

# Healthy & Delicious

Tasty recipes for better living,  
brought to you by  
Loma Linda University Health



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## The Loma Linda University Health Living Whole Wellness Program

is dedicated to the promotion and support of health and wellness by providing a variety of wholesome options. Fundamental to this is a healthy diet. We want to positively influence everyone to make healthy food choices for life. It is always exciting when healthy food and delicious food is synonymous!



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Cancer Center

### Cancer-fighting foods

Eating healthy to lower cancer risk and support ongoing cancer treatment can be challenging. Plant foods contained in most of these recipes contain numerous cancer-fighting phytochemicals that provide health benefits. While the understanding of the biochemistry of cancer-fighting ingredients continues to be studied, you can start with the following guidelines:

- Use whole foods — the fiber itself can be cancer preventive, while the whole food contains more nutrients than refined foods
- Satisfy your sweet tooth with colorful berries, citrus fruit, melons, apples, fruit juices and smoothies.
- Instead of adding sugar, sweeten smoothies and juices with mint, ginger, cinnamon and cocoa

For more information on our Cancer-Fighting Foods Demonstrations or for cancer prevention information, visit [LLUCC.ORG](http://LLUCC.ORG) or call 1-800-78-CANCER.

**Look for cancer-fighting food facts throughout this cookbook!**



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### Many Thanks!

We could not have produced this cookbook without the assistance and guidance from the following contributors:

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# You'll Forget These Recipes Are Healthy at First Bite

*“Healthy eating” and “delicious” can go hand in hand — the recipes in this cookbook are proof! Take a look at the spicy Red Bean Chipotle Burgers on page 16: packed with 16 grams of protein and 12 grams of fiber per serving! Or the colorful, fresh Apple Carrot Salad on page 37: just 110 calories and zero cholesterol in all that crunch.*

The recipes in this cookbook offer great taste plus health benefits. But just what qualifies a recipe as healthy?

First, we looked at our extensive research examining the link between plant-based nutrition and increased longevity.

Then, we considered specific health concerns that can be addressed nutritionally, such as ensuring that a recipe is healthy for your heart, for example, or is high in fiber.

In choosing recipes, we made sure they met one or more of the following categories.

You'll see these terms on the recipe pages:



Look for this health benefits key on every recipe. >>

## High Fiber

Fiber has a reputation for keeping your digestive system regular. Higher-fiber diets have been linked to lower cholesterol and blood pressure, a reduced risk for heart disease and even cancer prevention. Healthy adults need at least 25 g a day, but most of us fall short. A serving of food can be classified as high-fiber if it contains 5 g of fiber or more.

## Low Saturated Fat

Foods high in saturated or trans fat can increase your blood cholesterol. High blood cholesterol can increase your risk for heart disease. Foods are deemed low in saturated fat if they have 1 g or less per serving.

## Low Sodium

Too much sodium can increase your blood pressure and your risk for a heart attack and stroke. Based on a 2,000-calories-a-day diet, the maximum we should consume daily is 2,300 mg. In order to be classified as low-sodium, a serving should have no more than 140 mg.

## Fruits & Vegetables

Another key way to help ensure that a recipe is healthy? It's colorful. Turn the page for more information on how the color of fruits and vegetables can indicate the specific nutrients and health benefits they offer.

## Benefits

Heart Healthy 

- ▶ High Fiber
- ▶ Low Saturated Fat
- ▶ Low Sodium



## Heart Healthy

A healthy diet is one of the primary ways to protect yourself against heart disease. According to the American Heart Association, foods can be described as heart-healthy if a serving falls within these guidelines:

- ♦ Total fat: Less than 6.5 g
- ♦ Saturated fat: 1 g or less, and 15 percent or less of calories from saturated fat
- ♦ Trans fat: Less than 0.5 g
- ♦ Cholesterol: 20 mg or less
- ♦ Sodium: 480 mg or less
- ♦ 10 percent of the daily value of one of the following: vitamin A, vitamin C, iron, calcium, protein or fiber

Learn more about how to put together a healthy meal on page 58. >>

# Color Yourself Healthy

*You can find a rainbow of colors in the produce section at your supermarket, and all that color provides big nutritional benefits. When you shop, look for the most vividly colored fruits and vegetables. Colorful plant chemicals — such as carotenoids, phytochemicals and flavonoids — contain antioxidants that can strengthen your immune system, protect your body's cells from disease-causing free radicals and may prevent some types of cancer or heart disease.*

Different colors mean different types of antioxidants with different benefits. Here's a guide:

## The Reds ●

This hue is a sign of phytochemicals that may reduce your risk for cancer and protect your heart.

Consider putting these in your cart:

Cranberries

Pomegranates

Radishes

**Raspberries and strawberries:** They contain anthocyanin, which may help improve blood vessel health.

**Red bell peppers:** You can meet your total daily requirement for vitamin C with just a half-cup.

Red grapes

Red onions

**Tomatoes:** Studies have shown that people who eat tomatoes are less likely to develop lung and stomach cancer.

## The Oranges & Yellows ●

They are packed with carotenoids, such as beta-carotene and vitamin C. These nutrients promote heart health and vision and may reduce the risk for certain cancers.

Shop for these bright foods:

Acorn squash

Apricots

Butternut squash

**Carrots:** Their vitamin A helps the skin block infection-causing germs.

Corn

**Oranges, lemons, grapefruit:** These citrus fruits contain hesperetin, which has anti-inflammatory effects.

**Peaches:** They contain lutein, which seems to cut the risk for macular degeneration, the leading cause of blindness in older adults.

Pumpkin

Sweet potatoes



## The Greens ●

Green vegetables contain a slew of antioxidants and phytochemicals. They are also a rich source of other health essentials, such as folate, minerals and fiber.

Add these to your menu:

- Asparagus
- Bok choy
- Broccoli
- Brussels sprouts
- Collard greens
- Green bell peppers
- Green cabbage
- Kale
- Spinach
- Swiss chard

## The Blues & Purples ●

Fruits and veggies that are blue and purple offer many of the same benefits as red items, while also helping to reduce inflammation.

Fill up on these deeply hued choices:

- Beets
- Blackberries
- Blueberries
- Plums
- Purple cabbage
- Purple grapes and juice







A white ceramic plate is shown from a top-down perspective, centered on a green background with a white grid pattern. The plate is empty and occupies most of the frame.

# Main Dishes

*An entrée is the best way to incorporate a serving of protein into your meal. Choosing lean proteins such as beans, legumes and eggs helps keep fat content low. Nuts are also a great source of protein.*

## Benefits

Low Saturated Fat



# Shiitake and Tofu Stir Fry

Serves four (1 ½ cups per serving)

- 1 tsp. cornstarch
- 2 tbsp. reduced-sodium soy sauce
- 2 cloves garlic
- 2½ tsp. sesame oil
- 2 tsp. fresh gingerroot, minced
- 2 tsp. chili sauce
- 2 tsp. canola oil
- 14 oz. extra-firm tofu
- 1 lb. bok choy
- 2 cups shiitake mushrooms, chopped
- 1 cup bean sprouts
- ¼ cup water chestnuts, sliced
- ¼ cup grated carrot

## Instructions

- 1.** Whisk together cornstarch and 1 teaspoon water in bowl. Whisk in soy sauce, garlic, sesame oil, ginger and chili sauce.
- 2.** Heat 1 teaspoon of the canola oil in large skillet over medium heat. Stir fry tofu 7 minutes or until golden; transfer to plate.
- 3.** Add remaining canola oil to pan and stir fry bok choy 2 minutes. Add mushrooms and stir fry 2 more minutes. Return tofu to pan.
- 4.** Stir in soy sauce mixture and remaining ingredients and stir fry 1 minute or until hot.

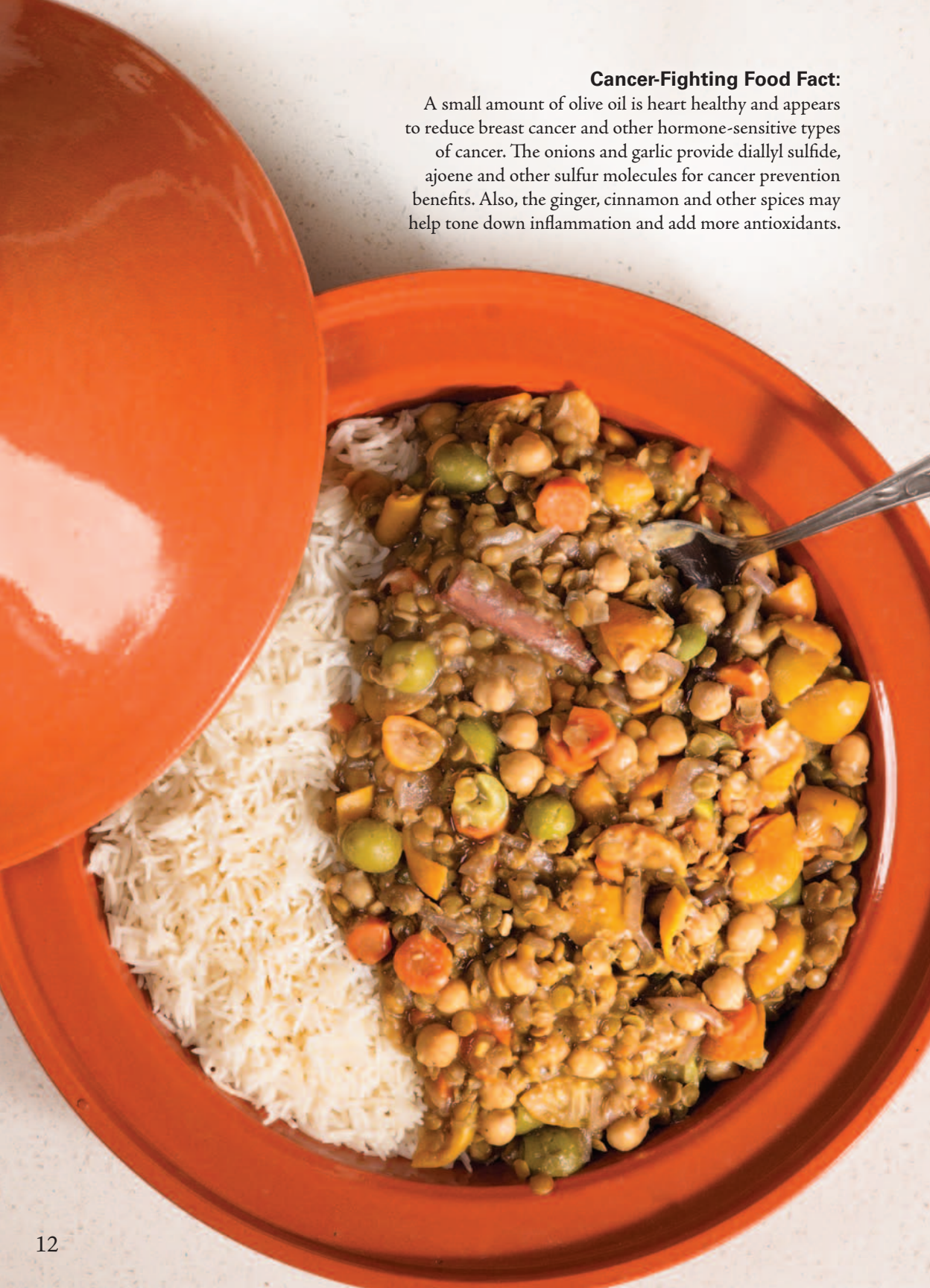
## Each serving provides

Calories 180  
Fat 10 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 340 mg  
Carbohydrate 13 g  
Fiber 4 g  
Sugars 5 g  
Protein 12 g



**Cancer-Fighting Food Fact:**

A small amount of olive oil is heart healthy and appears to reduce breast cancer and other hormone-sensitive types of cancer. The onions and garlic provide diallyl sulfide, ajoene and other sulfur molecules for cancer prevention benefits. Also, the ginger, cinnamon and other spices may help tone down inflammation and add more antioxidants.



# Tagine of Kumquats, Lentils and Chickpeas

Serves 11 (¾ cup per serving)


*This Moroccan dish uses plenty of seasonings for a tart and mildly sweet flavor, while also including multiple cancer-fighting substances (phytochemicals). It can be simplified to use oranges instead of kumquats.*

- 1½ cups dry or 3 cups cooked lentils
- 1 cup dry or 2 cups cooked or canned chickpeas
- 1 lb. kumquats
- 2 red onions, sliced thin
- 4 carrots, sliced or diced
- 2 tsp. olive oil
- 4 cloves garlic, minced
- 1 tbsp. fresh ginger, minced
- 1 tbsp. ground coriander
- 1 tbsp. ground cumin
- 1 tsp. garam masala
- 1 tsp. ground cinnamon or 1 cinnamon stick
- ¼ tsp. ground clove powder
- 4 cups vegetable broth
- 6 oz. sliced green olives
- 1 tbsp. honey
- 1 tbsp. lemon juice
- ½ tsp. sea salt

## Instructions

1. If using dry chickpeas and/or lentils, soak and cook these first.
2. Quarter and seed kumquats.
3. Over medium-high heat, sweat onions and carrots in olive oil for 3 to 5 minutes. Add garlic and cook another 3 minutes.
4. Add ginger, coriander, cumin, garam masala, cinnamon and cloves and continue to cook for 5 minutes.
5. Add kumquats, broth, olives, honey and juice and bring to boil, then reduce to a simmer for 10 minutes.
6. Stir in lentils and chickpeas and cook for 5 to 10 more minutes.
7. Season with sea salt to taste and serve ready or over prepared brown rice, quinoa or whole grain of your choice.

## Benefits

Heart Healthy   
High Fiber  
Low Saturated Fat



## Each serving provides

Calories 190  
Fat 1.5 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 250 mg  
Carbohydrate 36 g  
Fiber 9 g  
Sugars 10 g  
Protein 10 g





# Cold Sesame Noodles and Vegetables

Serves four (about  $\frac{3}{4}$  cup per serving)

- 8 oz. whole-wheat linguine
- $\frac{1}{3}$  cup cilantro leaves
- 2 tbsp. peanut butter
- 2 tbsp. low-sodium soy sauce
- $2\frac{1}{2}$  tsp. honey
- 1 tbsp. sesame oil
- 2 cloves garlic, peeled
- Salt to taste
- $\frac{1}{4}$  tsp. cayenne pepper
- $\frac{1}{2}$  carrot, slivered
- 1 red bell pepper, slivered
- 1 large stalk celery, slivered
- 2 scallions, slivered

## Instructions

- 1.** Cook linguine in a large pot of boiling water, according to package directions. Drain, reserving  $\frac{1}{2}$  cup cooking water.
- 2.** Meanwhile, combine cilantro, peanut butter, soy sauce, honey, sesame oil, garlic, salt and cayenne pepper in food processor and purée. Transfer to a large bowl.
- 3.** Whisk in reserved pasta cooking water. Add linguine, carrot, bell pepper, celery and scallions. Toss. Chill at least one hour before serving.

## Each serving provides

Calories 310  
Fat 9 g  
Saturated fat 1.5 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 170 mg  
Carbohydrate 51 g  
Fiber 8 g  
Sugars 8 g  
Protein 10 g

**Benefits**  
High Fiber  
Low Saturated Fat



## Red Bean Chipotle Burgers

Serves six (one burger per serving)

- 1 small onion, peeled and quartered
- 1 clove garlic
- 1 can (16 oz) light red kidney beans, drained and rinsed
- ½ cup oatmeal, uncooked
- ½ cup cooked brown rice
- 1 tbspc. tomato paste
- 2 tsp. chipotle chilies in adobo sauce, chopped
- ¼ tsp. salt
- ¼ tsp. oregano
- ¼ tsp. thyme
- ⅛ cup whole wheat flour
- 3 cups mixed salad greens
- 6 large tomato slices
- 12 slices red onion
- 6 whole wheat hamburger buns

### Instructions

1. Preheat oven to 425 degrees.
2. Put onion and garlic into food processor and pulse to chop coarsely.
3. Add the beans until coarsely chopped. Add remaining ingredients except for greens, tomato and onion slices and buns.
4. Process until blended — just slightly more chunky than refried beans. Spray a nonstick cookie sheet lightly with canola oil. Use a spoon to scoop the burger mixture onto baking sheet, smoothing into six patties (use a spoon to round edges).
5. Bake for about 15 minutes. When the bottoms are lightly browned and beginning to get crisp, turn the burgers and cook for 10 to 15 more minutes, until other side is brown. (Do not overcook or they will be tough.)
6. Assemble burgers on buns with lettuce, tomatoes and onion.

### Each serving provides

Calories 360  
Fat 4 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 650 mg  
Carbohydrate 69 g  
Fiber 12 g  
Sugars 9 g  
Protein 16 g





# Fresh Vegetable Pizza

Serves eight (one slice per serving)

- 16 oz. regular or whole wheat pizza dough
- 1 tbsp. extra virgin olive oil
- 1 lb. fresh white mushrooms
- 1 medium onion, chopped
- ½ red bell pepper
- ½ green bell pepper
- ½ small zucchini
- 2 garlic cloves, minced
- 2 tbsp. parsley, chopped
- 4 oz. part-skim mozzarella cheese

## Instructions

1. Heat oven to 450 degrees.
2. Roll pizza dough into a 12-inch circle. Transfer to a baking sheet that has been dusted with corn meal or flour.
3. Heat oil in 12-inch nonstick skillet over high heat. Cook mushrooms, onion, peppers, zucchini and garlic in oil about 5 minutes, stirring frequently, until onion is crisp-tender. Stir in parsley.
4. Spoon mushroom mixture over pizza crust. Sprinkle with cheese.
5. Bake 8 to 10 minutes or until cheese is melted. Slice into eight pieces.

## Each serving provides

Calories 200  
Fat 7 g  
Saturated fat 2 g  
Trans fat 0 g  
Cholesterol 10 mg  
Sodium 560 mg  
Carbohydrate 29 g  
Fiber 3 g  
Sugars 2 g  
Protein 11 g

**Benefits**  
High Fiber  
Low Saturated Fat



## Hummus Cranberry Zinger Wrap

Serves one

- 1 whole wheat tortilla
- ½ cup garlic hummus
- 1 tsp. paprika
- ½ cup baby spinach
- ¼ cup cucumber, cut into thin strips
- ¼ cup fresh tomatoes, cut into thin strips
- 2½ tbsp. dried cranberries
- 1½ tsp. red onion, chopped

### Instructions

1. On an open tortilla, spread hummus and sprinkle with paprika.
2. Top with spinach, cucumber, tomatoes, cranberries and onion.
3. Roll like a burrito and cut in a diagonal.

### Each serving provides

Calories 320  
Fat 9 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 290 mg  
Carbohydrate 48 g  
Fiber 9 g  
Sugars 4 g  
Protein 12 g



## Benefits

High Fiber



# Avocado Tacos with Fresh Tomato Salsa

Serves 12 (one taco per serving)

*Avocados pack a nutritional punch. They're a great source of monounsaturated fat, which can lower LDL ("bad") cholesterol and raise HDL ("good") cholesterol.*

## Fresh Tomato Salsa

- 1 cup diced tomatoes
- 1/3 cup diced onions
- 1/2 clove garlic, minced
- 2 tsp. cilantro
- 1/2 tsp. lime juice
- 1/3 tsp. chopped jalapeño peppers
- Pinch of cumin

## Salsa Instructions

Mix together all ingredients and refrigerate in advance.

## Tacos

- Nonstick cooking spray
- 1 medium onion, julienned
- 2 large green bell peppers, julienned
- 2 large red bell peppers, julienned
- 1 cup finely chopped fresh cilantro
- 1 ripe avocado, peeled and seeded
- 12 whole wheat tortillas
- 1 1/2 cups fresh tomato salsa (see above)

## Taco Instructions

Prepare salsa as listed above. Spray a skillet with cooking spray. Lightly sauté onion and peppers. Mince the cilantro and cut the avocado into 12 slices. Warm the tortillas in the oven and fill with onion, peppers, cilantro, avocado slices and salsa. Fold the tortillas and serve.

## Each serving provides

Calories 220  
Fat 9 g  
Saturated fat 1.5 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 510 mg  
Carbohydrate 33 g  
Fiber 7 g  
Sugars 3 g  
Protein 7 g



*Oven-Baked Sweet Potato Fries*  
recipe on page 29.





# Side Dishes

*Side dishes are a terrific way to incorporate nutritious vegetables and whole grains into your diet and add color to your plate. They're also a great way to get a nutrient boost and keep fat content low. The side dishes that follow feature these two foundations of a healthy diet.*

**Benefits**  
♥ Heart Healthy  
Low Saturated Fat  
Low Sodium



## Roasted Vegetables

Serves six (1 cup per serving)

*Roasting vegetables intensifies their full flavor, which you can enhance with just a little bit of seasoning.*

- 1 lb. carrots, peeled and cut into 2-inch pieces
- 1 lb. white turnips, peeled and cut into 2-inch chunks
- 1 lb. winter squash, such as Hubbard or butternut, peeled and cut into 2-inch chunks
- 1 whole head of garlic, skin removed and broken into cloves
- 2 tsp. olive oil
- 1 tsp. dried thyme
- Salt to taste

### Instructions

1. Preheat oven to 400 degrees. In a large, shallow roasting pan, combine carrots, turnips, squash and garlic. Drizzle with olive oil and sprinkle with thyme and salt, then toss until vegetables are coated with oil.
2. Roast vegetables, uncovered, for 10 minutes. Reduce heat to 350 degrees and continue to cook, stirring once or twice with a metal spatula, until vegetables are tender, about 40 to 50 minutes. Season with additional salt before serving.

### Each serving provides

Calories 100  
Fat 2 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 105 mg  
Carbohydrate 20 g  
Fiber 4 g  
Sugars 8 g  
Protein 2 g



**Health Fact:**

Consuming plenty of vitamin A can help you see better in the dark and adjust to the lower level of light. Carrots are a terrific source of vitamin A — just a half-cup has nearly 200 percent of your daily value.







# Basmati Rice with Kale and Butternut Squash

Serves six ( $\frac{3}{4}$  cup per serving)

- $\frac{1}{2}$  cup basmati rice
- 1 tbsp. curry powder
- 1 lb. kale, chopped, tough stems removed
- $\frac{1}{2}$  lb. butternut squash, seeded, peeled and cut into  $\frac{3}{4}$ -inch pieces
- $\frac{1}{4}$  cup raisins
- 1 cup reduced-fat coconut milk
- $\frac{3}{4}$  cup water
- 1 tsp. salt

## Instructions

- 1.** Heat a 12-inch nonstick skillet over medium-low heat. Add rice. Toast, stirring frequently, until lightly browned, about three minutes. Add curry and cook, stirring, for one minute.
- 2.** Add kale, squash, raisins, coconut milk, water and salt. Cover and simmer until liquid is absorbed and rice and squash are tender, about 12 minutes. Remove from heat. Let stand, covered, for five minutes.

## Each serving provides

Calories 150  
Fat 3 g  
Saturated fat 2 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 440 mg  
Carbohydrate 31 g  
Fiber 2 g  
Sugars <1 g  
Protein 5 g

**Benefits**  
♥ Heart Healthy  
High Fiber  
Low Saturated Fat  
Low Sodium



## Asparagus with Lemon

Serves four (1 cup per serving)

*Asparagus is best when it's not stored for long. To keep it fresh in the refrigerator, place stalks upright in a glass with an inch or so of water or wrap the ends in moist paper towel.*

- 2 lbs. asparagus, tough ends trimmed
- 2 tsp. olive oil
- 2 tbsp. lemon juice

### Instructions

1. Place asparagus in a steamer basket over boiling water.
2. Cover the saucepan and steam for 5 minutes or until bright green and tender. Rinse asparagus under cold water and drain thoroughly.
3. Combine oil and lemon juice in a bowl. Pour over asparagus. Season with pepper to taste. Serve at room temperature if desired.

### Each serving provides

Calories 70  
Fat 2.5 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 0 mg  
Carbohydrate 9 g  
Fiber 5 g  
Sugars 4 g  
Protein 5 g



**Benefits**

High Fiber

Low Saturated Fat



# Oven-Baked Sweet Potato Fries

Serves four (1 cup per serving)

- 2 lbs. sweet potatoes
- 2 tbsp. extra virgin olive oil
- 1 tbsp. paprika
- 1 tbsp. sugar
- ¼ tsp. salt

**Instructions**

1. Preheat the oven to 400 degrees. Cut sweet potatoes into sticks.
2. Line a baking sheet with parchment paper.
3. In a large bowl, combine potatoes, oil, paprika, sugar and salt. Toss to coat evenly.
4. Place potatoes on baking sheet and spread so they are not over crowded.
5. Bake until slightly browned, turning once.

**Each serving provides**

Calories 250

Fat 7 g

Saturated fat 1 g

Trans fat 0 g

Cholesterol 0 mg

Sodium 270 mg

Carbohydrate 44 g

Fiber 8 g

Sugars 15 g

Protein 4 g

**Cancer-Fighting Food Fact:**

Brussels sprouts (like broccoli and other cruciferous vegetables) share important phytochemicals (indole-3-carbinol and sulforaphane) to help prevent cancer and special benefits to reduce risk for hormone sensitive cancers.



**Benefits**  
Heart Healthy   
High Fiber  
Low Saturated Fat



# Roasted Maple Brussels Sprouts

Serves four (1 cup per serving)

- $\frac{2}{3}$  cup pecans\* (optional)
- 2 lbs. fresh Brussels sprouts, trimmed, cleaned and halved
- 3 tbsp. olive oil
- 2 tbsp. real maple syrup
- $\frac{1}{4}$  tsp. salt

Juice from  $\frac{1}{2}$  lemon

*\*Pecans are not included in the nutrition facts.*

## Instructions

1. Preheat oven to 400 degrees.
2. Spread pecans on baking sheet and bake just until lightly toasted, about 5 to 7 minutes, being careful not to burn. Remove pecans from oven and slightly cool, then roughly chop and set aside.
3. On a lined baking sheet or in a Pyrex baking pan, combine sprouts, oil and maple syrup until well coated. Roast sprouts just about half way (10 minutes), and stir or toss in pan for even roasting. Continue cooking until sprouts are tender.
4. Add toasted pecans, season with salt, drizzle with lemon juice and toss just before serving.

## Each serving provides

Calories 170  
Fat 6 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 200 mg  
Carbohydrate 27 g  
Fiber 8 g  
Sugars 12 g  
Protein 7 g




**Health Fact:**

Just a half-cup of red bell peppers satisfies your total daily requirement for vitamin C.





**Benefits**

Heart Healthy   
High Fiber  
Low Saturated Fat  
Low Sodium



# Stuffed Peppers with Mango Salsa

Serves four

## Peppers

- 4 large square bell peppers (red, yellow or green)
- 1 tbsp. olive oil
- 1 clove garlic, minced
- 2 tbsp. onion, minced
- Pinch red pepper flakes
- 2 cups cooked brown rice
- 1 15½-oz. can black beans, drained and rinsed
- ½ cup diced tomatoes (peeled and seeded)
- ½ cup water

## Peppers Instructions

1. Preheat oven to 375 degrees.
2. Wash peppers and cut off tops one-quarter to one-half inch down. Remove seeds and set tops aside. Put peppers in a baking dish.
3. Heat oil in a skillet. Saute garlic and onion with red pepper flakes until onion is soft, about 5 minutes. Add rice, beans and tomatoes. Mix thoroughly. Spoon mixture into prepared peppers and put tops back on. Add water to pan. Cover and bake until peppers are soft, 45 to 60 minutes. Serve with salsa (below).

## Salsa

- 1 fresh mango
- ½ cup chopped fresh cilantro
- 2 tbsp. minced red onion
- 2 scallions, sliced

## Salsa Instructions

1. Peel and chop mango into small pieces.
2. Add other ingredients, toss gently and refrigerate until ready to serve.

## Each serving provides

Calories 310  
Fat 6 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 25 mg  
Carbohydrate 56 g  
Fiber 11 g  
Sugars 12 g  
Protein 11 g




A bowl of green salad, including leafy greens and possibly some vegetables, is visible on the left side of the page, resting on a wooden surface. The background is a close-up of a wooden table with a prominent grain pattern.

# Soups & Salads

*Soups and salads can round out a meal — or be your meal. Having a small salad or a cup of soup as a starter can help keep you from overeating, because both are filling without adding many calories. Our soups and salads are low in fat but full of flavor.*



**Benefits**  
Heart Healthy   
Low Saturated Fat  
Low Sodium



# Apple Carrot Salad

Serves six (½ cup per serving)

*“Crunchy” is the name of the game with this salad. The apples and carrots provide the crunch, balanced by the sweet raisins and dressing.*

- 1 cup shredded carrots
- 3 apples, pared and diced
- 1 tbsp. lemon juice
- ½ cup raisins
- ⅓ cup low-fat mayonnaise

## Instructions

Combine all ingredients and mix well. Chill thoroughly. Serve on salad greens.

## Health Fact:

Apples pack a powerful combination of good nutrition and a seemingly infinite variety of tastes. Around 2,500 varieties are grown in the U.S., from the ubiquitous Red Delicious to the more exotic Fuji, York and Idared. A medium apple has 80 calories and no fat, sodium or cholesterol.

## Each serving provides

Calories 110  
Fat 2 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 115 mg  
Carbohydrate 26 g  
Fiber 3 g  
Sugars 17 g  
Protein <1 g

## Benefits

High Fiber  
Low Saturated Fat



# Caribbean Vegetable Soup

Serves five (1 ½ cups per serving)


- 1 large onion, chopped
- ½ tsp. salt
- 1 tbsp. canola oil
- 1 jalapeño pepper, seeds removed, diced
- ½ tsp. thyme, ground
- ½ tsp. allspice, ground
- 1 sweet potato, cut into medium chunks
- 4 cups reduced-sodium vegetable broth
- 2 small zucchini, cut into 1-inch chunks
- 1 ½ cups canned unsalted whole tomatoes, coarsely chopped (reserve juice)
- 4 cups kale, chopped, tough stems removed
- 1 tbsp. fresh lime juice
- 3 tbsp. fresh cilantro

## Instructions

1. In soup pot, sauté the onions and salt in oil for about 7 minutes, stirring occasionally.
2. Add the jalapeño, thyme and allspice and continue to cook for another 1 to 2 minutes.
3. Stir in the sweet potatoes and broth and simmer covered for about 5 minutes.
4. Add zucchini and tomatoes with their juice and simmer 10 to 15 minutes more, until all of the vegetables are barely tender.
5. Add the kale and cook another 5 to 10 minutes. Stir in the lime juice and cilantro.

## Each serving provides

Calories 120  
Fat 3.5 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 520 mg  
Carbohydrate 20 g  
Fiber 5 g  
Sugars 8 g  
Protein 5 g

**Benefits**  
Heart Healthy   
Low Saturated Fat  
Low Sodium



# Kale Salad

Serves eight (1 cup per serving)

- 1½ lb. kale, stems removed
- 1⅔ medium red bell pepper
- ⅔ medium red onion
- 1 cup lime juice
- 2 tbsp. olive oil
- 1 tsp. onion powder
- ⅔ tsp. crushed red pepper flakes
- ¾ oz. dried cranberries

## Instructions

1. Rinse and chop kale. Rinse and cut bell pepper into small pieces. Dice onion.
2. Combine vegetables in a bowl.
3. Make dressing: Combine lime juice, oil, onion powder and red pepper flakes.
4. Combine dressing with salad and add cranberries. Refrigerate for a few hours to let the salad marinate in the dressing.



## Each serving provides

Calories 100  
Fat 4 g  
Saturated fat 0.4 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 75 mg  
Carbohydrate 16 g  
Fiber 3 g  
Sugars 3 g  
Protein 3 g

**Benefits**  
High Fiber  
Low Saturated Fat



## Warm Quinoa and Edamame Salad

Serves six ( $\frac{3}{4}$  cup per serving)

- 1 cup quinoa
- 2 cups low-sodium vegetable broth
- 10 oz. frozen, shelled edamame, thawed
- $\frac{1}{2}$  cup jarred roasted red peppers, drained and diced
- 1 tbsp. freshly grated lemon zest
- 2 tbsp. lemon juice
- 2 tbsp. extra virgin olive oil
- 2 tbsp. fresh tarragon, chopped
- $1\frac{1}{2}$  tbsp. salt
- $\frac{1}{4}$  cup chopped walnuts

### Instructions

- 1.** Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about 5 minutes. Transfer to a fine sieve and rinse thoroughly.
- 2.** Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add quinoa and return to a boil. Cover, reduce heat to a simmer and cook gently for 8 minutes.
- 3.** Remove the lid and, without disturbing the quinoa, add edamame. Cover and continue to cook until edamame and quinoa are tender, 7 to 8 minutes longer. Drain any remaining water, if necessary.
- 4.** Whisk lemon zest and juice, oil, tarragon and salt in large bowl. Add peppers and quinoa mixture. Toss to combine. Sprinkle with walnuts.

### Each serving provides

Calories 260  
Fat 10 g  
Saturated fat 1 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 310 mg  
Carbohydrate 29 g  
Fiber 5 g  
Sugars 3 g  
Protein 10 g

### Health Fact:

Quinoa is gluten free and is a good source of fiber, iron and magnesium. It's also high in protein.



**Benefits**Heart Healthy 

High Fiber



# Minestrone Soup

Serves four (2 cups per serving)

*No matter what type of bean you choose, this recipe will still help you satisfy more than one-third of your daily requirement for fiber.*

- 1 tbsp. olive oil
- 1 small onion, about ½ cup chopped
- 2 medium carrots, sliced
- 1 stalk celery, sliced
- 1 clove garlic (or 1 tsp. garlic flakes)
- 1 tbsp. sodium-free Italian seasoning (such as Mrs. Dash)
- 1 14.5-oz. can reduced-sodium vegetable broth (about 2 cups)
- 1 14.5-oz. can no-salt-added diced tomatoes plus one can of water
- 1 19-oz. can cannellini (white kidney) or other beans, no salt added
- ½ cup frozen peas
- 1 cup cooked elbow macaroni

## Instructions


- 1.** In a large pot, heat oil over medium-high. Add onion, carrots, celery, garlic and herbs.
- 2.** Cook, stirring, just until onions look translucent, about 5 minutes.
- 3.** Add broth, tomatoes and water, and beans. Bring just to a boil, then turn heat to low and simmer for about 10 minutes or until carrots are done.
- 4.** Add frozen peas and macaroni to hot soup and serve.

## Each serving provides

Calories 250  
Fat 4.5 g  
Saturated fat 0.5 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 260 mg  
Carbohydrate 42 g  
Fiber 10 g  
Sugars 8 g  
Protein 11 g



**Benefits**

Heart Healthy   
High Fiber  
Low Saturated Fat



# Hearty Three-Bean Soup

Serves 12 (1 cup per serving)

- 3 cups water
- 1 can (28 oz.) low-sodium tomatoes, diced
- 1 can (15 oz.) kidney beans, drained
- 1 can (15 oz.) black-eyed peas, drained
- 1 can (15 oz.) garbanzo beans, drained
- 1 can (15 oz.) whole kernel corn, drained
- 1 cup carrots, chopped
- 1 onion, chopped
- 1 can (6 oz.) tomato paste
- 1½ tsp. chopped garlic
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. chili powder
- 1 cup chopped zucchini

## Instructions

1. Combine all ingredients except the zucchini in a large pot. Bring to a boil.
2. Reduce heat and simmer covered for 10 minutes.
3. Stir in zucchini and simmer covered for 10 minutes more.

## Each serving provides

Calories 160  
Fat 1 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 390 mg  
Carbohydrate 29 g  
Fiber 6 g  
Sugars 9 g  
Protein 7 g






# Desserts

*Desserts don't have to be left off your menu — they can be healthy and still taste delicious! And they can incorporate servings of fruit (see pages 47 and 51). Whether you want to spend some time making baked goods from scratch or whip up a quick treat, you'll find great options in the pages that follow.*



**Benefits**

Heart Healthy   
Low Saturated Fat  
Low Sodium



# Pineapple Banana Milkshake

Serves two (12 oz. per serving)

- 2 cups light soy milk, chilled
- 1 small banana (about 6 inches), cut into pieces and frozen
- 1 cup fresh pineapple chunks, chilled
- 1 tbsp. honey
- 1 tbsp. pure vanilla extract

## Instructions

1. Place the milk, banana, pineapple, honey and vanilla into a blender and process until all ingredients are pureed and incorporated.
2. Pour into two tall glasses. Garnish with pineapple and serve.

**Each serving provides**

Calories 170  
Fat 2 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 105 mg  
Carbohydrate 34 g  
Fiber 3 g  
Sugars 25 g  
Protein 6 g

## Chewy Ginger Cookies

Serves 24 (1 cookie per serving)

- ½ cup chopped crystallized ginger
- 1 tsp. baking soda
- ½ tsp. ground ginger
- ¼ tsp. salt
- ½ cup firmly packed light brown sugar
- 4 tbsp. unsalted butter, softened
- 3 tbsp. molasses
- 1 large egg
- 1⅓ cup all purpose flour
- ¼ cup granulated sugar

Nonstick spray

### Instructions

1. Combine crystallized ginger, baking soda, ground ginger and salt in a bowl.
2. Beat brown sugar, butter, molasses and egg with an electric mixer fitted with a paddle attachment at medium speed until well blended and lightened, about 2 minutes.
3. Add ginger mix, flour and granulated sugar; mix until just blended. Wrap in plastic; chill 2 hours.
4. Preheat oven to 350 degrees. Coat two baking sheets with nonstick spray.
5. Fill one bowl with cold water and a second bowl with granulated sugar. Dampen hands in water and form a 1-inch ball of dough. Roll the dough in the bowl of sugar and place on baking sheet. Make cookies by placing 3 inches apart and lightly flattening tops.
6. Bake 13 to 15 minutes, rotating sheets half way through. Remove from oven and let cool for 2 minutes. Transfer cookies to wire rack to cool completely.

### Each serving provides

- Calories 90
- Fat 2 g
- Saturated fat 1.5 g
- Trans fat 0 g
- Cholesterol 15 mg
- Sodium 85 mg
- Carbohydrate 18 g
- Fiber 0 g
- Sugars 10 g
- Protein 1 g






**Cancer-Fighting Food Fact:**

The pears add a wonderful sweetness and are packed with vitamin C and cancer preventive fiber. Poaching in the orange juice and spices deepens the flavor and adds anti-inflammatory benefits. Also, dark chocolate (when used in moderation) adds polyphenols that help blood pressure.



## Benefits

Heart Healthy   
High Fiber  
Low Saturated Fat  
Low Sodium



# Poached Pears with Chocolate Sauce

Serves four (1 pear per serving)

*Garnish with raspberries or sliced red and green Bartlett pears for more color. The vitamin C in the orange juice helps prevent browning in the fresh pears.*

- 1 cup orange juice
- ¼ cup apple juice
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 4 pears
- 4 tbsp. chocolate sauce (dark chocolate preferred)
- ½ cup fresh raspberries
- 2 tbsp. orange zest

## Instructions

- 1.** In a small bowl, combine the juices, cinnamon and nutmeg. Stir to mix evenly.
- 2.** Peel the pears and leave the stems. Remove the core from the bottom of the pear.
- 3.** Place in a shallow pan. Add the juice mixture to the pan and set over medium heat.
- 4.** Simmer at low heat, for about 40 minutes, turning pears frequently until pleasantly softened.
- 5.** Transfer the pears to individual serving plates. Drizzle with 1 tablespoon chocolate sauce for each pair and garnish with raspberries and orange zest.

**Chef's note:** Poaching liquid can be reduced by simmering or thickened with corn starch and used as a sauce when serving the pears.

## Each serving provides

Calories 220  
Fat 1 g  
Saturated fat 0 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 10 mg  
Carbohydrate 53 g  
Fiber 8 g  
Sugars 37 g  
Protein 2 g

**Benefits**  
High Fiber  
Low Sodium



## Apple Crisp

Serves five (1 cup per serving)

- 5 tbsp. all purpose white flour
- 2½ tbsp. whole wheat flour
- 2½ tbsp. packed brown sugar
- ⅛ tsp. salt
- 2½ tbsp. sugar
- 2½ tbsp. soft margarine
- ⅔ cup old fashioned oats
- 2 lb. apples, chopped
- 4 tsp. fresh lemon juice
- ½ tsp. orange zest
- ½ tsp. lemon zest
- ¼ tsp. cinnamon

### Instructions

1. Preheat oven to 375 degrees. In a large bowl, mix together flours, brown sugar, salt and 2 tablespoons of the granulated sugar.
2. Cut margarine into flour, using a pastry blender or two knives, until mixture is the texture of coarse meal.
3. Add oats, and use your hands to toss and squeeze mixture until large, moist clumps form.
4. Transfer to freezer to chill while you prepare apples.
5. In another large bowl, toss chopped apples with lemon juice, orange and lemon zest, cinnamon and remaining granulated sugar.
6. Transfer to a shallow 2-quart baking dish, and sprinkle with topping mixture.
7. Place baking dish on a rimmed baking sheet, and bake until golden and bubbling, 55 to 65 minutes. Let cool 10 minutes before serving.

### Each serving provides

Calories 260  
Fat 6 g  
Saturated fat 1.5 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 115 mg  
Carbohydrate 54 g  
Fiber 8 g  
Sugars 31 g  
Protein 3 g







# Cherry Nut Bark

Serves six (1 oz. per serving)

*You can take this dessert to heart: Dark chocolate contains flavonoids, which may reduce the risk for cardiovascular disease by helping to lower blood pressure, among other benefits.*

- 4 oz. semi-sweet chocolate
- ¼ cup chopped dried cherries
- ¼ cup chopped pecans, toasted

## Instructions

1. Put a piece of waxed paper on a 6-inch plate.
2. Chop chocolate and place in a microwavable dish. Microwave on high for about a minute. Chocolate might not look melted, but it will be. Stir.
3. Spread chocolate on waxed paper. Top with cherries and pecans and press in. Refrigerate. When cool, cut into six pieces.

## Each serving provides

Calories 140  
Fat 11 g  
Saturated fat 4.5 g  
Trans fat 0 g  
Cholesterol 0 mg  
Sodium 0 mg  
Carbohydrate 14 g  
Fiber 2 g  
Sugars 10 g  
Protein 2 g

# Portions & Measurements

*Size does matter when it comes to healthy eating. Use this guide to get a sense of your ideal meal portions, along with help converting recipe measurements as you cook.*





## Metric Conversion Factors

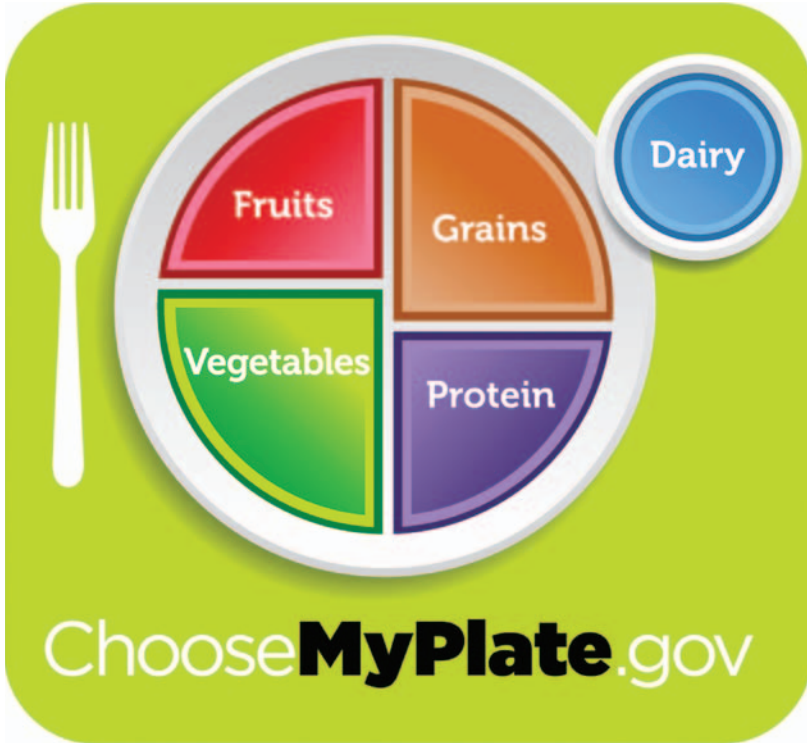
Multiply	By	To Get
Fluid ounces	29.57	grams
Ounces (dry)	28.35	grams
Grams	0.0353	ounces
Grams	0.0022	pounds
Kilograms	2.21	pounds
Pounds	453.6	grams
Pounds	0.4536	kilograms
Quarts	0.946	liters
Quarts (dry)	67.2	cubic inches
Quarts (liquid)	57.7	cubic inches
Liters	1.0567	quarts
Gallons	3,785	cubic centimeters
Gallons	3.785	liters

## Measure Equivalents

1 tablespoon (tbsp.)	3 teaspoons (tsp.)
$\frac{1}{16}$ cup	1 tablespoon
$\frac{1}{8}$ cup	2 tablespoons
$\frac{1}{6}$ cup	2 tablespoons + 2 teaspoons
$\frac{1}{4}$ cup	4 tablespoons
$\frac{1}{3}$ cup	5 tablespoons + 1 teaspoon
$\frac{3}{8}$ cup	6 tablespoons
$\frac{1}{2}$ cup	8 tablespoons
$\frac{2}{3}$ cup	10 tablespoons + 2 teaspoons
$\frac{3}{4}$ cup	12 tablespoons
1 cup	48 teaspoons
1 cup	16 tablespoons
8 fluid ounces (fl oz.)	1 cup
1 pint (pt.)	2 cups
1 quart (qt.)	2 pints
4 cups	1 quart
1 gallon (gal)	4 quarts
16 ounces (oz.)	1 pound (lb.)
1 milliliter (ml)	1 cubic centimeter (cc)
1 inch (in.)	2.54 centimeters (cm)

# Check MyPlate Before Setting Your Plate

Trying to eat healthfully? Take a look at your plate — then look at MyPlate. This handy tool was created by the U.S. Department of Agriculture to replace the Food Pyramid and help Americans eat a balanced meal. MyPlate is a simple visual reminder on how to build a healthy plate.



## Fruits

The smaller portion of the fruits and vegetables half of your plate should be filled with whole or cut-up fruits like bananas, apples and strawberries.

## Vegetables

Half of your plate should be veggies and fruits — heavier on the veggies. Include red, orange and dark green vegetables.

## Grains

A quarter of your plate should be grains. Focus on eating 100 percent whole grains, like brown rice and whole-grain breads and pasta.

## Protein

Another quarter of your plate should be protein. Eat plant-based proteins, beans, legumes and eggs.

## Dairy

Pour a glass of nonfat or low-fat (1 percent) milk. You'll get as much calcium and other important nutrients as you would from whole milk, but with less fat and calories.

# A Helpful Guide to Portion Sizes

You can have too much of a good thing — even when it comes to healthy foods. Eating the proper portions can help you keep calories under control while eating a variety of foods. Luckily, picking the right portion size is as easy as remembering a few common household items.



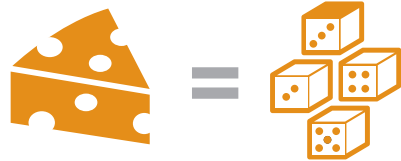
½ cup of cereal = a fist



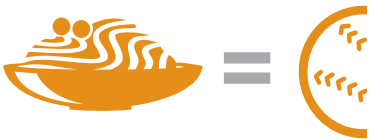
2 tablespoons of peanut butter = a golf ball (approximate)



1 medium fruit = a baseball



1 ½ ounces of low-fat cheese = four stacked dice



½ cup of pasta or rice = ½ baseball



1 teaspoon of oil = the tip of your thumb



½ cup of ice cream = ½ baseball



1 medium baked potato = a computer mouse



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