

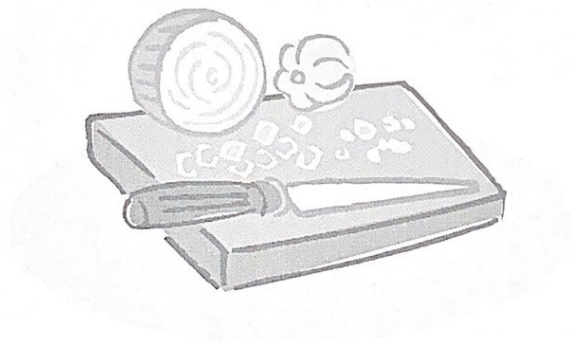
Mexican Pozole

Try a change of taste
with this hearty
Mexican soup.

2 lb	lean beef, cubed*
1 Tbsp	olive oil
1	large onion, chopped
1	clove garlic, finely chopped
1/4 tsp	salt
1/8 tsp	pepper
1/4 C	cilantro
1 can	(15 oz) stewed tomatoes
2 oz	tomato paste
1 can	(1 lb 13 oz) hominy

*Skinless, boneless chicken breasts can be used instead of beef cubes.

1. In large pot, heat oil, then sauté beef.
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Cover pot and cook over low heat until meat is tender.
3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
4. Add hominy and continue cooking over low heat for another 15 minutes, stirring occasionally. If too thick, add water for desired consistency.



Yield: 10 servings
Serving size: 1 cup
Each serving provides:
Calories: 253
Total fat: 10 g
Saturated fat: 3 g
Cholesterol: 52 mg
Sodium: 425 mg
Total fiber: 4 g
Protein: 22 g
Carbohydrates: 19 g
Potassium: 485 mg

Curtido (Cabbage) Salvadoreño

1	medium head cabbage, chopped
2	small carrots, grated
1	small onion, sliced
1/2 tsp	dried red pepper (optional)
1/2 tsp	oregano
1 tsp	olive oil
1 tsp	salt
1 tsp	brown sugar
1/2 C	vinegar
1/2 C	water

1. Blanch cabbage with boiling water for 1 minute. Discard water.
2. Place cabbage in large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Place in refrigerator for at least 2 hours before serving.

Surprise your taste buds with this flavorful dish—
esta terrífica!

► SERVING TIP

Try this dish with
Pupusas Revueltas
(see page 37).

Yield: 8 servings

Serving size: 1 cup

Each serving provides:

Calories: 41

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

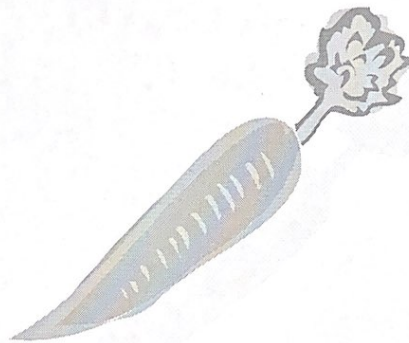
Sodium: 293 mg

Total fiber: 2 g

Protein: 2 g

Carbohydrates: 7 g

Potassium: 325 mg



Gazpacho

3	medium tomatoes, peeled, chopped
1/2 C	cucumber, seeded, chopped
1/2 C	green pepper, chopped
2	green onions, sliced
2 C	low-sodium vegetable juice cocktail
1 Tbsp	lemon juice
1/2 tsp	basil, dried
1/4 tsp	hot pepper sauce
1 clove	garlic, minced

1. In large mixing bowl, combine all ingredients.
2. Cover and chill in the refrigerator for several hours.

This chilled tomato soup is a classic—and chock full of healthy garden-fresh vegetables.

Yield: 4 servings

Serving size: 1 1/4 cups

Each serving provides:

Calories: 52

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 41 mg

Total fiber: 2 g

Protein: 2 g

Carbohydrates: 12 g

Potassium: 514 mg





Good-for-You Cornbread

This is not only good *for* you, but good *in* you—making it a healthy comfort food.

1 cup cornmeal

1 cup flour

¼ cup white sugar

1 teaspoon baking powder

1 cup buttermilk, fat-free
or low-fat (1%)

1 medium egg, whole

¼ cup soft tub margarine
vegetable oil (to coat
baking pan)

1. Preheat oven to 350 °F.

2. Mix together cornmeal, flour,
sugar, and baking powder.

3. In another bowl, combine
buttermilk and egg. Beat lightly.

4. Slowly add buttermilk and egg
mixture to the dry ingredients.

5. Add margarine and mix by hand
or with a mixer for 1 minute.

6. Grease an 8-inch by 8-inch
baking dish with vegetable oil.
Bake 20 to 25 minutes. Cool.
Cut into 10 servings.

Makes 10 servings

Serving size: 1 piece

Calories: 178

Total Fat: 6 g

Saturated Fat: 1 g

Cholesterol: 22 mg

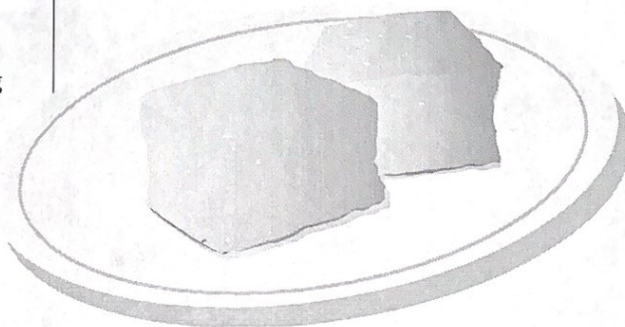
Sodium: 94 mg

Dietary Fiber: 1 g

Protein: 4 g

Total Carbohydrates: 27 g

Potassium: 132 mg





Smothered Greens

These healthy greens get their rich flavor from smoked turkey, instead of fatback.

3 cups water

¼ pound smoked turkey breast, skinless

1 tablespoon hot pepper, chopped

¼ teaspoon cayenne pepper

¼ teaspoon cloves, ground

2 cloves garlic, crushed

½ teaspoon thyme

1 scallion, chopped

1 teaspoon ginger, ground

¼ cup onion, chopped

2 pounds greens (mustard, turnip, collard, kale, or a mixture)

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice greens into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to a boil.
4. Add greens. Cook 20 to 30 minutes until tender.

Makes 5 servings

Serving size: 1 cup

Calories 80

Total Fat 2 g

Saturated Fat <1 g

Cholesterol 16 mg

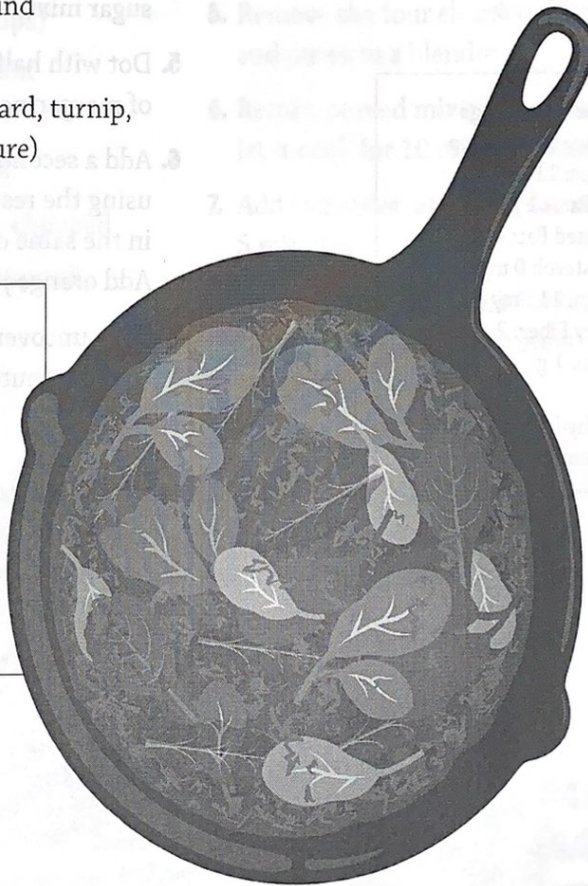
Sodium 378 mg

Total Fiber 4 g

Protein 9 g

Carbohydrates 9 g

Potassium 472 mg



Candied Yams

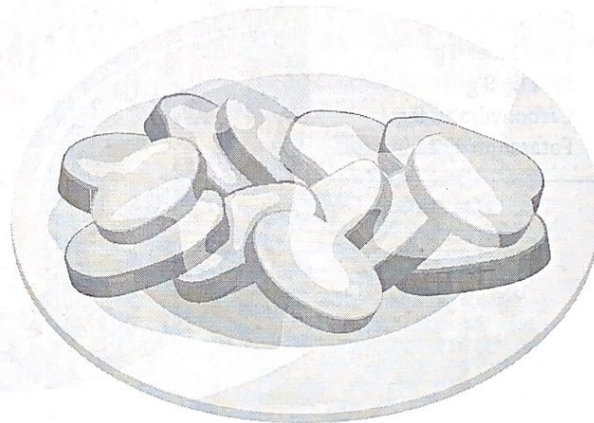
A bit of margarine and some orange juice make this dish sweet.

3 medium yams (1½ cups)
¼ cup brown sugar, packed
1 teaspoon flour
¼ teaspoon salt
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon orange peel, grated
1 teaspoon soft tub margarine
½ cup orange juice

Makes 6 servings

Serving size: 1/4 cup
Calories: 110
Total Fat: <1 g
Saturated Fat: <1 g
Cholesterol: 0 mg
Sodium: 115 mg
Dietary Fiber: 2 g
Protein: 1 g
Total
Carbohydrates: 25 g
Potassium: 344 mg

1. Preheat oven to 350 °F.
2. Cut yams in half, and boil until tender but firm (about 20 minutes). When cooled enough to handle, peel and slice into 1/4-inch slices.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of the sliced yams in the dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
7. Bake uncovered in oven for 20 minutes.



Flavorful Green Beans

These seasonings are perfect companions to the green beans.

2 pounds fresh green beans

1/3 cup chopped onions

2 cloves garlic, chopped

1/2 teaspoon black pepper

1 teaspoon dried basil

1 teaspoon vegetable oil

1. Rinse green beans, and snap tips off.
2. Steam the green beans for 5 to 7 minutes.
3. Sauté chopped onions in vegetable oil for 5 to 7 minutes or until they are tender and very lightly browned.
4. Add green beans, garlic, and ground black pepper to onions, sauté for another 3 to 5 minutes or until green beans are tender but not soft.
5. Sprinkle dried basil flakes over green beans, and serve.

Makes 7 servings

Serving size: 1 cup

Calories: 46

Total Fat: 1 g

Saturated Fat: 0 g

Cholesterol: 0 mg

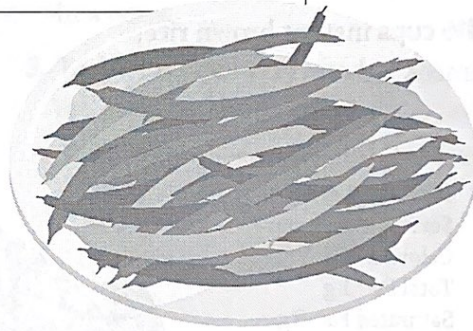
Sodium: 12 mg

Dietary Fiber: 4 g

Protein: 2 g

Total Carbohydrates: 9 g

Potassium: 179 mg





Caribbean Casserole

This tropical-inspired dish is gently spiced for a rich flavor.

- 1 medium** onion, chopped
- ½ green** pepper, rinsed and diced
- 1 tablespoon** canola oil
- 1 can (14½-ounce)** stewed tomatoes
- 1 can (15½-ounce)** low sodium black beans (or beans of your choice)
- 1 teaspoon** dried oregano
- ½ teaspoon** garlic powder
- 1½ cups** instant brown rice, uncooked

- 1.** Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
- 2.** Add tomatoes and beans (include liquid from both), as well as oregano and garlic powder. Bring to a boil.
- 3.** Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes before serving.

Makes 10 servings

Serving size: 1 cup
Calories: 185
Total Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 297 mg
Total Fiber: 7 g
Protein: 7 g
Carbohydrates: 37 g
Potassium: 292 mg





Autumn Salad

This fresh and tasty salad will delight all.

1 Granny Smith apple, rinsed
and sliced thinly (with skin)

2 tablespoons lemon juice

1 bag (about 5 cups) mixed lettuce
greens (or your favorite lettuce),
rinsed

½ cup dried cranberries

¼ cup walnuts, chopped

¼ cup unsalted sunflower seeds

⅓ cup low-fat raspberry vinaigrette
dressing



1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with raspberry vinaigrette dressing, to lightly cover the salad, and serve.

Makes 6 servings

Serving size: 1 cup

Calories: 138

Total Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 0 mg

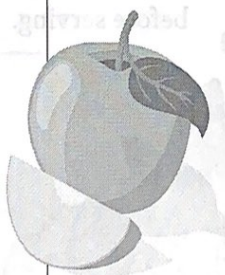
Sodium: 41 mg

Total Fiber: 3 g

Protein: 3 g

Carbohydrates: 19 g

Potassium: 230 mg



Classic Macaroni and Cheese

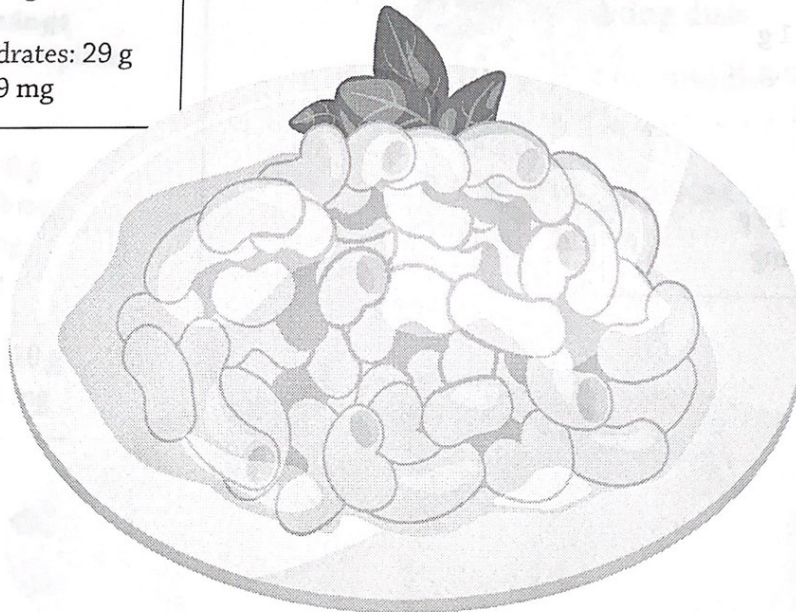
This recipe proves you don't have to give up your favorite dishes to eat heart-healthy meals. Here's a lower-fat version of a true classic.

2 cups macaroni
½ cup chopped onions
½ cup evaporated, fat-free milk
1 medium egg, beaten
¼ teaspoon black pepper
1 ¼ cups (4 oz.) reduced-fat, natural, sharp cheddar cheese, shredded

Makes 8 servings

Serving size: ½ cup
Calories: 205
Total Fat: 5 g
Saturated Fat: 2 g
Cholesterol: 34 mg
Sodium: 120 mg
Dietary Fiber: 1 g
Protein: 11 g
Total Carbohydrates: 29 g
Potassium: 119 mg

1. Cook macaroni according to package directions. (Don't add salt to the cooking water.) Drain and set aside.
2. Preheat oven to 350 °F.
3. Heat 1 teaspoon of oil in saucepan.
4. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the remaining ingredients. Mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.





Mouth-Watering Oven-Fried Fish

This heart-healthy dish can be made with many kinds of fish—to be enjoyed over and over.

2 pounds fish fillets

1 tablespoon lemon juice

¼ cup fat-free or 1% buttermilk

2 drops hot sauce

1 teaspoon fresh garlic, minced

¼ teaspoon ground white pepper

¼ teaspoon salt

¼ teaspoon onion powder

½ cup cornflakes, crumbled, or regular bread crumbs

1 tablespoon vegetable oil

1 fresh lemon, cut in wedges

1. Preheat oven to 475 °F.

2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.

3. Combine milk, hot sauce, and garlic in a mixing bowl.

4. Combine white pepper, salt, and onion powder with cornflakes or bread crumbs, and spread on a plate.

5. Let fillets sit briefly in milk mixture. Remove a fillet, and coat on both sides with seasoned cornflakes or bread crumbs, and let stand briefly until coating sticks to each side of fish. Repeat for all fillets.

6. Arrange fillets on lightly oiled shallow baking dish.

7. Place dish on middle rack. Bake for 20 minutes without turning.

8. Cut into six pieces. Serve with fresh lemon.

Makes 6 servings

Serving size: 1 cut piece

Calories: 183

Total Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 80 mg

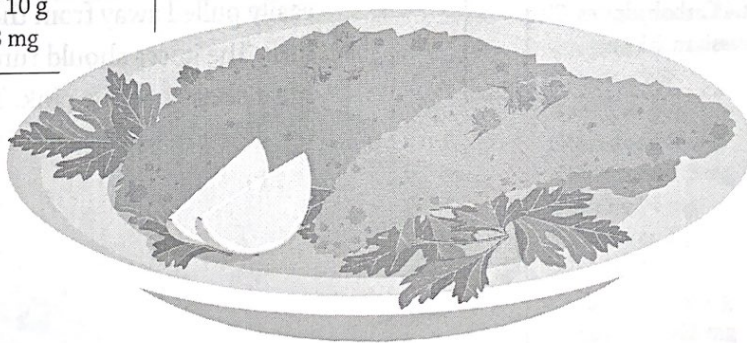
Sodium: 325 mg

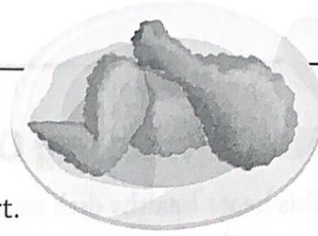
Total Fiber: 1 g

Protein: 30 g

Carbohydrates: 10 g

Potassium: 453 mg





Crispy Oven-Fried Chicken

Kids will love this chicken—and it's good for the heart.

- ½ cup** fat-free milk
or buttermilk
- 1 teaspoon** poultry seasoning
- 1 cup** cornflakes, crumbled
(or breadcrumbs)
- 1½ tablespoons** onion powder
- 1½ tablespoons** garlic powder
- 2 teaspoons** black pepper
- 2 teaspoons** dried hot pepper,
crushed
- 1 teaspoon** ginger, ground
- 8 pieces** chicken, skinless
(4 breasts, 4 drumsticks)
- ¼ teaspoon** paprika

Makes 6 servings

Serving size: ½ breast
or 2 small drumsticks
Calories: 256
Total Fat: 5 g
Saturated Fat: 1 g
Cholesterol: 34 mg
Sodium: 286 mg
Dietary Fiber: 1 g
Protein: 30 g
Total Carbohydrates: 22 g
Potassium: 339 mg

1. Preheat oven to 350 °F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine remaining ½ teaspoon of poultry seasoning and all other spices, except paprika, with corn flake crumbs (or breadcrumbs), and place in a plastic bag.
4. Dip chicken into milk, shake to remove excess liquid, then quickly shake chicken in the bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Place chicken on wire rack, and place rack on top of a baking pan that you have lined with foil. The chicken pieces should be spaced evenly apart.
8. The crumbs will form a crispy “skin.” Don’t turn the chicken during baking.
9. Bake 40 minutes. Rotate the pan and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The juices should run clear and the meat should not be pink. The drumsticks may require less baking time than the breasts.



Poached Salmon

The tomato relish adds just the right amount of flavor.

Spicy Tomato Relish

2 medium tomatoes, chopped

2 tablespoons finely chopped
yellow onion

2 tablespoons finely chopped
fresh parsley

1 teaspoon red pepper flakes,
or to taste

¼ cup red wine vinegar

2 tablespoons olive oil

ground black pepper, to taste

Salmon

4 salmon steaks, 5 ounces each

3 cups water

4 black peppercorns

1 lemon, thickly sliced

3 parsley sprigs

1 small onion, thickly sliced

2 bay leaves

1. To prepare relish, combine all the ingredients in a bowl and set aside.
2. Using a pan large enough to hold the four salmon steaks, bring water to a boil and add peppercorns, lemon slices, parsley, onion, and bay leaf.
3. Lower the heat to a gentle simmer, cover, and let flavors infuse for 5 minutes. Add salmon steaks and make sure they are covered with water. Add additional water if needed.
4. Cook, uncovered, for 10 to 12 minutes or until fish flakes easily with a fork in the thickest part (minimum internal temperature of 145 °F). Never let water boil or fish will toughen.
5. Serve each salmon steak with the relish.



Makes 4 servings

Serving size: 1 salmon
steak and ¼ cup relish

Calories: 246

Total Fat: 10 g

Saturated Fat: 3 g

Cholesterol: 93 mg

Sodium: 94 mg

Total Fiber: 2 g

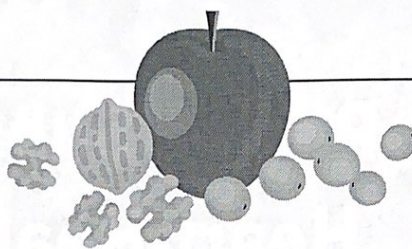
Protein: 31 g

Carbohydrates: 7 g

Potassium: 945 mg

Fruit Salad

What a great way to enjoy fruit!



1 teaspoon lemon juice

1 medium apple, cored and chopped

1 can (8 ounces) pineapple chunks
in juice, drained

1 can (15 ounces) peaches in juice,
drained

1 cup grapes, halved

½ cup plain, nonfat Greek yogurt

2 tablespoons walnuts
(shelled and chopped)

1. Cut up the apples and grapes.
2. Drain the pineapple chunks and peaches.
3. Combine fruit in a large bowl.
4. Stir in Greek yogurt and walnuts until combined.
5. Refrigerate and serve when chilled.



Makes 12 servings

Serving size: ½ cup

Calories: 65

Total Fat: 1 g

Saturated fat: 0 g

Cholesterol: 1 mg

Sodium: 6 mg

Dietary Fiber: 1 g

Protein: 2 g

Total Carbohydrates: 14 g

Total Sugars: 11 g



Summer Breeze Smoothie

Here's a perfect low-fat thirst quencher.

1 cup nonfat plain yogurt

6 medium strawberries

1 cup pineapple, crushed, canned
in juice

1 medium banana

1 teaspoon vanilla extract

4 ice cubes

1. Place all ingredients in blender
and puree until smooth.

2. Serve in frosted glass.

Makes 3 servings

Serving size: 1 cup

Calories: 121

Total Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 1 mg

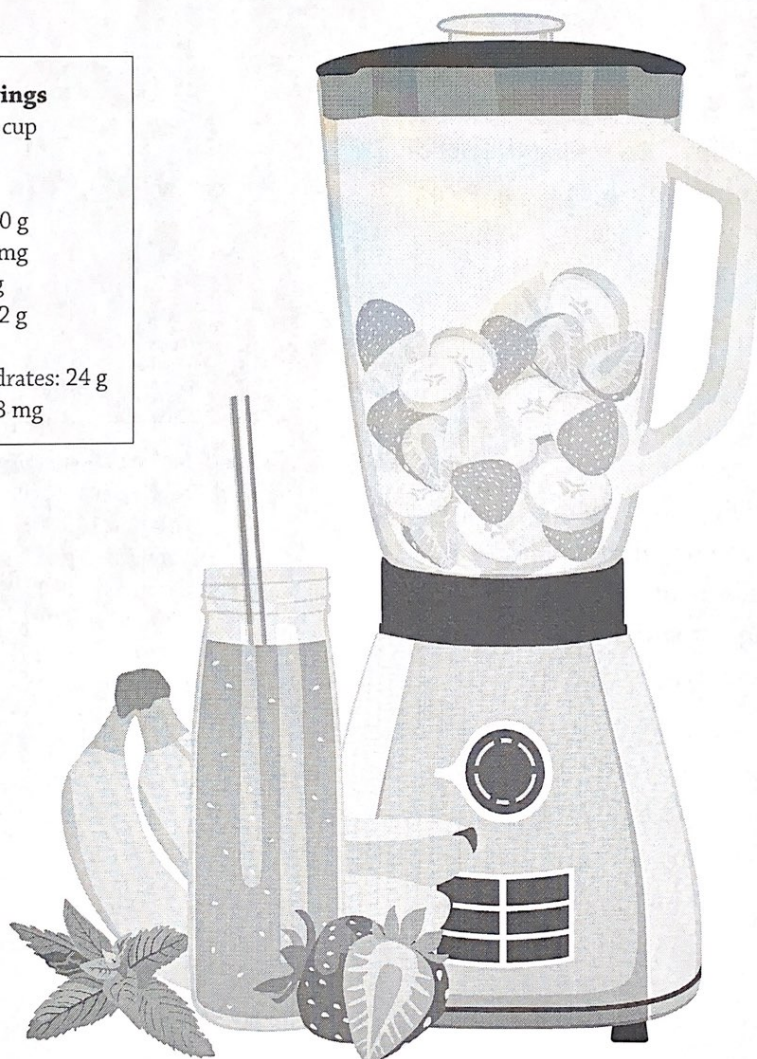
Sodium: 64 mg

Dietary Fiber: 2 g

Protein: 6 g

Total Carbohydrates: 24 g

Potassium: 483 mg



Southern Banana Pudding

This traditional dessert with a healthy twist will please your entire family.

3¾ cups cold, fat-free milk, divided

2 small packages (4-serving size each) of fat-free, sugar-free instant vanilla pudding and pie filling mix

32 reduced-fat vanilla wafers

2 medium bananas, sliced

2 cups fat-free, whipped topping, divided

1. Mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes, until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling each wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.



Makes 10 servings

Serving size: ¾ cup

Calories: 143

Total Fat: 2 g

Saturated Fat: 1 g

Cholesterol: 2 mg

Sodium: 329 mg

Dietary Fiber: 1 g

Protein: 4 g

Total Carbohydrates: 29 g

Potassium: 237 mg

Chicken Gumbo

Simple but filling—
this dish feeds
the need.

1 tsp	vegetable oil
1/4 C	flour
3 C	low-sodium chicken broth
1 1/2 lb	chicken breast, skinless, boneless, cut into 1-inch strips
1 C	(1/2 lb) white potatoes, cubed
1 C	onions, chopped
1 C	(1/2 lb) carrots, coarsely chopped
1/2	medium carrot, grated
1/4 C	celery, chopped
4 cloves	garlic, finely minced
2 stalks	scallion, chopped
1	whole bay leaf
1/2 tsp	thyme
1/2 tsp	black pepper, ground
2 tsp	hot (or jalapeño) pepper
1 C	(1/2 lb) okra, sliced into 1/2-inch pieces

Yield: 8 servings

Serving size: 3/4 cup

Each serving provides:

Calories: 165

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 51 mg

Sodium: 81 mg

Total fiber: 2 g

Protein: 21 g

Carbohydrates: 11 g

Potassium: 349 mg

1. Add oil to large pot and heat over medium flame.
2. Stir in flour. Cook, stirring constantly, until flour begins to turn golden brown.
3. Slowly stir in all broth using wire whisk. Cook for 2 minutes. Broth mixture should not be lumpy.
4. Add rest of ingredients except okra. Bring to boil, then reduce heat and let simmer for 20–30 minutes.
5. Add okra and let cook for 15–20 more minutes.
6. Remove bay leaf and serve hot in bowl or over rice.

Chicken and Rice

6	chicken pieces (legs and breasts), skinless
2 tsp	vegetable oil
4 C	water
2	tomatoes, chopped
1/2 C	green pepper, chopped
1/4 C	red pepper, chopped
1/4 C	celery, diced
1	medium carrot, grated
1/4 C	corn, frozen
1/2 C	onion, chopped
1/4 C	fresh cilantro, chopped
2 cloves	garlic, chopped fine
1/8 tsp	salt
1/8 tsp	pepper
2 C	rice
1/2 C	frozen peas
2 oz	Spanish olives
1/4 C	raisins

Let this Latino-inspired dish—full of heart healthy ingredients—inspire you.

Yield: 6 servings

Serving size: 1 cup of rice and 1 piece of chicken

Each serving provides:

Calories: 448

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 49 mg

Sodium: 352 mg

Total fiber: 4 g

Protein: 24 g

Carbohydrates: 70 g

Potassium: 551 mg

1. In large pot, brown chicken pieces in oil.
2. Add water, tomatoes, green and red peppers, celery, carrots, corn, onion, cilantro, garlic, salt, and pepper. Cover and cook over medium heat for 20–30 minutes or until chicken is done.
3. Remove chicken from pot and place in refrigerator. Add rice, peas, and olives to pot. Cover pot and cook over low heat for about 20 minutes until rice is done.
4. Add chicken and raisins, and cook for another 8 minutes.

Barbecued Chicken

3 lb	chicken parts (breast, drumstick, and thigh), skin and fat removed
1	large onion, thinly sliced
3 Tbsp	vinegar
3 Tbsp	Worcestershire sauce
2 Tbsp	brown sugar
to taste	black pepper
1 Tbsp	hot pepper flakes
1 Tbsp	chili powder
1 C	chicken stock or broth, fat skimmed from top

Don't forget to remove the skin and fat to keep this zesty dish heart healthy.

1. Place chicken in 13- by 9- by 2-inch pan. Arrange onions over top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock.
3. Pour mixture over chicken and bake at 350 °F for 1 hour or until done. While cooking, baste occasionally.



Yield: 8 servings
Serving size: 1 chicken part with sauce
Each serving provides:
Calories: 176
Total fat: 6 g
Saturated fat: 2 g
Cholesterol: 68 mg
Sodium: 240 mg
Total fiber: 1 g
Protein: 24 g
Carbohydrates: 7 g
Potassium: 360 mg

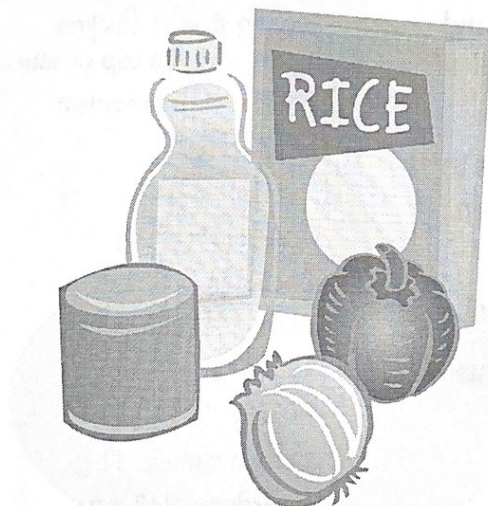
Chicken and Spanish Rice

This peppery dish is moderate in sodium but high in taste.

1 C	onions, chopped
1/4 C	green peppers
2 tsp	vegetable oil
1 can	(8 oz) tomato sauce*
1 tsp	parsley, chopped
1/2 tsp	black pepper
1 1/4 tsp	garlic, minced
5 C	cooked rice (in unsalted water)
3 1/2 C	chicken breast, cooked, skin and bone removed, diced

*Reduce sodium by using one 4-oz can of no salt added tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 226 mg.

1. In large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken, and heat through.



Yield: 5 servings
 Serving size: 1 1/2 cups
 Each serving provides:
 Calories: 406
 Total fat: 6 g
 Saturated fat: 2 g
 Cholesterol: 75 mg
 Sodium: 367 mg
 Total fiber: 2 g
 Protein: 33 g
 Carbohydrates: 52 g
 Potassium: 527 mg

Chicken Salad

Chill out
with this simple,
yet flavorful dish.

3 1/4 C	chicken, cooked, cubed, skinless
1/4 C	celery, chopped
1 Tbsp	lemon juice
1/2 tsp	onion powder
1/8 tsp	salt*
3 Tbsp	mayonnaise, lowfat

*Reduce sodium by removing the 1/8 tsp of added salt. New sodium content for each serving is 127 mg.

1. Bake chicken, cut into cubes, and refrigerate.
2. In large bowl, combine rest of ingredients, add chilled chicken and mix well.

Yield: 5 servings

Serving size: 3/4 cup

Each serving provides:

Calories: 183

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 78 mg

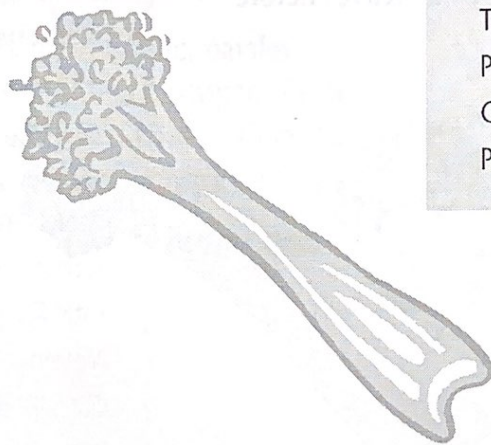
Sodium: 201 mg

Total fiber: 0 g

Protein: 27 g

Carbohydrates: 1 g

Potassium: 240 mg



New Orleans Red Beans

This vegetarian dish is virtually fat free and entirely delicious.

1 lb	dry red beans
2 qt	water
1 1/2 C	onion, chopped
1 C	celery, chopped
4	bay leaves
1 C	green peppers, chopped
3 Tbsp	garlic, chopped
3 Tbsp	parsley, chopped
2 tsp	dried thyme, crushed
1 tsp	salt
1 tsp	black pepper

1. Pick through beans to remove bad ones. Rinse beans thoroughly.
2. In large pot, combine beans, water, onion, celery, and bay leaves. Bring to boil. Reduce heat, cover, and cook over low heat for about 1 1/2 hours or until beans are tender. Stir. Mash beans against side of pan.
3. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook uncovered over low heat until creamy, about 30 minutes. Remove bay leaves.
4. Serve with hot cooked brown rice, if desired.

Yield: 8 servings

Serving size: 1 1/4 cup

Each serving provides:

Calories: 171

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 285 mg

Total fiber: 7 g

Protein: 10 g

Carbohydrates: 32 g

Potassium: 665 mg

Summer Vegetable Spaghetti

This lively vegetarian pasta dish is delicious hot or cold.

2 C	small yellow onions, cut in eighths
2 C	(about 1 lb) ripe tomatoes, peeled, chopped
2 C	(about 1 lb) yellow and green squash, thinly sliced
1½ C	(about ½ lb) fresh green beans, cut
⅔ C	water
2 Tbsp	fresh parsley, minced
1 clove	garlic, minced
½ tsp	chili powder
¼ tsp	salt
to taste	black pepper
1 can	(6 oz) tomato paste
1 lb	spaghetti, uncooked
½ C	Parmesan cheese, grated

1. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook gently for 15 minutes, stirring occasionally, until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti. Sprinkle Parmesan cheese on top.

Yield: 9 servings

Serving size: 1 cup of spaghetti and ¾ cup of sauce with vegetables

Each serving provides:

Calories: 271

Total fat: 3 g

Saturated fat: 1 g

Cholesterol: 4 mg

Sodium: 328 mg

Total fiber: 5 g

Protein: 11 g

Carbohydrates: 51 g

Potassium: 436 mg

Banana-Nut Bread

1 C	ripe bananas, mashed
1/3 C	lowfat buttermilk
1/2 C	brown sugar, packed
1/4 C	margarine
1	egg
2 C	all-purpose flour, sifted
1 tsp	baking powder
1/2 tsp	baking soda
1/2 tsp	salt
1/2 C	pecans, chopped

Bananas and lowfat buttermilk lower the fat for this old favorite, while keeping all the moistness.

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans.
2. Stir together mashed bananas and buttermilk. Set aside.
3. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture and beat well.
4. Sift together flour, baking powder, baking soda, and salt. Add all at once to liquid ingredients. Stir until well blended.
5. Stir in nuts, and turn into prepared pans.
6. Bake for 50–55 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes in pans.
7. Remove from pans and complete cooling on a wire rack before slicing.

Yield: 2 loaves

Serving size: 1/2-inch slice

Each serving provides:

Calories: 133

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 12 mg

Sodium: 138 mg

Total fiber: 1 g

Protein: 2 g

Carbohydrates: 20 g

Potassium: 114 mg