

Make Time for Health!

Family Menu 1

*Chicken Taco Soup
Cornbread

*Baked Apple Crisp with
Frozen Vanilla Yogurt

A crowd pleaser, this recipe makes a large amount and is great for leftovers. It is always wise to serve small portions of a new recipe. Start with a 1/2 or 1 cup portion. You will find that "second servings" are popular. The dessert recipe is also easy: the apple crisp bakes while you eat the soup.

Chicken Taco Soup

Ingredients (12 servings, 1 cup/serving)

Chicken breast, 1 lb., cooked, cut into small bite size pieces
Diced tomatoes, low sodium, 2 - 28 oz. cans
Black beans, 2 cans, (15 oz. each) drained and rinsed well to reduce sodium
Whole corn, 2 cans, (15 oz. each) drained and rinsed well to reduce sodium
Taco seasoning mix – 40% less sodium, Old El Paso (Also lower in sodium)
Water, 2-4 cups (The amount depends on how thick you like your soup!)

Garnish:

Cheddar cheese, light (Reduced fat), grated, about 2 Tbsp./serving
Sour cream, fat-free, 1-2 tsp./serving
Cilantro, 1 tsp/serving, fresh, minced

Directions

1. In a 2 quart stockpot, add the cooked chicken, tomatoes, beans, corn, dip and taco mix to stockpot. Bring to a simmer. Add 2 cups of water, more if needed. Simmer for 20-30 minutes.
2. To serve, place the sour cream, cilantro and cheese in small separate bowls to add, if desired, to add at the table. Ladle soup into bowls and serve.

Apple Crisp

Ingredients (Serves 6 servings, cup/servings)

Apples, 4 large, peeled (about 2 pounds) - Golden Delicious or Granny Smith
Lemon Juice, 1 Tbsp.
Nonfat vegetable spray to coat baking dish
Brown sugar, 1/4 cup
White flour, 1/4 cup
Cinnamon, 1 tsp.
Nutmeg, 1/2 tsp.
Margarine, 1 Tbsp.
Nuts, 1/3 cup (chopped walnuts, almonds or pecans)

Directions

1. Preheat the oven to 350°F. Wash apples. Peel and slice the apples. Toss with the lemon juice.
2. Spray a shallow baking dish with the nonfat vegetable spray. Add the apples.
3. Mix together the sugar, flour, cinnamon and nutmeg. Cut in the margarine with a fork. Add nuts.
4. Sprinkle mixture on top of apples. Cover with foil and bake for 30 minutes. Uncover and bake until tender, 15-30 more minutes. Serve warm.

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Nutrition Information for

Family Menu 1

*Chicken Taco Soup
Cornbread

*Baked Apple Crisp with
Frozen Vanilla Yogurt

Check for "nutrition value" at each meal!

<p>Taco Soup Analysis for 1 cup This includes 2 Tbsp of low fat cheese</p> <p>Calories: 225, 8% fat Protein: 21 grams Calcium: 490 mg Cholesterol: 40 mg Sodium: 350 mg Fiber: 7 g Carbohydrates: 31 g Fat, total: 4 grams Saturated fat: 2 grams</p>	<p>Apple Crisp Analysis for 1 serving (1/6) This does not include frozen yogurt</p> <p>Calories: 180, 8% fat Protein: 3 grams Calcium: Cholesterol: 0 mg Sodium: 25 mg Fiber: 3 g Carbohydrates: 32 g Fat, total: 6 grams Saturated fat: 0.5 grams</p>	<p>Entire meal analysis includes: soup with 2 Tbsp. low fat cheese, cornbread, apple crisp, and 1/2 cup frozen low fat yogurt</p> <p>Note: Cornbread is made with low fat milk, 1/6 serving of an 8-inch square pan.</p> <p>Calories: 680, 8% fat Protein: 33 grams Calcium: Cholesterol: 70 mg Sodium: 850 mg Fiber: 12 g Carbohydrates: 110 g Fat, total: 16 grams Saturated fat: 4.5 grams</p>
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The 2005 Dietary Guidelines Recommend:

- Calories - to keep weight in a healthy range
- Protein - no recommendation; generally 15-20% of total calories
- Calcium - Adults - 3 cups of fat-free or low-fat milk or milk products (e.g. yogurt, low fat cheese)
children - 2-8 years, 2 cups low-fat dairy; children 9+ - 3 cups low fat dairy
- Cholesterol - less than 300 mg/day
- Sodium - less than 2,300 mg/day
- Fiber - 25 mg/day for women and 35 mg/day for men
- Carbohydrates - fiber-rich sources of fruits, vegetables and 3 or more whole grains daily
Fruits - 2 cups/day and Vegetables - 2 1/2 cups/day
- Fat, total - between 20-35% of calories with mostly unsaturated fats as the source
- Saturated fat - less than 10% of total daily calories from saturated fats

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Make Time for Health!

Family Menu 2

*Sauteed Ham Slice with Pineapple Sauce

*Baked Sweet Potato Wedges

*Green Beans with Almonds

Mandarin Oranges

When you are in time crunch, nothing is faster than a quick sauteed slice of ham. Prepare the potatoes first. If you slice them into uniform small wedges and use a high heat, they will cook in less time.

Sauteed Ham Slice with Pineapple Sauce

Ingredients (4 servings, 4 ounces of ham/serving)

Ham slices, 1-1/4 lbs. (These are sold vacuum sealed and will keep in the refrigerator)

Pineapple chunks, packed in juice, 1 can (15 oz.)

Cornstarch, 1 Tbsp.

Cold water, 3 Tbsp.

Optional: Sesame oil, 2 tsp.

Directions

1. Mix together the cornstarch and cold water and dissolve completely.
2. In a small sauce pan, add the pineapples with their juice and the cornstarch mixture. Bring to a simmer and cook for one minute. Remove from heat and add sesame oil, if desired.
3. For ham steaks, slice each steak in half. Place in a nonstick pan with a small amount of water. Heat through and place on serving place. Serve the pineapple sauce on the side.

Baked Sweet Potato Wedges

Ingredients (Serves 4 servings)

Yams or sweet potatoes, scrubbed (2-3) about 1 1/2 lbs.

Olive oil, 1 Tbsp.

Chili powder, 2 tsp.

Directions

1. Preheat the oven to 450°F. Wash and scrub the potatoes. For extra fiber, leave on the peels. Slice potato in half crosswise. Slice each half into 8 wedges. Toss with the olive oil and lightly salt and pepper and add chili powder, if desired.
2. Spray a heavy baking sheet with the nonfat vegetable spray. Bake for 15 minutes. Turn with a spatula and cook 5-10 minutes longer until done.

Green Beans with Almonds

Ingredients (Serves 4-6 servings)

Green beans, fresh, 1 lb.

Water, about 2 cups

Almonds, 1/3 cup, slices or slivers

Directions

1. Wash and trim off the ends of the green beans.
2. Bring water to boil in a pan that has a lid. Add the green beans. Simmer with lid vented for about 7 minutes or until just tender. Drain and place in serving bowl.
3. In a nonstick pan, add the almonds and lightly brown, but do not burn. Sprinkle on top of green beans.

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Make Time for Health!

Nutrition Information for

Family Menu 2

*Sauteed Ham Slice with Pineapple Sauce

*Baked Sweet Potato Wedges

*Green Beans with Almonds

Wheat Bread with margarine

Mandarin Oranges

Check for "nutrition value" at each meal!

Ham served with pineapple sauce. Calories: 220, 23% fat Protein: 19 grams Calcium: 7 mg Cholesterol: 49 mg Sodium: 952 mg Fiber: 1 g Carbohydrates: 22 g Fat, total: 6 grams Saturated fat: 1.7 grams	Baked Sweet Potato Wedges Calories: 130, 19% fat Protein: 2 grams Calcium: 27 Cholesterol: 0 mg Sodium: 20 mg Fiber: 3.7 g Carbohydrates: 25 g Fat, total: 3 grams Saturated fat: <1 gram	Entire meal analysis includes: 3 oz. ham, pineapple sauce. 3/4 cup sweet potatoes, 3/4 cup green beans with almonds, 1 slice wheat bread, 1 tsp margarine, 1/2 cup mandarin oranges Calories: 590, 27% fat Protein: 25 grams Calcium: 117 Cholesterol: 45 mg Sodium: 1,080 mg Fiber: 8.9 g Carbohydrates: 83 g Fat, total: 18 grams Saturated fat: 3 grams
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Calories - to keep weight in a healthy range

Protein - no recommendation; generally 15-20% of total calories

Calcium - Adults - 3 cups of fat-free or low-fat milk or milk products (e.g. yogurt, low fat cheese)
children - 2-8 years, 2 cups low-fat dairy; children 9+ - 3 cups low fat dairy

Cholesterol - less than 300 mg/day

Sodium - less than 2,300 mg/day

Fiber - 25 mg/day for women and 35 mg/day for men

Carbohydrates - fiber-rich sources of fruits, vegetables and 3 or more whole grains daily

Fruits - 2 cups/day and Vegetables - 2 1/2 cups/day

Fat, total - between 20-35% of calories with mostly unsaturated fats as the source

Saturated fat - less than 10% of total daily calories from saturated fats

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Make Time for Health!

Family Menu 3

Spaghetti Sauce with *Turkey Meatballs
Whole Wheat Spaghetti Noodles
*Mixed Green Salad and Dressing
Wheat Bread with margarine
Chocolate Pudding made with low fat milk

Most kids tend to like this family favorite meal. If you prefer to buy prepared spaghetti sauce, read the Nutrition Facts and check the sodium and fat levels. Wheat noodles are an easy way to boost fiber. A simple salad and a high calcium dessert made from low fat milk complete the meal.

Turkey Meatballs

Ingredients (4 servings, 20-25 meatballs, 4-5 for 1 serving)

Ground turkey, reduced fat, 1 lb. (Does not need to be the lowest fat version)
Egg, 1 slightly beaten
Bulgur, 1/4 cup dry or Breadcrumbs, plain, 1/2 cup
Parsley, fresh, 1/3 cup, minced
Garlic powder, 1/2 tsp.
Parmesan cheese, grated, 1/3 cup
*Chicken or vegetable broth, low sodium, 1/2 cup - if bulgur is used
Olive oil, 1-2 Tbsp.
Nonfat vegetable spray
Spaghetti sauce, 26 oz. jar (Check Nutrition Facts for sodium and fat amounts - choose wisely!)
Optional: serve with additional grated Parmesan and minced parsley

Directions

1. Bring chicken stock to a boil, stir in bulgur, reduce heat to simmer, cover and cook until water is absorbed, about 10 minutes. Set aside.
2. In a large bowl, mix together the turkey, egg, parsley, garlic powder and Parmesan cheese. Add the bulgur or breadcrumbs.
3. Spray a small scoop with nonfat vegetable spray. Make small meatballs, roll and set aside. In a nonstick skillet, heat 1 Tbsp. of olive oil and add the meatballs, but do not overcrowd them. Over medium-high heat, brown them on all sides: this takes about 5 minutes. Remove and set aside. Cook all of them.
4. In a separate large pan or stockpot, add one jar of prepared spaghetti sauce. Add the meatballs and simmer over medium heat for 20-30 minutes.

Mixed Salad Greens

Have the kids setup a mini salad bar with mixed greens and little dishes of "toppings", like cucumber slices, grape tomatoes, raisins, green pepper, snap peas, shredded carrots and any other favorite vegetables. For mixed greens, try baby spinach, red leaf lettuce, escarole. Use 6-8 cups of greens for 4 servings..

Dressing Ingredients (Serves 4 servings)

Olive oil, 2 Tbsp.
Red wine vinegar, 2 Tbsp.
Orange juice, 2 Tbsp.
Dijon mustard, 1 tsp..
Optional: fresh herbs, like parsley or basil, minced

Directions

1. Wash and dry mixed greens. Whisk together the ingredients for the dressings. Or, place in a jar with a lid and shake well. Serve the dressing on the side.

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Nutrition Information for

Family Menu 3

Spaghetti Sauce with *Turkey Meatballs
Whole Wheat Spaghetti Noodles
*Mixed Green Salad and Dressing
Chocolate Pudding made with low fat milk

Check for "nutrition value" at each meal!

<p>Turkey Meatballs in Sauce (without noodles)</p> <p>Calories: 310, 36% fat Protein: 24 grams Calcium: 169 mg Cholesterol: 120 mg Sodium: 650 mg Fiber: 4 g Carbohydrates: 19 g Fat, total: 15 grams Saturated fat: 4 grams</p>	<p>Salad Dressing - 1 Tbsp</p> <p>Calories: 44, 88% fat Protein: 0 grams Calcium: 0 Cholesterol: 0 mg Sodium: 21 mg Fiber: 0 g Carbohydrates: <1 g Fat, total: 4.5 grams Saturated fat: <1 gram</p>	<p>Entire meal analysis includes: 4-5 meatballs, 1 cup whole wheat spaghetti noodles, 3/4 cup sauce, 2 cups tossed salad greens, 1 Tbsp low fat dressing, 1/2 cup chocolate pudding.</p> <p>Calories: 722, 29% fat Protein: 38 grams Calcium: 391 Cholesterol: 130 mg Sodium: 860 mg Fiber: 14 g Carbohydrates: 95 g Fat, total: 24 grams Saturated fat: 7 grams</p>
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children - 2-8 years, 2 cups low-fat dairy; children 9+ - 3 cups low fat dairy
- Cholesterol - less than 300 mg/day
- Sodium - less than 2,300 mg/day
- Fiber - 25 mg/day for women and 35 mg/day for men
- Carbohydrates - fiber-rich sources of fruits, vegetables and 3 or more whole grains daily
Fruits - 2 cups/day and Vegetables - 2 1/2 cups/day
- Fat, total - between 20-35% of calories with mostly unsaturated fats as the source
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Make Time for Health!

Family Menu 4

*Easy Parmesan Chicken Breast Cutlets
serve on Salad Greens with low fat dressing

*Cous Cous or Bulgur
Carrot Sticks

Wheat Bread and margarine

*Baked Apple

When time is tight, get the kids involved! Kids can peel the carrots, core and prepare the apples, wash and dry the salad greens and set the table. Chicken tenders will cook faster and are great for "finger foods". Whole wheat cous cous and bulgur will cook very quickly and provide extra fiber.

Easy Parmesan Chicken Breast Cutlets

Ingredients (4 servings, 3-4 ounces of ham/serving)

Chicken breast, boneless, skinless or chicken tenders, 1 lb.
1 egg, beaten with 2 Tbsp. water
Bread crumbs, plain, 1 cup
Parmesan or Asiago cheese, 1/3 cup, grated
Parsley, fresh, minced, 1/4 cup
Salad dressing - low fat - your choice!

Directions

1. Beat egg and water. Slice chicken breasts in half by thickness, so that they are thin.
2. Mix together breadcrumbs, cheese and parsley. Dip breast into egg mixture and then into breadcrumbs.
3. In a non stick pan, heat olive oil over medium high heat. Saute each chicken breast until cooked, about 3-4 minutes on each side. Serve immediately on top of greens or keep warm in oven set at 200°F.
4. Serve on top of salad greens with a low fat dressing.

Wheat Cous Cous or Bulgur

Ingredients (Serves 4 servings - 3/4 cup servings)

Whole wheat cous cous 1 1/3 cup dry OR Bulgur wheat, 1 cup dry
Chicken broth, low sodium, 2 cups

Directions - Check directions on box - they may vary for amounts of liquid.

1. Bring broth to a boil. For cous cous, stir in, cover and remove from heat. Let stand for 5 minutes.
2. For bulgur, stir in, cover and reduce heat to simmer for 5-10 minutes. Stir with fork and serve.

Baked Apple

Ingredients (Serves 4 servings)

Apples, 4 (For tart apples, use Granny Smith, softer/sweeter try Golden Delicious or use pears)
Lemon juice, 1 Tbsp.
Maple syrup, 1/4 cup
Cinnamon, 1 Tsp.
Raisins, 3 Tbsp.
Walnuts, 3 Tbsp., chopped
Boiling water - to add to pan

Directions

1. Preheat the oven to 475°F. Wash and core apples - making them wider at the top and don't go all the way through the bottom.
2. Mix cinnamon, raisins and walnuts. Divide into each apple.
3. Mix syrup and lemon juice. Pour 1 Tbsp. into each apple. Add hot water to fill pan about 1/4 inch. Bake for 30-45 minutes.

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Make Time for Health!

Nutrition Information for

Family Menu 4

- *Easy Parmesan Chicken Breast Cutlets
serve on Salad Greens
- *Cous Cous or Bulgur
Carrot Sticks
- Wheat Bread with margarine
- *Baked Apple

Check for "nutrition value" at each meal!

Parmesan Baked Chicken Calories: 270, 22% fat Protein: 34 grams Calcium: 167 mg Cholesterol: 125 mg Sodium: 402 mg Fiber: <1 g Carbohydrates: 15 g Fat, total: 6.4 grams Saturated fat: 2.4 grams	Baked Apple Calories: 220, 18% fat Protein: 1 gram Calcium: 42 mg Cholesterol: 0 mg Sodium: 3 mg Fiber: 5.7 g Carbohydrates: 47 g Fat, total: 4.4 grams Saturated fat: <1 gram	Entire meal analysis includes: 4 oz. chicken breast, 2 cups tossed salad, 1 Tbsp low fat dressing, 1/2 cup carrot sticks, 1 slice wheat bread, 1 tsp. margarine and 1 baked apple. Calories: 770, 23% fat Protein: 44 grams Calcium: 303 mg Cholesterol: 128 mg Sodium: 780 mg Fiber: 17 g Carbohydrates: 108 g Fat, total: 20 grams Saturated fat: 4 grams
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- Calcium - Adults - 3 cups of fat-free or low-fat milk or milk products (e.g. yogurt, low fat cheese)
children - 2-8 years, 2 cups low-fat dairy; children 9+ - 3 cups low fat dairy
- Cholesterol - less than 300 mg/day
- Sodium - less than 2,300 mg/day
- Fiber - 25 mg/day for women and 35 mg/day for men
- Carbohydrates - fiber-rich sources of fruits, vegetables and 3 or more whole grains daily
Fruits - 2 cups/day and Vegetables - 2 1/2 cups/day
- Fat, total - between 20-35% of calories with mostly unsaturated fats as the source
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Make Time for Health!

Family Menu 5

- *Homemade Black Bean Burgers
- Multigrain roll
- Lettuce, tomato
- *Steamed Broccoli
- Peach Parfait

Are you looking for a fast, easy vegetarian meal? These black bean burgers are fast and low in calories - just 260 calories for each one.

Homemade Black Bean Burgers

Ingredients (5 servings)

Black beans, one 15-ounce cans, drained and rinsed well to remove sodium
Brown rice, already cooked, 1-1/2 cups (Note: 1/2 cup dry rice will make 1 1/2 cups cooked rice)
Egg, 1, large, slightly beaten
Garlic clove, 1 crushed
Salsa, prepared, 4 Tbsp.
Parsley or cilantro, 1/4 cup minced
Plain bread crumbs, 1/4 cup to add to mixture and 1/4 cup for dipping
Canola, Enova or vegetable oil, 1-2 Tbsp.
50% Light Cheddar Cheese, 5 oz. slice into strips
Optional: salsa - mix fresh tomatoes and cilantro into prepared salsa to boost flavor

Directions

1. In a bowl, mash 1 cup of black beans with a potato masher or the back of a wooden spoon. Add the rice, beaten egg, salsa, parsley, garlic and 1/4 cup breadcrumbs. Gently add 1 cup of whole beans.
2. Use a 1/2 cup measuring cup, make patties. They can be refrigerated until ready to cook.
3. Right before cooking, dip in breadcrumbs. Heat oil in a nonstick pan over medium high heat. Saute until browned on each side. Top with cheese. Cook all the patties and freeze leftovers for another meal.

Broccoli

Ingredients (Serves 4 servings - about 3/4 cup servings)

Broccoli, 3 cups of broccoli florets already trimmed
Water, 1-2 cups

Directions

1. Trim broccoli into uniform pieces that are easy to eat. Trim the stalk and slice in half.
2. Place water in a pot to rise to 1-2 inches and bring to boil. Place a small steaming rack in the pot or fit a metal strainer into the pot. Place broccoli in the strainer and cover pot with a lid. While water is still simmering, steam broccoli until just tender, about 3-4 minutes. Toss once to steam evenly.
3. To microwave: place broccoli in a microwavable bowl. Add 1/3 cup water and cover tightly with plastic wrap.

Peach Parfait

Ingredients (Serves 4 servings)

Fresh peaches or canned peaches packed in light syrup, 3 cups
Vanilla nonfat or plain yogurt, 3 cups
Cinnamon, ground, 1/2 tsp.
Cinnamon graham crackers, 8 squares

Directions

1. Wash and slice fresh peaches or drain canned peaches.
2. Mix cinnamon in the yogurt and stir to blend.
3. In a glass or bowl, layer peaches - 1/4 cup, then yogurt - 1/4 cup. Repeat 3 times.
4. Serve with graham crackers sticking on top or they can also be crumbled into the layers.

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Make Time for Health!

Nutrition Information for

Family Menu 5

*Homemade Black Bean Burgers

Multigrain roll

Lettuce, tomato

Steamed Broccoli

*Peach Parfait

Check for "nutrition value" at each meal!

Black Bean Burger with Cheese

Calories: 260, 10% fat
Protein: 17 grams
Calcium: 270 mg
Cholesterol: 57 mg
Sodium: 445 mg
Fiber: 7 grams
Carbohydrates: 37 grams
Fat, total: 7 grams
Saturated fat: 3.5 grams

Peach Parfait

Calories: 280, 18% fat
Protein: 11 gram
Calcium: 347 mg
Cholesterol: 5 mg
Sodium: 160 mg
Fiber: 3 g
Carbohydrates: 59 g
Fat, total: 1.5 grams
Saturated fat: 0 gram

Entire meal analysis includes:

1 bean burger, 1 ounce of low fat cheese, 1 whole grain bun, lettuce leaves, tomato slice, 3/4 cup broccoli, 1 serving peach parfait.

Calories: 650, 10% fat
Protein: 35 grams
Calcium: 750 mg
Cholesterol: 60 mg
Sodium: 775 mg
Fiber: 17 g
Carbohydrates: 121 g
Fat, total: 11 grams
Saturated fat: 3.5 grams

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Calories - to keep weight in a healthy range

Protein - no recommendation; generally 15-20% of total calories

Calcium - Adults - 3 cups of fat-free or low-fat milk or milk products (e.g. yogurt, low fat cheese)
children - 2-8 years, 2 cups low-fat dairy; children 9+ - 3 cups low fat dairy

Cholesterol - less than 300 mg/day

Sodium - less than 2,300 mg/day

Fiber - 25 mg/day for women and 35 mg/day for men

Carbohydrates - fiber-rich sources of fruits, vegetables and 3 or more whole grains daily

Fruits - 2 cups/day and Vegetables - 2 1/2 cups/day

Fat, total - between 20-35% of calories with mostly unsaturated fats as the source

Saturated fat - less than 10% of total daily calories from saturated fats

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Make Time for Health!

Family Menu 6

- *Fast Chicken Stir-Fry
- with carrots, pineapple and broccoli
- *Brown Rice Pilaf
- *Chocolate Brownie

Bake the brownie the night before and hide it from evening "snackers". If you have time the night before, cook the rice and cut the chicken and vegetables. You can use frozen vegetables, but leave out any high sodium sauces (Check the labels). Adjust the vegetables or seasonings to meet your taste-buds.

Fast Chicken Stir-Fry

Ingredients (4 servings)

Chicken breast, boneless, skinless or chicken tenders, 1 lb
Carrots, 2 cups, washed, peeled, slice in half lengthwise and then, into thin slices
Broccoli, florets, 2 cups, washed, slice into uniform sizes, especially if large florets
Peanut or Canola oil, 1-2 Tbsp.
Garlic clove, 2 large or powder, 3/4 tsp.
Ginger root, peeled, grated, 2 Tbsp or ground powder, 1 tsp.
Soy Sauce, low sodium, 2 Tbsp.
Sugar, white, 1 tsp.
Pineapple juice, 1/3 cup, drained from pineapple chunks
Pineapple chunks, 1 cup
Cornstarch, 2 Tbsp. dissolved in 3 Tbsp. cold water

Directions

1. In a nonstick pan or wok, add 1 Tbsp. of oil. Add garlic and ginger saute over medium high heat for 1-2 minutes, but do not brown. (If using powder version of herbs, just add with carrots.) Add carrots and stir fry until almost tender, about 3-4 minutes. Add broccoli and cook 1-2 minutes. Remove to a large bowl.
2. Using the same saute pan from the vegetables, add 1 Tbsp. oil. Add chicken and stir to coat with oil. Saute for 4-5 minutes, stirring often. Add vegetables and pineapple chunks to chicken.
3. Mix together cornstarch, water, soy sauce, sugar and pineapple juice. Add to chicken mixture and cook for 1-2 minutes to thicken sauce. Optional: drizzle a little sesame oil on top and serve.

Brown Rice Pilaf

Ingredients (Serves 4 servings)

Brown rice, 3/4 cup
Wild rice, 1/4 cup
Chicken broth, low sodium, 2 1/2 cups
Celery, finely chopped, 1 cup

Directions - Check directions on box - they may vary for amounts of water.

1. Combine broth and rice in a saucepan. Cover and bring to a boil over high heat. Reduce heat and simmer until rice is just cooked, about 30 minutes. Strain any liquid. Add celery, mix and serve.

Chocolate Brownie

Ingredients (Serves 9 servings)

Applesauce, 1/2 cup	Four, white, 2/3 cup
Margarine, 1/2 cup	Sugar, white, granulated, 3/4 cup
Unsweetened chocolate, 2 oz.	Egg whites, 1/2 cup (about 3-4), beaten
Baking Powder, 1/2 tsp	Salt, 1/4 tsp.
Vanilla extract, 1 tsp.	Nonfat vegetable spray

Directions - preheat oven to 350°F - Spray an 8-inch square pan heavily with vegetable spray

1. Melt chocolate and margarine in saucepan or in microwave (1 minute on medium heat). Let it cool.
2. Mix flour, baking powder and salt. Stir sugar into chocolate and add vanilla and egg whites. Fold in flour.
3. Using a rubber spatula, pour into pan. Bake for 20-25 minutes. Test with toothpick. Cool on rack.

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Make Time for Health!

Nutrition Information for

Family Menu 6

- *Fast Chicken Stir-Fry
with carrots, pineapple and broccoli
- *Brown Rice Pilaf
- *Chocolate Brownie

Check for "nutrition value" at each meal!

Chicken Stir Fry Calories: 260, 17% fat Protein: 29 grams Calcium: 54 mg Cholesterol: 65 mg Sodium: 380 mg Fiber: 4 g Carbohydrates: 24 g Fat, total: 5 grams Saturated fat: 1 grams	Chocolate Brownie Calories: 280, 18% fat Protein: 11 gram Calcium: 347 mg Cholesterol: 5 mg Sodium: 160 mg Fiber: 3 g Carbohydrates: 59 g Fat, total: 1.5 grams Saturated fat: 0 gram	Entire meal analysis includes: 1 serving of the chicken stir fry, 1 serving rice and 1 serving the brownie. Calories: 700, 29% fat Protein: 38 grams Calcium: 109 mg Cholesterol: 70 mg Sodium: 690 mg Fiber: 8 g Carbohydrates: 90 g Fat, total: 22 grams Saturated fat: 6 grams
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The 2005 Dietary Guidelines Recommend:

- Calories - to keep weight in a healthy range
- Protein - no recommendation; generally 15-20% of total calories
- Calcium - Adults - 3 cups of fat-free or low-fat milk or milk products (e.g. yogurt, low fat cheese)
children - 2-8 years, 2 cups low-fat dairy; children 9+ - 3 cups low fat dairy
- Cholesterol - less than 300 mg/day
- Sodium - less than 2,300 mg/day
- Fiber - 25 mg/day for women and 35 mg/day for men
- Carbohydrates - fiber-rich sources of fruits, vegetables and 3 or more whole grains daily
Fruits - 2 cups/day and Vegetables - 2 1/2 cups/day
- Fat, total - between 20-35% of calories with mostly unsaturated fats as the source
- Saturated fat - less than 10% of total daily calories from saturated fats

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Make Time for Health!

Family Menu 7

*Easy Baked Salmon

*Seasoned Red Potatoes

*Honey & Dill Carrots

*Peach Halves with Raspberry Sauce

Slice the potatoes small and bake both the salmon and the potatoes at the same time: dinner is ready in 20 minutes. For more flavor, marinate salmon overnight in foil pack, but allow 5 minutes extra baking time. While the oven is still hot, bake the peaches. The carrots are fast and made on the stove top.

Easy Baked Salmon

Ingredients (4 servings, 3-4 ounces of ham/serving)

Salmon filet, 1 1/4 lb. (About 5 oz. per serving - buy a filet that is fairly even in thickness)

Sesame oil, 1 Tbsp.

Soy sauce, low sodium, 1 Tbsp

Dry white wine, 2 Tbsp.

Garlic, clove, 2 crushed

Optional: crushed dried red pepper or red cayenne pepper, 1/2 tsp. for spicy version

Red and Green sweet pepper, 1 of each, cored, sliced into rings or thin strips

Vidalia onion, 1, small, washed, peeled, sliced thin

Directions - preheat the oven to 375°F

1. Place salmon on a sheet of heavy duty aluminum foil. If fillet is large, lay 2 foil sheets in a cross pattern.
2. Mix together sesame oil, soy, white wine, garlic and dried pepper, if used. Drizzle over salmon.
3. Cover salmon with slices of onion and red and green peppers. Fold long sides of foil up and roll down. Roll up each side so packet will not leak. Place on a heavy tray. (Note: can refrigerate overnight)
4. Bake for about 20 minutes. Remove from oven and unfold to check doneness in the center. Salmon should flake easily, be pink in color: do not overcook. Serve lemon wedges on the side.

Honey & Dill Carrots

Ingredients (Serves 4 servings - 3/4 cup servings)

Carrots, 3 cups, washed, peeled, sliced into matchsticks (Or buy shredded carrots to save time)

Dill, fresh, minced, 2 Tbsp.

Honey, 2 tsp.

Margarine, 1 tsp.

Water, about 1 1/2 cups, enough to cover carrots

Directions

1. Heat water and add carrots. Cook until just tender, 5 minutes and drain.
2. Just before serving, melt margarine and honey in a saute pan. Add carrots. Heat and serve. Garnish: dill

Seasoned Red Potatoes

Ingredients (Serves 4-6 servings)

Red potatoes, scrubbed (3-4 medium) about 1 1/2 lbs.

Olive oil, 1 Tbsp.

Rosemary, dried, ground, 1 1/2 tsp.

Garlic salt, 1/2 tsp.

Nonfat vegetable spray

Directions - Preheat the oven to 375°F

1. Wash and scrub the potatoes. Slice potato in half crosswise. Slice each half into 4 wedges - or 8, to bake faster. In a bowl, toss potatoes with olive oil and add rosemary and garlic salt.
2. Spray a heavy baking sheet with the nonfat vegetable spray. Bake for 15 minutes. Turn with a spatula and cook 5-10 minutes longer until done and evenly browned

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Make Time for Health!

Family Menu 7 Continued

Easy Baked Salmon
Seasoned Red Potatoes
Simple Honey Carrots
Whole Grain Bread or Roll
*Peach Halves with Raspberry Sauce

Baked or Grilled Peaches

Ingredients (Serves 4 servings)

Peaches - fresh use 2 large or 4 medium or use canned peach halves in light syrup
Cinnamon, 1/2 tsp.
Brown sugar, 4 tsp.
Margarine, 2 tsp.
Rum extract, 1 tsp.

For Raspberry Sauce:

Frozen raspberries, 1 small bag (20 oz.) thawed
Vanilla, 1 tsp.
White sugar, 1 Tbsp.
Orange juice, 1/4 cup

Directions - preheat oven to 375°F or cook on a grill

1. Make individual foil packets for each serving. Using heavy duty aluminum foil, cut 2 squares, 18" on each side. Place peach half, cut side up on foil - you can fit half of the peach half on one square.
2. Mix cinnamon, brown sugar and put 1 tsp. into each peach half. Melt margarine and mix with rum extract and divide into each peach halve. Fold foil over peaches to loosely seal.
3. Bake for 15 minutes, until heated through. Or, place foil packets on the grill for 10-15 minutes.
4. To serve, spoon 2-3 Tbsp of raspberry sauce over each peach.

Directions - for raspberry sauce - use leftover sauce on pancakes or French toast

1. In a blender or food processor, mix raspberries, white sugar, orange juice and vanilla extract. Process until smooth. If too thick, add more orange juice.

Make Time for Health!

Nutrition Information for

Family Menu 7

- *Easy Baked Salmon
- *Seasoned Red Potatoes
- *Simple Honey Carrots
- *Peach Halves with Raspberry Sauce

Check for "nutrition value" at each meal!

Baked Salmon Calories: 320, 53% fat Protein: 29 grams Calcium: 54 mg Cholesterol: 85 mg Sodium: 220 mg Fiber: 1 g Carbohydrates: 7 g Fat, total: 19 grams Saturated fat: 3.5 grams	Peach Halves and Sauce Calories: 170, 15% fat Protein: 3 gram Calcium: 41 mg Cholesterol: 0 mg Sodium: 20 mg Fiber: 12 g Carbohydrates: 38 g Fat, total: 2.5 grams Saturated fat: 0 gram	Entire meal analysis includes: 5 oz. salmon, 3/4 cup potatoes, 3/4 cup carrots, and 1 medium peach with sauce. Calories: 790, 34% fat Protein: 39 grams Calcium: 159 mg Cholesterol: 85 mg Sodium: 700 mg Fiber: 22 g Carbohydrates: 98 g Fat, total: 30 grams Saturated fat: 5 grams
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The 2005 Dietary Guidelines Recommend:

- Calories - to keep weight in a healthy range
- Protein - no recommendation; generally 15-20% of total calories
- Calcium - Adults - 3 cups of fat-free or low-fat milk or milk products (e.g. yogurt, low fat cheese)
children - 2-8 years, 2 cups low-fat dairy; children 9+ - 3 cups low fat dairy
- Cholesterol - less than 300 mg/day
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- Fiber - 25 mg/day for women and 35 mg/day for men
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