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

V.2
2014
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.
Table of Contents

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table of Contents</td>
<td>i-iii</td>
</tr>
<tr>
<td>Acknowledgments</td>
<td>1</td>
</tr>
<tr>
<td>Introduction</td>
<td>2</td>
</tr>
<tr>
<td>Important Safety Precautions</td>
<td>3</td>
</tr>
<tr>
<td>Hints and Tips</td>
<td>7</td>
</tr>
</tbody>
</table>

**Recipes**

**Soups and Stews**

- Chicken Long Rice: 11
- Cream of Mushroom Stew: 12
- Curry: 13
- Jook: 14
- Kim Chee Soup: 15
- Lau Lau Stew: 16
- Local Stew: 17
- Portuguese Bean Soup: 18
- Vegetable Beef Soup: 19

**Pulled Meats**

- Kalua Pig and Cabbage: 21
- Pulled Kalbi Beef: 22
- Pulled Oyster Chicken: 23
- Pulled Pork Adobo: 24
## Miscellaneous

Confetti Rice .................................................. 26
Poultry Stuffing ............................................. 27
Taro ............................................................. 28

## Healthy Eating for Wellness – Food and Nutrition

### Information Resources

A Food Guide
- Build A Healthy Plate .................................. 30
- Whole Foods, Water, Moderation, Variety, Physical Activity .......................... 31
- Be a Food Detective; Fruits & Veggies – More Matters ................................. 32
- Food Groups .................................................. 33
- Produce a Plate with Fruits and Veggies ...................................................... 34
- Dressing Recipes .......................................... 35

Safe Food Handling
- Keep Food Safe ............................................ 37
- Clean; Separate ............................................. 38
- Cook; Internal Temperatures for Safe Cooking ........................................... 39
- Chill .......................................................... 40

Meal Planning
- Daily Planner ............................................. 42
- Save Time; Aim for a Healthy Lifestyle ...................................................... 43
- Make Meals Appealing; Variety in Meals .................................................. 44
- Food Groups .................................................. 45
- Recipes ......................................................... 46
- Recipe Lists .................................................. 47
### Spending Less, Eating Better

- A Shopper’s Guide 49
- Meal Planning 50
- How to Read Food Labels 51
- A Shopper’s Guide continued 52
- Shopping List 53
- Shopping List; Grocery Store Layout 54

### Winning Ways in the Kitchen

- Cooking Terms and Methods 56
- Master Measuring 57
- Basic Kitchen Tools 58
- Temperatures for Safe Cooking 59

### Alphabetical Recipe Index 60

### Evaluation 61
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.
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 benefit 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 promote: (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!
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 37-40).

b. Cooking Temperatures and Food Safety: Food cooked in a slow cooker needs to reach and maintain an internal temperature of 165 ºF.
   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 165ºF. Be aware that some foods, especially meats that may be in the “danger zone” (between 40-140ºF) 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 37-40.

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.
1. Trim all outer-layer or visible fats: Too much fat can cause overcooking.

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 overcooking.
   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 200º F and the high setting is approximately 300º 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.
7. Optional: Stir in salt, pepper, sesame oil, and top with Chinese parsley.

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>180</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>420mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>18g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than 1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>12g</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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

Menu Suggestions:
Chicken Long Rice
Brown rice
Fresh, frozen, canned or dried fruit

makes 13 one-cup servings

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

Nutrition Facts
Serving Size: 1 cup (217g)
Servings Per Container: 10

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Container 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>210</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>70%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>65mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>510mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>20g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>45%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>8%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>8%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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.

makes 10 one-cup servings
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.

Nutrition Facts
Serving Size: 1 cup (158g)
Serving Per Container: 15

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>130</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>45</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>190 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>7g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>14g</td>
</tr>
</tbody>
</table>

Vitamin A: 35%  Calcium: 2%  Iron: 10%
Vitamin C: 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.

Menu Suggestions:
Curry
Brown rice
Fresh, frozen, canned or dried fruit
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

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 480mg 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.

Makes 11 one-cup servings
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 ¼-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

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 120</th>
<th>Calories from Fat: 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>4.5g</td>
<td>7%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>7%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium</td>
<td>450mg</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6g</td>
<td>2%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>9%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>15g</td>
<td></td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 1g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 200mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 170</th>
<th>Calories from Fat: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total Fat: 6g</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat: 2.5g</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Trans Fat: 0g</td>
<td>11%</td>
</tr>
<tr>
<td></td>
<td>Cholesterol: 45mg</td>
<td>14%</td>
</tr>
<tr>
<td></td>
<td>Sodium: 230mg</td>
<td>10%</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate: 10g</td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber: 1g</td>
<td>4%</td>
</tr>
<tr>
<td></td>
<td>Sugars: 2g</td>
<td></td>
</tr>
<tr>
<td>Protein: 17g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>Total Fat: Less than 55g</th>
<th>Saturated Fat: Less than 20g</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cholesterol: Less than 300mg</td>
<td>Sodium: Less than 2,400mg</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate: 300g</td>
<td>Dietary Fiber: 25g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Calories per gram: Fat: 9 • Carbohydrate: 4 • Protein: 4</td>
</tr>
</tbody>
</table>

Menu Suggestions:
Local Stew
Whole wheat bread or brown rice
Fresh, frozen, canned or dried fruit
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

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

Variations:
Ham shank may be used in place of ham steak.

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>25mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>380mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>14g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>11g</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Vitamin A 20%  •  Vitamin C 45%
Calcium 4%  •  Iron 6%

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.

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>130</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>20</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>550mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>18g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
</tr>
<tr>
<td>Protein</td>
<td>10g</td>
</tr>
</tbody>
</table>

Vitamin A 15%  •  Vitamin C 15%
Calcium 2%  •  Iron 10%

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

Menu Suggestions:
Vegetable Beef Soup
Whole grain bread
Fresh, frozen, canned or dried fruit
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.
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.

Nutrition Facts
Serving Size 1 cup (157g)
Servings Per Container 9

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>170</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>60</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>55mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>75mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
</tr>
<tr>
<td>Protein</td>
<td>21g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>50%</td>
</tr>
<tr>
<td>Calcium</td>
<td>4%</td>
</tr>
<tr>
<td>Iron</td>
<td>8%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
<tr>
<td>Calories per gram:</td>
<td>Fat 9, Carbohydrate 4, Protein 4</td>
<td></td>
</tr>
</tbody>
</table>
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.

Nutrition Facts
Serving Size 1 cup (128g)
Servings Per Container 8
Amount Per Serving
Calories 270 Calories from Fat 90

<table>
<thead>
<tr>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 9g</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 120mg</td>
</tr>
<tr>
<td>Sodium 500mg</td>
</tr>
<tr>
<td>Total Carbohydrate 5g</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
</tr>
<tr>
<td>Sugars 4g</td>
</tr>
<tr>
<td>Protein 39g</td>
</tr>
</tbody>
</table>

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.

Nutrition Facts
Serving Size 1 cup (98g)
Servings Per Container 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>190</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>75mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>560mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>6g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>21g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2%</td>
</tr>
<tr>
<td>Calcium</td>
<td>2%</td>
</tr>
<tr>
<td>Iron</td>
<td>6%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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

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

Nutrition Facts
Serving Size 1 cup (88g)
Servings Per Container 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 160</th>
<th>Calories from Fat 70%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 8g</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 60mg</td>
<td>21%</td>
<td></td>
</tr>
<tr>
<td>Sodium 340mg</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sugars 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 21g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0%  
Vitamin C 2%
Calcium 2%  
Iron 6%

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

Variations:
Marinate slow cooked pork in adobo sauce and refrigerate overnight.
Apple cider vinegar can be used in place of white vinegar.
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.

Nutrition Facts
Serving Size: 1 cup (244g)
Serving Per Container: 10

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories: 270</td>
<td>50</td>
</tr>
<tr>
<td>Calories from Fat:</td>
<td>9 %</td>
</tr>
<tr>
<td>Total Fat: 6g</td>
<td>9 %</td>
</tr>
<tr>
<td>Saturated Fat: 2g</td>
<td>10 %</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td>0 %</td>
</tr>
<tr>
<td>Cholesterol: 35mg</td>
<td>11 %</td>
</tr>
<tr>
<td>Sodium: 490mg</td>
<td>21 %</td>
</tr>
<tr>
<td>Total Carbohydrate:</td>
<td>13 %</td>
</tr>
<tr>
<td>Dietary Fiber: 2g</td>
<td>9 %</td>
</tr>
<tr>
<td>Sugars: 4g</td>
<td></td>
</tr>
<tr>
<td>Protein: 17g</td>
<td></td>
</tr>
</tbody>
</table>

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

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

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 150</th>
<th>Calories from Fat 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
<td>3 %</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0 %</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0 %</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0 %</td>
</tr>
<tr>
<td>Sodium</td>
<td>520mg</td>
<td>23 %</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>30g</td>
<td>10 %</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>7g</td>
<td>24 %</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>6g</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>65g</td>
<td>20g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>300g</td>
<td>25g</td>
</tr>
<tr>
<td>80g</td>
<td>25g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>375g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4
Ingredients:
- 2 pounds taro, thoroughly scrubbed and rinsed
- 8 cups water

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.

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:

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>Calories: 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
<tr>
<td>Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4</td>
<td></td>
</tr>
</tbody>
</table>

Menu Suggestions:
- Taro
- Pulled meat
- Lomi lomi salmon
- Fresh, frozen, canned or dried fruit
- Lau Lau Stew or Kalua Pig and Cabbage
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.

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 vs. Banana
1 ounce vs. 1 medium

<table>
<thead>
<tr>
<th>Chocolate Candy Bar</th>
<th>Banana</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Chocolate Candy Bar" /></td>
<td><img src="image2" alt="Banana" /></td>
</tr>
</tbody>
</table>

### Tuna in water vs. Luncheon Meat canned
2.5 ounces (1/2 can) vs. 3 ounces (1/4 can)

<table>
<thead>
<tr>
<th>Tuna in water</th>
<th>Luncheon Meat canned</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image3" alt="Tuna in water" /></td>
<td><img src="image4" alt="Luncheon Meat canned" /></td>
</tr>
</tbody>
</table>

### Brown Rice vs. Brown Rice with Regular Shoyu
1 cup vs. 1 tablespoon

<table>
<thead>
<tr>
<th>Brown Rice</th>
<th>Brown Rice with Regular Shoyu</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image5" alt="Brown Rice" /></td>
<td><img src="image6" alt="Brown Rice with Regular Shoyu" /></td>
</tr>
</tbody>
</table>

### Potato vs. Potato Chips
1 medium vs. small bag (1 oz.)

<table>
<thead>
<tr>
<th>Potato</th>
<th>Potato Chips</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image7" alt="Potato" /></td>
<td><img src="image8" alt="Potato Chips" /></td>
</tr>
</tbody>
</table>

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:**
- 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 ______

---

32
FRUITS AND VEGGIES: Make half your plate fruits and vegetables. Choose a variety of colors. Choose different forms.

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Veggies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acerola</td>
<td>Carrot</td>
</tr>
<tr>
<td>Apple</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Apricot</td>
<td>Celery</td>
</tr>
<tr>
<td>Banana</td>
<td>Chayote</td>
</tr>
<tr>
<td>Bean Sprout</td>
<td>Cherimoya</td>
</tr>
<tr>
<td>Bittermelon</td>
<td>Choi sum</td>
</tr>
<tr>
<td>Blueberry</td>
<td>Cucumber</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Eggplant</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Fresh herbs</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Grapefruit</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Meat</th>
<th>Poultry</th>
<th>Fish</th>
<th>Seafood</th>
<th>Tuna</th>
<th>Eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Pork</td>
<td>Beans/Soybeans</td>
<td>Sardines</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>Beef</td>
<td>Pork</td>
<td>Lentils</td>
<td>Salmon</td>
<td>Cheese</td>
<td></td>
</tr>
<tr>
<td>Beef</td>
<td>Pork</td>
<td>Nuts</td>
<td>Dried Fish</td>
<td>Yogurt</td>
<td></td>
</tr>
<tr>
<td>Beef</td>
<td>Pork</td>
<td>Tofu</td>
<td>Bones</td>
<td>Cottage Cheese</td>
<td></td>
</tr>
</tbody>
</table>

GRAINS: Make at least half your grains whole grains.

Bread, Cereal, Rice and Pasta Group

<table>
<thead>
<tr>
<th>Grains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagels</td>
</tr>
<tr>
<td>Barley</td>
</tr>
<tr>
<td>Breads</td>
</tr>
<tr>
<td>Bulgur</td>
</tr>
<tr>
<td>Buns</td>
</tr>
<tr>
<td>Cereals</td>
</tr>
</tbody>
</table>

Starchy Vegetables:

<table>
<thead>
<tr>
<th>Starchy Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soba</td>
</tr>
<tr>
<td>Oats</td>
</tr>
<tr>
<td>Pita bread</td>
</tr>
<tr>
<td>Rice</td>
</tr>
<tr>
<td>Pancit</td>
</tr>
<tr>
<td>Saimin</td>
</tr>
</tbody>
</table>

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
Produce a Plate with Fruits and Veggies

Drink water often, with and between your meals.

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

FRUITS AND VEGETABLES

GRAINS AND STARCHES

MEATS AND PROTEINS

ChooseMyPlate.gov

Revised 2/13
**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.

KEEP FOOD SAFE

- Wash your hands with soap and water
- When in doubt, throw it out
- Keep hot foods hot, and cold foods cold

Germs, 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.

BACTERIAL MULTIPLICATION ACTIVITY:
How would this affect your family?

Boiling Point
Safe temperatures for cooking foods

Rapid growth of bacteria
Some will produce poison

Refrigerator temperature

Freezer Temperature

Hawaii’s usual temperature

DANGER ZONE!

212°
165°
140°

0°
32°
40°
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

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.

FRUIT & VEGGIE HANDLING
• Rinse all fruits and vegetables under running tap water.
• Never use detergent or bleach to clean fresh fruits or vegetables.

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.

<table>
<thead>
<tr>
<th>Meat Product</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>All cooked leftovers (reheated)</td>
<td>165°F</td>
</tr>
<tr>
<td>Poultry (whole bird)</td>
<td>165°F</td>
</tr>
<tr>
<td>Poultry (breast, thigh, wing)</td>
<td>165°F</td>
</tr>
<tr>
<td>Ground poultry</td>
<td>165°F</td>
</tr>
<tr>
<td>Ground meat (beef, pork, veal, lamb)</td>
<td>160°F</td>
</tr>
<tr>
<td>Egg dishes</td>
<td>160°F</td>
</tr>
<tr>
<td>Fish</td>
<td>145°F</td>
</tr>
<tr>
<td>*Beef, Veal, or Lamb</td>
<td>145°F</td>
</tr>
<tr>
<td>*Pork or Ham</td>
<td>145°F</td>
</tr>
</tbody>
</table>

*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.

<table>
<thead>
<tr>
<th>MEAL PATTERNS</th>
<th>MENU</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning:</strong></td>
<td></td>
</tr>
<tr>
<td>Grains or starches</td>
<td></td>
</tr>
<tr>
<td>Fruit/100% Fruit juice</td>
<td></td>
</tr>
<tr>
<td>Milk or water</td>
<td></td>
</tr>
<tr>
<td>(Egg or lowfat meat may be included)</td>
<td></td>
</tr>
<tr>
<td>Healthy mid-morning snack low in sugars, fats, and salt.</td>
<td></td>
</tr>
<tr>
<td><strong>Lunch:</strong></td>
<td></td>
</tr>
<tr>
<td>Grains or starches</td>
<td></td>
</tr>
<tr>
<td>Meat, bean, fish, or poultry</td>
<td></td>
</tr>
<tr>
<td>Vegetable</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td>Milk or water</td>
<td></td>
</tr>
<tr>
<td>Healthy afternoon snack low in sugars, fats, and salt.</td>
<td></td>
</tr>
<tr>
<td><strong>Evening:</strong></td>
<td></td>
</tr>
<tr>
<td>Grains or starches</td>
<td></td>
</tr>
<tr>
<td>Meat, bean, fish, or poultry</td>
<td></td>
</tr>
<tr>
<td>Vegetable</td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td>Milk or water</td>
<td></td>
</tr>
<tr>
<td>Healthy evening snack low in sugars, fats, and salt.</td>
<td></td>
</tr>
</tbody>
</table>

How well did you fill your plate?

[MyPlate.gov](http://www.choosemyplate.gov)
Save Time

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

<table>
<thead>
<tr>
<th></th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Fried eggs &amp; rice</td>
<td>Fruit Salad</td>
<td>Fish burger</td>
<td>Fried rice</td>
<td>Portuguese bean soup</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Chicken Salad</td>
<td>Fried rice</td>
<td>Chicken Salad</td>
<td>Portuguese bean soup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Rice &amp; Baked Chicken</td>
<td>Creamed Chicken &amp; Fish</td>
<td>Rice &amp; Pot roast</td>
<td>Chop Suey</td>
<td>Portuguese bean soup</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
Plan meals with foods of different...

...colors
...flavors
...textures
...shapes
...temperatures

Variety in Meals

Consider each of the following tips as you plan meals:

Nutrition  Use MyPlate to help ensure good nutrition.

Color  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.

Shape  Vary the shape and size of food pieces: Include chunks, slices, strips, and wedges.

Taste or flavor  Use a variety of flavors such as sweet, sour, salty, bland, spicy, or tart.

Temperature  Serve foods at the appropriate temperature. Serve foods of various temperatures at each meal.

Texture  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

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

### BODY BUILDING FOODS - WATCH THE FAT

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

<table>
<thead>
<tr>
<th>Fish</th>
<th>Seafood</th>
<th>Tuna</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Pork</td>
<td>Chicken</td>
</tr>
<tr>
<td>Beans</td>
<td>Lentils</td>
<td>Nuts</td>
</tr>
<tr>
<td>Sardines</td>
<td>Salmon</td>
<td>Dried fish</td>
</tr>
<tr>
<td>Milk</td>
<td>Cheese</td>
<td>Yogurt</td>
</tr>
</tbody>
</table>

### ENERGY FOODS - CHOOSE WHOLE GRAINS

#### Bread, Cereal, Rice and Pasta Group

<table>
<thead>
<tr>
<th>Bagels</th>
<th>Barley</th>
<th>Breads</th>
<th>Bulgur</th>
<th>Buns</th>
<th>Cereals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornmeal</td>
<td>Crackers</td>
<td>English muffins</td>
<td>Look funn</td>
<td>Long rice</td>
<td>Millet</td>
</tr>
<tr>
<td>Macaroni</td>
<td>Oats</td>
<td>Pita bread</td>
<td>Rice</td>
<td>Pancit</td>
<td>Saimin</td>
</tr>
<tr>
<td>Soba</td>
<td>Somen</td>
<td>Spaghetti</td>
<td>Tortillas</td>
<td>Udon</td>
<td>Whole grains</td>
</tr>
</tbody>
</table>

**Starchy Vegetables:**

<table>
<thead>
<tr>
<th>Breadfruit</th>
<th>Potato</th>
<th>Green banana</th>
<th>Sweet potato</th>
<th>Poi</th>
<th>Taro</th>
</tr>
</thead>
</table>

### 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.

#### Other Categories:

- Salads
- Fruits
- Soups
- Beans
- Canned Foods
- Eggs
- Fish
- Tofu
- Snacks
- Pork
- Chicken
- Vegetables
- Canned Tuna/Salmon
- Ground Beef/Ground Turkey

#### 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.

Revised: 7/11
<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruits</th>
<th>Salads</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snacks</th>
<th>Soups</th>
<th>Beans</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>
Spending Less, Eating Better
### 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

<table>
<thead>
<tr>
<th>Unit Price</th>
<th>Total Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>$.20 per oz</td>
<td>$2.40</td>
</tr>
</tbody>
</table>

| Snappy Rice Cereal | 12 oz. |

### 23 Keep Reusable 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!

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td>Fried Eggs &amp; Rice</td>
<td>Fruit Salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Oriental Chicken Salad</td>
<td>Fish Burger &amp; Salad</td>
<td>Vegetable Stir Fry</td>
<td>Bean Soup</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DINNER</strong></td>
<td>Rice, Baked Chicken &amp; Veggies</td>
<td>Skillet Lasagna</td>
<td>Fruit Salad &amp; Fish</td>
<td>Rice, Pork Pot Roast &amp; Green Beans</td>
<td>Chop Suey</td>
<td>Bean Soup</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grains/Starches</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meat, beans, fish, poultry</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fruits</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Milk or Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **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

Start here

Check calories

Limit: These nutrients

Get enough of these nutrients

Barbeque Sweet Potato Chips

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong> 1 oz. (28g/About 14 chips)</td>
</tr>
<tr>
<td><strong>Servings Per Container</strong> about 5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 150</th>
<th>Calories from Fat 70</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>% Daily Value</strong>*</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Fat</strong> 8g</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0.5g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat 1g</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat 6g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium</strong> 140mg</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td><strong>Potassium</strong> 400mg</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 15g</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Sugars 4g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong> 1g</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin A</strong> 150%</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin C</strong> 4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Calcium</strong> 4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Iron</strong> 2%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

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

5. **CHECK STORE LAYOUT**
   - Basic foods are around the outside of the store.
   - Buy frozen foods last.

6. **KNOW STORE LAYOUT**
   - Basic foods are around the outside of the store.
   - Buy frozen foods last.

7. **CHOOSE WHOLE GRAINS**
   - Brown rice contains more nutrients and fiber.
   - Try whole grain cereal, pasta or bread.

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

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

10. **LIMIT CONVENIENCE FOODS**
    - Prices are higher
    - Prepared/ready-to-eat meals have added sugar, salt and fat.

11. **READ THE LABELS**
    - Look for:
      - Nutrition Facts
      - Serving Size
      - Servings Per Container
      - Amount Per Serving

12. **SEE THE LIST OF INGREDIENTS**
    - Ingredients are listed in order, from the most to the least amount found in the product.

13. **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

14. **BE SURE TO CHECK:**
    - Scanner for price errors
    - Receipt for accuracy
    - Your change before leaving the store

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

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.
# Shopping List

<table>
<thead>
<tr>
<th>Fruits 🍎</th>
<th>Veggies 🥦</th>
<th>Grains/Starches</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meats</th>
<th>Other Protein</th>
<th>Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Supplies</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

---

---

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

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Veggies</th>
<th>Grains/Starches</th>
<th>Meats</th>
<th>Other Protein</th>
<th>Dairy</th>
<th>Supplies</th>
</tr>
</thead>
</table>

What items are at the ends of the aisles? What items are at the checkout counter?

Revised 4/13
Winning Ways in the Kitchen
Winning Ways In the Kitchen

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 ⅛-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.

![Dry measuring cups]

Use these measuring spoons to measure small amounts of ingredients.

![Measuring spoons]

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
**Temperatures for Safe Cooking**

**Roasting Meats**

**Thermometer Readings for Meats**

<table>
<thead>
<tr>
<th>Item</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>All cooked leftovers (reheated)</td>
<td>165°F</td>
</tr>
<tr>
<td>Poultry (whole bird)</td>
<td>165°F</td>
</tr>
<tr>
<td>Poultry (breast, thigh, wing)</td>
<td>165°F</td>
</tr>
<tr>
<td>Ground poultry</td>
<td>165°F</td>
</tr>
<tr>
<td>Ground meat (beef, pork, veal, lamb)</td>
<td>160°F</td>
</tr>
<tr>
<td>Egg dishes</td>
<td>160°F</td>
</tr>
<tr>
<td>Fish</td>
<td>145°F</td>
</tr>
<tr>
<td>* Beef, Veal, or Lamb</td>
<td>145°F</td>
</tr>
<tr>
<td>* Pork or Ham</td>
<td>145°F</td>
</tr>
</tbody>
</table>

*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.
## Alphabetical Listing of Recipes

<table>
<thead>
<tr>
<th>RECIPE</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Long Rice</td>
<td>11</td>
</tr>
<tr>
<td>Confetti Rice</td>
<td>26</td>
</tr>
<tr>
<td>Cream of Mushroom Stew</td>
<td>12</td>
</tr>
<tr>
<td>Curry</td>
<td>13</td>
</tr>
<tr>
<td>Jook</td>
<td>14</td>
</tr>
<tr>
<td>Kalua Pig and Cabbage</td>
<td>21</td>
</tr>
<tr>
<td>Kim Chee Soup</td>
<td>15</td>
</tr>
<tr>
<td>Lau Lau Stew</td>
<td>16</td>
</tr>
<tr>
<td>Local Stew</td>
<td>17</td>
</tr>
<tr>
<td>Portuguese Bean Soup</td>
<td>18</td>
</tr>
<tr>
<td>Poultry Stuffing</td>
<td>27</td>
</tr>
<tr>
<td>Pulled Kalbi Beef</td>
<td>22</td>
</tr>
<tr>
<td>Pulled Oyster Chicken</td>
<td>23</td>
</tr>
<tr>
<td>Pulled Pork Adobo</td>
<td>24</td>
</tr>
<tr>
<td>Taro</td>
<td>28</td>
</tr>
<tr>
<td>Vegetable Beef Soup</td>
<td>19</td>
</tr>
</tbody>
</table>
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