# FuFu

This popular African dish is fun to say and fun to eat. Serve fufu in place of mashed potatoes for a sweet surprise.

**Snapshot**

Servings: 4
Time : 30 minutes

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## Ingredients:

- 5 cups water
- 4 ripe plantains
- 1 Tbsp butter
- 1 clove of garlic, minced
- 4 green onions (scallions), chopped

## Directions:

1. Peel plantains and slice into 1-inch pieces.
2. Bring water to a boil. Add plantain pieces and cook on medium-high for 20 minutes until most water is absorbed.
3. Add butter and garlic to plantains. Mash with a potato masher.
4. Garnish with green onions and serve.

**Helpful Tip:** Plantains look like large bananas and can be found in the produce section of many grocery stores. Ripe plantains will have black skins.

**Variation:** For a creamy texture, add ¼ cup of skim milk or soy milk to plantains when mashing.

* **Nutrition info per serving:** Calories: 250kcal; Fat 3.5g; Sodium 40mg; Carb 58g; Fiber 5g; Protein 3g; Vit A 45%; Vit C 60%; Calcium 2%; Iron 8%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

# Glazed Carrots

Cinnamon and cayenne pepper give this dish a North African flavor. Want more spice? Add more cayenne pepper.

**Snapshot**

Servings: 6

Time: 25 minutes

## Ingredients:

- 12 medium carrots (2 lbs), peeled and ends removed
- ½ Tbsp butter
- ½ Tbsp canola oil
- 2 Tbsp orange juice
- ½ tsp salt
- ¼ tsp cinnamon
- ¼ tsp cayenne pepper

## Directions:

1. Slice carrots to create coin-like pieces.
2. Heat butter and canola oil in a skillet. Add carrots and sauté for 5 minutes.
3. Add the rest of the ingredients. Cook until carrots are tender and liquid is absorbed, about 15 minutes.

**Helpful Tip:** Cut carrots into pieces of the same size to cook more evenly.

**Variation:** Try this recipe with other vegetables, such as squash or cabbage. Use 2 lbs or 4 cups of chopped squash or chopped cabbage.

* **Nutrition info per serving:** Calories: 70kcal; Fat 2.5g; Sodium 270mg; Carb 12g; Fiber 4g; Protein 1g; Vit A 480%; Vit C 15%; Calcium 4%; Iron 2%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

# Asian Snow Peas

This Asian-inspired recipe is easy and ready in minutes. Look for fresh snow peas in the produce department of your local grocery store.

**Snapshot**

Servings: 4
Time: 15 minutes

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## Ingredients:

- 1 tsp sesame oil
- ½ lb fresh or frozen snow pea pods, ends trimmed
- ½ cup carrots, sliced diagonally
- ¼ cup canned water chestnuts, sliced, no-salt added
- ½ cup low-sodium chicken broth
- 1 tsp low-sodium soy sauce
- 1 tsp cornstarch

* **Nutrition info per serving:** Calories: 60kcal; Fat 1.5g; Sodium 75mg; Carb 9g; Fiber 2g; Protein 3g; Vit A 60%; Vit C 60%; Calcium 4%; Iron 8%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Add oil to a nonstick skillet and heat on medium-high. Add snow peas and carrots. Sauté 2 minutes.
2. Add water chestnuts and broth. Bring to a boil. Cover, reduce heat, and simmer 5 minutes or until vegetables are crisp-tender.
3. Combine soy sauce and cornstarch, stir until cornstarch dissolves. Add to vegetable mixture.
4. Cook over medium heat, stirring constantly, until sauce thickens. Serve immediately.

**Helpful Tip:** Unlike other peas, snow peas are eaten whole with the shell intact.

**Variation:** No cornstarch on hand? Use 2 teaspoons of all-purpose flour instead.

# Chicken Broccoli Stir Fry

Schezuan sauce adds heat to this Chinese favorite. Look for it near the soy sauce in grocery stores.

**Snapshot**

Servings: 4
Time: 25 minutes

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## Ingredients:

- ⅓ cup orange juice
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp Schezuan sauce
- 2 tsp cornstarch
- 1 Tbsp canola oil
- 1 lb of boneless chicken breast, cut into 1 inch cubes
- 2 cups of frozen broccoli florets
- 1 6-oz package of frozen snow peas
- 2 cups of shredded cabbage
- 2 cups of cooked brown rice
- 1 Tbsp sesame seeds (optional)

*** Nutrition info per serving:** Calories: 340kcal; Fat 8g; Sodium 240mg; Carb 35g; Fiber 5g; Protein 28g; Vit A 4%; Vit C 70%; Calcium 8%; Iron 15%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Mix orange juice, soy sauce, Schezuan sauce, and cornstarch in a small bowl. Set aside.
2. Heat oil in a wok and add chicken. Stir fry for about 5-7 minutes.
3. Add cabbage, broccoli, snow peas, and sauce mixture. Cook for about 5 minutes until vegetables are heated through.
4. Serve over brown rice. Sprinkle with sesame seeds.

**Helpful Tip:** You don't have to use a wok to cook this great-tasting meal. Use a large skillet instead.

# Soba Peanut Noodles with Shrimp

Soba noodles and edamame give this dish a Japanese flair, but the peanut sauce and cilantro are common in Thai cooking.

**Snapshot**

Servings: 6

Time: 30 minutes

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## Ingredients:

- 8 ounces soba noodles or whole-wheat spaghetti
- ¼ cup natural crunchy peanut butter
- 4 cups of shredded cabbage
- 2 cups of shredded carrots
- 1 cup edamame, shelled and thawed
- 1 Tbsp grated fresh ginger
- 2 garlic cloves, minced
- ½ cup chicken broth
- 1 pound of shrimp, peeled and uncooked
- 2 Tbsp Hoisin sauce
- 2 tsp chili sauce or 1 tsp red chili paste
- ¼ cup chopped cilantro (optional)
- Non-stick spray

## Directions:

1. Cook noodles. Drain and rinse. Set aside in large mixing bowl.
2. In a small saucepan, combine garlic, ginger, chicken broth, peanut butter, hoisin sauce, and chili sauce. Cook on low heat stirring until peanut butter is blended.
3. Spray non-stick spray in large frying pan. Add cabbage, carrots, and edamame. Cook for about 5 minutes.
4. Add shrimp and sauce mixture and cook until shrimp turn pink, about 5 minutes.
5. Pour mixture over noodles and mix until noodles are well coated.
6. Top with fresh cilantro (optional) and serve.

* **Nutrition info per serving:** Calories: 360kcal; Fat 8g; Sodium 460mg; Carb 46g; Fiber 6g; Protein 29g; Vit A 130%; Vit C 40%; Calcium 10%; Iron 20%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

# Salad Nicoise

Tuna, egg, and lots of veggies make this French salad a meal. Drizzle with low fat salad dressing. Serve with French bread.

**Snapshot**

Servings: 6

Time: 25 minutes

## Ingredients:

- 9 small new potatoes, diced
- 2 cups of frozen green beans, cooked and drained
- 4.5 cups of mixed salad greens
- 1 14-oz canned artichokes, drained, rinsed, and chopped
- 2 medium tomatoes
- 2 hard-boiled eggs, sliced
- 2 6-oz cans of tuna in water

* **Nutrition info per serving:** Calories: 330kcal; Fat 4g; Sodium 420mg; Carb 51g; Fiber 7g; Protein 24g; Vit A 35%; Vit C 70%; Calcium 8%; Iron 25%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Cook potatoes in boiling water for 15 minutes. Drain and cool for 10 minutes.
2. Divide each ingredient into 6 even portions. Arrange ingredients on 6 plates and serve.

**Helpful Tip:** Salad dressing is not included in the nutrition information. Look for low-fat varieties and use sparingly.

**Variation:** Don't portion ingredients and plate. Place all ingredients in a large salad bowl and serve.

# Spinach Pesto Pasta

Pesto sauce and cannellini beans are popular in many Italian dishes. No one will know that this pesto sauce has three cups of spinach.

**Snapshot**

Servings: 4

Time: 25 minutes

## Ingredients:

- 8 ounces of fettucine
- 1 Tbsp olive oil
- 1 garlic clove, minced
- 3 cups fresh spinach, stems removed
- 1 cup fresh basil leaves, stems removed
- ½ cup chicken broth, low-fat, low sodium
- ¼ cup grated parmesan cheese
- 1 15-oz can of cannellini (white beans), rinsed and drained
- 1 cup red bell pepper, chopped
- 1 tsp black pepper

* **Nutrition info per serving:** Calories: 360kcal; Fat 6g; Sodium 330mg; Carb 62g; Fiber 8g; Protein 16g; Vit A 80%; Vit C 90%; Calcium 15%; Iron 25%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Cook pasta as directed on package. Drain and place in large mixing bowl.
2. In a blender, add olive oil, garlic, spinach, basil, parmesan cheese, and chicken broth. Mix well until leaves are blended.
3. Pour sauce over pasta. Mix until pasta is well coated.
4. Add beans and red bell pepper. Lightly toss and serve.

**Helpful Tip:** Make extra pesto and freeze for later use. Need a quick side? Cook pasta or rice. Heat pesto sauce. Toss and serve.

**Variation:** Use diced tomatoes instead of bell peppers. Try chickpeas instead of white beans.

# Gazpacho

This traditional Spanish cold soup is a tasty way to eat your vegetables. Each serving has two cups of vegetables.

**Snapshot**

Servings: 6
Time: 20 minutes plus 60 minutes for chilling

## Ingredients:

- 8 large tomatoes, peeled
- 1 large cucumber, peeled, seeded, and finely diced
- 1 large green bell pepper, finely chopped
- 1 medium-size red onion, minced
- 3 Tbsp red wine vinegar
- 1 Tbsp olive oil
- 3 Tbsp lemon juice
- 2 ½ Tbsp chopped fresh parsley or 2 tsp dried basil
- Salt and fresh ground pepper to taste
- Hot pepper sauce to taste

*** Nutrition info per serving:** Calories: 90kcal; Fat 3g; Sodium 65mg; Carb 14g; Fiber 4g; Protein 3g; Vit A 45%; Vit C 100%; Calcium 4%; Iron 6%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Core the tomatoes and gently squeeze out the seeds. Coarsely chop half of the tomatoes and puree the other half in a food processor.
2. Combine the puree and chopped tomatoes in a large mixing bowl.
3. Add the remaining ingredients.
4. Cover and refrigerate for at least an hour before serving.
5. Serve chilled; garnish with herbed croutons if desired.

**Helpful Tip:** To peel the tomatoes, soak them in boiling water for 15 seconds. Place in a colander and rinse under cold water. The skins should slip right off. To seed cucumbers, remove the skin and cut off the ends. Cut in half lengthwise. Gently spoon seeds out of middle.

# Spanish Paella

This Spanish-inspired rice dish includes shrimp and lots of vegetables. Try this one-dish meal that's ready in minutes.

**Snapshot**

Servings: 4

Time: 35 minutes

## Ingredients:

- 2 Tbsp olive oil
- 1 medium onion, diced
- 1 clove garlic, minced
- 1 cup rice (dry)
- 1 cup diced red pepper
- ¾ cup diced zucchini
- 2 ½ cups low-sodium chicken broth
- ¾ cup frozen peas, thawed
- 1 14-oz canned tomatoes with no sodium added
- 1 15-oz can chickpeas, rinsed and drained
- 1 lb peeled shrimp
- ⅛ tsp salt
- ⅛ tsp pepper
- ⅛ tsp saffron

## Directions:

1. Heat olive oil in oven-safe large skillet. Add garlic and onion. Stir for 3 minutes on medium heat.
2. Add rice, red pepper, zucchini, and ½ cup of chicken broth. Stir for another 5 minutes.
3. Add remaining ingredients except shrimp. Stir and place skillet in the oven.
4. Bake at 375°F for 20 minutes. Add shrimp. Cook until shrimp turns pink, about 5 minutes.

**Helpful Tip:** If you don't have saffron on hand, use yellow rice. Look for it next to other rice varieties in the grocery store.

**Variation:** Make this recipe vegetarian. Use vegetable broth instead of chicken broth. Omit the shrimp.

* **Nutrition info per serving:** Calories: 510kcal; Fat 11g; Sodium 360mg; Carb 64g; Fiber 9g; Protein 37g; Vit A 40%; Vit C 120%; Calcium 15%; Iron 40%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

# Curried Cauliflower

Cauliflower takes on a different flavor when seasoned with Indian curry. Serve over brown rice.

**Snapshot**

Servings: 4
Time: 20 minutes

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## Ingredients:

- 1 Tbsp canola oil
- ¾ cup chopped onion
- ¾ cup frozen green peas
- 1 head of cauliflower, chopped and steamed
- 1 Tbsp curry powder
- 2 tsp cumin
- ⅛ tsp salt
- ⅛ tsp black pepper

* **Nutrition info per serving:** Calories: 110kcal; Fat 4g; Sodium 120mg; Carb 15g; Fiber 6g; Protein 5g; Vit A 10%; Vit C 120%; Calcium 6%; Iron 10%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Heat canola oil in large skillet. Add onion and sauté for one minute.
2. Add remaining ingredients and stir until vegetables are coated with spices.
3. Cook on medium heat for 10 minutes, stirring often.

**Helpful Tip:** Use turmeric instead of curry for a milder flavor.

**Variation:** Buy fresh or frozen, pre-cut cauliflower to save time. You will need about 3 cups or 15 ounces.

# Chickpea and Spinach Curry

Curry powder gives this side dish a taste of India. Serve over brown rice.

**Snapshot**

Servings: 6

Time: 15 minutes

## Ingredients:

- 1 cup onion, coarsely chopped
- 1 ½ Tbsp fresh ginger, chopped or grated
- 1 tsp olive oil
- 1 ½ tsp curry powder
- 1 19-oz can chickpeas, rinsed and drained
- 1 14-oz can no-sodium-added diced tomatoes with liquid
- 1 10-oz bag fresh spinach, stems removed
- ½ cup water
- ¼ tsp salt (optional)

* **Nutrition info per serving:** Calories: 150kcal; Fat 2g; Sodium 590mg; Carb 28g; Fiber 6g; Protein 7g; Vit A 90%; Vit C 50%; Calcium 10%; Iron 15%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Combine onion and ginger in food processor and pulse until minced.
2. Heat oil in large skillet over medium high heat.
3. Add onion mixture and curry. Sauté 3 minutes.
4. Add chickpeas and tomatoes; simmer for 2 minutes.
5. Stir in spinach, water, and salt. Cook another minute until spinach wilts.

**Helpful Tip:** If you don't have a food processor, chop onion and ginger into small pieces.

**Variation:** Try with other beans, such as navy beans, black-eyed peas, or lentils instead of chickpeas. These beans should be cooked before using in this recipe.

# Papaya Black Beans and Rice

The sweetness of papaya balances the spice of cayenne pepper in this Caribbean-inspired favorite. Wrap any leftovers in a whole-wheat tortilla for a quick next-day lunch.

**Snapshot**

Servings: 6

Time: 30 minutes

## Ingredients:

- 2 tsp olive oil
- 1 cup chopped red onion
- ½ cup orange juice
- ¼ cup lemon juice
- 2 Tbsp fresh chopped cilantro
- ½ tsp cayenne pepper
- 1 cup finely chopped red bell pepper
- 1 cup finely chopped green bell pepper
- 1 medium papaya, peeled, seeded, and diced
- 2 garlic cloves, minced
- 2 15-oz can black beans, rinsed and drained
- 6 cups brown rice, cooked

*** Nutrition info per serving:** Calories: 410kcal; Fat 4.5g; Sodium 440mg; Carb 78g; Fiber 14g; Protein 13g; Vit A 30%; Vit C 170%; Calcium 10%; Iron 25%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Heat oil in large skillet over medium heat. Add all ingredients except beans and rice.
2. Cook for 5 minutes, stirring occasionally until bell peppers are crisp-tender.
3. Stir in beans. Cook about 5 minutes or until heated through.
4. Serve over rice.

**Helpful Tip:** One large pepper equals one cup chopped. One medium onion equals one cup chopped.

**Variation:** Reduce the number of ingredients needed. Use 2 cups of red peppers or 2 cups of green peppers instead of 1 cup of each. Use either lemon juice or orange juice instead of both. Lemon juice adds tartness while orange juice adds sweetness.

# Jicama Salad

Jicama is a popular Latin American vegetable that tastes similar to an apple or a pear. The cilantro and lime juice give this recipe an added Latin flavor.

**Snapshot**

Servings: 4
Time: 10 minutes

## Ingredients:

- 1 large jicama, peeled and thinly sliced
- 1 small red onion, peeled and thinly sliced
- 2 Tbsp finely chopped cilantro
- 2 Tbsp finely chopped mint
- 3 Tbsp lime juice
- 1 tsp salt

## Directions:

1. Arrange jicama and red onion slices on a serving plate.
2. Sprinkle with salt, lime juice, mint, and cilantro.

**Helpful Tip:** Jicama looks like a turnip or a large radish with brown skin. Look for jicama that are firm with dry roots and not bruised or flawed. Peel skin before eating or cooking.

**Variation:** Serve on top of mixed greens and drizzle with a light vinaigrette for a more traditional salad.

* **Nutrition info per serving:** Calories: 130kcal; Fat 0g; Sodium 600mg; Carb 29g; Fiber 15g; Protein 3g; Vit A 4%; Vit C 110%; Calcium 4%; Iron 10%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

# Mango and Tomatillo Salsa

This is not your everyday Latin salsa. Mangos and tomatillos give this colorful salsa a fresh flavor. Serve with baked tortilla chips or with grilled chicken.

**Snapshot**

Servings: 8

Time: 15 minutes

## Ingredients:

- 2 mangos, peeled and diced
- 10 tomatillos, husked and sliced
- 1 jalapeno pepper, seeded and sliced
- ¼ cup lime juice
- ¼ cup diced onion
- ¼ cup chopped cilantro
- ½ cup diced tomatoes

## Directions:

1. Combine all of the ingredients in a large bowl.
2. Cover and chill for 2 hours before serving (optional).

**Helpful Tip:** Tomatillos look like green tomatoes in a paper-like brown husk. Select tomatillos that have a tight-fitting husk. Peel back a small part of the husk. Make sure the fruit is firm with no flaws.

**Variation:** Too spicy? Only use half of the jalapeno pepper.

* **Nutrition info per serving:** Calories: 60kcal; Fat 1g; Sodium 0mg; Carb 13g; Fiber 2g; Protein 1g; Vit A 25%; Vit C 25%; Calcium 0%; Iron 2%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

# Baba Ghanoush

Use this popular Middle-Eastern dish as a dip or spread. Serve with pita bread or use on a sandwich in place of mayonnaise.

**Snapshot**

Servings: 8

Time: 30 minutes

## Ingredients:

- 2 large eggplants (1 ¼ lbs)
- 2 Tbsp tahini
- 4 cloves of garlic, peeled and crushed
- 3 Tbsp fresh lemon juice or more to taste
- 4 Tbsp cold water
- ¼ tsp salt
- ⅛ tsp freshly ground black pepper
- ½ tsp olive oil
- 1 cup chopped tomato
- ½ cup diced onion
- Parsley sprigs to garnish (optional)

*** Nutrition info per serving:** Calories: 70kcal; Fat 2.5g; Sodium 80mg; Carb 11g; Fiber 5g; Protein 2g; Vit A 4%; Vit C 15%; Calcium 4%; Iron 4%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Pierce the eggplants in several places with a toothpick or fork. Wrap each eggplant in aluminum foil and place on a gas grill or in the oven at 500°F.
2. Cook until the eggplants collapse and begin to release a lot of steam, about 10-15 minutes. Remove the foil and place the eggplants into a bowl of cold water.
3. Peel while eggplants are still hot and allow them to drain in a colander until cool. Squeeze pulp to remove any bitter juices and mash the eggplant to a puree.
4. In a food processor, mix tahini, garlic, onion, tomato, lemon juice, and water until mixture is concentrated.
5. With the blender running, add the peeled eggplant, salt, pepper, and olive oil.
6. Serve in a shallow dish and garnish with black pepper, tomatoes, and parsley.

**Helpful Tip:** Tahini is made from ground sesame seeds and has a peanut butter like texture. Look for tahini near peanut butter or in the ethnic food section of the grocery store.

# Cucumber Yogurt Dip

This Greek-style dip with vegetables makes a colorful party platter. Serve with baked pita chips or whole wheat pita bread.

**Snapshot**

Servings: 6

Time: 15 minutes

## Ingredients:

- 2 cups plain low-fat yogurt
- 2 large cucumber, peeled, seeded, and grated
- ½ cup nonfat sour cream
- 1 Tbsp lemon juice
- 1 Tbsp fresh dill
- 1 garlic cloves, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots

* **Nutrition info per serving:** Calories: 100kcal; Fat 2g; Sodium 90mg; Carb 17g; Fiber 2g; Protein 7g; Vit A 70%; Vit C 35%; Calcium 20%; Iron 4%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour.
3. Arrange tomatoes, cucumbers, broccoli, and cucumber on a colorful platter. Serve with cucumber dip.

**Helpful Tip:** Cucumber dip can be made a day ahead. Keep in the refrigerator.

**Variation:** Add other fresh cut vegetables, such as radishes, asparagus, cauliflower, or zucchini.

# BBQ Lentils

Bring something different to your next potluck. Try these BBQ lentils instead of baked beans.

**Snapshot**

Servings: 8
Time: 10 minutes
plus 8 hours to cook

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## Ingredients:

- 12 oz barbeque sauce
- 3 ½ cups water
- 1 lb dry brown lentils
- 2 green peppers, diced
- 2 red peppers, diced
- 2 small onions, diced
- 1 clove garlic, minced

## Directions:

1. Combine all ingredients in a slow cooker.
2. Cover and cook on low heat for 6-8 hours.

**Helpful Tip:** Lentils are small, flat legumes used in many Indian and Middle Eastern dishes. Look for them next to other dry beans in the grocery store.

**Variation:** Save time and bake this recipe. Sauté red peppers, green peppers, and garlic for 5 minutes. Add lentils and stir for another 5 minutes. Mix lentils, peppers, garlic, barbeque sauce, and 1 cup water in a glass baking dish. Bake at 375°F for 60 minutes.

* **Nutrition info per serving:** Calories: 270kcal; Fat 1g; Sodium 480mg; Carb 53g; Fiber 15g; Protein 16g; Vit A 25%; Vit C 110%; Calcium 4%; Iron 30%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

# Soulful Greens

This version of the popular Southern dish uses orange juice for sweetness and red pepper flakes for spice. Serve with black-eyed peas and BBQ chicken, two other Southern favorites.

**Snapshot**

Servings: 4
Time: 25 minutes

## Ingredients:

- ½ cup of low-sodium chicken broth
- ¾ cup water
- 2 pounds of collard greens, washed and stems removed
- 1 ½ cups sliced red onions
- 1 garlic clove, minced
- ¼ cup orange juice
- ½ tsp dried red pepper flakes

## Directions:

1. Heat chicken broth and water in a large pot. Bring to a boil. Add collards and cook for 10 minutes.
2. Sauté garlic and onions for 5 minutes in a skillet.
3. Add orange juice and wilted greens. Stir until well coated. Simmer for 5 minutes.
4. Sprinkle with red pepper flakes and serve.

**Helpful Tip:** Soak collard greens in water to remove dirt and grit. Rinse until the water is clear.

**Variation:** Can't find collard greens? Try this recipe with mustard greens, kale, spinach, or broccoli rabe.

* **Nutrition info per serving:** Calories: 100kcal; Fat 1g; Sodium 55mg; Carb 19g; Fiber 8g; Protein 7g; Vit A 430%; Vit C 100%; Calcium 40%; Iron 20%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

# Apple Dumplings

If you like apple pie, you're sure to enjoy this baked apple treat. Serve warm and top with low-fat vanilla frozen yogurt for that traditional apple pie flavor.

**Snapshot**

Servings: 6
Time: 40 minutes

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## Ingredients:

- 2 Tbsp firmly packed light brown sugar
- 1 ½ tsp cinnamon
- 1 tsp cornstarch
- 1 tsp vanilla extract
- 6 small apples, peeled and cored
- 6 square 12-inch egg roll wrappers
- Non-stick cooking spray

## Directions:

1. Preheat oven to 375°F. Spray six muffin cups with non-stick cooking spray.
2. In a large bowl, combine sugar, cinnamon, cornstarch, vanilla, and 1 Tbsp water. Roll peeled apples in the mixture until coated.
3. Place one apple in the center of each egg roll wrapper. Bring the corners up to the top of the apple, pressing and folding to seal the edges.
4. Place each dumpling in a muffin cup and lightly spray the tops with non-stick cooking spray.
5. Bake until golden, about 20 minutes. Cool on a rack for 15 minutes.

**Helpful Tip:** Look for egg roll wrappers in the refrigerator section of the grocery store.

* **Nutrition info per serving:** Calories: 190kcal; Fat 1g; Sodium 190mg; Carb 43g; Fiber 4g; Protein 4g; Vit A 2%; Vit C 10%; Calcium 4%; Iron 8%
* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

# Simple Fish Tacos

California-style fish tacos are popular throughout the United States. Try this easy recipe at home.

**Snapshot**

Servings: 6

Time: 30 minutes

## Ingredients:

- ½ cup nonfat sour cream
- ¼ cup fat-free mayonnaise
- ½ cup fresh cilantro, chopped
- ½ package taco seasoning, divided
- 1 lb cod or white fish fillets(4 total) , cut into 1-inch pieces
- 1 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 cups shredded cabbage
- 2 cups diced tomato
- 12 6-inch warmed corn tortillas, soft shell
- Lime wedges for serving (optional)

*** Nutrition info per serving:** Calories: 270kcal; Fat 7g; Sodium 400mg; Carb 37g; Fiber 4g; Protein 16g; Vit A 25%; Vit C 40%; Calcium 8%; Iron 8%

* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

## Directions:

1. Combine sour cream, mayonnaise, cilantro, and 2 Tbsp of taco seasoning mix in a small bowl.
2. Mix cod, vegetable oil, lemon juice, and remaining seasoning in another bowl.
3. Pour mixture into large skillet. Cook over medium-high heat for 4 to 5 minutes or until cod flakes easily when tested with a fork.
4. Fill warmed tortillas with fish. Top with cabbage, tomato, and sour cream mixture.

**Helpful Tip:** If using frozen fish, let it completely thaw before cooking. Safely thaw fish in the refrigerator.

**Variation:** Use chicken or pork instead of fish. Look for lean cuts, such as chicken breast or pork tenderloin. Follow the same directions, but cook meat for 10-12 minutes.