

BEST-EVER GARLICKY POTATOES

Serves 4



Variation:

Substitute ½ of the white potatoes with sweet potatoes and add 6 tablespoons freshly grated Parmesan cheese

Serving size =
½ cup

Per serving:

Calories: 206

Fat: 5g

Sat fat: <1g

Chol: 0mg

Carb: 38g

Protein: 4g

Sodium: 39mg

Fiber: 4g

- 1 tablespoon olive oil
- 1 tablespoon margarine
- 3 large red-skinned potatoes, scrubbed and cut into eighths
- 1 medium-size onion, cut into eighths
- 3 cloves garlic, peeled and halved
- Pepper, to taste

- ❶ Place oil and margarine in a 13-x 9-inch baking pan; set pan in a 475°F oven until margarine is melted and sizzling.
- ❷ Add potatoes, onions, and garlic to pan and stir to coat evenly.
- ❸ Bake, stirring occasionally, until potatoes are golden brown and tender when pierced (about 30 minutes).
- ❹ Season to taste with pepper.

Nutri-Tip: Few foods on earth are healthier than a simple potato. It's packed with carbohydrates, potassium, vitamin C and much more. Don't destroy potatoes' nutritional benefits by drowning them in fats or toppings - Bake, slice and enjoy! From white russet, red, "gold" and orange potatoes, there's a tremendous variety to choose from, each with its own particular texture. Do keep the potato skins on for the wealth of fiber, iron, niacin and B vitamins you shouldn't miss!

CHEESE & HERB POTATOES

Serves 4



"Beautiful & Delicious"

Sprinkle with chives and/or scallions, if desired. Serve.

Serving size =
1 medium potato

Per serving:

Calories: 131

Fat: 4g

Sat fat: 1g

Chol: 5mg

Carb: 21g

Protein: 5g

Sodium: 109mg

Fiber: 1g

- 4 medium baking potatoes
- 4 teaspoons reduced-fat margarine
- 2 teaspoons Herb Blend*, or to taste
- ½ teaspoon garlic powder
- ½ teaspoon white or black pepper
- 4 tablespoons (1 ounce) reduced-fat sharp shredded cheddar cheese, divided
- 4 teaspoons Parmesan cheese

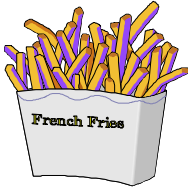
****Herb Blend:***

- ½ teaspoon basil
- ½ teaspoon marjoram
- 1 teaspoon dillweed
- ½ teaspoon thyme
- ½ teaspoon oregano
- 1 teaspoon parsley

- ❶ Wash & scrub potatoes. Prick potato with a knife 2 to 3 times. Put potatoes on a microwave-safe plate.
 - ❷ Microwave potatoes on HIGH for 10 minutes, rearranging after 5 minutes. Let sit for 5 minutes. Microwave for another 4 minutes on HIGH.
 - ❸ Check for doneness by inserting a fork into each potato. Potato should be soft and fork should pierce potato easily.
 - ❹ When potatoes are cooked, slice into but not through, each potato ¾ of the way through, making approximately 10 cuts.
 - ❺ Melt margarine (20-30 seconds in microwave). Pour 1 teaspoon margarine into slits of each potato.
 - ❻ Sprinkle each potato with approximately ½ teaspoon herb blend, ⅓ teaspoon garlic powder, and ⅓ teaspoon pepper.
 - ❼ Add 1 Tbsp. cheddar cheese and 1 tsp. Parmesan cheese to each potato.
 - ❽ Microwave potatoes for 1 minute, or until cheese melts.
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PARMESAN OVEN FRIES

Serves 6



Serving size =
4 wedges

Per serving:

Calories: 153

Fat: 4g

Sat fat: 1g

Chol: 3mg

Carb: 26g

Protein: 5g

Sodium: 280mg

Fiber: 2g

4 large baking potatoes, peeled (about
2½ pounds)

¼ teaspoon black pepper

1 tablespoon olive oil

¼ cup grated Parmesan cheese

½ teaspoon salt

- ❶ Preheat oven to 450°F. Cut each potato lengthwise into 6 wedges.
- ❷ Pat wedges dry with paper towels, and place in a bowl.
- ❸ Add pepper, and toss well.
- ❹ Drizzle oil over wedges, tossing well to coat.
- ❺ Arrange in a single layer on a baking sheet coated with nonstick cooking spray.
- ❻ Bake at 450°F for 30 minutes.
- ❼ Sprinkle cheese and salt evenly over wedges.
- ❽ Bake an additional 10 minutes or until tender and browned. Serve warm.

Shopping Tip: When buying potatoes, choose those that are clean, firm and smooth. Avoid wrinkled skins, soft or dark spots, or those that have cut surfaces with a greenish tinge. Look for regular, even shapes so you won't waste too much of the potato while peeling; choose potatoes of similar sizes so they'll be cooked in the same time. Nutrients in potatoes are close to the skin, so either cook potatoes whole or keep peelings as thin as possible.

MASHED POTATO CASSEROLE

Serves 8

2 pounds baking potatoes, scrubbed and cut into fourths
8 ounces fat-free cream cheese
1 cup plain nonfat yogurt
½ teaspoon garlic powder
¼ teaspoon salt
2 tablespoons reduced-calorie margarine, melted
½ teaspoon paprika

Serving size =
½ cup

Per serving:

Calories: 116

Fat: 2g

Sat fat: 0g

Chol: 1mg

Carb: 19g

Protein: 7g

Sodium: 298mg

Fiber: 1g

- ❶ Preheat oven to 350°F. Cook potatoes in boiling water until tender throughout when pierced (about 20 minutes); drain & peel.
- ❷ Using a hand held electric beater, beat hot potatoes until almost smooth.
- ❸ Add cream cheese, yogurt, garlic powder, and salt in a bowl and continue to beat until fluffy and smooth.
- ❹ Spoon into a 13-x-9-inch baking dish coated with nonstick cooking spray; drizzle margarine over potato mixture.
- ❺ Sprinkle with paprika. (At this point, you may cover and refrigerate until the next day.)
- ❻ Bake, covered, in a 350°F oven for 30 minutes (50 minutes if refrigerated); uncover and continue to bake until top is golden brown (about 10 more minutes).

TIP: Store potatoes in a cool, dark, humid place that's well ventilated - 45 to 50 degrees is ideal. (Too warm temperatures make them sprout and shrivel up.) Don't expose potatoes to light; this makes them turn green & have a bitter flavor.

SAUSAGE HASH BROWNS

Serves 4

Cook's Tip: When you have extra bell peppers or onions on hand, chop them by hand or in the food processor and freeze them for later use. Simply place the chopped peppers or onions in a zip-top freezer bag. Lie flat and freeze.

Serving size =
¾ cup

Per serving:

Calories: 226

Fat: 3g

Sat fat: <1g

Chol: 15mg

Carb: 43g

Protein: 9g

Sodium: 254mg

Fiber: 4g

- ¾ cup diced green bell pepper
- ¼ cup thinly sliced green onions
- 3 ounces turkey sausage
- 3 cups refrigerated shredded hash brown potatoes
- ⅓ cup low-sodium chicken broth
- ½ teaspoon sage
- ⅓ teaspoon black pepper

- ❶ Cook the green pepper, green onions, and sausage in a nonstick skillet over medium-high heat 2 minutes or until browned, stirring to crumble sausage.
- ❷ Add the potatoes, broth, sage, and pepper, and cook 8 minutes, stirring frequently.

Baking the Perfect Potato:

- Gently scrub the potato with a vegetable brush and cut away any "eyes."
- Pierce the skin with the tines of a fork in several places so that steam can escape while the potato is baking, and it won't explode.
- A medium-size potato is cooked in about 45 minutes in a 400°F oven. It's done when it feels soft when pinched with mitts or a potholder.
- Baking potatoes in foil yields a softer skin, but they will taste steamed rather than baked. Bake foil-covered potatoes directly on an oven rack or cookie sheet.

SCALLOPED POTATOES WITH CHEESE

Serves 7



Serving size =
1 cup

Per serving:

Calories: 176

Fat: 5g

Sat fat: 1g

Chol: 5mg

Carb: 28g

Protein: 6g

Sodium: 261mg

Fiber: 2g

3 pounds red potatoes (about 6 medium),
peeled and cut into 1/8-inch slices
2 tablespoons margarine, melted
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup (2 ounces) shredded reduced-fat
sharp cheddar cheese
1 cup skim milk

- ❶ Preheat oven to 425°F. Coat a 10 x 6-inch baking dish with nonstick cooking spray.
- ❷ Arrange half of the potato slices in dish, and drizzle half of margarine over potatoes, and top with half of the cheese.
- ❸ Repeat procedure with the remaining potatoes, margarine, salt, pepper, and cheese.
- ❹ Bring the milk to a boil in a small saucepan over low heat; pour the hot milk over the potato mixture.
- ❺ Bake, uncovered, at 425°F for 40 minutes or until tender.

Nutri-Tip: Potatoes are a great buy! They are one of the most economical sources of vitamin C, vitamin B6, magnesium, copper, folic acid, and potassium, for just pennies a serving. Potatoes are also very high in iron. They provide more iron than any other vegetable.

SWEET POTATOES WITH GINGER

Serves 5

Cook's Tip:
Gingerroot is available in the produce department of supermarkets. For speedy minced garlic, use the variety in a jar. Store any extra in the refrigerator.

Serving size =
½ cup

Per serving:

Calories: 209

Fat: 5g

Sat fat: 1g

Chol: 0mg

Carb: 40g

Protein: 3g

Sodium: 229mg

Fiber: 4g

2 pounds sweet potatoes (about 4 large)

2 tablespoons margarine

1½ teaspoons grated fresh gingerroot

1 clove garlic, minced

3 tablespoons honey mustard

¼ teaspoon salt

⅛ teaspoon black pepper

Brown sugar (optional)

- ❶ Cook sweet potatoes whole in enough water to cover for 35 to 45 minutes or until tender.
- ❷ Drain, peel, and mash the sweet potatoes. Keep hot.
- ❸ Melt margarine in a small saucepan over medium heat.
- ❹ Add ginger and garlic.
- ❺ Cook and stir for 1 minute.
- ❻ Add to sweet potatoes along with honey mustard, salt, and pepper.
- ❼ Beat with an electric mixer until well blended.
- ❽ Sprinkle with brown sugar, if desired.

Nutri-Tip: Sweet potatoes are “super Spuds”. One half cup of this nutritional powerhouse delivers 500% of the RDA for vitamin A, as much vitamin C as a tomato, more beta-carotene than a carrot, and just 105 calories. Choose firm, clear-skinned potatoes (avoid if shriveled, bruised, or soft). Store in a cool, dry, dark place—not the refrigerator.

EMERALD CHINESE BROWN RICE

Serves 4



TIP: Store fresh gingerroot in the freezer in a zip-top heavy duty freezer bag. It's easier to peel and grate while frozen.

Serving size =
¾ cup

Per serving:

Calories: 193

Fat: 3g

Sat fat: 0g

Chol: 0g

Carb: 38g

Protein: 5g

Sodium: 29mg

Fiber: 4g

- 1 teaspoon peanut oil
- 1 cup brown rice, uncooked
- 1¾ cups boiling water
- 2 cloves garlic, finely chopped
- 2 tablespoons finely shredded peeled fresh gingerroot (hand-grated)
- ½ of a 10-ounce package frozen chopped spinach

- ❶ Preheat oven to 375°F. Warm the oil in a medium-size casserole dish over medium heat.
- ❷ Add the rice and turn off the heat.
- ❸ Stir until all the rice grains are coated with oil.
- ❹ Add the boiling water, garlic, and ginger.
- ❺ Cover and bake, without stirring, in the preheated 375°F oven for 35 to 40 minutes or until all the liquid is absorbed.
- ❻ While the rice is baking, cook the spinach, according to the directions on the package.
- ❼ Drain spinach and squeeze to remove all the water.
- ❽ In a medium-size bowl, combine the spinach with the cooked rice.
- ❾ Toss lightly but thoroughly.
- ❿ Serve immediately.

Fiber Fact: One half cup of brown rice has 1 ½ -2 grams of fiber; the same amount of refined white rice contains only two-tenths of a gram.

MEXICALI BEANS & RICE

Serves 6

Variation:

To make **Mexican Rice**: Substitute white rice for brown rice and omit black beans, chili powder, cumin & sour cream.

Per ½ cup serving:

149 calories
1 gram fat
31 grams carb
4 grams protein
85 mg sodium

Serving size =
½ cup

Per serving:

Calories: 228

Fat: 2g

Sat fat: 0g

Chol: 0mg

Carb: 44g

Protein: 10g

Sodium: 234mg

Fiber: 8g

- 1 cup low-sodium chicken broth
- 1 cup water
- 1 cup brown rice, uncooked
- 1 (15-ounce) can black beans, drained & rinsed
- 1 (15-ounce) can no-salt-added diced tomatoes
- 2 cloves garlic, minced
- 1 bunch green onions (about 6), chopped
- ½ teaspoon canola or olive oil
- 2 teaspoons chopped fresh cilantro leaves
- ¼ teaspoon chili powder
- ⅛ teaspoon cumin
- 4 tablespoons fat-free sour cream

- ❶ Bring chicken broth and water to a boil in saucepan and add rice.
- ❷ Stir, reduce heat; cover and simmer 30 minutes.
- ❸ In a small skillet, sauté garlic and onion in ½ teaspoon oil until tender.
- ❹ In a medium saucepan, combine beans, tomatoes, garlic, onion, cilantro, chili powder and cumin.
- ❺ Bring to a boil over medium heat. Reduce heat to low, cover, and simmer for 5 minutes, stirring once or twice.
- ❻ Add cooked rice and simmer another minute.
- ❼ Serve each topped with 2 teaspoons sour cream, if desired.

To Salt or Not To Salt: When cooking rice, salting the cooking water is **Not** necessary to the cooking process. In place of salt, try adding a tablespoon of dried herbs to the water for a slightly different enhanced flavor.

RICE PILAF WITH BASIL & PINE NUTS

Serves 6

TIP: When a vegetable or grain dish tastes bland without salt, try adding cayenne pepper and lemon zest. There is no need to add more salt— and the dish will taste wonderful.

Serving size =
½ cup

Per serving:

Calories: 173

Fat: 5g

Sat fat: <1g

Chol: 0mg

Carb: 29g

Protein: 4g

Sodium: 135mg

Fiber: 1g

1 (14.5-ounce) can low-sodium chicken broth
2 teaspoons olive oil
½ large onion, chopped
1 cup long-grain white rice, uncooked
⅓ cup chopped fresh basil or 1½ teaspoons dried
¼ cup toasted pine nuts
Pepper, to taste

- ❶ Bring broth to simmer in a small saucepan. Reduce heat to low and keep warm.
- ❷ Meanwhile, heat oil in heavy saucepan over medium heat.
- ❸ Add onion and sauté until translucent, about 6 minutes.
- ❹ Add rice and stir 1 minute.
- ❺ Add broth and bring to a boil. Reduce heat to low; cover and cook until broth is absorbed and rice is tender, about 20 minutes.
- ❻ Stir basil & toasted pine nuts into rice.
- ❼ Season with pepper and serve hot.

The Rice Vices

Rice Is Too Firm...

- Rice may not have been cooked long enough
- Not enough liquid was added to the rice

Rice Was Too Mushy...

- Rice may have been overcooked.
- Too much liquid was added to the rice.

Rice Is Too Sticky...

- Rice may have been held too long before serving
- Rice was stirred during cooking.

MOM'S CORNBREAD STUFFING

Serves 8

2 medium onions or 1 large, chopped
4 stalks celery, diced (including leaves)
2 cups low-sodium chicken broth
2 tablespoons reduced-fat margarine
1½ cups boiling water
½ package herbed stuffing mix
1 (8.5-ounce) box Jiffy cornbread mix, prepared
1 or 2 slices stale (but not molded) rye, Italian, and/or wheat bread
2 teaspoons garlic powder
Pepper, to taste
Italian seasoning, optional

Serving size =
½ cup

Per serving:

Calories: 198

Fat: 7g

Sat fat: 2g

Chol: 33mg

Carb: 29g

Protein: 5g

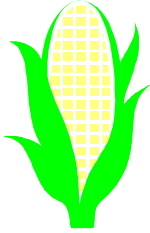
Sodium: 609mg

Fiber: 2g

- ❶ In a medium saucepan, combine onion, celery, margarine and chicken broth. Cook, over medium-high heat, until softened.
 - ❷ Meanwhile, crumble dried breads and cornbread in a large bowl.
 - ❸ Add stuffing mix to bread mixture.
 - ❹ Pour cooked vegetables and broth over stuffing mixture.
 - ❺ Add spices.
 - ❻ Stir, adding boiling water until mixture is moistened, but not soupy or thin.
 - ❼ Add more seasonings, to taste.
 - ❽ Spray a 2½ - 3 quart casserole dish with nonstick cooking spray.
 - ❾ Transfer stuffing to casserole dish.
 - ❿ Bake at 375-400°F for 20 minutes or until golden.
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CORN PUDDING

Serves 6



This sweet corn is the key ingredient to this wonderful recipe!

Serving size =
½ cup

Per serving:

Calories: 135

Fat: 4g

Sat fat: <1g

Chol: 36mg

Carb: 23g

Protein: 6g

Sodium: 349mg

Fiber: 2g

- 1 egg
- ½ cup egg beaters
- ½ cup skim milk
- 3 tablespoon sugar
- 2 tablespoons light margarine, melted
- 2 (14.5-ounce) cans white shoe peg corn or white sweet corn, drained

- ❶ Preheat oven to 375°F.
- ❷ Spray a 3-quart baking dish with nonstick cooking spray.
- ❸ In a medium bowl, whisk together egg and egg beaters.
- ❹ Stirring by hand, mix in milk, sugar, margarine and corn.
- ❺ Pour into baking dish.
- ❻ Bake at 375°F for 25-30 minutes or until set. Do not overbake.

Note: When doubling this recipe, increase all ingredients except the sugar. The shoe peg corn is so sweet & delicious that 3 tablespoons sugar is enough for even the doubled recipe.

Nutri-Tip: Corn is a low-fat complex carbohydrate that deserves a regular place on any healthy table. This popular grain is high in fiber and a surprising source of several vitamins, including folic acid, niacin, and vitamin C. Except for the loss of *some* vitamin C, canned or frozen corn is just as nutritious as fresh.

COUSCOUS WITH SCALLIONS

Serves 8

Couscous is a small grain-shaped pasta

Serving = ½ cup

Per serving:

Calories: 208

Fat: 3g

Sat fat: <1g

Chol: 1mg

Carb: 36g

Protein: 7g

Sodium: 225mg

Fiber: 2g

1 tablespoon reduced-calorie margarine

1 tablespoon olive oil

3 green onions, minced

2½ cups canned low-salt chicken broth

2 cups uncooked couscous

⅛ teaspoon salt

3 tablespoons Parmesan cheese

- ❶ Melt margarine with oil in medium saucepan over medium heat.
- ❷ Add onions and sauté 1 minute.
- ❸ Add broth and bring to boil.
- ❹ Stir in couscous. Remove from heat, cover & let stand 10 minutes.
- ❺ Fluff with fork; season with salt.
- ❻ Transfer to serving bowl.
- ❼ Sprinkle with Parmesan cheese at table.

MEDITERRANEAN COUSCOUS

Serves 3

Serving size =
1 cup

Per serving:

Calories: 104

Fat: 1g

Sat fat: 0g

Chol: 0mg

Carb: 19g

Protein: 3g

Sodium: 125mg

Fiber: 1g

1 cup low-sodium chicken broth

1 teaspoon dried basil

1 clove garlic, minced

¾ cup uncooked couscous

1½ teaspoon balsamic vinegar

1½ teaspoon olive oil

¼ teaspoon pepper

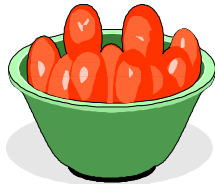
⅛ teaspoon salt

¾ cup chopped tomato

Combine broth, basil & garlic in a saucepan; bring to a boil. Stir in the couscous. Remove from heat; let stand, covered, 5 minutes. Fluff with fork. Combine vinegar, oil & pepper in a bowl; stir with whisk until blended. Add vinegar mixture and tomato to couscous; toss well.

BROILED TOMATOES PARMESAN

Serves 6



TIP: Tomatoes should be stored at room temperature, not in the refrigerator. Cold temperatures make tomatoes less juicy and kill the flavor.

Serving size =
1 tomato half

Per serving:

Calories: 57
Fat: 4g
Sat fat: <1g
Chol: 1mg
Carb: 4g
Protein: 1g
Sodium: 44mg
Fiber: 1g

3 medium-size ripe tomatoes
1 green onion, chopped
1½ tablespoons olive oil
½ teaspoon garlic powder
⅛ teaspoon pepper, or to taste
1½ tablespoons Parmesan cheese
1½ tablespoons Italian-flavored breadcrumbs

- ❶ Preheat oven to 350-375° F.
- ❷ Slice each tomato in half.
- ❸ Place tomato halves on a cookie sheet sprayed with nonstick cooking spray.
- ❹ Sauté green onions in olive oil. Add garlic powder and pepper.
- ❺ Brush onion mixture on top of tomato halves.
- ❻ Mix Parmesan cheese and breadcrumbs together.
- ❼ Sprinkle ½ tablespoon cheese mixture on each tomato half.
- ❽ Bake at 350-375°F for 20-30 minutes or until cheese coating browns.

TIP: Speed up the ripening of slightly green tomatoes by placing them in a brown paper bag. The tomatoes give off a natural gas (ethylene) that speeds up the ripening process.

ITALIAN GREEN BEANS

Serves 4

Serving size =
1 cup

Per serving:

Calories: 93

Fat: 3g

Sat fat: <1g

Chol: 0mg

Carb: 15g

Protein: 3g

Sodium: 94mg

Fiber: 4g

1¼ pounds fresh green beans
1 tablespoon margarine
½ cup chopped onion
1 clove garlic, minced (optional)
¼ cup Italian-seasoned dry breadcrumbs

- ❶ Steam green beans, covered, for 15 minutes or until crisp tender.
- ❷ Melt the margarine in a large skillet over medium heat.
- ❸ Add chopped onion, garlic (optional), and breadcrumbs, and sauté for 1 minute.
- ❹ Add green beans, and sauté for 4 minutes or until tender.

GALA VEGETABLES

Serves 4

Serving size =
¾ cup

Per serving:

Calories: 57

Fat: 3g

Sat fat: <1g

Chol: 0mg

Carb: 7g

Protein: 2g

Sodium: 34mg

Fiber: 2g

1 medium carrot, peeled
1 medium yellow squash
1 medium zucchini
1 medium sweet red pepper
1 medium sweet green pepper
1 tablespoon margarine
1 tablespoon chopped fresh dill

- ❶ Preheat oven to 350°F. Wash & trim vegetables. Cut each into ½-inch matchstick strips 2 inches long.
 - ❷ In a small saucepan over medium heat, quick cook carrots in boiling water 3 to 5 minutes.
 - ❸ Place all vegetables in medium baking dish; toss.
 - ❹ Dot with margarine and sprinkle with dill; cover with foil.
 - ❺ Bake in preheated 350°F oven until crisp yet tender, about 15 minutes.
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GINGERED CARROTS

Serves 6

Serving size =
½ cup

Per serving:

Calories: 52
Fat: 1g
Sat fat: 0g
Chol: 0mg
Carb: 11g
Protein: 1g
Sodium: 126mg
Fiber: 2g

1 teaspoon olive oil
4 cups sliced carrots (sliced diagonally)
1 cup water
⅛ teaspoon garlic powder
1 tablespoon brown sugar
1 tablespoon fresh ginger, finely chopped
2 tablespoons white wine vinegar
¼ teaspoon salt

- ① Heat oil in a wide frying pan.
- ② Stir in carrots, water, garlic powder, brown sugar, ginger, vinegar, and salt.
- ③ Cover; simmer over medium heat for 12 to 15 minutes. Garnish with parsley.

SPICY BAKED BEANS

Serves 6

Roll these beans up in a tortilla for a main dish or scoop it up with baked tortilla chips as a dip.

Serving size =
1 cup

Per serving:

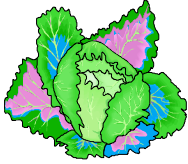
Calories: 199
Fat: 1g
Sat fat: 0g
Chol: 0mg
Carb: 39g
Protein: 11g
Sodium: 293mg
Fiber: 12g

2 medium onions, chopped
1 green pepper, chopped
2 cloves garlic, minced
1½ (16-ounce) cans pinto beans, drained & rinsed
1 (8-ounce) can no-salt-added tomatoes, chopped
½ cup no-salt-added tomato sauce
¼ teaspoon cayenne pepper, or to taste
1½ teaspoons oregano
1½ teaspoons basil
½ teaspoon cumin
½ teaspoon lemon juice

Sauté the chopped onions, green pepper, and garlic in ½ tsp. oil in a large skillet. Mash half the beans in a bowl. Add the mashed beans plus the whole beans, tomatoes, tomato sauce, spices, and lemon juice to skillet. Cook about 20 minutes, uncovered, until the excess liquid cooks off.

KALE WITH RED PEPPER FLAKES

Serves 6



TIP: Kale leaves should always be stripped from their stems and tough center ribs. Hold the stem with one hand and pull the leaves off with the other hand to remove stems and ribs.

Serving size =
½ cup

Per serving:

Calories: 68
Fat: 3g
Sat fat: 0g
Chol: 0mg
Carb: 9g
Protein: 4g
Sodium: 119mg
Fiber: 6g

1¾ pounds fresh kale, collard greens, or other greens of your choice
1 tablespoon olive oil
½ cup thinly sliced onion
¼ teaspoon salt
¼ teaspoon crushed red pepper flakes OR black pepper
1 large clove garlic, minced OR 2 tablespoons balsamic vinegar

- ❶ Wash kale several times in warm water. Remove from final rinse water and place in an 8-quart pot. Do not add water; there will be enough clinging to leaves. Cover pot and bring to a boil.
 - ❷ Cook, stirring down leaves once or twice, until kale is tender. (Small leaf kale may take about 4 to 5 minutes; large leaf kale will take longer.) Tilt the lid of the pot and pour off ⅓ cup cooking liquid in a measuring glass; reserve. Thoroughly drain kale in colander.
 - ❸ When cool enough to handle, cut kale into 1-inch strips and set aside.
 - ❹ In a 12-inch nonstick skillet, heat olive oil over low heat.
 - ❺ Add onion and garlic (if using); sauté, stirring frequently, until lightly golden, about 3 minutes.
 - ❻ Add kale and its reserved cooking liquid. Turn up heat to medium-high and cook, stirring constantly, until no liquid is left in bottom of pan, about 1 minute. Cover pan and let stand for 5 minutes before serving.
 - ❼ Season with salt and pepper; stir in vinegar (if using) and remove from heat.
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VEGGIE CASSEROLE

Serves 4



Variations:

In place of spinach, try broccoli or yellow squash.

Serving size =
½ cup

Per serving:

Calories: 129

Fat: 3g

Sat fat: 2g

Chol: 9mg

Carb: 15g

Protein: 11g

Sodium: 416mg

Fiber: 2g

- 1 (10-ounce) package frozen chopped spinach
- 2 tablespoons onion, finely chopped
- ½ cup egg beaters or 4 egg whites
- ½ cup skim milk
- ½ cup (2 ounces) reduced-fat shredded sharp cheddar cheese
- ¼ teaspoon salt (optional)
- ¼ teaspoon pepper, or to taste
- ½ cup plain dry bread crumbs

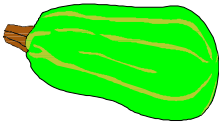
- ❶ Preheat oven to 350°F.
- ❷ Cook spinach according to package directions; drain well.
- ❸ Combine spinach, onion, eggs, milk and cheese.
- ❹ Season with salt & pepper.
- ❺ Put in a 9 x 5 x 2-inch loaf pan sprayed with nonstick cooking spray.
- ❻ Top with bread crumbs.
- ❼ Bake at 350°F for 20 minutes or until knife inserted in center comes out clean.

Vegetables, Vegetables, Vegetables!

A recent survey revealed that the average adult eats only one-third of the recommended amount of vegetables and fruit (which should be at least 5 servings a day). By converting favorite meat-based dishes like lasagna to a vegetable base, you provide a vehicle to deliver exactly what you need nutritionally in a very attractive package.

ZUCCHINI ITALIAN

Serves 6



Serving size =
1 cup

Per serving:

Calories: 64

Fat: 2g

Sat fat: 1g

Chol: 5mg

Carb: 9g

Protein: 5g

Sodium: 63mg

Fiber: 3g

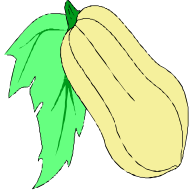
- 2 medium zucchini, thinly sliced (about 3 cups)
- 1 medium yellow squash, thinly sliced (about 1½ cups)
- 1 medium onion, separated into rings
- 2 cloves garlic, minced
- 1 (14.5-ounce) can no-salt-added stewed tomatoes
- 1 teaspoon Italian seasoning or pizza seasoning
- ½ teaspoon sugar
- ½ cup (2 ounces) reduced-fat shredded cheddar or Monterey Jack cheese

- ❶ Spray a large skillet with nonstick cooking spray.
- ❷ Stir-fry zucchini, squash, onion and garlic over medium-high heat for approximately 5 minutes or until vegetables are crisp-tender.
- ❸ Add stewed tomato, seasoning and sugar.
- ❹ Cook 1 minute or until thoroughly heated.
- ❺ Remove from heat; sprinkle with cheese.
- ❻ Cover with lid or foil until cheese melts and serve immediately.

Variation: To make Zucchini Italian Casserole, add ¼ cup egg beaters to vegetables after step #4. Layer zucchini and cheese in a 2-quart casserole dish sprayed with nonstick cooking spray. Bake at 350°F for 40-45 minutes.

ZUCCHINI PARMESAN

Serves 6



Serving size =
¾ cup

Per serving:

Calories: 41
Fat: 2g
Sat fat: <1g
Chol: 3mg
Carb: 5g
Protein: 4g
Sodium: 86mg
Fiber: 2g

4-5 medium zucchini
2 tablespoons water
1 teaspoon garlic, minced
⅓ cup Parmesan cheese

- ❶ Scrub the zucchini and slice off ends.
- ❷ Shred zucchini on the coarsest side of a hand grater or using shredder blade in food processor.
- ❸ Place grated zucchini and 2 tablespoons water in a large frying pan or skillet with cover.
- ❹ Cover and steam until slightly cooked; approximately 2-3 minutes.
- ❺ Add garlic, stir, cover, and continue cooking to desired doneness (zucchini should be bright green and firm-tender).
- ❻ Turn off heat; sprinkle with parmesan cheese.
- ❼ Cover and let stand until cheese melts. Serve.

Nutri-Tip: Though all varieties of squash are good nutrition choices, the winter varieties (butternut, hubbard, spaghetti, etc.), with their darker flesh, tend to contain more beta-carotene and more of several B vitamins.

To Prepare: Slice in half & remove seeds. Then bake, steam, sauté or simmer. Here are a few savory squash-seasoning suggestions: allspice, basil, curry, cinnamon, fennel, marjoram, nutmeg, sage, sesame seeds, & tarragon.