

Winter 2001

# Goal Getting Meals

*During this session you will:*

- ◆ *Explore the difficulties and benefits of meal planning.*
- ◆ *Use the WHI Meal Planning Guide to develop tasty and easy menu ideas that meet WHI goals for a whole day.*
- ◆ *Sample new food products and/or identify new and different ways to use familiar foods.*



## Next Steps Follow-Up

- ♦ What was the most important thing you learned about yourself and WHI from the celebration and sharing?
- ♦ How did this celebration and sharing help you seek support for what you are doing in WHI?

## Meal Planning: The Good and the Not So Good?

**A**s lives change, planning and preparing meals sometimes becomes less important and more challenging. Across the country, WHI participants have been telling us that they are not cooking as much as they used to. How about you?

- How has your approach to meal planning changed during the past year (or since joining WHI)?



Are you –

- Bored with your mealtime routines?
- Feeling 'semi-retired' from meal planning, shopping and cooking?
- Finding it difficult to eat a balanced, low-fat diet when living alone?
- Wishing for easy ways to stay within your fat gram goal?
- Wanting a bit more mealtime structure?



Or, are you –

- Enjoying planning and preparing meals for fewer people but would appreciate a 'break' every once in a while?

This session introduces you to a new tool called the WHI Meal Planning Guide.

To discover how the Guide might help you, take a few minutes to answer the questions on Worksheet 1 - *Planning My Day the WHI Way* (pg. 7). These questions will help you think about and identify some of the potential ways that you might find the new tool useful.

- What questions did you check 'yes'?
- What did you identify as potential benefits for planning meals?

If you answered “yes” to any of the statements on the worksheet, you may feel like you could benefit from some new meal ideas. Ideas that could help you meet your WHI nutrition goals that provide a nice mental break from meal planning.

Even if you answered “no” to all the questions, you may still find it helpful to have a resource of meal ideas that are already calculated.

## Planning My Day the WHI Way

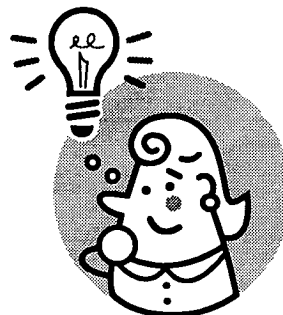
**T**he WHI Meal Planning Guide (pg. 8) provides a pattern that you can use to create meals that help you meet your WHI nutrition goals.

The guide provides three pre-set meal categories. Each meal category contains 2+ servings of fruits/vegetables (F/Vs), 2+ servings of grains (Gs), and a range of different fat grams:

**W:** *Wee Bit O’ Fat* meal  
0-6 fat grams.

**H:** *Hearty* Fat meal  
10-13 fat grams.

**I:** *In-Between* Fat meal  
7-9 fat grams.



### How Do I Start?

Before you start writing down your meal ideas, think about your own eating preferences and lifestyle needs. Here are some questions to help:

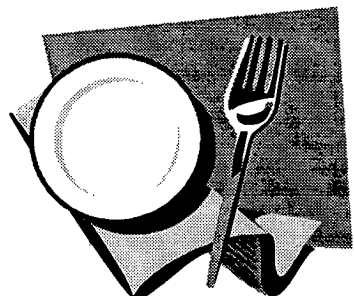
- When do you usually eat your lowest fat meal? What about your highest fat meal?
- Do you usually have a snack? If yes, what time of the day would you normally snack?
- Are some of your meals usually eaten away from home? For example, do you routinely eat one of your meals at a cafeteria, restaurant or fast-food location?

Based on your eating preferences and lifestyle needs, begin to plan your meals by asking yourself the following questions:

- When would I like to eat my *Wee* meal (my lowest fat meal) – morning, afternoon or evening?
- What about my *Hearty* meal (highest fat)?
- What foods would I like to eat at my *Wee* meal?
- What foods would I like to eat at my *Hearty* and *In-Between* meals?
- Which of my meals will include a snack?

Snacks are a great way to pick up an extra F/V or G serving during the day. However, keep in mind that adding a snack may change the amount of fat in a meal. So, snacks need to be considered in fat grams when planning your meal.

For example, if you normally snack in the early afternoon, then consider having your *Hearty* or *In-Between* meal at this time of day. Look at the sample menu on page 12 to see how a snack might fit into your day.



### **Planning My Own WHI Meals.**

Use Worksheet Winter- 2 (pg. 8) or index cards to plan and create at least one meal in each of the three categories (*Wee*, *Hearty* and *In-Between*).

Need ideas? Look at your own food diaries or look at the examples provided on pages 10-18 for three different eating situations: *On the Go Meals*, *Quick & Easy Meals*, and *Special Meals for Family & Friends*.

You can 'mix and match' ideas from these sample menus with your own meal ideas. This will let you create a variety of different meals that fit your needs and help you meet your nutrition goals.

**Putting the Guide to Everyday Use.** Use the Guide to create meals in each of the three meal categories. Then, choose one meal from each of the three categories to create a whole WHI day. For example, choose 1 *Wee*, 1 *Hearty*, and 1 *In-Between* meal each day.

This will give you an entire day that contains at least 6 servings of fruits/vegetables, 6 servings of grains, and between 17-28 grams of fat.

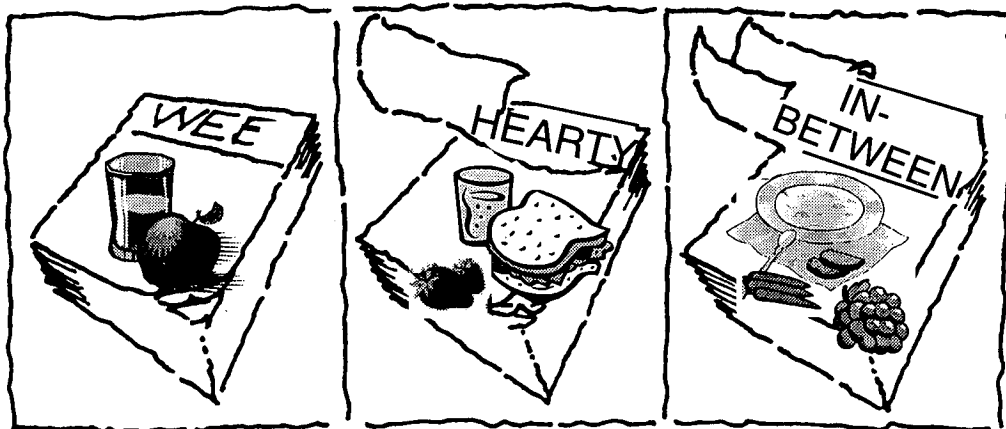
If your WHI fat gram goal is less than 28 grams of fat, select lower-fat meals within each meal category. For example, you could choose a *Wee* meal with 6 grams of fat, a *Hearty* meal with 10 grams and an *In-Between* meal with 7 grams of fat for a total of 23 grams of fat for the day. Or consider choosing more *Wee* or *In-Between* meals to create your day. For example, you could choose 2 *Wee* and 1 *Hearty* meal, or 2 *In-Between* and 1 *Wee* meal to create a lower-fat day. It's your choice.

### Creating My Own Menu

**Resource File.** As you use the WHI Meal Planning Guide to create meals, or hear ideas from other group members – write them down and save them. Create your own personal file of menu ideas that you would like to try. Then, when you need a new idea, a break from keeping track, or even a mental

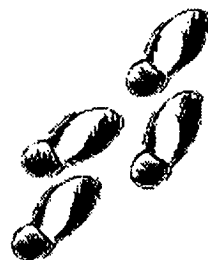
break from planning meals, just go to your menu file. It can be a wonderful time-saving resource that will help you meet your goals. It can also add variety and nutrition to your meals.

- How could the WHI Meal Planning Guide help you?
- What new or different menu ideas did you find in the sample menus (pgs. 10-18)?



## Next Steps

**P**lanning meals puts you in charge and sets you up for success. The WHI Meal Planning Guide and the sample menus on pages 10-18 give you a 'headstart' in planning and finding meals that meet your WHI nutrition goals.



Consider sharing your meal ideas with other women in your group. This will help you create a wonderful resource that you can use when responding to the age-old question of "What's for dinner"?

## Questions for Thought

- ◆ What about this session interested you?
- ◆ How confident do you feel that you will be able to use the WHI Meal Planning Guide to plan meals?
- ◆ What meals might you try during the next 3 months?

## Planning My Day the WHI Way

Do any of these thoughts come to mind when you're planning meals? Mark "yes" or "no" to each statement below.

Statement	Yes	No
1. I wish I had sample menus (not just WHI recipes) with fat, fruit/vegetable and grain information already calculated.	___	___
2. I wish I had menus that fit my WHI goals and tasted good too!	___	___
3. I could use some help identifying ways to get 6 or more grain servings each day.	___	___
4. I could use some help identifying ways to get 5 or more servings of fruits and vegetables each day.	___	___
5. I am tired of thinking up 'menu' ideas. It would really help me maintain my WHI goals if I had some fast, easy, and tasty ideas.	___	___
6. My family (spouse, or friends) is tired of the low-fat meals that I prepare. I need some ideas to add a little interest to my meals.	___	___
7. I eat the 'same old thing' for most meals because it saves me a lot of time figuring out my fat, F/V and Grain scores. I need an easier way to calculate my scores!	___	___

### How did I score?

If you answered "Yes" to any of the statements, you may feel like you could benefit from some new meal ideas that would help you easily meet your WHI nutrition goals.

If you answered "No" to everything, you probably feel confident and comfortable with the low-fat eating patterns you've established. However, you might find it helpful to have a resource of meal ideas that are already calculated.

# WHI Meal Planning Guide

Invest a small amount of time now to create a few days worth of WHI-compatible menus that you can use anytime you need or want a mental break from meal planning. Use your own ideas, ideas from other group members, and/or ideas from the sample menus on pages 10-18.

[illegible]



# Easy Tips for Using the WHI

## Sample Menu Ideas



- **Choose one meal from each category every day.**  
That's one *Wee Bit O' Fat* meal, one *Hearty Fat* meal, and one *In-Between Fat* meal each day.
- **If your WHI fat gram goal is lower than 28, choose lower fat meals within each category.**  
Or, you may wish to choose 2 *Wee* meals and 1 *Hearty*, or 2 *In-Between's* and 1 *Wee*. It's your choice!
- **Each meal provides a minimum of 2 fruits or vegetables and 2 grains**, so you'll automatically reach your WHI daily goals. **Follow this guideline when planning your own favorite meals and snacks:** You can add more fruits or vegetables or grains, but **do not skip any servings.**
- The sample menus were designed to provide a variety of tastes, textures, colors and nutrients. You may wish to substitute different foods to accommodate personal health and taste preferences. **When substituting, choose food choices similar to the choice listed, especially in terms of fat and portion size.**
- **Feel free to substitute generic foods with similar nutritional content** for name-brand food items. Call your nutritionist if you have questions.
- **It's OK to "save" a food listed in the menus**, (like a cookie, piece of fruit or 1/2 sandwich) for a snack, provided you eat it later during that same day.
- **Consider carrying a personal Snak-Pak with you during the day** for those times when you're unavoidably delayed and want a healthy alternative to vending machines and fast food.
- **Note any substitutions, additions or deletions you make for future reference.** No one knows how to please your taste buds better than you!
- **Remember, these are minimum guidelines:** Feel free to add in more vegetables, whole grains, fruits, and low-fat dairy/meats as your taste, activity level and personal fat gram goal permit.

## Ideas for On-the-Go Meals

### On-the-Go Idea #1:

Amount	Food Item	Fat (g)	FVs	Gs
<b>Hearty Fat Meal</b>				
1-1/2 c	Orange juice (2 servings) McDonald's		2	
4	Hot cakes (McDonald's)	8		2
1 pat	Margarine	4		
1 pkg	Syrup			
<b>Total</b>		<b>12</b>	<b>2</b>	<b>2</b>
<b>In-Between Fat</b>				
1-6 inch	Roasted chicken breast sub sandwich (Subway) – specify “no mayonnaise” <u>Spinach Salad:</u> (from home)	6		1
1 c	Spinach, raw		1	
1/4 c	Tomatoes, chopped		0.5	
1/2 c	Garbanzo beans	1		1
1 Tb	Nonfat Italian dressing			
1 med	Fresh fruit (your choice)		1	
<b>Total</b>		<b>7</b>	<b>2.5</b>	<b>2</b>
<b>Wee Bit O' Fat Meal</b>				
1 pkg	Veggie Chili, microwave – 10.5 oz. frozen package (Yves)	2	0.5	1
1/2 c	Broccoli		1	
1/2 c	Deli diet coleslaw w/ fat free mayonnaise		1	
1	Whole wheat roll	2		1
1 c	Skim milk			
<b>Total</b>		<b>4</b>	<b>2.5</b>	<b>2</b>
<b>Total for Day</b>		<b>23</b>	<b>7</b>	<b>6</b>



On-the-Go Idea #2:

Amount	Food Item	Fat (g)	FVs	Gs
<b>Wee Bit O' Fat Meal</b>				
3/4 cup	Fruit juice		1	
8 oz	Low fat blackberry yogurt	4		
2 oz	Mini pretzel twists (Rold Gold®)	2		2
1	Fresh tangerine (2-1/2" diameter)		1	
<b>Total</b>		<b>6</b>	<b>2</b>	<b>2</b>
<b>Hearty Fat Meal</b>				
<u>Greek Salad Pita:</u>				
1	Whole wheat pita 9" diameter	1.5		1.5
1/2 c	Romaine lettuce		0.5	
1/2 c	Chopped tomato & cucumber		1	
1/4 c	Hummus	7		0.5
1 Tb	Feta cheese	3		
1 c	Skim milk			
1/2 c	Frozen berries (your choice)		1	
<b>Total</b>		<b>11.5</b>	<b>2.5</b>	<b>2</b>
<b>In-Between Fat Meal</b>				
1-1/2 c	Lentil soup, canned, (Progresso®)	3		1.5
10	Crackers (Saltines® or soda)	4		1
1/2 c	Baby carrots		1	
1/2 c	Grapes		1	
1 c	Pudding, any flavor (made with skim milk)			
<b>Total</b>		<b>7</b>	<b>2</b>	<b>2.5</b>
<b>Total for Day</b>		<b>24.5</b>	<b>6.5</b>	<b>6.5</b>

On-the-Go Idea #3:

Amount	Food Item	Fat (g)	FVs	Gs
<b>Wee Bit O' Fat Meal</b>				
	<u>Batiolo</u> (fruit milkshake): Blend fruit and milk.			
1 c	Fruit (canned, fresh or frozen)—your choice		2	
1/2 c	Skim milk (add more milk for desired consistency)			
2 sl	Toast, whole wheat with jam	2		2
	<b>Total</b>	<b>2</b>	<b>2</b>	<b>2</b>
<b>Hearty Fat Meal</b>				
1/4 chicken	Boston Market: White meat (w/o skin or wing)	3.5		
1 svg	Cornbread (3" square)	6		1
1 svg	Steamed vegetables	1		
1 svg	Hot cinnamon apples	3	1	
4	Fat-free graham crackers (2-1/2" squares)			1
	<b>Total</b>	<b>13.5</b>	<b>2</b>	<b>2</b>
<b>In-Between Fat Meal/Snack</b>				
1 svg	Wendy's Chili (small)	7	0.5	1
1 svg	Wendy's baked potato, plain (order: specify "no fat")		1	
1/4 c	Salsa (on potato)		0.5	
1 c	Skim milk			
<b>Snack</b>				
1 med	Fresh fruit (your choice)		1	
2	Fat-free fig bars			1
	<b>Total</b>	<b>7</b>	<b>3</b>	<b>2</b>
<b>Total for the Day</b>		<b>22.5</b>	<b>7</b>	<b>6</b>

## Lesley Tinker

---

**From:** Helen Penor  
**Sent:** Tuesday, October 16, 2001 12:42 PM  
**To:** ALL Lead Nutritionists  
**Subject:** Correction in Winter 2001 Participant materials

To all LNs:

It has come to our attention that there is an error in the Hearty Fat Meal on page 12 of the Participant Winter 2001 session materials.

- The **1 svg of 'steamed vegetables' should have a '1' listed in the F/V column.** Note: According to the fat gram information from Boston Market, these vegetables do contain fat (1 gram).
- We also received a question about counting the baked potatoes on page 12 (In-Between Fat Meal/Snack) and page 18 (Hearty Fat Meal) as contributing more than 1 F/V serving.  
Suggestion: Let participants know that their actual F/V servings from baked potatoes will depend on how much of the potato they actually eat -- every 1/2 cup of potato would count as 1 F/V serving.

Thank you,  
Beth Burrows and Helen Penor

# Quick and Easy Meals

\* Indicates recipe available at back of session.

## Quick & Easy Idea #1:

Amount	Food Item	Fat (g)	FVs	Gs
<b>Wee Bit O' Fat Meal</b>				
	<u>Smoothie</u> – blend together:			
1 med	Banana (6" long)		1	
1/2 c	Frozen mixed berries		1	
3/4 c	Fruit juice, 100% (your choice)		1	
1/2 c	Non-fat vanilla yogurt			
1	Whole wheat bagel (3 oz.)	1.5		3
2 Tb	Light cream cheese	5		
	<b>Total</b>	<b>6.5</b>	<b>3</b>	<b>3</b>
<b>In-Between Meal</b>				
	<u>Fiesta Baked Potato:</u>			
1 med	Sweet potato (or Russet), microwaved (about 1 cup)		2	
1/2 c	Black beans	1		1
1/4 c	Salsa		0.5	
	Cilantro (optional)			
2 Tb	Lite sour cream	2		
1/2 c	Regular frozen vanilla yogurt topped with	3		
1/4 c	Low-fat granola	3		1
	<b>Total</b>	<b>9</b>	<b>2.5</b>	<b>2</b>
<b>Hearty Meal</b>				
3 oz	Chicken breast (marinated in fat-free Italian dressing or BBQ sauce)	3		
1 ear	Corn on the cob (5 inches)		1	
1 tsp	Light margarine	2		
1 c	Brown rice, cooked	2		2
1/2 c	Fruit of choice		1	
1 svg	Low-fat brownie, (Little Debbie® - 1 pkg.)	3		1
	<b>Total</b>	<b>10</b>	<b>2</b>	<b>3</b>
<b>Total for Day</b>		<b>25.5</b>	<b>7.5</b>	<b>8</b>

Quick & Easy Idea #2:

Amount	Food Item	Fat (g)	FVs	Gs
<b>Wee Bit O' Fat Meal</b>				
3/4 c	Juice – (your favorite 100% juice)		1	
2	Frozen waffles (Eggo® NutriGrain®) topped with sauce and yogurt	5		2
	<u>Cranberry-Maple Sauce:</u> Microwave cranberry sauce and syrup on High for 1 to 1-1/2 minutes			
1/2 c	Whole berry cranberry sauce (canned)		1	
2 Tb	Maple syrup			
1/2 to 1 c	Fat-free vanilla yogurt			
	<b>Total</b>	<b>5</b>	<b>2</b>	<b>2</b>
<b>In-Between Fat Meal</b>				
1 c	Quick garbanzo bean and tuna salad (recipe)*	2	1	1
1	Whole wheat pita (7" diameter)	1		1
1 oz	Reduced-fat feta (or other) cheese (optional)	5		
1 med	Apple		1	
	<b>Total</b>	<b>8</b>	<b>2</b>	<b>2</b>
<b>Hearty Fat Meal</b>				
3 oz	Pork loin, trimmed, and grilled or pan-fried in PAM®	9		
1/2 c	Green beans seasoned w/bouillon or butter substitute (Butter Buds)		1	
1/2 c	Sweet potato, microwaved with butter substitute (Butter Buds)		1	
1	Dinner roll, whole wheat (2-1/2" diameter)	2		1
1 tsp	Light tub margarine (Brummel and Brown Spread®)	2		
2	Fat-free fig bars			1
	<b>Total</b>	<b>13</b>	<b>2</b>	<b>2</b>
<b>Total for Day 2</b>		<b>26</b>	<b>6</b>	<b>6</b>



Quick & Easy Idea #3:

Amount	Food Item	Fat (g)	FVs	Gs
<b>Wee Bit O' Fat Meal</b>				
1-1/2 c	Orange juice		2	
1 pkg	Oatmeal (raisin, date, and walnut flavor)	2		1
1 sl	Whole wheat toast	1		1
1 tsp	Peanut butter	2.5		
<b>Total</b>		<b>5.5</b>	<b>2</b>	<b>2</b>
<b>In-Between Fat Meal</b>				
<u>Hawaiian Sandwich:</u>				
(open-face – toast in toaster oven or broiler)				
2 sl	Whole wheat bread, toasted	2		2
2 oz	99% fat free ham	1		
1 oz	Jarlsberg lite Swiss cheese, shredded	5		
2 rings	Canned pineapple, drained		1	
1/2 c	Sliced fruit – your choice (e.g., banana, strawberry, kiwi)		1	
<b>Total</b>		<b>8</b>	<b>2</b>	<b>2</b>
<b>Hearty Fat Meal</b>				
<u>Low Fat Ravioli:</u>				
1 c	Low fat Italian sausage ravioli, frozen (e.g., Contadina® Light Veggie or Rosetto)	5		1
1/2 c	Low-fat marinara sauce	1	1	
1 Tb	Grated Parmesan cheese	1.5		
<u>Salad:</u>				
1 c	Spring mix greens with		1	
1/2 c	Fruit (ripe pear, apple slices or orange sections)		1	
1 to 2 Tb	Fat-free raspberry vinaigrette dressing			
<u>Garlic Bread – made with:</u>				
1	English muffin (whole)	1		1
12 sprays	Margarine spray (I Can't Believe It's Not Butter® Spray)	1		
1 Tb	Grated Parmesan cheese	1.5		
	Garlic powder and Italian herbs (sprinkled as desired)			
<b>Total</b>		<b>11</b>	<b>3</b>	<b>2</b>
<b>Total for Day</b>		<b>24.5</b>	<b>7</b>	<b>6</b>

# Ideas for Special Meals with Family & Friends

\* Indicates recipe available at back of session.

## Special Meal with Family & Friends Idea #1:

Amount	Food Item	Fat (g)	FVs	Gs
<b>In-Between Fat Meal</b>				
<u>Yogurt Parfait</u> – (layer the following to create parfait):				
1/2 cup	Banana, sliced		1	
8 oz	Non-fat vanilla yogurt			
1/2 c	Canned or fresh apricot halves		1	
1/4 c	Grape-nuts® cereal	1		1
1 Tb	Slivered almonds sprinkled on top	5		
1 sl	Whole wheat bread	1		1
1 Tb	Jam, any flavor			
	<b>Total</b>	<b>7</b>	<b>2</b>	<b>2</b>
<b>Wee Bit O' Fat Meal</b>				
1 c	20-Minute Minestrone (recipe)*	1	1	1
<u>Spinach/Lettuce Salad:</u>				
1/2 c	Fresh spinach		0.5	
1/2 c	Red leaf lettuce		0.5	
1/2 c	Assorted sliced carrots, tomato, cucumber & apple chunks		1	
2 Tb	Fat-free salad dressing			
1 sl	Whole grain bread	1		1
1 tsp	Light margarine	2		
	<b>Total</b>	<b>4</b>	<b>3</b>	<b>2</b>
<b>Hearty Fat Meal</b>				
3 oz	Oven fried cod fillets (recipe)*	5		0.5
2 Tb	Low-fat tartar sauce (recipe)*	1		
3 oz	Steak fries (8-10 fries), frozen	3	1	
1/2 c	Lite coleslaw (recipe)*	0.5	1	
1 c	Quick brown rice pudding (recipe)*	1		1
2 sq	Graham crackers (2-1/2" square)	1.5		0.5
	<b>Total</b>	<b>12</b>	<b>2</b>	<b>2</b>
<b>Total for Day</b>		<b>23</b>	<b>7</b>	<b>6</b>



Special Meal with Family & Friends Idea #2:

Amount	Food Item	Fat (g)	FVs	Gs
<b>Wee Bit O' Fat Meal</b>				
3/4 c	Grape juice (100%)		1	
	<u>Breakfast Burrito:</u>			
1	Whole wheat tortilla – 8" diameter	3		1.5
1/2 c	Egg whites or egg substitute (Scramblers®)			
1/2 c	Black beans, no fat added	1		1
1/4 c	Salsa		0.5	
1/4 c	Chopped peppers, onions, tomato		0.5	
	<b>Total</b>	<b>4</b>	<b>2</b>	<b>2.5</b>
<b>Hearty Fat Meal</b>				
1 c	Mixed melon cubes (honeydew, cantaloupe, watermelon)		2	
2 sl	Banana bread, without nuts (4½ x 2½ x 2½ - inches slice)	6		2
1 Tb	Fat free cream cheese			
1/2 c	Cottage cheese (4% milk fat)	5		
1 c	Iced tea w/ lemon			
	<b>Total</b>	<b>11</b>	<b>2</b>	<b>2</b>
<b>In-Between Fat Meal</b>				
3 oz	Sweet and sour chicken (recipe)*	3		
1 c	Brown rice, cooked, no fat added	2		2
	<u>Fresh Spinach &amp; Orange Salad:</u>			
1 c	Fresh spinach		1	
1/2 c	Mandarin oranges (canned)		1	
2 Tb	Low fat vinaigrette dressing	2		
1	Dinner roll (2" diameter)	2		1
	<b>Total</b>	<b>9</b>	<b>2</b>	<b>3</b>
<b>Total for the Day</b>		<b>24</b>	<b>6</b>	<b>7.5</b>

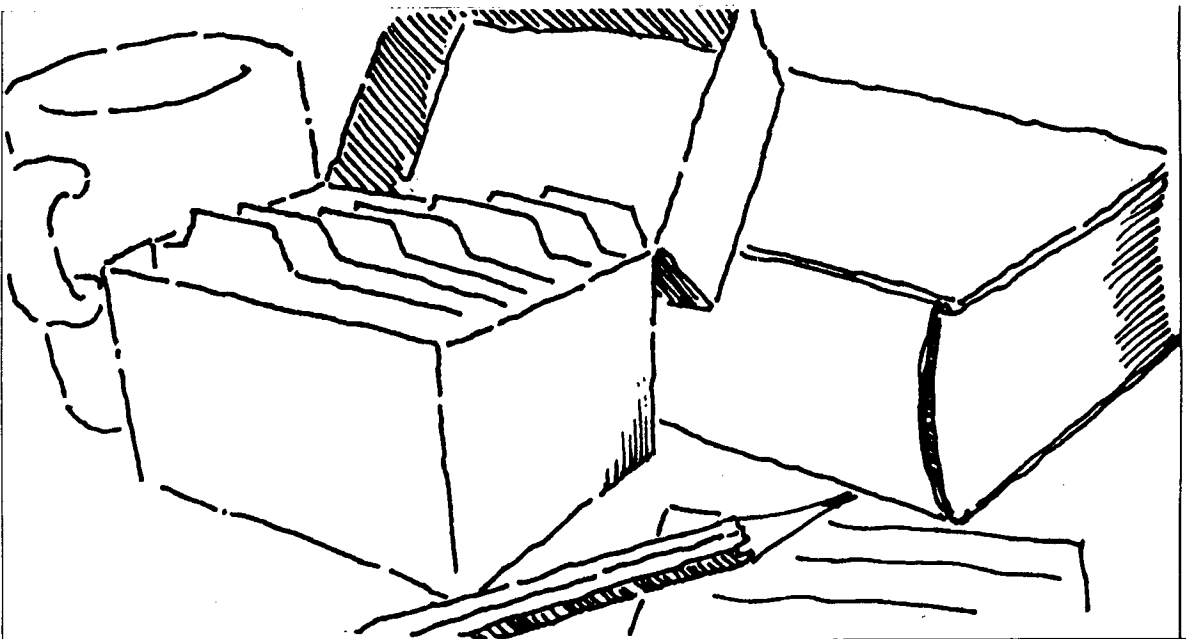
Special Meal with Family & Friends Idea #3:

Amount	Food Item	Fat (g)	FVs	Gs
<b>Wee Bit O' Fat Meal</b>				
3/4 c	Orange juice		1	
2 sl	Whole wheat French toast (made w/egg substitute, no fat)	2		2
2 tsp	Diet margarine	4		
2 Tb	Maple syrup			
<u>Yogurt &amp; Fruit Mix:</u>				
1/2 c	Nonfat vanilla yogurt (1/2 cup)		1	
1/2 c	Mixed berries (blueberries, raspberries, etc.)			
1 c	Coffee/tea			
	<b>Total</b>	<b>6</b>	<b>2</b>	<b>2</b>
<b>In-Between Fat Meal</b>				
<u>Chef Salad: (3-1/2 cups)</u>				
2 oz	Lean deli meat	4		
1 oz	Veggie lite cheese	1		
1/2 c	Chopped mixed veggies		1	
2 c	Lettuce, chopped		2	
1/2 c	Kidney beans	1		1
2 Tb	Fat free dressing (your choice)			
8	Melba toast rounds	1		1
1 med	Apple		1	
	<b>Total</b>	<b>7</b>	<b>4</b>	<b>2</b>
<b>Hearty Fat Meal</b>				
2 oz	Grilled flank steak in mustard marinade	9		
1 c	Mixed green salad		1	
1/2 c	Fat-free Three-bean salad mix (in salad)			1
1 med	Baked potato with salsa		1	
1 pc	Angel food cake, 1/8 of 10" diameter			1
1/2 c	Strawberries		1	
2 Tb	Non-dairy whipped topping	2		
	<b>Total</b>	<b>11</b>	<b>3</b>	<b>2</b>
<b>Total for Day</b>		<b>24</b>	<b>9</b>	<b>6</b>

Winter 2001

# Recipes

- ◆ *Quick Garbanzo Bean and Tuna Salad*
- ◆ *20-Minute Minestrone*
- ◆ *“Oven-Fried” Cod Fillets with Lite Tartar Sauce*
- ◆ *Lite Coleslaw*
- ◆ *Sweet & Sour Chicken*
- ◆ *Quick Brown Rice Pudding*



## Quick Garbanzo Bean and Tuna Salad

**2 cans (16 oz.) garbanzo beans, drained**  
**1 can (9 oz.) tuna, drained (chunked or flaked water-packed tuna work equally well)**  
**1/2 cup finely chopped celery**  
**1/4 cup finely chopped onion**  
**2 tablespoons chopped fresh parsley**  
**1/3 cup fat-free vinaigrette, Caesar or fat-free other dressing of your choice (or if you like to make your own, try the alternative dressing recipe below)**  
**1/4 teaspoon salt**  
**1/4 teaspoon pepper**  
**1 medium tomato, diced (more, if desired)**

In a bowl, combine beans, tuna, celery, onion, parsley, vinaigrette, salt, and pepper; stir to combine. Add tomato; stir gently.

If you don't want to use a bottled dressing, try the recipe below:

### **Homemade Fat-Free Dressing:**

**1/8 cup fat-free honey mustard**  
**1/8 cup fat-free plain yogurt**  
**1/8 cup seasoned rice vinegar**  
**1 teaspoon dried tarragon**

Makes: 5-6 servings (1 cup each)

Fat: 2 grams per serving

Fruit/Vegetable Servings: 1 per serving

Grain Servings: 1 per serving

Recipe from Jacksonville, Florida  
WHI Clinical Center

## 20 Minute Minestrone

**5 cups fat-free beef, chicken or vegetable broth**  
**1 can (14-1/2 oz.) diced tomatoes**  
**1 can (8 oz.) tomato sauce**  
**1 teaspoon dried, crushed basil**  
**1 teaspoon dried, crushed thyme**  
**1/4 teaspoon black pepper**  
**1 teaspoon sugar (optional)**  
**1 cup pasta (spirals or elbow macaroni), uncooked**  
**2 cups frozen mixed vegetables**  
**1 can (15-1/2 oz.) white kidney beans**  
**1 teaspoon grated Parmesan cheese (optional)**

In a large kettle or saucepan, combine broth, tomatoes, tomato sauce, herbs, pepper, and sugar (if used). Bring to a boil. Add the remaining ingredients. Simmer uncovered until the pasta and the vegetables are cooked, about 15 to 20 minutes. Serve in soup bowls with a sprinkle of Parmesan cheese for accent and taste.

Makes 8 servings (about 1 cup)

Fat: 1 gram per serving (w/cheese)  
0.5 grams per serving (w/o cheese)

Fruit/Vegetable Serving: 1 per serving

Grain Serving: 1 per serving

Recipe from Houston, Texas WHI  
Clinical Center

## **“Oven Fried” Fish Fillets**

**1 pound fresh or frozen cod or sole fillets (thawed, if frozen)**  
**2 tablespoons plain non-fat yogurt**  
**1 tablespoon oil**  
**1-1/2 teaspoons lemon (or lime) juice**  
**8 tablespoons packaged bread crumbs**  
**1/4 teaspoon garlic powder**  
**1/4 teaspoon dried oregano**  
**1/4 teaspoon dried parsley flakes**  
**pepper and paprika (optional)**

Preheat oven to 475°F. Spray a non-stick cookie sheet or shallow baking pan liberally with cooking spray. Combine spices together in a small bowl or ‘shaker bottle’ (such as an empty salt shaker). Combine yogurt, oil and juice in a shallow dish and mix well. Spread bread crumbs on a large plate or wax paper.

Dip the fish fillets into the yogurt mixture and then press into the bread crumbs, lightly coating both sides. Arrange fish in a single layer on the cookie sheet. Sprinkle with the fish with the spices, as desired. Bake fish, uncovered for 8 minutes (or longer, depending on thickness of fillets). **DO NOT TURN FISH.** The fish is done when the coating is golden and the fish flakes easily. Remove fish with a spatula.

Makes 4 servings

Fat: 5 grams per serving

Grain Servings: 0.5 per serving

Recipe from Cape Cod WHI Clinical Center

### **Lite Tartar Sauce:**

For each serving, mix together:

**1 tablespoon low-fat mayonnaise**  
**(1gram fat / tablespoon)**

**1 tablespoon pickle relish**

Fat: 1 gram per serving

Recipe from Cape Cod WHI Clinical Center



## Lite Coleslaw

**2 cups packaged coleslaw mix**

**Dressing – In a small bowl mix together:**

**1 teaspoon Dijon mustard**

**2 tablespoons low-fat mayonnaise (1 gram fat / tablespoon)**

**1/2 tablespoons skim milk**

**2 teaspoons apple cider vinegar**

**1/2 teaspoon sugar**

**dash of celery seed (optional)**

Pour dressing over coleslaw. Toss to mix thoroughly. Refrigerate. Best when made at least 1 hour ahead. Remix before serving. The remaining coleslaw mix can be added to salads, soups or used in sandwiches or roll-ups in place of lettuce.

**Makes 4 servings**

**Fat: 0.5 grams per serving**

**Fruit/Vegetable Servings: 1 per serving**

**Recipe from Cape Cod WHI Clinical Center**

## Sweet and Sour Chicken

**2-3 skinless chicken breasts**

**Sauce:**

**1 cup fat-free Russian, French or Catalina™ salad dressing**

**1/8 cup fat-free honey mustard**

**1 small jar (10 oz.) apricot preserves**

**1/8 cup fat-free plain yogurt**

**1 envelope dry onion soup mix**

Blend sauce ingredients together and spread over chicken. Bake at 325°F until chicken is done. Serve over rice.

Makes 2 to 3 servings

Fat: 3 grams per chicken breast

Recipe from Gainesville, Florida WHI  
Clinical Center

## Quick Brown Rice Pudding

**2 cups cooked brown rice (instant is a quick choice)**  
**1 pkg. (3.5 oz.) vanilla pudding mix (regular or instant)**  
**2 cups skim milk**  
**1/4 teaspoon cinnamon**  
**1/8 teaspoon nutmeg (optional)**  
**1/8 to 1/4 cup raisins, currents or dried cranberries (optional)**

Prepare pudding as directed on package. Stir in nutmeg and cinnamon. Then stir in rice. Raisins, currents or dried cranberries are a nice addition.

Makes 4 cups

Fat: 0.5 grams per serving

Grain Serving: 1 per serving

Recipe from Cape Cod WHI Clinical Center