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*“The importance of healthy, balanced, nutritious meals is multiplied tenfold when serving to children.”*

*– Volunteer coordinator*



## Introduction




This guidebook helps provide volunteers who donate prepared foods to Pitt County organizations with a practical resource for creating healthy and safe meals. A healthy meal does *not* need to be expensive or complicated. This guidebook was created with the frugal and busy cook in mind, as well as those picking up items at stores and restaurants.

Several agencies expressed the need for a guide that would provide advice to donors of prepared foods. Helpings Hands is that resource. Two graduate students enrolled in independent studies supervised by Kathryn Kolasa PhD, RD, LDN conducted interviews of agency directors and volunteers, and developed the content.

The first two sections of the guidebook address the components of a healthy meal, and time and cost-saving tips. You should use these to lay the framework for the meals you prepare. Next you will find information on food safety. By following the food safety guidelines provided, you will help to ensure that the food you are providing is safe. And finally, you may use the menu and recipe sections of the guidebook to gather ideas for healthy meals that are affordable and easy to prepare.

Our gratitude goes out to all of those who graciously offer their time and goodwill toward the nutrition needs of those in our community. By preparing meals for others who are unable to meet their own nutritional needs due to varying circumstances, volunteers help build a stronger and healthier community for everyone. Their generous service and helping hands undoubtedly have a positive impact on the lives of many!



*"We can't always fulfill preferences, but we try to come close; we try to provide something appealing while doing our best to keep it healthy."*

*–Volunteer coordinator*

# Components of a Healthy Meal

The key to a successful meal is planning. When planning a menu, it is important to consider the nutritional value of the foods you will prepare. A healthy meal provides important nutrients such as vitamins, minerals, good fats and protein sources, and fiber. This guidebook includes simple yet helpful ways to incorporate healthy foods into your menu while cutting out unnecessary fats and sugars. Remember that you may be serving individuals with special health needs such as diabetes, high blood pressure, cancer, or other chronic illnesses.

There are a number of ways to incorporate healthy ingredients into each course of a delicious, healthy meal. And remember to taste what you are cooking – even though it is a donation, it needs to be quality food! Below are some points to keep in mind as you prepare donated meals:

## Protein

- Choose lean meats, fish, poultry, or nuts
- Choose 10% fat ground beef, ground turkey or chicken for casseroles or mixed dishes
- Remove the skin from chicken and other poultry
- Remove visible fat from meat; drain fat after browning
- Broil, bake, or steam your meats and fish rather than frying them
- Limit processed meats such as bologna, bacon and sausage

## Vegetables

- Use canned or frozen vegetables to save time in cooking
- Make a hearty salad using fresh vegetables and toppings such as fruits, nuts, or beans
- Add vegetables to pasta dishes for added flavor and nutrients
- Make a pot of soup using frozen or canned vegetables and canned low-sodium broth

## Fruits

- Use fresh, canned, frozen or dried fruit
- Offer a quick fruit salad made from canned fruit packed in water and chopped bananas
- Add chopped, fresh fruit to salads for extra flavor and crunch

## Bread and Grains

- Choose whole grain breads and pasta
- Use brown rice in casseroles and soups
- Prepare enchiladas and burritos with whole grain tortillas

## Desserts

- Use fruit as a healthy substitute for sweet desserts
- Replace regular sugar with sugar substitutes
- When using dairy, choose low-fat or fat-free products

## Beverages

- Offer sugar-free beverages instead of sweetened drinks
- Prepare iced tea using a sugar substitute instead of sugar
- Make a pitcher of refreshing sugar-free lemonade
- Offer low-fat or skim milk
- Have pitchers of ice water available
- Try adding 100% juice to seltzer water

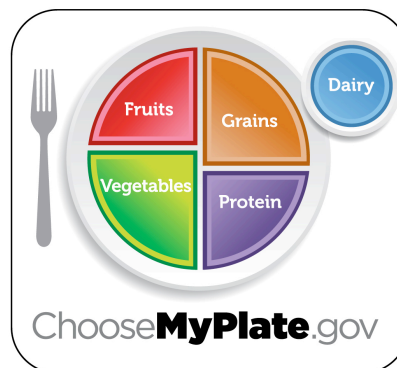
## Serving Sizes

Before preparing a meal, you should think about serving sizes and how many people will be eating the meal. This will help you determine how many ingredients to buy, saving you money in the long run, and it will help keep portions in check. The foods in Table 1 will help you visualize a healthy serving size for the average adult.

Food	Amount	Size – visual
Pasta	1 ounce dry or ½ cup cooked	Small computer mouse
Bread	1 ounce (1 slice)	Deck of cards
Salad greens	1 cup	Baseball
Broccoli	1 cup raw or ½ cup cooked	Tennis ball
Baked potato	1 medium potato	Small computer mouse
Cheese	1 ½ ounces	3 dominoes
Meat or poultry	~4 ounces raw or 3 ounces cooked	Deck of cards
Grilled or baked fish	3 ounces	Checkbook
Casserole	1 cup	Cupped palm
Fresh fruit	1 cup	Baseball
Juice	6 ounces (¾ cup)	Small juice glass

**Table 1.**

The United States Department of Agriculture’s ChooseMyPlate graphic (Figure 1) will help you apportion your food groups appropriately when serving. To learn more, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

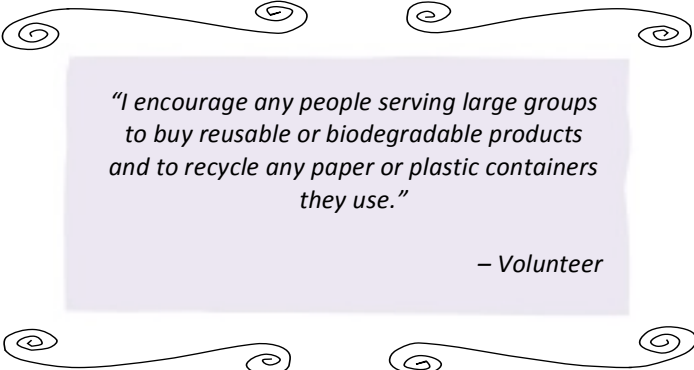


**Figure 1.**

## Time and Cost Saving Tips

A healthy meal does not need to be expensive or complicated. We have included a variety of recipes that use affordable ingredients, including canned goods and foods that can be found at discount grocery stores. You also will find helpful grocery lists and some key time and cost saving tips.

- Plan ahead. First determine what is possible for you to do, purchase ingredients, and prepare the food in advance.
- Make extra portions of your regularly planned meals and freeze them for future volunteering.
- Shop at discount grocery stores. If you prepare food for large groups, buy the ingredients at wholesale food stores. Make use of coupons and store-brand products.
- Use canned or frozen fruits and vegetables instead of fresh. This may reduce the cost and preparation time while still providing important nutrients.
- Work with a team. This will help spread out the cost and labor per volunteer by working together. It will also be more fun!
- Buy meats on sale and freeze for later.
- Choose simple recipes.
- Make a detailed shopping list and stick to it.
- Start with basic food staples that you already have on hand in your pantry.



*"I encourage any people serving large groups to buy reusable or biodegradable products and to recycle any paper or plastic containers they use."*

*– Volunteer*



# Importance of Food Safety

Food borne illness is often preventable! In fact, food borne illnesses may be reduced by up to 90% if proper food safety techniques are followed. The Centers for Disease Control and Prevention (CDC) estimates that each year roughly 48 million people in the United States get sick from a food borne illness, 128,000 are hospitalized, and 3,000 die. The United States Department of Agriculture (USDA) Food Safety and Inspection Service recommends four simple steps for keeping food safe:

Clean → Separate → Cook → Chill

## Step 1: Clean

Both personal and work area cleanliness are extremely important when preparing food.

### Personal cleanliness

Personal cleanliness is a beginning point for practicing food safety. A few simple steps can significantly reduce the risk of spreading food borne illnesses. Proper hand washing is the first step to cleanliness.

Hands should be washed *before and after* the following:

- Preparing, serving, or eating food
- Working with uncooked foods
- Taking care of a wound
- Caring for someone who is sick

Hands should be washed *after* the following:

- Using the restroom
- Coughing, sneezing, or blowing a nose
- Playing with a pet or animal
- Managing the garbage
- Touching anything dirty, including your face or hair

It is important to follow the best method for hand washing:

1. Wash hands under warm, running water with soap.
2. Make sure that all surfaces are washed, such as palms, fingernails, the backs of hands, and wrists.
3. Wash hands for at least 20 seconds, rubbing soapy hands together.
4. Rinse hands in clean, running water.
5. Dry hands with a paper towel.
6. Use the paper towel to turn off the faucet.
7. Do not touch a contaminated surface between washing hands and handling food.

**Work area cleanliness and sanitization**

Keep the work areas clean. These areas include the following: kitchen utensils, storage containers, refrigerator shelves, and tabletops. A simple food preparation checklist is one way to ensure that the work area is properly cleaned and sanitized:

- Wash surfaces with hot, soapy water.
- Rinse surfaces with clean, cold water.
- Sanitize with a bleach solution: 1 teaspoon bleach per 1 quart of cold water or 1 tablespoon per gallon. Kept in a closed spray bottle or lidded container, this solution will maintain its effectiveness for at least two weeks.
- Use clean wiping cloths (preferably paper towels) to dry surfaces.
- Keep garbage cans readily available. It is best to use a lidded garbage can that is emptied frequently.

**Step 2: Separate**

Cross-contamination occurs when bacteria is transferred between foods, utensils, or surfaces. For example, when a cutting board used for preparing raw chicken is wiped with a dishrag, and the same board is then used to chop salad items, the bacteria from the raw chicken may attach itself to the greens. Cross-contamination is not always visually evident, so it is especially important to follow steps to ensure that it does not happen. Cross-contamination can be prevented by following these steps:

- Keep raw foods, especially raw meats, poultry, and fish, away from other foods when storing them.
- Do not let anything that comes into contact with raw meats, poultry, fish, and eggs touch other food items.
- Keep packaging materials that have been in contact with raw foods away from other foods or throw them away.
- On the bottom shelf of the refrigerator, store raw meats and poultry on a plate or tray to prevent meat juices from dripping on other foods.
- Clean and sanitize cutting boards, utensils, and countertops between tasks, especially after working with raw meat or poultry. A good way to prevent cross-contamination is to have separate cutting boards for raw meats and others for produce and cooked meats.
- Cover foods in the refrigerator.
- If your refrigerator has a produce bin below the bottom shelf, use this area to store fresh fruits and vegetables away from raw meat and poultry.
- Opt for paper towels to wipe up raw meat spills rather than a dishcloth or rag. After wiping the area, clean with warm soapy water and then sanitize.

### Step 3: Cook

Bacteria grow and multiply when in the “danger” temperature zone between 41°F and 135°F. *Keep hot foods hot.*

Use an instant-read thermometer to ensure that foods are cooked to a safe temperature. Table 2 provides a list of foods and their safe internal cooking temperatures.

Food	Cook until the following is reached (F)
Beef, roasts and steaks	145°F minimum
Ground beef, pork, veal, lamb	160°F
Ground turkey, chicken	165°F
Whole chicken and turkey	165°F
Poultry thighs, wings, and legs	165°F
Stuffing (alone or in poultry)	165°F
Pork	160°F (medium-well done)
Ham, raw	160°F
Ham, pre-cooked (to reheat)	140°F
Eggs	145°F (the yolk and egg white should be cooked until firm)
Egg dishes	160°F
Leftovers and casseroles	165°F

**Table 2.**

More information on foods and their safe cooking temperatures can be downloaded from the USDA Food Safety and Inspection Service website at [www.fsis.usda.gov/PDF/Use\\_a\\_Food\\_Thermometer.pdf](http://www.fsis.usda.gov/PDF/Use_a_Food_Thermometer.pdf).

*“Once a month for the past year, my husband, friend, and I have volunteered to prepare and serve dinner to the residents of the local homeless shelter. And it has been our goal to serve healthy and delicious meals, including a nutritious dessert.”*

*– Volunteer*

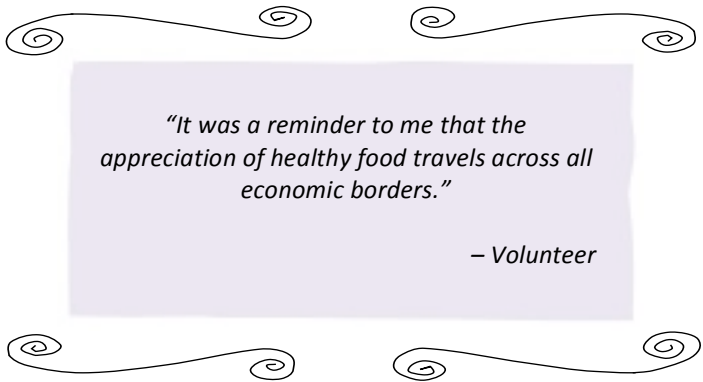
## Step 4: Chill

When planning meals that will be prepared in one location and transported to another, it is important to consider specific storage and temperature requirements. Some foods that do not require refrigeration include chips, crackers, jellies, peanut butter, mustard, bread, and store-bought unopened canned goods. Home-canned foods should never be used, no matter who prepared them. Keep your refrigerator at 40°F or below to keep bacteria from growing and chill leftovers and takeout foods within two hours; food should not remain out of the refrigerator before being eaten for more than four hours total.

Transport hot and cold foods in a cooler from the location where they were prepared to the location where they will be served. It is important to keep hot foods hot (above 135°F) and cold foods cold (below 41°F). This can be done by wrapping hot foods in clean towels and newspapers, or by storing cold foods in containers containing ice blocks or packs. It is important to remember that you have four hours in the “danger zone” (between 41°F and 135°F) before pathogens start to grow.

Ready to eat, prepared foods such as salads and sandwiches that are not going to be eaten immediately should be kept cold; this will keep bacteria from being reintroduced to food. Bacteria growth can be prevented if food is chilled below 40°F. Freezing slows bacteria growth; however, if food has been contaminated with bacteria previously, freezing will not kill the bacteria.

Do not thaw foods, especially meat, poultry, and fish at room temperature; this may encourage bacteria growth. However, many meats, poultry, casseroles, and vegetables may be cooked successfully from the frozen state, but be sure to note that the cooking time will take approximately one and a half times as long. Frozen vegetables should not be thawed at all. Foods should be thawed on a plate or pan in the refrigerator, or in a microwave. If raw meat is thawed in a microwave, it must be cooked immediately and not placed in the refrigerator. If necessary, raw meat can be placed in a watertight bag and thawed under cool running water; check frequently to see if the food has thawed. Meat thawed in water must be cooked immediately once it is thawed. Microwave thawing may also require closer monitoring due to uneven heating.




*“It was a reminder to me that the appreciation of healthy food travels across all economic borders.”*

*– Volunteer*


## Food Safety Recap

- Raw foods are the most common source of food borne illnesses. Examples include raw meat and poultry, seafood, eggs, and increasingly, fresh fruit and vegetables. Therefore, it is essential to avoid cross-contamination by paying careful attention to both personal and workspace cleanliness.
- Avoid preparing foods for others if you yourself are sick.
- Always err on the side of caution when it comes to preparing, storing, and serving food to others.
- Thoroughly wash all fruits and vegetables before preparing, including those with skins and rinds, including melons, bananas, pineapples, etc. If there are any traces of bacteria on the outside of the food, they could be carried into the flesh by your hands or a knife. This is another form of cross-contamination. Delicate fruits like berries are best washed just before eating.
- Keep hot foods hot and cold foods cold!
- Clean, separate, cook, chill, and store properly.
- Remember, “When in doubt, throw it out” or call the USDA at 1-800-535-4555.
- For more information on safe food handling, please visit [www.fsis.usda.gov/Fact\\_Sheets/Cooking\\_For\\_Groups\\_Index/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Cooking_For_Groups_Index/index.asp) and [www.fightbac.org/](http://www.fightbac.org/).



*“The people you are serving are in great stress; comfort foods are great, but do try to make them healthier for these families in crisis.”*

*- Volunteer coordinator*



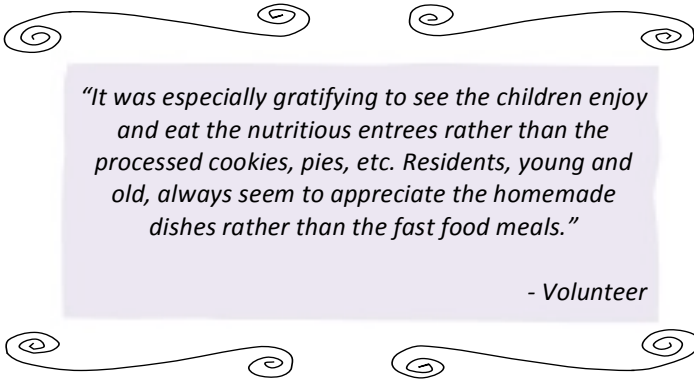
## Combination home-cooked and store-bought meals

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Many people who volunteer to provide meals often lack the time to prepare all their dishes from scratch. Below you'll find suggestions for meals that combine home-cooked dishes with store-bought dishes.

- Rotisserie chicken, slow-cooked baked beans\*, snappy coleslaw\*, whole grain rolls, brownies
- Turkey meatloaf, hearty mashed potatoes\*, creamed corn, fresh fruit, and yogurt parfait
- Beef barley soup\*, whole grain bread, mixed salad greens, peach crisp\*
- Baked fish filets, cucumber salad with tomatoes\*, easy fruit salad\*
- Quick skillet lasagna\*, garlic bread, mixed salad greens, butterscotch squares\*
- Quiche Lorraine, carrot and raisin salad\*, mixed salad greens, strawberries and cream\*
- Baked chicken\*, stewed tomatoes, mixed salad greens, baked apples with cherries and almonds\*

\* Denotes recipes that are included in this guidebook.



*"It was especially gratifying to see the children enjoy and eat the nutritious entrees rather than the processed cookies, pies, etc. Residents, young and old, always seem to appreciate the homemade dishes rather than the fast food meals."*

*- Volunteer*

## Sample Menus

Table 3 provides sample menus that you may find helpful while planning your meal. A grocery shopping list and recipes for all of the suggested menus are in the following section. With the exception of the baked goods, most recipes may be easily multiplied.

Meal	Dish	Servings per recipe	Cost per serving	Total cost
<b>Enchilada Night</b>	Bean Enchiladas	4 servings	\$0.50	\$2.00
	Citrus Salad	8 servings	\$0.45	\$3.60
	Corn and Green Chili Salad	4 servings	\$0.40	<u>\$1.60</u>
				\$7.20
<b>Hearty Chicken Dinner</b>	Baked Chicken	5 servings	\$0.70	\$3.50
	Au Gratin Potatoes	8 servings	\$0.65	\$5.20
	Cucumber Salad with Tomatoes	4 servings	\$0.55	\$2.20
	Easy Fruit Salad	14 servings	\$0.25	<u>\$3.50</u>
				\$14.40
<b>Comforting Soup and Salads</b>	Brunswick Stew	8 servings	\$0.80	\$6.40
	Crisp Broccoli Salad	8 servings	\$0.40	\$3.20
	Carrot and Raisin Salad	4 servings	\$0.25	\$1.00
	Banana Bread	12 servings	\$0.10	<u>\$1.20</u>
				\$11.20
<b>Festive Holiday Feast</b>	Beef Pot Roast	8 servings	\$0.90	\$7.20
	Green Bean Sauté	6 servings	\$0.35	\$2.10
	Hearty Mashed Potatoes	6 servings	\$0.50	\$3.00
	Apple Cranberry Salad Toss	8 servings	\$0.55	\$4.40
	Mock Southern Sweet Potato Pie	16 servings	\$0.10	<u>\$1.60</u>
				\$18.30
<b>Simple Summer Dinner</b>	Baked Pork Chops	6 servings	\$0.95	\$5.70
	Snappy Coleslaw	4 servings	\$0.10	\$0.40
	Herbed Potato Salad	6 servings	\$0.45	\$2.70
	Peach Crisp	6 servings	\$0.30	<u>\$1.80</u>
				\$10.60

Table 3.

# Recipes

### Food Safety Reminder

For safe cooking temperatures and proper storage of leftovers, please refer to **Table 2** on page 9.

All of the recipes included in Sample Menus are provided below (marked with an asterisk). In addition, an array of other recipes presented here may complement those or other meal plans.



### Baked Pork Chops\*

Source: SNAP Recipes. Yield: 6 servings

<p><b>Shopping list:</b></p> <p>pork chops (center cut) onion green bell pepper red bell pepper black pepper</p>	<p><b>Ingredients:</b></p> <p>6 pork chops, lean center-cut, 1/2-inch thick 1 medium thinly sliced onion 1/2 cup chopped green pepper 1/2 cup chopped red pepper 1/8 teaspoon black pepper</p>
<p>Preheat oven to 375°F. Trim fat from pork chops. Place chops in a 13 x 9-inch baking pan. Spread onion and peppers on top of chops. Sprinkle with pepper. Refrigerate for 1 hour. Cover pan and bake 30 minutes. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains or internal temperature reaches 160<sup>o</sup> – 170<sup>o</sup>F.</p> <p><i>Nutrition facts per serving:</i> 160 calories; 9g total fat; 150mg sodium; 17g protein.</p>	



**Barbecue Pulled Chicken**

Source: *Eating Well*. Yield: 8 servings

<p><b>Shopping list:</b></p> <p>reduced sodium tomato sauce, canned          chopped green chilies, canned          cider vinegar          honey          paprika          tomato paste, canned          Worcestershire sauce          dry mustard          chipotle chili (optional)          boneless, skinless chicken thighs          onion          garlic</p>	<p><b>Ingredients:</b></p> <p>1-8-oz can reduced-sodium tomato sauce          1-4-oz can chopped green chilies, drained          3 tablespoons cider vinegar          2 tablespoons honey          1 tablespoon paprika          1 tablespoon tomato paste          1 tablespoon Worcestershire sauce          2 teaspoons dry mustard          1 teaspoon ground chipotle chili (optional)          2 1/2 pounds boneless, skinless chicken thighs, trimmed of fat          1 small onion, finely chopped          1 clove garlic, minced</p>
<p>Stir tomato sauce, chilies, vinegar, honey, paprika, tomato paste, Worcestershire sauce, mustard, and ground chipotle in a 6-quart slow cooker until smooth. Add chicken, onion and garlic; stir to combine. Put the lid on and cook on low until the chicken can be pulled apart, about 5 hours. Transfer the chicken to a cutting board and shred with a fork. Return the chicken to the sauce, stir well and serve. Cover and refrigerate for up to three days or freeze for up to one month.</p> <p><i>Nutrition Facts Per serving:</i> 184 calories; 8g fat, 257mg sodium; 20g protein.</p>	

**Bean Enchiladas\***

Source: SNAP Recipes. Yield: 4 servings

<p><b>Shopping list:</b></p> <p>pinto beans, canned  reduced fat Monterey Jack cheese  chili powder  flour tortillas  salsa (optional)</p>	<p><b>Ingredients:</b></p> <p>3 1/2 cups cooked pinto beans or 2-15 ounce cans low sodium pinto beans  1/2 cup cheese, reduced fat Monterey Jack  1 tablespoon chili powder  8-6 inch flour tortillas  salsa (optional)</p>
<p>Place beans in a large bowl and mash coarsely with a fork or potato masher. Stir in chili powder. Wrap tortillas in a damp paper towel. Microwave on high for 45 seconds, or until tortillas are soft and warm. Divide bean mixture among tortillas and spread down center of tortilla. Sprinkle cheese on bean mixture. Roll tortillas to enclose mixture. Spray a 9x13 inch baking dish with non-stick cooking spray. Place enchiladas, seam side down, into baking dish. Cover with foil and bake at 350°F for 20 minutes or until heated through. Serve warm with salsa.</p> <p><i>Nutrition facts per serving:</i> 460 calories; 9g total fat; 540mg sodium; 23mg protein. <i>Serving Size:</i> Two 6" enchiladas.</p>	

**Brunswick Stew\***

Source: SNAP Recipes. Yield: 8 servings

<p><b>Shopping list:</b></p> <p>vegetable oil  onion  chicken or turkey, cooked or canned  low sodium chicken broth  chopped tomatoes, canned  lima beans, frozen or canned  corn, frozen or canned</p>	<p><b>Ingredients:</b></p> <p>1 tablespoon vegetable oil  1 medium chopped onion  2 cups chicken broth, low sodium  2 cups cooked, diced and boned chicken or turkey  2 cups tomatoes, canned or cooked  2 cups lima beans, canned or cooked  2 cups whole kernel corn, canned or cooked</p>
<p>Heat oil in a large pan. Add onion and cook in oil until tender. Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low. Makes 8 servings of about 1 cup each.</p> <p><i>Nutrition facts per serving:</i> 200 calories; 5g total fat; 470mg sodium; 16g protein.</p>	

**Baked Chicken\***

Source: SNAP Recipes. Yield: 5 servings

<p><b>Shopping list:</b></p> <p>boneless, skinless chicken garlic powder pepper</p>	<p><b>Ingredients:</b></p> <p>1 pound chicken, boneless, skinless 1 teaspoon garlic powder 1 teaspoon pepper</p>
<p>Preheat the oven to 350°F. Put the chicken in a baking pan or casserole dish. Sprinkle with garlic powder and pepper to taste. Bake for 1 hour.</p> <p><i>Nutrition facts per serving:</i> 110 calories; 3g total fat; 70mg sodium; 20g protein. <i>Serving Size:</i> 3 ounces.</p>	

**Beef Pot Roast\***

Source: SNAP Recipes. Yield: 8 servings

<p><b>Shopping list:</b></p> <p>boneless beef chuck roast onion beef bouillon pepper</p>	<p><b>Ingredients:</b></p> <p>2 1/2 pounds boneless beef chuck roast 1/2 cup chopped onion 2 cups hot water 2 cups water 1 beef bouillon cube 1/8 teaspoon pepper</p>
<p>In a small bowl, put the bouillon cube in 2 cups hot water. Stir it until the bouillon cube dissolves. This will make 2 cups of beef broth. In a medium bowl, stir together the broth and pepper. Peel and chop the onion, to make 1/2 cup chopped onion. Put 2 tablespoons water in the skillet. Heat on medium. Put the onion in the skillet. Simmer it until tender. Add the roast to the skillet. Brown it on all sides. Pour the broth mix over the meat in the skillet. Cover and simmer for 2 hours.</p> <p><i>Nutrition facts per serving:</i> 360 calories; 26g total fat; 200mg sodium; 27g protein. <i>Serving Size:</i> 3 ounces.</p>	

**Quick Skillet Lasagna**

Source: SNAP Recipes. Yield: 7 servings

<p><b>Shopping list:</b></p> <p>onion ground beef tomatoes, canned tomato paste, canned egg noodles low-fat cottage cheese parmesan cheese</p>	<p><b>Ingredients:</b></p> <p>1/2 cup chopped onion 1/2 lb ground beef 1 can (16 oz) tomatoes 1 can (6 oz) tomato paste 1 tablespoon fresh parsley (optional) 1 1/2 cups water 1 teaspoon garlic powder (optional) 2 cups cooked egg noodles 3/4 cup cottage cheese, low fat 1/4 cup parmesan cheese</p>
<p>Chop onion. Cook beef and onion, in the frying pan until beef is brown and onion is tender. Drain off excess fat. Add tomatoes, tomato paste, water, and garlic powder to the beef mixture. Bring to a boil and simmer until sauce is thick, about 25 minutes. Cook noodles in the saucepan according to package directions. Drain. Add cooked, drained noodles to the beef mixture. Stir to prevent sticking. Mix cheeses and drop by spoonfuls into the frying pan. Cover and heat over low heat about 5 minutes. Refrigerate leftovers.</p> <p><b>Note:</b> To decrease fat and cholesterol, omit the beef and add vegetables such as broccoli or zucchini to the sauce.</p> <p><i>Nutrition facts per serving:</i> 200 calories; 6g total fat; 440mg sodium; 15g protein. <i>Serving Size:</i> 1 cup.</p>	

**Slow-Cooked Beans**

Source: *Eating Well*. Yield: 6 servings

<p><b>Shopping list:</b></p> <p>beans, dried or canned (cannellini, black, kidney, black-eyed peas, great northern, or pinto)          onion          garlic          thyme, fresh or dried          bay leaf</p>	<p><b>Ingredients:</b></p> <p>1 lb dried beans, such as cannellini beans, black beans, kidney beans, black-eyed peas, great northern beans or pinto beans          1 onion, chopped          4 cloves garlic, minced          6 sprigs fresh thyme or 1 teaspoon dried          1 bay leaf          5 cups boiling water</p> <p><b>Note:</b> You may substitute 3-4 cans of drained beans for the dried beans. This will eliminate the need to soak the beans and will reduce cooking time significantly.</p>
<p>Soak beans in enough cold water to cover them by 2 inches for 6 hours or overnight. (Alternatively, use the quick-soak method: Place beans in a large pot with enough water to cover by 2 inches. Bring to a boil over high heat. Remove from heat and let stand for 1 hour.) Drain the beans and place them in a slow cooker. Add onion, garlic, thyme and bay leaf. Pour in boiling water. Cook, covered, on high until beans are tender, 2 to 3 1/2 hours.</p> <p><i>Nutrition facts per serving:</i> 260 calories; 1g fat; 201mg sodium; 15g protein; 19g fiber. <i>Serving size:</i> 1 cup.</p>	



**Apple Cranberry Salad Toss\***

*Source: SNAP Recipes. Yield: 8 servings*

<p><b>Shopping list:</b></p> <p>lettuce apples walnuts (enough for 1/2 cup chopped) dried cranberries green onions vinaigrette dressing (i.e. balsamic)</p>	<p><b>Ingredients:</b></p> <p>1 head of lettuce (about 10 cups) 2 medium sliced apples 1/2 cup chopped walnuts 1 cup dried cranberries 1/2 cup sliced green onions 3/4 cup vinaigrette dressing</p>
<p>Toss lettuce, apples, walnuts, cranberries, and onions in large bowl. Add dressing toss to coat. Serve immediately.</p> <p><i>Nutrition facts per serving:</i> 140 calories; 5g total fat; 10mg sodium; 2g protein. <i>Serving Size:</i> 1/8 of recipe.</p>	

**Au Gratin Potatoes\***

Source: SNAP Recipes. Yield: 8 servings

<p><b>Shopping list:</b></p> <p>potatoes, russet onion margarine flour pepper cheddar cheese nonfat milk</p>	<p><b>Ingredients:</b></p> <p>6 medium russet potatoes, peeled and thinly sliced 1 cup chopped raw onion 2 tablespoons margarine 4 tablespoons flour black pepper 1 1/2 cups cheddar cheese, shredded 2 cups non-fat milk</p>
<p><u>Quickest Method:</u> Prepare a large casserole baking pan by coating lightly with oil or cooking oil spray. Place a layer of potatoes in pan, using approximately 1/4 of potatoes. Sprinkle layer with 1/4 cup chopped raw onion, 1/4 of the cheese, 1/2 tablespoon margarine, 1 tablespoon flour, and sprinkling of black pepper. Repeat layers, making a total of four. Meanwhile, heat milk over low heat. Pour warm milk over all ingredients in casserole dish. Bake at 350°F for one hour. Refrigerate leftovers within two hours.</p> <p><u>Creamiest Method:</u> Prepare a large casserole baking pan by coating lightly with oil or cooking oil spray. Make a white sauce by melting margarine in a small pan. Stir in flour. Gradually add milk, stirring constantly. Cook, stirring constantly, until slightly thickened. Remove from heat. Stir in cheese until melted and smooth. Add salt and pepper. Place a layer of potatoes and onion in a prepared casserole pan, using approximately 1/4 of the potatoes and 1/4 cup onion. Spread 1/2 cup of the sauce prepared above. Repeat layers, making a total of four. Bake at 350°F for one hour. Refrigerate leftovers within two hours.</p> <p><i>Nutrition facts per serving:</i> 360 calories; 9g fat; 490mg sodium; 13g protein. <i>Serving Size:</i> 1/8 of recipe.</p>	

**Broccoli Salad\***

Source: SNAP Recipes. Yield: 8 servings

<p><b>Shopping list:</b></p> <p>broccoli raisins red onion sugar bacon (optional) lemon juice low fat mayonnaise</p>	<p><b>Ingredients:</b></p> <p>6 cups chopped broccoli 1 cup raisins 1 medium peeled and diced red onion 2 tablespoons sugar 8 cooked and crumbled bacon slices (optional) 2 tablespoons lemon juice 3/4 cup low fat mayonnaise</p>
<p>Combine all ingredients in a medium bowl. Mix well. Chill for 1 to 2 hours. Serve.</p> <p><i>Nutrition facts per serving:</i> 170 calories; 7g total fat; 170mg sodium; 2g protein. <i>Serving Size:</i> 1/8 recipe.</p>	

**Carrot and Raisin Salad\***

Source: SNAP Recipes. Yield: 4 servings

<p><b>Shopping list:</b></p> <p>carrots raisins sugar lemon or bottled lemon juice</p>	<p><b>Ingredients:</b></p> <p>4 medium peeled and grated carrots 1/4 cup raisins 2 teaspoons sugar juice of one lemon</p>
<p>In a medium bowl, thoroughly mix carrots, raisins, sugar, and lemon juice. Serve chilled.</p> <p><i>Nutrition facts per serving:</i> 70 calories; 0g total fat; 45mg sodium; 1g protein. <i>Serving Size:</i> 1/4 recipe.</p>	



**Citrus Salad\***

Source: SNAP Recipes. Yield: 8 servings

<p><b>Shopping list:</b></p> <p>grapefruit orange head of lettuce/bag of fresh greens red onion cider vinegar lime juice/fresh lime vegetable oil pepper ground cumin</p>	<p><b>Ingredients:</b></p> <p>1 peeled grapefruit 1 peeled orange 10 cups fresh greens (lettuce) 1 small sliced thin red onion 2 tablespoons cider vinegar 1 tablespoon lime juice 1 tablespoon vegetable oil 1 tablespoon water 1/4 teaspoon black pepper 1/4 teaspoon cumin</p>
<p>Cut fruit into bite size pieces. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving.</p> <p><i>Nutrition facts per serving:</i> 60 calories; 2g total fat; 20mg sodium; 2g protein. <i>Serving Size:</i> 1 1/2 cups.</p>	

**Corn and Green Chili Salad\***

Source: SNAP Recipes. Yield: 4 servings

<p><b>Shopping list:</b></p> <p>frozen corn diced tomatoes with green chilies, canned vegetable oil lime green onions (scallions) cilantro, fresh</p>	<p><b>Ingredients:</b></p> <p>2 cups frozen and thawed corn 1 can (10 oz) diced tomatoes with green chilies 1/2 tablespoon vegetable oil 1 tablespoon lime juice or juice from one lime 1/3 cup sliced green onions 2 tablespoons fresh chopped cilantro</p>
<p>Combine all ingredients in a medium bowl. Mix well.</p> <p><i>Nutrition facts per serving:</i> 120 calories; 2.5g total fat; 260mg sodium; 3g protein. <i>Serving Size:</i> 3/4 cup.</p>	

**Cucumber Salad with Tomatoes\***

Source: SNAP Recipes. Yield: 4 servings

<p><b>Shopping list:</b></p> <p>cucumber, large tomato onion box of couscous/bag of rice dill weed low-fat Italian dressing</p>	<p><b>Ingredients:</b></p> <p>2 cups diced cucumber 1 cup seeded and diced tomato 1/4 cup chopped sweet onion 2 cups couscous or rice, cooked 2 teaspoons chopped dried or fresh dill weed 1/2 cup Italian salad dressing, low-fat</p>
<p>Wash hands. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing. Chill for 1 hour. Serve.</p> <p><i>Nutrition facts per serving:</i> 150 calories; 3.5g total fat; 280mg sodium; 4g protein. <i>Serving Size:</i> 1/4 recipe.</p>	

**Green Bean Sauté\***

Source: SNAP Recipes. Yield: 6 servings

<p><b>Shopping list:</b></p> <p>onion mushrooms garlic clove/small jar of chopped garlic green beans, canned</p>	<p><b>Ingredients:</b></p> <p>1 cup chopped onion 1 cup sliced mushrooms 1 teaspoon minced garlic 1 can (16 ounce) drained, cut green beans</p>
<p>Spray a skillet with non-stick cooking spray. Sauté onions, mushrooms, and garlic. Add green beans and heat thoroughly.</p> <p><i>Nutrition facts per serving:</i> 30 calories; 0g total fat; 200mg sodium; 2g protein. <i>Serving Size:</i> 1/2 cup.</p>	

**Hearty Mashed Potatoes\***

Source: SNAP Recipes. Yield: 6 servings

<p><b>Shopping list:</b></p> <p>potatoes, baking  garbanzo beans/chickpeas, canned  nonfat milk/soy milk  parmesan cheese  garlic powder  black pepper</p>	<p><b>Ingredients:</b></p> <p>2 lbs baking potatoes - peeled and cut in chunks  1 can (15 oz) drained garbanzo beans  1/2 - 3/4 cup nonfat milk or fortified soy milk  1/4 cup parmesan cheese  1/2 teaspoon garlic powder  black pepper to taste</p>
<p>Place the potatoes in a large saucepan and cover with water. Bring to a boil over high heat then reduce to a simmer. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes. Drain water and place the saucepan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters. Add the milk, cheese and seasonings. Reheat if necessary. Serve hot.</p> <p><i>Nutrition facts per serving:</i> 150 calories; 2g total fat; 300mg sodium; 9g protein. <i>Serving Size:</i> 1 cup.</p>	

**Herbed Potato Salad\***

Source: SNAP Recipes. Yield: 6 servings

<p><b>Shopping list:</b></p> <p>red potatoes  light Italian dressing  spicy brown mustard  parsley, fresh  garlic powder  black pepper  green bell pepper  red bell pepper  green onions</p>	<p><b>Ingredients:</b></p> <p>1 1/2 pounds quartered red potatoes  1/2 cup Italian dressing, light  1/2 tablespoon mustard, spicy brown  1 tablespoon chopped, fresh parsley  3/4 teaspoon garlic powder  1/4 teaspoon ground black pepper  1/2 cup chopped green bell pepper  1/2 cup chopped red bell pepper  1/2 cup sliced green onions</p>
<p>Cook potatoes in boiling water over high heat until tender, about 10 minutes. Drain well and let cool. Place potatoes in a medium bowl and set aside. In a small bowl, combine dressing, mustard, parsley, and seasonings. Pour mixture over potatoes and toss well. Carefully stir in bell peppers and green onions. Cover and chill until ready to serve.</p> <p><i>Nutrition facts per serving:</i> 120 calories; 2.5g total fat; 340mg sodium; 3g protein. <i>Serving Size:</i> 1/2 cup.</p>	

**Italian Pasta Salad**

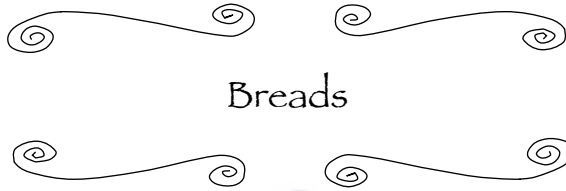
Source: SNAP recipes (adapted). Yield: 8 servings

<p><b>Shopping list:</b></p> <p>whole wheat pasta broccoli, fresh or frozen (enough for 2 cups) carrots bell pepper green onions Italian salad dressing, light or reduced fat</p>	<p><b>Ingredients:</b></p> <p>4 cups whole wheat pasta, cooked 2 cups blanched broccoli pieces 1 cup cooked carrot slices 1/2 cup bell pepper strips 1/4 cup sliced green onions (scallions) 1/2 to 3/4 cup Italian salad dressing, light or reduced fat</p>
<p>Mix all ingredients together and refrigerate for about 30 minutes before serving.</p> <p><b>Note:</b> For a more hearty salad, add strips of cooked chicken or ham, a can of cooked red, white or garbanzo beans, or sprinkle with grated cheese.</p> <p><i>Nutrition facts per serving:</i> 150 calories; 2.5g total fat; 210mg sodium; 5g protein.</p> <p><b>Note:</b> Data based on original recipe, which uses regular pasta rather than whole wheat. <i>Serving size:</i> 1/8 recipe.</p>	

**Snappy Coleslaw\***

Source: SNAP Recipes. Yield: 4 servings

<p><b>Shopping list:</b></p> <p>cabbage cider vinegar sugar mustard black pepper</p>	<p><b>Ingredients:</b></p> <p>2 cups shredded cabbage 1/4 cup cider vinegar 1/4 cup water 2 tablespoons sugar 1/2 teaspoon mustard 1/4 teaspoon black pepper</p>
<p>Wash and shred the cabbage with a knife or grater. Put in a mixing bowl. Bring the vinegar and water to a boil in the saucepan. Remove from heat and add other ingredients except cabbage to the saucepan. Continue to cook this mixture in the saucepan until the sugar is dissolved and hot, and then pour over the shredded cabbage. Toss. Refrigerate until chilled to blend flavors. Refrigerate before serving.</p> <p><i>Nutrition facts per serving:</i> 40 calories; 0g total fat; 5mg sodium; 1g protein. <i>Serving Size:</i> 3/4 cup.</p>	



## Breads

### Banana Bread II\*

Source: SNAP Recipes. Yield: 12 servings

<p><b>Shopping list:</b></p> <p>bananas egg vegetable oil milk sugar salt baking soda baking powder</p>	<p><b>Ingredients:</b></p> <p>3 large well-ripened bananas 1 egg 2 tablespoons vegetable oil 1/3 cup milk 1/3 cup sugar 1 teaspoon salt 1 teaspoon baking soda 1/2 teaspoon baking powder 1 1/2 cups flour</p> <p><b>Note:</b> The key to good banana bread is to use well-ripened bananas that are covered with brown speckles. Try using half whole wheat flour to add some fiber.</p>
<p>Preheat the oven to 350°F. Peel the bananas. Put them in a mixing bowl. Mash the bananas with a fork. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder. Mix well with the fork. Slowly stir the flour into the banana mixture. Stir for 20 seconds until the flour is moistened. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper. Pour the batter into the bread pan. Bake for 45 minutes until a toothpick inserted near the middle comes out clean. Let the bread cool for 5 minutes before removing it from the pan.</p> <p><i>Nutrition facts per serving:</i> 140 calories; 3g total fat; 330mg sodium; 3g protein. <i>Serving Size:</i> 1 slice.</p>	

### Corn Bread

Source: SNAP Recipes. Yield: 12 servings

<p><b>Shopping list:</b></p> <p>cornmeal flour sugar baking powder egg vegetable oil skim milk</p>	<p><b>Ingredients:</b></p> <p>1 cup cornmeal 1 cup all-purpose flour 2 tablespoons sugar 1 tablespoon baking powder 1 egg 1/4 cup vegetable oil 1 cup skim-milk</p>
<p>Heat oven to 425°F. Grease 8- or 9-inch square pan. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients. Crack egg into a small bowl and beat with a fork to combine white and yolk. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended. Pour batter into prepared pan. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.</p> <p><i>Nutrition facts per serving:</i> 140 calories; 5g total fat; 140mg sodium; 3g protein. <i>Serving Size:</i> 2-inch square.</p>	

### Cranberry Pumpkin Muffins

Source: SNAP Recipes. Yield: 12 servings

<p><b>Shopping list:</b></p> <p>flour sugar baking powder salt cinnamon allspice vegetable oil eggs, large pumpkin puree, canned cranberries, frozen or fresh</p>	<p><b>Ingredients:</b></p> <p>2 cups flour 3/4 cup sugar 3 teaspoons baking powder 1/2 teaspoon salt 1/2 teaspoon cinnamon 3/4 teaspoon allspice 1/3 cup vegetable oil 2 large eggs 3/4 cup canned pumpkin 2 cups fresh or frozen chopped cranberries</p>
<p>Preheat oven to 400°F. Sift together dry ingredients (flour through allspice) and set aside. Beat oil, eggs, and pumpkin until well blended. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened. Fold in chopped cranberries. Spoon into paper lined muffin cups. Bake at 400°F for 15 to 30 minutes.</p> <p><b>Note:</b> Serve with a glass of low-fat milk for a healthy snack.</p> <p><i>Nutrition facts per serving:</i> 200 calories; 7g total fat; 230mg sodium; 3g protein. <i>Serving Size:</i> 1 muffin.</p>	



## Desserts



### **Baked Apples with Cherries and Almonds**

*Source: Mayo Clinic. Yield: 6 servings*

<p><b>Shopping list:</b></p> <p>dried cherries  almonds  wheat germ  brown sugar  cinnamon  nutmeg  golden delicious apples  apple juice  dark honey  walnut or canola oil</p>	<p><b>Ingredients:</b></p> <p>1/3 cup dried cherries, coarsely chopped  3 tablespoons chopped almonds  1 tablespoon wheat germ  1 tablespoon firmly packed brown sugar  1/2 teaspoon ground cinnamon  1/8 teaspoon ground nutmeg  6 small Golden Delicious apples, about 1 3/4 pounds total weight  1/2 cup apple juice  1/4 cup water  2 tablespoons dark honey  2 teaspoons walnut oil or canola oil</p>
<p>Preheat the oven to 350 °F. In a small bowl, toss together the cherries, almonds, wheat germ, brown sugar, cinnamon and nutmeg until all the ingredients are evenly distributed. Set aside. The apples can be left unpeeled, if you like. To peel the apples in a decorative fashion, with a vegetable peeler or a sharp knife, remove the peel from each apple in a circular motion, skipping every other row so that rows of peel alternate with rows of apple flesh. Working from the stem end, core each apple, stopping 3/4 inch from the bottom. Divide the cherry mixture evenly among the apples, pressing the mixture gently into each cavity. Arrange the apples upright in a heavy ovenproof frying pan or small baking dish just large enough to hold them. Pour the apple juice and water into the pan. Drizzle the honey and oil evenly over the apples, and cover the pan snugly with aluminum foil. Bake until the apples are tender when pierced with a knife, 50 to 60 minutes. Transfer the apples to individual plates and drizzle with the pan juices. Serve warm or at room temperature.</p> <p><i>Nutrition facts per serving (1 apple): 179 calories; 4g total fat; 5mg sodium; 2g protein.</i></p>	

**Easy Fruit Salad\***

Source: SNAP Recipes. Yield: 14 servings

<p><b>Shopping list:</b></p> <p>fruit cocktail, canned bananas oranges apples low-fat yogurt, piña colada or other flavor</p>	<p><b>Ingredients:</b></p> <p>1 can (16 oz) drained fruit cocktail 2 sliced bananas 2 oranges cut into bite-size pieces 2 apples cut into bite-size pieces 8 oz low-fat yogurt, piña colada or other flavor</p>
<p>Mix fruit in a large bowl. Add yogurt and mix well. Chill in refrigerator before serving.</p> <p><i>Nutrition facts per serving:</i> 70 calories; 0g total fat; 10mg sodium; 1g protein. <i>Serving Size:</i> 1/2 cup.</p>	



**Mock Southern Sweet Potato Pie\***

Source: SNAP Recipes. Yield: 16 servings

<p><b>Shopping list:</b></p> <p>all-purpose flour sugar non-fat milk vegetable oil white sugar brown sugar nutmeg eggs evaporated milk vanilla extract sweet potatoes, canned or fresh</p>	<p><b>Ingredients:</b></p> <p><b>Crust:</b> 1 1/4 cup all-purpose flour 1/4 teaspoon sugar 1/3 cup milk, nonfat 2 tablespoons vegetable oil</p> <p><b>Filling:</b> 1/4 cup white sugar 1/4 cup brown sugar 1/2 teaspoon salt 1/4 teaspoon nutmeg 3 large beaten eggs 1/4 cup canned evaporated milk, nonfat 1 teaspoon vanilla extract 3 cups sweet potatoes, cooked and mashed (remove skin before mashing)</p>
<p>Preheat oven to 350°F.</p> <p><u>Crust:</u> Combine the flour and sugar in a bowl. Add milk and oil to the flour mixture. Stir with fork until well mixed and then form pastry into a smooth ball with your hands. Roll the ball between two 12-inch squares of waxed paper using short, brisk, strokes until pastry reaches edge of paper. Peel off top paper and invert crust into pie plate.</p> <p><u>Filling:</u> Combine sugars, salt, spices and eggs. Add milk and vanilla. Stir. Add sweet potatoes and mix well. Pour mixture into pie shell. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.</p> <p><i>Nutrition facts per serving:</i> 140 calories; 3g total fat; 110mg sodium; 4g protein. <i>Serving Size:</i> 1 slice.</p>	

**Peach Crisp**

Source: SNAP Recipes. Yield: 6 servings

<p><b>Shopping list:</b></p> <p>peaches margarine quick oats sugar flour cinnamon lemon juice</p>	<p><b>Ingredients:</b></p> <p>4 peaches (4 cups sliced) 2 tablespoons margarine 3/4 cup quick-cooking oats 1/2 cup sugar 1/4 cup flour 2 teaspoons cinnamon 1 teaspoon lemon juice</p>
<p>Preheat the oven to 375°F. Slice the peaches. Spread the peach slices on the bottom of the baking pan. Melt the margarine in a saucepan. In a small bowl, mix everything but the peaches. Stir until the mix is well blended. Sprinkle the oat mix on top of the peaches. Bake for 20 minutes.</p> <p><b>Note:</b> Serve the peach crisp either hot or cold. To remove the peach fuzz, you can rub the washed peach gently with a paper towel.</p> <p><i>Nutrition facts per serving:</i> 200 calories; 4.5g total fat; 30mg sodium; 3g protein. <i>Serving size:</i> 1/6 recipe.</p>	

**Strawberries and Cream**

Source: Mayo Clinic (adapted). Yield: 6 servings

<p><b>Shopping list:</b></p> <p>medium container of sour cream brown sugar strawberries</p>	<p><b>Ingredients:</b></p> <p>1 1/2 cups fat-free sour cream 1/2 cup brown sugar 1 quart fresh strawberries, hulled and halved</p>
<p>In a small bowl, whisk together the sour cream and brown sugar. In a large bowl, add the halved strawberries and sour cream mixture. Stir gently to mix. Cover and refrigerate until well chilled, about 1 hour. Scoop the strawberries into 6 colorful bowls or chilled sherbet glasses. Garnish with whole strawberries and serve immediately.</p> <p><i>Nutrition facts per serving:</i> 145 calories; trace of total fat; 55mg sodium; 4g protein.</p>	

## Recipes for Fifty

There may be times when you need to feed an extra-large group of people. Below are recipes that will feed approximately fifty.

### Ambrosia Fruit Salad

Source: Food for Fifty. Serves 50 (2 1/2 oz portions)

<p><b>Shopping list:</b></p> <p>mandarin oranges                  pineapple tidbits                  miniature marshmallows                  shredded coconut                  low-fat sour cream or yogurt</p>	<p><b>Ingredients:</b></p> <p>3 lbs mandarin oranges, canned, drained                  3 1/2 lbs pineapple tidbits, canned, drained                  12 oz miniature marshmallows                  6 oz shredded coconut                  12 oz low-fat sour cream (or plain low-fat yogurt)</p>
<p>Combine fruits, marshmallows, and coconut. Add sour cream or yogurt to fruit. Toss lightly to combine.</p> <p><b>Notes:</b> Salad does not hold well and is best when served soon after mixing. As a general rule of thumb, yogurt may be used as a substitute for sour cream to bring down the fat in a recipe.</p> <p><i>Nutrition facts per serving:</i> 82 calories; 3g total fat; 17mg sodium; 1g protein.</p>	

### Beef Barley Soup

Source: Food for Fifty. Serves 50 (1 cup portions)

<p><b>Shopping list:</b></p> <p>beef                  celery                  onions                  beef stock                  pepper                  bay leaves                  carrots                  pearl barley</p>	<p><b>Ingredients:</b></p> <p>3 lbs beef, cubed                  1 lb 6 oz celery, chopped                  1 lb 6 oz onion, chopped                  3 gallons beef stock                  1 teaspoon black pepper                  1 bay leaf                  1 lb 6 oz carrots, diced                  10 oz pearl barley</p>
<p>Brown beef cubes in kettle. Drain off fat. Add celery and onions. Sauté until tender. Add remaining ingredients. Bring to a boil. Lower heat and simmer for 1 hour. Taste for seasoning and add salt if needed.</p> <p><i>Nutrition facts per serving:</i> 81 calories; 2g total fat; 818mg sodium; 9g protein.</p>	

**Butterscotch Squares**

Source: Food for Fifty. Serves 60 (2 1/2 x 3 inch portions)

<p><b>Shopping list:</b></p> <p>margarine or butter brown sugar eggs vanilla all-purpose flour baking powder salt nuts (optional) chocolate chips (optional)</p>	<p><b>Ingredients:</b></p> <p>1 lb margarine or butter 2 1/2 lbs brown sugar 10 eggs (1 lb) 1 tablespoon vanilla 1 1/2 lbs all-purpose flour 2 tablespoons baking powder 1 teaspoon salt 12 oz chopped nuts (optional) 1 lb chocolate chips (optional)</p>
<p>Preheat oven to 325°F. Cream margarine or butter and sugar on medium speed for 5 minutes, using flat beater. Add eggs, one at a time, and vanilla. Mix on low speed until blended. Combine dry ingredients. Add to creamed mixture. Mix on low speed until blended. Add nuts to batter. Mix to blend. Spread batter evenly in two lightly greased 12 x 18 x 1 inch-baking pans, 3 lbs 6 oz per pan. Bake at 325°F for 25 minutes.</p> <p><b>Notes:</b> May be baked in one 18 x 26 x 1 inch-baking sheet. May add 1 lb chocolate chips. Nutritional data does not include chocolate or nuts.</p> <p><i>Nutrition facts per serving:</i> 213 calories; 10g total fat; 154mg sodium; 3g protein.</p>	

**Chicken Noodle Soup**

Source: Food for Fifty. Serves 50 (1 cup portions)

<p><b>Shopping list:</b></p> <p>chicken stock onions celery noodles (regular, whole grain, or 12 oz rice) margarine or butter all-purpose flour pepper, white or black chicken</p>	<p><b>Ingredients:</b></p> <p>3 gallons chicken stock 8 oz onion, chopped 8 oz celery, chopped 1 lb noodles 8 oz margarine or butter, melted 4 oz all-purpose flour 1/2 teaspoon white or black pepper 1 1/2 lbs cooked chicken, diced</p>
<p>Bring stock to a boil. Add onion and celery. Cook until tender. Add noodles. Cook for about 15 minutes or until noodles are tender. Blend margarine or butter and flour. Add to soup, stirring until slightly thickened. Add seasonings. Add chicken and simmer for 5 minutes.</p> <p><i>Nutrition facts per serving:</i> 140 calories; 6g total fat; 846mg sodium; 10g protein.</p>	

**Navy Bean Soup**

Source: Food for Fifty. Serves 50 (1 cup portions)

<p><b>Shopping list:</b></p> <p>dry navy beans or canned ham onions celery black pepper</p>	<p><b>Ingredients:</b></p> <p>4 lbs dried navy beans or 14-16 15 oz cans cooked beans 3 gallons water 3 lbs ham cubes 12 oz onion, chopped 8 oz celery, diced 1 tablespoon black pepper water (see instructions)</p>
<p>Wash beans. Add boiling water. Cover and let stand 1 hour or longer. Add ham and seasonings to beans. Cook until beans are tender, 1-1 1/2 hours. Add water to make volume of 3 1/4 gallons. Add salt if needed. Heat to 180°F.</p> <p><b>Notes:</b> If using canned beans, just rinse drained beans, add to 3 1/4 gallons water, ham, and seasonings. Cook until flavors develop and proper temperature is reached. Also, Great Northern beans may be substituted for navy beans. Ham base may be added for additional flavor. Canned beans may be substituted for dried (3-4 15 oz cans per pound).</p> <p><i>Nutrition facts per serving:</i> 93 calories; 3g total fat; 582mg sodium; 9g protein.</p>	

**Triple Bean Salad**

Source: Food for Fifty. Serves 50 or 6 quarts (1/2 cup portions)

<p><b>Shopping list:</b></p> <p>green beans wax bean kidney beans onions green pepper cider vinegar sugar black pepper celery seed salad oil</p>	<p><b>Ingredients:</b></p> <p>3 1/2 lbs green beans, French style or cut, canned 2 1/2 lbs wax beans, cut, canned 3 lbs kidney beans, canned 1 1/2 lbs onions, thinly sliced 6 oz green pepper, diced 3 cups cider vinegar 1 1/2 lbs sugar, granulated 1 tablespoon black pepper 1 tablespoon celery seed 1 cup salad oil</p>
<p>Drain green beans and wash thoroughly. Rinse kidney beans. Drain. Add onion, green pepper, and seasonings to beans. Cover. Marinate overnight in the refrigerator. Just before serving, drain vegetables well. Add oil and toss lightly.</p> <p><b>Note:</b> May delete kidney beans and add 3 lbs cauliflower florets, slightly cooked.</p> <p><i>Nutrition facts per serving:</i> 168 calories; 5g total fat; 277mg sodium; 4g protein.</p>	

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For more healthful recipes and menu ideas, including nutrition facts, shopping lists, and costs, please visit:

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- Mayo Clinic Healthy Recipes: [www.mayoclinic.com/health/healthy-recipes/recipeindex](http://www.mayoclinic.com/health/healthy-recipes/recipeindex)
- USDA Recipe Finder: [recipefinder.nal.usda.gov](http://recipefinder.nal.usda.gov)
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*"Really plan out your menu and try to branch off from the typical dishes. Differentiate, try something new each time."*

*- Volunteer coordinator*