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Shrimp Jambalaya

1 tablespoon olive oil
1 tablespoon flour
1 large onion, chopped
2 stalks celery, chopped
2 green bell peppers, chopped
2 cloves garlic, minced
1/4 pound low-salt ham (optional)
2½ cups water or low-sodium chicken broth
1/4 cup chopped fresh parsley or 1 tablespoon dried parsley
1 teaspoon dried thyme
1/2 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon black pepper
1/8 teaspoon cayenne pepper
1 14½ ounce can tomatoes
1 cup white rice, uncooked
1 pound shrimp, cooked and cleaned



1. In a large pan, heat oil over medium heat. Stir in flour. Stir constantly for 1½ minutes until flour browns.
2. Add onion, celery, green peppers, garlic and ham. Cook until vegetables are tender, about 7 minutes.
3. Add water or broth, seasonings and tomatoes. Bring to a boil. Add rice. Stir well.
4. Reduce heat to low. Cover mixture and simmer for 20 minutes until rice is tender. Stir occasionally.
5. Stir in cooked shrimp. Cook one more minute to heat shrimp and serve.

Preparation time: 20 minutes

Cooking time: 30 to 40 minutes

Makes 4 servings, serving size = 1½ cups

Nutrition Information (per serving):

Calories: 420; Fat: 8g; Sodium: 490mg; Carbohydrate: 52g;

Protein: 35g; (percent of calories from fat: 17%)

Menu Suggestion

- Shrimp jambalaya with rice
- Green beans
- Banana pudding (make with low-fat milk and sliced bananas)

Eat Better Tip

- Make meal time family time. Slow down and enjoy eating.

Black-eyed Peas*, served with Rice

1 pound black-eyed peas
2 large onions, chopped
1/2 tablespoon olive oil
2 quarts water
4 whole cloves
2 bay leaves
1 tablespoon fresh thyme leaves,
chopped or 1 teaspoon dried thyme
1 1/2 teaspoon salt
1/2 cup non-alcoholic beer
2 tablespoons tomato paste
1 teaspoon nutmeg
Pinch of cayenne pepper



1. Rinse peas. Cover the peas with water and soak overnight in a bowl. Drain.
2. Brown 1 cup of chopped onions in olive oil in pan over medium heat, stirring occasionally until onions turn a reddish brown color.
3. Put brown onions into a large kettle. Add the water and peas and bring to a boil.
4. Lower the heat to medium low and add the remaining raw, chopped onion, cloves, bay leaves, thyme and salt.
5. Simmer covered for 1 hour.
6. Add the non-alcoholic beer, tomato paste, nutmeg and cayenne.
7. Continue to simmer for 30 minutes or more, until peas are tender. Remove and discard bay leaves before serving.
8. Serve peas over hot cooked rice.

Preparation time: 15 minutes (not including soaking time)

Cooking time: 2 hours

Makes 8 servings, 1 serving = 1/2 cup

Nutrition Information (per serving):

Calories: 185; Fat: 1g; Sodium: 350mg; Carbohydrate: 37g;

Protein: 7g; (percent of calories from fat: 5%)

*Recipe from *Down-Home Wholesome* by Danella Carter.

Menu Suggestion

- Baked or broiled fish with Cajun spices
- Black-eyed peas with rice
- Spinach (or your favorite green)
- Bread pudding (make your favorite recipe with low-fat milk)

Eat Better Tip

- Eat grains with every meal. Try whole grains, such as brown rice, oats, whole-wheat bread and whole-grain cereal. Prepare them with little or no fat.

Fruit Sundae

1/4 cup grapes
1/4 cup pineapple
1/4 cup strawberries, sliced
1/4 banana, sliced
1/2 cup low-fat vanilla yogurt or 1/2 cup vanilla pudding made with low-fat milk

1. In a clear dish, layer the fruit and yogurt (or pudding).



Preparation time: 10 minutes

Makes 1 serving

Nutrition Information (per serving):

Calories: 200; Fat: 2g; Sodium: 75mg; Carbohydrate: 39g;
Protein: 6g; (percent of calories from fat: 9%)

Menu Suggestion

- Fruit sundae
- Vegetable omelet
- Baked home fries

Eat Better Tip

- To bake home fries: peel baking potatoes and slice thinly or cut into cubes. Mix with some chopped onion. Spray lightly with cooking spray and sprinkle with seasonings (cajun seasoning, for example). Spread onto a lightly greased cookie sheet and bake at 400 degrees until golden brown and crispy.

Red Rice

1 medium onion, chopped
1 stalk celery, chopped
1 green pepper, chopped
1 tablespoon oil
2 cups water
3 cups canned tomatoes or tomato sauce (28 oz can)
1 cup brown or white rice, uncooked
1 teaspoon black pepper
1 teaspoon salt (optional)
1/2 teaspoon crushed red pepper (optional)



1. Heat oil in pan and cook onion, celery and green pepper over medium heat until tender.
2. Add water, tomatoes, rice, black pepper, salt and crushed red pepper. Heat until bubbling.
3. Cover and turn down heat to low. Stir occasionally. Simmer for 45 minutes (20 minutes if using white rice).

Preparation time: 15 minutes

Cooking time: 35 to 60 minutes

Makes 8 servings, 1 serving = 3/4 cup

Nutrition Information (per serving):

Calories: 120; Fat: 2g; Sodium: 260mg; Carbohydrate: 23g;

Protein: 2g; (percent of calories from fat: 15%)

Boiled Sweet Plantains

4 firm yellow plantains

2 cups water

1/8 teaspoon salt

1. Cut off both ends of the plantains (do not peel).
2. In a large pan, bring water and salt to a boil.
3. Place the un-peeled plantains into the boiling water. Boil for 10 to 15 minutes until plantains are tender.
4. Peel cooked plantains and serve.

Preparation time: 5 minutes

Cooking time: 15 minutes

Makes 8 servings, 1 serving = 1/2 plantain

Nutrition Information (per serving):

Calories: 100; Fat: 0g; Sodium: 40mg; Carbohydrate: 24g;

Protein: 1g; (percent of calories from fat: 0%)

Menu Suggestion

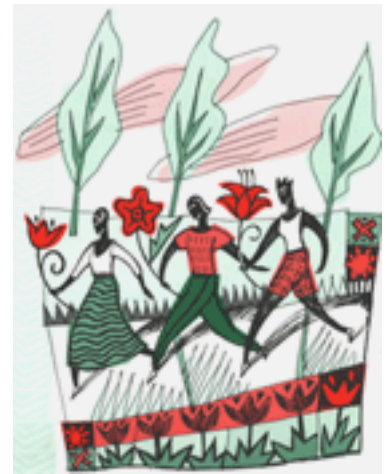
- Baked chicken with jerk sauce
- Red rice
- Boiled sweet plantains

Eat Better Tip

- Add plantains and other fruits such as pineapple, apricots, and peaches to your recipes. They add flavor and color and help to increase how much fruit you eat.

Gold and Green Stir-Fry

1 tablespoon olive oil or cooking oil
1 medium onion, chopped
1 clove garlic, minced
1/4 teaspoon dried oregano
2 cups broccoli, chopped
2 cups yellow summer squash, cut into small wedges
lemon wedges



1. Heat pan or wok. Add oil, onions, garlic, and oregano and cook until tender. Remove from pan or wok and set aside.
2. Add broccoli and squash. Stir-fry for 3 to 4 minutes or until vegetables are crisp and tender.
3. Return onion mixture to pan and heat through. Serve with lemon wedges.

Preparation time: 15 minutes

Cooking time: 8 minutes

Makes 4 servings, 1 serving = 3/4 cup

Nutrition Information (per serving):

Calories: 75; Fat: 4g; Sodium: 14mg; Carbohydrate: 9g; Protein: 3g; (percent of calories from fat: 56%)

Menu Suggestion

- Baked chicken with soy seasoning
- Steamed rice
- Gold and green stir-fry
- Angel food cake with sliced strawberries (fresh or frozen)

Eat Better Tip

- You can stir-fry many different vegetables to get different tastes and textures. For example, to vary this month's recipe, add sliced red and green pepper strips.

Greens with Smoked Turkey

2 pounds greens, chopped
(spinach, frozen collards, kale or
other greens)
2 cups water
1/2 tablespoon olive oil
1 medium onion, chopped
3 cloves garlic, minced
1/2 teaspoon crushed red pepper
1/2 teaspoon salt
2 teaspoons sugar
1/4 pound smoked turkey,
chopped



1. Steam or boil greens in water until tender —
5 minutes for spinach
15 minutes for frozen collards
20 minutes for kale
2. Drain greens.
3. In a pan, heat the oil over medium heat, add chopped onion, garlic, red pepper, salt and sugar.
4. Cook until the onions start to brown. Stir frequently so the mixture doesn't burn.
5. Add chopped smoked turkey to the pan and heat for 2 minutes.
6. Mix greens with smoked turkey—onion mixture and serve.

Preparation time: 20 minutes

Cooking time: 15 to 30 minutes

Makes 6 servings, 1 serving = 1 cup

Nutrition Information (per serving):

Calories: 75; Fat: 2g; Sodium: 375mg; Carbohydrate: 8g; Protein: 6g; (percent of calories from fat: 24%)

Menu Suggestion

- Barbecue chicken
- Greens with smoked turkey
- Cornbread

- Watermelon wedges

Eat Better Tip

- Cook your favorite vegetables in chicken or beef broth to add flavor without fat. Season them with fresh or powdered onions and garlic or other seasonings.

Fish Chowder

2 teaspoons margarine
1 large onion, finely chopped
1 large garlic clove, chopped
1 large celery stalk, diced
2 cups fish stock or 2 cups chicken broth
2 cups of 2% milk
1 large potato, cubed
1 large carrot, diced
1 teaspoon thyme
1/4 teaspoon white pepper
1 tablespoon plus 1 teaspoon cornstarch
1 lb. fresh or frozen white fish (e.g. cod, flounder, or halibut) cut into 1-inch pieces



1. Combine margarine, onions, garlic, and celery in a large sauce pan. Cook 5-6 minutes at medium heat, stirring frequently, until onion is tender.
2. Add stock, 1 cup of milk, potatoes, carrot, thyme, and pepper. Bring to a boil over medium-high heat, stirring occasionally.
3. Cover pan. Lower heat and simmer about 15 minutes or until potatoes are tender.
4. Mix together cornstarch and remaining 1 cup of milk in a small cup. Add to soup. Cook soup on medium heat, stirring frequently, until soup thickens. Add fish and stir well.
5. Cook soup for 5 to 6 minutes or until fish flakes easily. Add salt to taste.

Preparation time: 15 minutes

Cooking time: 30 minutes

Makes 5-6 servings, 1 serving = 1 cup

Nutrition Information (per serving):

Calories: 290; Fat: 4g; Sodium: 277mg; Carbohydrate: 40g;

Protein: 23g; (percent of calories from fat: 13)

Menu Suggestion

- Fish chowder
- Sourdough bread
- Green salad with light dressing
- Rice pudding made with low-fat milk and raisins

Eat Better Tip

- This chowder recipe is just the beginning. If you'd like to change its flavor, add a cup of corn in place of the potato. Or leave out the fish and use both corn and potato. A little shredded cheese goes well on top of this dish. If you want the fish flavor without the fish, try using fish bouillon cubes. You can also use shredded leftover chicken or turkey in place of the fish.

Quick 'n Simple Peach Crisp

Filling:

- 1 - 16 oz. can sliced peaches, packed in juice
- 1 tablespoon cornstarch
- 1/2 teaspoon cinnamon
- 2 tablespoons sugar

Topping:

- 1/4 cup flour
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 2 tablespoons grated lemon peel
- 2 tablespoons soft margarine



1. Drain peaches and keep liquid.
2. In a small pan, mix cornstarch with just enough water to dissolve it. Mix in cinnamon and sugar.
3. Add liquid from peaches and cook over medium heat. Stir constantly. When mixture boils, boil for 1 more minute or until thickened.
4. Remove sauce from heat and add peaches. Place peach mixture into a 1-quart baking dish.
5. Make topping. In a separate bowl, mix flour, brown sugar, cinnamon, allspice and lemon peel.
6. Mash in margarine with fork until mixture is crumbly.
7. Sprinkle topping over peaches.
8. Bake in 350 degree oven for 30-40 minutes until topping is brown.

Preparation time: 15 minutes

Cooking time: 30-40 minutes

Makes 4 servings, 1 serving = 1/2 cup

Nutrition Information (per serving):

Calories: 190; Fat: 5g; Sodium: 72mg; Carbohydrate: 34g;

Protein: 2g; (percent of calories from fat: 24%)

Menu Suggestion

- Vegetable soup
- Turkey sandwich with honey mustard
- Quick 'n simple peach crisp

Eat Better Tip

- Keep fruit in an easy-to-reach spot in your refrigerator. Reach for it twice a day every day.

Hip-hoppin' John* (Black-eyed Peas with Rice)

1 cup dried black-eyed peas
1 tablespoon vegetable oil
1 medium yellow onion, chopped
1 garlic glove, minced
1 cup cooked long-grain white rice, regular or converted
1 teaspoon crushed red pepper flakes
1 small red or green bell pepper , seeds and membranes removed, chopped
1 bay leaf
1 tablespoon fresh thyme, chopped or 1 teaspoon dried thyme
1 teaspoon salt
1/2 teaspoon freshly ground black pepper



1. Place peas in colander. Rinse thoroughly with cold running water, picking through and discarding shriveled, broken, or discolored peas and any debris.
2. Transfer peas to a large bowl or Dutch oven. Add 1 quart of water. Cover and soak overnight.
3. Drain peas and discard water. Transfer peas to colander and rinse with cold running water.
4. Place pea and 5 cups fresh water in a Dutch oven or kettle. Cover and

bring liquid to boil.

5. Reduce heat to low.

6. Simmer peas for about 40 minutes until tender, yet firm. (Use your judgment or measuring cup to make sure peas are in about 2½ cups water. If less than 2½ cups, supplement with water or broth).

While peas are simmering...

1. Heat vegetable oil in a large skillet.

2. Sauté onion and garlic until golden (about 5 minutes).

3. Add sautéed onion mixture and remaining ingredients except rice to pot with peas. Stir well.

4. Cover tightly. Cook over low heat for about 15 minutes until peas are tender. Discard bay leaf and drain.

5. Toss with cooked rice to heat through.

Preparation time: 15 minutes (not including soaking time)

Cooking time: 1 hour

Makes 6 servings, 1 serving = 1/2 cup

Nutrition Information (per serving):

Calories: 182; Fat: 3g; Sodium: 379mg; Carbohydrate: 31g;

Protein: 9g; (percent of calories from fat: 15%)

* Recipe from *Low-Fat Soul* by Jonell Nash, Ballantine Books, NY;1996.

Menu Suggestion

- Baked chicken with Cajun spice
- Hip-hoppin' John
- Cornbread
- Collard greens steamed in chicken broth

Eat Better Tip

- Dried beans freeze. To save time, prepare double portions and freeze one to use later.
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Yassa Chicken Stir-Fry

3 large onions, thinly sliced
1/2 cup fresh lime juice
3/4 teaspoon salt
1/2 teaspoon black pepper
1 1/2 pounds chicken, skin and bones removed, cut into bite size pieces
1 tablespoon olive oil
1 medium carrot, chopped
1 stalk celery, chopped
4 cloves garlic, minced
1 fresh hot chili pepper, seeded and minced
1/2 cup chicken broth
4 cups hot couscous or rice, cooked according to package directions (Couscous takes about 5 minutes to prepare.)



1. In a large bowl add sliced onions, lime juice, salt, pepper and chicken. Mix well, cover and refrigerate for 1 to 4 hours.
2. In a large pan, heat olive oil and stir-fry carrot, celery and garlic over medium-high heat until tender. Place cooked vegetables in a large serving bowl, cover and set aside.
3. Remove chicken from marinade. Save marinade.
4. Stir-fry chicken over medium high heat until pink is gone from center of the chicken.
5. Place cooked chicken in serving bowl with celery and carrot.
6. Add marinade to pan. Stir over medium heat until onions are tender, about 8 minutes. Add chili pepper and chicken broth and bring mixture to a boil.
7. Add cooked marinade to chicken and vegetables, mix and serve over steaming hot couscous or rice.

Preparation time: 30 minutes (not including marinating time)

Cooking time: 30 minutes

Makes 6 servings, 1 serving = 1 1/2 cup

Nutrition Information (per serving):

Calories: 340; Fat: 8g; Sodium: 422mg; Carbohydrate: 42g;

Protein: 25g; (percent of calories from fat: 22%)

Menu Suggestion

- Yassa chicken stir-fry
- Couscous
- Broccoli florets
- Fresh fruit and sorbet

Eat Better Tip

- Keep meat portions small. A cooked serving is about the size of a deck of cards. When shopping for raw meat, a pound of boneless meat is equal to 3 to 4 adult-size servings.
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West Indian Steamed Fish

4 white-flesh fish fillets, totaling 1 pound (e.g., snapper, perch, porgy)
1 tablespoon salt
2 scotch bonnet peppers, chopped
2 limes, juiced
1/4 cup flour
1 onion, diced
1/2 teaspoon dried thyme, or 1 sprig fresh thyme
2 tomatoes, chopped
2 garlic cloves, minced
2 cups water
1 tablespoon vegetable oil



1. Marinate fish in lime juice and salt for at least 1 hour.
2. Remove fish from marinade and pat dry with paper towel. Dust fish with flour.
3. Heat pan. Add oil. Brown fish on each side and remove from pan.
4. Sauté onions, garlic, thyme, peppers, and tomatoes. Add fish and leftover marinade to pan. Cover pan and cook for 5 minutes or until fish is fully cooked and sauce is thick.

Preparation time: 10 minutes (not including marinating time)

Cooking time: 7 minutes

Makes 4 servings, 1 serving size = one fish fillet

Nutrition Information (per serving):

Calories: 155; Fat: 1g; Sodium: 104mg; Carbohydrate: 12g;

Protein: 21g; (percent of calories from fat: 6)

Menu Suggestion

- West Indian steamed fish
- Steamed rice with chopped green onions
- Boiled potatoes
- Frozen yogurt with sliced fruit

Eat Better Tip

- To make dishes tastier, use fresh herbs, like thyme, when you can. Buy herbs in small amounts and stored them in tightly covered jars to keep their flavor.

Apple Berry Crisp

4 cups baking apples, peeled, cored, and sliced
1 cup fresh or frozen, thawed cranberries
1/2 cup packed brown sugar
3/4 teaspoon cinnamon

Topping:

1/2 cup quick-cooking oatmeal
3 tablespoons flour
3 tablespoons brown sugar
1 1/2 tablespoons cold margarine



1. Combine the apples, cranberries, brown sugar, flour, and cinnamon in a 1-quart glass casserole dish.
2. To prepare topping, combine all ingredients until mixture resembles coarse crumbs.
3. Sprinkle topping over fruit. Bake uncovered, at 350 degrees for 30 to 40 minutes until apples are tender. Serve warm.

Preparation time: 10 minutes

Cooking time: 30 to 40 minutes

Makes 6 servings, 1 serving size = 1/2 cup

Nutrition Information (per serving):

Calories: 283; Fat: 4g; Sodium: 43mg; Carbohydrate: 64g;

Protein: 2g; (percent of calories from fat: 12)

Menu Suggestion

- Roast turkey
- Oven roasted carrots and turnips with thyme
- Steamed cabbage
- Apple berry crisp

Eat Better Tip

- Make a New Year's resolution to make one small change in

your eating habits every month. Keep track of them so that this time next year you can see just how far you have come.

Healthy Potato Salad*

2 medium potatoes, peeled and cut into 1/2-inch cubes
1 hard boiled egg, sliced
1/4 cup bell pepper, chopped
1/4 cup onion, chopped
2 tablespoons mustard
4 tablespoons light mayonnaise

1. Cook the potatoes in boiling water for 8 to 10 minutes until tender but still firm. (Be careful not to overcook.)
2. Drain and cool. Mix all ingredients together and chill before serving.



Cooking and Preparation time: 15 minutes

Makes 4 servings, 1 serving size = 1/2 cup

Nutrition Information (per serving):

Calories: 133; Fat: 7g; Sodium: 350mg; Carbohydrate: 15g;

Protein: 3g; (percent of calories from fat: 47)

*Recipe from ***Southern Style Diabetic Cooking*** by Marti Chitwood, RD, CDE

The American Diabetes Association, 1996.

Menu Suggestion

- Barbequed chicken
- Healthy potato salad
- Cole slaw with light mayonnaise
- Piña colada shakes; combine light ice cream, canned pineapple juice, and coconut extract in a blender

Eat Better Tip

- Eating on the run is necessary sometimes, but it should not be a way of life. Take time to enjoy your food. Sit down, relax, and eat your food slowly.

Summer Fruit Combo with a Snap

12 ginger snaps

Combo #1

2 cups watermelon, cubed

2 cups green grapes

1 1/2 cups blueberries

Combo #2

1 1/2 cups blueberries

2 cups peaches, sliced

2 cups honeydew melon, cubed

1/4 cup orange juice

Combo #3

2 cups plums, sliced

2 cups nectarines, sliced

1 1/2 bananas, sliced

1/4 cup orange juice



1. Mix fruit combinations together and serve with ginger snaps as a light dessert.

Preparation time: 15 minutes

Makes 4 servings, 1 serving size = 1 cup fruit and 3 ginger snaps

Nutrition Information (per serving):

Calories of fruit: 102; Fat: 0g; Sodium: 10mg; Carbohydrate: 2g;

Protein: 1g; (percent of calories from fat: 0)

Calories of ginger snaps: 120; Fat: 2.5g; Sodium: 210mg; Carbohydrate:

22g; Protein: 1g; (percent of calories from fat: 19)

Menu Suggestion

- Grilled hamburgers with peppers on buns
- Sliced tomatoes
- Corn on the cob
- Summer fruit combo with ginger snaps

Eat Better Tip

- Be adventurous. This month try one fruit and one vegetable you have never tried.

Fruited Orange Cups*

4 large oranges
1 cup strawberries, sliced
1 cup fresh or frozen blueberries, thawed
1 cup honeydew melon, diced
1 large bunch of grapes
2 tablespoons nonfat vanilla yogurt
1 dash cinnamon



1. Cut orange in half crosswise and carefully remove pulp.
2. Save outer part of orange. Coarsely chop pulp and place it in a small bowl.
3. Add fruit to orange pulp and toss gently.
4. Spoon fruit mixture into orange cups.
5. Place 2 tablespoons nonfat vanilla yogurt and a dash of cinnamon on top.

Preparation time: 20 minutes

Makes 4 servings, serving size= 1 orange

Nutrition Information (per serving):

Calories: 80; Fat: 0g; Sodium: 20 mg; Carbohydrate: 16 g; Protein: 2 g;
(percent of calories from fat: 0)

*Adapted from Chef Julie Spector, Operation Frontline, Boston, MA

Menu Suggestion

- Baked pork chops
- Green beans
- Mashed potatoes (made with low-fat milk)
- Fruited orange cups

Eat Better Tip

- To give prepared applesauce a tasty boost, sprinkle some cinnamon and add a little vanilla flavoring (about a capful to a medium size jar). Or for a slightly hot side dish, add a little prepared horseradish.

Light and Easy Banana Pudding

1 box instant vanilla or lemon pudding
1/2 box vanilla wafers
3 bananas, sliced
chocolate syrup or sliced fruit



1. Mix pudding as directed on box. Use 1 percent milk in the pudding. Place pudding in the refrigerator as directed on the box.

2. Arrange vanilla wafer to cover the bottom of a clear plastic or glass flat-bottomed bowl. Use some of the pudding to cover the wafers. Layer sliced bananas on top. Repeat layers using remaining ingredients.

3. Top with chocolate syrup or sliced fruit.

Preparation time: 20 minutes (not including refrigeration time needed)

Makes 6 servings, serving size= 3/4 cup

Nutrition Information (per serving):

Calories: 299; Fat: 3g; Sodium: 385 mg; Carbohydrate: 54 g; Protein: 5 g; (percent of calories from fat: 9%)

Menu Suggestion

- Colorful tuna salad (canned tuna, pasta, chopped vegetables, and low-fat dressing)
- Sliced pepper rings and carrot sticks
- Hard rolls
- Light and easy banana pudding

Eat Better Tip

- Try using pudding on fruit. Add enough milk so it pours over the fruit like thick syrup.

Light Macaroni and Cheese

4 cups cooked macaroni
8 ounces low-fat cheddar-cheese,
shredded
8 ounces low-fat colby cheese,
shredded
1/2 cup egg substitute or 2 egg whites
2 cups low-fat milk
2 teaspoons soft margarine, melted
1 teaspoon paprika
1/2 teaspoon black pepper
1/4 teaspoon chili powder or crushed
red pepper (optional)



1. Place half the macaroni in a medium baking dish. Sprinkle with half of the cheese.
2. Put the rest of the macaroni in baking dish, sprinkle on remaining cheese.
3. Mix egg, milk, margarine and spices together. Pour over macaroni.
4. Bake at 375 degrees for 45 minutes.

Preparation time: 20 minutes

Cooking Time: 45 minutes

Makes 4 servings, serving size=1 cup

Nutrition Information (per serving):

Calories: 260; Fat: 12g; Sodium: 400 mg; Carbohydrate: 18 g; Protein: 21g; (percent of calories from fat: 41%)

Menu Suggestion

- Light macaroni and cheese
- Green beans
- Stewed tomatoes
- Easy orange wedges with cinnamon sugar

Eat Better Tip

- Use the low-fat dairy foods shown in this macaroni and cheese recipe in your other favorites, like cream sauces, casseroles and gravies.

Chocoholic Cookies



4 oz. jar baby food prunes
1 1/2 cups sugar
1/2 cup low-fat plain yogurt
1/4 cup vegetable oil
2 egg whites, lightly beaten
1 1/2 cup all-purpose flour
1 cup unsweetened cocoa powder
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon instant coffee granules

1. Preheat oven to 350 degrees.
2. In large bowl, stir together prunes, sugar, yogurt, oil and egg whites.
3. In another bowl mix together flour, cocoa, salt, baking soda and coffee granules.
4. Mix the dry ingredients with the wet ingredients.
5. Drop by tablespoonfuls onto a lightly greased baking sheet, 1 1/2 inches apart.
6. Bake for 12-14 minutes at 350 degrees until the tops spring back when lightly touched.
7. Remove cookies from pan and cool.

Preparation time: 15 minutes

Cooking time: 12-14 minutes, each batch

Makes 5 dozen small cookies, serving size = 1 cookie

Nutrition Information (per serving): Calories: 50; Fat: 1 g; Sodium: 25 mg; Carbohydrate: 9 g; Protein: 1 g (percent of calories from fat: 18%).

Menu Suggestion

- Pasta with tomato sauce
- Mixed green salad
- Garlic bread
- Chocoholic cookies

Eat Better Tip

- When baking, replace some of the fat in a recipe with pureed fruit, applesauce or nonfat yogurt. When a recipe calls for oil, butter, margarine or shortening, replace half of it with one of these.

Pasta with Blackened Shrimp or Chicken*



4 tablespoons olive oil
2 green onions, chopped
1 clove garlic, chopped
4 medium tomatoes, chopped fine
1 pound peeled, uncooked small shrimp or
1 pound chicken breast, cubed
Salt-free Cajun blackening spice
4 cups cooked pasta of your choice (small shells work well)
1/4 cup chopped fresh cilantro or parsley

1. Heat 2 tablespoons of oil in a skillet over medium heat. Add the green onions and garlic and sauté until golden. Add the tomato and cook just until it softens (it should remain chunky).
2. Coat the shrimp or chicken with Cajun spice. Heat 2 tablespoons of oil in a black iron skillet until very hot. Add the shrimp or chicken (cook shrimp just until tender and chicken until juices run clear).
3. To serve, pour the tomato sauce over the pasta, add meat on top of the sauce, and sprinkle cilantro or parsley over the meat.

Cooking and Preparation time: 15 minutes

Makes 4 servings, 1 serving = 1 cup pasta with
4 ounces of meat

Nutrition Information (per serving): Calories: 471; Fat: 16 g; Sodium:
191 mg; Carbohydrate: 45 g; Protein: 35 g (percent of calories from fat:
31%).

*This recipe is from *Southern Style Diabetic Cooking* by Marti
Chitwood, RD, CDE; The American Diabetic Association, 1996.

Menu Suggestion

- Pasta with blackened shrimp or chicken
- Green salad with low-fat dressing
- Chilled watermelon

Eat Better Tip

- Snacks can be part of your eat better plan. To control the amount, serve a portion and eat only that much. Air-popped popcorn seasoned with grated cheese is a good snack choice. Dried corn kernels can also be popped in a brown paper bag in a microwave oven.

Sweet Carrots and Broccoli

4 carrots, sliced
1 small bunch of broccoli, cut into pieces
1/4 cup of apple juice
2 tablespoons brown sugar
1/4 teaspoon ground ginger
2 teaspoons soft margarine



1. Steam, boil or microwave vegetables until tender. Be careful not to overcook.
2. In a pan, combine juice, sugar, ginger and margarine.
3. Cook over medium heat until sugar is dissolved and mixture bubbles.
4. Pour sauce over vegetables. Serve hot.

Preparation time: 15 minutes

Cooking time: 15 minutes

Makes 6 servings, 1 serving = 1/2 cup

Nutrition Information (per serving): Calories: 60; Fat: 1 g; Sodium: 40 mg; Carbohydrate: 11 g; Protein: 2 g (percent of calories from fat: 15%).

Menu Suggestion

- Pot roast
- Mashed potatoes
- Sweet carrots and broccoli
- Oatmeal cookies

Eat Better Tip

- Prepare the mashed potatoes with low-fat milk and a teaspoon or less of soft margarine per serving. Season with herbs and spices like onions, garlic, black pepper, parsley, and thyme.

Spicy Black Bean Soup



1 cup dry black beans
1 tablespoon vegetable oil
1 large onion, chopped
2 stalks celery, chopped
4 cloves garlic, minced
4 cups chicken broth
1/2 teaspoon black pepper
1/2 teaspoon dried thyme
1/2 teaspoon crushed red pepper
2 bay leaves

1. Rinse beans. Soak them in a large bowl of water overnight. Drain.
2. In a large pot, heat oil and cook onion, celery and garlic until tender.
3. Add drained black beans, chicken broth, black pepper, thyme, red pepper, and bay leaf.
4. Bring to a boil, then simmer for 1-1 1/2 hours until beans are tender.

For a faster soup, use two 16 ounce cans of beans. Rinse the beans before adding them to the chicken broth.

Preparation time: 15 minutes (not including soaking time)

Cooking time: 30 minutes if using canned beans, 2 hours if using dried beans

Makes 8 servings, 1 serving = 1 cup

Nutrition Information (per serving): Calories: 100; Fat: 3 g; Sodium: 450 mg; Carbohydrate: 13 g; Protein: 6 g (percent of calories from fat: 26).

Menu Suggestion

- Black bean soup
- Lean ham or roast beef sandwich
- Warm applesauce and cinnamon

Eat Better Tip

- Eat beans more often in place of meat. Season with fresh onions, garlic and herbs, instead of meat fat. Cook dried beans in batches and then freeze. Keep them on hand for use in recipes like this soup.

Nellie's Kale Soup with Turkey Kielbasa

1 tablespoon vegetable oil
1 large onion, chopped
2 garlic cloves, chopped
1 medium green pepper, chopped
1 eight-ounce can tomato sauce
1 six-ounce can tomato paste
1 fourteen-ounce can chicken broth (lower sodium)
4 cups water
1 pound fresh kale, chopped
2 medium carrots, chopped
2 medium potatoes, cubed
Non-stick spray
1 pound turkey kielbasa* (optional)



1. Heat a 6-quart stock pot. Add oil. Saute onions, peppers and garlic.
2. Add tomato sauce, paste, chicken broth, water, kale, carrots, and potatoes. Cook on medium-high heat for 45 minutes.
3. Heat skillet. Spray skillet with non-stick spray. Saute kielbasa for about 2 minutes on each side.
4. Slice kielbasa, add to soup, and cook for 15 minutes.

* Turkey Kielbasa is high in sodium. To reduce sodium you may want to replace the kielbasa with one or more cooked dried beans, such as kidney beans and chick peas, and add some broken spaghetti noodles 5 minutes before you serve the soup. Add some grated cheese just before serving for a little extra flavor, if you wish.

Preparation time: 20 minutes

Cooking time: 1 hour

Makes 6 servings, 1 serving = 1 1/2 cups

Nutrition Information (per serving): Calories: 258; Fat: 10 g; Sodium: 1,247 mg; Carbohydrate: 26 g; Protein: 18 g (percent of calories from fat: 35).

Menu Suggestion

- Nellie's kale soup with turkey kielbasa

- French bread or whole grain bread
- Baked apples

Eat Better Tip

- In place of kielbasa, use a cup of one or more cooked dried beans, such as kidney beans and chick peas, and add some broken spaghetti noodles 5 minutes before you serve the soup. Add some grated cheese just before serving for a little extra flavor, if you wish.

Sweet Potato Pie

Crust:

- 1 1/2 cups fine graham cracker crumbs
- 1 teaspoon cinnamon
- 2 large egg whites

Filling:

- 2 cups baked sweet potato (about 2 medium sweet potatoes)
- 1/4 cup orange juice
- 2 tablespoons margarine, softened
- 1/2 cup sugar
- 2 eggs
- 1/4 teaspoon cloves
- 1/2 teaspoon allspice
- 1/8 teaspoon dried ginger
- 1/4 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 cup low-fat milk



1. Combine cracker crumbs and cinnamon, add egg whites and mix together until dough forms a smooth ball.
2. Lightly grease pie pan. Press in cracker crumb dough to cover the bottom and the sides of pie pan.
3. Preheat oven to 400 degrees.
4. Mash baked sweet potatoes with orange juice and margarine.
5. Beat in sugar. Beat in eggs. Beat in spices. Mix in milk.

6. Pour filling into pie crust.

7. Bake at 400 degrees for 40-50 minutes until filling is firm. Cool and serve at room temperature.

Preparation time: 30 minutes

Cooking time: 40 to 50 minutes

Makes 8 servings, 1 serving = 1/8 pie

Nutrition Information (per serving): Calories: 190; Fat: 4 g; Sodium: 115 mg; Carbohydrate: 36 g; Protein: 3 g (percent of calories from fat: 19%).

Menu Suggestion

- Roast turkey with cranberry sauce
- Potato salad (make with low-fat mayonnaise)
- Greens (see [April](#) for recipe)
- Mashed turnips
- Sweet potato pie

Eat Better Tip

- The secret to healthful holiday cooking is to use half the fat and twice the spice. This works well in favorites such as this sweet potato pie.

Spinach and Tomato Lasagna

1 16-ounce package lasagna noodles, cooked
1 package frozen spinach, defrosted
1 28-ounce can crushed tomatoes
1 large onion
2 cups low-fat ricotta cheese
1 pound low-fat mozzarella cheese, grated
1 egg
2 tablespoons vegetable or olive oil
salt and pepper



1. Preheat the oven to 375 degrees.

2. Dice the onion. Heat the oil and the onion in a sauté pan. Cook until soft.

3. Take half the onion out of the pan, and add the spinach to the pan. Cook until the spinach and onion are thoroughly mixed. Add salt and pepper to taste.
4. Remove the spinach from the pan and set aside. Add the tomatoes and the rest of the cooked onions to the pan. Cook the tomatoes and onions together just until the tomatoes are slightly cooked. Season with salt and pepper.
5. Combine the egg with the ricotta cheese. Add salt and pepper.
6. Place a layer of the cooked lasagna noodles on the bottom of a lightly-oiled baking dish. Spread a layer of ricotta cheese, a layer of spinach, a layer of tomato, and a layer of mozzarella cheese on top of the noodles. Repeat layers. Top lasagna with a final layer of lasagna noodles and cover with grated mozzarella cheese.
7. Bake for about 30 minutes until cheese is golden brown.

Preparation time: 30 minutes

Cooking time: 30 minutes

Makes 8 servings, 1 serving = 1/8 of recipe

Nutrition Information (per serving): Calories: 480; Fat: 25 g; Sodium: 647 mg; Carbohydrate: 48 g; Protein: 26 g (percent of calories from fat: 47%).

This recipe is from Chef Carla Deykin, Operation Frontline, Boston, MA.

Menu Suggestion

- Tomato and spinach lasagna
- Tossed salad with low-fat dressing
- Bread sticks
- Oatmeal cookies

Eat Better Tip

- To add a little meat to the lasagna, slowly brown a pound of hamburger, drain it in a colander and then on paper towels. Add it to the cooked tomatoes. You can also use this method to add ground meat to other recipes to keep them low in fat and high in flavor.