



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**
½ cup chopped **onion**
½ cup diced or grated **carrot**
2½ cups low-sodium **chicken broth**
1 cup diced **potato** (fresh or frozen)
½ teaspoon **thyme**
½ teaspoon **garlic powder**
¼ teaspoon **salt**
½ cup (4 ounces) cooked and diced **chicken**
½ cup low-fat or nonfat **milk**
1 tablespoon **all-purpose flour**
¼ teaspoon red wine **vinegar** (optional)
pepper to taste (optional)

Directions

- In a medium saucepan, sauté onion and carrot on medium heat until softened, about 3 minutes.
- Add broth, potato, thyme, garlic powder and salt. Bring to a gentle boil and simmer until the potatoes are soft, 15 to 20 minutes.
- While potatoes are cooking, stir flour and milk together in a small dish.
- Add chicken to the saucepan and stir 1 to 2 minutes until heated through.
- Slowly add milk mixture and stir as the soup thickens. Boil gently for 2 to 3 minutes.
- Before serving, add vinegar and pepper, if desired.
- Refrigerate leftovers within 2 hours.



Nutrition Facts

2 servings per container

Serving size 1 1/2 cup (434g)

Amount per Serving

Calories 260

% 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 0g 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%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Try this: Substitute the diced carrot with any combination of carrot, celery, pepper or leek. Substitute other vegetables such as corn or broccoli for half of the potatoes.

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**

$\frac{1}{16}$ teaspoon **salt** (a dash)

$\frac{1}{16}$ 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.



Nutrition Facts

1 servings per container

Serving size 1 omelet (169g)

Amount per Serving

Calories 220

% Daily 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 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Overnight Oats for One

In a small bowl or 12-ounce mug, mix $\frac{1}{3}$ cup oats, $\frac{1}{3}$ cup yogurt, $\frac{1}{3}$ cup milk, 2 Tablespoons dry milk and a dash of cinnamon or other spice. Add $\frac{1}{2}$ 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)



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.

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