







# **Wild & Wonderful Calcium Cooking**

## **A Guide to Osteoporosis/ Osteoarthritis Prevention**



Tender Mercies Ministries, Inc





## Introduction

The National Osteoporosis Foundation (NOF) estimates that half of all women in the United States of America and one in eight men will have an osteoporosis-related fracture at some point in their lives. Osteoporosis is a crippling disease which is growing in numbers each year among older Americans, particularly women. It is often referred to as the “silent disease” because there may be no symptoms until a fracture occurs; the diagnosis is made at that time. More than 25 million Americans have osteoporosis and each year at least 1.5 million broken bones happen because of this disease.

The West Virginia University Extension Service, Family Nutrition Program, the West Virginia Osteoporosis & Arthritis Program, and Tender Mercies Ministries Inc. have teamed up to provide the great state of West Virginia the *Wild & Wonderful Calcium Cooking...A Guide to Osteoporosis/ Osteoarthritis Prevention*. So enjoy the tastes, texture and aromas of all the wonderful recipes. Eating well, doing moderate physical activity and having a positive outlook are the most important first steps toward living well.





## A Note of Appreciation

A project like this cannot be accomplished alone and we would love to acknowledge the many people to whom we are deeply indebted:

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**THANK YOU!**





## **Dedication**

The West Virginia University Extension Service, Family Nutrition Program would like to dedicate this cookbook to the wonderful families and individuals that we serve in Extension. In our homes today, as always, life is centered around the kitchen. It is with this thought in mind that we, the sponsors, have compiled these recipes. They all reflect the love of healthy cooking.

Our goal is to facilitate the voluntary adoption of healthy and nutritious behaviors to families in West Virginia.

We hope that you will enjoy the many outstanding and calcium rich recipes that follow.





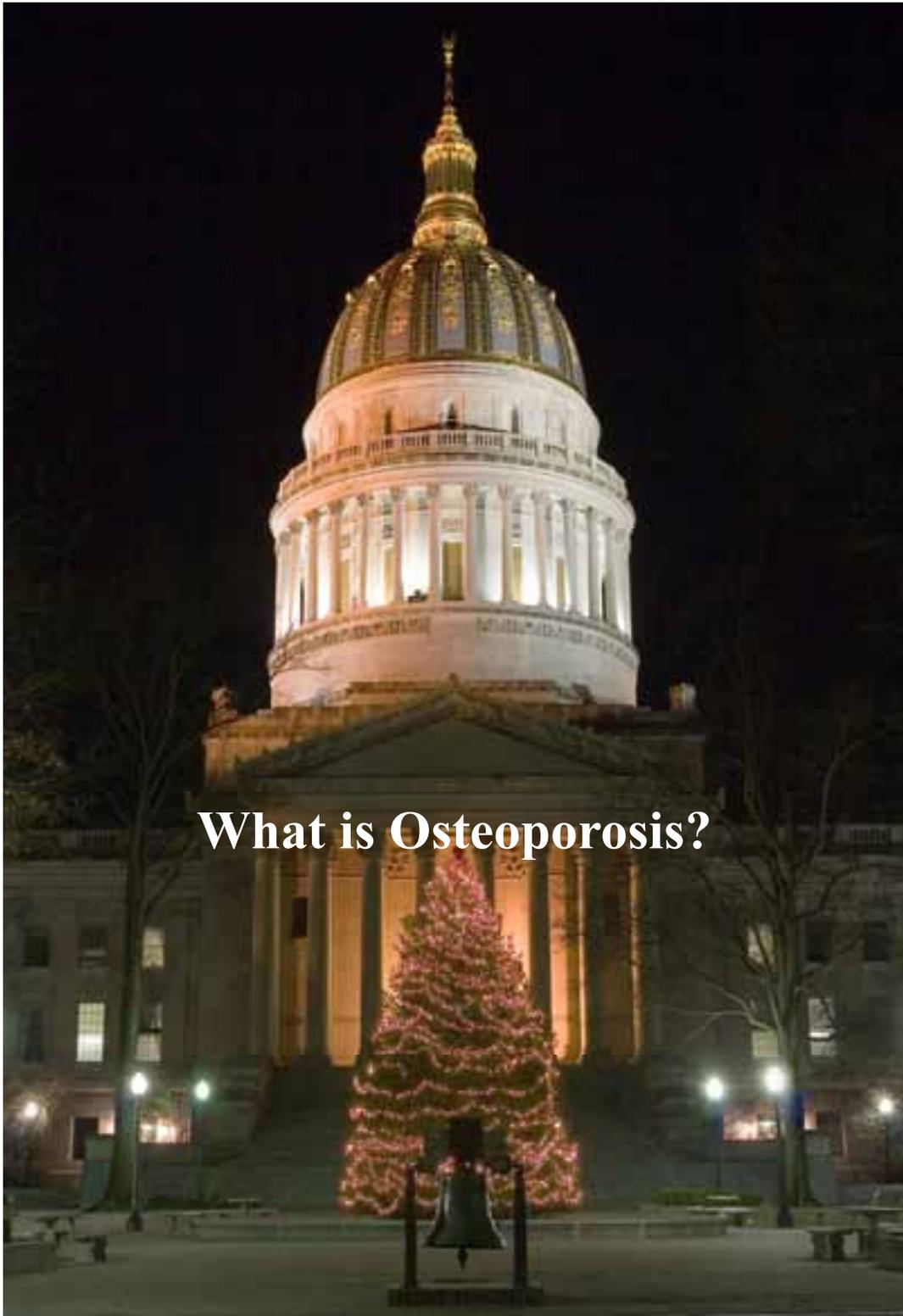
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Picture of Colton Arthur provided by Germaine Weis, M.A.



## What is Osteoporosis?

Picture by Amanda Haddox—West Virginia State Capital, Charleston, WV



**Did you know ...** a woman's chances of suffering from osteoporosis related fractures is greater than her risk of cervical, uterine and breast cancer combined?



**Did you know ...** Experts Say “Don’t Be A Pill”

The American Dietetic Association, the American Medical Association and a National Institute of Health expert panel recommend calcium-rich foods such as milk and milk products as the preferred sources of calcium—not pills.

# Osteoporosis

Your bones are living tissue made up largely of collagen (which forms the soft framework throughout the bone) and calcium (a mineral that hardens the framework). Together, collagen and calcium give your bones the strength to support more than your body weight. They also help your bones “give”, so that they stay flexible and don’t break easily.

During the first two decades of life, our bones lengthen and become strong. In our 20’s, our bones are still growing, not by getting longer, but by becoming thicker and stronger. Around age 30, we attain peak bone mass. Peak bone mass can be lower in people who grow up eating calcium and vitamin D deficient diets. It can also be lower for those living in cold climates with seasons of low sunlight. Sun exposure is needed for the body to produce vitamin D, which help us absorb calcium from the food we eat. Reaching adulthood with less-than-optimal peak bone mass is one of the risk factors for osteoporosis and future fracture.

After attaining peak bone mass, your bones undergo a constant process of repair, called remodeling, in which localized areas of damaged bone are broken down and rebuilt. Adequate daily calcium and vitamin D continue to play critical roles in the maintenance of healthy bone throughout our lives.

**Osteoporosis** is a disease where loss of bone mass (total amount of bone), and loss of bone quality (how the bone is structured) make you more at risk for fracture. In osteoporosis, the balance between the normal breakdown and rebuilding of bone is disrupted. Bone breakdown exceeds bone repair. Over time, this imbalance causes the areas of weak bone to accumulate to the point that the bone breaks after minor trauma such as stepping off a curb or rolling over in bed.

As we age, our bones weaken. This weakening is related to a number of factors, including a decline in our ability to produce vitamin D and absorb calcium, as well as a decrease in our levels of sex hormones (which are important to bone health in both men and women).

Older women are at increased risk for osteoporosis because bone loss is accelerated when sex hormone levels decline at the start of menopause. In addition, women usually have smaller bones than men to begin with, so it takes less time for them to reach a level of damage that weakens the bones enough to fracture. Of the 25 million people with osteoporosis in the United States, 80% are women.

Osteoporosis related to aging and to menopause is called primary osteoporosis. Certain drugs and many diseases affect bone health, leading to secondary osteoporosis. Both types of osteoporosis increase your risk for fracture.

Spinal fractures are the most common fracture caused by osteoporosis, not hip or wrist fractures as is commonly thought. Someone in the United States has a spinal fracture caused by osteoporosis every 45 seconds!



# Myths about Osteoporosis

Everyone has something to say about osteoporosis—whether it's tips on how to keep from getting it, or what makes you more likely to get it. So here are five common myths revealed.

**Myth: Osteoporosis is an inevitable part of aging.**

**Fact:** Osteoporosis is not an inevitable part of aging, but a preventable disease. Although prevention should be started at an early age, it's never too late to start.

**Myth: Only old ladies get osteoporosis.**

**Fact:** Women can lose up to 20% of their bone mass in the first five to seven years after menopause. After menopause, women should check with their doctor to see if they could be at risk for osteoporosis.

**Myth: Osteoporosis isn't a serious disease.**

**Fact:** It may be known as a silent disease, but osteoporosis is considered a serious public health problem for women. An estimated 1.24 million osteoporosis-related fractures occur in women in the United States each year.

**Myth: If you had osteoporosis, you'd be able to tell.**

**Fact:** Not necessarily. You can have tiny fractures in the spine that you would not be able to feel. And over time, multiple fractures occur and may not be visible. Many cases of osteoporosis-related fractures go unaccounted for because people don't realize osteoporosis caused the break.

**Myth: If you have osteoporosis, there is nothing you can do.**

**Fact:** It's never too late to talk to your doctor about steps to help protect your bone health. Of course, the sooner the better to see if you have osteoporosis and see if certain medications are right for you. Meanwhile, the risk of this disease can be decreased by incorporating at least 250 mg of calcium per serving in the foods that you eat and by making sure you get enough vitamin D daily.

# Are You At Risk for Osteoporosis

Since women with osteoporosis often do not have symptoms until they break a bone, now is the time to talk to healthcare professionals about tests to help determine if you have osteoporosis. To help determine if you are at risk, take the assessment below:

## Osteoporosis Risk Assessment

Answer the following questions to help determine if you might be at risk for osteoporosis:

- Do you have a small, thin frame and/or are you Caucasian or Asian? (2 points)
- Have you or a member of your family broken a bone as an adult? (3 points)
- Are you a postmenopausal woman? (2 points)
- Have you had an early or surgically induced menopause? (3 points)
- Have you been taking high doses of thyroid medication or high or prolonged doses of cortisone for asthma, arthritis, or other diseases? (1 point)
- Is your diet low in dairy products and other sources of calcium? (2 points)
- Are you physically inactive? (1 point)
- Do you smoke cigarettes or drink alcohol in excess? (1 point)

Calculate your scores

How to Grade Your Results:

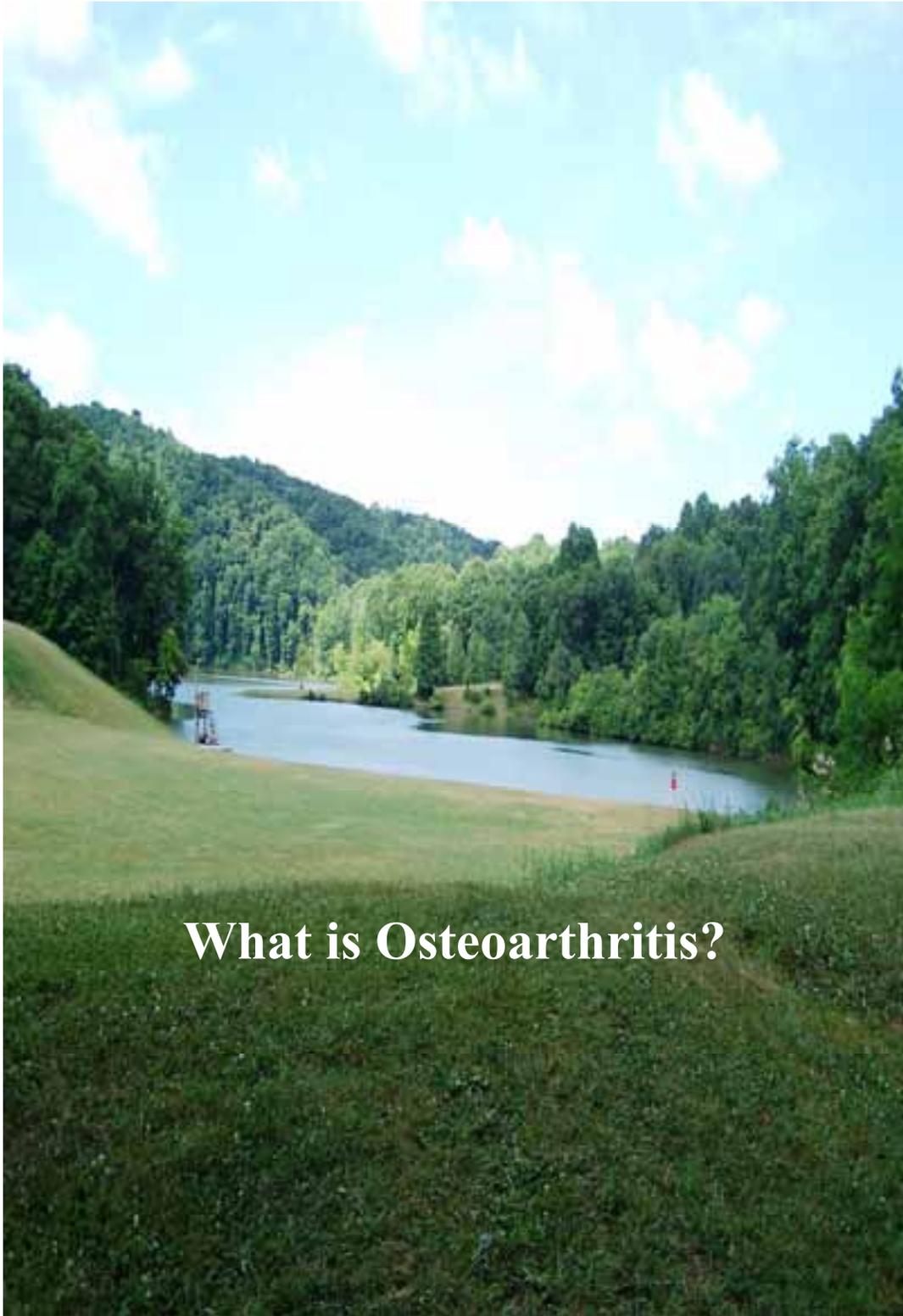
1-2 points= Low risk

3-4 points= Medium risk

5-6 points= High risk

7 or higher= Very high risk

\* This discussion of risk factors is to be used as an educational guide only. It is not designed to assess your actual risk of developing osteoporosis. Talk to your healthcare professional to be assessed further.



## What is Osteoarthritis?

Picture provided by Mercer County 4-H—Glenwood Park



**Did you know** ... that a Bone Mineral Density test (BMD) could be for you...With a bone mineral density (BMD) test, your doctor or health care provider can probably detect the disease before you start breaking bones. Good reasons to have one include:

- Being a woman older than 65
- Being middle-aged, having a family history of osteoporosis, being a cigarette smoker and weighing very little (less than 127 pounds)
- A medical condition known to cause osteoporosis, such as rheumatoid arthritis, early menopause, intestinal disorder, or certain cancers
- Taking medications known to cause osteoporosis, such as glucocorticoids (steroid medicine), thyroid medications in excess, antiseizure medications, and certain breast cancer medications
- Breaking bones in accidents that seem minor
- Losing height or becoming hunched over

# Osteoarthritis

Osteoarthritis (OS-tee-oh-are-THRY-tis) (OA) is one of the oldest and most common forms of arthritis. Known as the “wear-and-tear” kind of arthritis, OA is a chronic condition characterized by the breakdown of the joint’s cartilage. Cartilage is the part of the joint that cushions the ends of the bones and allows easy movement of joints. The breakdown of cartilage causes the bones to rub against each other, causing stiffness, pain and loss of movement in the joint.

Osteoarthritis is known by many different names, including degenerative joint disease, ostoarthrosis, hypertrophic arthritis and degenerative arthritis. Your doctor might choose to use one of these terms to better describe what is happening in your body, but for our purposes, we will refer to all of these as osteoarthritis.

It is thought that osteoarthritis dates back to ancient humans. Evidence of osteoarthritis has been found in ice-aged skeletons. Despite the longevity and frequency of the disease, the cause is still not completely known and there is no cure. In fact, many different factors may play a role in whether or not you get OA, including age, obesity, injury or overuse and genetics. Your OA could be caused by any one or by a combination of any of these factors.

There are several stages of osteoarthritis:

- Cartilage loses elasticity and is more easily damaged by injury or use.
- Wear of cartilage causes changes to underlying bone. The bone thickens and cysts may occur under the cartilage. Bony growths, called spurs or osteophytes, develop near the end of the bone at the affected joint.
- Bits of bone or cartilage float loosely in the joint space.
- The joint lining, or the synovium, becomes inflamed due to cartilage break down causing cytokines (inflammation proteins) and enzymes that damage cartilage further.

Changes in the cartilage and bones of the joint can lead to pain, stiffness and use limitations. Deterioration of cartilage can:

- Affect the shape and makeup of the joint so it doesn't function smoothly. This can mean that you limp when you walk or have trouble going up and down stairs.
- Cause fragments of bone and cartilage to float in joint fluid causing irritation and pain.
- Cause bony spurs, called osteophytes, to develop near the ends of bones.
- Mean the joint fluid doesn't have enough hyaluronan, which affects the joint's ability to absorb shock.

### **Who is at risk?**

Osteoarthritis (OA) is the most common type of arthritis in the United States, with nearly 27 million people affected by it. OA of the knee and hips is the most common cause of arthritis-related disability in the U.S. OA is common in all races and backgrounds.

It most commonly affects middle-aged and older people, with most people getting it after age 45. Men under age 55 are more likely to have OA than women under 55. After age 55, women are more commonly affected; and, overall, more women have OA than men. It is thought that this is because the broader female hips put more long-term stress on the knees. However, age increases your risk for OA.

### **What are the effects?**

While each person is an individual and may be affected differently by osteoarthritis, we will discuss the general symptoms you want to look for if you suspect you have arthritis. Remember, it is crucial that you go to your doctor for a diagnosis before you treat your OA. Several other conditions seem similar to OA, but are treated in different ways.

While many people think of OA as the inevitable result of aging and wear on the joints, this isn't true. The knees, hips, fingers, neck and lower back are most commonly affected by OA, while the knuckles, wrists elbows, shoulders and ankles are rarely affected except in usually cases of overuse or injury. "If OA was caused by simple wear and tear, you would expect these body

parts to be affected more often,” notes David S. Pisetsky, MD, in his book *The Duke University Medical Center Book of Arthritis*.

Most often, OA develops gradually. It may start as soreness or stiffness that seems more a nuisance than a medical concern. Pain may be moderate, intermittent and not interfere with your day-to-day existence. Some people’s OA will never progress past this early stage. Others will have their OA progress to a point where it interferes with daily activities and pain and stiffness make it difficult to walk, climb stairs or sleep. Rarely, a person with OA will experience sudden signs of inflammation such as redness, pain and swelling, known as inflammatory or erosive osteoarthritis.

The most common signs and symptoms of osteoarthritis are:

- Joint soreness after periods of overuse or inactivity.
- Stiffness after periods of rest that goes away quickly when activity resumes.
- Morning stiffness, which usually lasts no more than 30 minutes.
- Pain caused by the weakening of muscles surrounding the joint due to inactivity.
- Joint pain is usually less in the morning and worse in the evening after a day’s activity.
- Deterioration of coordination, posture and walking due to pain and stiffness.

Osteoarthritis most commonly occurs in the weight-bearing joints of the hips, knees and lower back. It also affects the neck, small finger joints, the base of the thumb and the big toe. OA rarely affects other joints except when injury or stress is involved.

It is important that you take an active role in the treatment of your OA and in prevention of additional joint damage. There are even steps you can take to lower your risk for developing OA at all.

The most important thing you can do if you suspect you have any form of arthritis is to get a proper diagnosis and begin early, aggressive treatment. There are several other conditions that are similar to OA, including rheumatoid arthritis, that have different



**Did you know ...** Experts recommend a daily intake of between 800 and 1,000 international units (IU) of vitamin D for most people age 50 and older. Some people will need even more. People under 50 should get a daily intake of between 400 and 800 IU.



# Take Charge of Your Health

Taking action now is your best chance for reducing your risk for osteoporosis. Risk factors include age, family history of the disease, various lifestyle choices, and others. There are lifestyle changes you can make to reduce your risk for osteoporosis.

## Take Good Care of Your Body

Every journey begins with a single step, so set small attainable health goals for yourself. For example, if you haven't done so already creating an open and engaging partnership with your healthcare professional is one great place to start.

## Questions to Ask Your Doctor

- Will I get osteoporosis?
- What testing can be done to determine if I have osteoporosis?
- What will happen to me if I don't protect myself from osteoporosis?
- What can I do to protect myself from osteoporosis?
- If I eat calcium-rich foods, drink milk, and take calcium supplements, is that enough to prevent osteoporosis after menopause?
- Should I consider taking medication to help prevent osteoporosis?
- What medications are available?
- If I already have osteoporosis, what can I do to reduce my risk of fractures?

Armed with this knowledge and under the care of your doctor, you'll have the tools you need to make sometimes necessary and often difficult changes to your lifestyle. Whether you have to change your diet, take supplements, exercise more, or visit your healthcare professional, you'll be able to take control of your health.

treatment plans. It is important that you are being treated properly for your arthritis. You should also know that treatment may change as the disease progresses or improves.

### **Treatment options**

It is important that you get your osteoarthritis (OA) diagnosed and treated as early as possible. Early diagnosis and treatment is the first step in successful management of osteoarthritis. Your doctor may start you on a drug therapy regime, but ultimately you are the key factor in living successfully with OA. In addition to, and maybe more important than, medications you may take, making healthy lifestyle changes, managing stress and depression, avoiding joint damage, and balancing rest and activity will play a key role in battling the pain and limitations that can come with OA.

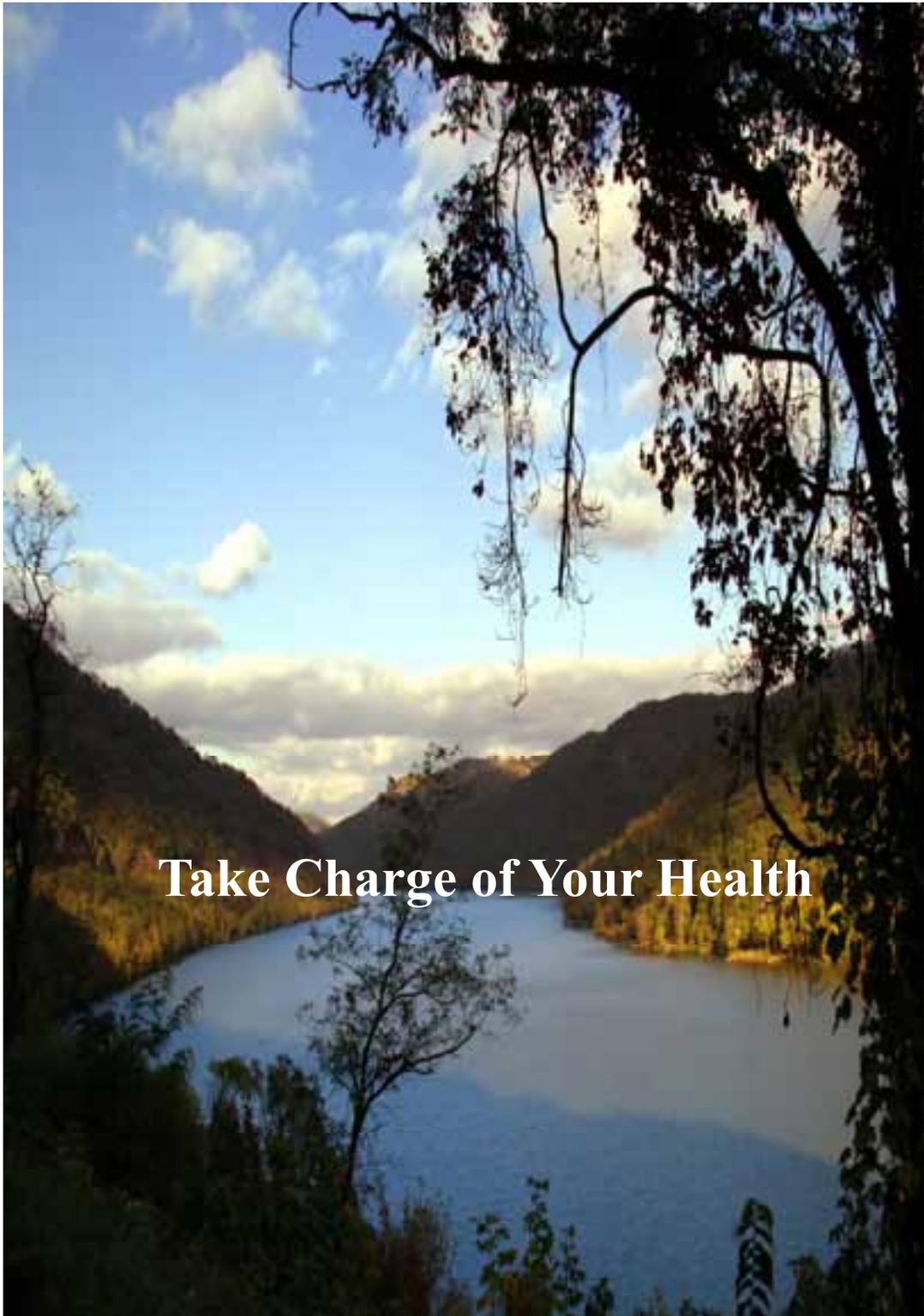
The goals of any treatment plan for OA include:

- Controlling pain and other symptoms
- Improving your ability to function in daily activities
- Slow the disease's progress

Most treatment plans will include a combination of the following elements:

- Exercise
- Weight control
- Joint protection
- Physical and occupational therapy
- Medications

In severe cases, when the therapies above don't work, surgery may be considered.



## Take Charge of Your Health

Picture by Amanda Haddox— Bluestone State Park, Hinton, WV



### Did you know ...

What is a Serving?

Milk	1 cup (8 oz.)
Yogurt	1 cup
Cheese	1 1/2 - 2 oz.
Cottage Cheese	1/2 cup
Pudding	1/2 cup
Ice Cream	1/2 cup
Frozen Yogurt	1/2 cup







## **Did you know ...**

### **Breakfast tips**

#### *Calcium counts:*

- Pour fat-free milk over your cereal.
- Drink a glass of orange juice that is calcium enriched.
- Add fat-free milk to oatmeal or hot cereal.

### **Lunch tips**

#### *Calcium counts:*

- Add fat-free milk to tomato soup.
- Drink fat-free milk instead of soda.
- Add fat-free cheese to a sandwich.

### **Snack tips**

#### *Calcium counts:*

- Have fat-free frozen yogurt.
- Dip vegetables and fruit into fat-free yogurt.
- Have some fat-free string cheese.
- Have some fat-free pudding.
- Make a smoothie using fat-free milk, ice, and fruit.
- Have some fat-free chocolate or strawberry milk.

### **Dinner tips**

#### *Calcium counts:*

- Add tofu to dishes such as stir fry.
- Use dark green, leafy vegetables in salads.
- Top salads or soups with fat-free shredded cheese.
- Serve beans or broccoli as a side dish.

# The Benefits of Weight Bearing Exercises on Osteoporosis

Extensive research has clearly revealed that a sedentary lifestyle causes bones to become weaker. Often, a direct relationship is observed between muscle mass and bone density, illustrating the benefits of an active lifestyle.



A well-chosen, well-balanced nutrition and exercise plan to reduce weight and strengthen the muscles and skeletal system is a wise choice. Avoid extreme efforts to achieve weight loss, however. The hormonal changes associated with strict dieting, excessive exercise and weight loss can actually lead to a decreased bone mass, and in young women a cessation of menstruation. The primary aim in reducing osteoporosis-related risks through exercise is to give your bones a workout. The weight loss that accompanies your exercise program has additional positive effects

on your health.

## Benefits of Osteoporosis Exercises

Even women who have already gone through menopause can benefit from osteoporosis exercises. Besides aiding in osteoporosis prevention and increasing bone and joint health, doing these exercises regularly can:

- Help to maintain or increase proper posture
- Increase energy level, sense of well-being and self esteem
- Increase muscle tone
- Make daily activities, errands and tasks easier
- Relieve or decrease everyday pains.



## Types of Osteoporosis Exercises

Depending on age and fitness level, effective osteoporosis exercises will vary. The most important thing for people to realize is that adding exercises and activities that they enjoy to their daily routines will be the most beneficial. Enjoyable exercise and workout routines are less likely to be abandoned after only a few weeks, and will not seem as taxing.

Consulting a medical professional before starting an exercise plan is recommended, as doctors and physical therapists can recommend specific exercises and offer guidelines and advice for each person's specific needs.

The three most effective exercise types for preventing osteoporosis are:

- Flexibility exercises
- Strength training
- Weight-bearing aerobic exercises



### **Flexibility Exercises**

Flexibility exercises work to increase mobility by making joints move more easily. These exercises help to prevent muscle injury and increase posture. Stiff joints tend to make people stoop and have difficulty moving, so flexibility exercises can be extremely helpful.

Stretching is best done at the end of an exercise routine, and should be done gradually and slowly. Bouncing should be avoided, as should bending at the waist or doing stretches that put pressure on the spine. Relaxation and deep breathing aid flexibility exercises.



### **Strength Training**

Weights, exercise bands and water exercise can all work to increase muscle and bone strength, which will in turn help slow down bone mineral loss. Strength training also helps to prevent compression fractures.

### **Weight-Bearing Aerobic Exercises**

cardiovascular disease as well.

Popular osteoporosis exercises and activities include:

- Dancing
- Gardening
- Golfing
- Low-impact aerobics
- Walking, and possibly jogging
- Water exercises or water aerobics.



### **Exercises and Movement Types to Avoid**

While exercise is encouraged and can help aid osteoporosis prevention, certain types of exercise and movements are not recommended for those at risk for osteoporosis. Some movements can be too high-impact and can be damaging to bones and joints.

Running and jumping can put too much stress on joints and bones, so these activities should not be attempted without a doctor's permission. They can also lead to compression and bone fractures.

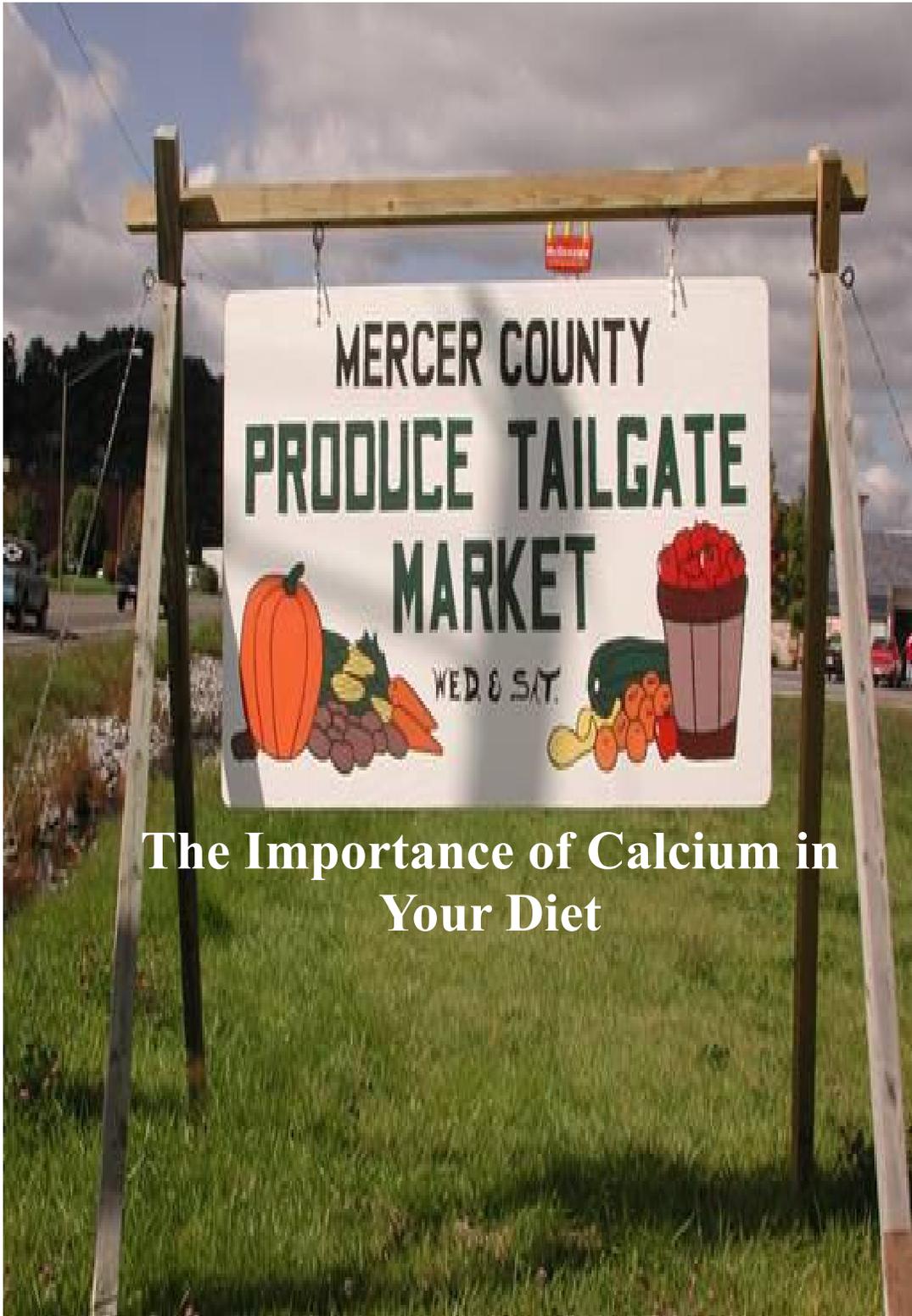
Any activity that requires rapid, jerky movements is generally not recommended. The best osteoporosis prevention exercises use slow and gradual movements that flow smoothly.



Excessive bending or twisting of the waist is also not recommended. Sit-ups, tennis and rowing machines can cause compression.

Talk to a medical professional with any questions or concerns on bone health and osteoporosis exercises, as doctors and physical therapists will be able to evaluate a particular person's condition, risk and other factors to recommend the best osteoporosis prevention exercise plan.





## The Importance of Calcium in Your Diet

Picture provided by Mercer County WVU Extension Service—Princeton, WV



**Did you know ...** People with lactose intolerance have trouble digesting lactose, the natural sugar found in milk or milk products. Symptoms of lactose intolerance include stomach pain, diarrhea, bloating, and gas. The best way for someone with lactose intolerance to get the health benefits of milk is to choose lactose-free milk and milk products. Some food companies have added calcium to foods that don't normally contain high levels of calcium, such as soy beverages, juices, and breakfast cereals. These calcium-fortified foods offer alternatives to those who can't digest milk or milk products.



# **The Importance of Calcium in Your Diet**

We know that calcium is important for maintaining bone density. How can we incorporate calcium rich foods into an everyday nutritional program?

The Adequate Intake (AI) of calcium for adults is only 1000 mg, and 1200 mg from age 51 and up. The amount of calcium intake actually doesn't change during pregnancy and lactation. It is higher for teens, but again doesn't change for pregnant/ lactating teens. This is thought to be because calcium can be absorbed better during this time in a woman's lifespan.

The National Academy of Science suggests that all adults consume 1200 mg of calcium per day. Some experts recommend up to 2000 mg daily for postmenopausal women. The optimal calcium intake for every person varies based on personal needs and must be individualized.

## **Calcium Absorption**

Not all the calcium naturally occurring in foods or provided in supplements is absorbed. Taking small amounts of calcium at a time, rather than your entire daily requirement in one sitting, can help increase absorption. Vitamin D increases absorption of calcium rich foods and calcium supplements. It is estimated that the maximum dose of calcium that can be absorbed at one time is 500 mg.

## **Adding Calcium Rich Foods to Your Diet**

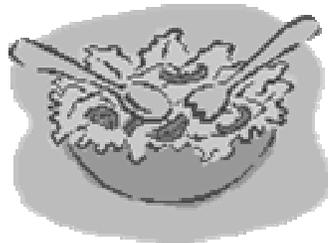
A single 8 oz. glass of skim milk contains 300 mg of calcium. When was the last time you had more than one glass of milk in a day? Achieving the RDA of calcium is not very hard to do if you add calcium rich foods such as milk, cheese, and green leafy vegetables to your diet.

To get a better understanding of how to utilize calcium rich foods on a daily basis, look at this sample daily diet:

<b>Breakfast</b>	<b>Calcium (mg)</b>	<b>Calories</b>
1 cup skim milk (8 oz)	300	80
2 slices raisin bread	36	132
2 scrambled eggs	90	194
½ grapefruit	15	35
<b>Total</b>	<b>441</b>	<b>441</b>
<b>Lunch</b>	<b>Calcium (mg)</b>	<b>Calories</b>
2 slices whole grain bread	23	102
2 oz Swiss Cheese	502	202
3 oz turkey breast slices	9	198
1 tbsp mayonnaise	6	30
1 cup grapes	16	70
<b>Total</b>	<b>556</b>	<b>602</b>
<b>Dinner</b>	<b>Calcium (mg)</b>	<b>Calories</b>
½ breast broiled chicken	23	160
1 baked potato	14	145
1 tbsp butter	3	102
1.5 cups spinach salad (spinach, tomato, cucumber, Italian dressing)	82	211
1 cup cream of chicken soup (prepared with milk)	172	179
<b>Total</b>	<b>294</b>	<b>797</b>
<b>Totals</b>	<b>Calcium (mg)</b>	<b>Calories</b>
Breakfast	441	441
Lunch	556	602
Dinner	280	797
	1291	1840

If completely altering your diet does not sound like something you want to do, you can easily increase your daily intake of calcium rich foods without making drastic changes.

- Increase your intake of dairy products; use low fat products that reduce calories while maintaining calcium levels.
- Add a tablespoon or two of non-fat dry milk when cooking. This adds 50 mg of calcium per tablespoon.
- Drink orange juice with calcium added. It contains as much calcium as the same amount of milk. Low acid varieties are useful for adults who cannot drink orange juice because of its acidity.
- If you're lactose intolerant, use a lactase enzyme replacement in a tablet or liquid form to take in a sufficient amount of dairy products.
- Eat green leafy vegetables, like broccoli and kale, which are useful sources of calcium.



**Did you know ...** For most people who have it, rheumatoid arthritis is a progressive disease that needs to be carefully managed throughout life.

## Calcium Challenge---Information Sheet

Nutrition Facts labels provide all the information needed to determine how much calcium different foods contribute to a diet that provides calcium. These labels provide a “%DV”—or percent Daily Value—for calcium and other nutrients.

The %DV on Nutrition Facts labels is based on adult nutrition needs, but can serve as a guide to tweens and teens to calculate their own %DV. Adults need 1,000 mg per day of calcium, which is 100% DV listed on Nutrition Facts labels.

Tweens and teens need 1,300 milligrams (mg) per day of calcium—more than what adults need. In terms of %DV, tweens and teens need 130% DV as listed on Nutrition Facts labels.

Tweens and teens can use simple formula to calculate their own % DV using the information on the Nutrition Facts label. Formula: % DV of calcium of all foods must add up to 130% or more.

You can also convert %DV into mg to calculate the actual amount of calcium in a food. To convert %DV into mg multiply the %DV by 10 or add a zero to %DV.

Ages	Daily Needs
1-3 years	500 mg
4-8 years	800 mg
9-18 years	1,300 mg
19-49 years	1,000 mg
50 + years	1,200 mg
14-18 years, pregnancy/ breast feeding	1,300 mg
19-49 years, pregnancy/ breast feeding	1,000 mg



Here is an example of a Nutrition Facts label. The Label shows that this brand of orange juice with added calcium has 35% of the DV for calcium in each serving.

One way to figure out how much calcium is in this food is to add a zero to the end of the DV number (or multiply by 10). This will show you what the %DV equals in mg of calcium. For example, a serving of orange juice with added calcium that has a DV of 35% has 350 mg of calcium.

Once converted into mg, you can figure out your calcium intake. The total mg of calcium should add up to 1,300 or more.

**Orange Juice with Added Calcium**

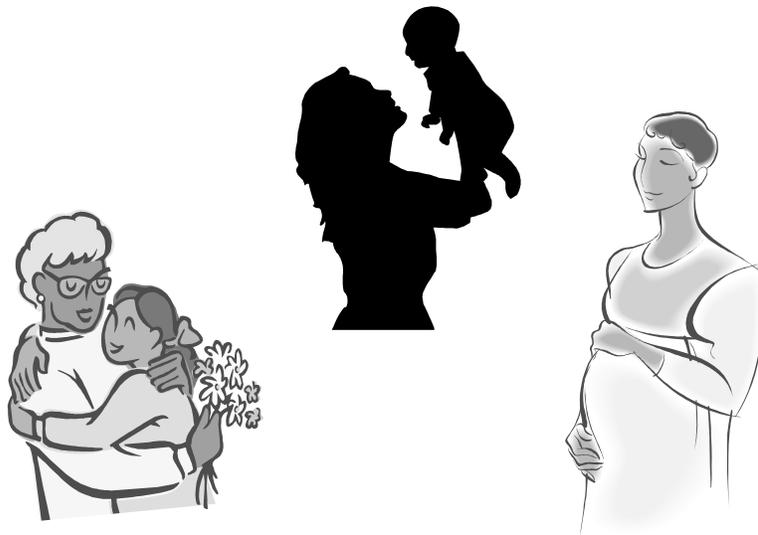
<b>Nutrition Facts</b>		
Serving Size 8 fl oz (249g)		
Serving Per Container 8		
Amount Per Serving		
<b>Calories</b>	110	
		<b>% Daily Value*</b>
<b>Total Fat</b> Og		0%
Saturated Fat	0g	0%
Trans Fat	Og	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	0mg	0%
<b>Total Carbohydrate</b>	26g	9%
Dietary Fiber	0g	0%
Sugars	22g	
<b>Protein</b>	2g	
Vitamin A	0% *	Vitamin C 180%
Calcium	35% *	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.		

**Take- Home Calcium Chart**  
**Daily Dietary Calcium Chart**

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Lunch							
Snack							
Dinner							

On a separate piece of paper, write a one page summary about this activity. The summary should include answers to these questions:

- How many days did your calcium totals add up to at least 1,300 mg?
- Did keeping track of your calcium intake influence the foods and beverages you ate and drank?
- After tracking your calcium intake, were you surprised that you were consuming more calcium than you thought you were? Or less?

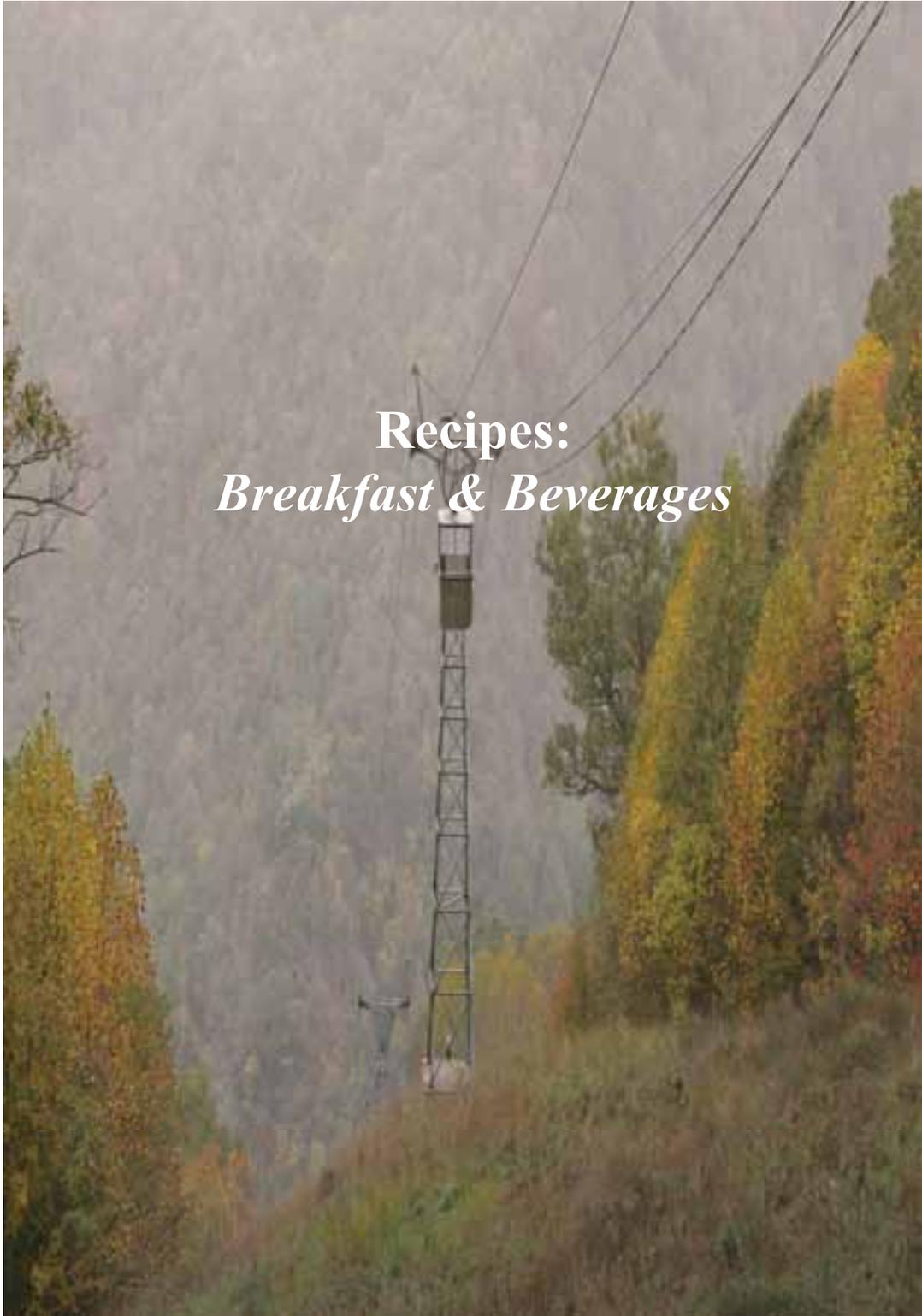


**Did you know ...** “3-A-Day” is the easy way to remember that three daily servings of milk, cheese or yogurt will help most children and younger adults meet calcium needs while supplying an abundance of other essential nutrients, too. Preteens, teens, and other older adults aim for four servings a day from the Milk Group.



**Did You Know ...** Most of us aren't making enough time for foods from the Milk Group, including milk, cheese and yogurt. Without them, it's tough to meet calcium needs. In fact, close to 75% of Americans are shortchanging themselves of this key bone-building mineral. Plus, health experts are finding overall nutrient intake suffers when diets lack foods from the Milk Group. Meeting calcium needs with milk, cheese and yogurt helps ensure you are meeting your needs for at least six other key nutrients, too.





Picture by Amanda Haddox— Tram at Pipestem State Park, WV



Banana Pancakes with Apple Topping  
Breakfast Parfait  
Calcium Rich Hot Cocoa Mix  
Creamy Banana Walnut Oatmeal  
Fruit Muesli  
Fruit Smoothie  
Fruit Yogurt Shake  
Homemade Low-Fat Granola  
James and the Giant Peach—Apple Smoothie  
Mango Yogurt Smoothie  
Muffin Morning Delight  
Orange Smoothie  
Orange Velvet Smoothie  
Peanut Butter Banana Breakfast Shake  
Strawberry-Yogurt Frozen Treats  
Strawberry Yogurt Smoothie  
Tasty Tower  
Wild Rice Waffles  
Yogurt & Granola Parfait with Blueberry Sauce



## **Banana Pancakes with Apple Topping**

### **Ingredients**

2 eggs	$\frac{3}{4}$ cup whole wheat flour
1 $\frac{1}{2}$ cups 1 % milk	$\frac{3}{4}$ cup all purpose flour
1 Tbsp. oil	2 tsp. baking powder
3 Tbsp. oil	2 bananas

### **Apple Topping:**

3 apples	1 tsp. cinnamon
3 Tbsp. sugar	$\frac{1}{4}$ cup water

### **Instructions:**

Beat eggs. Beat in milk, honey and oil. Add flours and baking powder. Slice bananas and add to mixture. Coat a large, non-stick frying pan or griddle with non-stick cooking spray. Warm the pan over medium heat for 2 minutes. Spoon  $\frac{1}{4}$  cup of the batter onto the heated griddle for each pancake (adjust more or less depending on pancake size). Cook until the tops are bubbly and the pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden on both sides. Place pancakes on a platter and keep warm. Repeat steps 5 and 6 until batter has been used, using more non-stick cooking spray as needed.

### **Apple Topping:**

1. Wash apples, remove cores, and slice thinly with peel still on.
2. Combine apples with the sugar, cinnamon, and water.
3. Cook in skillet for 10 minutes and spoon on top of pancakes.

Source: Adapted from Pumpkin Post/Banana Beat, University of Massachusetts Extension Nutrition Education Program, as listed in the Food Stamp Nutrition Connection's Recipe Finder



## **Banana Pancakes with Apple Topping, cont.**

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Servings	Sodium: 220 mg
Calories: 330	Total Carbohydrates: 55 g
Calories from Fat: 90	Dietary Fiber: 5 g
Total Fat: 10 g	Sugars: 24 g
Saturated Fat: 1.5 g	Protein: 9 g
Trans Fat: 0 g	Calcium: 200 mg
Cholesterol: 75 mg	

## **Breakfast Parfait**

2 cups pineapple, canned and chopped  
1 cup frozen berries, thawed  
1 cup yogurt, low fat vanilla  
1 peeled and sliced banana  
1/3 cup raisins

In glasses or 4 bowls, layer pineapple, berries, yogurt, banana, and raisins.

Source: Adapted from Recipes to Grow On, University of Illinois Extension Service, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: Makes 4 Servings	Sodium: 40 mg
Calories: 190	Total Carbohydrates: 44 g
Calories from Fat: 10	Dietary Fiber: 3 g
Total Fat: 1 g	Sugars: 35 g
Saturated Fat: 0.5 g	Protein: 4 g
Trans Fat: 0 g	Calcium: 150 mg
Cholesterol: 5 mg	

## **Calcium Rich Hot Cocoa Mix**

8 qt. box non-fat dry milk  
7 oz non-fat, non-dairy creamer  
1 lb. chocolate powder mix  
½ cup sugar substitute

Mix all ingredients together and store in Tupperware (or air-tight container). Use 1/3 cup mix to 1 cup boiling water to make hot cocoa.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 108 Servings	Sodium: 122mg
Calories: 97	Total Carbohydrates: 15 g
Total Fat: 0.9 g	Protein: 7 g
Saturated Fat: 0.7 g	Vitamin A: 482 IU
Cholesterol: 4 g	Calcium: 250 mg

## **Creamy Banana Walnut Oatmeal**

### **Ingredients:**

1 cup fat free skim or 1% lowfat milk  
2 packets instant oatmeal  
½ ripe banana, mashed  
½ Tbsp. chopped walnuts

### **Directions:**

In a small bowl, combine milk and packets of oatmeal. Microwave on high for 1 to 2 minutes until steaming hot, but not boiling. Stir until creamy. Stir in mashed banana. Garnish with walnuts and serve.

*Wake up to this tasty, satisfying bowl of oatmeal that is made with milk instead of water. Try using your favorite oatmeal to add an extra kick.*

Source: Recipe created by 3-A-Day of Dairy

## **Creamy Banana Walnut Oatmeal, cont.**

<b>Nutrition Facts</b>	
Serving Size: Makes 1 Serving	Sodium: 10mg
Calories: 370	Total Carbohydrates: 61 g
Total Fat: 2.5 g	Protein: 17 g
Saturated Fat: 0 g	Fiber: 1 g
Cholesterol: 15 mg	Calcium: 250 mg

## **Fruit Muesli**

1/2 cup oatmeal, quick or old-fashioned, uncooked (also called "rolled oats")

1/2 cup orange juice or apple juice

1/2 cup yogurt, vanilla or plain \*

1/2 cup fresh, frozen or canned fruit (blueberries, raspberries, blackberries, sliced strawberries, coarsely chopped peaches, etc.)

1/4 tsp. vanilla

1 Tbsp. chopped almonds

*\*You may wish to add 1 to 2 tsp. sugar or equivalent amount of no calorie sweetener if using plain yogurt.*

Mix all ingredients, except almonds. Cover and refrigerate overnight. Serve topped with almonds.

Source: The University of Nebraska

<b>Nutrition Facts</b>	
Serving Size: Makes 2 Servings	Sodium: 106.5 mg
Calories: 199	Total Carbohydrates: 30 g
Total Fat: 6.6 g	Dietary Fiber: 3 g
Saturated Fat: .6 g	Protein: 7.5 g
Monounsaturated Fat 1.25 g	Calcium: 140 mg
Cholesterol: 1.5 mg	

## **Fruit Smoothie**

1 large banana  
1 cup fresh peaches or strawberries  
1 small carton (8 oz.) vanilla yogurt  
½ cup fruit juice

Put all ingredients in a blender. Blend on high until smooth. Pour into 2 glasses. Serve right away.

Source: Adapted from Pennsylvania Nutrition Education Network; Website Recipes The Pennsylvania Nutrition Education Program, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: Makes 2 Servings	Sodium: 75 mg
Calories: 210	Total Carbohydrates: 44 g
Calories from Fat: 15	Dietary Fiber: 3 g
Total Fat: 2 g	Sugars: 35 g
Saturated Fat: 1 g	Protein: 7 g
Trans Fat: 0 g	Calcium: 200 mg
Cholesterol: 5 mg	

## **Fruit Yogurt Shake**

1 cup fruit (peaches, strawberries, bananas) cut-up  
4 scoops (1-1/3 cups) nonfat frozen yogurt  
2 cups skim milk

**\*\*frozen yogurt and fruit can be reduced to lower calories\*\***

Place all the ingredients in a blender, close top, then puree.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 8 Serving	Sodium: 201mg
Calories: 195	Total Carbohydrates: 29 g
Total Fat: 0.6 g	Protein: 12 g
Saturated Fat: 0.3 g	Calcium: 427 mg

## **Homemade Low-Fat Granola**

### **For the granola:**

4 1/2 cups old-fashioned oatmeal, uncooked	1/4 cup maple syrup
1/3 cup sliced almonds	1/4 cup apple juice
2 tsp. cinnamon	1 Tbsp. vegetable oil
1/2 tsp. salt (optional)	1/2 cup raisins

### **Serve with:**

1 cup fat-free milk, per serving	fresh berries (optional)
----------------------------------	--------------------------

Preheat oven to 350° Fahrenheit. Stir together oatmeal, almonds, cinnamon and salt, if desired, in a large bowl. In a separate bowl, whisk maple syrup, apple juice and vegetable oil; pour over oatmeal mixture and stir to coat thoroughly. Spread mixture in an even layer onto a 15x12-inch baking pan. Bake for 25 minutes, stirring twice during baking time. Cool mixture in the pan before adding raisins. Store granola in an airtight container. To serve: Pour 1 cup of milk over a heaping 1/2 cup of granola. Top with fresh berries, if desired. Serving suggestion: Instead of milk, top 1 cup of fat-free yogurt with the granola.

*Recipe created by 3-A-Day™ of Dairy.*

<b>Nutrition Facts</b>	
Serving Size: Makes 9 Servings	Sodium: 105 mg
Calories: 320	Total Carbohydrates: 53 g
Total Fat: 6 g	Dietary Fiber: 5 g
Saturated Fat: 1 g	Protein: 16 g
Cholesterol: 5 mg	Calcium: 350 mg

## **James and the Giant Peach – Apple Smoothie**

2 (8oz) containers lite/fat free peach yogurt  
1 (6oz) can 100% frozen apple juice concentrate  
½ tsp almond extract (optional)  
4 ice cubes

Add each ingredient in the order listed to a blender. Blend until smooth and creamy, pour into glasses and serve.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 4 Serving	Sodium: 74 mg
Calories: 110	Total Carbohydrates: 25 g
Total Fat: 0 g	Protein: 3.5 g
Saturated Fat: 0 g	Calcium: 143 mg
Cholesterol: 3 mg	

## **Mango Yogurt Smoothie**

4-7 ice cubes  
1 cup (8 oz.) plain fat-free yogurt  
¾ cup mango slices in extra light syrup,\* drained  
1 tsp. sugar substitute (optional)  
mango slices for garnish (optional)

Place ice in bottom of blender. Add yogurt, mango and sugar substitute, if desired. Blend ingredients until smooth. Pour into a tall glass and garnish with mango slices, if desired. Serve immediately.

\*Mango slices can be found in jars in your grocery store's produce section.

Source: Recipe created by 3-A-Day™ of Dairy

### **Mango Yogurt Smoothie, cont.**

<b>Nutrition Facts</b>	
Serving Size: Makes 1 Serving	Sodium: 140 mg
Calories: 180	Total Carbohydrates: 40 g
Total Fat: 0 g	Dietary Fiber: 2 g
Saturated Fat: 0 g	Protein: 11 g
Cholesterol: 5 mg	Calcium: 300 mg

### **Muffin Morning Delight**

- 1 English Muffin
- Egg white from one Egg
- 1 slice fat free American cheese
- 1 Tbsp. Salsa (Optional)

Toast English Muffin. Cook egg whites in microwave safe container & cook for 1 minute. Put egg on toasted English Muffin, add fat-free cheese slice & top with salsa (if desired).

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 1 Sandwich	Sodium: 592 mg
Calories: 174	Total Carbohydrates: 29 g
Total Fat: 1 g	Protein: 13 g
Saturated Fat: 0 g	Vitamin A: 1355 IU
Cholesterol: 2 mg	Calcium: 280 mg

### **Orange Smoothie**

- 6 oz. can frozen, unsweetened orange juice concentrate
- 1  $\frac{3}{4}$  cups water
- $\frac{1}{2}$  cup instant non-fat dry milk
- $\frac{1}{2}$  tsp. vanilla
- 10 ice cubes

### **Orange Smoothie, cont.**

Combine all ingredients in a quart jar with a tight fitting lid. Shake until well mixed and frothy. Serve at once.

\*Note each serving equals 1/3 cup milk.

Source: WVUES, Eat Your Milk

<b>Nutrition Facts</b>	
Serving Size: 3/4 cup,	Total Carbohydrates: 14 g
Makes 6 Servings	Protein: 2 g
Calories: 60	Iron: 0 mg
Total Fat: 0 g	Vitamin A: 47 IU
Saturated Fat: 0 g	Vitamin C: 10 mg
Sodium: 8 g	Calcium: 65 g

### **Orange Velvet Smoothie**

2½ cup skim milk  
8 oz low fat vanilla yogurt  
6 oz frozen concentrated orange juice, unthawed  
1 tsp. vanilla

Put all ingredients in a quart jar, with the lid on tight, shake until all ingredients are blended smooth and there are no lumps.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: 1/4 cup, Makes 4 Servings	Dietary Fiber: 0.5 g
Calories: 170	Protein: 8 g
Total Fat: 0.5 g	Iron: 0 mg
Saturated Fat: 0.2 g	Vitamin A: 460 IU
Cholesterol: 5 mg	Vitamin C: 75 mg
Sodium: 110 mg	Calcium: 250 g
Total Carbohydrates: 33 g	

## **Peanut Butter Banana Breakfast Shake**

1 cup fat free or low fat milk  
1/2 cup frozen banana slices  
1 tbsp. peanut butter  
1/4 tsp. ground cinnamon  
1/2 tsp. vanilla extract  
sweet cocoa powder (optional)

Combine all ingredients in a blender and blend until smooth and creamy. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

Source: Recipe created by 3-A-Day™ of Dairy

<b>Nutrition Facts</b>	
Serving Size: Makes 1 Serving	Sodium: 220 mg
Calories: 270	Total Carbohydrates: 35 g
Total Fat: 9 g	Dietary Fiber: 3 g
Saturated Fat: 2 g	Protein: 15 g
Cholesterol: 5 mg	Calcium: 350 mg

## **Strawberry- Yogurt Frozen Treats**

2 cartons 10 oz. each frozen strawberries, thawed  
1 Tbsp., unflavored gelatin  
1 pint (16 oz.) plain yogurt  
12 paper cups, 3 oz. size  
12 wooden sticks

Drain strawberries. Place drained liquid in saucepan and sprinkle with gelatin. Cook over low heat, stirring constantly until gelatin dissolves. Mix strawberries, yogurt, and gelatin mixture in blender until smooth. Place cups on a tray or in a baking pan. Fill with blended mixture and cover cups with a sheet of aluminum foil. Insert a stick for each treat by making a slit in the foil over the center of each cup. Freeze treats until firm. Run warm water on outside of cup to loosen each treat from the cup.

Source: WVUES, Eat Your Milk

### **Strawberry- Yogurt Frozen Treats, cont.**

<b>Nutrition Facts</b>	
Serving Size: 1/4 cup	Total Carbohydrates: 28 g
Makes 12 Servings	Dietary Fiber: 5 g
Calories: 95	Protein: 5 g
Total Fat: 2 g	Iron: 0 mg
Saturated Fat: 0 g	Vitamin A: 150 IU
Cholesterol: 5 mg	Vitamin C: 1 mg
Sodium: 215 mg	Calcium: 150 g

### **Strawberry Yogurt Smoothie**

- 1-1/2 cups cold fat free milk
- 1-1/2 tsp. strawberry, low calorie soft drink mix
- 1 container (8oz.) vanilla low fat yogurt
- 1 cup frozen strawberries

Place all ingredients in blender in order listed; cover. Blend on high speed until smooth. Serve immediately.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 4 Serving	Sodium: 85 mg
Calories: 100	Total Carbohydrates: 18 g
Total Fat: 1 g	Protein: 6 g
Saturated Fat: 0.5 g	Calcium: 350 mg
Cholesterol: 5 mg	

## **Tasty Tower**

1 cup non-fat flavored yogurt  
1/4 cup raisins  
1/4 cup crunchy cereal nuggets or low-fat granola cereal  
1/2 cup berries (may use frozen)

Layer 1/2 yogurt, raisins, cereal or granola, 1/2 berries, remaining yogurt and top with remaining berries.

Source: The University of Arizona, Bone builders

<b>Nutrition Facts</b>	
Serving Size: Makes 1 Serving	Cholesterol: 0 mg
Calories: 476	Sodium: 322 mg
Total Fat: 1 g	Sugars: 6 g
Saturated Fat: 0 g	Calcium: 441 mg

## **Wild Rice Waffles**

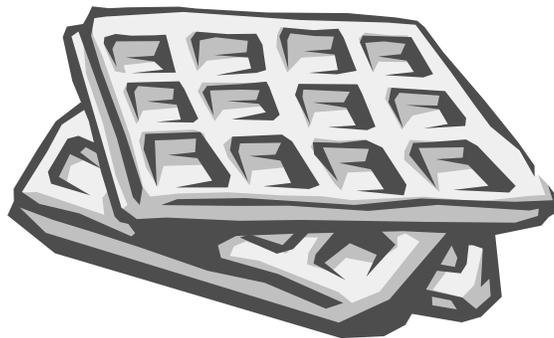
1/2 cup unbleached flour  
1/2 cup whole wheat flour  
1 3/4 cup cooked wild rice, well drained  
1/3 cup dried cherries or dried cranberries  
2 tbsp. sugar  
2 tsp baking powder  
1/4 tsp salt  
1 1/4 cup low fat buttermilk  
2 large eggs, separated  
1/4 cup melted lite margarine

In a large bowl, mix flours, rice, cherries, sugar, baking powder, baking soda and salt until combined. In another bowl, combine buttermilk and egg yolks. Add butter and whisk until well combined. Add buttermilk mixture to dry ingredients. Stir well. Beat egg whites in a separate bowl, then slowly fold into batter. Ladle batter onto preheated, sprayed (with FF non stick cooking spray) waffle iron; cook until browned and slightly crisp.

## Wild Rice Waffles, cont.

Source: WVUES Family Nutrition Program

Nutrition Facts	
Serving Size: Makes 4 Serving	Sodium: 555 mg
Calories: 329	Total Carbohydrates: 58 g
Total Fat: 7 g	Dietary Fiber: 4 g
Saturated Fat: 1.75 g	Protein: 11 g
Monounsaturated Fat: 2.5 g	Vitamin A: 505 IU
Cholesterol: 3 mg	Calcium: 210 mg



## **Yogurt & Granola Parfait with Blueberry Sauce**

### Granola:

2 cup rolled oats  
¼ cup sliced almonds  
¼ cup honey  
¼ cup molasses  
2 tbsp water  
1½ tbsp vegetable oil  
¼ tsp cinnamon

### Blueberry Sauce:

1 cup blueberries, fresh or frozen  
Juice of ½ lemon  
2 tbsp sugar

### Parfaits:

1 cup cubed cantaloupe  
1 cup blueberries  
4 cup plain, non fat yogurt

Preheat oven to 375°. Combine oats and almonds in a medium bowl. In a small saucepan, combine honey, molasses, water, vegetable oil and cinnamon. Heat thoroughly, stirring for about 1 minute. Pour over oat mixture and stir to blend. Spread on a baking sheet and toast, stirring every 10 minutes until golden-crisp, about 30 minutes. Remove from oven and add raisins. Cool completely before serving. Store in an airtight container for up to 3 weeks in the refrigerator or at room temperature. Puree berries in a blender with lemon juice. Blend in sugar. Strain through a fine strainer, pressing with a rubber spatula to release the juices. Layer granola, cantaloupe, blueberries and yogurt in glasses; drizzle with blueberry sauce.

Source: WVUES Family Nutrition Program

**Yogurt & Granola Parfait with Blueberry Sauce,**  
**cont.**

<b>Nutrition Facts</b>	
Serving Size: 1/4 cup	Total Carbohydrates: 60 g
Makes 8 Servings	Dietary Fiber: 4.5 g
Calories: 320	Protein: 12 g
Total Fat: 7 g	Iron: 2 mg
Saturated Fat: 0.75 g	Vitamin A: 710 IU
Monounsaturated Fat 5 g	Vitamin C: 16 mg
Cholesterol: 2 mg	Calcium: 282 mg
Sodium: 97 mg	



## Make A Great Smoothie

Select ingredients—place in a blender—mix—pour—enjoy!  
 (Refrigerate any leftovers. If blender is not available, use a re-sealable bag and crushed ice.)

<b>Fruit</b> Fresh, frozen, or canned in juice (pick 1-3 fruits to equal about 1 cup)	<b>Milk &amp; Yogurt</b> Select nonfat or low-fat (about 1 cup)	<b>Extras</b> Add to flavor or thicken (small amounts)																																		
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Bananas</td> <td style="width: 50%;">Peaches</td> </tr> <tr> <td>Pineapple</td> <td>Raspberries</td> </tr> <tr> <td>Mangoes</td> <td>Cherries</td> </tr> <tr> <td>Strawberries</td> <td>Oranges</td> </tr> <tr> <td>Kiwi fruits</td> <td>Apples</td> </tr> <tr> <td>Cantaloupes</td> <td>Papayas</td> </tr> <tr> <td>Blueberries</td> <td>Apricots</td> </tr> <tr> <td>Nectarines</td> <td>Tangerines</td> </tr> <tr> <td>Honey dew melons</td> <td>Applesauce</td> </tr> <tr> <td>Fruit cocktail</td> <td></td> </tr> </table>	Bananas	Peaches	Pineapple	Raspberries	Mangoes	Cherries	Strawberries	Oranges	Kiwi fruits	Apples	Cantaloupes	Papayas	Blueberries	Apricots	Nectarines	Tangerines	Honey dew melons	Applesauce	Fruit cocktail		Milk Chocolate milk Yogurt (plain or flavored) Buttermilk Evaporated milk Powdered milk  Soy milk (non-dairy option)	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Ice cubes</td> <td style="width: 50%;">Part-skim ricotta cheese</td> </tr> <tr> <td>Honey</td> <td>Instant pudding mix</td> </tr> <tr> <td>Fruit nectar</td> <td>Silken tofu</td> </tr> <tr> <td>Maple syrup</td> <td>Nuts</td> </tr> <tr> <td>Fruit juice</td> <td>Peanut butter</td> </tr> <tr> <td>Vanilla flavoring</td> <td>Nutmeg</td> </tr> <tr> <td>Frozen yogurt (low-fat or non-fat)</td> <td>Cinnamon</td> </tr> </table>	Ice cubes	Part-skim ricotta cheese	Honey	Instant pudding mix	Fruit nectar	Silken tofu	Maple syrup	Nuts	Fruit juice	Peanut butter	Vanilla flavoring	Nutmeg	Frozen yogurt (low-fat or non-fat)	Cinnamon
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Recipes:  
*Soups*

Picture provided by Mercer County 4-H - Mercer County 4-H Camp



Autumn Cream Soup  
Broccoli Potato Soup  
Cheese and Corn Chowder  
Cheesy Broccoli Soup  
Cream-of-Whatever Soup Mix  
Leek and Potato Soup  
Potato Soup  
Tasty Low-Fat Cream Soup  
Ten Minute Corn Chowder  
Tomato Basil Soup  
Quick Cream of Potato Soup



## **Autumn Cream Soup**

2 16oz cans of pumpkin  
4 cups low salt chicken stock  
2 apples, peeled and quartered  
2 Tbsp. lemon juice  
1 cup skim milk  
Salt and pepper to taste

Heat pumpkin and chicken stock about 5 minutes, stirring occasionally. Add the apples; cook until soft, 5-10 minutes. Puree pumpkin and apples in food processor or blender. Reheat in pot, adding the lemon juice and seasoning to taste. Stir in milk. Heat thoroughly, but do not boil.

Source: WVUES Family Nutrition Program

Nutrition Facts	
Serving Size: 1/4 cup	Sodium: 105 mg
Makes 6 Serving	Total Carbohydrates: 22.3 g
Calories: 143.16	Protein: 10.52 g
Total Fat: 2.3 g	Vitamin A: 33337 IU
Saturated Fat: 0.8 g	Vitamin C 10.8 mg
Cholesterol: 2.5 mg	Calcium: 160 mg



## **Broccoli Potato Soup**

4 cups chopped broccoli  
1 small chopped onion  
4 cups chicken or vegetable broth, low sodium  
1 cup evaporated milk, nonfat  
1 cup mashed potatoes, instant prepared in water  
salt and pepper to taste  
1/4 cup cheese, shredded Cheddar or American

Combine broccoli, onion, and broth in large sauce pan. Bring to a boil. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender. Add milk to soup. Slowly stir in potatoes. Cook, stirring constantly, until bubbly and thickened. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick. Ladle into serving bowls. Sprinkle about 1 Tbsp. cheese over each serving.

Source: Adapted from Don't Play With Your Food: Fall and Winter Cookbook, Arizona Nutrition Network, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: Makes 4 Servings	Sodium: 350 mg
Calories: 200	Total Carbohydrates: 25 g
Calories from Fat: 50	Dietary Fiber: 2 g
Total Fat: 6 g	Sugars: 10 g
Saturated Fat: 2 g	Protein: 15 g
Trans Fat: 0 g	Calcium: 300 mg
Cholesterol: 10 mg	



## **Cheese and Corn Chowder**

2 cups diced potatoes  
1 cup sliced carrots  
1 cup chopped celery  
1/2 cup chopped onion  
1/4 tsp. pepper  
1 can cream style corn  
1 1/2 cup nonfat milk  
1/2 cup shredded Cheddar or American cheese

Combine potatoes, carrots, celery, onion and seasonings in pan. Add 1 cup water. Cover and simmer 10 minutes. Add corn and pepper. Cook 5 more minutes or until vegetables are cooked. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil. Serve hot.

Note: Ham, Cheese and Corn Chowder: Add 1/2 cup cubed cooked ham.

Source: Adapted from Montana Extension Nutrition Education Program Website Recipes, Montana State University Extension Service, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Servings	Sodium: 370 mg
Calories: 170	Total Carbohydrates: 28 g
Calories from Fat: 30	Dietary Fiber: 3 g
Total Fat: 3.5 g	Sugars: 11 g
Saturated Fat: 2 g	Protein: 7 g
Trans Fat: 0 g	Calcium: 150 mg
Cholesterol: 10 mg	

## **Cheesy Broccoli Soup**

3 1/2 lbs broccoli (about 4 bunches) washed and drained  
1/2 cup chopped green onion  
2 tsp butter  
2 14-oz. cans of fat free, low sodium chicken broth  
4 tbsp flour  
4 cups 1% milk  
3 cups shredded reduced fat Swiss cheese

Cut broccoli into small pieces, discarding any overly thick bottom stems. Boil broccoli in a medium saucepan until just tender to retain nutrients. Immediately rinse with cold water, drain and refrigerate.

In a large saucepan, sauté green onions for about two minutes in butter or until tender. Stir in chicken broth and slowly add flour, stirring constantly to prevent lumps. Bring to a slow boil on medium high heat and then reduce heat to medium and simmer for 5 minutes, stirring occasionally.

Add broccoli pieces to the broth and puree mixture in an electric blender or food processor until smooth. Return soup to saucepan over low heat. Blend in milk and Swiss cheese and simmer gently only until cheese melts but ensure that milk does not boil.

Tip: Add nutmeg, grated pepper or grated Cheddar cheese to taste.

Source: Recipe courtesy of Moms Advisory Panel member, Amanda Turnock, Recipes created by 3-A-Day of Dairy

<b>Nutrition Facts</b>	
Serving Size: 1 cup	Sodium: 280 mg
Makes 8 Servings	Total Carbohydrates: 22 g
Calories: 240	Dietary Fiber: 6 g
Total Fat: 10 g	Protein: 17 g
Saturated Fat: 6 g	Calcium: 500 mg
Cholesterol: 30 mg	

### **Cream-of-Whatever Soup Mix**

2 cups powdered nonfat milk  
3/4 cup cornstarch  
1/4 cup instant chicken bullion  
2 Tbs. dried onion flakes  
1 tsp. Thyme leaves  
1/2 tsp. pepper

To Substitute For One Can Of Condensed Soup:

Combine 1/3 cup of dry mix with 1 1/4 cups cold water in a saucepan. Cook and stir until thickened. Add to casseroles as you would the canned product.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: 1 cup	Sodium: 268 mg
Makes 9 cans of soup	Total Carbohydrates: 25 g
Calories: 142	Protein: 10 g
Total Fat: 0.3 g	Vitamin A: 3 IU
Saturated Fat: 0.15 g	Vitamin C: 2 mg
Cholesterol: 5 mg	Calcium: 340 g



## **Leek and Potato Soup**

4 to 5 leeks (about 1 pound)  
2 potatoes, peeled and quartered  
1 cup thinly sliced celery  
4 cups low sodium chicken stock  
2 cups fat-free milk  
1 Tbsp. chopped fresh parsley  
White pepper

Cut off the root ends and green tops from the leeks. Halve the leeks lengthwise, separate the layers and wash them thoroughly. Cut the leeks into 1- inch pieces.

In a large saucepan, combine the leeks, potatoes, celery and stock. Bring to a boil, skimming off the top layer that forms. Reduce the heat and simmer, uncovered, about 40 minutes, or until the vegetables are tender. Cool the soup briefly, then puree in a blender or food processor, or mash by hand.

Return the soup to the saucepan, add the milk and reheat the soup just until heated through; do not boil. Ladle the soup into bowls or mugs and sprinkle with parsley and pepper.

Source: Adapted from The Wellness Low-fat Cookbook, University of California at Berkeley, As listed on the University of Arizona website, Bone Builders

<b>Nutrition Facts</b>	
Serving Size: 1 cup	Cholesterol: 2 mg
Makes 4 Servings	Sodium: 157 mg
Calories: 236	Dietary Fiber: 3 g
Total Fat: 3 g	Calcium: 249 mg
Saturated Fat: 1 g	

## **Potato Soup**

1/2 cup chopped onion	1/8 tsp. pepper
1/2 cup chopped celery	1 cup nonfat dry milk
6 diced potatoes	3 cups water
2 Tbsp. margarine	2 Tbsp. flour
1/2 tsp. salt	

Peel and chop the onion. Chop the celery. Peel the potatoes, and cut them into small cubes. Melt the margarine in a large saucepan on low heat. Add the onion and celery. Cook for a few minutes. Add the potatoes, salt, pepper and 1 1/2 cups water. Cook for 15 minutes until the potatoes are tender. In a small bowl, stir together the dry milk and flour. Add 1 1/2 cups water slowly, stirring as you add it. Add the milk mix to the potatoes. Cook until the soup is heated and slightly thickened. Adjust the seasonings.

Source: Adapted from Pennsylvania Nutrition Education Network Website Recipes, The Pennsylvania Nutrition Education Program, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 1 cup	Cholesterol: 0 mg
Makes 6 Servings	Sodium: 310 mg
Calories: 130	Total Carbohydrates: 17 g
Calories from Fat: 35	Dietary Fiber: 4 g
Total Fat: 4 g	Sugars: 9 g
Saturated Fat: 1 g	Protein: 7 g
Trans Fat: 1 g	Calcium: 150 mg

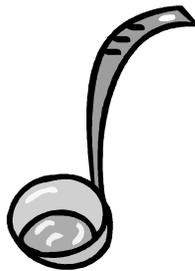
### **Tasty Low-Fat Cream Soup**

1 1/2 cups chicken broth, low salt  
4 tsp. flour  
2 Tbsp. chopped onion  
2/3 cup nonfat dry milk powder  
4 Tbsp. chopped celery  
black pepper to taste

Peel and chop the onion. Chop the celery into small pieces. Put the celery and onion in a saucepan. Add 1/2 cup chicken broth (save the other cup of chicken broth for later.) Cook these ingredients on low heat. Let the broth simmer for 2-3 minutes. In a small bowl, mix the dry milk, flour, and pepper. Add them into the 1 cup of chicken broth that hasn't been cooked yet. Beat till smooth. Add this mix to the celery, onion, and broth. Cook over medium heat till the soup thickens.

Source: Adapted from Senior Nutrition Awareness Project (SNAP), University of Connecticut Family Nutrition Program, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 1-1/4 cup	Cholesterol: 5 mg
Makes 2 Servings	Sodium: 190 mg
Calories: 140	Total Carbohydrates: 20 g
Calories from Fat: 10	Dietary Fiber: 1 g
Total Fat: 1.5 g	Sugars: 13 g
Saturated Fat: 0 g	Protein: 12 g
Trans Fat: 0 g	Calcium: 300 mg



## **Ten Minute Corn Chowder**

1 tsp. oil  
1/2 chopped onion  
1 tsp. minced garlic  
4 Tbsp. all purpose flour  
3 cups nonfat milk  
2 tsp. mustard  
1/4 tsp. dried thyme  
black pepper to taste  
2 cups frozen corn kernels  
4 Tbsp. Cheddar cheese, shredded reduced fat

Heat a large nonstick skillet over medium-high. Add the oil and sauté the onion and garlic until golden, about 2 minutes. Meanwhile, place the flour, milk, mustard and seasonings in a small bowl and mix well. Add the milk mixture to the skillet followed by the corn; mix well until the mixture comes to a boil and thickens, about 3 minutes. Stir frequently to keep the mixture from burning. Divide into four bowls and top each with one Tbsp. of shredded cheese.

Source: Adapted from Cooking Demo II, p.56, Food and Health Communications, Inc., as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 1-1/4 cup	Cholesterol: 5 mg
Makes 4 Servings	Sodium: 170 mg
Calories: 210	Total Carbohydrates: 37 g
Calories from Fat: 25	Dietary Fiber: 3 g
Total Fat: 3 g	Sugars: 10 g
Saturated Fat: 0.5 g	Protein: 12 g
Trans Fat: 0 g	Calcium: 250 mg

## **Tomato Basil Soup**

1 medium chopped onion  
1 Tbsp. olive oil  
2 crushed garlic cloves (or 1/4 tsp. garlic powder)  
1 can (15 1/2 oz.) drained and chopped tomatoes  
1 pinch ground red pepper  
1 tsp. dried basil  
2/3 cup nonfat dry milk (NDM) + 2 cups water (or substitute  
2 cups nonfat milk for the reconstituted NDM)  
salt and pepper to taste

In a medium saucepan, cook onion in oil over medium heat, stirring frequently until golden brown, about 4 minutes. Add garlic and cook 1 minute longer. Add chopped tomatoes. Cook uncovered over medium heat for 10 minutes. Spoon 3/4 of mixture into food processor or blender container; puree until smooth. Return to saucepan. Add red pepper, basil, and reconstituted NDM to the soup. Heat until hot but do not boil. Season to taste with salt and pepper. Serve immediately.

Source: Adapted from USDA's Collection of Nonfat Dry Milk (NDM) Recipes Food Distribution Service USDA Food and Nutrition Service as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 1 cup	Cholesterol: 0 mg
Makes 4 Servings	Sodium: 210 mg
Calories: 120	Total Carbohydrates: 18 g
Calories from Fat: 35	Dietary Fiber: 3 g
Total Fat: 4 g	Sugars: 8 g
Saturated Fat: 0.5 g	Protein: 6 g
Trans Fat: 0 g	Calcium: 200 mg

## Quick Cream of Potato Soup

3 cups diced, peeled potatoes  
1 small onion, chopped  
2 tsp. beef bouillon granules  
1 ½ cups boiling water  
Seasoning to taste  
2 cups low-fat milk

Add the potatoes, onion, and bouillon granules to the boiling water. Cover and cook until potatoes are very tender—about 15 minutes. Don't drain. Partially mash with fork. Add 2 cups milk. Heat, stirring often, until bubbles form around edge.

Source: WVUES Eat Your Milk

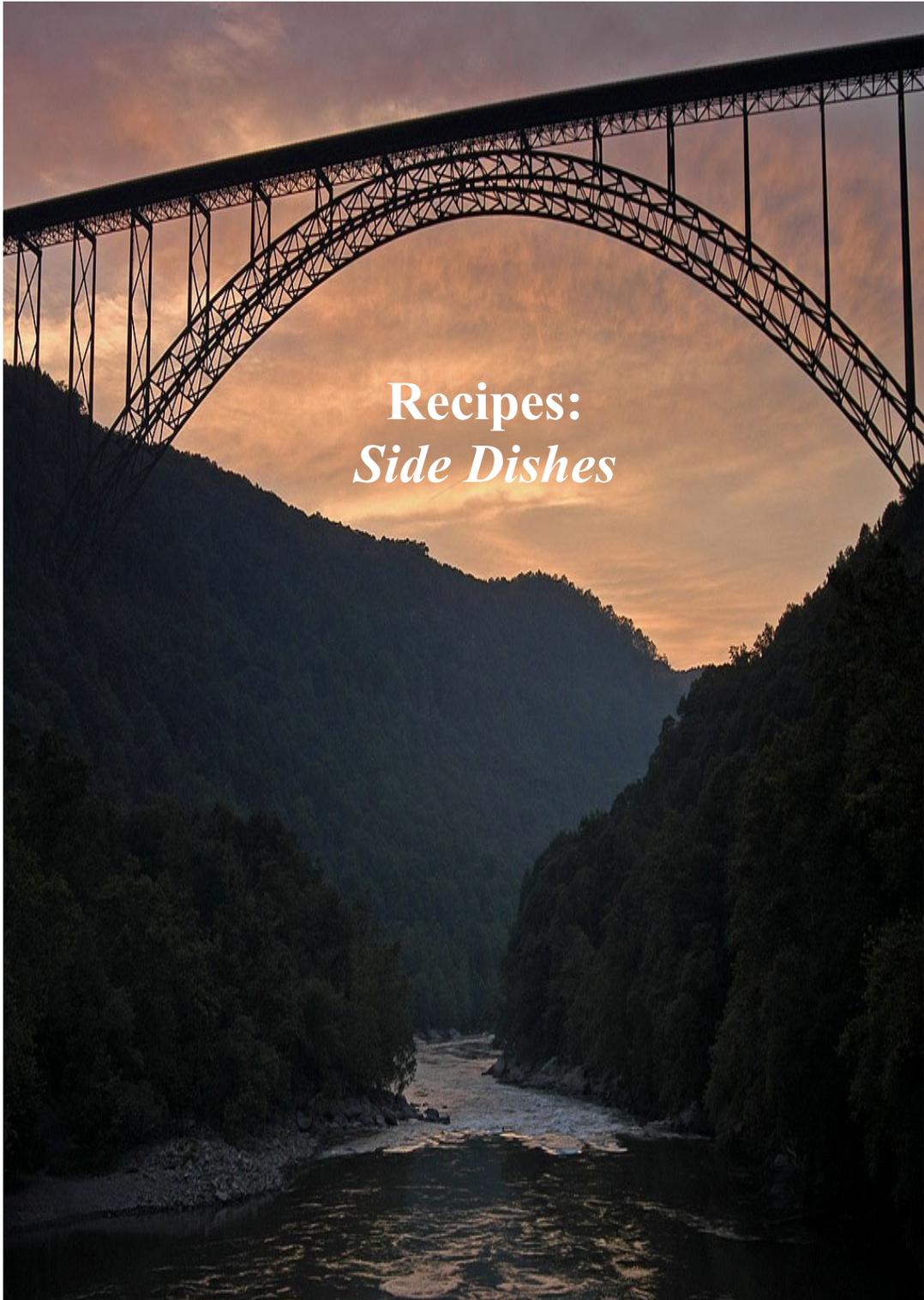
Nutrition Facts	
Serving Size: 1 cup	Dietary Fiber: 3 g
Makes 4 Servings	Protein: 6 g
Calories: 96	Iron: 0.5 mg
Total Fat: 0 g	Vitamin A: 110 IU
Saturated Fat: 1 g	Vitamin C: 19 mg
Carbohydrates: 19 g	Calcium: 160 mg
Sodium: 180 mg	





### **Did you know ...**

For many of us, time is limited. So breakfast is traded for 15 minutes sleep, lunch is spent running errands, and dinner is whatever's on hand. It doesn't take long for this kind of routine to wear you out, especially if you aren't getting enough of the key nutrients your body needs, like calcium. Skimping on calcium can increase your risk of the bone-thinning disease osteoporosis and of hypertension, which is a major factor for heart disease and stroke. So before you place mealtime on the back burner, think about this—eating better can help you enjoy a more productive, healthy and energetic life.



Recipes:  
*Side Dishes*

New River Gorge - Fayetteville, WV



Baked Potatoes Primavera  
Cheddar Cornbread Squares  
Classic Macaroni and Cheese  
Meaty Stuffed Potatoes  
Moist Cornbread  
Moo To You Salad  
Pumpkin Corn Muffins  
Roasted Root Vegetables  
Seared Greens  
Smothered Greens  
Spiced Honey Yogurt Fruit Salad Dressing  
Squash Casserole  
Vegetable Medley with Salsa Dip  
Veggie Noodles  
Veggie Stuffed Pita  
Yogurt Salad Dressing



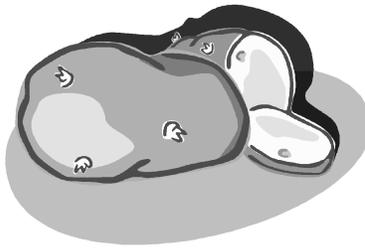
## **Baked Potatoes Primavera**

4 medium potatoes  
4 cups frozen mixed vegetables  
1 1/4 cups sour cream, nonfat  
1/2 tsp. dried oregano  
1/2 tsp. dried basil  
black pepper to taste

Pierce each potato several times with a fork. Microwave on high until tender, about 3-4 minutes per potato. Steam mixed vegetables until hot. Mix the sour cream with the herbs and pepper. Split the potatoes in the center and fill with steamed veggies. Top with sour cream and serve hot.

Source: Adapted from Food and Health Communications, Inc., as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 1 potato	Cholesterol: 15 mg
Makes 4 Servings	Sodium: 180 mg
Calories: 360	Total Carbohydrates: 74 g
Calories from Fat: 5	Dietary Fiber: 13 g
Total Fat: 0 g	Sugars: 12 g
Saturated Fat: 0 g	Protein: 12 g
Trans Fat: 0 g	Calcium: 200 mg



## **Cheddar Cornbread Squares**

1 package corn muffin mix, plus ingredients to make mix  
1 small onion, thinly sliced  
½ cup red pepper, thinly sliced  
½ cup green pepper, thinly sliced  
1 tsp. oregano  
1 ½ cup shredded reduced- fat mild Cheddar cheese, divided  
nonstick cooking spray

Preheat oven to 400° Fahrenheit. Prepare corn muffin mix batter as directed on package. Spray an 8- inch square pan with nonstick cooking spray. Pour batter into pan. Bake 15 minutes, or until lightly browned. Do not remove cornbread from the pan.

While bread is baking, heat a skillet with nonstick cooking spray. Add onions and peppers; sauté until soft. Stir in oregano; set aside.

Sprinkle 1 cup of the cheese over baked bread; top with vegetables mixture and remaining ½ cup of cheese. Bake 5 minutes, or until cheese is melted. Cut into 2 inch squares to serve.

<b>Nutrition Facts</b>	
Serving Size: 1 (2-inch) square	Total Carbohydrates: 24 g
Makes 8 Servings	Dietary Fiber: 2 g
Calories: 190	Protein: 8 g
Total Fat: 8 g	Vitamin A: 9613 IU
Saturated Fat: 4 g	Vitamin C: 11 mg
Cholesterol: 15 mg	Iron: 1.75
Sodium: 470 mg	Calcium: 200 mg

Source: Created by 3-A-Day of Dairy

## **Classic Macaroni and Cheese**

2 cups macaroni  
1/2 cup chopped onions  
1/2 cup evaporated milk, nonfat  
1 medium beaten egg  
1/4 tsp. black pepper  
1 1/4 (4 oz.) cups cheese, finely shredded sharp Cheddar,  
low-fat  
Cooking oil spray

Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside. Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350°. Lightly spray saucepan with nonstick cooking oil spray. Add onions to saucepan and sauté for about 3 minutes. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Source: Adapted from Heart Healthy Home Cooking African American

<b>Nutrition Facts</b>	
Serving Size: 1/2 cup	Cholesterol: 30 mg
Makes 8 Servings	Sodium: 135 mg
Calories: 110	Total Carbohydrates: 14 g
Calories from Fat: 20	Dietary Fiber: 1 g
Total Fat: 2 g	Sugars: 3 g
Saturated Fat: 1 g	Protein: 8 g
Trans Fat: 0 g	Calcium: 150 mg

Style, National Heart, Lung  
as listed in the Food Stamp  
Finder



and Blood Institute (NHLBI),  
Nutrition Connection's Recipe

## **Meaty Stuffed Potatoes**

3 medium potatoes  
1 cup turkey, chicken, beef, or pork, diced and cooked  
1 cup coarsely chopped broccoli  
1/2 cup chopped onion  
1/2 cup thinly sliced carrots  
3/4 cup hot water  
3/4 cup nonfat milk  
1 Tbsp. flour  
1/4 tsp. black pepper  
1/2 cup cheese, shredded low-fat

Scrub potatoes. Remove any bad spots. Do not peel. Cut each in half. In a covered saucepan, boil potatoes in just enough water to cover the pieces. When they are fork-tender (about 15 to 20 minutes), remove from heat and drain. Set aside. (Note: you can also pierce whole potatoes with a knife or fork in several places and cook in microwave without water until fork tender, then cut each in half).

Meanwhile, in a skillet sprayed with non-stick cooking spray, combine cooked meat, broccoli, onion, carrots and water. Boil until vegetables are fork tender - about 5 minutes. Reduce heat to low. In a jar with a tight fitting lid, combine milk, flour and pepper. Shake well. Stir flour mixture into meat mixture until well blended. Stir in cheese. Cook over low heat about 5 minutes longer or until sauce thickens, stirring frequently.

To serve, place 2 potato halves on each plate and mash the middle somewhat. Spoon about one third cup of the meat mixture over each potato half. Cover and refrigerate leftovers within 2 hours.

Source: Adapted from Fix it Fresh! Recipe Series, Kansas State University Research and Extension, as listed in the Food Stamp Nutrition Connection's Recipe Finder

### **Meaty Stuffed Potatoes, cont.**

<b>Nutrition Facts</b>	
Serving Size: 1 potato	Sodium: 220 mg
Makes 3 Servings	Total Carbohydrates: 22 g
Calories: 220	Dietary Fiber: 7 g
Calories from Fat: 30	Sugars: 10 g
Total Fat: 3 g	Protein: 27 g
Saturated Fat: 1.5 g	Calcium: 250 mg
Cholesterol: 40 mg	

### **Moist Cornbread**

Cooking Spray	1-tsp. salt
1 cup all- purpose flour	1-Tbsp. canola oil
½ cup cornmeal	1 egg, lightly beaten
1/3-cup sugar	1-cup nonfat milk
1 Tbsp. baking powder	1 tsp. melted light butter

Preheat oven to 375°. Spray an 8 or 9 inch square baking pan with the cooking spray. Stir together the flour, cornmeal, sugar, baking powder and salt. Combine the canola oil, egg, and milk. Add to the dry mixture and mix just until moist. Pour into the prepared pan and bake for 20 minutes. Brush with melted butter to keep the top soft.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 8 Servings	Total Carbohydrates: 38 g
Calories: 210	Dietary Fiber: 1.3 g
Total Fat: 4 g	Protein: 5.5 g
Saturated Fat: 0.6 g	Vitamin A: 210 IU
Monounsaturated Fat: 2 g	Iron: 1.75
Cholesterol: 36 mg	Calcium: 169 mg
Sodium: 430 mg	

## **Moo To You Salad**

½ cup low fat cottage cheese  
1 hard boiled egg, chopped  
½ cup favorite veggies, chopped  
1 tbsp. low fat grated cheese

Stir first 5 ingredients together, top with grated cheese.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: 1/4 cup	Total Carbohydrates: 18 g
Makes 1 Serving	Dietary Fiber: 5 g
Calories: 227	Protein: 22 g
Total Fat: 7.5 g	Iron: 1.4 mg
Saturated Fat: 3.4 g	Vitamin A: 4284 IU
Cholesterol: 226 mg	Vitamin C: 3 mg
Sodium: 513 mg	Calcium: 285 mg

## **Pumpkin Corn Muffins**

1¼ cup all-purpose flour      2 eggs  
1¼ cup yellow corn meal      1½ cup pumpkin  
1/3 cup granulated sugar      1/3 cup skimmed milk  
4 tsp. baking powder      ¼ cup canola oil  
½ tsp. salt

Preheat oven to 375°. Spray (with fat free non-stick spray) or paper line 12 muffin cups. Combine flour, corn meal, sugar, baking powder and salt in a large bowl. Beat eggs, pumpkin, milk and canola oil in a medium bowl until combined. Add to flour mixture; mix thoroughly. Spoon batter into prepared muffin cups. Bake for 25-30 minutes or until toothpick inserted in center of muffin comes out clean. Serve warm.

Source: WVUES Family Nutrition Program

## **Pumpkin Corn Muffins, cont.**

<b>Nutrition Facts</b>	
Serving Size: 1 muffin	Sodium: 305 mg
Makes 12 Servings	Total Carbohydrates: 29 g
Calories: 183	Protein: 4 g
Total Fat: 6 g	Vitamin A: 5731 IU
Saturated Fat: 0.6 g	Iron: 2
Monounsaturated Fat: 3 g	Calcium: 143 mg
Cholesterol: 36 mg	

## **Roasted Root Vegetables**

4 medium-sized root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)

2 chopped carrots

1 medium chopped onion

1/4 cup vegetable oil

3 Tbsp. Parmesan cheese

Season with your favorite spices

Preheat oven to 350°. Cut vegetables into large chunks. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well. Spread an even layer on a baking sheet. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Source: Adapted from Montana Extension Nutrition Education Program Website Recipes Montana State University Extension Service, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: Makes 4 Servings	Sodium: 150 mg
Calories: 250	Total Carbohydrates: 26 g
Calories from Fat: 130	Dietary Fiber: 7 g
Total Fat: 15 g	Sugars: 13 g
Saturated Fat: 2 g	Protein: 5 g
Cholesterol: 5 mg	Calcium: 150 mg

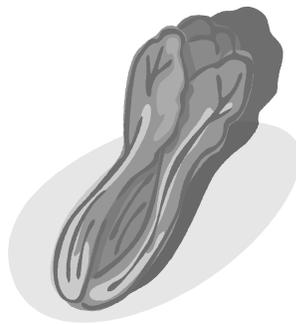
## Seared Greens

1 1/2 pounds kale or collard greens  
2 Tbsp. vegetable oil or olive oil  
4 chopped garlic cloves  
1 cup water  
1/4 tsp. salt  
1 tsp. black pepper  
2 Tbsp. cider vinegar

Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into 1/2 inch pieces. In a large deep pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water. Cover pan and steam for 4 minutes. Uncover, stir constantly until greens shrink. Add salt and pepper and continue to stir on high until mixture is thoroughly wet. Sprinkle cider vinegar on mixture. Cover. Turn off heat. Let stand until ready to serve.

Source: Adapted from Food Family Fun, USDA, Team Nutrition as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 1 cup	Sodium: 150 mg
Makes 6 Servings	Total Carbohydrates: 12 g
Calories: 100	Dietary Fiber: 2 g
Calories from Fat: 45	Protein: 4 g
Total Fat: 5 g	Calcium: 150 mg
Saturated Fat: 0.5 g	



## **Smothered Greens**

3 cups water  
1/4 pound turkey breast, smoked, skinless  
1 Tbsp. freshly chopped hot pepper  
1/4 tsp. cayenne pepper  
1/4 tsp. ground cloves  
2 crushed garlic cloves  
1/2 tsp. thyme  
1 chopped scallion stalk  
1 tsp. ground ginger  
1/4 cup chopped onion  
2 pounds mustard greens, or turnip, collard, kale, or mixture

Place all ingredients except greens into large saucepan and bring to a boil. Prepare greens by washing thoroughly and removing stems. Tear or slice leaves into bite-size pieces. Add greens to the rest of the boiling ingredients in saucepan. Cook 20-30 minutes until tender.

Source: Adapted from Heart Healthy Home Cooking African American Style, National Heart, Lung and Blood Institute (NHLBI), as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 1 cup	Sodium: 270 mg
Makes 5 Servings	Total Carbohydrates: 11 g
Calories: 80	Dietary Fiber: 6 g
Calories from Fat: 5	Sugars: 3 g
Total Fat: 0.5 g	Protein: 10 g
Cholesterol: 10 mg	Calcium: 200 mg



## **Spiced Honey Yogurt Fruit Salad Dressing**

¼ cup low-fat or fat-free vanilla yogurt  
1 ½ tsp. honey  
1/8 tsp. cinnamon  
2 cups chopped or sliced fruit (oranges, apples, pear, grapes, kiwi, strawberries, etc.)

Mix yogurt, honey and cinnamon until well- blended. Add fruit to dressing and stir to combine. Cover and refrigerate for about a half-hour before serving to allow flavors to blend.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 2 Servings	Total Carbohydrates: 45.5 g
Calories: 202	Dietary Fiber: 4.5 g
Total Fat: 0.45 g	Protein: 6.5 g
Saturated Fat: 0.15 g	Calcium: 244.5 mg
Sodium: 65.5 g	

## **Squash Casserole**

2 lbs yellow squash thickly sliced (7 c)  
¼ cup chopped onion  
1 (10¾ oz) can fat free cream of chicken soup  
1 cup fat free sour cream  
1 cup shredded carrots  
4 tbsp. lite margarine  
2 cup bread crumbs (herbed stuffing can be used but sodium will increase)

Cook squash with onion in boiling water for 5-10 minutes. Drain well. Combine soup and sour cream. Stir in shredded carrots. Fold in drained squash and onions. Melt margarine, toss with breadcrumbs. Spread half of the stuffing in a 13x9 inch baking dish. Spoon vegetable mixture on top. Sprinkle with remaining stuffing mixture. Bake at 350° for 25-30 minutes.

## **Squash Casserole, cont.**

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: 1/4 cup	Total Carbohydrates: 29 g
Makes 6 Servings	Protein: 7 g
Calories: 201	Iron: 2 mg
Total Fat: 0.5 g	Vitamin A: 6000 IU
Saturated Fat: 1.4 g	Vitamin C: 6 mg
Cholesterol: 4 mg	Fiber: 1 g
Sodium: 589 mg	Calcium: 111 mg

## **Vegetable Medley with Salsa Dip**

2 carrots - cut into 3-inch sticks  
2 celery stalks - cut into 3-inch sticks  
1/2 jicama - peeled and cut into 3-inch sticks  
1 bunch radishes – trimmed  
6 green onions – trimmed  
1 cup fat free sour cream  
1 cup Fresh Salsa

### **Fresh Salsa:**

2 chopped tomatoes  
1/2 chopped onion  
3 finely chopped jalapeno chiles - seeded if desired  
1/4 cup chopped fresh cilantro  
1/4 tsp. salt  
juice of 1 lime

Arrange vegetables on a platter. In a small bowl, mix sour cream and salsa. Serve.

### **Fresh Salsa Preparation:**

In a medium bowl, mix all ingredients. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass

container.

### **Vegetable Medley with Salsa Dip, cont.**

Source: Adapted from It's So Easy, Contra Costa Health Services, California

<b>Nutrition Facts</b>	
Serving Size: Makes 4 Servings	Total Carbohydrates: 30 g
Calories: 150	Dietary Fiber: 7 g
Calories from Fat: 5	Sugars: 11 g
Total Fat: 0.5 g	Protein: 5 g
Cholesterol: 10 mg	Calcium: 150 mg
Sodium: 290 mg	

5 A Day, as listed in the Food Stamp Nutrition Connection's Recipe Finder

### **Veggie Noodles**

1 pound pasta, uncooked  
2 cups drained, canned vegetables  
1 cup spaghetti sauce  
1/2 cup shredded cheese

Boil water in a cooking pot. Add the pasta. Turn down the heat to medium-low; cook for 10 minutes. Pour pasta and water into colander to drain. Return cooked, drained pasta back to cooking pot. Add vegetables and spaghetti sauce. Cook over medium-low heat just until the vegetables are hot. Sprinkle with cheese just before serving.

Note: Fresh or frozen vegetables can be used. Just cook them before tossing with pasta.

Source: Adapted from The Power of Choice, Food and Nutrition Service, USDA and Food and Drug Administration, DHHS, as listed in the Food Stamp Nutrition Connection's Recipe Finder

## **Veggie Noodles, cont.**

<b>Nutrition Facts</b>	
Serving Size: Makes 4 Servings	Sodium: 470 mg
Calories: 570	Total Carbohydrates: 98 g
Calories from Fat: 80	Dietary Fiber: 8 g
Total Fat: 9 g	Sugars: 4 g
Saturated Fat: 3.5 g	Protein: 23 g
Cholesterol: 15 mg	Calcium: 150 mg

## **Veggie Stuffed Pita**

2 medium (2 1/2 cups chopped) zucchini  
4 medium (1 1/4 cups grated) carrots  
2 cups chopped broccoli  
12 oz. Cheddar cheese, low fat  
1/2 tsp. oregano  
1/4 tsp. black pepper  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
2 Tbsp. vegetable-oil  
12 - 6 inch mini-pitas

Wash vegetables. Remove the broccoli flowers from stems, cut the flowers into small florets and put into mixing bowl. Peel carrots and cut off the ends. Grate carrots and put into mixing bowl. Slice the zucchini into thin slices. Cut each slice into quarters and put into bowl. Grate the cheese and put into a separate bowl. Measure oregano, pepper, garlic powder, onion powder and mix together. Heat oil in a skillet. Put the spices in the heated oil and then add the mixture of vegetables to the pan. Stir vegetables with a wooden spoon and sauté about 5 minutes. When the vegetables are slightly tender, remove from heat. Spoon vegetable mixture into the pita. Top the hot vegetables with 1 oz. grated cheese.

Note: Substitute green pepper, mushrooms or onions in place of listed vegetables.

### **Veggie Stuffed Pita, cont.**

Source: Adapted from Wellness Ways Resource Book, University of Illinois Extension Service, as listed in the Food Stamp Nutrition Connection's Recipe

<b>Nutrition Facts</b>	
Serving Size: 1 prepared pita	Sodium: 510 mg
Makes 12 Servings	Total Carbohydrates: 37 g
Calories: 250	Dietary Fiber: 2 g
Calories from Fat: 45	Sugars: 2 g
Total Fat: 5 g	Protein: 13 g
Saturated Fat: 1.5 g	Calcium: 200 mg
Cholesterol: 5 mg	

Finder

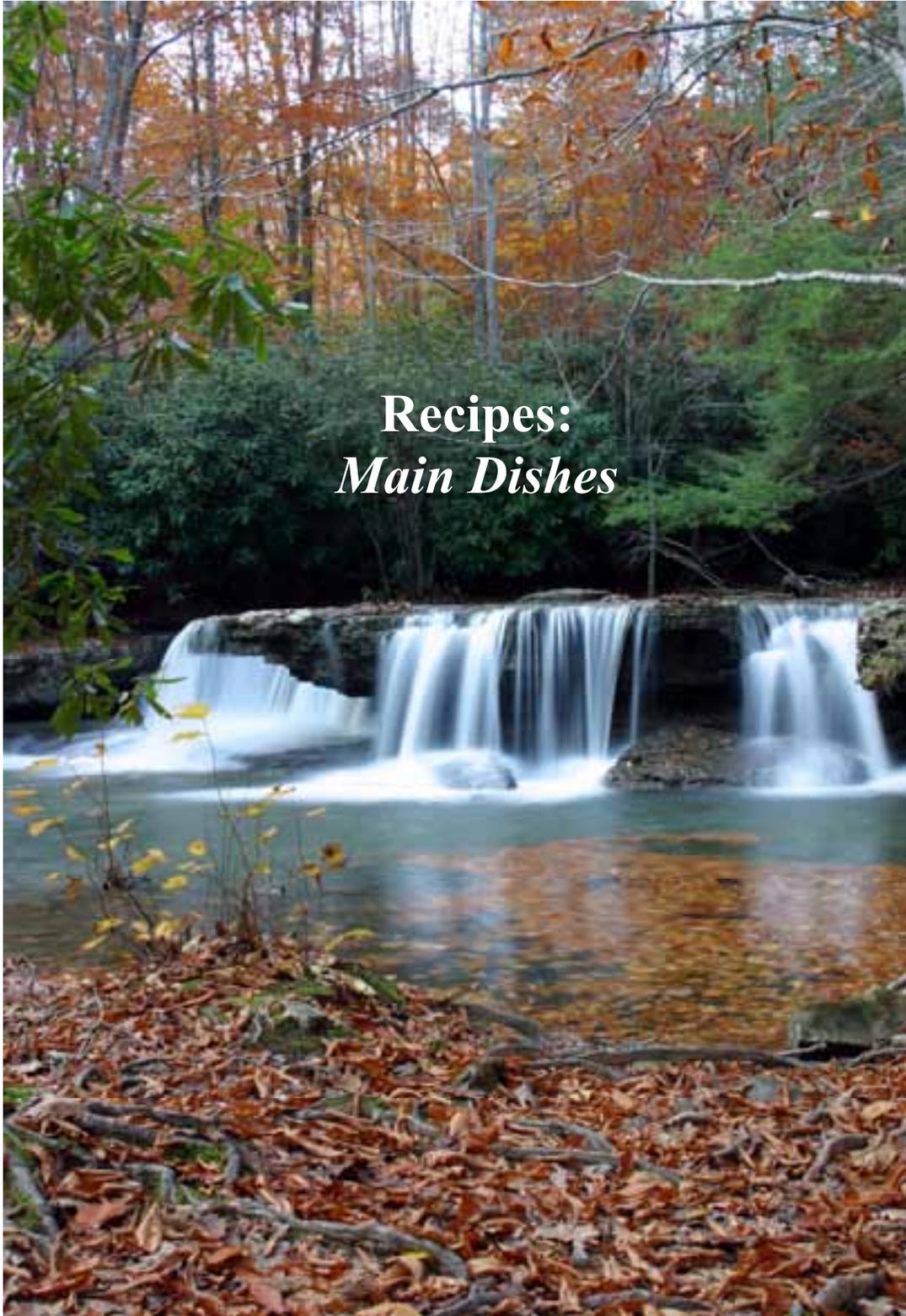
### **Yogurt Salad Dressing**

- 8 oz. plain yogurt, fat-free
- ¼ cup mayonnaise, fat-free
- 2 Tbsp. chives, dried
- 2 Tbsp. dill, dried
- 2 Tbsp. lemon juice

Mix all ingredients in bowl and refrigerate, covered.

Source: Adapted from National Heart, Lung and Blood Institute (NHLBI), as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 2 Tbs.	Protein: 8 g
Makes 8 Servings	Iron: 1.75 mg
Calories: 23	Magnesium: 10 mg
Cholesterol: 1 mg	Potassium: 104 mg
Sodium: 84 mg	Calcium: 72 mg
Total Carbohydrates: 24 g	



Picture by Amanda Haddox— Camp Creek State Park, Camp Creek, WV



Bean and Rice Burritos  
Brag About It Bread Bake  
Crockpot Lasagna  
Easy Baked Spaghetti  
Easy Chicken Pie  
English Muffin Veggie Pizza  
Four Food Group Pie  
Garden Frittata  
Little Cheddar Loaves  
Main Dish Salad  
Quick Veggie Lasagna  
Salmon Patties  
Skillet Meals  
Skillet Noodles and Beef  
Spanish Baked Fish  
Stuffed Peppers  
Tuna Casserole  
Vegetable Upside Down Casserole  
Vegetarian Chili  
Wagon Wheel Taco Salad  
White Chili



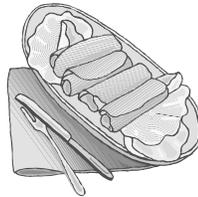
## **Bean and Rice Burritos**

2 cups cooked rice  
1 small chopped onion  
2 cups cooked kidney beans or one 15 oz. can, drained  
8 (10 inch) flour tortillas  
1/2 cup salsa  
1/2 cup grated cheese

Preheat the oven to 300°. Peel the onion, and chop it into small pieces. Drain the liquid from the cooked (or canned) kidney beans, and rinse. Mix the rice, chopped onion, and beans in a bowl. Put each tortilla on a flat surface. Put 1/2 cup of the rice and bean mix in the middle of each tortilla. Fold the sides of the tortilla to hold the rice and beans. Put each filled tortilla (burrito) in the baking pan. Bake for 15 minutes. While the burritos are baking, grate 1/2 cup cheese. Pour the salsa over the baked burritos. Add cheese. Serve the burritos warm.

Source: Adapted from Pennsylvania Nutrition Education Network, Website Recipes, The Pennsylvania Nutrition Education Program, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 1 burrito	Sodium: 560 mg
Makes 8 Serving	Total Carbohydrates: 60 g
Calories: 370	Dietary Fiber: 5 g
Calories from Fat: 70	Sugars: 2 g
Total Fat: 8 g	Protein: 13 g
Saturated Fat: 3 g	Calcium: 150 mg
Cholesterol: 5 mg	



## **Brag About it Bread Bake**

6 slices bread - cubed, approximately 6 cups  
1 1/2 cups frozen, chopped and cooked broccoli  
1 cup cheese, shredded low-fat Cheddar  
1 Tbsp. minced onion (optional)\*  
1 cup diced, cooked chicken, skinless  
3 eggs  
4 egg whites  
2 cups nonfat milk

Place half the bread in a well greased 9x9 inch pan. Top with broccoli, cheese, onion and meat. Place remaining bread on top. In a bowl, mix eggs and milk. Pour egg mixture over bread in pan. Cover. Refrigerate overnight or at least 1 hour. Bake uncovered at 325° for 1 to 1 1/4 hours, or until center is firm and lightly browned.

\*used in analysis

Source: Adapted from "Bread" Fact Sheet, A Family Living Program, University of Wisconsin Cooperative Extension Service

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Serving	Sodium: 500 mg
Calories: 250	Total Carbohydrates: 25 g
Calories from Fat: 50	Dietary Fiber: 2 g
Total Fat: 6 g	Sugars: 7 g
Saturated Fat: 2 g	Protein: 24 g
Cholesterol: 130 mg	Calcium: 250 mg

## **Crockpot Lasagna**

12 oz Lasagna noodles  
1 qt. spaghetti sauce  
1 lb ground turkey breast  
8 oz. part-skim mozzarella cheese

### **Crockpot Lasagna, cont.**

Brown ground turkey breast, drain if necessary. Mix in spaghetti sauce. Put meat sauce in bottom of crock pot. Layer with noodles, sauce and cheese, repeat layers ending with cheese. Cook on low for 4 hours.

<b>Nutrition Facts</b>	
Serving Size: Makes 12 Serving	Total Carbohydrates: 35 g
Calories: 288	Dietary Fiber: 3 g
Total Fat: 8.25 g	Protein: 20 g
Saturated Fat: 3 g	Vitamin A: 1137 IU
Monounsaturated Fat: 3 g	Vitamin C: 10 mg
Cholesterol: 25 mg	Iron: 1 mg
Sodium: 553 mg	Calcium: 161 mg

Source: WVUES Family Nutrition Program

### **Easy Baked Spaghetti**

- 1 lb. lean ground beef, fried, drain excess grease
- 1 medium onion, chopped (optional)
- 1 medium bell pepper, chopped (optional)
- 1 (32 oz.) jar of spaghetti sauce (healthy choice by label reading)
- 1 lb spaghetti
- 1 cup shredded low-fat skim mozzarella cheese

Cook spaghetti. Drain. Cook ground beef, pepper, and onion. Drain. Add spaghetti sauce to ground beef mixture. Cover the bottom of a 9x 13 inch pan with half of the spaghetti sauce. Add all of the spaghetti on top of sauce. Top with the remaining sauce. Sprinkle cheese over the mixture. Bake at 350° for 30 minutes. Covered with aluminum foil in a tent shape.

Source: WVUES Family Nutrition Program

## Easy Baked Spaghetti, cont.

Nutrition Facts	
Serving Size: Makes 12 Serving	Total Carbohydrates: 42 g
Calories: 321	Dietary Fiber: 3.8 g
Total Fat: 9.75 g	Protein: 15.9 g
Saturated Fat: 3.1 g	Vitamin A: 1039 IU
Monounsaturated Fat: 4 g	Vitamin C: 16 mg
Cholesterol: 28 mg	Iron: 2.75 mg
Sodium: 447 mg	Calcium: 102 mg

## Easy Chicken Pie

3 cup diced, cooked chicken  
1 (10oz) pkg. frozen mixed vegetables  
1 (10<sup>3</sup>/<sub>4</sub>oz) can fat free cream celery soup, undiluted  
1 cup fat free, low sodium chicken broth  
¼ tsp pepper  
1 cup self rising flour  
1 cup skim milk  
¼ cup lite margarine

Preheat oven to 400°. Spray a 2qt. baking dish with non-fat cooking spray. Place chicken and vegetables in baking dish. Stir together soup, chicken broth and pepper; pour over chicken mixture. Combine flour, milk and margarine; stir until smooth. Pour over mixture in baking dish. Bake 40-45 minutes or until lightly browned. Let cool.

Source: WVUES Family Nutrition Program



### **Easy Chicken Pie, cont.**

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Serving	Total Carbohydrates: 27 g
Calories: 300	Dietary Fiber: 3.5 g
Total Fat: 8 g	Protein: 29 g
Saturated Fat: 2 g	Vitamin A: 2818 IU
Monounsaturated Fat: 2.5 g	Vitamin C: 5 mg
Cholesterol: 66 mg	Iron: 2 mg
Sodium: 809 mg	Calcium: 145 mg

### **English Muffin Veggie Pizza**

- 1 cup fresh broccoli
- 4 whole (8 halves) English muffins
- 1 cup pizza sauce (or spaghetti sauce)
- 1/2 cup mozzarella cheese, shredded, part skim
- 3 Tbsp. shredded carrots
- 1 tsp. grated parmesan cheese

Cut the broccoli to make 1 cup of chopped broccoli. Put the broccoli in a saucepan with water. Cook on medium until tender. Drain the water from the saucepan. Let the broccoli cool. Cut 4 English muffins in half. Toast the 8 muffin halves. Shred the mozzarella cheese to make ½ cup of shredded cheese. Peel and shred the carrots to make 3 Tbsp. shredded carrots. Spoon 2 Tbsp. pizza sauce over each English muffin half. Sprinkle 1 Tbsp. shredded mozzarella cheese on top of each half. Put 2 Tbsp. broccoli and 1 tsp. shredded carrots on top of each half. Sprinkle each half with 1 tsp. grated parmesan cheese. Toast in the toaster oven for 2 minutes, until the cheese melts.

Source: Adapted from Pennsylvania Nutrition Education Network, Website Recipes, The Pennsylvania Nutrition Education Program

### **English Muffin Veggie Pizza, cont.**

<b>Nutrition Facts</b>	
Serving Size: 2 pizzas	Sodium: 340 mg
Makes 4 Serving	Total Carbohydrates: 40 g
Calories: 240	Dietary Fiber: 7 g
Calories from Fat: 45	Sugars: 4 g
Total Fat: 5 g	Protein: 13 g
Saturated Fat: 1.5 g	Calcium: 350 mg
Cholesterol: 5 mg	

### **Four Food Group Pie**

3 cups any assortment of vegetables (broccoli, cauliflower, green peppers, onion, carrots, green beans, corn)  
1 cup low-fat shredded Cheddar cheese  
½ cup kidney beans  
1-1/2 cups skim milk  
¾ cup Biscuit mix (such as Jiffy Mix)  
3 eggs  
pepper to taste  
non-stick cooking spray  
Salsa on top of cooked pie (optional)

Heat oven to 400°. Lightly spray the pie pan. Wash, chop, and cook vegetables. Drain well. Mix vegetables, kidney beans, and cheese and place in the pie pan. Beat remaining ingredients until smooth. Beat 1 minute with a mixer. Pour the milk mixture on top of the vegetable mixture that has been placed in the pie pan. Bake until golden brown, 35-40 minutes.

Source: WVUES Family Nutrition Program

## **Four Food Group Pie, cont.**

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Serving	Total Carbohydrates: 29 g
Calories: 246	Dietary Fiber: 1 g
Total Fat: 8.3 g	Protein: 22 g
Saturated Fat: 3 g	Vitamin A: 4293 IU
Cholesterol: 117 mg	Calcium: 278 mg
Sodium: 457 mg	

## **Garden Frittata**

1 cup broccoli florets, chopped  
¼ cup green onion chopped  
½ cup red bell pepper, chopped  
8 oz turkey breast, cubed  
1 cup frozen hash brown potatoes, thawed  
2½ cup egg substitute  
¼ tsp. black pepper  
½ cup low fat shredded Cheddar cheese

Preheat oven to 350°. Lightly spray a deep large skillet with non fat cooking spray. Cook broccoli, pepper and onions over medium heat, 4-5 minutes or until tender. Add turkey and hash browned potatoes; cook an additional 2 minutes, stirring frequently. Whisk egg substitute and black pepper together. Pour egg mixture over vegetables in skillet; cover. Cook over medium-low heat for 8-10 minutes or until egg mixture is set. Remove from heat and sprinkle with cheese.

Source: WVUES Family Nutrition

Program



### **Garden Frittata, cont.**

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Serving	Total Carbohydrates: 9 g
Calories: 193	Dietary Fiber: 1 g
Total Fat: 6 g	Protein: 25 g
Saturated Fat: 2 g	Vitamin A: 3187 IU
Cholesterol: 23 mg	Vitamin C: 33 mg
Sodium: 294 mg	Calcium: 206 mg

### **Little Cheddar Loaves**

#### **Loaf:**

1 pound Ground Turkey Breast

1 egg

¾ cup Milk

1 cup Low Fat Cheddar Cheese

Preheat oven to 350°. Beat egg and milk. Add remaining ingredients. Mix well. Shape into 8 loaves.

#### **Topping:**

2/3 cup Ketchup

½ cup Brown Sugar

1½ tsp. Mustard

Top the loaves with the mixture and bake for 35-45 minutes.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 8 loaves	Total Carbohydrates: 16 g
Calories: 175	Protein: 19 g
Total Fat: 4 g	Vitamin A: 288.5 IU
Saturated Fat: 2 g	Vitamin C: 3 mg
Cholesterol: 37 mg	Calcium: 246 mg
Sodium: 405 mg	

## **Main Dish Salad**

1/2 head red cabbage  
1/2 head romaine lettuce  
3 medium carrots  
1 cucumber  
1 green pepper  
2 stalks broccoli  
3 medium tomatoes  
32 oz. cans kidney beans or garbanzo beans  
6 oz. cheese, grated low fat Cheddar  
1/4 cup salad dressing, nonfat

Wash and drain all vegetables well. Thickly slice red cabbage, tear lettuce into pieces, peel and grate (or slice) carrots and cucumber, cut broccoli into florets and tomato into wedges. Combine all salad ingredients in a bowl. Add salad dressing and toss together lightly just before serving.

Source: Adapted from Wellness Ways Resource Book, University of Illinois Extension Service

<b>Nutrition Facts</b>	
Serving Size: 1 cup prepared salad	Sodium: 300 mg
Makes 12 Serving	Total Carbohydrates: 20 g
Calories: 140	Dietary Fiber: 6 g
Calories from Fat: 20	Sugars: 6 g
Total Fat: 2 g	Protein: 9 g
Saturated Fat: 0.5 g	Calcium: 150 mg
Cholesterol: 5 mg	



## **Quick Veggie Lasagna**

1 jar, 26 oz. spaghetti sauce  
1 16 oz. lasagna noodles, uncooked  
¼ cup parmesan cheese, grated  
1 carton, 16 oz. fat free cottage cheese or fat free ricotta  
1 Tbsp. parsley flakes  
2 cups part skim mozzarella cheese, shredded  
¼ Tbsp. oregano  
¼ cup parmesan cheese, grated  
10 oz. frozen spinach, thawed and drained

Cook noodles as directed on package, drain. Mix ricotta cheese, ¼ cup parmesan cheese, parsley and oregano. Spread 1 cup of spaghetti sauce in un-greased rectangular baking dish (9 X 13 X 2) and top with 4 noodles. Spread 1 cup of the cheese mixture over noodles; spread with 1 cup of sauce. Top with a layer of spinach. Sprinkle with 2/3 cup of mozzarella cheese. Repeat with 4 noodles, the remaining cheese mixture, 1 cup of sauce and 2/3 cup of mozzarella cheese. Top with remaining noodles and sauce; sprinkle with remaining mozzarella and parmesan cheese. Bake uncovered at 350°F until hot and bubbly, about 45 minutes. Let stand 15 minutes before cutting.

Uncooked lasagna noodles can be used. Break noodles as necessary to fit dish. Noodles will cook as lasagna bakes.

\*\* Sodium may be reduced by choosing lower sodium spaghetti sauce

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: 1/4 cup	Total Carbohydrates: 49 g
Makes 10 Serving	Dietary Fiber: 3 g
Calories: 365	Protein: 21 g
Total Fat: 9.67 g	Iron: 1.3 mg
Saturated Fat: 4 g	Vitamin A: 3317 IU
Cholesterol: 18 mg	Vitamin C: 12 mg
Sodium: 755 mg	Calcium: 294 mg

## **Salmon Patties**

1 can (15 1/2 oz.) drained salmon  
1 cup whole-grain, crushed cereal or crackers  
2 large eggs - lightly beaten  
1/2 cup 1% milk  
1/8 tsp. black pepper  
1 Tbsp. vegetable oil

Use a fork or clean fingers to flake salmon until very fine. Crumble cereal or crackers into crumbs. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix thoroughly. Shape into 9 patties. Heat oil in a skillet. Over medium heat, carefully brown both the sides until patty is thoroughly cooked.

Note: Replace the salmon with canned tuna fish. For fun, do a combination of the two!

Source: Adapted from Eat for Health Toolkit, Missouri Nutrition Network, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: Makes 9 Serving	Sodium: 270 mg
Calories: 110	Total Carbohydrates: 5 g
Calories from Fat: 40	Dietary Fiber: 1 g
Total Fat: 4.5 g	Sugars: 1 g
Saturated Fat: 1 g	Protein: 12 g
Cholesterol: 20 mg	Calcium: 150 mg



## **Skillet Meals**

1 package (10 oz.) frozen mustard greens, collard greens,  
spinach, or broccoli  
1 can (32 oz.) stewed tomatoes, no salt added  
1 cup brown rice, cooked  
1 can (15 oz.) oz. white beans - rinsed and drained  
pepper to taste  
other spices to taste oregano, basil, or hot pepper (optional)

Steam greens in the stewed tomatoes using a small pan, pot, or electric skillet on medium - high heat. Cook greens 10 to 20 minutes, until they are as soft as you like them. Stir gently. Add the rice, canned beans, and seasonings. Cook until heated through.

Source: Adapted from Senior Nutrition Awareness Project (SNAP) Newsletters, University of Connecticut Family Nutrition Program, as listed in

<b>Nutrition Facts</b>	
Serving Size: 1 1/2 cups	Total Carbohydrates: 50 g
Makes 4 Serving	Dietary Fiber: 12 g
Calories: 260	Sugars: 9 g
Calories from Fat: 10	Protein: 13 g
Total Fat: 1 g	Calcium: 250 mg
Sodium: 55 mg	

the Food Stamp Nutrition Connection's Recipe Finder



## **Skillet Noodles and Beef**

1/2 pound ground beef  
1/2 cup chopped onion  
1 can (15 oz.) tomato sauce  
1 1/2 cups water  
1/4 tsp. garlic powder  
1/4 tsp. oregano  
1/4 tsp. basil  
3 cups noodles, uncooked, 1/2 inch wide  
1 package (10 oz.) spinach, frozen, chopped  
1 cup cottage cheese, nonfat  
1 1/2 cup cheese, part-skim mozzarella, shredded

Brown ground beef in a large skillet. Drain and rinse to remove fat. Add onion, tomato sauce, water, and spices. Cover and bring to a boil. Add noodles. Cover and simmer for 5 minutes. Defrost spinach in the microwave. Stir spinach into skillet mixture. Cover and simmer for 5 minutes. Stir mixture. Spoon cottage cheese on top and sprinkle with shredded mozzarella. Cover and simmer for 10 minutes. Add water if mixture gets too dry.

<b>Nutrition Facts</b>	
Serving Size: 1 1/2 cups	Sodium: 480 mg
Makes 8 Serving	Total Carbohydrates: 19 g
Calories: 180	Dietary Fiber: 3 g
Calories from Fat: 45	Sugars: 5 g
Total Fat: 5 g	Protein: 15 g
Saturated Fat: 2 g	Calcium: 150 mg
Cholesterol: 35 mg	

Source: Adapted from University of New Hampshire Cooperative Extension

## **Spanish Baked Fish**

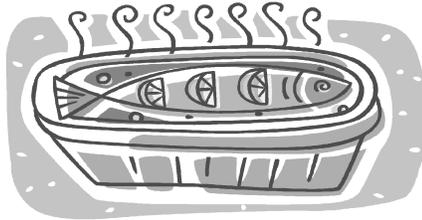
1 pound perch fillets, fresh or frozen  
1 cup tomato sauce  
1 small onion  
1/2 tsp. garlic powder  
2 tsp. chili powder  
1 tsp. oregano  
1/8 tsp. ground cumin

Preheat the oven to 350°. Lightly grease the baking dish with butter or margarine. Separate the fish into 4 fillets or pieces. Put the fish pieces in the baking dish. Peel the onion, and cut it into slices. Stir the onion and spices together in a small bowl. Pour the onion-spice mix evenly over the fish pieces. Bake about 10 to 20 minutes, until the fish flakes easily with a fork.

Source: Adapted from Pennsylvania Nutrition Education Network, Website Recipes, The Pennsylvania Nutrition Education Program, as listed in the

<b>Nutrition Facts</b>	
Serving Size: 3 oz.	Sodium: 420 mg
Makes 4 Serving	Total Carbohydrates: 8 g
Calories: 140	Dietary Fiber: 2 g
Calories from Fat: 20	Sugars: 4 g
Total Fat: 2.5 g	Protein: 22 g
Cholesterol: 50 mg	Calcium: 150 mg

Food Stamp Nutrition Connection's Recipe Finder



## **Stuffed Peppers**

3 large green bell peppers, cut in half lengthwise  
1 lb. extra lean ground beef (4% fat)  
½ cup fine bread crumbs  
1 egg  
3 cans low sodium tomato soup  
Chopped onion to taste (optional)

Divide peppers and remove seeds. Cook in boiling water for 2-3 minutes. Remove from water and let cool. Combine hamburger, bread crumbs, egg and ½ can of tomato soup. Add some chopped onion to taste. Fill each pepper half with meat mixture. Brown the peppers meat side down. Turn them over and spoon the rest of the tomato soup over the peppers. Simmer about 30 minutes, turning them over occasionally and spooning the sauce over the top. Serve with cooked brown rice (optional).

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Serving	Dietary Fiber: 3 g
Calories: 220	Protein: 21 g
Total Fat: 6 g	Iron: 0.8 mg
Saturated Fat: 2 g	Vitamin A: 287 IU
Cholesterol: 84 mg	Vitamin C: 33 mg
Sodium: 167 mg	Calcium: 162 mg
Total Carbohydrates: 22 g	



## **Tuna Casserole**

2½ cans (6.5oz) tuna packed in water  
½ (12oz) pack spaghetti  
½ cup chopped celery  
½ cup sliced green onions  
¾ cup fat free sour cream  
¾ tbsp. mustard  
½ cup fat free mayonnaise  
½ tsp. dried thyme  
1 zucchini, sliced  
1 cup low fat shredded Cheddar cheese  
1 medium tomato, chopped

Drain and flake tuna, set aside. Cook spaghetti, drain and rinse in hot water. Combine noodles with tuna, celery and green onions. Blend in sour cream, mustard, mayonnaise and thyme. Spoon half the mixture into a sprayed (non-fat cooking spray) baking pan. Top with half the zucchini, repeat layers, top with cheese. Bake at 350° for 30 minutes or until hot and bubbly, sprinkle with chopped tomatoes.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Serving	Dietary Fiber: 2 g
Calories: 321	Protein: 28 g
Total Fat: 11 g	Vitamin A: 407 IU
Saturated Fat: 3 g	Vitamin C: 11 mg
Cholesterol: 31 mg	Iron: 4 mg
Sodium: 360 mg	Calcium: 306 mg
Total Carbohydrates: 26 g	



## Vegetable Upside Down Casserole

4 cup frozen vegetables  
1 cup whole wheat flour  
½ tsp baking powder  
½ tsp baking soda  
¾ cup fat free yogurt  
¾ cup skim milk  
½ cup low fat shredded Cheddar cheese  
1 tbsp. vegetable oil

Preheat oven to 375°. Heat a medium skillet over a medium flame. Add olive oil and vegetables and sauté until just tender. Time will vary depending on vegetables. Set aside. Spray a round 2 quart casserole or a 9x13 baking pan. Combine the flour, wheat germ, baking powder, baking soda and salt in a mixing bowl. Make a well in the center and add the yogurt, milk and vegetable oil. Stir together until well mixed. Transfer the vegetables to the prepared pan. Sprinkle with cheese. Pour the batter evenly over the vegetables, gently smoothing it out with a spatula. Bake for 30-35 minutes or until the top is golden and firm. Let stand for 10 minutes then cut into wedges or squares to serve.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Serving	Total Carbohydrates: 396 g
Calories: 238	Dietary Fiber: 11 g
Total Fat: 5.5 g	Protein: 13 g
Saturated Fat: 1.5 g	Vitamin A: 7742 IU
Monounsaturated Fat: 1.5 g	Vitamin C: 16 mg
Cholesterol: 8 mg	Iron: 2 mg
Sodium: 292 mg	Calcium: 290 mg

## Vegetarian Chili

2 large onions - cut into 1/4 inch pieces  
1 green bell pepper - cut into 1/4 inch pieces  
3 garlic cloves  
2 fresh, diced jalapeno chilis  
2 Tbsp. vegetable-oil  
1 Tbsp. chili powder  
1 Tbsp. ground cumin  
1 can (28 oz.) whole tomatoes - cut into 1/4 inch pieces (or 8 medium fresh tomatoes)  
2 medium zucchini - cut into 1/4 inch pieces  
2 medium summer squash - cut into 1/4 inch pieces  
1 can (16 oz.) oz. rinsed kidney beans  
1 cup chopped, fresh cilantro (or coriander)  
salt and pepper to taste

In a large pot sauté onions, bell pepper, garlic, and jalapeno in oil over medium high heat for about 5 minutes - stirring often. Add chili powder, cumin, half of the chopped cilantro, salt and pepper, and continue cooking for another 3 minutes, stirring occasionally. Add the tomatoes, zucchini, squash, and bring mixture to a simmer. Simmer for 15 minutes, stirring occasionally. Add beans, and continue to simmer for another 5 minutes. Serve the mixture hot. Put remaining cilantro on top.

Source: Adapted from Veggin Out Recipe Book, Johnson and Wales University and Rhode Island Department of Health WIC Program, as listed

<b>Nutrition Facts</b>	
Serving Size: Makes 4 Serving	Total Carbohydrates: 49 g
Calories: 330	Dietary Fiber: 14 g
Calories from Fat: 90	Sugars: 19 g
Total Fat: 10 g	Protein: 13 g
Saturated Fat: 1 g	Calcium: 200 mg
Sodium: 270 mg	

in the Food Stamp Nutrition Connection's Recipe Finder

## **Wagon Wheel Taco Salad**

### **Dressing:**

½ cup canola oil  
3 tsp cumin  
2 large garlic cloves, minced  
2 tbsp lime juice  
½ tsp chili powder

### **Salad:**

2½ c uncooked wagon wheel pasta  
1 (9oz) pkg frozen corn, thawed  
15 oz black beans (if canned, drain and rinse well)  
1/3 cup chopped fresh cilantro  
2 cup crushed baked tortillas  
1 cup salsa  
2 tomatoes, chopped  
1 avocado, peeled, sliced and pitted  
2 cup low fat shredded cheese

In a medium bowl combine all dressing ingredients, mix well. Cook pasta according to package directions. In a large bowl, combine beans, corn, salsa, tomatoes and cilantro. Drain pasta and rinse with cold water until cool. Add cooked pasta and dressing to bean mixture. Toss well until coated. Stir in half each of cheese and baked tortilla chips. Place salad on large serving platter or in large serving bowl, top with remaining half of cheese and garnish with remaining chips and avocado.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 24 Serving	Total Carbohydrates: 18.5 g
Calories: 170	Dietary Fiber: 3 g
Total Fat: 8 g	Protein: 6 g
Saturated Fat: 1.75 g	Vitamin A: 179 IU
Cholesterol: 7 mg	Iron: 1 mg
Sodium: 174 mg	Calcium: 176 mg

## **White Chili**

1 can (10 oz.) white chunk chicken  
3 cups cooked white beans  
1 can (14.5 oz.) low-sodium diced tomatoes  
4 cups low-sodium fat-free chicken broth  
1 medium onion, chopped  
½ cup chopped celery  
¾ cup green pepper, chopped  
2 garlic cloves, minced  
2 tsp. chili powder  
1 tsp. cumin  
1 tsp. oregano  
6 Tbsp. reduced-fat Colby-Jack cheese  
Baked Tortilla Chips

In a soup pot, add the chicken, beans, tomatoes and chicken broth. Cover and simmer over medium heat. In a skillet (sprayed with nonstick cooking spray) add the onions, pepper, garlic and celery and sauté until the vegetables are tender. Add the vegetable mixture to the soup pot. Stir in the chili powder, cumin and oregano. Simmer for 15 minutes. Check vegetables for tenderness. Spoon into individual bowls, sprinkle with cheese, serve with baked chips on the side.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 6-8 Servings	Sodium: 485 mg
Calories: 355	Total Carbohydrates: 55 g
Total Fat: 4 g	Dietary Fiber: 12 g
Saturated Fat: 1 g	Protein: 25 g
Monounsaturated Fat: 2 g	Calcium: 235 mg
Cholesterol: 22 mg	



Picture by Raegan DeVor - Sunset near Plum Orchard Lake



Baked Apples with Cinnamon Yogurt Topping

Banana Pops

Banana Split Treat

Cocoa-Berry Yogurt Tarts

Fruit and Cheese Kabobs

Ice Cream In A Bag

Lisa's Famous Dessert

Peach Cooler

Pineapple Orange Frozen Yogurt

Power-Packed Peanut Butter Balls

Pumpkin Ice Cream Pie

Rice Pudding

Shakin' the Puddin'

Strawberry Shortcut

Sweet Potato Custard

Tropical Shake

Yogurt Pudding



## **Baked Apples with Cinnamon Yogurt Topping**

4 Granny Smith or Gala apples (with or without skin)  
1/4 cup unsweetened apple juice or apple cider  
1/4 cup brown sugar  
2 Tbsp. cornstarch  
1/2 tsp. cinnamon  
1/4 tsp. nutmeg  
1/4 tsp. salt

For the cinnamon yogurt topping:

2 1/2 cups low-fat plain yogurt  
1 Tbsp. honey  
1/4 tsp. cinnamon

Preheat oven to 350° Fahrenheit. Spray an 8x8-inch baking dish with nonstick cooking spray; set aside.

Core and thinly slice apples. Place apples in a medium bowl and toss with apple juice. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until apples are coated.

Pour apples into prepared baking dish. Bake 40 minutes or until apples are slightly browned at edges and sauce is bubbling.

For the cinnamon yogurt topping: Line a colander with several paper towels and place over a bowl to catch drips. Pour yogurt into colander and allow to drain, refrigerated, about 30 minutes. Spoon yogurt into a small bowl and stir in honey and cinnamon.

For each serving, top 1/4 of the warm apples with 1/4 of the yogurt topping.

Recipe Created by Chef  
3-A-Day™ of Dairy

Michael Bussinger on behalf of



## **Baked Apples with Cinnamon Yogurt Topping, cont.**

<b>Nutrition Facts</b>	
Serving Size: Makes 4 Serving	Sodium: 270 mg
Calories: 330	Total Carbohydrates: 72 g
Total Fat: 2 g	Dietary Fiber: 3 g
Saturated Fat: 1.5 g	Calcium: 300 mg
Cholesterol: 15 mg	

## **Banana Pops**

- 1/2 banana for each person
- 1/2 cup low-fat/lite vanilla yogurt for each person
- 1/2 cup corn flakes for each person
- 1 package of medium to large plastic Ziploc bags
- 1 package of ice cream sticks

Give each person a baggie of the yogurt, a baggie of cereal, 1/2 banana and 1 empty baggie. Allow everyone to gently crunch the flakes into smaller pieces. Peel the banana. Place banana into the baggie with the yogurt and gently shake, working the yogurt to cover the entire banana. Insert ice cream sticks into one end of the banana. Take the banana out of the baggie of yogurt and carefully lay it inside the baggie of the crushed cereal. Roll the banana in the flakes (holding onto the stick). Gently place the covered banana into the empty baggie and place on tray to be put in the freezer.

Freeze at least 1 hour.

Source: WVUES Family Nutrition Program



### **Banana Pops, cont.**

<b>Nutrition Facts</b>	
Serving Size: 1 pop	Total Carbohydrates: 33.5 g
Makes 1 Serving	Dietary Fiber: 1.7 g
Calories: 179	Protein: 7.74 g
Total Fat: 2.15 g	Vitamin A: 746 IU
Saturated Fat: 1.25 g	Vitamin C: 13.6 mg
Cholesterol: 7 mg	Iron: 1.2 mg
Sodium: 294 mg	Calcium: 211.6 mg

### **Banana Split Treat**

1 lg. fat-free sugar-free instant vanilla pudding mix  
20 oz. can crushed pineapple in juice  
16 oz. fat-free whipped topping  
2 medium bananas  
10 graham cracker sheets (1 pkg.)  
4 cups fat-free milk

Line the bottom of a 13 x9 inch pan with the graham crackers followed by a layer of bananas next; mix the pudding and the milk per the directions on the pudding box. Put the pudding on the graham cracker and banana layer. Drain the pineapple until it is very dry. Sprinkle this on the pudding and top with whipped topping.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: 1/4 cup	Sodium: 273 mg
Makes 12 Serving	Total Carbohydrates: 34 g
Calories: 170	Protein: 4 g
Total Fat: 1.5 g	Vitamin A: 40 IU
Saturated Fat: 0.4 g	Vitamin C: 7 mg
Cholesterol: 1.6 mg	Calcium: 111 mg

## **Cocoa-Berry Yogurt Tarts**

1 1/2 cups low-fat vanilla yogurt  
1 1/2 cups reduced fat ricotta cheese  
2 Tbsp. sugar  
2 Tbsp. un-sweetened cocoa powder  
6 graham cracker tart shells  
3/4 cup strawberries, sliced (raspberries or blueberries can also be used)

Mix yogurt, ricotta, sugar and cocoa powder thoroughly with whisk until creamy. Spoon 1/6 mixture into each tart shell and top with sliced strawberries.

Source: Recipe courtesy of 3-A-Day of Dairy ([www.3aday.org](http://www.3aday.org)) and provided by Jennifer Meyer, Program Director, Dairy Council of Nebraska.

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Serving	Sodium: 250 mg
Calories: 260	Total Carbohydrates: 37 g
Total Fat: 9 g	Dietary Fiber: 3 g
Saturated Fat: 3 g	Protein: 9 g
Cholesterol: 20 mg	Calcium: 200 mg

## **Fruit And Cheese Kabobs**

1 pint fresh strawberries  
1 1/2 cups green grapes  
1 package (8 oz.) low-fat Cheddar and low-fat Monterey Jack cheese cubes  
1 cup (8 oz.) light, non fat vanilla yogurt  
1/2 cup fat free sour cream  
2 Tbsp. honey  
1/2 tsp. ground cinnamon

On 12 wooden skewers, alternately thread the strawberries, grapes, and cheese cubes. For dip, in a small bowl, combine the yogurt, sour cream, honey and cinnamon. Serve immediately or refrigerate.

## **Fruit And Cheese Kabobs, cont.**

Source: "Taste of Home—Fast & Healthy" Magazine

<b>Nutrition Facts</b>	
Serving Size: Makes 12 Serving	Total Carbohydrates: 12 g
Calories: 112	Dietary Fiber: <1 g
Total Fat: 4 g	Protein: 6 g
Saturated Fat: 2.75 g	Vitamin A: 324 IU
Cholesterol: 16 mg	Vitamin C: 16 mg
Sodium: 180 mg	Calcium: 170 mg

## **Ice Cream In A Bag**

1 Tbsp. sugar                      2 Tbsp. soft fruit  
¼ tsp. vanilla extract              ½ cup skim

**The following 2 ingredients go in the outer bag:**

1/3 cup rock salt                      Ice cubes

Put sugar in a pint size plastic baggie that zips. Add vanilla and soft fruit. Seal the bag tightly. Mix well by squeezing with your fingers, until everything is combined. Open your bag. Add milk. Seal the bag again and mix until everything is combined. Open a gallon size plastic baggie that zips, and put 1/3 cup rock salt into it. **NOT IN THE SMALL BAG!** Fill the gallon bag half-way full with ice cubes. Put the pint bag inside the gallon bag and seal the gallon bag tightly. Shake the bag for 3-5 minutes, or until the liquid has changed to ice cream. Eat with a spoon.

Source: WVUES Family

Nutrition Program



### **Ice Cream In A Bag, cont.**

<b>Nutrition Facts</b>	
Serving Size: Makes 1 Serving	Protein: 4 g
Calories: 94	Vitamin A: 255 IU
Cholesterol: 2 mg	Vitamin C: 12 mg
Sodium: 64 mg	Calcium: 153 mg
Total Carbohydrates: 20 g	

### **Lisa's Famous Dessert**

1 box (3.5 oz.) instant sugar-free pudding mix, banana or vanilla  
2 cups non-fat or low-fat (1%) milk  
8 oz. yogurt, fat free or non-dairy whipped topping  
2 sliced bananas or other sliced fruit

In a medium bowl, combine milk and pudding. Beat with wooden spoon, wire whisk, or electric mixer on lowest speed for 2 minutes. Gently mix yogurt (or whipped topping) with pudding mixture. Refrigerate for 30 minutes. Layer fruit slices in the bottom of 8 dessert cups. Pour the pudding mixture over sliced fruit. Refrigerate until ready to serve, at least 5 minutes, though it's better if it's refrigerated longer.

Source: Adapted from Choices: Steps Toward Health, University of Massachusetts Extension Nutrition Education Program, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: Makes 8 Serving	Dietary Fiber: 1 g
Calories: 110	Sugars: 18 g
Calories from Fat: 5	Protein: 4 g
Sodium: 230 mg	Calcium: 100 mg
Total Carbohydrates: 24 g	

## **Peach Cooler**

2 cups low-fat milk  
1 cup drained canned peaches (or 1 cup of sliced fresh peaches)  
(Fresh or frozen is best, if not available, use canned in own juice)  
1/2 tsp. lemon juice  
dash of nutmeg (if desired)

Put the ingredients in a blender. Blend well. Sprinkle with nutmeg if you like. Serve cold.

Source: Adapted from Pennsylvania Nutrition Education Network, Website Recipes, The Pennsylvania Nutrition Education Program, as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 1 cup	Sodium: 150 mg
Makes 2 Serving	Total Carbohydrates: 32 g
Calories: 190	Dietary Fiber: 1 g
Calories from Fat: 25	Sugars: 25 g
Total Fat: 2.5 g	Protein: 9 g
Saturated Fat: 1.5 g	Calcium: 300 mg
Cholesterol: 15 mg	

## **Pineapple Orange Frozen Yogurt**

1 cup yogurt, nonfat vanilla  
1/2 cup orange juice  
1 cup pineapple chunks, fresh or canned

Place yogurt and fruit in large plastic bag, flatten, and freeze overnight. Combine fruit, yogurt, and juice in food processor or blender and blend until smooth. Serve immediately or place back in the freezer to harden until ready to serve, up to 1 hour, stirring occasionally. Stir before serving.

Source: Adapted from Food and Health Communications, Inc., as listed in the Food Stamp Nutrition Connection's Recipe Finder

### **Pineapple Orange Frozen Yogurt, cont.**

<b>Nutrition Facts</b>	
Serving Size: Makes 3 Serving	Dietary Fiber: 1 g
Calories: 130	Sugars: 23 g
Calories from Fat: 5	Protein: 5 g
Sodium: 55 mg	Calcium: 150 mg
Total Carbohydrates: 28 g	

### **Power-Packed Peanut Butter Balls**

- ¼ cup honey
- ½ cup peanut butter
- 2 cup nonfat dry powdered milk

Mix honey and peanut butter together in a large bowl. Add enough dry milk until the mixture is stiff. Knead mixture together with your hands until it is smooth and holds together well. Roll into bite-size balls and store in refrigerator.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: 1/4 cup	Sodium: 51 mg
Makes 15 Servings	Total Carbohydrates: 11 g
Calories: 100	Protein: 5 g
Total Fat: 4 g	Vitamin A: 215 IU
Saturated Fat: 1 g	Calcium: 115 mg
Cholesterol: 2 mg	



## **Pumpkin Ice Cream Pie**

1 can (15 oz.) pure pumpkin puree  
¼ cup sugar  
1 1/2 tsp. pumpkin pie spice  
4 cups vanilla frozen yogurt, softened  
1 pkg. (9 oz.) 9 inch prepared graham cracker pie crust

Mix the pumpkin, sugar and spice until well blended. Mix pumpkin mixture with the softened yogurt. Pour into crust and freeze, uncovered, until firm (a couple of hours). Thaw pie slightly before serving. Top with fat free whipped topping, if desired.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 8 Servings	Total Carbohydrates: 58 g
Calories: 348	Protein: 5 g
Total Fat: 12 g	Vitamin A: 4809 IU
Saturated Fat: 4.12 g	Vitamin C: 2.5 mg
Cholesterol: 1.4 mg	Calcium: 131 mg
Sodium: 352 mg	



## **Rice Pudding**

1 cup milk, whole  
1 cup water  
1 cup rice, uncooked  
2 large eggs or \*use egg substitute (1/4 cup equals one egg)  
1 cup milk, evaporated  
1 tsp. vanilla  
1/4 cup sugar  
1/8 tsp. ground cinnamon

In a saucepan, heat milk and water. Add rice, bring to a boil, lower heat to simmer; stir mixture every 10 minutes. Cook uncovered until rice is tender, about 30 minutes. In a large bowl, mix eggs, 3/4 cup evaporated milk, vanilla, and sugar. Set aside. Add remaining 1/4 cup evaporated milk to rice mixture. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

Source: Adapted from Recipes and Tips for Healthy, Thrifty Meals, 2000, USDA, Center for Nutrition Policy and Promotion (CNPP), as listed in the Food Stamp Nutrition Connection's Recipe Finder

<b>Nutrition Facts</b>	
Serving Size: 1/4 cup	Cholesterol: 65 mg
Makes 8 Servings	Sodium: 60 mg
Calories: 190	Total Carbohydrates: 29 g
Calories from Fat: 40	Sugars: 11 g
Total Fat: 4.5 g	Protein: 6 g
Saturated Fat: 2.5 g	Calcium: 150 mg



## **Shakin' the Puddin'**

Fat free/sugar free vanilla pudding

Skim milk

Topped with Blueberries and Strawberries (frozen blueberries,  
no

sugar added, fresh strawberries)

Put 3 ¼ tsp. pudding mix and ½ cup of skim milk in a small jar. Tighten lid (make sure lid is tight) and shake pudding mixture until it thickens. Add approximately 1tsp. each of blueberries and strawberries to each jar.

<b>Nutrition Facts</b>	
Serving Size: Makes 2 Serving	Total Carbohydrates: 11 g
Calories: 85	Calcium: 150 mg
Sodium: 320 mg	

Source: WVUES Family Nutrition Program

## **Strawberry Shortcut**

1 1/2 cups cold skim milk or reconstituted non-fat dry milk  
(commodity)

1 package (4 serving size) vanilla flavor sugar free instant  
Pudding (can use 3 handi-snacks in place of milk and  
instant pudding)

1 tub (8 oz.) lite or fat free whipped topping, thawed

1 angel food cake, torn into pieces

2 pint (4 cups) sliced strawberries, fresh, frozen, or canned

Pour milk into large bowl. Add pudding mix. Beat with wire whisk 2 minutes or until well blended. Gently stir in ½ of the whipped topping. Layer ½ of angel food cake into large serving bowl. Add a layer of strawberries. Next put all of the pudding mixture onto layers in the bowl. Add the rest of the cake pieces, then strawberries. Top with remaining whipped topping. You may use two types of berries if desired, so you will need a total 4

## **Strawberry Shortcut, cont.**

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size:	Total Carbohydrates: 45 g
Calories: 210	Dietary Fiber: 1.8 g
Total Fat: .75 g	Protein: 4.5 g
Sodium: 490 mg	Calcium: 132 mg

## **Sweet Potato Custard**

1 cup mashed cooked sweet potato  
½ cup mashed banana (about 2 small)  
1 cup evaporated skim milk  
2 Tbsp packed brown sugar  
2 beaten egg yolks (or 1/3 cup egg substitute)  
½ tsp salt  
As needed nonstick cooking spray  
¼ cup raisins  
1 Tbsp sugar  
1 tsp ground cinnamon

In a medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt, mixing thoroughly. Spray a 1-quart casserole with nonstick spray. Transfer sweet potato mixture to casserole dish. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Bake in a pre-heated 325° F oven for 40-45 minutes or until a knife inserted near center comes out clean.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: Makes 6 Servings	Total Carbohydrates: 32 g
Calories: 165	Sugars: 4.9 g
Total Fat: 2 g	Protein: 5.4 g
Saturated Fat: 0.6 g	Vitamin A: 9613 IU
Cholesterol: 92 mg	Vitamin C: 11 mg
Sodium: 383 mg	Calcium: 153 mg

## **Tropical Shake**

1/2 cup unsweetened pineapple juice  
1 cup plain non-fat yogurt  
1-1/2 cups frozen, unsweetened strawberries  
1 tsp. coconut extract (optional)

Combine juice and yogurt in blender or food processor. Turn on motor and gradually add strawberries blending until thick and smooth. Blend extract.

Source: WVUES Family Nutrition Program

<b>Nutrition Facts</b>	
Serving Size: 1 cup	Total Carbohydrates: 31.3 g
Makes 3 Servings	Dietary Fiber: 1.2 g
Calories: 145.7	Protein: 5 g
Total Fat: 0.2 g	Vitamin A: 51.3 IU
Cholesterol: 1.5 mg	Vitamin C: 41 mg
Sodium: 60 mg	Calcium: 177 mg

## **Yogurt Pudding**

1 pint (16 oz.) plain yogurt  
1 small package instant pudding (any flavor)

Stir pudding into yogurt. Refrigerate until ready to serve.

Source: WVUES Eat Your Milk

<b>Nutrition Facts</b>	
Serving Size: 1/2 cup	Total Carbohydrates: 28 g
Makes 4 Servings	Dietary Fiber: 5 g
Calories: 95	Protein: 5 g
Total Fat: 2 g	Vitamin A: 150 IU
Cholesterol: 5 mg	Vitamin C: 1 mg
Sodium: 215 mg	Calcium: 150 mg



**Did you know** ...The recipe for bone health is simple:

- Get enough calcium and vitamin D, and eat a well-balanced diet
- Do weight-bearing and resistance exercises
- Don't smoke
- Drink alcohol only in moderation

Talk to your doctor or health care provider about your bone health

Picture by Appalachian Photography, Ric MacDowell

## Did you know ... Healthy Bones at Every Age

Your Age	What you Can do for your bones..
20 to 29	Bones continue to develop through your mid 20's. Getting adequate calcium from your diet and /or supplement, avoiding smoking, and excessive alcohol, and exercising regularly will help you reach the maximum density your genes allow. Even at this young age, eating disorders can erode bones, giving you another reason to get treated if you have anorexia or bulimia.
30 to 39	By 30, your bones have reached their peak density and strength. The same tactics that built up bones in your 20's will help maintain them now. It's important to talk to your doctor if you have irregular periods. This may signal a below-normal estrogen level and cause bone loss.
40 to 55	Bone density starts to decline in the early 40's, then drops sharply after menopause, due to waning estrogen. Most hormone replacement therapy is no longer advised to protect bones after periods stop. Exercises regularly to keep bones strong. After age 50, increase calcium to at least 1,200 mg a day.
56 +	During the years after menopause, women can lose up to 20% of their bone density. Studies show that vigorous exercise, even at this stage, can lower the risk of bone loss in postmenopausal women. You should get at least 1,200 mg of calcium a day, and talk to your doctor about getting a bone density test to see if you need treatment.



## Glossary of Terms

**Bone Mass-** A measure of the amount of calcium contained in a certain volume of bone. Sometimes called “bone density” or “bone mineral density,” bone mass measurements may be used to diagnose osteoporosis, to determine how well osteoporosis treatments are working, and to figure out how likely bones are to break.

**Calcium-** An important mineral that helps to form bones and maintain their strength. Most calcium in your body is stored in your bones and teeth. The rest is found in body tissues, blood, and other body fluids. Calcium can be found in some foods and drinks.

**Calcium Sulfate-** An ingredient used when making some kinds of tofu. When this ingredient is included, the food serves as a good source of calcium.

**Lactose-** A natural sugar found in milk and milk products.

**Lactose Intolerance-** A condition in which the body cannot easily digest foods that contain lactose. Common symptoms include stomach pain, diarrhea, bloating, and gas.

**Milligram (mg)-** A unit of measure of mass. There are 1,000 milligrams in one gram. One 8-oz. glass (1 cup) of milk contains approximately 300 milligrams of calcium.

**Nutrition Facts Label -** Also known as a “food label” this label appears on food and drink packages and lists certain nutrients in the product. Manufacturers are required to list the amount and % Daily Value (%DV) of calories from fat, total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, and dietary fiber. The amount of sugars and protein is also required to be listed, but a %DV is not required. A %DV is also listed for vitamin A, vitamin C, calcium, and iron. The listing of other vitamins and minerals is not required unless a claim is made about any of the optional nutrients, or if a food is fortified or

**Osteoporosis-** A disease in which bones become weak and can break easily. This weakening of bones can be caused by an imbalance between bone building and bone destruction. People typically lose bone as they age. Getting enough calcium and weight-bearing physical activity while you're young can help slow the process that may lead to osteoporosis.

**Percent Daily Value (%DV)-** The “%DV” on a Nutrition Facts label is a number that tells you how much of a certain nutrient is in a serving of food. When checking the amount of nutrients on a label, 5%DV or lower is considered low; 20%DV or more is high. If the label says, “Calcium 4%” that means one serving of the food has 4% of the calcium that a person needs in a day. However, the percentage is calculated for an adult who needs 1,000 milligrams of calcium. Tweens and teens need more calcium than adults, so they should be getting 130%DV for calcium, which is 1,300 milligrams.

**Vitamin D-** A nutrient made in the body from exposure to sunlight, vitamin D is used by the body in the absorption of calcium. Vitamin D is found in milk and milk products, fish, and other foods. Most milk in the United States is fortified with vitamin D. Fifteen minutes of sunshine each day also provides plenty of vitamin D.

**Rheumatoid Arthritis (rue-ma-TOYD arth-write-tis)** is a chronic disease, mainly characterized by inflammation of the lining, or synovium, of the joints. It can lead to long-term joint damage, resulting in chronic pain, loss of function and disability.

**Osteoarthritis (OS-tee-oh-are-THRY-tis) (OA)** is one of the oldest and most common forms of arthritis. Known as the “wear-and-tear” kind of arthritis, OA is a chronic condition characterized by the breakdown of the joint’s cartilage. Cartilage is the part of the joint that cushions the ends of the bones and allows easy movement of joints. The breakdown of cartilage causes the bones to rub against each other, causing stiffness, pain and loss of movement in the joint.



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(<http://www3.niaid.nih.gov/news/newsreleases/2007/foodallergyexpertpanel.htm>)

(<http://www.arthritis.org>)

### **Recipe Sources:**

**3-A-Day of Dairy-** campaign is a national health initiative launched to help educate Americans on the bone building benefits of consuming three servings a day.

**(<http://www.3aday.org>)**

**Food Stamp Nutrition Connection's Recipe Finder** - Search the database of recipes submitted by nutrition and health professionals and organizations. Nutrition educators in the Food Stamp Program and other FNS nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education messages.

**(<http://www.recipefinder.nal.usda.gov/>)**

**West Virginia University Cooperative Extension Service Family Nutrition Program-** WVU Extension Service educators and volunteers build and help sustain collaboration and partnerships with people and organizations in West Virginia, to improve the lives and communities.

**([www.ext.wvu.edu](http://www.ext.wvu.edu))**

**University of Nebraska Cooperative Extension-** Research at the University of Nebraska has focused on families who believe they are doing well. Information has been gathered through in-depth family interviews, observations and written questionnaires. Family members from all 50 states and 27 countries have participated. Amazingly when you ask people around the globe, "What makes your family strong?" the answers are remarkably similar from culture to culture.

**(<http://www.frontier.unl.edu>)**

**University of Wisconsin Cooperative Extension-** UW-Extension extends the knowledge and resources of the University of Wisconsin to people where they live and work.

**([www.uwex.edu/ces](http://www.uwex.edu/ces))**

**University of Illinois Cooperative Extension-** Offers a wide variety of programs for Illinois residents, families, and communities, many centered around horticulture, gardening, and nutrition.

**([www.urbanext.uiuc.edu](http://www.urbanext.uiuc.edu))**

**University of New Hampshire Cooperative Extension- is a land-, sea-, and space-grant research university with ... Community Resource Guide; Cooperative Extension; Corporate Resources; Outreach & Engagement ...**  
[www.unh.edu](http://www.unh.edu)

**Pennsylvania Nutrition Education Network-The Pennsylvania Nutrition Education Network (PA NEN) promotes healthful food choices to low income Pennsylvanians of all ages.**  
[www.pafcccla.org/partnerships.htm](http://www.pafcccla.org/partnerships.htm)

**University of California Cooperative Extension Service- University of California Cooperative Extension (UCCE), ANR's outreach arm, has farm, 4-H, and nutrition, family and consumer sciences advisors.**  
[www.ucanr.org/ucce.shtml](http://www.ucanr.org/ucce.shtml)

**National Heart, Lung & Blood Institute- NHLBI Home Page. This site contains information for professionals and the general public about heart and vascular diseases, lung diseases, blood diseases and resources.**  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)



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**The West Virginia University Extension Service, the Family Nutrition Program, the West Virginia Osteoporosis & Arthritis Program, and Tender Mercies Ministries Inc. have teamed up to provide the great state of West Virginia:**

***Wild & Wonderful Calcium Cooking ...  
A Guide to  
Osteoporosis/ Osteoarthritis Prevention.***