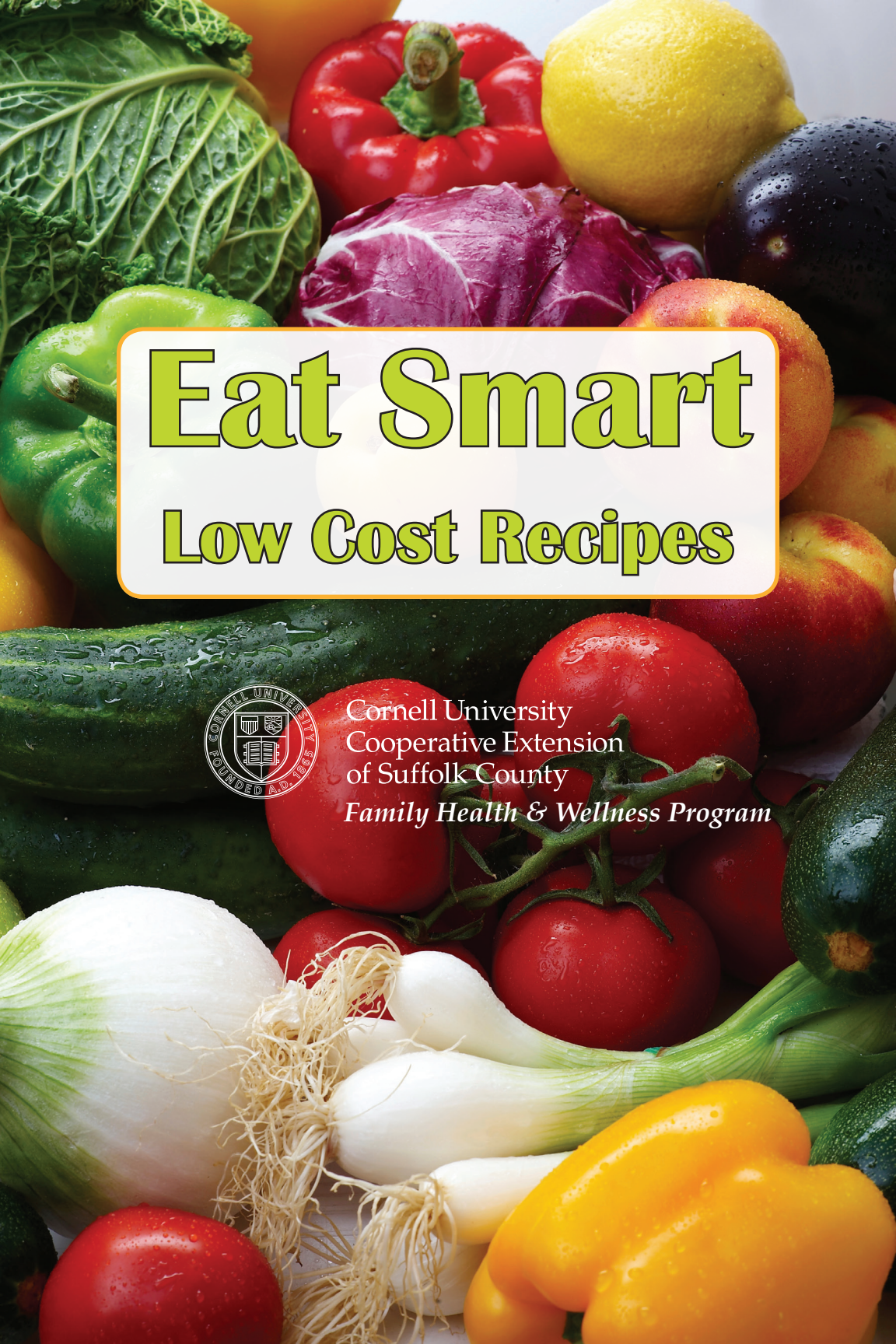
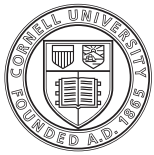


Eat Smart

Low Cost Recipes

Cornell University
Cooperative Extension
of Suffolk County
Family Health & Wellness Program



Cornell University
Cooperative Extension
of Suffolk County
Family Health & Wellness Program

Family Health and Wellness Program

The Family Health and Wellness Program provides practical solutions to the real-life problems that families face. Our educators provide timely, research-based information on all aspects of healthy child development – physical, social, emotional and cognitive – from birth to age 16. Adult health and development are also a major focus, with emphasis on chronic disease prevention, proper nutrition, food safety, diabetes and weight management. Since low-income households have a higher prevalence of health conditions related to poor nutrition than households with higher incomes, FHW strives to help families manage limited resources for maximum health.

The Family Health and Wellness Program…

- Improves family and community health through food and nutrition education
- Promotes the prevention and management of obesity and chronic diseases
- Strengthens family well-being and healthy lifestyle choices through parent education

www.ccesuffolk.org
http://blogs.cornell.edu/ccesuffolkfhw/

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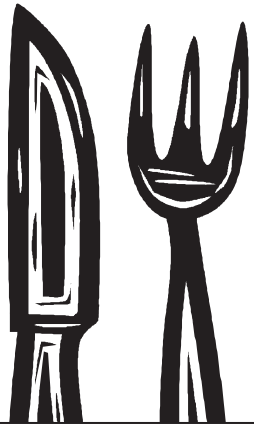
Mexican Salad

Ingredients

- 2 cucumbers
- 2 oranges
- 1 lime or lemon
- chili powder
- salt

Instructions

1. Wash the cucumbers, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.



Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 recipe / de la receta

Cost / Precio
Per recipe: $2.30
Per serving: $0.57

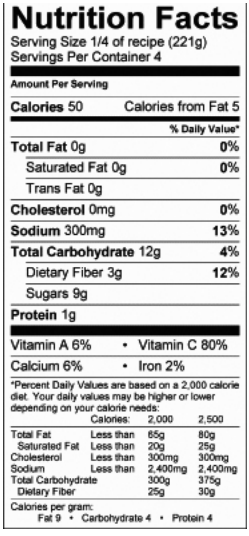
Ensalada Mexicana Simple

Ingredientes

- 2 pepinos
- 2 naranjas
- 1 lima o limón
- chile en polvo
- sal

Instrucciones

1. Lave los pepinos, las naranjas y limas o limones con agua fría.
2. Rebane los pepinos en tiras. Pele y corte las naranjas en pedazos pequeños. Coloque los pepinos y naranjas en un tazón mediano.
3. Agregue el chile en polvo el jugo de limon o lima y la sal.



Nutrition Facts

Serving Size 1/4 of recipe (221g)
Servings Per Container 4

Amount Per Serving

Calories 50	Calories from Fat 5
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 300mg	**13%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 3g	**12%**
Sugars 9g	
Protein 1g	

Vitamin A 6% • Vitamin C 80%
Calcium 6% • 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

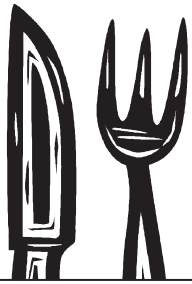
Colorful Quesadillas

Ingredients

- 8 ounces Fat Free Cream Cheese
- 1/4 teaspoon Garlic power
- 8 flour tortillas (small)
- 1 cup sweet red pepper (chopped)
- 1 cup low-fat cheese (shredded)
- 2 cups spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry)

Instructions

1. In a bowl, mix the cream cheese and garlic.
2. Spread about 2 tablespoons of the mixture on each tortilla.
3. Sprinkle 2 tbsp. bell pepper and 2 tablespoons cheese on one half of each tortilla.
4. Add spinach. Fold tortillas in half.
5. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
6. Cut each quesadilla into 4 wedges. Serve warm.



Yields 8 servings / Rinde 8 porciones
Serving size / Tamano porcion
Porcion 1 quesadilla

Cost / Precio
Per recipe: $4.43
Per serving: $0.55

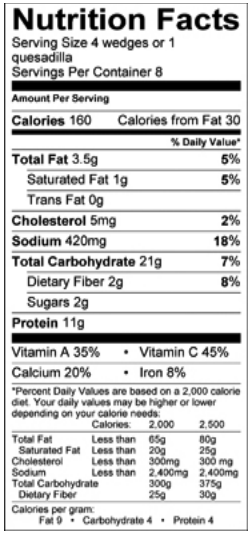
Quesadillas Coloridas

Ingredientes

- 8 onzas de queso crema sin grasa
- 1/4 cucharadita de ajo en polvo
- 8 tortillas de Trigo (pequeñas)
- 1 taza de pimiento rojo picado
- 1 taza de queso bajo en grasa rallado
- 2 tazas de hojas de espinacas (frescos, 0 9 onzas congelada, descongelelas y escurralas bien)

Instrucciones

1. En un tazón mezcle el queso crema y el ajo en polvo.
2. 2 cucharadas de la mezcla sobre cada tortilla.
3. Espolvoree 2 cucharadas del pimiento y 2 cucharadas del queso rallado sobre la mitad de cada tortilla.
4. Agregue la espinaca y doble la tortilla a la mitad.
5. Caliente un sartén grande a fuego medio hasta que este caliente. Coloque 2 tortillas en el sartén y cocinelas por 1-2 minutos de cada lado hasta estar doradas.
6. Corte cada quesadilla en cuatro. Sirva caliente.



Nutrition Facts

Serving Size 4 wedges or 1 quesadilla
Servings Per Container 8

Amount Per Serving

Calories 160	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 420mg	**18%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 11g	

Vitamin A 35% • Vitamin C 45%

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	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

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

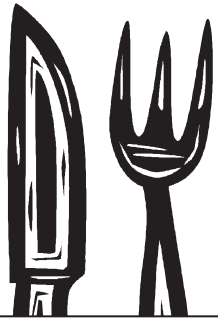
Magical Fruit Salad

Ingredients

- 1 can pineapple chunks (20 oz.)
- 1/2 pound grapes, red or green
- 2 bananas
- 1 3/4 low fat milk
- 1 package pudding mix, instant,
- lemon or vanilla (3 1/2 ounce)

Instructions

1. Drain off the juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add the grapes to the bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.
6. Refrigerate leftovers within 2 hours.



Yields 12 servings / Rinde 12 porciones
Serving size / Tamano porcion
1/4 recipe / de la receta

Cost / Precio
Per recipe: $2.30
Per serving: $0.57

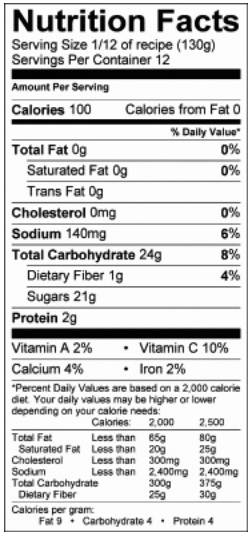
Ensalada Magica de Frutas

Ingredientes

- 1 lata de piña en trozos (20 onzas)
- 1/2 libra de uvas, verdes o rojas
- 2 bananas
- 1 3/4 leche sin grasa
- 1 paquete de mezcla instantánea de budín
- limón o vainilla (3 1/2 onzas)

Instrucciones

1. Escurra el jugo de la lata de piña en trozos. Coloque los trozos en un tazón grande.
2. Lave las uvas y agréguelas al tazón
3. Corte las bananas y añádalas .
4. Vierta la leche sobre la fruta. Mientras vierte lentamente la leche sobre la fruta, espolvoree el polvo de budín instantáneo.
5. Deje reposar la mezcla durante 5 minutos y sirva.
6. Refrigere los sobrantes dos horas después de preparar.



Nutrition Facts

Serving Size 1/12 of recipe (130g)
Servings Per Container 12

Amount Per Serving

Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Sugars 21g	
Protein 2g	

Vitamin A 2% • Vitamin C 10%

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

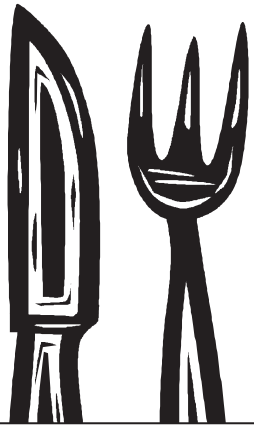
Cucumber and Tomato Salad

Ingredients

- 2 cups cucumber (diced)
- 1 cup tomato (seeded and diced)
- 1/4 cup onion (chopped sweet)
- 2 cups couscous or rice, cooked
- 2 teaspoons dill weed (chopped dried or fresh)
- 1/2 cup Italian salad dressing, low-fat

Instructions

1. Wash hands.
2. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing.
3. Chill for 1 hour.
4. Serve.



Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 recipe / de la receta

Cost / Precio
Per recipe: $2.26
Per serving: $0.56

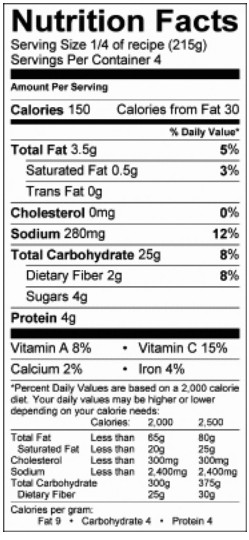
Ensalada de Pepinos y Tomates

Ingredientes

- 2 tazas pepino en trozos
- 1 taza tomate sin semillas en trozos
- 1/4 taza de cebolla dulce picada
- 2 tazas de couscous o arroz, cocido
- 2 cucharaditas eneldo fresco o deshidratado
- 1/2 taza de aderezo estilo Italiano, sin grasa

Instrucciones

1. Lávese las manos.
2. Mezcle los pepinos, tomates, cebollas, couscous (o arroz), eneldo, y aderezo.
3. Refrigere durante 1 hora.
4. Sirva



Nutrition Facts

Serving Size 1/4 of recipe (215g)
Servings Per Container 4

Amount Per Serving

Calories 150	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 4g	

Vitamin A 8% • Vitamin C 15%
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

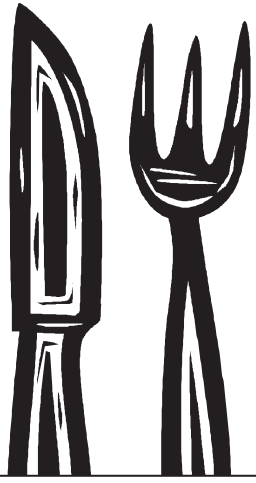
Apple Salad

Ingredients

- 2 cups apple (diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/2 cup nuts
- 2 teaspoons salad dressing (or mayonnaise)
- 1 tablespoon orange juice

Instructions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.



Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 cup / 1/4 taza

Cost / Precio
Per recipe: $2.02
Per serving: $0.25

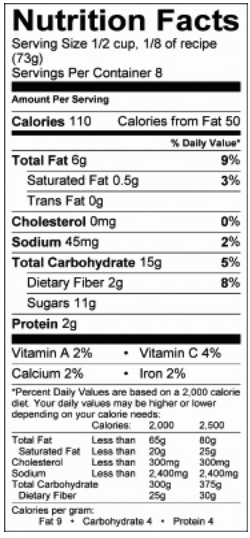
Ensalada de Manzana

Ingredientes

- 2 tazas manzanas en trozos
- 1 taza apio cortado en trozos
- 1/2 taza de uvas pasas
- 1/2 taza de nueces
- 1 cucharadas de aderezo o mayonesa

Instrucciones

1. Mezcle el jugo de naranja con el aderezo para ensalada o mayonesa.
2. Mezcle las manzanas, apio, pasas y nueces con el aderezo.



Nutrition Facts

Serving Size 1/2 cup, 1/8 of recipe (73g)
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 2g	**8%**
Sugars 11g	
Protein 2g	

Vitamin A 2% • Vitamin C 4%

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

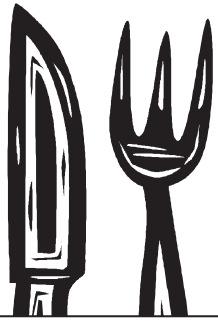
Herb Roasted Potatoes

Ingredients

- 1 pound potatoes (cubed)
- 2 teaspoons vegetable-oil
- 1/2 teaspoon rosemary
- 1/2 teaspoon salt

Instructions

1. Preheat the oven to 450°F. Coat a baking sheet with vegetable cooking spray.
2. Wash and peel the potatoes.
3. Cut the potatoes into 1/2-inch cubes, and put them in a large bowl.
4. Put the oil, rosemary, and salt in a small bowl. Stir together.
5. Pour the oil mix over the potatoes. Stir to coat the potatoes evenly.
6. Spread the potatoes on the baking sheet.
7. Bake for 25 to 30 minutes, or until lightly browned.



Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/2 cup / 1/2 taza

Cost / Precio
Per recipe: $1.07
Per serving: $0.18

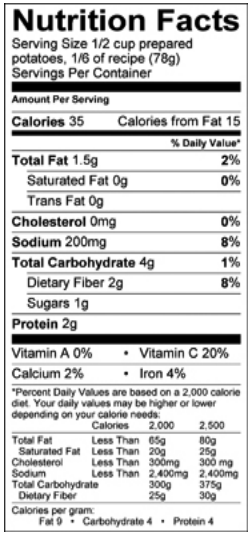
Papas al Horno con Hierbas

Ingredientes

- 1 libra de papas cortadas en cubos
- 2 cucharaditas de aceite vegetal
- 1/2 cucharadita de romero
- 1/2 cucharadita de sal

Instrucciones

1. Precaliente el horno a 450°F. Engrase un molde con aceite en aerosol.
2. Lave y pele las papas.
3. Corte las papas en cubos de 1/2 pulgada y colóquelas en un tazón grande.
4. Coloque el aceite, romero, y sal en un tazón más pequeño y mezcle. Los ingredientes.
5. Vierta la mezcla de aceite sobre las papas.
6. Extienda las papas sobre el molde para hornear.
7. Hornee durante 25 a 30 minutos, hasta que se doren ligeramente.



Nutrition Facts

Serving Size 1/2 cup prepared potatoes, 1/6 of recipe (78g)
Servings Per Container

Amount Per Serving

Calories 35 — Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 2g	**8%**
Sugars 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Chicken Pozole Soup

Ingredients

- 1 chicken (whole, skinned and cut into pieces)
- 8 cups of water
- 1/2 cup onion (chopped)
- 1/4 teaspoon pepper
- 1/4 cup chili powder
- 8 oz tomato sauce (canned)
- 1/2 teaspoon oregano (dried)
- 2 cans hominy, white or yellow, rinsed and drained)
- 2 cups iceberg lettuce (shredded)
- 6 lime wedges

Instructions

1. Put chicken pieces in a large pot and cover with the 8 cups of water. Simmer over medium heat for 1 hour.
2. Add the chopped onion, pepper, chili powder, tomato sauce, and oregano to simmering chicken.
3. After the chicken is thoroughly cooked take the pieces out of the pot and remove most of the bones from the chicken and the pot. Return chicken to the pot.
4. Add the rinsed hominy to the pot of chicken and simmer for another 45 minutes.
5. Serve with lettuce and a wedge of lime.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 recipe / de receta

Cost / Precio
Per recipe: $7.90
Per serving: $1.32

Pozole de Pollo

Ingredientes

- 1 pollo entero sin pellejo y cortado en pedazos
- 8 Tazas de agua
- 1/2 Taza de Cebolla cortada en trozos
- 1/4 cucharadita de pimienta
- 1/4 taza chile en polvo
- 8 oz de pasta de tomate enlatada
- 1/2 cucharadita de oregano deshidratado
- 2 latas de maíz (“hominy”) Blanco o amarillo enjuagado escurrido
- 2 tazas de lechuga iceberg
- 6 tajadas de lima

Instrucciones

1. Coloque el pollo en una olla con rallada Hierva a fuego medio durante 1 hora.
2. Agregue la cebolla picada, pimienta, chile en polvo, salsa de tomate y orégano. Continúe hirviendo.
3. Después de que el pollo esté bien cocido, saque las piezas de pollo de la olla y deshuese el pollo. Regrese el pollo a la olla.
4. Agregue el maíz a la olla con el pollo y hierva otros 45 minutos.
5. Sirva con la lechuga y la tajada de lima.

Nutrition Facts

Serving Size 1/6 of recipe (671g)
Servings Per Container 6

Amount Per Serving

Calories 270	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 680mg	**28%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 7g	**28%**
Sugars 6g	
Protein 27g	
Vitamin A 40% •	Vitamin C 20%
Calcium 8% •	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

Vegetable Stew

Ingredients

- 3 cups water
- 1 vegetable bouillon (low sodium, cube)
- 2 cups white potatoes (cut into 2-inch strips)
- 2 cups carrot (sliced)
- 4 cups summer squash (cut into1-inch chunks)
- 1 cup summer squash (cut into 4 chunks)
- 1 can sweet corn (15 ounces, rinsed and drained)
- 1 teaspoon thyme
- 1/2 green chili pepper (chopped)
- 2 garlic (cloves, minced)
- 1 green onion (stalk, chopped)
- 1 cup onion (coarsely chopped)
- 1 cup tomatoes (diced)

Instructions

1. Put water and bouillon in large pot and bring to a boil.
2. Add potatoes and carrots and simmer for 5 minutes.
3. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and puree in blender.
5. Return pureed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from heat and let sit for 10 minutes to allow stew to thicken.

Yields 8 servings / Rinde 8 porciones
Serving size / Tamano porcion
1 1/4 cup / 1 1/4 taza

Cost / Precio
Per recipe: $4.20
Per serving: $0.52

Estofado de Vegetales

Ingredientes

- 3 tazas de agua
- 1 caldo de vegetales (cubo bajo en sodio)
- 2 tazas de papas blancas(cortadas en tiras de 2 pulgadas
- 2 tazas de zanahorias en rodajas
- 4 tazas de calabaza de verano (cortada en pedazos)
- 1 tazas de calabaza de verano (cortada en pedazos)
- I lata de maiz dulce de isonzas (enjuagado y escurrido)
- 1 cuacharadita de tomillo
- 1/2 de chili verde (picado)
- 2 cabezas de ajo (picado)
- 1 cebolla verde (con tallo picada)
- 1 taza de cebolla (picada gruesa)
- 1 taza de tomates (en trazos)

Instrucciones

1. Ponga el agua y el consomé una olla grande y deyela hevir.
2. Agregue las papas y las zanahorias y deje hervir lentamente 5 minutos.
3. Agregue el resto de los ingredientes, excepto los tomates, y continue cocinando 15 minutos a fuego medio.
4. Saque los 4 trozos de calabaza y hágalos puré en la licuadora.
5. Vuelva a colocar el puré en la olla y deje que se cocine 10 minutos más.
6. Agregue los tomates y cocine otros 5 minutos.
7. Remueva del fuego y deje lo reposar 10 minutos para que el estofado se espese.

Nutrition Facts

Serving Size 1 1/4 cup (394g)
Servings Per Container 8

Amount Per Serving

Calories 140	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 5g	**20%**
Sugars 8g	
Protein 4g	

Vitamin A 140% • Vitamin C 60%
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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Sensational Six-Layer Dinner

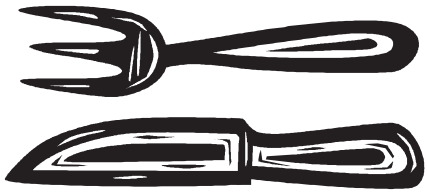
Ingredients

- 2 potatoes medium sliced
- 2 cups carrot (sliced)
- 1/2 cup onion (sliced)
- 1 pound ground beef (browned and drained)
- 1 1/2 cup green beans
- 1 can tomato-soup

Instructions

1. Lightly oil or spray baking dish with cooking spray.
2. Layer ingredients in order given. Cover.
3. Bake at 350°F for 45 minutes or until tender and thoroughly heated.
4. Uncover and bake 15 more minutes.

Notes For variation, use peas or corn instead of green beans. Use your favorite cream soup instead of tomato soup.



Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 recipe / de receta

Cost / Precio
Per recipe: $6.03
Per serving: $1.00

Comida Sensacional de Seis Capas

Ingredientes

- 2 papas medianas rebanadas
- 2 tazas de zanahoria en rodajas
- 1/2 taza cebolla rebanada
- 1 lb carne de res molida, (dorada y escurrida)
- 1 1/2 de frijoles verdes
- 1 lata de sopa de tomate

Instrucciones

1. Ligeramente engrase un molde para hornear con aceite o aceite en aerosol.
2. Coloque los ingredientes en el orden dado por capas. Cubra.
3. Hornee a 350°F durante 45 minutos o hasta que los ingredientes estén suaves y bien cocidos.
4. Remueva la tapa y cocine durante 15 minutos más.

Notas Para variar, utilice chícharos o elote en lugar de los frijoles verdes. Utilice su crema de verduras favorita en lugar de la sopa de tomate.

Nutrition Facts

Serving Size 1/6 of recipe (302g)
Servings Per Container 6

Amount Per Serving

Calories 260	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 65mg	**22%**
Sodium 480mg	**20%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 3g	**12%**
Sugars 8g	
Protein 25g	

Vitamin A 150% • Vitamin C 35%
Calcium 4% • 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

Black Skillet Beef with Greens and Red Potatoes

Ingredients

- 1 pound beef (top round)
- 1 1 tablespoon paprika
- 1 1/2 teaspoon oregano
- 1/2 teaspoon chili powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper
- 1/8 teaspoon mustard (dry)
- 8 potatoes (red-skinned, halved)
- 3 cups onion (finely chopped)
- 2 cups beef broth
- 2 garlic clove (large, minced)
- 2 carrot (large, peeled, cut into very thin 2 1/2 inch strips)
- 2 kale (bunches)

Instructions

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick and 3 inches wide.
2. Combine paprika, oregano, chili powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture.
3. Spray a large heavy skillet nonstick cooking spray. Preheat pan over high heat. Add meat; cook, stirring for 5 minutes.
4. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat for 20 minutes.
5. Stir in carrots, lay greens over top and cook, covered, until carrots are tender, about 15 minutes.
6. Serve in large serving bowl, with crusty bread for dunking.

Yields 8 servings / Rinde 8 porciones
Serving size / Tamano porcion
1 cup / 1 taza

Cost / Precio
Per recipe: $11.13
Per serving: $1.86

Res Sofrita con Vegetales y Papas

Ingredientes

- 1 lb carne de res (de centro)
- 1 cucharadita de pimentón dulce (páprika)
- 1 1/2 cucharadita de orégano
- 1/2 cucharadita de chile (en polvo)
- 1/4 cucharadita pimienta
- 1/8 cucharadita pimienta de Cayena
- 1/8 de cucharadita de mostazol
- 8 papas de cáscara roja (cortadas por la mitad)
- 3 tazas de cebolla (picada finamente)
- 2 tazas caldo de res
- 2 dientes ajo (grandes, picadoes finamente)
- 2 zanahoria (grandes, peladas y cortadas en tiras finas de 2 1/2 pulgadas)
- 2 racimos mostaza, hojas de col rizada (coliflor) o nabo (de 1/2 libra cada una brotes de , sin tallo, picados en trozos gruesos)

Instrucciones

1. Congele parcialmente la carne de res y córtela en tiras en el sentido de las vetas, en rodajas finas de 1/8 pulgadas de grosor.
2. Hebras
3. Rocíe una sartén con aceite Precaliente la sartén a fuego alto. Agregue la carne y cocine revolviendo los ingredientes durante 5 minutos.
4. Agregue las papas, la cebolla, el caldo y el ajo. Cocine y tape a fuego medio durante 20 min.
5. Agregue las zanahorias. Coloque las hojas encima y cocine cubierto alrededor de 15 minutos, o hasta que las zanahorias estén suaves.
6. Sirva en un tazon grande, con pan crujiente para mojar.

Nutrition Facts

Serving Size 7 ounces (538g)
Servings Per Container 6

Amount Per Serving

Calories 320	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 410mg	**17%**
Total Carbohydrate 54g	**18%**
Dietary Fiber 9g	**36%**
Sugars 8g	
Protein 23g	

Vitamin A 290% • Vitamin C 170%
Calcium 15% • Iron 25%

*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

Bulgur Chickpea Salad

Ingredients

- 1 1/4 cup water
- 1 cup bulgur (coarse, available in bulk from
- natural foods stores)
- 1 teaspoon dried parsley
- 1 teaspoon minced onion
- 1 teaspoon soy sauce
- 1/2 cup scallions (chopped, green onions)
- 1/2 cup raisins
- 1/2 cup carrot (chopped)
- 3/4 cups canned chickpeas drained and rinsed)
- 2 tablespoons oil
- 2 tablespoons lemon juice
- 1 garlic clove (minced)
- black pepper (to taste)

Instructions

1. Bring water to boil in medium saucepan. Stir in bulgur, parsley, minced onion, and soy sauce. Cover and reduce heat; simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook.
2. Remove from heat and allow to cool; fluff with fork.
3. Combine dressing ingredients; stir well. Pour over bulgur mixture and mix well.
4. Stir in scallions, raisins, carrots, and chickpeas. Cover and chill for several hours. Store in refrigerator.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 recipe / de receta

Cost / Precio
Per recipe: $1.98
Per serving: $0.33

Ensalada de Trigo Bulgur y Garbanzo

Ingredientes

- 1 1/4 taza agua
- 1 taza de bulgur (grano grueso o)
- 1 cucharadita perejil seco
- 1 cucharadita cebolla picada finamente
- 1 cucharadita salsa de soya
- 1/2 taza cebollas verdes (ajo chalote/escalonia) picadas
- 1/2 taza pasas
- 1/2 taza zanahoria picada
- 3/4 tazas garbanzos en lata escurridos y enjuagados
- 2 cucharadas aceite
- 2 cucharadas jugo de limón
- 1 diente de ajo grande picado finamente
- Pimienta al gusto

Instrucciones

1. Hierva el agua en una cacerola mediana. Agregue el trigo bulgur, el perejil, la cebolla picada y la salsa de soya. Tape y disminuya la temperatura. Hierva a fuego lento de 15 a 20 minutos, o hasta que toda el agua quede absorbida, y que el trigo bulgur no esté demasiado crujiente. No cocine en exceso.
2. Remueva del fuego y deje enfriar. Mezcle suavemente con un tenedor.
3. Combine los ingredientes del aderezo y revuelva bien. Vierta la mezcla sobre de trigo bulgur y mezcle bien.
4. Agregue la cebolla verde, las pasas, las zanahorias y los garbanzos. Tape y deje enfriar durante varias horas. Guarde en el refrigerador (nevera/ hielera).

Nutrition Facts

Serving Size 1/6 of recipe (212g)
Servings Per Container 6

Amount Per Serving

Calories 190	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 320mg	**13%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 6g	**24%**
Sugars 9g	
Protein 5g	

Vitamin A 35% • Vitamin C 8%
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

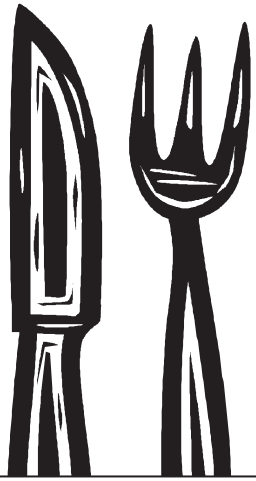
Orange Cow

Ingredients

- orange juice (frozen, 1 6 oz. can)
- 2 cups water (cold)
- 1 teaspoon vanilla
- 1/3 cup milk (nonfat, dry)
- 1 cup ice (more)

Instructions

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.



Yields 3 servings / Rinde 3 porciones
Serving size / Tamano porcion
1/4 cup / 1/4 taza

Cost / Precio
Per recipe: $2.02
Per serving: $0.25

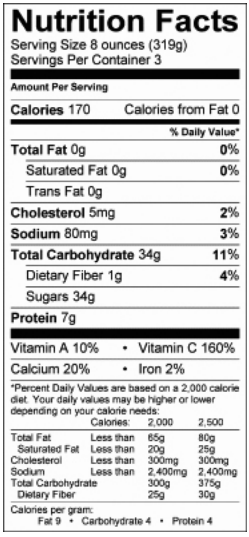
Naranja en Leche

Ingredientes

- Jugo de naranja congelado (o en lata de 1 6 onzas)
- 2 tazas agua fría
- 1/3 taza leche en polvo sin grasa
- 1 taza hielo

Instrucciones

1. Ponga todos los ingredientes en la licuadora o en la procesadora de alimentos.
2. Asegure la tapa y licue hasta que quede homogéneo. Sirva inmediatamente.



Nutrition Facts

Serving Size 8 ounces (319g)
Servings Per Container 3

Amount Per Serving

Calories 170	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 80mg	**3%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 1g	**4%**
Sugars 34g	
Protein 7g	

Vitamin A 10% • Vitamin C 160%

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

Peach Apple Crisp

Ingredients

- 1 can peaches, in light syrup, drained, sliced (20 ounce)
- 2 apples, tart, peeled, sliced (medium)
- 1/2 teaspoon vanilla
- 1/4 teaspoon cinnamon (ground)
- 3/4 cup plus 3 Tablespoons) flour
- 1/4 cup brown sugar (packed)
- 3 tablespoons margarine (chilled)

Instructions

1. Preheat oven to 350°F. Lightly grease 9x9x2 inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 20 minutes.

Yields 8 servings / Rinde 8 porciones
Serving size / Tamano porcion
1/2 cup / 1/2 taza

Cost / Precio
Per recipe: $3.24
Per serving: $0.41

Crujiente de Manzana y Durazno

Ingredientes

- 1 lata duraznos en almíbar, escumidos y rebanados (20 onzas)
- 2 manzanas medianas, un poco ácidas, peladas, rebanadas
- 1/2 cucharadita vainilla
- 1/4 cucharadita canela molida
- 3/4 tazas harina (más 3 cucharadas de)
- 1/4 taza azúcar moreno (compacta de)
- 3 cucharadas margarina fría

Instrucciones

1. Precaliente el horno a 350°F. Ligeramente engrase un molde de 9x9x2 pulgadas.
2. Combine los duraznos, manzanas, vainilla y canela en un tazón. Mezcle bien y extienda uniformemente en el molde engrasado.
3. Combine la harina y el azúcar en un tazón pequeño. Corte la margarina con dos cuchillos hasta que la mezcla tenga la consistencia de la fécula de maíz.
4. Espolvoree la mezcla de harina uniformemente sobre la fruta.
5. Hornee hasta que este ligeramente dorado y salgan burbujitas, unos 20 minutos.

Nutrition Facts

Serving Size 1/2 cup, 1/8 of recipe (135g)
Servings Per Container 8

Amount Per Serving

Calories 170	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1g	**5%**
Trans Fat 1g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 2g	**8%**
Sugars 18g	
Protein 2g	

Vitamin A 2% • 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

Orange Honeyed Acorn Squash

Ingredients

- 3 acorn squash (small)
- 2 tablespoons orange juice
- 1/4 cup honey
- 2 tablespoons butter or margarine
- 1/8 teaspoon nutmeg (optional)

Instructions

1. Preheat oven to 400°F.
2. Cut squash in half. Remove seeds and place halves in shallow baking pan.
3. Combine orange juice and honey. Mix well. Put some of the orange juice/honey mixture in each squash cavity.
4. Add 1 Tablespoon of the margarine to each squash half. Sprinkle with nutmeg, if desired.
5. Cover pan with aluminum foil to keep steam in and speed cooking.
6. Bake 30 minutes. Remove foil and continue baking 30 minutes more, or until squash is tender.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/2 cup / 1/2 taza

Cost / Precio
Per recipe: $3.84
Per serving: $0.64

Calabacin Glaseado con Naranja

Ingredientes

- 3 calabazas de invierno (tipo “acorn squash”)
- 2 cucharadas de jugo de naranja
- 1/4 taza de miel
- 2 cucharadas de mantequilla o margarina
- 1/8 cucharadita de nuez moscada

Instructiones

1. Precaliente el horno a 400°F.
2. Corte las calabazas por la mitad. Quíteles las semillas y coloque las mitades en un molde para hornear no muy profundo.
3. Combine el jugo de naranja y la miel. Mezcle bien. Coloque un poco de la mezcla jugo de naranja/miel en las cavidades de cada mitad de calabaza.
4. Agregue 1 cucharada de margarina a cada mitad de calabaza, Espolvoree con nuez moscada, si se desea.
5. Cubra el molde con papel aluminio para retener el vapor y agilizar la cocción.
6. Hornee durante 30 minutos. Remueva el papel aluminio y continúe horneando por 30 minutos más, o hasta que el calabaza esté suave.

Nutrition Facts

Serving Size 1/2 cup, 1/6 of recipe (239g)
Servings Per Container 6

Amount Per Serving

Calories 170	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 40mg	**2%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 3g	**12%**
Sugars 16g	
Protein 2g	
Vitamin A 20% • Vitamin C 40%	
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

Melon Salsa

Ingredients

- 2 cups melon, honeydew, cantaloupe or watermelon (seeded and chopped fresh, use one)
- 1 cup cucumber (peeled, seeded and chopped)
- 1/4 cup onion, red or white (chopped)
- 2 tablespoons cilantro or mint (optional) (fresh, chopped)
- 1 jalapeño (seeded and finely chopped, or hot sauce to taste)
- 1/4 cup lime juice or lemon juice
- 1 tablespoon sugar, white or brown

Instructions

1. In a medium size bowl, stir together all ingredients.
2. Taste and season with more lemon or lime juice, sugar if needed.
3. Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.

Note: Caution: When handling hot peppers, the oils can cause burning and skin irritation. You can wear clean kitchen gloves or wash hands thoroughly after preparing. KEEP HANDS AWAY FROM EYES.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/2 cup / 1/2 taza

Cost / Precio
Per recipe: $3.84
Per serving: $0.64

Salsa de Melon

Ingredientes

- 2 tazas melón, melón chino, o sandía (sin semillas, picado y fresco)
- 1 taza pepino pelado, sin semilla y picado
- 1/4 taza cebolla, blanca o roja picada
- 2 cucharadas de cilantro o menta (opcional)
- 1/2 chile jalapeño y (sin semilla, finamente picado, o salsa picante)
- 1/4 taza jugo de lima o de limón
- 1 cucharada azúcar blanco o moreno

Instrucciones

1. En un tazón mediano, mezcle todos los ingredientes.
2. Pruebe y sazone con más lima o limón, azúcar según sea el caso.
3. Cubra y refrigere durante por lo menos 30 minutos. Sirva con pescado o pollo a la parrilla

Nota: Precaución: Cuando maneje chiles picantes, los aceites del chile pueden causar irritación en los ojos y en la piel. Usted puede utilizar guantes para cocinar o lavarse muy bien las manos después de preparar este platillo. NO PONGA SUS MANOS EN CONTACTO CON SUS OJOS.

Nutrition Facts

Serving Size 1/4 cup (48g)
Servings Per Container 12

Amount Per Serving

Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Sugars 3g	
Protein 0g	

Vitamin A 20% • Vitamin C 20%
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

Tortilla Pizza

Ingredients

- 12 flour or corn tortillas (small)
- vegetable oil or margarine
- 1 can refried beans (16 ounce)
- 1/4 cup onion (chopped)
- 2 ounces fresh or canned green chili peppers)
- 6 tablespoons red taco sauce
- 3 cups vegetables, such as broccoli, mushrooms, spinach, and red bell pepper (chopped)
- 1/2 cup cheese, shredded part-skim mozzarella
- 1/2 cup cilantro (chopped, fresh)

Instructions

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 Tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 Tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 recipe / de receta

Cost / Precio
Per recipe: $1.98
Per serving: $0.33

Pizza de Tortillas

Ingredientes

- 12 tortillas pequeñas de maíz
- Aceite vegetal o margarina
- 1 lata frijoles refritos (16 onzas)
- 1/4 taza cebolla picada
- 2 onzas chiles picados frescos o enlatados
- 6 cucharadas salsa roja de taco
- 3 tazas verduras picadas, como broccoli, champiñones, espinacas y pimientos rojos
- 1/2 taza queso mozzarella, rallado, bajo en grasa
- 1/2 taza cilantro fresco, picado

Instrucciones

1. Espoluoree unas gotas de agua sobre cada una de los lados de la tortillas. Una los lados mojados de las tortillas para formar una base gruesa para la pizza.
2. Extienda la parte de afuera de las tortillas con aceite o margarina. Dore ligeramente cada lado de las tortillas en una sartén caliente. Repita con el resto de las tortillas. Ponga a un lado.
3. Caliente los frijoles refritos, cebollas, y la mitad de los chiles en una sartén mediana, agitando ocasionalmente. Remueya del fuego.
4. Extienda 1/3 taza de la mezcla de frijoles sobre cada pizza de tortillas. Extienda 1 cucharada de salsa para tacos sobre las bases para pizza. Luego coloque 1/2 taza de las verduras picadas, 1 cucharadita de chiles, y 1 cucharada de queso para cada pizza.
5. Regrese las pizzas a la sartén hasta que el queso se derrita. Encima coloque el cilantro, si se desea. Sirva inmediatamente.

Nutrition Facts

Serving Size 1 prepared pizza, 1/6 of recipe (309g)
Servings Per Container

Amount Per Serving

Calories 370	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 950mg	**40%**
Total Carbohydrate 63g	**21%**
Dietary Fiber 9g	**36%**
Sugars 6g	
Protein 15g	
Vitamin A 180% • Vitamin C 25%	
Calcium 20% • Iron 25%	

*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

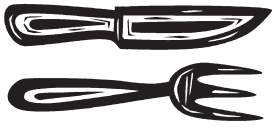
Pumpkin and Bean Soup

Ingredients

- 1 can white beans
- 1 onion (small, finely chopped)
- 1 cup water
- 1 can pumpkin (15 ounce)
- 1/2 cup apple juice
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg, allspice, or ginger
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt

Instructions

1. Blend white beans, onion, and water with a potato masher or blender till smooth.
2. In a large pot, add the pumpkin, juice, cinnamon, nutmeg, black pepper, and salt. Stir.
3. Add the blended bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.



Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1 cup / 1 taza

Cost / Precio
Per recipe: $2.38
Per serving: $0.40

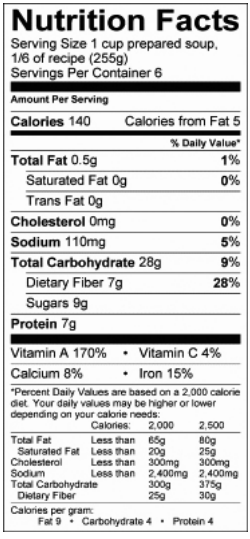
Sopa de Calabaza y Frijol Blanco

Ingredientes

- 1 lata frijoles blancos
- 1 cebolla pequeña finamente picada
- 1 taza agua
- 1 lata calabaza (15 onzas)
- 1/2 taza de jugo de manzana
- 1/2 cucharadita de canela
- 1/8 cucharadita nuez moscada, allspice, o jenjibre
- 1/2 cucharadita pimienta
- 1/4 cucharadita de sal

Instrucciones

1. Integre los frijoles blancos, cebolla, y agua con un machacador de papas o en la licuadora hasta tener una pasta suave.
2. En una olla grande, agregue la calabaza, jugo de manzana, canela, nuez moscada, pimienta y sal. Mezcle bien.
3. Agregue la mezcla licuada de frijoles a la olla.
4. Cocine a fuego lento durante 15-20 minutos, hasta estar bien caliente.



Nutrition Facts

Serving Size 1 cup prepared soup, 1/6 of recipe (255g)
Servings Per Container 6

Amount Per Serving

Calories 140	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 110mg	**5%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 7g	**28%**
Sugars 9g	
Protein 7g	
Vitamin A 170% • Vitamin C 4%	
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

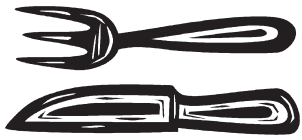
Vegetarian Chili

Ingredients

- 2 onion (large, cut into 1/4 inch pieces)
- 1 green bell pepper (cut into 1/4 inch pieces)
- 3 garlic clove
- 2 jalapeno chilis (fresh, diced)
- 2 tablespoons vegetable-oil
- 1 tablespoon chili powder
- 1 tablespoon cumin (ground)
- 1 can whole tomatoes (28 ounce, cut into 1/4 inch pieces or 8 medium fresh tomatoes)
- 2 zucchini (medium, cut into 1/4 inch pieces)
- 2 summer squash (medium, cut in to 1/4 inch pieces)
- 1 can kidney beans (16 ounce, rinsed)
- 1 cup cilantro (or coriander) (chopped, fresh)
- salt and pepper (to taste)

Instructions

1. In a large pot sauté onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often.
2. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally.
3. Add the tomatoes, zucchini, squash, and bring mixture to a simmer.
4. Simmer for 15 minutes, stirring occasionally.
5. Add beans, and continue to simmer for another 5 minutes.
6. Serve the mixture hot. Put remaining cilantro on top.



Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 of recipe / de receta

Cost / Precio
Per recipe: $6.59
Per serving: $1.65

Chili Vegetariano

Ingredientes

- 2 cebollas grandes – cortadas en pedazos de 1/4 de pulgada
- 1 pimiento verde – cortado en pedazos
- 3 dientes de ajo
- 2 chiles jalapeños picados
- 2 cucharadas aceite vegetal
- 1 cucharada chile en polvo
- 1 cucharada comino molido
- 1 lata de tomates cortados en pedazos de 1/4 de pulgada (o 8 tomates enteros – 6 medianos frescos) (28 onzas)
- 2 calabacines medianos “zucchini” – cortados en pedazos pequenos
- 2 collabazas de verano medianos, picadoen truzos de un 1/4 depulgada
- 1 lata frijoles enteros enjuagados (16 onzas)
- 1 taza cilantro fresco, picado
- Sal y pimienta al gusto

Instrucciones

1. En una olla grande, sofría las cebollas, pimientas, ajo y jalapeños en aceite a fuego medio durante 5 minutos – mezclando frecuentemente.
2. Agregue el chile en polvo, comino, la mitad del cilantro picado, sal y pimienta, y continúe cocinando 3 minutos, agitando ocasionalmente.
3. Agregue los tomates, calabacín, calabaza, y caliente hasta que comience a hervir.
4. Caliente a fuego lento durante 15 minutos, agitando ocasionalmente.
5. Agregue los frijoles y continúe cociendo 5 minutos.
6. Sirva la mezcla caliente. Coloque el resto del cilantro encima.

Nutrition Facts

Serving Size 1/4 of recipe (703g)
Servings Per Container 4

Amount Per Serving

Calories 300	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 310mg	**13%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 13g	**52%**
Sugars 17g	
Protein 13g	

Vitamin A 70% • Vitamin C 200%
Calcium 20% • 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

Spinach Stuffed Potatoes

Ingredients

- 6 potatoes (baking)
- 1/4 cup sour cream, light
- 1/4 cup tofu, silken soft
- 1 package spinach (10-ounce frozen, thawed and drained)
- 1/4 cup green onion
- 1/4 teaspoon pepper
- 1/2 cup cheddar, lowfat (grated)
- 1 Mrs. Dash garlic and herb seasoning

Instructions

1. Thaw the spinach before you cook this recipe! After they thaw, drain any extra water from the spinach.
2. Preheat the oven to 350°F.
3. Wash and scrub the potatoes.
4. Bake the potatoes in for 1 hour till they're tender and you can pierce them with a fork.
5. Wash and chop the green onion until you get ¼ cup onion.
6. Put the sour cream, tofu, spinach, onion, pepper and cheese in a mixing bowl. Mix well.
7. When the potatoes are baked, let them cool. Then use a spoon to scoop out the inside of the potato. Add the inside of the potato to the sour cream mix. Stir together. Stuff the potato skin shells with the mixture.
8. Sprinkle the potatoes with the garlic and herb seasoning.
9. Bake the potatoes for 20-25 minutes until they're a little brown.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 of recipe / de receta

Cost / Precio
Per recipe: $4.65
Per serving: $0.77

Papas Rellenas de Espinacas

Ingredientes

- 6 papas para hornear
- 1/4 taza crema agria bajo en grasa
- 1/4 taza tofu cremoso
- 1 paquete espinaca descongelada, escurrido
- 1/4 taza cebolla verde
- 1/4 cucharadita de pimienta
- 1/2 taza queso cheddar rallado, sin grasa
- 1 pizca de sazón de ajo y hierbas marca “Ms. Dash”

Instrucciones

1. Descongele la espinaca antes de cocinar esta receta! Después de descongela y, drene el agua sobrante de la espinaca.
2. Caliente el horno a 350°F.
3. Lave bien las papas.
4. Hornee las papas durante 1 hora hasta que estén suaves y pueda atravesarlas con un tenedor.
5. Lave y pique la cebolla verde hasta obtener 1/4 taza de cebolla.
6. Coloque la crema, tofu, espinaca, cebolla, pimienta y queso en un tazón. Mezcle bien.
7. Cuando las papas estén bien horneadas, déjelas enfriar. Luego utilice una cuchara para sacar la parte de adentro de la papa. Agregue esta parte interna de la papa a la mezcla de crema. Integre bien.
8. Rellena la papa con la mezcla.
9. Hornee las papas de 20-25 minutos hasta que estén un poco doradas.

Nutrition Facts

Serving Size 1 prepared potato, 1/6 of recipe (229g)
Servings Per Container 6

Amount Per Serving	
Calories 160	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 105mg	**4%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 4g	**16%**
Sugars 2g	
Protein 8g	
Vitamin A 110% • Vitamin C 50%	
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

Apple Cake

Ingredients

- 10 tablespoons butter
- 3/4 cups sugar
- 3 egg
- 1 3/4 cup flour (sifted)
- 2 teaspoons baking powder
- 1 tablespoon lemon rind (grated)
- 2 apple (medium, pared, cored, sliced)
- 2 teaspoons sugar
- 1/2 cup apricot jam

Instructions

1. Beat butter with sugar until creamy.
2. Add eggs one at a time, beating until well blended.
3. Add flour, baking powder, and lemon rind, beat 4 minutes.
4. Pour into greased 9-inch spring-form pan.
5. Arrange the apples on the batter, sprinkle with 2 teaspoons sugar.
6. Bake 1 hour at 350°F.
7. Remove from pan, brush apples with jam, cool.

Yields 12 servings / Rinde 12 porciones
Serving size / Tamano porcion
1/12 of recipe / de receta

Cost / Precio
Per recipe: $3.91
Per serving: $0.33

Pastel de Manzana

Ingredientes

- 10 cucharadas mantequilla
- 3/4 tazas Azúcar
- 3 huevo
- 1 3/4 taza harina tamizada
- 2 cucharaditas polvo para hornear
- 1 cucharada cascara de limón rallado
- 2 manzanas, sin corazones, cortadas en tiras y peladas
- 2 cucharaditas azúcar
- 1/2 taza mermelada de albaricoque o chabacano

Instrucciones

1. Bata la mantequilla con el azúcar hasta que se resulte una mezcla cremosa.
2. Añada huevos cada uno a la vez, batiendo hasta que se mezclan bien.
3. Añada harina, polvo para hornear, y cascara de limón. Bata durante 4 minutos.
4. Vierte la mezcla en una cacerola engrasada para pie de anillos de 9 pulgadas.
5. Arregle las manzanas en la mezcla espolvoree con 2 cucharaditas de azúcar.
6. Hornear una hora a 350°F.
7. Retire de la cacerola, extienda un poco de la mermelada sobre las manzanas, déjelo enfriar.

Nutrition Facts

Serving Size 1 slice, 1/12 of recipe (92g)
Servings Per Container 12

Amount Per Serving

Calories 260	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 105mg	**4%**
Total Carbohydrate 39g	**13%**
Dietary Fiber 1g	**4%**
Sugars 21g	
Protein 4g	

Vitamin A 8% • Vitamin C 4%
Calcium 6% • 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

Bean & Rice Burrito

Ingredients

- 2 cups rice (cooked)
- 1 onion (small, chopped)
- 2 cups kidney beans (cooked, or one 15 ounce can, drained)
- 8 flour tortillas (10 inch)
- 1/2 cup salsa
- 1/2 cup grated cheese

Instructions

1. Preheat the oven to 300°F.
2. Peel the onion, and chop it into small pieces.
3. Drain the liquid from the cooked (or canned) kidney beans.
4. Mix the rice, chopped onion, and beans in a bowl.
5. Put each tortilla on a flat surface.
6. Put 1/2 cup of the rice and bean mix in the middle of each tortilla.
7. Fold the sides of the tortilla to hold the rice and beans.
8. Put each filled tortilla (burrito) in the baking pan.
9. Bake for 15 minutes.
10. While the burritos are baking, grate 1/2 cup cheese.
11. Pour the salsa over the baked burritos. Add cheese.
12. Serve the burritos warm.

Yields 8 servings / Rinde 8 porciones
Serving size / Tamano porcion
1 burrito

Cost / Precio
Per recipe: $3.14
Per serving: $0.39

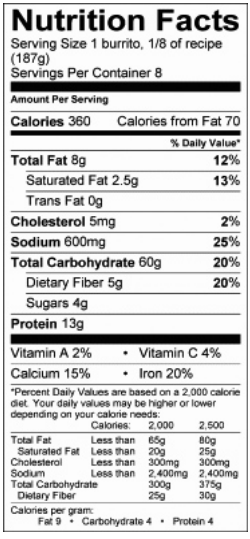
Burrito de Frijol & Arroz

Ingredientes

- 2 tazas arroz cocido
- 1 cebolla pequeña picada
- 2 tazas frijoles enteros o una lata de 15 onzas de frijoles drenados
- 8 tortillas de harina (10 pulgadas cada una)
- 1/2 taza Salsa
- 1/2 taza queso rayado

Instrucciones

1. Precaliente el horno a 300°F.
2. Pele la cebolla, y córtela en trozos pequeños.
3. Drene el líquido de los frijoles (cocidos o enlatados).
4. Mezcle el arroz, la cebolla y los frijoles en un recipiente.
5. Coloque cada tortilla en una superficie plana.
6. Coloque 1/2 taza de la mezcla de arroz y frijoles en el centro de cada tortilla.
7. Doble la tortilla hacia el centro para contener el frijol y el arroz.
8. Coloque cada burrito en un molde para hornear.
9. Meta el molde al horno y cocine durante 15 minutos.
10. Mientras los burritos están en el horno, raye 1/2 taza de queso.
11. Vierta la salsa sobre los burritos horneados. Agregue el queso.
12. Sirva calientito.



Nutrition Facts

Serving Size 1 burrito, 1/8 of recipe (187g)
Servings Per Container 8

Amount Per Serving

Calories 360	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 600mg	**25%**
Total Carbohydrate 60g	**20%**
Dietary Fiber 5g	**20%**
Sugars 4g	
Protein 13g	

Vitamin A 2% • Vitamin C 4%
Calcium 15% • Iron 20%

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

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

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

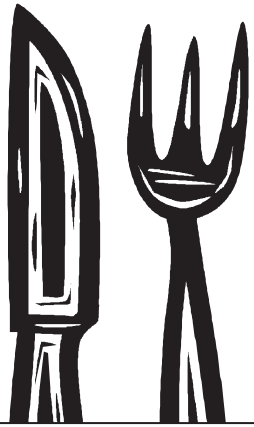
Chicken & Cranberry Salad

Ingredients

- 12 ounces chicken, cooked and diced (1 1/2 cups)
- 1/2 cup vinaigrette dressing
- 1 cup dried cranberries (or cherries)
- 2 tablespoons almonds (sliced)
- 1 head of lettuce (chopped)

Instructions

1. Toss chicken, cranberries, and almonds with dressing.
2. Serve on a mound of chopped lettuce.



Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 of recipe / de receta

Cost / Precio
Per recipe: $6.76
Per serving: $1.69

Ensalada de Pollo & Arandanos

Ingredientes

- 12 onzas de pollo cocido y cortado den pedacitos (1 1/2 tazas)
- 1/2 taza de vinagreta
- 1 taza de arandanos secos(o cerezas secas)
- 2 cucharada almendras (tajadas)
- 1 lechuga cortada

Instrucciones

1. Revuelva el pollo, arándanos, y almendras con la vinagreta.
2. Sirva sobre un lecho de hojas de lechuga.

Nutrition Facts

Serving Size 1/4 of recipe (285g)
Servings Per Container 4

Amount Per Serving

Calories 290	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 70mg	**23%**
Sodium 80mg	**3%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 4g	**16%**
Sugars 27g	
Protein 28g	

Vitamin A 15% • Vitamin C 6%
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

Curried Potatoes

Ingredients

- 1/4 cup margarine or butter
- 1 onion (small, finely chopped)
- 3 cups potatoes (cold, boiled, cubed)
- 3/4 cups chicken broth
- 1/2 tablespoon curry powder
- 1/2 tablespoon lemon juice

Instructions

1. Peel the onion, and chop it into small pieces.
2. Peel the potatoes, and chop them into 1 inch cubes.
3. Boil the potatoes in a medium saucepan until they are soft. Drain off the hot water.
4. Add ice cold water to cover the potatoes.
5. Melt the butter on medium heat in a frying pan or skillet.
6. Cook the onion in the butter until it turns yellow.
7. Drain the water from the potatoes, and add them to the frying pan. Stir and cook until they absorb the butter.
8. Add the broth, curry powder, and lemon juice.
9. Cook until the potatoes have absorbed the broth.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 of recipe / de receta

Cost / Precio
Per recipe: $1.97
Per serving: $0.33

Papas al Curry

Ingredientes

- 1/4 taza margarina o mantequilla
- 1 cebolla fínamente picada
- 3 tazas papas cocidas, frías, y cortadas en cubos
- 3/4 tazas caldo de pollo
- 1/2 cucharada curry en polvo
- 1/2 cucharada jugo de limón

Instrucciones

1. Pele la cebolla, y córtela en pedazos pequeños.
2. Pele las papas y córtelas en cubos de 1 pulgada.
3. Ponga a cocer las papas en una sartén mediano hasta que se ablanden. Drene el agua caliente.
4. Agregue agua fría hasta cubrir las papas.
5. Derrita la mantequilla a fuego medio en un sartén.
6. Cocine la cebolla en la mantequilla hasta que tome un color amarillo.
7. Escurra el agua de las papas, y agréguelas la sartén. Mezcle y cocine hasta que absorban la mantequilla.
8. Agregue el caldo, el curry en polvo, y el jugo de limón.
9. Cocine hasta que las papas hayan absorbido el caldo.

Nutrition Facts

Serving Size 1/2 cup prepared potatoes, 1/6 of recipe (132g)
Servings Per Container 6

Amount Per Serving

Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1.5g	**8%**
Trans Fat 1.5g	
Cholesterol 0mg	**0%**
Sodium 260mg	**11%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 3g	
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

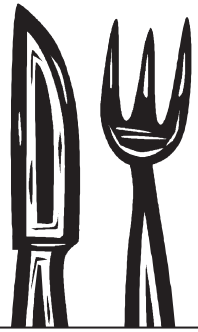
Fruit Yogurt Parfait

Ingredients

- 1/2 cup yogurt, fruit-flavored
- 1/2 banana (medium)
- 1/2 cup grape
- 1/4 cup dry crunchy cereal (Grape Nuts or granola cereals are good)

Instructions

1. Peel and slice the banana.
2. Spoon the grapes into a tall plastic cup.
3. Put 3 spoonful's of yogurt on top of the grapes.
4. Spoon sliced bananas on top of the yogurt.
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top.



Yields 1 serving / Rinde 1 porcion
Serving size / Tamano porcion
1 parfait

Cost / Precio
Per recipe: $0.81
Per serving: $0.81

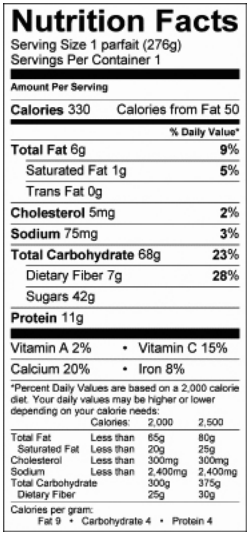
Parfait de Yogurt con Frutas

Ingredientes

- 1/2 taza yogurt con sabor a frutas
- 1/2 una banana mediana
- 1/2 taza uvas
- 1/4 taza cereal crujiente (los cereales con granola son una buena opción)

Instrucciones

1. Pele y rebane la banana.
2. Con una cuchara coloque las uvas en un vaso alto de plástico.
3. Coloque 3 cucharadas de yogurt sobre las uvas.
4. Coloque las rebanadas de banana encima del yogurt.
5. Agregue el resto del yogurt.
6. Espolvoree el cereal sobre la capa de yogurt.



Nutrition Facts

Serving Size 1 parfait (276g)
Servings Per Container 1

Amount Per Serving

Calories 330 — Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 75mg	**3%**
Total Carbohydrate 68g	**23%**
Dietary Fiber 7g	**28%**
Sugars 42g	
Protein 11g	

Vitamin A 2% • Vitamin C 15%
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

Waldorf Salad

Ingredients

- 1/4 cup walnuts (chopped)
- 2 apple (cored and diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/4 cup plain yogurt (non-fat)
- 1/2 teaspoon sugar
- 1 teaspoon lemon juice

Instructions

1. Preheat oven to 350°F.
2. Place chopped walnuts on a baking sheet and bake for 12-15 minutes. Stir occasionally until they are evenly toasted.
3. Combine apples, celery, nuts, and raisins.
4. Stir together yogurt, sugar, and lemon juice. Pour over apple mixture and toss lightly.
5. Refrigerate leftovers within 2-3 hours.
6. Serve with whole wheat bread

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
2/3 cup / 2/3 taza

Cost / Precio
Per recipe: $2.02
Per serving: $0.34

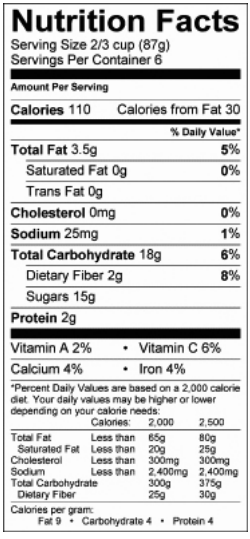
Ensalada Waldorf

Ingredientes

- 1/4 taza de nueces
- 2 manzanas picadas en cubos
- 1 taza de apio cotardo
- 1/2 taza uvas pasas
- 1/4 de taza de yogurt sin sabor bajo en grasa
- 1/2 cucharadira de azucar
- 1 cucharadita de jugo de limon

Instrucciones

1. Precaliente el horno a 350°F.
2. Ponga las nueces picadas en una bandeja para hornear y hornee de 12 a 15 minutos. Revuelva ocasionalmente hasta que estén tostadas.
3. Combine las manzanas, el apio, las nueces y las pasas.
4. Incorpore el yogurt, el azúcar y el jugo de limón. Ponga encima la mezcla de manzana y mezcle ligeramente.
5. Refrigere lo que sobre dentro de las siguientes 2 a 3 horas.Sugerencia
6. Sirva este plato con un pan de trigo entero para una buena comida.



Nutrition Facts

Serving Size 2/3 cup (87g)
Servings Per Container 6

Amount Per Serving

Calories 110	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 2g	**8%**
Sugars 15g	
Protein 2g	

Vitamin A 2% • Vitamin C 6%
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

White Chili

Ingredients

- 4 cups white beans
- 1 tablespoon olive oil
- 2 red pepper (chopped)
- 1 onion (large, chopped)
- 1 chopped green chili (adjust to taste)
- 3 garlic cloves (minced)
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon Oregano
- 2 cups chicken broth (low sodium)
- 2 cups low-fat milk
- 1/4 cup cilantro
- 3/4 pounds chicken (cooked and cubed)
- 6 corn tortillas (toasted and cut into 1 inch squares

Instructions

1. Sauté peppers and onion in olive oil.
2. Add green chili, garlic, spices and chicken broth. Simmer for 20 minutes.
3. Add milk, cooked beans, cooked chicken and cilantro. Heat through.
4. Top chili with crisp tortillas before serving.

Yields 10 servings / Rinde 10 porciones
Serving size / Tamano porcion
1/10 of recipe / de receta

Cost / Precio
Per recipe: $6.11
Per serving: $0.61

Chile Blanco

Ingredientes

- 4 tazas frijoles (habichuelas /caraotas /porotos blancos cocidos)
- 1 cucharada aceite de oliva
- 2 pimientos rojos picados
- 1 cebolla (grande picada)
- 1 chile verde picado (cantidad a gusto)
- 3 cloves ajo picados finamente
- 1 cucharada chile en polvo
- 1 cucharadita comino
- 1 cucharadita orégano
- 2 tazas caldo de pollo (bajo en sodio)
- 2 tazas leche bajo en grasa
- 1/4 taza cilantro
- 3/4 libra pollo cocido (y cortado en cubos)
- 6 tortillas de harina de maíz (tostadas y cortadas en cuadrados de 1 pulgadas)

Instrucciones

1. Sofría los pimientos y la cebolla en aceite de oliva.
2. Agregue el chile verde, el ajo, las especias y el caldo de pollo. Deje hervir lentamente 20 minutos.
3. Agregue la leche, los frijoles cocidos, el pollo cocido y el cilantro. Cocine bien.
4. Cubra el chile con las tortillas crujientes antes de servir.

Nutrition Facts

Serving Size 1/10 recipe (279g)
Servings Per Container 10

Amount Per Serving

Calories 210 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 150mg	**6%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 5g	**20%**
Sugars 5g	
Protein 18g	

Vitamin A 20% • Vitamin C 60%
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

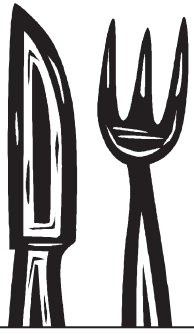
Fruit Kabobs with Yogurt Dip

Ingredients

- 1 cup watermelon (chunks)
- 1 cup pineapple (chunks)
- 1 cup grapes, red seedless
- 1 cup strawberries (stemmed)
- 2 kiwi (peeled and cut in quarters)
- 8 bamboo skewers (6 inches long)
- 1 cup yogurt, light strawberry

Instructions

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place nonfat light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.



Yields 8 servings / Rinde 8 porciones
Serving size / Tamano porcion
1/8 of recipe / de receta

Cost / Precio
Per recipe: $3.18
Per serving: $0.40

Brocheta de Frutas con Dip de Yogurt

Ingredientes

- 1 taza trozos de sandía
- 1 taza trozos de piña
- 1 taza uvas rojas sin semillas
- 1 taza fresas sin tallo
- 2 kiwis pelados y cortados en cuartos
- 8 pinchos o brochetas de bambú (6 pulgadas cada uno)
- 1 taza yogurt de fresa bajo en grasa

Instrucciones

1. Coloque los trozos de fruta en los pinchos de bambú. Coloque las brochetas de fruta en un platón.
2. Coloque el yogurt light de fresa en un plato hondo. Sirva las brochetas con yogurt a un lado.

Nutrition Facts

Serving Size 1/8 of recipe (122g)
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	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	**4%**
Sugars 11g	
Protein 2g	

Vitamin A 2%	• Vitamin C 70%
Calcium 6%	• 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

Delicious Oven French Fries

Ingredients

- 2 pounds potatoes (large)
- 8 cups water (ice)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon salt
- 1 teaspoon pepper (white)
- 1/4 teaspoon allspice
- 1 teaspoon pepper flakes (hot)
- 1 tablespoon vegetable oil

Instructions

1. Scrub potatoes and cut into 1/2 inch strips.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in plastic bag. Toss potatoes in spice mixture.
5. Brush potatoes with oil.
6. Place potatoes in nonstick shallow baking pan. Cover with aluminum foil and place in 475° F oven for 15 minutes.
7. Remove foil and continue baking uncovered for additional 15-20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Yields 5 servings / Rinde 5 porciones
Serving size / Tamano porcion
1 cup / 1 taza

Cost / Precio
Per recipe: $2.12
Per serving: $0.42

Papas fritas Deliciosas al Horno

Ingredientes

- 2 libras de papas grandes
- 8 tazas de agua helada
- 1 cucharadita ajo en polvo
- 1 cucharadita cebolla en polvo
- 1/4 cucharadita sal
- 1 cucharadita pimienta blanca
- 1/4 cucharadita pimienta de Jamaica (allspice)
- 1 cucharadita hojuelas de chile picante
- 1 cucharada aceite vegetal

Instrucciones

1. Limpie las papas y córtelas en tiras de 1/2 pulgada.
2. Coloque las tiras de papa en el agua helada, cúbralas y deje enfriar por 1 hora o más.
3. Saque y seque las tiras.
4. Coloque el ajo en polvo, la cebolla en polvo, la sal, la pimienta de Jamaica, la pimienta blanca y las hojuelas de chile picante en una bolsa plástica. Añada las papas a las especias.
5. Unte las papas con aceite.
6. Coloque las papas en una sartén para hornear antiadherente poco profunda. Cúbralas con papel de aluminio y hornéelas a 475 °F por 15 minutos.
7. Quite el papel de aluminio y siga horneando por 15-20 minutos más, o hasta que se doren. Revuelva las papas de vez en cuando hasta que se doren por completo.

Nutrition Facts

Serving Size 1 cup (623g)
Servings Per Container 5

Amount Per Serving	
Calories 250	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 52g	**17%**
Dietary Fiber 6g	**24%**
Sugars 3g	
Protein 6g	
Vitamin A 4% • Vitamin C 40%	
Calcium 6% • 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

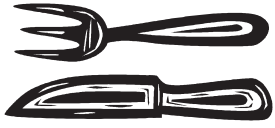
Fall Veggie Casserole

Ingredients

- 1 eggplant (medium)
- 4 tomatoes
- 1 green pepper
- 1 onion
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons vegetable oil
- 1 garlic clove
- 2 tablespoons parmesan cheese (grated)

Instructions

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with the Parmesan cheese and serve.



Yields 8 servings / Rinde 8 porciones
Serving size / Tamano porcion
1/8 of recipe / de receta

Cost / Precio
Per recipe: $5.01
Per serving: $0.63

Caserola con Verduras de Otono

Ingredientes

- 1 Berenjena mediana
- 4 tomates
- Un chile verde
- 1 cebolla
- 1 cucharadita sal
- 1/4 cucharadita pimienta
- 3 cucharadas aceite vegetal
- 1 diente de ajo
- 2 cucharadas de queso parmesano rallado

Instrucciones

1. Quite la piel a la berenjena. Corte la berenjena en cubitos.
2. Corte los tomates en pedazos pequeños.
3. Corte el pimiento verde por mitad. Quite las semillas y córtelo en pedazos pequeños.
4. Corte la cebolla en trozos pequeños.
5. Corte el diente de ajo en pedazos muy finos.
6. Cocine los primeros 8 ingredientes en una sartén grande.
7. Espolvoree con el queso Parmesano y sirva.

Nutrition Facts

Serving Size 1/8 of recipe (172g)
Servings Per Container 8

Amount Per Serving

Calories 90	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 320mg	**13%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 3g	**12%**
Sugars 4g	
Protein 2g	

Vitamin A 10% • Vitamin C 45%
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

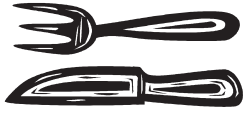
Garden Barley Soup

Ingredients

- 1 can tomato juice (46 ounce)
- 1 can beef broth (10 1/2 ounce)
- 1/3 cup barley (regular)
- 1/4 cup sugar
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- 1/2 teaspoon thyme leaves (crushed)
- 1/4 teaspoon salt
- 2 cups zucchini (coarsely chopped)
- 1 tomato (medium, chopped)
- 1/2 cup green pepper (chopped)

Instructions

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender.



Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 of recipe / de receta

Cost / Precio
Per recipe: $4.50
Per serving: $0.75

Sopa de Cebada con Vegetales

Ingredientes

- 1 lata jugo de tomate (46 onzas)
- 1 lata caldo de res (10 1/2 onzas)
- 1/3 taza cebada normal
- 1/4 taza azúcar
- 1 cucharada salsa inglesa
- 1 hoja de Laurel
- 1/2 cucharadita hojas de tomillo machuchadas
- 1/4 cucharadita sal
- 2 tazas calabacita picada
- 1 tomate mediano picado
- 1/2 taza pimiento verde

Instrucciones

1. En una olla de hierro, combine el jugo de tomate, caldo de res, cebada, azúcar y especias. Caliente hasta hervir, luego baje el fuego.
2. Hierva a fuego bajo durante 1 hora.
3. Agregue las verduras. Vuelva a subir el fuego hasta hervir.
4. Cubra. Cocine a fuego lento de 15-20 minutos hasta que las verduras y la cebada estén suaves.

Nutrition Facts

Serving Size 1/6 of recipe (381g)
Servings Per Container 6

Amount Per Serving

Calories 130	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 4g	**16%**
Sugars 19g	
Protein 4g	

Vitamin A 25% • Vitamin C 110%
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

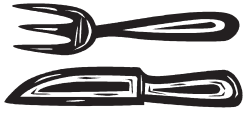
Breakfast Pumpkin Cookies

Ingredients

- 1 3⁄4 cup pumpkin (pureed, cooked)
- 1 1⁄2 cup brown sugar
- 2 egg
- 1⁄2 cup vegetable oil
- 1 1⁄2 cup flour
- 1 1⁄4 cup whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1⁄2 teaspoon salt
- 1⁄4 teaspoon ground ginger
- 1 cup raisins
- 1 cup walnuts (chopped)

Instructions

1. Preheat oven to 400°F.
2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.



Yields 48 servings / Rinde 48 porciones
Serving size / Tamano porcion
1 cookie / galleta

Cost / Precio
Per recipe: $5.91
Per serving: $0.12

Galletas de Calabaza para el Desayuno

Ingredientes

- 1 3⁄4 taza puré de calabaza cocida
- 1 1⁄2 taza azúcar morena
- 2 huevo
- 1⁄2 taza aceite vegetal
- 1 1⁄2 taza harina
- 1 1⁄4 taza harina integral
- 1 cucharada polvo de hornear
- 2 cucharaditas canela
- 1 cucharada nuez moscada
- 1⁄2 cucharadita sal
- 1⁄4 cucharadita jengibre en polvo
- 1 taza pasas
- 1 taza nueces, tipo walnut, o avellanas picadas

Instrucciones

1. Precaliente el horno a 400°F.
2. Mezcle bien la calabaza, el azúcar, los huevos y el aceite.
3. Mezcle los ingredientes secos y añádalos a la mezcla de calabaza.
4. Añada las pasas y las nueces.
5. Reparta la mezcla con una cuchara pequeña en una bandeja (charola) para hornear previamente engrasada.
6. Hornee de 10 a 12 minutos, o hasta que se dore.

Nutrition Facts

Serving Size 1 cookie (31g)
Servings Per Container 48

Amount Per Serving

Calories 90	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 60mg	**3%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 1g	**4%**
Sugars 7g	
Protein 2g	

Vitamin A 10% • 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

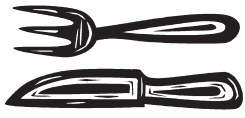
Mediterranean Roasted Eggplant with Tomato Sauce

Ingredients

- 2 eggplant (small)
- 1 cup pizza sauce (low-sodium, or spaghetti sauce)
- 1⁄4 cup yogurt (low-fat plain)
- 1 garlic clove (finely chopped)
- vegetable oil spray (as needed)

Instructions

1. Wash hands thoroughly with warm water and soap.
2. Preheat the oven to 350°F.
3. Wash and remove the stem end, and slice the eggplants into 1/2-inch slices.
4. Spray a baking pan with vegetable oil spray and lay the eggplant in the pan in a single layer.
5. Spoon low-sodium pizza or spaghetti sauce on each slice.
6. Bake 30 minutes in the preheated oven.
7. Stir the yogurt and garlic together.
8. Drizzle the sauce in thin lines on each of the eggplant slices before serving. You can do this easily by putting the sauce in a plastic squirt bottle or using a spoon.
9. Serve immediately as an entrée or side dish.



Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 of recipe / de receta

Cost / Precio
Per recipe: $3.60
Per serving: $0.90

Berenjenas Asadas con Salsa de Tomate a la Mediterránea

Ingredientes

- 2 berenjenas pequeñas
- 1 taza salsa para pizza o espagueti baja en sodio
- 1⁄2 taza yogurt sin sabor y sin grasa
- 1 clove ajo picado en trozos finos
- aceite vegetal en aerosol

Instrucciones

1. Lávese bien las manos con agua y jabón.
2. Precaliente el horno a 350°F.
3. Lave las berenjenas, saque los tallos y córtelas en rodajas de ½ pulgada.
4. Rocíe una bandeja (charola) para hornear con aceite vegetal en aerosol y coloque una capa de berenjenas.
5. Cubra cada rodaja con salsa para pizza o para espagueti baja en sodio.
6. Hornee 30 minutos en el horno precalentado.
7. Mezcle el yogurt y el ajo.
8. Vierta una franja fina de salsa sobre cada rodaja de berenjena antes de servir. Una forma de hacer esto fácilmente es colocar la salsa en una manga de plástico con una boca alargada o usar una cuchara.
9. Sirva inmediatamente como plato principal o como acompañamiento.

Nutrition Facts

Serving Size 1/4 recipe (302g)
Servings Per Container 4

Amount Per Serving

Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 7g	**28%**
Sugars 12g	
Protein 4g	

Vitamin A 10% • Vitamin C 8%
Calcium 6% • 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

Uncooked Tomato Sauce

Ingredients

- 6 tomatoes (large, cut into chunks)
- 1 tablespoon garlic (minced)
- 1⁄2 onion, medium (finely chopped)
- 1⁄2 green pepper (finely chopped)
- 3 tablespoons fresh basil (chopped)
- 1⁄2 teaspoon dried oregano
- 1 tablespoon olive oil
- salt and pepper (to taste)
- 6 cups pasta (cooked)
- 6 tablespoons Parmesan cheese (grated)

Instructions

1. Chop tomatoes and mix with all the remaining ingredients in a large bowl.
2. Let the mixture stand at room temperature for about 20 minutes. Toss with hot cooked pasta or rice and top with grated Romano or Parmesan cheese.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 of recipe / de receta

Cost / Precio
Per recipe: $8.75
Per serving: $1.46

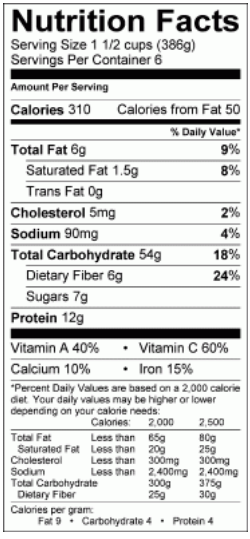
Salsa de Tomates No Cocida

Ingredientes

- 6 tomates grandes en trozos
- 1 cucharada ajo picado finamente
- 1⁄2 cebolla mediana picada en trozos finos
- 1⁄2 pimiento verde picado en trozos finos
- 3 cucharadas albahaca fresca picada
- 1⁄2 cucharadita orégano seco
- 1 cucharada aceite de oliva
- sal y pimienta a gusto
- 6 cucharadas pasta cocida
- 6 cucharadas queso Parmesano rallado

Instrucciones

1. Pique los tomates y mézclelos con el resto de los ingredientes en un tazón grande.
2. Deje que la mezcla repose a temperatura ambiente alrededor de 20 minutos. Mezcle con la pasta o el arroz cocidos y cubra con el queso romano o parmesano rallado.



Nutrition Facts

Serving Size 1 1/2 cups (386g)
Servings Per Container 6

Amount Per Serving

Calories 310 Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 90mg	**4%**
Total Carbohydrate 54g	**18%**
Dietary Fiber 6g	**24%**
Sugars 7g	
Protein 12g	

Vitamin A 40% • Vitamin C 60%
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

Fresh Tomato Sauce

Ingredients

- 8 tomatoes (ripe)
- 1 tablespoon vegetable oil
- 1⁄2 cup onion (chopped)
- 1⁄2 cup green pepper (chopped)
- 1⁄4 cup carrot (thinly sliced, or shredded)
- 1⁄2 teaspoon oregano (dried)
- 1 teaspoon dried basil (dried)
- 2 teaspoons garlic (minced or 1/2 teaspoon garlic powder)
- pepper (to taste)
- 6 cups pasta (cooked)
- 6 tablespoons Parmesan cheese (grated)

Instructions

1. Wash the ripe tomatoes. Cut out stem ends. Chop into small pieces and set aside in a large bowl.
2. In a large pan, heat the oil over medium high heat. Add onion, green pepper, carrots and garlic. Stir-fry until tender, about three minutes.
3. Add seasonings and tomatoes. Bring to a gentle boil.
4. Lower heat and simmer gently, uncovered, until tomatoes turn to a sauce, about 40 minutes. Serve over freshly cooked pasta.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 of recipe / de receta

Cost / Precio
Per recipe: $7.58
Per serving: $1.26

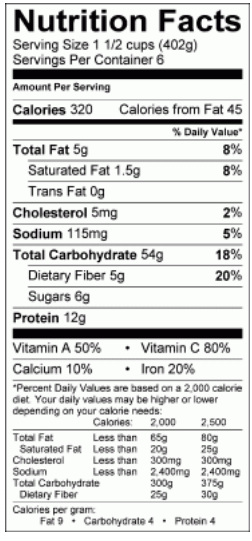
Salsa de Tomate Fresca

Ingredientes

- 8 tomates maduros
- 1 cucharada aceite vegetal
- 1⁄2 taza cebolla picada
- 1⁄2 taza pimiento verde picado
- 1⁄4 taza zanahorias en rodajas finas o ralladas
- 1⁄2 cucharada orégano seco
- 1 cucharadita albahaca seca
- 2 cucharaditas ajo molido (o ½ cucharadita de ajo en polvo)
- pimienta a gusto
- 6 cucharadas pasta cocida
- 6 cucharadas queso Parmesano rallado

Instrucciones

1. Lave los tomates maduros. Corte los extremos de los tallos. Pique en trozos pequeños y ponga aparte en un tazón grande.
2. En una sartén grande, caliente el aceite a fuego medio alto. Agregue la cebolla, el pimiento verde, las zanahorias y el ajo. Sofría alrededor de 3 minutos, o hasta que estén tiernos.
3. Agregue los condimentos y los tomates. Lleve la mezcla a ebullición.
4. Disminuya la temperatura y deje hervir lentamente, sin tapar, alrededor de 40 minutos, o hasta que los tomates se conviertan en una salsa. Sirva sobre pasta recién cocida.



Nutrition Facts

Serving Size 1 1/2 cups (402g)
Servings Per Container 6

Amount Per Serving

Calories 320	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 115mg	**5%**
Total Carbohydrate 54g	**18%**
Dietary Fiber 5g	**20%**
Sugars 6g	
Protein 12g	

Vitamin A 50% • Vitamin C 80%
Calcium 10% • 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

Tofu, Tomato and Spinach Soup

Ingredients

- 1 teaspoon vegetable oil
- 1⁄2 cup onion (chopped)
- 1 garlic clove (minced)
- 6 cups water (or chicken broth or 4 teaspoons or cubes chicken bouillon)
- 1 package tofu, silken, firm or extra firm (10. 5 ounce, - patted dry and cut into ½ inch cubes)
- 2 tomatoes (chopped)
- 3 green onions (optional) (chopped)
- 4 cups spinach leaves (fresh, - washed and dried, torn or cut if large or 1- 10 ounce box frozen chopped spinach, thawed and squeezed dry)
- 1 tablespoon soy sauce
- 1⁄4 teaspoon pepper
- 1⁄4 cup cilantro leaves (optional)

Instructions

1. Heat a 3 quart saucepan over medium heat; add oil and chopped onion. Cook onion until softened, but not brown. Stir in garlic and cook just until fragrant.
2. Add chicken broth. Bring to a boil. Add tomatoes and tofu. Lower heat and simmer until tomatoes are soft but not mushy (this takes just a couple of minutes).
3. Stir in green onions, spinach, ground pepper and cilantro. Cook just until spinach is wilted.
4. Remove from heat. Taste for seasoning. Serve hot.

Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 of recipe / de receta

Cost / Precio
Per recipe: $3.26
Per serving: $0.81

Sopa de Tofu, Tomate y Espinaca

Ingredientes

- 1 cucharadita aceite vegetal
- 1⁄2 taza cebolla picada
- 1 clove ajo fínamente picado
- 6 tazas agua o caldo de pollo. También puede utilizar 4 cucharaditas o cubos de caldo de pollo
- 1 paquete tofu suave, macizo, o extra macizo – secado y cortado en cubos de 1/2 pulgada (10.5 onzas)
- 2 tomates picados
- 3 cebollas verdes (picadas, opcional)
- 4 tazas hojas de espinaca – lavadas y secadas, en tiras (si son hojas grandes) o 10 onzas de espinaca congelada y picada, y exprimida
- 1 cucharada salsa de soja
- 1⁄4 cucharadita pimienta
- 1⁄4 taza hojas de cilantro (opcional)

Instrucciones

1. Caliente una sartén de 3 cuartos sobre fuego medio; agregue aceite y cebolla picada. Cocine la cebolla hasta que se suavice, pero que no esté de color café. Incorpore el ajo hasta que suelte los olores.
2. Agregue el caldo de pollo. Caliente hasta hervir. Agregue los tomates y el tofu. Baje el fuego y cocine a fuego lento hasta que los tomates se suavicen, pero no demasiado (solamente un par de minutos).
3. Integre las cebollas verdes, espinacas, pimiento molida y el cilantro. Cocine hasta que la espinaca se suavice.
4. Saque del fuego. Pruebe para sazonar bien. Sirva caliente.

Nutrition Facts

Serving Size (605g)
Servings Per Container

Amount Per Serving

Calories 160	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 360mg	**15%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 16g	

Vitamin A 180% • Vitamin C 25%
Calcium 15% • Iron 20%

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

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

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

Citrus Vegetables

Ingredients

- 2 tablespoons lime juice (fresh)
- 1⁄2 tablespoon olive oil
- 1⁄2 teaspoon oregano (fresh, chopped)
- 4 cups mixed vegetables such as zucchini, corn, and tomatoes (sliced, steamed)

Instructions

1. Slice vegetables and steam in a small amount of water.
2. Drain, and place in a bowl to cool.
3. Mix lime juice with oil. Add oregano and combine.
4. Pour lime juice mixture over cool vegetables and mix well.
5. Serve.

Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 of recipe / de receta

Cost / Precio
Per recipe: $1.95
Per serving: $0.49

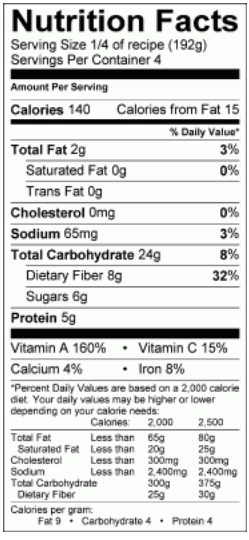
Verduras con Cítricos

Ingredientes

- 2 cucharadas zumo fresco de lima
- 1⁄2 cucharada aceite de oliva
- 1⁄2 cucharadita orégano fresco, picado
- 4 tazas verduras picadas al vapor como calabazas, maíz y tomates

Instrucciones

1. Pique las verduras y cocine al vapor con una pequeña cantidad de agua.
2. Drene, y colóquelas en un tazón para enfriar.
3. Mezcle el zumo de lima con el aceite. Agregue el orégano y combine.
4. Vierta la mezcla de zumo de lima y aceite sobre las verduras frías y mezcle bien.
5. Sirva



Nutrition Facts

Serving Size 1/4 of recipe (192g)
Servings Per Container 4

Amount Per Serving

Calories 140	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 8g	**32%**
Sugars 6g	
Protein 5g	

Vitamin A 160% • 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

Corn and Green Chili Salad

Ingredients

- 2 cups corn (frozen and thawed)
- 1 can diced tomatoes with green chilies (10 ounce)
- 1⁄2 tablespoon vegetable oil
- 1 tablespoon lime juice
- 1⁄3 cup green onion (sliced)
- 2 tablespoons cilantro (fresh chopped)

Instructions

1. Combine all ingredients in a medium bowl.
2. Mix well.

Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 of recipe / de receta

Cost / Precio
Per recipe: $1.76
Per serving: $0.44

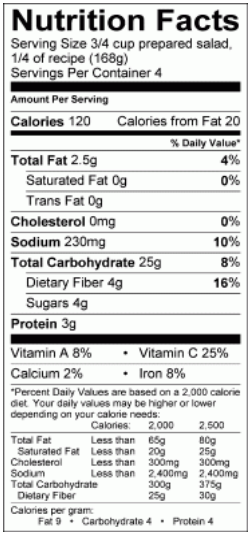
Ensalada de Maíz con Chiles Verdes

Ingredientes

- 2 tazas maíz descongelado
- 1 lata tomates picados con chiles verdes (10 onzas)
- 1⁄2 cucharada aceite vegetal
- 1 cucharada zumo de lima
- 1⁄3 taza cebollas verdes
- 2 cucharadas cilantro fresco picado

Instrucciones

1. Combine todos los ingredientes en un tazón mediano.
2. Mezcle bien.



Nutrition Facts

Serving Size 3/4 cup prepared salad, 1/4 of recipe (168g)
Servings Per Container 4

Amount Per Serving

Calories 120 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 3g	

Vitamin A 8% • Vitamin C 25%
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

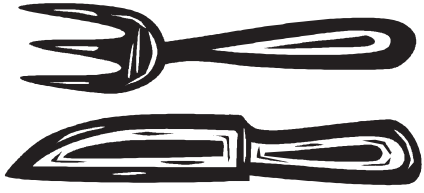
Oriental Sweet and Sour Vegetables

Ingredients

- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 teaspoon light soy sauce
- 1⁄4 teaspoon ginger
- 1 cup pineapple or orange juice
- 1 tablespoon cornstarch (for thickness)
- 2 teaspoons oil
- 1 pound frozen stir-fry vegetables (bag)

Instructions

1. Combine all ingredients except vegetables into bowl, mix and set aside.
2. Heat 2 teaspoons of oil in skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender.
3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil.
4. Serve immediately. This dish is great over pasta or brown rice.



Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 of recipe / de receta

Cost / Precio
Per recipe: $2.63
Per serving: $0.44

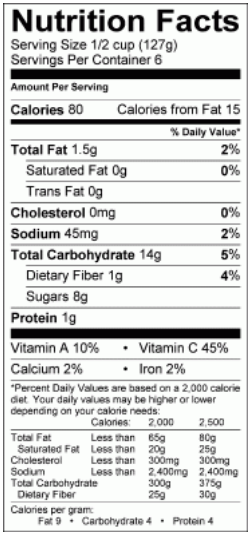
Vegetales Agridulces a la Oriental

Ingredientes

- 1 cucharada miel
- 1 cucharada jugo de limón
- 1 cucharadita salsa de soja (baja en calorías)
- 1 taza jugo de piña (ananás) o de naranja (china)
- 1 cucharada maicena
- 2 cucharaditas aceite
- 1 libra vegetales (1 bolsa congelados para saltear)

Instrucciones

1. Combine todos los ingredientes, excepto los vegetales, en un tazón; mezcle y ponga aparte.
2. Caliente 2 cucharaditas de aceite en la sartén y agregue los vegetales congelados.
3. Cocine de 3 a 4 minutos, o hasta que los vegetales estén crujientes y tiernos.
4. Agregue la salsa agridulce y cocine otros 2 minutos, o hasta que la mezcla hierva. Sirva inmediatamente.



Nutrition Facts

Serving Size 1/2 cup (127g)
Servings Per Container 6

Amount Per Serving

Calories 80 — Calories from Fat 15

	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	**4%**
Sugars 8g	
Protein 1g	

Vitamin A 10% • Vitamin C 45%
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

Roasted Root Vegetables

Ingredients

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)
- 2 carrot (chopped)
- 1 onion (medium, chopped)
- 1⁄4 cup vegetable oil
- 3 tablespoons Parmesan cheese

Instructions

1. Preheat oven to 350°F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 of recipe / de receta

Cost / Precio
Per recipe: $1.96
Per serving: $0.49

Verduras de Raíz Rostizadas

Ingredientes

- 4 verduras raíz o tubérculos (escoja una variedad como papas, nabos, chirivías, camotes, betabel, etc.)
- 2 zanahorias picadas
- 1 cebolla mediana picada
- 1⁄4 taza aceite vegetal
- 3 cucharadas queso Parmesano
- Sazone con sus especias favoritas

Instrucciones

1. Caliente el horno a 350°F.
2. Corte las verduras que eligió en trozos grandes.
3. Coloque en un tazón mediano y vierta el aceite encima de ellas. Agregue las especias o el queso Parmesano y mezcle bien.
4. Extienda una capa uniforme sobre un molde para hornear.
5. Hornee durante 1 hora o hasta que se suavicen las verduras. Revise algunas verduras cuando pase el tiempo para ver si están bien cocidas.

Nutrition Facts

Serving Size 1/4 of recipe (297g)
Servings Per Container 4

Amount Per Serving

Calories 260	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 150mg	**6%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 6g	**24%**
Sugars 12g	
Protein 5g	

Vitamin A 190% • Vitamin C 80%
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

Delicious Greens

Ingredients

- 1⁄2 pound mustard or collard greens (rinsed, stems removed and coarsely shredded)
- 2 cups cabbage (shredded)
- 1 tablespoon olive oil
- 2 tablespoons garlic (minced)
- 1 onion (chopped)
- 1 tablespoon vinegar

Instructions

1. Rinse greens, remove stems, and tear in small pieces.
2. In a large saucepan, boil 3 quarts of water.
3. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large nonstick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 of recipe / de receta

Cost / Precio
Per recipe: $2.10
Per serving: $0.53

Verduras Deliciosas

Ingredientes

- 1⁄2 libra col o mostaza fresca, sin tallo y rallado
- 2 tazas repollo rallado
- 1 cucharada aceite de oliva
- 2 cucharadas ajo fínamente picado
- 1 cebolla picada
- 1 cucharada vinagre

Instrucciones

1. Lave bien las verduras, quite los tallos y corte en pedazos.
2. En una olla grande, hierva 3 cuartos de galón.
3. Agregue la mostaza, hierva y cocine unos 3 minutos. Agregue el repollo y hierva 1 minuto más. Drene todo el agua.
4. Caliente una sartén grande sobre fuego medio-alto. Vierta el aceite en la sartén y ponga a sofreír el ajo y la cebolla hasta que tomen un color café claro, unos 3 minutos.
5. Agregue las verduras y el vinagre. Ponga a cocer brevemente, unos 3 minutos. Sirva caliente.

Nutrition Facts

Serving Size 1 1/2 cups prepared greens, 1/4 of recipe (143g)
Servings Per Container 4

Amount Per Serving

Calories 90	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 3g	**12%**
Sugars 4g	
Protein 2g	
Vitamin A 120% • Vitamin C 90%	
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

Quinoa and Black Bean Salad

Ingredients

- 1⁄2 cup quinoa (dry)
- 1 1⁄2 cup water
- 1 1⁄2 tablespoon olive oil
- 3 teaspoons lime juice
- 1⁄4 teaspoon cumin
- 1⁄4 teaspoon coriander (ground, dried cilantro seeds)
- 2 tablespoons cilantro (chopped)
- 2 scallions (medium, minced)
- 15 ounces black beans (can, rinsed and drained)
- 2 cups tomato (chopped)
- 1 red bell pepper (medium, chopped)
- 1 green bell pepper (medium, chopped)
- 2 green chilis (fresh, minced, to taste)
- black pepper (to taste)

Instructions

1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
4. Combine chopped vegetables with the black beans in a large bowl, and set aside.
5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 of recipe / de receta

Cost / Precio
Per recipe: $4.78
Per serving: $0.80

Ensalada de Quinua y Frijoles Negros

Ingredientes

- 1⁄2 taza de quinua seca
- 1 1⁄2 cucharada agua
- 1 1⁄2 cucharada aceite de oliva
- 3 cucharadas jugo de lima
- 1⁄4 cucharadita comino
- 1⁄4 cucharadita coriandro molido
- 2 cucharadas cilantro picado
- 2 escalonias medianas picadas finamente
- 1 lata frijoles (habichuelas/caraotas/porotos) negros, enjuagados y escurridos (15 onzas)
- 2 cucharadas tomates picados1
- 1 pimiento rojo mediano picado
- 1 pimiento verde mediano picado
- 2 chiles verdes frescos (o al gusto) picados finamente
- pimienta (al gusto)

Instrucciones

1. Enjuague la quinua en agua fría. Hierva el agua en la cacerola y, después, agregue la quinua.
2. Vuelva a hervir y, a continuación, deje hervir lentamente de 10 a 15 minutos, o hasta que se absorba toda el agua.
3. Deje enfriar por 15 minutos. Mientras la quinua se cocina, mezcle el aceite de oliva, el jugo de lima, el comino, el coriandro, el cilantro picado y los chalotes en un tazón pequeño. Ponga aparte.
4. Mezcle las verduras cortadas con los frijoles negros en un tazón grande y déjelos a un lado.
5. Una vez que la quinua se haya enfriado, combine todos los ingredientes y mezcle bien. Cubra y refrigere hasta el momento de servir.

Nutrition Facts

Serving Size 1 Cup (254g)
Servings Per Container 6

Amount Per Serving

Calories 140	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 5g	**20%**
Sugars 5g	
Protein 5g	

Vitamin A 30% • Vitamin C 150%
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

Cucumber Salad with Tomatoes

Ingredients

- 2 cups cucumber (diced)
- 1 cup tomato (seeded and diced)
- 1⁄4 cup onion (chopped sweet)
- 2 cups couscous or rice, cooked
- 2 teaspoons dill weed (chopped dried or fresh)
- 1⁄2 cup Italian salad dressing, low-fat

Instructions

1. Wash hands.
2. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing.
3. Chill for 1 hour.
4. Serve.

Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 of recipe / de receta

Cost / Precio
Per recipe: $2.25
Per serving: $0.56

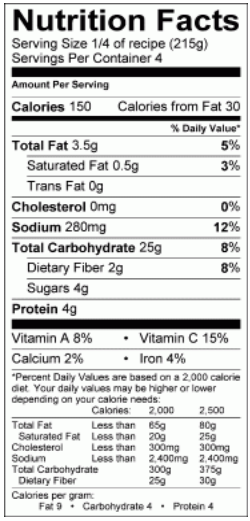
Ensalada de Pepino con Tomate

Ingredientes

- 2 tazas pepino en trozos
- 1 taza tomate sin semillas y cortado en trozos
- 1/4 taza cebolla dulce en trozos
- 2 tazas couscous o arroz, cocido
- 2 cucharaditas eneldo fresco o deshidratado
- 1/2 taza aderezo estilo Italiano, sin grasa

Instrucciones

1. Lávese las manos.
2. Revuelva los pepinos, tomates, cebollas, couscous (o arroz), eneldo, y aderezo.
3. Refrigere durante 1 hora.



Nutrition Facts

Serving Size 1/4 of recipe (215g)
Servings Per Container 4

Amount Per Serving

Calories 150	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 280mg	**12%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 4g	

Vitamin A 8% • Vitamin C 15%
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

Couscous with Peas and Onions

Ingredients

- 1 cup onion (finely chopped)
- 1⁄2 teaspoon sage (ground)
- 1 teaspoon olive oil
- 1 1⁄3 cup water
- 1 cup green peas (frozen)
- 1 cup couscous
- 1⁄2 teaspoon salt (optional)

Instructions

1. Combine oil and onions in heavy skillet.
2. Sauté for 5-10 minutes until lightly browned.
3. Add the peas, sage, water, couscous, and salt if desired.
4. Cover and cook on low for about 5 minutes or until peas are tender but still bright green and all of the water is absorbed.
5. Fluff with fork.

Note: Serve with lemon wedges or balsamic vinegar.

Yields 4 servings / Rinde 4 porciones
Serving size / Tamano porcion
1/4 of recipe / de receta

Cost / Precio
Per recipe: $1.78
Per serving: $0.44

Cuscús con Guisantes y Cebollas

Ingredientes

- 1 taza cebolla (picada en trozos pequeños)
- 1⁄2 cucharadita salvia molida
- 1 cucharadita aceite de oliva
- 1 1⁄3 taza agua
- 1 taza guisantes (chícharos/arvejas) (congelados)
- 1 taza cuscús
- 1⁄2 cucharadita sal (opcional)

Instrucciones

1. Combine el aceite y las cebollas en una sartén pesada.
2. Sofría por 5 a 10 minutos, o hasta que se doren un poco.
3. Añada los chícharos, la salvia, el cuscús y la sal (opcional.
4. Cubra y cocine a fuego lento alrededor de 5 minutos, o hasta que los chícharos estén tiernos, pero aún luzcan verde brillante y hasta que toda el agua se haya evaporado.
5. Revuelva ligeramente con un tenedor.

Nota: Sirva con rodajas de limón o vinagre balsámico.

Nutrition Facts

Serving Size 1 cup (275g)
Servings Per Container 4

Amount Per Serving

Calories 190	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 45mg	**2%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 7g	

Vitamin A 15% • Vitamin C 15%
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

Barley Pilaf

Ingredients

- 1 tablespoon vegetable oil
- 1 cup onion (chopped)
- 1⁄2 cup celery (chopped)
- 1⁄2 cup green or red bell pepper (chopped, optional)
- 1 cup mushrooms (fresh sliced, or 1- 4 ounce can mushrooms, drained)
- 1 cup pearl barley (uncooked)
- 1 teaspoon vegetable bouillon (or beef or chicken, low sodium)

Instructions

1. Place a medium pan over medium heat; add vegetable oil, onion and celery. Cook, stirring often until onion is soft.
2. Add bell pepper (if using), mushrooms and pearl barley. Stir well.
3. Add water and bouillon and stir to dissolve bouillon. Bring to a boil, lower heat and cover pan.
4. Cook for 50 to 60 minutes or until barley is tender and liquid is absorbed.

Notes: This can be used as a side dish. • Stuffing for pork chops or chicken. • Or add 2 cups of any chopped cooked meat during the last fifteen minutes of cooking and serve as a main dish meal. • If using quick-cooking barley the recipe can be prepared in 15 minutes or less. Reduce water to 2 cups and cook for 10 to 15 minutes.

Yields 8 servings / Rinde 8 porciones
Serving size / Tamano porcion
1/8 of recipe / de receta

Cost / Precio
Per recipe: $1.99
Per serving: $0.25

Pilaf de Cebada

Ingredientes

- 1 cucharada aceite vegetal
- 1 taza cebolla (picada)
- 1⁄2 taza apio (picado)
- 1⁄2 pimiento rojo o verde (opcional)
- 1 taza champiñones (frescos, cortados, o una lata de 4 onzas de champiñones drenados)
- 1 taza cebada cruda perlada (granos de cebada sin cáscara)
- 2 1⁄2 agua
- 1 cubo o 1 cucharadita de caldo de res, pollo, o de verduras (puede ser bajo en sodio)

Instrucciones

1. Coloque una olla mediana sobre fuego medio, agregue el aceite vegetal, cebolla y apio. Cocine agitando frecuentemente hasta que la cebolla se ablande.
2. Agregue la pimiento (si se utiliza), champiñones y cebada perlada. Mezcle bien.
3. Agregue el agua y caldo y mezcle hasta disolver el caldo. Deje hasta hervir, baje el fuego y cubra la olla.
4. Cocine durante 50 a 60 minutos o hasta que la cebada esté blanda y el líquido se haya absorbido.

Notas: Este platillo puede ser un adorno para un platillo principal. • También se puede utilizar como relleno para pollo o chuletas de cerdo. • Una alternativa es agregar 2 tazas de cualquier carne picada durante los últimos 15 minutos de cocción y servir como platillo principal. • Si está utilizando cebada pre-cocida la receta puede prepararse en 15 minutos o menos. Reduzca el agua a 2 tazas y cocine durante 10 a 15 minutos.

Nutrition Facts

Serving Size 1/2 cup, 1/8 of recipe (146g)
Servings Per Container 8

Amount Per Serving

Calories 120	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 5g	**20%**
Sugars 2g	
Protein 3g	
Vitamin A 2% •	Vitamin C 15%
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

Garden Barley Soup

Ingredients

- 1 can tomato juice (46 ounce)
- 1 can beef broth (10 1/2 ounce)
- 1⁄3 cup barley (regular)
- 1⁄4 cup sugar
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- 1⁄2 teaspoon thyme leaves (crushed)
- 1⁄4 teaspoon salt
- 2 cups zucchini (coarsely chopped)
- 1 tomato (medium, chopped)
- 1⁄2 cup green pepper (chopped)

Instructions

1. In a Dutch oven or stock pot, combine tomato juice, beef broth, barley, sugar and seasonings. Bring to boil; reduce heat.
2. Cover; simmer 1 hour.
3. Add vegetables. Return to boil; reduce heat.
4. Cover; simmer 15-20 minutes or until vegetables and barley are tender.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 of recipe / de receta

Cost / Precio
Per recipe: $4.49
Per serving: $0.75

Sopa de Cebada con Verduras

Ingredientes

- 1 lata jugo de tomate (46 onzas)
- 1 lata caldo de res (10 1/2 onzas)
- 1⁄3 taza cebada normal
- 1⁄4 taza azúcar
- 1 cucharada salsa Inglesa
- 1 hoja de laurel
- 1⁄2 cucharadita hojas de tomillo machuchadas
- 1⁄4 cucharadita sal
- 2 tazas calabacita picada
- 1 tomate mediano picado
- 1⁄2 taza pimiento verde

Instrucciones

1. En una olla lenta, combine el jugo de tomate, caldo de res, cebada, azúcar y especias. Caliente hasta hervir, luego baje el fuego.
2. Hierva a fuego bajo durante 1 hora.
3. Agregue las verduras. Vuelva a subir el fuego hasta hervir.
4. Cubra. Cocine a fuego lento de 15-20 minutos hasta que las verduras y la cebada estén suaves.

Nutrition Facts

Serving Size 1/6 of recipe (381g)
Servings Per Container 6

Amount Per Serving

Calories 130	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 350mg	**15%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 4g	**16%**
Sugars 19g	
Protein 4g	

Vitamin A 25% • Vitamin C 110%

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

Springtime Cereal

Ingredients

- 3⁄4 cups wheat and barley nugget cereal
- 1⁄4 cup bran cereal (100%)
- 2 teaspoons sunflower seeds (toasted)
- 2 teaspoons almonds (toasted, sliced)
- 1 tablespoon raisins
- 1⁄2 cup banana (sliced)
- 1 cup strawberries (sliced)
- 1 cup yogurt (raspberry or strawberry, low-fat)

Instructions

1. Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds, and almonds in a medium bowl.
2. Add the raisins, the bananas, and halve the strawberries.
3. Gently stir in the yogurt and divide between two bowls.
4. Scatter the remaining strawberries over the top and enjoy!

Yields 2 servings / Rinde 2 porciones
Serving size / Tamano porcion
1/2 of recipe / de receta

Cost / Precio
Per recipe: $2.55
Per serving: $1.28

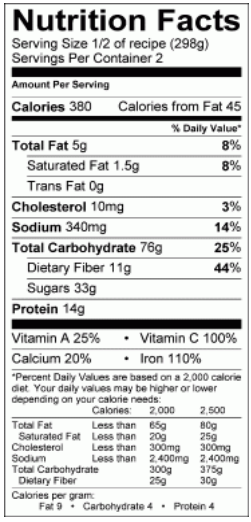
Cereales con Frutas y Yogurt

Ingredientes

- 3⁄4 tazas cereal de trigo y cebada
- 1⁄4 taza cereal 100% de salvado
- 2 cucharaditas semillas de girasol tostadas
- 2 cucharaditas almendras tostadas en láminas
- 1 cucharada pasas
- 1⁄2 taza banana (guineo) cortada en rodajas
- 1 taza de fresas picadas en rodajas
- 1 taza de yogurt de frambuesa o fresa bajo en grasa

Instrucciones

1. Mezcle el cereal de trigo y cebada, el cereal de salvado, las semillas de girasol y las almendras en un tazón mediano.
2. Agregue las uvas, las bananas y la mitad de las fresas.
3. Incorpore el yogurt mezclando delicadamente y divida en dos tazones.
4. Esparza el resto de las fresas por encima. ¡Buen provecho!



Nutrition Facts

Serving Size 1/2 of recipe (298g)
Servings Per Container 2

Amount Per Serving

Calories 380	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 340mg	**14%**
Total Carbohydrate 76g	**25%**
Dietary Fiber 11g	**44%**
Sugars 33g	
Protein 14g	

Vitamin A 25% • Vitamin C 100%

Calcium 20% • Iron 110%

*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

5 A Day Bulgur Wheat

Ingredients

- 1 onion (medium, chopped)
- 1 cup broccoli (chopped)
- 1 cup carrot (shredded)
- 1 green pepper (small, chopped, - may use red or yellow pepper)
- 1⁄3 cup fresh parsley (chopped, or 2 Tablespoons dried)
- 1 teaspoon canola oil
- 1 1⁄2 cup bulgur (dry)
- 2 cups chicken broth (low-sodium)
- 8 ounces chickpeas (canned, drained)

Instructions

1. Wash and chop fresh onion, broccoli, carrots, pepper and parsley (if using fresh parsley).
2. Heat canola oil in a large skillet. Add onions and cook until soft.
3. Add bulgur and stir to coat. Add 2 cups chicken broth to the skillet, bring to a boil.
4. Lower the heat, add remaining vegetables and chickpeas. Cook for 10 minutes or until the liquid is absorbed.
5. Add parsley and stir. Serve warm or cold.

Yields 8 servings / Rinde 8 porciones
Serving size / Tamano porcion
1/8 of recipe / de receta

Cost / Precio
Per recipe: $3.62
Per serving: $0.45

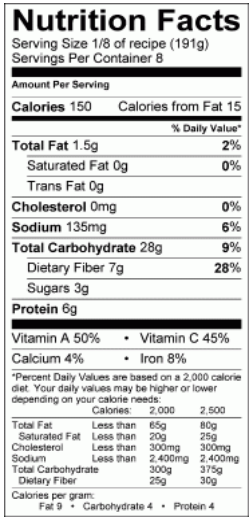
5 Al Día Trigo Bulgur

Ingredientes

- 1 cebolla mediana picada
- 1 brecól picada
- 1 zanahoria desmenusada
- 1 pimiento verde pequeño (también puede utilizar pimiento rojo o amarillo)
- 1⁄3 perejil fresco cortado (o 2 cucharadas de perejil deshidratado, taza de)
- 1 cucharadita aceite de canola
- 1 1⁄2 bulgur seco
- 2 tazas caldo de pollo (bajo sodio)
- 8 garbanzos enlatados y desecados

Instrucciones

1. Lave y pique la cebolla fresca, brecól, zanahorias, pimiento y perejil (si utiliza perejil fresco).
2. Caliente el aceite de canola en una sárten grande. Añada las cebollas y cocine hasta que se ablanden.
3. Añada trigo de bulgur y mezcle hasta que cubra la sárten. Añada dos tazas de caldo de pollo al sárten, permitalo hervir.
4. Baje el fuego, añada los vegetales restantes y garbanzos. Cocine durante 10 minutos o hasta que se absorbe el líquido.
5. Añada perejil y revuelva. Sirva caliente o frío.



Nutrition Facts

Serving Size 1/8 of recipe (191g)
Servings Per Container 8

Amount Per Serving

Calories 150	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 135mg	**6%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 7g	**28%**
Sugars 3g	
Protein 6g	

Vitamin A 50% • Vitamin C 45%
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

Vegetable Soup with Kale and Lentils

Ingredients

- 2 tablespoons vegetable oil
- 1 medium onion, chopped (about 1 cup)
- 1 medium carrot, sliced 1/8 inch thick
- 2 teaspoons garlic, peeled and minced (3-4 cloves), or 1/2 teaspoon garlic powder
- 4 cups water
- 1 cup dry yellow or brown lentils
- 1 can (14.5 ounces) reduced sodium chicken broth
- 1 tablespoon dried basil or Italian seasoning
- 1 can (14.5 ounces) no sodium added diced tomatoes or 2 chopped tomatoes
- 1 bunch kale (about 7 ounces)
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper

Instructions

1. Heat oil in a large pot over medium heat
2. Add onions, carrots, and garlic. Cook 5 minutes.
3. Add water to veggies in pot. Heat to boiling.
4. Rinse lentils in colander with water. Add lentils to pot and simmer for 20 mintues. Do not drain.
5. Add chicken broth, dried basil or Italian seasoning, and tomatoes. Cover and cook for 5-10 minutes.
6. Rinse kale leaves, cut out the main stems and discard. Cut leaves into 1-inch pieces.
7. Stir kale, salt, and pepper into lentil mixture. Return to boiling. Reduce heat, cover, and simmer 3 minutes.

Yields 6 servings / Rinde 6 porciones
Serving size / Tamano porcion
1/6 of recipe / de receta

Cost / Precio
Per recipe: $5.34
Per serving: $0.89

Sopa de verduras con col rizada y lentejas

Ingredientes:

- 2 cucharadas de aceite vegetal
- 1 cebolla mediana, picada (aproximadamente 1 taza)
- 1 zanahoria mediana, cortada en rojadas de 1/8 pulgada de espesor
- 2 cucharaditas de ajo pelado y picado (3 o 4 dientes), o 1/2 cucharadita de ajo en polvo
- 4 tazas de agua
- 1 taza de lentejas secas amarillas o marrones
- 1 lata (de 14.5 onzas) de caldo de pollo reducido en sodio
- 1 cucharada de albahaca seca o condimental italiano (hierbas secas)
- 1 lata (de 14.5 onzas) de tomates cortados en cubo sin sodio o 2 tomates picados
- 1 ramo de col rizada (aproximadamente 7 onzas)
- 1/4 cucharadita de sal
- 1/8 cucharadita de pimienta negra

Instrucciones:

1. Caliente el aceite en una cacerola grande a fuego medio.
2. Agregue las cebollas, las zanahorias y el ajo. Cocine durante 5 minutos.
3. Añada agua a los vegetales del recipiente. Calienta hasto el punto de ebullición.
4. Enjuague y escurra las lentejas. Agréguelas al recipiente y déjelas hervir a fuego lento durante 20 minutos. No las escurra.
5. Agregue el caldo de pollo, la albahaca seco o el condimento italiano y los tomates. Tape la cacerola y cocine de 5 a 10 minutos.
6. Enjuague las hojas de la col rizada, quite los tallos principales y córtelas de manera de obtener trozos de 1 pulgada.
7. Agregue la col, la sal y el pimiento a lo mezcla de las lentejas. Vuelva a hervir. Baje el fuego, tape la cacerola y deje hervir la mezcla a fuego lento durante 3 minutos.

Nutrition Facts

Serving Size 1 ½ cups
Servings Per Container 6

Amount Per Serving	
Calories 200	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 10g	**40%**
Sugars 6g	
Protein 11g	
Vitamin A 150% • Vitamin C 90%	
Calcium 10% • Iron 25%	

Make Your Own Tostadas

Ingredients

- 10 corn tortillas (6-inch)
- cooking spray
- 1 can (16 ounce) fat free refried beans

Optional Toppings

- 1/2 cup onion, chopped
- 1 jalapeno chili, seeded and minced
- Guacamole
- Nonfat sour cream
- 1 cup tomato, chopped
- 1/2 cup low fat cheddar cheese, shredded
- 3 cups lettuce, shredded

Instructions

1. Preheat oven to 375°F.
2. Place tortillas in a single layer on baking sheets. Lightly spray with cooking spray. Bake for 5-7 minutes, flip over, and bake 5-7 minutes more until crisp.
3. Put refried beans in microwave safe bowl and heat in microwave while tortillas bake. Stir beans so they heat evenly.
4. Spread a thin layer of hot beans on baked tortillas.
5. Serve with your choice of toppings.

Option: Cut tortillas into snack size servings before baking. Use as dippers.

Yields 10 servings / Rinde 10 porciones
Serving size / Tamano porcion
1/10 of recipe / de receta

Cost / Precio
Per recipe: $5.34
Per serving: $0.36

Haga sus propias tostadas

Ingredientes

- 10 tortillas de maíz (6 pulgadas)
- Rocío vegetal
- 1 lata (16 onzas) de frijoles refritos sin grasa

Cubiertas opcionales

- 1/2 taza de cebolla picado
- 1 chile jalapeño, sin semilla y picado
- Guacamole
- Crema agria descremada
- 1 taza de tomates picados
- 1/2 taza de queso cheddar en hebras reducido en contenido graso
- 3 tazas de lechuga cortada en tiras

Instrucciones

1. Precaliente el horna a 375°F.
2. Coloque las tortillas en una sola capa en bandejas de hornear. Humedézcalas ligeramente con rocío vegetal. Hornee de 5 a 7 minutos, gírelas y hornee nuevamente de 5 a 7 minutos hasta que queden crujientes.
3. Coloque los frijoles refritos en un tazón para microondas y cocínelos en este mientras se hornean las tortillas. Revuelva los frijoles para que se cocinen uniformemente.
4. Vierta una capa fina de frijoles calientes sobre las tortillas horneadas.
5. Sirva con la cubierta de su elección.

Opción: Corte las tortillas en porciones de tamaño de refregerio antes de hornear. Utilícelas como cucharones.

Nutrition Facts

Serving Size 1 tostada with beans
Servings Per Container 10

Amount Per Serving	
Calories 100	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**12%**
Sugars 0g	
Protein 4g	
Vitamin A 0% • Vitamin C 0%	
Calcium 6% • Iron 6%	

Safe Cooking Temperatures/ Tempe Segur	
Product/ Producto	
Egg and Egg Dishes / Huevos y	
Eggs/Huevos	
Egg dishes/ Platos Preparados con Huevo	16
Ground Meat and Meat Mixtures/Ca	
Beef, lamb, pork / Res. Cordero,cerdo	16
Chicken, turkey / Pollo, Pavo	16
Whole Cuts of Meat/ Cor	
Beef, lamb, pork / Res, cordero,cerdo	14 *
Chicken, turkey/ Pollo,pavo	16
Ham/ Ja	
Fresh (raw) /Fresco (crudo)	14
Pre-cooked (to reheat)/Precocido (para recalentar)	14
Fish/Pes	
Thick steaks/ Filetes Gruesos	14
Thin fillets/ Filetes Delgados	Fl
Deli meats and hot dogs/ Carnes de Deli y Perros Calientes	H

mperaturas para Cocinar de manera egura	
	Degrees Fahrenheit/ Grados
s y Platos Preparados con Huevo	
	Cook until yolk and white are firm/ Cocine hasta que la yema y clara esten firmes
	160°
s/Carne Molida y Mezclas de Carnes	
	160°
	165°
Corte Enteros de Carnes	
	145° *Let rest for 3 minutes before eating * Deje reposar 3 minutos antes de comer.
	165°
/ Jamon	
	145° *Let rest for 3 minutes before eating * Deje reposar 3 minutos antes de comer
	140°
/Pescado	
	145°
	Flakes easily/ Se parte en pedazos facil
	Heat to steaming before eating*

Smart Shopping For Veggies & Fruits

- Use fresh vegetables and fruits that are in season.
- Plan out your meals ahead of time and make a grocery list.
- try canned or frozen
- buy small amounts frequently
- Prepare and freeze vegetable soups, stews, or other dishes in advance.
- Buy vegetables and fruits in their simplest form.
- store brands = savings

Compra Inteligente de Frutas y Verduras

- Use frutas y vegetales frescos de temporada.
- Planee sus comidas por adelantado y haga una lista
- Pruebe productos enlatados o congelados
- Prepare de antemano y congele sopas, guisos u otros platos con vegetales
- Compre los vegtales y las frutas en sus formas más simples.
- La marcas de la tienda representa ahorros.

Salt & Sodium

Reduce your sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt).

Read the label, and look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

Skip adding the salt when cooking. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

Sal & Sodio

Reduzca el consume de sodio (sal) a menos de 2300 miligramos al dia (aproximadamente una cucharadita de sal).

Lea la etiqueta y busque “comidas bajas en sodio”, “sodio reducido,” o “no sal agregada.”

Omita agregar sal cuando cocine. Mantenga la sal lejos de el mesón de la cocina y de la mesa del comer. Utilice especias, hierbas, ajo, vinagre, o jugo de limón para sazonar las comidas o utilice condimentos mezclados libres de sal. Trate pimienta negra o roja, albahaca, curry jengibre o Rosemary.

Cut Back On Sugar

- Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.
- Choose not to offer sweets as rewards.
- Make fruit the everyday dessert.
- Serve small portions. Show kids that a small amount of treats can go long way.

Reduzca El Consumo De Azucar

- Las gaseosas y otros refrescos dulces contienen mucho más azúcar y más calorías. Cuando sus hijos tengan sed ofrézcales agua, 100% jugo o leche descremada.
- No ofrezca dulces como recompensas.
- Haga las frutas sean el postre de todos los días.
- Sirva pociones pequeñas. Enseñe a sus hijos que las golosinas en cantidades pequeñas son suficientes.

Be a Healthy Role Model for Children

- Show by example
- Go food shopping together
- Get creative in the kitchen
- Offer the same foods for everyone
- Reward with attention, not food
- Focus on each other at the table
- Listen to your child
- Limit screen time
- Encourage physical activity
- Be a good food role model
- Encourage physical activity

Sea Un Ejemplo Saludable Para los Ninos

- Enseneles con ejemplo
- Vayan a comprar la comida juntos.
- Ofrezca la misma comida para todos.
- Si los va a premiar hagalo con atencion, no con comida
- Enfoquese en cada uno en la mesa
- Limite el tiempo en la television
- Sea buen ejemplo con la comida
- Animelos a ser fisicamente activos

Make Half of your Grains Whole

- To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.
- Read the ingredients list and choose products that name a whole-grain ingredient first on the list. Look for “whole wheat,” “brown rice,” “bulgar,” “buckwheat,” “oatmeal,” “whole-grain cornmeal,” “whole oats,” “whole rye,” or “wild rice.”

Haga Que la Mitad De Los Granos Que Consume Sean Enteros

- Para que la mitad de los granos que consume sean integrales, sustituya un producto de granos refinados con uno de granos integrales. Por ejemplo, coma pan o roscas de pan de 100% trigo en lugar de pan o roscas de pan blanco, o bien coma arroz integral en lugar de arroz blanco.
- Lea las listas de ingredientes y elija productos que incluyan granos integrales como el primer ingrediente de la lista. Busque “trigo integral,” “arroz integral,” “burgol,” “alforfón,” “avena,” “harina de maíz integral,” “avena de grano integral,” “centeno integral,” o “arroz silvestre.”

Family Health and Wellness Program Initiatives

Expanded Food Nutrition Education Program (EFNEP) is dedicated to helping limited-income families and youth to learn more about:

- Feeding families healthy meals
- Cooking low cost meals
- Smart food shopping
- Food safety
- Understanding food labels
- Utilizing food resources and services within the community.

SNAP ED / Eat Smart New York is dedicated to helping limited-income individuals and families. to learn more about:

- Feeding families healthy meals
- Cooking quick, easy meals
- Smart food shopping to stretch your food dollars
- Food safety
- Understanding food labels
- Getting your kids to eat more fruits and vegetables
- Getting your family to be more physically active and have fun

Creating Healthy Places to Live, Work and Play contractors across the state are working to prevent obesity and type 2 diabetes by making it easier to access healthier food choices and increase physical activity. In Suffolk County we are creating policy, systems and environmental changes in collaborating towns of our target communities where physical activity and healthy food is not commonplace or easy to access.

The **Diabetes Educators** provide nutrition and health education to support behavior change towards healthier lifestyles through both individual counseling sessions in six health centers (Amityville, Wyandanch, Brentwood, Shirley, Patchogue, and Riverhead) and at community based classes. Our staff of Registered Nurses and Dietitians work closely with patients in an effort to improve their heath through monitoring and healthy lifestyle changes.

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Recipe Book Resources USDA
http://recipefinder.nal.usda.gov