



Ancho Chili and Chicken Soup

Ingredients

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| 2 dried ancho chilies, seeded and torn into pieces | 1 medium onion, peeled and chopped |
| 1 cup water | 1 cup cooked, chopped chicken |
| 2½ cups low-sodium chicken broth | ¾ cup chopped carrots |
| 2 stalks celery, chopped | 1 teaspoon oregano |
| | ¾ cup chopped chayote squash |

Preparation

1. Place chilies in a hot skillet and cook for about 45 seconds until lightly toasted and fragrant. Cover with 1 cup boiling water and let stand for 20 minutes.
2. Meanwhile, combine broth, celery, onion, chicken, carrots, and oregano in a medium saucepan. Bring to a boil; reduce heat. Cover and let simmer for 20 minutes.
3. Place chilies and liquid in a blender or food processor and puree until smooth. Add chili puree and chayote to broth mixture. Simmer for 5 minutes more. Serve.

A slightly spicy chicken soup, packed full of hearty vegetables.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 103, Carbohydrate 8 g, Dietary Fiber 3 g, Protein 13 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 29 mg, Sodium 408 mg



Apple Glazed Sweet Potatoes

So easy, just simmer sweet potato slices in juice and serve.

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Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

2½ cups unsweetened 100% apple juice

½ teaspoon ground cinnamon

¼ teaspoon salt

2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

Preparation

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve while hot.

Nutrition information per serving:
Calories 208, Carbohydrate 50 g, Dietary Fiber 5 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg

Zucchini Sauté

This vegetable side dish tastes lively and is fast to fix.

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Makes 5 servings.

1 cup per serving.

Prep time: 10 minutes

Cook time: 5 minutes

Ingredients

1¼ pounds zucchini (about 3 medium zucchini)

½ teaspoon olive oil

1 tablespoon dried oregano

2 cloves garlic, finely chopped

1 teaspoon grated lemon peel

1 tablespoon grated Parmesan cheese

¼ teaspoon ground black pepper

Preparation

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Nutrition information per serving:
Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg



Avocado Tortilla Soup

Sprinkle red pepper flakes on this soup for added heat.

Makes 8 servings. 1 cup per serving.

Prep time: 15 minutes **Cook time:** 15 minutes

Ingredients

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| 3 (14-ounce) cans
low-sodium chicken broth | ½ teaspoon ground
black pepper |
| 2 (10¾-ounce) cans
low-sodium condensed
tomato soup | 1 ripe California avocado,
peeled, pitted, and
chopped |
| ½ bunch cilantro, leaves only | 8 corn tortilla chips,
crumbled |
| 3 cloves garlic, finely
chopped | |

Preparation

1. In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pan, add avocado and heat thoroughly.
4. Ladle into soup bowls and garnish with crumbled tortilla chips before serving.

Nutrition information per serving: Calories 134, Carbohydrate 17 g,
Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

Recipe courtesy of the California Avocado Commission.

BBQ Turkey in Pepper Shells

This dish is colorful and healthy. You can save money by using all green bell peppers.

Makes 6 servings.

1 stuffed bell pepper shell half per serving.

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients

- ¾ pound lean ground turkey
- 1 large onion, peeled and chopped
- 1 medium green bell pepper, seeded and chopped
- 1 (14½-ounce) can no salt added diced tomatoes
- 1 cup low-sodium canned black beans, drained and rinsed
- ½ cup prepared barbecue sauce
- 1 teaspoon garlic powder
- 1 teaspoon liquid smoke
- 3 bell peppers (any color)

Preparation

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, for about 5 minutes.
6. Remove peppers from the dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.



Nutrition information per serving: Calories 209, Carbohydrate 28 g, Dietary Fiber 7 g, Protein 17 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 38 mg, Sodium 404 mg



Catfish Stew

Catfish stew and whole wheat rolls combine for a tasty and filling meal.



INGREDIENTS

- | | |
|---|---|
| 3 cups water | 4 cloves garlic, finely chopped |
| 1 teaspoon salt | ½ small head cabbage, chopped |
| 2 medium white potatoes,
peeled and cut into cubes | 1 pound catfish, cut into 1-inch
chunks |
| 1 (14½-ounce) can diced
tomatoes | 1 tablespoon Soulful Seasoning
(see recipe on page 34) |
| 1 cup chopped onion | |

PREPARATION

1. In a large pot, bring water, salt, potatoes, tomatoes, onion, and garlic to a boil over medium-high heat. Reduce heat and simmer for 10 minutes.
2. Add cabbage and bring back to a boil. Reduce and simmer for 5 minutes.
3. Add catfish and Soulful Seasoning. Simmer until the catfish is cooked through, about 5 minutes more. Serve while hot.



Makes 6 servings. *1½ cups per serving.*
Prep time: 10 minutes **Cook time:** 20 minutes

Nutrition information per serving: Calories 198, Carbohydrate 21 g,
Dietary Fiber 4 g, Protein 18 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 57 mg, Sodium 541 mg

Chicken and Dumplings

Tasty, home cooked comfort food in less than 30 minutes.

Makes 6 servings.

1¼ cups per serving.

Prep time: 10 minutes **Cook time:** 25 minutes

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Ingredients

- 2¼ cups canned low-sodium chicken broth
- ¼ cup water
- 1 medium onion, peeled and chopped
- 4½ cups frozen mixed vegetables (corn, peas, carrots, and green beans)
- 2 cups cooked and chopped chicken
- 1 teaspoon dried thyme
- 1¼ cups reduced fat prepared baking mix
- ⅓ cup lowfat milk
- 1 egg



Preparation

1. In a large pot, combine chicken broth, water, onion, vegetables, chicken, and thyme.
2. Cover and bring to a boil over medium-high heat. Reduce heat and simmer for 15 minutes.
3. Place baking mix in a small bowl. Remove 2 tablespoons and stir into pot to thicken stew.
4. Add milk and egg to remaining baking mix and stir with a fork to blend. Drop rounded tablespoons onto hot chicken mixture. Cook over low heat, uncovered, for 5 minutes.
5. Cover and cook for 5 minutes more. Serve while hot.

Nutrition information per serving: Calories 226, Carbohydrate 24 g, Dietary Fiber 3 g, Protein 21 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 74 mg, Sodium 362 mg



Chicken and Rice

Ingredients

- | | |
|--|--|
| 2 pounds boneless, skinless chicken breasts, cut into strips | 2 cups reduced sodium chicken broth |
| 1 medium onion, peeled and chopped | 2 (14½-ounce) cans no salt added diced tomatoes, drained |
| 2 green bell peppers, chopped | ½ cup frozen pea and carrot blend |
| 2 jalapeño peppers, seeded and finely chopped | 1 teaspoon each ground cumin and chili powder |
| 3 cloves garlic, finely chopped | ¾ cup brown rice |

Preparation

1. In a nonstick skillet, sauté chicken strips over medium heat until cooked thoroughly, about 10 minutes. Set aside and keep warm.
2. In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.
3. Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice and serve.

Peas and carrots add color and provide a healthy addition to this traditional dish.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving:

Calories 331, Carbohydrate 30 g, Dietary Fiber 6 g, Protein 39 g, Total Fat 0 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 91 mg, Sodium 300 mg



Chicken Vegetable Creole

Serve with brown rice and salad for a complete meal. To add spice to this dish, try sausage instead of chicken.



INGREDIENTS

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|---|--------------------------------|
| nonstick cooking spray | 2 stalks celery, chopped |
| 1 pound boneless, skinless chicken breasts, cut into large chunks | 1½ teaspoons garlic powder |
| 1 large onion, chopped | 1 teaspoon onion powder |
| 1 (14½-ounce) can diced tomatoes | ½ teaspoon salt |
| ⅓ cup tomato paste | ¼ teaspoon red pepper flakes |
| | ⅛ teaspoon ground black pepper |
| | 1½ cups broccoli florets |

Preparation

1. Spray a large skillet with nonstick cooking spray and heat over medium heat.
2. Add chicken and onion; cook, stirring frequently, for 10 minutes.
3. Stir in all remaining ingredients except broccoli and cook for 5 minutes, stirring occasionally.
4. Stir in broccoli, cook for 5 minutes more. Serve while hot.



Makes 6 servings. 1 cup per serving.

Prep time: 10 minutes Cook time: 20 minutes

Nutrition information per serving: Calories 143, Carbohydrate 11 g, Dietary Fiber 3 g, Protein 19 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 46 mg, Sodium 460 mg



Chicken and Vegetables with Mole Sauce

Ingredients

- nonstick cooking spray
- 6 each skinless drumsticks and thighs
- 3 dried ancho chilies, seeded and torn into pieces
- 2¼ cups low-sodium chicken broth
- 1 medium onion, peeled and chopped
- 1½ cups fresh tomatillos (about 7 medium tomatillos), husks removed, washed, and diced
- 2 teaspoons ground cumin
- ¼ teaspoon salt
- 2 fresh cactus leaves (about 1 cup), cleaned and chopped
- ¾ pound fresh trimmed green beans

Preparation

1. Place chicken in a large skillet sprayed with nonstick cooking spray. Cook over medium heat for about 10 to 15 minutes per side or until cooked through.
2. While chicken is cooking, prepare mole sauce. Toast ancho chilies in a large skillet over medium-high heat for 1 minute, stirring constantly. Add broth to skillet and set aside.
3. Spray a large saucepan with nonstick cooking spray. Add onion; cook and stir over medium-high heat for 5 minutes. Add chili and broth mixture, tomatillos, cumin, and salt; bring to a boil, then reduce heat and simmer for 10 minutes. Let cool slightly and transfer to a blender container.
4. Puree until smooth and pour over chicken; cook for 5 minutes more.
5. Cook cactus and green beans in boiling water for about 5 minutes; drain. Serve chicken and sauce over cooked vegetables.

A lot faster than a traditional mole and just as good!

Makes 6 servings. 1 drumstick, 1 thigh, and ¾ cup of vegetables per serving.

Prep time: 15 minutes

Cook time: 45 to 55 minutes

Nutrition information per serving:

Calories 239, Carbohydrate 11 g, Dietary Fiber 4 g, Protein 31 g, Total Fat 8 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 92 mg, Sodium 388 mg



Chili Verde

Ingredients

- 1 pound fresh tomatillos, husks removed, washed, and cut into quarters
- 3 Anaheim chilies, roasted, peeled, seeded, and diced
- 3 green onions, sliced
- 2 cloves garlic, chopped
- 1 jalapeño pepper, seeded and diced
- 2 tablespoons fresh lime juice
- 1 teaspoon sugar
- 2 teaspoons oil
- 1½ pounds lean pork tenderloin, cut into ¾-inch chunks
- ¼ cup chopped fresh cilantro
- ½ teaspoon salt

Preparation

1. Place tomatillos in a medium saucepan with a small amount of water. Cover and simmer for about 5 minutes until soft.
2. Drain tomatillos and place in a blender container with the Anaheim chilies, green onions, garlic, and jalapeño pepper. Blend on low speed until fairly smooth. Stir in lime juice and sugar and pour back into saucepan; set aside.
3. Heat oil in a large skillet. Add pork to skillet; cook and stir over high heat for about 5 minutes to brown; add to the pan with the sauce. Bring to a boil; reduce heat and simmer, covered, for 50 minutes.
4. Remove cover and cook for 10 minutes more. Stir in cilantro and salt. Serve with ½ cup cooked brown rice.

Serve this dish with a side salad and fruit for a complete meal.

Makes 4 servings. 1½ cups per serving.

Prep time: 15 minutes

Cook time: 1 hour and 10 minutes

Nutrition information per serving:

Calories 413, Carbohydrate 35 g, Dietary Fiber 6 g, Protein 43 g, Total Fat 11 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 108 mg, Sodium 383 mg



Makes 9 servings. 3-inch square piece of cornbread and ½ cup blackeye peas per serving.

Prep time: 10 minutes **Cook time:** 50 minutes

Nutrition information per serving: Calories 329, Carbohydrate 54 g, Dietary Fiber 7 g, Protein 12 g, Total Fat 8 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 203 mg

Cornbread with Spicy Blackeye Peas

Serve with Oven Fried Chicken for a family dinner.



INGREDIENTS

6 cups water	¼ cup vegetable oil
1½ (16-ounce) package frozen blackeye peas	1 cup lowfat buttermilk
1 cup cornmeal	1 cup frozen corn, thawed
1 cup all-purpose flour	nonstick cooking spray
¼ cup sugar	1 medium onion, chopped
1 tablespoon baking powder	2 cloves garlic, finely chopped
1 egg, beaten	1 jalapeño pepper, seeded and chopped (optional)

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 425°F.
2. In a medium-size pot, bring water to a boil over high heat.
3. Add blackeye peas and return to a boil. Lower the heat to medium and simmer for 30 minutes.
4. While the blackeye peas are cooking, mix cornmeal, flour, sugar, and baking powder in a medium bowl.
5. Add the egg, oil, buttermilk, and corn to the flour mixture. Mix ingredients until just blended (there may be a few small lumps).
6. Spray a 9 x 9-inch square pan with nonstick cooking spray.
7. Pour the batter into the pan.
8. Bake 20 to 25 minutes or until a wooden toothpick inserted in the center comes out clean.
9. As the cornbread continues to bake, drain the blackeye peas and keep half a cup of cooking water.

continued on following page



Cornbread with Spicy Blackeye Peas *(continued)*



PREPARATION

10. Spray a skillet with nonstick cooking spray and sauté onions and garlic over medium heat until tender, about 3 minutes.
11. Add blackeye peas, jalapeño pepper, and reserved cooking water to the skillet and continue to simmer and stir for 5 minutes more.
12. Serve a square of cornbread over $\frac{1}{2}$ cup of blackeye peas.

Makes 9 servings. 3-inch square piece of cornbread and $\frac{1}{2}$ cup blackeye peas per serving.

Prep time: 10 minutes **Cook time:** 50 minutes

Nutrition information per serving: Calories 329, Carbohydrate 54 g, Dietary Fiber 7 g, Protein 12 g, Total Fat 8 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 203 mg



Easy Turkey Skillet Dinner

Serve this hearty meal with whole wheat bread and green salad.

Makes 4 servings. 1 cup per serving.

Prep time: 5 minutes **Cook time:** 25 minutes

Ingredients

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|--|---|
| nonstick cooking spray | 1 teaspoon each dried basil, oregano, and garlic powder |
| $\frac{3}{4}$ pound lean ground turkey | $\frac{1}{2}$ teaspoon salt |
| 1 medium onion, peeled and chopped | $\frac{1}{4}$ teaspoon ground black pepper |
| 3 tomatoes, chopped | 2 medium zucchini, sliced |
| 3 tablespoons tomato paste | |

Preparation

1. Spray nonstick cooking spray in a large skillet.
2. Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.
3. Add tomatoes, tomato paste, and seasonings. Simmer over medium heat for 10 minutes.
4. Add zucchini and cook for 5 minutes more. Serve while hot.

Nutrition information per serving: Calories 181, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 21 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 462 mg



Grilled Chicken Vegetable Kabobs

Try these kabobs at your next family barbecue.

Makes 4 servings. 1 skewer per serving.

Prep time: 1 hour and 15 minutes **Cook time:** 10 minutes

Ingredients

2 teaspoons olive oil	4 wooden skewers
3 tablespoons fresh lemon juice	8 cherry tomatoes
ground black pepper to taste	12 whole bay leaves
1 pound boneless chicken breast without skin, cut into 2-inch cubes	1 medium onion, cut into 1-inch cubes
	1 medium green bell pepper, cut into 1-inch cubes
	2 cups cooked brown rice

Preparation

1. In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat.
3. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.
4. Serve each kabob over $\frac{1}{2}$ cup of brown rice.

Nutrition information per serving: Calories 297, Carbohydrate 29 g, Dietary Fiber 5 g, Protein 28 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 73 mg



Hearty Bean and Vegetable Soup

Ingredients

- ½ cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried blackeye peas
- 8 cups water
- 1 smoked ham hock (about ½ pound)
- 1 teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chillies
- ½ teaspoon each salt and ground black pepper
- 1 bay leaf
- 1 cup chopped onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 (14½-ounce) cans no salt added diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce

Preparation

1. Rinse dried pink beans, lentils, black beans, yellow split peas, kidney beans, and blackeye peas under cold running water. Place beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain.
2. Combine drained bean, lentil and pea mixture, water, and ham hock in a large pot; bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour.
3. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup and serve.

This healthy meal is sure to please your entire family.

Makes 8 servings. 2 cups per serving.

Prep time: 20 minutes (excludes soaking beans)

Cook time: 3 hours

Nutrition information per serving:

Calories 346, Carbohydrate 50 g, Dietary Fiber 16 g, Protein 22 g, Total Fat 9 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 19 mg, Sodium 455 mg



Macaroni and Cheese with Glazed Vegetables

Try using sharp Cheddar cheese to kickup the flavor in this family favorite.



INGREDIENTS

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|--|---|
| 2 cups uncooked macaroni noodles | 4 cups frozen mixed vegetables (corn, carrots, lima beans, peas, green beans) |
| nonstick cooking spray | 1 teaspoon grated orange peel |
| ½ cup chopped onions | ½ cup 100% orange juice |
| ¾ cup evaporated skim milk | 1 tablespoon Dijon-style mustard |
| 1 egg, beaten | 1 teaspoon low-sodium soy sauce |
| ½ teaspoon ground black pepper | |
| 1¾ cups shredded lowfat Cheddar cheese | |

PREPARATION

1. Cook the macaroni noodles according to the package directions; drain and set aside.
2. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
3. Spray a skillet with nonstick cooking spray and heat over medium heat.
4. Add onions to skillet and sauté until tender, about 3 minutes.
5. Add evaporated milk, egg, ground black pepper, and 1½ cups cheese; mix until smooth.
6. Add cooked macaroni noodles to the cheese sauce and stir until well coated.
7. Spray a casserole dish with nonstick cooking spray.



Makes 5 servings. 1 cup macaroni and ¾ cup vegetables per serving.
Prep time: 15 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 457, Carbohydrate 73 g, Dietary Fiber 10 g, Protein 27 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 52 mg, Sodium 597 mg



Macaroni and Cheese with Glazed Vegetables *(continued)*



PREPARATION

8. Pour the mixture into the casserole dish and sprinkle the top with the remaining $\frac{1}{4}$ cup cheese.
9. Bake for 25 minutes or until the top bubbles and begins to brown.
10. While the macaroni and cheese is baking, cook mixed vegetables in a microwave safe dish according to the instructions on the package.
11. Combine the remaining ingredients in a small bowl and stir until well blended.
12. Drain vegetables and toss with the orange juice mixture.
13. Serve 1 cup of macaroni and cheese alongside $\frac{3}{4}$ cup of glazed vegetables.



Makes 5 servings. *1 cup macaroni and $\frac{3}{4}$ cup vegetables per serving.*

Prep time: 15 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 457, Carbohydrate 73 g, Dietary Fiber 10 g, Protein 27 g, Total Fat 6 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 52 mg, Sodium 597 mg

Mango Chicken Stir-Fry

Tender chunks of chicken team up with crisp peppers and sweet mangos in this colorful stir-fry. Substitute half of the red bell pepper with green bell pepper for a more colorful dish.

Makes 4 servings. *1½ cups per serving.*

Prep time: 15 minutes **Cook time:** 15 minutes

Ingredients

- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into bite-size chunks
- ¼ cup pineapple juice
- 3 tablespoons low-sodium soy sauce
- ¼ teaspoon ground ginger
- 1 red bell pepper, cut into bite-size strips
- 2 mangos, pitted and cut into bite-size strips
- ¼ cup toasted, slivered almonds
- ground black pepper to taste
- 2 cups cooked brown rice



Preparation

1. Spray a large wok or skillet with nonstick cooking spray.
2. Sauté chicken over medium-high heat until cooked through, about 10 minutes.
3. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
4. Cook and stir for about 5 minutes until peppers are crisp-tender.
5. Add the mango and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Serve each cup of stir-fry over ½ cup of brown rice.

Nutrition information per serving: Calories 387, Carbohydrate 47 g, Dietary Fiber 7 g, Protein 31 g, Total Fat 9 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 496 mg



Nellie's Kale Stew

A tasty stew anytime of the year.



INGREDIENTS

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| 1 tablespoon vegetable oil | 4 cups water |
| 1 large onion, chopped | 1 pound kale, chopped |
| 2 cloves garlic, chopped | 2 medium carrots, chopped |
| 1 medium green bell pepper, chopped | 2 medium white potatoes, cut into cubes |
| 1 (8-ounce) can tomato sauce | nonstick cooking spray |
| 1 (6-ounce) can tomato paste | ½ pound turkey kielbasa, sliced into thin rounds |
| 1 (14-ounce) can low-sodium chicken broth | |

PREPARATION

1. In a large pot, heat oil over medium-high heat.
2. Sauté onion, garlic, and bell peppers until tender, about 5 minutes.
3. Add tomato sauce, tomato paste, chicken broth, water, kale, carrots, and potatoes. Cook on medium-high heat until potatoes are tender, about 45 minutes.
4. Spray a medium skillet with nonstick cooking spray. Sauté kielbasa until heated through, about 5 minutes.
5. Add turkey kielbasa to stew and cook for 15 minutes more. Serve while hot.

Makes 10 Servings. *1½ cups per serving.*

Prep time: 10 minutes **Cook time:** 1 hour and 10 minutes

Nutrition information per serving: Calories 127, Carbohydrate 18 g, Dietary Fiber 3 g, Protein 7 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 12 mg, Sodium 596 mg



One Pot Vegetarian Stew

Warm up your winter evenings with this hearty vegetable dish.



INGREDIENTS

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|--|--|
| 2 teaspoons vegetable oil | 2 teaspoons chili powder |
| 1 medium onion, chopped | 2 teaspoons dried oregano |
| 1 medium green bell pepper, chopped | 1 (15-ounce) can black beans, drained and rinsed |
| 3 cloves garlic, finely chopped | 1 (15-ounce) can red beans, drained and rinsed |
| 1 (14½-ounce) can diced tomatoes | 8 tablespoons fat free sour cream (optional) |
| 2 cups fresh or frozen corn | |
| 1 (14½-ounce) can low-sodium vegetable broth | |

PREPARATION

1. In a large pot, heat oil over medium heat.
2. Sauté onion, bell pepper, and garlic until tender, about 5 minutes.
3. Add tomatoes, corn, vegetable broth, chili powder, oregano, and beans. Stir well.
4. Cover and simmer until thoroughly heated, about 15 minutes.
5. Spoon into 8 bowls. If desired, top each bowl with one tablespoon of fat free sour cream and serve with whole grain rolls.



Makes 8 servings. *1½ cups per serving.*
Prep time: 10 minutes **Cook time:** 20 minutes

Nutrition information per serving: Calories 220, Carbohydrate 42 g, Dietary Fiber 11 g, Protein 11 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 482 mg



Oven Fried Catfish with Stir-Fry Greens

This tasty twist on a traditional dish will have your family asking for more.



INGREDIENTS

nonstick cooking spray	1½ cups cornmeal
1 pound catfish fillets, cut into 6 equal pieces	1 teaspoon vegetable oil
4 teaspoons Soulful Seasoning (see recipe on page 34)	¼ cup chopped onion
½ cup egg substitute	2 cloves garlic, finely chopped
	1 pound collard greens, chopped

PREPARATION

1. Place an oven rack on the bottom level of the oven. Preheat oven to 400°F.
2. Spray a baking sheet with nonstick cooking spray.
3. Sprinkle both sides of fish with Soulful Seasoning.
4. Dip fish into egg substitute and roll in cornmeal.
5. Arrange fish on a baking sheet so that the pieces do not touch. Bake for 20 minutes.
6. Reduce heat to 350°F and bake until crust is golden and fish flakes easily, about 5 minutes more.
7. While the fish is baking, heat oil over medium heat in a large skillet.
8. Sauté onion and garlic until tender, about 3 to 5 minutes.
9. Add collard greens and cook, stirring often, until they turn bright green and limp.
10. Serve each piece of fish alongside one cup of greens.



Makes 6 servings. 1 piece of fish and 1 cup of greens per serving.

Prep time: 15 minutes **Cook time:** 30 minutes

Nutrition information per serving: Calories 282, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 23 g, Total Fat 7 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 57 mg, Sodium 98 mg



Makes 6 servings. 1 piece of chicken and 1 cup squash per serving.
Prep time: 10 minutes **Cook time:** 45 minutes

Nutrition information per serving: Calories 185, Carbohydrate 17 g,
Dietary Fiber 3 g, Protein 21 g, Total Fat 4 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 46 mg, Sodium 202 mg

Oven Fried Chicken with Summer Squash

This dish is a great way to bring the family to the table.



INGREDIENTS

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|---|---|
| 1 cup finely crushed cornflakes | nonstick cooking spray |
| ¼ teaspoon salt | ½ tablespoon vegetable oil |
| ½ teaspoon ground black pepper | 1 clove garlic, finely chopped |
| 1 teaspoon onion powder | 2 medium zucchinis, cut into short strips |
| 1 teaspoon garlic powder | 3 medium yellow squash, cut into short strips |
| ½ cup evaporated skim milk | 1 teaspoon dried oregano |
| 1 pound chicken breasts, skin removed and cut into 6 pieces | |

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. In a small bowl, combine cornflakes, salt, ground black pepper, onion powder, and garlic powder.
3. Place evaporated milk in a separate bowl. Dip chicken pieces in milk and roll in crushed cornflake mixture, lightly coating both sides.
4. Spray a roasting pan with nonstick cooking spray and arrange chicken pieces on the pan in a single layer. Bake for 30 minutes.
5. While the chicken is baking, heat oil in a medium skillet over medium-high heat.
6. Sauté garlic in oil for about 3 minutes. Add zucchini, yellow squash, and oregano; continue to cook until tender, about 5 to 7 minutes.
7. Serve each piece of chicken with 1 cup of zucchini and yellow squash mixture.



Oven Wedge Fries

A tasty surprise for those who love fries.

Makes 4 servings. 1 cup per serving.

Prep time: 10 minutes **Cook time:** 15 minutes

Ingredients

nonstick cooking spray
2 large russet potatoes, cut
into wedges

Seasoning Mix

2 cloves garlic, finely
chopped
1 teaspoon Italian herb
seasoning mix
1 teaspoon chili powder
and/or paprika

Preparation

1. Preheat oven to 400°F.
2. Spray a cookie sheet with nonstick cooking spray. Place potato wedges on the cookie sheet.
3. In a small bowl, combine garlic with seasonings and sprinkle $\frac{1}{2}$ of the mixture over the top of the potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over. Sprinkle with the remaining mixture, and bake for another 7 minutes or until the wedges are browned and cooked through. Serve while hot.

Nutrition information per serving: Calories 146, Carbohydrate 33 g,
Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg



Potato Sauté with Onions and Bell Peppers

Ingredients

- | | |
|--|---|
| 2 cups water | ½ cup chopped tomato |
| 2 large russet potatoes, cleaned and cut in half | ½ teaspoon oregano |
| 1 tablespoon vegetable oil | ¼ teaspoon each salt and ground black pepper |
| ½ cup chopped onion | ¼ cup crumbled queso fresco or reduced fat Monterey Jack cheese |
| ½ cup chopped green and red bell pepper | |
| ½ cup no salt added canned corn or frozen corn, thawed | |

Preparation

1. Bring water to a boil in a large pan. Add potatoes and cook until crisp-tender, about 15 minutes. Drain well and cut into bite-size pieces.
2. Heat oil in a large skillet. Sauté onion until golden brown and soft. Add potatoes and bell pepper to skillet and cook over medium-high heat, stirring frequently, until golden brown.
3. Stir in corn, tomato, oregano, salt, and ground black pepper. Top with cheese and serve.

This recipe is great as a side dish with dinner or for breakfast.

Makes 4 servings. ½ cup per serving.

Prep time: 15 minutes

Cook time: 30 minutes

Nutrition information per serving:

Calories 217, Carbohydrate 39 g, Dietary Fiber 6 g, Protein 6 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 5 mg, Sodium 220 mg



Rosemary Lemon Chicken with Vegetables

This meal goes great with a crisp green salad.

Makes 4 servings. $\frac{1}{2}$ chicken breast and 1 cup vegetables per serving.

Prep time: 10 minutes **Cook time:** 25 minutes

Ingredients

- | | |
|---|--|
| $\frac{1}{2}$ pound small red potatoes (about 3 potatoes), rinsed and cubed | $\frac{1}{4}$ cup lemon juice, divided |
| $\frac{1}{2}$ cups baby carrots | 2 tablespoons honey* |
| 1 cup green beans, trimmed | 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary |
| 2 boneless, skinless chicken breasts, halved (about 1 pound) | 1 teaspoon grated lemon peel |
| 1 tablespoon olive oil | $\frac{1}{4}$ teaspoon ground black pepper |

Preparation

1. In a medium pot, bring 8 cups of water to a boil.
2. Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside.
3. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side.
4. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice.
5. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.

* Do not give honey to children under the age of one.

Nutrition information per serving: Calories 276, Carbohydrate 26 g, Dietary Fiber 4 g, Protein 27 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 103 mg



Sautéed Okra with Onions and Tomatoes

Share this hearty vegetarian meal at your next potluck.



INGREDIENTS

- | | |
|---|---|
| 2 teaspoons vegetable oil | 1 teaspoon Soulful Seasoning
(see recipe on page 34) |
| 1 small onion, chopped | ½ teaspoon hot sauce |
| 1 pound okra, ends trimmed,
rinsed, and cut into ½-inch
thick slices or 1 (16-ounce)
package frozen okra | ¼ teaspoon ground black
pepper |
| 1 (14½-ounce) can diced
tomatoes | 2 cups cooked brown rice |

PREPARATION

1. Heat oil in a large skillet over medium-high heat.
2. Sauté onion until tender, about 3 minutes.
3. Add remaining ingredients and cook, stirring frequently, until okra is slightly tender, but not mushy, about 5 minutes.
4. Serve 1 cup of sautéed okra over ½ cup of brown rice.



Makes 4 servings. 1½ cups per serving.
Prep time: 10 minutes Cook time: 10 minutes

Nutrition information per serving: Calories 182, Carbohydrate 34 g,
Dietary Fiber 7 g, Protein 6 g, Total Fat 4 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 144 mg

Savory Greens

You do not have to boil your greens for hours; in fact, doing this pulls nutrients out of them. Save time and nutrients by cooking greens for only one-half hour.

Makes 6 servings. 1 cup per serving.

Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped and seeded jalapeño pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens)



Preparation

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

Adapted from recipe courtesy of National Heart Lung and Blood Institute.

Nutrition information per serving: Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Sesame Chicken with Peppers and Snow Peas

Ginger and sesame add an Asian flare to this dish.

Makes 4 servings. *1¼ cups per serving.*

Prep time: 10 minutes **Cook time:** 20 minutes

Ingredients

- 1 tablespoon sesame seeds
- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into strips
- 2 cups snow peas, trimmed
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons water
- 1½ teaspoons packed brown sugar
- ¼ teaspoon ground ginger
- 2 green onions, sliced
- 2 cups cooked brown rice

Preparation

1. Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from skillet and set aside.



2. Spray same skillet with nonstick cooking spray. Add chicken; cook and stir for about 10 minutes or until chicken is fully cooked. Add snow peas and bell peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender.
3. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet. Cook for 5 minutes over medium-high heat.
4. Sprinkle with sesame seeds and green onions. Serve ¾ cups of chicken mixture over ½ cup of brown rice.

Nutrition information per serving: Calories 293, Carbohydrate 28 g, Dietary Fiber 5 g, Protein 30 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 470 mg



Simple Fish Tacos

Make your own restaurant-style fish tacos at home for a light and healthy dinner.

Makes 6 servings. 2 tacos per serving.

Prep time: 20 minutes **Cook time:** 5 minutes

Ingredients

- | | |
|---|------------------------------------|
| 1 pound cod or white fish fillets, cut into 1-inch pieces | 1 cup shredded red cabbage |
| 1 tablespoon olive oil | 1 cup shredded green cabbage |
| 2 tablespoons lemon juice | 2 cups chopped tomatoes |
| ½ package taco seasoning | ½ cup nonfat sour cream |
| 12 (6-inch) warmed corn tortillas | taco sauce to taste |
| | lime wedges for serving (optional) |

Preparation

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired.

Nutrition information per serving: Calories 239, Carbohydrate 32 g, Dietary Fiber 4 g, Protein 19 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 42 mg, Sodium 247 mg

Recipe courtesy of the Produce for Better Health Foundation.

DINNER

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Spaghetti with Turkey Meat Sauce

Top your pasta with this healthy version of a classic Italian dish.

Makes 8 servings. *1½ cups per serving.*

Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients

- | | |
|--|-------------------------------------|
| nonstick cooking spray | 2 cloves garlic,
finely chopped |
| ¾ pound lean ground turkey | 1 teaspoon crushed dried
oregano |
| 2 (14½-ounce) cans diced
tomatoes, juice reserved | 1 teaspoon ground black
pepper |
| 1 green bell pepper, finely
chopped | 1 pound spaghetti noodles |
| 1 cup finely chopped onion | |

Preparation

1. Spray a large skillet with nonstick cooking spray. Preheat skillet over medium heat.
2. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat.
3. Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally.
4. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.

Nutrition information per serving: Calories 346, Carbohydrate 57 g,
Dietary Fiber 5 g, Protein 20 g, Total Fat 4 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 28 mg, Sodium 162 mg



Spinach Corn Casserole

Ingredients

- 1 (16-ounce) package chopped frozen spinach
- ½ cup finely chopped white onion
- 2 (14¾-ounce) cans creamed corn
- 1 tablespoon margarine
- 2 teaspoons vinegar
- 1 teaspoon salt
- ½ teaspoon ground black pepper

Topping

- ½ cup bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon margarine

Preparation

1. Preheat oven to 400°F. Warm frozen spinach in a saucepan over medium heat. Drain excess liquid.
2. Combine spinach, onion, and creamed corn in casserole dish.
3. Melt 1 tablespoon margarine and add to casserole dish. Add vinegar, salt, and ground black pepper. Mix ingredients together.
4. Spread bread crumbs and Parmesan cheese over top of casserole. Melt remaining margarine and drizzle over topping. Bake for 20 to 30 minutes. Serve while hot.

Serve this vegetable dish alongside your favorite family meal.

Makes 12 servings. ½ cup per serving.

Prep time: 10 minutes

Cook time: 20 to 30 minutes

Nutrition information per serving:

Calories 100, Carbohydrate 18 g, Dietary Fiber 3 g, Protein 4 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 419 mg



Soulful Seasoning

Add flavor to soups, stews, and side dishes with this savory seasoning.



INGREDIENTS

- 3 tablespoons onion powder
- 4 tablespoons garlic powder
- 1 tablespoon ground red pepper
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon ground black pepper
- 2 teaspoon ground thyme

PREPARATION

1. Mix all ingredients together to make $\frac{3}{4}$ cup seasoning.
2. Store in an airtight container and use in place of seasoning salts.

See the following recipes that use Soulful Seasoning:

Dirty Rice and Blackeye Peas on page 32

Sautéed Okra with Onions and Tomatoes on page 39

Catfish Stew on page 41

Oven Fried Catfish with Stir-Fry Greens on page 46

Makes 12 servings. 1 tablespoon per serving.

Prep time: 5 minutes

Nutrition information per serving: Calories 0, Carbohydrate 0 g,
Dietary Fiber 0 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g,
Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg



Tortilla Pizzas

Ingredients

- | | |
|---|--|
| 12 small corn or flour tortillas | 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and red bell pepper |
| vegetable oil or margarine | |
| 1 (16-ounce) can refried beans | ½ cup (2 ounces) shredded part-skim Mozzarella cheese |
| ¼ cup chopped onion | ½ cup chopped fresh cilantro (optional) |
| 2 ounces fresh or canned green chili peppers, diced | |
| 6 tablespoons red taco sauce | |

Preparation

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan over medium heat, stirring occasionally. Remove from heat.
4. Spread about ½ cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with ½ cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Chili peppers and taco sauce give this pizza a spicy twist.

Makes 6 servings. 1 pizza per serving.

Prep time: 15 minutes

Cook time: 10 to 15 minutes

Nutrition information per serving:

Calories 235, Carbohydrate 39 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 5 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 11 mg, Sodium 402 mg



Turkey Chili

Serve with cornbread and salad for a hearty meal.



INGREDIENTS

- | | |
|---------------------------------|--|
| nonstick cooking spray | 2 (14½-ounce) cans kidney or pinto beans, drained and rinsed |
| 1 pound lean ground turkey | |
| 1 medium onion, chopped | 1 (8-ounce) can tomato sauce |
| 1 green bell pepper, chopped | 1 package chili seasoning |
| 1 (28-ounce) can whole tomatoes | 2 teaspoons ground black pepper |

PREPARATION

1. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
2. Brown ground turkey until no longer pink; drain excess fat.
3. Add onion and bell pepper and cook for 5 minutes.
4. Add remaining ingredients. Cover and cook for 20 minutes over low to medium heat. Serve while hot.



Makes 12 servings. 1 cup per serving.

Prep time: 10 minutes Cook Time: 30 minutes

Nutrition information per serving: Calories 176, Carbohydrate 23 g, Dietary Fiber 6 g, Protein 15 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 25 mg, Sodium 503 mg



Vegetable Chicken Enchiladas

Ingredients

- | | |
|---|---|
| nonstick cooking spray | $\frac{3}{4}$ cup red enchilada sauce |
| 1 large onion, peeled and chopped | 2 (8-ounce) cans no salt added tomato sauce |
| 1 green bell pepper, seeded and chopped | 8 (6-inch) corn tortillas |
| 1 large zucchini, chopped | $\frac{3}{8}$ cup shredded reduced fat Monterey Jack cheese |
| 1 cup cooked, chopped chicken breast | |

Preparation

1. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray. Sauté onion for 5 minutes over medium heat, stirring occasionally. Add bell pepper and zucchini; cook for 5 minutes more. Stir in chicken; set aside.
3. Meanwhile, combine enchilada sauce and tomato sauce in a small bowl; add $\frac{1}{2}$ cup to vegetable and chicken mixture.
4. Soften tortillas on the stovetop or in the microwave oven. Dip each tortilla in sauce and place equal amounts of vegetable and chicken mixture on one side. Roll up and place in a 13 x 9-inch baking pan. Pour any remaining sauce over the top.
5. Cover loosely with foil and bake for 20 to 25 minutes. Remove cover and sprinkle cheese over top; bake for 5 minutes more. Serve while hot.

Unlike traditional enchiladas, these are full of fresh, tasty vegetables.

Makes 4 servings. 2 enchiladas per serving.

Prep time: 10 minutes

Cook time: 35 to 40 minutes

Nutrition information per serving:

Calories 311, Carbohydrate 41 g, Dietary Fiber 7 g, Protein 22 g, Total Fat 8 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 41 mg, Sodium 521 mg



Apple Glazed Sweet Potatoes

So easy, just simmer sweet potato slices in juice and serve.

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Makes 4 servings.

½ cup per serving.

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

- 2½ cups unsweetened 100% apple juice
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 2 pounds sweet potatoes (about 4 small potatoes), peeled and thinly sliced

Preparation

1. Combine apple juice, cinnamon, and salt in a large skillet. Add sliced sweet potatoes and bring to a boil over high heat.
2. Reduce heat slightly and simmer potatoes, stirring occasionally, for 20 to 25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve while hot.

Nutrition information per serving:
Calories 208, Carbohydrate 50 g, Dietary Fiber 5 g, Protein 3 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 200 mg

Zucchini Sauté

This vegetable side dish tastes lively and is fast to fix.

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Makes 5 servings.

1 cup per serving.

Prep time: 10 minutes

Cook time: 5 minutes

Ingredients

- 1¼ pounds zucchini (about 3 medium zucchini)
- ½ teaspoon olive oil
- 1 tablespoon dried oregano
- 2 cloves garlic, finely chopped
- 1 teaspoon grated lemon peel
- 1 tablespoon grated Parmesan cheese
- ¼ teaspoon ground black pepper

Preparation

1. Cut zucchini in half crosswise, then cut each half into 4 lengthwise sticks.
2. Heat oil in a heavy nonstick skillet over medium-high heat.
3. Add oregano and garlic, and sauté for about 2 minutes.
4. Add zucchini and lemon peel, and sauté for about 3 minutes until zucchini is lightly browned.
5. Mix in Parmesan cheese and pepper. Serve warm.

Nutrition information per serving:
Calories 32, Carbohydrate 5 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 31 mg