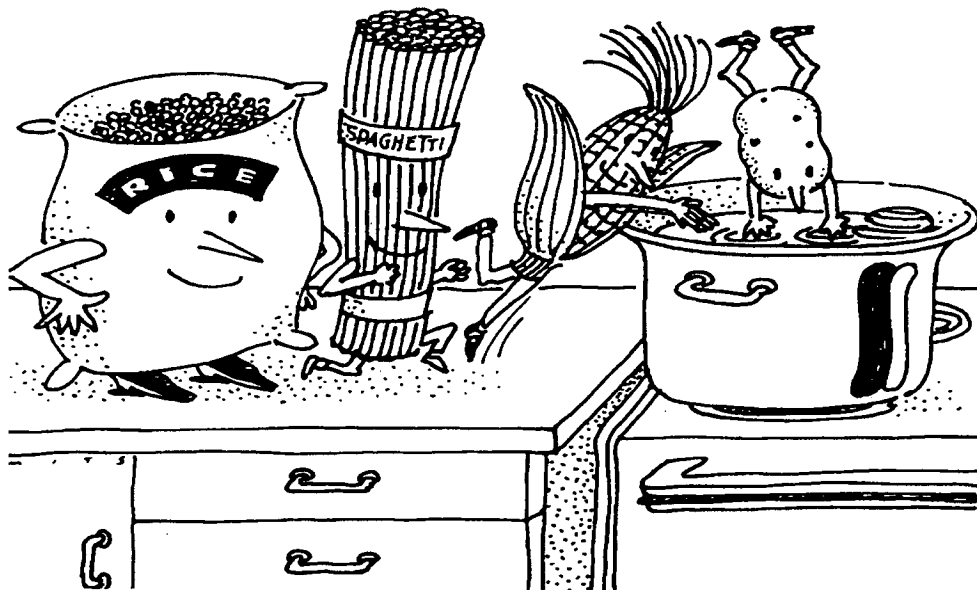


Winter Session - Year 3

Easy One Dish Winter Meals

During this session you will:

- ◆ *Identify winter/holiday situations that cause stress*
- ◆ *Share coping strategies to deal with winter/holiday situations*
- ◆ *Identify simple one-dish meals that provide quick and easy meal preparation ideas*



Review of Progress / Success

- ◆ What strategies and skills are you currently using to maintain your progress?

Winter Time and Holiday Experiences

The winter months and holidays are usually full of jolly events, but sometimes they are also filled with stress. This is understandable, after all, there can be a lot of demands on our time at this time of year. Depending on the number of other demands, the stress created by winter and holiday events may affect your WHI participation.

The purpose of this session is to help you identify ways to manage the small, but additive events that may increase winter-time stress.

- ◆ What do you picture when you hear the words “winter time hassle”?

Many people see a *hassle* as a small, bothersome event that causes stress. It may be the feeling you get when you’re caught in a traffic jam, or standing in a long check-out line at the store. It could also be the last minute discovery that you have eight dinner guests, but only six matching plates.

Day-to-day stress can really add up and drive people crazy. This type of stress occurs more frequently than stress created by major life changes, such as a death in the family or loss of a job. So, a person’s ability to manage daily hassles is an important part of stress management.

Daily hassles appear to increase during the winter months. For example, the demands on our time may increase due to social gatherings, increased travel, and waiting in longer lines at the store. Emotions may be influenced by holiday celebrations, poor weather and road conditions, poor health, and for some people a sense of loneliness or a feeling of “winter blues”.



All of these situations can cause stress, whether we think of them as fun activities or challenges. They compete for your time and energy. So, they have the potential of influencing your food choices.

Use Worksheet Winter 3-1 (pages 13-14) to check any current winter and holiday situations that may increase your stress levels. After you are done, look back at the situations you

checked. Place a star next to the one situation that you would like to look at more closely.

Think about how this situation might affect your food choices. Remember, stressful situations can have both positive and negative influences on your food choices. For example, having company or family around that is interested in tasting new low-fat dishes could help

you maintain low-fat eating patterns. On the other hand, having high-fat foods and gifts readily available might have a negative influence.

◆ **What influence do you think your situation might have on your WHI eating patterns?**

Mind-Mapping Solutions

Maybe your winter situation is not affecting your WHI eating patterns. It may be adding some stress to your life, but you have identified ways to cope. On the other hand, you may have found that your winter situation is a challenge and you're feeling a little overwhelmed.

Sometimes one of the hardest things to do is to think ahead for the unexpected. This is especially true around the holidays when you have dozens of

other things on your mind. However, stress-filled situations are like unexpected winter storms. While some of us may be ready for those unexpected storms, a few of us are not.

We may know what we should do, but we're not always prepared. We have forgotten some of our coping skills or lack the motivation to use them. This is similar to a storm situation when the power goes out and you don't remember where the flashlight or candles are located. Or, you have plenty of canned food in

the house, but only an electric can opener that won't work without power.

Mind-mapping is a fun and creative way to think ahead and problem solve. It helps you prepare for your stress-filled storms.

Mind-mapping helps people identify ideas in a relaxed, non-judgmental way. There is no required structure or format. The trick is to let your mind wander. Some of your ideas may be ones that you learned during Dietary Change group meetings.

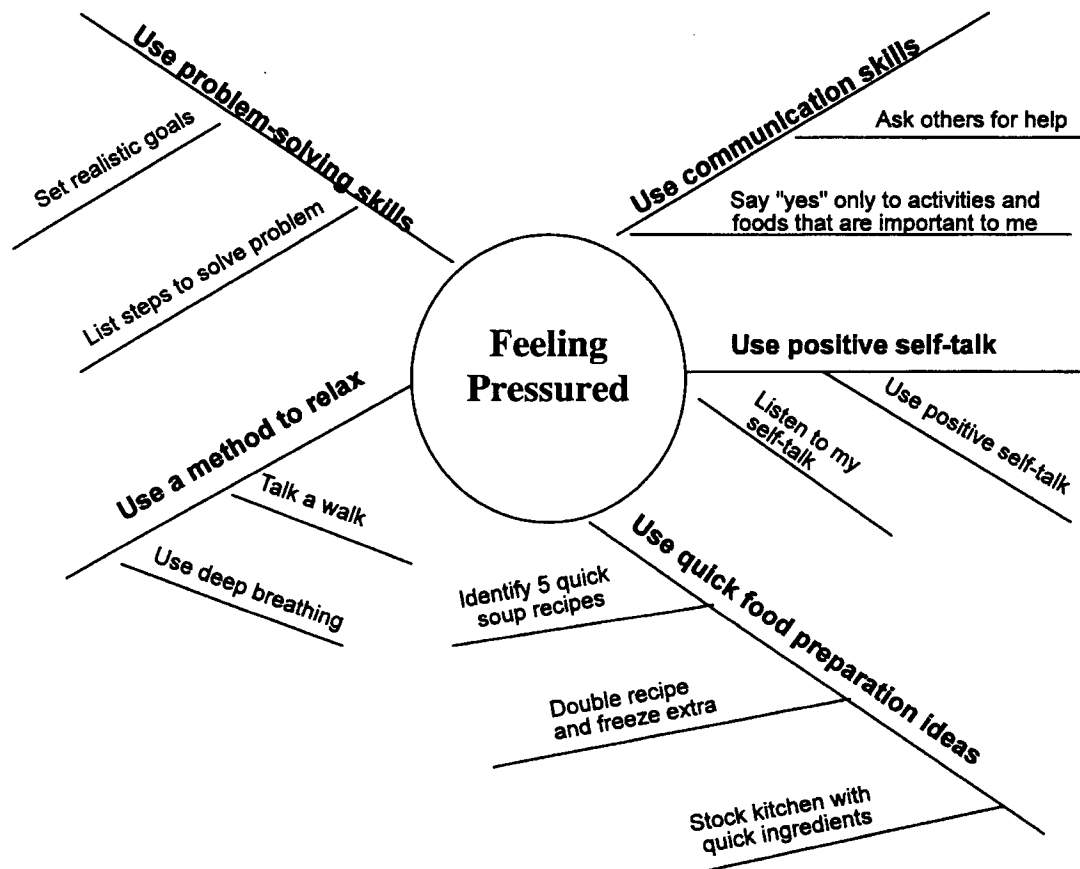
However, other ideas may come from your own experiences in dealing with stressful situations.

So how do you make a *mind-map*? Look at the example below, but keep in mind that your personal *mind-map* might look different. You can use Worksheet Winter 3-3 (page 18) or a blank piece of paper to make your own map.

Start by writing the situation you want to think about in the center circle (e.g., Feeling Pressured). Then as you identify general strategies you could use, draw straight lines off from the circle, like rays from the sun. Write your general strategy (e.g., Use communication skills, etc.) on these "sun-ray" lines. Draw a new line for each new strategy.

List your ideas for achieving the strategy next to the strategy they apply to. For example, under the strategy -"Use communication skills", you could write: "Ask others for help."

If you need some ideas to get started, refer to Worksheet Winter 3-2 (pages 15-17). See how many creative solutions you can identify to handle your winter situation.



- ◆ **How could the mind-mapping process help you problem solve other challenges?**

There are many different strategies that you can use to manage winter and holiday situations. However, this session is going to focus on one strategy—using quick one-dish meals.

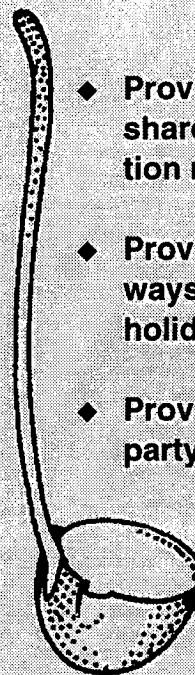
Easing Stress with One-Dish Meals

Quick one-dish meals include a variety of dishes. For example, there are soups, stews, casseroles, chili recipes, stir-fry dishes, and simple meals baked in foil or microwaved. One-dish meals can be a perfect solution for many stress-filled winter situations.

- ◆ **In what situations do you feel that a one-dish meal could help reduce stress?**

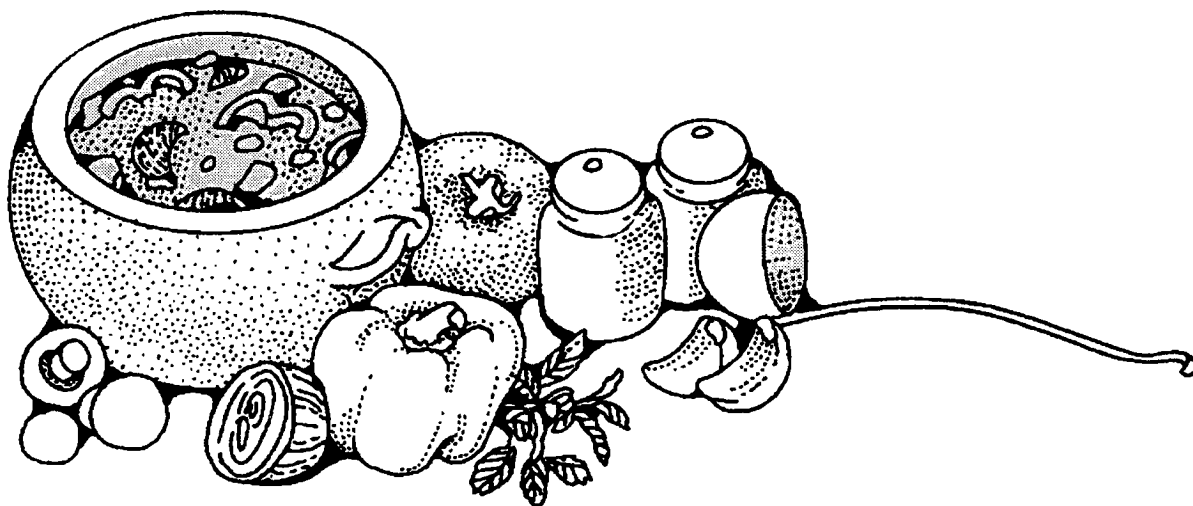
Some possible ideas, include:

- ◆ **Save time and energy when feeling pressured, tired or sick.**
- ◆ **Provide a way to budget fat grams pre- and post-holidays.**
- ◆ **Provide new ways to increase servings of vegetables, grains and beans.**
- ◆ **Provide a way to share meal preparation responsibilities.**
- ◆ **Provide creative ways to use meal and holiday leftovers.**
- ◆ **Provide fun low-fat party ideas.**



As you can see, one-dish meals could be a winter lifesaver.

- ◆ **What are some examples of easy one-dish meals you currently use?**



A Souper Solution

There is nothing more appealing and comforting than the smell of a wonderful soup or stew gently simmering on the kitchen stove. However, contrary to popular beliefs, one-dish meals, such as soups and stews don't need to simmer for hours.

When you're short on time and energy, soups and stews provide a number of great solutions:

- ◆ **Quick, easy, and flexible meals.**
- ◆ **Way to save money by stretching ingredients.**
- ◆ **Ways to use leftovers.**
- ◆ **Ways to increase servings of vegetables, beans, and grains.**
- ◆ **A way to budget and save fat grams.**

The word "soup" comes from the Germanic sop that means "bread over which a broth is poured." To "sup" came to mean to eat the evening meal at which this mixture was frequently served.

The origins of soup, according to historians, have been dated from as early as 800 BC in Asia, where cultivated grains were boiled in pottery containers. Later references to soup show up all over the world.

Time Saving Short-Cuts

There are many different ways to shorten the process of preparing a soup or stew. You can use time-saving equipment, such as a food processor or a microwave oven. You could also start with cooked leftovers or use convenience foods from the store. For other time-saving ideas, go back and review the information provided in Sessions 13, 15 and Year 2 Summer.

- ◆ **What short-cuts do you like to use to prepare one-dish meals (e.g., soups, stews, etc.)?**
- ◆ **What ingredients do you like to keep on hand to make a quick soup meal?**

Commercial Soups

The new fat-free and low-fat canned soups, found in grocery stores, are a great way to create quick and easy one-dish meals. The soups are available in both broth and cream-based forms. You can easily substitute the reduced-fat cream soups in recipes that call for a cream soup. In addition, many of the new soups provide quick, low-fat recipe ideas on their labels.

However, when you use a commercial food, such as a canned soup, be sure to use your label reading skills. Look at the serving size listed on the *Nutrition Facts* panel. Remember, the serving size may be very different from the amount you use in a recipe. For example, most soups use a standard serving size of 1 cup (8 fluid ounces) of cooked soup or 1/2 cup condensed soup. So, if you use the entire can in a recipe, you need to do some math.

Resource Winter 3-1, *Low-Fat and Fat-Free Commercial Soups*, lists some of the commercial soups available throughout the US. Some of these soups have been used in the session recipes.

Homemade Mixes and Soups

You can also make your own dry soup mixes and homemade soup stocks. They provide a key ingredient for a variety of quick meals. To get you started, there are recipes at the end of this session for two soup mixes and two basic soup stocks.

Be sure to plan ahead when you make your own soup stock. Save all the juices from cooked or canned vegetables and mushrooms, as well as leftover poultry and meat bones. They can be kept frozen until you are ready to make the homemade soup stock.

For flexibility of use, freeze your homemade stock in several different types of containers. Always leave a little room at the top of the containers to allow for expansion.



Consider using some of the following containers:

- ◆ **Ice cube trays (1-2 Tbs per section) for use in stir-fry recipes or when sautéing vegetables.**
- ◆ **One to two-cup plastic tubs for single servings, smaller recipes or steaming rice.**
- ◆ **One-quart containers for soups and stews.**

Vegetables: Fresh, Frozen, Canned?

You have a variety of fresh vegetables available during the winter months.

Resource Winter 3-4 *Soup and Stew Ingredient Checklist* provides a list of these vegetables and other ingredients to help you make a variety of soups and stews. If you cannot find fresh vegetables at a

reasonable price, use frozen or canned.

Many consumers feel hesitant about using canned vegetables because they feel that canned vegetables contain fewer vitamins than fresh or frozen ones. However, studies have shown that many canned vegetables contain as much or more of certain vitamins, such as Vitamins A and C.

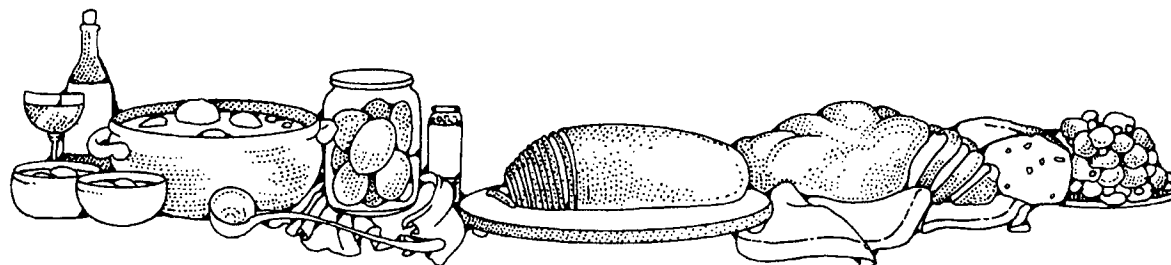
One of the reasons that canned vegetables rank high in certain vitamins is that they are usually processed immediately after they are harvested. On the other hand, fresh vegetables tend to lose vitamins as they travel from the farm to the supermarket.

One-Dish Party Ideas

Soups, stews and other one-dish meals can also make parties easier. They let you share meal preparation with friends or family. If you are planning a holiday or pot-luck party, consider focusing the party around a one-dish meal. Here are some ideas:

- ◆ **Holiday Open House:**
Have a warm pot of vegetable, bean or pasta soups and low-fat breads.
- ◆ **Pasta Potluck Party:**
Have five people bring their favorite low-fat sauces and you supply the pasta.
- ◆ **Football Chili Party:**
Serve low-fat chili with assorted raw vegetables, low-fat crackers and fruit.
- ◆ **Baked Potato Buffet:**
Have baked potatoes with low-fat toppings.

For a list of cookbooks that feature one-dish recipes, look at Resource Winter 3-3, *One-Dish Meal Cookbooks*, at the back of this session. In addition, Resource Winter 3-2, *Lower Fat Crackers and Breads*, provides some information about lower-fat crackers and breads that could accompany soups and stews.



Summary

As you see, one-dish meals, such as soups, stews and casseroles can provide a great way to cope with winter stress and New Year's resolutions to get back on track. Soups and stews also provide a way to share cooking responsibilities and help other people who may not feel capable or interested in preparing meals.



There is a wonderful story called "The Stone Soup." It emphasizes how we can all gain by sharing with each other. This benefit of sharing is why many of you joined WHI in the first place—to contribute to the knowledge of women's health in the hope that it will benefit future generations. We commend your continued participation and applaud the important contribution you are providing to science and women's health. The story on the next page is for you. You are the "magic stones"!

Questions for Thought:

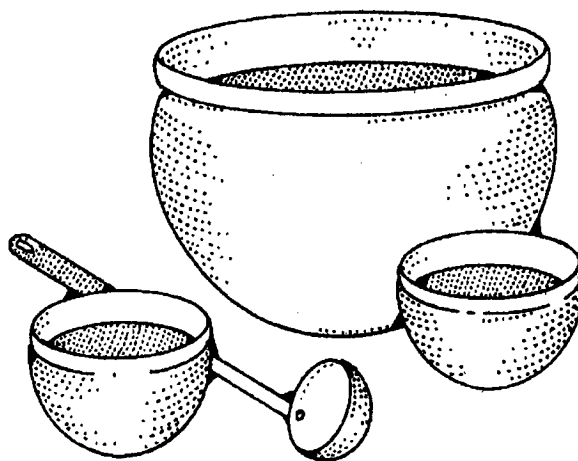
- ◆ Which of the one-dish meal ideas or recipes appeal to you the most?
- ◆ In what situations do you think that one-dish meals will be most helpful for you?

The Stone Soup Story

Once upon a time, somewhere in Eastern Europe, there was a great famine. People jealously hoarded whatever food they could find, hiding it even from their friends and neighbors. One day a peddler drove his wagon into a village, sold a few of his wares, and began asking questions as if he planned to stay overnight.

"There's not a bite to eat in the whole province," he was told. "Better keep moving on."

"Oh, I have everything I need," he said. "In fact, I was thinking of making some stone soup to share with all of you." He pulled an iron cauldron from his wagon, filled it with water, and built a fire under it. Then with great ceremony, he drew an ordinary-looking stone from a velvet bag and dropped it into the water. By now, hearing the rumor of food, most of the villagers had come to the square or watched from their windows. As the peddler sniffed the "broth" and licked his lips in anticipation, hunger began to overcome their skepticism. "Ahh," the peddler said to himself rather loudly, "I do like a tasty stone soup. Of course, stone soup with CABBAGE—that's hard to beat."



Soon a villager approached hesitantly, holding a cabbage he'd retrieved from its hiding place, and added it to the pot. "Capital!" cried the peddler.

"You know, I once had stone soup with cabbage and a bit of salt beef as well, and it was fit for a king."

The village butcher managed to find some salt beef. And so it went, through potatoes, onions, carrots, mushrooms, and so on, until there was indeed a delicious meal for all. The villagers offered the peddler a great deal of money for the magic stone, but he refused to sell and traveled on the next day. And from that time on, long after the famine had ended, the villagers reminisced about the finest soup they'd ever had.



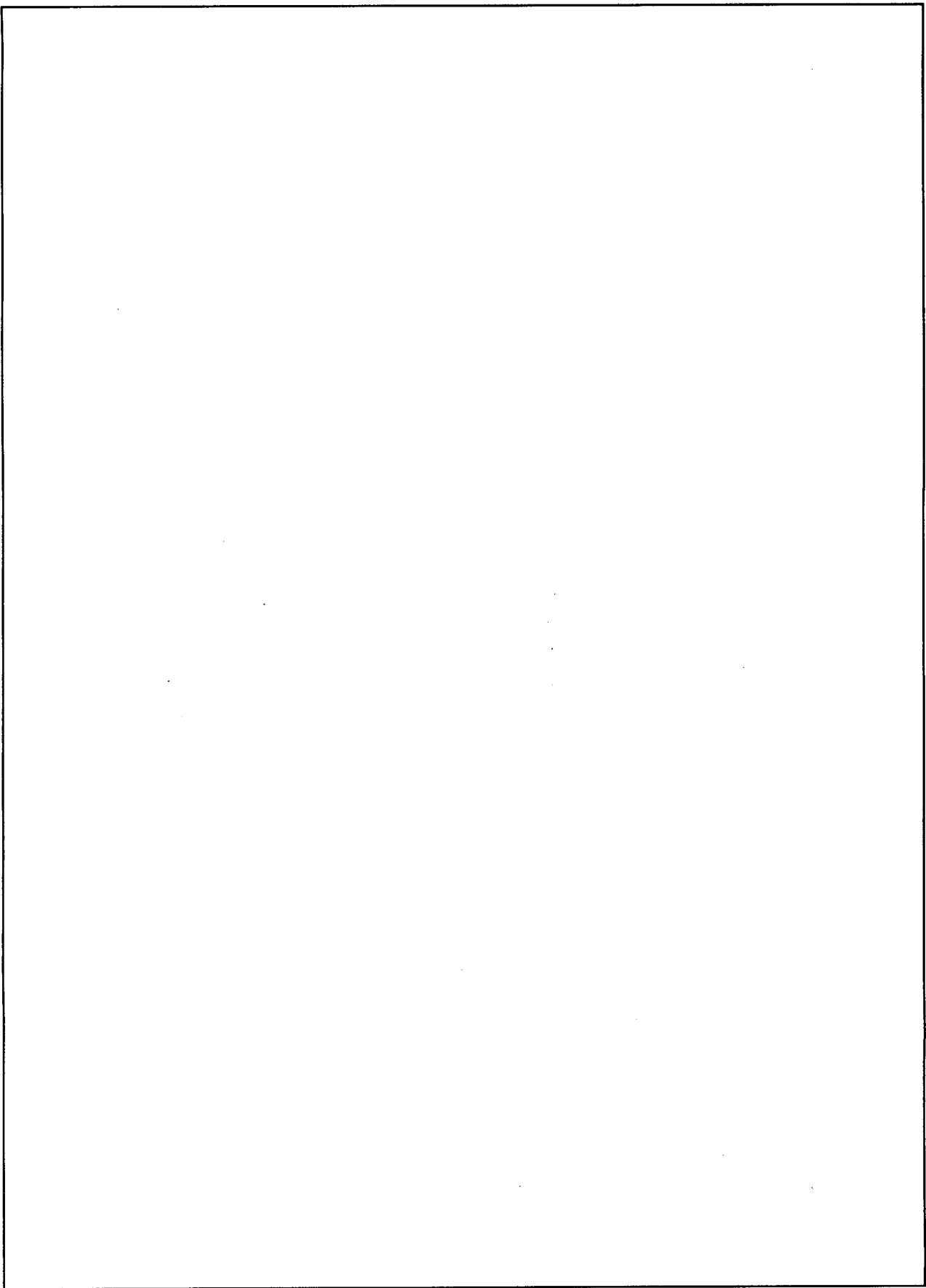
Home Activity

Areas to work on during the next three months:

- ◆ **Use your Fat Scan (or other self-monitoring method) to keep track of your intake of fat, fruits/vegetables and grains. Please keep at least one Fat Scan (or other tool) each month.**
- ◆ **Identify at least two recipes for quick and easy one-dish meals that you would be willing to use during the next 3 months.**

Evaluation:

- ◆ **One-Dish meals I tried and my comments.**



Winter/Holiday Situations Checklist

Daily hassles can be a significant source of stress for many people. Below is a checklist of some different kinds of situations that commonly increase during the winter months. Check off the examples that you recognize in your own life. Place a star (*) next to at least one situation that you would like to look at more closely.

People Situations:

- ___ People making demands on my time.
- ___ People doing little things that bother me.
- ___ People staying in my home.
- ___ People dropping by when I'd rather not have company.
- ___ Feeling lonely or isolated.
- ___ Taking care of other people (aging parents, grandchildren, etc.).
- ___ Other: _____

Time Situations:

- ___ Spending a lot of time waiting in lines.
- ___ Feeling pressured all the time.
- ___ Feeling overwhelmed by holiday demands.
- ___ Preparing meals.
- ___ Feeling like I am wasting a lot of time.
- ___ Being constantly interrupted.
- ___ Other: _____

Environment or Home Situations:

- ___ Cold weather makes it harder for me to get out.
- ___ Poor driving conditions make me feel less comfortable driving.
- ___ Traffic (both cars and people in shopping centers) makes me feel less comfortable.
- ___ Noise at this time of year.
- ___ Maintaining my car.
- ___ Maintaining my home.
- ___ Other: _____

Worksheet Winter 3-1 (continued)

Work Situations:

- ___ Spending more time at work than I would like.
- ___ Spending less time at work than I would like.
- ___ Working with difficult people.
- ___ Work is too challenging.
- ___ Other: _____

Health and Personal Situations:

- ___ More aches and pains at this time of year.
- ___ Problems with my eyesight or hearing.
- ___ Keep losing or forgetting things.
- ___ Concern about maintaining my low-fat eating pattern
- ___ Less energy to get everything done.
- ___ More trouble sleeping.
- ___ Other: _____

Low-Fat Eating Situations:

- ___ Want to have more low-fat, easy one-dish ideas that could be used at potlucks or parties.
- ___ Need more ideas for warm and healthy one-dish meals.
- ___ Eating away from home more frequently.
- ___ Need easy, low-fat ideas to help budget my fat grams.
- ___ Having cravings for certain holiday (or other) high-fat foods.
- ___ Less time to prepare balanced, low-fat meals.
- ___ High-fat foods are more easily available at this time of year.
- ___ Constant effort to meet my WHI nutrition goals.
- ___ Not as many fruits available.
- ___ Unfamiliar with low-fat ways to prepare winter vegetables.
- ___ Other: _____

Other Situations:

- ___ _____
- ___ _____



Winter Coping Strategies and Ideas

There are many different ways to handle the stress created by winter and holiday situations. Use this worksheet to help you create your own *mind-map* or list of coping strategies and ideas that you could use to handle your stress.

Use problem solving skills.

- Identify specific winter-time situations that are creating stress.
- Decide on realistic steps that would help solve the challenge.
- Identify ways I can measure my success.
- Stay flexible in trying different solutions.

Budget fat grams.

- Identify some low-fat one-dish meals to help me budget my fat grams.
- Eat a lower-fat main dish to save extra fat grams for a dessert.
- Eat less fat for a few days before or after a special occasion.

Use positive self-talk.

- Identify negative thoughts that may add to my stress and stop them.
- Avoid or limit thoughts that use rigid words, such as: “must”, “have to”, “always”, “never”, “no one”, “everyone”, “can’t”.
- Use thoughts that use positive words, such as: “want to”, “sometimes”, “occasionally”, “some people”, “choose not to”.

Increase servings of low-fat fruits, vegetables, beans and grains.

- Use low-fat soups that feature vegetables, beans or grains as the main ingredient.
- Use fruit as desserts.
- At meals, take a second serving of low-fat vegetables, beans and grains.
- Serve raw fruits and vegetables at holiday parties.

Worksheet Winter 3-2 (continued)

Limit high-fat food choices.

- Choose small servings of high-fat foods.
- Make low-fat changes at the table (e.g., trim fat, take skin off chicken, etc.).
- Select lower-fat choices.
- Limit high-fat extras (sauces, nuts, chocolate candy, etc.).
- Freeze high-fat food gifts or share them with family and friends.
- Make sure that low-fat choices are available in my home.

Keep track of the foods I eat.

- Keep a Food Diary or Fat Scan to help me budget my fat grams.
- Keep track of my use of high-fat sweets and desserts.
- Post a copy of a low-fat shopping list on the refrigerator (Worksheet 13-1, Session 13).
- Keep a tally sheet of my fruit/vegetable and grain servings.
- Use a Progress Checklist (Worksheet 17-2, Session 17) to check on the low-fat behaviors that I am using and identify ones I need to work on.

Plan ahead.

- Don't arrive hungry at a party.
- Modify recipes to reduce the fat.
- Plan activities that don't involve food.
- Bring a lower-fat dish to a holiday potluck.

Use communication skills.

- Say "yes" only to those activities and/or foods that are important to me.
- Get other people involved; ask them for help.
- Get family and friends to try new low-fat foods and recipes.
- Make low-fat requests at restaurants.



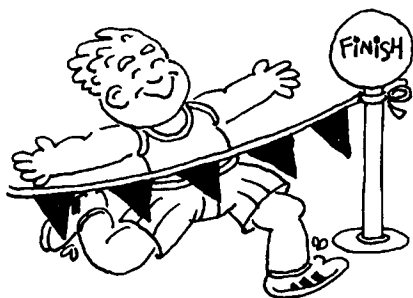
Worksheet Winter 3-2 (continued)

Use a method to relax.

- Use mind games to create a space in time. For example: count to 10, use deep breathing, humor, thought stopping and visualizing
- Allow time for a relaxing bath.
- Take a walk or listen to music or a relaxation tape.
- Call a friend for a quick change of pace.

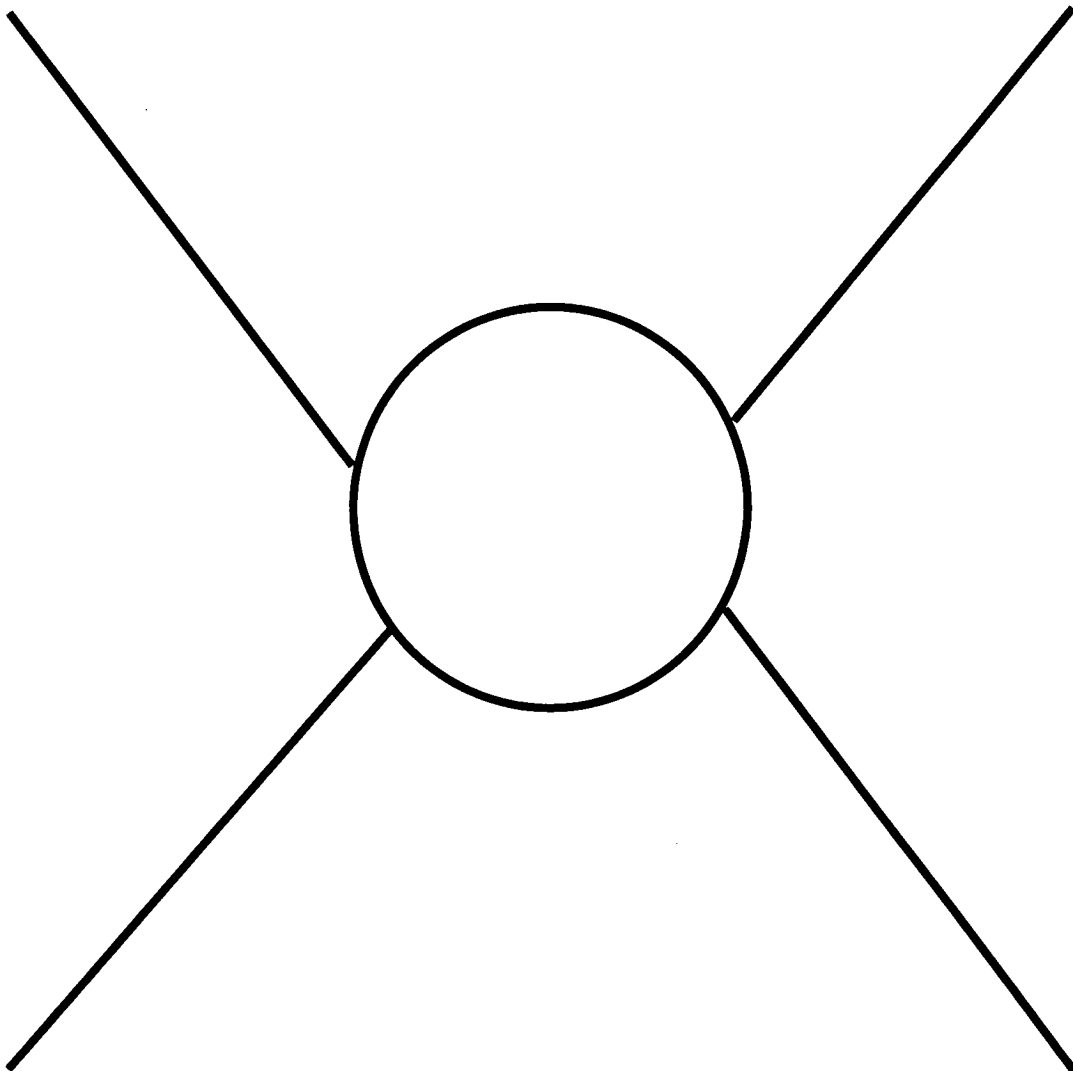
Use quick food preparation ideas.

- Stock the kitchen with low-fat ingredients that will help me prepare quick one-dish meals.
- Save and freeze vegetable peelings, chicken and meat bones, and vegetable juices for homemade stock.
- Use quick methods of cooking (e.g., microwave, stir fry, pressure cooking, etc.).
- Double recipes and freeze for another meal.
- Keep homemade broth in the freezer with fat already skimmed off.
- Chop extra vegetables and freeze for future meals.
- If using regular canned broth, store at least one can in the refrigerator so fat is easily removed.
- Prepare menu cards for quick ideas or identify at least 5 quick recipes you can use.



Mind Mapping Worksheet

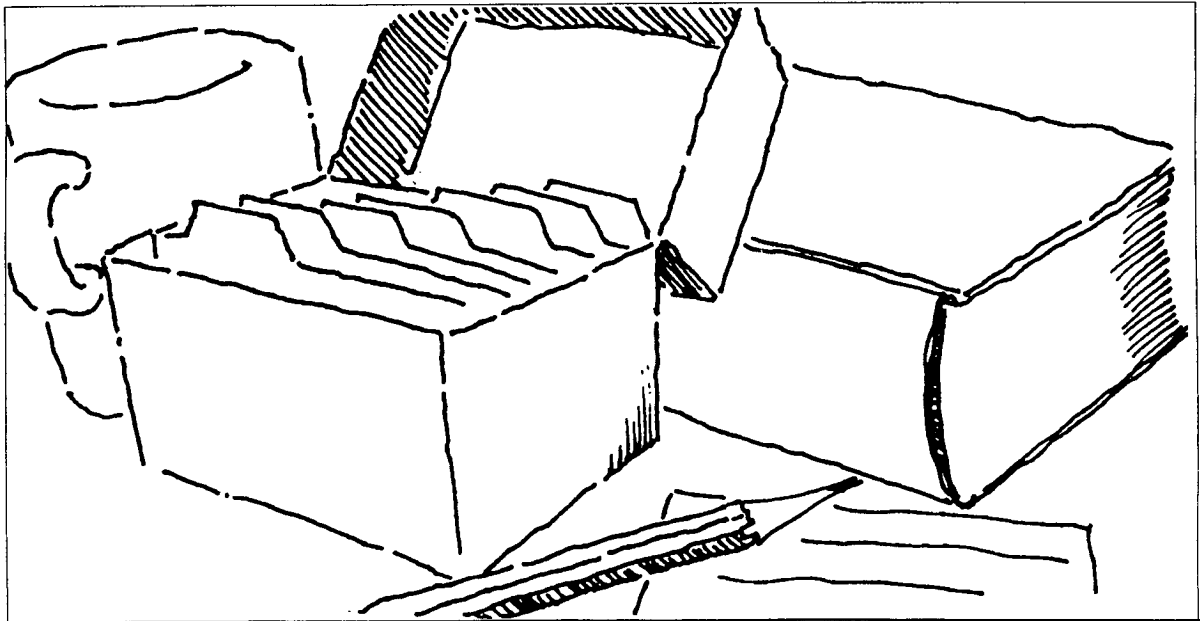
Use this worksheet or a blank piece of paper to create your own mind-map of the strategies you can use to handle your challenge.



Winter Session Year 3

Recipes

- ◆ *Chicken Divan Stew*
- ◆ *Black Bean Soup*
- ◆ *Tomato-Chicken Gumbo*
- ◆ *Turkey Noodle Soup Mix*
- ◆ *Basic Soup Stocks*
- ◆ *Cream Soup Mix*
- ◆ *Five-Minute Vegetarian Chili*



Chicken Divan Stew

This is a great way to make use of rice and chicken that has already been cooked!

1 cup rice, cooked without fat
3 cups, cooked chicken breast (no skin), cut into bite-sized pieces
(about 1-1/4 pounds chicken boneless breast, uncooked)
3/4 cup onion, chopped
2 cloves garlic, minced
1/2 teaspoon pepper
1/4 teaspoon salt
2 cans (4 ounces) sliced mushrooms, drained
1 package (16 ounces) frozen chopped broccoli, thawed
1 can chicken broth, fat skimmed off
1 can evaporated skimmed milk
1 can (10-3/4 ounce) reduced-fat cream of chicken soup, undiluted
non-stick vegetable cooking spray

Chop the onion and mince the garlic, then cut up the chicken breast into bite-size pieces. Coat a Dutch oven or large pot with non-stick cooking spray and place over medium-high heat until hot. Add chicken (if uncooked), onion and garlic and sauté until the onion is tender. Add the cooked rice and the remaining ingredients, stirring well. Bring to a boil; cover and reduce the heat. Simmer for 15 minutes.

Makes about 10 cups

Fat: 3 grams per cup

Fruit/Vegetable Servings: 1 per cup

Recipe adapted from Healthy Heart One-Dish Meals,
Oxmoor House, 1996

Black Bean Soup

Serve this thick soup on a cold winter day with French Bread

1 cup onion, chopped
3/4 cup celery, chopped
2 teaspoons, garlic, chopped
1-1/2 cups beef broth, fat removed
2 cans (15 ounces each) black beans, rinsed and drained
1/2 cup salsa, thick and chunky
1-1/2 teaspoons cumin
1/2 teaspoons onion powder
1/4 teaspoon dried oregano

Combine all ingredients in a saucepan. Cover and simmer for 20-25 minutes or until the vegetables are tender.

Makes 5 cups

Fat: 1.5 grams per cup

Fruit/Vegetable

Servings: 1 per serving

Grain Servings: 1-1/2 per serving

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Tomato-Chicken Gumbo

1 tablespoon vegetable oil or nonstick vegetable spray
5 stalks celery, thinly sliced (about 2 cups)
1 cup chopped onion
1 teaspoon garlic, crushed
8 ounces (uncooked), chicken breasts, boned and skinned
and cut into 1/2-inch chunks
3-1/2 cups chicken broth, fat skimmed off
1 can (about 16 ounces) tomatoes, crushed, (use liquid)
1/2 cup long-grain rice, uncooked

In a large saucepan, heat the oil until it is hot. Add celery, onion, and garlic. Cook, stirring occasionally, until the vegetables are crisp-tender, about 5 minutes. Add chicken; cook until chicken turns white, about 2 minutes. Stir in chicken broth, tomatoes, including the juice, and the rice. Bring to a boil. Reduce heat and simmer, covered until the rice is tender, about 10 to 12 minutes.

Makes 4 servings

Fat: 5 grams per serving if oil is used
1.5 grams per serving if nonstick vegetable spray is used.

Fruit/Vegetable Servings: 2.5 per serving

Grain Servings: 3/4 per serving

Recipe from Skinny Soups

Turkey Noodle Soup Mix

1/2 cup chicken-flavored bouillon granules
3 tablespoons dried onion flakes
1 tablespoon dried celery flakes
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
1/2 teaspoon ground thyme
3 cups uncooked medium noodles
3 bay leaves

Combine all ingredients, except bay leaves in a medium-size bowl. Divide mixture among three 1/2-pint jars, or plastic bags. Place one bay leaf in each jar or bag. Store in a cool, dry place. Each cup of dried soup mix will make 8 cups of prepared soup.

To make soup:

1 cup soup mix
8 cups of water
1 medium carrot, diced
3 cups diced cooked skinless turkey breast

Combine the cup of soup mix, water, and diced carrot in a large pot (or Dutch oven) and bring to a boil. Cover, reduce heat and simmer for 15 minutes. Discard the bay leaf. Stir in the diced turkey breast and simmer an additional 15 minutes.

Makes 8 cups of prepared soup

Fat: 2 grams per cup of prepared soup

Grain Servings: 1/4 serving per cup

Recipe from WHI Iowa Clinical Center

Basic Soup Stocks

Vegetable Stock

2 quarts water
3 celery stalks (including leaves), coarsely chopped
3 carrots, chopped
2 large onions, quartered
2 garlic cloves, chopped
1 bay leaf
1/8-1/4 teaspoon ground pepper (or 8 peppercorns)

Put all ingredients in a large pot and bring to a boil. Reduce the heat and skim the foam from the surface. With the lid slightly ajar, simmer 30

minutes to 1-1/2 hours. Strain broth and season with a little salt if desired. Cool in refrigerator and store up to 4 days, or freeze up to 6 months.

Winter Vegetable Variations: Add 1-2 turnips or parsnips for a heartier-tasting broth.

Fat: 0 grams

Simple Chicken Stock

2 quarts water
2 pound roasting or stewing chicken
1 large onion, quartered
1-2 carrots, coarsely chopped
1-2 stalks celery, including leaves, coarsely chopped
2 cloves peeled garlic
1 bay leaf
1/4-1/2 teaspoon ground pepper (or 12 peppercorns)
1/2 teaspoon tarragon, thyme or dillweed

Put chicken and 2 quarts water in a large pot and bring to a boil. Skim foam from the surface, reduce the heat to medium-low and add remaining ingredients. Simmer, with lid

ajar, for at least 1-1/2 hours (cook longer for richer stock). Skim foam as needed. Strain broth and cool in refrigerator. When cold, remove hardened fat.

Cover and store up to 3 days in the refrigerator or up to 6 months in the freezer.

Fat: 0 grams, if fat skimmed off.

Cream Soup Mix

Combine all ingredients and mix well. Store in airtight container and stir well before using.

Recipe to equal 1 can of soup

1/4 cup nonfat dry milk powder
1-1/2 tablespoons cornstarch
3/4 teaspoon dried onion
1/8 teaspoon dried basil
1/8 teaspoon dry thyme
1/2 tablespoon instant chicken
bouillon
dash of pepper

Makes 1/3 cup dry mix

Recipe to equal 8 cans of soup

2 cups of nonfat dry milk
powder
3/4 cups cornstarch
2 tablespoons dried onion
1 teaspoon dried basil
1 teaspoon dried thyme
1/4 cup instant chicken bouillon
1/2 teaspoon pepper

Makes 2-2/3 cups dry mix

To use the mix in a recipe:

Stovetop Method:

In a saucepan, combine 1/3 cups of the dry mix with 1-1/4 cups cold water. Stir over low heat until thickened.

Microwave Method:

In a microwave safe bowl, combine 1/3 cups dry soup mix with 1-1/4 cups cold water. Heat on high for 4-5 minutes, stirring several times, until the mixture thickens.

This mix is a great fat-free substitute for condensed cream soups in your favorite recipes. You can also use it as a soup and add vegetables and/or meats of your choice. (If you are using this to substitute for cream of mushroom soup, add mushrooms when you reconstitute the dry mix).

Fat: 0 grams

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Five-Minute Vegetarian Chili

Easy and good!

2 cans (about 14 ounces each) chili-style chunky tomatoes
1 can (about 15 ounces) black beans, rinsed and drained
1 can (about 11 ounces) Mexican-style corn

Combine all ingredients in a medium-size saucepan over medium heat. Heat about 4 minutes stirring two or three times.

Variation: Serve over cooked rice.

Makes 4 large servings

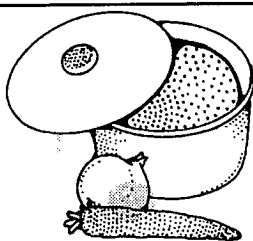
Fat: 1 gram per serving

Fruit/Vegetable

Servings: 1-1/2 per serving

Grain Servings: 1 per serving

Recipe from Surprising Meal Ideas with Canned Food, Steel Packaging Council of the American Iron and Steel Institute.



Low-Fat and Fat-Free Commercial Soups

Below is a list of lower-fat and fat-free commercial soups available throughout the U.S. Some of them may not be in your local grocery stores. Be sure to check the label for the most up-to-date fat gram information. In addition, keep in mind that new products are constantly being introduced.

Dry/Instant Soup Mixes

Fantastic Foods

Hearty Soups

- Cha-Cha Chili
- Country Lentil
- Couscous with Lentils
- Five Bean
- Minestrone
- Jumpin' Black Bean
- Split Pea
- Vegetable Barley

Creamy Soups

- Broccoli & Cheddar
- Corn and Potato Chowder
- Mushroom
- Tomato Rice Parmesano

"Just a Pinch" Cups

- Couscous with Lentils
- Spanish Rice and Beans

Rice and Beans (brown rice/legumes/vegetables and spices):

- Bombay Curry
- Cajun
- Caribbean
- Northern Italian
- Szechuan
- Tex Mex

Couscous Cups (couscous/spices):

- Black Bean Salsa
- Sweet Corn
- Nacho cheddar
- Creole Vegetable

Lipton's

Lipton Recipe Secrets (Mixes can be used to create an entree or complete one dish meal; recipe ideas are included on the packaging)

- Golden Herb with Lemon Soup
- Onion Soup
- Fiesta Herb with Red Pepper Soup
- Savory Herb with Garlic Soup
- Beefy Onion Soup
- Onion-Mushroom Soup
- Beefy-Mushroom Soup

Resource Winter 3-1 (continued)

Lipton's Kettle Creations

- Split Pea
- Chicken with Wild Rice

Lipton's Cup-A-Soup

- Chicken Noodle with meat
- Cream of Chicken or Mushroom
- Chicken Vegetable
- Tomato
- Ring Noodle
- Green Pea
- Spring Vegetable

Knorr

Broth-based soups

- Chicken Flavor Vegetable

Hearty soups

- Hearty Lentil
- Navy Bean

Cream-based soups

- Potato Leek

Other low-fat varieties

- Black Bean
- Hearty Minestrone

Ready-to-Serve Soups

Healthy Choice

Broth-based soups

- Bean and Ham
- Beef and Potato
- Chicken with Pasta
- Chicken with Rice
- Country Vegetable
- Hearty Chicken
- Lentil
- Minestrone

- Split Pea with Ham
- Old Fashioned Chicken Noodle
- Vegetable Beef

Cream-based soups

- Chicken Corn Chowder
- Chicken Noodle
- Cream of Mushroom
- New England Clam Chowder
- Turkey with White & Wild Rice

Tomato-based soups

- Chili Beef
- Garden Vegetable
- Tomato Garden

Campbell's

Campbell's Healthy Request Soups

- Tomato
- Bean with Bacon
- Hearty Minestrone
- Chicken Corn Chowder
- Hearty Chicken Noodle
- Hearty Chicken Vegetable
- Hearty Vegetable
- Hearty Vegetable Beef
- New England Clam Chowder
- Southwest Style Vegetable
- Split Pea with Ham
- Tomato Vegetable with Pasta
- Turkey Vegetable with White and Wild Rice



Resource Winter 3-1 (continued)

Progresso

- Healthy Classics Chicken Noodle
- Healthy Classics Lentil
- Healthy Classics New England Clam Chowder
- Healthy Classics Tomato Garden Vegetable
- Vegetable
- Chicken Minestrone
- Ham and Bean
- Macaroni and Bean

Pritikin Soups

- Chicken and Rice
- Hearty Vegetable
- Lentil
- Minestrone
- Split Pea
- Three Bean Chili
- Vegetarian Vegetable

Hain Soups (No Salt Added)

- Chicken Vegetable
- Beef Vegetable
- Garlic and Pasta
- Lentil
- Home Style Naturals Cream of Mushroom
- Split Pea
- Tomato Garden Vegetable

Health Valley

- Black Bean and Vegetables
- Lentil and Carrots
- Bean Vegetable
- Split Pea and Carrots

Pepperidge Farm

- Chicken with Wild Rice
- French Onion

Condensed Soups

Campbell's

- Chicken Noodle
- Manhattan Clam Chowder

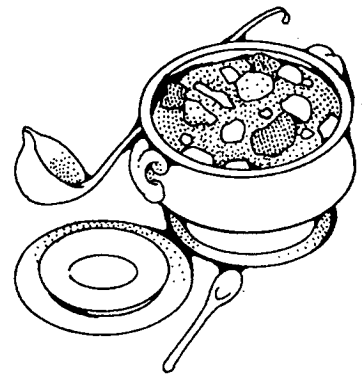
Campbell's Healthy Request: (Soups that can be used to create an entree or a one-dish meal. Recipe ideas are provided on the can label).

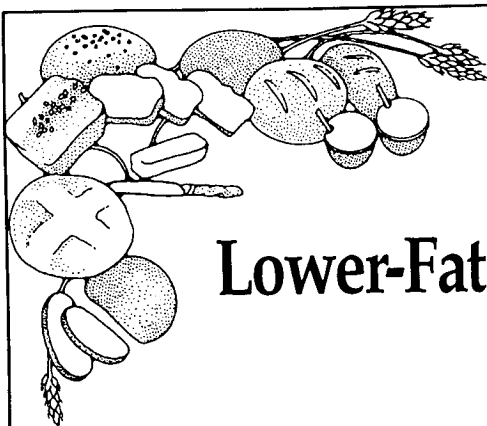
Creative Chef Soups

- Cream of Roasted Chicken with Savory Herbs
- Cream of Mushroom with Roasted Garlic and Herbs
- Tomato with Garden Herbs

Campbell's 98% Fat Free Soups

- Reduced Fat Cream of Mushroom
- Reduced Fat Cream of Broccoli
- Reduced Fat Broccoli Cheese





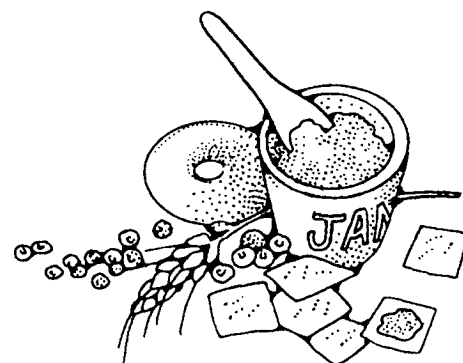
Lower-Fat Crackers and Breads

There are many crackers and breads that contain 2 grams or less of fat per serving. If you are using higher-fat bread and cracker choices, consider trying some of the lower-fat varieties. The number in parenthesis () is the number of crackers it takes to equal to one ounce or 1 Grain Serving.

Less than 1 gram of fat per serving	1 gram of fat per serving	2 grams of fat per serving	3 grams of fat per serving	4 grams of fat per serving
Kavli 5 Grain (3)	Bagel, 3"diam.	Hard roll, 2-1/2"diam.	Small muffin, made from a mix 2" diam.	Nabisco Triscuits (6)
Finn Crisp (6)	English muffin, 1 whole	WHI Hearty Combread (Session 10), 3" sq.	Nabisco Reduced Fat Triscuits (8)	Nabisco Reduced Fat Wheat Thins (18)
Kavli Crispy Thin (6)	Ryvita Crisp Bread (4)	Croutons, 1/4 cup	Bremner Wafer (13)	Nabisco Multi-Grain Wheat Thins (17)
Health Valley Fat-Free, all flavors (10)	Wasa Fiber (3)	Wasa Whole Wheat Crispbread (2)	Red Oval Farms Stoned Wheat Thins (4)	Pepperidge Farm Reduced Fat Distinctive (9)
SnackWells Cracked Pepper (14)	Ry-Krisp, (4 triple)	Life Stream (12)	Jarlsberg Lite Cheese Crisps (10)	Nabisco 5-Grain Harvest Crisps (13)
R.W. Frookie Fat-Free Whole Wheat (12)	Wasa Hearty (3)	SnackWell's Reduced Fat Classic Golden (12)	Carr's Table Wafer (10)	Keebler 50% Reduced Fat Wheatables (29)

Resource Winter 3-2 (continued)

Less than 1 gram of fat per serving	1 gram of fat per serving	2 grams of fat per serving	3 grams of fat per serving	4 grams of fat per serving
R.W. Frookie Krisps (26)	Wasa Light Rye Crispbread (3)	Ak-Mak 100% Whole Wheat Sesame (5)	Nabisco Premium Saltines with Multi Grain (8)	
Devonsheer Plain and Flavored Melba Toast (6)	Edward & Sons Organic Brown Rice (16)	SnackWell's Reduced Fat Zesty Cheese (32)	Nabisco Premium Saltines, regular or unsalted (8)	
Hain Vegetable (11)	Manischewitz Whole Wheat Matzo with Bran (1)	Tree of Life Low Fat Golden Classic (10)	Dare Reduced Fat Breton (6)	
Hol-Grain (15)	Old London Melba Toast (6)	Barbara's Rite Lite Rounds (10)		
Edward & Sons Brown Rice Snaps (16)	Kavli Hearty Thick (4)			
	San-J Tamari Brown Rice (6)			
	Rice cakes (2 large, 4" diam rounds or 9 mini rounds)			



One-Dish Meal Cookbooks

Quick and Healthy Recipes and Ideas: by Brenda J. Ponichtera, ScaleDown, The Dalles, OR, 97058, 1991.

Quick and Healthy Volume II: by Brenda J. Ponichtera, ScaleDown, The Dalles, OR, 97058, 1995.

Cook Healthy, Cook Quick by Oxmoor House, Birmingham, AL 35201, 1994.

Low-Fat, One-Dish Meals from Around the World by Jane Marsh Dieckmann, The Crossing Press, Freedom, CA 95019, 1993.

366 Low-Fat Brand Name Recipes in Minutes by M.J. Smith, CHRONIMED Publishing, Minneapolis, MN 55447-9727, 1994.

Year-Round Low-Fat and No-Fat Holiday Meals in Minutes by M.J. Smith, CHRONIMED Publishing, Minneapolis, MN 55447-9727, 1995.

Six Ingredients or Less Cooking Light and Healthy by Carlean Johnson, CJ Books, Gig Harbor, WA 98335, 1992.

Moosewood Restaurant Cooks at Home by The Moosewood Collective, Simon and Schuster, New York, NY, 1994.

Eating on the Run by Evelyn Tribole, Leisure Press, Champaign, IL, 1992.

Healthy Cooking for Two by Brenda Shriver and Angela Shriver, The Summit Group, Fort Worth, TX, 76104, 1994.

Light Cooking for Two by Oxmoor House, Birmingham, AL 35201, 1995.

Low-Fat Way to Cook by Oxmoor House, Birmingham, AL 35201, 1993.

The Healthy Heart Cookbook by Oxmoor House, Birmingham, AL 35201, 1992.

Everyday Cooking with Dr. Dean Ornish by Dean Ornish, M.D., HarperCollins Publishers, New York, NY, 1996.

Soup or Stew Ingredient Checklist

Check off any ingredients that you would like to use or keep on hand to make a quick soup or stew meal.

Liquids:

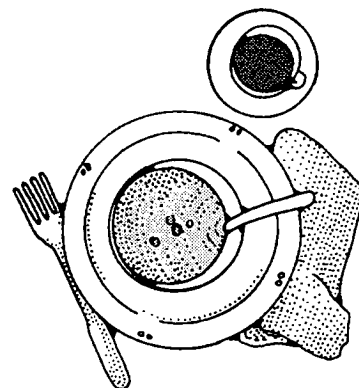
- ☐ Homemade soup stock, fat skimmed off
- ☐ Canned broth (chicken, beef, vegetable)
- ☐ Bouillon (chicken, beef, vegetable)
- ☐ Fat-free gravy packet mixes made with water
- ☐ Wine or cooking sherry
- ☐ Low-fat or skim milk
- ☐ Low-fat buttermilk
- ☐ Evaporated skim milk
- ☐ Tomato juice
- ☐ Reduced-fat canned soups

Grains and Beans

- ☐ Barley
- ☐ Bulgar
- ☐ Couscous
- ☐ Kasha (buckwheat groats)
- ☐ Noodles or pasta
- ☐ Rice (white, brown or wild rice)
- ☐ Lentils
- ☐ Peas (canned or dried): black-eyed peas, split peas
- ☐ Beans (canned or dried): black, cannellini, garbanzo (chick peas), kidney, lima, navy, pinto, red, white
- ☐ Tortillas (corn or flour)
- ☐ Tortilla chips, fat-free
- ☐ Other: _____

Meat, Poultry, Fish, Egg, Tofu: (fresh,

- frozen or canned)
- ☐ Beef, lean roast
- ☐ Hamburger, extra lean or diet lean
- ☐ Lamb, fat trimmed
- ☐ Pork, fat-trimmed (loin or tenderloin)
- ☐ Canadian bacon
- ☐ Ham, lean
- ☐ Chicken, light or dark meat (no skin)
- ☐ Turkey, light or dark meat (no skin)
- ☐ White fish
- ☐ Salmon (canned, fresh or frozen)
- ☐ Tuna (canned, fresh or frozen)
- ☐ Crab, scallops, shrimp, oysters, or other shellfish or imitation shellfish, such as surimi
- ☐ Egg, cooked
- ☐ Tofu
- ☐ Other: _____

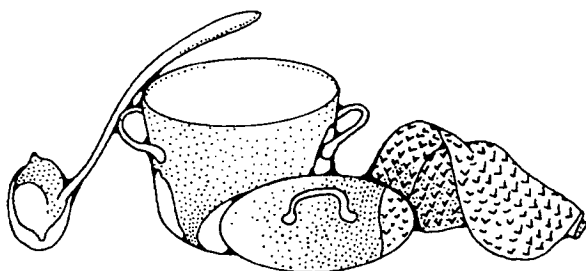


Resource Winter 3-4 (continued)

Vegetables: (fresh, frozen or canned)

Note: The following fresh vegetables are at peak season during (Dec.-Feb):

- ___ Bok choy
- ___ Broccoli
- ___ Brussel sprouts
- ___ Cabbage
- ___ Carrots
- ___ Cauliflower
- ___ Celery
- ___ Chayote (Latin American summer squash)
- ___ Fennel
- ___ Leeks
- ___ Mushrooms
- ___ Onions
- ___ Parsnips
- ___ Potatoes (white, red, etc.)
- ___ Rutabagas
- ___ Spinach
- ___ Turnip greens
- ___ Winter squash (acorn, butternut, banana, Hubbard and pumpkin)
- ___ Sunchoke (Jerusalem artichokes)
- ___ Sweet potatoes and yams
- ___ Tomatillos (green tomatoes)
- ___ Turnips



These vegetables may be available in the fresh form, but will most likely be found in a canned or frozen forms:

- ___ Corn
- ___ Cucumbers
- ___ Beets
- ___ Green beans
- ___ Greens (collard, beet, etc.)
- ___ Eggplant
- ___ Kohlrabi
- ___ Okra
- ___ Peas
- ___ Peppers (chili, green, red, yellow)
- ___ Sauerkraut
- ___ Spinach
- ___ Swiss chard
- ___ Spaghetti squash
- ___ Summer squash (zucchini, pattypan, yellow crookneck, scallopini, etc.)
- ___ Tomatoes
- ___ Frozen combinations:
 - ◆ pasta and vegetables
 - ◆ bean and vegetables
- ___ Other: _____

Miscellaneous:

- ___ Cream soup mix (see recipe)
- ___ Sour cream (fat-free)
- ___ Yogurt (fat-free or low-fat)
- ___ Cheese (fat-free or low-fat)
- ___ Spices, (specify): _____

Other: _____