

Dear Reader,

We wrote this recipe book with the idea that cooking can be simple, healthy, and affordable. You won't find anything fancy or difficult, just healthy, delicious and easy recipes anyone can follow.

This book was completed by a group of University of Vermont medical students in conjunction with the HowardCenter of Burlington – but it is really a simple cook book for everybody!

When we cook with whole foods we give our bodies the nutrition they need to thrive. We also think you can have fun in the process. It is sometimes difficult to eat well on a budget but there are many creative ways to accomplish this. While not specifically a book about making food without spending much money, the recipes in this book are affordable. Cooking is good for your body and mind.

We wish you good eating. Enjoy!

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# **BREAKFAST**

## BREAKFAST SANDWICH

- 1 whole wheat English muffin
- 2 eggs
- Cheese – cheddar, Swiss, American → your choice!

### Instructions:

- Spray cooking pan with non-stick cooking spray; put on medium heat
- Scramble eggs with 1 tablespoon of milk
- Place egg mixture into the pan
- Cook eggs on medium heat
- When the eggs are almost done add the cheese on the top of the eggs to lightly melt the cheese
- Toast English Muffin
- Add the eggs to the English Muffin
- **Optional:** add vegetable such as avocado, tomato, or sprouts

**Shopping List:** Eggs, Cheese of choice, English Muffins, Milk, \*see optional ingredients

## FRUIT SMOOTHIE

- Frozen Fruits (any assortment of the following will work)
  - Strawberries
  - Raspberries
  - Mangos
  - Pineapples
- Fresh Fruits
  - Bananas
- Plain or Vanilla Yogurt
- Ice

### Instructions:

- Place 1-2 cups of ice in blender
- Then add 3 cups of frozen fruit and one banana
- Now add 1 cup of yogurt
- Blend ingredients until desired consistency is reached

**Shopping List:** Bananas, Plain Yogurt (purchasing the larger tubs is more cost-effective!), Keep freezer stocked with frozen fruits

## YOGURT PARFAIT

- 1 cup Fresh Strawberries or any other fresh fruit
- 1 Banana
- ½ cup Plain or Vanilla Yogurt
- ½ cup Granola or other Whole-Grain Cereal
- **Optional:** To add more fiber, grind flax seeds in a coffee grinder and sprinkle 1 tablespoon on top.

### Instructions:

- Remove stems from rinsed strawberries. Cut each strawberry in half.
- Spoon half of the cut strawberries into the bottom of a bowl.
- Top strawberries with half of the yogurt, and sprinkle with half of the cereal.
- Add half of the peeled and sliced banana.
- Add the remainder of the berries, yogurt, granola and banana.

**Shopping List:** Strawberries, Banana, Plain Vanilla Yogurt (purchasing a larger tub is more cost-effective!), Granola

## EGG TACOS

- 2 eggs
- 3 corn tortilla or 1 flour tortilla
- Hot sauce: Cholula, Tapatio, or Tabasco

### Instructions:

- In a small bowl, crack open 2 eggs and scramble with whisk or fork
- Add 1 tablespoon of milk and mix
- Heat frying pan on low-med heat with non-stick cooking spray
- Cook and scrape from pan until liquid is gone
- Place eggs in tortillas, grate cheddar cheese over it
- **Optional:** add hot sauce, avocado, scallions, cilantro, or tomatoes

**Shopping List:** Eggs, Milk, Cheese, Tortillas

### **Water Power – Did you know?**

If you consume 2 sodas daily every week you will gain an additional pound each week. Over the course of a year that adds up to an additional 52lbs from SODA. Does soda even fill you up?

## OLD FASHIONED OATMEAL

- ½ cup oatmeal
- 1 cup of water
- Milk
- Maple Syrup, Honey, Brown Sugar, or Sugar-Substitutes
- Cinnamon
- Fresh Fruit or Dried Fruit of Choice
- Nuts or Peanut Butter
- **Optional:** Ground Flax Seeds for added fiber

### Instructions:

- Bring water to boil in pot
- Add oats and change heat to low-med
- Simmer until desired consistency is reached
- Add milk, cinnamon, sweetener, fruit, nuts as desired

**Shopping List:** Oatmeal, Milk, Fruit of choice, Nuts, Sweetener of choice



## WHOLE GRAIN TOAST WITH PEANUT BUTTER OR COTTAGE CHEESE

### Instructions:

- Toast bread
- Add Peanut Butter or ½ cup of Cottage Cheese → cottage cheese is packed full of protein!
- **Optional:** add a fruit like bananas and honey

### Pantry List:

\*Keeping these items on hand in your home can simplify weekly grocery shopping and better prepare you for new recipes you may be interested in trying.

Olive oil	Chili powder
Vegetable oil	Onion powder
Cooking spray	Garlic powder
All purpose flour	Oregano
Baking soda	Cinnamon
Baking powder	Parsley
Salt	Rosemary
Pepper	Bouillon cubes (chicken and beef)
Peanut butter	Dry beans
Vinegar	Rice (white, long grain, brown)
Basil	Pasta

## MUSHROOM AND WILD RICE FRITTATA

**Wild Rice:** takes 40 to 50 minutes to cook.

- 2 cups water
- ½ cup wild rice or brown rice

**Frittata:**

- 6 large eggs
- 2 tablespoons chopped fresh parsley
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ¼ teaspoon ground nutmeg
- 2 teaspoons extra-virgin olive oil
- 1 cup chopped red onion
- 1 tablespoon minced fresh rosemary or 1 teaspoon dried
- 1 pound mixed mushrooms (cremini, white button, shiitake), sliced
- ½ cup finely shredded Parmesan cheese
- 4 thin slices prosciutto (about 2 ounces) or ham, chopped

**Instructions:**

- **To prepare wild rice:**
  - Combine water, rice and salt in a small heavy saucepan; bring to a boil.
  - Cover, reduce heat to maintain a simmer and cook until the rice is tender with a slight bite, 40 to 50 minutes.
  - Drain; you'll have about 1 ½ cups cooked rice.

- **To prepare frittata:**
  - About 30 minutes after you start cooking the rice, beat eggs in a large bowl with parsley, ¼ teaspoon salt, ¼ teaspoon pepper and nutmeg.
  - Position rack in upper third of oven; preheat broiler.
  - Heat oil in a 10-inch ovenproof skillet, preferably cast-iron, over medium heat.
  - Add chopped onion and the remaining ¼ teaspoon each salt and pepper; cook, stirring, until softened, about 3 minutes.
  - Stir in rosemary, and then add mushrooms and cook, stirring frequently, until they release their liquid and the pan is dry, 6 to 8 minutes.
  - Reduce heat to medium-low; stir in the rice.
  - Pour the reserved egg mixture evenly over the rice and vegetables.
  - Partially cover and cook until set around the edges, about 5 minutes.
  - Sprinkle with Parmesan and prosciutto or ham.
  - Place the pan under broiler and broil until the eggs are set and the top is nicely browned, about 2 minutes.
  - Let stand for 5 minutes before serving.
  
- **Make Ahead Tip:** Prepare the rice (Step 1), cool and store airtight in the refrigerator for up to 3 days.

**Shopping List:** Eggs, Fresh Parsley, Red Onion, Mushrooms of choice, Parmesan Cheese, Ham or Prosciutto

## **ONE EASY WEEK OF WHOLESOME EATING: 21 MEALS + 14 SNACKS FOR \$63.50**

### **Shopping List for Week:**

2 Loafs of Whole Wheat Bread or 1 Loaf Whole Wheat Bread  
+ 1 Big Box Non Sugary Cereal: \$8  
9 Bananas or 9 apples or 4 Bananas and 5 Apples: \$4.50  
1 package of celery: \$2.50  
1 bundle of broccoli (or 2 crowns of broccoli): \$2.50  
Jar of Natural Peanut Butter: \$4  
Gallon skim milk: \$4  
Butter (a 2 stick package): \$2.50  
Jar of Jam: \$4  
2lb lean ground beef: \$6  
1 package of frozen of peas: \$2  
1 can of corn: \$1.50

1 medium onion: \$1.50

10 medium potatoes (or purchase a 3 pound bag of potatoes): \$5

2 cups grated cheddar cheese: \$4

Small Box of Sugar: \$1.50

1-2 containers or cans of tomato juice (need to have at least 28 oz): \$4

Small Package of baby carrots: \$3

Beef flavored bouillon cubes or container: \$3

\*\*Not listed here is that you also need 5 medium sized microwave safe Tupperware type containers to freeze portions of food – this may be a onetime expense of about \$6 if you do not have storage containers.

### **Cooking Broccoli:**

Cut off a little bit of the end opposite the head of the broccoli. Rinse off the broccoli in the sink. Put it into a small pan (that has a lid) on the stove with a little bit of water in the pan – about ½ inch – and cook on medium heat with the lid on for 7-10 minutes (test with a fork to see if feels soft enough for your liking) – then remove from heat and turn off stove. (If you have a steamer, put the broccoli on the steamer in the pan and follow the same process.)

### **Day 1:**

\*Go to the grocery store the day before this or this morning and purchase the items on the shopping list. Make the Shepherd's Pie recipe from the cook book this morning, substituting ½ of the frozen peas for the can of peas. Once the finished recipe has cooled a bit out of the oven put 5 equal portions into your 5 Tupperware containers and put them in your freezer for microwaving later. Remember to save 2 of the potatoes and half of the 2lbs of ground beef for making Easy Beef Stew later in the week.

**Breakfast:** Bowl of Cereal or Toast with Peanut Butter / Jam + Apple or Banana + Glass of Water

**Morning Snack:** Two celery sticks with peanut butter on them + Glass of skim milk

**Lunch:** Shepherd's Pie Serving + Glass of water

### **Day 2:**

\*All you have to cook today is a little broccoli

**Breakfast:** Bowl of Cereal or Toast with Peanut Butter / Jam + Apple or Banana + Glass of Water

**Morning Snack:** Two celery sticks with peanut butter + Glass of skim milk

**Lunch:** Shepherd's Pie Serving + Glass of Water

**Dinner:** Shepherd's Pie Serving + Piece of Toast with Butter + Glass of Water

**Night Snack:** Bowl of Cereal or Piece of Toast with Butter or Peanut Butter (and jam if you want too)

**Dinner:** 1/2 of the purchased broccoli (1-2 crowns) + Shepherd's Pie + Piece of Toast with Butter + Glass of Water

**Night Snack:** Bowl of Cereal or Piece of Toast with Butter or Peanut Butter and Jam

**Day 3:**

**Breakfast:** Bowl of Cereal or Toast with Peanut Butter / Jam + Apple or Banana + Glass of Water

**Morning Snack:** Apple or Banana with Bite of Peanut Butter + Glass of skim milk

**Lunch:** Peanut Butter and Jam Sandwich + Glass of skim milk

**Dinner:** Shepherd's Pie + Piece of Toast with Butter + Glass of Water

**Night Snack:** Bowl of Cereal or Piece of Toast with Butter or Peanut Butter (and jam if you want too)

**Day 4:**

\*Today is the other cooking day of the week. We will be making the Easy Beef Stew recipe from this book with several changes: Substitute 1 lb of Lean Ground Beef for 1 lb of Steak, 2 medium regular potatoes for red potatoes, ½ package frozen peas for cup of frozen string beans, and brown the beef without olive oil if you do not have it. Once you have made the stew and let it cool a bit put 5 equal portions into 5 reusable containers and put them into the freezer for future use.

**Breakfast:** Bowl of Cereal or Toast with Peanut Butter / Jam + Apple or Banana + Glass of Water

**Morning Snack:** Two celery sticks with peanut butter on them + Glass of skim milk

**Lunch:** Beef Stew Serving + Piece of Toast with Butter + Glass of Water

**Dinner:** Beef Stew Serving + Piece of Toast with Butter + Glass of Water

**Night Snack:** Bowl of Cereal or Piece of Toast with Butter or Peanut Butter and Jam

**Day 5:**

\*All you have to cook today is a little broccoli

**Breakfast:** Bowl of Cereal or Toast with Peanut Butter / Jam + Apple or Banana + Glass of Water

**Morning Snack:** Two celery sticks with peanut butter on them + Glass of skim milk

**Lunch:** Peanut Butter and Jam Sandwich + Glass of skim milk

**Day 6:**

**Breakfast:** Bowl of Cereal or Toast with Peanut Butter / Jam + Apple or Banana + Glass of Water

**Morning Snack:** Two celery sticks with peanut butter on them + Glass of skim milk

**Lunch:** Peanut Butter and Jam Sandwich + Glass of skim milk

**Day 7:**

**Breakfast:** Bowl of Cereal or Toast with Peanut Butter / Jam + Apple or Banana + Glass of Water

**Morning Snack:** Apple or Banana with Bite of Peanut Butter + Glass of skim milk

**Lunch:** Peanut Butter and Jam Sandwich + Glass of skim milk

**Dinner:** 1/2 of the purchased broccoli (1-2 crowns) + Beef Stew Serving + Piece of Toast with Butter + Glass of Water

**Night Snack:** Bowl of Cereal or Piece of Toast with Butter or Peanut Butter (and jam if you want too)

**Dinner:** Beef Stew Serving + Piece of Toast with Butter + Glass of Water

**Night Snack:** Bowl of Cereal or Piece of Toast with Butter or Peanut Butter (and jam if you want too)

**Dinner:** Beef Stew Serving + Piece of Toast with Butter + Glass of Water

**Night Snack:** Bowl of Cereal or Piece of Toast with Butter or Peanut Butter (and jam if you want too)

# LUNCH



## CHICKEN CAESAR SALAD

- 1 boneless skinless chicken breast
- 2 cups romaine lettuce (torn)
- 1 tablespoon Olive oil
- 2 tablespoons Grated parmesan cheese
- ¼ cup croutons
- Caesar salad dressing

### Instructions:

- Wash romaine lettuce and tear into bite size pieces, set aside.
- Add 1 tablespoon olive oil to frying pan and cook chicken breast 4-5min per side. Allow to cool and then cut into bite size pieces.
- Place over top lettuce and add the parmesan cheese, croutons and salad dressing, mix well.

**Shopping List:** Boneless skinless chicken breast, Romaine lettuce, Grated parmesan cheese, Croutons, Caesar salad dressing

**Friends, community and vegetables.....**

Some communities have a garden. Find out if yours does. Plant and grow herb/tomatoes. This can get you eating healthier, trading your harvest for other herbs/vegetables, making friends, learning more about nutrition, and working in the garden burns calories!

## PORTABELLA MUSHROOM SANDWICH

- 1 large portabella mushroom
- Olive oil
- Salt
- Basil
- Thyme
- Garlic powder
- Toppings: Lettuce, Tomato, and Red onion slices
- Condiments you want:
  - Dijon mustard
  - Fat free mayonnaise
  - Ketchup
- 1 slice of cheddar or Swiss cheese
- 1 slice whole wheat bread

### Instructions:

- Mushroom
  - Coat lightly with oil
  - Add pinch of salt, pinch of basil, pinch of thyme
  - Spray frying pan with non-stick cooking spray
  - On medium to high heat cook the mushroom five minutes each side
  - Top mushroom with the slice of cheese
  - Cook until the cheese is slightly melted on the mushroom
- Sandwich
  - Toast the bread in the toaster oven or toaster

- Put it All Together
  - Add the mushroom on the toasted slice of bread
  - Top with toppings you choose
  - Add condiments you choose

**Shopping List:** Portabella Mushroom, Lettuce, Tomato, Red Onion, Cheddar or Swiss cheese, Thyme, Whole wheat Bread

Good Snacks	Healthy Lifestyle
<ul style="list-style-type: none"> <li>• Baby carrots</li> <li>• Peanut butter and apple</li> <li>• Nuts – almonds and walnuts are best</li> <li>• Fresh fruit</li> <li>• Yogurt (goes well with fresh fruit and nuts)</li> <li>• Olives (Not in great quantities due to high salt content)</li> <li>• Humus and whole wheat pita</li> <li>• Fruit smoothie made with whole fruit, ice cubes, and low-fat or fat-free yogurt.</li> <li>• Ready-packed salad greens for a quick salad any time.</li> </ul>	<ul style="list-style-type: none"> <li>• Walk 30 min a day</li> <li>• Take the stairs instead of elevator</li> <li>• Get enough sleep (7-8hrs)</li> <li>• Wash hands</li> <li>• Work in a Community Garden</li> <li>• BE RESPONSIBLE.</li> </ul>

## **TURKEY HUMMUS PESTO WRAP**

- Spinach or Whole Wheat Flour Tortilla
- Hummus
- Turkey slices
- Tomato
- Lettuce
- Red onion
- Pesto

### **Instructions:**

- Mix a Tablespoon of hummus and 1 teaspoon pesto and spread onto tortilla
- Dice lettuce, tomato, and red onion
- Add three turkey slices, lettuce, tomato, red onion
- Roll tortilla up

**Shopping List:** Tortilla, Hummus, Sliced Turkey, Tomato, Lettuce, Red Onion, Pesto

## **SALMON OR TUNA SALAD**

- Canned Salmon or tuna
- Lettuce
- Vinaigrette
- Apple – cubed
- Pumpkin seeds
- Lemon Juice

### **Instructions:**

- Using a can opener, open can of tuna or salmon
- Finely chop celery, red onion
- Add celery, red onion, lemon juice and dill together into medium bowl
- Add salmon to medium bowl
- Add salt and pepper, to taste
- Refrigerate for 30 minutes to 1 hour
- Eat on lettuce or whole wheat toast

**Shopping List:** Canned Salmon or tuna, Lettuce, Vinaigrette, Apple, Pumpkin seeds, Lemon Juice

## CHICKEN AND WHITE BEAN SALAD

### Vinaigrette

- 1 medium clove garlic
- ¼ teaspoon salt
- 5 tablespoons extra-virgin olive oil
- 6 tablespoons fresh orange juice, plus more to taste
- ¼ cup white-wine vinegar or red-wine vinegar
- 1 tablespoon Dijon mustard

### Salad

- 15 ounce can white beans, rinsed and drained
- 2 ½ cups diced cooked chicken breast (see tip below)
- 2 cups diced zucchini and/or summer squash (about 2 small)
- 1 ½ cups diced celery
- ¼ cup crumbled feta cheese or goat cheese
- 1 cup coarsely chopped fresh basil, plus whole basil leaves for garnish
- 2 cups torn romaine lettuce, 2 cups of spinach
- Salt & freshly ground pepper to taste
- **Optional:** ½ cup chopped, well-drained, oil-packed sun-dried tomatoes (optional)

### Instructions:

- **To prepare vinaigrette:**
  - Peel the garlic. Using a fork, mash the garlic with ¼ teaspoon salt in a small bowl to form a coarse paste.
  - Whisk in 5 tablespoons oil.
  - Add 6 tablespoons orange juice, vinegar and mustard; whisk until well blended.

- Taste and whisk in up to 4 tablespoons more juice to mellow the flavor; season with more salt, if desired. Set aside at room temperature.
- **To prepare salad:**
  - Combine beans, chicken, zucchini (and/or summer squash), celery, cheese and sun-dried tomatoes (if using) in a large bowl until well blended.
  - Add chopped basil and  $\frac{3}{4}$  cup vinaigrette; toss until combined.
  - Taste and season with salt and/or pepper, if desired.
  - Toss the remaining vinaigrette with romaine and spinach in a medium bowl.
  - Serve the salad on the greens, garnished with fresh basil leaves.

### Tips & Notes

- **Tip:** To poach chicken breasts, place about 1 pound boneless, skinless chicken breasts in a medium skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat and simmer gently until chicken is cooked through and no longer pink in the middle, 10 to 15 minutes.

**Shopping List:** White beans, Boneless skinless Chicken Breast, Zucchini, Summer Squash, Celery, Feta or Goat Cheese, Romaine lettuce, Spinach, \*see optional items under salad heading

## EGG SALAD SANDWICH

- 2 hard-boiled eggs, (see Tip), peeled and chopped
- 2 tablespoons finely diced celery
- 1 tablespoon low-fat mayonnaise
- 2 teaspoons Dijon mustard
- 1 teaspoon minced scallion greens
- Freshly ground pepper and salt, to taste
- Whole Wheat Sandwich Bread

### Instructions:

- Mash eggs in a small bowl with a fork. Stir in celery, mayonnaise, mustard, scallions and pepper until combined.

### Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days.
- **Tip:** To hard-boil eggs, place eggs in a single layer in a saucepan; cover with cold water. Bring to a simmer over medium-high heat. Reduce heat to low and simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with cold water. Let stand until cool enough to handle before peeling.

**Shopping List:** Eggs, Dijon Mustard, Scallions, Whole Wheat Bread



## LEMON ALMOND COD

- ½ pound cod fish fillet
- 1 teaspoon olive oil
- 1 tablespoon lemon juice
- ¼ cup flour
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- Sprinkle of paprika
- Parsley
- 2 tbsp of slivered almonds
- Brown rice
- 1 cup of sugar snap peas.

### Instructions:

- Cut fish into serving pieces.
- Mix olive oil and lemon juice.
- In another bowl, mix flour, salt and black pepper.
- Dip fish into oil mixture; coat fish with flour mixture.
- Place fish in ungreased square baking dish, 8x8x2 inches
- Pour remaining oil mixture over fish; sprinkle with paprika
- Cook uncovered in 350 degree oven until fish flakes easily with fork, 25-30 minutes.
- In a small skillet, melt ¼ teaspoon of butter and brown the slivered almonds
- Garnish cooked fish with almonds. Add parsley sprigs if desired.
- Serve with brown rice and steamed sugar snap peas.

**Shopping list:** Cod, Lemon juice, Slivered Almonds, Snap peas

## **Trigger Foods**

We ALL have those food items that once we hear the words, see the food, or just buy them at the store... There is NO stop button from eating as much as we can. Eating triggers can be foods, emotions, and environments. Afterwards we realize that we didn't want any or all of that food but somehow we just ate the entire bag of chips. We are left feeling overly full, guilty, and a few dollars poorer. EVERYONE has TRIGGER foods.

### **Step 1: Identify your trigger foods**

- Generally, trigger foods make you want more and MORE once you have a bite of them.
- This is the "I just can't get enough feeling."
- What are those foods are for you?
- Usually it's either SWEET, SALTY, or FAT
- If you feel like you have no idea what TRIGGERS you into food frenzy, try to be aware next time you find yourself eating: candy, dessert, chips, nuts, etc.

### **Step 2: What do I do now?**

- CONGRATS! Awareness is the biggest step to creating change!
- *Are you content with how you eat?* This is completely fine. Just take a look next time you eat a TRIGGER food at how many calories, grams of fat, or amount of sodium you consumed.
- *OR Are you ready to do something about it?* See step 3 let's take some action...

### **Step 3: I'm ready to take action**

- The best method to prevent excess calorie intake and those feelings of guilt is to AVOID your TRIGGER foods.
- Only buy foods that you know you can stop eating and get rid of any trigger foods that are already in your home.

- If you are fulfilling a sweet, salt, or fatty craving... try some new substitutes that have less calories.

***But let's be realistic...***next time you want your trigger foods, try one of these options:

- 100 calorie packs – lots of standard snack foods come in these already divided packages.
- Once home, portion a large bag of snacks into smaller bags (smaller than a sandwich bag).
- After you have had some of your TRIGGER food, *eat a mint or chew a piece of gum*. This will **help stop your craving** for more.
- Eat in places and with people that encourage you to stop eating when full to avoid environmental triggers.

**Step 4: “Oops, I did it again!” I gave into my favorite food trigger**

- You can start to recognize when (certain time of the day) or why (stress, boredom, emotions etc.) you crave your TRIGGER foods.
- Start substituting foods, exercising, cooking, or calling a friend instead of eating.

**\*\*\*Be Bold. Try new things, GET healthy and STAY healthy. \*\*\***

# DINNER

## **BROCOLI, WHITE BEAN, AND CHEDDAR CHEESE SOUP**

- 14 ounce can chicken broth or vegetable broth
- 1 pound broccoli (fresh or frozen)
- 14 ounce can of white beans (cannellini or other light colored bean)
- 2 cups shredded sharp cheddar cheese
- Salt
- Black pepper

### **Instructions:**

- Open the can of chicken or vegetable broth and put into a medium sauce pan. Add a cup of water.
- Add in the broccoli and cook on high for about 10 minutes (until broccoli is tender).
- Open the can of beans and add them to pan.
- Add in ¼ teaspoon of salt and ¼ teaspoon of pepper. Stir and cook for 1 minute more.
- Remove pan from the burner. Put the grated cheese into the pan and stir.
- **Optional:** If you have access to a blender, let the soup cool a bit and then blend it for approximately 2 minutes or until smooth.

**Shopping List:** Chicken broth or vegetable broth, Frozen or fresh broccoli, White beans, Sharp cheddar cheese

## EASY PEANUT NOODLE BOWL

- 1 cup Peanut Butter – all natural peanut butter without added sugar or oil.
- 4 tablespoons Low Sodium Soy Sauce
- 1 pound Mixture of fresh or frozen vegetables (example: broccoli, zucchini, pepper, mushrooms)
- 1 pound Whole Wheat Spaghetti or Soba Noodles

### Instructions:

- Fill a big pot about half full with water and put it on the stove on high heat.
- Once the water is boiling add 1 pound whole wheat spaghetti into the pot and stir every minute for a total of 7 minutes
- Add 1 pound of frozen vegetables to the pot and cook for another 4 minutes stirring once a minute. Turn off the stove.
- Before draining the pot into a colander ladle out about a cup of the boiling water and set aside.
- Drain the pot into a colander.
- In the big pot, or another big bowl, combine a cup of peanut butter, 4 tablespoons of soy sauce, 2 teaspoons garlic powder, and the cup of hot water reserved from the noodles. Mix until well blended.
- Add the pasta and mix it all up really well for a couple of minutes until the pasta is well coated with the peanut sauce.

**Shopping List:** Low Sodium Soy sauce, frozen vegetables, Whole wheat spaghetti or soba noodles

## SHEPHERD'S PIE

- 1 pound ground beef or ground turkey
- 1 can of peas
- 1 can of corn
- 1 medium onion, chopped
- 8 medium potatoes (about 2 pounds of potatoes)
- 2 cups grated sharp cheddar cheese
- 2 tablespoons butter
- ½ cup Milk

### Instructions:

- Preheat oven to 400 degrees.
- Dice potatoes into 1 inch cubes and set aside.
- Fill a large pot about half full with water and put it on the stove on high heat to boil.
- Once the water is boiling add in the potatoes and cook, stirring a couple of times, for 12 minutes.
- Drain into a colander then return the potatoes to the large pot or another large bowl.
- Mash the potatoes with a potato masher (or mush the potatoes with a good sized sturdy ceramic mug) along with ½ cup of milk, 2 tablespoons of butter, and salt and pepper to taste.
- Chop the onion.
- Put the chopped onion and the ground beef in a pan and cook on medium heat for 10 minutes, stirring every 2 minutes.
- Add the peas and the corn to the pan and cook for another 6 minutes stirring every 2 minutes.

- Put the meat and vegetable mixture into an oven pan and then put the mashed potatoes on top of the meat mixture then put the grated cheese on top of the mashed potatoes.
- Put the pan in the oven and cook for 15 minutes.

**Shopping List:** Ground beef or turkey, Can of peas, Can or corn, Onion, Potatoes, Sharp cheddar cheese, Butter, Milk

**Dining hygiene tips that can improve your eating and diet:**

- Eat your meals in a quiet environment and sit away from the television and other distractions. This will allow you to enjoy and appreciate your food more.
- It takes your brain at least 20 minutes to get the signal that your stomach is full. Wait before having second helpings.
- Using a smaller plate will make your servings look larger and can help you reduce your serving sizes.
- Digestion begins in the mouth and taste buds are on your tongue not in your stomach! In order to assist your body during digestion and taste more, try chewing your food thoroughly. This may mean chewing it 10 times or 30.
- People often lose interest in what they are eating as their sense of taste and smell change with age. You can enhance flavors of foods by experimenting with new herbs and spices.
- Develop a routine in which you eat around the same time every evening, preferably not too late, so it becomes a natural part of your day.
- Brush your teeth after every meal to keep your teeth healthy. The healthier your teeth, the more you will be able to enjoy your food.
- Drink water while you eat to hydrate your body and fill you up.



## TURKEY BURGERS

- ½ pound ground turkey
- 3 chopped shallots or half an onion
- 2 chopped garlic cloves
- ½ teaspoon red cayenne pepper
- 1 egg
- 1 chicken bouillon cube
- Salt to taste
- 3 whole wheat buns or bread
- 1 teaspoon of low-fat mayonnaise, ketchup, hot sauce, barbeque sauce, or desired dressing per burger.
- 1 large tomato, sliced
- Lettuce
- 3 medium sized red potatoes cut into large cubes.
- 1 teaspoon paprika
- ½ tsp rosemary
- 1 Tablespoon olive oil
- 3-4 cups of any vegetable (broccoli, string beans, carrots, cauliflower) desired for steaming.

### Instructions:

- Preheat oven to 400 degrees.
- In a medium bowl, combine potatoes, paprika, rosemary, olive oil, and salt.
- Pour in a medium sized baking pan and bake for about 20-30 minutes or until well done.
- In a large bowl, combine ground turkey, shallot or onion, cayenne pepper, egg white, dissolved bouillon cube and mix until well combined.
- With clean hands, form the turkey mixture into 3 equal patties.

- Heat a non-stick griddle (or large non-stick pan) over medium-high heat. Do not spray a non-stick pan, as oil from the meat will naturally grease the pan. Place each patty on griddle and cook for 3 minutes. Flip burgers and cook for another 3 minutes. May keep flipping for burgers that are well done.
- While turkey is cooking, place vegetable into covered pan with ¼ Cup of water, cover and steam on medium heat until slightly tender.
- Spread the dressing/sauce over the bottom half of each bun. Place burgers on buns and top each with 1 slice of tomato, and lettuce.

**Shopping List:** Potatoes, Ground turkey, Buns, Tomato, Garlic, Shallots or onion, Eggs, Chicken Bouillon, Lettuce, Red cayenne pepper, Vegetable of choice

**Empty Calories**

What is an empty calorie? It is something that tastes delicious but ultimately gives you NO nutritional value or any feeling of fullness. Here are some items that are empty calories that can be replaced with healthier options.

<u>Empty Foods</u>	<u>Substitutions</u>
Regular Soda	Diet Soda
Candy Bars	Dried Fruit
Potato Chips	Granola
Hard Candy	Carrot Sticks
Gatorade	Water
Ice Cream	Popsicles
Juice	Fruits

## EASY BEEF STEW

- 1 pound precut stew beef
- 1 tablespoon olive oil
- 3 ½ cups Tomato Juice
- 1 cup baby carrots
- 1 cup frozen string beans
- 1 cup red russet potatoes
- 4 tablespoon Beef flavored bouillon cube

### Instructions:

- Add 1tablespoon olive oil to a pan and brown beef (approximately 5-8min)
- Add 3 ½ cups of Tomato juice, allow it to boil and then turn the heat down to low
- Add 4 tablespoons of beef flavored bouillon
- Add 1 cup of baby carrots
- Add 1 cup frozen string beans
- Wash and cut up red russet potatoes into bite size pieces. Add 1 cup to pan.
- Cover and cook for approximately 1 hour until potato and carrots are soft.

**Shopping List:** Precut stew beef, Tomato juice, Baby carrots, Frozen string beans, Red russet potatoes, Beef flavored bouillon

## WHOLE WHEAT VEGETABLE PASTA

### Vegetable Mix

- 2 large tomatoes
- 3 green bell peppers
- Mushrooms
- Basil

### Instructions:

- **To Prepare Vegetables:**

- Cut up the tomato
- Cut up the peppers into small thin slices
- Spray non-stick cooking spray into cooking pan
- Add the peppers on medium to high heat
- Cover with a pan lid
- Cook at least 15 minutes (until the peppers begin to brown & cook)
- Add the tomatoes and mix
- Allow to cook another 5-10 minutes
- Add the mushrooms

### Pasta

- 3-4 cups Whole Wheat Penne Pasta
- Tomato Sauce

- Cook for another 10 minutes
- Taste to see if the mixture is cooked
- Mix the vegetables and add basil

- **Whole Wheat Penne Pasta**

- Over stove boil 3-4 cups of whole wheat pasta
- Follow instructions on box
- Once cooked and tender
- Drain noodles
- Add SMALL amount of tomato sauce (enough to lightly coat the noodles)

- **Put together**

- In a bowl fill half-way with noodles
- Add vegetable mixture
- Add parmesan cheese (if desired)

**Shopping List:** Tomatoes, Green bell peppers, Mushrooms, Whole wheat penne pasta, Tomato sauce

**Whole Grains** – Studies show eating more whole grains reduces your risk of diabetes. Even small changes go a long way. If you exchanged wheat bread for white bread in your sandwich, you can reduce your risk of diabetes by 21%! Whenever you can, replace refined grains with whole grains.

**Refined Grains**

White Bread  
Wheat Bread  
Regular Pasta  
White Rice  
White Flour  
Couscous  
Instant Oatmeal  
Crackers

**Whole Grains**

Whole wheat bread  
Whole wheat bread  
Whole wheat pasta  
Brown rice  
Whole wheat flour  
Quinoa  
Whole Oats  
Whole Wheat Crackers

## HERB ROASTED CHICKEN WITH STEAMED BROCCOLI AND BUTTERNUT SQUASH FRIES

### Chicken

- Whole Chicken
- 2 tablespoon olive oil
- 1 clove crushed garlic
- 1 teaspoon Salt
- ¼ teaspoon black pepper

### Broccoli

- 1 Head of Broccoli

### Butternut Squash Fries

- 1 butternut squash
- Salt to taste
- Dipping sauce of choice: light honey mustard or ketchup

### Instructions:

- **Whole Chicken**
  - Rub chicken with olive oil, crushed garlic, parsley, salt and pepper
  - Roast chicken in deep baking dish at 350 degrees for 50 minutes or until breast meat is no longer pink
- **Butternut Squash**
  - Peel & slice the butternut squash
    - Cut off the ends
    - Remove any seeds
    - Cut squash in half widthwise
    - Cut into fries (size depending on what you prefer)

- Pat dry the squash fry pieces
  - Add the salt
  - Heat oven to 425 degrees
  - Spray flat pan with non-stick cooking spray
  - Spread out the pieces of squash
  - Bake in the oven for 20 minutes
  - Flip the fries
  - Bake in the oven for 20 more minutes
- 
- **Broccoli**
    - Wash head of broccoli
    - Separate broccoli into pieces and place into covered pan with ¼ cup of water. Steam in covered pan for several minutes until softened.

**Shopping List:** Whole chicken, Garlic, Broccoli, Dipping sauce of choice

## VEGETABLE STIR FRY WITH TOFU (may substitute tofu with pre-cooked chicken or sausage)

- Zucchini
- Red pepper
- Mushrooms
- 1 chopped onion
- 2 cloves of garlic
- 1 bunch of kale; removed stems and chopped
- Broccoli
- Tofu
- Sesame oil
- Siracha
- Soy sauce
- Peanut butter (1-2 Tablespoons)
- 1 cup of brown rice (short grain)

### Instructions:

- **Rice:**

- Heat 2 ½ cups of water to a boil
- Add 1 cup of rice and return heat to low – let simmer for 60 minutes.

**Tip:** If you are short on time, you can use white rice (1 cup rice and 2 cups water). Start rice and then chop all vegetables before starting to cook them.

- **Stir Fry:**

- In large skillet or wok, heat 1-2 tablespoons of olive oil.
- Add chopped onion and crushed garlic.
- Cook on low for 5 min.



- Add each vegetable, starting with broccoli → zucchini → red pepper → kale.
- Add sesame oil, siracha, soy sauce and peanut butter to taste.
- While simmering, cut tofu in cubes. If using pre-cooked chicken sausage, begin to heat in pan with some non-stick cooking spray.
- Stir together and serve over rice.

**Shopping List:** Zucchini, Red bell pepper, Mushrooms, Onion, Garlic, Kale, Broccoli, Tofu, Sesame oil, Siracha, Soy sauce

### **Bring on the fruits and veggies!**

- Have fruit as a mid-morning snack.
- Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.
- Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.
- Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.
- Add broccoli, green beans, corn, or peas to a casserole or pasta.
- Have soup. You can stick with the basics like tomato or vegetable soup or mix up some minestrone or veggie chili to cut winter's chill. When possible, choose soups with less sodium.
- Add lettuce, tomato, onion, and cucumber to sandwiches.
- Choose beans, corn on the cob, or a side salad with low-calorie salad dressing instead of French fries.
- Try eating at least 2 vegetables with dinner.
- Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

## THREE BEAN TURKEY CHILI

### Ingredients:

- 15 ounce can of kidney beans
- 15 ounce can of black bean
- 15 ounce can of pinto beans
- 28 ounce can of diced tomatoes
- 1 ½ pounds of ground turkey
- 1 onion chopped
- 2-3 cloves of garlic chopped
- 1 tablespoon Cumin
- 1 tablespoon Chili Powder
- Cayenne to taste
- Paprika to taste
- **Optional:** can of crushed jalapeno pepper or diced fresh jalapeno for added spice

### Instructions:

- Chop onion and garlic
- Heat 1-2 tablespoons olive oil in big sauce pan
- Add onion and garlic.
- Cook on medium heat for 5 minutes
- Add turkey and cook until no longer pink.
- Add spices. Stir and heat for 2 minutes.
- Rinse beans thoroughly. Add beans and 28 ounce can of diced tomatoes.
- Stir and cover. Let simmer on low heat for 30 minutes. Stir periodically.

**Shopping List:** Kidney beans, Black beans, Pinto beans, Diced tomatoes, Ground turkey, Onion, Garlic, Cumin, Cayenne pepper, Paprika