Pasta Augusta

1 lb. Small pasta shells or elbow macaroni---1 Tbsp. Olive oil --- 1 large onion, chopped--- 2 carrots, sliced in half moons--- 2 stalks celery, sliced--- 3 garlic cloves, minced--- 2 small zucchini, cut in half moons--- 1 28-oz. Can tomatoes with juice--- 1 15-oz. Can great northern or cannellini beans (rinse and drain).--- 1 Tbsp dried parsley or 1/4 cup snipped fresh parsley--- 1tsp. Dried basil or 2 Tbsp. Chopped fresh basil--- 1/4 tsp. dried oregano --- Freshly ground black pepper--- Grated parmesan cheese

Optional: May substitute tomato sauce in a jar and omit tomatoes and herbs

In large saucepan, put water on to boil for cooking pasta. In another large saucepan, heat olive oil. Saute onion, carrots, celery, garlic, and zucchini until onion is translucent (clear). Cut tomatoes into small pieces with a knife, or chop in food processor. Add to vegetable mixture in saucepan. Add beans and spices. Bring to a boil and simmer for 10 minutes.
While vegetable mixture is coming to a boil, cook pasta according to package directions. When done, drain in colander.

To serve, place 1 cup cooked pasta on a large plate. Ladle vegetable mixture over pasta. Top with freshly ground black pepper and grated parmesan cheese.

Serving Size: ½ cup
Servings: 12

Nutritional Information:

Calories: 215
Total Fat: 2 g
Total Calories from Fat: 18
Carbohydrates: 41 g
Protein: 9 g
Cholesterol: 0
Sodium: 195 mg

Chicken-Rice Pilaf

1 package (6 ounces) long grain and wild rice with seasoning packet--- 1 can (14 ½ ounces) chicken broth--- ½ cup golden or black raisins--- 2 tablespoons olive oil--- 1 boneless, skinless, split chicken breast (about ½ pound - cut into ½ inch strips)--- 1 cup chopped celery--- ½ cup thinly sliced scallions (green onions), green tops included--- ½ cup coarsely chopped pecans--- salt and freshly ground pepper to taste.

Cook rice according to package directions, substituting chicken broth and ½ cup water instead of water on package. When rice is done, stir in raisins, cover, and let stand 10 minutes.

Heat oil in large skillet and stir-fry chicken strips 3 to 4 minutes. Add celery, scallions, and pecans and stir-fry until celery is crisp-tender and chicken is no longer pink inside. Add chicken mixture to rice and season with salt and pepper.

Try using brown rice (10 min.) Instead of long grain/wild rice
Need to add some seasoning like parsley and perhaps tarragon or rosemary.

Serving Size: 1 cup
Servings: 6

Nutritional Information:

Calories: 286
Total Fat: 12 g
Total Calories from Fat: 108
Carbohydrates: 34 g
Protein: 14 g
Cholesterol: 22 mg
Sodium: 680 mg

Healthy Family Stir Fry

Non-stick vegetable spray
8 ounces chicken, cut into thin strips
1 clove garlic, minced
1 16-ounce bag oriental vegetables
(without added sauce or flavor packet)
2 tablespoons water (if needed)
4 cups of cooked instant brown rice
For Sauce:
1 low sodium chicken bouillon cube
1/3 cup boiling water & 1/3 cup cool tap water
1 tablespoon cornstarch
2 tablespoons low sodium soy sauce
1 tablespoon lemon juice

1. Spray skillet or wok with vegetable spray. Heat over medium heat
2. Add chicken and stir continuously for about 3-5 minutes or until meat is no longer pink.
3. Add garlic and continue stirring and cooking for another 1 minute
4. Add vegetables and 2 tablespoons of water if needed. Cook stirring often for another 3-5 minutes or until vegetables are cooked but still firm.
5. Mix bouillon cube with boiling water in one bowl.
6. Mix remaining ingredients together in another bowl until smooth.
7. Add bouillon mixture and cornstarch mixture to skillet and return to heat. Stir and heat again until sauce is slightly thickened.
8. Serve immediately over rice.

Serves: 4
Nutrition information:

Calories: 365
Total Fat: 6 g
Total Calories from Fat: 54
Carbohydrates: 55 g
Protein: 25 g
Cholesterol: 48 mg
Sodium: 376 mg

Hearty Pasta Salad

6 cups water--- 1 cup uncooked elbow macaroni--- ½ can (6 oz.) Tuna, drained (or canned chicken)--- 2 hard-cooked eggs, chopped--- 2 stalks celery, chopped
1 sweet onion, chopped--- 1 tablespoon sweet pickle relish--- ½ cup reduced fat mayonnaise or salad dressing--- 1/4 teaspoon pepper

Bring 6 cups of water to a boil. Add macaroni and cook until tender, about 10 minutes. Drain macaroni. In medium size bowl, combine macaroni, tuna, eggs, celery, onion and pickles. Add mayonnaise or salad dressing and pepper. Mix well and put in refrigerator.
Serve Cold.

Serving Size: 1 cup
Servings: 5

Nutritional Information:

Calories: 232
Total Fat: 10 g
Total Calories from Fat: 90
Carbohydrates: 21 g
Protein: 13 g
Cholesterol: 95 g

Sweet Potato Brownies

Servings: 24

2 2/3 cups canned sweet potatoes—5 tablespoons + 2 teaspoons margarine— ½ cup dry, low-fat cocoa—2 ¾ cup + ½ tablespoon sugar—1 5/8 teaspoon baking powder—1/3 cup + 1 tablespoons unsweetened applesauce—3/8 teaspoon salt— 1/4 cup egg substitute—2/3 + 2 teaspoons all purpose, white, enriched flour—

Mix all ingredients—spray 9 x 13 pan with non-stick spray—spread evenly into pan—bake at 350 for 30 minutes—prepare frosting—mix and pour over brownies

Frosting:

1 1/3 cups + 1 tablespoon powdered sugar—1/4 cup + 2 3/8 teaspoon dry, unsweetened cocoa, 2 ½ tablespoons margarine— 3 tablespoons skim milk—
2 3/8 teaspoons vanilla extract

Melt margarine and add in skim milk & vanilla—add dry ingredients

Nutritional Information:

Brownies:	Frosting:
Calories: 189	42
Fat: 3.76	1.30 g
Saturated Fat: 0.87	0.31 g
Carbohydrates: 38.66 g	7.71 g
Cholesterol: 13 mg	0 mg
Sodium: 135 mg	15 mg
Protein: 3.10 g	0.29 g

Baked Pork Chops

6 lean center-cut pork chops (1/2 inch thick)—1 egg white—1 cup evaporated skim milk—3/4 cup cornflake crumbs—2 tablespoons Hot 'N Spicy Seasoning (see recipe below)—1/2 teaspoon salt—nonstick spray coating

Trim all fat from chops—beat egg white with evaporated milk mixture—place chops in milk mixture-- let stand for 5 minutes, turning chops once. Mix together cornflake crumbs, bread crumbs, Hot 'N Spicy Seasoning & salt.

Remove chops from milk mixture-- coat thoroughly with crumb mixture—spray a 13x9 inch baking pan with nonstick spray coating—Place chops in pan—bake in 375 degree oven for 20 minutes—turn chops & bake 15 minutes longer or till no pink remains. **Note**: If desired, substitute boneless chicken, turkey pieces, or fish

Hot 'N Spicy Seasoning - ¼ cup paprika—2 tablespoons dried, crushed oregano—2 teaspoons chili powder—1 teaspoon garlic powder—1 tsp black pepper—1/2 teaspoon cayenne pepper—1/2 teaspoon dry mustard

Mix all ingredients—store in airtight container—makes about 1/3 cup

Nutritional Information:

Calories: 186	
Total fat: 4.9 g	
Cholesterol: 31 mg	Carbohydrates: 16 g
Protein: 17 g	Sodium: 393 mg

Southwestern Soup

1 pound very lean ground turkey---1 cup chopped onion--- 1 package low sodium taco seasoning mix--- 1 package dry light buttermilk dressing mix--- ½ tablespoon chili powder--- ¼ teaspoon ground cumin--- 1 can (15 oz.) diced no salt added tomatoes--- 1 can (15 oz.) no salt added sweet corn--- 1 can (15 oz.) diced tomatoes with green chilies--- 1 can (15 oz) black beans, rinsed--- 1 can (15 oz) pinto beans, rinsed--- 1 cup water--- Sliced lime for garnish (optional)

Brown ground turkey and onion in non-stick Dutch oven. Drain if needed-- Mix in taco seasoning, buttermilk dressing mix, chili powder and cumin--Add tomatoes, corn, beans and water. Simmer for 30 minutes, stirring occasionally-- Ladle into bowls and garnish with slice of lime. Can top with non-fat sour cream and shredded low fat cheddar cheese if desired.

Serving Size: 1 1/2 cups
Servings: 8

Nutritional Information:

Calories: 298
Total Fat: 6 g
Total Calories from Fat: 54
Carbohydrates: 36 g
Protein: 21 g
Cholesterol: 50 mg
Sodium: 914 mg

Recipes furnished by:

The University of Georgia Cooperative Extension Service College of Agricultural & Family & Consumer Sciences

Richmond County Board of Education School Nutrition

East Central Health District Nutrition Services

"Down Home Healthy Recipes" by Leah Chase & Johnny Rivers

Take charge of your health
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