

# HEALTHIER WY - YEAR 2

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## Read The Label

MAKE YOUR CALORIES COUNT.

**health matters**  
EDUCATE ENGAGE EMPOWER      CREATING A CULTURE OF WELLNESS



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June 1, 2010

### Nutrition Panel

The % Daily Value is a key to a balanced diet. The % DV is a general guide to help you link nutrients in a serving of food to their contribution to your total daily diet. It can help you determine if a food is high or low in a nutrient—5% or less is low, 20% or more is high.

### Grilled Shrimp with Pasta and Pineapple Salsa

2 15-oz. cans of pineapple chunks, packed in their own juice, drained

1 large red pepper, chopped

1 large red onion, chopped

1 jalapeno pepper, minced

1/2 c. orange juice

1/3 c. lime juice

1 1/2 lb. large shrimp, peeled and deveined

6 cups cooked rotini pasta

In a large bowl, combine all the salsa ingredients EXCEPT the shrimp and the pasta. Prepare an outside grill with an oiled rack set 4 inches above the heat source. On a gas grill set the heat to high. Grill the shrimp on each side for 2 minutes. Toss the pasta with the salsa, arrange the shrimp on top, and serve. Nutrition Facts Serving Size is 1/12th recipe Servings Per Recipe 12 Amount Per Serving Calories 408 Calories from Fat 20 Total fat 2g (3% Daily Value) Saturated fat 0g (1% Daily Value) Cholesterol 165mg (55% Daily Value) Sodium 196mg (8% Daily Value) Total Carbohydrate 70g (23% Daily Value) Dietary Fiber 4g (18% Daily Value) Sugars 21g Protein 27g (54% Daily Value) Vitamin A 16% Vitamin C 165% Calcium 7% Iron 31%

June 2, 2010

### Nutrition Panel

You can use the % DV to make dietary trade-offs with other foods throughout the day. The \* is a reminder that the % DV is based on a 2,000-calorie diet. You may need more or less, but the % DV is still a helpful gauge.

### Chunky Apple Cake

1 c. all-purpose flour

1/2 tsp. ground nutmeg

1/2 tsp. ground cinnamon

1/4 tsp. salt

3/4 c. granulated sugar

3 tbsp. stick margarine, softened

1 egg

2 tbsp. low-fat milk (1%)

2 large baking apples, cored and sliced (3 cups)

1 tsp. granulated sugar

1/2 tsp. ground cinnamon

Pre-heat the oven to 350 degrees. Spray an 8x8x2 baking pan with nonstick cooking spray. In a medium bowl, whisk together the flour, nutmeg, cinnamon and salt. In another medium bowl, with an electric mixer at medium speed, beat the sugar and margarine together until fluffy (about 2 minutes). Beat in the egg and milk until smooth, about 1 minute. Add the flour mixture to the margarine mixture in thirds, beating until smooth (about 2 minutes). With a large spoon, stir in the apples until evenly distributed. Spread the batter in the prepared pan. In a small bowl combine the sugar and cinnamon for the topping, then sprinkle evenly on the batter. Bake until brown and the sides start to pull away from the sides of the pan, approximately 40-45 minutes. Nutrition Facts Serving Size is 1/12th recipe Servings Per Recipe 12 Amount Per Serving Calories 136 Calories from Fat 31 Total fat 3g (5% Daily Value) Saturated fat 1g (4% Daily Value) Cholesterol 18mg (6% Daily Value) Sodium 88mg (4% Daily Value) Total Carbohydrate 25g (8% Daily Value) Dietary Fiber 1g (4% Daily Value) Sugars 17g Protein 2g (3% Daily Value) Vitamin A 3% Vitamin C 2% Calcium 1% Iron 3%

**June 3, 2010**

**Nutrition Panel**

**The Nutrition Facts Label information is based on one serving, but many packages contain more. Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the % Daily Values.**

**For frequently consumed items, try equally dividing the entire package/food item on a clean surface by the number of servings listed on the Nutrition Facts label to accurately visualize a serving size. Pack and store as a single serving.**

**Oven Fried Chicken**

3 lbs. whole fryer chicken, cut-up  
1 c. skim milk  
1 tsp. thyme  
1 tsp. garlic powder  
1 tsp. onion powder  
1 tsp. parsley flakes  
1 tsp. paprika  
1 tsp. black pepper  
1 tsp. salt  
1/8 tsp. red pepper flakes  
1 c. flour

Preheat oven to 450. Skin chicken and place in the milk. Place all the seasonings in the flour and mix. Dredge chicken parts in flour, making sure all pieces are well coated and place on pan sprayed with non-stick cooking spray. After placing chicken on pan, spray top of chicken with non-stick cooking spray. Place in oven for 45 minutes until juices run clear. Nutrition Facts Serving Size is 1/4th recipe Servings Per Recipe 4 Amount Per Serving Calories 344 Calories from Fat 76 Total fat 8g (13% Daily Value) Saturated fat 2g (12% Daily Value) Cholesterol 98mg (33% Daily Value) Sodium 706mg (29% Daily Value) Total Carbohydrate 27g (9% Daily Value) Dietary Fiber 1g (3% Daily Value) Sugars 3g Protein 37g (74% Daily Value) Vitamin A 4% Vitamin C 1% Calcium 10% Iron 15%

**June 4, 2010**

**Nutrition Panel**

**When you compare calories and nutrients between brands, check to see if the serving size is the same.**

**Collard Greens**

1 large bunch of collard greens (64 oz. cut and washed)  
3 c. low-sodium chicken broth or homemade chicken stock without meat  
2 medium onions, chopped  
3 whole garlic cloves, crushed  
1 tsp. red pepper flakes  
1 tsp. black pepper

Wash and cut greens. Mix greens in large stock pot together with the remaining ingredients. Cook until tender. (Allow flavors to blend by preparing the dish early in the day. The longer it blends the better it tastes!) Nutrition Facts Serving Size is 1/8th recipe Servings Per Recipe 8 Amount Per Serving Calories 61 Calories from Fat 4 Total fat 0g (1% Daily Value) Saturated fat 0g (0% Daily Value) Cholesterol 0mg (0% Daily Value) Sodium 29mg (1% Daily Value) Total Carbohydrate 14g (4% Daily Value) Dietary Fiber 5g (21% Daily Value) Sugars 3g Protein 3g (5% Daily Value) Vitamin A 30% Vitamin C 37% Calcium 5% Iron 2%

June 7, 2010

### Nutrition Panel

**Calories provide a measure of how much energy you get from a serving of food. Many Americans consume more calories than they need without meeting recommended intakes for a number of nutrients. The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain.) Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).**

### General Guide to Calories

**40 Calories is low**

**100 Calories is moderate**

**400 Calories or more is high**

### Fresh Salsa

3 large tomatoes, peeled and diced  
1/2 c. white onion, chopped fine  
1/2 jalapeno pepper, chopped  
1 Anaheim pepper, seeded and chopped  
1/2 sweet red pepper, chopped  
2 tbsp. cilantro, chopped  
1/4 tsp. salt  
fresh juice from 1/2 lime  
1 tsp. white wine vinegar  
1 Tbsp. water or tomato juice

Place tomatoes in a colander to reduce the tomato liquid while you prepare the rest of the ingredients. Place a bowl under the colander if you want to collect the tomato juice. Put all ingredients in a glass, ceramic or stainless steel bowl. Mix well, and let stand for 30 minutes. Serve salsa with baked tortillas, with meats, or with other main dishes

June 8, 2010

### Nutrition Panel

**Fat-free doesn't mean calorie-free. Lower fat items may have as many calories as full-fat versions.**

### Asian Snow Peas

Ingredients: 1 tsp sesame oil  
1/2 lb fresh or frozen snow pea pods, ends trimmed  
1/2 cup diagonally sliced carrots  
1/4 cup sliced water chestnuts, canned, no-salt added  
1/2 cup low-sodium chicken broth  
1 tsp low-sodium soy sauce  
1 tsp cornstarch

Directions: Add oil to a nonstick skillet and heat on medium-high. Add snow peas and carrots. Sauté 2 minutes. Add water chestnuts and broth. Bring to a boil. Cover, reduce heat, and simmer 5 minutes or until vegetables are crisp-tender. Combine soy sauce and cornstarch, stir until cornstarch dissolves. Add to vegetable mixture. Cook over medium heat, stirring constantly, until sauce thickens. Serve immediately. Nutrition Facts Asian Snow Peas Serving Size 1/4 recipe Amount Per Serving Calories 60 Calories from Fat 15 % Daily Value (DV)\* Total Fat 2g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 75mg 3% Total Carbohydrate 9g 3% Dietary Fiber 2g 8% Sugars 3g Protein 3g Vitamin A 60% Vitamin C 60% Calcium 4% Iron 8% \* Percent Daily Values are based on a 2,000 calorie diet.

June 9, 2010

### Nutrition Panel

Serving sizes are standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or pieces, followed by the metric amount, such as the number of grams. If the label lists that 1 serving equals 3 cookies and 100 calories, and you eat 6 cookies, you've eaten 2 servings, or twice the number of calories and fat. Pay closer attention to highly processed packaged foods as these food items tend to have more calories per serving. Eating too many calories per day is directly linked to overweight and obesity.

### Avocado Green Onion Party Dip

Ingredients:

1/2 medium avocado, seeded and peeled  
1 cup low fat cottage cheese  
3/4 cup plain, non-fat yogurt  
1/2 cup sliced green onions  
1/4 cup shredded carrots  
1 Tbsp fresh lemon juice  
1/4 cup non-fat mayonnaise  
2 cups broccoli florets  
1 cup cucumber slices  
28 melba toast rounds

Directions: Dice avocado into small pieces, toss with lemon juice and set aside. In food processor or blender, blend cottage cheese, yogurt and mayonnaise until smooth. Add cottage cheese mixture to avocado, gently stirring in onions and carrots. Cover and chill. Serve with vegetable crudité's and melba toast rounds, allowing 1/2 cup vegetables, 4 melba toast rounds and 8 Tbsp dip per serving. Nutrition Facts Avocado Green Onion Party Dip Serving Size 1/7 of recipe Amount Per Serving Calories 120 Calories from Fat 30 % Daily Value (DV)\* Total Fat 3g 5% Saturated Fat 1g 3% Trans Fat 0g 0% Cholesterol 5mg 2% Sodium 320mg 13% Total Carbohydrate 17g 6% Dietary Fiber 3g 12% Sugars 4g Protein 8g Vitamin A 30% Vitamin C 40% Calcium 8% Iron 6% \* Percent Daily Values are based on a 2,000 calorie diet.

June 10, 2010

### Nutrition Panel

The nutrients listed first are the ones Americans generally eat in adequate amounts, or even too much. Limit these nutrients. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure. To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.

### Black Bean and Corn Soup

Ingredients:

15 oz can black beans, drained and rinsed  
14-1/2 oz can low sodium Mexican stewed tomatoes, undrained  
14-1/2 oz can low sodium diced tomatoes, undrained  
11 oz can whole kernel corn, drained  
4 green onions, sliced  
1 small green pepper, sliced  
4 ribs celery, diced  
3 Tbsp chili powder  
1 tsp ground cumin  
1 garlic clove, minced

Directions: Combine all ingredients in slow cooker. Cover and cook on HIGH for 5-6 hours. Nutrition Facts Black Bean and Corn Soup Serving Size 1/8 of recipe Amount Per Serving Calories 120 Calories from Fat 15 % Daily Value (DV)\* Total Fat 2g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 480mg 20% Total Carbohydrate 23g 8% Dietary Fiber 7g 28% Sugars 7g Protein 6g Vitamin A 30% Vitamin C 45% Calcium 6% Iron 15% \* Percent Daily Values are based on a 2,000 calorie diet.

June 11, 2010

### Nutrition Panel

**Trans fat doesn't have a % DV, but consume as little as possible because it increases your risk of heart disease. Did you know that 1 gram of trans fat is ten times worse for your health than 1 gram of saturated fat? Food items containing any trans fat are not wise choices.**

### Caponata

#### Ingredients:

3 sprays cooking spray  
2 yellow onions, halved and thinly sliced  
2 red bell peppers, thinly sliced  
2 celery ribs, thinly sliced  
6 cloves garlic, thinly sliced  
5 sprigs fresh Thyme  
10 sprigs Italian parsley, stems and leaves intact  
1 (16 oz) can crushed tomatoes  
1 large eggplant, cut into 1 inch pieces  
1/2 cup red wine vinegar  
3 Tbsp sugar  
1/2 cup pitted and halved Kalamata olives  
1/4 cup drained and rinsed capers  
1/8 tsp fresh ground black pepper

Directions: In a large non-reactive pan, add 1 spray of cooking spray. Add the onions and sauté on medium heat, stirring often, until translucent and tender, about 5 minutes. Add the peppers and celery and sauté, stirring often, until softened, about 10 minutes. Season with pepper. Add the garlic and cook until fragrant, about 2 minutes. Tie the thyme sprigs and parsley together with kitchen twine. Add the tomatoes and the herb bundle to the pan and cover with a lid. Allow the mixture to simmer, stirring from time to time, for about 15 minutes. In a separate skillet, heat the remaining 2 sprays of cooking spray over medium-high heat. Add the eggplant, and season with pepper. Cook until lightly brown on all sides, about 8 minutes. Add the sautéed eggplant to the tomato mixture. Cover and cook 20 minutes. Meanwhile, in a small bowl, combine the vinegar and sugar, stirring to dissolve the sugar completely. Remove the vegetables from the heat and discard the herb bundle. Stir in the vinegar mixture, olives, and capers. Adjust the seasoning. Transfer to a serving bowl. Serve warm or at room temperature, as an hors d'oeuvres or as a topping for pasta, chicken or fish. Nutrition Facts Caponata Serving Size 1/10 of recipe Amount Per Serving Calories 100 Calories from Fat 30 % Daily Value (DV)\* Total Fat 4g 5% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 360mg 15% Total Carbohydrate 17g 6% Dietary Fiber 4g 16% Sugars 7g Protein 2g Vitamin A 30% Vitamin C 120% Calcium 4% Iron 6% \* Percent Daily Values are based on a 2,000 calorie diet.

June 14, 2010

### Nutrition Panel

**The % Daily Value for total fat includes all different kinds of fats. Health experts recommend that you keep your intake of saturated fat, trans fat and cholesterol as low as possible as part of a nutritionally balanced diet. Label language for fats:**

**Fat-free: Less than 0.5 g per serving**

**Low saturated fat: 1 g or less per serving and 15% or less of calories from saturated fat**

**Low-fat: 3 g or less per serving**

**Reduced fat: At least 25 percent less fat than the regular version**

**Light in fat: Half the fat compared to the regular version**

### Cucumber Yogurt Dip

#### Ingredients:

2 cups plain low-fat yogurt  
2 large cucumbers, peeled, seeded, and grated  
1/2 cup nonfat sour cream  
1 Tbsp lemon juice  
1 Tbsp fresh dill  
1 garlic clove, chopped  
1 cup cherry tomatoes  
1 cup broccoli florets  
1 cup baby carrots

Directions: Peel, seed, and grate one cucumber. Slice other cucumber and set aside. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip. Nutrition Facts Cucumber Yogurt Dip Serving Size 1/6 of recipe Amount Per Serving Calories 100 Calories from Fat 15 % Daily Value (DV)\* Total Fat 2g 3% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 5mg 2% Sodium 90mg 4% Total Carbohydrate 17g 6% Dietary Fiber 2g 8% Sugars 11g Protein 7g Vitamin A 70% Vitamin C 35% Calcium 20% Iron 4% \* Percent Daily Values are based on a 2,000 calorie diet.

June 15, 2010

**Nutrition Panel**

**Limit sodium to help reduce your risk of high blood pressure. Label language for sodium:**

**Sodium free or salt free: Less than 5 mg per serving**

**Very low sodium: 35 mg or less of sodium per serving**

**Low sodium: 140 mg or less of sodium per serving**

**Low-sodium meal: 140 mg or less of sodium per 3 1/2 oz (100 g)**

**Reduced or less sodium: At least 25 percent less sodium than the regular version**

**Light in sodium: 50 percent less sodium than the regular version**

**Unsalted or no salt added: No salt added to the product during processing (this is not a sodium-free food)**

**Fresh Northwest Cherry Salsa**

Ingredients:

2 cups pitted fresh or frozen sweet cherries

1/3 cup chopped fresh basil

1/3 cup finely chopped green bell pepper

2 tsp lemon juice

1/2 tsp Worcestershire sauce

1/2 tsp grated lemon peel

1/4 tsp salt

dash of bottled hot pepper sauce

Directions: Chop cherries in food processor or with a knife. Combine all ingredients; mix well. Refrigerate at least 1 hour. Nutrition Facts Fresh Northwest Cherry Salsa Serving Size 1/4 recipe Amount Per Serving Calories 50 Calories from Fat 0 % Daily Value (DV)\* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 13g 4% Dietary Fiber 2g 8% Sugars 10g Protein 1g Vitamin A 6% Vitamin C 30% Calcium 2% Iron 2% \* Percent Daily Values are based on a 2,000 calorie diet.

June 16, 2010

**Nutrition Panel**

**Reach for healthy, wholesome carbohydrates. Fiber and sugars are types of carbohydrates. Healthy sources, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.**

**Grape Kebabs**

Ingredients:

1 cup purple seedless grapes

1 cup chopped pineapple

1/4 cup apple juice

2 kiwifruits, peeled and cut into 1/2-inch thick slices

1/4 cup nonfat plain yogurt

2 small bananas, cut into 1/2-inch thick slices

1 tablespoon orange juice

1/3 cup small strawberries

1/3 cup melon balls

1/3 cup blackberries

Directions: For the dip, in a small saucepan, bring the pineapple and apple juice to a boil. Reduce the heat, cover and simmer for 10 minutes, stirring occasionally. Let stand about 25 minutes or until cool. Transfer the pineapple mixture to a blender or food processor. Add the yogurt and blend or process until smooth. If desired, cover and chill in the refrigerator before serving. Place the bananas in a small bowl. Drizzle with the orange juice, then gently toss until coated. Cut the kiwi slices into quarters. For the kebabs, thread the grapes, bananas, kiwi, strawberries, melon balls and blackberries onto 4-inch bamboo skewers. Serve with the dip. Nutrition Facts Grape Kebabs Serving Size 1 Kebab Amount Per Serving Calories 150 Calories from Fat 5 % Daily Value (DV)\* Total Fat 1g 1% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 20mg 1% Total Carbohydrate 36g 12% Dietary Fiber 4g 16% Sugars 25g Protein 3g Vitamin A 4% Vitamin C 120% Calcium 6% Iron 4% \* Percent Daily Values are based on a 2,000 calorie diet.

June 17, 2010

#### Nutrition Panel

**Whole grain foods can't always be identified by color or name, such as multi-grain or wheat. Look for the "whole" grain listed first in the ingredient list, such as whole wheat, brown rice, or whole oats. Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not whole-grain products. Half the grains we eat should be whole grains.**

#### Santa Fe Chilled Nectarine Soup

Ingredients:

2 lbs (8 small) nectarines, sliced  
1 cup apple juice  
1 cup cranberry cocktail juice  
1/2 tsp salt  
1/2 tsp red pepper flakes  
1 Tbsp balsamic vinegar  
1/4 cup fresh cilantro leaves

Directions: Combine nectarines with juices, salt, pepper flakes and vinegar in electric blender. Whirl until smooth and blended. Add cilantro leaves and whirl in a stop-and-go fashion a few seconds, just to chop. Serve chilled.

Nutrition Facts Santa Fe Chilled Nectarine Soup Serving Size 1/4 recipe Amount Per Serving Calories 170 Calories from Fat 10 % Daily Value (DV)\* Total Fat 1g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 300mg 13% Total Carbohydrate 40g 13% Dietary Fiber 4g 16% Sugars 33g Protein 3g Vitamin A 20% Vitamin C 70% Calcium 2% Iron 6% \* Percent Daily Values are based on a 2,000 calorie diet.

June 18, 2010

#### Nutrition Panel

**There isn't a % Daily Value for sugar, but you can compare the sugar content in grams among products. Sugars are carbohydrates, which serve as an energy source for the body. The nutrition panel on a food label lists the total amount of sugars in a serving of the food. This amount includes sugars found naturally in foods and added sugars. Soft drinks are the number one source of added sugars in the US.**

#### Tomatillo Salsa

Ingredients:

12 tomatillos, husks removed, washed and finely chopped or 2 (12oz) cans tomatillos, drained and finely chopped  
4 serrano chilies, finely chopped, seeded if desired  
1 small white onion, finely chopped  
1/4 cup chopped fresh cilantro  
1 clove garlic, finely chopped  
pinch of salt, optional  
pinch of sugar, optional

Directions: In a medium bowl, mix all ingredients. Season with salt and sugar, if desired. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

Nutrition Facts Tomatillo Salsa Serving Size 1/4 of recipe, about 1/2 cup Amount Per Serving Calories 50 Calories from Fat 10 % Daily Value (DV)\* Total Fat 1g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 75mg 3% Total Carbohydrate 10g 3% Dietary Fiber 3g 12% Sugars 6g Protein 1g Vitamin A 4% Vitamin C 30% Calcium 2% Iron 4% \* Percent Daily Values are based on a 2,000 calorie diet.

June 21, 2010

**Nutrition Panel**

**Limit foods with added sugars (sucrose, glucose, fructose, corn or maple syrup), which add calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.**

**Vegetarian Stuffed Peppers**

Ingredients:

- 4 red or green bell peppers
- 2 cups (1 pint) cherry tomatoes
- 1 medium onion
- 1 cup fresh basil leaves
- 3 garlic cloves
- 2 tsp olive oil
- 1/4 tsp salt
- 1/4 tsp pepper

Directions: Preheat oven to 425°F. Lightly oil a large shallow baking pan. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper to taste. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes. Nutrition Facts Vegetarian Stuffed Peppers Serving Size 1/8 recipe Amount Per Serving Calories 40 Calories from Fat 10 % Daily Value (DV)\* Total Fat 2g 2% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 80mg 3% Total Carbohydrate 7g 2% Dietary Fiber 2g 8% Sugars 4g Protein 1g Vitamin A 20% Vitamin C 120% Calcium 2% Iron 4% \* Percent Daily Values are based on a 2,000 calorie diet.

June 22, 2010

**Nutrition Panel**

**Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Look for foods that are rich in nutrients. Use the label not only to limit fat and sodium, but also to increase nutrients that promote good health and may protect you from disease.**

**Veggie Delight Smoothie**

Ingredients: 2 cups apple juice

- 1 cup sliced apple
- 1 cup applesauce
- 1 cup sliced carrots
- 1 cup peeled and sliced cucumber
- 2-1/2 cups ice

Directions: Place all items into blender and blend until smooth. Serve immediately. Nutrition Facts Veggie Delight Smoothie Serving Size 1/4 of recipe Amount Per Serving Calories 120 Calories from Fat 0 % Daily Value (DV)\* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 30mg 1% Total Carbohydrate 29g 10% Dietary Fiber 3g 12% Sugars 24g Protein 1g Vitamin A 100% Vitamin C 10% Calcium 4% Iron 4% \* Percent Daily Values are based on a 2,000 calorie diet.

June 23, 2010

### Nutrition Panel

**Getting enough calcium may reduce the risk of osteoporosis, a condition that results in brittle bones as one ages. Eating a diet high in dietary fiber promotes healthy bowel function. Additionally, a diet rich in fruits, vegetables, and grain products that contain dietary fiber, particularly soluble fiber, and low in saturated fat and cholesterol may reduce the risk of heart disease. Choose the brand with the higher % Daily Value for these nutrients.**

### Apple Tuna Sandwich

Ingredients:

2 6 oz cans unsalted tuna in water, drained  
1 medium apple chopped  
1 celery stalk, peeled and chopped  
1/4 cup low fat vanilla yogurt  
1 tsp prepared mustard  
1 tsp honey  
6 slices whole wheat bread  
6 lettuce leaves  
6 slices tomato

Directions: Combine and mix the tuna, apple, celery, yogurt, mustard and honey. Spread 1/2 cup of the mixture on three bread slices. Top each slice of bread with lettuce, tomato and remaining bread. Cut sandwiches in half or as desired. Nutrition Facts Apple Tuna Sandwich Serving Size 1 sandwich Amount Per Serving Calories 330 Calories from Fat 30 % Daily Value (DV)\* Total Fat 4g 5% Saturated Fat 1g 5% Trans Fat 0g 0% Cholesterol 35mg 12% Sodium 370mg 15% Total Carbohydrate 37g 12% Dietary Fiber 6g 24% Sugars 14g Protein 38g Vitamin A 40% Vitamin C 20% Calcium 15% Iron 20% \* Percent Daily Values are based on a 2,000 calorie diet.

June 24, 2010

### Nutrition Panel

**Get the most nutrition for your calories—compare the calories to the nutrients you would be getting to make a healthier food choice.**

### Mushroom Lasagna

Ingredients:

1 lb low-fat cottage cheese  
1/2 lb low-fat or part-skim ricotta cheese  
2 egg whites  
2 Tbsp grated Parmesan cheese  
1 Tbsp fresh minced chives  
1 Tbsp fresh minced parsley  
1/4 tsp freshly ground black pepper  
8 oz whole wheat lasagna noodles, uncooked  
1 cup onion (1 large), minced  
1/4 cup dry red wine  
1-1/2 lbs sliced mushrooms  
1 cup chopped zucchini  
4 cups low sodium red sauce of your choice

Directions: Puree cottage cheese, ricotta, egg whites and Parmesan. Blend in chives, parsley and pepper by hand. In a large pot of lightly salted boiling water, cook lasagna noodles until just tender but not mushy, about 10 minutes. Remove noodles with a slotted spoon, dip into cold water and lay out flat on clean kitchen towels (not paper towel, or they will stick). In covered skillet, simmer onions in wine for about 5 minutes until very soft. Stir frequently, but keep pot covered in between stirrings. Add mushrooms and zucchini and cook until soft and half their original volume, about 5 minutes. Drain the vegetables. Preheat oven to 375°F. Combine the cheese mixture and all but 1/4 cup of the mushroom mixture. Spread 2 cups red sauce in the bottom of a 9-by-14 inch baking pan. Alternate layers of noodles and cheese mixture ending with a final layer of noodles. Cover with remaining sauce. Distribute reserved mushrooms over top. Bake, covered, for 1 hour. Uncover and bake for 5 minutes longer. Remove from oven and let sit for 10 minutes before cutting. Nutrition Facts Mushroom Lasagna Serving Size 1/9 of recipe Amount Per Serving Calories 240 Calories from Fat 45 % Daily Value (DV)\* Total Fat 5g 8% Saturated Fat 2g 10% Trans Fat 0g 0% Cholesterol 10mg 3% Sodium 360mg 15% Total Carbohydrate 31g 10% Dietary Fiber 6g 24% Sugars 8g Protein 17g Vitamin A 10% Vitamin C 15% Calcium 15% Iron 20% \* Percent Daily Values are based on a 2,000 calorie diet.

June 25, 2010

### Nutrition Panel

**A nutritionally balanced diet provides adequate protein. Protein supplements are rarely needed by healthy people. Vegetarians are able to get adequate amounts of essential amino by eating a variety of plant proteins. The amount of recommended daily protein depends upon your age and health. Two to three servings of protein-rich food will meet the daily needs of most adults.**

### Chayote Salad

Ingredients:

1 fresh chayote squash  
4 cups fresh spinach  
16 oz cooked garbanzo beans  
1/2 cup chopped red onion  
1/2 cup chopped carrot  
2 Tbsp fat-free vinaigrette salad dressing  
2 oz reduced fat shredded Monterey Jack cheese

Directions: Cook chayote in a small amount of boiling water for about 15 minutes, or till tender. Rinse pieces in cold water; peel, and remove seed. Cut into 1/2-inch chunks. In a large salad bowl, toss together spinach, chayote, garbanzo beans, and cheese. Top with nonfat vinaigrette

**Nutrition Facts Chayote Salad Serving Size 1/4 recipe**  
Amount Per Serving  
Calories 190  
Calories from Fat 35 %  
Daily Value (DV)\*  
Total Fat 4g 6%  
Saturated Fat 2g 10%  
Trans Fat 0g 0%  
Cholesterol 10mg 3%  
Sodium 260mg 11%  
Total Carbohydrate 30g 10%  
Dietary Fiber 7g 28%  
Sugars 5g  
Protein 11g  
Vitamin A 110%  
Vitamin C 25%  
Calcium 20%  
Iron 10%  
\* Percent Daily Values are based on a 2,000 calorie diet.

June 28, 2010

### Nutrition Panel

**The following are the recommended serving sizes for protein:  
2 to 3 ounces of cooked lean meat, poultry, or fish (a portion about the size of a deck of playing cards)  
1/2 cup of cooked dried beans  
1 egg, 2 tablespoons of peanut butter, or 1 ounce of cheese  
Select lean meat, poultry without skin, fish, and dried beans, and low-fat or fat-free dairy products often. These are the protein choices that are the lowest in fat.**

### Potato and Pork Curry

Ingredients:

1 tsp olive oil  
1 medium onion, cut in wedges  
2 cloves garlic, minced  
2 tsp curry powder  
1 can (14 oz) tomatoes  
1 can (14 oz) no-salt added green beans, drained  
4 potatoes (medium-sized), cooked and cut in chunks  
2 cups cubed or strips cooked pork  
1/3 cup seedless raisins

Directions: Place onion, garlic, curry and oil in 2 quart casserole. Microwave on high for 2 minutes. Stir. Add tomatoes and green beans. Microwave on high 4 minutes, stirring after 2 minutes. Add potatoes, meat and raisins. Mix well. Microwave on high 2 minutes or until hot. Season with salt and pepper, if desired.

**Nutrition Facts Potato and Pork Curry Serving Size 1/4 of recipe**  
Amount Per Serving  
Calories 350  
Calories from Fat 50 %  
Daily Value (DV)\*  
Total Fat 6g 9%  
Saturated Fat 2g 10%  
Trans Fat 0g 0%  
Cholesterol 65mg 22%  
Sodium 200mg 8%  
Total Carbohydrate 50g 17%  
Dietary Fiber 7g 28%  
Sugars 14g  
Protein 26g  
Vitamin A 10%  
Vitamin C 60%  
Calcium 8%  
Iron 20%  
\* Percent Daily Values are based on a 2,000 calorie diet.

June 29, 2010

### Nutrition Panel

The footnote in the lower part of the nutrition label, tells you “%DVs are based on a 2,000 calorie diet”. This must be on all food labels. The remaining information in the full footnote may not be on the package if the size of the label is too small. When the full footnote does appear, it will always be the same. It doesn't change from product to product, because it shows recommended dietary advice for all Americans - it is not about a specific food product.

June 30, 2010

### Nutrition Panel

Use the Nutrition Facts label on the ingredients of your favorite home recipes to determine the calories, fat, and carbohydrates. Take what you've learned this month and adjust some of the ingredients to produce healthier versions.

### Chicken Broccoli Stir Fry

Recipe Summary:

Preparation Time: 25 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

1/3 cup orange juice

1 Tbsp low-sodium soy sauce

1 Tbsp Schezuan sauce

2 tsp cornstarch

1 Tbsp canola oil

1 lb boneless chicken breast, cut into 1 inch cubes

2 cups of frozen broccoli florets

1 6-oz package of frozen snow peas

2 cups shredded cabbage

2 cups of cooked brown rice

1 Tbsp sesame seeds (optional)

Directions: Mix orange juice, soy sauce, Schezuan sauce, and cornstarch in a small bowl. Set aside. Heat oil in wok and add chicken. Stir fry for about 5-7 minutes. Add cabbage, broccoli, snow peas, and sauce mixture. Cook for about 5 minutes until vegetables are heated through. Serve over brown rice. Sprinkle with sesame seeds. Nutrition Facts Chicken Broccoli Stir Fry Serving Size 1/4 of recipe Amount Per Serving Calories 340 Calories from Fat 70 % Daily Value (DV)\* Total Fat 8g 12% Saturated Fat 2g 8% Trans Fat 0g 0% Cholesterol 65mg 22% Sodium 240mg 10% Total Carbohydrate 35g 12% Dietary Fiber 5g 20% Sugars 5g Protein 28g Vitamin A 4% Vitamin C 70% Calcium 8% Iron 15% \* Percent Daily Values are based on a 2,000 calorie diet.

### Wellness Recipe - Beef Steak With Light Tomato Mushroom Sauce

Try serving with crusty bread to soak up the incredibly flavorful sauce.

Prep time Cook time Yields Serving Size

10 minutes 25 minutes 4 servings 3 oz steak, 1/2 C sauce

Ingredients

1 Tbsp olive oil

4 beef top sirloin steaks, lean (3 oz each)

4 oz white mushrooms, rinsed and quartered (about 1 C)

1 large shallot, minced (about 2 Tbsp)

1 Tbsp garlic, minced (about 2-3 cloves)

1 C canned no-salt-added diced tomatoes

2 Tbsp no-salt-added tomato paste

2 Tbsp apple cider vinegar

2 C low-sodium beef broth

1 Tbsp cornstarch

1 Tbsp fresh parsley, rinsed, dried, and minced (or 1 tsp dried)

1 Tbsp fresh tarragon, rinsed, dried, and chopped (or 1 tsp dried)

1/2 tsp salt

1/4 tsp ground black pepper

Directions: 1. Preheat oven to 350 °F. 2. Heat olive oil in a large, heavy-bottom sauté pan. 3. Gently blot steaks dry with paper towels and then carefully place them in the hot pan. 4. Sauté both sides, about 2-3 minutes, until golden to dark brown. 5. Remove steaks from pan, and put them on a baking sheet to finish in the preheated oven for an additional 3-5 minutes or to your desired doneness (to a minimum internal temperature of 145° F). 6. To make the sauce, pour off any excess grease from the pan. Add mushrooms and sauté until lightly brown, about 3-4 minutes. 7. Lower the heat, and add shallot and garlic. Cook gently over low heat for about 2 minutes, until tender, but not brown. 8. Add tomatoes, tomato paste, and apple cider vinegar, and cook an additional 3 minutes. 9. In a bowl, mix beef broth and cornstarch. 10. Add broth mixture, parsley, and tarragon to the sauté pan. Bring to a boil on medium-high heat while stirring constantly. Lower the heat and simmer for 2-3 minutes. Season with salt and pepper. 11. Serve one steak with 1/2 cup sauce. Nutrition: calories 200