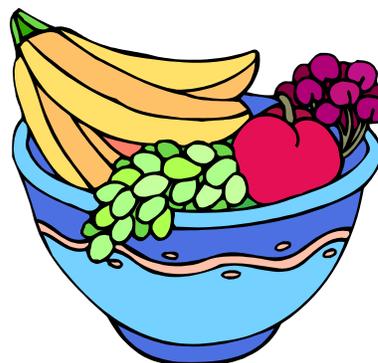


San Francisco Veterans Affairs Medical Center

Wellness Cookbook



Draft Copy, October 2003



October, 2003

Dear VA Patient or Employee:

Thank-you for reviewing this preview of the San Francisco VA Medical Center Employee Wellness Cookbook! Employees, patients, and volunteers have contributed these recipes, which are consistent with the Mediterranean diet, described on the following pages.

We would greatly appreciate your feedback on this draft. Please take a minute to answer the following questions and return to:

San Francisco VA Medical Center
Nutrition and Food Service Department
Room BB1, Building 203 (mail code 120)
4150 Clement St.
San Francisco, CA. 94121

Look for the final and complete version in the fall of 2003.

	Very satisfactory		Neutral		Very unsatisfactory
Please check the appropriate box.	5	4	3	2	1
I found the introductory section on the Mediterranean diet to be...					
I found the section on kitchen equipment to be...					
I found the section on pantry items to be...					
I found the recipe selection to be...					
I found the readability to be...					

(continued on reverse)



Do you have any specific comments about the cookbook?

Which recipes did you especially like?

Which recipes did not work as well for you?

What types of recipes would you like to see added to the cookbook?

Do you have any favorite recipes that fit into the Mediterranean diet? If you would like to have them included in the final version of this cookbook, please send them our way!

Thank-you,

Employee Wellness Cookbook Team
Nutrition and Food Service Department

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Acknowledgments

With great appreciation and thanks to the enthusiastic and talented people that contributed to this effort by either contributing recipes or helping to get the word out about healthy food that tastes good. Special thanks to the SFVA Wellness group:

Joel Simon, MD, MPH
Carol Ceresa, MHSL, RD
Carol Clark, PT
Elaine Der, NP

Cheryl Proctor, MBA
Alice Matsumoto
Pat Ahlering, RN
Gene Gibson
Andrea Ibarra

Forward

If your goal is to enjoy life and be as healthy as possible, an important step is to find, prepare and eat delicious, healthful food – in portion sizes that best meet your needs.

What you eat affects you in many ways – your energy level, how you look and feel, and how well you can resist or lower your risk for many chronic diseases (diabetes, heart disease and cancer, to name a few).

A plant-based diet (one that focuses on a variety of different types of vegetables, fresh fruits and whole grains) is a most health protective and pleasurable eating style.

Total fitness/wellness also includes a daily exercise routine (which could be a 30-60 minute walk) and choosing other efforts to reduce stress and enjoy recreation and meaningful activities.

If you want further wellness information or encouragement, please check with your health care provider or those listed in the Wellness group.

Carol Ceresa – Wellness Committee Chair

The Mediterranean Diet

The San Francisco VA Medical Center *Employee Wellness Cookbook* is based on the Mediterranean Diet, a healthy and tasty alternative to typical American fare. The diet is rich in a wide variety of plant products, including whole grains, fruits, and vegetables.

The traditional eating patterns on the Greek island of Crete form the basis of the original Mediterranean diet, although cuisines in many Mediterranean countries, from Italy to Morocco, are variants on the same theme. People across the region are known for their longevity and low incidence of heart disease and cancer. Although other factors, such as physical activity, may account for these differences, this fruit and vegetable rich diet is thought to play a major role in their excellent health.



Emphasis on Plant-Based Foods

- ❶ Choose an abundance of food from plant sources, including fruits and vegetables, potatoes, breads and grains, beans, nuts, and seeds;
- ❷ Consume at least 5 servings per day of fruits and vegetables (aim for 8-9);
- ❸ Look for bread and bread products made from whole grains and flours (look for the word “whole” at the top of the ingredient list);
- ❹ Emphasize a variety of minimally processed and, wherever possible, seasonally fresh and locally grown foods (this often maximizes the health-promoting micronutrient and antioxidant content of these foods);



Healthy Fats

- ❶ Use olive oil as your principal fat, replacing other fats and oils (especially butter and margarine);
- ❷ Aim for total fat ranging from less than 25 percent to over 35 percent of your daily calories (the lower end of this range is preferable for those trying to lose weight);
- ❸ Saturated fat should be no more than 7 to 8 percent of calories;

Animal Products in Moderation

- ❶ Enjoy low to moderate amounts of cheese and yogurt daily (low-fat and non-fat versions are preferable);
- ❷ Eat low to moderate amounts of fish and poultry weekly (fish contain omega-3 oils that not only reduce heart disease risk but also boost immune system functioning);
- ❸ Have up to four eggs per week (including those used in cooking and baking);
- ❹ Limit red meat to a few times per month (recent research suggests that if red meat is eaten, its consumption should be limited to a maximum of 12 to 16 ounces per month; lean versions are preferable);



Dessert: Don't Deprive Yourself

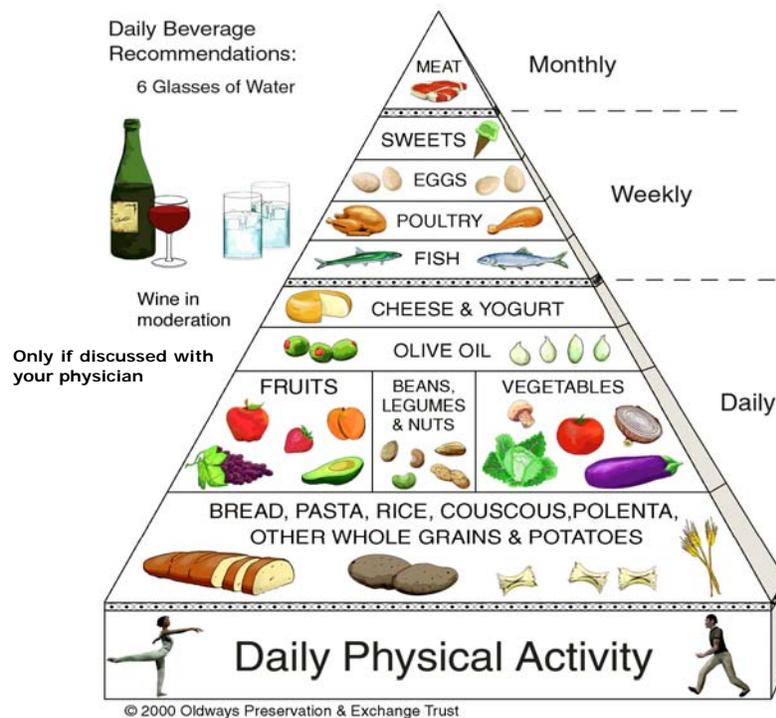
- **Help yourself to fresh fruit** as your typical daily dessert;
- Treat your self to sweets with a significant amount of sugar and saturated fat not more than a few times per week;



Healthy Lifestyle

- **Engage in regular physical activity** at a level which promotes a healthy weight, fitness and well-being;
- **Drink a moderate amount of wine**, normally with meals (about one to two glasses per day for men and one glass per day for women – wine is optional and should be avoided if consumption will put yourself or others at risk. Purple grape juice may offer the same heart health benefits of red wine without the concerns of alcohol.)

The Traditional Healthy Mediterranean Diet Pyramid

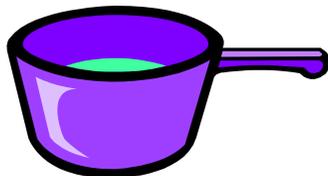


(Adapted from “The Mediterranean Diet Cookbook,” published by Oldways Preservation & Exchange Trust.)

Equipment for the Healthy Kitchen

You don't need a lot of fancy paraphernalia to become a healthy cook. With the following list of essential tools and utensils, you'll be able to cook every recipe in this cookbook!

- Skillet or Wok:** Non-stick is preferable
- Spatula:** Plastic is preferable, as metal may scratch your cookware
- Utensils:** Forks, spoons, and butter knives
- Ladle / Serving Spoon**
- Wooden Spoon**
- Sharp Chopping Knife**
- Chopping Block / Cutting Board**
- Measuring Cups and Spoons**
- Oven-safe Baking Dish**
- Strainer / Colander**
- Mixing Bowl:** Stainless steel lasts longer and is relatively lightweight
- Dishes:** Plates, bowls, glasses, and cups
- Grater**
- Pot / Saucepan and lid:** Start with a large pot, and add smaller ones if desired



If you don't have...

A stove or oven
A kitchen table and chairs
Rolling pin

Try Using...

Microwave or hot plate
A TV tray
A round bottle

Other helpful Tools

- Salad Spinner:** To rinse and dry lettuce, spinach and other leafy vegetables
- Garlic Press:** To easily and quickly mince garlic
- Plastic Storage Containers:** To store and freeze leftovers
- Blender or hand-mixer**
- Vegetable Peeler**
- Whisk**
- Tongs**

Pantry Items to Keep on Hand

For those days when you don't have the time or inclination to go out shopping or be a gourmet chef, you can still eat well, if you keep your pantry and freezer stocked with a few basics from each food group.

Bread, Cereal, Rice and Pasta

To get the fiber you need, choose several servings a day of foods made from whole grains (look for the word *whole* in the ingredients list).

Cold Cereals such as Raisin Bran, Shredded Wheat, or Granola

Hot Cereals such as Oat Bran or Oatmeal

Spaghetti or other pasta

Rice

Tortillas

Bread

Couscous

Wheat Germ



Fruit and Vegetables

Bay Area residents are lucky to have access to an abundance of fresh fruits and vegetables, which can be especially affordable at the local farmers markets. However, it's a good idea to keep some canned and frozen choices on hand so you always get your "Five a Day." They'll last a year when properly stored, so when canned or frozen goods go on sale, stock up!

Canned Vegetables - choose low-sodium versions of products such as corn, carrots, or artichoke hearts

Frozen Vegetables – look for creative vegetable combinations that can be added to rice, pasta, or a tortilla for an instant veggie feast

Olives – a jar of olives will stay good in the fridge for quite some time, use to top salad or homemade pizza

Roasted Red Peppers and **Dried Mushrooms** for a special treat

Fruit Juice such as orange, cranberry, or grapefruit

Vegetable Juice such as Tomato or V-8 (choose low-sodium varieties)

Canned Fruit – in light, not heavy syrup

Dried Fruit such as Prunes, Raisins and Cranberries

Meat, Poultry, Fish, Beans, Eggs, & Nuts

Canned Tuna and/or Sardines

Dried or Canned Beans (see note on page 8 for more information about beans)

Peanut Butter or other nut butters such as almond butter

Nuts (almonds are a good source of Vitamin E, and walnuts of heart-healthy omega-3 fatty acids)



Dairy

Soy Milk (fortified with calcium) – some varieties are available in packages that can be stored at room temperature for several months. Just remember to refrigerate after opening and use within about five days.

Condiments

Spices and Herbs (fresh is best, dried is OK) add zest to vegetables without replace butter or salt – Start with all-purpose Italian seasoning.

Olive Oil, Peanut Oil or Canola Oil

Pepper

Garlic (fresh is best)

Worcestershire Sauce

Soy Sauce (try the lower sodium/green label brand)

Honey

Pickles

Jam (natural fruit spread is a good choice)



Recipes



Soups and Salads



Black Bean Chili Salad

- 2 tbsp. red wine vinegar
- 1 tbsp. canola or olive oil
- 1/4 tsp. chili powder
- 1/8 tsp. ground cumin
- 1/2 small garlic clove, finely chopped
- 1/2 cup frozen whole kernel corn, rinsed to thaw and drained
- 1/2 cup diced jicama (2-1/2 oz)
- 1/2 medium tomato, seeded and chopped (2/5 cup)
- 1 medium green onion, sliced (1 tbsp)
- 1 can (15 oz) low-sodium black beans, rinsed and drained



Mix first five ingredients in a large bowl. Stir in remaining ingredients.

For the best flavor and texture, and to minimize sodium, use dried beans that you soak and cook yourself. See note on page 8 for more information about legumes.

Nutritional Analysis Per Serving

Calories: 142
Carbohydrate: 22g
Protein: 6g
Cholesterol: 0mg
Total Fat: 4g
Dietary Fiber: 6g
Saturated Fat: 0g
Sodium: 173mg

Makes 4 servings.

Minestrone Soup

- 1 cup dried pinto beans (or use rinsed, reduced sodium canned beans)
- 3 cups of chicken or vegetable stock (reduced sodium)
- 1 large onion, chopped
- 2 celery stalks, chopped
- 3 carrots, sliced
- 1 large can of diced tomatoes
- 1 green pepper, diced
- 1 clove garlic, minced
- 1 handful of washed spinach leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon ground cayenne pepper
- 1/2 cup dried macaroni



Nutritional Analysis Per Serving

Calories: 180
Carbohydrate: 32g
Protein: 11g
Cholesterol: 2mg
Total Fat: 2g
Dietary Fiber: 8g
Saturated Fat: < 1g
Sodium: 275mg

Makes 8 servings.

Soak beans overnight in water to cover; drain. Put beans in soup pot and cover with water. Cook, covered, until almost tender, a little over 1 hour. Drain; return to soup pot.

Add chicken stock and onion and cook, covered, 20 minutes. Add remaining vegetables, macaroni and seasonings. Cook, covered, 20-30 minutes longer.

Taste, add more seasonings or broth if necessary; heat through and service with grated parmesan cheese on top.

To freeze: Place in microwave-safe container; label and freeze for up to two months.

Tony's Curried Pumpkin Soup

1 large onion, chopped (10-16 oz)
1 tbsp. freshly minced ginger root
1 medium sized jalapeno pepper (remove seed and membrane, then dice)
1 clove garlic (minced or pressed)
1 tsp. curry powder
3-1/2 cups vegetable broth
1/4 cup water
1 cup low-fat milk (1% milk fat)
1 16 oz. can pumpkin
1/4 cup low-fat plain yogurt



Nutritional Analysis Per Serving

Calories: 107
Carbohydrate: 19g
Protein: 6g
Cholesterol: 3mg
Total Fat: 2g
Dietary Fiber: 4g
Saturated Fat: 1g
Sodium: 923mg

Makes 4 servings.

In a large pan, combine the onion, ginger, jalapeno pepper, garlic, curry powder, and vegetable broth. Cook over high heat, stirring occasionally, until liquid evaporates and contents of pan are browning.

Deglaze the pan by adding 1/4 cup of water. Repeat deglaze until onions are richly browned.

Add the remaining broth (3 cups), milk, and pumpkin. Stir and scrape browned onion free from the pan. Bring to a boil, stirring over high heat. Reduce heat and cook for approximately 20 minutes. Serve hot or cold and top with a dollop of yogurt.

Sweet and Sour Toasted Almond Salad

1/4 cup sliced almonds
1 tbsp. plus 1 tsp. sugar (optional)
3 cups head lettuce, torn into bite-sized pieces (1/2 head)
3 cups Romaine lettuce, torn into bite-sized pieces (1/2 bunch)
2 medium celery stalks, chopped (1 cup)
2 tbsp. thinly sliced green onions
Fresh orange segments or drained mandarin oranges
2 tbsp. vegetable oil
2 tbsp. sugar
2 tbsp. white vinegar
1 tbsp. chopped fresh parsley
1/4 tsp. salt
1/4 tsp. pepper
1/4 tsp. red pepper sauce



Nutritional Analysis Per Serving

Calories: 127
Carbohydrate: 15g
Protein: 2g
Cholesterol: 0mg
Total Fat: 7g
Dietary Fiber: 2g
Saturated Fat: 1g
Sodium: 215mg

Makes 6 servings.

Cook almonds and sugar in saucepan over low heat, stirring constantly, until melted and almonds are coated. Cool, and break apart.

Mix together the last seven ingredients (the dressing) in a separate container. Toss almonds, dressing, and remaining ingredients.

Meatless Entrees



Baked Risotto with Swiss Chard



- 2 tsp. olive oil
- 1 large onion, chopped (~1 ½ cups)
- 1-1/4 cups short or medium grain (*not* long grain) brown rice or Arborio rice
- 2 cloves garlic, minced
- Pinch of crushed red pepper flakes
- 1/2 cup dry white wine (substitute water if desired)
- 1 (14.5 oz) can reduced-sodium chicken broth
- 2 cups water
- 1 (1-lb.) bunch Swiss chard, preferably ruby (red) chard
- 3/4 cup freshly grated Parmesan cheese (1-1/2 oz), divided
- Freshly ground pepper to taste

Nutritional Analysis Per Serving

Calories: 260
Carbohydrate: 37g
Protein: 11g
Cholesterol: 11mg
Total Fat: 7g
Dietary Fiber: 3g
Saturated Fat: 3g
Sodium: 447mg

Makes 6 servings.

Preheat oven to 425°F. Heat oil in a Dutch oven or ovenproof deep sauté pan over medium heat. Add onion; cook, stirring often, until softened and lightly browned, 4 to 6 minutes. Add rice, garlic, and crushed red pepper flakes; stir for 30 seconds. Add wine (or water) and stir for a few seconds until it has almost evaporated. Add broth and water; bring to a boil. Cover the pan and place it in the oven. Bake until rice is just tender, 45 to 50 minutes (15 minutes for Arborio rice).

While the risotto is baking, prepare Swiss chard: Separate stems from leaves; trim stem ends; rinse stems and cut into ½-inch pieces. Wash leaves thoroughly and cut into ½-inch ribbons. Boil 2 cups of water in a large saucepan. Stir in stems, cover, and cook for 5 minutes. Stir in leaves, cover, and cook, stirring once, until chard is just tender, 4 to 5 minutes. (The saucepan will seem quite full at first, but the leaves will shrink as they cook.) Drain and refresh under cold running water. Press out excess moisture.

When the risotto is ready, add Swiss chard. Place on a burner over medium heat and cook, stirring, until chard is heated through and risotto turns from a somewhat soupy to a slightly thicker consistency, 1 to 3 minutes. Remove from heat and stir in ½ cup cheese and pepper. Serve immediately, sprinkled with remaining cheese.

(Adapted from Tufts University Health and Nutrition Letter)

Baked Polenta with Seasonal Vegetables

1-1/2 cups polenta (Italian style grits)
5-1/2 cups warm water
1/4 teaspoon salt
3 tablespoons olive oil
1 large onion, chopped
1-1/2 pounds of seasonal vegetables (zucchini, green or red peppers, whatever you find in the store that is colorful)
1 pound of ripe, diced tomatoes or 1 basket cherry tomatoes or 2-1/2 cups of diced canned tomatoes
1 teaspoon dried oregano
1 teaspoon dried basil
1/2 cup shredded parmesan cheese
Preheat oven to 350°F.

Nutritional Analysis Per Serving

Calories: 251
Carbohydrate: 34g
Protein: 8g
Cholesterol: 7mg
Total Fat: 10g
Dietary Fiber: 4g
Saturated Fat: 3g
Sodium: 423mg

Makes 6 servings.

Use part of olive oil to oil a 13 X 9 inch baking pan. Add the polenta, water and salt. Stir gently to combine. Cover with foil and bake for 50 minutes, until the polenta is almost cooked through.

While the polenta cooks, heat the rest of the olive oil in a large skillet. Sauté the onions and sliced or diced seasonal vegetables. Add the oregano and basil to vegetables.



When the polenta has cooked for 50 minutes, remove it from the oven and uncover. Top the polenta with the sautéed vegetables and tomatoes and cheese and return to the oven for 10-15 minutes longer.

To freeze: cut into serving size portions and wrap airtight in plastic wrap, then in foil to freeze.

Mango and Cashew Vegetable Stir-Fry

2 tbsp. canola oil
2 onions, cut into eighths
2 carrots, peeled and cut into thin strips
2 stalks celery, cut into thin strips
2 tsp. tumeric
2 cloves garlic, crushed
6 green onions, chopped
2 tbsp. vinegar
2 tbsp. sugar
1 mango, pitted, peeled, and chopped
4 oz. snow peas, trimmed
3/4 cup vegetable stock or broth
4 oz. roasted cashew nuts
3 cups cooked brown rice



Nutritional Analysis Per Serving

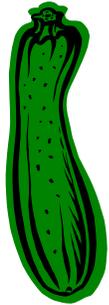
Calories: 338
Carbohydrate: 46.4g
Protein: 7.9g
Cholesterol: 0mg
Total Fat: 15.0g
Dietary Fiber: 5.2g
Saturated Fat: 2.4g
Sodium: 244mg

Makes 6 servings.

Heat oil in a wok or skillet. Add onions, carrots, and celery and stir-fry for 5 minutes, or until lightly browned. Combine tumeric, garlic, green onions, vinegar and sugar and stir into wok.

Add mango, snow peas and stock or broth, and stir-fry for 5 minutes, or until vegetables are just tender. Fold in nuts and serve over rice immediately.

Tracey's Easy Leek & Zucchini Bake



3 cups brown rice
3 zucchini, cut in half widthwise, then in slices
1 big leek or enough to make 2 cups worth
1 cup shredded parmesan cheese, divided in half
Non-stick cooking spray (such as Pam)
2 tsp. garlic
1/2 tsp. red pepper flakes
1/2 tsp. dried thyme (substitute fresh if available)
Salt and pepper to taste

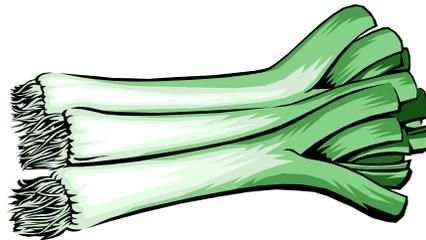
Preheat oven to 400°F. Thoroughly cook the rice according to package directions, seasoning the cooking water with salt. When it cools down to room temperature, stir in ½ cup of the cheese. Pat down into an 8-inch square pan.

Clean leeks thoroughly, retaining only the white and light green parts. (Keep the dark green parts for stock if desired.) Cut through the stalk and then slice into ½ inch moons. Separate all the layers. Dry the leeks.

Sauté the leeks over medium-high heat until they are medium soft. Add zucchini and sauté until skin gets bright green. (Do not let the zucchini get mushy.) Add the remainder of the ingredients.

Remove from heat and arrange over the brown rice.
Cover with last ½ cup of cheese.

Cover tightly with foil and bake at 400°F for 15 minutes. Uncover and bake for about 15 more minutes. Cut into squares when cool and enjoy this healthy, delicious veggie meal.



Nutritional Analysis Per Serving

Calories: 205
Carbohydrate: 31g
Protein: 10g
Cholesterol: 11mg
Total Fat: 5g
Dietary Fiber: 4g
Saturated Fat: 3g
Sodium: 258mg

Makes 6 servings.

Bob's Vegetarian Chili

1-1/2 lb. chopped mixed vegetables (broccoli, peppers, eggplant, or zucchini)
28 oz. dried, soaked, and cooked kidney beans (or pinto or black beans – use
canned, rinsed beans if necessary)
2 tbsp. canola or olive oil
2 medium onions, peeled and finely chopped
1 garlic clove, peeled and crushed
1-2 fresh chilies, seeded and thinly sliced
3 tbsp. all-purpose flour
1 tbsp. chili powder
10 oz. canned “no salt added” tomatoes
2 tbsp. “no salt added” tomato paste
1-1/4 cup water
1 large red pepper, cored, seeded, diced

Nutritional Analysis Per Serving

Calories: 285
Carbohydrate: 46g
Protein: 15g
Cholesterol: 0mg
Total Fat: 6g
Dietary Fiber: 15g
Saturated Fat: 1g
Sodium: 47mg

Makes 6 servings.

Cook the vegetables with the onions, garlic, and chilies in the sunflower oil until soft and lightly browned. Sprinkle in the flour and chili powder and stir for 3-4 minutes.

Add the beans, tomatoes, tomato paste, and water.

Stir until just simmering, season, cover, and transfer to the oven. Cook for 1-1/2 hours, and then add the diced pepper. Re-cover and return to the oven 30 minutes longer.

Before serving, test a bean by biting into it to make sure it is tender. Taste the sauce, and add more seasoning if necessary.



Legumes Can Give You a Leg Up

We've included a number of recipes using beans, peas, and other legumes, because they are flavorful, inexpensive, and packed with nutrition! Legumes are high in protein, and are among the best sources of fiber. A half-cup serving of cooked beans supplies 4 to 10 grams of fiber (adults need 20 to 35 grams per day). In addition, beans provide B vitamins as well as other vitamins and minerals.

Consider replacing canned beans with dried beans that you soak and cook yourself – you'll save 350-450mg of sodium per serving, and enjoy improved flavor and lower cost. If you do use canned beans for convenience, look for “low-salt” or “low-sodium” varieties, and rinse them well to reduce the sodium content even more.

Fish Dishes



Steamed Cod

- 4 skinless cod fillets (each about 4 oz)
- Juice of 1 lemon
- Add other herbs of choice (try dill or thyme)
- 2 tbsp. olive oil

Bring a couple of inches of water to a boil in a saucepan over medium heat. Put the cod fillets on a large heatproof plate, and sprinkle with the lemon juice. Cover the plate loosely with a lid and place on top of the saucepan for 7 to 8 minutes, or until the fish flakes easily when poked with a fork.

Drizzle with olive oil and serve immediately.



Nutritional Analysis Per Serving

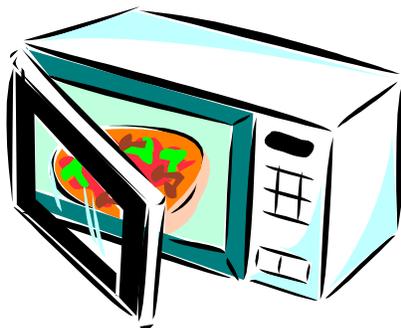
Calories: 184
Carbohydrate: 3g
Protein: 26g
Cholesterol: 62mg
Total Fat: 8g
Dietary Fiber: 1g
Saturated Fat: 1g
Sodium: 150 mg

Makes 4 servings.

Salsa Steamed Salmon (Microwaveable)

- 2 salmon fillets (each about 3 oz)
- 1 cup salsa (fresh salsa from the deli is best)

Pour salsa on top of salmon in microwaveable container. Cover, leaving one corner open for steam to escape. Microwave on high for about seven minutes or until salmon flakes easily.



Nutritional Analysis Per Serving

Calories: 193
Carbohydrate: 4g
Protein: 20g
Cholesterol: 54mg
Total Fat: 11g
Dietary Fiber: 1g
Saturated Fat: 2g
Sodium: 330mg

Makes 2 servings.

Pasta Puttanesca with Shrimp

1 tbsp. olive oil
2 large garlic cloves, minced
1 28-oz. can peeled Italian plum tomatoes with their juice
1 tbsp. chopped, pitted black Mediterranean olives
2 tsp. drained small capers (optional)
1 tsp. minced fresh oregano (or 1/4-tsp. dried)
1 tsp. crushed red hot pepper flakes
1/2 tsp. salt, or to taste
1/2 lb. small shrimp, shelled and deveined
3 tbsp. minced fresh parsley
1/2 lb. penne pasta



Heat oil in a medium saucepan over low heat; add garlic and cook, stirring, for 1 minute. Stir in tomatoes, olives, capers, oregano, pepper flakes, and salt. Simmer, stirring occasionally and breaking up tomatoes with a wooden spoon, for 25 minutes, or until thickened.

Stir in shrimp and 2 tablespoons of parsley, remove from heat and let stand uncovered.

While sauce is simmering, cook pasta in a large kettle of boiling salted water according to package directions, or until al dente. Drain pasta completely in a colander. Transfer pasta to a serving bowl and toss with sauce.

Nutritional Analysis Per Serving

Calories: 350
Carbohydrate: 51g
Protein: 21g
Cholesterol: 86mg
Total Fat: 6g
Dietary Fiber: 3g
Saturated Fat: 1g
Sodium: 471mg

Makes 4 servings.

Seafood Artichoke Sauté

1 pound scallops or other fish of choice (and at best price)
1 tbsp. olive oil
4 medium green onions, sliced (about 1/4 cup)
1 tbsp. chopped fresh basil or 1 tsp. dried basil
1/4 tsp. pepper (white pepper, if available)
1 garlic clove, minced
1 package frozen artichoke hearts (9 oz), thawed and drained
1 cup cherry tomatoes, cut in half
1 cup fresh spinach
1 tbsp. fresh lemon juice

Cook scallops (or other seafood), onions, salt, white pepper, and garlic in olive oil in a 10-inch nonstick skillet over medium-high heat for 4 minutes, stirring frequently, until scallops are white.

Stir in artichokes, tomatoes, and spinach. Cook, stirring occasionally, until tomatoes are hot and spinach is wilted; drain. Sprinkle with lemon juice.

Nutritional Analysis Per Serving

Calories: 202
Carbohydrate: 14g
Protein: 22g
Cholesterol: 36mg
Total Fat: 7g
Dietary Fiber: 5g
Saturated Fat: 1g
Sodium: 136 mg

Makes 4 servings.

Meat and Poultry Dishes



New Potato- Country Chicken

- 2 cups broccoli flowerets or frozen green peas
- 1 cup water
- 6 new red potatoes, (3/4 pound), cut into fourths
- 3 boneless skinless chicken breast halves, (3/4 pound), cut into 1-inch cubes
- 1 jar (12 ounces) chicken gravy



Mix all ingredients, except broccoli or peas in 3-quart saucepan. Heat to boiling, stirring occasionally; reduce heat. Cover and simmer 15 minutes, stirring occasionally, until potatoes are tender and chicken is no longer pink in center. Add green vegetables and cook 10 minutes more. Serve with coleslaw or leafy greens.

Nutritional Analysis Per Serving

Calories: 245
Carbohydrate: 22g
Protein: 24g
Cholesterol: 55mg
Total Fat: 8g
Dietary Fiber: 3g
Saturated Fat: 2g
Sodium: 560mg

Makes 4 servings.

Mustard Herb Chicken (Microwaveable)

- 4 chicken breasts (about 2 lb.)
- 2 tbsp. Dijon mustard or whole grain mustard
- 2 tbsp. low-fat yogurt or non-fat sour cream
- 1 tsp. dried oregano (or 1 tbsp. fresh)
- 1/2 tsp. dried thyme

Remove skin from chicken. In microwaveable dish, arrange chicken in single layer with thickest portions toward outside.

In small bowl, combine mustard, yogurt, oregano, thyme, and pepper to taste; spread over chicken.



Microwave, uncovered, at High power for 8 to 10 minutes or until chicken is no longer pink inside, rotating dish after 4 minutes.

Oven method: Alternatively, prepare as above. Bake, uncovered, in 350°F oven for 45 to 50 minutes or until chicken is no longer pink inside.

Nutritional Analysis Per Serving

Calories: 215
Carbohydrate: 1g
Protein: 39g
Cholesterol: 104mg
Total Fat: 5g
Dietary Fiber: 0g
Saturated Fat: 1g
Sodium: 198mg

Makes 4 servings.

Spaghetti and Turkey Meatballs

2 tbsp. skim milk
1 egg white
1/2 lb. fresh lean ground turkey
1/4 cup dry bread crumbs
1/4 tsp. poultry seasoning
1/4 tsp. pepper (or to taste)
2 cups water
2 cups prepared lowfat, no-cholesterol spaghetti sauce
1/2 cup chopped green bell pepper
1 cup sliced mushrooms
4 oz. (about 1 2/3 cups) uncooked pasta (radiatore or rotini are best)
2 tbsp. grated Parmesan cheese



Nutritional Analysis Per Serving

Calories: 302
Carbohydrate: 44g
Protein: 21g
Cholesterol: 37mg
Total Fat: 7g
Dietary Fiber: 4g
Saturated Fat: 2g
Sodium: 756mg

Makes 4 servings.

Heat oven to 450°F. In medium bowl, combine milk and egg white; blend well. Stir in turkey, bread crumbs, poultry seasoning and pepper. Shape into 1-inch balls. Place onto ungreased cookie sheet (or baking dish). Bake at 450°F for 10 minutes or until lightly browned and thoroughly cooked.

Meanwhile, in large saucepan combine water, spaghetti sauce, bell pepper, and mushrooms; bring to a boil. Stir in pasta nuggets. Reduce heat; simmer about 15 minutes or until pasta is of desired doneness. Stir in meatballs; heat thoroughly. Serve sprinkled with Parmesan cheese.

(Adapted from Fast and Healthy Magazine)

Alice's Ginger Pork Sauté

1 pound lean boneless pork loin or tenderloin
4 oz. crisp green cabbage
3 tbsp. soy sauce
1 tbsp. fresh ginger juice (obtained by grating ginger root)
1 tbsp. sake (optional)
1 tbsp. sugar
2 tbsp. peanut oil (or other vegetable oil)

Cut pork crosswise into 1/8-inch thick slices. Cut slices into 2-inch pieces.

Remove hard center sections from cabbage leaves, if necessary. Cut cabbage into 1-inch squares.

Mix soy sauce, ginger juice, sake and sugar in small bowl; stir until sugar dissolves.

Heat 1 tbsp. oil in 10-inch skillet over high heat. Add pork; sauté, stirring constantly, until pork is half cooked, about 3 minutes. Remove pork from pan; reserve.

Add remaining 1 tbsp. oil to skillet. Add cabbage; sauté, stirring constantly, until almost tender, 1 to 2 minutes. Return pork to skillet; add soy-sauce mixture. Cook, stirring occasionally, until pork is cooked through, 2 to 3 minutes. Serve immediately.

Nutritional Analysis Per Serving

Calories: 199
Carbohydrate: 2g
Protein: 24g
Cholesterol: 70mg
Total Fat: 10g
Dietary Fiber: 0g
Saturated Fat: 2g
Sodium: 560mg

Makes 6 servings.

Can pork be part of a healthy diet?

Pork is one of the best sources of the B-vitamin thiamin, and can be a low-fat source of protein, if you choose lean cuts like tenderloin or loin chop. (Avoid pork chops and ribs.) And remember, you only need 2-3 oz., as in this recipe.

Side Dishes



Tomatoes Provencal

4 large, ripe, firm tomatoes cut in half horizontally (not peeled)
3/4 cup fresh French or Italian breadcrumbs
2 to 3 cloves garlic, finely minced
6 tbsp. finely minced basil or other fresh herb
3 tbsp. grated Parmesan cheese
2 tbsp. finely chopped black olives
1/8 tsp. of salt, or to taste
Pepper to taste
Olive oil cooking spray



With a spoon (a grapefruit spoon is best if available), remove and discard seeds and soft center of each tomato half.

Combine breadcrumbs, garlic, herbs, cheese, and olives. Season with salt and pepper. Spoon about 2 tablespoons of filling into each tomato half; spray with cooking spray. Place tomatoes under broiler until filling is golden, about 5 minutes. You can also cook these tomatoes on the grill for a wonderful smoky dimension.

(Adapted from The Phytopia Cookbook)

Nutritional Analysis Per Serving

Calories: 139
Carbohydrate: 23g
Protein: 6g
Cholesterol: 3mg
Total Fat: 3g
Dietary Fiber: 3g
Saturated Fat: 1g
Sodium: 368mg

Makes 4 servings.

Baked Asparagus

1 lb. asparagus
2 tsp. olive oil
1/8 tsp. salt

Spray baking sheet with nonstick coating. Break off tough ends of asparagus. Arrange asparagus in single layer on prepared baking sheet. Brush with olive oil; sprinkle with salt. Bake in 500°F oven for about 8 minutes or until tender.



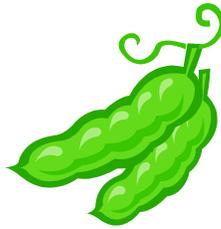
Nutritional Analysis Per Serving

Calories: 46
Carbohydrate: 2g
Protein: 3g
Cholesterol: 0mg
Total Fat: 3g
Dietary Fiber: 1g
Saturated Fat: 0g
Sodium: 80mg

Makes 4 servings.

Sprout and Snow Pea Stir-Fry

4 cups snow peas
2 tsp. vegetable oil
2 tsp. minced garlic
2 tbsp. minced gingerroot
2 cups bean sprouts
3 tbsp. water (optional)
2 tsp. low-sodium soy sauce



Remove stem end and string from snow peas. In large nonstick skillet or wok, heat oil over high heat. Add garlic, gingerroot, and snow peas; stir-fry for 1 minute.

Add bean sprouts; stir-fry for 1 minute or until vegetables are tender-crisp, adding water if necessary to prevent burning. Stir in soy sauce.

Nutritional Analysis Per Serving

Calories: 54
Carbohydrate: 6g
Protein: 2g
Cholesterol: 0mg
Total Fat: 2g
Dietary Fiber: 3g
Saturated Fat: 0g
Sodium: 85mg

Makes 4 servings.

Chickpeas and Swiss Chard

1 small onion, thinly sliced
1 garlic clove, thinly sliced
1-1/2 tbsp. olive oil
1 small tomato, cut into 1/4 inch thick dice
1 cup dried, soaked, and cooked chickpeas (or use rinsed canned chickpeas if necessary)
1/2 pound Swiss chard, stems discarded and leaves coarsely chopped
1/2 tbsp. fresh lemon juice



Cook onion and garlic in oil in a large nonstick skillet over moderately low heat, stirring, softened. Add tomato and chickpeas and cook, stirring, 5 minutes. Add Swiss chard and cook, covered, until wilted, about 2 minutes. Add lemon juice and season with salt and pepper.

(Adapted from Gourmet Magazine)

For the best flavor and texture, and to minimize sodium, use dried beans that you soak and cook yourself. See note on page 8 for more information about legumes.

Nutritional Analysis Per Serving

Calories: 282
Carbohydrate: 35g
Protein: 11g
Cholesterol: 0mg
Total Fat: 13g
Dietary Fiber: 10g
Saturated Fat: 2g
Sodium: 255mg

Makes 2 servings.

Oven Roasted Vegetables

1-1/2 lb. fresh beets, peeled
1 lb. sweet potatoes, peeled
1/2 lb. small red potatoes
1 large onion, peeled
3 tbsp. olive oil
2 tbsp. balsamic vinegar
2 tbsp. chopped fresh rosemary
salt and freshly ground pepper to taste



Preheat oven to 350°F. Cut vegetables into 1-1/2 inch chunks.

Place beets on half of a large shallow baking pan and the remaining vegetables on the other half. Drizzle with olive oil and toss lightly to coat.

Bake for 45 to 50 minutes or until the vegetables are tender and starting to crisp on the edges, stirring every 15 minutes. Drizzle with vinegar and cook for 10 minutes more. Toss with rosemary and season to taste with salt and pepper.

Nutritional Analysis Per Serving

Calories: 230
Carbohydrate: 38g
Protein: 4g
Cholesterol: 0mg
Total Fat: 7g
Dietary Fiber: 5g
Saturated Fat: 1g
Sodium: 101mg

Makes 6 servings.

Don's Quick "Non-Recipes"

Cheerios and Soy Milk

1 cup Cheerios (substitute Grape Nuts if you like)

1 cup soy milk

Nutritional Analysis Per Serving	
Calories: 189	Carbohydrate: 26.3g
Protein: 9.6g	Cholesterol: 0mg
Total Fat: 6.6g	Dietary Fiber: 6.1g
Saturated Fat: 0.5g	Sodium: 309mg

Grape Nuts on Frozen Yogurt

1 cup non-fat frozen yogurt

1/4 cup Grape Nuts (substitute Cheerios if you like)

(Nutritional values are for frozen yogurt flavors other than chocolate.)

Nutritional Analysis Per Serving	
Calories: 257	Carbohydrate: 54.8g
Protein: 10.9g	Cholesterol: 2.5mg
Total Fat: 0.8g	Dietary Fiber: 2.5g
Saturated Fat: 0.2g	Sodium: 281mg

Cheerios or Grape Nuts

You can eat them alone as a great substitute for potato chips or other high-fat, salty snacks.

Nutritional Analysis Per Serving (1 cup Cheerios)	
Calories: 110	Carbohydrate: 22g
Protein: 3g	Cholesterol: 0mg
Total Fat: 2g	Dietary Fiber: 3g
Saturated Fat: 0g	Sodium: 280mg

Nutritional Analysis Per Serving (1/2 cup Grape Nuts)	
Calories: 200	Carbohydrate: 47g
Protein: 6g	Cholesterol: 0mg
Total Fat: 1g	Dietary Fiber: 5g
Saturated Fat: 0g	Sodium: 350mg

Nutritional Analysis Per Serving (1 oz. potato chips, for comparison only)	
Calories: 152	Carbohydrate: 15.0g
Protein: 2.0g	Cholesterol: 0mg
Total Fat: 9.8g	Dietary Fiber: 1.3g
Saturated Fat: 3.1g	Sodium: 169mg

Desserts



Peach Cranberry Crunch

- 1 can (29oz) peach slices, well drained**
(substitute fresh peaches if desired)
- 1 cup fresh or frozen cranberries** (substitute raspberries if desired)
- 2 tbsp. sugar**
- 1/3 cup all purpose flour**
- 1/3 cup rolled oats**
- 1/3 cup firmly packed brown sugar**
- 1/2 tsp. cinnamon**
- 3 tbsp. butter, melted**



Nutritional Analysis Per Serving

Calories: 200
Carbohydrate: 32g
Protein: 2g
Cholesterol: 0mg
Total Fat: 6g
Dietary Fiber: 3g
Saturated Fat: 1g
Sodium: 75mg

Makes 6 servings.

Heat oven to 375°F. Spray an 8x8 baking dish with nonstick cooking spray. In medium bowl, combine peaches, cranberries, and sugar; toss lightly. Spoon the fruit mixture into the baking dish.

Lightly spoon flour into measuring cup; level off. In medium bowl, combine all topping ingredients until crumbly; sprinkle over fruit mixture. Bake at 375°F for 20 to 25 minutes until golden brown.

Terri's Fabulous Banana Bread

1-1/2 cups all-purpose flour
1-1/2 tsp. baking soda
1/4 tsp. ground nutmeg
1/4 tsp. ground ginger
1/4 tsp. salt
3 egg whites
1-1/2 cups very, very ripe bananas (almost fermented), mashed
3/4 cup sugar
1/4 cup oil
1/2 cup chopped walnuts



Nutritional Analysis Per Serving

Calories: 156
Carbohydrate: 24g
Protein: 3g
Cholesterol: 0mg
Total Fat: 6g
Dietary Fiber: 1g
Saturated Fat: 1g
Sodium: 165mg

Makes 16 slices.

Preheat oven to 350°F.

Measure and mix together flour, baking soda, nutmeg, ginger, and salt into a large bowl. In a medium size bowl, measure and mix all liquid ingredients including sugar. Add liquid to dry ingredients, and mix just until blended. Add walnuts, mix until incorporated.

Pour batter into a greased 8x4x2 inch pan. Bake for 50-55 minutes or until toothpick when inserted comes out clean.

Variations: This recipe lends itself to all kinds of variations in spices, nuts, and fruit. This is a stock recipe: you can substitute almost any kind of fruit or vegetable for the banana puree.

For a change of pace, add 1/4 cup of chocolate chips, raisins, or crushed pineapple.

Whole Grain Blueberry Muffins

1/2 cup unbleached white flour
1/2 cup whole wheat flour
1/2 cup wheat germ
1/2 cup wheat bran
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/4 cup brown sugar
1/4 cup white sugar
2 eggs
1/2 cup light sour cream
1/2 cup reduced fat (2%) buttermilk
2 tbsp applesauce
1 pint blueberries, washed



Nutritional Analysis Per Serving

Calories: 133
Carbohydrate: 25g
Protein: 4g
Cholesterol: 36mg
Total Fat: 2g
Dietary Fiber: 3g
Saturated Fat: 1g
Sodium: 212mg

Makes 12 muffins.

Grease 12 large muffin cups or line cups with muffin papers. Preheat oven to 450 °F.

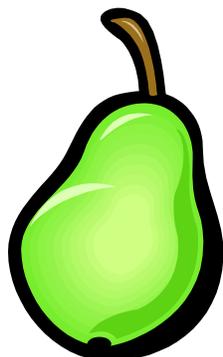
Mix together both flours, wheat germ, wheat bran, baking powder, baking soda, and salt.

Combine sugars, eggs, sour cream, buttermilk, and applesauce.

Toss blueberries with flour mixture. Add wet mixture into dry and stir until just combined.

Distribute batter evenly among 12 muffin cups, bake for about 30 minutes or until golden brown.

Baked Pears



4 pears

Heat oven to 350°F. Stand the pears on their bottoms in a pan. Bake for 45 minutes.

Optionally, serve with toasted nuts or feta cheese.

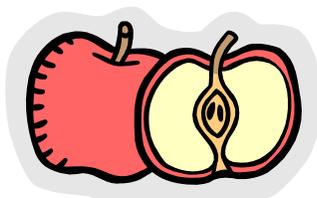
Nutritional Analysis Per Serving

Calories: 98
Carbohydrate: 25g
Protein: 1g
Cholesterol: 0mg
Total Fat: 1g
Dietary Fiber: 4g
Saturated Fat: 0g
Sodium: 0mg

Makes 6 servings.

Bread Pudding with Apples

2 cups grated apples
juice of 1 lemon
4 cups whole grain bread, cubed small
1/2 cup low-fat (1%) cottage cheese
1/3 cup raisins
1/4 tsp. cinnamon
2 cups low-fat (1%) milk
1/4 cup dried skim milk
1 egg
1/4 cup brown sugar
1 tbsp. butter



Nutritional Analysis Per Serving

Calories: 238
Carbohydrate: 39g
Protein: 10g
Cholesterol: 46mg
Total Fat: 6g
Dietary Fiber: 3g
Saturated Fat: 3g
Sodium: 365mg

Makes 6 servings.

Preheat oven to 350°F. Grease an 8"x8" pan.

Grate the apples and mix in the lemon juice.

Put 1/3 of the bread in the bottom of the greased pan. Cover with half the apple, half the cottage cheese, half the raisins, and a sprinkle of cinnamon.

Blend the milk, milk powder, egg, and sugar together and pour half over the ingredients in the baking dish. Now repeat the layers of bread, apples, and liquid, ending with more bread. Pour the last of the milk mixture over the top, sprinkle with cinnamon, and dot with butter.

Let the pudding sit for 20 minutes if you can, especially if the bread is not light. Bake, covered, for 45 minutes, then let stand for at least 10 minutes at room temperature before serving.