# Fast Meals & Quick Snacks

## A Cookbook for ***Teens***

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## A Cookbook for *Teens*

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# Introduction

*To stay healthy, it is important to eat the right foods and drink plenty of fluids. In this book, we'll show you that cooking at home can be fun, quick, and a lot less expensive than eating out. We encourage you try new things and be creative when cooking, and we hope you will enjoy using this book.*

*Good luck!*

Part One

# How to Make Almost Anything

# First Things First

Before starting to use a recipe, read the recipe twice. The *first time* you read it, you will be able to decide if it is something that you want to cook or eat. Ask yourself: "Is there something in it that I really hate?" "Does it need a piece of equipment that I don't have?" Will it take too long to make?"

The *second time* you read it, you need to think about the ingredients and ask yourself: "Do I have all the ingredients, or do I need to go shopping for whatever I am missing?"

**TRIED & TRUE**

- Always wash your hands before cooking.
- Wear an apron while cooking and cleaning.
- Keep your utensils, counters, and cutting boards clean.

Before you start, take out everything you need for the recipe. Take out the bowls, pots, measuring spoons, measuring cups, and all the ingredients you need.

When using a recipe for the first time, do just what it tells you to do. The next time you make the recipe, you can make changes to the ingredients or change the temperature in the oven if you want.

Do not limit yourself to choosing only recipes that include foods you like. Try something new or try a food that you did not like in the past—you may be surprised.

Remember sometimes the recipes might not work the first time—don't let that keep you from trying again.

# Now We're Cooking

## Getting the Food Ready

**Beat** To use a spoon, a fork, a whisk, or an electric mixer to mix ingredients together, using a fast circular movement

**Blend** To combine two or more ingredients until the mixture is smooth and uniform in texture, color, and flavor

**Bread** To coat a food in bread crumbs before frying or baking

**Chill** To put the food in the refrigerator for at least 2 hours

**Chop** To cut into little pieces

**Combine** To put items together or place them in the same bowl

**Dice** To cut into small square pieces

**Drain** To remove all the liquid—may be done in a colander, strainer or by pressing a plate against the food while tilting the container forward

**Fold** To gently combine a light, delicate substance (such as beaten egg whites) with a heavier mixture, using a light "over-and-under" motion

**Grate** To scrape against the small holes of a grater, making thin little pieces.

**Grease** To coat a pan with oil or margarine so food does not stick when cooking

**Marinate** To soak foods in a flavorful liquid that tenderizes or adds flavor to meat, fish, chicken, veggies, or tofu

**Mash** To squash food with a fork, spoon, or masher

**Melt** To use heat to make a solid into a liquid

**Mince** To cut into very small pieces, smaller than chopped or diced

**Mix** To stir together with a spoon, fork, or electric mixer

**Peel** To remove the outside of a fruit or vegetable

**Pit** To remove the seed

**Preheat** To turn your oven on ahead of time so it heats up to the temperature you need it to be before cooking

**Shred** To scrape against the large holes on a grater, making long thin pieces

**Stir** To mix with a spoon

**Strain** To remove solid bits from liquid

**Wash** To clean thoroughly (Fresh fruits that do not have skins to peel and all fresh veggies need to be cleaned with a special brush before using.)

**Whisk** To use a whisk to quickly stir to get lumps out

## Cooking the Food

**Bake** To cook in an oven

**Boil** To heat on the stove until the liquid gets hot enough for bubbles to rise and break the surface

**Broil** To cook by direct heat in the broiler of an electric or gas range

**Brown** To cook until the color of the food changes to brown

**Fry** To cook food in hot fat such as olive oil or butter ("deep fry" means to put enough fat in the pan to cover the food)

**Roast** The same as bake, but this term is used with cooking meat

**Sauté** To cook quickly in a little oil, butter, or margarine

**Scramble** To mix up really well (to scramble eggs, stir while they cook)

**Simmer** To cook in liquid over low heat just below the boiling point (bubbles form slowly and burst before reaching the surface)

**Steam** To cook food using the heat from boiling water without putting the food directly in the water—usually done with a device called a steamer (a silver bowl with holes that folds to fit many different pans).

**Stew** To cook food for a long time in a covered pan, with liquid

**Stir-fry** To toss and stir cut-up pieces of food in a pan with hot oil, cooking it quickly

# Measurements

**dash** = a small amount*
**pinch** = 1/8 teaspoon**
**tsp** = teaspoon
**Tbsp** = tablespoon
**pkg** = package
**oz** = ounce
**med** = medium
**lb** = pound
**3 teaspoons** = 1 tablespoon
**4 tablespoons** = 1/4 cup
**8 tablespoons** = 1 cup
**1/4 cup + 1/4 cup** = 1/2 cup
**1/2 cup + 1/2 cup** = 1 cup
**1 cup** = 8 ounces
**1 pound** = 16 ounces
**2 cups** = 1 pint= 16 ounces
**2 pints** = 1 quart = 32 ounces
**2 quarts** = 1 gallon = 64 ounces

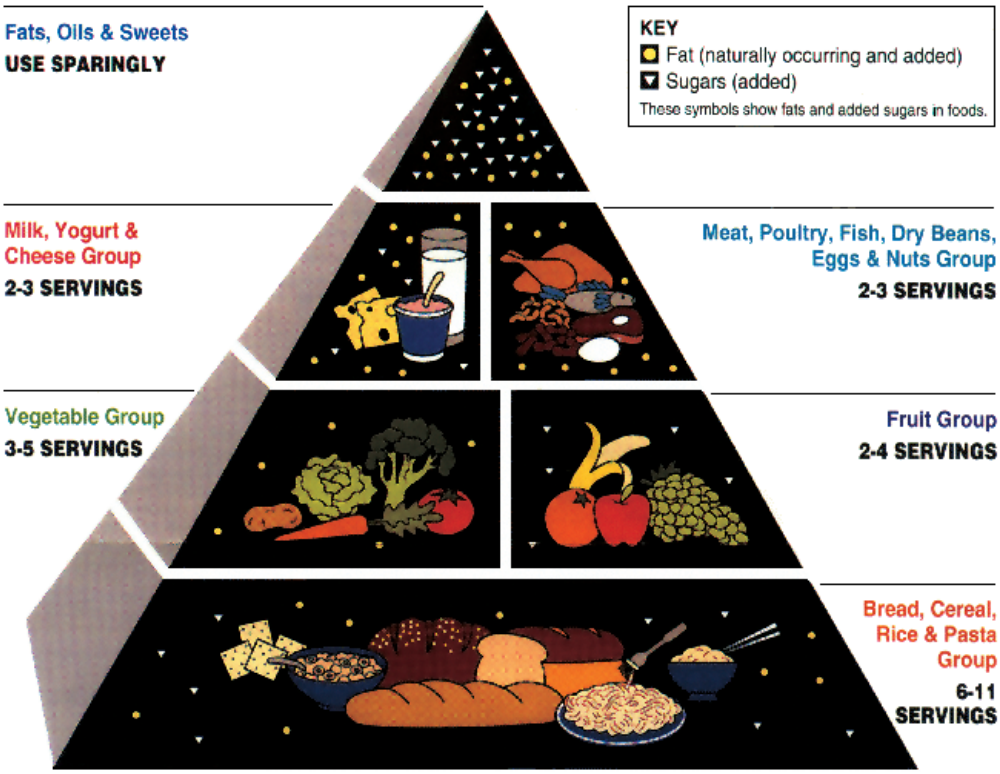
*DASH—A little less than a pinch (see below)
**PINCH—Take a little between your thumb and forefinger; a little more than a dash

# Food Guide Pyramid

The Food Guide Pyramid is a general guide of what kinds of foods we should eat. It is broken up into five major food groups. To stay healthy, we need to eat a variety of foods—in the right amounts—from each of the food groups. The food guide pyramid tells us the right amounts, called "servings", of foods that we should eat. The exact foods we choose to eat from each group is up to us!

At the small tip of the Food Guide Pyramid we see **fats, oils, and sweets** (like salad dressings, butter, margarine, sugar, soda and candy). These foods do not give us many nutrients but do give us a lot of calories that we do not need, so we should not eat very much of these.

Next, we see two major food groups that come mostly from **animals**: (1) milk, yogurt, cheese; and (2) meat, poultry, fish, dry beans, eggs and nuts. We need to eat these foods to get our protein, calcium, iron, and zinc.




Next, we see foods that come from **plants**—fruits and vegetables. We need to eat a lot of these foods to get our vitamins, minerals, and fiber.

Finally, at the bottom Food Guide Pyramid we see foods that come from **grains**—breads, cereals, rice, and pasta. These foods give us carbohydrates, which give us energy as well as more vitamins, minerals, and fiber, so it is important to eat a lot of these foods every day.

# Stocking Your Kitchen

## *Things You Really Need in the Kitchen*

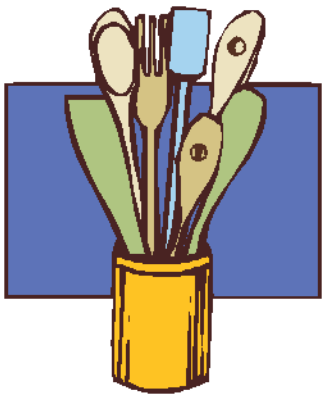
- Large frying pan—10 inches or larger across
- Small frying pan—6 inches or so across
- Large pot—with a lid, holds 6 quarts
- Small saucepan—holds 2 1/2 quarts
- Strainer (or colander)
- Mixing bowls—at least 2, 1 large and 1 small
- Microwave safe casserole with a lid—2- to 3-quart size
- Knives—small sharp paring knife and a large sharp knife
- Cutting boards—one for cutting vegetables and one for cutting meats
- Cooking spoons—heavy nylon/ plastic or stainless steel
- Cookie sheets
- Muffin pan
- Measuring cup(s)
- Grater
- Pot holders and oven mitts
- Can opener

## *Things that Are Helpful to Have in the Kitchen*

- A huge pot (for making soup or pasta)
- Scissors
- Roasting pan
- Loaf pan
- Pie pan
- Soup ladle
- Tongs—metal or plastic
- Vegetable peeler
- Wire wisk
- Electric mixer
- Microwave oven
- Toaster
- Rubber scrapers
- Metal spatula (pancake turner)
- Potato masher

## *Things You Might Like Someone to Give You**

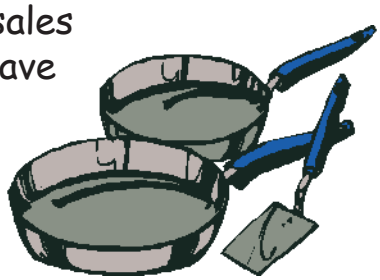
- Garlic press
- Wok
- Food processor
- Blender
- Vegetable steamer



* You don't have to have them.

# Buying Your Supplies

Try to find your supplies at yard sales, second hand shops, discount stores, and restaurant supply stores. The yard sales are great for all sorts of cooking supplies—but you have to be there very early. Discount stores and second-hand stores have lots of small kitchen items like measuring spoons, measuring cups, and scrapers. Be careful! They may be broken or not very useful.



Be sure whatever you find works before you buy it. Restaurant supply stores have things that last a long time,, but you probably have to pay more for it. Buying better equipment is often worth the cost in the long run.

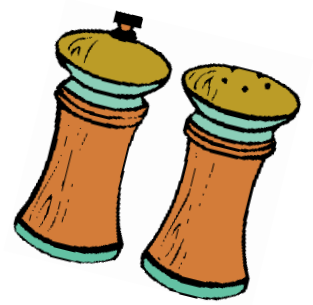
# Foods to Keep On Hand

## General Supplies

- Eggs or egg substitute
- Milk (powdered milk or evaporated milk—try to get reduced-fat, low-fat, or nonfat)
- Flour
- Sugar
- Butter or margarine
- Vegetable oil
- Rice
- Pasta (spaghetti and macaroni)
- Oatmeal
- Canned beans
- Canned broth, bouillon-cubes or powder
- Canned tomatoes
- Canned tuna
- Spaghetti sauce (bottled or canned)
- Potatoes
- Bread
- Cheese
- Peanut butter
- Onions

## Baking Supplies

- Baking powder
- Baking soda
- Flour
- Sugar
- Vanilla (imitation vanilla is fine)



## Spice it Up

*Always have on hand:*

- Salt and pepper

*Great to have:*

- Basil (fresh or dry)
- Oregano (fresh or dry)
- Cinnamon
- Chili powder

*Spices for special dishes:*

- Cayenne pepper
- Curry Powder
- Ginger
- Cumin
- Thyme

# Menu Planning Made Simple

*You can have fast food without going to a fast-food restaurant! The key is to plan ahead.*

**Step 1. Plan your meals for the week.**

- Pick out the recipes that you would like to make and list them on a piece of paper. You might want to keep the list on your refrigerator so you can go to it quickly when you need to.
- Flag the recipes in the book(s) or write down the book and page number next to the recipe names on your list, so that you can go right to them when it is time to start cooking.

MEALS TO MAKE THIS WEEK

Monday
Soft tacos (*Fast Meals...*, p. 55)

Tuesday
Meat lasagna (*Fast Meals...*, p. 66)
Frozen vegetables

Wednesday
Leftover lasagne
Frozen vegetables

Thursday
Pasta with broccoli (*Fast Meals...*, p. 69)

Friday
Pizza party

**STEP 1.**

SHOPPING LIST

Produce

Tomatoes (3 medium) Garlic (1 whole)
Onion (1 med, 1 lg) Lettuce (1 head)

Herbs & Spices

Dried basil, dried oregano, garlic powder

Frozen

Broccoli pieces (1 pkg.)

Meat

Lean ground beef (1 lb.)

Dairy

Monterey jack cheese
Parmesan cheese (1/4 cup)
Low-fat cottage cheese (3 cups)
Low-fat mozzarella cheese (8 oz.)

Other

Corn tortillas (6) Salsa (1 jar)
Kidney beans (1 cup)
Spaghetti noodles (1 pkg.)
Lasagna noodles (1 pkg.)
Canned tomatoes (2 15-oz. cans)
Tomato paste (1 can)

**STEP 2.**

**Step 2. Make your shopping list, based on the meals that you have planned for the week.**

- Make a shopping list that includes all the ingredients needed for the recipes you chose (remember to write down how much you need of each item).
- Check your cupboards so you don't buy anything you already have on hand.
- Try making something that you can freeze, like a casserole—it will save you time and money.

**FAST & EASY**

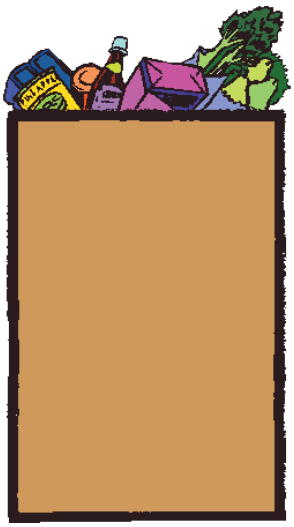
There are many recipes in this book that are very fast and easy to make such as:

- **Smoothies**
- **Quesadillas**
- **One-pot spaghetti**

# Steps for Successful Grocery Shopping

*First, set up a budget. You need to budget for both food and non-food items. This takes planning, so here are four steps you may want to try.*

**Step 1**
Figure out how much money you have for food. If you use food stamps, include the value of those. If you shop once a week, divide your food budget by four to see how much money you have to spend each week. Do not forget the non-food items such as aluminum foil and toothpaste.



**Step 2**
Plan your meals and snacks for a week at a time, by looking at what you already have in the cupboards. Store flyers are a good place to look for specials, and try to use coupons. If you cook large meals, plan leftovers to be included in the weekly plan. If you plan meatless meals, you will be able to expand your protein food dollars. Don't forget the Food Guide Pyramid when planning your meals.

**Step 3**
Make a shopping list of all the supplies you need to prepare the planned meals. Check your cupboards for spices and other ingredients.

**Step 4**
Buy in bulk. It may seem expensive at first, but if you do the math (divide the total cost of the item by a single serving) you will see that you are saving a bundle. Of course, make sure you have the space to store it and that you will use it before the food goes bad.

# More Shopping Tips

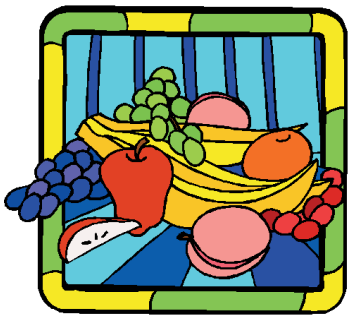
## Don't Be Fooled!

*There are booby traps located in the grocery store; they are set up for "impulse buying." The following hints will help you stay out of those traps.*

- **Do NOT shop when you are hungry.** Eat something before you go to the grocery store, even if it is just a piece of toast with peanut butter.
- **Check out the store brands.** They are usually just as good as name brands and they cost a lot less.
- **Avoid the displays at the end of the aisles or near the check-out counter.** These foods are usually expensive and unhealthy.
- **Organize your shopping trip.** Make a list at home, and take it with you. Buy only what you have on the list. If you go to the same market each week, list the food items by location in the store. That way, you always follow the same path through the store, avoiding the traps.

## Buying Fruits and Veggies

Pick out fresh fruits and veggies that are clean and shiny with no dark spots. "Seasonal" fruits and veggies are fresher and cheaper. Try looking for locally grown fruits and veggies. Ask the people in the produce section of the store for help if you're not sure. If you have a farmer's market close to your house, go there for the freshest fruits and vegetables.



## Buying Meat

**Meat Facts:**

- **Regular ground beef**—25% fat; the cheapest; okay to use when you will be draining the fat before adding other ingredients. It is good to use when cooking spaghetti sauce or chili.
- **Medium ground beef**—15-20% fat; cheaper than the lean beef, but less fat than regular. It is good to use in meatballs, meatloaf, and burgers.
- **Lean and extra lean beef**—5-10% fat; is more expensive than the others, but really tasty for low-fat hamburgers.
- **Ground beef alternative**—Try ground turkey, chicken, lamb, or pork. They have a little different texture and taste, but you may find that you like them even better than ground beef.

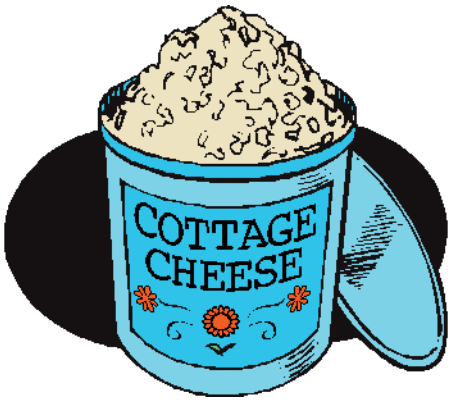
**TRIED & TRUE**

- Most grocery stores have a butcher. If you are unsure what to buy or how to cook the meat, ask the butcher.

## "Cheesy" Ideas

Cheese is a good source of protein and calcium. Look for reduced-fat cheeses (read the label) or those that are naturally low in fat. Some naturally low-fat choices include:

- **Mozzarella**—made with part skim milk
- **Ricotta**—made with part skim milk
- **Swiss**
- **Cottage cheese**—low-fat or nonfat



# Frozen Food Facts

Most people use frozen foods. Some frozen foods are cheap, nutritious, and convenient. Some frozen foods are over-priced and over-processed.

When you buy frozen foods, you should buy the foods with nothing added to them. Fresh frozen fish fillets, frozen vegetables, and frozen fruit are good choices. Poor choices include pre-cooked frozen fish fillets in sauces, and frozen vegetables that come in gravies or sauces. The least amount of processing is best.

**Avoid frozen dinners** because they are expensive and over-processed. If you are in a hurry, make a scrambled egg with chopped veggies and a toasted bagel. It's as fast as a frozen dinner, and it is better for you.

# Convenience Foods

Some convenience foods are good for you. Other convenience foods are expensive and not nutritious. Good convenience foods help you do your own cooking faster. Short cuts like using bouillon or canned broth allow you to make soup without having to make the stock from scratch. Bad convenience foods are over-processed and expensive. You can make your own "convenience foods." Buying your own pasta, meat, and spices is cheaper than using *Hamburger Helper®*.

*Good Convenience Foods*

- Canned broth
- Bouillon powder
- Spaghetti sauce
- Canned beans
- Biscuit mix
- Canned fruit

*Over-processed and Expensive Convenience Foods*

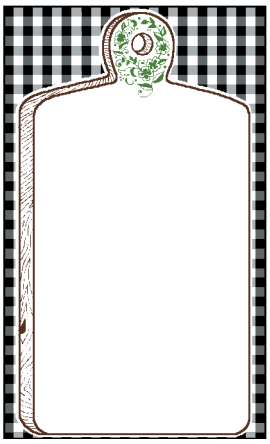
- *Hamburger Helper®*
- *Lunchables®*
- Microwave macaroni and cheese
- Frozen dinners
- Pre-shredded cheese
- Salad kits

# Safe Food Handling & Germ-Free Cooking

*You need to be careful with raw meats, poultry, and fish. They might have bacteria (germs) on them. Since you can't see bacteria, you should assume that all the raw meat that you cook has bacteria on it. It is important to know how to handle meat safely.*

*Some important tips for safely handling meats, fish and poultry:*

- **Own two cutting boards.** Use one for raw meat, fish, and poultry, and the other one for all other foods. This will help reduce the chance of getting bacteria from meat onto other foods.
- **Thoroughly wash your cutting boards and knives immediately after preparing your raw meats.** It is good to have a spray bottle that contains diluted bleach water handy. Spray your cutting boards with the diluted bleach water after each use or put them in the dishwasher. Also use diluted bleach water* to keep your kitchen counters free of bacteria. It works great, costs very little, and does not need wiping. Be careful with the bleach water. It may take colors out of your clothes and towels. Make sure the spray bottle does not leak and you wash your hands after each use.



- **Use clean plates and utensils for serving meat right off the grill.** Do not use the plates you used to transfer the meat to the grill, until after you wash them in hot, soapy water.

*To make diluted bleach water, put 2 tsp of bleach into half a gallon of water. Do NOT use scented laundry bleach or powdered bleach; they have extra chemicals that aren't good for you.

- People like to marinate meats before cooking them. A marinade is a sauce. It can be used to flavor meat, poultry, fish, veggies, or tofu. Bacteria from raw meat can get into the marinade. **Throw the marinade away after cooking the meat unless you boil it for several minutes.** You can use the marinade as a dipping sauce, if you boil it after you've cooked the meat.

# Food Storage

*If there is a date on the package, don't eat the food if is after the expiration date. For other foods, use this table so you know how long you can safely store foods.*

| Food | Refrigerator (40 degrees) | Freezer (0-10 degrees) |
|---|---|---|
| **Eggs** | | |
| Fresh in shell | 2 weeks | Do not freeze |
| Hard cooked | 1 week | Do not freeze |
| **Egg substitutes, unopened** | 10 days | 1 year |
| **Mayonnaise, commercial** (refrigerate after opening) | 2 months | Do not freeze |
| **T.V. dinners, frozen casseroles** | Do not store in refrigerator | 3-4 months |
| **Fresh meat** | | |
| Ground meat (all kinds) | 1-2 days | 3-4 months |
| Stew meats (all kinds) | 1-2 days | 3-4 months |
| Beef, pork or lamb | 3 days | 6-9 months |
| **Fresh poultry (tightly wrapped)** | | |
| Whole chicken or turkey | 1-2 days | 1 year |
| Chicken or turkey pieces | 1-2 days | 9 months |
| **Fresh fish (gutted, wrapped)** | 1-2 days | 3-6 months |
| **Hot dogs, unopened package** | 2 weeks | 2-4 months |
| **Lunch meats, unopened package** | 2 weeks | 2-4 months |
| **Bacon (tightly wrapped)** | 7 days | 1 month |
| **Sausage** | | |
| Pork, beef or turkey | 1-2 days | 1-2 months |
| Pepperoni, jerky sticks | 2-3 weeks | 1-2 months |

| Food | Refrigerator (40 degrees) | Freezer (0-10 degrees) |
|---|---|---|
| **Smoked breakfast links or patties** | 7 days | 1-2 months |
| **Ham** | 2 months | Do not freeze |
| Canned (unopened), label says "Keep refrigerated" | 6-9 months | Do not freeze |
| Fully cooked, half or slices | 3-5 days | 1-2 months |
| **Expressed breast milk** | 5 days | 3-4 months |
| **Infant formula** | 2 days | Do not freeze |

**WHEN IN DOUBT, THROW IT OUT!**

- Cooked foods or leftovers will last in the refrigerator for 2-3 days, but there will always be exceptions. Use your nose. If the food smells funny, don't eat it.

# Does Junk Food Exist?

You hear a lot about "junk food," but what makes a food "junk"? Any food that is high in sugar or fat, with very little protein, vitamins and minerals, or fiber is junk food. Junk food is not the best choice for every day snacking. You can eat junk foods sometimes, but it should be eaten along with a healthy diet. Junk foods usually add too many calories. If you are not a physically active person, be sure to eat healthy foods before eating any junk foods.

## *How Do You Protect Yourself?*

First, read the ingredients on the food package. Ingredients are listed in order of how much of each ingredient is in the food. There is the most of the first ingredient and the least of the last ingredient listed on the label. If one of the first ingredients is sugar, oil, or butter, that food is best to eat only once in a while.

# Your Body's Best Friend

Your body has a best friend. It's water. You need to drink lots of water—at least 6-8 cups every day. Why? Your body contains a lot of water. It is needed to make you healthy. We lose between 6-12 cups of water every day by breathing, sweating, and going to the bathroom.

Water acts as a pillow to cushion the area around our brains and lungs. It also serves as a protector in case we fall or get hurt in other ways.

Sodas are tasty but do not replace the water we need. Try a nice refreshing glass of water. If you have a problem drinking plain water, try adding a slice of lemon or about 1/2 cup of your favorite 100% juice to a cup of water (or a little more if it tastes better).

Did you ever arrive home with a headache? Did you know that this is often the first sign of dehydration? Carry water with you so you can hydrate (replace your water loss) your body all day long and stop your headaches. Everyone needs to be hydrated in order to feel good and to perform well, especially if you work out. If you can't drink water at school or at work, be sure to drink some as soon as you can.

# Why We Need to Eat a Good Breakfast

Breakfast is important, but it comes too early in the day for some people. If you care about controlling your weight, you need to eat regular meals and snacks. You should try to eat breakfast every day. Eating breakfast is also a great way to help you stay focused at school or work. Eating before you start your day will help you have the energy you need to do whatever you need to do.

Don't limit yourself to eggs, pancakes, or sausage for breakfast. Left-over pasta or a peanut butter and jelly sandwich is a great way to start your day.

## START YOUR DAY OUT RIGHT!

We all need fuel first thing in the morning to:

- **Be active**
- **Feel good, and**
- **Think clearly.**

It only takes a minute, and you'll feel better all day!

# Get Your Diet Score

A healthy overall diet is very important. Eating many different foods is a great way to stay healthy. Try this weekly checklist to find out what your diet score is. **Count each food as one point if you ate it this week.** The maximum you can score is 23.

## Fruit

Apples or pears
Oranges
Cantaloupe
Grapefruit
Orange or grapefruit juice
Other fruit juice

## Vegetables

Tomatoes
Broccoli
Spinach
Mustard, turnip or collard greens
Carrots
Green salad
Sweet potatoes, yams
Other potatoes

## Protein Foods

Baked or stewed chicken or turkey
Baked or broiled fish
Dried beans

## Grains

Dark breads (whole wheat, rye, pumpernickel)
Cornbread, tortillas, or grits
High-fiber cereals (bran, granola, shredded wheat)
Cooked cereals (oatmeal, cream of wheat)

## Dairy

Low-fat (1 or 2% milk) or beverages made with low-fat milk
Nonfat milk (skim milk)

### Circle Your Number

Not so Good · · · · · · · · · · · · · · · · · · · · · · · · · · · · · · · · · · · · · · Great

0 to 8 · · · · · · · · · 9 to 11 · · · · · · · · 12 to 13 · · · · · · · · 14 to 23

*Part Two*

# Recipes

# Smoothies & Spritzers

# Apricot Smoothie

| | |
|---|---|
| 3/4 cup | Canned apricots, packed in water or light syrup |
| 1/2 cup | Orange juice |
| 1/2 cup | Nonfat or low-fat yogurt |
| 1 1/2 cup | Ice cubes (optional) |

1. Drain liquid from apricots.
2. Put all ingredients into blender.
3. Blend until smooth, about 4 minutes.
4. Pour into a tall glass.

Makes 1 serving. Food Guide Pyramid Servings: 1.5 fruit, .5 dairy.

# Banana Smoothie

| | |
|---|---|
| 1 medium | Banana |
| 1 cup | Low-fat milk |
| 1 tsp | Vanilla |
| 1 tsp | Sugar |
| 1 cup | Ice cubes (optional) |

1. Peel banana and break into pieces.
2. Place all ingredients in a blender.
3. Blend until smooth, about 4 minutes.
4. Pour into a tall glass.

Makes 1 serving. Food Guide Pyramid Servings: 1 fruit, 1.5 dairy.

# Lots-O-Fruit Smoothie

| | |
|---|---|
| 1 medium | Peach (or 1/2 cup canned sliced peaches in juice or light syrup) |
| 1 medium | Banana (peeled and broken into pieces) |
| 1 cup | Yogurt, low- or non-fat, fruit-flavored, strawberry/ blueberry |
| 1 cup | Ice cubes (optional) |

1. Peel and slice the fresh peach.
2. Put the sliced peach into blender with banana, yogurt, and ice.
3. Cover blender and blend until smooth, about 3 minutes.
4. Make sure all fruit and ice are completely blended.
5. Pour into glasses and enjoy!

Makes 2 servings. Food Guide Pyramid Servings: 2 fruit, 1 dairy.

# Melon Smoothie

| | |
|---|---|
| 1 cup | Frozen melon cubes |
| 1/2 cup | Low-fat milk |
| 1/2 cup | Nonfat or low-fat vanilla yogurt |
| 1 cup | Ice cubes (optional) |
| Dash | Cinnamon |

1. Use either cantaloupe or honeydew melon.
2. Place all ingredients, except cinnamon, into blender and blend until smooth.
3. Stir with spoon or fork to see if all ingredients have been blended.
4. Pour into glasses, and top with a dash of cinnamon shaken on top of each smoothie.

Makes 2 servings. Food Guide Pyramid Servings: 1 fruit, 1.5 dairy.

# Orange Julee Smoothie

*This is a quick and easy breakfast that includes the fruit and milk groups.*

| | |
|---|---|
| 6 oz | Frozen orange juice concentrate |
| 2 Tbsp | Sugar |
| 1 cup | Low-fat milk |
| 1 cup | Water |
| 1 tsp | Vanilla extract |
| 10 or 12 | Ice cubes |

1. Place all ingredients in blender.
2. Blend until smooth.
3. Pour into glasses. Make shortly before serving or re-blend if served later.

Makes 2 servings. Food Guide Pyramid Servings: 2 fruit, 1 dairy.

**Hint:** *For a creamier drink, add 1/2 cup nonfat or low-fat vanilla yogurt.*

# Raspberry Smoothie

| | |
|---|---|
| 1 cup | Low-fat milk |
| B cup | Raspberries, unsweetened, frozen |
| 2 cup | Low-fat cottage cheese |
| 1 tsp | Vanilla extract |
| 1 1/2 tsp | Sugar |
| 2 whole | Ice cubes |
| 2 to 3 drops | Almond or vanilla extract (optional) |

1. Put all of the ingredients into a blender.
2. Blend for 45 seconds or until your smoothie is creamy and smooth.
3. Pour into a tall glass and enjoy.

Makes 2 servings. Food Guide Pyramid Servings: 2 fruit, 1 dairy.

**Hint:** *Replace raspberries with strawberries, or blueberries, or any other fruit you like.*

# Strawberry/Banana Smoothie

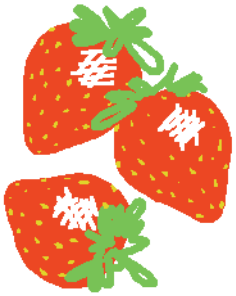
| | |
|---|---|
| 1 cup | Low-fat yogurt |
| 1 cup | Pineapple juice |
| 3 whole | Ice cubes, crushed |
| 5 medium | Strawberries |
| 1 medium | Banana, peeled |

1. Place all ingredients in blender.
2. Blend until smooth. Serve at once.

Makes 1 serving. Food Guide Pyramid Servings: 3 fruit, 1 dairy.

**Hint:** *You can crush the ice cubes in a plastic bag using a rolling pin or hammer to tap the ice cubes. Do NOT pound the ice cubes, as that will tear the plastic bag.*

# Strawberry Smoothie



| | |
|---|---|
| 1 cup | Frozen strawberries (packed without syrup) |
| 1 cup | Nonfat or low-fat vanilla yogurt |
| 1 cup | Ice cubes (optional) |
| 1/2 tsp | Vanilla extract (optional) |

1. Place all ingredients in a blender.
2. Blend until mixture is frothy, about 4 minutes.
3. Make sure all strawberries and ice cubes are blended.
4. Pour into glasses.

Makes 2 servings. Food Guide Pyramid Servings: 1 fruit, 1 dairy.

# Lime Spritzer

| | |
|---|---|
| 3/4 cup | Frozen pineapple juice concentrate, thawed |
| 1/2 cup | Lime juice, bottled or fresh |
| 1 1/2 cups | Water |
| 1 1/2 cups | Club soda or any unflavored, unsweetened carbonated water |

Combine thawed pineapple juice concentrate, lime juice, water, and club soda in a pitcher. Stir with a spoon until the juices are well blended and any frozen juice has dissolved. Pour over ice and enjoy!

Makes 2 servings. Food Guide Pyramid Servings: 1 fruit.

# Grape Spritzer

| | |
|---|---|
| 1 12-oz can | Frozen grape juice |
| 4 1/2 cups | Club soda or any unflavored, unsweetened carbonated water |

Place both ingredients in a pitcher and stir until well blended, or you can put them into a blender and mix on slow speed. Serve immediately.

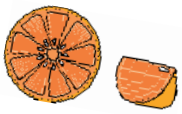
Makes 2 servings. Food Guide Pyramid Servings: 2 fruit.

# Orange Spritzer

| | |
|---|---|
| 2 cups | Unsweetened orange juice |
| 1 Tbsp | Lemon juice, bottled or fresh |
| 1 cup | Club soda or any unflavored, unsweetened carbonated water |

Pour all of the ingredients into a pitcher and stir well with a large spoon. Serve immediately.

Makes 2 servings. Food Guide Pyramid Servings: 2 fruit.



# Eggs

# Boiled Eggs

*Enjoy them warm for breakfast with fruit and toast, or eat them cold for a snack. Chop or slice hard-boiled eggs to make egg salad or to add them to other salads.*

**You will need:**

Egg
Water

**TRIED & TRUE**

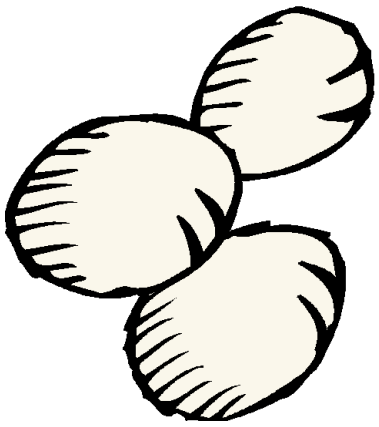
- If you add about 1 teaspoon of vinegar to the water before boiling, the egg shell will soften just a bit and not crack during boiling.

1. Put your egg in a small saucepan.
2. Add enough cold water to cover it completely.
3. Put the pot on the stove, over medium heat. When the water begins to boil, cover the pan with the lid and *turn the heat off*.
4. Wait 15 minutes. Drain. Remove shell. That's all there is to making a perfect hard-boiled egg.

# Scrambled Eggs

**You will need:**

| | |
|---|---|
| 2 large | Eggs |
| 1 Tbsp | Non-fat milk |
| 2 tsp | Butter (or margarine) |



**Frying pan method:**

1. Crack the eggs into a small bowl, add the milk, and beat them until the egg yolk and egg whites are well mixed.
2. Drop the butter or margarine into the small frying pan over medium heat and wait until it melts.

3. Pour the beaten eggs into the pan. Stir until the eggs are cooked just the way you like them.

**Microwave oven method:**

1. Crack the eggs into a small bowl, add the milk, and beat them until the egg yolk and egg whites are well mixed.

2. Drop the butter or margarine into a small microwave-safe dish and heat on high power until melted and hot, about 30 seconds.

3. Pour the egg mixture into the microwave dish with the butter. Cook on high power, stir twice for 1 or 1 1/2 minutes. To cook four eggs, double all the ingredients and cook on high power for 2 1/2 to 3 minutes.

Makes 1-2 servings. Food Guide Pyramid Servings: 2 protein.

# Breakfast Burrito

*Make a few changes, and it could be a luncheon burrito! Really yummy!*

**You will need:**

| | |
|---|---|
| 1 whole | Flour tortilla |
| 1 serving | Scrambled eggs |
| 2 Tbsp | Grated reduced-fat cheese |
| 1 Tbsp | Salsa |
| 1/4 cup | Refried beans |
| 1/4 cup | Tomatoes, chopped |

1. Warm a flour tortilla in the microwave oven for about 20 seconds (or wrapped in foil in a warm oven for about 10 minutes).

2. Scoop the scrambled eggs onto the middle of the warm tortilla. Top with some grated cheese and a spoonful of salsa (you choose the hotness of the salsa), some beans, lettuce, tomatoes, and whatever else you want.

3. Fold up the bottom, roll in the two sides, and enjoy.

Makes 1 serving. Food Guide Pyramid Servings: 2.5 protein, 1 bread, .5 dairy, .5 vegetable.

# Breakfast Casserole

*Serve with fresh fruit and English muffins or bagels. Great for lunch or dinner too!*

**You will need:**

| | |
|---|---|
| 12 oz | Frozen hash browns |
| 1 medium | Green pepper, chopped |
| 1/2 cup | Onion, chopped |
| 1/2 cup | Reduced-fat shredded cheddar cheese |
| 2 oz | Low-fat ham, Canadian bacon or smoked sausage (such as *Healthy Choice*®) |
| 2 large | Eggs |
| 4 each | Egg whites |
| 2 Tbsp | Non-fat milk |
| 1/4 tsp | Ground pepper |

1. Preheat oven to 375 degrees.
2. Spray the inside of an 8 by 8-inch baking dish with non-stick oil.
3. Place frozen potatoes in the bottom of the baking dish. Break up any large chunks.
4. Cut the meat into small chunks. Sprinkle the meat and cheese over the potatoes.
5. Put eggs, egg whites (see next page for instructions on separating whites from yolks), and milk into a small bowl. Whip lightly with a fork and pour over the potato mixture. Sprinkle the casserole with pepper.
6. Place the uncovered casserole in the oven and bake for 40 minutes.

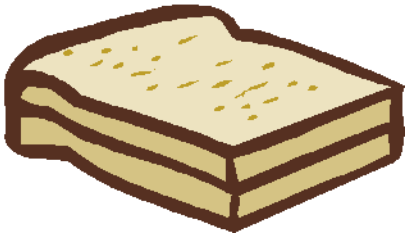
Makes 4 servings. Food Guide Pyramid Servings: 2 protein, 1 dairy, 1.5 vegetable.

# Egg-in-a-Hole

*Try this for a fun way to eats eggs and toast.*

**You will need:**

| | |
|---|---|
| 1 1/2 tsp | Butter (or use non-stick oil spray) |
| 2 slices | Whole wheat bread |
| 2 large | Eggs |



1. Melt butter in a large skillet, or spray the skillet lightly with non-stick spray.
2. Cut a hole about 2 inches around in the middle of each slice of bread.
3. Place the bread in the hot skillet.
4. Crack each egg and drop into the center of each bread slice.
5. Cook for 1 minute, then turn over and cook the other side until the egg is firm.

Makes 2 servings. Food Guide Pyramid Servings: 2 protein, 2 bread.

**Hint:** *You can brown the bread "hole" in your skillet while the egg is cooking and serve on the side.*

## How to Separate Eggs

**Wash your hands thoroughly with soap and warm water. Crack open a raw egg into your hand. Allow the egg white to flow through your fingers into a bowl, keeping the egg yolk in your hand.**

# Scrambled Eggs with Vegetables

*Not just for breakfast…makes a good quick lunch or dinner too! Serve with a tossed green salad and bread or rolls.*

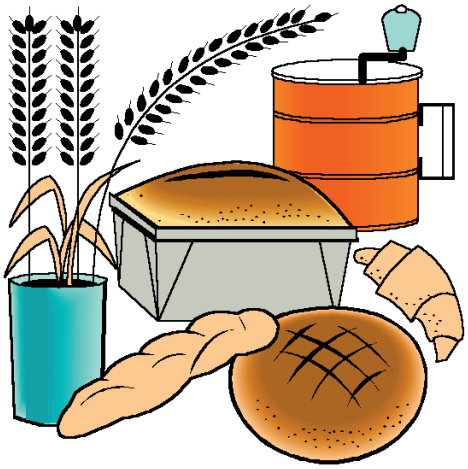
**You will need:**

| | |
|---|---|
| 1 Tbsp | Olive or canola oil |
| 1 medium | Onion, chopped |
| 2 medium | Green peppers, diced |
| 1/2 cup | Chopped tomatoes |
| 1 whole | Potato, cooked, peeled and diced (leftover baked potatoes are perfect) |
| 8 large | Eggs |
| 1/2 tsp | Salt |
| 1/4 tsp | Pepper |

1. Heat 1/2 Tbsp of the oil in a medium skillet.
2. Add the onion and peppers and sauté over medium heat for 8-10 minutes, until softened.
3. Add the potato and continue cooking for 5 minutes. Remove from skillet and put into a bowl. Set aside.
4. Beat the eggs with the salt and pepper.
5. Heat the remaining 1/2 Tbsp of oil in the skillet, over medium heat.
6. Pour in the eggs and cook, stirring, until almost set, about 2 minutes.
7. Stir in the onions and peppers mixture and serve immediately.

Makes about 4 servings. Food Guide Pyramid Servings: 2 protein, 1.5 vegetable.

# Breads, Muffins & Pancakes



# Banana Bread

**You will need:**

| | |
|---|---|
| 1 cup | Sugar |
| 1/2 cup | Sour cream |
| 2 large | Eggs |
| 3 medium | Bananas, very ripe |
| 2 cups | Flour |
| 1/2 tsp | Baking soda |
| 1/2 tsp | Baking powder |
| | Vegetable cooking spray |
| 1/2 cup | Walnuts (optional) |

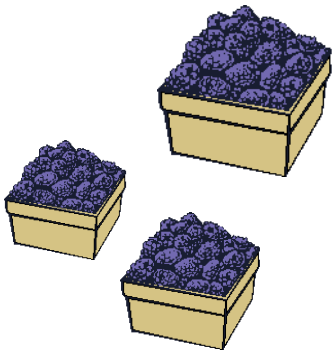
1. Preheat the oven to 350 degrees.
2. Blend sugar and sour cream together in a large bowl with an electric mixer. Add eggs to sugar mixture.
3. Peel and slice bananas. Mash them with a fork. Add to mixture in bowl and mix well.
4. In a small bowl, stir together flour, baking soda, and baking powder.
5. Add half the flour mixture to the banana mixture. With a large spoon, stir until all the flour is wet.
6. Add the rest of the flour mixture and blend again until flour is wet to make the banana bread batter. (If adding nuts, stir them in now.)
7. Spray a 9 by 5–inch loaf pan with vegetable cooking spray.
8. Pour the batter into the loaf pan and put it in the oven. Bake for 1 hour. To test doneness, insert a toothpick in the center of the bread. If it comes out clean, the bread is done.
9. Cool the bread at least 30 minutes before slicing.

Makes 1 loaf. Food Guide Pyramid Servings: 1 bread, .25 fruit.

# Blueberry Muffins

**You will need:**

| | |
|---|---|
| 1 cup | All-purpose flour |
| 1/2 cup | Whole wheat flour |
| 2 tsp | Baking powder |
| 1 tsp | Baking soda |
| 1/2 tsp | Salt |
| 1/2 tsp | Ground nutmeg |
| 1 large | Egg |
| 1/4 cup | Canola oil |
| 1/2 cup | Sugar |
| 1/4 cup | Nonfat milk |
| 2 cups | Blueberries, fresh or frozen |



1. Preheat the oven to 375 degrees.
2. Pull out your muffin tin and put paper liners into each cup (or spray with non-stick vegetable cooking spray).
3. Put all-purpose flour, whole wheat flour, baking powder, baking soda, salt, and nutmeg into a large bowl. Mix with a large spoon until well blended.
4. Put egg, oil, sugar, and nonfat milk into medium bowl. Mix with a spoon until well blended.
5. Pour egg mixture all at once into the flour mixture. Stir with a spoon until all the flour is wet. The batter is supposed to be lumpy.
6. Add the blueberries and use a spatula to fold the berries gently into the batter.
7. Spoon the batter into the muffin cups until each cup is about 3/4 full.
8. Bake for about 20 minutes, until the muffins are lightly browned.
9. Use mitts to remove the muffins from the oven. If you have a cooling rack, turn the muffin pan upside down onto the rack so muffins can cool.

Makes 12 muffins. Food Guide Pyramid Servings: 1 bread, 1 fruit.

# French Toast

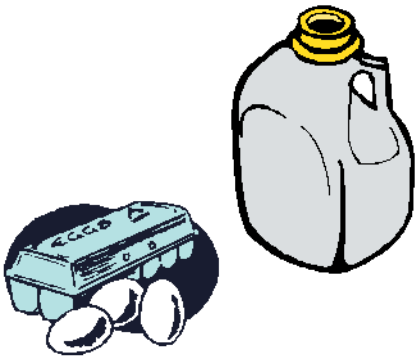
*Great topped with powdered sugar or syrup and served with fruit!*

**You will need:**

| | |
|---|---|
| 4 large | Eggs |
| 1/2 cup | Low-fat milk |
| 1 tsp | Vanilla extract |
| 1/2 tsp | Cinnamon (or more if you love cinnamon) |
| 8 slices | Whole wheat bread |

1. Put eggs, milk, vanilla extract, and cinnamon into shallow medium bowl.
2. Beat lightly with a wire whisk or fork.
3. Spray frying pan with vegetable oil and heat on medium heat.
4. Dip each slice of bread into the egg mixture, soaking both sides of bread.
5. Place onto the hot frying pan, and cook until golden brown on one side, then flip it over and cook the other side until it is also golden brown.

Makes 4 servings. Food Guide Pyramid Servings: 1 protein, .5 dairy, 2 bread.



# Pancakes in a Jar

**You will need:**

| | |
|---|---|
| 1 1/2 cups | Low-fat milk |
| 2 whole | Egg whites |
| 1 tsp | Baking powder |
| 1 Tbsp | Vegetable oil |
| 1 cup | Whole wheat flour* |
| | Vegetable oil spray |

1. Separate the egg yolks from the egg whites. (See page 35 for instructions on **How to Separate Eggs**.)
2. Put egg whites into a quart jar. Add the milk. Screw the lid onto the jar, and shake until the milk and egg whites are thoroughly mixed.
3. Open the jar and add the baking powder. Put the lid on again and shake again.
4. Open the jar and spoon the whole wheat flour into the jar. Cover the jar again and shake the jar until the flour is thoroughly mixed with the milk. Set the jar aside.
5. Spray your frying pan (non-stick pan works best) with vegetable oil and heat on the stove over medium high heat.
6. When the pan is hot, pour in the pancake batter until each pancake is about 4 inches across. When bubbles form and break on the surface of the pancakes, flip them over and cook for about 1 minute.

* Substitution: White flour can be used; however, whole wheat adds more flavor and texture. Another option is to use 1/2 cup whole wheat flour and 1/2 cup white flour.

Makes 4 servings. Food Guide Pyramid Servings: .5 protein, .5 dairy, 1 bread.

**Hint:** *Your pancakes are ready to serve with a touch of butter or margarine and light syrup. Try some cut up fresh fruit on the side.*

# English Muffins with Peanut Butter and Fruit

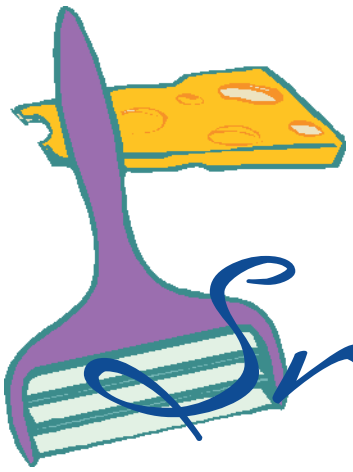
*This is a great way to eat a healthy breakfast and fun for young kids.*

**You will need:**

English muffins, whole wheat if possible
Peanut butter
Banana, sliced
Raisins
Strawberries
Grapes, cut in half
Orange, peeled and broken into sections

1. Slice your muffins in half and toast them in the toaster.
2. Spread peanut butter on each toasted muffin half, while they're still warm.
3. Top with the fruit pieces. It can be fun to decorate the muffins with the fruit, by making a face—with the banana slices and raisins on top for eyes, half a strawberry for the nose, and one section of the orange for the mouth.
4. Use the rest of the fruit to make more faces on the same plate, or group them together so they can be eaten as part of breakfast too.

Each muffin makes 1 serving. Food Guide Pyramid Servings: 1 bread, 1 fruit, .5 protein.



# Snacks

# Quick Nachos

1. Spread 20 Baked Tostitos® on a microwave safe plate.
2. Sprinkle with 1/4 cup reduced-fat shredded cheddar cheese.
3. Microwave on high 45 to 60 seconds.

Makes 1 serving. Food Guide Pyramid Servings: .25 dairy.

**Hint:** *These are good with fat-free refried beans and salsa along with some baby carrots and fruit juice. Fast and healthy!*

# Quick Quesadilla

1. Place a flour tortilla on a microwave safe plate.
2. Sprinkle with 2 Tbsp reduced-fat shredded cheddar cheese.
3. Microwave 20 seconds on high.
4. Top with chopped tomato or salsa, which you can make yourself or buy. Roll and eat.

Makes 1 serving. Food Guide Pyramid Servings: 1 bread.

# Cheese Pita Pizza

1. Spread 2 Tbsp spaghetti sauce on pita bread.
2. Sprinkle with 2 Tbsp shredded mozzarella cheese and 2 tsp parmesan cheese.
3. If you want to, add sliced or chopped vegetables—go for it!
4. Place on microwave safe dish and microwave until cheese is melted.

Makes 1 serving. Food Guide Pyramid Servings: 1 bread, .5 dairy.

# Celery Pinwheels

1. Take one bunch of celery—clean and cut leafy tips off.
2. Fill the stalks of celery with peanut butter and press together.
3. Wrap the stalks in wax paper and chill in refrigerator.
4. Slice crosswise and serve.

# Chili Bean Dip

**You will need:**

| | |
|---|---|
| 1 8-oz package | Light cream cheese |
| 1 can | Chili with beans (low-fat is best) |
| 1/2 cup | Mozzarella or other cheese, shredded |
| 1 large bag | Baked tortilla chips |

1. Preheat oven to 350 degrees.
2. Spread cream cheese into bottom of 8- or 9-inch baking dish.
3. Spread chili over cream cheese.
4. Sprinkle top of chili with shredded cheese.
5. Bake for about 20 minutes OR microwave on high for 3-4 minutes.
6. Serve with chips. (Note: You can make your own baked tortilla chips, using the recipe for **Crispy Corn Tortilla Chips** below.)

Makes 10-12 servings. Food Guide Pyramid Servings: 1 dairy, .5 protein.

# Crispy Corn Tortilla Chips

**You will need:**

| | |
|---|---|
| 6 each | Corn tortillas (6-7 inches round) |
| 1/2 tsp | Salt, or to taste |
| | Vegetable cooking spray |

1. Preheat oven to 375 degrees.
2. Cut the tortillas in half and then cut each half into three equal triangles.
3. Place the tortilla pieces on a baking sheet in a single layer.
4. Spray them lightly with vegetable cooking spray.
5. Bake for 10-12 minutes, or until lightly browned and crisp. Remove them from the oven and sprinkle with salt.

Makes 6 servings. Food Guide Pyramid Servings: 1 bread.

**Hint:** *Enjoy with bean dip and salsa along with some carrot sticks and a spritzer (see **Smoothies & Spritzers** section for recipes).*

# Homemade Nachos Supreme

*This recipe is for 2 people. For more people, just make twice as much or three times as much. Serve some grapes or other fresh fruit along with the nachos. Yummy!*

**You will need:**

| | |
|---|---|
| 1 Tbsp | Water |
| 1/4 cup | Onion, chopped (or 2 green onions, chopped) |
| 1/2 cup | Green pepper, chopped |
| 1 cup | Pinto or black beans, canned (drain and rinse) |
| 1 tsp | Chili powder |
| 30 each | Baked tortilla chips (3 oz. *Tostitos*®) |
| 1/2 cup | Reduced-fat cheddar cheese, shredded |
| 1/4 cup | Salsa |
| 1/4 cup | Light sour cream or plain yogurt |

1. Heat the first 5 ingredients in a nonstick pan for about 3 minutes. Stir often.
2. Spread the chips onto a baking sheet, and layer the cooked veggies over them. Sprinkle cheese on top.
3. Set oven on "Broil."
4. Place pan 6 inches under oven broiler. Broil, with the door slightly open for 4 to 6 minutes or until the cheese melts and is slightly browned. While this is broiling, watch it carefully so it does not burn.
5. Mix salsa and sour cream or yogurt together. Serve on the side for dipping the cooked nachos.

Makes 2 servings. Food Guide Pyramid Servings: .5 protein, .25 vegetable.

# Quesadillas

**You will need:**

Flour tortillas
Salsa
Cheese (choose what you like best)
Other toppings (olives, chili peppers, cooked chicken, etc.)

1. Spread the salsa on a flour tortilla—you choose how hot you want it to be.
2. Top with shredded cheese and any other topping you like. Put another tortilla on top of the first one.
3. Place the tortilla "sandwich" onto a dry skillet (do not use any butter or oil). Cook over medium heat until the cheese begins to melt. Move it around so it does not stick.
4. Flip the quesadilla over with a pancake turner, and cook the other side for 1 or 2 minutes, until the second side starts to brown and the cheese is completely melted.
5. Put your quesadilla onto a plate and cut into slices, like you would a pizza.

Each tortilla makes 1 serving. Food Guide Pyramid Servings: 1 bread, .25 dairy.

# Ranch-Style Veggie Dip

**You will need:**

| | |
|---|---|
| 1 small package | Hidden Valley Ranch™ dressing mix |
| 1 1/2 cups | Low-fat sour cream or plain yogurt |
| 1/2 cup | Buttermilk |
| | Raw vegetables for dipping, such as: carrots and celery sticks, broccoli and cauliflower florets, cucumber slices, green or other pepper strips |

In a small bowl, stir dressing mix, sour cream (or yogurt) and buttermilk together until smooth and creamy.

Each half-cup of veggies makes 1 serving. Food Guide Pyramid Servings: .25 dairy, 1 vegetable.

# 7-Layer Dip

**You will need:**

Refried beans
Reduced-fat cheddar cheese, shredded
Guacamole
Sour cream (low-fat)
Green onions, chopped
Tomatoes, chopped
Black olives, sliced

*This order is a suggestion—feel free to be creative and move layers around.*

1. Take out a 9 by 13-inch baking pan (glass is best).
2. Heat the beans in the microwave or in a pot on the stove. When they are warm, spread them in the bottom of the baking pan.
3. Grate the cheese and spread over the warm beans (so the cheese can melt).
4. Spread the guacamole over the cheese.
5. Spread the sour cream over the guacamole.
6. Sprinkle the chopped tomatoes over the sour cream.
7. Sprinkle the chopped green onions over the tomatoes.
8. Sprinkle the black olives over the green onions.

Food Guide Pyramid Servings: .5 protein,
.25 dairy, .25 vegetable.

# Spinach Dip in a Bread Bowl

**You will need:**

| | |
|---|---|
| 1 loaf | Sourdough bread (round loaf) |
| 1 1/2 cups | Plain nonfat (or low-fat) yogurt or light sour cream |
| 1 cup | Light *Miracle Whip*® or light mayonnaise |
| 1 pkg | Dried vegetable soup mix *(Knorr® or Mrs. Grass®)* |
| 1 pkg | Frozen spinach (10 oz), thawed and chopped |
| 1 8-oz can | Sliced water chestnuts, drained |

1. Combine yogurt (or sour cream), *Miracle Whip*®, vegetable soup mix, spinach and water chestnuts. Mix well. Chill in refrigerator for 2-3 hours.

2. Just before serving, cut off the top of the sourdough loaf. Cut out the insides of the bread, setting them aside. Cut the bread insides into chunks, and set on a platter around the bread bowl.
3. Pour the spinach mixture into the bowl. After all the chunks of bread have been eaten, invite your guests to tear and eat the "bowl."

Makes 10-12 servings. Food Guide Pyramid Servings: .5 dairy, 1 bread.

# Beans

# Chickpea Salad

**You will need:**

| | |
|---|---|
| 1 15-oz can | Garbanzo beans (chickpeas) |
| 1/3 cup | Light mayonnaise |
| 1 1/2 stalk | Celery, cut into small pieces |
| 1/2 tsp | Onion powder |
| 1/2 tsp | Garlic powder |
| | Salt and pepper to taste |

1. In a bowl, mash chickpeas with a potato masher or fork. They don't have to be super-smooth; some chunks are fine.
2. Stir in remaining ingredients until well mixed.

Makes 4 servings. Food Guide Pyramid Servings: 1 protein, .25 vegetable.

**Note:** *Will keep in the refrigerator for several days.*

# Cooking Dried Beans

**You will need:**

Dried Beans, any kind (pinto, kidney, navy, etc.)
Water
Garlic (optional)
Salt

For each cup of dried beans, use 3 cups of water:

1 cup beans + 3 cups water
2 cups beans + 6 cups water
3 cups beans + 9 cups water

## The "Plan-ahead" cooking method:

1. Measure dried beans (any kind) into a saucepan. Look at them carefully. Take out any little bits of stuff you can't identify, including any that are a weird shape.
2. Fill the saucepan with water to cover the beans, swish them around with your just washed hand, and pour all the water down the drain. Do this twice to be sure the beans are well washed.
3. Soak the beans overnight. All you have to do is cover the beans with plenty of cold water, put a lid on the pot, and let them sit at room temperature overnight.
4. The next day, pour off the soaking water. Add enough fresh cold water to completely cover the beans plus 1 inch more. Do not add salt, as that makes beans tough, but you can add a couple of whole cloves of peeled garlic and/or a whole peeled onion for extra flavor.
5. Cover the pot, bring to a boil over medium heat, and cook until the beans are soft. Do not let the water boil away; add more if needed. Cooking the beans could take anywhere from 30 minutes to 2 hours.
6. Drain the beans, add a little salt (to taste), and use them in whatever way you want. If you have to keep them for a while before using, store them in your refrigerator in the liquid you used to cook them.

## The "Oops, I-forgot-to-soak-the-beans-last-night" method:

1. First, measure, check the beans over, and rinse, just like in the "Plan-ahead" method. Add enough fresh, cold water to the pan to cover the beans by at least 1 1/2 to 2 inches.
2. Place the pot on the stove, cover and bring to a boil over high heat. Boil for 2 minutes, then turn off the heat and let the beans sit for 1 hour.
3. To finish cooking, follow steps 4, 5, and 6 of the "Plan-ahead" method.

# Hummus

*This spread tastes great on whole-wheat pita bread!*

**You will need:**

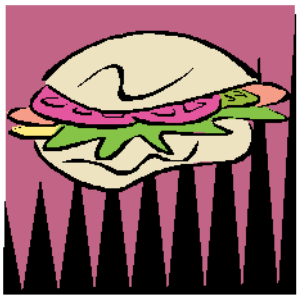
| | |
|---|---|
| 1 15-oz can | Chickpeas or garbanzo beans, drained and rinsed |
| 3-4 Tbsp | Tahini (sesame butter) |
| 2 cloves | Garlic, peeled |
| | Lemon, juiced |
| | Salt and pepper to taste |

1. Blend all ingredients in a food processor or blender, or mash in a bowl with a sturdy potato masher (if you use the masher method, finely chop or press the garlic first).
2. Add one or more of the optional ingredients listed below. Mix well.
3. Use as a sandwich spread or dip. Leftovers keep for about a week in the refrigerator.

Optional ingredients:

| | |
|---|---|
| 1 whole | Green onion, finely chopped (or 1 tsp onion powder) |
| 1 Tbsp | Chopped fresh parsley |
| Dash | Olive oil |

Makes 6 servings. Food Guide Pyramid Servings: 1 protein.



# Soft Tacos with Beans and Cheese

*These tacos are lower in calories, fat, cholesterol and salt than any fast-food taco!*

**For 6 tacos, you will need:**

| | |
|---|---|
| 6 whole | Tortillas, corn |
| 2 cups | Monterey Jack cheese, shredded |
| 1 cup | Pinto or kidney beans, home cooked or canned |
| 3 medium | Tomatoes (will weigh about 1 lb) |
| 1 medium | Onion or a bunch of green onions |
| 1 cup | Lettuce, chopped |
| | Salsa (buy salsa or make your own) |

1. Preheat your oven to 275 degrees.
2. Wrap the tortillas, still flat, in aluminum foil, and place them in the middle of the center oven rack to make them soft and warm.
3. Put the beans in a medium bowl and mash them with a potato masher or a fork until they look just a little lumpy.
4. Wash the tomatoes. Remove the stems. Cut into little bite-size pieces and put in a small bowl.
5. Wash the onions. Cut them into small pieces and put them into the bowl with the tomatoes.
6. Remove the warmed tortillas from the oven. Put them on dinner plates, smear with beans, and have everyone add their choice of toppings. Fold into a shape that fits easily into hands, eat and enjoy!

Makes 6 servings. Food Guide Pyramid Servings: 2 bread, 1 dairy, .75 protein.

# Vegetables

# Frozen Vegetables

Vegetables are best when fresh, but you can't always get fresh veggies. Fresh veggies also can be expensive when they are not in season.

Frozen veggies are easy to use and cheaper than some fresh veggies. Many frozen veggies come in bags so you can just take out what you want and put the rest back into the freezer. Mixed frozen veggies are great for stir-fry, stew, or soups.

# Cooking Frozen Vegetables

**Regular Cooking**

1. Put water into a pot. Bring the water to a boil and add the veggies.
2. The cold veggies will cool the water down. Let the water return to a boil, then let the veggies cook for 2 to 8 minutes.
3. Drain the water. Season to taste, but don't use too much salt and butter.

**Steam Cooking**

1. Place the frozen veggies in a steamer basket or colander over boiling water. Cook for 2 to 8 minutes, or until they are done the way you like them.
2. Carefully lift the basket out of the pan. Season to taste, being careful not add too much salt or butter.

**Microwave Cooking**

1. Find a microwave-safe dish and put frozen vegetables in it. Add one tablespoon of water for each cup of vegetables.
2. Cover with a lid or plastic wrap.
3. Cook on high for 3 to 5 minutes, stirring once or twice, until your

veggies are done the way you like them. Be careful of the steam when you uncover the veggies. Season to taste.

# Baked Potatoes

**You will need:**

4 large Potatoes (russet or all-purpose)

1. Wash potatoes. If you plan on eating the skin, scrub it until it is very clean.
2. With a fork, poke a few holes into each potato.

**"Regular-Oven" Method:**

1. Preheat oven to 400 degrees.
2. Put potatoes on oven rack in middle of your oven.
3. Bake 40 to 60 minutes, depending on size of the potatoes. Poke potato with a fork to check if done. If fork goes in and out of the potato easily, it is cooked.

**Microwave Method:**

1. Arrange potatoes in a circle in the microwave.
2. Cook on high for 6 minutes. Turn each potato over.
3. Cook on high for 6 minutes more. Test for doneness by poking with a fork. Potatoes are done when the fork goes in and out of the potato easily. If not done, cook on high for 1-2 minutes more.
4. When potatoes are done, remove from oven and let cool until comfortable to touch.

**Hint:** *If you want a soft skin instead of a crispy skin, wrap each potato in foil before baking.*

# Toppings for Baked Potatoes

**Getting ready:**

1. When the potato is cool enough to touch, cut an "X" in the top.
2. Squeeze the potato sides; put your fingers on either side of the potato and push inward. This will loosen the insides of the potatoes.
3. Take a fork and slightly mash the insides, and form a hole—or a "well"—in the center. You can fill the hole with any of the following yummy toppings!

You can use these alone or mix some together.

| | |
|---|---|
| 1/4 cup | Low-fat plain yogurt |
| 1/4 cup | Low-fat cottage cheese |
| 1/4 cup | Salsa |
| 1/2 cup | Broccoli, cooked |
| 1-2 Tbsp | Reduced-fat shredded cheese |

**More potato topping ideas:**

## Ricotta Cheese and Spices

| | |
|---|---|
| 2 cups | Part skim ricotta cheese |
| 1/4 tsp | Black pepper |
| 1/2 tsp | Dried parsley |

Mix together and top your potato.

Each topped potato makes 1 serving. Food Guide Pyramid Servings: 1 vegetable, 1 dairy.

**FAST & EASY**

- You can eat your topped potatoes as-is or heat them up. *To heat:* Place topped potato(es) on a baking sheet and bake at **375 degrees** for about **7 minutes**.

## Chili and Cheese

| | |
|---|---|
| 1 1/2 cups | Vegetarian baked beans |
| 1/4 cup | Shredded part skim mozzarella cheese |

Mix together and top your potato.

Each topped potato makes 1 serving. Food Guide Pyramid Servings: 1 protein, 1 vegetable.

## Cheese & Onion

| | |
|---|---|
| 2 cups | Low-fat cottage cheese |
| 1 whole | Green onion, very finely chopped |

Mix together and top your potato.

Each topped potato makes 1 serving. Food Guide Pyramid Servings: 1 vegetable, 2 dairy.

**Hint:** *Don't use high-fat toppings such as butter, sour cream, bacon bits, or regular cheese. They add a lot of calories!*

# Rice & Pasta

# Types of Rice

Rice is a grain! And it comes in many different kinds. Here are just a few:

**Long-grain white rice**—all purpose rice; cooks up fluffy and white.

**Short-grain white rice**—stickier than long grain; good with Asian foods.

**Converted rice**—long-grain rice that is steamed before milling, so it does not stick together when cooked (for example, Uncle Ben's®).

**DID YOU KNOW?**

- Over 95% of California's rice comes from the Sacramento Valley!
- And, just so you know, **1 cup uncooked white rice makes 3 cups cooked rice**.

**Brown rice**—has more vitamins, fiber, and flavor than white rice; goes well with beans.

**Basmati rice**—rice from India with a nutty flavor; more expensive than white rice.

**Arborio rice**—another expensive rice that is Italian; very good for making rice pudding.

**Hint:** *You really do not need to use instant rice. It is expensive and the real thing tastes a lot better.*

# Cooking White Rice

**You will need:**

| | |
|---|---|
| 2 cups | Water |
| 1 cup | Long- or short-grain white rice |

1. Pour water into a saucepan that has a lid that fits. Bring the water to a boil over high heat.
2. Add the rice to the boiling water, stir and lower the heat to a low simmer.

3. Put the lid on the saucepan, and let it cook on low heat for 20 minutes. Do NOT lift the lid while cooking!
4. When the 20 minutes are up, lift the lid and look at the rice. There should be no water left in the pot, and the top of the rice should look as if there are holes in it. Do not stir the rice, but taste a grain of rice to see if it has cooked. If not, replace the lid, without stirring, and let it cook for another 5 minutes, then taste it again.
5. When it has cooked to your taste, remove the pan from the heat, and use a fork to fluff the rice in the saucepan. Serve with your favorite food.

Makes 4-6 servings.

## Cooking Brown Rice

**You will need:**

| | |
|---|---|
| 3 cups | Water |
| 1 cup | Brown rice |

1. Pour the water into a saucepan that has a lid that fits.
2. Bring the water to a boil over high heat.
3. Add the rice to the boiling water, stir, and lower the heat to a low simmer.
4. Put the lid on the saucepan, and let the rice cook for 30-45 minutes.
5. Check the rice after 30 minutes, but do not stir. Taste a grain of rice to see if it is cooked. If it has not cooked enough, replace the lid without stirring, and let it cook for another 5 minutes, then taste again.
6. When the rice has cooked to your taste, remove the pan from the heat. Use a fork to fluff the rice and serve.

Makes 4-6 servings (1 cup brown rice makes 4 cups cooked rice).

**Hint:** *Store brown rice in the refrigerator or freezer, because it can spoil easily and quickly. When shopping, look for brown rice on the shelves with the white rice.*

# Meat Lasagna

**You will need:**

| | |
|---|---|
| 1 lb | Lean ground beef or ground turkey |
| 1 large | Onion |
| 2 15-oz cans | Tomatoes (or 1 28-oz can) |
| 1 6-oz can | Tomato paste |
| 1 tsp | Sugar |
| 1 tsp | Oregano |
| 1/4 tsp | Garlic powder |
| 1/2 tsp | Pepper |
| 8 whole | Lasagna noodles, uncooked |
| 3 cups | Low-fat cottage cheese |
| 8 oz | Low-fat mozzarella cheese, shredded |

1. Preheat oven to 350 degrees.
2. Peel and chop the onion.
3. In a large skillet, brown the ground meat and onion together over medium heat. Use a cooking spoon to break the meat up into little bits. Carefully pour the meat into a colander to drain the fat off, and then return the meat to the skillet.
4. Cut the canned tomatoes into small chunks. Add the tomatoes to the skillet with the meat and onion mixture.
5. Add the tomato paste, sugar, oregano, garlic powder, and pepper to the skillet. Stir everything together until well mixed.
6. Spoon about half of the sauce into a 9 by 13-inch baking dish and spread it around with the spoon, so the bottom of the dish is covered.
7. Put four of the uncooked noodles in a single layer on top of the sauce. Spread all of the cottage cheese over the noodles.
8. Put four of the uncooked noodles on top of the cottage cheese. Spread the rest of the sauce over the noodles.
9. Sprinkle the mozzarella cheese over the top of the sauce, and cover the pan tightly with foil.
10. Bake for one hour. At the end of 1 hour, very carefully remove the foil from the pan and cook for 15 minutes more.
11. Let the lasagna sit for another 15 minutes to cool, then cut into squares for serving.

Makes 6 to 8 servings. Food Guide Pyramid Servings: 1 protein, 1 bread, 1 dairy.

**Hint:** *Lasagna makes a great dinner with some bread sticks and a green salad. For vegetarian lasagna, don't use meat; add sliced firm tofu and/or veggies, such as broccoli, carrot or zucchini pieces.*

# One-Pot Spaghetti

**You will need:**

| | |
|---|---|
| 1 lb | Lean ground beef or ground turkey |
| 2 cups | Mushrooms, sliced |
| 1 cup | Onion, chopped |
| 1 cup | Green pepper, chopped |
| 1 28-oz can | Tomatoes |
| 1 cup | Water |
| 1 1/2 cups | Broken spaghetti, dry uncooked |
| 1 tsp | Oregano |
| 1 tsp | Salt |
| | Parmesan or Romano cheese, grated |

1. In a large skillet, combine meat, mushrooms, onions, and green peppers.
2. Sauté over medium heat until the meat is browned and the vegetables are tender. Drain off any fat that might collect (into an empty can or bowl, not down the sink).
3. Dump the can of tomatoes (with all the juices) into the skillet and mash them with your cooking spoon.
4. Stir in the water, spaghetti, oregano, and salt. Bring all this to a boil, then reduce the heat, cover, and simmer for 15-20 minutes, until the spaghetti is cooked.
5. Remove from the heat.
6. Sprinkle with Parmesan or Romano cheese.

Makes 4 to 6 servings. Food Guide Pyramid Servings: 1 protein, 1 bread, 1 vegetable.

**Hint:** *For a great dinner, serve with fruit salad, or green salad, and garlic breadsticks. To make vegetarian spaghetti, use firm tofu instead of the meat.*

# Pasta Salad with Tuna

**You will need:**

| | |
|---|---|
| 1 12.5 oz can | Water packed tuna |
| 3 cups | Uncooked pasta (elbow macaroni, shell or corkscrew) |
| 3 stalks | Celery |
| 1 small | Red or white onion |
| 2 cups | Frozen peas, thawed |

1. Fill a medium-size pot with water and bring it to a boil on high heat.
2. Add pasta and cook on medium-high heat for 10 minutes. Stir every 2-3 minutes to prevent the pasta from sticking.
3. Open the can of tuna, drain and place it in a large bowl.
4. Chop the onion and celery. Mix with the tuna.

**Dressing**:

| | |
|---|---|
| 3/4 cup | *Light Miracle Whip*® (or light mayonnaise) |
| 1/2 cup | Plain yogurt |
| 1 Tbsp | Vinegar (apple cider or plain) |
| | Ground pepper to taste |

5. Mix the dressing ingredients together in a small bowl. Add the dressing to tuna and mix well.
6. Drain the pasta. Add to the tuna mixture.
7. Rinse and drain the peas. Add to the tuna and pasta. Stir to mix all ingredients.
8. Chill before serving.

Makes 4 servings. Food Guide Pyramid Servings: 1 bread, 1 protein, 1 vegetable, .25 dairy.

# Pasta with Broccoli

**You will need:**

| | |
|---|---|
| 8 ounces | Pasta (any shape you like) |
| 5-8 cloves | Garlic, pressed in a garlic press or finely chopped (the more the better—really!) |
| 1 16-oz bag | Frozen broccoli pieces |
| 2 Tbsp | Olive oil |
| 1/4 cup | Parmesan or Romano cheese, grated or finely shredded |
| 1/4 tsp | Dried basil and oregano |
| 1/4 tsp | Black pepper |
| 1/2-1 tsp | Salt |

1. Follow the directions on the package and cook the pasta in a large pot.
2. About half way through pasta cooking time, add garlic and keep cooking.
3. With about 3 minutes left to pasta cooking time, add frozen broccoli, bring water back to a boil, and cook for 3 more minutes.
4. When the pasta is finished cooking, drain pasta and broccoli in a colander over the sink and then dump them both back in the pot.
5. Add the rest of the ingredients and toss together. Add seasonings to taste.

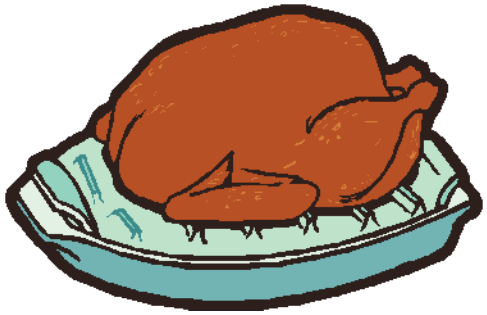
Makes 4 servings. Food Guide Pyramid Servings: 1 bread, 1 vegetable, .25 dairy.

# Chicken, Fish & Meat

# How to Cut Up a Whole Chicken

- Lay the bird on the cutting board, belly side up, and move the legs around so you see how it is put together.
- Find a very sharp knife and start by cutting the chicken down the middle (through the bone) from the tail end to the neck end.
- Next open the chicken like a book and cut along the side of the backbone from one end to the other. Now you have two halves of the chicken on your cutting board.
- Cut off the drumstick—find the place where it connects to the body and cut it with the pointed end of your knife.
- You can take the wing off the same way.
- The last thing to cut is the breast off the thigh. Cut the 2 sections apart along the thigh joint, and with an extra little whack, cut the backbone in half.
- Do the same thing to the other half of the chicken and you should now have 2 drumsticks, 2 wings, 2 breasts, and 2 thighs.

*Rinse the pieces off with cold tap water and either cook them or store them in the freezer. If you are going to freeze the pieces, wrap them in clear plastic wrap and then again in foil, or a freezer bag, and write the name of the item and date on the outside.*



# Meatballs

**You will need:**

| | |
|---|---|
| 1 lb | Ground beef |
| 1 large | Egg |
| 1/2 cup | Bread crumbs |
| 1/4 cup | Onion, finely chopped |
| 1 tsp | Salt |
| 1/2 tsp | Pepper (or to taste) |

1. In a medium bowl, combine all of the ingredients.
2. Mix together with a fork or *very* clean bare hands, until well mixed.
3. Form into 1-inch balls, rolling them between your hands so they are nice and round.
4. Place the meatballs on a cookie sheet, side by side, and in a single layer.
5. Bake at 375 degrees for 15-20 minutes. Be sure to turn them over halfway through baking—set your timer for about 10 minutes, turn, set for about 5-7 minutes more.
6. Remove the meatballs from the cookie sheet, leaving all the fat that drained out of them.

*Now you can use them for any recipe that calls for meatballs or you can freeze them in an airtight container and use them later. Meatballs can also be made with ground turkey, but you may prefer to season the turkey with more spices than you use for the ground beef.*

# Hawaiian Meatballs

*Tasty! Use the meatballs you have already made with the recipe on the previous page.*

**You will need:**

| | |
|---|---|
| 1 14-oz can | Pineapple chunks |
| 1/4 cup | Brown sugar |
| 2 Tbsp | Cornstarch |
| 1/2 tsp | Ground ginger |
| 1 Tbsp | Soy sauce |
| 3 Tbsp | Vinegar |
| 1 batch | Meatballs |
| 1 medium | Green pepper, cut into 1/2-inch squares |
| 1 medium | Onion, cut into 1/2-inch squares |

1. Drain the pineapple chunks. Set aside.
2. Pour the juice into a measuring cup. Add enough water to the pineapple juice to make 1 1/4 cups of liquid.
3. Pour pineapple juice and water mixture into a large saucepan.
4. Add the brown sugar, cornstarch, ginger, soy sauce, and vinegar. Bring to a simmer over medium heat, stirring constantly, until the sauce is clear and thick.
5. Put the entire batch of meatballs into the saucepan with the sauce. Let the meatballs simmer in the sauce for 5 minutes.
6. Add the green pepper, onion, and pineapple chunks. Bring to a boil, and cook for about 5 more minutes at a lower heat.
7. Serve over rice.

Makes 4 servings. Food Guide Pyramid Servings: 1 protein, .5 vegetable.

# Stir-Fry

**You will need:**

| | |
|---|---|
| 1 lb | Chicken breast, cut up in bite-size pieces* |
| 1 bunch | Broccoli, florets cut off and stems sliced** |
| 2 large | Carrots, cut into 1/4-inch slices** |
| 2 Tbsp | Vegetable oil |
| 2-3 | Garlic cloves, peeled and sliced |
| 2 tsp | Fresh ginger, grated or sliced |
| Pinch | Red pepper flakes |
| 1/2 cup + 2 Tbsp | Water |
| 3 Tbsp | Soy sauce |
| 2 tsp | Cornstarch |
| 1 tsp | Sugar |
| 1 tsp | Sesame oil |

1. In a small bowl, mix together 1/2 cup water, soy sauce, cornstarch, sugar and sesame oil. Set aside.
2. In a wok or large skillet, heat 1 Tbsp oil on high heat.
3. Add chicken pieces and stir-fry for 2-3 minutes. When chicken is no longer pink, scoop it out into a bowl and set aside.
4. Add the remaining tablespoon of oil into the wok or skillet. Heat on high heat.
5. Add garlic, ginger and red pepper flakes, and stir-fry for 10 seconds.
6. Add broccoli and carrots. Stir-fry for 1-2 minutes. Add 2 tablespoons water and stir-fry for 2-3 minutes longer. *(Recipe continues on next pg.)*

*You can substitute the following for chicken:

- beef (round or top sirloin), cut into thin strips
- shrimp, shelled and de-veined
- tofu, 1 package, cut into 1-inch squares

**Other vegetables may be added or substituted, such as:

- 1 small yellow or white onion, cut into eight wedges or slices
- 4 green onions, cut into 1-inch pieces
- 1 green, red or yellow pepper, cut into 1-inch squares
- 2 medium zucchini or other summer squash, cut into 1/4-inch slices

*Be creative and enjoy!*

7. Add cooked chicken to vegetables and stir. Pour in soy sauce mixture and stir constantly. The sauce will boil and thicken.
8. Serve immediately over cooked rice or noodles.

Makes 4 to 6 servings. Food Guide Pyramid Servings: 2.5 protein, 1.5 vegetable.

# Tuna Salad

**You will need:**

| | |
|---|---|
| 1 6.5-oz can | White tuna packed in water |
| 2 cup | Mayonnaise (try light mayonnaise) |
| 3 Tbsp | Pickle relish |
| 1/4 cup | Celery, chopped |
| 1/4 cup | Red onion, chopped (optional) |

1. Drain water from tuna and put into a medium size bowl.
2. Add mayonnaise, pickle relish, celery and red onion to the tuna.
3. Mix well.

Makes 2-4 servings. Food Guide Pyramid Servings: 2.5 protein, 1.5 vegetable.

# Tuna Melt

**You will need:**

| | |
|---|---|
| 1 whole | English muffin (or 2 slices of your favorite bread) |
| 2 Tbsp | Tuna salad (see recipe above) |
| 2 Tbsp | Chopped tomato, or sliced (use 1 slice per muffin) |
| 2 Tbsp | Reduced-fat grated cheddar |

1. Place bread or English muffin on a cookie sheet.
2. Spread tuna salad onto muffin or bread slices.
3. Broil for 2-3 minutes, or until cheese melts.

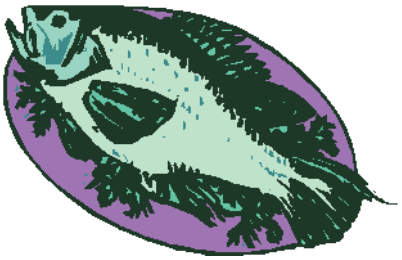
Makes 1 serving. Food Guide Pyramid Servings: 1 bread, .5 protein, .25 dairy.

# Unfried Chicken or Fish

**You will need:**

| | |
|---|---|
| 1 cup | Bread crumbs |
| 1 Tbsp | Grated Parmesan cheese |
| 1 tsp | Oregano or Italian Seasoning |
| 1/2 tsp | Salt |
| 1/4 tsp | Pepper |
| 2 1/2 Tbsp | Vegetable oil |
| 3 lbs | Skinless chicken pieces |

1. Preheat the oven to 375 degrees.
2. Combine the bread crumbs, Parmesan cheese, oregano (or Italian Seasoning), salt, and pepper in a plastic bag. Close the top and shake all the ingredients together.



3. Pour the vegetable oil into a small, square bowl. Roll the chicken pieces around in the bowl until the chicken is covered in oil.
4. Put chicken pieces into the bag with the bread crumb mixture and shake until the chicken is coated with the crumbs.
5. Place chicken on a cookie sheet (spray sheet with vegetable oil first).
6. Bake for 25 minutes. Turn the pieces over and bake for another 20-25 minutes, until golden brown. The chicken is done if the juice is clear (not pink) when you poke a fork into it.

Makes 6-8 servings. Food Guide Pyramid Servings: 2 protein.

**Hint:** *For fish, use 1 pound fish (catfish or red snapper) fillets instead of the chicken in this recipe. Bake for 10 -20 minutes or until the fish falls apart when you poke it with a fork. Squeeze lemon juice on top for extra flavor.*

# Sweets

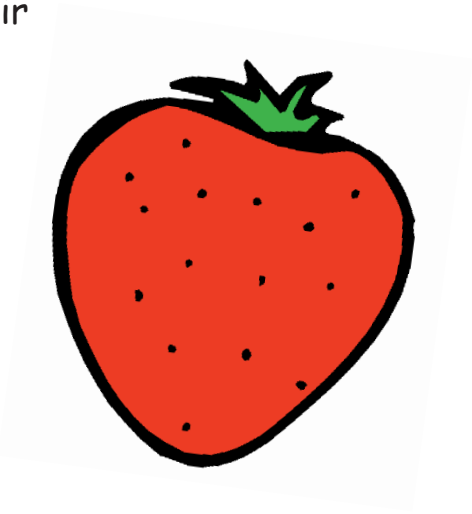
# Fresh Fruit Pie

*This dessert is not only tasty, but also a treat to look at!*

**You will need:**

| | |
|---|---|
| 1 small pkg | Strawberry gelatin |
| 1 cup | Boiling water |
| 1 small pkg | Instant vanilla pudding |
| 3/4 cups | Nonfat or low-fat milk |
| 1 whole | Graham cracker crust, regular or chocolate |
| 2-3 cups | Fresh strawberries |
| 1 whole | Banana, sliced |
| 2 medium | Fresh peaches or nectarines, sliced into wedges |
| 1 cup | Fresh blueberries |

1. Wash and dry fruit.
2. Slice peaches or nectarine. Slice banana (round slices).
3. In a small bowl, add hot water to gelatin. Stir to dissolve. (Do NOT follow instructions on the box.)
4. Mix instant vanilla pudding and milk. You can use a whisk, an electric mixer or put the pudding in a covered jar and shake until it is thick. It will be thicker than usual, because you will use less milk than what it says on the box.
5. Add dissolved gelatin to the pudding mixture. Mix until smooth.
6. Put fruit into the crust in the order listed.
7. Pour the gelatin/pudding mixture over the fruit. Refrigerate until firm, about 2 hours.



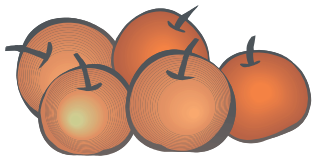
Makes 8 servings. Food Guide Pyramid Servings: 1 fruit.

# Fruit Crisp

**You will need:**

| | |
|---|---|
| 6 medium | Apples, peeled, cored, and sliced thin (or about 4 cups of any other fruit such cherries, peaches, blueberries) |
| 1/2 cup | Sugar |
| 1 tsp | Cinnamon (or more to taste) |
| 1/2 cup | Brown sugar |
| 1/2 cup | Butter (or margarine), softened |
| 1/2 cup | Uncooked oats |

1. Preheat your oven to 375 degrees.
2. Grease bottom and sides of a 9-inch-square baking dish.



3. Put the fruit you have chosen in the pan. Add the sugar and 1/2 tsp of the cinnamon. Toss together until they are well mixed.
4. In a separate bowl, combine the brown sugar, softened butter, oats, and the second 1/2 tsp of cinnamon. Use a fork to stir together until the ingredients are well mixed and crumbly. Sprinkle this mixture over the fruit in the pan.
5. Bake for 35-45 minutes, or until the fruit is very soft when you poke the fruit crisp with a fork.

Makes 6 to 8 servings. Food Guide Pyramid Servings: 1 fruit.

**Hint:** *This is delicious when served warm with a scoop of vanilla frozen yogurt. If any is left over, it makes a great breakfast with a glass of milk.*

# Hot Fudge Brownie Cake

**You will need:**

| | |
|---|---|
| 1 cup | Flour |
| 1/2 cup | Sugar |
| 2 Tbsp | Baking cocoa, unsweetened |
| 2 tsp | Baking powder |
| 1/4 tsp | Salt |
| 1/2 cup | Nonfat milk |
| 2 Tbsp | Oil (Canola) |
| 1 tsp | Vanilla |
| 1/2 cup | Brown sugar, pack firmly |
| 1/2 cup | Chopped nuts (optional) |
| 1/4 cup | Baking cocoa, unsweetened |

1. Preheat oven to 350 degrees.
2. Put flour, sugar, baking cocoa, baking powder, and salt into a medium bowl. Mix with a fork.
3. Add nonfat milk, canola oil, and vanilla into the flour mixture. Stir until smooth.
4. Spread mixture into a 9-inch-square baking dish.
5. Sprinkle the brown sugar, chopped nuts, and baking cocoa over the batter in the baking dish.
6. Take 1 1/2 cups hot water and pour over the mixture in the 9-inch baking dish and DO NOT STIR!
7. Bake for 35-40 minutes. Allow to stand for 10 minutes, then serve warm with a scoop of low-fat frozen yogurt.

Makes 6 to 8 servings. Food Guide Pyramid Servings: 1 bread, .5 dairy.

# Light Cheesecake

**You will need:**

**Crust:**

| | |
|---|---|
| 1 1/2 cups | Graham cracker crumbs |
| 1/4 cup | Sugar |
| 2 cups | Butter or margarine, melted |

**Filling:**

| | |
|---|---|
| 2 pkgs | Nonfat cream cheese |
| 1/2 cup | Sugar |
| 1 tsp | Vanilla |
| 2 large | Eggs |

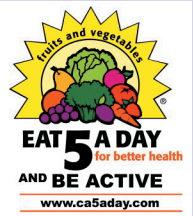
1. Preheat oven to 350 degrees.
2. To make the crust, stir together the graham cracker crumbs, sugar, and melted butter in a bowl.
3. Press mixture into the bottom and up the sides of a 9-inch pie plate.
4. To make the filling add the cream cheese (that you have let soften at room temperature), sugar, and vanilla into a large bowl. Mix well (an electric mixer works best).
5. Add the eggs, and beat some more, for about 2 or 3 minutes, until it is smooth.
6. Pour the mixture into the graham cracker crust.
7. Bake for 40 minutes. (Don't worry about the center of the cheesecake being a little soft—it is supposed to be.)
8. Refrigerate overnight or at least 3 hours.

Makes 1 cheesecake. Food Guide Pyramid Servings: .5 dairy.

**Hint:** *Top with fresh fruit, like strawberries, blueberries, or peaches.*

*The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For more information, call* ***1-800-952-5253****.*

**Gray Davis**
*Governor*
State of California




**Grantland Johnson**
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