

## 1907-2007

## CTAHR CENTURY



The founding college of the University of Hawai ' $i$,' established 1907.

## In commemoration of the University of Hawaii Centennial - 1907-2007



NUTRITION EDUCATION FOR WELLNESS PROGRAM
Cooperative Extension Service
Department of Family and Consumer Sciences
Department of Human Nutrition, Food and Animal Sciences
College of Tropical Agriculture and Human Resources
University of Hawaii at Manoa

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In cooperation with
Buy Fresh Buy Local
Center on the Family

Notes *

We are honored, in commemoration of the University of Hawaii Centennial (1907-2007), to bring to you this food skills cookbook, A HERITAGE OF TASTE FOR HEALTH - SALADS, SOUPS \& STIR-FRYS.

The University of Hawaii Cooperative Extension Service (UH-CES), in our educational endeavors to promote health and local agriculture produce, include foods and nutrition education as part of our programs and projects. The recipes in this cookbook were chosen from UH-CES curriculums, projects, programs and activities that promote healthy eating.

From our humble beginnings in 1907 as the College of Agriculture and Mechanic Arts, to growth into a full-fledged university and to today's ten-campus university system, the University of Hawaii has educated a million students through five generations. They, in turn, have transformed Hawaii into the vibrant multicultural community we are today.

Today, the University of Hawaii Cooperative Extension Service (UH-CES) continues to serve Hawaii's communities. From foods and nutrition education, youth leadership development and money management, to agricultural production and environmental management, UH-CES makes good research relevant to better lives. We "put knowledge to work."

One of UH-CES' cornerstone programs is Nutrition Education for Wellness (NEW). NEW is a statewide "umbrella concept" that facilitates consumer foods and nutrition education in support of Hawaii's communities improving their health and well being. The NEW Program Extension Agents and their staff have compiled this food skills cookbook. To find out more about NEW, please visit their web site ... www.ctahr.hawaii.edu/NEW/

Thank you for your interest,


Wayne Nishijima,
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Notes *

## A Heritage of Taste for Health *

 Salads, Soups and Stir-FrysHawaii is rich in its cultural heritage and the foods of Hawaii represent many ethnic backgrounds. There is history and tradition in our foods; our local foods reflect the cuisines and cooking of our island people.

Over the years, many of Hawaii's original ethnic foods and food customs have evolved and have been blended into uniqueness. The availability of ingredients and substitutions, intermarriages, blending of neighborhoods, retail products, restaurants, fast foods, etc., have all affected the foods we eat today. The "fusion" often referred to in fine dining circles is also applicable to our common everyday foods. Our foods express the interconnectedness of our cultures.

We recognize the importance of healthy eating to our own and our family's futures. As part of developing food skills, food and nutrition information, recipe food facts, cooking tips and variations are included.

This food skills cookbook presents some of our favorite salads, soups and stir-fry recipes. The recipes selected for A Heritage of Taste were taken from the Nutrition Education for Wellness projects' Food Skills Cookbook, and are intended to share food preparation skills using a variety of fruits and vegetables. For the complete food skills recipe book (click on resources at top of our home page) and foods and nutrition information (throughout site), please go to our web site, www.ctahr.hawaii.edu/NEW.

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## I

## Salads, Sides, Relishes, Sauces, Dips and Dressings $\because$

Especially here in Hawaii, the variety of salad ingredients and ways of preparation are endless. A salad or relish plate can introduce a meal, be a meal, add to a meal or finish a meal. Sauces, dips and dressings can be created using ingredients that are low in fat, rich in flavor, and a source of nutrients.


Notes *

## Bean Salad *

Number of servings: 14

## I ngredients:

4 (15-ounce) cans beans
(pinto, kidney, green, garbanzo)
1 small round onion
1 medium carrot
1 clove garlic
$1 / 2$ cup vinegar
1 teaspoon sugar
$1 / 2$ teaspoon pepper
Optional: 2 teaspoons oregano

## Directions:

1. RINSE and DRAIN beans. SET aside.
2. SLICE onion and carrot into strips. SET aside.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, onion, carrot, and garlic.
5. In a small jar, COMBINE vinegar,
6. POUR oil and vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

## Variations:

Dry beans may be used. Cook according to package directions.

## Carrot and Raisin Salad ※

## Number of servings: <br> 6

## I ngredients:

2 cups carrots
3/4-1 cup raisins
1 tablespoon sugar
1 teaspoon vinegar

## Directions:

1. GRATE carrots.
2. In a small bowl, MIX carrots, raisins, sugar, and vinegar together.
3. REFRIGERATE until ready to serve.

| Nutrition Facts |  |  |
| :---: | :---: | :---: |
| Serving Size $1 / 2$ cup ( 66 g ) Servings Per Container 6 |  |  |
| Amount Per Serving |  |  |
| Calories 110 Calories from Fat 0 |  |  |
| \% Daily Valve* |  |  |
| Total Fat 0 g |  | 0 \% |
| Saturated | Fat 0 g | 0 \% |
| Trans Fat |  | 0 \% |
| Cholesterol | Omg | 0 \% |
| Sodium 30m |  | 1 \% |
| Total Carbo | hydrate 26 g | $9 \%$ |
| Dietary Fib | er 2 g | $8 \%$ |
| Sugars 23 |  |  |
| Protein 1g |  |  |
| Vitamin A 120\% - Vitamin C 4 <br> Calcium 2\% . Iron 4\% |  |  |
| *Percent Daily Values are based on a 2.000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |  |
|  | Calories: 2,000 | 2.500 |
| Total Fat | Less than 659 | 809 |
| Saturated Fat Cholesterol | Less than 20 g |  |
| Sodium | Less than $2,400 \mathrm{mg}$ | 2.400 mg |
| Total Carbohydra | te $\quad 300 \mathrm{~g}$ | 3759 |
| Dietary Fiber | 25 g | 30 g |

## Creamy Vegetable/ Fruit Salad

## Number of servings: <br> 6

## I ngredients:

3 cups fresh, frozen, canned OR dried fruit OR 3 cups fresh OR frozen vegetables
1 (8-ounce) container flavored lowfat yogurt

## Directions:

1. Depending on fresh, frozen, OR canned fruits OR vegetables used:
CHOP fresh ingredients OR THAW frozen ingredients OR DRAIN canned ingredients.
2. In a large bowl, MIX all ingredients together. COVER and REFRIGERATE until ready to serve.


## Variations:

Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.
Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.
Make your own combination of vegetables and fruits.
Chopped nuts may be added.

## Fiesta Salad 쁜

## Number of servings: 9

## I ngredients:

1 head lettuce
2 medium tomatoes
1 small round onion
1-2 cups cooked pinto OR kidney beans
1 clove garlic
$1 / 2$ pound lean ground beef
$1 / 2$ teaspoon chili powder
$1 / 4-1 / 2$ teaspoon salt
$1 / 2$ cup grated cheese
salsa OR dressing (prepared or home-made)

## Directions:

1. TEAR lettuce into bite-sized pieces. SET aside.
2. SLICE or DICE tomatoes and onions. SET aside.

3. In a large bowl, TOSS lettuce, tomatoes, and onion together. COVER and REFRIGERATE until ready to serve.
4. DRAIN and RINSE beans.
5. CRUSH garlic.
6. In a medium pot, FRY ground beef and DRAIN oil.
7. ADD beans, garlic, chili powder, and salt to beef.
8. SAUTÉ for a few minutes until beans are heated through and flavors are blended.
9. ADD meat and bean mixture to chilled lettuce, tomatoes, and onions.
10. TOP with cheese and salsa OR dressing.

## Variations:

Dry beans may be used. See cooking instructions.
Instead of lean ground beef use ground chicken or ground turkey.

## Oriental Chicken Salad ⿺𠃊⿻丷木大

## Number of servings： <br> 8

## I ngredients：

1 pound cooked chicken pieces
1 head iceberg lettuce
1 head Manoa lettuce
1 rib celery
1 medium carrot
Optional： 1 （3－ounce）package won ton strips／chips
1－2 leaves green onions
1 bunch Chinese parsley
1 tablespoon toasted
sesame seeds

Dressing：
3 tablespoons sugar
2 tablespoons water
$1 / 4$ cup vinegar
1 tablespoon sesame oil
salt and pepper to taste


## Directions：

1．SHRED chicken．
2．TEAR lettuce into bite－sized pieces．
3．SLICE celery and carrot．
4．In a medium jar，COMBINE the dressing：sugar，water，vinegar， sesame oil，salt and pepper．SHAKE well．REFRIGERATE until ready to use．
5．In a large bowl，COMBINE chicken，lettuces，celery，and carrots．
6．Optional：CRUSH won ton strips／chips．
CUT green onions and Chinese parsley into $11 / 2$ inch lengths
toasted sesame seeds
7．TOSS the salad and POUR dressing just before serving．

## Variations：

Layer the vegetables and meat for a different effect．

## Pasta Salad ※

## Number of servings: 10

## I ngredients:

$21 / 2$ cups uncooked pasta noodles
$1 / 2$ crown broccoli pieces
1 firm tomato
1 rib celery
1 carrot
1 (15 ½-ounce) can kidney beans
$1 / 3$ cup Italian salad dressing
Optional: $1 / 4$ medium round onion
$1 / 2$ bell pepper

## Directions:

1. In a medium pot, COOK pasta. SET aside.
2. DRAIN, RINSE, and COOL pasta.
3. CHOP broccoli and tomato into bitesized pieces.

4. Thinly SLICE celery and carrot.
5. Optional: ADD CHOPPED or DICED onion and bell pepper.
6. DRAIN and RINSE beans.
7. In a large bowl, ADD pasta, broccoli, tomato, celery, carrots, and beans.
8. COVER and REFRIGERATE until ready to serve.
9. Just before serving, SHAKE and POUR the dressing on the salad.
10. TOSS the salad.

## Variations:

Dry beans may be used. Cook according to instructions.

## Somen Salad 츤

## Number of servings: 6

I ngredients:
1 (9-ounce) package somen noodles
1 head romaine lettuce
1 medium carrot
1 ( $61 / 2$-ounce) block fish cake
Optional: 1 cup leftover meats, imitation crab, OR char siu
$1 / 4$ cup green onions
Dressing:
1 teaspoon salt
2 tablespoons water
$1 / 4$ cup sesame oil
$1 / 3$ cup sugar
$1 / 4$ cup soy sauce
$1 / 2$ cup vinegar
Optional: $1 / 4$ cup sesame seeds


## Directions:

1. In a medium pot, COOK somen noodles, SET aside.
2. SHRED the lettuce.
3. GRATE the carrot.
4. SLICE the fishcake and optional items: meats, crab, or char siu.
5. Optional: CUT green onion into 1 inch lengths.
6. In a large platter or bowl, LAYER somen, lettuce, carrot, fishcake, (optional: meats, crab, char siu, and green onions.)
7. COVER and REFRIGERATE until ready to serve.
8. In a jar, MIX dressing ingredients: salt, sesame oil, soy sauce, water, sugar, vinegar, and optional: sesame seeds.
9. Just before serving, SHAKE and POUR dressing over salad.

## Variations:

Soba noodles may be used.
Other vegetables may be used.

## Tuna Tofu Salad ※

## Number of servings: 8

## I ngredients:

1 head lettuce
1 small bunch Chinese parsley
1 medium round onion OR $1 / 2$
bunch green onions
2 medium tomatoes
1 (20-ounce) container firm tofu
1 (6-ounce) can tuna in water
Dressing:
$1 / 3$ cup soy sauce
1 teaspoon sesame oil
3 teaspoon sugar
Optional: toasted sesame seeds

## Directions:

1. CHOP lettuce, Chinese parsley, and onion.
2. DICE tomatoes.
3. DRAIN and CUT tofu into bite-sized pieces.

4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar and optional: sesame seeds together. COVER and SET aside in refrigerator until ready to serve.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu, and tuna. REFRIGERATE until ready to serve.
7. Just before serving, POUR dressing on salad and TOSS.

## Variations:

Salmon may be used instead of tuna.
Spinach, Chinese cabbage, watercress, or chop suey mix may be used in place of lettuce. You may also use a combination of these ingredients.
Salad may be layered instead of tossed.

## Vegetable Namul

## Number of servings: 4

## I ngredients:

1 clove garlic
1 medium carrot
1 bunch watercress
$11 / 2$ cups boiling water
1 teaspoon sesame oil
$1 / 4$ teaspoon sugar
3 tablespoons soy sauce
Optional: $1 / 8$ teaspoon cayenne pepper OR red pepper
1 teaspoon sesame seed

## Directions:

1. MINCE garlic.
2. GRATE carrot.
3. WASH watercress, REMOVE undesirable leaves and tough stems, and CUT into 1 inch lengths.

| Nutrition Facts |  |  |
| :---: | :---: | :---: |
| Serving Size $1 / 2$ cup (39g) Servings Per Container 4 |  |  |
|  |  |  |
| Amount Per Seving |  |  |
| Calories 25 Calories from Fat 0 |  |  |
| \% Dally Value* |  |  |
| Total Fat 19 |  | 2\% |
| Saturated Fat 0g 1\% |  |  |
| Trans Fat Og 0\% |  |  |
| Cholesterol Omg 0\% |  |  |
| Sodium 690mg $30 \%$ |  |  |
| Total Carbohydrate 3g 1\% |  |  |
| Dietary Fiber less than 1g 2\% |  |  |
| Sugars 1g |  |  |
| Protein 19 |  |  |
| Vitamin A 60\% . Vitamin C 10\% <br> Calcium 2\% . Iron 2\% |  |  |
| 'Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |  |
|  | Calories: 2,000 | 2,500 |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Calories per gram: Fat 9 - Cartochydrate 4 Protein 4 |  |  |

4. PLACE watercress in $11 / 2$ cups boiling water for 3 minutes.
5. DRAIN thoroughly.
6. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
7. ADD watercress and carrots.
8. CHILL until ready to serve.
9. Optional: ADD cayenne pepper or finely chopped pepper, and sesame seeds.

## Variations:

In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.

## Potatoes

Number of servings: 12

## I ngredients:

6 medium potatoes

## Directions:

1. SCRUB potatoes well; remove all eyes and sprouts.
2. CUT approximately into 2 -inch chunks.
3. PIERCE each potato several times with a fork.

## Variations:

MICROWAVE:

1. PLACE in microwave and COOK on high: One potato: cook 4-6 minutes Two potatoes: cook 6-8 minutes Three potatoes: cook 8-12 minutes
2. COVER and LET STAND 5-10 minutes before serving.

3. PLACE steamer rack into rice cooker. Place about $1 / 2$ inch of water in rice cooker (not to go over the height of the rack).
4. PLACE potatoes in automatic rice cooker and COOK.
5. Potatoes are done when rice cooker automatically shuts off.

Hints: Crumpled foil or foil balls may be used instead of a steamer rack. Wrapping potatoes individually in ti leaves may result in a flavor that may be desired.

TRADITIONAL METHODS:
BAKE: In oven or toaster oven at $425^{\circ} \mathrm{F}$, for $30-45$ minutes.
BOIL: In a sauce pan/pot, PLACE potatoes. ADD water to cover potatoes.
Bring to BOIL and SIMMER covered 20-30 minutes.
STEAM: CUBE or SLICE potatoes. PLACE in steamer over boiling water. COVER and SIMMER for about 10-15 minutes.

## Ginger-Citrus Dressing *

Yield: approximately 1 cup

## I ngredients:

$1 / 4$ cup grated ginger root
2-4 tablespoons fresh lemon OR lime juice with zest
1 cup rice vinegar
$1 / 4$ cup honey*, optional

## Directions:

1. In a small bowl, MIX ingredients well. CHILL.

## Variations:

Serve with "dippers": sliced fruit, potato rounds, vegetable bits.

* Dressing may be consumed by


## Pina Colada Sauce

Yield: approximately 3 cups

## I ngredients:

16 ounces lowfat vanilla yogurt
12 ounces frozen pineapple juice concentrate
Coconut extract flavoring to taste

## Directions:

1. In a small bowl, MIX ingredients well.
2. CHILL and SERVE with sliced fruit OR vegetable bits.

| Nutrition Facts |  |  |  |
| :---: | :---: | :---: | :---: |
| Serving Size 2 Tbsp (34g) |  |  |  |
| Servings Per Container 24 |  |  |  |
| Amount Per Serving |  |  |  |
| Calories 40 Calories from Fat 0 |  |  |  |
| \% Daily Value* |  |  |  |
| Total Fat 0 |  |  | 0 \% |
| Saturated | Fat Og |  | $1 \%$ |
| Trans Fat |  |  | $0 \%$ |
| Cholestero | Omg |  | 0 \% |
| Sodium 15 |  |  | $1 \%$ |
| Total Carbo | hydrat |  | $3 \%$ |
| Dietary F | er 0 g |  | 0 \% |
| Sugars 8g |  |  |  |
| Protein 1g |  |  |  |
| Vitamin A 0\% - Vitamin C 20\% <br> Calcium 4\% - Iron $0 \%$ |  |  |  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |  |  |
|  | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65 g | 80 g |
| Saturated Fat Cholesterol | Less than Less than | $\begin{aligned} & 20 \mathrm{~g} \\ & 300 \mathrm{mg} \end{aligned}$ | 25 g 300 mg |
| Cholesterol Sodium | Less than | 300 mg | 300 mg $2,400 \mathrm{mg}$ |
| Total Carbohyd Dietary Fiber | rate | 300 g | 375 g 30 g |
| Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4 |  |  |  |

## Ranch Style Dip *

Yield: approximately 2 cups

## I ngredients:

2-4 tablespoons water OR nonfat milk OR lowfat milk
1 (16-ounce) container lowfat cottage cheese
1 ounce package Ranch-style dressing mix

## Directions:

1. In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For thinner consistency ADD more water or milk.
3. POUR mixture into a medium jar, CHILL until ready to serve.

## Variations:

Instead of Ranch-style dressing mix, use:
$1 / 2$ teaspoon onion powder OR 2 tablespoons round onion
$1 / 2$ teaspoon pepper
1-2 teaspoons dill weed
$1 / 2$ teaspoon garlic powder
Serve with favorite "dippers" (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)
Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.

## Salsa*

Yield: approximately 4 cups

## I ngredients:

$1 / 2-3 / 4$ pounds tomatoes OR 1 (28ounce) can whole tomatoes
$1 / 2$ small round onion
2 tablespoons Chinese parsley
1 piece chili pepper
1 teaspoon lemon OR lime juice

## Directions:

1. Finely CHOP tomatoes, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and Chinese parsley.
4. COVER and REFRIGERATE until ready to serve.

## Variations:

Canned stewed tomatoes may be used instead of whole tomatoes.
Salsa may be used as a dressing or dip.

| Nutrition Facts |  |  |
| :---: | :---: | :---: |
| Serving Size $1 / 4$ cup (23g) Servings Per Container 16 |  |  |
|  |  |  |
| Amount Per Seving |  |  |
| Calories 5 Calories from |  |  |
| \% Dally Valve |  |  |
| Total Fat 0g |  | 0\% |
| Saturated Fat $0 \mathrm{~g} \quad 0 \%$ |  | 0\% |
| Trans Fat Og |  |  |
| Cholesterol 0mg |  |  |
| Sodium Omg |  |  |
| Total Carbohydrate 1 g |  |  |
| Dietary Fiber 0 g |  |  |
| Sugars less than 1 g |  |  |
| Protein 0 g |  |  |
| Vitamin A $2 \%$ : Vitamin C 15\% <br> Calcium 0\% : Iron $0 \%$ |  |  |
| -Percent Daily Values are based on a 2,000 calorie diet. Your dally values may be higher or lower depending on your calorie needs: |  |  |
|  | Calories: 2,000 | 2.500 |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

## Tartar Sauce *

Yield: approximately $1 \frac{1}{2}$ cups

## I ngredients:

1 teaspoon pickled capers
1 (8-ounce) container lowfat vanilla yogurt
$1 / 4$ cup pickle relish
$1 / 4$ teaspoon pepper

## Directions:

1. CHOP capers.
2. In a small bowl, MIX capers, yogurt, pickle relish, and pepper.
3. COVER and REFRIGERATE until ready to SERVE.

## Variations:

Use with seafood, vegetables, or in place of mayonnaise in sandwich spreads.
To make Thousand Island dressing, add ketchup to sauce and eliminate capers.

| Nutrition Facts |  |  |
| :---: | :---: | :---: |
| Serving Size 2 Tbsp (24g) |  |  |
| Amount Per Sering |  |  |
| Calories 15 Calories from Fat 0 |  |  |
| \% Dally Value* |  |  |
| Total Fat 0g |  | $0 \%$ |
| Saturated Fat 0g 1\% |  | 1\% |
| Trans Fat Og 0\% |  |  |
| Cholesterol Omg 0\% |  |  |
| Sodium 75mg 3\% |  |  |
| Total Carbohydrate 3g 1\% |  |  |
| Dietary Fiber 0g 0\% |  |  |
| Sugars 2g |  |  |
| Protein less than 1 g |  |  |
| Vitamin A 0\% : Vitamin C 0\%  <br> Calcium 4\% - Iron 0\% |  |  |
| Percent Daily Values are based on a 2,000 calorie diet Your daily values may be higher or lower depending on your calorie needs: |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Calories per gram: Fat9 - Carbotydate 4-P Protein 4 |  |  |

## Thousand I sland Dressing

Yield: approximately $11 / 2$ cups

## I ngredients:

1 (8-ounce) container lowfat vanilla yogurt
$1 / 4$ cup ketchup
$1 / 4$ cup pickle relish
$1 / 4$ teaspoon pepper

## Directions:

1. In a small bowl, MIX yogurt, ketchup, pickle relish, and pepper.
2. CHILL for 1-2 hours before serving.

## Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

## Nutrition Facts

Serving Size 2 Tbsp (29g)
Servings Per Container 12

Amount Per Serving
Calories 20 Calories from Fat 0

|  | \% Daily Value |
| :--- | ---: |
| Total Fat 0 g | $0 \%$ |
| Saturated Fat 0 g | $1 \%$ |
| Trans Fat 0 g | $0 \%$ |
| Cholesterol 0 mg | $0 \%$ |
| Sodium 120 mg | $5 \%$ |
| Total Carbohydrate 4 g | $1 \%$ |
| Dietary Fiber 0 g | $0 \%$ |
| Sugars 3 g |  |
| Protein less than 1 g |  |


| Vitamin A 2\% Calcium 4\% | - Vitamin C 2\% <br> - Iron 0\% |  |  |
| :---: | :---: | :---: | :---: |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |  |  |
|  | Calories: | 2,000 | 2,500 |
| Total Fat | Less than | 65 g | 80 g |
| Saturated Fat | Less than | 20g | 25 g |
| Cholesterol | Less than | 300 mg | 300 m |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydr |  | 300 g | 375 g |
| Dietary Fiber |  | 25 g | 30 g |

## Tuna Dip *

Yield: approximately $21 / 2$ cups

## I ngredients:

1 (6-ounce) can tuna in water
1 (16-ounce) container lowfat cottage cheese
Optional: $1 / 4$ cup cheese
1 small carrot
(approximately $1 / 4$ cup)
3-4 stalks green onion

## Directions:

1. DRAIN tuna.
2. In a medium bowl, MIX tuna and cottage cheese.
3. Optional: GRATE cheese and carrot. Finely CHOP onion.
ADD optional ingredients to the tuna and cottage cheese.
4. COVER and REFRIGERATE until ready to SERVE.

| Nutrition Facts |  |
| :---: | :---: |
| Serving Size 1/4 cup (62g) |  |
| Servings Per Container 10 |  |
| Amount Per Senving |  |
| Calories 50 Calories from Fa | Calories from Fat 10 |
|  | \% Dally Value* |
| Total Fat 1g | $1 \%$ |
| Saturated Fat Og | Fat Og 2\% |
| Trans Fat 0 g | Og 0\% |
| Cholesterol 10 mg | 10 mg 3\% |
| Sodium 180mg | mg 8\% |
| Total Carbohydrate 2 g | hydrate $2 \mathrm{~g} \quad 1 \%$ |
| Dietary Fiber Og | er 0 g 0\% |
| Sugars 1g |  |
| Protein 9g |  |
| Vitamin A 0\% . Vitamin C 0\% | Calcium 4\% . Iron 0\% |
| -Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |
|  | Calories: $2,000 \quad 2,500$ |
| Total Fat Less than 659 g | Less than $658 \mathrm{~g} \quad 80 \mathrm{~g}$ |
| Saturated Fat Less than 20 g | Less than 209259 |
| Cholesterol Less than 300 mg Sodium Less than 2.400 mg |  |
| Sotal Carbohydratess Than |  |
| Dietary Fiber $\quad 25 \mathrm{~g}$ | $25 \mathrm{~g} \quad 30 \mathrm{~g}$ |
| Calories per gram. Fat 9 Carbohydrate 4 | 2. Fat 0 Carbohydrate 4. Protein 4 |

## Variations:

Serve with crackers or vegetable pieces.
Serve as a dip or filling.

## Tuna Sunshine Mix $上$

Yield: approximately $1 ½$ cup

## I ngredients:

1 (6-ounce) can tuna in water
$1 / 2$ carrot
$1 / 2$ cup nonfat powdered milk
$1 / 4$ cup mayonnaise
pepper to taste
Optional: $1 / 4$ cup round onion
$1 / 4$ cup celery
2 tablespoons pickle relish

## Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: ADD finely CHOPPED onion, celery, and relish to mixture.
5. REFRIGERATE until ready to serve.

## Variations:

Use as a sandwich spread, cracker topping, or as a vegetable dip.

## Bean Salad Spread ※

## Number of servings: 16

## I ngredients:

2 (15-ounce) cans beans (pinto, kidney, garbanzo)
$1 / 2$ small round onion
$1 / 2$ cup bell pepper OR celery, OR a mixture of both
$11 / 2$ tablespoons lemon juice OR vinegar
$1 / 4$ teaspoon salt
$1 / 4$ teaspoon powdered mustard
Optional: 2-3 tablespoons water

## Directions:

1. RINSE and DRAIN beans.
2. MINCE onion and bell pepper and/OR celery.
3. In a large bowl, MASH beans until half of them form a paste.
4. ADD lemon juice OR vinegar, salt and mustard to bean paste.

5. ADD onion and bell pepper and/OR celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and COVER bowl. REFRIGERATE until ready to serve.

## Variations:

Dry beans may be used. Cook according to package directions. Serve spread on tortillas, whole wheat crackers, or pita bread. Use as a dip for vegetables.

Notes *

## II <br> Soups and Stews $\because$

The traditional method for making soups and stews is to simmer bones and meats with seasonings for several hours. For the busy cook, convenient canned, dried and frozen products are available.


Notes *

## Hamburger Stew ※

## Number of servings: <br> 7

## I ngredients:

1 small round onion
2 stalks celery
2-3 medium potatoes
1-2 medium carrots
1 thumb size piece ginger
1 clove garlic
1 pound lean ground beef
Water to cover
Seasoning:
1 (8-ounce) can tomato sauce
2 teaspoons salt
$1 / 8$ teaspoon pepper
$1 / 2$ teaspoon sugar
1 tablespoon soy sauce
Thickening:
2 tablespoons flour
$1 / 4$ cup water

| Nutrition Facts |  |  |
| :---: | :---: | :---: |
| Serving Size 1 cup (340g) Servings Per Container |  |  |
| Amount Per Senving |  |  |
| Calories 200 Calories from Fat 60 |  |  |
| \% Daily Value* |  |  |
| Total Fat 79 |  | $10 \%$ |
| Saturated Fat $2.5 \mathrm{~g} \quad 13 \%$ |  |  |
| Trans Fat 0.5g 0\% |  |  |
| Cholesterol 40mg 14\% |  |  |
| Sodium 1040mg $45 \%$ |  |  |
| Total Carbohydrate 20g |  |  |
| Dietary Fiber 3g |  |  |
| Sugars 3g |  |  |
| Protein 15g |  |  |
| Vitamin A 50\% - Vitamin C 20\% <br> Calcium 4\% . Iron 15\% |  |  |
| -Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |  |
| Calories: $2.000 \quad 2.500$ |  |  |
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## Directions:

1. CHOP onion, celery, potatoes, and carrots.
2. CRUSH ginger and garlic.
3. In a large pot, FRY lean ground beef. POUR out fat.
4. ADD ginger and garlic to ground beef. STIR.
5. ADD onion, celery, potatoes, and carrot. STIR.
6. ADD water to cover the ingredients. ADD seasoning.
7. COOK until vegetables are tender. STIR.
8. In a small bowl, MIX flour and water mixture. ADD to stew to thicken.

## Variations:

Use frozen and canned vegetables.
Use ground chicken or ground turkey instead of lean ground beef.
Use cream of mushroom soup instead of tomato sauce.

## Bean Soup*

## Number of servings: 9

## I ngredients:

1 (15-ounce) can kidney beans
1 clove garlic
1 small round onion
1-2 ribs celery
1 medium carrot
1 medium potato
$1 / 2$ small cabbage
4 cups water OR 2 ( $141 / 2$-ounce) cans chicken OR beef broth
1 (8-ounce) can tomato sauce

## Directions:

1. DRAIN and RINSE beans. SET aside.
2. MINCE garlic. SET aside.
3. DICE onion, celery, carrot, and potato. SET aside.
4. CHOP cabbage and SET aside.
5. In a large pot ADD water OR broth, beans, garlic, onion, celery, carrot, and tomato sauce.

| Nutrition Facts |  |
| :---: | :---: |
| Serving Size 1 cup (254g) |  |
|  |  |
| Amount Per Serving |  |
| Calories 90 Calories from Fat 0 |  |
|  | \% Daily |
| Total Fat 0 g | 9 1\% |
| Saturated Fat 0g | Fat Og |
| Trans Fat 0 g | 0 O |
| Cholesterol Omg | Omg 0\% |
| Sodium 160mg | Omg 7\% |
| Total Carbohydrate 19 g | hydrate 19 g |
| Dietary Fiber 6 g | er 6g |
| Sugars 49 |  |
| Protein 5 g |  |
| Vitamin A 20\% - Vitamin C 30\% <br> Calcium 4\% - Iron 4\% |  |
| "Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |
|  |  |
| Calories: 2.000 |  |
| Toal Fat Lesss than 659 |  |
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6. SIMMER for 20-30 minutes.
7. ADD potato and continue cooking until soft.
8. ADD cabbage just before serving.

## Variations:

Any vegetables may be used.
Use any pasta/noodles (macaroni).
Portuguese sausage, turkey, or ham may be used.
Dry beans may be used. Cook according to directions
Broth may be made from meat bones.

## Corn Chowder 灾

## Number of servings: 8

## I ngredients:

1 medium round onion
3 medium potatoes
3 slices bacon
water to cover
2 (12-ounce) cans corn
3 cups milk
salt and pepper to taste
Thickening:
2 tablespoons cornstarch
$1 / 4$ cup water

## Directions:

1. DICE onion and potatoes. SET aside.
2. SLICE bacon to $1 / 2$ inch lengths.
3. In a large pot, FRY bacon until medium done.
4. POUR out excess fat.

5. ADD onion to bacon and COOK until transparent.
6. ADD potatoes and enough water to cover.
7. SIMMER until potatoes are tender.
8. ADD corn, milk, salt, pepper, and HEAT until hot.
9. In a small bowl, MIX thickening ingredients and ADD to soup.
10. STIR until slightly thickened.

## Variations:

Use cream style or whole corn.
Use ham instead of bacon (fat content will be lower).
Use powdered milk instead of liquid milk (1 cup powdered milk and water to make 3 cups).
Add clams to make clam chowder.

## Vegetable Soup

## Number of servings: 8

## I ngredients:

2 bunches mustard cabbage
$1 / 2$ pound lean pork
8 cups broth (any type)
2 teaspoons soy sauce
salt to taste

## Directions:

1. CUT mustard cabbage and SET aside.
2. Thinly SLICE pork.
3. In a small pot, FRY pork. SET aside.
4. In a large pot, bring broth to a BOIL.
5. ADD soy sauce and salt.
6. ADD pork, then REDUCE heat and SIMMER until pork is cooked.
7. ADD cabbage and COOK until tender, uncovered.

| Nutrition Facts |  |  |
| :---: | :---: | :---: |
| Serving Size 1 cup (205g) |  |  |
| Servings Per Container 8 |  |  |
| Amount Per Serving |  |  |
| Calories 50 Calories from Fat 20 |  |  |
| \% Daily Value* |  |  |
| Total Fat 2 g |  | $3 \%$ |
| Saturated | Fat 0.5 g | $3 \%$ |
| Trans Fat |  | $0 \%$ |
| Cholesterol | 15 mg | 5 \% |
| Sodium 770 | Omg | $33 \%$ |
| Total Carbo | hydrate 19 | \% |
| Dietary Fib | er 0 g | $2 \%$ |
| Sugars 0g |  |  |
| Protein 7g |  |  |
| Vitamin A 20\% . Vitamin C 30\% <br> Calcium 2\% . Iron 4\% |  |  |
| -Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |  |
| Calories: $2,000 \quad 2,500$ |  |  |
|  | Less than 650 |  |
|  |  |  |
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## Variations:

Use any meat/bones to make broth.
Use watercress, cut into $1 \frac{1}{2}$ inch lengths, or any other vegetables.

## Adobo Meat ※

## Number of servings: <br> 4

## I ngredients:

1 clove garlic
1 pound boneless meat
3 tablespoons vinegar
$1 / 2$ cup water
1 tablespoon soy sauce
1 bay leaf
salt to taste
$1 / 2$ teaspoon peppercorns
1 cup peas

## Directions:

1. CRUSH garlic. SET aside.
2. CUT meat into bite-sized pieces.
3. In a medium pot, MIX vinegar, water, and soy sauce. ADD garlic, meat, bay leaf, salt, and peppercorns.
4. Bring mixture to a BOIL. STIR.
5. LOWER heat and SIMMER for 30 minutes ( 45 minutes for pork).
6. UNCOVER and SIMMER until liquid evaporates and meat is lightly BROWNED.
7. ADD peas, STIR and COOK till heated.

## Variations:

Pork or chicken are commonly used.
Add potatoes and vegetables as desired.

## Chicken and Beans

## Number of servings: <br> 6

## I ngredients:

1 (15-ounce) can kidney beans
1 clove garlic
1 medium round onion
$21 / 2$ pounds boneless skinless chicken thighs
1 (8-ounce) can tomato sauce
$1 / 4$ cup vinegar
1 teaspoon sugar
salt and pepper to taste

## Directions:

1. DRAIN and RINSE beans. SET aside.
2. CRUSH garlic. SET aside.
3. DICE onion. SET aside.
4. DICE chicken thighs.
5. In large pot, COOK chicken until half done.
6. ADD garlic, onion, tomato sauce, vinegar, sugar, salt, and pepper.

7. SIMMER for $30-45$ minutes or until chicken is tender.
8. ADD kidney beans and SIMMER for 5-10 more minutes.

## Variations:

Cider, white, and J apanese rice wine vinegar differs in flavor.
Other vegetables may be used.
Dry beans may be used. See package for cooking directions.

## Chicken Cacciatore

## Number of servings: <br> 8

## I ngredients:

1 small round onion
1 rib celery
1 clove garlic
3 pounds boneless skinless chicken pieces
2 (8-ounce) cans tomato sauce
$1 / 2$ cup water
$1 / 2$ teaspoon oregano
salt and pepper to taste

## Directions:

1. CHOP onion and celery. SET aside.
2. MINCE garlic. SET aside.
3. In a large pot/skillet, FRY chicken for a few minutes.
4. ADD and SAUTÉ onion, celery, and garlic. MIX.
5. ADD tomato sauce, water, oregano, salt, and pepper. MIX well.
6. SIMMER uncovered for 30-40 minutes.


## Variations:

Use canned whole or stewed tomatoes and/or mushrooms.
Add bell peppers if desired.

## Chili

## Number of servings: <br> 6

## I ngredients:

1 large round onion
1-2 cups kidney and/OR pinto beans
$1 / 2$ pound lean ground beef
1 (8-ounce) can tomato sauce
1 (14 $1 / 2$-ounce) can stewed tomatoes
1 cup water
1 teaspoon chili powder salt to taste

## Directions:

1. CHOP onion. SET aside.
2. RINSE and DRAIN beans. SET aside.
3. In a large pot, FRY ground beef. DRAIN off fat. ADD onions.
4. MIX well and COOK until tender.

5. STIR in tomato sauce, stewed tomatoes, water, chili powder and salt into meat.
6. ADD beans to mixture. MIX well.
7. SIMMER for $10-20$ minutes STIRRING occasionally.

## Variations:

Use corn, pepper, bell pepper, and chili peppers.
Pork and beans or dry beans may be used. Cook according to directions.

## Pot Roast Chicken*

## Number of servings: 5

## I ngredients:

1 thumb size piece ginger
1 clove garlic
1 bunch Chinese parsley
$21 / 2$ pounds boneless skinless chicken thighs
2 tablespoons soy sauce
$1 / 2$ cup water
$1 / 4$ teaspoon sugar
salt and pepper to taste
Thickening:
2 tablespoons cornstarch
$1 / 4$ cup water

## Directions:

1. CRUSH ginger and garlic. SET aside.
2. CHOP Chinese parsley into $1 \frac{1}{2}$ inch lengths. SET aside.
3. RINSE and DRY chicken thighs.
4. In a medium bowl, MIX ginger, garlic, and soy sauce.

5. RUB mixture into chicken and REFRIGERATE for 30 minutes.
6. In a large pot, FRY chicken on all sides.
7. ADD water, sugar, salt, and pepper.
8. COVER and COOK on low heat for 45 minutes or until tender.
9. In a small bowl, MIX thickening ingredients and STIR into chicken mixture until it thickens.

## Variations:

Add vegetables as desired.
Herbs such as rosemary or thyme may be used.

## Stew

Number of servings: 10

## I ngredients:

1 small round onion
1-2 ribs celery
4 medium carrots
4 medium potatoes
2 cloves garlic
2 pounds lean meat
1 (8-ounce) can tomato sauce
$1 / 2-1$ teaspoon salt
1-2 bay leaves
water to cover
Thickening:
3 tablespoons flour
$1 / 4$ cup water

## Directions:

1. CHOP onion, celery, carrots, and potatoes. SET aside.
2. CRUSH garlic.
3. CHOP meat into bite-sized pieces.
4. In a large pot, FRY meat and garlic. STIR.
5. ADD tomato sauce, salt, bay leaf, and water. STIR.
6. COVER and SIMMER for 1-2 hours or until meat is tender. Liquid needs to cover meat. ADD water as necessary.
7. ADD onions, celery, carrots, and potatoes. STIR.
8. SIMMER for 10-15 minutes or until vegetables are tender.
9. MIX thickening ingredients and ADD to stew. STIR.
10. SIMMER and stir until thickens.

## Variations:

You can add frozen vegetables.
Add 2-3 teaspoons curry powder in place of tomato sauce.

## Sweet and Sour Meat

## Number of servings: 6

I ngredients:
1 bell pepper
$11 / 2$ pounds lean meat (pork OR beef)
1 (20-ounce) can pineapple chunks in pineapple juice
$3 / 4$ cup water
$1 / 4$ cup vinegar
1 tablespoon soy sauce
$1 / 4$ cup sugar
salt and pepper to taste
Thickening:
2 tablespoons cornstarch
$1 / 4$ cup water

## Directions:

1. CUBE bell pepper. SET aside.
2. CUT meat into cubes. SET aside.
3. In a small bowl DRAIN pineapple and KEEP the pineapple juice.
4. MIX pineapple juice, water, vinegar, soy sauce, sugar, salt, and pepper.
5. In a large pot, FRY meat on all sides.
6. POUR liquid ingredients over meat.
7. COVER and SIMMER for 1 hour or until tender.
8. ADD pineapple chunks and bell pepper.
9. COOK 5-10 minutes more.
10. In a small bowl, MIX thickening ingredients together.
11. ADD thickening to meat. STIR well.

## Variations:

Add 2 cloves garlic and/or 1 thumb size piece ginger for more flavoring.
Canned meats may be used.

Notes *

## III Stir-Frys and Skillet Meals $¥$

Stir fry is to cook sliced foods quickly in a skillet or wok. Foods are toss-cooked and seared keeping vegetables crisp and meats tender.


Notes *

## Beef Tomato

## Number of servings: <br> 6

## I ngredients:

1 pound lean beef
1 clove garlic
1 round onion
2 ribs celery
2 bell peppers
2 tomatoes
Marinade for beef:
2 teaspoons cornstarch
1 teaspoon sugar
3 tablespoons soy sauce
Gravy:
salt and pepper to taster
1 teaspoon sugar
2 teaspoons cornstarch
$1 / 4$ cup water

## Directions:

1. SLICE beef into $1 / 8$ inch thickness.

2. In a small bowl, COMBINE marinade and ADD beef and SET aside. SOAK beef for 15 minutes.
3. CRUSH garlic. SET aside.
4. CHOP onion, celery, bell peppers, and tomatoes.
5. In a large pot, ADD marinated beef and garlic. FRY lightly until cooked. REMOVE meat from pan onto a plate.
6. Using the same pot, ADD onion, celery, and bell pepper. STIR FRY a few minutes.
7. RETURN beef to pot.
8. In a small bowl MIX gravy ingredients and ADD to beef and vegetables.
9. ADD tomatoes. HEAT and STIR until gravy is clear.

## Variations:

Other meats may be used.
Other vegetables may be used.

## Chop Suey*

## Number of servings: 4

## I ngredients:

1 medium round onion
1 clove garlic
3/4-1 pound pork OR chicken
2 (10-ounce) packages chop suey mix

Seasoning:
1 tablespoon ginger
2 tablespoons soy sauce
$1 / 2$ teaspoon sugar
Optional: $1 / 2$ teaspoon salt
Gravy:
1 tablespoon cornstarch
1 cup broth
1 tablespoon soy sauce
$1 / 2$ teaspoon sugar

## Directions:

1. SLICE onion. SET aside.
2. MINCE ginger and CRUSH garlic. SET aside.
3. SLICE pork or chicken into thin strips.
4. In a small bowl, COMBINE seasonings and SET aside. Optional: ADD salt.
5. In another small bowI, MIX gravy ingredients. SET aside.
6. In a large pot, FRY pork or chicken.
7. ADD garlic and seasoning, MIX well.
8. ADD onions and chop suey mix. MIX well.
9. ADD gravy ingredients to vegetables. MIX well.

## Variations:

Use other fresh vegetables such as carrots and broccoli and other meats.

## Chow Fun *

## Number of servings: <br> 8

## I ngredients:

$3 / 4$ pound lean meat
5-6 stalks green onion and/OR 1/2 medium round onion
2 (12-ounce) packages refrigerated chow fun noodles
2 (10-ounce) packages chop suey mix and/OR bean sprouts
Optional: sesame seeds
Chinese parsley
Marinade:
1 thumb size piece ginger
1 tablespoon soy sauce
$1 / 2$ teaspoon sugar
$1 / 2$ teaspoon salt
Seasoning:
1 thumb size piece ginger
$1 / 2$ teaspoon salt
1 teaspoon sugar
3 tablespoons soy sauces


## Directions:

1. CRUSH ginger for marinade and seasoning. SET aside.
2. SLICE meat into strips.
3. In a small bowl, MIX marinade ingredients and ADD meat.
4. SLICE green onion and/OR round onion. SET aside.
5. In a small bowl, MIX seasoning ingredients.
6. In a large pot or skillet, SAUTE meat until BROWN.
7. ADD chow fun noodles to meat, MIX.
8. ADD seasoning and vegetables to noodles, MIX WELL.
9. STIR FRY until vegetables are tender but crisp.
10. ADD optional items as garnish.

## Variations:

Use various vegetables.
Use various fresh or canned meats.

## Eggplant with Garlic Sauce*

## Number of servings: 4

## I ngredients:

1 medium carrot
1 medium bell pepper
2 medium eggplants
1 thumb size piece ginger
1 clove garlic
1 pound lean ground meat
Sauce:
1 tablespoon sugar
1 tablespoon cornstarch
$1 / 4$ cup soy sauce
1 tablespoon vinegar
Optional: chili pepper

## Directions:

1. SLICE carrot, bell pepper, and eggplants. SET aside.
2. MINCE ginger and garlic. SET aside.
3. In a small bowl, COMBINE sauce

| Nutrition Facts |  |
| :---: | :---: |
| Serving Size 1 cup (449g) Servings Per Container |  |
| PiPer Serving |  |
| Calories 310 Calories from Fat |  |
|  | \% Daily Value |
| Total Fat 12 g | -18\% |
| Saturated Fat 4.59 | at 4.59 |
| Trans Fat 0.59 | 0.59 |
| Cholesterol 75 mg | 75mg |
| Sodium 1000mg | Omg |
| Total Carbohydrate 24 g | ydrate 249 |
| Dietary Fiber 10 g | er 10 g |
| Sugars 119 |  |
| Protein 27 g |  |
| $\begin{array}{\|l} \begin{array}{l} \text { Vitamin A 50\% } \\ \text { Calcium 6\% } \end{array} \text { Vitamin C 60\% } \\ \text { Iron 20\% } \end{array}$ |  |
|  |  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higheror lower depending on your calorie needs: |  |
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chili pepper.
4. In a large pot, FRY meat with garlic and ginger.
5. ADD carrot, bell pepper, and eggplants. STIR FRY until almost done.
6. ADD sauce to mixture and STIR.

## Variations:

Other vegetables may be used.
Other meats may be used.

## Gon Lo Mein쁜

## Number of servings: 10

## I ngredients:

$1 / 2$ (12-ounce) can luncheon meat
2 (10-ounce) packages chop suey mix
$1 / 2$ cup oyster sauce
2-3 tablespoons water
2 (10-ounce) packages refrigerated chow mein noodles

## Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, MIX.
4. In a small bowl, COMBINE oyster sauce and water (to total about $2 / 3$ cups), and POUR over vegetables. MIX well.
5. ADD noodles and MIX.


## Variations:

Use other sliced meats.
Use $11 / 2$ cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.
For topping add:
scrambled eggs (sliced thinly), green onions (cut into 1-inch lengths), Chinese parsley (cut into 1 -inch lengths)

## Leafy Tofu*

## Number of servings: 6

## I ngredients:

1 (20-ounce) container tofu
2 bunches spinach
1-2 tablespoons oil
2 tablespoons soy sauce
1 teaspoon toasted sesame seeds

## Directions:

1. DRAIN tofu.
2. DICE tofu into 1 -inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

## Variations:

May use other dark green leafy vegetables or cabbage.


## Oyster Chicken with Broccoli $\approx$

## Number of servings: <br> 8

## I ngredients:

2 pounds broccoli
1 small round onion
1 clove garlic
1 thumb size piece ginger
$21 / 2$ pounds chicken thighs
2-3 tablespoons oyster sauce salt and pepper to taste

Thickening:
2 tablespoons cornstarch
$1 / 4$ cup water

## Directions:

1. CLEAN and CUT broccoli into bitesized pieces. SET aside.
2. DICE onion. SET aside.
3. MINCE garlic and ginger. SET aside.
4. CUT chicken into bite-sized pieces.
5. In a large pot, FRY chicken for 2-3 minutes. STIR.

| Nutrition Facts |  |
| :---: | :---: |
| Serving Size 1 cup (285g) Servings Per Container 8 |  |
| Amount Per Sering |  |
| Calories 230 Calories from Fat 60 |  |
|  | \% Dali Val |
| Total Fat 6 g | 9\% |
| Saturated Fat 1.5g | \% |
| Trans Fat 0g | 0\% |
| Cholesterol 115mg | $39 \%$ |
| Sodium 360 mg | 16\% |
| Total Carbohydrate 11 g | $11 \mathrm{~g} \quad 4 \%$ |
| Dietary Fiber 3g | 12\% |
| Sugars 3g |  |
| Protein 319 |  |
| Vitamin A $20 \%$ - Vitamin C 170\% <br> Calcium $8 \%$ - Iron $15 \%$ |  |
| - Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higheror lower depending on your calorie needs: rower depen |  |
| $\begin{array}{ll} \text { Total Fat } & \text { Less than } 65 \mathrm{~g} \\ \text { Saturated Fat } & \text { Less than } 20 \mathrm{~g} \end{array}$ |  |
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|  |  |
|  |  |
| Calores per gram: fal 9 Cataonymale 4 | Sondatat 4 Proem |

6. ADD garlic and ginger.
7. ADD broccoli, onion, and oyster sauce. MIX well.
8. MIX and SIMMER for about 5 minutes.
9. ADD salt and pepper. MIX.
10. COOK until broccoli is almost done.
11. In a small bowl, MIX thickening ingredients and ADD to mixture.
12. STIR FRY until broccoli is done and gravy is thickened.

## Variations:

Other fresh or frozen vegetables may be used.
Other meats may be used.

## Pancit 企

## Number of servings: 5

## I ngredients:

2 quarts of water
1 (8-ounce) package pancit
(Filipino-style) noodles
1 clove garlic
1 small round onion
1 rib celery
1 carrot
$1 / 2-1$ pound lean pork
salt and pepper to taste

## Directions:

1. In a large pot, BRING water to a BOIL.
2. ADD noodles and COOK for a few minutes.
3. DRAIN and SET aside.
4. CRUSH garlic.
5. SLICE onion into thin slices.
6. SLICE celery and carrots.
7. SLICE pork into strips.
8. In a large pot, COOK garlic, onion, celery, carrots, and pork. ADD salt and pepper.
9. MIX and HEAT thoroughly.
10. On a large platter, PLACE noodles and TOP with pork mixture.

## Variations:

Other vegetables may be used.
May use other noodles.
Dried shrimps may be used.

## Pork Tofu

## Number of servings: <br> 6

## I ngredients:

1 round onion
3-4 stalks green onions OR watercress
1 thumb size piece ginger
1 (20-ounce) container tofu
1 pound lean pork
3 tablespoons soy sauce
1 tablespoon sugar

## Directions:

1. DICE onion. SET aside.
2. CHOP green onion or watercress into 2 inch lengths. SET aside.
3. CRUSH ginger. SET aside.
4. DRAIN and CUBE tofu.
5. SLICE pork in thin strips.
6. In a large pot, FRY pork for a few minutes.
7. ADD onion, ginger, soy sauce and sugar to pork.
8. Bring to a BOIL and SIMMER covered on low heat for 5 minutes.
9. ADD tofu and continue cooking till tofu is heated thoroughly.
10. ADD green onions OR watercress. SERVE.

## Variations:

Other meats may be used.
Other vegetables such as eggplant may be used.

## Vegetable Stir-Fry ※

## Number of servings: <br> 5

## I ngredients:

1 pound lean meat
1 medium head (approximately $11 / 2 \mathrm{lbs}$ ) won bok cabbage

Sauce:
1 clove garlic
1 thumb size piece ginger
1 tablespoon soy sauce
1 teaspoon cornstarch
$1 / 2$ teaspoon sugar

## Directions:

1. SLICE meat into thin strips. SET aside.
2. CRUSH garlic and ginger.
3. In a small bowl, COMBINE sauce ingredients: garlic, ginger, soy sauce, cornstarch, and sugar.
4. MARINATE meat in above sauce for about 15-20 minutes.
5. CUT cabbage into 1-2 inch lengths.
6. In a large pan or wok, STIR FRY meat.
7. ADD vegetables and STIR FRY for a few minutes.

## Variations:

Other fresh or frozen vegetables may be used.
Sauce variations may be added to vegetable stir-fry during cooking.
Sauce Variations:
ADOBO: 1 clove garlic (minced), $1 / 4$ cup white vinegar, $1 / 4$ teaspoon black peppercorns (cracked or freshly ground), 2 tablespoons soy sauce, $1 / 4$ teaspoon salt, 1 bay leaf (break into 3 pieces).
KALBI: $1 / 4$ cup soy sauce, 1 tablespoon honey*, 1 tablespoon sugar, 1 teaspoon sesame seeds (roasted and ground), 1 teaspoon sesame oil, 1 clove garlic (minced), 1 tablespoon green onions (minced). *Kalbi sauce may be consumed by persons over 2 years of age because of presence of honey.

## Variations (continued):

HOT GARLIC: $1 / 4$ teaspoon dried red chili pepper flakes, 2 teaspoons minced ginger, 2 cloves garlic (minced), 2 teaspoons sugar, 2 teaspoons cornstarch, 1 tablespoon white vinegar, $1 / 4$ cup water.
OYSTER: 1 clove garlic (minced), 2 tablespoons green onions (minced), 1 tablespoon cornstarch, 1 tablespoon sugar, 1 teaspoon soy sauce, $1 / 4$ cup oyster sauce.

## Vegetables w/ Luncheon Meat

Number of servings: 4

## I ngredients:

1 small head cabbage
$1 / 2$ (12-ounce) can luncheon meat
1 package oriental seasoning mix
2 ½ cup water

## Directions:

1. SLICE cabbage.
2. SLICE luncheon meat.
3. In a large pan, FRY luncheon meat for a few minutes until lightly BROWNED.
4. ADD cabbage and packaged seasoning mix with water, STIRRING frequently.
5. REMOVE from heat and SERVE.

## Variations:

Turkey, ham, or sausages may be used. Use any vegetables.


## Egg Fu Yung*

## Number of servings: 4

## I ngredients:

6 leaves green onion
1 rib celery
6 eggs
$1 / 2$ (10-ounce) package bean sprouts
salt and pepper to taste
1 tablespoon oil

## Directions:

1. CUT green onions to 1 inch lengths.
2. CUT celery into thin strips.
3. In a medium bowl, BEAT eggs.
4. ADD bean sprouts, salt, and pepper to eggs.
5. In a large frying pan, HEAT $1 / 2$ tablespoon vegetable oil.
6. POUR half of mixture into heated frying pan.
7. FOLD in half or thirds.
8. BROWN on both sides and PLACE on platter.

9. ADD remaining $1 / 2$ tablespoon oil and COOK the other half of mixture and PLACE on platter.

## Variations:

Leftover meats may be added, such as roast beef, turkey, or chopped ham.
Cooked cubed boneless ahi, ono, or mahimahi can be used for a seafood variation.
Fry leftover poke for an interesting twist.
Add some tomato salsa to the eggs or on top for a Mexican flair. Add a scoop of chili on top and serve.
Substitute 1 package chop suey vegetables in place of bean sprouts.
Canned meats may be added, such as tuna, chicken, turkey or luncheon meats.

## Scrambled Tofu*

Number of servings: 4

## I ngredients:

1 (20-ounce) container tofu
1 tablespoon butter
$1 / 2$ (10-ounce) package bean sprouts
2 eggs
salt and pepper to taste
Optional: garlic
watercress
mushrooms
cheese
bell pepper
green onions chop suey mix

## Directions:

1. DRAIN tofu.
2. In small bowl, DICE or MASH tofu.
3. Optional: CRUSH garlic.

SLICE - watercress,
mushrooms, cheese, bell peppers, and green onions.
4. In a pan, MELT butter. ADD tofu.
5. ADD bean sprouts and optional ingredients. SAUTÉ over medium heat until lightly browned.
6. BEAT eggs and ADD to tofu mixture. COOK until firm.
7. SPRINKLE salt and pepper to taste.
8. STIR and COOK until firm.

## Variations:

Sauté one or more optional ingredients with tofu. Season to taste.

## Fried Rice

## Number of servings: 9

## I ngredients:

1 medium round onion
2 eggs
1 cup cooked meat
1 tablespoon oil
4 cups cooked rice
2 cups frozen peas OR mixed vegetables
2 teaspoons soy sauce

## Directions:

1. CHOP onion. SET aside.
2. In a small bowl, BEAT eggs.
3. CUBE or SLICE meat.
4. In a skillet or pan HEAT oil, COOK onion and eggs.
5. ADD meat and COOK until hot.
6. ADD rice.
7. TOSS and STIR gently until rice is heated through.
8. ADD peas OR mixed vegetables and soy sauce, MIX well.
9. HEAT until vegetables are cooked.

| Nutrition Facts |  |  |
| :---: | :---: | :---: |
| Serving Size 1 cup (160g) |  |  |
| Servings Per Container 9 |  |  |
| Amount Per Serving |  |  |
| Calories 180 Calories from Fat 30 |  |  |
| \% Daily Value* |  |  |
| Total Fat 4 |  | $5 \%$ |
| Saturated | Fat 1 g | $4 \%$ |
| Trans Fat |  | $0 \%$ |
| Cholestero | 60mg | 19 \% |
| Sodium 19 |  | 8 \% |
| Total Carbo | hydrate 28g | $9 \%$ |
| Dietary Fib | eer 2 g | $7 \%$ |
| Sugars 3g |  |  |
| Protein 9g |  |  |
| Vitamin A 8\% - Vitamin C 4\%  <br> Calcium 2\% : Iron $8 \%$ |  |  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |  |
|  | Calories: 2,000 | 2,500 |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Calories per gram: Fat 9 Carbohydrate 4-Protein 4 |  |  |

## Variations:

Use cooked brown rice for a hearty flavor and an even brown color.
Use any leftover cooked meats.
Use any available or leftover vegetables (fresh, canned, or frozen vegetables; bite sized pieces).
Use oyster sauce.

## Cheesy Casserole

## Number of servings: 9

## I ngredients:

1 small round onion
1 clove garlic
1 large zucchini
1 crown broccoli
2 tablespoons butter
2 tablespoons flour
$1 / 2$ tablespoon oregano
$1 / 2$ teaspoon basil
1 cup reduced fat milk
4 cups cooked noodles (any type)
$11 / 2$ cups grated Monterey Jack OR other cheese

## Directions:

1. CHOP onion. SET aside.
2. MINCE garlic. SET aside.
3. CUT zucchini and broccoli into bitesized pieces. SET aside.
4. In skillet or pan, MELT butter. ADD onion and garlic. SAUTÉ for a few minutes.
5. STIR in flour and ADD oregano and basil. MIX.
6. REMOVE from heat and gradually STIR in milk.
7. ADD vegetables, noodles and 1 cup cheese.
8. MIX until sauce is well blended with vegetables and noodles.
9. RETURN to stove. COVER and COOK for 15 minutes.
10. REMOVE cover, ADD remaining $1 / 2$ cup cheese.
11. COOK uncovered for 10 minutes.

## Variations:

Use powdered milk instead of liquid milk ( $1 / 3$ cup powdered milk and water to make 1 cup).

## Skillet Lasagna츤

## Number of servings: <br> 8

## I ngredients:

1 cup cooked chicken OR turkey
1 (28-30 ounce) jar spaghetti sauce salt and pepper to taste
2 cups uncooked macaroni
2 cups water
2 (10-ounce) boxes frozen spinach
1 cup grated cheese

## Directions:

1. DICE or SHRED chicken OR turkey.
2. In a skillet or large pot, COMBINE chicken, sauce, salt, pepper, macaroni, and water.
3. Bring to a BOIL, REDUCE HEAT, COVER and SIMMER 20-25 minutes or until macaroni is tender.
4. ADD spinach and COOK until thawed. MIX well.
5. SPRINKLE with cheese.


## Variations:

Substitute tofu for meat (one block mashed and drained).

Notes *

## IV

## Healthy Eating for Wellness Food \& Nutrition Information Resources

How can healthy eating promote health and reduce risk for major chronic deseases?

There are three government food guidance publications, the Dietary Guidelines, the MyPyramid, and Nutrition Facts Labels. These are the recommendations for healthy Americans over the age of 2.

| Dietary Guidelines | www.health.gov/dietaryguidelines/ |
| :--- | :--- |
| MyPyramid | www.mypyramid.gov |
| Nutrition Facts Labels | www.cfsan.fda.gov |

Local publications developed by the NEW Team are intended to summarize these recommendations for our local audiences.

A Food Guide - Produce A Plate
www.ctahr.hawaii.edu/NEW/resources/FGP.pdf Making Healthy Choices
www.ctahr.hawaii.edu/NEW/resources/healthychoices.pdf
Safe Food Handling
www.ctahr.hawaii.edu/NEW/resources/safefood.pdf
Winning Ways In The Kitchen
www.ctahr.hawaii.edu/NEW/resources/winningways.pdf
Kitchen Safety
www.ctahr.hawaii.edu/NEW/resources/kitchensafety.pdf Meals In Minutes
www.ctahr.hawaii.edu/NEW/resources/mealsinminutes.pdf

## Vegetables and Fruits

www.ctahr.hawaii.edu/NEW/resources/vegetablesandfruits.pdf Herbs
www.ctahr.hawaii.edu/NEW/resources/herbs.pdf

## Family Time In The Kitchen

www.ctahr.hawaii.edu/NEW/resources/familytime.pdf

## Sauces, Dips and Dressings

www.ctahr.hawaii.edu/NEW/resources/saucesdipsdressings.pdf

## Fruit As Dessert

www.ctahr.hawaii.edu/NEW/resources/newsletters/fruitasdessert.pdf
Omiyage Options for Health
www.ctahr.hawaii.edu/NEW/resources/newsletters/omiyage.pdf
Healthy Meetings for Wellness
www.ctahr.hawaii.edu/NEW/resources/newsletters/healthymeetings.pdf

For more information, please visit the NEW web site at www.ctahr.hawaii.edu/NEW/

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## Cooperative Extension Service

Department of Family \& Consumer Sciences
Department of Human Nutrition, Food \& Animal Sciences
Department of Human Nutrition, Food \& Animal Scien University of Hawail at Manoa

COOPERATIVE EXTENSION SERVICE - UNIVERSITY OF HAWAII AT MANOA - COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES - $305 O$ MAILE WAY, HONOLULU, HAWAII TEARZ Tha UH-CTAHR Cooperative Extension Sevice and the U.S. Dopatmont of Agricuture cocperate in proserting to the pocple of Hawai programs and services without rogard to race, sex, age, religion, colb national origin, ancestry, disability, marital status. arrest and court record, sexual orientation, or vetoran status. The University is an equal opportunity, affirmative action institution

