

Food Hero for Older Adults Focus on Protein



Protein provides the building blocks to stay strong and live long.

> Enjoy this chowder with whole grain bread for more protein and fiber.

This recipe can be made with canned chicken, salmon or tuna.

> You can make a salad, stir-fry or soup with leftover chicken.

Save time and avoid waste: freeze extra chopped onion for use in other recipes.

Chicken Chowder for Two

Makes 2 servings Prep time: 15 minutes Cook time: 35-40 minutes Ingredients 2 teaspoons vegetable oil ¹/₂ cup chopped **onion** ¹/₂ cup diced or grated **carrot** 2¹/₂ cups low-sodium **chicken broth** 1 cup diced **potato** (fresh or frozen) ¹/₂ teaspoon **thyme** ¹/₂ teaspoon **garlic powder** ¹/₄ teaspoon **salt** ¹/₂ cup (4 ounces) cooked and diced **chicken** 1/2 cup low-fat or nonfat milk 1 tablespoon all-purpose flour ¹/₄ teaspoon red wine **vinegar** (optional) pepper to taste (optional)

Directions

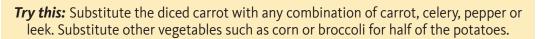
1. In a medium saucepan, saute onion and carrot on medium heat until softened, about 3 minutes.

2. Add broth, potato, thyme, garlic powder and salt. Bring to a gentle boil and simmer until the potatoes are soft, 15 to 20 minutes.

3. While potatoes are cooking, stir flour and milk together in a small dish.

4. Add chicken to the saucepan and stir 1 to 2 minutes until heated through.

- **5.** Slowly add milk mixture and stir as the soup thickens. Boil gently for 2 to 3 minutes.
- **6.** Before serving, add vinegar and pepper, if desired.
- **7.** Refrigerate leftovers within 2 hours.





Serving size 1 1/2 c	up (434g)
Amount per Serving Calories	260
% 6	Daily Value [*]
Total Fat 8g	10 %
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 430mg	19 %
Total Carbohydrate 29g	11 %
Dietary Fiber 3g	11 %
Total Sugars 7g	
Includes Og Added Sugars	0%
Protein 19g	
Vitamin D 1mcg	6%
Calcium 125mg	10%
Iron 2mg	10%
Potassium 832mg	20%
Vitamin A 306mcg	34 %
Vitamin C 20mg	22 %

Classics Stay Strong

Eggs are easy to fix and are a good buy for their protein, vitamins D and B12, choline, zinc and more.

> Regular exercise and eating enough protein at each meal can slow the muscle loss of aging.

Nutrition Facts labels show the amount of protein in grams (g) of one serving. Aim for 20 to 30 grams protein at each meal.

> Dry milk can boost protein in everyday foods: just 2 Tablespoons adds 3 grams. Try in soup, smoothies and overnight oats.

Make snacks count! Snacks with protein include peanut butter, tuna salad, hard-cooked eggs, cottage cheese, hummus and yogurt.

Veggie Omelet in a Mug

Makes 1 serving Prep time: 10 minutes Cook time: 3 minutes

Ingredients

2 **eggs**

2 Tablespoons low-fat or nonfat **milk** ¹/16 teaspoon **salt** (a dash)

¹/₁₆ teaspoon **pepper** (a dash)

 $\frac{1}{4}$ cup finely chopped **vegetables**

(fresh, frozen, canned or leftover)

2 Tablespoons grated **cheese**

Directions

1. Spray the inside of a 12-ounce microwave-safe mug with cooking spray.

2. Combine eggs, milk, salt and pepper in the mug with a fork and stir well. Stir in vegetables and cheese.

3. Microwave on HIGH for 45 seconds and then stir. Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.

Notes

Enjoy with a slice of whole grain toast and a serving of fruit for any meal.

Overnight Oats for One

In a small bowl or 12-ounce mug, mix ¹/₃ cup oats, ¹/₃ cup yogurt, ¹/₃ cup milk, 2 Tablespoons dry milk and a dash of cinnamon or other spice. Add ¹/₂ cup bite-size fruit now or add just before eating. Cover and refrigerate oatmeal mixture for 6 to 12 hours.

Nutrition Facts per serving: 290 calories, 5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 150 mg sodium, 46 g total carbohydrate, 5 g fiber, **15 g protein**, 0 g added sugar, 388 mg calcium (30% DV), 2 mg iron (10% DV), 604 mg potassium (15% DV)



Serving size 1 omelet (169g)		
Amount per Serving Calories	220	
% D	aily Value*	
Total Fat 15g	19%	
Saturated Fat 6g	30 %	
Trans Fat 0g		
Cholesterol 390mg	130 %	
Sodium 400mg	17 %	
Total Carbohydrate 5g	2%	
Dietary Fiber 0g	0 %	
Total Sugars 3g		
Includes 0g Added Sugars	0 %	
Protein 17g		
Vitamin D 2mcg	10%	
Calcium 203mg	15%	
Iron 2mg	10%	
Potassium 247mg	6%	
Vitamin A 242mcg	27 %	
Vitamin C 3mg	3%	

I ne % Daily Value (DV) tells you now much a nutrier in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer. 2020 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

