

Quick & Healthy *Recipes*

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Fall/Winter

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Green Chile Pork Stew

This is a great dish for a cold winter day.

1 pound boneless pork tenderloin	2 teaspoons chopped garlic
3/4 cup chopped onion	1 cup fat-free chicken broth*
3/4 cup sliced celery	1 cup water (or enough to cover)
2 carrots, sliced	2 tablespoons cornstarch
2 medium potatoes, not peeled, cubed (14 ounces)	1/4 cup water
1 can (7 ounces) diced green chiles	salsa, thick and chunky (optional)

Cut pork into 1 1/2 inch cubes. In a 3-quart saucepan, mix pork with the vegetables and chicken broth. Add water to cover. Cover and simmer about 45 minutes.

Mix cornstarch with remaining water. Add to stew and cook until bubbly. Serve as is or topped with a spoonful of salsa.

Note: One serving is a good source of fiber.

*Sodium is figured for reduced sodium.

Makes 7 1/2 cups

5 servings

Each Serving

1 1/2 cups

Carb Servings

2 1/2

Exchanges

1 1/2 starch

2 vegetable

2 lean meat

Nutrient Analysis

calories 269

total fat 4g

saturated fat 1g

cholesterol 52mg

sodium 187mg

total carbohydrate 37g

dietary fiber 4g

sugars 6g

protein 23g

Mexican Cornbread

This recipe different from traditional cornbread. Serve hot or cold. It is very moist, so plan to eat it with a fork.

1 can (15 ounces) cream style corn*	1/2 teaspoon baking soda
1/2 cup egg substitute (equal to 2 eggs)	1/2 teaspoon salt (optional)
1 cup yellow cornmeal	1 can (4 ounces) diced green chiles
3/4 cup fat-free milk	2 ounces (1/2 cup) grated reduced-fat cheddar cheese
3 tablespoons canola oil	

Preheat oven to 400 degrees.

Mix all ingredients in a medium bowl. Pour into an 8" x 8" pan that has been sprayed with nonstick cooking spray.

Bake for 35–40 minutes or until a toothpick inserted in the center comes out clean.

*Sodium is figured for no added salt.

Makes 9 servings

Each Serving

1/9 recipe

Carb Servings

1 1/2

Exchanges

1 1/2 starch

1 fat

Nutrient Analysis

calories 169

total fat 6g

saturated fat 1g

cholesterol 5mg

sodium 160mg

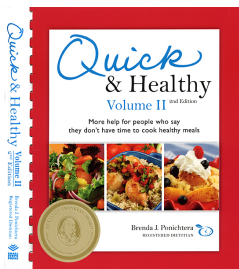
total carbohydrate 22g

dietary fiber 2g

sugars 3g

protein 6g

For more recipes, menus and tips go to: www.QuickandHealthy.net



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Chicken and Broccoli Casserole

This flavorful casserole has a delicious gravy. Serve as is or with brown rice or noodles.

1 pound skinless, boneless chicken breasts, cut into 8 strips	1/4 can water
4 cups bite-size broccoli pieces	1/2 teaspoon dried rosemary
1 can (13 ounces) mushroom pieces and stems, drained and rinsed	1/4 teaspoon paprika
1 can (10.75 ounces) low-fat, condensed cream of mushroom soup*	1/8 teaspoon ground black pepper

Preheat oven to 350 degrees. Arrange chicken in an 8-inch by 8-inch baking pan that has been sprayed with nonstick cooking spray. Top with vegetables.

Mix soup, water, and rosemary. Spread over chicken and vegetables. Sprinkle with paprika and pepper. Bake, uncovered, for 50–60 minutes or until chicken is no longer pink and broccoli is tender. Let set 10 minutes before serving.

Note: One serving is a good source of fiber.

* Sodium is figured for reduced sodium.

Makes 5 servings

Each Serving

Carb Servings

1/2

Exchanges

2 vegetable

3 lean meat

Nutrient Analysis

calories 168

total fat 3g

saturated fat 1g

cholesterol 54mg

sodium 351mg

total carbohydrate 10g

dietary fiber 4g

sugars 2g

protein 25g

Herb and Vegetable Rice Blend

You can vary the vegetables if you want more color or crunch. This is a good way to change a plain rice dish and you can even use leftover vegetables.

1 1/2 cups fat-free beef or chicken broth*	1/8 teaspoon dried rosemary
1 teaspoon dried or 1 tablespoon fresh minced onion	1 1/2 cups uncooked quick-cooking brown rice
1/4 teaspoon dried marjoram	1 cup cooked, sliced vegetables (such as mushrooms, celery, etc.)
1/4 teaspoon dried thyme	

Mix the first five ingredients in a saucepan. Bring to a boil. Add rice and reduce heat to low. Cover and simmer for 5 minutes. Remove from heat and let stand 5 minutes. Add hot vegetables and mix well.

VARIATION: *Italian Herb Rice Blend*—Substitute 3/4 teaspoon Italian seasoning for the rosemary, marjoram, and thyme.

* Sodium is figured for reduced sodium.

Makes --3 cups

4 servings

Each Serving

3/4 cup

Carb Servings: 2

Exchanges

2 starch

Nutrient Analysis

calories 142

total fat 1g

saturated fat 0g

cholesterol 0mg

sodium 151mg

total carbohydrate: 27g

dietary fiber 2g

sugars 1g

protein 5g

Grasshopper Mousse

This is a refreshing dessert that takes just minutes to prepare.

1 small box (1 ounce) sugar-free instant white chocolate pudding	3–4 drops green food coloring
2 cups fat-free milk	2 cups fat-free whipped topping
1/2 teaspoon peppermint extract	2 chocolate graham cracker squares, crushed

In a medium bowl, mix pudding with milk, peppermint extract, and food coloring. Stir constantly with a wire whisk for 2 minutes. Refrigerate for 5 minutes. Add whipped topping and mix well. Spoon the pudding mixture in a medium serving bowl or individual parfait glasses. Top with crushed chocolate graham crackers.

Makes 4 cups; 5 servings

Each serving

3/4 cup

Carb Servings: 1 1/2

Exchanges

1 1/2 carbohydrate

Nutrient Analysis

calories 115

total fat 0g

saturated fat 0g

cholesterol 2mg

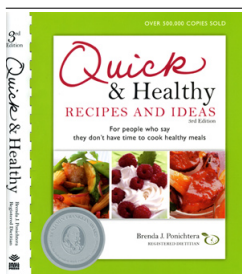
sodium 332mg

total carbohydrate 22g

dietary fiber 0g

sugars 9g

protein 3g



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