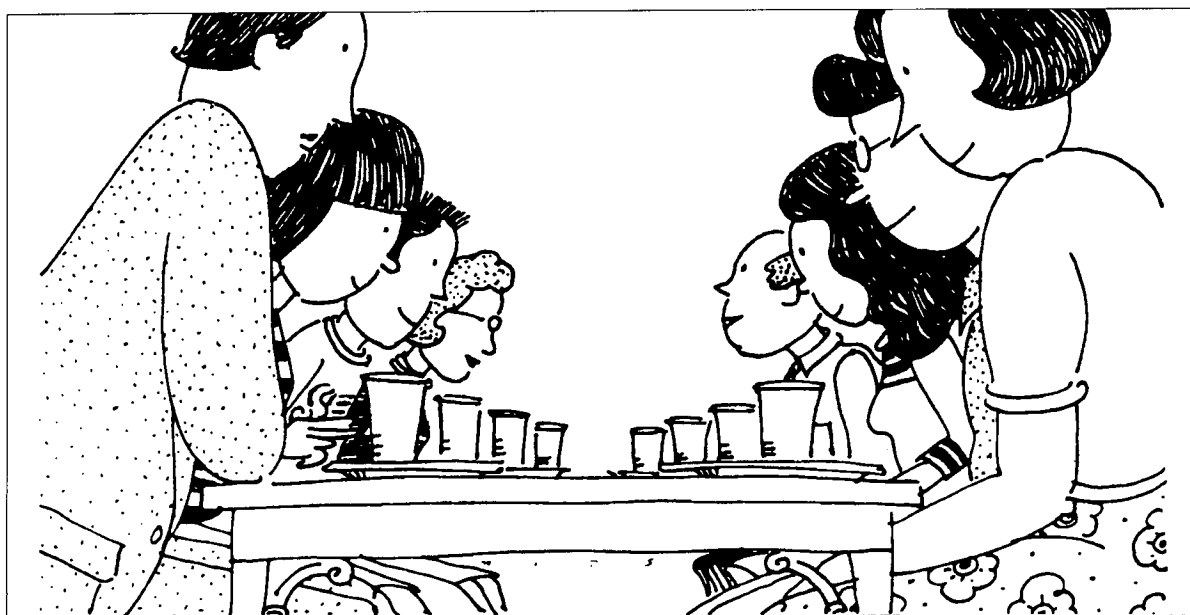


Session Five

The Main Event

During this session you will:

- ◆ *Identify things you can do to lower the fat in main dishes*
- ◆ *Discover and practice ways you can cut down the amount of fat in your favorite main dish recipes*
- ◆ *Find ways to make lower-fat main dishes your family and friends will enjoy*



Review of Home Activity

- ◆ What new food did you buy?
- ◆ What was your family or friend's reaction to the new food?
- ◆ How did your family or friends influence you to eat?
- ◆ How did you handle the situation?
- ◆ What would you do differently next time?

Reducing Fat Content

Main dishes

Where's the Fat?

Look at the Food Diary you kept last week. Circle all the meat, poultry (chicken and turkey), fish or mixed dishes that gave you more than 10 grams of fat per serving. Turn to Worksheet 5-1 (pg. 11) and describe your four main dishes that had the most fat grams. Use some of the tips listed in the box to lower the fat in the four main dishes you described.

Tips to Reduce the Fat in Your Main Dishes

There are many things you can do to cut down the fat in your main meals:

Reduce Your Serving Size

The size of your meat, fish, or poultry serving has a big effect on the amount of fat in your main dish.

- ◆ Reduce serving size.
- ◆ Use lower-fat cuts of meat.
- ◆ Use more poultry and fish.
- ◆ Trim the fat.
- ◆ Use low-fat cooking methods.
- ◆ Tenderize.
- ◆ Use seasoning for flavor.
- ◆ Use meatless dishes.

Your serving should be limited to about 3 ounces. One way to estimate 3 ounces is to use the palm of your hand. An average palm is about 3 inches across and a 3 ounce hamburger patty is also about 3 inches across (diameter) and about a 1/2 inch thick. A deck of cards is about this same size and can be used to estimate 3 ounces also.

Guidelines to Use

Look at your dinner plate. It usually has about 1/3 to 1/2 of the plate covered by your meat serving. You can reduce your serving size by only covering 1/4 of the plate. Fill the rest of your plate with vegetables, salad, potatoes, rice, pasta and fruit.

You can also reduce your meat serving by using less meat and stretching the meat in combination dishes like casseroles. Mixing the meat with rice, noodles, potatoes or vegetables makes a small amount of meat go further and saves money.

Substitute Lower-fat Meats, Poultry and Fish

Chicken, turkey and fish are lower in fat than most red meats (beef, pork and lamb). However, there are also some cuts of red meats that are low in fat. The Resource section of your Participant's Manual lists the leanest meat, poultry and fish choices.

Ways to Save Money

Often the leaner cuts of meat are also slightly more expensive. To save money, make use of the tips in the box.

Trim the Fat Off Your Meat

Some fat is easy to trim and other fat, such as marbling, is impossible to reach. Marbling is the white lines running through the meat. Prime rib and beef short ribs are good examples of meat with a lot of marbling.

Cut the fat off when it is around the edges of the meat. Do this before cooking, because it reduces the amount of fat that soaks into the meat during cooking. Trimming the meat before cooking also means you can make lower-fat gravies or sauces from the meat drippings. These gravies still have a lot of flavor, just less fat! In addition, when the fat has been cut off before the meat is cooked, there is no temptation to eat some of the crispy fat around the edges of the meat.

The skin on chicken is slightly different. You can go ahead and leave the skin on the chicken during baking. This will help keep the chicken moist and may make the switch to low-fat chicken easier. Just be sure to take the skin off **before** you eat the chicken. The fat is in the chicken skin.

The fat in ground beef can't be trimmed away before cooking. But, you can remove some of the fat by draining and rinsing the ground beef after it is cooked.

- ◆ **Look for ads for special savings on lower-fat cuts of meat.**
- ◆ **Buy a larger package size, separate it into small portions and freeze them.**
- ◆ **Buy beef eye of round and bone-in leg of lamb. They are lower in price and fat.**
- ◆ **Buy more chicken and turkey. They are less expensive than red meat.**
- ◆ **Buy poultry with skin and remove the skin yourself before eating.**
- ◆ **Use more recipes that "stretch meat" (i.e., casseroles, spaghetti, low-fat lasagna, stir fry dishes).**
- ◆ **Use meals that don't contain meat.**

Even the leanest ground beef contains quite a bit of fat. Ground turkey and chicken are popular substitutes for ground beef. Be careful. Because they often contain skin and other poultry parts, ground turkey and chicken can be higher in fat than you might expect. Look for ground **breast** of turkey or chicken. They are the lowest fat choices. The chart below compares the amount of fat in different ground meats and poultry.

Use Low-fat Cooking Methods

There are many different low-fat cooking methods. A few of them don't need fat added, such as baking, roasting, stewing or poaching. Others, such as pan broiling or braising let the fat drain away. In addition, you can reduce or get rid of the fat in

- ◆ **Cook using moist heat methods (braising or stewing).**
- ◆ **Pound with a heavy rolling pin or meat mallet (metal hammer-like tool).**
- ◆ **Cook rare and slice cross the grain of the meat (example: slicing flank steak).**
- ◆ **Marinate the meat in tomato juice, vinegar, lemon juice, diet salad dressing, or low-fat marinades.**
- ◆ **Use meat tenderizers such as Adolph's.**

cooking by using nonstick sprays and pans. A summary of low-fat cooking methods is found on Worksheet 5-2 (pgs. 12-14).

Tenderize the Meat

The fat in meat adds flavor and tenderness.

However, the box on the left shows you a number of ways you can tenderize lower-fat meats. These methods will make lower-fat meats just as tasty as the higher-fat expensive meats.

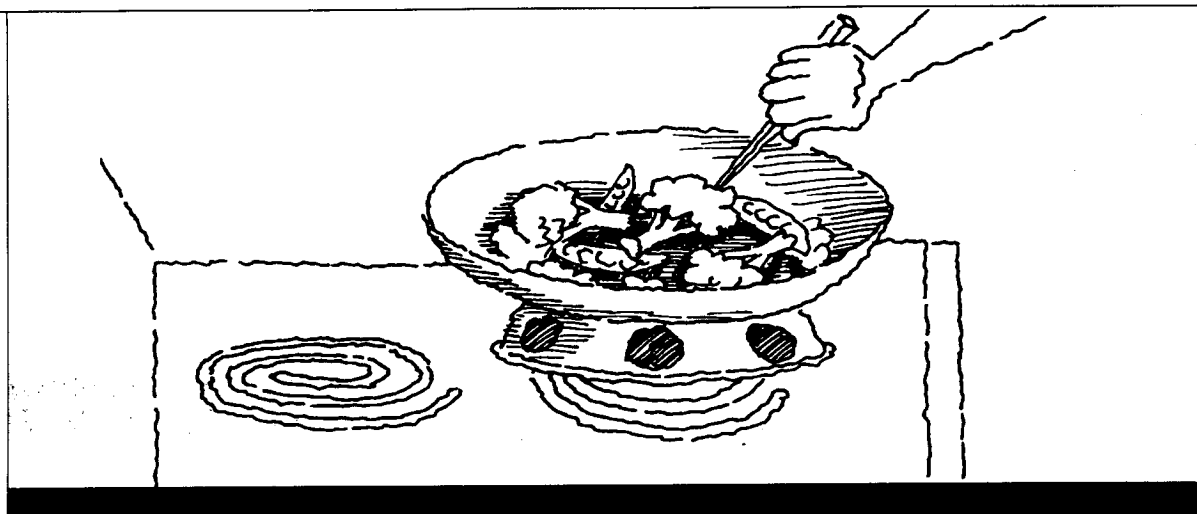
It's best to use marinades and meat tenderizers for meats that have little gristle, such as beef rump and round cuts.

Season for Flavor

There are many sauces you can use to add flavor to lower-fat meats. Some examples are: barbecue sauce, flavored mustards, salsa, and Oriental sauces such as hoisin or plum. There are also many herbs, spices and wines you can use to season meat, poultry and fish. Check your cookbooks for sections on herbs and spices or cooking with wine for new ideas. The

GROUND MEATS AND POULTRY

Type	Fat Grams (3 ounces, cooked)	Type	Fat Grams (3 ounces, cooked)
ground beef		ground chicken breast	3
10% fat (90% lean)	8	ground turkey breast	3
15% fat (85% lean)	13	ground veal	5
20% fat (80% lean)	17	ground chicken	12
25% fat (75% lean)	19	ground turkey	12
ground lamb	17		
ground pork	21		



Resource section of your Participant's Manual also has some low-fat seasoning ideas.

Use Meatless Meals

Meat doesn't have to be part of the meal. Start using more legumes, grains and vegetables. This is also a great way to increase your servings of vegetables and grains. Beans and legumes are particularly good low-fat substitutes for meat. The best way to use more meatless meals is to have one once a week. Make the food changes slowly. Try soups and stews made with lots of vegetables and legumes instead of meat. Make pasta and rice dishes with meatless sauces. For

more ideas look at the Resource section of your Participant's Manual.

Change Existing Recipes

You can also change your recipes to lower their fat content. Find the fat-containing ingredients and use your Fat Counter to look up the grams of fat in these foods. Take a look at at Worksheet 5-2. This handout gives you suggestions of ways you can reduce the fat in your recipes. Use this worksheet to help you change some of your family's favorite recipes. To practice, write your recipe on Worksheet 5-3 (pg. 15) and follow the directions to see how much fat it contains.

Identify some ways you could reduce the fat in your recipe. If you need some ideas, check Worksheet 5-2 (pgs. 12-14).

If you don't have a recipe from home, use one of the sample recipes on Worksheets 5-3a or 5-3b. The answers for the sample recipes are given on Worksheet 5-4 (pg. 18).

Tips for Lower-Fat Main Dishes

Most of us want our meals to be easy and quick to prepare. Yet many times we find ourselves preparing more than one meal in order to please everyone in the family. Use some of the tips listed on the next three pages to help plan family meals that everyone can enjoy.

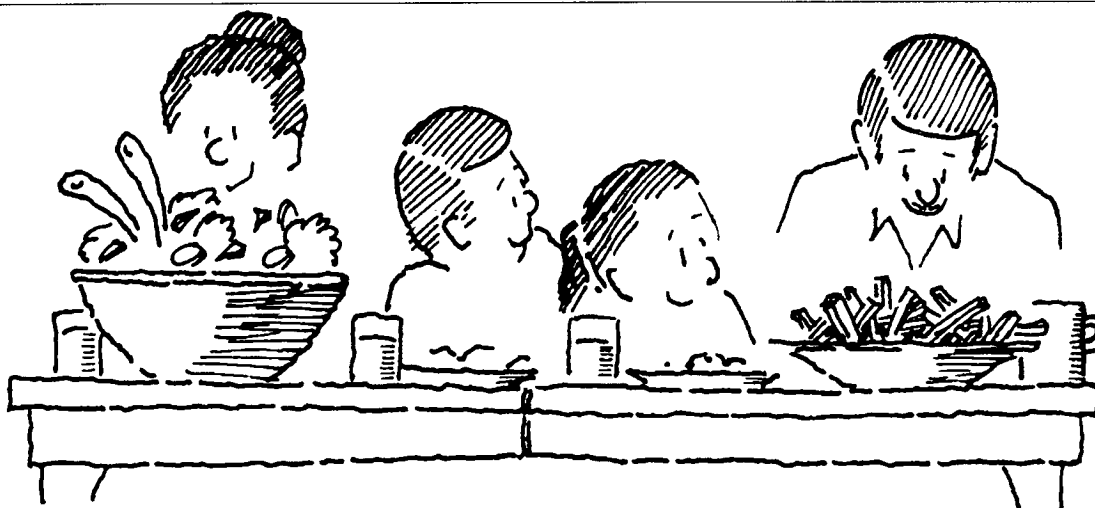
Tips to Avoid Preparing Two Different Meals

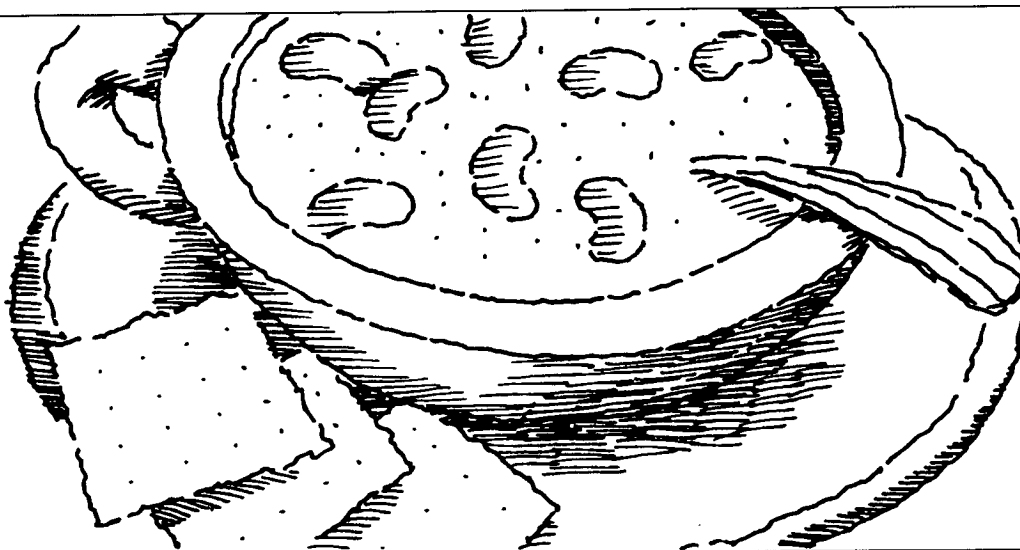
Reduce the Fat in Your Serving

- ◆ Eat a smaller serving, if you have a higher-fat dish. Fill-up by eating more grains, vegetables and fruits.
- ◆ Make a dish that all family members can eat. Use lean meats, poultry or fish. Use less fat to prepare it.
- ◆ If your family likes steak, choose a leaner cut (round or sirloin steak) that you can also eat.
- ◆ Reduce the fat content in as many of your family's favorite recipes as possible.
- ◆ Make your meat go further by using more stir-fry dishes with lots of vegetables and rice and less chicken or beef. Eat more of the vegetables and rice and less of the meat.
- ◆ Eat fish more often and use lemon, wine and herbs for flavoring. Remove your serving before you add fat or fry the family's portion.
- ◆ Many dishes add high-fat sauces (cream, sour cream, butter, etc.) just before serving. Remove your serving before adding the high-fat sauce. You can also use yogurt or evaporated skim milk to make a lower-fat sauce.

Allow Family a Higher-Fat Side Dish

- ◆ When you make a lower-fat main dish that your family accepts but is not enthusiastic about, consider including a side dish that your family really likes, but you don't plan to serve yourself. This might include a food such as: french fries, scalloped potatoes, vegetables with cream sauce, or avocado salad.
- ◆ When you are making a lower-fat main dish that your family accepts but is not enthusiastic about, prepare a nice dessert which you might be able to budget into your day. Purchase family favorites such as ice cream, pie, layer cake, cookies, etc. Make sure you are filled at dinner so you are not tempted to have more than "a taste."
- ◆ Make one of your family's favorite rich desserts at least once a week. Have only half a serving for yourself, and remember to adjust your fat intake the next day. Find someone to "donate" the leftovers to.
- ◆ Serve some special coffee or teas that are unusual. Make it a formal "tea or coffee ceremony."





Change Your Serving

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> ◆ If you prepare a high-fat family favorite, eat half your usual serving and budget your fat for the day. ◆ When family meals are high in fat, serve a big salad and make it your main dish. | <ul style="list-style-type: none"> ◆ When the main dish is high in fat, serve a soup first. Make a soup that the whole family likes. Increase your serving to make it a significant part of your meal. Eliminate or reduce your serving of the entree. ◆ When the main dish is high in fat, serve a particularly filling side dish that will be the major portion of your meal. Filling side dishes include: three bean salad, pasta and vegetable dishes, | <p>baked potato with lower-fat toppings, vegetable and rice casserole, and low-fat fried rice with vegetables.</p> <ul style="list-style-type: none"> ◆ When the main dish is high in fat, serve more than one vegetable side dish with your meal. Eat larger servings of the vegetables and less of the main dish. |
|---|--|--|

Summary

The dishes you eat at your main meals can give you a lot of fat. You can reduce this fat in many different ways. Some changes can be made when you plan and shop for your meals, such as including more chicken, fish and meatless choices. Other changes can be made in the kitchen when you prepare your meals, such as trim-

ming fat or using low-fat cooking methods. The last place you can make changes is at the dinner table before you eat the food. You have a lot of control at the table where you can decide not to add extra fat, such as margarine, butter or gravy.

Worksheet 5-6 (pgs. 20-21) has more ideas of how to reduce the fat in main dishes.

A great way to cut fat and not make two separate meals for yourself and your family is to change your recipes. Look at the recipes that you use all the time. See which ingredients give you a lot of fat. Decide if you can change your recipes and still keep them as family favorites.

Here are some questions for further thought:

- ◆ What favorite main dish recipes could you modify to reduce the fat?
- ◆ What lower-fat tips would you be willing to use?

Home Activity

Areas to work on next week:

- ◆ **Keep a Food Diary for three days. Be sure one day is on the weekend.**
- ◆ **Use your Food Diary to find the fat you are getting from main dishes.**
- ◆ **Try a new low-fat main dish or reduce the fat content in a favorite main dish recipe.**

Use Worksheet 5-5 (pg. 19) to outline a plan and evaluate how well it worked.

Where is the Fat?

Use your Food Diary and circle all the mixed dishes that have more than 10 grams of fat per serving. Pick four of your highest fat main meals. Use this worksheet to describe them in more detail. Write down the dish, your serving size and the cooking method you used (baked, fried, broiled, steamed, etc.)

Main Dish	Serving Size Eaten	Cooking Method Used
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Your main dish may be high in fat because:

1. It contains one or more high-fat ingredients.
2. Fat is added in cooking.
3. Your serving size is large.

Think about where you are getting your fat. What could you do to reduce the amount of fat?

Guidelines to Change Recipes

Use these guidelines to find out how much fat your recipe contains. Look for ways that you can reduce the fat.

- ◆ **Change your recipe slowly. Begin by cutting the total amount of fat by 1/4 to 1/2.**
- ◆ **Identify ways to reduce the fat in the recipe.**

1. Remove high-fat ingredients.

- _____ Make spaghetti sauce without meat.
- _____ Leave cheese topping off the casserole.
- _____ Other _____

2. Use less of the ingredient.

- _____ Limit oil used to brown meat or vegetables to 1 teaspoon.
- _____ Reduce nuts to 1/4 cup per recipe.
- _____ Use 1/2 to 3/4 of the mayonnaise asked for in the recipe.
- _____ Use 1/2 the amount of cream soups.
- _____ Use 1/2 the amount of cheese, and use a sharper cheddar cheese to get more flavor from the smaller amount.
- _____ Other _____

3. Use lower-fat or fat-free substitutes.

- _____ Use skim or non-fat milk.
- _____ Use evaporated skim milk.
- _____ Use lower-fat or fat-free cheeses.
- _____ Use plain yogurt, blended cottage cheese or fat-free sour cream instead of regular sour cream.
- _____ Use light, diet or fat-free mayonnaise.
- _____ Other _____

Worksheet 5-2 (continued)

4. Change the ingredients.

- ___ Trim the fat around the edges of meat.
- ___ Take skin off chicken.
- ___ Blend mayonnaise with plain non-fat yogurt.
- ___ Use two egg whites or egg substitute to replace a whole egg.
- ___ Use fat-free or low-fat products in recipes. For example, use fat-free mayonnaise or cheese.
- ___ Make your own sauces and gravies using low-fat or fat-free ingredients.
- ___ Other _____

5. Use low-fat methods to prepare.

- ___ Use a nonstick pan or nonstick vegetable spray to cook.
- ___ Cook vegetables in broth or water instead of fat.
- ___ Steam vegetables or cook them in the microwave.
- ___ Cook meat without adding fat.
- ___ Drain and rinse browned ground beef.
- ___ Use lower-fat methods of cooking (*see* Meat Cooking Guide, page 14)
- ___ Other _____

◆ Make changes to replace moisture and flavor.

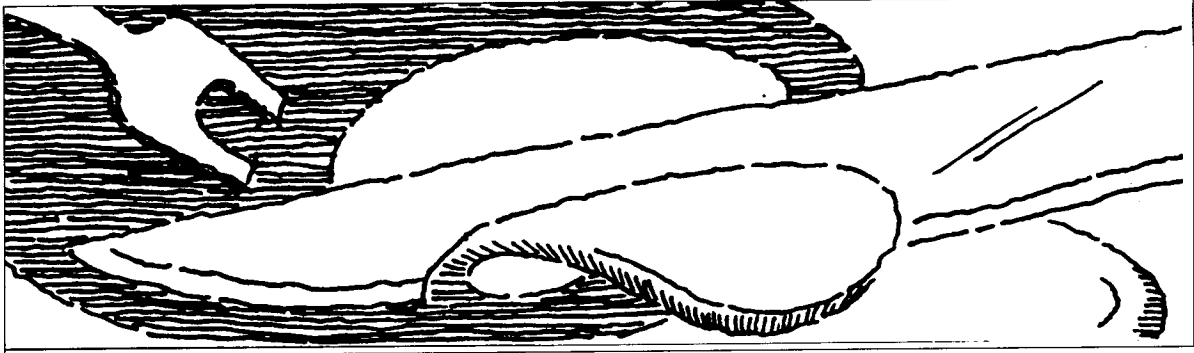
1. Add liquid when you remove 1/4 cup of fat or more.

- ___ Use water, fruit juice or skim milk.
- ___ Other _____

2. Add flavor.

- ___ Use wine, lemon juice, or flavored vinegars.
- ___ Use garlic, onions, jalapeno peppers, tabasco sauce.
- ___ Use fresh herbs and spices.
- ___ Use flavored or Dijon mustards.
- ___ Other _____

Worksheet 5-2 (continued)



MEAT COOKING GUIDE

DRY HEAT COOKING (Tender cuts)

Broiling, Roasting or Baking

Use a rack and let the fat drain off while cooking. If meat juices are separated from fat in pan drippings they can be used for flavoring.

Oven Frying

Coat meat, fish or chicken with crumbs and bake. Use nonstick spray or a small amount of oil to prevent sticking.

Pan Broiling

Cook in a heavy frying pan without adding fat. Drain off any fat that collects as you cook the meat.

Stir Frying or Sautéing

Use only a small amount of fat or use broth, wine or other liquids. Cook over high to medium-high heat.

Microwaving

Grilling

MOIST HEAT COOKING (Less tender cuts)

Braising

Brown meat without adding fat. Drain off any fat that collects. Finish cooking in small amount of liquid.

Stewing

If you brown the meat, use very little oil. Cover with liquid. Skim the fat using a spoon or chill and remove solid fat.

Poaching

Cook the fish or chicken in wine, juice, broth or bouillon.

Modifying a Recipe Worksheet

1. Look at your recipe and list any of the ingredients that contain fat.
2. Use your Fat Counter to look up the fat grams in these ingredients. Write down the total amount of fat in each ingredient and divide by total number of servings the recipe makes.
3. Use ideas on Worksheet 5-2 to decrease the amount of fat in your recipe. Aim for 10 grams of fat or less per serving if main dish.

Original Ingredient and amount	Fat Grams	New Ingredient and/or amount	Fat Grams
Example: Mozzarella cheese, 16 oz.	112	Part skim mozzarella, 8 oz.	40
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total grams of fat in new recipe: _____
 Amount of fat in one serving: _____

4. How could you change the way you cook the dish to reduce the fat even more?

Modifying a Lasagna Recipe

1 pound bulk pork sausage (12 oz. cooked)
 1/2 cup chopped onion
 1 16-oz. can tomatoes, cut up
 2 teaspoons dried basil, crushed
 2 beaten eggs
 2 1/2 cups ricotta
 3/4 cup grated Parmesan cheese flakes
 (3/4 cup = 12TB)

1 pound mozzarella cheese, sliced (16 oz.)
 1 clove garlic, minced
 1 8-oz. can tomato sauce
 1 6-oz. can tomato paste
 8 ounces lasagna noodles
 1/2 teaspoon pepper
 1 tablespoon dried parsley

1. The table below lists fat-containing ingredients, the amount used, and the total amount of fat in these ingredients.
2. Reduce the fat in the recipe by substituting lower-fat ingredients and/or reducing the amount of higher-fat ingredients used. Aim for 10 grams or less fat per serving.

Original Ingredient and amount	Fat Grams	New Ingredient and/or amount	Fat Grams
Pork sausage, 12 oz. cooked	96	_____	_____
Eggs, 2	10	_____	_____
Ricotta cheese, 2 1/2 cups	80	_____	_____
Parmesan cheese, 3/4 cup	18	_____	_____
Mozzarella cheese, 16 oz.	112	_____	_____
		_____	_____
		_____	_____
Makes: 10 servings		_____	_____
Total grams fat	316	Total grams fat	_____
Total fat per serving	32	Total fat per serving	_____

3. How could you change your preparation to reduce even more fat?

Modifying a Chicken Fricassee Recipe

2 lbs chicken breasts, thighs, and drumsticks
(12 oz. cooked dark meat and 12 oz.
cooked white meat)
2 TB flour
3 TB margarine
1 cup chicken broth

1 egg yolk
1 cup light cream
1 cup sliced onions
1/4 lb mushrooms
1/2 tsp salt
1/8 tsp pepper

1. The table below lists fat-containing ingredients, the amount used, and the total amount of fat in these ingredients.
2. Reduce the fat content of the recipe by substituting lower-fat ingredients and/or reducing the amount of higher-fat ingredients used. Aim for a total of 10 grams or less of fat per serving.

Original Ingredient and amount	Fat Grams	New Ingredient and/or amount	Fat Grams
Chicken breast with skin, 12 oz. cooked	36	_____	_____
Chicken dark meat with skin, 12 oz. cooked	48	_____	_____
Margarine, 3 TB.	36	_____	_____
Egg yolk, 1	5	_____	_____
Light cream, 1 cup	48	_____	_____
Makes: 4 servings		_____	_____
Total grams fat	173	Total grams fat	_____
Total fat per serving	43	Total fat per serving	_____

3. How could you change your preparation to reduce even more fat?

Worksheet Answers

Lasagna Recipe

Original High-fat Recipe	Fat (g)	New Low-fat Recipe	Fat (g)
12 oz. cooked pork sausage	96	2 cups chopped spinach	0
2 eggs	10	1 egg	5
2 1/2 cups ricotta cheese	80	2 cups cottage cheese (2%)	8
12 TB (3/4 cup) parmesan cheese	18	4 TB parmesan dry grated cheese	6
16 oz. mozzarella cheese	112	8 oz. part skim mozzarella cheese	40
Total fat grams	316 g	Total fat grams	59 g
Total fat per serving	32 g	Total fat per serving	6 g

Chicken Fricassee Recipe

Original High-fat Recipe	Fat (g)	New Low-fat Recipe	Fat (g)
24 oz. chicken with skin, light meat (12 oz. cooked)	36	24 oz. cooked chicken, without skin, light meat only	24
dark meat (12 oz. cooked)	48		
3 TB margarine	36	1 TB margarine	12
1 egg yolk	5	Leave out	
1 cup light cream	48	1 cup evaporated skim milk	1
Total fat grams	173 g	Total fat grams	37 g
Total fat per serving	43 g	Total fat per serving	9 g

Name: _____

Worksheet 5-5

Home Activity Worksheet

Areas to work on next week:

- ◆ Use your Food Diary to find the fat you are getting from main dishes.

Evaluation:

1. Changes I made to reduce fat in my main dishes: _____

2. Main dishes I ate with 10 or less grams of fat per serving: _____

- ◆ Try a new low-fat main dish or reduce the fat content in a favorite main dish recipe.

Evaluation:

1. Main dish I tried (commercial or homemade): _____
2. Number of grams of fat per serving: _____.
3. How did I make the dish more acceptable to me (and others, if appropriate)?

4. How did I like the dish? What would I do differently next time?

Meat, Poultry, Fish & Mixed Dishes Guidelines

High-fat Breakfast Meat

- ◆ Try cereal, cold or cooked, with fruit for breakfast.
- ◆ Fill up on grits, toast or muffins with jelly (go easy on the margarine or butter).
- ◆ Use smaller servings.
- ◆ Try low-fat breakfast meats such as lean ham, chipped beef or Canadian bacon.

High-fat Lunch Meat or Hot Dogs

- | | |
|--|--|
| <ul style="list-style-type: none">◆ For sandwiches, try:<ul style="list-style-type: none">◆ sliced lean beef, ham, chicken or turkey◆ low-fat or fat-free cheese◆ low-fat lunch meats or hot dogs◆ tomato, lettuce and other vegetables◆ water-packed tuna◆ baked beans | <ul style="list-style-type: none">◆ Other lunch ideas:<ul style="list-style-type: none">◆ soups◆ salads◆ low-fat leftovers |
|--|--|

Hamburger/Ground Beef

- ◆ S-t-r-e-t-c-h the meat by mixing with vegetables, rice, noodles or potatoes.
- ◆ Choose lower-fat hamburger (a darker red color means leaner).
- ◆ Use ground turkey instead of ground beef. Ground turkey breast is leanest.
- ◆ *Brown* the meat, drain off the fat and rinse the meat before adding other ingredients.
- ◆ *Grill* hamburger patties and let the fat drain off before serving.

Beef, Veal, Pork, Lamb

- ◆ Trim off extra fat.
- ◆ Keep servings small (smaller than a deck of cards).
- ◆ Buy leaner cuts.
 - Beef and Veal: round, sirloin, loin, tenderloin
 - Pork and Lamb: tenderloin, rump, loin, neckbone, fresh ham, leg

Worksheet 5-6 (continued)

Chicken or Turkey

- ◆ Bake, broil, microwave or barbecue—instead of frying.
- ◆ Take skin off before eating.
- ◆ Use chicken or turkey instead of beef and pork.
- ◆ Use white meat of chicken or turkey, whenever possible.

Fish or Tuna Fish

- ◆ Try baked, broiled, microwaved or grilled instead of fried.
- ◆ When you do fry, use a small amount of fat or non-stick spray.
- ◆ Choose tuna packed in water, instead of oil. If you only have oil-packed tuna, drain oil and rinse it with water. (Use low-fat or fat-free mayonnaise in tuna salad.)

Beans or Dried Peas

- ◆ Try canned beans for a quick, low-fat meal.
- ◆ Use beans or peas instead of meat (tacos, burritos, chili or other bean dishes).
- ◆ Season with small pieces of lean meat like ham, turkey, or beef.
- ◆ Use onions, garlic, chilies for seasoning.
- ◆ Soak beans overnight to shorten cooking time.

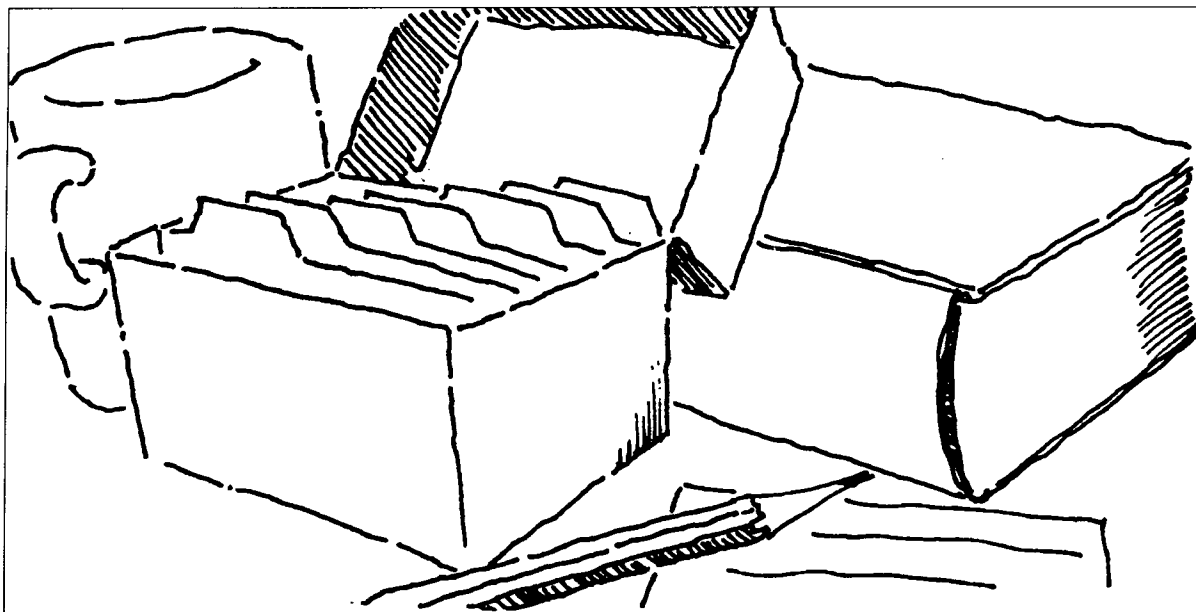
Mixed Dishes (spaghetti, stir-fry, casseroles)

- ◆ Use smaller amount of meat and more vegetables, rice, potatoes, or noodles.
- ◆ Drain fat and rinse hamburger before adding to the mixed dish.
- ◆ Use leaner cuts of meat.
- ◆ Remove skin from chicken before adding to dish.
- ◆ Use smaller amount of cheese and make it a low-fat or fat-free cheese.
- ◆ Use nonstick spray or very small amount of fat to brown onions, garlic, etc.

Session Five

Recipes

- ♦ *Meatless Chili (Chili Sin Carne)*
- ♦ *Sesame Halibut*
- ♦ *Peppers Stuffed With Rice and Tomato*
- ♦ *Chicken and Rice*
- ♦ *Honey-Garlic Pork Chops*



Meatless Chili (Chili Sin Carne)

1 tablespoon vegetable oil
4 medium stalks celery, sliced in 1/2-inch pieces
2 large onions, chopped
2 cans (20 ounces) red kidney beans, undrained
1/2 cup catsup
2 teaspoons dry mustard
1 can (20 ounces) white kidney beans, undrained
1 teaspoon salt
2 cans (1 pound) whole tomatoes, undrained
1 teaspoon black pepper
1 tablespoon plus 2 teaspoons chili powder

Heat oil in a 6-quart pot. Sauté onions until golden brown. Add rest of ingredients up to and including black pepper. Stir well, taste, and adjust the seasonings if necessary. Add chili powder by the teaspoon, tasting mixture after each addition until desired flavor is reached. Place half of chili in a well-oiled freezing/baking dish. Wrap well and freeze. To serve, defrost at room temperature and bake, uncovered, at 350°F for approximately 30 minutes. Meanwhile, simmer remaining chili 20-25 minutes. Do not overcook; celery should retain some crispness.

Makes 12 servings (1 cup)

Fat: 2 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from MRFIT

Sesame Halibut

2 pounds halibut fillets or steaks
1/4 cup orange juice
2 tablespoons ketchup
1 tablespoon soy sauce
1 tablespoon freshly squeezed lemon juice
1/4 teaspoon pepper
3/4 teaspoon sesame oil
1 tablespoon brown sugar
1 tablespoon sesame seeds, toasted

Two hours before meal time, rinse fish with cold water. Pat dry with paper towels. Cut fish into 4 portions. Place in single layer in baking dish. In a small bowl, combine orange juice, ketchup, soy sauce, lemon juice, pepper, sesame oil and brown sugar. Pour mixture over fish, cover and marinate in refrigerator for 2 hours, turning once. Remove fish, reserving marinade. Fish is best cooked over barbecue grill, or may be broiled in oven. Baste with marinade, turn once during cooking. Fish is done when it flakes easily with a fork. Heat the remaining marinade; pour over fish. Top with toasted sesame seeds.

Makes 4 servings

Fat: 5 grams per serving

Recipe from The New American Diet

Note: A very popular fish dish! The sauce for this grilled halibut is tangy and delicious. Served with rice and salad this dish is perfect for a summer meal.

Peppers Stuffed With Rice and Tomato

Ajíes Rellenos con Arroz, y Tomate

2-1/2 cups water
1 teaspoon salt
1 small bay leaf
1 cup long-grain white rice, uncooked
1 tablespoon olive oil
1 garlic clove, chopped
1 cup minced onion
2 cups peeled and seeded tomatoes
8 medium green bell peppers, seeded, deribbed, and cut in half lengthwise
1 teaspoon tomato paste

Preheat the oven to 350°F. In a large pot, bring 2 cups of the water and the salt and bay leaf to a boil over high heat. Add the rice, cover, and reduce the heat to medium. Simmer for 15 minutes, stirring occasionally to be sure the rice doesn't stick. When the rice is nearly cooked, set aside.

In a medium-size sauté pan, over medium heat, cook the garlic and onion in olive oil until the onions are translucent, 3 to 5 minutes. Meanwhile, place tomatoes in a mixing bowl and break up with your fingers to crush them. Add to the sauté pan and cook until hot. Strain any excess water

from the rice. Add the tomato mixture to the rice and stir.

Place the peppers in a shallow baking dish and fill with the stuffing mixture.

In a small mixing bowl, mix the tomato paste and the remaining 1/2 cup water and pour around the outside of the peppers.

Bake for 45 minutes, basting twice with the tomato paste mixture. Remove from the oven and serve warm.

Makes 8 servings

Fat: 2 grams per serving

Fruit/Vegetable Servings: 1-1/2 per serving

Grain Servings: 1 per serving

Recipe from A Taste of Cuba

Chicken and Rice

Arroz con Pollo

1 tablespoon olive oil
6 chicken breast halves, skinless
1 large onion, diced
3 garlic cloves, minced
1 green bell pepper, seeded, deribbed and chopped
1-1/4 cups peeled, seeded and chopped tomatoes
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon cilantro
1 bay leaf
1/2 teaspoon paprika
1 tablespoon capers
1/4 teaspoon ground saffron (turmeric may be substituted)
2 cups water
1-1/2 cups white wine
1 package (10 ounces) frozen green peas
2 cups long-grain white rice, uncooked

In a large non-stick skillet, heat the oil over medium heat. Remove skin from chicken breasts and sauté a few at a time until lightly browned on all sides. Remove the chicken and set aside on paper towels.

Add the onion, garlic and green pepper, and sauté 3 to 5 minutes, until the onion is translucent but not brown. Add the tomatoes, salt, black pepper, cilantro, bay leaf, paprika, capers, saffron and water. Cover and

bring to a boil. Add the chicken, cover, and simmer over medium-low heat for 30 minutes. Add the wine, peas and rice. Stir well and simmer, covered, for 20 minutes more.

Transfer to a large serving platter, garnish with roasted red pepper strips, and serve hot.

Makes 6 servings

Fat: 6 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 2 per serving

Recipe from A Taste of Cuba

Honey-Garlic Pork Chops

4 boneless pork top loin chops
(4 oz. each, 1-1/4 to 1-1/2 inch thick)
1/4 cup honey
1/4 cup lemon juice
2 cloves garlic, minced
2 tablespoons soy sauce
1 tablespoon dry sherry

Combine all ingredients except pork chops. Pour mixture over chops in a heavy plastic bag. Seal bag and marinate in refrigerator 4 to 24 hours. For outdoor grilling, grill chops over medium coals for 14 to 16 minutes, turning every 4 minutes. For oven broiling, broil chops 4 to 5 inches from heat for 14 to 16 minutes, turning every 4 minutes.

Makes 4 (3-ounce) servings

Fat: 9 grams per serving

Recipe from National Livestock and Meat Board