

Healthy Eating and Cooking Tips

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CONQUERING THE GROCERY STORE

PLANNING AHEAD CAN HELP WITH DIABETES MANAGEMENT

Grocery shopping usually isn't at the top of anyone's list of fun activities. For people with diabetes it can seem especially overwhelming – The carbohydrates! The sugar! Making healthy choices! But with a little planning, grocery shopping can be a very effective tool in meeting goals, from managing blood glucose levels to losing weight.

"Planning ahead and shopping carefully are two great ways to take control, because you

can get more out of your time and efforts," said Melissa Joy Dobbins, MS, RDN, CDE, a Chicago-area diabetes educator and spokesperson for the American Association of Diabetes Educators (AADE). "It keeps you focused so you'll buy more foods that are healthy and fewer that have little or no nutritional value. That way you don't have to rely on your willpower when you're back home to eat less of certain foods and more of others."

Successful grocery shopping is about focusing on what's healthy, nutritious and tasty, so you'll actually enjoy eating it. [Diabetes educators](#) can help people with diabetes make informed choices by explaining how different types of foods affect your diabetes, and sharing strategies about how to approach grocery shopping so it can help you meet your goals. They recommend starting with these tips:

- **First, make a list** – Create a list of items you need at the grocery store before you go. Think of the meals you'll make, the staples you're running low on and perhaps a new, healthy recipe or food item you'd like to try. Organize the list by food group to speed up the process and keep you on track. If nothing is written under the vegetable category, that's a red flag; think about what vegetables you want to eat, and consider searching for a new recipe that you can get excited about. Make copies of a standard list you can update every time you go, or try a smart phone shopping app.
- **Eat before you go** – It's never a good idea to go shopping when you're hungry; that's when you're more likely to make poor choices. Eat a healthy meal or snack.
- **Think inside the box, or bag or can** – Fresh fruits and vegetables are great, but they aren't your only option. Dried, canned and frozen fruits and vegetables offer nutrients, too, and can be healthy, easy and affordable additions to your diet. Look for fruits that are packed in juice rather than heavy syrup. Look for "low-sodium" or "no salt added" canned vegetables. Be aware that starchy vegetables such as peas, corn and potatoes contain more carbohydrates than other vegetables.
- **Read labels** – Look past the "sugar free" or "low fat" claims. Read the nutrition label for specific information (from fat to carbohydrates to vitamins), noting the amounts that one serving of that food provides. Specifically:
 - **Consider the carbohydrates** – Looking at sugar content is fine, but it's more important to consider the amount of "total carbohydrates," which affect your blood glucose. Work with a diabetes educator to learn how many grams of carbohydrates are appropriate for you to eat per snack, meal and day.
 - **Focus on fiber** – Choose whole grain bread, rice, pasta and cereal. Then look for those that are a good source of fiber (2.5 grams or more per serving) or high in fiber (5 grams or more per serving). A healthy diet includes 25 to 30 grams of fiber from foods a day. Other good sources of fiber are beans, vegetables and fruits.
 - **Hunt for healthy fats** – Fats are an important part of every diet, but it's important to lean towards those that are heart-healthy, such as olive and canola oil, avocado and nuts, limiting them if you are watching your weight.

Grocery shopping can be a useful tool for diabetes management, if you do it wisely. [Find a diabetes educator](#) near you who can help you determine the best way to harness its power.

A Diabetes-Friendly Eating Plan FOR THE BIG GAME



- ★ The Big Game is right around the corner...and you know what that means: hosting or attending a party and being tempted with a large number of “unhealthy” foods. This can be particularly hard if you have diabetes and are trying to make healthy choices.
- ★ However, if you follow these strategies, you can maintain your blood sugar levels and enjoy the party along with everyone else.
- ★ So let's get ready for the party by making a **Healthy Eating Game Plan**.



1 DON'T PLAY ON AN EMPTY STOMACH.

- » Eat a small, balanced meal or snack before you leave home for the game. If you arrive at a party hungry, you'll be more likely to overindulge.

2 EXAMINE THE PLAYING FIELD.

- » Study ALL of the selections, and think about what you are going to have before you put anything on your plate.
- » If you taste something that you don't enjoy, leave it on your plate—don't finish it!



3 FOCUS ON THE FUNDAMENTALS.

- » Choose raw vegetables first. Broccoli, baby carrots, cauliflower, and tomatoes are good choices that are usually on the buffet table. Take only a small spoonful of dip or skip it entirely.
- » Choose lean proteins that are not breaded or fried. Select chicken, veggie or turkey burgers, or baked beans.
- » Take only a small portion of cheese—1oz is approximately 5-7 small cubes.
- » Eat chips and crackers in moderation. Don't eat them straight from the bag—put some on a small plate and don't load them down with creamy mayo-based dips.

- » If you want to eat a high-fat or high-calorie item—like wings, pizza or nachos—take a small portion and put it on your plate last, after you've filled up the space with healthier options.
- » Remember to regularly check your blood sugar the day of the game.
- » Try not to hang out near the food to avoid grazing.



4 STAY HYDRATED.

- » Stick to calorie-free drinks so that you can eat your calories, instead of drinking them.

- » Drink only moderate amounts of alcohol (2 drinks for men, 1 drink for women).



5 GO FOR THE EXTRA POINT!

- » Before the game, play your own game of flag football, or participate in some other type of physical activity. Regular exercise is key to managing your diabetes.
- » If you ate more carbs or more food in general than you planned for during the game, shake it off. Don't replay the error; instead, make a plan to get back on track and stick to it.



Healthy GAME DAY RECIPES



TURKEY AND BEAN CHILI

SERVING SIZE: 1 2/3 CUPS, SERVINGS PER RECIPE: 8

- ♦ 2 stalks celery, thinly sliced
 - ♦ 2 medium carrots, thinly sliced
 - ♦ 1 medium onion, finely chopped
 - ♦ 3 cloves garlic, minced
 - ♦ 2 tablespoons chili powder
 - ♦ 1 tablespoon olive oil
 - ♦ 2 teaspoons ground cumin
 - ♦ ½ teaspoon salt
 - ♦ ½ teaspoon ground black pepper
 - ♦ 2 15-ounce cans dark red kidney beans, rinsed and drained
 - ♦ 1 pound uncooked ground turkey breast
 - ♦ 5 14 ½-ounce cans no-salt-added diced tomatoes, undrained
 - ♦ 1 4-ounce can diced green chile peppers (optional)
 - ♦ ½ cup reduced-fat shredded cheddar cheese (optional)
1. In an airtight storage container or resealable plastic bag, combine celery, carrots, onion, garlic, chili powder, oil, cumin, salt, and pepper. Cover or seal and chill for up to 24 hours. Place beans in a separate airtight storage container or resealable plastic bag. Cover or seal and chill for up to 24 hours.
 2. In a 6- to 8-quart Dutch oven, combine vegetable mixture and turkey. Cook until turkey is no longer pink and vegetables are tender, stirring occasionally to break up turkey. Stir in beans, undrained tomatoes, and, if desired, chile peppers. Bring to boiling; reduce heat. Cover and simmer for 20 minutes, stirring occasionally.
 3. If desired, sprinkle individual servings with cheese.

NUTRITION FACTS PER SERVING: Calories: 232, Total Fat: 3 g (1 g sat. fat), Cholesterol: 23 mg, Sodium: 502 mg, Carbohydrates: 34 g, Fiber: 12 g, Protein: 23 g.

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Healthy GAME DAY RECIPES



SPINACH-ROASTED RED PEPPER DIP

SERVING SIZE: 1 TABLESPOON, SERVINGS PER RECIPE: 36

- ♦ *½ cup shredded part-skim mozzarella cheese*
 - ♦ *½ cup plain low-fat or fat-free yogurt*
 - ♦ *½ cup light mayonnaise dressing or salad dressing*
 - ♦ *¼ cup grated Parmesan cheese*
 - ♦ *1 tablespoon all-purpose flour*
 - ♦ *1 teaspoon Dijon-style mustard*
 - ♦ *1 cup loosely packed fresh spinach leaves, coarsely chopped*
 - ♦ *¾ cup bottled roasted red sweet peppers, drained and chopped*
 - ♦ *¼ cup thinly sliced green onions*
 - ♦ *3 red and/or yellow sweet peppers, seeded and cut into strips, or desired dippers*
- 1.** Preheat oven to 350°F. In a large bowl, stir together mozzarella cheese, yogurt, mayonnaise dressing, 2 tablespoons of the Parmesan cheese, the flour, and the Dijon mustard.
 - 2.** Stir in the spinach, roasted red peppers, and 2 tablespoons of the green onions. Spread the cheese vegetable mixture evenly into a 1-quart ovenproof shallow dish or a 9-inch pie plate. Sprinkle with the remaining 2 tablespoons grated Parmesan cheese.
 - 3.** Bake the dip, uncovered, for 15 to 20 minutes or until the edges are bubbly and the mixture is heated through. Sprinkle with the remaining 2 tablespoons green onions. Serve with red and/or yellow sweet pepper strips. Makes 2 ¼ cups.

NUTRITION FACTS PER SERVING: Calories: 21, Total Fat: 2 g (0 g sat. fat), Cholesterol: 3 mg, Sodium: 47 mg, Carbohydrates: 1 g, Fiber: 0 g, Protein: 1 g.

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Healthy GAME DAY RECIPES



BAKED CHICKEN TENDERS

SERVING SIZE: 3 TENDERS, SERVINGS PER RECIPE: 4

- ♦ 4 skinless, boneless chicken breast halves (1 to 1 ¼ pounds total)
 - ♦ 2 egg whites, lightly beaten
 - ♦ 1 teaspoon finely shredded lemon peel
 - ♦ ½ cup seasoned fine dry bread crumbs
 - ♦ ¼ cup finely shredded Parmesan cheese
 - ♦ ¼ cup low-calorie barbecue sauce (optional)
1. Preheat oven to 400°F. Lightly coat a large baking sheet with nonstick cooking spray; set aside. Cut each chicken breast half lengthwise into three strips.
 2. In a bowl, beat together egg whites, 1 tablespoon water, and lemon peel. In another bowl, stir together bread crumbs and cheese. Dip chicken in egg mixture, then in crumb mixture, turning to coat. Arrange strips on baking sheet. Lightly coat strips with cooking spray.
 3. Bake 15 minutes or until chicken is no longer pink (170°F), turning once halfway through baking. If desired, serve with barbecue sauce.

NUTRITION FACTS PER SERVING: Calories: 207, Total Fat: 3 g (1 g sat. fat), Cholesterol: 70 mg, Sodium: 534 mg, Carbohydrates: 11 g, Fiber: 0 g, Protein: 32 g.

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Get Serious about Sodium

Sodium is a valuable mineral needed to control your body's fluid balance. But, when eaten in large amounts, it can put you at increased risk for high blood pressure. While table salt does contribute to overall sodium intake, most of the sodium we consume comes from packaged foods and restaurant foods. There is also some sodium that naturally occurs in food.

The Dietary Guidelines for Americans suggests people consume no more than 2,300 mg of sodium per day, but many Americans consume more than 3,400 mg of sodium daily.

Look for foods labeled as **low sodium** as they contain *less than 140 mg of sodium per serving*. Be wary of foods labeled as **reduced sodium** as that only means they contain 25% less sodium than the regular product. Aim to limit or avoid products with more than 400 mg of sodium per serving.

Use the following swaps to help reduce your sodium consumption:

Instead of This...	Try This...
Lunch meats	Grilled lean meats or chicken
Table salt and salt based seasonings like garlic salt, onion salt, seasoning salt, most lemon pepper seasonings, and many seasoning blends (check labels)	Citrus juices (lemon, lime, orange), vinegar, tomato sauce (no salt added), herbs and spices -Try cayenne pepper for sweet heat and cumin for smoky and earthy flavor
Chips, pretzels, and snack mixes	Fresh fruit and vegetables or plain air popped popcorn
Frozen vegetables with sauce already added	Plain frozen vegetables
Canned vegetables and canned tomato products	Canned vegetables and canned tomato products with no salt added
Flavored rice mixes or boxed potato products	Plain cooked rice with herbs and spices or baked potato
Bottled salad dressing or dry salad dressing mixes	Olive oil and vinegar
Salt in a recipe	Cut the amount called for in half
American cheese, blue cheese, feta cheese	Swiss cheese, sharp cheddar cheese or fresh mozzarella cheese
Canned broth	Homemade broth using bones or vegetables Low sodium or reduced sodium broth
Salt pork, ham hocks or smoked meats to flavor foods	Liquid smoke
Soy sauce	Homemade soy sauce (see recipe on next page)
Ketchup	Homemade ketchup (see recipe on next page)

Homemade Ketchup

Servings: 24 (each serving 1 Tbsp)

Ingredients

- 2 tsp olive oil
- ½ small onion, about ¼ cup, finely chopped
- 1 clove garlic (finely chopped)
- ½ cup no-salt-added tomato paste
- ½ cup water
- ¼ cup pineapple or orange juice
- 3 Tbsp white vinegar
- 1 ½ tsp brown sugar
- ½ tsp black pepper



Instructions

1. In a small sauce pan on low heat add olive oil, onions, and garlic and cook until soft
2. In a bowl mix tomato paste, water, juice, vinegar, brown sugar, and black pepper
3. Add tomato paste mixture to the pan with onions and garlic and simmer for 3-5 minutes
4. Put in a blender and puree for 1 minute
5. Store in a clean covered glass jar in refrigerator and use within 2 weeks

For Comparison...

1 Tbsp regular ketchup has **170 mg** of sodium and 1 Tbsp homemade ketchup has **3.7 mg** of sodium

Homemade Soy Sauce

Servings: 18 (each serving 1 Tbsp)

Ingredients

- 1 cup low sodium beef or vegetable broth
- 1 Tbsp vinegar (balsamic, cider, or rice)
- 2 tsp molasses or brown sugar or substitute sugar-brown sugar blend
- 1/8 tsp of ginger powder, garlic powder, black pepper

Instructions

1. Whisk all ingredients together in a pot
2. Bring to boil and cook for 1 minute
3. Reduce heat to medium and cook for 10 minutes
4. Remove from heat, cool, store and use within 2 weeks.



For Comparison...

1 Tbsp regular soy sauce has **920 mg** of sodium and 1 Tbsp homemade soy sauce has **8.1 mg** of sodium

Source: American Heart Association

CREATE A SOUP

Create a tasty soup from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each pot of soup serves four adults.

1	Sauté one medium chopped onion												
2	Choose one or more vegetables (2-3 cups, chopped) The following can be fresh, canned, or frozen <table border="0"> <tr> <td>• Celery</td> <td>• Peas</td> <td>• Mushrooms</td> </tr> <tr> <td>• Green pepper</td> <td>• Corn</td> <td>• Cauliflower</td> </tr> <tr> <td>• Green beans</td> <td>• Zucchini</td> <td>• Broccoli</td> </tr> <tr> <td>• Carrots</td> <td>• Squash</td> <td>• Cabbage</td> </tr> </table>	• Celery	• Peas	• Mushrooms	• Green pepper	• Corn	• Cauliflower	• Green beans	• Zucchini	• Broccoli	• Carrots	• Squash	• Cabbage
• Celery	• Peas	• Mushrooms											
• Green pepper	• Corn	• Cauliflower											
• Green beans	• Zucchini	• Broccoli											
• Carrots	• Squash	• Cabbage											
3	Choose one protein • 1 (16 oz.) canned beans (pinto, kidney, black, white, chick peas, etc.) • 1 pound beef, chicken, ham, sausage, etc. • 1 (16 oz.) can beef, chicken, ham • 1 cup grated cheese												
4	Choose one starch • 3 – 4 cups diced potatoes • 2 (16 oz.) canned beans (pinto, kidney, black, white, chick peas, etc.) • 4 oz. whole grain egg noodles, macaroni, pasta • ½ cup uncooked brown rice												
5	Choose a broth or base - you need 4 cups (1 quart) • 2 (16 oz.) cans vegetable, chicken, or beef broth • 4 cups water and vegetable, chicken, or beef bouillon • 1 can crushed or diced tomatoes and 2-3 cups water • 4 cups milk and bouillon • Any combination of above to make 1 quart												
6	Choose one or more seasonings • 2–3 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.) • Bay leaf • 2–4+ tablespoons fresh herbs • Minced garlic • Salt and pepper to taste												

DIRECTIONS:

In large pot, cook onion in ¼ cup water or broth until slightly browned. Add vegetables and protein. Brown protein as needed. Add remaining ingredients (except fresh herbs). Partially cover pot and simmer until meat is thoroughly cooked and starch and vegetables are tender (about 20–30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes. Serve. **Note:** Beans can serve as either protein or starch.

CREATE A SOUP

SOUP RECIPES

A pantry that is stocked with whole foods will help you create great tasting soups like these!

African Bean Soup

- ½ cup water
- 3 tablespoons reduced-sodium soy sauce
- 1 onion, sliced
- 2 small sweet potatoes or yams, peeled and diced (about 2 cups)
- 1 large carrot, thinly sliced
- 1 celery stalk, thinly sliced
- 1 red bell pepper, seeded and diced
- 1 (15 oz.) can crushed tomatoes
- 4 cups vegetable broth
- 1 (15 oz.) can garbanzo beans
- ½ cup chopped fresh cilantro
- 3 tablespoons peanut butter
- 1 - 2 teaspoons curry powder
- 4 cups cooked brown rice

Heat water and soy sauce in a large pot. Add onion and cook over high heat, stirring often, until onion is soft, about 5 minutes. Add remaining ingredients except for rice. Stir to mix, then cover and simmer until vegetables are tender when pierced with a fork, about 15-20 minutes. To serve, place ½ cup cooked rice in a bowl and top it with a generous ladle of soup.

Yield: 8 servings

Black Bean Chili

- 1 large diced onion
- 1 – 3 minced cloves garlic
- ¼ teaspoon red pepper flakes
- ½ teaspoon cumin
- ½ teaspoon thyme
- 2 (16 oz.) cans vegetable broth
- 1 small can diced green chilies
- 1 (14 oz.) can stewed tomatoes
- 1 (28 oz.) can black beans (3 cups), drained and rinsed
- Cooked brown rice
- Cilantro
- Lime slices
- Grated cheddar cheese

In a Dutch oven, sauté onion, garlic, and pepper flakes in ¼ cup water. Add herbs, broth, and chilies and bring to boil. Add tomatoes and beans. Simmer 1 hour. Remove half of chili, cool slightly, and puree until smooth. Add pureed mixture back into pot and stir to combine. Serve Chili over brown rice. Garnish with cilantro and cheese.

Yield: 4 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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FOOD
\$ENSE

CREAR UNA SOPA

Prepare una sabrosa sopa de alimentos simples. Solo escoja un producto de cada categoría y siga las instrucciones. ¡Use su imaginación! Cada olla de sopa rinde para 4 adultos.

1	Saltee una cebolla mediana picada
2	Escoja uno o más vegetales (2-3 tazas, picados) Los siguientes productos pueden ser frescos, enlatados, congelados • Apio • Pimiento verde • Ejotes/vainitas verdes • Zanahorias • Chicharos/alverjas • Maíz • Zuquini • Calabaza • Hongos/champiñones • Coliflor • Brócoli • Col
3	Escoja una proteína • lata (16 oz.) de frijoles (pinto, kidney, negros, blanco, garbanzos, etc.) • 1 libra de carne de res, pollo jamón, salchichas, etc. • 1 lata (16 oz.) de carne de res, pollo, jamón • 1 taza de queso rallado
4	Escoja un carbohidrato • 3 – 4 tazas de papas cortadas • 2 latas (16 oz.) de frijoles (pinto, kidney, negros, blancos, garbanzos, etc.) • 4 oz. fideos de grano integral con huevo (whole grain egg noodles), macarrones, pasta • ½ taza de arroz integral crudo
5	Escoja un caldo o base—que usted necesita 4 tazas (1 cuarto de galón) • 2 latas (16 oz.) de vegetales, pollo, o caldo de carne • 4 tazas de agua y caldo de vegetales, pollo, o carne • 1 lata de tomates cortados o mondo y 2-3 tazas de agua • 4 tazas de leche y caldo • Cualquier combinación de las anteriores para completar un cuarto de galón
6	Escoja uno o más de los siguientes condimentos • 2–3 cucharaditas de hierbas secas (oregano, albahaca, comino, chile/ají en polvo, tomillo, romero, perejil, etc.) • Hoja de laurel • 2–4+ cucharadas de hierbas secas • Ajo picado • Sal y pimienta al gusto

INSTRUCCIONES:

En una olla grande cocine la cebolla en ¼ de taza de agua o caldo hasta que esté ligeramente dorada. Agregue las verduras y las proteínas. Dore la proteína según sea necesario. Agregue los otros ingredientes (excepto las hierbas frescas). Cubra parcialmente la olla y cocine a fuego lento hasta que la carne esté bien cocida/cocinada y los carbohidratos, y vegetales estén suaves/blandos (unos 20-30 minutos). Agregue las hierbas frescas. Sazone con sal y pimienta al gusto. Cocine a fuego lento por otros 5 minutos. Sirva.

Nota: Los frijoles pueden servir tanto como proteína como carbohidrato.

CREAR UNA SOPA

RECETAS DE SOPA

¡Una despensa que está abastecida con alimentos integrales le ayudará a preparar deliciosas sopas como estas!

Sopa Africana de Frijoles

- ½ taza de agua
- 3 cucharadas de salsa de soya baja en sodio
- 1 cebolla, cortada en rebanadas/rodajas
- 2 batatas/camotes pequeños pelados y cortados (aproximadamente 2 tazas)
- 1 zanahoria grande, cortada en rebanadas/rodajas finas
- 1 tallo de apio cortado en rebanadas/rodajas finas
- 1 pimiento rojo, sin semillas y picado
- 1 lata (15 oz.) de puré de tomates
- 4 tazas de caldo de verduras
- 1 lata (15 oz.) de frijoles garbanzo
- ½ taza de cilantro fresco picado
- 3 cucharadas de mantequilla de mani/cacahuete
- 1 - 2 cucharaditas de curry en polvo
- 4 tazas de arroz integral cocido/preparado

Caliente el agua y la salsa de soya en una olla grande. Agregue la cebolla y cocine a fuego alto (alta temperatura), revolviendo frecuentemente hasta que la cebolla esté suave, aproximadamente 5 minutos. Agregue los otros ingredientes excepto el arroz. Revuelva para mezclarlos, tape la olla y cocine a fuego lento (baja temperatura) hasta que las verduras estén suaves/blandas al pincharles con un tenedor, aproximadamente 15-20 minutos. Para servir, coloque ½ taza de arroz cocido/preparado en un plato hondo y cúbralo con una generosa cuchara grande de sopa.

Rinde 8 porciones

Estofado /Guiso de Frijoles Negros

- 1 cebolla grande picada
- 1 – 3 dientes de ajo picado
- ¼ cucharadita de pimiento rojo picado
- ½ cucharadita de comino
- ½ cucharadita de tomillo (thyme)
- 2 latas (16 oz.) de caldo de verduras
- 1 lata pequeña de chiles/ajíes verdes cortados
- 1 lata (14 oz.) de tomates estofados
- 1 lata (28 oz.) de frijoles negros (3 tazas), enjuagados y escurridos
- Arroz cocido/preparado
- Cilantro
- Rebanadas/rodajas de limón

En una olla, saltee la cebolla, el ajo, y los pimientos cortaditos en ¼ de taza de agua. Agregue las hierbas, el caldo, y los chiles/ajíes y póngalos a hervir. Agregue tomates y frijoles. Cocine a fuego lento por una hora. Retire ½ del estofado/guiso, déjelo enfriar un poco, y hágale puré hasta que quede suave. Agregue la mezcla de puré en la olla y revuelva para que se mezcle. Sirva el estofado/guiso sobre el arroz con cilantro fresco y rebanadas/rodajas de limón.

Puede cambiar los ingredientes básicos en su platillo al simplemente cambiar las hierbas y especias que usa. Por ejemplo, use las siguientes hierbas y especias para obtener estos sabores:

Sabor a comida Mexicana—Use comino, orégano, polvo de chile/ají, cilantro, y ajo

Sabor a comida Italiana—Use albahaca, orégano, perejil, y ajo

Sabor a comida Asiática—Use salsa de soya, jengibre, ajo, chile/ají, y cúrcuma

Sabor a comida para el Día de Acción de Gracias—Use romero, salvia, tonillo, y perejil

Para obtener información sobre cómo pedir versiones imprimibles de este folleto, vaya a extension.usu.edu

CREATE A SALAD

Create a delicious salad from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each salad serves four adults.

1	Choose one base		
	• Lettuce or salad greens: Romaine, spring greens, arugula, etc.		
	• Whole wheat pasta or noodles: 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain.		
	• Brown rice: 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 45 minutes.		
	• Potatoes: 3 cups diced red, yellow, or gold potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.		
	• Whole grain: Cooked wheat berries, quinoa, barley, etc., or dense whole grain bread torn in bite size pieces and toasted.		
	• 1 (15 oz.) can or 2 cups cooked dried beans (pinto, black, white, kidney, lentils, etc.)		
	• ½ pound cooked ground beef		
	• 1½ cups cooked and diced chicken, turkey, ham, beef, fish, or pork		
	• 2 cups chopped hard-boiled eggs		
	• 1-2 (6-8 oz.) canned beef, chicken, tuna, salmon, or other fish		
	• 1 (12-16 oz.) package extra firm tofu, drained and marinated in soy sauce and fruit juice		
	Tomato, cucumber, broccoli, carrots, corn, green beans, peas, squash, etc.		
	• 2 cups fresh vegetables	• 2 cups frozen vegetables, thawed and cooked	• 1-2 (15 oz.) canned vegetables
4	Choose one or more fruits (optional)		
5	• Apple, orange, raisins, dried cranberries, etc.		
	• ½ – 1 cup diced onion, celery, green pepper		
	• ¼ cup sliced black olives		
	• ½ cup salsa		
	• 2–4 tablespoons fresh herbs or 1–2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, sage, etc.)		
	• Salt and pepper to taste		
6			
	• If desired and/or as necessary, use a fat-free or low-fat dressing to help hold the salad ingredients together, add flavor, and keep salad from being too dry.		
7	Choose one or more toppings (optional)		
	• ¼ cup slivered almonds, chopped walnuts or pecans	• 2 tablespoons grated parmesan cheese	• ¼ cup grated cheddar or mozzarella cheese

Select a food from each category or use your own favorites. Combine all ingredients except dressing and toppings in a large salad bowl. Either dress salad before serving or allow family members to add dressing and toppings as desired.

CREATE A SALAD

A pantry that is stocked with whole foods will help you create great tasting salads like these!

Taco Salad

- 1 onion, chopped
- 2 cups frozen corn
- 3 large tomatoes, diced
- 1 (15 oz.) can kidney or pinto beans, drained
- 1 cup cooked brown rice
- 1–2 teaspoons chili powder
- 1 teaspoon dried oregano, divided
- ¼ cup chopped fresh cilantro
- ½ cup salsa
- 1 head romaine lettuce, chopped
- Crumbled tortilla chips
- Shredded cheese
- Lime wedges
- Sour cream or Greek yogurt (optional)

Heat small amount of water or vegetable broth in large nonstick skillet over medium heat. Add onion and corn and cook until the onion begins to brown, about 5 minutes. Remove from heat and add diced tomatoes, beans, rice, chili powder, and oregano. Stir to combine. Mix cilantro into salsa. Toss lettuce in a large bowl with the bean/rice mixture. Serve sprinkled with tortilla chips and cheese, with lime wedges and salsa at table.

Yield: 4 servings

Thai Noodle Salad

- 10 ounces spaghetti noodles, cooked and cooled
- ¼ cup rice vinegar or red wine vinegar
- 3 tablespoons soy sauce
- 3 tablespoons lime juice
- 3 tablespoons sugar
- 1 teaspoon minced garlic
- ¼ teaspoon red chili flakes (optional)
- ¼ teaspoon sesame oil (optional)
- 1 (15 oz.) can chickpeas, drained and rinsed
- ¾ cup shredded carrots
- 2 green onions, finely diced
- 1 cup bell pepper, diced
- 1 cup frozen peas, thawed
- ½ cup chopped peanuts
- ½ cup chopped cilantro

Place noodles in large bowl. In small bowl, combine vinegar, soy sauce, lime juice, sugar, garlic, red chili flakes, and sesame oil. Stir to combine and dissolve sugar. Pour over noodles. Add chickpeas, carrots, green onions, bell pepper, and peas. Stir to coat veggies with dressing. Add peanuts and cilantro just before serving. Toss to mix.

Yield: 4 servings

Simple Salad Dressing: Mix together 3 tablespoons balsamic vinegar, 2 tablespoons Dijon mustard, 1 tablespoon maple syrup or honey. Especially good on green, grain, and pasta salads!

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

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EXTENSION 
UtahStateUniversity **FOOD \$ENSE**

CREAR UNA ENSALADA

Prepare una deliciosa ensalada hecha con alimentos simples. Solo tiene que escoger un producto de cada categoría y seguir las instrucciones. ¡Use su imaginación! Cada ensalada alcanza para 4 adultos.

1	Escoja una base		
	• Lechuga o ensalada verde: (lechuga) romaine, verduras de primavera arugula, etc.		
	• Pasta de trigo integral o fideos: 2 tazas de pasta o 3 tazas de fideos, 6 tazas de agua: Caliente el agua hasta que hierva. Agregue la pasta o fideos. Cocínelos hasta que estén suaves, aproximadamente 10 minutos. Escorra.		
	• Arroz integral: 1 taza de arroz, 2 tazas de agua: Mezcle el arroz y el agua. Calentar hasta que hierva. Coloque el fuego (hornilla) a temperatura baja y cubra el sartén con tapa. Cocine a fuego lento hasta que se absorba el agua, aproximadamente 45 minutos.		
	• Papas: 3 tazas de papas rojas, amarillas o doradas cortadas, 6 tazas de agua. Caliente el agua hasta que hierva. Agregue las papas y cocínelas hasta que estén suaves, aproximadamente 10 minutos. Escorra.		
	• Granos enteros: Bayas o granos de trigo cocidas/preparados, quinoa, cebada, etc. ó pan integral denso tostado cortado en trozos pequeños.		
2	Escoja una proteína		
	• 1 lata (15 oz.) o 2 tazas de frijoles cocidos/preparados secos (pintos, negros, blancos, kidney, lentejas, etc.)		
	• ½ libra de carne molida de res cocida/cocinada		
	• 1 ½ tazas de carne de pollo, pavo, jamón, res, pescado, o cerdo cortada y cocida/preparada		
	• 2 tazas de huevos duros cortados		
	• 1-2 latas (6-8 oz.) de carne de res, pollo, atún, salmón, u otro pescado		
	• 1 paquete (12-16 oz.) de tofu extra firme, escurrido y marinado en salsa de soya y jugo de frutas		
3	Escoja dos o más vegetales : Tomate, pepino/pepinillo, brócoli, zanahorias, maíz, ejotes/vainitas, alverjas, calabaza, etc.		
	• 2 tazas de vegetales frescos		
	• 2 tazas de vegetales congelados y/o descongelados y cocidos/preparados		
	• 1-2 latas (15 oz.) de vegetales		
4	Escoja una o más frutas (opcional)		
	• Manzana, naranja, pasas, arándano agrio (cranberries), etc.		
5	Escoja uno o más sabores		
	• ½ – 1 taza de cebollas cortadas, apio, pimienta verde		
	• ¼ de taza de aceitunas negras cortadas en rebanadas/rodajas		
	• ½ taza de salsa		
	• Sal y pimienta al gusto		
	• 2–4 cucharadas de hierbas frescas o 1–2 cucharaditas de hierbas secas (orégano, albahaca, comino, chile/ají en polvo, tomillo, romero, salvia, etc.)		
	Escoja una salsa de ensalada/aderezo opcional		
	• Si desea y/o si es necesario, use salsa de ensalada/aderezo libre de grasas o baja en grasas que ayude a mantener los ingredientes de la ensalada juntos, agregue los sabores, y cuide que la ensalada no se seque demasiado.		
	Escoja uno ó más ingredientes opcionales		
	• ¼ taza de almendras cortadas, nueces nogales (walnut) o pecanas/nueces lizas	• 2 cucharadas de queso parmesano rallado	• ¼ taza de queso rallado Cheddar o Mozarella

INSTRUCCIONES:

Seleccione un tipo de alimento de cada categoría o use sus propios alimentos favoritos. Mezcle todos los ingredientes excepto la salsa de ensalada/aderezo en un tazón grande de ensalada. El aderezo de la ensalada puede ponerlo antes de servir o cada miembro de la familia puede ponerse el aderezo y/o los ingredientes opcionales tanto cuanto deseen.

CREAR UNA ENSALADA

RECETAS DE ENSALADA

¡Una despensa que está abastecida con alimentos integrales le ayudará a preparar deliciosas ensaladas como estas!

Taco salad (ensalada “Taco”)

- 1 cebolla, picada
- 2 tazas de maíz congelado
- 3 tomates grandes, cortados en cuadraditos
- 1 lata (15 oz.) de frijoles kidney o pintos, escurridos
- 1 taza de arroz integral cocido/preparado
- 1–2 cucharaditas de chile/ají en polvo
- 1 cucharadita de orégano seco, dividido
- ¼ taza de cilantro fresco picado
- ½ taza de salsa
- 1 cabeza de lechuga romaine, picada
- Chips de tortilla desboronados
- Queso rallado
- Rodajas de limón

Caliente una cantidad pequeña de agua o caldo de verduras en un sartén grande antiadherente puesto a fuego (temperatura) medio. Agregue la cebolla y el maíz, y cocine hasta que la cebolla comience a dorarse, aproximadamente 5 minutos. Retire del fuego (hornilla) y agregue los tomates cortados, los frijoles, el arroz, el chile/ají en polvo, y el orégano. Revuelva para que se combinen. Mezcle el cilantro en la salsa. Mezcle en un tazón grande la lechuga, con la mezcla de frijoles/arroz. Sirva rociando con chips de tortilla y queso, pasando con rebanadas/rodajas de limón y salsa en la mesa.

Ensalada de fideos Thai

- 10 onzas de fideos espagueti, cocidos y enfriados
- ¼ taza de vinagre de arroz o vinagre de vino tinto
- 3 cucharadas de salsa de soya
- 3 cucharadas de jugo de limón
- 3 cucharadas de azúcar
- 1 cucharadita de ajo picado
- ¼ cucharadita de chile/ají rojo (opcional)
- ¼ cucharadita de aceite de sésamo (opcional)
- 1 lata (15 oz.) de garbanzos, enjuagados y escurridos
- ¾ taza de zanahorias ralladas
- 2 cebollas verdes, finamente cortadas
- 1 taza de pimienta, cortado
- 1 taza de chícharos/alverjas congeladas, descongeladas
- ½ taza de cacahuete/maní picado
- ½ taza de cilantro picado

Coloque los fideos en un tazón grande. En un tazón pequeño, combine el vinagre, la salsa de soya, el jugo de limón, el azúcar, el ajo, el chile/ají rojo, y el aceite de sésamo. Revuelva para mezclar y disolver el azúcar. Vierta sobre los fideos. Agregue los garbanzos, zanahorias, cebollas verdes, pimienta, y chícharos/alverjas. Revuelva para recubrir los vegetales con el salsa de ensalada/aderezo. Agregue los maníes y el cilantro justo antes de servir. Revuelva para mezclar.

Aderezo Simple de Ensalada: Mezcle conjuntamente 3 cucharaditas de vinagre balsámico, 2 cucharadas de mostaza Dijon, 1 cucharada de miel o maple syrup (jarabe de arce). ¡Especialmente recomendable para ensaladas verdes, de granos, y de pasta!

Puede cambiar los ingredientes básicos en su platillo al simplemente cambiar las hierbas y especies que usa. Por ejemplo, use las siguientes hierbas y especies para obtener estos sabores:

Sabor a comida Mexicana—Use comino, orégano, polvo de chile/ají, cilantro, y ajo

Sabor a comida Italiana—Use albahaca, orégano, perejil, y ajo

Sabor a comida Asiática—Use salsa de soya, jengibre, ajo, chile/ají, y cúrcuma

Sabor a comida para el Día de Acción de Gracias—Use romero, salvia, tonillo, y perejil

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