

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

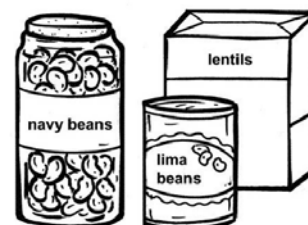


*Ideas For Eating Better For Less . . . .*

## Choose Beans Often

### Why Eat Beans?

- Low cost
- Easy to cook
- Very low in fat, high in fiber
- High in protein



### Add *cooked* dried beans or canned beans to your favorite foods:

- Add beans to homemade or canned soups and stews.
- Top salads with beans (ex. chickpeas, kidney beans).
- Fill tacos or burritos with beans. Add your favorite toppings (salsa, tomato, lettuce, cheese).
- Season beans. Add vegetables, spices and your favorite sauces (tomato, molasses).
- Use beans as a meat substitute in chili or stews.
- Add beans to your favorite rice dishes.

### **Bean Stew** Serves 4.

1 cup dry navy beans	1 cup ham, cooked, diced
4 cups boiling water	1 cup sliced carrots
1/2 cup chopped onion	1/4 cup diced celery

1. Add beans to a large pot of boiling water. Return to boil. Boil 2 minutes.
2. Remove from heat. Cover and soak for 1 hour.
3. Drain. Add fresh water to cover beans.
4. Cook to boiling again. Add onion and ham. Gently boil, uncovered, for 5 minutes.
5. Cover and bring down to a simmer. Cook until beans are tender, about 1 hour.
6. Add carrots and celery. Cook until tender, about 20 minutes.
7. Serve. Refrigerate leftovers.

**NUTRITION FACTS (per serving)** - Calories 250 ~ fat 3.5 g ~ calories from fat 30 ~ sodium 510 mg ~ total carbohydrate 37 g ~ fiber 14 g

## **Meatloaf** Serves 8.

1 medium onion, chopped	1/2 cup ketchup
3/4 cup plain dry bread crumbs	1 egg, beaten
1/3 cup nonfat dry milk	1/2 tsp. garlic powder
1/3 cup water or tomato juice	1 1/2 pounds ground meat

1. Preheat oven to 375°.
2. In a large bowl combine onion, bread crumbs, dry milk, water/tomato juice, ketchup, egg and garlic powder.
3. Add ground meat and mix thoroughly.
4. Shape meat into a loaf and place in a baking dish.
5. Bake for about 1 hour. Check for doneness using a meat thermometer. It should read 160°F for ground beef, veal, lamb, pork, or 165°F for ground poultry.
6. Let stand for 10 minutes before serving.

**NUTRITION FACTS (per serving) - Calories 270 ~ fat 14 g ~ calories from fat 130 ~ sodium 360 mg ~ total carbohydrate 15 g ~ fiber 1 g**

# Milk Matters

**Milk and other milk products are important in the diet throughout a lifetime. Calcium, in milk products, keeps your bones healthy and strong.**

## **Include more milk products in your diet:**

- ◆ Add milk to coffee and tea.
- ◆ Make homemade or canned soups such as tomato, clam chowder, and cream of mushroom with milk.
- ◆ Make hot cereals and instant hot chocolate/cocoa with milk instead of water.
- ◆ Add nonfat dry milk powder to meat loaf, milk drinks, cream soups, and pudding recipes.



**Tip of the Month:** If drinking milk causes you discomfort, you may be lactose intolerant. Try yogurt, hard cheese (ex. Swiss, Colby, parmesan, and cheddar) and cottage cheese as an alternative to milk.



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