the flavors have combined, about 5-10 minutes, stirring occasionally.
4. Add the lime juice and stir to combine.
5. Divide the soup between six serving bowls and top each with 1 tablespoon of the Greek yogurt and ½ tablespoon of the scallions.
6. Serve warm, adjusting the flavor with additional lime juice as desired.

Recipe Notes

- For a chunkier texture, set some of the canned beans aside and keep them whole, then stir them in at the end of cooking.

**Nutrition Facts Per Serving: Calories: 220 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 80 mg | Total Carbohydrate: 43 g | Dietary Fiber: 12 g | Protein: 15 g**

For more recipes, please visit www.nutrition.va.gov



Tuscan Bean Soup

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

- 1 teaspoon olive oil
- ½ medium onion, chopped (about ½ cup)
- 2 celery stalks, chopped (about ½ cup)
- 1 clove garlic, minced (about ½ teaspoon)
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- ¼-½ teaspoon crushed red pepper flakes, to taste
- 2 cups (16 ounces) low-sodium vegetable broth
- 1 (15-ounce) can no-salt-added white beans (e.g. cannellini beans, great northern beans), drained and rinsed
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 3 cups fresh spinach (about 3 ounces)
- 6 tablespoons shredded or grated parmesan cheese, divided

Directions

1. Heat a large saucepan or pot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, and garlic. Sauté until the onion and celery are soft, about 3-5 minutes.
4. Add the oregano, thyme, and red pepper flakes. Sauté until fragrant, about 1 minute.
5. Stir in the broth, beans, and the tomatoes with their juice.
6. Increase the heat to high and bring the soup to a simmer. Reduce the heat to maintain simmer.
7. Cover the saucepan with a lid and cook for 20-25 minutes, allowing the flavors combine.
8. Remove the lid and stir in the spinach.
9. Cover the pot with the lid and cook until the spinach is just wilted, about 2-3 minutes.
10. Divide the soup between six serving bowls and top each with 1 tablespoon of the parmesan cheese. Serve warm.

Recipe Notes

- If you don't have fresh spinach on hand substitute 1 cup loose frozen spinach.

**Nutrition Facts Per Serving: Calories: 135 | Total Fat: 4 g | Saturated Fat: 2 g
Sodium: 175 mg | Total Carbohydrate: 15 g | Dietary Fiber: 5 g | Protein: 10 g**

For more recipes, please visit www.nutrition.va.gov



Country Lentil Soup

Prep: 20 minutes | Cook: 40 minutes | Total: 60 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

1 tablespoon olive oil
1 medium onion, chopped (about 1 cup)
4 celery stalks, chopped (about 1 cup)
2 medium carrots, chopped (about 1 cup)
2-4 cloves garlic, minced (about 2 teaspoons)
½ teaspoon dried oregano
½ teaspoon dried thyme
½ teaspoon ground black pepper
4 cups (32 ounces) low-sodium vegetable broth
1 cup water
1 cup uncooked brown lentils, picked through to remove any stones and rinsed
1 (14.5-ounce) can no-salt-added crushed tomatoes
4 tablespoons (¼ cup) chopped fresh parsley, divided

Directions

1. Warm a large saucepan or pot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, carrots, and garlic. Cook until softened, about 5-8 minutes.
4. Add the oregano, thyme, and black pepper. Sauté until fragrant, about 1 minute.
5. Add the broth, water, lentils, and tomatoes with their juice.
6. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
7. Cover the pot with a lid and cook until the lentils are tender, about 20-30 minutes.
8. Divide the soup between four serving bowls and top each with 1 tablespoon of the parsley.
9. Serve warm.

Nutrition Facts Per Serving: Calories: 120 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 185 mg | Total Carbohydrate: 17 g | Dietary Fiber: 4 g | Protein: 4 g

For more recipes, please visit www.nutrition.va.gov



Hearty Red Lentil Soup

Prep: 15 minutes | Cook: 50 minutes | Total: 1 hour 5 minutes

Yield: 6 servings | Serving Size: 1¼ cups

Ingredients

1 tablespoon olive oil
1 medium onion, diced (about 1 cup)
2 stalks celery, diced (about ½ cup)
2 medium carrots, diced (about 1 cup)
1 jalapeño pepper, seeds and ribs removed, minced
2 cloves garlic, minced (about 1 teaspoon)
1 cup uncooked red lentils, picked through to remove any stones and rinsed
4 cups (32 ounces) low-sodium vegetable broth
1 (14.5-ounce) can no-salt-added diced tomatoes
1-3 teaspoons ground cumin, to taste
Black pepper, to taste
1 (10-ounce) package frozen chopped spinach

Directions

1. Heat a large pot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, carrots, and jalapeño.
4. Sauté until the onions are softened, about 5-7 minutes.
5. Add the garlic and sauté until fragrant, about 30-60 seconds.
6. Stir in the lentils, broth, tomatoes with their juice, cumin, and ground black pepper.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
8. Cover with a lid and simmer for 40 minutes.
9. Stir in the spinach. Cook until the spinach is thawed and the soup is warmed through.
10. Serve warm.

Recipe Notes

- To reduce the spiciness (heat), omit the jalapeno and substitute a bell pepper.
- Substitute 6 cups fresh chopped spinach for the frozen spinach if desired.

**Nutrition Facts Per Serving: Calories: 195 | Total Fat: 3 g | Saturated Fat: 0 g
Sodium: 460 mg | Total Carbohydrate: 31 g | Dietary Fiber: 9 g | Protein: 12 g**

For more recipes, please visit www.nutrition.va.gov



Italian Wedding Soup

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 8 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cup)
- 1 teaspoon Italian seasoning
- 1 clove garlic, minced (about ½ teaspoon)
- ¼ teaspoon ground black pepper
- Pinch crushed red pepper flakes
- 4 cups (32 ounces) unsalted chicken broth
- ½ cup uncooked whole-wheat orzo pasta
- 2 links mild Italian turkey or chicken sausage (about 6.5 ounces)
- 5 ounces fresh spinach, chopped (about 5 cups)
- 1 teaspoon lemon juice

Directions

1. Warm a large saucepan or pot over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook until softened and starting to brown, about 7-10 minutes.
4. Add the Italian seasoning, garlic, black pepper, and red pepper flakes. Cook until fragrant, about 30-60 seconds.
5. Add the broth and the orzo.
6. Bring to a boil over high heat, then turn the heat down to maintain a simmer.
7. Slice open the sausage casing and pinch off a small amount of the meat (about the size of a marble). Drop the pieces of meat directly into the simmering broth.
8. Continue simmering until the orzo is tender and the meatballs are cooked through, about 10 minutes.
9. Add the chopped spinach and lemon juice. Stir to combine.
10. Serve warm.

Recipe Notes

- Feel free to substitute another type of short whole-wheat pasta (e.g. elbows, shells, rotini) or a quick-cooking whole grain (e.g. quinoa, millet) in place of the orzo.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 3 g | Saturated Fat: 0.5 g
Sodium: 150 mg | Total Carbohydrate: 23 g | Dietary Fiber: 1 g | Protein: 7 g**

For more recipes, please visit www.nutrition.va.gov



Curried Lentil and Pumpkin Soup

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 8 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cup)
- 2 garlic cloves, minced (about 1 teaspoon)
- 1½ teaspoons curry powder
- 1½ teaspoons ground dried ginger
- ¼-½ teaspoon cayenne, to taste
- 4 cups (32 ounces) low-sodium vegetable broth
- 1 cup uncooked brown lentils, picked through to remove any stones and rinsed
- 1 (15-ounce) can 100% pure pumpkin puree

Directions

1. Heat a large pot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, garlic, curry powder, ginger, and cayenne. Cook, stirring often, until the onions are softened, about 5-7 minutes.
4. Add the broth, brown lentils, and pumpkin puree. Stir to combine.
5. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
6. Cover the pot with a lid and cook until the lentils are tender, about 20-25 minutes.
7. Serve warm.

**Nutrition Facts Per Serving: Calories: 135 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 40 mg | Total Carbohydrate: 21 g | Dietary Fiber: 10 g | Protein: 8 g**

For more recipes, please visit www.nutrition.va.gov



Lasagna Soup

Prep: 5 minutes | Cook: 30 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: ~1½ cups

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, diced (about 1 cup)
- 1 pound (16 ounces) lean ground turkey (90% lean or higher)
- 1 tablespoon dried oregano
- 2 cloves garlic, minced (about 1 teaspoon)
- 4 cups no-salt-added chicken broth
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 (15-ounce) can no-salt-added tomato sauce
- 8 ounces whole-grain lasagna noodles, broken into ½- to 1-inch pieces (about 6-10 noodles)
- 12 tablespoons (¾ cup) lowfat ricotta, divided

Directions

1. Place a large pot over medium heat on the stovetop.
2. Add the oil and onion. Cook, stirring often, until the onion is translucent, about 5-8 minutes.
3. Add the ground turkey, oregano, and garlic. Cook until the turkey is almost completely cooked, about 3-5 minutes.
4. Add the broth, tomatoes, and tomato sauce.
5. Turn the heat up to high and bring to a boil.
6. Add the lasagna noodles and continue cooking at a boil until they are tender but still a little chewy (al dente), about 10-12 minutes.
7. Divide the soup between six serving bowls and top each with 2 tablespoons of the ricotta.
8. Serve warm.

Recipe Notes

- To make this in a slow cooker, simply add the ingredients and cook (low for 4-5 hours or high for 2-3 hours).
- Leftovers can be stored in the refrigerator for up to 7 days or in the freezer for up to 6 months. The noodles may soak up more of the liquid as the soup sits in the refrigerator.
- For a boost in vegetables, add a handful of fresh spinach leaves or puree some leftover vegetables in a blender a food processor to mix into the soup.

**Nutrition Facts Per Serving: Calories: 340 | Total Fat: 19.5 g | Saturated Fat: 2.5 g
Sodium: 200 mg | Total Carbohydrate: 33 g | Dietary Fiber: 6 g | Protein: 27 g**

For more recipes, please visit www.nutrition.va.gov



Pesto Quinoa Bowl

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 5 servings | Serving Size: 1¼ cup

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups water
- 1 tablespoon olive oil
- 6 cloves garlic, minced (about 1 tablespoon)
- 2 cups trimmed and chopped fresh green beans
- 5 ounces spinach, roughly chopped (about 5 cups fresh or 1¼ cups frozen)
- 1 cup halved cherry or grape tomatoes
- 1 (15-ounce) can no-salt-added canned white beans (e.g. cannellini beans, great northern beans), drained and rinsed
- ¼-½ teaspoon ground black pepper, to taste
- ½ cup pesto (store-bought or homemade)
- 5 tablespoons shredded or grated parmesan cheese, divided (optional)

Recipe Notes

- Consider substituting mushrooms, zucchini, or onion for the green beans, or use a combination of vegetables.

Directions

1. Add the quinoa and water to a medium saucepan.
2. Bring the water to a boil over high heat, then reduce the heat to a simmer.
3. Cover the saucepan with a lid and cook until the quinoa is tender and the water is absorbed, about 10-15 minutes. Remove the saucepan from the heat and set aside.
4. While the quinoa cooks, heat the oil and garlic in a medium skillet over medium heat just until fragrant, about 2-3 minutes.
5. Add the green beans and cook, stirring often, for 5 minutes.
6. Add the spinach. Cook, stirring often, until the spinach is wilted and the green beans are tender. Turn off the heat.
7. Add the cooked quinoa, tomatoes, beans, pesto, and pepper. Toss to combine.
8. Divide the mixture into five serving bowls.
9. Serve warm, topping each bowl with 1 tablespoon of the parmesan cheese (if using).

**Nutrition Facts Per Serving: Calories: 385 | Total Fat: 16 g | Saturated Fat: 3 g
Sodium: 200 mg | Total Carbohydrate: 47 g | Dietary Fiber: 12 g | Protein: 15 g**

For more recipes, please visit www.nutrition.va.gov



Mediterranean Quinoa Salad

Prep: 15 minutes | Cook: 15 minutes | Chill: 20 minutes | Total: 50 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- ½ cup uncooked quinoa, rinsed
- 1 cup water
- ½ medium cucumber, chopped (about ½ cup)
- ¼ cup chopped roasted red pepper or ½ cup halved cherry or grape tomatoes
- ¼ cup kalamata olives, pitted and chopped
- ½ cup chopped fresh parsley
- ¼ cup crumbled feta

Dressing

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons lemon juice (about ½ lemon)
- 1 teaspoon Dijon mustard or brown mustard

Directions

1. Add the quinoa and water to a medium saucepan.
2. Bring to a boil, then reduce heat to maintain a simmer. Cook until the quinoa is tender, about 10-15 minutes.
3. Remove the pan from the heat. Fluff the cooked quinoa with a fork and let sit to cool. You can speed up this process by spreading it on a baking sheet and putting it in the refrigerator.
4. In a medium mixing bowl, make the dressing by whisking together the olive oil, vinegar, lemon juice, and mustard.
5. Add the cooked and cooled quinoa, along with the cucumber, red peppers or tomatoes, olives, parsley, and feta. Toss gently to combine.
6. Serve immediately, or chill before serving if desired, up to 5 days.

Recipe Notes

- Consider substituting bulgur or barley for the quinoa, cooking it according to the package directions.
- This salad is also good with the addition of rinsed canned white beans and/or chopped pitted dates.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 14 g | Saturated Fat: 4 g
Sodium: 430 mg | Total Carbohydrate: 34 g | Dietary Fiber: 8.5 g | Protein: 8.5 g**

For more recipes, please visit www.nutrition.va.gov



Edamame Salad with Lime Dressing

Prep: 10 minutes | Cook: 5 minutes | Total: 15 minutes

Yield: 8 servings | Serving Size: 1¼ cups

Ingredients

- 1 (16-ounce) package frozen shelled edamame (green soybeans or mukimame)
- 3 cups frozen corn kernels
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 1 pint cherry or grape tomatoes, quartered
- 4 scallions (green onions), thinly sliced (about ½ cup)

Dressing

- 5 tablespoons apple cider vinegar
- 3 tablespoons extra-virgin olive oil
- ¼ cup lime juice (about 2 limes)
- 1 teaspoon sugar
- ½ teaspoon salt
- 2 cloves garlic, minced (about 1 teaspoon)

Recipe Notes

- Omit the cooking in steps 2-4 by thawing the edamame and corn under running water.

Directions

1. In a large mixing bowl, make the dressing by whisking together the apple cider vinegar, olive oil, lime juice, sugar, salt, and garlic. Set aside.
2. Fill a large pot with water and bring to a boil over high heat.
3. Add the edamame to the boiling water and cook for 3 minutes.
4. Add the frozen corn to the boiling water with the edamame and continue cooking for 1 minute.
5. Drain the edamame and corn into a colander or strainer.
6. Add the drained edamame and corn to the bowl with the dressing.
7. Add the and black beans, tomatoes, and scallions.
8. Gently toss to combine.
9. Serve immediately, or chill before serving if desired.

**Nutrition Facts Per Serving: Calories: 220 | Total Fat: 8 g | Saturated Fat: 1 g
Sodium: 160 mg | Total Carbohydrate: 30 g | Dietary Fiber: 8.5 g | Protein: 10.5 g**

For more recipes, please visit www.nutrition.va.gov



Crunchy Taco Salad

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: 1 salad with 4 ounces

Ingredients

½ pound (8 ounces) lean ground turkey (90% lean or higher; can substitute canned beans)
1 tablespoon low-sodium taco seasoning
2-3 tablespoons water, to desired consistency
1 lime, juiced (about 2 tablespoons juice)
1 tablespoon apple cider vinegar
2 teaspoons extra-virgin olive oil
1 teaspoon sugar
¼ teaspoon cumin
4 cups chopped Romaine lettuce
½ cup diced tomato
½ medium cucumber, chopped (about ½ cup)
½ cup corn, cooked and cooled
2 tablespoons shredded cheddar cheese, divided
4 large tortilla chips, crushed, divided

Directions

1. Heat a medium nonstick skillet over medium-high heat.
2. Add the ground turkey and cook until no longer pink, about 6-8 minutes, breaking it into crumbles as it cooks.
3. Add the taco seasoning and water. Stir to combine.
4. Cook until fragrant, about 1-2 minutes, then remove from the heat and set aside.
5. Add the lime juice, vinegar, oil, sugar, and cumin to a small jar with a lid. Shake to combine, making a dressing. Set aside.
6. Divide the lettuce, tomato, cucumber, and corn between two large serving bowls.
7. Top each bowl with half of the cooked ground turkey.
8. Sprinkle 1 tablespoon of the cheese and half of the crushed tortilla chips over each bowl. Drizzle each bowl with half of the dressing.
9. Serve immediately.

Recipe Notes

- To make ahead of time, leave the meat, cheese, chips, and dressing separate and add when you are ready to eat.

**Nutrition Facts Per Serving: Calories: 365 | Total Fat: 17 g | Saturated Fat: 5 g
Sodium: 320 mg | Total Carbohydrate: 25 g | Dietary Fiber: 3.5 g | Protein: 26 g**

For more recipes, please visit www.nutrition.va.gov



Black Bean-Covered Sweet Potato

Prep: 5 minutes | Cook: 20 minutes | Total: 25 minutes

Yield: 2 servings | Serving Size: 1 medium sweet potato (or ½ large) with 1 cup bean mixture

Ingredients

2 medium sweet potatoes (about 6 ounces each) or 1 large sweet potato, cut in half in step 6 after cooking (about 12 ounces total)

1 (15-ounce) can no-salt-added black beans, drained and rinsed

1 medium tomato, diced (about 1 cup)

2 teaspoons olive oil

½ teaspoon ground cumin

½ teaspoon ground coriander

2 tablespoons nonfat plain Greek yogurt, divided

2 tablespoons chopped fresh cilantro, divided

Directions

1. Wash the sweet potatoes and prick with a fork in several places. Wrap in parchment paper or a paper towel.
2. Microwave the sweet potatoes on high power (default setting) until tender all the way to the center, about 7-10 minutes, flipping halfway through the cooking time.
3. Set the sweet potatoes aside to cool slightly.
4. Meanwhile, combine the beans, tomato, oil, cumin, and coriander in a medium microwave-safe bowl.
5. Microwave the bean mixture on high power (default setting) until heated through, about 2-3 minutes.
6. When the sweet potatoes are just cool enough to handle, cut a slice in each sweet potato lengthwise, just enough to open it but not to cut all the way through. Press the ends of each sweet potato to make a well in the center.
7. Spoon the bean mixture into the well of each sweet potato.
8. Top each sweet potato with 1 tablespoon of the Greek yogurt and 1 tablespoon of the cilantro. Serve warm.

Recipe Notes

- Instead of microwaving, place the sweet potatoes in a baking dish and cook in the oven at 425°F until tender all the way to the center, about 1 hour, then heat the bean mixture in a small saucepan over medium heat.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 60 mg | Total Carbohydrate: 44 g | Dietary Fiber: 11 g | Protein: 12 g**

For more recipes, please visit www.nutrition.va.gov



Make-Ahead Burrito Bowls

Prep: 20 minutes | Cook: 10 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 container

Ingredients

- 2 cups cooked whole grain (e.g. quinoa, brown rice, bulgur)
- 1 (7-ounce) can diced green chiles
- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 4 cups diced or shredded cooked chicken
- 1 cup corn kernels (cooked from fresh, frozen, or canned; thawed if frozen)
- 4 cups lettuce or salad greens, shredded or chopped if needed
- ½ cup salsa (store-bought or homemade)
- ½ cup nonfat plain Greek yogurt
- ½ cup sliced scallions (green onions; about 3-4 stalks)

Recipe Notes

- The lettuce or salad greens, salsa, Greek yogurt, and green onion can be added after reheating the bowl if desired. To save time and keep the bowls portable, you can pre-portion them out into their own container(s).
- Substitute another cooked protein for the chicken such as pork, ground turkey, tofu, or steak if desired.

Directions

1. Gather four microwave-safe food storage containers with lids.
2. Combine the cooked whole grain with the green chiles. Divide this mixture evenly among the four containers.
3. Divide the beans evenly among the four containers.
4. Add 1 cup of the chicken and ¼ of the cup corn to each of the four containers.
5. Add 1 cup of the lettuce or salad greens to each container.
6. Top each container with 2 tablespoons salsa, 2 tablespoons Greek yogurt, and 2 tablespoons scallions.
7. Cover the containers with lids and store in refrigerator until ready to eat, up to 3 days.
8. When ready to eat, microwave each container on high power (default setting) until hot, about 1-3 minutes.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 470 | Total Fat: 12 g | Saturated Fat: 2.5 g
Sodium: 440 mg | Total Carbohydrate: 44 g | Dietary Fiber: 7 g | Protein: 45 g**

For more recipes, please visit www.nutrition.va.gov

Hummus and Veggie Wrap-Up

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 1 serving | Serving Size: 1 wrap

Ingredients

- 2 tablespoons hummus (store-bought or homemade; try the [Home-Style Hummus recipe](#) on page 100)
- 1 (8-inch) whole-wheat tortilla
- ½ cup mixed salad greens
- 2 tablespoons finely chopped sweet onion
- ¼ cup thinly sliced cucumber
- 2 tablespoons diced tomato
- 2 tablespoons shredded carrots
- 1 tablespoon balsamic vinaigrette

Directions

1. Spread the hummus over the tortilla.
2. Layer the tortilla with the salad greens, onion, cucumber, tomato, and carrots.
3. Drizzle with the vinaigrette.
4. Fold the sides of the tortilla over towards the center, then roll up tightly.
5. Serve cold.

Recipe Notes

- Consider adding other non-starchy vegetables that you may have on hand, such as sliced bell peppers, cooked mushrooms, or zucchini.

Nutrition Facts Per Serving: Calories: 250 | Total Fat: 12.5 g | Saturated Fat: 3 g
Sodium: 555 mg | Total Carbohydrate: 29 g | Dietary Fiber: 6.5 g | Protein: 7 g

For more recipes, please visit www.nutrition.va.gov



Tuscan Tuna Salad Wrap

Prep: 25 minutes | Chill: 10 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 wrap with $\frac{3}{4}$ cup filling

Ingredients

3 tablespoons red wine vinegar
1 tablespoon extra-virgin olive oil
 $\frac{1}{4}$ cup finely chopped onion (optional)
1 clove garlic, minced (about $\frac{1}{2}$ teaspoon)
1 tablespoon dried parsley (or $\frac{1}{4}$ cup fresh)
 $\frac{3}{4}$ cup (about half 15-ounce can) no-salt-added great northern beans, drained and rinsed
1 (5-ounce) can tuna in water, drained
 $\frac{1}{2}$ cup halved cherry or grape tomatoes
 $\frac{1}{2}$ cup diced bell pepper
 $\frac{1}{2}$ cup diced celery
4 tablespoons ($\frac{1}{4}$ cup) olive oil mayonnaise, divided
4 (8-inch) whole-grain wraps or tortillas

Directions

1. Whisk together the vinegar, oil, onion (if using), garlic, and parsley in a medium mixing bowl.
2. Add the beans, tuna, tomatoes, bell pepper, and celery. Toss to combine.
3. Set the mixture in the refrigerator to chill and to allow the flavors to blend, about for 10 minutes.
4. Spread 1 tablespoon of the mayonnaise on each wrap or tortilla and top each with about $\frac{3}{4}$ cup of the tuna mixture.
5. Roll each wrap or tortilla tightly, sealing the ends, like a burrito.
6. Serve cold.

Recipe Notes

- In place of a wrap, try adding over a bed of lettuce or salad greens or as a pita bread filling
- Keep the salad separate from the wrap if you are not eating it right away. Store in the fridge for 3 days.

**Nutrition Facts Per Serving: Calories: 310 | Total Fat: 12 g | Saturated Fat: 3 g
Sodium: 550 mg | Total Carbohydrate: 33 g | Dietary Fiber: 7 g | Protein: 15 g**

For more recipes, please visit www.nutrition.va.gov



Zesty Tuna Burgers

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 1 burger patty without toppings or serving vessel

Ingredients

2 tablespoons olive oil, divided
¼ medium bell pepper, finely diced (about ¼ cup)
¼ medium onion, finely diced (about ¼ cup)
1 celery stalk, finely diced (about ¼ cup)
2 (5-ounce) cans tuna packed in water
1 cup panko breadcrumbs
2 eggs
2 teaspoons Dijon mustard
1 teaspoon lemon zest
1 tablespoon lemon juice
2 teaspoons dried dill or parsley (optional)
1 teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon ground black pepper
Pinch cayenne
Desired toppings (e.g. lettuce, onion, tomato)
Desired serving vessel (e.g. bun, leafy greens)

Directions

1. Heat a large nonstick skillet over medium heat.
2. Add ½ tablespoon of the oil and heat until shimmering.
3. Add the bell pepper, onion, and celery. Sauté until softened, about 2-4 minutes, then transfer to a medium mixing bowl.
4. Open and drain the cans of tuna.
5. To the bowl with the cooked vegetables, add the tuna, panko, eggs, mustard, lemon zest, lemon juice, dill or parsley (if using), onion powder, garlic powder, black pepper, and cayenne.
6. Stir, breaking up any larger pieces of tuna, until the mixture is uniform and holds together. Form the tuna mixture into four burgers, about ⅓ cup each and about 3-4 inches wide.
7. (Optional) Place the burgers in freezer for 5-10 minutes to help them hold together better during cooking.
8. Heat the remaining 1½ tablespoons of oil in the now-empty skillet over medium heat.
9. Add the burgers to the skillet and cook until heated through and golden-brown, about 3-4 minutes per side.
10. Serve warm, with your desired toppings and serving vessel.

**Nutrition Facts Per Serving: Calories: 400 | Total Fat: 25 g | Saturated Fat: 4 g
Sodium: 540 mg | Total Carbohydrate: 22.5 g | Dietary Fiber: 2 g | Protein: 22 g**

For more recipes, please visit www.nutrition.va.gov



Turkey Joes

Prep: 15 minutes | Cook: 25 minutes | Total: 40 minutes

Yield: 8 servings | Serving Size: 1 bun with ½ cup filling

Ingredients

1 pound (16 ounces) lean ground turkey (90% lean or higher)

1 medium onion, diced (about 1 cup)

2 cloves garlic, minced (about 1 teaspoon)

1 medium bell pepper, diced (about 1 cup)

1 (15-ounce) can no-salt-added kidney beans, drained and rinsed

1 (15-ounce) can no-salt-added tomato sauce

1 tablespoon red wine vinegar

1 tablespoon Worcestershire sauce

1 teaspoon dry mustard

8 whole-wheat burger buns or sandwich thins

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the turkey and onion. Cook until the turkey is no longer pink and the onion is softened, about 6-8 minutes, breaking the turkey into crumbles as it cooks.
3. Add the garlic and bell pepper. Cook for 5 minutes, stirring occasionally.
4. Add the beans, tomato sauce, red wine vinegar, Worcestershire sauce, and dry mustard. Stir to combine.
5. Bring to a simmer over medium-high heat, then reduce the heat to maintain a simmer.
6. Cook uncovered for 10 minutes.
7. Place ½ cup of the turkey joe mixture onto the bottom half each bun, then add the top bun.
8. Serve warm.

Recipe Notes

- If desired, you may substitute ¼ cup barbecue sauce for the red wine vinegar, Worcestershire, and dry mustard.
- If you don't have dry mustard, you can substitute 1 tablespoon prepared mustard.

**Nutrition Facts Per Serving: Calories: 260 | Total Fat: 7 g | Saturated Fat: 1.5 g
Sodium: 225 mg | Total Carbohydrate: 35 g | Dietary Fiber: 7 g | Protein: 18 g**

For more recipes, please visit www.nutrition.va.gov



Barbecue Chicken Sandwiches

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 2 servings | Serving Size: 1 sandwich

Ingredients

- 1 cup shredded cooked chicken (about 5 ounces)
- ½ cup shredded carrots (about 1 medium carrot)
- 3 tablespoons barbecue sauce
- 1 tablespoon olive oil mayonnaise or plain Greek yogurt
- 2 whole-wheat burger buns or sandwich thins
- 4 leaves crunchy lettuce (e.g. Romaine lettuce, green leaf lettuce)

Directions

1. In a medium bowl, stir together the chicken, carrots, and barbeque sauce.
2. Mix until the chicken and carrots are well coated with the sauce.
3. Spread half of the mayonnaise or Greek yogurt on the top halves of each bun or sandwich thin.
4. Top the bottom half of each bun or sandwich thin with half of the chicken mixture and two lettuce leaves.
5. Add the top bun.
6. Serve immediately, or warm briefly in the microwave before serving, about 15-30 seconds.

Recipe Notes

- This recipe works well with leftover chicken, rotisserie chicken, or canned chicken.
- The chicken mixture could be served in a wrap or pita bread as well.
- If making ahead, wait to assemble the buns or sandwich thins until serving.
- Try mashed avocado or hummus as a spread in place of the mayonnaise or Greek yogurt.

**Nutrition Facts Per Serving: Calories: 325 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 600 mg | Total Carbohydrate: 40 g | Dietary Fiber: 5 g | Protein: 25 g**

For more recipes, please visit www.nutrition.va.gov



Vegetable Quesadilla

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 1 serving | Serving Size: 1 quesadilla

Ingredients

Nonstick cooking spray
¼ cup tomato, diced (about ½ small tomato)
¼ cup onion, diced (about ¼ medium onion)
½ cup fresh vegetables, chopped or sliced (one type or a combination; e.g. bell peppers, mushrooms, spinach)
¼ teaspoon salt-free seasoning blend
Pinch ground cumin
Pinch garlic powder
Pinch cayenne or chili powder (optional)
1 (8-inch) whole-wheat tortilla
¼ cup reduced-fat shredded cheese
2 tablespoons nonfat plain Greek yogurt

Directions

1. Heat a medium or large nonstick skillet over medium heat.
2. Spray the pan with nonstick spray.
3. Add the tomato, onion, selected vegetables, salt-free seasoning, cumin, garlic powder, and cayenne or chili powder (if using).
4. Sauté until the vegetables are tender, about 5-7 minutes. Remove the vegetable mixture from the pan and set aside.
5. Carefully wipe out the pan with a paper towel, then coat the inside of the pan with more cooking spray.
6. Place the tortilla in the pan.
7. Spread the vegetable mixture over one half of the tortilla and cover the vegetables with the cheese.
8. Fold the tortilla in half and cook each side until golden brown, about 2-3 minutes per side.
9. Cut the quesadilla into quarters and serve warm, with the Greek yogurt for dipping.

Recipe Notes

- In place of the cheese, consider spreading one side of the tortilla with hummus before adding the vegetables. For a cheesy flavor, try mixing 1-2 tablespoons nutritional yeast seasoning into the hummus before spreading it on.

**Nutrition Facts Per Serving: Calories: 290 | Total Fat: 11 g | Saturated Fat: 6.5 g
Sodium: 490 mg | Total Carbohydrate: 31 g | Dietary Fiber: 6.5 g | Protein: 17 g**

For more recipes, please visit www.nutrition.va.gov



Vegetable Tortilla Pizzas

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 1 tortilla pizza

Ingredients

- 1 teaspoon olive oil
- 1 medium bell pepper, diced (about 1 cup)
- 1 medium onion, diced (about 1 cup)
- 8 ounces fresh mushrooms, sliced (about 2½ cups)
- Nonstick cooking spray
- 1 (8-ounce) can no-salt-added tomato sauce
- ½ teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 4 (8-inch) whole-wheat tortillas
- 1 (8-ounce) bag shredded part-skim mozzarella cheese (about 2 cups)

Directions

1. Preheat the oven to 350°F.
2. Heat a medium skillet over medium-high heat.
3. Add the oil and heat until shimmering.
4. Add the bell pepper, onion, and mushrooms. Sauté until tender, about 4-5 minutes.
5. Spray two baking sheets lightly with nonstick cooking spray and place 2 of the tortillas on each baking sheet.
6. In a small bowl, stir together the tomato sauce, garlic powder, basil, and oregano.
7. Divide the tomato sauce mixture over the tortillas, spreading evenly to cover each tortilla, leaving a ½- to 1-inch border without sauce around the edge.
8. Divide the cheese and sprinkle evenly over the tortillas.
9. Top each tortilla with a quarter of the vegetable mixture.
10. Bake until the cheese is melted and the tortillas are lightly browned, about 8-10 minutes. Serve warm.

Recipe Notes

- Try using other vegetables (or fruit) as pizza toppings. Some ideas are zucchini, eggplant, pineapple, or broccoli.
- Substitute 2 teaspoons Italian seasoning for the dried basil and oregano if desired.

**Nutrition Facts Per Serving: Calories: 310 | Total Fat: 18 g | Saturated Fat: 6 g
Sodium: 365 mg | Total Carbohydrate: 22 g | Dietary Fiber: 10 g | Protein: 25 g**

For more recipes, please visit www.nutrition.va.gov

Dinner Recipes



One-Pot Chicken Barley Stew

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

- 1 tablespoon olive oil
- 1 large onion, diced (about 1½ cups)
- 3-4 cloves garlic, minced (about 2 teaspoons)
- ¼ teaspoon ground thyme
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- 6 cups (48 ounces) low-sodium chicken or vegetable broth
- 1 cup uncooked quick-cooking barley
- 1 (10-ounce) package frozen mixed vegetables (e.g. green beans, carrots, corn, peas)
- 2 cups diced cooked chicken breast

Directions

1. Heat a large pot or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion. Cook, stirring often, until softened, about 3-5 minutes.
4. Add the garlic, thyme, black pepper, and salt. Cook until fragrant, about 30-60 seconds.
5. Add the broth and barley.
6. Bring to a boil, then reduce the heat to maintain a simmer.
7. Cook until the barley is tender, about 5 minutes.
8. Add the mixed vegetables and cooked chicken.
9. Cook until warmed through, about 4-6 minutes.
10. Serve warm.

Recipe Notes

- This recipe works well with leftover chicken, rotisserie chicken, or canned chicken.
- If using raw chicken, add it at the beginning of cooking with the onion.

**Nutrition Facts Per Serving: Calories: 385 | Total Fat: 7 g | Saturated Fat: 1.5 g
Sodium: 180 mg | Total Carbohydrate: 49 g | Dietary Fiber: 12 g | Protein: 32 g**

For more recipes, please visit www.nutrition.va.gov



Turkey Chili with Beans and Corn

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 8 servings | Serving Size: 1 cup

Ingredients

1 tablespoon olive oil
2 large onions, diced (about 3 cups)
2 large bell pepper, diced (about 3 cups)
1 pound (16 ounces) lean ground turkey (90% lean or higher)
3-6 cloves garlic, minced (about 1 tablespoon)
3-4 tablespoons chili powder, to taste
1-2 tablespoons smoked paprika, to taste
2-4 tablespoons cumin, to taste
½ teaspoon salt
½ teaspoon ground black pepper
1 (28-ounce) can no-salt-added crushed tomatoes
2 (15-ounce) cans no-salt-added beans (one type or a combination; e.g. kidney beans, black beans, pinto beans), drained and rinsed
1 (11-ounce) bag frozen corn

Directions

1. Heat a large pot or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onions and bell pepper. Cook, stirring often, for 2 minutes.
4. Add the ground turkey. Cook until the turkey is no longer pink, about 7-10 minutes, breaking it up into crumbles as it cooks.
5. Add the garlic, chili powder, smoked paprika, cumin, salt, and pepper. Cook, stirring constantly, until fragrant, about 1-2 minutes.
6. Add the tomatoes with their juice.
7. Reduce the heat to medium-low and simmer for 25-30 minutes.
8. Add the beans and corn. Stir to combine and cook until the corn is thawed, about 2-4 minutes.
9. Serve warm.

**Nutrition Facts Per Serving: Calories: 345 | Total Fat: 8.5 g | Saturated Fat: 1.5 g
Sodium: 250 mg | Total Carbohydrate: 47 g | Dietary Fiber: 14 g | Protein: 23.5 g**

For more recipes, please visit www.nutrition.va.gov



Un-Stuffed Pepper Skillet

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

1 pound (16 ounces) lean ground turkey or chicken (90% lean or higher)
½ cup uncooked quick-cooking brown rice
1 (14.5-ounce) can no-salt-added diced tomatoes
1 (8-ounce) can no-salt-added tomato sauce
1 cup (8 ounces) low-sodium beef broth
1 medium yellow or orange bell pepper, diced (about 1 cup)
1 medium red bell pepper, diced (about 1 cup)
1 medium onion, diced (about 1 cup)
1 tablespoon brown sugar
1 teaspoon dried Italian seasoning blend
½ teaspoon ground black pepper
Dash cayenne (optional)
¾ cup shredded Italian or cheddar cheese

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the ground turkey or chicken. Cook until no longer pink, about 6-8 minutes, breaking it up as it cooks.
3. Add the rice and cook, stirring often, for about 2 minutes.
4. Add the diced tomatoes with their juice, tomato sauce, broth, bell peppers, onion, brown sugar, Italian seasoning, black pepper, and cayenne (if using). Stir to combine.
5. Bring to a boil, then reduce the heat to maintain a simmer.
6. Cover the pan with a lid and cook for the amount of time listed on the rice package. Stir every 5-10 minutes while the rice cooks.
7. When the rice is tender, turn off the heat and sprinkle the cheese over the top.
8. Cover the pan with the lid and let sit until the cheese melts, about 5 minutes.
9. Serve warm.

Recipe Notes

- For a Tex-Mex flavor, try substituting salsa for the tomato sauce and taco seasoning for the Italian seasoning.

**Nutrition Facts Per Serving: Calories: 420 | Total Fat: 18 g | Saturated Fat: 7 g
Sodium: 260 mg | Total Carbohydrate: 33 g | Dietary Fiber: 6 g | Protein: 32 g**

For more recipes, please visit www.nutrition.va.gov



Stuffed Bell Peppers

Prep: 15 minutes | Cook: 35 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 2 stuffed bell pepper halves

Ingredients

- 4 medium bell peppers
- 1 tablespoon olive oil, divided
- 1 pound (16 ounces) lean ground turkey (90% lean or higher)
- 1 medium onion, diced (about 1 cup)
- 2 garlic cloves, minced (about 1 teaspoon)
- ½ teaspoon ground black pepper
- 1½ teaspoons chili powder
- 1½ teaspoons ground cumin
- 1 (10-ounce) package frozen chopped spinach, thawed and squeezed to remove moisture
- ¾ cup salsa (store-bought or homemade)
- ½ cup frozen corn

Directions

1. Preheat the oven to 375°F.
2. Cut the bell peppers in half lengthwise, slicing from the stem to the bottom, leaving the stems intact.
3. Remove and discard the white ribs and seeds near the stem and along the length of the inside of the bell peppers.
4. Place the prepared bell peppers in an 9x13-inch baking dish. Drizzle the peppers with ½ tablespoon of oil and rub all over to coat the peppers with oil.
5. Place in the oven and cook for 10 minutes.
6. While the peppers are cooking, heat a large nonstick skillet over medium-high heat. Add the remaining ½ tablespoon of oil and heat until shimmering.
7. Add the turkey, onion, garlic, black pepper, chili powder, and cumin. Cook until the turkey is no longer pink, about 6-8 minutes, breaking it up into crumbles as it cooks.
8. Stir in the spinach, salsa, and corn. Remove pan from heat.
9. Spoon the turkey mixture into the bell pepper halves. Cover the baking dish with foil and bake until the filling is hot and the peppers are tender, about 15-20 minutes. Serve warm.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 13 g | Saturated Fat: 3 g
Sodium: 455 mg | Total Carbohydrate: 19 g | Dietary Fiber: 6 g | Protein: 25 g**

For more recipes, please visit www.nutrition.va.gov



Spaghetti Squash with Turkey Ragu

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: 1 cup squash with $\frac{3}{4}$ cup sauce

Ingredients

1 medium spaghetti squash (about 4-5 pounds)
1 tablespoon olive oil
1 cup chopped fresh mushrooms (about 4 ounces)
1 medium onion, diced (about 1 cup)
1 large carrot, shredded (about 1 cup)
1 celery stalk, chopped (about $\frac{1}{4}$ cup)
4-6 cloves garlic, minced (about 1 tablespoon)
1 pound (16 ounces) lean ground turkey (90% lean or higher)
1 (23.5-ounce) jar reduced-sodium pasta sauce
6 tablespoons grated or shredded parmesan cheese, divided (optional)

Directions

1. Wash the spaghetti squash and prick multiple times with a paring knife. Microwave on high power for 2-3 minutes.
2. Place the squash on a large cutting board and slice the squash in half crosswise. Scoop out and discard the seeds.
3. Place one squash half, cut side down, on a microwave-safe dish. Microwave until easily pierced and the spaghetti strands peel away, about 6-8 minutes. Repeat with the second squash half. Cool each squash half about 5 minutes.
4. Use a fork to scrape out the strands. Place the squash in a strainer for about 5 minutes to let any excess water drain.
5. While the squash cooks, heat large sauté pan over medium-high heat. Add the oil and heat until shimmering.
6. Add the mushrooms and cook, stirring occasionally, for 4-5 minutes.
7. Add the onion, carrot, celery, and garlic. Cook until softened, about 5-7 minutes.
8. Add the ground turkey. Cook, breaking up any large pieces, until no longer pink, about 6-8 minutes.
9. Stir in the pasta sauce and heat until warmed through, then add to the squash and garnish with parmesan cheese.

**Nutrition Facts Per Serving: Calories: 375 | Total Fat: 14 g | Saturated Fat: 4 g
Sodium: 500 mg | Total Carbohydrate: 44 g | Dietary Fiber: 4 g | Protein: 22 g**

For more recipes, please visit www.nutrition.va.gov



Pasta Skillet with Sausage and Vegetables

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: ~2 cups

Ingredients

- 8 ounces uncooked whole-grain rotini pasta (half of a 16-ounce box)
- 1 tablespoon olive oil
- 2 cups fresh vegetables, chopped as needed (one type or a combination; e.g. zucchini, mushrooms, broccoli, peppers, onion) or 1 (16-ounce) bag frozen vegetables
- 2 pre-cooked Italian chicken sausage links, cut into ¼- to ½-inch pieces (about 6 ounces)
- 1½ cups marinara sauce (homemade or store-bought)
- 1 teaspoon Italian seasoning
- ½ cup grated or shredded parmesan cheese

Directions

1. Cook the pasta according to the box directions. Before draining the pasta, measure off ½ cup of the pasta cooking water. Drain the pasta into a colander and set aside.
2. Place the empty pasta pot back on the stove over medium heat. Add the oil and heat until shimmering.
3. Add the selected vegetables. Cook, stirring often, until tender, about 5-7 minutes.
4. Add the sausage and cook, stirring often, for 3-5 minutes.
5. Add the marinara sauce and Italian seasoning. Add the reserved pasta water, as needed, to thin out the sauce if it gets too thick and evaporated as you cook.
6. Cook, stirring occasionally, until simmering, about 4-5 minutes. Then add the cooked pasta and stir to combine.
7. Remove from heat and add the parmesan. Serve warm.

Recipe Notes

- This dish can be made with any shape of whole-grain pasta you prefer, such as penne, bowties, or rotini. Cooked spaghetti squash or zucchini noodles could be used in place of the pasta, for lower carbohydrates and more fiber.
- Chicken sausage usually comes fully cooked with options for sweet or spicy versions. Any leftover sausage links can be placed in a plastic zip-top bag and frozen for later use.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 13 g | Saturated Fat: 4 g
Sodium: 570 mg | Total Carbohydrate: 41 g | Dietary Fiber: 6 g | Protein: 17 g**

For more recipes, please visit www.nutrition.va.gov



Italian Meatloaf

Prep: 15 minutes | Cook: 45 minutes | Total: 60 minutes

Yield: 6 servings | Serving Size: 1 slice

Ingredients

- 1 tablespoon olive oil
- 1 medium bell pepper, diced (about 1 cup)
- ½ medium onion, diced (about ½ cup)
- ¼ teaspoon salt
- 1 pound (16 ounces) lean ground beef (90% lean or higher)
- 1 medium carrot, shredded (about ½ cup)
- ⅓ cup ketchup
- 1 egg, lightly beaten
- ¼ cup Panko breadcrumbs
- 2 tablespoons tomato paste
- 1 tablespoon yellow mustard (or 1 teaspoon dry mustard)
- 1 teaspoon dried basil
- 1 teaspoon dried oregano

Directions

1. Preheat the oven to 375°F.
2. Line a rimmed baking sheet with parchment paper and set aside.
3. Heat a skillet or sauté pan over medium heat.
4. Add the oil and heat until shimmering.
5. Add the bell pepper, onion, and salt. Cook until the bell pepper and onion are softened, about 5-7 minutes.
6. Transfer the pepper-onion mixture to a large mixing bowl.
7. Add the ground beef, carrot, ketchup, egg, breadcrumbs, tomato paste, mustard, basil, oregano, thyme, garlic powder, and black pepper and mix until well combined.
8. Transfer the mixture to the prepared baking sheet and shape the mixture into a loaf.
9. Bake until the meatloaf is firm and reaches an internal temperature of 160°F, about 35-45 minutes.
10. Cover the meatloaf loosely with foil and let it rest for 5-10 minutes, then cut it into six slices. Serve warm.

Recipe Notes

- You may mix with your hands if needed. Be sure to wash your hands with soap and water before and after mixing.

**Nutrition Facts Per Serving: Calories: 230 | Total Fat: 12 g | Saturated Fat: 4 g
Sodium: 325 mg | Total Carbohydrate: 8 g | Dietary Fiber: 1 g | Protein: 22 g**

For more recipes, please visit www.nutrition.va.gov



Orange Beef and Vegetable Stir-Fry

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

- 1 egg
- 1 pound (16 ounces) lean beef steak (e.g. round, sirloin), sliced against the grain into thin strips
- 2 tablespoons cornstarch
- ½ cup (4 ounces) orange juice
- 3 tablespoons reduced-sodium (lite) soy sauce
- 1 tablespoon unseasoned rice vinegar
- 1 tablespoon honey
- 1 tablespoon peanut, canola, or avocado oil
- 3-4 scallions (green onions), thinly sliced (about ½ cup)
- 4-6 cloves garlic, minced (about 1 tablespoon)
- 1 tablespoon minced or grated fresh ginger (or about 1 teaspoon dried ginger)
- 2 (12-ounce) bags frozen stir-fry vegetables

Directions

1. Add the egg to a medium bowl and beat lightly.
2. Add the steak to the bowl with the egg and toss to coat.
3. Sprinkle the cornstarch over the steak and toss to coat.
4. In a separate small bowl, whisk together the orange juice, soy sauce, vinegar, and honey to make a sauce. Set aside.
5. Heat a large wok or sauté pan over medium-high heat.
6. Add the oil and heat until shimmering.
7. Add the scallions, garlic, and ginger. Cook, stirring constantly, until fragrant, about 30-60 seconds.
8. Add the steak to the pan and continue cooking, stirring often, until lightly browned, about 4-8 minutes.
9. Add the sauce and bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
10. Add the stir-fry vegetables and cook until the vegetables are heated through, about 4-6 minutes.
11. Serve warm, on its own or over a cooked grain if desired.

Recipe Notes

- Substitute another protein – such as chicken, pork, or shrimp – for the steak if desired.

**Nutrition Facts Per Serving: Calories: 360 | Total Fat: 12 g | Saturated Fat: 3.5 g
Sodium: 480 mg | Total Carbohydrate: 23 g | Dietary Fiber: 4 g | Protein: 39 g**

For more recipes, please visit www.nutrition.va.gov



Hearty Stir-Fry

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 2 cups

Ingredients

- 2 tablespoons reduced-sodium (lite) soy sauce
- 1 tablespoon honey
- 1 tablespoon lime juice
- ¼ teaspoon ground dried ginger (or 1 teaspoon fresh grated ginger)
- 1 tablespoon peanut, canola, or avocado oil, divided
- ½ pound (8 ounces) raw protein (e.g. tempeh, tofu, chicken, eggs)
- 3 cloves garlic, minced (about 1½ teaspoons)
- 4 cups fresh vegetables or frozen stir-fry vegetables (one type or a combination; e.g. asparagus, broccoli, carrots, mushrooms, onions, peppers, zucchini, snap peas, cabbage, green beans, cauliflower)
- ½ cup raw unsalted cashews or peanuts (optional)
- 2 cups cooked brown rice or quinoa

Directions

1. In a small bowl, whisk together the soy sauce, honey, lime juice, and ginger to make a sauce. Set aside.
2. Chop and slice the selected vegetables. Arrange in order of cooking time, from longest (hard/tough vegetables; onion, carrots, broccoli) to shortest (soft vegetables; snap peas, asparagus, zucchini). If using frozen vegetables, skip this step and add all the vegetables at the beginning of cooking.
3. Prepare the selected protein (small dice or thin slice, unless using eggs which should be beaten).
4. Heat a large skillet, sauté pan, or wok over high heat.
5. Add the oil and the longest-cooking vegetables and cook, stirring constantly, for 2 minutes.
6. Add the protein and cook, stirring constantly, for 2 minutes.
7. Add the shortest-cooking vegetables and cook, stirring constantly, for 4 minutes.
8. Add the sauce and cashews or peanuts (if using). Cook, stirring constantly, for 1 minute.
9. Divide the rice or quinoa between four bowls and divide the vegetable-protein mixture between the bowls. Serve warm.

**Nutrition Facts Per Serving: Calories: 370 | Total Fat: 19 g | Saturated Fat: 3.5 g
Sodium: 290 mg | Total Carbohydrate: 34.5 g | Dietary Fiber: 6 g | Protein: 25 g**

For more recipes, please visit www.nutrition.va.gov



Vegetable Thai Curry

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped (about 1 cup)
- 1 tablespoon grated fresh ginger (or 1 teaspoon ground dried ginger)
- 2-3 cloves garlic, minced (about 1½ teaspoons)
- 4 cups fresh or frozen vegetables, trimmed and cut into ½- to 1-inch pieces (one type or a combination; e.g. bell peppers, broccoli, carrots, mushrooms, green beans, cauliflower, zucchini)
- 2 tablespoons red curry paste
- 1 cup coconut milk
- 2 cups low-sodium vegetable broth
- 2 teaspoons sugar
- 1 (16-ounce) block extra-firm tofu, cubed
- ½ lime, juiced (about 1 tablespoon juice)
- 2 cups cooked brown rice

Recipe Notes

- Cooked chicken, fish, beef, or pork can be substituted for the tofu.

Directions

1. Heat a large pot or Dutch oven over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and cook, stirring often, until softened, about 3-5 minutes.
4. Add the ginger and garlic and cook until fragrant, about 30-60 seconds, stirring constantly.
5. Add the selected vegetables and cook for 5 minutes, stirring occasionally.
6. Add the curry paste. Cook, stirring often, for 2 minutes.
7. Add the coconut milk, broth, and sugar. Stir to combine.
8. Gently fold in the tofu cubes and bring to a simmer over medium heat. Reduce the heat to medium-low to maintain a gentle simmer.
9. Cook until the vegetables have softened, about 5-10 minutes, depending on the vegetables used.
10. Remove from the heat and stir in the lime juice, then serve warm over the cooked brown rice.

**Nutrition Facts Per Serving: Calories: 390 | Total Fat: 13 g | Saturated Fat: 3.5 g
Sodium: 660 mg | Total Carbohydrate: 50 g | Dietary Fiber: 5 g | Protein: 15 g**

For more recipes, please visit www.nutrition.va.gov



Sweet-and-Sour Chicken

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: ~2 cups

Ingredients

- 1 pound (16 ounces) boneless skinless chicken breast, sliced into 1-inch strips
- ¼ teaspoon garlic powder
- ¼ teaspoon ground dried ginger (or 1 teaspoon fresh grated ginger)
- 1 tablespoon peanut, canola, or avocado oil
- ¼ cup white vinegar or rice vinegar
- 3 tablespoons reduced sodium (lite) soy sauce
- 2 tablespoons cornstarch
- 1 (20-ounce) can pineapple chunks, drained with ¼ cup juice reserved and set aside
- 2 (12-ounce) bags frozen stir-fry vegetables
- 2 (8-ounce) cans sliced water chestnuts, drained

Directions

1. Sprinkle the chicken with the garlic powder and ginger. Toss to coat.
2. Heat a large skillet or sauté pan over medium heat.
3. Add the oil and heat until shimmering.
4. Add the chicken to the pan and cook, stirring often, until no longer pink, about 5-7 minutes. Remove the cooked chicken from the pan and cover with foil. Set aside.
5. Return the pan back to the stovetop and increase the heat to medium-high.
6. While the pan is heating, add the vinegar, soy sauce, cornstarch, and the reserved ¼ cup of pineapple juice to a small bowl and whisk together with a fork to make a sauce.
7. Add the pineapple chunks, stir-fry vegetables, water chestnuts, and sauce mixture to the pan.
8. Cook, stirring often, until warmed through and the sauce is thickened, about 5-7 minutes.
9. Add the chicken back to the pan and toss to coat with the sauce.
10. Serve warm, on its own or over a cooked grain, if desired.

**Nutrition Facts Per Serving: Calories: 320 | Total Fat: 6.5 g | Saturated Fat: 0.5 g
Sodium: 460 mg | Total Carbohydrate: 38 g | Dietary Fiber: 7 g | Protein: 28 g**

For more recipes, please visit www.nutrition.va.gov



Spice-Crusted Chicken with Fruit Salsa

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 6 servings | Serving Size: 4 ounces chicken with ½ cup fruit salsa

Ingredients

2 tablespoons ground coriander
2 tablespoons ground cumin
1 tablespoon ground black pepper
¾ teaspoon salt
1½ pounds (24 ounces) boneless skinless chicken breasts (about 6 breasts, 4 ounces each)
2 tablespoons canola or avocado oil
3 cups fruit salsa, divided (store-bought or homemade; try the [Tropical Fruit Salsa](#) on page 104 or the [Strawberry-Basil Salsa](#) on page 103)

Directions

1. Heat a large nonstick skillet over medium heat. Do not add any oil or cooking spray.
2. Add the coriander, cumin, and black pepper. Toast the spices, stirring constantly, until fragrant, about 30-45 seconds.
3. Transfer the toasted spices to a plate or shallow dish such as a pie plate. Stir in the salt and set aside.
4. Pat the chicken breasts dry with paper towels.
5. Place the now-empty skillet over medium-high heat.
6. Working with one chicken breast at a time, set the chicken breasts in the spice mixture on one side and then flip to the other side, until both sides of each chicken breast are coated with the spice mixture.
7. Add the oil to the hot pan and heat until shimmering.
8. Place the chicken breasts in the pan and cook until the internal temperature reaches 165°F, about 4-5 minutes per side.
9. Top each chicken breast with ½ cup of the salsa.
10. Serve warm.

Nutrition Facts Per Serving: Calories: 390 | Total Fat: 14 g | Saturated Fat: 3 g
Sodium: 550 mg | Total Carbohydrate: 34 g | Dietary Fiber: 8.5 g | Protein: 33 g

For more recipes, please visit www.nutrition.va.gov



Indian-Style Simmered Chicken

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: 4 ounces chicken with ½ cup rice and ⅓ of the spinach and sauce

Ingredients

1½ cups uncooked quick-cooking brown rice
1½ teaspoons garlic powder
1½ teaspoons ground coriander
1½ teaspoons ground cumin
¾ teaspoon salt
¼-½ teaspoon cayenne pepper, to taste
1½ pounds boneless skinless chicken breasts
(about 6 breasts, 4 ounces each)
1 tablespoon olive oil
2 teaspoons fresh ginger, minced (or
½ teaspoon ground dried ginger)
1 (13-ounce) can lite coconut milk
1 (15-ounce) can no-salt-added diced tomatoes
6 ounces fresh spinach (about 6 cups)
1 lime, juiced (about 2 tablespoons)

Directions

1. Cook the rice according to the package directions.
2. Meanwhile, in a medium bowl, combine the garlic powder, coriander, cumin, salt, and cayenne with a fork. Toss the chicken breasts in the spice mixture.
3. Heat a large skillet over medium-high heat.
4. Add the oil and heat until shimmering.
5. Add the chicken, sprinkling any of the remaining seasoning mixture on top, and sear until golden-brown, about 2-3 minutes on each side.
6. Add the ginger, coconut milk, and tomatoes with their juice. Bring to a boil, then reduce the heat to low and cover the pan with a lid.
7. Heat until the chicken is cooked through, about 8-10 minutes.
8. Add the spinach and cover the pan with the lid. Let cook until the spinach is wilted, about 2-3 minutes.
9. Stir in the lime juice.
10. Layer into six bowls with the rice on the bottom, then the spinach, sauce, and chicken. Serve warm.

**Nutrition Facts Per Serving: Calories: 380 | Total Fat: 9 g | Saturated Fat: 3.5 g
Sodium: 415 mg | Total Carbohydrate: 45 g | Dietary Fiber: 3.5 g | Protein: 32 g**

For more recipes, please visit www.nutrition.va.gov



Spicy Chicken Creole

Prep: 20 minutes | Cook: 30 minutes | Total: 50 minutes

Yield: 4 servings | Serving Size: 1½ cups

Ingredients

1 tablespoon olive oil
1 pound (16 ounces) boneless skinless chicken breasts, cut into thin strips
1 large bell pepper, chopped (about 1½ cups)
6 stalks celery, chopped (about 1½ cups)
1 medium onion, chopped (about 1 cup)
1 teaspoon chili powder
¼ teaspoon allspice
¼ teaspoon garlic powder
¼ teaspoon crushed red pepper flakes
1 (15-ounce) can no-salt-added crushed tomatoes
1 (4-ounce) can no-salt-added tomato paste
1 tablespoon brown sugar
2 tablespoons white vinegar
4 tablespoons (¼ cup) chopped fresh basil, divided
4 tablespoons (¼ cup) chopped fresh parsley, divided

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the chicken and cook for 3-5 minutes, stirring often.
4. Reduce the heat to medium.
5. Add the bell pepper, celery, and onion. Cook until softened, stirring often, about 4-6 minutes.
6. Add the chili powder, allspice, garlic powder, and red pepper flakes. Cook until fragrant, about 1-2 minutes.
7. Add the crushed tomatoes with their juice, tomato paste, brown sugar, and vinegar.
8. Bring to a boil over high heat, then reduce heat to maintain a simmer.
9. Cover the pan with a lid and cook for 10-15 minutes.
10. Serve warm, topping each portion with 1 tablespoon of the basil and 1 tablespoon of the parsley.

**Nutrition Facts Per Serving: Calories: 275 | Total Fat: 7 g | Saturated Fat: 0.5 g
Sodium: 350 mg | Total Carbohydrate: 26 g | Dietary Fiber: 7 g | Protein: 30 g**

For more recipes, please visit www.nutrition.va.gov



Chicken Fajitas

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 2 fajitas

Ingredients

- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ½ teaspoon cumin
- ¼ teaspoon cayenne
- ½ pound (8 ounces) boneless skinless chicken breasts, sliced into thin strips
- 1 tablespoon olive oil, divided
- 1 large onion, sliced (about 1½ cups)
- 1 large bell pepper, sliced (about 1½ cups)
- 1 large tomato, diced (about 1½ cups)
- 1 avocado, sliced
- ½ cup nonfat plain Greek yogurt
- ½ cup salsa or Pico de Gallo (homemade or store-bought)
- 4 (8-inch) whole-wheat tortillas

Directions

1. In a medium mixing bowl, mix together the garlic powder, chili powder, cumin, and cayenne.
2. Add the raw chicken and toss to coat with the spice mixture.
3. Heat a medium skillet or sauté pan over medium heat.
4. Add ½ tablespoon of the oil and heat until shimmering.
5. Add the chicken. Cook, stirring often, until the chicken is fully cooked and no longer pink, about 5-7 minutes.
6. Remove the chicken from the pan and place on a clean plate. Cover the plate with foil and set aside.
7. Return the pan to the stovetop and turn the heat up to high.
8. Add the remaining ½ tablespoon oil.
9. Add the onion and bell pepper. Cook, stirring often, until crisp-tender, about 3-5 minutes.
10. Divide the chicken, onion-pepper mixture, tomato, avocado Greek yogurt, and salsa over the tortillas.
11. Serve warm.

**Nutrition Facts Per Serving: Calories: 610 | Total Fat: 32 g | Saturated Fat: 6 g
Sodium: 500 mg | Total Carbohydrate: 47 g | Dietary Fiber: 13 g | Protein: 38 g**

For more recipes, please visit www.nutrition.va.gov



Black Bean Burgers

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 3 servings | Serving Size: 1 burger patty

Ingredients

½ cup old fashioned (rolled) oats or cubes of whole-wheat bread

1 (15-ounce) can no-salt-added black beans, chilled in the refrigerator, drained and rinsed

1 egg, lightly beaten

1 teaspoon onion powder

½ teaspoon garlic powder

½ teaspoon ground black pepper

¼ teaspoon ground cumin

¼ teaspoon ground coriander

1 teaspoon soy sauce or Worcestershire sauce

Nonstick cooking spray

Directions

1. Add the oats or bread cubes to a food processor. Pulse or blend on low speed until crumbs form.
2. Add the chilled black beans, egg, onion powder, garlic powder, black pepper, cumin, coriander, and soy sauce or Worcestershire sauce.
3. Pulse or blend on low speed until the mixture is partially mashed and holds together. It should not be pureed.
4. Using slightly wet hands, divide the mixture into three equal portions and form each portion into a patty.
5. Spray a large skillet with nonstick cooking spray and place over medium-high heat.
6. Once the pan is hot, add the patties and cook until they are well-browned and hold together, about 5 minutes per side.
7. Serve warm on their own, with a dipping sauce, or on a bun with your choice of toppings.

Recipe Notes

- If you don't have black beans, you can swap just about any other bean in as a substitute. You can also try experimenting with different herb and spice combinations to change up the flavors.
- These are best eaten right away, but can keep in the refrigerator for up to 5 days. Freezing is not recommended.

**Nutrition Facts Per Serving: Calories: 240 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 440 mg | Total Carbohydrate: 41 g | Dietary Fiber: 10 g | Protein: 14 g**

For more recipes, please visit www.nutrition.va.gov



Fish Tacos with Tangy Slaw

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 2 tacos

Ingredients

2 teaspoons chili powder
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon crushed red pepper flakes
4 tablespoons (¼ cup) lime juice, divided
2 tablespoons olive oil, divided
1 pound (16 ounces) white fish fillets (e.g. cod)
¼ cup nonfat plain Greek yogurt
¼ cup olive oil mayonnaise
¼ cup chopped fresh cilantro (optional)
1 tablespoon honey or sugar
½ teaspoon ground black pepper
¼ teaspoon salt
4 cups shredded cabbage (about ½-1 head)
8 (6-inch) flour or corn tortillas, warmed

Directions

1. Mix together the chili powder, garlic powder, onion powder, cumin, coriander and red pepper flakes to make a taco seasoning.
2. Combine 1 tablespoon of the taco seasoning mixture, 1 tablespoon of the lime juice, and 1 tablespoon of the oil. Coat the fish fillets with the mixture.
3. Combine the remaining 1 tablespoon of taco seasoning with the yogurt, mayonnaise, and 1 tablespoon of the lime juice. Set aside.
4. In a medium mixing bowl, whisk together the remaining 2 tablespoons lime juice, 1 tablespoon of the olive oil, cilantro, honey or sugar, black pepper, and salt. Add the shredded cabbage and toss to coat. Set aside.
5. Heat a nonstick skillet over medium-high heat.
6. Add the fish and cook until it is cooked through and flakes easily with a fork, about 3-6 minutes per side. Remove the fish from the pan and let it rest for 1-2 minutes.
7. Break the fish into bite-sized pieces, then divide the pieces of fish and the dressed cabbage over the warmed tortillas.
8. Serve warm, drizzling with the yogurt mixture to taste.

**Nutrition Facts Per Serving: Calories: 400 | Total Fat: 14 g | Saturated Fat: 1 g
Sodium: 385 mg | Total Carbohydrate: 37 g | Dietary Fiber: 3.5 g | Protein: 30 g**

For more recipes, please visit www.nutrition.va.gov



Oven-Baked Fish Sticks

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 4 fish sticks

Ingredients

Nonstick cooking spray
2 (4- to 6-ounce) white fish fillets (e.g. flounder, cod, tilapia), cut lengthwise into four strips each
½ cup lowfat (1%) milk
½ cup whole-wheat or Panko breadcrumbs
¼ cup whole-wheat flour
¼ cup grated parmesan cheese
1 teaspoon salt-free seasoning blend

Directions

1. Preheat the oven to 400°F. Cover a 9x13-inch baking sheet with foil and spray the foil with nonstick spray. Set aside.
2. Set up a breading station by placing three bowls, pie dishes, or other shallow dishes in a row.
3. In the first dish, add the flour. In the second dish, add the milk. In the third dish, add and stir together the breadcrumbs, parmesan, and seasoning blend.
4. Dip one strip of fish into the flour (first dish) to coat it evenly on all sides. Shake off any excess flour.
5. Add the strip of fish to the milk (second dish) to coat evenly on all sides. Shake to remove any excess milk.
6. Add the strip of fish to the breadcrumb mixture (third dish) to coat it evenly on all sides.
7. Place the strip of fish onto the prepared baking sheet.
8. Repeat steps 4-7 with the remaining strips of fish, then discard any leftover breading ingredients.
9. Bake the breaded fish strips for 10 minutes, then flip each strip over and continue baking until golden-brown and cooked through, about 5-10 minutes. Serve immediately.

**Nutrition Facts Per Serving: Calories: 350 | Total Fat: 7 g | Saturated Fat: 3 g
Sodium: 440 mg | Total Carbohydrate: 35 g | Dietary Fiber: 1.5 g | Protein: 37 g**

For more recipes, please visit www.nutrition.va.gov



Braised Cod and Green Beans with Pesto

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 cod fillet with $\frac{1}{4}$ of the green beans and sauce

Ingredients

- 1 tablespoon olive oil
- 1 pound green beans, ends trimmed
- 2 medium shallots or 1 small onion, thinly sliced (about $\frac{3}{4}$ cup)
- 4 (4- to 6-ounce) cod fillets (about $1\frac{1}{4}$ pounds)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $1\frac{1}{2}$ cups (12 ounces) low-sodium chicken or vegetable broth
- $\frac{1}{4}$ cup pesto (store-bought or homemade)
- 1 lemon, cut lengthwise into wedges (optional)

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the green beans and shallot. Cook, stirring occasionally, until the shallot starts to soften, about 1-2 minutes.
4. In a small bowl, mix together the salt and pepper and sprinkle both sides of each cod fillet with the mixture.
5. Spread the green beans into a flat layer in the pan and gently place the cod fillets on top.
6. Add the broth and bring to a boil over high heat.
7. Cover the pan with a lid and cook until the cod is cooked through and flakes easily with a fork, about 4-6 minutes.
8. With a slotted spoon or spatula, transfer the cod and green beans to a serving dish. Cover with foil to keep warm.
9. Continue to cook the broth over high heat, uncovered, until it is reduced to about $\frac{1}{2}$ cup, about 5-7 minutes.
10. Remove the pan from the heat and stir in the pesto.
11. Pour the sauce over the fish and green beans.
12. Garnish with lemon wedges if desired and serve warm.

**Nutrition Facts Per Serving: Calories: 250 | Total Fat: 11 g | Saturated Fat: 2 g
Sodium: 460 mg | Total Carbohydrate: 16 g | Dietary Fiber: 5 g | Protein: 24 g**

For more recipes, please visit www.nutrition.va.gov



Citrus-Tomato Fish over Quinoa

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 6 ounces fish with a quarter of the quinoa and the citrus-tomato mixture

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups (16 ounces) low-sodium vegetable or chicken broth
- 2 tablespoons olive oil, divided
- 2 cloves garlic, minced (about 1 teaspoon)
- ½-inch piece ginger, peeled and minced or grated (about ½ teaspoon ginger paste, or a pinch of ground dried ginger)
- 1 pint grape or cherry tomatoes, halved (about 2 cups)
- ½ teaspoon salt, divided
- 1 orange, peeled, sectioned, and cut into small chunks
- 4 (6-ounce) fish fillets (e.g. cod, tilapia, salmon)
- ¼ teaspoon ground black pepper

Directions

1. Add the quinoa and broth to a small saucepan. Bring to a boil, then reduce to a simmer. Cover with a lid and cook until the quinoa is fluffy and tender, about 10-15 minutes.
2. Meanwhile, heat a medium nonstick skillet over medium heat. Add 1 tablespoon of the oil and heat until shimmering.
3. Add the garlic and ginger. Cook for 30-60 seconds.
4. Add the tomatoes and ¼ teaspoon of the salt. Cook, stirring often, until they start to break down, about 3-5 minutes.
5. Add the orange pieces and cook, stirring often, until heated through, about 1-2 minutes.
6. Transfer the citrus-tomato mixture to a plate or bowl and cover to keep warm. Place the pan back over the heat.
7. Pat the fish dry with paper towels. Sprinkle the remaining ¼ teaspoon salt and the black pepper on both sides.
8. Add 1 tablespoon oil to the pan and heat until shimmering.
9. Place the fish in the pan. Heat until fish is cooked through and flakes easily with a fork, about 2-4 minutes per side.
10. Portion the quinoa, fish, and citrus-tomato mixture into four dishes, then serve warm.

**Nutrition Facts Per Serving: Calories: 445 | Total Fat: 11.5 g | Saturated Fat: 1.5 g
Sodium: 465 mg | Total Carbohydrate: 37.5 g | Dietary Fiber: 5 g | Protein: 47 g**

For more recipes, please visit www.nutrition.va.gov



Lemony Pan-Seared Fish with Wilted Kale

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 1 serving | Serving Size: 1 fish fillet and the kale mixture

Ingredients

1 lemon
1 (4- to 6-ounce) fish fillet (e.g. flounder, whiting, tilapia, salmon, tuna)
¼ teaspoon salt-free seasoning blend
1½ teaspoons chopped fresh dill (or ½ teaspoon dried)
1 tablespoon olive oil, divided
2 cups chopped or shredded kale, stems removed

Directions

1. Cut the lemon in half lengthwise. Juice one of the halves into a small bowl. Cut the other half into four wedges. Set the lemon juice and lemon wedges aside.
2. On a clean plate or other surface (e.g. cutting board), pat the fish dry with paper towels, then season it evenly on both sides with the seasoning blend and chopped dill.
3. Preheat a nonstick skillet over medium-high heat.
4. Add ½ tablespoon of the oil to the pan.
5. Add the fish and cook on the first side until browned, about 2-4 minutes.
6. Turn the fish over and heat until cooked through and flakes easily with a fork, about 4-6 minutes.
7. Transfer the fish to a clean plate and cover with foil.
8. Add the remaining ½ tablespoon of oil to the pan.
9. Add the kale and cook until wilted, about 2-4 minutes.
10. Add the lemon juice and stir to combine.
11. Transfer the kale to the plate with the fish and serve warm, squeezing on additional lemon juice as desired.

**Nutrition Facts Per Serving: Calories: 325 | Total Fat: 15 g | Saturated Fat: 2 g
Sodium: 140 mg | Total Carbohydrate: 23 g | Dietary Fiber: 4.5 g | Protein: 28 g**

For more recipes, please visit www.nutrition.va.gov

Side Recipes



Fresh Green Salad with Lemony Dressing

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: 1¼ cups of salad with 2 tablespoons of dressing

Ingredients

6 cups salad greens, chopped if needed
1 cup halved cherry or grape tomatoes
1 cup sliced cucumber
½ cup shredded carrots (about 1 medium carrot)

Dressing

2 tablespoons extra-virgin olive oil
1 lemon, juiced (about 3 tablespoons)
1 tablespoon water
1 teaspoon Dijon mustard or brown mustard
2 teaspoons honey
¼ teaspoon ground black pepper
Pinch salt (optional)

Directions

1. In a small bowl, whisk together the olive oil, lemon juice, water, mustard, honey, black pepper, and salt (if using) to make a dressing. Set aside.
2. Wash and dry the salad greens and place them in a large mixing or serving bowl.
3. Add the tomatoes, cucumber, and carrots.
4. Add the dressing and toss to coat.
5. Serve immediately.

Recipe Notes

- This salad tastes best when it is made on the same day it's served. If not serving right away, keep the dressing separate, then re-whisk the dressing and toss with vegetable mixture just before serving.
- Prepare the dressing by shaking the ingredients together in a jar with tight fitting lid if desired.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 90 mg | Total Carbohydrate: 8 g | Dietary Fiber: 1.5 g | Protein: 1.5 g**

For more recipes, please visit www.nutrition.va.gov



Massaged Kale Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

2 bunches kale, stems removed and chopped,
or 1 (16-ounce) bag cut kale

6 tablespoons lemon juice, divided (about
2 lemons)

3 tablespoons extra-virgin olive oil, divided

1 teaspoon honey

¼ teaspoon salt

¼ teaspoon ground black pepper

1 pint cherry or grape tomatoes, halved (about
2-3 cups)

¼ cup unsalted shelled sunflower seeds (can
substitute another seed or chopped nut)

Directions

1. Add the kale to a large mixing or serving bowl.
2. Add 4 tablespoons (¼ cup) of the lemon juice, 2 tablespoons of the oil, and the salt.
3. Massage the kale until it wilts down in size by about half and it feels more tender, about 1-2 minutes, making sure each leaf is coated with the lemon juice-oil mixture. Set aside.
4. In a small bowl, make a dressing by whisking together the honey, salt, black pepper, the remaining 2 tablespoons lemon juice, and the remaining 1 tablespoon oil.
5. Pour the dressing over the kale, along with the sunflower seeds and tomatoes. Toss to combine.
6. Serve immediately, or chill before serving.

Recipe Notes

- Load this salad up with any of your other favorite vegetables, or even fruit.
- If you're watching the salt, you can reduce it, omit it, or substitute your favorite salt-free seasoning.
- For a more lemony flavor, add ½ teaspoon lemon zest to the dressing.
- This salad can be made 1-2 days before serving, if desired. Unlike salads made with lettuce or spinach, salads made with kale actually improve in flavor and texture with time.

**Nutrition Facts Per Serving: Calories: 155 | Total Fat: 10 g | Saturated Fat: 1.5 g
Sodium: 140 mg | Total Carbohydrate: 15 g | Dietary Fiber: 3 g | Protein: 4.5 g**

For more recipes, please visit www.nutrition.va.gov



Apple Coleslaw

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- ¼ cup plain nonfat Greek yogurt
- ¼ cup olive oil mayonnaise
- 1-3 teaspoons lemon juice or apple cider vinegar, to taste
- ¼ teaspoon salt
- ½ small (¾-1 pound) cabbage head, shredded (about 2 cups)
- 1 medium carrot, grated (about ½ cup)
- 1 medium apple, cored and chopped (about 1 cup)
- ½ cup raisins or dried cranberries

Directions

1. Add the yogurt, mayonnaise, lemon juice, and salt to a large mixing or serving bowl. Stir together to make a dressing.
2. Add the cabbage, carrot, raisins or dried cranberries, and apple. Toss to combine and coat with the dressing.
3. Serve right away, or chill before serving if desired.

Recipe Notes

- This recipe goes well with pork burgers or pulled pork sandwiches.
- Coleslaw tastes best when it is made on the same day it's served. If not serving right away, wait to add the dressing until ready to serve.
- Use pre-shredded cabbage and carrots to save time.
- If you prefer a bit more sweetness, try adding 1-3 teaspoons honey to the dressing.

**Nutrition Facts Per Serving: Calories: 160 | Total Fat: 4.5 g | Saturated Fat: 0 g
Sodium: 270 mg | Total Carbohydrate: 31.5 g | Dietary Fiber: 4.5 g | Protein: 3.5 g**

For more recipes, please visit www.nutrition.va.gov



Apple-Walnut Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: ~2 cups

Salad Ingredients

- 1 (10-ounce) bag mixed salad greens or spinach
- 2 medium apples, cored and chopped (about 2 cups)
- ½ cup crumbled feta cheese
- ½ cup unsalted walnuts, chopped

Dressing

- ¼ cup extra-virgin olive oil
- 3 tablespoons red wine vinegar or apple cider vinegar
- 1-3 teaspoons honey, to taste
- 1 teaspoon Dijon mustard
- 1-2 cloves garlic, minced (about 1 teaspoon)

Directions

1. In a small bowl, make the dressing by whisking together the olive oil, vinegar, honey, mustard, and garlic. Set aside.
2. In a large mixing or serving bowl, add the greens or spinach, apples, feta, and walnuts.
3. Just before serving, add the dressing to the vegetable mixture and toss to coat.
4. Serve immediately.

Recipe Notes

- Try swapping out the feta for blue cheese or crumbled goat cheese.

**Nutrition Facts Per Serving: Calories: 190 | Total Fat: 13 g | Saturated Fat: 3 g
Sodium: 260 mg | Total Carbohydrate: 17 g | Dietary Fiber: 4 g | Protein: 4 g**

For more recipes, please visit www.nutrition.va.gov



Bright Broccoli Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

- ⅔ cup olive oil mayonnaise
- ¼ cup red wine vinegar
- 4 cups bite-sized broccoli florets (about 1 pound)
- 1 cup finely diced onion (about 1 medium onion)
- 1 cup halved grapes
- 1 large carrot, shredded (or 2 medium; about 1 cup)
- ⅓ cup slivered or sliced almonds

Directions

1. Add the mayonnaise and vinegar to a large bowl. Stir together until smooth to make a dressing.
2. Add the broccoli, onion, grapes, carrots, and almonds.
3. Toss together to coat with the dressing.
4. Serve right away, or chill before serving if desired.

Recipe Notes

- To add color, consider using a red onion or include a variety of different colored grapes.
- If you are out of grapes, try substituting ¼ cup raisins instead.
- For a smoky flavor, crumble in 2 slices of cooked bacon.
- To cut down on the raw onion flavor, let the onion sit in the bowl with the red wine vinegar while you prepare the other ingredients.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 6.5 g | Saturated Fat: 0 g
Sodium: 115 mg | Total Carbohydrate: 13 g | Dietary Fiber: 3 g | Protein: 3 g**

For more recipes, please visit www.nutrition.va.gov



Japanese Cucumber Salad

Prep: 15 minutes | Inactive: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

1 large or 2 medium English cucumbers (about 1-1½ pounds)

¼ teaspoon salt

2 teaspoons unseasoned rice vinegar

1½ teaspoons reduced-sodium (lite) soy sauce

½ teaspoon toasted sesame oil

½ teaspoon sugar

Pinch crushed red pepper flakes (optional)

1 tablespoon sesame seeds, toasted if desired

Directions

1. Trim the ends of the cucumber and cut each cucumber crosswise into thirds, then cut in half lengthwise.
2. Place the cucumbers in a large plastic zip-top bag and seal the bag. Place the bag on a hard, durable surface such as a clean cutting board.
3. Use a skillet or a sauté pan to smash the cucumbers in the bag until they start to split lengthwise.
4. Tear or cut the cucumbers into bite-sized pieces, then add them to a colander placed inside a bowl or over the sink.
5. Sprinkle the cucumbers with the salt and toss to combine.
6. Let the cucumbers sit to remove their excess liquid, at least 15 minutes and up to 30 minutes.
7. While the cucumbers sit, add the vinegar, soy sauce, sesame oil, sugar, and red pepper flakes (if using) to a medium mixing bowl. Stir together until the sugar has dissolved to make a dressing, about 1 minute.
8. Add the cucumbers to the bowl with the dressing and toss to combine. Discard the liquid drained from the cucumber.
9. Garnish with sesame seeds and serve immediately, or chill before serving if desired.

**Nutrition Facts Per Serving: Calories: 30 | Total Fat: 1.5 g | Saturated Fat: 0 g
Sodium: 210 mg | Total Carbohydrate: 3 g | Dietary Fiber: 1 g | Protein: 1 g**

For more recipes, please visit www.nutrition.va.gov



Creamy Potato Salad

Prep: 20 minutes | Cook: 20 minutes | Chill: 1 hour | Total: 1 hour 40 minutes

Yield: 6 servings | Serving Size: ¾ cup

Ingredients

- 1½ pounds Yukon Gold or red potatoes (about 4-5 medium potatoes or about 10-12 baby potatoes), unpeeled and cut into ½-inch chunks
- 4 eggs, in shell
- ⅓ cup plain nonfat Greek yogurt
- 2 tablespoons olive oil mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon white wine vinegar or lemon juice
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 cup frozen green peas, thawed
- 3 tablespoons chopped fresh chives (about 1 bunch)

Directions

1. Place a steamer basket inside a large saucepan or stockpot and add just enough water fill the area under the steamer.
2. Bring the water to a boil over high heat, then reduce the heat to medium-high to maintain a rapid simmer.
3. Add the potatoes to the steamer basket, cover the pot with a tight-fitting lid, and cook until the potatoes are fork-tender, about 10-15 minutes. Remove the potatoes from the steamer basket and allow to cool completely.
4. While the potatoes are cooking, place the eggs in a separate medium saucepan. Add enough water to just cover the eggs. Bring to a boil, then turn off the heat and move the pot to a cool burner. Cover the pot with a lid and let sit for 12-15 minutes.
5. Remove eggs from the pot and place into a bowl of ice-water. Let sit at least 5 minutes, then peel and chop.
6. In a large bowl, whisk together the yogurt, mayonnaise, mustard, vinegar or lemon juice, salt, and black pepper.
7. Gently fold in the potatoes, eggs, peas, and chives.
8. Cover the bowl with a lid or plastic wrap and refrigerate for at least 1 hour, then serve cold.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 345 mg | Total Carbohydrate: 23 g | Dietary Fiber: 3 g | Protein: 8.5 g**

For more recipes, please visit www.nutrition.va.gov



Grape and Avocado Quinoa Salad

Prep: 20 minutes | Cook: 20 minutes | Inactive: 15 minutes | Total: 55 minutes

Yield: 8 servings | Serving Size: ~1½ cups

Ingredients

Zest and juice of 1-2 limes, to taste
¼ cup extra-virgin olive oil
1 cup uncooked quinoa, rinsed
2 cups water
2 cups grapes, halved
1½ cups diced cucumber (about 1 medium cucumber or ½ English cucumber)
3 cups fresh spinach
4 scallions (green onions), white and light green parts, thinly sliced (about 1 cup)
⅓ cup chopped fresh mint
Ground black pepper, to taste
1 avocado, peeled, pitted, and diced

Directions

1. In a large bowl, whisk together the lime zest, lime juice, and olive oil. Set aside.
2. Combine the rinsed quinoa with the water in a saucepan.
3. Bring the water to a boil, then cover with a lid and reduce to a simmer.
4. Cook until all liquid is absorbed and the quinoa is tender, about 10-15 minutes.
5. Set the cooked quinoa aside to cool, about 10-15 minutes.
6. In a large bowl, toss the cooled quinoa, grapes, cucumbers, spinach, scallions, and mint together with the dressing.
7. Season with pepper to taste.
8. Gently fold in the avocado.
9. Serve immediately, or chill before serving.

Recipe Notes

- Substitute arugula or chopped kale for the spinach if desired.
- This salad can be made 1-2 days before serving, if desired. Just wait to cut and add the avocado until ready to serve.

**Nutrition Facts Per Serving: Calories: 215 | Total Fat: 13 g | Saturated Fat: 2 g
Sodium: 165 mg | Total Carbohydrate: 23 g | Dietary Fiber: 5 g | Protein: 4.5 g**

For more recipes, please visit www.nutrition.va.gov



Colorful Quinoa Salad

Prep: 10 minutes | Cook: 15 minutes | Chill: 10 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: 1 cup

Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups (16 ounces) low-sodium vegetable broth
- 2 tablespoons extra-virgin olive oil
- Zest and juice from 1 orange (about 1 tablespoon zest and about ¼ cup juice)
- 1 tablespoon red wine vinegar
- 1 tablespoon Dijon mustard
- 2 cups fresh spinach or arugula, chopped
- 4 scallions (green onions), thinly sliced (about ½ cup)
- ½ cup dried cranberries
- ¼ cup chopped fresh parsley
- ¼ cup chopped pecans
- ½ cup crumbled feta

Directions

1. Add the quinoa and broth to a medium saucepan.
2. Bring to a boil over high heat, then reduce the heat to medium-low to maintain a gentle simmer.
3. Cover the pot with a lid and cook until the quinoa is tender, about 10-15 minutes.
4. While the quinoa is cooking, in a large mixing bowl, whisk together the oil, orange zest, orange juice, red wine vinegar, and mustard to make a dressing.
5. Transfer the cooked quinoa to the bowl with the dressing and toss to combine.
6. Set the quinoa aside to cool for about 5-10 minutes, stirring every 1-2 minutes to allow for quicker cooling.
7. Add the spinach or arugula, scallions, dried cranberries, parsley, and pecans. Stir to combine.
8. Add the feta and gently fold to combine.
9. Serve right away, or chill before serving if desired.

Recipe Notes

- Substitute goat cheese for the feta if desired.

Nutrition Facts Per Serving: Calories: 280 | Total Fat: 13 g | Saturated Fat: 3 g
Sodium: 260 mg | Total Carbohydrate: 35 g | Dietary Fiber: 4.5 g | Protein: 7 g

For more recipes, please visit www.nutrition.va.gov



Mediterranean Chickpea Salad

Prep: 15 minutes | Inactive: 10 minutes | Cook: 0 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

2 tablespoons lemon juice or red wine vinegar
2 tablespoons extra-virgin olive oil
½ teaspoon dried oregano
½ teaspoon crushed red pepper flakes
½ medium onion, diced (about ½ cup)
1-2 cloves garlic, minced (about 1 teaspoon)
1 (15-ounce) cans no-salt-added chickpeas (garbanzo beans), drained and rinsed
1 medium tomato, diced (about 1 cup)
½ medium cucumber, unpeeled and diced (about ½ cup)
½ medium bell pepper, diced (about ½ cup)

Directions

1. In a large mixing bowl, whisk together the lemon juice or vinegar, oil, oregano, and red pepper flakes to make a dressing.
2. Add the onion and garlic. Stir to combine, then let sit for at least 10 minutes.
3. Add the chickpeas, tomatoes, cucumber, and bell pepper. Toss to combine.
4. Serve immediately, or chill before serving if desired.

Recipe Notes

- Letting the onion and garlic sit in the acidic dressing in step 2 helps to cut down their harsh pungent flavors.
- You can save some time by prepping the tomatoes, cucumber, and bell pepper while the onion and garlic sit with the dressing.
- Cut up the remaining cucumber and bell pepper into slices and enjoy as a snack if desired.

Nutrition Facts Per Serving: Calories: 145 | Total Fat: 8.5 g | Saturated Fat: 1 g
Sodium: 10 mg | Total Carbohydrate: 15 g | Dietary Fiber: 3 g | Protein: 4.5 g

For more recipes, please visit www.nutrition.va.gov



Confetti Couscous

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

1½ cups water
½ teaspoon ground cumin
1 cup uncooked couscous (whole-wheat if available)
2 tablespoons extra-virgin olive oil
3 tablespoons lime juice (about 2 limes)
1 medium onion, diced (about 1 cup)
½ cup fresh chopped cilantro
1 cup frozen corn kernels
1 bell pepper, diced (about 1 cup)
1 cucumber, diced (about 1 cup)
1 (15-ounce) can no-salt-added black beans, drained and rinsed

Directions

1. Add the water and cumin to a medium saucepan. Bring to a boil over high heat.
2. Add the couscous and stir to combine.
3. Cover the pot with a lid and remove it from heat. Let sit until the couscous is tender, about 5 minutes.
4. While the couscous cooks, add the oil and lime juice to a large mixing bowl and whisk together to make a dressing. Add the onion and cilantro. Stir to combine, then set aside.
5. Fluff the cooked couscous with a fork, then stir in the corn.
6. Place the lid back on the pot and let sit until the corn is thawed, about 3-5 minutes.
7. Combine the dressing-onion mixture with the couscous and corn mixture. Add the bell pepper, cucumber, and beans. Toss to combine.
8. Serve warm, or chill before serving if desired.

Recipe Notes

- Substitute fresh basil or parsley for the cilantro if desired.
- Try using quinoa or millet instead of the couscous.

Nutrition Facts Per Serving: Calories: 230 | Total Fat: 5.5 g | Saturated Fat: 1 g
Sodium: 20 mg | Total Carbohydrate: 40 g | Dietary Fiber: 5.5 g | Protein: 7 g

For more recipes, please visit www.nutrition.va.gov



Lemon-Thyme Orzo Primavera

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

1 tablespoon olive oil
½ cup uncooked whole-wheat orzo pasta (can substitute a different small whole-wheat pasta)
1 clove garlic, minced (about ½ teaspoon)
1 medium zucchini, grated or diced (about 1 cup)
1 medium carrot, grated or diced (about ½ cup)
1 cup (8 ounces) no-salt-added vegetable broth or chicken broth
Zest of 1 lemon
1 tablespoon minced fresh thyme
4 tablespoons (¼ cup) grated parmesan cheese, divided

Directions

1. Heat a medium or large saucepan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the uncooked orzo pasta. Cook, stirring often, until golden and fragrant, about 2-3 minutes.
4. Add the garlic, zucchini, and carrot. Cook, stirring often, for 2 minutes.
5. Add the broth and lemon zest. Stir to combine.
6. Bring to a boil over high heat, then reduce the heat to maintain a gentle simmer.
7. Cook until the liquid has been absorbed and orzo is al dente (tender, yet still a little chewy), about 10 minutes.
8. Stir in the thyme.
9. Serve warm, topping each serving with 1 tablespoon of parmesan cheese.

Recipe Notes

- Place the zested lemon in a zip-top plastic bag and store in the refrigerator for juicing later, within 5-7 days.
- Consider serving with baked chicken or fish and a salad for a complete meal.
- If you do not have fresh thyme, add ¼-1 teaspoon dried thyme (to taste) with the broth and lemon zest.

**Nutrition Facts Per Serving: Calories: 180 | Total Fat: 6 g | Saturated Fat: 1 g
Sodium: 100 mg | Total Carbohydrate: 35 g | Dietary Fiber: 2.5 g | Protein: 8.5 g**

For more recipes, please visit www.nutrition.va.gov



Asparagus and Spinach Risotto

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

4 cups (32 ounces) low-sodium chicken or vegetable broth
1 tablespoon olive oil
1 medium onion, diced (about 1 cup)
1 cup uncooked Arborio (risotto) rice
¼ teaspoon salt
¼-½ teaspoon ground black pepper, to taste
3 cups fresh spinach
1 pound asparagus, cut into bite-sized pieces (about ½- to 1-inch-long)
¼ cup grated or shredded parmesan cheese
1-2 tablespoons lemon juice or white wine vinegar (optional)

Directions

1. Add the broth to a large saucepan or stockpot and bring to a simmer over high heat, then reduce the heat to low.
2. Place a separate large skillet or sauté pan on a different burner over medium heat.
3. Add the oil to the pan and heat until shimmering.
4. Add the onion to the pan with the oil and cook until softened, about 3-5 minutes, stirring occasionally.
5. Add the rice to the pan with the onion and cook, stirring constantly, for 1 minute.
6. Add ½ cup of the hot broth, salt and pepper. Bring to simmer and cook, stirring constantly, until the broth is absorbed.
7. Continue adding the hot broth about ½ cup at a time and cook, stirring constantly, until it is absorbed before adding more. Cook until all the broth has been added and absorbed, about 17-20 minutes, adding the asparagus once you have added about half of the broth.
8. Add the spinach and cook, stirring often, until wilted, about 2-3 minutes.
9. Stir in the parmesan cheese and lemon juice or vinegar (if using), then serve warm.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 5.5 g | Saturated Fat: 2.5 g
Sodium: 355 mg | Total Carbohydrate: 15 g | Dietary Fiber: 2.5 g | Protein: 8 g**

For more recipes, please visit www.nutrition.va.gov



Marinated Vegetables

Prep: 15 minutes | Cook: 0 minutes | Chill: 30 minutes | Total: 45 minutes

Yield: 8 servings | Serving Size: ½ cup

Ingredients

- ¾ cup olive oil
- ¼ cup red wine vinegar or white wine vinegar
- 1 teaspoon lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1-3 pinches crushed red pepper flakes, to taste
- 4 cups fresh vegetables, trimmed and cut into ½- to 1-inch pieces (one type or a combination; e.g. tomatoes, cucumber, broccoli, cauliflower, carrots, snap peas, yellow squash, mushrooms, zucchini, baby corn, red onion)

Recipe Notes

- The marinade can be made ahead of time and stored in the refrigerator if desired.
- These marinated veggies are best when prepared at least 2 hours before serving or cooking.

Directions

1. To a medium mixing bowl or a jar with a lid, add the oil, vinegar, lemon juice, garlic powder, oregano, basil, onion powder, salt, and black pepper.
2. Whisk together the oil-vinegar mixture in the bowl or place the lid on the jar and shake, mixing until combined to make a marinade.
3. Place the selected vegetables in a large bowl.
4. Pour the marinade over the vegetables and toss until evenly coated.
5. Set the vegetables in the refrigerator to marinate, at least 30 minutes and up to overnight.
6. Serve cold, or cook as desired and serve warm.

**Nutrition Facts Per Serving: Calories: 185 | Total Fat: 19 g | Saturated Fat: 2.5 g
Sodium: 165 mg | Total Carbohydrate: 5 g | Dietary Fiber: 2 g | Protein: 1 g**

For more recipes, please visit www.nutrition.va.gov



Roasted Vegetables

Prep: 5 minutes | Cook: 30 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: ¾ cup

Ingredients

4 cups (about 1 pound) fresh vegetables, cut into bite-sized pieces (one type or a combination; e.g. green beans, cauliflower, carrots, broccoli, sweet potato, Brussels sprouts, beets, bell peppers)

1 tablespoon olive oil

3-6 cloves garlic, minced (about 1 tablespoon; or 1 teaspoon garlic powder)

¼ teaspoon ground black pepper

¼ teaspoon salt

¼ cup grated or shredded parmesan cheese (optional)

1 tablespoon chopped fresh parsley (optional)

Directions

1. Preheat the oven to 450°F.
2. Line a baking sheet or casserole dish with parchment paper.
3. Place the selected vegetables in a large bowl.
4. Add the oil, garlic, black pepper, and salt. Toss to coat the vegetables.
5. Spread the vegetables out onto the prepared baking sheet or casserole dish in a single layer.
6. Bake until fork-tender, about 20-25 minutes, tossing about halfway through cooking for more even browning if desired.
7. (Optional) Top with the parmesan and parsley, and return to oven to broil until golden-brown, about 3-5 minutes, watching closely so they do not burn.
8. Serve warm.

Recipe Notes

- Actual cooking time may be shorter or longer, depending on the vegetable(s) selected.
- Roasted vegetables will keep in the refrigerator for 5-7 days, or in the freezer for up to 3 months.
- Feel free to change up the seasonings to suit your flavor preferences.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 5 g | Saturated Fat: 1.5 g
Sodium: 220 mg | Total Carbohydrate: 9 g | Dietary Fiber: 4 g | Protein: 5 g**

For more recipes, please visit www.nutrition.va.gov



Roasted Brussels Sprouts and Carrots

Prep: 10 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: ¾ cup

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon maple syrup
- 1 teaspoon Dijon mustard
- ½ teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 pound Brussels sprouts
- ½ pound carrots, peeled and sliced into matchsticks (julienne cut)

Directions

1. Preheat the oven to 400°F.
2. In a large mixing bowl, whisk together the oil, maple syrup, mustard, thyme, salt, and pepper. Set aside.
3. Prepare the Brussels sprouts by removing the outer leaves if dry or discolored, trimming the stems off, and cutting each sprout in half lengthwise.
4. Place the Brussels sprouts and carrots in the bowl with the oil mixture. Toss to combine.
5. Spread the Brussels sprouts and carrots in a single layer on a baking sheet and bake in preheated oven for 15 minutes.
6. Remove from oven and toss Brussels sprouts and carrots on the baking sheet.
7. Spread the Brussels sprouts and carrots back into a single layer, then continue cooking in the oven until fork-tender, about 15 minutes.
8. Serve warm.

Recipe Notes

- This recipe will work with a variety of vegetables such as cauliflower, onions, asparagus, eggplant, mushrooms, or peppers. Cook time may need adjusting, up or down, based on the vegetable you are using.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 5 g | Saturated Fat: 1 g
Sodium: 150 mg | Total Carbohydrate: 13 g | Dietary Fiber: 4 g | Protein: 3 g**

For more recipes, please visit www.nutrition.va.gov



Lemon-Parmesan Broccoli

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 1 (12-ounce) bag frozen broccoli florets
- 2 tablespoons olive oil, divided
- 3-6 cloves garlic, minced (about 1 tablespoon)
- 1 teaspoon lemon juice
- 3 tablespoons grated or shredded parmesan cheese
- ¼-½ teaspoon ground black pepper, to taste

Directions

1. Heat a medium skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Place the frozen broccoli florets into the pan and cook until warm and tender, about 5-7 minutes.
4. Reduce the heat to medium.
5. Add the garlic and cook until fragrant, about 30-60 seconds.
6. Remove the pan from the heat.
7. Add the lemon juice, parmesan, and black pepper to the broccoli. Toss to combine.
8. Serve warm.

Recipe Notes

- If you don't have fresh garlic on hand, try using ¼ teaspoon garlic powder.
- Substitute 3-4 cups of fresh broccoli florets for the frozen broccoli if desired, keeping in mind that the cooking time may be increased.

**Nutrition Facts Per Serving: Calories: 145 | Total Fat: 11 g | Saturated Fat: 4 g
Sodium: 250 mg | Total Carbohydrate: 5 g | Dietary Fiber: 3 g | Protein: 7 g**

For more recipes, please visit www.nutrition.va.gov



Braised Mustard Greens with Red Beans

Prep: 15 minutes | Cook: 20 minutes | Total: 35 minutes

Yield: 8 servings | Serving Size: ¾ cup

Ingredients

- ¼ cup raw unsalted nuts (e.g. peanuts, walnuts, almonds), roughly chopped
- 1 tablespoon olive oil
- 1 medium onion, finely diced (about 1 cup)
- 1-2 cloves garlic, minced (about 1 teaspoon)
- 1 tablespoon curry powder
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 2 bunches mustard greens, destemmed and torn into 1- to 2- inch pieces (about 8 cups)
- 1 (15-ounce) can no-salt-added kidney beans, drained and rinsed
- 3 thinly sliced scallions (green onions; about ⅓ cup)

Recipe Notes

- Substitute another hearty leafy green, such as kale or collard greens, for the mustard greens if desired.

Directions

- Heat a large sauté pan or skillet over medium heat.
- Add the nuts to the pan and cook, stirring frequently, until fragrant and lightly toasted, about 2-5 minutes. Remove the nuts from the pan and set aside.
- Add the oil to the now-empty pan and place over medium heat. Heat the oil until it is shimmering.
- Add the onion and sauté until softened, about 3-5 minutes.
- Add the garlic, curry powder or turmeric, black pepper, and salt. Sauté until fragrant, about 1-2 minutes.
- Add the tomatoes with their juice. Stir to combine.
- Add the mustard greens to the pan and cook, tossing or stirring occasionally, until they begin to wilt, about 1-2 minutes. Work in batches if needed.
- Reduce the heat to medium-low and cover the pan with a lid. Cook until the greens are tender, about 7-10 minutes.
- Add the beans, scallions, and toasted nuts. Stir to combine.
- Serve warm.

Nutrition Facts Per Serving: Calories: 85 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 175 mg | Total Carbohydrate: 10 g | Dietary Fiber: 4 g | Protein: 5 g

For more recipes, please visit www.nutrition.va.gov



Steamed Vegetables with Tahini Sauce

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ~½ cup

Ingredients

4 cups fresh or frozen vegetables, trimmed and cut into ½- to 1-inch pieces (one type or a combination; e.g. bell peppers, broccoli, carrots, mushrooms, green beans, cauliflower, zucchini)

2 tablespoons tahini (sesame seed paste; can substitute creamy peanut butter)

1 tablespoon warm or room-temperature water, plus more to adjust consistency

2 tablespoons lemon juice (about ½ lemon)

1 clove garlic, minced (about ½ teaspoon)

¼ teaspoon salt

Directions

1. Place a steamer basket inside a large saucepan or stockpot and add just enough water fill the area under the steamer.
2. Bring the water to a boil over high heat, then reduce the heat to medium-high to maintain a rapid simmer.
3. Add the selected vegetables to the steamer basket, cover the pot with a tight-fitting lid, and cook until the vegetables are fork-tender. This will take about 5-15 minutes, depending on which type(s) of vegetable is being steamed.
4. While the vegetables are cooking, add the tahini and water to a large mixing bowl. Whisk together until smooth, then whisk in the lemon juice, garlic, and salt. If a thinner consistency is desired, whisk in additional water.
5. Remove the vegetables from the steamer basket and add to the bowl with the tahini mixture.
6. Serve warm, or chill before serving if desired.

Recipe Notes

- To cut down on the raw garlic flavor, let the garlic sit in the bowl with the lemon juice while you cut up the vegetables.
- The vegetables can be stored in the refrigerator for 5-7 days. They can be served cold or reheated in the microwave before serving.

**Nutrition Facts Per Serving: Calories: 80 | Total Fat: 4.5 g | Saturated Fat: 0.5 g
Sodium: 190 mg | Total Carbohydrate: 8 g | Dietary Fiber: 3 g | Protein: 3 g**

For more recipes, please visit www.nutrition.va.gov



Cinnamon-Glazed Baby Carrots

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

4 cups baby carrots, cut in half lengthwise
(about 2 pounds)

Water

1 tablespoon brown sugar

1 tablespoon unsalted butter

½-¾ teaspoon ground cinnamon, to taste

Pinch salt

Directions

1. Place the carrots in a medium or large saucepan and add enough water to just cover the carrots.
2. Cover the pot with a lid and bring the water to a boil. Then reduce the heat to medium-low to maintain a simmer.
3. Cook until the carrots are easily pierced with a fork, about 7-9 minutes.
4. Drain the carrots into a colander (strainer) and set aside.
5. Return the pot to the stovetop over medium heat.
6. Add the butter, brown sugar, cinnamon, and salt. Cook, stirring constantly, until the butter and sugar melt to make a sauce, about 1-2 minutes.
7. Return the carrots to the pot with the sauce mixture.
8. Cook, stirring often, until the carrots are coated and the sauce is slightly thickened, about 2-3 minutes.
9. Serve warm.

Recipe Notes

- This recipe goes well with most meat, poultry, and seafood main dishes.
- If you don't have baby carrots you can substitute sliced carrots.

Nutrition Facts Per Serving: Calories: 75 | Total Fat: 3 g | Saturated Fat: 2 g
Sodium: 360 mg | Total Carbohydrate: 12 g | Dietary Fiber: 3 g | Protein: 0 g

For more recipes, please visit www.nutrition.va.gov



Indian Stir-Fried Cauliflower

Prep: 20 minutes | Cook: 25 minutes | Total: 45 minutes

Yield: 8 servings | Serving Size: ~1 cup

Ingredients

2 tablespoons peanut, avocado, or canola oil
1 medium onion, diced (about 1 cup)
½ teaspoon salt
3 cloves garlic, minced (about 1½ teaspoons)
½ teaspoon grated or minced fresh ginger
2 fresh green chile peppers (e.g. jalapeño, serrano), cut lengthwise, seeded, and minced
2 teaspoons ground coriander
1 teaspoon ground turmeric
1 teaspoon chili powder
¼ teaspoon ground black pepper
¼ cup water
1 medium cauliflower head, cut into florets (about 2 pounds; 4-6 cups)
2 cups frozen green peas
1 lime, cut into 8 wedges

Directions

1. Heat a large skillet or sauté pan over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion and salt. Cook, stirring occasionally, until the onion is softened and slightly brown, about 6-8 minutes.
4. Add the garlic, ginger, chile peppers, coriander, turmeric, chili powder, and black pepper. Cook, stirring often, for 3-4 minutes.
5. Add the cauliflower florets. Cook, stirring constantly, for 1-2 minutes.
6. Add the water and cover the pan with a lid.
7. Cook until the cauliflower is fork-tender, about 8-10 minutes.
8. Add the peas and continue cooking until warmed through, about 1-2 minutes.
9. Serve warm, with a lime wedge to squeeze on juice as desired.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 175 mg | Total Carbohydrate: 11 g | Dietary Fiber: 4 g | Protein: 4 g**

For more recipes, please visit www.nutrition.va.gov



Okra with Tomatoes

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: ~½ cup

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cup)
- 4 cloves garlic, minced (about 2 teaspoons)
- 1½ pounds (24 ounces) fresh or frozen okra, trimmed and cut into bite-sized pieces
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- ½ cup water
- 1 teaspoon chopped fresh oregano (or ¼ teaspoon dried)
- 1 tablespoon low-sodium Cajun seasoning
- 1 tablespoon lemon juice

Directions

1. Heat a large skillet or sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion. Cook, stirring occasionally, until softened, about 3-5 minutes.
4. Add the garlic and cook until fragrant, about 30-60 seconds.
5. Add the okra and cook, stirring constantly, for 1-2 minutes.
6. Add the tomatoes, water, oregano, Cajun seasoning, and lemon juice.
7. Bring to a simmer over medium-high heat, then reduce the heat to low.
8. Cover the pan with a lid and cook until the okra is tender, about 15-20 minutes.

Recipe Notes

- This recipe goes well with rice and fish.
- If you don't like okra, try substituting chopped collard greens or mustard greens (leaves and stems).

Nutrition Facts Per Serving: Calories: 90 | Total Fat: 3 g | Saturated Fat: 0.5 g
Sodium: 145 mg | Total Carbohydrate: 14 g | Dietary Fiber: 4.5 g | Protein: 3 g

For more recipes, please visit www.nutrition.va.gov



Zucchini and Corn with Parmesan

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1½ cups

Ingredients

- 2 teaspoons olive oil
- 1 clove garlic, minced (about ½ teaspoon)
- 2 medium zucchini, diced (about 2 cups)
- ½ cup corn kernels (fresh, frozen, or canned)
- 2 tablespoons grated and shredded parmesan cheese
- ½ lime, juiced (about 1 tablespoon juice)
- 1 tablespoon chopped fresh basil (or 1 teaspoon dried)
- ¼ teaspoon pepper
- Pinch salt

Directions

1. Heat a large skillet or sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the garlic and cook until fragrant, about 30-60 seconds.
4. Add the zucchini and corn. Cook, stirring occasionally, until the zucchini is tender, about 7-8 minutes.
5. Add the parmesan, lime juice, basil, black pepper, and salt. Stir to combine.
6. Serve warm.

Recipe Notes

- Lemon juice can be used instead of lime juice, if desired.

Nutrition Facts Per Serving: Calories: 145 | Total Fat: 7 g | Saturated Fat: 2 g
Sodium: 300 mg | Total Carbohydrate: 18 g | Dietary Fiber: 3.5 g | Protein: 6 g

For more recipes, please visit www.nutrition.va.gov



Mashed Potatoes and Cauliflower

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 2 medium Yukon gold or red potatoes, peeled and cubed
- 3 cups fresh or frozen cauliflower florets (about 2 pounds)
- 2 cloves garlic, minced (about 1 teaspoon)
- $\frac{1}{3}$ cup lowfat (1%) milk
- 2 tablespoons unsalted butter
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley (optional)

Directions

1. Place the potatoes and fresh cauliflower (if using frozen, see step 2) in a medium saucepan. Add water to cover and bring to a boil.
2. Reduce the heat to low and simmer until the potatoes are fork-tender and the cauliflower is very soft (overcooked), about 15 minutes. (If using frozen cauliflower, add after the potatoes have been boiling for 5 minutes. Bring back to a boil and continue cooking for the additional 10 minutes.)
3. Drain the potatoes and cauliflower into a strainer.
4. Transfer the cauliflower to a blender or food processor, along with the garlic, milk, butter, salt, and pepper. Puree until smooth.
5. Add the potatoes and pureed cauliflower mixture back to the pan. Mash together until smooth and combined.
6. Stir in the parsley (if using) and serve warm.

**Nutrition Facts Per Serving: Calories: 140 | Total Fat: 5 g | Saturated Fat: 1.5 g
Sodium: 190 mg | Total Carbohydrate: 22 g | Dietary Fiber: 3 g | Protein: 4 g**

For more recipes, please visit www.nutrition.va.gov



Zucchini Fritters

Prep: 10 minutes | Inactive: 15 minutes | Cook: 15 minutes | Total: 40 minutes

Yield: 4 servings | Serving Size: 2 fritters

Ingredients

2 medium zucchini, shredded or grated (about 2-3 cups)

½ small onion, grated or finely chopped (about ¼ cup)

¼ teaspoon salt

½ cup whole-wheat flour

2 large eggs, lightly beaten

¼ teaspoon ground black pepper

⅛ teaspoon cayenne

¼ teaspoon garlic powder

Nonstick cooking spray

Directions

1. Place the zucchini and onion in a colander (strainer) and toss with salt. Place the colander inside a bowl.
2. Place a clean plate or bowl on top of the zucchini-onion mixture, then weigh it down with something heavy such as cans of food. Let drain for 10-15 minutes, then discard the liquid in the bowl.
3. Pat the zucchini-onion mixture dry with paper towels to remove any remaining excess liquid.
4. Wipe out the empty bowl to dry it, then add the zucchini-onion mixture, flour, eggs, black pepper, cayenne, and garlic powder. Stir until just combined and there isn't any dry flour left.
5. Heat a large nonstick skillet over medium heat and coat the inside of the pan with nonstick spray.
6. Working with ¼ cup at a time, scoop the batter into the hot pan, leaving some space between each portion. Cook on each side until golden-brown, about 2-3 minutes. Repeat with any remaining batter, spraying the pan with more cooking spray in between batches if needed.
7. Serve warm.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 2.5 g | Saturated Fat: 1 g
Sodium: 150 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 6 g**

For more recipes, please visit www.nutrition.va.gov

Snack and Dessert Recipes



Ranch Seasoning Mix (for Dip or Dressing)

Prep: 15 minutes | Chill: 30 minutes | Total: 45 minutes

Yield: 12 servings | Serving Size: ½ cup

Ingredients

- ⅓ cup powdered buttermilk
- 2 tablespoons dried parsley
- 1½ teaspoons dried dill
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons dried onion flakes
- 1 teaspoon ground black pepper
- 1 teaspoon dried chives
- ½ teaspoon salt
- Plain Greek yogurt or lowfat (1%) milk (if making dressing)

Directions

1. Whisk all the dry seasoning mix ingredients together until blended. If you want a more finely-ground seasoning mix, pulse the mixture in a food processor until it reaches your desired consistency.
2. Store the dry seasoning mix in a sealed container in the refrigerator for up to 3 months. Three (3) tablespoons of the mix is equal to one packet of store-bought ranch seasoning mix.

Make Dip or Dressing

1. To make ranch dip, add 1 tablespoon of the prepared mix to ⅔ cup plain Greek yogurt. To make ranch dressing, add 1 tablespoon of the mix to ⅓ cup milk and ⅓ cup plain Greek yogurt. Stir well.
2. For best flavor, chill for at least 30 minutes before serving.

**Nutrition Facts Per Serving: Calories: 50 | Total Fat: 0.6 g | Saturated Fat: 0 g
Sodium: 60 mg | Total Carbohydrate: 10 g | Dietary Fiber: 2.5 g | Protein: 2 g**

For more recipes, please visit www.nutrition.va.gov



Caramelized Onion Dip

Prep: 5 minutes | Cook: 20 minutes | Total: 25 minutes

Yield: 8 servings | Serving Size: ¼ cup

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 cup diced onion (about 1 medium onion)
- Pinch salt
- ¾ cup nonfat plain Greek yogurt (about 6 ounces)
- ¼ cup olive oil mayonnaise
- ¼ teaspoon garlic powder
- ¼ teaspoon ground white pepper (black pepper is okay, but you may want to use less)

Directions

1. Heat a medium-sized sauté pan over medium heat.
2. Add the oil and allow it to heat up (about 20-30 seconds).
3. Add the onion and salt and cook until the onions are caramelized, about 20-30 minutes, stirring every 5-10 minutes.
4. Remove the pan from the heat and set aside to cool.
5. While the onions caramelize, add the Greek yogurt, mayonnaise, garlic powder, and white pepper to a small mixing bowl. Stir to combine.
6. Add the cooled caramelized onions to the yogurt mixture and stir to combine.
7. Serve immediately or refrigerate for at least 30 minutes, up to 7 days. Stir before serving to recombine.

Recipe Notes

- The flavor of this dip improves with time. If possible, make it the day before you plan to serve it. The dip will thicken as it sits in the refrigerator. If needed, add 1-2 tablespoons of water and mix well to thin.
- This dip goes well with whole-grain chips (e.g. tortilla chips) or crackers, as well as raw crunchy vegetables such as carrots, celery, cucumbers, bell peppers, broccoli, cauliflower, and snap peas.

**Nutrition Facts Per Serving: Calories: 55 | Total Fat: 4 g | Saturated Fat: 0.5 g
Sodium: 75 mg | Total Carbohydrate: 3 g | Dietary Fiber: 0.5 g | Protein: 2.5 g**

For more recipes, please visit www.nutrition.va.gov



Home-Style Hummus

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 8 servings | Serving Size: ¼ cup

Ingredients

- 1 (15-ounce) can no-salt-added chickpeas (garbanzo beans)
- 2 garlic cloves, peeled and smashed
- 2 tablespoons lemon juice (about ½ lemon), plus more to taste if desired
- 2 tablespoons tahini (sesame seed paste)
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt
- Pinch sweet or smoked paprika

Directions

1. Drain the chickpeas. Reserve the canning liquid and set aside.
2. Put the chickpeas in a food processor or blender.
3. Add the garlic, lemon juice, tahini, oil, black pepper, salt, and half of the reserved chickpea canning liquid (about ⅓ cup).
4. Puree the until very smooth, about 2-3 minutes, adding additional canning liquid as necessary to produce a thick dip.
5. Add additional lemon juice to taste, if desired.
6. Transfer to a serving dish (or a storage container if you're not eating it right away). Garnish with paprika.
7. Serve right away, or store in an air-tight container in the refrigerator for up to 7 days. Can be frozen if desired.

Recipe Notes

- Try substituting unsweetened peanut butter for the tahini, if desired.
- For additional flavor, consider adding 2-3 tablespoons of diced olives, roasted red peppers, or caramelized onions in step 3 or as a garnish.
- For a smoother dip, toss the chickpeas with the oil and microwave before blending, about 1-2 minutes.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 80 mg | Total Carbohydrate: 11 g | Dietary Fiber: 3 g | Protein: 4 g**

For more recipes, please visit www.nutrition.va.gov



Gazpacho Dip with Garlic Pita Chips

Prep: 15 minutes | Cook: 10 minutes | Chill: 2 hours | Total: 2 hours 25 minutes

Yield: 4 servings | Serving Size: ½ cup dip with 6 pita chips

Ingredients

2 whole-wheat pita rounds with pockets
Cooking spray
Pinch garlic powder
Pinch salt
2 Roma tomatoes, finely chopped (about ¾ cup)
2 stalks celery, finely chopped (about ½ cup)
½ cucumber, peeled and finely chopped (about ½ cup)
½ bell pepper, finely chopped (about ½ cup)
½ small onion, finely chopped (about ¼ cup)
2 cloves garlic, minced (about 1 teaspoon)
2 tablespoons red wine vinegar
¼ teaspoon ground black pepper
¼ cup chopped fresh herbs (e.g. basil, parsley)

Directions

1. Preheat the oven to 350°F.
2. Cut each pita round into 6 wedges.
3. Separate each wedge horizontally into 2 pieces.
4. Arrange the pita wedges in a single layer on a baking sheet.
5. Lightly coat the pita wedges with nonstick spray and sprinkle with garlic powder and salt.
6. Bake until the wedges curl at the edges and begin to brown, about 6-8 minutes. Remove from the oven and set aside to cool.
7. In a medium mixing bowl, combine the tomato, celery, cucumber, bell pepper, onion, garlic, red wine vinegar, black pepper, and fresh herbs. Stir to combine.
8. Cover the bowl with plastic wrap and refrigerate for at least 2 hours.
9. Serve the dip cold with the pita chips.

Recipe Notes

- Pita chips can be stored in an airtight container at room temperature for up to 5 days. The dip can be stored in the refrigerator for up to 7 days.

Nutrition Facts Per Serving: Calories: 140 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 205 mg | Total Carbohydrate: 28 g | Dietary Fiber: 4 g | Protein: 6 g

For more recipes, please visit www.nutrition.va.gov



Black Bean and Corn Salsa

Prep: 15 minutes | Chill: 2 hours | Total: 2 hours 15 minutes

Yield: 12 servings | Serving Size: ½ cup

Ingredients

- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 2 cups corn kernels (cooked from fresh, frozen, or canned; thawed if frozen)
- 2 large tomatoes, seeded and diced (about 3 cups)
- 1 medium onion, chopped (about 1 cup)
- ¼ cup chopped fresh cilantro
- 1 jalapeño pepper, seeded and minced
- 1 lime, juiced (about 2 tablespoons), plus more to taste if desired
- 1 tablespoon red wine vinegar
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon black pepper, plus more to taste if desired

Directions

1. In a large mixing bowl, stir together the beans, corn, onion, cilantro, jalapeño, lime juice, vinegar, cumin, salt, and black pepper.
2. Cover the bowl with plastic wrap and refrigerate for at least 2 hours.
3. Taste and add more black pepper or lime juice, if desired.
4. Serve with tortilla chips or as a topping for tacos or grilled chicken.

Recipe Notes

- Add diced avocado or any color bell pepper an extra pop of flavor and texture.

Nutrition Facts Per Serving: Calories: 50 | Total Fat: 0.6 g | Saturated Fat: 0 g
Sodium: 60 mg | Total Carbohydrate: 10 g | Dietary Fiber: 2.5 g | Protein: 2 g

For more recipes, please visit www.nutrition.va.gov



Strawberry-Basil Salsa

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 8 servings | Serving Size: ~½ cup

Ingredients

- 2 cups diced strawberries (about 1 pound)
- 1 cup diced apple (about 1 medium apple)
- 1 cup diced pineapple (fresh or canned)
- 1 lime, juiced (about 2 tablespoons)
- 1 tablespoon thinly sliced fresh basil
- ¼ teaspoon salt (optional)
- Pinch ground black pepper (optional)

Directions

1. In a large bowl, combine the strawberries, apples, and pineapple.
2. Add the lime juice, basil, salt (if using), and black pepper (if using).
3. Toss to combine.
4. Serve immediately, or chill until ready to use.

Recipe Notes

- Serve with [Homemade Tortilla Chips](#) (page 105) or as a topping for grilled fish or chicken — try it with [Spice-Crusted Chicken with Fruit Salsa](#) (page 61).
- To add a little heat, stir in half of a seeded and minced jalapeño or serrano pepper.
- Substitute your favorite fruit combinations as desired.

Nutrition Facts Per Serving: Calories: 40 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 75 mg | Total Carbohydrate: 10 g | Dietary Fiber: 2 g | Protein: 0.5 g

For more recipes, please visit www.nutrition.va.gov



Tropical Fruit Salsa

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 8 servings | Serving Size: ½ cup

Ingredients

1 mango (about 1 cup; can substitute frozen mango, chopping as needed)

½ pineapple (about 2 cups; can substitute frozen or canned pineapple, chopping as needed)

1 medium red bell pepper (about 1 cup)

1 jalapeño pepper

1 lime, juiced (about 2 tablespoons)

1 tablespoon minced fresh cilantro

¼ teaspoon salt

Directions

1. Cut a thin slice off the top and bottom of the mango. Place the mango up on one of the cut sides. Cut along the wide sides of the pit, cutting the flesh away on both sides.
2. Use a paring knife to score the flesh into a grid pattern, going all the way down to the skin without cutting through. Use a large spoon to scoop the flesh away from the peel and into a large bowl.
3. Cut the top and the base off the pineapple. Place the pineapple upright on one of the cut sides. Slicing downward and working in sections, cut the skin away from the flesh.
4. Quarter the pineapple vertically. Then, using the same downward slicing motion, cut the core away from the flesh.
5. Cut half of the pineapple flesh into a small dice and add to the bowl with the mango. Reserve the remaining pineapple for another use.
6. Remove the seeds and ribs from the red bell pepper and the jalapeño. Mince and add to the bowl.
7. Mix in the lime juice, cilantro, and salt.
8. Serve at room temperature or chilled, with whole-grain tortilla chips or as a topping for tacos, chicken, or fish..

**Nutrition Facts Per Serving: Calories: 45 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 80 mg | Total Carbohydrate: 11 g | Dietary Fiber: 2 g | Protein: 1 g**

For more recipes, please visit www.nutrition.va.gov



Homemade Tortilla Chips

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: 10 chips

Ingredients

- 1 tablespoon sugar*
- 1 teaspoon ground cinnamon*
- 2 tablespoons olive oil
- 5 (8-inch) whole-wheat tortillas or 10 corn tortillas
- *See Recipe Notes for a savory flavoring option

Directions

1. Preheat the oven to 350°F.
2. Combine the sugar and cinnamon in a small bowl. Set aside.
3. Brush both sides of each tortilla lightly with the oil.
4. Cut each tortilla into wedges; 8 wedges for whole-wheat tortillas, 4 wedges for corn tortillas.
5. Lightly sprinkle both sides of the tortilla wedges with the cinnamon-sugar mixture.
6. Place the tortilla wedges in a single layer on a baking sheet.
7. Place in the oven and cook until the tortilla wedges are golden-brown and crispy, about 7-10 minutes, flipping them over about halfway through the cooking time.
8. Serve immediately, or store in an airtight container at room temperature for up to 3 days.

Recipe Notes

- To make a savory tortilla chip, substitute $\frac{1}{4}$ teaspoon salt for the sugar and cinnamon — reducing the total carbohydrate to 27.5 g and increasing the sodium to 380 mg. For a lower-sodium savory version, simply remove the sugar and cinnamon and leave them unsalted.
- Use nonstick cooking spray in place of the oil in step 3 if desired.

**Nutrition Facts Per Serving: Calories: 200 | Total Fat: 9 g | Saturated Fat: 1.5 g
Sodium: 235 mg | Total Carbohydrate: 30.5 g | Dietary Fiber: 4 g | Protein: 3.5 g**

For more recipes, please visit www.nutrition.va.gov



Peanut Butter Energy Bars

Prep: 10 minutes | Chill: 1 hour | Total: 1 hour 10 minutes

Yield: 24 servings | Serving Size: 1 bar

Ingredients

Nonstick cooking spray

1 cup creamy natural peanut butter

1 teaspoon vanilla extract

½ cup honey or agave

1 cup ground flax seed (flax meal)

2 cups rolled (old fashioned) oats

½ cup dried tart cherries, chopped

½ cup sliced almonds

Directions

1. Coat the inside of a 9x13-inch baking dish with nonstick spray.
2. In a large mixing bowl, stir together the peanut butter, vanilla, honey, and ground flaxseed.
3. Stir in the oats, dried cherries and sliced almonds.
4. Press the mixture firmly into prepared pan, the cover with a lid or plastic wrap. Place in the refrigerator to chill for at least 1 hour.
5. Remove from the refrigerator and cut into 24 bars.
6. Wrap each bar and store in refrigerator for up to 2 weeks.

Recipe Notes

- Substitute your favorite nuts, nut butter, or dried fruit as desired.
- Substitute ½ cup mini semi-sweet chocolate chips for the dried fruit, if desired.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 10 g | Saturated Fat: 2 g
Sodium: 35 mg | Total Carbohydrate: 17 g | Dietary Fiber: 3 g | Protein: 6 g**

For more recipes, please visit www.nutrition.va.gov



Pomegranate-Poached Pears

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 8 servings | Serving Size: 1 pear half with toppings

Ingredients

4 ripe firm pears (Bosc pears work best, but can also use Bartlett or Anjou)

2 cups (16 ounces) 100% pomegranate juice

1 cinnamon stick (or 1 teaspoon ground cinnamon)

1 cup nonfat plain or vanilla Greek yogurt

4 tablespoons (¼ cup) sliced almonds, toasted

Directions

1. Peel the pears and cut them in half. Remove the cores with a spoon or melon baller.
2. Place the pears flat-side-down in a large saucepan.
3. Pour the pomegranate juice over the pears and add the cinnamon stick to the pan.
4. Bring to a simmer over medium-high heat. Cover the pan with a lid and reduce the heat to low.
5. Simmer gently until the pears are tender when pierced with a fork, about 25-30 minutes, turning them over gently once or twice while they cook so they color evenly.
6. Use a slotted spoon to transfer the pears to a serving dish.
7. Garnish each pear half with 2 tablespoons of the yogurt and ½ tablespoon of the toasted almonds.
8. Serve warm.

Recipe Notes

- To toast the almonds, cook them in a dry skillet over medium heat until fragrant, about 3-5 minutes.
- Any leftover pomegranate juice can be saved for putting in a smoothie, adding to beef stew, or reducing and used as a sauce over pork or chicken.
- Another juice (e.g. cranberry, cherry, apple) can be used in place of the pomegranate juice if desired.

**Nutrition Facts Per Serving: Calories: 150 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 15 mg | Total Carbohydrate: 45 g | Dietary Fiber: 1 g | Protein: 2 g**

For more recipes, please visit www.nutrition.va.gov



Caramelized Bananas

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 2 servings | Serving Size: 4 banana quarters with half the sauce

Ingredients

2 bananas, halved crosswise then split lengthwise into quarters

½ tablespoon unsalted butter

1 tablespoon honey or brown sugar

½-1 teaspoon ground cinnamon, to taste

Directions

1. Heat butter in a nonstick skillet over medium-high heat, swirling to coat the bottom of the pan.
2. Add honey or brown sugar and cinnamon. Stir to combine with the butter.
3. Add the bananas and cook, gently flipping every 1-2 minutes until they are softened and coated with the butter-sugar mixture, about 4-5 minutes in total.
4. Serve warm.

Recipe Notes

- Use firm but ripe bananas. Overripe bananas may turn to mush when cooking over heat.

Nutrition Facts Per Serving: Calories: 150 | Total Fat: 3.5 g | Saturated Fat: 2 g
Sodium: 25 mg | Total Carbohydrate: 32 g | Dietary Fiber: 3.5 g | Protein: 1.5 g

For more recipes, please visit www.nutrition.va.gov



Ginger Blueberry Crisp

Prep: 5 minutes | Cook: 30 minutes | Inactive: 20 minutes | Total: 55 minutes

Yield: 6 servings | Serving Size: ~ $\frac{2}{3}$ cup

Ingredients

Nonstick cooking spray
3 cups blueberries (fresh or frozen; thawed if frozen)
1-3 teaspoons grated fresh ginger, to taste (or $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon ground dried ginger)
 $\frac{1}{2}$ cup old-fashioned (rolled) oats
 $\frac{1}{2}$ cup white whole-wheat flour
 $\frac{1}{3}$ cup brown sugar
3 tablespoons unsalted butter, softened
 $\frac{1}{2}$ teaspoon ground cinnamon

Directions

1. Preheat the oven to 375°F.
2. Spray an 8x8-inch baking pan lightly with nonstick spray. Set aside.
3. In a medium mixing bowl, stir together the blueberries and ginger. Spread the mixture into the bottom of the prepared baking pan.
4. In a separate small mixing bowl, add the oats, flour, sugar, butter, and cinnamon. Mix with a fork or pastry blender until the mixture is combined and crumbly.
5. Sprinkle the oat mixture over the blueberry mixture.
6. Place the baking dish in the preheated oven and cook until the oat topping is lightly browned and crispy, about 25-30 minutes.
7. Remove the pan from the oven and let cool at room temperature for at least 20 minutes before serving.

Recipe Notes

- This recipe will work well with other fruits such as apples, pears, cherries, peaches, or mixed berries.
- Store any leftovers in the refrigerator for up to 5 days.

Nutrition Facts Per Serving: Calories: 190 | Total Fat: 6.5 g | Saturated Fat: 3.5 g
Sodium: 70 mg | Total Carbohydrate: 30 g | Dietary Fiber: 3.5 g | Protein: 3 g

For more recipes, please visit www.nutrition.va.gov



Strawberries with Walnut Crumble

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

4 tablespoons (¼ cup) walnuts, chopped
1 tablespoon sugar
1 teaspoon lemon zest
2 teaspoons lemon juice
2½ cups sliced fresh strawberries (about 1 pound)
½ cup uncooked quick (1-minute) oats
2 tablespoons brown sugar
1½ tablespoons all-purpose flour
¼ teaspoon ground cinnamon

Directions

1. Heat a large skillet or sauté pan over medium heat.
2. Add the walnuts and cook, stirring or shaking often, until fragrant and toasted, about 2-3 minutes. Remove the walnuts from the pan and set aside.
3. Place the pan back over medium-high heat. Add the sugar, lemon zest, and lemon juice. Cook, stirring constantly, until the sugar melts and the mixture begins to bubble, about 1-2 minutes.
4. Add the strawberries and stir until the mixture is juicy and heated through, about 1-2 minutes. Remove from the heat and set aside.
5. In a small mixing bowl, stir together the oats, brown sugar, flour, and cinnamon.
6. Add the oat mixture to the berry mixture, and stir gently until partially combined. Let sit until the flour soaks up the liquid from the strawberries, about 1-2 minutes.
7. Divide the strawberry mixture into four serving bowls and top each with 1 tablespoon of the walnuts. Serve warm.

Recipe Notes

- Substitute other fresh berries (e.g. blueberries, raspberries, blackberries) if desired.

Nutrition Facts Per Serving: Calories: 155 | Total Fat: 5.5 g | Saturated Fat: 0.5 g
Sodium: 45 mg | Total Carbohydrate: 24 g | Dietary Fiber: 3.5 g | Protein: 4 g

For more recipes, please visit www.nutrition.va.gov



Cherry-Peach Fruit Compote

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: ~½ cup

Ingredients

- 1 (16-ounce) bag frozen sliced peaches (unsweetened)
- 1 (12-ounce) bag frozen pitted dark cherries (unsweetened)

Directions

1. Add the peaches and cherries to a medium saucepan.
2. Bring the mixture to a boil over medium-high heat.
3. Reduce heat to medium-low to maintain a gentle simmer.
4. Cook until the fruit mixture is warm and syrupy, stirring occasionally, about 10-12 minutes.
5. Serve warm or cold over Greek yogurt, pancakes, or oatmeal.

Recipe Notes

- Substitute any other unsweetened fruit for the peaches or cherries as desired. Consider one of these flavor combinations: peach and raspberry, strawberry and rhubarb, or mixed berries.
- This recipe can be prepared in the microwave. Microwave the fruit in a microwave-safe bowl at high power (default setting) for 2 minutes, then stir. Continue to microwave in 1-minute increments, stirring after each minute, until the fruit is syrupy.
- Refrigerate any leftovers for 5-7 days.

**Nutrition Facts Per Serving: Calories: 55 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 0 mg | Total Carbohydrate: 13 g | Dietary Fiber: 2 g | Protein: 1 g**

For more recipes, please visit www.nutrition.va.gov



Greek Yogurt with Warm Berry Sauce

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: ½ cup yogurt with a quarter of the sauce

Ingredients

- 2 cups frozen berries (unsweetened)
- 1 tablespoon lime juice
- 2 cups plain Greek yogurt (2% fat)

Directions

1. Combine the frozen berries and lime juice in a small saucepan.
2. Bring the mixture to a boil over medium-high heat.
3. Reduce heat to medium-low to maintain a gentle simmer.
4. Cook until a sauce forms and thickens, about 10-12 minutes.
5. Divide the yogurt into four serving bowls.
6. Top each serving of yogurt with a quarter of the sauce (about ⅓ cup).
7. Serve immediately, or chill before serving.

Recipe Notes

- Try swapping vanilla Greek yogurt for the plain Greek yogurt or adding ¼ teaspoon vanilla extract to the plain Greek yogurt.
- If using fresh berries, add ½ cup water to saucepan in step 1.
- Substitute lemon or orange juice for the lime juice for a different flavor combination if desired.
- If more sweetness is desired, add up to 2 teaspoons of sweetener (e.g. honey, sugar, agave, stevia) to the berry sauce.
- Garnish with slivered almonds or chopped nuts if desired.

**Nutrition Facts Per Serving: Calories: 130 | Total Fat: 3 g | Saturated Fat: 1.5 g
Sodium: 40 mg | Total Carbohydrate: 13 g | Dietary Fiber: 3 g | Protein: 12.5 g**

For more recipes, please visit www.nutrition.va.gov



Berry Pudding Parfait

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

1 (3.4-ounce) package instant pudding mix (any flavor; e.g. vanilla, lemon, banana, cheesecake)

2 cups lowfat (1%) milk

1 cup sliced fresh strawberries

1 cup fresh blueberries

4 tablespoons (¼ cup) sliced or slivered almonds, divided

Directions

1. Empty the package of pudding mix to a medium mixing bowl.
2. Add the milk and stir until thickened, about 2-3 minutes.
3. Gather four serving glasses or parfait dishes. Divide the pudding and berries between each of the glasses, alternating layers of berries with layers of pudding.
4. Top each glass with 1 tablespoon of the almonds.
5. Serve immediately, or chill up to 3 hours before serving.

Recipe Notes

- Substitute your favorite chopped nuts for the almonds.
- To decrease the sugar content, use a sugar-free instant pudding mix.
- Swap out your favorite fresh or frozen fruit for the strawberries and/or blueberries.
- Substitute your favorite unsweetened non-dairy milk if desired.

**Nutrition Facts Per Serving: Calories: 205 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 420 mg | Total Carbohydrate: 39 g | Dietary Fiber: 2.5 g | Protein: 6 g**

For more recipes, please visit www.nutrition.va.gov



Simple Pumpkin Pudding

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ~½ cup

Ingredients

- 1¾ cups lowfat (1%) milk
- ½ cup 100% pure pumpkin puree (canned or cooked from fresh)
- ¼ cup sugar
- 2 tablespoons cornstarch
- ½ teaspoon pumpkin pie spice

Directions

1. Add the milk, pumpkin, sugar, cornstarch, pumpkin pie spice to a medium saucepan. Whisk to combine.
2. Place the pan over medium heat.
3. Cook, whisking often, until the mixture thickens, about 7-10 minutes.
4. Once thickened, remove from the heat and let sit to cool for 3-5 minutes.
5. Divide the pudding into four serving bowls.
6. Serve warm, or chill before serving if desired.

Recipe Notes

- This pudding will keep in the refrigerator for 3 days.
- Substitute your favorite non-dairy milk if desired. If the milk is sweetened, reduce the sugar in the recipe to 2 tablespoons.
- If you don't have pumpkin pie spice, you can use the same amount of ground cinnamon.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 1 g | Saturated Fat: 0 g
Sodium: 50 mg | Total Carbohydrate: 24 g | Dietary Fiber: 1.5 g | Protein: 4 g**

For more recipes, please visit www.nutrition.va.gov



Pumpkin Mousse

Prep: 10 minutes | Chill: 1 hour | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: ~ $\frac{2}{3}$ cup

Ingredients

- 1½ cups lowfat (1%) milk
- 1 (3.4-ounce) package instant butterscotch pudding mix
- ½ cup 100% pure pumpkin puree (canned or cooked from fresh)
- ½ teaspoon ground cinnamon
- ½ teaspoon ground dried ginger
- ¼ teaspoon ground allspice
- 1 cup whipped topping, divided

Directions

1. In a large mixing bowl, whisk together the milk and pudding mix for 2 minutes. Set aside.
2. In a medium mixing bowl, stir together the pumpkin, cinnamon, ginger, and allspice.
3. Add the pumpkin mixture to the prepared pudding. Stir to combine.
4. Gently fold ½ cup of the whipped topping into the pumpkin-pudding mixture until combined.
5. Divide the mixture between four serving bowls.
6. Refrigerate until set, about 1 hour.
7. Serve cold, garnishing each serving with 2 tablespoons of the remaining whipped topping.

Recipe Notes

- To reduce the sugar content, substitute sugar-free instant butterscotch pudding.
- Substitute your favorite unsweetened non-dairy milk if desired.
- Try adding any leftover pumpkin puree to smoothies, oatmeal, soup, chili, or yogurt.

Nutrition Facts Per Serving: Calories: 175 | Total Fat: 3.5 g | Saturated Fat: 2 g
Sodium: 440 mg | Total Carbohydrate: 32 g | Dietary Fiber: 1 g | Protein: 4 g

For more recipes, please visit www.nutrition.va.gov



Silken Chocolate Mousse

Prep: 25 minutes | Cook: 5 minutes | Chill: 1 hour | Total: 1 hour 30 minutes

Yield: 8 servings | Serving Size: ⅓ cup

Ingredients

- 1 (16-ounce) block tofu, excess liquid drained and discarded
- ¾ cup semi-sweet mini chocolate chips (about 6 ounces)
- 3 tablespoons water
- 3 tablespoons unsweetened cocoa powder
- 2-3 tablespoons powdered sugar, to taste
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ cup fresh raspberries (optional), divided

Directions

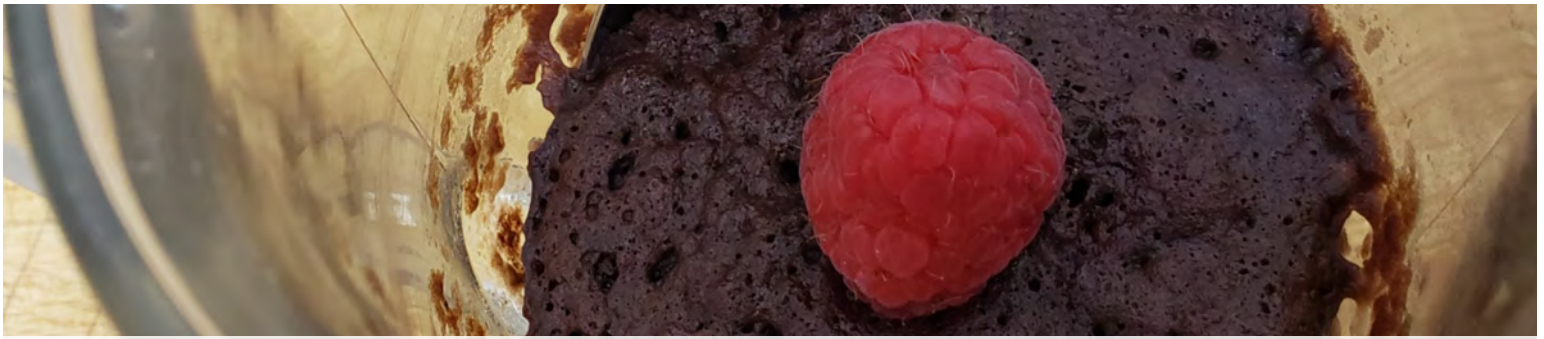
1. Place the tofu in a blender or food processor. Blend until smooth and creamy. Set aside.
2. In a microwave-safe glass bowl, add the chocolate chips, water, and cocoa powder.
3. Microwave for 30 seconds at a time, stirring in between each, until the chocolate is just finished melting, about 1½-2 minutes total. Stirring in between cooking bursts is important to keep the chocolate from burning.
4. Add the melted chocolate mixture to the tofu in the blender, along with the powdered sugar, vanilla, and cinnamon. Blend until smooth and small air bubbles form, about 1-2 minutes.
5. Divide the mixture between eight serving cups and chill until the mousse firms up, about 1 hour in the refrigerator (or 20 minutes in the freezer).
6. Top with raspberries if desired. Serve cold.

Recipe Notes

- Tofu is a plant-based protein that takes on the flavor of whatever you pair it with— in this case, chocolate!
- If you don't have mini chocolate chips, you can use regular chocolate chips. They may just take longer to melt.
- To save time, consider serving this dish warm as a pudding.

**Nutrition Facts Per Serving: Calories: 110 | Total Fat: 5 g | Saturated Fat: 2 g
Sodium: 20 mg | Total Carbohydrate: 12 g | Dietary Fiber: 1 g | Protein: 5 g**

For more recipes, please visit www.nutrition.va.gov



Microwave Chocolate Mug Cake

Prep: 5 minutes | Cook: 5 minutes | Total: 10 minutes

Yield: 1 serving | Serving Size: 1 mug cake

Ingredients

1½ tablespoons all-purpose or whole-wheat flour
1½ tablespoons sugar
1 tablespoon unsweetened cocoa powder
⅛ teaspoon baking powder
Pinch salt (optional)
1½ tablespoons lowfat (1%) milk
1 tablespoon olive oil
¼ teaspoon vanilla extract
1 tablespoon semi-sweet or dark chocolate chips

Directions

1. Place the flour, sugar, cocoa powder, baking powder, and salt in a 12-ounce microwave-safe ceramic mug. Whisk with a fork.
2. Add the milk, oil, and vanilla. Whisk again with the fork until smooth.
3. Stir in the chocolate chips.
4. Microwave on high power (default setting) for 1 minute.
5. Microwave for another 30 seconds if needed, but be careful not to overcook or the cake will be dry.
6. Let sit to cool slightly and firm up, about 2-3 minutes.
7. Serve warm.

Recipe Notes

- This recipe works well as a quick single-serving dessert when you are craving something sweet.
- For a chocolate-peanut butter flavor, swap out the chocolate chips for one tablespoon of peanut butter.
- Substitute your favorite unsweetened non-dairy milk if desired.

**Nutrition Facts Per Serving: Calories: 280 | Total Fat: 16 g | Saturated Fat: 3.5 g
Sodium: 190 mg | Total Carbohydrate: 35 g | Dietary Fiber: 2 g | Protein: 4 g**

For more recipes, please visit www.nutrition.va.gov



Chocolate Chip Cheesecake Bars

Prep: 10 minutes | Cook: 35 minutes | Chill: 3 hours 20 minutes | Total: 4 hours 5 minutes

Yield: 8 servings | Serving Size: 1 bar

Ingredients

⅓ cup graham cracker crumbs (from about 3 full crackers)
1 tablespoon unsalted butter, melted
4 ounces reduced-fat cream cheese (Neufchatel), softened to room temperature
⅓ cup nonfat plain Greek yogurt
1 egg white
2 tablespoons sugar
1 tablespoon all-purpose flour
½ tablespoon lemon juice
1 teaspoon vanilla extract
¼ cup mini chocolate chips

Directions

1. Preheat the oven to 350°F. Line the bottom and sides of a 7x4-inch rectangle baking pan with parchment paper, leaving an overhang of the paper on all sides. Set aside.
2. Add the graham cracker crumbs and melted butter to a small mixing bowl. Stir to combine.
3. Press the crumb mixture into the bottom of the prepared pan and bake for 8 minutes. Set aside, leaving the oven on.
4. In a medium mixing bowl, use an electric mixer to beat together the cream cheese, yogurt, egg white, sugar, flour, lemon juice, and vanilla until smooth, about 3-4 minutes.
5. Fold in the chocolate chips.
6. Pour the mixture into the pan with the crust and bake for 25 minutes, covering the pan with foil after 20 minutes.
7. Allow to cool at room temperature for 20 minutes, then set in the refrigerator to chill completely, at least 3 hours.
8. Lift out of the pan by the paper and slice into bars. Serve.

Recipe Notes

- Store the cheesecake bars in a covered container in the refrigerator, up to 7 days.
- These cheesecake bars can be frozen up to 3 months. Thaw them overnight in the refrigerator before serving.

**Nutrition Facts Per Serving: Calories: 160 | Total Fat: 5 g | Saturated Fat: 2.5 g
Sodium: 170 mg | Total Carbohydrate: 18 g | Dietary Fiber: 1 g | Protein: 11 g**

For more recipes, please visit www.nutrition.va.gov



Chocolate-Raspberry Banana Sorbet

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

2 frozen medium bananas, peeled and sliced before freezing

1 cup frozen raspberries

¼ cup lowfat (1%) milk

1½ tablespoons unsweetened cocoa powder

2 tablespoons semi-sweet chocolate chips

Directions

1. Add the bananas, raspberries, and milk to a blender or food processor.
2. Blend until smooth and creamy, stopping to scrape down the sides as needed.
3. Add the cocoa powder and chocolate chips. Blend to combine.
4. Serve immediately for a soft-serve texture. For a firmer texture, put it in the freezer for 2-3 hours, stirring every 20-30 minutes.

Recipe Notes

- Blending the frozen bananas will take a few minutes. It will be very loud, similar to adding ice cubes to a blender. Within a few minutes though, you should be seeing a thick, creamy ice-cream-like mixture in the blender.
- Substitute your favorite unsweetened non-dairy milk if desired.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 2 g | Saturated Fat: 1 g
Sodium: 10 mg | Total Carbohydrate: 22 g | Dietary Fiber: 4.5 g | Protein: 2 g**

For more recipes, please visit www.nutrition.va.gov



Berry-Lime Banana Sorbet

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

2 frozen medium bananas, peeled and sliced before freezing

1 cup frozen berries (one type or a combination)

¼ cup (2 ounces) 100% cranberry-pomegranate juice

Zest of 1 lime

¼ teaspoon grated fresh ginger (or a pinch of ground dried ginger)

Directions

1. Add the frozen bananas, berries, cranberry-pomegranate juice, lime zest, and ginger to a blender or food processor.
2. Blend until smooth and creamy, stopping to scrape down the sides as needed.
3. Serve immediately for a soft-serve texture. For a firmer texture, put it in the freezer for 2-3 hours, stirring every 20-30 minutes.

Recipe Notes

- Blending the frozen bananas will take a few minutes. It will be very loud, similar to adding ice cubes to a blender. Within a few minutes though, you should be seeing a thick, creamy ice-cream-like mixture in the blender.
- Any 100% juice product can be used in this recipe.

**Nutrition Facts Per Serving: Calories: 140 | Total Fat: 0.5 g | Saturated Fat: 0 g
Sodium: 15 mg | Total Carbohydrate: 33 g | Dietary Fiber: 3 g | Protein: 1 g**

For more recipes, please visit www.nutrition.va.gov



Cranberry-Orange Banana Sorbet

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

2 frozen medium bananas, peeled and sliced before freezing

⅓ cup frozen cranberries

¼ cup (2 ounces) orange juice

¼ cup lowfat (1%) milk

¼ teaspoon grated fresh ginger (or a pinch of ground dried ginger; optional)

Directions

1. Add the bananas, cranberries, orange juice, milk, and ginger (if using) to a blender or food processor.
2. Blend until smooth and creamy, stopping to scrape down the sides as needed.
3. Serve immediately for a soft-serve texture. For a firmer texture, put it in the freezer for 2-3 hours, stirring every 20-30 minutes.

Recipe Notes

- Swap out your favorite fruit combinations. Instead of the cranberries try raspberries, peaches, or strawberries for a different tasty treat.
- Substitute your favorite unsweetened non-dairy milk if desired.

Nutrition Facts Per Serving: Calories: 70 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 10 mg | Total Carbohydrate: 16 g | Dietary Fiber: 2 g | Protein: 1.5 g

For more recipes, please visit www.nutrition.va.gov



Peanut Butter and Banana Milkshake

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 4 servings | Serving Size: $\frac{3}{4}$ cup

Ingredients

4 frozen medium bananas, peeled and sliced before freezing

$\frac{3}{4}$ cup lowfat (1%) milk, plus more as needed to adjust the consistency

2 tablespoons creamy natural peanut butter

Directions

1. Add the bananas, milk, and peanut butter to a blender or food processor.
2. Blend until smooth and thick (milkshake consistency), add more milk as needed to adjust the consistency.
3. Serve immediately.

Recipe Notes

- Any time you have overripe bananas, peel them and cut them into chunks. Then, toss them into a zip-top plastic bag or a freezer-safe container with a lid and freeze until needed.
- Look for peanut butter without added honey or sugar.
- Substitute your favorite unsweetened non-dairy milk if desired.
- Add 2 tablespoons unsweetened cocoa powder for a chocolate-peanut butter flavor.
- Portion any leftovers into a popsicle tray or small paper cups with a popsicle stick for a frozen sweet treat.

**Nutrition Facts Per Serving: Calories: 225 | Total Fat: 8.5 g | Saturated Fat: 1.5 g
Sodium: 25 mg | Total Carbohydrate: 32 g | Dietary Fiber: 4 g | Protein: 6.5 g**

For more recipes, please visit www.nutrition.va.gov

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Asparagus and Spinach Risotto	84
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Avocado

Savory Avocado Toast	13
Chicken Fajitas	64
Grape and Avocado Quinoa Salad	79

B

Banana

Breakfast PB&J Wrap-Up	14
Tropical Smoothie	21
Strawberry-Banana Oatmeal Smoothie	22
Caramelized Bananas	108
Chocolate-Raspberry Banana Sorbet	119
Berry-Lime Banana Sorbet	120
Cranberry-Orange Banana Sorbet	121
Peanut Butter and Banana Milkshake	122

Bacon

Winter Vegetable Soup	25
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Barley

One-Pot Chicken Barley Stew	50
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Beans

Black beans

Zesty Black Bean Soup	29
Edamame Salad with Lime Dressing	38
Black Bean-Covered Sweet Potato	40
Make-Ahead Burrito Bowls	41
Black Bean Burgers	65
Confetti Couscous	82
Black Bean and Corn Salsa	102

Cannellini beans

Spinach-Mozzarella Egg Bake	8
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Chickpeas (garbanzo beans)

Mediterranean Chickpea Salad	81
Home-Style Hummus	100

Kidney beans

Turkey Joes	45
Braised Mustard Greens with Red Beans	89

Great northern beans

Smokey Ham and Bean Soup	28
Tuscan Tuna Salad Wrap	43

Beans, unspecified

Crunchy Taco Salad	39
Turkey Chili with Beans and Corn	51

White beans (e.g. cannellini, great northern)

Spinach-Mozzarella Egg Bake	8
Italian Summer Soup	24

White beans (e.g. cannellini, great northern), continued

Winter Vegetable Soup	25
Smokey Ham and Bean Soup	28
Tuscan Bean Soup	30
Pesto Quinoa Bowl	36

Beef

Italian Meatloaf	56
Orange Beef and Vegetable Stir-Fry	57

Berries

Blueberries

Blueberry Oatmeal Pancakes	15
Ginger Blueberry Crisp	109
Berry Pudding Parfait	113

Cranberries, frozen

Cranberry-Orange Banana Sorbet	121
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Strawberries

Strawberry-Banana Oatmeal Smoothie	22
Strawberry-Basil Salsa	103
Strawberries with Walnut Crumble	110

Raspberries

Silken Chocolate Mousse	116
Chocolate-Raspberry Banana Sorbet	119

Variety or unspecified

Greek Yogurt with Warm Berry Sauce	112
Berry-Lime Banana Sorbet	120

Bread, buns, sandwich thins

Savory Avocado Toast	13
Creamless Creamy Tomato Soup	26
Turkey Joes	45
Barbecue Chicken Sandwiches	46
Gazpacho Dip with Garlic Pita Chips	101

Breadcrumbs

Zesty Tuna Burgers	44
Italian Meatloaf	56

Breadcrumbs, continued

Black Bean Burgers	65
Oven-Baked Fish Sticks	67

Broccoli

Breakfast Burritos	11
Bright Broccoli Salad	76
Lemon-Parmesan Broccoli	88

Brussels sprouts

Roasted Brussels Sprouts and Carrots	87
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Bulgur

Make-Ahead Burrito Bowls	41
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C

Cabbage or coleslaw mix

Fish Tacos with Tangy Slaw	66
Apple Coleslaw	74

Carrots

Winter Vegetable Soup	25
Smokey Ham and Bean Soup	28
Country Lentil Soup	31
Hearty Red Lentil Soup	32
Hummus and Veggie Wrap-Up	42
Barbecue Chicken Sandwiches	46
Spaghetti Squash with Turkey Ragu	54
Italian Meatloaf	56
Fresh Green Salad with Lemony Dressing	72
Apple Coleslaw	74
Bright Broccoli Salad	76
Lemon-Thyme Orzo Primavera	83
Roasted Brussels Sprouts and Carrots	87
Cinnamon-Glazed Baby Carrots	91

Cauliflower

Creamy Roasted Cauliflower Soup	27
Indian Stir-Fried Cauliflower	92
Mashed Potatoes and Cauliflower	95

Celery

Winter Vegetable Soup	25
Smokey Ham and Bean Soup	28
Tuscan Bean Soup	30
Country Lentil Soup	31
Hearty Red Lentil Soup	32
Tuscan Tuna Salad Wrap	43
Zesty Tuna Burgers	44
Spaghetti Squash with Turkey Ragu	54
Spicy Chicken Creole	63
Gazpacho Dip with Garlic Pita Chips	101

Cheese

Cheddar cheese

Breakfast Burritos	11
Crunchy Taco Salad	39
Vegetable Quesadilla	47

Cream cheese or Neufchatel

Chocolate Chip Cheesecake Bars	118
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Feta

Mediterranean Quinoa Salad	37
Apple-Walnut Salad	75
Colorful Quinoa Salad	80

Mozzarella cheese

Spinach-Mozzarella Egg Bake	8
Vegetable Tortilla Pizzas	48

Parmesan cheese

Crustless Leftovers Quiche	9
Tuscan Bean Soup	30
Pesto Quinoa Bowl	36
Spaghetti Squash with Turkey Ragu	54
Pasta Skillet with Sausage and Vegetables	55
Oven-Baked Fish Sticks	67
Lemon-Thyme Orzo Primavera	83
Asparagus and Spinach Risotto	84

Parmesan cheese, continued

Roasted Vegetables	86
Lemon-Parmesan Broccoli	88
Zucchini and Corn with Parmesan	94

Ricotta

Lasagna Soup	35
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Variety or unspecified

Crustless Leftovers Quiche	9
Loaded Vegetable Omelet	10
Un-Stuffed Pepper Skillet	52

Cherries

Cherry-Peach Fruit Compote	111
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Chicken

Make-Ahead Burrito Bowls	41
Barbecue Chicken Sandwiches	46
One-Pot Chicken Barley Stew	50
Hearty Stir-Fry	58
Sweet-and-Sour Chicken	60
Spice-Crusted Chicken with Fruit Salsa	61
Indian-Style Simmered Chicken	62
Spicy Chicken Creole	63
Chicken Fajitas	64

Chocolate chips

Silken Chocolate Mousse	116
Microwave Chocolate Mug Cake	117
Chocolate Chip Cheesecake Bars	118
Chocolate-Raspberry Banana Sorbet	119

Cocoa powder

Silken Chocolate Mousse	116
Microwave Chocolate Mug Cake	117
Chocolate-Raspberry Banana Sorbet	119

Coconut milk

Vegetable Thai Curry	59
Indian-Style Simmered Chicken	62

Corn

Italian Summer Soup	24
Edamame Salad with Lime Dressing	38
Crunchy Taco Salad	39
Make-Ahead Burrito Bowls	41
Turkey Chili with Beans and Corn	51
Stuffed Bell Peppers	53
Confetti Couscous	82
Zucchini and Corn with Parmesan	94
Black Bean and Corn Salsa	102

Couscous

Confetti Couscous	82
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Cucumber

Mediterranean Quinoa Salad	37
Crunchy Taco Salad	39
Hummus and Veggie Wrap-Up	42
Fresh Green Salad with Lemony Dressing	72
Japanese Cucumber Salad	77
Grape and Avocado Quinoa Salad	79
Mediterranean Chickpea Salad	81
Confetti Couscous	82
Gazpacho Dip with Garlic Pita Chips	101

E

Edamame

Edamame Salad with Lime Dressing	38
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Eggs

Spinach-Mozzarella Egg Bake	8
Crustless Leftovers Quiche	9
Loaded Vegetable Omelet	10
Breakfast Burritos	11
Savory Avocado Toast	13
Blueberry Oatmeal Pancakes	15
Hearty Pumpkin Muffins	20
Zesty Tuna Burgers	44

Eggs, continued

Italian Meatloaf	56
Orange Beef and Vegetable Stir-Fry	57
Hearty Stir-Fry	58
Black Bean Burgers	65
Creamy Potato Salad	78
Zucchini Fritters	96
Chocolate Chip Cheesecake Bars	118

F

Fish

Tuscan Tuna Salad Wrap	43
Zesty Tuna Burgers	44
Fish Tacos with Tangy Slaw	66
Oven-Baked Fish Sticks	67
Braised Cod and Green Beans with Pesto	68
Citrus Tomato Fish over Quinoa	69
Lemony Pan-Seared Fish with Wilted Kale	70

Fruit, dried

Next-Day Oatmeal	17
Cranberry-Almond Breakfast Quinoa	19
Apple Coleslaw	74
Colorful Quinoa Salad	80
Peanut Butter Energy Bars	106

Fruit, fresh, variety or unspecified

Next Day Oatmeal	17
Fruit and Nut Overnight Oats	18

Fruit, preserves or jam

Breakfast PB&J Wrap-Up	14
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G

Grapes

Bright Broccoli Salad	76
Grape and Avocado Quinoa Salad	79

Green beans

Pesto Quinoa Bowl	36
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Green beans, continued

[Braised Cod and Green Beans with Pesto](#) 68

Green onions (see Scallions)

H

Ham

[Smokey Ham and Bean Soup](#) 28

Herbs and spices, fresh

Basil

[Spicy Chicken Creole](#) 63

[Zucchini and Corn with Parmesan](#) 94

[Strawberry-Basil Salsa](#) 103

Chives

[Creamy Potato Salad](#) 78

Cilantro

[Black Bean-Covered Sweet Potato](#) 40

[Fish Tacos with Tangy Slaw](#) 66

[Confetti Couscous](#) 82

[Black Bean and Corn Salsa](#) 102

[Tropical Fruit Salsa](#) 104

Dill

[Lemony Pan-Seared Fish with Wilted Kale](#) 70

Ginger

[Orange Beef and Vegetable Stir-Fry](#) 57

[Vegetable Thai Curry](#) 59

[Sweet-and-Sour Chicken](#) 60

[Indian-Style Simmered Chicken](#) 62

[Citrus Tomato Fish over Quinoa](#) 69

[Indian Stir-Fried Cauliflower](#) 92

[Ginger Blueberry Crisp](#) 109

[Berry-Lime Banana Sorbet](#) 120

[Cranberry-Orange Banana Sorbet](#) 121

Mint

[Grape and Avocado Quinoa Salad](#) 79

Oregano

[Okra with Tomatoes](#) 93

Parsley

[Country Lentil Soup](#) 31

[Mediterranean Quinoa Salad](#) 37

[Tuscan Tuna Salad Wrap](#) 43

[Spicy Chicken Creole](#) 63

[Colorful Quinoa Salad](#) 80

[Roasted Vegetables](#) 86

[Mashed Potatoes and Cauliflower](#) 95

Thyme

[Lemon-Thyme Orzo Primavera](#) 83

Variety or Unspecified

[Creamless Creamy Tomato Soup](#) 26

[Creamy Roasted Cauliflower Soup](#) 27

[Spicy Chicken Creole](#) 63

[Lemony Pan-Seared Fish with Wilted Kale](#) 70

[Gazpacho Dip with Garlic Pita Chips](#) 101

Hummus

[Hummus and Veggie Wrap-Up](#) 42

K

Kale

[Winter Vegetable Soup](#) 25

[Lemony Pan-Seared Fish with Wilted Kale](#) 70

[Massaged Kale Salad](#) 73

L

Lemon or lemon juice

[Creamy Roasted Cauliflower Soup](#) 27

[Italian Wedding Soup](#) 33

[Mediterranean Quinoa Salad](#) 37

[Zesty Tuna Burgers](#) 44

[Braised Cod and Green Beans with Pesto](#) 68

[Lemony Pan-Seared Fish with Wilted Kale](#) 70

[Fresh Green Salad with Lemony Dressing](#) 72

Lemon or lemon juice, continued

Massaged Kale Salad	73
Apple Coleslaw	74
Creamy Potato Salad	78
Mediterranean Chickpea Salad	81
Lemon-Thyme Orzo Primavera	83
Asparagus and Spinach Risotto	84
Marinated Vegetables	85
Lemon-Parmesan Broccoli	88
Steamed Vegetables with Tahini Sauce	90
Okra with Tomatoes	93
Home-Style Hummus	100
Strawberries with Walnut Crumble	110
Chocolate Chip Cheesecake Bars	118

Lentils, brown

Country Lentil Soup	31
Curried Lentil and Pumpkin Soup	34

Lentils, red

Hearty Red Lentil Soup	32
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Lettuce (see Salad greens)

Lime or lime juice

Zesty Black Bean Soup	29
Edamame Salad with Lime Dressing	38
Crunchy Taco Salad	39
Hearty Stir-Fry	58
Vegetable Thai Curry	59
Indian-Style Simmered Chicken	62
Fish Tacos with Tangy Slaw	66
Grape and Avocado Quinoa Salad	79
Indian Stir-Fried Cauliflower	92
Confetti Couscous	82
Zucchini and Corn with Parmesan	94
Black Bean and Corn Salsa	102
Strawberry-Basil Salsa	103

Lime or lime juice, continued

Tropical Fruit Salsa	104
Greek Yogurt with Warm Berry Sauce	112
Berry-Lime Banana Sorbet	120

M

Mango

Tropical Smoothie	21
Tropical Fruit Salsa	104

Milk

Spinach-Mozzarella Egg Bake	8
Crustless Leftovers Quiche	9
Loaded Vegetable Omelet	10
Apple-Cinnamon Microwave Oatmeal	16
Next-Day Oatmeal	17
Fruit and Nut Overnight Oats	18
Cranberry-Almond Breakfast Quinoa	19
Hearty Pumpkin Muffins	20
Tropical Smoothie	21
Strawberry-Banana Oatmeal Smoothie	22
Oven-Baked Fish Sticks	67
Mashed Potatoes and Cauliflower	95
Ranch Seasoning Mix for Dip or Dressing	98
Berry Pudding Parfait	113
Simple Pumpkin Pudding	114
Pumpkin Mousse	115
Microwave Chocolate Mug Cake	117
Chocolate-Raspberry Banana Sorbet	119
Cranberry-Orange Banana Sorbet	121
Peanut Butter and Banana Milkshake	122

Mushrooms

Loaded Vegetable Omelet	10
Vegetable Tortilla Pizzas	48
Spaghetti Squash with Turkey Ragu	54

Mustard greens

Braised Mustard Greens with Red Beans	89
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N

Nuts, nut butters, and seeds

Almonds

Cranberry-Almond Breakfast Quinoa	19
Bright Broccoli Salad	76
Peanut Butter Energy Bars	106
Pomegranate-Poached Pears	107
Berry Pudding Parfait	113

Peanut or other nut butters

Breakfast PB&J Wrap-Up	14
Peanut Butter Energy Bars	106
Peanut Butter and Banana Milkshake	122

Pecans

Colorful Quinoa Salad	80
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Seeds (e.g. chia, flax, sesame, sunflower)

Fruit and Nut Overnight Oats	18
Strawberry-Banana Oatmeal Smoothie	22
Massaged Kale Salad	73
Japanese Cucumber Salad	77
Peanut Butter Energy Bars	106

Tahini (sesame seed paste)

Steamed Vegetables with Tahini Sauce	90
Home-Style Hummus	100

Walnuts

Apple-Walnut Salad	75
Strawberries with Walnut Crumble	110

Variety or unspecified

Apple-Cinnamon Microwave Oatmeal	16
Next-Day Oatmeal	17
Fruit and Nut Overnight Oats	18
Hearty Stir-Fry	58
Braised Mustard Greens with Red Beans	89

O

Oats

Blueberry Oatmeal Pancakes	15
Apple-Cinnamon Microwave Oatmeal	16
Next Day Oatmeal	17
Fruit and Nut Overnight Oats	18
Strawberry-Banana Oatmeal Smoothie	22
Black Bean Burgers	65
Peanut Butter Energy Bars	106
Ginger Blueberry Crisp	109
Strawberries with Walnut Crumble	110

Okra

Okra with Tomatoes	93
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Olives

Mediterranean Quinoa Salad	37
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Onion

Spinach-Mozzarella Egg Bake	8
Loaded Vegetable Omelet	10
Breakfast Burritos	11
Italian Summer Soup	24
Winter Vegetable Soup	25
Creamless Creamy Tomato Soup	26
Creamy Roasted Cauliflower Soup	27
Smokey Ham and Bean Soup	28
Tuscan Bean Soup	30
Country Lentil Soup	31
Hearty Red Lentil Soup	32
Italian Wedding Soup	33
Curried Lentil and Pumpkin Soup	34
Lasagna Soup	35
Hummus and Veggie Wrap-Up	42
Tuscan Tuna Salad Wrap	43
Zesty Tuna Burgers	44
Turkey Joes	45

Onion, continued

Vegetable Quesadilla	47
Vegetable Tortilla Pizzas	48
One-Pot Chicken Barley Stew	50
Turkey Chili with Beans and Corn	51
Un-Stuffed Pepper Skillet	52
Stuffed Bell Peppers	53
Spaghetti Squash with Turkey Ragu	54
Italian Meatloaf	56
Vegetable Thai Curry	59
Spicy Chicken Creole	63
Chicken Fajitas	64
Braised Cod and Green Beans with Pesto	68
Bright Broccoli Salad	76
Mediterranean Chickpea Salad	81
Confetti Couscous	82
Asparagus and Spinach Risotto	84
Braised Mustard Greens with Red Beans	89
Indian Stir-Fried Cauliflower	92
Okra with Tomatoes	93
Zucchini Fritters	96
Caramelized Onion Dip	99
Gazpacho Dip with Garlic Pita Chips	101
Black Bean and Corn Salsa	102

Oranges or orange juice

Citrus-Tomato Fish over Quinoa	61
Colorful Quinoa Salad	80
Cranberry-Orange Banana Sorbet	121

P

Pasta

Italian Wedding Soup	33
Lasagna Soup	35
Pasta Skillet with Sausage and Vegetables	55
Lemon-Thyme Orzo Primavera	83

Peaches

Cherry-Peach Fruit Compote	111
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Pears

Pomegranate-Poached Pears	107
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Peas

Creamy Potato Salad	78
Indian Stir-Fried Cauliflower	92

Pesto

Pesto Quinoa Bowl	36
Braised Cod and Green Beans with Pesto	68

Peppers, bell

Loaded Vegetable Omelet	10
Breakfast Burritos	11
Italian Summer Soup	24
Tuscan Tuna Salad Wrap	43
Zesty Tuna Burgers	44
Turkey Joes	45
Vegetable Tortilla Pizzas	48
Turkey Chili with Beans and Corn	51
Un-Stuffed Pepper Skillet	52
Stuffed Bell Peppers	53
Italian Meatloaf	56
Spicy Chicken Creole	63
Chicken Fajitas	64
Mediterranean Chickpea Salad	81
Confetti Couscous	82
Gazpacho Dip with Garlic Pita Chips	101
Tropical Fruit Salsa	104

Peppers, green chiles

Make-Ahead Burrito Bowls	41
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Peppers, jalapeño

Hearty Red Lentil Soup	32
Indian Stir-Fried Cauliflower	92
Black Bean and Corn Salsa	102

Peppers, jalapeño, continued

[Tropical Fruit Salsa](#) 104

Peppers, roasted red

[Mediterranean Quinoa Salad](#) 37

Pineapple

[Tropical Smoothie](#) 21

[Sweet-and-Sour Chicken](#) 60

[Strawberry-Basil Salsa](#) 103

[Tropical Fruit Salsa](#) 104

Pomegranate juice

[Pomegranate-Poached Pears](#) 107

[Berry-Lime Banana Sorbet](#) 120

Potatoes

[Winter Vegetable Soup](#) 25

[Creamy Potato Salad](#) 78

[Mashed Potatoes and Cauliflower](#) 95

Pumpkin puree

[Hearty Pumpkin Muffins](#) 20

[Curried Lentil and Pumpkin Soup](#) 34

[Simple Pumpkin Pudding](#) 114

[Pumpkin Mousse](#) 115

Q

Quinoa

[Cranberry-Almond Breakfast Quinoa](#) 19

[Pesto Quinoa Bowl](#) 36

[Mediterranean Quinoa Salad](#) 37

[Make-Ahead Burrito Bowls](#) 41

[Citrus Tomato Fish over Quinoa](#) 69

[Grape and Avocado Quinoa Salad](#) 79

[Colorful Quinoa Salad](#) 80

R

Rice

[Make-Ahead Burrito Bowls](#) 41

[Un-Stuffed Pepper Skillet](#) 52

Rice, continued

[Vegetable Thai Curry](#) 59

[Indian-Style Simmered Chicken](#) 62

[Asparagus and Spinach Risotto](#) 84

S

Salad greens or lettuce

[Crunchy Taco Salad](#) 39

[Make-Ahead Burrito Bowls](#) 41

[Hummus and Veggie Wrap-Up](#) 42

[Barbecue Chicken Sandwiches](#) 46

[Fresh Green Salad with Lemony Dressing](#) 72

[Apple-Walnut Salad](#) 75

Salsa

[Breakfast Burritos](#) 11

[Savory Avocado Toast](#) 13

[Make-Ahead Burrito Bowls](#) 41

[Stuffed Bell Peppers](#) 53

[Spice-Crusted Chicken with Fruit Salsa](#) 61

[Chicken Fajitas](#) 64

Sausage

[Italian Wedding Soup](#) 33

[Pasta Skillet with Sausage and Vegetables](#) 55

Scallions

[Creamy Roasted Cauliflower Soup](#) 27

[Zesty Black Bean Soup](#) 29

[Edamame Salad with Lime Dressing](#) 38

[Make-Ahead Burrito Bowls](#) 41

[Orange Beef and Vegetable Stir-Fry](#) 57

[Grape and Avocado Quinoa Salad](#) 79

[Colorful Quinoa Salad](#) 80

[Braised Mustard Greens with Red Beans](#) 89

Spinach

[Spinach-Mozzarella Egg Bake](#) 8

[Tropical Smoothie](#) 21

Spinach, continued

Tuscan Bean Soup	30
Hearty Red Lentil Soup	32
Italian Wedding Soup	33
Pesto Quinoa Bowl	36
Stuffed Bell Peppers	53
Indian-Style Simmered Chicken	62
Grape and Avocado Quinoa Salad	79
Colorful Quinoa Salad	80
Asparagus and Spinach Risotto	84

Squash, winter

Winter Vegetable Soup	25
Spaghetti Squash with Turkey Ragu	54

Sweet potato

Black Bean-Covered Sweet Potato	40
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T

Tempeh

Hearty Stir-Fry	58
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Tofu

Hearty Stir-Fry	58
Vegetable Thai Curry	59
Silken Chocolate Mousse	116

Tomatoes, canned

Winter Vegetable Soup	25
Creamless Creamy Tomato Soup	26
Smokey Ham and Bean Soup	28
Zesty Black Bean Soup	29
Tuscan Bean Soup	30
Country Lentil Soup	31
Hearty Red Lentil Soup	32
Lasagna Soup	35
Turkey Joes	45
Vegetable Tortilla Pizzas	48
Turkey Chili with Beans and Corn	51

Tomatoes, canned, continued

Un-Stuffed Pepper Skillet	52
Spaghetti Squash with Turkey Ragu	54
Italian Meatloaf	56
Indian-Style Simmered Chicken	62
Spicy Chicken Creole	63
Braised Mustard Greens with Red Beans	89
Okra with Tomatoes	93

Tomatoes, cherry or grape

Pesto Quinoa Bowl	36
Mediterranean Quinoa Salad	37
Edamame Salad with Lime Dressing	38
Tuscan Tuna Salad Wrap	43
Citrus Tomato Fish over Quinoa	69
Fresh Green Salad with Lemony Dressing	72
Massaged Kale Salad	73

Tomatoes, fresh

Spinach-Mozzarella Egg Bake	8
Italian Summer Soup	24
Crunchy Taco Salad	39
Black Bean-Covered Sweet Potato	40
Hummus and Veggie Wrap-Up	42
Vegetable Quesadilla	47
Chicken Fajitas	64
Mediterranean Chickpea Salad	81
Gazpacho Dip with Garlic Pita Chips	101
Black Bean and Corn Salsa	102

Tortillas or wraps

Breakfast Burritos	11
Breakfast PB&J Wrap-Up	14
Hummus and Veggie Wrap-Up	42
Tuscan Tuna Salad Wrap	43
Vegetable Quesadilla	47
Vegetable Tortilla Pizzas	48

Tortillas or wraps, continued

Chicken Fajitas	64
Fish Tacos with Tangy Slaw	66
Homemade Tortilla Chips	105

Turkey

Turkey Breakfast Sausage	12
Lasagna Soup	35
Crunchy Taco Salad	39
Turkey Joes	45
Turkey Chili with Beans and Corn	51
Un-Stuffed Pepper Skillet	52
Stuffed Bell Peppers	53
Spaghetti Squash with Turkey Ragu	54

V

Vegetables, fresh, mixed or variety

Crustless Leftovers Quiche	9
Vegetable Quesadilla	47
One-Pot Chicken Barley Stew	50
Pasta Skillet with Sausage and Vegetables	55
Hearty Stir-Fry	58
Marinated Vegetables	85
Roasted Vegetables	86
Steamed Vegetables with Tahini Sauce	90

Vegetables, frozen, mixed or variety

Pasta Skillet with Sausage and Vegetables	55
Orange Beef and Vegetable Stir-Fry	57
Hearty Stir-Fry	58
Vegetable Thai Curry	59
Sweet-and-Sour Chicken	60
Steamed Vegetables with Tahini Sauce	90

W

Water chestnuts

Sweet-and-Sour Chicken	60
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Y

Yogurt

Strawberry-Banana Oatmeal Smoothie	22
Zesty Black Bean Soup	29
Black Bean-Covered Sweet Potato	40
Make-Ahead Burrito Bowls	41
Barbecue Chicken Sandwiches	46
Vegetable Quesadilla	47
Chicken Fajitas	64
Fish Tacos with Tangy Slaw	66
Apple Coleslaw	74
Creamy Potato Salad	78
Ranch Seasoning Mix for Dip or Dressing	98
Caramelized Onion Dip	99
Pomegranate-Poached Pears	107
Greek Yogurt with Warm Berry Sauce	112
Chocolate Chip Cheesecake Bars	118

Z

Zucchini

Italian Summer Soup	24
Lemon-Thyme Orzo Primavera	83
Zucchini and Corn with Parmesan	94
Zucchini Fritters	96