

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



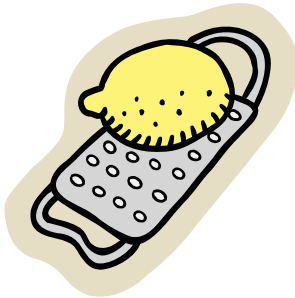
*Ideas For Eating Better For Less . . . .*

## Cutting Foods

Chop, dice, grate and slice are words you find in recipes that describe the way a food is prepared.

**Chop** – to cut food into smaller pieces

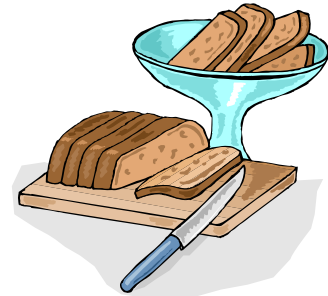
**Dice** – to cut food into equal-size pieces, like cubes



**Grate** – to rub food against a grater to divide into small pieces



**Slice** – to cut food into thin or thick, flat pieces



### **Cabbage Pasta Soup** Serves 6

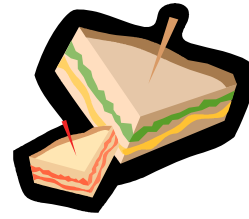
1 Tbsp. vegetable oil	1/2 lb. ham, <b>diced</b>
4 cups <b>chopped</b> cabbage	3 cups low-sodium chicken broth
1 cup <b>chopped</b> or <b>grated</b> carrots	1/2 cup uncooked pasta shells
1 clove garlic, minced	

1. Heat olive oil in a large pot. Add cabbage, carrots, garlic and ham. Sauté for about 3 minutes.
2. Add chicken broth and cook mixture for about 10 minutes over medium heat.
3. Add uncooked pasta and cook for an additional 10-15 minutes. Serve hot.

NUTRITION FACTS (per serving) - Calories 140 ~ fat 6 g ~ calories from fat 50 ~ sodium 420 mg ~ total carbohydrate 13 g ~ fiber 2 g

## Egg Salad Filling Serves 2

4 hard cooked eggs  
2 Tbsp. sweet pickle relish or chopped pickles  
3 Tbsp. fat-free mayonnaise or salad dressing  
1 tsp. prepared mustard  
Dash of pepper



1. Hard cook eggs (see directions below). Cool. Peel and finely **chop** eggs using knife.
2. Place finely **chopped** eggs in mixing bowl. Add relish, mayonnaise, mustard, and pepper.
3. Mix all ingredients together lightly, using table fork. Cover and refrigerate until you are ready to use.
4. Serve on crackers or **sliced** bread.

NUTRITION FACTS (per serving) - Calories 190 ~ fat 11 g ~ calories from fat 100 ~ sodium 420 mg ~ total carbohydrate 7 g ~ fiber 1 g

## Hard-cooked EGGS



1. Choose only unbroken eggs.
2. Put **unbroken** eggs in a single layer in pan. Cover eggs with **cold** water (this helps prevent cracking) so water is at least one inch above eggs. Heat to boiling.
3. Turn heat off and, if necessary, remove from burner to prevent further boiling. Cover pan and let eggs sit in hot water for 20 minutes.
4. Quickly run cold water over cooked eggs until cool. Store eggs in refrigerator.



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FAMILY NUTRITION PROGRAM  
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University of Illinois Extension provides equal opportunities in programs and employment.  
This material was funded by USDA's Food Stamp Program.