

COWBOY SALAD

This recipe is an excellent source of fiber, which may help protect you against some diseases.

INGREDIENTS

- 2 cans (30 ounces) **black-eyed peas** or **black beans**
- 1 can (15 ounces) **corn**
- 1 small bunch of **cilantro**, or to taste
- 1 bunch **green onions** (5 green onions)
- 3 medium **tomatoes**
- 1 **avocado** (optional)
- 1 Tablespoon **canola** or **vegetable oil**
- 2 Tablespoons **vinegar** or **lime juice**
- salt** and **pepper** to taste

DIRECTIONS

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the avocados and tomatoes.
4. Combine all ingredients in a large bowl.
5. Mix oil, vinegar (or lime juice), and salt and pepper together in a small bowl.
6. Pour oil mixture over salad ingredients and toss lightly.
7. Serve with your favorite meal or as a snack with tortilla chips.

* **Tip:** Try adding other vegetables such as sweet or hot peppers or zucchini.



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CREAMY FRUIT SALAD

This recipe is an excellent source of vitamin C, which keeps gums and blood vessels healthy.

INGREDIENTS

- 1 cup **pineapple** chunks
- 1 large **apple**, chopped
- 1 **banana**, sliced
- 1 **orange**, chopped
- 3/4 cup low-fat **piña colada yogurt**

DIRECTIONS

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana, and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well-coated.
4. Serve and enjoy!

* **Tip:** For a different taste try adding different fruits to this salad like grapes, blueberries, huckleberries, or peach slices.



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FISH TACOS

This recipe is an excellent source of vitamin C, which keeps gums and blood vessels healthy.

INGREDIENTS

Fish

- 2 pounds **cod fillets**
- 3 Tablespoons **lime juice** (about 2 limes)
- 1 **tomato**, chopped
- 1/2 **onion**, chopped
- 3 Tablespoons **cilantro**, chopped
- 1 teaspoon **oil**
- 1/4 teaspoon **cayenne pepper** (optional)
- 1/4 teaspoon **black pepper**
- 1/4 teaspoon **salt**

Slaw

- 2 cups shredded **red cabbage**
- 1/2 cup chopped **green onions**
- 3/4 cup nonfat **sour cream**
- 3/4 cup **salsa**

- 8 **corn tortillas** (6-inch)



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Place fish in baking dish.
3. Mix lime juice, tomato, onion, cilantro, oil, peppers, and salt and spoon on top of fillets.
4. Cover loosely with aluminum foil to keep fish moist.
5. Bake 15-20 minutes or until fish flakes.
6. Mix cabbage and onion; mix sour cream and salsa and add to cabbage mixture.
7. Divide cooked fish among tortillas. Add 1/4 cup of slaw to each. Fold over and enjoy!
8. Refrigerate leftovers within 2-3 hours.



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BARLEY LENTIL SOUP

This recipe is an excellent source of fiber, which may help protect you against some diseases.

INGREDIENTS

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| 1 Tablespoon vegetable oil | 3 cups water |
| 1 teaspoon garlic, minced | 1 cup dry lentils |
| 1 cup sliced onion | 2/3 cup barley |
| 1 cup sliced carrots | 1/2 teaspoon dried thyme |
| 1 cup sliced celery | 1 teaspoon dried oregano |
| 1 can (15 ounces) stewed, diced tomatoes | 1 teaspoon dried basil |
| 3 cups chicken or vegetable broth | salt and black pepper to taste |

DIRECTIONS

1. Heat vegetable oil in large soup pan over medium-high heat. Cook garlic and onion until they are golden brown, about 1 or 2 minutes.
2. Add the rest of the ingredients and bring to a boil. Lower the heat so the mixture is at a light simmer. Place a lid on the pan.
3. Cook until the barley and lentils are tender, about 1 to 1 1/2 hours.
4. Serve hot in a soup bowl.
5. Refrigerate leftovers within 2-3 hours.

* **Tip:** This soup goes well with a large tossed salad and whole grain bread.



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BREAKFAST BURRITOS

This recipe is a good source of calcium, which keeps bones and teeth strong.

INGREDIENTS

- 4 eggs
- 1/4 cup 1% milk
- 1 teaspoon vegetable oil
- 1 cup fat-free beans
- 4 flour 10" tortillas
- 1/2 cup (4 ounces) grated cheddar cheese
- 1 tomato, chopped
- salt and pepper, chili powder to taste

DIRECTIONS

1. Mix eggs, milk, and seasonings in a bowl.
2. Heat oil in pan over medium-high heat (350 degrees in an electric skillet).
3. Stir in the eggs and cook until firm.
4. Warm the refried beans in a separate pan.
5. Warm the tortillas on a griddle, or wrap in foil and heat in the oven.
6. On each tortilla, layer 1/4 refried beans, eggs, cheese, and tomato.
7. Roll the burrito, cut in half, and enjoy!
8. Refrigerate leftovers within 2-3 hours.

* **Tip:** Try your favorite salsa in place of the tomato. Use other vegetables that you have in the refrigerator, such as green or red bell peppers or cooked corn. Serve with guacamole or light sour cream.



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CHICKEN, BROCCOLI & CHEESE SKILLET MEAL

This recipe is a good source of calcium, which keeps bones and teeth strong.

INGREDIENTS

- 2 teaspoons **vegetable oil**
- 2 whole skinless, boneless **chicken breasts** (1 1/2 pounds) cut in 1" cubes
- 1 1/2 cups or more chopped **broccolis**, fresh or frozen
- 1 can (14 1/2 ounces) 99% fat-free **chicken broth**
- 1 can (14 1/2 ounces) 98% fat-free **cream of chicken soup**
- 1/2 teaspoon **salt**
- 1 teaspoon **pepper**
- 2 cloves **garlic**, or 1/4 teaspoon **garlic powder**
- 2 cups small shell **pasta**, uncooked
- 1 cup (4 ounces) **cheddar cheese**, shredded

DIRECTIONS

1. Heat oil in skillet over medium-high heat (350 degrees in an electric skillet).
2. Add chicken and cook until no longer pink, about 2-3 minutes.
3. Add broccoli, broth, soup, salt, pepper, garlic, and pasta. Bring to a boil.
4. Reduce heat to lowest setting; cover and simmer for 20 minutes, or until pasta is tender.
5. Stir occasionally to prevent sticking.
6. Add more liquid if needed.
7. Add cheese during last two minutes.
8. Refrigerate leftovers within 2-3 hours.

* **Tip:** Use whole wheat pasta when available.



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QUICK CHILI

This recipe is a good source of fiber, which may help protect you against some diseases.

INGREDIENTS

- 1/2 pound lean **ground meat**
- 1/2 medium **onion**, chopped
- 1 can (15.5 ounces) **kidney beans**, rinsed and drained
- 1 can (14.5 ounces) diced **tomatoes** with liquid
- 1 1/2 Tablespoons **chili powder**

DIRECTIONS

1. Brown meat and onions in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add beans, tomatoes, chili powder, oregano, and cumin.
3. Reduce heat to low (250 degrees in an electric skillet), cover, and cook for 10 minutes.
4. Serve hot. Top with cheese if desired.
5. Refrigerate leftovers within 2-3 hours.

* **Tip:** Try using pinto or black beans instead of kidney beans.



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SWEET AND SOUR CHICKEN

This recipe is an excellent source of vitamin A, which keeps eyes and skin healthy.

INGREDIENTS

- 1 can (8 ounces) unsweetened **pineapple chunks**
- 1 pound skinless, boneless **chicken breast**
- 1 cup 99% fat-free **chicken broth**
- 1/4 cup **rice wine vinegar**
- 1/4 cup **brown sugar**
- 2 Tablespoons **soy sauce**
- 1 clove **garlic**, minced, or 1/8 teaspoon **garlic powder**
- 1 cup **celery**, sliced
- 1 medium **yellow onion**, cut in eighths
- 1 **green bell pepper**, sliced
- 1 large **carrot**, sliced diagonally 1/4" thick
- 3 Tablespoons **cornstarch**
- 1/4 cup cold **water**

DIRECTIONS

- 1. Drain pineapple and reserve juice.
- 2. Cut chicken into 1" cubes and place in a large skillet.
- 3. Add reserved pineapple juice, chicken broth, vinegar, brown sugar, soy sauce, and garlic. Cover and simmer over low heat (250 degrees for an electric skillet) for 10 minutes or until chicken is no longer pink when cut.
- 4. Add vegetables and pineapple; cook an additional 5 minutes.
- 5. Combine cornstarch with water and whisk until smooth. Slowly pour into hot mixture, stirring constantly, until thickened, about 1 minute more.
- 6. Refrigerate leftovers within 2-3 hours.



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BANANA PANCAKES

This recipe is a good source of fiber, which may help protect you against some diseases.

INGREDIENTS

- 2 large eggs
- 1 1/2 cups nonfat milk
- 1 Tablespoon sugar
- 3 Tablespoons oil
- 2 bananas, mashed
- 3/4 cup whole wheat flour
- 3/4 cup white flour
- 2 teaspoons baking powder

DIRECTIONS

1. Preheat griddle to 350 degrees.
2. Beat eggs in a medium bowl.
3. Add in milk, sugar, oil, and bananas. Mix well.
4. Add flour and baking powder. Mix gently.
5. Spray a griddle with non-stick cooking spray.
6. Spoon 1/4 cup of batter onto the griddle for each pancake.
7. Cook until tops are bubbly and pancakes are dry around the edges.
Flip and cook for 2-3 minutes or until golden brown.
8. Serve immediately.

* Tip: Top pancakes with warm applesauce or yogurt.



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SUMMER VEGETABLE PASTA SALAD

This recipe is an excellent source of fiber, which may help protect you against some diseases.

INGREDIENTS

- 3 cups dry **whole wheat pasta**
- 1 cup chopped **broccoli**
- 1 cup peeled, diced **cucumber**
- 1 cup sliced summer **squash**
- 3/4 cup **Italian salad dressing**

DIRECTIONS

1. Cook pasta according to package directions. Rinse with cold water. Place in large bowl.
2. Add remaining ingredients, and mix well.
3. Refrigerate leftovers within 2-3 hours.

* **Tip:** Use any colorful vegetables you have on hand: carrots, cherry tomatoes, green onions, or frozen peas. Flavor boosters: 1 cup diced, cooked chicken or ham; 1 cup garbanzo beans.



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SUPER SUNDAE

This recipe is an excellent source of calcium, which keeps bones and teeth strong.

INGREDIENTS

- 1 cup vanilla low-fat yogurt
- 2/3 cup canned, chopped peaches
- 2/3 cup fresh or frozen blueberries
- 2 Tablespoons granola

DIRECTIONS

1. Divide yogurt between 2 clear glasses or dishes.
2. Spoon half of the blueberries and peaches on top of each sundae.
3. Sprinkle each sundae with granola, and enjoy!
4. Refrigerate leftovers within 2-3 hours.

* **Tip:** Substitute any fruit you have on hand: Try sliced bananas, canned mandarin oranges, or grapes, cut in half. Try different types of yogurt, like lemon or strawberry.



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POPEYE POWER SMOOTHIE

This recipe contains more than one type of fruit and is an excellent source of vitamin C, which keeps gums and blood vessels healthy. Try many colors and kinds of fruit. Makes about 4 one-cup servings.

INGREDIENTS

- 1 cup orange juice
- 1/2 cup pineapple juice
- 1/2 cup plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 cups fresh spinach leaves
- crushed ice

DIRECTIONS

1. Place all ingredients in a blender container or food processor. Put lid on tightly.
2. Blend for about 30 seconds or until smooth.
3. Refrigerate leftovers within 2-3 hours.



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