Recipe Series
from K-State Research and Extension Department of Human Nutrition

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Recipe Series

Recipe Category: Hot or Cold Main or Side Dish

How to Cook Dry Beans

Yield: 1 cup dried beans makes 2-3 cups cooked

Consider making a large batch and freezing most of it for future meals. Beans are a low-cost food packed full of good nutrition, such as low fat protein and dietary fiber. Beans can really help stretch your food dollars, especially if you buy them dry rather than canned. They also add color, flavor and texture appeal to meals.

1. Wash your hands and work area.
2. Throw away any discolored beans and non-bean items (such as small rocks, if any). Rinse well. Drain.
3. In a large pot, add three cups of water for every one cup of beans.
4. Soaking beans before cooking reduces their cooking time. To soak:
   a. Boil for 3 minutes. Do not drain. Place the pot of beans in a refrigerator overnight.
   b. Drain soaked beans. Cover with fresh water.
5. Bring beans to a boil. Reduce heat to low.
6. Boil beans gently until they are tender, 1 to 2 hours for beans that have been soaked overnight, depending on the type of bean.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze in meal-sized portions in moisture-proof containers.
Examples of portions that provide 6 to 8 grams of protein.
Choose 8 to 10 of a variety of these portions each day:
- 1/4 to 1/2 cup cooked dry beans/peas OR 1/2 cup tofu
- 1 cup milk/yogurt OR 1 ounce hard cheese OR 1/4 c cottage/ricotta cheese
- 1 egg
- 1 ounce cooked lean and boneless fin fish/shell fish
- 2 tablespoons peanut butter OR 1 to 2 ounces nuts/seeds
- 1 ounce cooked lean, boneless poultry/red meat

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<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Supper</th>
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For more information about healthy eating, contact your local extension office or log on to


Note: Use this form to plan meals that include a variety of protein foods,
OR to record protein foods that you have eaten.
For more information, visit the website:
Vary Your Protein Recipes Chart

Showing the type of cooked dry legumes and other protein foods, grains, vegetables and fruits featured in the VYP recipe

Note: Dining on a Dime website is at http://www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=91
Fix It Fresh website is at http://www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=77

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<th>Main Dishes – Hot</th>
<th>Cooked Dry Legume Used</th>
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<th>Grain Used</th>
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<td>3-Bean Chili (Dining on a Dime Oct. 2008)</td>
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<td><strong>Main dishes – Cold</strong></td>
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<td>Asian Tuna Dinner Salad</td>
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<td>Cheesy Crab and Spinach Bake</td>
<td>Surimi, Cheeses</td>
<td>Spinach, Water chestnuts, Carrots</td>
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<td>Colorful Berry and Orange Dinner Salad</td>
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<td><strong>Cooked Dry Legume Used</strong></td>
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<td><strong>Vegetables Used</strong></td>
<td><strong>Fruit Used</strong></td>
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<td>Fish Tacos (Dining on a Dime Dec. 2007)</td>
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<td>Hearty Brown Yeast Bread</td>
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<td>Raisin or Cranberry Cinnamon Muffins</td>
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<td>Egg, Milk</td>
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<td>Whole Grain Peanut Butter Breakfast Muffins</td>
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**Side Dishes – Cold**

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<th>Beans and Pasta Salad</th>
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<tr>
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<td>Chickpeas</td>
<td>Peanut butter</td>
<td>Any raw veg. sticks</td>
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<td>Raisin or Cranberry Cinnamon Muffins</td>
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<td>Egg, Milk</td>
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<tr>
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<td>Peanut butter, Dry Milk, Egg</td>
<td>Whole wheat flour, Oats, Cornmeal</td>
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<td>Pumpkin Seeds (Dining on a Dime October 2003)</td>
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**Healthy Sweet Foods**
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<tr>
<th>Cooked Dry Legume Used</th>
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<th>Grain Used</th>
<th>Vegetables Used</th>
<th>Fruit Used</th>
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<tr>
<td>Cake-like Apple, Oatmeal, Raisin &amp; Chocolate Chip Cookies</td>
<td>Great northern or Cannellini</td>
<td>Egg</td>
<td>Whole wheat flour, Rolled oats</td>
<td>Applesauce, Orange juice, Raisins</td>
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<td>Easy Double-Chocolate Fudge Brownies</td>
<td>Black</td>
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<td>No-Added-Sugar “Pumpkin Pie” Pudding</td>
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<td>Peanut butter, Egg, Dry Milk</td>
<td>Wheat germ, Oats, Rice cereal</td>
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For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, “VYP Recipe Series,” Jan 2011. This material was funded by USDA’s Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.
Hot Main Dishes
Recipe Category: Hot Main Dish

Beans, Rice and Tuna-Stuffed Pepper

Yield: 2 servings, each 1/2 of a large stuffed pepper

1 large fresh sweet bell pepper, any color
2 tablespoons frozen corn kernels
5 tablespoons chunky tomato salsa, divided
3 ounces tuna canned in water, drained well
1/4 cup cooked dry beans, any kind (such as black or red), cooked without salt, rinsed and drained
1 teaspoon dried parsley leaves
1/4 cup cooked rice, brown or white
2 tablespoons water
2 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. Rinse pepper under cool running water. Cut away and discard stem, membranes and seeds. Leave the body of the pepper whole and intact.
3. In a mixing bowl, stir together corn, 2 tablespoons salsa, tuna, cooked beans, parsley and rice.
4. Place pepper on a piece of aluminum foil. Spoon the mixture into the pepper until it just reaches the top.
5. Bring foil loosely up around the sides of the pepper, but leave the top exposed.
6. Place 1 tablespoon salsa on top of the filling.
7. Spray the bottom of a baking pan OR a slow cooker with non-stick cooking spray. Place the wrapped pepper into the pan or slow cooker, keeping the foil opening at the top.

(continued on next page)

Nutrition Facts

Serving Size 1/2 of a large stuffed pepper (227g)
Servings Per Container 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 160</th>
<th>Calories from Fat 25</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15mg</td>
<td>5%</td>
</tr>
<tr>
<td>Sodium</td>
<td>520mg</td>
<td>22%</td>
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<tr>
<td>Total Carbohydrate</td>
<td>21g</td>
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</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>4g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>14g</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Vitamin A 10%  •  Vitamin C 110%
Calium 10%  •  Iron 8%

Total Fat
- Less than 20g
- Less than 2.40g
Saturated Fat
- Less than 65g
- Less than 2.40g
Cholesterol
- Less than 20g
- Less than 300mg
Sodium
- Less than 80g
- Less than 2,400mg
Total Carbohydrate
- Less than 37g
Dietary Fiber
- 25g
- 30g

Calories per gram:
- Fat 9  •  Carbohydrate 4  •  Protein 4

Meal suggestion:
Serve with whole grain bread, carrot sticks, a nectarine and low-fat milk.

This extra lean hot main dish is an excellent source of vitamin C and a good source of dietary fiber, vitamin A and calcium.

1 1/2 carbohydrate choices per serving.

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Beans, Rice and Tuna-Stuffed Pepper  (Continued)

8. In the same mixing bowl, along with any remaining rice mixture, stir together remaining 2 tablespoons salsa and water.
9. Pour sauce into the opening of the foil, around the bottom of the pepper. Wrap foil edges together tightly.
10. Bake in an oven at 350 degrees F. for 45 minutes. OR, cover slow cooker and cook on LOW heat setting for 5 to 10 hours.
11. To serve, open foil and place stuffed pepper on a dinner plate. Cut pepper in half, from top to bottom. Put half on a second dinner plate. Cut each half in half. Spoon sauce in foil over each serving. Sprinkle 1 tablespoon cheese over each serving. Serve warm.
12. Cover and refrigerate leftovers within two hours.
Recipe Category: Hot or Cold Main Dish

Cheesy Crab and Spinach Bake
Yield: 2 servings, 3/4 cup each

Meal Suggestion: Serve with grape juice.
- Use as a dip with raw vegetable sticks, such as celery, and wedges of pita bread.
- Use as a sandwich filling with whole grain bread, buns or tortilla wraps.
- Use as a topping over baked potato halves.

1/4 cup, about 2 ounces, fat-free sour cream
2 teaspoons mustard, any kind
4 ounces water chestnuts OR artichoke heart pieces, canned in water (about 1/2 cup after draining)
2 tablespoons chopped onion
1/2 cup shredded part-skim mozzarella cheese
2 ounces or 1/2 cup, chopped crab-flavored surimi
1/2 cup firmly packed, about 1 ounce, coarsely chopped fresh spinach leaves
4 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. Preheat oven to 350 degrees F.
3. In a mixing bowl, stir together sour cream and mustard.
4. Drain and coarsely chop water chestnuts.
5. Stir together all ingredients except the Parmesan cheese.
6. Spray a round 9-inch pie pan with non-stick cooking spray. Transfer the mixture into the pan and press it down evenly across the pan.
7. Sprinkle Parmesan cheese evenly over the top of the mixture.
8. Bake uncovered for 10 to 15 minutes or until hot.
9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.
Recipe Category: Hot Main Dish

Chunky Refried Bean Soup

Yield: 2 servings, about 3/4 cup each

*If desired, make this recipe using less milk and serve over baked potatoes.*

1/4 medium green sweet bell pepper, chopped
1/4 medium onion, finely chopped
1 clove of garlic, finely chopped
1/2 cup cooked plain rice, brown or white
1/2 cup canned diced tomatoes with green chilies, not drained
2 teaspoons dried cilantro leaves
1/2 teaspoon ground cumin
a dash of dried red pepper flakes
1 cup canned fat free seasoned refried beans
1/4 cup skim milk
1/4 cup shredded cheese, such as cheddar or colby

1. Wash your hands and work area.
2. Heat a saucepan sprayed with non-stick cooking spray over medium-high heat. Add green pepper, onion and garlic. Cook for about 5 minutes, or until pepper is softened.
3. Stir in remaining ingredients, except cheese.
4. Reduce heat to low. Stirring constantly, bring to a gentle boil. Add a little more milk if soup is too thick.
5. Spoon into serving bowls and sprinkle each serving with 2 tablespoons shredded cheese.
6. Cover and refrigerate leftovers within two hours.

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Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.

Nutrition Facts

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<thead>
<tr>
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<tr>
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<table>
<thead>
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<td></td>
</tr>
<tr>
<td>Total Fat</td>
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<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
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<tr>
<td>Sodium</td>
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<td>Dietary Fiber</td>
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<td>36%</td>
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<td>Sugars</td>
<td>3g</td>
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<table>
<thead>
<tr>
<th>Protein</th>
<th>14g</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Vitamin A 10%</th>
<th>Vitamin C 35%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium 20%</td>
<td>Iron 20%</td>
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</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<tr>
<th>Calories</th>
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<th>3,000</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated Fat</td>
<td></td>
<td></td>
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<tr>
<td>Cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber</td>
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</tbody>
</table>

Calories per gram:

<table>
<thead>
<tr>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>9g</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

3 carbohydrate choices per serving.
Recipe Category: Hot Main Dish

Colorful Hominy Casserole

Yield: 2 servings, about 1 1/4 cups each

- 2 tablespoons finely chopped onion
- 1 clove of garlic, finely chopped
- 1 teaspoon dried parsley leaves
- 2 teaspoons prepared yellow mustard
- 2/3 cup cooked brown rice
- 2/3 cup canned diced tomatoes with green chilies, not drained
- 1/2 cup cooked chopped turkey, chicken, pork or beef, without skin or bones and trimmed of fat
- 1/2 cup cooked black beans, cooked without salt, rinsed and drained
- 1/2 cup canned hominy, rinsed and drained (corn may be substituted, if desired)
- 1/4 cup shredded cheddar or colby cheese

1. Wash your hands and work area.
2. Heat a small skillet sprayed with non-stick cooking spray over medium heat. Add onions and garlic. Cook and stir until softened, about 3 minutes.
3. In a 1-quart microwave-safe casserole dish, stir together all ingredients except cheese.
4. Cover and cook in a microwave oven on 50 percent power for 5 minutes, stirring after 3 minutes.
5. When thoroughly hot, spoon casserole onto dinner plates. Sprinkle with shredded cheese.
6. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calorie Content</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>about 1 1/4 cups (295g)</td>
<td>290 Calories</td>
<td>11% Total Fat 7g</td>
</tr>
<tr>
<td>2 Servings Per Container 2</td>
<td>11%</td>
<td>3.5g Saturated Fat</td>
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<tr>
<td></td>
<td>19%</td>
<td>0g Trans Fat</td>
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<tr>
<td></td>
<td>15%</td>
<td>45mg Cholesterol</td>
</tr>
<tr>
<td></td>
<td>24%</td>
<td>580mg Sodium</td>
</tr>
<tr>
<td></td>
<td>12%</td>
<td>36g Total Carbohydrate</td>
</tr>
<tr>
<td></td>
<td>28%</td>
<td>7g Dietary Fiber</td>
</tr>
<tr>
<td></td>
<td>21g</td>
<td>1g Sugar</td>
</tr>
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</table>

1 Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Nutrition Per Gram</th>
<th>Fat 9g</th>
<th>Carbohydrate 4g</th>
<th>Protein 4g</th>
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<tbody>
<tr>
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<td>2,000</td>
<td>2,400</td>
<td>2,400</td>
</tr>
<tr>
<td>Fat</td>
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<td>Less than 20g</td>
<td>Less than 20g</td>
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<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>375g</td>
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<td>375g</td>
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<tr>
<td>Dietary Fiber</td>
<td>30g</td>
<td>30g</td>
<td>30g</td>
</tr>
</tbody>
</table>

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**Recipe Category: Hot Main Dish**

**Easy Lentil Lasagna**  
Yield: 2 servings, about 1 cup each

- 2 (about 1 ounce) lasagna noodles, not cooked
- 1/2 cup cooked lentils or cooked dry beans (any kind, such as black, pinto or northern), cooked without salt, rinsed and drained
- 3/4 cup chunky spaghetti sauce
- 1/2 cup low fat small curd cottage cheese
- 1/2 cup shredded part-skim mozzarella cheese
- 2 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. Cook noodles according to package directions, except do not add salt. Cut each noodle across, yielding four halves. Set aside.
3. In a bowl, stir together cooked lentils or beans and spaghetti sauce. Set aside.
4. Spray a microwave-safe casserole dish (preferably one with a lid) with non-stick cooking spray.
5. Layer half of the ingredients as follows:
   - cooked noodles
   - cottage cheese
   - mozzarella cheese
   - lentil or bean mixture
   - Parmesan cheese
6. Repeat layers.
7. Cover and heat in a microwave oven set to medium power for about 3 minutes, or until hot.
8. Let stand 5 minutes before serving.
9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof container.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>about 1 cup</td>
<td>340</td>
<td>90</td>
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<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>10g</td>
<td>15%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
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<tr>
<td>Cholesterol</td>
<td>25mg</td>
<td>8%</td>
</tr>
<tr>
<td>Sodium</td>
<td>820mg</td>
<td>34%</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>12%</td>
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<tr>
<td>Dietary Fiber</td>
<td>7g</td>
<td>28%</td>
</tr>
<tr>
<td>Sugars</td>
<td>11g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>24g</td>
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- *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<th>Calories per serving</th>
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<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>Saturated Fat</td>
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<td>Less than 25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
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<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

2 1/2 carbohydrate choices per serving.

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Recipe Category: Hot Main Dish

Great Northern Brown Sauce Skillet Supper
Yield: 2 servings, each 1 1/4 cups

2 cloves of garlic, finely chopped
1/2 medium onion, chopped
1/2 medium sweet bell pepper, any color, chopped
1/2 cup (3 ounces) cooked ground beef or turkey
4 ounces tomato sauce
3/4 cup water
1 teaspoon unsweetened baking cocoa
1/2 teaspoon chili powder
1/2 teaspoon ground cinnamon
1/3 cup dry small pasta, such as macaroni or penne
1/2 cup cooked great northern beans, cooked without added salt, rinsed and drained
2 tablespoons packed raisins (preferably golden because of the color contrast)
2 tablespoons diced tomatoes, fresh or canned
2 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. Heat a large skillet sprayed with non-stick cooking spray over medium heat. Cook garlic, onion and bell pepper for about 3 minutes or until softened, stirring occasionally.
3. Stir in cooked ground meat, tomato sauce, water, cocoa, chili powder, cinnamon and pasta.
4. Reduce heat. Cover and boil gently, stirring occasionally, for 10 to 12 minutes.
5. Stir in cooked beans, raisins and tomatoes. Cover and bring back to a boil. When thoroughly hot, remove from heat.
7. Cover and refrigerate leftovers within two hours.

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Recipe Category: Hot Main Dish

Hearty Winter Stew
Yield: 2 servings, about 1 cup each

1 teaspoon vegetable cooking oil
2 tablespoons chopped onion
1 clove of garlic, minced
1 cup reduced-sodium chicken broth
1 cup water
1/4 cup chopped celery
1/4 cup peeled and diced carrots, sweet potato, or butternut or acorn squash
2 tablespoons cubed white potato or parsnip
6 Brussels sprouts, halved
1 teaspoon dried parsley leaves
1/2 teaspoon dried oregano or marjoram
1/8 teaspoon ground black pepper
1/8 teaspoon crushed red pepper flakes, if desired
2 tablespoons rolled oats
1/2 cup of any kind of cooked chopped poultry or meat, without skin or bones and trimmed of fat, or shelled and deveined shrimp, or lobster-flavored or crab-flavored surimi
1/2 cup cooked dry beans or lentils, any kind (such as kidney, pinto, great northern, or black), cooked without salt, rinsed and drained
1/2 cup chopped spinach, collard greens or kale (fresh or frozen)

1. Wash your hands and work area.
2. Warm oil in a saucepan over medium heat. Add chopped onion and garlic. Cook for several minutes until softened, stirring occasionally.

(continued on next page)

Meal suggestion:
Serve with pears, whole grain rolls and low-fat milk.

This colorful and comforting lean main dish is an excellent source of vitamin A, vitamin C and dietary fiber, and is a good source of iron.

Nutrition Facts
Serving Size 1 cup (446g)
Servings Per Container 2

| Amount Per Serving | Calories 220 | Calories from Fat 40%
<table>
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<tr>
<td>Total Fat 4.5g</td>
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<td>Saturated Fat 1g</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
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<tr>
<td>Sodium 360mg</td>
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<tr>
<td>Total Carbohydrate 24g</td>
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<tr>
<td>Dietary Fiber 7g</td>
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<tr>
<td>Sugars 4g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 20g</td>
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<td></td>
</tr>
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Vitamin A 80% • Vitamin C 100%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

<table>
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<th>55g</th>
<th>60g</th>
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<td>25g</td>
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<td>300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
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<td>30g</td>
<td>35g</td>
</tr>
</tbody>
</table>

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition
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3. Add chicken broth, water, celery, orange vegetable, white vegetable, Brussels sprouts, parsley, oregano or marjoram, black pepper and dried red pepper.
4. Cover and boil gently for 10 minutes. Stir occasionally.
5. Add rolled oats. Continue to boil gently for 5 to 10 minutes, until thickened and vegetables are tender.
6. Stir in cooked meat and cooked dry beans. Continue to cook until beans are hot.
7. Add spinach, collards or kale and cook just until hot and tender.
8. Cover and refrigerate leftovers within two hours. Or, if desired, freeze soup in a moisture-proof container.
Recipe Category: Hot Main Dish

Make-ahead Eggs, Beans and Hash Brown Potatoes

Yield: 2 servings, about 1 cup each

2/3 cup frozen diced southern hash brown potatoes (or hash brown potatoes O’Brien)
2/3 cup cooked black beans, cooked without added salt, rinsed and drained
1/4 cup shredded cheese, such as colby or cheddar
1/2 cup pasteurized egg substitute or 2 large eggs
1/3 cup fat free milk
1 teaspoon dried basil leaves (or cilantro leaves)
a dash of ground black pepper

1. Wash your hands and work area.
2. Spray a quart-size baking dish with non-stick cooking spray. In the dish, stir together potatoes and beans. Sprinkle cheese over the top.
3. In a small mixing bowl, beat together egg substitute or eggs, and milk. Mix in basil or cilantro, and black pepper. Pour egg mixture evenly over the potato mixture.
4. Cover and refrigerate for 2 to 24 hours to allow flavors to blend.
5. Heat oven to 350 degrees F.
6. Bake uncovered for about 40 minutes, or until a knife inserted in the center comes out clean.
7. Let stand 5 minutes before serving.
8. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

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Recipe Category: Hot Main Dish

Meat ‘n Double Beans Casserole
  Yield: 2 servings, about 1 1/2 cups each

1/4 pound raw lean ground beef or ground turkey (or about 3 ounces cooked)
1/4 medium onion, chopped
2/3 cup canned pork & beans in tomato sauce
2 teaspoons brown sugar or crushed pineapple
2 teaspoons prepared mustard
2 teaspoons Worcestershire sauce
1 medium raw potato, diced
1 cup frozen cut greens beans
2 tablespoons shredded cheddar or colby cheese

1. Wash your hands and work area.
2. In a skillet sprayed with non-stick cooking spray, brown ground meat over medium heat. Drain off and discard fat.
3. Add onion and cook about 3 minutes, until onion softens. Remove from heat.
4. Meanwhile, remove and discard the chunk of pork from canned pork and beans. In a mixing bowl, mix together all ingredients very well.
5. Pour mixture into a 1 or 1.5 quart microwave-safe dish that has been sprayed with non-stick cooking spray. Cover and cook in a microwave oven on high power for 6 minutes, stirring after 3 minutes. (Or, cover and bake in a conventional oven at 350 degrees F. for 1 hour, stirring after 30 minutes.)
6. Serve when thoroughly hot and potatoes are tender.
7. Cover and refrigerate leftovers within two hours. Or, if desired, leftovers may be frozen in a moisture-proof freezer container.

Nutrition Facts
Serving Size about 1 1/2 cups (313g)
Servings Per Container 2
Amount Per Serving
Calories 330  Calories from Fat 70
% Daily Value*
Total Fat 8g  12%
  Saturated Fat 3.5g  18%
  Trans Fat 0g
  Cholesterol 50mg  17%
  Sodium 640mg  27%
Total Carbohydrate 45g  15%
  Dietary Fiber 7g  28%
  Sugars 14g
Protein 20g
Vitamin A 10%  •  Vitamin C 35%
Calcium 15%  •  Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
  Fat 9  •  Carbohydrate 4  •  Protein 4

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Recipe Series

Recipe Category: Hot Main Dish

Pork, Baked Beans and Apple Casserole
Yield: 2 servings, each 1 1/3 cups

1 medium apple
1/4 teaspoon ground cinnamon
2/3 cup baked beans
2/3 cup chopped cooked pork or beef, without bones and trimmed of fat
2/3 cup cooked brown rice, heated

1. Wash your hands and work area.
2. Wash and drain apple. Core and cut into cubes.
4. Cover and cook in a microwave oven on high power for 6 minutes or until thoroughly hot, stirring after 3 minutes.
5. Spoon meat mixture over hot rice.
6. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with broccoli or asparagus, whole grain dinner rolls and low-fat milk.

This lean hot main dish is an excellent source of dietary fiber and a good source of iron and vitamin A.

Nutrition Facts
Serving Size: about 1 1/3 cups (288g)
Servings Per Container: 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 290</th>
<th>Calories from Fat: 30</th>
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<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat: 3.5g</td>
<td>5%</td>
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</tr>
<tr>
<td>Saturated Fat: 0.5g</td>
<td>3%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 35mg</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Sodium: 350mg</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate:</td>
<td>16%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber: 9g</td>
<td>36%</td>
<td></td>
</tr>
<tr>
<td>Sugars: 15g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein: 18g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A: 10%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C: 8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium: 4%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron: 10%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>30g</td>
<td>25g</td>
</tr>
<tr>
<td>2,500</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>Less than</td>
<td>30g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.

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Recipe Category: Hot Main Dish

Quick ‘n Easy Thin Crust Pizza
Yield: 1 serving

2 tortillas, preferably whole wheat, 8 inches in diameter
3 tablespoons canned fat free seasoned refried beans
1 teaspoon dried chopped onion
3 tablespoons chunky spaghetti sauce
a dash of dried red pepper flakes
1/4 cup chopped fresh spinach leaves, firmly packed
1/4 cup shredded cheese, such as colby or cheddar

1. Wash your hands and work area.
2. Heat oven to 425 degrees F.
3. Place a tortilla on a plate. Spread about one or two teaspoons of refried beans over the center top of the tortilla.
4. Press the second tortilla on top of the first one. Spread remaining refried beans across the tortilla, stopping about 1/2 inch from the edges.
5. Over the beans, sprinkle onion, spaghetti sauce, red pepper and spinach.
6. If desired, add other favorite pizza toppings, such as chopped green peppers, broccoli or black olives.
7. Sprinkle toppings with cheese.
8. Bake pizza on an ungreased baking pan for about 10 minutes, until crust is crisp and cheese is melted.
9. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with a leafy green salad, an orange and yogurt.

This hot main dish is very easy to make. It is an excellent source of, dietary fiber, vitamin A, calcium and iron.

Nutrition Facts
Serving Size 1 pizza (228g)
Servings Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 470</th>
<th>Calories from Fat 130</th>
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<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 15g</td>
<td>23%</td>
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<tr>
<td>Saturated Fat 5g</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 25mg</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Sodium 920mg</td>
<td>38%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 63g</td>
<td>21%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 8g</td>
<td>32%</td>
<td></td>
</tr>
<tr>
<td>Sugars 6g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 18g</td>
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<td></td>
</tr>
</tbody>
</table>

Vitamin A 30% • Vitamin C 6%
Calcium 25% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories per gram:</th>
</tr>
</thead>
</table>
| Fat 9 • Carbohydrate 4 • Protein 4

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Recipe Category: Hot Main Dish

Quick Quesadilla
Yield: 1 serving

1 tortilla, preferably whole wheat, 8 inches in diameter
3 tablespoons canned fat free seasoned refried beans
3 tablespoons cooked dry beans, any kind (such as red, black or pinto), cooked without salt, drained and rinsed
2 tablespoons shredded cheese, such as colby or cheddar
1 tablespoon chunky salsa

1. Wash your hands and work area.
2. Place a tortilla on a flat surface, such as a large plate.
3. Spread refried beans over the tortilla, leaving the edges bare.
4. Spread cooked dry beans over the refried beans.
5. Sprinkle shredded cheese over the beans.
6. Fold tortilla in half and press edges together.
7. Heat a skillet sprayed with non-stick cooking spray over medium heat. Place quesadilla in skillet for 1 to 2 minutes on each side, until lightly browned.
8. Just before serving, top with 1 tablespoon salsa.
9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze quesadilla in a moisture-proof freezer container. The day before serving, allow it to thaw in the refrigerator. Place on a microwave-safe plate and microwave on medium power until warm.

Meal suggestion:
Serve with a tossed salad, sliced apples and low-fat milk.

This hot main dish is an excellent source of dietary fiber and a good source of calcium and iron.

Nutrition Facts
Serving Size 1 quesadilla (156g)
Servings Per Container 1

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>Calories from Fat 60</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>290</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td>7g</td>
<td>11%</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
<td>13%</td>
<td>1%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15mg</td>
<td>5%</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium</td>
<td>560mg</td>
<td>23%</td>
<td>1%</td>
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<tr>
<td>Carbohydrate</td>
<td>41g</td>
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<td>1%</td>
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<tr>
<td>Dietary Fiber</td>
<td>8g</td>
<td>32%</td>
<td>1%</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>13g</td>
<td></td>
<td></td>
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Vitamin A 4%  •  Vitamin C 0%
Calcium 15%  •  Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>Calories from Fat 60</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
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<td>2,500</td>
<td></td>
</tr>
<tr>
<td>Fat</td>
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<td>80g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
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<td>20g</td>
<td>1%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>Less than</td>
<td>5g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
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<td>300mg</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium</td>
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</tr>
<tr>
<td>Carbohydrate</td>
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<td>1%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>Less than</td>
<td>30g</td>
<td>1%</td>
</tr>
</tbody>
</table>

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Recipe Category: Hot Main Dish

Roasted Vegetables and Ham
Yield: 2 servings, about 1 1/2 cups each

1 cup Brussels sprouts, frozen and thawed, or fresh and cleaned
2/3 cup plain cooked rice, brown or white
1/4 cup chopped onion
1/4 cup chopped carrots
1 clove of garlic, minced
1 teaspoon cooking oil
1/3 cup cooked chopped ham, trimmed of visible fat
1 cup cooked dry beans, any kind (such as great northern, navy, kidney, pinto or black), cooked without salt, rinsed and drained
a dash of ground black pepper
1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. Preheat oven to 400 degrees F.
3. Coat an 8 x 8 inch baking pan heavily with non-stick cooking spray and/or line it with a piece of aluminum foil.
4. Cut Brussels sprouts in half lengthwise and place in the baking pan.
5. Stir in remaining ingredients except the rice and cheese.
6. Bake uncovered for 20 minutes, stirring once after 10 minutes.
7. Serve over warm rice and top with grated cheese.
8. Cover and refrigerate leftovers within two hours. Or, freeze leftovers in a moisture-proof freezer container.

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Recipe Category: Hot Main Dish

Simple Seafood Tomato Sauce with Spaghetti

Yield: 2 servings, about 1 cup each

1 1/2 cups cooked spaghetti, whole wheat or regular, boiled without added salt, drained
1 teaspoon vegetable cooking oil
2 cloves of garlic, minced
1 tablespoon dried onion flakes
3/4 cup spaghetti sauce, plain or with chunks of vegetables
3 ounces light tuna canned in water, drained
a dash of ground black pepper, to taste
a dash of dried red pepper flakes, to taste
2 teaspoons dried parsley flakes
2 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. If you do not have cooked spaghetti on hand, boil according to package directions, except do not add salt.
3. Meanwhile, heat cooking oil in a skillet over low to medium heat. Add garlic. Cook until the garlic is golden and fragrant, about 3 minutes.
4. Add dried onion, spaghetti sauce and drained tuna to the garlic in the skillet. Boil gently over medium heat for several minutes until heated through, stirring occasionally. Season with ground black pepper and red pepper flakes.
5. Place hot, cooked spaghetti on two dinner plates. Top with seafood-tomato mixture. Garnish with parsley flakes and cheese. Serve immediately.
6. Cover and refrigerate leftovers within two hours. Or, if desired, freeze sauce for a future meal.

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Recipe Series

Recipe Category: Hot Main Dish

Spicy Shrimp or Meat and Veggies Soup
Yield: 2 servings, about 1 cup each

1 teaspoon cooking oil
1/4 cup diced onion
1 clove garlic, minced
1 cup water
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/2 cup chunky salsa
2/3 cup cooked split peas, lentils or dry beans (any kind, such as black beans, red beans, chickpeas), cooked without salt, rinsed and drained
3/4 cup cooked small shrimp, deveined and without tails, or chopped cooked poultry, meat or fish (without bones and trimmed of fat)
1 cup torn or chopped spinach or collard greens, fresh or frozen

1. Wash your hands and work area.
2. Over medium heat, warm oil in a saucepan. Cook onion and garlic until tender, about 3 minutes.
3. Add water, cinnamon, ginger, salsa, cooked split peas/lentils/dry beans, and cooked shrimp/poultry/meat/fish.
4. Boil until heated through, stirring frequently.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

Meal suggestion:
Serve with nectarines, whole grain bread and low-fat milk.

This hot main dish is an excellent source of vitamin A and dietary fiber, and is a good source of vitamin C and iron.

Nutrition Facts
Serving Size 1 cup (336g)
Servings Per Container 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 30 % Daily Value*</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
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<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
<td>105mg</td>
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<tr>
<td>Sodium</td>
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Vitamin A 35%  •  Vitamin C 15%
Calcium 8%  •  Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000  •  2,500

| Total Fat          | Less than 65g  •  Less than 20g  •  Less than 300mg  •  Less than 2,400mg |
|--------------------|-----------------|--------------------------|-----------------
| Saturated Fat      | Less than 20g   •  Less than 20g  •  Less than 300mg  •  Less than 2,400mg |
| Cholesterol        | Less than 80g   •  Less than 25g  •  Less than 300mg  •  Less than 2,400mg |
| Sodium             | Less than 2,400mg  •  Less than 2,400mg  •  Less than 2,400mg  •  Less than 2,400mg |

Total Carbohydrate
Dietary Fiber

Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

1 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.kansas.edu/humannutrition
The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D, C.D.E, Associate Professor, Dept. of Human Nutrition, Kansas State University, Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, “VYP Recipe Series,” Feb. 2009. This material was funded by USDA’s Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.
Spinach Succotash Skillet Casserole

Yield: 2 servings, about 1 1/2 cups each

1 teaspoon vegetable cooking oil
1/3 cup chopped onion
2 teaspoons chopped garlic
1/3 cup fresh or frozen diced potato
1/8 teaspoon ground black pepper, or more if desired
1/4 cup orange juice
1/3 cup fresh or frozen sweet corn kernels
1/3 cup fresh or frozen lima beans
2/3 cup plain cooked rice, brown or white
1/2 cup chopped cooked turkey, chicken, pork or beef
(without fat, skin or bones)
1/2 cup chopped cooked turkey, chicken, pork or beef
(without fat, skin or bones)
2 cups chopped fresh or frozen spinach leaves

1. Wash your hands and work area.
2. Heat oil in a skillet over medium heat.
3. Add onion, garlic and potato. Cook about 3 minutes, stirring occasionally, until mixture is softened and fragrant. Sprinkle with black pepper and red pepper flakes, if desired.
4. Add orange juice, corn and lima beans.
5. Cover and let mixture boil gently for 3 to 5 minutes.
6. Stir in cooked rice, cooked meat, and vinegar or lime juice.
7. Add spinach to top of mixture. Cover and cook until spinach wilts, about 2 minutes.
9. Cover and refrigerate leftovers within two hours.

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Recipe Category: Hot Main Dish

Ten-minute Colorful Bean and Vegetable Skillet
Yield: 1 serving, about 1 1/2 cups

1/4 cup chopped onion
1/4 cup chopped red sweet bell pepper, if available
1/4 cup canned diced tomatoes, not drained
1/2 cup cooked dry beans, any kind (such as kidney, pinto, black, chickpeas, black-eyed peas or great northern), cooked without salt, rinsed and drained
1 tablespoon dry roasted peanuts, slivered almonds or any other kind of nut, preferably not salted
1/3 cup sweet corn kernels, frozen or fresh
1 cup chopped fresh or frozen spinach or collard leaves or other greens
1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. Spray a skillet with non-stick cooking spray.
3. Over medium to low heat, add chopped onion. Cook for a few minutes, until softened. Stir occasionally.
4. Stir in chopped red pepper. Cook for one minute longer.
5. Stir in tomatoes, beans, nuts and corn. Cook for 2 to 3 minutes, until warm. Stir occasionally.
6. Stir in greens. Cook for several minutes, until wilted and warm. Stir occasionally.
7. Remove from heat.
8. Serve topped with grated cheese.
9. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with a peach, whole grain muffin or bagel, and low-fat milk.

This hot main dish is very low in cholesterol yet is an excellent source of vitamins A and C, dietary fiber, and iron, and a good source of calcium.

Nutrition Facts
Serving Size 1/2 cups (277g)
Servings Per Container 1

Amount Per Serving
Calories 260
Calories from Fat 60%
% Daily Value
Total Fat 7g 11%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 5mg 2%
Sodium 250mg 10%
Total Carbohydrate 38g 13%
Dietary Fiber 9g 36%
Sugars 6g
Protein 15g

Vitamin A 60%  •  Vitamin C 35%
Calcium 15%  •  Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

2 1/2 carbohydrate choices per serving.
Recipe Category: Hot Main Dish

Tortilla-Layered Southwest “Lasagna”
Yield: 3 servings, about 1 cup each

1/4 cup finely chopped onion
1 garlic clove, minced
1/2 teaspoon cumin, or more if desired
1/2 teaspoon chili powder, or more if desired
1/4 teaspoon ground black pepper
2/3 cup cooked red kidney or pinto beans, cooked without salt, rinsed and drained
4 ounces (about 3/4 cup) cooked chopped meat, without bones and trimmed of fat, such as chicken, turkey, beef or pork
1/4 cup frozen sweet corn kernels
1/4 cup canned diced tomatoes with green chilies
2 corn or flour tortillas, about 6 inches in diameter
1/2 cup low-fat cottage cheese
1/4 cup shredded cheddar or colby cheese

1. Wash your hands and work area.
2. Heat a skillet sprayed with non-stick cooking spray over medium heat. Cook onion and garlic for 3 minutes, or until softened. Stir in spices and cook 1 minute longer. Remove from heat.
3. Stir in beans, meat, corn and tomatoes.
4. Spray a 1-quart round casserole dish with non-stick cooking spray. Place one tortilla in the bottom of the pan. Spread half of the beans-corn mixture, then half of each of the cheeses on top.
5. Repeat layers.
6. Cover and bake in a microwave oven at 50 percent power for 5 minutes. Let stand 5 minutes before serving.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

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**Recipe Category: Hot Main Dish**

**Vegetable and Fish Chowder**  
Yield: 2 servings, about 1 1/2 cups each

1 small potato, to yield about 1/2 cup cubed  
1 cup coarsely chopped green cabbage  
1/3 cup frozen peas or sweet corn kernels  
3 ounces canned salmon or light tuna canned in water, drained well  
1/4 cup chopped onion or celery  
1 clove of garlic, minced  
1 teaspoon vegetable cooking oil  
1 tablespoon all-purpose white flour  
3/4 cup skim milk  
1/8 teaspoon ground black pepper  
1/8 teaspoon ground paprika  
1 teaspoon dried parsley leaves or chives  
3 tablespoons shredded cheese, such as colby or cheddar

1. Wash your hands and work area.  
2. Pierce potato several times with a sharp knife. Microwave on high power for 4 minutes, or until soft. Set aside until cool enough to handle. Cut potato into approximately half-inch cubes.  
3. Meanwhile, in a microwave-safe dish, combine shredded cabbage with peas or corn and 1/4 cup water. Cover and microwave on high power for 2 minutes. When done, do not drain. Set aside.  
4. If using salmon, crush bones well. Using a fork, break all chunks into small “flakes” of salmon or tuna.  

(continued on next page)

**Nutrition Facts**

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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5. Spray a saucepan with non-stick cooking spray. Cook onions or celery, and garlic, over medium heat until softened, about 3 minutes. Transfer to a plate and set aside.

6. In the same pan, heat oil over low heat. Add flour, stirring until smooth and thick. Cook one minute, stirring constantly.

7. Increase heat to medium, and add a small amount of skim milk at a time to the flour mixture, stirring constantly. Cook and stir until mixture thickens and bubbles.

8. Reduce heat and add remaining ingredients except the cheese. Cover and cook over low heat until thoroughly heated, stirring frequently. Do not boil. Soup will thicken as it cooks. If soup is too thick, stir in a little more milk.


10. Cover and refrigerate leftovers within two hours.
Cold Main Dishes
Recipe Category: Cold Main Dish

Asian Tuna Dinner Salad
Yield: 1 meal, about 2 cups

1/2 cup fresh or frozen asparagus, cut into 1-inch pieces, or fresh or frozen cut green beans
1/2 teaspoon reduced-sodium soy sauce
1/4 teaspoon ground ginger
a dash of ground black pepper
1 teaspoon dried cilantro leaves
1 tablespoon peanut butter, any kind
1 tablespoon crushed pineapple, drained
3 tablespoons raw diced or shredded carrot
1 tablespoon peanuts, preferably unsalted
3 tablespoons diced cucumber
2 tablespoons tuna canned in water, drained
1/4 cup cooked dry beans, any kind (such as kidney, black, navy, great northern or garbanzo), cooked without salt, rinsed and drained
1/4 cup cooked rice, brown or white
3/4 cup torn or chopped fresh salad greens, such as romaine or spinach
1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
3. Using a fork, stir together soy sauce, ginger, pepper, cilantro, peanut butter and pineapple in a mixing bowl.
4. Stir in carrots and peanuts.
5. Gently stir in cucumber, tuna, cooked dry beans, rice, asparagus and lettuce.
6. Place salad on a dinner plate. Sprinkle with cheese.
7. Serve cold.
8. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with a banana, whole grain crackers and low-fat milk.

This low cholesterol cold main dish is an excellent source of vitamins A and C, dietary fiber and iron, and a good source of calcium.

Nutrition Facts
Serving Size 2 cups (302g)
Servings Per Container 1

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500

Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Calories per serving: Fat 9 Carbohydrate 4 Protein 4

2 1/2 carbohydrate choices per serving.

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Recipe Series

Recipe Category: Hot or Cold Main Dish

Cheesy Crab and Spinach Bake
Yield: 2 servings, 3/4 cup each

Meal Suggestion: Serve with grape juice.
- Use as a dip with raw vegetable sticks, such as celery, and wedges of pita bread.
- Use as a sandwich filling with whole grain bread, buns or tortilla wraps.
- Use as a topping over baked potato halves.

1/4 cup, about 2 ounces, fat-free sour cream
2 teaspoons mustard, any kind
4 ounces water chestnuts OR artichoke heart pieces, canned in water (about 1/2 cup after draining)
2 tablespoons chopped onion
1/2 cup shredded part-skim mozzarella cheese
2 ounces or 1/2 cup, chopped crab-flavored surimi
1/2 cup firmly packed, about 1 ounce, coarsely chopped fresh spinach leaves
4 tablespoons grated Parmesan cheese

1. Wash your hands and work area.
2. Preheat oven to 350 degrees F.
3. In a mixing bowl, stir together sour cream and mustard.
4. Drain and coarsely chop water chestnuts.
5. Stir together all ingredients except the Parmesan cheese.
6. Spray a round 9-inch pie pan with non-stick cooking spray. Transfer the mixture into the pan and press it down evenly across the pan.
7. Sprinkle Parmesan cheese evenly over the top of the mixture.
8. Bake uncovered for 10 to 15 minutes or until hot.
9. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.

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Meal suggestion:
Serve with cornbread and low-fat milk.

This healthy, lean cold main dish provides a powerhouse of nutrients. It is an excellent source of vitamins A and C, dietary fiber, and iron. It is also a good source of calcium.

Nutrition Facts
Serving Size about 3 cups (363g)
Servings Per Container 1

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Vitamin A 140%  •  Vitamin C 100%
Calcium 15%  •  Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000  •  2,500

Total Fat Less than 65g  •  80g
Saturated Fat Less than 20g  •  25g
Cholesterol Less than 300mg  •  300mg
Sodium Less than 2,400mg  •  2,400mg
Total Carbohydrate 30g  •  37g
Dietary Fiber 25g  •  30g

Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

2 carbohydrate choices per serving.

Recipe Category: Cold Main Dish

Colorful Berry and Orange Dinner Salad
Yield: 1 serving, about 3 cups each

For the salad dressing:
1/4 cup frozen or fresh raspberries or black berries
2 teaspoons grainy mustard, such as Dijon-style
2 tablespoons liquid from canned mandarin oranges
a dash of ground black pepper

For the salad:
1/2 of an 11 ounce can (about 1/2 cup) of mandarin oranges, drained
1/3 cup cooked black beans, cooked without salt, drained and rinsed
1/4 cup chopped cooked chicken, turkey, beef or pork
(without skin, bones or fat)
2 cups chopped or torn fresh salad greens, such as romaine or spinach
1 tablespoon slivered almonds
1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. For the salad dressing, place the six ingredients in a blender or food processor and process, scraping sides of blender if needed.
3. For the salad, combine all ingredients in a serving bowl or plate.
4. Just prior to serving, pour dressing over salad.
5. Cover and refrigerate leftovers within two hours.

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Recipe Category: Cold Main Dish

Cool ‘n Crunchy Meat, Barley and Veggie Salad

Yield: 2 servings, about 2 1/2 cups each

1/2 cup cooked and cooled barley, quinoa or rice
1 tablespoon instant chopped onion
1 tablespoon peanuts, preferably unsalted and dry-roasted
1 tablespoon grated Parmesan cheese
1 tablespoon dried parsley flakes
1/4 teaspoon ground black pepper
1/8 teaspoon dried red pepper flakes, or more if desired
3 tablespoons reduced fat “light” ranch salad dressing
1/2 cup chopped or shredded raw carrots
1/4 cup chopped sweet bell pepper, any color
1/4 cup chopped celery, cucumber or zucchini squash
1/4 cup frozen whole kernel sweet corn
1/2 cup cooked dry beans, any kind (such as kidney, garbanzo, navy or black), cooked without added salt, rinsed and drained
3 ounces (about 2/3 cup) cooked chopped meat, without bones and trimmed of fat, such as chicken, turkey, beef or pork
2 cups chopped or torn fresh salad greens, such as romaine or spinach

1. Wash your hands and work area.
2. In a mixing bowl, gently stir together all ingredients except salad greens.
3. To serve, place half of the greens on a dinner plate and top with half of the salad mixture.
4. Cover and refrigerate leftovers within two hours.

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Recipe Category: Cold Main Dish

Easy Winter Holiday Wrap
Yield: 1 serving of 2 halves

1 tortilla, preferably whole wheat, 8 inches in diameter
a dash of pumpkin pie spice
3 tablespoons canned solid pack pumpkin, without salt
2 tablespoons whole berry cranberry sauce
a dash of dried sage leaves, if desired
a dash of minced dried chives, if desired
1 cup torn or chopped fresh salad greens, such as romaine or spinach
2 ounces (a scant 1/2 cup) chopped roasted turkey (without skin, bones or fat)

1. Wash your hands and work area.
2. If desired, warm tortilla in a microwave oven.
3. In the order shown, spread ingredients over the entire surface of the tortilla.
4. Roll up tortilla. Secure closed with toothpicks, if desired.
5. Slice in half diagonally. Serve immediately, or if desired, cover and refrigerate until chilled.
6. Cover and refrigerate any leftovers within two hours.

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Recipe Category: Cold Main Dish

**Fiesta Bean Salad**

Yield: 1 serving, about 2 cups

1/2 tortilla, preferably whole wheat, 8 inches in diameter  
1/2 cup cooked black beans, cooked without salt, rinsed and drained  
2 tablespoons salsa  
1 tablespoon reduced fat “light” ranch dressing  
1/4 medium green sweet bell pepper, diced  
2 tablespoons shredded cheese, such as cheddar or colby  
1 cup bite-size pieces of fresh salad greens, such as spinach or romaine

1. Wash your hands and work area.  
2. Cut the half tortilla in half. Place in a bread toaster. Toast until it is crispy. Cut into narrow strips about two inches long. Set tortilla strips aside.  
3. In a bowl, stir together beans, salsa, dressing, sweet bell pepper and cheese.  
4. Place salad greens on a serving plate. Mound bean mixture over the greens.  
5. Sprinkle tortilla chips on top of salad just before serving so they do not become soggy.  
6. Cover and refrigerate leftovers within two hours.

For more information about healthy eating, contact your local extension office or log on to [www.kre.ksu.edu/humannutrition](http://www.kre.ksu.edu/humannutrition). The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, “VYP Recipe Series,” Jan. 2009. This material was funded by USDA’s Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.
Recipe Category: Cold Main Dish

Funny Face Tuna Tostado

Yield: 1 serving

1/4 cup light tuna, canned in water, drained well and flaked
1/4 cup canned diced tomatoes with green chilies, drained well
1/2 teaspoon dried chopped cilantro leaves
1/2 teaspoon dried oregano leaves
2 teaspoons mayonnaise
1/4 cup shredded cheese, such as colby or cheddar
1 whole wheat tortilla, about 8 inches in diameter
4 thin round slices fresh cucumber, zucchini or radishes
3 small carrot strips or onion wedges
1/2 slice red tomato
1/2 cup torn salad greens, such as curly leaf lettuce

1. Wash your hands and work area.
2. In a small mixing bowl, mix tuna with canned tomatoes, cilantro, oregano, mayonnaise and cheese.
3. Place tortilla on a dinner plate. Spread tuna mixture across the top of the tortilla.
4. Make a funny face by topping the tuna mixture with cucumber slices for eyes, carrot strips or onion wedges for eyebrows and a nose, tomato for a mouth, and torn salad greens for hair.
5. Serve cold.
6. Cover and refrigerate leftovers within two hours.

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Recipe Category: Cold Main Dish

Hoppin’ John Dinner Salad
   Yield: 2 servings, about 2 1/4 cups each

For the dressing:
2 tablespoons lemon juice
2 teaspoons granulated white sugar
2 teaspoons dried cilantro leaves
1/2 teaspoon minced garlic
a dash of dried red pepper flakes, or more if desired
a dash of ground black pepper, or more if desired
2 teaspoons cooking oil

For the salad:
2/3 cup cooked plain rice, preferably brown
2 teaspoons dried parsley leaves
1 cup cooked black-eye peas, cooked without salt, drained and rinsed
4 ounces cooked smoked reduced-fat and reduced-sodium sausage or “light” frankfurters, chopped or thinly sliced
1/2 cup canned diced tomatoes with green chilies, not drained
2 cups torn or chopped fresh salad greens, such as Romaine or spinach
2 tablespoons slivered almonds

1. Wash your hands and work area.
2. To make the dressing, in a small bowl, stir together lemon juice, sugar, cilantro, garlic, red and black pepper and oil. Set aside.
3. To make the salad, in a 1 1/2 quart serving bowl, stir together remaining ingredients.
4. Just before serving, stir dressing. Pour over salad.
5. Cover and refrigerate leftovers within two hours.
Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Poultry, Pasta and Vegetables Dinner Salad
Yield: 2 servings, about 1 cup each

2 tablespoons onion, thinly sliced
1 clove of garlic, thinly sliced
1 tablespoon water
1/8 teaspoon crushed red pepper flakes, or more if desired
1/4 cup frozen sliced carrots, chopped
1 cup fresh (or 1/2 cup frozen) chopped spinach
1/2 cup cooked black or garbanzo beans, cooked without salt, drained and rinsed
1/2 cup chopped cooked chicken or turkey, without skin or bones and trimmed of fat
1/2 cup cooked pasta, such as macaroni or penne, preferably whole wheat
1 tablespoon grated Parmesan cheese
2 tablespoons reduced fat “light” ranch dressing

1. Wash your hands and work area.
2. Heat a skillet sprayed with non-stick cooking spray over medium heat. Cook onion and garlic for about 3 minutes, until softened and fragrant.
3. Add water, red pepper flakes, carrots and spinach. Heat until spinach is wilted. Remove from heat.
4. Transfer mixture to a serving bowl. Stir in remaining ingredients.
5. Cover and refrigerate for several hours to allow flavors to blend.
7. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with tomato slices, toasted bagels, apricots and low-fat milk.

This healthy, lean cold main dish is an excellent source of vitamin A and dietary fiber, and a good source of calcium, iron and vitamin C.

Nutrition Facts
Serving Size about 1 cup (183g)
Servings Per Container 2

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<td>Iron</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat
Saturated Fat
Cholesterol
Sodium
Total Carbohydrate
Dietary Fiber
Calories per gram:
Fat 9  Carbohydrate 4  Protein 4

1 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition
The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, “VYP Recipe Series,” Feb. 2009. This material was funded by USDA’s Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.
Recipe Series

Refreshing Green and Red Summer Supper
Yield: 2 servings

For the salad:
12 medium, ripe, fresh tomato slices, each about 1/4-inch thick
3 slices provolone or mozzarella cheese
1/2 cup (about 2 1/2 ounces) cooked, chopped pork, roast beef, turkey or chicken, without bones and trimmed of fat
2 tablespoons frozen green peas, thawed, set aside

For the salad dressing:
1 clove garlic, coarsely chopped
2 teaspoons dried basil leaves
1/4 teaspoon ground black pepper
1 teaspoon cooking oil
1 tablespoon chopped onion
1 tablespoon lime or lemon juice
1/4 cup skim milk
1/4 cup frozen green peas, thawed

1. Wash your hands and work area.
2. To make the salad, place 6 tomato slices on each of two dinner plates. Cut each slice of cheese into fourths. Place one piece of cheese on top of each tomato slice. Sprinkle 1/4 cup chopped cooked meat across each salad.
3. To make the salad dressing, combine the dressing ingredients in a blender or food processor. Blend until smooth.
4. Just before serving, drizzle half (about 4 tablespoons) of the dressing over each salad.
5. Sprinkle each salad with 1 tablespoon peas.
6. Cover and refrigerate leftovers within two hours.

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Recipe Category: Cold Main Dish

Seafood and Veggies Dinner Salad
Yield: 2 servings, 1 1/2 cups each

For the salad dressing:
1 tablespoon vegetable cooking oil
1 tablespoon vinegar (balsamic or red wine vinegar, if possible)
1 tablespoon unsalted tomato juice, or liquid from canned tomatoes, or water
1 teaspoon lime or lemon juice
1 teaspoon worcestershire sauce
1/4 teaspoon grainy mustard, such as spicy brown or dijon-style
a dash of ground black pepper

For the salad:
6 ounces cooked boneless fish, chilled (such as crab-flavored or lobster-flavored surimi or light tuna canned in water and drained)
1/4 cup diced tomatoes, fresh or canned
1 tablespoon chopped onion (red, if possible)
1/4 teaspoon dried basil leaves
1/4 teaspoon dried parsley flakes
1/2 cup sliced boiled potatoes, chilled
1/2 cup green beans, thawed from frozen
2/3 cup cooked dry beans, any kind (such as black, great northern, chickpeas or kidney), cooked without salt, rinsed and drained
1 cup torn fresh salad greens, such as romaine or spinach
2 tablespoons shredded cheese, such as colby or cheddar

(continued on next page)
1. Wash your hands and work area.
2. For the salad dressing, combine ingredients in a small bowl. Stir well, using a fork. Set aside.
3. For the salad, in a serving bowl, stir all of the ingredients together.
4. Just before serving, stir salad dressing again and pour over salad.
5. Cover and refrigerate leftovers within two hours.
Recipe Category: Cold Main Dish

Southwestern Slaw Dinner Salad

Yield: 2 servings, about 1 1/4 cups each

- 2 tablespoons reduced fat “light” ranch salad dressing
- 1/4 cup chunky salsa
- 2/3 cup cooked black beans, cooked without salt, drained and rinsed
- 1/4 cup frozen sweet corn kernels, thawed
- 2/3 cup chopped cooked chicken, turkey, beef or pork (without skin, bones or fat)
- 1 1/2 cups shredded fresh cabbage

1. Wash your hands and work area.
2. In a serving bowl, stir together all ingredients.
3. Serve cold.
4. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with a wedge of cantaloupe, whole grain bread and low-fat milk.

This healthy, lean cold main dish is an excellent source of vitamin C and dietary fiber, and a good source of iron.

Nutrition Facts

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Vitamin A 4% • Vitamin C 35%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<td>2,500</td>
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Calories per gram:
- Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.
Recipe Category: Cold Main Dish

Spicy Seafood Slaw Dinner Salad
Yield: 1 serving, about 1 1/4 cups

2 tablespoons low fat small curd cottage cheese OR plain yogurt
1 tablespoon reduced fat “light” ranch salad dressing
a dash of ground black pepper
1/2 teaspoon dried parsley leaves
1 teaspoon wasabi sauce OR creamy horseradish sauce
1 teaspoon lime juice
3 tablespoons cooked black beans, cooked without salt, drained and rinsed
1 tablespoon frozen sweet corn kernels, thawed
3 tablespoons light tuna canned in water, drained
2 tablespoons shredded fresh carrot
2/3 cup shredded fresh cabbage

1. Wash your hands and work area.
2. In a serving bowl, stir together cottage cheese, dressing, pepper, parsley, one of the sauces, and lime juice.
3. Mix in remaining ingredients.
4. Serve cold.
5. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with a wedge of watermelon, a whole grain muffin and low-fat milk.

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Recipe Category: Cold Main Dish

Spicy Tuna and Apple Pockets
Yield: 3 servings, 1/2 pocket each

1 teaspoon prepared mustard, any kind
3 tablespoons non-fat or low-fat plain or vanilla yogurt
1 teaspoon dried parsley
1 teaspoon instant chopped onion
1/4 teaspoon ground black pepper
6 ounces light tuna canned in water, drained
2 tablespoons grated Parmesan cheese
1/4 cup chopped cucumber or celery
1 medium apple, cored, not peeled, chopped
3 halves of pita bread, preferably whole wheat, about 6 1/2 inches wide
1 tablespoon prepared wasabi sauce or creamy horseradish sauce

1. Wash your hands and work area.
2. Shake mustard bottle well before measuring. In a mixing bowl, stir together mustard and yogurt. Stir in all remaining ingredients, except the pita bread and sauce.
3. Spread the inside of each pita half with 1 teaspoon prepared wasabi sauce or creamy horseradish sauce.
4. Fill each pita pocket with 1/3 of the tuna mixture. Serve cold.
5. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with a green leafy salad, a small wedge of watermelon, and low-fat milk.

This extra lean, quick and easy-to-make cold main dish is low in cholesterol. It is a good source of dietary fiber and iron.

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<td>Servings Per Container: 3</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000, 2,500

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Calories per gram:
Fat 9, Carbohydrate 4, Protein 4

2 carbohydrate choices per serving.
Recipe Category: Cold Main Dish

Tangy Tuna Vegetable Pinwheels
Yield: 2 servings

16 frozen asparagus spears, thawed
16 ounces canned sweet potato pieces in light syrup
2 large hard-boiled eggs, peeled and cut into halves
1 medium beet, cooked and cut into 4 wedges, OR 1/2 medium fresh tomato, cored and cut into 4 wedges
6 tablespoons light tuna, canned in water, drained well
2 teaspoons prepared wasabi sauce or creamy horseradish sauce
1 tablespoon chopped onion
2 tablespoons frozen orange juice concentrate, thawed
1/8 teaspoon ground black pepper

1. Wash your hands and work area.
2. On each of two large plates, arrange eight asparagus spears. If the plates were clocks, place the asparagus at the 3, 6, 9 and 12 o’clock positions. Put the asparagus tips at the edge of the plate and the stem ends in the center of the plate. Place four more spears on each plate between each set to form the pinwheel spokes. Trim stem ends so they do not extend past the center of the plate. Set aside any stem ends.
3. In a mixing bowl, empty the can of sweet potatoes in light syrup. Select and drain the four largest pieces and place two on each plate, across from each other and between a set of asparagus “spokes,” at approximately the one and seven o’clock positions on a clock. Set aside remaining (continued on next page)
sweet potatoes and syrup.
4. Arrange egg halves and beets or tomato wedges across from each other to form the rest of the wheel.
5. In a small bowl, mix tuna and wasabi sauce together. Mound half of the mixture into the center of one plate. Repeat for the second plate.
6. In a blender or food processor, place any stem ends of asparagus from the salad preparation. Add 1/2 cup sweet potato pieces, 1/4 cup sweet potato syrup, onion, orange juice concentrate and black pepper. Blend until smooth. Drizzle mixture over each salad just before serving.
7. Cover and refrigerate leftovers within two hours.
Recipe Category: Cold Main Dish

Zesty Island Seafood Sandwiches

Yield: 2 servings, one sandwich each

Meal suggestion:
Serve with a green leafy salad, yogurt and applesauce.

This extra-lean cold main dish is an excellent source of dietary fiber and calcium, and is a good source of iron.

1/4 cup light tuna or salmon, canned in water, drained well
1/2 cup cooked brown rice, couscous, quinoa or barley
1/3 cup chunky salsa
1/3 cup chopped celery or cucumber
1 tablespoon dried parsley
2 tablespoons cooked black beans, cooked without added salt, rinsed and drained
4 slices whole wheat bread or toast
2 slices cheese, such as American or provolone

1. Wash your hands and work area.
2. In a serving bowl, crush salmon bones if using salmon. Stir together all remaining ingredients, except for the bread and cheese.
3. If desired, cover and refrigerate mixture for several hours to allow flavors to blend.
4. To serve, place half of the mixture (about 2/3 cup) on a slice of bread. Top with a slice of cheese and another slice of bread.
5. Repeat for a second sandwich.
6. Cover and refrigerate leftovers within two hours.

Nutrition Facts
Serving Size 1 sandwich (214g)
Servings Per Container 2

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Vitamin A 8% • Vitamin C 2%
Calcium 20% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories
2,000
2,500

Total Fat
Less than 65g
Less than 80g

Saturated Fat
Less than 20g
Less than 25g

Cholesterol
Less than 300mg
Less than 300mg

Sodium
Less than 2,400mg
Less than 2,400mg

Total Carbohydrate
300g
375g

Dietary Fiber
25g
30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.
Hot Side Dishes
Hearty Brown Yeast Bread

Yield: 1 loaf, 12 slices

Note: This recipe calls for using a bread machine.

2/3 cup cooked garbanzo or northern beans, cooked without salt, rinsed and drained
1 cup plus 1 tablespoon warm water
2 tablespoons brown sugar, packed
2 tablespoons cooking oil
1/2 teaspoon salt
1 cup quick-cooking rolled oats
1/2 cup whole wheat flour
1 1/2 cups bread flour
1 tablespoon dry active baker’s yeast

1. Wash your hands and work area.
2. On a plate, mash beans with a fork until smooth.
3. Place all ingredients into a bread machine pan.
   (Or, if desired, follow the directions in another recipe for making yeast bread by hand.)
4. Bake immediately (do not use delay cycle) according to the bread machine’s directions for a medium, or 1.5 pound, loaf of whole wheat yeast bread.
5. Cut into 12 slices. Serve hot or cold.
6. If desired, freeze leftovers in a moisture-proof freezer container.

Meal suggestion:
Serve at any meal (breakfast, lunch, supper or snack) where flavorful moist bread is desired.

This compact bread has a light brown color. It is a good source of dietary fiber and iron.

Nutrition Facts
Serving Size 1 slice (63g)
Servings Per Container 12 slices

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<tr>
<td>Sugars 3g</td>
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<tr>
<td>Protein 5g</td>
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</tr>
</tbody>
</table>

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University
Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, “VYP Recipe Series,” June 2009. This material was funded by USDA’s Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.
Recipe Category: Hot or Cold Side Dish

Raisin or Cranberry Cinnamon Muffins
Yield: 12 servings, 1 muffin each

1/2 cup raisins or dried cranberries
2 tablespoons hot water
1 1/2 cups cooked chickpeas, cooked without salt, rinsed and drained
1/2 cup packed brown sugar
1 raw egg or 1/4 cup pasteurized egg substitute
3/4 cup skim milk
1/4 cup vegetable cooking oil
1 cup whole wheat or all-purpose white flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1 1/2 teaspoons ground cinnamon
1/4 teaspoon ground nutmeg

1. Wash your hands and work area.
2. Preheat oven to 400 degrees F.
3. Combine raisins or cranberries and hot water in a small bowl or cup. Set aside.
4. On a plate, mash chickpeas thoroughly with a fork.
5. In a mixing bowl, stir together mashed chickpeas, brown sugar, egg, milk, oil and soaked raisins or cranberries and water mixture. Set aside.
6. In a separate mixing bowl, combine flour, baking powder, baking soda, cinnamon and nutmeg. Mix well. Set aside.
7. Spray muffin tins with non-stick cooking spray.

(continued on next page)
Raisin or Cranberry Cinnamon Muffins (Continued)

8. Add wet mixture to the dry mixture. Stir 10 to 20 seconds. Do not overmix. Batter may still be lumpy.
9. Evenly divide mixture among the muffin cups, using about 1/4 cup batter for each muffin.
10. Bake for 15 minutes or until golden brown.
11. To serve hot, remove muffins from pan and serve immediately. Or, let cool and serve at room temperature. If desired, cooled muffins may be frozen in a moisture-proof freezer container for future use.
Recipe Category: Hot or Cold Side Dish

Whole Grain Peanut Butter Breakfast Muffins

Yield: 7 servings, 1 muffin each

1/2 cup whole wheat flour OR all-purpose white flour
1 1/2 teaspoons baking powder
1/3 cup brown sugar, packed
1/4 cup quick-cooking rolled oats
1/4 cup yellow cornmeal
1/2 cup nonfat dry milk powder
2 tablespoons creamy peanut butter
3/4 cup water
1 large egg or 1/4 cup pasteurized egg substitute

1. Wash your hands and work area.
2. Spray 7 muffin cups with non-stick cooking spray.
3. Preheat oven to 350 degrees F.
4. In a mixing bowl, stir together flour, baking powder, sugar, oats, cornmeal and dry milk powder. Mix well.
5. Add peanut butter. Using a fork, blend mixture until it is crumbly. Set aside.
6. In a small bowl, beat together water and egg.
7. Add wet mixture to flour mixture. Stir until ingredients are just moistened, not longer.
8. Put about 1/3 cup batter into each muffin cup.
9. Bake for about 16 minutes, or until a toothpick inserted into the middle comes out dry.
10. For freshness, tightly cover any leftovers. Or, if desired, freeze cooled muffins in a moisture-proof freezer container.

Meal suggestion:
Serve as a breakfast or snack with an orange and low-fat milk.

These muffins are a good source of calcium. If desired, double the recipe and freeze the extras to use on busy days.

Nutrition Facts
Serving Size 1 muffin (70g)
Servings Per Container 7 muffins

<table>
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<tr>
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<td>Protein 6g</td>
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Vitamin A 4% • Vitamin C 0%
Calcium 15% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:
- Fat 9 • Carbohydrate 4 • Protein 4

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Cold Side Dishes
Recipe Category: Cold Side Dish

Beans and Pasta Salad

Yield: 2 servings, about 1 cup each

1/3 cup cooked red beans, cooked without salt, drained and rinsed
1/3 cup chopped fresh cucumber
1/4 cup chopped radishes
1/4 cup frozen peas
1/4 cup frozen cut carrots, cut into quarters
1 teaspoon dried parsley flakes
1/2 teaspoon dried Italian seasoning or dried oregano
1/8 teaspoon ground black pepper
a dash of dried red pepper flakes
1 tablespoon lemon juice
3/4 cup cooked elbow macaroni or bowtie pasta, preferably whole wheat

1. Wash your hands and work area.
2. In a shallow serving bowl, gently stir all ingredients together.
3. Cover and refrigerate for several hours to allow flavors to blend.
4. Serve chilled.
5. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with egg or tuna salad and spinach leaves tucked into a whole grain pita pocket, watermelon, and low-fat milk.

This easy cold side dish is also healthy. Cholesterol-free and low in fat and sodium, it is an excellent source of vitamin A and dietary fiber, and a good source of vitamin C and iron.

Nutrition Facts

Serving Size about 1 cup (156g)
Servings Per Container 2

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Vitamin A 50% • Vitamin C 15%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<td>Less than 300mg</td>
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<tr>
<td></td>
<td>2g</td>
<td>2g</td>
<td>300mg</td>
<td>2,400mg</td>
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<tr>
<td>Dietary Fiber</td>
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<td>10g</td>
<td>30g</td>
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Recipe Category: Hot or Cold Side Dish

Hearty Brown Yeast Bread
Yield: 1 loaf, 12 slices

Note: This recipe calls for using a bread machine.

2/3 cup cooked garbanzo or northern beans, cooked without salt, rinsed and drained
1 cup plus 1 tablespoon warm water
2 tablespoons brown sugar, packed
2 tablespoons cooking oil
1/2 teaspoon salt
1 cup quick-cooking rolled oats
1/2 cup whole wheat flour
1 1/2 cups bread flour
1 tablespoon dry active baker’s yeast

1. Wash your hands and work area.
2. On a plate, mash beans with a fork until smooth.
3. Place all ingredients into a bread machine pan. (Or, if desired, follow the directions in another recipe for making yeast bread by hand.)
4. Bake immediately (do not use delay cycle) according to the bread machine’s directions for a medium, or 1.5 pound, loaf of whole wheat yeast bread.
5. Cut into 12 slices. Serve hot or cold.
6. If desired, freeze leftovers in a moisture-proof freezer container.

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Nutrition Facts
Serving Size 1 slice (63g)
Servings Per Container 12 slices

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<td>Total Carbohydrate 24g</td>
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<td>Dietary Fiber 3g</td>
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<td>Sugars 3g</td>
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| Protein 5g              |
| Calcium 2%              |
| Iron 10%                |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
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<th>Calories per gram:</th>
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<tr>
<td>Fat 9 • Carbohydrate 4 • Protein 4</td>
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1 1/2 carbohydrate choices per serving.
Recipe Series

Recipe Category: Cold Side Dish

Peanut Butter Hummus Dip with Vegetable Sticks

Yield: 2 servings, about 1/4 cup hummus and 1/2 cup vegetables each

- 2/3 cup cooked chickpeas, cooked without salt, rinsed and drained
- 2 tablespoons lemon juice
- 2 tablespoons peanut butter, any kind
- a dash of ground black pepper
- 1 teaspoon dried parsley flakes
- 1/2 clove of garlic, finely chopped
- 1 cup of a variety of raw vegetable sticks, such as carrots, celery, broccoli or sweet bell peppers

1. Wash your hands and work area.
2. On a serving plate, mash chickpeas with a fork until smooth.
3. Stir in lemon juice, peanut butter, ground black pepper, parsley and garlic.
4. Mound dip into the center of the plate. Arrange raw vegetable sticks around the dip.
5. Serve.
6. Cover and refrigerate leftovers within two hours.

Meal suggestion:
Serve with cubes of poultry, meats, seafood and cheeses, whole grain crackers, and grape juice.

This easy and quick-to-make cold side dish is also fun to eat. It is cholesterol-free and low in sodium. An excellent source of vitamin A and dietary fiber, it is also a good source of vitamin C and iron.

Nutrition Facts
Serving Size about 1/4 cup hummus and 1/2 cup vegetables (141g)
Servings Per Container 2

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<td>Protein 9g</td>
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Vitamin A 90% • Vitamin C 15%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<td>Less than</td>
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<td>Less than</td>
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<tr>
<td>2,500</td>
<td>65g</td>
<td>20g</td>
<td>30mg</td>
<td>2,400mg</td>
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</table>

Dietary Fiber 25g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Recipe Category: Hot or Cold Side Dish

Raisin or Cranberry Cinnamon Muffins
Yield: 12 servings, 1 muffin each

1/2 cup raisins or dried cranberries
2 tablespoons hot water
1 1/2 cups cooked chickpeas, cooked without salt, rinsed and drained
1/2 cup packed brown sugar
1 raw egg or 1/4 cup pasteurized egg substitute
3/4 cup skim milk
1/4 cup vegetable cooking oil
1 cup whole wheat or all-purpose white flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1 1/2 teaspoons ground cinnamon
1/4 teaspoon ground nutmeg

1. Wash your hands and work area.
2. Preheat oven to 400 degrees F.
3. Combine raisins or cranberries and hot water in a small bowl or cup. Set aside.
4. On a plate, mash chickpeas thoroughly with a fork.
5. In a mixing bowl, stir together mashed chickpeas, brown sugar, egg, milk, oil and soaked raisins or cranberries and water mixture. Set aside.
6. In a separate mixing bowl, combine flour, baking powder, baking soda, cinnamon and nutmeg. Mix well. Set aside.
7. Spray muffin tins with non-stick cooking spray.

(continued on next page)
8. Add wet mixture to the dry mixture. Stir 10 to 20 seconds. Do not overmix. Batter may still be lumpy.
9. Evenly divide mixture among the muffin cups, using about 1/4 cup batter for each muffin.
10. Bake for 15 minutes or until golden brown.
11. To serve hot, remove muffins from pan and serve immediately. Or, let cool and serve at room temperature. If desired, cooled muffins may be frozen in a moisture-proof freezer container for future use.
Recipe Category: Hot or Cold Side Dish

Whole Grain Peanut Butter Breakfast Muffins
Yield: 7 servings, 1 muffin each

1/2 cup whole wheat flour OR all-purpose white flour
1 1/2 teaspoons baking powder
1/3 cup brown sugar, packed
1/4 cup quick-cooking rolled oats
1/4 cup yellow cornmeal
1/2 cup nonfat dry milk powder
2 tablespoons creamy peanut butter
3/4 cup water
1 large egg or 1/4 cup pasteurized egg substitute

1. Wash your hands and work area.
2. Spray 7 muffin cups with non-stick cooking spray.
3. Preheat oven to 350 degrees F.
4. In a mixing bowl, stir together flour, baking powder, sugar, oats, cornmeal and dry milk powder. Mix well.
5. Add peanut butter. Using a fork, blend mixture until it is crumbly. Set aside.
6. In a small bowl, beat together water and egg.
7. Add wet mixture to flour mixture. Stir until ingredients are just moistened, not longer.
8. Put about 1/3 cup batter into each muffin cup.
9. Bake for about 16 minutes, or until a toothpick inserted into the middle comes out dry.
10. For freshness, tightly cover any leftovers. Or, if desired, freeze cooled muffins in a moisture-proof freezer container.

Nutrition Facts
Serving Size 1 muffin (70g)
Servings Per Container 7 muffins

<table>
<thead>
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<th>Amount Per Serving</th>
<th>Calories 150</th>
<th>Calories from Fat 30</th>
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<td>Protein</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Healthy Sweet Foods
Recipe Category: Healthy Sweet Food

Cake-like Apple, Oatmeal, Raisin & Chocolate Chip Cookies

Yield: 52 servings, 1 cookie each

2 cups whole wheat flour
1 teaspoon baking soda
2 teaspoons ground cinnamon
1 1/3 cups cooked great northern or cannellini beans, cooked without salt, rinsed and drained
1 raw large egg, or 1/4 cup pasteurized egg substitute
2 teaspoons vanilla
1/4 cup vegetable cooking oil
1/2 cup applesauce, any kind
1/2 cup orange juice
1/3 cup packed brown sugar
1/2 cup granulated white sugar
2 cups quick-cooking rolled oats
1/3 cup packed seedless raisins
2/3 cup mini chocolate chips
optional: 1/2 cup chopped nuts

1. Wash your hands and work area.
2. In a large mixing bowl, combine flour, baking soda and cinnamon. Mix well. Set aside.
3. On a large plate, using a fork, mash beans until smooth. Transfer to a second mixing bowl. Stir in egg, vanilla, oil, applesauce, juice, and both kinds of sugars. Mix well.
4. Preheat oven to 350 degrees F.
5. Pour liquid mixture into flour mixture and stir well. Stir in oatmeal. Stir in raisins, chocolate chips, and if desired, nuts. Dough will be soft.

(continued on next page)
6. Spray a cookie sheet with nonstick cooking spray. Mound about 1 1/2 tablespoons of dough onto the cookie sheet. Repeat until you have a tray of cookies ready to bake. Flatten each cookie slightly with a fork.

7. Bake for 16 to 17 minutes, or until light golden brown on the bottom.

8. Remove from oven. Let cool for 1 minute before transferring cookies onto a cooling rack or paper towels.

9. Store leftovers in a covered container. Or, if desired, freeze cookies in a moisture-proof freezer container for a future treat.
Recipe Category: Healthy Sweet Food

Easy Double-Chocolate Fudge Brownies
Yield: 12 servings, about 2 x 2 1/2 inches

2/3 cup cooked black beans, cooked without salt, drained and rinsed
1/4 cup cooking oil
1 cup granulated white sugar
2 eggs or 1/2 cup pasteurized egg substitute
1/4 cup water
1/3 cup unsweetened cocoa powder
1/2 cup all-purpose white flour
1/4 teaspoon baking powder
1/4 cup mini chocolate chips

1. Wash your hands and work area.
2. Preheat oven to 350 degrees F. Spray an 8 x 8 inch baking pan with non-stick cooking spray.
3. On a plate, mash beans with a fork until completely smooth.
4. In a mixing bowl, stir together beans, oil, sugar, eggs and water until well blended.
5. In a separate mixing bowl, stir together cocoa, flour and baking powder until well blended.
6. Stir wet mixture into dry mixture.
7. Pour the batter into pan.
8. Bake for 25 to 30 minutes, or until brownies are firm in the middle and the sides begin to pull away from the pan.
9. Sprinkle chocolate chips over the top of the brownies immediately after removing them from the oven. When the chips have softened, spread the chocolate with a knife evenly over the top.
10. When cool, cut brownies into 12 bars.
11. If desired, freeze leftovers in a moisture-proof freezer container.

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The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, “VYP Recipe Series,” August 2009. This material was funded by USDA’s Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.
Recipe Category: Healthy Sweet Food

No-Added-Sugar “Pumpkin Pie” Pudding
Yield: 6 servings, about 1/2 cup each

1 1/2 cups skim milk
1.5 ounces instant vanilla sugar-free pudding mix
1 to 1 1/2 teaspoons pumpkin pie spice, as desired
15 ounces canned 100% pumpkin

1. Wash your hands and work area.
2. Pour milk into a large mixing bowl.
3. Open pudding mix package and add pumpkin pie spice. Stir them slightly in the package using a fork.
4. Add dry mixture to milk. Use a wire whisk to stir pudding for one minute. It will be thick.
5. Stir in pumpkin and stir for one minute longer.
6. Serve immediately, or cover and refrigerate 30 minutes or longer to allow flavors to blend.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container. (When thawed, pudding will not be as smooth, but it will still taste delicious!)

Serving suggestion:
Serve as a snack with graham crackers.

This fat-free, low-sodium healthy sweet food is an excellent source of vitamin A.

Nutrition Facts
Serving Size about 1/2 cup (140g) Servings Per Container 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat 0</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 110mg</td>
<td>5%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 15g</td>
<td>5%</td>
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</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 3g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 220% • Vitamin C 6%
Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500

Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1 carbohydrate choice per serving.

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