Best Lentil Salad, Ever

Ingredients:
- 2 ¼ cups (1 lb) green lentils
- ¼ cup olive oil
- ¼ cup apple cider vinegar
- 1 T maple syrup
- 1 T strong mustard
- 2 tsp salt
- 2 tsp pepper
- 1 tsp cumin
- ½ tsp turmeric
- ½ tsp coriander
- ½ tsp cardamom
- ¼ tsp cayenne pepper
- ¼ tsp cloves
- ¼ tsp nutmeg
- ¼ tsp cinnamon

Optional add-ins: diced red onion, capers, raisins or currants, goat cheese, arugula or fresh herbs.

Instructions:
1. Rinse lentils well, drain. Place in a pot and cover with a 3-4 inches of water, bring to a boil, reduce to simmer. Check lentils for doneness after 15 minutes, but they should take about 20 minutes in total. You will know they are cooked if they still retain a slight tooth – al dente! Overcooking the lentils is the death of this dish. Be careful!
2. While the lentils are simmering, make the dressing by placing all ingredients in a jar with a tight fitting lid and shake vigorously to combine.
3. Finely dice red onion – the salad is best if all the ingredients are about the same size. If using raisins, chop them roughly to make them a bit smaller, and do the same with the capers if they are large.
4. When the lentils are cooked, remove from heat, drain and place under cold running water to stop the cooking process. Once cooled slightly but still a little warm, place lentils in a large serving bowl and toss with dressing. 

Note: If using add-ins such as herbs, greens, or cheese, wait until just before serving. Otherwise, this salad can hang out in the fridge for a couple days.

| Nutrition facts per serving (yields 8 servings): |
|-----------------|-------|-----|-------|---------------|--------|--------|
| Calories:       | 183   | Fat:| 7 g   | Carbohydrate:| 22 g   | Protein:| 9 g   |
| Protein:        |       |     |       |               |        |         |       |
| Fiber:          |       |     |       |               |        |         | 8 g   |
| Sugar:          |       |     |       |               |        |         | 3.9 g |
| Sodium:         |       |     |       |               |        |         | 580 mg|

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**Vegetable Fried Rice**

**Ingredients:**
- 2 cups cooked brown rice
- 2 tsp vegetable oil, divided
- 1 tsp sesame oil
- 2 eggs
- 2 cups green cabbage, shredded (16 oz. package of precut slaw)
- Garlic powder
- Ginger powder
- 2 T coconut aminos
- 1 T peanut butter
- Salt and pepper, to taste

**Instructions:****

1. Heat pan over medium high heat. Whisk together the egg and egg white and season with salt and pepper. Add 1 tsp of vegetable oil to the pan. Add the eggs and cook until just scrambled. Remove from pan and set aside.
2. Add the remaining vegetable oil and sesame oil to the hot pan. Add the scallions, cabbage, carrot, garlic, ginger, and any other veggies you like. Cook for 1-2 minutes until they just begin to soften.
3. Add the rice and cook for 2-4 more minutes, stirring constantly, until the rice begins to crisp up.
4. Add the soy sauce, peanut butter and egg. Stir together and cook for 1 more minute.

**Optional: top with scallions and/or chopped peanuts**

| Nutrition facts per serving (yields 6 servings, ¾ cup per serving): |
|-----------------------|----------------|----------------|-----------------|----------------|----------------|----------------|
| Calories: 129         | Fat: 4 g        | Carb.: 25 g    | Protein: 4 g    | Fiber: 3 g      | Sugar: 2 g     | Sodium: 212 mg |

*Recipe adapted from Slender Kitchen*

**Shrimp and Broccoli Skillet**

**Ingredients:**
- 1 pound large shrimp, peeled and deveined
- 3 cups broccoli florets
- 2 tablespoons olive oil divided
- 1/4 cup coconut aminos
- 2 tablespoons brown sugar
- 2 tablespoons vinegar (rice vinegar)
- 1 tablespoon cornstarch
- 1 tablespoon fresh ginger root grated (or ½ tsp ginger powder)
- 4 cloves garlic finely minced (or ½ tsp garlic powder)
- 1 teaspoon Sriracha (more or less to taste)

**Instructions:**

1. Whisk together coconut aminos, brown sugar, vinegar, cornstarch, ginger, garlic and Sriracha. Set aside.
2. Heat a large non-stick skillet over medium-high heat. When hot, add one tablespoon of oil. Add the shrimp and season with salt and pepper. Cook 1-2 minutes per side, until pink. Be careful not to overcook. Remove shrimp from pan.
3. Return pan to heat and add the other tablespoon of oil. Add the broccoli, cook, stirring often until bright green and crisp tender, about 7 minutes.
4. Return shrimp to pan. Add the sauce and stir until everything is coated and sauce has thickened, about 7 minutes.

| Nutrition facts per serving (yields 4 servings): |
|-----------------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Calories: 135         | Fat: 8 g        | Carb.: 15 g    | Protein: 25 g   | Fiber: 2 g      | Sugar: 10 g    | Sodium: 435 mg  |
Microwave Egg Sandwich

Ingredients:
- 1 whole wheat English muffin or thin bagel
- 1 slice low-fat cheese
- 1 egg or egg substitute
- Frozen vegetables of choice (spinach, peppers, onions)

Instructions:
1. Open bagel thin. Place a slice of cheese on one side and place both in a toaster oven. Toast to desired doneness.
2. While bagel thin is toasting, spray a mug with nonstick cooking spray. In the prepared mug, whisk the egg with desired vegetables.
3. Microwave mug in 30-second increments, until eggs are set. Place egg round on to English muffin.

Nutrition facts per serving (yields 1 serving):

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carb.</th>
<th>Protein</th>
<th>Fiber</th>
<th>Sugar</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>246</td>
<td>11</td>
<td>25</td>
<td>15</td>
<td>5</td>
<td>4</td>
<td>274 mg</td>
</tr>
</tbody>
</table>

Overnight Oats

Ingredients:
- 1/3 cup non-fat Greek yogurt (plain, or flavor of choice)
- 1/3 cup old fashioned oats
- 1/3 cup skim milk (or non-dairy milk of choice)
- Optional mix-ins (see variations below)

Instructions:
1. Combine all ingredients and place in the fridge overnight.
2. Take out of the refrigerator in the morning and enjoy! You may microwave to take off the chill if you prefer.

Nutrition facts per serving (yields 1 serving):

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carb.</th>
<th>Protein</th>
<th>Fiber</th>
<th>Sugar</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>158</td>
<td>2</td>
<td>25</td>
<td>14</td>
<td>3</td>
<td>7</td>
<td>205 mg</td>
</tr>
</tbody>
</table>

Variations
- PB&J: PB2, vanilla, fresh or frozen strawberries
- Chocolate PB Banana: banana, unsweetened cocoa powder, PB2
- Pumpkin Pie: canned pumpkin puree, vanilla, pumpkin pie spice
- Apple Cinnamon: vanilla, cinnamon, nutmeg, cardamom, chopped apple
- Blueberry Muffin: fresh or frozen blueberries, vanilla, cinnamon, lemon juice

Mini Breakfast Pizza

Ingredients:
- 1 egg, beaten
- 2 Tablespoons marinara sauce
- 1 whole wheat English muffin, split and toasted
- 2 Tablespoons shredded low-fat cheese
- Optional toppings: spinach, peppers, onions, garlic, mushrooms

Instructions:
1. Preheat oven or toaster oven broiler. Coat a small nonstick skillet with nonstick cooking spray and heat over medium-high heat. Add egg and cook, stirring often until set, about 1-2 minutes.
2. Spread marinara sauce on toasted English muffin halves. Top with scrambled egg, cheese, and vegetables.
3. Broil until the cheese is melted, 1-3 minutes.

Nutrition facts per serving (yields 1 serving):
### Classic Chicken or Tuna Salad

**Ingredients:**
- ½ cup (4 ounces) ounces of chopped cooked chicken breast, or 1 can of tuna packed in water
- 1 Tablespoon plain low-fat Greek yogurt
- 1 teaspoon Dijon mustard
- A squeeze of lemon juice
- Spices to taste: salt, pepper, dill, or parsley
- Additions: apples, grapes, celery, raisins

**Instructions:**
1. Add all ingredients to a medium bowl. Stir together to combine.
2. Enjoy on a bed of salad greens, in a whole wheat wrap, on a sandwich, or with crackers and cut veggies.

**Nutrition facts per serving (yields 1 serving):**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carb.</th>
<th>Protein</th>
<th>Fiber</th>
<th>Sugar</th>
<th>Sodium</th>
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</thead>
<tbody>
<tr>
<td>170</td>
<td>4 g</td>
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<td>29 g</td>
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<td>1 g</td>
<td>470 mg</td>
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</table>

### Curry Chickpea Salad Lettuce Wraps

**Ingredients:**
- 1 15-ounce can of chickpeas, drained and rinsed
- ½ cup low-fat, plain Greek yogurt
- 2-3 teaspoons curry powder (to taste)
- 1 can diced water chestnuts, drained
- 2 stalks celery, diced
- 1 large carrot, diced
- 2 green onions, sliced (omit white part)
- ¼ cup raisins
- Splash of white balsamic or apple cider vinegar
- 16 small, lettuce leaves (Bibb or romaine)

**Instructions:**
1. Combine all ingredients, stirring well to combine.
2. Spoon about 2 Tablespoons of mixture into the center of each lettuce leaf.

**Nutrition facts per serving (yields 4 servings):**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carb.</th>
<th>Protein</th>
<th>Fiber</th>
<th>Sugar</th>
<th>Sodium</th>
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<tbody>
<tr>
<td>177</td>
<td>2 g</td>
<td>31 g</td>
<td>8 g</td>
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**Teriyaki Shrimp & Veggies**

**Ingredients:**
- 4 ounces peeled and deveined shrimp
- ¼ cup diced pineapple
- ½ cup peppers, mushrooms, or other vegetables
- 2 Tablespoons low-sodium teriyaki sauce
- Optional sesame seeds

**Instructions:**
2. Add shrimp, pineapple, and vegetables to skillet. Sauté until the shrimp is cooked through.
3. Add teriyaki sauce and sprinkle with sesame seeds before serving.

**Alternative Preparation:** Place shrimp, pineapple, and vegetables on skewers and cook on the grill or on a large skillet coated with cooking spray. Once cooked, brush with teriyaki sauce and sprinkle with sesame seeds.

**Nutrition facts per serving (yields 1 serving):**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carb.</th>
<th>Protein</th>
<th>Fiber</th>
<th>Sugar</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>220</td>
<td>5 g</td>
<td>17 g</td>
<td>25 g</td>
<td>1 g</td>
<td>9 g</td>
<td>599 mg</td>
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</table>

**Crockpot Salsa Chicken**

**Ingredients:**
- 6 4-ounce chicken breasts
- 1 16-ounce jar salsa
- 1 bag frozen corn
- 1 can no-salt-added black beans, drained and rinsed
- 1 teaspoon cumin
- ¼ cup cilantro, chopped *optional*

**Instructions:**
1. Combine all ingredients except cilantro in the crockpot.
2. Cook on low 6-7 hours until chicken shreds easily.
3. Sprinkle with cilantro before serving. Serve in tortillas, over a salad, or over cooked brown rice.

**Nutrition facts per serving (yields 8 servings):**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carb.</th>
<th>Protein</th>
<th>Fiber</th>
<th>Sugar</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>186</td>
<td>4 g</td>
<td>23 g</td>
<td>24 g</td>
<td>5 g</td>
<td>5 g</td>
<td>427 mg</td>
</tr>
</tbody>
</table>

**Crockpot BBQ Chicken**

**Ingredients:**
- 6 4-ounce chicken breasts
- 1 bottle BBQ sauce
- 1/3 cup chicken broth or water
- 1 teaspoon cumin

**Instructions:**
1. Combine all ingredients in the crockpot. Cook on low 4-6 hours until chicken shreds easily.
2. Remove chicken and shred using 2 forks. Leave the lid off the crockpot to let the sauce reduce. Stir chicken back into sauce.
3. Serve ¼ cup of shredded chicken mixture on a sandwich thin, with a baked sweet potato, or on a salad.

**Nutrition TIP:** Look for BBQ sauces with 5 grams of sugar or less per serving (*this recipe used Stubb’s Original*)

**Nutrition facts per serving (yields 8 servings):**

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carb.</th>
<th>Protein</th>
<th>Fiber</th>
<th>Sugar</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>147</td>
<td>1 g</td>
<td>12 g</td>
<td>20 g</td>
<td>2 g</td>
<td>8 g</td>
<td>520 mg</td>
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15 Pantry Staples

A well-stocked kitchen with healthy ingredients is a great way to ensure you always have nutritious options on hand. Keep these 15 staples in your kitchen to create healthy meals in minutes. You'll find these come together more quickly than ordering from your favorite take-out restaurant!

<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>4. Canned Tuna or Salmon</td>
<td>10. Low Sodium Soy Sauce (or Liquid Aminos)</td>
<td>15. Spices</td>
</tr>
<tr>
<td>5. Eggs</td>
<td></td>
<td>Ground Cumin</td>
</tr>
<tr>
<td>6. Olive Oil</td>
<td></td>
<td>Chili Powder</td>
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<tr>
<td></td>
<td></td>
<td>Garlic Powder</td>
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<td></td>
<td>Smoked Paprika</td>
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<td></td>
<td></td>
<td>Curry Powder</td>
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</tbody>
</table>

6 Quick Meals

**Black Bean Chili**
Heat drained beans, canned diced tomatoes, salsa, frozen corn, chili powder, and smoked paprika in a pot and simmer for 5-10 minutes. Serve over instant brown rice.

**Quick Fried Rice**
Saute frozen shelled edamame, brown rice, and mixed vegetables in olive oil with a splash of soy sauce. Stir in beaten eggs. Cook until egg is scrambled and cooked through.

**Curried Chickpeas and Spinach**
Heat drained chickpeas, coconut milk, diced tomatoes, frozen chopped spinach, curry powder, and garlic powder in a pot and simmer for 5-10 minutes. Serve over instant brown rice.

**Mediterranean Tuna, White Bean and Spinach Pasta**
Cook pasta according to package. Drain, then add the pasta back to the hot pan with frozen spinach, drained white beans, canned tuna, olive oil, and balsamic vinegar.

**Mexican Baked Eggs**
Stir together drained black beans, salsa, and frozen mixed vegetables in a baking dish. Make wells in the mixture and crack eggs into the wells. Bake at 375 degrees until everything is heated and the egg whites are cooked. Serve with whole grain toast if you've got it!

**Quick Minestrone Soup**
Cook pasta in a large pot of chicken or veggie stock. A few minutes before pasta is cooked through, add in kidney beans, frozen mixed vegetables, garlic powder, and a splash of balsamic vinegar. Keep cooking until everything is heated through.

Source: www.fannetasticfood.com/15-minute-dinners/
# Kitchen Essentials

Use this list to keep your kitchen stocked with foods to make quick, easy, and healthy meals for you and your family.

## Fridge
- Butter
- Eggs
- Hummus
- Milk or milk alternative
- Plain non-fat yogurt
- Shredded cheese
- Sliced cheese
- String cheese
- Reduced fat cottage cheese
- Unsweetened applesauce

## Freezer
- Bananas
- Blueberries
- Broccoli
- Chicken
- Corn
- Green beans
- Ground turkey
- Peaches
- Peas
- Peppers
- Salmon
- Shrimp
- Spinach
- Strawberries

## Dry Goods
- All-purpose flour
- Baking powder
- Baking soda
- Brown rice
- Dried beans
- Lentils
- Oatmeal
- Peanut butter
- Rice
- Raisins
- Whole wheat bread
- Whole wheat pasta
- Whole wheat tortillas

## Produce
- Apples
- Bananas
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Garlic
- Lemon & lime
- Lettuce
- Onions
- Oranges
- Potatoes & sweet potatoes
- Spaghetti squash
- Spinach

## Proteins
- Chicken breast
- Cod fish
- Ground turkey
- Halibut
- Low fat lunch meat
- Pork tenderloin
- Tilapia
- Tofu
- Top loin chop
- Top round roast
- Top sirloin steak

## Herbs & Spices
- Basil
- Chili powder
- Cinnamon
- Cumin
- Italian seasoning
- Onion powder
- Oregano
- Parsley
- Pepper
- Red pepper flakes
- Rosemary
- Salt
- Thyme

## Canned Goods
- Broth or stock, low-sodium
- Beans
- Fruit, in water or juice
- Pasta sauce
- Soup
- Tuna
- Tomato sauce
- Vegetables, no-salt-added

## Condiments & Sauces
- Balsamic vinegar
- BBQ sauce
- Cooking spray
- Fruit preserves/jam
- Honey
- Ketchup
- Mustard
- Olive oil
- Sriracha
- Salsa
- Soy sauce
- Vegetable oil
- White vinegar
- Worcestershire sauce
**Kitchen Inventory**

Use this worksheet as a method to keep track of your kitchen staples. A well-stocked kitchen with healthy ingredients is a great way to ensure you always have nutritious options on hand.

<table>
<thead>
<tr>
<th>Canned Fruits</th>
<th>Canned Vegetables</th>
<th>Canned Proteins</th>
<th>Whole Grains</th>
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<tbody>
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<table>
<thead>
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<th>Frozen Fruit</th>
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<th>Frozen Proteins</th>
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<table>
<thead>
<tr>
<th>Whole Grains</th>
<th>Healthy Snacks</th>
<th>Other Dry Goods</th>
<th>Spices/Condiments</th>
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</tbody>
</table>

Use this worksheet as a method to keep track of your kitchen staples. A well-stocked kitchen with healthy ingredients is a great way to ensure you always have nutritious options on hand.
**A GRAIN, A GREEN & A PROTEIN**

A simple formula to streamline cooking and allow for creativity and innovation in the kitchen.

**COMPONENT COOKING**

Choose a few of the ingredients from each category below. They can be mixed and matched according to your preferences. Choose a combination plus a flavor profile and you are ready to eat!

<table>
<thead>
<tr>
<th>START WITH A GRAIN</th>
<th>ADD A GREEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>BROWN RICE</td>
<td>ROASTED VEGETABLES</td>
</tr>
<tr>
<td>COUSCOUS</td>
<td>GRILLED SQUASH</td>
</tr>
<tr>
<td>QUINOA</td>
<td>FRESH TOMATO</td>
</tr>
<tr>
<td>WHOLE GRAIN NOODLES</td>
<td>CUCUMBER</td>
</tr>
<tr>
<td>SOBA NOODLES</td>
<td>SPINACH OR MIXED GREENS</td>
</tr>
<tr>
<td>FARRO</td>
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</table>

<table>
<thead>
<tr>
<th>ADD IN PROTEIN</th>
<th>DRESS IT UP</th>
</tr>
</thead>
<tbody>
<tr>
<td>HARD-BOILED EGG</td>
<td>choose a flavor profile</td>
</tr>
<tr>
<td>CHICKPEAS</td>
<td>HERBS AND SPICES</td>
</tr>
<tr>
<td>EDAMAME</td>
<td>ACID - CITRUS, VINEGAR</td>
</tr>
<tr>
<td>LENTILS</td>
<td>TAHINI</td>
</tr>
<tr>
<td>CHICKEN</td>
<td>PESTO</td>
</tr>
<tr>
<td>SHRIMP</td>
<td>CHIMICHURRI</td>
</tr>
<tr>
<td></td>
<td>SALAD DRESSING*</td>
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</tbody>
</table>

*Make your own dressings and store them in the freezer

**EXAMPLES**

<table>
<thead>
<tr>
<th>MEXICAN</th>
<th>GREEK</th>
<th>ITALIAN</th>
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<tbody>
<tr>
<td>1. Brown rice</td>
<td>1. Whole wheat couscous</td>
<td>1. Whole grain pasta</td>
</tr>
<tr>
<td>2. Red pepper, red onion, tomato, roasted sweet potato, avocado</td>
<td>2. Roasted red pepper, red onion, spinach, olives, cucumber, tomato</td>
<td>2. Stewed tomatoes, garlic, roasted red pepper, spinach,</td>
</tr>
<tr>
<td>3. Black beans or chicken</td>
<td>3. Chickpeas, chicken, or lamb</td>
<td>3. Chicken, beef or white beans</td>
</tr>
<tr>
<td>4. Lime, cilantro, cumin, salt, pepper, salsa</td>
<td>4. Parsley, lemon juice, garlic, tahini, feta, walnuts</td>
<td>4. Basil, Parmesan cheese, lemon</td>
</tr>
</tbody>
</table>
BROWN RICE 5 WAYS

1. Fried Rice
   - Brown rice
   - Carrot
   - Bell pepper
   - Onion
   - Broccoli
   - Soy sauce
   - Vegetable oil
   - Eggs
   - Chicken
   - Spices to taste

2. Caribbean Casserole
   - Brown rice
   - Onion
   - Stewed tomatoes
   - Green pepper
   - Black beans
   - Oregano leaves
   - Canola oil
   - Spices to taste

3. Fiesta Rice Salad
   - Brown rice
   - Broccoli
   - Carrots
   - Red onion
   - Tomatoes
   - Green pepper
   - Kidney beans
   - Cilantro
   - Spices to taste

4. Cheesy Broccoli Rice Squares
   - Brown rice
   - Broccoli
   - Onion
   - Cheddar cheese
   - Eggs
   - Fresh parsley
   - Evaporated milk
   - Worcestershire sauce
   - Spices to taste

5. Black Bean Burgers
   - Brown rice
   - Black beans
   - Egg
   - Scallions
   - Cilantro
   - Oregano or basil
   - Garlic
   - Vegetable oil
   - Whole wheat buns
   - Spices to taste

For more information about these recipes go to: www.whatscooking.fns.usda.gov
**Frozen Broccoli Five Ways**

**Cream of Broccoli Soup**
- Frozen broccoli
- Chicken broth
- Milk (non-fat)
- Onion
- Thyme
- Bay leaves
- Margarine
- Flour
- Salt
- Pepper
- Garlic powder

**Brag About it Bread Bake**
- Frozen broccoli
- Eggs
- Egg whites
- Milk (non-fat)
- Cheddar cheese (low-fat)
- Onion
- Bread
- Chicken

**Magic Crust Quiche**
- Frozen broccoli
- Onion
- Cauliflower
- Cheddar cheese (low-fat)
- Eggs
- Milk (low-fat)
- Vegetable oil

**Broccoli and Corn Bake**
- Frozen broccoli
- Cream-style corn
- Egg
- Margarine
- Saltine crackers

**Macaroni and Cheese with Broccoli**
- Frozen broccoli
- Elbow macaroni
- Flour
- Milk (low-fat)
- Cheddar cheese (low-fat)
- Pepper
Nothing beats the taste and versatility of dairy products. When used in your favorite recipes, they provide a winning combination of nutrition and flavor. And Greek yogurt, the latest “darling of the dairy case,” is no different. Using Greek yogurt in place of other ingredients in recipes can add a powerful punch of protein, along with a pop of tangy flavor. If you’re looking to cut fat and calories in recipes, consider going Greek!

Check out the conversion chart and see what making the Greek yogurt swap can do.

<table>
<thead>
<tr>
<th>ORIGINAL INGREDIENT</th>
<th>SUBSTITUTION</th>
<th>NUTRITION*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 CUP OIL</td>
<td>3/4 CUP GREEK YOGURT</td>
<td>Saves 1780 Calories</td>
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<tr>
<td>1 CUP MAYO</td>
<td>1 CUP GREEK YOGURT</td>
<td>Saves 1360 Calories</td>
</tr>
<tr>
<td>1 CUP CREAM CHEESE</td>
<td>1 CUP GREEK YOGURT</td>
<td>Saves 660 Calories</td>
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<tr>
<td>1 CUP CRÈME FRAICHE</td>
<td>1 CUP GREEK YOGURT</td>
<td>Saves 745 Calories</td>
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<tr>
<td>1 CUP SOUR CREAM</td>
<td>1 CUP GREEK YOGURT</td>
<td>Saves 310 Calories</td>
</tr>
<tr>
<td>1 CUP BUTTER</td>
<td>1/4 CUP GREEK YOGURT 1/2 CUP BUTTER</td>
<td>Saves 785 Calories</td>
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</tbody>
</table>

*Nutrition information is based on substitution with non-fat Greek yogurt. Check package label for product-specific nutrient content, as this may vary.

For more information on the role and necessity of dairy foods in a healthful diet, visit us at www.stdairycouncil.org
Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.

**1. Balance calories**
Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

**2. Enjoy your food, but eat less**
Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you’ve had enough.

**3. Avoid oversized portions**
Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

**4. Foods to eat more often**
Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

**5. Make half your plate fruits and vegetables**
Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

**6. Switch to fat-free or low-fat (1%) milk**
They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

**7. Make half your grains whole grains**
To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

**8. Foods to eat less often**
Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

**9. Compare sodium in foods**
Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

**10. Drink water instead of sugary drinks**
Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Go to www.ChooseMyPlate.gov for more information.
Develop a week’s worth of 10-minute meals using the items available in the sample pantry and fridge. Choose up to 5 ingredients to add to your grocery basket to supplement the kitchen essentials.

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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# MyWay to Health Edition

## Pantry and Fridge Items

### Produce
- Apples
- Carrots
- Celery
- Garlic
- Onion
- Spinach
- Sweet potato
- Zucchini

### Proteins
- Chicken breast
- Ground turkey
- Halibut
- Hummus
- Pork tenderloin
- Shrimp
- Tofu

### Dairy
- Butter
- Eggs
- Milk
- Plain non-fat yogurt
- Reduced-fat cheese
- Reduced fat cottage cheese
- Reduced fat milk

### Freezer
- Bananas
- Blueberries
- Broccoli
- Green beans
- Peaches
- Peas
- Peppers
- Strawberries

### Canned Goods
- Black beans
- Canned corn
- Canned pineapple
- Chicken stock
- Pasta sauce
- Tuna
- Tomatoes

### Dry Goods
- Brown rice
- Lentils
- Oatmeal
- Raisins
- Tortillas
- Whole wheat bread
- Whole wheat pasta

### Herbs & Spices
- Basil
- Chili powder
- Cinnamon
- Cumin
- Italian seasoning
- Pepper
- Red pepper flakes
- Rosemary
- Salt
- Thyme

### Condiments & Sauces
- Balsamic vinegar
- BBQ sauce
- Cooking spray
- Honey
- Ketchup
- Mustard
- Olive oil
- Salsa
- Soy sauce
- Sriracha (hot sauce)

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5 Additional Items to Add to Your Basket

1. 
2. 
3. 
4. 
5.