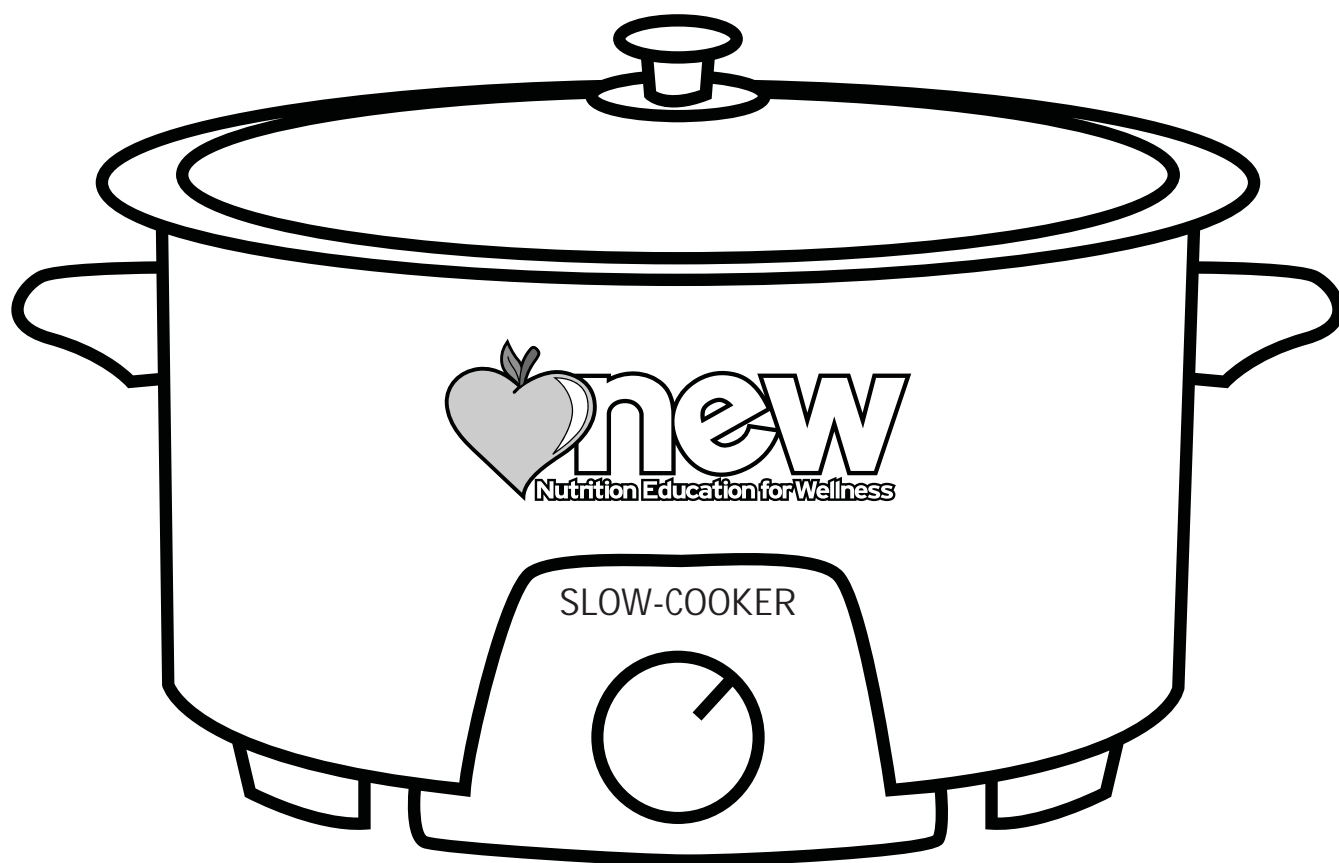


# Leave It Then Eat It

Slow-Cooked  
Island Recipes





# **Leave It Then Eat It**

## **Slow Cooked Island Recipes**

Cooperative Extension Service  
University of Hawaii at Manoa  
College of Tropical Agriculture & Human Resources  
Department of Family and Consumer Sciences  
Department of Human Nutrition, Food & Animal Science  
Food Stamps Nutrition Education Program  
Hawaii Child Care Nutrition Program  
Hawaii Foods for Wellness  
Nutrition Service for Older Adults



The Nutrition Education for Wellness Program staff and student assistants have developed and compiled the “Leave It Then Eat It” recipes for use in an electric slow cooker. Each recipe has been tested and retested by NEW staff a minimum of four times by four different people and then field tested amongst family, friends, and colleagues. Assorted brands of slow cookers were utilized in recipe development and also varied in capacity from four to five quarts. Each recipe notates a recommended slow cooker size. Recipe analyses were conducted by three NEW Program staff to ensure accuracy of the nutrition label.

Although such scrupulous measures were taken in the development of the “Leave It Then Eat It” recipes, there are still existing variations between each slow cooker in its cooking time and temperature. Recipes may need to be adjusted based on your slow cooker size.



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The University of Hawaii Cooperative Extension Service (UH-CES) endeavors to “put knowledge to work.” One of UH-CES’ cornerstone programs is Nutrition Education for Wellness (NEW).

The NEW Program and its staff would like to convey a very special thanks to those who contributed their valued time and efforts to the “Leave It Then Eat It” recipe development, testing, tasting, and artwork.

NEW is a statewide program that facilitates consumer foods and nutrition education in support of Hawaii’s communities, thereby improving their health and well being. The NEW Program staff and student assistants have developed, cooked, and taste tested these recipes, conducted multiple recipe analyses, and collaborated in the compilation of this booklet. To find out more about NEW, its projects and its resources, please visit the program web site at: [www.ctahr.hawaii.edu/NEW](http://www.ctahr.hawaii.edu/NEW).







## Introduction



For over thirty years, electric slow cooking has addressed our need for convenience, taste, and budget consciousness. “Leave It Then Eat It” is dedicated to those who yearn to relax and enjoy good tasting, home-cooked meals with family and friends. Even though we may lead busy lives, slow cooking allows us to enjoy simmered-in flavors without the need for constant attention to traditional cooking in the pot. Slow cooked dishes also benefits to our budgets by allowing us to use less expensive meats that simmer to tenderness.

Eating delicious meals and foods that are good for our health is important for all of us. The “Leave It Then Eat It” recipes promotes: (1) lower fat eating, and with applied menu suggestions, (2) incorporates vegetables and fruits into each dish. Topics such as safe food handling, budgeting, menu planning, shopping and cooking skills, as well as other food and nutrition information, and resources are included for your reference.

Slow cooking is a type of cooking method that involves recipe adaptations. The recipes contained in this cookbook, which include local favorites, have been tested several times each and conveniently include their nutrition facts. For simple, easy to make, slow and simmered flavors with tasty home-style meals, try these sixteen recipes as a basic starting point. As you become more familiar with the method of slow cooking, feel free to add your own creativity to the pot, and adjust the recipes as you see fit.

Sit down to a delicious slow cooked meal with family and friends at least once a week. Sharing a home-cooked meal is one way of showing that you care. Sharing is caring!





## **Important Safety Precautions**



When using electrical appliances such as your slow cooker, safety precautions should always be followed to reduce the risk of fire, electric shock, burns, food poisoning and other dangers. These safety precautions include the following:

### **I. READ INSTRUCTIONS**

- a. Read all instructions that come with your slow cooker before using it. The slow cooker is for household use only. Use only for its intended use and follow its basic directions. Save instructions for future reference.
- b. Follow recipe instructions. Familiarize yourself with the basics of slow cooking before becoming creative with slow cooker recipes.

### **II. BE FOOD SAFE**

- a. Follow all recommended safe food handling guidelines (information included on pages 47-50).
- b. Cooking Temperatures and Food Safety: Food cooked in a slow cooker needs to reach and maintain an internal temperature of 165 °F.
  - 1) Cook with the lid on for the recommended total time. Taking the lid off causes a loss of heat and temperature of the food to decrease.
  - 2) Do not use the “warm” setting for more than two hours.
  - 3) If your slow cooker has an automatic timer, do not delay the starting time for more than two hours. Well-chilled foods can be held at room temperature for no more than two hours.
- c. Frozen foods: Do not use frozen foods unless they are recommended in the recipe, as they may increase the food safety risk by increasing the time needed to reach 165°F. Be aware that some foods, especially meats that may be in the “danger zone” (between 40-140°F) longer than recommended, can become a food safety hazard.

- d. Thaw frozen roasts before slow cooking. Another alternative is to cook the roast on high for the first hour, then reduce to low and cook as usual. Ingredients need to quickly rise to a safe temperature so that there is less chance of food contamination.
- e. If the ingredients are prepared the night before cooking, place them in a covered container in the refrigerator. Do not refrigerate the food directly in the slow cooker. A cold slow cooker with cold food takes too long to heat and begin cooking. The food may be in the “danger zone” (between 40-140°F) longer than is recommended and can become a food safety risk.
- f. Before you use your slow cooker, check if it heats properly. Fill it two-thirds full with water, cover and cook on high setting for four hours. Check the temperature with an instant-read thermometer. It should read 180°F.

### **III. BE CAUTIOUS**

- a. Close supervision is a must when a slow cooker is used by, with or near children.
- b. Place your slow cooker on a flat, non-flammable surface. Ensure that the area around your slow cooker is clear and free from clutter to help prevent accidents from occurring. Do not put the slow cooker in a place that is unstable, humid, near a fire or any heat source. A heat resistant pad or trivet is recommended for countertops not designed to withstand the prolonged heat generated by a slow cooker.
- c. Always turn the switch to OFF before unplugging. Keep your slow cooker unplugged when: the slow cooker is not in use, before cleaning, the inner pot is removed, or when the inner pot is empty. When the food is cooked and ready to serve, turn off the slow cooker and unplug it from the electrical outlet.
- d. Do not touch the hot surfaces of your slow cooker; use its handles and knobs. When removing the cover or when handling the hot inner pot, use potholders. Keep in mind that the outer appliance may also be hot during use.

- e. To protect against electric shock, do not immerse the outer cooking appliance in water or any liquid. Do not put any type of food or liquid into the outer cooking appliance of the slow cooker without the inner pot in it.
- f. Do not use the slow cooker if: the power cord is damaged, after the appliance malfunctions, or it has been damaged in any way. To avoid hazards: the slow cooker must be replaced or repaired by the manufacturer, its service agent, or a similarly qualified person. Do not alter, tamper, or repair the slow cooker yourself.
- g. Use only the attachments and accessories recommended by the manufacturer.
- h. The purpose of the short power cord reduces the risk of becoming tangled as well as to avoid tripping over a longer cord. Do not let the cord hang over the edge of the table or counter, or be near any heated surfaces. Longer detachable power cords or extension cords are available, but use them with care. The marked electrical rating of the cord or extension cord should be at least as great as the electrical rating of the slow cooker cord. The extension cord should be arranged so that it cannot be pulled, tangled, or tripped over.
- i. Avoid sudden temperature changes: adding cold foods into a heated inner pot, putting the pot on a cold surface, or adding cold water to a heated pot. The inner stoneware cooking pot cannot withstand the shock of sudden temperature changes and may crack if proper precautions are not taken.
- j. After cooking is complete, and the slow cooker is turned off, place a heat resistant pad on the counter or table before placing the inner pot on top.
- k. Are you concerned about leaving your slow cooker on while you are away from home? Cook the dish overnight. Then, in the morning, refrigerate the food in a refrigerator-safe container. At suppertime, reheat the food by microwave or stovetop. For proper

refrigerating techniques, refer to the safe food handling information on pages 47-50.

#### **IV. CLEAN PROPERLY**

- a. Clean all parts of your slow cooker before and after use to avoid hazards. Make sure that the outer cooking appliance and the inner pot are clean, both on the inside and outside, as spills and bits of food may burn during long cooking times.
- b. Avoid sudden temperature changes such as pouring cold water into the hot pot to soak and wash. The stoneware inner cooking pot cannot withstand the shock of sudden temperature changes and may crack.
- c. Do not use abrasive cleaners or cleaning pads.



## Hints and Tips



1. Trim all outer-layer or visible fats: Too much fat can cause over-cooking.
2. Ground Meats
  - a. Most ground meats (except the very lean) should be browned and thoroughly drained of fat before cooking in your slow cooker. This helps the meat maintain a better texture and prevents over-cooking.
  - b. To maintain firmness, meat loaves should be placed on top of sliced vegetables or on the accessory meat rack.
3. For even cooking of meat, be sure there is some space between the pieces to allow the heat to circulate.
4. Some sturdier vegetables such as carrots and potatoes, may cook slower than meats so they should be placed at the bottom or along the sides of the slow cooker. Tender vegetables such as leafy greens, green onions, etc., could be added for the last 30-60 minutes of the total cooking time. Recipes may suggest layering the vegetables in a specific order with the tougher ingredients on the bottom.
5. Herbs and spices: Be aware that whole dried herbs and spices may give out more flavor than their ground forms.
6. Rice and pasta have variable results in slow cookers: It is often recommended that rice and pasta be cooked separately from your slow cooker. Another option is to add the rice or pasta to the slow cooker towards the end of the total cooking time.

Use whole grain brown rice as an alternative to instant or white rice. It does not become as mushy as instant or white rice.

7. Coating meats with flour assists in thickening recipes with broth as it cooks. You can also thicken your broth by removing the lid and cooking on high for the last 15-20 minutes to evaporate some of the liquid.



8. For best results, the slow cooker should be one-half to two-thirds full when cooking. The duration of cooking indicated on each recipe is specific to the size of the slow cooker listed. Therefore, recipe cooking times may need to be adjusted depending on the size of your slow cooker.
9. Cooking times: Cooking for 1 hour on high is approximately the same as 2-2½ hours on low.
10. Be aware that slow cookers can tip over or the covers may come off during transportation. Place it in a newspaper or towel-lined container slightly larger than your slow cooker so it will fit snugly. This will also aid in insulation. Rubber bands can be used to fasten the lid to the handles by wrapping them around the knob on the lid and stretching them over the handles on the side of the slow cooker. Some models of slow cookers may have lid fasteners built in to avoid spills.
11. Certain ingredients should be added toward the end of the cooking time. These include: milk products, seafood, tender vegetables, cooked rice and pasta.
12. For even cooking, cut meats and veggies into equal sizes.
13. When a slow cooker roast recipe gives a range of cooking times such as 8-10 hours, roasts will be tender after 8 hours, and will shred after 10 hours.
14. To make gravy after a slow-cooked roast is done, remove the roast, and leave the juices in the slow cooker. Make a smooth paste of ¼ cup water at room temperature, and ¼ cup flour. Mix and pour slowly into the slow cooker while stirring and set on high for about 15 minutes.
15. Do not peek into your slow cooker by opening the lid. The temperature will be significantly reduced and the cooking time may increase by 15-20 minutes each time the lid is opened.

16. When food comes up to cooking temperature in the slow cooker, the low setting is approximately 200° F and the high setting is approximately 300° F.
17. Slow cookers are not meant to be used for reheating cooked foods: Slow cookers do not warm up fast enough. Reheat foods on the stovetop or microwave.
18. Be aware that high humidity and/or high altitude can cause food to take longer to finish cooking.



# Soups and Stews



# CHICKEN LONG RICE

Slow Cooker Size: 5 quarts

Cooking Time: 7-9 hours on low & 20-25 minutes on high

## Ingredients:

- **12 medium green onions**, chopped into half-inch pieces
- **6-inch piece ginger**, peeled and cut into half-inch pieces
- **3 medium carrots**, peeled and cut into one-inch pieces
- **1 small onion**, cut into one-inch pieces
- **2 pounds chicken thighs**, bone in, skin removed
- **3 (14 ½-ounce) cans fat-free chicken broth**
- **8-10 ounces long rice noodles**, dehydrated
- **1 tablespoon soy sauce**
- **1 tablespoon oyster flavored sauce**

## Optional Ingredients:

- **Chinese parsley**, chopped
- **garlic**, peeled and crushed
- **salt and pepper** to taste
- **sesame oil**

## Directions:

1. Refrigerate chopped green onions and Chinese parsley (optional) until ready to use.
2. In slow cooker, combine ginger, garlic (optional), carrots, onion, and chicken; cover with chicken broth.
3. Cover slow cooker and cook on low for 7-9 hours.
4. During the last 30 minutes of cooking, soak long rice in warm water for 5 minutes. Remove chicken bones from slow cooker.
5. Add softened long rice and green onions to slow cooker and cook on high for 25-30 minutes.
6. Before serving, stir in soy and oyster sauces.
7. Optional: Stir in salt, pepper, sesame oil, and top with Chinese parsley.

makes

**13**

**one-cup servings**

## Variations:

Lean ground meat or chicken breast may be used in place of chicken thighs.

## Nutrition Facts

Serving Size 1 cup (188g)  
Servings Per Container 13

Amount Per Serving

**Calories** 160 **Calories from Fat** 35

% Daily Value\*

**Total Fat** 4g 6 %

Saturated Fat 1g 5 %

Trans Fat 0g 0 %

**Cholesterol** 35 mg 12 %

**Sodium** 420 mg 18 %

**Total Carbohydrate** 18g 6 %

Dietary Fiber less than 1g 4 %

Sugars 2g

**Protein** 12g

Vitamin A 45% ■ Vitamin C 10%

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 gram: Fat 9 · Carbohydrate 4 · Protein 4

## Menu Suggestions:

Chicken Long Rice

Brown rice

Fresh, frozen, canned or  
dried fruit

# CREAM OF MUSHROOM STEW

Slow Cooker Size: 4 quarts

Cooking time: 7-9 hours on low

## Ingredients:

- **2 medium russet potatoes**, peeled and cut into two-inch pieces
- **2 large carrots**, peeled and cut into two-inch pieces
- **3 celery ribs**, chopped into two-inch pieces
- **1 medium onion**, chopped into two-inch pieces
- **2 pounds boneless skinless chicken thighs**, cut into one-inch cubes
- **¼ cup water**
- **2 (10 ¾-ounce) cans cream of mushroom soup**

## Optional Ingredients:

- **garlic**, peeled and crushed
- frozen or canned **chopped green beans**, defrosted or drained
- **canned mushrooms**, drained
- **salt** and **pepper** to taste

## Directions:

1. In slow cooker, add potatoes, carrots, celery, onion, chicken, and water. Optional: Add garlic.
2. Optional: Add green beans, canned mushrooms, salt and pepper to taste.
3. Cover mixture with cream of mushroom soup.
4. Cover slow cooker and cook on low for 7-9 hours.
5. Mix well before serving.

## Menu Suggestions:

Cream of Mushroom Stew

Brown Rice

Fresh, frozen, canned or dried fruit

makes

**10**

**one-cup servings**

## Variations:

Chicken breasts or lean pork may be used in place of chicken thighs.

Chicken broth may be used in place of water.

For a thicker stew: Combine 3 tablespoons flour and ¼ cup water. Mix well and stir into the slow cooker during the last 30 minutes of cooking.

## Nutrition Facts

Serving Size 1 cup (217g)

Servings Per Container 10

Amount Per Serving

**Calories 210** Calories from Fat 70

% Daily Value\*

**Total Fat** 8g 12 %

Saturated Fat 2g 10 %

Trans Fat 0g 0 %

**Cholesterol** 65mg 22 %

**Sodium** 510mg 22 %

**Total Carbohydrate** 14g 5 %

Dietary Fiber 2g 6 %

Sugars 2g

**Protein** 20g

Vitamin A 45% ■ Vitamin C 8%

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 gram: Fat 9 · Carbohydrate 4 · Protein 4

# CURRY

Slow Cooker Size: 5 quarts  
Cooking Time: 7-9 hours on low

## Ingredients:

- **2 medium russet potatoes**, peeled and chopped into two-inch pieces
- **3 medium carrots**, peeled and chopped into two-inch pieces
- **3 celery ribs**, chopped into two-inch pieces
- **1 medium onion**, chopped into two-inch pieces
- **2 pounds boneless stew meat**, cut into one-inch cubes
- **3-4 tablespoons curry powder**
- **2 (14 ½-ounce) cans fat-free chicken broth**

## Optional Ingredients:

- **garlic**, peeled and crushed
- **bananas** or **apples**, peeled and chopped
- **salt** and **pepper** to taste

## Directions:

1. In slow cooker, layer potatoes, carrots, celery, onion, and stew meat. Optional: Add garlic, banana or apple.
2. Sprinkle curry powder over meat.
3. Cover mixture with chicken broth.
4. Cover slow cooker and cook on low for 7-9 hours.
5. Optional: During the last 30 minutes of cooking add flour-water mixture to curry and stir well. Cover and cook on low for 30 minutes.
6. Optional: Add salt and pepper to taste.
7. Mix well before serving.

## Menu Suggestions:

Curry  
Brown rice  
Fresh, frozen, canned or dried fruit

makes

**15**

one-cup servings

## Variations:

Lean ground meat or chicken cubes may be used in place of beef cubes.

Beef or vegetable broth may be used in place of chicken broth.

For a thicker curry: Combine 3 tablespoons flour with ¼ cup water; mix well. Stir into the curry during the last 30 minutes of cooking.

## Nutrition Facts

Serving Size 1 cup (158g)  
Servings Per Container 15

Amount Per Serving

**Calories** 130 **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g 8 %

Saturated Fat 2g 9 %

Trans Fat 0g 0 %

**Cholesterol** 35 mg 11 %

**Sodium** 190 mg 8 %

**Total Carbohydrate** 7g 2 %

Dietary Fiber 1g 5 %

Sugars 1g

**Protein** 14g

Vitamin A 35% ■ Vitamin C 6%

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	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



# JOOK

Slow Cooker Size: 5 quarts  
Cooking Time: 7-9 hours on low

## Ingredients:

- **1 medium won bok cabbage**, chopped into bite-sized pieces
- **12 medium green onions**, chopped into one-inch pieces
- **6-inch piece ginger**, chopped into one-inch pieces
- **2 medium carrots**, chopped into half-inch pieces
- **1 cup uncooked white rice**, rinsed (standard cup measure)
- **1 cup uncooked brown rice**, rinsed (standard cup measure)
- **1 pound boneless skinless chicken thighs**, cut into one-inch cubes
- **4 (14 ½-ounce) cans fat-free chicken broth**
- **1 tablespoon oyster flavored sauce**
- **1 tablespoon soy sauce**

## Optional Ingredients:

- **Chinese parsley**, chopped
- **sesame oil**

## Directions:

1. Refrigerate chopped won bok cabbage, green onions, and Chinese parsley (optional) until ready to use.
2. In slow cooker, combine ginger, carrots, white and brown rice, chicken, and cover with chicken broth.
3. Cover slow cooker and cook on low for 7-9 hours.
4. During the last 1 hour of cooking, open slow cooker and mix in won bok cabbage and green onions. Cover and cook for 1 hour.
5. Add oyster sauce, soy sauce, Chinese parsley (optional) and sesame oil (optional) before serving.

## Menu Suggestions:

Jook

Fresh, frozen, canned or dried fruit

makes  
**11**  
one-cup servings

## Variations:

Lean ground meat, chicken breast, ham, or leftover meats may be used in place of chicken thighs.

## Nutrition Facts

Serving Size 1 cup (378g)  
Servings Per Container 11

Amount Per Serving

**Calories 250** Calories from Fat 35

% Daily Value\*

**Total Fat** 4g 6 %

Saturated Fat 1g 5 %

*Trans* Fat 0g 0 %

**Cholesterol** 30mg 10 %

**Sodium** 480 mg 21 %

**Total Carbohydrate** 33g 11 %

Dietary Fiber 3g 11 %

Sugars 3g

**Protein** 17g

Vitamin A 80% ■ Vitamin C 60%

Calcium 8% ■ 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 gram: Fat 9 · Carbohydrate 4 · Protein 4

# KIM CHEE SOUP

Slow Cooker Size: 5 quarts

Cooking Time: 7-9 hours on low

## Ingredients:

- **½ small head cabbage**, chopped into one-inch pieces
- **5 medium green onions**, chopped into half-inch pieces
- **1 (10-ounce) bag bean sprouts**, rinsed
- **12 ounces hot kim chee**
- **1 (14-ounce) block firm tofu**, drained and cut into one-inch cubes
- **2 (6 ½-ounce) cans mushroom pieces**, drained
- **1 pound lean boneless pork**, cut into one-inch cubes
- **3 (14 ½-ounce) cans fat-free chicken broth**

## Optional Ingredients:

- **garlic**, peeled and crushed
- **ginger**, peeled and crushed
- **chili pepper flakes**
- **ko cho jung sauce**

## Directions:

1. Refrigerate chopped cabbage, green onions, and bean sprouts until ready to use.
2. In slow cooker, combine kim chee (cabbage and liquid), tofu, mushrooms, pork, and chicken broth. Optional: Add chili pepper flakes, garlic, and ginger.
3. Cover slow cooker and cook on low for 7-9 hours.
4. During the last 15 minutes, open slow cooker and mix in cabbage, green onions, and bean sprouts. Cover and cook for 15 minutes.
5. Optional: Stir in ko cho jung or Asian hot sauce sauce before serving.

## Menu Suggestions:

Kim Chee Soup

Brown rice

Fresh, frozen, canned or dried fruit

makes

**13**

one-cup servings

## Variations:

Lean ground pork or chicken may be used in place of lean boneless pork.

## Nutrition Facts

Serving Size 1 cup (263g)  
Servings Per Container 13

Amount Per Serving

**Calories 120** Calories from Fat 40

% Daily Value\*

**Total Fat** 4.5g 7 %

Saturated Fat 1.5g 7 %

Trans Fat 0g 0 %

**Cholesterol** 20mg 7 %

**Sodium** 450mg 20 %

**Total Carbohydrate** 6g 2 %

Dietary Fiber 2g 9 %

Sugars 2g

**Protein** 15g

Vitamin A 8% ■ Vitamin C 30%

Calcium 8% ■ 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 gram: Fat 9 · Carbohydrate 4 · Protein 4

# LAU LAU STEW

Slow Cooker Size: 4 quarts

Cooking Time: 7-9 hours on low

## Ingredients:

- **5-6 large ti leaves**, washed and ribs removed
- **2 (24-ounce) packages cooked, frozen luau leaves**
- **2 large sweet potatoes or yams**, cleaned and cut into two-inch pieces
- **1 pound lean pork roast**, trimmed and cut into two-inch pieces
- **2 teaspoons rock salt**

## Optional Ingredients:

- **coconut extract** to taste.

## Directions:

1. Line the bottom and sides of the slow cooker using 3 ti leaves.
2. In slow cooker, layer 1 package of luau leaves, sweet potatoes or yams, pork, and remaining package of luau leaves.
3. Cover ingredients with remaining ti leaves.
4. Cover slow cooker and cook on low for 7-9 hours.
5. When ready to serve, sprinkle with rock salt and mix lightly.
6. Optional: Stir in the coconut extract.

## Menu Suggestions:

Lau Lau Stew

Brown rice

Fresh, frozen, canned or dried fruit

makes

10

one-cup servings

## Nutrition Facts

Serving Size 1 cup (210g)

Servings Per Container 10

Amount Per Serving

**Calories** 170 **Calories from Fat** 50

% Daily Value\*

**Total Fat** 5g 8 %

Saturated Fat 2g 9 %

Trans Fat 0g 0 %

**Cholesterol** 35mg 11 %

**Sodium** 80mg 4 %

**Total Carbohydrate** 15g 5 %

Dietary Fiber 5g 19 %

Sugars 5g

**Protein** 18g

Vitamin A 240% ■ Vitamin C 110%

Calcium 15% ■ 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 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

# LOCAL STEW

Slow Cooker Size: 5 quarts

Cooking Time: 7-9 hours on low

## Ingredients:

- **2 medium russet potatoes**, peeled and cut into two-inch pieces
- **2 large carrots**, peeled and cut into two-inch pieces
- **3 celery ribs**, cut into two-inch pieces
- **1 medium onion**, cut into two-inch pieces
- **2 pounds stew meat**, cut into one-inch cubes
- **1 (14 ½-ounce) can fat-free chicken broth**
- **1 (14 ½-ounce) can stewed tomatoes**

## Optional Ingredients:

- **bay leaf**
- **garlic**, peeled and crushed
- **salt and pepper** to taste

## Directions:

1. In slow cooker, add potatoes, carrots, celery, onion, stew meat, and chicken broth. Optional: Add bay leaf and garlic.
2. Cover mixture with stewed tomatoes.
3. Cover slow cooker and cook on low for 7-9 hours.
4. Optional: During the last 30 minutes of cooking, add flour-water mixture to local stew and stir well. Cover and cook for remaining 30 minutes.
5. Optional: Add salt and pepper to taste.
6. Mix well before serving.

## Menu Suggestions:

Local Stew

Whole wheat bread or brown rice

Fresh, frozen, canned or dried fruit

makes

**12**

one-cup servings

## Variations:

Chicken, pork, or lean ground meat may also be used in place of stew meat. Beef or vegetable broth may be used in place of chicken broth.

Tomato soup or tomato paste may be used in place of stewed tomatoes.

## Nutrition Facts

Serving Size 1 cup (196g)  
Servings Per Container 12

Amount Per Serving

**Calories** 170 **Calories from Fat** 60

% Daily Value\*

**Total Fat** 6g 10 %

Saturated Fat 2.5g 11 %

Trans Fat 0g 0 %

**Cholesterol** 45mg 14 %

**Sodium** 230mg 10 %

**Total Carbohydrate** 10g 3 %

Dietary Fiber 1g 4 %

Sugars 2g

**Protein** 17g

Vitamin A 40% ■ Vitamin C 15%

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	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

# PORTUGUESE BEAN SOUP

Slow Cooker Size: 5 quarts  
Cooking Time: 7-9 hours on low

## Ingredients:

- **1 small cabbage**, chopped into two-inch pieces
- **1 (10-ounce) Portuguese sausage**, sliced into quarter-inch rounds
- **1 pound lean ham steak**, bone-in, cut into one-inch cubes
- **1 large carrot**, peeled and cut into one-inch pieces
- **1 medium russet potato**, peeled and cut into one-inch pieces
- **1 medium onion**, cut into one-inch pieces
- **1 (15 ¼-ounce) can kidney beans**, drained and rinsed
- **1 (28-ounce) can diced tomatoes**
- **4 cups water**

makes  
**16**  
one-cup servings

## Variations:

Ham shank may be used in place of ham steak.

## Optional Ingredients:

- **garlic**, peeled and crushed
- **cooked pasta**
- **salt and pepper** to taste

## Directions:

1. Refrigerate chopped cabbage until ready to use.
2. In slow cooker, combine Portuguese sausage, ham, carrot, potato, onion, garlic (optional), kidney beans, tomatoes, and water.
3. Cover slow cooker and cook on low for 7-9 hours.
4. One hour before soup is ready to be served, stir chopped cabbage into soup. Cover, and continue cooking for 1 hour.
5. Before serving, remove and discard ham bone and stir.
6. Optional: Add pasta, salt and pepper to taste.

## Menu Suggestions:

Portuguese Bean Soup  
Whole wheat bread or rolls or brown rice  
Fresh, frozen, canned or dried fruit

## Nutrition Facts

Serving Size 1 cup (238g)  
Servings Per Container 16

Amount Per Serving

**Calories** 160 **Calories from Fat** 60

% Daily Value\*

**Total Fat** 6g 10 %

Saturated Fat 2.5g 12 %

Trans Fat 0g 0 %

**Cholesterol** 25mg 8 %

**Sodium** 380mg 16 %

**Total Carbohydrate** 14g 5 %

Dietary Fiber 4g 14 %

Sugars 4g

**Protein** 11g

Vitamin A 20% ■ Vitamin C 45%

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	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

# VEGETABLE BEEF SOUP

Slow Cooker Size: 4 quarts  
Cooking Time: 6-8 hours on low

## Ingredients:

- **1 pound package frozen mixed vegetables**
- **1 (14 ½-ounce) can diced tomatoes**
- **1 (14 ½-ounce) can tomato sauce**
- **½ pound lean stew meat**, cut into one-inch cubes
- **2 (14 ½-ounce) cans fat-free chicken broth**
- **3 cups cooked pasta** (1 ½ cups dry)

## Optional Ingredients:

- **Bay leaf**
- **dried basil** or **mixed Italian seasoning**
- **salt** and **pepper** to taste

## Directions:

1. In slow cooker, combine frozen mixed vegetables, diced tomatoes, tomato sauce, stew meat, and chicken broth. Optional: Add bay leaf, dried basil or mixed Italian seasoning.
2. Cover slow cooker and cook on low for 6-8 hours.
3. Add cooked pasta and mix well just before serving.
4. Optional: Add salt and pepper to taste.

## Menu Suggestions:

Vegetable Beef Soup  
Whole grain bread  
Fresh, frozen, canned or dried fruit

makes

**10**

one-cup servings

## Variations:

Lean ground meat may be used in place of stew meat. Canned tomato soup may be used in place of canned tomato sauce.

## **Nutrition Facts**

Serving Size 1 cup (256g)  
Servings Per Container 10

Amount Per Serving

**Calories** 130 Calories from Fat 20

% Daily Value\*

**Total Fat** 2g 3 %

Saturated Fat .5g 4 %

Trans Fat 0g 0 %

**Cholesterol** 15mg 4 %

**Sodium** 550mg 24 %

**Total Carbohydrate** 18g 6 %

Dietary Fiber 2g 9 %

Sugars 4g

**Protein** 10g

Vitamin A 15% ■ Vitamin C 15%

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 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



# Pulled Meats





# KALUA PIG AND CABBAGE

Slow Cooker Size: 5 quarts

Cooking Time: 8-10 hours on low and 1 hour on high

## Ingredients:

- **5-6 large ti leaves**, washed and ribs removed
- **1 small round onion**, chopped into half-inch pieces
- **1 small head cabbage**, chopped into one-inch pieces
- **2 pound top loin boneless pork roast**, visible fat removed
- **1 teaspoon rock salt**

## Optional Ingredients:

- **Pepper** to taste

## Directions:

1. Line bottom and sides of slow cooker using 2-3 ti leaves.
2. Refrigerate chopped onion and cabbage until ready to use.
3. Place pork in slow cooker and cover top of pork with remaining ti leaves.
4. Cover and slow cook on low for 8-10 hours.
5. One hour before serving, remove pork from slow cooker and place in a medium bowl. Discard ti leaves.
6. Shred pork with a fork and add rock salt. Optional: Add pepper. Mix well.
7. Add chopped onion and cabbage to slow cooker, and place shredded pork on top of the vegetables.
8. Cover slow cooker and cook on high for approximately 1 hour or until onions and cabbage are cooked.
9. Mix well before serving.

## Menu Suggestions:

Kalua Pig and Cabbage

Brown rice

Fresh, frozen, canned or dried fruit

makes

9

one-cup servings

## Nutrition Facts

Serving Size 1 cup (157g)

Servings Per Container 9

Amount Per Serving

**Calories** 170 **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g 10 %

Saturated Fat 2.5g 12 %

Trans Fat 0g 0 %

**Cholesterol** 55mg 19 %

**Sodium** 75mg 19 %

**Total Carbohydrate** 5g 2 %

Dietary Fiber 2g 8 %

Sugars 3g

**Protein** 21g

Vitamin A 2% ■ Vitamin C 50%

Calcium 4% ■ 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 gram: Fat 9 · Carbohydrate 4 · Protein 4

# PULLED KALBI BEEF

Slow Cooker Size: 4 quarts  
Cooking Time: 6-8 hours on low

## Ingredients:

- **2 pounds lean beef**, trimmed
- **Water** to cover

**Kalbi Sauce:** Combine in a medium jar, shake well and refrigerate.

- **¼ 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

## Directions:

1. Place beef in slow cooker and add water.
2. Cover slow cooker and cook on low for approximately 6-8 hours.
3. When beef is done, drain liquid out of slow cooker.
4. Shake *kalbi* sauce well and stir into beef.

\*Kalbi sauce should not be consumed by persons under 2 years of age because of the presence of honey.

## Menu Suggestions:

Pulled Kalbi Beef  
Brown rice  
Steamed broccoli or other vegetables  
Fresh, frozen, canned or dried fruit  
Use in a sandwich with whole wheat rolls or buns.

makes

8

one-cup servings

## Variations:

Marinate slow cooked beef in *kalbi* sauce and refrigerate overnight.

## Nutrition Facts

Serving Size 1 cup (128g)  
Servings Per Container 8

Amount Per Serving

**Calories** 270 **Calories from Fat** 90

% Daily Value\*

**Total Fat** 9g 15 %

Saturated Fat 3g 16 %

Trans Fat 0g 0 %

**Cholesterol** 120mg 39 %

**Sodium** 500mg 22 %

**Total Carbohydrate** 5g 2 %

Dietary Fiber 0g 0 %

Sugars 4g

**Protein** 39g

Vitamin A 0% ■ Vitamin C 0%

Calcium 2% ■ 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	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

# PULLED OYSTER CHICKEN

Slow Cooker Size: 4 quarts  
Cooking Time: 6-8 hours on low

## Ingredients:

- **2 pounds lean chicken**, trimmed
- **Water** to cover

## Optional Ingredients:

- **1 clove garlic**, minced
- **2 tablespoons green onions**, minced
- **1 tablespoon cornstarch**
- **1 tablespoon sugar**
- **1 teaspoon soy sauce**
- **¼ cup oyster flavored sauce**

## Directions:

1. Place chicken in slow cooker and add water.
2. Cover slow cooker and cook on low for approximately 6-8 hours.
3. When chicken is done, drain liquid out of slow cooker.
4. Shake oyster sauce well and stir into chicken.

## Menu Suggestions:

Pulled Oyster Chicken  
Brown rice  
Chinese parsley  
Bean sprouts  
Steamed choi sum or other leafy green vegetables  
Fresh, frozen, canned or dried fruit

makes  
**8**  
one-cup servings

## Variations:

Chicken breast or thighs may be used.  
Marinate slow cooked chicken in oyster sauce and refrigerate overnight.

## **Nutrition Facts**

Serving Size 1 cup (98g)

Servings Per Container 8

Amount Per Serving

**Calories 190** Calories from Fat 70

% Daily Value\*

**Total Fat 8g** 13 %

Saturated Fat 2.5g 11 %

Trans Fat 0g 0 %

**Cholesterol 75mg** 25 %

**Sodium 560mg** 24 %

**Total Carbohydrate 6g** 2 %

Dietary Fiber 0g 0 %

Sugars 5g

**Protein 21g**

Vitamin A 2% ■ Vitamin C 2%

Calcium 2% ■ 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

# PULLED PORK ADOBO

Slow Cooker Size: 4 quarts  
Cooking Time: 6-8 hours on low

## Ingredients:

- **2 pounds lean pork**, trimmed
- **Water** to cover

**Adobo Sauce:** Combine in a medium jar, shake well and refrigerate.

- **1 clove garlic**, minced
- **¼ cup white vinegar**
- **¼ teaspoon black peppercorns**, cracked or freshly ground
- **2 tablespoons soy sauce**
- **¼ teaspoon salt**
- **1 bay leaf**, torn into 3 pieces

## Directions:

1. Place pork in slow cooker and add water.
2. Cover slow cooker and cook on low for approximately 6-8 hours.
3. When pork is done, drain liquid out of slow cooker.
4. Shake *adobo* sauce well and stir into pork.

## Menu Suggestions:

Pulled Pork Adobo  
Brown rice  
Bell peppers, steamed eggplant, tomatoes, onions  
Fresh, frozen, canned or dried fruit  
Use in a sandwich with whole wheat rolls or buns.

makes

8

one-cup servings

## Variations:

Marinate slow cooked pork in *adobo* sauce and refrigerate overnight.

Apple cider vinegar can be used in place of white vinegar.

## Nutrition Facts

Serving Size 1 cup (88g)

Servings Per Container 8

Amount Per Serving

**Calories** 160 **Calories from Fat** 70

% Daily Value\*

**Total Fat** 8g 12 %

Saturated Fat 3g 14 %

Trans Fat 0g 0 %

**Cholesterol** 60mg 21 %

**Sodium** 340mg 15 %

**Total Carbohydrate** 0g 0 %

Dietary Fiber 0g 0 %

Sugars 0g

**Protein** 21g

Vitamin A 0% ■ Vitamin C 2%

Calcium 2% ■ 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

# Miscellaneous



# CONFETTI RICE

Slow Cooker Size: 4 quarts  
Cooking Time: 6-8 hours on low

## Ingredients:

- 1 pound lean ground beef
- 1 (24-ounce) jar salsa
- 1 (14-ounce) can diced tomatoes
- 2 cups uncooked brown rice, rinsed (standard cup measure)
- 1 cup water
- 1 (10-ounce) package frozen mixed vegetables
- 1 tablespoon taco seasoning or chili powder

## Optional Ingredients:

- garlic (peeled and minced)
- bay leaf
- salt and pepper to taste

## Directions:

1. In slow cooker, combine ground beef, salsa, diced tomatoes, brown rice, water, frozen mixed vegetables, and taco seasoning or chili powder; mix thoroughly.
2. Optional: Add the garlic, bay leaf.
3. Cover slow cooker and cook on low for 6-8 hours.
4. Optional: Add salt and pepper to taste.
5. Mix well before serving.

## Menu Suggestions:

Confetti Rice  
Tossed green salad  
Fresh, frozen, canned or dried fruit

makes  
10  
one-cup servings

## Variations:

Ground turkey or ground chicken may be used in place of ground beef.

## Nutrition Facts

Serving Size 1 cup (244g)  
Servings Per Container 10

Amount Per Serving

**Calories** 270 **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g 9 %

Saturated Fat 2g 10 %

Trans Fat 0g 0 %

**Cholesterol** 35mg 11 %

**Sodium** 490mg 21 %

**Total Carbohydrate** 39g 13 %

Dietary Fiber 2g 9 %

Sugars 4g

**Protein** 17g

Vitamin A 10% ■ 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	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



# POULTRY STUFFING

Slow Cooker Size: 5 quarts

Cooking Time: 5-6 hours on low

## Ingredients:

- **1 ½ pounds day-old whole grain bread**, cut into one-inch cubes
- **1 large onion**, diced
- **5 large celery ribs**, diced
- **2 (6 ½-ounce) cans mushroom pieces & stems**, drained
- **2 tablespoons poultry seasoning**
- **1 teaspoon pepper**
- **1 cup water**
- **1 (14 ½-ounce) cans chicken broth**
- **Non-stick cooking spray**

## Optional Ingredients:

- **sausage or leftover meats** (chopped)
- **butter**
- **salt-free seasoning**
- **salt** to taste
- **water chestnuts**, drained
- **carrots**, peeled and diced
- **spinach**, fresh or frozen

## Directions:

1. In a large bowl, add bread, onion, celery, and canned mushrooms. Optional: Add chopped sausage or leftover meats, butter, salt-free seasoning, salt, water chestnuts, diced carrots, and spinach.
2. Add poultry seasoning, pepper, water and chicken broth and mix well.
3. Lightly grease slow cooker with non-stick cooking spray, and place stuffing mix inside.
4. Cover slow cooker and cook on low for 5-6 hours.

## Menu Suggestions:

Poultry Stuffing  
Turkey or ham or chicken  
Corn or green beans  
Tossed green salad  
Fresh, frozen, canned or dried fruit

makes  
**12**  
one-cup servings

## Variations:

If cubes of bread are soft before used in recipe, bake at 350° F in the oven for approximately 20 minutes until firm before adding to slow cooker.

## Nutrition Facts

Serving Size 1 cup (175g)  
Servings Per Container 12

Amount Per Serving

**Calories 150** Calories from Fat 15

% Daily Value\*

**Total Fat** 2g 3 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

**Cholesterol** 0mg 0 %

**Sodium** 520mg 23 %

**Total Carbohydrate** 30g 10 %

Dietary Fiber 7g 24 %

Sugars 4g

**Protein** 6g

Vitamin A 2% ■ Vitamin C 4%

Calcium 8% ■ 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 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

# TARO

Slow Cooker Size: 4 quarts  
Cooking Time: 10-12 hours on low

## Ingredients:

- **2 pounds taro**, thoroughly scrubbed and rinsed
- **8 cups water**

makes  
**8**  
one-cup servings

## Directions:

1. Put taro and water into slow cooker. Add more water to cover taro if needed.
2. Cover slow cooker and cook on low for 10-12 hours.
3. Thoroughly remove skin and eyes.
4. Rinse well before serving.

## Menu Suggestions:

Taro  
Pulled meat  
Lomi lomi salmon  
Fresh, frozen, canned or dried fruit  
Lau Lau Stew or Kalua Pig and Cabbage

## Nutrition Facts

Serving Size 1 cup (113g)  
Servings Per Container 8

Amount Per Serving

**Calories** 160 Calories from Fat 0

% Daily Value\*

**Total Fat** 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

**Cholesterol** 0mg 0 %

**Sodium** 15mg 1 %

**Total Carbohydrate** 39g 13 %

Dietary Fiber 6g 21 %

Sugars less than 1g

**Protein** less than 1g

Vitamin A 2% ■ Vitamin C 60%

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	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



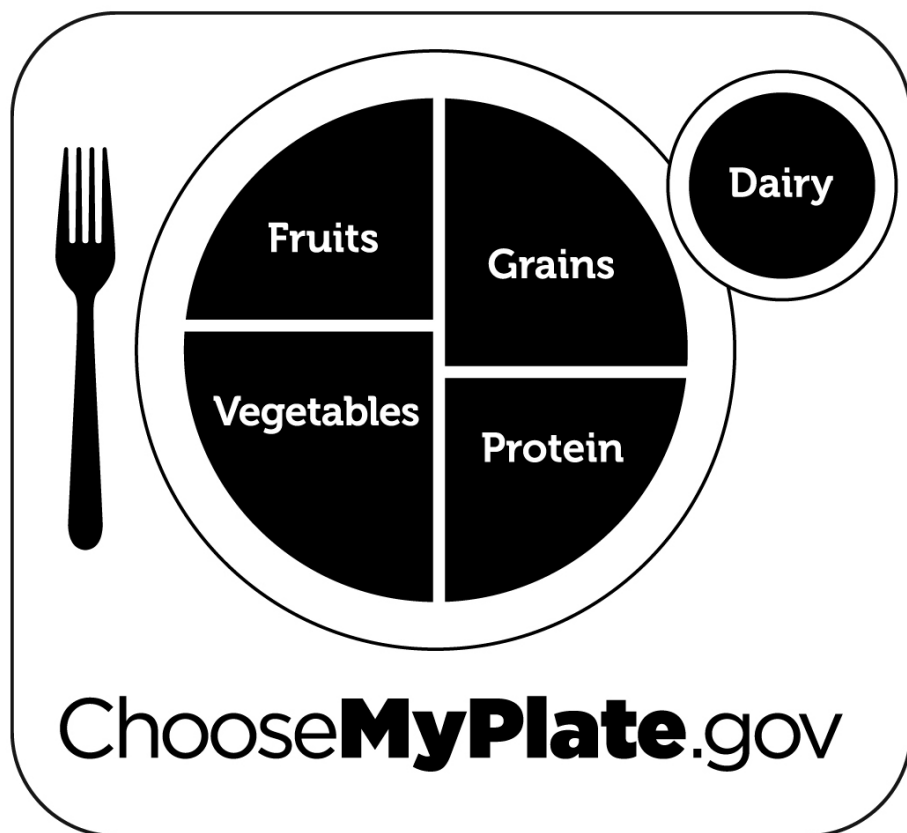
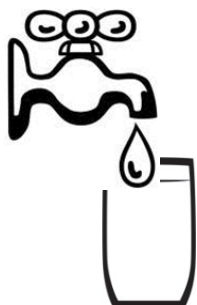
# A Food Guide



# A Food Guide

## Build A Healthy Plate

Drink water  
often, with  
and between  
your meals.



Choose  
fat-free or  
low-fat  
(1%) milk.



**Vegetables** and **fruits** fill half the plate.

Pile them as high as you want. If you are still hungry, go for more fruit and veggies.

Choose a variety of colors and forms: fresh, frozen, canned or dried, and 100% juice.



A **starch/grain** fills a fourth of the plate not more than 1/2 inch high.

Make half your grains whole grains.

A **meat/protein** fills a fourth of the plate, not more than 1/2 inch high.

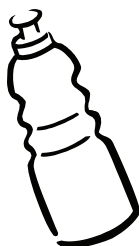
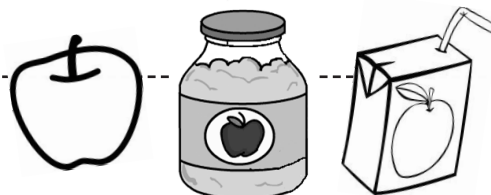
Keep meat and poultry portions lean and small.

Eat beans, a natural source of fiber and protein.

## WHOLE FOODS:

- Choose foods in their natural, unprocessed form when possible.

For example, fresh apples are in the “whole” form nature gave us. Applesauce and apple juice are more processed. Apple flavored products may not contain real apples.



## Water:

- Drink more water, the liquid your body needs.

## MODERATION:

- Reduce your risk of chronic diseases by limiting the amounts of foods you eat that are high in fats, sugars, and salt, such as fatty meats, desserts and frozen meals.
- Avoid oversized portions.

## VARIETY:

- Get the nutrients your body needs to be healthy by eating many different kinds of foods.

## PHYSICAL ACTIVITY:



- Be physically active in your own way.
- Pick activities that you like and start by doing what you can, at least 10 minutes at a time.
- Adults should aim for 30 minutes each day.
- Children should aim for 60 minutes each day.



## ENJOY:

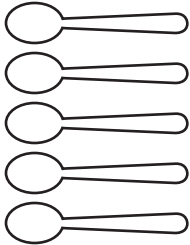
- Enjoy your food.
- Cook together, eat together, talk together. Make mealtime a family time!

# Be A Food Detective

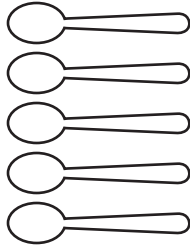
Guess how many teaspoons of fat and salt are in the food below.

**Chocolate  
Candy Bar**

1 ounce



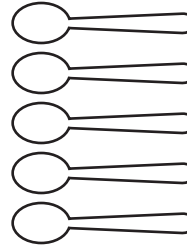
v.s. **Banana**  
1 medium



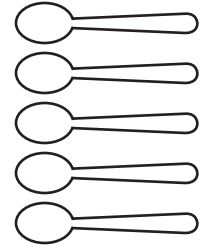
**FAT**

**Tuna in water**

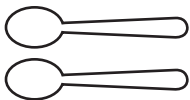
2.5 ounces  
( $\frac{1}{2}$  can)



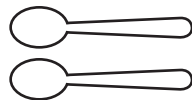
v.s. **Luncheon Meat  
canned**  
3 ounces ( $\frac{1}{4}$  can)



**Brown Rice**  
1 cup

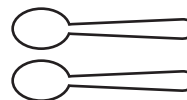


v.s. **Brown Rice with  
1 tablespoon  
Regular Shoyu**

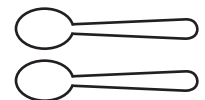


**SALT**

**Potato**  
1 medium



v.s. **Potato Chips**  
small bag  
(1 oz.)



Answers on bottom of page 4

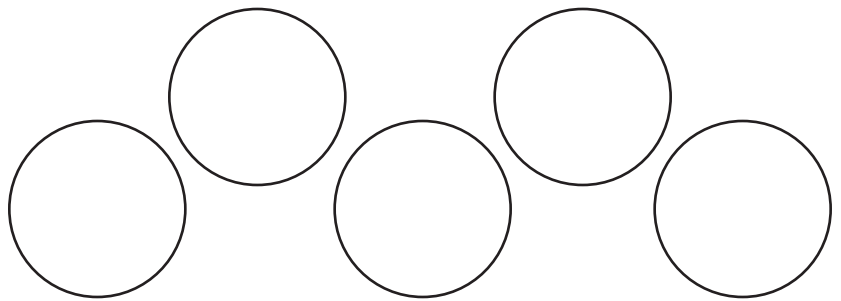
## Fruits & Veggies — More Matters®

Choose all different forms: Fresh, Frozen, Canned, Dried and 100% Juice.  
Select fruit for dessert.

Example:

apple

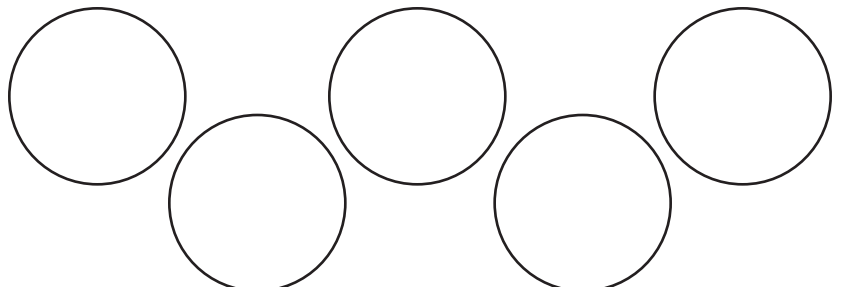
List or draw  
the fruits and  
vegetables you  
**ate**, or **will** eat  
today.



Example:



List or draw  
the fruits and  
vegetables you  
plan to eat \_\_\_\_\_  
\_\_\_\_\_





## FRUITS AND VEGGIES: Make half your plate fruits and vegetables. Choose a variety of colors. Choose different forms.

Acerola	Carrot	Grape	Lychee	Pineapple	Sugar Snap Peas
Apple	Cauliflower	Green bean	Mango	Pomegranate	Surinam Cherry
Apricot	Celery	Green pepper	Marungay	Prickly Pear	Tamarind
Banana	Chayote	Guava	Mushroom	Pommelo	Tangerine
Bean Sprout	Cherimoya	Jicama	Okra	Pumpkin	Tomato
Bittermelon	Choi sum	Kiwi	Orange	Seaweed	Turnips
Blueberry	Cucumber	Kumquat	Papaya	Spinach	Watercress
Broccoli	Eggplant	Lettuce	Peach	Squash	Watermelon
Cabbage	Fresh herbs	Lilikoi	Peas	Starfruit	Winged Bean
Cantaloupe	Grapefruit	Luau Leaf	Persimmon	Strawberry	Zucchini

## PROTEINS: Keep meat and poultry portions lean and small. Eat beans, a natural source of fiber and protein.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group & Milk, Yogurt, Cheese and Calcium Foods Group

Fish	Beef	Beans/Soybeans	Sardines	Milk
Seafood	Pork	Lentils	Salmon	Cheese
Tuna	Chicken	Nuts	Dried Fish	Yogurt
Eggs	Turkey	Tofu	Bones	Cottage Cheese

## GRAINS: Make at least half your grains whole grains.

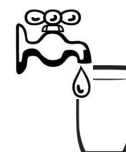
Bread, Cereal, Rice and Pasta Group

Bagels	Corn/Cornmeal	Macaroni	Soba	<u>Starchy Vegetables:</u>	
Barley	Crackers	Oats	Somen	Breadfruit	Potato
Breads	English Muffins	Pita bread	Spaghetti	Green banana	Sweet potato
Bulgur	Look fun	Rice	Tortillas	Poi	Taro
Buns	Long rice	Pancit	Udon		
Cereals	Millet	Saimin	Whole grains		



## CUT BACK ON FOODS HIGH IN FATS, SUGARS, AND SALTS

Limit foods high in fats, oils, sugar and salt. Limit sweets and sugary desserts.



## WATER: Drink the liquid your body needs.



## BE PHYSICALLY ACTIVE IN YOUR OWN WAY.

### Answers

FAT: chocolate candy bar = 2 tsp, banana=v. little, tuna in water=1/6 tsp, luncheon meat = 4 1/2 tsp  
SALT: brown rice = v. little, brown rice & 1 tbsp. shoyu = 1/2 tsp, potato = v. little, potato chips= 1/10 tsp

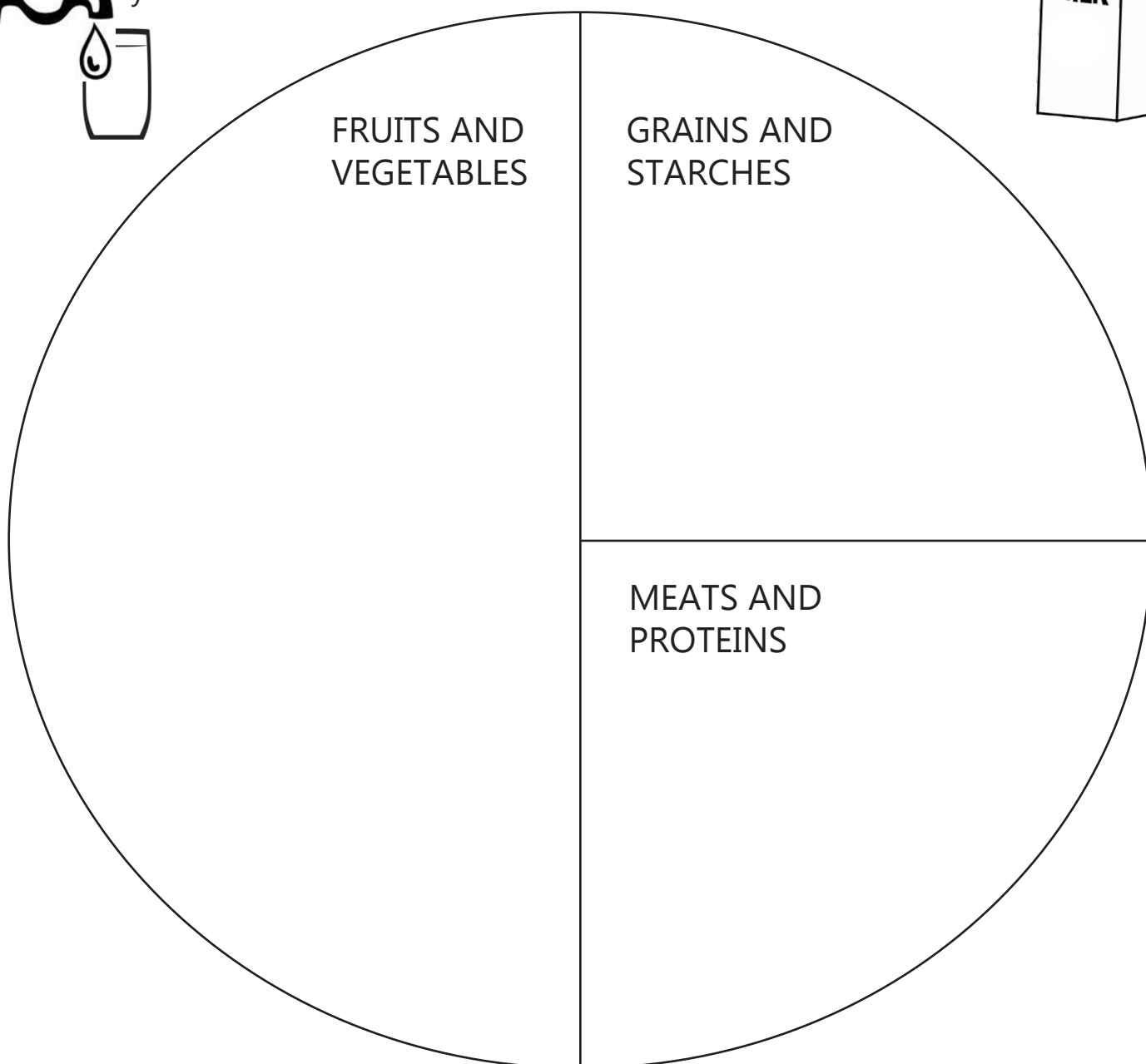
COOPERATIVE EXTENSION SERVICE UNIVERSITY OF HAWAII AT MANOA COLLEGE OF TROPICAL AGRICULTURE AND HUMAN RESOURCES 1955 EAST-WEST ROAD, AGRICULTURAL SCIENCE 306, HONOLULU, HAWAII 96822 The UH-CTAHR Cooperative Extension Service and the U.S. Department of Agriculture cooperate in presenting to the people of Hawaii programs and services without regard to race, sex, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or veteran status. The University is an equal opportunity, affirmative action institution.

# Produce a Plate with Fruits and Veggies



Drink water often,  
with and between  
your meals.

Choose fat-free  
or lowfat (1%)  
milk.



Choose**MyPlate**.gov

# Dressings

Sauces, dips and dressings can add taste and flavor to vegetables and fruits. Store bought products may be high in fat, salt, and calories.

Homemade sauces, dips and dressings are quick and easy to prepare. These recipes are low in fat, rich in flavor, a good source of nutrients, and taste great.

## Salsa

**Yields:** about 4 cups

### Ingredients:

- 1/2 - 3/4 pounds tomatoes OR 1 (28-ounce) 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, onion, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, Chinese parsley, chili pepper, and lemon OR lime juice.
4. COVER and REFRIGERATE. SERVE with salad or whole grain tortilla chips.

## Thousand Island Dressing

**Yields:** about 1 1/2 cups

### Ingredients:

- 1 (6-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.

## Ranch Style Dip

**Yields:** about 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:

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, COVER and REFRIGERATE. SERVE with vegetable sticks.

## Pina Colada Sauce

**Yields:** about 3 cups

### Ingredients:

- 3 (6-ounce) containers lowfat vanilla yogurt
- 1 (12-ounce) can frozen 100% pineapple juice concentrate
- Coconut extract flavoring to taste



### Directions:

1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE. SERVE with sliced fruit OR vegetable sticks.

# Safe Food Handling

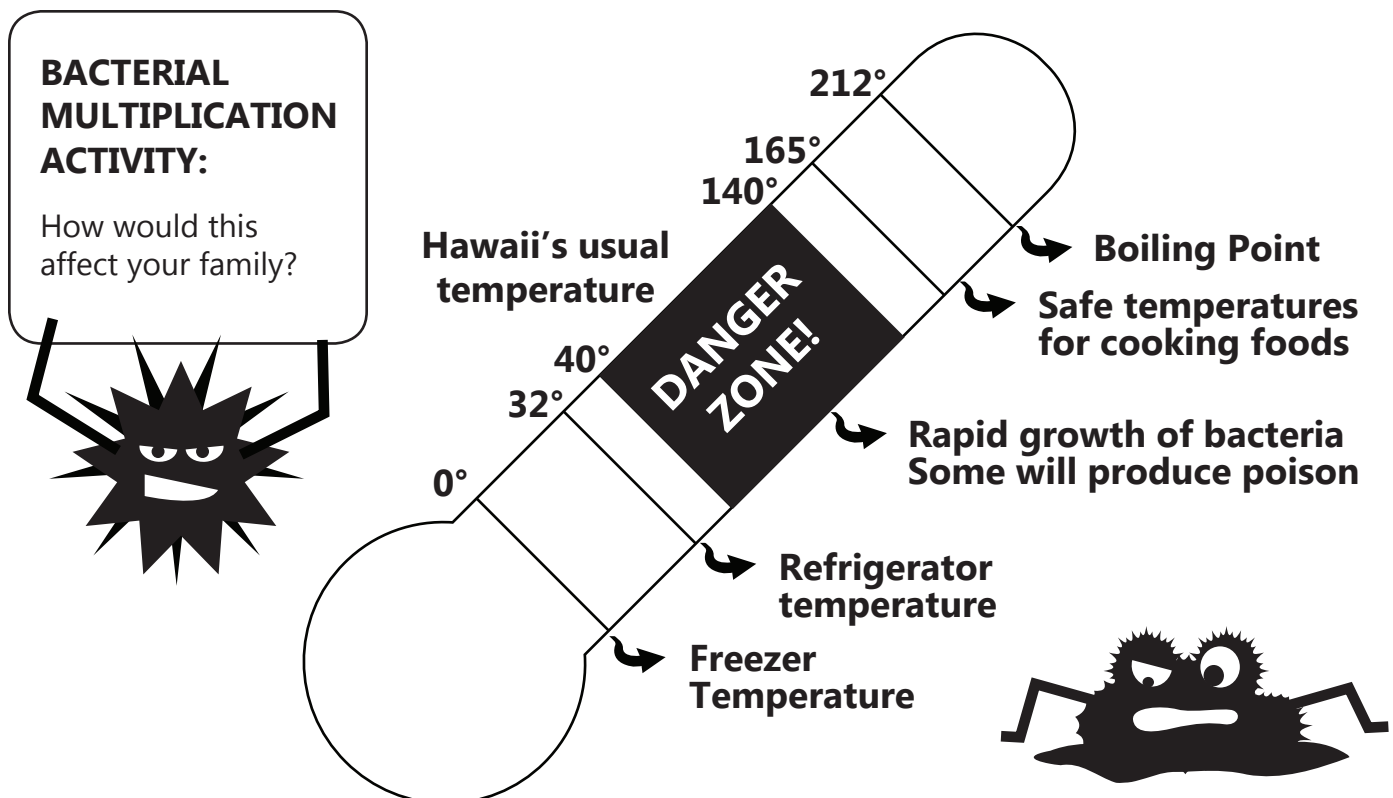


# Safe Food Handling

Proper food handling and cooking are the best ways to keep us from becoming sick from bacteria in foods.



Germ, such as bacteria, fungi, yeast, and molds, are a natural part of our environment. Where there is food, there are bacteria. Generally, young children, older adults, and those who are often sick are the most at risk of getting ill from germs in food.



# 1. CLEAN



## WASH YOUR HANDS

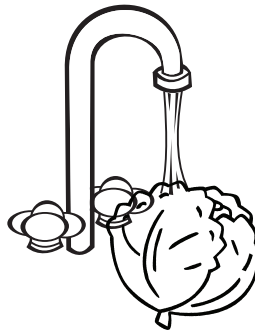
Wash your hands with warm water and soap for at least 20 seconds:

- before and after handling or eating food
- after using the bathroom
- after changing diapers
- after handling pets
- after sneezing, coughing, or blowing your nose



## FRUIT & VEGGIE HANDLING

- Rinse all fruits and vegetables under running tap water.
- Never use detergent or bleach to clean fresh fruits or vegetables.



## CLEAN SURFACES

- Wash surfaces that come into contact with food in hot soapy water
- Wash your cutting boards, dishes, and utensils with hot soapy water after preparing each food item.
- Use clean towels, pot holders, cloths and sponges. Wash them often.
- Sanitizing Solution

- 1** Mix one tablespoon of bleach with a gallon of water.
- 2** Sanitize non-porous countertops and cutting boards for 2 minutes.
- 3** Store solution, tightly covered for up to one week.

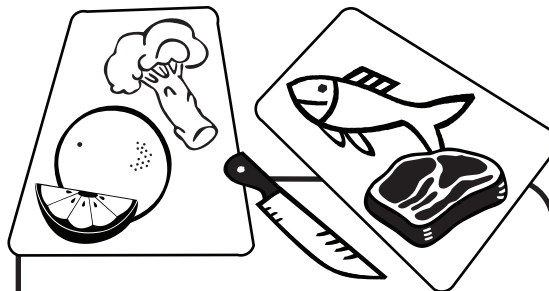
# 2. SEPARATE



**SHOP:** Keep raw meat, poultry, seafood and eggs away from other foods in your shopping cart and grocery bags.



**MARINATE:** Sauce that is used to marinate raw meat, poultry or seafood should **NOT** be re-used or poured over cooked food.



**CUT:** Use one cutting board for fresh produce and a different one for raw meat, poultry and seafood.

Or prepare your fresh and ready-to-eat foods before you cut your raw meat, poultry or seafood.

**STORE:** To prevent juices from raw meat, poultry or seafood from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or in plastic bags on the bottom shelf of the fridge.

**COOKED:** Never place cooked food on a plate that previously held **raw** meat, poultry, seafood or eggs.

### 3. COOK



#### TEMPERATURE

Thoroughly cooking food kills the harmful bacteria that cause illness.

Use a food thermometer and follow the "Internal Temperatures for Safe Cooking" chart below.

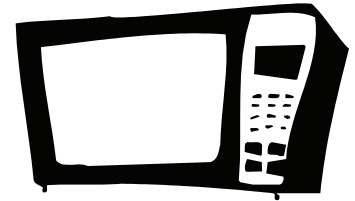
#### KEEP HOT FOODS HOT

- Hot foods should be kept at 140°F or higher.
- Keep food hot with chafing dishes, slow cookers, warming trays or on low heat on a stove.



#### MICROWAVE

- For best results, cover food before microwaving.
- Stir and rotate during microwaving for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Make sure there are no cold spots in food.



#### LEFTOVERS

- Heat leftovers thoroughly to 165°F.
- Bring sauces, soups and gravies to a boil for at least one minute before serving.

## INTERNAL TEMPERATURES FOR SAFE COOKING

Use a food thermometer to measure the internal temperatures of food.

#### Meat Product

#### Temperature

All cooked leftovers (reheated)	165°F
Poultry (whole bird)	165°F
Poultry (breast, thigh, wing)	165°F
Ground poultry	165°F
Ground meat (beef, pork, veal, lamb)	160°F
Egg dishes	160°F
Fish	145°F
*Beef, Veal, or Lamb	145°F
*Pork or Ham	145°F

165°F
165°F
165°F
165°F
160°F
160°F
145°F
145°F
145°F

*\*Cook whole cuts of meat (beef, veal, lamb, pork, ham) to an internal temperature of 145°F, then allow the meat to rest for 3 minutes before carving or consuming.*



## 4. CHILL

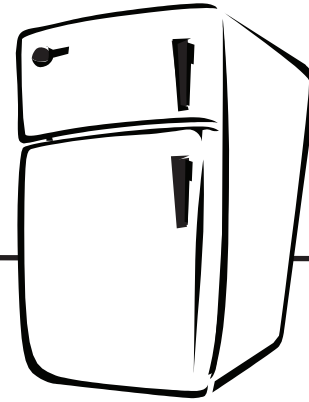


### BUYING

- When shopping, buy frozen, cold or perishable foods last.
- When traveling store perishable food with ice or cold packs in a cooler.
- Take food straight home.

### REFRIGERATOR

- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use most cooked leftovers within 3-4 days.
- Unsafe food does **NOT** always smell, taste or look bad.



### DON'T WAIT, REFRIGERATE

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let leftovers sit at room temperature more than 2 hours or one hour when temperature is above 90°F.

### DEFROSTING

- **Never defrost food at room temperature (on the kitchen counter).**
- Defrost food in the refrigerator. This is the safest method for all foods.
- For defrosting in microwave, use the defrost or low setting.
- Thaw meat and poultry in airtight packaging in cold water if it will be used immediately. Change the water every 30 minutes, so the food continues to thaw in cool water.
- Food thawed in cold water or in the microwave should be cooked immediately.

### KEEP COLD FOODS COLD

Cold foods should be kept at 40°F or below  
Keep all perishable foods chilled right up until serving time.  
Place containers of cold food on ice for serving to make sure they stay cold.

# Meal Planning



# Meal Planning

## Daily Planner

- Plan meals and snacks for your family for one day.
- Be sure to include each of the food groups on your plate.
- Fill half your plate with vegetables and fruits.
- Go easy on the sugars, fats, and salt!
- Think of a snack as a mini-meal.

### MEAL PATTERNS

### MENU

#### Morning:

Grains or starches

Fruit/100% Fruit juice

Milk or water

(Egg or lowfat meat may be included)

Healthy mid-morning snack low in sugars, fats, and salt.

#### Lunch:

Grains or starches

Meat, bean, fish, or poultry

Vegetable

Fruit

Milk or water

Healthy afternoon snack low in sugars, fats, and salt.

#### Evening:

Grains or starches

Meat, bean, fish, or poultry

Vegetable

Fruit

Milk or water

Healthy evening snack low in sugars, fats, and salt.













### How well did you fill your plate?





## Save Time

Plan quick-fix meals from foods cooked a day or two earlier!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST		Fried eggs & rice 		Fruit Salad 			
LUNCH		Chicken Salad 		Fish burger 	Fried rice 		Portuguese bean soup 
DINNER	Rice & Baked Chicken 	Creamed Chicken 	Fruit salad & Fish 	Rice & Pot roast 	Chop Suey 	Portuguese bean soup 	



**Aim for a  
Healthy Lifestyle**



### AIM FOR FITNESS...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

### BUILD A HEALTHY BASE...

- Focus on fruits.
- Vary your veggies.
- Get your calcium-rich foods.
- Make 1/2 your grains whole.
- Go lean with protein.
- Keep food safe to eat.

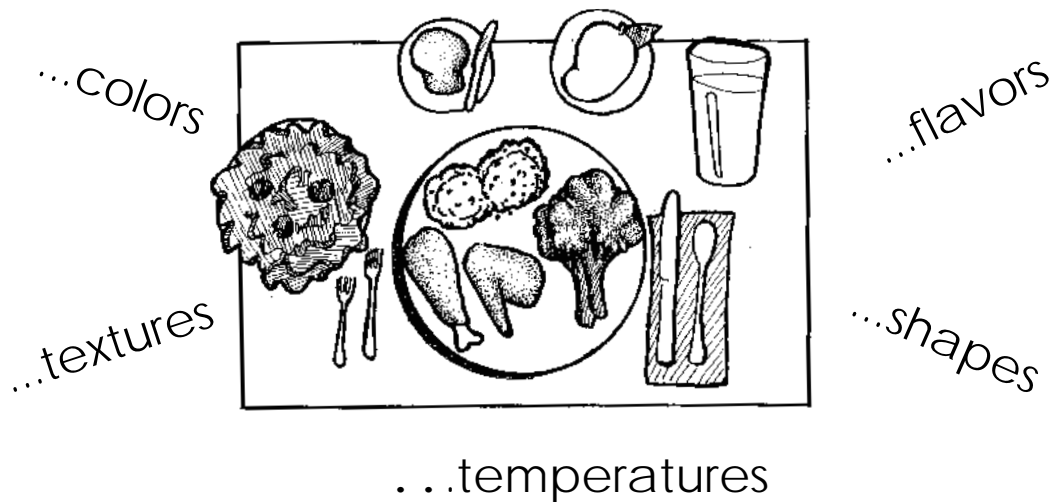
### CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.



## Make Meals Appealing

Plan meals with foods of different...



### Variety in Meals

Consider each of the following tips as you plan meals:

- |                        |   |
|------------------------|---|
| <b>Nutrition</b>       | Use MyPlate to help ensure good nutrition.  |
| <b>Color</b>           | Include foods of different colors in meals. Look for sales on the following, for good contrast at low cost: carrots, oranges, bell peppers, tomatoes, lettuce, spinach, apples, broccoli, red cabbage, sweet potatoes, and papayas. |
| <b>Shape</b>           | Vary the shape and size of food pieces: Include chunks, slices, strips, and wedges.   |
| <b>Taste or flavor</b> | Use a variety of flavors such as sweet, sour, salty, bland, spicy, or tart.   |
| <b>Temperature</b>     | Serve foods at the appropriate temperature. Serve foods of various temperatures at each meal.   |
| <b>Texture</b>         | Serve foods of different textures such as hard, soft, moist, dry, crisp, smooth, or chewy.  |

**Meal Planning:** Use these food lists to help you and your family follow a balanced meal pattern.

## PROTECTIVE FOODS — FRUITS AND VEGGIES — CHOOSE A VARIETY OF COLORS

### Vegetable Group and Fruit Group

Acerola	Cauliflower	Green bean	Marungay	Pommelo	Tangerine
Apple	Celery	Green pepper	Okra	Pumpkin	Tomato
Apricot	Chayote	Guava	Orange	Seaweed	Turnips
Banana	Cherimoya	Jicama	Papaya	Spinach	Watercress
Bean sprout	Choi sum	Kiwi	Peach	Squash	Watermelon
Bittermelon	Cucumber	Kumquat	Peas	Starfruit	Winged bean
Broccoli	Eggplant	Lettuce	Persimmon	Strawberry	Zucchini
Cabbage	Fresh herbs	Luau Leaf	Pineapple	Sugar snap peas	
Cantaloupe	Grapefruit	Lychee	Pomegranate	Surinam cherry	
Carrot	Grape	Mango	Prickly pear	Tamarind	

## BODY BUILDING FOODS - WATCH THE FAT

### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group and

Fish	Beef	Beans	Sardines	Milk
Seafood	Pork	Lentils	Salmon	Cheese
Tuna	Chicken	Nuts	Dried fish	Yogurt

## ENERGY FOODS - CHOOSE WHOLE GRAINS

### Bread, Cereal, Rice and Pasta Group

Bagels	Cornmeal	Macaroni	Soba	<u>Starchy Vegetables:</u>	
Barley	Crackers	Oats	Somen	Breadfruit	Potato
Breads	English muffins	Pita bread	Spaghetti	Green banana	Sweet potato
Bulgur	Look funn	Rice	Tortillas	Poi	Taro
Buns	Long rice	Pancit	Udon		
Cereals	Millet	Saimin	Whole grains		

## CAUTION FOODS

**Foods high in fats, oils, sweets, sugar, and salt**

## WATER - A BASIC NUTRIENT

## PHYSICAL ACTIVITY

# Meal Planning

## Recipes

Knowing the recipes you can prepare along with your family's favorite dishes can help you with meal planning. You can be a smart shopper by planning meals according to the food ads and preparing recipes with ingredients that are on sale. Using ingredients that you have at home will also help you save on your food bill.

Using slips of paper or index cards, write a heading on each card like the samples below. On each card, list all of the recipes and dishes you can prepare with these major ingredients.

Pork

Pork Tofu  
Chow Funn  
Pinacbet

Chicken

Parmesan Ch  
Roast Chick  
Shoyu Chick  
Chicken Lon

Vegetables

Vegetable na  
Spinach and  
Stir Fry Veg

Canned Tuna/Salmon

Cream Tuna  
Tuna Salad  
Tofu Salad  
Tuna Vegeta

Ground Beef/Ground Turkey

Chili  
Spaghetti  
Beef Bean Casserole  
Meat Loaf

Recipe Lists

Other Categories:

- Salads
- Fruits
- Soups
- Beans
- Canned Foods
- Eggs
- Fish
- Tofu
- Snacks

### Now you're ready!

- Keep your lists handy.
- While looking at the sale ads, refer to your lists to help you decide what dishes you can prepare with the foods that are on sale.
- Ask your family what dishes on your lists they would enjoy this week.
- Write down the dishes you are planning to prepare.
- Make a shopping list for the items you need to purchase.
- Add to your recipe lists as you learn to make new dishes.



<div>Vegetables</div>	<div>Fruits</div>	<div>Salads</div>
<div>Snacks</div>	<div>Soups</div>	<div>Beans</div>
<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>

# Spending Less, Eating Better



# Spending Less, Eating Better

## A Shopper's Guide

### 4 PLAN MEALS AROUND SPECIALS

- If ground beef and chicken are on sale, how about chili and roast chicken for two dinners?

### 5 MAKE A SHOPPING LIST

Make your shopping list based on your:

- meal plan
- specials
- inventory
- food budget

### 6 USE COUPONS OR CLUB CARDS

- Use coupons for foods you need when the price is right.
- Take coupons or club cards when shopping.

### 10 EAT BEFORE YOU SHOP



Resist buying extras.



### 11 TRY STORE BRANDS

- Check the value.
- Often have lower prices.
- No national advertising.

### 12 BE AWARE OF MARKETING TECHNIQUES

- End of aisle displays.
- Items at checkout counter.
- Sweet cereals at children's eye-level.

### 16 BUY FRESH VEGETABLES AND FRUITS IN SEASON



Shop at a Farmer's Market


### 17 COMPARE PRICES

Compare prices of fresh, frozen and canned vegetables and fruits. The net weight includes liquid in a can.

### 18 BEST BUYS IN MILK

- Choose fat-free or low fat (1%) milk.
- Skim milk, skim dry milk, and evaporated skim milk are especially good in cooking.

### 22 USE UNIT PRICING

Unit Price \$.20 per oz.	Total Price <b>\$2.40</b>
	
Snappy Rice Cereal	12 oz.

### 23 KEEP REUSEABLE BAGS CLEAN



Regularly wash or wipe thoroughly with sanitizing wipes.

### 24 DATES

Check packaging for:

- Sell by (pull date)
- Use by
- Expiration date

so you know the time limit to buy or use product at its best.

### 28 PHYSICAL ACTIVITY

- Park further away from the store - get more physical activity!



### 29 START A HOME GARDEN

- Buy some seeds and grow your own vegetables















### 30 BEFORE COOKING

- Rinse lids of cans
- Wash fresh fruits and vegetables



# Spending Less, Eating Better

Plan quick-fix meals from foods cooked a day or two earlier!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
B R E A K F A S T		Fried Eggs & Rice 		Fruit Salad 			
L U N C H		Oriental Chicken Salad 		Fish Burger & Salad 	Vegetable Stir Fry 		Bean Soup 
D I N N E R	Rice, Baked Chicken & Veggies 	Skillet Lasagna 	Fruit Salad & Fish 	Rice, Pork Pot Roast & Green Beans 	Chop Suey 	Bean Soup 	

- Plan your meals around sales/specials, your inventory, and MyPlate.
- **Plan meals for at least one full day based on the shopping list.**

Day	Breakfast	Lunch	Dinner
_____day Grains/Starches Meat, beans, fish, poultry Vegetables Fruits Milk or Water			
_____day			
_____day			

- **Determine the cost of your food list and planned menu** for the day. It needs to be within your food allowance for that week.
- Make adjustments where needed.

**Answer Key: (1) 5 (2) 300kcal (3) No (4) No**

# How to Read Food Labels

## Barbeque Sweet Potato Chips

### Nutrition Facts

Serving Size 1 oz. (28g/About 14 chips)  
Servings Per Container about 5

#### Amount Per Serving

**Calories** 150      Calories from Fat 70

#### % Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 6g

**Cholesterol** 0mg      **0%**

**Sodium** 140mg      **6%**

**Potassium** 400mg      **11%**

**Total Carbohydrate** 15g      **6%**

Dietary Fiber 3g      **12%**

Sugars 4g

**Protein** 1g

Vitamin A 150% • Vitamin C 4%

Calcium 4% • Iron 2%

**START HERE**

**Check calories**

**Limit** These  
Nutrients

Get enough of  
these  
nutrients

Look at serving size and number of servings.

There may be more than one serving per container.

% Daily Value: is the amount of a nutrient in one serving compared to recommendations for a 2000 calorie diet.

#### Quick Guide to %DV

5% or less is "low"  
20% or more is "high"

### Label Reading Activity (use the label above or other labels)

1) If I ate the whole box/bag, how many servings would I have eaten? \_\_\_\_

2) If I ate 2 servings, how many calories would I have eaten? \_\_\_\_

Using the % Daily Value information from the label:

3) Is the food 'low' in fat? \_\_\_\_

4) Is the food 'low' in sodium (salt)? \_\_\_\_

# Spending Less, Eating Better

## A Shopper's Guide

### 1 WEEKLY SHOPPING PLAN

- Divide grocery money into weekly amounts.
- Take only the amount of food money you plan to spend.

### 2 CHECK YOUR INVENTORY

- Check your refrigerator, freezer and cupboards for foods and supplies you have before you go shopping.

### 3 CHECK NEWSPAPER ADS

- Watch for sale items.
- Buy extra staple goods when the price is low and if your stock is low.

### 7 KNOW YOUR PRICES

- Choose one or two stores with the best prices.
- Check open markets and wholesale outlets.
- Buy bread at thrift stores.

### 8 KNOW STORE LAYOUT

- Basic foods are around the outside of the store.
- Buy frozen foods last.



### 9 HINTS ABOUT KIDS

- Shop when rested.
- Shop when less crowded.
- Allow children to add one item to your shopping list.

### 13 CHOOSE WHOLE GRAINS

- Brown rice contains more nutrients and fiber.
- Try whole grain cereal, pasta or bread.

### 14 VARY YOUR PROTEIN

- Meats can be expensive and high in fat.
- Try beans, lentils or tofu more often for family meals.

### 15 BE MEAT SMART

- Use cheaper cuts of meat in stews, soups and stir fries.
- Remember to choose less fatty meats.

### 19 LIMIT CONVENIENCE FOODS

- Prices are higher
- Prepared/ready-to-eat meals have added sugar, salt and fat.

### 20 READ THE LABELS

Look for:

#### Nutrition Facts

Serving Size  
 Servings Per Container  
 \_\_\_\_\_  
 Amount Per Serving

### 21 SEE THE LIST OF INGREDIENTS

- Ingredients are listed in order, from the most to the least amount found in the product.

### 25 DO NOT BUY OR USE

- Bulging or swollen cans
- Cans or jars which spurt when opened or have milky liquid
- Rusty or severely dented cans

### 26 BE SURE TO CHECK:

- Scanner for price errors
- Receipt for accuracy
- Your change before leaving the store

### 27 GETTING HOME

- Refrigerate perishable foods immediately.
- Put new canned foods at the back of shelves. Use older cans first.

# Shopping List



## Grains/Starches

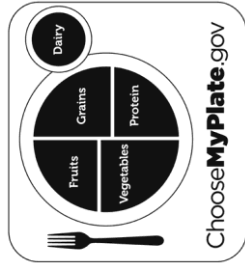
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## Supplies

.....


## Supplies

.....





# Shopping List

Fruits 

Veggies 

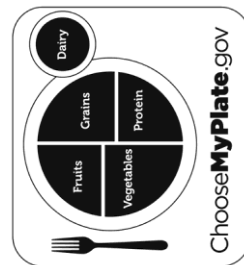
Grains/Starches

Meats

Other Protein

Dairy

Supplies



Think about the foods stocked around the outer edge of your local grocery store. Write in the types of food on this store 'map'.



What items are at the ends of the aisles?



What items are at the checkout counter?

# Winning Ways in the Kitchen



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# Winning Ways In the Kitchen

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## Cooking Terms and Methods

- BAKE/ROAST.** Cook food uncovered in an oven or oven-type appliance.
- BEAT** ..... Make mixture smooth with a rapid, regular motion using a wire whisk, spoon, hand beater, or mixer. When using a spoon, lift the mixture up and over with each stroke.
- BLEND** ..... Mix two or more ingredients thoroughly.
- BOIL** ..... Cook food over high heat in liquid in which bubbles rise constantly to the surface and break.
- BRAISE** ..... Cook meat or poultry slowly in a small amount of liquid in a covered pot.
- BROIL** ..... Cook food by direct heat, usually on a rack.
- BROWN** ..... Cook food quickly until surface of food is brown.
- CHOP** ..... Cut food into small pieces.
- CREAM** ..... Make soft, smooth, and creamy with a spoon or mixer.
- CRUSH** ..... Use a garlic press or a blunt object to smash foods until the fibers separate (such as garlic).
- CUBE** ..... Cut food into small cubes (½-inch).
- DICE** ..... Cut food into very small pieces (about ¼-inch).
- DRAIN** ..... Draw off (a liquid) gradually; to empty by drawing off liquid.
- FOLD** ..... Combine ingredients by using a gentle circular motion to cut down into mixture; slide across the bottom of the bowl to bring some of the mixture up and over the surface.
- FRY** ..... Pan Fry - Cook in frying pan over medium heat with a small amount of fat.  
Deep Fry - Cook in hot fat deep enough for food to float in.
- GRATE** ..... Rub food on a grater (or chop in blender or food processor) to produce fine, medium or coarse particles.
- GREASE** ..... Cover or lubricate with oil or fat, to keep food from sticking.
- KNEAD** ..... Work a food mixture (usually dough) with a fold and press motion.
- MARINATE** ..... Allow food to soak in a seasoned liquid mixture.
- MINCE** ..... Cut into tiny pieces; smaller than diced.
- PEEL** ..... Remove outer covering of foods by trimming away with knife or vegetable peeler.
- PREHEAT** ..... Heat oven to desired temperature before putting food in to bake.
- POACH** ..... Cook food over low heat in small amount of hot, simmering liquid.
- SAUTE** ..... Cook foods rapidly in a small amount of oil in an open pan and stir constantly.
- SHRED** ..... Cut food into slivers or slender pieces using a knife or shredder.
- SIFT** ..... Remove lumps or to lighten the dry ingredients by putting them through a strainer or a sifter.
- SIMMER** ..... Cook food over low heat in a liquid just below the boiling point in which tiny bubbles form slowly.
- SKIM** ..... Remove fat or scum from surface of food.
- SLICE** ..... Cut food into thin pieces.
- STEAM** ..... Cook food on a rack or in a colander in a covered pan over steaming hot water.
- STEW** ..... Cook food over low heat in a large amount of simmering liquid.
- STIR FRY** ..... Cook sliced food quickly in a skillet or wok and toss occasionally.
- THAW** ..... Change from frozen to a liquid state slowly.
- TOSS** ..... Mix foods lightly with a lifting motion, using forks or spoons.

# Master Measuring

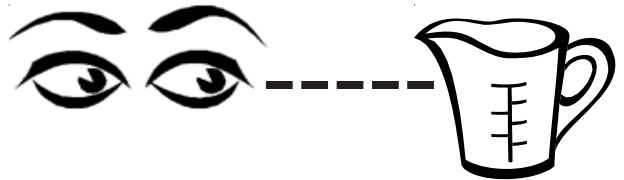


## RECIPE SUCCESS

1. Read over recipe.
2. Clear work area.
3. Set out ingredients and supplies.
4. Prepare and measure ingredients.
5. Make recipe!

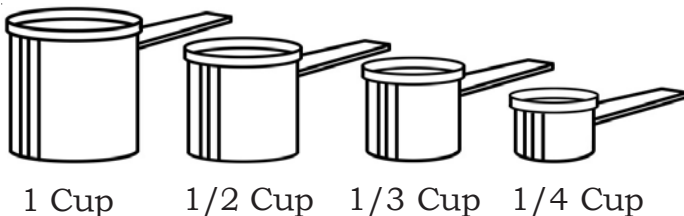


Use clear measuring cups to measure liquid ingredients.

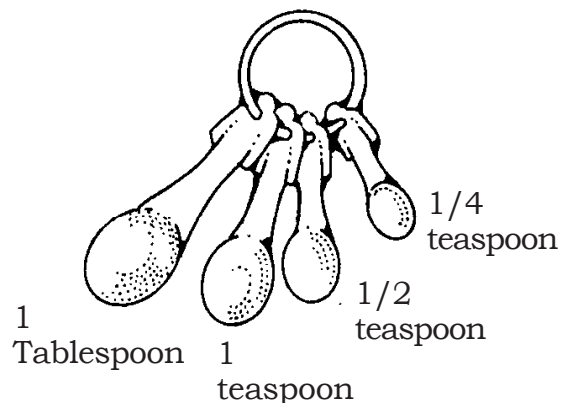


Check at eye level to make sure the correct amount is measured. Liquid should just touch the measurement line.

Use the dry measuring cups pictured below to measure dry ingredients.



Use these measuring spoons to measure small amounts of ingredients.



Dry ingredients should be spooned into measuring cup and leveled using the straight edge of a knife.

# BASIC KITCHEN TOOLS

Draw a line to match the kitchen tools

Liquid Measuring Cup

Dry Measuring Cups

Measuring Spoons

Cutting Board

Knife

Spatula

Spoon

Mixing Bowls

Can Opener

Grater

Peeler

Hot Pad

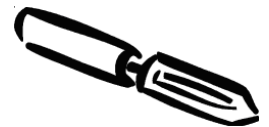
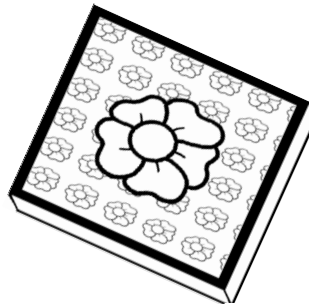
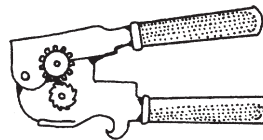
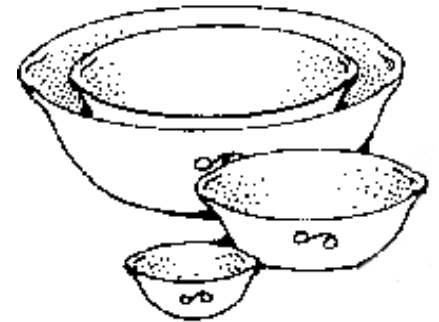
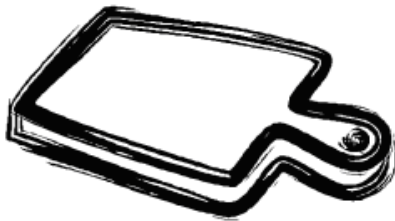
Pot

Pan

Scrubber

Baking Pan

Pot Holder



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# Temperatures for Safe Cooking

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## Roasting Meats



### Thermometer Readings for Meats

<b>All cooked leftovers (reheated).....</b>	<b>165°F</b>
<b>Poultry (whole bird).....</b>	<b>165°F</b>
<b>Poultry (breast, thigh, wing).....</b>	<b>165°F</b>
<b>Ground poultry.....</b>	<b>165°F</b>
<b>Ground meat (beef, pork, veal, lamb).....</b>	<b>160°F</b>
<b>Egg dishes.....</b>	<b>160°F</b>
<b>Fish.....</b>	<b>145°F</b>
<b>* Beef, Veal, or Lamb.....</b>	<b>145°F</b>
<b>* Pork or Ham.....</b>	<b>145°F</b>

*\* Cook whole cuts of meat (beef, veal, lamb, pork, ham) to an internal temperature of 145°F, then allow the meat to rest for 3 minutes before carving or consuming.*

Proper food handling and cooking are “winning ways” to keep from becoming sick from bacteria in foods. Place a food thermometer in the thickest part of the meat and follow these temperatures as a guide to help prevent foodborne illnesses.

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## Leave It Then Eat It Evaluation Form

*Please take a moment to complete our evaluation.*

**1. Overall, I found the Leave It Then Eat It cookbook to be:**

- ☐ Excellent
- ☐ Good
- ☐ Fair
- ☐ Poor

**2. What is your primary reason for using the Leave It Then Eat It cookbook?**

- ☐ Convenience
- ☐ Cost
- ☐ Nutrition Information
- ☐ All of the above
- ☐ Other, please specify

**3. Was the Leave It Then Eat It cookbook easy to use?**

- ☐ Yes
- ☐ No

**If no, what do you suggest to improve the Leave It Then Eat It cookbook?**

**4. Do you have any suggestions for improving the Leave It Then Eat It cookbook?**

**5. How likely are you to use the Leave It Then Eat It cookbook again in the future?**

- ☐ Very Likely
- ☐ Likely
- ☐ Not Likely
- ☐ Don't Know