

# CREATE

## PROTEIN FOODS – Go Lean with Protein

**Protein foods include:** meat, poultry, fish, eggs, lentils, dried beans, peas and nuts. These foods provide plenty of protein, iron, zinc, and B- Vitamins.

### Complete vs. Incomplete Proteins

Complete – animal proteins; contain all essential amino acids (building blocks) used by body.

Incomplete- plant proteins; most are missing one or more essential amino acids. Eating a variety of plant proteins will ensure you get all the amino acids your body needs.

### Food Safety

Clean hands and surfaces often.

Separate raw, cooked and ready- to –eat foods from each other.

Cook foods to a safe temperature.

Chill foods promptly and thaw properly.

### How much protein do I need? – Probably not as much as you think!

Is your plate mostly meat? Although we need some protein each day, we don't need much. Plan your plate so that only ¼ is a protein food.

Most people only need 5 or 6 ounce-equivalents per day.

### Equiva-what?

Ounce equivalents include:

3 ounce- equivalents of meat, fish, poultry is about the size of a deck of cards.

2 ounce- equivalents of ham or lunch meat is about 6 thin slices.

2 ounce- equivalents of egg is 2 eggs.

2 ounce- equivalents of walnuts is 9 walnuts.

**Don't forget- all wholesome foods contain some protein. It is next to impossible not to get enough.**

When you plan your next menu, plan one or two meals that don't contain meat. Replacing meat with beans or legumes will give you less saturated fat and cholesterol, more fiber and antioxidants. It will save you lots of money, too!

### Protein Rich Foods

#### *Cabbage patch stew:*

½ pound lean ground beef or turkey (optional)

1 tablespoon sugar

2 (15 oz.) cans kidney or pinto beans

1 (15 oz.) can Mexican style stewed tomatoes\*

1 cup celery, chopped

1 tablespoon Worcestershire sauce

1 teaspoon garlic powder

¼ teaspoon cumin

2 cups water

1 (15 oz.) can diced tomatoes

1 large onion, chopped

2 cups shredded cabbage

2 teaspoons chili powder

Brown meat and drain fat; add onion, celery, and cabbage. Cook until vegetables are clear or wilted. Add remaining ingredients. Simmer ½ hour.

Yield: 8 servings



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## Vegetarian Chili

|  |                              |
|--|------------------------------|
| 2 (15 oz.) cans tomato sauce                     | 2 teaspoons cumin powder     |
| 2 (15 oz.) cans kidney beans, drained and rinsed | 1 medium onion, diced        |
| 2 (15 oz.) cans pinto beans, drained and rinsed  | 2-3 tablespoons chili powder |
| 2 (4 oz.) cans green chilies                     | 2-3 medium tomatoes, diced   |
| 1 teaspoon salt                                  | 1 teaspoon pepper            |
| 2 cups water                                     |                              |

Combine all ingredients in large pot and bring to a boil. Reduce heat and simmer for 1 – 2 hours.  
Yield: 8 servings

## Chicken Chili Verde

|  |                     |
|--|---------------------|
| 1 pound chicken  | ½ teaspoon salt     |
| 2 tablespoons oil  | 2-3 cups water      |
| 2 garlic cloves, minced or 1 teaspoon garlic powder        | ½ teaspoon cumin    |
| 1 (7 oz.) can green chilies or ½ cup roasted chili peppers | 3 tablespoons flour |

Cut chicken into bite-size pieces. In a medium saucepan, brown chicken in 1 tablespoon oil. Add remaining oil and flour. Stir constantly until flour browns. Stir in garlic, cumin, and salt. Mix in chilies and 2 cups water; bring to a boil. Cover and simmer until chicken is tender and sauce thickens, 30-45 minutes, adding more water to thin if necessary.

Yield: 4-6 servings.

Serving suggestion: use as filling for burritos.

## Tuna Patties

|                                 |                |
|---------------------------------|----------------|
| 1 (6 oz.) can tuna              | 2 eggs, beaten |
| ½ cup cracker crumbs            | 1 teaspoon     |
| 2 tablespoons fresh lemon juice |                |

Drain fish and combine with cracker crumbs, eggs, and lemon juice. Mix in parsley. Shape into 4 patties. Spray a non-stick skillet with cooking spray and fry patties on both sides until golden brown. Yield: 4 servings.

## Tuna Bean Sandwich Spread

|   |                              |
|---|------------------------------|
| 1 (6 oz.) can tuna  | 1 cup celery, finely chopped |
| beans 2 teaspoons chicken bouillon granules                     | 2 tablespoon onions, grated  |
| 1 teaspoon lemon juice  | 1 cup celery, finely chopped |
| ¼ cup reduced fat mayonnaise                                    | Pepper to taste              |
| 1½ cups (15 oz. can) cooked Great Northern beans or other white |                              |

Drain beans and mash. Combine all ingredients and mix well. Spread on bread or crackers.

Works well as a dip, etc.

Yield: 4 servings

## Calico Beans

|                                      |                        |
|--------------------------------------|------------------------|
| ½ cup onion, chopped                 | ½ cup brown sugar      |
| 1 (15 oz.) can pork and beans        | 2 teaspoons vinegar    |
| 1 (15 oz.) can white beans, drained  | 1 teaspoon dry mustard |
| 1 (15 oz.) can kidney beans, drained | Cooking spray          |
| ½ cup catsup                         |                        |

In a large skillet, sauté onion in cooking spray. Add remaining ingredients. Simmer uncovered 10-15 minutes; stir occasionally. Yield: 6-8 servings.



### Lentils and Rice

- 1 teaspoon olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 1/8 teaspoon red chili flakes
- 2 cups cooked lentils
- 2 cups cooked brown rice

Heat olive oil in medium frying pan. Add onion and cook over medium- high heat stirring frequently until onion is softened and starting to brown. Add garlic and chili flakes; cook another 1-2 minutes. Add lentils and rice; cook until all ingredients are heated through.

Yield: 4 servings

Think it's too hard to cook those ol' dried beans? Think again!

### Cooking Dried Beans in the Crock Pot

- 2 cups dried beans such as pinto, black or kidney
- Water

- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1/2 teaspoon pepper
- 1/2 teaspoon oregano
- 1 teaspoon salt

1. Sort beans, checking for rocks, dirt, etc. and rinse well.
2. Place beans in a large saucepan and add water – enough to cover beans with an inch or more.
3. Bring beans to a boil and continue to boil for 10 minutes or longer.\*
4. Drain water and rinse beans.
5. Place rinsed beans and 8 cups fresh water in crock-pot. Cook on low for 6-8 hours (or overnight) until beans are soft.

At this point beans are ready to eat. However, you can spice them up a bit by adding remaining ingredients to the pot and cooking until the onion is tender (about 30 minutes).

*\*Make sure to cook beans 10 minutes before putting them in crockpot to break down natural toxins found in raw beans!*

The cooked beans may be used in any recipe that calls for canned beans, with or without the additional ingredients. One and a half cups of cooked beans is equal to a can of beans. They keep in the refrigerator for 2-3 days or may be frozen for later use.

**TIP:** You may be tempted to add all of the ingredients to the pot at the beginning of cooking but don't! Or at least don't add the salt. Adding salt and acidic foods like tomatoes to beans at the beginning of the cook period tends to make them tough and they never do soften up. Bummer!

You will save lots of money on your grocery bill when you replace some of your meat-heavy meals with beans. You will save even more if you buy dried beans and cook them yourself rather than buying them in the can.

### Bean Dip

- 1 1/2 cups cooked pinto beans
  - 3 - 4 green onions, sliced
  - Salt and pepper to taste
  - 1 cup salsa
  - 1/2 teaspoon cumin
- Drain beans. Put all ingredients in a food processor and blend until smooth