



Healthy Recipes for Busy Families

Stir-Fried Rice and Vegetables

1 tablespoon vegetable oil
1 onion, chopped
2 cups chopped vegetables (you
choice)
1 tablespoon soy sauce
1 cup cooked brown rice
2 cups cooked red kidney beans
or pinto beans (drained)

1. Heat oil in large pan.
2. Add onion and other chopped vegetables and stir.
3. Cook over medium-heat until just barely cooked.
4. Stir in cooked rice and sprinkle with soy sauce.
5. Stir in cooked beans. Heat thoroughly and serve.

Magical Fruit Salad

1 can (20 oz) pineapple chunks in juice
1 can (15 oz) fruit cocktail
2 bananas
1-3/4 cups milk
1 small package (3-1/2 oz) instant vanilla or
lemon pudding mix

1. Drain cans of pineapple and fruit cocktail.
2. Place fruit in medium sized bowl.
3. Rinse the bananas with cold water; peel and cut into bite-size pieces.
4. Add to pineapple and fruit cocktail. Stir carefully.
5. Pour the milk over the fruit. Slowly stir the fruit mixture and sprinkle in the pudding mix.
6. Be sure all the ingredients are mixed. Let the mixture stand for 5 minutes.

Makes 8 servings (3/4 cup each). Nutrition facts per serving (using 1% milk): calories 170 ~ fat 1 g ~ calories from fat 5 ~ sodium 200 mg ~ carbohydrate 40 g ~ fiber 2 g

Bean Salad

- 1 can (15 oz) great northern beans or 2 cups cooked dried beans
- 1 (15 oz) pinto beans or 2 cups cooked dried beans
- 1/2 cup onions, chopped
- 1/2 cup green pepper, chopped
- 1/2 cup celery, chopped
- 1 cup canned corn, drained
- 1/2 cup zesty Italian dressing—low fat - season to taste

1. Drain and rinse beans (you can substitute bean types).
2. Mix all ingredients together and chill.
3. Add other combinations, like mandarin oranges and broccoli florets.

Makes 8 servings, 1/2 cup each. Nutrition facts per serving: calories 140 ~ calories from fat 15 ~ fat 2 g ~ cholesterol 0 mg ~ sodium 470 mg ~ carbohydrate 23 g ~ protein 7 g ~ fiber 7 g

Tuna Apple Salad

- 1 can (12 oz) water-packed tuna, drained
- 1 cup apples, unpeeled, diced
- 1/2 cup celery, chopped
- 1/4 cup nuts, chopped
- 1/2 cup low fat mayonnaise or plain yogurt

1. Combine all ingredients and chill.
2. Serve on lettuce or in sandwich.

Serves 6. Nutrition facts per serving: calories 180 ~ fat 10 g ~ calories from fat 90 ~ sodium 400 mg ~ carbohydrate 6 g ~ fiber 1 g

Blueberry Bean Cake

Preheat oven to 375°F. Process beans and milk in food processor or blender until smooth. Mix sugar and butter in large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in combined flours, baking soda, salt and spices. Gently mix in blueberries. Spoon mixture into greased 13x9 baking pan; sprinkle with pecans. Bake in preheated 375° oven until a toothpick inserted in center comes out clean, about 20 to 25 minutes. Cool in pan on wire rack for 5 minutes; remove from pan and cool.

- 2 cans (15 oz each) kidney beans, drained & rinsed or 3 cups cooked, dried kidney beans, drained
- 1/3 cup milk
- 1 cup sugar
- 1/4 cup butter or margarine, softened
- 3 eggs
- 2 teaspoons vanilla
- 1 cup all-purpose flour

- 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon, ground
- 1/2 teaspoon allspice, ground
- 1/2 teaspoon cloves, ground
- 1 cup blueberries, fresh or frozen
- 3/4 cup pecans, chopped

Makes 12 servings, 2x2 inch each serving. Nutrition facts per serving: calories 288 ~ calories from fat 31 ~ fat 10 g ~ calcium 46 mg ~ carbohydrate 43 g ~ sodium 500 mg ~ protein 8 g ~ fiber 5 g ~ cholesterol 64 g