

Sponsoring organizations



Choosing Health!®

Facilitated by the Capital Area Health Alliance
and incorporating Michigan's 4 x 4 Plan



Cooking from the Pantry



2123 University Park Drive, Suite 105 • Okemos, MI 48864

PHONE (517) 347-3377 • FAX (517) 347-3387

WEBSITE CapitalAreaHealthAlliance.org • EMAIL CAHealthAlliance@aol.com



A Healthier Michigan is a Stronger Michigan!

It can be challenging to feed your family healthy meals on a tight budget. This cookbook is intended to help you make the most out of foods that you'll find at a local food pantry. These healthy recipes have been compiled with the permission of the **Greater Pittsburgh Community Food Bank**. For more recipe ideas, please visit their website at <http://www.pittsburghfoodbank.org/recipe database>

Try These Great Recipes:

Baked Bean Casserole	3	Pasta with Tomatoes & White Beans	8
Beans and Greens over Rice	3	Peach Coffee Cake	8
Braised Green Beans & Tomatoes	3	Potato Corn Chowder	8
Brown Rice & Turkey Soup	3	Quick Chicken & Vegetable Soup	9
Cheesy Beans & Rice	4	Quick Fruit & Oatmeal	9
Cherry Pineapple Delight	4	Sauteed Cabbage and Corn	9
Chicken & Corn Chowder	4	Simple Chicken Soup	9
Chicken Chili	4	Slow Cooker Red Beans & Rice	10
Chicken Pot Pie	5	Southwestern Chicken & Rice	10
Chili Con Chicken	5	Stove Top Shepherd's Pie	10
Chili Shepherd's Pie	5	Summer Bean Salad	10
Cinnamon Apple Pancakes	5	Summer Potato Salad	11
Creamy Pasta Primavera	6	Super Salsa	11
Creamy Tomato Pasta with Ham	6	Sweet Potato Casserole	11
Easy Salsa	6	Venison Meat Loaf	11
Full Meal Pasta	6	White Bean, Tuna & Pasta Salad	12
Green Bean Casserole	7		
Hearty Black Bean Soup	7	<i>And Helpful Tips</i>	
Hearty Pasta with Vegetables	7	Some Food Preparation Suggestions	12
Mandarin Fruit Salad	7	As You Prepare Your Meals	12
Mashed Potatoes and Corn	8		

Baked Bean Casserole

This casserole comes from Chile, where it is called *pastel de frijoles con chocho*.

- 3 Tbl canola oil
- 1 large onion, chopped (1 1/2 cups)
- 1 Tbl chili powder
- 1 can (15 oz) diced tomatoes
- 1 can (15 oz) sweet potatoes, drained
- 1 can (15 oz) baked beans
- 2 cans (15 oz) corn, drained
- 1 1/2 cups 1% milk
- 1 egg
- black pepper to taste

1) Preheat oven to 350°F.

2) Heat a large, ovenproof pot over medium heat. Add oil and let heat briefly. If you do not have an ovenproof pot, transfer the mixture into a baking dish before putting it in the oven.

3) Add onions and chili powder.

4) Cook for 3-5 minutes or until onions start to brown at edges.

5) Add tomatoes, sweet potatoes, and black beans. Stir together and let cook over low heat for 10-15 minutes.

6) While this cooks, combine the drained corn kernels, milk, eggs, and black pepper in a blender. Blend until combined.

7) Spread corn mixture evenly over beans and put pot into the preheated oven. Bake, uncovered, for 30 minutes or until browned and bubbling. Serve immediately.

Makes 4 servings

Nutrition Facts	
Serving Size 1/4 recipe Servings Per Container 4	
Amount Per Serving	
Calories 550	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1110mg	46%
Total Carbohydrate 81g	27%
Dietary Fiber 12g	48%
Sugars 30g	
Protein 16g	
Vitamin A 180%	Vitamin C 60%
Calcium 20%	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 55g 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	



Beans and Greens over Rice

This easy-to-make meal delivers fantastic flavor along with great nutrition. And, it takes very little time to prepare, so you won't mind when the people in your house demand that you make it again!

- 1 1/2 cups brown or long grain rice
- 2 cans black beans, drained and rinsed
- 1 can mixed greens, drained and rinsed
- 1 can diced tomatoes
- 1 tsp crushed red pepper, or to taste

1. Prepare rice according to directions on package. While rice cooks:

2. Drain beans and greens into a strainer and rinse them thoroughly.

3. Put beans and greens into saucepan with diced tomatoes and crushed red pepper.

4. Simmer 12-15 minutes.

5. Serve over rice.

Makes 4 servings

This recipe works great with all types of beans!

Have a bit more time to cook? Spice it up by sautéing some onions and garlic in the pot before you add the beans, greens, and tomatoes!

Nutrition Facts	
Serving Size 1/4 of a recipe (17.28 oz)	
Servings Per Container 4	
Amount Per Serving	
Calories 390	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 990mg	41%
Total Carbohydrate 88g	29%
Dietary Fiber 13g	52%
Sugars 6g	
Protein 15g	
Vitamin A 70%	Vitamin C 45%
Calcium 15%	Iron 35%
*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 55g 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	



Braised Green Beans and Tomatoes

Healthy vegetarian dish that tastes great!

- 3 1/2 tsp. butter
- 1/4 cup onion, chopped
- 1 clove garlic, peeled and minced (optional)
- 1 (15 oz.) can green beans, drained and rinsed
- 1 cup canned crushed tomatoes
- Ground black pepper to taste

1) Melt 3 teaspoons butter in a medium skillet over medium heat. Stir in the onion and garlic, and sauté until the onion is tender.

2) Melt remaining butter in the skillet and mix in the green beans.

3) Stir in the tomatoes. Season with black pepper.

4) Reduce heat and simmer for 5-10 minutes.

Makes 4 servings

Recipe adapted from www.cooksillustrated.com

Nutrition Facts	
Serving Size 1/4 recipe (140g)	
Servings Per Container 4	
Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 250mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 15%	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	



Brown Rice and Turkey Soup

- 1 pound lean ground turkey
- 1 large potato, cubed
- 1 medium onion, chopped
- 1 (16 oz.) can kidney beans, drained and rinsed
- 1 (28 oz.) can plum tomatoes, crushed
- 1/4 cup dry rice
- 1/4 tsp salt
- ground black pepper to taste
- 6 cups water

1) In a large saucepan, sauté ground turkey over medium heat until browned, about 5 minutes.

2) Drain and rinse the kidney beans under cold water.

3) Drain the excess fat from the pan and add the tomatoes, potatoes, beans, onion, rice, water, salt and pepper.

4) Bring to a boil then reduce heat to low.

5) Simmer for 1 hour and serve.

Makes 8 servings

Nutrition Facts	
Serving Size 1/8 of Recipe (16 oz)	
Servings Per Container 8	
Amount Per Serving	
Calories 210	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 160mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 17g	
Vitamin A 15%	Vitamin C 40%
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	



Cheesy Beans and Rice

A hearty meal easily done

- 2 cups cooked rice
- 1 (16 oz) can chili beans (or substitute kidney or pinto beans)
- 1 (16 oz) can corn, drained and rinsed
- 1 (16 oz) can crushed tomatoes
- 1 medium onion, chopped
- 1 cup low fat shredded cheddar cheese
- 1 tablespoon canola oil

1. Preheat oven to 350 degrees Fahrenheit.
2. In a skillet, sauté onion in oil for 4 minutes over medium heat.
3. Stir in the tomatoes; bring to a boil and remove from heat.
4. In a bowl, combine cooked rice, chili beans, corn, 3/4 cup cheese, tomato and onion.
5. Pour into baking dish and cover with aluminum foil.
6. Cook in oven for 30 minutes or until heated through.
7. Uncover dish, added remaining 1/4 cup of cheese to top and bake uncovered for another 5 minutes.
8. Serve and enjoy!

Makes 6 servings

Nutrition Facts	
Serving Size 1/6 of recipe (11.25 oz)	
Servings Per Container 6	
Amount Per Serving	
Calories 280	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 740mg	31%
Total Carbohydrate 48g	16%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 13g	
Vitamin A 15%	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



Cherry Pineapple Delight

A great healthy dessert to take to your holiday parties!

- 2 cups boiling water
- 1 package (8 serving size) cherry gelatin, sugar-free
- 1/2 teaspoon cinnamon
- 1 (20 oz) can pineapple tidbits in juice, not drained
- 1 (22 oz) can mandarin oranges in juice, drained

1. Pour boiling water into a large bowl. Add the gelatin and cinnamon to the boiling water.
2. Stir until gelatin is dissolved (at least 2 minutes).
3. Drain pineapple, reserve the juice.
4. Add enough ice or cold water to the juice to make 1 1/2 cups. Add the gelatin mixture and stir until the ice is melted.
5. Refrigerate for about 45 minutes or until the gelatin is slightly thickened (consistency of unbeaten egg whites).
6. Reserve 1/4 cup each of pineapple and oranges. Add remaining pineapple and oranges to the gelatin.
7. Pour into 1 1/2 quart serving bowl.
8. Refrigerate for 4 hours or until firm.
9. Garnish with reserved pineapple and oranges.
10. Enjoy!

Serves 12

Nutrition Facts	
Serving Size (141a)	
Servings Per Container	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 2g	
Vitamin A 15%	Vitamin C 70%
Calcium 0%	Iron 2%

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

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

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



Chicken and Corn Chowder

A hearty soup, easy to make

- 1/2 cup onion, chopped
- 2 Tbl. canola oil
- 1 can sliced potatoes, drained
- 1 can corn, drained
- 2 cans chicken, drained
- 4 cups water
- 1 1/3 cups dry milk
- 1 tablespoon flour
- 1/2 tsp. black pepper (or to taste)

- 1) Stir dry milk, water, and flour together.
- 2) Heat canola oil in a medium saucepan. Cook onion in oil with black pepper, stirring constantly, for 3-5 minutes or until onion is soft and starting to brown at the edges.
- 3) Add milk and flour mixture to saucepan, along with corn, chicken, and potatoes.
- 4) Bring to a boil and simmer 20 minutes, stirring occasionally.
- 5) Mash some of the potatoes with a potato masher or the back of a wooden spoon to help thicken the soup, if desired.

Serves 6

Recipe adapted from Cooperative Extension Service, Utah State University

Nutrition Facts	
Serving Size (372g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 6g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 550mg	23%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 21g	
Vitamin A 0%	Vitamin C 15%
Calcium 25%	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



Chicken Chili

A hearty main course

- 1 lb. canned chicken
- 1 medium onion, diced
- 2 Tbsp. chili powder
- 1 can (16 oz) kidney beans
- 1 green pepper, diced
- 1 tsp. black pepper
- 1 can (16 oz) crushed tomatoes

Brown the chicken in a skillet, stirring to cook evenly.

Stir in all remaining ingredients.

Cook over medium heat, stirring often until well-blended and thickened.

Serve over pasta or rice, if desired.

Makes 4 servings

Chili works well as a side dish or a main meal!

Add hot sauce or hot peppers if you want to make the chili even spicier.

Nutrition Facts	
Serving Size 1/4 of recipe (14 oz)	
Servings Per Container 4	
Amount Per Serving	
Calories 340	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 480mg	20%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 36g	
Vitamin A 30%	Vitamin C 80%
Calcium 6%	Iron 20%

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

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

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



Chicken Pot Pie

Oven-Baked Main Course, High in Protein and Vitamin A

- 1 can (15 oz) **mixed vegetables**, drained
- 2 cans (6 oz) **chicken**, drained
- 1 can (15 oz) **sweet potatoes**, drained and chopped into smaller chunks
- 1 can (10.75 oz) condensed **cream of chicken soup**
- 1/2 tsp **oregano** (optional)
- 1 1/2 cups complete **pancake mix**
- 3/4 cup **water**

1) Preheat oven to 400°F.

2) In a medium bowl, combine mixed vegetables, chicken, sweet potatoes, soup, and oregano (if using). Stir until combined and then transfer to ungreased, 9-inch pie plate or 8 x 8 baking dish.

3) Use bowl to combine pancake mix and water. Spread this mixture on top of the chicken mix in the pie plate.

4) Bake for 30 minutes or until the crust is golden brown.

Makes 6 servings

• You can easily substitute leftover cooked chicken or cooked fresh vegetables for the canned vegetables in this recipe.

• Leftovers reheat quickly and easily in the microwave for easy lunches.

Recipe adapted from www.bettycrocker.com

Nutrition Facts	
Serving Size 1 slice	
Servings Per Container 6	
Amount Per Serving	
Calories 310	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 980mg	41%
Total Carbohydrate 41g	14%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 22g	
Vitamin A 240%	Vitamin C 15%
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



Chili Con Chicken

For chicken lovers, high in protein, Vitamin A and C

- 1 lb. canned chicken
- 1 medium onion, diced
- 2 tbsp. chili powder
- 1 can (16 oz.) kidney beans
- 1 green pepper, diced
- 1 tsp. black pepper
- 1 can (16 oz.) diced tomatoes

1) Brown the chicken in a skillet, stirring to cook evenly. Stir in all remaining ingredients.

2) Cook over medium heat, stirring often until well-blended and thickened.

You can serve Chili con Chicken over pasta or rice if desired.

Makes 4 servings

Nutrition Facts	
Serving Size 1/4 of recipe (14 oz)	
Servings Per Container 4	
Amount Per Serving	
Calories 340	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 480mg	20%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 36g	
Vitamin A 30%	Vitamin C 80%
Calcium 6%	Iron 20%

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

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

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



Chili Shepherd's Pie

Refrigerate leftovers and use within 2-3 days. Or freeze in single portions and use within 6 months.

- 1 (24 oz) can **chili**
- 1 (15 oz) can **green beans or peas**, drained
- 1 (15 oz) can **sweet potatoes**, drained
- 6 oz (portion cup) **plain lowfat yogurt**
- 1/2 cup **bran flakes or corn flakes**, crushed
- **Black pepper** to taste

1. Preheat oven to 400°F.

2. Pour chili and drained green beans or peas into bowl and stir to combine. Transfer to an oven-safe dish.

3. In the same bowl, combine the drained sweet potatoes, yogurt, and black pepper. Mash until smooth. Spread on top of the chili-vegetable mixture.

4. Top with crushed cereal and bake in oven for 30-45 minutes or until hot.

Makes 4 servings

Nutrition Facts	
Serving Size 1/4 recipe—about 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 320	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 940mg	39%
Total Carbohydrate 47g	16%
Dietary Fiber 8g	32%
Sugars 12g	
Protein 10g	
Vitamin A 190%	Vitamin C 45%
Calcium 15%	Iron 35%

*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



Cinnamon Apple Pancakes

Great for breakfast! Serve hot with maple syrup, honey or fresh fruit on top.

- 2 cups pancake mix
- 1/2 teaspoon cinnamon
- 2 eggs
- 1 cup low-fat milk
- 1/2 cup old-fashioned oatmeal
- 1 tablespoon brown sugar
- 1/2 cup applesauce

1. In a large mixing bowl, combine pancake mix and cinnamon. In another bowl, stir together eggs, milk, oats, brown sugar and applesauce. Add to dry ingredients and stir until all ingredients are moistened.

2. Heat one tablespoon oil in a large skillet over medium heat. Drop 1/4 cup batter in skillet and cook until pancake begins to bubble, 1 to 2 minutes. Flip pancakes and cook until brown on both sides, 1 to 2 minutes more.

Makes about 8 pancakes

Nutrition Facts	
Serving Size 1 pancake (97g)	
Servings Per Container 8	
Amount Per Serving	
Calories 190	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 430mg	18%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 7g	
Vitamin A 2%	Vitamin C 0%
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



Creamy Pasta Primavera

A hearty meal easy to prepare, high in protein and Vitamin A

- 2 cups fat free (skim) milk
- 1 (15 oz) can mixed vegetables, drained and rinsed
- 1 (6 oz) can chicken, drained
- 2 tablespoons salt free seasoning mix (such as Mrs. Dash herb mixes)
- 4 cups cooked pasta
- 1/4 cup low fat cream cheese

1. Combine milk, vegetables, chicken, and salt free seasoning mix in a large sauce pan.
2. Bring to boil over medium heat.
3. Reduce hat to low. Simmer 4 to 5 minutes or until heated through, stirring occasionally.
4. Add pasta and cream cheese; mixing lightly.
5. Cook on low until cream cheese is completely melted and the mixture is heated through, stirring occasionally.
6. Serve immediately.

Makes 4 servings

Nutrition Facts	
Serving Size (428g) Servings Per Container	
Amount Per Serving	
Calories 420	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 450mg	19%
Total Carbohydrate 62g	21%
Dietary Fiber 6g	24%
Sugars 10g	
Protein 23g	
Vitamin A 250% • Vitamin C 10%	
Calcium 20% • 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



Creamy Tomato Pasta with Ham

A delicious and nutritious main course

- 1 box (16 ounces) spaghetti noodles
- 1 tablespoon olive oil
- 1 clove garlic, chopped
- 1 (28 ounce) can diced tomatoes
- 4 ounces canned ham, chopped
- 1 jar (24) ounces spaghetti sauce
- Salt and pepper to taste (optional)

1. Cook pasta according to instructions on box. Drain noodles and set aside.
2. Heat olive oil in large skillet over medium heat.
3. Sauté garlic in olive oil.
4. Add tomatoes and ham and cook for 2-3 minutes.
5. Add Vodka Sauce and let simmer for about ten minutes over medium heat.
6. Toss with pasta and enjoy!

Makes 8 servings

Nutrition Facts	
Serving Size (257g) Servings Per Container	
Amount Per Serving	
Calories 360	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 820mg	34%
Total Carbohydrate 53g	18%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 13g	
Vitamin A 10% • Vitamin C 10%	
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



Easy Salsa

Corn is a starchy vegetable. It is low in fiber and high in sugar. Its sugar and starch are used as sweeteners and thickeners in many foods. Mix your corn with other vegetables for better nutrition.

- 1 (15 oz) can corn, drained
- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can diced tomatoes
- Crushed red pepper to taste

1. Combine all ingredients in a mixing bowl.
2. Serve with chips, quesadillas, tacos, burritos, chicken, or fish.

Serves 6

Nutrition Facts	
Serving Size 1/6 recipe Servings Per Container 5	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 3g	
Vitamin A 10% • Vitamin C 20%	
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



Full Meal Pasta

It's a full meal -- loaded with protein, iron and fiber

- 2- 6 oz. cans chicken, drained
- 1/2 lb spaghetti (or another type of pasta)
- 1- 14 oz can peas, drained
- 1- 14 oz can diced tomatoes
- 1- 14 oz can black beans, drained and rinsed
- 1 tsp oregano (optional)
- 1 tsp thyme (optional)

1. In a large saucepan, combine chicken, peas, tomatoes, and black beans with oregano and thyme, if using.
2. Heat to a boil, then reduce to a simmer. Cook 5 to 10 minutes.
3. Cook pasta according to directions on package.
4. Combine pasta with sauce and serve.

Makes 4 servings

Nutrition Facts	
Serving Size 1/4 recipe Servings Per Container 4	
Amount Per Serving	
Calories 500	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 980mg	41%
Total Carbohydrate 72g	24%
Dietary Fiber 13g	52%
Sugars 8g	
Protein 41g	
Vitamin A 30% • Vitamin C 45%	
Calcium 8% • Iron 35%	

*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



Green Bean Casserole

A Hot Vegetarian Side Dish

- 2 (15 ounce) can green beans, drained
- 1 (10.75 ounce) can cream of mushroom soup
- 1 (8 ounce) can French fried onions

Make it your own recipe by adding:

- Cheese
- Onions, chopped
- Some nuts like almonds

1. Preheat oven to 350 degrees.
2. In large bowl mix green beans and mushroom soup until well combined
3. Mix any additional ingredients at this time.
4. Pour into greased 9-inch by 12-inch pan.
5. Bake uncovered for 30 minutes.
6. Remove from oven and top with French fried onions.
7. Bake an additional 5-10 minutes until topping is brown and crispy.

Makes 8 servings

Nutrition Facts	
Serving Size (172g) Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 130
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 3.5g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	26%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
Vitamin A 6%	Vitamin C 4%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4



Hearty Black Bean Soup

Easy and delicious!

- 1 tbsp. canola oil
- 1/2 cup onion, chopped
- 1 tbsp. chili powder
- 2 15-ounce cans black beans, drained and rinsed
- 1 15-ounce can sweet potatoes, drained
- 3 cups water
- 1/2 cup canned diced tomatoes
- 2 tbsp. lime juice (optional)
- 4 tbsp. reduced-fat sour cream or plain yogurt (optional)

1. Heat oil in a large saucepan over medium heat.

2. Add onion and chili powder. Cook, stirring constantly, 3-5 minutes.

3. Add beans, sweet potatoes, tomatoes, and water. Bring to a boil. Reduce heat and let simmer 20-30 minutes.

4. Stir in lime juice (if you are using it) and serve. Top each dish with two teaspoons of low-fat sour cream or plain yogurt, if you would like.

Nutrition Facts	
Serving Size 1/6 of recipe (13.5 oz) Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	18%
Total Carbohydrate 37g	12%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 7g	
Vitamin A 120%	Vitamin C 45%
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	350g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4



Hearty Pasta with Vegetables

No explanation necessary. It's all in the name. High in protein and Vitamin A

- 14 oz. ground beef (80% lean to extra lean)
- 3.5 oz. spaghetti (or another type of pasta)
- 1/2 cup beef stock
- 1 (14 oz.) can peas, drained
- 1 (14 oz.) can chopped tomatoes, drained
- 1 (14 oz.) can sliced carrots, drained and rinsed
- 1 (14 oz.) can baked beans, drained and rinsed

1. In a large frying pan, brown the ground beef. Drain off any fat.
2. Add all other ingredients to the pan.
3. Cook until the pasta is done (10 to 15 minutes).
4. Serve.

Makes 4 servings

Nutrition Facts	
Serving Size (422g) Servings Per Container	
Amount Per Serving	
Calories 510	Calories from Fat 150
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 6g	30%
Trans Fat 1g	
Cholesterol 70mg	23%
Sodium 860mg	36%
Total Carbohydrate 56g	19%
Dietary Fiber 10g	40%
Sugars 14g	
Protein 31g	
Vitamin A 230%	Vitamin C 15%
Calcium 10%	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



Mandarin Fruit Salad

A refreshing dessert, high in Vitamin C

- 2 (11 oz.) cans mandarin oranges, drained
- 1 (21 oz.) can apple pie filling
- 1 (15 oz.) can pineapple chunks, drained
- 3 medium firm bananas, sliced
- 2 cups frozen strawberries, thawed and cut in half

1. In a large bowl, combine all ingredients.
2. Cover and refrigerate for 2 hours.
3. Serve.

Makes 10 Servings

Nutrition Facts	
Serving Size (213g) Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	12%
Sugars 23g	
Protein 1g	
Vitamin A 10%	Vitamin C 60%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	350g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4



Mashed Potatoes and Corn

A Twist On A Traditional Side Dish; Fun for Kids

- 1 can (14.5 ounces) corn, with liquid
- 2-1/2 Tablespoons butter
- 1-1/3 cups water
- 3/4 cup non-fat milk
- 2 cups mashed potato flakes
- 1 can (14.5 ounces) pureed peas
- Salt and pepper to taste

1. Drain corn; save the liquid.
2. In 2-quart saucepan, heat butter, liquid from corn, and water to a boil.
3. Remove from heat and add milk.
4. Stir in potato flakes and let sit until liquid is absorbed, about 3 minutes.
5. Stir pureed peas into the mashed potatoes until the mixture is evenly green in color.
6. Fold in the corn.
7. Enjoy hot. The peas turn the potatoes green. Do not let that scare you. Fun for kids to eat.

Makes 8 servings

Nutrition Facts	
Serving Size (183g) Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 35
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 340mg	14%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 4g	
Vitamin A 6%	Vitamin C 25%
Calcium 4%	Iron 6%

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

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

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



Pasta with Tomatoes and White Beans

Beans are high in protein and also supply energy in the form of complex carbohydrates, which satisfy hunger longer.

- 6 oz. **spaghetti** or other pasta
- 2 (14.5 oz.) cans **diced tomatoes**
- 1 (15 oz.) can **white beans** or other canned bean, rinsed and drained
- 1 (15 oz.) can **spinach**, rinsed and drained
- 1/2 cup finely crumbled **feta cheese**

1. Cook pasta according to package directions.
2. In a large skillet, bring the tomatoes and beans to a boil. Reduce heat and simmer, uncovered, for 10 minutes.
3. Add spinach; simmer for 2 minutes, stirring occasionally. Drain pasta.
4. Top with tomato mixture and cheese.

Makes 4 servings

Nutrition Facts	
Serving Size 1/4 of recipe (521g) Servings Per Container 4 recipes	
Amount Per Serving	
Calories 520	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 1080mg	45%
Total Carbohydrate 92g	31%
Dietary Fiber 9g	36%
Sugars 12g	
Protein 22g	
Vitamin A 80%	Vitamin C 70%
Calcium 20%	Iron 35%

*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 Coffee Cake

Easy to make & great for breakfast or dessert!

- 2 1/3 cups **pancake mix**
- 1/2 cup **shelf-stable milk**
- 6 Tbl **sugar**, divided
- 3/4 Tsp **cinnamon**, divided
- 3 Tbl unsalted **butter**, melted
- 1 can sliced **peaches**, drained
- 2/3 cup low-fat **sour cream**
- 1 **egg**

- 1) Preheat oven to 375° F.
- 2) Combine pancake mix, 3 tablespoons of sugar, 1/4 teaspoon cinnamon, and the melted butter together in a large bowl. Mix together thoroughly.
- 3) Add milk, stir until combined (there should still be some lumps).
- 4) Pour into an ungreased 9 x 9 pan. Arrange peach slices on top.
- 5) Mix together remaining sugar and cinnamon. Sprinkle over peaches.
- 6) Mix egg and sour cream together until smooth. Drizzle on top.
- 7) Bake for 35-40 minutes or until a toothpick inserted in the center comes out clean.

Recipe adapted from www.bettycrocker.com

Serves 9

Nutrition Facts	
Serving Size 1 slice Servings Per Container 9	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 6g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 135mg	6%
Total Carbohydrate 37g	12%
Dietary Fiber 6g	24%
Sugars 14g	
Protein 8g	
Vitamin A 8%	Vitamin C 4%
Calcium 20%	Iron 10%

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

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

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



Potato Corn Chowder

A single serving provides 25% of the MDR of calcium.

- 1 can sliced potatoes, drained
- 1 can corn, drained
- 1/2 cup onion, chopped
- 4 cups water
- 1 1/3 cups dry milk
- 1 tablespoon flour
- Pepper to taste

- 1) Stir Dry milk, water, and flour together.
- 2) Combine milk and flour mixture in saucepan with all other ingredients.
- 3) Bring to a boil and simmer 20 minutes, stirring occasionally.
- 4) Mash some of the potatoes with a potato masher or the back of a wooden spoon to help thicken the soup, if desired.

Serves six

Recipe adapted from Cooperative Extension Service, Utah State University

Nutrition Facts	
Serving Size 1/6 of recipe Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 850mg	35%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 8g	
Vitamin A 0%	Vitamin C 15%
Calcium 25%	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



Quick Chicken & Vegetable Soup

Easy to prepare, and leftovers reheat well (if you have any!)

- 2 (15 oz.) cans lima beans, drained and rinsed
- 1 (15 oz.) can sliced carrots, drained
- 1 (15 oz.) can mixed greens, drained
- 1 can chicken, drained
- 1/2 tsp oregano (optional)
- 1/2 tsp rosemary (optional)
- 4 cups water
- 1 cup cooked brown rice

1. Cook brown rice according to package directions.

2. Combine lima beans, carrots, mixed greens, chicken, water, oregano and rosemary (if using) in a saucepan.

3. Bring to a boil, reduce heat, and let simmer 10 minutes

4. To serve, put 1/4 cup brown rice in a bowl and ladle 1 cup of soup over top.

Makes 4 Servings

Nutrition Facts	
Serving Size 1/4 recipe (about 1 cup soup plus 1/4 cup rice)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 820mg	34%
Total Carbohydrate 38g	13%
Dietary Fiber 9g	36%
Sugars 3g	
Protein 20g	
Vitamin A 240%	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	



Quick Fruit & Oatmeal

Whole grains help in maintaining healthy weight.

- 2 cups quick oats
- 3 1/2 cups water
- 1 cup raisins
- 1 apple
- 1/4 tsp salt
- 1 Tbl brown sugar

1) Cut the apple off the core and dice into small pieces.

2) Combine all ingredients in saucepan.

3) Bring to a boil. Cook 1 minute over medium heat, stirring occasionally.

Serves 4

Nutrition Facts	
Serving Size 1/4 recipe	
Servings Per Container 4	
Amount Per Serving	
Calories 330	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 69g	23%
Dietary Fiber 8g	32%
Sugars 39g	
Protein 7g	
Vitamin A 0%	Vitamin C 4%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Sautéed Cabbage and Corn

- 1 head cabbage, shredded
- 1 (15oz) can corn, drained and rinsed
- 1/2 tsp black pepper
- 1/4 cup sunflower seeds or almonds (optional)
- Non-stick cooking spray

1) Heat skillet and spray with non-stick cooking spray.

2) Add cabbage and cook until it begins to wilt.

3) Add corn and pepper and cook for three minutes.

4) Add sunflower seeds or almonds.

5) Serve and enjoy!

Nutrition Facts	
Serving Size (270g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	26%
Total Carbohydrate 21g	7%
Dietary Fiber 7g	28%
Sugars 9g	
Protein 7g	
Vitamin A 4%	Vitamin C 110%
Calcium 8%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Simple Chicken Soup

Quick and easy -- high in protein; Vitamins A and C

- 2 1/2 cups low-sodium **chicken broth**
- 1 **carrot**, cut into thin rounds
- 1 rib **celery**, cut into 1/4-inch pieces
- 1 **bell pepper**, cut into very small pieces
- 1 (6 oz) can **chicken**, drained
- 1/4 cup **elbow macaroni**

1) Combine carrots and chicken broth in a small sauce pan. Bring to a boil, reduce heat, and let simmer 10 minutes.

2) Add celery and bell pepper, let simmer for 5-10 minutes.

3) Add chicken and macaroni. Increase heat to a boil. Let cook until macaroni is done, about 7-10 minutes.

Serves 2

Nutrition Facts	
Serving Size 1/2 recipe	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 360mg	15%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 29g	
Vitamin A 150%	Vitamin C 160%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Slow Cooker Red Beans and Rice

A Hot, Nutritious Vegetarian Side Dish

- 1 small onion, chopped
- 1 garlic clove, minced
- 2 cups reduced-sodium chicken broth
- 1 (15 ounce) can kidney beans
- 1 (10.75 ounce) can tomato puree
- 1/2 cup uncooked brown rice
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon chopped scallion (green part only)

1. Spray a medium nonstick skillet with cooking spray and place over medium-high heat. Add the onion and garlic and cook, stirring until the onion is softened, 2-3 minutes. Add the onion mixture to a 3-to-4 quart slow cooker.

2. Add the broth, beans, tomato puree, rice, oregano, salt, and pepper. Cover and cook on low until rice is tender, about 3 1/2 hours. Stir in scallion before serving.

Makes 4 servings

Nutrition Facts	
Serving Size (369g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 780mg	33%
Total Carbohydrate 44g	15%
Dietary Fiber 7g	28%
Sugars 7g	
Protein 12g	
Vitamin A 8%	Vitamin C 20%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 55g 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	



Southwestern Chicken and Rice

A delicious and nutritious main course, high in protein and iron

- 1 tbsp. canola oil
- 10 oz. canned chicken
- 1 large onion, chopped
- 1 (15 oz.) can kidney or pinto beans, drained and rinsed
- 1 1/2 cups salsa
- 1 (15 oz.) can corn
- 1/2 cup low-sodium chicken broth
- 1 1/2 cups cooked white rice

1) Heat oil in a large nonstick skillet on medium-high heat.

2) Add chicken and onion; cook and stir until onion is soft.

3) Add beans, salsa, corn and broth. Bring to a boil.

4) Stir in rice; cover. Remove from heat and let stand for 5 minutes.

*Recipe adapted from www.allrecipes.com.

Nutrition Facts	
Serving Size 114 of recipe (451g)	
Servings Per Container 4	
Amount Per Serving	
Calories 430	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 1180mg	49%
Total Carbohydrate 62g	17%
Dietary Fiber 9g	36%
Sugars 10g	
Protein 27g	
Vitamin A 2%	Vitamin C 8%
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 55g 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	



Stove Top Shepherd's Pie

No baking required! High in protein and Vitamin A

- 3 cups cooked instant mashed potatoes
- 2 cups diced, cooked chicken
- 1 (15 ounce) can mixed vegetables
- 1 (10 3/4 ounce) can reduced sodium, condensed chicken soup
- 1/2 cup low fat milk
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper

1. Prepare mashed potatoes according to directions on box. Keep potatoes warm while preparing the rest of the recipe.

2. In a large skillet, combine chicken, mixed vegetables, chicken soup, milk, onion powder and black pepper. Mix well.

3. Cook for 5-8 minutes, or until heated through.

4. Stir frequently.

5. Remove from heat and top with mashed potatoes.

6. Serve immediately.

Makes 8 servings

Nutrition Facts calculated with skim milk and low fat cream of chicken soup; not low sodium.

Nutrition Facts	
Serving Size (269g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 800mg	33%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 17g	
Vitamin A 4%	Vitamin C 8%
Calcium 6%	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 55g 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	



Summer Bean Salad

A cool summer side dish, high in protein and Vitamin C

- 1 (15 ounce) can mini **kidney beans**, drained and rinsed
- 1 (15 ounce) can **black beans**, drained and rinsed
- 1 (15 ounce) can **garbanzo beans** (chick peas), drained and rinsed
- 1 small **green bell pepper**, chopped

1. In a bowl, mix together the kidney beans, black beans, garbanzo beans, green peeper, red pepper, onions and tomatoes.

2. In a separate bowl mix the salsa and vinegar and pour over the bean mixture. Stir gently to coat.

3. Chill at least 1 hour in the refrigerator before serving.

Makes 8 servings

Nutrition Facts	
Serving Size (313g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 34g	11%
Dietary Fiber 10g	40%
Sugars 7g	
Protein 10g	
Vitamin A 20%	Vitamin C 90%
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 55g 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	



Summer Potato Salad

A Cool Dish For Hot Weather

- 4 medium potatoes, scrubbed and cut into 1/2-inch cubes
- 1 large white onion, peeled and cut into small pieces
- 1 can tomatoes, drained
- 1 can corn, drained and rinsed
- 1 can black beans, drained and rinsed
- 1/4 cup low-fat Italian dressing

Fill a medium pot with water and bring to a boil. Add potatoes. Cover and cook until tender, 25-30 minutes. Drain and let cool.

In a large bowl, combine onion, tomatoes, corn, black beans and Italian dressing.

Makes 4 servings

Nutrition Facts	
Serving Size 1 cup (485g)	
Servings Per Container 4	
Amount Per Serving	
Calories 420	Calories from Fat 80
% Daily Value*	
Total Fat 6g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 80g	27%
Dietary Fiber 11g	44%
Sugars 16g	
Protein 9g	
Vitamin A 200% • Vitamin C 110%	
Calcium 6% • Iron 20%	

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

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

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



Super Salsa

A great dip for your next party or family gathering

- 1 (15 oz) can **black beans** (or kidney beans), drained and rinsed
- 1 (15 oz) can **white beans** (like Great Northern), drained and rinsed
- 1 medium **red onion**, finely chopped
- 1 (15 oz) can **diced tomatoes**, with juice
- 1 (15 oz) can **corn**, drained and rinsed
- 1 teaspoon **chili powder**
- 1/4 teaspoon **black pepper**
- 1/2 cup fresh **cilantro**, finely chopped (optional)

1. Place all ingredients in mixing bowl and mix gently.

2. Serve with baked tortilla chips or place 1/3 cup portion in a tortilla wrap for an easy and nutritious sandwich.

Makes 12 servings

Nutrition Facts	
Serving Size 1/8 of recipe (236g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	26%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 7g	
Vitamin A 8% • Vitamin C 20%	
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 55g	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



Sweet Potato Casserole

Make this for your next family get-together!

- 2 (15-oz) cans sweet potatoes, drained
- 1 (11 oz) can mandarin oranges, drained
- 6 oz. low-fat yogurt, plain or vanilla (1 single-serve cup)
- 2 eggs, separated
- 3 cups walnut pieces
- 1 1/2 cups brown sugar, packed

1) Preheat oven to 375°F.

2) Combine sweet potatoes, mandarin oranges, yogurt, and egg yolks in a large bowl. Use potato masher to mash everything together until well-combined.

3) Combine egg whites, walnuts, and brown sugar in a bowl. Stir to combine.

4) Transfer potato mixture to a 9 x 9 baking pan. Top with nut mixture.

5) Bake for 30-45 minutes or until potatoes are heated through and nut topping is golden brown. Let cool for 5-10 minutes before serving.

Makes 9 servings

Nutrition Facts	
Serving Size 1/9 pan	
Servings Per Container 9	
Amount Per Serving	
Calories 390	Calories from Fat 240
% Daily Value*	
Total Fat 27g	42%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 60mg	3%
Total Carbohydrate 32g	11%
Dietary Fiber 5g	20%
Sugars 12g	
Protein 9g	
Vitamin A 150% • Vitamin C 30%	
Calcium 8% • Iron 10%	

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

	Calories: 2,000	2,500
Total Fat	Less than 55g	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



Venison Meat Loaf

If you don't have venison, use ground beef.

- 1 pound ground venison (or beef)
- 1 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 1 egg, lightly beaten
- 8 ounces canned diced tomatoes with juice
- 1/2 quick-cooking oats

1. Preheat oven to 375 degrees.

2. Mix all ingredients and place in a large bowl.

3. Place in baking dish and shape into a loaf.

4. Bake for 1 hour. Let stand 5 minutes before serving.

Makes 6 servings

Nutrition Facts	
Serving Size (155g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 620mg	26%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 20g	
Vitamin A 6% • Vitamin C 30%	
Calcium 2% • Iron 20%	

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

	Calories: 2,000	2,500
Total Fat	Less than 55g	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 Bean, Tuna and Pasta Salad

A Cool Nutritious Dish For Hot Summer Days

- 1 cup pasta noodles
- 1/3 cup reduced-sodium chicken broth
- 1 1/2 tablespoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 (12-ounce) can tuna
- 1 (14.5-ounce) can diced tomatoes, drained
- 1 (15-ounce) can white beans, rinsed drained
- 1/2 cup red onion, chopped
- 1/2 teaspoon lemon juice

1. Prepare pasta according to package directions. Drain and rinse under cold water.

2. Whisk together broth, vinegar, oil, salt, and pepper in a large bowl. Add the pasta, tuna, tomatoes, beans, onion, and lemon juice. Toss to combine.

Makes 4 servings

Nutrition Facts	
Serving Size (306g) Servings Per Container	
Amount Per Serving	
Calories 410	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 660mg	28%
Total Carbohydrate 58g	19%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 33g	
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 20%

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

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

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



CHOP
Cleveland Health System
Cleveland Health System Programs

© 2012 Greater Pittsburgh Community Food Bank

Greater Pittsburgh
community
food bank
www.gpcfb.org

Some Food Preparation Suggestions...

Clean: Wash hands, counters and your table often and carefully.

- Wash hands *before and after* handling food.
- Wash kitchen utensils and surfaces with hot, soapy water.
- Wash cutting boards and sponges in hot, soapy water.
- Clean with paper towels; toss them when you're done.

Separate: Keep raw and cooked foods separate.

- Keep raw meat, poultry and fish enclosed in containers.
- Wash anything (+ your hands) that touches raw meat, poultry or fish before using it with other food.
- Never put cooked food on the same plate or cutting board that held raw food.

Chill: Refrigerate food right away.

- Close the refrigerator door. Check temperatures: refrigerator—below 40° F; freezer—below 0° F.
- Thaw frozen food in the refrigerator or microwave oven, not on the counter.
- Chill foods that may spoil. Freeze or refrigerate leftovers.

Cook: Cook food to a safe, proper temperature.

- Use a clean meat thermometer to check:
 - Cooked hamburgers: at least 160° F
 - Whole cooked chicken: 180° F
- Cook eggs until yolks and whites are firm.
- Cook fish until it's not shiny and it flakes easily with a fork.
- Reheat leftovers to at least 165° F.
- Turning food cooked in the microwave will prevent cold spots.

As you prepare your meals, you might consider...

How you eat may be just as important to your health as *what* you eat. Eating is more than just fueling up. It can be about relationships and connecting with family. In fact, the benefits of sitting down to eat together with your family are huge. For instance, did you know that...

- Children perform better in school when they eat more meals with their family.
- Conversations during meals help families to bond, plan, and learn from one another.
- Teens who eat with their family are less likely to be depressed and to get involved in risky behaviors such as smoking and taking drugs.
- Family mealtime is a great opportunity to learn table manners, social and cooking skills.
- You can save money by eating at home with your family because meals bought away from home cost more than meals prepared at home. Meals prepared at home are usually healthier.

So...

Sit down and eat at a table, hopefully in the company of your family. Turn off the TV, and put away the cell phones. Give thanks for what you have. And last, but not least, enjoy your food!