



Recipes and Tips for Healthy, Thrifty Meals

United States Department of Agriculture
Center for Nutrition Policy and Promotion

FOREWORD

The essence of nutrition guidance is to provide the public with the best information available to assist them in making wise and nutritious food choices to sustain life and good health. As public officials in the U. S. Department of Agriculture, we are deeply concerned that Americans not only have enough food but also that the public has enough information to know what food to purchase and how to prepare it.

While a healthy diet is the cornerstone to good health, meeting that goal can be a challenge. That is why we are delighted to offer this publication to the public. *Recipes and Tips for Healthy, Thrifty Meals* is more than a cookbook. The book provides basic cooking and food safety guidance. The menus presented here conform to the recommendations

contained in the Dietary Guidelines for Americans and the USDA Food Guide Pyramid. The 40 recipes are quick, easy, tasty and economical.

We hope that you will find the recipes and other information provided in this book useful. At the back of the book is information on how to get more nutrition information. If you have comments or suggestions, let us hear from you.

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INTRODUCTION

How can you serve healthy meals on a limited budget? It takes some time and planning, but you and your family can eat better for less. This booklet can help you save money as you prepare healthy meals. It contains

- Tips for planning, shopping, and cooking healthy meals on a tight budget
- Sample menus for 2 weeks for breakfast, lunch, dinner, and snacks
- Recipes for healthy, thrifty meals



- Lists of the foods needed for each weekly menu

TIPS FOR HEALTHY, THRIFTY MEALS

WHY PLAN MEALS?

To help you and you family be healthier. When you plan meals, you can make sure you include enough foods from each food group. Pay special attention to serving enough vegetables and fruits in family meals.

To help you balance meals. When you are serving a food with a lot of fat or salt, you can plan lowfat or low- salt foods to go with it. For example, ham is high in salt. If you have ham for dinner, you also can serve a salad or a vegetable that doesn't need salt.

To save money. If you plan before you go food shopping, you will know what you have on hand and what you need. Also, shopping from a list helps you avoid expensive "impulse" purchases.

To save time and effort. When you plan meals, you have foods on hand and make fewer trips to the grocery store. Planning also helps you make good use of leftovers. This can cut your cooking time and food costs.

TIPS FOR PLANNING

Build the main part of you meal around ice, noodles, or other grains. Use small amounts of meat, poultry, fish, or eggs.

- For example, make a casserole by mixing rice, vegetables, and chicken. Or try Beef- Noodle Casserole (p. 22) or Stir- Fried Pork and Vegetables with Rice (p. 26) .

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Add variety to family meals. In addition to cooking family favorites, try new, low-cost recipes or food combinations.

- For example, if you usually serve mashed potatoes, try Baked Crispy Potatoes (p. 49) or Potato Salad (p. 58) for a change.

Make meals easier to prepare by trying new ways to cook foods.

- For example, try using a slow cooker or crock- pot to cook stews or soups. They cook foods without constant watching.

Use planned leftovers to save both time and money.

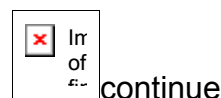
- For example, prepare a Beef Pot Roast (p. 21) , serve half of it, and freeze the remaining half to use later. You also can freeze extra cooked meats and vegetables for soups or stews.

Do " batch cooking" when you food budget and time allow.

- For example, cook a large batch of Baked Meatballs (p. 20) or Turkey Chili (p. 39), divide it into family-size portions, and freeze some for meals later in the month.

Plan snacks that give you family the nutrients they need.

- For example, buy fresh fruits in season like apples or peaches. Dried fruits like raisins or prunes, raw vegetables, crackers, and whole wheat bread are also good deas for snacks.



TIPS FOR SHOPPING

Before you go shopping

- Make a list of all the foods you need. Do this in your kitchen so you can check what you have on hand.
- Look for specials in the newspaper ads for the stores where you shop.
- Look for coupons for foods you plan to buy. But remember, coupons save money only if you need the product. Also, check if other brands are on sale, too. They may cost even less than the one with a coupon.

While you shop

- When your food budget allows, buy extra lowcost, nutritious foods like potatoes and frozen orange juice concentrate. These foods keep well.
- Compare the cost of convenience foods with the same foods made from scratch. “Convenience foods” are products like fancy baked goods, frozen meals, and vegetables with seasonings and sauces. Most of these cost more than similar foods prepared at home. Also, you can use less fat, sugar, and salt in food you make at home.

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- Try store brands. They usually cost less than name brands, but they taste as good and generally have the same nutritional value.
- Take time to compare fresh, frozen, and canned foods to see which is cheapest. Buy what’s on special and what’s in season.
- Prevent food waste. Buy only the amount that your family will eat before the food spoils.

Using label and shelf information

- Read the Nutrition Facts label on packaged foods. Compare the amount of fat, sodium, calories, and other nutrients in similar products. This can help you choose foods that have less fat, sodium or calories, and more vitamins, minerals, and fiber.
- Use date information on packages—“sell by” and “best if used by” dates— to help you choose the freshest foods.
- Look for the unit price to compare similar foods. It tells you the cost per ounce, pound, or pint, so you’ll know which brand or size is the best buy. Most stores show the unit price on a shelf sticker just below the product.

SOME BEST BUYS FOR COST AND NUTRITION

BREADS AND GRAINS

Look for bargains on day-old bread and bakery products. Buy regular rice, oatmeal, and grits instead of the instant and flavored types.

Try whole-grain bread and brown rice to add nutrients and variety to family meals.

VEGETABLES AND SALADS

Look for large bags of frozen vegetables. They may be bargains and you can cook just the amount you need, close the bag tightly, and put the rest back in the freezer.

Foods at salad bars can be costly. Some food items— lettuce, cabbage, onions, and carrots— usually cost less in the produce section of the store than at the salad bar. But if you need only a small amount of a vegetable, buying at the salad bar can save money if it reduces the amount you waste.

FRUITS

Buy fresh fruits in season, when they generally cost less.

MILK

Nonfat dry milk is the least expensive way to buy milk. When using it as a beverage, mix it several hours ahead and refrigerate so it can get cold before drinking.

Buy fresh milk in large containers (gallon or 1/ 2 gallon). These generally cost less than quarts.

Buy fat- free or lowfat milk to cut the amount of fat n your family's meals. Note that children under 2 years of age should be given only whole milk.

MEAT AND POULTRY

Look for specials at the meat counter. Buying cuts of meat on sale can mean big savings for you.

Buy chuck or bottom round roast instead of sirloin. These cuts have less fat and cost less. They need to be covered during cooking and cooked longer to make the meat tender.

Buy whole chickens and cut them into serving size pieces yourself.

DRY BEANS AND PEAS

Use these sometimes instead of meat, poultry, or fish. They cost less and provide many of the same nutrients. They are also lower in fat.

BULK FOODS

Buy bulk foods when they are available. They can be lower in price than similar foods sold in packages. Also, you can buy just the amount you need.

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TIPS FOR HEALTHY COOKING

- Go easy on fat, sugar, and salt in preparing foods. For example, make Oven Crispy Chicken (p. 37) instead of fried chicken or make Baked Cod with Cheese (p. 28) instead of fried fish. You don't have to leave out all the fat, sugar, or salt— just limit the amount you use.
- Flavor foods with herbs, spices, and other lowfat seasonings instead of using rich sauces and gravy. Look for ideas about what seasonings to use in some of the recipes in this booklet, like Baked Meatballs (p. 20), Baked Spicy Fish (p. 29), and Turkey Chili (p. 39) .
- Make homemade desserts sometimes to save money and serve additional healthy foods to the family. For example, try a fruit crisp, like Peach-Apple Crisp (p. 65), or a pudding like Rice Pudding (p. 67) .
- Remove skin from poultry before cooking to lower the fat content. For example, try Baked Chicken Nuggets (p. 34), Chicken and Vegetables (p. 36), or Oven Crispy Chicken (p. 37) .
- Always follow food safety rules in the kitchen to make sure that the food you prepare for your family is safe. See the next page.

KEEP YOUR FAMILY'S FOOD SAFE**Clean— wash hands and surfaces often:**

- Always wash hands with soap and warm running water before handling food.
- Always wash cutting boards, knives, utensils, dishes, and countertops used to cut meat with soapy, hot water right away— before you use them for other foods.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, dishcloths, or sponges, wash them often, and every time they have touched raw meat, poultry, or seafood juices. Use hot soapy water or the hot water cycle of the washing machine.

Separate— don't cross contaminate:

- Store raw meat, chicken, turkey, and

Cook— cook to proper temperatures:

- Use a food thermometer to make sure meats, chicken, turkey, fish, and casseroles are cooked to a safe internal temperature.
- Cook roasts and steaks to at least 145° F.
- Cook ground meat to at least 160° F.
- Cook whole chicken or turkey to 180° F.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish until it flakes easily with a fork.

Chill— refrigerate promptly:

- Thaw frozen foods in the refrigerator, not on the kitchen counter. You can also thaw foods under cold water,

seafood in a sealed, wrapped container in the refrigerator.

- Keep raw meat, chicken, turkey, and seafood away from foods that will not be cooked and foods that are already cooked.
- Never place cooked food on a plate or cutting board that previously held raw meat, chicken, turkey, or seafood.

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changing the water every 30 minutes. Or, use a microwave oven.

- Refrigerate or freeze leftover foods right away.
- Meat, chicken, turkey, seafood, and egg dishes should not sit out at room temperature for more than 2 hours.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Keep your refrigerator at 40° F or below. Don't pack the refrigerator. Cool air needs to circulate to keep food safe.

MENUS

These menus are not rigid guides and can be used in any order. They give suggestions for thrifty food choices and healthy ways to prepare foods. The foods used in the menus are a variety of commonly eaten meats, milk products, vegetables, fruits, grain products, and mixed dishes.

The daily menus show how you can combine a larger amount of less expensive foods, such as dry beans and grain products, with a smaller amount of

meats, poultry, and fish. Some convenience or ready-to-eat food items are included in the menus. However, many of the foods are prepared from "scratch" to keep cost as low as possible.

These menus and recipes are designed for a healthy four- person family. The amount listed after each food item is the total amount for a family with two adults and two children 6 to 11 years old.

WEEK 1. MENUS FOR A FAMILY OF FOUR						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST						
Orange juice (3c)	Orange juice (3c)	Orange juice (3c)	Orange juice (3c)	Orange juice (3c)	Orange juice (3c)	Orange juice (3c)
Ready-to-eat cereal (3c flakes)	Banana (4) Bagel (4)	Cooked rice cereal	Scrambled eggs (4)	Ready-to-eat cereal (3c flakes)	Baked French toast	Baked potato cakes
Toasted English muffin (4)	Margarine (4tsp)	Bagel (4)	Hash brown potatoes (2c)	English muffin (4)	Cinnamon sugar topping (4tsp)	White toast (4slices)
1% lowfat milk (2c)	1% lowfat milk (2c)	Margarine (4tsp)	1% lowfat milk (2c)	1% lowfat milk (2c)	1% lowfat milk(2c)	1% lowfat milk (2c)
LUNCH						
Turkey patties	Crispy chicken	Turkey chili	Turkey ham (11 oz, 2 tbsp salad dressing)	Potato soup	Potato soup	Baked fish (12 oz, 4 tbsp salad dressing)
Hamburger bun	Potato salad	Macaroni (2c)		Snack crackers,	Snack crackers,	

(4) Orange juice (3c) Coleslaw (2c) 1% lowfat milk (2c)	Orange gelatin salad Peaches, canned (1c) Rice pudding	Peach-apple crisp 1% lowfat milk (2c) Orange juice (3c)	sandwiches (4) Baked beans Banana slices (2c) Oatmeal cookies Orange juice (3c) 1% lowfat milk (2c)	low salt (5each) Tuna pasta salad Orange slices (2c) Oatmeal cookies 1% lowfat milk (2c)	low salt (5each) Apple orange slices (2 apples, 2 oranges) (2c) Rice pudding 1% lowfat milk (2c)	sandwiches (4) Crispy potatoes Macaroni salad Melon (1- 1/ 3c) Orange juice (3c) 1% lowfat mik (2c)
DINNER						
Beef- noodle casserole Lima beans (2c) Banana orange salad (2 bananas, 2 oranges) (2c) 1% lowfat milk (2c)	Turkey stir fry Steamed rice (3c) White bread (4 slices) Peach-apple crisp 1% lowfat milk (2c)	Baked cod w/ cheese Scalloped potatoes Spinach (1- 1/ 3c) Margarine (4tsp) Chocolate pudding (2c)	Beef potroast Noodles (4c) Peas and carrots (1c) Orange slices (2c) Biscuits (8) Margarine (4tsp) Rice pudding 1% lowfat milk (2c)	Beef potroast (12oz) Noodles (4c) Green beans (1- 1/ 3c) Leaf lettuce (1- 1/ 3c) Salad dressing (4 tbsp) Rice pudding 1% lowfat milk (2c)	Saucy beef pasta White bread (4) Canned pears (2c) Orange juice (3c) 1% lowfat milk (2c)	Turkey-cabbage casserole (8c) Orange slices (2c) White bread (2 slices) Chickpea dip 1% lowfat milk (2c)
SNACK						
White bread (4 slices) Chickpea dip Lemonade (4c)	Orange juice (3c)	Crispy potatoes	Lemonade (4c)	Biscuits (8) Margarine (4tsp) Lemonade (4c)	Lemonade (4c)	

Recipes are provided for foods in colored typeface.

WEEK 2. MENUS FOR A FAMILY OF FOUR						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST						
Orange juice (3c) Hash brown potatoes (2c) Bisquits (8) Margarine (4 tsp) Jelly (8 tbsp)	Orange juice (3c) Ready-to-eat cereal (3c toasted oats) White toast (4slices) Margarine (8tsp) 1% lowfat milk (2c)	Orange juice (3c) Bananas (1/2c) Ready-to-eat cereal (3c toasted oats) White toast (4slices) Jelly (8tbsp) 1% lowfat milk (2c)	Orange juice (3c) Cooked rice cereal White toast (4slices) Margarine (8tsp) 1% lowfat milk (2c)	Orange juice (3c) Ready-to-eat cereal (3c toasted oats) White toast (4slices) Margarine (4tsp) 1% lowfat milk (2c)	Orange juice (3c) Scrambled eggs (2c) Turkey ham (11oz) Bagels (4) 1% lowfat milk(2c)	Orange juice (3c) Melon (1-1/3c) Pancakes (12) Pancake syrup (8 tbsp) 1% lowfat milk (2c)
LUNCH						
Chicken and vegetables Scalloped	Pizza meat loaf Noodles (4c)	Tuna macaroni salad White bread	Hamburger (12oz) sandwiches (4) Ranch beans	Baked chicken nuggets Shoestring	Chicken noodle soup Bisquits (8)	Meatball (12) sandwiches (4) Grapes (12oz)

potatoes Grapes (12oz) Whole wheat bread (4slices) Margarine (4tsp) 1% lowfat milk (2c)	Margarine (8tsp) Orange slices (2c) 1% lowfat milk (2c)	(4slices) Margarine (4tsp) Apple slices (2c) 1% lowfat milk (2c) Cocoa drink mix (2oz)	Orange gelatin salad Banana slices (1/2c) 1% lowfat milk (2c)	potatoes Macaroni (5c) Margarine (4tsp) Orange gelatin salad 1% lowfat milk (2c)	Canned peaches (2c) Orange juice (3) 1% lowfat milk (2c) Cocoa drink mix (2oz)	Sugar cookies 1% lowfat mik (2c) Orange juice (3)
DINNER						
Southwestern salad Steamed rice (6c) Apple orange salad (2 apples, 2 oranges) (2c) Margarine (4tsp) 1% lowfat milk (2c)	Spanish baked fish Steamed rice (6c) Whole wheat bread (4 slices) Margarine (4tsp) Mandarin oranges (2c) 1% lowfat milk (2c)	Stir-fried pork and vegetables with rice Spinach (1- 1/ 3c) Margarine (4tsp) Chocolate pudding (2c)	Baked Chicken (10oz) Mash potatoes (6c) Green beans (1- 1/2c) White bread (4 slices) Margarine (5- 1/3tbsp) Orange slices (2c) 1% lowfat milk (2c)	Baked spicy fish Noodles (4c) Peas and carrots (10oz) White bread (4 slices) Margarine (8 tsp) Chocolate Rice pudding 1% lowfat milk (2c)	Baked meatballs Spaghetti and sauce (5c) Leaf lettuce (2c) Salad dressing (4tbsp) French bread (4slices) 1% lowfat milk (2c)	Cheese-stuffed potatoes Macaroni (5c) Peas (1-1/3C) Margarine (8tsp) Orange slices (2c) 1% lowfat milk (2c)
SNACK						
Popcorn (6c)	Shoestring potatoes Fruit drink (4c)	Popcorn (6c) Orange juice (3c)	Chocolate rice pudding	Baked French fries (11oz) Fruit drink (4c)	Ice milk fudgesicle (4)	Popcorn (6c) Fruit drink (4c)

RECIPES

The following 40 recipes were developed for the 2 sample weekly menus. Many of them combine larger amounts of less expensive foods with smaller amounts of moderately priced foods. They also show how you can prepare tasty, healthy meals with less fat, sugar, and salt. Serve these recipes along with the other foods listed in each menu. You can also serve them in meals with other foods your family likes.

Each Recipe lists

- Ingredients and preparation instructions,
- the number of servings it will make,
- the size of each serving,
- the amount of preparation time,
- the amount of cooking time, and
- the calories, total fat, saturated fat, cholesterol, and sodium in a serving.

MAIN DISHES

BEEF AND PORK

BAKED MEATBALLS

4 Servings, about 3 meatballs each, plus 4 servings for another meal

- Onions, minced 1/4 cup
- Vegetable oil 1 tablespoon
- Lean ground beef 2 pounds
- Eggs 2
- Bread crumb 3/4 cup
- Whole milk 1/2 cup
- Salt 1/8 teaspoon
- Pepper 1/2 teaspoon
- Onion powder 2 teaspoons
- garlic powder 1/2 teaspoon

1. Preheat oven 400° F. Grease baking sheet lightly with oil.
2. Add 1 tablespoon oil and onions to small skillet. Cook over medium heat, until tender, about 3 minutes.
3. Mix remaining ingredients together in bowl; add onions. Mix until blended, using a large serving spoon.
4. Shape beef mixture into 1- to 2- inch meatballs; place on baking sheet.
5. Bake until thoroughly cooked, about 10 to 12 minutes.

Note: Serve with spaghetti sauce and in the meatball sandwich.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 TO 12 MINUTES

PER SERVING:	
Calories	345
Total fat	21 grams
Saturated fat	7 grams
Cholesterol	142 milligrams
Sodium	224 milligrams

BEEF POT ROAST

4 Servings, about 3 ounces beef each, plus 4 servings for another meal

- Onions, chopped 1/2 cup
- Water 2 tablespoons
- Beef chuck roast, boneless 2-1/2 pounds
- Hot water 2 cups
- Beef bouillon 1 cube
- Orange juice 2

1. Simmer onion until tender in 2 tablespoons water in heavy, deep skillet.
2. Add roast to skillet; brown on sides.
3. Combine beef bouillon cube with 2 cups hot water; stir until dissolved.
4. Combine orange juice, allspice, pepper, and beef broth. Pour over meat. Cover and simmer, about 2 hours.

	tablespoons
Ground allspice	1/4 teaspoon
Pepper	1/8 teaspoon

PREPARATION TIME: 20 MINUTES
COOKING TIME: 2 HOURS

PER SERVING:	
Calories	220
Total fat	9 grams
Saturated fat	3 grams
Cholesterol	91 milligrams
Sodium	264 milligrams

BEEF- NOODLE CASSEROLE

4 Servings, about 3 cups each

Lean ground beef	1 pound
Onions, chopped finely	1/2 cup
Boiling water	3 quarts
Noodles, yolk-free, enriched, uncooked	2-3/4 cups
Tomato soup, condensed	1 10-3/4 ounce can
Water	1-1/4 cups
Pepper	1/8 teaspoon
Bread crumbs	1 cup

PREPARATION TIME: 20 MINUTES
COOKING TIME: 30 MINUTES

1. Brown beef and onions in hot skillet; drain.
2. Place water in large saucepan; bring to rolling boil. Cook noodles in boiling water for 10 minutes; drain and set aside.
3. Combine soup, water, and pepper. Stir into cooked meat. Add cooked noodles to meat mixture. Stir gently to avoid tearing the noodles.
4. Spoon beef-noodle mixture into 9-by-13-inch baking pan. Sprinkle bread crumbs over beef-noodle mixture.
5. Bake, uncovered, at 300° F, about 30 minutes.

PER SERVING:	
Calories	595
Total fat	18 grams
Saturated fat	6 grams
Cholesterol	86 milligrams
Sodium	575 milligrams

PIZZA MEAT LOAF

4 Servings, about 1/4 loaf each

- Ground turkey 1 pound
- Spaghetti sauce 3/4 cup
- Mozzarella cheese, part-skim 1/4 cup
- Green peppers, chopped 1/2 cup
- Onion, minced 1/4 cup

PREPARATION TIME: 15 MINUTES
CONVENTIONAL COOKING TIME: 20 MINUTES
MICROWAVE COOKING TIME: 8 MINUTES

1. Lightly grease 9-inch pie plate with vegetable oil. Pat turkey into pie plate.

CONVENTIONAL METHOD

1. Place turkey in 350° F oven; bake until turkey no longer remains pink, about 17 to 20 minutes.

MICROWAVE METHOD

1. Cover turkey with waxed paper.
2. Cook on high; rotate plate 1/4 turn after 3 minutes.
3. Cook until turkey no longer remains pink, about 5 more minutes. Drain.

TO COMPLETE COOKING

1. Top baked turkey with spaghetti sauce, cheese, and vegetables.
2. Return turkey to either the conventional oven or the microwave oven and heat until cheese is melted, about 1 to 2 minutes.

PER SERVING:	
Calories	255
Total fat	14 grams
Saturated fat	4 grams
Cholesterol	88 milligrams
Sodium	376 milligrams

SAUCY BEEF PASTA

4 Servings, about 1-1/2 cups each

- Water 1/2 cup
- Green beans, frozen 1/2 10-ounce package
- Onions, minced 1/2 cup
- Lean ground beef 1 pound + 6 ounces
- Cold water 2 cups
- Beef bouillon 2 cubes
- Flour 1/3 cup
- Pepper 1/4 teaspoon

1. Place 1/2 cup of water in saucepan. Cover and bring to boil. Add green beans, lower heat, and simmer until tender, about 5 minutes. Drain.
2. Place onions and ground beef in skillet. Cook over medium heat; stir occasionally. Cook until beef no longer remains pink, about 5 to 10 minutes. Drain fat off.
3. Cook noodles according to package instructions. Drain.
4. Combine cold water and flour; stir until smooth. Add flour mixture and beef bouillon cubes to ground beef. Cook, stirring frequently until mixture has

- Dry parsley flakes 1 teaspoon
- Garlic powder 1/2 teaspoon
- Onion powder 1 teaspoon

PREPARATION TIME: 25 MINUTES
COOKING TIME: ABOUT 30 MINUTES

thickened and bouillon cubes have dissolved, about 4 minutes.

5. Add cooked green beans, cooked noodles, pepper, parsley flakes, garlic powder, and onion powder to ground beef mixture; stir to combine.

6. Place beef mixture in 8 by 12-inch baking pan; cover and bake in 350° F oven until thoroughly heated, about 15 minutes.

PER SERVING:	
Calories	605
Total fat	22 grams
Saturated fat	8 grams
Cholesterol	120 milligrams
Sodium	405 milligrams

SOUTHWESTERN SALAD

4 Servings, about 1/2 cup beef mixture, 1/2 cup lettuce and cheese mixture each

- Onions, chopped 1/2 cup
- Lean ground beef 1 pound
- Chilli powder 1 tablespoon
- Dry oregano 2 teaspoons
- Gound cumin 1/2 teaspoon
- Canned kidney beans, red, drained 1 cup
- Canned chickpeas, drained 1 15-ounce can
- Tomato, diced 1 medium
- Lettuce 2 cups
- Cheddar cheese 1/2 cup

1. Cook ground beef and onions in a large skillet until the beef no longer remains pink. Drain.
2. Stir chili powder, oregano, and cumin into beef mixture; cook for 1 minute.
3. Add beans, chickpeas, and tomatoes. Mix gently to combine.
4. Combine lettuce and cheese in large serving bowl. Port on lettuce and cheese onto 4 plates. Add 1 cup of beef mixture on top of lettuce and cheese.

Note: Garbanzo bean is another name for chickpea.

PER SERVING:	

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 TO 15 MINUTES

Calories	485
Total fat	22 grams
Saturated fat	9 grams
Cholesterol	98 milligrams
Sodium	411 milligrams

STIR- FRIED PORK AND VEGETABLES WITH RICE

4 Servings of pork and vegetables, about 1/2 cup each. 4 Servings of cooked rice, about 2 cups each

- Chicken broth, reduced sodium 2 cups
- Hot water 2 cups
- Rice, uncooked 2 cups
- Vegetable oil 2 tablespoons
- Broccoli cuts, frozen cumin 2 cups
- Carrots, cleaned, sliced thinly 1 cup
- Onions, minced 1/4 cup
- Garlic powder 1 teaspoon
- Canned mushrooms, drained 1/2 cup
- Ground pork 1 pound + 7 ounces
- Soy sauce 4 tablespoons

2. Heat 1 tablespoon of oil in skillet. Add broccoli , carrots, onions, and garlic powder. Cook until crisp-tender, about 5 minutes. Remove from skillet. Add mushrooms. Cook for 1 minute and set aside.
3. Heat second tablespoon of oil in skillet. Add pork; cook until pork no longer remains pink. Drain liquid.
4. Add soy sauce and stir until mixed; add vegetables to pork mixture. Cook until heated, about 1 to 2 minutes.
5. Serve pork mixture over cooked rice.

Note: Sodium level can be reduced from 799 milligrams to 532 milligrams by reducing soy sauce from 4 to 2 tablespoons.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 25 TO 30 MINUTES

1. Heat broth and water to a boil in sauce pan; add rice and return to boil. Reduce

PER SERVING:	
Calories	860
Total fat	33 grams
Saturated fat	10 grams
Cholesterol	108 milligrams
Sodium	799 milligrams

heat to low and simmer until tender, about 15 minutes.

MAIN DISHES

FISH

BAKED COD WITH CHEESE

4 Servings, about 3 ounces each

Cod fillets, fresh or frozen 1 pound
Cheddar cheese, shredded 4 tablespoons

PREPARATION TIME: 7 MINUTES

COOKING TIME: 15 MINUTES

1. Thaw cod according to package directions.
2. Prepare cod according to package directions.
3. After cod is fully cooked, sprinkle cheese on cod. Return cod to oven to melt cheese, about 3 to 5 minutes.

PER SERVING:

Calories	155
Total fat	5 grams
Saturated fat	3 grams
Cholesterol	65 milligrams
Sodium	160 milligrams

BAKED SPICY FISH

4 Servings, about 3 ounces each

Cod fillets, fresh or frozen 1 pound
Paprika 1/4 tablespoon
Garlic powder 1/4 teaspoon
Onion powder 1/4 teaspoon
Pepper 1/8 teaspoon

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350° F.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13 by 9 by 2 inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in

- Ground oregano 1/8 teaspoon
- Ground thyme 1/8 teaspoon
- Lemon juice 1 tablespoon
- Margarine, melted 1-1/2 tablespoons

PREPARATION TIME: 15 MINUTES
COOKING TIME: 25 MINUTES

small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.

5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

PER SERVING:	
Calories	140
Total fat	5 grams
Saturated fat	1 grams
Cholesterol	51 milligrams
Sodium	123milligrams

SPANISH BAKED FISH

4 Servings, about 3 ounces each

- Perch fillets, fresh or frozen 1 pound
- Tomato sauce 1 cup
- Onions, sliced 1/2 cup
- Garlic powder 1/2 teaspoon
- Chili powder 2 teaspoons
- Dried oregano flakes 1 teaspoon
- Ground cumin 1/8 teaspoon

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 TO 20 MINUTES

1. Thaw frozen fish according to package directions.

2. Preheat oven to 350° F.

3. Separate fish into four fillets or pieces. Place fish in ungreased 13 by 9 by 2 inch baking pan.

4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.

5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

PER SERVING:	
Calories	135
Total fat	1 gram
Saturated fat	Trace

Cholesterol	104 milligrams
Sodium	448 milligrams

TUNA MACARONI SALAD

4 Servings, about 1-1/2 cups each

Elbow macaroni, uncooked	1 cup
Canned tuna, water-pack, drained	2 6-ounce cans
Eggs, hard cooked, finely diced	4
Celery, chopped	1/4 cup
Carrots grated	3/4 cup
Salad dressing, mayonnaise-type	1/2 cup
Onion, minced	2 tablespoons
Pepper	1/4 teaspoon

PREPARATION TIME: 15 MINUTES
COOKING TIME: 8 TO 10 MINUTES

1. Place water in large saucepan and bring to boil. Add macaroni and cook until tender, about 6 to 8 minutes. Drain.
2. Combine macaroni, tuna, eggs, celery, and carrots in a large bowl.
3. Stir together salad dressing, onion, and pepper. Spoon dressing over salad; toss until evenly combined.
4. Chill until ready to serve.

PER SERVING:	
Calories	520
Total fat	30 grams
Saturated fat	5 grams
Cholesterol	237 milligrams
Sodium	509 milligrams

TUNA PASTA SALAD

4 Servings, about 1-1/2 cups each

Macaroni, uncooked	2 cups
Tuna, canned, water-pack,	2 6-1/2 ounce cans
Zucchini, chopped	1/2 cup
Carrots sliced	1/4 cup
Onion, diced	1/3 cups

1. Cook macaroni according to package directions. Drain.
2. Drain tuna.
3. Wash vegetables. Chop zucchini ; slice carrots into thin slices; dice onions.
4. Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in salad dressing.

Salad dressing,
mayonnaise-type 1/4 cup

PREPARATION TIME: 25 MINUTES
COOKING TIME: 8 MINUTES

5. Chill until ready to serve.

PER SERVING:	
Calories	405
Total fat	13 grams
Saturated fat	2 grams
Cholesterol	25 milligrams
Sodium	360 milligrams

MAIN DISHES

POULTRY

BAKED CHICKEN NUGGETS

4 Servings, about 3 ounces each

Chicken thighs, boneless, skinless 1-1/2 pounds
 Ready-to-eat cereal, cornflakes, crumbs 1 cup
 Paprika 1 teaspoon
 Italian herb seasoning 1/2 teaspoon
 Garlic powder 1/4 teaspoon
 Onion powder 1/4 teaspoon

PREPARATION TIME: 15 MINUTES
CONVENTIONAL COOKING TIME: 25 MINUTES
MICROWAVE COOKING TIME: 6 TO 8 MINUTES

1. Remove skin and bone; cut thighs into bite-sized pieces.

MICROWAVE METHOD:

1. Lightly grease an 8 by 12 inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.

PER SERVING:	

2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Calories	175
Total fat	8 grams
Saturated fat	2 grams
Cholesterol	67 milligrams
Sodium	127 milligrams

CONVENTIONAL METHOD

1. Preheat oven to 400° F. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12 to 14 minutes.

CHICKEN AND VEGETABLES

4 Servings, about 1 cup each

- Margarine 1-1/2 tablespoons
- Garlic powder 1 teaspoon
- Chicken thighs, boneless, skinless 1 pounds + 4 ounces
- Cut green beans, frozen 10-ounce package
- Pepper 1/4 teaspoon

PREPARATION TIME: 6 MINUTES
COOKING TIME: 25 MINUTES

1. Melt margarine in heavy skillet. Add garlic and onions; stir until blended. Cook over medium heat, until tender, about 5 minutes. Remove from skillet.
2. Place chicken in the skillet. Cook over medium heat, until chicken is thoroughly

3. Place frozen green beans, pepper, and cooked onions in same skillet. Cover and cook over medium-low heat until beans are tender, about 5 minutes.
4. Add chicken to vegetable mixture. Continue cooking, stirring occasionally, until heated through, about 3 minutes.

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.

PER SERVING:	
Calories	190

done and no longer pink in color, about 12 minutes. Remove chicken from skillet; keep warm.

Total fat	11 grams
Saturated fat	3 grams
Cholesterol	57 milligrams
Sodium	109 milligrams

OVEN CRISPY CHICKEN

4 Servings, about 4 ounces each

Broiler fryer chicken, cut up	1-1/2 pounds
Whole milk	1 /4 cup
Flour	1/2 cup
Paprika	1 teaspoon
Pepper	1/2 teaspoon
Ready-to-eat flake cereal, slightly crushed	1 cup
Vegetable oil	4 tablespoons

PREPARATION TIME: 15 MINUTES
COOKING TIME: 30 MINUTES

1. Remove skin and all visible fat from chicken. Place milk in large bowl. Add chicken pieces; turn to coat.
2. Combine flour, paprika, and pepper on a plate.

3. Lift chicken pieces from milk and reserve milk. Coat chicken thoroughly with seasoned flour and place on a wire rack until all pieces have been coated. Redip chicken pieces into reserved milk.
4. Place crushed cereal on plate. Place chicken pieces on crushed cereal. Using 2 forks, turn chicken pieces in crushed cereal to coat.
5. Place chicken on a foil-lined baking tray; drizzle oil over chicken.
6. Bake at 400° F, for 15 minutes. Turn chicken pieces over; continue to bake until chicken is thoroughly cooked and crust is crisp, about 15 more minutes.

PER SERVING:	
Calories	350
Total fat	15 grams
Saturated fat	4 grams
Cholesterol	93 milligrams
Sodium	503 milligrams

TURKEY-CABBAGE CASSEROLE

4 Servings, about 2 cups each

1. Place shredded cabbage in a lightly

- Cabbage, shredded 1 cup
- Ground turkey 1 pound
- Onion, chopped 1/2 cup
- White rice, uncooked 1 cup
- Tomato sauce 2 cups
- Garlic powder 1/2 teaspoon
- Ground oregano 1/2 teaspoon

PREPARATION TIME: 10 MINUTES
COOKING TIME: 60 MINUTES

- greased 2-quart casserole dish.
- 2. In skillet cook turkey until browned and no longer pink in color. Add chopped onions; stir occasionally and cook 3 minutes. Add uncooked rice to cooked turkey.
- 3. Place turkey-rice mixture over cabbage in casserole dish.
- 4. Combine tomato sauce, garlic, and oregano. Pour over cooked turkey.
- 5. Cover and bake at 350° F, about 1 hour.

PER SERVING:	
Calories	380
Total fat	11 grams
Saturated fat	3 grams
Cholesterol	77 milligrams
Sodium	829 milligrams

TURKEY CHILI

4 Servings, about 1-1/2 cups each

- Ground turkey 1 pound
- Onion, minced 3/4 cup
- Water 3 cups
- Garlic powder 1/2 teaspoon
- Chili powder 1 tablespoon
- Dry parsley flakes 1 tablespoon
- Paprika 1 teaspoon
- Dry mustard 2 teaspoons
- Canned red kidney beans, drained 1 15-1/2 ounce can

- 1. In large sauce pan, cook turkey and onions in margarine until turkey is browned and no longer pink in color, about 9 minutes. Drain; return turkey and onions to pan.
- 2. Add remaining ingredients except the cheese to turkey mixture; bring to boil, stirring frequently. Cover, reduce heat, and simmer 30 minutes, stirring occasionally.
- 3. Uncover and simmer 30 minutes, stirring occasionally.
- 4. Serve over cooked macaroni.

- Tomato paste 1 6-ounce can
- Pearl barley 1/2 cup
- Cheddar cheese, shredded 3/4 cup

PREPARATION TIME: 30 MINUTES
COOKING TIME: 70 MINUTES

5. Sprinkle 3 tablespoons of cheese over each serving of chili.

PER SERVING:	
Calories	540
Total fat	26 grams
Saturated fat	9 grams
Cholesterol	104 milligrams
Sodium	579 milligrams

TURKEY STIRFRY

4 Servings, about 1/2 cup each

- Chicken bouillon cube 1
- Hot water 1/2 cup
- Soy sauce 2 tablespoon
- Cornstarch 1 tablespoon
- Vegetable oil 2 tablespoons
- Garlic powder 1/2 teaspoon
- Turkey, cubed 1 pound
- Carrots, thinly sliced 1-3/4 cups
- Zucchini, sliced 1 cup
- Onions, thinly sliced 1/2 cup
- Hot water 1/4 cup

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 MINUTES

1. Combine chicken bouillon cube and hot water to make broth; stir until dissolved.

2. Combine broth, soy sauce, and cornstarch in small bowl. Set aside.

3. Heat oil in skillet over high heat. Add garlic and turkey. Cook, stirring, until turkey is thoroughly cooked and no longer pink in color.

4. Add carrots, zucchini, onion, and water to cooked turkey. Cover and cook, stirring occasionally, until vegetables are tender-crisp, about 5 minutes. Uncover, bring turkey mixture to boil. Cook until almost all liquid has evaporated.

5. Stir in cornstarch mixture. Bring to boil, stirring constantly until thickened.

Note: Serve over steamed rice.

PER SERVING:	
Calories	195
Total fat	9 grams
Saturated fat	2 grams
Cholesterol	44 milligrams
Sodium	506 milligrams

TURKEY PATTIES

4 Servings, 1 patty each

Ground turkey	1 pound + 4 ounces
Bread crumbs	1 cup
Egg	1
Green onions, chopped	1/4 cup
Prepared mustard	1 tablespoon
Margarine	1-1/2 tablespoons
Chicken broth	1/2 cup

PREPARATION TIME: 15 MINUTES
COOKING TIME: 10 MINUTES

1. Mix ground turkey, bread crumbs, egg, onions, and mustard in large bowl. Shape into 4 patties, about 1/2 inch thick.
2. Melt margarine in large skillet over low heat. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove from skillet and place onto plate.
3. Add chicken broth to skillet, and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties.
4. Serve on buns.

PER SERVING:

Calories	305
Total fat	18 grams
Saturated fat	5 grams
Cholesterol	149 milligrams
Sodium	636 milligrams

MAIN DISHES

VEGETARIAN

CHEESE-STUFFED POTATOES

4 Servings, two potato halves each

Baking potato	4 (8 ounces each)
Lowfat cottage cheese	7/8 cup
Whole milk	2 tablespoons

MICROWAVE METHOD:

1. Pierce potatoes by using fork prongs.
2. Cover potatoes with waxed paper. Heat on high until tender, about 5 to 10 minutes.

- Onion, minced 2 tablespoons
- Paprika 1/4 teaspoon

PREPARATION TIME: 20 MINUTES
CONVENTIONAL COOKING TIME: 30 TO 45 MINUTES
MICROWAVE COOKING TIME: 5 TO 10 MINUTES

1. Scrub potatoes and remove any blemishes.

TO BAKE:

CONVENTIONAL METHOD:

1. Preheat oven to 400° F.
2. Place potatoes in oven and bake until tender, about 30 to 40 minutes.

TO STUFF POTATOES:

1. Slice each potato in half, lengthwise. Using a spoon, scoop out pulp, leaving about 1/4 inch thick shells, saving pulp.
2. Blend cheese, milk, and onion. Add potato pulp; mix until light and fluffy.
3. Fill potato halves with mixture. Sprinkle paprika over potatoes.

Note: Return to oven or microwave to reheat, for a few minutes, if desired.

PER SERVING:	
Calories	250
Total fat	1 gram
Saturated fat	1 gram
Cholesterol	5 milligrams
Sodium	216 milligrams

SOUPS

CHICKEN NOODLE SOUP

4 Servings, about 1-1/2 cups each, plus 4 servings for another meal

- Vegetable oil 1 teaspoon
- Onion, minced 1/2 cup
- Carrots, diced 1/2 cup
- Celery, sliced 1/2 cup
- Garlic powder 1/2 teaspoon
- Flour 1/8 cup
- Dried oregano flakes 1/4 teaspoon
- Chicken broth, reduced 3 cups

1. Heat oil over medium heat in large sauce pan. Add minced onions, carrots, celery, and garlic powder. Cook until onions are tender, about 3 to 5 minutes.
2. Sprinkle flour and oregano over vegetables; cook about 1 minute.
3. Stir in chicken broth and potatoes. Cover and cook until tender, about 20 minutes.
4. Add chicken, milk, and noodles. Cover and simmer until noodles are tender, about 10 minutes.

PER SERVING:	

- sodium
- Potatoes, peeled, diced 2 cups
- Chicken, cooked, chopped 1/4 cup
- Whole milk 1/2 cup
- Noodles, yolk-free, enriched, uncooked 1 cup

Calories	205
Total fat	4 grams
Saturated fat	1 gram
Cholesterol	8 milligrams
Sodium	107 milligrams

PREPARATION TIME: 25 MINUTES
COOKING TIME: 35 TO 40 MINUTES

POTATO SOUP

4 Servings, about 1 cup each, plus 4 servings for another meal

- Onion, chopped 3/4 cup (1 medium)
- Potatoes, peeled, diced 4-1/2 cups
- Margarine 1 tablespoon
- Flour 3 tablespoons
- Whole milk 1 quart

1. Place onions and potatoes in sauce pan. Cover with water and bring to boil. Simmer until soft, about 10 minutes. Drain.
2. Melt margarine in saucepan. Add flour and stir until smooth. Heat to thicken.
3. Add onions and potatoes to milk mixture, and heat to serving temperature.

PREPARATION TIME: 25 MINUTES
COOKING TIME: 15 MINUTES

PER SERVING:	
Calories	190
Total fat	6 grams
Saturated fat	3 grams
Cholesterol	17 milligrams
Sodium	325 milligrams

VEGETABLES AND DIPS

BAKED BEANS

4 Servings, about 3/4 cup each

- Canned vegetarian beans 3 cups
- Catsup 1/4 cup
- Brown sugar 2 tablespoons

PREPARATION TIME: 5 MINUTES
COOKING TIME: 30 MINUTES

1. In small (1 quart) casserole dish, combine beans, catsup, and brown sugar.
2. Cover and bake at 350° F until bubbly, about 30 minutes.

PER SERVING:	
Calories	220
Total fat	1 gram
Saturated fat	Trace
Cholesterol	0
Sodium	937 milligrams

BAKED CRISPY POTATOES

4 Servings, about 1/2 cup each, plus 4 servings for snack

- Potatoes 4 pounds
- Vegetable oil 4 tablespoons
- Ground cumin 1 teaspoon
- Red pepper 1/4 teaspoon

PREPARATION TIME: 10 MINUTES
COOKING TIME: 20 MINUTES

1. Lightly coat a 7 by 12 by 1 inch pan with oil.
2. Wash potatoes; cut in half lengthwise.

3. Place cut sides of potatoes on the oiled pan; rub potatoes in the oil; turn potatoes over so that cut sides are facing up.
4. Mix cumin and red pepper together; sprinkle over potatoes.
5. Bake at 400° F until potatoes are golden brown and tender, about 20 minutes.

PER SERVING:	
Calories	170
Total fat	5 grams
Saturated fat	1 gram
Cholesterol	0
Sodium	10 milligrams

POTATO CAKES

4 Servings, 1 cake each

1. Mix mashed potatoes, egg, flour, and milk

New potatoes, cooked, peeled, mashed	2 cups
Egg	1
Flour	1 tablespoon
Whole milk	2 tablespoons
Vegetable oil	1/4 cup

PREPARATION TIME: 10 MINUTES
COOKING TIME: 5 MINUTES

- thoroughly.
- Shape into flat cakes, about 1/2 inch thick.
- Heat oil in skillet.
- Add potato cakes to hot skillet. Cook until golden brown and thoroughly heated.

PER SERVING:	
Calories	210
Total fat	15 grams
Saturated fat	3 grams
Cholesterol	54 milligrams
Sodium	222 milligrams

RANCH BEANS

4 Servings, 1 cup each

Green pepper, chopped	1/4 cup
Canned vegetarian beans	1-3/4 cups
Canned kidney beans, red, drained	1-3/4 cups
Catsup	2 tablespoons
Molasses	2 tablespoons
Dried onion	1/2 teaspoon

PREPARATION TIME: 5 MINUTES
COOKING TIME: 5 TO 10 MINUTES

CONVENTIONAL METHOD:
 1. Place all ingredients in saucepan and heat thoroughly, about 10 minutes.

MICROWAVE METHOD:
 1. Place all ingredients in microwave-safe bowl. Cover with waxed paper. Cook on high; stirring every 2 minutes; cook about 5 minutes.

PER SERVING:	
Calories	240
Total fat	1 gram
Saturated fat	Trace
Cholesterol	0
Sodium	916 milligrams

SCALLOPED POTATOES

4 Servings, 1-1/2 cups each

Potatoes	2 pounds
Margarine	2 tablespoons
Onion, sliced	1 cup
Flour	3 tablespoons
Pepper	1/4 teaspoon
Whole milk	2 cups

PREPARATION TIME: 20 MINUTES
COOKING TIME: 15 MINUTES

1. Wash potatoes; peel and slice into thin slices.
2. Melt 1 tablespoon of margarine in heavy, deep skillet. Remove skillet from heat; spread half of potato slices in skillet.

3. Cover potatoes with onions. Sprinkle half of flour and pepper over potato mixture.
4. Add remaining potato slices, flour, and pepper. Cut 1 tablespoon of margarine into small pieces and place on top of potato mixture.
5. Pour milk over potato mixture; bring to boil over high heat. Reduce heat to medium low, cover, and cook until potatoes are tender, about 15 minutes.

PER SERVING:	
Calories	305
Total fat	10 grams
Saturated fat	4 grams
Cholesterol	17 milligrams
Sodium	139 milligrams

SHOESTRING POTATOES

4 Servings, about 6 ounces each

Potatoes	1-1/2 pounds
Vegetable oil	3 tablespoons
Salt	1/4 teaspoon
Pepper	1/4 teaspoon

PREPARATION TIME: 15 MINUTES
COOKING TIME: 30 MINUTES

1. Preheat oven to 450° F.
2. Wash potatoes; cut lengthwise into thin strips.

3. Combine remaining ingredients in plastic bag. Put potatoes in bag; seal; shake to coat potatoes.
4. Arrange potatoes in single layer on baking sheet.
5. Bake until crisp and golden, about 30 minutes.

PER SERVING:	
Calories	255
Total fat	14 grams
Saturated fat	2 grams
Cholesterol	0

Sodium	156 milligrams
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CHICKPEA DIP

4 Servings, about 3 tablespoons each, plus 4 servings for another meal or snack.

Canned chickpeas, drained	1 15-1/2 ounce can
Vegetable oil	2 tablespoons
Lemon juice	1 tablespoon
Onion, chopped	2 tablespoons
Salt	1/2 teaspoon

3. Add chopped onions and salt.
4. Serve on bread or crackers.

Note: Garbanzo bean is another name for chickpea.

PREPARATION TIME: 10 MINUTES

1. Mash chickpeas in a small bowl until they are smooth.
2. Add oil and lemon juice; stir to combine.

PER SERVING:	
Calories	90
Total fat	4 grams
Saturated fat	Trace
Cholesterol	0
Sodium	148 milligrams

Salads

MACARONI SALAD

4 Servings, 1-1/2 cups each

Elbow macaroni, uncooked	12 ounces
Green pepper, chopped	1/2 cup
Salad dressing, mayonnaise-type	1/2 cup
Pepper	1/2 teaspoon
Garlic powder	1/4 teaspoon

1. Cook macaroni according to package directions. Drain and cool.
2. Combine green pepper, salad dressing, and spices.
3. Add macaroni and toss lightly. Chill.

PER SERVING:	
Calories	430

PREPARATION TIME: 15 MINUTES
COOKING TIME: 8 TO 10 MINUTES

Total fat	13 grams
Saturated fat	2 grams
Cholesterol	0
Sodium	72 milligrams

ORANGE GELATIN SALAD

4 Servings, 3/4 cup each

Gelatin, unflavored	3 1/4 ounce packages
Cold water	2-1/4 cups
Orange juice, concentrate	3/4 cup

PREPARATION TIME: 5 MINUTES
COOKING TIME: 3 TO 4 MINUTES

1. Place water in a saucepan; sprinkle gelatin over water. Let stand 2 minutes.
2. Heat gelatin mixture until it dissolves (mixture will be clear), about 3 to 4 minutes.

3. Remove from heat; add orange juice concentrate and mix.
4. Pour into 9 by 9 inch pan and refrigerate until firm, about 2 to 3 hours.
5. Cut into 1 inch squares.

PER SERVING:	
Calories	100
Total fat	Trace
Saturated fat	Trace
Cholesterol	0
Sodium	16 milligrams

POTATO SALAD

4 Servings, 1-1/2 cups each

Potatoes, washed, peeled	1 pound (4 medium)
Onion, diced	1 cup
Sweet pickle relish	1/4 cup
Celery, chopped	1/2 cup
Salad dressing, mayonnaise type	1/2 cup

1. Wash potatoes; place in sauce pan. Cover with water and bring to boil. Simmer until soft, about 15 minutes. Drain and cool.
2. Dice onion and chop celery; combine with pickle relish.
3. Add salad dressing to pickle mixture.
4. Cube potatoes and blend with dressing.

PREPARATION TIME: 25 MINUTES
COOKING TIME: 15 MINUTES

5. Cover and chill several hours.

PER SERVING:	
Calories	350
Total fat	24 grams
Saturated fat	3 grams
Cholesterol	0
Sodium	290 milligrams

BREADS AND HOT CEREALS

BAKED FRENCH TOAST

4 Servings, about 2 slices each

- White bread 8 1/2 inch-thick slices
- Eggs 5
- Whole milk 1-1/2 cups
- Sugar 1/4 cup
- Vanilla 1/2 teaspoon

PREPARATION TIME: 15 MINUTES
COOKING TIME: 30 TO 40 MINUTES

1. Lightly grease a 13-x-9-x-2- inch baking pan. Cut each slice of bread into 2 even strips. Arrange bread strips in pan.
2. In large bowl, mix eggs, milk, sugar, and vanilla with an electric mixer on low speed until wellblended, about 5 minutes.
3. Pour egg mixture over bread strips; cover. Chill 4 to 24 hours.
4. Preheat oven to 425° F. Bake until eggs are set and toast is lightly browned, about 30 to 40 minutes.
5. Serve with Cinnamon Sugar Topping.

PER SERVING:	
Calories	460
Total fat	23 grams
Saturated fat	7 grams
Cholesterol	279 milligrams

Sodium

581 milligrams

COOKED RICE CEREAL

4 Servings, 1 cup each

White rice, uncooked	1-1/2 cups
1% lowfat milk	2 cups
Sugar	1/4 cup
Ground cinnamon	1 teaspoon

PREPARATION TIME: 10 MINUTES
COOKING TIME: 15 MINUTES

1. Cook rice according to instructions on the package.

2. Combine warm cooked rice, milk, sugar, and cinnamon. Stir and serve.

PER SERVING:

Calories	250
Total fat	2 grams
Saturated fat	1 gram
Cholesterol	5 milligrams
Sodium	66 milligrams

DESSERTS

CHOCOLATE RICE PUDDING

4 Servings, about 2/3 cup each, plus 4 servings for another meal

Whole milk	1 quart
White rice, uncooked	2/3 cup
Sugar	1/2 cup
Semi-sweet chocolate chips	1/4 cup
Eggs	2
Evaporated whole milk	1/2 cup

1. Place milk, rice, and sugar in large saucepan. Simmer over medium heat; stir continuously.

2. Reduce heat to low; simmer uncovered until rice is tender, about 25 minutes. Check to make sure rice doesn't scorch. Add chocolate and stir until melted.

3. Beat eggs, evaporated milk, sugar, flour, and vanilla in medium bowl until smooth. gradually beat egg mixture into rice mixture.

4. Stir continuously; cook over medium heat until thickened, about 5 to 7 minutes. Do not

Sugar	1/2 cup
Flour	1-1/2 tablespoons
Vanilla	1 teaspoon

PREPARATION TIME: 15 MINUTES
COOKING TIME: 30 TO 35 MINUTES

allow pudding to boil.

5. Pour pudding into medium bowl. Cover and chill.

PER SERVING:	
Calories	325
Total fat	9 grams
Saturated fat	5 grams
Cholesterol	74 milligrams
Sodium	94 milligrams

OATMEAL COOKIES

4 Servings, 2 cookies each, plus 4 servings for another meal or snack

Sugar	3/4 cup
Margarine	2 tablespoons
Egg	1
Canned applesauce	1/4 cup
1% lowfat milk	2 tablespoons
Flour	1 cup
Baking soda	1/4 teaspoon
Ground cinnamon	1/2 teaspoon
Quick rolled oats	1 cup + 2 tablespoons

PREPARATION TIME: 20 MINUTES
COOKING TIME: 13 TO 15 MINUTES
EACH BATCH

3. Slowly add egg; mix on medium speed 1 minute. gradually add applesauce and milk; mix on medium speed, 1 minute. Scrape sides of bowl.

4. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and blend 30 seconds on low speed. Scrape sides of bowl.

5. Drop by teaspoonfuls onto cookie sheet, about 2 inches apart.

6. Bake until lightly browned, about 13 to 15 minutes. Remove from baking sheet while still warm. Cool on wire rack.

PER SERVING:	
Calories	215
Total fat	4 grams

1. Preheat oven to 350° F and lightly grease cookie sheets.
2. In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes.

Saturated fat	1 gram
Cholesterol	27 milligrams
Sodium	84 milligrams

PEACH- APPLE CRISP

4 Servings, about 1/2 cup each, plus 4 servings for another meal

- Canned sliced peaches, light-syrup pack, drained 20 ounces
- Apples, tart, peeled, sliced 2 medium
- Vanilla 1/2 teaspoon
- Ground cinnamon 1/4 teaspoon
- Flour 3/4 cup + 3 tablespoons
- Brown sugar, packed 1/4 cup
- Margarine, chilled 3 tablespoons

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.

PER SERVING:	
Calories	175
Total fat	5 grams
Saturated fat	1 gram
Cholesterol	0
Sodium	57 milligrams

PREPARATION TIME: 20 MINUTES
COOKING TIME: 20 MINUTES

1. Preheat oven to 350° F. Lightly grease 9-x-9-x-2- inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.

PEACH CAKE

8 Servings, about 2- by 2- inch piece each

Canned peaches, light-syrup pack, drained and chopped	2 1/4 cups (29-ounce can)
Sugar	1/2 cup
Flour	1 cup
Egg	1
Baking soda	1 teaspoon
Vegetable oil	2 tablespoons
Vanilla	1 teaspoon
Brown sugar, firmly packed	2 tablespoons
Whole milk	2 teaspoons

PREPARATION TIME: 20 MINUTES
COOKING TIME: 30 TO 35 MINUTES

1. Preheat oven to 350° F. Lightly grease 8-by-8-inch pan.

2. Spread peaches in baking pan. Mix remaining ingredients, except brown sugar and milk, together in mixing bowl; spread over top of peaches.

3. Bake until toothpick inserted into cake comes out clean, about 30 to 35 minutes.

4. For topping, combine brown sugar and milk in small bowl. Drizzle mixture on top of cake; return cake to oven, and bake 2 to 3 minutes.

5. Cut into 8 pieces

PER SERVING:

Calories	205
Total fat	4 grams
Saturated fat	1 gram
Cholesterol	27 milligrams
Sodium	171 milligrams

RICE PUDDING

4 Servings, about 1/4 cups each, plus 4 servings for another meal or snack

Whole milk	1 cup
Water	1 cup

3. In large bowl, mix eggs, 3/4 cup evaporated milk, vanilla, and sugar. Set aside.

- Rice, uncooked 1 cup
- Eggs 2
- Evaporated milk 1 cup
- Vanilla 1 teaspoon
- Sugar 1/4 cup
- Ground cinnamon 1/8 teaspoon

PREPARATION TIME: 15 MINUTES
COOKING TIME: 40 MINUTES

1. In sauce pan, heat milk and water.
2. Add rice, bring to boil, lower heat to simmer; stir mixture every 10 minutes. Cook uncovered until rice is tender, about 30 minutes.

4. Add remaining 1/4 cup evaporated milk to rice mixture. e
5. Spoon 1 cup of rice mixture into egg mixturand stir. Pour egg- rice mixture into remaining rice.
6. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

PER SERVING:	
Calories	190
Total fat	5 grams
Saturated fat	3 grams
Cholesterol	67 milligrams
Sodium	66 milligrams

SUGAR COOKIES

4 Servings, 3 cookies each, plus 4 servings for another meal or snack

- Margarine 1/3 cup
- Powdered sugar 2/3 cup
- Eggs 2
- Vanilla 1/2 teaspoon
- Flour 1 cup
- Baking powder 1/2 teaspoon
- Baking soda 1/8 teaspoon

PREPARATION TIME: 15 MINUTES
COOKING TIME: ABOUT 10

1. Preheat oven to 375° F.
2. Mix margarine and powdered sugar together thoroughly.
3. Add eggs and vanilla. Beat until blended. Add dry ingredients and blend well.
4. Shape dough into 24 one-inch balls and place on ungreased cookie sheets. Crisscross balls by using fork prongs.
5. Bake until lightly brown, about 10 minutes.

MINUTES EACH BATCH

PER SERVING:	
Calories	190
Total fat	5 grams
Saturated fat	3 grams
Cholesterol	67 milligrams
Sodium	66 milligrams

FOOD LISTS

The following two food lists show you all of the foods you would need to prepare each week of sample menus on pages 14 to 17 for a family of four.

- **IMPORTANT:** The food lists are not shopping lists. Your shopping list will contain only those items that you do not have on hand. Also, sometimes you may need to buy more food than the menu or recipe calls for because of the package size.

- The food lists contain large amounts of nutritious, low-cost foods such as potatoes, macaroni, and rice. Foods with little or no nutritional value— such as soft drinks, coffee, and tea— are not included.
- Depending on where you live and shop and the season of the year, the cost of foods on the lists will vary.

WEEK 1: FOOD FOR A FAMILY OF FOUR

<p>FRUITS AND VEGETABLES</p> <p>Fresh:</p> <p>Apples (6 small) 1 lb 8 oz</p> <p>Bananas (11 medium) 2 lb 12 oz</p> <p>Melon 1 lb</p> <p>Oranges (26 small) 5 lb 7 oz</p> <p>Cabbages 4 oz</p>	<p>Canned:</p> <p>Applesauce 2 oz</p> <p>Peaches 1 lb 10oz</p> <p>Pears 13 oz</p> <p>Green beans 12 oz</p> <p>Spinach 10 oz</p> <p>Tomato paste 6 oz</p> <p>Tomato sauce 1 lb 1 oz</p> <p>Tomato soup 10.5 oz</p>	<p>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS</p> <p>Bagels, (8) 1 lb plain, enriched</p> <p>Bread crumbs 2 oz</p> <p>Bread, white, enriched 2.2 lb</p> <p>English muffins 8</p> <p>Bread, French, 8 oz</p>	<p>Ready to eat cereal (flakes) 6 oz</p> <p>Barley, pearl 4 oz</p> <p>Flour, enriched 1 lb 8 oz</p> <p>Macaroni, enriched 1 lb 11 oz</p> <p>Noodles, yolk-free, enriched 2 lb 3 oz</p> <p>Rice, enriched 2 lb 5 oz</p> <p>MILK AND CHEESE</p>
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	drink)		
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WEEK 2: FOOD FOR A FAMILY OF FOUR

<p>FRUITS AND VEGETABLES</p> <p>Fresh:</p> <p>Apples (5 small) 1 lb 4 oz</p> <p>Bananas (11 medium) 2 lb 12 oz</p> <p>Grapes 1 lb 8 oz</p> <p>Melon 1 lb</p> <p>Oranges (22 small) 4 lb 12 oz</p> <p>Carrots 1 lb</p> <p>Celery 5 oz</p> <p>Green pepper 4 oz</p> <p>Lettuce, leaf 9 oz</p> <p>Onions 1 lb 4 oz</p> <p>Potatoes 10 lb 8 oz</p> <p>Tomatoes 7 oz</p>	<p>Canned:</p> <p>Oranges, mandarin 13 oz</p> <p>Peaches, light-syrup 1 lb 10oz</p> <p>Mushrooms 4 oz</p> <p>Spaghetti sauce 26 oz</p> <p>Tomato sauce 8 oz</p> <p>Frozen:</p> <p>Orange juice, concentrate (7) 12-oz cans</p> <p>Broccoli 6 oz</p> <p>French fries 11 oz</p> <p>Green beans 1 lb 7 oz</p> <p>Peas 15 oz</p>	<p>BREADS, CEREALS, AND OTHER GRAIN PRODUCTS</p> <p>Bagels, (4) 8 oz plain, enriched</p> <p>Bread crumbs 3 oz</p> <p>Bread, French, enriched 4 oz</p> <p>Bread, white, enriched 2 lb</p> <p>Bread, whole-wheat 1 lb</p> <p>Hamburger buns, enriched 8</p> <p>Rolls, dinner, enriched 4</p> <p>Ready to eat cereal: Corn flakes 1 oz 10 oz</p> <p>Toasted oats</p> <p>Flour, enriched 1 lb 7 oz</p>	<p>Macaroni, enriched 1 lb 5 oz</p> <p>Noodles, yolk-free, enriched 1 lb 2 oz</p> <p>Popcorn, microwave, unpopped 3 oz</p> <p>Rice, enriched 3 lb 2 oz</p> <p>Spaghetti, enriched 11 oz</p> <p>MILK AND CHEESE</p> <p>Evaporated milk 4 oz</p> <p>Milk, 1% lowfat 9 qt</p> <p>Milk, whole 4 qt</p> <p>Cheese, cheddar 2 oz</p> <p>Cheese, cottage 7 oz</p> <p>Cheese, mozzarella 1 oz</p>
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WEEK 2: FOOD FOR A FAMILY OF FOUR CONTINUED

<p>MEAT AND MEAT ALTERNATIVES</p> <p>Beef, ground, lean 3 lb</p>	<p>Beans, garbanzo (chickpeas), canned 10 oz</p>	<p>Jelly 8 oz</p> <p>Molasses 1 fl oz</p>	<p>Chicken broth, reduced sodium</p>
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	15 oz	Eggs, large	15	Pancake syrup	2 oz	
Chicken, fryer	1 lb	FATS AND OILS		Chocolate chips, semi-sweet	2 oz	Chili powder
	13 oz	Margarine, stick	7 oz	Fruit drink	1 gal	Cinnamon
Chicken, thighs	2 lb	Shortening	2 oz	Fudgesicles, ice milk	4	Chocolate drink mix, powdered
	12 oz	Salad dressing, mayonnaise-type	1 lb	OTHER FOOD ITEMS (<i>Small amounts are used in preparing the recipes and other foods in the menu, purchase as needed.</i>)		Dried onion
Fish (flounder, cod)	2 lb	Vegetable oil	9 fl oz	Baking powder		Garlic powder
Tuna fish, chunk-style, water-pak	12 oz	SUGARS AND SWEETS		Baking soda		Gelatin, unflavored
Pork, ground	1 lb	Sugar, brown	2 oz	Black pepper		Italian herb seasoning
	7 oz	Sugar, powdered	3 oz	Catsup		Lemon juice, bottled
Turkey, ground	1 lb	Sugar, granulated	9 oz			Oregano
Turkey, ham	11 oz					Paprika
Beans, garbanzo (chickpeas), canned	15 oz					Salt
						Soy sauce, reduced sodium
						Vanilla
						Vinegar

HOW WERE THESE MENUS AND RECIPES DEVELOPED?

The menus and recipes in this booklet show one way to meet nutrition recommendations from the Dietary guidelines for Americans, the USDA Food Guide Pyramid, and the 1989 Recommended Dietary Allowances. These menus and recipes specifically show ways you can cut back on fat, sugars, and salt on

The list of foods and amounts used for these menus and recipes reflect the amount of food that could be used for 1 week for a four- person family with two adults and two children ages 6 to 11. Pregnant or nursing women and others with special health conditions may use these menus and recipes also, but may

a limited food budget.

need additional foods or supplements.

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FOR MORE INFORMATION ON NUTRITION

Contact USDA's Center for Nutrition Policy and Promotion. The address is:

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This publication may be purchased in single copies through the Government Printing Office at (202) 512-1800. Call for price.

Some nutrition materials, including this publication, the Dietary Guidelines for Americans, and the Food Guide Pyramid booklet, may be accessed through the CNPP website at www.usda.gov/cnpp

For additional advice on maintaining a healthful diet, you may contact your county extension home economist (Cooperative Extension System), or a nutrition professional in your local health department, hospital, American Red Cross, dietetic association, or private practice.