

Three Bean Chili & Sauteed Green Beans

(Cholesterol Friendly Meal)
Recipe feeds 6 people

THE FOOD YOU WILL NEED:

Chili

- 2 garlic cloves, minced or ½ teaspoon of garlic powder
- 20-ounce bag of frozen chopped green peppers
- 1 (15-ounce) can of diced tomatoes
- 2 (15-ounce) cans of black beans, drained
- 1 (15-ounce) can of kidney beans, drained
- 1 (15-ounce) can of pinto beans
- ½ cup of frozen corn kernels or 1 cup of no-salt-added canned corn
- 1 tablespoon of onion powder or 2 tablespoons of dried onion flakes
- 1 tablespoon of cumin
- 3 tablespoons of chili powder
- 1 (6-ounce) can of tomato paste
- ½ cup of water

*May serve chili with whole-grain crackers (such as thin wheats or woven wheat crackers)

Sauteed Green Beans

- 14-ounce bag of frozen cut green beans
- 4 teaspoons of olive or vegetable oil
- ¼ teaspoon of black pepper
- 2 teaspoons of onion powder or dried onion flakes

HOW TO COOK THIS MEAL:

Chili

1. Add all ingredients to a large pot.
2. Bring the pot to a boil and simmer for 15 minutes.
3. Enjoy.

Sauteed Green Beans

1. Heat skillet to medium heat.
2. Add oil and cook green beans until thawed.
3. Add salt and pepper and continue cooking for five more minutes.
4. Enjoy.

Peachy Pancakes

(Hypertension, Cholesterol & Diabetic Friendly Meal)
Recipe feeds 6 people

THE FOOD YOU WILL NEED:

Pancakes

- 1 cup of all-purpose flour
- ½ cup of oats
- 1 tablespoon of baking powder
- ¼ teaspoon of salt
- 1 large egg
- ½ cup of nonfat milk
- 2 tablespoons of vegetable oil

Pancake Topping

- 1 (14.5 ounce) can of peaches in 100% juice (or light syrup)
- 3 cups of fat-free or low-fat cottage cheese

HOW TO COOK THIS MEAL:

1. In a large bowl add oats, flour, baking powder, and salt.
2. In a separate bowl add an egg, oil, and milk; mix well.
3. Add wet ingredients to bowl with dry ingredients. Mix ingredients gently.
4. Coat a large skillet with cooking spray. Heat pan over medium heat.
5. Pour $\frac{1}{4}$ cup of batter onto the skillet. Flip pancake over when bubbles start to appear.
6. Serve two pancakes on a plate and top with $\frac{1}{2}$ cup of cottage cheese and 2 or 3 peach slices.

Brunch Frittata

(Hypertension & Diabetic Friendly Meal)

Recipe feeds 4 people

THE FOOD YOU WILL NEED:

- 6 large eggs
- 2 cups of frozen vegetables, thawed (California Blend)
- ¼ cup of low-fat milk (or boxed milk or canned milk)
- ½ cup of shredded cheeses (consider swiss or cheddar)
- 1 teaspoon of dried dill
- ½ teaspoon of salt
- ¼ teaspoon of pepper
- Whole wheat or whole-grain bread

HOW TO COOK THIS MEAL:

1. Preheat oven to 350 degrees.
2. Crack eggs into a large bowl and add dill and salt and pepper, whisk until blended.
3. Add vegetables and cheese to eggs.
4. Spray a size 9 x 15 casserole dish with cooking spray. Add egg mixture to dish and place in oven.
5. Cook for 30 minutes, check to see if the center is done. If not done, place it back in the oven for 5-10 more minutes.
6. Serve with whole wheat or whole-grain toast.

Italian “Meatballs” and Spaghetti

(Cholesterol Friendly Meal)

Recipe feeds 4 people

THE FOOD YOU WILL NEED:

Veggie Meatballs

- 1 ½ (15-ounce) cans of cannellini or great northern white beans (drained and rinsed)
- 1 ½ teaspoons of dried oregano
- 1 ½ teaspoons of dried chopped onion or onion powder
- ½ teaspoon of garlic powder
- ½ cup of plain breadcrumbs
- ½ teaspoon of salt
- ½ teaspoon of pepper
- 1 egg

*Spaghetti Sauce

- 1 tablespoon of canola oil
- 1 small onion, diced or 1 teaspoon of onion powder
- 1 (14-ounce) can of crushed tomatoes (preferably no -added salt)
- 1 (8-ounce) can of tomato sauce (preferably no-added salt)
- 1 tablespoon of granulated garlic or garlic powder
- 2 teaspoons of Italian seasoning

*Add to ½ pound of cooked spaghetti noodles (preferably whole wheat or grain)

HOW TO COOK THIS MEAL:

Veggie Meatballs

1. Preheat oven to 350 degrees.
2. In a medium bowl add beans, mash well with a fork or potato masher. Then add the remaining ingredients. Mix well.
3. Shape mixture between hands to form “golf-sized” meatballs. You should make about 14 meatballs.
4. Spray a baking sheet with cooking spray and add meatballs. Ensure meatballs are evenly spaced on the pan.
5. Bake for 15-20 minutes.

Spaghetti Sauce

1. Heat pan to medium heat and add oil to pan.
2. Add diced onions to the pan and cook until they are translucent (clear enough for some light to pass through them).
3. Add crushed tomatoes to pan and stir.
4. Add tomato and spices and reduce heat to simmer for about 10 minutes, stirring occasionally.
5. Serve with cooked spaghetti and meatballs.

Rainbow Ramen Stir Fry

(Cholesterol, Diabetic, & Hypertension Friendly Meal)
Recipe feeds 4 people

THE FOOD YOU WILL NEED:

- 1 package (3 ounces) of Instant Ramen Noodle (don't use the seasoning packet)
- 1 cup of frozen, thawed, salt-free edamame-soybeans or 8 ounces of frozen snap or snow peas
- 2 teaspoons of vegetable oil
- 2 cups of frozen stir fry vegetables
- 1 cup of frozen chopped onion
- 4 tablespoons of sweet chili sauce
- 1 or 2 tablespoons of vegetable or canola oil or cooking spray
- 4 eggs

HOW TO COOK THIS MEAL:

1. Boil water and cook noodles per package instructions. Drain noodles after cooking
2. Heat oil in a skillet, add vegetables and cook over high heat just for a few minutes
3. Add noodles to the pan and stir fry noodles and vegetables. Add sweet chili sauce and toss to combine.
4. In a separate skillet, fry an egg.
5. Garnish stir fry with a fried egg.

Sante Fe Black Bean Quesadilla and Mixed Fruit Salad

(Cholesterol & Diabetic Friendly Meal)

Recipe feeds 4 people

THE FOOD YOU WILL NEED:

Sante Fe Black Bean Quesadilla

- 4 (8-inch) tortillas (consider using whole wheat)
- $\frac{3}{4}$ cup of shredded cheddar cheese (or you can shred a block of cheddar cheese)
- $\frac{1}{2}$ cup of canned black beans, drained, and rinsed
- $\frac{1}{2}$ cup of frozen Sante Fe Blend vegetables
- 1 batch (3 tablespoons + 1 teaspoon) of Taco Seasoning (see below)
- $\frac{1}{2}$ cup of water

Taco Seasoning

- $4\frac{1}{2}$ teaspoons of chili powder
- $4\frac{1}{2}$ teaspoons of ground cumin
- $\frac{1}{4}$ teaspoon of garlic powder
- $\frac{1}{4}$ teaspoon of onion powder
- $\frac{1}{4}$ teaspoon of dried oregano leaves
- $\frac{1}{4}$ teaspoon of salt

Mixed Fruit Salad

- *1 cup of Frozen mangos (thawed)
- *2 cups of Frozen Mixed berries(thawed)
- 1 can of Pineapple chunks in 100% juice or light syrup
- 1 medium banana, sliced (optional)

*Thaw frozen fruit in the refrigerator overnight

HOW TO COOK THIS MEAL:

Santa Fe Quesadilla

1. Heat skillet on medium on the stovetop. Add cooking spray to the skillet.
2. Add beans, cheese, vegetables, and spices to a medium bowl. Mix well.
3. Assemble quesadillas by putting $\frac{1}{4}$ cup of filling on one half of quesadilla.
4. Fold over the empty side of the quesadilla over the filling.
5. Cook each side about 3 minutes per side.

*Top the quesadilla with salsa or Picante sauce, plain fat-free yogurt, and dried cilantro leaves

Mixed Fruit Salad

1. If using banana, peel, and slice.
2. In a large bowl add, mangos, mixed berries, and pineapple chunks. Mix well. If using pineapple canned in juice, save juice* for another recipe.
3. Enjoy immediately or place in the refrigerator for at least 30 minutes to let flavors blend together.

*Mix juice with seltzer for a refreshing drink

Salmon Patties, Oven-Roasted Broccoli, Savory Herbed Rice

(Cholesterol & Diabetic Friendly Meal)

Recipe feeds 4 people

THE FOOD YOU WILL NEED:

Salmon Patties

- 14.75-ounces of Canned Salmon, drained
- 1 large egg
- 5 saltine crackers (or day-old bread)
- 2 teaspoons of vegetable oil
- ½ teaspoon of these spices: chopped onion, paprika, garlic powder, salt-free seasoning

Oven Roasted Broccoli

- 2 pounds of Frozen Broccoli
- 2 tablespoons of vegetable or olive oil
- ¼ teaspoon of salt
- ¼ teaspoon of pepper

Rice

- 2 cups of Instant Rice
- 1 tablespoon of vegetable or olive oil
- 2 cups of water
- 1 teaspoon of these spices: chopped onion, cumin, paprika, salt, and pepper to taste
- Garnish with dried parsley

HOW TO COOK THIS MEAL:

Salmon Patties - *May crush bones with a fork or remove bones.

1. Break an egg into a large bowl, whisk and add salmon, crackers, and spices.
2. Form mixture into 6 patties.
3. Heat oil in a large skillet, add salmon patties. Cook one side for 3 minutes, flip patties and cook the other side for 3 more minutes.

Oven Roasted Broccoli

1. Preheat oven to 400 degrees.
2. Line baking sheet with parchment or wax paper. Place broccoli on a baking sheet and spread evenly throughout the pan.
3. Drizzle oil broccoli and add salt and pepper. Mix oil and salt & pepper until evenly covered.
4. Place baking sheet in the oven and cook for 20 minutes. Take the pan out of the oven and stir the broccoli and spices. Return to oven to cook for 10 minutes.

Savory Herbed Rice

1. Boil water on a stovetop.
2. Add rice and spices, stir and cover.
3. Remove pot from heat and wait 5 minutes or until water has absorbed. Remove the pot from the stove and leave it uninterrupted for five more minutes.
4. Garnish with parsley.

Low Cost-High Nutrition Meals