

Louisiana Green Beans

You'll Need -

1 lb. fresh green beans or
9-oz. pkg. frozen beans
2 cups (1 lb. can) tomatoes
½ teaspoon onion salt
½ cup chopped celery
¼ cup chopped green pepper

Take Out -

Measuring cups & spoons
Knife
Kettle/Large pot
Cutting board

1. Wash hands and assemble clean equipment.
2. Cook green beans until tender. Combine beans, tomatoes, celery, green pepper, onion salt, and cook over medium heat about 15 minutes or until heated through. **Makes 6 servings.**

Nutrient Analysis, per serving: 41 calories, 8 g. carbohydrates, 2 g. protein, <1 g. fat, Cholesterol 0 mg., 3 g. fiber, Sodium 235 mg. (156 mg. if no salt added tomatoes are used.)

Talking Points

- 1. This dish can be made lower in sodium by substituting ½ cup onion for the onion salt. That will add the phytochemical, allicin.**
- 2. It also contains cooked tomatoes that contain lycopene that may reduce risk for prostate cancer.**
- 3. This is a good low fat way to prepare green beans.**
- 4. The dish is also high in Vitamin C and potassium.**

Old Fashioned Bean Soup

You'll Need -

1 pound dried navy beans
8 cups water
1 cup chopped onion
1 cup chopped green pepper
1 clove garlic, chopped fine
1 tablespoon olive oil
3 8-oz. cans tomato sauce
1 cup chopped celery
½ teaspoon pepper

Take Out -

Measuring cups & spoons
Knife
Mixing spoon
Large stock pot w/ lid
Cutting board

1. Wash hands & assemble clean equipment.
2. Sort and wash beans; place in a large pot. Add water and bring to a boil; cook 3 minutes. Remove from heat and let stand 1 hour. Do not drain.
3. Cook onion, celery, green pepper and garlic in oil, stirring constantly until tender. Add onion mixture and pepper to beans. Bring to a boil. Cover, reduce heat and simmer 1 ½ hours or until beans are tender. Stir in tomato sauce. Simmer for 30 minutes, stirring occasionally. **Makes 8 servings.**

Nutrient Analysis, per serving: 249 calories, 44 g. carbohydrates, 13 g. protein, 2 g. fat, Cholesterol 0 mg., 16 g. fiber, Sodium 536 mg. or 50 mg. if low sodium tomato sauce is used.

Talking Points

- 1. This dish features onions and garlic that contain allicin and flavonols, phytochemicals that may reduce cancer risk.**
- 2. It also contains cooked tomato sauce that contains lycopene that may reduce risk for prostate cancer.**
- 3. The dried beans provide lots of fiber and protein. They are an excellent low fat replacement for meat.**
- 4. By replacing the regular canned tomato sauce with the no salt version, the sodium is cut by nearly 500 mg.**

Herb Spinach Bake

You'll Need -

12 ounce package frozen spinach
2 cups brown rice, cooked
¾ cup reduced fat cheddar cheese,
shredded
2/3 cup low-fat milk
(**Or** 4 tablespoons nonfat dry milk
+ 2/3 cup water)
¼ cup light tub margarine
¼ cup onion, chopped
2 teaspoons salt (optional)
1 teaspoon Worcestershire sauce
1 teaspoon thyme, ground

Take Out —

13x9 inch baking dish
Microwave safe baking dish
Measuring cups and spoons
Large bowl
Aluminum foil
Mixing spoon
Knife
Cutting board
Grater

1. Wash hands and assemble clean equipment.
2. Preheat oven to 350° F and grease a 13 x 9-inch baking pan.
3. Cook spinach according to package directions in microwave. Drain.
4. Combine spinach with remaining ingredients in a large bowl.
5. Pour into pan. Cover with foil and bake for 20 minutes.
6. Uncover and bake an additional 5 minutes or until set. **Makes 16 servings.**

Nutrient Analysis, per serving: 58 calories, 8 g. carbohydrates, 3 g. protein, 2 g. fat, Cholesterol 1 mg., 1 g. fiber, Sodium 381 mg. (omit added salt – 90 mg)

Talking Points

- 1. This dish is full of phytochemicals from the spinach and the rice. These phytochemicals include lutein, saponins and lignans.**
- 2. By using the reduced fat cheese, the light margarine and the non-fat milk, the overall fat level was cut.**
- 3. By omitting the salt, the sodium is reduced by almost 300 mg.**
- 4. This dish could also be an entrée if a larger portion is consumed.**
- 5. This dish is good to take to a church function or a potluck since it serves so many.**

New Orleans Red Beans

You'll Need -

- 1 lb. dry red beans
- 2 quarts water
- 1 ½ cups chopped onion
- 1 cup chopped celery
- 4 bay leaves
- 1 cup chopped sweet green pepper
- 3 tablespoons chopped garlic
- 3 tablespoons chopped parsley
- 2 teaspoons dried thyme, crushed
- 1 teaspoon salt
- 1 teaspoon black pepper

Take Out —

- 5 quart pot
- Knife
- Cutting board
- Measuring cups and spoons
- Mixing spoon

1. Wash hands and assemble clean equipment.
2. Pick through beans to remove bad beans; rinse thoroughly. In a 5-quart pot, combine beans, water, onion, celery, and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about 1 ½ hours or until beans are tender. Stir and mash beans against side of pan.
3. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook about 30 minutes, uncovered, over low heat until creamy. **Remove bay leaves.**
4. Serve over hot, cooked brown rice, if desired. **Makes 8 servings.**

Nutrient Analysis, per serving (without rice): 171 calories, 32 g. carbohydrates, 10 g. protein, <1 g. fat, Cholesterol 0 mg., 7 g. fiber, Sodium 285 mg.

Talking Points

- 1. This is an excellent vegetarian entrée that is rich in fiber and phytochemicals like allicin, flavonols, and saponins from the beans, garlic, onions and other vegetables.**
- 2. Little salt is needed because of the herbs and the aromatic vegetables.**
- 3. The bay leaves must be removed before serving since they can damage the mouth or esophagus.**
- 4. This is a high fiber dish. Add more fiber by serving over brown rice.**

Lentil Soup with Sweet Potatoes

You'll Need -

3 tablespoons olive oil
2 garlic cloves, minced*
2 large red onions, diced
2 medium (1 lb.) sweet potatoes,
peeled and diced
1 and ½ teaspoons dried thyme
10 cups reduced sodium chicken stock
1 ¼ cups lentils
2 stalks of celery, sliced
½ cup minced fresh parsley
Fresh ground pepper, to taste

Take Out -

Measuring cups and spoons
Cutting board
Vegetable peeler
Large pot
Knife
Mixing spoon

1. Wash hands and assemble clean equipment.
2. In a large pot, warm the olive oils over medium-high heat. Add onion. Saute while stirring until onions are soft.
3. Add garlic and thyme. Cook for an additional 2-3 minutes. Do not over-cook. If needed, turn the heat down.
4. Stir in stock, lentils, celery, and ¼ cup of the parsley.
5. Bring mixture to a boil over high heat, then reduce the heat to simmer.
6. Cook, uncovered, for 30 minutes. **Makes 6 servings.**

Nutrient Analysis, per serving: 291 calories, 40 g. carbohydrates, 17 g. protein, 7 g. fat, Cholesterol 0 mg., 17 g. fiber, Sodium 658 mg.

Talking Points

- 1. This is a pretty high sodium dish. If you make your own chicken stock without or with less added salt, it will be much lower in sodium.**
- 2. This is another example of a low fat, plant-based entrée that is high in phytochemicals and fiber while being relatively low in fat. The onions, the garlic, the lentils and the sweet potatoes are all rich in cancer fighting nutrients. These nutrients include allicin, flavonols, saponins and beta-carotene.**
- 3. If you are use to a higher sodium diet and you use low sodium chicken broth, you may find this soup a little bland. You can add a shake or two of an herb shaker like Mrs. DASH if you need more flavor.**
- 4. The olive oil is high in monounsaturated fats that may protect your heart.**

Zucchini Walnut Bread

You'll Need -

2 cups whole wheat flour
1 ½ cups all purpose white flour
1 ½ teaspoon baking soda
1 ½ teaspoon salt (optional)
1 teaspoon ground cinnamon
¾ teaspoon baking powder
4 eggs (or 1 cup egg sub.)
2 cups sugar
1 cup canola oil
2 cups grated zucchini
1 cup raisins
1 cup chopped walnuts
1 teaspoon vanilla extract
Non-stick vegetable spray

Take Out -

2- 9x5 loaf pans
Whisk
2 Medium bowls
Large bowl
Grater
Measuring cups and spoons
Mixing spoon
Spatula
Cooling racks

1. Wash hands and assemble clean equipment. Preheat oven to 350° F. Spray the two 9 x 5-inch loaf pans with non-stick vegetable spray.
3. Whisk together the whole wheat and white flours, baking soda, salt, cinnamon, and baking powder.
4. In a large bowl, beat the eggs. Gradually beat in sugar, then oil. Add flour mixture, alternately with zucchini, into the egg mixture. Stir in the raisins, walnuts, and vanilla.
5. Pour batter into the two prepared loaf pans. Bake on lowest rack of the oven for 55 minutes.
7. Let cool for 10 minutes in the pan, then turn out onto cooling racks to cool completely. Freezes well. **Makes 2 loaves and 24 servings.**

Nutrient Analysis, per serving: 270 calories, 36 g. carbohydrates, 4 g. protein, 13 g. fat, Cholesterol 35 mg., 2 g. fiber, Sodium 250 mg.

Talking Points

- 1. Using whole wheat flour doubles the fiber in the recipe. It also increases the phytochemicals called saponins and lignans.**
- 2. This bread is fairly high in fat due to the oil, but canola oil is high in monounsaturated fats that may protect the heart.**
- 3. To cut the fat and cholesterol, use egg substitute instead of whole eggs.**
- 4. The salt is not needed if you want to leave it out.**
- 5. This is another way to sneak vegetables into those who are not fond of vegetables.**
- 6. This recipe will also work if you cut the oil and sugar by about one fourth. You will probably then have slightly smaller loaves.**

Salad Dressing or Vegetable Dip

You'll Need –

1 cup fat free mayonnaise
¼ cup Splenda
2 tablespoons vinegar

Take Out –

Small bowl
Measuring cup and spoons
Spoon

1. Wash hands and assemble clean equipment.
2. Stir all together and enjoy over a layered salad or as a dip for vegetables.
Makes 8 servings.

Nutrient Analysis, per serving: 23 calories, 5 g. carbohydrates, 0 g. protein, 0 g. fat, Cholesterol 0 mg., 0 g. fiber, Sodium 240 mg.

Talking Points

- 1. This dip goes well with raw vegetables. Try raw slices of turnip, radishes and raw sliced yellow squash and raw broccoli and cauliflower.**
- 2. The fat is kept low by using the fat free mayonnaise.**
- 3. If you do not like artificial sweeteners, substitute $\frac{1}{4}$ cup sugar.**

Stir Fry Cabbage

You'll Need -

- 1 cabbage
- 1 bell pepper, if desired
- 1 onion
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ½ bouillon cube, low sodium
- 1/3 cup water
- ¼ teaspoon black pepper

Take Out —

- Knife
- Cutting board
- Measuring cups and spoons
- Skillet with lid
- Mixing spoon
- Large bowl

1. Wash hands and assemble clean equipment.
2. Cut up cabbage, pepper (if desired), and onion. Mix in a bowl.
3. Heat oil in frying pan. Add cabbage mixture and stir fry for about 1 minute. Immediately add garlic powder, bouillon, and water. Cover pan.
4. When water comes to a boil, turn down heat and simmer for 5 minutes. Add black pepper. Best when served immediately. **Makes 8 servings.**

Nutrient Analysis, per serving: 40 calories, 5 g. carbohydrates, 1 g. protein, 2 g. fat, Cholesterol 0 mg., 2 g. fiber, Sodium 69 mg.

Talking Points

- 1. Cabbage is cruciferous vegetable that may protect us from cancer.**
- 2. Use a low sodium bouillon cube to reduce the sodium level.**
- 3. Olive oil is high in mono-unsaturated fat that may reduce risk for heart disease.**
- 4. Onions and garlic contain saponins and flavonols.**
- 5. The bell pepper can be green, yellow or orange or a combination of both. This vegetable is high in Vitamin C and beta-carotene.**

Smothered Greens

You'll Need -

3 cups water
¼ lb. smoked turkey breast, skinless
1 tablespoon hot pepper, freshly chopped
¼ teaspoon cayenne pepper
¼ teaspoon cloves, ground
2 cloves garlic, crushed
½ teaspoon thyme
1 stalk scallion, chopped
1 teaspoon ginger, ground
¼ cup onion, chopped
2 lbs. greens (mustard, turnip,
collard, kale, or mixture)

Take Out —

Measuring cups and spoons
Large saucepan
Knife
Cutting board
Mixing spoon

1. Wash hands & assemble clean equipment.
2. Place all ingredients except greens into large saucepan and bring to a boil.
3. Prepare greens by washing thoroughly and removing stems.
4. Tear or slice leaves into bite-size pieces.
5. Add greens to turkey stock. Cook 20 to 30 minutes until tender. **Makes 5 servings.**

Nutrient Analysis, per serving: 78 calories, 13 g. carbohydrates, 7g. protein, <1 g. fat, Cholesterol 8 mg., 6 g. fiber, Sodium 246 mg.

Talking Points

1. **Greens provide the phytochemicals, lutein and glucosinolates. Each type of green has a distinct flavor.**
2. **To reduce the fat, smoked turkey is used instead of ham hock or fat back.**
3. **The garlic, onion and scallion provide the phytochemicals, allicin and flavonols.**
4. **The spices and peppers add flavor with less salt.**

Vegetable Stew

You'll Need -

- 3 cups water
- 1 cube vegetable bouillon,
low sodium
- 2 cups white potatoes, cut in 2-inch
strips
- 2 cups carrots, sliced
- 4 cups summer squash, cut in
1-inch squares
- 1 cup summer squash, cut into
4 pieces
- 1 15-oz. can sweet corn, rinsed
and drained (or 2 ears fresh
corn or 1 ½ cups frozen)
- 1 teaspoon thyme
- 2 cloves garlic, minced
- 1 stalk scallion, chopped
- ½ cup hot pepper, chopped
- 1 cup onion, coarsely chopped
- 1 cup tomatoes, diced

Take Out –

- Large pot
- Measuring cups and spoons
- Cutting board
- Knife
- Blender
- Spatula
- Mixing spoon

1. Wash hands and assemble clean equipment.
2. Heat water and bouillon in a large pot and bring to a boil. Add potatoes and carrots to the broth and simmer for 5 minutes.
3. Add the remaining ingredients except for the tomatoes and continue cooking 15 minutes over medium heat. Remove the 4 larger pieces of squash and puree in blender.
4. Return pureed mixture to pot and let cook for 10 minutes more. Add tomatoes and cook for another 5 minutes. Remove from heat and let sit for 10 minutes to allow stew to thicken. **Makes 8 servings.**

Nutrient Analysis, per serving: 99 calories, 22 g. carbohydrates, 4 g. protein, <1 g. fat, Cholesterol 0 mg., 4 g. fiber, Sodium 43 mg.

Talking Points

- 1. This is a phytochemical-rich recipe to use when the summer vegetables come in. The carrots provide beta carotene and the cooked tomatoes provide lycopene.**
- 2. The garlic, onion and scallion provide allicin and flavonols.**
- 3. The spices and peppers add flavor with less salt.**
- 4. You can substitute other vegetables depending on the time of year. Good choices would be broccoli, cauliflower, sweet potatoes, zucchini, bell peppers or green beans.**
- 5. This recipe could be served over brown rice or whole wheat couscous if desired.**

Fruit 'n Cream Pops

You'll Need -

1 cup fruit and its juice *
1/3 cup non-fat dry milk + 1 cup water
or 1 cup skim milk
1/2 cup non-fat dry milk
1/2 teaspoon vanilla extract

Take Out -

Medium bowl
Mixing spoon
Measuring cups and spoons
1 teaspoon honey
Popsicle molds or paper cups
Spatula
10 popsicle sticks
Blender

***Try canned peaches, pineapple, apricots, or pears.**

1. Wash hands and assemble clean equipment.
2. Blend together fruit, reconstituted non-fat dry milk or skim milk and additional non-fat dry milk. Whip in honey and vanilla until fruit mixture is smooth.
3. Pour into bowl and freeze for 40 minutes.
4. Spoon the mixture back into the blender and blend for 30 seconds. Pour mixture into molds or paper cups, insert sticks and freeze until firm. **Makes 10 servings.**

Nutrient Analysis, per serving: 35 calories, 7 g. carbohydrates, 1 g. protein, 0 g. fat, Cholesterol 0 mg., 0 g. fiber, Sodium 20 mg.

Talking Points

- 1. Depending on the fruit selected, you may get beta carotene or bioflavonoids in this recipe. Remember, darker or brighter colored fruits contain more nutrients, but all fruits are good.**
- 2. Non-fat dry milk is an inexpensive way to get calcium, Vitamin D and protein. Dairy foods may reduce risk for colon cancer. Non-fat dry milk also is a commodity food.**
- 3. Use fruit packed in juice instead of syrup to keep the sugar amount moderate.**
- 4. Children love to make and eat this type of snack. It is very nice on a hot summer day.**

Peach Cobbler

You'll Need -

- ½ teaspoon cinnamon, ground
- 1 tablespoon vanilla extract
- 2 tablespoons cornstarch
- 1 cup peach nectar
- ¼ cup pineapple juice or peach juice
(can use juice reserved from
canned peaches)
- 2 16-oz. cans peaches, sliced,
packed in juice, drained (or
1-3/4 lbs) fresh
- 1 tablespoon tub margarine
- Nonstick cooking oil spray
(for baking dish)
- 1 cup multi-grain pancake mix, dry
- 2/3 cup all-purpose flour
- ½ cup sugar
- 2/3 cup evaporated skim milk

Topping:

- ½ teaspoon nutmeg
- 1 tablespoon brown sugar

Take Out -

- 2 Saucepans
- Mixing spoon
- Measuring cups and spoons
- Medium bowl
- 8-inch square baking dish

1. Wash hands and assemble clean equipment
2. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
3. Add sliced peaches to mixture.
4. Reduce heat and simmer for 5 to 10 minutes.
5. In another saucepan melt margarine and set aside.

6. Lightly spray an 8-inch square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
7. In another bowl, combine pancake mix, flour sugar and melted margarine. Stir in milk.
8. Quickly spoon this mixture over peach mixture.
9. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
10. Bake at 400° F for 15 to 20 minutes or until golden brown.
11. Cool and cut into 8 squares. **Makes 8 servings.**

Nutrient Analysis, per serving: 251 calories, 54 g. carbohydrates, 6 g. protein, 2 g. fat, Cholesterol <1 mg., 4 g. fiber, Sodium 359 mg.

Talking Points

- 1. Peaches provide beta carotene and bioflavonoids. The juice packed fruit has less sugar.**
- 2. To keep the fat low, evaporated skim milk and non-stick vegetable spray is used. Light margarine will also help lower the fat content.**
- 3. The multigrain pancake mix adds some fiber and phytochemicals.**
- 4. Cinnamon may help control blood glucose levels.**
- 5. This is a nice dessert served warm or cold. Top with non-fat whipped cream or a dollop of non-fat vanilla or plain yogurt.**

Microwaved Maple-Filled Pears

You'll Need -

¼ cup raisins
¼ cup light maple flavored syrup
¼ teaspoon ground cinnamon
¼ cup chopped nuts
½ teaspoon lemon peel
3 fresh large pears, pared, halved
and cored

Take Out -

Measuring cups and spoons
Small bowl
Microwave-safe baking dish
Mixing spoon

1. Wash hands and assemble clean equipment.
 2. Combine raisins, nuts, syrup, lemon peel and cinnamon; set aside.
 3. Arrange pears, cut-side down, in microwave-safe baking dish. Cover with plastic wrap. Microwave on high for 5 minutes.
 4. Turn pears over and spoon maple mixture into center of each pear. Microwave, covered, on high 3 to 4 minutes longer or until pears are tender.
- Makes 6 servings.**

Nutrient Analysis, per serving: 114 calories, 22 g. carbohydrates, 1 g. protein, 4 g. fat, Cholesterol 0 mg., 3 g. fiber, Sodium 21 mg.

Talking Points

- 1. Fruit intake may help with cancer prevention.**
- 2. Raisins contain some iron.**
- 3. Cinnamon may help with blood glucose control.**
- 4. The light maple-flavored syrup controls calories and sugar intake.**
- 5. The nuts add texture and some unsaturated fatty acids to protect the heart.**
- 6. This is an easy dessert for a nice dinner. It is great on a cold winter's night.**

Baked Apple Slices

You'll Need -

2 oranges
2 tablespoons honey
¼ teaspoon ground cinnamon
¼ teaspoon ground cloves
3 Granny Smith apples, peeled,
cored, and cut in ½-inch slices
5 tablespoons raisins
¼ cup chopped walnuts, divided
¼ cup low-fat vanilla yogurt

Take Out -

2 Small bowls
Glass baking dish
Measuring cups and spoons
Cutting board
Knife
Mixing spoon
Grater
Juicer

1. Wash hands and assemble clean equipment.
2. Preheat oven to 350 degrees F.
3. Grate the zest of one of the oranges and set aside.
4. Squeeze juice from both oranges into a small bowl. Stir the honey, cinnamon, cloves, and half the zest into the juice.
5. Lay half the apple slices in a glass baking dish. Scatter the raisins and 2 tablespoons of the walnuts on top. Pour on half the juice mixture and top with the remaining apples and juice. Combine the remaining 2 tablespoons walnuts with the orange zest and scatter over the top.
6. Cover lightly with foil and bake 30 minutes or until the apples are soft and the juices bubble.
7. Serve warm or cold with a dollop of low-fat vanilla yogurt. **Makes 4 servings.**

Nutrient Analysis, per serving: 220 calories, 44 g. carbohydrates, 3 g. protein, 6 g. fat, Cholesterol <1 mg., 5 g. fiber, Sodium 12 mg.

Talking Points

1. **Eating fruit may help with cancer prevention. Apples and oranges contain the phytochemicals called bioflavonoids and flavonols.**
2. **Raisins contain some iron.**
3. **Cinnamon may help with blood glucose control.**
4. **The nuts add texture and some unsaturated fatty acids to protect your heart.**
5. **The vanilla yogurt is much lower in calories than ice cream or whipped cream.**

Sweet Potato Custard

You'll Need -

1 cup mashed, cooked sweet potato
½ cup mashed banana (about 2)
1 cup evaporated skim milk
2 tablespoons packed brown sugar
2 beaten egg yolks (or 1/3-cup
egg substitute)
½ teaspoon salt
¼ cup raisins
1 tablespoon sugar
1 teaspoon ground cinnamon
Nonstick cooking spray

Take Out —

Medium bowl
Mixing spoon
Measuring cups and spoons
1-quart Casserole dish
Knife

1. Wash hands and assemble clean equipment
2. In a medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt, mix thoroughly.
3. Spray a 1-quart casserole with nonstick spray coating. Transfer sweet potato mixture to casserole.
4. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Bake in a preheated 300° F oven for 45 to 50 minutes or until knife inserted near center comes out clean. **Makes 6 servings.**

Nutrient Analysis, per serving: 144 calories, 19 g. carbohydrates, 6 g. protein, 2 g. fat, Cholesterol 92 mg., 1 g. fiber, Sodium 235 mg.

Talking Points

- 1. Sweet potatoes are significant sources of beta carotene, Vitamin C and fiber which will lower risk for chronic diseases.**
- 2. This is a rich dessert that resembles the filling of sweet potato pie without as much fat or trans fats.**
- 3. Evaporated skim milk is an excellent replacement for cream and regular evaporated milk in recipes.**
- 4. Little sugar is needed in this recipe since the sweet potatoes and the banana are already naturally sweet and the evaporated skim milk has been heated during processing. This heat treatment partially carmelizes the milk sugar, lactose, giving it a much richer flavor.**
- 5. The cholesterol level listed is for the recipe prepared with a whole egg. If the egg sub is used, the cholesterol will be only 2 mg.**

Veggieful Quiche

You'll Need -

2 cups cooked instant brown rice
1 tablespoon reduced fat margarine, melted
1 tablespoon chopped onion
1/4 teaspoon dried marjoram (optional)
1/4 cup no cholesterol egg substitute
1/2 cup cooked fresh mushrooms
1/2 cup cooked frozen chopped spinach
1/2 cup grated low fat cheddar cheese
1 tablespoon chopped onion
1 cup skim milk
3/4 cup no cholesterol egg substitute
4 - 5 pimento strips (optional)

Take Out -

10-inch Pie plate
Measuring cups and spoons
Medium and small mixing bowls
Mixing spoon

1. Wash hands and assemble clean equipment.
2. For the rice shell, combine the rice, margarine, 1 tablespoon of onion, 1/4 cup of egg substitute and marjoram in the medium bowl. Mix well and spoon into pie plate. Pat mixture with spoon to form the shape of a pie crust.
3. Layer mushrooms and spinach into rice shell. Sprinkle with cheddar cheese and remaining chopped onion.
4. Mix milk and 3/4 cup egg substitute together in the small bowl. Pour over vegetable and cheese.
5. Bake in 350 degree oven for 50-55 minutes or until knife inserted in center comes out clean. Garnish with pimento if desired. **Makes 6 servings.**

Nutrient Analysis, per serving: 169 calories, 19 g. carbohydrates, 11 g. protein, 5 g. fat, Cholesterol 8 mg., 2 g. fiber, Sodium 202 mg.

Talking Points

- 1. Pie crust traditionally is high in total fat and trans fats that are harmful to the cardiovascular system. Using the rice crust allows for the total fat to be cut in half and adds more whole grains to reduce risk for heart disease, diabetes and cancer.**
- 2. Any cooked vegetable can be substituted in this recipe and a variety of low fat cheeses can be used. Again those vegetables will produce a wealth of phytochemical, vitamins and minerals.**
- 3. The egg substitute reduces the cholesterol normally found in quiches by almost 100%.**
- 4. The quiche has about a third to a half of the calories normally found in similar recipes.**
- 5. For a creamier texture, substitute skim evaporated milk for the regular skim milk.**
- 6. This dish can be served at breakfast, brunch, lunch or dinner. Single servings can be reheated in the microwave on medium for about one minute if there are leftovers.**

Corn Chowder

You'll Need -

1/2 onion, chopped
1/2 cup celery, chopped
1/2 cup potato, diced
2 cups water
2 cups fresh corn, sliced off the cob
2 cups low-fat milk
1 teaspoon salt (optional)
1/4 teaspoon pepper
Margarine to taste

Take Out —

Large saucepan
Measuring cups and spoons
Knife
Cutting board
Mixing spoon

1. Wash hands and assemble clean equipment.
2. Cook onion, celery and potato in simmering water until partially cooked, about 10 minutes.
3. Add corn cut from the cob. Simmer with the other vegetables for only a few minutes.
4. Add milk, and bring the chowder to the boiling point without actually boiling.
5. Add seasonings to taste. Serve hot with favorite whole grain breads.

Makes 6 servings

Nutrient Analysis, per serving: 99 calories, 18 g. carbohydrates, 3 g. protein, 3 g. fat, Cholesterol 1 mg., 2 g. fiber, Sodium 560 mg. (270 mg if 1/4 teaspoon of salt is used, or 172 mg if no salt is added.)

Talking Points

- 1. A high intake of vegetables has been associated with a reduced cancer risk.**
- 2. Frozen corn can substitute for the fresh corn.**
- 3. For a creamier soup, use evaporated skim milk instead of the reduced fat milk.**
- 4. The amount of salt you use is up to you. If you have high blood pressure, use less.**
- 5. Use no more than 1 tablespoon of margarine and use the light variety if possible.**

Green Beans Vinaigrette

You'll Need -

- 2 pounds green beans,
cut into 1-inch pieces
- 1 tablespoon canola or olive oil
- 2 tablespoons sugar
- 2 tablespoons Dijon-type mustard
- 2 tablespoons vinegar
- 2 tablespoons lemon juice

Take Out -

- Vegetable steamer
- Serving bowl
- Measuring cups and spoons
- Mixing spoon

1. Wash hands and assemble clean equipment.
2. Steam beans until tender, about 10 to 12 minutes. Mix all ingredients, except beans, in a large serving bowl.
 4. After beans are cooked and drained, transfer them to the serving bowl. Toss with the seasonings. **Makes 6 servings.**

Nutrient Analysis, per serving: 93 calories, 17 g. carbohydrates, 3 g. protein, 3 g. fat, Cholesterol 0 mg., 5 g. fiber, Sodium 19 mg.

Talking Points

- 1. This recipe uses the vinegar, lemon and mustard as a replacement for salt.**
 - 2. Use this recipe for other vegetables as well.**
 - 3. The olive oil contains mono-unsaturated fats that may reduce risk for cardiovascular disease.**
 - 4. Different flavored vinegars can be used for variety.**
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Broccoli Salad

You'll Need -

2 bunches broccoli florets
1 bunch cauliflower
3 bunches green onions
½ cup raisins
½ cups fat-free mayonnaise
¼ cups Red wine vinegar
1/3 cups salad oil
½ teaspoons salt
Pepper, to taste

Take Out –

Knife
Cutting board
Measuring cups and spoons
Salad bowl
Small bowl
Spoon
Towels

1. Wash hands and assemble clean equipment.
2. Wash broccoli and cauliflower. Lay on towels to dry. Cut broccoli and cauliflower in small pieces; add raisins and chopped onions.
3. Blend dressing ingredients and pour over vegetables. Refrigerate overnight.

Makes 10 servings

Nutrient Analysis, per serving: 121 calories, 12 g. carbohydrates, 2 g. protein, 10 g. fat, Cholesterol 3 mg., 3g. fiber, Sodium 201 mg.

Talking Points

- 1. Broccoli and cauliflower are both cruciferous vegetables that may reduce risk for cancer. They contain the lutein, glucosinolates and lignans.**
- 2. The onions contain the phytochemicals, allicin and flavonols. The amount of onion can be adjusted if the taste is too strong.**
- 3. The salt can be cut in half if desired or left out entirely.**

Roasted Garlic New Potatoes

You'll Need -

12 Small new potatoes (1 pound)
Non-stick cooking spray
1 large clove garlic, minced
1/4 teaspoon salt
Pinch of freshly ground pepper

Take Out -

Knife or vegetable peeler
Vegetable steamer
Measuring spoons
Aluminum foil

1. Wash hands and assemble clean equipment.
2. Peel off a 1/2-inch strip of skin around the center of each potato.
3. Place the potatoes in a steamer set over simmering water. Cover and steam until tender, 15 to 20 minutes. Drain and reserve.
4. Spray 4-8 inch square pieces of foil with non-stick cooking spray. Place one-fourth of the potatoes on each square.
5. Sprinkle each portion of potato with a fourth of the minced garlic, salt and pepper.
6. Wrap potatoes in foil and bake in 350 degree oven until tender and golden brown, about 1 hour. **Makes 4 servings.**

Nutrient Analysis, per serving: 84 calories, 18 g. carbohydrates, 3 g. protein, <1 g. fat, Cholesterol 0 mg., 2 g. fiber, Sodium 149 mg.

Talking Points

1. **Peeling the center of the potato keeps them from splitting and allows the flavor of the other ingredients to enter.**
2. **Garlic contains allicin and flavonols, phytochemicals that may protect us from cancer.**
3. **If you wish, you can cut the added salt in half or leave it out entirely. If desired, substitute about ¼ teaspoon of a commercial herb shaker like Mrs. DASH.**
4. **The cooking spray will help the potatoes to brown with less fat.**

Coleslaw

You'll Need -

- 1 head cabbage, shredded
- 2 medium carrots, grated
- 1 medium green pepper, diced
- 2 tablespoons onions, grated
- 2 cups fat-free mayonnaise
- 3 packets sugar substitute
- 1/4 cup Dijon mustard
- 1/4 cup cider vinegar
- 2 tablespoons celery seed
- 1 teaspoon salt (optional)
- 1/8 teaspoon white pepper

Take Out -

- Large and small bowl
- Vegetable peeler
- Knife
- Cutting board
- Measuring cups and spoons
- Mixing spoon
- Plastic wrap
- Grater

1. Wash hands and assemble clean equipment.
2. Place all the veggies in a large bowl and set aside.
3. Combine all remaining ingredients in a smaller bowl. Add to the veggies and toss well. Cover and refrigerate for 3-4 hours.

Makes 10 servings

Nutrient Analysis, per serving: 64 calories, 12 g. carbohydrates, 1 g. protein, <1 g. fat, Cholesterol 0 mg., 2 g. fiber, Sodium 769 mg. (652 mg. with half the salt or 536 mg. with no added salt.)

Talking Points

- 1. The cabbage is a cruciferous vegetable that may reduce risk for cancer.**
- 2. The vegetables contain glucosinolates, lignans, allicin and flavonols.**
- 3. The fat-free mayonnaise helps to control the fat content.**
- 4. No salt is really needed since the other ingredients provide some sodium and plenty of flavor.**
- 5. White pepper gives more of a bite to the slaw than regular pepper.**
- 6. This dish is high in vitamin C.**
- 7. This is a good recipe for a potluck or picnic.**

Grilled Potatoes

You'll Need -

1/2 medium onion
12 small red potatoes, unpeeled
Salt and pepper to taste
Dill weed, to taste
Non-stick cooking spray

Take Out -

Knife
Cutting board
Measuring spoons
Aluminum foil
Grill

1. Wash hands and assemble clean equipment.
2. Wash potatoes and slice. Slice onion. Spread potatoes and onion out on aluminum foil sprayed with cooking spray. Sprinkle with seasonings.
3. Add another layer of cooking spray over the top, roll up edges and seal, grill or bake at 425 degrees for about 20 minutes, turning once.

Makes 4 servings

Nutrient Analysis, per serving: 90 calories, 19 g. carbohydrates, 3 g. protein, <1 g. fat, Cholesterol 0 mg., 2 g. fiber, Sodium 149 mg. with ¼ teaspoon added salt, or 4 mg. with no added salt.

Talking Points

- 1. New potatoes often have more flavor than baking potatoes. They may not need as much seasoning.**
- 2. The phytochemicals, allicin and flavonols are in the onions.**
- 3. Dill weed adds a nice flavor with less salt.**

Fruit Smoothie

You'll Need -

1 large banana, frozen
1 cup fresh strawberries
1 small carton vanilla yogurt
½ cup orange juice

Take Out -

Blender
Knife
Measuring cups
Spatula

1. Wash hands and assemble clean equipment
2. Puree in a blender and serve immediately in stemmed glasses.

Makes 2 servings.

Nutrient Analysis, per serving: 207 calories, 42 g. carbohydrates, 8 g. protein, 2 g. fat, Cholesterol 6 mg., 3 g. fiber, Sodium 83 mg.

Talking Points

1. **A diet high in fruits and vegetables may reduce risk for cancer.**
2. **Dairy foods may reduce risk for colon cancer.**
3. **This smoothie is rich in Vitamin C and potassium.**
4. **This is a good snack or breakfast item.**

Fruit with Yogurt Dip

You'll Need -

1 carton (8 ounces) vanilla yogurt
2 tablespoons brown sugar
1/4 teaspoon lemon juice
Fresh fruit

Take Out -

Measuring spoons
Small serving dish
Knife
Cutting board

1. Wash hands and assemble clean equipment.
2. Mix the first three ingredients together in a small bowl. Serve with fresh fruit of your choice like sliced apples, kiwi, banana, nectarine, or oranges, grapes or pineapple chunks. **Makes 8 servings.**

Nutrient Analysis for dip only, per serving: 69 calories, 12 g. carbohydrates, 3 g. protein, <1 g. fat, Cholesterol <1 mg., 0 g. fiber, Sodium 150 mg.

Talking Points

- 1. This is a very simple dip that is easy to make for an appetizer, snack or light dessert.**
- 2. Dairy foods may help reduce colon cancer risk.**
- 3. If you need to control sugar intake, use less brown sugar or use vanilla yogurt made with artificial sweetener and add one packet of artificial sweetener.**
- 4. Lemon juice enhances the flavor of the fruit and gives the vanilla yogurt a fresher flavor.**

Marinated Broccoli Salad

You'll Need -

- 4 cups broccoli florets
- 4 medium carrots, thinly sliced
- 2 small onions, sliced and separated in rings
- 1 can (2 ¼ oz.) sliced ripe olives, drained
- 1 jar (2 oz.) diced pimentos, drained
- 1 bottle (8 oz.) light Italian Salad Dressing
- ¾ cups chopped walnuts

Take Out –

- Measuring cups and spoons
- Knife
- Cutting board
- Medium bowl
- Mixing spoon

1. Wash hands and assemble clean equipment.
2. In a bowl, combine the broccoli, carrots, onions, olives and pimentos. Add dressing and toss to coat.
3. Cover and refrigerate for at least 4 hours. Just before serving stir in walnuts. **Makes 8 servings.**

Nutrient Analysis, per serving: 145 calories, 10 g. carbohydrates, 4 g. protein, 11 g. fat, Cholesterol 2 mg., 4 g. fiber, Sodium 321 mg.

Talking Points

- 1. The broccoli is a cruciferous vegetable that may reduce risk for cancer. It also contains the phytochemicals, lutein and glucosinolates.**
- 2. The carrots contain beta-carotene.**
- 3. This recipe provides a good amount of fiber.**
- 4. By using light dressing, the fat content is kept lower.**
- 5. The walnuts and olives contain unsaturated fatty acids that may help with reduction of cardiovascular disease.**

Stir-Fried Cabbage

You'll Need -

2/3 cup diagonally sliced celery
2 cups shredded cabbage
1/2 cup chopped green bell pepper
1/3 cup chopped onion
1 tablespoon lite soy sauce
Dash of pepper, to taste
Non-stick vegetable spray

Take Out -

Microwave safe baking dish
Measuring cups and spoons
Grater
Knife
Cutting board
Wooden spoon
10-inch skillet

1. Wash hands and assemble clean equipment.
2. Cook vegetables in microwave safe dish in 1/4 cup of water for 3-4 minutes to soften. Drain well, then transfer to a heated 10-inch skillet sprayed with cooking spray.
3. Spray veggies with cooking spray and stir-fry for 2-3 minutes until veggies are crisp-tender. Spray with non-stick spray while cooking as needed. Add soy sauce and serve. **Makes 4 servings.**

Nutrient Analysis, per serving: 23 calories, 5 g. carbohydrates, 1 g. protein, <1 g. fat, Cholesterol 0 mg., 2 g. fiber, Sodium 150 mg.

Talking Points

- 1. Cabbage is a cruciferous vegetable that may reduce risk for cancer. It also contains the phytochemicals, glucosinolates.**
- 2. The onion contains the phytochemicals, allicin and flavonols.**
- 3. This recipe provides a good amount of fiber.**
- 4. By using light soy sauce, the sodium is kept lower.**
- 5. To cut the sodium even more, substitute some table wine for half of the soy sauce. Do not use cooking wine because it contains salt.**

Baked Roasted Veggies

You'll Need -

2 teaspoon vegetable oil
2 medium potatoes, peeled
and thickly sliced
2 carrots, peeled and cut into sticks
1 green pepper, cut into ½ inch pieces
1 teaspoon paprika
1 teaspoon salt
1 teaspoon dried oregano

Take Out -

Aluminum foil
Measuring cups and spoons
Medium bowl or zip-lock bag
Knife
Cutting board

1. Wash hands and assemble clean equipment.
2. Preheat oven to 375. Two 14" lengths of foil will be needed for the veggies.
3. Wash and prepare all vegetables. Combine all ingredients in a bowl (or zip-lock bag) and toss to combine oil and seasonings.
4. Divide veggies in half and place on the center of two sheets of foil. Fold up and fold edges closed. Place on a baking sheet and bake for 45 minutes.
Makes 2 servings.

Nutrient Analysis, per serving: 134calories, 26 g. carbohydrates, 3 g. protein, 3 g. fat, Cholesterol 0 mg., 4 g. fiber, Sodium 499 mg. (312 mg. with ½ teaspoon of salt or 21 mg. with no added salt.)

Talking Points

- 1. Carrots contain the phytochemical, beta-carotene.**
- 2. This recipe provides a good amount of fiber.**
- 3. This is a tasty, low fat way to serve potatoes.**
- 4. To reduce sodium levels, replace the salt with a commercial herb shaker like Mrs. DASH.**
- 5. Use canola or olive oil as the vegetable oil to increase the mono-unsaturated fats.**

Marinated Veggies

You'll Need -

3 medium zucchini, 1/2" slices
2 medium carrots, 1/4" slices
1 medium onion, sliced thin
1/2 cup chopped bell pepper
1/2 cup water
1/4 cup vegetable juice
2 tablespoons lemon juice
2 tablespoons white wine vinegar
1 tablespoon chopped fresh parsley
1 teaspoon granulated sugar
1/8 teaspoon garlic powder
1/4 teaspoon celery seed
1/4 teaspoon salt

Take Out -

3-quart sauce pan
Knife
Cutting board
Measuring cups and spoons
Large bowl
Mixing spoon
Plastic wrap

1. Wash hands and assemble clean equipment.
2. Combine zucchini, carrots, onion, pepper and water in 3-quart saucepan. Cover. Cook over high heat for 5 to 7 minutes, or until vegetables are tender-crisp, stirring occasionally. Drain. Set aside.
3. Combine remaining ingredients in 1-cup measuring cup. In large mixing bowl, combine vegetable mixture and juice mixture. Toss to coat. Cover with plastic wrap and chill at least 4 hours, stirring occasionally. **Makes 8 servings.**

Nutrient Analysis, per serving: 26 calories, 5 g. carbohydrates, 1 g. protein, <1 g. fat, Cholesterol 0 mg., 2 g. fiber, Sodium 83 mg.

Talking Points

- 1. Carrots contain the phytochemical, beta-carotene.**
- 2. The onion contains the phytochemicals, allicin and flavonols.**
- 3. The vegetable juice contains tomatoes, a source of lycopene. The low sodium version helps control the sodium intake.**
- 4. The salt can be omitted if desired. Substitute more lemon juice or add a shake from an herb shaker.**

Broccoli and Sweet Pepper Stir-Fry

You'll Need -

1 bunch broccoli (about 1 pound)
1 sweet green pepper
1 sweet yellow pepper
1 tablespoon canola oil
1 onion, chopped
1/4 cup reduced sodium chicken
broth fat- free
2 teaspoons light soy sauce

Take Out -

Knife
Cutting board
Measuring cups and spoons
Large pot
Colander
Paper towels
Heavy skillet or wok
Wooden spoons or wok utensils

1. Wash hands and assemble clean equipment.
2. Peel tough broccoli stems. Cut stems and florets into pieces about 1 1/2 inches long. Blanch in large pot of boiling water for two to three minutes or until bright green and tender-crisp; drain, cool under cold running water and dry on paper towels.
3. Seed peppers and cut into thin strips.
4. In large, heavy skillet or wok, heat oil over medium heat. Add onion; stir-fry for one minute. Add peppers and stir-fry for two to three minutes, adding chicken stock when necessary to prevent sticking or scorching. Add broccoli; stir-fry until heated through; sprinkle with soy sauce. Serve immediately. **Makes 8 servings.**

Nutrient Analysis, per serving: 40 calories, 5 g. carbohydrates, 2 g. protein, 2 g. fat, Cholesterol 0 mg., 2 g. fiber, Sodium 72 mg.

Talking Points

1. **Broccoli is a cruciferous vegetable that may reduce risk for cancer. It also contains the phytochemicals, lutein and glucosinolates.**
2. **The onion contains the phytochemicals, allicin and flavonols.**
3. **This recipe provides a good amount of fiber.**
4. **By using light soy sauce, the sodium is kept lower.**
5. **To cut the sodium even more, substitute some table wine for half of the soy sauce. Do not use cooking wine because it contains salt.**
6. **If the yellow pepper is too expensive, use two green peppers.**

Snappy Stir-Fry

You'll Need -

- ¼ cup peanut oil
- 2 ½ cups small fresh broccoli flowerets (1 medium head)
- 1 large red bell pepper, cut into ¼ -inch strips
- 1 teaspoon minced garlic (2 cloves)
- 1 tablespoon light soy sauce
- ¼ teaspoon salt (optional)
- 1 tablespoon sesame seed

Take Out —

- Wok and cooking utensils
- Measuring cups and spoons
- Knife
- Cutting board

1. Wash hands and assemble clean equipment.
2. Preheat wok; add oil. Add the broccoli and red-pepper; stir-fry about 3 minutes. Add the garlic, soy sauce, and salt, and continue stir-frying for 3 to 5 minutes more, until the broccoli is tender but still crisp.
3. Sprinkle with sesame seeds and serve immediately. **Makes 4 servings.**

Nutrient Analysis per serving: 161 calories, 6 g. carbohydrates, 3 g. protein, 15 g. fat, Cholesterol 0 mg., 3 g. fiber, Sodium 288 mg. or 142 mg. without added salt.

Talking Points

- 1. For added flavor without added salt, 1 tablespoon of rose or blush wine can be added. Wine contains a natural salt replacer, potassium sulfate. Or you can sprinkle on some fresh lemon juice.**
- 2. Again this is a great side dish full of vegetables that are rich in phytochemicals and color. Some of the phytochemicals include lutein, allicin, flavonols and glucosinolates.**
- 3. You could also add 1-2 cups of cooked poultry or fish to this dish to make it an entrée.**
- 4. The sesame seeds add crunch and texture along with essential fatty acids.**
- 5. This dish is relatively high in fat, but the fat is mainly monounsaturated. The oil could be cut by $\frac{1}{4}$ to $\frac{1}{3}$ without changing the taste too much.**

Zucchini Italian-Style

You'll Need -

2 tablespoons olive oil
½ cup chopped onion
4 medium zucchini, trimmed,
coarsely chopped
1 (1 lb.) canned stewed tomatoes,
regular or low sodium
¼ teaspoon mixed Italian herbs
¼ teaspoon coarse-ground
black pepper
1/3 cup grated Parmesan cheese

Take Out —

Wok and cooking utensils
Knife
Cutting board
Measuring cups and spoons

1. Wash hands and assemble clean equipment.
2. Heat oil in wok. Add onion and zucchini; stir-fry about 1 minute. Add tomatoes, Italian herbs, salt and pepper; bring to a boil.
3. Cover and steam 4 to 5 minutes or until zucchini is still slightly crisp. Stir in cheese and stir-fry about 30 seconds. **Makes 4 servings.**

Nutrient Analysis per serving: 132 calories, 9 g. carbohydrates, 5 g. protein, 9 g. fat, Cholesterol 5 mg., 2 g. fiber, Sodium 365 mg. or 153 mg. with low sodium stewed tomatoes

Talking Points

- 1. This is a great way to use excess zucchini and tomatoes from the garden.**
- 2. The phytochemical, lycopene is better absorbed from cooked rather than raw tomatoes.**
- 3. Using low sodium canned stewed tomatoes cuts the sodium almost in half.**
- 4. Grated Parmesan cheese gives flavor and substance to the dish without a lot of added saturated fat and cholesterol.**
- 5. Olive oil is rich in heart-healthy monounsaturated fatty acids.**

Tomato Zucchini Bake

You'll Need -

3 medium zucchini, thinly sliced
4 medium ripe tomatoes, peeled
and thinly sliced
 $\frac{3}{4}$ cup grated Parmesan cheese,
divided
2 cloves garlic, minced
1 teaspoon dried thyme
 $\frac{1}{4}$ teaspoon salt (optional)
 $\frac{1}{4}$ teaspoon pepper
2 tablespoons olive oil

Take Out -

8-inch square baking dish
Measuring cups and spoons
Knife
Cutting board

1. Wash hands and assemble clean equipment.
2. Preheat oven to 400° F. In 8-inch square baking dish, arrange half of zucchini slices. Top with half of tomato slices. Sprinkle with $\frac{1}{4}$ cup cheese.
3. Top with remaining zucchini and tomato. Sprinkle garlic, thyme, salt and pepper over tomato; drizzle with olive oil. Sprinkle remaining $\frac{1}{2}$ cup cheese over top. Bake for 20 to 25 minutes. **Makes 6 servings.**

Hint: To curb the fat and calories in this recipe, reduce Parmesan cheese to $\frac{1}{2}$ cup and olive oil to 1 tablespoon.

Nutrient Analysis, per serving: 112 calories, 6 g carbohydrate, 6 g protein, 8 g fat, 2 g dietary fiber, sodium 317 mg; 8 mg cholesterol.

Summer Breezes Smoothie

You'll Need -

- 1 cup yogurt, plain nonfat
- 6 medium strawberries
- 1 cup pineapple, crushed,
canned in juice
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

Take Out -

- Blender
- Spatula
- Frosted glasses

1. Wash hands and assemble clean equipment.
2. Place all ingredients in a blender and puree until smooth.
3. Serve in a frosted glass. **Makes three servings.**

Nutrient Analysis, per serving: 143 calories, 30 g. carbohydrate, 6 g. protein, <1 g. fat, 2 g. dietary fiber, 2 mg. cholesterol, sodium 64 mg.

Talking Points

- 1. This is an excellent recipe to have for breakfast or snack.**
- 2. The fruits and the yogurt are full of phytochemicals, potassium, and other vitamins and minerals to lower risk for heart disease and cancer.**

Mock Frozen "Peach" Daiquiri

You'll Need -

- 1 cup juice packed canned peaches
- 1 tablespoon fresh lemon juice
- 2 tablespoons frozen pink lemonade concentrate
- 1 cup crushed ice

Take Out -

- Blender
- Spatula
- Frosted glasses

1. Wash hands and assemble clean equipment.
2. Chill peaches in freezer until very cold. Add to blender container with pink lemonade concentrate, lemon juice and crushed ice. Puree until smooth. Pour into glasses. **Makes two servings.**

Nutrient Analysis, per serving: 80 calories, 21g. carbohydrate, <1 g. protein, 0 g. fat, 1 g. dietary fiber, 0 mg. cholesterol, sodium 7 mg.

Talking Points

- 1. This is a good substitute for a alcoholic daiquiri.**
- 2. Alcohol is a known carcinogen for many cancers, especially when combined with smoking.**
- 3. Fresh peeled peaches or nectarines can be used instead of canned peaches. A little apple or orange juice may be needed to thin the drink out.**
- 4. The phytochemicals in the fruits include bioflavonoids and beta-carotene.**

Talking Points

- 1. This is a quick and easy side dish that is attractive and great to take to a potluck or church supper.**
- 2. The recipe is rich in lycopene from the cooked tomatoes. To peel the tomatoes, dip them in hot water. The skins should then slip off easily.**
- 3. To cut the sodium, omit the salt. The cheese will make it taste fairly salty anyway.**
- 4. Olive oil is rich in monounsaturated fats that reduce risk for cardiovascular disease.**
- 5. If you desire, you can add additional Italian seasonings like basil and oregano. You can also serve it on some whole wheat pasta, whole wheat couscous or brown rice as an entrée.**