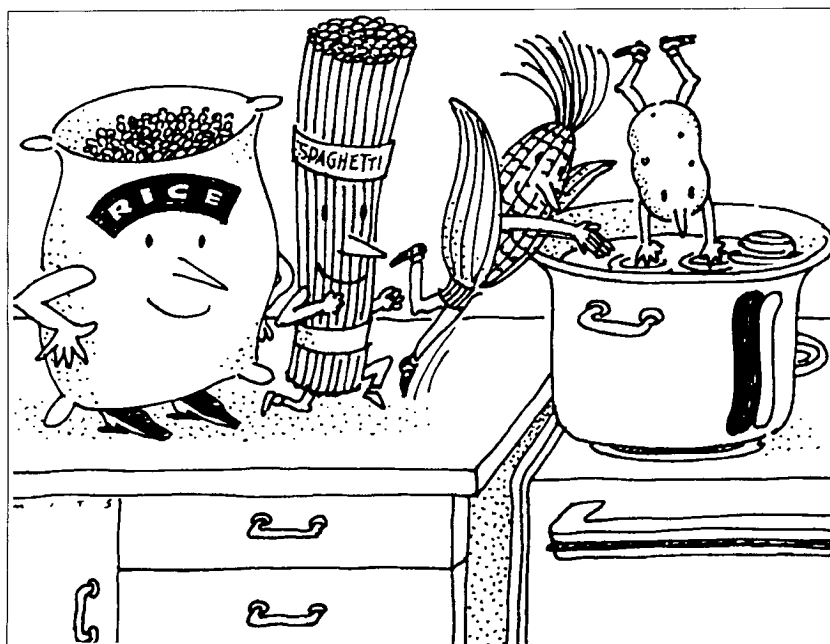


Session Fourteen

What's Complex About Carbohydrates?

During this session, you will:

- ♦ *Identify ways to increase your intake of beans, grains and Vegetables*
- ♦ *Discuss ways to make meatless meals more acceptable.*



Review of Home Activity

- ◆ What time-saving strategies did you use?
- ◆ How well did your strategies work?
- ◆ What quick meal ideas or recipes did you try?
- ◆ What would you do differently next time?

Increasing Complex Carbohydrates

Our topic today is increasing your intake of complex carbohydrates.

Another word used to describe complex carbohydrates is starch. Complex carbohydrates are found in breads, grains, cereals, beans, potatoes and some vegetables. There are many benefits to eating these foods.

- ◆ What are some examples of complex carbohydrate foods you currently eat?

Benefits of eating beans, grains and vegetables:

- ◆ low fat
- ◆ filling
- ◆ cost less
- ◆ taste good
- ◆ good source of protein
- ◆ no cholesterol
- ◆ high in fiber
- ◆ high in vitamins and minerals

Benefits and Barriers to Eating Complex Carbohydrates

Many complex carbohydrates are high in fiber. Fiber has many health benefits. High fiber diets help prevent constipation. Some research studies suggest that fiber may prevent colon cancer and help lower cholesterol.

Even though there are many benefits to eating these foods, some people do not eat them. Some reasons that people do not eat more complex carbohydrates are fear of weight gain, not knowing how to prepare them, and family dislikes. During this session we will discuss ways to overcome these three barriers.

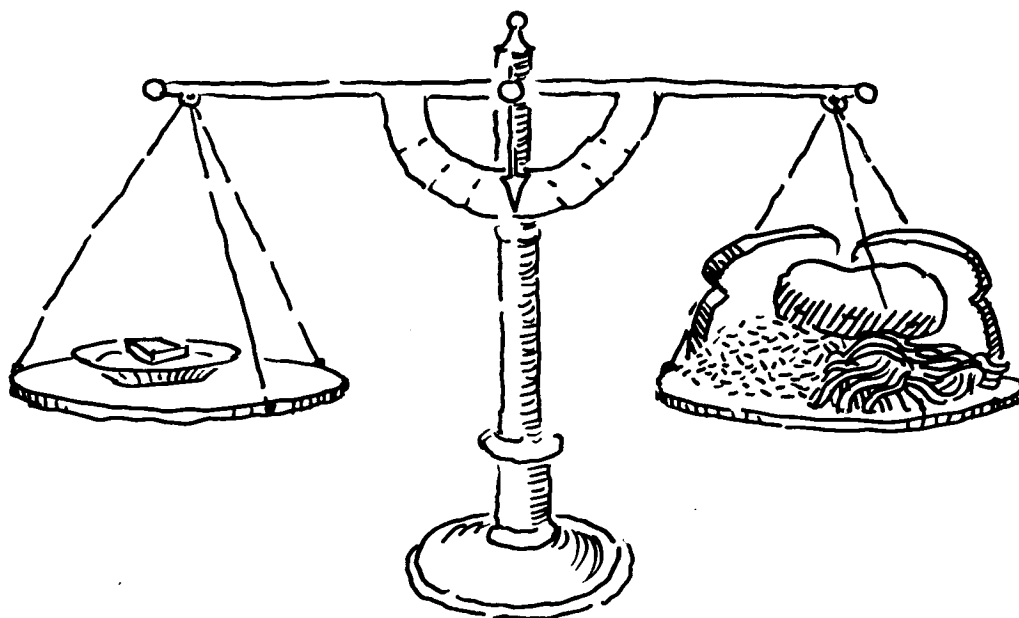
Fear of Bread

Many people believe that carbohydrates are fattening. Often weight loss diets limit breads and other carbohydrates. However, as you've

already learned in this program, it's not the bread or the potato that is fattening. It's the butter and sour cream that are added. In spite of this knowledge, many people might still have the "Fear of Bread." When you take away enough fat to meet your fat gram goal, you reduce your calorie intake by 350 calories. This number of calories equals 5 slices of bread, 2 cups of noodles or rice, 3 medium potatoes or 1 1/2 cups of cooked beans. In other words, when you get rid of 39 grams of fat, you can eat 4 to 5 more serv-

ings of carbohydrates a day for the same amount of calories.

When you take out high-fat foods you may find that you get hungry. Complex carbohydrate foods can help fill you up. In addition, these foods are nutritious. For example, potatoes are a good source of potassium and other important vitamins and minerals. If you eat the skin on your potato, you also get extra fiber. Butter is a source of calories, but contains very few vitamins and minerals and no fiber.



How to Cook Beans and Grains

Most of the traditional ways to cook beans, rice and pasta often add extra fat. You need to find

some new ways to prepare these foods so that they taste good without adding fat.

- ◆ What are some ways that you have found to prepare these foods without fat?

Noodles:

- ◆ Serve with meatless tomato sauce
- ◆ Add seafood to tomato sauce
- ◆ Use low-calorie salad dressings for pasta salads
- ◆ Serve with stir-fried vegetables

Rice and Grains:

- ◆ Cook rice and grains in chicken or beef broth, or tomato juice
- ◆ Add onions, green peppers and spices
- ◆ Top with stir-fried vegetables
- ◆ Season with soy sauce

Try Some New Grains

To add variety, try some new interesting foods such as bulgur, couscous, polenta or quinoa. These grains are easy and quick to cook. Couscous takes less than 10 minutes to prepare. All you have to do is boil water. Bulgur and quinoa are also fast to

prepare. They take about 15 minutes to cook.

You will find these grains in your grocery store on the shelves near where the rice is sold. Some stores sell them in bulk, which usually costs less. Grains save you money because they expand when you cook them.

Handout 14-1 (pgs. 9-10) lists cooking tips and you'll also find some delicious recipes featuring these grains at the end of the session. Look in the Resource section of your Participant Manual for more ideas on how to cook grains.

Eat More Beans

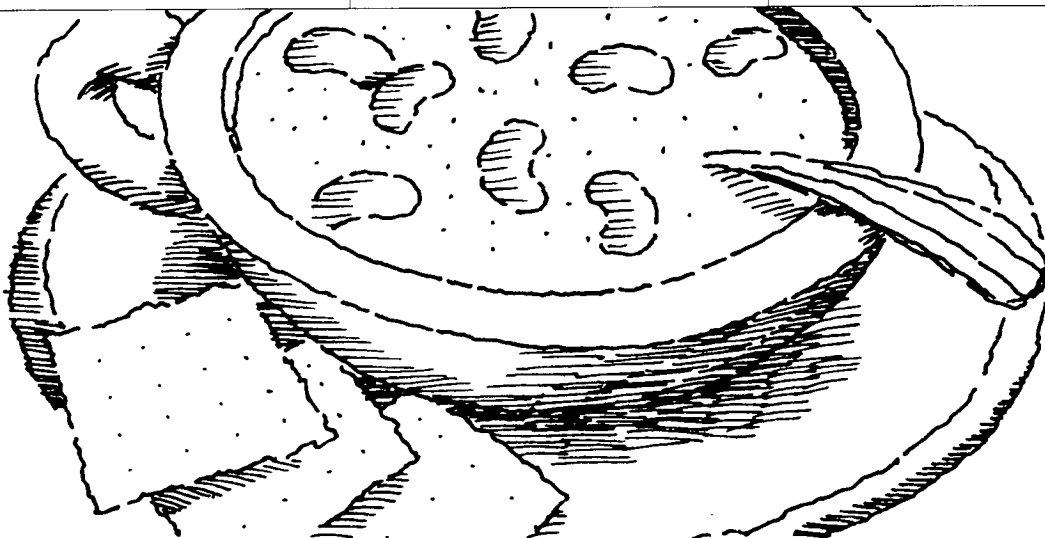
Another way to add complex carbohydrates to your eating pattern is to eat more beans. There are a wide variety of beans to choose from. Many interesting dishes feature beans, such as red beans and rice, Hoppin John, black-eyed peas and rice, Dirty Rice, and bean burritos. There are soups, casseroles and even dessert recipes which contain beans. The secret to great bean recipes is seasoning. Chilies, cumin, onions, turmeric, coriander, oregano, garlic and thyme all enhance the flavor of beans. Lean

smoked turkey and trimmed ham also add flavor to your bean dish. Here are some new ways you could add beans to your diet:

- ◆ **Substitute beans for ground beef in lasagna, stuffed peppers or burritos.**
- ◆ **Add lentils, split peas or black beans to soup or stew to make it heartier.**
- ◆ **Add navy, kidney and garbanzo beans to salads.**
- ◆ **Serve rice and beans as a main dish instead of as a side dish.**

Cooking beans from dried beans takes time. Some beans, such as lentils, split peas and black-eyed peas, take less time. You can also save time by soaking the beans overnight or while you're at work, and by using a pressure cooker. But, if you are in a hurry, try canned beans. They are a perfectly acceptable choice and give you an easy way to include more beans in your meals.

Handout 14-1 lists cooking times for beans. More detailed information about beans is included in the Resource section of your Participant Manual.



Acceptance of Meatless Dishes

Think about the grain and bean dishes that have been suggested.

- ◆ **Which ones would you (and family), find acceptable?**

Some of these foods may already be familiar to you and your family or friends and some are new foods.

- ◆ **How could you make it easier for you (and others) to try these new foods?**
- ◆ **What do you think makes food look appetizing?**

Variety in color, shape, and taste can make a dish more appealing. You can also create a festive atmosphere to make your meals more enjoyable. Do this by finding the time, once a week, to make eating at home a special occasion. You might even try using a theme from another culture, such as Mexican or Caribbean to introduce new foods into your family meals.

Handout 14-2 (pg. 11) lists some more suggestions you could use for introducing new foods.

Ways to Add More Beans and Grains

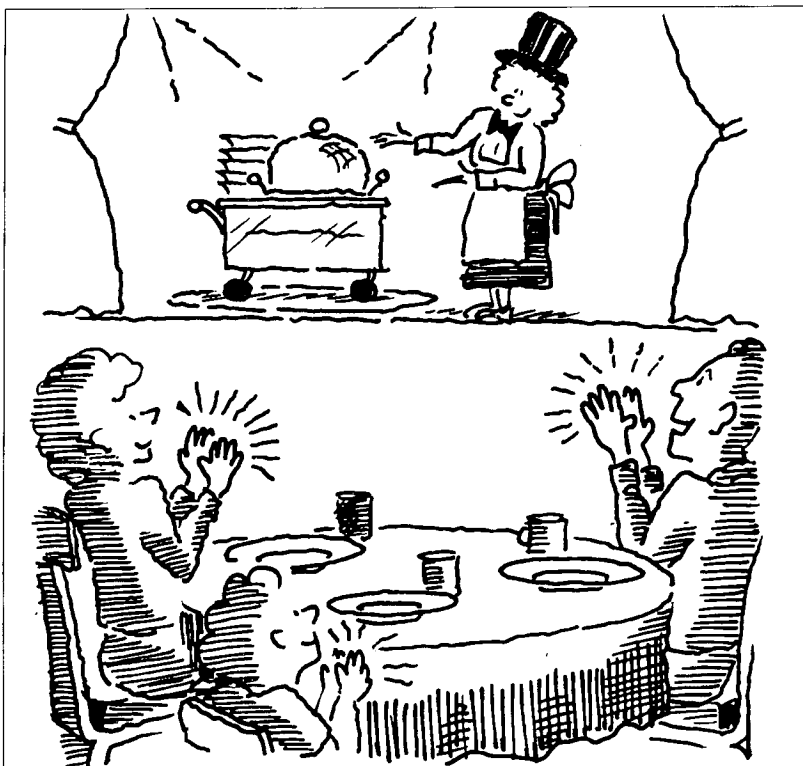
You have learned about the benefits and barriers to eating more complex carbohydrates. Now it's time to plan how you can eat more of them. Use Worksheets 14-3 and 14-4 to help you.

Worksheet 14-3 (pgs. 12-13) lists foods that are high in complex carbohydrates. Many of these

foods are also high in fiber. Look over the list to see how many of these foods you eat now. Think about ways you could add more of these foods to your diet. Be sure to include some high fiber choices.

Worksheet 14-4 (pg. 14) gives you more suggestions for increasing complex carbohydrates. Specific ideas are listed for breakfast, lunch, dinner and snacks.

- ◆ **Which ones will you try?**



Summary

Increasing grains and beans, especially as main dishes, may be a difficult change to make. However, there are many benefits to eating more complex carbohydrates.

Adding more grains and beans to your meals can add variety, improve nutrition and reduce the cost. You can begin by using some of the dishes from the Middle East,

Mexico or the Caribbean. These dishes often feature grains and beans.

Here are some questions for further thought:

- ◆ What benefits are there for you to eat more grains, beans and cereals?
- ◆ What steps can you take to make bean and grain dishes more acceptable to you and your family?

Home Activity

Areas to work on next month:

- ◆ **Use two Fat Scans during the next month. Complete one at the beginning of the month and one at the end of the month. Be sure each Fat Scan includes a weekend day.**
- ◆ **Increase your use of beans and grains by using a new recipe or a low-fat commercial bean or grain product.**

Use Worksheet 14-5 (pg. 15) to outline a plan and evaluate how well it worked.

How to Cook Grains and Beans

Cooking Grains

Most grains are easy to cook. Add the dry grain to boiling water and simmer for the suggested time. Use a flavored broth or tomato juice, and add onions and spices to increase flavors.

Cooking Beans

Beans expand greatly when cooked. One cup of dried beans will become 2 to 3 cups of cooked beans depending on the variety.

1. **Measure the amount** of beans you want to cook. Look them over and throw away shriveled beans and other debris. Wash and drain beans.
2. **Soak the beans.** All beans except lentils, split peas and black-eyed peas should be soaked before cooking.

Overnight method: Add 3 cups of water for every cup of beans.
Let stand overnight or about 6 or 8 hours.

OR

Quick method: Add 3-4 cups of hot water for each cup of beans.
Heat water to boiling and cook beans for 2 minutes. Then cover the pot and let beans sit for 1 hour.

3. **Cook Beans.** Drain and rinse soaked beans. Add 3 cups of water for every cup of beans. Do not add salt at this point. Bring water to a boil, cover, reduce heat and simmer for 1 to 3 hours (see Handout 14-2). The cooking time will vary depending on the size and dryness of the bean, the altitude and the hardness of the water. Don't add salt, or acidic ingredients (such as lemon juice, vinegar or tomatoes) until the beans are soft. These ingredients keep the beans from getting tender. For faster cooking times, use a pressure cooker, and follow the manufacturer's guidelines. Most beans are done in 10 to 35 minutes.
4. **Consider using canned beans.** They are quick and easy to use, and they taste good.

Cooking Times and Yields for Grains, Beans and Peas

Grains (1 cup dry)	Cooking Time	Water (cups)	Yield (cups)
Couscous	5 minutes	1-1/2	2
Quinoa	15 minutes	2	4
Bulgur wheat	15-20 minutes	2	2-1/2
Quick brown rice	15-20 minutes	2	2-1/2
Kasha (buckwheat)	20-25 minutes	2	2-1/2
White rice	25 minutes	2	3
Polenta, coarse cornmeal	25 minutes	4	3
Barley "pearled"	45 minutes	3	3-1/2
Millet	45 minutes	3	3-1/2
Brown rice	45-60 minutes	2	3
Wild rice	45-60 minutes	3	4

Beans and Peas

Black-eyed, field and crowder peas	1 hour	3	2
*Lentils	1 hour	3	2-1/4
*Split peas	1 hour	3	2-1/4
Black beans	1-1/2 hours	4	2
Kidney beans	1-1/2 hours	3	2-1/4
Limas	1-1/2 hours	2	1-1/4
Great northern beans	2 hours	3-1/2	2
Pinto beans	2-1/2 hours	3	2
Garbanzos (chick peas)	3 hours	4	4
Soybeans	3 hours or more	3	2

* Note: Lentils and split peas do not need to soak at all.

Soaking and rinsing beans is one way to help reduce the gas produced by eating beans. When you first start adding beans to your eating pattern, eat smaller portions, since it takes time for your body to adjust to eating beans. Some people find it helpful to use Beano® (a commercial product which helps you digest beans better, which you can purchase at your drugstore).

Introducing New Foods

Getting yourself and others to accept new foods may be a challenge. Here are some suggestions that can help:

- ◆ Emphasize the positive points of the food. Describe how good the food tastes.
- ◆ Serve the food in an attractive manner. Foods that look appetizing are more likely to be eaten.
- ◆ Serve new foods along with other favorites. Combining new with familiar foods will help gain their acceptance.
- ◆ Be patient in trying new foods with your family and friends. Expect that changes may come gradually.
- ◆ When introducing new low-fat foods, don't describe them as low-fat. Many people believe that low-fat foods are not tasty. If you tell them the food is low-fat, they may be more critical.
- ◆ Don't try to introduce new foods too often. One new food a week is the limit for most people.
- ◆ One interesting way to introduce new foods is to plan a theme dinner. It can be festive and fun!

Good Sources of Beans, Grains and Vegetables

Look over this list of foods. First check the ones you eat now. Then check the ones you plan to eat more often. For more ideas on how to cook these foods, see the Resource section of your Participant's Manual.

HIGH FIBER CHOICES

	Eat now	Plan to eat		Eat now	Plan to eat
Beans and Peas			Cereals		
(Dried or canned)			All bran	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input type="checkbox"/>	Bran flakes	<input type="checkbox"/>	<input type="checkbox"/>
Black beans	<input type="checkbox"/>	<input type="checkbox"/>	Grape nuts	<input type="checkbox"/>	<input type="checkbox"/>
Black-eyed peas	<input type="checkbox"/>	<input type="checkbox"/>	Maypo	<input type="checkbox"/>	<input type="checkbox"/>
Cannellini beans	<input type="checkbox"/>	<input type="checkbox"/>	Oat bran	<input type="checkbox"/>	<input type="checkbox"/>
Chick peas (garbanzos)	<input type="checkbox"/>	<input type="checkbox"/>	Oatmeal	<input type="checkbox"/>	<input type="checkbox"/>
Cranberry beans	<input type="checkbox"/>	<input type="checkbox"/>	Roman meal	<input type="checkbox"/>	<input type="checkbox"/>
Fava beans	<input type="checkbox"/>	<input type="checkbox"/>	Shredded wheat	<input type="checkbox"/>	<input type="checkbox"/>
Crowder peas	<input type="checkbox"/>	<input type="checkbox"/>	Zoom	<input type="checkbox"/>	<input type="checkbox"/>
Field peas	<input type="checkbox"/>	<input type="checkbox"/>			
Lentils	<input type="checkbox"/>	<input type="checkbox"/>	Breads		
Lima beans	<input type="checkbox"/>	<input type="checkbox"/>	Bran muffins	<input type="checkbox"/>	<input type="checkbox"/>
Navy beans	<input type="checkbox"/>	<input type="checkbox"/>	Whole wheat bread	<input type="checkbox"/>	<input type="checkbox"/>
Pinto beans	<input type="checkbox"/>	<input type="checkbox"/>	Whole wheat crackers	<input type="checkbox"/>	<input type="checkbox"/>
Red or kidney beans	<input type="checkbox"/>	<input type="checkbox"/>			
Split peas	<input type="checkbox"/>	<input type="checkbox"/>	Vegetables		
Soy beans	<input type="checkbox"/>	<input type="checkbox"/>	Boniatos	<input type="checkbox"/>	<input type="checkbox"/>
White beans	<input type="checkbox"/>	<input type="checkbox"/>	Broccoli	<input type="checkbox"/>	<input type="checkbox"/>
Grains			Brussels sprouts	<input type="checkbox"/>	<input type="checkbox"/>
Barley	<input type="checkbox"/>	<input type="checkbox"/>	Cassava	<input type="checkbox"/>	<input type="checkbox"/>
Bulgur	<input type="checkbox"/>	<input type="checkbox"/>	Corn	<input type="checkbox"/>	<input type="checkbox"/>
Buckwheat (kasha)	<input type="checkbox"/>	<input type="checkbox"/>	Hominy	<input type="checkbox"/>	<input type="checkbox"/>
Popcorn	<input type="checkbox"/>	<input type="checkbox"/>	Malanga	<input type="checkbox"/>	<input type="checkbox"/>
Rolled oats	<input type="checkbox"/>	<input type="checkbox"/>	Peas	<input type="checkbox"/>	<input type="checkbox"/>
Triticale	<input type="checkbox"/>	<input type="checkbox"/>	Potatoes with skins	<input type="checkbox"/>	<input type="checkbox"/>
Wheat berries	<input type="checkbox"/>	<input type="checkbox"/>	Sweet potatoes, yams	<input type="checkbox"/>	<input type="checkbox"/>
			Yucca	<input type="checkbox"/>	<input type="checkbox"/>

Good Sources of Beans, Grains and Vegetables

OTHER CHOICES (Lower in Fiber)

	Eat now	Plan to eat		Eat now	Plan to eat
Cereals			Grains		
Grits, Cooked	<input type="checkbox"/>	<input type="checkbox"/>	Brown rice	<input type="checkbox"/>	<input type="checkbox"/>
Grits, Ready-to-eat	<input type="checkbox"/>	<input type="checkbox"/>	Corn meal	<input type="checkbox"/>	<input type="checkbox"/>
Other breakfast cereals	<input type="checkbox"/>	<input type="checkbox"/>	Couscous	<input type="checkbox"/>	<input type="checkbox"/>
			Millet	<input type="checkbox"/>	<input type="checkbox"/>
Breads			Noodles (pasta)	<input type="checkbox"/>	<input type="checkbox"/>
Bagels	<input type="checkbox"/>	<input type="checkbox"/>	Polenta	<input type="checkbox"/>	<input type="checkbox"/>
Corn bread	<input type="checkbox"/>	<input type="checkbox"/>	Quinoa	<input type="checkbox"/>	<input type="checkbox"/>
Dinner roll	<input type="checkbox"/>	<input type="checkbox"/>	Wild rice	<input type="checkbox"/>	<input type="checkbox"/>
English muffins	<input type="checkbox"/>	<input type="checkbox"/>	White rice	<input type="checkbox"/>	<input type="checkbox"/>
Low-fat crackers	<input type="checkbox"/>	<input type="checkbox"/>			
Pretzels	<input type="checkbox"/>	<input type="checkbox"/>			
Tortillas	<input type="checkbox"/>	<input type="checkbox"/>			
Wheat bread	<input type="checkbox"/>	<input type="checkbox"/>			
White bread	<input type="checkbox"/>	<input type="checkbox"/>			

How to Increase Your Intake of Beans, Grains and Vegetables

Put a check mark next to the suggestions you can use to increase your intake of beans, grains and vegetables. Put a second check mark next to the two or three suggestions you will use next month.

Breakfast foods

- ☐ Eat cereal (hot or cold) and toast
- ☐ Substitute low-fat quick breads, muffins or bagels for donuts or croissants
- ☐ Mix fruit with yogurt and sprinkle with grapenuts or other cereal
- ☐ Top pancakes, french toast or waffles with fruit
- ☐ Mix high-fiber cereals with your regular cereal

Lunch and dinner foods

- ☐ Eat a sandwich made with 2 slices of whole wheat bread
- ☐ Have a bean or vegetable soup and crackers
- ☐ Add beans to your salad
- ☐ Choose Mexican food - tortillas, refried beans and rice
- ☐ Try chili with cornbread
- ☐ Top your baked potato with vegetables (broccoli) and low-fat plain yogurt or cottage cheese
- ☐ Have a pasta salad with lots of vegetables or a pasta dish as a main entree
- ☐ Stir fry vegetables over lots of rice
- ☐ Add potatoes and dumplings to stew
- ☐ Combine beans and rice in casseroles
- ☐ Try a new grain (such as couscous, barley, bulgur, quinoa) as a side dish
- ☐ Serve whole wheat rolls or bread

Snacks

- ☐ Try graham crackers instead of cookies
- ☐ Have popcorn as a high fiber snack
- ☐ Eat pretzels
- ☐ Try bread, bagels and English muffins
- ☐ Eat low-fat crackers
- ☐ Have cereal either dry or with low-fat milk
- ☐ Serve bean dips

Name: _____

Worksheet 14-5

Home Activity Worksheet

Areas to work on next month:

- ◆ Try a new grain or bean recipe or low-fat commercial bean or grain product.

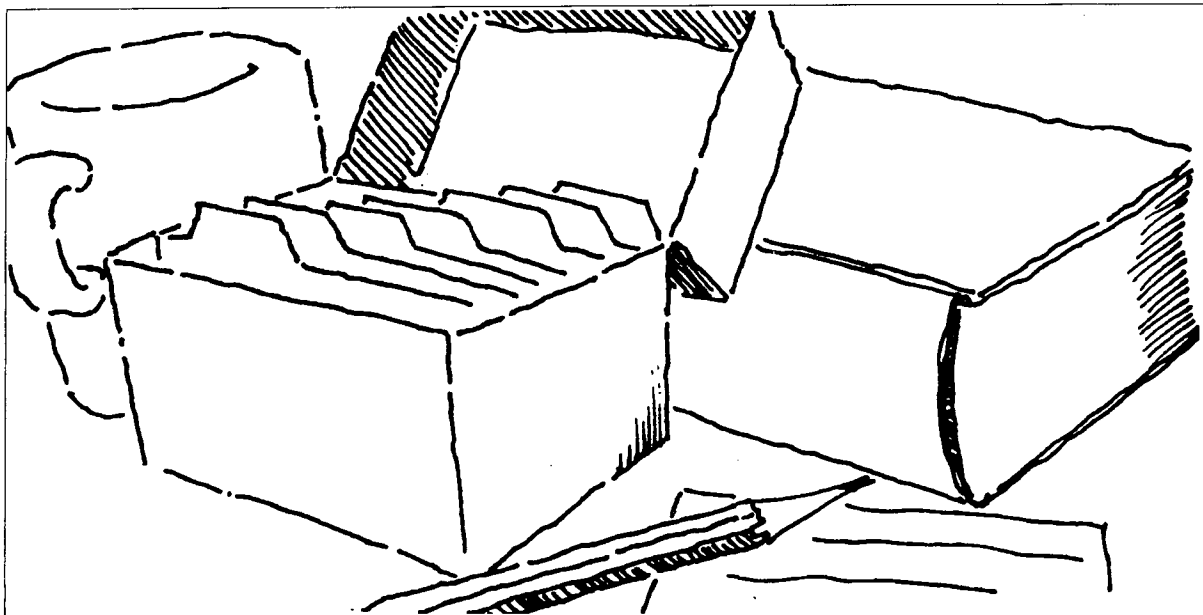
Evaluation:

1. Food or recipe I tried: _____
2. Did I (and others, if appropriate) like the grain or bean dish?
____ Yes ____ No
3. What would I do differently next time I use grains or beans? _____

Session Fourteen

Recipes

- ◆ *Quinoa Pilaf*
- ◆ *Bean Lasagna*
- ◆ *Beef-Barley Skillet*
- ◆ *Tabouli*
- ◆ *Pizza Rice Casserole*
- ◆ *Acapulco Bean Casserole*
- ◆ *Bulgur Pilaf*
- ◆ *Split Pea or Lentil Soup*



Quinoa Pilaf

1/4 cup quinoa or bulgur, uncooked
1/4 cup finely shredded carrot
2 tablespoons minced fresh onion
1 small clove garlic, minced
1/2 cup water
1/8 teaspoon salt
1/8 teaspoon pepper
1 tablespoon chopped fresh parsley
non-stick cooking spray

Wash the quinoa 3 times in cold water; drain and set aside. Coat a saucepan with cooking spray. Add the carrot, onion, and garlic; cook over medium heat 1 minute or until crisp-tender. Add the quinoa, water, salt, and pepper; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until the quinoa is tender and the liquid is absorbed. Remove from the heat and stir in parsley.

Makes 2 servings (1/2 cup serving)

Fat: 2 grams per serving

Fruit/Vegetable Servings: 1/2 per serving

Grain Servings: 1 per serving

Recipe from Cooking Light

Bean Lasagna

8 ounces lasagna noodles, uncooked
2 medium onions, chopped
4 cloves garlic, minced
2 teaspoons vegetable oil
2 cups tomato sauce, canned tomatoes or thinned paste
2 teaspoons dried oregano
1 teaspoon dried basil
1/4 cup fresh parsley, chopped
1/2 teaspoon salt
1/2 - 3/4 pound mushrooms, sliced
2 cups cooked small red or kidney beans (start with 3/4 cup dry or use canned), drained
4 ounces part skim mozzarella cheese, grated
3 cups cottage cheese (1 or 2% fat)
2 tablespoons Parmesan cheese, freshly grated (optional)

Cook the lasagna noodles until tender. Rinse in cold water so they won't stick together. Set aside in cold water.

Prepare the tomato sauce. Sauté the onions and garlic in 1 teaspoon oil until they are soft but not browned. Cover to steam cook if necessary. Stir in the tomato sauce, oregano, basil, parsley and salt. Cook the sauce about 1/2 hour, simmering and stirring until thickened.

Sauté mushrooms in 1 teaspoon oil. Add to thickened tomato sauce mixture along with the cooked beans.

In a 9"x13" baking dish, assemble the lasagna, using 1/3 of each ingredient to layer in this order: noodles, tomato-bean sauce, cottage cheese, mozzarella cheese. Repeat twice more. Top with grated Parmesan cheese if desired.

Bake the lasagna at 375°F for 20-30 minutes.

Makes 12 servings

Fat: 5 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from New American Diet

Beef-Barley Skillet

3/4 pounds ground beef, diet lean (10% fat)
1/2 cup onion, chopped
1/4 cup celery, chopped
1/4 cup green pepper, chopped
1/2 teaspoon marjoram
1 teaspoon sugar
1 teaspoon Worcestershire sauce
1/2 cup chili sauce
2 cups canned tomatoes, broken up
1-1/2 cups water
3/4 cup barley, uncooked
salt and pepper to taste

In a nonstick skillet sauté the meat, onions, green pepper, and celery. Drain off excess fat, stir in remaining ingredients. Bring to a boil. Reduce heat to simmer, cover, and cook about one hour on top of stove (35 minutes for quick-cooking barley).

Makes 6 servings (about 7 cups)

Fat: 5 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from New American Diet

Tabouli

1 cup bulgur, uncooked
2 cups boiling water
2 tomatoes, finely diced
1 bunch green onions and tops, sliced
3 tablespoons chopped fresh mint (or 2 teaspoons dry mint flakes)
1 cup parsley, finely chopped
1/4 cup olive oil
1/2 cup lemon juice
1 teaspoon salt
pepper to taste

Place uncooked bulgur in a bowl; pour boiling water over it and let soak 1 hour (stirring occasionally). Drain well in fine strainer. Return the bulgur to a bowl and add the other ingredients. Chill 2 hours.

Makes 8 servings

Fat: 7 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from New American Diet

Pizza Rice Casserole

2/3 cup brown or white rice, uncooked
1-1/3 cups water
1/2 pound diet lean ground beef (10% fat)
1 onion, chopped
2 cans (8 ounces each) tomato sauce
1/4 teaspoon garlic powder
1 teaspoon sugar
1/4 teaspoon oregano leaves
1 teaspoon parsley flakes
1-1/2 cups low-fat cottage cheese
1/2 cup grated low-fat cheese
dash pepper
non-stick cooking spray

Preheat oven to 325°F.
 Cook rice in water or have leftover rice ready.
 Brown ground beef and onion in a non stick fry pan. Drain fat. Add tomato sauce and spices to beef-onion mixture. Cover and simmer 15 minutes. Combine cottage cheese and rice.

Put a third of the cottage cheese-rice mixture in a casserole dish that has been sprayed with non stick vegetable spray. Top with a third of meat-tomato sauce. Continue to alternate layers, ending with tomato sauce. Sprinkle grated low-fat cheese on top. Bake for 30 minutes or until hot and bubbly.

Makes 6 servings (about 10 cups)

Fat: 3 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from New American Diet

Acapulco Bean Casserole

1 cup onion, chopped
1 cup celery, chopped
2 teaspoons margarine
2 cans (16 ounces) chili with beans (no meat)
1 can (16 ounces) refried beans
1 can (12 ounces) whole kernel corn, drained
1 can (4 ounces) taco sauce (1/2 cup)
1/4 teaspoon salt
8 corn tortillas, torn up
1 cup (4 ounces) shredded low-fat cheese
fresh whole chile peppers (optional for garnish)

Preheat oven to 350°F. In a frying pan, sauté onion and celery in margarine until tender but not brown, about 10 minutes. Stir in chili, refried beans, corn, taco sauce, and salt. Arrange half the tortilla pieces in 13x9x2 inch baking dish; top with half the chili mixture. Repeat layers. Bake, covered, in 350°F oven for 45 to 50 minutes. Sprinkle cheese on top. Bake, uncovered, 2 to 3 minutes more or till cheese is melted. Garnish with fresh whole chile peppers if desired.

Makes 8 servings

Fat: 6 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 2-1/2 per serving

Recipe from New American Diet

Bulgur Pilaf

1 teaspoon soft margarine
1 cup bulgur, uncooked
1/2 cup celery, chopped
1 medium onion, chopped
1/2 cup fresh mushrooms, sliced
2 cups chicken broth, bouillon, or water
2 tablespoons pimento, chopped
1 tablespoon parsley, chopped
1/4 teaspoon oregano
1/2 teaspoon salt, or less
1/4 teaspoon dill weed
few grains pepper

Melt margarine in skillet. Add vegetables and bulgur. Cook until vegetables are tender and bulgur is golden. Add broth and seasonings. Cover and bring to boil. Reduce heat and simmer 15 minutes. Stir in parsley and pimento just before serving. Serve warm. For variety: add green pepper or chopped olives.

Makes 4 servings

Fat: 2 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1-1/4 per serving

Recipe from the Family Heart Study

If you choose to add 3 tablespoons of chopped olives for variety the fat grams would be:

Fat: 3 grams per serving

Split Pea or Lentil Soup

1/2 pound lentils or split peas (1-1/4 cups), uncooked
1 teaspoon olive oil
2 medium onions, finely chopped
1 clove garlic, minced
2 stalks celery, finely chopped
1 carrot, thinly sliced
1 sprig parsley, chopped
1 teaspoon salt (or less)
1/4 teaspoon black pepper
6 cups water
2 beef bouillon cubes
1 tablespoon lemon juice

Wash lentils well, cover with water. Bring to a boil and cook gently for 10 minutes. Drain and set aside. Heat oil in a skillet. Sauté onions and garlic for 5 minutes. Add chopped vegetables, water, salt and pepper in kettle. Bring to a boil and cook slowly for 30 minutes. Add bouillon cubes and stir to dissolve. Before serving, add lemon juice.

Makes 8 servings (1 cup each)

Fat: 1 gram per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1/2 per serving

Recipe from Family Heart Study