A close-up photograph of a white plate containing a piece of grilled fish, likely salmon, topped with fresh green herbs. The fish is served with a colorful vegetable medley including cherry tomatoes, yellow bell peppers, and zucchini. A glass of beer is visible in the background, slightly out of focus.

**MEATLESS
MONDAY**SM

A Weekly Start for a Healthier America

www.MeatlessMonday.com

Healthy Recipes

Grilled Fish
in Foil

The Meatless Monday Campaign, Inc is a not-for-profit organization
in association with Johns Hopkins Bloomberg School of Public Health.

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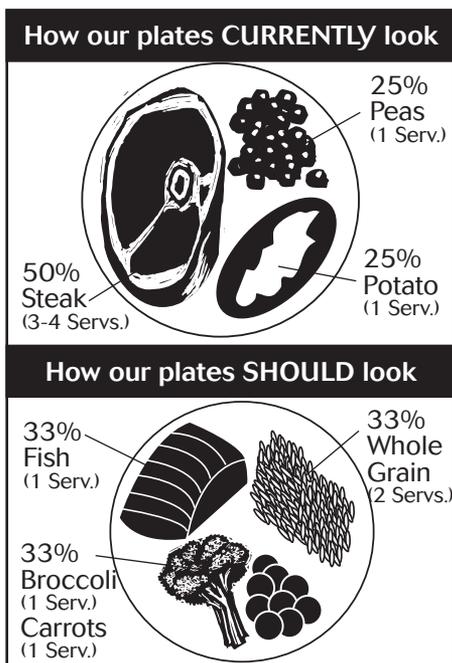


Congratulations!

If you're reading this booklet, you have just taken an important step towards preventing heart disease, stroke, cancer and diabetes.

Meatless Monday is a weekly start to a Healthier America and a Healthier You! By eating less meat and fatty dairy foods, you will be cutting your main source of unhealthy saturated fat. More importantly, you'll make room on your plate for healthier foods, such as fruits and vegetables.

Just one day a week – Give it a try!



FACT

On average, Americans eat 84 pounds more meat per year than recommended by the American Heart Association

Meatless Monday is about BALANCING your plate and eating healthier by taking small steps.

Inch by inch, Monday by Monday.

The Math Behind Meatless Monday:

On average, Americans should reduce their saturated fat intake by 15%.

One day out of seven equals 15%!

“Use plant foods as the foundation of your meals”

US Dietary Guidelines for Americans, 2000

FAT FACTS

Everyone needs some fat to be healthy, but not all fat is the same. Different types of fats have different effects on your health, especially on your cholesterol.

Saturated fats raise bad cholesterol and YOUR risk for heart disease.

Move away from:

- Red meats, such as beef, pork, lamb and veal
- Whole milk and cheese
- Butter, cream, lard and shortening
- Coconut and palm oils

ALERT

Children and women of childbearing age should limit the following fish that may contain unsafe amounts of mercury and other toxins: swordfish, king mackerel, tilefish, shark, and albacore tuna. Choose canned light tuna over albacore or white.

Polyunsaturated fats lower bad cholesterol (a good thing!), but may also lower your good cholesterol. Omega 3s are the SUPERSTARS of polyunsaturated fats -- they raise good cholesterol and help prevent heart attacks, among a host of other amazing health benefits.

Try to eat TWO servings each week of fatty fish, such as salmon, mackerel, sardines, herring and rainbow trout. Another good source is ground flaxseed or flaxseed oils.

Monounsaturated fats are the best types of fat you can eat. They lower your bad cholesterol, but not your good cholesterol.

Replace your saturated fats with:

- olives and olive oils
- canola oils
- peanuts and peanut butter
- walnuts
- avocados

Trans-fats are just as bad for you as saturated fats, maybe even WORSE! Trans-fats are hidden in many different foods.

Avoid foods with ‘hydrogenated’ or “partially-hydrogenated” in the first few ingredients on the nutrition label.

DID YOU KNOW?

An egg a day is okay!
The cholesterol in eggs has less impact on your blood cholesterol levels than the saturated fat in meat.

SOY

Not just Tofu anymore!

Soy is popping up everywhere and transforming the way 'meatless' foods look and taste! It's being used to create healthy, high-protein, meatless alternatives to your old favorites: burgers, hot dogs, lunch meat, cheese, Italian and breakfast sausage, meatballs, taco meat and chicken patties. You won't even miss the meat!

GIVE IT A TRY!

Next time you make spaghetti with meat sauce at home, substitute ground soy crumbles (Italian sausage or ground beef flavor) or fake meatballs and see if your family even notices.

Fruits & Vegetables: the key to good health

Only 1 out of 5 Americans eat 5 to 9 daily servings of fruits and vegetables. These foods PROTECT us against heart disease, cancers, stroke, diabetes and obesity. They also prevent vision loss, memory impairment, bone loss, and may even keep you looking younger! What's not to love??

Canned, fresh or frozen, aim for at least FIVE a day...The more, the better. Men should get NINE servings daily!

- Start the day with a glass of 100% juice
- Snack on fresh or dried fruit throughout the day
- Put out veggies with low-fat dressing or dip before dinner or as a weekend snack
- Make fruit the main attraction for dessert – use low-fat yogurt as a dip, or top low-fat frozen yogurt with berries or mango
- Kids, and adults, love smoothies: blend some fresh or frozen berries with bananas, honey and low-fat milk or yogurt
- Toss veggies into pasta 2 minutes before it's done cooking
- Avoid cooking in butter or overcooking



BREAKFAST

**A Meatless Monday Breakfast can be both
Simple and Nutritious.
Try these for a change:**

- Half a bagel topped with low-fat cream cheese (also called Neufchatel), a thick slice of tomato & a dash of pepper
- English muffin with egg & vegetable omelet
- Whole grain cereal or oatmeal topped with fresh or dried fruit & a handful of nuts
- Whole grain toast with 1 Tbsp of peanut butter and fruit preserves, jam or honey
- Tortilla filled with black beans, scrambled eggs, low-fat cheddar cheese and salsa

Spanish Egg White Omelet

Servings: 2

Fill up right with a delicious omelet that won't load you down with fat.

4 egg whites
1/4 cup green pepper, finely chopped
1/4 cup onion, finely chopped
1/4 cup tomato, diced
1 tsp. oregano
1 tsp. thyme
1 tsp. olive oil
1 clove garlic, fresh
Salt and pepper to taste
Add hot pepper flakes when sautéing for extra heat

Separate egg whites from eggs and place egg whites aside. In small sauté pan heat olive oil and add garlic, onion, green pepper, and tomatoes. Sauté until vegetables are slightly soft. Add seasoning and keep on low for 1 minute. Place sautéed vegetables on plate and set aside.

In a small bowl lightly whip egg whites and add 2 tablespoons of non-fat milk. Heat omelet pan or small non-stick pan and add egg whites in to pan. Let cook without stirring for 1-2 minutes or until egg starts to form. Separate egg from edges of omelet pan to make sure egg is not completely sticking. Swirl pan to let uncooked egg in center reach hot edges of the pan.

When egg is almost fully cooked add vegetables to center and fold

egg over completely covering vegetables. Cook on both sides until egg is full cooked. Serve with a side of potatoes and fresh salsa.

Tip: By excluding egg yolk in your omelet you significantly reduce fat and cholesterol, but you also lose much of the recognizable yellow color of an omelet. Try adding a pinch of turmeric to your egg mixture to add this yellow back.

Nutrition Information per Serving:
Calories 30; Carbohydrates 2.5 g; Protein 2 g; Fat 1 g; Saturated Fat 0 g; Cholesterol 0mg; Sodium 29 mg; Fiber .5 g

Sourdough Toast with Roasted Pecan Honey

Servings: 1

2 slices Sourdough bread
6 oz. Raw honey
4 oz. Roasted pecans
1/2 teaspoon cinnamon

Toast sourdough slices. Chop pecans into medium sized pieces and add to honey and cinnamon mixture. Spread over warm sourdough toast.

Nutrition Information per Serving:
Calories 225, Carbohydrates 50 g, Protein 6 g, Fat 3 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 49 mg, Fiber 9 mg

Pineapple-Strawberry Smoothie

Servings: 1

- 1/4 cup crushed pineapple
- 1 fresh apricot, diced
- 6 strawberries
- 1/2 banana, frozen
- 1 cup ice
- 1/4 cup non-fat milk
- 1 tsp flax seed oil

Blend all ingredients in a blender until completely smooth. Pour into tall glass and enjoy.

Nutrition Information per Serving: Calories 225, Carbohydrates 50 g, Protein 6 g, Fat 3 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 49 mg, Fiber 9 mg



Breakfast Melon Bowl

Servings: 4

If you don't have a big appetite in the morning, try a fruit mixture like this for breakfast. The yogurt and ricotta cheese add protein that will help keep you satisfied until lunch.

- 1 cup nonfat ricotta cheese
- 3/4 cup nonfat vanilla yogurt
- 1 small cantaloupe
- 2 peaches, pitted and thinly sliced
- 1/2 cup sliced strawberries
- 1/2 cup blueberries
- 2 tablespoons toasted sunflower seeds
- Mint sprigs

In a food processor or blender, process the ricotta until very smooth.

Transfer to a small bowl. Mix in the yogurt.

Halve the cantaloupe and remove the seeds. Cut into wedges, remove the rind and cut the flesh into bite-size chunks. Place in a medium bowl. Mix in the peaches and strawberries. Add the ricotta mixture and gently fold together.

Divide among 4 cereal bowls. Sprinkle with the blueberries and sunflower seeds. Garnish with the mint sprigs.

Nutrition Information per Serving: 190 calories, 2.8g fat, 3g dietary fiber, 1mg cholesterol, 110mg sodium

Raspberry Peach Blender Breakfast

Servings: 4 (1-cup servings)

2 cups soy milk
1 cup plain fat-free yogurt
1 cup frozen unsweetened sliced peaches
1/2 cup frozen unsweetened red raspberries
2 Tbsp honey
1 tsp vanilla
1 sprig fresh mint (optional)

Place all ingredients in blender container. Cover with lid. Process until smooth.

Serve immediately in tall glasses. Garnish with fresh mint, if desired.

Nutrition Information per Serving:
Calories 130, Total Fat 2.5g,
Saturated Fat 0g, Cholesterol less than 5mg, Sodium 50mg,
Carbohydrates 22g, Fiber 3g,
Sugar 17g, Protein 7g



Lemony Blueberry Muffins

Servings: 12

2 cups whole wheat pastry flour
2 tsp baking powder
1/2 tsp salt
1/2 cup egg substitute
1/2 cup raw or regular sugar
1 6-ounce container lemon soy yogurt
1/2 cup skim milk or soy milk
1 Tbsp lemon juice
2 tsp grated lemon zest
1 cup fresh or frozen blueberries

Preheat oven to 350 degrees. Combine flour, baking powder and salt in a mixing bowl. In another bowl combine the egg substitute, sugar, yogurt, milk, juice and zest. Make a well in the center of the dry ingredients and pour in the wet mixture. Stir until just combined. Gently stir in the blueberries.

Divide the batter among 12 paper-lined or oiled (with non-fat cooking spray) muffin tins. Bake for 15 to 20 minutes, or until the tops are golden brown and a toothpick inserted in the center of a muffin comes out clean.

Note: using paper muffin cups makes them easier and cleaner to pop into a bag and take them to work or school!

Nutrition Information per Serving:
Calories 123, Carbohydrates 27g,
Sodium 139mg, Total Fat 1g, Protein 3g, Fiber 3g

Breakfast Tortilla Wrap

Servings: 1

1 patty, meatless breakfast sausage
2 Tbsp chopped green sweet pepper
1/8 tsp salt (optional)
1/8 tsp ground cumin
1/8 tsp crushed red pepper (optional)
2 egg whites, slightly beaten, or
1/4 cup refrigerated egg product
2 Tbsp chopped tomato
1 8-inch fat-free flour tortilla, warmed
Few dashes bottled hot pepper sauce (optional)

In a medium nonstick skillet cook sausage until crisp. Add green pepper, cumin, and salt and crushed red pepper, if desired. Cook for 3 minutes. Add egg whites or egg product; cook for 2 minutes. Stir in tomato and hot pepper sauce, if desired. Spoon onto tortilla and roll up.

Nutrition Information per Serving:
Calories 193, Carbohydrates, 22g,
Protein 15g, Fat 6g, Saturated Fat
1g, Cholesterol 0mg, Sodium
383mg, Fiber 3g



Spoon French Toast

Servings: 1

Moms can make this breakfast treat for kids in no time flat. Older kids can also prepare this dish for themselves with no problems!

2 slices raisin bread
1 egg
1 cup nonfat milk
1 tsp maple syrup

Cut raisin bread into 1/2-inch cubes. In a small bowl, whisk together egg, milk and maple syrup. Add bread cubes and toss to coat.

Turn mixture into a non-stick skillet over medium heat. Stir with a wooden spoon until set and cooked through. Serve immediately.

Nutrition Information per Serving:
Calories: 274, Protein 13g, Fat 8g,
Saturated Fat 3g, Carbohydrates
28g, Fiber 1g

Zesty Fruit Salad

Servings: 2

A delicious zing for your morning stretch. The peppery flavors of mango mingle with the spice of ginger for a true awakening of the mind. Try this fruit salad plain then with low-fat yogurt and crunchy granola.

1/2 cup fresh mango, diced
1/2 cup blueberries
1/2 cup pear, diced
1 Tbsp lemon juice
1 tsp fresh ginger, finely grated
Brown sugar lightly sprinkled over fruit

This is best when made in advance and left to sit over night but can be made just before eating. Simply combine all fruit into medium sized mixing bowl and toss with the ginger and lemon juice. The lemon juice will help to preserve the fruit while sitting and also help enhance the flavors.

Nutrition Information per Serving:
Calories 81, Carbohydrates 20 g,
Protein 0 g, Fat 0 g, Sat. Fat 0 g,
Cholesterol 0 mg, Sodium 4 mg,
Fiber 3 g

Maple Apple Oatmeal

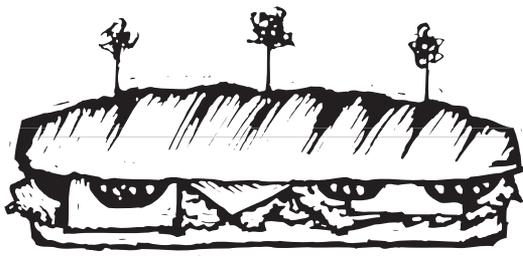
Servings: 4

2 cups apple juice
1 1/2 cups water
1/3 cup maple syrup
1/2 tsp salt (optional)
2 cups oats (quick or old fashioned, uncooked)
1 cup chopped fresh unpeeled apple (about 1 medium)

In a 3-quart saucepan, bring juice, water, syrup, cinnamon and salt to a boil. Stir in oats and apple. Return to a boil; reduce heat to medium low. Cook about 1 minute for quick oats (or 5 minutes for old fashioned oats or until most of the liquid is absorbed, stirring occasionally. Let stand until of desired consistency.

Nutrition Information per Serving:
Calories 260, Total Fat 2g,
Saturated Fat 0g, Protein 4g,
Carbohydrate 58g, Cholesterol
0mg, Sodium 20mg,
Dietary Fiber 3g





LUNCH

Pita Sandwich

Servings: 4 (1 sandwich each)

Pita breads are available in the deli section of most supermarkets. Select whole-wheat ones, whenever available.

2 each whole-wheat pita bread, 6 inches
6 oz canned tuna (packed in water, not oil)
1 large fresh tomato, sliced
1 small cucumber, seeds removed, peeled and diced (approximately 1-1 1/2 cups)
1/2 cup plain low-fat yogurt
1/2 cup diced seedless cucumber
1 clove garlic, minced
1 tbsp. vinegar
2 tbsp. fresh dill, chopped

Reserve 1/2-1 cup cucumber and set aside in a bowl. Combine the yogurt, 1/2 cup cucumber, garlic, vinegar and 1 tablespoon dill to create the herbed yogurt. Chill to allow flavors to blend. (May also be used as a dip or salad dressing).

Heat pitas. Cut in half crosswise and pull apart to make pockets. Divide the tuna, tomato, and remaining cucumber evenly and place in the four pita pockets. Top with herbed yogurt. Garnish with remaining 1 tablespoon dill.

Nutrition Information per Serving: Calories 170, Total Fat 2g, Saturated Fat 0g, Cholesterol 20mg, Sodium 430mg, Total Carbohydrate 25g, Dietary Fiber 3g, Protein 16g

Red Hot Fusilli

Servings: 4

1 Tbsp olive oil
2 cloves garlic, minced
4 cup ripe or canned tomatoes, chopped
1 tsp dried basil leaves, crushed
1 tsp dried oregano leaves, crushed
Ground red pepper or cayenne, to taste
4 cups cooked corkscrew pasta
1 8-ounce canned white beans, drained
1/4 cup fresh parsley, minced
Pepper, to taste

Heat oil in medium saucepan; sauté garlic and parsley until golden.

Add tomatoes and spices. Cook uncovered over low heat for 15 minutes or until thickened, stirring frequently. Add white beans and cook just until beans are heated through. Remove from heat and cover until pasta is ready.

Cook pasta in unsalted water until firm. To serve, spoon sauce over pasta and sprinkle with coarsely chopped parsley and black pepper.

Serve hot as a main dish and cold for next day's lunch.

Nutrition Information per Serving: 380 calories, 4.5g total fat, 0g saturated fat, 8g fiber, 19g protein, 66g carbohydrate, 0mg cholesterol, 520mg sodium

Open Faced Tuna Salad Sandwich

Servings: 1

Get creative with your tuna sandwiches. Tuna is one of the best sources of omega-3s from fish oils, which have been proven to reduce the risk of heart disease. Make the most of this inexpensive, healthy and delicious fish with this simple recipe for a great tuna salad sandwich.

2 slices whole wheat bread
1 can light tuna (in water)
1/4 cup chopped red onion
1/4 cup chopped celery
2 Tbsp olive oil
1 Tbsp balsamic vinegar
1 tsp mustard
Dash of dried dill
Salt and pepper, to taste
4 slices tomato

Combine all ingredients, except tomato, into mixing bowl and mix until completely blended. Place 2 tomato slices onto each piece of bread and spread tuna salad evenly over the top.

Nutrition Information per Serving:
Calories 320, Fat 16g total,
Saturated fat 2.5g, Fiber 2g , Protein
24g, Carbohydrates 18g,
Cholesterol 25mg , Sodium 460mg

Southwestern Salad

Servings: 4

Salad Ingredients:

2 cups brown rice, cooked and chilled
1 15-ounce can black beans, rinsed and drained
1 15-ounce can whole kernel corn, rinsed and drained
1 sweet red bell pepper, diced
3 green onions, thinly sliced
1/2 cup chopped fresh cilantro
2 cups chopped romaine lettuce

Dressing Ingredients:

1/2 cup mild salsa
1/4 cup fat-free mayonnaise
1/2 teaspoon ground cumin
1/2 teaspoon fresh ground pepper

Directions:

Toss together rice, beans, corn, sweet pepper, green onion and cilantro in a large bowl. In a small bowl combine salsa, mayonnaise, pepper and cumin. Add to rice mixture and toss to coat. Serve over a bed of chopped romaine lettuce.

Calories 160; Carbohydrates 33g,
Protein 4g, Fat 1g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 400mg,
Fiber 4g



Curried Egg Salad Sandwich

Servings: 6

A simple, yet delicious twist on the traditional egg salad sandwich. By not using egg yolks, fat is drastically reduced!

12 hard-boiled eggs, peeled, halved
1/2 cup tofu
1/4 cup dried currants
1 large green onion, finely chopped
2 Tbsp minced fresh cilantro
1/2 cup low-fat mayonnaise
2 1/2 tsp curry powder
1 small cucumber, peeled, cut lengthwise in half, seeded
3 pitas, cut in half
Lettuce and onions as desired

Scoop egg yolks and throw away. Finely chop egg whites; combine in mixing bowl with tofu. Mix in currants, green onion, and cilantro. Mix mayonnaise and curry powder in small bowl; stir into egg mixture. Season with salt and pepper. Cover & chill.

Thinly slice cucumber crosswise into half-rounds. Place slices on paper towels to drain. Place cucumber, lettuce and onions in pita and scoop in 1 cup egg salad into pita. Serve and enjoy.

Nutrition Information per Serving: Calories 160, Carbohydrate 24g, Protein 11g, Fat 1g, Saturated Fat 0g, Cholesterol 2mg, Sodium 434mg, Fiber 2g

Source: Epicurious.com

Sesame Noodles with Fresh Vegetables

Servings: 4

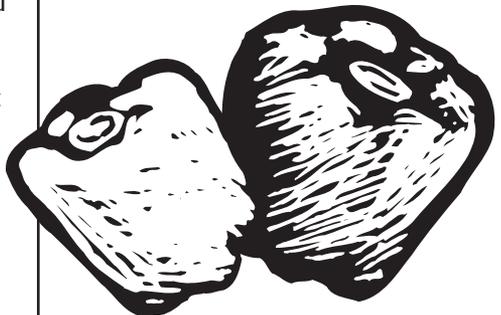
8 ounces dry spaghetti
2 Tbsp peanut butter
1/2 cup vegetable broth
2 Tbsp soy sauce
3 cloves garlic, minced
1 red bell pepper, chopped
1 carrot, chopped
2 green onions (scallions), chopped

1/2 cup chopped cilantro
Dash of hot sauce (optional)
1/2 cup sliced cucumber

Cook pasta in a large pot of boiling water until just done. Rinse, drain, set aside.

In a large bowl, combine peanut butter, broth, soy sauce, garlic. Mix well. Add pasta, chopped red pepper, carrot, scallion, and cilantro and optional hot pepper sauce; toss to combine. Chill. Garnish with sliced cucumber

Nutrition Information per Serving: Calories 160, Carbohydrate 24g, Protein 7g, Total Fat 4.5g, Saturated Fat 1g, Cholesterol 35mg, Sodium 270 mg, Fiber 2g



Curried Lentil Stew

Servings: 6

This simple stew is the perfect choice for a midday meal. Get the hearty, warm meal you need without over stuffing yourself before dinner.

- 2 cups dried lentils
- 1/2 cup chopped onion
- 2 cloves garlic
- 1/4 cup vegetable bouillon
- 1 tsp curry powder
- 2 cups water
- 5 potatoes, cut into 1/2-inch pieces
- 1 tomato, cut up
- 2 cups skim milk
- 3 carrots, sliced
- Juice of 1/2 lemon

Wash the lentils. Sauté the onion and garlic in the bouillon until the onions are lightly golden. Add the curry powder, water, and lentils. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes.

Add the potatoes, carrots, tomato and milk. Cover and continue cooking until the potatoes are tender when pierced. Remove from heat and add the lemon juice and serve.

Nutrition Information per Serving: Calories 403, Carbohydrates 76mg, Protein 25g, Fat 1g, Saturated Fat 0g, Cholesterol 1mg, Sodium 79g, Fiber 24g

Spinach Salad with Oranges, Walnuts, Cranberries & Apricots

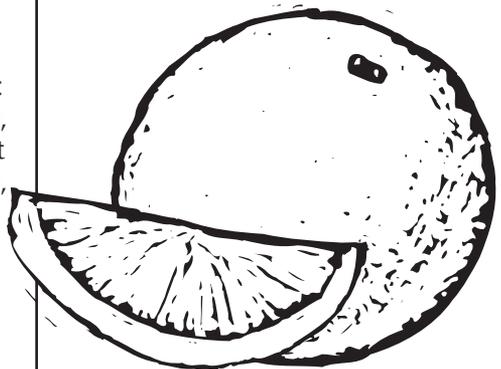
Servings: 4

- 1 bag (10 ounces) baby spinach
- 2 oranges, peeled, and chopped
- 1 pint grape tomatoes
- 1/3 cup chopped walnuts
- 1/3 cup dried cranberries
- 1/3 cup chopped dried apricots
- 1/2 cup crumbled feta cheese
- Red wine & olive oil vinaigrette

Wash and dry baby spinach and set aside in a large bowl. Add oranges, tomatoes, walnuts, cranberries, and apricots. Toss with vinaigrette. Sprinkle tossed salad with feta cheese.

Nutrition Information per Serving: 250 calories, 11g fat (3.5g saturated), 8g protein, 36g carbohydrate, 8g fiber, 530mg sodium, 15mg cholesterol

Source: Tufts University Friedman School of Nutrition Science & Policy



BBQ Veggie Burgers

Servings: 4-6 burgers

2 cups oats
2 egg whites (large eggs)
1/2 cup BBQ sauce
1/2 cup water
Dash of garlic powder
Dash of dried onions
1/2 cup diced cabbage
1 1/2 cups grated carrots

Preheat oven to 400 degrees Fahrenheit. Spray cookie sheet with non-stick baking spray.

Mix ingredients together, shape into burgers and bake on cookie sheet for about 20 minutes.

Serve on a whole wheat roll with sliced tomato and lettuce. Keep the roll, burger and fixings separate until you're ready for lunch. Microwave burger until warm and enjoy.

Nutrition Information per Serving:
Calories 280, Sodium 135mg, Total fat 4.5g, Saturated fat 1g, Dietary fiber 8g, Carbohydrates 47g, Cholesterol 0mg, Protein 13g





DINNER

Chef Ian's Macho Monday Chili

Serves: 4

Meatless Monday's own chef, Ian Russo, aims to create cuisine that is both delicious and healthy. He brings this experience to the Meatless Monday campaign, helping to raise awareness of how healthy food choices can contribute to an overall healthier lifestyle. Below you will find his favorite meatless chili recipe; Macho Monday Chili will leave you deliciously filled and satisfied- you won't even miss the meat! Macho Monday Chili

Prep time: 10 minutes

Cook time: 90 minutes

Ingredients

1 medium Spanish onion, diced (from base recipe)
2 medium red bell peppers, diced
1 medium green bell pepper, diced
1/2 cup garlic, chopped
2 tbs chili powder
1 tbs paprika
1/2 tsp crushed red pepper
1/2 cup olive oil
8 cups cold water
1-15 ounce can EACH of canned red kidney beans, navy beans and black beans
7 ounces Goya Recaito (a pre-cooked Spanish spice)

Directions

Sauté onion and peppers in olive oil until translucent. Add garlic, chili powder, paprika and crushed red pepper and cook for another minute.

Add sautéed ingredients to a large stockpot. Add cold water and beans. Simmer slowly for 1 1/2 hours, then add the recaito. Cook for about 3 more minutes. Adjust the seasoning to your personal taste.

Note: for thicker chili, cook an extra 10-20 minutes, or puree 4 ounces of chili in a blender or food processor, and add back to the chili.

Ian's Quick Tip

To make spicier chili, add Tabasco sauce:

- Add 1 tsp to make chili spicy
- Add 2 tsp to make chili extra spicy
- Add 3 tsp to make chili red hot spicy

Nutrition Information per Serving
Calories 380, Total Fat 16 g, Saturated Fat 0g, Cholesterol 0mg, Sodium 1130mg, Carbohydrates 49g, Fiber 13g, Protein 15g



Hot & Sour Tofu Stir-fry

Servings: 4

At the end of a long day settle down with a delicious plate of stir-fry. Moderate doses of spice can often help clear your head.

- 1-2 Tbsp canola oil
- 1 block firm tofu
- 1 medium red pepper
- 1 large carrot
- 4-5 cabbage leaves
- 1 tsp coriander seeds

Marinade Ingredients:

- 4 cloves garlic
- 1-inch piece fresh ginger, finely chopped
- 2 tomatoes, finely chopped or 2 tsp tomato puree
- 3 tsp soy sauce
- Juice of 1 lemon
- 1/2 cup orange juice
- 1/2 tsp red chili powder

Crush garlic with a broad knife and mix with remaining marinade ingredients. Cut tofu into 1/2-inch pieces and put into a bowl with the marinade. Place in the fridge for five minutes to an hour.

Cut the carrots, peppers and cabbage into thin strips or matchsticks and put to one side. Lift the tofu pieces out of the marinade (don't throw it away) and put them on a plate.

Add 1 tbsp of the oil in a heavy frying pan or wok and heat until the oil begins to shimmer. Add the coriander seeds and then the tofu pieces a few seconds later, then turn the heat down a little. Shove the tofu pieces around gently and cook for about 2 minutes each side until they are starting to brown. Lift the pieces out of the pan and return them to the plate.

Turn the heat back up full and throw the vegetables into the pan. Stir fry for 5 minutes then add the marinade and the tofu pieces. Stir gently, cover the pan and turn down the heat. Simmer for 5 more minutes and serve with brown rice or rice noodles.

Nutrition Information per Serving:
Calories 163, Carbohydrates 15 gm, Protein 13 gm, Fat 7 gm, Sat. Fat 1 gm, Cholesterol 0 mg, Sodium 279 mg, Fiber 2 gm



Involve kids in meal planning and preparation by giving them small, safe tasks, such as tearing lettuce and washing veggies. They will be more willing to eat the food they help fix.

Corn & Squash: Santa Fe Calabacitas

Servings: 8-10

In many Santa Fe homes, 'calabacitas' - a traditional dish of the Pueblo Indians of the Southwest - is made as a one-dish casserole by baking it and adding chicken or beef. This one is meatless and cooks on top of the stove in 20 minutes.

3-4 Tbsp olive oil
1 cup finely chopped onion
2-4 cloves of garlic, minced
2 1/2 cups diced summer squash
2 1/2 cups diced zucchini
2 cups corn kernels, fresh or frozen
6 scallions, chopped (3/4 cup)
1/2 cup chopped hot green chili, roasted, with skin removed (wear gloves when handling chilies)
1/2 cup chopped mild green chili, roasted, with skin removed
1 cup diced ripe plum tomatoes
1/2 cup firmly packed coarsely chopped fresh cilantro leaves
1/2 tsp salt

Heat 2 tablespoons of the oil in a large skillet and sauté the onion for about 4 minutes over medium-high heat. Add the garlic and sauté 2 minutes longer.

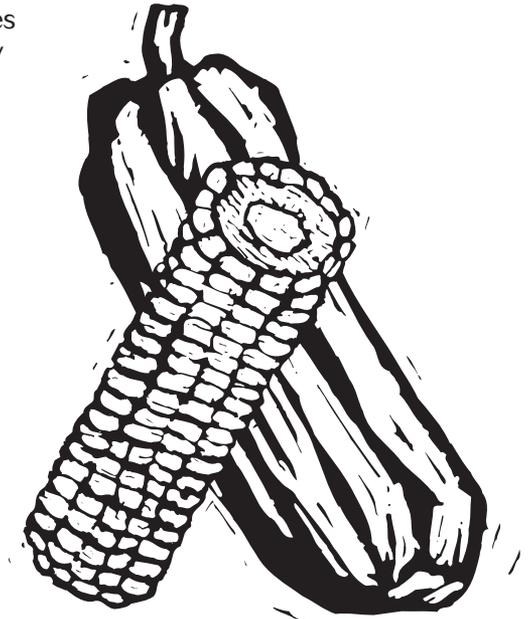
Add the squash and zucchini and sauté 5 minutes longer, until softened.

Add the remaining 1 to 2 tablespoons of oil with the corn, scallions, and chilies and sauté 3 minutes longer.

Stir in the tomatoes, cilantro, and heat through, about 5 minutes.

Season with salt. Serve hot or warm.

Nutrition Information per Serving:
Calories 103, Carbohydrates 14 gm, Protein 2 gm, Fat 5 gm, Saturated Fat 0 gm, Cholesterol 0 mg, Sodium 144 mg, Fiber 3 gm



Grilled Catfish In Foil

Servings: 4

This recipe gives you the feeling and taste of the smoky grill but leaves the fish moist and delicious and packed with flavor. Fish can also be baked, if you don't have a grill.

- 4 catfish filets (about 2 lbs)
- 2 Tbsp olive oil
- 1/4 cup lemon juice
- 1 tsp parsley
- 1 tsp dill weed
- 1 tsp salt
- 1/2 tsp pepper
- 1 tsp paprika
- 1 medium onion, thinly sliced

Spray 4 squares of heavy-duty foil with non-fat cooking spray; place equal amounts of fish on each square. In a small saucepan combine olive oil, lemon juice, parsley, dill weed, salt and pepper. Pour equal amounts over fish. Sprinkle with paprika, top with onion slices.

Wrap foil securely around fish, leaving space for fish to expand. Grill 5-7 minutes on each side or until fish flakes when tested with fork. (You can also bake the fish at 400 degrees for 15-20 minutes.)

Nutrition Information per Serving: Calories 380, Total Fat 24g, Saturated Fat 4g, Cholesterol 105mg, Sodium 700mg, Carbohydrates 4g, Fiber less than 1g, Protein 36g

Black Beans and Rice

Servings: 4-6

- 1 tsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup uncooked white rice
- 1 1/2 cups low sodium, low fat vegetable broth
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- 1 can black beans, drained

In a stockpot over medium-high heat, heat the oil. Add the onion and garlic and sauté for 4 minutes. Add the rice and sauté for 2 minutes.

Add the vegetable broth, bring to a boil, cover, lower the heat and cook for 15 minutes. Add the spices and black beans and stir until completely combined. Cook for another 2-3 minutes until heated through.

Nutrition Information per Serving
Calories 192, Protein 14g, Total Fat 1g, Sodium 123mg, Cholesterol 1mg, Carbohydrates 32g, Fiber 8g



Mussels in a Bag

Servings: 4

Prep time: 10 minutes

Cook time: 10 minutes

25 mussels per person

1 cup tomato sauce per person

Place individual serving of mussels in each pouch and add the tomato sauce.

Seal the bag tightly. Place in 375-degree oven 12-15 minutes. The bags will puff up when ready. Be very careful when opening, as the steam will release!!

Cleaning the mussels: rinse in cold water and pull off the beards (the black strings hanging from the mussel). Discard any mussels that don't close when tapped with your finger. Once cooked, discard any mussels that don't open.

To make the pouches: use heavy duty foil or use a double sheet of regular foil. Cut 3 feet of foil and fold in half. Fold three of the edges over twice, making sure the edges are sealed tightly. Leave one end open so that mussels can be placed in the sack.

Nutrition Information per Serving:
Calories 440, Total Fat 9g,
Saturated Fat 1.5g, Cholesterol
110mg, Sodium 1920mg,
Carbohydrates 37g, Fiber 4g,
Protein 52g

Broccoli-Walnut Noodles

Servings: 4

12 ounce extra wide curly "no yolk" noodles

1 medium onion, thinly sliced

2 lb. broccoli, steamed (florets and peeled stems, cut in 1/2-inch slices)

2 Tbsp olive oil

1/2 cup chopped walnuts

Juice of one lemon

Juice of 1/2 orange

Grated zest of one lemon

1/2 tsp ground pepper

Cook noodles until almost done (leave firm), about 5 minutes. Steam broccoli until tender, about 3-5 minutes. Heat olive oil over medium-high heat and add walnuts. Sauté about 1 minute.

Combine noodles and broccoli. Add walnut-oil mixture and toss well. Add citrus juices, zest, and pepper and toss well again.

Nutrition Information per Serving:
348 calories, 13g protein, 40g carbohydrate, 9g fiber, 18g total fat, 2g saturated fat

Source: Walnut Marketing Board



Loco Moco: Local Hawaiian Street Food

(Egg White Frittata)

Servings: 4

5 large onions, sliced thin and evenly

2 Tbsp olive oil

1 lb fresh spinach

Black pepper, to taste

1 cup tomato sauce

12 egg whites per person

1 cup low-fat cheddar cheese, shredded

3 cups cooked rice

Caramelize onions in 1 Tbsp olive oil (see cooking hints below). Once onions are caramelized, remove from heat and place in a bowl or dish.

Use the same skillet, and heat the remaining 1 Tbsp of olive oil. When oil is shimmering (but not smoking), sauté spinach until barely wilted. Add tomato sauce and season with pepper. Remove from heat.

Frittata (make each frittata individually): Whisk 3 egg whites in non-stick pan. When they start to coagulate, top with $\frac{1}{2}$ of the cheese. Place pan under broiler (be sure the handle is heat resistant) until golden brown.

Serve on top of $\frac{3}{4}$ cup cooked rice and $\frac{1}{4}$ of the onions. Serve spinach on the side. Repeat until all four frittata are made.

Nutrition Information per Serving:
Calories 470, Total Fat 12g,
Saturated Fat 1.5g, Cholesterol 5mg, Sodium 720mg,
Carbohydrates 65g, Fiber 8g,
Protein 28g

3 hints to the sweetest caramelized onions:

- 1) Slice thin and even
- 2) Start in a large sauté pan; as onions shrink change to a smaller pan (prevents burning)
- 3) Keep onions moving (prevents burning)



Meatless Sloppy Joes

Servings: 4

Nonstick cooking spray, as needed
2 cups onions, thinly sliced
2 cups green peppers, chopped
2 garlic cloves, finely chopped
2 Tbsp ketchup
1 Tbsp mustard
1-15 oz can kidney beans, mashed
1-8 oz can tomato sauce
1 tsp chili powder
Cider vinegar, as needed
2 sandwich rolls, halved

Spray large nonstick skillet with cooking spray; heat over medium heat until hot. Add onions, peppers and garlic. Cook and stir 5 minutes or until vegetables are tender. Stir in ketchup and mustard.

Add beans, sauce and chili powder. Reduce heat to medium-low. Cook 5 minutes or until thickened, stirring frequently and adding up to 1/3 cup vinegar if dry. Top sandwich roll halves evenly with bean mixture.

Nutrition Information per Serving:
Calories 217, Carbohydrates 42 gm,
Protein 10 gm, Fat 2 gm, Saturated
Fat 0 gm, Unsaturated Fat 0 gm,
Sodium 953 mg, Fiber 8 gm,
Calcium 84 mg, Iron 3 mg

Pasta from Can to the Pan

Servings: 4

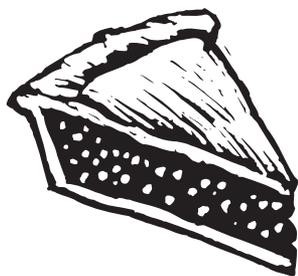
1 Tbsp olive oil
1 medium onion, diced
4 cloves garlic, minced
1 1/2 quarts tomato sauce
4 - 3 1/2 ounce cans salmon
20 black olives pitted and chopped
1/4 tsp crushed red pepper
2 Tbsp capers, drained
1 lb cooked linguini (or any other
pasta)

Sauté onion and garlic in olive oil until translucent. Add tomato sauce, salmon, olives and red pepper. Cook over low heat for 20 minutes.

Remove sauce from the heat, add capers and toss with the pasta.

Nutrition Information per Serving:
Calories 580, Total Fat 19g,
Saturated Fat 3.5g, Cholesterol
50mg, Sodium 1950mg,
Carbohydrates 76g, Fiber 3g,
Protein 37g





DESSERT

Floating Island in Summer Berry Sauce

Servings: 4

Prep time: 10 minutes

Cook time: 15-20 minutes

6 ounces egg whites (6-8 eggs)

3/4 cup superfine sugar*

Fat free milk

Whip egg whites at medium speed with electric mixer. When they start to firm, up add the sugar and whip until soft peaks form.

Add enough milk to a 12-inch pan to fill with approximately 1 inch of liquid. Form little islands by scooping out the meringue from the meringue mixture. Poach in the simmering milk for eight minutes at medium heat, flipping over halfway through the cooking time. When the islands are finished cooking, remove with a slotted spoon and place on a cookie sheet set on top of a cooling rack.

* If you don't have superfine sugar, process regular sugar in your food processor for 30-40 seconds

Summer Berry Sauce

1 cup blueberries

1 cup strawberries, sliced

4 kiwis, peeled and sliced

3/4 cup good raspberry jam

3/4 cup water

3/4 cup sugar

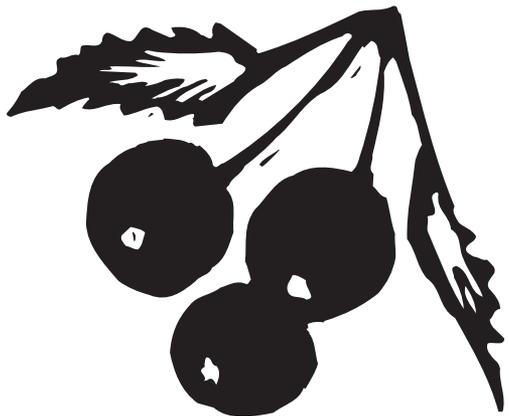
1 Tbsp lemon juice

Mix all ingredients together in a saucepan.

Simmer for 12-15 minutes. Take 1/4 of the sauce and puree in a food processor or blender. Add puree back to the mixture and remove from heat.

When cooled, serve the berry sauce in individual bowls with floating islands on top.

Nutrition Information per Serving: Calories 460, Total Fat 3.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 75mg, Carbohydrates 112g, Fiber 5g, Protein 9g



Strawberry Blossoms

Servings: 4-6

12 large, fresh strawberries, washed
3 oz low-fat cream cheese, softened
2 Tbsp confectioner's sugar
1 Tbsp fat free sour cream
Fresh mint leaves for garnish
(optional)

Remove stems from strawberries to form a flat base. Place berries on cutting surface, pointed end facing up. With a sharp knife, carefully slice each berry in half vertically to within a 1/4 inch of base. Cut each half into three wedges to form 6 petals. (Don't slice through the base.) Pull petals apart slightly.

In a small bowl, combine cream cheese, powdered sugar and sour cream; beat until light and fluffy. With a pastry bag and star tip or small spoon, fill strawberries with cream cheese mixture.

Nutrition Information per Serving:
Calories 560, Total Fat 2.5g,
Saturated Fat 1.5g, Cholesterol
5mg, Sodium 70mg, Total
Carbohydrates 6g, Fiber less than
1g, Protein 2g



Notes & Options:

A plastic zipper sandwich bag can be used instead of a pastry bag by filling with cream cheese mixture and squeezing out excess air before sealing. Carefully cut one corner off of the bottom of the bag and squeeze mixture out through the cut.

Grilled Summer Fruit Fondue

Makes 6-10 skewers

1 1/2 cups low-fat plain yogurt
1 tsp vanilla extract
1 papaya
10 strawberries
2 bananas
10 cherries, pitted
Juice from one lemon
1 ounce brown sugar

In a medium bowl, mix the yogurt and vanilla together. Set aside.

Peel and clean all the fruit. Cut bananas and papaya into one-inch cubes. Place fruit on four skewers, alternating each type of fruit.

Squeeze each kabob with fresh lemon juice and lightly coat each skewer with brown sugar. Grill skewers until the fruit is warm.

Serve with yogurt mixture.

Nutrition Information per Serving (1 skewer):

Calories 100, Total Fat 0.5g, Saturated Fat 0g, Cholesterol less than 5mg, Sodium 30mg, Carbohydrates 21g, Fiber 2g, Protein 3g

Mousse a la Banana

Servings: 4 (1/2 cup servings)

This creamy dessert is low in saturated fat, cholesterol and sodium.

2 Tbsp low fat (1%) milk
4 tsp sugar
1 tsp vanilla
1 medium banana, cut in quarters
1 cup plain non-fat yogurt (can also use vanilla yogurt and omit vanilla extract)
8 1/2-inch banana slices

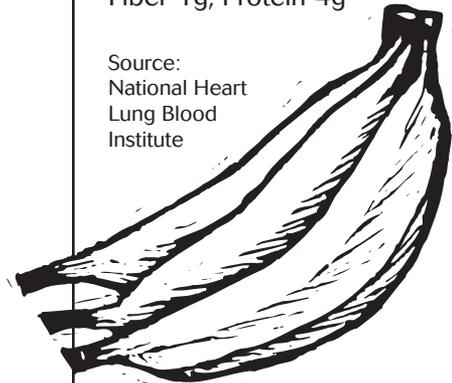
Place milk, sugar, vanilla, and banana in blender or food processor. Process at high speed until smooth, about 15 seconds.

Pour mixture into a small bowl; fold in yogurt. Chill.

Spoon into 4 dessert dishes; garnish each with 2 banana slices just before serving.

Nutrition Information per Serving:
Calories 110, Total fat 0g, Saturated fat 0g, Cholesterol 4 mg, Sodium 40mg, Carbohydrates 23g, Dietary Fiber 1g, Protein 4g

Source:
National Heart
Lung Blood
Institute



Fall Poached Pears

Servings: 2

Apples aren't the only elegant fall fruit. This is a simple recipe for delicious poached pears.

2 small firm-ripe Bosc or Bartlett pears (about 6 ounces each)
2 cups cranberry-raspberry juice cocktail
1/4 cup sugar
2 bay leaves
2 whole cloves
1 tsp julienne orange zest

Core pears from blossom ends with melon-ball scoop and peel, leaving stems intact.

In a 2-quart saucepan simmer pears in juice with remaining ingredients, uncovered, turning occasionally, 10 to 15 minutes, or until pears are tender but still hold their shape. Transfer pears to a plate with a slotted spoon, reserving poaching liquid, and chill in freezer 15 minute.

While pears are chilling, boil reserved liquid until reduced to about 1 cup. Pour liquid into a bowl and put bowl in a larger bowl of ice and cold water. Stir liquid until cooled lightly.

Serve pears in shallow bowls with some poaching liquid and garnished with bay leaves. (Do not eat bay leaves.)

Nutrition Information per Serving:
Calories 368, Carbohydrates 94mg,
Protein 1g, Fat 1 g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 6mg,
Fiber 5g



Cherry Oatmeal Crisp

Servings: 8

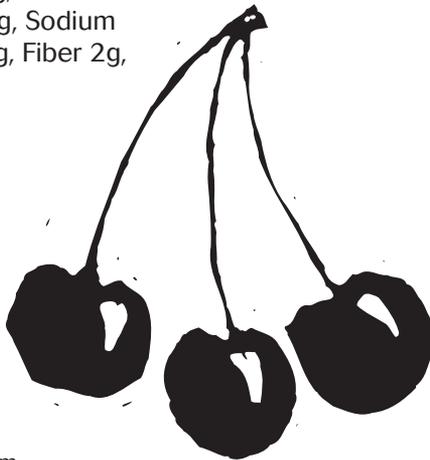
1 pound sweet cherries, pitted
2 Tbsp lemon juice
1/4 cup sugar
1/2 tsp cinnamon
1/2 cup old fashioned oatmeal
2 Tbsp whole wheat flour
2 Tbsp brown sugar

Preheat oven to 350°. Combine cherries, lemon juice, sugar, and half the cinnamon in a large mixing bowl. Mix thoroughly, and transfer to a lightly greased 8" square baking dish. Set aside.

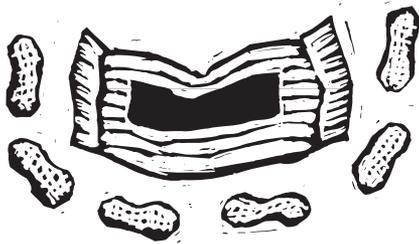
Combine oats, remaining cinnamon, flour, and brown sugar in another bowl. Mix thoroughly. Sprinkle over cherry mixture. Bake 40 minutes until top is lightly browned.

SMART IDEA: Serve with non-fat vanilla frozen yogurt for a cool treat!

Nutrition Information per Serving:
Calories 110, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Carbohydrate 24g, Fiber 2g, Protein 2g



Source: Apples for Health.com



SNACKS

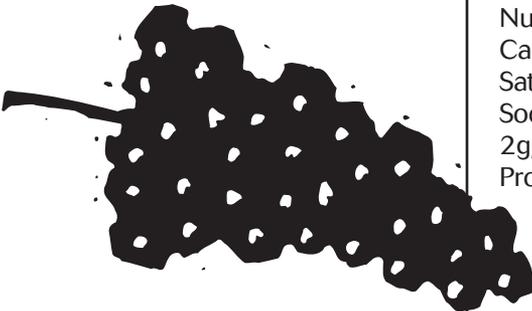
Quick & Easy Snacks

- Dry cereal, such as Cheerios or Oatmeal Squares. Avoid cereals high in added sugar and fat.
- Chopped veggies, such as carrots and celery, dipped in low-fat salad dressing
- Pretzels or air-popped popcorn
- Toast with 1 Tbsp of peanut butter and fruit spread
- Dried fruit: figs, raisins, dates, apples or apricots
- Canned fruit in light syrup or water
- Handful of nuts

Fun Fruit Swirl

Servings: 1

Chop 2-3 of the following fruits: banana, berries, pineapple, melon, peaches, grapes or kiwi. Toss with 2 Tbsp of chopped walnuts, a squirt of lemon or orange juice, and 1 cup of lite whipped cream or flavored yogurt. Serve right away.



Sweet Pea Mockamole

Servings: 12

Delicious and slightly sweet dip to serve with tortilla chips, crackers or fresh veggies. Ready in minutes!

1 cup frozen green peas, thawed and drained
1 tsp ground cumin
3 Tbsp chopped onion
1 large clove garlic, chopped
1 Tbsp lemon or lime juice
1 Tbsp extra virgin olive oil
1/2 tsp red pepper flakes, or to taste
Salt and ground black pepper to taste

Combine the peas, cumin, onion, and garlic in the container of a food processor or blender. Process until smooth.

Add lemon juice and olive oil, and process just to blend.

Taste and season with red pepper flakes, salt and pepper.

Blend for just a few more seconds, and transfer to a serving bowl. Serve with chips, crackers, or fresh veggies.

Nutrition Information per Serving:
Calories 20, Total Fat 1.5g,
Saturated Fat 0g, Cholesterol 0mg,
Sodium 60mg, Total Carbohydrates
2g, Dietary Fiber less than 1g,
Protein less than 1g

Chips & Salsa

Learn why it's just as easy to make great salsa as it is to buy it with this delicious recipe. Serve with seasoned chips for the ultimate party snack.



Classic Chile & Tomato Salsa

4 large tomatoes, chopped
1 onion, chopped
1/2 cup chopped fresh cilantro
3 cloves garlic, minced
1 Tbsp lime juice
1 tomatillo, diced (optional)
Salt to taste
1 jalapeno pepper, minced

In a medium-size mixing bowl, combine tomatoes, onion, cilantro, garlic, lime juice, tomatillo, and salt to taste. Mix well. Add half the jalapeno pepper and taste.

If you desire your salsa with more of a kick, add the remaining 1/2 jalapeno. If you are satisfied with the salsa's heat, do not add the remaining jalapeno pepper.

Cover the salsa, and chill until ready to serve.

Nutrition Information per Serving:
Total Fat 0.8g Saturated Fat 0.1g
Cholesterol 0mg Sodium 20mg,
Carbohydrates 12.8g Dietary Fiber
3g Protein 2.3g Sugars 7g

Seasoned Baked Chips

1-12 ounce package corn tortillas
1 Tbsp vegetable oil
3 Tbsp lime juice
1 tsp ground cumin
1 tsp chili powder
1 tsp salt

Preheat oven to 350 degrees F (175 degrees C). Cut each tortilla into 8 chip sized wedges and arrange the wedges in a single layer on a cookie sheet.

In a mister, combine the oil and lime juice. Mix well and spray each tortilla wedge until slightly moist.

Combine the cumin, chili powder and salt in a small bowl and sprinkle on the chips.

Bake for about 7 minutes. Rotate the pan and bake for another 8 minutes or until the chips are crisp, but not too brown.

Nutrition Information per Serving:
Total Fat 5.8g, Saturated Fat 0.6g,
Cholesterol 0mg, Sodium 724mg,
Total Carbohydrates 40.8g, Dietary
Fiber 4.7g, Protein 5g, Sugars 0.9g

Fresh Mushroom Pâté

Makes about 2 cups

This spread can be made with almost any kind of mushroom. Freezes well, too!

- 1 cup chopped onion
- 1 clove garlic, pressed
- 1 Tbsp. olive oil
- 1/2 lb. fresh shiitake, button or other kind of mushrooms, chopped (about 4 cups)
- 1 tsp. soy sauce
- 1 tsp. savory
- 1/2 tsp. thyme
- 1/4 tsp. nutmeg
- 1/8 tsp. black pepper

Sauté the onion and garlic in the olive oil. When the onion starts to soften, add the shiitake mushrooms and cook over low heat for about 5 minutes. Add the remaining ingredients and simmer about 10 more minutes over low heat.

Purée all the ingredients together in a food processor or blender. Serve hot or cold on sliced baguette or crackers.

Nutrition Information per Serving: Calories 60, Total Fat 4g, Saturated Fat 0g, Cholesterol 0mg, Sodium 50mg, Carbohydrates 7g, Fiber 2g, Protein 2g

Peanut-Oat Munch

Servings: 2

- 1/2 cup dry oats
- 1 Tbsp maple syrup
- 1 tsp peanut butter
- 1 Tbsp roasted peanuts
- 1/4 cup raisins

In a small saucepan mix the oats, maple syrup, and peanut butter thoroughly, until the oats are evenly coated with everything. Turn off heat. Stir in the peanuts and raisins. Eat warm!

Nutrition Information per Serving: Calories 290, Total Fat 6g, Saturated Fat 1g, Cholesterol 0mg, Sodium 30mg, Carbohydrates 49g, Fiber 6g, Protein 9g

A Handful of Good Nut-rition!!

Nuts are packed full of nutrients and healthy unsaturated fats. Eat a variety and mix it up!

Just be sure to stop at a handful, because nuts are also loaded with calories!



APPETIZERS

Zesty Red Bean Dip and Vegetables

Serves 4

Whether you're entertaining friends or family or snacking at home or work, this dip is sure to please. The red beans contain cancer-fighting anthocyanins and count toward your daily '5 to 9' servings of fruits and vegetables. Including the green bell pepper "bowl," this recipe delivers two 5 A Day servings per person.

Dip:

- 1 15-ounce can dark red kidney beans, undrained
- 1/4 tsp garlic salt
- 1/4 tsp black pepper
- 1/4 tsp cumin
- 1/4 cup fresh dill, roughly chopped
- Dash hot sauce
- 1/4 cup plain, low-fat yogurt
- 1 green bell pepper, hollowed out (with top and seeds removed)
- 1 medium bell pepper, seeded and sliced into strips
- 1/2 cup grape tomatoes
- 1/2 cup mini carrots
- 1/2 cup bite-sized broccoli florets

Discard two tablespoons of liquid from the can of beans. Puree remaining liquid and beans, salt, pepper, cumin and hot sauce in a blender. Stir in yogurt, and empty the puree into hollowed-out bell pepper. Set pepper in the center of a medium plate or shallow bowl, and surround with bell pepper, grape tomatoes, carrots and broccoli florets. Serve.

Optional: To bring out more color and flavor in the broccoli florets, blanch and shock them before serving: Bring $\frac{1}{2}$ cup of water to boil in a small pan. Add broccoli florets and cover. Steam on high heat for 2 minutes. Meanwhile, prepare a small bowl of ice water. Remove the broccoli florets from the boiling water and place them in the ice water. Drain and serve.

Nutritional Information per serving: Calories 134, Total Fat 1g, Saturated Fat less than 1g, Carbohydrate 24g, Protein 8g, Cholesterol Less than 1mg, Sodium 455mg, Fiber 7g

Savory Onion Dip

Makes 3/4 cup

Prep Time: 20 minutes

This dip packs a wallop of flavor! Serve with nutrient-packed veggies for an easy and healthy snack – baby carrots, cauliflower or broccoli pieces, bell pepper slices or asparagus spears – to name just a few...

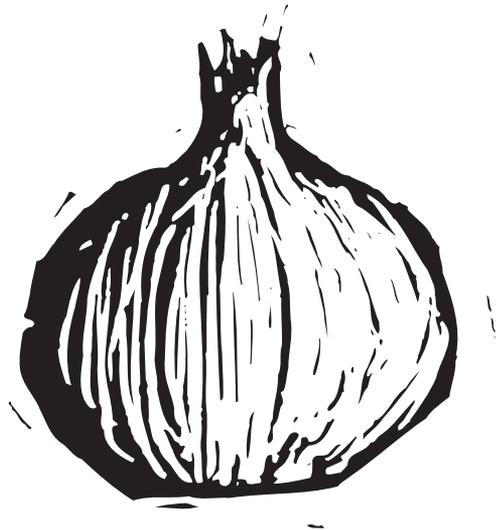
- 1 cup soft tofu
- 1 Tbsp extra virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, smashed and peeled
- 1 Tbsp red wine vinegar
- 1 Tbsp chopped fresh parsley
- 1/2 tsp salt
- 1/4 tsp pepper

Line a colander with several thicknesses of paper towel. Place tofu in colander and drain for 5 to 10 minutes to remove excess water.

Meanwhile, in medium skillet, heat oil over medium heat. Add onion and cook, stirring 8 to 10 minutes, or until golden. Add garlic and cook, stirring, 3 minutes or until garlic just begins to brown. Remove from heat.

Place sautéed onions and garlic in food processor or blender and process until almost smooth. Add drained tofu and process until smooth. Add vinegar, parsley, salt, and pepper and process 2 to 3 seconds until just blended.

Nutrition Facts Per tablespoon:
20 calories, 1.5g total fat, 0g saturated fat, 1g protein, 1g carbohydrate, 0mg cholesterol, 110mg sodium



Vegetable Spring Rolls

Servings: 4

Spring Roll Ingredients:

1 oz bean thread noodles
(cellophane noodles)
1 Tbsp seasoned rice vinegar
4 (8-inch) rice-paper rounds, plus
additional in case some tear
2 red-leaf lettuce leaves, ribs cut
out and leaves halved
1/4 cup fresh mint leaves
1/4 cup fresh basil leaves
(preferably Thai)
1/2 cup thinly sliced Napa cabbage
1/4 cup fresh cilantro leaves
1/3 cup coarsely shredded carrot
(1 medium)

Dipping Sauce Ingredients:

1/4 cup soy sauce
1/4 cup fresh lime juice
2 Tbsp water
2 garlic cloves, minced into paste
with 1/2 tsp salt
2 Tbsp sugar
1-2 inch fresh red or green chili,
seeded and minced (wear rubber
gloves), or 1/4 teaspoon dried hot
red pepper flakes, or to taste

Spring Roll Directions:

Cover noodles with boiling-hot
water and soak 15 minutes, then
drain well in a sieve. Pat dry
between paper towels and toss
with vinegar and salt to taste.

Put a double thickness of paper
towel on a work surface and fill a
shallow baking pan with warm
water. Soak 1 rice-paper round
(make sure there are no holes) in
warm water until pliable,

30 seconds to 1 minute, then
transfer to paper towels.

Arrange 1 piece of lettuce on
bottom half of soaked rice paper,
folding or tearing to fit and leaving
a 1-inch border along edge. Spread
one fourth of peanut sauce over
lettuce and top with one fourth
each of mint, basil, cabbage, and
noodles. Roll up rice paper tightly
around filling and, after rolling
halfway, arrange one fourth of
cilantro and carrot along crease.
Then fold in sides and continue
rolling. Transfer summer roll to a
plate and cover with dampened
paper towels.

Make 3 more rolls in same manner.
Serve rolls halved on the diagonal
or cut into more pieces for larger
parties.

Cooks' note:

Spring rolls may be made 6 hours
ahead and chilled, wrapped in
dampened paper towels in a sealed
plastic bag. Bring rolls to room
temperature before halving and
serving.

Dipping Sauce Directions:

In a small bowl stir together the
soy sauce, the lime juice, the water,
the garlic paste, the sugar, and the
chili.

Nutrition Information per Serving:

Calories 53, Carb. 11 gm, Protein
2 gm, Fat 0 gm, Sat. Fat 0 gm, Chol.
0 mg, Sodium 1015 mg, Fiber 1
gm, Calcium 36 mg, Iron 1 mg

Spiced Potato Skins

Serving size: 24

Did you think you couldn't have the best snack foods without the fat? Think again. Baking is a great way to eliminate the fat while keeping all the great taste of your favorite snacks.

- 4 large russet potatoes
- 1/4 cup olive oil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 1/2 tsp chili powder
- 1 1/2 tsp curry powder
- 1 1/2 tsp ground coriander seed

Preheat the oven to 400 degrees F (200 degrees C).

Bake the potatoes for 1 hour. Remove the potatoes from the oven, but keep the oven on. Slice the potatoes in half lengthwise, and let them cool for 10 minutes. Scoop out most of the potato flesh, leaving about 1/4 inch of flesh against the potato skin (you can save the potato flesh for another use, like mashed potatoes)

Cut each potato half crosswise into

3 pieces. Place the olive oil in a small cup. Dip each potato piece into the olive oil and place it on a baking sheet. Repeat this with the remaining potato pieces

Combine the salt and the spices and sprinkle the mixture over the potatoes. Bake the potato skins for 15 minutes or until they are crispy and brown. Serve them immediately.

Nutrition Info per serving size:
Calories 45, Carbohydrates 5g,
Protein 0g, Fat 2g, Saturated Fat 0g,
Cholesterol 0mg, Sodium 101mg, Fiber 0g



Additional Resources and Information

Below are toll-free phone numbers for requesting additional information:

American Heart Association
1-800-AHA-USA1 (242-8721)

American Stroke Association
1-888-4-STROKE
or 1-888-478-7653

American Cancer Society
1-800-ACS-2345

American Diabetes Association
1-800-DIABETES (1-800-342-2383).

Have access to the web?

Check out these additional online resources:

WebMD – everything and anything you need to know about health

5 A Day – by the Produce for Better Health Foundation

Mayo Clinic – Reliable Information for a healthier life

NOTES

NOTES



CONTACT INFORMATION

The Meatless Monday Campaign, Inc.
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