

# RECIPES



## ABBREVIATIONS

Recipes use the following abbreviations:

C.....cup

lb .....pound

oz.....ounce

pt.....pint

qt.....quart

Tbsp .....tablespoon

tsp .....teaspoon

Nutrient lists use the following abbreviations:

g.....gram

mg .....milligram

% .....percent

# Appetizers <sup>A</sup>ND <sup>D</sup> Soups



## Bean and Macaroni Soup

2 cans	(16 oz each) great northern beans
1 Tbsp	olive oil
1/2 lb	fresh mushrooms, sliced
1 C	onion, coarsely chopped
2 C	carrots, sliced
1 C	celery, coarsely chopped
1 clove	garlic, minced
3 C	tomatoes, fresh, peeled, cut up (or 1 1/2 lb canned, whole, cut up)*
1 tsp	dried sage
1 tsp	dried thyme
1/2 tsp	dried oregano
to taste	black pepper, freshly ground
1	bay leaf, crumbled
4 C	elbow macaroni, cooked

\*If using canned tomatoes, sodium content will be higher.  
Try no salt added canned tomatoes to keep sodium lower.

1. Drain beans and reserve liquid. Rinse beans.
2. Heat oil in 6-quart kettle. Add mushrooms, onion, carrots, celery, and garlic and sauté for 5 minutes.
3. Add tomatoes, sage, thyme, oregano, pepper, and bay leaf. Cover and cook over medium heat for 20 minutes.
4. Cook macaroni according to directions on package, using unsalted water. Drain when cooked. Do not overcook.
5. Combine reserved bean liquid with water to make 4 cups.
6. Add liquid, beans, and cooked macaroni to vegetable mixture.
7. Bring to boil. Cover and simmer until soup is thoroughly heated. Stir occasionally.

This satisfying dish is virtually fat free—it uses just 1 tablespoon of oil for 16 servings.

**Yield:** 16 servings  
**Serving size:** 1 cup  
**Each serving provides:**  
 Calories: 158  
 Total fat: 1 g  
 Saturated fat: less than 1 g  
 Cholesterol: 0 mg  
 Sodium: 154 mg  
 Total fiber: 5 mg  
 Protein: 8 mg  
 Carbohydrates: 29 g  
 Potassium: 524 mg

# Cannery Row Soup

2 lb	varied fish fillets (such as haddock, perch, flounder, cod, sole), cut into 1-inch cubes
2 Tbsp	olive oil
1 clove	garlic, minced
3	carrots, cut in thin strips
2 C	celery, sliced
1/2 C	onion, chopped
1/4 C	green peppers, chopped
1 can	(28 oz) whole tomatoes, cut up, with liquid
1 C	clam juice
1/4 tsp	dried thyme, crushed
1/4 tsp	dried basil, crushed
1/8 tsp	black pepper
1/4 C	fresh parsley, minced

1. Heat oil in large saucepan. Sauté garlic, carrots, celery, onion, and green pepper in oil for 3 minutes.
2. Add remaining ingredients, except parsley and fish. Cover and simmer for 10–15 minutes or until vegetables are fork tender.
3. Add fish and parsley. Simmer covered for 5–10 minutes more or until fish flakes easily and is opaque. Serve hot.

Fish and clam juice give this soup a hearty taste of the sea.

**Yield: 8 servings**

**Serving size: 1 cup**

**Each serving provides:**

Calories: 170

Total fat: 5 g

Saturated fat: less than 1 g

Cholesterol: 56 mg

Sodium: 380 mg

Total fiber: 3 g

Protein: 22 g

Carbohydrates: 9 g

Potassium: 710 mg

## Corn Chowder

Here's a creamy chowder without the cream—or fat.

1 Tbsp	vegetable oil
2 Tbsp	celery, finely diced
2 Tbsp	onion, finely diced
2 Tbsp	green pepper, finely diced
1 package	(10 oz) frozen whole kernel corn
1 C	raw potatoes, peeled, diced in 1/2-inch pieces
2 Tbsp	fresh parsley, chopped
1 C	water
1/4 tsp	salt
to taste	black pepper
1/4 tsp	paprika
2 Tbsp	flour
2 C	lowfat or skim milk

1. Heat oil in medium saucepan. Add celery, onion, and green pepper, and sauté for 2 minutes.
2. Add corn, potatoes, water, salt, pepper, and paprika. Bring to boil, then reduce heat to medium. Cook covered for about 10 minutes or until potatoes are tender.
3. Place 1/2 cup of milk in jar with tight-fitting lid. Add flour and shake vigorously.
4. Gradually add milk-flour mixture to cooked vegetables. Then add remaining milk.
5. Cook, stirring constantly, until mixture comes to boil and thickens. Serve garnished with chopped, fresh parsley.

**Yield: 4 servings**  
**Serving size: 1 cup**  
**Each serving provides:**  
 Calories: 186  
 Total fat: 5 g  
 Saturated fat: 1 g  
 Cholesterol: 5 mg  
 Sodium: 205 mg  
 Total fiber: 4 g  
 Protein: 7 g  
 Carbohydrates: 31 g  
 Potassium: 455 mg

# Curtido (Cabbage) Salvadoreño

1	medium head cabbage, chopped
2	small carrots, grated
1	small onion, sliced
1/2 tsp	dried red pepper (optional)
1/2 tsp	oregano
1 tsp	olive oil
1 tsp	salt
1 tsp	brown sugar
1/2 C	vinegar
1/2 C	water

1. Blanch cabbage with boiling water for 1 minute. Discard water.
2. Place cabbage in large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Place in refrigerator for at least 2 hours before serving.

Surprise your taste buds with this flavorful dish—*esta terrifica!*

## ► SERVING TIP

Try this dish with **Pupusas Revueltas** (see page 37).

**Yield: 8 servings**

**Serving size: 1 cup**

**Each serving provides:**

Calories: 41

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 293 mg

Total fiber: 2 g

Protein: 2 g

Carbohydrates: 7 g

Potassium: 325 mg



## Gazpacho

3	medium tomatoes, peeled, chopped
1/2 C	cucumber, seeded, chopped
1/2 C	green pepper, chopped
2	green onions, sliced
2 C	low-sodium vegetable juice cocktail
1 Tbsp	lemon juice
1/2 tsp	basil, dried
1/4 tsp	hot pepper sauce
1 clove	garlic, minced

1. In large mixing bowl, combine all ingredients.
2. Cover and chill in the refrigerator for several hours.

This chilled tomato soup is a classic—and chock full of healthy garden-fresh vegetables.

**Yield:** 4 servings  
**Serving size:** 1<sup>1</sup>/<sub>4</sub> cups  
**Each serving provides:**  
 Calories: 52  
 Total fat: less than 1 g  
 Saturated fat: less than 1 g  
 Cholesterol: 0 mg  
 Sodium: 41 mg  
 Total fiber: 2 g  
 Protein: 2 g  
 Carbohydrates: 12 g  
 Potassium: 514 mg





# Homemade Turkey Soup

6 lb	turkey breast with bones (with at least 2 C meat)
2	medium onions
3 stalks	celery
1 tsp	dried thyme
1/2 tsp	dried rosemary
1/2 tsp	dried sage
1 tsp	dried basil
1/2 tsp	dried marjoram
1/2 tsp	dried tarragon
1/2 tsp	salt
to taste	black pepper
1/2 lb	Italian pastina or pasta

1. Place turkey breast in large 6-quart pot. Cover with water until at least three-quarters full.
2. Peel onions, cut into large pieces, and add to pot. Wash celery stalks, slice, and add to pot.
3. Simmer covered for about 2<sup>1</sup>/<sub>2</sub> hours.
4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in refrigerator.
5. After cooling, skim off fat.
6. While soup cools, remove remaining meat from turkey carcass. Cut into pieces.
7. Add turkey meat to skimmed soup, along with herbs and spices.
8. Bring to boil and add pastina. Continue cooking on low boil for about 20 minutes, until pastina is done. Serve at once or refrigerate for later reheating.

This popular soup uses a "quick cool down" that lets you skim the fat right off the top—making it even healthier.

**Yield: 16 servings**  
(about 4 quarts of soup)  
**Serving size: 1 cup**  
**Each serving provides:**  
Calories: 201  
Total fat: 2 g  
Saturated fat: 1 g  
Cholesterol: 101 mg  
Sodium: 141 mg  
Total fiber: 1 g  
Protein: 33 g  
Carbohydrates: 11 g  
Potassium: 344 mg

## Meatball Soup

This soup beefs up the health by using chicken with lean beef to lower the fat.

1/2 lb	ground chicken
1/2 lb	ground lean beef
10 C	water
1 Tbsp	annato (also called achiote), optional, for coloring
1	bay leaf
1	small onion, chopped
1/2 C	green pepper, chopped
1 tsp	mint
2	small tomatoes, chopped
1/2 tsp	oregano
4 Tbsp	instant corn flour
1/2 tsp	black pepper
2 cloves	garlic, minced
1/2 tsp	salt
2	medium carrots, chopped
2 C	cabbage, chopped
2	celery stalks, chopped
1 package	(10 oz) frozen corn
2	medium zucchini, chopped
1	medium chayote, chopped (added zucchini can be used instead)
1/2 C	cilantro, minced

**Yield:** 8 servings

**Serving size:** 1<sup>1</sup>/<sub>4</sub> cups

**Each serving provides:**

Calories: 161

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 31 mg

Sodium: 193 mg

Total fiber: 4 g

Protein: 13 g

Carbohydrates: 17 g

Potassium: 461 mg

1. In large pot, combine water, annato, bay leaf, half of onion, green pepper, and 1/2 teaspoon of mint. Bring to boil.
2. In bowl, combine chicken, beef, other half of onion, tomato, oregano, corn flour, pepper, garlic, and salt. Mix well. Form 1-inch meatballs. Place meatballs in boiling water and lower heat. Cook over low heat for 30–45 minutes.
3. Add carrots, chayote, cabbage, and celery. Cook over low heat for 25 minutes. Add corn and zucchini. Cook for another 5 minutes. Garnish with cilantro and rest of mint.

# Mexican Pozole

Try a change of taste with this hearty Mexican soup.

2 lb	lean beef, cubed*
1 Tbsp	olive oil
1	large onion, chopped
1	clove garlic, finely chopped
1/4 tsp	salt
1/8 tsp	pepper
1/4 C	cilantro
1 can	(15 oz) stewed tomatoes
2 oz	tomato paste
1 can	(1 lb 13 oz) hominy

\*Skinless, boneless chicken breasts can be used instead of beef cubes.

1. In large pot, heat oil, then sauté beef.
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Cover pot and cook over low heat until meat is tender.
3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
4. Add hominy and continue cooking over low heat for another 15 minutes, stirring occasionally. If too thick, add water for desired consistency.



**Yield: 10 servings**  
**Serving size: 1 cup**  
**Each serving provides:**  
Calories: 253  
Total fat: 10 g  
Saturated fat: 3 g  
Cholesterol: 52 mg  
Sodium: 425 mg  
Total fiber: 4 g  
Protein: 22 g  
Carbohydrates: 19 g  
Potassium: 485 mg

## Minestrone Soup

1/4 C	olive oil
1 clove	garlic, minced (or 1/8 tsp powder)
1 1/3 C	onion, coarsely chopped
1 1/2 C	celery with leaves, coarsely chopped
1 can	(6 oz) tomato paste
1 Tbsp	fresh parsley, chopped
1 C	carrots, sliced, fresh or frozen
4 3/4 C	cabbage, shredded
1 can	(1 lb) tomatoes, cut up
1 C	canned red kidney beans, drained, rinsed
1 1/2 C	frozen peas
1 1/2 C	fresh green beans
dash	hot sauce
11 C	water
2 C	spaghetti, uncooked, broken

1. Heat oil in 4-quart saucepan. Add garlic, onion, and celery, and sauté for about 5 minutes.
2. Add all remaining ingredients except spaghetti. Stir until ingredients are well mixed.
3. Bring to boil and reduce heat, cover, and simmer for about 45 minutes or until vegetables are tender.
4. Add uncooked spaghetti and simmer for only 2–3 minutes.

This cholesterol-free version of the classic Italian soup is brimming with fiber-rich beans, peas, and carrots.

**Yield:** 16 servings  
**Serving Size:** 1 cup  
**Each serving provides:**  
 Calories: 112  
 Total fat: 4 g  
 Saturated fat: 0 g  
 Cholesterol: 0 mg  
 Sodium: 202 mg  
 Total fiber: 4 g  
 Protein: 4 g  
 Carbohydrates: 17 g  
 Potassium: 393 mg

# Pupusas Revueltas

1 lb	chicken breast, ground
1 Tbsp	vegetable oil
1/2 lb	lowfat mozzarella cheese, grated
1/2	small onion, finely diced
1 clove	garlic, minced
1	medium green pepper, seeded, minced
1	small tomato, finely chopped
1/2 tsp	salt
5 C	instant corn flour (masa harina)
6 C	water

Ground chicken and lowfat cheese help keep down the fat and calories in this tasty dish.

## ► SERVING TIP

Try this dish with **Curtido Salvadoreño** (see page 31).

1. In nonstick skillet, sauté chicken in oil over low heat until it turns white. Stir chicken constantly to keep it from sticking.
2. Add onion, garlic, green pepper, and tomato. Cook chicken mixture through. Remove skillet from stove and let mixture cool in refrigerator.
3. Meanwhile, place flour in large mixing bowl and stir in enough water to make stiff, tortilla-like dough.
4. When chicken mixture has cooled, mix in cheese.
5. Divide dough into 24 portions. With your hands, roll dough into balls and flatten each into 1/2-inch thick circle. Put spoonful of chicken mixture in middle of each circle of dough and bring edges to center. Flatten ball of dough again until it is 1/2-inch thick.
6. In very hot iron skillet, cook pupusas on each side until golden brown. Serve hot.

**Yield:** 12 servings

**Serving size:** 2 pupusas

**Each serving provides:**

Calories: 290

Total fat: 7 g

Saturated fat: 3 g

Cholesterol: 33 mg

Sodium: 223 mg

Total fiber: 5 g

Protein: 14 g

Carbohydrates: 38 g

Potassium: 272 mg

## Rockport Fish Chowder

2 Tbsp	vegetable oil
1/4 C	onion, coarsely chopped
1/2 C	celery, coarsely chopped
1 C	carrots, sliced
2 C	potatoes, raw, peeled, cubed
1/4 tsp	thyme
1/2 tsp	paprika
2 C	bottled clam juice
8	whole peppercorns
1	bay leaf
1 lb	fresh or frozen (and thawed) cod or haddock fillets, cut into 3/4-inch cubes
1/4 C	flour
3 C	lowfat milk
1 Tbsp	fresh parsley, chopped

Serve this chowder as an appetizer or meal in itself—and eat like an admiral on a health cruise.

**Yield:** 8 servings  
**Serving size:** 1 cup  
**Each serving provides:**  
 Calories: 186  
 Total fat: 6 g  
 Saturated fat: 1 g  
 Cholesterol: 34 mg  
 Sodium: 302 mg  
 Total fiber: 2 g  
 Protein: 15 g  
 Carbohydrates: 18 g  
 Potassium: 602 mg

1. Heat oil in large saucepan. Add onion and celery, and sauté for about 3 minutes.
2. Add carrots, potatoes, thyme, paprika, and clam broth. Wrap peppercorns and bay leaf in cheese cloth. Add to pot. Bring to boil, reduce heat, and simmer for 15 minutes, then add fish and simmer for an added 15 minutes, or until fish flakes easily and is opaque.
3. Remove fish and vegetables. Break fish into chunks. Bring broth to boil and continue boiling until volume is reduced to 1 cup. Remove bay leaf and peppercorns.
4. Shake flour and 1/2 cup lowfat milk in container with tight-fitting lid until smooth. Add to broth in saucepan, along with remaining milk. Cook over medium heat, stirring constantly, until mixture boils and is thickened.
5. Return vegetables and fish chunks to stock and heat thoroughly. Serve hot, sprinkled with chopped parsley.