



Food Skills Cookbook

www.ctahr.hawaii.edu/NEW/cookbook.htm

Cooperative Extension Service
University of Hawaii at Manoa
College of Tropical Agriculture & Human Resources
Department of Family & Consumer Sciences
Department of Human Nutrition, Food & Animal Science
Expanded Food & Nutrition Education Program (EFNEP)
Supplemental Nutrition Assistance Program—Education (SNAP-Ed)





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BEANS

BEAN SALAD

Number of servings: 14

Ingredients:

- 4 (15-ounce) cans of beans (pinto, kidney, green, garbanzo)
- 1 small round onion
- 1 medium carrot
- 1 clove garlic
- ½ cup vinegar
- 1 teaspoon sugar
- ½ teaspoon pepper
- Optional: 2 teaspoons oregano

Directions:

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

Variations:

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

Nutrition Facts	
Serving Size	1/2 cup (140g)
Servings Per Container	14
Amount Per Serving	
Calories	100
Calories from Fat	0
% Daily Value*	
Total Fat	0g 1 %
Saturated Fat	0g 0 %
Trans Fat	0g 0 %
Cholesterol	0mg 0 %
Sodium	20mg 1 %
Total Carbohydrate	18g 6 %
Dietary Fiber	6g 21 %
Sugars	2g
Protein	6g
Vitamin A	20 %
Vitamin C	4 %
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	

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



BEAN SALAD SPREAD



Number of servings: 16

Ingredients:

- 2 (15-ounce) cans of beans (pinto, kidney, garbanzo)
- ½ small round onion
- ½ cup bell pepper OR celery, OR a mixture of both
- 1 ½ tablespoons lemon juice OR vinegar
- ¼ teaspoon salt
- ¼ teaspoon powdered mustard
- Optional: 2-3 tablespoons water

Directions:

1. DRAIN and RINSE beans.
2. MINCE onion and bell pepper and/OR celery. SET aside.
3. In a large bowl, MASH beans until half of them form a paste.
4. ADD lemon juice OR vinegar, salt and mustard to bean paste.
5. ADD onion and bell pepper and/OR celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and COVER bowl. REFRIGERATE until ready to SERVE.

Variations:

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

Nutrition Facts

Serving Size 1/4 cup (61g)
 Servings Per Container 16

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 60mg 3 %

Total Carbohydrate 8g 3 %

Dietary Fiber 3g 10 %

Sugars less than 1g

Protein 3g

Vitamin A 2% ■ Vitamin C 6%

Calcium 2% ■ Iron 4%

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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

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 PAGES 98-101.



HAM WITH PORK AND BEANS



Number of servings: 5

Ingredients:

- ½ pound ham
- 1 medium round onion
- 2 (15-ounce) cans of pork and beans
- ½ cup fruit OR vegetable (example: apple OR corn)

Directions:

1. CHOP ham and onion into cubes.
2. In a medium pot, COOK ham and onion until lightly BROWNED.
3. ADD pork and beans.
4. ADD fruit OR vegetable. MIX well.
5. STIR and SIMMER for 5-10 minutes.

Variations:

Other meats may be used.

Nutrition Facts

Serving Size 1 cup (254g)
Servings Per Container 5

Amount Per Serving

Calories 240 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g 5 %

Saturated Fat 1g 5 %

Trans Fat 0g 0 %

Cholesterol 30mg 9 %

Sodium 1140mg 49 %

Total Carbohydrate 40g 13 %

Dietary Fiber 9g 32 %

Sugars 9g

Protein 17g

Vitamin A 0% **Vitamin C** 15%

Calcium 15% **Iron** 25%

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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

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PAGES 98-101.



UNFRIED BEANS



Yield: approximately 2 cups

Ingredients:

- 2 cups cooked beans (pinto, kidney, red, etc.)
- ½ teaspoon cumin
- 1 tablespoon vinegar (more or less to taste)
- 2 tablespoons finely minced onion
- 1 teaspoon chili powder (more or less to taste)
- ½ teaspoon pepper

Directions:

1. DRAIN and RINSE beans.
2. In a medium bowl, MASH beans.
3. ADD cumin, vinegar, onion, chili powder and pepper. MIX well.

Variations:

Finely minced cilantro (Chinese parsley), chopped tomatoes, minced garlic, chopped green chilies, OR diced green peppers may also be used.
Serve as a lowfat substitute for “refried beans”, as a dip, OR sandwich spread.

Nutrition Facts	
Serving Size	1/4 cup (63g)
Servings Per Container	8
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 5mg	0 %
Total Carbohydrate 11g	4 %
Dietary Fiber 4g	13 %
Sugars 0g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%
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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	

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PAGES 98-101.

DESSERTS



APPLE TURNOVER



Yield: 16 pieces

Ingredients:

- 2 large apples (red OR green)
- 1 (8-ounce) package refrigerated crescent rolls
- 1 teaspoon cinnamon
- 2 tablespoons sugar
- 1-2 tablespoons butter

Directions:

1. PREHEAT oven to 400°F.
2. PEEL apples. REMOVE center with seeds and SLICE each apple into 8 pieces.
3. SEPARATE rolls and CUT each triangle in half lengthwise, making 2 triangles.
4. In a small bowl, MIX cinnamon and sugar together.
5. In a small pot, MELT butter. SPREAD butter all over each triangle.
6. SPRINKLE crescent roll lightly with cinnamon/sugar mixture.
7. PLACE apple on each triangle at large end.
8. ROLL up to form turnover.
9. PLACE turnover on cookie sheet or foil with the point of triangle tucked under.
10. BAKE for 25-30 minutes or until golden brown.
11. REMOVE from cookie sheet and COOL.

Variations:

Other fruits may be used as a filling.

Nutrition Facts

Serving Size 1 each (40g)
Servings Per Container 16

Amount Per Serving

Calories 80 **Calories from Fat 35**

% Daily Value*

Total Fat 4g 6 %

Saturated Fat 1.5g 7 %

Trans Fat 0g 0 %

Cholesterol less than 5 mg 1 %

Sodium 120mg 5 %

Total Carbohydrate 10g 3 %

Dietary Fiber less than 1g 2 %

Sugars 5g

Protein 1g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 2%

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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

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PAGES 98-101.



BREAD PUDDING



Yield: 20 pieces

Ingredients:

1 ½-2 pounds of day-old bread (8 cups)
4 cups reduced fat milk
4 eggs
1 ½ cups sugar
2 teaspoons cinnamon
Cooking spray
Optional: ½ cup raisins

Directions:

1. PREHEAT oven to 350°F.
2. In a large bowl, BREAK bread into small pieces.
3. POUR milk over bread and MIX together. SET aside.
4. In a small bowl, BEAT eggs.
5. In the bowl with the bread and milk, ADD eggs, sugar, and cinnamon. MIX well.
6. Optional: ADD raisins, MIX well.
7. SPRAY a 9" x 13" pan.
8. POUR bread mixture into the greased 9" x 13" pan.
9. BAKE for 35-45 minutes.

Variations:

Use any combination of breads.

Use more liquid if using whole grain bread.

Use nonfat powdered milk instead of milk (⅓ cup and enough water to make 1 cup).

Nutrition Facts

Serving Size 2" square (113g)
Servings Per Container 20

Amount Per Serving

Calories 200 **Calories from Fat** 30

% Daily Value*

Total Fat 3g 5 %

Saturated Fat 1g 6 %

Trans Fat 0g 0 %

Cholesterol 45mg 16 %

Sodium 280mg 12 %

Total Carbohydrate 38g 13 %

Dietary Fiber 1g 5 %

Sugars 20g

Protein 6g

Vitamin A 4% ■ Vitamin C 0%

Calcium 10% ■ Iron 8%

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	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

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PAGES 98-101.



CEREAL SQUARES



Yield: 20 pieces

Ingredients:

- ½ cup almonds* OR walnuts*
- ½ cup butter (1 block)
- 1 cup farina (cream of wheat)
- 1 cup brown sugar
- 5 cups water
- ½ cup raisins
- 1 cup nonfat powdered milk
- ½ teaspoon vanilla

Directions:

1. CHOP almonds OR walnuts. SET aside.
2. In a medium pot, MELT butter with farina and MIX well.
3. COOK over low heat until lightly BROWNED. SET aside.
4. In another small pot, bring sugar and water to BOIL. ADD raisins and MIX well.
5. SLOWLY ADD sugar-raisin syrup to farina mixture, STIRRING constantly.
6. ADD nuts, MIX and COOK until done. Mixture should be thick.
7. STIR in powdered milk. ADD vanilla. MIX well.
8. POUR into 8" square pan.
9. COOL and CUT into squares.

Variations:

Sprinkle cinnamon on top.
Dried fruit may also be used.

*Please note: Contains nuts.

Nutrition Facts

Serving Size 2" square (96g)
Servings Per Container 20

Amount Per Serving

Calories 160 Calories from Fat 60

% Daily Value*

Total Fat 6g 10 %

Saturated Fat 3g 15 %

Trans Fat 0g 0 %

Cholesterol 15mg 4 %

Sodium 60mg 3 %

Total Carbohydrate 23g 8 %

Dietary Fiber less than 1g 3 %

Sugars 15g

Protein 3g

Vitamin A 4% ■ Vitamin C 0%

Calcium 10% ■ Iron 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

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PAGES 98-101.



OATMEAL COOKIES



Yield: 48 pieces

Ingredients:

- 1 ½ cups flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 cup butter (2 blocks), softened
- ½ cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 3 cups oatmeal (instant OR old fashioned)
- Optional: 1 cup raisins
- ½ teaspoon salt

Directions:

1. PREHEAT oven to 350° F.
2. In a medium bowl, SIFT together flour, baking soda, and cinnamon. SET aside.
3. In a large bowl, CREAM together butter and sugars.
4. ADD eggs and vanilla to butter and sugar mixture and MIX well.
5. SLOWLY ADD flour mixture to butter, sugar, eggs, and vanilla, MIX well.
6. Optional: ADD raisins and salt. MIX well.
7. STIR in oatmeal, MIX well.
8. DROP by tablespoonful to an ungreased cookie sheet, 2 inches apart.
9. BAKE for 10-12 minutes, or until golden brown.
10. COOL and STORE in an airtight container.

Nutrition Facts

Serving Size 1 cookie (23g)
Servings Per Container 48

Amount Per Serving

Calories 100 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g 7 %

Saturated Fat 2.5g 12 %

Trans Fat 0g 0 %

Cholesterol 20mg 6 %

Sodium 60mg 3 %

Total Carbohydrate 13g 4 %

Dietary Fiber less than 1g 3 %

Sugars 7g

Protein 1g

Vitamin A 4% Vitamin C 0%

Calcium 0% Iron 2%

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

Calories: 2,000 2,500		
Total Fat	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

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PAGES 98-101.



PEANUT BUTTER COOKIES



Yield: 48 pieces

Ingredients:

1 cup flour
 ½ teaspoon baking powder
 ½ cup butter (1 block)
 ½ cup peanut butter
 ½ cup white sugar
 ½ cup brown sugar
 1 egg
 ½ teaspoon vanilla
 extra flour

Directions:

1. PREHEAT oven to 350° F.
2. In a small bowl, SIFT together flour and baking powder. SET aside.
3. In a large bowl, CREAM together butter and peanut butter.
4. BLEND white and brown sugars, and ADD to butter and peanut butter mixture.
5. STIR in egg and vanilla, MIX well.
6. Slowly ADD flour mixture and MIX well.
7. ROLL dough into quarter size balls, PLACE on ungreased cookie sheet, 2 inches apart.
8. DIP fork in flour and PRESS flat onto cookie dough, making crossmarks.
9. BAKE for 10 minutes or until golden brown.

Variations:

Use either creamy or chunky peanut butter.

Nutrition Facts

Serving Size 1 cookie (13g)
 Servings Per Container 48

Amount Per Serving

Calories 60 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g 5 %

Saturated Fat 1.5g 7 %

Trans Fat 0g 0 %

Cholesterol 10mg 3 %

Sodium 35mg 1 %

Total Carbohydrate 7g 2 %

Dietary Fiber 0g 1 %

Sugars 5g

Protein 1g

Vitamin A 2% ■ Vitamin C 0%

Calcium 0% ■ Iron 2%

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	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

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 PAGES 98-101.



PEANUT BUTTER LOG



Yield: 1 log (20 pieces)

Ingredients:

- ½ cup plain cornflake cereal
- ⅔ cup nonfat powdered milk
- 2 tablespoons pancake syrup
- ¾ cup peanut butter
- Wax paper
- Optional: 1 teaspoon vanilla extract
- ¼ cup raisins

Directions:

1. In medium bowl, MIX cereal, powdered milk, and pancake syrup.
2. ADD peanut butter to the cereal mixture.
3. Optional: ADD vanilla extract and raisins.
4. MIX well.
5. PLACE mixture on wax paper sheet 13" x 15" long.
6. ROLL into log with wax paper and refrigerate.
7. When ready to serve, SLICE into 2 inch pieces.

Variations:

- Other cereals may be used.
- Graham crackers may be used instead of cereal.
- Peanut butter may be creamy or chunky.
- For persons over 2 years of age, honey may be used instead of pancake syrup.

Nutrition Facts

Serving Size 1 piece (15g)
Servings Per Container 20

Amount Per Serving

Calories 70 Calories from Fat 45

% Daily Value*

Total Fat 5g 8 %

Saturated Fat 1g 5 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 65mg 3 %

Total Carbohydrate 5g 2 %

Dietary Fiber less than 1g 2 %

Sugars 3g

Protein 3g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 2%

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Total Fat	Less than 65g	80g
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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

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PUMPKIN SHORTBREAD



Yield: 20 pieces

Ingredients:

Crust:

- 1 cup butter (2 blocks)
- ½ cup sugar
- 3 cups flour

Filling:

- 1 (29-ounce) can pumpkin
- 1 ½ cups sugar
- 4 eggs
- 2 (12-ounce) cans lowfat evaporated milk
- ½ teaspoon ground ginger
- ½ teaspoon ground cloves
- 1 teaspoon salt
- 1 teaspoon cinnamon

Nutrition Facts

Serving Size 2" piece (139g)
Servings Per Container 20

Amount Per Serving

Calories 280 Calories from Fat 100

% Daily Value*

Total Fat 11g 17 %

Saturated Fat 7g 34 %

Trans Fat 0g 0 %

Cholesterol 75mg 24 %

Sodium 240mg 10 %

Total Carbohydrate 40g 13 %

Dietary Fiber 2g 6 %

Sugars 26g

Protein 6g

Vitamin A 140% • Vitamin C 2%

Calcium 10% • Iron 8%

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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

Directions for crust:

1. In a medium bowl, CREAM butter and sugar.
2. Slowly ADD flour and MIX well.
3. PRESS mixture evenly into a 9" x 13" pan.

Directions for filling:

1. PREHEAT oven to 425° F.
2. In a large bowl, MIX pumpkin and sugar thoroughly.
3. ADD eggs, evaporated milk, ginger, cloves, salt, and cinnamon to pumpkin mixture and MIX well.
4. POUR pumpkin mixture on top of crust.
5. BAKE for 15 minutes at 425° F.
6. REDUCE heat to 350° F.
7. BAKE for an additional 55 minutes or until done.
8. INSERT a toothpick or butter knife to test for doneness (toothpick/knife should come out clean).

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

EGGS



EGG FU YUNG



Number of servings: 4

Ingredients:

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

Directions:

1. CUT green onions to 1 inch lengths.
2. CUT celery into thin strips.
3. In a medium bowl, BEAT eggs.
4. ADD green onions, celery, bean sprouts, salt, and pepper to eggs.
5. In a large frying pan, HEAT ½ tablespoon vegetable oil.
6. POUR half of mixture into heated frying pan.
7. FOLD in half or thirds.
8. BROWN on both sides and PLACE on platter.
9. ADD remaining ½ tablespoon oil and COOK the other half of mixture and PLACE on platter.

Variations:

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

Nutrition Facts	
Serving Size	1/2 cup (144g)
Servings Per Container	4
Amount Per Serving	
Calories 150	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16 %
Saturated Fat 2.5g	14 %
Trans Fat 0g	0 %
Cholesterol 320mg	106 %
Sodium 190mg	8 %
Total Carbohydrate 5g	2 %
Dietary Fiber 1g	5 %
Sugars 2g	
Protein 10g	
Vitamin A 25%	Vitamin C 25%
Calcium 6%	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	

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



TUNA TOFU PATTIES



Number of servings: 8

Ingredients:

- 1 (20-ounce) container tofu
- 2 stalks green onions
- 1 (5-ounce) can tuna in water
- 1 egg
- salt and pepper to taste
- 1 tablespoon oil

Directions:

1. WRAP tofu in a clean dishcloth and SQUEEZE out water.
2. In a medium bowl, MASH tofu.
3. CHOP green onions to ½ inch lengths.
4. DRAIN tuna.
5. ADD green onion, tuna, egg, salt, and pepper to tofu mixture. MIX well.
6. FORM into 8 patties.
7. In a large frying pan, ADD oil and FRY patties until BROWN.
8. DRAIN on paper towel and SERVE with any sauce.

Variations:

May use canned salmon instead of tuna.
Shredded carrots or garlic may also be used.

Nutrition Facts

Serving Size 1/4 cup (100g)
Servings Per Container 8

Amount Per Serving

Calories 100 Calories from Fat 50

% Daily Value*

Total Fat 6g 9 %

Saturated Fat 1g 5 %

Trans Fat 0g 0 %

Cholesterol 35mg 12 %

Sodium 120mg 5 %

Total Carbohydrate 2g 1 %

Dietary Fiber <1g 2 %

Sugars 0g

Protein 11g

Vitamin A 2% ■ Vitamin C 2%

Calcium 15% ■ 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

FRUITS



FRUIT FREEZES



Yield: 1 tray

Ingredients:

Fresh bananas
Pineapple
Mango
Apple
Grapes
Strawberries

Directions:

1. PEEL and SLICE fruits.
2. PLACE fruit pieces on cookie sheet, flat shallow pan, or foil.
3. PLACE cookie sheet flat on freezer shelf. FREEZE overnight.
4. PLACE frozen fruit in individual plastic bags or WRAP in cellophane.

Variations:

Use canned fruit such as peaches, pears, apricots, etc.

Nutrition Facts

Serving Size 1/2 cup (88g)
Servings Per Container 8

Amount Per Serving

Calories 50 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 0mg 0 %

Total Carbohydrate 14g 5 %

Dietary Fiber 2g 6 %

Sugars 10g

Protein less than 1g

Vitamin A 4% • Vitamin C 35%

Calcium 2% • Iron 2%

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

	Calories: 2,000	2,500
Total Fat	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



FRUIT SLUSH #1



Yield: 6 cups

Ingredients:

- 1 (12-ounce) can 100% frozen juice concentrate
- 1 (12-ounce) can water
- 3 cups ice

Directions:

1. In a blender, PLACE juice concentrate, water, and half of ice.
2. To prevent spillage, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING remaining ice. SERVE.

Variations:

Use any 100% frozen juice concentrate.
If slush is too thick, add more water.

Nutrition Facts

Serving Size 1 cup (183g)
Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 5mg 0 %

Total Carbohydrate 27g 9 %

Dietary Fiber less than 1g 2 %

Sugars 27g

Protein 2g

Vitamin A 6% ■ Vitamin C 160%

Calcium 2% ■ Iron 2%

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

	Calories: 2,000	2,500
Total Fat	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



FRUIT SLUSH #2



Yield: 7 cups

Ingredients:

- 2 cups 100% frozen juice concentrate
- 2 cups of fresh fruits
- 3 cups ice

Directions:

1. In a blender, PLACE frozen juice concentrate and fresh fruits.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING ice. SERVE.

Variations:

Use any canned or frozen fruits.

Use any 100% frozen juice concentrate

If slush is too thick, add water.

Nutrition Facts

Serving Size 1 cup (169g)
Servings Per Container 7

Amount Per Serving

Calories 150 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 0mg 0 %

Total Carbohydrate 36g 12 %

Dietary Fiber 2g 5 %

Sugars 32g

Protein 2g

Vitamin A 6% **Vitamin C** 210%

Calcium 4% **Iron** 2%

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

	Calories: 2,000	2,500
Total Fat	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



FRUIT SLUSH #3



Yield: 6 cups

Ingredients:

- 1 (6-ounce) container lowfat vanilla yogurt
- 2 cups fresh fruit
- 3 cups ice

Directions:

1. In a blender, PLACE yogurt and fresh fruit.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING ice. SERVE.

Variations:

Use any flavor yogurt.

Canned or frozen fruits may be used.

If slush is too thick, add water.

Nutrition Facts

Serving Size 1 cup (132g)
Servings Per Container 6

Amount Per Serving

Calories 70 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g 1 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 20mg 1 %

Total Carbohydrate 15g 5 %

Dietary Fiber 1g 4 %

Sugars 10g

Protein 2g

Vitamin A 2% **Vitamin C** 15%

Calcium 4% **Iron** 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



SKILLET FRUIT



Number of servings: 16

Ingredients:

- 1 teaspoon lemon rind zest*
- 3-4 cups fruits (fresh OR canned)
- ¼ cup fruit juice OR water
- 2 tablespoons brown sugar
- 2 tablespoons butter

Directions:

1. GRATE lemon zest. SET aside.
2. SLICE or DRAIN fruits and SET aside.
3. In a large pot, STIR lemon zest, fruit juice OR water and brown sugar.
4. ADD butter and STIR until melted and sugar is dissolved.
5. ADD fruit.
6. MIX well and SERVE while hot.

Variations:

Fresh mango, papaya, banana, drained mandarin oranges, or other canned fruits may be used.

Use in place of syrup on French toast, pancakes, or waffles.

*Zest is the thin outer peel of a citrus fruit.

Nutrition Facts

Serving Size 1/4 cup (50g)
Servings Per Container 16

Amount Per Serving

Calories 45 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g 2 %

Saturated Fat 1g 5 %

Trans Fat 0g 0 %

Cholesterol less than 5 mg 1 %

Sodium 15mg 1 %

Total Carbohydrate 9g 3 %

Dietary Fiber less than 1g 2 %

Sugars 6g

Protein 0g

Vitamin A 2% Vitamin C 15%

Calcium 0% Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

LEFTOVERS

FIESTA RICE

Number of servings: 9

Ingredients:

- 1 cup canned kidney beans
- 1 medium round onion
- 2 cups vegetables (fresh, frozen, canned, leftovers)
- ½ pound lean ground beef (OR 1 cup leftover meats)
- 2 (8-ounce) cans tomato sauce
- salt and pepper to taste
- 3 cups cooked rice
- 1 cup grated cheese
- Optional: 1 medium bell pepper
- 1 rib celery

Directions:

1. DRAIN and RINSE kidney beans. SET aside.
2. CHOP onion and vegetables. SET aside.
3. Optional: CHOP bell pepper and celery.
4. If leftover meats are used, CHOP into small pieces.
5. In a large skillet or pan, BROWN beef and DRAIN OFF excess fat. OR, HEAT leftover meats.
6. ADD onion to skillet or pan, STIR.
7. Optional: ADD bell pepper and celery. STIR.
8. ADD vegetables and beans, STIR.
9. COOK until tender.
10. ADD tomato sauce, salt and pepper. MIX well.
11. ADD rice and MIX well.
12. COVER and HEAT on low until piping hot.
13. ADD cheese and HEAT until melted.

Variations:

Substitute 1 (15 ½-ounce) can stewed tomatoes instead of 1 can tomato sauce.
 Use cooked brown rice for a hearty flavor.
 Add 2 teaspoons chili powder for a spiced taste.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
 PAGES 98-101.

Nutrition Facts	
Serving Size	1 cup (221g)
Servings Per Container	9
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8 %
Saturated Fat 2.5g	13 %
Trans Fat 0g	0 %
Cholesterol 25mg	8 %
Sodium 420mg	18 %
Total Carbohydrate 29g	10 %
Dietary Fiber 4g	14 %
Sugars 4g	
Protein 13g	
Vitamin A 10%	Vitamin C 15%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 Carbohydrate 4 Protein 4	



FRIED RICE



Number of servings: 9

Ingredients:

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

Directions:

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

Variations:

Use cooked brown rice for a hearty flavor and an even brown color.

Use any leftover cooked meats.

Use any available or leftover vegetables (fresh, canned, or frozen vegetables; bite-sized pieces).

Use oyster sauce.

Nutrition Facts

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

Amount Per Serving

Calories 180 **Calories from Fat** 30

% Daily Value*

Total Fat 4g 5 %

Saturated Fat 1g 4 %

Trans Fat 0g 0 %

Cholesterol 60mg 19 %

Sodium 190mg 8 %

Total Carbohydrate 28g 9 %

Dietary Fiber 2g 7 %

Sugars 3g

Protein 9g

Vitamin A 8% ■ Vitamin C 4%

Calcium 2% ■ Iron 8%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



ROAST ON TOAST



Number of servings: 10

Ingredients:

- 3 medium potatoes
- 1 small round onion
- 2 cloves garlic
- 1 (8-ounce) can mushrooms
- 1 ½ pounds cooked meat
- 1 cup vegetables
- salt and pepper to taste
- 3-4 cups broth (OR 3-4 bouillon cubes dissolved in 3 cups of water)
- 10 slices of bread

Thickening:

- 3 tablespoons cornstarch
- ¼ cup water

Directions:

1. PEEL and CUBE potatoes. SET aside.
2. CHOP onion and MINCE garlic. SET aside.
3. DRAIN mushrooms. SET aside.
4. SLICE, CUT, or CUBE meat.
5. In a large skillet or pan, ADD onions, garlic, mushrooms, meat, vegetables, salt, pepper, and broth. MIX.
6. SIMMER covered until mixture is HOT.
7. ADD potatoes, and COOK until tender.
8. In a small bowl, MIX thickening. ADD to mixture, STIRRING until thickened.
9. TOAST bread in toaster.
10. SERVE mixture on toast.

Variations:

Use turkey, chicken, pork, or beef.

Use any available or leftover vegetables (fresh, canned, or frozen; bite-sized).

Serve on cooked rice or mashed potatoes.

Nutrition Facts

Serving Size 1 cup (250 g)
Servings Per Container 10

Amount Per Serving

Calories 220 Calories from Fat 50

% Daily Value*

Total Fat 6 g 9%

Saturated Fat 1.5 g 8%

Trans Fat 0g 0%

Cholesterol 30 mg 10%

Sodium 710 mg 30%

Total Carbohydrate 26 g 9%

Dietary Fiber 3 g 12%

Sugars 3 g

Protein 16 g

Vitamin A 10% ■ Vitamin C 6%

Calcium 2% ■ Iron 16%

*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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

MILK



MILK SMOOTHIE #1



Yield: 5 cups

Ingredients:

- 1 cup water
- 1 cup nonfat powdered milk
- 2 cups of fresh fruit
- 3 cups ice

Directions:

1. In a blender, ADD water and gradually BLEND in powdered milk.
2. ADD fruits and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Fresh fruits may include: banana, mango, papaya, strawberry, etc.

Use frozen or canned fruits.

The more ice used, the more frosty the drink becomes.

Liquid/fluid milk may be used (2 cups) in place of powdered milk and water.

Nutrition Facts

Serving Size 1 cup (183g)
Servings Per Container 5

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol less than 5mg 1 %

Sodium 80mg 3 %

Total Carbohydrate 15g 5 %

Dietary Fiber 1g 4 %

Sugars 12g

Protein 5g

Vitamin A 10% ■ Vitamin C 40%

Calcium 20% ■ Iron 2%

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

	Calories: 2,000	2,500
Total Fat	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



MILK SMOOTHIE #2



Yield: 4 cups

Ingredients:

- 1 cup 100% frozen juice concentrate
- ½ cup nonfat powdered milk
- 1 cup fresh fruit
- 2 cups ice

Directions:

1. In a blender, ADD juice and gradually BLEND in powdered milk.
2. ADD fruits and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Use fresh, frozen, or canned fruits.

Use only 100% fresh, frozen, or canned juices.

Liquid/fluid milk may be used (1 cup) in place of powdered milk. Reduce ice to 1 cup.

Nutrition Facts

Serving Size 1 cup (170g)
Servings Per Container 4

Amount Per Serving

Calories 170 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 1 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 1 %

Sodium 50mg 2 %

Total Carbohydrate 38g 13 %

Dietary Fiber 1g 5 %

Sugars 35g

Protein 5g

Vitamin A 10% • **Vitamin C** 180%

Calcium 15% • **Iron** 2%

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

	Calories: 2,000	2,500
Total Fat	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



MILK SMOOTHIE #3



Yield: 6 cups

Ingredients:

- 1 (12-ounce) can 100% frozen juice concentrate
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup nonfat powdered milk
- 3 cups ice

Directions:

1. In a blender, ADD juice concentrate and gradually ADD water.
2. Gradually, ADD and BLEND powdered milk.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Liquid/fluid milk may be used (1 cup) in place of powdered milk and water.
Use any 100% fresh, frozen, or canned juices.

Nutrition Facts

Serving Size 1 cup (150g)
Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 35mg 2 %

Total Carbohydrate 30g 10 %

Dietary Fiber less than 1g 2 %

Sugars 29g

Protein 4g

Vitamin A 8% ■ Vitamin C 160%

Calcium 10% ■ Iron 2%

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

	Calories: 2,000	2,500
Total Fat	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

ONE POT MEALS



CHEESY CASSEROLE



Number of servings: 9

Ingredients:

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

Directions:

1. CHOP onion. SET aside.
2. MINCE garlic. SET aside.
3. CUT zucchini and broccoli into bite-sized pieces. SET aside.
4. In a large skillet or pan, MELT butter. ADD onion and garlic. SAUTÉ for a few minutes.
5. STIR in flour and ADD oregano and basil. MIX.
6. REMOVE from heat and gradually STIR in milk.
7. ADD vegetables, noodles and 1 cup cheese.
9. MIX until sauce is well blended with vegetables and noodles.
10. RETURN to stove. COVER and COOK for 15 minutes.
11. REMOVE cover, ADD remaining ½ cup cheese.
12. COOK uncovered for 10 minutes.

Variations:

Use powdered milk instead of liquid milk (⅓ cup powdered milk and enough water to make 1 cup).

Nutrition Facts

Serving Size 1 cup (168g)
Servings Per Container 9

Amount Per Serving

Calories 220 **Calories from Fat** 80

% Daily Value*

Total Fat 9g 14 %

Saturated Fat 5g 27 %

Trans Fat 0g 0 %

Cholesterol 25mg 8 %

Sodium 140mg 6 %

Total Carbohydrate 25g 8 %

Dietary Fiber 2g 8 %

Sugars 3g

Protein 10g

Vitamin A 10% ■ Vitamin C 35%

Calcium 20% ■ 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



HAMBURGER STEW



Number of servings: 7

Ingredients:

1 small round onion
2 ribs celery
2-3 medium potatoes
1-2 medium carrots
1 thumb size piece ginger
1 clove garlic
1 pound lean ground beef
Water to cover

Seasoning:

1 (8-ounce) can tomato sauce
2 teaspoons salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon sugar
1 tablespoon soy sauce

Thickening:

2 tablespoons flour
 $\frac{1}{4}$ cup water

Directions:

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

Variations:

Use frozen and canned vegetables.

Use ground chicken or ground turkey instead of lean ground beef.

Use cream of mushroom soup instead of tomato sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

Nutrition Facts

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

Amount Per Serving

Calories 200 Calories from Fat 60

% Daily Value*

Total Fat 7g 10 %

Saturated Fat 2.5g 13 %

Trans Fat 0.5g 0 %

Cholesterol 40mg 14 %

Sodium 1040mg 45 %

Total Carbohydrate 20g 6 %

Dietary Fiber 3g 10 %

Sugars 3g

Protein 15g

Vitamin A 50% ■ Vitamin C 20%

Calcium 4% ■ Iron 15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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



SKILLET LASAGNA



Number of servings: 8

Ingredients:

- 1 cup cooked chicken OR turkey
- 1 (25-26.5-ounce) jar spaghetti sauce
- salt and pepper to taste
- 2 cups uncooked macaroni
- 2 cups water
- 2 (10-ounce) boxes frozen spinach
- 1 cup grated cheese

Directions:

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

Variations:

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

Nutrition Facts

Serving Size 1 cup (279g)
Servings Per Container 8

Amount Per Serving

Calories 230 Calories from Fat 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 2.5g 13%

Trans Fat 0g 0%

Cholesterol 25mg 8%

Sodium 700mg 29%

Total Carbohydrate 33g 11%

Dietary Fiber 5g 20%

Sugars 8g

Protein 15g

Vitamin A 120% • Vitamin C 20%

Calcium 20% • Iron 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

SALADS



CARROT AND RAISIN SALAD



Number of servings: 6

Ingredients:

- 4 small-medium sized carrots (about 2 cups grated)
- $\frac{3}{4}$ - 1 cup raisins
- 1 tablespoon sugar
- 1 teaspoon vinegar

Directions:

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

Nutrition Facts

Serving Size 1/2 cup (70g)

Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 35mg 1 %

Total Carbohydrate 27g 9 %

Dietary Fiber 2g 8 %

Sugars 23g

Protein 1g

Vitamin A 140% • Vitamin C 4%

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



CREAMY FRUIT/VEGETABLE SALAD



Number of servings: 6

Ingredients:

- 3 cups fresh, frozen, canned OR dried fruit
OR
- 3 cups fresh OR frozen vegetables
- 1 (6-ounce) container flavored lowfat yogurt

Directions:

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

Variations:

Examples of fruits: pineapple, orange, banana, papaya, mango, apple, or raisins.

Examples of vegetables: frozen vegetable combinations, fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.

Make your own combination of vegetables and fruits.

Chopped nuts may be added.

Nutrition Facts	
Serving Size	1/2 cup (147g)
Servings Per Container	6
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 25mg	1 %
Total Carbohydrate 14g	5 %
Dietary Fiber 1g	4 %
Sugars 13g	
Protein 2g	
Vitamin A 8%	Vitamin C 4%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	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	

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



FIESTA SALAD



Number of servings: 9

Ingredients:

- 1 head lettuce
- 2 medium tomatoes
- 1 small round onion
- 1-2 cups cooked pinto OR kidney beans
- 1 clove garlic
- ½ pound lean ground beef
- ½ teaspoon chili powder
- ¼ - ½ teaspoon salt
- ½ cup grated cheese
- salsa OR dressing (prepared or home-made)

Directions:

1. TEAR lettuce into bite-sized pieces. SET aside.
2. SLICE or DICE tomatoes and onion. SET aside.
3. In a large bowl, TOSS lettuce, tomatoes, and onion together. COVER and REFRIGERATE until ready to serve.
4. DRAIN and RINSE beans.
5. CRUSH garlic.
6. In a medium pot, FRY ground beef and DRAIN OFF excess fat.
7. ADD beans, garlic, chili powder, and salt to beef.
8. SAUTÉ for a few minutes until beans are heated through and flavors are blended.
9. ADD meat and bean mixture to chilled lettuce, tomatoes, and onions.
10. TOP with cheese and salsa OR dressing.

Variations:

Dry beans may be used. Cook according to package directions.
Instead of lean ground beef use ground chicken or ground turkey.

Nutrition Facts

Serving Size 1 cup (195g)
Servings Per Container 9

Amount Per Serving

Calories 120 **Calories from Fat** 35

% Daily Value*

Total Fat 3.5g 6 %

Saturated Fat 1.5g 8 %

Trans Fat 0g 0 %

Cholesterol 20mg 6 %

Sodium 270mg 12 %

Total Carbohydrate 13g 4 %

Dietary Fiber 4g 14 %

Sugars 4g

Protein 10g

Vitamin A 10% **Vitamin C** 15%

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



ORIENTAL CHICKEN SALAD



Number of servings: 8

Ingredients:

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

Dressing:

- 3 tablespoons sugar
- 2 tablespoons water
- ¼ cup vinegar
- 1 tablespoon sesame oil
- salt and pepper to taste

Directions:

1. SHRED chicken.
2. TEAR lettuce into bite-sized pieces.
3. SLICE celery and carrot.
4. In a medium jar, COMBINE the dressing: sugar, water, vinegar, sesame oil, salt and pepper. SHAKE well. COVER and REFRIGERATE until ready to use.
5. In a large bowl, COMBINE chicken, lettuce, celery, and carrots.
6. Optional: ADD CRUSHED won ton strips/chips
ADD green onions and Chinese parsley (cut into 1 ½ inch lengths)
ADD toasted sesame seeds
7. TOSS the salad and POUR dressing just before serving.

Variations:

Layer the vegetables and meat for a different effect.

Other lettuce options including Romaine, green leaf and red leaf may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

Nutrition Facts

Serving Size 1 cup (184g)
Servings Per Container 8

Amount Per Serving

Calories 160 **Calories from Fat** 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1.5g 6%

Trans Fat 0g 0%

Cholesterol 45mg 15%

Sodium 100mg 4%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 5%

Sugars 6g

Protein 19g

Vitamin A 40% ■ Vitamin C 10%

Calcium 4% ■ Iron 6%

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

	Calories: 2,000	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



PASTA SALAD



Number of servings: 10

Ingredients:

- 2 ½ cups uncooked pasta noodles
- ½ crown broccoli pieces
- 1 firm tomato
- 1 rib celery
- 1 carrot
- 1 (15 ½-ounce) can kidney beans
- ⅓ cup Italian salad dressing
- Optional: ¼ medium round onion
- ½ bell pepper

Directions:

1. In a medium pot, COOK pasta. SET aside.
2. DRAIN, RINSE, and COOL pasta.
3. CHOP broccoli and tomato into bite-sized pieces.
4. Thinly SLICE celery and carrot.
5. Optional: ADD CHOPPED or DICED onion and bell pepper.
6. DRAIN and RINSE beans.
7. In a large bowl, ADD pasta, broccoli, tomato, celery, carrot, and beans.
8. COVER and REFRIGERATE until ready to SERVE.
9. Just before serving, SHAKE and POUR the dressing on the salad.
10. TOSS the salad.

Variations:

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

Nutrition Facts

Serving Size 1 cup (151g)
Servings Per Container 10

Amount Per Serving

Calories 180 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g 5 %

Saturated Fat 0g 2 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 180mg 8 %

Total Carbohydrate 32g 11 %

Dietary Fiber 5g 18 %

Sugars 3g

Protein 7g

Vitamin A 45% ■ Vitamin C 15%

Calcium 2% ■ Iron 6%

*Percent Daily Values are based on a 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

SOMEN SALAD

Number of servings: 6

Ingredients:

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

Dressing:

- | | |
|------------------------------|---------------------|
| 1 teaspoon salt | 2 tablespoons water |
| ¼ cup sesame oil | ⅓ cup sugar |
| ¼ cup soy sauce | ½ cup vinegar |
| Optional: ¼ cup sesame seeds | |

Nutrition Facts

Serving Size 1 cup (214g)	
Servings Per Container 6	
Amount Per Serving	
Calories 360	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	0 %
Cholesterol 20mg	5 %
Sodium 1320mg	57 %
Total Carbohydrate 54g	18 %
Dietary Fiber 3g	11 %
Sugars 12g	
Protein 11g	
Vitamin A 60%	Vitamin C 15%
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	

Directions:

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

Variations:

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



TUNA TOFU SALAD



Number of servings: 8

Ingredients:

- 1 head lettuce
- 1 small bunch Chinese parsley
- 1 medium round onion OR ½ bunch green onions
- 2 medium tomatoes
- 1 (20-ounce) container firm tofu
- 1 (5-ounce) can tuna in water

Dressing:

- ⅓ cup soy sauce
- 1 teaspoon sesame oil
- 3 teaspoon sugar
- Optional: toasted sesame seeds

Directions:

1. CHOP lettuce, Chinese parsley, and onion.
2. DICE tomatoes.
3. DRAIN and CUT tofu into bite-sized pieces.
4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar and Optional: sesame seeds together. COVER and SET aside in refrigerator until ready to SERVE.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu, and tuna. COVER and REFRIGERATE until ready to SERVE.
7. Just before serving, POUR dressing on salad and TOSS.

Variations:

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

Nutrition Facts

Serving Size 1 cup (219g)
Servings Per Container 8

Amount Per Serving

Calories 120 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7 %

Saturated Fat 0.5g 3 %

Trans Fat 0g 0 %

Cholesterol 10mg 3 %

Sodium 780mg 33 %

Total Carbohydrate 9g 3 %

Dietary Fiber 2g 8 %

Sugars 5g

Protein 12g

Vitamin A 15% • Vitamin C 15%

Calcium 15% • 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



VEGETABLE NAMUL



Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 ½ cups boiling water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- 3 tablespoons soy sauce
- Optional: ⅛ teaspoon cayenne pepper OR red pepper
- 1 teaspoon sesame seed

Directions:

1. MINCE garlic.
2. GRATE carrot.
3. WASH watercress, REMOVE undesirable leaves and tough stems, and CUT into 1 inch lengths.
4. PLACE watercress in 1 ½ cups boiling water for 3 minutes.
5. DRAIN thoroughly.
6. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
7. ADD watercress and carrots.
8. COVER and REFRIGERATE until ready to SERVE.
9. Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.

Variations:

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

Nutrition Facts

Serving Size 1/2 cup (39g)
Servings Per Container 4

Amount Per Serving

Calories 25 **Calories from Fat 0**

% Daily Value*

Total Fat 1g 2 %

Saturated Fat 0g 1 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 690mg 30 %

Total Carbohydrate 3g 1 %

Dietary Fiber less than 1g 2 %

Sugars 1g

Protein 1g

Vitamin A 60% **Vitamin C** 10%

Calcium 2% **Iron** 2%

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

Calories: 2,000 2,500

Total Fat 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

SAUCES/DIPS/ DRESSINGS



GINGER-CITRUS DRESSING



Yield: approximately 1 cup

Ingredients:

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

Directions:

1. In a small bowl, MIX ingredients well. COVER and REFRIGERATE until ready to SERVE.

Variations:

Serve with “dippers”: sliced fruit, potato rounds, vegetable sticks.

Nutrition Facts

Serving Size 2 Tbsp (48g)
Servings Per Container 8

Amount Per Serving

Calories 35 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 0mg 0 %

Total Carbohydrate 10g 3 %

Dietary Fiber 0g 1 %

Sugars 8g

Protein 0g

Vitamin A 0% ■ Vitamin C %6

Calcium 0% ■ Iron 0%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	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

*Zest is the thin outer peel of a citrus fruit.

** Honey should not be consumed by persons under 2 years of age.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



PINA COLADA SAUCE



Yield: approximately 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.

Nutrition Facts

Serving Size 2 Tbsp (37g)
Servings Per Container 24

Amount Per Serving

Calories 50 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 11g 4 %

Dietary Fiber 0g 0 %

Sugars 10g

Protein 1g

Vitamin A 2% Vitamin C 20%

Calcium 4% Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



RANCH STYLE DIP



Yield: approximately 2 cups

Ingredients:

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

Directions:

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

Variations:

Instead of Ranch-style dressing mix, use:

- ½ teaspoon onion powder OR 2 tablespoons round onion
- ½ teaspoon pepper
- 1-2 teaspoons dill weed
- ½ teaspoon garlic powder

Serve with favorite “dippers” (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.

Nutrition Facts

Serving Size 2 Tbsp (32g)
Servings Per Container 16

Amount Per Serving

Calories 60 Calories from Fat 0

% Daily Value*

Total Fat 0g 1 %

Saturated Fat 0g 1 %

Trans Fat 0g 0 %

Cholesterol 0mg 1 %

Sodium 290mg 13 %

Total Carbohydrate 2g 1 %

Dietary Fiber 0g 0 %

Sugars less than 1g

Protein 3g

Vitamin A 2% Vitamin C 0%

Calcium 6% Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



SALSA



Yield: approximately 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, onions, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, chili pepper, lemon or lime juice, and Chinese parsley.
4. COVER and REFRIGERATE until ready to SERVE.

Variations:

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

Nutrition Facts		
Serving Size 1/4 cup (23g)		
Servings Per Container 16		
Amount Per Serving		
Calories 5	Calories from Fat 0	
% Daily Value*		
Total Fat 0g		0 %
Saturated Fat 0g		0 %
Trans Fat 0g		0 %
Cholesterol 0mg		0 %
Sodium 0mg		0 %
Total Carbohydrate 1g		0 %
Dietary Fiber 0g		1 %
Sugars less than 1g		
Protein 0g		
Vitamin A 2%	Vitamin C 15%	
Calcium 0%	Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	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		

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
 PAGES 98-101.



SUSHI RICE SAUCE



Yield: approximately 1 ½ cups of sauce (for 5 to 6 cups uncooked rice)

Ingredients:

- 1 thumb sized piece ginger
- 1 cup vinegar
- ½ cup sugar
- 1 tablespoon salt

Directions:

1. GRATE ginger.
2. In a jar, COMBINE ginger, vinegar, sugar, and salt.
3. SHAKE WELL; let STAND for 15 minutes.
4. POUR over rice according to taste.

Variations:

Taste of vinegars differ: cider, white/distilled, and Japanese rice wine.

This is a basic sauce and may be used for any sushi recipe.

Nutrition Facts

Serving Size 2 Tbsp (30g)
Servings Per Container 12

Amount Per Serving

Calories 35 **Calories from Fat 0**

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 590mg 26 %

Total Carbohydrate 9g 3 %

Dietary Fiber 0g 0 %

Sugars 8g

Protein 0g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



TARTAR SAUCE



Yield: approximately 1 ½ cups

Ingredients:

- 1 teaspoon pickled capers
- 1 (6-ounce) container lowfat vanilla yogurt
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

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

Variations:

Use with seafood, vegetables, or in place of mayonnaise in sandwich spreads.

To make Thousand Island dressing, add ketchup to sauce and eliminate capers.

Nutrition Facts

Serving Size 2 Tbsp (20g)
Servings Per Container 12

Amount Per Serving

Calories 20 Calories from Fat 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 75mg 3 %

Total Carbohydrate 4g 1 %

Dietary Fiber 0g 0 %

Sugars 3g

Protein 1g

Vitamin A 2% Vitamin C 0%

Calcium 2% Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



THOUSAND ISLAND DRESSING



Yield: approximately 1 ½ cups

Ingredients:

- 1 (6-ounce) container lowfat vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

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

Variations:

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

Nutrition Facts

Serving Size 2 Tbsp (24g)
Servings Per Container 12

Amount Per Serving

Calories 25 Calories from Fat 0

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 120mg 5 %

Total Carbohydrate 5g 2 %

Dietary Fiber 0g 0 %

Sugars 4g

Protein 1g

Vitamin A 2% Vitamin C 2%

Calcium 2% Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

TUNA DIP

Yield: approximately 2 ½ cups

Ingredients:

- 1 (5-ounce) can tuna in water
- 1 (16-ounce) container lowfat cottage cheese
- Optional: ¼ cup cheese
- 1 small carrot (approximately ½ cup grated)
- 3-4 stalks green onion

Directions:

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

Variations:

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

Nutrition Facts

Serving Size 1/4 cup (60g)
Servings Per Container 10

Amount Per Serving

Calories 50 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 10mg 3 %

Sodium 190mg 8 %

Total Carbohydrate 2g 1 %

Dietary Fiber 0g 0 %

Sugars 1g

Protein 9g

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 0%

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

	Calories: 2,000	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



TUNA SUNSHINE MIX



Yield: approximately 1 ½ cups

Ingredients:

- 1 (5-ounce) can tuna in water
- ½ carrot
- ½ cup nonfat powdered milk
- ¼ cup mayonnaise
- pepper to taste
- Optional: ¼ cup round onion
- ¼ cup celery
- 2 tablespoons pickle relish

Directions:

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

Variations:

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

Nutrition Facts		
Serving Size 1/4 cup (44g)		
Servings Per Container 6		
Amount Per Serving		
Calories 90		Calories from Fat 40
		% Daily Value*
Total Fat	4.5g	7 %
Saturated Fat	0.5g	3 %
Trans Fat	0g	0 %
Cholesterol	15mg	5 %
Sodium	190mg	8 %
Total Carbohydrate	4g	1 %
Dietary Fiber	0g	0 %
Sugars	4g	
Protein	8g	
Vitamin A	20%	Vitamin C 2%
Calcium	8%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4		

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



WHITE SAUCE - THIN



Yield: approximately 1 cup

Ingredients:

1 tablespoon butter
1 tablespoon flour
salt and pepper to taste
1 cup liquid nonfat milk OR $\frac{1}{3}$ cup nonfat powdered
milk and water to equal 1 cup

Directions:

1. In a small pot, MELT butter over low heat.
2. ADD flour, salt, and pepper to butter.
3. ADD milk gradually.
4. HEAT to boiling, STIRRING constantly until mixture is smooth and bubbly (the consistency should be like a thin cream).
5. REMOVE from heat.

Variations:

Use to thicken cream soups and stews.

Nutrition Facts

Serving Size 2 Tbsp (34g)
Servings Per Container 8

Amount Per Serving

Calories 25 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2 %

Saturated Fat 1g 5 %

Trans Fat 0g 0 %

Cholesterol less than 5 mg 1 %

Sodium 65mg 3 %

Total Carbohydrate 2g 1 %

Dietary Fiber 0g 0 %

Sugars 2g

Protein 1g

Vitamin A 2% Vitamin C 0%

Calcium 4% Iron 0%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



WHITE SAUCE - MEDIUM



Yield: approximately 1 cup

Ingredients:

- 2 tablespoons butter
- 2 tablespoons flour
- salt and pepper to taste
- 1 cup liquid nonfat milk OR $\frac{1}{3}$ cup nonfat powdered milk and water to equal 1 cup

Directions:

1. In a small pot, MELT butter over low heat.
2. ADD flour, salt, and pepper to butter.
3. ADD milk gradually.
4. HEAT to boiling, STIRRING constantly until mixture is smooth and bubbly. (The consistency should be like a medium cream.)
5. REMOVE from heat.

Variations:

For a different flavor, add curry, dill or nutmeg with the flour.

Use for creamed dishes such as: creamed tuna, chicken curry, creamed vegetables.

Nutrition Facts

Serving Size 2 Tbsp (36g)
Servings Per Container 8

Amount Per Serving

Calories 45 Calories from Fat 25

% Daily Value*

Total Fat 3g 4 %

Saturated Fat 2g 9 %

Trans Fat 0g 0 %

Cholesterol 10mg 3 %

Sodium 75mg 3 %

Total Carbohydrate 3g 1 %

Dietary Fiber 0g 0 %

Sugars 2g

Protein 1g

Vitamin A 2% Vitamin C 0%

Calcium 4% Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



WHITE SAUCE - THICK



Yield: approximately 1 cup

Ingredients:

- 1/4 cup butter
- 1/4 cup flour
- salt and pepper to taste
- 1 cup liquid nonfat milk OR 1/3 cup nonfat powdered milk and water to equal 1 cup

Directions:

1. In a small pot, MELT butter over low heat.
2. ADD flour, salt, and pepper to butter.
3. ADD milk gradually.
4. HEAT to boiling, STIRRING constantly until mixture is smooth and bubbly. (The consistency should be like a heavy cream.)
5. REMOVE from heat.

Variations:

A number of spices or ingredients may be added to create interesting and varied dishes.

- 1/2 teaspoon curry powder as an accompaniment for chicken, rice, or shrimp.
- 1/2 teaspoon dill weed as an accompaniment for fish.
- 1/2 teaspoon nutmeg for vegetable dishes
- chopped or minced clams or mushrooms as topping for pasta.

Serve over vegetables for “creamed” or “scalloped” dishes or as a base for “creamed” soups.

Use to thicken gravies, macaroni and cheese, or baked casseroles.

Nutrition Facts

Serving Size 2 Tbsp (42g)
Servings Per Container 8

Amount Per Serving

Calories 70 Calories from Fat 50

% Daily Value*

Total Fat 6g 9 %

Saturated Fat 3.5g 18 %

Trans Fat 0g 0 %

Cholesterol 15mg 5 %

Sodium 95mg 4 %

Total Carbohydrate 4g 1 %

Dietary Fiber 0g 0 %

Sugars 2g

Protein 2g

Vitamin A 4% Vitamin C 0%

Calcium 4% Iron 2%

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

Calories: 2,000 2,500

Total Fat 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

SNACKS



GRANOLA



Yield: approximately 5 cups

Ingredients:

- 4 cups oatmeal (instant OR old fashioned)
- ½ cup nonfat powdered milk
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ cup wheat germ
- ¼ cup oil
- 6 tablespoons pancake syrup
- ½ cup raisins
- ½ cup chopped nuts

Directions:

1. PREHEAT oven to 300° F.
2. In a large bowl, COMBINE oatmeal, powdered milk, cinnamon, nutmeg, and wheat germ.
3. In a small saucepan, COMBINE oil and pancake syrup, HEAT until warm. MIX well.
4. ADD pancake syrup mixture to dry ingredients.
5. MIX well and SPREAD on cookie sheet or shallow pan.
6. BAKE in oven. MIX every 5-10 minutes until brown and crisp (about 30 minutes).
7. ADD raisins and nuts after cooking.
8. STORE in airtight container.

Variations:

Other dried fruits may be used.

For children over 2 years of age, honey may be used instead of pancake syrup.

Nutrition Facts

Serving Size 1/4 cup (39g)
Servings Per Container 20

Amount Per Serving

Calories 160 **Calories from Fat** 60

% Daily Value*

Total Fat 6g 10 %

Saturated Fat 0.5g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 15mg 1 %

Total Carbohydrate 22g 7 %

Dietary Fiber 3g 11 %

Sugars 7g

Protein 5g

Vitamin A 0% ■ Vitamin C 0%

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



SOFT PRETZEL



Number of servings: 4

Ingredients:

- 1 tablespoon active dry yeast
- ½ cup lukewarm water
- ½ teaspoon salt
- 1 ⅓ cups flour (unbleached OR bread)
- 1 teaspoon pancake syrup
- wax paper
- extra flour
- cooking spray
- 1 egg

Directions:

1. PREHEAT oven to 400° F.
2. In a medium bowl, DISSOLVE yeast in lukewarm water. Let SIT for 3-5 minutes or until bubbles form.
3. In a small bowl, thoroughly MIX salt and flour together.
4. ADD pancake syrup, and salt and flour mixture to yeast. MIX.
5. PLACE some flour on a large piece of wax paper and on top of dough.
6. KNEAD dough for about 5-8 minutes (until dough becomes elastic). Use just enough flour so dough doesn't stick to hands.
7. DIVIDE dough into 4 pieces.
8. ROLL dough into pretzel shape or to the shape of your choice.
9. SPRAY pan with cooking spray.
10. PLACE pretzel shape dough on cookie sheet pan.
11. In a small bowl, BEAT egg.
12. BRUSH beaten egg on pretzel.
13. BAKE for 10-15 minutes.

Nutrition Facts

Serving Size 1 pretzel (91g)
Servings Per Container 4

Amount Per Serving

Calories 180 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g 2 %

Saturated Fat 0g 2 %

Trans Fat 0g 0 %

Cholesterol 55mg 18 %

Sodium 315mg 14 %

Total Carbohydrate 35g 12 %

Dietary Fiber 2g 5 %

Sugars 2g

Protein 7g

Vitamin A 2% ■ Vitamin C 0%

Calcium 0% ■ Iron 15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



TRAIL MIX



Yield: 4 cups

Ingredients:

- 2 cups circle shaped cereal
- 2 cups square shaped cereal (rice, wheat, corn – one OR more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. STORE in airtight container.

Variations:

For breakfast, add milk and fresh fruits.
Eat cereals with 100% fruit juice.
Use a mixture of any 2 or more cereals.
Add pretzels, nuts, and/or dried fruits.

Nutrition Facts

Serving Size 1 cup (31g)
Servings Per Container 4

Amount Per Serving

Calories 110 Calories from Fat 10

% Daily Value*

Total Fat 1g 2 %

Saturated Fat 0g 1 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 250mg 11 %

Total Carbohydrate 25g 8 %

Dietary Fiber 2g 7 %

Sugars 4g

Protein 2g

Vitamin A 10% • Vitamin C 10%

Calcium 10% • Iron 50%

*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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



VERSATILE QUICK BREAD



Yield: 1 loaf

Ingredients:

- 2 tablespoons baking powder
- ½ tablespoon baking soda
- 2 cups whole wheat flour
- 1 cup fruit (fresh OR canned OR dried)
- ¼ cup butter OR vegetable oil
- ½ cup sugar
- 1 egg
- ¼ cup water, milk, OR fruit juice
- Optional: ½ cup chopped nuts
- ½ cup raisins

Directions:

1. PREHEAT oven to 350° F.
2. GREASE 9" x 5" x 3" loaf pan.
3. SIFT baking powder, and baking soda. MIX thoroughly with wheat flour.
4. In a small bowl, MASH fruit.
5. In a medium bowl, CREAM butter OR oil and sugar.
6. In a small bowl, BEAT egg, then ADD to butter and sugar mixture. MIX.
7. ADD water, milk, OR fruit juice and STIR.
8. ADD flour mixture and MIX in gently until completely moist.
9. Optional: ADD chopped nuts and/or raisins. MIX well.
10. POUR into loaf pan.
11. BAKE for 50 minutes.
12. INSERT butter knife or toothpick to test doneness. (Knife/toothpick should come out clean.)

Variations:

Use fruits such as banana, mango, or papaya.

For pumpkin, applesauce, and zucchini bread add:

1 teaspoon cinnamon, ½ teaspoon allspice, ¼ teaspoon cloves

For cranberry bread add:

¼ teaspoon nutmeg, 1 tablespoon grated orange rind

For zucchini bread change:

water, milk, or fruit juice to ½ cup

Nutrition Facts

Serving Size 1 slice (68g)
Servings Per Container 10

Amount Per Serving

Calories 190 **Calories from Fat** 50

% Daily Value*

Total Fat 5g 8 %

Saturated Fat 3g 16 %

Trans Fat 0g 0 %

Cholesterol 35mg 11 %

Sodium 470mg 21 %

Total Carbohydrate 33g 11 %

Dietary Fiber 3g 12 %

Sugars 14g

Protein 4g

Vitamin A 4% ■ Vitamin C 2%

Calcium 15% ■ 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

SOUPS

BEAN SOUP

Number of servings: 9

Ingredients:

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

Directions:

1. DRAIN and RINSE beans. SET aside.
2. MINCE garlic. SET aside.
3. DICE onion, celery, carrot, and potato. SET aside.
4. CHOP cabbage and SET aside.
5. In a large pot ADD water OR broth, beans, garlic, onion, celery, carrot, and tomato sauce.
6. SIMMER for 20-30 minutes.
7. ADD potato and continue cooking until soft.
8. ADD cabbage just before serving.

Variations:

Any vegetables may be used.

Use any pasta/noodles (macaroni).

Portuguese sausage, turkey, or ham may be used.

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

Broth may be made from meat bones.

Nutrition Facts

Serving Size 1 cup (254g)
Servings Per Container 9

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g 1 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 160mg 7 %

Total Carbohydrate 19g 6 %

Dietary Fiber 6g 23 %

Sugars 4g

Protein 5g

Vitamin A 20% ■ Vitamin C 30%

Calcium 4% ■ Iron 4%

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

	Calories: 2,000	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



CORN CHOWDER



Number of servings: 8

Ingredients:

1 medium round onion
3 medium potatoes
3 slices bacon
water to cover
2 (11-ounce) cans corn
3 cups milk
salt and pepper to taste

Thickening:

2 tablespoons cornstarch
¼ cup water

Directions:

1. DICE onion and potatoes. SET aside.
2. SLICE bacon into ½ inch lengths.
3. In a large pot, FRY bacon until medium done.
4. POUR out excess fat.
5. ADD onion to bacon and COOK until transparent.
6. ADD potatoes and enough water to cover.
7. SIMMER until potatoes are tender.
8. ADD corn, milk, salt, pepper, and HEAT until hot.
9. In a small bowl, MIX thickening ingredients and ADD to soup.
10. STIR until slightly thickened.

Variations:

Use cream style or whole corn.

Use ham instead of bacon (fat content will be lower).

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

Add clams to make clam chowder.

Nutrition Facts

Serving Size 1 cup (377 g)

Servings Per Container 8

Amount Per Serving

Calories 170 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5 g 5 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g 0 %

Cholesterol 10 mg 3 %

Sodium 290 mg 12 %

Total Carbohydrate 30 g 10 %

Dietary Fiber 2 g 8 %

Sugars 10 g

Protein 7 g

Vitamin A 4% **Vitamin C** 10%

Calcium 10% **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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



VEGETABLE SOUP



Number of servings: 8

Ingredients:

- 2 bunches mustard cabbage
- ½ pound lean pork
- 8 cups broth (any type)
- 2 teaspoons soy sauce
- salt to taste

Directions:

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

Variations:

Use any meat/bones to make broth.

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

Nutrition Facts

Serving Size 1 cup (205g)
Servings Per Container 8

Amount Per Serving

Calories 50 **Calories from Fat** 20

% Daily Value*

Total Fat 2g 3 %

Saturated Fat 0.5g 3 %

Trans Fat 0g 0 %

Cholesterol 15mg 5 %

Sodium 770mg 33 %

Total Carbohydrate 1g 0 %

Dietary Fiber 0g 2 %

Sugars 0g

Protein 7g

Vitamin A 20% Vitamin C 30%

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

STARCHES



BROWN RICE



Number of servings: 4

Ingredients:

- 1 cup brown rice (standard cup)
- 2 cups water (standard cup)

Directions:

1. In a rice cooker, RINSE brown rice.
2. ADD water and COOK rice following rice cooker instructions.
3. SERVE 30 minutes after cooking has stopped.

Nutrition Facts

Serving Size 1/2 cup (164g)
Servings Per Container 4

Amount Per Serving

Calories 170 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g 2 %

Saturated Fat 0g 1 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 0mg 0 %

Total Carbohydrate 37g 12 %

Dietary Fiber 2g 7 %

Sugars 0g

Protein 4g

Vitamin A 0% ■ Vitamin C 0%

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

POTATOES

Number of servings: 12

Ingredients:

6 medium potatoes

Directions:

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

Variations:

MICROWAVE:

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

RICE COOKER:

1. PLACE steamer rack into rice cooker. PLACE about ½ inch of water in rice cooker (not to go over the height of the rack).
2. PLACE potatoes in automatic rice cooker and COOK.
3. Potatoes are done when rice cooker automatically shuts off.

Hints: Crumpled foil or foil balls may be used instead of a steamer rack.

Wrapping potatoes individually in ti leaves may result in a desirable flavor.

TRADITIONAL METHODS:

BAKE: In oven or toaster oven at 425° F, BAKE for 30-45 minutes.

BOIL: In a sauce pan/pot, PLACE potatoes. ADD water to cover potatoes. Bring to BOIL and SIMMER covered for 20-30 minutes.

STEAM: CUBE or SLICE potatoes. PLACE in steamer over boiling water. COVER and SIMMER for about 10-15 minutes.

Nutrition Facts		
Serving Size 1/2 cup (93g)		
Servings Per Container 12		
Amount Per Serving		
Calories 80 Calories from Fat 0		
% Daily Value*		
Total Fat	0g	0 %
Saturated Fat	0g	0 %
Trans Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	10mg	0 %
Total Carbohydrate	18g	6 %
Dietary Fiber	2g	7 %
Sugars less than 1g		
Protein 2g		
Vitamin A 0% ■ Vitamin C 20%		
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		

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



RICE BALLS



Number of servings: 8

Ingredients:

- 1 cup white rice (standard cup)
- 1 cup brown rice (standard cup)
- 3 cups water (standard cup)
- salt to taste

Directions:

1. In a rice cooker, RINSE white and brown rice.
2. ADD water. COOK rice, following rice cooker instructions.
3. Let rice COOL.
4. With CLEAN, WET hands, lightly SALT your hands.
5. SCOOP a handful of warm rice into hands and SHAPE the rice into a triangle.

Variations:

Wrap the rice ball with strips of seaweed (nori) for added flavor.

Sprinkle rice seasoning (furikake) on rice balls.

Place a pickled plum (ume) into the center of the triangle and cover with nori.

Nutrition Facts

Serving Size 1 cup (143g)

Servings Per Container 8

Amount Per Serving

Calories 180 **Calories from Fat** 5

% Daily Value*

Total Fat 1g 1 %

Saturated Fat 0g 1 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 40mg 2 %

Total Carbohydrate 38g 13 %

Dietary Fiber 1g 5 %

Sugars 0g

Protein 3g

Vitamin A 0% ■ Vitamin C 0%

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



SUSHI RICE MIX



Number of servings: 24

Ingredients:

- 2 ½ cups white rice (standard cup)
- 2 ½ cups brown rice (standard cup)
- 6 cups water (standard cup)

Vegetable Mixture

- 1 medium carrot
- 1 (10-ounce) box frozen peas
- Optional: 1 (6-ounce) can tuna in water, drained

Directions:

1. In a rice cooker, RINSE white and brown rice.
2. ADD water, and COOK rice, following rice cooker instructions.
3. PREPARE Sushi Rice Sauce (see page 50).
4. GRATE carrot.
5. In a large bowl or pot, MIX carrot and peas. Optional: ADD tuna.
6. MIX rice into mixture.
7. POUR sushi rice sauce a little at a time, MIXING thoroughly to the taste of your choice.

Variations:

This recipe may be used as the base for cone sushi.

Vegetables such as finely chopped celery, watercress, corn, mushrooms, or string beans may be used.

Nutrition Facts

Serving Size 1/2 cup (123g)
Servings Per Container 24

Amount Per Serving

Calories 160 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g 1 %

Saturated Fat 0g 1 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 5mg 0 %

Total Carbohydrate 34g 11 %

Dietary Fiber 2g 7 %

Sugars less than 1g

Protein 4g

Vitamin A 10% ■ 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

STEWS

ADOBO MEAT

Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 pound boneless meat
- 3 tablespoons vinegar
- ½ cup water
- 1 tablespoon soy sauce
- 1 bay leaf
- salt to taste
- ½ teaspoon pepper
- 1 cup peas

Directions:

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

Variations:

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

Nutrition Facts

Serving Size 3/4 cup (192g)
Servings Per Container 4

Amount Per Serving

Calories 200 **Calories from Fat** 70

% Daily Value*

Total Fat 8g 12 %

Saturated Fat 3g 15 %

Trans Fat 0g 0 %

Cholesterol 65mg 22 %

Sodium 490mg 21 %

Total Carbohydrate 6g 2 %

Dietary Fiber 2g 7 %

Sugars 2g

Protein 25g

Vitamin A 8% ■ Vitamin C 6%

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



CHICKEN AND BEANS



Number of servings: 6

Ingredients:

- 1 (15-ounce) can kidney beans
- 1 clove garlic
- 1 medium round onion
- 2 ½ pounds boneless skinless chicken thighs
- 1 (8-ounce) can tomato sauce
- ¼ cup vinegar
- 1 teaspoon sugar
- salt and pepper to taste

Directions:

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

Variations:

Cider, white, and Japanese rice wine vinegar differs in flavor.

Other vegetables may be used.

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

Nutrition Facts

Serving Size 1 cup (328g)
Servings Per Container 6

Amount Per Serving

Calories 330 Calories from Fat 70

% Daily Value*

Total Fat 8g 12 %

Saturated Fat 2g 10 %

Trans Fat 0g 0 %

Cholesterol 155mg 52 %

Sodium 410mg 18 %

Total Carbohydrate 20g 7 %

Dietary Fiber 7g 26 %

Sugars 5g

Protein 43g

Vitamin A 6% ■ Vitamin C 6%

Calcium 2% ■ Iron 15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



CHICKEN CACCIATORE



Number of servings: 8

Ingredients:

- 1 small round onion
- 1 rib celery
- 1 clove garlic
- 3 pounds boneless skinless chicken pieces
- 2 (8-ounce) cans tomato sauce
- ½ cup water
- ½ teaspoon oregano
- salt and pepper to taste

Directions:

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

Variations:

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

Nutrition Facts

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

Amount Per Serving

Calories 220 Calories from Fat 60

% Daily Value*

Total Fat 7g 10 %

Saturated Fat 1.5g 9 %

Trans Fat 0g 0 %

Cholesterol 140mg 47 %

Sodium 490mg 21 %

Total Carbohydrate 4g 1 %

Dietary Fiber 1g 4 %

Sugars 3g

Protein 34g

Vitamin A 6% Vitamin C 8%

Calcium 4% Iron 15%

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

Calories: 2,000 2,500

Total Fat 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

CHILI

Number of servings: 6

Ingredients:

- 1 large round onion
- 1-2 cups kidney and/OR pinto beans
- ½ pound lean ground beef
- 1 (8-ounce) can tomato sauce
- 1 (14 ½-ounce) can stewed tomatoes
- 1 cup water
- 1 teaspoon chili powder
- salt to taste

Directions:

1. CHOP onion. SET aside.
2. RINSE and DRAIN beans. SET aside.
3. In a large pot, FRY ground beef. DRAIN OFF excess fat. ADD onions.
4. MIX well and COOK until tender.
5. STIR in tomato sauce, stewed tomatoes, water, chili powder and salt into meat.
6. ADD beans to mixture. MIX well.
7. SIMMER for 10-20 minutes, STIRRING occasionally.

Variations:

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

Nutrition Facts

Serving Size 1 cup (263g)	
Servings Per Container 6	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	0 %
Cholesterol 25mg	8 %
Sodium 430mg	19 %
Total Carbohydrate 20g	7 %
Dietary Fiber 6g	21 %
Sugars 5g	
Protein 13g	
Vitamin A 6%	Vitamin C 20%
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	

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



POT ROAST CHICKEN



Number of servings: 5

Ingredients:

- 1 thumb size piece ginger
- 1 clove garlic
- 1 bunch Chinese parsley
- 2 ½ pounds boneless skinless chicken thighs
- 2 tablespoons soy sauce
- ½ cup water
- ¼ teaspoon sugar
- salt and pepper to taste

Thickening:

- 2 tablespoons cornstarch
- ¼ cup water

Directions:

1. CRUSH ginger and garlic. SET aside.
2. CHOP Chinese parsley into 1 ½ inch lengths. SET aside.
3. RINSE and DRY chicken thighs.
4. In a medium bowl, MIX ginger, garlic, and soy sauce.
5. RUB mixture into chicken and REFRIGERATE for 30 minutes.
6. In a large pot, FRY chicken on all sides.
7. ADD water, sugar, salt, and pepper.
8. COVER and COOK on low heat for 45 minutes or until tender.
9. In a small bowl, MIX thickening ingredients and STIR into chicken mixture until it thickens.
10. SPRINKLE chopped Chinese parsley as garnish.

Variations:

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

Nutrition Facts

Serving Size 1 cup (276g)
Servings Per Container 5

Amount Per Serving

Calories 290 **Calories from Fat** 80

% Daily Value*

Total Fat 9g 14 %

Saturated Fat 2.5g 11 %

Trans Fat 0g 0 %

Cholesterol 185mg 62 %

Sodium 620mg 27 %

Total Carbohydrate 4g 1 %

Dietary Fiber 0g 1 %

Sugars 0g

Protein 45g

Vitamin A 4% **Vitamin C** 0%

Calcium 2% **Iron** 15%

*Percent Daily Values are based on 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



STEW



Number of servings: 10

Ingredients:

- 1 small round onion
- 1-2 ribs celery
- 4 medium carrots
- 4 medium potatoes
- 2 cloves garlic
- 2 pounds lean meat
- 1 (8-ounce) can tomato sauce
- ½ - 1 teaspoon salt
- 1-2 bay leaves
- water to cover

Thickening:

- 3 tablespoons flour
- ¼ cup water

Nutrition Facts

Serving Size 1 cup (379g)
Servings Per Container 10

Amount Per Serving

Calories 210 Calories from Fat 50

% Daily Value*

Total Fat 6g 9 %

Saturated Fat 2g 10 %

Trans Fat 0g 0 %

Cholesterol 50mg 17 %

Sodium 360mg 16 %

Total Carbohydrate 20g 7 %

Dietary Fiber 2g 9 %

Sugars 3g

Protein 21g

Vitamin A 80% • Vitamin C 15%

Calcium 2% • Iron 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

Directions:

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

Variations:

You can add frozen vegetables.

Add 2-3 teaspoons of curry powder in place of tomato sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



SWEET AND SOUR MEAT



Number of servings: 6

Ingredients:

- 1 bell pepper
- 1 ½ pounds lean meat (pork OR beef)
- 1 (20-ounce) can pineapple chunks in pineapple juice
- ¾ cup water
- ¼ cup vinegar
- 1 tablespoon soy sauce
- ¼ cup sugar
- salt and pepper to taste

Thickening:

- 2 tablespoons cornstarch
- ¼ cup water

Directions:

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

Variations:

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

Nutrition Facts

Serving Size 1 cup (294g)
Servings Per Container 6

Amount Per Serving

Calories 270 **Calories from Fat** 70

% Daily Value*

Total Fat 8g 12 %

Saturated Fat 3g 14 %

Trans Fat 0g 0 %

Cholesterol 70mg 23 %

Sodium 280mg 12 %

Total Carbohydrate 27g 9 %

Dietary Fiber 1g 4 %

Sugars 23g

Protein 24g

Vitamin A 2% ■ Vitamin C 45%

Calcium 4% ■ Iron 15%

*Percent Daily Values are based on 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

STIR FRY



BEEF TOMATO



Number of servings: 6

Ingredients:

1 pound lean beef
1 clove garlic
1 round onion
2 ribs celery
2 bell peppers
2 tomatoes

Marinade for beef:

2 teaspoons cornstarch
3 tablespoons soy sauce

1 teaspoon sugar

Gravy:

¼ cup water
2 teaspoons cornstarch

1 teaspoon sugar
salt & pepper to taste

Nutrition Facts

Serving Size 1 cup (229g)
Servings Per Container 6

Amount Per Serving

Calories 150 Calories from Fat 45

% Daily Value*

Total Fat 5g 7 %

Saturated Fat 1.5g 8 %

Trans Fat 0g 0 %

Cholesterol 45mg 15 %

Sodium 570mg 25 %

Total Carbohydrate 10g 3 %

Dietary Fiber 2g 7 %

Sugars 5g

Protein 17g

Vitamin A 6% ■ Vitamin C 80%

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

Directions:

1. SLICE beef into ¼ inch thick slices.
2. In a small bowl, COMBINE marinade and ADD beef and SET aside. SOAK beef for 15 minutes.
3. CRUSH garlic. SET aside.
4. CHOP onion, celery, bell peppers, and tomatoes.
5. In a large pot, ADD marinated beef and garlic. FRY lightly until cooked. REMOVE meat from pan onto a plate.
6. Using the same pot, ADD onion, celery, and bell peppers. STIR FRY a few minutes.
7. RETURN beef to pot.
8. In a small bowl MIX gravy ingredients and ADD to beef and vegetables.
9. ADD tomatoes. HEAT and STIR until gravy is clear.

Variations:

Other meats may be used.

Other vegetables may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

CHOP SUEY

Number of servings: 4

Ingredients:

- 1 medium round onion
- 1 clove garlic
- $\frac{3}{4}$ - 1 pound pork OR chicken
- 2 (9-ounce) packages chop suey mix

Seasoning:

- 1 tablespoon ginger
- 2 tablespoons soy sauce
- $\frac{1}{2}$ teaspoon sugar
- Optional: $\frac{1}{2}$ teaspoon salt

Gravy:

- 1 tablespoon cornstarch
- 1 cup broth
- 1 tablespoon soy sauce
- $\frac{1}{2}$ teaspoon sugar

Directions:

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

Variations:

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

Nutrition Facts

Serving Size $\frac{1}{2}$ cup (321 g)
Servings Per Container 4

Amount Per Serving

Calories 210 Calories from Fat 70

	% Daily Value*
Total Fat 8 g	12 %
Saturated Fat 2.5 g	13 %
Trans Fat 0 g	0 %
Cholesterol 55 mg	18 %
Sodium 780 mg	33 %
Total Carbohydrate 15 g	5 %
Dietary Fiber 3 g	12 %
Sugars 9 g	
Protein 22 g	

Vitamin A 0% Vitamin C 35%
Calcium 4% 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

Number of servings: 8

Ingredients:

5-6 stalks green onion and/OR ½ medium round onion
 ¾ pound lean meat
 2 (14-ounce) packages refrigerated chow fun noodles
 2 (9 or 10-ounce) packages chop suey mix and/OR
 bean sprouts
 Optional: sesame seeds
 Chinese parsley

Marinade:

1 thumb size piece ginger
 1 tablespoon soy sauce
 ½ teaspoon sugar
 ½ teaspoon salt

Seasoning:

1 thumb size piece ginger
 ½ teaspoon salt
 1 teaspoon sugar
 3 tablespoons soy sauce

Directions:

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

Variations:

Use various vegetables.
 Use various fresh or canned meats.

Nutrition Facts	
Serving Size	1 cup (229 g)
Servings Per Container	8
Amount Per Serving	
Calories 190	Calories from Fat 15
% Daily Value*	
Total Fat 2 g	3 %
Saturated Fat 0.5 g	3 %
Trans Fat 0 g	0 %
Cholesterol 20 mg	7 %
Sodium 660 mg	28 %
Total Carbohydrate 31 g	10 %
Dietary Fiber 2 g	8 %
Sugars 5 g	
Protein 12 g	
Vitamin A 6%	Vitamin C 15%
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	

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



EGGPLANT WITH GARLIC SAUCE



Number of servings: 4

Ingredients:

- 1 medium carrot
- 1 medium bell pepper
- 2 medium eggplants
- 1 thumb size piece ginger
- 1 clove garlic
- 1 pound lean ground meat

Sauce:

- 1 tablespoon sugar
- 1 tablespoon cornstarch
- 1/4 cup soy sauce
- 1 tablespoon vinegar
- Optional: chili pepper

Nutrition Facts

Serving Size 1 cup (449g)
Servings Per Container 4

Amount Per Serving

Calories 310 Calories from Fat 110

% Daily Value*

Total Fat 12g 18 %

Saturated Fat 4.5g 24 %

Trans Fat 0.5g 0 %

Cholesterol 75mg 25 %

Sodium 1000mg 43 %

Total Carbohydrate 24g 8 %

Dietary Fiber 10g 35 %

Sugars 11g

Protein 27g

Vitamin A 50% ■ Vitamin C 60%

Calcium 6% ■ Iron 20%

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

	Calories: 2,000	2,500
Total Fat	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

Directions:

1. SLICE carrot, bell pepper, and eggplants. SET aside.
2. MINCE ginger and garlic. SET aside.
3. In a small bowl, COMBINE sauce ingredients: sugar, cornstarch, soy sauce, vinegar, and optional: chili pepper.
4. In a large pot, FRY meat with ginger and garlic.
5. ADD carrot, bell pepper, and eggplants. STIR FRY until almost done.
6. ADD sauce to mixture and STIR.

Variations:

Other vegetables may be used.

Other meats may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



GON LO MEIN



Number of servings: 10

Ingredients:

- ½ (12-ounce) can luncheon meat
- 2 (9-ounce) packages chop suey mix
- 3 tablespoons oyster sauce
- 2-3 tablespoons water
- 2 (10-ounce) packages refrigerated chow mein noodles

Directions:

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

Variations:

Use other sliced meats.

Use 1 ½ cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.

For topping add:

scrambled eggs (sliced thinly), green onions (cut into 1-inch lengths), Chinese parsley (cut into 1-inch lengths)

Nutrition Facts

Serving Size 1 cup (133 g)
Servings Per Container 10

Amount Per Serving

Calories 230 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5 g 7 %

Saturated Fat 1.5 g 8 %

Trans Fat 0g 0 %

Cholesterol 20 mg 7 %

Sodium 600 mg 25 %

Total Carbohydrate 39 g 13 %

Dietary Fiber 2 g 8 %

Sugars 3 g

Protein 8 g

Vitamin A 0% **Vitamin C** 15%

Calcium 2% **Iron** 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

LEAFY TOFU

Number of servings: 6

Ingredients:

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

Directions:

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

Variations:

May use other dark green leafy vegetables or cabbage.

Nutrition Facts		
Serving Size	1/2 cup (217g)	
Servings Per Container	6	
Amount Per Serving		
Calories	140	Calories from Fat 70
% Daily Value*		
Total Fat	8g	11 %
Saturated Fat	1g	4 %
Trans Fat	0g	0 %
Cholesterol	0mg	0 %
Sodium	390mg	17 %
Total Carbohydrate	7g	2 %
Dietary Fiber	3g	11 %
Sugars	1g	
Protein	12g	
Vitamin A	210%	Vitamin C 50%
Calcium	25%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4		

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



OYSTER CHICKEN WITH BROCCOLI



Number of servings: 8

Ingredients:

2 pounds broccoli
1 small round onion
1 clove garlic
1 thumb size piece ginger
2 ½ pounds chicken thighs
2-3 tablespoons oyster sauce
salt and pepper to taste

Thickening:

2 tablespoons cornstarch
¼ cup water

Directions:

1. CLEAN and CUT broccoli into bite-sized pieces. SET aside.
2. DICE onion. SET aside.
3. MINCE garlic and ginger. SET aside.
4. CUT chicken into bite-sized pieces.
5. In a large pot, FRY chicken for 2-3 minutes. STIR.
6. ADD garlic and ginger.
7. ADD broccoli, onion, and oyster sauce. MIX well.
8. MIX and SIMMER for about 5 minutes.
9. ADD salt and pepper. MIX.
10. COOK until broccoli is almost done.
11. In a small bowl, MIX thickening ingredients and ADD to mixture.
12. STIR FRY until broccoli is done and gravy is thickened.

Variations:

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

Nutrition Facts

Serving Size 1 cup (285g)
Servings Per Container 8

Amount Per Serving

Calories 230 **Calories from Fat** 60

% Daily Value*

Total Fat 6g 9 %

Saturated Fat 1.5g 8 %

Trans Fat 0g 0 %

Cholesterol 115mg 39 %

Sodium 360mg 16 %

Total Carbohydrate 11g 4 %

Dietary Fiber 3g 12 %

Sugars 3g

Protein 31g

Vitamin A 20% ■ Vitamin C 170%

Calcium 8% ■ Iron 15%

*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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



PANCIT



Number of servings: 5

Ingredients:

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

Directions:

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

Variations:

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

Nutrition Facts

Serving Size 1 cup (502g)
 Servings Per Container 5

Amount Per Serving

Calories 240 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5 %

Saturated Fat 1.5g 6 %

Trans Fat 0g 0 %

Cholesterol 25mg 9 %

Sodium 240mg 10 %

Total Carbohydrate 41g 14 %

Dietary Fiber 1g 5 %

Sugars 1g

Protein 11g

Vitamin A 35% ■ Vitamin C 4%

Calcium 4% ■ Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
 PAGES 98-101.

PORK TOFU

Number of servings: 6

Ingredients:

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

Directions:

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

Variations:

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

Nutrition Facts	
Serving Size	1 cup (200g)
Servings Per Container	6
Amount Per Serving	
Calories 210	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15 %
Saturated Fat 2.5g	12 %
Trans Fat 0g	0 %
Cholesterol 45mg	15 %
Sodium 580mg	25 %
Total Carbohydrate 7g	2 %
Dietary Fiber 1g	4 %
Sugars 3g	
Protein 24g	
Vitamin A 4%	Vitamin C 6%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 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	

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



VEGETABLE STIR-FRY



Number of servings: 5

Ingredients:

1 pound lean meat
1 medium head (approximately 1 ½ lbs) won bok
cabbage

Sauce:

1 clove garlic
1 thumb size piece ginger
1 tablespoon soy sauce
1 teaspoon cornstarch
½ teaspoon sugar

Directions:

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

Variations:

Other fresh or frozen vegetables may be used.

Sauce variations may be added to vegetable stir-fry during cooking.

Sauce Variations:

ADOBO: 1 clove garlic (minced), ¼ cup white vinegar, ¼ teaspoon black peppercorns (cracked or freshly ground), 2 tablespoons soy sauce, ¼ teaspoon salt, 1 bay leaf (break into 3 pieces).

KALBI: 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). *Kalbi sauce may be consumed by persons over 2 years of age because of presence of honey.

HOT GARLIC: ¼ teaspoon dried red chili pepper flakes, 2 teaspoons ginger (minced), 2 cloves garlic (minced), 2 teaspoons sugar, 2 teaspoons cornstarch, 1 tablespoon white vinegar, ¼ cup water.

OYSTER: 1 clove garlic (minced), 2 tablespoons green onions (minced), 1 tablespoon cornstarch, 1 tablespoon sugar, 1 teaspoon soy sauce, ¼ cup oyster sauce.

Nutrition Facts

Serving Size 1 cup (234g)
Servings Per Container 5

Amount Per Serving

Calories 140 Calories from Fat 30

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1g 5%

Trans Fat 0g 0%

Cholesterol 75mg 25%

Sodium 280mg 12%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 7%

Sugars 2g

Protein 20g

Vitamin A 40% • Vitamin C 60%

Calcium 8% • Iron 6%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



VEGETABLES W/ LUNCHEON MEAT



Number of servings: 4

Ingredients:

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

Directions:

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

Variations:

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

Nutrition Facts

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

Amount Per Serving

Calories 180 Calories from Fat 100

% Daily Value*

Total Fat 12g 18 %

Saturated Fat 4.5g 21 %

Trans Fat 0g 0 %

Cholesterol 30mg 10 %

Sodium 750mg 32 %

Total Carbohydrate 13g 4 %

Dietary Fiber 4g 16 %

Sugars 6g

Protein 8g

Vitamin A 4% Vitamin C 110%

Calcium 8% Iron 6%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

WRAPS



BURRITOS



Number of servings: 10

Ingredients:

- 1 small head lettuce
- 2 medium tomatoes
- 1 (10-count) package flour tortillas, large size
- 2 cups grated cheese
- 1 (16-ounce) can refried beans
- Optional: leftover meat round onion
- taco flavored meat chili beans
- guacamole salsa/taco sauce
- bell peppers

Directions:

1. CHOP lettuce, tomatoes, and any optional ingredients. SET aside.
2. On an ungreased pan, WARM flour tortillas by placing one at a time on a hot pan.
3. SPRINKLE cheese over the warm tortilla. MELT cheese.
4. REMOVE the tortilla from the pan.
5. SPREAD refried beans. SPRINKLE lettuce and tomatoes on the tortilla.
6. ADD Optional ingredients to tortilla.
7. FOLD and ROLL into a burrito.

Variations:

Tortillas may be warmed by wrapping the whole stack in a damp dishtowel and STEAMED in a microwave oven or in a moderate oven at 250° F for 10-15 minutes.

Other cheeses may be used.

Salsa may also be used.

Nutrition Facts

Serving Size 1 burrito (202g)
Servings Per Container 10

Amount Per Serving

Calories 320 Calories from Fat 80

% Daily Value*

Total Fat 9g 13 %

Saturated Fat 3g 15 %

Trans Fat 0g 0 %

Cholesterol 10mg 3 %

Sodium 750mg 33 %

Total Carbohydrate 47g 16 %

Dietary Fiber 5g 18 %

Sugars 3g

Protein 15g

Vitamin A 6% Vitamin C 10%

Calcium 25% 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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

QUESADILLAS

Number of servings: 5

Ingredients:

- 1 tomato
- 2 cups grated cheese
- 1 (10-count) package small flour tortillas
- Optional: bell peppers
- round onions
- taco sauce
- beans: kidney, pinto, OR refried

Directions:

1. DICE tomatoes and other optional ingredients. SET aside.
2. GRATE cheese. SET aside
3. In a large skillet/pan, PLACE tortilla to warm.
4. SPRINKLE tomato and cheese on tortilla.
5. ADD Optional ingredients on top of tortilla: CHOPPED bell peppers OR round onions, taco sauce, and beans.
6. PLACE a second tortilla on top.
7. HEAT until cheese is melted.
8. CUT into wedges like a pizza.

Variations:

- Use other cheeses.
- Use other vegetables.

Nutrition Facts	
Serving Size	1 quesadilla (177g)
Servings Per Container	5
Amount Per Serving	
Calories	390
Calories from Fat	100
% Daily Value*	
Total Fat	11g 17 %
Saturated Fat	3.5g 18 %
Trans Fat	0g 0 %
Cholesterol	15mg 5 %
Sodium	770mg 34 %
Total Carbohydrate	53g 18 %
Dietary Fiber	0g 1 %
Sugars	less than 1g
Protein	27g
Vitamin A	4%
Calcium	45%
Vitamin C	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	

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

WATER



LEMONY ICE WATER



Yield: approximately 8 cups

Ingredients:

1 pitcher (2 quarts) ice water
½ lemon OR lime

Directions:

1. FILL pitcher with ice water and lots of ice cubes.
2. SQUEEZE lemon OR lime into pitcher. STIR.

Nutrition Facts

Serving Size 1 cup (240g)
Servings Per Container 8

Amount Per Serving

Calories 0 **Calories from Fat 0**

% Daily Value*

Total Fat 0g 0 %

Saturated Fat 0g 0 %

Trans Fat 0g 0 %

Cholesterol 0mg 0 %

Sodium 5mg 0 %

Total Carbohydrate 0g 0 %

Dietary Fiber 0g 0 %

Sugars 0g

Protein 0g

Vitamin A 0% Vitamin C 2%

Calcium 0% Iron 0%

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

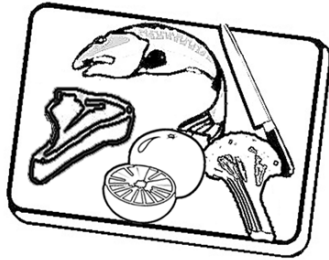
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

SAFE FOOD HANDLING

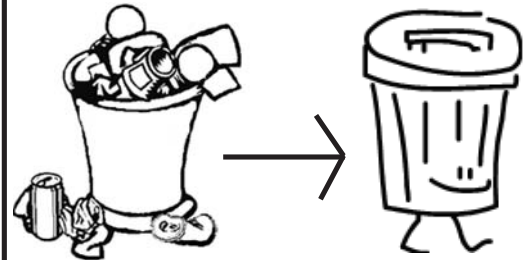
Safe Food Handling



SAFE OR NOT?

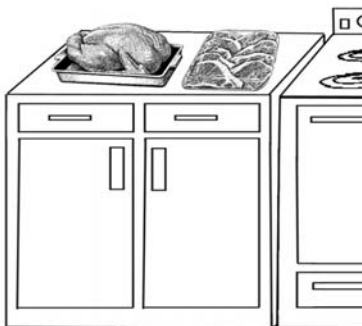
Match Each Picture To A Statement

Empty garbage often.
Keep area clean.



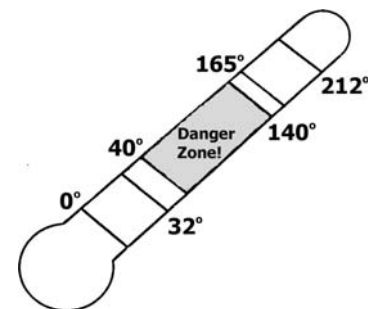
If leftover food does NOT smell bad, taste bad, or look bad, it's okay to eat.

Store foods as soon as you get home.



Keep raw meat and poultry juices away from other foods.

Wash hands with soap and water before preparing foods.



Keep hot foods hot, cold foods cold.



Don't leave perishable foods out for more than 2 hours.

Frozen foods can be thawed on the kitchen counter.



Keys to Safe Food Handling:

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

BUYING

Buy cold foods last. Take food straight home and refrigerate or freeze as soon as possible.

Cold foods: 40°F or colder

Check for freshness by looking at dates: “pull,” “packing,” “sell by,” “closed,” and “use by.”

Carry a cooler and ice packs when transporting perishable foods.

Do not buy or eat these foods:

- Bulging or swollen cans
- Cracked or leaky jars
- Cans with severe dents or rust
- Torn or defective wrapping
- Cans/jars which spurt when opened
- Canned vegetables in milky liquid when liquid should be clear.



WASHING

Wash hands for at least 20 seconds:

- before preparing or eating food
- after handling raw meats or poultry
- after using the bathroom
- after diapering baby
- after handling animals

Wash utensils with hot soapy water.

Wash surfaces that come into contact with food in hot soapy water.

Sanitize work surfaces with a sanitizing solution of 1 tablespoon liquid bleach and 1 gallon water.

Empty garbage often and wipe up spills right away.

PREPARING

Keep everything clean.

Use clean towels, potholders, cloths, and sponges. Wash them often.

Wash lids of canned foods before opening to avoid dirt from getting into the food.

Rinse all produce thoroughly before eating.

Sneeze and cough away from food. Wear gloves to cover hand sores. Don't smoke while cooking.

To prevent bacterial growth, thaw food in the refrigerator, or follow microwave instructions. Food can also be thawed during cooking process.

Keep raw meat, poultry, and fish juices away from other ready-to-eat foods (like vegetables or cooked foods).

Marinate food in the refrigerator. Do not re-use marinades or pour over cooked food.

Cook meats until well done.

Do not return tasting spoon to pot. Use only clean spoons for tasting.

LEFTOVERS

Place leftovers into the refrigerator right away.

Use shallow containers for quicker cooling.

Reheat thoroughly.

Moldy foods should be discarded.

Clean out refrigerator and discard slimy and smelly foods.

When in doubt, throw it out.

PESTS, GERMS, AND BACTERIA

Cockroaches, flies, and rats carry germs that can cause illnesses and contaminate food.

Germs need moisture, darkness, and food to grow. They multiply rapidly and can make you sick with mild to severe symptoms.

Food poisoning symptoms may include nausea, vomiting, diarrhea, fever, headache and cramps.

Foodborne illnesses are caused by bacteria such as *Staphylococcus*, *Salmonella*, *C. botulinum*, and *E. coli*.

The Danger Zone of 40°F to 140°F promotes rapid growth of bacteria.

Keep hot foods hot and cold foods cold!

STORING

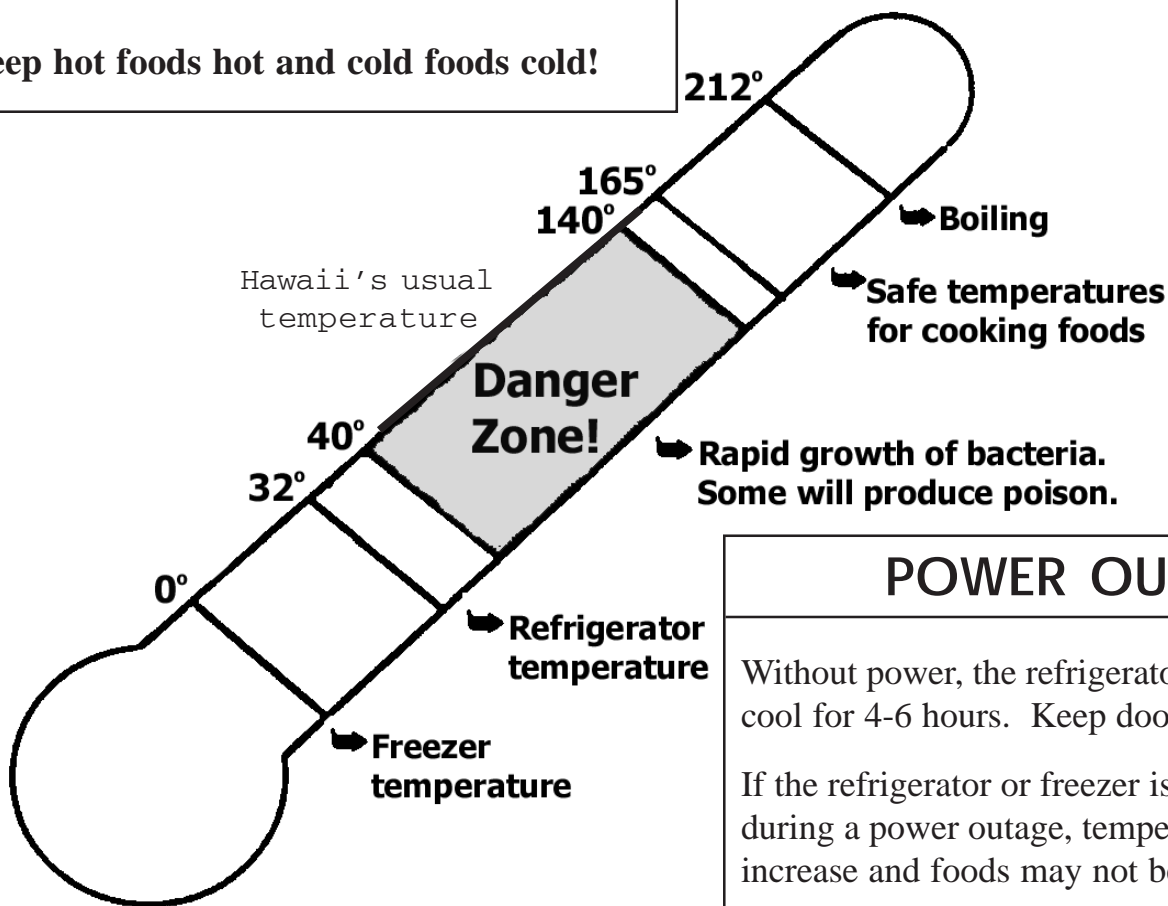
Store foods as soon as you get home.

Keep dry foods in airtight containers.

Freeze fresh poultry, fish, or ground meat right away if you can't use it within 2 days. Other beef or pork should be cooked or frozen within 3-5 days.

Place raw meat, poultry or fish in a pan on the lowest shelf in the refrigerator to avoid blood from dripping onto other foods.

Refrigerators should run below 40°F, and the freezer unit at 0°F or below to minimize bacterial growth.



POWER OUTAGE

Without power, the refrigerator section can keep cool for 4-6 hours. Keep door closed.

If the refrigerator or freezer is opened too often during a power outage, temperatures may increase and foods may not be safe to eat.

Without power, a full freezer section may keep food frozen for about 2 days, a freezer half full about 1 day.

Some foods may need to be discarded if kept over 2 hours above 40°F (out of refrigerator).

CONSUMER GUIDELINES

GROUND MEAT AND GROUND POULTRY COLD STORAGE TIMES

	Refrigerator (40°F or below) <u>Days</u>	Freezer (0°F or below) <u>Months</u>
<u>Meat Products</u>		
Uncooked ground meat	1 to 2	3 to 4
Uncooked ground poultry (bulk or patties)		
Cooked ground meat and ground poultry (hamburgers, meat loaf, and dishes with ground meats)	3 to 4	2 to 3

INTERNAL TEMPERATURES FOR SAFE COOKING

<u>Meat Product</u>	<u>Temperature</u>
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

** 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.*

Germs, such as bacteria, fungi, yeast, and molds, are a part of our environment. Where there is food, there are bacteria. Proper food handling and cooking are the best ways to keep from becoming sick from bacteria in foods. Generally, young children, older adults, and those who are often sick are most at risk to get ill from germs in food.

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 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!

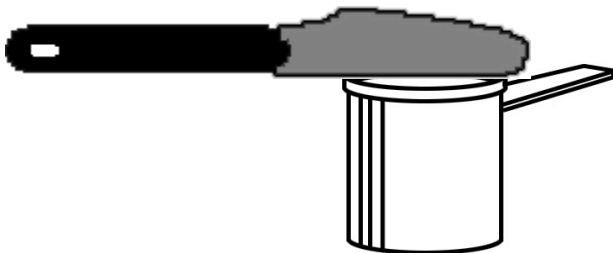
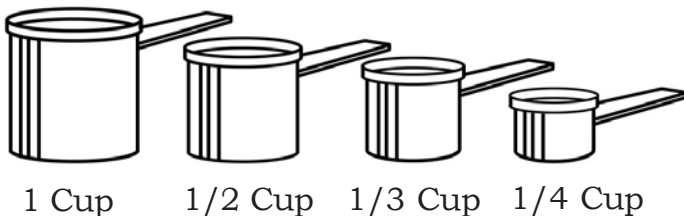


Use clear measuring cups to measure liquid ingredients.



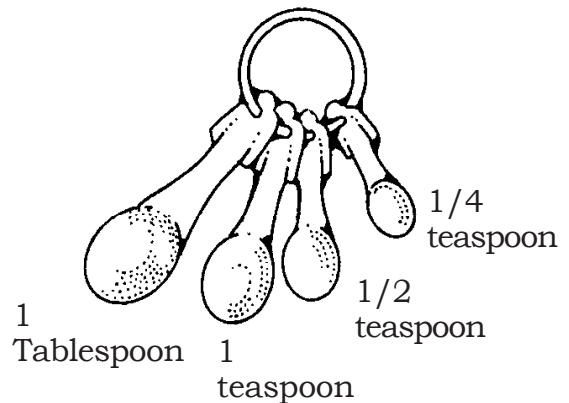
Check at eye level to make sure the correct amount is measured. Liquid should just touch the measurement line.

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



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

Use these measuring spoons to measure small amounts of ingredients.



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

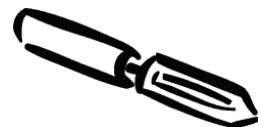
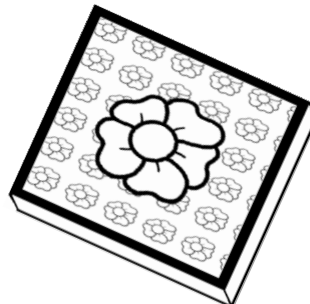
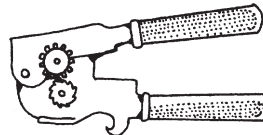
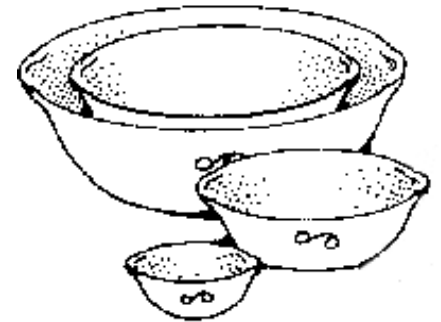
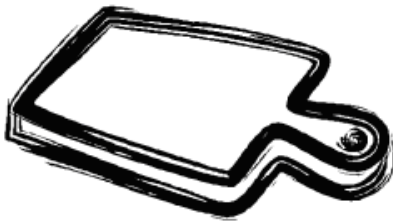
Pot

Pan

Scrubber

Baking Pan

Pot Holder



Temperatures for Safe Cooking



Roasting Meats



Thermometer Readings for Meats

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

** 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.

APPENDIX: “ABOUT FOODS”

BEANS

INTRODUCTION:

Beans are a part of the legume family. A food staple in many cultures, beans remains an important part of cuisines around the world. Popular beans include red, kidney, navy, pinto, black, pink, white, garbanzo, lima, mung, and soy.

BUYING:

You may choose either the dry beans that needs to be cooked, or the canned beans that requires no cooking. Dry beans increase in volume when soaked or cooked. One cup of dry packaged beans makes 2-3 cups cooked beans.

STORING:

Dried beans can be stored at room temperature for up to 6-12 months in a cool dry place in airtight containers. Leftover cooked beans may be stored in the refrigerator for up to 5 days in a covered container; or it may be frozen up to 6 months in airtight containers.

PREPARATION:

For dried beans, check the package for cooking directions. Soaking dry beans before cooking is recommended for two reasons: to soften and return the moisture to beans. This reduces the cooking time and allows some of the gas causing substances to dissolve in the water. Remember to discard the water and add fresh water before cooking the beans. Drain and rinse the beans before using in recipes.

Cook enough dry beans for more than one meal at a time and freeze. Add a little moisture or seasoning after thawing to restore the flavor and consistency.

Dry beans take 30 minutes to 2 hours to cook. Boil beans for 10 minutes, and then simmer until tender (1-2 hours). Test for doneness, beans should be tender but not mushy. For a quick soaking method, place beans in boiling water and boil for 2-3 minutes. Remove from heat, cover and set aside for at least 1 hour, then cook beans as instructed.

Canned beans do not require additional cooking. Draining the liquid and rinsing before using may help to reduce problems with gas.

SERVING:

½ cup cooked beans equals 1 serving

RECIPES ARE:

Bean Salad	Chicken and Beans	Ham w/Pork'n'Beans
Bean Salad Spread	Chili	Pasta Salad
Bean Soup	Fiesta Rice	Unfried Beans
Burritos	Fiesta Salad	

BEEF AND PORK

INTRODUCTION:

Beef is from a cow and pork is from a pig.

BUYING:

Choose leaner cuts of meat. Freshness is important with all meats.

A good buying tip is to purchase meats in family packs and divide it into separate meal size portions. It can also be purchased in larger pieces of meat and proportioned into smaller portions like stew meat or chopped steak or pork. Placing the packages of meat into plastic bags prevents blood from getting onto other foods and causing food poisoning. Always shop for cold and frozen foods last, like meats, to prevent spoilage.

Beef should be red, tinged lightly with brown.

Pork should be fine-textured, firm, and pink.

STORING:

Refrigerate meats as soon as possible after purchase in the coldest section of the refrigerator. If the meat is not to be used within three days, it should be placed in the freezer immediately. Meats can be stored in its original packaging or in foil, plastic freezer bags, and storage containers. If frozen meats get freezer burn, it is still safe to eat. Cut the freezer-burned portions away before cooking. It is okay to freeze meat after it has been cooked.

PREPARATIONS:

To prevent bacterial growth, do not thaw frozen meat on the kitchen counter at room temperature. Keep raw meat juices away from other foods and marinate meats in the refrigerator.

There are several safe ways to defrost meat: 1) Defrost the meat in the refrigerator; 2) Soak the meat in cold water and change the water every 30 minutes; 3) Defrost meat in the microwave but remember to use a low setting and immediately start cooking when it is done; 4) Defrost the meat as it thaws out while cooking.

There are six basic ways of cooking meat. Most tender cuts are best cooked by dry heat: roasted or cooked on a rotisserie, broiled or grilled, pan-broiled or pan-fried. Less tender cuts should be cooked slowly in moist heat: braised or pot-roasted, or cooked in liquid. Pounding or marinating before cooking can also make tougher cuts of meat tender.

Ground meats should be cooked well done in order to prevent from serious food poisoning.

Meats – Beef and Pork Continue

A good tip is to trim off the fat you can see and try to cook without adding fats such as oil, butter, or margarine.

Use lean ground beef when you cannot remove fat. Ground beef must be cooked thoroughly before serving.

Pork is always cooked well done. Never taste even a tiny bit of raw pork in any form, including bacon and sausage. Pork may have a parasite that is passed on to man, so it must be cooked thoroughly.

A good serving tip is to stretch meat by adding noodles, rice, or vegetables. This can make the dish lower fat and at the same time save you money.

SERVING:

2-3 ounces equals 1 serving

RECIPES ARE:

Adobo Meat
Bean Soup
Beef Tomato
Chili
Chop Suey
Chow Fun
Corn Chowder
Eggplant w/Garlic Sauce
Fiesta Rice
Fiesta Salad
Fried Rice
Gon Lo Mein
Ham w/pork 'n' beans
Hamburger Stew
Pancit
Pork Tofu
Roast on Toast
Stew
Sweet and Sour Meat
Vegetable Soup
Vegetable Stir Fry
Vegetable w/Luncheon Meat

CHEESE

INTRODUCTION:

Cheese is a useful and versatile food. Cheese may be served as a snack, main dish, or as a separate course. It can be used in sandwiches, salads, soups, dips, sauces, and desserts.

Cheese comes from cows, goats, ewes, or buffaloes. Cheese varies from one season to another and from one location to another. It is highly nutritious and a good substitute for meat. Cheese is made from milk, which may be sweet, sour, whole, skim, or mixed with additional cream.

BUYING:

Cheese should be bought in small amounts and served promptly. When buying cheese, always compare prices and try to choose a cheese that is low in fat. A good buying tip is to buy cheese in a block and slice or shred it.

STORING:

The harder the cheese the longer it will keep without deteriorating. Natural cheeses should be stored in the refrigerator, tightly wrapped to prevent it from drying out. Most pasteurized process cheese products need not be refrigerated until it has been opened.

PREPARATION:

Cheese can be served any time of the day, from breakfast to supper. Cheese can be served as a snack, melted over bread, or cut into cubes and eaten cold. You can also add cheese to side or main dishes. When cooking with cheese, the important thing to remember is that excessive heat and prolonged cooking makes it stringy and leathery.

SERVING:

1 ½ ounces natural cheese equals 1 serving
2 ounces processed cheese equals 1 serving
1/2 cup of cottage cheese equals 1 serving

RECIPES ARE:

Burritos	Quesadillas
Cheesy Casserole	Ranch Style Dip
Fiesta Rice	Skillet Lasagna
Fiesta Salad	Tuna Dip

COTTAGE CHEESE

INTRODUCTION:

Cottage cheese is a soft, uncured (one that has not been aged) variety of cheese made from milk.

BUYING:

Cottage cheese is available in large and small curd varieties with fat content ranging from full-fat to fat-free (creamed, 2%, 1% and dry-curd). All varieties may be available lightly salted and unsalted.

STORING:

Cottage cheese is perishable and should be used promptly. Store it for only several days in the refrigerator.

PREPARATION:

Cottage cheese is an adaptable source of protein. It is versatile in recipes and can be used in many ways: with spices and seasonings, with any fresh, dried, canned or frozen fruit, with all kinds of vegetables, and with meat, fish, eggs and other dairy products. Cottage cheese can also be blended and used as a base for dips and dressings.

SERVING:

½ cup equals one serving

RECIPES ARE:

Ranch Style Dip

Tuna Dip

DIPS

INTRODUCTION:

Dips are an informal appetizer made with softened cheese, sour cream, mashed avocado, bean puree, or a food of similar consistency. Dips are flavored to complement crisp, bite-sized foods that are dipped into the product.

BUYING:

Dips can be bought readymade or prepared at home. Dips can be purchased in containers and packages. Homemade dips usually cost less. Watch for weekly sales to buy at low cost.

STORING:

Dips need to be stored properly to keep safe from bacterial growth. Wipe spills and drips, cover tightly, and refrigerate.

Store dips in appropriate sized containers with tight covers, or wrap tightly with plastic sheeting and seal well. Refrigerate immediately after using and use within 3 days.

PREPARATIONS:

Use the freshest ingredients possible. Fresh chopped fruit or vegetables, canned vegetables lightly salted, canned fruit in light syrup, or juice can be used.

Mixing low fat yogurt with light sour cream or reduced fat mayonnaise reduces the fat content.

Add herbs for taste such as dill, parsley, chili pepper, chives, green onions, or garlic chives.

SERVINGS:

¼ cup dip equals 1 serving.

2 Tablespoon dressing equals 1 serving.

RECIPES ARE:

Bean Salad Spread

Ranch Style Dip

Salsa

Tartar Sauce

Tuna Tip

Tuna Sunshine Mix

Unfried Beans

DRESSINGS

INTRODUCTION:

Dressings are used as a flavorful sauce to salads.

BUYING:

Salad dressings can be bought readymade or prepared at home. Dressings can be purchased in containers and packages. Homemade dressing usually cost less.

Watch for weekly sales to buy at low cost

STORING:

Salad dressing needs to be stored properly. Wipe up drips, cover tightly and refrigerate.

Store salad dressings in appropriate sized containers with tight covers, or wrap tightly with plastic sheeting and seal well. Refrigerate immediately after using and use within 3 days.

PREPARATION:

Use the freshest ingredients possible. Fresh chopped onions, peppers, garlic, green onions, parsley, chives, dill, fennel, or celery combined with mayonnaise or low fat yogurt makes a creamy style dressing. Add herbs for different flavors. Use ingredients to match your taste.

Dressings can be drizzled over vegetable salads, or used as a dip for chips, breads, crackers, or raw vegetables.

SERVING:

1-2 tablespoons equals 1 serving.

RECIPES ARE:

Ginger Citrus Dressing

Oriental Chicken Salad

Pasta Salad

Pina Colada Sauce

Ranch Style Dip

Salsa

Skillet Fruit

Somen Salad

Sushi Rice Sauce

Tartar Sauce

Thousand Island Dressing

Tuna Tofu Salad

Vegetable Namul

EGGS

INTRODUCTION:

Eggs are one of the world's most versatile foods. Chicken eggs are economical and available year round. The color of the eggshell does not affect the flavor, quality, nutrients, or cooking of the egg.

BUYING:

Eggs are sold by grade and size. AA and A grades are based on appearance and have nothing to do with nutritional value or size.

When purchasing eggs, check that none are cracked. A cracked egg may contain bacteria that will cause food poisoning.

STORING:

Eggs should be stored in the refrigerator, and kept away from strong odors.

Eggs should be well cooked.

PREPARATION:

Eggs can be prepared many ways – from the simple scrambled eggs to an elegant omelet. Eggs and egg dishes can be served at any meal. It can be: fried (easy over, sunny side up, or scrambled), boiled (soft, medium, or hard), poached, baked, or made into omelets or soufflés.

The whites are used as meringue and the yolks into custards.

SERVING:

2 eggs equals 1 serving.

RECIPES ARE:

- Bread Pudding
- Egg Fu Yung
- Fried Rice
- Oatmeal Cookies
- Pumpkin Shortbread
- Scrambled Tofu
- Tuna Tofu Salad

FISH

INTRODUCTION:

Fish is versatile, delicious, and cooks quickly. Fresh, frozen, or canned fish are used in dishes from soups, to salads, to main dishes.

BUYING:

It is important to purchase the fresh fish and seafood from approved licensed stores, markets, and wholesalers.

Fresh fish can be bought whole, dressed, filleted, and as steaks. The fillets and steaks are a good choice for inexperienced cooks to prepare.

When buying whole fish: The eyes should be bright, clear and shiny, not sunken or clouded. The body should be rigid, the flesh firm and elastic. The stomach should be firm not swollen or lacerated.

Frozen fish should be purchased when completely frozen solid and kept frozen until it is needed. Fish should be stored for no longer than 2 months, preferably 1 month.

STORING:

Refrigerated whole fish: drain and wrap well to keep skin from drying out. Clean and cook on day of purchase.

Refrigerated fillets: rinse to remove scales or foreign matter. Pat dry with a paper towel, place on a clean pan or plate, cover with a plastic wrap, seal well, and refrigerate. Or place in a clean plastic storage bag, seal well letting out all air, and refrigerate. Cook within a day or two.

PREPARATIONS:

As with all fresh foods, fish needs to be safely handled before, during, and after cooking to prevent food poisoning.

Thawing frozen fish: The safe method is to place fish or fillet on a plate or pan on the bottom shelf of the refrigerator for several hours or overnight.

SERVING:

2-3 ounces equals 1 serving

RECIPES ARE:

Somen Salad	Tuna Tofu Patties
Tuna Dip	Tuna Tofu Salad
Tuna Sunshine Mix	

FRUITS

INTRODUCTION:

Fruits can be included in every course of any meal, from soups to desserts. They can be eaten as a healthy snack at any time. Fruits can be used in desserts as whips, cobblers, crisps, shortcakes, puddings, or fritters.

Fresh fruit is highly perishable and requires refrigeration once it is ripe. Citrus fruit doesn't need further ripening.

In warmer climates, dried fruits are best stored in the refrigerator.

BUYING:

Fruits can be bought - fresh, frozen, canned, or dried. Purchase fruits at the peak of the season and take advantage of low prices when they are in abundance. When buying fresh fruits, look and feel it to avoid the over ripe fruits. Fruits should be firm without soft spots.

STORING:

Unripened fruits may be stored out on the counter and eaten or refrigerated when ripe. Avoid over ripening and the attraction of fruit flies or other insects. Fruits may be frozen and used later in recipes.

PREPARATION:

All fresh fruits lose their flavor rapidly when soaked in water. Therefore, wash the fruits quickly under water just before consuming. Remove and discard any over ripe brown spots. It may be cut up and mixed together as a fruit salad. Fruits may be blended together as a smoothie. Fruits may be cooked in fruit bread or in other dishes.

Fruits make great snacks and desserts. It can be made into a syrup and topped on pancakes, waffles, or mixed in yogurt. Try fresh fruits such as banana, mango, berries, or star fruit on top of your cereal in the morning.

SERVING:

½ cup fruit equals 1 serving.

RECIPES ARE:

Apple Turnover	Granola
Carrot and Raisin Salad	Milk Smoothie #1
Cereal Squares	Milk Smoothie #2
Creamy Fruit/Vegetable Salad	Milk Smoothie #3
Fruit Freezes	Pumpkin Shortbread
Fruit Slush #1	Skillet Fruit
Fruit Slush #2	Sweet and Sour Meat
Fruit Slush #3	Versatile Fruit Bread

MILK

INTRODUCTION:

Milk comes from animals as cows, goats, ewes, and buffaloes. It is an important and nourishing food item. Milk should be homogenized and pasteurized. Low-fat milk reduces the calorie intake without giving up much flavor.

BUYING:

When buying milk look for the date on the fresh milk carton. This is the date the grocer must take the milk off the shelf.

STORING:

Fluid milk needs to be stored in the refrigerator or it will spoil. Dry milk can be stored at room temperature in a tightly covered container.

PREPARATION:

Dry powdered milk can be used in place of liquid milk. Mix 1/3 cup nonfat dry milk with one cup water, to get one cup skim milk.

Milk is usually served cold as a drink with meals or snacks. Milk can also be used in cooking when making soups or creamed dishes. Always use low to medium temperatures when cooking with milk. High temperatures cause milk to curdle. Stir milk foods often to prevent sticking.

Milk is widely used in cooking. It can be drunk as a beverage plain or flavored.

SERVING:

1 cup equals 1 serving

RECIPES ARE:

Bread Pudding	Peanut Butter Log
Cereal Squares	Pumpkin Shortbread
Cheesy Casserole	Ranch Style Dip
Corn Chowder	Tuna Sunshine Mix
Granola	White Sauce - Medium
Milk Smoothie #1	White Sauce - Thick
Milk Smoothie #2	White Sauce - Thin
Milk Smoothie #3	

NOODLES/PASTA

INTRODUCTION:

Pasta is believed to have originated in Central Asia, and was made popular by the Italian cooks in America. Pasta varieties include: lasagna, spaghetti, or macaroni. Asian forms of pasta includes noodles, threads, and skins/wraps.

Pasta can be served in soups, main dishes, salads, stews, one-pot meals, leftovers, or stir-fried.

BUYING:

Pasta comes in hundreds of shapes and sizes, from thin ribbons to wide sheets. Noodles can be purchased refrigerated fresh, canned, frozen, or dried.

STORING:

Keep pasta refrigerated or frozen as purchased.

Store dry pasta in tightly closed bags or jars. Inspect the pasta products for insects before using.

PREPARATION:

Cook and prepare according to package directions.

1 cup of raw macaroni, spaghetti, or other pasta equals 2 cups of cooked pasta.

1-pound bag of pasta will make approximately 9 cups of pasta.

SERVING:

1 cup equals 1 serving.

RECIPES ARE:

Cheesy Casserole

Chow Fun

Gon Lo Mein

Pancit

Pasta Salad

Skillet Lasagna

Somen Salad

POTATOES

INTRODUCTION:

Potato is grown around the world, making it one of the world's most important vegetables. Potatoes come in all shapes and sizes.

BUYING:

Purchase potatoes that are firm, well shaped, without sprouts, cracks or discolorations.

There are many kinds of potatoes:

- All purpose – used for boiling, baking, frying, and mashing.

- Red or white “new” potatoes – are young potatoes used for salads, boiled, or steamed.

- Sweet potatoes – comes in a variety of colors with sweetness that makes it versatile.

STORING:

Potatoes should be stored in a cool, dry place, away from the light, and used within a week or two. It is not recommended to refrigerate potatoes because it converts to potato starch and sugar. Refrigeration may alter the potato taste and cause the potato to darken.

PREPARATION:

Potatoes can be used whole, sliced, cubed, grated, mashed, or pureed. It can be boiled, steamed, fried, baked, or micro waved. Potatoes can be served cold in salads and soups, or hot as baked, boiled, fried, stews, and casseroles.

SERVING:

½ cup equals 1 serving.

RECIPES ARE:

- Corn Chowder
- Hamburger Stew
- Potatoes
- Roast on Toast
- Stew

POULTRY

INTRODUCTION:

Poultry is considered a bargain-priced alternative to the more costly meats. Poultry includes turkey, chicken, duck, goose, and Cornish hen.

BUYING:

Chicken and turkey can be purchased whole or in parts: halves, quarters, breasts, legs, thighs, and drumsticks. It can also be bought fresh, frozen, or canned.

Chicken and turkey, also comes in ground form, which makes it a good low fat meat choice.

STORING:

After purchasing the chicken or turkey, it should be kept in its original wrapper. If frozen, it can keep for 3-4 months. Fully cooked chicken and turkey can be kept in the refrigerator for 3-4 days or in the freezer for 2-3 months. Refrigerate all leftovers promptly.

PREPARATIONS:

Thaw frozen chicken in the refrigerator for 1-2 days or by setting your microwave to defrost. Thaw frozen turkey in the refrigerator for 2-3 days (under 20 pounds) and 3-4 days (over 20 pounds). Be sure to use the thawed poultry promptly.

Poultry must be cooked thoroughly, never partially cooked.

Before baking a whole chicken or turkey, remove the wrapper and giblets from cavity of the bird. Rinse, pat dry, season with oil, salt, and pepper. Put in a pan and bake at 350°F for 20 minutes per pound. Juices from the poultry should be clear, not pink or red. Some poultry has an inserted button that will pop up when the poultry is cooked. When the poultry is done baking remove from oven. Put on a platter, and carve the breast meat into thin slices.

Prepare and cook stuffing separately.

Poultry can be baked, fried, steamed, broiled, or grilled. Ground poultry can be used in recipes such as: chili, spaghetti, meatloaf, tacos, etc.

SERVING:

2-3 ounces equals 1 serving

Meats – Poultry continue

RECIPES ARE:

Adobo Meat

Bean Soup

Chicken and Beans

Chicken Cacciatore

Chop Suey

Chow Fun

Eggplant w/Garlic Sauce

Fried Rice

Oriental Chicken Salad

Oyster Chicken w/Broccoli

Pot Roast Chicken

Roast on Toast

Skillet Lasagna

Stew

Sweet and Sour Meat

Vegetable Stir Fry

QUICK BREAD

INTRODUCTION:

Quick breads are made without yeast that require no kneading or rising before going into the oven. These breads are quick and easy to make. Add fruits, nuts, and other seasonings to enhance flavor and taste. Quick breads rise quickly once they are in the oven.

BUYING:

Quick breads are easily prepared or can be purchased ready-to-eat. Popular items include muffins, biscuits, pancakes, scones, and waffles.

STORING:

Biscuits, muffins, pancakes, and waffles should be served fresh. Loaf breads should be cooled thoroughly before being wrapped.

Freeze quick breads in foil or heavy-duty plastics.

PREPARATION:

Quick Breads tend to crack while baking and is a common characteristic. The breads should be cooled thoroughly before slicing.

Quick breads won't bake in the microwave oven because of the irregular distribution of waves during the cooking process.

SERVING:

1 slice equals 1 serving

RECIPE IS:

Versatile Quick Bread

RICE

INTRODUCTION:

Rice is the seed kernel of an annual grass and is the staple food of half of the world's population. There are more than 40,000 different varieties of rice but only a small number are available for sale in the United States.

The more common rice varieties can be divided into long, medium, and short grain. The main difference is their cooking characteristics: the shorter the grain the more moist, tender, and clinging they cook.

There are also different forms of rice: these forms vary in degree of processing. The common forms are: brown, milled white, parboiled, and precooked. Brown rice is the least processed form, retains the bran layers and has more fiber than milled white rice.

BUYING:

Buy the variety and form of rice to meet your requirements. Purchase amounts appropriate to needs to avoid spoilage including molds, bugs, and rancidity.

STORAGE:

Milled rice: uncooked regular-milled, parboil, or precooked rice will keep for 6-12 months on the shelf. Keep in a tightly closed container and in the refrigerator or freezer for longer life.

Brown rice-uncooked, because of the oil in the bran layer, will keep for 3-6 months. The oil in the bran will go rancid after a period of time so brown rice is generally packaged in smaller quantities. Keep in a tightly closed container in a cool place or in the refrigerator or freezer for longer life.

PREPARATION:

For best results, always follow package directions. When directions are not available, use this easy method. Top of the range: In a deep pot, combine rice and water. Heat to boiling, stirring only once or twice. Lower heat to simmer, cover with tight fitting lid, and cook until liquid is absorbed and rice is tender. For rice cookers, follow appliance directions.

Rice continue

For Top of the Range cooking (for rice cooker use $\frac{1}{4}$ to $\frac{1}{2}$ cup less water)

1 cup Uncooked	Rice Liquid	Cooking Time
Regular-milled long grain	1 $\frac{3}{4}$ to 2 cups	15 minutes
Regular-milled medium or Short grain	1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ cups	15 minutes
Brown	2 to 2 $\frac{1}{2}$ cups	45–50 minutes
Parboiled	2 to 1 $\frac{1}{2}$ cups	20-25 minutes
Precooked, flavored or Seasoned mixes	Follow package directions	varies

SERVING:

$\frac{1}{2}$ cup equals 1 serving

RECIPES ARE:

Brown Rice

Fiesta Rice

Fried Rice

Rice Balls

Sushi Rice Mix

SALADS

INTRODUCTION:

Salads may be served as an appetizer, main dish or dessert. Appetizer salads are light and tangy. Salads may be a mixture of greens, or a combination of other vegetables and or fruits. Slaws go well with casual meals, cookouts, and impromptu suppers. Main dish salads usually contain a protein source. Fruit salads are often served with a sweet dressing.

There are many different ways to prepare salads with as many different ingredients as desired. For example: fruit, vegetable, beef, poultry, seafood, cereal, pasta, egg, cheese, gelatin, slaws, tossed greens, and combination bean salads.

BUYING:

For the best freshness, flavor, and prices buy salad ingredients that are in season. Refer to buying instructions for individual ingredients. Example: vegetables, fruits, pasta, cheese, meats, etc.

STORING:

As with other perishable products, observe all safety precautions in storing salads remembering the rule about keeping hot foods hot and cold foods cold.

PREPARATION:

Use imagination when creating salads. Preparing a variety of delicious salads can be satisfying and fun.

SERVING:

1 cup equals 1 serving

RECIPES ARE:

- Bean Salad
- Carrot & Raisin Salad
- Creamy Fruit/Vegetable Salad
- Fiesta Salad
- Leafy Tofu
- Oriental Chicken Salad
- Pasta Salad
- Somen Salad
- Tuna Tofu Salad
- Vegetable Namul

SAUCES/GRAVIES

INTRODUCTION:

Sauces and gravies are thickened, seasoned liquids that are served with foods to add flavor and moisture and to enhance its appearance. They can be thick or thin, hot or cold, sweet or spicy.

Flour-thickened sauces are opaque (cloudy) and do not freeze well.

Cornstarch gives sauces a clear and glossy appearance and can be frozen.

BUYING:

Sauces can be bought readymade or prepared at home. They can be purchased in jars, packages, and cans. Homemade sauces and gravies usually cost less.

STORING:

Leftover sauces and gravies should be stored in the refrigerator immediately.

PREPARATION:

Follow the recipe instructions.

SERVING:

2 tablespoons equals 1 serving.

RECIPES ARE:

- Beef Tomato
- Chop Suey
- Eggplant w/Garlic Sauce
- Hamburger Stew
- Pasta Salad
- Roast on Toast
- Skillet Fruit
- Somen Salad
- Sushi Rice Sauce
- Tartar Sauce
- Vegetable Namul
- White Sauce - Medium
- White Sauce - Thick
- White Sauce – Thin

SOUPS

INTRODUCTION:

Soup is a liquid, usually hot, but sometimes cold, that has been cooked with added ingredients, such as meat and vegetables. Soups can also be a clear liquid, like as consommés and bouillons that is served plain or garnished with vegetables, meat, and pasta. It can be served as a main course or a first course.

BUYING:

Soups can be purchased fresh, frozen, canned, or in powdered mixes. Soups can be homemade by buying fresh bones and boiling it with fresh herbs and vegetables, to make a hearty soup.

STORING:

Soup stock needs to be refrigerated and can be frozen. When refrigerated, the fat in the soup stock will float to the top and harden. Remove the fat before heating it up or before eating it.

PREPARATION:

Follow the canned, package, or recipe instructions.

The soup can be served with noodles, rice, or bread.

SERVING:

$\frac{3}{4}$ - 1 cup equals 1 serving

RECIPES ARE:

Bean Soup

Corn Chowder

Vegetable Soup

White Sauces – Thin

White Sauces – Medium

White Sauces - Thick

TOFU

INTRODUCTION:

Tofu is also known as soybean curd. Tofu is used extensively in Asian cooking. Tofu is white or cream-colored with a creamy smooth texture. Tofu maybe substituted for meat.

BUYING:

Tofu is available in three forms: soft, firm, and extra firm. Soft tofu can be mashed or blended for use in dips, fillings, and scrambled eggs. Firm and extra-firm tofu can be cubed and used in stir-fries.

Fresh tofu is packed in water and available in the refrigerated section of many large supermarkets. Tofu is also available in vacuum-packed containers and can be stored on the shelf in a cool place until opened. Refrigerate after opening.

Read labels – not all tofu contains calcium.

STORING:

Once opened, tofu should be kept in the refrigerator and covered with water. Tofu will keep up to 3-4 days if the water is changed daily.

PREPARATION:

Tofu has a bland taste and readily takes on the flavor of foods it is cooked with. It can be served as is or cooked with vegetables and meats.

SERVING:

5-6 ounces equals 1 serving.

RECIPES ARE:

Leafy Tofu

Pork Tofu

Scrambled Tofu

Tuna Tofu Patties

Tuna Tofu Salad

VEGETABLES

INTRODUCTION:

Vegetables are edible plant parts that may be served fresh, frozen, canned, or dried. It is very economical when in season.

BUYING:

The quality of fresh vegetables is influenced by the season of the year and the handling during the marketing process, with the peak harvest period the best time to purchase vegetables of the highest quality. Choose vegetables that are fresh in color and firm. Purchase fresh vegetables shortly before you plan to use them and buy only what you need.

Individual preferences and convenience influence the decision to purchase vegetables. When a vegetable is in season, the quality is high and the price will be generally low.

STORING:

Vegetables should be stored unwashed and washed just before eating. Keep vegetables whole and cut it up just before eating. Vegetables should be stored in the refrigerator or in a cool place.

PREPARATION:

Fresh vegetables can be served as salads.

Cooked vegetables may be served in soups, stews, and salads. Vegetables are also good combined with rice, beans, or pasta and served with a sauce, hot or cold. It can be used as a side dish to main course. Vegetables can be baked, sautéed, grilled, steamed, boiled, micro waved, or stir-fried.

SERVING:

1 cup of toss greens equals one serving
½ cup of cooked vegetables equals one serving.

RECIPES ARE:

Adobo Meat
Bean Salad
Bean Salad Spread
Bean Soup
Beef Tomato

Vegetable continue

Burritos
Carrot and Raisin Salad
Cheesy Casserole
Chicken and Beans
Chicken Cacciatore
Chili
Chop Suey
Chow Fun
Corn Chowder
Creamy Fruit/Vegetable Salad
Egg Fu Yung
Eggplant with Garlic Sauce
Fiesta Rice
Fiesta Salad
Fried Rice
Gon Lo Mein
Ham with Pork'n'Beans
Leafy Tofu
Oriental Chicken Salad
Oyster Chicken w/Broccoli
Pancit
Pasta Salad
Pork Tofu
Pot Roast Chicken
Quesadillas
Roast on Toast
Salsa
Skillet Lasagna
Somen Salads
Stew
Sushi Rice Mix
Thousand Island Dressing
Tuna Sunshine Mix
Tuna Tofu Salad
Vegetable Namul
Vegetable Soup
Vegetable Stir Fry
Vegetable w/Luncheon Meat
Versatile Quick Bread

WATER

INTRODUCTION:

Water is the basic nutrient.

- ~Drink a glass of water with each meal.
- ~Carry a water bottle with you at all times.
- ~Instead of soda, coffee, tea, etc., drink water
- ~Drink plenty of water before exercising, during exercise, at the beach, and when playing sports.
- ~Drink at least 8 cups of water a day.
- ~Other ways to get water into your diet is through the foods we eat...for instance milk is 85% water, green beans 89% water, lettuce 95% water, and meat 50% water.

BUYING:

Water can be purchased from your City/County Water Department. Water can be bought in bottles at supermarkets, drug, and convenience stores.

STORING:

Water can be stored in the refrigerator in a pitcher, or in the freezer in the form of ice. A supply of fresh, cool, water should always be available for the family to drink. Having cool water available to drink will make it less likely for the family to choose sodas and syrup type drinks.

SERVING:

8 ounces equals 1 serving

RECIPE IS:

Lemony Ice Water

YOGURT

INTRODUCTION:

Yogurt is fermented milk. It is delicious on its own, plain, or mixed with fresh fruit. It can be used in salad dressings and is a lower-calorie substitute for sour cream.

BUYING:

When purchasing yogurt, buy it last and put it away first when you get home. There are many different types of flavors and styles of yogurt.

STORING:

Yogurt can be stored in the refrigerator for 7 to 14 days.

PREPARATION:

Yogurt can be eaten right from the container. It can also be used in many recipes such as smoothies, sauces, dips, soups, vegetables, or fruit salads. Yogurt can be used in recipes to take the place of mayonnaise, whipping cream, or sour cream.

SERVING:

8 ounces equals 1 serving

RECIPES ARE:

Creamy Fruit/Vegetable Salad

Fruit Slush #3

Pina Colada Sauce

Tartar Sauce

Thousand Island Dressing

ALPHABETICAL RECIPE INDEX



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