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Healthy for Good™

10 Under 10: Easy Winter Meals (and More!)

10 Recipes for Under \$10 with
10 Ingredients (or Less!)



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MAKE EVERY BITE A MEDITATION

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start! It's not about dieting or restrictions – it's about taking a moment to take it in.

Try these easy ways to incorporate mindful eating into your day, so you can Eat Smart at every meal:



Ponder: Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.



Appraise: Take a moment to take it in. How does it smell? Do you really want it? Is it more than you need?



Slow: Slow down so your brain can keep up with your stomach. Put your fork down between bites and focus on the flavor.



Savor: Enjoy your food. Take a moment to savor the satisfaction of each bite – the taste, texture, everything!



Stop: Stop when you're full – there's no need to join the clean plate club if it means overeating.

Try one or more of these tactics to help you eat more mindfully.
And for more ways to be Healthy for Good, visit [heart.org/HealthyForGood](https://www.heart.org/HealthyForGood).

Mindful Eating: Savor the Flavor

Before sampling all the hors d'oeuvres or finishing off an overfilled plate at your next family gathering or party, take a minute to focus on the food. Paying close attention to food and how it makes your body feel can help you make better eating decisions.

Mindful eating is a thoughtful approach to consuming your food. It means that you concentrate on nourishing your body and savoring what you eat. With the fast pace of our lives today, we often treat eating as a duty or a task. We eat distractedly: at our desks while scanning emails, while watching TV and while checking our cell phones, to name a few. Mindful eating teaches us to slow down and focus on our eating experience.

Mindful eating practices

Reflect. Even before you pick up a fork, take a few minutes to ask yourself: "Am I hungry?" "Why am I wanting to eat?" "Where am I eating?" "What am I eating?" This sense of mindfulness may help you enjoy what's on your plate even more and increase your well-being.

Connect. Next, connect with your body and your food. Recognize your hunger signs. Appreciate your food with each of your senses. How does it look? Smell? Taste? Eat slowly to give your brain time to register fullness.

Protect. Finally, protect your eating time and space. Focus on eating rather than multitasking. Reserve some mealtimes to share with family and friends. Think of your health and stop eating when you are satisfied.

Five mindful eating techniques

1. When going to a family gathering or party, arrive pleasantly hungry but not starving. Otherwise, you may eat too quickly and become overfull before your stomach has time to tell your brain you are satisfied.
2. Start with half as much food on a plate as you normally would. Then, check in with your body to see if you really want more.
3. Stand away from where the food is stationed at a party or family gathering when chatting with others to minimize the temptation to mindlessly eat.
4. Forgo the more routine foods, like crackers or rolls, and opt for foods that you don't enjoy often or will be more satisfying.
5. Make a conscious decision about **whether to drink alcohol and how much**. Too much alcohol can make it more difficult to practice mindful eating.

Mindful Eating Benefits Can Provide

a reduction...

- in calorie intake and accompanying weight loss or maintenance
- of stress
- in binge eating and the negative emotions associated with it
- in digestive problems

an increase...

- in self-awareness
- in meal planning and the selecting of healthier options
- in enjoyment of the food you eat



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Gratitude is good medicine

A regular gratitude practice can make you healthier and lead to:



Better mood



Better sleep



Lower blood pressure



Improved immune function



Pair it up

Do your gratitude right after something else you do every day, like brushing your teeth or eating lunch. This makes the habit stick.

How to start a gratitude habit

Soak it in

Savor those grateful feelings and feel good about yourself. If you enjoy your new habit, you're more likely to stick with it!



Repeat daily to build a habit!



Jot it down

Grab some paper or a notebook you already have, nothing fancy. Then, just write down anything you feel grateful for.

"I don't know what to be grateful for!"

It doesn't have to be Thanksgiving-level to count. Focus on anything simple like:

“For the clouds”

“For my heart that keeps beating”

“For my friend”

“For this sandwich”

“For this day”



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WILLPOWER UP!

It turns out that willpower may be a finite resource, so it's no wonder you're more likely to bend to temptation later in the day.

Try a few of these tips to build up your willpower so you can keep positive habits going strong.

Arrange your environment.

- **Clean:** Get rid of your temptations, so you don't have to resist them.
- **Commit:** Make plans with a friend who can hold you accountable.
- **Optimize:** Time tasks so they align with your willpower – like grocery shopping when you're already full.

Boost your willpower in the moment.

- **Postpone:** Say "not now, maybe later" to get the devil off your shoulder when you're tempted.
- **Distract:** Give your impulse a chill pill by focusing on something else for a few minutes.
- **Hide:** Remove the temptation from plain sight or remove yourself from the situation.

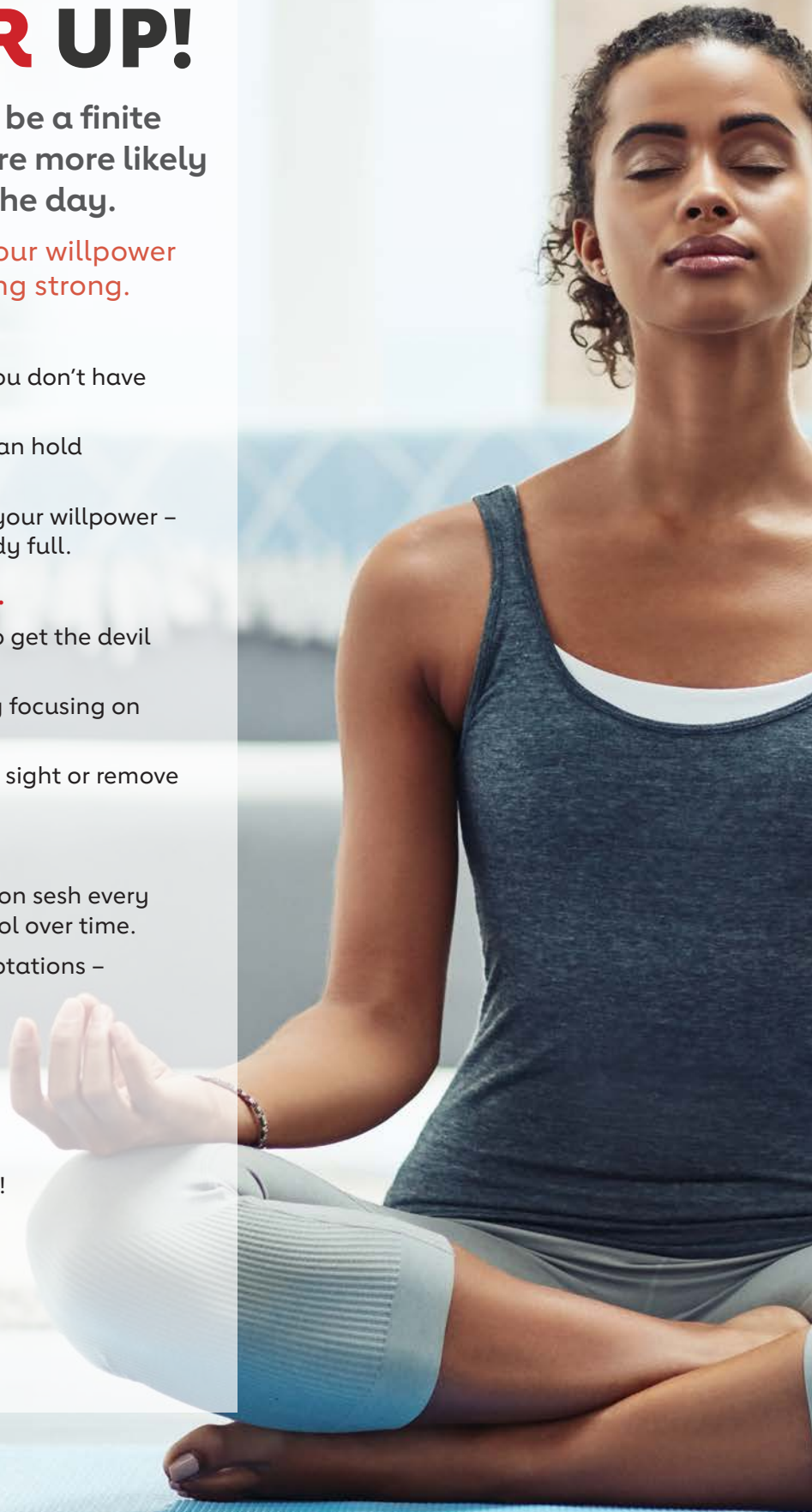
Strengthen your ongoing willpower.

- **Meditate:** A 10-minute mindful meditation sesh every morning can help improve impulse control over time.
- **Sleep:** Think of rest as a shield from temptations – the more you sleep, the stronger it gets.
- **Stop Swearing:** Changing a speech pattern, like avoiding expletives, can help you learn to extend your willpower.

Excuse your setbacks.

- **Forgive Yourself:** You're human, after all! Give yourself a break when you deviate from the path, and you'll be more likely to get back on it.

Get more wellness tips at
heart.org/HealthyForGood.





CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you **Eat Smart**. When you see it, you can be confident that a product aligns with the **American Heart Association's recommendations** for an overall healthy eating pattern.

The Heart-Check mark makes it easy for you to find heart-healthy foods at the grocery store. So, look for the Heart-Check mark when shopping for foods for you and your family, and if you don't see it, ask your grocer. Want to know if your favorite foods or brands are certified? Check out our **Heart-Check Certified Product List**.

**Hundreds of products carry the Heart-Check mark.
Look for the Heart-Check wherever you shop.**


TO LEARN MORE, VISIT heart.org/heartcheck.

About the Recipes

The recipes in this booklet are designed to help you easily put healthy food on the table for your family. The recipes fall into at least one of the following categories:

- Seasonal
- Kid-friendly
- Cooks in 30 minutes or less
- One-pot dish
- Set it and forget it
- Budget-friendly
- Pantry-friendly
- Cook once, eat twice
- Freezer-friendly

Each recipe:

- uses 10 ingredients or less, not including cooking spray, salt, pepper, water or optional ingredients.
- allows you and your family to eat healthy for about \$2.50 or less per serving, not including cooking spray, salt, pepper, water or optional ingredients. A few recipes are more than \$10 because they serve more than four. These recipes allow you to serve more people, have extra for during the week or freeze for a later use. To keep the total of these recipes to \$10 or under, reduce the quantity of each ingredient by half, resulting in fewer servings.
- provides times for prepping, cooking and more to help you plan meals. No recipe takes more than 20 minutes to prep.
- has at least one accompanying video. Look for the  at the end of the recipes. Click on the links to watch the recipe being made or to learn or review a cooking skill that corresponds to that particular dish.

The following guidelines will give you some details on how the nutritional analyses were calculated.

- Because of the many variables in analyzing recipes, the serving sizes and nutritional values should be considered approximate.
- Each analysis is for a single serving.
- Garnishes or optional ingredients aren't included in the analyses.
- When more than one ingredient option is listed, the first one is analyzed.
- Fat values in the analyses are rounded to the nearest half gram. Because of the rounding, values for saturated, trans, monounsaturated and polyunsaturated fats may not add up to the amount shown for total fat value.
- Meats are analyzed as lean, with all visible fat discarded.
- If alcohol is used in a cooked dish, we estimate that most of the alcohol calories evaporate as the food cooks.
- We use the abbreviations "g" for gram and "mg" for milligram.



APPETIZER

Guacamole Deviled Eggs



SERVES
9



COOK TIME
5 minutes



COST PER SERVING
about \$0.35



STAND TIME
10 minutes



PREP TIME
20 minutes



TOTAL TIME
35 minutes

Ingredients

- 9 large eggs
- 1 medium avocado, halved and pitted
- 1-2 Italian plum (Roma) tomatoes, seeded and finely chopped (about $\frac{1}{3}$ cup)
- $\frac{1}{4}$ cup finely chopped green onions
- 2 tablespoons fat-free sour cream
- 1-2 teaspoons finely chopped fresh jalapeños, seeds and ribs discarded (optional)
- $\frac{1}{2}$ teaspoons fresh lime juice
- $\frac{1}{4}$ teaspoon salt
- Pinch of pepper
- 1 tablespoon plus $\frac{1}{2}$ teaspoons chopped fresh cilantro (optional)

Directions

1. Add the eggs to a large pot. Fill the pot with enough water to cover the eggs.
2. Bring to a boil over high heat. As soon as the water comes to a boil, remove the pan from the heat. Cover. Let stand for 10 minutes. Drain. Transfer the eggs to a bowl filled with cold water.
3. When the eggs are cool enough to handle, remove the shells. Slice each egg in half lengthwise. Remove the yolks. Add 2 whole egg yolks to a medium bowl. (Save the remaining 7 egg yolks for another use.) Place the egg white halves on a platter.
4. Using a spoon, scoop the avocado into the bowl with the egg yolks. Using a fork, mash together.
5. Stir in the tomatoes, green onions, sour cream, jalapeño, lime juice, salt and pepper.
6. Using a teaspoon or small (1-inch) portion scoop, place the avocado mixture into each egg white half, dividing the mixture equally. Sprinkle each with $\frac{1}{4}$ teaspoon cilantro.



Cook's Tip: For a fancy presentation, such as for a party appetizer, add the avocado mixture to a quart-size resealable plastic bag. Using kitchen scissors, snip a small hole in one of the bottom corners. Squeeze the mixture through the hole in a circular motion, creating swirls, to fill each egg white.



Cook's Tip: Be sure to remove the seeds of the tomato. Otherwise, they make the guacamole too runny.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on chopping green onions.

Nutrition Analysis (per serving)

Calories	71
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.5 g
Cholesterol	42 mg
Sodium	129 mg
Carbohydrates	3 g
Fiber	2 g
Sugars	1 g
Protein	5 g

Dietary Exchanges

1 lean meat

APPETIZER

Sweet Potato Nachos



SERVES
6



COOK TIME
20 minutes



COST PER SERVING
about \$1.56



TOTAL TIME
30 minutes



PREP TIME
10 minutes

Ingredients

Cooking spray

- 3 medium sweet potatoes (about 1 pound), peeled and thinly sliced into ¼-inch thick rounds
- 1 tablespoon olive oil
- 1½ teaspoons paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder

- ⅓ cup no-salt-added black beans, rinsed and drained
- ⅓ cup low-fat shredded Cheddar cheese
- ⅓ cup chopped tomato (1 medium Italian plum [Roma] tomato) or ⅓ cup canned no-salt-added diced tomatoes, rinsed and drained
- ⅓ cup chopped avocado

Directions

1. Preheat the oven to 425°F.
2. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
3. In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans.
4. Bake for 10 minutes. Using a spatula, turn over the sweet potatoes. Bake for 5 to 10 minutes, or until crisp.
5. Remove the pans from the oven. Sprinkle the beans and Cheddar over the sweet potatoes. Bake for 2 minutes, or until the Cheddar melts.
6. Sprinkle with the tomato and avocado.



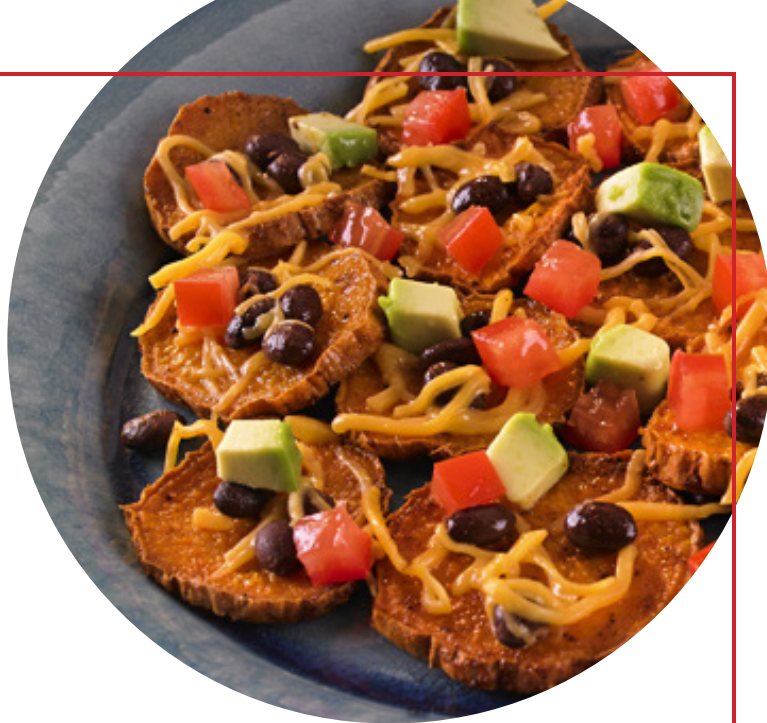
Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on working with an avocado.



Nutrition Analysis (per serving)

Calories	209
Total Fat	5.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.0 g
Cholesterol	5 mg
Sodium	194 mg
Carbohydrates	34 g
Fiber	6 g
Sugars	7 g
Protein	6 g

Dietary Exchanges

2½ starch, 3 lean meat

SEAFOOD ENTRÉE

Catfish Stew



SERVES
4



COOK TIME
30 minutes



COST PER SERVING
about \$2.50



STAND TIME
5 minutes



PREP TIME
15 minutes



TOTAL TIME
50 minutes

Ingredients

- 1 teaspoon canola or corn oil
- 1 medium green bell pepper, chopped
- 1 medium carrot, quartered lengthwise and chopped
- ½ medium onion, chopped
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup water
- 6 ounces baking potatoes, peeled and diced
- 1 teaspoon salt-free Cajun or Creole seasoning blend
- 3 catfish or other thin mild fish fillets, such as tilapia (about 4 ounces each), cut into 1-inch cubes
- 2 teaspoons light tub margarine
- ½ teaspoon salt

Directions

1. In a Dutch oven, heat the oil over medium-high heat, swirling to coat the bottom. Cook the bell pepper, carrot and onion for 3 minutes, or until the onion is soft, stirring frequently. Stir in the tomatoes with liquid, water, potato and seasoning blend. Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes, or until the potato pieces are tender.
2. Gently stir in the fish. Cook, covered, for 5 minutes, or until the fish flakes easily when tested with a fork. Remove from the heat.
3. Gently stir in the margarine and salt, being careful not to break up the fish. Let stand, covered, for 5 minutes so the flavors blend. Ladle into soup bowls.



Cook's Tip: If you have difficulty finding salt-free Cajun or Creole seasoning, you can easily make your own no-sodium variety. In a small bowl, stir together ½ teaspoon each of chili powder, ground cumin, onion powder, garlic powder, paprika, pepper and, if you wish, ⅛ teaspoon of cayenne (this makes just over 1 tablespoon of the blend). While you have the ingredients out, you may want to double or triple the amounts and keep the extra blend in an airtight container with a shaker top so you can easily sprinkle some on seafood, poultry, meat and vegetables.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking skills video** on chopping bell peppers.

Nutrition Analysis (per serving)

Calories	172
Total Fat	3.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.0 g
Cholesterol	36 mg
Sodium	371 mg
Carbohydrates	16 g
Fiber	3 g
Sugars	6 g
Protein	19 g

Dietary Exchanges

2½ lean meat, 1 vegetable, ½ starch

POULTRY ENTRÉE

Chicken Gumbo



SERVES
4



COST PER SERVING
about \$2.50



PREP TIME
5 minutes (add
5 minutes if starting
with raw chicken)



COOK TIME
25 minutes (add 25
minutes if starting
with raw chicken)



TOTAL TIME
30 minutes
(1 hour starting with
raw chicken)



Ingredients

- 3 cups fat-free, low-sodium chicken broth
- 16 ounces frozen gumbo-mix vegetables, thawed, or 16 ounces frozen cut okra (without seasoning or sauce)
- 2 cups shredded cooked chicken breast, cooked without salt, all visible fat discarded (see **Cook's Tip**)
- 1 15.5-ounce can no-salt-added butter beans or no-salt-added red kidney beans, rinsed and drained
- 1 15.25-ounce can no-salt-added whole-kernel corn, rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 2-3 teaspoons salt-free Cajun or Creole seasoning blend
- 1 8.8-ounce pouch brown rice or 1 cup uncooked instant brown rice

Directions

1. Put the broth, vegetables, chicken, beans, corn, tomatoes and seasoning blend in a large pot.
2. Bring to a boil over high heat. Reduce the heat to medium. Simmer, covered, for 15 minutes.
3. Meanwhile, prepare the rice using the package directions. Put the rice into bowls. Ladle the gumbo over the rice. Serve immediately.



Cook's Tip: Rice will soak up a lot of a soup's or stew's liquid, so always add it just before serving.



Cook's Tip: Store-bought rotisserie chickens are a quick option when you need cooked chicken, but they most likely will cost more than if you cooked chicken at home. It may also be higher in sodium, depending on how it was prepared. When shopping for a rotisserie chicken, check the Nutrition Facts label and ingredients list. If they aren't on the packaging, ask the deli manager for the information. Stores with 20 or more locations must make the information available to consumers.



Cook's Tip: When a recipe, such as this one, calls for cooked chicken and you don't have any on hand, try poaching boneless, skinless chicken breasts. For this recipe, in a large saucepan or Dutch oven, bring

1½ cups of water or low-sodium chicken broth to a boil over high heat. Reduce the heat and simmer, covered, for 5 minutes. Put three boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, in the water. If necessary, add enough hot water to barely cover the chicken. Increase the heat to medium high and return to a simmer. Reduce the heat and simmer, partially covered, for 8 minutes, or until the chicken is no longer pink in the center.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on trimming the fat off chicken.

Nutrition Analysis (per serving)

Calories	432	Carbohydrates	64 g
Total Fat	5.0 g	Fiber	10 g
Saturated Fat	1.0 g	Sugars	10 g
Trans Fat	0.0 g	Protein	34 g
Polyunsaturated Fat	1.0 g	Dietary Exchanges	
Monounsaturated Fat	1.5 g	3 starch, 3 vegetable, 3 lean meat	
Cholesterol	63 mg		
Sodium	557 mg		

POULTRY ENTRÉE

Mexican Chicken Soup

 **SERVES**
6

 **COOK TIME**
30 minutes

 **COST PER SERVING**
about \$2.25

 **TOTAL TIME**
50 minutes

 **PREP TIME**
20 minutes



Ingredients

- 2 teaspoons canola, corn or olive oil (extra virgin preferred)
- 1 large onion, chopped
- 1 medium red or green bell pepper, chopped
- 1 medium fresh jalapeño, seeds and ribs discarded, diced (optional)
- 2 teaspoons ground cumin
- 2 medium garlic cloves, minced, or 1 teaspoon garlic powder
- 5 cups fat-free, low-sodium chicken broth
- 1½ pounds boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch cubes
- 1 15.5-ounce can no-salt-added kidney beans, rinsed and drained
- 1 15.25-ounce can no-salt-added whole-kernel corn, rinsed and drained
- 1 large tomato, diced
- ½ cup chopped fresh cilantro and sprigs of fresh cilantro (optional)

Directions

1. In a large saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, bell pepper and jalapeño for 5 minutes, or until the onion is soft and the bell pepper and jalapeño are tender-crisp. Stir in the cumin and garlic. Cook for 1 minute.
2. Stir in the broth. Increase the heat to high and bring to a rapid simmer. Stir in the chicken. Cook for 5 minutes, or until no longer pink in the center. Stir in the beans, corn, tomato and chopped cilantro. Cook, covered, over medium heat for 10 minutes.
3. Garnish with the remaining sprigs of cilantro. Serve immediately.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on chopping a jalapeño.

Nutrition Analysis (per serving)

Calories	281
Total Fat	5.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	1.5 g
Cholesterol	73 mg
Sodium	204 mg
Carbohydrates	27 g
Fiber	8 g
Sugars	6 g
Protein	33 g

Dietary Exchanges


4 lean meat, 1 vegetable, 1½ starch


POULTRY ENTRÉE


Slow Cooker Chicken Teriyaki



 **SERVES**
8

 **COOK TIME**
6 to 8 hours on low
OR
3 to 4 hours on high

 **COST PER SERVING**
about \$1.95

 **TOTAL TIME**
6 to 8 hours and
20 minutes **OR**
3 to 4 hours and
20 minutes

 **PREP TIME**
20 minutes

Ingredients

- 2 pounds boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch cubes
- 2 20-ounce cans pineapple chunks in their own juice, undrained
- 2 cups baby carrots
- 2 medium red and/or green bell peppers, chopped
- 1 medium red onion, chopped
- ½ cup soy sauce (lowest sodium available)
- ¼ cup plain rice wine vinegar
- 2 tablespoons honey
- 2 medium garlic cloves, minced
- 1 1-inch piece grated peeled gingerroot
- ½ teaspoon pepper

Directions

1. Put the chicken in a 5- to 7-quart slow cooker.
2. In a small bowl, stir together the remaining ingredients. Pour over the chicken.
3. Cook, covered, on low for 6 to 8 hours or high for 3 to 4 hours, or until the chicken is no longer pink in the center and the vegetables are tender.



Cook's Tip: To make ahead of time and freeze for a later use, prepare the ingredients as directed. Then, divide the mixture between two 1-gallon resealable plastic freezer bags. Place the bags flat in the freezer. When ready to cook, thaw the bags overnight in the refrigerator. Pour the contents of the bags into a slow cooker. Cook as directed.



Cook's Tip: Serve with brown rice or over brown rice noodles.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking skills video** on peeling gingerroot.

Nutrition Analysis (per serving)

Calories	263
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	73 mg
Sodium	548 mg
Carbohydrates	32 g
Fiber	3 g
Sugars	27 g
Protein	26 g

Dietary Exchanges

2 fruit, 1 vegetable, 3 lean meat

POULTRY ENTRÉE

Slow Cooker Thai Soup



SERVES
12



COST PER SERVING
about \$1.14



PREP TIME
15 minutes



COOK TIME
8 hours on low AND
20 minutes on high
OR
4 hours and 20 minutes
on high



TOTAL TIME
8 hours and 35 minutes
OR
4 hours and 35 minutes



Ingredients

- 2 pounds boneless, skinless chicken breasts, all visible fat discarded (aim for 2 1-pound chicken breasts)
- 1 pound button mushrooms, sliced
- 14.4 ounces frozen onion-and-pepper stir-fry mix
- 4 cups fat-free, low-sodium chicken broth
- ½ 13.5-ounce can lite coconut milk
- 10 ounces frozen green peas
- 4 ounces dried medium Asian rice stick noodles or vermicelli brown rice noodles, broken in half
- ½ cup chopped fresh basil or cilantro leaves
- 2 tablespoons fresh lime juice
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon salt
- ¼ teaspoon pepper (freshly ground preferred)
- Asian hot sauce, such as Sriracha, to taste (optional)

Directions

1. Put the chicken in a 5- to 7-quart slow cooker. Spread the mushrooms and stir-fry mix over the chicken. Pour the broth and coconut milk over all. Cook, covered, on high heat for 4 hours or on low heat for 8 hours, or until the chicken is tender and no longer pink in the center.
2. Using tongs, transfer the chicken to a cutting board. Quickly stir in the peas, noodles (make sure the noodles are mostly submerged in the liquid), basil, lime juice, red pepper flakes, salt and pepper. Re-cover the slow cooker. If using the low setting, change it to high. Cook, covered, for 20 minutes, or until the noodles have softened.
3. Meanwhile, carefully cut the chicken into bite-size pieces. When the soup has finished cooking, stir in the chicken. Ladle the soup into bowls. Serve with the hot sauce.



Cook's Tip: When using a slow cooker, make sure the ingredient that needs to be cooked the longest, such as meat, is placed on the bottom, which is closest to the heat source.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on making homemade chicken broth.

Nutrition Analysis (per serving)

Calories	171
Total Fat	3.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	48 mg
Sodium	191 mg
Carbohydrates	15 g
Fiber	2 g
Sugars	4 g
Protein	20 g

Dietary Exchanges


1 starch, 2½ lean meat

MEAT ENTRÉE

One-Dish Beefy Rice Casserole with Black-Eyed Peas

 **SERVES**
8

 **COOK TIME**
1 hour and 45 minutes

 **COST PER SERVING**
about \$1.95

 **TOTAL TIME**
1 hour and 55 minutes

 **PREP TIME**
10 minutes



Ingredients

- 6 cups shredded cabbage or 16 ounces coleslaw mix
 - 1 cup uncooked brown rice
 - 1 pound extra-lean ground beef
 - 1 10-ounce can no-salt-added diced tomatoes, drained
 - 1 4- to 4.5-ounce can diced green chiles
 - 1 14.5-ounce can fat-free, low-sodium beef broth
 - 1 15.5-ounce can no-salt-added black-eyed peas or any no-salt-added beans, such as pinto, rinsed and drained
- Pepper to taste

Directions

1. Preheat the oven to 350°F.
2. In a large ovenproof pot, layer as follows: cabbage, rice, beef, tomatoes and green chiles. Pour the beef broth over all.
3. Cook, covered, for 1 hour 40 minutes, stirring after 40 minutes. Continue cooking, covered, until the rice is tender and the liquid is absorbed. Remove from the oven. Stir in the black-eyed peas and pepper.



Cook's Tip: If your ovenproof pot doesn't have a lid, cover it with aluminum foil.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on chopping cabbage.

Nutrition Analysis (per serving)

Calories	229
Total Fat	4.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	31 mg
Sodium	334 mg
Carbohydrates	30 g
Fiber	4 g
Sugars	2 g
Protein	18 g

Dietary Exchanges

1½ starch, 1 vegetable, 2 lean meat

VEGETARIAN ENTRÉE

Slow Cooker Borracho Beans



SERVES
8



COOK TIME
8 hours on high



COST PER SERVING
about \$0.75



TOTAL TIME
9 hours and 15 minutes
OR
16 to 20 hours and
15 minutes



SOAK TIME
1 hour (quick-soak
method)
OR
8 to 12 hours
(long-soak method)



Ingredients

- 1 pound dried pinto beans, sorted for stones and shiveled beans, rinsed and drained
- 3 cups water
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 12 ounces beer (regular or nonalcoholic)
- 1 medium bell pepper, any color, chopped
- ½ medium onion (yellow preferred), finely chopped
- 1-2 medium fresh jalapeños, seeds and ribs discarded, finely chopped (optional)
- 1 teaspoon minced garlic or ¼ teaspoon garlic powder
- 1 tablespoon chili powder
- ¾ teaspoon salt

Directions

1. Soak the beans using the package directions. Drain well in a colander.
2. Transfer to a 5- to 7-quart slow cooker. Stir in the water, tomatoes, beer, bell pepper, onion, jalapeños, garlic, chili powder and salt.
3. Cook, covered, on high for 8 hours, or until the beans are softened.



Cook's Tip: *Won't be home in 8 hours to turn the slow cooker off? Don't worry. The beans can cook on high for up to 10 hours.*



Cook's Tip: *If you want to skip the soaking time, you can use 4 15.5-ounce cans no-salt-added beans, which is the equivalent of 1 pound of dried beans.*



Cook's Tip: *Cook once, eat twice! If you don't plan on eating the remaining beans later in the week, you can freeze them for a later use. Drain some of the cooking liquid, leaving enough to cover the beans in an airtight freezer container. Freeze for up to 3 months. When ready to use the beans, thaw them in the refrigerator overnight.*



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking skills video** on cooking dried beans.

Nutrition Analysis (per serving)

Calories	230
Total Fat	1.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	247 mg
Carbohydrates	41 g
Fiber	13 g
Sugars	3 g
Protein	13 g

Dietary Exchanges

2½ starch, ½ vegetable, 1 lean meat

DESSERT

Honey and Spice Pears



SERVES
4



COOK TIME
15 minutes



COST PER SERVING
about \$1.00



STAND TIME
20 minutes



PREP TIME
10 minutes



TOTAL TIME
45 minutes

Ingredients

1 cup 100% cranberry juice

½–¾ teaspoon ground cinnamon

⅛–¼ teaspoon ground allspice

4 small firm pears (about 6 ounces each), peeled, halved and cored

2 tablespoons dried unsweetened cherries or cranberries

1 tablespoon honey plus 1½ teaspoons honey

Directions

1. In a large nonstick skillet, stir together the cranberry juice, cinnamon and allspice. Add the pears and cherries. Bring to a boil over medium-high heat. Cook, covered, for 5 minutes, or until the pears are just tender-crisp. Transfer the pears with the cut side down to a serving plate, leaving the liquid in the skillet.
2. Cook the liquid, still on medium high, for 2½ to 3 minutes, or until reduced to a scant ¼ cup, stirring frequently. Remove from the heat. Stir in the honey. Spoon over the pears. Let cool completely, about 20 minutes. Turn the pears several times to coat with the sauce or transfer them to plates and spoon the sauce on top.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking skills video** on making dried fruit.



Nutrition Analysis (per serving)

Calories	126
Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	0 mg
Sodium	2 mg
Carbohydrates	32 g
Fiber	3 g
Sugars	28 g
Protein	2 g

Dietary Exchanges

2 fruit



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