

Chicken Pasta Salad

7 servings

INGREDIENTS

- 2 cups cooked small seashell pasta (about 1 cup uncooked)
- 1 1/2 cup canned chicken (drained)
- 1 cup diced bell pepper (red or green or a combination)
- 1 cup shredded yellow squash (about 1 medium squash)
- 1/2 cup sliced carrots
- 1/2 cup sliced green onion
- 1/2 cup canned corn kernels (drained)
- 1/2 cup frozen peas (thawed)
- 1 can (15 ounces) black beans (rinsed and drained)
- 1/2 cup fat-free Italian dressing

Prep Time: 30 min.

Cook Time: 10-12 min.

Calories per serving: 229

Fat per serving: 6 grams

INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. Combine first nine ingredients in a large bowl.
3. Toss gently with salad dressing (fat-free Ranch dressing may be substituted for Italian).
4. Chill for several hours to blend flavors.

Adapted from Colormehealthy.com

Turkey Sloppy Joes

6 servings

INGREDIENTS

- 1 pound ground turkey or lean ground beef
- 1/4 cup chopped onion
- 1/2 cup ketchup
- 3 tablespoons barbecue sauce
- 1 tablespoon yellow mustard
- 1 tablespoon vinegar
- 1 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1/4 teaspoon pepper
- 6 whole wheat hamburger buns

Prep Time: 15 min.

Cook Time: 10 min.

Calories per serving: 236

Fat per serving: 3 grams

INSTRUCTIONS

1. In a nonstick skillet, cook the turkey and onion for 5 minutes or until turkey is no longer pink.
2. Add the next seven ingredients; simmer for 10 minutes. Stir occasionally.
3. Serve on buns.

Adapted from Colormehealthy.com

Stuffed Bell Peppers

4-6 servings

INGREDIENTS

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 can (15 ounce) tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

Prep Time: 30 min.

Cook Time: 15 min.

Calories: 130*

Fat: 5 grams*

*per 1/2 bell pepper

INSTRUCTIONS

1. Crumble turkey into a 1-1/2 quart microwave safe bowl; add the onion.
2. Cover and microwave on high for 3-4 1/2 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers; cut in half length-wise.
7. Stuff with the meat mixture.
8. Place in an ungreased, microwave safe, shallow, baking dish.
9. Spoon remaining tomato sauce over peppers, cover and microwave on high for 12-15 minutes or until peppers are tender.

Adapted from Colormehealthy.com

Tangy Citrus Chicken

8 servings

INGREDIENTS

- 8 boneless skinless chicken breasts
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- 1/2 cup honey
- 1 teaspoon rubbed sage
- 1/2 teaspoon ground mustard
- 1/2 teaspoon dried thyme
- 1/2 teaspoon lemon juice

Prep Time: 10 min.

Cook Time: 40 min.

Calories per serving: 268

Fat per serving: 4 grams

INSTRUCTIONS

1. Place chicken breasts in a 13"X9"X2" baking dish coated with nonstick cooking spray.
2. In a small bowl, combine remaining ingredients; mix well.
3. Pour half the sauce over the chicken.
4. Bake, uncovered at 350 degrees for 20 minutes.
5. Turn chicken; pour remaining sauce on top.
6. Bake 15-20 minutes longer or until meat juices run clear.

Adapted from Colormehealthy.com

Cheese Spinach Noodles

6 servings

INGREDIENTS

- 8 ounces egg noodles
- 10 ounce package frozen chopped spinach, thawed and drained
- 1/2 teaspoon dried basil
- 1 tablespoon dried parsley flakes
- 1 cup fat-free or low-fat cottage cheese
- 1/4 to 1/2 teaspoon salt (to taste)
- 2 tablespoons Parmesan cheese

Prep Time: 20 min.

Cook Time: 15 min.

Calories per serving: 104

Fat per serving: 1.5 grams

INSTRUCTIONS

1. Cook noodles according to package directions.
2. While noodles are cooking, cook the spinach in a skillet for 5 minutes.
3. Add basil, parsley, cottage cheese, and salt to spinach. Cook 2 to 3 minutes, or until heated.
4. Drain noodles and toss in large serving bowl with spinach mixture.
5. Top with Parmesan cheese.

Adapted from Colormehealthy.com

Oven Fried Chicken Legs

6 chicken legs

INGREDIENTS

- 6 chicken legs, skinned
- 1/2 cup skim milk
- 1/2 cup dry bread crumbs
- 1/3 cup grated Parmesan cheese
- Salt and pepper, to taste

Prep Time: 20 min.

Cook Time: 45 min.

Calories per serving: 134

Fat per serving: 4 grams

INSTRUCTIONS

1. Heat oven to 375 degrees.
2. Remove skin from chicken. Place in a shallow pan.
3. Pour milk over chicken. Refrigerate while you prepare the coating.
4. Mix breadcrumbs, cheese, salt, and pepper in a shallow bowl.
5. Roll the chicken in breadcrumb mixture, coating well.
6. Place chicken on a lightly greased baking sheet.
7. Bake at 375 degrees for 45 minutes.

NOTE: You can use any chicken parts for this recipe. Try boneless, skinless chicken breasts cut into strips to make chicken fingers.

Adapted from Colormehealthy.com

Garden Bow Tie Pasta

6 servings

INGREDIENTS

- 1 can (12 ounces) tuna, drained and flaked
- 1/2 pound bow tie pasta
- 2 tablespoons olive oil
- 1 cup sliced onions
- 1 cup chicken broth
- 3 tablespoons fresh thyme or 1 tablespoon dried thyme
- 4 cups frozen vegetable medley
- garlic salt and pepper to taste

Prep Time: 10 min.

Cook Time: 20-25 min.

Calories per serving: 311

Fat per serving: 6 grams

INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3-5 minutes.
3. Add broth and continue cooking 2 minutes.
4. Add thyme, tuna, vegetables, and mix gently.
5. Add pasta; season with garlic salt and pepper.
6. Heat 3-4 minutes or until broth is reduced. Garnish option: grated Parmesan cheese.

Adapted from Colormehealthy.com

Easy Chicken Pot Pie

6 servings

INGREDIENTS

- 1 2/3 cups frozen mixed vegetables, thawed (peas only, if preferred)
- 1 cup canned chicken
- 1 can (10 3/4 ounces) condensed reduced-fat cream of chicken soup
- 1 cup Reduced Fat Bisquick
- 1/2 cup skim (fat-free) milk
- 1 egg

Prep Time: 15 min.

Cook Time: 30 min.

Calories per serving: 235

Fat per serving: 6 grams

INSTRUCTIONS

1. Heat oven to 400 degrees.
2. Mix vegetables, chicken, and soup and place in ungreased 9" pie plate.
3. Stir, in a medium bowl, remaining ingredients until blended to make batter.
4. Pour batter on top of chicken mixture.
5. Bake 30 minutes or until golden brown.

Adapted from Colormehealthy.com

Impossibly Easy Cheeseburger Pie

6 servings

INGREDIENTS

- 1 pound extra lean ground beef
- 1 cup chopped onion
- 1/2 teaspoon salt
- 1 cup shredded fat-free Cheddar cheese
- 1/2 cup Reduced Fat Bisquick
- 1 cup skim (fat-free) milk
- 2 eggs

Prep Time: 20 min.

Cook Time: 25 min.

Calories per serving: 314

Fat per serving: 14 grams

INSTRUCTIONS

1. Heat oven to 400 degrees.
2. Coat 9" pie plate with non-fat cooking spray.
3. Cook ground beef and onion until beef is brown; drain.
4. Stir in salt.
5. Spread in pie plate and sprinkle with cheese.
6. In a medium bowl, stir remaining ingredients until blended; Pour over beef mixture.
7. Bake 25 minutes or until a knife inserted in center comes out clean.

Adapted from Colormehealthy.com

Fifteen-Minute Soup

4 servings

INGREDIENTS

- 1 can (16-ounce) great northern beans
- 1 cup water
- 1 teaspoon (1 cube) beef or chicken bouillon
- 2 cans (16-ounce) tomatoes
- 1 small onion, chopped
- 1 teaspoon garlic salt (or regular salt)
- 1 tablespoon oil or margarine (optional)
- 1 package (10-ounce) frozen, chopped spinach
- 1/2 cup macaroni (elbow or any other shape)

Prep Time: 15 min.

Cook Time: 6-8 min.

Calories per serving: 106

Fat per serving: 1 gram

INSTRUCTIONS

1. In a 2-quart saucepan, combine all ingredients except spinach and macaroni.
2. Heat until liquid comes to a boil.
3. Stir in and break up spinach; bring to a boil again.
4. Stir in macaroni and simmer until macaroni is tender, about 6 to 8 minutes.

Adapted from Colormehealthy.com

Chicken Quesadillas

4 servings

INGREDIENTS

- 4 flour tortillas (10")
 - 1 can (10 ounces) chicken-white meat
 - 2 tablespoons chunky salsa
 - 1/2 cup Monterey Jack Cheese shredded
 - 1/4 cup chopped white onions
- OPTIONAL:** 1/4 cup chopped green chilies, dash of cayenne pepper

Prep Time: 10 min.
Cook Time: 6-8 min.
Calories per serving: 388
Fat per serving: 14 grams

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Completely drain chicken.
3. Mix salsa, chicken, onions, (cayenne pepper, green chilies).
4. Put tortillas on baking sheet.
5. Place 1/4 of the chicken mixture on half of each tortilla.
6. Sprinkle 1/4 of the cheese on top of the chicken mixture; fold tortilla over filling.
7. Put in oven for 3 minutes; flip and cook on other side for 3-5 minutes until slightly brown.
8. Take out of oven and cool for 3 minutes; cut each folded tortilla into 3 wedges.

Adapted from Colormehealthy.com

Tuna Burgers

6 servings

INGREDIENTS

- 1 can (12 ounces) tuna, drained and flaked
- 1 1/2 cups bread crumbs; divided
- 1 cup (4 ounces) shredded Cheddar cheese
- 1 egg; lightly beaten
- 1/2 cup non-fat peppercorn ranch salad dressing
- 1/4 cup sliced green onion (optional)
- 1 tablespoon olive oil

Prep Time: 10 minutes
Cook Time: 10 minutes
Calories per serving: 308
Fat per serving: 11 grams

INSTRUCTIONS

1. In a medium bowl, combine tuna, 3/4 cup breadcrumbs, cheese, egg, salad dressing and onion.
2. Form six patties; coat each side with remaining 3/4 cup bread crumbs.
3. Heat oil in non-stick skillet over medium heat.
4. Cook patties 3-5 minutes on each side until golden brown.

Adapted from Colormehealthy.com

Macaroni and Cheese*

6 servings

INGREDIENTS

- 8 ounces elbow macaroni
- 14 1/2 ounces canned tomatoes
- 2 cups non-fat cheddar cheese, shredded
- 1 Tablespoon sugar
- 3 cups broccoli, steamed, fresh

Calories per serving: 258

Fat per serving: 1gram

INSTRUCTIONS

1. Preheat oven to 350 degrees. Cook macaroni according to package directions.
2. Drain and mix other ingredients.
3. Pour in baking dish and cook for 30 minutes.
4. Serve with 1/2 cup steamed broccoli.

First Baptist Church of Severn: From the kitchen of Carol Blount

Mixed Vegetable Casserole*

6 servings

INGREDIENTS

- 1/2 pound string beans, halved (1 1/2 cups)
- 6 potatoes, peeled and cubed
- 6 carrots, peeled and halved
- 1 1/2 cups mushrooms, sliced (1/4 pound)
- 3 Tablespoons margarine
- 1/2 Tablespoon lemon juice
- 1/2 teaspoon salt and 1/2 teaspoon pepper

Calories per serving: 200

Fat per serving: 6 grams

INSTRUCTIONS

1. Put potatoes and carrots in a skillet on the stove top, cover with hot water.
2. Cover pan, simmer for 10 minutes, add beans, cover and simmer additional 5 minutes.
3. Add mushrooms, and simmer 10 more minutes.
4. Finally, add margarine, lemon juice, salt and pepper.
Toss lightly until margarine melts.

St. Phillip AME Church: From the kitchen of Denise McAllister

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A Taste of 5 A Day—*Black Churches United for Better Health Cookbook*

Green Treasure Salad*

4 Servings

INGREDIENTS

- 1 cup green-skinned apple
- 1 cup green seedless grapes
- 1/2 cup miniature marshmallows
- 1/2 cup lemon-flavored yogurt
- 2 Tablespoons slivered almonds

Prep Time: 10 minutes
Calories per serving: 124
Fat per serving: 3 grams

INSTRUCTIONS

1. Cut the apple into four pieces and remove the core and seeds.
2. Cut into pieces.
3. Mix together the apple pieces, grapes, marshmallows, yogurt, and almonds.
4. Serve in small bowls.

Recipe provided by the California Table Grape Commission



Quick Fruit Salad*

6 servings

INGREDIENTS

- 2 cans (8 1/4 ounces) mandarin oranges (16 ounces)
- 2 cans (8 1/4 ounces) pineapple tidbits, packed in own juice
- 24 miniature marshmallows
- 1/3 cup shredded coconut
- 8 ounces non-fat sour cream
- 16 leaves of lettuce

Calories per serving: 158
Fat per serving: 2 grams

INSTRUCTIONS

1. Drain fruit
2. Mix together oranges, pineapple, marshmallow, coconut and sour cream.
3. Chill for 30 minutes.
4. Serve on lettuce.

First Baptist Church of Halifax: From the kitchen of Gwendolyn Bynum



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Broccoli Baked Potatoes

6 servings

INGREDIENTS

- 6 medium potatoes
- 3 stalks broccoli
- 1/4 cup skim milk
- 1 cup shredded cheddar cheese
- 1/8 tsp. pepper

Calories per serving: 315

Fat per serving: 6 grams

INSTRUCTIONS

1. Scrub potatoes; make shallow slits down the middle lengthwise.
2. Bake until done, 30 to 60 minutes—350 F oven.
3. Peel broccoli stems. Steam whole stalks just until tender and chop finely.
4. Carefully slice the potatoes in half and scoop the insides into a bowl with the broccoli.
5. Add the milk, 3/4 cup cheese and pepper, mash together until mixture is pale green with dark green flecks.
6. Heap into potato jackets and sprinkle with remaining cheese.
7. Return to oven to heat through (about 15 minutes).

Recipe provided by the Idaho Potato Commission

Spinach Lasagna*

6 servings

INGREDIENTS

- 1 box of lasagna noodles (9 noodles)
- 2 cups spinach (frozen or fresh), well drained and patted dry
- 1/2 cup peas (frozen or canned)
- 2 teaspoons sugar (granulated)
- 1/4 cup celery and onion, chopped
- 1/2 cup mozzarella cheese
- 1/2 cup low-fat spaghetti sauce

Calories per serving: 184

Fat per serving: 3 grams

INSTRUCTIONS

1. Cook lasagna noodles according to directions on box.
2. Cook spinach, peas, celery and onions on stove top until vegetables are soft, add sugar.
3. In a glass pan or casserole dish, layer lasagna noodles and spinach mixture.
4. Top with mozzarella cheese and sauce.
5. Continue the above until you reach your third layer.
6. Spread sauce over top layer, and bake for 45 minutes 350 degrees.

Mt. Hebron AME Zion Church: From the kitchen of Diana Oliver

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