



Healthy, Fun, Easy, and Homemade Foods



Young People's Healthy Heart Program At Mercy Hospital, Valley City, ND

*Indicates recipes in this handout

Pizza Casserole*
Green Beans
Mixed Fruit
Fat Free Skim Milk

Sausage Calzone*
Baby Carrots
Apple Slices
Fat Free Skim Milk

French Glazed Fish*
Peas
Low Fat Mashed Potatoes*
Fat Free Skim Milk

Veggie-Hamburger Soup*
Whole Wheat Roll
Spinach Salad
Fat Free Skim Milk

Lemon Pork Chops*
Baked Potatoes
Steamed Broccoli
Sliced Oranges
Fat Free Skim Milk

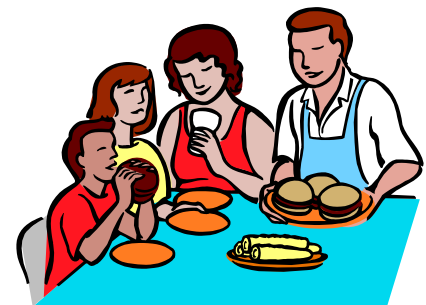
Chicken Piquant*
Cooked Carrots
Rice
Sliced Kiwi
Fat Free Skim Milk

Hawaiian Chicken Stir-Fry*
Brown Rice
Banana slices

Whole Wheat Waffles*
Fresh Berries
Yogurt
Fat Free Skim Milk

Beef Stew*
Whole Wheat Roll
Fast and Easy Fruit Salad*
Fat Free Skim Milk

Scalloped Potatoes and Ham*
Steamed Broccoli and Cauliflower
Mixed Fruit
Fat Free Skim Milk



Pizza Casserole



Ingredients:

1 lb. 90% lean ground beef
3 tsp. Italian Seasoning
spaghetti sauce
2 tsp. garlic powder
1 (14 ½ oz.) can no added salt
stewed tomatoes

2 ½ c. water
1 (32oz) jar

2 c. small shell macaroni, uncooked
8 oz. (2 c.) part-skim Mozzarella
shredded cheese

Directions:

Brown meat and drain well; sprinkle with seasonings. Add all other ingredients, except Mozzarella cheese. Cover and simmer 25-30 minutes to allow the macaroni to cook. Add Mozzarella cheese. Cover and heat until cheese is melted. Serves: 8
Serving size: 1 c.

Nutrition Information: 349 calories, 12 g fat, 705 mg sodium, 3 g fiber
Cost Analysis: \$11.80 total cost \$1.48/ serving

Sausage Calzone



Ingredients:

1 loaf frozen whole wheat
bread dough, thawed
1 lb. 90% lean Italian pork
¾ c. shredded Mozzarella
cheese

¼ c. grated Parmesan cheese
Dash of dried basil
Dash of black pepper
Dash of dried rosemary

Directions:

Roll out bread dough on floured counter to thickness of ¼ to ½ in. In medium skillet, cook sausage and drain well. Combine sausage, cheeses, basil, pepper, and rosemary; mix well. Spread over prepared dough. Sprinkle on sautéed onions or mushrooms, or fresh green pepper slices if desired. Roll up carefully so loaf looks like long loaf of French bread. Seal long edge and tuck under ends. Spray an 11x14 in baking sheet with oil. Place rolled loaf on sprayed baking sheet with seam side down. Bake at 350° for 30 to 40 minutes, or until golden brown.
Serves: 6 Serving Size: 2 (1-in) slices

Nutrition Information: 390 calories, 14 g fat, 597 mg sodium
Cost Analysis: \$8.80 total cost \$1.47/ serving

French Glazed Fish



Ingredients:

1 lb fish fillets (cod, snapper)
2 Tbsp. low-sugar apricot jam
¼ c. low-calorie French dressing
1 Tbsp. minced dried onion
2 Tbsp. water

Directions:

Arrange fish in a 9x13in baking pan that has been sprayed with nonstick coating. Preheat oven to 450°. Bake, uncovered, for 4 to 5 minutes per half- inch thickness of fish. Drain any liquid. Combine remaining ingredients and spoon over fish. Return to oven for 2 minutes to heat sauce. Serves: 4 Serving Size: 3 oz.

Nutrition Information: 150 calories, 2 g fat, 71 mg sodium
Cost Analysis: \$6.70 total cost \$1.68/ serving

Vegetable- Hamburger Soup



Ingredients:

1 lb. 90% lean ground beef
1 c. chopped onions
1 c. diced potatoes
1 c. sliced carrots
1 c. shredded cabbage
1 c. sliced celery
1 (1 lb.) can crushed tomatoes
¼ c. barley
3 c. water
2 tsp. basil
¼ tsp. thyme
1 bay leaf

Directions:

Brown onion and hamburger in skillet. Drain off fat; put hamburger and onion in large stock pot. Add all other ingredients, bring to a boil; simmer for at least one hour. Serves: 12 Serving Size: 1 cup

Nutrition Information: 114 calories, 4 g fat, 160 mg sodium, 2 g fiber
Cost Analysis: \$7.80 total cost \$0.65/ serving

Lemon Pork Chops

Ingredients:

1 (4 oz) pork chop, raw
1 Tbsp. ketchup
1 thin lemon slice

1 Tbsp. brown sugar
1 thin onion slice
1 Tbsp. water



Directions:

Heat oven to 350°. Place pork in ungreased shallow baking dish. Top with onion and lemon slice. Mix together the brown sugar, ketchup, and water. Spoon over chop. Cover and bake 1 hour, spooning sauce over pork occasionally, until done. Serves: 1 Serving Size: 4 oz.

Nutrition Information: 232 calories, 8 g fat, 234 mg sodium

Cost Analysis: \$1.20 total \$1.20/ serving

Chicken Piquant

Ingredients:

¼ c. wine
¼ c. low-sodium soy sauce
3 Tbsp. oil
2 Tbsp. water
2 Tbsp. brown sugar

1 clove garlic, minced
1 tsp. ground ginger
1 tsp. oregano
3 chicken breast (1 ½ lbs.),
split, skinned and boned



Directions:

Blend together wine, soy sauce, oil, water, brown sugar, garlic, ginger, and oregano. Place chicken breasts in greased casserole dish and cover with sauce. Bake, uncovered, for 1 hour at 350°. Serves: 6 Serving Size: 3-4 oz chicken breast

Nutrition Information: 241 calories, 10 g fat, 386 mg sodium

Cost Analysis: \$5.90 \$0.98/ serving

Hawaiian Chicken Stir-Fry



Ingredients:

1 (15 ¼ oz) can pineapple chunks
2 Tbsp. vinegar
1 Tbsp. cornstarch
¼ tsp. cayenne pepper
1 Tbsp. oil
1 (3 oz) cooked brown rice
4 boneless, skinless chicken breasts, cut into bite sized pieces (1 lb)

¼ c. orange juice
2 Tbsp. soy sauce
½ tsp. onion powder
¼ tsp. ground ginger
1 (16 oz) package frozen broccoli, thawed

Directions:

Drain pineapple, reserving juice. Set pineapple chunks aside. For sauce, stir together reserved pineapple juice, orange juice, vinegar, soy sauce, cornstarch, onion powder, cayenne pepper, and ginger. Set the sauce mixture aside. Preheat a wok or large skillet over high heat. Add oil. Stir-fry broccoli about 2 minutes or till crisp-tender. Remove from wok. Add chicken to wok and stir-fry until no longer pink. Pour sauce over chicken and cook until thick and bubbly. Cook and stir the mixture 2 minutes more. Stir in broccoli and pineapple and reduce heat. Cover and cook about 1 minute. Serve hot over the noodles or rice. Serves: 4

Nutrition Analysis: 307 calories, 3 g fat, 322 mg sodium

Cost Analysis: \$6.60 total \$1.65/ serving

Whole Wheat Waffles

Ingredients:

1 c. whole wheat flour
1 c. white flour, sifted
2 tsp. baking powder
2Tbsp. sugar
2 c. white whole wheat flour can be substituted for the wheat and white flour

¼ tsp. salt
2 eggs, separated
2 c. skim milk
4 Tbsp. oil



Directions:

Beat egg yolks, then mix with oil and milk. Add dry ingredients and mix until just blended. Beat 2 egg whites until stiff and fold into batter. Bake according to instructions on waffle iron. Serves: 4 Serving size: 3 waffles

Nutrition Information: 243 calories, 9 g fat, 285 mg sodium, 3 g fiber

Cost Analysis: \$4.96 total \$1.24/ serving

Beef Stew

Ingredients:

2 lbs. beef stew meat, (cut in 1 in. cubes) 5 carrots, sliced
1 large onion, diced 3 stalks celery,
diced
4 potatoes, peeled and diced 1 (15-oz) can crushed tomatoes
1 can healthy request cream of mushroom soup
1 bay leaf



Directions:

Put all ingredients in Crock-pot and mix thoroughly. Cover and cook on low 10-12 hours or on high for 5-6 hours. Serves: 9 Serving size: 1 c.

Nutrition Information: 406 calories, 8 g fat, 782 mg sodium

Cost Analysis: \$13.39 total \$1.49/ serving

Scalloped Potatoes and Ham

Ingredients:

1 ½ lbs. turkey ham, cubed 8-10 medium potatoes,
1 onion, peeled and diced pared and thinly sliced
1 can healthy request cream of paprika
mushroom soup ½ tsp. cream of tartar



Directions:

Toss sliced potatoes in ½ tsp cream of tartar and 1 cup water. Drain. Put ham, potatoes, and onions in Crock-pot. Spoon undiluted soup over top. Sprinkle with paprika. Cover and cook on low 8-10 hours or on high 4 hours.

Serves: 8 Serving size: 1 cup

Nutrition Information: 260 calories, 3 g fat, 890 mg sodium

Cost Analysis: \$10.28 total \$1.28/serving

Low-Fat Mashed Potatoes

Ingredients:

Potatoes

skim milk



Directions:

Boil potatoes until done. No salt is used in cooking the potatoes. Drain. Mash using skim milk. No margarine needs to be used when mashing the potatoes.

Serves: 1 Serving Size: ½ cup

Nutrition Information: 80 calories, 0 g fat, 30 mg sodium, 2 g fiber

Cost Analysis: \$0.64 total \$0.64/ serving

Fast and Easy Fruit Salad

Ingredients:

1 (15 oz) can mixed fruit
or pineapple tidbits

2 medium apples

2 bananas

1 ¼ c. low fat or fat free vanilla yogurt



*Can substitute any canned or fresh fruit

Directions:

Cut up fruit into bite-size pieces. Add drained fruit. Add the vanilla yogurt and mix well. Serves 7-8 Serving size: 1 cup

Nutrition Information: 125 calories, 0 g fat, 39 mg sodium

Cost Analysis: \$4.75 total \$0.67/ serving