

**Cooking for
One or Two...
And Sometimes
More**



**DIABETES
PREVENTION & CONTROL PROGRAM**

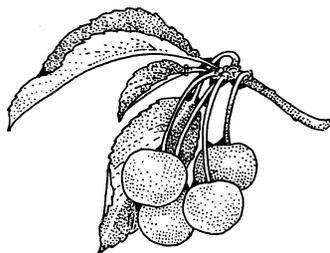
Cherry Crisp

1 cup low-sugar cherry pie filling
3 tablespoons flour
½ cup oatmeal
2 tablespoons brown sugar
1 ½ tablespoons margarine

Spread cherry pie filling in a small pie plate. Mix flour, oatmeal, and brown sugar together. Cut margarine into oatmeal mixture. Crumble oatmeal mixture over the top of the cherries. Bake at 350 degrees for 30 minutes. Makes 4 servings.

One serving:

Calories: 147	Cholesterol: 0 mg
Carbohydrate: 25 grams	Fiber: 2 grams
Protein: 2 grams	Sodium: 40 mg
Fat: 5 grams	Potassium: 97 mg
Saturated fat: 1 gram	Calcium: 15 mg
Exchanges: 1 ½ carbohydrates, 1 fat	



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Cooking for One or Two... And Sometimes More

**Office of Disease Prevention and Health
Promotion
Office of Aging and Disability Services**

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Disease Prevention & Health Promotion

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Control and Prevention.*

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Peach Crunch

2 cups fresh or drained canned peaches (packed in juice)	½ cup oatmeal
2 tablespoons sugar	¼ cup flour
1 tablespoon flour	½ teaspoon cinnamon
¼ teaspoon cinnamon	2 tablespoons diet margarine
½ teaspoon vanilla	

In a bowl add peaches, sugar, 1 tablespoon flour, ¼ teaspoon cinnamon and vanilla. Mix well and set aside. In a separate bowl mix together oatmeal, flour, and cinnamon. Cut in diet margarine until mixture is crumbly in texture. Place the peach mixture in the bottom of a small pie plate. Sprinkle the oatmeal mixture over the peaches. Bake at 350 degrees for 30 to 40 minutes, or until the crust is golden brown. Makes 4 servings.

One serving:

Calories: 166	Cholesterol: 0 mg
Carbohydrate: 30 grams	Fiber: 3 grams
Protein: 3 grams	Sodium: 56 mg
Fat: 4 grams	Potassium: 217 mg
Saturated fat: 1 gram	Calcium: 17 mg
Exchanges: 2 carbohydrates, ½ fat	

Baked Custard

1 cup skim milk
1 tablespoon sugar
1 teaspoon vanilla extract
1/3 cup nonfat egg substitute

Mix milk, sugar, vanilla and egg substitute. Pour the custard mixture into 2 oven-proof custard dishes. Place the custard dishes into a deep pan. Fill the pan with hot water up to the level of the custard. Bake in a preheated oven at 325 degrees for 45 to 60 minutes. The custard is done when it is firm in the center. Serve warm or chilled. Makes 2 servings.

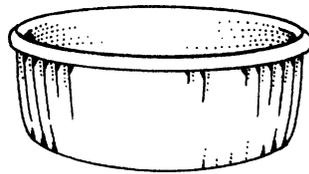
One serving:

Calories: 130
Carbohydrate: 21 grams
Protein: 8 grams
Fat: 2 grams
Saturated fat: trace
Exchanges: 1 ½ carbohydrates

Cholesterol: 19 mg
Fiber: 0 mg
Sodium: 106 mg
Potassium: 242 mg
Calcium: 155 mg



Healthy eating should be important to everyone. Healthy food can also taste good. These recipes are intended for everyone. We hope you enjoy this collection of recipes and ideas for healthy eating. We claim no originality for the recipes in this cookbook. It is difficult to find an entirely new and original recipe.



Cooking for One or Two

Have you ever found yourself eating out of a container in front of the refrigerator, or making another sandwich for dinner because, “It isn’t worth the effort to cook for just one?” If you live alone, or with one other person, don’t feel alone. Over half of American households consist of only one or two people. Many people enjoy living alone; however, cooking for one is rarely one of the benefits.

If you buy into the “It isn’t worth it” philosophy you may find your healthy diet destroyed and your feeling of self worth will be sabotaged. Cooking for one or two may present many challenges, but poor nutrition habits don’t have to be the end result.

Here are some tips and hints for shopping, cooking, and dining for one or two:

- ☉ Buy a full loaf of bread, rolls or muffins. Take out the amount you need, then freeze. Thaw the bread and rolls as you need them.
- ☉ Buy frozen vegetables in bags. Cook only what you need.

Desserts

Strawberries and Cream

1 cup skim milk
2 tablespoons sugar
1 tablespoon cornstarch
¼ teaspoon almond extract
1 ½ cup strawberries

Combine milk, sugar, and cornstarch in a saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil. Stir in almond extract. Cover and chill thoroughly. Place ½ cup of strawberries in each of 3 individual dessert dishes. Pour cream mixture over each serving. (You can use other fruit in the place of the strawberries)
Makes 3 servings.

One serving:

Calories: 86	Cholesterol: 2 mg
Carbohydrate: 18 grams	Fiber: 1 gram
Protein: 3 grams	Sodium: 43 mg
Fat: 1 gram	Potassium: 247 mg
Saturated fat: trace	Calcium: 112 mg
Exchanges: 1 carbohydrate	



Easy Veggie Lasagna

4 small zucchini
1 ¼ cups spaghetti sauce
½ teaspoon thyme
black pepper
¼ cup low-fat cottage cheese
¼ cup low-fat ricotta cheese
¼ cup part-skim mozzarella cheese
1 tablespoon Parmesan cheese

Slice zucchini and stem or microwave until tender. Spread a thin layer of tomato sauce in a baking dish and top with half of the zucchini. Sprinkle with half the thyme and pepper to taste. Spoon 1/3 to ½ cup tomato sauce over zucchini slices. Combine ricotta and cottage cheese and spoon over tomato sauce. Repeat zucchini, thyme, and pepper. Top with mozzarella and Parmesan. Bake at 350 degrees F until bubbly. **Variations:** Instead of zucchini, try yellow squash; or use cooked lasagna noodles and add chopped spinach or broccoli. Makes 2 servings.

One serving:

Calories: 289	Cholesterol: 21 mg
Carbohydrate: 29 grams	Fiber: 2 grams
Protein: 16 grams	Sodium: 1058 mg
Fat: 10 grams	Potassium: 824 mg
Saturated fat:	Calcium: 297 mg
Exchanges: 2 carbohydrates, 2 lean meat, 1 vegetable	

- ☺ When purchasing fresh fruits and vegetables, buy small amounts. Fresh produce usually lasts only a week or less in the refrigerator.
- ☺ Buy spices in small quantities. Time, heat and light can cause spices to lose flavor.
- ☺ Choose items from bulk displays at the store, but purchase only the amount that you need.
- ☺ Buy larger packages of meat and poultry; divide it into meal-sized portions, wrap, and freeze for future use.
- ☺ Consider the storage space in your refrigerator and freezer. Buy in larger quantities only if you have the space.
- ☺ Cook ahead of time. Prepare an entire recipe, then freeze it in portions right for your household.
- ☺ Try a new recipe or an old one that you haven't used for awhile.
- ☺ Look for simple cooking ideas. For example: microwave a skinless chicken breast, drizzle it with tomato sauce and add a few sprinkles of mozzarella cheese.

- ☺ Make two different meals from one base recipe. Such as: brown ground beef or ground turkey and mix in tomato sauce. Divide this in half. Make half of the sauce and meat mix into spaghetti sauce, the other half into chili.
- ☺ Treat yourself to a pleasant table setting. Pick a colorful placemat, real or silk flowers, or if you have good china use it once in awhile.
- ☺ Eat a variety of foods. It's easy getting stuck preparing one or two items over and over.
- ☺ Remember foods such as fruits, vegetables, salads, juice, and milk help round out a meal.
- ☺ Plan a cooking day and get together with other solo cooks. Take turns meeting at each other's homes and cook up a supply of main dishes. Freeze the meals in serving-size portions.
- ☺ Buy the size container most economical for you.

Cooking for one or two can have its advantages. It's less expensive and less work than preparing food for large groups. Treat yourself once in awhile with your favorite gourmet foods. You are worth the care and attention. You deserve it!



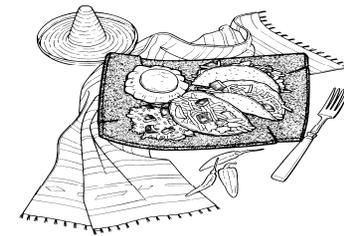
Cheese Quesadillas

- 4 corn tortillas
- ¼ cup taco sauce
- ¼ cup shredded cheddar cheese
- ¼ cup shredded Monterey Jack cheese

Spread each tortilla with 1 tablespoon taco sauce. Sprinkle 1 tablespoon of each cheese on tortilla. Fold tortilla in half. Place on a baking sheet on a baking pan. Bake in a 350 degree oven for about 5 minutes or until cheese melts. Makes 2 servings (2 quesadillas per serving). (To cook in the microwave, cook at high for 2 to 3 minutes or until cheese melts.)

One serving:

Calories: 240	Cholesterol: 27 mg
Carbohydrate: 27 grams	Fiber: 3 grams
Protein: 10 grams	Sodium: 432 mg
Fat: 10 grams	Potassium: 185 mg
Saturated fat: 6 mg	Calcium: 305 mg
Exchanges: 2 carbohydrates, 1/2 meat, 1 fat	



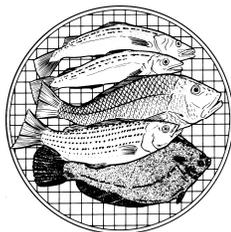
Spicy Red Snapper

½ pound fresh or frozen red snapper
1 tablespoon lime juice
1/8 teaspoon salt
1/8 teaspoon ground ginger
¼ teaspoon paprika

Rinse fish and pat dry with paper towels. Cut fish into 2 servings. Brush the top of the fish with lime juice. In a small bowl combine salt, ginger and paprika. Rub spices onto fish. Arrange fish in a baking pan. Bake uncovered in a 450 degree oven for 10 to 15 minutes or until fish flakes easily when tested with a fork. Makes 2 servings.

One serving:

Calories: 112	Cholesterol: 40 mg
Carbohydrate: 1 gram	Fiber: trace
Protein: 22 grams	Sodium: 183 mg
Fat: 2 grams	Potassium: 460 mg
Saturated fat: 1 gram	Calcium: 36 mg
Exchanges: 3 very lean meat	



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My Pyramid



To learn more about your personal daily recommended amounts from the five food groups: Grains, Vegetables, Fruits, Milk, and Meat & Beans go to MyPyramid.gov.

You can also find your balance between good and physical activity and know your limits on fats, sugars, and sodium.

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Fitting in Physical Activity

Do you use the number one excuse for why you're not physically active? Most people say they "don't have time". Thus, the following ideas are ways for you to fit physical activity into your daily lifestyle:

- ☺ Take the stairs instead of the elevator.
- ☺ Take a brisk walk after lunchtime.
- ☺ Open the garage door, rake the leaves, and shovel snow by hand.
- ☺ Park your car farther away at the shopping center or mall.
- ☺ Get your workout at home by vacuuming, scrubbing, sweeping, and mopping these can add up to quite a workout.
- ☺ Ride a stationary bike, climb the stairs, jump rope, or jog in place while you watch TV.
- ☺ Play catch, Frisbee, touch football, or tag with your grandchildren or neighborhood children. You might walk them to school or back home.
- ☺ Play miniature golf or go bowling.

Broiled Lemon Chicken

3 tablespoons lemon juice
1/8 teaspoon onion powder
3 tablespoons water
1/2 teaspoon dried parsley
1/4 teaspoon garlic powder
1/8 teaspoon salt
2 small skinless chicken breasts (4 ounces each)

Mix all the ingredients together except for the chicken breasts. Pour mixture over chicken. Let chicken marinate in the refrigerator for 2 hours or overnight. Coat the rack of a broiler pan with non-stick cooking spray. Place chicken breasts on broiler rack. Broil 7 to 8 minutes on each side or until done. Pour marinade into a saucepan and bring to a boil, serve on the side as a sauce. Makes 2 servings

One serving:

Calories: 148	Cholesterol: 73 mg
Carbohydrate: 2 grams	Fiber: trace
Protein: 27 grams	Sodium: 201 mg
Fat: 3 grams	Potassium: 248 mg
Saturated fat: 1 gram	Calcium: 16 mg
Exchanges: 4 very lean meat	



Marinated Steak

½ pound trimmed lean round steak
1 bay leaf
½ large onion, sliced
1/8 teaspoon crushed red pepper
¼ cup low-sodium beef broth
1/8 teaspoon allspice
1 tablespoon Worcestershire Sauce

Combine all ingredients in a large zip-top plastic bag. Marinate in the refrigerator for at least 8 hours, turning occasionally. Remove steak from bag, reserve onion and marinade. Place steak on rack of a broiler pan coated with non-stick cooking spray. Broil 7 to 8 minutes on each side or to desired degree of doneness. Set steak aside and keep warm. Coat a skillet with non-stick cooking spray; add onion and sauté over medium-high heat until tender. Add reserved marinade, cover, reduce heat and simmer onion mixture 5 minutes. Remove and discard bay leaf. Spoon onion mixture over steak. Makes 2 servings.

One serving:

Calories: 182	Cholesterol: 71 mg
Carbohydrate: 6 grams	Fiber: 1 gram
Protein: 28 grams	Sodium: 150 mg
Fat: 5 grams	Potassium: 545 mg
Saturated fat: 2 grams	Calcium: 25 mg
Exchanges: 4 very lean meat, 1 vegetable	

- ☺ Mow the lawn, weed the garden, chop firewood, or sweep the front walk.
- ☺ Take a few turns around the shopping center, join a mall-walking club.
- ☺ Skip the golf cart or caddie – You’ll score a great workout by carrying your clubs.
- ☺ Turn on your favorite tune and dance in the living room. Make a dancing date with friends.
- ☺ Get a long phone cord so you can walk while catching up on the news.
- ☺ Get outside and try a new sport or activity.
- ☺ Join a community Bike- or Walk-a-thon to raise money for charity while meeting your fitness goals.
- ☺ Walk with a friend or neighbor – You’ll keep each other motivated.



Resource:

“Exercise: A Guide to the National Institute on Aging.” For more information call 1-800-222-4225 or E-mail a request to niaic@jbsl.com.

Make Physical Activity Comfortable and Safe

Exercise doesn't have to be uncomfortable and painful. If you exercise, activities of daily life such as getting out of a chair, reaching for things, and bending over can be easier. A few simple safety tips can help you feel good, and help you stick with your exercise program.

- ☺ Drink plenty of water, even if you're not thirsty. If you're dehydrated you won't feel good when you exercise.
- ☺ Wear comfortable fitting clothing that won't bind or pinch.
- ☺ Wear proper fitting shoes that support your feet.
- ☺ Stop exercising whenever you feel you've done too much. You should be able to talk comfortably while you are exercising.
- ☺ If you have had a hip or knee replacement, be careful of what exercise you are doing. Ask your doctor to give you exercises that are OK to do.
- ☺ Start exercise slowly. Warm up for at least 15 to 20 minutes. This will decrease the chance of injury. Then cool down for 15 to 20 minutes.
- ☺ Check with your doctor before exercising.

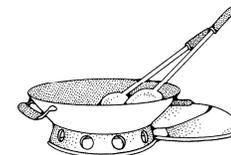
Chicken Stir-fry

- 2 skinless chicken breasts (4ounces each)
- 1 ½ tablespoon oil
- 1 small onion, chopped
- 1 tablespoon cornstarch
- ¼ cup water
- 1 ½ cup Chinese vegetables
- 1 tablespoon soy sauce
- 2 cups cooked hot rice

Cut chicken into small strips. Heat oil in a fry pan. Add chicken and onions. Cook and stir chicken until it looks white, firm and browned. In a small bowl mix cornstarch with water, then stir into chicken, stirring well. Add vegetables and soy sauce, stirring well. Cook for 3 to 5 minutes. Serve over cooked rice. Makes 2 servings.

One serving:

Calories: 532	Cholesterol: 71 mg
Carbohydrate: 66 grams	Fiber: 5 grams
Protein: 34 grams	Potassium: 776 mg
Sodium: 1030 (High Sodium)	Fat: 14 grams
Saturated fat: 3 grams	Calcium: 121 mg
Exchanges: 4 carbohydrates, 3 lean meat, 1 fat	



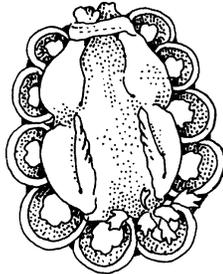
Oven Fried Chicken

½ teaspoon cooking oil ¼ teaspoon paprika
2 skinless chicken breasts ¼ teaspoon garlic
2 tablespoons flour salt
3 tablespoons cooking oil
1/8 teaspoon black pepper

Preheat oven to 325 degrees. Oil a small baking dish. Combine chicken, flour, paprika, garlic salt, and pepper in a plastic bag. Shake. Place chicken on the oiled pan and bake for 25 to 35 minutes or until browned. Makes 2 servings.

One serving:

Calories: 188	Cholesterol: 73 mg
Carbohydrate: 8 grams	Fiber: 1 gram
Protein: 28 grams	Sodium: 153 mg
Fat: 4 grams	Potassium: 238 mg
Saturated fat: 1 gram	Calcium: 15 mg
Exchanges: ½ carbohydrate, 4 very lean meat	



Water

Often we forget how important water is. Without water a person can live only a few days. Water is a part of every cell in the body and is necessary for all body functions.

It doesn't take much water loss from the body for **dehydration** to occur and for the body's chemistry balance to be upset. Losing too much water can threaten your life. Older persons and infants can become dehydrated very quickly. Some signs of dehydration are dry lips and mouth, small amounts of saliva, infrequent urination, and urine that is dark yellow in color. Older individuals, infants, and people who are ill may have a thirst mechanism that doesn't work properly.

The average adult needs 6 to 8 glasses of water a day. A person needs more than 6 to 8 glasses of water under conditions such as diarrhea, vomiting, fever, strenuous athletic activities, or heavy work done at high temperatures, even if they don't feel thirsty.

Coffee and tea may have a diuretic effect and may add to your water loss. Read the label on bottled waters. Many have added sweeteners and may contain as many calories as regular soda pop.

Safe Food Handling

Food safety experts recommend that everyone should think about food safety at each step in the food handling process – from shopping to storing leftovers. What this really means is always following these four simple steps:

Clean – Wash hands, utensils and surfaces in hot soapy water before and after food preparation, and especially after preparing meat, poultry, eggs or seafood to protect adequately against bacteria. Using a disinfectant cleaner or a mixture of bleach and water on surfaces and antibacterial soap on hands can provide some added protection.

Separate – Keep raw meat, poultry, eggs and seafood and their juices away from ready-to-eat-foods; never place cooked food on a plate that previously held raw meat, poultry, eggs or seafood.

Cook – Cook food to the proper internal temperature (this varies for different doneness, so use a food thermometer). Cook eggs until both the yolk and white are firm.

Chill – Refrigerate perishable foods so that the total time they are at room temperature is less than **2 hours**.

Crispy Baked Chicken

2 skinless chicken breasts (about 4 ounces each)
½ cup corn flakes, crushed
¼ teaspoon salt
1/8 teaspoon pepper
¼ cup skim milk

Preheat oven to 350 degrees. Spray baking pan with non-stick cooking spray. Stir salt and pepper into corn flakes. Dip chicken pieces in milk, then into corn flake crumbs. Place chicken in pan. Bake 1 hour or until chicken is tender. Makes 2 servings.

One serving:

Calories: 198

Carbohydrate: 6 grams

Protein: 26 grams

Fat: 7 grams

Saturated fat: 2 grams

Exchanges: ½ carbohydrate, 3 lean meat

Cholesterol: 72 mg

Fiber: trace

Sodium: 273 mg

Potassium: 241 mg

Calcium: 32 mg



Meat, Poultry, Fish and Main Dishes

Chicken Cilantro

¼ cup chopped onion
1 clove garlic, finely chopped
1 ½ teaspoons cooking oil
2 small chicken breasts, boned, skinned, cut into pieces (4 ounces each)
dash of salt
dash of black pepper if desired
1 tablespoon cilantro

In a skillet cook onions and garlic in oil until onion is tender. Add chicken, salt, and pepper. Cook and stir over medium high heat about 5-10 minutes. Stir in cilantro. Garnish with a lemon wedge if desired. Makes 2 servings.

One serving:

Calories: 180	Cholesterol: 73 mg
Carbohydrate: 3 grams	Fiber: 1 gram
Protein: 27 grams	Sodium: 159 mg
Fat: 6 grams	Potassium: 272 mg
Saturated fat: 1 gram	Calcium: 22 mg
Exchanges: 3½ lean meat, 1 vegetable	

Don't risk problems when these simple steps will help you reduce food-related illness.

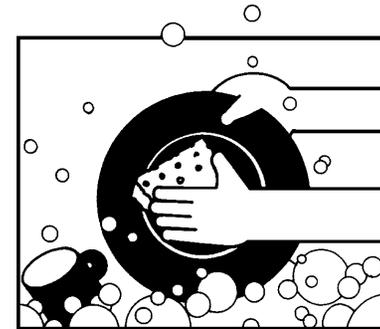
For more information about safe food handling and preparation:

USDA's Meat and Poultry Hotline
1-800-535-4555

FDA's Food Information and Seafood Hotline
1-800-332-4010

Partnership for Food Safety Education Web Site
www.fightbac.org

Or contact your local extension office.



Source: Partnership for Food Safety Education

Smart Eating

Eating right and exercise are important for good health.

Whole Grains, Bread, Cereals, Rice and Pasta:

These foods provide complex carbohydrates (starches), which are excellent sources of energy, and good sources of vitamins, minerals, and fiber. Fiber may help lower cholesterol levels and help to control appetite. These foods are naturally low in fat and cholesterol. Just remember not to add extra fat.

Fruits and Vegetables: Fruits and vegetables provide vitamins and minerals such as: Vitamin A and C, potassium, folate, iron and magnesium. These foods are naturally low in fat and sodium, and many are good sources of fiber.

Lean Meat, Poultry, Fish, and Proteins: Meat, poultry and fish supply protein, iron, B vitamins and zinc. Other protein foods in this group are good sources of vitamins and minerals. Choose lean cuts of meat and trim visible fat. Remove skin from poultry. Limit eggs to no more than three a week.

Milk and Dairy: Milk products supply protein, vitamins, and minerals. Dairy products are the best sources of calcium. Whole milk and high-fat

Lemon Carrots

2 medium carrots, sliced
1 teaspoon low-fat margarine
1 teaspoon lemon juice
¼ teaspoon dried parsley

Put carrots into a saucepan and add ½ inch water in pan. Bring to a boil. Lower heat and cook carrots until tender. Drain water from carrots. Add margarine, lemon and parsley to the carrots. Makes 2 servings:

One serving:

Calories: 33

Carbohydrate: 4 grams

Protein: 1 gram

Fat: 2 grams

Saturated fat: trace

Exchanges: 1 vegetable, ½ fat

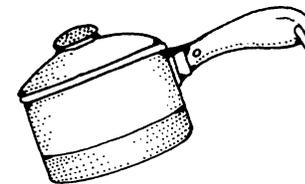
Cholesterol: 0 mg

Fiber: 1 gram

Sodium: 38 mg

Potassium: 120 mg

Calcium: 11 mg



Italian Vegetables

1 medium zucchini, sliced
½ small onion, chopped
½ cup tomatoes, chopped
¼ teaspoon basil
¼ teaspoon garlic powder

Place all ingredients into a saucepan. Cook over medium heat for about 10 minutes or until onion is tender. Makes 2 servings.

One serving:

Calories: 33

Carbohydrate: 7 grams

Protein: 2 grams

Fat: trace

Saturated fat: trace

Exchanges: 1 vegetable

Cholesterol: 0 mg

Fiber: 2 grams

Sodium: 92 mg

Potassium: 411 mg

Calcium: 40 mg



cheeses are high in saturated fat and cholesterol, but these aren't good for the heart. The best choices in this group are skim or nonfat milk, low-fat cheese, and nonfat yogurt. Low-fat dairy products have all the vitamins of higher fat dairy foods.

Cut the sugar: Choose a diet low in sugar. Sugar includes white sugar, brown sugar, corn syrup, honey, molasses and others. Sugars supply calories and little else nutritionally. Limit foods with added sugar like cake, cookies, candy, regular soft drinks, jams and jellies, and sugar that you add at the table.

Cut Fat: Cut out extra fat and choose fats carefully. Select low-fat foods. Eating too much saturated fat may raise blood cholesterol levels, which may then increase the risk of heart disease. Limit saturated fats, such as those found in fats from meat and dairy products and in some vegetable fat such as coconut, palm and palm kernel oil. If you use added fats, select canola, safflower, sunflower, corn, soybean, cottonseed, olive or peanut oils.

Smart Cooking: Bake, roast, grill, poach, stew, steam or broil meat, fish and poultry. Use non-stick pans or cooking spray when frying foods. Trim visible fat from meat. Decrease the sugar and fat in most recipes. Use vanilla, cinnamon, and nutmeg to add a sweet taste without adding sugar.



The “Fruits and Veggies-More Matters” health initiative was developed by the Produce for Better Health Foundation. The program demonstrates that eating MORE fruits and vegetables does matter to all of us. It’s a great way to stay healthy and is a perfect fit for busy lives.

A general guideline is to make fruits and vegetables about half of what you eat, every time you eat. The current recommendation for intake of fruits and vegetables ranges from 4 to 13 servings a day or 2 to 6 ½ cups, depending on age, gender, and activity level. Most adults need 7 to 13 servings a day. For most fruits and vegetables, a serving is ½ cup. A serving of dried fruit is ¼ cup and a serving of lettuce is 1 cup.

All forms of fruits and vegetables matter: fresh, frozen, canned, dried, and 100% juice. It is important to eat from the following categories at least several times a week because they are rich in vital nutrients:

- Dark green vegetables like spinach, broccoli & leaf lettuces.
- Orange vegetables like sweet potatoes and carrots.
- Starchy vegetables like potatoes and corn
- Dry beans like kidney beans, black-eyed peas and black beans

Red Beans and Rice

¼ cup chopped onion
½ cup chopped celery
1 minced clove garlic
1 ½ teaspoon cooking oil
1 cup pre-cooked red beans
2 cups cooked rice
dash of pepper

Cook onion, celery and garlic in cooking oil until tender. Add remaining ingredients. Simmer together for 5 minutes to blend flavors. Makes 2 servings.

One serving:

Calories: 227

Carbohydrate: 39 grams

Protein: 9 grams

Fat: 5 grams

Saturated fat: trace

Exchanges: 2 carbohydrates, 1 vegetable, 1 fat

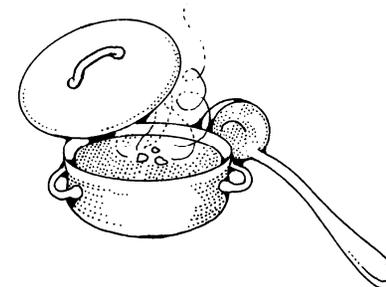
Cholesterol: 0 mg

Fiber: 9 grams

Sodium: 478

Potassium: 440 mg

Calcium: 51 mg



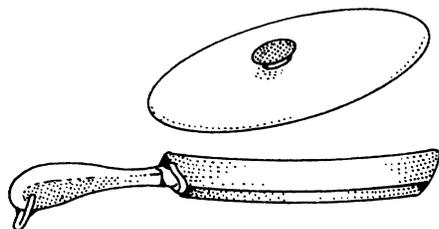
Festive Rice

¼ cup chopped onion	1 cup cooked rice
¼ cup chopped celery	½ cup broccoli
¼ cup green pepper	1/8 teaspoon salt
1 ½ teaspoon oil	

Sauté onion, celery and green pepper in cooking oil. Add rice, cooked broccoli, and salt. Stir well and cook until mixture is heated thoroughly. Makes 2 servings.

One serving:

Calories: 183	Cholesterol: 0 mg
Carbohydrate: 35 grams	Fiber: 3 grams
Protein: 5 grams	Sodium: 183 mg
Fat: 3 grams	Potassium: 248 mg
Saturated fat: trace	Calcium: 41 mg
Exchanges: 2 carbohydrates, 1 vegetable, ½ fat	



Bone Health

Most people don't think about their bones. However, keeping bones healthy by preventing osteoporosis is important. Osteoporosis is a disease in which individuals lose bone mass and bone strength.

When osteoporosis occurs the bones gradually weaken and become so fragile that they fracture under normal use. The fracture usually happens to the hip, spine, wrist and ribs. Spinal fractures cause a stooped posture, chronic back pain and loss of height. Hip fracture can threaten independence and life.

To decrease bone loss everyone should eat an adequate amount of foods high in calcium, engage in regular weight-bearing exercise, stop smoking and limit use of alcohol.

Milk, cheese and yogurt are very good sources of calcium. Other foods that supply calcium to the diet are green vegetables such as kale, collard greens, broccoli; dried beans and peas; lime-based tortillas, edible bones of canned salmon and small fish such as sardines; calcium-precipitated tofu; and calcium-fortified foods.

Food is the best source of calcium. However, some people do not eat enough calcium-rich foods and

may need a calcium supplement. Consult your physician or pharmacist before taking a calcium supplement. There could be interactions between calcium supplements and prescription or over-the-counter medications. Avoid using bone meal or dolomite as calcium supplements. These may contain lead or other toxic metals.



Sweet and Sour Cabbage

- 3 cups chopped cabbage
- ½ cup chopped onion
- 1 teaspoon cooking oil
- 1/8 teaspoon salt
- 1/8 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1 ½ teaspoons wine vinegar
- 1 ½ teaspoons honey

Combine all ingredients and place in a baking dish. Cover and bake at 400 degrees for 30 minutes or until tender. Stir and serve. Makes 2 servings.

One serving:

Calories: 80	Cholesterol: 0 mg
Carbohydrate: 14 grams	Fiber: 3 grams
Protein: 2 grams	Sodium: 25 mg
Fat: 3 grams	Potassium: 339 mg
Exchanges: 1 carbohydrate, ½ fat	



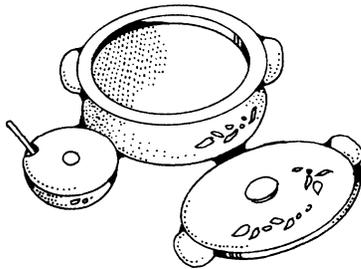
Spanish Rice

1 ½ teaspoon cooking oil 1/8 teaspoon salt
¼ cup chopped onion 1/3 cup uncooked rice
¼ cup chopped celery 1 cup diced tomatoes
½ cup water
¼ pound extra-lean ground beef, cooked, fat drained

In a large skillet, brown onions and celery in cooking oil. Add water, salt, rice, and tomatoes. Simmer until rice is tender but still in separate grains (about 15 minutes). Stir occasionally. Stir in meat and cook slowly, stirring, until heated through, about 5 to 10 minutes. Makes 2 servings.

One serving:

Calories: 302	Cholesterol: 42 mg
Carbohydrate: 35 grams	Fiber: 2 grams
Protein: 17 grams	Sodium: 373 mg
Fat: 11 grams	Potassium: 515 mg
Saturated fat: 3 grams	Calcium: 53 mg
Exchanges: 2 carbohydrates, 1 vegetable, 1 medium fat meat, 1 fat	



Calcium Extra

- ☉ Choose milk instead of coffee, tea, or a soft drink with meals.
- ☉ Add non-fat dry milk to milk for extra calcium.
- ☉ Choose low-fat frozen yogurt, low-fat ice cream, pudding and custards for dessert.
- ☉ Serve non-fat yogurt or non-fat sour cream on top of baked potatoes instead of sour cream or margarine.
- ☉ Sprinkle Parmesan cheese on vegetables, salads, soups, and popcorn.
- ☉ Add a slice of low-fat cheese to sandwiches or melt on tortillas, pita bread, bagels, English muffins, rice cakes or toast.
- ☉ Make dips out of low-fat yogurt for fruit or vegetables.
- ☉ Combine non-fat yogurt or milk with ice, juice or frozen or fresh fruit in a blender.
- ☉ Use non-fat milk to replace part of the water in cooked cereals or soups.
- ☉ Use canned salmon in your favorite sandwich, casserole and salad recipes.
- ☉ Use low-fat cottage cheese or ricotta cheese on bread, and then toast.
- ☉ Use non-fat milk to make hot cocoa.
- ☉ Choose nuts as an occasional snack.
- ☉ Add 1-2 tablespoons non-fat dry milk to casseroles, sauces, meatloaf or sandwich filling.

Healthy Snacking

You may be happy to know that snacks can be good for you. Snacks can help supply your body with nutrients that are not in other meals. Well-planned nutritious snacks can help you from getting so hungry that you eat too much of empty calorie foods.

Following are ideas for healthy snacking:

- ☉ Plan ahead to make sure you have an appetizing snack available.
- ☉ Keep fresh fruits and vegetables on hand in the refrigerator.
- ☉ Watch portion sizes.
- ☉ Prepare or buy snacks that are low in fat, sugar, and salt.
- ☉ Be careful of commercially made snack bars and foods. Many times these foods have as much sugar and fat in them as candy bars.
- ☉ Eat snack foods high in carbohydrate and fiber. These foods are good sources of vitamins and minerals.

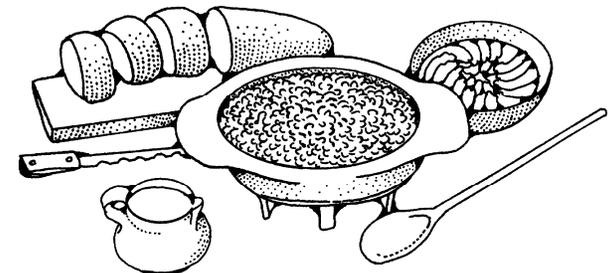
Green Bean, Tomato and Rice Casserole

¼ cup chopped onion
1 teaspoon cooking oil
¼ cup uncooked rice
1 cup low-sodium green beans
1 cup tomatoes
1/3 cup water

Sauté onions in cooking oil until brown. Add the rice, green beans, tomatoes and water. Cook, covered for 30 minutes. Makes 2 servings.

One serving:

Calories: 126	Cholesterol: 0 mg
Carbohydrate: 23 grams	Fiber: 3 grams
Protein: 4 grams	Sodium: 200 mg
Fat: 3 grams	Potassium: 432 mg
Saturated fat: trace	Calcium: 69 mg
Exchanges: 1 carbohydrate, ½ fat, 1 vegetable	



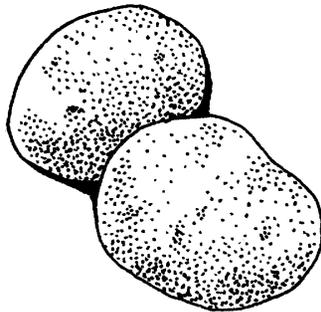
Oven Fried Potatoes

2 medium potatoes, peeled and cut into strips
1 teaspoon cooking oil

Preheat oven to 425 degrees. Coat potatoes with cooking oil. Place potatoes in a single layer on a cookie sheet. Bake for 25 to 30 minutes. Turn the fries while cooking about every 5 to 10 minutes. Makes 2 servings.

One serving:

Calories: 153	Cholesterol: 0 mg
Carbohydrate: 31 grams	Fiber: 3 grams
Protein: 3 grams	Sodium: 10 mg
Fat: 2 grams	Potassium: 510 mg
Saturated fat: trace	Calcium: 12 mg
Exchanges: 2 carbohydrates, ½ fat	



Snack Ideas

- ☉ Air-popped popcorn, or low-fat microwaved popcorn. You may want to sprinkle a little Parmesan cheese, garlic powder or other spice mix over the popcorn for extra flavor.
- ☉ Bread, toast, English muffins, bread sticks, or low-fat crackers.
- ☉ Fresh fruits, such as: berries, melon, oranges, grapes, pineapple, pears, apples, kiwi, or try exotic fruits such as mango or papaya.
- ☉ Fresh vegetables such as; broccoli, carrots, cucumbers, cauliflower, tomatoes, radishes, zucchini, or others. Try unusual raw vegetables such as: raw sweet potatoes or jicama.
- ☉ Low or nonfat fruited yogurt, artificially sweetened, or frozen low-fat yogurt.
- ☉ Pretzels, rice or popcorn cakes, unsweetened cereal or plain tortillas.
- ☉ Skim milk, or hot cocoa prepared with skim milk, cocoa powder, and an artificial sweetener.
- ☉ Spread low-fat ricotta or cottage cheese on bread, and toast.

Guidelines for Eating in Restaurants

Healthy Eating Attitude-Decide ahead of time how you can go to a restaurant and eat healthfully without blowing your meal plan. Too many times eating out is a signal for us to eat anything that we want. Developing a positive attitude can help you to have a healthy and enjoyable meal when you dine out.

Plan Ahead-Choose a restaurant that offers healthy options. Before you arrive at the restaurant, consider what selections might make better options.

Order for You-When you look at the menu, watch for high fat foods, rich and creamy sauces, foods that have been fried, or have extra fats for ingredients. Order smaller portions. If you order a large portion, you will be more likely to eat it all.

Be Creative when Ordering-Order soup and salad or an appetizer as your entrée. Split an entrée with another person if the restaurant allows it. If you just have to have dessert, split it with someone.

Make Requests-If your request is practical many restaurants will accommodate you. Ask for a baked potato instead of fried potatoes. Many restaurants are willing to serve salad dressings, butter or margarine, gravies, sauces, sour cream, or whipped cream on the side. Some restaurants have low-calorie or reduced-calorie salad dressings, fruits

Microwaved Cheese Potato Fries

1 scrubbed potato
sprinkle of garlic powder
2 tablespoons shredded low-fat mozzarella cheese

Cut potatoes into strips. Put potato in a small baking dish, making sure the potato strips are in a single layer. Sprinkle with garlic powder and cheese. Cover and microwave on full power for about 3 to 4 minutes or until potatoes are tender. Makes 2 servings.

One serving:

Calories: 93

Carbohydrate: 17 grams

Protein: 4 grams

Fat: 1 gram

Saturated fat: 1 gram

Exchanges: 1 carbohydrate

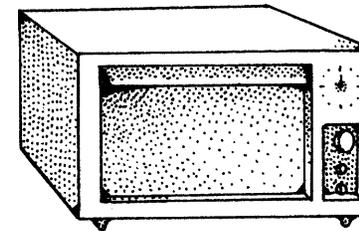
Cholesterol: 4 mg

Fiber: 1 gram

Sodium: 41 mg

Potassium: 312 mg

Calcium: 56 mg



Baked Vegetables and Potatoes

1 large potato, washed, sliced and unpeeled
1 sliced carrot
½ onion, sliced

Spray a large piece of aluminum foil with non-stick cooking spray. Place potatoes, carrots and onion on aluminum foil. Sprinkle with 1 teaspoon of water. Fold foil around vegetables and seal. Place in a 350 degree oven for 35 minutes or until vegetables are tender. Makes 2 servings.

One serving:

Calories: 99	Cholesterol: 0 mg
Carbohydrate: 23 grams	Fiber: 3 grams
Protein: 2 grams	Sodium: 17 mg
Fat: trace	Potassium: 465 mg
Saturated fat: trace	Calcium: 19 mg
Exchanges: 1 carbohydrate, 1 vegetable	



and vegetables or skim milk. These items may not appear on the menu, but may be available if you ask.

Consider Food Preparation- Think about how the food you order is prepared. Is it baked, broiled, fried, roasted, breaded, pan-fried, stir-fried, sautéed, escalloped, or au gratin? Watch out for cream, butter, cheese, sour cream, sauces or gravies. Don't be afraid to ask how a food is prepared or what's in it if you're not sure.

Know When to Stop- Many of us eat everything on our plate. Stop and leave a few bites. It's not rude to leave food. Ask for a container to take food home. You may have enough food left for another meal.



Beverages

Cran-Raspberry Tea

2 raspberry tea bags
1 ½ cups boiling water
1 cup low-calorie cranberry juice cocktail

Combine tea bags and water, steep tea in water for 5 minutes. Remove and discard tea bags, let cool. Stir in cranberry juice. Serve over ice. Makes 2 servings.

One serving:

Calories: 25
Carbohydrate: 6 grams
Protein: 0
Fat: 0
Saturated fat: 0
Exchanges: ½ carbohydrate

Cholesterol: 0 mg
Fiber: trace
Sodium: 11 mg
Potassium: 115 mg
Calcium: 11 mg



Twice Baked Yams

1 medium yam
1 tablespoon skim milk

Wrap yam in foil. Bake at 350 degrees for one hour or until tender. Split yams in half, lengthwise. Scoop out contents and whip with milk. Spoon back into potato shells and heat thoroughly in oven. One serving is ½ potato. Makes 2 servings.

One serving:

Calories: 62
Carbohydrate: 14 grams
Protein: 1 gram
Fat: trace
Saturated fat: trace
Exchanges: 1 carbohydrate

Cholesterol: trace
Fiber: 2 grams
Sodium: 10 mg
Potassium: 213 mg
Calcium: 26 mg



Vegetables and Side Dishes

Parmesan Basil Tomatoes

1 cup fresh or low-sodium canned tomatoes, diced
½ teaspoon basil
1/8 teaspoon garlic powder
1 tablespoon Parmesan cheese

Mix all ingredients except the Parmesan cheese and heat. Serve with Parmesan cheese sprinkled on the top. Makes 2 servings.

One serving:

Calories: 40
Carbohydrate: 6 grams
Protein: 3 grams
Fat: 1 gram
Saturated fat: 1 gram
Exchanges: 1 vegetable

Cholesterol: 2 mg
Fiber: 2 grams
Sodium: 74 mg
Potassium: 282 mg
Calcium: 82 mg



Special Tea

2 cups water
1 whole clove
Dash of nutmeg
2 tea bags

1 cinnamon stick
¼ teaspoon allspice
1 strip lemon peel
1 strip orange peel

In a saucepan, combine all ingredients except tea bags. Simmer for 5 minutes. Add tea bags. Let steep to taste. Strain and serve. Makes 2 servings.

One serving:

Calories: 4
Carbohydrate: 1 gram
Protein: 0
Fat: 0
Saturated fat: 0
Exchanges: free

Cholesterol: 0
Fiber: 0
Sodium: 7 mg
Potassium: 92 mg
Calcium: 2 mg



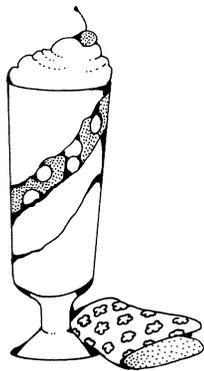
Blueberry Freeze

½ cup chilled evaporated skim milk
½ teaspoon vanilla
1 packet artificial sweetener
1 cup blueberries

Put first 3 ingredients into a blender. Add blueberries a few at a time and whirl after each addition until thick and creamy. Makes one serving.

One serving:

Calories: 189	Cholesterol: 5 mg
Carbohydrate: 35 grams	Fiber: 4 grams
Protein: 12 grams	Sodium: 156 mg
Fat: 1 gram	Potassium: 553 mg
Saturated fat: trace	Calcium: 379 mg
Exchanges: 2½ carbohydrates	



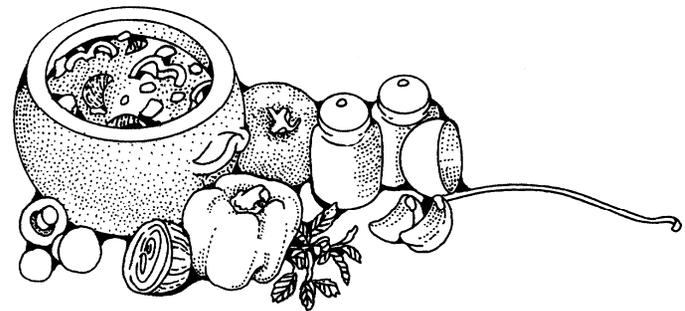
Chicken Vegetable Rice Soup

¼ cup uncooked rice
3 cups low-sodium chicken broth
½ cup vegetables (fresh or frozen)

Cook rice in chicken broth until rice is tender. Add vegetables and simmer for another 15 to 20 minutes. Makes 3 servings.

One serving:

Calories: 136	Cholesterol: 5 mg
Carbohydrate: 25 grams	Fiber: 3 grams
Protein: 6 grams	Sodium: 127 mg
Fat: 2 grams	Potassium: 103 mg
Saturated fat: 1 gram	Calcium: 38 mg
Exchanges: 1 carbohydrate, 1 lean meat, 1 vegetable	



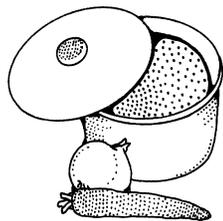
Vegetable Beef Soup

½ cup cooked beef
¼ teaspoon black pepper
1 beef bouillon cube
4 cups water
1 medium potato, cubed
1 stalk celery, sliced
1 carrot, sliced
1 small onion, chopped
1 cup tomatoes
1 cup corn

Combine all ingredients in a large saucepan. Simmer covered for 1 to 1 ½ hours. Makes 4 servings.

One serving:

Calories: 128	Cholesterol: 18 mg
Carbohydrate: 20 grams	Fiber: 3 grams
Protein: 8 grams	Sodium: 507 mg
Fat: 3 grams	Potassium: 485 mg
Saturated fat: 1 gram	Calcium: 39 mg
Exchanges: 1 carbohydrate, 1 vegetable, ½ meat	



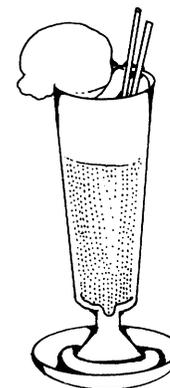
Pineapple Smoothie

1 cup pineapple juice
1 teaspoon vanilla
1/3 cup nonfat dry milk
5 or 6 crushed ice cubes

Crush ice. Combine all ingredients in a container with a tight lid. Shake until blended. Serve at once in a glass. Makes 2 servings.

One serving:

Calories: 113	Cholesterol: 2 mg
Carbohydrate: 23 grams	Fiber: 0
Protein: 4 grams	Sodium: 63 mg
Fat: trace	Potassium: 360 mg
Saturated fat: trace	Calcium: 160 mg
Exchanges: 1½ carbohydrates	



Champagne Imposter

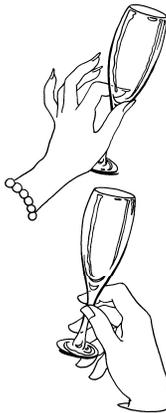
1/3 cup chilled, unsweetened apple juice
1/4 teaspoon lemon juice
1/3 cup Club soda, chilled

Add all ingredients together. Pour into a chilled champagne or wine glass. Serve immediately.
Makes one serving.

One serving:

Calories: 38
Carbohydrate: 10 grams
Protein: trace
Fat: trace
Saturated fat: trace
Exchanges: 1/2 carbohydrate

Cholesterol: 0
Fiber: trace
Sodium: 22 mg
Potassium: 103 mg
Calcium: 9 mg



Cheese Soup

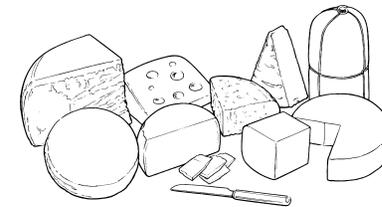
1 3/4 cups chicken broth
1/2 cup diced carrots
1/3 cup chopped onion
1 3/4 cup skim milk
1/4 cup flour
1 cup shredded American cheese

Combine chicken broth, carrot and onion in a saucepan. Bring broth and vegetables to boiling. Cover and simmer for 10 minutes or until the vegetables are tender. Add milk and heat. Add flour to cheese, coating cheese with the flour. Add to milk and broth mixture stirring constantly until soup is bubbly and thick. Cook 1 minute longer.
Makes 3 servings.

One serving:

Calories: 274
Carbohydrate: 21 grams
Protein: 18 grams
Fat: 13 grams
Saturated fat: 8 grams
Exchanges: 1 1/2 carbohydrates, 1 1/2 meat, 1 fat

Cholesterol: 38 mg
Fiber: 2 grams
Sodium: 1083 mg
(high in sodium)
Potassium: 533 mg
Calcium: 428 mg



Homestyle Chicken Noodle Soup

½ chopped medium onion
1 chopped stalk of celery
1 diced carrot
3 cups low-sodium chicken broth
½ cup uncooked noodles
1 cooked, cubed, skinless chicken breast
1/8 teaspoon salt

Put onions, celery, carrots and broth into a large saucepan. Heat until boiling. Cover and boil gently about 10 minutes. Add noodles. Cook until the noodles are tender. Add chicken and salt. Heat to boiling. Makes 3 servings.

One serving:

Calories: 213	Cholesterol: 51 mg
Carbohydrate: 26 grams	Fiber: 2 grams
Protein: 18 grams	Sodium: 208 mg
Fat: 4 grams	Potassium: 447 mg
Saturated fat: 1 gram	Calcium: 39 mg
Exchanges: 1½ carbohydrates, 2 lean meat	



Cinnamon Café Au Lait

¾ cup skim milk
¾ cup strong, brewed vanilla-flavored coffee
dash of cinnamon

Heat milk in a saucepan over low heat until very warm. Stir in hot coffee. Sprinkle with cinnamon and serve immediately. Makes 2 servings.

One serving:

Calories: 34	Cholesterol: 2 mg
Carbohydrate: 5 grams	Fiber: trace
Protein: 3 grams	Sodium: 49 mg
Fat: trace	Potassium: 202 mg
Saturated fat: trace	Calcium: 116 mg
Exchanges: ½ carbohydrate	



Cranberry Fizz

1 cup low-sugar cranberry juice
1 cup sugar-free gingerale

Mix together shortly before serving. Makes 2 – 1 cup servings.

One serving:

Calories: 30	Cholesterol: 0
Carbohydrate: 8 grams	Fiber: 0 mg
Protein: 0	Sodium: 30 mg
Fat: 0	Potassium: 38 mg
Saturated fat: 0	Calcium: 20 mg
Exchanges: ½ carbohydrate	



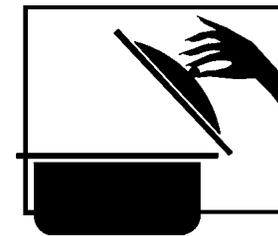
Turkey Chili

1 cup chopped turkey
1/3 cup low-sodium tomato paste
¼ cup chopped onion
2 cups canned tomatoes
¼ cup green pepper
1 ½ teaspoon chili powder
1 cup cooked red beans
¼ teaspoon garlic powder
1 cup water

Combine all ingredients in a saucepan. Cover and simmer over low heat for 30 to 60 minutes, or until the flavors are blended. Makes 3 servings.

One serving:

Calories: 303	Cholesterol: 40 mg
Carbohydrate: 27 mg	Fiber: 8 grams
Protein: 22 grams	Sodium: 277 mg
Fat: 1 gram	Potassium: 994 mg
Saturated fat: trace	Calcium: 98 mg
Exchanges: 2 carbohydrates, 2 very lean meat	



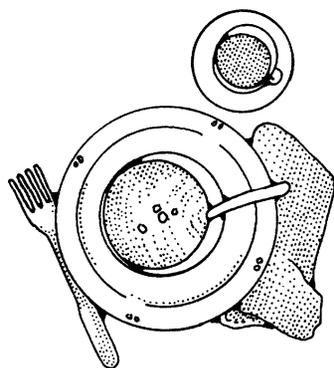
Tomato Bisque

1 ½ cups fresh, seeded, peeled, chopped tomatoes
¾ cup low sodium chicken broth
¼ cup tomato sauce
1 teaspoon dried basil

In a blender or a food processor, combine tomatoes, broth and tomato sauce. Cover and blend until smooth. Stir in basil. Cover and chill until serving time. Makes 3 servings.

One serving:

Calories: 41	Cholesterol: 0
Carbohydrate: 7 grams	Fiber: 2 grams
Protein: 1 gram	Sodium: 255 mg
Fat: 1 gram	Potassium: 400 mg
Saturated fat: trace	Calcium: 18 mg
Exchanges: ½ carbohydrate	



Hot Cocoa Mix

Makes 1 quart dry mix, store and use as needed.

3 cups nonfat dry milk powder
2/3 cup sugar
¼ cup unsweetened cocoa powder
½ teaspoon salt

Stir together nonfat dry milk powder, sugar, cocoa powder and salt. Store in a container with a tight-fitting lid. To make the hot cocoa, put 1/3 cup mix in a cup and add ¾ cup hot water. Stir well.

One serving:

Calories: 129	Cholesterol: 4 mg
Carbohydrate: 25 grams	Fiber: 1 mg
Protein: 8 grams	Sodium: 171 mg
Fat: trace	Potassium: 402 mg
Saturated fat: trace	Calcium: 253 mg
Exchanges: 1½ carbohydrates	



Breads

Biscuits

1 cup flour
1 ½ teaspoons baking powder
¼ teaspoon salt
2 tablespoons margarine
1/3 cup skim milk

Mix flour, baking powder, and salt in a bowl. Cut in margarine thoroughly, until mixture looks like coarse meal. Stir in milk. Round up dough on a lightly floured board. Knead lightly 20 to 25 times. Roll ½ inch thick. Cut with a floured biscuit cutter. Place on an ungreased baking sheet. Bake 10 to 12 minutes at 400° or until golden brown. Makes 6 biscuits.

One biscuit:

Calories: 116	Cholesterol: 1 mg
Carbohydrate: 17 grams	Fiber: 1 gram
Protein: 4 grams	Sodium: 207 mg
Fat: 4 grams	Potassium: 50 mg
Saturated fat: 1 gram	Calcium: 91 mg
Exchanges: 1 carbohydrate, 1 fat	



Potato Soup

2 medium potatoes, cubed
¾ cup low-sodium beef broth
1 ½ stalks celery, chopped
¼ cup onion, chopped
½ carrot, chopped
1 ½ cup skim milk
2 tablespoons flour

Put all ingredients except milk and flour in a saucepan and simmer, covered until potatoes are tender, about 15 to 20 minutes. Place milk and flour in a shaker blender, and shake well. Add milk and flour mixture to the other ingredients, stirring constantly. Simmer uncovered 5 to 10 minutes. Makes 3 servings.

One serving:

Calories: 164	Cholesterol: 2 mg
Carbohydrate: 32 grams	Fiber: 2 grams
Protein: 8 grams	Sodium: 114 mg
Fat: 1 gram	Potassium: 675 mg
Saturated fat: trace	Calcium: 178 mg
Exchanges: 2 carbohydrates	



Tomato Rice Soup

1 ½ cup low-sodium tomato juice
1 teaspoon lemon juice
1 ¼ cup low-sodium beef broth
¼ teaspoon Worcestershire sauce
1 cup cooked rice

Combine all ingredients; bring to a boil. Serve.
Makes 3 servings.

One serving:

Calories: 109	Cholesterol: 0 mg
Carbohydrate: 21 grams	Fiber: 1 gram
Protein: 4 grams	Sodium: 50 mg
Fat: 1 gram	Potassium: 377 mg
Exchanges: 1 carbohydrate, 1 vegetable	



Popovers

1 egg	1 cup flour
2 egg whites	¼ teaspoon salt
1 cup skim milk	
1 tablespoon cooking oil	

Beat egg and egg white together until frothy. Beat milk and oil into eggs. Slowly beat in flour and salt. Batter should be light but not foamy. Preheat oven to 400 degrees. Generously oil popover cups, fill within ½ inch of the top. Bake immediately. Bake until very dark brown about 35 minutes to 45 minutes. When done cut 2 small slits in the top of each popover to release steam. Bake another 5 minutes. Remove from oven. Release from cups with knife. Do not cover tops of the popovers or they will become soggy. Makes 6 popovers.

One popover:

Calories: 127	Cholesterol: 32 mg
Carbohydrates: 18 grams	Fiber: 1 gram
Protein: 4 grams	Sodium: 138 mg
Fat: 3 grams	Potassium: 115 mg
Saturated fat: trace	Calcium: 58 mg
Exchanges: 1 carbohydrate, ½ fat	

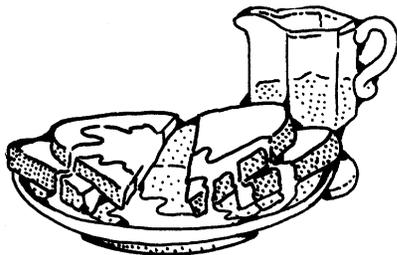
French Toast Al A Orange

1 egg
2 egg whites
½ teaspoon vanilla
1 teaspoon grated orange peel
1/3 cup unsweetened orange juice
4 slices bread

Beat together the egg and egg whites. Mix eggs together with the remaining ingredients, except bread, and pour into a pie plate. Dip bread into mixture. Heat frying pan over medium heat. Spray pan with non-stick cooking spray. Lightly brown bread on both sides. Serve Warm. Makes 2 servings.

One serving (two slices):

Calories: 252	Cholesterol: 96 mg
Carbohydrate: 38 mg	Fiber: 2 grams
Protein: 12 grams	Sodium: 460 mg
Fat: 2 grams	Potassium: 117 mg
Saturated fat: 1 gram	Calcium: 41 mg
Exchanges: 2 carbohydrates, 1 lean meat	



Soups

Lentil Soup

1 cup dried lentils
½ medium onion chopped
2 cups cold water
1 cup canned low-sodium tomatoes
¼ teaspoon salt
¼ teaspoon garlic powder
1/8 teaspoon pepper
1 bay leaf

Rinse lentils. Place ingredients in a saucepan, and bring to a boil. Cover and simmer over a low heat for 2 to 2 ½ hours, or until tender. Add water as desired. Makes 3 servings.

One serving:

Calories: 247	Cholesterol: 0 mg
Carbohydrate: 44 grams	Fiber: 10 grams
Protein: 19 grams	Sodium: 203 mg
Fat: trace	Potassium: 816 mg
Saturated fat: trace	Calcium: 35 mg
Exchanges: 3 carbohydrates, 1 very lean meat	

Buttermilk Salad Dressing

1 cup skim buttermilk
¼ teaspoon salt
1/8 teaspoon black pepper
¼ teaspoon dried parsley flakes
¼ teaspoon garlic powder
2 tablespoons finely minced onion

Mix all ingredients thoroughly. Chill several hours before serving. Makes 8 (2 tablespoon) servings.

One serving:

Calories: 14	Cholesterol: 1 mg
Carbohydrate: 2 grams	Fiber: 0
Protein: 1 gram	Sodium: 66 mg
Fat: trace	Potassium: 52 mg
Saturated fat: trace	Calcium: 36 mg
Exchanges: free	



Salads

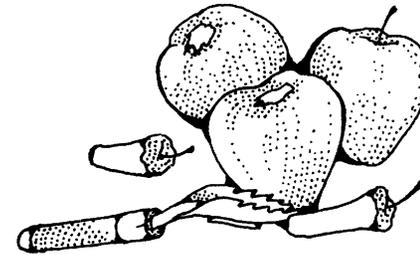
Apple Salad

2 apples, sliced in chunks
¼ teaspoon vanilla
¼ cup plain low-fat yogurt
1/8 teaspoon cinnamon
¼ cup low-calorie whipped topping

Toss all ingredients together. Makes 2 servings.

One serving:

Calories: 101	Cholesterol: 2 mg
Carbohydrate: 24 grams	Fiber: 3 grams
Protein: 2 grams	Sodium: 32 mg
Fat: 2 grams	Potassium: 233 mg
Saturated fat: 1 gram	Calcium: 66 mg
Exchanges: 1½ carbohydrates, ½ fat	



Carrot Raisin Salad

1 cup shredded raw carrot
2 tablespoons raisins
1 ½ tablespoons low-fat sour cream

In a mixing bowl, combine all ingredients. Mix well. Chill. Makes 2 servings:

One serving:

Calories: 66	Cholesterol: 4 mg
Carbohydrate: 13 grams	Fiber: 2 grams
Protein: 1 gram	Sodium: 25 mg
Fat: 2 grams	Potassium: 261 mg
Saturated fat: 1 gram	
Exchanges: 1 vegetable, ½ fat, ½ carbohydrate	



Chicken Salad

2 skinless chicken breasts, cooked
¼ cup diced celery
1 tablespoon chopped onion
½ tablespoon slivered almonds
2 tablespoons fat-free ranch dressing

Dice chicken breasts into bite size pieces. Add celery, onion, almonds and ranch dressing. Mix and serve cold on a bed of lettuce. Makes 2 servings.

One serving:

Calories: 233	Cholesterol: 85 mg
Carbohydrate: 2 grams	Fiber: 1 gram
Protein: 30 grams	Sodium: 116 mg
Fat: 11 grams	Potassium: 311 mg
Saturated fat: 3 grams	Calcium: 32 mg
Exchanges: 4 lean meat	

