CHICKEN SOUP WITH MUSTARD GREENS AND TOMATOES

Recipes for GOOD Health

INGREDIENTS

- 4 cups fat-free, low-sodium chicken broth
- 1 small carrot, thinly sliced
- 4 large mustard green leaves, coarsely chopped (about 4 cups)
- 2 medium Italian plum tomatoes, diced
- 2 ounces diced lower-sodium, low-fat ham (about 1/4 cup)
- 2 medium green onions, thinly sliced
- 1 tablespoon imitation bacon bits
- 1/8 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes

*Recipe courtesy of the American Heart Association’s The Best of Healthy Soul Food Recipes.

Nutrition Facts
Serving Size: 1 cup
Serves Four

- Calories: 61
- Total Fat: 1.0 grams
- Saturated Fat: 0.0 grams
- Polyunsaturated Fat: 0.0 grams
- Monounsaturated Fat: 0.5 grams
- Cholesterol: 6 mg
- Sodium: 297 mg
- Carbohydrates: 7 grams
- Dietary Fiber: 3 grams
- Sugars: 3 grams
In a large saucepan, bring the broth and carrot to a simmer over medium-high heat.
Reduce the heat and simmer, covered, for five minutes, or until the carrot is almost tender.
Stir in the remaining ingredients.
Increase the heat to medium-high and return to a simmer.
Reduce the heat and simmer, covered, for ten minutes, or until the greens are tender and the flavors blend.
Ladle into soup bowls.
BREAKFAST SCRAMBLE

Recipes for GOOD Health

INGREDIENTS

- 1 tablespoon olive oil
- 1/4 cup onion, finely chopped
- 1/4 cup red bell peppers, finely chopped
- 1/2 cup frozen hash brown potatoes
- 3 eggs, or 3/4 cup egg substitute

*Recipe courtesy of lowsodiumcooking.com.

Nutrition Facts
Serving Size: 1 cup
Serves Two

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>283</td>
</tr>
<tr>
<td>Protein</td>
<td>12 grams</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>14 grams</td>
</tr>
<tr>
<td>Total Fat</td>
<td>14 grams</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>20 grams</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>5 grams</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>2 grams</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 grams</td>
</tr>
<tr>
<td>Sodium</td>
<td>368 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>136 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>1.2 grams</td>
</tr>
<tr>
<td></td>
<td>335 mg</td>
</tr>
</tbody>
</table>
COOKING INSTRUCTIONS

You and your family will LOVE the taste of this EASY recipe.

1. Saute onion and pepper in oil in a large skillet over medium heat.
2. Add hash browns and allow to cook until potatoes are softened and beginning to brown, stirring occasionally.
3. Break eggs into a bowl and whisk until well blended.
4. Pour over vegetables and continue to cook until eggs are set, about 5 minutes, stirring occasionally.

* TIP
Make sure to get hash browns that do not have added salt or substitute fresh potatoes. If you are watching your cholesterol, a product like Egg Beaters works well for this and adds about 50 mg of sodium per serving.
SPAGHETTI WITH TURKEY MEAT SAUCE

Recipes for GOOD Health

INGREDIENTS

- 1 pound ground turkey
- 1 28-ounce can tomatoes cut up
- 1 cup finely chopped sweet green pepper
- 1 cup finely chopped onion
- 2 cloves garlic, minced
- 1 teaspoon dried oregano, crushed
- 1 pound spaghetti
- Nonstick spray coating

Nutrition Facts

Serving Size: 1 cup

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>330</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td></td>
<td>5 grams</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td></td>
<td>1.3 grams</td>
</tr>
<tr>
<td>Cholesterol</td>
<td></td>
<td>60 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td></td>
<td>280 mg</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td></td>
<td>2.7 grams</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td></td>
<td>42 grams</td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td>29 grams</td>
</tr>
</tbody>
</table>

Serves Six

*Recipe courtesy of the NCI Down Home Healthy Cooking: Recipes and Tips for Healthy Cooking*
You and your family will LOVE the taste of this EASY recipe.

1. Spray a large skillet with nonstick spray coating.
2. Preheat over high heat.
3. Add turkey; cook, stirring occasionally, for five minutes. Drain fat.
4. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano and black pepper.
5. Bring to boiling; reduce heat.
6. Simmer covered for fifteen minutes, stirring occasionally.
7. Remove cover; simmer for fifteen minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor).
8. Meanwhile, cook spaghetti according to package directions; drain well.
9. Serve sauce over spaghetti with your favorite crusty, whole grain bread.
CHICKEN SALAD WITH GRAPES

Recipes for GOOD Health

INGREDIENTS

- 5 boneless, skinless chicken breasts (about 3-4 ounces in size)
- 1/4 cup light Italian dressing
- 3/4 cup sliced, red grapes
- 1/3 cup non-fat mayo
- 1/4 cup chopped green onions
- 1/4 teaspoon pepper

*Recipe courtesy of the Extreme Recipe Makeover Cookbook.

Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>146</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5 grams</td>
</tr>
<tr>
<td>Protein</td>
<td>9 grams</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>6 grams</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 gram</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>53 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>248 mg</td>
</tr>
<tr>
<td>Fiber</td>
<td>&lt;1 grams</td>
</tr>
</tbody>
</table>

Serving Size: 1 cup
Serves Seven
Boil chicken breasts in water until tender.
Drain water and shred chicken.
Place shredded chicken in a bowl and toss with grapes, green onions, salt and pepper.
Add Italian dressing and mayo, mix well.
Refrigerate for one to two hours before serving.

You and your family will LOVE the taste of this EASY recipe.
## SOUTH WESTERN VEGETABLE STEW

**Recipes for GOOD Health**

### INGREDIENTS

- 3/4 cup onion, chopped
- 1 cup zucchini, thinly sliced
- 1/2 teaspoon garlic, finely chopped
- 1/2 teaspoon black pepper
- 1 jalapeno, seeded and chopped
- 1 cup red bell pepper, cut into strips
- 1 cup yellow squash, thinly sliced
- 4 cups low-sodium chicken broth
- 1/2 cup poblano chilies, seeded and cut into strips
- 2 cups pinto beans, drained, either cooked, dried, or canned no salt added
- 1/2 teaspoon ground coriander
- 2 tablespoons vegetable oil
- 1 cup acorn squash, cubed
- 10 ounces frozen corn

### Nutrition Facts

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size:</strong></td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>Serves:</strong></td>
<td>Six</td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>220</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>6 grams</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>10 mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>57 mg</td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td>34 grams</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>8.4 grams</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>11 grams</td>
</tr>
</tbody>
</table>

*Recipe courtesy from lowsodiumcooking.com.*
1. Cook and stir onion and garlic in oil in 4-quart Dutch oven over medium heat until onion is tender.
2. Stir in bell pepper, poblano and jalapeno chilies. Cook fifteen minutes.
3. Stir in squash, broth, pepper, and coriander.
4. Heat to boiling; reduce heat. Cover and simmer until squash is tender, about fifteen minutes.
5. Stir in remaining ingredients.
6. Cook uncovered, stirring occasionally, until zucchini is tender, about ten minutes.