

CREATE

MYPLATE

The Food \$ense way to choose healthy eating with MyPlate

Veggie Quesadillas

½ cup cooked pinto beans	2 (6-8 inch) whole-wheat flour tortillas
2 medium tomatoes, chopped	¼ cup Monterey Jack cheese, grated
1 cup bell pepper, chopped	2 carrots, grated
2 green onions, chopped	¼ cup plain yogurt
2 tablespoons salsa	Lettuce

Combine beans, tomatoes, bell pepper, onions, and carrots in medium bowl. Warm a heavy pan over medium heat. Place a tortilla in pan and warm one side, and then flip tortilla over. Place half of mixture on one side of tortilla and sprinkle with half of the cheese. Fold the tortilla over and cook about 3 minutes or until cheese is melted. Transfer quesadilla to a plate and keep warm. Repeat for 2nd quesadilla. Top each with yogurt, salsa, and lettuce.

Yield: 2 quesadillas

Citrus Chicken Salad

2 boneless skinless chicken breasts, cut into	¼ inch strips
2 tablespoons oil	½ cup green onion, sliced
½ cup cheese, grated	½ cup green pepper, chopped
¼ cup shelled sunflower seeds	1 (10.5 oz.) can mandarin oranges, drained
3 tablespoons orange juice concentrate	1 tablespoon vinegar
3 cups romaine lettuce, washed, dried, and torn into bite-sized pieces	

Sauté chicken until cooked through; set aside to cool. Mix oil, orange juice and vinegar; let sit for 5 minutes. Combine chicken, lettuce, green onion, green pepper, mandarin oranges, sunflower seeds, and cheese in large bowl. Pour orange juice mixture over salad; toss lightly. Serve immediately.

Yield: 4-6 servings

Types of FAT:

Monounsaturated: decreases cholesterol – found in olive, canola, peanut oils, avocado, nuts, seeds.

Polyunsaturated: decreases cholesterol – found in corn, safflower, sunflower oils, nuts, seeds, some fish.

Saturated: Increases cholesterol – found in meat, dairy products, coconut, and palm oil.

Trans: Increases cholesterol – found in margarine, shortening, processed foods like fries, cookies, donuts, cakes, crackers – look for words “partially hydrogenated” in listed ingredients

High fat diets increase the risk for heart disease, obesity, and many cancers!

Mexican Spicy Bean Pizza

1 wheat pizza crust (see below)	¼ cup thinly sliced red onion
1 (6 oz.) can tomato paste	½ cup grated cheese
½ to 1 (15 oz.) can refried beans	½ teaspoon red pepper flakes (optional)
1 cup frozen corn, thawed	¾ cup sliced bell pepper
¼ cup chopped fresh cilantro	

Preheat oven to 425°. Put pizza crust on baking sheet or pizza pan. Spread tomato paste and then refried beans over crust. Arrange corn, bell pepper, and onion over beans. Sprinkle with cheese and red pepper flakes. Bake 15 minutes or until hot and bubbly. Garnish with fresh cilantro. Yield: 4 Servings

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Whole-wheat pizza dough

2 cups whole-wheat flour
1 ½ tablespoons yeast
1 teaspoon salt
1 ½ teaspoons sugar
¾ cup water
1 teaspoon canola oil (optional)

Mix dry ingredients in bowl. Add water and oil and mix well to incorporate flour mixture. Form dough into ball. Let rise 10 minutes while covered with clean towel. Roll out in pizza shape. Cover with favorite toppings.

TIP: When your budget allows, buy 'low sodium' or 'no salt added' canned products to reduce the sodium typically found in canned foods.

Skillet Lasagna

½ pound lean ground turkey*	2 cups water
¾ cup chopped onion	1 teaspoon garlic powder
1 (8 oz.) can tomato sauce	2 teaspoons Italian seasoning
2 (14 oz.) cans crushed tomatoes	1 (8 oz.) package wide whole-wheat noodles
2 cups fat-free cottage cheese	1 cup grated part skim mozzarella cheese

Brown ground turkey and onion in large skillet. Add tomato sauce, tomatoes, water, garlic powder, and Italian seasoning; bring to boil. Add uncooked noodles; cover and simmer for 8-10 minutes. Stir mixture; spread cottage cheese on top and sprinkle with cheese. Cover and simmer 10 minutes or until noodles are tender.

Yield: 6 servings

*Ground beef may be used in place of ground turkey but this will increase saturated fat content of recipe. When using ground beef, drain all visible fat, then place the cooked ground beef in a colander and rinse under hot water to rinse off any additional fat.

Philly- Style wrap

½ pound lean ground turkey or beef	Pinch of salt
1 tablespoon water	1 bell pepper, sliced
1 onion, sliced	¼ teaspoon pepper
4 mushrooms, sliced	4 drops hot sauce (like Tabasco)
4 slices reduced-fat Swiss cheese	6 whole-wheat flour tortillas

TIP: Add herbs and spices instead of fat and salt for flavor!

Greek Chicken and Zucchini

1 tablespoon olive oil	2 small zucchini, sliced
¼ cup diced red onion	½ teaspoon minced garlic
2 (4 oz) cans sliced mushrooms, drained	¼ teaspoon pepper
4 tablespoons feta cheese, crumbled	1 small can sliced black olives
2 – 3 boneless, skinless chicken breasts cut in bite-sized pieces	

In heavy skillet, heat olive oil over medium heat. Add chicken and brown well; remove chicken and set aside. Add onion, mushrooms, and zucchini to pan; stir-fry until slightly tender. Reduce heat and add garlic and pepper. Add chicken back to pan; combine well and heat through. Dish onto plates and sprinkle with crumbled feta cheese and sliced olives.

Yield: 4 servings

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Italian Potato Salad

1 head broccoli

½ pound small red potatoes

½ bell pepper, chopped

½ cup cubed ham or turkey

½ cup low-fat Italian dressing

¼ cup sliced olives

½ cucumber, chopped

½ small red onion, diced

½ cup cherry tomatoes

2 tablespoons Parmesan cheese.

Cut broccoli into florets and place in colander. Cook potatoes in small amount of water until tender. Pour potatoes and boiling water into colander with broccoli; drain and rinse with cold water. Cut potatoes into bite-sized chunks. Place broccoli and potatoes in large bowl; add remaining ingredients. Toss lightly; chill before serving.

Yield: 4 – 6 servings

What kind of lifestyle do you lead?

Sedentary – includes only light physical activity associated with typical day-to-day life.

Active – includes physical activity equal to walking more than 3 miles per day at 3 or 4 miles per hour plus light physical activity associated with typical day-to-day life.

Daily physical activity helps to control blood pressure, improves cholesterol, boosts energy, reduces stress, improves productivity, improves self-esteem, reduces health care cost, and more.

WOW! All that for a walk around the block!

For a healthy plate remember to do the following:

Balance calories

- Enjoy your food but eat less.
- Avoid oversized portions.

Increase some foods

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

And reduce some foods

Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers. Drink water instead of sugary drinks.