



Food Skills Cookbook

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Cooperative Extension Service
University of Hawaii at Manoa
College of Tropical Agriculture & Human Resources
Department of Family & Consumer Sciences
Department of Human Nutrition, Food & Animal Science
Expanded Food & Nutrition Education Program (EFNEP)
Supplemental Nutrition Assistance Program—Education (SNAP-Ed)

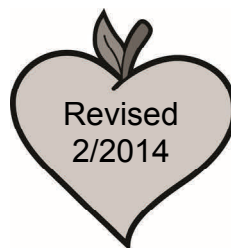




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BEANS

BEAN SALAD

Number of servings: 14

Ingredients:

- 4 (15-ounce) cans of beans (pinto, kidney, less sodium green, garbanzo)
- 1 small round onion
- 1 medium carrot
- 1 clove garlic
- ½ cup vinegar
- 1 teaspoon sugar
- ½ teaspoon pepper
- Optional: 2 teaspoons oregano

Directions:

1. DRAIN and RINSE beans. SET aside.
2. SLICE onion and carrot into strips. SET aside.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, onion, carrot, and garlic.
5. In a small jar, COMBINE vinegar, sugar, and pepper together. Optional: ADD oregano. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

Variation:

Dry beans may be used. Cook according to package directions.

Nutrition Facts

Serving Size 1/2 cup (90 g)
Servings Per Container 14

Amount Per Serving

Calories 70 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 140 mg 6 %

Total Carbohydrate 12 g 4 %

Dietary Fiber 4 g 16 %

Sugars 1 g

Protein 4 g

Vitamin A 15% ■ Vitamin C 2%

Calcium 4% ■ Iron 4%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

BEAN SALAD SPREAD

Number of servings: 16

Ingredients:

- 2 (15-ounce) cans of beans (pinto, kidney, garbanzo)
- ½ small round onion
- ½ cup bell pepper OR celery, OR a mixture of both
- 1 ½ tablespoons lemon juice OR vinegar
- ¼ teaspoon salt
- ¼ teaspoon powdered mustard
- Optional: 2-3 tablespoons water

Directions:

1. DRAIN and RINSE beans.
2. MINCE onion and bell pepper and/OR celery. SET aside.
3. In a large bowl, MASH beans until half of them form a paste.
4. ADD lemon juice OR vinegar, salt and mustard to bean paste.
5. ADD onion and bell pepper and/OR celery.
6. Optional: ADD water if mixture is too dry.
7. MIX gently and COVER bowl. REFRIGERATE until ready to SERVE.

Variations:

Dry beans may be used. Cook according to package directions.
 Serve spread on tortillas, whole wheat crackers, or pita bread.
 Use as a dip for vegetables.

Nutrition Facts		
Serving Size 1/4 cup (38 g)		
Servings Per Container 16		
Amount Per Serving		
Calories	40	Calories from Fat 0
% Daily Value*		
Total Fat	0 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	110 mg	5 %
Total Carbohydrate	7 g	2 %
Dietary Fiber	2 g	8 %
Sugars	0 g	
Protein	2 g	
Vitamin A	0 %	Vitamin C 2 %
Calcium	2 %	Iron 2 %
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Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 - Carbohydrate 4 - Protein 4		

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HAM WITH PORK AND BEANS



Number of servings: 5

Ingredients:

- ½ pound ham
- 1 medium round onion
- 2 (15-ounce) cans of pork and beans
- ½ cup fruit OR vegetable (example: apple OR corn)

Directions:

1. CUBE ham and onion.
2. In a medium pot, COOK ham and onion until lightly BROWNED.
3. ADD pork and beans.
4. ADD fruit OR vegetable. MIX well.
5. STIR and SIMMER for 5-10 minutes.

Variation:

Other meats may be used.

Nutrition Facts

Serving Size 1 cup (255 g)
Servings Per Container 5

Amount Per Serving

Calories 250 **Calories from Fat** 36

% Daily Value*

Total Fat 4 g 6 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 45 mg 15 %

Sodium 640 mg 27 %

Total Carbohydrate 36 g 12 %

Dietary Fiber 8 g 32 %

Sugars 11 g

Protein 22 g

Vitamin A 2% **Vitamin C** 6%

Calcium 8% **Iron** 20%

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Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

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PAGES 98-101.



UNFRIED BEANS



Yield: approximately 2 cups

Ingredients:

- 2 cups canned beans (pinto, kidney, red, etc.)
- ½ teaspoon cumin
- 1 tablespoon vinegar (more or less to taste)
- 2 tablespoons finely minced onion
- 1 teaspoon chili powder (more or less to taste)
- ½ teaspoon pepper

Directions:

1. DRAIN and RINSE beans.
2. In a medium bowl, MASH beans.
3. ADD cumin, vinegar, onion, chili powder and pepper. MIX well.

Variations:

Finely minced cilantro (Chinese parsley), chopped tomatoes, minced garlic, chopped green chilies, OR diced green peppers may also be used.
Serve as a lowfat substitute for “refried beans”, as a dip, OR sandwich spread.

Nutrition Facts

Serving Size 1/4 cup (47 g)
Servings Per Container 8

Amount Per Serving

Calories 50 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 105 mg 4 %

Total Carbohydrate 9 g 3 %

Dietary Fiber 3 g 12 %

Sugars 0 g

Protein 3 g

Vitamin A 2% ■ Vitamin C 0%

Calcium 2% ■ Iron 4%

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Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

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PAGES 98-101.

DESSERTS



APPLE TURNOVER



Yield: 16 pieces

Ingredients:

- 2 large apples (red OR green)
- 1 (8-ounce) package refrigerated crescent rolls
- 1 teaspoon cinnamon
- 2 tablespoons sugar
- 1-2 tablespoons butter
- Cooking spray

Directions:

1. PREHEAT oven to 400°F.
2. PEEL apples. REMOVE center with seeds and SLICE each apple into 8 wedges.
3. SEPARATE crescent rolls and CUT each triangle in half lengthwise, making a total of 16 triangles.
4. In a small bowl, MIX cinnamon and sugar together.
5. In a small pot, MELT butter. SPREAD butter all over the top of each triangle.
6. SPRINKLE each crescent roll lightly with the cinnamon and sugar mixture.
7. PLACE 1 apple wedge on the large end of each crescent roll triangle.
8. ROLL crescent roll up to form a turnover. REPEAT for remaining pieces.
9. SPRAY a cookie sheet with cooking spray.
10. PLACE turnovers on greased cookie sheet with the point of triangle tucked under.
11. BAKE for 10-12 minutes or until golden brown.
12. REMOVE from cookie sheet and COOL.

Variation:

Other fruits may be used as a filling.

Nutrition Facts

Serving Size 1 piece (38 g)
Servings Per Container 16

Amount Per Serving

Calories 80 **Calories from Fat** 32

% Daily Value*

Total Fat 3.5 g 5 %

Saturated Fat 1.5 g 8 %

Trans Fat 0.5 g

Cholesterol 0 mg 0 %

Sodium 120 mg 5 %

Total Carbohydrate 10 g 3 %

Dietary Fiber less than 1 g 2 %

Sugars 5 g

Protein 1 g

Vitamin A 0 % ■ Vitamin C 0 %

Calcium 0 % ■ Iron 2 %

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

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

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PAGES 98-101.



BREAD PUDDING



Yield: 20 pieces

Ingredients:

- 1 ½-2 pounds of day-old bread (8 cups)
- 4 cups lowfat or fat free milk
- 4 eggs
- 1 ½ cups sugar
- 2 teaspoons cinnamon
- Cooking spray
- Optional: ½ cup raisins

Directions:

1. PREHEAT oven to 350°F.
2. In a large bowl, BREAK bread into small pieces.
3. POUR milk over bread and MIX together. SET aside.
4. In a small bowl, BEAT eggs.
5. ADD eggs, sugar, and cinnamon to the bowl with the bread and milk. MIX well.
6. Optional: ADD raisins, and MIX well.
7. SPRAY a 9" x 13" pan with cooking spray.
8. POUR bread mixture into the greased 9" x 13" pan.
9. BAKE for 35-45 minutes.
10. COOL and CUT the bread pudding 4 by 5 to yield 20 pieces.

Variations:

Use any combination of breads.

Use more liquid if using whole grain bread.

Use nonfat powdered milk instead of milk (⅓ cup powdered milk and enough water to make 1 cup).

Nutrition Facts

Serving Size 1 piece (108 g)
Servings Per Container 20

Amount Per Serving

Calories 180 **Calories from Fat** 18

% Daily Value*

Total Fat 2 g 3 %

Saturated Fat 0.5 g 3 %

Trans Fat 0 g

Cholesterol 40 mg 13 %

Sodium 210 mg 9 %

Total Carbohydrate 35 g 12 %

Dietary Fiber 2 g 8 %

Sugars 20 g

Protein 6 g

Vitamin A 4% ■ Vitamin C 0%

Calcium 10% ■ Iron 8%

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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CEREAL SQUARES



Yield: 20 pieces

Ingredients:

- ½ cup almonds OR walnuts
- ½ cup butter (1 block)
- 1 cup farina (cream of wheat)
- 1 cup brown sugar
- 5 cups water
- ½ cup raisins
- 1 cup nonfat powdered milk
- ½ teaspoon vanilla

Directions:

1. CHOP almonds OR walnuts. SET aside.
2. In a medium pot, MELT butter with farina and MIX well.
3. COOK over low heat until lightly BROWNED. SET aside.
4. In another small pot, bring brown sugar and water to BOIL. ADD raisins and MIX well.
5. SLOWLY ADD sugar and raisin syrup to farina mixture, STIRRING constantly.
6. ADD nuts, MIX and COOK until mixture thickens.
7. STIR in powdered milk. ADD vanilla. MIX well.
8. POUR into 8" square pan.
9. COOL and CUT 4 by 5 to yield 20 pieces.

Variations:

Sprinkle cinnamon on top.
Other dried fruit may be used.

Nutrition Facts

Serving Size 1 piece (87 g)
Servings Per Container 20

Amount Per Serving

Calories 150 **Calories from Fat** 54

% Daily Value*

Total Fat 6 g 9%

Saturated Fat 3 g 15%

Trans Fat 0 g

Cholesterol 15 mg 5%

Sodium 75 mg 3%

Total Carbohydrate 23 g 8%

Dietary Fiber less than 1 g 3%

Sugars 16 g

Protein 3 g

Vitamin A 4% ■ Vitamin C 0%

Calcium 15% ■ Iron 15%

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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OATMEAL RAISIN COOKIES



Yield: 48 pieces

Ingredients:

- 1 ½ cups flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 cup butter (2 blocks), softened
- ½ cup white sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 cup raisins
- 3 cups oatmeal (instant OR old fashioned)
- Optional: ½ teaspoon salt

Directions:

1. PREHEAT oven to 350° F.
2. In a medium bowl, SIFT together flour, baking soda, and cinnamon. SET aside.
3. In a large bowl, CREAM together butter and sugars.
4. ADD eggs and vanilla to butter and sugar mixture and MIX well.
5. SLOWLY ADD flour mixture to butter, sugar, eggs, and vanilla, MIX well.
6. ADD raisins and optional salt. MIX well.
7. STIR in oatmeal, and MIX well.
8. DROP by tablespoonful onto an ungreased cookie sheet, 2 inches apart.
9. BAKE for 10-12 minutes, or until golden brown.
10. COOL and STORE in an airtight container.

Nutrition Facts

Serving Size 1 cookie (28 g)
Servings Per Container 48

Amount Per Serving

Calories 110 **Calories from Fat** 41

% Daily Value*

Total Fat 4.5 g 7 %

Saturated Fat 2.5 g 13 %

Trans Fat 0 g

Cholesterol 20 mg 7 %

Sodium 65 mg 3 %

Total Carbohydrate 17 g 6 %

Dietary Fiber 1 g 4 %

Sugars 9 g

Protein 2 g

Vitamin A 2% ■ Vitamin C 0%

Calcium 2% ■ Iron 4%

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Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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PEANUT BUTTER COOKIES



Yield: 48 pieces

Ingredients:

1 cup flour
 ½ teaspoon baking powder
 ½ cup butter (1 block)
 ½ cup peanut butter
 ½ cup white sugar
 ½ cup brown sugar
 1 egg
 ½ teaspoon vanilla
 Extra flour

Directions:

1. PREHEAT oven to 350° F.
2. In a small bowl, SIFT together flour and baking powder. SET aside.
3. In a large bowl, CREAM together butter and peanut butter.
4. BLEND white and brown sugars, and ADD to butter and peanut butter mixture.
5. STIR in egg and vanilla. MIX well.
6. Slowly ADD flour mixture and MIX well.
7. ROLL dough into quarter-size balls. PLACE on an ungreased cookie sheet, 2 inches apart.
8. DIP a fork in extra flour and PRESS flat onto cookie dough, making crossmarks.
9. BAKE for 10 minutes or until golden brown.

Variation:

Use either creamy or chunky peanut butter.

Nutrition Facts

Serving Size 1 cookie (13 g)
 Servings Per Container 48

Amount Per Serving

Calories 60 **Calories from Fat** 32

% Daily Value*

Total Fat 3.5 g 5%

Saturated Fat 1.5 g 8%

Trans Fat 0 g

Cholesterol 10 mg 3%

Sodium 35 mg 1%

Total Carbohydrate 7 g 2%

Dietary Fiber 0 g 0%

Sugars 5 g

Protein 1 g

Vitamin A 2% ■ Vitamin C 0%

Calcium 0% ■ Iron 2%

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 PAGES 98-101.



PEANUT BUTTER LOG



Yield: 1 log (20 pieces)

Ingredients:

- ½ cup plain cornflake cereal
- ⅔ cup nonfat powdered milk
- 2 tablespoons pancake syrup
- ¾ cup peanut butter
- ¼ cup raisins
- Wax paper
- Optional: 1 teaspoon vanilla extract

Directions:

1. In a medium bowl, MIX cereal, powdered milk, and pancake syrup.
2. ADD peanut butter and raisins to the cereal mixture.
3. Optional: ADD vanilla extract.
4. MIX well.
5. PLACE mixture on waxed paper sheet 13" x 15" long.
6. ROLL into log with waxed paper and refrigerate.
7. When ready to serve, SLICE into 2 inch pieces.

Variations:

Other cereals may be used.

Graham crackers may be used instead of cereal.

Peanut butter may be creamy or chunky.

For persons over 2 years of age, honey may be used instead of pancake syrup.

Nutrition Facts

Serving Size 1 piece (17 g)

Servings Per Container 20

Amount Per Serving

Calories 80 **Calories from Fat** 45

% Daily Value*

Total Fat 5 g 8 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 65 mg 3 %

Total Carbohydrate 6 g 2 %

Dietary Fiber less than 1 g 3 %

Sugars 4 g

Protein 3 g

Vitamin A 2 % ■ Vitamin C 0 %

Calcium 4 % ■ Iron 2 %

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PUMPKIN SHORTBREAD



Yield: 20 pieces

Ingredients:

Crust:

- 1 cup butter (2 blocks)
- ½ cup sugar
- 3 cups flour

Filling:

- 1 (29-ounce) can 100% pure pumpkin
- 1 ½ cups sugar
- 4 eggs
- 2 (12-fluid ounce) cans fat free evaporated milk
- ½ teaspoon ground ginger
- ½ teaspoon ground cloves
- 1 teaspoon salt
- 1 teaspoon cinnamon

Directions for crust:

1. In a medium bowl, CREAM butter and sugar.
2. Slowly ADD flour and MIX well.
3. PRESS mixture evenly into a 9" x 13" pan.

Directions for filling:

1. PREHEAT oven to 425° F.
2. In a large bowl, MIX pumpkin and sugar thoroughly.
3. ADD eggs, evaporated milk, ginger, cloves, salt, and cinnamon to pumpkin mixture and MIX well.
4. POUR pumpkin mixture on top of crust.
5. BAKE for 15 minutes at 425° F.
6. REDUCE heat to 350° F.
7. BAKE for an additional 55 minutes or until done.
8. INSERT a toothpick or butter knife to test for doneness (toothpick/knife should come out clean).
9. COOL and CUT the pumpkin shortbread 4 by 5 to yield 20 pieces.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

Nutrition Facts

Serving Size 1 piece (141 g)
Servings Per Container 20

Amount Per Serving

Calories 290 **Calories from Fat** 99

% Daily Value*

Total Fat 11 g 17 %

Saturated Fat 6 g 30 %

Trans Fat 0 g

Cholesterol 60 mg 20 %

Sodium 250 mg 10 %

Total Carbohydrate 43 g 14 %

Dietary Fiber 2 g 8 %

Sugars 26 g

Protein 6 g

Vitamin A 110% ■ Vitamin C 0%

Calcium 10% ■ Iron 8%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

EGGS



EGG FU YUNG



Number of servings: 4

Ingredients:

- 6 leaves green onion
- 1 rib celery
- 6 eggs
- ½ (10-ounce) package bean sprouts
- salt and pepper to taste
- 1 tablespoon oil

Directions:

1. CHOP green onions to 1 inch lengths.
2. SLICE celery into thin strips.
3. In a medium bowl, BEAT eggs.
4. ADD green onions, celery, bean sprouts, salt, and pepper to eggs.
5. In a large frying pan, HEAT ½ tablespoon oil.
6. POUR half of mixture into heated frying pan.
7. FOLD in half or thirds.
8. BROWN on both sides and remove from pan onto platter.
9. ADD remaining ½ tablespoon oil and COOK the other half of mixture and PLACE onto platter.

Variations:

Leftover meats, such as roast beef, turkey, or chopped ham may be added.
 Canned meats, such as tuna, chicken, turkey or luncheon meats may be added.
 Cooked cubed boneless ahi, ono, or mahimahi can be used for a seafood variation.
 Fry leftover poke for an interesting twist.
 Add some tomato salsa to the eggs or on top for a Mexican flair.
 Add a scoop of chili on top and serve.
 Substitute chop suey vegetables in place of bean sprouts.

Nutrition Facts

Serving Size 1/2 cup (141 g)
 Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat** 99

% Daily Value*

Total Fat 11 g 17 %

Saturated Fat 2.5 g 13 %

Trans Fat 0 g

Cholesterol 280 mg 93 %

Sodium 190 mg 8 %

Total Carbohydrate 4 g 1 %

Dietary Fiber 1 g 4 %

Sugars 3 g

Protein 11 g

Vitamin A 25 % ■ Vitamin C 15 %

Calcium 6 % ■ Iron 10 %

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
 PAGES 98-101.



SCRAMBLED TOFU



Number of servings: 5

Ingredients:

- 1 (14-ounce) container tofu
- 2 cloves garlic
- 2 leaves green onion
- 1 tablespoon butter
- 1 (9-ounce) package chop suey mix
- 2 eggs
- salt and pepper to taste
- Optional: watercress
- mushrooms
- bell pepper
- bean sprouts

Directions:

1. DRAIN tofu.
2. In a small bowl, DICE or MASH tofu.
3. MINCE garlic and CHOP green onion. SET aside. Optional: SLICE - watercress, mushrooms, and bell peppers.
4. In a pan, MELT butter.
5. DRAIN excess liquid from tofu, then ADD to pan.
6. ADD garlic, green onion, chop suey mix and optional ingredients to pan. SAUTÉ over medium heat until lightly BROWNED.
7. In a small bowl, BEAT eggs and ADD to tofu mixture.
8. SPRINKLE salt and pepper to taste.
9. STIR and COOK until firm.

Variation:

Sauté one or more optional ingredients with tofu. Season to taste.

Nutrition Facts

Serving Size 1 cup (159 g)
Servings Per Container 5

Amount Per Serving

Calories 140 **Calories from Fat** 72

% Daily Value*

Total Fat 8 g 12 %

Saturated Fat 2.5 g 13 %

Trans Fat 0 g

Cholesterol 80 mg 27 %

Sodium 130 mg 5 %

Total Carbohydrate 6 g 2 %

Dietary Fiber 2 g 8 %

Sugars 3 g

Protein 12 g

Vitamin A 8% **Vitamin C** 15%

Calcium 15% **Iron** 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



TUNA TOFU PATTIES



Number of servings: 8

Ingredients:

- 1 (14-ounce) container tofu
- 2 leaves green onions
- 1 (5-ounce) can tuna in water
- 1 egg
- salt and pepper to taste
- 1 tablespoon oil

Directions:

1. DRAIN tofu, then WRAP tofu in a clean dishcloth and SQUEEZE out water.
2. In a medium bowl, MASH tofu.
3. CHOP green onions to ½ inch lengths.
4. DRAIN tuna.
5. ADD green onion, tuna, egg, salt, and pepper to tofu. MIX well.
6. FORM into 8 patties.
7. In a large frying pan, ADD oil and FRY patties until BROWN.
8. DRAIN on paper towel and SERVE with any sauce.

Variations:

May use canned salmon instead of tuna.
Shredded carrots or garlic may also be used.

Nutrition Facts

Serving Size 1 patty (75 g)
Servings Per Container 8

Amount Per Serving

Calories 80 **Calories from Fat** 41

% Daily Value*

Total Fat 4.5 g 7 %

Saturated Fat 0.5 g 3 %

Trans Fat 0 g

Cholesterol 30 mg 10 %

Sodium 100 mg 4 %

Total Carbohydrate 1 g 0 %

Dietary Fiber 0 g 0 %

Sugars 0 g

Protein 9 g

Vitamin A 4% ■ Vitamin C 2%

Calcium 8% ■ Iron 6%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

FRUITS



FRUIT FREEZES



Yield: 1 tray

Ingredients:

Fresh bananas
Pineapple
Mango
Apple
Grapes
Strawberries

Directions:

1. PEEL and SLICE fruits.
2. PLACE fruit pieces on a cookie sheet, or in a flat shallow pan, lined with foil.
3. PLACE sheet or pan flat on freezer shelf. FREEZE overnight.
4. PLACE frozen fruit in individual plastic bags.

Variation:

Use canned fruit such as peaches, pears, apricots, etc.

Nutrition Facts

Serving Size 1/2 cup (113 g)
Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Total Carbohydrate 17 g 6%

Dietary Fiber 2 g 8%

Sugars 13 g

Protein 1 g

Vitamin A 10% ■ **Vitamin C** 50%

Calcium 2% ■ **Iron** 2%

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

	Calories: 2,000 2,500	
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



FRUIT SLUSH #1



Yield: 6 cups

Ingredients:

- 1 (12-fluid ounce) can 100% frozen juice concentrate
- 1 (12-fluid ounce) can water
- 3 cups ice

Directions:

1. In a blender, PLACE juice concentrate, water, and half of ice.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING remaining ice. SERVE.

Variations:

Use any 100% frozen juice concentrate.
If slush is too thick, add more water.

Nutrition Facts

Serving Size 1 cup (187 g)
Servings Per Container 6

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 15 mg 0 %

Total Carbohydrate 28 g 9 %

Dietary Fiber 0 g 0 %

Sugars 27 g

Protein 1 g

Vitamin A 0% Vitamin C 45%

Calcium 2% Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



FRUIT SLUSH #2



Yield: 6 cups

Ingredients:

- 1 (12-fluid ounce) can 100% frozen juice concentrate
- 2 cups of fresh fruit
- 5 cups ice

Directions:

1. In a blender, PLACE frozen juice concentrate and fresh fruit.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING ice. SERVE.

Variations:

Use any canned or frozen fruit.
Use any 100% frozen juice concentrate.
If slush is too thick, add water.

Nutrition Facts

Serving Size 1 cup (224 g)
Servings Per Container 6

Amount Per Serving

Calories 160 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 20 mg 0%

Total Carbohydrate 39 g 13%

Dietary Fiber 1 g 4%

Sugars 32 g

Protein 1 g

Vitamin A 0% Vitamin C 90%

Calcium 2% Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



FRUIT SLUSH #3



Yield: 6 cups

Ingredients:

- 1 (6-ounce) container lowfat or fat free vanilla yogurt
- 2 cups fresh fruit
- 3 cups ice

Directions:

1. In a blender, PLACE yogurt and fresh fruit.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING ice. SERVE.

Variations:

Use any flavor yogurt.

Canned or frozen fruit may be used.

If slush is too thick, add water.

Nutrition Facts

Serving Size 1 cup (136 g)
Servings Per Container 6

Amount Per Serving

Calories 70 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 25 mg 1 %

Total Carbohydrate 17 g 6 %

Dietary Fiber 1 g 4 %

Sugars 11 g

Protein 2 g

Vitamin A 2% **Vitamin C** 8%

Calcium 6% **Iron** 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



SKILLET FRUIT



Number of servings: 16

Ingredients:

- 1 teaspoon lemon zest*
- 3-4 cups fruit (fresh OR canned)
- ¼ cup fruit juice OR water
- 2 tablespoons brown sugar
- 2 tablespoons butter

Directions:

1. GRATE lemon zest. SET aside.
2. SLICE or DRAIN fruit and SET aside.
3. In a large pot, STIR lemon zest, fruit juice OR water and brown sugar.
4. ADD butter and STIR until melted and sugar is dissolved.
5. ADD fruit.
6. MIX well and SERVE while hot.

Variations:

Fresh mango, papaya, banana, drained mandarin oranges, or other canned fruit may be used.

Use in place of syrup on French toast, pancakes, or waffles.

*Zest is the thin outer peel of a citrus fruit.

Nutrition Facts

Serving Size 1/4 cup (33 g)
Servings Per Container 16

Amount Per Serving

Calories 35 **Calories from Fat** 14

% Daily Value*

Total Fat 1.5 g 2 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol less than 5 mg 1 %

Sodium 15 mg 0 %

Total Carbohydrate 6 g 2 %

Dietary Fiber less than 1 g 2 %

Sugars 5 g

Protein 0 g

Vitamin A 4% ■ **Vitamin C** 8%

Calcium 0% ■ **Iron** 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

LEFTOVERS

FIESTA RICE

Number of servings: 9

Ingredients:

- 1 cup canned kidney beans
- 1 medium round onion
- 2 cups vegetables (fresh, frozen, canned, leftovers)
- ½ pound lean ground beef (OR 1 cup leftover meat)
- 2 (8-ounce) cans tomato sauce
- salt and pepper to taste
- 3 cups cooked rice
- 1 cup shredded cheese
- Optional: 1 medium bell pepper
- 1 rib celery

Directions:

1. DRAIN and RINSE kidney beans. SET aside.
2. CHOP onion and vegetables. SET aside.
3. Optional: CHOP bell pepper and celery.
4. In a large skillet or pan, BROWN beef and DRAIN OFF excess fat. OR, if leftover meat is used, CHOP into small pieces and HEAT.
5. ADD onion to skillet or pan, and STIR.
6. Optional: ADD bell pepper and celery. STIR.
7. ADD beans and vegetables. STIR.
8. COOK until tender.
9. ADD tomato sauce, salt and pepper. MIX well.
10. ADD rice and MIX well.
11. COVER and HEAT on low until piping hot.
12. ADD cheese and HEAT until melted.

Variations:

Substitute 1 (14-ounce) can stewed tomatoes instead of 1 can tomato sauce.
 Use cooked brown rice for a hearty flavor.
 Add 2 teaspoons chili powder for a spicy taste.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
 PAGES 98-101.**

Nutrition Facts

Serving Size 1 cup (203 g)
 Servings Per Container 9

Amount Per Serving

Calories 210 **Calories from Fat** 54

% Daily Value*

Total Fat 6 g 9 %

Saturated Fat 2.5 g 13 %

Trans Fat 0 g

Cholesterol 25 mg 8 %

Sodium 470 mg 20 %

Total Carbohydrate 29 g 10 %

Dietary Fiber 3 g 12 %

Sugars 4 g

Protein 12 g

Vitamin A 90% ■ Vitamin C 10%

Calcium 20% ■ Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

FRIED RICE

Number of servings: 9

Ingredients:

- 1 medium round onion
- 2 eggs
- 1 cup cooked meat
- 1 tablespoon oil
- 4 cups cooked rice
- 2 cups frozen peas OR mixed vegetables
- 2 teaspoons less sodium soy sauce

Directions:

1. CHOP onion. SET aside.
2. In a small bowl, BEAT eggs.
3. CUBE or SLICE meat.
4. In a large skillet or pan, HEAT oil. COOK onion and eggs.
5. ADD meat and COOK until hot.
6. ADD rice.
7. TOSS and STIR gently until rice is heated through.
8. ADD peas OR mixed vegetables and soy sauce. MIX well.
9. HEAT until vegetables are cooked.

Variations:

- Use cooked brown rice for a hearty flavor and an even, brown color.
- Use any leftover cooked meat.
- Use any available or leftover bite-sized pieces of vegetables (fresh, canned, or frozen).
- Use oyster sauce.

Nutrition Facts

Serving Size 1 cup (155 g)
Servings Per Container 9

Amount Per Serving

Calories 190 **Calories from Fat** 32

% Daily Value*

Total Fat 3.5 g 5 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 55 mg 18 %

Sodium 120 mg 5 %

Total Carbohydrate 29 g 10 %

Dietary Fiber 2 g 8 %

Sugars 2 g

Protein 9 g

Vitamin A 15% ■ Vitamin C 6%

Calcium 2% ■ Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



ROAST ON TOAST



Number of servings: 10

Ingredients:

3 medium potatoes
1 small round onion
2 cloves garlic
1 (8-ounce) can mushrooms
1 ½ pounds cooked meat
1 cup vegetables
salt and pepper to taste
3-4 cups less sodium broth (OR 3-4 bouillon
cubes dissolved in 3 cups of water)
10 slices of bread

Thickening:

3 tablespoons cornstarch
¼ cup water

Directions:

1. PEEL and CUBE potatoes. SET aside.
2. CHOP onion and MINCE garlic. SET aside.
3. DRAIN mushrooms. SET aside.
4. SLICE, CUT, or CUBE meat.
5. In a large skillet or pan, ADD onions, garlic, mushrooms, meat, vegetables, salt, pepper, and broth. MIX.
6. SIMMER covered until mixture is HOT.
7. ADD potatoes, and COOK until tender.
8. In a small bowl, MIX thickening ingredients. ADD to mixture, STIRRING until thickened.
9. TOAST bread in toaster.
10. SERVE mixture on toast.

Variations:

Use turkey, chicken, pork, or beef.

Use any available or leftover bite-sized pieces of vegetables (fresh, canned, or frozen).

Instead of toast, serve on cooked rice or mashed potatoes.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

Nutrition Facts

Serving Size 1 cup (268 g)
Servings Per Container 10

Amount Per Serving

Calories 270 **Calories from Fat** 63

% Daily Value*

Total Fat 7 g 11 %

Saturated Fat 2 g 10 %

Trans Fat 0 g

Cholesterol 85 mg 28 %

Sodium 380 mg 16 %

Total Carbohydrate 29 g 10 %

Dietary Fiber 4 g 16 %

Sugars 3 g

Protein 24 g

Vitamin A 15% ■ Vitamin C 35%

Calcium 6% ■ Iron 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

MILK



MILK SMOOTHIE #1



Yield: 5 cups

Ingredients:

- 1 cup water
- 1 cup nonfat powdered milk
- 2 cups of fresh fruit
- 3 cups ice

Directions:

1. In a blender, ADD water and gradually BLEND in powdered milk.
2. ADD fruit and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Fresh fruit may include: banana, mango, papaya, strawberry, etc.

Use frozen or canned fruit.

The more ice used, the more frosty the drink becomes.

Two cups of liquid/fluid milk may be used in place of powdered milk and water.

Nutrition Facts

Serving Size 1 cup (196 g)
Servings Per Container 5

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 80 mg 3 %

Total Carbohydrate 15 g 5 %

Dietary Fiber 1 g 4 %

Sugars 12 g

Protein 5 g

Vitamin A 6% ■ Vitamin C 45%

Calcium 20% ■ Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



MILK SMOOTHIE #2



Yield: 4 cups

Ingredients:

- 1 cup 100% frozen juice concentrate
- ½ cup nonfat powdered milk
- 1 cup fresh fruit
- 2 cups ice

Directions:

1. In a blender, ADD juice and gradually BLEND in powdered milk.
2. ADD fruit and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Use fresh, frozen, or canned fruit.

Use any 100% fresh, frozen, or canned juice.

One cup of liquid/fluid milk may be used in place of powdered milk. Reduce ice to 1 cup.

Nutrition Facts

Serving Size 1 cup (177 g)

Servings Per Container 4

Amount Per Serving

Calories 180 Calories from Fat 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 55 mg 2 %

Total Carbohydrate 41 g 14 %

Dietary Fiber 1 g 4 %

Sugars 36 g

Protein 4 g

Vitamin A 4% ■ Vitamin C 90%

Calcium 10% ■ Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



MILK SMOOTHIE #3



Yield: 6 cups

Ingredients:

- 1 (12-fluid ounce) can 100% frozen juice concentrate
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup nonfat powdered milk
- 3 cups ice

Directions:

1. In a blender, ADD juice and gradually ADD water.
2. Gradually ADD and BLEND powdered milk.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

One cup of liquid/fluid milk may be used in place of powdered milk and water.

Use any 100% fresh, frozen, or canned juice.

Nutrition Facts

Serving Size 1 cup (166 g)

Servings Per Container 6

Amount Per Serving

Calories 150 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 40 mg 2 %

Total Carbohydrate 34 g 11 %

Dietary Fiber 0 g 0 %

Sugars 33 g

Protein 3 g

Vitamin A 4% ■ Vitamin C 35%

Calcium 10% ■ Iron 4 %

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

ONE POT MEALS



CHEESY CASSEROLE



Number of servings: 9

Ingredients:

- 1 small round onion
- 1 clove garlic
- 1 large zucchini
- 1 crown broccoli
- 2 tablespoons butter
- 2 tablespoons flour
- 1 ½ teaspoons oregano
- ½ teaspoon basil
- 1 cup lowfat or fat free milk
- 4 cups cooked noodles (any type)
- 1 ½ cups shredded Monterey Jack OR other cheese

Directions:

1. CHOP onion. SET aside.
2. MINCE garlic. SET aside.
3. CUT zucchini and broccoli into bite-sized pieces. SET aside.
4. In a large skillet or pan, MELT butter. ADD onion and garlic. SAUTÉ for a few minutes.
5. STIR in flour and ADD oregano and basil. MIX.
6. REMOVE from heat and gradually STIR in milk.
7. ADD vegetables, noodles and 1 cup cheese.
8. MIX until sauce is well blended with vegetables and noodles.
9. RETURN to stove. COVER and COOK for 15 minutes.
10. REMOVE cover and ADD remaining ½ cup cheese.
11. COOK uncovered for 10 minutes.

Variation:

Use powdered milk instead of liquid milk (⅓ cup powdered milk and enough water to make 1 cup).

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

Nutrition Facts

Serving Size 1 cup (194 g)
Servings Per Container 9

Amount Per Serving

Calories 230 **Calories from Fat** 81

% Daily Value*

Total Fat 9 g 14 %

Saturated Fat 5 g 25 %

Trans Fat 0 g

Cholesterol 25 mg 8 %

Sodium 150 mg 6 %

Total Carbohydrate 27 g 9 %

Dietary Fiber 3 g 12 %

Sugars 3 g

Protein 11 g

Vitamin A 20% ■ **Vitamin C** 50%

Calcium 20% ■ **Iron** 8%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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



HAMBURGER STEW



Number of servings: 7

Ingredients:

1 small round onion
2 ribs celery
2-3 medium potatoes
1-2 medium carrots
1 thumb size piece ginger
1 clove garlic
1 pound lean ground beef
Water to cover

Seasoning:

1 (8-ounce) can tomato sauce
2 teaspoons salt
1/8 teaspoon pepper
1/2 teaspoon sugar
1 tablespoon less sodium soy sauce

Thickening:

2 tablespoons flour
1/4 cup water

Nutrition Facts

Serving Size 1 cup (342 g)
Servings Per Container 7

Amount Per Serving

Calories 190 **Calories from Fat** 63

% Daily Value*

Total Fat 7 g 11 %

Saturated Fat 2.5 g 13 %

Trans Fat 0 g

Cholesterol 40 mg 13 %

Sodium 980 mg 41 %

Total Carbohydrate 19 g 6 %

Dietary Fiber 2 g 8 %

Sugars 3 g

Protein 14 g

Vitamin A 35 % ■ Vitamin C 25 %

Calcium 4 % ■ Iron 15 %

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Directions:

1. CHOP onion, celery, potatoes, and carrots.
2. CRUSH ginger and garlic.
3. In a large pot, FRY lean ground beef and DRAIN OFF excess fat.
4. ADD ginger and garlic to ground beef. STIR.
5. ADD onion, celery, potatoes, and carrot. STIR.
6. ADD enough water to cover the ingredients.
7. In a small bowl, MIX seasoning ingredients. ADD seasoning to pot and MIX.
8. COOK until vegetables are tender. STIR.
9. In a small bowl, MIX thickening ingredients. ADD to stew and MIX well to thicken.

Variations:

Use frozen and canned vegetables.

Use ground chicken or ground turkey instead of lean ground beef.

Use cream of mushroom soup instead of tomato sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



SKILLET LASAGNA



Number of servings: 9

Ingredients:

- 1 cup cooked chicken OR turkey
- 1 (24-ounce) jar spaghetti sauce
- 1 (8-ounce) can tomato sauce
- salt and pepper to taste
- 2 cups uncooked macaroni
- 2 ½ cups water
- 2 (10-ounce) boxes frozen spinach
- 1 cup shredded cheese

Directions:

1. DICE or SHRED chicken OR turkey.
2. In a large skillet or large pot, COMBINE chicken OR turkey, spaghetti sauce, tomato sauce, salt, pepper, macaroni, and water.
3. Bring to a BOIL, REDUCE HEAT, COVER and SIMMER 20-25 minutes or until macaroni is tender.
4. ADD spinach and COOK until thawed. MIX well.
5. SPRINKLE with cheese.

Variation:

Substitute tofu for meat (one block drained and mashed).

Nutrition Facts

Serving Size 1 cup (280 g)
Servings Per Container 9

Amount Per Serving

Calories 210 **Calories from Fat** 45

% Daily Value*

Total Fat 5 g 8 %

Saturated Fat 2 g 10 %

Trans Fat 0 g

Cholesterol 20 mg 7 %

Sodium 680 mg 28 %

Total Carbohydrate 30 g 10 %

Dietary Fiber 4 g 16 %

Sugars 8 g

Protein 14 g

Vitamin A 160% ■ **Vitamin C** 15%

Calcium 25% ■ **Iron** 20%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

SALADS



CARROT AND RAISIN SALAD



Number of servings: 6

Ingredients:

- 4 small-medium carrots (about 2 cups grated)
- $\frac{3}{4}$ - 1 cup raisins
- 1 tablespoon vinegar
- 1 teaspoon sugar

Directions:

1. GRATE carrots.
2. In a small bowl, MIX carrots, raisins, vinegar and sugar together.
3. REFRIGERATE until ready to SERVE.

Nutrition Facts

Serving Size 1/2 cup (61 g)
Servings Per Container 6

Amount Per Serving

Calories 70 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 30 mg 1 %

Total Carbohydrate 19 g 6 %

Dietary Fiber 2 g 8 %

Sugars 13 g

Protein 1 g

Vitamin A 130% ■ Vitamin C 4%

Calcium 2% ■ Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



CREAMY FRUIT/VEGETABLE SALAD



Number of servings: 6

Ingredients:

- 3 cups fresh, frozen, canned OR dried fruit
OR
- 3 cups fresh OR frozen vegetables
- 1 (6-ounce) container flavored lowfat or fat free yogurt

Directions:

1. Depending on fresh, frozen, OR canned fruit OR vegetables used:
CHOP fresh ingredients OR
THAW frozen ingredients OR
DRAIN canned ingredients.
2. In a large bowl, MIX all ingredients together.
COVER and REFRIGERATE until ready to SERVE.

Variations:

Examples of fruit: pineapple, orange, banana, papaya, mango, apple, or raisins.
Examples of vegetables: frozen vegetable combinations; fresh cabbage, carrots, broccoli, cauliflower, green beans, and/or zucchini.
Make your own combination of vegetables and fruit.
Chopped nuts may be added.

Nutrition Facts

Serving Size 1/2 cup (104 g)

Servings Per Container 6

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 20 mg 0 %

Total Carbohydrate 19 g 6 %

Dietary Fiber 2 g 8 %

Sugars 11 g

Protein 2 g

Vitamin A 2% ■ Vitamin C 25%

Calcium 6% ■ Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



FIESTA SALAD



Number of servings: 9

Ingredients:

- 1 head lettuce
- 2 medium tomatoes
- 1 small round onion
- 1-2 cups canned pinto OR kidney beans
- 1 clove garlic
- ½ pound lean ground beef
- ½ teaspoon chili powder
- ¼ - ½ teaspoon salt
- ½ cup shredded cheese
- salsa OR dressing (prepared or home-made)

Directions:

1. TEAR lettuce into bite-sized pieces. SET aside.
2. SLICE or DICE tomatoes and onion. SET aside.
3. In a large bowl, TOSS lettuce, tomatoes, and onion together. COVER and REFRIGERATE until ready to serve.
4. DRAIN and RINSE beans.
5. CRUSH garlic.
6. In a medium pot, FRY ground beef and DRAIN OFF excess fat.
7. ADD beans, garlic, chili powder, and salt to beef.
8. SAUTÉ for a few minutes until beans are heated through and flavors are blended.
9. ADD meat and bean mixture to chilled lettuce, tomatoes, and onions.
10. TOP with cheese and salsa OR dressing.

Variations:

Dry beans may be used. Cook according to package directions.
Instead of lean ground beef, use ground chicken or ground turkey.

Nutrition Facts

Serving Size 1 cup (176 g)
Servings Per Container 9

Amount Per Serving

Calories 110 **Calories from Fat** 36

% Daily Value*

Total Fat 4 g 6 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g

Cholesterol 20 mg 7 %

Sodium 320 mg 13 %

Total Carbohydrate 10 g 3 %

Dietary Fiber 3 g 12 %

Sugars 2 g

Protein 9 g

Vitamin A 130% ■ Vitamin C 15%

Calcium 10% ■ Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



ORIENTAL CHICKEN SALAD



Number of servings: 8

Ingredients:

- 1 pound cooked chicken pieces
- 1 head iceberg lettuce
- 1 head Manoa lettuce
- 1 rib celery
- 1 medium carrot
- Optional: 1 (3-ounce) package won ton strips/chips
- 1-2 leaves green onions
- 1 bunch Chinese parsley
- 1 tablespoon toasted sesame seeds

Dressing:

- 3 tablespoons sugar
- 2 tablespoons water
- ¼ cup vinegar
- 1 tablespoon sesame oil
- salt and pepper to taste

Directions:

1. SHRED chicken.
2. TEAR lettuce into bite-sized pieces.
3. SLICE celery and carrot.
4. In a medium jar, COMBINE the dressing: sugar, water, vinegar, sesame oil, salt and pepper. SHAKE well. COVER and REFRIGERATE until ready to use.
5. In a large bowl, COMBINE chicken, lettuce, celery, and carrots.
6. Optional: ADD CRUSHED won ton strips/chips.
ADD SLICED green onions and Chinese parsley (1 ½ inch lengths).
ADD toasted sesame seeds.
7. COVER and REFRIGERATE until ready to SERVE.
8. Just before serving, SHAKE and POUR the dressing on the salad, and TOSS.

Variations:

Layer the vegetables and meat for a different effect.
Other lettuce options include romaine, green leaf and red leaf.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

Nutrition Facts

Serving Size 1 cup (192 g)
Servings Per Container 8

Amount Per Serving

Calories 140 **Calories from Fat** 45

% Daily Value*

Total Fat 5 g 8 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 45 mg 15 %

Sodium 210 mg 9 %

Total Carbohydrate 9 g 3 %

Dietary Fiber 2 g 8 %

Sugars 6 g

Protein 17 g

Vitamin A 45 % **Vitamin C** 15 %

Calcium 4 % **Iron** 8 %

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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



PASTA SALAD



Number of servings: 10

Ingredients:

- 2 ½ cups uncooked pasta noodles
- ½ crown broccoli
- 1 firm tomato
- 1 rib celery
- 1 carrot
- 1 (15 ½-ounce) can kidney beans
- ⅓ cup Italian salad dressing
- Optional: ¼ medium round onion
- ½ bell pepper

Directions:

1. In a medium pot, COOK pasta.
2. DRAIN, RINSE, and COOL pasta. SET aside.
3. CHOP broccoli and tomato into bite-sized pieces.
4. Thinly SLICE celery and carrot.
5. Optional: ADD CHOPPED or DICED onion and bell pepper.
6. DRAIN and RINSE beans.
7. In a large bowl, ADD pasta, broccoli, tomato, celery, carrot, and beans.
8. COVER and REFRIGERATE until ready to SERVE.
9. Just before serving, SHAKE and POUR the dressing on the salad and TOSS.

Variations:

Dry beans may be used. Cook according to package directions.

Nutrition Facts

Serving Size 1 cup (133 g)
Servings Per Container 10

Amount Per Serving

Calories 160 **Calories from Fat** 23

% Daily Value*

Total Fat 2.5 g 4 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 140 mg 6 %

Total Carbohydrate 27 g 9 %

Dietary Fiber 4 g 16 %

Sugars 2 g

Protein 6 g

Vitamin A 25% ■ Vitamin C 30%

Calcium 4% ■ Iron 8%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



SOMEN SALAD



Number of servings: 6

Ingredients:

- 1 (9-ounce) package somen noodles
- 1 head romaine lettuce
- 1 medium carrot
- 1 (6 ½-ounce) block fish cake
- Optional: 1 cup leftover meat, imitation crab, OR
char siu
- ¼ cup green onion

Dressing:

- 1 teaspoon salt
- ¼ cup sesame oil
- ¼ cup less sodium soy sauce
- Optional: ¼ cup sesame seeds
- 2 tablespoons water
- ⅓ cup sugar
- ½ cup vinegar

Directions:

1. In a medium pot, COOK somen noodles, DRAIN and SET aside.
2. SHRED the lettuce.
3. GRATE the carrot.
4. SLICE the fishcake and optional items: meat, crab, or char siu.
5. Optional: CUT green onion into 1 inch lengths.
6. In a large platter or bowl, LAYER somen, lettuce, carrot, fishcake, and optional items: meat, crab, char siu, and green onions.
7. COVER and REFRIGERATE until ready to SERVE.
8. In a jar, MIX dressing ingredients: salt, sesame oil, soy sauce, water, sugar, vinegar, and optional: sesame seeds.
9. Just before serving, SHAKE and POUR dressing over salad.

Variations:

Soba noodles may be used.
Other vegetables may be used.

Nutrition Facts

Serving Size 1 cup (369 g)
Servings Per Container 6

Amount Per Serving

Calories 400 **Calories from Fat** 90

% Daily Value*

Total Fat 10 g 15 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g

Cholesterol less than 5 mg 1 %

Sodium 1310 mg 55 %

Total Carbohydrate 66 g 22 %

Dietary Fiber 4 g 16 %

Sugars 15 g

Protein 12 g

Vitamin A 220% ■ Vitamin C 8%

Calcium 6% ■ Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



TUNA TOFU SALAD



Number of servings: 15

Ingredients:

- 1 head lettuce
- 1 small bunch Chinese parsley
- 1 medium round onion OR ½ bunch green onion
- 2 medium tomatoes
- 1 (14-ounce) container firm tofu
- 1 (5-ounce) can tuna in water

Dressing:

- ⅓ cup less sodium soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon sugar
- Optional: toasted sesame seeds

Directions:

1. CHOP lettuce, Chinese parsley, and onion.
2. DICE tomatoes.
3. DRAIN and CHOP tofu into bite-sized pieces.
4. DRAIN tuna.
5. In a jar, MIX dressing ingredients: soy sauce, sesame oil, sugar and optional: sesame seeds. COVER and SET aside in refrigerator until ready to SERVE.
6. In a large bowl, TOSS lettuce, parsley, onions, tomatoes, tofu, and tuna. COVER and REFRIGERATE until ready to SERVE.
7. Just before serving, SHAKE and POUR dressing on salad, and TOSS.

Variations:

Salmon may be used instead of tuna.

Spinach, Chinese cabbage, watercress, or chop suey mix may be used in place of lettuce. You may also use a combination of these ingredients.

Salad may be layered instead of tossed.

Nutrition Facts

Serving Size 1 cup (114 g)
Servings Per Container 15

Amount Per Serving

Calories 50 **Calories from Fat** 14

% Daily Value*

Total Fat 1.5 g 2 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol less than 5 mg 1 %

Sodium 230 mg 10 %

Total Carbohydrate 5 g 2 %

Dietary Fiber 2 g 8 %

Sugars 2 g

Protein 5 g

Vitamin A 90% ■ Vitamin C 10%

Calcium 6% ■ Iron 6%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



VEGETABLE NAMUL



Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 medium carrot
- 1 bunch watercress
- 1 ½ cups water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- 3 tablespoons less sodium soy sauce
- Optional: ⅛ teaspoon cayenne pepper OR red pepper
- 1 teaspoon sesame seed

Directions:

1. MINCE garlic.
2. GRATE carrot.
3. RINSE watercress well. REMOVE undesirable leaves and tough stems, and CUT into 1 inch lengths.
4. BOIL 1½ cups water.
5. PLACE watercress in boiling water for 3 minutes.
6. DRAIN thoroughly.
7. In a large bowl, ADD garlic, sesame oil, sugar, and soy sauce. MIX well.
8. ADD carrot and watercress. MIX well.
9. Optional: ADD cayenne pepper or finely chopped red pepper, and sesame seeds.
10. COVER and REFRIGERATE until ready to SERVE.

Variation:

In place of watercress, use 1 package bean sprouts, 1 package chop suey mix, or cabbage.

Nutrition Facts

Serving Size 1/2 cup (158 g)
Servings Per Container 4

Amount Per Serving

Calories 40 **Calories from Fat** 14

% Daily Value*

Total Fat 1.5 g 2 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 460 mg 19 %

Total Carbohydrate 5 g 2 %

Dietary Fiber 1 g 4 %

Sugars 1 g

Protein 4 g

Vitamin A 130% ■ Vitamin C 90%

Calcium 15% ■ Iron 4%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

SAUCES/DIPS/ DRESSINGS



GINGER-CITRUS DRESSING



Yield: approximately 1 cup

Ingredients:

¼ cup grated ginger root
2-4 tablespoons fresh lemon OR lime juice with
zest*
1 cup rice vinegar
Optional: ¼ cup honey**

Directions:

1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE until ready to SERVE.

Variation:

Serve with “dippers”: sliced fruit, potato rounds,
vegetable sticks.

Nutrition Facts

Serving Size 2 Tbsp (37 g)
Servings Per Container 8

Amount Per Serving

Calories 0 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 0 mg 0 %

Total Carbohydrate <1 g 0 %

Dietary Fiber 0 g 0 %

Sugars 0 g

Protein 0 g

Vitamin A 0% ■ **Vitamin C** 4%

Calcium 0% ■ **Iron** 0%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

*Zest is the thin outer peel of a citrus fruit.

** Honey should not be consumed by persons under 2 years of age.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



PINA COLADA SAUCE



Yield: approximately 3 ½ cups

Ingredients:

- 3 (6-ounce) containers lowfat or fat free vanilla yogurt
- 1 (12-fluid ounce) can frozen 100% pineapple juice concentrate
- Coconut extract flavoring to taste

Directions:

1. In a small bowl, MIX ingredients well.
2. COVER and REFRIGERATE. SERVE with sliced fruit OR vegetable sticks.

Nutrition Facts

Serving Size 2 Tbsp (34 g)
Servings Per Container 28

Amount Per Serving

Calories 45 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 15 mg 0%

Total Carbohydrate 10 g 3%

Dietary Fiber 0 g 0%

Sugars 10 g

Protein 1 g

Vitamin A 0% ■ Vitamin C 10%

Calcium 4% ■ Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



RANCH STYLE DIP



Yield: approximately 2 cups

Ingredients:

- 2-4 tablespoons water OR lowfat OR fat free milk
- 1 (16-ounce) container cottage cheese (2% fat or less)
- 1 (1-ounce) package Ranch-style dressing mix

Directions:

1. In a blender, PLACE water OR milk, cottage cheese, and Ranch-style dressing mix and BLEND at medium to high speed.
2. For a thinner consistency, ADD more water or milk.
3. POUR mixture into a medium jar. COVER and REFRIGERATE until ready to SERVE.

Variations:

Instead of Ranch-style dressing mix, use:

- ½ teaspoon onion powder OR 2 tablespoons round onion
- ½ teaspoon pepper
- 1-2 teaspoons dill weed
- ½ teaspoon garlic powder

Serve with favorite “dippers” (potato rounds, cherry tomatoes, cabbage, lettuce leaves, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini strips, etc.)

Ranch dip may be used as a topping for potatoes, as a salad dressing, or as a dressing base for sandwiches, etc.

Nutrition Facts

Serving Size 2 Tbsp (32 g)
Servings Per Container 16

Amount Per Serving

Calories 25 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol less than 5 mg 0 %

Sodium 290 mg 12 %

Total Carbohydrate 2 g 0 %

Dietary Fiber 0 g 0 %

Sugars 1 g

Protein 3 g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



SALSA



Yield: approximately 4 cups

Ingredients:

- ½ - ¾ pounds tomatoes OR 1 (28-ounce) can whole tomatoes
- ½ small round onion
- 2 tablespoons Chinese parsley
- 1 piece chili pepper
- 1 teaspoon lemon OR lime juice

Directions:

1. DICE tomatoes, onion, and parsley.
2. MINCE chili pepper.
3. In a medium bowl, COMBINE tomatoes, onion, Chinese parsley, chili pepper, and lemon or lime juice.
4. COVER and REFRIGERATE until ready to SERVE.

Variations:

Canned stewed tomatoes may be used instead of whole tomatoes.

Salsa may be used as a dressing or dip.

Chili flakes may be used instead of chili pepper.

Nutrition Facts

Serving Size 1/4 cup (19 g)
Servings Per Container 16

Amount Per Serving

Calories 0 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 0 mg 0 %

Total Carbohydrate <1 g 0 %

Dietary Fiber 0 g 0 %

Sugars less than 1 g

Protein 0 g

Vitamin A 2% ■ Vitamin C 10%

Calcium 0% ■ Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



SUSHI RICE SAUCE



Yield: approximately 1 ½ cups of sauce (for 5 to 6 cups of uncooked rice)

Ingredients:

- 1 thumb-sized piece ginger
- 1 cup vinegar
- ½ cup sugar
- 1 tablespoon salt

Directions:

1. GRATE ginger.
2. In a jar, COMBINE ginger, vinegar, sugar, and salt.
3. SHAKE WELL. Let STAND for 15 minutes.
4. POUR over rice according to taste.

Variations:

Taste of vinegars differ: cider, white/distilled, and Japanese rice wine.

This is a basic sauce and may be used for any sushi recipe.

Nutrition Facts

Serving Size 2 Tbsp (30 g)
Servings Per Container 12

Amount Per Serving

Calories 35 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 590 mg 25 %

Total Carbohydrate 9 g 3 %

Dietary Fiber 0 g 0 %

Sugars 8 g

Protein 0 g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



TARTAR SAUCE



Yield: approximately 1 cup

Ingredients:

- 1 teaspoon pickled capers
- 1 (6-ounce) container lowfat or fat free vanilla yogurt
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

1. CHOP capers.
2. In a small bowl, MIX capers, yogurt, pickle relish, and pepper.
3. COVER and REFRIGERATE until ready to SERVE.

Variations:

Use with seafood, vegetables, or in place of mayonnaise in sandwich spreads.

To make Thousand Island dressing, replace capers with ¼ cup ketchup.

Nutrition Facts

Serving Size 2 Tbsp (29 g)
Servings Per Container 8

Amount Per Serving

Calories 30 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 90 mg 4 %

Total Carbohydrate 7 g 2 %

Dietary Fiber 0 g 0 %

Sugars 6 g

Protein 1 g

Vitamin A 2% ■ Vitamin C 0%

Calcium 4% ■ Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



THOUSAND ISLAND DRESSING



Yield: approximately 1 cup

Ingredients:

- 1 (6-ounce) container lowfat or fat free vanilla yogurt
- ¼ cup ketchup
- ¼ cup pickle relish
- ¼ teaspoon pepper

Directions:

1. In a small bowl, MIX yogurt, ketchup, pickle relish, and pepper.
2. CHILL for 1-2 hours before serving.

Variations:

Use as a dressing or dip for vegetables and salads in place of mayonnaise.

To make Tartar Sauce, replace ketchup with 1 teaspoon pickled capers.

Nutrition Facts

Serving Size 2 Tbsp (33 g)

Servings Per Container 9

Amount Per Serving

Calories 35 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 140 mg 6%

Total Carbohydrate 7 g 2%

Dietary Fiber 0 g 0%

Sugars 6 g

Protein less than 1 g

Vitamin A 4% ■ Vitamin C 2%

Calcium 4% ■ Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

TUNA DIP

Yield: approximately 2 ½ cups

Ingredients:

- 1 (5-ounce) can tuna in water
- 1 (16-ounce) container cottage cheese (2% fat or less)
- Optional: ¼ cup cheese
- 1 small carrot (approximately ½ cup grated)
- 3-4 leaves green onion

Directions:

1. DRAIN tuna.
2. In a medium bowl, MIX tuna and cottage cheese.
3. Optional: GRATE cheese and carrot.
 DICE green onion.
 ADD optional ingredients to the tuna and cottage cheese.
4. COVER and REFRIGERATE until ready to SERVE.

Variations:

Serve with crackers or vegetable pieces.
Serve as a dip or filling.

Nutrition Facts

Serving Size 1/4 cup (57 g)
Servings Per Container 10

Amount Per Serving

Calories 45 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 7 mg 2 %

Sodium 190 mg 8 %

Total Carbohydrate 2 g 0 %

Dietary Fiber 0 g 0 %

Sugars 2 g

Protein 8 g

Vitamin A 2% Vitamin C 0%

Calcium 6% Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

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PAGES 98-101.



TUNA SUNSHINE MIX



Yield: approximately 1 ½ cup

Ingredients:

- 1 (5-ounce) can tuna in water
- ½ carrot
- ½ cup nonfat powdered milk
- ¼ cup mayonnaise
- pepper to taste
- Optional: ¼ cup round onion
- ¼ cup celery
- 2 tablespoons pickle relish

Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional: DICE onion and celery, and ADD with relish to mixture.
5. COVER and REFRIGERATE until ready to SERVE.

Variations:

Use as a sandwich spread, cracker topping, or as a vegetable dip.

In place of powdered milk, add ¼ cup of shredded cheese and ¼ cup of dry, cream of wheat cereal.

Nutrition Facts

Serving Size 1/4 cup (39 g)
Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 63

% Daily Value*

Total Fat 7 g 11 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 11 mg 4 %

Sodium 140 mg 6 %

Total Carbohydrate 4 g 1 %

Dietary Fiber 0 g 0 %

Sugars 3 g

Protein 6 g

Vitamin A 20% ■ Vitamin C 2%

Calcium 8% ■ Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.



WHITE SAUCE - THIN



Yield: approximately 1 cup

Ingredients:

1 tablespoon butter
1 tablespoon flour
salt and pepper to taste
1 cup liquid lowfat or fat free milk OR $\frac{1}{3}$ cup
nonfat powdered milk and water to equal 1
cup

Directions:

1. In a small pot, MELT butter over low heat.
2. ADD flour, salt, and pepper to butter.
3. ADD milk gradually.
4. HEAT to boiling, STIRRING constantly until mixture is smooth and bubbly. (The consistency should be like a thin cream.)
5. REMOVE from heat.

Variation:

Use to thicken cream soups and stews.

Nutrition Facts

Serving Size 2 Tbsp (34 g)
Servings Per Container 8

Amount Per Serving

Calories 25 **Calories from Fat** 14

% Daily Value*

Total Fat 1.5 g 2 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol less than 5 mg 1 %

Sodium 60 mg 3 %

Total Carbohydrate 2 g 0 %

Dietary Fiber 0 g 0 %

Sugars 2 g

Protein 1 g

Vitamin A 2% ■ Vitamin C 0%

Calcium 4% ■ Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



WHITE SAUCE - MEDIUM



Yield: approximately 1 cup

Ingredients:

2 tablespoons butter
 2 tablespoons flour
 salt and pepper to taste
 1 cup liquid lowfat or fat free milk OR $\frac{1}{3}$ cup
 nonfat powdered milk and water to equal 1
 cup

Directions:

1. In a small pot, MELT butter over low heat.
2. ADD flour, salt, and pepper to butter.
3. ADD milk gradually.
4. HEAT to boiling, STIRRING constantly until mixture is smooth and bubbly. (The consistency should be like a medium cream.)
5. REMOVE from heat.

Variations:

For a different flavor, add curry, dill or nutmeg with the flour.

Use for creamed dishes such as: creamed tuna, chicken curry, creamed vegetables.

Nutrition Facts

Serving Size 2 Tbsp (36 g)
 Servings Per Container 8

Amount Per Serving

Calories 45 **Calories from Fat** 27

% Daily Value*

Total Fat 3 g 5 %

Saturated Fat 2 g 10 %

Trans Fat 0 g

Cholesterol 10 mg 3 %

Sodium 75 mg 3 %

Total Carbohydrate 3 g 1 %

Dietary Fiber 0 g 0 %

Sugars 2 g

Protein 1 g

Vitamin A 4% ■ Vitamin C 0%

Calcium 4% ■ Iron 0%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
 PAGES 98-101.



WHITE SAUCE - THICK



Yield: approximately 1 cup

Ingredients:

- 1/4 cup butter
- 1/4 cup flour
- salt and pepper to taste
- 1 cup liquid lowfat or fat free milk OR 1/3 cup nonfat powdered milk and water to equal 1 cup

Directions:

1. In a small pot, MELT butter over low heat.
2. ADD flour, salt, and pepper to butter.
3. ADD milk gradually.
4. HEAT to boiling, STIRRING constantly until mixture is smooth and bubbly. (The consistency should be like a heavy cream.)
5. REMOVE from heat.

Variations:

A number of spices or ingredients may be added to create interesting and varied dishes:

- 1/2 teaspoon curry powder as an accompaniment for chicken, rice, or shrimp.
- 1/2 teaspoon dill weed as an accompaniment for fish.
- 1/2 teaspoon nutmeg for vegetable dishes
- chopped or minced clams or mushrooms as a topping for pasta.

Serve over vegetables for “creamed” or “scalloped” dishes, or as a base for “creamed” soups.

Use to thicken gravies, macaroni and cheese, or baked casseroles.

Nutrition Facts

Serving Size 2 Tbsp (42 g)
Servings Per Container 8

Amount Per Serving

Calories 80 **Calories from Fat** 54

% Daily Value*

Total Fat 6 g 9%

Saturated Fat 3.5 g 18%

Trans Fat 0 g

Cholesterol 15 mg 5%

Sodium 100 mg 4%

Total Carbohydrate 5 g 2%

Dietary Fiber 0 g 0%

Sugars 2 g

Protein 2 g

Vitamin A 4% ■ Vitamin C 0%

Calcium 4% ■ Iron 2%

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	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

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SNACKS



GRANOLA



Yield: approximately 5 cups

Ingredients:

- 4 cups oatmeal (instant OR old fashioned)
- ½ cup nonfat powdered milk
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ cup wheat germ
- ¼ cup oil
- 6 tablespoons pancake syrup
- ½ cup nuts
- ½ cup raisins

Directions:

1. PREHEAT oven to 300° F.
2. In a large bowl, COMBINE oatmeal, powdered milk, cinnamon, nutmeg, and wheat germ.
3. In a small saucepan, COMBINE oil and pancake syrup, HEAT until warm. MIX well.
4. ADD pancake syrup mixture to dry ingredients.
5. MIX well and SPREAD on cookie sheet or shallow pan.
6. BAKE in oven. MIX every 5-10 minutes until brown and crisp or about 30 minutes.
7. CHOP nuts. ADD nuts and raisins after baking.
8. STORE in airtight container.

Variations:

Other dried fruit may be used.

For children over 2 years of age, honey may be used instead of pancake syrup.

Nutrition Facts

Serving Size 1/4 cup (41 g)
Servings Per Container 20

Amount Per Serving

Calories 160 **Calories from Fat** 54

% Daily Value*

Total Fat 6 g 9 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 15 mg 0 %

Total Carbohydrate 23 g 8 %

Dietary Fiber 3 g 12 %

Sugars 6 g

Protein 5 g

Vitamin A 0% ■ Vitamin C 0%

Calcium 4% ■ Iron 8%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



SOFT PRETZEL



Number of servings: 4

Ingredients:

- 1 tablespoon active dry yeast
- ½ cup lukewarm water
- ½ teaspoon salt
- 1 ⅓ cups flour (unbleached OR bread)
- 1 teaspoon pancake syrup
- extra flour
- wax paper
- cooking spray
- 1 egg

Directions:

1. PREHEAT oven to 400° F.
2. In a medium bowl, DISSOLVE yeast in lukewarm water. Let SIT for 3-5 minutes or until bubbles form.
3. In a small bowl, thoroughly MIX salt and flour together.
4. ADD pancake syrup, and salt and flour mixture to yeast. MIX to form dough.
5. PLACE some extra flour on a large piece of wax paper and on top of dough.
6. KNEAD dough on wax paper for about 5-8 minutes (until dough becomes elastic). Use just enough flour so dough doesn't stick to hands.
7. DIVIDE dough into 4 pieces.
8. ROLL dough into pretzel shape or to the shape of your choice.
9. SPRAY sheet pan with cooking spray.
10. PLACE pretzel-shaped dough onto pan.
11. In a small bowl, BEAT egg.
12. BRUSH beaten egg on pretzels.
13. BAKE for 10-15 minutes.

Nutrition Facts

Serving Size 1 pretzel (94 g)
Servings Per Container 4

Amount Per Serving

Calories 200 **Calories from Fat** 18

% Daily Value*

Total Fat 2 g 3 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 45 mg 15 %

Sodium 320 mg 13 %

Total Carbohydrate 37 g 12 %

Dietary Fiber 2 g 8 %

Sugars less than 1 g

Protein 8 g

Vitamin A 2% ■ Vitamin C 0%

Calcium 2% ■ Iron 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



TRAIL MIX



Yield: 4 cups

Ingredients:

- 2 cups circle shaped cereal
- 2 cups square shaped cereal (rice, wheat, corn – one OR more combined)

Directions:

1. In a large bowl, MIX circle shaped cereal and square shaped cereal.
2. STORE in an airtight container.

Variations:

For breakfast, add milk and fresh fruit.

Eat cereals with 100% fruit juice.

Use a mixture of any 2 or more cereals.

Add pretzels, nuts, and/or dried fruit.

Nutrition Facts

Serving Size 1 cup (31 g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat** 18

% Daily Value*

Total Fat 2 g 3 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 210 mg 9 %

Total Carbohydrate 25 g 8 %

Dietary Fiber 2 g 8 %

Sugars 4 g

Protein 3 g

Vitamin A 20% ■ Vitamin C 10%

Calcium 10% ■ Iron 50%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



VERSATILE QUICK BREAD



Yield: 1 loaf

Ingredients:

2 tablespoons baking powder
 1½ teaspoons baking soda
 2 cups whole wheat flour
 ¼ cup butter OR vegetable oil
 ½ cup sugar
 1 egg
 1 cup fruit (fresh OR canned OR dried)
 ¼ cup water, OR lowfat or fat free milk, OR fruit juice
 Optional: ½ cup nuts
 ½ cup raisins

Directions:

1. PREHEAT oven to 350° F.
2. GREASE a 9" x 5" x 3" loaf pan.
3. SIFT baking powder and baking soda. MIX thoroughly with wheat flour.
4. In a large bowl, CREAM butter OR oil and sugar.
5. In a small bowl, BEAT egg, then ADD to butter and sugar mixture. MIX.
6. In a medium bowl, MASH fruit, then ADD to butter, sugar and egg mixture. MIX.
7. ADD water, milk, OR fruit juice. STIR.
8. ADD flour mixture and MIX in gently until completely moist.
9. Optional: CHOP nuts. ADD nuts and/or raisins. MIX well.
10. POUR into loaf pan.
11. BAKE for 50 minutes.
12. INSERT butter knife or toothpick to test doneness. (Knife/toothpick should come out clean.)

Variations:

Use fruit such as banana, mango, or papaya.

For pumpkin and applesauce bread, add:

1 teaspoon cinnamon, ½ teaspoon allspice, ¼ teaspoon cloves

For cranberry bread add:

¼ teaspoon nutmeg, 1 tablespoon grated orange rind

For zucchini bread, add:

1 teaspoon cinnamon, ½ teaspoon allspice, ¼ teaspoon cloves and an additional ¼ cup of water, milk, or fruit juice

Nutrition Facts

Serving Size 1 slice (76 g)
 Servings Per Container 10

Amount Per Serving

Calories 190 **Calories from Fat** 54

% Daily Value*

Total Fat 6 g 9%

Saturated Fat 3 g 15%

Trans Fat 0 g

Cholesterol 30 mg 10%

Sodium 480 mg 20%

Total Carbohydrate 33 g 11%

Dietary Fiber 3 g 12%

Sugars 13 g

Protein 4 g

Vitamin A 4% ■ Vitamin C 4%

Calcium 15% ■ Iron 6%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
 PAGES 98-101.

SOUPS

BEAN SOUP

Number of servings: 9

Ingredients:

- 1 (15-ounce) can kidney beans
- 1 clove garlic
- 1 small round onion
- 1-2 ribs celery
- 1 medium carrot
- 1 medium potato
- ½ small cabbage
- 4 cups water OR 2 (14 ½-ounce) cans less sodium chicken OR beef broth
- 1 (8-ounce) can tomato sauce

Directions:

1. DRAIN and RINSE beans. SET aside.
2. MINCE garlic. SET aside.
3. DICE onion, celery, carrot, and potato. SET aside.
4. CHOP cabbage and SET aside.
5. In a large pot ADD water OR broth, beans, garlic, onion, celery, carrot, and tomato sauce.
6. SIMMER for 20-30 minutes.
7. ADD potato and continue cooking until soft.
8. ADD cabbage just before serving.

Variations:

Any vegetables may be used.

Add any pasta/noodles (macaroni).

Portuguese sausage, turkey, or ham may be used.

Dry beans may be used. Cook according to package directions.

Broth may be made from meat bones.

Nutrition Facts

Serving Size 1 cup (237 g)
Servings Per Container 9

Amount Per Serving

Calories 80 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 210 mg 9%

Total Carbohydrate 16 g 5%

Dietary Fiber 4 g 16%

Sugars 3 g

Protein 4 g

Vitamin A 25% Vitamin C 35%

Calcium 4% Iron 6%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



CORN CHOWDER



Number of servings: 8

Ingredients:

1 medium round onion
3 medium potatoes
3 slices bacon
water to cover
2 (11-ounce) cans corn
3 cups lowfat or fat free milk
salt and pepper to taste

Thickening:

2 tablespoons cornstarch
1/4 cup water

Directions:

1. DICE onion and potatoes. SET aside.
2. SLICE bacon into 1/2 inch lengths.
3. In a large pot, FRY bacon until medium done.
4. DRAIN off excess fat.
5. ADD onion to bacon and COOK until transparent.
6. ADD potatoes and enough water to cover.
7. SIMMER until potatoes are tender.
8. ADD corn, milk, salt, pepper, and HEAT until hot.
9. In a small bowl, MIX thickening ingredients and ADD to soup.
10. STIR until slightly thickened.

Variations:

Use cream style or whole kernel corn.

Use ham instead of bacon (fat content will be lower).

Use nonfat powdered milk instead of liquid milk (1 cup powdered milk and enough water to make 3 cups).

Add clams to make clam chowder.

Nutrition Facts

Serving Size 1 cup (387 g)

Servings Per Container 8

Amount Per Serving

Calories 190 **Calories from Fat** 14

% Daily Value*

Total Fat 1.5 g 2 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol less than 5 mg 2 %

Sodium 130 mg 5 %

Total Carbohydrate 37 g 12 %

Dietary Fiber 3 g 12 %

Sugars 8 g

Protein 8 g

Vitamin A 4% ■ **Vitamin C** 20%

Calcium 15% ■ **Iron** 4%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



VEGETABLE SOUP



Number of servings: 8

Ingredients:

- 2 bunches mustard cabbage
- ½ pound lean pork
- 8 cups less sodium broth (any type)
- 2 teaspoons less sodium soy sauce
- salt to taste

Directions:

1. CUT mustard cabbage and SET aside.
2. Thinly SLICE pork.
3. In a small pot, FRY pork. SET aside.
4. In a large pot, bring broth to a BOIL.
5. ADD soy sauce and salt.
6. ADD pork, then REDUCE heat and SIMMER until pork is cooked.
7. ADD cabbage and COOK until tender, uncovered.

Variations:

Use any meat/bones to make broth.

Use watercress, cut into 1 ½ inch lengths, or any other vegetables.

Nutrition Facts

Serving Size 1 cup (331 g)
Servings Per Container 8

Amount Per Serving

Calories 80 **Calories from Fat** 23

% Daily Value*

Total Fat 2.5 g 4 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 20 mg 7 %

Sodium 180 mg 8 %

Total Carbohydrate 5 g 2 %

Dietary Fiber 2 g 8 %

Sugars 0 g

Protein 11 g

Vitamin A 120% ■ Vitamin C 130%

Calcium 15% ■ Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

STARCHES

POTATOES

Number of servings: 12

Ingredients:

6 medium potatoes

Directions:

1. SCRUB potatoes well; REMOVE all eyes and sprouts.
2. CUT approximately into 2-inch chunks.
3. PIERCE each potato several times with a fork.

Variations:

MICROWAVE:

1. PLACE in microwave and COOK on high:
 One potato: cook 4-6 minutes
 Two potatoes: cook 6-8 minutes
 Three potatoes: cook 8-12 minutes
2. COVER and LET STAND 5-10 minutes before serving.

RICE COOKER:

1. PLACE steamer rack into rice cooker pot. PLACE about ½ inch of water in pot (not to go over the height of the rack).
2. PLACE potatoes on top of steamer rack, cover and COOK.
3. Potatoes will be done when rice cooker automatically shuts off.

Hints: Crumpled foil or foil balls may be used instead of a steamer rack.

Wrapping potatoes individually in ti leaves may result in a desirable flavor.

TRADITIONAL METHODS:

BAKE: In oven or toaster oven at 425° F, BAKE for 30-45 minutes.

BOIL: In a sauce pan/pot, PLACE potatoes. ADD water to cover potatoes. Bring to a BOIL and SIMMER covered for 20-30 minutes.

STEAM: CUBE or SLICE potatoes. PLACE in steamer over boiling water. COVER and SIMMER for about 10-15 minutes.

Nutrition Facts

Serving Size 1/2 cup (91 g)
 Servings Per Container 12

Amount Per Serving

Calories 90 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 10 mg 0 %

Total Carbohydrate 20 g 7 %

Dietary Fiber 2 g 8 %

Sugars 1 g

Protein 2 g

Vitamin A 0% ■ Vitamin C 20%

Calcium 2% ■ Iron 6%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
 PAGES 98-101.



RICE BALLS



Number of servings: 8

Ingredients:

1 cup white rice (standard cup)
1 cup brown rice (standard cup)
3 cups water (standard cup)
salt to taste

Directions:

1. In a rice cooker pot, RINSE white and brown rice and DRAIN.
2. ADD 3 cups of water. COOK rice, following rice cooker instructions.
3. Let rice COOL.
4. With CLEAN, WET hands, lightly SALT your hands.
5. SCOOP a handful of warm rice into hands and SHAPE the rice into a triangle.

Variations:

Wrap the rice ball with strips of seaweed (nori) for added flavor.

Sprinkle rice seasoning (furikake) on rice balls.

Place a pickled plum (ume) into the center of the triangle and cover with nori.

Nutrition Facts

Serving Size 1 cup (155 g)
Servings Per Container 8

Amount Per Serving

Calories 190 **Calories from Fat** 9

% Daily Value*

Total Fat 1 g 2 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 40 mg 2 %

Total Carbohydrate 40 g 13 %

Dietary Fiber 2 g 8 %

Sugars 0 g

Protein 4 g

Vitamin A 0 % ■ Vitamin C 0 %

Calcium 2 % ■ Iron 6 %

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



SUSHI RICE MIX



Number of servings: 24

Ingredients:

2 ½ cups white rice (standard cup)
2 ½ cups brown rice (standard cup)
6 cups water (standard cup)

Vegetable Mixture

1 medium carrot
1 (10-ounce) box frozen peas
Optional: 1 (5-ounce) can tuna in water

Directions:

1. In a rice cooker pot, RINSE white and brown rice and DRAIN.
2. ADD 6 cups of water, and COOK rice, following rice cooker instructions.
3. PREPARE Sushi Rice Sauce (see page 52). SET aside.
4. GRATE carrot.
5. In a large bowl or pot, MIX carrot and peas. Optional: DRAIN tuna, then ADD to carrot and pea mixture.
6. MIX cooked rice into mixture.
7. POUR sushi rice sauce a little at a time, MIXING thoroughly to the taste of your choice.

Variations:

This recipe may be used as the base for cone sushi.

Vegetables such as finely chopped celery, watercress, corn, mushrooms, or string beans may be used.

Nutrition Facts

Serving Size 1/2 cup (158 g)
Servings Per Container 24

Amount Per Serving

Calories 180 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 310 mg 13 %

Total Carbohydrate 40 g 13 %

Dietary Fiber 2 g 8 %

Sugars 5 g

Protein 4 g

Vitamin A 15% ■ Vitamin C 2%

Calcium 2% ■ Iron 6%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

STEWS

ADOBO MEAT

Number of servings: 4

Ingredients:

- 1 clove garlic
- 1 pound boneless meat
- 3 tablespoons vinegar
- ½ cup water
- 1 tablespoon less sodium soy sauce
- 1 bay leaf
- salt to taste
- ½ teaspoon pepper
- 1 cup peas

Directions:

1. CRUSH garlic. SET ASIDE.
2. CHOP meat into bite-sized pieces. SET aside.
3. In a medium pot, MIX vinegar, water, and soy sauce. ADD garlic, meat, bay leaf, salt, and pepper.
4. Bring mixture to a BOIL. STIR.
5. LOWER heat, COVER and SIMMER for 30 minutes (45 minutes for pork).
6. UNCOVER and SIMMER until liquid evaporates and meat is lightly BROWNED.
7. ADD peas, STIR and COOK until heated.

Variations:

Pork or chicken are commonly used.
Add potatoes and vegetables as desired.

Nutrition Facts

Serving Size ¾ cup (200 g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 63

% Daily Value*

Total Fat 7 g 11 %

Saturated Fat 2.5 g 13 %

Trans Fat 0 g

Cholesterol 85 mg 28 %

Sodium 310 mg 13 %

Total Carbohydrate 7 g 2 %

Dietary Fiber 2 g 8 %

Sugars 2 g

Protein 26 g

Vitamin A 15% ■ Vitamin C 8%

Calcium 4% ■ Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



CHICKEN AND BEANS



Number of servings: 6

Ingredients:

- 1 (15-ounce) can kidney beans
- 1 clove garlic
- 1 medium round onion
- 2 ½ pounds boneless skinless chicken thighs
- 1 (8-ounce) can tomato sauce
- ¼ cup vinegar
- 1 teaspoon sugar
- salt and pepper to taste

Directions:

1. DRAIN and RINSE beans. SET aside.
2. CRUSH garlic. SET aside.
3. DICE onion. SET aside.
4. DICE chicken into small pieces.
5. In a large pot, COOK chicken until half done.
6. ADD garlic, onion, tomato sauce, vinegar, sugar, salt, and pepper.
7. SIMMER for 10-15 minutes or until chicken is tender.
8. ADD kidney beans and SIMMER for 5-10 more minutes.

Variations:

Cider, white, and Japanese rice wine vinegar differ in flavor.

Other vegetables may be used.

Dry beans may be used. Cook according to package directions.

Nutrition Facts

Serving Size 1 cup (298 g)

Servings Per Container 6

Amount Per Serving

Calories 300 **Calories from Fat** 72

% Daily Value*

Total Fat 8 g 12 %

Saturated Fat 2 g 10 %

Trans Fat 0 g

Cholesterol 180 mg 60 %

Sodium 500 mg 21 %

Total Carbohydrate 13 g 4 %

Dietary Fiber 4 g 16 %

Sugars 3 g

Protein 41 g

Vitamin A 4% ■ Vitamin C 6%

Calcium 6% ■ Iron 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



CHICKEN CACCIATORE



Number of servings: 8

Ingredients:

- 1 small round onion
- 1 rib celery
- 1 clove garlic
- 3 pounds boneless skinless chicken pieces
- 2 (8-ounce) cans tomato sauce
- ½ cup water
- ½ teaspoon oregano
- salt and pepper to taste

Directions:

1. CHOP onion and celery. SET aside.
2. MINCE garlic. SET aside.
3. In a large pot/skillet, FRY chicken for a few minutes.
4. ADD and SAUTÉ onion, celery, and garlic with the chicken. MIX.
5. ADD tomato sauce, water, oregano, salt, and pepper. MIX well.
6. SIMMER uncovered for 30-40 minutes.

Variations:

Use canned, whole or stewed tomatoes and/or mushrooms.
Add bell peppers if desired.

Nutrition Facts

Serving Size 1 cup (255 g)
Servings Per Container 8

Amount Per Serving

Calories 220 **Calories from Fat** 63

% Daily Value*

Total Fat 7 g 11 %

Saturated Fat 2 g 10 %

Trans Fat 0 g

Cholesterol 160 mg 53 %

Sodium 490 mg 20 %

Total Carbohydrate 4 g 1 %

Dietary Fiber 1 g 4 %

Sugars 3 g

Protein 34 g

Vitamin A 6% ■ Vitamin C 8%

Calcium 2% ■ Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

CHILI

Number of servings: 6

Ingredients:

- 1 large round onion
- 1-2 cups canned kidney and/OR pinto beans
- ½ pound lean ground beef
- 1 (8-ounce) can tomato sauce
- 1 (14 ½-ounce) can stewed tomatoes
- 1 cup water
- 1 teaspoon chili powder
- salt to taste

Directions:

1. CHOP onion. SET aside.
2. DRAIN and RINSE beans. SET aside.
3. In a large pot, FRY ground beef. DRAIN off excess fat. ADD onions.
4. MIX well and COOK until tender.
5. STIR in tomato sauce, stewed tomatoes, water, chili powder and salt into meat.
6. ADD beans to mixture. MIX well.
7. SIMMER for 10-20 minutes, STIRRING occasionally.

Variations:

Use corn, pepper, bell pepper, and chili peppers.

Pork and beans or dry beans may be used. Cook dry beans according to package directions.

Nutrition Facts

Serving Size 1 cup (223 g)
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat** 36

% Daily Value*

Total Fat 4 g 6 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g

Cholesterol 25 mg 8 %

Sodium 500 mg 21 %

Total Carbohydrate 15 g 5 %

Dietary Fiber 4 g 16 %

Sugars 6 g

Protein 10 g

Vitamin A 8% ■ Vitamin C 20%

Calcium 6% ■ Iron 10%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



POT ROAST CHICKEN



Number of servings: 5

Ingredients:

- 1 thumb size piece ginger
- 1 clove garlic
- 1 bunch Chinese parsley
- 2 tablespoons less sodium soy sauce
- 2 ½ pounds boneless skinless chicken thighs
- ½ cup water
- ¼ teaspoon sugar
- salt and pepper to taste

Thickening:

- 2 tablespoons cornstarch
- ¼ cup water

Directions:

1. CRUSH ginger and garlic. SET aside.
2. CHOP Chinese parsley into 1 ½ inch lengths. SET aside.
3. In a medium bowl, MIX ginger, garlic, and soy sauce.
4. RUB mixture into chicken and REFRIGERATE for 30 minutes.
5. In a large pot, FRY chicken on all sides.
6. ADD water, sugar, salt, and pepper.
7. COVER and COOK on low heat for 45 minutes or until tender.
8. In a small bowl, MIX thickening ingredients and STIR into chicken mixture until it thickens.
9. SPRINKLE chopped Chinese parsley as garnish.

Variations:

Add vegetables as desired.
Herbs such as rosemary or thyme may be used.

Nutrition Facts

Serving Size 1 cup (299 g)
Servings Per Container 5

Amount Per Serving

Calories 290 **Calories from Fat** 81

% Daily Value*

Total Fat 9 g 14 %

Saturated Fat 2.5 g 13 %

Trans Fat 0 g

Cholesterol 215 mg 72 %

Sodium 490 mg 20 %

Total Carbohydrate 5 g 2 %

Dietary Fiber less than 1 g 3 %

Sugars less than 1 g

Protein 45 g

Vitamin A 35% ■ **Vitamin C** 10%

Calcium 4% ■ **Iron** 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

STEW

Number of servings: 10

Ingredients:

1 small round onion
1-2 ribs celery
4 medium carrots
4 medium potatoes
2 cloves garlic
2 pounds lean meat
1 (8-ounce) can tomato sauce
½ - 1 teaspoon salt
1-2 bay leaves
water to cover

Thickening:

3 tablespoons flour
¼ cup water

Directions:

1. CHOP onion, celery, carrots, and potatoes. SET aside.
2. CRUSH garlic.
3. CHOP meat into bite-sized pieces.
4. In a large pot, FRY garlic and meat. STIR.
5. ADD tomato sauce, salt, bay leaf, and water to cover. STIR.
6. COVER and SIMMER for 1-2 hours or until meat is tender. Liquid needs to cover meat. ADD water as necessary.
7. ADD onions, celery, carrots, and potatoes. STIR.
8. SIMMER for 10-15 minutes or until vegetables are tender.
9. MIX thickening ingredients and ADD to stew. STIR.
10. SIMMER and STIR until stew thickens.

Variations:

You can add frozen vegetables.

Add 2-3 teaspoons of curry powder in place of tomato sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

Nutrition Facts

Serving Size 1 cup (383 g)
Servings Per Container 10

Amount Per Serving

Calories 210 **Calories from Fat** 36

% Daily Value*

Total Fat 4 g 6 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g

Cholesterol 60 mg 20 %

Sodium 330 mg 14 %

Total Carbohydrate 21 g 7 %

Dietary Fiber 3 g 12 %

Sugars 3 g

Protein 22 g

Vitamin A 80% ■ Vitamin C 20%

Calcium 4% ■ Iron 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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



SWEET AND SOUR MEAT



Number of servings: 6

Ingredients:

- 1 bell pepper
- 1 ½ pounds lean meat (pork OR beef)
- 1 (20-ounce) can pineapple chunks in pineapple juice
- ¾ cup water
- ¼ cup vinegar
- 1 tablespoon less sodium soy sauce
- ¼ cup sugar
- salt and pepper to taste

Thickening:

- 2 tablespoons cornstarch
- ¼ cup water

Directions:

1. CUBE bell pepper. SET aside.
2. CUBE meat, then SET aside.
3. In a small bowl, DRAIN pineapple and KEEP the pineapple juice.
4. In a medium bowl, MIX pineapple juice, water, vinegar, soy sauce, sugar, salt, and pepper.
5. In a large pot, FRY meat on all sides.
6. POUR liquid ingredients over meat.
7. COVER and SIMMER for 1 hour or until tender.
8. ADD bell pepper and pineapple chunks.
9. COOK 5-10 minutes more.
10. In a small bowl, MIX thickening ingredients together.
11. ADD thickening to pot. STIR well.

Variations:

Add 2 cloves garlic and/or 1 thumb size piece ginger for more flavor.
Canned meats may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

Nutrition Facts

Serving Size 1 cup (291 g)
Servings Per Container 6

Amount Per Serving

Calories 260 **Calories from Fat** 63

% Daily Value*

Total Fat 7 g 11 %

Saturated Fat 2.5 g 13 %

Trans Fat 0 g

Cholesterol 85 mg 28 %

Sodium 220 mg 9 %

Total Carbohydrate 27 g 9 %

Dietary Fiber 1 g 4 %

Sugars 23 g

Protein 24 g

Vitamin A 2% **Vitamin C** 40%

Calcium 4% **Iron** 8%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

STIR-FRY



BEEF TOMATO



Number of servings: 6

Ingredients:

1 pound lean beef
1 clove garlic
1 round onion
2 ribs celery
2 bell peppers
2 tomatoes

Marinade for beef:

2 teaspoons cornstarch
3 tablespoons less sodium soy sauce

1 teaspoon sugar

Gravy:

¼ cup water
2 teaspoons cornstarch
1 teaspoon sugar

⅛ teaspoon salt
⅛ teaspoon
pepper

Nutrition Facts

Serving Size 1 cup (206 g)
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat** 36

% Daily Value*

Total Fat 4 g 6 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g

Cholesterol 45 mg 15 %

Sodium 370 mg 15 %

Total Carbohydrate 10 g 3 %

Dietary Fiber 2 g 8 %

Sugars 5 g

Protein 17 g

Vitamin A 10% ■ Vitamin C 60%

Calcium 2% ■ Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

Directions:

1. SLICE beef into ⅛ inch thick slices.
2. In a small bowl, COMBINE marinade ingredients. ADD beef and SET aside to SOAK for 15 minutes.
3. CRUSH garlic. SET aside.
4. CHOP onion, celery, bell peppers, and tomatoes.
5. In a large pot, ADD marinated beef and garlic. FRY lightly until cooked. REMOVE meat from pan onto a plate.
6. Using the same pot, ADD onion, celery, and bell peppers. STIR-FRY a few minutes.
7. RETURN beef to pot.
8. In a small bowl MIX gravy ingredients and ADD to beef and vegetables.
9. ADD tomatoes. HEAT and STIR until gravy is clear.

Variations:

Other meats may be used.

Other vegetables may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

CHOP SUEY

Number of servings: 4

Ingredients:

- 1 medium round onion
- 1 clove garlic
- $\frac{3}{4}$ - 1 pound pork OR chicken
- 2 (9-ounce) packages chop suey mix

Seasoning:

- 1 tablespoon ginger
- 2 tablespoons less sodium soy sauce
- $\frac{1}{2}$ teaspoon sugar
- Optional: $\frac{1}{2}$ teaspoon salt

Gravy:

- 1 tablespoon cornstarch
- 1 cup less sodium broth
- 1 tablespoon less sodium soy sauce
- $\frac{1}{2}$ teaspoon sugar

Directions:

1. SLICE onion. SET aside.
2. CRUSH garlic. SET aside.
3. SLICE pork OR chicken into thin strips.
4. For seasoning, MINCE ginger. In a small bowl, COMBINE seasoning ingredients and SET aside. Optional: ADD salt.
5. In another small bowl, MIX gravy ingredients. SET aside.
6. In a large pot, FRY pork or chicken.
7. ADD garlic and seasoning mixture. MIX well.
8. ADD onions and chop suey mix. MIX well.
9. ADD gravy mixture to pot. MIX well.

Variations:

Use other fresh vegetables such as carrots and broccoli.
Use other meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

Nutrition Facts

Serving Size 1/2 cup (316 g)
Servings Per Container 4

Amount Per Serving

Calories 200 **Calories from Fat** 45

% Daily Value*

Total Fat 5 g 8 %

Saturated Fat 2 g 10 %

Trans Fat 0 g

Cholesterol 65 mg 22 %

Sodium 480 mg 20 %

Total Carbohydrate 15 g 5 %

Dietary Fiber 3 g 12 %

Sugars 8 g

Protein 24 g

Vitamin A 0% ■ Vitamin C 30%

Calcium 4% ■ Iron 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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



CHOW FUN



Number of servings: 8

Ingredients:

5-6 leaves green onion and/OR ½ medium round onion
 ¾ pound lean meat
 2 (14-ounce) packages refrigerated chow fun noodles
 2 (9 or 10-ounce) packages chop suey mix
 and/OR bean sprouts
 Optional: sesame seeds
 Chinese parsley

Marinade:

1 thumb size piece ginger
 1 tablespoon less sodium soy sauce
 ½ teaspoon sugar
 ½ teaspoon salt

Seasoning:

1 thumb size piece ginger
 ½ teaspoon salt
 1 teaspoon sugar
 3 tablespoons less sodium soy sauce

Directions:

1. SLICE green onion and/OR round onion. SET aside.
2. CRUSH ginger for marinade and seasoning. SET aside.
3. SLICE meat into strips.
4. In a small bowl, MIX marinade ingredients and ADD meat. SET aside.
5. In another small bowl, MIX seasoning ingredients.
6. In a large pot or skillet, SAUTÉ meat until BROWN.
7. ADD chow fun noodles to meat, and MIX.
8. ADD seasoning mixture and vegetables to pot. MIX WELL.
9. STIR-FRY until vegetables are tender but crisp.
10. Optional: ADD sesame seeds and Chinese parsley as garnish.

Variations:

Use various vegetables.

Use various fresh or canned meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
 PAGES 98-101.

Nutrition Facts

Serving Size 1 cup (224 g)

Servings Per Container 8

Amount Per Serving

Calories 250 **Calories from Fat** 27

% Daily Value*

Total Fat 3 g 5 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 30 mg 10 %

Sodium 730 mg 30 %

Total Carbohydrate 36 g 12 %

Dietary Fiber 3 g 12 %

Sugars 4 g

Protein 17 g

Vitamin A 6 % ■ Vitamin C 15 %

Calcium 2 % ■ Iron 15 %

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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



EGGPLANT WITH GARLIC SAUCE



Number of servings: 4

Ingredients:

- 1 medium carrot
- 1 medium bell pepper
- 2 medium eggplants
- 1 thumb size piece ginger
- 1 clove garlic
- 1 pound lean ground meat

Sauce:

- 1 tablespoon sugar
- 1 tablespoon cornstarch
- ¼ cup less sodium soy sauce
- 1 tablespoon vinegar
- Optional: chili pepper

Directions:

1. SLICE carrot, bell pepper, and eggplants. SET aside.
2. MINCE ginger and garlic. SET aside.
3. In a small bowl, COMBINE sauce ingredients: sugar, cornstarch, soy sauce, vinegar, and optional: chili pepper.
4. In a large pot, FRY meat. DRAIN off excess fat. ADD ginger and garlic.
5. ADD carrot, bell pepper, and eggplants. STIR-FRY until vegetables are tender.
6. ADD sauce mixture to pot and STIR.

Variations:

Other vegetables may be used.
Other meats may be used.

Nutrition Facts

Serving Size 1 cup (250 g)
Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat** 108

% Daily Value*

Total Fat 12 g 18 %

Saturated Fat 4.5 g 23 %

Trans Fat 1 g

Cholesterol 70 mg 23 %

Sodium 610 mg 25 %

Total Carbohydrate 15 g 5 %

Dietary Fiber 4 g 16 %

Sugars 8 g

Protein 23 g

Vitamin A 50% ■ Vitamin C 45%

Calcium 4% ■ Iron 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



GON LO MEIN



Number of servings: 10

Ingredients:

- ½ (12-ounce) can lite luncheon meat
- 2 (9-ounce) packages chop suey mix
- 3 tablespoons oyster sauce
- 2-3 tablespoons water
- 2 (10-ounce) packages refrigerated chow mein noodles

Directions:

1. SLICE luncheon meat into strips.
2. In a large pot, COOK luncheon meat.
3. ADD chop suey mix, and STIR.
4. In a small bowl, COMBINE oyster sauce and water (to total about 1/3 cup), and POUR over meat and vegetables. MIX well.
5. ADD noodles and MIX.

Variations:

Use other sliced meats.

Use 1 ½ cups of vegetables. Any combination of sliced carrots, celery, broccoli, string beans, watercress, cabbages, and/or bean sprouts.

For topping add:

scrambled eggs (sliced thinly), green onions (chopped into 1-inch lengths), Chinese parsley (chopped into 1-inch lengths).

Nutrition Facts

Serving Size 1 cup (133 g)
Servings Per Container 10

Amount Per Serving

Calories 220 **Calories from Fat** 27

% Daily Value*

Total Fat 3 g 5 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 20 mg 7 %

Sodium 560 mg 23 %

Total Carbohydrate 39 g 13 %

Dietary Fiber 2 g 8 %

Sugars 3 g

Protein 9 g

Vitamin A 0% ■ Vitamin C 20%

Calcium 2% ■ Iron 15%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

LEAFY TOFU

Number of servings: 6

Ingredients:

- 1 (14-ounce) container tofu
- 2 bunches spinach
- 1-2 tablespoons oil
- 2 tablespoons less sodium soy sauce
- 1 teaspoon toasted sesame seeds

Directions:

1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds over mixture.

Variation:

May use other dark green leafy vegetables or cabbage.

Nutrition Facts

Serving Size 1 cup (165 g)
Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 54

% Daily Value*

Total Fat 6 g 9 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 260 mg 11 %

Total Carbohydrate 5 g 2 %

Dietary Fiber 3 g 12 %

Sugars less than 1 g

Protein 9 g

Vitamin A 180 % ■ Vitamin C 25 %

Calcium 20 % ■ Iron 25 %

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



OYSTER CHICKEN WITH BROCCOLI



Number of servings: 8

Ingredients:

2 pounds broccoli
1 small round onion
1 clove garlic
1 thumb size piece ginger
2 ½ pounds chicken thighs
2-3 tablespoons oyster sauce
salt and pepper to taste

Thickening:

2 tablespoons cornstarch
¼ cup water

Directions:

1. CLEAN and CHOP broccoli into bite-sized pieces. SET aside.
2. DICE onion. SET aside.
3. MINCE garlic and ginger. SET aside.
4. CHOP chicken into bite-sized pieces.
5. In a large pot, FRY chicken for 2-3 minutes. STIR.
6. ADD garlic and ginger.
7. ADD broccoli, onion, and oyster sauce. MIX well.
8. MIX and SIMMER for about 5 minutes.
9. ADD salt and pepper. MIX.
10. COOK until broccoli is almost done.
11. In a small bowl, MIX thickening ingredients and ADD to mixture.
12. STIR-FRY until broccoli is done and gravy is thickened.

Variations:

Other fresh or frozen vegetables may be used.
Other meats may be used.

Nutrition Facts

Serving Size 1 cup (279 g)
Servings Per Container 8

Amount Per Serving

Calories 220 **Calories from Fat** 54

% Daily Value*

Total Fat 6 g 9 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g

Cholesterol 135 mg 45 %

Sodium 330 mg 14 %

Total Carbohydrate 12 g 4 %

Dietary Fiber 4 g 16 %

Sugars 2 g

Protein 30 g

Vitamin A 35% ■ Vitamin C 120%

Calcium 6% ■ Iron 10%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



PANCIT



Number of servings: 5

Ingredients:

2 quarts of water
1 (8-ounce) package pancit (Filipino-style) noodles
1 clove garlic
1 small round onion
1 rib celery
1 carrot
½ - 1 pound lean pork
salt and pepper to taste

Directions:

1. In a large pot, BRING water to a BOIL.
2. ADD noodles and COOK according to package directions.
3. DRAIN and SET aside.
4. CRUSH garlic.
5. SLICE onion thinly. SET aside.
6. SLICE celery and carrot. SET aside.
7. SLICE pork into strips.
8. In a large pot, COOK garlic, onion, celery, carrot, and pork. ADD salt and pepper.
9. MIX and HEAT thoroughly.
10. On a large platter, PLACE noodles and TOP with pork mixture.

Variations:

Other vegetables may be used.
May use other noodles.
Dried shrimp may be used.

Nutrition Facts

Serving Size 1 cup (278 g)
Servings Per Container 5

Amount Per Serving

Calories 290 **Calories from Fat** 27

% Daily Value*

Total Fat 3 g 5 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 35 mg 12 %

Sodium 140 mg 6 %

Total Carbohydrate 52 g 17 %

Dietary Fiber 3 g 12 %

Sugars 1 g

Protein 12 g

Vitamin A 40% ■ Vitamin C 4%

Calcium 2% ■ Iron 4%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

PORK TOFU

Number of servings: 9

Ingredients:

- 1 round onion
- 1 bunch watercress
- 1 thumb size piece ginger
- 1 (14-ounce) container tofu
- 1 pound lean pork
- 2 tablespoons less sodium soy sauce
- 2 teaspoons sugar

Directions:

1. DICE onion. SET aside.
2. CHOP watercress into 2 inch lengths. SET aside.
3. CRUSH ginger. SET aside.
4. DRAIN and CUBE tofu.
5. SLICE pork into thin strips.
6. In a large pot, FRY pork for a few minutes.
7. ADD onion and ginger to pork.
8. ADD tofu, soy sauce and sugar to pot. Continue cooking until everything is heated through.
9. ADD watercress and continue cooking until watercress wilts, or for about 4-5 minutes. SERVE.

Variations:

Other meats may be used.

Other vegetables such as eggplant may be used.

Nutrition Facts

Serving Size 1 cup (167 g)
Servings Per Container 9

Amount Per Serving

Calories 130 **Calories from Fat** 45

% Daily Value*

Total Fat 5 g 8 %

Saturated Fat 1.5 g 8 %

Trans Fat 0 g

Cholesterol 40 mg 13 %

Sodium 190 mg 8 %

Total Carbohydrate 4 g 1 %

Dietary Fiber less than 1 g 3 %

Sugars 2 g

Protein 16 g

Vitamin A 35% ■ Vitamin C 40%

Calcium 15% ■ Iron 8%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



VEGETABLE STIR-FRY



Number of servings: 5

Ingredients:

- 1 pound lean meat
- 1 medium head (approximately 1 ½ lbs) won bok cabbage

Sauce:

- 1 clove garlic
- 1 thumb size piece ginger
- 1 tablespoon less sodium soy sauce
- 1 teaspoon cornstarch
- ½ teaspoon sugar

Directions:

1. SLICE meat into thin strips. SET aside.
2. CRUSH garlic and ginger for sauce.
3. In a small bowl, COMBINE sauce ingredients: garlic, ginger, soy sauce, cornstarch, and sugar.
4. MARINATE meat in sauce mixture for about 15-20 minutes.
5. CUT cabbage into 1-2 inch lengths.
6. In a large pan or wok, STIR-FRY meat.
7. ADD cabbage and STIR-FRY for a few minutes.

Variations:

Other fresh or frozen vegetables may be used.

Sauce variations may be added to vegetable stir-fry during cooking.

Sauce Variations:

ADOBO: 1 clove garlic (minced), ¼ cup white vinegar, ¼ teaspoon black peppercorns (cracked or freshly ground), 2 tablespoons less sodium soy sauce, ¼ teaspoon salt, 1 bay leaf (break into 3 pieces).

KALBI: ¼ cup less sodium soy sauce, 1 tablespoon honey*, 1 tablespoon sugar, 1 teaspoon sesame seeds (roasted and ground), 1 teaspoon sesame oil, 1 clove garlic (minced), 1 tablespoon green onions (minced). *Honey should not be consumed by persons under 2 years of age.

HOT GARLIC: ¼ teaspoon dried red chili pepper flakes, 2 teaspoons ginger (minced), 2 cloves garlic (minced), 2 teaspoons sugar, 2 teaspoons cornstarch, 1 tablespoon white vinegar, ¼ cup water.

OYSTER: 1 clove garlic (minced), 2 tablespoons green onions (minced), 1 tablespoon cornstarch, 1 tablespoon sugar, 1 teaspoon less sodium soy sauce, ¼ cup oyster sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO PAGES 98-101.

Nutrition Facts

Serving Size 1 cup (214 g)

Servings Per Container 5

Amount Per Serving

Calories 130 **Calories from Fat** 36

% Daily Value*

Total Fat 4 g 6 %

Saturated Fat 1 g 5 %

Trans Fat 0 g

Cholesterol 85 mg 28 %

Sodium 200 mg 8 %

Total Carbohydrate 4 g 1 %

Dietary Fiber 2 g 8 %

Sugars less than 1 g

Protein 20 g

Vitamin A 25% **Vitamin C** 30%

Calcium 4% **Iron** 6%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4		



VEGETABLES W/ LUNCHEON MEAT



Number of servings: 4

Ingredients:

- 1 small head cabbage
- ½ (12-ounce) can lite luncheon meat
- 1 package oriental seasoning mix
- ½ cup water

Directions:

1. SLICE cabbage. SET aside.
2. SLICE luncheon meat.
3. In a large pan, FRY luncheon meat for a few minutes until lightly BROWNED.
4. ADD cabbage and packaged seasoning mix with water, STIRRING frequently.
5. REMOVE from heat and SERVE.

Variations:

Turkey, ham, or sausages may be used.
Use any vegetables.

Nutrition Facts

Serving Size 1 cup (259 g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 54

% Daily Value*

Total Fat 6 g 9%

Saturated Fat 2 g 10%

Trans Fat 0 g

Cholesterol 30 mg 10%

Sodium 990 mg 41%

Total Carbohydrate 15 g 5%

Dietary Fiber 4 g 16%

Sugars 6 g

Protein 9 g

Vitamin A 4% ■ **Vitamin C** 140%

Calcium 10% ■ **Iron** 6%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

WRAPS

BURRITOS

Number of servings: 10

Ingredients:

- 1 small head lettuce
- 2 medium tomatoes
- 1 (10-count) package flour tortillas, large size
- 2 cups shredded cheese
- 1 (16-ounce) can refried beans
- Optional: leftover meat round onion
- taco flavored meat chili beans
- guacamole salsa/taco sauce
- bell peppers

Directions:

1. CHOP lettuce, tomatoes, and any optional ingredients. SET aside.
2. Place one tortilla onto an ungreased, hot pan to WARM.
3. SPRINKLE and MELT about 3 tablespoons of cheese over the warm tortilla.
4. REMOVE tortilla from pan.
5. SPREAD refried beans over tortilla with cheese. Then SPRINKLE lettuce and tomatoes on top.
6. ADD optional ingredients to tortilla.
7. FOLD and ROLL into a burrito.
8. REPEAT with remaining tortillas.

Variations:

Tortillas may be warmed by wrapping the whole stack in a damp dish towel in a microwave oven, or in a moderate oven at 250° F for 10-15 minutes.
Other cheeses may be used.

Nutrition Facts			
Serving Size		1 burrito (186 g)	
Servings Per Container		10	
Amount Per Serving			
Calories	270	Calories from Fat	63
% Daily Value			
Total Fat	7 g		11 %
Saturated Fat	2.5 g		13 %
Trans Fat	0 g		
Cholesterol	less than 5 mg		2 %
Sodium	740 mg		31 %
Total Carbohydrate	39 g		13 %
Dietary Fiber	4 g		16 %
Sugars	4 g		
Protein	13 g		
Vitamin A	8 %	Vitamin C	10 %
Calcium	20 %	Iron	20 %
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4			

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.



QUESADILLAS



Number of servings: 5

Ingredients:

- 1 tomato
- 1 (8-ounce) block cheese
- 1 (10-count) package small flour tortillas
- Optional: bell peppers
- round onions
- taco sauce
- beans: kidney, pinto, OR refried

Directions:

1. DICE tomato and other optional ingredients. SET aside.
2. GRATE cheese. SET aside.
3. In a large ungreased skillet/pan, PLACE one tortilla to warm.
4. SPRINKLE tomato and cheese on tortilla.
5. ADD optional ingredients on top of tortilla: bell peppers, round onions, taco sauce, and beans.
6. PLACE a second tortilla on top.
7. HEAT until cheese is melted.
8. REMOVE from pan and CUT into wedges like a pizza.

Variations:

Use other cheeses.

Use other vegetables.

Nutrition Facts

Serving Size 1 quesadilla (136 g)

Servings Per Container 5

Amount Per Serving

Calories 290 **Calories from Fat** 72

% Daily Value*

Total Fat 8 g 12 %

Saturated Fat 4 g 20 %

Trans Fat 0 g

Cholesterol 10 mg 3 %

Sodium 880 mg 37 %

Total Carbohydrate 35 g 12 %

Dietary Fiber 2 g 8 %

Sugars 3 g

Protein 17 g

Vitamin A 6% ■ **Vitamin C** 6%

Calcium 20% ■ **Iron** 2%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

WATER



LEMONY ICE WATER



Yield: approximately 8 cups

Ingredients:

1 pitcher (2 quarts) ice water
½ lemon OR lime

Directions:

1. FILL pitcher with ice water and lots of ice cubes.
2. SQUEEZE lemon OR lime juice into pitcher.
STIR.

Nutrition Facts

Serving Size 1 cup (240 g)
Servings Per Container 8

Amount Per Serving

Calories 0 **Calories from Fat** 0

% Daily Value*

Total Fat 0 g 0 %

Saturated Fat 0 g 0 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 5 mg 0 %

Total Carbohydrate 0 g 0 %

Dietary Fiber 0 g 0 %

Sugars 0 g

Protein 0 g

Vitamin A 0 % ■ **Vitamin C** 2 %

Calcium 0 % ■ **Iron** 0 %

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES. REFER TO
PAGES 98-101.

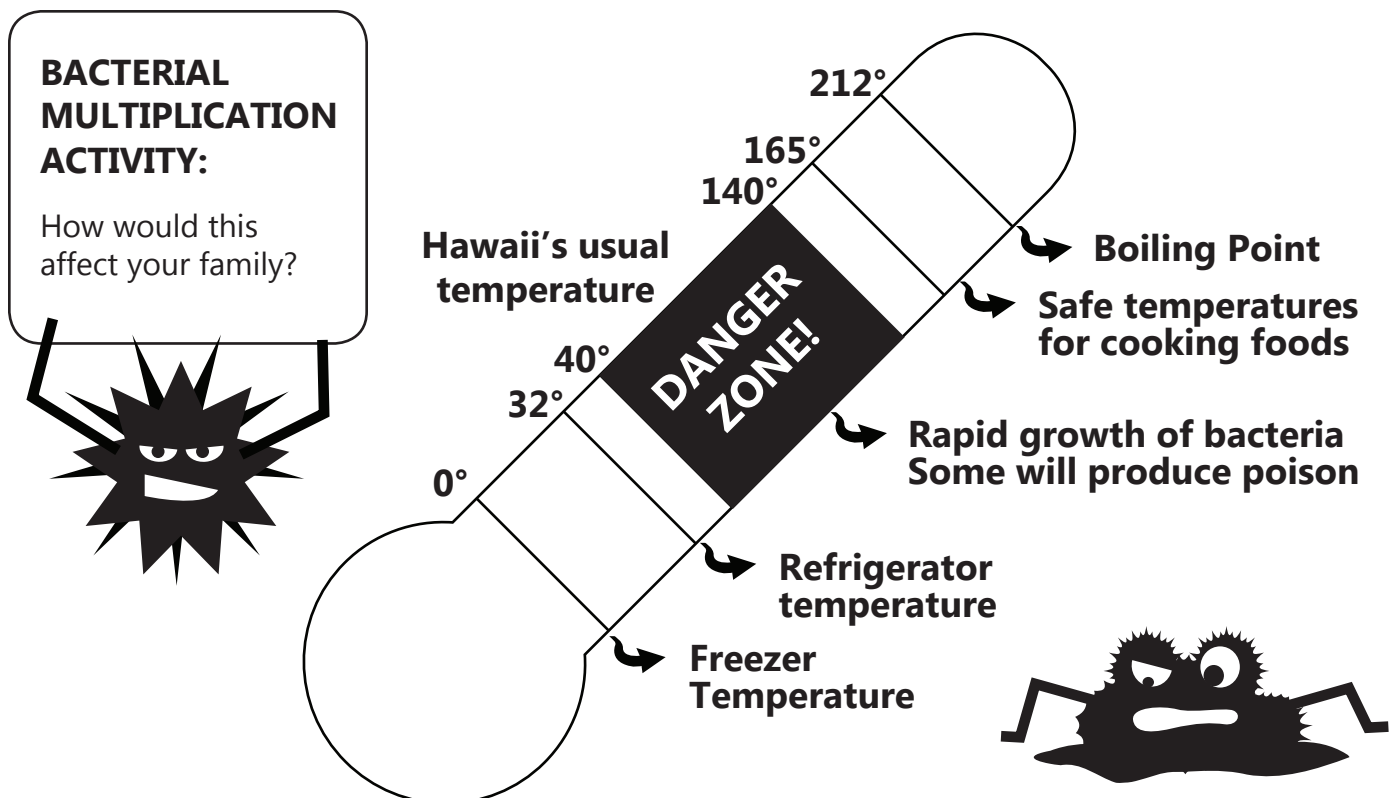
SAFE FOOD HANDLING

Safe Food Handling

Proper food handling and cooking are the best ways to keep us from becoming sick from bacteria in foods.



Germs, such as bacteria, fungi, yeast, and molds, are a natural part of our environment. Where there is food, there are bacteria. Generally, young children, older adults, and those who are often sick are the most at risk of getting ill from germs in food.



1. CLEAN



WASH YOUR HANDS

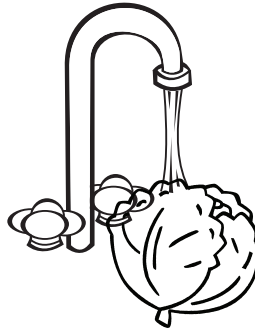
Wash your hands with warm water and soap for at least 20 seconds:

- before and after handling or eating food
- after using the bathroom
- after changing diapers
- after handling pets
- after sneezing, coughing, or blowing your nose



FRUIT & VEGGIE HANDLING

- Rinse all fruits and vegetables under running tap water.
- Never use detergent or bleach to clean fresh fruits or vegetables.



CLEAN SURFACES

- Wash surfaces that come into contact with food in hot soapy water
- Wash your cutting boards, dishes, and utensils with hot soapy water after preparing each food item.
- Use clean towels, pot holders, cloths and sponges. Wash them often.
- Sanitizing Solution

- 1 Mix one tablespoon of bleach with a gallon of water.
- 2 Sanitize non-porous countertops and cutting boards for 2 minutes.
- 3 Store solution, tightly covered for up to one week.

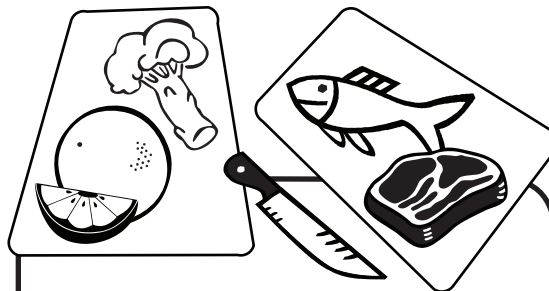
2. SEPARATE



SHOP: Keep raw meat, poultry, seafood and eggs away from other foods in your shopping cart and grocery bags.



MARINATE: Sauce that is used to marinate raw meat, poultry or seafood should **NOT** be re-used or poured over cooked food.



CUT: Use one cutting board for fresh produce and a different one for raw meat, poultry and seafood.

Or prepare your fresh and ready-to-eat foods before you cut your raw meat, poultry or seafood.

STORE: To prevent juices from raw meat, poultry or seafood from dripping onto other foods in the refrigerator, place these raw foods in sealed containers or in plastic bags on the bottom shelf of the fridge.

COOKED: Never place cooked food on a plate that previously held **raw** meat, poultry, seafood or eggs.

3. COOK



TEMPERATURE

Thoroughly cooking food kills the harmful bacteria that cause illness.

Use a food thermometer and follow the "Internal Temperatures for Safe Cooking" chart below.

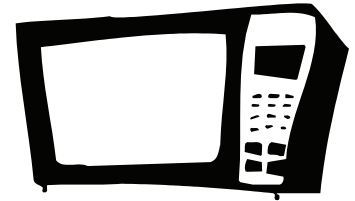
KEEP HOT FOODS HOT

- Hot foods should be kept at 140°F or higher.
- Keep food hot with chafing dishes, slow cookers, warming trays or on low heat on a stove.



MICROWAVE

- For best results, cover food before microwaving.
- Stir and rotate during microwaving for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Make sure there are no cold spots in food.



LEFTOVERS

- Heat leftovers thoroughly to 165°F.
- Bring sauces, soups and gravies to a boil for at least one minute before serving.

INTERNAL TEMPERATURES FOR SAFE COOKING

Use a food thermometer to measure the internal temperatures of food.

Meat Product

Temperature

All cooked leftovers (reheated)	165°F
Poultry (whole bird)	165°F
Poultry (breast, thigh, wing)	165°F
Ground poultry	165°F
Ground meat (beef, pork, veal, lamb)	160°F
Egg dishes	160°F
Fish	145°F
*Beef, Veal, or Lamb	145°F
*Pork or Ham	145°F

165°F
165°F
165°F
165°F
160°F
160°F
145°F
145°F
145°F

**Cook whole cuts of meat (beef, veal, lamb, pork, ham) to an internal temperature of 145°F, then allow the meat to rest for 3 minutes before carving or consuming.*

4. CHILL

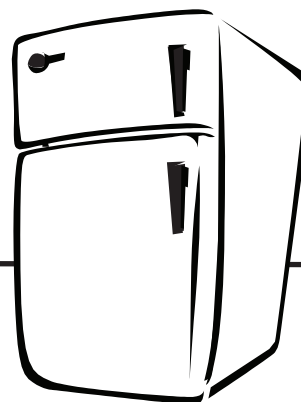


BUYING

- When shopping, buy frozen, cold or perishable foods last.
- When traveling store perishable food with ice or cold packs in a cooler.
- Take food straight home.

REFRIGERATOR

- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use most cooked leftovers within 3-4 days.
- Unsafe food does **NOT** always smell, taste or look bad.



DON'T WAIT, REFRIGERATE

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let leftovers sit at room temperature more than 2 hours or one hour when temperature is above 90°F.

DEFROSTING

- **Never defrost food at room temperature (on the kitchen counter).**
- Defrost food in the refrigerator. This is the safest method for all foods.
- For defrosting in microwave, use the defrost or low setting.
- Thaw meat and poultry in airtight packaging in cold water if it will be used immediately. Change the water every 30 minutes, so the food continues to thaw in cool water.
- Food thawed in cold water or in the microwave should be cooked immediately.

KEEP COLD FOODS COLD

Cold foods should be kept at 40°F or below
Keep all perishable foods chilled right up until serving time.
Place containers of cold food on ice for serving to make sure they stay cold.

WINNING WAYS IN THE KITCHEN

Winning Ways In the Kitchen

Cooking Terms and Methods

- BAKE/ROAST.** Cook food uncovered in an oven or oven-type appliance.
- BEAT** Make mixture smooth with a rapid, regular motion using a wire whisk, spoon, hand beater, or mixer. When using a spoon, lift the mixture up and over with each stroke.
- BLEND** Mix two or more ingredients thoroughly.
- BOIL** Cook food over high heat in liquid in which bubbles rise constantly to the surface and break.
- BRAISE** Cook meat or poultry slowly in a small amount of liquid in a covered pot.
- BROIL** Cook food by direct heat, usually on a rack.
- BROWN** Cook food quickly until surface of food is brown.
- CHOP** Cut food into small pieces.
- CREAM** Make soft, smooth, and creamy with a spoon or mixer.
- CRUSH** Use a garlic press or a blunt object to smash foods until the fibers separate (such as garlic).
- CUBE** Cut food into small cubes (½-inch).
- DICE** Cut food into very small pieces (about ¼-inch).
- DRAIN** Draw off (a liquid) gradually; to empty by drawing off liquid.
- FOLD** Combine ingredients by using a gentle circular motion to cut down into mixture; slide across the bottom of the bowl to bring some of the mixture up and over the surface.
- FRY** Pan Fry - Cook in frying pan over medium heat with a small amount of fat.
Deep Fry - Cook in hot fat deep enough for food to float in.
- GRATE** Rub food on a grater (or chop in blender or food processor) to produce fine, medium or coarse particles.
- GREASE** Cover or lubricate with oil or fat, to keep food from sticking.
- KNEAD** Work a food mixture (usually dough) with a fold and press motion.
- MARINATE** Allow food to soak in a seasoned liquid mixture.
- MINCE** Cut into tiny pieces; smaller than diced.
- PEEL** Remove outer covering of foods by trimming away with knife or vegetable peeler.
- PREHEAT** Heat oven to desired temperature before putting food in to bake.
- POACH** Cook food over low heat in small amount of hot, simmering liquid.
- SAUTE** Cook foods rapidly in a small amount of oil in an open pan and stir constantly.
- SHRED** Cut food into slivers or slender pieces using a knife or shredder.
- SIFT** Remove lumps or to lighten the dry ingredients by putting them through a strainer or a sifter.
- SIMMER** Cook food over low heat in a liquid just below the boiling point in which tiny bubbles form slowly.
- SKIM** Remove fat or scum from surface of food.
- SLICE** Cut food into thin pieces.
- STEAM** Cook food on a rack or in a colander in a covered pan over steaming hot water.
- STEW** Cook food over low heat in a large amount of simmering liquid.
- STIR FRY** Cook sliced food quickly in a skillet or wok and toss occasionally.
- THAW** Change from frozen to a liquid state slowly.
- TOSS** Mix foods lightly with a lifting motion, using forks or spoons.

Master Measuring

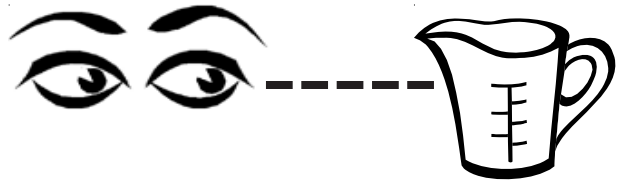


RECIPE SUCCESS

1. Read over recipe.
2. Clear work area.
3. Set out ingredients and supplies.
4. Prepare and measure ingredients.
5. Make recipe!

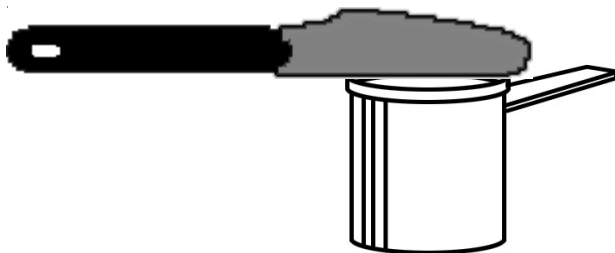
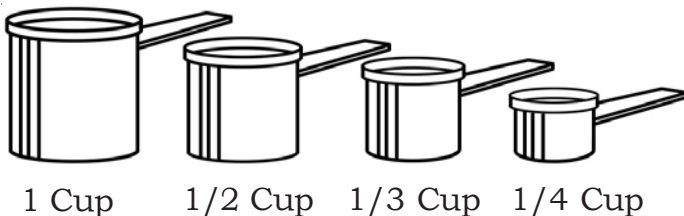


Use clear measuring cups to measure liquid ingredients.



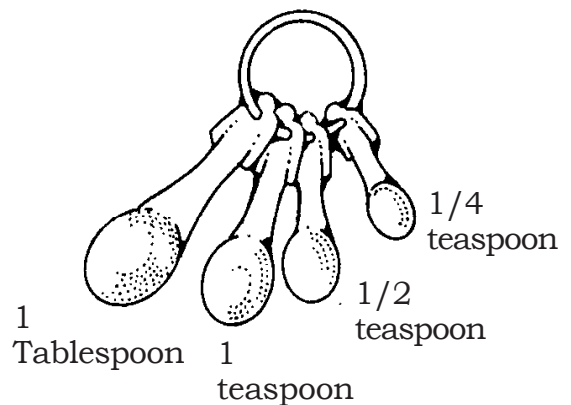
Check at eye level to make sure the correct amount is measured. Liquid should just touch the measurement line.

Use the dry measuring cups pictured below to measure dry ingredients.



Dry ingredients should be spooned into measuring cup and leveled using the straight edge of a knife.

Use these measuring spoons to measure small amounts of ingredients.



BASIC KITCHEN TOOLS

Draw a line to match the kitchen tools

Liquid Measuring Cup

Dry Measuring Cups

Measuring Spoons

Cutting Board

Knife

Spatula

Spoon

Mixing Bowls

Can Opener

Grater

Peeler

Hot Pad

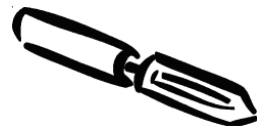
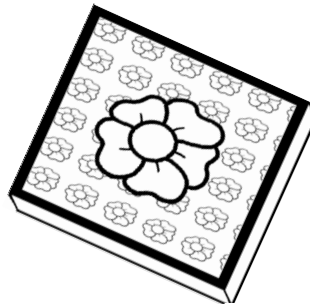
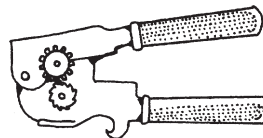
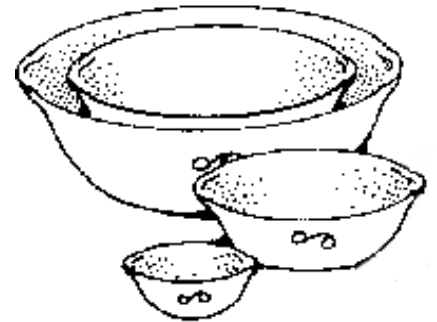
Pot

Pan

Scrubber

Baking Pan

Pot Holder



Temperatures for Safe Cooking



Roasting Meats



Thermometer Readings for Meats

All cooked leftovers (reheated).....	165°F
Poultry (whole bird).....	165°F
Poultry (breast, thigh, wing).....	165°F
Ground poultry.....	165°F
Ground meat (beef, pork, veal, lamb).....	160°F
Egg dishes.....	160°F
Fish.....	145°F
* Beef, Veal, or Lamb.....	145°F
* Pork or Ham.....	145°F

** Cook whole cuts of meat (beef, veal, lamb, pork, ham) to an internal temperature of 145°F, then allow the meat to rest for 3 minutes before carving or consuming.*

Proper food handling and cooking are “winning ways” to keep from becoming sick from bacteria in foods. Place a food thermometer in the thickest part of the meat and follow these temperatures as a guide to help prevent foodborne illnesses.

APPENDIX: “ABOUT FOODS”

BEANS

INTRODUCTION:

Beans are a part of the legume family. A food staple in many cultures, beans remain an important part of cuisines around the world. Popular beans include red, kidney, navy, pinto, black, pink, white, garbanzo, lima, mung, and soy.

BUYING:

You may choose either the dry beans that need to be cooked, or the canned beans that require no cooking. Dry beans increase in volume when soaked or cooked. One cup of dry packaged beans makes 2-3 cups cooked beans.

STORING:

Dried beans can be stored at room temperature for up to 6-12 months in a cool dry place in airtight containers. Leftover cooked beans may be stored in the refrigerator for up to 5 days in a covered container, or it may be frozen up to 6 months in airtight containers.

PREPARATION:

For dried beans, check the package for cooking directions. Soaking dry beans before cooking is recommended to soften and to return moisture to the beans. This reduces the cooking time and allows some of the gas causing substances to dissolve in the water. Remember to discard the water and add fresh water before cooking the beans. Drain and rinse the beans before using in recipes.

Cook enough dry beans for more than one meal at a time and freeze. Add a little moisture or seasoning after thawing to restore the flavor and consistency.

Dry beans take 30 minutes to 2 hours to cook. Boil beans for 10 minutes, and then simmer until tender (1-2 hours). To test for doneness, beans should be tender but not mushy. For a quick soaking method, place beans in boiling water and boil for 2-3 minutes. Remove from heat, cover and set aside for at least 1 hour, then cook beans as instructed.

Canned beans do not require additional cooking. Draining the liquid and rinsing before using may help to reduce problems with gas.

SERVING:

½ cup cooked beans equals 1 serving

RECIPES ARE:

Bean Salad
Bean Salad Spread
Bean Soup
Burritos

Chicken and Beans
Chili
Fiesta Rice
Fiesta Salad

Ham w/Pork'n'Beans
Pasta Salad
Unfried Beans

BEEF AND PORK

INTRODUCTION:

Beef is from a cow and pork is from a pig.

BUYING:

Choose leaner cuts of meat. Freshness is important with all meats.

A good buying tip is to purchase meats in family packs and divide it into separate meal size portions. It can also be purchased in large pieces and cut into smaller portions like stew meat or chopped steak or pork. Placing the packages of meat into plastic bags prevents blood from getting onto other foods and causing food poisoning. Always shop for cold and frozen foods like meats, last, to prevent spoilage.

Beef should be red, tinged lightly with brown.

Pork should be fine-textured, firm, and pink.

STORING:

After purchasing meats, refrigerate them as soon as possible in the coldest section of the refrigerator. If the meat is not to be used within three days, it should be placed in the freezer immediately. Meats can be stored in its original packaging or in foil, plastic freezer bags, and storage containers. If frozen meats get freezer burn, it is still safe to eat. Cut the freezer-burned portions away before cooking. It is okay to freeze meat after it has been cooked.

PREPARATIONS:

To prevent bacterial growth, do not thaw frozen meat on the kitchen counter or at room temperature. Keep raw meat juices away from other foods and marinate meats in the refrigerator.

There are several safe ways to defrost meat: 1) Defrost the meat in the refrigerator; 2) Soak the meat in cold water, changing the water every 30 minutes and cooking the meat immediately thereafter; 3) Defrost meat in the microwave on a low setting and cook the meat immediately thereafter; 4) Defrost the meat as it thaws out while cooking.

There are six basic ways of cooking meat. Most tender cuts are best cooked by dry heat: roasted or cooked on a rotisserie, broiled or grilled, pan-broiled or pan-fried. Less tender cuts should be cooked slowly in moist heat: braised or pot-roasted, or cooked in liquid. Pounding or marinating before cooking can also make tougher cuts of meat tender.

Ground meats should be cooked well done in order to help prevent serious food poisoning.

Meats – Beef and Pork continued

A good tip is to trim off the fat you can see and try to cook without adding fats such as oil, butter, or margarine.

Use lean ground beef when you cannot remove fat. Ground beef must be cooked thoroughly before serving.

Always cook pork well done. Never taste even a tiny bit of raw pork in any form, including bacon and sausage. Pork may have a parasite that is passed on to humans, so it must be cooked thoroughly.

A good serving tip is to stretch meat by adding noodles, rice, or vegetables. This can make the dish lower fat and at the same time, save you money.

SERVING:

2-3 ounces equal 1 serving

RECIPES ARE:

Adobo Meat
Bean Soup
Beef Tomato
Chili
Chop Suey
Chow Fun
Corn Chowder
Eggplant w/Garlic Sauce
Fiesta Rice
Fiesta Salad
Fried Rice
Gon Lo Mein
Ham w/pork 'n' beans
Hamburger Stew
Pancit
Pork Tofu
Roast on Toast
Stew
Sweet and Sour Meat
Vegetable Soup
Vegetable Stir-Fry
Vegetable w/Luncheon Meat

CHEESE

INTRODUCTION:

Cheese is a useful and versatile food. Cheese may be served as a snack, main dish, or as a separate course. It can be used in sandwiches, salads, soups, dips, sauces, and desserts.

Cheese comes from cows, goats, ewes, or buffaloes. Cheese varies from one season to another and from one location to another. It is highly nutritious and a good substitute for meat. Cheese is made from milk, which may be sweet, sour, whole, skim, or mixed with additional cream.

BUYING:

Cheese should be bought in small amounts and served promptly. When buying cheese, always compare prices and try to choose a cheese that is low in fat. A good shopping tip is to buy cheese in a block and slice or shred it.

STORING:

The harder the cheese, the longer it will keep without deteriorating. Natural cheeses should be stored in the refrigerator, tightly wrapped to prevent it from drying out. Most pasteurized process cheese products need not be refrigerated until it has been opened.

PREPARATION:

Cheese can be served any time of the day, from breakfast to supper. Cheese can be served as a snack, melted over bread, or cut into cubes and eaten cold. You can also add cheese to side or main dishes. When cooking with cheese, the important thing to remember is that excessive heat and prolonged cooking makes it stringy and leathery.

SERVING:

1 ½ ounces natural cheese equal 1 serving
2 ounces processed cheese equal 1 serving
1/2 cup of cottage cheese equals 1 serving

RECIPES ARE:

Burritos
Cheesy Casserole
Fiesta Rice
Fiesta Salad

Quesadillas
Ranch Style Dip
Skillet Lasagna
Tuna Dip

COTTAGE CHEESE

INTRODUCTION:

Cottage cheese is a soft, uncured (one that has not been aged) variety of cheese made from milk.

BUYING:

Cottage cheese is available in large and small curd varieties with fat content ranging from full-fat to fat-free (creamed, 2%, 1% and dry-curd). All varieties may be available lightly salted and unsalted.

STORING:

Cottage cheese is perishable and should be used promptly. Store it for only several days in the refrigerator.

PREPARATION:

Cottage cheese is an adaptable source of protein. It is versatile in recipes and can be used in many ways: with spices and seasonings, with any fresh, dried, canned or frozen fruit, with all kinds of vegetables, and with meat, fish, eggs and other dairy products. Cottage cheese can also be blended and used as a base for dips and dressings.

SERVING:

½ cup equals one serving

RECIPES ARE:

Ranch Style Dip

Tuna Dip

DIPS

INTRODUCTION:

Dips are an informal appetizer made with softened cheese, sour cream, mashed avocado, bean puree, or a food of similar consistency. Dips are flavored to complement crisp, bite-sized foods that are dipped into the product.

BUYING:

Dips can be bought readymade or prepared at home. Dips can be purchased in containers and packages. Homemade dips usually cost less. Watch for weekly sales to buy at a low cost.

STORING:

Dips need to be stored properly to keep safe from bacterial growth. Wipe spills and drips, cover tightly, and refrigerate.

Store dips in appropriate sized containers with covers, or wrap tightly with plastic sheeting and seal well. Refrigerate immediately after using and use within 3 days.

PREPARATIONS:

Use the freshest ingredients possible. Fresh chopped fruit or vegetables, lightly salted canned vegetables, canned fruit in light syrup, or juice can be used.

Mixing lowfat yogurt with light sour cream or reduced fat mayonnaise reduces the fat content.

Add herbs for taste such as dill, parsley, chili pepper, chives, green onions, or garlic chives.

SERVINGS:

¼ cup dip equals 1 serving

2 tablespoons dressing equal 1 serving

RECIPES ARE:

Bean Salad Spread

Ranch Style Dip

Salsa

Tartar Sauce

Tuna Tip

Tuna Sunshine Mix

Unfried Beans

DRESSINGS

INTRODUCTION:

Dressings are used as a flavorful sauce to add to salads.

BUYING:

Salad dressings can be bought readymade or prepared at home. Dressings can be purchased in containers and packages. Homemade dressings usually cost less. Watch for weekly sales to buy at a low cost

STORING:

Salad dressing needs to be stored properly. Wipe up drips, cover tightly and refrigerate.

Store salad dressings in appropriate sized containers with covers, or wrap tightly with plastic sheeting and seal well. Refrigerate immediately after using and use within 3 days.

PREPARATION:

Use the freshest ingredients possible. Fresh chopped onions, peppers, garlic, green onions, parsley, chives, dill, fennel, or celery combined with mayonnaise or lowfat yogurt makes a creamy style dressing. Add herbs for different flavors. Use ingredients to match your taste.

Dressings can be drizzled over vegetable salads, or used as a dip for chips, breads, crackers, or raw vegetables.

SERVING:

1-2 tablespoons equal 1 serving

RECIPES ARE:

Ginger Citrus Dressing
Oriental Chicken Salad
Pasta Salad
Pina Colada Sauce
Ranch Style Dip
Salsa
Skillet Fruit
Somen Salad
Sushi Rice Sauce
Tartar Sauce
Thousand Island Dressing
Tuna Tofu Salad
Vegetable Namul

EGGS

INTRODUCTION:

Eggs are one of the world's most versatile foods. Chicken eggs are economical and available year round. The color of the eggshell does not affect the flavor, quality, nutrients, or cooking of the egg.

BUYING:

Eggs are sold by grade and size. AA and A grades are based on appearance and have nothing to do with nutritional value or size.

When purchasing eggs, check that none are cracked. A cracked egg may contain bacteria that will cause food poisoning.

STORING:

Eggs should be stored in the refrigerator, and kept away from strong odors.

Cook eggs to 160°F.

PREPARATION:

Eggs can be prepared many ways – from the simple scrambled eggs to an elegant omelet. Eggs and egg dishes can be served at any meal. It can be: fried (easy over, sunny side up, or scrambled), boiled (soft, medium, or hard), poached, baked, or made into omelets or soufflés.

The whites are used in meringue and the yolks in custards.

SERVING:

2 eggs equal 1 serving

RECIPES ARE:

Bread Pudding
Egg Fu Yung
Fried Rice
Oatmeal Cookies
Pumpkin Shortbread
Scrambled Tofu
Tuna Tofu Salad

FISH

INTRODUCTION:

Fish is versatile, delicious, and cooks quickly. Fresh, frozen, or canned fish are used in dishes from soups, to salads, to main dishes.

BUYING:

It is important to purchase the fresh fish and seafood from approved licensed stores, markets, and wholesalers.

Fresh fish can be bought whole, dressed, filleted, and as steaks. The fillets and steaks are a good choice for inexperienced cooks to prepare.

When buying whole fish: The eyes should be bright, clear and shiny, not sunken or clouded. The body should be rigid, the flesh firm and elastic. The stomach should be firm, not swollen or lacerated.

Frozen fish should be purchased when completely frozen solid and kept frozen until it is needed. Fish should be stored for no longer than 2 months, preferably 1 month.

STORING:

Refrigerating whole fish: drain and wrap well to keep skin from drying out. Clean and cook on day of purchase.

Refrigerating fillets: rinse to remove scales or foreign matter. Pat dry with a paper towel, place on a clean pan or plate, cover with a plastic wrap, seal well, and refrigerate. Or place in a clean plastic storage bag, seal well letting out all air, and refrigerate. Cook within a day or two.

PREPARATIONS:

As with all fresh foods, fish needs to be safely handled before, during, and after cooking to prevent food poisoning.

Thawing frozen fish: The safe method is to place fish or fillet on a plate or pan on the bottom shelf of the refrigerator for several hours or overnight.

SERVING:

2-3 ounces equal 1 serving

RECIPES ARE:

Somen Salad
Tuna Dip
Tuna Sunshine Mix

Tuna Tofu Patties
Tuna Tofu Salad

FRUITS

INTRODUCTION:

Fruits can be included in every course of any meal, from soups to desserts. They can be eaten as a healthy snack, at any time. Fruits can be used in desserts such as whips, cobblers, crisps, shortcakes, puddings, or fritters.

Fresh fruit is highly perishable and requires refrigeration once it is ripe. Citrus fruit doesn't need further ripening.

In warmer climates, dried fruits are best stored in the refrigerator.

BUYING:

Fruits can be bought - fresh, frozen, canned, or dried. Purchase fresh fruits at the peak of the season and take advantage of low prices when they are in abundance. When buying fresh fruits, look at it, and feel it to avoid the over ripe fruits. Fruits should be firm without soft spots.

STORING:

Unripened fruits may be stored out on the counter and eaten or refrigerated when ripe. Avoid over ripening and the subsequent attraction of fruit flies or other insects. Fruits may be frozen and used later in recipes.

PREPARATION:

All fresh fruits lose their flavor rapidly when soaked in water. Therefore, wash the fruits quickly under water just before consuming. Remove and discard any over ripe brown spots. It may be cut up and mixed together as a fruit salad. Fruits may be blended together as a smoothie. Fruits may be cooked in fruit bread or in other dishes.

Fruits make great snacks and desserts. It can be made into a syrup and used as a topping on pancakes, waffles, or mixed into yogurt. Try fresh fruits such as banana, mango, berries, or star fruit on top of your cereal in the morning.

SERVING:

½ cup fruit equals 1 serving

RECIPES ARE:

Apple Turnover	Granola
Carrot and Raisin Salad	Milk Smoothie #1
Cereal Squares	Milk Smoothie #2
Creamy Fruit/Vegetable Salad	Milk Smoothie #3
Fruit Freezes	Pumpkin Shortbread
Fruit Slush #1	Skillet Fruit
Fruit Slush #2	Sweet and Sour Meat
Fruit Slush #3	Versatile Fruit Bread

MILK

INTRODUCTION:

Milk comes from animals such as cows, goats, ewes, and buffaloes. It is an important and nourishing food item. Milk should be homogenized and pasteurized. Lowfat milk reduces the calorie intake without giving up much flavor.

BUYING:

When buying fresh milk, look for the date on the milk carton. This is the date the grocer must take the milk off the shelf.

STORING:

Fluid milk needs to be stored in the refrigerator or it will spoil. Dry powdered milk can be stored at room temperature in a tightly covered container.

PREPARATION:

Dry powdered milk can be used in place of liquid milk. Mix 1/3 cup dry powdered milk with one cup water, to get one cup fat free milk.

Milk is usually served cold as a drink with meals or snacks. Milk can also be used in cooking when making soups or creamed dishes. Always use low to medium temperatures when cooking with milk. High temperatures cause milk to curdle. Stir milk foods often to prevent sticking.

Milk is widely used in cooking. It can be drunk as a beverage plain or flavored.

SERVING:

1 cup equals 1 serving

RECIPES ARE:

Bread Pudding
Cereal Squares
Cheesy Casserole
Corn Chowder
Granola
Milk Smoothie #1
Milk Smoothie #2
Milk Smoothie #3

Peanut Butter Log
Pumpkin Shortbread
Ranch Style Dip
Tuna Sunshine Mix
White Sauce - Medium
White Sauce - Thick
White Sauce - Thin

NOODLES/PASTA

INTRODUCTION:

Pasta is believed to have originated in Central Asia, and was made popular by the Italian cooks in America. Pasta varieties include: lasagna, spaghetti, or macaroni. Asian forms of pasta includes noodles, threads, and skins/wraps.

Pasta can be served in soups, main dishes, salads, stews, one-pot meals, leftovers, or stir-fried.

BUYING:

Pasta comes in hundreds of shapes and sizes, from thin ribbons to wide sheets. Noodles can be purchased refrigerated, fresh, canned, frozen, or dried.

STORING:

Keep pasta refrigerated or frozen as purchased.

Store dry pasta in tightly closed bags or jars. Inspect the pasta products for insects before using.

PREPARATION:

Cook and prepare according to package directions.

1 cup of raw macaroni, spaghetti, or other pasta equals 2 cups of cooked pasta.

1-pound bag of pasta will make approximately 9 cups of cooked pasta.

SERVING:

1 cup equals 1 serving

RECIPES ARE:

Cheesy Casserole

Chow Fun

Gon Lo Mein

Pancit

Pasta Salad

Skillet Lasagna

Somen Salad

POTATOES

INTRODUCTION:

Potatoes are grown around the world, making it one of the world's most important vegetables. Potatoes come in all shapes and sizes.

BUYING:

Purchase potatoes that are firm, well shaped, without sprouts, cracks or discolorations.

There are many kinds of potatoes:

- All purpose – used for boiling, baking, frying, and mashing.

- Red or white “new” potatoes – are young potatoes used for salads, boiled, or steamed.

- Sweet potatoes – come in a variety of colors with sweetness that makes it versatile.

STORING:

Potatoes should be stored in a cool, dry place, away from light, and used within a week or two. It is not recommended to refrigerate potatoes because it converts to potato starch and sugar. Refrigeration may alter the potato taste and cause the potato to darken.

PREPARATION:

Potatoes can be used whole, sliced, cubed, grated, mashed, or pureed. It can be boiled, steamed, fried, baked, or microwaved. Potatoes can be served cold in salads and soups, or hot when baked, boiled, or fried or in stews and casseroles.

SERVING:

½ cup equals 1 serving

RECIPES ARE:

- Corn Chowder
- Hamburger Stew
- Potatoes
- Roast on Toast
- Stew

POULTRY

INTRODUCTION:

Poultry is considered a bargain-priced alternative to the more costly meats. Poultry includes turkey, chicken, duck, goose, and Cornish hen.

BUYING:

Chicken and turkey can be purchased whole or in parts: halves, quarters, breasts, legs, thighs, and drumsticks. It can also be bought fresh, frozen, or canned.

Chicken and turkey, also come in ground form, which makes them good, lowfat meat choices.

STORING:

After purchasing the chicken or turkey, it should be kept in its original wrapper. If frozen, it can keep for 3-4 months. Fully cooked chicken and turkey can be kept in the refrigerator for 3-4 days or in the freezer for 2-3 months. Refrigerate all leftovers promptly.

PREPARATIONS:

Thaw frozen chicken in the refrigerator for 1-2 days or by setting your microwave to defrost. Thaw frozen turkey in the refrigerator for 2-3 days (under 20 pounds) and 3-4 days (over 20 pounds). Be sure to cook the thawed poultry promptly. Poultry must be cooked thoroughly, never partially cooked.

Before baking a whole chicken or turkey, remove the wrapper and giblets from cavity of the bird. Season with oil, salt, and pepper. Put in a pan and bake at 350°F for 20 minutes per pound. Juices from the poultry should be clear, not pink or red. Some poultry has an inserted button that will pop up when the poultry is cooked. When the poultry is done baking, remove it from the oven. Put it on a platter, and carve the breast meat into thin slices.

Prepare and cook stuffing separately.

Poultry can be baked, fried, steamed, broiled, or grilled. Ground poultry can be used in recipes such as: chili, spaghetti, meatloaf, tacos, etc.

SERVING:

2-3 ounces equal 1 serving

Meats – Poultry continued

RECIPES ARE:

Adobo Meat

Bean Soup

Chicken and Beans

Chicken Cacciatore

Chop Suey

Chow Fun

Eggplant w/Garlic Sauce

Fried Rice

Oriental Chicken Salad

Oyster Chicken w/Broccoli

Pot Roast Chicken

Roast on Toast

Skillet Lasagna

Stew

Sweet and Sour Meat

Vegetable Stir-Fry

QUICK BREAD

INTRODUCTION:

Quick breads are made without yeast and require no kneading or rising before going into the oven. These breads are quick and easy to make. Add fruits, nuts, and other seasonings to enhance flavor and taste. Quick breads rise quickly once they are in the oven.

BUYING:

Quick breads are easily prepared or can be purchased ready-to-eat. Popular items include muffins, biscuits, pancakes, scones, and waffles.

STORING:

Biscuits, muffins, pancakes, and waffles should be served fresh. Loaf breads should be cooled thoroughly before being wrapped.

Freeze quick breads in foil or heavy-duty plastics.

PREPARATION:

Quick Breads tend to crack while baking and is a common characteristic. The breads should be cooled thoroughly before slicing.

Quick breads won't bake in the microwave oven because of the irregular distribution of waves during the cooking process.

SERVING:

1 slice equals 1 serving

RECIPE IS:

Versatile Quick Bread

RICE

INTRODUCTION:

Rice is the seed kernel of an annual grass and is the staple food of half of the world's population. There are more than 40,000 different varieties of rice but only a small number are available for sale in the United States.

The more common rice varieties can be divided into long, medium, and short grain. The main difference is their cooking characteristics: the shorter the grain, the more moist and tender they cook.

There are also different forms of rice: these forms vary in degree of processing. The common forms are: brown, milled white, parboiled, and precooked. Brown rice is the least processed form, retains the bran layers and has more fiber than milled white rice.

BUYING:

Buy the variety and form of rice to meet your requirements. Purchase amounts appropriate to needs to avoid spoilage including molds, bugs, and rancidity.

STORAGE:

Milled rice: uncooked regular-milled, parboil, or precooked rice will keep for 6-12 months on the shelf. Keep in a tightly closed container and in the refrigerator or freezer for longer life.

Brown rice-uncooked, because of the oil in the bran layer, will keep for 3-6 months. The oil in the bran will go rancid after a period of time so brown rice is generally packaged in smaller quantities. Keep in a tightly closed container in a cool place or in the refrigerator or freezer for longer life.

PREPARATION:

For best results, always follow package directions. When directions are not available, use this easy method. Top of the range: In a deep pot, combine rice and water. Heat to boiling, stirring only once or twice. Lower heat to simmer, cover with tight fitting lid, and cook until liquid is absorbed and rice is tender. For rice cookers, follow appliance directions.

Rice continued

For Top of the Range cooking (for a rice cooker, use $\frac{1}{4}$ to $\frac{1}{2}$ cup less water)

1 cup Uncooked	Water or Cooking Liquid	Cooking Time
Regular-milled long grain	1 $\frac{3}{4}$ to 2 cups	15 minutes
Regular-milled medium or Short grain	1 $\frac{1}{2}$ to 1 $\frac{3}{4}$ cups	15 minutes
Brown	2 to 2 $\frac{1}{2}$ cups	45–50 minutes
Parboiled	2 to 1 $\frac{1}{2}$ cups	20-25 minutes
Precooked, flavored or Seasoned mixes	Follow package directions	varies

SERVING:

$\frac{1}{2}$ cup equals 1 serving

RECIPES ARE:

Brown Rice
Fiesta Rice
Fried Rice
Rice Balls
Sushi Rice Mix

SALADS

INTRODUCTION:

Salads may be served as an appetizer, main dish or dessert. Appetizer salads are light and tangy. Salads may be a mixture of greens, or a combination of other vegetables and or fruits. Slaws go well with casual meals, cookouts, and impromptu suppers. Main dish salads usually contain a protein source. Fruit salads are often served with a sweet dressing.

There are many different ways to prepare salads with as many different ingredients as desired. For example: fruit, vegetable, beef, poultry, seafood, cereal, pasta, egg, cheese, gelatin, slaws, tossed greens, and combination bean salads.

BUYING:

For the best freshness, flavor, and prices, buy salad ingredients that are in season. Refer to buying instructions for individual ingredients. Example: vegetables, fruits, pasta, cheese, meats, etc.

STORING:

As with other perishable products, observe all safety precautions in storing salads remembering the rule about keeping hot foods hot and cold foods cold.

PREPARATION:

Use your imagination when creating salads. Preparing a variety of delicious salads can be satisfying and fun.

SERVING:

1 cup equals 1 serving

RECIPES ARE:

- Bean Salad
- Carrot & Raisin Salad
- Creamy Fruit/Vegetable Salad
- Fiesta Salad
- Leafy Tofu
- Oriental Chicken Salad
- Pasta Salad
- Somen Salad
- Tuna Tofu Salad
- Vegetable Namul

SAUCES/GRAVIES

INTRODUCTION:

Sauces and gravies are thickened, seasoned liquids that are served with foods to add flavor and moisture and to enhance its appearance. They can be thick or thin, hot or cold, sweet or spicy.

Flour-thickened sauces are opaque (cloudy) and do not freeze well.

Cornstarch gives sauces a clear and glossy appearance and can be frozen.

BUYING:

Sauces can be bought readymade or prepared at home. They can be purchased in jars, packages, and cans. Homemade sauces and gravies usually cost less.

STORING:

Leftover sauces and gravies should be stored in the refrigerator immediately.

PREPARATION:

Follow the recipe instructions.

SERVING:

2 tablespoons equal 1 serving

RECIPES ARE:

- Beef Tomato
- Chop Suey
- Eggplant w/Garlic Sauce
- Hamburger Stew
- Pasta Salad
- Roast on Toast
- Skillet Fruit
- Somen Salad
- Sushi Rice Sauce
- Tartar Sauce
- Vegetable Namul
- White Sauce - Medium
- White Sauce - Thick
- White Sauce – Thin

SOUPS

INTRODUCTION:

Soup is a liquid, usually hot, but sometimes cold, that has been cooked with added ingredients, such as meat and vegetables. Soup can also be a clear liquid, like consommés and bouillons that are served plain or garnished with vegetables, meat, and pasta. It can be served as a main course or a first course.

BUYING:

Soups can be purchased fresh, frozen, canned, or in powdered mixes. Soups can be homemade by buying fresh bones and boiling it with fresh herbs and vegetables, to make a hearty soup.

STORING:

Soup stock needs to be refrigerated and can be frozen. When refrigerated, the fat in the soup stock will float to the top and harden. Remove the fat before heating it up or before eating it.

PREPARATION:

Follow the can, package, or recipe instructions.

The soup can be served with noodles, rice, or bread.

SERVING:

$\frac{3}{4}$ - 1 cup equals 1 serving

RECIPES ARE:

Bean Soup

Corn Chowder

Vegetable Soup

White Sauces – Thin

White Sauces – Medium

White Sauces - Thick

TOFU

INTRODUCTION:

Tofu is also known as soybean curd. Tofu is used extensively in Asian cooking. Tofu is white or cream-colored with a creamy smooth texture. Tofu maybe substituted for meat.

BUYING:

Tofu is available in three forms: soft, firm, and extra firm. Soft tofu can be mashed or blended for use in dips, fillings, and scrambled eggs. Firm and extra-firm tofu can be cubed and used in stir-fries.

Fresh tofu is packed in water and available in the refrigerated section of many large supermarkets. Tofu is also available in vacuum-packed containers and can be stored on the shelf in a cool place until opened. Refrigerate after opening.

Read labels – not all tofu contains calcium.

STORING:

Once opened, tofu should be kept in the refrigerator and covered with water. Tofu will keep up to 3-4 days if the water is changed daily.

PREPARATION:

Tofu has a bland taste and readily takes on the flavor of foods it is cooked with. It can be served as is, or cooked with vegetables and meats.

SERVING:

5-6 ounces equal 1 serving

RECIPES ARE:

Leafy Tofu

Pork Tofu

Scrambled Tofu

Tuna Tofu Patties

Tuna Tofu Salad

VEGETABLES

INTRODUCTION:

Vegetables are edible plant parts that may be served fresh, frozen, canned, or dried. They are very economical when in season.

BUYING:

The quality of fresh vegetables is influenced by the season of the year and the handling during the marketing process, with the peak harvest period being the best time to purchase vegetables of the highest quality. Choose vegetables that are fresh in color and firm. Purchase fresh vegetables shortly before you plan to use them and buy only what you need.

Individual preferences and convenience influence the decision to purchase vegetables. When a vegetable is in season, the quality is high and the price will generally be low.

STORING:

Vegetables should be stored unwashed. Rinse just before eating. Keep vegetables whole and cut it up just before eating. Vegetables should be stored in the refrigerator or in a cool place.

PREPARATION:

Fresh vegetables can be served in salads.

Cooked vegetables may be served in soups, stews, and salads. Vegetables are also good combined with rice, beans, or pasta and served with a sauce, hot or cold. It can be used as a side dish to a main course. Vegetables can be baked, sautéed, grilled, steamed, boiled, micro waved, or stir-fried.

SERVING:

1 cup of toss greens equals one serving
½ cup of cooked vegetables equals one serving.

RECIPES ARE:

Adobo Meat
Bean Salad
Bean Salad Spread
Bean Soup
Beef Tomato

Vegetables continued

Burritos
Carrot and Raisin Salad
Cheesy Casserole
Chicken and Beans
Chicken Cacciatore
Chili
Chop Suey
Chow Fun
Corn Chowder
Creamy Fruit/Vegetable Salad
Egg Fu Yung
Eggplant with Garlic Sauce
Fiesta Rice
Fiesta Salad
Fried Rice
Gon Lo Mein
Ham with Pork'n'Beans
Leafy Tofu
Oriental Chicken Salad
Oyster Chicken w/Broccoli
Pancit
Pasta Salad
Pork Tofu
Pot Roast Chicken
Quesadillas
Roast on Toast
Salsa
Skillet Lasagna
Somen Salads
Stew
Sushi Rice Mix
Thousand Island Dressing
Tuna Sunshine Mix
Tuna Tofu Salad
Vegetable Namul
Vegetable Soup
Vegetable Stir-Fry
Vegetable w/Luncheon Meat
Versatile Quick Bread

WATER

INTRODUCTION:

Water is the perfect drink.

- ~Drink a glass of water with each meal.
- ~Carry a water bottle with you at all times.
- ~Instead of soda, coffee, tea, etc., drink water
- ~Drink plenty of water before exercising, during exercise, at the beach, and when playing sports.
- ~Children need 4-11 cups of water per day, while adults need 9-13 cups per day. Amounts will depend on your age, level of physical activity, climate, etc.
- ~Other ways to get water into your diet is through the foods we eat. For instance milk is 85% water, green beans 89% water, lettuce 95% water, and meat 50% water.

BUYING:

Water can be purchased from your City/County Water Department. Water can be bought in bottles at supermarkets, drug, and convenience stores.

STORING:

Water can be stored in the refrigerator in a pitcher, or in the freezer in the form of ice. A supply of fresh, cool, water should always be available for the family to drink. Having cool water available to drink will make it less likely for the family to choose sodas and other sweetened drinks.

SERVING:

8 ounces equal 1 serving

RECIPE IS:

Lemony Ice Water

YOGURT

INTRODUCTION:

Yogurt is fermented milk. It is delicious on its own, plain, or mixed with fresh fruit. It can be used in salad dressings as a lower-calorie substitute for sour cream.

BUYING:

When purchasing yogurt, buy it last and put it away first when you get home. There are many different types of flavors and styles of yogurt.

STORING:

Yogurt can be stored in the refrigerator for 7 to 14 days.

PREPARATION:

Yogurt can be eaten right from the container. It can also be used in many recipes such as smoothies, sauces, dips, soups, vegetables, or fruit salads. Yogurt can be used in recipes to take the place of mayonnaise, whipping cream, or sour cream.

SERVING:

8 ounces equal 1 serving

RECIPES ARE:

Creamy Fruit/Vegetable Salad

Fruit Slush #3

Pina Colada Sauce

Tartar Sauce

Thousand Island Dressing

ALPHABETICAL RECIPE INDEX



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