

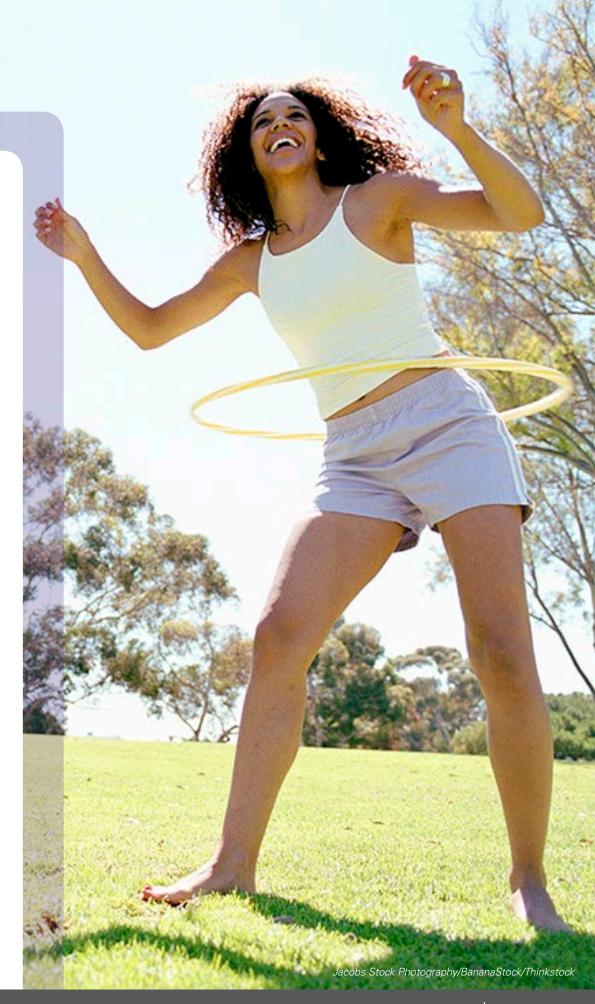
# Introduction

Moisture wicking T-shirts, pricey shoes, water bottles, weights, fancy equipment, gym memberships, dietary supplements, meal plans ... the list goes on and on. Americans spend 40 billion dollars annually on fitness and weight-loss programs, equipment and supplements; yet almost 40 percent of Americans are obese and weight-related health conditions are on the rise.

The amount of money we spend each year on fitness and weight-loss aids does not directly correspond to our level of success. If you have a healthy-living, fitness or weight-loss resolution for the New Year, you can achieve it. Success is dependent on planning, focus and drive — not on dollars spent. You don't have to spend a lot of money to reap the health benefits of an active life and a balanced diet. There are simple, budget-friendly ways to work out and eat right. Best of all, there's no barrier to entry. You can start immediately.

Remember to consult your doctor before beginning any workout routine.

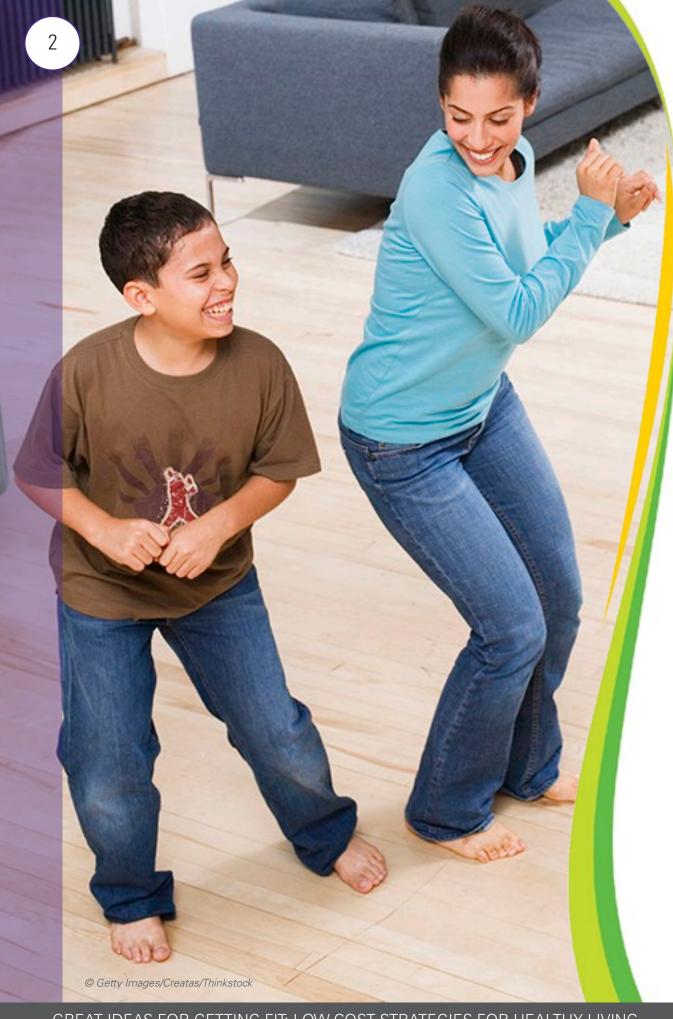
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Family. Work. Hobbies. Friends. School. Volunteering. What does your daily activity list include? And where does exercise fit in? The CDC recommends at least 2 hours and 30 minutes of moderate-intensity aerobic activity each week. Whether your physical activity is sustained through long workouts or broken up into smaller intervals doesn't matter; the point is to get moving in any way you can.

Ideally we would all hit the gym every day, but some days are packed so tightly with obligations that we just don't have time. Luckily there are simple – and free – ways to build more physical activity into our daily routines.



- If you have a dog, walk him or her daily. Not only will your pooch thank you, your heart, lungs and waistline will too. If you don't have a dog, why not volunteer at a local animal shelter?
- Do you drive around the grocery store parking lot looking for the space closest to the door? Park at the back of the lot and take some extra steps toward better health. You'll work in more physical activity and save yourself the time and stress of circling the lot.
- Speaking of the grocery store try carrying your bags back to your car rather than using a cart. Build those arm muscles!
- Avoid the escalator and elevator. Take the stairs and climb them briskly. It's a quick cardio workout.
- Can't bear to part with your relaxing TV time? Lift weights while you watch your favorite shows. Try using canned goods as low-cost improvised weights. Commercial breaks are an excellent time to fit in some sit-ups or push-ups. Challenge yourself to see how many you can complete before the show starts.
- Dance! Talent and a sense of rhythm are not required. Dancing revs up your heart rate and makes you smile. Turn up the tunes and go at it.



- Make exercise a fun group activity. Play tag with the kids or grandkids. Take a family walk after dinner, or find a friend to join you for a stroll. Social support can make exercise seem like less work and more play.
- Try a physically active volunteer job. Clean up a park, build houses for underprivileged families in your community, sort and stack donated food items or staff a charity 5K run. There are lots of ways to give your time while gaining a good workout and a sense of community.
- Do you sit all day at work? Try to find small opportunities to stand, stretch and move. On a phone call? Why not put it on speakerphone or plug in a headset and stand, walk or do leg lifts while you talk. For lunch, try brown-bagging it and using half of your break for a quick walk or jog. And always make time to stand and stretch every hour. Your muscles will thank you.
- Clean the house. Top-to-bottom, front-to-back deep cleaning will give you an opportunity to work all kinds of muscles. Push around your heavy vacuum; scrub your tubs, sinks and toilets; wash your windows; clean out the basement or garage. Whatever it is, keep up the intensity for an extra bonus a fresh, organized house and a healthier body!

- 11 Run or walk your errands. Is your grocery store, post office or shopping mall within reasonable walking or biking distance? Try hoofing it to the store to work in some exercise while you check tasks off your daily to-do list.
- 12 Explore your city or town. Find a great trail, a tall set of stairs to run up and down, a park with a fitness circuit, a sandy beach to jog on, or a steep hill to rev up your heart rate while you bike. There are opportunities everywhere. Bad weather? Find an indoor mall or office park to stroll through.
- Find exercise communities online. They can help you map great jogging routes, share workout tips, locate free classes and events, and provide support and encouragement.
- Track your progress with a free health care app on your phone or tablet. A quick Google search can help you locate the best app for your needs.
- Head to the library and rent some exercise DVDs. They're free and a great way to shake up your workout routine.
- Pull weeds in the spring, mow the grass in the summer, rake leaves in the fall or shovel snow in the winter. The next time you are tempted to put off the "chore" of yard work, remember it's a great way to get active and beautify your space at the same time.



# **CALORIES BURNED DURING COMMON PHYSICAL ACTIVITIES**

MODERATE ACTIVITY	APPROXIMATE CALORIES BURNED BY A 154-Ib. PERSON
hiking	370 per hour
light gardening or yard work	330 per hour
dancing	330 per hour
golfing (walking and carrying clubs)	330 per hour
bicycling (<10 mph)	290 per hour
walking (3.5 mph)	280 per hour
weight lifting (general light workout)	220 per hour
stretching	180 per hour

Source: Dietary Guidelines for Americans 2005. U.S. Department of Health and Human Services; U.S. Department of Agriculture.





Cooking your own meals and eating at home can drastically reduce the cost of your monthly food bills. Simple techniques for saving time can make cooking at home as quick and easy as sitting in line at the drive-through.



- 1 Cut, wash and store your fruits and veggies as soon as you come home from the grocery store. Put them in individual serving containers for a quick grab and go snack.
- 2 Cook a week's worth of meals on your day off and store them in the fridge or freezer to reheat when you need them.
- Cook more than you need for one meal. You can eat the leftovers for lunch or find ways to incorporate them into other meals.
- Create a recipe file for budget-friendly, quick and easy meals. You'll establish some "go-to" favorites that always work in a pinch.
- Wash, prep and store your recipe ingredients immediately after you purchase them. It makes dinner preparation quick and easy on your tired or busy evenings.
- Really pressed for time? Make a simple no-cook meal.

Searching for delicious and nutritious recipes to trim your waistline but not your wallet?

Check out the recipe sections starting on page 13.

- Use your freezer! You can purchase ingredients when they're on sale and freeze them for later use, or you can make extra portions of your favorite meals and freeze them for quick and easy reheating.
- Do you have fruits or veggies that are the verge of becoming over-ripe? Try using them in a nutritious smoothie or create a soup or stew.
- Try purchasing two to three days of produce at a time to avoid spoilage. If you grocery shop weekly, be sure to plan your meals around your most perishable produce. Wasted food equals wasted funds.

# **Least expensive produce in the United States**

based on national average, 2010



**Vegetables** < \$.42 per cup

potatoes lettuce eggplant cooking greens summer squash carrots

tomatilllos

**Fruits** < \$.56 per cup

pears apples watermelon bananas pineapple peaches

Source: U.S. Department of Agriculture. Healthy Eating on a Budget: The Consumer Economics Perspective: U.S. Department of Agriculture. Choosemyplate.gov. Center for Nutrition Policy and Promotion, Sept. 2011.





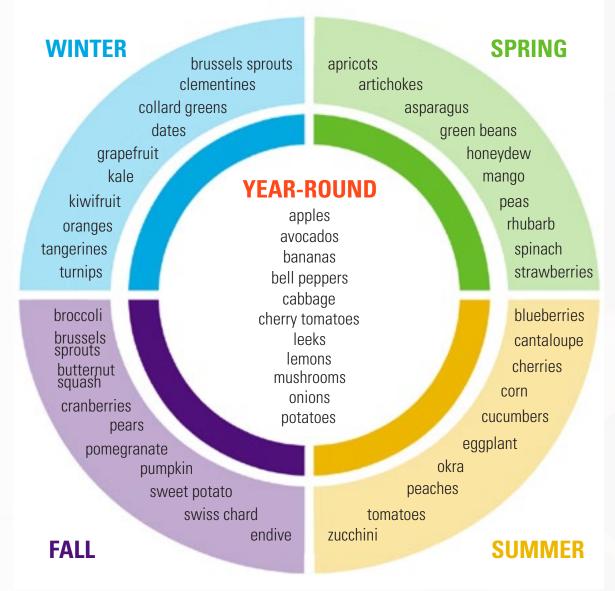
Eating well and incorporating additional fresh, whole foods into your diet doesn't have to break the bank. Try these smart shopping tips to take your diet from ho-hum to healthy.

- Plan ahead. Create a weekly meal plan and place a focus on using the same ingredients in multiple recipes. Only buy what you have planned.
- Speaking of buying only what you plan don't shop hungry! It will cause you to over-purchase.
- For the best deals, purchase in-season produce (see chart on page 11). Visit your local farmers market for great deals on fresh, local fruits and veggies
- Go with whole grains. They're a filling, fiber-rich and inexpensive base for all kinds of dishes.
- Bring a calculator to the store. Pay attention to unit pricing. How much does each item cost per ounce? It will help you determine the best deal.
- Avoid the cookie, potato chip and soda aisles, or any other aisles that hold your personal food temptations - out of sight, out of mind. You'll avoid adding extra calories to your diet and extra dollars to your grocery bill.
- In fact, to eat healthy you should do the bulk of your shopping along the perimeter of the store. This is where most produce and natural, non-processed foods are displayed.



# WHAT PRODUCE IS IN-SEASON?

The table below gives a small sampling of seasonal produce. You can learn more at fruitsandveggiesmatter.org.



Information source: "What fruits and vegetables are in season?" Fruits and Veggies More Matters. Produce for Better Health Foundation. <a href="http://www.fruitsandveggiesmorematters.org">http://www.fruitsandveggiesmorematters.org</a>





- Don't fall for convenience. Prewashed, pre-sliced and precooked often mean significantly higher cost. Take the time to do your own prep work. It can save you a significant chunk of change.
- Experiment with store brands. You may find you have brand loyalty for certain food items, but with others there's room for change. Whenever you can, choose the store brand to help keep money in your pocket.
- Apply for frequent shopper cards from all of your favorite stores, and pay attention to your local grocery store ads.

  Shopper rewards cards can save you significant money on selected merchandise. Best of all they're free!
- 11 Visit coupon websites. They are a one-stop shop for the best local store deals.
- Remember fruits and veggies are sold in multiple forms:
  Fresh, canned, dried, jarred and frozen. Investigate your options when incorporating produce into your recipes and meals. Be aware that canned or jarred produce may be higher in sodium or sugar content. Read nutrition labels to make the best decisions for your individual dietary needs.
- Try swapping the meat from some of your favorite recipes by using high-protein, high-fiber beans instead. Beans are healthy and nutritious, and they cost less than meat.



Give your body the fuel it needs to start the day and stay active and healthy. Try these simple, budget-friendly breakfasts to get your day rolling.

# No bake breakfast cookies

# **Ingredients**

1/2 cup honey (or light corn syrup)

1/2 cup nonfat dry milk (instant)

1/2 cup raisins (or chopped dates)

1/2 cup creamy peanut butter

2 1/2 cups flaked cereal (coarsely crushed)

# **Instructions**

- 1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
- 2. Remove from heat. Stir in dry milk.
- 3. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.
- 4. Cool to room temperature. Store in refrigerator.

Makes 12 servings.

# Cost

Per recipe: \$2.68

Per serving: \$0.22

# **Source**

Montana State University Extension, Nutrition Education Programs, Buy Better. Eat Better. recipes

# **Nutrition information**

serving size: 2 cookies

Calories

160

Fat Sodium 5 g 110 mg

Carbohydrate

26 g 18 g

Sugar Protein

4 g

# Peanut butter banana breakfast shake

# **Ingredients**

1 cup milk (fat free or 1%)

1/2 cup banana (frozen, slices)

1 tablespoon peanut butter

1/4 teaspoon cinnamon (ground)

1/2 teaspoon vanilla extract

cocoa powder (as needed, sweet, optional)

# **Instructions**

1. Combine all ingredients in a blender and blend until smooth and creamy.

2. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

Makes 1 serving.

### Cost

Per recipe: \$0.46

Per serving: \$0.46

## **Source**

University of Nebraska, Cooperative Extension, Healthy Eating Recipes

# **Nutrition information**

serving size: 1 shake

Calories

Sodium

260 8 g

Fat

200 mg

Carbohydrate

34 g 23 g

Sugar Protein

14 g

# Sure to please eggs and cheese

# **Ingredients**

1 tablespoon oil 1/2 cup low-fat cheese (grated)

6 eggs 1 teaspoon garlic powder

1/2 cup nonfat milk 1 1/2 teaspoon oregano

# Instructions

1. Preheat oven to 350 degrees.

2. Put oil in a medium baking dish or small cake pan and heat in the oven for a few minutes.

3. In a bowl, beat eggs. Mix in remaining ingredients. Pour into hot pan.

4. Bake 20 minutes or until eggs are firm. Serve immediately.

\* 4 eggs and 4 egg whites may be used instead of 6 eggs to reduce fat and cholesterol (nutrient analysis reflects this modification).

Makes 4 servings.

#### Cost

Per recipe: \$1.95

Per serving: \$0.49

#### Source

University of Wisconsin, Cooperative Extension Service, Healthy Snacks

# **Nutrition information**

serving size: 1/4 of recipe

Calories 160

Fat 9 g

Cholesterol 190 mg

Sodium 230 mg

Carbohydrate 3 g Protein 15 g

# Breakfast burrito with salsa

# **Ingredients**

4 eggs (large)

2 tablespoons corn (frozen)

1 tablespoon milk (1%)

2 tablespoons green pepper (diced)

1/4 cup onion (minced)

1 tablespoon tomatoes (diced fresh)

1 teaspoon mustard

1/4 teaspoon garlic (granulated)

1/4 teaspoon hot pepper sauce (optional)

4 flour tortillas (8 inch)

1/4 cup salsa (canned)

### Instructions

- 1. Preheat oven to 350 degrees. In a large mixing bowl, blend the eggs, corn, milk, green peppers, onions, tomatoes, mustard, garlic, hot pepper sauce, and salt for 1 minute until eggs are smooth.
- 2. Pour egg mixture into a lightly oiled 9x9x2 inch baking dish and cover with foil.
- 3. Bake for 20-25 minutes until eggs are set and thoroughly cooked.
- 4. Wrap tortillas in plastic and microwave for 20 seconds until warm. Be careful when unwrapping the tortillas. The steam can be hot.
- 5. Cut baked egg mixture into 4 equal pieces and roll 1 piece of cooked egg in each tortilla.
- 6. Serve each burrito topped with 2 Tablespoons of salsa.

Makes 4 servings.

### Cost

Per recipe: \$1.64

Per serving: \$0.41

### Source

USDA, Food and Nutrition Service (FNS), Food Family Fun

# **Nutrition information**

serving size: 1/4 of recipe

Calories 240 Fat 8 g

Cholesterol 185 mg

Sodium 620 mg

Carbohydrate 30 g

Protein 11 g



Experiencing a mid-day slump? Recharge your batteries with a delicious, nutritious and budget-friendly lunch. These recipes will keep you energized and focused.

# Quinoa and black bean salad

# **Ingredients**

1/2 cup quinoa (dry)

1 1/2 cup water

1 1/2 tablespoon olive oil

3 teaspoons lime juice

1/4 teaspoon cumin

1/4 teaspoon coriander

2 tablespoons cilantro (chopped)

2 scallions (medium, minced

15 ounces black beans (can, rinsed and drained)

2 cups tomato (chopped)

1 red bell pepper (medium, chopped)

1 green bell pepper (medium, chopped)

2 green chilis (fresh, minced, to taste)

black pepper (to taste)

# **Nutrition information**

serving size: 1 cup

Calories 140

Fat 4.5 g

Sodium 210 mg

Carbohydrate 23 g

Sugar 5 g

Protein 5 g

# **Instructions**

- 1. Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
- 2. Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
- 3. Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
- 4. Combine chopped vegetables with the black beans in a large bowl, and set aside.
- 5. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve. *Makes 6 servings.*

### Cost

Per recipe: \$4.78 Per serving: \$0.80

#### Source

US Department of Health and Human Services, National Institutes of Health

# Tofu eggless salad

# **Ingredients**

1 pound tofu (firm) 1/2 teaspoon turmeric

1/2 cup scallions (diced) 1 teaspoon onion powder

1/2 cup celery (diced) 1 teaspoon garlic powder

1/2 cup carrot (diced) 1/2 cup mayonnaise (low-fat)

2 tablespoons yellow mustard

### **Instructions**

1. Drain tofu. Wrap in layers of paper towels to dry.

2. Place a heavy object on top of tofu and let it sit while you prepare other ingredients.

3. Wash and dice vegetables, if desired.

4. Mash tofu well with fork. Stir in spices and mayonnaise. Then gently stir in vegetables.

5. Use as a sandwich spread or serve on a bed of crisp greens.

Tip: Use a variety of chopped vegetables for different tastes and textures.

Makes 8 servings.

# Cost

Per recipe: \$3.50

Per serving: \$0.44

# Source

University of Massachusetts, Extension Nutrition Education Program, Choices: Steps Toward Health

# **Nutrition information**

serving size: 1/2 cup

Calories Fat

Fat 7 g Cholesterol 5 mg

Sodium

Protein

160 mg

Carbohydrate

4 g 15 g

100

# Tuna melt burger

# **Ingredients**

1 can tuna (6 ounce)

2 celery (medium stalks, chopped)

1/8 teaspoon pepper

1/4 cup light mayonnaise

1 tablespoon instant minced onion

1/4 teaspoon salt

1/2 cup American cheese (low sodium, diced)

12 whole wheat bread (slices)

# **Instructions**

- 1. Wash hands and cooking area.
- 2. Preheat oven to 350°F.
- 3. Drain tuna and break the meat apart with a fork.
- 4. Wash and chop the celery and dice the cheese.
- 5. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt, and pepper into a medium mixing bowl with a wooden spoon.
- 6. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each (you will make a total of 6 sandwiches).
- 7. Put each sandwich on a square of aluminum foil, then wrap the foil around sandwiches, folding edges securely. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.

Makes 6 servings.

#### Cost

Per recipe: \$3.40 Per serving: \$0.57

#### Source

Texas Cooperative Extension, The Texas A&M University System, Expanded Nutrition Program

## **Nutrition information**

serving size: 1 sandwich

250 9 g

Calories Fat

Cholesterol 25 mg

Sodium 550 mg Carbohydrate 26 g

Protein 17 g

# Lentil vegetable salad

# **Ingredients**

1/2 cup lentils (washed)

1 can potatoes (15 ounces, sliced)

1 cuppeas (frozen)

2 carrot (large, shredded)

1 tablespoon parsley

2 tablespoons red wine vinegar

1 tablespoon mustard

1/4 cup olive oil

## **Instructions**

- 1. Boil 1 cup water in a saucepan.
- 2. Add the lentils. Cook for 20 minutes over low heat until tender, then drain.
- 3. Cook the peas for 3 minutes in another saucepan. Then remove from heat.
- 4. Rinse and drain the peas.
- 5. Wash, peel, and shred the carrots.
- 6. Put the cooked lentils, sliced potatoes, peas, and shredded carrots in a bowl.
- 7. Put the parsley, vinegar, mustard, and olive oil in another bowl. Stir well.
- 8. Pour the dressing over the lentil vegetable salad.

Makes 6 servings.

# Cost

Per recipe: \$2.88

Per serving: \$0.48

## **Source**

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network

# **Nutrition information**

serving size: 1/6 of recipe

Calories Fat

9 g

190

Sodium 230 mg

Carbohydrate 21 g

Sugar 2 g Protein 6 g

# Tortellini soup

# **Ingredients**

1 cup beans, Great Northern (dried)

1/4 cup lentils (brown)

1/4 cup split peas (green)

2 tablespoons parsley flakes (dried)

1 tablespoon chicken broth granule

1/2 teaspoon minced garlic

1 teaspoon onion powder

2 tablespoons sun-dried tomatoes (chopped)

2 teaspoons Parmesan cheese (grated)

1/2 teaspoon thyme

3/4 cups tortellini (dried)

1 cup carrot (coarsely chopped, optional)

1 cup celery (coarsely chopped, optional)

## **Nutrition information**

serving size: 1 1/2 cup

Calories

210

Fat

2 g

Cholesterol

5 mg

Carbohydrate

340 mg 37 g

Protein

Sodium

13 g

# Instructions

1. Rinse beans. Put into a 4-5 quart heavy pot with 8 cups of water. Bring to a boil, reduce heat to medium, cover and simmer until the beans are tender (1 1/4 to 1 1/2 hours).

2. Add 4 cups water, seasonings, tortellini and, if desired, 1 cup each coarsely chopped carrots and celery. Return to boil. Reduce heat to low, cover and simmer 1/2 hour, until tortellini and vegetables are tender.

Makes 6 servings.

#### Cost

Per recipe: \$2.90

Per serving: \$0.48

#### Source

Food and Health Communications, Inc.



Wind down your day with a meal that makes you feel good. Try these low-cost recipes that use nutritious ingredients and simple techniques to produce delicious results.

# Black skillet beef with greens and red potatoes

# **Ingredients**

1 pound beef (top round)

1 tablespoon paprika

1 1/2 teaspoon oregano

1/2 teaspoon chili powder

1/4 teaspoon garlic powder

1/4 teaspoon black pepper

1/8 teaspoon red pepper

8 potatoes (red-skinned, halved)

3 cups onion (finey chopped)

2 cups beef broth

2 garlic clove (large, minced)

2 carrot (large, peeled, cut into thin 2 1/2 inch strips)

2 kale (bunches)

1/8 teaspoon mustard (dry)

# **Instructions**

- 1. Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick and 3 inches wide.
- 2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture.
- 3. Spray a large heavy skillet nonstick cooking spray. Preheat pan over high heat.
- 4. Add meat; cook, stirring for 5 minutes.
- 5. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat for 20 minutes.
- 6. Stir in carrots, lay greens over top and cook, covered, until carrots are tender, about 15 minutes.
- 7. Serve in large serving bowl, with crusty bread for dunking.

Makes 6 servings.

# Cost

Per recipe: \$11.13 Per serving: \$1.86

### Source

National Heart, Lung and Blood Institute, National Institutes of Health, Stay Young at Heart: Cooking the Heart-Healthy Way

# **Nutrition information**

serving size: 7 ounces

Calories

320

Fat

3.5 g 35 mg

Sodium

410 mg

Carbohydrate Protein

Cholesterol

54 g 23 g

# Crust-less spinach pie

# **Ingredients**

2 tablespoons butter 2 garlic clove (minced, or 1/2 teaspoon garlic powder)

2 eggs (large) 1/2 teaspoon baking powder

1/2 cup flour 4 ounces mozzarella

1/2 cup milk (1%) 2 cups spinach (chopped, fresh)

### Instructions

1. Preheat oven to 350 degrees.

2. Melt butter or margarine in an 8 inch baking pan.

3. Beat eggs well. Add flour, milk, garlic and baking powder. Pour into baking pan. Stir in cheese and spinach.

4. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown.

Makes 3 servings.

### Cost

Per recipe: \$2.07

Per serving: \$1.03

### **Source**

Washington State University, Farmers Market Nutrition Program

# **Nutrition information**

serving size: 1/3 of recipe

Calories 310
Fat 16 g
Cholesterol 145 mg
Sodium 410 mg
Carbohydrate 29 g
Protein 13 g

# Brag about it bread bake

# **Ingredients**

1 cup chicken, skinless (diced, cooked) 6 slices bread (cubed, approximately 6 cups)

3 eggs 1 1/2 cup broccoli (frozen, chopped and cooked)

4 egg whites 1 cup cheese, shredded low-fat cheddar

2 cups nonfat milk 1 tablespoon onion (minced, optional)

### Instructions

1. Place half the bread in a well greased 9x9 inch pan.

2. Top with broccoli, cheese, onion and meat.

3. Place remaining bread on top.

4. In a bowl, mix eggs and milk.

5. Pour egg mixture over bread in pan.

6. Cover. Refrigerate overnight or at least 1 hour.

7. Bake uncovered at 325 degrees for 1 to 1 1/4 hours, or until center is firm and lightly browned.

Makes 6 servings.

# Cost

Per recipe: \$6.11

Per serving: \$1.02

#### Source

University of Wisconsin, Cooperative Extension Service, "Bread" Fact Sheet, A Family Living Program

# **Nutrition information**

serving size: 1/6 of recipe

Calories 250 Fat 6 g

Cholesterol 120 mg

Sodium 430 mg

Carbohydrate 24 g Protein 25 g

# Simple fish tacos

# **Ingredients**

1 tablespoon olive oil

2 tablespoons lemon juice

2 cups red/green cabbage shredded

2 cups tomato (diced)

12 corn tortillas (6-inch, warmed)

lime wedges (for serving)

1 pound cod or white fish fillets (cut into 1 inch pieces)

1/2 package taco seasoning (low-sodium, divided)

1/2 cup fresh cilantro (chopped)

1/4 cup mayonnaise (fat-free)

1/2 cup sour cream (non-fat)

## **Instructions**

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 tablespoons seasoning mix.

2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.

3. Fill warm tortillas with fish mixture.

4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Makes 6 servings.

# Cost

Per recipe: \$9.58

Per serving: \$1.60

# **Source**

Centers for Disease Control and Prevention, More Matters Recipes

# **Nutrition information**

serving size: 1/6 of recipe

Calories Fat

230 4.5 g

Cholesterol

35 mg

Sodium

350 mg

Carbohydrate Protein 32 g 18 g

# Zucchini casserole

# **Ingredients**

1 pound sausage (ground) 3 squash (small, yellow, diced)

1 onion (small, diced) 3 potatoes (medium, peeled and diced) 3 zucchini (small, diced) 1 can tomatoes (Italian stewed, cut up)

Note: Instead of the Italian stewed tomatoes, you could use fresh diced tomatoes with Italian spices added.

### **Instructions**

Brown sausage and onion together in a skillet; drain.
 Mix all ingredients together and place in a casserole dish.

2. Cover with foil and bake at 350 degrees for 45 minutes.

Makes 6 servings.

### Cost

Per recipe: \$7.29

Per serving: \$1.21

## **Source**

Ohio State University Cooperative Extension, Recipes - Ross County

# **Nutrition information**

serving size: 1/6 of recipe

Calories 220 Fat 9 g

Cholesterol 30 mg Sodium 460 mg

Carbohydrate 25 g

Protein 11 g

# Spinach and mushroom enchilada casserole

# **Ingredients**

2 tsp olive oil

1 onion (medium, chopped)

2 garlic clove (minced)

3 yellow banana chile peppers (seeded, deveined and minced)

3 lbs mushrooms (sliced)

8 corn tortillas (6 inch, cut in half)

1 can green enchilada sauce (14 ounce)

1/4 tsp salt

1/2 tsp oregano leaves (dried)

2 packages frozen chopped spinach (10 oz., thawed)

6 1/2 oz. reduced fat Monterey jack cheese (grated)

# Instructions

- 1. Heat oil in a very large non-stick skillet. Add onion, garlic and peppers and stir. Add mushrooms and cook about 15 to 20 minutes, until liquid evaporates. (If pan is not large enough, cook mushrooms in batches.)
- 2. Pour half of the enchilada sauce into a 13x9-inch baking dish.
- 3. Arrange 8 tortilla halves over the sauce in the baking dish. Preheat the oven to 350 degrees. When mushrooms are cooked, stir in the salt and crumble in the oregano leaves. Drain the spinach, squeeze it dry and mix it thoroughly with the mushroom mixture. Spoon half the mushroom mixture into the baking dish, carefully covering tortillas.
- 4. Set aside 1/4 cup (about 1 ounce) of grated cheese. Sprinkle the rest of the cheese on top of the mushroom mixture. Layer with the remaining 8 tortilla halves, then the remaining mushroom mixture and enchilada sauce. Sprinkle top of casserole with the remaining 1/4 cup cheese. Cover baking dish with foil and bake for 30 minutes, or until casserole is steaming hot in the center. *Makes 8 servings*.

### Cost

Per recipe: \$18.30 Per serving: \$2.29

#### Source

California Department of Health Services, California's Chefs Cook Lean, California Project LEAN

## **Nutrition information**

serving size: 1/8 of recipe

Calories Fat 240 11 g

Cholesterol

25 mg 350 mg

Sodium Carbohydrate

26 g

Protein

16 g



Dessert can be delicious but still diet-friendly when eaten in moderation and with an eye for the inclusion of produce and whole ingredients. Try these recipes to indulge your sweet tooth.

# No sugar added oatmeal cookies

# **Ingredients**

3 banana (ripe) 1/4 cup skim milk

1/3 cup margarine 1/2 cup raisins

2 cups quick-cooking oats (uncooked) 1 teaspoon vanilla extract

## **Instructions**

1. Preheat oven to 350 degrees.

2. Put the margarine in a small saucepan. Melt it on low heat.

3. Put all the ingredients in a mixing bowl. Mix really well.

4. Let the mix stand for about 5 minutes, until the oats are wet.

5. Lightly grease the cookie sheet.

6. For each cookie, spoon out about 1 tablespoon of dough and drop it onto the greased cookie sheet.

7. Bake the cookies for 15 to 20 minutes.

8. Let the cookies cool on the cookie sheet for about 1 minute.

9. Move the cookies to wire racks or a towel. Let them cool completely.

Makes 15 servings (30 cookies).

### Cost

Per recipe: \$2.33

Per serving: \$0.16

# **Source**

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network

# **Nutrition information**

serving size: 2 cookies

Calories 110
Fat 5 g
Sodium 35 mg

Carbohydrate 17 g Sugar 7 g

2 g

Protein

# Honey of a pumpkin bar

# **Ingredients**

1/3 cup dry milk, nonfat

2 cups flour (all purpose)

1 teaspoon baking soda

2 1/2 teaspoons cinnamon

1/2 teaspoon cloves

1/2 teaspoon allspice

1/2 teaspoon nutmeg

1/3 cup vegetable oil

2/3 cups honey

1/2 cup orange juice

2 tablespoons orange peel (grated)

2 eggs

1 cuppumpkin (mashed)

# **Instructions**

- 1. Preheat oven to 350 degrees. Lightly grease or spray with non-stick spray a 12 x 15 inch baking pan with sides.
- 2. In a small bowl, combine dry milk, flour, baking soda, and spices. Set aside.
- 3. In a large bowl, thoroughly mix oil, honey, juice, peel, eggs and pumpkin.
- 4. Gradually add flour mixture to pumpkin mixture, stirring until smooth.
- 5. Spread batter onto prepared baking pan. Bake for 15 to 20 minutes, or until golden brown and cake springs back when lightly touched with your finger. Cool. Cut into squares.

Makes 30 servings.

# Cost

Per recipe: \$5.70 Per serving: \$0.19

#### Source

Montana State University Extension Service, Montana Extension Nutrition Education Program

# **Nutrition information**

serving size: 1/30 of recipe

Calories

90 3 g

Fat Cholesterol

15 mg

Sodium

50 mg 14 g

Carbohydrate Sugar

7 g

# **Ambrosia**

# **Ingredients**

1/3 cup coconut (flaked) 1 can pineapple chunks, in juice (20 oz., drained)

3/4 cups marshmallows (miniature) 1 can mandarin orange (11 oz., drained) 1 banana (peeled and sliced) 1 carton vanilla yogurt (8 oz., low-fat)

1 1/2 cup grapes (seedless)

### **Instructions**

1. Drain pineapple and oranges. Use juice as beverage.

2. Combine fruit with marshmallows and coconut.

3. Fold in yogurt.

4. Chill.

5. Serve.

Makes 8 servings.

## Cost

Per recipe: \$4.25 Per serving: \$0.53

### **Source**

Cornell Cooperative Extension of Onondaga County, A Holiday Dinner

# **Nutrition information**

serving size: 1 cup

Calories 150
Fat 1.5 g
Sodium 35 mg
Carbohydrate 33 g
Sugar 27 g
Protein 3 g

# Apple coffee cake

# **Ingredients**

2 teaspoons vanilla 5 cups apple (tart, cored, peeled, and chopped)

1 cup sugar 1 egg (beaten)

1 cup raisins (dark) 2 1/2 cups all-purpose flour (sifted)

1/2 cup pecans (chopped) 1/2 teaspoon baking soda

1/4 cup vegetable oil 2 teaspoons cinnamon (ground)

### **Instructions**

1. Preheat oven to 350°F.

2. Lightly oil a 13- by 9- by 2-inch pan.

3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.

4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time, just enough to moisten dry ingredients.

5. Turn batter into pan. Bake 35-40 minutes. Cool cake slightly before serving.

Makes 20 servings.

### Cost

Per recipe: \$4.47 Per serving: \$0.22

#### Source

US Department of Health and Human Services, A Healthier You

# **Nutrition information**

serving size: 1/20 of recipe

Calories 180 Fat 5 g

Cholesterol 10 mg

Sodium 100 mg Carbohydrate 33 g

Sugar 18 g

