



## Ancho Chili and Chicken Soup

*A slightly spicy chicken soup, packed full of hearty vegetables.*

**Makes 4 servings.** 1½ cups per serving.

**Prep time:** 15 minutes

**Cook time:** 30 minutes

**Nutrition information per serving**

Calories 106, Carbohydrate 8 g, Protein 13 g,  
Total Fat 2 g, Saturated Fat 1 g, Cholesterol 29 mg,  
Sodium 93 mg, Dietary Fiber 2 g

### Ingredients

- 2 dried ancho chilies, seeded and torn into pieces
- 1 cup water
- 2½ cups 33% less sodium chicken broth
- 2 stalks celery, chopped
- 1 medium onion, peeled and chopped
- 1 cup cooked, chopped chicken
- ¾ cup chopped carrots
- 1 teaspoon oregano
- ¾ cup chopped chayote squash

### Preparation

1. Place chilies in a hot skillet and cook for about 45 seconds until lightly toasted and fragrant. Cover with 1 cup boiling water and let stand for 20 minutes.
2. Meanwhile, combine broth, celery, onion, chicken, carrots, and oregano in a medium saucepan. Bring to a boil; reduce heat. Cover and let simmer for 20 minutes.
3. Place chilies and liquid in a blender or food processor and puree until smooth. Add chili puree and chayote to broth mixture. Simmer for 5 minutes more.





## Apple Glazed Sweet Potatoes

*So easy, just simmer sweet potato slices in juice and serve.*

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**Makes 4 servings.**

*½ cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 30 minutes

### Ingredients

2½ cups unsweetened 100% apple juice

½ teaspoon ground cinnamon

¼ teaspoon salt

2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

### Preparation

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve while hot.

**Nutrition information per serving:**  
Calories 208, Carbohydrate 50 g, Dietary Fiber 5 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg

## Zucchini Sauté

*This vegetable side dish tastes lively and is fast to fix.*

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**Makes 5 servings.**

*1 cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 5 minutes

### Ingredients

1¼ pounds zucchini (about 3 medium zucchini)

½ teaspoon olive oil

1 tablespoon dried oregano

2 cloves garlic, finely chopped

1 teaspoon grated lemon peel

1 tablespoon grated Parmesan cheese

¼ teaspoon ground black pepper

### Preparation

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

**Nutrition information per serving:**  
Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg



# Avocado Tortilla Soup

*Sprinkle red pepper flakes on this soup for added heat.*

**Makes 8 servings.** 1 cup per serving.

**Prep time:** 15 minutes **Cook time:** 15 minutes

## Ingredients

3 (14-ounce) cans low-sodium chicken broth	½ teaspoon ground black pepper
2 (10¾-ounce) cans low-sodium condensed tomato soup	1 ripe California avocado, peeled, pitted, and chopped
½ bunch cilantro, leaves only	8 corn tortilla chips, crumbled
3 cloves garlic, finely chopped	

## Preparation

1. In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pan, add avocado and heat thoroughly.
4. Ladle into soup bowls and garnish with crumbled tortilla chips before serving.

**Nutrition information per serving:** Calories 134, Carbohydrate 17 g,  
Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

Recipe courtesy of the California Avocado Commission.

# BBQ Turkey in Pepper Shells

*This dish is colorful and healthy. You can save money by using all green bell peppers.*

**Makes 6 servings.**

*½ bell pepper per serving.*

**Prep time:** 10 minutes **Cook time:** 25 minutes

## Ingredients

- ¾ pound lean ground turkey
- 1 large onion, peeled and chopped
- 1 medium green bell pepper, seeded, cored, and chopped
- 1 (14½-ounce) can no salt added diced tomatoes, drained and rinsed
- 1 cup 50% less salt canned black beans, drained and rinsed
- ½ cup prepared barbecue sauce
- 1 teaspoon garlic powder
- 1 teaspoon liquid smoke
- 3 bell peppers (any color)



## Preparation

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook for 5 minutes until softened. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
3. Meanwhile, cut the whole bell peppers in half lengthwise and place bell peppers in a microwave safe dish with a small amount of water. Cover and microwave on high for about 5 minutes until crisp-tender.
4. Remove peppers from the dish and place on a large plate. Spoon turkey mixture into peppers and serve.

**Nutrition information per serving:** Calories 199, Carbohydrate 27 g, Dietary Fiber 6 g, Protein 16 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 267 mg

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## Hearty Bean and Vegetable Soup

*This healthy meal is sure to please your entire family.*

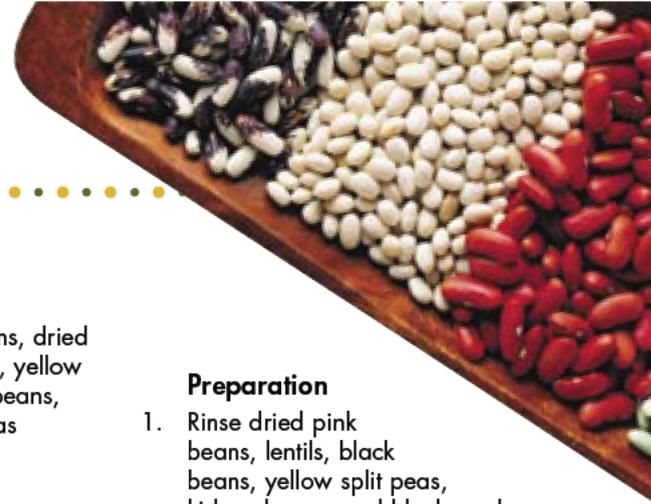
**Makes 8 servings. 2 cups per serving.**

**Prep time:** 20 minutes (excludes soaking beans)

**Cook time:** 3 hours

**Nutrition information per serving**

Calories 297, Carbohydrate 49 g, Protein 22 g,  
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 13 mg,  
Sodium 334 mg, Dietary Fiber 14 g



### Ingredients

- ½ cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried black-eyed peas
- 8 cups water
- 1 smoked ham hock (about ½ pound)
- 1 teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chilies
- ½ teaspoon each salt and ground black pepper
- 1 bay leaf
- 1 cup chopped onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 (14½-ounce) cans no salt added diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce

### Preparation

1. Rinse dried pink beans, lentils, black beans, yellow split peas, kidney beans, and black-eyed peas under cold running water. Place beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain.
2. Combine drained bean, lentil and pea mixture, water, and ham hock in a large pot; bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour.
3. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup.



# Chicken and Dumplings

*Tasty, home cooked comfort food in less than 30 minutes.*

**Makes 6 servings.**

*1½ cups per serving.*

**Prep time:** 5 minutes **Cook time:** 30 minutes

## Ingredients

- 2¼ cups canned low-sodium chicken broth
- ¼ cup water
- 1 medium onion, peeled and chopped
- 4½ cups frozen mixed vegetables
- 2 cups cooked, chopped chicken
- 1 teaspoon dried thyme
- 1¼ cup prepared baking mix
- ⅓ cup lowfat milk
- 1 egg



## Preparation

1. In a large pot over medium heat, combine chicken broth, water, onion, vegetables, chicken, and thyme.
2. Cover and bring to a boil; reduce heat and simmer for 15 minutes.
3. Place baking mix in a small bowl. Remove 2 tablespoons and stir into pot.
4. Add milk and egg to remaining baking mix and stir with a fork to blend. Drop rounded tablespoons into hot stew. Cook over low heat, uncovered, for 5 minutes.
5. Cover and cook for 5 minutes more. Serve while hot.

**Nutrition information per serving:** Calories 193, Carbohydrate 16 g, Dietary Fiber 3 g, Protein 20 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 75 mg, Sodium 257 mg



## Chicken and Rice

Peas and carrots add color and provide a healthy addition to this traditional dish.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving

Calories 335, Carbohydrate 30 g, Protein 37 g,  
Total Fat 6 g, Saturated Fat 2 g, Cholesterol 91 mg,  
Sodium 266 mg, Dietary Fiber 2 g

### Ingredients

- 2 pounds boneless, skinless chicken breasts, cut into strips
- 1 medium onion, peeled and chopped
- 2 green bell peppers, chopped
- 2 jalapeño peppers, seeded and minced
- 3 cloves garlic, minced
- 2 cups chicken broth
- 1 (14½-ounce) can no salt added diced tomatoes, drained
- ½ cup frozen pea and carrot blend
- 1 teaspoon each ground cumin and chili powder
- ¾ cup white rice

### Preparation

1. In a nonstick skillet, sauté chicken strips until cooked thoroughly, about 10 minutes. Set aside and keep warm.
2. In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.
3. Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice.





# Chicken and Vegetables with Mole Sauce

## Ingredients

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|--|--|
| nonstick cooking spray                             | 1½ cups fresh tomatillos (about 7 medium tomatillos), husks removed, washed, and diced |
| 6 each skinless drumsticks and thighs              | 2 teaspoons ground cumin   |
| 3 dried ancho chilies, seeded and torn into pieces | ¼ teaspoon salt  |
| 2¼ cups canned 33% less sodium chicken broth       | 2 fresh cactus leaves (about 1 cup), cleaned and chopped                               |
| 1 medium onion, peeled and chopped                 | ¾ pound fresh trimmed green beans  |

## Preparation

1. Place chicken in a large skillet sprayed with nonstick cooking spray. Cook over medium heat for about 10 to 15 minutes per side or until cooked through.
2. While chicken is cooking, prepare mole sauce. Toast ancho chilies in a large skillet over medium-high heat for 1 minute, stirring constantly. Add broth to skillet and set aside.
3. Spray a large saucepan with nonstick cooking spray. Add onion; cook and stir over medium-high heat for 5 minutes. Add chili and broth mixture, tomatillos, cumin, and salt; bring to a boil, then reduce heat and simmer for 10 minutes. Let cool slightly and transfer to a blender container.
4. Puree until smooth and pour over chicken; cook for 5 minutes more.
5. Cook cactus and green beans in boiling water for about 5 minutes; drain. Serve chicken and sauce over cooked vegetables.

*A lot faster than a traditional mole and just as good!*

**Makes 6 servings.** 1 drumstick and 1 thigh per serving.

**Prep time:** 15 minutes **Cook time:** 45 to 55 minutes

### **Nutrition information per serving:**

Calories 239, Carbohydrate 11 g, Dietary Fiber 4 g, Protein 31 g, Total Fat 8 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 92 mg, Sodium 388 mg



# Easy Turkey Skillet Dinner

*Serve this hearty meal with whole wheat bread and green salad.*

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 5 minutes **Cook time:** 25 minutes

## Ingredients

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|--|---|
| nonstick cooking spray                 | 1 teaspoon each dried basil, oregano, and garlic powder |
| $\frac{3}{4}$ pound lean ground turkey | $\frac{1}{2}$ teaspoon salt                             |
| 1 medium onion, peeled and chopped     | $\frac{1}{4}$ teaspoon ground black pepper              |
| 3 tomatoes, chopped                    | 2 medium zucchini, sliced                               |
| 3 tablespoons tomato paste             |   |

## Preparation

1. Spray nonstick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasonings. Simmer over medium heat for 10 minutes.
4. Add zucchini and cook for 5 minutes more. Serve while hot.

**Nutrition information per serving:** Calories 181, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 462 mg



# Grilled Chicken Vegetable Kabobs

*Try these kabobs at your next family barbecue.*

**Makes 4 servings.** 1 skewer per serving.

**Prep time:** 1 hour and 15 minutes **Cook time:** 10 minutes

## Ingredients

2 teaspoons olive oil	4 wooden skewers
3 tablespoons fresh lemon juice	8 cherry tomatoes
ground black pepper to taste	12 whole bay leaves
1 pound boneless chicken breast without skin, cut into 2-inch cubes	1 medium onion, cut into 1-inch cubes
	1 medium green bell pepper, cut into 1-inch cubes
	2 cups cooked brown rice

## Preparation

1. In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat.
3. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.
4. Serve each kabob over  $\frac{1}{2}$  cup of brown rice.

**Nutrition information per serving:** Calories 297, Carbohydrate 29 g, Dietary Fiber 5 g, Protein 28 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 73 mg

# Herbed Vegetable Combo

*Make this side dish a main meal by simply adding cooked slices of chicken breast or lean beef.*

**Makes 4 servings.** *½ cup per serving.*

**Prep time:** 10 minutes **Cook time:** 10 minutes

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## Ingredients

- 2 tablespoons water
- 1 cup thinly sliced zucchini
- 1¼ cups thinly sliced yellow squash
- ½ cup green bell pepper, cut into 2-inch strips
- ¼ cup celery, cut into 2-inch strips
- ¼ cup chopped onion
- ½ teaspoon caraway seeds
- ⅓ teaspoon garlic powder
- 1 medium tomato, cut into 8 wedges



## Preparation

1. Heat water in a medium pan. Add zucchini, squash, bell pepper, celery, and onion.
2. Cover and cook over medium heat until vegetables are crisp-tender, about 4 minutes.
3. Sprinkle seasonings over vegetables. Top with tomato wedges.
4. Cover again and cook over low heat until tomato wedges are warm, about 2 minutes. Serve warm.

**Nutrition information per serving:** Calories 24, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 11 mg

# Mango Chicken Stir-Fry

*Tender chunks of chicken team up with crisp peppers and sweet mangos in this colorful stir-fry. Substitute half of the red bell pepper with green bell pepper for a more colorful dish.*

**Makes 4 servings.** *1½ cups per serving.*

**Prep time:** 15 minutes **Cook time:** 15 minutes

## Ingredients

- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into bite-size chunks
- ¼ cup pineapple juice
- 3 tablespoons low-sodium soy sauce
- ¼ teaspoon ground ginger
- 1 red bell pepper, cut into bite-size strips
- 2 mangos, pitted and cut into bite-size strips
- ¼ cup toasted, slivered almonds
- ground black pepper to taste
- 2 cups cooked brown rice



## Preparation

1. Spray a large wok or skillet with nonstick cooking spray.
2. Sauté chicken over medium-high heat until cooked through, about 10 minutes.
3. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
4. Cook and stir for about 5 minutes until peppers are crisp-tender.
5. Add the mango and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Serve each cup of stir-fry over ½ cup of brown rice.

**Nutrition information per serving:** Calories 387, Carbohydrate 47 g, Dietary Fiber 7 g, Protein 31 g, Total Fat 9 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 496 mg



# Oven Wedge Fries

*A tasty surprise for those who love fries.*

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 10 minutes **Cook time:** 15 minutes

## Ingredients

nonstick cooking spray  
2 large russet potatoes, cut  
into wedges

## Seasoning Mix

2 cloves garlic, finely  
chopped  
1 teaspoon Italian herb  
seasoning mix  
1 teaspoon chili powder  
and/or paprika

## Preparation

1. Preheat oven to 400°F.
2. Spray a cookie sheet with nonstick cooking spray. Place potato wedges on the cookie sheet.
3. In a small bowl, combine garlic with seasonings and sprinkle  $\frac{1}{2}$  of the mixture over the top of the potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over. Sprinkle with the remaining mixture, and bake for another 7 minutes or until the wedges are browned and cooked through. Serve while hot.

**Nutrition information per serving:** Calories 146, Carbohydrate 33 g,  
Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg



# Rosemary Lemon Chicken with Vegetables

*This meal goes great with a crisp green salad.*

**Makes 4 servings.**  $\frac{1}{2}$  chicken breast and 1 cup vegetables per serving.

**Prep time:** 10 minutes **Cook time:** 25 minutes

## Ingredients

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|---|--|
| $\frac{1}{2}$ pound small red potatoes (about 3 potatoes), rinsed and cubed | $\frac{1}{4}$ cup lemon juice, divided                           |
| $1\frac{1}{2}$ cups baby carrots  | 2 tablespoons honey*   |
| 1 cup green beans, trimmed  | 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary |
| 2 boneless, skinless chicken breasts, halved (about 1 pound)                | 1 teaspoon grated lemon peel                                     |
| 1 tablespoon olive oil  | $\frac{1}{4}$ teaspoon ground black pepper                       |

## Preparation

1. In a medium pot, bring 8 cups of water to a boil.
2. Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside.
3. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side.
4. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice.
5. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.

\* Do not give honey to children under the age of one.

**Nutrition information per serving:** Calories 276, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 103 mg

# Savory Greens

*You do not have to boil your greens for hours; in fact, doing this pulls nutrients out of them. Save time and nutrients by cooking greens for only one-half hour.*

**Makes 6 servings.** *½ cup per serving.*

**Prep time:** 5 minutes **Cook time:** 35 minutes

## Ingredients

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped jalapeño pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds mustard greens, collards, kale, turnip, or a mixture (about 2 bunches)



## Preparation

1. Place all ingredients except greens into a 3-quart pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing the stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

**Nutrition information per serving:** Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

# Sesame Chicken with Peppers and Snow Peas

*Ginger and sesame add an Asian flare to this dish.*

**Makes 4 servings.** *1¼ cups per serving.*

**Prep time:** 10 minutes **Cook time:** 20 minutes

## Ingredients

- 1 tablespoon sesame seeds
- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into strips
- 2 cups snow peas, trimmed
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons water
- 1½ teaspoons packed brown sugar
- ¼ teaspoon ground ginger
- 2 green onions, sliced
- 2 cups cooked brown rice

## Preparation

1. Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from skillet and set aside.



2. Spray same skillet with nonstick cooking spray. Add chicken; cook and stir for about 10 minutes or until chicken is fully cooked. Add snow peas and bell peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender.
3. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet. Cook for 5 minutes over medium-high heat.
4. Sprinkle with sesame seeds and green onions. Serve ¾ cups of chicken mixture over ½ cup of brown rice.

**Nutrition information per serving:** Calories 293, Carbohydrate 28 g, Dietary Fiber 5 g, Protein 30 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 470 mg



# Simple Fish Tacos

*Make your own restaurant-style fish tacos at home for a light and healthy dinner.*

**Makes 6 servings.** 2 tacos per serving.

**Prep time:** 20 minutes **Cook time:** 5 minutes

## Ingredients

- |   |                                    |
|---|------------------------------------|
| 1 pound cod or white fish fillets, cut into 1-inch pieces | 1 cup shredded red cabbage         |
| 1 tablespoon olive oil                                    | 1 cup shredded green cabbage       |
| 2 tablespoons lemon juice                                 | 2 cups chopped tomatoes            |
| ½ package taco seasoning                                  | ½ cup nonfat sour cream            |
| 12 (6-inch) warmed corn tortillas                         | taco sauce to taste                |
|   | lime wedges for serving (optional) |

## Preparation

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired.

**Nutrition information per serving:** Calories 239, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 42 mg, Sodium 247 mg

Recipe courtesy of the Produce for Better Health Foundation.

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# Spaghetti with Turkey Meat Sauce

*Top your pasta with this healthy version of a classic Italian dish.*

**Makes 8 servings.** *1½ cups per serving.*

**Prep time:** 10 minutes **Cook time:** 30 minutes

## Ingredients

nonstick cooking spray	2 cloves garlic, finely chopped
¾ pound lean ground turkey	1 teaspoon crushed dried oregano
2 (14½-ounce) cans diced tomatoes, juice reserved	1 teaspoon ground black pepper
1 green bell pepper, finely chopped	1 pound spaghetti noodles
1 cup finely chopped onion	

## Preparation

1. Spray a large skillet with nonstick cooking spray. Preheat skillet over medium heat.
2. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat.
3. Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally.
4. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.

**Nutrition information per serving:** Calories 346, Carbohydrate 57 g,  
Dietary Fiber 5 g, Protein 20 g, Total Fat 4 g, Saturated Fat 1 g,  
Trans Fat 0 g, Cholesterol 28 mg, Sodium 162 mg



## Spinach Corn Casserole

*Serve this vegetable dish alongside your favorite family meal.*

**Makes 12 servings.** *½ cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 20 to 30 minutes

**Nutrition information per serving**

Calories 105, Carbohydrate 19 g, Protein 4 g,  
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 1 mg,  
Sodium 254 mg, Dietary Fiber 3 g

### Ingredients

- 1 (16-ounce) package chopped frozen spinach
- ½ cup minced white onion
- 2 (14¾-ounce) cans creamed corn
- 1 tablespoon margarine
- 2 teaspoons vinegar
- 1 teaspoon salt
- ½ teaspoon ground black pepper

### Topping

- ½ cup bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon margarine

### Preparation

1. Preheat oven to 400°F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
2. Combine spinach, onion, and creamed corn in casserole dish.
3. Melt 1 tablespoon margarine and add to casserole dish. Add vinegar, salt, and ground black pepper. Mix ingredients together.
4. Spread bread crumbs and Parmesan cheese over top of casserole. Melt remaining margarine and drizzle over topping. Bake for 20 to 30 minutes.





## Tortilla Pizzas

*Chili peppers and taco sauce give this pizza a spicy twist.*

*Makes 6 servings. 1 pizza per serving.*

**Prep time:** 15 minutes

**Cook time:** 10 to 15 minutes

**Nutrition information per serving**

Calories 240, Carbohydrate 42 g, Protein 10 g,  
Total Fat 5 g, Saturated Fat 2 g, Cholesterol 10 mg,  
Sodium 470 mg, Dietary Fiber 8 g

### Ingredients

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



### Preparation

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



# Vegetable Chicken Enchiladas

*Full of fresh vegetables and loaded with flavor.*

**Makes 4 servings.** 2 enchiladas per serving.

**Prep time:** 10 minutes **Cook time:** 40 minutes

## Ingredients

- nonstick cooking spray
- 1 large onion, peeled and chopped
- 1 green bell pepper, seeded and chopped
- 1 large zucchini, chopped
- 1 cup cooked, chopped chicken breast
- $\frac{3}{4}$  cup red enchilada sauce
- 2 (8-ounce) cans no salt added tomato sauce
- 8 (6-inch) corn tortillas
- $\frac{2}{3}$  cup shredded reduced fat Monterey Jack cheese

## Preparation

1. Preheat oven to 375°F.
2. Spray large skillet with nonstick cooking spray. Sauté onion for 5 minutes, stirring occasionally. Add bell pepper and zucchini; cook for 5 minutes more. Stir in chicken; set aside.
3. Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add  $\frac{1}{2}$  cup to vegetable and chicken mixture.
4. Soften tortillas on the stovetop or in the microwave. Dip each tortilla in sauce and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 13x9-inch baking pan. Pour remaining sauce over the top.
5. Cover loosely with foil and bake for 20 to 25 minutes. Remove cover and sprinkle cheese over top; bake for 5 minutes more. Serve while hot.



**Nutrition information per serving:** Calories 311, Carbohydrate 41 g, Dietary Fiber 7 g, Protein 22 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 41 mg, Sodium 521 mg