The Meatless Monday Campaign is a not-for-profit organization in association with Johns Hopkins Bloomberg School of Public Health.
Congratulations! Just by reading this booklet, you have just taken a small but important step towards a longer, healthier life.

Meatless Monday is not really about going vegetarian. It’s just a simple way to make a weekly start on a healthier way of eating. By cutting back on the amount of red meat and high-fat dairy you eat, you’re not just reducing the main source of unhealthy saturated fat in your diet – you’re also reducing your risk of dying from heart disease, stroke, cancer, and diabetes.

As you make room on your plate for more whole grains, fruits and vegetables, don’t be surprised if you find yourself losing weight and feeling more energetic, too.

So go on, just one day a week – give it a try!
MEATLESS MONDAY’S NUTRITION GUIDELINES

Our goal – consistent with recommendations made by the US Department of Health and Human Services, the US Department of Agriculture, and the American Heart Association - is to help Americans reduce their consumption of saturated fat 15% by 2010. Even small increases in saturated fat consumption increase total and LDL cholesterol, increasing the risk of coronary heart disease.

The 15% reduction goal can be accomplished either by reducing saturated fat intake daily or by eliminating saturated fat entirely one day per week. You really won’t find this hard to do at all and opting for foods low in saturated fat will also help you emphasize fruits, vegetables and whole grains in your diet.

We suggest getting a healthy start on the week (and make up for any over-indulgence over the weekend!) by trying to cut your saturated fat intake on Mondays. Try it for a while, and you’ll see it’s a pretty painless way to eat healthier. On Mondays, just keep your saturated fat intake as low as possible. Stay away from meat and high-fat dairy, both of which are major sources of saturated fat.

To help you get started, the MeatlessMonday.com website features a selection of delicious, low-fat recipes every week, and our recipe archive is full of lots more ideas.

Whenever you feel ready, go beyond Monday by following these simple guidelines for eating healthy throughout the week. It’s a sensible approach that stresses moderation.

- Limit the saturated fat! Aim for getting less than 7% of your daily calories from saturated fat
- Choose foods that will keep your daily intake of cholesterol less than 300mg per day.
- Maintain a level of physical activity that keeps you fit and matches the number of calories you eat. Be active for at least 30 minutes a day.
- Consume a diet rich in vegetables and fruits.
- Choose whole-grain, high-fiber foods.
- Limit your intake of saturated fat to 7% of energy, trans fat to 1% of energy, and cholesterol to 300 mg per day
- Choose lean meats and vegetable alternatives
- Select fat-free (skim), 1%-fat, and low-fat dairy products
- Minimize intake of partially hydrogenated fats
- Limit intake of foods high in calories or low in nutrition, including foods like soft drinks and candy that have a lot of sugars.
- Choose and prepare foods with little or no salt. Eat less than 6 grams of salt (sodium chloride) per day (2,400 milligrams of sodium).
- If you consume alcohol, do so in moderation. Have no more than one alcoholic drink per day if you’re a woman and no more than two if you’re a man.
- Consume fish, especially oily fish, at least twice a week.

Follow these guidelines when you’re cooking at home and when you’re eating out!
A-B-C Muffins
Makes 1 dozen muffins

Apples, bananas and cashews pack flavor into this moist muffin.

2 cups unbleached flour
2 tsp baking powder
1/2 tsp ground cinnamon
1/2 cup sugar
1-1/2 cups apple juice
1 apple, peeled and chopped
2 ripe bananas, mashed
1/2 cup cashews, chopped
nonfat cooking spray

Preheat oven to 325˚F. Lightly grease muffin pan with non-fat cooking spray. Combine dry ingredients in a large bowl and mix well. Set aside. In another bowl, combine apple juice, apple, banana and cashews. Add wet ingredients to dry and stir until just combined. Fill muffin cups two-thirds full. Bake for 20-25 minutes, until lightly browned.

Nutrition Facts (per serving)
Calories 200, Total Fat 3.5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 80mg, Total Carbohydrates 39g, Fiber 2g, Sugars 19g, Protein 4g

Banana Blueberry Smoothie
Makes 1 serving

What better way to start the day than with a bright blue pick-me-up? This one is full of flavor and gets an extra shot of heart-healthy Omega-3s from a secret ingredient: ground hemp seeds. You can substitute flaxseed if you can’t find hemp, but the hemp is easier to grind.

8 oz nonfat soy milk (or rice milk)
1 frozen banana (peeled and cut into chunks before freezing)
1 cup frozen blueberries
4 oz fat-free vanilla yogurt
1 tbs hemp seeds, ground

Put hemp seeds in a food processor or blender and grind. Add the rest of the ingredients and puree. Serve immediately.

Nutrition Facts (per serving)
Calories 358, Total Fat 1g, Saturated Fat 0g, Cholesterol 3mg, Sodium 128mg, Fiber 8g, Protein 12g
Spanish Potato Tortilla  
*Makes 4 servings*

A Spanish tortilla is a hearty omelet, sort of like an Italian frittata. It’s “peasant food” at its best! Good hot or cold, and substantial enough to sustain you through the afternoon.

4 medium baking potatoes,  
1 medium onion, minced  
1 cup egg substitute (or 8 egg whites)  
1/4 tsp salt and 1/8 tsp pepper  
nonfat cooking spray

Scrub potatoes well, thinly slice, then cut slices in half. Spray a skillet with cooking spray, then sauté the potato and onion over low heat, stirring occasionally, until the potatoes are tender and the onions are translucent. Try not to let the potatoes brown. Remove from heat and place in a large mixing bowl.

Stir the egg whites or egg substitute into the potatoes and onions. Spray the skillet with a bit more cooking spray and raise heat to medium high. Pour in the potato and egg mixture, and reduce heat to medium. Cook until set and turn off the heat.

Now, turn the tortilla over so the other side can cook. Take a large dinner plate and invert it over the skillet. Flip the skillet upside down, making sure to support the plate. Place the skillet back on burner and carefully slide the tortilla back into the skillet so you can finish the uncooked side. Cook over medium heat until the eggs are cooked through. Season with salt and pepper to taste. Cut into wedges and serve.

**Nutrition Facts** (per serving)  
Calories 100, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 270mg, Carbohydrate 14g, Fiber 6g, Protein 12g

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**A daily start for a healthier you**

A more nutritionally complete breakfast, higher in nutrients, vitamins and minerals:

- Improves concentration and performance in the classroom and the boardroom
- More strength and endurance to engage in physical activities
- Lower cholesterol levels
**Buckwheat Apple Flapjacks**  
Makes 4 servings  
(2-3 flapjacks each)  

1 cup buckwheat flour  
1 cup unbleached white flour  
1 tsp baking powder  
1/2 cup egg substitute (or 4 egg whites)  
1 tsp vanilla extract  
2 cups water  
2 red apples, peeled and diced  
2 tsp walnut oil, for greasing the pan  

Combine flours and baking powder then add the eggs, vanilla and water. Try to get all the lumps out, but don’t over mix. Stir in the apples last. Heat a lightly-oiled griddle over medium heat. Ladle 1/2 cup of batter into the pan and cook 2-3 minutes, until the top of the flapjack is bubbly. Flip and cook on the other side 2-3 minutes, until golden brown. Continue cooking batter 1/2 cup at a time, oiling the griddle as needed.  

**Nutrition Facts (per serving)**  
Calories 260, Total Fat 4g, Saturated Fat 0g, Cholesterol 0mg, Sodium 125mg, Total Carbohydrate 46g, Fiber 3g, Protein 10g  

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**Ginger Yogurt with Fruit**  
Makes 2 servings  

This 10-minute breakfast is sinfully rich-tasting but full of healthy benefits. The ginger adds a delicious twist to the blend of banana and yogurt. Even though it is light, it will sustain you through the morning  

1/2 cup low-fat plain yogurt  
2 large ripe bananas  
2 tsp fresh ginger, grated  
1 large papaya  
1 cup seedless grapes  
1/2 cup sliced almonds  

Blend together yogurt, banana, and ginger in blender. Spoon out meat of papaya and divide papaya and grapes between two bowls. Mix with blended yogurt and top with sliced almonds. For best flavor, make sure you use ripe bananas.  

**Nutrition Facts (per serving)**  
Calories 431, Total Fat 14g, Saturated Fat 2g, Cholesterol 4mg, Carbohydrates 74g, Fiber 11g, Protein 12g
Toasted Oat & Plum Muffins
Makes 12 servings

Dried plums (aka prunes) are always available, but when they’re in season you can use diced fresh plums, too. Just select firm fruits.

1-1/4 cups rolled oats
1 cup flour
1/2 cup packed brown sugar
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/4 tsp allspice
1 cup buttermilk
3 tbs extra-light olive oil
1 large egg
1 cup (6 oz) pitted dried plums, diced

Preheat the oven to 400˚F. Line 12 muffin cups with paper liners. Scatter the oats on a rimmed cookie sheet and bake about 10 minutes, until toasted and lightly browned. Give them a good stir about halfway through so they brown evenly. Transfer toasted oats to a food processor and pulse until finely ground.

Mix together the ground oats, flour, brown sugar, baking powder, baking soda, salt, and allspice in a large bowl. Combine the buttermilk, oil and egg in a medium bowl and beat. Make a well in the center of the dry ingredients and pour in the wet ingredients, stirring until just combined. Don’t overmix. Fold in the dried plums last, then spoon the batter into muffin cups.

Bake 15-17 minutes, or until the muffins are golden and a toothpick inserted in the center comes out clean. Remove from the pan and cool on a wire rack.

Nutrition Facts (per serving)
Calories 182, Total Fat 4.7g, Saturated Fat 0.8g, Cholesterol 18mg, Sodium 219mg, Fiber 2g, Carbohydrate 32g, Protein 4g
Lemon Breakfast Parfait
Makes 6 servings

This creamy fruit parfait is good for breakfast – or dessert! The unexpected tang of crystallized ginger will wake up your taste buds any time of day.

3/4 cup fat-free milk
1/3 cup couscous
1/2 cup lemon low-fat yogurt
1/2 cup low-fat sour cream
1 tbs honey
1/4 tsp lemon peel, finely diced
3 cups assorted sliced fruit (strawberries, kiwifruit, nectarine, blueberries, or raspberries)
Chopped crystallized ginger for garnish
Fresh mint for garnish
Salt to taste

Bring the milk and salt to a boil in a medium saucepan. Stir in the couscous and simmer, covered, for 1 minute. Remove from heat and let stand for 5 minutes. Fluff up with a fork and put aside to cool. (Note that you can make the couscous up to 4 hours ahead of time. Just cover and refrigerate until needed.) Combine yogurt, sour cream, honey, and lemon peel in a small bowl, then stir the mixture into the cooled couscous. Divide half the sliced fruit mixture among 6 parfait glasses. Spoon the creamy couscous mixture over the fruit layer then top with the remaining fruit. Garnish with a sprinkling of chopped crystallized ginger and mint.

Nutrition Facts (per serving)
Calories 127, Total Fat 2g, Saturated Fat 1g, Cholesterol 6mg, Sodium 70mg, Carbohydrate 22g, Fiber 2g, Protein 5g

Greek Breakfast Yogurt
Makes 4 servings

Yes, the best way to enjoy a Greek breakfast is on a sunny isle. But if you can find fresh figs, this luscious morning fruit bowl is almost as good.

4 fresh figs
2 fresh peaches
4 ripe yellow plums
1 honeydew or cantaloupe
16 strawberries
3 cups fat-free plain or vanilla yogurt
5 tbs honey

Peel and slice the figs. Remove pits and cut the peaches into thick slices. Remove pits and quarter the plums. Place fruits around the rim of a large plate or in a bowl. Seed the melon, remove the outer skin, chop into bite-size pieces, and add to the plate. Hull the strawberries and add to the plate. Pour the yogurt into the center. Drizzle with fruit and yogurt with honey.
**Nutrition Facts** *(per serving)*
Calories 330, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 15mg, Carbohydrates 70g, Fiber 6g, Protein 18g

**Apple-Cinnamon Oat Muffins**  
*Makes 12 servings (1 muffin each)*

You’ve got no excuse to skip your morning oatmeal with these moist and tender muffins.

1 cup low-fat vanilla yogurt  
1 1/2 cups flour  
1/2 cup oatmeal, uncooked  
1/2 cup + 2 tbs sugar, divided  
1 tsp + 1/4 tsp cinnamon, divided  
1 tbs baking powder  
1/2 tsp salt  
1 egg  
1/4 cup vegetable oil  
1/4 cup low-fat or skim milk  
1 cup peeled and chopped apple

Preheat oven to 400°F and lightly coat a 12-cup muffin pan with baking spray or line with paper muffin cups. Mix together flour, oatmeal, 1/2 cup sugar, baking powder, 1 tsp cinnamon, and salt in bowl and set aside. Blend yogurt, egg, vegetable oil, and milk in separate bowl. Add the wet mixture to the dry mixture and stir just until all ingredients are moistened. Fold in the apple. Mix together the reserved 2 tbs of sugar and 1/4 tsp of cinnamon in a small bowl. Spoon batter into muffin cups and sprinkle each muffin top with a little of the cinnamon-sugar. Bake for 20-25 minutes.

**Nutrition Facts** *(per serving)*
Calories 180, Total Fat 6g, Saturated Fat 1g, Cholesterol 20mg, Sodium 220mg, Carbohydrate 28g, Fiber 1g, Protein 4g
**BBQ Veggie Burger**  
*Makes 5 servings*

A good veggie burger can be doubly heart healthy. Not only are you cutting back on saturated fat, but you’re getting a good serving of vegetables as well as a hearty portion of whole grains.

2 cups oats  
2 egg whites  
1/2 cup BBQ sauce  
1/2 cup water  
sprinkle of garlic powder  
sprinkle of dried onions  
1/2 cup diced cabbage  
1-1/2 cups grated carrots

Preheat oven to 400°F. Spray a cookie sheet with non-stick baking spray. Mix ingredients together, shape into burgers and bake on cookie sheet for about 20 minutes. When ready to serve, place on a whole wheat roll with sliced tomato and lettuce. Microwave burgers to rewarm and serve hot.

**Nutrition Facts** *(per serving)*  
Calories 280, Sodium 135mg, Total Fat 4.5g, Saturated Fat 1g, Cholesterol 0mg, Carbohydrates 47g, Fiber 8g, Protein 13g

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**Incredibly Easy Wraps**  
*Makes 4 servings*

Wraps come in all varieties, from simple homemade eats to sophisticated gourmet fare. This recipe, on the extreme end of the easy scale, yields a hearty entree. And, best of all, it requires no real cooking. So it’s a great standby for when the power goes out or when kids too young to use the stove want to help in the kitchen.

4 10 inch tortillas  
1 cup low-fat refried beans  
1/2 cup shredded carrots  
1/2 cup chopped celery  
1/2 cup sliced tomatoes  
4 tbs sunflower seeds  
1 cup mixed sprouts  
1/2 cup cabbage, shredded

Spread refried beans on tortillas. Lay vegetables on top of beans, then sprinkle with seeds and roll up. Serve plain or with a side of salsa or low-fat dressing.

**Nutrition Facts** *(per serving)*  
Calories 149, Total Fat 5.9g, Saturated Fat 0.9g, Cholesterol 5mg, Sodium 255mg, Carbohydrate 18.8g, Fiber 5.8g, Protein 7.2g
Grilled Veggie Sandwich  
Makes 4 servings

1/4 cup low-fat mayonnaise  
3 cloves garlic, minced  
1 tbs lemon juice  
1/8 cup olive oil  
1 cup red bell peppers, sliced  
1 small zucchini, sliced  
1 small red onion, sliced  
1 small yellow squash, sliced  
2 6-inch focaccia, Italian or sour-dough bread, split horizontally  
Freshly ground black pepper

Mix the mayonnaise, minced garlic, and lemon juice in a small bowl. Set aside in a refrigerator. Preheat the grill for high heat. Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.

Spread some of the mayonnaise mixture on the cut sides of the bread. Place on the grill mayonnaise side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the mayo mixture. Watch carefully so the bottoms don’t burn. Remove from grill, and layer with vegetables. Sprinkle with black pepper. Enjoy as open faced grilled sandwiches.

Nutrition Facts (per serving)  
Calories 180, Total Fat 13g,  
Saturated Fat 1g, Cholesterol less than 5mg, Sodium 210mg,  
Total Carbohydrates 15g, Fiber 2g, Protein 3g
Four Colors Chili
Makes 6-8 servings

This hearty chili is a one-pot wonder. Full of flavor and fiber – and it’s a breeze to make.

1/2 cup bulgur
1/2 cup hot water
1 28-oz can tomatoes
2 tbs olive or canola oil
3 cups chopped onions
3 garlic cloves, chopped
1 tsp ground cumin
1 tsp chili powder
1 tbs hot pepper sauce (or 1/4 tsp cayenne)
2 green peppers, chopped
2 cups fresh or frozen cut corn
1 14-oz can black beans, drained
1 14-oz can red kidney beans, drained

Place bulgur, water, and 1 cup juice from tomatoes in small sauce pan. Cover and bring to a boil, then simmer gently. Heat the oil in a large pot. Add the onions, garlic, cumin, chili powder and hot peppers (sauce or cayenne) and sauté until soft. Add bell peppers and sauté a few minutes more. Chop the canned tomatoes and add to pot. Stir in corn and beans and heat thoroughly on low heat. When the bulgur is done, add to the pot with its liquid. Simmer a few minutes more and serve hot.

Nutrition Facts (per serving)
Calories 280, 49g carbohydrates, 6g Total Fat, 0g saturated fat, 0mg cholesterol, 560mg sodium, 12g fiber, 10g sugar, 12g protein,
Grilled Gazpacho Sandwich
Makes 6 servings

Making a batch of gazpacho can seem a bit, well, fussy. But you can enjoy the bold flavors of a classic gazpacho in this hearty sandwich.

1 cucumber, seeded and chopped
1 cup cooked or canned black beans, rinsed and drained
1/4 cup snipped fresh cilantro
1 tbs olive oil
2 tbs cider vinegar
1 clove garlic, minced
1 pickled jalapeno pepper, finely chopped
1/2 to 1 tsp chili powder
3 large tomatoes, halved
1 large Vidalia onion, sliced 1/2-inch thick
1 loaf French bread
1 cup low-fat cheddar cheese

Combine cucumber, beans, cilantro, oil, vinegar, garlic, jalapeno, and chili powder in a medium bowl. Add salt and pepper to taste and set aside. Lay tomato and onion slices on a lightly greased rack and grill over medium heat for 12-15 minutes, until lightly charred. You'll want to turn the onion slices once about halfway through. Let the veggies cool slightly after you take them off the grill, then chop coarsely. Add the chopped grilled vegetables to the cucumber and bean mixture, then toss to combine.

Meanwhile, cut the French bread in half lengthwise and hollow out the halves a bit. Grill or toast the bread pieces, cut sides down, about 1 minute or until lightly browned. Spoon the veggies and bean mixture into the hollowed bread halves, sprinkle with cheddar cheese and grill (or broil) for 1-2 minutes until the cheese is melted.

**Nutrition Facts** *(per serving)*
Calories 210, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 520mg, Carbohydrate 31g, Fiber 5g, Protein 12g
Black Beans and Rice
Makes 6 servings

This easy recipe is flexible and delicious. You can add more or less seasoning to suit your taste. Serve over white or brown rice and with a green salad. Takes about 20 minutes, start to finish.

2 cups uncooked brown rice
2 tbs olive oil
1 onion, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
4 cloves garlic, minced
2 bay leaves
2 (15-1/2 oz) cans black beans
2 tsp ground cumin
1 tbs dried oregano
1 green chili pepper, minced (optional)
1/4 cup red wine vinegar
1/2 tsp salt, to taste
1/8 tsp black pepper

Prepare rice using slightly less water than usual so you get a firm-textured rice that’s not too mushy. While the rice cooks, prepare the beans. Heat olive oil in a large saucepan or stockpot. Add onion, bell peppers, garlic and bay leaves. Sauté until onions are translucent. Add black beans, cumin, oregano, chili pepper, vinegar, salt and pepper. Bring to a boil, reduce heat, and simmer for a few minutes until bean mixture is heated through. Serve immediately.

Nutrition Facts (per serving)
Calories 420, Total Fat 8g, Saturated Fat 0g, Cholesterol 0mg, Sodium 470mg, Carbohydrates 72g, Fiber 12g, Sugar 3g, Protein 14g

Vegetable Posole
Makes 4 servings

Posole is a traditional soup or stew made with hominy – dried corn kernels that have been soaked in lye-water. The soaking process gives hominy a unique flavor and texture, and actually makes the corn kernels more nutritious – by converting some of the B vitamins it contains so they’re more easily absorbed by the body.

1 cup onion, chopped
4 garlic cloves, chopped
1-1/2 cups mushrooms, sliced
2 carrots, sliced
1 cup green beans, 2-inch pieces
2 cups acorn squash, chopped
2 cups canned tomatoes
1 29 oz can hominy
1/4 tsp salt
2 tsp dried cumin
2 tsp dried oregano
1/8 tsp black pepper
Fresh cilantro for garnish
Brown the onions and garlic in a little oil. Add the vegetables and sauté briefly, then add the tomatoes and cook for 10-15 minutes until vegetables begin to soften. Add the hominy, salt, cumin, and oregano last. Cook another 10-15 minutes until all vegetables and the hominy are soft. Season with a bit of black pepper and garnish with chopped cilantro.

**Nutrition Facts (per serving)**
Calories 260, Total Fat 2.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 850mg, Total Carbohydrate 53g, Fiber 10g, Protein 8g

**Not-Chicken Noodle Soup**  
*Makes 4 servings*

Freezing and thawing tofu gives it a slightly chewier texture that works well in soups and stews. Try this savory not-chicken soup and see for yourself.

- 2 cups cooked noodles, rinsed
- 1/2 lb firm tofu, frozen and thawed
- 1 cup carrots, chopped

Freeze the block of tofu. When you’re ready to make the soup, thaw it in hot water or let it sit at room temperature. Place the thawed block between several layers of paper towel or cheesecloth, then squeeze excess water from tofu. Place on a fresh paper towel and let sit to dry more as you prepare the soup vegetables. Chop the onions, garlic, celery, and carrots. Cut the tofu into 1/2 inch cubes. In a large pot, combine broth, carrots, peas, celery, onion, garlic, thyme, sage, marjoram, bay leaf, and black pepper. Bring to a boil, then reduce heat and simmer 5 minutes. Add the diced tofu and the minced parsley, then stir in the pre-cooked noodles. Remove bay leaf and serve.

**Nutrition Facts (per serving)**
Calories 243, Total Fat 5.2 g, Saturated Fat 1.3 g, Cholesterol 24 mg, Sodium 1745 mg, Carbohydrate 37.9g, Fiber 5.6 g, Protein 13.1 g
**Veggie Chow Mein**  
*Makes 4 servings*

Chow mein can be made with crispy noodles, but soft ones, like this recipe calls for are more traditional – and have less fat, too.

8 oz lo mein noodles (or fettuccine)  
1 tbs dark sesame oil  
6 scallions, thinly sliced  
4 garlic cloves, minced  
2 tbs fresh ginger, minced  
1 red bell pepper, sliced  
1 green bell pepper, sliced  
2 celery ribs, sliced  
1/2 lb mushrooms, halved  
2 tsp cornstarch  
3/4 cup vegetable broth  
3 tbs low sodium soy sauce  
2 tbs dry sherry  
1 tbs fresh lemon juice

Cook the noodles until tender and drain well. Heat the sesame oil in a nonstick skillet or wok, then add the scallions, garlic and ginger and stir fry for 1 minute, until tender-crisp. Add celery, peppers and mushrooms and stir fry for 3-4 minutes more. Stir in the pasta and cook for about 1 minute, until lightly crisp. Combine the rest of the ingredients in a small bowl with the rest of the oil. Stir into the skillet mixture and cook for 1 minute until thickened.

**Nutrition Facts (per serving)**
Calories 344, Total Fat 6.7g, Saturated Fat 1.3 g, Cholesterol 0mg, Sodium 190mg, Carbohydrate 55g, Fiber 4.7 g, Protein 11.8g
**Tomato-Eggplant Pasta**  
*Makes 4-5 servings*

This dish is based loosely on classic pasta dishes of Naples and Sicily, but it uses quickly sautéed diced eggplant rather than fried eggplant slices.

Olive oil spray  
2 cloves garlic, minced or pressed  
1 small onion, diced  
2 small eggplants, diced  
1 red pepper, diced  
2 tbs tomato paste  
1 28-oz can diced plum tomatoes  
1 tbs capers, drained (optional)  
12 Kalamata olives, pitted and sliced  
1 zucchini, cut in chunks  
1-1/2 tsp dried basil  
1/8 tsp black (or red) pepper  
1/4 tsp sea salt  
1 lb whole wheat penne  
Parmesan cheese

Spritz a large, nonstick skillet with olive oil spray. Add the diced eggplant and sauté quickly, stirring so the eggplant browns but doesn’t steam. Use another spritz of olive oil spray if needed.

Add the garlic and onion and sauté for a minute, using another spritz of olive oil spray if needed. Next, add the tomatoes, salt, pepper, and dried herbs to the skillet. Stir. If you’re using any of the optional ingredients - olives, capers, zucchini - add them last. Give the pot another good stir, cover and leave on low heat while you drain the pasta and place it in a large serving bowl.

Pour the hot sauce over pasta and toss quickly to combine. Sprinkle with parmesan and garnish with a few basil leaves. Serve immediately.

**Nutrition Facts** *(per serving)*  
Calories 347, Total Fat 4g, Saturated Fat 1g, Cholesterol 3mg, Sodium 550mg, Carbohydrate 68g, Fiber 3g, Protein 15g
Scallop Kebabs
Makes 4 (6-oz) servings

When you’re in the mood to barbecue, nothing could be easier than these colorful skewers. Scallops are a great source of protein – and they’re naturally low in fat.

3 green peppers, cut in chunks
1-1/2 lbs fresh sea scallops
1 pint cherry tomatoes
1/4 cup vegetable oil
3 tbs lemon juice
1/8 tsp garlic powder
1/4 cup dry white wine
1/8 tsp black pepper

Thread peppers, scallops, and tomatoes on skewers. Combine vegetable oil, lemon juice, garlic powder, white wine, and pepper to make the marinade, then brush the kebabs and place on the grill (or in a foil-lined pan to place under the broiler). Grill for 15 minutes, turning and basting with extra marinade frequently.

Nutrition Facts (per serving)
Calories 224, Total Fat 6g, Saturated Fat less than 1g, Cholesterol 43mg, Sodium 355mg, Protein 30g

Spanish Toast with Spinach
Makes 8 servings

This “toast” is like a super bruschetta. A garlicky spinach sauté tops a crunchy slab of sourdough. Rubbing ripe tomatoes and juicy fresh garlic on your toast may seem a bit strange, but in parts of Spain it’s common to find a plate of tomatoes and garlic on the table, waiting for the toast to arrive. Very ripe tomatoes and a hearty, dense bread work best.

For the spinach topping:
2 lbs fresh spinach, washed and trimmed
2 tsp olive oil
1 cup pine nuts
1 cup golden raisins
4 garlic cloves, crushed
1/4 tsp salt
1/8 tsp black pepper

For the toast:
8 thick slices sourdough bread
4 garlic cloves, halved
3 - 4 tomatoes, cut in half crosswise (about 3/4 lb)
4 tsp extra-virgin olive oil
1/4 tsp sea salt
1/4 tsp black pepper

Saute the spinach in olive oil over medium heat, until just wilted. Remove from heat and mix in the raisins, pinenuts, salt, and pepper. Cover and keep warm while you prepare the toast.
Place bread slices on the rack of a preheated grill. Grill for two minutes on each side or until lightly browned. If firing up the grill to toast the bread seems like too much work, you can broil or bake it in the oven. While bread is hot, rub one side of each slice with a garlic clove half and a tomato half. (Garlic juice and tomato pulp will rub off onto bread). Discard the tomato peels. Drizzle 1/2 tsp olive oil over each bread slice and sprinkle with salt and pepper. Top with sautéed spinach and serve immediately.

**Nutrition Facts (per serving)**
Calories 288, Total Fat 9g, Saturated Fat 1g, Cholesterol 0mg, Sodium 446mg, Carbohydrates 13g, Fiber 5.4g, Protein 11.5g

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**Citrusy Pico de Gallo Tuna**
*Makes 4 servings*

A bright, fresh topping of tomatoes, avocados and oranges really perks up these lightly seared tuna steaks. The combination of sweet and hot is balanced out with a bit of creamy avocado. This sophisticated, delicious entree is so easy to make!

**Nutrition Facts (per serving)**
Calories 205, Total Fat 7g, Saturated Fat 2g, Cholesterol 58mg, Sodium 73mg, Carbohydrates 13g, Protein 24g
Great Northern White Chili  
*Makes 8 servings*

Great Northern beans are native to North America. The large, white beans have a mild flavor and are most often used in soups and cassoulets.

1 medium onion, chopped  
1 tsp minced garlic  
2 15-oz cans Great Northern beans, rinsed and drained  
1 15-oz can garbanzo beans, rinsed and drained  
4 cups vegetable broth  
1 tsp chili powder  
1 tsp ground cumin  
1/2 tsp dried oregano  
1 (4-oz) can diced green chiles, drained  
1 (14-oz) can white sweet corn, drained

Coat a large pot with nonstick cooking spray, then sauté the onion and garlic over medium heat for 3-5 minutes, until tender. Stir frequently so vegetables don't stick. Empty one can of the Great Northern beans into a food processor or blender and process with one cup of the vegetable broth until smooth. Add everything to the pot: the pureed bean mixture, the second can of Great Northern beans, the garbanzo beans, the remaining 3 cups of vegetable broth, chili powder, cumin, oregano, green chiles, and corn. Bring to a boil, then reduce heat and cook for 20 minutes. Garnish with a dollop of tomato salsa.

**Nutrition Facts (per serving)**
Calories 220, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 980mg, Carbohydrates 40g, Fiber 9g, Protein 13g

**Do you know beans?**
- An excellent source of protein, iron, B-vitamins, minerals and other nutrients
- Easy to combine with other foods like casseroles, soups, salads and other dishes
- Combine with small amounts of meat, cheese, fish or eggs to extend the protein power
- Contains no cholesterol, very little fat and only a modest calorie content
- High in fiber
- A prized energy source
- Digested slowly, so they satisfy hunger longer!
Lotsa Green Lasagna
Makes 6 servings

It’s hard to find anyone who doesn’t like lasagna. And once you’ve thrown together the ingredients, your work is pretty much done. No need to hover over the stove. Plus it’s very forgiving! It can easily be left in a low-temperature oven to stay warm if someone’s running late. Good for reheating, which means great leftovers.

6 - 8 uncooked lasagna noodles
1 tsp olive oil
1-1/4 cups chopped broccoli
1 cup chopped carrots
1/2 cup chopped scallions
1-1/2 minced garlic cloves
3 tbs all-purpose flour
1 cup skim milk
1/4 cup fresh Parmesan cheese
1/4 tsp pepper
5 oz frozen chopped spinach
1/2 cup low-fat cottage cheese
1/2 cup low-fat mozzarella cheese, shredded
1/4 cup low fat goat cheese
Cooking spray

Boil lasagna noodles per directions on the box. Sauté carrots, onions, garlic and broccoli in olive oil. Sauté until tender and set aside. Combine mozzarella, goat and cottage cheeses in a bowl. Mix until smooth and set aside. In a saucepan, stir together flour and milk until well blended, then heat to boiling, stirring constantly. Remove from heat when thick (about 5 minutes). Season with pepper and add 1/8 cup of Parmesan. Stir until smooth, then mix in the spinach. Set aside 1/4 cup of spinach to use later for the top layer of the lasagna.

Spray a 9x9 inch baking dish with cooking spray. Spread 1/4 cup of the spinach mixture over the bottom. Next, lay 2-3 lasagna noodles over the spinach mixture (you may need to cut noodles to fit the pan). Pour half the remaining spinach mixture over the noodle layer. Spread half the carrot-onion-broccoli mixture over that, then add another layer of noodles. Pour the rest of the remaining spinach mixture on top of the noodles. Spread the rest of the carrot-onion-broccoli mixture over that, then top with a layer of noodles. Pour the reserved 1/4 cup of the spinach mixture over the noodles and sprinkle with 1/8 cup Parmesan cheese. Cover and bake at 375˚F for 30-35 minutes. Let stand 10 minutes before serving.

Nutrition Facts (per serving)
Calories 211, Total Fat 3.5g, Saturated Fat 1g, Cholesterol 12 mg, Sodium 369 mg, Carbohydrate 29g, Fiber 2g, Protein 14g
Moroccan Pumpkin Stew
Makes 6 servings

A hearty vegetable stew with unexpected flavor. If you like it the first time, next time you might experiment with adding cooked chickpeas to boost the protein and fiber.

Tip: scrub carrots and potatoes well and you won't need to peel them!

2 tbs olive oil
2 medium onions, coarsely chopped
1 medium carrot, thinly sliced
6 small potatoes, cut in half
1-1/2 cups fresh pumpkin, peeled and cut in chunks
1 tbs freshly grated ginger
1 clove garlic, minced
1/2 tsp ground turmeric
1-1/2 tsp ground coriander
1/2 tsp ground cumin
1 cinnamon stick
1-1/2 cups tomato, chopped
1 cup water
1/4 tsp salt
1/8 tsp pepper
2 tbs raisins
1 preserved lemon (optional garnish)

Heat the oil in a large heavy saucepan over medium high heat. Add the onions, carrot, potato, and pumpkin and sauté for 5-10 minutes, stirring from time to time. When vegetables have softened, add the ginger and garlic. Continue to sauté for 2-3 minutes, then add the turmeric, coriander, cumin and cinnamon stick. Cook for another 5-8 minutes, then add the canned tomato and 1 cup of water. Bring to a simmer, season with salt and pepper, then add the raisins. Allow to cook for 18-25 minutes until all vegetables are soft - but don't overcook.

Just before serving, cut the preserved lemon into thin wedges and add as a garnish (this is optional but if you can locate it, the unique flavor of preserved lemon is worth trying). You can present this stew with some warm pita bread on the side - or serve it over a bed of couscous or rice pilaf. Want to add more interest to the dish? Try spiking the rice pilaf with some chopped apricots or slivered almonds. Note that the nutritional information below is for a serving of stew only. It doesn't include the rice or couscous.

Nutrition Facts (per serving)
Calories 72, Total Fat 5g, Saturated Fat 1g, Cholesterol 0 mg, Carbohydrate 16g, Fiber 1g, Sodium 60mg, 1g protein
Salmon Burgers
Makes 4 servings

Better burgers for the ones you love! Skip the red meat that’s high in saturated fat. Instead, try these seaworthy grillers made with heart-healthy salmon. And don’t forget to pair this up with some green side dishes! A lemon-pepper zucchini sauté would be good. Or maybe a roasted broccoli dish.

2 7 oz cans salmon
3/4 cup breadcrumbs
1-1/2 tsp Dijon mustard
2 tbs lemon juice
1/2 cup scallions, chopped
3 egg whites

Drain the salmon. Remove bones if not boneless. Mix mustard and lemon juice. Blend salmon with bread crumbs, lemon mixture and green onions. Stir in egg whites. Form four patties and grill until golden brown on both sides and heated throughout. Can be served alone or on a bun with condiments.

Nutrition Facts (per serving)
Calories 223, Total Fat 4.9g, Saturated Fat 0.8g, Cholesterol 55mg, Sodium 283mg, Carbohydrate 16.5g, Fiber 1.3g, Protein 26.9g

Reel nutrition
Some fish (mackerel, lake trout, herring, sardines, albacore tuna & salmon) contain omega-3 fatty acids, a class of heart-healthy fats which reduce the cholesterol buildup that can lead to heart attacks.

Omega-3s may also reduce the risk of stroke!
Creamy Sundried Tomato Ziti
Makes 6 servings

Tofu replaces heavy cream in this rich, flavorful no-cook sauce, which is warmed when you toss in the hot cooked pasta.

1 tbs salt
1 lb dried ziti
1 cup silken tofu, drained
2 cloves garlic, minced
1 cup oil-packed sun-dried tomatoes, drained and chopped
1/2 cup chopped fresh basil
2 tbs balsamic vinegar
1/4 tsp salt
1/8 tsp black pepper
2 tbs olive oil
2 tbs chopped fresh parsley

In a large pot, bring 4 quarts of water to a boil. When water boils, add salt and pasta, stirring to prevent sticking. Cook until al dente, stirring occasionally, about 10 minutes. Meanwhile, in a food processor or blender, combine remaining ingredients except parsley and process until smooth, adding 1 to 2 tbs of pasta water to thin sauce to desired consistency. Drain pasta and transfer to serving bowl. Spoon sauce over pasta and toss to mix. Sprinkle with parsley and serve.

Nutrition Facts (per serving)
Calories 158, Total Fat 6g, Saturated Fat 1g, Carbohydrates 23g, Cholesterol 0mg, Sodium 583mg, Fiber 2g, Protein 5g
Anaheim Fish Tacos

Makes 6 servings (2 tacos per serving)

A modern classic! Can be made with halibut, red snapper, tilapia, scrod or any firm-fleshed fish. Serve with fat-free sour cream, fresh cilantro, lettuce, and lime.

1 tsp canola oil
1 Anaheim chile pepper, chopped
1 leek, cleaned and chopped
2 cloves garlic, crushed
Salt and pepper, to taste
1 cup vegetable broth
2 large tomatoes, diced
1/2 tsp ground cumin
1-1/2 lbs fish fillets
Juice of 1 lime
12 (6-inch) corn tortillas

Heat the oil in a large skillet over medium heat, and sauté the chile, leek, and garlic until tender and lightly browned. Season with salt and pepper. Mix the vegetable broth and tomatoes in the skillet, and season with cumin. Bring to a boil. Reduce heat to low. Place the fish fillets into the mixture. Sprinkle with lime juice. Cook 15-20 minutes, until fish is easily flaked with a fork. Wrap in warmed corn tortillas to serve.

Nutrition Facts (per serving)
Calories 150, Total Fat 3.5g, Saturated Fat 0g, Cholesterol 20mg, Carbohydrate 16g, Fiber 2g, 160mg sodium, Protein 14g
Black-Eyed Pea Salad
Makes 8 servings

Here’s a great recipe we discovered on allrecipes.com. Just toss together black-eyed peas and assorted colorful vegetables, sprinkle with a balsamic vinaigrette, and let flavors develop overnight. Easy to make and always a real hit.

2 15 oz cans black-eyed peas
1 large tomato, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
1/2 red onion, diced
1 stalk celery, chopped
1 tbs chopped fresh parsley
3 tbs balsamic vinegar
2 tbs olive oil
1/4 tsp salt
1/8 tsp pepper

In a medium bowl, toss together black-eyed peas, tomato, red bell pepper, green bell pepper, red onion, celery, and parsley. In a small bowl, mix balsamic vinegar and olive oil. Season with salt and pepper. Pour over vegetables and toss. Cover and chill in the refrigerator at least 8 hours (or overnight).

Southwestern Bean Salad
Makes 4 servings

The sweet cumin vinaigrette gives this easy corn-and-bean salad an unusual flavor.

1 15 oz can pinto beans, drained and rinsed
1 cup frozen corn, thawed (about 2 ears if using fresh kernels)
1 red bell pepper, finely chopped
4 green onions, finely chopped
2 tbs cider vinegar
2 tbs honey
1/2 tsp salt
1/2 tsp ground mustard
1/2 tsp ground cumin
1/8 tsp ground red pepper
Salad greens

Rinse the beans well to remove excess salt (rinsing under running water for about 1 minute will remove up to 40% of the sodium). Combine beans, corn, bell pepper and onions in large bowl. Blend vinegar and honey in small bowl until smooth. Stir in salt,
mustard, cumin and red pepper. Drizzle over bean mixture; toss to coat. Cover and refrigerate at least 2 hours. Serve on a bed of lettuce leaves.

**Nutrition Facts (per serving)**
Calories 163, Total Fat 1g, Saturated Fat 0.7g, Cholesterol 0mg, Sodium 608 mg, Total Carbohydrate 36g, Fiber 1g, Protein 7g

**Chickpea-Couscous Salad**  
Makes 7 servings

Couscous is one of the world's original convenience foods! Just add boiling liquid and this lovely grain puffs up nicely and really absorbs flavoring.

6 minced garlic cloves  
2 tbs olive oil, divided  
1 shallot, minced  
1-1/2 cups chickpeas, cooked and drained (well-rinsed, if you use canned)  
1 cup tomato, seeded and diced (fresh or canned)  
1/4 cup cilantro, chopped  
1/4 cup mint leaves, chopped  
2 cups couscous  
2 cups water  
2 tbs fresh lemon juice  
1 tsp lemon zest, freshly grated  
2 tsp ground coriander  
1-1/2 tsp ground cumin  
1/4 tsp smoked paprika  
3/4 tsp salt  
1/4 tsp black pepper

Sauté garlic in one tbs olive oil over low heat. When garlic is just beginning to turn golden brown, stir in the cumin, coriander, paprika, salt, and pepper. Add 2 cups of water and bring to a low boil. Remove from the heat and add the couscous, stirring to make sure grains are completely covered by liquid. Cover with tight lid and let stand while the couscous absorbs the cooking liquid (see package directions for timing).

While the couscous continues cooking in the pot, make the salad dressing: then combine lemon juice, lemon zest, and one tbs olive oil in a small mixing bowl. When couscous has puffed up, spread onto a baking sheet to cool. Transfer the cooled couscous to a large bowl, then add lemon juice mixture. Add shallots, tomato, mint, cilantro, and chickpeas. Mix well, cover and set aside for at least one hour before serving. Can keep for up to a day in the refrigerator.

**Nutrition Facts (per serving)**
Calories 297, Total Fat 5.0g, Saturated Fat 0.7g, Cholesterol 0 mg, Sodium 412mg, Total Carbohydrate 53.3g, Fiber 5.5g, Protein 9.5g
**Sweet & Crunchy Salad**  
*Makes 8 servings*

Jicama is a sweet and crunchy root that blends nicely with grapefruit and spinach to make a delicious salad.

For the salad:
- 3/4 lb fresh spinach (about 16 cups)
- 1/2 medium jicama, thinly sliced
- 1/2 red onion, thinly sliced
- 3 red grapefruits, sectioned

For the dressing:
- 2 tsp poppy seeds, toasted
- 6 cloves garlic, chopped
- 2 tbs white wine vinegar
- 2 tbs extra virgin olive oil
- 1 tbs coarse-grain mustard
- 1/2 tsp honey
- 1/4 tsp salt
- 1/8 tsp pepper

Wash the spinach and tear it into bite-size pieces. Peel the jicama and cut it into thin matchsticks. Peel and slice the onion. Mix spinach, jicama, and onion together in salad bowl. Peel the grapefruit and section it, working with a sharp knife over a small bowl to catch the juice. Reserve juice for dressing. Cut the grapefruit segments and add to salad mixture. Toss and chill.

To make the dressing: toast poppyseeds in a dry skillet held briefly over medium heat. In a blender, combine all ingredients except poppy seeds and pulse until creamy. Season with salt and coarse-ground black pepper. Drizzle dressing over salad mixture and toss. Arrange on salad plates and garnish with toasted poppy seeds.

**Nutrition Facts** *(per serving)*
Calories 89, Total Fat 4 grams, Saturated Fat 1 gram, Cholesterol 0 mg, Sodium 60 mg

**Black Bean & Corn Salad**  
*Makes 4 servings*

This versatile salad is good on its own, served over a bed of greens with a light vinaigrette, or wrapped in a whole wheat tortilla with the greens and vinaigrette.

1 small can black beans
1 cup frozen corn
1/2 cup diced onions
1/2 cup diced red peppers
1 tbs soy sauce
1 tbs sesame oil
Cooking spray
Fresh cilantro, chopped

Rinse the beans well, drain, and pat dry with a paper towel. Microwave the frozen corn for about 30 seconds, and pat dry with a paper towel. Lightly coat a medium-sized skillet with cooking spray, and sauté the onion and
red pepper. Mix all ingredients together in a large bowl and garnish with the cilantro. Refrigerate to chill. Best served cold. Just before serving, you may want to add a dash of soy sauce and sesame oil and toss to mix well.

**Nutrition Facts (per serving)**
Calories 113, Fat 4g, Saturated Fat 1g, Cholesterol 0g, Sodium 822 mg, Fiber 6g, Protein 5g

Grilled vegetables are an ideal addition to summer salads. Grilling deepens the flavor of the veggies. For this salad, you can make the pasta and bean mixture ahead of time, then add the veggies just before serving—perfect for a cookout!

**Grilled Veggie Bowtie Salad**
*Makes 6 Servings*

Grilled red beans, cooked and drained (rinse well)
3 tbs olive oil
2 tbs apple cider vinegar
1/2 lb whole wheat bowtie pasta
4 tbs chopped fresh parsley
Salt and pepper to taste
4 tbs fat-free vinaigrette dressing
1 small onion
3 large tomatoes
2 large zucchini
3 tbs chopped fresh basil

Mix together beans, olive oil and vinegar. Refrigerate for several hours or overnight. Cook the pasta, drain it, and rinse until cool. Toss with the bean mixture. Stir in parsley, salt, pepper, and vinaigrette dressing. Refrigerate until needed. Parboil the onion. Cut the onion and tomatoes into quarters and cut the zucchini into 1-inch chunks. Brush vegetables lightly with olive oil and place on skewers. Grill, turning often, until lightly charred. Chop the vegetables and mix them into the pasta and bean salad. Garnish with basil.

**Nutrition Facts (per serving)**
Calories 300, Total Fat 8g, Saturated Fat 1g, Cholesterol 0mg, Sodium 390mg, Carbohydrates 46g, Fiber 11g, Sugars 7g, Protein 14g
Fruit Kabobs with Ginger Dip
Makes 24 (1 skewer) servings

A fun and unusual way to enjoy a light, fruity dessert.

1 8-oz carton light sour cream
1/2 cup cranberry-orange relish
1 lbs honey
1/4 tsp grated fresh ginger
1 tsp lemon juice
1 pear
1 apple
1 orange
1 kiwi fruit, peeled
1 cup seedless red grapes
and/or strawberries
bamboo skewers

Stir together sour cream, cranberry-orange relish, honey, and ginger in a small bowl to make the dip. Cover and chill until serving time. When you’re ready to prepare the kabobs: cut pear, apple, and orange into 1-inch pieces, leaving skin on each piece for color. Toss apple and pear pieces with a little lemon juice mixed with water to prevent fruit from browning. Cut kiwi into 1/2-inch slices then cut slices in half. Thread the fruit pieces on picks or short skewers. Serve with dip.

Nutrition Facts (per serving)
Calories 34, 1g Total Fat, 0g
Saturated Fat, 3mg Cholesterol,
6mg Sodium, 6mg Carbohydrate,
1g Fiber, 1g Protein

Fresh Strawberry Freeze
Makes 2 servings

Looking for something lighter than ice cream or sherbet? Try this.

1 large egg white
1/2 cup powdered sugar
1 pint ripe strawberries, cleaned and stemmed
1/2 tsp vanilla

Beat egg white until frothy then beat in sugar. Add vanilla extract. Add strawberries and beat at high speed until light and fluffy. Pour into two serving glasses and freeze. Best used within a day or two.

Nutrition Facts (per serving)
Calories 90, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg,
Sodium 15mg, Carbohydrates 20g, Fiber 2g, Sugars 17g, Protein 1g
Oatmeal-Raisin Cookies
Serves 12 (2 cookies per serving)

Put a little love in every lunch bag you pack – and add a heart-healthy treat sometimes, too! Like these great low-fat oatmeal cookies.

Cooking spray  
1 cup all purpose flour  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
2 tbs butter  
1/2 cup sugar  
1/2 cup light brown sugar  
1/4 cup unsweetened applesauce  
1 large egg  
1 tsp vanilla extract  
1-1/3 cups rolled oats  
1/2 cup raisins

Heat the oven to 375°F. Lightly coat two baking sheets with cooking spray. Combine the flour, baking powder, baking soda and salt in a large bowl. Cream the butter and both sugars with an electric mixer. Beat until smooth, about 1 minute. Add the applesauce, egg and vanilla then mix until blended, about 2 minutes. Add the flour to the applesauce mixture and mix well. Remove the bowl from the mixer and stir in the oats and raisins. Drop rounded spoonfuls onto prepared baking sheets about two inches apart. Bake until slightly golden, about 10 to 12 minutes. Cool baking sheets on wire racks for 5 minutes, then remove the cookies and cool completely. Can be stored in an airtight container for up to two weeks.

Nutrition Facts (per serving)
Calories 186, Total Fat 3g, Saturated Fat 1g, Total Carbohydrate 37g, Fiber 1g, Sodium 216 mg, Protein 3g

Treat your kids to health
The signs of heart disease begin developing in childhood, so lowering the levels of elevated blood cholesterol in children and teens is an important health investment!
Light and Easy Mocha Cake
Makes 6-8 servings

A low-fat mocha cake? Believe it! Nonfat yogurt and egg whites keep it low in cholesterol and saturated fat. Be sure to use quality unsweetened cocoa powder.

1 cup all purpose flour
1/3 cup plus 2 tbs unsweetened cocoa powder
1 tsp instant espresso powder
1 tsp baking powder
1 tsp baking soda
6 large egg whites (at room temperature)
1-1/3 cups firmly packed golden brown sugar
1 cup coffee-flavored nonfat yogurt
1 tsp vanilla extract
1 tsp powdered sugar
1/2 tsp ground cinnamon

Preheat the oven to 350°F. Line the bottom of 9-inch-diameter cake pan with waxed paper. Spray the pan and paper with vegetable oil spray then dust with flour, tapping out the excess. Sift 1 cup flour, 1/3 cup plus 1 tbs cocoa, espresso powder, baking powder and baking soda into a medium bowl. Use an electric mixer to beat the egg whites, brown sugar, yogurt and vanilla together in large bowl about 1 minute until well blended. Mix the dry ingredients into the wet ingredients.

Pour the cake batter into the prepared pan. Bake about 35 minutes, or until a toothpick inserted into the center comes out clean. Cool in the pan on a rack for at least 15 minutes, then run a thin knife around the sides of the pan to loosen the cake. Turn out onto a serving plate. Peel off the wax paper and let cool completely. Combine powdered sugar, cinnamon and 1 tbs cocoa powder in small bowl. Dust the top of the cake with mixture before serving.

Nutrition Facts (per serving)
Calories 322, 6g Total Fat, 2g Saturated Fat, 184 mg Cholesterol, 367 mg Sodium, 2g Fiber, 60g Carbohydrate, 10g Protein

Tofu Cheesefake
Makes 12 servings

Serve up this faux “cheesecake” topped with fresh red fruits like strawberries or cherries. Note that this recipe is completely non-dairy. It uses tofu and soymilk (or ricemilk) and is thickened with agar flakes, an ingredient found in many Asian desserts. Agar flakes are made from seaweed. Look for them in natural food stores or Asian markets.
1 nine-inch baked crumb crust
2 tbs agar flakes
2/3 cup soymilk or ricemilk
1/2 cup raw sugar
1/2 tsp salt
1 lb firm tofu
4 tbs lemon juice
2 tsp grated lemon peel
2 tsp vanilla extract

Wash and slice the fresh fruit for topping (strawberries, kiwi fruit, etc). Combine the agar and soymilk or ricemilk in a saucepan and let stand 5 minutes. Stir in the sugar and salt. Simmer over low heat, stirring frequently, for 5 minutes. Pour into a blender and add the tofu, lemon juice, lemon peel, and vanilla. Blend until very smooth. Spread evenly into a prepared crust. Refrigerate 30 minutes, and then top with fresh fruit. Chill thoroughly before serving.

**Nutrition Facts (per serving)**
Calories 192; 8 g protein; 36 g carbohydrate; 2 g fat; 247 mg sodium; 0 mg cholesterol

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**Strawberry Rhubarb Fool**
*Makes 4 servings*

A “fool” is an old-fashioned dessert traditionally prepared with pureed fruit and whipped cream. This version is lightened and updated by using nonfat yogurt instead of cream. The fresh tang of yogurt complements and balances the sweetness of the fruit puree.

1 lb rhubarb, leaves removed
1/2 cup sugar
6-8 fresh mint leaves
Juice and zest of 1 orange
1/2 lb sliced strawberries, fresh or frozen
4 tbs non-fat plain or vanilla yogurt or frozen yogurt

Cut the rhubarb into 1-inch pieces and place in a heavy saucepan with the sugar, a few mint sprigs, orange rind and juice. Cover and cook gently for about 5 minutes, until the rhubarb is tender but not mushy. Remove from heat and add the strawberries. Serve warm or cold with a dollop of non-fat vanilla yogurt on top of each serving.

**Nutrition Facts (per serving)**
Calories 160, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 15mg, Total Carbohydrates 39g, Protein 2g
Sweet Pea Mockamole
Makes 12 servings

Delicious and slightly sweet dip to serve with tortilla chips, crackers or fresh veggies. Ready in minutes!

1 cup frozen green peas, thawed and drained
1 tsp ground cumin
3 tbs chopped onion
1 large clove garlic, chopped
1 tbs lemon or lime juice
1 tbs extra virgin olive oil
1/2 tsp red pepper flakes
Salt and pepper to taste

Combine the peas, cumin, onion, and garlic in the container of a food processor or blender. Process until smooth. Add lemon juice and olive oil, and process just to blend. Taste and season with red pepper flakes, salt and pepper. Blend for just a few more seconds, and transfer to a serving bowl. Serve with chips, crackers, or fresh veggies.

Nutrition Facts (per serving)
Calories 20, Total Fat 1.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 60mg, Total Carbohydrates 2g, Fiber less than 1g, Protein less than 1g

Portion distortion!
Today’s plates are larger, and that encourages us to eat more. When you fill up a smaller plate, you’ll feel like you’re getting more.

Both white circles are the same size!
Notice how the one on the bigger plate looks smaller!
Fava Bean Purée
Makes 9 servings

It's a sure sign of spring when fava beans start showing up at grocery stores and farmers markets. Fresh fava beans are time-consuming to shell, but well worth the time and effort!

2 lbs fava beans
1 yellow onion, coarsely chopped
6 cloves garlic, peeled
salt and pepper to taste

Shell the beans. Place the beans, onion and garlic in a saucepan with enough water, just to cover them. Bring to a boil, then turn down the heat and simmer until the beans are tender, about 15-20 minutes. Pour entire contents of the pot into a food processor/blender and purée. If it seems watery, pour the purée back into the saucepan and heat again until some of the excess water has cooked off. Season with salt and pepper. Serve with toasted pita chips or garnish with mint.

Nutrition Facts (per serving)
Calories 110, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 170 mg, Carbohydrates 22g, Protein 9g

Sunchoke Dip
Makes 8 servings (2 cups)

Sunchookes, also called Jerusalem artichokes, are the root of a sunflower native to North America. If you see them in the produce aisle, give'em a try!

1-1/2 lbs sunchookes
2 cloves garlic, peeled
3 tbs lemon juice
3 tbs olive oil
1 or 2 tbs minced jalapeno peppers
1/8 tsp of salt
Blue or red corn chips

Peel the sunchookes and rinse them. In a 5- to 6-quart pan over high heat, bring 2 quarts water to a boil. Add sunchookes and cook until tender when pierced, about 12 minutes. Drain. In a blender or food processor, whirl sunchookes, garlic, lemon juice, and oil until smoothly puréed; scrape container sides as needed. Add chilies and salt to taste. Scrape into a bowl and serve with corn chips for dipping.

Nutrition Facts (per serving)
Calories 92, Total Fat 5g, Saturated Fat 0.7g, Cholesterol 0mg, Sodium 3.8mg, Total Carbohydrate 11g, Fiber 3g, Protein 1g
Red Bean Dip with Veggies
Makes 4 servings

Red beans not only contain cancer-fighting compounds, but they count toward your daily servings of fruits and vegetables. Enjoy this dip with crudité, and you'll be well on your way to getting 5-to-9 today!

1 15-oz can dark red kidney beans, undrained
1/2 tsp garlic salt
1/2 tsp black pepper
1/2 tsp cumin
1/2 cup fresh dill, roughly chopped
Dash hot sauce
1/2 cup plain, low-fat yogurt
1 red bell pepper
1 bell pepper sliced into strips
1/2 cup grape tomatoes
1/2 cup mini carrots
1/2 cup bite-sized broccoli florets

Discard two tablespoons of liquid from the can of beans, then puree the remaining beans and bean liquid in a blender with salt, pepper, cumin, and hot sauce. Stir in yogurt, then mound the dip in the hollowed-out bell pepper. Sit the pepper “bowl” in the center of a medium plate and surround with bell pepper strips, grape tomatoes, carrots, and broccoli florets.

Nutrition Facts (per serving)
Calories 134, Total Fat 1g, Saturated Fat less than 1g, Carbohydrate 24g, Cholesterol less than 1mg, Sodium 455mg, Fiber 7g, Protein 8g
Hot Pepper Pretzels
Makes 6 (2/3 cup) servings

Satisfy a salt craving with this simple treat. Pretzels are a low-fat snack to begin with, and this seasoning blend adds just a trace more.

5 oz (about 4 cups) mini pretzels
2 tsp margarine, melted
4 tsp low-salt soy sauce
1/4 tsp cayenne pepper
1 tsp garlic powder
1/2 tsp parsley

Preheat oven to 350˚F. Toss the pretzels with melted margarine, spread on a rimmed baking sheet and bake for 4 minutes. Sprinkle with the soy sauce, cayenne, parsley, and garlic powder. Toss to coat well then bake 3 minutes. Remove pan from oven and allow to cool on a rack. When completely cooled, store in a tightly-sealed container.

Nutrition Facts (per serving)
Calories 100, Total Fat 1.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 410mg, Carbohydrates 19g, Fiber less than 1g, Protein 2g

Eat smart snacks.
Smart snacks pack a variety of nutrients in one tasty package, helping you make the most of the calories you consume. Try a 1 oz handful of almonds, low-fat cottage cheese and fruit, calcium-rich frozen low-fat yogurt with fruit, or a homemade snack mix made with salt-free seasoning blend.
Crunchy Trail Mix  
Makes 8 half-cup servings

Looking for a low-fat snack or a treat to include with brownbag lunches? Try this crunchy mix. But please note that this recipe may be a little high in salt. If you’re watching your sodium intake, use unsalted pretzels.

1-1/2 cups corn squares cereal  
1-1/2 cups rice squares cereal  
1 cup fat-free pretzel sticks  
1/2 cup sliced almonds  
1/2 cup raisins  
1/2 tsp ground cinnamon  
1/2 cup honey or maple syrup  
1 tbs vegetable oil  
1/2 tsp vanilla extract

Preheat oven to 325°F. Combine cereal, pretzels, almonds, raisins, and cinnamon in a large bowl and mix well. Combine syrup, oil and vanilla in a small bowl and mix well. Slowly pour the liquid mixture over the dry ingredients and stir to coat evenly. Spread out on a 15x10-inch baking pan coated with vegetable cooking spray. Bake 25-30 minutes or until golden brown, stirring frequently. Remove from oven and cool before storing in an airtight container.

Nutrition Facts (per serving)  
Calories 110, Total Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 170mg, Total Carbohydrate 17g, Fiber 2g, Sugars 0g, Protein 2g

Be creative!  
Have some easy, heart-healthy recipes available that can be adapted to whatever’s in the house. Explore new ways to substitute if a certain ingredient is not on hand.
Quick Quesadillas
Makes 8 servings

Quick quesadillas make a great snack or a light, latenight dinner. Top with your favorite salsa and serve alongside a green salad.

Nonstick olive oil cooking spray
2 zucchini, chopped
1 tsp chili powder
1 tsp ground cumin
1 tsp garlic powder
1 tsp onion powder
2 scallions, thinly sliced
15-oz can black beans, drained and rinsed
16 6-inch flour tortillas
8 oz reduced-fat Monterey Jack cheese, shredded
1/2 cup fresh cilantro, chopped

Drain and rinse the canned beans. Put in a large mixing bowl. Grate the zucchini. Toss the grated zucchini with a tsp of salt in a colander, then squeeze out excess water. Combine the zucchini with the beans, spices, grated cheese, and scallions. Spritz one side of each tortilla with olive oil spray. Place eight tortillas oil-side down on a baking sheet. Spread some filling on each tortilla then top with another tortilla (oil-side up). Broil 1-2 minutes (until golden) and flip. Broil the flip side another 1-2 minutes.

Nutrition Facts (per serving)
Calories 260, Total Fat 2g, Saturated Fat 1g, Cholesterol 3g, Sodium 115mg, Total Carbohydrate 45g, Fiber 12g, Protein 18g
Need any additional info? Here are several toll-free phone numbers:

**American Heart Association**
1-800-AHA-USA1 (1-800-242-8721)

**American Stroke Association**
1-888-4-STROKE (1-888-478-7653)

**American Cancer Society**
1-800-ACS-2345

**American Diabetes Association**
1-800-DIABETES (1-800-342-2383).

And check out these online resources:

- MeatlessMonday.com
- AmericanHeart.org
- StrokeAssociation.org
- Cancer.org
- Diabetes.org
- DietaryGuidelines.gov
- Health.gov
Eat Healthy Monday!
Eat less, eat leaner, move more.