

Key to abbreviations

tsp. = teaspoon	g = grams
Tbsp. = tablespoon	mg = milligrams
c. = cup	lb. = pound
oz. = ounce	pkg. = package
pkg. = package	qt. = quart

Recipes were analyzed using Food Processor SQL software.



Nutrition Note: To reduce sodium content in recipes, try low-sodium versions of ingredients when available or omit the added salt.

SLOW COOKER RECIPES

Chicken Curry (Serves 10)

- 2¾ lb. chicken breasts, without skin
- 1 16-oz. jar salsa (mild or medium)
- 1 medium onion, chopped
- 2 Tbsp. curry powder
- 1 c. fat-free sour cream

Place chicken in slow cooker. Combine salsa, onions and curry powder and pour over chicken. Cover with lid. Cook on low for eight to 10 hours (or high for five hours). Remove chicken to serving platter; cover to keep warm. Add sour cream to salsa mixture in the slow cooker. Blend and pour over the chicken.

Per serving (using boneless, skinless chicken breasts): 180 calories, 2 g fat, 9 g carbohydrate, 1 g fiber, 270 mg sodium

Barbecued Beans (Serves eight)

- 1 lb. lean ground beef
- 1½ c. chopped onion
- 1 (16-oz.) can baked beans, undrained
- 1 (16-oz.) can kidney beans, drained
- 1 c. ketchup
- 4 tsp. prepared mustard (or to taste)
- 2 tsp. cider vinegar
- ¼ tsp. salt (optional)

Brown the meat with onions in a nonstick pan over medium heat. Drain any excess fat. Spray slow cooker with nonstick cooking spray. Combine all ingredients in slow cooker. Cook on low for six to eight hours or on high for two hours.

Per serving: 320 calories, 8 g fat, 40 g carbohydrate, 8 g fiber, 720 mg sodium

Easy Spaghetti Sauce (Serves 10)

- 1 lb. lean ground beef
- ½ c. chopped green bell pepper
- 1 clove garlic, minced
- 1 (16-oz.) can stewed tomatoes
- 1 (15-oz.) can tomato sauce
- 1 envelope spaghetti sauce seasoning
- ½ c. chopped onion
- 1 c. chopped celery
- 1 (6-oz.) can tomato paste
- 2 c. water

Brown meat with onion, pepper and garlic. Drain well and put into slow cooker with remaining ingredients. Cover; cook on high until sauce comes to a boil and then turn to low and simmer for six hours.

Per serving: 160 calories, 6 g fat, 12 g carbohydrate, 2 g fiber, 730 mg sodium

Chicken Noodle Soup (Serves eight)

- 1 large onion, sliced
- 2 celery stalks, sliced
- 2 tsp. salt
- ¼ tsp. thyme
- 10 oz. frozen peas
- 5 c. water
- 2 carrots, sliced
- 4 oz. mushrooms (canned or fresh)
- ½ tsp. pepper
- 1 Tbsp. parsley flakes
- 6 oz. chicken breast, cubed
- 3 c. noodles

Combine all ingredients except noodles in a slow cooker. Cover; cook on low for eight hours or on high for four hours. Stir in noodles. Increase heat to high and cook for one to 1½ hours.

Per serving: 130 calories, 1 g fat, 20 g carbohydrate, 3 g fiber, 770 mg sodium

Vegetable Soup (Serves eight)

- 1 lb. hamburger, browned and drained
- 1 (15-oz.) can tomato sauce
- 1 (14.25-oz.) can beef broth and 1 can water
- 1 (16-oz.) can stewed tomatoes
- 1 (1.45-oz.) envelope dry onion soup mix
- 1 (10-oz.) pkg. frozen mixed vegetables

Mix all above ingredients together in slow cooker and cook on low seven to nine hours.

Per serving: 210 calories, 8 g fat, 14 g carbohydrate, 2 g fiber, 870 mg sodium

Pasta e Fagioli (Serves eight)

- 1 lb. lean ground beef (or ground sausage)
- 1 c. chopped carrots
- 2 cloves garlic, minced
- 1 (15-oz.) can red kidney beans with liquid
- 1 (15-oz.) can tomato sauce
- 1 Tbsp. white vinegar
- 1 tsp. oregano
- ½ tsp. pepper
- 8 oz. small shaped pasta
- 1 small onion, chopped
- 3 stalks celery, chopped
- 2 (14.5-oz.) cans diced tomatoes
- 1 (15-oz.) can Great Northern beans with liquid
- 1 (12-oz.) can V-8 juice
- 1½ tsp. salt
- 1 tsp. basil
- ½ tsp. thyme

Brown meat in large saucepan over medium heat. Drain fat. Place all ingredients, except pasta, in slow cooker. Simmer seven to nine hours. Cook pasta according to directions until al dente. Drain and add pasta to soup. Simmer five to 10 minutes and serve.

Per serving: 410 calories, 9 g fat, 54 g carbohydrate, 6 g fiber, 1,130 mg sodium

Have leftovers? If you do not plan to eat leftovers in the next few days, freeze them in meal-sized portions to enjoy later for meals or lunches.

QUANTITY RECIPE FOR SPORTS/COMMUNITY EVENT

Sloppy Joes (Serves 50)

- 8 lbs., 10 oz. ground beef
- ⅓ c. dehydrated onions
- 9 oz. fresh onions, chopped
- 1 Tbsp. garlic powder
- 1 lb., 12 oz. tomato paste
- 1 lb., 13 oz. ketchup
- 1 qt. plus 1¾ c. water
- 1 c. plus 2 Tbsp. vinegar
- 2 Tbsp. dry mustard
- 1 tsp. black pepper
- ¼ c. plus 2 Tbsp. brown sugar, packed
- 50 hamburger rolls

Brown ground beef. Drain. Add onions and garlic powder. Cook for five minutes. Add tomato paste, ketchup, water, vinegar, dry mustard, pepper and brown sugar. Mix well and simmer for 25 to 30 minutes. Pour ground beef mixture into serving pans. Hold at 140 degrees or higher. Portion with No. 12 scoop (⅓ c.) onto bottom half of each roll. Cover with top half of roll.

Per serving (one sandwich): 350 calories, 30 g carbohydrate, 13 g fat, 451 mg sodium

EASY SIDE DISHES AND SNACKS

Fruit Salsa (Serves four)

- 1 c. diced strawberries
- 1 diced large banana
- 1 peeled and diced kiwi
- 1 cored and diced large apple
- 2 Tbsp. lemon juice
- ¼ c. sugar
- ¼ tsp. nutmeg
- ¼ tsp. cinnamon

Combine fruit in a medium bowl and add lemon juice. Stir in sugar, nutmeg and cinnamon. Use as a dip with baked cinnamon chips (see recipe) or serve as a side dish with grilled meat or fish.

Per serving: 120 calories, 0 g fat, 31 g carbohydrate, 4 g fiber, 0 mg sodium

Salsa Dip (Serves eight)

- 1 c. fat-free sour cream
- 1 c. chunky salsa

Mix sour cream and salsa. Serve with baked tortilla chips and/or your favorite vegetables, such as carrot sticks, celery sticks, radishes and zucchini slices.

Per serving (1/4 c.): 40 calories, 0 g fat, 7 g carbohydrate, 0 g fiber, 140 mg sodium

Easy Bean Dip (Serves five)

- 1 can refried beans (no fat added)
- 1/4 c. salsa

Mix beans and salsa together. Microwave until heated through. Serve with whole-grain crackers or veggies.

Per serving: 60 calories, 0 g fat, 11 g carbohydrate, 3 g fiber, 360 mg sodium

Spinach Salad with Poppy Seed Dressing (Serves four)

- 8 c. bite-sized pieces fresh spinach
- 1/2 c. jicama (cut into julienne strips) or carrot sticks
- 1/2 c. sliced fresh radishes
- 3 medium fresh oranges, peeled, seeded and cut up
- 1 c. strawberries, sliced

Dressing:

- 2 Tbsp. honey
- 2 Tbsp. white vinegar
- 1 Tbsp. yellow mustard
- 2 Tbsp. finely diced onions
- 2 tsp. poppy seeds
- 1/4 tsp. salt
- 1/3 c. canola oil

In tightly covered container, shake all dressing ingredients. In large bowl, toss dressing and remaining ingredients. Garnish with strawberries.

Per serving: 290 calories, 20 g fat, 28 g carbohydrate, 5 g fiber, 250 mg sodium

Fruit Salad (Serves four)

- 1 16-oz. can fruit cocktail, drained
- 2 bananas, sliced
- 2 oranges, cut into bite-sized pieces
- 2 apples, cut into bite-sized pieces
- 8 oz. nonfat yogurt, vanilla, lemon or pina colada-flavored

Wash fruit and prepare as directed. Mix fruit and yogurt in bowl. Chill in refrigerator before serving.

Per serving: 190 calories, 0 g fat, 47 g carbohydrate, 6 g fiber, 35 mg sodium

Cinnamon Chips (Serves four)

- 4 8-inch flour tortillas (flour or whole wheat)
- 2 tsp. sugar
- 1/4 tsp. cinnamon

Preheat oven to 350 degrees. Mix sugar and cinnamon in small dish or place in an empty salt shaker. Cut tortillas into wedges and place in a single layer on large baking sheets. Spray each side with butter-flavored cooking spray. Sprinkle with sugar mixture. Bake for eight to 10 minutes. Remove from oven and allow to cool 15 minutes.

Per serving: 150 calories, 3.5 g fat, 25 g carbohydrate, 1 g fiber, 290 mg sodium

Simple Snack Mix (Serves three)

- 1 c. whole-grain cereal (such as Cheerios)
- 1/4 c. dried fruit of your choice
- 1/4 c. nuts (walnut pieces, slivered almonds, pistachios)
- 1/4 c. small whole-grain snack crackers or pretzels

Place all ingredients in a large zip-close baggie or storage container. Shake it up.

Per serving: 170 calories, 7 g fat, 24 g carbohydrate, 3 g fiber, 270 mg sodium

(healthier) fast food at home

Baked Chicken Nuggets (Serves four)

- 1.5 lb. boneless, skinless chicken breast*
- 1 c. cornflakes or other ready-to-eat cereal crumbs
- 1 tsp. paprika
- ½ tsp. Italian herb seasoning or seasoning of your choice
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- Honey mustard sauce (optional, as dip)
- Barbecue sauce (optional, as dip)

Preheat oven to 400 F. Cut the chicken into bite-sized pieces. Place cereal in a plastic bag and crush using a rolling pin or can. Add remaining ingredients to cereal crumbs. Close bag tightly and shake until blended. Add a few chicken pieces at a time to crumb mixture and shake to coat evenly. Discard any unused crumb mixture. Place chicken pieces on greased baking sheet so they are not touching. Bake until golden brown with an internal temperature of 165 F, or about 12 to 14 minutes.

*You can substitute chicken thighs, but you will need to remove the skin and bones.

Per serving (made with boneless, skinless chicken breast): 220 calories, 2 g fat, 7 g carbohydrate, 0 g fiber, 160 mg sodium

Oven Fries (Serves eight)

- 4 large potatoes
- 1 Tbsp. vegetable oil
- Paprika (optional)
- Grated Parmesan cheese (optional)

Wash potatoes, but don't peel; slice into ½-inch-thick strips. Blot dry with paper towels; toss potatoes with oil in a bowl until coated. Sprinkle with paprika if desired. Spread on baking sheet and bake at 425 degrees for 20 to 25 minutes. Toss with Parmesan cheese (optional).

Per serving (without Parmesan cheese): 150 calories, 29 g carbohydrate, 2 g fat, 3 g fiber and 10 mg sodium

Fruit and Yogurt Parfaits (Serves four)

- 2 c. low-fat yogurt, vanilla or fruit-flavored
- 2 medium bananas
- 2 c. seedless grapes
- 1 c. dry crunchy cereal (Grape Nuts or granola)

Peel and slice the bananas. Spoon the grapes into tall plastic cups or glasses. Put three spoonfuls of yogurt on top of the grapes. Spoon the bananas on top of the yogurt. Add the rest of the yogurt. Sprinkle the cereal on top.

Per serving: 270 calories, 4.5 g fat, 55 g carbohydrate, 4 g fiber, 85 mg sodium

For a FREE online cookbook, go to www.ndsu.edu/eatsmart

(Click on "For Parents/Caregivers" and then "Steps to Healthy, Economical Meals")



Make half your grains whole

- Eat at least 3 ounces of whole-grain bread, cereal, crackers, rice or pasta every day
- Look for "whole" before the grain name on the list of ingredients

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