Albacore Tuna Casserole

**Ingredients**

- 8 oz. whole grain pasta (rotini, ziti, etc)
- 2 cans (6oz) low-sodium albacore tuna, packed in water, drained
- 1 can (10oz) low-fat, reduced sodium cream of mushroom soup, condensed
- ½ c. skim milk
- 1 c. frozen or canned peas

**Directions**

- Preheat oven to 350°F.
- Prepare rotini pasta according to its package directions.
- Lightly coat an 8” X 8” baking dish and add tuna, soup, skim milk and peas; mix well.
- Bake uncovered until the casserole begins to bubble, about 20 minutes.
- Remove casserole from oven and let stand for 5 minutes.

Makes 4 servings

Recipe adapted from *Cook for Life* by B. Phillips

For more recipe and meal ideas go to [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense)
American Turkey Goulash

**Ingredients**
- 8 oz. uncooked egg noodles (about ½ bag)
- 1 onion, chopped
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 lb. lean ground turkey
- 2 c. low-sodium or no salt added tomato sauce
- 2 tbsp. fresh basil, chopped or 1 tbsp. dried basil

**Directions**
- Prepare egg noodles according to package directions.
- Lightly coat a large skillet with cooking spray. Over medium-high heat, sauté onion for 2 minutes and then add bell pepper for another 2 minutes, and then zucchini for 2 more minutes. Remove vegetables from the skillet and set aside.
- Add ground turkey to the skillet and sauté until no longer pink, about 10 minutes. When the ground turkey is done, return vegetables to the skillet. Add tomato sauce and basil. Cook, stirring occasionally, for 5 minutes or until heated through.
- Place a small portion of noodles on each plate and top with a portion of turkey mixture. Makes 4 Servings.

Recipe from *Eating for Life* by B. Phillips

For more recipe and meal ideas go to [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense)
Apple Cranberry Crisp

Ingredients

Filling:
5 c. thinly sliced peeled apples
1 c. fresh or dried cranberries
1 tsp. sugar
½ tsp. cinnamon

Topping:
½ c. quick-cooking rolled oats
2 tbsp. packed brown sugar
2 tbsp. whole wheat flour
½ tsp. cinnamon
1 tbsp. butter, melted

Directions

Preheat oven to 375°F.

For Filling: in a 2-quart baking dish, combine apples and cranberries. In a small bowl, stir together sugar and cinnamon. Sprinkle over fruit mixture in baking dish; toss to coat.

For topping: In a small bowl, combine oats, brown sugar, flour, and cinnamon. Using a fork, mix in butter until crumbly. Sprinkle mixture evenly over apples. Bake for 30-35 minutes or until apples are tender.

For more recipe and meal ideas go to extension.usu.edu/foodsense
Awesome Oatmeal Cookies

**Ingredients**

- ¾ c. low-sodium white beans, mashed
- 2 tbsp. canola oil (Optional)
- ½ c. unsweetened applesauce
- ¾ c. brown sugar
- ½ c. granulated Sugar
- 1 egg or ¼ c. egg substitute*
- 1 tsp. vanilla
- 3 c. quick oats
- ½ c. whole wheat flour
- 1 tsp. cinnamon
- 1 tsp. salt
- ½ tsp. baking soda

**Directions**

Preheat oven to 350°. Beat mashed white beans, oil, brown sugar, granulated sugar, egg or egg substitute, and vanilla until smooth and creamy. Combine remaining dry ingredients in a separate bowl and mix together. Add to bean and sugar mixture; mix well. Drop onto greased cookie sheets and bake for 8-10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.

*1 tablespoon ground flaxseed mixed into 3 tablespoons warm water may used in place of one egg.

For more recipe and meal ideas go to extension.usu.edu/foodsense
**Ingredients**

- 2 c. whole wheat flour
- ½ c. brown sugar, packed
- ½ tsp. cinnamon
- 1 ½ tsp. baking soda
- 4 ripe bananas, mashed well
- ¼ c. water
- 1 tsp. vanilla extract
- ½ c. chopped nuts (optional)

**Directions**

Preheat oven to 350°F. Combine flour, brown sugar, cinnamon, and soda in a large mixing bowl. In a medium bowl, combine bananas, water, and vanilla. Mix well. Add to dry ingredients, stirring to combine. Stir in nuts if using. Pour batter into greased 9x9 baking pan. Bake 40-45 minutes or until toothpick inserted into center of cake comes out clean.

For more recipe and meal ideas go to extension.usu.edu/foodsense
Beef Goulash

**Ingredients**
1-1/2 pounds lean ground beef
1 medium onion, diced
1 can (15 oz.) low-sodium kidney beans, rinsed and drained
1 ½ c. no salt added tomato vegetable juice
1 can (28 oz.) low-sodium diced tomatoes, undrained
1 (15 oz.) no sugar added can corn, drained
1-1/2 c. water
Dash pepper
½ tsp. cumin
8 oz. elbow pasta, cooked and drained
Grated Parmesan cheese, optional

**Directions**
In a skillet, cook beef and onion over medium heat until no longer pink; drain and set aside.

In a large saucepan, combine the beans, juice, diced tomatoes, beans, corn, water, spices and pepper. Add cooked noodles and beef; heat through. If desired, garnish with Parmesan cheese.

Yield: 4-6 servings.
Black Bean and Corn Salsa

**Ingredients**

- 2 cans (15 oz.) low-sodium black beans rinsed and drained
- 1 can whole corn, drained or 2 c. frozen corn, thawed
- 3 large tomatoes, chopped
- 1 avocado chopped
- 1/2 small red onion, chopped
- 2 fresh jalapeños, seeded and finely chopped
- 1/2 c. cilantro, finely chopped
- 2 tbsp. olive oil
- 1 tbsp. red wine vinegar
- 3-4 tbsp. lemon juice
- 1/2 tsp. pepper

**Directions**

Mix olive oil, red wine vinegar, lemon juice, salt, and pepper in a small bowl and set aside.

Combine all other ingredients and pour liquid mixture over and stir.

Chill or serve immediately.

For more recipe and meal ideas go to [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense)
Black Bean & Zucchini Quesadillas

Ingredients

½ c. low-sodium canned black beans, rinsed and drained
2 tbsp. salsa
½ c. finely chopped zucchini
4 (6-inch) corn tortillas
4 tbsp. shredded cheddar cheese

Directions

Combine beans and salsa in a small bowl; mash with a fork. Stir in zucchini.

Layer 1 tortilla with half the bean mixture, sprinkle with 2 tablespoons cheese, and top with another tortilla. Repeat with remaining tortillas, bean mixture, and cheese.

In broiler or toaster oven, cook quesadillas 1 minute on each side until cheese is melted and bubbly.

Makes 1 Serving

Recipe adapted from health.com

For more recipe and meal ideas go to extension.usu.edu/foodsense
Chicken Fajitas

Ingredients
1-2 tbsp. olive oil
4 boneless skinless chicken breasts
2-3 bell peppers, seeded and cut into strips
1-2 medium onions, cut into thin strips
1-2 tbsp. Food $ense or other low-sodium fajita seasoning mix
½ c. water
6 corn or whole wheat tortillas

Toppings
Low-fat sour cream
Grated cheese, any style
salsa

Directions
Cut chicken into strips. Place oil in large, deep skillet and turn heat to medium-high. Heat oil for about 1 minute and then add chicken. Cook 2-3 minutes. Turn chicken with spatula and add in onions and peppers. Cook additional 2-3 minutes until chicken is thoroughly cooked and vegetables are tender crisp. Add water and fajita seasoning. Mix well.

To serve- wrap chicken and veggies in a tortilla and top with your favorite toppings.

For more recipe and meal ideas go to extension.usu.edu/foodsense
Chunky Beef Stew

Ingredients

1 onion, chopped
1 pound top round steak, cut into 1-inch chunks
2 ½ c. low-fat, reduced sodium beef broth
4 portions potatoes, peeled and cut into 1-inch chunks
1 lb baby carrots
2 celery stalks, sliced
¼ c. tomato paste
½ tsp. ground black pepper
2 tbsp. Worcestershire sauce
1 bay leaf
2 tbsp. fresh parsley, chopped

Directions

Lightly coat a large pot with cooking spray and place over medium-high heat. Add onions and sauté until tender, about 5 minutes.

Add beef chunks and sauté until browned on all sides, about 6 minutes. Add beef broth, potato chunks, carrots, celery, tomato paste, black pepper, Worcestershire sauce and bay leaf. Bring to a boil over high heat.

Reduce the heat to low. Cover and simmer, stirring occasionally, until the meat is tender, about 1 ½ hours. Remove bay leaf with a spoon or tongs and discard.

Spoon beef stew into bowls, dividing it into 4 portions. Sprinkle with parsley, serve and enjoy!

Makes 4 Servings
Recipe from Eating for Life by B. Phillips

For more recipe and meal ideas go to extension.usu.edu/foodsense
Cranberry Roast Chicken and Sweet Potatoes

**Ingredients**

1 pound sweet potatoes, rinsed & thinly sliced
4 bone-in chicken breast halves
(about 2 ¼ lbs)
½ can (14 oz.) cranberry sauce
¼ c. olive or vegetable oil
½ tsp ground ginger
½ tsp salt
½ tsp ground black pepper

**Directions**

Preheat oven to 375°F

Toss sweet potatoes with half of the oil, salt, and pepper. Place potatoes evenly in a 13 X 9-inch baking pan. Place chicken on top. Whisk remaining ingredients together in a medium mixing bowl. Pour mixture evenly over chicken.

Bake uncovered for 50 minutes or until chicken is cooked throughout and potatoes are tender.

Makes 4 servings.

Recipe adapted from oceanspray.com
Deluxe Turkey Dinner

Ingredients
1 c. seasoned stuffing mix
1 c. reduced sodium chicken broth
2 stalks celery, chopped
¼ onion, chopped
1 lb. turkey breast slices
Freshly ground pepper, to taste
1 zucchini, sliced
1 yellow squash, sliced
1/2 c. cranberry sauce mixed with ¼ c water

Directions
Preheat oven to 350°. Prepare stuffing according to its package directions, substituting fat-free chicken broth in place of butter. Add celery and onion to stuffing, and mix thoroughly.

Light coat an 8” X 8” baking dish with cooking spray. Layer turkey breast slices evenly into the bottom of the baking dish and season with freshly ground black pepper.

Evenly layer sliced squash on turkey and top with layer of cranberry sauce. Spoon prepared stuffing on top of the cranberry sauce.

Cover with foil and bake until the turkey is cooked through, approx 40 minutes. Turn oven to broil setting. Remove foil and place under broiler for 5 mins to brown the dressing. Makes 4 servings.

Recipe from Cook for Life by B. Phillips

For more recipe and meal ideas go to extension.usu.edu/foodsense
Easy Corn Bread

Ingredients
1 c. whole wheat flour
½ c. all-purpose flour
¾ c. cornmeal
2 tbsp. sugar
2 tsp. baking powder
½ tsp. salt
1 c. low-fat or skim milk
¼ c. vegetable oil
1 egg, beaten

Directions
Heat oven to 400°F. Grease 9x9 inch pan.

Combine flours, cornmeal, sugar, baking powder, and salt. Stir in milk, oil, and egg and mix just until all ingredients are moistened. Some lumps are OK! Pour batter into greased pan. Bake 20-25 minutes or until lightly golden brown and a toothpick inserted in the center comes out clean.

For more recipe and meal ideas go to extension.usu.edu/foodsense
Fajita Seasoning

**Ingredients**

- 4 tbsp. chili powder
- 1 tsp. salt
- 1 tsp. cayenne pepper
- 1 tsp. crushed red pepper flakes
- 1 tsp. cumin

**Directions**

Mix all ingredients in a small bowl. Transfer to a food grade storage container.

Enjoy in your favorite Mexican dishes in place of high sodium fajita and taco seasoning mixes.

For more recipe and meal ideas go to [extension.usu.edu/foodsense](https://extension.usu.edu/foodsense)
Garlic Green Beans

**Ingredients**

1 tsp. olive oil  
2 tbsp. minced garlic  
12-14 oz. fresh, frozen, or canned green beans

**Directions**

If using canned green beans, rinse and drain thoroughly. If using fresh or frozen green beans, steam until just slightly tender, about 3-5 minutes.

In a medium skillet, heat olive oil over medium-high heat. Add garlic and cook until it begins to soften. Add green beans to the skillet and toss with cooked garlic.

For more recipe and meal ideas go to extension.usu.edu/foodsense
Grilled Zucchini

**Ingredients**
- 2 tsp. extra-virgin olive oil
- ¼ tsp. coarse sea salt
- ¼ t. freshly ground pepper
- 2 medium zucchini, cut diagonally in ½-inch thick slices

**Directions**
- Preheat grill pan over medium-high heat.
- Combine all ingredients in a bowl; toss well to coat.
- Arrange zucchini in a single layer in pan; grill 4 minutes, turning after 2 minutes.
- Serves 4 (about 4 slices/serving)

*Recipe from myrecipes.com*
Hot Stuff Bean Chili

Ingredients

- 2 lbs. lean ground beef
- 1 white onion, chopped
- 8 cloves garlic, minced
- 1 green bell pepper, diced
- ¾ c. fresh parsley, chopped
- 3 jalapeños, seeded and chopped
- 1/3 c. red chili powder
- 1 ½ tsp. ground cumin
- 3 cans (15oz) reduced-sodium beef broth
- 1 can (28oz) low-sodium crushed tomatoes
- 1 can (15oz) low-sodium kidney beans, drained and rinsed
- 1 can (15oz) low-sodium chili or black beans, drained and rinsed
- ½ c. sharp cheddar cheese, shredded

Directions

Place a large pot over medium heat. Add ground beef, onion, garlic, bell pepper, parsley and jalapeños. Cook, stirring occasionally, until ground beef is no longer pink, about 8 minutes.

Stir in chili powder and cumin; cook for another 2 minutes. Add beef broth, tomatoes and beans; bring to a boil over high heat.

Reduce heat; cover and simmer for 90 minutes.

Ladle a portion of chili (about 1 ½ cups) into each bowl and top with about a tablespoon of cheese.

Makes 8 Servings

Recipe adapted from *Eating for Life* by B. Phillips

For more recipe and meal ideas go to [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense)
Lentils and Rice

**Ingredients**

1 tsp. olive oil  
1 onion, diced  
1 clove garlic, minced  
pinch of red pepper flakes  
1 c. lentils  
2 c. cooked brown rice

**Directions**

To cook lentils: Sort lentils by checking for small rocks and other debris, then rinse under cold water. Add 1 c. lentils to 2 c. water. Bring to boil, then reduce heat to a simmer. Cook until tender 15-20 minutes.

To cook dish: Heat olive oil in medium pan. Add onion and cook over medium-high heat stirring frequently until onion is softened. Add garlic and red pepper; cook another 1-2 minutes. Add cooked lentils and cooked rice; cook until heated through.

For more recipe and meal ideas go to extension.usu.edu/foodsense
Oatmeal Pancakes

**Ingredients**
1 ½ c. whole wheat flour
2 tsp. baking powder
½ tsp. salt
2 c. low-fat or skim milk
2 eggs
2 tbsp. canola oil
2 tbsp. sugar
1 c. oats, uncooked
1 c. chopped nuts (optional)

**Directions**
Combine flour, baking powder, and salt in medium mixing bowl and mix well. Add in milk, eggs, oil, and sugar and mix until smooth. Stir in oats and nuts, if using. Cook on a griddle or in a frying pan coated with cooking spray.

For more recipe and meal ideas go to [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense)
Oven Baked Brown Rice

**Ingredients**
- 1 1/3 c. water
- 1 1/2 c. brown rice
- 2 tsp. canola oil
- pinch of salt

**Directions**
Preheat oven to 375°F. Bring water to boil. Place rice, oil, and salt in oven safe pot or baking dish with a tight fitting lid. Add boiling water to rice and cover with lid. Place pot in oven for 1 hour or until tender. Remove pot from oven and fluff rice with fork. Let stand 5-10 minutes before serving.

For more recipe and meal ideas go to [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense)
Pear and Cheese Melts

**Ingredients**
- 8 slices whole wheat bread
- Thinly sliced cheddar cheese
- 2 ripe medium pears
- Olive oil

**Directions**
Cover half the bread with cheese. Slice pear in half, cut out core, and then cut into thin slices. Place pear slices on top of cheese. Top with another slice of cheese and bread.

Heat a skillet over medium heat. Brush bread with a little bit of olive oil and toast each side for 2-3 minutes until bread browns and cheese melts.

For more recipe and meal ideas go to extension.usu.edu/foodsense
Pumpkin Chili

**Ingredients**

1/4 c. water (instead of oil)  
1 large onion, chopped  
4 garlic cloves, minced  
1 c. pumpkin puree (from the can or homemade)  
1 c. canned no salt added tomatoes  
1 c. water  
1 can (15 oz.) low-sodium black beans  
1/2 can (15 oz.) low-sodium white beans  
½ tbsp. cumin powder, or more to taste  
1 tablespoons chili powder, or more to taste  
salt and pepper

**Directions**

In a large pot or skillet, cook chopped onion and minced garlic in water or broth for about 5 minutes on medium heat until soft. Add pumpkin, canned tomatoes (chop them up into smaller chunks, if necessary), vegetable stock (or water), black beans and garbanzo beans. Add cumin and chili powder, stir everything well, and season with salt and pepper. Taste chili, season some more if needed. Bring to boil, make sure to stir all ingredients well together to combine flavors and spices. Reduce to simmer and cook for 20 minutes on simmer.

For more recipe and meal ideas go to [extension.usu.edu/foodsense](http://extension.usu.edu/foodsense)
Quick and Easy Fettuccini

**Ingredients**

- 8 oz. whole grain fettuccini or linguine
- 1 tbsp. olive oil
- ¾ c. evaporated skim milk
- 1/3 c. parmesan cheese
- ¼ c. green onions*
- ½ tsp. dried basil
- ¼ tsp. garlic powder
- 1/8 tsp. pepper

*white or yellow onions work well too

**Directions**

Cook pasta according to package directions. Drain; immediately return to pan. Add olive oil; toss to coat. Add milk, cheese, onion, basil, garlic powder, and pepper. Cook over medium-high heat until bubbly, stirring constantly.

Serve immediately.

For more recipe and meal ideas go to extension.usu.edu/foodsense
**SOS (soup or sauce mix)**
A healthy alternative to cream based soups.

**Ingredients**
- 2 c. powdered non-fat dry milk
- ¾ c. cornstarch
- ¼ c. instant chicken bouillon
- 2 tbsp. dried onion flakes
- 2 tsp. Italian seasoning

**Directions**
Combine all ingredients in a re-closeable plastic bag and mix well.

**Yield:** equivalent to 9 cans of cream soup

To use: To substitute 1 can of cream soup combine 1/3 c. of mix with 1 ¼ c. cold water. Cook and stir on stove top or in microwave until thickened. Add mixture to casseroles as you would can of cream soup.

For more recipe and meal ideas go to extension.usu.edu/foodsense
**Ingredients**

2-15 oz. cans low-sodium diced tomatoes  
1 can low-sodium tomato sauce  
1 can tomato paste  
1 tbsp. dried oregano  
salt and pepper to taste  
1 tsp. Italian seasoning  
½ tsp. minced garlic  
1 tsp. sugar (optional)

**Directions**

In a large pan, combine diced tomatoes, tomato sauce, and tomato paste. Add herbs and spices to taste. Bring to a boil. Reduce heat and allow to simmer at least 20 minutes, or until desired consistency (the longer it simmers, the thicker it will be).

Serve with your favorite whole grain pasta and shredded parmesan cheese.
Three Bean Chili

Ingredients

½ lb. lean ground beef
½ c. chopped onion
2 cloves garlic, minced
1 tbsp. dried oregano
½ t. cumin
1 green bell pepper, diced
1 jalapeno, minced (optional)
28 oz. can low-sodium tomatoes
3-5 c. water
15 oz. can low-sodium kidney beans
15 oz. can low-sodium black beans
15 oz. can low-sodium garbanzo beans
15 oz. can no salt added corn
2 tbsp. chili powder

Directions

In a large pot, brown ground beef. Use a colander to rinse fat from beef. Return to pan. Add onion, garlic, oregano, and cumin to the pot and cook 2-3 minutes on medium heat, stirring occasionally. Add peppers to the pot. Cook an additional 3-5 minutes.

Drain and rinse beans and corn. Add beans, corn, tomatoes, and chili powder to the pot. Add enough water to bring the chili to desired thickness. Bring to a boil. Reduce heat and simmer 30-45 minutes.

For more recipe and meal ideas go to extension.usu.edu/foodsense
Tuna Patties

**Ingredients**
1-6 oz. can low-sodium tuna
½ c. cracker crumbs
2 eggs, beaten
2 tbsp. fresh lemon juice
1 tsp. dried parsley

**Directions**
Drain tuna and combine with cracker crumbs, eggs, and lemon juice. Mix in parsley. Shape into 4 patties. Spray a non-stick skillet with cooking spray and fry patties on both sides until golden brown.

For more recipe and meal ideas go to extension.usu.edu/foodsense
Turkey Cranberry Roll-Ups

**Ingredients**

**SAUCE:**
- ½ c. cranberry sauce
- ¼ c. chopped pecans
- 2 tbsp. finely chopped red onion
- 1/8 tsp. dried poultry seasoning

**ROLL-UPS:**
- 4 (6 to 8-inch) whole wheat tortillas
- 4 large Romaine lettuce leaves
- 4 (1-oz) slices Muenster or Provolone cheese
- 8 oz. thinly sliced deli (or lunch meat) turkey

**Directions**

In small bowl, stir together all sauce ingredients; set aside.

To assemble roll-ups: Place one flour tortilla on cutting board. Top with 1 large Romaine lettuce leaf, 1 slice cheese, and 2 ounces of turkey. Spread about 2 tablespoons of sauce down center of turkey slices.

Starting on one side, carefully roll-up tortilla; secure with wooden picks. Repeat with remaining tortillas and ingredients. Serve with additional cranberry sauce.

Makes 4 roll-ups.

Recipe adapted from oceanspray.com

For more recipe and meal ideas go to extension.usu.edu/foodsense
White Chili

**Ingredients**
2 boneless, skinless chicken breasts, cut into bite-size pieces
1 tbsp. oil
3 cloves garlic, minced
1 onion, chopped
1 large red or green pepper, diced
1 can (4 oz.) green chilies, chopped, drained
1 can (14 oz.) low-sodium chicken broth
2 c. fat-free milk
2 cans (15 oz. each) low-sodium white beans, drained, rinsed
2-3 tsp. chili powder
1 tsp. cumin
1 tsp. salt
1/8 tsp. pepper
24-30 tortilla chips, crushed

**Directions**
In a large saucepan, sauté chicken in oil for 2-3 minutes, until lightly browned. Add garlic, onion and pepper; sauté 3-5 minutes until vegetables are tender. Stir in green chilies, broth, milk and beans. Add seasonings and chips; mix well. Cover and simmer for 15-20 minutes until sauce has thickened; stir occasionally.

Serves 6-8.

For more recipe and meal ideas go to extension.usu.edu/foodsense
Zucchini Oven Chips

Ingredients

¼ c. dry breadcrumbs
¼ c. grated fresh Parmesan cheese
¼ tsp. seasoned salt
¼ tsp. garlic powder
1/8 tsp. freshly ground black pepper
2 tbsp. fat-free milk
2 ½ c. (1/4-inch-thick) sliced zucchini (about 2 small)
Cooking spray

Directions

Preheat oven to 425°F

Combine first 5 ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in milk, and dredge in breadcrumbs mixture. Place coated slices on a ovenproof wire rack coated with cooking spray; place rack on a baking sheet. Bake at 425°F for 30 minutes or until browned and crisp.

Serve immediately.

Yield: 4 servings (serving size: about ¾ cup)

Recipe adapted from health.com