TERITAGE OF TASTE FOR TEALTH

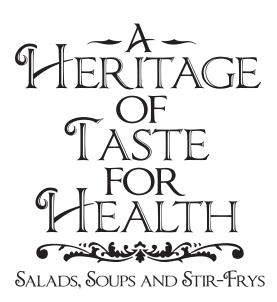
Salads, Soups and Stir-Frys

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
2007

In Appreciation %

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Notes %

Greetings,

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,

Associate Dean and Director of Cooperative Extension College of Tropical Agriculture and Human Resources University of Hawaii

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A Heritage of Taste for Health % Salads, Soups and Stir-Frys

Hawaii 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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Salads, Sides, Relishes, Sauces, Dips and Dressings 🔀

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.



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Bean Salad &

Number of servings: 14

Ingredients:

4 (15-ounce) cans beans (pinto, kidney, green, garbanzo)

1 small round onion

1 medium carrot

1 clove garlic

½ cup vinegar

1 teaspoon sugar

1/2 teaspoon pepper

Optional: 2 teaspoons oregano

Directions:

- RINSE and DRAIN beans. SET aside.
- 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, sugar, and pepper together. Optional: Add oregano. MIX well.
- 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.

Nutrition Factoring Size 1/2 cup (140 Servings Per Container 140 Servings P)g)
Amount Per Serving	
Calories 100 Calories from	Fat 0
%	Daily Value*
Total Fat 0g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol Omg	0 %
Sodium 20mg	1 %
Total Carbohydrate 18g	6 %
Dietary Fiber 6g	21 %
Sugars 2g	
Protein 6a	
Vitamin A 20% • Vitamin Calcium 4% • Iron 69	
*Percent Daily Values are based on calorie diet. Your daily values may to or lower depending on your calorie Calories: 2,000 Total Fat Less than 65q	be higher
Saturated Fat Cholesterol Less than 200g Sodium Less than 300mg Total Carbohydrate 300g Dietary Fiber 25g	25g 300mg ng 2,400mg 375g 30g
Calories per gram: Fat 9 · Carbohydrat	e 4 - Protein 4

Carrot and Raisin Salad &

Number of servings: 6

Ingredients:

2 cups carrots3/4 - 1 cup raisins1 tablespoon sugar1 teaspoon vinegar

Directions:

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

Nutrition Facts Serving Size 1/2 cup (66g) Servings Per Container 6 Amount Per Serving Calories 110 Calories from Fat 0 0 % Total Fat 0g Saturated Fat 0g 0 % Trans Fat 0g 0 % Cholesterol Omg 0 % Sodium 30mg 1 % 9% Total Carbohydrate 26g Dietary Fiber 2g 8 % Sugars 23g Protein 1g Vitamin A 120% Vitamin C 4 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: Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

Creamy Vegetable/Fruit Salad 🕸

Number of servings: 6

Ingredients:

3 cups fresh, frozen, canned OR dried fruit OR 3 cups fresh OR frozen vegetables

1 (8-ounce) container flavored lowfat yogurt

Directions:

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

Nutrition Facts Serving Size 1/2 cup (139g) Servings Per Container 6	
Amount Per Serving	_
Calories 80 Calories from Fat	5
% Dail	y Value*
Total Fat 0.5g	1 %
Saturated Fat 0g	2 %
Trans Fat 0g	0 %
Cholesterol less than 5 mg	1 %
Sodium 30mg	1 %
Total Carbohydrate 16g	5 %
Dietary Fiber 1g	5 %
Sugars 13g	
Protein 2g	
Vitamin A 6% • Vitamin C Calcium 8% • Iron 2%	35%
*Percent Daily Values are based on a 2 calorie diet. Your daily values may be hi or lower depending on your calorie need: Calories: 2.000 2	igher
Total Fat Less than 65g 8 Saturated Fat Less than 20g 2	0g 5g 00mg ,400mg 75g 0g

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 &

Number of servings: 9

Ingredients:

1 head lettuce

2 medium tomatoes

1 small round onion

1-2 cups cooked pinto OR kidney beans

1 clove garlic

½ pound lean ground beef

½ teaspoon chili powder

1/4 - 1/2 teaspoon salt

½ 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.
- 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.

Nutrition Serving Size 1 cup Servings Per Conta	o (195g)
Amount Per Serving	
Calories 120 Calorie	es from Fat 35
	% Daily Value*
Total Fat 3.5g	6 %
Saturated Fat 1.5	ig 8%
Trans Fat 0g	0 %
Cholesterol 20mg	6 %
Sodium 270mg	12 %
Total Carbohydrate	e 13g 4 %
Dietary Fiber 4g	14 %
Sugars 4g	
Protein 10g	
	450/
Vitamin A 10% . Calcium 8% .	Vitamin C 15% Iron 8%
*Percent Daily Values are calorie diet. Your daily val or lower depending on you Calories:	ues may be higher ur calorie needs:
Total Fat Less tha Saturated Fat Less tha Cholesterol Less tha	n 65g 80g n 20g 25g n 300mg 300mg n 2,400mg 2,400mg 300g 375g 25g 30g

Oriental Chicken Salad &



Number of servings: 8

Ingredients:

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:

- SHRFD chicken.
- 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.
- Optional: CRUSH won ton strips/chips.

CUT green onions and Chinese parsley into 1 ½ inch lengths

toasted sesame seeds

TOSS the salad and POUR dressing just before serving.

Variations:

Layer the vegetables and meat for a different effect.

Nutrition Facts Serving Size 1 cup (184g) Servings Per Container 8 Amount Per Serving Calories 160 Calories from Fat 50 % Daily Value Total Fat 6g 9% Saturated Fat 1.5g 6% Trans Fat 0g 0% Cholesterol 45mg 15% Sodium 100ma 4 % Total Carbohydrate 9g 3% Dietary Fiber 2g 5% Sugars 6g Protein 19g Vitamin A 40% . Vitamin C 10% Calcium 4% Iron 6% *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 Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

Pasta Salad &

Number of servings: 10

Ingredients:

2 ½ 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: ¼ medium round onion

½ 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.
- 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.

Nutrition Facts Serving Size 1 cup (151g) Servings Per Container 10	s
Amount Per Serving	
Calories 180 Calories from Fa	at 30
% Da	aily Value*
Total Fat 3.5g	5 %
Saturated Fat 0g	2 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 180mg	8 %
Total Carbohydrate 32g	11 %
Dietary Fiber 5g	18 %
Sugars 3g	
Protein 7g	
Vitamin A 45% • Vitamin C	15%
Calcium 2% • Iron 6%	
*Percent Daily Values are based on a calorie diet. Your daily values may be or lower depending on your calorie ne Calories: 2,000	higher
Total Fat Less than 65g Saturated Fat Less than 20G Cholesterol Less than 300mg Sodium Less than 2,400mg Total Carbohydrate 300g Dietary Fiber 25g Calories per gram: Fat 9 - Carbohydrate 4	80g 25g 300mg 2,400mg 375g 30g

Somen Salad &

Number of servings: 6

Ingredients:

1 (9-ounce) package somen noodles
1 head romaine lettuce
1 medium carrot
1 (6 ½-ounce) block fish cake
Optional: 1 cup leftover meats,
imitation crab, OR
char siu
¼ cup green onions

Dressing:

1 teaspoon salt
2 tablespoons water
¼ cup sesame oil
⅓ cup sugar
¼ cup soy sauce
½ cup vinegar

Optional: 1/4 cup sesame seeds

Nutrition Fa Serving Size 1 cup (21 Servings Per Container	4g)
Amount Per Serving	
Calories 360 Calories from	om Fat 100
	% Daily Value*
Total Fat 11g	17 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	0 %
Cholesterol 20mg	5 %
Sodium 1320mg	57 %
Total Carbohydrate 54	g 18 %
Dietary Fiber 3g	11 %
Sugars 12g	
Protein 11g	
	min C 15% 8%
*Percent Daily Values are base calorie diet. Your daily values n or lower depending on your cal Calories: 2,0	nay be higher orie needs:
Sodium Less than 2,4	g 25g 0mg 300mg 100mg 2,400mg 0g 375g g 30g

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

Ingredients:

1 head lettuce

1 small bunch Chinese parsley

1 medium round onion OR ½ 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:

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

Nutrition Facts Serving Size 1 cup (225a) Servings Per Container 8 Amount Per Serving Calories 130 Calories from Fat 40 % Daily Value 7 % Total Fat 4.5g Saturated Fat 0.5g 3 % Trans Fat 0g 0 % Cholesterol 8mg 3 % Sodium 690ma 30 % Total Carbohydrate 9g 3 % 7% Dietary Fiber 2g Sugars 5g Protein 13g Vitamin A 10% Vitamin C 15% Calcium 15% 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 Total Fat Less than 65g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg 375g Total Carbohydrate 300g Dietary Fiber 25g 30g Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

Vegetable Namul 🕸

Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 ½ 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.
- 4. PLACE watercress in 1 ½ 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.

Nutrition Facts Serving Size 1/2 cup (39g) Servings Per Container 4
Amount Per Serving
Calories 25 Calories from Fat 0
% Daily Value*
Total Fat 1g 2 %
Saturated Fat 0g 1 %
Trans Fat 0g 0 %
Cholesterol 0mg 0 %
Sodium 690mg 30 %
Total Carbohydrate 3g 1 %
Dietary Fiber less than 1g 2 %
Sugars 1g
Protein 1g
Vitamin A 60% • Vitamin C 10% 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
Total Fat

Potatoes &

Number of servings: 12

Ingredients:

6 medium potatoes

Directions:

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

Variations:

MICROWAVE:

- 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.

RICE COOKER:

- PLACE steamer rack into rice cooker.
 Place about ½ inch of water in rice cooker (not to go over the height of the rack).
- 2. PLACE potatoes in automatic rice cooker and COOK.
- 3. 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° 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.

Serving Size 1/2 cup (93g) Servings Per Container 12	
Amount Per Serving	
Calories 80 Calories from 6	Fat 0
% [Daily Value
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat Og	0 %
Cholesterol 0mg	0 %
Sodium 10mg	0 %
Total Carbohydrate 18g	6 %
Dietary Fiber 2g	7 %
Sugars less than 1g	
Protein 2g	
_9	
Vitamin A 0% . Vitamin	
Calcium 2% Iron 4%	ó
*Percent Daily Values are based on calorie diet. Your daily values may b or lower depending on your calorie	e higher needs:
Calories: 2,000 Total Fat Saturated Fat Cholesterol Less than 20g Cholesterol Less than 300mg Sodium Less than 2,400mg Total Carbohydrate 300g Dietary Fiber 25g	g 2,400mg

Ginger-Citrus Dressing 🕸

Yield: approximately 1 cup

Ingredients:

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:

In a small bowl, MIX ingredients well. CHILL.

Variations:

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

Nutrition Fact Serving Size 2 Tbsp (48g)	
Serving Size 2 10sp (4og) Servings Per Container 8	,
Amount Per Serving Calories 35 Calories from	T-4 0
	Daily Value
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium Omg	0 %
Total Carbohydrate 10g	3 %
Dietary Fiber 0g	1 %
Sugars 8g	
Protein 0g	
9	- 414
Vitamin A 0% . Vitamin	_
Calcium 0% • Iron 09	6
*Percent Daily Values are based on calorie diet. Your daily values may b or lower depending on your calorie	be higher
Calories: 2,000	2,500
Total Fat Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg Sodium Less than 2,400m Less than 2,400m Joil Lack School 300g Dietary Fiber 25g	g 2,400mg

^{*} Dressing may be consumed by persons over 2 years of age because of presence of honey.

Pina Colada Sauce 🕸

Yield: approximately 3 cups

Ingredients:

16 ounces lowfat vanilla yogurt12 ounces frozen pineapple juice concentrateCoconut extract flavoring to taste

Directions:

- 1. In a small bowl, MIX ingredients well.
- 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* 0 % Total Fat 0g Saturated Fat 0g 1 % Trans Fat 0g 0 % Cholesterol 0mg 0 % Sodium 15mg 1 % Total Carbohydrate 9g 3 % Dietary Fiber 0g 0 % Sugars 8g Protein 1g Vitamin A 0% Vitamin C 20% 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 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

Ranch Style Dip 🖖

Yield: approximately 2 cups

Ingredients:

- 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:

- In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
- 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

½ 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.

Nutrition Fa Serving Size 2 Tbsp (32 Servings Per Container	2g)		
Amount Per Serving			
Calories 60 Calories fro	m Fat 0		
	% Daily Value*		
Total Fat 0g	1 %		
Saturated Fat 0g	1 %		
Trans Fat 0g	0 %		
Cholesterol 0mg	1 %		
Sodium 290mg	13 %		
Total Carbohydrate 2g	1 %		
Dietary Fiber 0g	0 %		
Sugars less than 1g			
Protein 3g			
Vitamin A 2% • Vitan	nin C 0%		
Calcium 6% • Iron	0%		
*Percent Daily Values are based calorie diet. Your daily values m or lower depending on your calo Calories: 2.00	ay be higher rie needs:		
Total Fat Less than 65g Saturated Fat Less than 30 Cholesterol Less than 30 Sodium Less than 2.4t Total Carbohydrate 300 Dietary Fiber 25g Calories per gram: Fat 9 · Carbohy	80g 25g mg 300mg 00mg 2,400mg g 375g 30g		

Salsa &

Yield: approximately 4 cups

Ingredients:

1/2 - 3/4 pounds tomatoes OR 1 (28ounce) can whole tomatoes

½ small round onion

2 tablespoons Chinese parsley

1 piece chili pepper

1 teaspoon lemon OR lime juice

Directions:

- Finely CHOP tomatoes, onions, and parsley.
- 2. MINCE chili pepper.
- 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 Serving Calories 5 Calories from Fat 0 Total Fat 0g Saturated Fat 0g 0 % Trans Fat 0g 0 % Cholesterol 0mg 0 % Sodium 0mg 0 % Total Carbohydrate 1g 0 % Dietary Fiber 0g 1 % Sugars less than 1g Protein 0g Vitamin A 2% . Vitamin C 15% Calcium 0% 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 65g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

Tartar Sauce &

Yield: approximately 1 ½ cups

Ingredients:

- 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.
- 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) Servings Per Container 12

Amount Per Serving	
Calories 15 Calories fro	m Fat 0
	% Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	1 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 75mg	3 %
Total Carbohydrate 3g	1 %
Dietary Fiber 0g	0 %
Sugars 2g	
Protein less than 1g	

Total Coo than 19

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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gran	m: Fat 9 · Ca	rbohydrate 4	Protein 4

Thousand Island Dressing &

Yield: approximately 1 ½ cups

Ingredients:

1 (8-ounce) container lowfat vanilla yogurt

1/4 cup ketchup

1/4 cup pickle relish

1/4 teaspoon pepper

Directions:

- 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 Serv	ing	
Calories 20	Calories fro	m Fat 0
		% Daily Value*
Total Fat 0g	J	0 %
Saturated	Fat 0g	1 %
Trans Fat 0g		0 %
Cholesterol	0mg	0 %
Sodium 120)mg	5 %
Total Carbo	hydrate 4g	1 %
Dietary Fib	er 0g	0 %
Sugars 3g		

Protein less than 1g

Vitamin A 2%	•	Vitamin C	2%
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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gran	m: Fat 9 - Ca	rhohydrate 4	. Protein 4

Tuna Dip 🍁

Yield: approximately 2 ½ cups

Ingredients:

1 (6-ounce) can tuna in water1 (16-ounce) container lowfat cottage cheese

Optional: ¼ cup cheese
1 small carrot
(approximately ¼ cup)

3-4 stalks green onion

Directions:

- DRAIN tuna.
- 2. In a medium bowl, MIX tuna and cottage cheese.
- 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.

Variations:

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

Nutrition Facts Serving Size 1/4 cup (62g) Servings Per Container 10 Amount Per Serving Calories 50 Calories from Fat 10 Total Fat 1g 1% Saturated Fat 0g 2 % Trans Fat 0g 0 % Cholesterol 10mg 3 % Sodium 180mg 8 % Total Carbohydrate 2g 1% Dietary Fiber 0g 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 Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

Tuna Sunshine Mix 🕸

Yield: approximately 1 ½ cup

Ingredients:

1 (6-ounce) can tuna in water

1/2 cup nonfat powdered milk 1/4 cup mayonnaise pepper to taste

Optional: ¼ cup round onion

1/4 cup celery 2 tablespoons pickle relish

Directions:

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

Amount Per Serving Calories 130 Calories from Fat 70 % Daily Value 13 % Total Fat 8g Saturated Fat 1.5g 6 % Trans Fat 0g 0 % Cholesterol 15mg 5 % Sodium 160mg 7 % 1% Total Carbohydrate 3g Dietary Fiber 0g 1 % Sugars 3g Protein 9g Vitamin A 20% Vitamin C 2% Calcium 8% 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:

Saturated Fat Less than 20g Cholesterol Less than 300mg

Total Fat

Sodium

Cholesterol

Total Carbohydrate

Dietary Fiber

Calories: 2,000

Less than 2,400mg 2,400mg

300g

25g

25g 300mg

375g

30g

Less than 65g

Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

Nutrition Facts

Serving Size 1/4 cup (48a) Servings Per Container 6

Variations:

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

Bean Salad Spread &

Number of servings: 16

Ingredients:

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

1 ½ 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.
- 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.

Nutrition Serving Size Servings Per	1/4 cu	o (61g)	s
Amount Per Servir		s from F	at 0
	Calcillo		
Tatal Est On		% D:	aily Value*
Total Fat 0g			0 %
Saturated F			0 %
Trans Fat C)g		0 %
Cholesterol	0mg		0 %
Sodium 60m	ng		3 %
Total Carbohydrate 8g 3 %			
Dietary Fiber 3g 10 %			
Sugars less than 1g			
Protein 3g			
	, ,		- 60/
Vitamin A 2%		itamin (5 6%
Calcium 2%	• II	on 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: Less than	2,000 65a	2,500 80q
Saturated Fat	Less than	20g	25g
	Less than		
Sodium Total Carbohydra Dietary Fiber	Less than te	2,400mg 300g 25a	2,400mg 375g 30g
Calories per gram	: Fat 9 · Car		

Notes %

II Soups and Stews 🔀

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:

Ingredients:

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

½ teaspoon sugar

1 tablespoon soy sauce

Thickening:

2 tablespoons flour

1/4 cup water

Nutrition Facts

Serving Size 1 cup (340g) Servings Per Container 7

Amount Per Serving

Calories 200 Calories from Fat 60

	% Daily Value
Total Fat 7g	10 %
Saturated Fat 2.5g	13 %
Trans Fat 0.5g	0 %
Cholesterol 40mg	14 %
Sodium 1040mg	45 %
Total Carbohydrate 20g	6 %
Dietary Fiber 3g	10 %
Sugars 3g	
Protein 15a	

Protein 15g

Vitamin A 50% Vitamin C 20%
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	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	rate	300g	375g
Dietary Fiber		25g	30g
Calories per gran	m: Fat 9 · Car	rbohydrate 4	- Protein

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.
- 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

Ingredients:

- 1 (15-ounce) can kidney beans
- 1 clove garlic
- 1 small round onion
- 1-2 ribs celery
- 1 medium carrot
- 1 medium potato
- ½ small cabbage
- 4 cups water OR 2 (14 ½-ounce) cans chicken OR beef broth
- 1 (8-ounce) can tomato sauce

Directions:

- 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.
- In a large pot ADD water OR broth, beans, garlic, onion, celery, carrot, and tomato sauce.
- 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.

Nutrition Facts Serving Size 1 cup (254g) Servings Per Container 9 Amount Per Serving Calories 90 Calories from Fat 0 % Daily Value* 1 % Total Fat 0g Saturated Fat 0g 0 % Trans Fat 0g 0 % Cholesterol 0mg 0 % Sodium 160mg 7 % Total Carbohydrate 19g 6% Dietary Fiber 6g 23 % Sugars 4g Protein 5g Vitamin A 20% . Vitamin C 30% 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 Total Fat Less than 65g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300ma Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

Corn Chowder &

Number of servings: 8

Ingredients:

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:

- DICE onion and potatoes. SET aside.
- 2. SLICE bacon to ½ inch lengths.
- 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.

Nutrition Serving Size 1 cu Servings Per Conta	p (409g)
Amount Per Serving	
Calories 210 Calor	ies from Fat 35
	% Daily Value*
Total Fat 4g	6 %
Saturated Fat 2g	9 %
Trans Fat 0g	0 %
Cholesterol 10mg	4 %
Sodium 400mg	17 %
Total Carbohydra	te 37g 12 %
Dietary Fiber 4g	13 %
Sugars 10g	
Protein 8g	
Vitamin A 4% • Calcium 10% •	Vitamin C 20% Iron 2%
*Percent Daily Values are calorie diet. Your daily va or lower depending on you Calories	lues may be higher
	an 20g 25g an 300mg 300mg an 2,400mg 2,400mg 300g 375g 25g 30g

Vegetable Soup 🕸

Number of servings: 8

Ingredients:

2 bunches mustard cabbage ½ pound lean pork

8 cups broth (any type)

2 teaspoons soy sauce salt to taste

Directions:

- CUT mustard cabbage and SET aside.
- 2. Thinly SLICE pork.
- 3. In a small pot, FRY pork. SET aside.
- In a large pot, bring broth to a 4. 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

0-1	0-11 6	
Calories 50	Calories fro	m Fat Zu
		% Daily Value*
Total Fat 2g	3	3 %
Saturated I	Fat 0.5g	3 %
Trans Fat	0g	0 %
Cholesterol	15mg	5 %
Sodium 770)mg	33 %
Total Carbo	hydrate 1g	0 %
Dietary Fib	er Og	2 %
Sugars 0g		
Protein 7g		
	30/) [1	0.200/
Vitamin A 20)% ∎ Vitan	nin C 30%
Calcium 2%	 Iron 	4%
*Percent Daily V	r daily values ma	ay be higher

or lower depending on your calorie needs: Calories: 2,000 Total Fat 80g

Less than 65g Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

Variations:

Use any meat/bones to make broth.

Use watercress, cut into 1 ½ inch lengths, or any other vegetables.

Adobo Meat 🕸

Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 pound boneless meat
- 3 tablespoons vinegar

½ cup water

- 1 tablespoon soy sauce
- 1 bay leaf

salt to taste

½ teaspoon peppercorns

1 cup peas

Directions:

- 1. CRUSH garlic. SET aside.
- 2. CUT meat into bite-sized pieces.
- 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.

Nutrition Fac Serving Size 3/4 cup (18 Servings Per Container	92g)
Amount Per Serving Calories 200 Calories from	m Fat 70
Total Fat 8g	% Daily Value*
Saturated Fat 3g	15 %
Trans Fat 00	0 %
Cholesterol 65mg	22 %
Sodium 490mg	21 %
• • • • • • •	70
Total Carbohydrate 6g	2 %
Dietary Fiber 2g	7 %
Sugars 2g	
Protein 25g	
Vitamin A 8% . Vitam	in C 6%
Calcium 2% Iron 8	8%
*Percent Daily Values are based calorie diet. Your daily values ma or lower depending on your calori Calories: 2.000	y be higher ie needs:
Total Fat	80g 25g ng 300mg 0mg 2,400mg 375g 30g

Chicken and Beans 🕸



Number of servings:

Ingredients:

- 1 (15-ounce) can kidney beans
- 1 clove garlic
- 1 medium round onion
- 2 ½ pounds boneless skinless chicken thighs
- 1 (8-ounce) can tomato sauce
- 1/4 cup vinegar
- 1 teaspoon sugar
- salt and pepper to taste

Directions:

- DRAIN and RINSE beans. SET aside.
- 2. CRUSH garlic. SET aside.
- 3. DICE onion. SET aside.
- DICE chicken thighs. 4.
- In large pot, COOK chicken until half done.
- ADD garlic, onion, tomato sauce, vinegar, sugar, salt, and pepper.
- 7. SIMMER for 30-45 minutes or until chicken is tender.
- ADD kidney beans and SIMMER for 5-10 more minutes.

Variations:

Cider, white, and Japanese rice wine vinegar differs in flavor. Other vegetables may be used.

Dry beans may be used. See package for cooking directions.

Nutrition Serving Size 1 cup Servings Per Conta	p (328g)
Amount Per Serving	
Calories 330 Calor	ies from Fat 70
	% Daily Value*
Total Fat 8g	12 %
Saturated Fat 2g	10 %
Trans Fat 0g	0 %
Cholesterol 155m	g 52 %
Sodium 410mg	18 %
Total Carbohydra	te 20g 7 %
Dietary Fiber 7g	26 %
Sugars 5g	
Protein 43g	
Vitamin A 6% • Calcium 2% •	4.504
*Percent Daily Values and calorie diet. Your daily value or lower depending on you Calories	alues may be higher our calorie needs:
	an 65g 80g an 20g 25g an 300mg 300mg an 2,400mg 2,400mg 300g 375g 25g 30g

Chicken Cacciatore &

Number of servings: 8

Ingredients:

- 1 small round onion
- 1 rib celery
- 1 clove garlic
- 3 pounds boneless skinless chicken pieces
- 2 (8-ounce) cans tomato sauce
- ½ cup water
- ½ 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.
- SIMMER uncovered for 30-40 minutes.

Nutrition Facts

Serving Size 1 cup (257g) Servings Per Container 8

Amount Per Serving

Calories 220 Calories from Fat 60

	% Daily Value*
Total Fat 7g	10 %
Saturated Fat 1.5g	9 %
Trans Fat 0g	0 %
Cholesterol 140mg	47 %
Sodium 490mg	21 %
Total Carbohydrate 4g	1 %
Dietary Fiber 1g	4 %
Sugars 3g	

Protein 34g

Vitamin A 6% • Vitamin C 8%
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
 2,500

 Total Fat Saturated Fat Schlesterol Cholesterol Sodium
 Less than 20g 25g
 25g

 Less than 300mg
 300mg
 2,400mg

 Sodium
 Less than 300mg
 2,400mg

 Total Carbohydrate
 300g
 375g

 Dietary Fiber
 25g
 30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

Variations:

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



Number of servings: 6

Ingredients:

1 large round onion

1-2 cups kidney and/OR pinto beans

½ pound lean ground beef

1 (8-ounce) can tomato sauce

1 (14 ½-ounce) can stewed tomatoes

1 cup water

1 teaspoon chili powder salt to taste

Directions:

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

Nutrition Facts Serving Size 1 cup (263g) Servings Per Container 6	6
Amount Per Serving	
Calories 170 Calories from Fa	at 40
% Da	ily Value*
Total Fat 4g	6 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	0 %
Cholesterol 25mg	8 %
Sodium 430mg	19 %
Total Carbohydrate 20g	7 %
Dietary Fiber 6g	21 %
Sugars 5g	
Protein 13g	
	200/
Vitamin A 6% Vitamin C	20%
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a calorie diet. Your daily values may be or lower depending on your calorie need Calories: 2,000	higher
Total Fat	80g 25g 300mg 2,400mg 375g 30g

Pot Roast Chicken &

Number of servings: 5

Ingredients:

- 1 thumb size piece ginger
- 1 clove garlic
- 1 bunch Chinese parsley
- 2 ½ pounds boneless skinless chicken thighs
- 2 tablespoons soy sauce
- ½ 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.
- CHOP Chinese parsley into 1 ½ 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.

Nutrition Fact Serving Size 1 cup (276g)	.0
Servings Per Container 5	
Amount Per Serving	
Calories 290 Calories from I	at 80
% [Daily Value
Total Fat 9g	14 %
Saturated Fat 2.5g	11 %
Trans Fat 0g	0 %
Cholesterol 185mg	62 %
Sodium 620mg	27 %
Total Carbohydrate 4g	1 %
Dietary Fiber 0g	1 %
Sugars 0g	
Protein 45g	
Vitamin A 4% • Vitamin	C 0%
Calcium 2% Iron 15	%
*Percent Daily Values are based on calorie diet. Your daily values may b or lower depending on your calorie n Calories: 2,000	e higher
Total Fat Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg Sodium Less than 2,400m Total Carbohydrate 300g Dietary Fiber 25g Calories per gram: Fat 9 - Carbohydrate	375g 30g



Number of servings: 10

Ingredients:

- 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:

- 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.

Nutrition Facts Serving Size 1 cup (379g) Servings Per Container 10
Amount Per Serving
Calories 210 Calories from Fat 50
% Daily Value*
Total Fat 6g 9 %
Saturated Fat 2g 10 %
Trans Fat 0g 0 %
Cholesterol 50mg 17 %
Sodium 360mg 16 %
Total Carbohydrate 20g 7 %
Dietary Fiber 2g 9 %
Sugars 3g
Protein 21g
Vitamin A 80% • Vitamin C 15% Calcium 2% • 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 2,500 Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

Sweet and Sour Meat 🕸



Number of servings: 6

Ingredients:

1 bell pepper

1 1/2 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.
- CUT meat into cubes. SET aside.
- 3. In a small bowl DRAIN pineapple and KEEP the pineapple juice.
- 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.

No. 4-242 and Forest	
Nutrition Fact	S
Serving Size 1 cup (294g)	
Servings Per Container 6	
Amount Doc Consiss	
Amount Per Serving	70
Calories 270 Calories from F	-at /0
% [Daily Value*
Total Fat 8g	12 %
Saturated Fat 3g	14 %
Trans Fat Og	0 %
Cholesterol 70mg	23 %
Sodium 280mg	12 %
Total Carbohydrate 27g	9 %
Dietary Fiber 1g	4 %
Sugars 23g	
Protein 24g	
Vitamin A 2% • Vitamin	C 45%
Calcium 4% Iron 15	%
*Percent Daily Values are based on calorie diet. Your daily values may be or lower depending on your calorie n Calories: 2,000	e higher
Total Fat	80g 25g 300mg 2,400mg 375g 30g

III Stir-Frys and Skillet Meals 送

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.



Beef Tomato &

Number of servings: 6

Ingredients:

- 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:

- SLICE beef into ½ 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.

Nutrition F Serving Size 1 cup Servings Per Contain	(229g)	
Amount Per Serving	F-1 AF	
Calories 150 Calories	s from Fat 45	_
	% Daily Valu	Je*
Total Fat 5g	7.9	%
Saturated Fat 1.5g	8 (%
Trans Fat 0g	0 (%
Cholesterol 45mg	15	%
Sodium 570mg	25	%
Total Carbohydrate	10g 3 °	%
Dietary Fiber 2g	7.9	%
Sugars 5g		
Protein 17g		
	/itamin C 80% ron 10%	6
*Percent Daily Values are b calorie diet. Your daily value or lower depending on your Calories:	es may be higher calorie needs:	
Total Fat Less than Saturated Fat Less than Cholesterol Less than	65g 80g 20g 25g 300mg 300mg 2,400mg 2,400n 300g 375g 25g 30g	ng

Chop Suey &

Number of servings: 4

Ingredients:

- 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 ½ teaspoon sugar

Optional: 1/2 teaspoon salt

Gravy:

1 tablespoon cornstarch

1 cup broth

1 tablespoon soy sauce

1/2 teaspoon sugar

Directions:

- 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 bowl, 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.

Nutrition Serving Size Servings Per	1/2 cu	p (299g)	
Amount Per Servin	•	s from F	at 60
		% D:	aily Value*
Total Fat 6g			10 %
Saturated F	at 2.5g	J	11 %
Trans Fat 0	g		0 %
Cholesterol	50mg		16 %
Sodium 1040	Omg		45 %
Total Carboh	ydrate	15g	5 %
Dietary Fibe	er 3g		11 %
Sugars 8g			
Protein 22g			
Vitamin A 0% Calcium 4%		/itamin (ron 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 2,500			
Total Fat I Saturated Fat I Cholesterol I	Less than Less than Less than Less than le	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Chow Fun 🕸

Number of servings: 8

Ingredients:

34 pound lean meat

- 5-6 stalks green onion and/OR ½ 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
- ½ teaspoon salt

Seasoning:

- 1 thumb size piece ginger
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons soy sauces

Nutrition Facts

Serving Size 1 cup (217g) Servings Per Container 8

Amount Per Serving

Calories 190 Calories from Fat 30

% Daily Value

Total Fat 3.5g	5 %
Saturated Fat 1.5g	6 %
Trans Fat 0g	0 %
Cholesterol 25mg	9 %
Sodium 790mg	34 %
Total Carbohydrate 28g	9 %
Dietary Fiber 2g	9 %
Sugars 4g	

Protein 12g

Vitamin A 2% Vitamin C 20%
Calcium 2% Iron 10%

*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	65g	80g
Saturated Fat Cholesterol	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Sodium Total Carbohydi	rate	300g	375g
Dietary Fiber		25a	30a

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

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, SAUTÉ 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

Ingredients:

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 ingredients: sugar, cornstarch, soy sauce, vinegar, and optional: chili pepper.
- 4. In a large pot, FRY meat with garlic and ginger.
- ADD carrot, bell pepper, and eggplants. STIR FRY until almost done.
- ADD sauce to mixture and STIR.

Variations:

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

Nutrition Facts Serving Size 1 cup (449g) Servings Per Container 4			
Amount Per Serving Calories 310 Calories from Fat 110			
% Daily Value*			
Total Fat 12g 18 %			
Saturated Fat 4.5g 24 %			
Trans Fat 0.5g 0 %			
Cholesterol 75mg 25 %			
Sodium 1000mg 43 %			
Total Carbohydrate 24g 8 %			
Dietary Fiber 10g 35 %			
Sugars 11g			
Protein 27g			
Vitamin A 50% • Vitamin C 60% Calcium 6% • Iron 20%			
*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			

Gon Lo Mein &

Number of servings: 10

Ingredients:

 $\frac{1}{2}$ (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:

- SLICE luncheon meat into strips.
- 2. In a large pot, COOK luncheon meat.
- 3. ADD chop suey mix, MIX.
- 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.

Nutrition Facts Serving Size 1 cup (145g) Servings Per Container 10	6
Amount Per Serving	
Calories 250 Calories from Fa	at 50
% Da	ily Value*
Total Fat 5g	8 %
Saturated Fat 1.5g	9 %
Trans Fat Og	0 %
Cholesterol 20mg	6 %
Sodium 980mg	43 %
Total Carbohydrate 42g	14 %
Dietary Fiber 2g	7 %
Sugars 7g	
Protein 8g	
Vitamin A 0% • Vitamin C Calcium 2% • Iron 15%	
*Percent Daily Values are based on a calorie diet. Your daily values may be or lower depending on your calorie ne Calories: 2,000	higher
Total Fat Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg	80g 25g 300mg 2,400mg 375g 30g

Variations:

Use other sliced meats.

Use 1 ½ 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

Ingredients:

- 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.
- DICE tofu into 1-inch cubes.
- 3. TEAR spinach into bite-sized pieces.
- 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.

Nutrition Facts Serving Size 1/2 cup (217g)

Servings Per Container 6

Amount Per Serving

Calories 140 Calories from Fat 70

	% Daily Value
Total Fat 8g	11 %
Saturated Fat 1g	4 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 390mg	17 %
Total Carbohydrate 7g	2 %
Dietary Fiber 3g	11 %
Sugars 1g	

Protein 12g

Vitamin A 210% Vitamin C 50%
Calcium 25% Iron 30%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gran	m: Fat 9 · Car	rhohydrate 4	Protein 4

Oyster Chicken with Broccoli &

Number of servings: 8

Ingredients:

2 pounds broccoli

1 small round onion

1 clove garlic

1 thumb size piece ginger

2 ½ 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.
- 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.

Nutrition Facts Serving Size 1 cup (285g) Servings Per Container 8	s
Amount Per Serving Calories 230 Calories from Fa	at 60
% Da	aily Value*
Total Fat 6g	9 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	0 %
Cholesterol 115mg	39 %
Sodium 360mg	16 %
Total Carbohydrate 11g	4 %
Dietary Fiber 3g	12 %
Sugars 3g	
Protein 31g	
Vitamin A 20% . Vitamin C	170%
Calcium 8% • Iron 15%	6
"Percent Daily Values are based on a calorie diet. Your daily values may be or lower depending on your calorie ne Calories: 2.000	higher
Total Fat	80g 25g 300mg 2,400mg 375g 30g

Pancit &

Number of servings: 5

Ingredients:

2 quarts of water

1 (8-ounce) package pancit (Filipino-style) noodles

1 clove garlic

1 small round onion

1 rib celery

1 carrot

½ - 1 pound lean pork salt and pepper to taste

Directions:

- In a large pot, BRING water to a BOIL.
- 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.

Nutrition Facts Serving Size 1 cup (502g) Servings Per Container 5	s	
Amount Per Serving		
Calories 240 Calories from Fa	at 30	
% Da	aily Value*	
Total Fat 3.5g	5 %	
Saturated Fat 1.5g	6 %	
Trans Fat 0g	0 %	
Cholesterol 25mg	9 %	
Sodium 240mg	10 %	
Total Carbohydrate 41g	14 %	
Dietary Fiber 1g	5 %	
Sugars 1g		
Protein 11g		
Vitamin A 35% • Vitamin (2.4%	
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 2,500		
Total Fat Less than 65g Saturated Fat Less than 20g	80g 25g 300mg 2,400mg 375g 30g	

Pork Tofu &

Number of servings: 6

Ingredients:

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:

- 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.
- SLICE pork in thin strips.
- In a large pot, FRY pork for a few minutes.
- 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.

Nutrition Facts Serving Size 1 cup (200g) Servings Per Container 6 Amount Per Serving Calories 210 Calories from Fat 90 % Daily Value Total Fat 10g 15 % 12 % Saturated Fat 2.5g Trans Fat Og 0 % Cholesterol 45mg 15 % Sodium 580mg 25 % Total Carbohydrate 7g 2 % Dietary Fiber 1g 4 % Sugars 3g Protein 24q Vitamin A 4% Vitamin C 6% Calcium 20% Iron 10% *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 Total Fat Less than 65g Saturated Fat Less than 300mg 25a 300mg Less than 2,400mg 2,400mg Sodium Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4

Vegetable Stir-Fry 🔏



5 Number of servings:

Ingredients:

1 pound lean meat

1 medium head (approximately 1 ½ 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:

- SLICE meat into thin strips. SET aside.
- CRUSH garlic and ginger.
- 3. In a small bowl, COMBINE sauce ingredients: garlic, ginger, soy sauce, cornstarch, and sugar.
- 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.
- 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), ¼ cup white vinegar, ¼ 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.

Nutrition Facts Serving Size 1 cup (234g) Servings Per Container 5	S
Amount Per Serving	
Calories 140 Calories from Fa	at 30
	aily Value*
Total Fat 4g	5%
Saturated Fat 1g	5 %
Trans Fat 0g	0%
Cholesterol 75mg	25 %
Sodium 280mg	12 %
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 20g	
Vitamin A 40% • Vitamin C Calcium 8% • Iron 6% *Percent Daily Values are based on a	
calorie diet. Your daily values may be or lower depending on your calorie ne Calories: 2,000	higher
Total Fat Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg Sodium Less than 2,400mg	80g 25g 300mg 2,400mg 375g 30g

Variations (continued):

- HOT GARLIC: ¼ teaspoon dried red chili pepper flakes, 2 teaspoons minced ginger, 2 cloves garlic (minced), 2 teaspoons sugar, 2 teaspoons cornstarch, 1 tablespoon white vinegar, ¼ cup water.
- OYSTER: 1 clove garlic (minced), 2 tablespoons green onions (minced), 1 tablespoon cornstarch, 1 tablespoon sugar, 1 teaspoon soy sauce, ¼ cup oyster sauce.

Vegetables w/ Luncheon Meat 🕸



4%

Number of servings: 4

Ingredients:

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

Directions:

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

Variations:

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

Nutrition Facts

Serving Size 1 cup (252g) Servings Per Container 4

Amount Per Serving

Calories 180 Calories fr	rom Fat 100
	% Daily Value
Total Fat 12g	18 %
Saturated Fat 4.5g	21 %
Trans Fat 0g	0 %
Cholesterol 30mg	10 %
Sodium 750mg	32 %

Total Carbohydrate 13g Dietary Fiber 4a 16 % Sugars 6g

Protein 8g

Vitamin A 4% Vitamin C 110% Calcium 8% Iron 6%

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g

Egg Fu Yung &

Number of servings: 4

Ingredients:

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 ½ 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 ½ 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.

Nutrition Facts Serving Size 1/2 cup (144g) Servings Per Container 4				
Amount Per Serv	ring			
Calories 150	Calorie	s from Fa	at 90	
		% Da	aily Value*	
Total Fat 10)g		16 %	
Saturated	Fat 2.5g	l	14 %	
Trans Fat	0g		0 %	
Cholesterol	320mg		108%	
Sodium 190	Omg		8 %	
Total Carbohydrate 5g 2 %				
Dietary Fiber 1g 5 %				
Sugars 2g	1			
Protein 10g				
Vitamin A 25		itamin (
Calcium 6%	• II	ron 10%	6	
*Percent Daily V calorie diet. You or lower depend	r daily value	es may be calorie ne	higher	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydr Dietary Fiber Calories per gran	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	

Scrambled Tofu &

Number of servings: 4

Ingredients:

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

bell pepper green onions chop suey mix

Directions:

- DRAIN tofu.
- 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.
- 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.
- STIR and COOK until firm.

Variations:

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

Nutrition Facts Serving Size 1/2 cup (206g) Servings Per Container 4	5		
Amount Per Serving			
Calories 190 Calories from Fa	t 100		
	ily Value*		
Total Fat 11g	17 %		
Saturated Fat 3g	14 %		
Trans Fat Og	0 %		
Cholesterol 115mg	38 %		
Sodium 130mg	6 %		
Total Carbohydrate 6g	2 %		
Dietary Fiber 1g	4 %		
Sugars 1g			
Protein 16g			
Vitamin A 4% • Vitamin C Calcium 20% • 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 2,500			
Total Fat Less than 65g Saturated Fat Less than 20g Cholesterol Less than 300mg Sodium Less than 2,400mg Total Carbohydrate 300g	80g 25g 300mg 2,400mg 375g 30g		

Fried Rice *

Number of servings: 9

Ingredients:

- 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.
- CUBE or SLICE meat.
- 4. In a skillet or pan HEAT oil, COOK onion and eggs.
- ADD meat and COOK until hot.
- ADD rice.
- 7. TOSS and STIR gently until rice is heated through.
- ADD peas OR mixed vegetables and soy sauce, MIX well.
- HEAT until vegetables are cooked.

Nutrition Facts

Serving Size 1 cup (160g) Servings Per Container 9

Amount Per Serving

Calories 180 Calories from	n Fat 30
	% Daily Value*
Total Fat 4g	5 %
Saturated Fat 1g	4 %
Trans Fat 0g	0 %
Cholesterol 60mg	19 %
Sodium 190mg	8 %
Total Carbohydrate 28g	9 %
Dietary Fiber 2g	7 %
Sugars 3g	
Protein 9g	

Vitamin A 8%	•	Vitamin C	4%
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
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gran	m: Eat 0 . Ca	rhohydrate /	1 . 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

Ingredients:

- 1 small round onion
- 1 clove garlic
- 1 large zucchini
- 1 crown broccoli
- 2 tablespoons butter
- 2 tablespoons flour
- ½ tablespoon oregano
- 1/2 teaspoon basil
- 1 cup reduced fat milk
- 4 cups cooked noodles (any type)
- 1 ½ cups grated Monterey Jack OR other cheese

Directions:

- 1. CHOP onion. SET aside.
- 2. MINCE garlic. SET aside.
- 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.
- 9. MIX until sauce is well blended with vegetables and noodles.
- 10. RETURN to stove. COVER and COOK for 15 minutes.
- 11. REMOVE cover, ADD remaining ½ cup cheese.
- 12. COOK uncovered for 10 minutes.

Variations:

Use powdered milk instead of liquid milk ($\frac{1}{3}$ cup powdered milk and water to make 1 cup).

Nutrition Fac Serving Size 1 cup (168) Servings Per Container			
Amount Per Serving Calories 220 Calories from	n Fat 80		
	% Daily Value*		
Total Fat 9g	14 %		
Saturated Fat 5g	27 %		
Trans Fat 0g	0 %		
Cholesterol 25mg	8 %		
Sodium 140ma	6 %		
Total Carbohydrate 25g	8 %		
Dietary Fiber 2g	8 %		
	0 70		
Sugars 3g			
Protein 10g			
Vitamin A 10% . Vitamin Calcium 20% . Iron 8	in C 35% 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			
Total Fat	80g 25g g 300mg lmg 2,400mg 375g 30g		

Skillet Lasagna &

Number of servings: 8

Ingredients:

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.
- 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.

Nutrition Facts Serving Size 1 cup (281g) Servings Per Container 8

Amount Per Serving		
Calories 220 Calories from Fat 35		
% Dail	ly Value*	
Total Fat 4g	6 %	
Saturated Fat 1.5g	7 %	
Trans Fat 0g	0 %	
Cholesterol 20mg	7 %	
Sodium 810mg	35 %	
Total Carbohydrate 32g	11 %	
Dietary Fiber 5g	17 %	
Sugars 7g		
Protein 15g		
Vitamin A 90% • Vitamin C Calcium 20% • Iron 20%	35%	

*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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gran	n: Fat 9 - Ca	rbohydrate 4	Protein 4

Variations:

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

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/

MyPyramidwww.mypyramid.govNutrition Facts Labelswww.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

 $www.ctahr.hawaii.edu/NEW/resources/vegetables and fruits.pdf \\ \textbf{Herbs}$

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/fruitas dessert.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/

