

# Gator GRUB



## Student Health Care Center Cookbook

*Building a Healthy Foundation for The Gator Nation*

**UF** | Student Health Care Center  
UNIVERSITY of FLORIDA

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## Getting Started

### Basic equipment:

- Baking pan (9" x 13")
- Loaf pan (8" x 5")
- Baking sheet
- Muffin tin
- Saucepan/pot with lid
- Skillet
- Blender
- Mixing bowl
- Measuring cups and spoons
- Spatula
- Can opener
- Cutting board
- Cheese grater
- Storage containers with lids that can be used safely in the microwave, fridge, and freezer
- Aluminum foil
- Thermometer



### Basic seasonings:

- Salt-free seasoning blends (like Mrs. Dash)
- Garlic powder
- Onion powder
- Chili powder
- Black pepper
- Red pepper flakes/crushed pepper
- Cinnamon



### Seasonings frequently used in international dishes:

#### *Mexican:*

Cumin  
Garlic  
Oregano  
Chili powder

#### *Italian:*

Oregano  
Garlic  
Basil

#### *Asian:*

Ginger

#### *Indian:*

Curry

### Basic baking ingredients:

Baking powder  
Baking soda  
Vanilla extract

## Budgeting and Meal Planning Tips:

*Plan your menus or recipes ahead of time.* Going to the grocery store with a list of items you are going to purchase helps reduce the amount of money you spend on items you won't use and reduces your number of impulse purchases.

*Stick to the basics.* Choose fresh, frozen or canned fruits and vegetables, grains and grain products, lean meat, poultry, fish, meat alternatives, and low-fat dairy or dairy product alternatives.

*Less processing and packaging saves you money.* The more preparation you are able to do (i.e., soaking and cooking beans, cutting up fruits and vegetables) the more you will save. This also helps you control how much salt and sugar is added to your food.

*Take advantage of seasonal fruits and vegetables.* When a fruit or vegetable is "in season" it will be cheaper and better tasting.

*Buy store brands or generic products.* These products have equal nutritional value to their name brand equivalents but are easier on a budget.

*Eat before you go.* If you are hungry when you go grocery shopping you will spend more on items you hadn't planned on purchasing.

*Check out advertised specials and stock up when possible or buy in bulk.* If you have space to store extra food, buy it when a store has a sale or buy in bulk quantities.

## Food Safety:

*Clean* - Keep your hands, food preparation areas, and equipment clean.

*Cook* - Use a food thermometer to be sure foods are thoroughly cooked and safe to eat. Fully cooked chicken should be 180 degrees, show no pink, and the juices should run clear. Cook pork and beef to 160 degrees. Leftovers should be heated until they are steaming.

*Separate* - Don't cross contaminate. Ready-to-eat foods like fruits and vegetables should not be exposed to juice drippings from raw poultry, fish, meat or eggs.

*Chill* - Refrigerate or freeze foods within 2 hours after cooking. Put the date on your food and use it or freeze it as soon as possible. Timelines for use are on the next page.



## Food Safety:

*How long can I refrigerate/freeze?*

Raw steaks, chops = 3-5 days/6-12 mos  
Raw ground beef = 1-2 days/4 mos  
Raw poultry = 1-2 days/9 mos  
Cooked meat and poultry = 3-4 days/3 mos  
Cooked seafood = 2 days/freezing not recommended  
Eggs = 3-5 weeks/do not freeze  
Hard boiled egg = 7 days/do not freeze  
Soft cheese = 1 week/6 mos  
Hard cheese, opened = 3-4 weeks/6 mos  
Hard cheese, unopened = 6 mos/6 mos  
Deli meat = 3-5 days/1-2 mos  
Hotdogs or lunchmeat unopened = 2 weeks/1-2 mos  
Pasta or potato salad = 2-3 days/freezing not recommended  
Soups/stews = 3-4 days/1-2 mos  
Chili with meat = 2-3 days/1-2 mos  
Chili without meat = 3-4 days/1-2 mos  
Pizza = 1-2 days/freezing not recommended  
Casseroles = 3-4 days/1-2 mos  
Cooked vegetables = 3-4 days/1-2 mos

"When in Doubt, Throw it out!"

Additional Information:  
[www.homefoodsafety.org](http://www.homefoodsafety.org)  
[www.fightbac.org](http://www.fightbac.org)

## Cooking Terms and Abbreviations:

- Baste** - to moisten the food as it cooks by spooning or brushing it at regular intervals with a liquid such as melted fat, meat drippings, fruit juice, sauce or water. This is done to add flavor and color to the food and to prevent drying of the surface
- Boil** - to cook in a liquid which has reached a temperature of 212°F (100°C), or where bubbles are rising continually and are breaking the surface
- Broil** - to cook the food by placing it below direct, dry heat. Most ovens have a broiler that is used to cook, melt, or brown foods
- Chop** - to cut into pieces of roughly the same size, either small (finely chopped) or large (coarsely chopped)
- Dice** - to cut food into tiny cubes, usually about 1/4 inch
- Marinate** - to cover food with a liquid mixture for a specified amount of time before cooking to make it more flavorful, moist and/or tender (food should be covered and refrigerated while marinating)
- Mince** - to cut or chop food into very small pieces; smaller than chopped

## Cooking Terms and Abbreviations:

**Sauté** - to brown or cook a food quickly in a pan over direct heat, usually using a small amount of hot fat

**Simmer** - to cook liquid at a temperature just below the boiling point, low enough that tiny bubbles just begin to break beneath the surface around the edge of the pan

**Oz.** - ounce

**Tbsp.** - tablespoon

**tsp.** - teaspoon

**C.** - cup

Find more information on cooking terms at [www.cooksrecipes.com](http://www.cooksrecipes.com)



## Rise & Shine!

### Basic Gator Smoothie

Makes 2 cups

You will need: blender

$\frac{1}{2}$  cup low-fat plain yogurt

$\frac{1}{2}$  cup low-fat milk

$\frac{1}{2}$  cup fresh, frozen, or canned fruit

Sugar to taste (optional)

$\frac{1}{4}$  tsp. vanilla extract (optional)

Blend all ingredients until smooth.

### Frosty Monkey Smoothie

Makes 2 cups

You will need: blender

$\frac{1}{2}$  cup low-fat milk

$\frac{1}{2}$  cup plain or vanilla yogurt

1 banana, sliced

2 tsp. peanut butter

1 Tbsp. wheat germ (optional)

(add chocolate chips for a special treat)

Blend all ingredients until smooth.

## Moo-Free Fruit Frappe

Makes 4 cups

You will need: blender

$\frac{1}{2}$  cup fruit juice (orange, apple, or cranberry)  
1 banana, sliced  
1 apple, pear, or peach, diced  
10-12 frozen strawberries or other berries  
Ice cubes

Combine all ingredients in blender; slowly add ice to desired consistency.

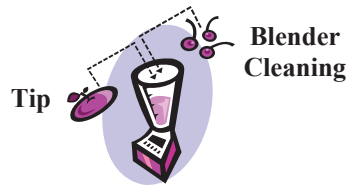
## Orange Cow Smoothie

Makes 4 cups

You will need: blender

1 (6 oz.) can frozen orange juice concentrate  
2 cups low-fat milk  
1 tsp. vanilla  
Sugar to taste  
6 ice cubes

Blend all ingredients except ice. Add ice 1 cube at a time, continue blending until smooth and frothy.



Tip

Blender  
Cleaning

Immediately after making your smoothie, fill the blender with water and a few drops of dish soap.

Blend for a minute and rinse with hot water. Presto! Clean!

## Granola & Yogurt Sundae

1 serving

No equipment needed

1 container of your favorite yogurt  
 $\frac{1}{4}$  cup granola or other crunchy cereal  
 $\frac{1}{2}$  cup fresh, frozen, or canned fruit

Mix yogurt with fruit and granola, serve.



## Gator GORP (Good Ole Raisins & Peanuts)

Makes 4-5 cups

No equipment needed

2-3 cups of your favorite cereal (mix them up!)  
 $\frac{1}{2}$  cup raisins or a mixture of dried fruit  
1 cup tiny pretzels  
 $\frac{1}{4}$  -  $\frac{1}{2}$  cup nuts

Mix together and store in an air-tight container. Great for snacking (put into small baggies to carry in your backpack).



## Basic Bran Muffins

Makes 12 muffins

You will need: muffin tin, 2 medium bowls, measuring utensils

1 ¼ cups all-purpose flour

1 Tbsp. baking powder

¼ tsp. salt

½ cup sugar

1 ½ cups bran cereal

1 ¼ cups fat-free milk

1 egg

2 Tbsp. vegetable oil

½ cup raisins

Vegetable cooking spray

- Stir together flour, baking powder, salt, and sugar; set aside.
- Measure cereal and milk into the other mixing bowl and stir.
- Let stand 1-2 minutes or until cereal is softened.
- Add egg and oil. Beat well. Stir in raisins.
- Add flour mixture to cereal mixture, stirring only until combined.
- Spray muffin cups with cooking spray.

## Apple "Danish"

Makes 1 serving

You will need: toaster oven

1 English muffin

1 apple, sliced

½ cup cottage cheese

Cinnamon

Sugar

- Top English muffin with apple slices and cottage cheese.
- Sprinkle with cinnamon and sugar.
- Heat in toaster oven until lightly browned and hot.

## Banana Bread

Makes 1 loaf (16 servings)

You will need: large bowl, loaf pan, measuring utensils

Vegetable cooking spray

3 ripe bananas, well mashed

2 eggs, well beaten

2 cups flour

¾ cup sugar

1 tsp. salt

1 tsp. baking soda

½ cup coarsely chopped walnuts or pecans (optional)

- Preheat oven to 350° F.
- Spray loaf pan with cooking spray.
- Mix bananas and eggs together in a large bowl.
- Stir in flour, sugar, salt, and baking soda.
- Add walnuts and blend.
- Pour in pan and bake 1 hour.

## Eggs-on-a-Muffin

Makes 1 serving

You will need: skillet, toaster oven or microwave

Vegetable cooking spray

2 eggs OR 1 egg and 2 whites OR 4 egg whites

2 Tbsp. low-fat milk

1 Tbsp. chopped green pepper (optional)

1 English muffin

1 cheese slice

Salt and pepper to taste

- Beat egg with milk and peppers; cook in skillet coated with cooking spray.
- Toast English muffin.
- Place cooked eggs on muffins and top with sliced cheese.
- Heat in toaster oven or microwave until cheese melts.

## Oatmeal Fixin's

Add the following to a bowl of cooked oatmeal to turn a plain bowl into a culinary delight!

Sprinkle with:

Cinnamon, sugar, ginger, or nutmeg

Grated orange peel

Chopped almonds, walnuts, or pecans

Mix in:

Dried fruits or fresh fruit (raisins, cranberries, dates)

Brown sugar, honey, maple syrup

Fruit-flavored yogurt

**\*NUTRITION HINT\***

Use milk instead of water in oatmeal or hot cocoa for a boost of calcium.

## Wrap & Roll

### Open-Faced Sandwich Ideas

Use your favorite bread, English muffins, bagel, or pita

- Spread pizza sauce. Top with mozzarella cheese, green peppers, mushrooms, and onions. Broil until cheese melts.
- Top with ham, tuna, or chicken salad. Sprinkle with choice of shredded cheese and broil until cheese melts.
- Top with sliced tomatoes and cucumbers. Sprinkle with parmesan cheese and broil.
- Place a sliced apple on a bagel. Top with shredded cheese. Broil until cheese melts.

### Tuna Caesar Wrap

Makes 2 wraps

You will need: medium bowl

2 cups lettuce, torn into bite-size pieces

$\frac{1}{4}$  cup low-fat Caesar dressing

1 (6 oz.) can tuna in water, drained

$\frac{1}{4}$  cup croutons

2 Tbsp. grated parmesan cheese

2 (8in.) tortillas

- Toss lettuce with dressing in bowl.
- Add tuna, croutons, and parmesan cheese.
- Spoon 1/2 of mixture onto each tortilla.
- Roll up and eat.



## Egg Salad Sandwich

Makes 1 sandwich

You will need: small bowl

2 hard boiled eggs  
2 Tbsp. reduced-fat mayonnaise  
1 Tbsp. mustard  
Salt & pepper to taste  
2 slices of bread  
Slice of lettuce

- Chop eggs into pieces.
- Mix with mayonnaise, mustard, salt, and pepper.
- Serve on bread with lettuce.

### **Note: How to Boil an Egg...**

- Place eggs in pan and cover with cold water.
- Bring to a boil over high heat.
- Turn off heat, cover, and let eggs stand in hot water for 15 minutes.

## Crunchy Tuna Sandwich

Makes 2 servings

You will need: small bowl

1 (6 oz.) can of tuna, drained  
 $\frac{1}{4}$  cup pecans or other nuts, finely chopped  
 $\frac{1}{4}$  cup celery, finely chopped  
 $\frac{1}{2}$  cup cottage cheese

- Drain tuna.
- Mix together all ingredients.
- Serve on bread, pita, or bagel.



## Turkey Roll-ups

Makes 6 servings (2 roll-ups each)

You will need: baking pan, medium bowl

1 cup water  
1 (8 oz.) package of cornbread stuffing (dry)  
1 (15 oz.) can of corn  
1 Tbsp. tub margarine  
 $\frac{1}{2}$  cup sweetened dried cranberries  
12 slices turkey breast luncheon meat  
1 (8 oz.) jar of turkey gravy

- Preheat oven to 350°.
- Mix water, stuffing, corn, margarine, and cranberries in bowl.
- Spread mixture onto each turkey slice.
- Roll up turkey slice.
- Place turkey rolls in baking pan, seam side down.
- Pour turkey gravy over top.
- Cook for 20 minutes or until thoroughly heated.

## Black Bean Chicken Burritos

Makes 8 servings

You will need: large skillet, baking sheet or pan, small bowl, wooden spoon or potato masher, aluminum foil

1 cup plain yogurt

$\frac{1}{4}$  tsp. salt

$\frac{1}{4}$  tsp. chili powder

$\frac{1}{4}$  tsp. ground cumin

Vegetable cooking spray

1 cup chopped onions

1 (15 oz.) can black beans, drained

1 (4 oz.) can chopped green chilies, drained

8 (10 in.) flour tortillas

2 (6.75 oz.) cans chunk white chicken, drained

1 (8 oz.) can pineapple chunks, drained

$\frac{1}{2}$  cup shredded cheese

- Preheat oven to 350°.
- In small bowl, combine yogurt, salt, chili powder, and cumin.
- Stir well and set aside.
- Spray large skillet with cooking spray.
- Put in onions and cook until tender. Add beans.
- Using a wooden spoon or potato masher, mash beans.
- Stir in green chilies and remove from heat.
- Divide the bean mixture evenly and place in the center of each tortilla.
- Top with chicken, pineapple, and cheese.
- Fold sides of tortilla over filling and place on baking sheet or pan.
- Cover lightly with aluminum foil.
- Bake 15-20 minutes or until hot.
- Spoon yogurt mixture over burritos and serve.

## Vegetarian Tortillas

Makes 4 servings (2 tortillas each)

You will need: medium pan, aluminum foil

8 (8in.) flour tortillas

1 can fat free refried beans

1 cup salsa

$\frac{1}{2}$  tsp. chili powder

1 cup shredded lettuce

1 cup shredded cheese

1 cup chopped tomatoes

Low-fat sour cream or plain yogurt

- Preheat oven to 250°.
- Wrap tortillas in aluminum foil and heat in oven 5-10 minutes (until warm).
- Mix beans, salsa, and chili powder in pan and heat over medium heat about 5 minutes (until warm).
- Place the bean mixture in the center of each tortilla.
- Top with lettuce, cheese, and chopped tomatoes.
- Fold tortilla around filling.
- Serve with additional salsa, low-fat sour cream, or low-fat plain yogurt.

## Spinach Quesadillas

Makes 2 quesadillas

You will need: large skillet, medium bowl, spatula

1 small jalapeno pepper, seeded and minced  
1 cup packed fresh spinach leaves, well rinsed, drained, and chopped  
2 (8 in.) flour tortillas  
 $\frac{1}{4}$  cup shredded Monterey jack or cheddar cheese  
1 small tomato, thinly sliced

- In large skillet, cook pepper over medium heat until soft (~2 minutes).
- Add spinach, stirring occasionally. Cook just until wilted.
- Remove skillet from heat and transfer mixture to medium bowl.
- Place one tortilla in skillet.
- Sprinkle  $\frac{1}{2}$  of cheese onto  $\frac{1}{2}$  of tortilla.
- Top cheese with  $\frac{1}{2}$  of the spinach mixture and  $\frac{1}{2}$  of the tomato slices.
- Fold tortilla in half and press down with back of spatula.
- Cook tortilla over medium heat until the tortilla is golden brown and the cheese is melted (~2 minutes on each side).
- Transfer the quesadilla to a cutting board and cut into wedges.
- Repeat with other tortilla.

## Huevos Rancheros

Makes 4 servings

You will need: medium pan, aluminum foil, small bowl

1 medium onion, chopped  
1 small garlic clove, minced  
1 jalapeno, seeded and minced  
1 (14 oz.) can tomatoes  
 $\frac{1}{4}$  tsp. salt  
4 eggs  
4 flour or corn tortillas  
Vegetable cooking spray

- Preheat oven to 250°.
- Wrap tortillas in foil and warm in oven 5-10 minutes.
- Spray pan with cooking spray.
- Add onion, garlic and jalapeno to pan, sauté until tender.
- Add tomatoes and salt.
- Bring to boil, reduce heat, and simmer for 5 minutes.
- One at a time, break eggs into small bowl and pour into sauce.
- Cook until eggs set.
- Evenly divide eggs on each tortilla and serve.

## **Soups, Salads, & Sides**

### **Broccoli Soup**

Makes 4 servings

You will need: large pot or saucepan



1 ½ cup fresh chopped broccoli or 10 oz. package frozen

chopped broccoli

¼ cup diced celery

¼ cup chopped onion

1 cup chicken broth

2 cups fat-free milk

2 Tbsp. cornstarch

¼ tsp. salt

Dash of pepper

¼ cup shredded Swiss cheese

- Place broccoli, celery, onion, and broth in pan; bring to boil.
- Reduce heat, cover, and cook until vegetables are tender (about 8 minutes).
- Combine milk, cornstarch, salt, and pepper. Add to cooked vegetables.
- Cook, stirring constantly, until soup is slightly thickened and just begins to boil.
- Remove from heat.
- Add cheese and stir until melted.

### **Easy Bean Soup**

Makes 5 servings

You will need: large pot or saucepan

1 (15 oz.) can white hominy, drained (hominy is a vegetable similar to corn)

1 (15 oz.) can black beans, drained

1 (15 oz.) can chili-style diced tomatoes, undrained

1 (15 oz.) can ready-to-serve chicken broth

1 tsp. chopped fresh cilantro or ¼ tsp dried cilantro

½ tsp. chili powder

½ tsp. ground cumin

- Combine all ingredients in large pot or dish.
- On stovetop, cook over medium heat, stirring occasionally, for 10 minutes. Or, heat in microwave on full power for 3 minutes, stirring every minute till thoroughly heated.

### **Sweet Potato Oven "Fries"**

Makes 4 servings

You will need: baking pan

4 sweet potatoes, peeled

1 tsp. olive oil

Salt & pepper

- Preheat oven to 375°.
- Slice potatoes ¼ inch thick.
- Place in baking pan. Drizzle with olive oil. Bake for 25-35 minutes, until lightly brown, crisp outside and soft inside.
- Sprinkle with salt and pepper.

*Variation:* sprinkle with cinnamon and sugar instead.

## Vegetarian Chili

Makes 6 servings

You will need: large pan

Vegetable cooking spray

2 garlic cloves, minced

1 chopped onion

1 cup chopped green pepper

3 (15 ½ oz.) cans pinto beans, undrained

2 (15 ½ oz.) cans dark kidney beans, undrained

1 (15 ½ oz.) can diced tomatoes, undrained

1 (8 oz.) can tomato sauce

1 (6 oz.) can tomato paste

Chili powder to taste (at least 2-3 Tbsp.)

Pepper to taste

\*Optional: 1-½ cup frozen peas and/or corn

\*Optional: shredded cheese, lowfat yogurt, low fat sour cream

- Spray large pot with cooking spray.
- Over medium-high heat, lightly sauté garlic, onion, and green pepper.
- Add the pinto beans, kidney beans, tomatoes, sauce, and paste.
- Bring to a boil, reduce heat, and simmer.
- Add chili powder, 1 Tbsp. at a time to taste, and pepper.
- Stirring frequently, simmer on very low heat for at least ½ hour, until thoroughly heated.
- Add water as needed to achieve the thickness you prefer.
- Ten minutes before serving, add frozen peas or corn (keep frozen, they will thaw in the chili).
- Top chili with shredded cheese and low-fat yogurt or low-fat sour cream.

## 2-Can Chili

Makes 4-5 servings

You will need: medium-sized pot or saucepan

8 oz. tofu crumbles or ½ lb cooked lean ground beef

1 (15 oz.) can kidney beans, undrained

1 (15 oz.) can stewed tomatoes, undrained

Chili powder and hot sauce to taste

Pepper to taste

- Combine tofu or drained beef with kidney beans and tomatoes in a pot.
- Add chili powder and hot sauce to taste.
- Add pepper to taste.
- Cook on medium for 10-15 minutes or until heated thoroughly.

## Oven-Roasted Potatoes

Makes 3-4 servings

You will need: baking sheet or pan, small bowl, large plastic zip bag

3-4 large potatoes, coarsely chopped

1 Tbsp. dried basil or ¼ cup fresh chopped basil

1 Tbsp. minced garlic

1 Tbsp. vegetable oil

½ tsp. pepper

¼ tsp. salt

- Preheat oven to 400°.
- Mix oil and seasonings in plastic bag.
- Add potatoes, seal bag, and toss until potatoes are coated.
- Place potatoes on baking sheet or pan.
- Bake for ~20-25 minutes until potatoes lightly browned.

## **Fiesta Spanish Rice**

Makes 6 servings

You will need: large pot with cover

Vegetable cooking spray

$\frac{1}{4}$  cup chopped onion

2 cloves garlic, minced

1 (15 oz.) can chopped tomatoes, undrained

1 (15 oz.) can beef or chicken broth

1 (4 oz.) can chopped green chilies, undrained

$1\frac{1}{2}$  tsp. chili powder

$\frac{1}{8}$  tsp. salt

Pepper to taste

1 cup regular rice, uncooked

- Coat a large pan with cooking spray. Heat on stove top.
- Add onion and garlic, sauté until brown.
- Stir in tomatoes, broth, chilies, chili powder, salt, and pepper.
- Bring to a boil and stir in rice.
- Cover, reduce heat, and simmer 20-25 minutes, stirring

## **Pineapple-Yogurt Fruit Salad**

Makes 4 servings

You will need: a mixing bowl

1 can (16 oz.) diced pineapple chunks, drained

2 cups vanilla yogurt

$\frac{1}{4}$  cup raisins

2 small oranges, peeled and sectioned

- Combine all ingredients, chill, and serve.

## **Speckled Bean Salad**

Makes 4 servings

You will need: large bowl, cutting board

1 (15 oz.) can black beans

1 (15 oz.) can garbanzo beans (chick peas)

1 fresh tomato, diced

1 red or green pepper, chopped into small pieces

$\frac{1}{4}$ - $\frac{1}{2}$  cup crumbled feta cheese

Salad dressing of your choice (recommendations: Caesar, vinaigrette, or tahini)

Salt & pepper, to taste

- Drain and rinse beans, put into bowl.
- Toss with tomato, peppers, and feta cheese.
- Drizzle with salad dressing.
- Sprinkle with salt and pepper.

## **Corn & Black Bean Salsa**

Makes 5 servings

You will need: large bowl

1 (15 oz.) can corn, drained

1 (8 oz.) jar salsa

1 (15 oz.) can black beans, drained and rinsed

1 Tbsp. fresh, chopped cilantro (optional)

- Combine all ingredients in large bowl.
- Cover and refrigerate.

Use as a topping for grilled chicken or as a stuffing for pitas. Tastes great with baked tortilla chips.

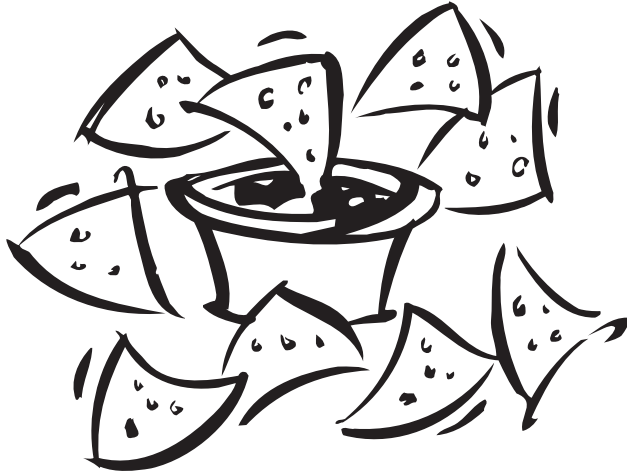
## Mouth-Watering Main Dishes

### Spinach Dip

You will need: large bowl

- 1 (10 oz.) package frozen chopped spinach, thawed and drained
- 1 (8 oz.) container low-fat sour cream
- 1 cup reduced-fat mayonnaise
- 1 (0.4 oz.) packet dry onion or vegetable soup mix

- Mix together all ingredients.
- Refrigerate for at least 4 hours.
- Serve with raw vegetables, pita, or crackers. Stir before serving.



### *Pasta Entrees*

#### Lazy Lasagna

Makes 3-4 servings

You will need: large skillet with cover

- 1 lb. lean ground beef
- 1 (28 oz.) jar of spaghetti sauce
- 16 oz. low-fat cottage or ricotta cheese
- 4 oz. egg noodles, uncooked
- 4 oz. mozzarella cheese

- In large skillet, over medium heat, brown beef and drain fat.
- Add sauce, cheese, and noodles. Stir together.
- Bring to a boil, cover, reduce heat, and simmer for 30 minutes.
- Uncover and top with shredded mozzarella cheese.
- Remove from heat. Let stand till cheese melts. Serve.





### Light Italian Spaghetti Primavera

Makes 6 servings

You will need: large skillet, large pan

8 oz. thin spaghetti, uncooked

$\frac{1}{2}$  cup reduced calorie Italian salad dressing

1 green pepper, chopped

1 red pepper, chopped

1 yellow squash, cut into  $\frac{1}{2}$  inch strips

1 cup sliced fresh mushrooms

$\frac{1}{4}$  cup chopped onion

3 Tbsp. sliced pitted ripe olives (optional)

$\frac{1}{4}$  cup shredded part-skim mozzarella cheese

3 Tbsp. chopped fresh parsley or 1 tsp. dried parsley

- Cook spaghetti according to package directions.
- In large skillet, combine Italian dressing and vegetables.
- Simmer until vegetables are crisp-tender.
- Serve vegetables over spaghetti.
- Sprinkle with cheese and parsley.

### Baked Ziti

Makes 6-8 servings

You will need: large casserole dish, large pan, aluminum foil

1 lb. ziti, uncooked

15 oz. low-fat ricotta cheese

8 oz. part-skim shredded mozzarella cheese

1 lb. cooked lean ground beef (optional)\*

1 tsp. dried basil

26 oz. jar/can spaghetti sauce

2 Tbsp. grated parmesan cheese

- Preheat oven to 350°.
- Cook ziti as directed on the box and drain well.
- Combine ziti, ricotta, and mozzarella cheese.
- Spread half of ziti mixture into bottom of large casserole dish.
- Combine cooked beef, basil, and spaghetti sauce.
- Pour half of meat sauce mixture on top of ziti mixture and sprinkle half of parmesan cheese over it.
- Repeat.
- Cover with foil and put in oven.
- Bake for 25 minutes.
- Remove foil and continue baking for 15 minutes.



## Zesty Pasta Sauce

Makes 7 cups of sauce

You will need: large pan

- 1 Tbsp. olive oil
- $\frac{1}{2}$  cup onion, chopped
- 2 cloves garlic
- 1 (15 oz.) can tomato sauce
- 1 (16 oz.) can tomato paste
- 1 (14 oz.) can stewed tomatoes
- 1 tsp. dried basil
- $\frac{1}{4}$  tsp. oregano
- $\frac{1}{4}$  tsp. pepper
- 2 tsp. sugar
- $\frac{1}{2}$  cup water

- Heat olive oil in pan.
- Sauté onion and garlic in olive oil.
- Add sauce, paste, tomatoes, spices, sugar, and water.
- Simmer for  $\frac{1}{2}$  hour.
- Serve over pasta, chicken, or use as a pizza sauce.



## Southwest Pasta

Makes 4 servings

You will need: large pan, large skillet

- 8 oz. rigatoni or other pasta
- 1 tsp. olive oil or vegetable oil
- 1 onion, chopped
- 1 clove garlic
- $\frac{1}{2}$  green pepper, chopped
- 1 (8 oz.) can tomato sauce
- 1 (15 oz.) can kidney beans
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{2}$  tsp. chili powder
- Pepper to taste

- Cook pasta according to package directions, drain well.
- In skillet, sauté onions, garlic, and green pepper in oil until soft.
- Stir in tomato sauce, kidney beans, salt, chili powder, and pepper.
- Simmer several minutes until heated.
- Top pasta with sauce.



## Tuna Shells

Makes 4 servings

You will need: large pan

1 cup shell pasta, uncooked

$\frac{1}{2}$  cup fat-free milk

8 oz. shredded reduced-fat mozzarella cheese

2 Tbsp. grated parmesan cheese

1 large or 2 small cans (12 oz. total) tuna packed in water, drained

- Cook pasta according to directions on box. Drain and set aside.
- Pour milk into pan and stir in mozzarella and parmesan cheeses.
- Cook over medium heat until cheese is melted.
- Stir in pasta and tuna. Serve.

## Tofu Macaroni

Makes 2 servings

You will need: baking dish, small bowl

2 cups cooked whole wheat, regular, or spinach macaroni

Vegetable cooking spray

$\frac{1}{2}$  lb. tofu, crumbled or cubed

$\frac{1}{2}$  cup grated cheddar cheese

1 slice celery, chopped

1 small onion, chopped

1 carrot, chopped

$\frac{1}{2}$  cup bread crumbs

1 egg

1 cup fat-free milk

- Preheat oven to 350°.
- Spray baking dish with cooking spray.
- Mix macaroni, tofu, cheese, and vegetables in a greased baking dish.
- Sprinkle with bread crumbs.
- Beat egg and milk together in small bowl. Pour over macaroni mixture.
- Bake for 30 minutes until cheese is melted.

## Sesame Noodles

Makes 4 servings

You will need: large pan, medium bowl

1 cup uncooked pasta  
 $\frac{1}{4}$  cup peanut butter  
 $\frac{1}{4}$  cup soy sauce  
1 Tbsp. vegetable oil  
 $\frac{1}{2}$  tsp. garlic powder  
 $\frac{1}{4}$  tsp. black pepper  
4 scallions or green onions, chopped  
1 cup of your choice of cooked vegetables (ex: peas, diced carrots, celery, or peppers)

- Cook pasta according to package directions. Drain.
- Stir together peanut butter, soy sauce, oil, garlic powder, and black pepper.
- Pour sauce over pasta and vegetables; mix well.



## *Chicken Entrees*

### Ideas to Jazz-up Your Chicken Breast

- Marinate chicken breast in teriyaki sauce, honey mustard, orange juice, or Italian dressing; broil, bake, or grill.
- Baste chicken breast with barbecue sauce, Cajun seasoning, or orange marmalade; broil, bake, or grill.
- Top a plain, cooked chicken breast with salsa, pineapple, or pasta sauce.

### Parmesan Baked Chicken

Makes 2 servings

You will need: baking pan, mixing bowl

Vegetable cooking spray  
 $\frac{1}{2}$  cup dry bread crumbs  
 $\frac{1}{4}$  cup grated parmesan cheese  
 $\frac{1}{4}$  tsp. garlic salt  
 $\frac{1}{8}$  tsp. pepper  
 $\frac{1}{4}$  tsp. paprika  
2 skinless, boneless chicken breasts  
Non-stick vegetable cooking spray

- Preheat oven to 350°.
- Spray baking pan with cooking spray.
- In bowl, combine bread crumbs, cheese, and spices.
- Coat chicken breasts with crumb mixture and place in baking pan.
- Bake 20-30 minutes until meat is 180° and juices run clear.

## Oven Fried Chicken

Makes 4 servings

You will need: glass baking dish, 2 small bowls

Vegetable cooking spray

$\frac{1}{2}$  cup cornflakes, crushed

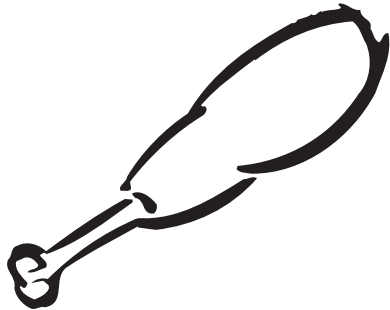
$\frac{1}{2}$  cup grated parmesan cheese

$\frac{1}{4}$  cup skim milk

4 boneless, skinless chicken breasts

Salt & pepper to taste

- Preheat oven to 350°.
- Spray baking dish with cooking spray.
- Combine the cornflakes and cheese in a small bowl.
- Pour milk in another small bowl.
- Dip chicken breasts in milk and then the cornflake cheese mixture, completely coating. Salt and pepper to taste.
- Place chicken in baking dish and cook for about 30 minutes until chicken is 180 degrees. Turn every 10 minutes.



## Chicken & Stuffing Bake

Makes 4 servings

You will need: baking dish with cover, 2 medium bowls

1  $\frac{1}{4}$  cups boiling water

2 Tbsp. melted margarine

4 cups herb seasoned stuffing

4 boneless skinless chicken breast halves

1 can fat-free condensed cream of mushroom soup

$\frac{1}{3}$  cup low-fat milk

- Preheat oven to 400°.
- Mix water, margarine and stuffing together in bowl.
- Spoon stuffing across center of baking dish, leaving space on both sides for chicken.
- Arrange chicken on each side of stuffing.
- Mix soup and milk together and pour over chicken.
- Cover and bake for 30 minutes or until chicken is 180° and juices run clear.

## Chicken & Rice

Makes 4 servings

You will need: baking dish with cover

1 can fat-free condensed cream of mushroom soup

1 cup water

$\frac{3}{4}$  cup regular white or brown rice, uncooked

$\frac{1}{4}$  tsp. paprika

$\frac{1}{4}$  tsp. pepper

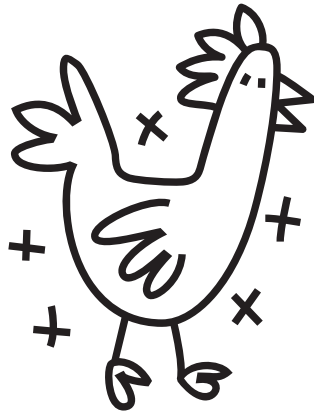
4 boneless, skinless chicken breasts

- Preheat oven to 375°.
- In baking dish mix soup, water, rice, paprika, and pepper.
- Place chicken on rice mixture.
- Sprinkle with additional paprika and pepper.
- Cover with lid or foil and bake for 45 minutes, until chicken is a 180°.

### **\*VARIATION\***

Use cream of chicken soup (or cream of broccoli) and add 1 cup broccoli florets and 1 cup of sliced carrots to rice mixture.

Fresh or frozen vegetables may be used.



## ***Beef Entrees***

### Flank Steak

Makes 4 servings

You will need: large baking dish, plastic wrap, oven safe dish, small bowl, saucepan

1  $\frac{1}{2}$  lb. flank steak

Pepper to taste

1 large onion, sliced

1 cup mushrooms, sliced

$\frac{1}{2}$  cup soy sauce

3 Tbsp. olive oil

- Sprinkle steak with pepper.
- Put steak in a large dish and cover with sliced onion and mushrooms.
- Stir soy sauce and olive oil together.
- Pour over steak. Cover with saran wrap and place in refrigerator to marinate for at least 6 hours.
- Remove steak from marinade, place on an oven safe dish, and broil steak for about 4 minutes on each side.
- While the steak is broiling, pour the marinade (soy sauce and olive oil) and vegetables in a saucepan and bring to a boil. Reduce heat and simmer.
- Pour marinade over cooked steak and serve.



## Mini Meatloaves

Makes 4 servings

You will need: shallow baking pan or sheet, large bowl

1/3 cup bread crumbs, crushed

1 egg

1 Tbsp. dried minced onion

½ tsp. basil leaves

1/3 cup low-fat milk

1/8 tsp. salt

¾ lb. lean ground beef

Dash of pepper

- Preheat oven to 375°.
- Combine all ingredients in bowl.
- Shape into 4 individual loaves.
- Place in shallow baking pan or sheet.
- Bake for 25 minutes or until meat is brown.

## Beef & Corn Casserole

Makes 4-5 servings

You will need: large skillet with cover

1 lb. lean ground beef

1 small onion, chopped

¼ cup Worcestershire sauce

2 (16 oz.) cans tomatoes, crushed or diced

1 (16 oz.) can corn

1 (16 oz.) can lima beans

1 raw baking potato, chopped (can substitute a sweet potato)

- Brown beef in skillet. Drain fat.
- Add remaining ingredients and drained beef to skillet.
- Cover and heat on medium for 30 minutes.

## Cheesy-Beef Casserole

Makes 4 servings

You will need: large skillet, large pan, baking dish

1 box macaroni & cheese dinner

1 lb. lean ground beef

2 (15 oz.) cans stewed tomatoes, drained

1 cup shredded reduced-fat sharp cheddar cheese

- Preheat oven to 350°.
- Prepare macaroni and cheese according to package Directions; set aside.
- Brown ground beef in a skillet. Drain fat.
- Combine macaroni and cheese dinner, beef, and tomatoes in a baking dish.
- Bake for 15 minutes.
- Sprinkle with cheese and bake an additional 5 minutes.



## ***Pork Entree***

### **Skillet Pork & White Beans**

Makes 4 servings

You will need: large skillet with cover

4 pork chops

1 (15 oz.) can white kidney beans, drained

1 (16 oz.) can Cajun-seasoned chunky tomatoes (ex: Italian, Mexican, Rotel Brand®, or similar)

- Pan fry pork chops to 160° and remove from skillet.
- Pour beans and tomatoes in skillet; cover and simmer for 10 minutes.
- Add pork chops to skillet and heat thoroughly.

## ***Fish Entrees***

### **Easy Bake Fish**

Makes 4 servings

You will need: small bowl, baking dish

1 tsp. lemon juice

3 Tbsp. Dijon mustard

3 Tbsp. honey

4 salmon steaks

$\frac{1}{2}$  tsp. pepper

- Preheat oven to 325°.
- In small bowl mix lemon juice, mustard, and honey.
- Spread mixture over salmon steaks and season with pepper.
- Arrange salmon in baking dish.
- Bake 20 minutes, until fish flakes easily with fork.



### **Lemon Fish**

Makes 4 servings

You will need: small microwave safe bowl, baking dish

2 Tbsp. margarine

$\frac{1}{2}$  cup bread crumbs

1 $\frac{1}{2}$  tsp. lemon juice

1 Tbsp. dried parsley

1 lb. mild fish such as flounder, cod, or whitefish

Salt and pepper

- Preheat oven to 350°.
- In small microwave safe bowl (covered with plastic wrap), melt margarine (about 30 seconds).
- Add bread crumbs, lemon juice, and parsley to melted margarine.
- Put fish in baking pan; sprinkle with salt and pepper.
- Top fish with bread crumb mixture.
- Bake for about 10 minutes or till fish flakes easily with fork.

## ***Rice, Vegetable, and Bean Entrees***

### **Stir-Fry**

Makes 4 servings

You will need: large skillet

Vegetable cooking spray

Boneless, skinless chicken breast, cut into strips (optional)

1 onion, peeled and chopped

1 small can sliced mushrooms, drained

1 (10-16 oz.) bag of frozen vegetables (ex: oriental blend, broccoli, cauliflower, carrots, or combination)

2 cups tofu, crumbled

$\frac{1}{4}$  cup soy sauce mixed with  $\frac{1}{4}$  cup water or small can of vegetable or chicken broth

4 cups rice or noodles, cooked

- Coat skillet with cooking spray.
- If using chicken, place in skillet and cook until no longer pink inside.
- Add onion, mushrooms, frozen vegetables, and tofu. Cook until vegetables are crisp tender.
- Add liquid and thoroughly heat.
- Serve over cooked rice or noodles.



### **Red Beans & Rice**

Makes 6 servings

You will need: large pan with cover

2 (15 oz.) cans red kidney beans, drained and rinsed

$\frac{1}{2}$  tsp. cayenne pepper

1 tsp. black pepper

4 cups water

1- $\frac{1}{2}$  cups chopped celery

1- $\frac{1}{2}$  cups chopped onion

$\frac{1}{2}$  tsp. garlic powder

4 oz. lean ham, cut into chunks (optional)

6 cups cooked rice

- Put all ingredients, except rice, in a large pan.
- Bring to boil, reduce heat, and simmer covered for at least 20 minutes.
- Serve bean mixture over cooked rice.





## Cuban Black Beans

Makes 4 servings

You will need: large skillet

Vegetable cooking spray

1 cup chopped onion

2 tsp. minced garlic

2 (15 oz.) cans black beans, drained

1 chopped bell pepper

$\frac{1}{2}$  tsp. ground cumin

Cooked white or yellow rice

- Sauté onion and garlic in cooking spray
- Add beans, bell pepper, and cumin.
- Bring to a boil, reduce heat, and simmer until tender.
- Serve over hot rice (or use as stuffing for pita or tortilla).

## Black-eyed Peas & Rice

Makes 4 servings

You will need: large pan with lid

$\frac{1}{2}$  cup regular long grain rice, uncooked

$\frac{1}{4}$  cup chopped green bell pepper

$\frac{1}{2}$  cup water

$\frac{1}{4}$  tsp. salt

$\frac{1}{8}$  tsp. pepper

1 small zucchini, sliced

1 (15 oz.) can black-eyed peas, drained

1 (15 oz.) can stewed tomatoes, undrained

- Place all ingredients in a pan and bring to a boil.
- Reduce heat, cover, and simmer for 20 minutes until heated through and rice is cooked.

## Fiesta Nachos

Makes 3 servings

You will need: 9" x 13" baking pan, sauce pan

Vegetable cooking spray

8 oz. bag baked tortilla chips

1 (15 oz.) can refried beans

1 (8 oz.) jar salsa

1 (4 oz.) can chopped green chilies

1 cup fat-free sour cream

6 oz. low-fat shredded cheese

- Preheat oven to 350°.
- Spray pan with cooking spray; then line with tortilla chips.
- In a sauce pan, combine beans, salsa, chilies, sour cream, and  $\frac{1}{2}$  of the shredded cheese.
- Cook over medium heat until hot and cheese melts.
- Pour salsa mixture over the chips and sprinkle the remaining cheese.
- Bake for 10-15 minutes or until cheese is melted.

### **\*VARIATIONS\***

◇◇ Substitute cooked chicken, ground beef, or tofu for the beans.

◇◇ Add fresh chopped tomatoes, sliced avocados, black olives, or chopped onions.



## Resources

### Free Recipes:

- [www.allrecipes.com](http://www.allrecipes.com)—recipes from home cooks
- [www.cooking.com](http://www.cooking.com)—a variety of recipes from different sources
- [www.mealsforyou.com](http://www.mealsforyou.com)—a variety recipes with nutrition breakdown
- [www.recipeland.com](http://www.recipeland.com)—a variety of recipes
- [www.vegcooking.com](http://www.vegcooking.com)—vegetarian recipes
- [www.vegweb.com](http://www.vegweb.com)—vegetarian recipes
- [www.vrg.com](http://www.vrg.com)—vegetarian resource page with recipes

### Other Helpful Sites:

- [www.eatright.org](http://www.eatright.org)- American Dietetic Association website
- [www.nutrition.gov](http://www.nutrition.gov)—the US government's website with information on food and human nutrition for consumers
- [www.quackwatch.com](http://www.quackwatch.com)—Dr. Stephen Barrett's website that is a guide for quackery, health fraud, and informed decisions.
- [www.unionstreetfarmersmkt.com](http://www.unionstreetfarmersmkt.com)- information on the Union Street Farmers Market in Gainesville
- [www.cspinet.org](http://www.cspinet.org)



## Notes

