Quick Cooking to Benefit Body and Budget

NUTRITION EDUCATION COOKBOOK

HARVESTERS
COMMUNITY FOOD NETWORK

Nutrition Education Cookbook

Harvesters-The Community Food Network, has been helping people in need in the Kansas City and surrounding areas since 1979. Harvesters provides the community with a response to hunger in three ways:

- By collecting food and household products from community and industry sources
- By distributing those products and providing nutrition services through a network of over 620 not-for-profit agencies
- By offering leadership and education programs to increase community awareness of hunger and generate solutions to end hunger

Harvesters provides nutrition education and cooking programs that are taught in various community locations by nutrition educators. These programs are multi-week courses and each class includes a nutrition topic as well as hands-on preparation of a meal. The meals can always be prepared on a stovetop, are likely to include several food groups, and are guaranteed to be nutritious and tasty! These recipes have been compiled in this cookbook for your enjoyment and use at home.

Harvesters receives a variety of donated food and our recipes attempt to reflect this. You may occasionally see an unfamiliar item in a recipe, but we will always provide extra information on this ingredient and possible substitutions. Feel free to substitute ingredients that you have on hand. Please use our recipes and ideas as a starting point and adapt these recipes to meet the needs and desired flavors of your family.

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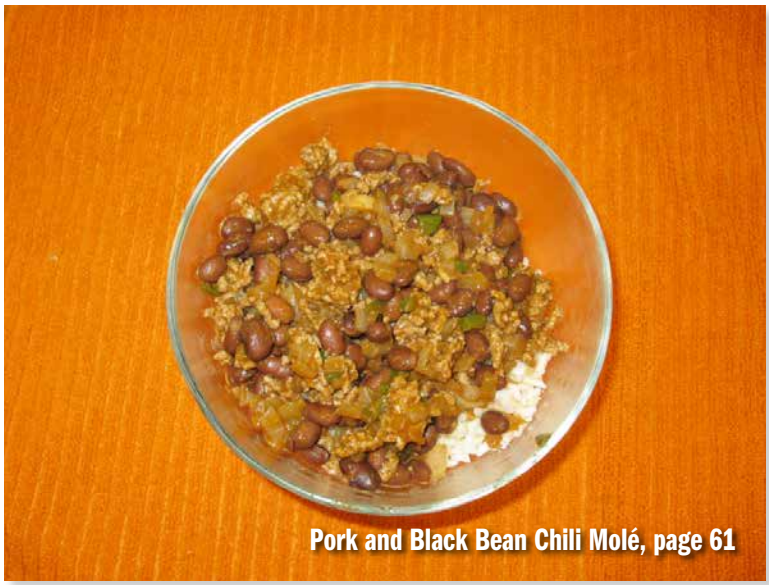

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The Harvesters cookbook is designed to help you learn more about healthy cooking on a budget while helping you become more comfortable in the kitchen.

This cookbook:

- Uses easy-to-find ingredients and standard kitchen equipment
- Emphasizes wholesome ingredients
- Focuses on inexpensive family-friendly meals
- Doesn't take a chef to prepare – it is easy and quick
- Uses recipes that are tested and approved

Each recipe is rated by length of time from start to finish:

1 = less than 15 minutes including preparation time

2 = 15-45 minutes including preparation time

3= more than 45 minutes, so it needs to marinate or stew

Recipe prices reflect costs at Price Chopper stores in Kansas City as of February 2013. Off-brand cans were selected unless specific items (no-salt added varieties) could not be found off-brand. In which case, those prices were taken into account.

Symbols are included to indicate if a recipe is diabetic, kid or pregnancy friendly.

is the diabetic symbol. Carbohydrates listed as having less than 60 grams for a main dish and less than 20 grams for snacks are rated diabetic friendly. If you are diabetic please consult your physician to determine the number of carbohydrates that are appropriate for your specific needs.

If you require a diet that restricts calories, fat, carbohydrates or sodium, remember that the nutritional data is only accurate for the recipe as written, but will not reflect any changes you make to the recipe.

is the kid-approved symbol. These recipes have been favorites with kids attending Harvesters' Kids in the Kitchen classes.

is the pregnancy symbol. Recipes high in essential nutrients needed during a pregnancy are rated pregnancy friendly. These recipes provide information on their specific nutrients below the recipe title.

Specific nutritional information is provided for each recipe in this book, but remember that nutritional data is not always fool-proof.

Ingredients noted as 'optional', "to taste" or "garnish" are not included in the nutritional analysis or the cost. Where alternate choices of ingredients are given, the ingredient listed first is used for analysis.

Factors that can affect the accuracy of nutritional data include variability of sizes, weights, and measurements of fruits, vegetables, and other foods. This cookbook lists both the size and the desired measurements of produce items. The first measurement or weight given should be similar to the weight or measurement in parenthesis noted after the ingredient, so that if you do not have the exact size of an item, you can cut just what you need from another item. For example, if the recipe calls for 1 small onion (½ cup), you could simply cut a part of a large onion to equal ½ cup.

The Nutrition Information has been calculated using NutritionData.com. The information in Nutrition Data's database comes from the USDA's National Nutrient Database for Standard Reference and is supplemented by listings provided by restaurants and food manufacturers. "While Nutrition Data cannot guarantee the absolute accuracy of every listing, we make every attempt possible to ensure the quality of our data."

Vegetarian is defined as a diet consisting of no meat, seafood or poultry. Vegan is a strict vegetarian who avoids all animal products, such as eggs, dairy, and sometimes honey. There is a spectrum of vegetarianism ranging from those who do not eat red meat, to those who only eat fish, to vegan. The recipes in this cookbook noted as vegetarian still may contain meat products (for example chicken broth), however, not red meat.

Ingredient Information:

Should I use Extra Virgin or regular Olive Oil? Extra Virgin has more flavor and is more expensive than regular olive oil. Use it for added flavor in salad dressings and foods to be eaten cold. Heating destroys the 'Extra Virgin' flavor, so for recipes that require heating oil, use the less expensive regular olive oil or canola oil.

What is the difference between the kinds of salt? Most recipes that call for salt are referring to table salt, which has additives like iodine (to prevent a thyroid disease), and an anti-caking agent so the salt won't get lumpy in humid weather.

Chefs, though, often prefer to use Kosher salt for cooking, and sea salt for table use. They claim that both have a more subtle flavor than table salt.

Both typically are larger in particle size than table salt and more expensive. If the salt is going to be cooked, there is little reason to pay the extra because it will dissolve and the particle size won't matter. The larger flakes will give more salt impact when sprinkled on top of foods and some claim that the iodine added to table salt adds a detectible note of bitterness.

Recommended intake for a daily diet of 2,000 calories as set by the **Food and Drug Administration**	
Total Fat	Less than 65g
Saturated Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 1,600mg
Total Carbohydrate	300g
Dietary Fiber	25-35g

Apple Cranberry Oat Crumble Prep Time: 3

Sweet apples and tart cranberries join together in this crumble for a great treat. Low-fat and delicious, this crumble is sure to meet your sweet dessert craving. This recipe also works well with other fruits, such as peaches. Serve it with vanilla frozen yogurt for a special treat.

4 medium apples, unpeeled, cored and thinly sliced (6⅔ cups)
1/3 cup dried cranberries
1/4 cup lemon juice
2 Tablespoons brown sugar, packed

Topping:

3/4 cup old-fashioned oats
1/4 teaspoon ground cinnamon
1/4 teaspoon salt
2 Tablespoons brown sugar, packed
2 Tablespoons trans-fat-free unsalted margarine (stick), chilled and cut into pieces

Preheat oven to 375°.

Combine sliced apples with cranberries, lemon juice, and 2 Tablespoons brown sugar. Place in medium baking dish and bake for 20 minutes.

Meanwhile, stir together oats, cinnamon, salt, and 2 Tablespoons brown sugar in a bowl until combined.

Cut butter into oat mixture, using a pastry blender (or pulling 2 knives in opposite directions through mixture), until crumbly.

Sprinkle topping evenly over apples and return to oven. Bake until topping is golden, about 25 minutes more. Serve warm.

Serves 8

Calories 144; Fat 4g; Protein 1g; Carbohydrates 29g; Fiber 3g; Sodium 76mg.

NOTES:

Total Cost: $2.84
Cost Per Serving (8): $0.35

Arroz con Pollo (Chicken with Rice) Ⓓ Prep Time: 2

Here's a perfect all-in-one meal – the chicken, rice, and vegetables simmer together, enhancing each other and giving the cook a break. Considered to be a Puerto Rican unofficial national dish, "arroz con pollo" or "chicken with rice" is claimed to be native to Puerto Rico, although it has its roots in Spain.

4 teaspoons dried oregano
2 teaspoons cumin
2 teaspoons chili powder
1/4 teaspoon black pepper
3/4 pound boneless skinless chicken breasts, uncooked, cut into bite size pieces
or 1 (12.5 ounce) can chicken breast, drained
1 Tablespoon canola oil
1 Tablespoon canola oil
1 small onion, diced (1/2 cup)
1 small jalapeño pepper, seeded, deveined and minced
1 cup uncooked instant brown rice
1 (14 ounce) can no-salt added crushed tomatoes
2 garlic cloves, minced (2 teaspoons) or 1/4 teaspoon garlic powder
1 teaspoon dried oregano
1/4 teaspoon black pepper
1 (14 ounce) can no-salt added chicken broth
1 cup frozen peas
10 cherry tomatoes, halved (or 2 small tomatoes, diced) (1 cup)
1/4 cup cilantro for garnish (optional)

In a small bowl, combine oregano, cumin, chili powder, and black pepper. Toss chicken pieces in the mixture. (If using canned chicken, toss chicken in spice mixture and skip the next step).

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add chicken pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until chicken is no longer pink and just starting to brown in spots, about 2 minutes more. Transfer to a plate.

Clean skillet, add remaining oil and heat over medium heat. Add onion and jalapeño; cook until softened about 3-4 minutes. Add rice to the skillet and stir, add crushed tomatoes and garlic. Cook, while stirring, until all liquid has been absorbed, about 2-3 minutes. Add remaining oregano, black pepper, chicken broth, peas, cherry tomatoes, and the browned chicken and bring to a simmer over high heat. Cover, reduce heat to medium, cook until rice is tender and chicken is fully cooked, about 10 minutes. Garnish with cilantro, if desired, and serve warm.

Serves 4

Calories 352; Fat 9g; Protein 13g; Carbohydrate 55g; Fiber 8g; Sodium 143mg.

NOTES:

Total Cost: $ 8.37
Cost Per Serving (4): $ 2.09

Arugula & Strawberry Salad Ⓓ Prep Time: 1

Balsamic vinegar can be found next to the olive oil or in the salad dressing section of the store. Toasting the walnuts boosts the walnut flavor. A block of parmesan cheese can be shaved using a vegetable peeler or grated using a box grater, if preferred over purchasing shredded, which is often more costly. Fresh seasonal fruit such as pears or apples can be substituted when strawberries are not available.

1/4 cup walnuts, chopped
4 cups baby arugula or other lettuce, washed and drained
2 cups strawberries, sliced (1 pint)
1 ounce Parmesan cheese, shredded (2 Tablespoons)
1/4 teaspoon black pepper
2 Tablespoons balsamic vinegar
1 Tablespoon extra virgin olive oil

NOTE: Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well. Simply rinse under cold water and then pat dry with paper towels before continuing.

Heat walnuts in a dry, heavy skillet over medium-low heat for 1-2 minutes, or until golden brown and smell toasted. Stir constantly to ensure even toasting, as nuts will burn easily in a skillet. Remove walnuts from skillet to cool or they will continue to brown and then burn.

Toss together arugula, strawberries, Parmesan, and black pepper in a large salad bowl. Drizzle vinegar and olive oil over top and add walnuts.

Serves 6

Calories 95; Fat 7g; Protein 3g; Carbohydrates 6g; Fiber 2g; Sodium 80mg.

NOTES:

Total Cost: $12.03
Cost Per Serving (6): $.2.01

Barbecued Chicken Burritos Ⓓ Prep Time: 1

Using a favorite spicy barbecue sauce will make this recipe a family winner. Look on the Nutrition Facts panel for a barbecue sauce with less than 250 mg of sodium per serving and tortillas with 210 mg or less to ensure a lower sodium recipe.

1 Tablespoon canola oil
3/4 pound boneless, skinless chicken breast, uncooked, cut into 2 inch pieces
or 1 (12.5 ounce) can white chicken, drained
1/2 cup prepared barbecue sauce
1 (15 ounce) can no-salt added black beans, rinsed and drained
1 (15.25 ounce) can no-salt added corn, rinsed and drained
1/4 cup low-fat sour cream
8 leaves romaine lettuce, washed and dried
8 (10 inch) whole wheat lower-sodium tortillas

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add chicken pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until chicken is no longer pink and just starting to brown in spots, about 2 minutes more. Remove chicken from skillet and shred when cool enough to handle.

Re-heat the skillet over medium-high heat. Return chicken to the skillet, add barbecue sauce, beans, corn and sour cream; stir to combine. Cook until hot, 4 to 5 minutes.

To make tortillas easier to roll, place them between damp paper towels for 15 seconds in the microwave.

Assemble the wraps by placing a lettuce leaf in the center of each tortilla and topping with one-eighth of the chicken mixture; roll as you would a burrito. Slice in half diagonally and serve warm.

Serves 8

Calories* 279; Fat 7g; Protein 17g; Carbohydrate 38; Fiber 8g; Sodium 260mg.

*Nutrition analysis used recommended lower sodium BBQ sauce and tortillas as stated above.

NOTES:

Total Cost: $8.52
Cost Per Serving (8): $1.65

Berry-Burst Yogurt with Granola Ⓓ 👍 Prep Time: 2

The zest of citrus fruit contains aromatic oils that really boost flavor. Simply grate the colored part of the clean fruit skin. Avoid including the bitter white pith just under the skin. Another idea is to use a vegetable peeler to cut strips of zest and then chop them into the size you want. Left over large strips are also great for steeping into teas. If you are using a lemon for zest and juice, grate the zest first and then squeeze the juice.

1 cup uncooked oats (quick or old fashioned)
1/4 cup honey
1/4 cup canola oil
1 lemon, zested
1 (12 oz.) package frozen mixed berries (2 1/2 cups)
2 bananas, ripe
1/4 to 1/2 teaspoon cinnamon
3 cups vanilla Greek yogurt

Combine oats, honey and oil in a large bowl. Stir well.

Heat a skillet on medium (electric skillet to 300°F) and when hot, add the oat mixture. Spread it evenly in the skillet, stirring frequently for 8-10 minutes until golden brown. DO NOT burn the mixture as it will negatively alter the flavor.

Immediately remove mixture from skillet and spread out onto a square of aluminum foil. Let the granola cool for 8-10 minutes and break into clumps.

Zest the lemon (a medium lemon yields about 1 Tablespoon of zest and 2-3 Tablespoons of juice). Mash the frozen berries and bananas together in a medium bowl, add the lemon zest and cinnamon. Mix well.

For each serving, add 1/4 cup yogurt to the bottom of a cup or small bowl. Add 1/4 cup of the fruit blend and top with 1/8 cup (2 Tablespoons) granola.

Serves 12

Calories 178; Fat 6g; Protein 6g; Carbohydrate 27g; Fiber 3g; Sodium 22mg.

NOTES:

Total Cost: $8.31
Cost Per Serving (12): $0.69

Black Bean and Salsa Soup Prep Time: 2

Have you ever tried Quinoa (pronounced Keen-wah)? Quinoa is usually found by rice in the grocery store and has high protein content, making it a healthful choice for vegetarians and vegans. It is a complete protein, with an essential amino acid balance close to the ideal... similar to milk! Additionally, it is one of the most fiber rich grains, gluten-free and easy to digest. It is not sticky or heavy like most other grains.

3 cups no-salt added vegetable stock
1 1/2 cups uncooked quinoa
1 (15oz) can no-salt added black beans, undrained
3/4 cup low-sodium mild salsa
2 (4 oz) cans diced mild green chilies
1 1/2 cups no-salt added vegetable stock
1 teaspoon garlic powder
1 teaspoon ground cumin
3/4 cup reduced-fat shredded Mexican blend cheese
1 bunch green onions, diced (2/3 cup)

In a pot or large saucepan, bring 3 cups vegetable stock to a boil over medium-high heat. Add quinoa and reduce heat to medium and cook for 10-12 minutes. Then add un-drained black beans, salsa, green chilies, 1 1/2 cups vegetable stock, garlic powder and cumin.

Simmer the soup for 5 minutes, or until all ingredients are warm and the quinoa is cooked. Quinoa is cooked when it is translucent and the germ of the seed makes a white ring around the outside of the grain.

To serve, divide the soup into 11 bowls and sprinkle with the cheese and green onion.

Serves 11

Calories 311; Fat 5.8g; Protein 14g; Carbohydrates 51g; Fiber 10g; Sodium 298mg.

NOTES:

Total Cost: $12.10
Cost Per Serving (11): $1.10

Black Bean Brownies (D) Prep Time: 2

These tasty brownies have that good chocolate taste with an added health benefit. They are made with black beans instead of flour, which makes them a gluten free treat as well! You would never guess the secret ingredient if you didn't make them.

1 (15 ounce) can black beans, drained and rinsed
3 eggs
3 Tablespoons canola oil
4 Tablespoons cocoa powder
1 teaspoon vanilla
3/4 cup sugar
Pinch of salt
Non-stick cooking spray

Preheat oven to 350°F

Coat an 8 by 8 baking pan with non-stick cooking spray and set aside.

Pour drained and rinsed beans into a blender or food processor. Pulse until the beans start getting mushy. Add the eggs and canola oil to help puree the beans more easily. Continue pureeing until the bean mixture is smooth. Add the cocoa powder, vanilla, sugar and blend or process, until evenly mixed.

Pour batter into the spray coated 8 by 8 pan. Bake in oven for 30 minutes, or until toothpick placed in the center comes out clean.

Serves 16

Calories 112; Fat 4g; Protein 4g; Carbohydrates 16g; Fiber 3g; Sodium 74mg.

NOTES:

Total Cost: $3.00
Cost Per Serving (16): $0.18

Bow Tie Pasta with No-Cook Tomato Sauce Prep Time: 2

Farfalle, (commonly known as "bow-tie pasta") has been made in Italy since the 16th century. Farfalle means "butterflies" in Italian and is pronounced far-FALL-ay.

Ricotta [rih-KAHT-tuh] is a fresh, soft, snowy white cheese with a rich but mild, slightly sweet flavor and also originated in Italy. The texture is much like a grainy, thick sour cream. Ricotta is naturally low in fat, low in salt, and a good source of calcium.

Ricotta cheese is highly perishable. The cheese should be snowy white in color. Yellowing is an indication of age and deterioration. Check the container for an expiration date. Ricotta should always be refrigerated in its container with the lid tightly closed. Once opened, use within one week. Ricotta may also be frozen up to 6 months. Defrost slowly in the refrigerator before using.

2 pints cherry or grape tomatoes, any color, halved or quartered if large (4 cups)
2 small bell peppers, any color: green, red, yellow or orange, diced
1/4 cup extra-virgin olive oil
2 Tablespoons red-wine vinegar
1 clove garlic, minced (1 teaspoon)
Ground black pepper to taste
4-6 quarts of water
3/4 pound whole wheat farfalle (bow ties) pasta
1/2 cup fresh basil leaves, torn if large
1/2 cup ricotta, for serving

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well. (Meat, poultry, and seafood should be washed before using, too.) Simply rinse under cold water and then pat dry with paper towels before continuing.

In a large bowl, toss together the tomatoes, bell peppers, oil, vinegar and garlic; season with pepper. Let sit at room temperature, 20 minutes to blend flavors.

Boil 4 to 6 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking.

Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through.

Drain pasta immediately and add to the tomato sauce, tossing to combine. Add basil and toss. Divide pasta between four bowls and top each with 2 tablespoons of ricotta and serve.

Serves 4

Calories 499; Fat 18g; Protein 18g; Carbohydrates 74g; Fiber 3g; Sodium 55mg.

NOTES:

Total Cost: $10.56
Cost Per Serving (4): $2.64

Breakfast Burrito Ⓓ Prep Time: 2

Microwave diced potatoes for a few minutes before adding them to skillet to speed cooking time. Turkey sausage or black beans could be added to these burritos for a more filling breakfast. If you don't need all eight burritos, freeze the rest for a grab-and-go breakfast that can be reheated in the microwave. The pico de gallo recipe included here will yield extra to use later. Prepared salsa may be used in place of the pico de gallo.

1 cup Harvesters' homemade pico de gallo:
- 3 medium tomatoes, diced
- 2/3 cup cilantro, minced
- 1/2 small onion, diced (1/4 cup)
- juice of 1 to 2 limes
- 1 jalapeño, seeded and minced

1 Tablespoon canola oil
1 medium bell pepper, diced (3/4 cup)
1 medium onion, diced (2/3 cup)
2 medium russet potatoes, diced in ½ inch pieces (3 cups)
8 eggs, beaten
1/2 teaspoon garlic powder
1 teaspoon black pepper
8 (10 inch) whole wheat lower-sodium tortillas
1 cup low-fat Cheddar cheese, shredded (4 ounces)

Mix all pico de gallo ingredients in a medium bowl.

In a large skillet, heat oil over medium heat. Add bell pepper, onion and potatoes. Cook until potatoes are fork tender, about 8 minutes. (The smaller the pieces, the faster they will cook.)

Spread potato mixture out to the sides of the skillet, and leave a space in the middle for eggs. Add the eggs, garlic powder, and pepper and scramble until fully cooked. Blend potato mixture with eggs.

To make tortillas easier to roll, place them between damp paper towels for 15 seconds in the microwave. Divide the egg and potato mixture between each of the 8 tortillas; placing it down the center. Top each with 2 Tablespoons cheese and 2 Tablespoons pico de gallo. Wrap the tortilla around the filling.

Serves 8

Calories 288; Fat 11g; Protein 15g; Carbohydrate 35g; Fiber 6g; Sodium 193mg.

NOTES:

Total Cost: $10.86
Cost Per Serving (8): $1.35

Cauliflower and Lentil Curry Ⓓ Prep Time: 3

This Indian inspired curry can be made mild or hot. For a spicier flavor, sauté a jalapeño pepper with the garlic and ginger or increase the amount of cayenne pepper. This curry is great served over brown rice. The cauliflower is an excellent source of Vitamin C. When buying fresh ginger, it is acceptable to snap off just what is needed at the store. To store remaining cilantro, put stems in a glass of water in the refrigerator; it should stay fresh for a week.

1 Tablespoon canola oil
3 cloves garlic, minced (1 Tablespoon) or 1/2 teaspoon garlic powder
2 teaspoons minced fresh ginger (about the size of a thumbprint)
or 1/8 teaspoon ground ginger
1/2 cup lentils, uncooked and rinsed
1 small onion, diced (1/2 cup)
2 teaspoons curry powder
1/4 teaspoon ground turmeric
2 cups water
1 (14.5 ounce) can no-salt added crushed tomatoes
or 4 Roma (plum) tomatoes, seeded and chopped (1 1/2 cups)
1 medium head cauliflower, diced in florets (6 cups)
1 teaspoon ground cumin
1/4 teaspoon ground red (cayenne) pepper
2 Tablespoons lemon juice
2 Tablespoons fresh cilantro, minced
1 teaspoon sugar

Heat canola oil in skillet over medium heat. Add garlic and ginger, sauté about 1 minute. Remove from skillet and set aside. (If using dried garlic and ginger disregard this step.)

Combine lentils, onions, curry powder, turmeric and water in a large skillet over medium heat; bring to a simmer. Cover and cook, stirring occasionally, until lentils are soft and sauce has thickened, about 35 minutes. Add tomatoes and cauliflower and simmer, covered until cauliflower is tender, about 10 minutes.

Add garlic and ginger mixture back into skillet along with cumin, cayenne pepper, lemon juice, cilantro, and sugar. Cook a few minutes more to marinate seasonings, and serve.

Serves 4

Calories 211; Fat 4g; Protein 11g; Carbohydrate 35g; Fiber 9g; Sodium 75mg.

NOTES:

Total Cost: $5.63
Cost Per Serving (4): $1.41

Cheddar Chicken Chowder (D) Prep Time: 3

Potatoes fall into two easy categories – baking potatoes and boiling potatoes. The main difference between the two types is the amount and nature of starch each contains. Baking potatoes are also called starchy potatoes. They tend to be long and have a coarse, cork-like skin. They are high in starch, with a dry, mealy texture and turn light and fluffy when cooked. Boiling potatoes are also called waxy potatoes. They are ideal for soups, casseroles, potato salad, roasting, and barbecuing because of their tendency to hold their shape.

1 Tablespoon canola oil
3/4 pound boneless, skinless chicken breast, uncooked, cut into 2 inch pieces
or 1 (12.5 ounce) can white chicken, drained
1 Tablespoon canola oil
1 large onion, diced (1 cup)
1 medium-large bell pepper, diced (1 cup)
2 (14 ounce) cans no-salt added chicken broth
2 small red potatoes, scrubbed and diced (1 3/4 cups)
2 cups frozen whole-kernel corn (16 ounces), or 1 (15 ounce) can no salt added whole-kernel corn, rinsed and drained
1/2 cup all-purpose flour
2 cups 2% milk
1 cup low-fat Cheddar cheese, shredded (4 ounces)
1/4 teaspoon garlic powder
1/4 teaspoon black pepper

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add chicken pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until chicken is no longer pink and just starting to brown in spots, about 4 minutes more. Remove chicken from skillet and shred when cool enough to handle.

Heat 1 Tablespoon oil in a large pot over medium-high heat. Add onion and bell pepper to oil in pan; sauté 5 minutes. Add broth and potatoes; bring to boil. Cover, reduce heat, and simmer 20 minutes or until potatoes are tender. Add corn and chicken; stir well.

Place flour in a bowl. Gradually add milk, stirring with a whisk until blended; add to soup when soup has come to a boil. Cook over medium heat for 15 minutes or until thick, stirring frequently, to cook out the flour taste. Stir in cheese, garlic powder, and pepper. Continue cooking until cheese is melted and serve.

Serves 8

Calories 263; Fat 7g; Protein 21g; Carbohydrate 29g; Fiber 3g; Sodium 235mg.

NOTES:

Total Cost: $11.75
Cost Per Serving (8): $1.47

Cherry Cheesecakes Prep Time: 2

Make these great individual cheesecakes for a party or social gathering in separate cups or containers rather than muffin tins. Making this cheesecake in a regular pie pan saves time. Any fresh or canned fruit can be used in place of the cherries for the topping. To zest citrus fruit, simply grate the colored part of the clean fruit skin. The white part just underneath is called the pith, is bitter and should not be included. The zest contains aromatic oils that really boost flavor.

Fruit Topping:
12 ounces frozen dark sweet cherries

Crust:
1 1/4 cup chocolate graham cracker crumbs (1 sleeve, 4.8 ounces, 18 squares)
1/4 cup sugar
1/3 cup unsalted butter or margarine, melted

Filling:
12 ounces fat-free cream cheese, at room temperature
2 teaspoons freshly grated lemon zest
2 teaspoons vanilla extract
1/4 cup sugar
1 (8 ounce) tub fat-free frozen whipped topping, thawed (2 cups)

Let cherries thaw at room temperature, then slightly mash.

In a medium bowl, combine graham cracker crumbs and 1/4 cup of sugar with melted butter and mix well. Firmly press approximately 2 Tablespoons of crumb mixture into each cup and place in refrigerator to chill while making the filling.

In a large mixing bowl, combine cream cheese, lemon zest, vanilla and remaining 1/4 cup sugar. Beat with an electric mixer until light and fluffy, about 2 minutes. Fold in whipped topping, and spread approximately 2 heaping Tablespoons filling onto each of the individual crusts. Top with mashed cherries and refrigerate until ready to serve.

Serves 12 (individual cheesecakes)

Calories 196; Fat 7g; Protein 6g; Carbohydrates 28g; Fiber 1g; Sodium 277mg.

NOTES:

Total Cost with fruit: $9.32
Cost Per serving with fruit (12): $0.77

Chicken Cacciatore (Chicken Pasta Dish) Ⓓ Prep Time: 3

Chicken cacciatore is a classic Italian dish, also referred to as hunter's stew. Early recipes may have been made with rabbit or chicken, and each recipe was adapted for those who might be traveling or hunting for several days and would require an easy to prepare recipe for outside cooking.

2 to 3 quarts water
1/2 pound uncooked whole wheat pasta
1 Tablespoon canola oil
3/4 pound boneless skinless chicken breasts, uncooked, cut into bite size pieces
or 1 (12.5 ounce) can chicken breast, drained
1 teaspoon canola oil
1 small onion, diced (1/2 cup)
1 medium large celery stalk, diced (1/2 cup)
8 ounces fresh mushrooms or 1 (4 ounce) can sliced mushrooms, rinsed and drained
1 garlic clove, minced (1 teaspoon) or 1/8 teaspoon garlic powder
2 (28 ounce) cans no-salt added crushed tomatoes
1 Tablespoon dried parsley
1 small red bell pepper, diced (2/3 cup)
1 teaspoon dried basil
1 teaspoon ground oregano
1/4 teaspoon black pepper
1/8 teaspoon ground red (cayenne) pepper

Boil 2 to 3 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking.

Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and follow the rest of the recipe.

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add diced chicken pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until chicken is no longer pink and just starting to brown in spots, about 2 minutes more. Transfer to a plate.

Put 1 teaspoon oil in the skillet; add onion, celery, and mushrooms, and sauté over medium heat until tender. Return the chicken to the skillet and add the garlic, tomatoes, parsley, red bell pepper, basil, oregano, black pepper, and red pepper. Cover and simmer for 20 minutes. Serve over the cooked pasta.

Serves 5

Calories 391; Fat 5g; Protein 29g; Carbohydrate 59g; Fiber; 7g; Sodium 137mg.

NOTES:

Total Cost: $9.81
Cost Per Serving (5): $1.96

Chicken Mediterranean Salad Ⓓ Prep Time: 2

This colorful, fragrant dish can be used as a tasty appetizer, a great lunch or a light dinner. This also may be served as a spread with quartered pita bread, or made into sandwiches along with baby greens. To save time, make ahead and chill in the refrigerator until ready to serve. Broccoli slaw can be found bagged in the produce section of the store by the salad greens.

1 Tablespoon canola oil
3/4 pound boneless skinless chicken breasts, uncooked, cut into bite size pieces
or 1 (12.5 ounce) can chicken breast, drained
2 Tablespoons fresh basil, chopped
1 teaspoon lemon juice
1 Tablespoon fresh mint leaves, minced
3/4 cup lower sodium mayonnaise
Pepper, to taste
2 ounces low-fat feta cheese, crumbled (1/2 cup)
2 Roma (plum) tomatoes, diced (2/3 cup)
1 cup broccoli slaw
1 medium cucumber, washed and diced (1 1/2 cups)
4 Pita bread pockets (optional)
2 cups baby lettuce (optional), washed and drained

NOTE: Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well. (Meat, poultry, and seafood should be washed before using, too.) Simply rinse under cold water and then pat dry with paper towels before continuing.

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add diced chicken pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until chicken is no longer pink and just starting to brown in spots, about 2 minutes more. Transfer to a plate.

Mix basil, lemon juice, mint, mayonnaise, and pepper together thoroughly in a medium bowl. Add chicken, feta, tomatoes, broccoli slaw and cucumber.

Lightly fold all ingredients together until well mixed. Wrap in pita or lettuce cups to serve, if desired.

Serves 4

Calories 317; Fat 21g; Protein 23g; Carbohydrate 18g; Fiber 2g; Sodium 565mg.

NOTES:

Total Cost: $11.04
Cost Per Serving (4): $2.76

Chicken Salad Wraps (D) Prep Time: 1

Heating the flour tortillas, wrapped in damp paper towels, in a microwave for about 30 seconds just before filling will make them easier to fold. Grape halves and almonds may be substituted for salsa to add a burst of flavor and great texture. The pico de gallo recipe included here will yield extra to use later. Prepared salsa may be used in place of the pico de gallo.

1/4 cup Harvesters' homemade pico de gallo:
- 3 medium tomatoes, diced
- 2/3 cup cilantro, minced
- 1/2 small onion, diced (1/4 cup)
- juice of 1 to 2 limes
- 1 jalapeño, seeded and minced

1 Tablespoon canola oil
11/2 pounds boneless skinless chicken breasts, uncooked, cut into bite size pieces
or 2 (12.5 ounce) can chicken breast, drained
1/2 small onion, diced (1/4 cup)
1/4 cup lower sodium mayonnaise
Pepper to taste
6 (10 inch) whole wheat lower-sodium tortillas
12 whole Romaine lettuce leaves, washed and drained

Mix all pico de gallo ingredients in a medium bowl.

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add diced chicken pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until chicken is no longer pink and just starting to brown in spots, about 2 minutes more. Transfer to a plate.

Add cooked chicken, onion, mayonnaise, pepper and 1/4 cup pico de gallo to a mixing bowl. Mix with a spoon until well blended. Line each tortilla with two lettuce leaves and divide salad mixture evenly on top. Roll into burritos and serve.

Serves 6

Calories 297; Fat 10g; Protein 30g; Carbohydrate 23g; Fiber 5g; Sodium 173mg.

NOTES:

Total Cost: $12.09
Cost Per Serving (6): $2.02

Chocolate Banana Cake (D) Prep Time: 3

Try this low-fat healthy dessert option. It can be made as a cake or as muffins. This is a perfect place to use up over-ripe bananas (just keep them in the freezer and pull out for recipes like this). The leftover egg yolks can also be frozen in a freezer bag for use in custards and scrambled eggs.

2 cups whole wheat flour
3/4 cup Splenda® sugar substitute
1/2 cup unsweetened cocoa powder
2 teaspoons baking soda
4 large over ripe bananas, mashed (2 1/2 cups)
1/2 cup plain low-fat yogurt
2 egg whites, beaten until foamy
2 teaspoons vanilla extract
1/2 cup walnuts, diced (optional)
Non-stick cooking spray
1/4 cup walnuts, diced (optional)
Powdered sugar for garnish

Preheat oven to 350°F.

In a large bowl, combine flour, sugar substitute, cocoa powder, and baking soda. Add bananas, yogurt, beaten egg whites, vanilla, and 1/2 cup walnuts (optional). Stir until just blended.

Coat a 9" x 13" cake pan with cooking spray. Pour batter into pan, spreading evenly. Bake about 35 minutes. Test with a toothpick or skewer for doneness. Cool.

Heat walnuts in a dry, heavy skillet over medium heat for 1 to 2 minutes or until golden brown and smell toasted. Stir constantly to ensure even toasting, as nuts will burn easily in a skillet. Remove walnuts from skillet to cool or they will continue to brown and then burn.

Sprinkle walnuts (optional) over top of the cake, and dust with powdered sugar.

Cut 6 four-inch squares for 24 servings.

Calories 66; Fat 1g; Fiber 2g; Protein 3g; Carbohydrates 15g; Sodium 112mg.

NOTES:

Total Cost with nuts: $5.45
Cost Per Serving with nuts (24): $0.22

Chocolate Cherry Clusters — Prep Time: 1

These cluster cookies with antioxidants and fiber are a no-bake treat that kids and adults will love. With just three ingredients – bran cereal flakes (fiber), dried cherries and melted chocolate (both sources of antioxidants) – you can create a dessert that is ready in about 15 minutes.

3 cups bran flakes
1/2 cup dried cherries
7 ounces bitter sweet chocolate, finely chopped
3 ounces milk chocolate, finely chopped

Cover a cookie sheet(s) with wax paper (need space for 24 cookies).

In a large bowl, break bran flakes into small pieces with fingers. Add cherries and toss together.

Microwave:

Combine chopped chocolate in a large microwave safe bowl. Microwave in 30-second increments, stirring until melted and smooth. Add cereal and dried cherries and gently fold, with a rubber spatula, until cereal and cherries are completely coated.

Stove Top:

Place 2/3 cup of the chopped chocolate in a medium heatproof bowl set over (not in) a pot of simmering water. Stir occasionally until chocolate melts, 3 to 5 minutes. Remove from heat and add remaining chocolate, stirring until melted. Pour over bran flakes mixture and, with a rubber spatula, gently fold just until cereal and cherries are completely coated.

Drop 24 clusters by flat tablespoonfuls onto waxed paper and allow to set up in a cool, dry place.

Serves 24

Calories 162; Fat 4g; Fiber 6g; Protein 4g; Carbohydrates 33g, Sodium 205mg.

NOTES:

Total Cost: $7.12
Cost Per Serving (24): $0.39

Adapted from: Everyday Food, January/February 2011

Couscous Tacos Prep Time: 2

These are a delicious vegetarian version of tacos and are a huge hit with kids. Try them next time instead of regular tacos for a heart-healthy, low cost dinner.

4 Tablespoons Harvesters taco seasoning mix:
- 2 Tablespoons chili powder
- 1 Tablespoon onion powder
- 5 teaspoons paprika
- 4 teaspoons cumin
- 1/8 teaspoon cayenne pepper

4 medium tomatoes, diced (3 cups)
1 (15 ounce) can no-salt added black beans, rinsed and drained
1 (15 ounce) can no-salt added red kidney beans, rinsed and drained
3/4 cup vegetable broth or water
1 onion, diced (1/2 cup)
3/4 cup whole wheat couscous, uncooked
40 taco shells or small tortillas, heated
3 cups lettuce, chopped
2 cups low-fat cheddar cheese
Salsa or guacamole (optional toppings)

Combine the spices to make Harvesters taco seasoning mix.

Heat skillet to medium heat and bring tomatoes, beans, vegetable broth or water, onions, and taco seasoning mix to a boil.

Reduce heat to medium. Continue stirring for 6-8 min.

Stir in couscous, cover and turn off heat. Allow to stand 5 minutes.

Spoon 2 Tablespoons taco mixture into taco shells or tortillas. Top with lettuce, cheese and optional toppings.

Serves 20 (2 tacos per serving)

Calories 266; Fat 10g; Protein 11g; Carbohydrate 33g; Fiber 6g; Sodium 357mg.

NOTES:

Total Cost: $16.73
Cost Per Serving (20): $0.84

Cream of Turkey and Wild Rice Soup (D) Prep Time: 3

Boxed instant wild rice or a mix of wild and long grain rice can be used for this recipe. Just use the rice and save the seasoning packet for another use. This recipe is a great way to use left over turkey or chicken! Parsnips are white root vegetables, similar to a carrot with a peppery flavor – remember to peel off the wax coating sometimes used to extend storage.

3 cups liquid (water or broth)
1 cup uncooked wild rice
1 Tablespoon canola oil
1 1/2 pounds turkey breast (or chicken), uncooked, cut into bite size pieces
or 2 (12.5 ounce) cans white turkey (or chicken), drained
1 Tablespoon canola
8 ounces fresh mushrooms or 1 (4 ounce) can sliced mushrooms, rinsed and drained
2 medium stalks celery, diced (3/4 cup)
2 small carrots, diced (3/4 cup)
2 small parsnips, peeled and diced (3/4 cup)
1/2 small onion, diced (1/4 cup)
1/4 cup all-purpose flour
Pepper, to taste
2 (14 ounce) cans no-salt added chicken broth
1/2 cup low-fat sour cream
2 Tablespoons fresh parsley, minced

An hour before serving time, cook wild rice according to package directions, omitting margarine and salt. Allow approximately three times as long to cook wild rice as white rice.

If directions are not available, boil liquid in a saucepan. Wash wild rice thoroughly and add to the boiling liquid. Return to boil and stir. Reduce heat and simmer, covered, 50-60 minutes or just until kernels puff open. Uncover and fluff with table fork. Simmer five additional minutes. Drain any excess liquid. For a chewier texture cook less time.

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add diced turkey pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until turkey is no longer pink and just starting to brown in spots, about 2 minutes more. Transfer to a plate.

Return the skillet to medium heat and add an additional tablespoon of oil. Add mushrooms, celery, carrots, parsnip and onions. Cook with stirring, until vegetables have softened, about 5 minutes. Add flour and pepper, cook for 2 more minutes. Add broth and bring to a boil, scraping up any brown bits from bottom of pan. Stir in wild rice, turkey, sour cream and parsley and cook until heated through, about 2 minutes more. Do not let it come to a boil or the sour cream will separate.

Serves 6

Calories 353; Fat 8g; Protein 36g; Carbohydrate 32g; Fiber 4g; Sodium 172mg.

NOTES:

Total Cost: $12.73
Cost Per Serving (6): $2.12

Crispy Chicken Fingers Prep Time: 2

This recipe is a favorite of the Harvester's team, but you may want to cut back on the black pepper the first time you try it. The chicken fingers are moist and the coating bakes or 'fries' perfectly without any fat, except cooking spray! The dipping sauce is a great complement to the chicken fingers.

Ziploc bag, gallon size
Non-stick cooking spray
1 1/2 lbs of chicken tenders, defrosted if purchased frozen
4 cups of ready to eat whole grain cereal flakes
1 teaspoon salt
1 Tablespoon pepper
1 Tablespoon garlic powder

Honey Mustard Sauce:
3 Tablespoons low-fat sour cream
3 Tablespoons Dijon mustard
3 Tablespoons honey

Place cereal and seasonings in a Ziploc bag. Smash cereal and shake well to distribute the seasonings. Place chicken in bag, making sure the bag is closed. Pound the seasonings into the chicken with your hand.

To Bake: Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper or foil or lightly spray with nonstick cooking spray. Place the coated chicken on the baking sheet and bake for 10 minutes. Remove the chicken from the oven, turn the strips over, return to the oven and continue to bake for another 5 to 10 minutes, until nicely browned and cooked through.

To Pan 'Fry': Heat a skillet to 350 degrees and spray with cooking spray when hot.

Add the chicken to the skillet. Cook on each side for about 5 minutes or until the chicken reaches 165 degrees.

While the chicken is cooking, combine all the ingredients for the honey mustard sauce.

Serve the chicken fingers with the sauce for dipping.

Serves 12 (serving size: ~1 piece of chicken)

Chicken Fingers only:
Calories 195; Fat 9g; Protein 9g; Carbohydrates 19g; Fiber 2g; Sodium 530mg.

With Optional Sauce:
Calories 222; Fat 10g; Protein 10g; Carbohydrates 24g; Fiber 2g; Sodium 623mg.

NOTES:

Total Cost with optional sauce: $8.02
Cost Per Serving (12): $0.67

Total Cost without sauce: $5.98
Cost Per Serving (12): $0.49

Dark Chocolate Dried Apricot Scones (P) Prep Time: 2

Dark chocolate is a rich source of antioxidants and a great way to satisfy chocolate cravings. The high content of iron in apricots makes it an excellent food for anemia sufferers. These scones freeze well and can be reheated quickly in the microwave.

Non-stick cooking spray
1 1/2 cups all-purpose flour
1/2 cup whole wheat flour
1 Tablespoon baking powder
1/2 teaspoon salt
1/3 cup sugar
4 Tablespoons cold, unsalted butter
1 egg, at room temperature
1/3 cup fat-free milk (or more if needed)
1 teaspoon vanilla or almond extract
1/2 cup dried apricots, diced
1/2 cup dark chocolate chips

Preheat oven to 375°F.

Spray a baking sheet with cooking spray and set aside.

In a large bowl combine the all-purpose flour, whole wheat flour, baking powder, salt and sugar. Mix well. Add butter and cut in using pastry blender (or pulling 2 knives through mixture in opposite directions) until crumbly.

In another bowl combine the egg, milk and almond or vanilla extract.

Add the wet ingredients to the dry ingredients and only mix long enough to moisten them. The dough should be sticky, if it is not add additional milk one tablespoon at a time until dough becomes sticky. Fold in the dried apricots and chocolate chips with a rubber spatula or a large spoon.

Turn the dough onto a lightly floured surface and flatten into a circle that is about 3/4 inch thick. Cut the dough into 8 triangular-shaped scones and place on baking sheet, 2 inches apart. Bake until light golden brown, about 15 to 20 minutes. Allow to cool slightly and remove from the baking sheet. Serve warm or at room temperature.

Serves 8

Calories 309; Fat 12g; Protein 6g; Carbohydrate 45g; Fiber 3g; Sodium 343mg.

NOTES:

Total Cost: $2.67
Cost Per Serving (8): $0.33

Dirt Cake Prep Time: 1

This fun dessert can be served in a clean, new flower pot, garnished with a fake flower and served up with a new garden spade. Vanilla or other flavored pudding can be used in place of the chocolate pudding. If chocolate graham crackers are not available, substitute chocolate animal crackers or any thin chocolate cookie.

1 (4.8 ounce) sleeve chocolate graham crackers (9 whole crackers or 18 squares)
1 (2.1 ounce) package instant fat-free sugar-free chocolate pudding
3 1/2 cups fat-free milk
4 ounces fat-free cream cheese, softened
8 ounces fat-free frozen whipped topping, thawed (2 cups)
Gummy worms (optional)

Crush graham crackers in a plastic bag with a rolling pin or hands and set aside.

Using a hand mixer or whisk, beat pudding and milk together in a large bowl. Next add the cream cheese to the pudding mixture and continue mixing until pudding is smooth. Add the whipped topping to the pudding mixture and gently mix until smooth and creamy.

NOTE: Be sure to follow the mixing directions. If the milk, cream cheese and whipped topping are all added at once, the pudding will not set up.

The pudding mixture may be made ahead and refrigerated until serving time.

At serving time, layer the cookies and pudding in a large bowl or flower pot, ending with the cookies on top. Garnish with gummy worms.

Serves 14

Calories 125; Fat 4g; Protein 5g; Carbohydrate 18g; Fiber 0g; Sodium 247mg.

NOTES:

Total Cost: $5.87
Cost Per Serving (14): $0.42

Dress-up Spinach Salad (D) Prep Time: 2

This special dressing has just the right sweet-and-sour taste to dress up a healthy spinach salad and tastes great on other salads, too. It features fresh thyme which has a softer flavor than the dried herb, which works best with spicy foods. Look for brightly colored leaves and avoid any that look blackened or dry. Keep fresh thyme wrapped in damp paper towels in a plastic bag in the refrigerator for up to 1 week.

Salad:
1 (5 oz) bag of spinach
1 small cucumber, unpeeled, diced
1 pint grape tomatoes, halved if large
3 carrots, unpeeled, shredded

Vinaigrette Dressing:
12 sprigs thyme, fresh (about 1 Tablespoon leaves) or 3/4 teaspoon dried
2 Tablespoons Dijon mustard
3 Tablespoons red wine vinegar
6 Tablespoons olive oil
2 Tablespoons honey or sugar
1/2 clove garlic, minced (1/2 teaspoon) or 1/16 teaspoon garlic powder

NOTE: Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well. Simply rinse under cold water and then pat dry with paper towels before continuing.

Place the spinach in a large bowl. Dice the cucumber and add to the bowl. Halve the tomatoes, if needed, and add to the bowl. Shred the carrots and add to the bowl. If you don't have a grater or peeler for shredding, the carrots may be thinly sliced crosswise to make thin carrot coins. Toss the vegetables lightly to combine.

Remove rinsed thyme leaves from stems by scraping the stem with the back of a knife, or by pulling backwards against the stem through the fingers or tines of a fork. Bunch the leaves together in a small pile and chop as fine as you'd like. Add the thyme to an 8 oz. or larger jar with a tight fitting lid. Add the mustard, vinegar, oil, honey or sugar, and the garlic. Close jar with lid and shake until the ingredients are well combined.

Drizzle dressing over the salad ingredients and toss to coat.

Serves 12

Calories 90; Fat 7g; Protein 1g; Carbohydrates 7g; Fiber 1g; Sodium 82mg.

NOTES:

Total Cost: $10.31
Cost Per Serving (12): $0.86

Eggplant Parmesan in a Pot (D) Prep Time: 3

This is an easy spin on a classic Italian dish without all the fat. Since the eggplant is cut up into tiny pieces and camouflaged in the pasta, it's a big hit with kids and adults alike. Keep skins on your vegetables for extra fiber, vitamins and minerals. Sliced mushrooms would also be a great addition; just sauté them with the sliced eggplant. The marinara sauce can be made ahead of time and frozen for a quicker prep time.

2 cups Harvesters homemade marinara sauce (16 ounces) (page 57)
1/2 pound uncooked whole wheat rotini or other twisted-shaped pasta
2 Tablespoons canola oil
1 medium eggplant, unpeeled, diced into cubes (about 1 pound)
1 teaspoon dried basil
1 teaspoon garlic powder
1/2 teaspoon onion powder
1 cup part-skim mozzarella, shredded (4 ounces)
1/3 cup Parmesan cheese, grated (1.2 ounces)
1 ounce sliced turkey pepperoni, quartered (about 17 slices)

Prepare the marinara sauce (see page 57 for ingredients and directions).

Boil 2 to 3 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking. Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and follow the rest of the recipe.

While the pasta is cooking, heat the oil in a large skillet over medium-high heat. Add the eggplant, basil, garlic powder and onion powder, and cook, stirring frequently, until the eggplant becomes very tender, 8-10 minutes. Reduce heat if the eggplant starts to stick.

Add the cooked pasta, pasta sauce, mozzarella cheese, Parmesan cheese and turkey pepperoni and stir to combine. Place over medium heat and stir until pasta is re-heated and cheese melts.

Serves 6

Calories 371; Fat 15g; Protein 17g; Carbohydrate 46g; Fiber 9g; Sodium 338mg.

NOTES:

Total Cost: $5.27
Cost Per Serving (6): $0.88

Extra Easy Hummus Dip — Prep Time: 1

Served with pita bread and fresh vegetables, hummus makes a great, healthy alternative to chips and dip. It is a traditional Mediterranean dish. Hummus is made from garbanzo beans, or chickpeas, which can be found next to the other canned beans at the grocery store. They are a good source of protein and fiber.

1 (15 ounce) can no-salt added garbanzo beans or chickpeas, rinsed and drained
1 clove garlic, minced (1 teaspoon) or 1/8 teaspoon garlic powder
2 teaspoons ground cumin
1 Tablespoon Extra Virgin olive oil
2 Tablespoons vegetable broth

Using a fork, mash the beans, garlic, cumin, olive oil and vegetable broth together until it has reached desired consistency. Hummus should be slightly creamy and thick.

Serves 6

Calories 79; Fat 3g; Protein 3g; Carbohydrate 10g; Fiber 2g; Sodium 113mg.

NOTES:

Total Cost: $3.30
Cost Per Serving (6): $0.55

Fish Tacos Ⓓ

Prep Time: 1

Fish tacos are very popular in Mexico's Baja region and San Diego. Hundreds of restaurants and food stands offer them. Canned tuna may be substituted for white fish. Just stir the lime juice and seasonings into the drained and rinsed canned tuna and skip the cooking step. The pico de gallo recipe included here will yield extra to use later. Prepared salsa may be used in place of the pico de gallo.

1 Tablespoon fresh squeezed lime juice
1/8 teaspoon black pepper
1/4 teaspoon chili powder
1/4 teaspoon paprika
8 ounces boneless, skinless white fish filets, such as orange roughy* or tilapia
2 teaspoons canola oil

1/3 cup Harvesters' homemade pico de gallo:
- 3 medium tomatoes, diced
- 2/3 cup cilantro, minced
- 1/2 small onion, diced (1/4 cup)
- juice of 1 to 2 limes
- 1 jalapeño, seeded and minced

8 (6 inch) corn tortillas
1 (15 ounce) can no-salt added black, kidney*, or pinto beans, drained, rinsed and heated
3/4 cup cabbage, washed and shredded
1/4 cup low-fat Cheddar cheese, shredded (1 ounce)
Optional toppings: fresh lime juice, chopped avocado, sour cream

Combine lime juice, black pepper, chili powder and paprika. Pour over fish and marinate in refrigerator 5-10 minutes.

Mix all pico de gallo ingredients in a medium bowl.

Heat oil in skillet over medium-high heat. Cook fish filets, flipping only once, until cooked through, about 2-4 minutes per side or until fish flakes easily with a fork.

Heat tortillas in microwave for 20-30 seconds. Layer each tortilla with fish, beans, pico de gallo, cabbage and Cheddar cheese and fold to serve.

Serves 4

Calories 283*; Fat 5g; Protein 20g; Carbohydrates 42g; Fiber 10g; Sodium 244mg.

*Note: Nutrition profile uses orange roughy and red kidney beans for calculations

NOTES:

Total Cost (without optional toppings): $11.73
Cost Per Serving without optional toppings (4): $2.93

Fried Rice with Broccoli and Eggs (D) Prep Time: 1

Stir-frying rice is a great way to turn leftover rice into a quick and easy meal. Using cold rice may prevent it from becoming sticky while cooking; the oil coats the chilled grains and prevents clumping. Sesame oil adds great flavor to this dish. Add about a tablespoon along with the soy sauce (both are found in the International/Asian section of the store). Topping this recipe with cashews adds a great crunch!

1 1/3 cups uncooked brown rice
3 1/3 cups water
4 large eggs, lightly beaten
5 small green onions, diced (1/4 cup)
2 Tablespoons water
1 teaspoon canola oil
2 teaspoons canola oil
8 ounces small broccoli florets, diced (3 cups)
1 medium carrot, shredded (1/2 cup)
8 ounces fresh mushrooms or 1 (4 ounce) can sliced mushrooms, rinsed and drained
1/4 cup no-salt added chicken broth
3 Tablespoons reduced-sodium soy sauce
1 teaspoon ground ginger
1/4 teaspoon garlic powder
Cashews, unsalted (optional)

Cook brown rice according to package direction, omitting margarine and salt. Allow approximately twice as long to cook brown rice as white rice.

If directions are not available, add the rice and water to a saucepan and bring to a boil. Cover saucepan with a tight fitting lid, reduce heat to low, and simmer without removing the lid, until the water has been absorbed and the rice is tender, about 40 minutes. If rice is not quite tender, replace lid and cook 2 to 4 minutes longer. If there is unabsorbed water, drain the rice. Remove from heat and fluff gently with a fork to separate the grains.

Combine eggs, green onions, and 2 Tablespoons water in a small bowl. Heat 1 teaspoon canola oil in a large skillet or wok over medium-high heat. Add egg mixture; stir-fry 30 seconds or until soft-scrambled, stirring constantly – do not overcook. Remove egg mixture from pan. Wipe pan clean with a paper towel.

Add 2 teaspoons canola oil to pan. Add broccoli and carrots to pan; stir-fry 2 minutes. Add mushrooms and rice; stir-fry 3 minutes. Add broth; cook 1 minute. Add cooked eggs, soy sauce, ground ginger, and garlic powder; stir-fry 1 minute or until thoroughly heated.

If using cashews, sprinkle on top before serving.

Serves 6

Calories 247; Fat 7g; Protein 10g; Carbohydrate 37g; Fiber 2g; Sodium 339mg.

NOTES:

Total Cost: $6.40
Cost Per Serving (6): $1.07

Fruit Pizza Prep Time: 1

This EASY recipe makes a great snack or for breakfast on the go. It can be made with any combination of fruit, try using 'in season' fruit for best flavor and lowest cost. If you have plain rice cakes on hand, adding 1/4 cup of honey to the fruit and yogurt mixture will enhance the flavor.

Unsweetened rice cakes make great bases for quick savory pizzas as well. Spread them with 2 Tablespoons of tomato sauce, sprinkle each with 1 Tablespoon parmesan and bake in oven at 350 or broil until cheese begins to melt, or heat in microwave until cheese bubbles. Experiment with adding your favorite additional toppings. Great for when you want something really good and guilt free!

2 medium bananas, peeled and thinly sliced
1 pint strawberries, stemmed and thinly sliced
3 kiwi, peeled and thinly sliced
12 oz vanilla Greek yogurt (1 1/2 cups)
14 caramel corn rice cakes, or other sweetened varieties
1/4 cup walnuts, chopped

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using.

Cut bananas, strawberries, and kiwi. Place the yogurt in a bowl, add the sliced bananas, strawberries and kiwi. The walnuts may be added too or reserved and sprinkled over the top of the completed pizzas. Blend the yogurt and fruit together until the fruit is well coated.

Top each of the sweetened rice cakes with about 1/4 cup of the fruit blend and sprinkle with the reserved walnuts if desired. They may also be garnished with a sprinkle of ground cinnamon.

Serves 14

Calories 121; Fat 2g; Protein 4g; Carbohydrate 23g; Fiber 1.6g; Sodium 40mg

NOTES:

Total Cost: $9.67
Cost Per Serving (14): $0.69

Fruit Salad with Lime Yogurt Prep Time: 2

This fruit salad can made with any combination of fruit that is available. Try using 'in season' fruit for best flavor and lowest cost. Fresh limes and lime zest always taste best. To zest citrus fruit, simply grate the colored part of the clean fruit skin. The white part just underneath is called the pith, is bitter and should not be included. The zest contains aromatic oils that really boost flavor. An average lime yields about 2 tablespoons of juice and 1 tablespoon of zest, so about 3 limes will provide the fresh juice and zest needed for this recipe.

3 limes (approximately, see above) for the zest and juice needed below.

Lime Yogurt:
2 cups non-fat vanilla yogurt
1 Tablespoon sugar
1 Tablespoon freshly grated lime zest
1 Tablespoon lime juice

Fruit Salad:
1 large ripe honeydew melon, peeled, seeded and cut into small chunks
1 pint strawberries, sliced (2 cups)
1 cup blueberries
1/4 cup lime juice

Fresh fruits should always be rinsed well under cold running water and then patted dry with paper towels before using.

Zest limes first, then halve and squeeze juice.

For the yogurt, in a small bowl, combine yogurt, sugar, lime zest and lime juice. Stir until sugar is dissolved. Cover and refrigerate until chilled.

In a large bowl combine melon, strawberries, blueberries, and lime juice. Toss to coat and allow to stand at room temperature for 15 minutes, stirring occasionally.

To serve, drizzle yogurt over individual servings of fruit.

Serves 8

Calories 119; Fat 1g; Protein 4g; Carbohydrate 28g; Fiber 3g; Sodium 63mg.

NOTES:

Total Cost: $11.82
Cost Per Serving (8): $1.47

Fruit Salsa with Cinnamon Chips Prep Time: 2

This fruit salsa can made with any combination of fruit that is available. Try using 'in season' fruit for best flavor and lowest cost.

If you have a pizza cutter, it will save time to spray both sides of the tortillas, sprinkle with the cinnamon sugar blend, stack them and cut into strips or wedges with the pizza cutter. If your oven is already heated, you may bake the chips 8 to 10 minutes at 350°F. Once they feel a little crispy and are golden brown, remove them from the oven. They will become crispier as they cool.

Fruit Salsa:
1 cup strawberries, chopped
1 banana, peeled and chopped
1 kiwi, peeled and chopped
1 Granny Smith apple, unpeeled, cored and chopped
2 Tablespoons lemon juice
1/4 cup sugar
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon

Cinnamon Chips:
4 whole wheat tortillas
Non-stick cooking spray
1/4 cup sugar
1 teaspoon cinnamon

Salsa:

Add strawberries, banana, kiwi, and apple to a large bowl. Sprinkle with the lemon juice to help prevent the banana and apple from browning and lightly mix. Add the sugar, nutmeg and cinnamon. Lightly mix and place in refrigerator to chill.

Chips:

Mix cinnamon and sugar together in a small bowl. Cut tortillas into strips with kitchen shears. Spray strips lightly with non-stick cooking spray and sprinkle lightly with the cinnamon sugar blend.

Heat a large skillet on medium-high heat and coat with cooking spray. Heat strips on skillet until lightly brown.

Serve the chilled fruit salsa accompanied by the cinnamon chips.

Serves 4

Calories 315; Fat 3.4g; Carbohydrates 69g; Fiber 3.6g; Sodium 215mg; Vitamin C 48mg; Cholesterol; 0mg

NOTES:

Total Cost: $6.55
Cost per serving (4): $1.63

Fudgy Brownies Prep Time: 3

Enjoy these dark fudge-like brownies for a special treat! Canola oil and walnuts give them beneficial fats, making them a healthier brownie option. Dark chocolate (bittersweet) is more heart healthy; however, semisweet chocolate chips may be substituted. Blending the corn syrup with water cuts down on the amount of sugar in the recipe without changing the fudgy texture of the brownies.

Non-stick cooking spray
2/3 cup walnuts, diced (optional)
3/4 cup all-purpose flour
3/4 cup whole wheat flour
1 1/3 cup powdered (confectioners) sugar
6 Tablespoons unsweetened cocoa powder
6 ounces bittersweet baking chocolate (50-72% cacao), coarsely chopped
3 Tablespoons canola oil
1/2 cup granulated sugar
3 Tablespoons light corn syrup blended with 6 Tablespoons lukewarm water
4 teaspoons vanilla extract
1/4 teaspoon salt
2 large egg whites
1 large egg
6 ounces bittersweet baking chocolate (50-72% cacao), coarsely chopped

Preheat oven to 350°F. Line a 13 x 9 inch baking pan with foil, letting it overhang on two opposing sides. Coat foil with cooking spray.

Heat walnuts in a dry, heavy skillet over medium heat for 1 to 2 minutes or until golden brown and smell toasted. Stir constantly to ensure even toasting, as nuts will burn easily in a skillet. Remove walnuts from skillet to cool or they will continue to brown and then burn.

Sift together both flours, powdered sugar, and cocoa. In a separate bowl, combine 6 ounces of chopped chocolate and oil. Microwave until just melted and smooth, stirring often. Be careful not to burn the chocolate. Remove from microwave and stir in granulated sugar, corn syrup and water mixture, vanilla and salt until the sugar dissolves. In a separate bowl, beat egg whites and egg; vigorously stirring them into the mixture until smoothly incorporated. Gently stir in the dry ingredients. Fold in walnuts and remaining chopped chocolate just until well blended. Pour the batter into the prepared pan, spreading evenly.

Bake until the brownies are almost firm in the center and a toothpick inserted comes out with some moist batter, 24-27 minutes. Let cool on a wire rack. Use the overhanging foil handles to carefully lift brownies from the pan. Using a sturdy plastic knife, cut into 24 brownies. If necessary clean the knife with warm damp cloth between cuts.

Serves 24

Calories 171; Fat 10g; Fiber 3g; Protein 4g; Carbohydrates 24g; Sodium 37mg.

NOTES:

Total Cost without walnuts: $6.65
Cost per serving without walnuts (24): $0.28

Gazpacho (D) Prep Time: 3

Gazpacho is a fresh cold vegetable soup, originating in the warmer climate of Spain. It is often described as a refreshing liquid salad because the vegetables are uncooked. For a smoother texture and less preparation time, throw all ingredients in the blender. Tastes great served with crusty French bread.

2 small tomatoes, diced (1 cup)
1 small green pepper, diced (1/2 cup)
1 medium-large celery stalk, diced (1/2 cup)
1 medium cucumber, diced (1 1/2 cups)
1 large green onion, diced (1/4 cup)
2 Tablespoons fresh parsley, minced
6 Tablespoons fresh basil, minced
1 clove garlic, minced (1 teaspoon) or 1/8 teaspoon garlic powder
3 Tablespoons white wine vinegar (optional)
2 Tablespoons Extra Virgin olive oil
1 teaspoon sugar
1/4 teaspoon black pepper
1/2 teaspoon Worcestershire sauce
1 (14 ounce) can no salt added beef broth
1 (46 ounce) can reduced-sodium V-8 Juice

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using.

Note: Some veggies, such as potatoes, need to be scrubbed well. (Meat, poultry, and seafood should be washed before using, too.)

Combine all ingredients. Cover and chill at least 4 hours (overnight is best). Serve in chilled bowls.

Serves 6

Calories 109; Fat 5g; Carbohydrates 14g; Protein 3g; Fiber 3g; Sodium 264mg.

NOTES:

Total Cost: $8.42
Cost Per Serving (6): $1.40

Greek Chicken Salad (D) Prep Time: 1

Great served with crusty French bread or whole wheat rolls for a light summertime meal! Fresh cracked pepper has more flavor, but is not necessary. To save money, roasting a chicken in the oven is simple and healthy. Rotisserie chicken is a good alternative, but watch out for its high sodium content!

1 Tablespoon canola oil
3/4 pound boneless skinless chicken breasts, uncooked, cut into bite size pieces
OR 1 (12.5 ounce) can chicken breast, drained
1 (5 ounce) package spring mix salad greens
1 medium cucumber, sliced (2 cups)
2 medium tomatoes, cut in large chunks (1 1/3 cups)
2 Tablespoons balsamic vinegar
1 Tablespoon Extra Virgin olive oil
1/2 ounce reduced-fat feta cheese, crumbled (1 Tablespoon)
1 Tablespoon Parmesan cheese, shredded
Pepper, to taste

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using.

Note: Some veggies, such as potatoes, need to be scrubbed well. (Meat, poultry, and seafood should be washed before using, too.) Simply rinse under cold water and then pat dry with paper towels before continuing.

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add diced chicken pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until chicken is no longer pink and just starting to brown in spots, about 2 minutes more. Remove chicken from skillet and shred when cool enough to handle.

Divide salad greens, cucumber, and tomato chunks between 4 salad bowls. Arrange chicken on top of vegetables, drizzle with vinegar and oil. Top with crumbled feta cheese, Parmesan cheese, and black pepper, if desired.

Serves 4

Calories 124; Fat 8g; Protein 6g; Carbohydrate 7g; Fiber 2g; Sodium 114mg.

NOTES:

Total Cost: $9.49
Cost Per Serving (4): $2.37

Guacamole Prep Time: 1

The avocado in guacamole adds heart-healthy fats to your diet. Avocados turn brown when exposed to air and adding lime juice helps slow this process down as well as adding great flavor.

To pick a ripe avocado, hold it in your hand and gently squeeze it. An unripe avocado will feel like a stone. An over-ripe avocado will feel loose under the skin. A ripe avocado will feel the same as if you were to squeeze the palms of your hands

To dice an avocado, slice it in half around the seed and twist the halves to pull apart. Remove the seed by slipping a spoon between the seed and the fruit and gently working the seed out of the fruit. Cut each half, in half lengthwise to form quarters and pull the peel off of each quarter, then chop or dice.

1 lime, juiced (about 2 Tablespoons)
1/2 teaspoon garlic salt
1/2 teaspoon ground cumin
1/8 teaspoon cayenne pepper
3 ripe avocados, peeled and chopped
2 green onions, diced
5-6 sprigs fresh cilantro, chopped
1 pint cherry tomatoes, halved (about 2 cups)

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well. Chop green onions, tomatoes, and avocados and place in a bowl.

Cut lime in half and squeeze the juice (through your clean fingers to catch seeds) into the bowl.

Add garlic salt, cumin, cayenne, and avocado and mash ingredients together with a fork or potato masher.

Add green onions and cilantro to the other ingredients and stir to combine well.

Half the tomatoes, and gently fold into the avocado mixture.

Note: Regular tomatoes may be used, but remove the seeds before chopping, so only the pulp is added to the guacamole.

Serves 20 (1 Tablespoon)

Calories 52; Fat 4.5g; Protein 1g; Carbohydrate 3.5g; Fiber 2g; Sodium 33mg.

NOTES:

Total Cost: $6.57
Cost Per Serving (20): $0.33

Ham and Black Bean Salad (D) Prep Time: 2

Jícama (hi-ca-ma) is a crunchy and sweet white-fleshed root vegetable. It is also called a Mexican potato and may be eaten either raw or cooked. Jícama makes a great addition to salads or can be boiled and baked like a potato. It is found in the produce section of the store and available from May to November. Tip: Taste the red onion to see if it is too strong for a salad. If strong, soak the onion in cold water, spiked with a bit of sugar and vinegar, for 10 minutes; drain.

1 cup uncooked brown rice
2 1/2 cups water
1 (15 ounce) can no-salt added black beans, rinsed and drained
1 medium red onion, diced (2/3 cup)
1 small jícama, peeled and diced in tiny cubes (2 1/2 cups)
1 (2.25 ounce) can sliced black olives, drained
1 small yellow bell pepper, diced (2/3 cup)
1 small red bell pepper, diced (2/3 cup)
1 Tablespoon olive oil
6 ounces cooked lower-sodium deli ham steak, cubed (3/4 cup)
1 garlic clove, minced (1 teaspoon) or 1/8 teaspoon garlic powder

Dressing:
3 Tablespoons olive oil
3 Tablespoons white wine vinegar (red wine vinegar or tarragon flavored may be substituted)
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
Pepper, to taste

Cook brown rice according to package directions, omitting margarine and salt. Allow approximately twice as long to cook brown rice as white rice.

If directions are not available, add the rice and water to a saucepan and bring to a boil. Cover saucepan with a tight fitting lid, reduce heat to low, and simmer without removing the lid, until the water has been absorbed and the rice is tender, about 40 minutes. If rice is not quite tender, replace lid and cook 2 to 4 minutes longer. If there is unabsorbed water, drain the rice. Remove from heat and fluff gently with a fork to separate the grains. Transfer to a large mixing bowl and combine with black beans.

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using.

Add onion, jícama, olives, and both bell peppers to rice mixture.

Heat 1 Tablespoon of olive oil in a large skillet over medium heat. Add ham and sauté, stirring 2-3 minutes, adding minced garlic for the last minute of cooking. Add ham to rice mixture.

Dressing:

Combine 3 Tablespoons of oil in a small jar or bowl with lid; add vinegar, cumin, chili powder, and pepper.

Shake well and drizzle dressing over salad.

Toss with a fork and serve at room temperature for best flavor.

Serves 6

Calories 345; Fat 13g; Protein 13g; Carbohydrate 45g; Fiber 9g; Sodium 504mg.

NOTES:

Total Cost: $10.76
Cost Per Serving (6): $1.79

Healthy Haystacks Prep Time: 1

Healthy haystacks are an innovative twist on a no-bake treat that usually has less nutritious ingredients. We've added dried fruit, peanuts, and a high fiber cereal to make them a great and easy dessert.

1 cup peanut butter
1/2 cup butterscotch chips
2 cups Fiber One® bran cereal
1/2 cup dry roasted peanuts
1/2 cup dried fruit, such as raisins, cranberries, or cherries

Cover a cookie sheet(s) with wax paper (need space for 32 cookies).

Combine peanut butter and butterscotch chips in a microwave safe bowl. Microwave 2 1/2 to 3 minutes or until chips are melted; stirring every 30 seconds to prevent burning. Make sure to use hot pads when removing the bowl from the microwave.

Stir melted peanut butter and butterscotch chips until smooth. Add cereal, peanuts, and dried fruit. Stir until the ingredients are well coated. Drop heaping tablespoons of the mixture onto the waxed paper. Refrigerate until firm and serve.

Store any leftovers in the refrigerator.

Serves 32

Calories 101; Fat 7g; Carbohydrate 10g; Fiber 3g; Protein 3g; Sodium 80mg.

NOTES:

Total Cost: $9.63
Cost Per Serving (32): $0.40

Hearty Hot Oats (D) (P) Prep Time: 2

A breakfast like this oatmeal is a great way to start the day off right, since constipation is common during pregnancy. The oats, dried fruit and nuts are a great source of fiber. Substitute part of the water with milk for a richer, higher calorie, calcium dense version. Powdered milk works very well in oatmeal, add about ¼ cup for each cup of water used.

1/2 cup slivered almonds
4 cups water
2 cups old-fashioned oats
1 teaspoon ground cinnamon
2 1/2 cups apple, unpeeled, cored and chopped (2 small to medium apples)
6 dried apricots, coarsely diced
1/2 cup raisins
Fat-free milk (optional)
Honey or maple syrup for drizzling (optional)
Nutmeg (optional)

Heat almonds in a dry, heavy skillet over medium heat for 1 to 2 minutes or until golden brown and smell toasted. Stir constantly to ensure even toasting, as nuts will burn easily in a skillet. Remove almonds from skillet to cool or they will continue to brown and then burn.

Bring 4 cups of water (or milk if using), oats and cinnamon to boil in a heavy saucepan. Reduce the heat and simmer for 5 minutes, stirring occasionally. Remove from heat; stir in the dried apples, apricots, and raisins. Cover and let stand for 2-3 minutes.

Divide oatmeal into 6 bowls; thin each portion with milk if desired and top with the toasted almonds. Add honey or maple syrup, & nutmeg if desired.

Serves 6

Calories 258; Fat 8g; Protein 7g; Carbohydrate 44g; Fiber 6g; Sodium 8mg.

NOTES:

Total Cost (without optional ingredients): $3.60
Cost Per Serving (6): $0.60

Hot Italian Sub Sandwiches (D) Prep Time: 2

The sub sandwich originated in Italian American communities in the late 19th century. Try this recipe for a healthier version. Try serving over whole grain pasta like penne or rotini as an alternative to bread. A soft Italian cheese (like Mozzarella) is always a great topping!

2 Tablespoons olive oil
1 pound ground turkey
1 teaspoon Italian seasoning
2 small bell peppers, sliced (1 1/3 cups)
2 small yellow onions, sliced (1 cup)
1 teaspoon black pepper
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
2 Tablespoons no-salt added tomato paste
1 (14.5 ounce) no-salt added crushed tomatoes
1/4 teaspoon red pepper flakes (optional)
6 whole wheat sandwich thins

Heat olive oil in a large skillet over medium-high heat; cook the ground turkey with 1 teaspoon Italian seasoning, breaking it up, until browned, about 10 minutes.

Keeping pan over medium heat, add peppers, onions and black pepper and cook until golden brown, about 5 minutes. Add 1 teaspoon Italian seasoning, garlic powder and tomato paste and cook 2 more minutes. Add crushed tomatoes and red pepper flakes (if desired). Stir to combine, scraping the bottom of the pan with a wooden spoon to release the browned bits. Bring to a simmer.

Serve on (toasted) sandwich thins. Split sandwich thins in half lengthwise; fill with meat and vegetable mixture and serve immediately.

Serves 6

Calories 262; Fat 6g; Protein 26g; Carbohydrate 31g; Fiber 7g; Sodium 291mg.

NOTES:

Total Cost: $9.70
Cost Per Serving (6): $1.61

Korean Spiced Beef and Cabbage Sandwiches (D) Prep Time: 2

These sandwiches are similar to German bierocks. The German version uses cabbage, beef and spices to fill a small bread dough pocket that is baked and enjoyed warm. This version uses Korean inspired spices and is served on a whole wheat roll instead of being baked inside the dough. Iceberg lettuce cups may also be substituted for the bread to make a wrap.

4 large green onions, diced (1 cup)
1/4 cup reduced-sodium soy sauce
1 Tablespoon sesame seeds
1 Tablespoon sesame oil
1/4 teaspoon black pepper
1 Tablespoon fresh ginger, grated
5 garlic cloves, minced (5 teaspoons) or 1/2 teaspoon garlic powder
1/4 teaspoon ground red (cayenne) pepper
1/2 pound 93% lean ground beef (8 ounces)
Non-stick cooking spray
1/2 small green cabbage head, thinly sliced (3 cups)
16 ounces fresh mushrooms or 2 (4 ounce) can sliced mushrooms, rinsed and drained
10 Whole Wheat sandwich thins
American cheese (low-fat), sliced (optional)

Combine green onions, soy sauce, sesame seed, sesame oil, black pepper, ginger, garlic, red pepper, and ground beef in a large mixing bowl.

Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add beef mixture to pan; cook 8 minutes or until done, stirring occasionally. Stir in cabbage and mushrooms; cook for 4 minutes or until cabbage and mushrooms are tender.

Serve on whole wheat sandwich thins with a slice of cheese, if desired.

Serves 10

Calories 172; Fat 4g; Protein 12g; Carbohydrate 27g; Fiber 7g; Sodium 465mg.

NOTES:

Total Cost: $11.28
Cost Per Serving (10): $1.12

Lady Bug Pizzas Prep Time: 1

These cute little pizzas are as fun to eat as they are to make! This recipe is an adaptation of one of many "Yum-o!" recipes that are good and good for you. Yum-o!® is a nonprofit organization launched by Rachel Ray to empower kids and their families to develop healthy relationships with food and cooking by teaching families to cook, feeding hungry kids and funding cooking education and scholarships. www.yum-o.org

6 whole wheat English Muffins
4 oz. refrigerated, prepared pesto
6 oz. reduced-sodium, part-skim mozzarella cheese, shredded
2 large tomatoes, each sliced into 6 slices
12 whole ripe black olives

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well.

Wash the tomatoes and slice each into 6 rounds.

Heat electric skillet to medium heat or pre-heat an oven or toaster oven to 400°F.

Spread 2 teaspoons pesto onto each English muffin half. Then top each with 1 Tablespoon of the shredded cheese. Add a tomato slice to each muffin.

Slice black olives crosswise to make circles and arrange on top of the tomato slices to make Ladybug spots.

Heat in a skillet on medium heat or place in a preheated oven for about 7 minutes. The pizzas are ready when the muffins are crisp and the cheese is melted. When using a skillet be extra careful not to burn the English muffins.

Serves 12

Calories 194; Fat 11g; Protein 7g; Carbohydrates 17g; Fiber 3g; Sodium 490mg.

NOTES:

Total Cost: $13.48
Cost Per Serving (12): $1.12

Light Chocolate Chip Cookies — Prep Time: 2

Try these light cookies with a cake-like texture. Leftover egg yolks freeze well for later use in scrambled eggs or custards.

1 1/4 cups all-purpose flour
1 1/4 cups whole wheat flour
1 teaspoon baking soda
1/2 teaspoon salt
3/4 cup reduced-calorie stick margarine, softened (12 Tablespoons)
2/3 cup sugar
2/3 cup brown sugar, firmly packed
1/4 cup applesauce
1 teaspoon vanilla extract
1 large egg
1 large egg white
1 cup semisweet chocolate chips
Non-stick cooking spray

Preheat oven to 350°.

Combine flours, baking soda, and salt in a bowl; stir well. Set aside.

Place margarine and sugars in a large mixer bowl. Mix on medium speed, with mixer, until light and fluffy. Add applesauce, vanilla, egg, and egg white to ingredients in mixer bowl and continue mixing on medium speed until well blended. Add dry ingredients; mixing at low speed until well-blended. Stir in chips.

Evenly coat baking sheets with cooking spray. Drop dough by tablespoons onto coated sheets 2 inches apart. Bake for 10 minutes or until almost set.

Remove from oven; let cool 2 to 3 minutes. Remove cookies from sheets and finish cooling on wire racks.

Yields 36 cookies

Calories 108; Fat 4g; Protein 2g; Carbohydrate 16g; Fiber 1g; Sodium 72mg.

NOTES:

Total Cost: $3.90
Cost Per Serving (36): $0.11

Macaroni and Cheese with Ham Ⓓ Prep Time: 2

This is a healthier home-made gourmet version of an American staple meal.

Lower sodium ham steak can be found in the deli section of the store already sliced, or ask at the counter.

1 pound uncooked small whole wheat pasta, such as elbow macaroni
2 Tablespoons unsalted butter
1 small onion, diced (1/2 cup)
1/4 cup all-purpose flour
4 cups whole milk
1/8 teaspoon ground red (cayenne) pepper
1/8 teaspoon ground nutmeg
1/8 teaspoon black pepper
8 ounces sharp Cheddar cheese, shredded (2 cups)
2 ounces Parmesan cheese, shredded (1/2 cup)
8 ounces cooked lower sodium deli ham steak, diced into 1/2 inch pieces (1 cup)

Boil 4 to 6 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking.

Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and follow the rest of the recipe.

Meanwhile, in a heavy pot or skillet, melt butter over medium heat. Add onion and cook, stirring occasionally, until softened, 3-5 minutes. Add flour to softened onions and blend together, using a wire whisk. In a slow steady stream, add milk and continue whisking until there are no lumps.

Cook, whisking often, until mixture is thick and bubbly, about 6 to 8 minutes. Cooked mixture should be thick enough to coat the back of a wooden spoon. Stir in cayenne, nutmeg, pepper, Cheddar and Parmesan cheeses. Cook until all cheese is melted. Toss pasta with cheese mixture and fold in ham.

Serves 8

Calories 442; Fat 16g; Protein 25g; Carbohydrates 53g; Fiber 5g; Sodium 550mg.

NOTES:

Total Cost: $8.61
Cost Per Serving (8): $1.07

Maple Apples with Cinnamon Cream — Prep Time: 1

This is a fast and easy apple dessert; start to finish in less than 10 minutes. Apples may be served warm or at room temperature. Yogurt mixture may be prepared ahead of time and held refrigerated until serving time. Keep peels on apples for extra fiber, vitamins, and minerals. Any kind of apples may be used; however good cooking apples are Jonagolds, Golden Delicious, Granny Smith, McIntosh, Pink Lady or Gala.

3 medium apples, cored and thinly sliced (unpeeled)
1/2 teaspoon grated orange zest (optional)
1 Tablespoon pure maple syrup
1 teaspoon unsalted butter
1/2 cup low-fat vanilla yogurt
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg (optional)

Place apple slices and orange zest (if desired), in a microwave-safe casserole or baking dish. Drizzle with maple syrup; toss to mix. Dot with butter. Cover loosely and microwave on high power 3-5 minutes, until apples are crisp-tender. Stir once, half way through cooking.

Meanwhile, in a small bowl, blend yogurt, cinnamon and nutmeg (if desired). Spoon apples into serving dishes. Drizzle with yogurt mixture and serve.

Serves 4

Calories 119; Fat 2g; Protein 2g; Carbohydrate 27g; Fiber 3g; Sodium 22mg.

NOTES:

Total Cost: $1.84
Cost Per Serving (4): $0.47

Maple Walnut Apple Crisp Prep Time: 3

Replace your traditional apple pie with this great apple crisp. Made with walnuts and whole grains this dessert contains healthy unsaturated fats. For extra fiber, leave the apple peels on. Any kind of apples may be used; however Jonagolds, Golden Delicious, Granny Smith, McIntosh, Pink Lady or Gala do not get mushy when cooked.

1/3 cup whole wheat flour
1/3 cup brown sugar, packed
1/3 cup old-fashioned oats
1/4 teaspoon ground cinnamon
1/4 cup trans-fat-free stick margarine, chilled and cut into pieces (4 Tablespoons)
1/4 cup walnuts, diced

7 cups apples, unpeeled and sliced (about 2 pounds or 4 medium apples)
3 Tablespoons pure maple syrup
1/2 teaspoon ground cinnamon

Preheat oven to 375°.

Lightly spoon flour into a dry measuring cup and level with a knife. Combine flour, sugar, oats, and 1/4 teaspoon cinnamon in a medium bowl. Cut in margarine using pastry blender (or pulling 2 knives in opposite directions through oat mixture) until crumbly. Stir in walnuts and set aside.

In a large bowl combine apples, syrup and cinnamon; toss well. Place apple mixture into an 8-inch square baking dish. Sprinkle apples with crumb mixture. Bake 45 minutes or until golden brown. Serve warm.

Serves 9

Calories 151; Fat 4g; Protein 2g; Carbohydrates 30g; Fiber 3g; Sodium 51mg.

NOTES:

Total Cost: $5.97
Cost Per Serving (9): $0.66

Moroccan Chickpea Stew (D) Prep Time: 2

The spices in this hearty stew give it a Moroccan flare. Chickpeas, also known as garbanzo beans, are nutritious and filling and can be found in the canned bean section at the store. Couscous is a small spherical shape, granular pasta that is used in many African dishes and is typically found by the rice.

1 cup water
1 cup uncooked couscous
2 teaspoons olive oil
1 large yellow onion, diced (1 cup)
2 medium carrots, diced (1 cup)
2 cloves garlic, minced (2 teaspoons) or 1/4 teaspoon garlic powder
1 jalapeño pepper, seeded and minced (1 Tablespoon)
1 medium-large potato, unpeeled and cubed (2 cups)
2 teaspoons ground cumin
1 teaspoon chili powder
1/2 teaspoon ground turmeric
1/2 teaspoon ground cinnamon
2 Tablespoons lemon juice
2 (14.5 ounce) cans no-salt added crushed tomatoes
1 (14 ounce) can vegetable broth
1 (15 ounce) can chickpeas, rinsed and drained
1/2 cup plain low-fat yogurt

Cook couscous according to package directions, omitting butter/olive oil and salt if included.

If directions are not available, bring water to boil in a saucepan. Stir in couscous and cover. Remove from heat; let stand 5 minutes. Fluff couscous lightly with fork before serving.

Heat olive oil in a large saucepan over medium high heat. Add onion, carrot, garlic and jalapeño to pan; sauté for 6 minutes or until tender. Stir in potato, and cumin, chili powder, turmeric, cinnamon, lemon juice, tomatoes, broth, and chickpeas. Bring to a boil, cover, reduce heat and let simmer for 15 minutes or until potato is tender.

Serve over couscous and top with a Tablespoon of yogurt.

Serves 6

Calories 304; Fat 3g; Protein 12g; Carbohydrate 58g; Sodium 320mg.

NOTES:

Total Cost: $6.06
Cost Per Serving (6): $1.01

Pasta with Homemade Marinara Sauce Ⓓ Prep Time: 2

Making homemade tomato sauce is easy and nutritious; either canned or fresh tomatoes taste great. It is easier for the body to absorb lycopene (an antioxidant) from canned tomatoes. Simmer for up to an hour for better flavor. Adding favorite leftover vegetables or meat to this sauce will make an even heartier meal.

2 Tablespoons olive oil
1 small onion, diced (1/2 cup)
1 garlic clove, minced (1 teaspoon) or 1/8 teaspoon garlic powder
1 medium-large celery stalk, diced (1/2 cup)
1 medium carrot, diced (1/2 cup)
1/2 teaspoon black pepper
2 (14.5 ounce) cans no-salt added crushed tomatoes
1 dried bay leaf
1 teaspoon Italian seasoning
4-6 quarts water
1 pound uncooked whole wheat pasta

In a large pot, heat oil over a medium high heat. Add the onion, garlic, celery, carrot, and black pepper; sauté until vegetables are soft, about 10 minutes. Add tomatoes, bay leaf and Italian seasoning. Simmer uncovered over low heat until sauce thickens, about 10 to 15 minutes and remove bay leaf.

Meanwhile, Boil 4 to 6 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking.

Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and serve with the marinara sauce.

Serves 8 – Yields 4 cups sauce.

Calories 306; Fat 4g; Protein 12g; Carbohydrate 59g; Fiber 4g; Sodium 69mg.

NOTES:

Total Cost: $3.91
Cost Per Serving (8): $0.49

Pico de Gallo Prep Time: 1

Pico de Gallo is a very easy salsa dip. It is a fresh, uncooked salad that tastes great on any Mexican dish. For a thicker pico, simply squeeze the water and seeds out of the tomatoes or blend all items in a food processor.

3 medium tomatoes, diced (2 1/4 cups)
2/3 cup cilantro, minced
1/2 small onion, diced (1/4 cup)
Juice of 1 to 2 limes
1 jalapeño, seeded and minced

NOTE: Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well. Simply rinse under cold water and then pat dry with paper towels before continuing.

Mix all ingredients together.

Serve with baked tortilla chips or on top of tacos.

Calories 104; Fat 1g; Protein 3g; Carbohydrates 25g; Fiber 6g; Sodium 26mg.

NOTES:

Pineapple-Avocado Salsa Prep Time: 2

To pick a ripe avocado, hold it in your hand and gently squeeze it. An unripe avocado will feel like a stone. An over-ripe avocado will feel loose under the skin. A ripe avocado will feel the same as if you were to squeeze the palms of your hands.

To dice an avocado, slice it in half around the seed and twist the halves to pull apart. Remove the seed by slipping a spoon between the seed and the fruit and gently working the seed out of the fruit. Cut each half, in half lengthwise to form quarters and pull the peel off of each quarter, then dice.

If you are rushed for time, the pineapple also tastes fine if not browned, just eliminate the olive oil and honey. If you have a bit of red bell pepper in your refrigerator, it may be added for more flavor and color.

2 (20 oz) cans sliced pineapple, drained and diced
1 Tablespoon olive oil
1 Tablespoon honey
Non-stick cooking spray
1/2 medium red onion, diced (1/3 cup)
1/4 cup fresh cilantro, minced
1 small jalapeño, seeded and de-ribbed, minced (1 Tablespoon)
1 lime, juiced (~2 Tablespoons)
1/4 teaspoon ground red pepper
1/4 teaspoon ground cumin
2 large avocados, diced
2 (9 oz) bags baked tortilla scoops

Open and drain cans of pineapple. Cut pineapple into small pieces.

Combine oil and honey in a large bowl, add drained pineapple and toss.

Preheat a medium skillet on medium high. Coat with non-stick spray, add pineapple mixture and cook uncovered for 10 minutes or until pineapple is browned, stirring often. Remove pineapple and let cool in a separate bowl for 10 minutes.

While pineapple is cooking, combine chopped red onion, minced cilantro, jalapeño, lime juice, red pepper, and cumin in a large bowl.

Dice avocado while the pineapple is cooling. Mix cooled pineapple into the onion mixture. Add avocado last and toss lightly together, careful not to mash it. Serve with baked tortilla scoops.

Serves 30

Calories 122; Fat 3.4g; Protein 1.6g; Carbohydrates 80g; Fiber 2g; Sodium 86mg.

NOTES:

Total Cost: $11.70
Cost Per Serving (30): $0.39

Pizza Pasta Salad (D) Prep Time: 1

This is a delicious and healthier pasta salad. Eat it for lunch or bring it to a picnic or party. Turkey pepperoni is a great substitution for regular pepperoni. For pasta salad, very slightly undercook the pasta, as it's own heat will continue to cook it while cooling and become too tender to keep it's shape in the salad.

1/2 pound uncooked spiral-shaped whole wheat pasta
1 1/2 cups grape tomatoes, halved
8 ounces fresh mushrooms or 1 (4 ounce) can sliced mushrooms, rinsed and drained
1/2 small red onion, diced (1/4 cup)
1 small bell pepper, diced (2/3 cup)
2 ounces turkey pepperoni, quartered (about 34 slices)
1 cup part-skim mozzarella cheese, cubed (4 ounces)

Dressing:
1/4 cup extra virgin olive oil
5 Tablespoons vinegar (white or a wine flavored works best)
1 Tablespoon Dijon mustard
1 rounded Tablespoon no-salt added tomato paste
1 teaspoon Italian seasoning
1 teaspoon garlic powder
Black pepper, to taste

1/2 cup Parmesan cheese, grated (2 ounces)

Boil 2 to 3 quarts of water. Add the pasta with a stir and return the water to a boil. Stir the pasta occasionally during cooking.

Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and follow the rest of the recipe.

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well.

In a large bowl, combine pasta, tomatoes, mushrooms, onion, bell pepper, pepperoni and mozzarella.

Dressing:

In a small bowl, whisk together olive oil, vinegar, Dijon mustard, tomato paste, Italian seasoning, garlic powder and black pepper. Add dressing to the vegetable mixture and toss to coat evenly. Sprinkle each serving with 1 Tablespoon Parmesan cheese. Serve immediately or chill for an hour in the refrigerator, if desired.

Serves 8

Calories 258; Fat 12g; Protein 14g; Carbohydrate 26g; Fiber 3g; Sodium 336mg.

NOTES:

Total Cost: $11.31
Cost Per Serving (8): $1.41

Pork and Black Bean Chile Molé Ⓓ Prep Time: 2

Molé (pronounced moh-lay) is a savory South American sauce made from garlic, onions, peppers, spices and just a smidge of dark chocolate for richness. Dark chocolate containing 70% or more cocoa is high in antioxidants and healthful in small servings.

1 1/2 cups uncooked brown rice
3 3/4 cups water
Non-stick cooking spray
1 medium onion, diced (2/3 cup)
2 cloves garlic, minced (2 teaspoons) or 1/4 teaspoon garlic powder
1 jalapeño pepper, seeded and minced (1 Tablespoon)
1 pound lean ground pork (16 ounces)
2 Tablespoons no-salt added tomato paste
1 cup no-salt added chicken broth
1 Tablespoon chili powder
1/2 teaspoon ground cumin
1/2 ounce bittersweet chocolate, chopped
1 (15 ounce) can no-salt added black beans, rinsed and drained
1/4 cup fresh cilantro, minced

Cook brown rice according to package direction, omitting margarine and salt. Allow approximately twice as long to cook brown rice as white rice.

If directions are not available, add the rice and water to saucepan and bring to a boil. Cover saucepan with a tight fitting lid, reduce heat to low, and simmer without removing the lid, until the water has been absorbed and the rice is tender, about 40 minutes. If rice is not quite tender, replace lid and cook 2 to 4 minutes longer. If there is unabsorbed water, drain the rice. Remove from heat and fluff gently with a fork to separate the grains.

Heat a large skillet on medium-high; spray with non-stick cooking spray. Place onion, garlic, jalapeño and ground pork in skillet. Cook, stirring occasionally, until vegetables are tender and meat is lightly browned.

Add tomato paste, chicken broth, chili powder and cumin. Cover, heat to a boil, reduce heat and simmer 15 minutes. Stir in chocolate, beans and cilantro. Simmer 1-2 minutes. Serve over rice.

Serves 6

Calories 465; Fat 19g; Protein 22g; Carbohydrate 52g; Fiber 7g; Sodium 205mg.

NOTES:

Total Cost: $5.16
Cost Per Serving (6): $0.86

Pork and Green Chili Stew Ⓓ Prep Time: 2

Serve over quinoa (pronounced Keen-wah) which is usually found by the rice. Quinoa originated in South America and it has become highly appreciated for its nutritional value. Its protein content is very high, making it a healthful choice for vegetarians and vegans. Additionally, it is one of the most fiber rich grains, gluten-free and easy to digest.

2 cups water
1 cup uncooked quinoa
3 Tablespoons yellow cornmeal
1 Tablespoon chili powder
1 pound boneless pork loin, trimmed and cut into ½ inch pieces
2 teaspoons canola oil
8 tomatillos, diced (2 cups)
1 (14 ounce) can no-salt added chicken broth
1 (4 ounce) can diced mild green chilies
1 jalapeño pepper, seeded and minced (1 Tablespoon)
3-4 medium green onions, diced (1/2 cup)
1/4 cup fresh cilantro, minced

Cook quinoa according to package directions, omitting margarine and salt if included.

If directions are not available, bring two cups of water or stock to a boil in a medium-sized saucepan. Add quinoa and return to a boil. Reduce heat to low, cover and simmer for 15 to 18 minutes. Check the quinoa; it is done when it looks translucent and the germ of the seed makes a white ring around the outside of the grain. If quinoa is not quite tender, replace lid and cook 2 to 4 minutes longer. If there is unabsorbed water, drain. Remove the pan from the heat and let it stand, covered, for two to three minutes. Fluff the quinoa with a fork prior to serving.

Combine cornmeal and chili powder in a medium bowl. Add pork, tossing to coat with cornmeal mixture. Remove pork from bowl, reserving any remaining cornmeal mixture.

Heat canola oil in a large skillet over medium-high heat. Add pork and sauté 5 minutes or until browned. Stir in any remaining cornmeal mixture; cook 30 seconds, stirring constantly. Add tomatillos, broth, chilies, and jalapeño; bring to a simmer over medium-low heat. Cook 8 minutes or until tomatillos are tender and pork is cooked through.

Add green onions and cilantro. Simmer 1 minute.

Serve over cooked quinoa.

Serves 4

Calories 415; Fat 13g; Protein 33g; Carbohydrates 41g; Fiber 6g; Sodium 262mg.

NOTES:

Total Cost: $5.89
Cost Per Serving (4): $1.47

Quick Vegetable Fajitas (D) Prep Time: 2

Fajitas are popular in Tex-Mex cuisine. They consist of vegetables and meat marinated in a sauce and wrapped in a soft tortilla. Leftover chicken, pork or beef can be added to the fajitas for added protein. The pico de gallo recipe included here will yield extra to use later. Prepared salsa may be used in place of the pico de gallo.

1/2 cup Harvesters' homemade pico de gallo:
- 3 medium tomatoes, diced
- 2/3 cup cilantro, minced
- 1/2 small onion, diced (1/4 cup)
- juice of 1 to 2 limes
- 1 jalapeño, seeded and minced

1 Tablespoon canola oil
2 large onions, thinly sliced (2 cups)
2 medium bell peppers, cut into strips (2 cups)
1 1/2 teaspoon corn starch
1 1/2 teaspoon chili powder
1/8 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon red pepper flakes
1/4 teaspoon oregano
1/2 teaspoon paprika
1/4 teaspoon ground cumin
1/3 cup water
2 small zucchinis, cut into long strips (2 cups)
2 small yellow squash, cut into long strips (2 cups)
8 (10 inch) whole wheat lower-sodium tortillas
1 (16 ounce) can fat-free refried beans
1 (15 ounce) can no-salt added black beans, rinsed and drained
2 cups lettuce, shredded
1 cup low-fat Monterrey Jack cheese, shredded (4 ounces)
1 large tomato, diced (1 cup)
Avocado, diced (optional)
Low-fat sour cream (optional)

Mix all pico de gallo ingredients in a medium bowl.

Heat canola oil in a large skillet over medium-high heat. Add onion and bell pepper; sauté 2-3 minutes. Blend cornstarch, chili powder, garlic powder, onion powder, red pepper flakes, oregano, paprika, cumin in a small bowl and stir in a bit of water, about 1/3 cup. Add zucchini, squash, and seasoning slurry to the skillet and sauté until vegetables are tender and all liquid is absorbed.

Warm 3-4 tortillas at a time between damp paper towels for 30 seconds in the microwave to make them easier to roll.

Meanwhile, combine refried and black beans in a bowl; microwave to heat.

Spread about 1/3 cup of the beans over each tortilla, and top with 1/2 cup vegetable mixture and ¼ cup lettuce. Sprinkle each serving with 2 Tablespoons cheese, 2 Tablespoons tomatoes and 1 Tablespoon pico de gallo. Roll up. Top with avocado and sour cream, if desired.

Serves 8

Calories 304; Fat 8g; Protein 15g; Carbohydrate 44g; Fiber 12g; Sodium 496mg.

NOTES:

Total Cost: $10.35
Cost Per Serving (8): $1.29

Rainbow Pasta Salad Ⓓ Prep Time: 1

Although this salad tastes great immediately, preparing it an hour or two ahead of time will allow the flavors to blend, enhancing the flavor. When cooking pasta for a salad, very slightly undercook the pasta, as it will continue to cook from it's own heat while it is first cooling and if overcooked will break up when the veggies and dressing are mixed with it.

Salad:
12 ounces uncooked whole wheat Rotini pasta
1 1/2 stalks fresh broccoli, diced (2 cups)
1 pint cherry or grape tomatoes, halved (1 3/4 cups)
2 medium green onions, diced (1/4 cup)
1/4 of a medium cucumber, diced (1/2 cup)
2 medium carrots, diced (1 cup)
1 (6.5 ounce) jar of marinated artichoke hearts, drained and diced
1 (15 ounce) can whole kernel corn, drained and rinsed

Dressing:
2 Tablespoons honey
2 Tablespoons Dijon mustard
4 Tablespoons balsamic vinegar (1/4 cup)
2 Tablespoons olive oil (1/8 cup)
1/4 teaspoon black pepper

Boil 2 to 3 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking. Follow the package directions for cooking times. Whole wheat pasta typically requires 10-14 minutes. Taste the pasta to determine if it is done, aim to keep it slightly undercooked as it will continue to cook from it's own heat while it is first cooling. Drain pasta immediately and set aside to cool.

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well.

Dice or chop all vegetables: broccoli, green onions, cucumber, carrots, and artichoke hearts. Tomatoes can be halved.

Combine the chopped vegetables and the rinsed and drained corn in a large bowl. Add the cooked pasta and lightly mix.

In a small bowl, measure out the ingredients for the dressing; mix together with a whisk. Pour dressing over the salad and toss to coat.

Serves 21

Calories 102; Fat 2g; Protein 3g; Carbohydrates 20g; Fiber 2g; Sodium 106mg.

NOTES:

Total Cost: $14.01
Cost Per Serving (21): $0.67

Shrimp Paella Ⓓ Prep Time: 2

This classic Spanish dish (pronounced pie – AY-yeah) is named after the traditional two-handled paella pan. It can be prepared with a variety of meats, shellfish, and vegetables. Paella is usually flavored and colored with saffron, the world's most expensive spice. Paprika and turmeric, which are less expensive, are used instead and create an equally good dish.

1 Tablespoon olive oil
1/2 pound frozen, peeled, and deveined medium shrimp, diced (8 ounces)
1 Tablespoon olive oil
1 (7 ounce) smoked pre-cooked turkey sausage, sliced into rounds
2 small onions, diced (1 cup)
1 medium red bell pepper, diced (3/4 cup)
2 cloves garlic, minced (2 teaspoons) or 1/4 teaspoon garlic powder
1 1/2 cups uncooked instant brown rice
1/4 teaspoon paprika
1/4 teaspoon ground turmeric
1/2 teaspoon cumin
1 (14.5 ounce) can no-salt added crushed tomatoes
2 (14 ounce) cans no-salt added chicken broth
Black pepper, to taste
1 cup frozen green peas
¼ cup cilantro, minced

In a heavy sauté pan, heat 1 Tablespoon oil over medium-high heat. Cook shrimp until just pink on both sides, 2 to 3 minutes (do not overcook or they will become tough). If you have cooked shrimp, allow it to thaw and wait until the end to stir it in so you don't overcook it. Transfer to a plate.

Add 1 Tablespoon oil and chopped sausage to pan; cook over medium-high heat until beginning to brown, about 2 minutes. Add onion, pepper, and cook, stirring frequently, until soft, 3 to 4 minutes. Add garlic and rice; cook, stirring to coat, 1 to 2 minutes.

Stir in paprika, turmeric, cumin, tomatoes, and broth, scraping up browned bits from bottom of pan with a spoon. Season with black pepper.

Bring to a boil; reduce heat to a simmer.

Cover and cook until rice is tender and has absorbed almost all liquid, 5 to 7 minutes. Stir in peas; cook 1 minute. Stir in cooked shrimp until heated through; serve immediately; top with cilantro.

Serves 8

Calories 226; Fat 7g; Protein 15g; Carbohydrate 27g; Fiber 3; Sodium 373mg.

NOTES:

Total Cost: $13.14
Cost Per Serving (8): $1.64

Skillet Style Lasagna — Prep Time: 3

Love lasagna but can't wait for it to bake? This hearty stovetop version tastes as good as the traditional form and takes just minutes to make. If using a large electric skillet, double the recipe to fill the pan. The marinara will need to be cooked ahead of time; it can be frozen for up to 2 months for a quick meal.

3 cups Harvesters homemade marinara sauce (24 ounces) – see page 57
6 uncooked whole wheat lasagna noodles
1/2 pound 90% lean ground beef or ground turkey breast (8 ounces)
2 cloves garlic, minced (2 teaspoons) or 1/4 teaspoon garlic powder
1 small onion, diced (1/2 cup)
1 medium zucchini, shredded (1 1/2 cups)
1 cup low-fat ricotta cheese (8 ounces)
1/4 cup mozzarella cheese, shredded (1 ounce)
1/2 cup mozzarella cheese, shredded (2 ounces)
2 Tablespoons Parmesan cheese, shredded (1/2 ounce)

Cook lasagna noodles according to package directions, omitting salt. Drain thoroughly. To avoid having pieces stick together, lay pieces flat on waxed paper or aluminum foil, then cut into 3-4 inch pieces.

In a large skillet cook beef, garlic, and onion over medium heat until beef is no longer pink. Add zucchini; cook and stir for 1-2 minutes. Stir pasta sauce into meat mixture, remove from skillet and set aside.

Clean the skillet, cover the bottom with about half of the lasagna noodle pieces. Cover noodles with about half of the meat/pasta sauce mixture. Spoon ricotta in mounds over meat mixture and sprinkle with 1/4 cup mozzarella cheese. Arrange remaining lasagna noodles over the cheese. Top with remaining pasta sauce and mozzarella cheese. Sprinkle with Parmesan cheese. Cook covered, over medium heat about 10 minutes or until heated through and cheese is melted. Remove skillet from heat and cool for 5 minutes before serving.

Serves 6

Calories 287; Fat 11g; Protein 21g; Carbohydrates 29g; Fiber 4g; Sodium 207mg.

NOTES:

Total Cost: $7.70
Cost Per Serving (6): $1.28

Sloppy Garden Joes (D) Prep Time: 2

Look on the Nutrition Facts panel for a barbecue sauce with less than 250 mg of sodium per serving to ensure a lower sodium recipe.

1 Tablespoon canola oil
1 medium onion, diced (2/3 cup)
1 medium carrot, diced (1/2 cup)
1/2 medium green bell pepper, diced (1/2 cup)
8 ounces fresh mushrooms or 1 (4 ounce) can sliced mushrooms, drained and rinsed
3/4 pound ground turkey breast OR 1 (12 ounce) can white turkey, drained
1 (28 ounce) can no-salt added crushed tomatoes
1/4 cup lower sodium barbecue sauce
Black pepper to taste (optional)
8 whole wheat sandwich thins

In a large skillet, heat oil on medium-high. Add onion, carrot, green pepper, mushrooms, and ground turkey. Sauté over medium-high heat for 5 minutes.

Add crushed tomatoes, barbecue sauce and black pepper (if desired). Cover and bring to a boil.

Reduce heat and simmer for 10 minutes, stirring occasionally.

Uncover and cook for an additional 3 minutes, or until thick.

Serve on plain or toasted buns.

Serves 8

Calories 215; Fat 3g; Protein 18g; Carbohydrates 33g; Fiber 7g; Sodium 330mg.

NOTES:

Total Cost: $8.80
Cost Per Serving (8): $1.10

Southwestern Chicken Pasta (D) Prep Time: 2

This zesty pasta is diabetic friendly. It is great for a pot-luck and the leftovers can be turned into a soup with some vegetable broth and canned tomatoes.

2-3 quarts water
1/2 pound uncooked whole wheat penne pasta
Non-stick cooking spray
3/4 pound boneless skinless chicken breasts, uncooked, cut into bite size pieces
or 1 (12.5 ounce) can chicken breast, drained
1 medium onion, diced (2/3 cup)
8 ounces fresh mushrooms or 1 (4 ounce) can sliced mushrooms, rinsed and drained
2 medium red bell peppers, cut into strips (2 cups)
2 medium yellow bell peppers, cut into strips (2 cups)
2 medium garlic cloves, minced (2 teaspoons) or 1/4 teaspoon garlic powder
1 jalapeño pepper, seeded and minced (1 Tablespoon)
1/2 cup no-salt added chicken broth
2 (14.5 ounce) cans no-salt added crushed tomatoes
2 medium green onions, diced (1/4 cup)
1/4 cup fresh cilantro, minced
1/4 cup pepper jack cheese, shredded (1 ounces)
1/2 teaspoon black pepper

Boil 2 to 3 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking.

Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and follow the rest of the recipe.

Coat a large skillet with cooking spray and heat to medium-high. (If using canned chicken, skip cooking instructions and add drained chicken with the broth.)

Add chicken, onion, mushrooms, red and yellow peppers, garlic, and jalapeño pepper. Sauté about 5 minutes, or until chicken is no longer pink, stirring occasionally. Remove chicken mixture from skillet and set aside.

Add chicken broth and tomatoes to skillet, reduce heat to medium and simmer uncovered 2 minutes.

Add chicken mixture to broth/tomato mixture in the skillet and stir well. Add green onions, cilantro, pepper jack cheese, and black pepper to gently combine.

To serve, divide pasta between 6 bowls and top with the chicken and vegetable sauce.

Serves 6

Calories 242; Fat 2g; Protein 13g; Carbohydrate 45g; Fiber 7g; Sodium 85mg.

NOTES:

Total Cost: $16.16
Cost Per Serving (6): $2.69

Southwestern Pork and Vegetable Stew (D) Prep Time: 3

This dish is similar to classic posole (often spelled pozole), a pork stew originating in Jalisco, Mexico. Any type of pork may be substituted for the ground pork in this recipe. To make a more soup-like stew, add two additional cups of chicken broth.

1 Tablespoon canola oil
1 pound lean ground pork (16 ounces)
3 cloves garlic, minced (1 Tablespoon) or 1/2 teaspoon garlic powder
1 medium onion, diced (2/3 cups)
1 small red pepper, unpeeled and diced (2/3 cup) (or 4 ounces pimentos)
1/2 pound small red potatoes, unpeeled and diced (1 1/2 cups)
1 teaspoon ground cumin
1 teaspoon dried oregano
1 Tablespoon chili powder
1 (4 ounce) can chopped green chilies, undrained
1 (14 ounce) can no-salt added chicken broth
1/2 cup water
2 (15.5 ounce) cans hominy, rinsed and drained
Optional garnish: chopped cilantro, diced avocado, diced red onion

In a large saucepan or pot, heat oil over medium-high heat. Cook pork, breaking it up until browned. Add garlic, onion, red pepper, and potatoes. Cook, stirring, about 2 minutes or until onion is tender. Add cumin, oregano, chili powder, chilies, broth, water, and hominy. Heat to boiling. Reduce heat; cover and simmer 20 minutes, stirring occasionally, until potatoes are tender.

Place stew in serving bowls and add garnish, if desired.

Serves 6

Calories 381; Fat 20g; Protein 17g; Carbohydrates 33g; Fiber 6g; Sodium 359mg.

NOTES:

Total Cost, with garnishes: $10.46
Total Cost, without garnishes: $8.40

Cost Per Serving (6), with garnishes: $1.74
Cost Per Serving (6), without garnishes: $1.40

Spaghetti with Asparagus (P) Prep Time: 2

Asparagus is rich in folate, walnuts are high in omega-3 fatty acids and the carbohydrates from the pasta will help give you all day energy! This quick, easy pasta makes a great lunch. Toasting walnuts increases the flavor and aroma while giving them a great crunchy texture. Walnuts provide omega-3 fatty acids and mostly unsaturated fat, which may help protect against heart disease.

4-6 quarts water
1 pound uncooked whole wheat spaghetti
1/2 cup walnuts, diced
1/4 cup Panko bread crumbs
2 Tablespoons olive oil
1 1/2 pounds asparagus, cut into 2 inch pieces
2 cloves of garlic, minced (2 teaspoons) or 1/4 teaspoon garlic powder
10 ounces no-salt added chicken broth (1 1/4 cup)
Black pepper, to taste
1/4 cup Parmesan cheese, shredded (1 ounce)

Boil 4 to 6 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking.

Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and follow the rest of the recipe.

Heat walnuts in a dry, heavy skillet over medium heat for 1 to 2 minutes or until golden brown and smell toasted. Stir constantly to ensure even toasting, as nuts will burn easily in a skillet. Remove walnuts from skillet to cool or they will continue to brown and then burn.

Heat Panko bread crumbs in a dry, heavy skillet over medium heat for 1 to 2 minutes, stirring constantly, until golden brown and smell toasted.

Heat oil in a large pan over high heat; stir in asparagus. Cook, stirring often until asparagus is bright green, about 4 minutes. Add garlic and cook for 30 seconds, be careful to not burn garlic. Add broth and black pepper. Cook, stirring occasionally until asparagus is tender, about 4 minutes. Add pasta to sauce. Toss all together and simmer for 1 minute. Top with toasted walnuts, shredded Parmesan cheese, and bread crumbs.

Serves 6

Calories 427; Fat 13g; Protein 18g; Carbohydrate 66g; Fiber 3g; Sodium 117mg.

NOTES:

Total Cost: $8.38
Cost Per Serving (6): $1.40

Spicy Black Bean Dip Prep Time: 1

Black beans are a great source of antioxidants, fiber, and protein as well as being low in fat. Canned black beans should be rinsed and drained before use. Excellent for dipping vegetables, this would be great topped with sour cream and cilantro! Chicken broth may be substituted for the vegetable broth, if making the dip vegetarian isn't a priority.

1 (15 ounce) can no-salt added black beans, rinsed and drained
1/4 cup no-salt added vegetable broth
1/2 small red bell pepper, diced (1/3 cup)
1 small jalapeño, seeded and de-ribbed, minced (1 Tablespoon)
1 teaspoon fresh lime juice
1/2 teaspoon dried oregano
1/8 teaspoon black pepper

1 bag Tostitos® or Baked Lays® baked tortilla chips (optional)

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well. (Meat, poultry, and seafood should be washed before using, too.) Simply rinse under cold water and then pat dry with paper towels before continuing.

Combine beans with vegetable broth in a bowl. Using a fork, mash beans into a thick paste. Combine paste with bell pepper, jalapeño, lime juice, oregano, and black pepper. Serve with baked tortilla chips, if desired.

Dip may be made a day ahead, covered and stored in the refrigerator until needed.

Serves 6

Calories 63; Fat 1g; Protein 4g; Carbohydrate 11g; Fiber 4g; Sodium 135mg.

NOTES:

Total Cost (without chips): $2.99
Cost Per Serving (without chips) (6): $0.49

Spicy Rice and Beans (D) Prep Time: 2

This recipe is a fun spin on Red Beans and Rice. Lean ground beef, browned with Cajun seasoning, has been substituted as a healthier alternative for the traditional spicy Spanish sausage, Chorizo. Chorizo, Andouille sausage, pork sausage, or turkey pepperoni may all be substituted, but will increase the fat and sodium. Jars of roasted red peppers can usually be found in the condiment section of the store. For additional flavor, fire roasted diced tomatoes may be used for the diced tomatoes.

1 (14 ounce) can no-salt added chicken broth
2 cups uncooked instant brown rice
2 jarred, roasted red peppers in water, diced (1/2 cup)
1/3 cup cilantro, minced
1 teaspoon paprika
1 Tablespoon canola oil
1/2 pound lean ground beef (8 ounces)
2 teaspoons Cajun seasoning
2 jalapeño peppers, seeded and minced (2 Tablespoons)
1 small onion, diced (1/2 cup)
2 cloves garlic, minced (2 teaspoons) or 1/4 teaspoon garlic powder
1 (14.5 ounce) can no-salt added crushed tomatoes
1 (15 ounce) can no-salt added black beans, rinsed and drained

In a pot or large saucepan, bring chicken broth to a boil over medium-high heat. Add rice, cover, lower the heat and simmer for 7 minutes. Stir roasted peppers, cilantro, and paprika into the rice. Re-cover, remove from heat, and let stand for 5 minutes, or until rice is done.

Heat oil in a large skillet, over medium-high heat. Add ground beef and Cajun seasoning, breaking up the beef and cooking until browned, about 10 minutes.

Add jalapeños, onion and garlic to skillet and cook until tender, about 5 minutes. Stir in tomatoes and beans and simmer until heated through.

Divide the rice between shallow bowls and top with the vegetables and beef mixture.

Serves 6

Calories 284; Fat 7g; Protein 16g; Carbohydrate 39g; Fiber 7g; Sodium 454mg.

NOTES:

Total Cost: $6.44
Cost Per Serving (6): $1.07

Spinach, Avocado and Mango Salad (D) Prep Time: 1

The avocado in the salad adds heart-healthy fats and the mango adds fiber, vitamins, minerals and antioxidants. Mangoes can usually be found in the produce department of your grocery store or if fresh is not available thawed, frozen mango chunks will also work. Ripe mangoes will have a nice sweet fragrance. They should yield nicely to a light press with the fingertip. If they are brought unripe, they can be put in a paper bag in a warm place and they will ripen in a day or two. To pick a ripe avocado, hold it in your hand and gently squeeze it. An unripe avocado will feel like a stone. An over-ripe avocado will feel loose under the skin. A ripe avocado will feel the same as if you were to squeeze the palms of your hands. Radicchio is a beautiful reddish purple leaf vegetable about the size of a grapefruit and typically eaten raw in salads. It's slightly bitter flavor and color is wonderful when combined with other salad greens. Belgian endive, escarole, chicory or red-leaf lettuce may be substituted.

Dressing:
1/3 cup 100% orange juice
1 Tablespoon red-wine vinegar
2 Tablespoons canola oil
1 teaspoon Dijon mustard
1/8 teaspoon black pepper

Salad:
8 ounces baby spinach leaves (10 cups)
1 1/2 cups torn radicchio
1/2 small red onion, sliced thin (1/4 cup)
1 mango, peeled and sliced (1 1/3 cup)
1 avocado, peeled and sliced (1 1/3 cup)

Dressing:

Whisk orange juice, vinegar, oil, mustard and pepper in a bowl.

Salad:

Fresh veggies and fruits should always be rinsed well under cold running water and then patted dry with paper towels before using. Some veggies, such as potatoes, need to be scrubbed well. (Meat, poultry, and seafood should be washed before using, too.) Simply rinse under cold water and then pat dry with paper towels before continuing.

Combine spinach, radicchio, onion, and mango in a large bowl. Add dressing and toss to coat. Place avocado slices on top and serve.

Serves 6

Calories 137; Fat 10g; Protein 2g; Carbohydrate 12g; Fiber 4g; Sodium 152mg.

NOTES:

Total Cost: $8.43
Cost Per Serving (6): $1.41

Spinach Barley Risotto Prep Time: 2

Risotto is a great side for lunch or dinner. Dried cranberries add a punch of color and tartness to this dish. Look for them in the produce section to purchase in bulk or in the dried fruit section. Barley can usually be found in the oats section.

2 teaspoons canola oil
8 ounces fresh mushrooms or 1 (4 ounce) can sliced mushrooms, rinsed and drained
1 medium onion, diced (2/3 cup)
12 ounces no-salt added chicken or vegetable broth (1 1/2 cups)
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
1 teaspoon Dijon mustard
1/2 cup uncooked quick-cooking barley
1/2 cup uncooked instant brown rice
1/4 cup dried cranberries
4 ounces spinach leaves, washed and chopped (2 cups)

Heat oil in a skillet or large saucepan over medium-high heat. Add mushrooms and onion. Sauté until onions are soft and translucent, about 5-7 minutes. Stir in broth, garlic, black pepper and mustard. Cover and bring to boil. Stir in barley, brown rice, and dried cranberries. Cover, reduce heat to low and simmer 15 minutes, stirring once.

Stir in spinach; cover and simmer about 5 minutes or until water is absorbed and barley and brown rice are tender.

Serves 4

Calories 266; Fat 4g; Protein 9g; Carbohydrates 53g; Fiber 7g; Sodium 81mg.

NOTES:

Total Cost: $5.69
Cost Per Serving (4): $1.42

Stewed Catfish and Bell Peppers (D) Prep Time: 2

Catfish is one of the top 10 most popular seafoods consumed in the United States and is a great way to incorporate two servings of fatty fish per week to your diet. Other fatty fish especially high in heart-healthy omega-3 fatty acids include tilapia, salmon, tuna and mackerel. Tilapia, too, would work well in this recipe adapted from Frank's® Redhot® website.

1 cup uncooked brown rice
2 1/2 cups water
1 Tablespoon olive or canola oil
1/2 medium onion, diced (1/3 cup)
2 medium red and yellow bell peppers, diced (2 cups)
1 clove garlic, minced (1 teaspoon) or 1/8 teaspoon garlic powder
1 1/2 pounds catfish fillets or other firm white-fleshed fish
2 Tablespoons all-purpose flour
1/2 teaspoon black pepper
2 Tablespoons olive or canola oil
1 cup unsalted vegetable broth
1/4 cup cayenne pepper sauce (such as Frank's® Redhot® Original)
1 medium tomato, diced (3/4 cup)
1/2 cup parsley, chopped

Cook brown rice according to package directions, omitting margarine and salt. *Allow approximately twice as long to cook brown rice as white rice.*

If directions are not available, add the rice and water to a saucepan and bring to a boil. Cover saucepan with a tight fitting lid, reduce heat to low, and simmer without removing the lid, until the water has been absorbed and the rice is tender, about 40 minutes. If rice is not quite tender, replace lid and cook 2 to 4 minutes longer. If there is unabsorbed water, drain the rice. Remove from heat and fluff gently with a fork to separate the grains.

Rinse peppers, peeled onion, tomato and parsley under cold running water; drain, dice or chop and set aside. Combine flour and black pepper and set aside.

Heat 1 Tablespoon oil in skillet, on medium high heat. Add onion, bell peppers and garlic and sauté until tender, about 3 minutes. Remove from skillet and set aside.

Coat the fillets with the seasoned flour. Add 2 Tablespoons oil to the skillet and heat on medium high. Add fillets and cook until browned on both sides (approximately 5 minutes per side). Add vegetable broth and pepper sauce. Heat to boiling and reduce heat and simmer, covered, about 10 minutes, until fish flakes with a fork. Add the sautéed vegetables back during the last 2-3 minutes of cooking.

Divide the cooked rice between 6 bowls or plates, top with the stewed catfish and garnish with the chopped tomatoes and parsley.

Serves 6

Calories 361; Fat 16g; Protein 21g; Carbohydrates 32; Fiber 2.5g; Sodium 182mg.

NOTES:

Total Cost: $12.24
Cost Per Serving (6): $2.04

Strawberry Angel Cake Prep Time: 3

Store bought angel food cake mix makes this dessert quick and easy. Angel food cake is lower in fat, sugar and calories than other cakes. The sides of this cake may be 'frosted' with whipped cream if desired.

1 (16 ounce) box angel food cake mix
2 Tablespoons sliced almonds
1 1/2 pounds strawberries, sliced (2 pints)
1/4 cup sugar
1 (8 ounce) package fat-free cream cheese, softened to room temperature
1/2 cup sugar
1/2 teaspoon almond extract

Prepare cake in a 10-inch angel food (tube) cake pan according to package instructions. (Do not use fluted tube cake pan or 9-inch angel food pan or batter will overflow.) Allow to cool completely, about 2 hours.

Heat almonds in a dry skillet over medium heat for 1 to 2 minutes or until golden brown and smell toasted. Stir constantly to ensure even toasting, as nuts will burn easily in a skillet. Remove almonds from skillet to cool or they will continue to brown and then burn.

In a small bowl combine the strawberries and 1/4 cup of the sugar. Allow to set up to one hour.

In a separate bowl mix the softened cream cheese, 1/2 cup of sugar and almond extract together until smooth.

Remove cake from pan and place on a serving plate, with browned side down. Cut off top 1/2 of cake, using long, serrated knife; set aside. Spread bottom half of the cake with half of the cream cheese mixture. Top with 1/2 of the strawberries and 1/2 of the almonds. Replace top of half of cake and spread the top with the remaining cream cheese, following with the remaining strawberries and almonds.

Serves 16

Calories 167; Fat 1g; Protein 5g; Carbohydrate 36g; Fiber 1g; Sodium 289mg.

NOTES:

Total Cost: $12.48
Cost Per Serving (16): $0.78

Summer Stew of Artichoke Hearts and White Beans (D) Prep Time: 2

This recipe was developed by award winning Chef Colby Garrelts of Blue Stem Restaurant in Kansas City for Harvesters' use in the adult nutrition classes.

1 Tablespoon canola oil
1/2 large yellow onion, diced (1/2 cup)
1 clove garlic, minced (1 teaspoon) or 1/8 teaspoon garlic powder
1 (14.5 ounce) can no-salt added crushed tomatoes
1 (8 ounce) can no-salt added tomato sauce
1/8 cup fresh basil leaves, minced (2 Tablespoons), or 2 teaspoons dried basil
1 Tablespoon canola oil
1/2 pound ground turkey
1/2 teaspoon Italian seasoning
4 cloves of garlic, minced (4 teaspoons) or 1/2 teaspoon garlic powder
1/2 large yellow onion, diced (1/2 cup)
1 clove garlic, minced (1 teaspoon) or 1/8 teaspoon garlic powder
1 (14 ounce) can artichoke hearts, rinsed and drained
1 (15 ounce) can no-salt added white beans, rinsed and drained
1 cup water
1/8 cup fresh parsley, minced (2 Tablespoons)
1 ounce Parmesan cheese, shredded (2 Tablespoons)

Heat a medium saucepan on medium-low; add oil and onion. Cook for 1-2 minutes, then add 1 clove minced garlic and cook for 1-2 more minutes. Add crushed tomatoes and tomato sauce. Add basil and simmer; set aside.

Heat 1 Tablespoon oil in a medium skillet and cook the ground turkey, Italian seasoning, and garlic, breaking the turkey up, over medium-high heat until browned, about 10 minutes. Add remaining onion, garlic, artichokes, beans and water. Bring to a simmer for 5 to 8 minutes.

To serve, divide the sausage mixture between 6 bowls and top with tomato broth, parsley and Parmesan cheese.

Serves 6

Calories 279; Fat 9g; Protein 18g; Carbohydrate 32g; Fiber 8g; Sodium 288mg.

NOTES:

Total Cost: $8.82
Cost Per Serving (6): $1.47

Summer Vegetable Spaghetti Ⓓ Prep Time: 2

This lively vegetarian pasta dish is hearty and fresh, and can be served hot or cold. Canned diced tomatoes may be substituted for the fresh tomatoes. Additional vegetables may be added for a nutrient boost.

4 small yellow onions, cut in eighths (2 cups)
2 large ripe tomatoes, diced (2 cups)
2 small yellow or green summer squash, thinly sliced (2 cups)
5 ounces fresh green beans, snapped and cut in 1/2 inch pieces (1 1/2 cups)
2/3 cup water
2 Tablespoons fresh parsley, minced
1 clove garlic, minced (1 teaspoon) or 1/8 teaspoon garlic powder
1/2 teaspoon chili powder
Black pepper, to taste
1 (6 ounce) can no-salt added tomato paste
4-6 quarts water
1 pound uncooked whole wheat spaghetti
1/2 cup Parmesan cheese, shredded (4 ounces)

Combine onions, tomatoes, squash, beans, water, parsley, garlic, chili powder and black pepper in a large saucepan and cook for 10 minutes. Stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.

Boil 4 to 6 quarts of water. Add the pasta while stirring and return the water to a boil. Stir the pasta occasionally during cooking.

Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and follow the rest of the recipe.

Spoon sauce over spaghetti and sprinkle Parmesan cheese over the top.

Serves 8

Calories 273; Fat 3g; Protein 13g; Carbohydrates 54g; Fiber 3g; Sodium 128mg.

NOTES:

Total Cost: $7.34
Cost Per Serving (8): $0.92

Sunny-side Up Egg with White Beans Prep Time: 1

Howard Hanna, chef/owner of The Rieger Hotel Grill & Exchange accepted Harvester's 2012 annual Chef's Challenge to create a recipe made with no more than 5 (main) ingredients and prepared in 30 minutes. We adapted it by adding spinach for additional nutrients. This simple dish is of European heritage. There beans are a popular breakfast item, for good reason: They're loaded with protein, and studies show that a high-protein breakfast increases satiety and reduces hunger throughout the day.

1 Tablespoon olive oil
3 slices turkey bacon, sliced crosswise into roughly 1/4 inch strips
3 garlic cloves, thinly sliced
2 cups fresh spinach-packed, coarsely chopped
2 (15.5 oz) cans Great Northern beans, drained and rinsed
3 Tablespoons water
1/4 teaspoon pepper
2 Tablespoons olive oil
6 eggs
1/4 cup grated parmesan cheese

In a medium saucepan over medium heat, add 1 Tablespoon olive oil and the sliced bacon. Cook, stirring often, until the bacon is just beginning to crisp, about 2 minutes. Add thinly sliced garlic and cook until it is light brown, about 1 1/2 minutes. Add coarsely chopped spinach and cook until it is all wilted, about 2 minutes. Add the rinsed beans and increase heat to high. Add about 3 Tablespoons of water to adjust consistency and stir until simmering. Add black pepper to taste (the dish should be on the spicy side), then reduce heat to low.

In a non-stick pan on medium-high heat, add the remaining 2 Tablespoons of olive oil, then crack in the eggs. Baste the eggs with the oil and season with pepper. Cook until the whites are set but the yolks are still runny.

While the eggs are cooking, add the parmesan to the beans. Mix well and divide the beans into 6 soup bowls. When the eggs are cooked, top each bowl with an egg. Drizzle the eggs with the olive oil left from the pan they were cooked in and serve.

Serves 6

Calories 357; Fat 16g; Protein 22g; Carbohydrate 32g; Fiber 7g; Sodium 327mg.

NOTES:

Total Cost: $6.39
Cost Per Serving (6): $1.07

Sweet and Sour Chicken Ⓓ

Prep Time: 2

This recipe is a tasty, healthier version of a Chinese staple.

1 cup uncooked brown rice
2 1/2 cups water
1 Tablespoon canola oil
3/4 pound boneless skinless chicken breasts, uncooked, cut into bite size pieces
or 1 (12.5 ounce) can chicken breast, drained
1 (15.25 ounce) can pineapple chunks in juice, undrained
1 Tablespoon canola oil
3 cloves garlic, minced (1 Tablespoon) or 1/2 teaspoon garlic powder
1 teaspoon ground ginger
1/4 teaspoon crushed red pepper
1 large onion, diced (1 cup)
2 medium-large celery stalks, diced (1 cup)
1/2 large red bell pepper, diced (1/2 cup)
1/3 cup reduced-sodium soy sauce
1 1/2 Tablespoons cornstarch
2 teaspoons brown sugar
1/4 cup unsalted dry roasted cashews, chopped

Cook brown rice according to package direction, omitting margarine and salt. *Allow approximately twice as long to cook brown rice as white rice.*

If directions are not available, add the rice and water to a saucepan and bring to a boil. Cover saucepan with a tight fitting lid, reduce heat to low, and simmer without removing the lid, until the water has been absorbed and the rice is tender, about 40 minutes. If rice is not quite tender, replace lid and cook 2 to 4 minutes longer. If there is unabsorbed water, drain the rice. Remove from heat and fluff gently with a fork to separate the grains.

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add diced chicken pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until chicken is no longer pink and just starting to brown in spots, about 2 minutes more. Transfer to a plate.

Drain pineapple over a bowl, reserve 2/3 cup of juice. Refrigerate remaining pineapple juice for another use.

Wipe out the skillet and heat remaining 1 Tablespoon of oil over medium-high heat. Add garlic, ginger, red pepper, onion, celery and bell pepper to skillet, and sauté 4 minutes or until crisp-tender. Add pineapple chunks and cooked chicken to skillet; cook 30 seconds.

In a small bowl, combine the reserved 2/3 cup of pineapple juice, soy sauce, cornstarch and brown sugar. Stir with a whisk until smooth. Add and stir into chicken mixture in skillet and bring to a boil. Cook 1 minute, or until sauce is thickened and bubbly, stirring frequently.

To serve, divide rice between 6 bowls, top with sweet and sour chicken, and sprinkle with cashews.

Serves 6

Calories 335; Fat 9g; Protein 18g; Carbohydrate 46g; Fiber 3g; Sodium 526mg.

NOTES:

Total Cost: $7.56
Cost Per Serving (6): $1.26

Sweet Potato Burritos (D) Prep Time: 1

Avocados are an excellent source of healthy fat. To pick a ripe avocado, hold it in your hand and gently squeeze it. An unripe avocado will feel like a stone. An over-ripe avocado will feel loose under the skin. A ripe avocado will feel the same as if you were to squeeze the palms of your hands. This may be served as a salad by omitting the tortilla.

1 pound sweet potatoes, unpeeled or 1 (15 ounce) can sweet potatoes, diced
4 (10 inch) whole wheat lower-sodium tortillas
1 cup vegetarian refried beans
1 avocado, sliced (1 cup)
2 cups bagged salad greens, rinsed and drained
2 medium green onions, diced (1/4 cup)
2 Tablespoons cilantro, minced
Salsa or pico de gallo (optional)

To use fresh sweet potatoes, scrub skin and trim off any bruised or woody portions.

Puncture skin a few times with a fork and wrap potatoes in a moist paper towel in microwave. Cook on high for 6 – 8 minutes, turning sweet potatoes over after half of the cooking time. Sweet potatoes may still feel firm when done. Let stand 5 minutes to soften. When cool enough to handle, cut unpeeled potatoes into 1/2 inch cubes.

To use canned sweet potatoes, rinse and drain the sweet potatoes. Cut into 1/2 inch pieces, if needed. Warm in microwave just before assembling the burritos.

Warm refried beans in microwave. Leaving a one-inch border around the edge, spread tortillas with refried beans and avocado slices. Top with layers of sweet potatoes, salad greens, onions, and cilantro. Top with salsa, if desired. Fold in sides and roll each tortilla to form a tight package. Slice in half at a slight diagonal.

Serves 4

Calories 315; Fat 9g; Protein 9g; Carbohydrate 52g; Fiber 13g; Sodium 357mg.

NOTES:

Total Cost: $5.88
Cost Per Serving (4): $1.47

Sweet Potato, Sausage and Lentil Soup (D) Prep Time: 3

Lentils are small, disc-shaped legumes that have an earthy flavor when cooked. They are a good source of fiber, protein, vitamins and minerals, but have little fat. Look for them in the dried bean section in the supermarket. Kale is a leafy green vegetable that belongs to the cabbage family and is a good source of vitamin A, vitamin C, vitamin K and fiber.

1 Tablespoon olive or canola oil
1 (14 ounce) package smoked pre-cooked turkey sausage link, sliced
1 medium onion, diced (2/3 cup)
8 ounces fresh mushrooms or 1 (4 ounce) can sliced mushrooms, rinsed and drained
1 cup lentils, uncooked and rinsed
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
2 teaspoons cumin
1 teaspoon paprika
1/2 teaspoon chili powder
1/2 teaspoon dried rosemary
1 (14.5 ounce) can no-salt added crushed tomatoes
1 pound sweet potatoes, unpeeled or 1 (15 ounce) can sweet potatoes, diced
6 (14 ounce) cans no-salt added chicken broth (10 1/2 cups)
3 1/2 cups kale, spinach or other green leafy vegetables, veined and chopped

Heat oil in a large soup pot over medium-high heat; add sausage and brown. Add onions and mushrooms; cook until slightly softened, about 4-5 minutes. Stir in lentils, garlic powder, black pepper, cumin, paprika, chili powder, and rosemary until well blended. Add tomatoes, sweet potatoes and broth.

Cover pot, raise heat to high and bring to a boil. Uncover pot, reduce heat enough to keep soup at a good rolling boil. Cook 15 minutes or until lentils are tender. Add small bunches of the kale to boiling soup at a time. Turn off heat and allow to stand 5 minutes before serving.

Serves 10

Calories 243; Fat 6g; Protein 18g; Carbohydrate 30g; Fiber 9g; Sodium 567mg.

NOTES:

Total Cost: $13.44
Cost Per Serving (10): $1.34

Taco Soup (D) Prep Time: 2

All the best taco ingredients come together to make a tasty soup, plus it is a great source of vitamins! Tastes fantastic with baked tortilla chips sprinkled on top. Lean ground beef (90% lean or higher) may be used in place of the turkey.

Non-stick cooking spray
3/4 pound ground turkey breast
or 1 (12.5 ounce) cans white turkey, drained
1 medium onion, diced (2/3 cup)
1 Tablespoon chili powder
1 1/4 teaspoon garlic powder
1 1/4 teaspoon onion powder
1/4 teaspoon ground cayenne (red) pepper
1/4 teaspoon dried oregano
1/2 teaspoon paprika
2 teaspoons ground cumin
1 teaspoon pepper
1 medium zucchini, diced (1 1/2 cup)
1 medium carrot, shredded (1/2 cup)
2 medium celery stalks, diced (3/4 cup)
1 (32 ounce) bottle or can reduced-sodium vegetable juice
2 cups frozen corn (16 ounces)
1 (14.5 ounce) can no-salt added crushed tomatoes
1 (15 ounce) can no-salt added black beans, rinsed and drained

Cover the inside of a large soup pot with nonstick cooking spray. Add turkey, onion, chili powder, garlic powder, onion powder, cayenne (red) pepper, oregano, paprika, cumin, and pepper to the pot and sauté on medium high heat until turkey is no longer pink and onion is translucent. Add zucchini, carrot, and celery. Sauté until vegetables are tender, about 5 to 10 minutes. Stir in vegetable juice, corn, tomatoes, and beans. Simmer about 5 minutes.

Serves 8

Calories 186; Fat 2g; Protein 17g; Carbohydrate 28g; Fiber 7g; Sodium 242mg.

NOTES:

Total Cost: $7.77
Cost Per Serving (8): $0.97

Tex Mex Rice Skillet Prep Time: 2

Tex-Mex is a regional American cuisine that blends food products available in the United States and the culinary creations of Mexican-Americans influenced by the cuisines of Mexico. Green chilies can be found in the ethnic food aisle of the grocery store.

3/4 cup uncooked brown rice
1 2/3 cups water
1 Tablespoon canola oil
1/2 pound ground turkey (8 ounces)
1 large green bell pepper, diced (1 cup)
1 large onion, diced (1 cup)
1 small zucchini, diced (1 cup)
2 (14.5 ounce) cans no-salt added crushed tomatoes
2 cups frozen corn (16 ounces)
1 (4 ounce) can diced mild green chilies, undrained
2 teaspoons chili powder
1 teaspoon cumin
1 teaspoon garlic powder
1/2 cup shredded low-fat Mexican blend cheeses (2 ounces)
1/2 cup cilantro, minced

Cook brown rice according to package direction, omitting margarine and salt. Allow approximately twice as long to cook brown rice as white rice.

If directions are not available, add the rice and water to a saucepan and bring to a boil. Cover saucepan with a tight fitting lid, reduce heat to low, and simmer without removing the lid, until the water has been absorbed and the rice is tender, about 40 minutes. If rice is not quite tender, replace lid and cook 2 to 4 minutes longer. If there is unabsorbed water, drain the rice. Remove from heat and fluff gently with a fork to separate the grains.

Heat oil in a large skillet over medium-high heat, cook the ground turkey breaking it up, until browned, about 10 minutes. Add green pepper and onion, cook about 5 minutes.

Stir in zucchini, tomatoes, corn, chilies, chili powder, cumin and garlic powder and bring to a boil. Reduce heat to low and simmer 10 minutes. Stir in cooked rice and sprinkle with cheese and cilantro.

Serves 6

Calories 301; Fat 9g; Protein 15g; Carbohydrate 43g; Fiber 6g; Sodium 231mg.

NOTES:

Total Cost: $7.05
Cost Per Serving (6): $1.18

Thai Peanut Noodles Prep Time: 2

Peanut sauce is typically made from a mix of peanut oil, garlic, onions, chilies, soy sauce and peanuts. This quick version is just as tasty as the traditional south Asian sauce. Raw vegetables, such as snow peas or sprouts, may be added just before serving.

1 pound uncooked whole wheat pasta
2 large carrots, cut into thin, 1-inch long strips (1 1/4 cups)
1 medium red bell pepper, sliced into thin, 1-inch long strips (3/4 cup)

Peanut Sauce:
1/3 cup creamy peanut butter
1/4 cup reduced-sodium soy sauce
1 Tablespoon toasted sesame oil
1 Tablespoon canola oil
1 Tablespoon red wine vinegar
1 Tablespoon honey
3/4 teaspoon dried ginger
3/4 teaspoon crushed red pepper flakes
1/2 teaspoon garlic powder
1/4 teaspoon coriander
1/4 - 1/2 cup reserved boiling water, as needed
1/4 cup roasted peanuts, coarsely chopped
1/4 cup fresh cilantro, minced
1 lime, cut into wedges

Boil 4 to 6 quarts of water. Add pasta and carrots while stirring and return the water to a boil. Stir the pasta occasionally during cooking.

Follow the package directions for cooking times. Add bell pepper about 3 minutes before pasta is done. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain immediately; reserve 1/2 cup water for the peanut sauce and return pasta and vegetables to pan.

While pasta is cooking, place peanut butter, soy sauce, sesame and canola oils, vinegar, honey, ginger, red pepper, garlic powder, and coriander in a medium bowl. Slowly begin adding the reserved boiling water, stirring or whisking to make a smooth paste.

Add peanut sauce to the drained pasta and stir to combine. Reheat if necessary.

Place in 6 individual bowls and top with peanuts, cilantro, and lime wedges.

Serves 6

Calories 415; Fat 13g; Protein 16g; Carbohydrate 65g; Fiber 4g; Sodium 440mg.

NOTES:

Total Cost: $9.47
Cost Per Serving (6): $1.57

Tuna Artichoke Melt (D) Prep Time: 2

This recipe is a creative take on an old-fashioned tuna melt. It is also a great way to sneak in a less common veggie, the artichoke. Artichokes are actually large flower buds made up of tough pointed leaves. Only the base (or the heart) of artichokes are edible; look for them ready-to-go in the canned or frozen vegetable aisle.

2 whole wheat sandwich thins, split open
1/2 cup canned artichoke hearts, rinsed and drained
2 medium green onions, diced (1/4 cup)
1 Tablespoon fresh lemon juice
1 teaspoon olive or canola oil
1/2 teaspoon dried oregano
1/8 teaspoon black pepper
1/8 teaspoon ground cayenne (red) pepper
1 (6 ounce) can chunk light tuna in water, lightly drained and flaked
Non-stick cooking spray
2 thin slices provolone cheese (2 ounces), cut in half

Dice artichoke hearts into bite size pieces. Combine artichokes, green onions, lemon juice, oil, oregano, black and red pepper, and tuna in a medium bowl.

Coat a skillet with cooking spray on medium-high; toast sandwich thin halves in skillet, upside down.

Turn sandwich thins over and place the mixture on the open halves, dividing evenly. Top each with half of a cheese slice and cover. Heat on medium-low until the cheese is melted and bottom of sandwich thin is lightly toasted. Serve open-faced.

Serves 4

Calories 179; Fat 6g; Protein 18g; Carbohydrate 15g; Fiber 3g; Sodium 445mg.

NOTES:

Total Cost: $3.98
Cost Per Serving (4): $0.99

Tuna Burger with Sweet Chili Sauce Ⓓ Prep Time: 3

Award winning Chef Ted Habiger from Room 39 Restaurant in Kansas City developed a similar version of this recipe for Harvesters' use in the adult nutrition classes. He accepted Harvesters' Chefs Challenge to create dishes using canned fish and other ingredients commonly distributed by the food bank.

Sweet Thai chili sauce:
1 medium red bell pepper, diced (3/4 cup)
3 Tablespoons white vinegar
1/2 cup sugar
1/2 cup water
1/2 Tablespoon cornstarch blended with 1 Tablespoon water
1/4 cup cilantro, minced

Burgers:
1 Tablespoon fresh ginger, grated (a piece about the size of a thumbprint)
1 clove garlic, minced (1 teaspoon) or 1/8 teaspoon garlic powder
1 teaspoon olive oil
2 (12 ounce) cans chunk light tuna in water, drained
1 1/2 Tablespoons Dijon mustard
1 lemon, juiced (2-3 Tablespoons)
2 eggs, beaten
2/3 cup Panko bread crumbs
1/2 Tablespoon reduced-sodium soy sauce
1/2 Tablespoon Worcestershire sauce
Non-stick cooking spray
8 whole wheat sandwich thins
Lettuce for 8 sandwiches

Sweet Thai chili sauce:

In a saucepan cook red pepper, vinegar, sugar and 1/2 cup water over medium-low heat for 20 minutes. In a small bowl blend cornstarch and 1 Tablespoon water together with a fork. Add cornstarch mixture to the saucepan and continue cooking until sauce is thick enough to coat the back of a spoon. Remove from heat and stir in cilantro.

Burgers:

In a large bowl, combine ginger, garlic and olive oil and blend together with a fork. Add the tuna, mustard, lemon juice, eggs, bread crumbs, soy sauce, and Worcestershire sauce to the blend in the bowl. Using clean hands combine the ingredients and form into 8 patties. Spray skillet with non-stick cooking spray and heat patties over medium heat, with lid on, until golden brown.

Toast sandwich thins, add patties and serve with chili sauce and lettuce.

Serves 8

Calories 330; Fat 6g; Protein 28g; Carbohydrate 45g; Fiber 6g; Sodium 710mg.

NOTES:

Total Cost: $10.21
Cost Per Serving (8): $1.27

Turkey Jambalaya (D) Prep Time: 2

Jambalaya originates from the French quarter of New Orleans. It is considered by most Louisianians to be a filling but simple-to-prepare rice dish; gumbos, étouffées, and creoles are considered more difficult to perfect. Sausage is typically included, but other meats like chicken, ground beef or shrimp, may be substituted for all or part of the sausage. Turkey sausage makes a tasty and lean substitute for traditional pork sausage.

1 cup uncooked brown rice
2 1/2 cups water
1 Tablespoon canola oil
1 (14 ounce) package smoked pre-cooked turkey sausage, sliced
1 large onion, diced (1 cup)
1 large red bell pepper, diced (1 cup)
1 1/2 large celery stalks, diced (1 cup)
1 Tablespoon paprika
1/2 teaspoon dried oregano
1 teaspoon garlic powder
1/4 teaspoon ground red pepper
1 (14.5 ounce) can no-salt added crushed tomatoes
6-7 medium green onions, diced (1/2 cup)
Hot sauce (optional)

Cook brown rice according to package direction, omitting margarine and salt. Allow approximately twice as long to cook brown rice as white rice.

If directions are not available, add the rice and water to a saucepan and bring to a boil. Cover saucepan with a tight fitting lid, reduce heat to low, and simmer without removing the lid, until the water has been absorbed and the rice is tender, about 40 minutes. If rice is not quite tender, replace lid and cook 2 to 4 minutes longer. If there is unabsorbed water, drain the rice. Remove from heat and fluff gently with a fork to separate the grains.

Heat oil in a large skillet over medium-high heat. Add turkey sausage and brown for 3-4 minutes. Add onion, bell pepper, and celery. Cook until vegetables are tender, about 4-6 minutes. Add paprika, oregano, garlic powder, ground red pepper, tomatoes, and cooked rice. Stir together until heated through. Serve the jambalaya in bowls topped with chopped green onions and hot sauce, if desired.

Serves 8

Calories 219; Fat 7g; Protein 11g; Carbohydrate 28g; Fiber 3g; Sodium 489mg.

NOTES:

Total Cost: $6.22
Cost Per Serving (8): $0.77

Turkey Tetrazzini (D) Prep Time: 2

Tetrazzini is said to have been named for the famous Italian opera singer Luisa Tetrazzini. Here is a healthier version of the original. The deli counter can cut thick slices of turkey, which can easily be diced later. The turkey in this tetrazzini recipe could be replaced with canned tuna or chicken.

1/4 pound uncooked whole wheat spaghetti
Note: 1/4 pound (4 ounces) is a 1-inch diameter bunch of dry spaghetti
Non-stick cooking spray
3/4 pound reduced-sodium deli turkey breast, diced (1 1/2 cups)
1 medium green pepper, diced (3/4 cup)
8 ounces fresh mushrooms or 1 (4 ounce) can sliced mushrooms, rinsed and drained
1 small onion, diced (1/2 cup)
1/4 cup water
1 (10 1/2 ounce) can ready-to-serve, low sodium, cream of mushroom soup
3/4 cup low-fat sharp Cheddar cheese, shredded (3 ounces)
1/8 teaspoon black pepper
1 (2 ounce) jar diced pimiento (optional)
2 Tablespoons fresh parsley, minced (optional)

Boil 1 to 1 1/2 quarts of water. Add the spaghetti while stirring and return the water to a boil. Stir the spaghetti occasionally during cooking.

Follow the package directions for cooking times. Taste the pasta to determine if it is done. Perfectly cooked pasta should be "al dente," or firm to the bite, yet cooked through. Drain pasta immediately and follow the rest of the recipe.

Coat a large skillet or saucepan with cooking spray and heat to medium-high. Add turkey, green pepper, mushrooms, and onion; sauté 3 minutes or until onion is tender. Stir in water, soup, cheese, and pepper; reduce heat to low and cook 4 minutes or until cheese melts, stirring until mixture is smooth. Stir in spaghetti, pimiento (optional), and parsley (optional); cook until thoroughly heated.

Serves 5

Calories 222; Fat 5g; Protein 23g; Carbohydrate 24g; Fiber 1g; Sodium 552mg.

NOTES:

Total Cost: $12.66
Cost Per Serving (5): $2.51

Tuscan Beef Stew with Polenta (D) Prep Time: 3

Polenta is a traditional Italian dish, similar to cornmeal mush and grits. Polenta is widely used all over Italy. Quick cooking polenta is available in the grain aisle of most stores, near the cornmeal. It is either served hot, much like mashed potatoes, or it is cooled, sliced, and grilled or baked.

Polenta:
4 1/2 cups water
3/4 teaspoon salt
1 Tablespoon unsalted butter or margarine
1 1/2 cups instant polenta

Stew:
1 Tablespoon olive oil
3 small carrots, peeled and diced (1 1/4 cup)
1 large onion, diced (1 cup)
3 medium stalks celery, diced (1 1/4 cup)
1 pound 93% lean ground beef (16 ounces)
1 (14 ounce) can no-salt added beef broth
1 teaspoon dried thyme
3 medium tomatoes, quartered (2 cups)
1/2 teaspoon black pepper

Polenta:

Bring water to a vigorous boil in a large saucepan, add salt and butter. While whisking, let the polenta fall into the pot in a steady stream. Reduce heat and cook, stirring continuously with a wooden spoon, for 5 minutes or until the mixture comes together but is still soft.

Pour onto an oiled baking sheet and spread it into a smooth flat rectangle about 1/2-inch thick. Allow to cool until firm, about 10 minutes, slice into squares. These squares may be sautéed just before serving for improved flavor and texture.

Stew:

Preheat large saucepan over medium-high heat. Add olive oil, sauté carrots, about 5 minutes. Add onion and celery to carrots and continue sautéing until light golden brown, another 5 minutes. Add beef; sauté, breaking it up, until beef is browned. Add beef broth, thyme, tomatoes and black pepper. Bring to a boil and allow to simmer for 5-10 minutes, or until meat is cooked through.

Serve over polenta squares.

Serves 6

Calories 386; Fat 9g; Protein 23g; Carbohydrate 52g; Fiber 5g; Sodium 498mg.

NOTES:

Total Cost: $7.91
Cost Per Serving (6): $1.31

Vegetarian Reubens with Russian Dressing (D) Prep Time: 2

The original Reuben sandwich is made with corned beef, sauerkraut, Swiss cheese and salad dressing grilled on rye bread. This vegetarian version uses spinach and onion as the filling, which is so satisfying the corned beef won't even be missed. Add mushrooms for a meatier texture and to boost the nutrition.

Russian Dressing:
2 Tablespoons lower sodium mayonnaise or salad dressing
2 teaspoons ketchup
2 teaspoons onion, minced
1 teaspoon pickle, diced or sweet pickle relish

Sandwiches:
2 teaspoons olive or canola oil
1 small onion, diced (1/2 cup)
5 cups baby spinach, rinsed and drained
Non-stick cooking spray
8 slices rye bread or whole wheat sandwich thins
1/2 cup low-fat Swiss cheese, shredded (2 ounces)
1/2 cup sauerkraut, drained

Russian Dressing:

Whisk mayonnaise and ketchup in a small bowl until smooth. Blend in onions and pickle or relish. Set aside.

Sandwiches:

Heat oil in a large skillet over medium-high heat. Add onion and sauté until softened, about 4 minutes. Add spinach and cook, stirring, until it has wilted, 1 to 2 minutes. Transfer mixture to a small bowl and clean skillet.

Assemble 4 slices of bread on a plate and divide cheese equally among slices. Spread sauerkraut on each slice, top with 2 teaspoons of dressing, add spinach mixture evenly, and top with another slice of bread.

Return skillet to medium heat and coat with non-stick cooking spray.

Toast sandwiches 2 to 3 minutes per side until golden brown or cheese has melted.

Serves 4

Calories 223*; Fat 6g; Protein 13g; Carbohydrate 30g; Fiber 6g; Sodium 484mg.

*Nutrition data calculated using whole wheat sandwich thins.

NOTES:

Total Cost: $6.78
Cost Per Serving (4): $1.69

White Chicken Chili Ⓓ

Prep Time: 3

This chili recipe is delicious and great for a cold winter day. The white beans and chicken make it a healthy variation of typical beef chili. Canned chicken is an excellent quick substitution in this recipe. Spinach can be cut up and added for additional nutrients.

1 Tablespoon canola oil
2 1/2 pounds boneless skinless chicken breasts, uncooked, cut into bite size pieces
or 3 (12.5 ounce) cans chicken breast, drained
Non-stick cooking spray
2 large onions, diced (2 cups)
1/2 teaspoon garlic powder
1 Tablespoon ground cumin
1 Tablespoon chili powder
1/2 teaspoon dried oregano
2 (4 ounce cans) chopped green chilies, undrained
1 cup water
2 (15 ounce) cans no-salt added white beans, rinsed and drained
1 (14 ounce) can no-salt added chicken broth
1/2 teaspoon hot pepper sauce
1 cup low-fat Monterey Jack cheese, shredded (4 ounces)
1/2 cup cilantro, minced (optional)
3-4 medium green onions, diced (optional) (1/2 cup)

Heat a large skillet over medium-high heat and add 1 Tablespoon oil. Add diced chicken pieces and cook, undisturbed, for 2 minutes. Continue cooking, stirring occasionally, until chicken is no longer pink and just starting to brown in spots, about 2 minutes more. Transfer to a plate.

Heat a large pot over medium-high heat. Coat with cooking spray and add onion; sauté 6 minutes or until translucent, stirring frequently. Stir in garlic powder, cumin, chili powder and dried oregano; sauté 1 minute. Stir in chilies; reduce heat to low, and cook 10 minutes, partially covered. Add chicken, water, beans and broth; bring to a simmer. Cover and simmer 10 minutes. Stir in hot sauce. Ladle chili into 7 bowls; sprinkle each serving with 2 Tablespoons cheese, 1 Tablespoon cilantro (optional) and 1 Tablespoon green onions (optional).

Serves 7

Calories 281; Fat 6g; Protein 21g; Carbohydrate 35g; Fiber 8g; Sodium 334mg.

NOTES:

Total Cost: $16.52
Cost Per Serving (7): $2.36

Whole-Grain Chocolate Chip Cookies Prep Time: 2

These cookies are a healthier and more nutritious version of regular chocolate chip cookies without losing the delicious flavor. Oats are used in this recipe as a flour substitute for added fiber and great heart – healthy benefits.

3/4 cup old-fashioned oats
1 cup whole wheat flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup unsalted butter, softened
1/4 cup canola oil
1/3 cup granulated sugar
1/3 cup brown sugar
1 large egg
1 teaspoon vanilla extract
1 cup chocolate chips
Non-stick cooking spray

Preheat oven to 350°.

Grind oats in a blender or food processor until they have a texture similar to flour. Transfer to a medium bowl and combine with whole wheat flour, baking soda and salt by hand. Beat butter in a medium bowl with an electric mixer until fluffy. Add oil, white and brown sugars, egg and vanilla; beat until smooth and creamy. Slowly add the dry ingredients and mix on low speed until combined. Stir in chocolate chips by hand.

Drop by Tablespoonfuls onto lightly sprayed cookie sheet, approximately 2 inches apart. Bake cookies about 9-12 minutes. Check after 9 minutes to see if cookies are done (firm edges and slightly golden on top). Cool on the sheets for 1 minute before removing to wire racks to cool completely.

Makes approximately 2 dozen cookies.

Serves 24

Calories 131; Fat 7g; Protein 2g; Carbohydrate 17g; Fiber 2g; Sodium 79mg.

NOTES:

Total Cost: $3.30
Cost Per Serving (24): $0.13

Cooking for One or Two

PLAN

- Plan meals ahead of time so that you can use leftovers (planned-overs) in another dish.
- Connect meals throughout the week to avoid having half a can of beans or less-than-fresh tomatoes left at the end of the week.
- Buy only what you need for a few days at a time: perhaps only a single chicken breast or two bananas.
- Look for ideas in cookbooks, magazines and web-sites focused on cooking for one or two people so the math is easy.
- Convenience foods can be another way to prepare easy meals. By adding fresh chopped vegetables to spaghetti sauce, pizza, rice, soup, a baked potato, or even as a side dish with a frozen dinner, the convenience food will have more flavor and nutritional value
- Add chopped onions, mushrooms, peppers and cooked meat to canned spaghetti sauce.
- Serve spaghetti sauce over noodles one day, then add kidney beans and chili seasoning for another meal.
- Top a microwave-baked potato with planned-over chili and cheese.
- Mix chopped yellow squash, green peas and grated carrots with a prepared rice mix.
- Spice up canned tomato soup by adding chopped green onion, celery and some garlic powder.

SHOP

- Ask to have your meats portioned into single serving packages as you purchase them.
- Divide meats up once you get home and freeze them into single servings.
- Use the bulk aisle or the salad bar at the grocery store to purchase just the right amount.
- Shop with a friend and share larger items.
- Choose produce that lasts awhile, like artichokes, beets, cabbage, celery, kale, onions, parsnips, potatoes, winter squash, sweet potatoes, apples, grapefruit or oranges.
- Choose foods that store well to buy in large quantities.

STORE

- Store sliced bread or rolls in the freezer and thaw just what you need.
- Buy re-sealable bags of frozen fruits and vegetables so you can take out what you want and save the rest, or place non-resealable bags in zipper type freezer bags.
- Try small cans of vegetables or fruit.
- Do not wash vegetables until right before use.
- Keep fruit where you will see it and remember to eat it.
- Dried herbs can be kept for up to a year before losing flavor.

COOK

- Soups and stews freeze and reheat well, so make full batches and freeze in individual servings.
- One-dish meals that include foods from several food groups are quick and easy.

Cooking for One or Two *(continued)*

- Utilize cooking equipment sized to cook small amounts of food without a lot of fuss. Toaster ovens are more convenient and require less energy than traditional ovens. Small indoor grills (George Foreman style) are great for a quick, healthy alternative to fast food. They cut cooking time and are very easy to use and clean.
- Use foil sprayed with cooking spray to make a packet of meat and toss in the toaster oven or oven until done.

LEFTOVERS (Planned-overs)

- If you use less than a whole can of food, place it in a freezer bag or container, label with date, and freeze the rest for up to 3 months.
- Freeze planned-overs in single serving containers.
- Don't refrigerate large amounts of leftovers; they will probably get boring before you finish them.
- At the end of the week prepare a recipe that can include various combinations of leftover meats, vegetables or cheese. Stir-fry, omelets, frittatas, baked potatoes, soups, pasta dishes and salads are great catch-all's for leftovers.

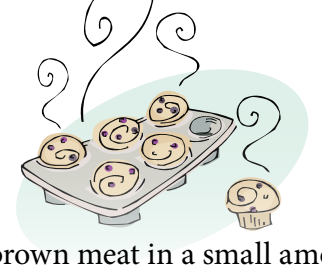
Fruits and Vegetables

- Canned or fresh can be added to salads, or pureéd for use as pancake sauce or on toast, or placed on top of roasted chicken.
- Fruit juice can be frozen in ice cube trays and used for flavoring and chilling fruit drinks.
- Overripe fruits can be whirled in a blender with orange juice, a pinch of sugar, and ice for a fruit drink.
- Canned or fresh fruit can be added to muffins, quick bread or pancake batter.
- Cooked vegetables can be used in an omelette, in a casserole, in soups, or marinated in Italian dressing for a quick cold salad.
- Chopped raw onions, celery, mushrooms or green peppers can be frozen for use in soups, stews, and casseroles.

Breads and Cereals

- Make crumbs for topping or breading for chicken or fish.
- Use for French toast.
- Cut into cubes, toss with salt, pepper, and a little olive oil, and bake until crisp for homemade croutons.
- Make Melba toast -- remove crust, roll thinly and bake at 350°F until crisp.
- Add cooked macaroni to a casserole or soup, or use cold in salads.
- Stir-fry cooked rice with chopped vegetables, add planned-over meat or poultry at the last minute and serve with low sodium soy sauce.
- Add cooked rice to puddings or casseroles.
- Make mini pizzas by topping English muffins with planned-over spaghetti sauce, vegetables and shredded cheese.
- Cut dry tortillas into wedges and bake to make chips.

Cooking Terms



Braise: to brown meat in a small amount of fat, then cook slowly in a covered container with a small amount of liquid.

Blanch: to plunge foods into boiling water for a few seconds or a few minutes, then remove and place in ice water to halt cooking.

Broil: to cook under direct heat (usually under the broiler in the oven).

Cream: to mix one or more foods until soft and well combined, a method used in baking.

Cut: to blend a solid fat into a dry ingredient until the mixture is in the form of small particles. This can be done with two knives, an electric blender, or manual pastry blender.

Dice: foods that are cut into cubes about 1/8 to 1/4 inch wide to ensure even appearance and cooking time.

Fold: to combine by slicing through the mixture, then sliding the spatula across the bottom of the bowl to turn the mixture over.

Grate: to rub a solid food repeatedly over the holes of a perforated kitchen utensil until it is reduced to fine or course shreds, powder, or very fine fragments.

Knead: to mix dough by folding, pressing together, and stretching.

Marinate: to steep meat or game in a marinade (oil and acid mixture) for a certain length of time to tenderize and flavor the product.

Mince: to cut or chop into very small pieces.

Parboil: to boil until partially cooked.

Poach: gently simmering a delicate food, such as eggs, poultry, fish or fruit in liquid.

Roast: uses dry heat, whether an open flame, oven, or other heat source.

Sauté: to cook quickly in a small amount of fat, over medium heat.

Simmer: to cook in liquid below the boiling point. A liquid is simmering when bubbles form slowly and break just below the surface, at about 185°.

Steam: to cook foods in a steamer or on a rack over boiling water.

Stir: to mix in a circular motion.

Stir-fry: to cook over high heat in a small amount of fat while stirring food rapidly.

Whip: to beat rapidly to add air for more volume or size.

Zest: to scrape or cut the outer, colorful skin on citrus fruits, avoiding the inner uncolored pith, which is bitter.

Cooking Tips and Tricks

Follow a recipe rather than using high priced convenience foods.

- Recipes are easy to come by these days: in cookbooks, magazines, newspapers, the internet, and even on package labels. Unfortunately, you can't always tell if a recipe will be successful.
- Read introductions in cookbooks or food magazines to determine whether it might meet your needs. Ask other cooks to recommend recipes or recipe sources. Internet recipes sometimes have ratings for you to see other people's feedback.
- Choose recipes that appeal to you, ones with foods you enjoy or foods you are willing to try.

Change the recipe to make it healthier, yet tasty, and to use what you have on hand.

- When cooking, change ingredients or switch proportions. Experiment with lower fat, sodium, or cholesterol products to further improve nutritional quality. For baking, see below.
- To get an appealing result, consider each ingredient's function before you make a switch.
- Reduce or eliminate some ingredients that may be bringing down the nutritional value and may be unnecessary to the recipe's success.
- Decide what ingredients can be added to boost nutrition.
- Test new ingredients a little at a time.
- Reduce serving sizes of recipes that are not as healthy as you would like, and add a vegetable side dish or salad to fill you up.

Conserve nutrition while cooking.

- Cook foods for the shortest amount of time possible to achieve the desired result.
- Use as little water as possible in cooking.
- Add leftover vegetable cooking water to stews or soups.
- Boil or steam vegetables whole or in large pieces.
- Only reheat canned vegetables, as they are already cooked.
- Leave edible skins on fruits and vegetables when cooking or eating raw.
- Cover pans for faster cooking time.
- Cook foods right before serving time.
- Stir-fry, rather than deep-fat fry, to conserve vitamins.
- Enjoy fruits and vegetables raw.

Healthy Baking Substitutions

FOR FLOUR

- Substitute up to ½ of all-purpose flour with **Whole Wheat** for added fiber, phytochemicals, magnesium and selenium.
- Grind regular oats in a food processor and add as a flour substitute with extra fiber and great heart healthy benefits.

FOR SUGAR

- Simply cut back on the amount of sugar up to ¼ of the total amount. Each tablespoon of sugar = 48 calories.

FOR FAT

- Cut back on the fatty ingredients! Butter, margarine, shortening, and oil contribute many calories. 1 Tablespoon of fat = 120 calories
- Substitute half of the fat with moist healthful ingredients:
  – **Fruit purees:** applesauce, prune, banana
  – **Dairy:** low-fat / fat-free plain yogurt or sour cream
  – **Liquids:** strong coffee, orange juice
- Replace 1 whole egg with 2 egg whites or alternative egg substitute. This cuts out the 5g of fat and 213mg of cholesterol found in egg yolks.

Cooking with Herbs and Spices

Herbs are the leaves of plants that can be used to add flavor to foods. Fresh herbs will provide a fresher flavor, while dried herbs flavor are more concentrated and less should be used than when using fresh.

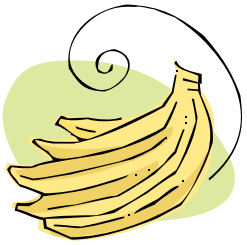
Herbs	Uses
Basil	Tomato and egg dishes, stews, soups, salads, pizzas
Bay leaves	Tomato dishes, fish, and meat dishes, soups, stews
Oregano	Chili, Italian dishes, omelets, beef stew, meat loaf, pork and vegetables like broccoli or stewed tomatoes
Parsley	Meat, soup, or vegetable dishes or salads
Rosemary	Egg dishes, meats, fish, soups and stews, vegetables
Thyme	Fish, poultry or meats, soups or stews

Spices are the roots, bark, seeds, or fruit of plants. Use a little at first and increase the amount when you are sure you like the flavor.

Spice	Uses
Allspice	Apple dishes, sweet potatoes, salads, squash, breads and sausages-tastes like cloves, cinnamon and nutmeg
Celery Seed	Juices, soups, salads, vegetables, pot roasts, poultry, rolls and biscuits
Chili Powder	Chili, bean and rice dishes, Mexican food
Cinnamon	French toast, fruit and fruit salads, sweet potatoes, winter squash, puddings, apple dishes, ham, pork chops and many desserts
Cloves	Whole cloves on ham or pork roasts. Ground cloves to season pear or apple desserts, beets, beans, tomatoes, squash and sweet potatoes
Cumin	Mexican bean and rice dishes, enchiladas, baked items, eggs, marinades, chili and tomato sauces
Garlic	Mexican, Italian and Oriental dishes, salad dressings
Italian seasoning	Italian dishes-a mixture of oregano, marjoram, basil and rosemary
Nutmeg	Cooked fruits, pies, desserts, baked items, spinach, eggnog and French toast
Paprika	Stew, chicken, fish, potatoes, rice and eggs. Adds red color.
Pumpkin Pie Spice	Sauce for pork, French toast, yellow vegetables and pumpkin desserts. A mixture of cinnamon, cloves, nutmeg and ginger.

Dried herbs and spices should not be kept longer than one year. If you use them slowly, buy small containers or store them in the freezer.

Did you know that it costs less to eat healthy?



Check out these comparisons:

Healthy	Not So Healthy...
· Naturally lower in fat and calories **· High fiber** **· Meets daily recommended intakes of vitamins and minerals** **· Low in sodium** **· High in antioxidants**	**· High fat** **· High sodium** **· Contain red dye** **· Little to no vitamins and minerals**
Breakfast: · 1 serving Hy-Vee Old Fashioned oatmeal · 1 banana · 1 cup Hy-Vee orange juice Total: $0.51	**Breakfast:** · 1 serving Hy-Vee Cinnamon Roll (bake at home) · 1 16 oz. Rock Star Energy Drink Total: $3.09
Snack: · 1 string cheese · 1 oz. Hy-Vee roasted almonds Total: $0.74	**Snack:** · 1 candy bar · 1 24 oz. Mountain Dew Total: $1.45
Lunch: · 1 Hy-Vee Healthy Recipe Soup · 1 apple · 1 handful baby carrots · 1 8 oz. glass of water Total: $2.63	**Lunch:** · 2 slices DiGiorno frozen pizza · 1 small bag chips · 8 oz. glass of water Total: $2.70
Snack: · 1 Hy-Vee Lite Fudge Bar Total: $0.16	**Snack:** · 1 Blue Bunny champ Ice Cream Cone Total: $0.75
Dinner: · 1 4 oz. Hy-Vee 100% All Natural boneless skinless chicken breast · sprinkle of Mrs. Dash Seasoning · 1 serving Hy-Vee California blend frozen vegetables · 1 baked potato · 1 cup skim milk Total: $1.57	**Dinner:** · 1 serving Stouffer's meat lasagna · 1 slice Hy-Vee 5 cheese Texas toast · 1 cup skim milk Total: $1.90
Total: $5.61	**Total: $9.89**

Prices are subject to change and may vary by location.

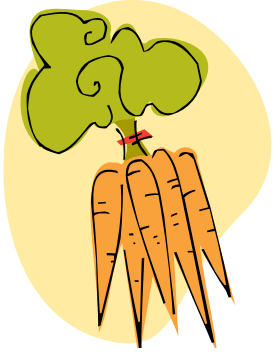
If you were to save this much by eating healthier every day, you would save:

$128 per month	**for 2 people:**	**$256 per month**
$1,540 per year		**$3,080 per year**
$7,700 in 5 years		**$15,400 in 5 years**
$15,400 in 10 years		**$30,800 in 10 years**

That's not including the money you could be saving in lowered medication costs by eating healthier. Plus you will feel better too!

Brought to you by your South Sioux City Hy-Vee Dietitian Lindsay Lannan RD, LMNT 402-494-4675/llannan@hy-vee.com

Did You Know That Most Fresh Fruits and Vegetables are Less Expensive than Canned and Frozen?



Check out these price per serving comparisons.

Although this research was completed in 1999 and prices have increased, the concept is still the same.

Note: a serving size is ½ cup (approximately 4 ounces).

	Fresh (after non-edible parts removed)	**Canned**	**Frozen**
FRUITS			
Blueberries	0.25	0.69	0.46
Peaches	0.21	0.25	0.73
Apples	0.11 *	–	–
Bananas	0.45 *	–	–
Oranges	0.42 *	–	–
Strawberries	0.28	–	0.46
Cherries, tart	0.40	0.63	0.57
VEGETABLES			
Carrots, whole	0.10	0.34	–
Carrots, baby and sliced	0.20 (baby)	0.17 (sliced)	0.23 (sliced)
Green beans, whole	0.19	0.18	0.32
Green beans, cut	0.19	0.12	0.17
Broccoli, fleurets	0.07	–	0.28 (chopped 0.22)
Mushrooms, whole	0.25	0.76 (sliced 0.70)	0.47
Tomatoes	0.23	0.16	–
Corn	0.52	0.17	0.19
Peas	0.91	0.18	0.20
Bell Peppers	0.15	–	–
SNACKS (4 oz serving)			
Potato chips (1992)	0.77		
Potato chips (2010)	1.44		
Coke (vending machine 1999)	0.25		

* The price per pound in the store doesn't translate directly to price per serving because non-edible parts (skins, pits, seeds, etc.) are removed. Fresh apples costing 81¢ per pound end up costing 11¢ per serving, while oranges at 74¢ per pound end up costing 42¢ per serving and bananas at 45¢ per pound end up costing 17¢ per serving.

References:

How Much Do Americans Pay for Fruits and Vegetables / AIB-790 Economic Research Service/USDASource: ACNielsen Homescan data, 1999

In 1992, average potato chip prices were $3.06 per pound (answers.com)

In February, 2010) the price of a pound of potato chips was $4.56 (Fox business)

New York Times, October 28, 1999

Following are interesting excerpts from: **How Expensive Are Fruits and Vegetables Anyway?** by Jane Reed, Elizabeth Frazão, and Rachel Itskowitz, AIB-790, USDA/ERS, July 2004

Most Fresh Fruits and Vegetables are Less Expensive *(continued)*

Many Americans do not consume the recommended amounts of fruits and vegetables. Almost half of Americans think eating more fruits and vegetables would make their diets healthier, so why don't they? One argument is that fruits and vegetables are expensive, especially when purchased fresh. According to an ERS study, consumers can eat three servings of fruit and four servings of vegetables for 64 cents a day, which represents 12 percent of daily food expenditures per person.

ERS researchers used 1999 household purchase data from all types of retail outlets to estimate an annual, national retail price per pound for 69 fresh and processed fruits and 85 fresh and processed vegetables. Since the purchase weight of many fruits and vegetables include rinds, seeds, and other non-edible parts, researchers also estimated the number of edible servings per pound. More than half of the fruits and vegetables were estimated to cost 25 cents or less per serving in 1999. Eighty-six percent of the vegetables and 78 percent of the fruit cost less than 50 cents a serving – that's 127 different ways to eat a serving of fruits and vegetables for less than the price of a 3-ounce candy bar.

Are fresh fruits and vegetables more expensive to eat than processed? According to the study, definitely not. On a per serving basis, almost two-thirds of all fruit and more than half of all vegetables were less expensive in their fresh form than in their processed form. Expectations that fresh produce will go bad and be thrown out may fuel consumers' perception that fresh produce is more expensive in their fresh form than in their processed form.

This study uses 1999 prices, so today's prices would be about 10 percent higher on average. These prices reflect averages and are not the same prices that any household might face on a given day. The point of purchase – for example, a farmers' market versus a supermarket – will affect the price. In-store sales, coupons, and the brand selected also affect the price.

In addition, lower per pound costs are often associated with purchasing larger containers. For fresh produce, in particular, the time of year (seasonality) may impact the price an individual pays for a particular item. Yet, for most Americans, cost need not be a barrier to consuming the recommended amount of fruits and vegetables.

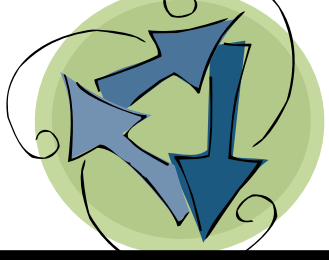
Produce for Better Health Foundation found:

The estimated cost* of 1 pound of cookies, a one pound bag of chips, 2 liters of soda and ½ gallon of ice cream is $13.00. (~8.75 lbs)

For $13.38, the following fruits and vegetables could be purchased: 2 pounds apples, 2 pounds oranges, 1 pound bananas, 2 pounds potatoes, 1 pound broccoli, 1 pound cabbage, 1 pound carrots, 1 pound romaine lettuce. (16 lbs)

*Cost estimates are based on data from the Department of Labor Consumer Price Index-Average Price Data for the average of U.S. cities. The highest price recorded in 2008 was used, so estimates do not consider seasonal and regional variations, or sales and specials that might be available.

Healthful Ingredient Substitutions

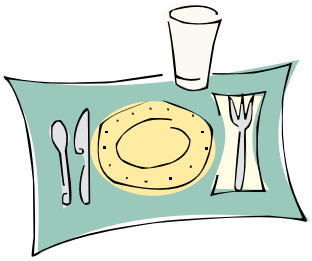


IF THE RECIPE CALLS FOR:	USE THIS INSTEAD:
All-purpose (plain) flour	Whole-wheat flour for half of the called-for all-purpose flour in baked goods. For example, if a recipe calls for 2 cups all purpose flour, use 1 cup all purpose and 1 cup whole wheat flour. Use oat bran or oatmeal (dry). Grind them to flour consistency in a blender and replace them for ¼ of your all purpose flour. For example, if a recipe has 4 cups flour, use 1 cup blended oatmeal and 3 cups all purpose flour. Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.
Bacon	Canadian bacon, turkey bacon, smoked turkey, or lean prosciutto (Italian ham)
Butter, shortening or oil in baked goods	Applesauce or prune purée for half of the called-for butter, shortening or oil. For example, if recipe calls for 1 cup oil, use ½ cup oil and ½ cup pureed fruit. Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening. Olive and Canola oil are better than butter for sautéing.
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Chocolate	1 ounce chocolate = 3 Tbsp cocoa + 1 Tablespoon oil or butter, or use dark chocolate or semi-sweet instead of milk chocolate
Cream cheese	Equal parts low-fat ricotta + yogurt, light cream cheese, Neufchatel, or low-fat cottage cheese pureéd until smooth
Creamed soups	Fat-free milk-based soups; fat-free condensed milk; mashed potato flakes; or pureed carrots, potatoes, cornstarch, or tofu for thickening agents
Dry bread crumbs	Rolled oats, crushed bran cereal, dried whole wheat bread ends, or crumbled whole wheat crackers
Eggs	Two egg whites, ¼ cup egg substitute for each whole egg, or 1 egg = ¼ cup soft tofu
Enriched pasta	Whole-wheat pasta
Evaporated milk	Evaporated or powdered skim milk
Fat	Fat can often be reduced by 1/3, especially in gravy, sauces, puddings and quick breads. For example, if a recipe calls for 6 tablespoons of butter, use 4 tablespoons. For 1 cup fat in sautéing, use 4 cups low-fat stock, fruit juice, or wine and sauté until liquid evaporates.
Fruit canned in heavy syrup	Fruit canned in its own juices, in water, or fresh fruit
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices
Full-fat sour cream	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast (skinless)
Heavy whipping cream	Same amount of evaporated skim milk cream

Healthful Ingredient Substitutions *(continued)*

IF THE RECIPE CALLS FOR:	USE THIS INSTEAD:
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mixed greens, mustard greens, spinach, or watercress
Margarine in baked goods	Trans fat-free butter spreads or shortenings that are specially formulated for baking Note: To avoid dense, soggy or flat baked goods, don't substitute diet, whipped or tub-style margarine for regular margarine. If ingredient lists include the term "partially hydrogenated," it may have up to 0.5 grams of trans fat in one serving.
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing, reduced-calorie, reduced-fat mayonnaise, or non-fat plain yogurt
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews, or use beans.
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
Salt	Herbs, spices, fruit juices or salt-free seasoning mixes or herb blends. You can usually reduce salt by ½. Note: do not eliminate salt from yeast bread or rolls. It is essential for flavor and proper texture.
Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions
Sour cream	Low-fat sour cream or plain low-fat yogurt, or 1 cup low-fat cottage cheese + 2 tablespoons skim milk + 1 tablespoon lemon juice
Soy sauce	Sweet-and-sour sauce, hot mustard sauce, or low-sodium soy sauce
Spices: such as garlic salt, celery salt, onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions
Sugar	Reduce sugar by ⅓. For example, if a recipe calls for 1 cup, use ⅔ cup. Note: To enhance flavor when reducing sugar, add vanilla, cinnamon, or nutmeg.
Syrup	Pureed fruit (such as applesauce), or low-calorie, sugar-free syrup
Vegetables, canned	Low-sodium canned vegetables, frozen vegetables Note: Always drain and rinse vegetables to reduce sodium up to 40%
Vegetables, peeled	Keep edible skins on vegetables for added vitamins, minerals and fiber.
Whipped cream or ice cream	Frozen yogurt or low-fat yogurt
White bread	Whole-wheat bread
White rice	Brown rice, wild rice, bulgur, quinoa, barley, whole wheat couscous or pearl barley
Whole milk	Reduced-fat or fat-free milk

Keep Your Food and Family Safe!



Wash Hands Often

1. Use warm soapy water to kill unseen germs.
2. Wash front and back of hands, up to your wrists and under nails.
3. Hand washing should last at least 20 seconds or two choruses of Happy Birthday.
4. Rinse thoroughly, with the same agitation used for washing.
5. Dry with a single use paper towel or clean cloth.

Keep Kitchen Surfaces and Tools Clean

- Clean kitchen surfaces, appliances and tools with hot, soapy water.
- Wash dishcloths and towels in the washing machine on the hot cycle.
- Sanitize sponges in a bleach solution.
- Replace sponges frequently.
- Keep separate towels for different jobs like drying hands, wiping counters or drying dishes.

Cook to Proper Temperatures

- Harmful bacteria are destroyed when food is cooked to proper temperatures, at least 140°F.
- The only reliable way to determine doneness is with a meat thermometer.
- Wash the thermometer in hot soapy water after each use.

Prevent Cross Contamination

- Store raw meat on the bottom shelf of refrigerator, place a dish underneath to catch juices.
- Wash all produce, even pre-packaged/pre-washed produce.
- Store washed produce in a clean container.
- Use one utensil to taste and another to stir food.
- Use clean scissors for kitchen tasks, like opening bags.
- Wear disposable gloves if you have a cut or sore.

Refrigerate food promptly to below 40 °F

- 40°F to 140°F is the "Temperature Danger Zone" where bacteria multiply.
- Refrigerate food within two hours, or one hour in hot weather (90°F and above).
- Throw out food that has been out longer than the hours mentioned above.
- Store food in shallow containers to ensure even cooling.
- Add ice to thick items, like soup, chili or sauces, to speed up the cooling process.
- Use a refrigerator thermometer to set refrigerator below 40°F.
- Don't overload the refrigerator-air must circulate freely to cool all foods evenly.

Four acceptable ways to thaw food:

- Thaw food in the refrigerator at 39 degrees F or lower overnight.
- Thaw food by submerging it under drinkable running water that is 70 degrees F or lower until thawed, around 10-20 minutes.
- Thaw food in the microwave only if the food will be cooked immediately.
- Thaw food as part of the cooking process (such as ground meats).

Keep Your Food and Family Safe! *(continued)*

An expired date on a food product does not always mean the food has to be thrown out.

Three different types of dates you may see:

- **Sell-by date:** this date printed by the food manufacturer to tell stores how long they should sell the product.
- **Best if Used By or Best Before date:** this date is recommended for best flavor or quality.
- **Use By date:** the last date recommended for use of the product.

Many foods will likely remain safe after the sell by or best if used by dates if they have been properly stored and handled. How long they remain safe is dependent upon the type of product.

How Can I Tell If A Dented Can Is Safe?

Feel the can and visually inspect it.

Safe cans have:

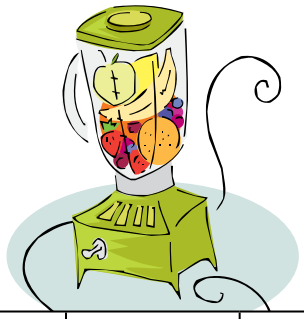
- Smooth dents
- Dents that are not on the seam
- Dents that do not compromise can junctures

DISCARD cans with:

- Dent on seam
- Dent where side and end meet
- Sharp dent
- Swelling or bulging
- Rust that does not wipe off

If in doubt, *throw it out.*

Measuring Equivalents Chart



	Teaspoon	Tablespoon	Fluid Ounce	Cup	Pint	Quart	Gallon
Teaspoon	1	1/3	1/6	1/48	1/96	1/192	1/768
Tablespoon	3	1	1/2	1/16	1/32	1/64	1/256
Fluid Ounce	6	2	1	1/8	1/16	1/32	1/128
Cup	48	16	8	1	1/2	1/4	1/16
Pint	96	32	16	2	1	1/2	1/8
Quart	192	64	32	8	2	1	1/4
Gallon	768	256	128	16	8	4	1

Pan Size Conversions

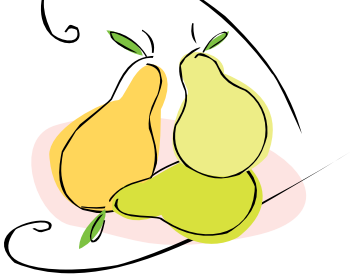
PAN DIMENSIONS:	VOLUME:	SUBSTITUTE:
9 inch pie pan	4 cups	8 inch cake pan
8x4x2 inch loaf pan	6 cups	Three 5x2 inch loaf pans Two 3x1 inch muffin tins 12x8x2 inch cake pan 9 inch round cake pan 8 inch square baking pan
9 inch round cake pan	6 cups	8 inch square baking pan
9 inch square baking pan	8 cups	9x5x3 inch loaf pan Two 8 inch round cake pans
9x5x3 inch loaf pan	8 cups	8 inch square cake pan 9 inch round cake pan
15x10x1 inch jelly roll pan	10 cups	9 inch square cake pan Two 8 inch round cake pans 8x3 inch springform pan
10x3 inch Bundt pan	12 cups	Two 8x4x2 inch loaf pans 9x3 inch angel food cake pan 9x3 inch springform pan
13x9x2 inch cake pan	14-15 cups	Two 9 inch round cake pans Two 8 inch square cake pans

Casserole Size to Baking Pan Substitute

If you are cooking a casserole and don't have the correct size dish, here are some baking-pan substitutions. Again, think about the depth of the ingredients in the dish and lengthen or shorten the baking time accordingly.

CASSEROLE SIZE:	BAKING PAN SUBSTITUTE:
1 ½ quarts	9x5x3 inch loaf pan
2 quarts	8 inch square cake pan
2 ½ quarts	9 inch square cake pan
3 quarts	13x9x2 inch cake pan
4 quarts	14x10x2 inch cake pan

Smart Shopping



1. ***Shop once a week or less.*** The less you go, the less you spend.
2. ***Write a weekly menu.*** Use your recipe collection or cookbooks and magazines to give you ideas. Determine what is in your pantry or refrigerator and try to find three to five recipes to use what is already on hand.
3. ***Always make a list and stick to it.*** Use your menus to form a list and add in other staples you need. Organize the list to match your store's layout and avoid aisles where you don't need anything.
4. ***Eat before you go so you do not shop hungry.*** Keep in mind planning menus though when hungry can be a good thing.
5. ***Shop alone when possible.*** Buddies and children may encourage you to buy more.
6. ***Stick to the perimeter.*** This is where most "whole foods" are found. Go to the middle aisles only for list items like pasta or beans.
7. ***Buy in-season fruits and vegetables.*** They have more flavor and are cheaper. Farmers markets in the spring, summer, and fall are often cheaper than the store. Try growing something on your own!
8. ***Cut back on convenience foods and stores.*** You are paying someone else to do work you could do, and you have no control over ingredients. Pre-packaged foods, frozen dinners, pre-made deli food, and boxed meals are more costly and often less nutritious than if you prepare them yourself. Convenience stores are usually a more expensive place to buy groceries.
9. ***Avoid marketing traps.*** Examples of marketing traps include: aisle-end sales, samples, placing the most expensive brands at eye level, and "Buy 2, get 1 free" specials. Do you really need 3?
10. ***Be wary of coupons.*** Only use coupons if you really need the item and the price is less than another brand. Coupons are often for high calorie snack foods and sugary cereals.
11. ***Comparison shop.*** Compare different brand names for price. At times, the store brand is not always the best value. Read weekly ads of several local stores to find out which one has the most sale items you could use.
12. ***Bulk Buy.*** Purchase things you really need. If you do not have storage space or a large family, try splitting with another family. Paper products, baby products, and meat are often good buys. Split meat into reasonable servings for you or your family and freeze the rest

Stocking Your Pantry for Quick and Easy Meals

By stocking your pantry (cabinets), refrigerator and freezer with go-to essentials, you will not have to visit the grocery store on your way home from work. Dinner can be cooked and on the table in no time at all when you have well stocked essentials on hand.

Transfer dry goods like beans, pasta and rice into airtight containers to prolong their shelf life. Flours can be kept in the freezer to deter pests.

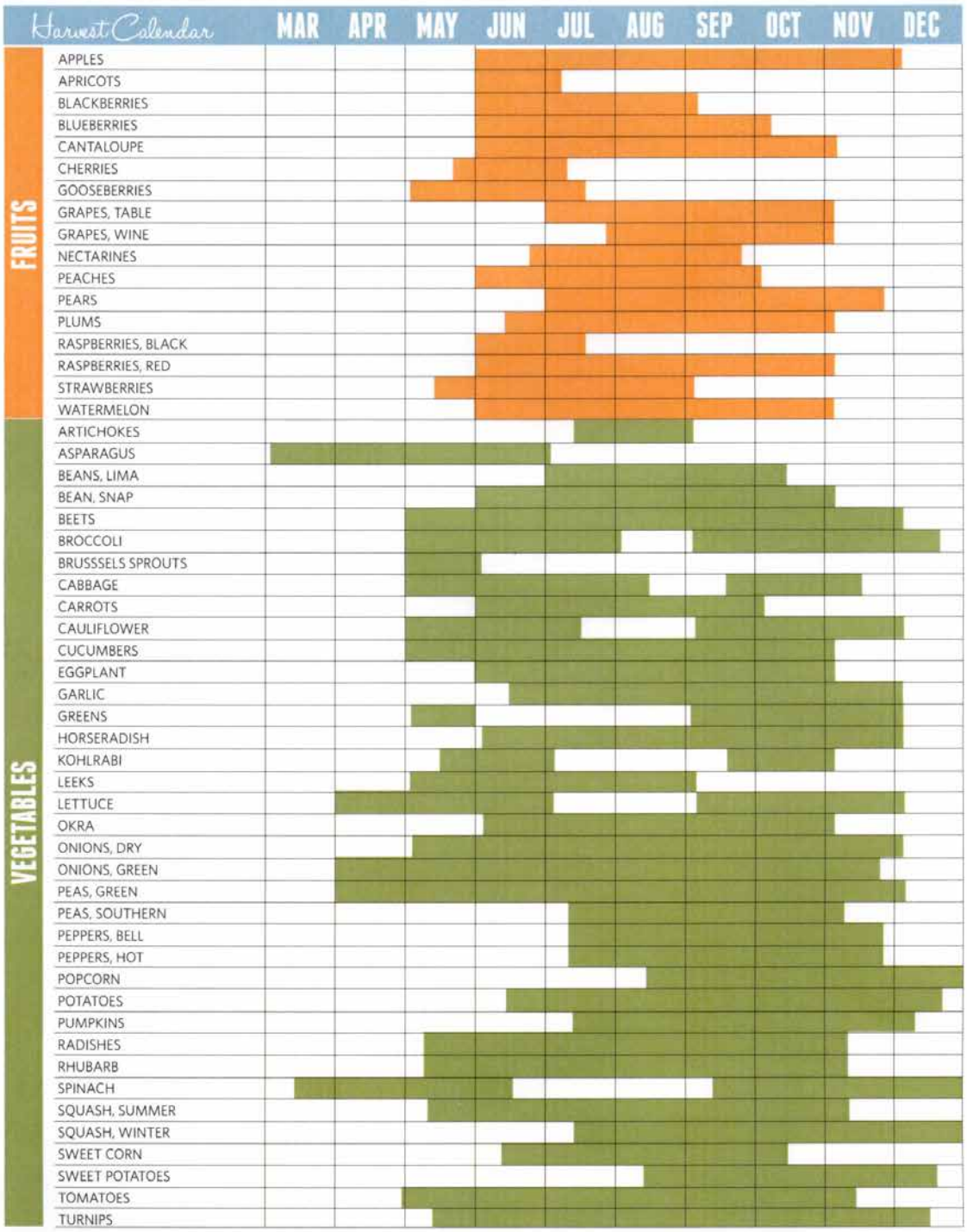
Mark all foods that go in the freezer with the date it was purchased and use within 3 months before freezer burn occurs. Throw away undated old frozen products that include vegetables and meat and other products that will take up room in your freezer.

Purchase items a few at time, when they are on sale to get stocked up.

DINNER ESSENTIALS		
PANTRY	**REFRIGERATOR**	**FREEZER**
Vinegars	Eggs	Chicken breasts
Pasta sauce	Parmesan cheese	Turkey, ground
Whole wheat pasta/spaghetti	Plain low-fat yogurt and low-fat cottage cheese	Stew meat (pork and/or beef)
Tomatoes, canned	Milk, non-fat	Fish fillets, non-breaded
Tomato sauce and paste	Low-fat cheese	Turkey sausage
Whole wheat bread crumbs or crackers	Low- fat mayonnaise and salad dressings	Vegetables and mixed vegetables
Tuna and Salmon, packed in water	Mustards – yellow, honey, and dijon	Whole wheat bagels/pita bread
Low-sodium broth (chicken, beef)	Carrots, celery, lettuce, green pepper	Whole wheat tortillas/English muffins
Beans, canned and dry	Low-sodium soy sauce	Fruit, no added sugar
Brown rice/mixes	Barbecue sauce	
Canola and olive oil	Jams or preserves	
Herbs and Spices	Salsa	
Unsalted nuts	Lemon or lime juice	
Honey	Potatoes (or in pantry)	
Fruits canned in juice	Ketchup	
Onions and garlic	Fresh fruits in season	
Dried fruits	100% fruit juices	
Whole wheat flour/oats/cornmeal		
Dry or evaporated fat-free milk		

THROW THESE ESSENTIALS TOGETHER FOR A QUICK MEAL:
Chicken + raspberry jam + broth + balsamic vinegar + garlic = **Glazed Chicken Breasts**
Veggies + broth + beans + onion + garlic + tomatoes + pasta (or broken spaghetti) = **Hearty Vegetable Soup**
Rice + onions + soy sauce + eggs + ginger + chicken + veggies = **Chicken Fried Rice**
Canned and rinsed salmon + breadcrumbs or oatmeal + eggs + spices = **Salmon Patties**
Noodles + pasta sauce + can of rinsed black beans + oregano = **Bean Bow-tie Pasta**
Shredded cheese + corn + salsa + canned and rinsed beans + tortillas = **Cheese Tortillas**
Brown rice + tuna + can of low-sodium cream of mushroom soup + milk + garlic = **Tuna Casserole**
Fresh or frozen vegetables + eggs + garlic powder + shredded cheese = **Vegetable Omelet**

MISSOURI SEASONAL FOOD CHART | BUY LOCAL EAT LOCAL ENJOY LOCAL



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