EATING HEALTHFULLY ON A BUDGET

Presented by

Contributors:
Amanda Ryan, Amelia Hard, Ginny Sorensen, Jan Paris,
Liz Speak, Sheila Hanson, Tanya Bermudez, Tracey McDougall
1. Participant Workbook

2. Recipe Index

Breakfast
- Breakfast Scramble
- Oatmeal (Steel Cut or Rolled Oats)
- Whole Grain and Fruit Muffins
- Whole Grain Pancakes

Lunch & Dinner
- Herb Roasted Chicken & Potatoes
  - Chicken & Spinach Quesadillas
  - Pasta Salad with Chicken
- Quick Minestrone Soup
- Versatile Vegetable Sauté

Snacks & Desserts
- Apple Walnut Crisp
- One Pan Chocolate Cake
- Yogurt Parfait

3. Reference Materials

- Surveying Your Kitchen
- Ingredients to Keep On Hand
- Using Your Pantry Supplies
- Ingredient Substitutions
- Cooking Measurement Equivalents
- Portion Control Primer
- Shopping Tips Re-Cap
- Meal and Grocery Planner
- How to Cut Up a Whole Chicken
This course will help you learn how to take control of your belt and your budget with a series of tips to use in the kitchen and the grocery store. Follow along with this participant workbook as we demonstrate a day of meals from breakfast to dessert. When class is over, take a look at the back of the workbook for more recipes and some great reference pages that will help you on your quest to stay healthy and keep your food budget under control.

**DID YOU KNOW?**

According to the Centers for Disease Control:

- 63% of the U.S. adult population is overweight or obese. Nearly 300,000 deaths per year are linked to obesity.
- Diabetes is the seventh leading cause of death in the United States. Almost 24 million Americans have diabetes, including 5.7 million who don’t know they have the disease.

The Good News?

- We also know that healthy eating and regular physical activity will help lower your risk for chronic diseases like diabetes, as well as hypertension, heart disease and certain cancers. It will also help combat obesity and overweight.

The Best News?

- We’re here to:
  - Learn how to cook delicious meals that will help you prevent or combat chronic disease and obesity
  - Taste lots of recipes and see how to personalize them to your tastes
  - Discuss how to shop smart, stretch your food dollar and avoid the traps and pitfalls found in every grocery store

Because... WE ALL HAVE CHOICES!

All you need to avoid becoming a statistic or falling in the budget-busting traps at your local grocery store is information. We’re here to get you thinking about some easy changes you can make one or two at a time to begin transforming your lifestyle by eating more healthfully and saving money at the market.

**Good luck! Let’s get started...**
During this session we’ll talk about nutrition, budget shopping and food. We’ll be covering a lot of material today. As class continues, remember these three major goals we hope each of you accomplish:

1. **Learn basic nutrition information**
2. **Learn tips and tricks to stretch your food dollar**
3. **Learn to create delicious meals and snacks**

**Activity: What is your starting line?**

Please think back over the last 24 hours. What did you have to eat? Did you have any snacks? Did you cook or eat out?

Please list the foods you have eaten in the last 24 hours on the chart provided below.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
</table>

Now take a closer look at the lists you made. Based on what you already know about eating healthfully on a budget, do you see anything you would like to change about your food choices or how they affect your food budget?

Think of one change you might make to improve your food choice and another that would help your pocket book. List these two changes on the lines provided:

Now we’ll check back to see if you think of other changes to make once we’ve learned more about basic nutrition, budget shopping and delicious food. Turn to the next page to get started learning about key nutrition messages that will help improve your health.
Breakfast—

What’s In It For You?

■ A breakfast high in protein, vegetables and grains will give you energy for the whole morning and keep you feeling fuller longer.
■ There are lots of quick, inexpensive, energizing choices to get your day started right.

Breakfast Scramble

What’s In It?

■ This recipe has about ½ cup of vegetables per serving. That’s right—vegetables for breakfast! It’s great to get started early on your veggie needs for the day!
■ You’ll also get a healthy portion of protein you need for the day with eggs and beans, and a start on whole grains with a slice of whole wheat bread.

Remember This!

Versatility and Variety

■ Stocking up on versatile ingredients like eggs will save you time and money. Think of other foods that may be used different ways for different meals throughout the day.
■ Variety truly is the spice of life. Learn a few basic recipes like this one with easy variations. Your taste buds will never get bored, you’ll avoid wasting leftover ingredients, and you’ll get loads of vitamins and minerals.

Change It Up!

■ Make it a burrito with a whole grain tortilla instead of using a slice of bread. With 1/3 of your daily grain needs plus veggies and protein, this is a nutrition-packed breakfast.
■ Purchase dried herbs or spices in bulk for less than 25¢ to give this dish the ethnic flair.

I’ll try:

© 2013, KAISER PERMANENTE CENTER FOR HEALTH RESEARCH
What’s In It For You?

■ Eating smaller meals throughout the day is a good way to keep your metabolism going while keeping you satisfied.

■ Choosing a variety of food groups and colorful foods means consuming a wider variety of vitamins and minerals to keep your body healthy.

■ Learning to prepare a few simple lunches and dinners will save big money if it means cutting back on fast food or prepared foods at the grocery store. Plus, it’s easier to choose foods that will make your body feel good and improve your health.

Start with:

Herb Roasted Chicken and Potatoes

Use extras to make:

Chicken & Spinach Quesadilla

Pasta Salad with Chicken

What’s In It?

■ All three of these recipes help you reach your daily goals for protein, grains and vegetables. The quesadilla also gets you one step closer to your dairy goal.

Remember This!

Cook Once, Eat Twice

■ Plan ahead when making meals. Leftovers are a quick and easy way to save you time and money. Freezing is a convenient way to make leftovers last if you don’t eat them right away.

■ Cook larger, less expensive cuts of meat, and use extras in the preparation of other meals. They make soups, salads, and sandwiches easy to throw together in a hurry.

■ When making rice or other grains, prepare a little more than you need. Mix them with beans or meat and veggies for burrito filling, toss them in soups or casseroles, and even look for dessert were they might come in handy.

Change It Up!

■ The easy way to change up our Herb Roasted Chicken was to create quesadillas and pasta salad with the extras, but these dishes are all great for personalization.

■ Use different protein sources. Canned beans, fish and meats are convenient staples to have on hand. They can be used in a variety of dishes.

■ Try different vegetables. What do you like? What do you have on hand? These are great recipes for using up bits and ends you have in your pantry, freezer or refrigerator.

■ We talked about dried herbs in our breakfast scramble. Here’s another place for inexpensive herbs and spices from the bulk section. Try these variations or create your own:

  • Italian: dried oregano and basil
  • Indian: curry powder or garam masala
  • Mexican: chili powder, dried oregano, and hot sauce

I’ll try:
Lunch / Dinner—

QUICK FIX

Check out these Quick Meal Ideas

To stay with the ‘Cook Once, Eat Twice’ theme, look at the list of quick meals you can make if you start the week by cutting up a bunch of fresh vegetables and cooking veggies and protein that’ll fit well into these quick meals.

- **Leftovers:** Try round two of yesterday’s lunch or dinner
- **Veggie Fajita:** Put reheated meat and veggies in a whole grain tortilla; top with salsa and lowfat plain yogurt
- **Pita or English Muffin Pizza:** Spread pita or muffin with a couple tablespoons of pizza sauce; top with lowfat mozzarella cheese and veggie extras from another meal; heat in the toaster oven or microwave and serve
- **Frittata or Scramble:** Combine veggies and a little cheese with beaten eggs in a pan for a scramble; try mini frittatas by cooking the mixture in muffin tins in the oven at 350°F until they puff up and start to brown
- **Chopped Salad:** Combine lettuce or spinach with a variety of fresh veggies, cold meat and dressing; try replacing meat with a few tablespoons of hummus and add some pita bread or whole grain crackers on the side
- **PB and Banana Sandwich with a glass of milk**
- **Remake Burrito:** Choose your own fillings; make a burrito bowl by skipping the tortilla and serving toppings over salad greens or rice

I’ll try:

🍎

($)
What’s In It For You?

- It’s sometimes a long wait between lunch and dinner. To keep your metabolism going and prevent your stomach from growling, learn to snack right.
- Choosing snacks that combine different food groups will get you closer to your goals for the day when mealtime rolls around.

Yogurt Parfait

What’s In It?

- This recipe has 1/2 your daily fruit requirement, 1/3 of your dairy and 1/6 of your grains.

Remember This!

Don’t Forget Portion Control

- Keep MyPyramid in mind at all meals and snacks. Use portion control to avoid eating an entire day’s worth of food before lunch.
- Make snacks and desserts at home instead of buying oversized convenience or fast food. Buy some smaller plates and cups so you’re not tempted to super size.
- Watching portion size is good for your pocketbook, too. If you eat less, you’ll spend less and stretch your food dollar even further.

Change It Up!

- Run out of granola? Whip your yogurt and fruit into a smoothie in the blender for another sweet treat.
- Try new fruits. In season they’ll taste better and cost less.
- Add some nuts and dried fruit to leftover granola to make your own homemade trail mix.

QUICK FIX

Check out these Snack / Dessert Ideas

- Fruit Cup & String Cheese*
- Yogurt & Fruit Smoothie
- Hardboiled Egg and Fruit
- Handful of Trail Mix*
- Fruit & Peanut Butter*
- Crackers and Cheese*
- Fresh Veggies & Hummus*
- Apple Salad with Yogurt, Raisins & Walnuts
- Applesauce & Cottage Cheese

*Take it along when you’re on the go
During this course we talked about nutrition and budget shopping. Now it’s time to pull it all together and come up with a few ideas for you to apply in your own life to help improve the health of your body and your budget.

The following three concepts will help you take control of your belt and your budget:

1. Versatility and Variety

   A variety of different colored fruits and veggies helps you get the vitamins and minerals needed to stay healthy.

   Make versatility your friend at the grocery store. Choose items like the eggs from the Breakfast Scramble that you can use lots of different ways.

2. Cook Once, Eat Twice

   Avoid last-minute trips to the corner store or fast food restaurant that offer few good-for-you choices by cooking a little extra.

   Besides avoiding extra fat, sugar and calories, you’ll be saving money by cooking your own meals.

3. Don’t Forget Portion Control

   Snacks are a great way to keep your metabolism running, but be sure to watch the portion size. If there’s one thing you can exercise all day every day, it’s portion control.

   Learning to eat less and buy less food results in a healthy savings for your body and budget.

Choose two things to begin your transition:

One to improve your food choice. One to help your pocket book. Please list your first two changes below.

Please use what you’ve learned today along with the bonus recipes and reference material to improve your health and your life.

Good luck. You can do it!
Chef Tracey McDougall, Portland OR — Makes 4 servings

**What’s In It For You?**
A breakfast high in protein, vegetables, and grains will give you energy for the whole morning and will keep you feeling fuller longer.

**WHAT’S IN IT?**

<table>
<thead>
<tr>
<th>VEGETABLES</th>
<th>3/8 cup per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROTEIN (beans)</td>
<td>1 1/2 ounce per serving</td>
</tr>
<tr>
<td>GRAINS</td>
<td>1 ounce per serving</td>
</tr>
</tbody>
</table>

**DIRECTIONS**

1. If using a fresh tomato, rinse it, cut it in half and chop one half (save the other half for another recipe). If using a canned tomato, drain it and chop it. If using fresh spinach, rinse it well and chop it.

2. Drain and rinse black beans. Place unused portion in container in refrigerator to use within 2 days or freeze.

3. Heat oil in non-stick skillet over medium heat. Add beans, spinach and tomatoes. (If you’re using any of the optional ingredients, add them now.) Cook until spinach wilts down, about 2 minutes.

4. Using a whisk or a fork, beat eggs until smooth. Add the chopped slice of cheese or the grated cheese. Pour eggs and cheese over vegetables, stirring to blend and break up the eggs. Continue cooking until eggs are cooked to the desired firmness, about 3 to 5 minutes.

5. Top with any of the optional topping ingredients and serve immediately, accompanied by whole grain bread or toast.

**CHEF’S SECRETS**

- Other ways to serve: wrap in warm whole wheat flour tortillas for a burrito; pile onto toasted whole-grain bread for an open-face breakfast sandwich.
- ‘Multi-grain’ doesn’t mean ‘whole grain’! Look for ‘whole wheat’ or ‘whole grain’ bread.
- Be sure to cook eggs to the point where they’re no longer runny.
- It’s usually cheaper to buy eggs in the 18 count carton instead of by the dozen.
- Egg substitute can be used in place of eggs, but it costs more.
- You can use fresh or frozen vegetables. All forms count, so look for bargains!

**DID YOU KNOW...?**

- Eggs are low-cost and good for you, with high quality protein, lots of vitamins and minerals, and only 75 calories. Although the yolks contain cholesterol, they’re not as bad for you as the foods that store cholesterol in your body, like the fat in meats. But if your doctor has told you to lower your cholesterol, try replacing eggs in most recipes with egg substitute or egg whites.

- Spinach is a nutritional powerhouse! It contains significant amounts of vitamins A and C, iron, magnesium, calcium, folate and fiber. Try to eat leafy greens like spinach at least once a week.

---

**INGREDIENTS**

1 tablespoon olive oil
½ fresh tomato, or
1 whole canned tomato
½ cup low-sodium black beans
½ bunch fresh spinach, leaves only
(or ½ cup frozen chopped spinach)
1 slice cheese, chopped
(or ¼ cup grated cheese)
4 eggs
Pepper to taste
4 slices whole grain bread, toasted if desired

**Optional Ingredients**

**Mix-ins:**
- ½ cup diced cooked meat: turkey sausage, leftover chicken, leftover roast, Canadian bacon, etc.
- ½ cup other diced cooked vegetables: onions, carrots, peppers, broccoli, etc.
- Fresh or dried herbs: parsley, basil, oregano, thyme, cilantro, etc.

**Toppings:**
- Sour cream, salsa, cilantro
Oatmeal (Steel Cut or Rolled)—

**What’s In It For You?**

Oatmeal is perfect ‘comfort food’—so delicious and satisfying it makes you feel good all over! Its whole-grain nutrition fills you up, and you avoid the mid-morning ‘crash’ you get from breakfasts high in fat and sugar.

**INGREDIENTS**

**Steel Cut Oats**
- 3 cups water
- 3 tablespoons maple syrup
- 1 cup steel cut oats

**Rolled Oats**
- 2 cups water
- 2 tablespoons maple syrup
- 1 cup rolled oats
- 1 cup nonfat or 1% milk

**Optional Add-ins:**
- ½ cup any dried fruit—raisins, cranberries, blueberries, apricots, apples, etc.

**Optional Toppings:**
- Sliced fresh fruit—banana, berries, peaches, nectarines, plums, etc.

**WHAT’S IN IT?**
- GRAINS — 1/2 cup per serving
- DAIRY — 1/4 cup per serving
- FRUIT — about 1/4 cup per serving

**DIRECTIONS**

Cooking either steel cut or rolled oats:
1. Place water in non-stick sauce pan, add syrup and optional dried fruit. Bring to a boil.
2. To avoid lumps, stir briskly while adding oats. Reduce heat to low, cover and cook for 20 minutes.
3. Serving size is ½ cup. Serve with ¼ cup milk poured over and optional fresh fruit on top.
4. Put any leftover oatmeal in ½ cup portions in freezer. Microwave 3–5 minutes to reheat.

**CHEF’S SECRETS**

- The cheapest way to buy dried fruit is in the bulk section of the grocery store; you can buy only as much as you need, and you don’t pay extra for packaging.
- When purchasing maple syrup, make sure it’s pure maple syrup, not the fake processed kind! Read the label: it should list only ‘pure maple syrup.’ Processing adds high fructose corn syrup, which is a major cause of diabetes and other diseases.
- Try other hot cereals! A local company, Bob’s Red Mill, offers over a dozen different hot cereals, using tasty whole grains like brown rice, barley and millet in many delicious combinations. They’re available in many grocery stores in the cereal aisle.

**DID YOU KNOW...?**

- Eating whole grains is a great way to fight whatever’s called ‘metabolic syndrome,’ a combination of symptoms that can lead to diabetes, heart disease, and stroke. The symptoms include abdominal fat, high LDL (bad) cholesterol and low HDL (good) cholesterol, and inability to properly process the sugars you eat.
- Another benefit of eating whole grains is that the fiber keeps you regular and helps prevent colon cancer.
## Whole Grain & Fruit Muffins—

### What’s In It For You?
Muffins are an easy way to add delicious, nutritious whole grains to your breakfast. They also make great ‘on-the-go’ snacks!

### WHAT’S IN IT?
- **GRAINS** — 1/4 cup per serving
- **FRUIT** — 1/6 cup per serving

### CHEF’S SECRETS
- Instead of 1 cup of rolled oats, try 3/4 cup rolled oats plus 1/4 cup oat bran for extra fiber.
- Adding 1/2 cup of nuts will give the muffins protein.
- For more variety in your muffins, you can choose more than 1 ingredient from either Option A or Option B, just as long as you don’t add more than 1 cup from either list. For example, instead of 1 cup of applesauce, you can use 1/2 cup applesauce plus 1/2 cup mashed banana. From the Option B list, you could use 1/3 cup chopped apples, 1/3 cup raisins, and 1/3 cup grated carrot. Your choice!

### DID YOU KNOW...?
Portion sizes have multiplied enormously in the past 20 years. A muffin used to weigh about 3 ounces, like the ones in this recipe; these days, when you buy a muffin at a coffee shop or supermarket bakery, it weighs 6 1/2 ounces! And researchers have found that people tend to eat most or all of what they are served, rather than saving the leftovers. Watching portion size and stopping eating when you’re full are great ways to lose weight and start living healthier!

### INGREDIENTS
- **2/3 cup nonfat milk**
- **2/3 cup nonfat yogurt**
- **2 large eggs**
- **1/2 cup packed brown sugar**
- **3 tablespoons canola oil**
- **1 teaspoon vanilla extract**
- **1 cup Option A Ingredient**
- **1 cup rolled oats**
- **1 cup whole wheat flour**
- **1/4 cup unbleached all-purpose flour**
- **1 1/2 teaspoons baking powder**
- **1 teaspoon baking soda**
- **1 cup Option B Ingredient**
- **1 teaspoon cinnamon**
- **1 teaspoon nutmeg**

### Option A Ingredients — choose 1
- Unsweetened applesauce
- Pureed unsweetened pumpkin
- Mashed ripe bananas

### Option B Ingredients — choose 1
- Apples, finely chopped
- Raisins or currants
- Dried cranberries
- Zucchini, grated
- Carrots, grated
- Blueberries, fresh or dried

### DIRECTIONS
1. Preheat the oven to 400˚. Coat 12 standard-size muffin cups with cooking spray. Spray even if using liners, as the paper will come off easier.
2. In a medium bowl whisk milk, yogurt, and eggs. Mix in sugar, oil, vanilla and one Option A ingredient. Stir in rolled oats until well covered. Let stand for 10 minutes.
3. In a large bowl, whisk whole wheat and all-purpose flours, baking powder, baking soda, cinnamon, and nutmeg. Add milk mixture; mix until dry ingredients are just moistened. Fold in the Option B ingredient. Divide the batter among the muffin cups, filling them almost full.
4. Bake until tops of muffins spring back, about 18–22 minutes. Let cool in the pan for 5 minutes, turn out onto a rack. Let cool.
5. Serving size is 1 muffin. Wrap the remaining muffins in plastic wrap and freeze in a ziplock bag. To thaw, remove plastic wrap and wrap in a paper towel. Microwave for 1–2 minutes on ‘Defrost’ setting.
**Whole Grain Pancakes—**

**What’s In It For You?**
Starting your day with whole grains gives you brain power! These delicious pancakes will also help you feel energetic and satisfied all morning long.

**WHAT’S IN IT?**
GRAINS — 1/4 cup per serving
DAIRY — 1/4 cup per serving
FRUIT — 1/6 cup per serving

**DIRECTIONS**
1. Whip milk and yogurt together. Add in oats and let stand for 15 minutes.
2. Mix flours, baking powder, baking soda and cinnamon in a large bowl.
3. Whisk the eggs, sugar, oil and vanilla in a medium bowl. Add the milk mixture. Add this mixture to the flour mixture and mix just until the flour is mixed in. Do not over mix.
4. To cook: Heat a non-stick skillet or griddle over medium heat and spray lightly with cooking spray. Spoon 1/4 cup of batter into a circle in the pan. Cook for about 3 minutes until bubbles begin to form on top. Flip the pancake (it should be brown on the cooked side) and continue cooking for another 1–2 minutes until the other side is brown.
5. One serving is 2 pancakes. Top with fresh fruit and a tablespoon of maple syrup if you like.
6. You can wrap any leftover pancakes in plastic wrap and freeze them for up to 1 month. Reheat in a toaster (don’t thaw them first!).

**DID YOU KNOW...?**
- Add 1/4 cup wheat bran or oat bran to the batter for extra fiber to help your digestion.
- Buttermilk can be substituted for the milk and yogurt mixture.
- In summer, top the pancakes with fresh fruit that’s in season: berries, peaches, nectarines, plums, etc. In winter, top with bananas or cooked sliced apples (put the apple slices in a small pan with a little sugar and water and cook just until they get soft.)

**INGREDIENTS**
- 1 cup low-fat milk
- 1 cup nonfat yogurt
- 1/2 cup wheat bran
- 1 cup whole wheat flour
- 1 cup unbleached all-purpose flour
- 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 2 large eggs
- 1/4 cup firmly packed brown sugar
- 1 tablespoon canola oil
- 2 teaspoons vanilla extract
- Non-stick cooking spray
- 2 cups diced fresh fruit of your choice

Optional
- 1/2 cup maple syrup

**Chef Tracey McDougall, Portland OR — Makes 8 servings**
Herb Roasted Chicken & Potatoes—

**What’s In It For You?**
Learning how to cut up a chicken and roast it without the skin will save you money and keep excess fat out of your diet. You can enjoy the chicken the night you cook it, then use the leftovers in dozens of delicious ways!

**WHAT’S IN IT?**
- PROTEIN — 3 oz. per serving
- VEGETABLES — 3/4 cup per serving

**DIRECTIONS**
1. Preheat the oven to 375°.
2. Rinse and dry the lemon. Grate about 1 teaspoon of the zest (the yellow part of the skin) into a small bowl, then squeeze the juice of the lemon into the bowl. Remove any lemon seeds.
3. Mix in rosemary, thyme, olive oil and garlic.
4. Place potatoes, sweet potatoes and onions in a large baking dish, toss with 1/3 of the lemon-herb mixture, and add salt and pepper to taste.
5. Using a sturdy knife that won’t bend, cut the chicken in half and cut out the backbone. Remove and discard all the chicken skin as well as the wings. Rub the lemon-herb mixture over the chicken halves.
6. Lay the chicken on top of the vegetables and sprinkle with a little salt and pepper. Roast the chicken about 50–60 minutes, turning the vegetables and chicken every 15 minutes or so for even browning. Add a little water if the pan gets dry.
7. The chicken is done when the juices run clear if you prick the meat, and the meat has no pink color when you cut into it.

**CHEF’S SECRETS**
- Roasting a whole chicken is a great way to stretch your food dollar. When you compare price per pound, you’ll see that whole chicken is cheaper than cut-up chicken. It’s often on sale.
- Plan for leftovers: slice for sandwiches or salads, and also use in stir-frys or casseroles. Pick all the meat off the bones to use in soup.
- Make soup stock out of the bones: put them in a saucepan with a peeled quartered onion, a couple of peeled carrots cut in half, and a pinch of salt; bring to a boil, reduce the heat, and simmer for about 1 hour. Strain and chill in the refrigerator. Freeze in small containers if you don’t use the stock within 2 days.

**DID YOU KNOW...?**
Sweet potatoes are easy to make, delicious to eat and packed with vitamins and minerals that are good for your skin and vision. Cook sweet potatoes like you would white potatoes—bake, boil, roast, mash or poke them with a fork a few times and pop them in the microwave for a quick snack or side dish. Add a dash of brown sugar or maple syrup for a heart-healthy dessert option.

**CHEF AMANDA RYAN, PORTLAND OR**
Makes 8 3-ounce servings, plus leftovers

**INGREDIENTS**
- 1 large lemon
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 2 garlic cloves, peeled, minced by hand or crushed in a garlic press
- ¼ cup olive oil
- Salt & pepper to taste
- 1 roasting chicken (about 5 pounds)
- 1 pound potatoes, peeled, cut in 2-inch chunks
- 1 pound sweet potatoes, peeled, cut in 2-inch chunks
- 1 large onion, peeled, cut into ¼-inch slices
**Chicken & Spinach Quesadillas—**

**What’s In It For You?**
Quesadillas are a quick and easy way to use up leftovers. You can put almost anything in them, and they’re an especially tasty way to add more vegetables to your diet.

**WHAT’S IN IT?**

| VEGETABLES | 2/3 cup per serving |
| PROTEIN | 1-1/3 cup per serving |
| GRAINS | 1 ounce per serving |

**DIRECTIONS**

1. Combine the salsa ingredients in a bowl and set it aside.
2. In a skillet, heat 2 tablespoons oil and cook onions until soft, stirring frequently.
3. Add garlic, cook for 1 minute, then add chopped spinach. Cook until just wilted.
4. Remove from the heat and season with salt and pepper.
5. Lay the tortillas out on your counter. Sprinkle 1 tablespoon of cheese on each one, then top each one with 1/6 of the cooked spinach and onions, then 1/6 of the chicken, and finally another tablespoon of cheese.
6. Fold each tortilla in half (this makes for easier flipping.)
7. Wash and dry your skillet, pour in a tablespoon of oil and heat it until it’s hot but not smoking. Add a folded tortilla. (If your pan is big enough, put in two at a time.)
8. Brown the bottom of the folded tortilla, and then flip it to brown the other side.
9. Cut each tortilla into wedges and serve with yogurt and salsa.

**CHEF’S SECRETS**

- Quesadillas can also be heated in the oven. Preheat oven to 350°. Bake quesadillas until cheese melts.
- Try adding different vegetables: carrots, zucchini, corn, broccoli, peppers, etc. Leftovers work great!
- Try substituting canned beans for the chicken. (Rinse and drain beans before use.)
- Add onions to the salsa if you like, plus some hot pepper if you enjoy spicy food.
- Serve with a salad alongside for a complete meal

**DID YOU KNOW...?**

- Every time you choose whole grain products (like whole wheat tortillas) instead of ones made with refined grains, you’re boosting your chances of avoiding diabetes and cancer.
- Chicken skin is 30% pure saturated fat! Removing it saves you a lot of unhealthy calories.

**WHAT’S IN IT?**

<table>
<thead>
<tr>
<th>Salsa</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound fresh tomatoes, chopped (or drained canned whole tomatoes)</td>
</tr>
<tr>
<td>2 cloves garlic, peeled, minced by hand or crushed in a garlic press</td>
</tr>
<tr>
<td>2 tablespoons fresh cilantro or basil or parsley, chopped (or 2 teaspoons dried herbs of your choice)</td>
</tr>
<tr>
<td>2 tablespoons olive oil</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Quesadillas</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup leftover cooked chicken, skin removed, then shredded or cubed</td>
</tr>
<tr>
<td>1 tablespoon olive oil, plus more for browning the tortillas</td>
</tr>
<tr>
<td>1/2 pounds spinach, rinsed and chopped</td>
</tr>
<tr>
<td>1 onion, peeled and chopped</td>
</tr>
<tr>
<td>1 large clove garlic, peeled, minced by hand or crushed in a garlic press</td>
</tr>
<tr>
<td>1 cup coarsely grated cheddar cheese</td>
</tr>
<tr>
<td>6 flour tortillas (9-inch size) preferably whole wheat</td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
</tr>
<tr>
<td>1/2 cup plain nonfat yogurt for topping</td>
</tr>
</tbody>
</table>
WHAT’S IN IT?

VEGETABLES — 1/2 cup per serving
PROTEIN — 1 ounce per serving
GRAINS — 1 ounce per serving

DIRECTIONS

1. Fill a 2-quart saucepan 3/4 full of water, bring it to a boil, and add 1 tablespoon kosher salt.
2. Drop in the pasta all at once, stir a few times, bring back to a boil, and cook until the pasta is tender all the way through but still a little chewy (Italians call this ‘al dente’).
3. Immediately drain the pasta into a colander and rinse it in cold water to stop the cooking. Set aside to drain.
4. Prepare the rest of the ingredients according to the ingredient list.
5. In a large bowl, combine the pasta with the remaining ingredients.
6. Season to taste with salt, pepper, and optional herbs, vinegar or lemon juice.

CHEF’S SECRETS

• Instead of chicken or other meat, try canned tuna or canned beans, like garbanzos or black beans. Rinse the beans in water and let them drain before adding them.
• Get creative with your grains! Instead of using pasta, make this salad with bulgur wheat, barley, or couscous. You can find these in the bulk section of your grocery store, along with cooking information.
• For extra flavor and nutrition, add some leafy greens like raw spinach or sautéed kale.

DID YOU KNOW...?

• Adding more garlic and onions to your diet is an easy way to improve your health! Clinical studies have shown that they decrease bad cholesterol, prevent clot formation, and lower blood pressure. And onions can also help lower your blood sugar.
• Seasoning your food with a little salt while you’re cooking it—like adding salt to the water you cook pasta in—improves its flavor and keeps you from adding too much salt at the table. The reason the average American consumes almost twice the recommended limit of 1 teaspoon of salt per day is because about 75% of that salt comes from processed foods. So to cut down on salt, cut out processed foods and fast foods, and cook fresh foods at home!

Chef Amanda Ryan, Portland OR — Makes 8 servings

INGREDIENTS

2 cups (8 oz.) dried pasta of any shape you prefer, except spaghetti
Kosher salt
1 bunch green onions, sliced (both white and green parts)
2 medium-to-large tomatoes, chopped (or 1 pint cherry tomatoes, halved)
2 cloves garlic, peeled and minced
about 1/4 cup olive oil
1 cup cooked chicken (or other cooked meat), chopped
1 cup other vegetables of your choice, raw or cooked
Salt and pepper to taste

Optional mix-ins:
• 2–3 tablespoons fresh chopped herbs of your choice, like basil or parsley
• A little vinegar or lemon juice

What’s In It For You?

Pasta salad is a great way to use leftover vegetables and meats. Start with this basic recipe, then mix it up and create something new out of the ingredients you have on hand! A variety of colorful vegetables help give you the many nutrients you need for good health.
What’s In It For You?
Half your daily requirement of vegetables and almost half your daily requirement of protein in a recipe that’s delicious, satisfying, low in calories and takes only 30 minutes to make, start to finish. What’s not to love?

What’s In It?
VEGETABLES — 1-1/4 cup per serving
PROTEIN — 2 ounces per serving
GRAINS — 1 ounce per serving

DIRECTIONS
1. Rinse the kale or collard greens and remove the thick stems in the center of the leaves. Stack up the leaves and cut them crosswise into 1/2-inch strips.
2. Remove the outer couple of leaves of the cabbage and cut out the solid core. Chop the cabbage leaves coarsely and slice the core in thin slices.
3. In a large heavy pot (4–6 quart size), put the olive oil, onion, carrot, and garlic, and cook over medium heat, stirring frequently, until the onion is soft. Add the kale or collard greens and cook, stirring, until the greens are soft.
4. Add the cabbage, green beans, tomatoes with their juice, pasta, and broth. Bring to a simmer and cook, uncovered, stirring occasionally, until the vegetables and pasta are tender, about 10–15 minutes.
5. Add the broccoli or cauliflower, the peas, and the cannellini beans, and cook for another 5 minutes. Add some water to thin out the soup if you like. Taste to see if you want to add any salt, pepper or hot pepper.
6. Serve hot or cold or at room temperature, with optional grated cheese on top.

CHEF’S SECRETS
• If you use frozen vegetables, take out only as much as you need, then reseal the packages and put them back in the freezer to use for other meals.
• Substitute other beans for the cannellini. Or instead of beans, add cut up leftover chicken, beef, or pork.
• For a full, balanced meal, serve whole wheat bread on the side and some fresh fruit for dessert.
• This recipe makes a lot of soup! Try freezing single servings in empty, clean yogurt containers.

DID YOU KNOW...?
• Olive oil is the healthiest oil. It lowers bad cholesterol and builds up good cholesterol. Extra-virgin olive oil has the most benefits.
• Having soup as your main course for dinner a couple of times a week is a great way to lose weight.

INGREDIENTS
1 bunch kale or collard greens
1/2 head cabbage
1/4 cup olive oil
1 small onion, peeled and coarsely chopped
1 medium carrot, peeled and sliced crosswise into rounds
4 garlic cloves, peeled, minced by hand or crushed in a garlic press
1 cup fresh or frozen green beans
1 can (14 1/2 oz.) diced tomatoes in juice
1 cup ditalini pasta or small elbow macaroni
1 quart (32 oz.) reduced-sodium chicken broth
1 cup coarsely chopped fresh or frozen broccoli (or cauliflower)
1 cup frozen green peas
1 can (about 15 oz.) cannellini beans, rinsed and drained
Salt and pepper to taste
Optional addition:
• hot red pepper to taste
Optional topping:
• grated parmesan or romano cheese
Versatile Vegetable Sauté—

What’s In It For You?
In just 15 minutes, you can cook up your choice of vegetables for a Chinese stir-fry, an Italian pasta sauce, an Indian curry, a Mexican filling for flour tortilla wraps, or just a great vegetable side dish. Adding fish or chicken takes only 5 minutes more!

Chef Amelia Hard, Portland OR — Makes 4–6 servings depending on number of ingredients used and how it’s served (main course or side dish)

WHAT’S IN IT?
VEGETABLES — 1-1/2 cup per serving
PROTEIN (chicken or fish) — 4 ounces per serving

DIRECTIONS
1. Rinse the greens well. If you’re using kale, collards, or chard, cut out the thick center ribs in the leaves (you don’t need to do this with spinach). Stack up the leaves and cut them crosswise into 1/2-inch strips.
2. Prepare the other vegetables you’ll be using, and set them close to the stove.
3. Put the canola oil in a large skillet or saucepan. If you’re using optional raw chicken or raw fish, stir it over medium heat until cooked through, then put it in a bowl.
4. In the pan, add the onion, garlic (and bell pepper and carrot, if you’re using them), sprinkle with a little salt, and stir over high heat for 5 minutes. (Add a little more oil if the vegetables look too dry.)
5. If you’re using yam or sweet potato, cabbage or bok choy, or tomatoes, add now and cook 5 minutes. (Add a little more oil if the vegetables look too dry.)
6. If you’re using broccoli, cauliflower, or green beans, add now and cook until they become barely tender.
7. If you’re using spinach, add it last and cook until wilted.
8. Add other seasonings (see ‘Chef’s Secrets’), optional cooked chicken or fish, and more salt and pepper to taste. Add a little water if needed to make more sauce.

CHEF’S SECRETS
• For Chinese stir-fry, use reduced-sodium soy sauce instead of salt, spice it with hot pepper flakes if you like, and sprinkle with sesame seeds or peanuts.
• For Italian-flavored vegetables to serve over pasta, use olive oil instead of canola oil and add 1/2 teaspoon dried oregano and 1 teaspoon dried basil (or 1 tablespoon fresh).
• For an Indian curry, add 1 teaspoon curry powder and 1/4 cup plain yogurt (stir in the yogurt at the end, off heat). Sprinkle with cashews or peanuts.
• For a Mexican flavor, add 1–2 teaspoons chili powder, 1/2 teaspoon dried oregano, and hot sauce to taste.

DID YOU KNOW...?
Leafy greens are the healthiest vegetables you can eat! They’re a great source of vitamins A and C, calcium, potassium, iron, fiber, and other nutrients that help reduce the risk of some cancers. They’re also inexpensive, low in calories, and help keep you regular. Wow!

9. Cool any leftovers in an open bowl in the refrigerator; when chilled, they can be put in ziplock bags and frozen.

INGREDIENTS
Your choice of leafy greens (choose 1–2): 1 bunch kale, collards, chard or spinach
Your choice of other vegetables (choose 4 or more):
1 small green or red bell pepper (remove the stem, seeds, and ribs, cut in thin slices)
1 carrot, peeled and thinly sliced
1 small yam or sweet potato, peeled and cut into small cubes
1 cup chopped green cabbage or napa cabbage or bok choy
1 cup cherry tomatoes, halved
1 cup green beans
1 cup chopped broccoli or cauliflower
1 small onion, peeled and chopped
2 garlic cloves, peeled, minced by hand or crushed in a garlic press
2 tablespoons canola oil
Salt and pepper to taste
Other seasonings (see ‘Chef’s Secrets’)
Optional:
• ½ cup per person raw or cooked chicken or fish, cut into cubes (if it’s raw, salt it lightly)
• ½ cup per person cooked rice or pasta (if recipe is your main course)
**Apple Walnut Crisp—**

**Chef’s Secrets**
- When peaches and nectarines are in season and inexpensive, you can use them instead of apples. To peel peaches, dip them into boiling water for about 30 seconds, rinse them in cold water, and slip the skins off. You don’t need to peel nectarines.
- When you serve the crisp, you can top it with some low-fat vanilla yogurt if you like.

**What’s In It For You?**
Fruit desserts made with whole grains and not too much sugar are a great way to get some of the 2 cups of fruit you need each day. And who doesn’t love crisps?

**Directions**
1. Put oven rack in middle position and preheat oven to 375°. Spray a 9-inch square baking dish with nonstick spray.
2. Make the topping: Stir together the two flours, oats, brown sugar, walnuts, cinnamon, and salt in a bowl, then pour in the melted butter and stir until the mixture forms small clumps. Set aside.
3. Peel the apples, cut into quarters, cut out the cores, and slice each quarter into thin slices. Put in a large bowl and toss with brown sugar, flour, and cinnamon.
4. Spread the apples evenly in the baking dish, then crumble the topping over the apples.
5. Bake until the topping is golden and the apples are tender, about 45 minutes. Serve warm.

**Chef’s Secrets**
- The old saying “An apple a day keeps the doctor away” is being confirmed by modern research. Apples can lower bad (LDL) cholesterol, help prevent respiratory diseases like asthma, help improve bone density to prevent osteoporosis, and aid digestion. Lots of health in a delicious package!
- Walnuts are also nutrition superstars! Recent studies have shown that eating just a small handful of walnuts a day can improve your cholesterol levels and help keep your arteries healthy so you don’t develop heart disease.

**Ingredients**
- **For the Topping:**
  - ½ cup unbleached all-purpose flour
  - ¼ cup whole wheat flour
  - 1 cup rolled oats
  - ½ cup packed light brown sugar
  - ½ cup walnuts, chopped
  - ½ teaspoon cinnamon
  - Pinch of salt
  - ½ stick unsalted butter, melted
- **For the Filling:**
  - 4 pounds apples
  - ¼ cup packed light brown sugar
  - 1 tablespoon all-purpose flour
  - ½ teaspoon cinnamon

**What’s In It?**
- GRAINS — 1 cup per serving
- FRUIT — 1/4 cup per serving

Chef Amelia Hard, Portland OR — Makes 9 servings
One Pan Chocolate Cake—

What’s In It For You?
Quick fixin’ with simple ingredients and easy clean-up.
This should be an occasional treat and... TREAT it is!

WHAT’S IN IT?
SUGAR & FAT — per serving, the maximum amount of sugar and about 1/2 the fat you should have in 1 day

DIRECTIONS
• Preheat oven:
  350 degrees for a metal pan
  325 degrees for a glass pan
• Line an 8-inch square pan with foil or grease pan with small amount of canola oil.
1. In baking pan place flour, cocoa, salt, sugar and baking soda. Stir to mix thoroughly.
2. Make three holes with the handle of a wooden spoon.
   In first hole, pour vanilla.
   In second hole, pour vinegar.
   In third hole, pour oil.
3. Pour water over all and blend with fork until smooth. Do not over mix.
4. Bake 25-30 minutes or until knife inserted in center comes out clean.

CHEF’S SECRETS
• Make this recipe only as an occasional treat!
• Serve some fresh fruit on the side to enhance the nutritional value of this dessert.
• This is a great opportunity to practice portion control: cut the cake into 9 pieces and serve only 1 portion per person. Have it as dessert, not as a snack!

DID YOU KNOW...?
• Calories count! On a day when you treat yourself to this cake, remember to remove calories somewhere else.
• Plain unsweetened Hershey’s cocoa is a good choice and available in most supermarkets.
  ‘Dutch process’ cocoa is not as good a choice because the process damages the healthy antioxidants in the cocoa.

Chef Sheila Hanson, Portland OR — Makes 9 servings

INGREDIENTS
1 1/2 cups unbleached all-purpose flour 1 teaspoon vanilla
3 tablespoons cocoa 1 tablespoon cider vinegar
1/2 teaspoon salt 6 tablespoons canola oil
1 cup sugar
1 1/2 teaspoons baking soda 1 cup cold water
**Yogurt Parfait—**

**WHAT’S IN IT?**
- **GRAINS** — 1/4 cup per serving
- **FRUIT** — 1 cup per serving
- **DAIRY** — 1 cup per serving

**DIRECTIONS**
1. Rinse and cut leafy tops off of strawberries.
2. Slice strawberries ¼ inch thick — should yield about 1 cup sliced.
3. Layer ½ cup yogurt in each of two parfait cups or bowls, followed by ¼ cup sliced strawberries, and 2 tablespoons granola.
4. Repeat layers one more time, ending with a layer of granola.
5. Top with slivered almonds if desired.

**CHEF’S SECRETS**
- Substitute any whole-grain cereal you like for the granola.
- Substitute any diced or sliced fresh or frozen fruit for the strawberries.
- To lower the cost of this recipe, take advantage of delicious in-season fruits. In the winter, look for sales on bags of frozen berries, peaches, and other fruits. Just take out a cup or so, and refreeze the remainder. One bag will go far.
- Mix up plain nonfat yogurt with fruit in a blender for a delicious smoothie. Use different combination of fruits for variety. By using plain unflavored yogurt, you’ll avoid added sugar.

**DID YOU KNOW...??**
- Yogurt is a probiotic food, meaning that it contains living bacteria that can help promote digestive health.
- People who are moderately lactose-intolerant may be able to enjoy yogurt.
- Some nonfat yogurt may have artificial ingredients added to it for texture or to extend shelf life. Read the labels and avoid products that have ingredients with names too long to pronounce!
- Adding a sprinkling of nuts to various recipes gives you not only extra protein but also healthy fat that helps boost your ‘good cholesterol’ (HDL) and lower your ‘bad cholesterol’ (LDL). Just don’t overdo the nuts, since they have a lot of calories!

**WHAT’S IN IT FOR YOU?**
Satisfy your sweet snack craving, while getting lots of calcium, protein, vitamins, minerals, antioxidants, and fiber. And it’s low in calories, too. Hard to beat!

**INGREDIENTS**
- 2 cups strawberries
- 2 cups nonfat vanilla yogurt
- ½ cup low-fat granola

Optional:
- 1 tablespoon slivered almonds

Chef Joyce Roland, Seattle WA, Courtesy of Share Our Strength’s Operation Frontline — Makes 2 servings
REFERENCE MATERIALS
Surveying Your Kitchen—

BEFORE you start planning your menus, take stock of your kitchen.

Are You Ready to Prepare the Recipes You Selected?

- Do you have an adequate cooking area to prepare a meal?
- Do you have a stove and an oven? How about a microwave?
- What size are your refrigerator and freezer?
- Do you have room in your cupboards to store pantry staples?
- What cooking equipment and tools do you have? What could you use if you don’t have what the recipe calls for?

Try These Substitutions for Common Kitchen Tools:

- Measuring Spoons
  - Spoon or Soup Spoon
- Measuring Cup
  - Marked Jar
- Rolling Pin
  - Smooth Bottle or Glass
- Potato Masher
  - Two Forks
- Mixing Bowls
  - Deep Kettle or Pan
- Cutting Boards
  - Plate; Heavy Brown Paper Bag
- Biscuit Cutter
  - Glass, Lid, Rim of Jar or Can
- Cookie Sheet
  - Bottom of Cake Pan
- Roasting Pan
  - Any Oven-safe Skillet
- Cooling Rack
  - Oven Rack
- Soup Ladle
  - Cup with Handle
- Wire Whisk
  - Two Forks or Jar with Tight Lid
- Tea Kettle
  - Saucepan
- Pot Holder
  - Dry Towel

If you are missing any tools from your kitchen that would make cooking easier or more enjoyable, keep your eye out at yard sales, thrift stores, and discount retailers. Chances are you’ll find a good deal if you’re patient!
WITH a little planning, it’s easy to make meals with what’s on hand. Try to stock up on staples when you see they’re on sale and you have the money in your food budget. Stocking your pantry will give you flexibility in the kitchen and help you save money in the long run.

Think About What You Might Have On Hand from the Five Food Groups:

**Fruit**
- Apples
- Bananas
- Oranges
- Canned fruit in juice or light syrup
- 100% fruit juice
- Dried fruit

**Protein**
- Dry beans and peas
- Canned beans
- Canned chili
- Peanut butter
- Canned tuna
- Canned meat
- Frozen meat, fish, chicken or turkey (keep frozen)
- Eggs (refrigerate)
- Nuts

**Vegetables**
- Potatoes (keep cool)
- Sweet potatoes (keep cool)
- Carrots (refrigerate)
- Turnips (refrigerate)
- Cabbage (refrigerate)
- Onions
- Canned vegetables
- Frozen vegetables
- Vegetable juice
- Vegetable soups
- Spaghetti sauce

**Grains***
- Pasta
- Granola
- Cereal
- Crackers
- Rice cakes
- Cereal bars
- Tortillas (refrigerate)
- Cornmeal
- Grits
- Flour
- Oats
- Noodle soups
- Pancake mix
- Bread
- Bagels

**Extras**
- Baking powder
- Canola or olive oil
- Sugar
- Salt and pepper
- Spices
- Canned soup

**Calcium-Rich Foods**
- Dry milk
- Canned milk
- Cheese (refrigerate)
- Juice with calcium
- Canned salmon with bones
- Yogurt (refrigerate)
- Canned or frozen spinach
- Canned pudding
- Instant breakfast drink

*Choose whole grains when possible.

© 2013, KAISER PERMANENTE CENTER FOR HEALTH RESEARCH
Using Your Pantry Staples

If you have a well-stocked pantry, use the tips below to expand your options in the kitchen.

<table>
<thead>
<tr>
<th>What you’ve got:</th>
<th>Consider this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried herbs and spices</td>
<td>Purchase these in small amounts from the bulk food section of your grocery store. A tablespoon of dried basil may cost as little as 10¢. A tablespoon of a denser spice like cumin will be around 25¢. Stock up on small quantities you can use and afford.</td>
</tr>
<tr>
<td>Condiments: mustard, ketchup, salsa or jelly</td>
<td>Buy condiments when they’re on sale in quantities you can use by the expiration date. Sometimes a few tablespoons of salsa from your cupboard is all a drab meal needs to be delicious.</td>
</tr>
<tr>
<td>Canned vegetables, fruits, soups, and sauces</td>
<td>Purchase on sale and chose low-sodium options. Avoid high-fat, high-sugar choices. Use these items in combination with other pantry items plus fresh ingredients to make quick, delicious lunches and dinners.</td>
</tr>
<tr>
<td>Frozen vegetables</td>
<td>Don’t overlook these gems. They are nearly as nutritious as fresh vegetables and a quick way to boost your vegetable intake for a reasonable price.</td>
</tr>
<tr>
<td>Baking ingredients: flour, sugar, baking soda, cornstarch, salt, etc.</td>
<td>These items are good to keep on hand once you’ve gotten a little baking experience. Buy different kinds of flour from the bulk section in small amounts to try out.</td>
</tr>
<tr>
<td>Canned tuna and other protein-rich foods like canned beans</td>
<td>Need a quick idea for adding protein to a soup, salad, or sandwich? Tuna packed in water and low-sodium canned beans are the answer.</td>
</tr>
<tr>
<td>Grains and beans: rice, pasta, dried beans, lentils, whole grains</td>
<td>These items store well and offer endless possibilities for main courses, side dishes, and salads. Buy them from the bulk bins and stock up when they’re on sale. Some grains can be cooked ahead and frozen for later use.</td>
</tr>
<tr>
<td>Nonfat dry milk</td>
<td>Have it on hand for times when you just need a little and you know it will be difficult to use a quart or half gallon before it spoils.</td>
</tr>
<tr>
<td>Cooking oil</td>
<td>Important for many recipes. Canola oil and olive oil are heart-healthy choices, much better than other vegetable oils. Avoid lard, solid shortening, and leftover grease.</td>
</tr>
</tbody>
</table>
## Ingredient Substitutions

<table>
<thead>
<tr>
<th>If you don’t have this:</th>
<th>Try this:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttermilk, 1 cup</td>
<td>• 1 cup milk plus 1 tablespoon lemon juice; wait 5 minutes</td>
</tr>
<tr>
<td></td>
<td>• 4½ teaspoons white vinegar plus milk to make 1 cup</td>
</tr>
<tr>
<td></td>
<td>• ½ cup plain yogurt plus ½ cup milk</td>
</tr>
<tr>
<td></td>
<td>• 1 cup plain yogurt</td>
</tr>
<tr>
<td>Sour cream, 1 cup</td>
<td>• In baked goods: 1 cup yogurt (texture may be different)</td>
</tr>
<tr>
<td></td>
<td>• When heat is used: 1 cup yogurt, but use a low heat and cook just to heat through</td>
</tr>
<tr>
<td></td>
<td>• Do not allow to simmer or boil</td>
</tr>
<tr>
<td>Half and half, 1 cup</td>
<td>• 7/8 cup milk, plus 3 tablespoons melted butter</td>
</tr>
<tr>
<td>Whipping cream, 1 cup</td>
<td>• ⅔ cup milk, plus ⅓ cup melted butter</td>
</tr>
<tr>
<td>Whole milk, 1 cup</td>
<td>• ½ cup evaporated milk plus ½ cup water</td>
</tr>
<tr>
<td></td>
<td>• 1 cup nonfat milk plus 2 teaspoons melted butter</td>
</tr>
<tr>
<td>Margarine or Butter, 1 cup</td>
<td>• 7/8 cup canola or other oil (changes texture of baked goods)</td>
</tr>
<tr>
<td>Granulated sugar, 1 cup</td>
<td>• 1-1/3 cup brown sugar OR 1 ½ cups powdered sugar</td>
</tr>
<tr>
<td>Honey or molasses, 1 cup</td>
<td>• ⅜ cup sugar plus ¼ cup liquid</td>
</tr>
<tr>
<td>Brown sugar, 1 cup packed</td>
<td>• 1 cup granulated sugar, plus 2 to 3 tablespoons molasses</td>
</tr>
<tr>
<td>Cake flour, 1 cup sifted</td>
<td>• 1 cup minus 2 tablespoons sifted all-purpose flour</td>
</tr>
<tr>
<td>Whole wheat flour, 1 cup</td>
<td>• 1 cup plus 2 tablespoons all-purpose flour</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>• For thickening: 2 tablespoons flour</td>
</tr>
<tr>
<td>Baking powder, 1 teaspoon</td>
<td>• ¼ teaspoon baking soda plus ½ teaspoon cream of tartar</td>
</tr>
<tr>
<td>Unsweetened chocolate, 1 ounce square</td>
<td>• 3 tablespoons unsweetened cocoa plus 1 tablespoon butter</td>
</tr>
<tr>
<td></td>
<td>• 1-2/3 ounces semisweet chocolate and reduce granulated sugar in recipe by 2 teaspoons</td>
</tr>
<tr>
<td>Semisweet chocolate, 1 ounce</td>
<td>• Generous ½ ounce unsweetened chocolate plus 1 tablespoon granulated sugar</td>
</tr>
<tr>
<td>Garlic, one clove</td>
<td>• ¼ teaspoon garlic powder</td>
</tr>
<tr>
<td>Fresh herbs, 1 tablespoon</td>
<td>• 1 teaspoon dried herbs</td>
</tr>
<tr>
<td>Chopped onions, ¼ cup</td>
<td>• 1 tablespoon dried minced onion</td>
</tr>
<tr>
<td></td>
<td>• 1 teaspoon onion powder</td>
</tr>
<tr>
<td>Tomato paste, 1 tablespoon</td>
<td>• 2-3 tablespoons tomato puree or tomato sauce, and reduce liquid in recipe by 2–3 tablespoons</td>
</tr>
<tr>
<td></td>
<td>• Boil tomato puree or sauce until reduced to 1 tablespoon</td>
</tr>
<tr>
<td>Wine, ½ cup</td>
<td>• In desserts: ½ cup fruit juice</td>
</tr>
<tr>
<td></td>
<td>• In cooking: ½ cup broth</td>
</tr>
</tbody>
</table>
CAN’T find the measuring cup or spoon you need? Trying to cut a recipe in half or double it? Check out this table showing helpful measuring equivalents for teaspoons, tablespoons, cups, pints, fluid ounces, and more.

<table>
<thead>
<tr>
<th>This</th>
<th>This</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon (Tbsp)</td>
<td>3 teaspoons (tsp)</td>
</tr>
<tr>
<td>1/16 cup</td>
<td>1 tablespoon</td>
</tr>
<tr>
<td>1/8 cup</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>1/6 cup</td>
<td>2 tablespoons + 2 teaspoons</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>4 tablespoons</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>5 tablespoons + 1 teaspoon</td>
</tr>
<tr>
<td>3/8 cup</td>
<td>6 tablespoons</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>8 tablespoons</td>
</tr>
<tr>
<td>2/3 cup</td>
<td>10 tablespoons + 2 teaspoons</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>12 tablespoons</td>
</tr>
<tr>
<td>1 cup</td>
<td>48 teaspoons</td>
</tr>
<tr>
<td>1 cup</td>
<td>16 tablespoons</td>
</tr>
<tr>
<td>8 fluid ounces (fl oz)</td>
<td>1 cup</td>
</tr>
<tr>
<td>1 pint (pt)</td>
<td>2 cups</td>
</tr>
<tr>
<td>1 quart (qt)</td>
<td>2 pints</td>
</tr>
<tr>
<td>4 cups</td>
<td>1 quart</td>
</tr>
<tr>
<td>1 gallon (gal)</td>
<td>4 quarts</td>
</tr>
<tr>
<td>16 ounces (oz)</td>
<td>1 pound (lb)</td>
</tr>
<tr>
<td>1 milliliter (ml)</td>
<td>1 cubic centimeter (cc)</td>
</tr>
<tr>
<td>1 inch (in)</td>
<td>2.54 centimeters (cm)</td>
</tr>
</tbody>
</table>

Other Tips for Measuring:

• If you don’t have measuring spoons, the kind of teaspoon that you use at the table holds about as much as a 1-teaspoon measure, and a soup spoon holds about as much as a 1-tablespoon measure.

• Before you measure flour, be sure to ‘fluff’ it with a fork, otherwise you get extra flour in your recipe because the flour has packed down.

• In the United States, ‘liquid’ measurement is used not only for liquids like water and milk but also for ingredients like flour, sugar, shortening, butter, and spices. ‘Dry’ measurement is used mainly for fresh produce, like berries by the pint or quart, and is slightly less.
If there’s one thing you have control over, all day every day, it’s the size of your food portions. Learning to eat less and buy less food results in healthy savings for your body and budget. To be sure you’re getting the portions you need, learn what common objects represent different servings of your favorite foods.

### Grains (6 ounces every day)

<table>
<thead>
<tr>
<th>1 OUNCE EQUIVALENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 4” waffle or pancake; slice of bread = CD</td>
</tr>
<tr>
<td>• ½ cup cooked rice or pasta = baseball</td>
</tr>
<tr>
<td>• ½ bagel or small muffin = hockey puck</td>
</tr>
<tr>
<td>• 1 cup dry cereal = fist</td>
</tr>
</tbody>
</table>

### Meat & Beans (5½ ounces every day)

<table>
<thead>
<tr>
<th>1 OUNCE EQUIVALENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 3 ounces of meat, fish or poultry = deck of cards</td>
</tr>
<tr>
<td>• 1 tablespoon peanut butter = ½ ping pong ball</td>
</tr>
<tr>
<td>• ¼ cup cooked beans = large egg</td>
</tr>
<tr>
<td>• 1 egg</td>
</tr>
</tbody>
</table>

### Vegetables (2½ cups every day)

<table>
<thead>
<tr>
<th>½ CUP EQUIVALENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 cup raw leafy greens = baseball</td>
</tr>
<tr>
<td>• ½ cup cooked veggies = ½ tennis ball</td>
</tr>
<tr>
<td>• Small potato; ½ cup mashed potato = computer mouse</td>
</tr>
<tr>
<td>• 1 medium carrot</td>
</tr>
</tbody>
</table>

### Fruits (2 cups every day)

<table>
<thead>
<tr>
<th>½ CUP EQUIVALENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 6” banana, ½ small apple</td>
</tr>
<tr>
<td>• ½ cup cut-up fruit = 7 cotton balls</td>
</tr>
<tr>
<td>• ½ cup grapes = light bulb</td>
</tr>
<tr>
<td>• ¼ cup dried fruit = large egg</td>
</tr>
</tbody>
</table>

### Dairy (3 cups every day)

<table>
<thead>
<tr>
<th>1 CUP EQUIVALENTS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 cup milk = fist</td>
</tr>
<tr>
<td>• 1½ ounce of cheese = 6 stacked dice</td>
</tr>
<tr>
<td>• 1/3 cup shredded cheese = golf ball</td>
</tr>
<tr>
<td>• 1 cup yogurt = baseball</td>
</tr>
</tbody>
</table>

### Fats (Use sparingly)

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 tablespoon oil = top joint of thumb</td>
</tr>
</tbody>
</table>
Shopping Tips Re-Cap—

**Buy Foods in Season**
- Produce that’s in season will be less expensive and taste fresher.
- Find deals at local farmers markets and you’ll support local business as well. You can often use food stamps for produce and plant starts.

**Choose Foods with Multiple Uses**
- Spinach vs. lettuce; plain vs. flavored yogurt; oatmeal vs. breadcrumbs.

**Choose Food That Will Keep Well**
- Cabbage, onions, sweet potatoes, squash, apples, oranges.
- Non-perishable pantry staples; frozen fruits and vegetables.

**Shop the Perimeter of the Store**
- Stick to fresh foods like meat, dairy, bread and produce.
- It’s okay to visit center aisles for some dry goods, some canned and frozen foods and low-sugar cereals.

**Use Unit Pricing to Find the Best Deal**
- Usually the store brand is the best, but double check to be sure.
- Bigger packages are often a better deal, but not always.

**Use Coupons for Things You Would Buy Anyway**
- Avoid purchasing unnecessary items and highly processed convenience foods.

**Use Bulk Bins**
- Less packaging usually means cheaper and often means healthier.
- Since you can buy small amounts, it’s easy to get creative and try new grains, spices and beans.

**Plan, Plan, Plan**
- Make a meal plan and shopping list before you go to the store.
- Stick to your list to save time and money.

**Don’t Believe What TV Food Ads Tell You**
- Seek out reliable nutrition information from your healthcare provider or websites like www.mypyramid.gov.
- Form your own opinions; don’t rely on food manufacturers to tell you what to eat.

**Meal & Grocery Planner Instructions—**

- Once a week, look at local store ads online or at the store to see what is on special.
- Use the ads to save money on your weekly menu selections.
- Write your meal choices on the Meal and Grocery Planner you’ll find on the next page. Make extra copies to use each week.

- Use the bottom of the planner as the beginning of your shopping list for the next week.
- Add any staple items you have used up like flour, grains or dried beans, and other things like shampoo and soap as well.
- Prioritize your shopping list according to your needs and your wallet. Purchase necessities first before adding extras.

- Wait to purchase pantry staples until they are on special or you have a coupon.
- Keep an eye out for coupons for the items on your list. Don’t add items you wouldn’t normally buy to your list just because you have a coupon, especially if the coupon is for processed ‘convenience’ foods.
- Post the planner on the refrigerator as your daily reminder of what you have planned to eat.
**Meal & Grocery Planner**

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Next Week’s Shopping List:** List the staples you used up. What’s on sale? Do you have any coupons?

---

You’re doing a good job! Remember, good food is great medicine!
How To Cut Up A Whole Chicken

1. Get ready to cut
   • Have a bag or bowl ready for chicken parts.
   • Put the chicken on a cutting board, breast side up.

2. Cut off the wing
   • Pull the wing away from the body.
   • Cut the top down through the joint.

3. Cut the skin between the leg and the body
   • Cut skin (not meat) to see where the leg connects to the body.
   • Put down the knife.

4. Break the hip joint
   • Hold a leg in each hand and lift the chicken.
   • Bend the leg backward until the joint pops.

5. Cut off the leg and thigh
   • Lay the chicken on its side.
   • Cut the leg and thigh away from the body.

6. Separate the leg and thigh
   • Bend the leg to find the joint.
   • Cut through the joint.
   • Repeat steps 2–6 on the other side.

7. Cut between the breasts
   • Make a shallow cut along the breastbone.
   • Use your fingers to loosen the meat from the bone.

8. Cut breast away from the ribs
   • Guide the knife along the ribcage.
   • Make small cuts with the knife tip, pulling the meat away from the bone.

9. Cut off the breast
   • Cut the breast away from the body.
   • Repeat steps 7–9 on the other side.

10. Clean-up
    • Remove the skin and any excess fat.
    • Use the bones for soup or stock.
    • Sanitize the knife and cutting board.
    • Wash your hands.

Courtesy of Share Our Strength’s Operation Frontline
www.operationfrontline.org