IPFW Employee Cookbook 2009-2010

“Making Healthy Changes”

A collection of employee-submitted recipes and information to make simple, healthy choices throughout your busy lives!

IPFW Health & Wellness
IPFW Department of Athletics, Recreation and Intramural Sports
www.ipfw.edu/health

Stay Informed! www.ipfw.edu/health

December 2009
Employees,

Thank you for your participation and enthusiasm throughout the past year. As our thanks to you, we have compiled a great array of healthy recipes submitted by IPFW employees. Enjoy!

This year’s theme is about healthy changes for 2010! Healthy eating and fitness tips are only the beginning! Many great tips are encompassed within this year’s cookbook.

As Healthy Purdue wraps up its fourth year, we transition to a new phase. With the addition of Cigna as your new health care provider for 2010, we will be able to offer several new types of programming. Employees and spouses/SSDP who earned their $200 medical plan incentive in 2009 will see their rewards not only in their improved health and wellbeing, but will see their financial rewards in their paychecks beginning in January, 2010.

IPFW Health and Wellness continues to make strides to make IPFW a happy and healthy place to work. We hope that you take advantage of the wellness benefits offered to you. We will continue to plan and implement programs to serve you and help you to improve your health.

Please contact us at any time with questions, suggestions or ideas!

Think Change,
IPFW Health and Wellness Staff

Judy Tillapaugh, R.D., Wellness and Fitness Coordinator
Office: Hilliard Gates Sports Center, Room 121
Email: tillapau@ipfw.edu
Phone: 481-6647

Jennifer Roherty, B.S., Wellness Specialist
Office: Walb Union, Room 234
Email: rohertyj@ipfw.edu
Phone: 481-6746

Ashley Hunter, Wellness Graduate Assistant
IPFW/Parkview Health and Wellness Clinic
Office: Walb Union, Room 234
Email: clinic@ipfw.edu
Phone: 481-5748

Stay Informed! Visit www.ipfw.edu/health
We love resolutions...plans to change...but are we really ready to take the steps to make it happen? This year’s cookbook is all about helping you create positive change. Whether you are ready to change your eating behaviors, exercise choices, self-talk or maybe you’re happy with where you are, this cookbook is full of healthy recipes, tips and ideas to motivate, educate and support your goals. The IPFW Health and Wellness staff is always available to support you in any way we can.

Part of positive success is creating realistic goals. Goals are most successful when they are concrete and definite. Use this worksheet to help you create realistic goals for 2010!

1. **The goal or behavior I want to work on first is:**

2. **My reasons for wanting to accomplish this goal (same as change this behavior) are:**

3. **The obstacles standing in the way of my changing this behavior are:**

4. **The efforts I made toward changing this behavior in the last week are:**

5. **My goal for next week with respect to this behavior is:**

6. **My readiness to change this behavior is (circle the level that best describes where you are):**

   - I won’t do it
   - I can’t do it
   - I may do it
   - I will do it
   - I am doing it
   - I am still doing it

STANFORD WELLNESS COACHING : READY TO CHANGE QUIZ
Use Smart Goal-Setting Techniques

All Weight Loss Goals are Not Created Equal
-- By Mike Kramer, Staff Writer

What is the most important factor of success and achievement? IQ, self-confidence, perseverance?

Actually, that's a trick question. According to intelligence studies, the answer would be none of the above. In fact, the tendency to set goals is the #1 predictor of success.

Your SparkPeople program is based on a goal. You've already taken a key step by setting that goal. Still, you can increase your chance of reaching it (and your future goals) by using some smart goal-setting techniques.

Start with a Long-Term Goal. Picture the effect it will have, how your life will be different, what you would be able to do differently. Think of the strategy you'll use and who can help you. This is your blueprint. Before you do anything else, write that goal down. Memory studies indicate that the brain forgets 80% of detail within 24 hours and 99% within two weeks. Writing it down keeps the goal fresh and clear in your mind.

Next, create a timeline. This begins with a target date, which you've probably already set. Now you have Point A and Point B; what are the steps along the way that'll take you from one to the other? Think of a series of Medium-Term Milestones you can use to keep momentum high and the path straight. Maybe set weekly or monthly goals to move closer to the ultimate prize. Milestones can also be achievements that have nothing to do with the scale. Maybe sign up for a walkathon that you wouldn't have been able to do last year.

Finally, plan out the Short-Term Actions that will get you to your first Milestones. These are your daily and weekly nutrition and fitness goals. This is how doing just a little bit every day can help you reach even your biggest goal. By doing these Actions, you stay on track and a permanent, healthier lifestyle is just a matter of time.

Overall, your health goals should be:
- **Realistic**: Start off with a goal that isn't too ambitious, so you can sooner experience the thrills of success. Build toward grander goals to keep your motivation high.
- **Specific**: Make sure it can be measured and tracked.
- **Forgiving**: Leave room for the "1 Step Back, 2 Steps Forward" principle to apply.
- **Crystal Clear**: Find a photo depicting or symbolizing what you want. The clearer the point of the whole thing is, the easier it is to stay focused.
- **Valuable**: Remind yourself why you want to succeed in the first place.
- **Challenging**: What do you wish for? This is the goal that will hold your attention the most. There's no reason our wishes can't become our goals.
- **Rewarded**: Every little bit of positive reinforcement helps.
- **Backed Up**: Prepare for the unknown with contingency plans before problems come up. Have options waiting that will help you stay consistent in the face of the unexpected.
# Table of Contents

**Back to the Basics** ......................................................................................................................... 9-16

**Breakfast** ....................................................................................................................................... 18-25

**Appetizers and Sides** ..................................................................................................................... 27-33

**Dinners, Soups and Casseroles** ...................................................................................................... 34-53

**2009 Nutrition Series** .................................................................................................................... 42-56

**Desserts** ........................................................................................................................................ 54-59

**Your Healthiest Year Yet!** .............................................................................................................

  - Goal Setting .................................................................................................................................. 4
  - Smart Goal Setting Techniques ...................................................................................................... 5
  - Are You Ready for a Change? ......................................................................................................... 12
  - Cigna ............................................................................................................................................. 17
  - Top Ten Reasons Why Consulting with a Registered Dietitian Can Benefit You .................... 22
  - Healthy Eating on the Go ............................................................................................................. 26
  - Healthy Eating on the Go ............................................................................................................. 30
  - Simple Baking and Cooking Exchanges ........................................................................................ 36
  - Notice the Benefits of Exercise .................................................................................................... 38
  - Eight Glasses of Water a Day ........................................................................................................ 40
  - Enhance the Flavor of Your Food .................................................................................................. 48
  - 6 Healthy Lifestyle Habits ............................................................................................................ 52
  - Ten Tips for Positive Eating ......................................................................................................... 58
  - The Importance of Positive Self-Talk ............................................................................................ 62
  - Breakfast: This vs. That .................................................................................................................. 65
  - Lunch: This vs. That ........................................................................................................................ 66
  - Dinner: This vs. That ....................................................................................................................... 67
  - Fort Wayne Farmers' Markets ....................................................................................................... 68
  - Indiana Fruits and Vegetable Harvest Calendar .......................................................................... 69
Table of Contents

Welcome Letter........................................................................................................ 3

Helpful Websites........................................................................................................ 60

Community Resources............................................................................................. 61

New Recipes........................................................................................................... 63

Meal Planning........................................................................................................... 64

Recipe Index............................................................................................................ 70

Educational Page Index......................................................................................... 71
<table>
<thead>
<tr>
<th>Meal Basics</th>
</tr>
</thead>
</table>
| **Eat three meals and 2-3 snacks daily.**  
Make time for meals. Eating three meals per day plus snacks will provide you with energy that will last all day and keep your metabolism active. Pack healthy, portable snacks such as fruit or a granola bar when you know you will be on the go. |
| **Build meals with complex carbohydrates.**  
Carbohydrates are the main fuel source for the mind and muscles. Complex carbohydrates include whole wheat breads, cereals, pasta, rice, beans and other starchy vegetables. |
| **Include protein at each meal**  
Protein provides essential amino acids which are the building blocks for the body’s tissues. Lean sources include non-fat or 1% milk, yogurt, low-fat cheese, skin-free poultry, seafood, lean red meats, tofu, soy, egg whites and beans. |
| **Limit high fat foods.**  
Fat provides essential fatty acids which help transport nutrients and provide energy. Some fat is important but too much will provide excess calories. |
| **Limit high sugar foods.**  
High sugar foods like soda, candy and desserts are high in calories and low in nutrients. |
| **Stay hydrated.**  
Proper hydration is important for healthy skin and organs. Drink water even if you are not thirsty. If you wait until you are thirsty, you are already partially dehydrated. Carry a bottle of water in your bag. |
| **Relax, turn off the TV and enjoy your meals.**  
Listen to your body as to when you are hungry and when you are satisfied. Taking your time while eating will help you realize when you are satisfied and prevent over eating. |
| **If you choose to drink alcohol, drink in moderation.**  
It’s recommended that women limit themselves to one drink per day and men stop at two. |
| **Confused?**  
Contact an IPFW Dietitian at the IPFW/Parkview Health and Wellness Clinic!  
Call 481-6647 or email tillapau@ipfw.edu to schedule an appointment. This is a free service for employees! |
Sample Meal Menu Ideas

Breakfast
1 1/2 cup Raisin Bran
1 cup milk (skim or 1%)
Banana or 1/2 cup 100% juice

Lunch
6” turkey sub with veggies
Baked Doritos
Water, milk or unsweetened tea

Dinner
1 cup cooked whole wheat pasta
1/2 cup tomato sauce
Shredded cheese
3 ounces baked chicken breast
1 cup milk (skim or 1%)
Fruit or vegetables

Snack
Black bean brownie (page 59)
Or
Jancene’s low-sugar muffin (page 23)

Breakfast
Scrambled eggs
Mocha with skim milk
Piece of fruit

Snack
Trail mix from vending machine
Or
1/4 cup nuts

Lunch
Grilled chicken sandwich
1 cup milk (skim or 1%)
Carrot sticks

Dinner
Black bean tortilla casserole (page 41)
Salad with light dressing

Snack
3 cups 94% fat-free popcorn or air-popped

Breakfast muesli (page 20)
1 cup milk (skim or 1%)

Snack
Low-fat yogurt and grapes

Lunch
Peanut butter and jelly on whole wheat bread
1 cup milk (skim or 1%) or light lemonade

Snack
Assorted raw vegetables
Or
Low-fat granola bar

Dinner
Spicy peanut chicken (page 45)
1/2—1 cup brown rice
1 serving steamed or raw broccoli
Fruit
1 cup milk (skim or 1%)

Snack
Baked chips with garden fresh salsa (page 27)

Smart Grocery Shopping Tips
1. Concentrate shopping time around the perimeter of the grocery store. Fill your card with produce first.

2. Watch your beverages. Choose 100% juices instead of juice drinks. Beware of soft drinks, which can contain up to 11 teaspoons of sugar.

3. Do not shop when you are hungry.

4. Think whole grains! Cereals can be a source of fiber. Find cereals with at least 5 grams fiber per serving.

5. Beware of featured items at the end of aisles and at the checkout counter. These foods are often loaded with fat and calories, plus make you spend more money on things you don’t really need.

6. Make a list and stick to it.

7. If you are trying to find convenient, on-the-go items, look for foods that are high in fiber and have both healthy carbohydrates and protein.

8. Clip coupons before you go to the store. Use only coupons on items that you normally buy or will definitely use. Be sure to use store discount cards.

Prepared by: Judy Tillapaugh, RD, IPFW Wellness/Fitness Coordinator
Back to the Basics

Whole Grains
3 (1 oz.) equivalents (6-7 servings of grains total)  
(at least 1/2 of all the grains eaten should be whole grains)  
One ounce serving equals 1 slice whole-wheat bread,  
1/2 cup brown rice, 5 whole-wheat crackers, 1/2 cup oatmeal

Vegetables
2-1/2 cups  
One serving equals 1 cup chopped or florets of raw/cooked  
broccoli, 2 medium carrots, 2 cups of raw, leafy greens = 1 cup  
cooked, leafy greens

Fruits
2 cups  
One serving equals 1 cup sliced, chopped or cut-up fruit,  
about 8 large strawberries, 1 large orange, 32 seedless grapes

Dairy Foods
3 cups of low-fat or fat-free milk or milk equivalents  
One serving equals 1 cup milk, 1 container (8 oz.) yogurt,  
1-1/2 oz. cheese

Protein
5.5–6.6 oz. equivalents  
In general, 1 ounce of meat, poultry or fish, 1/4 cup cooked dry  
beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 ounce of nuts or  
seeds can be considered as 1 ounce equivalent from the meat and  
beans group.

Fats
5–7 teaspoons per day

<table>
<thead>
<tr>
<th>Whole Grains</th>
<th>Vegetables</th>
<th>Fruits</th>
<th>Milk and Milk Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Whole-grain breakfast cereal</td>
<td>• Broccoli</td>
<td>• Peaches</td>
<td>• White milk</td>
</tr>
<tr>
<td>• Whole-grain breads (wheat, rye, etc.)</td>
<td>• Spinach</td>
<td>• Bananas</td>
<td>• Flavored milk</td>
</tr>
<tr>
<td>• Oatmeal</td>
<td>• Carrots</td>
<td>• Grapefruit</td>
<td>• Lactose-free milk</td>
</tr>
<tr>
<td>• Brown rice</td>
<td>• Red or green pepper</td>
<td>• Blueberries</td>
<td>• Cheddar cheese</td>
</tr>
<tr>
<td>• Popcorn</td>
<td>• Tomatoes</td>
<td>• Kiwi</td>
<td>• Swiss cheese</td>
</tr>
<tr>
<td></td>
<td>• Sweet potatoes</td>
<td>• Cantaloupe</td>
<td>• Mozzarella cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Yogurt</td>
</tr>
</tbody>
</table>

Tips
Snack on ready-to-eat, whole-grain cereals such as toasted oat cereal  
Try brown rice or whole-wheat pasta  
Try whole-grain snack chips, such as baked tortilla chips  
Use whole grains in mixed dishes, such as barley in vegetable soup or stews  
and bulgur wheat in stir-fry or casseroles  
Choose foods that name whole wheat, whole oats, brown rice, etc. first on the label’s ingredient list

Tips
Buy vegetables that are easy to prepare  
Try crunchy vegetables, raw or lightly steamed  
Shred carrots or zucchini into meatloaf, casseroles, quick breads, or muffins  
Include chopped vegetables in pasta sauce or lasagna  
Set a good example for children by eating vegetables with meals and as snacks

Tips
Buy fresh fruits in season  
Vary your fruit choices—fruits differ in nutrient content  
Keep a bowl of whole fruit on the table, counter, or in the refrigerator  
Refrigerate cut-up fruit to store for later  
Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides  
For dessert, have baked apples, pears, or a fruit salad

Tips
Include milk as a beverage at meals  
Use fat-free or low-fat milk instead of water to prepare oatmeal and hot cereals  
Make a dip for fruits or vegetables from yogurt  
Top casseroles, soups, stews, or vegetables with shredded reduced fat cheese  
Make fruit-yogurt smoothies in the blender  
If you are lactose intolerant, choose lactose-reduced or low-lactose alternatives such as cheese, yogurt, or lactose-reduced milk

Stay Informed! Visit www.ipfw.edu/health

Conversions & Abbreviations

<table>
<thead>
<tr>
<th>Conversions</th>
<th>Abbreviations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tbsp. = tablespoon</td>
<td>tsp. = teaspoon</td>
</tr>
<tr>
<td>c. = cup</td>
<td>oz. = ounce</td>
</tr>
<tr>
<td>pt. = pint</td>
<td>qt. = quart</td>
</tr>
<tr>
<td>lb. = pound</td>
<td>pkg = package</td>
</tr>
</tbody>
</table>

Stocking Your Kitchen with the Basics

**Canned Beans**
Beans are an excellent source of fiber and protein! Try a variety such as black, red kidney, white and pinto. Try fat-free refried beans!

**Tomatoes**
Tomato based pasta sauce is a great staple to keep on hand. Canned tomatoes, tomato sauce, tomato paste and salsa can also be used to enhance a variety of dishes.

**Rice**
You can stock regular or instant rice. Brown rice has the most nutrients.

**Pasta**
Pasta is quick and delicious! There are many varieties such as fettuccini, penne, spaghetti, orzo, macaroni and many more. Most pasta varieties are also available in whole wheat as well.

**Herbs**
Fresh herbs are very flavorful, though may not be convenient. Dried sage leaves, bay leaves, oregano, thyme, rosemary, and mint are just as great!

**Spices**
Purchase spices in small quantities. Convenient spices to keep include garlic powder, garlic salt, onion powder, pepper, salt, nutmeg, oregano, Italian seasoning, cayenne pepper, paprika and basil.

**Other**
Baking powder, baking soda, canned fruits and vegetables, canned fish, cream of mushroom or chicken soup, canola or olive oil, broth and non-stick cooking spray.
1. **Watch Your Language!** Do you find yourself thinking “I will never lose weight” or “I feel fat”? Watch for thoughts that are negative or irrational, rather than supportive of your goals. Try to accurately identify the emotion that you are having that may be driving your need to eat, overeat, or suffer from low self-esteem. As Dr. Phil McGraw would say, “You are a life manager. You have only one client, and you cannot hate your only client.” Be aware of the negativity that you tell yourself, and stop beating yourself up.

2. **Stop “Dieting”.** Be aware of the negative and positive connotations in the language you use about your eating—“eating more nutritionally” is different than “being on a diet!” “Being more active” is different than “going to the gym.” It’s all semantics, but it makes a difference!

3. **Distinguish Between Emotional and Physical Hunger.** Emotional hunger involves eating when you’re sad, happy, anxious or bored. Understanding when you are trying to satisfy emotional needs with food can help you find more appropriate ways to meet those needs. Emotional triggers will usually subside within 5 minutes if you can make it past the “danger point” and distract yourself with a more useful activity. Physical hunger, on the other hand, is a physiological process that occurs every three to four hours. When you don’t listen to hunger cues, your hunger subsides and your body begins to slow down to conserve energy (slowing metabolism). It is important to distinguish between the two—emotional and physical hunger, so that the reasons why we are eating are appropriate, and supportive of our goals rather than detrimental to them.

4. **Avoid environmental attachment to food.** All too often, we find ourselves in social situations where we are encouraged—or are encouraging others—to celebrate or socialize with food. While having a nice meal with friends is great, we need to be aware of whether or not we are socializing with food around, or eating with friends around. What is the focal point of your social activities?

5. **Use a Hunger Scale.** Internal hunger cues—such as a rumbling stomach, a slight headache, fatigue, irritability and decreased concentration—are meant to remind you to meet your energy requirements. Reconnecting with your physical signals of hunger and satiety can help you acquire the internal power to regulate your food intake, and avoid eating for reasons that are not physiological. Think of 0 as indicating extreme hunger and 10 as signaling extreme fullness. With the scale in mind, begin to read your body’s signals. Your target range should be between 3 and 8. If you go to 0, you may eat too much too fast, particularly since it takes your brain 15 to 20 minutes to sense that your body is full. You should begin to eat at 3 on the scale and stop at 7 or 8, when you’re comfortably full and satisfied.

6. **Neutralize Food.** There are no good or bad foods—all foods are okay when eaten in moderation.

7. **Do Not Skip Meals.** Eating frequently throughout the day (3 small meals and 2-3 snacks) will stimulate your metabolism. To lose weight, you MUST eat, or you risk “starvation mode” metabolism slowing. Skipping meals (including breakfast) can decrease your metabolism.

8. **Know your limits, but be determined to reach them.** A safe weight loss is 1 or 2 pounds a week, not 20. Thirty minutes of cardio, 3 times per week is realistic; running a marathon next month is not. Remember, a healthy body comes from healthy eating and exercising to keep you running smoothly and efficiently.

9. **Be Supportive, Not Critical, or yourself.** People lose weight at different rates. Weight may drop off quickly at first and then plateau, or vice versa. Your body composition may change, although your weight may stay the same. The important thing is that long-term healthy behavior gets results.

10. ** Reward your behavior, and not your weight.** You are probably used to rewarding yourself and being rewarded by others for losing pounds, rather than for altering your behavior. Create a system of rewards for the positive changes you make, rather than the numbers you see on the scale. Make your rewards based on your ability to stick to your goals, and on your changes in thought. When you are able to go through an entire day without self-defeating thoughts, you deserve a reward.

http://www.lifeinmotioncoaches.com

---

**Are You Ready for a Change?**

- **Preparing for Action**
- **Taking Action**
- **Maintaining a Good Thing for Life!**
- **Thinking about it**
- **Not Ready Yet**

---

**Are You Ready for a Change?**

- **Preparing for Action**
- **Taking Action**
- **Maintaining a Good Thing for Life!**
- **Thinking about it**
- **Not Ready Yet**
### PROTEIN
- chicken breasts
- sliced turkey
- canned tuna
- lean ground beef
- eggs
- peanut butter
- canned beans
- nuts

### VEGETABLES
- tomato or V8 juice
- tomato sauce
- salsa
- frozen mixed vegetables
- carrots
- broccoli
- garlic, onions

### FRUIT
- apples
- bananas
- oranges or orange juice
- pineapple
- pears
- peaches
- raisins

### CARBOHYDRATE
- bread
- bagels, English muffins
- cereal
- rice, noodles
- potatoes
- corn, peas
- pasta
- crackers
- pretzels
- pop corn
- snack bars

### DAIRY
- milk
- yogurt
- cheese
- cottage cheese

### TOPPINGS & FLAVORINGS
- olive oil
- Trans fat-free margarine
- jam, jelly, honey
- salad dressing
- pepper
- cinnamon
- vanilla extract

### OTHER:

- 
- 
- 
- 
- 
- 

Make copies and take with you to the store
Perfect Proportions

- Make 1/2 of your plate fruits and vegetables
- Make 1/4 of your plate grains
- Make 1/4 of your plate lean protein or meat

Grains: Aim for 6-11 servings each day. Choose whole grains whenever possible.

<table>
<thead>
<tr>
<th>Examples</th>
<th>One serving equals</th>
<th>That's about the size of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>1 ounce (1 small slice, 1/2 bagel, 1/2 bun)</td>
<td>Index card</td>
</tr>
<tr>
<td>Cooked Grains</td>
<td>1/2 cup cooked oats, rice, pasta</td>
<td>Billiard ball</td>
</tr>
<tr>
<td>Dry cereal</td>
<td>1/2 cup flakes, puffed rice, shredded wheat</td>
<td>Billiard ball</td>
</tr>
</tbody>
</table>

Fats & Oils: Eat fats and oils sparingly and in small portions. Choose heart-healthy fats whenever possible.

<table>
<thead>
<tr>
<th>Examples</th>
<th>One serving equals</th>
<th>That's about the size of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat &amp; Oil</td>
<td>1 tsp butter, margarine, oil</td>
<td>One die</td>
</tr>
</tbody>
</table>

Dairy: Aim for 2-3 servings of calcium-rich foods each day. Choose low- or non-fat products whenever possible.

<table>
<thead>
<tr>
<th>Examples</th>
<th>One serving equals</th>
<th>That's about the size of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>1 ounce or 1 thin slice of cheese</td>
<td>A pair of dice</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup milk, yogurt, soymilk</td>
<td>Baseball</td>
</tr>
</tbody>
</table>

Fruits and Vegetables: Aim 5-9 total servings each day. Choose fresh fruits and veggies whenever possible.

<table>
<thead>
<tr>
<th>Examples</th>
<th>One serving equals</th>
<th>That's about the size of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw fruit</td>
<td>1/2 cup raw, canned, frozen fruit</td>
<td>Billiard ball</td>
</tr>
<tr>
<td>Dried fruit</td>
<td>1/4 cup raisins, prunes, apricots</td>
<td>An egg</td>
</tr>
<tr>
<td>Juice</td>
<td>6 oz 100% fruit or vegetable juice</td>
<td>Hockey puck</td>
</tr>
<tr>
<td>Raw vegetables</td>
<td>1 cup leafy greens, baby carrots</td>
<td>Baseball</td>
</tr>
<tr>
<td>Cooked vegetables</td>
<td>1/2 cup cooked broccoli, potatoes</td>
<td>Billiard ball</td>
</tr>
</tbody>
</table>

Meat and Beans: Aim for 2-3 servings each day. Choose lean meats and plant proteins whenever possible.

<table>
<thead>
<tr>
<th>Examples</th>
<th>One serving equals</th>
<th>That's about the size of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat &amp; Tofu</td>
<td>2-3 oz cooked beef, poultry, fish, tofu</td>
<td>Deck of cards</td>
</tr>
<tr>
<td>Beans</td>
<td>1/2 cup cooked beans, split peas, legumes</td>
<td>Billiard ball</td>
</tr>
<tr>
<td>Nuts &amp; Seeds</td>
<td>2 Tbsp nuts, seeds, or nut butters</td>
<td>Ping pong ball</td>
</tr>
</tbody>
</table>
Baking VS Roasting
Both baking and roasting are done behind a closed oven door. Foods are cooked by dry heat circulating in the oven. The key is an accurate oven temperature.
Generally, baking is used for cookies, breads and pies and for preparing chicken and fish. Meat is rarely baked. Roasting is done at a higher heat and is appropriate method for cooking meat, poultry and vegetables. Bake or roast foods in the middle of the oven unless the recipe states otherwise.

Grilling VS Broiling
These are essentially the same techniques. The main difference is that in grilling, the heat source is below the food and in broiling, the heat source is above the food.
When broiling, place a pan about 4 inches from the heat source. To prevent cleanup hassles, line the bottom of the pan with aluminum foil so you can toss it out when you are done cooking. Watch food very carefully when using the broiler so that they do not burn.

Eating Well on Campus by Ann Selkowitz Litt

<table>
<thead>
<tr>
<th>Other Cooking Terms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baste</td>
</tr>
<tr>
<td>Blanch</td>
</tr>
<tr>
<td>Boil</td>
</tr>
<tr>
<td>Marinate</td>
</tr>
<tr>
<td>Poach</td>
</tr>
<tr>
<td>Sear</td>
</tr>
<tr>
<td>Simmer</td>
</tr>
<tr>
<td>Steam</td>
</tr>
<tr>
<td>Sauté</td>
</tr>
</tbody>
</table>
## Chopping Terminology

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chop</td>
<td>To cut into small pieces with a sharp knife.</td>
</tr>
<tr>
<td>Cube</td>
<td>To cut into small squares of equal size.</td>
</tr>
<tr>
<td>Dice</td>
<td>To cut into small cubes. Size may be specified in recipe.</td>
</tr>
<tr>
<td>Grate</td>
<td>To cut food into very fine particles by rubbing on a grater. Spray a grater with non-stick spray to help in cleanup.</td>
</tr>
<tr>
<td>Grind</td>
<td>To cut food into tiny particles by pushing through a food grinder, or by crushing with a mortar and pestle. Also can be accomplished in a food processor.</td>
</tr>
<tr>
<td>Julianne</td>
<td>To cut into thick long strips.</td>
</tr>
<tr>
<td>Sliver</td>
<td>To slice into long, then strips.</td>
</tr>
</tbody>
</table>

## Mixing Terminology

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beat</td>
<td>To make a mixture smooth or to introduce air by using a brisk, regular revolving motion that lifts the mixture over and over.</td>
</tr>
<tr>
<td>Blend</td>
<td>To combine two or more ingredients by mixing thoroughly.</td>
</tr>
<tr>
<td>Fold</td>
<td>To combine by using two motions: (1) cutting vertically through the mixture and (2) turning over and over by sliding the implement across the bottom of the mixing bowl with each turn of the bowl. Usually accomplished with a spatula, and usually used to incorporate light mixtures, such as egg whites, into other mixtures, such as cake batter.</td>
</tr>
<tr>
<td>Mix</td>
<td>To combine ingredients in any way that evenly distributes them.</td>
</tr>
<tr>
<td>Stir</td>
<td>To mix foods with a circular motion for the purpose of blending or obtaining uniform consistency.</td>
</tr>
<tr>
<td>Toss</td>
<td>To lightly blend ingredients by lifting them and letting them fall back in the bowl.</td>
</tr>
</tbody>
</table>
www.mycigna.com

Your CIGNA Log In

Select a self services site from the pull down menu below, enter your User ID and password, then click "Go."

User ID: ___________________________
Password: ___________________________

Why is this secure?
Forgot ID or Password? Register!

Cigna Customer Service Hotline
Available 24/7
1-800-767-7141

• Health Risk Assessment (similar to Staywell Healthpath Questionnaire)
• Online and Phone Coaching programs (weight loss, sleep, stress and smoking cessation)
• 24/7 Online Health Account Management
• Personalized and secure online account tools
• Review plan coverage levels
• Check available balances
• Track claims and payments
• Get HAS bank account information
• Manage investment accounts via link to JPMorgan Chase
• Vast health and wellness resources

Abundant health resources available at your my.cigna.com webpage
### Breakfast Ideas

<table>
<thead>
<tr>
<th>Bread/Cereal Group</th>
<th>Fruit Group</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold Cereal</td>
<td>Fruit</td>
<td>+ Milk</td>
</tr>
<tr>
<td>Whole Wheat Toast</td>
<td>Fruit</td>
<td>+ Yogurt</td>
</tr>
<tr>
<td>Whole wheat bagel</td>
<td>Orange juice</td>
<td>+ Peanut Butter</td>
</tr>
<tr>
<td>Bran muffin</td>
<td>Banana</td>
<td>+ Milk</td>
</tr>
<tr>
<td>Instant oatmeal</td>
<td>Raisins</td>
<td>+ Milk</td>
</tr>
<tr>
<td>Whole Wheat Toast</td>
<td>Peaches</td>
<td>+ Cottage cheese</td>
</tr>
<tr>
<td>Whole Wheat Toast</td>
<td>Strawberries</td>
<td>+ Egg</td>
</tr>
<tr>
<td>Waffles</td>
<td>Pomegranate Juice</td>
<td>+ Tofu</td>
</tr>
<tr>
<td>Toast with Honey</td>
<td>Apple</td>
<td>+ Milk</td>
</tr>
</tbody>
</table>

Submitted by: Heather Etzler, IPFW Student

**So what are some breakfast ideas?**

**Scratch that—healthy and quick ideas? Here are some of our favorites:**

- Prepare a casserole the night before. Pop it in the microwave when you wake up and it will be ready to go when you are.
- Incorporate complex carbohydrates, such as whole wheat toast and bagels. Spread peanut butter and raisins on top of either for added flavor.
- Bake bran muffins early in the week, then grab one or two each morning. Or check out a local bakery for healthy varieties.
- Make waffles Sunday morning and freeze the leftovers. You can pop ‘em in the toaster for a homemade breakfast. Also, grocery stores sell frozen whole grain selections.
- Have you ever tried a tortilla for breakfast? Wrap up cold turkey and cheese, grab an apple and you’re on your way.
- Don’t forget cold cereal. We’re not talking about those covered with sugar, but the healthy variety. Items such as Wheaties and Cheerios are always good choices.
- Whole-egg or egg white omelets with fresh or frozen veggies (carrots, broccoli, celery, peppers, onions and even black beans make great additions).
- Make a shake or a smoothie. Blend fruit and yogurt and then drink it in the car. A side option is a small bag of finger foods, such as a mixture of granola and grapes.

www.sparkpeople.com
Gluten-Free Morning Glory Muffins

Submitted by Jean Eisaman, Office of Engagement

Prep Time: 20 minutes
Cook Time: 40 minutes

Ingredients:
- 2¼ C gluten-free flour blend (e.g. Bob’s Red Mill AP GF Flour)
- 2¾ tsp xanthan gum
- 1¼ C sugar
- 1 Tbsp ground cinnamon
- 2 tsp baking soda
- ½ tsp salt, optional
- 1 (8 oz) can crushed pineapple, drained
- 2 cups finely grated carrots (about 6 carrots)

Directions:
Position rack in lower third of oven and preheat the oven to 350 degrees. Butter 16 standard size muffin cups. Place the gluten-free flour, xanthan gum, sugar, cinnamon, baking soda and salt in a large bowl and whisk well to combine. Add the pineapple, carrots, apple, raisins, coconut and nuts-stir to combine. Place the eggs, oil and vanilla in a small bowl and whisk to combine well. Add the egg mixture to the flour mixture and stir until just combined. Spoon the batter into the muffin cups, filing them almost to the brim. Bake the muffins until they are golden brown and a toothpick inserted in the center come out clean, about 30-40 minutes. Place the muffin pans on a wire rack and let the muffins cool for 10 minutes. Remove the muffins from the pan to finish cooling. The muffins can be stored at room temperature for up to 3 days or frozen for up to 2 months. Let the muffins thaw in the refrigerator overnight and return to room temperature before serving. You can make this using regular all-purpose flour, just omit the xanthan gum and bake for about 20-25 minutes.

Gluten Free All-Purpose Flour

Submitted by Karen Saltser, IPFW/Parkview Health and Wellness Clinic

Ingredients:
- 2 cups brown rice flour
- 2/3 cup potato starch
- 1/3 cup tapioca starch

Directions:
Mix flours and use in place of wheat flour.
Egg White Bites

*Source: Kachmann Mind and Body Institute*

**Ingredients:**
- 6-12 fresh egg whites
- 2-3 plum tomatoes, chopped, seeded and drained
- Dried basil
- Cooking spray

**Directions:**
Preheat oven to 350° F. Lightly coat a muffin tin with low fat cooking spray. Drop one egg white into each muffin tin. Toss 1 tsp chopped tomato on top of each egg white and sprinkle each with dried basil. Place on center rack of oven and bake 6-8 minutes or until desired doneness.

**Variation:** add other chopped veggies such as peppers, spinach, mushrooms or onions.

Breakfast Muesli

*Source: Candace Murray, MAC*

**Ingredients:**
- 1 cup quick rolled oats
- 1/2 cup apple juice
- 1 8-ounce crushed pineapple in juice
- 1 small red apple
- 1 8-ounce container vanilla yogurt

**Directions:**
In a medium sized bowl, combine oats, apple juice and crushed pineapple in its juice. Cover and refrigerate the muesli over night.

Just before serving, coarsely shred the apple. Stir the apple and yogurt into the muesli. Serve with milk and honey or brown sugar, if desired.

**Hot Muesli Instructions:** Add 1/2 cup Muesli to 1/2 cup water, milk or soy milk and bring to a boil. Simmer for 3-5 minutes. You can also microwave Muesli in a large bowl on high for 3-5 minutes, stirring once halfway through. Makes two servings.

**Cold Muesli Instructions:** Soak 1/4 cup Muesli in 1/2 cup yogurt, milk, soy milk or fruit juice for 5-10 minutes, or soak overnight. Makes 1 serving.

www.answerfitness.com
Breakfast Sausage Casserole

Source: Cooking Light, October 2005

This satisfying recipe is perfect to make for weekend guests. Assemble and refrigerate the casserole the night before, and just pop it in the oven the next morning. Look for turkey sausage near other breakfast-style sausage in the frozen foods section.

Ingredients:
Cooking spray
1 (16-ounce) package frozen turkey sausage, thawed (such as Louis Rich)
8 (1 1/2-ounce) slices sourdough bread, cut into 1/2-inch cubes (about 8 cups)
2/3 cup (about 2 1/2 ounces) shredded sharp cheddar cheese
3 cups 1% low-fat milk, divided
1 cup egg substitute
1 tablespoon Dijon mustard
1 (10.75-ounce) can condensed 30% reduced-sodium, 98% fat-free cream of mushroom soup, undiluted

Directions:
Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add sausage to pan; cook 5 minutes or until browned, stirring well to crumble.

Arrange bread in a 13 x 9-inch baking dish coated with cooking spray. Top evenly with cooked turkey sausage and cheddar cheese. Combine 2 1/2 cups milk, egg substitute, and Dijon mustard, stirring with a whisk. Pour over bread mixture in dish. Cover and refrigerate 8 hours or overnight.
Preheat oven to 350°.

Uncover casserole. Combine remaining 1/2 cup milk and cream of mushroom soup, stirring with a whisk. Pour over bread mixture. Bake at 350° for 1 hour and 5 minutes or until set and lightly browned. Let stand 15
American Dietetic Association’s

Top Ten Reasons Why Consulting with a Registered Dietitian Can Benefit You

1. **You have diabetes, cardiovascular problems or high blood pressure.** An RD serves as an integral part of your health-care team by helping you safely change your eating plan without compromising taste or nutrition.

2. **You are thinking of having or have had gastric bypass surgery.** Since your stomach can only manage small servings, it’s a challenge to get the right amount of nutrients in your body. An RD will work with you and your physician to develop an eating plan for your new needs.

3. **You have digestive problems.** A registered dietitian will work with your physician to help fine-tune your diet so you are not aggravating your condition with fried foods, too much caffeine or carbonation.

4. **You’re pregnant or trying to get pregnant.** A registered dietitian can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn’s risk for neural tube or spinal cord defects.

5. **You need guidance and confidence for breastfeeding your baby.** A registered dietitian can help make sure you’re getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.

6. **Your teenager has issues with food and eating healthfully.** A registered dietitian can assist with eating disorders like anorexia, bulimia and overweight issues.

7. **You need to gain or lose weight.** A registered dietitian can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan plus regular physical activity for weight loss while still eating all your favorite foods.

8. **You’re caring for an aging parent.** A registered dietitian can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.

9. **You want to eat smarter.** A registered dietitian can help you sort through misinformation; learn how to read labels at the supermarket; discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan and how to resist workplace temptations.

10. **You want to improve your performance in sports.** A registered dietitian can help you set goals to achieve results — whether you’re running a marathon, skiing or jogging with your dog.
Maple Waffles

Serves 8

Source: Barbara Lauterbach, Cooking Light, March 2008

Ingredients:
2 cups all-purpose flour (about 9 ounces) 2 tablespoons butter, melted
1 tablespoon baking powder 1-2 ounces slices lean ham
1/2 teaspoon salt (optional) 3 large eggs, lightly beaten
1 1/4 cups 2% reduced-fat milk Cooking spray
3 tablespoons maple syrup 1/3 cup maple syrup

Directions:
1. Lightly spoon flour into dry measuring cups; level with a knife. Place flour, baking powder, and salt in a bowl; stir with a whisk. Make a well in center of mixture. Combine milk, 3 tablespoons syrup, butter, bacon, and eggs, stirring with a whisk. Add milk mixture to flour mixture; stir just until moist.
2. Preheat a waffle iron. Coat iron with cooking spray. Spoon about 1/3 cup batter per waffle onto hot waffle iron, spreading batter to edges. Cook 4 to 5 minutes or until steaming stops; repeat procedure with remaining batter. Serve waffles with 1/3 cup syrup.

Janeen’s Low-Fat, Low-Sugar Muffins

Serves 16

Submitted by Janeen Longfellow, Purdue Extension Office of Noble County

Prep Time: 8 minutes
Cook Time: 10 minutes

Ingredients:
1 c. mashed bananas (about 2) 1 tsp baking powder
3/4 cup granulated Splenda 1 tsp baking soda
1/3 cup unsweetened applesauce 1 tsp ground cinnamon
1/2 cup egg substitute (or 2 eggs) 1/4 tsp nutmeg
1 tsp vanilla extract 3/4 cup low-fat buttermilk
2 cup whole wheat flour 1 cup chopped pecans or walnuts
1/4 cup quick cooking oats

Topping:
1/3 cup chopped pecans
2 Tbsp Splenda brown sugar
2 Tbsp quick cooking oats
1/2 tsp cinnamon
1/4 tsp nutmeg

Directions:
In a large bowl, combine the bananas, Splenda, and applesauce. Add egg substitute and vanilla. Mix well. In a separate bowl, combine the flour, oats, baking powder, baking soda, cinnamon, and nutmeg. Add to banana mixture alternately with buttermilk. Fold in pecans. Spray a muffin pan with baking spray or use paper liners. Fill muffin cups 2/3 full. Sprinkle topping over batter. Bake at 350 degrees for 20 minutes. Makes 16 muffins.
Gluten Free Banana Bread

Source: www.csaceliacs.org

Ingredients:
1 cup Arrowhead Mills White Rice Flour
1 cup brown rice flour
1/4 cup potato starch flour
1/4 cup tapioca flour
1 tsp xanthan gum
1 tsp Hain Pure Foods Featherweight Gluten Free Baking Powder
1/2 cup canola oil
2/3 cup honey or brown sugar
1 1/2 cups mashed ripe bananas

Directions:
Pre-heat oven to 350 degrees
Grease 1 standard loaf pan
Blend bananas with sugar and oil. Stir in dry ingredients. Blend well until all ingredients are moist. Transfer batter into prepared loaf pan and bake for 40 minutes or until test skewer comes out clean. Cool on rack before slicing.

Cereal Apple-Cran Muffins

Source: Eat Better America

Ingredients:
3/4 cup sweetened applesauce
1/3 cup fat-free (skim) milk
2 tsp vegetable oil
1 egg or 1/4 cup fat-free egg product
3 cups Oatmeal Crisp® Almond cereal, slightly crushed
1 1/4 cups Gold Medal® all-purpose flour

Directions:
Heat oven to 400°F. Place paper baking cup in each of 12 regular-size muffin cups; spray bottoms with cooking spray.
In large bowl, mix applesauce, milk, oil and egg until blended. Stir in remaining ingredients except coarse sugar just until moistened. Divide batter evenly among muffin cups. Sprinkle with coarse sugar. Bake 18 to 22 minutes or until golden brown.

1/2 cup packed brown sugar
1 tsp ground cinnamon
1 tsp baking powder
3/4 tsp baking soda
1/2 cup sweetened dried cranberries
1/2 to 1 teaspoon coarse sugar or granulated sugar
**Mom’s Cranberry Bread**

*Source: Nancy Tillapaugh, Ithaca, New York*

**Ingredients:**
- 2 cups flour (50% whole wheat and 50% white)
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 1 ½ tsp. baking powder
- 1 cup sugar
- Juice and rind of one orange
- ½ cup canola oil
- Hot water
- 1 egg or 2 egg whites
- 1/2 to 1 cup chopped nuts
- 1 to 1 ½ cups cranberries cut in half

**Directions:**
Combine juice, rind, oil, and hot water to make ¾ cup liquid. Add 1 egg and sugar. Add nuts and cranberries. Add dry ingredients to liquid mixture. Pour batter into loaf pan. Bake in 350 degree oven for 40-45 minutes or until it tests done.

---

**JT’s Granola**

*Source: Judy Tillapaugh, R.D., IPFW Athletics/Wellness*

**Ingredients:**

<table>
<thead>
<tr>
<th>Combine:</th>
<th>1/2 cup oil</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 cups rolled oats</td>
<td>1/2 – ¾ cup honey</td>
</tr>
<tr>
<td>1/2 cup sesame seeds</td>
<td>1/3 to ½ cup water</td>
</tr>
<tr>
<td>1 cup wheat germ</td>
<td>1/2 tsp. salt, optional</td>
</tr>
<tr>
<td>1 cup sunflower seeds</td>
<td></td>
</tr>
<tr>
<td>1 to 1 ½ cup chopped nuts</td>
<td></td>
</tr>
</tbody>
</table>

**Directions:**
Add to oat mixture and spread in a baking dish. Bake in 235 degree oven. Stir every 10 minutes. Bake for 30 minutes. Then add 1 ½ cups raisins, dried apricots, or chopped dates. Cool and store in an air tight container. Makes 9-10 cups.
Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.

Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.

Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.

Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.

Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.

It’s OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.

Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.

Think about your food choices for the entire day. If you’re planning a special restaurant meal in the evening, have a light breakfast and lunch.

Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.

Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.

Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.

Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
Onion Roll-ups
Submitted by Jennifer Hess, Accounting Services

Prep Time:  30 minutes
Cook Time:  N/A

Ingredients:
2 big packages of sliced cooked ham found in the bologna section
8 oz tub of light cream cheese
4 bundles of green onions

Directions:
Clean and cut green onions to the shortest side of the sliced cooked ham. Spread light cream cheese on one side of each slice of cooked ham. Place one green onion on each slice and roll inside slice of cooked ham. Cut into three bite-sized pieces and serve.

---

3-Layer Veggie Salad
Submitted by Zaynep Isik-Ercan, Educational Studies

Prep Time:  20 minutes
Cook Time:  1 hour

Ingredients:
1 pound potatoes
1/2 pound carrots
1 pound yogurt
Italian Parsley stems
1 clove garlic
1/4 of a lemon, juiced
1 Tbsp olive oil
Salt, optional

Directions:
Boil the potatoes, mash them, mix with olive oil, lemon juice, some black pepper and salt. Press and layer into your serving pan, it looks nice if it is glass or see through. It needs to have some depth. Grate the carrots, and stir with some olive oil and salt. Layer on top of the potatoes. Mash the garlic piece with yogurt and layer on top of your carrots. You have your three layer veggie salad. Afiyet olsun ("Enjoy" in Turkish)
Spicy Sweet Potato Fries

Submitted by Julie Bach, Mastodon Advising Center

Prep Time: 8 minutes
Cook Time: 15-20 minutes

Ingredients:
- 2 lbs scrubbed sweet potatoes, cut into ½ inch wide wedges
- 1-2 Tbsp canola or olive oil
- 1 tsp sugar
- ¼ tsp ground cinnamon
- 1/8 tsp cayenne pepper
- Optional: maple syrup, cider vinegar

Directions:
Heat oven to 475 degrees. Toss sweet potato wedges with oil, salt, sugar, cinnamon and cayenne pepper until well coated. Spread in single layer on ungreased baking sheet. Roast 15-20 minutes, shaking or turning once during cooking. Optional: After fries have roasted, drizzle with 2 Tbsp maple syrup mixed with 1 tsp cider vinegar.

Low-Fat Chicken Nachos

Submitted by Lynda McGehee, IPFW Registrar

Prep Time: 20 minutes

Ingredients:
- 2 cans chicken
- 1 can chicken broth
- 1 can fat free refried beans
- 1 sack of oven baked Tostitos chips
- 1 bag shredded cheese
- Jalapeno peppers (optional)
- 1 can chopped black olives (optional)
- 1 jar salsa

Directions:
Drain the chicken and place in a skillet on medium heat. Break apart into small pieces as it is cooking. Pour in the can of broth and cook until warm. Drain off the broth. Spread the chips on a non-stick cookie sheet. Spread beans across the chips individually. Crumble the chicken over the chips and spread the jalapenos topping with cheese and black olives. Bake at 350 degrees for 20 minutes. Remove from the oven and top with salsa.
Party Dip

Submitted by Lynda McGehee, IPFW Registrar

Ingredients:
1 package lean sausage
½ lb lean hamburger
2 containers of low-fat Philly cream cheese
Chopped green olives
1 cup chopped onions
1 bag of baked corn chips

Directions:
Brown sausage over medium heat, drain excess oil and set aside. Brown hamburger over medium heat, drain excess oil and set aside. Combine sausage and hamburger in baking dish or crockpot. Add cream cheese and olives. Cook until cheese blends and is warm throughout. Dip with corn chips and enjoy!

Garden Fresh Salsa

Submitted by Jen Roherty, Athletics/Wellness

Honesty, I never use a recipe for this salsa. I simply throw together all of the fresh ingredients from my garden and season to taste.

Prep Time: 25 minutes
Cook Time: N/A

Ingredients:
10 roma tomatoes, chopped
1/2 onion, chopped
1/2 red pepper, chopped
1/2 yellow pepper, chopped
1/2 green pepper, chopped
1-2 jalapeno peppers, deveined, chopped
1-2 Tbsp Lime juice
1-2 Tbsp garlic, chopped
1-2 Tbsp sugar
Salt, optional
Cilantro

Directions:
Chop all ingredients into small pieces appropriate for dipping. Combine all chopped ingredients and season to taste. Salsa flavors blend best if let sit for a few hours or overnight.
Healthy Eating On The Go...

- A baked potato offers more fiber, **fewer calories and less fat** than fries if you skip the sour cream and butter. Top your potato with broccoli and a sprinkle of cheese or salsa.
- **At the sandwich shop,** choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low fat spreads. And, don’t forget the veggies.
- **In place of fries or chips,** choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.
- **Enjoy ethnic foods** such as Chinese stir fry, vegetable-stuffed pita or Mexican fajitas. Go easy on the sour cream, cheese and guacamole.
- At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high fat toppings. **Enjoy fresh fruit as your dessert.**
- **Eat your lower-calorie food first.** Soup or salad is a good choice. Follow up with a light main course.
- Ask for sauces, dressings and toppings to be served “on the side.” Then you control how much you eat.
- **Pass up all-you-can-eat specials, buffets and unlimited salad bars** if you tend to eat too much.
- If you do choose the buffet, fill up on salads and vegetables first. **Take no more than two trips and use the small plate that holds less food.**
- **Load up your pizza with vegetable toppings.** If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
- **Build a better breakfast sandwich:** replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
- **Be size-wise** about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the fat and calories of the regular size.
- **Try a smoothie** made with juice, fruit and yogurt for a light lunch or snack.
- Refrigerate carry-out or leftovers if the food won’t be eaten right away. **Toss foods kept at room temperature for more than two hours.**
- **Grabbing dinner at the supermarket deli?** Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad and fresh fruit.
- **Always eating on the go?** Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.
- **For desk-top dining,** keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.

©2009 ADA. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.
Buffalo Chicken Dip

Submitted by Jada Sackschewsky, IPFW/Parkview Health and Wellness Clinic

Prep Time: 15 minutes
Cook Time: 10 minutes

Ingredients:
- 2 (10 oz) cans chunk chicken, drained or 1 rotisserie chicken
- 2 (8 oz) packages light cream cheese
- 1 cup light ranch dressing
- ¾ cup Franks Buffalo sauce
- 1 ½ cups shredded cheese

Directions:
Heat chicken and hot sauce over medium heat until heated through. Stir in cream cheese and ranch. Cook, stirring until well blended and warm. Mix in half of the shredded cheese. At this point you can either put it in a 9x13 pan, sprinkle the rest of the shredded cheese and put it in the oven at 350 degrees for about 10 minutes OR you can put it into the slow cooker, sprinkle with the remaining cheese and cook on low until hot and bubbly.

Oven Sweet Potato Fries

Submitted by Sara Simpson, Psychology

Prep Time: 5 minutes
Cook Time: 25 minutes

Ingredients:
- 1 large sweet potato, peeled and cut into wedges
- 2 tsp canola oil
- ¼ tsp salt, optional
- Pinch cayenne pepper

Directions:
Preheat oven to 450°F. Toss sweet potato wedges with oil, salt and pepper. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total.
**Garden Water**

*Submitted by Jen Roherty, Athletics/Wellness*  
*Source: INShape IN*

**Ingredients:**  
2 slices grapefruit  
2 slices orange  
2 slices lemon  
2 slices lime  
2 slices cucumber

**Directions:**  
Place into a pitcher with cool ice water  
Add agave nectar to desired sweetness for a refreshing summer drink.  
Keep in the refrigerator and Garden Water will taste even better the next day

---

**Smokey Ham and Corn Salad**

*Source: Eating Well*

**Serves 4**

**Prep Time:** 15 minutes  
**Cook Time:** N/A

**Ingredients:**  
1/3 cup reduced fat sour cream  
2 Tbsp distilled white vinegar  
1 tsp paprika, preferably smoked  
¼ tsp salt, optional  
8 cups trimmed frisée (about one large head) or 8 cups mixed salad greens  
1 medium tomato, diced  
1 cup fresh corn kernels  
1 cup croutons, preferably whole-grain  
¾ cup diced ham, about 4 ounces

**Directions:**  
Whisk sour cream, vinegar, paprika and salt in a large bowl. Add frisée (or salad greens), tomato, corn, croutons and ham; toss to coat.
### Hot and Sweet Freezer Pickles

**Source:** *Southern Living, July 2004*

**Ingredients:**
- 3 1/2 cups thinly sliced pickling cucumbers (about 1 pound)
- 1 medium onion, sliced and separated into rings
- 2 jalapeño peppers, seeded and sliced
- 3 large garlic cloves, pressed
- 1 tsp salt
- 1 cup sugar
- 1 cup white vinegar (5% acidity)
- 2 tsp water

**Directions:**
Combine first 5 ingredients in a large bowl. Cook 1 cup sugar, 1 cup vinegar, and 2 tablespoons water in a saucepan over medium heat, stirring until sugar dissolves. Pour mixture over cucumber mixture. Cover and chill 48 hours. Spoon evenly into 6 half-pint or 3 pint canning jars or freezer containers, leaving 1/2 inch of room at the top; seal, label, and freeze pickles 8 hours or up to 6 months. Thaw in refrigerator before serving; use thawed pickles within 1 week.

Lavender adds a floral note, but you can omit it if you like. Prep and Cook Time: 45 minutes, plus 2 hours to chill. Notes: To see whether the jam has cooked long enough to thicken to your taste, put a tablespoonful onto a plate you've chilled for 20 minutes in the freezer. The jam will cool and thicken to its final consistency.

### Hot Bean and Cheese Dip

**Source:** *Jim Fobel, Cooking Light, January 2000*

**Ingredients:**
- 1 (14.5-ounce) can diced tomatoes, drained and divided
- 1/2 tsp hot pepper sauce
- 1/4 tsp salt, optional
- 1/4 tsp ground cumin
- 1/4 tsp dried oregano
- 1 (16-ounce) can pinto beans, rinsed and drained
- 1 (16-ounce) can fat-free refried beans
- 1 (4.5-ounce) can chopped green chilies, drained
- Cooking spray
- 3/4 cup (3 ounces) shredded sharp cheddar cheese

**Directions:**
Preheat oven to 350°. Combine 1 cup tomatoes and the next 7 ingredients (1 cup tomatoes through chilies). Spoon tomato mixture into a 1 1/2-quart casserole dish coated with cooking spray. Top with cheese. Bake at 350° for 20 minutes or until cheese is melted. Top with remaining tomatoes.
Mom’s Manana Corn Bread Pie

Submitted by Katie Rider, Education

Prep Time: 25 minutes  
Bake Time: 20 minutes

Ingredients:
1 1/4 lean ground beef  
1 small onion, diced  
1 green pepper, diced  
1 can corn, drained  
1 can tomato soup plus 1/2 can water  
1 Tbsp chili powder (or to taste)  
1 box Jiffy corn bread (requires 1 egg, 1/4 cup skim milk)

Directions:
Preheat oven to 375*. Brown ground beef in large saucepan, adding onion as beef browns. Salt and pepper beef to taste. Add all other ingredients except the corn bread mix. Let the ingredients simmer over low/medium heat for about 20 minutes. Meanwhile, prepare the corn bread mix as directed. When beef mixture is through simmering, pour into an oven-safe glass dish. Top with spoonfuls of cornbread mixture and bake for about 20 minutes or until cornbread is golden brown. For a heartier dish with added protein, add a can of beans to the mix! Enjoy!

Weight Watchers 1-Point Soup

Submitted by Judy Baker, ETCS

Prep Time: 30 minutes  
Cook Time: 30 minutes

Ingredients:
10 oz. ground turkey  
1 onion  
2-28 oz. cans diced tomatoes  
2 zucchini, chopped  
2 yellow squash, chopped  
1-15 oz. can black beans  
4 celery stalks, chopped  
2-15 oz. fat free beef broth  
1 1/4 oz. pkg. chili seasoning

Directions:
Fry chopped onion and ground turkey, drain in large pot add, tomatoes, chopped squash, zucchini and celery and beef broth. Drain and rinse black beans and add to soup. Cook until vegetables or done and then add chili seasoning.
Creamy Vegetable Chicken Soup

Submitted by Darlene Whitacre, Testing Services

Prep Time: 20 minutes
Cook Time: 20 minutes

Ingredients:
3 chicken breasts - cooked and cut into pieces
3 to 4 cups water
2 chicken bouillon cubes - low sodium
1/2 medium onion
2 stalks celery
1 cup fresh mushrooms
1 large potato - diced
1 small bag of frozen mixed vegetables
1 can Campbell's Healthy Request Cream of Mushroom Soup
1-2 tsp black pepper noodles (optional)

Directions:
Boil chicken in water until done. Cut chicken into small pieces, then place chicken back into water. Add bouillon cubes, pepper, onion and celery. Bring to a boil. Add cream of mushroom soup, potato and frozen vegetables. Cook partially and add mushrooms. If noodles are desired add with the mushrooms.

Veggie Tacos

Submitted by Julie Bach, Mastodon Advising Center

Prep Time: 7 minutes
Cook Time: 7 minutes

Ingredients:
8 corn tortillas
3/4 cup instant brown rice
1/3 cup diced low-fat Cheddar or cheese of your choice
1 Tbsp. chopped cilantro (optional)
1 zucchini (about 8 oz), cut in narrow 2-in. long sticks (about 2 cups)
1/2 cup frozen corn kernels
1/3 cup bottled salsa
1/3 cup slivered almonds
Toppings: diced tomatoes, shredded cheese (your choice), green onion and chopped cilantro

Directions:
1. Heat taco shells as directed on package. 2. Meanwhile bring 3/4 c. water and 1/4 tsp of the salt to a boil. Stir in rice, return to a boil, reduce heat; cover and simmer 5 minutes. Remove from heat, stir; cover and let stand 5 minutes before stirring in the cheese and cilantro. 3. While rice cooks, heat a large nonstick skillet over medium-high heat. Add zucchini, corn, salsa and remaining 1/4 tsp salt. Cook 3-5 minutes, stirring occasionally, until zucchini is crisp-tender. 4. Spoon rice mixture, then vegetables into shells. Serve with Toppings. Serves 4. Note: This recipe is easily modified by varying types of vegetables and cheese.
Whether it's for health reasons or because it's what you have on hand, below are some ingredient exchanges to try!

### Simple baking and cooking exchanges:

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Try:</th>
<th>When:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil</td>
<td>Non-stick cooking spray</td>
<td>Coating a pan to cook or bake</td>
</tr>
<tr>
<td>Eggs and oil for baking</td>
<td>Canned pumpkin</td>
<td>For a half or even exchange</td>
</tr>
<tr>
<td>Milk or cream</td>
<td>Light vanilla soymilk, skim milk or low-fat evaporated milk</td>
<td>Even exchange, vanilla could add a new flavor to the dish!</td>
</tr>
<tr>
<td>Eggs</td>
<td>Fat-free egg substitute</td>
<td>Reducing cholesterol</td>
</tr>
<tr>
<td>Butter</td>
<td>No-sugar applesauce</td>
<td>Reducing fat, you won’t taste the difference!</td>
</tr>
<tr>
<td>Ground beef</td>
<td>Ground beef style crumbles, ground turkey</td>
<td>Create a low-fat or vegetarian recipe</td>
</tr>
<tr>
<td>Sugar</td>
<td>Less sugar or a no-calorie sugar substitute</td>
<td>Reduce calories</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Butternut squash</td>
<td>Reducing starch. Slice and bake squash like baked French fries!</td>
</tr>
</tbody>
</table>

Source: hungry-girl.com
### Garden Vegetable Couscous

**Submitted by Norma Endersby**

**Ingredients:**
- 1 cup uncooked couscous
- ½ small orange bell pepper, stem and seeds removed
- 4 small scallions/green onions-white and light green parts only
- 12 small cherry tomatoes, halved
- 2 Tbsp olive oil
- 1 Tbsp fresh squeezed lemon juice (about 1 lemon), plus grated lemon for zest garnish
- Salt and fresh ground pepper to taste

**Directions:**
Follow package directions to prepare couscous, yielding 2 ½ cups; set the warm couscous aside. Cut the bell pepper into 1 inch long matchsticks and transfer to a serving bowl. Thinly slice the scallions crosswise and add to peppers in bowl. Add cherry tomatoes.

---

### Stir-Fry Garlic Chicken and Noodles

**Submitted by Julie Bach, Mastodon Advising Center**

**Prep Time:** 8 minutes  
**Cook Time:** 15-20 minutes

**Ingredients:**
- 3/4 lb uncooked chicken strips
- 1 Tbsp + 2 tsp. cornstarch, divided
- 1/4 c + 2 tsp. Kikkoman Lite soy sauce, divided 1+1/2 Tbsp. chopped garlic
- 16 oz. pkg frozen vegetable medley
- favorite hot cooked noodle

**Directions:**
Blend 2 tsp. cornstarch, 2 tsp. soy sauce, and chopped garlic. Stir in chicken strips and coat well. Stir-fry in 2 Tbsp. hot oil 2 minutes.  
2. Add frozen vegetable medley; stir-fry 3 minutes to heat through. Add mixture of 1/3 cup water, 1/4 cup lite soy sauce and 1 Tbsp. cornstarch; cook, stirring, till sauce boils and thickens.  
Notice the Benefits of Exercise

**Improve Blood Pressure**
- A study by the National Institutes of Health showed that regular exercise (30+ minutes of moderate activity, 5+ days a week) reduced blood pressure in 75% of subjects who had high blood pressure. The reductions were approximately 10 mmHg for both systolic and diastolic blood pressures.
- According to the American College of Sports Medicine, the blood pressure lowering effects of exercise can be observed as soon as one to three hours after a single 30-45 minute workout! This response can linger for up to nine hours post-exercise. Permanent blood pressure changes can be seen as early as three weeks to three months after beginning an exercise program.

**Improve Cholesterol Levels**
- A 2001 review involving patients with high cholesterol demonstrated a change in HDL (good cholesterol) and LDL (bad cholesterol) levels after a 12-week exercise program. On average, subjects experienced a 4.6% increase in HDL, a 5.0% decrease in LDL, and a 3.7% decrease in triglycerides.
- Other studies show widespread improvements in cholesterol levels are related to the amount of activity and not the intensity of exercise. The more minutes you exercise per week, the more your cholesterol levels will improve, even if accompanied by a minimal weight change.

**Prevent Type II Diabetes**
- The combination of physical activity and weight loss has a powerful effect on preventing the onset of Type II diabetes in high-risk individuals. In a recent study by the Diabetes Prevention Program, participants who exercised and lost excess weight had a 58% reduction in the onset of Type II diabetes over 2.8 years, compared to the control group.

Most of these health benefits can be achieved through moderate-intensity physical activity. Experts recommend at least 30 minutes, 5 days a week. Moderate-intensity activity causes a slightly increased rate of breathing and heart rate. It can be described as feeling "light" to "somewhat hard".

**There are easy ways to add this type of activity to your daily routine:**
- Park the car farther away from your destination.
- Get on or off the bus several blocks away.
- Take the stairs instead of the elevator or escalator.
- Take fitness breaks instead of cigarette or coffee breaks. Walk, stretch or do some office exercises.
- Perform gardening, yard work, heavy house cleaning, or home-repair activities.
- Avoid labor-saving devices; turn off the self-propel option on your lawn mower or vacuum cleaner, and hide all of your TV remotes.
- Exercise while watching TV. For example, use hand weights, a stationary bike or treadmill, stretch, or perform body-weight exercises such as crunches, push ups and squats.
- Keep a pair of comfortable walking or running shoes in your car and office. You'll be ready for activity wherever you go!
- Walk while doing errands.

The good news is that it's never too late to start an active lifestyle. No matter how old you are, how unfit you feel, or how long you've been inactive, research shows that starting a more active lifestyle now—through consistent, moderate-intensity activity—can make you healthier and improve your quality of life.

www.sparkpeople.com
Quinoa Stuffed Bell Peppers

Submitted by Jen Roherty, Athletics/Wellness

Prep Time: 20 minutes
Cook Time: 20 minutes

Ingredients:
1 can vegetable broth
1 cup dry quinoa
2 bell peppers (your choice of color)
1 can diced tomatoes with chilies, drained
1 small can tomato paste
½ cup diced onion
1 Tbsp garlic, chopped

Directions:
In small sauce pan, bring vegetable broth and quinoa to a boil, uncovered. Once it had reached boiling, turn the heat to low and cover. Let cook about 10 minutes or until all liquid is absorbed.
Cut off the tops of bell peppers and remove the inside seeds and white membrane.
Preheat the oven to 350 degrees.

When quinoa is ready, stir in tomato paste, tomatoes, onion and garlic (feel free to add other ingredients such as parsley, Cajun spices, cheese, celery, etc). Fill peppers with the mixture.

Put peppers into an 8 x 10 baking dish and fill with about ¼ inch water. Bake until peppers are tender, about 20 minutes.

Quinoa supplies a complete protein, meaning that it includes all nine essential amino acids. Quinoa has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. It looks and cooks similarly to couscous with a more complex flavor.

Black Bean Chicken

Submitted by Judy Tillapaugh
Source: Sparkrecipes.com

Serves 4

Ingredients:
2 cans black beans
16 oz. jar salsa
½ cup brown rice, uncooked
1 lb chicken breast

Directions:
Place frozen chicken breasts in slow cooker.
Pour beans, rice and salsa over chicken.
Cook on low for 8-10 hours and serve.
Get your 8 Glasses a Day!

For best results, try the two that spark your interest immediately, then add one each week until you’re getting all the water you need. And remember, there is no magic number. The recommended eight cups a day is not a one-size fits all. You’ll need more if you’re sweating through workouts; less if you eat a lot of water-rich fruits and vegetables.

1. Try comfort water

This is a great tactic for coffee and tea drinkers. While you’re waiting for the coffee to brew, nuke a glass of water (or herbal tea), squeeze in a bit of lemon and sip while you wait. Try another cup of warm water after you’ve had a mug or two of coffee. Hot water is also a great treat on a cold afternoon or evening. Invest in a new kind of herbal tea every time you grocery shop until you’ve found a couple that are just right.

2. Tag your water bottle

Splurge on the perfect reusable water bottle. Whether it's your favorite color or a unique design, the more you bond with your bottle, the less likely you'll be to lose it. Slap an inspirational sticker or image onto it, or even write on it with a permanent marker. Now you're ready to drink from it throughout the day—don't forget to refill it as soon as it's empty.

3. Sip up

Gulping all that water can seem daunting. So get a package of straws to slowly sip it instead. You can even pick up a water bottle with built-in straw.

4. Drink water and drive

Keep your water bottle next to you every time you hop into the car, or buy a package of bottled water to keep in the car. Whenever you're driving about, your water will be within easy reach from your car's cup holder. Think about other places you can stash some water bottles (under your desk, next to the couch, in your purse, and more).

5. Fill your dinner glass

Set a glass of water at each place setting at the dinner table just like restaurants do. Don't fret about drinking it all—just place it there. By sipping water between every few bites, you'll slow you down and enjoy your meal more, while also meeting your water needs.

6. Pace yourself

Holding (and drinking from) a cup of water will help you pace yourself at social events, parties and dinners that offer tempting food and drink.

7. Find watering holes

When out and about, make it a point to stop by drinking fountains, drink your water when out to lunch while reading the menu, and by all means if someone offers you a cup of herbal tea, say yes.

Written by Cindy Dyson, SparkPeople
Tortilla Black Bean Casserole

Source: Kachmann Mind and Body Institute

Ingredients:
- 2 cups chopped onion
- 14.5 oz can tomatoes, cut up
- 2 cloves garlic, minced
- 2-15 oz cans black beans, drained
- 1 ¼ C chopped green pepper
- ¾ cups picante sauce
- 2 tsp ground cumin
- 12-6” low fat tortillas
- 2 cups (or modify) low fat shredded Jack and Cheddar Cheese
- 2 medium tomatoes, optional
- Sliced green onion, optional
- 2 cups shredded lettuce, optional
- ½ cup fat free plain yogurt, optional

Directions: Preheat oven to 350° F. In a large skillet combine onion, green pepper, un-drained tomatoes, picante sauce, garlic, and cumin. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Stir in beans.

In a 13 x 9 x 2” baking dish spread 1/3 of the bean mixture over the bottom. Top with ½ of the tortillas, overlapping as necessary, and half of the cheese. Add another 1/3 of the bean mixture, then remaining tortillas and bean mixture. Cover and bake for 30 - 35 minutes or till heated through. Sprinkle with remaining cheese. Let stand for 10 minutes. If desired, top with tomato, lettuce and green onions. Cut into squares to serve. This dish can be served with fat free yogurt.

Pumpkin Tomato Chili

Source: Kachmann Mind and Body Institute

Ingredients:
- 1 tsp olive oil
- 2 lb extra lean ground turkey breast
- 1 red pepper, diced
- 1 onion, diced
- 2 cans dark red kidney beans, rinsed and drained
- 5½ C no sodium tomato juice
- 2-14 oz cans no salt, peeled and diced tomatoes, with juice
- 1/4 C canned pumpkin
- 1 tsp ground cumin

Directions:
Add oil to a large pot and cook the ground turkey on high heat until browned. Stir to cook meat evenly. Stir in red pepper, onion and cook for about 5 minutes. Stir in beans, tomato juice, diced tomatoes, pumpkin puree and maple syrup. Season with pumpkin pie spice, chili powder and nutmeg. Simmer for one hour. Serve.

*This freezes well!
Southwest Guacamole Burger

Submitted by Jen Roherty, Athletics/Wellness: Flexitarian Workshop
Source: The Flexitarian Diet, by Dawn Jackson Blatner, R.D.

Mashed avocado mixed with store-bought salsa makes a quick guacamole that is packed with heart-smart monounsaturated fat.

Ingredients:
½ avocado, mashed
2 Tbsp salsa
2 Tbsp chopped fresh cilantro
1 black-bean burger, heated
1 whole-grain hamburger bun

Directions:
Heat black bean burger through in oven or microwave. Top burger with avocado, salsa, and cilantro. Serve on a whole-grain bun.

Black Beans and Fajita-Style Market

Submitted by Jen Roherty, Athletics/Wellness: Flexitarian Workshop
Source: The Flexitarian Diet, by Dawn Jackson Blatner, R.D.

Ingredients:
½ cup water
¼ cup uncooked millet
1 clove garlic, minced
1 tsp cumin
1 ½ cups diced bell peppers
½ onion, diced
½ cup canned black beans, drained and rinsed
2 tsp olive oil
½ lime, juiced
2 Tbsp chopped cilantro

Directions:
Bring water and millet to a boil. Simmer (covered) for about 15 minutes, until water is absorbed. Sauté garlic, cumin, bell pepper, onion and black beans in oil over medium heat. Combine pepper mixture with cooked millet and top with lime juice and cilantro.
Italian Spaghetti Squash

Submitted by Jen Roherty, Athletics/Wellness: Flexitarian Workshop
Source: The Flexitarian Diet, by Dawn Jackson Blatner, R.D.

Ingredients:
- ½ spaghetti squash
- 1 tsp olive oil
- 1 clove garlic, minced
- ½ cup canned navy beans, rinsed and drained
- 1 leek, white part only, thinly sliced
- ½ cup canned no-salt-added crushed tomatoes with liquid
- 1 Tbsp Italian seasoning
- 1 Tbsp balsamic vinegar
- 2 Tbsp grated Parmesan cheese

Directions:
Remove seeds from squash, put flesh side down on plate and microwave for 12-15 minutes or cook in 350 degree oven for 30 minutes. Sauté oil, garlic, beans, leek, tomatoes, seasoning and vinegar for 7-10 minutes over medium heat. When squash is tender, use fork to pull out the spaghetti-like strands and discard hollowed-out shell. Top squash strands with bean mixture. Sprinkle with Parmesan cheese.

Flex swap: Swap navy beans for 2 ounces cooked chicken.

Potato Salad

Submitted by Elaine Mourad, IPFW/Follett’s Bookstore

Ingredients:
- 2 lbs. of potatoes, cubed
- 1 clove garlic, crushed
- 1/4 cup flat leaf parsley, finely chopped
- 2 tsp lemon juice
- 2 Tbsp olive oil
- Salt and pepper

Directions:
Place the potatoes in large pan after washing and boil for 25 minutes or until tender. Drain potatoes and cut into cubes and add garlic and parsley. Mix gently to avoid crushing the potatoes. Add lemon juice and olive oil and gently mix. Place potato salad in serving dish and sprinkle with desired salt and pepper.
# Grape Leaves

**Submitted by Elaine Mourad, IPFW Follett’s Bookstore**

*International Healthy Holiday Cooking Workshop*

**Ingredients**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 (16 ounce) jars grape leaves</td>
<td>1 tsp pepper</td>
</tr>
<tr>
<td>2 1/4 lbs ground lamb</td>
<td>1/2 tsp cinnamon</td>
</tr>
<tr>
<td>2 1/4 cups long grain white rice</td>
<td>3 lemons for decoration</td>
</tr>
<tr>
<td>1 Tbsp salt</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Place rice in a medium sized bowl and cover with 3 cups of cold water. Let stand for 30-60 minutes. Drain and rinse grape leaves in a strainer. Option: You may cut leaves in half removing the thick center stem. Save five or six large uncut leaves for bottom of pan. Drain all water from rice. Add the meat, salt, pepper, and cinnamon and mix thoroughly by hand. Place 5 to 6 large grape leaves at the bottom of large pot to prevent scorching. Lay a leaf flat on a plate, shiny side down. Put approximately 1 teaspoon of meat mixture towards bottom of leaf. Roll in one edge to seal, then roll leaf up firmly but not too tight (you need to leave a little room for the rice to expand while cooking). Place leaves in the pot in circular fashion leaving a small circle in the center for water to circulate. You should have approximately five rows of leaves when you are done. Place a heatproof plate over the top of the leaves- large enough to hold them in place, but with a little room on the edges. Put a bowl on top of the plate filled with water to hold the plate down while cooking. Fill pot with water over the top of the plate. Cook on top of stove on high heat until it begins to boil. Lower heat to medium so that water does not boil over and continue cooking. Total cooking time after it starts to boil is 16-19 minutes. Remove bowl. Carefully drain water from pot. Remove plate. Arrange leaves on a platter. Serve with lemon wedges.

# Sage Tea

**Submitted by Muna Khader, Office of Diversity and Multicultural Affairs**

*International Healthy Holiday Cooking Workshop*

Boil one table spoon of the sage for 5 minutes then add the tea bag and sugar, to taste.
Spicy Peanut Chicken (Aji de Gallina)

Submitted by Chris and Larry Kuznar
Budget-Friendly, Tasty College Cooking 101 Workshop

Ingredients:
1 chicken or 4 breast halves
2 onions
1 cup crunchy peanut butter
1 tsp cayenne pepper (aji, chipotle)
2 cup chicken broth
3 fresh slices of bread, torn in small pieces
1 cup grated American or cheddar cheese

Directions:
Boil chicken, shred. Sauté onions and pepper.
Mix all ingredients, cook slowly until blended.
Adjust pepper to taste.
Serve over rice or boiled potatoes.

Quinoa Salad

Submitted by Chris and Larry Kuznar
Budget-Friendly, Tasty College Cooking 101 Workshop

Ingredients:
1 cup dry quinoa
2 cup water
1 tomato
1 yellow pepper
2 jalapenos
2 Tbsp olive oil
2 limes
Salt, optional

Directions:
Cook quinoa in water until done (about 20-30 min.) Cool. Chop tomato and peppers fine.
Add all ingredients, squeeze lime, add salt to taste.
## Italian Chicken and Sausage

*Submitted by Chris and Larry Kuznar*  
*Budget-Friendly, Tasty College Cooking 101 Workshop*

### Ingredients:
- 3 chicken breasts (1.5 lbs.), cut in bite size pieces
- 1.5 lbs. fennel sausage, cut in 1-2” pieces
- 4-5 potatoes (optional)
- 1 tsp basil
- 1tsp thyme
- 2 tsp parsley
- 1 lemon, quartered
- Garlic clove

### Directions:
- Place all ingredients in baking pan and mix.
- Bake @ 350 degrees, for about 45 min.

## Roasted Eggplant, Potatoes and Peppers

*Submitted by Chris and Larry Kuznar*  
*Budget-Friendly, Tasty College Cooking 101 Workshop*

### Ingredients:
- 2 large eggplants, peeled and cubed about 1"
- 2 potatoes, unpeeled and cubed ½ ”
- 2 cups coarsely chopped onions
- 6 cloves garlic

### Directions:
- Preheat oven 475° Mix all ingredients and bake ~40 min until tender. Serve warm or room temp.

## Cabbage Salad

*Submitted by Chris and Larry Kuznar*  
*Budget-Friendly, Tasty College Cooking 101 Workshop*

### Ingredients:
- 1 pkg fresh spinach
- ½ head red cabbage, shredded
- 1 cup walnuts or pecans
- 1 cup raisins (optional)

### Directions:
- Combine spinach, cabbage raisins, nuts and toss with dressing.

### Dressing – Use prepared Raspberry Vinaigrette or Mix the following:
- ¼ cup sugar
- 1 tsp dry mustard
- 1 tsp salt
- 2 Tbsp grated onion
- 1 tsp celery seed
- 1 cup salad oil
- 1/3 cup vinegar
Chipotle Turkey and Corn Soup

Source: Cooking Light Magazine

Ingredients:
- 1 Tbsp canola oil
- 1 pound turkey cutlets, cut into thin strips
- 2 tsp adobo sauce
- 1 to 2 teaspoons chopped canned chipotle chilies in adobo sauce
- 2 (14-ounce) cans fat-free, less-sodium chicken broth
- 1 (14 3/4-ounce) can cream-style corn
- 1/4 cup chopped fresh cilantro, divided
- 1/4 tsp salt
- 1/2 cup crushed lime-flavored tortilla chips (about 1 1/2 ounces)
- 4 lime wedges

Directions:
Heat canola oil in a large saucepan over medium-high heat. Add turkey; cook for 3 minutes or until browned, stirring occasionally. Stir in adobo sauce, chilies, chicken broth, and corn; bring to a boil. Reduce heat to medium-low; simmer 5 minutes. Stir in 3 tablespoons cilantro and salt. Divide soup evenly among 4 bowls; sprinkle evenly with remaining cilantro and crushed chips. Serve with lime wedges.

Mole-Style Pork Chops

Source: Cooking Light Magazine

Ingredients:
- 1 Tbsp brown sugar
- 1 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp unsweetened cocoa powder
- 1 tsp ground chipotle Chile peppers
- 1/2 tsp salt, optional
- 4 (6-ounce) bone-in center-cut pork chops (about 1/2 inch thick)
- Cooking spray

Directions:
Heat a grill pan over medium heat. Combine first 6 ingredients; rub evenly over both sides of pork. Lightly coat pork with cooking spray. Place pork on grill pan; cover and grill 3 minutes on each side or until done. Let stand 3 minutes. Prep: 5 min., Bake: 12 min.
Enhance the Flavor of Your Food

Add Taste, Not Calories
-- By Tanya Jolliffe, Healthy Eating Expert

The flavor of many foods can be enhanced without using calorie-laden sauces and gravies. Here are some great ways to use herbs to “spice up” your meals and bring out the natural flavors of your food. Don’t be afraid to experiment—try small amounts of several seasonings to find the right combination.

### Meat Seasoning Ideas

<table>
<thead>
<tr>
<th>To Season</th>
<th>Try One of These…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poultry</td>
<td>basil, cranberry sauce/relish, ginger, fresh mushrooms, marjoram, paprika, parsley, poultry seasoning, sage, summer savory, or thyme</td>
</tr>
<tr>
<td>Lamb</td>
<td>curry powder, basil, garlic, mint, mint sauce/jelly, onion, oregano, parsley, pineapple rings, or rosemary</td>
</tr>
<tr>
<td>Pork</td>
<td>apple juice, applesauce, garlic, marjoram, onion, sage, spiced apple, or spiced crabapple</td>
</tr>
<tr>
<td>Beef</td>
<td>bay leaf, butter, chive, dry mustard, garlic, green pepper, marjoram, mushrooms, nutmeg, onion, pepper, sage, thyme, or tomato</td>
</tr>
<tr>
<td>Veal</td>
<td>apricots, basil, bay leaf, currant jelly, curry, garlic, ginger, marjoram, mushrooms, oregano, pepper, spiced chervil, or summer savory</td>
</tr>
<tr>
<td>Fish</td>
<td>basil, bay leaf, curry, dill, dry mustard, garlic, green pepper, lemon butter, lemon juice, marjoram, mushrooms, paprika, parsley, tarragon, thyme, or tomato</td>
</tr>
</tbody>
</table>

### Vegetable Seasoning Ideas

<table>
<thead>
<tr>
<th>To Season</th>
<th>Try One of These…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>chives, herb butter, or lemon juice</td>
</tr>
<tr>
<td>Green Beans</td>
<td>dill seed, chives, lemon juice, nutmeg, marjoram, onion, rosemary, or scallions</td>
</tr>
<tr>
<td>Broccoli</td>
<td>lemon juice</td>
</tr>
<tr>
<td>Cabbage</td>
<td>dill seed, or mustard dressing/paste</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>nutmeg</td>
</tr>
<tr>
<td>Corn</td>
<td>chives, curry, onions, or parsley</td>
</tr>
<tr>
<td>Peas</td>
<td>chervil, chives, fresh mushrooms, lemon juice, mint, onion, or parsley</td>
</tr>
<tr>
<td>Potatoes</td>
<td>green peppers, mace, onion, or parsley</td>
</tr>
<tr>
<td>Squash</td>
<td>allspice, basil, ginger, mace, or sautéed onion</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>glaze of cinnamon/nutmeg, or escalope with apples &amp; sugar</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>basil, chives, curry, marjoram, onions, parsley, or sugar</td>
</tr>
<tr>
<td>Green Peppers</td>
<td>chives, curry, onions, or parsley</td>
</tr>
</tbody>
</table>

Source: www.sparkpeople.com
### Pizza Sticks

**Source:** *Southern Living, May 2007*

**Ingredients:**
- 1 (12-oz.) refrigerated thin pizza crust
- 1 (10.5-oz.) container tomato bruschetta topping
- 1 cup (4 oz.) shredded Italian cheese blend

**Directions:**
Top 1 (12-oz.) refrigerated thin pizza crust with 1 (10.5-oz.) container tomato bruschetta topping. Sprinkle evenly with 1 cup (4 oz.) shredded Italian cheese blend. Bake at 450°, directly on oven rack, 12 minutes or until crust is golden and cheese is bubbly. Cut pizza in half, and cut each half lengthwise into 2-inch strips. **Note:** For testing purposes only, we used Buitoni Classic Bruschetta.

### Root Vegetable Mash

**Source:** [www.eatbetteramerica.com](http://www.eatbetteramerica.com)

**prep time:** 20 min  
**start to finish:** 30 min

**Ingredients:**
- 3 lb sweet potatoes, peeled and diced  
- 1 lb celery root, trimmed and sliced 1/4-inch thick  
- 2 cloves garlic, finely chopped  
- 1 small onion, chopped  
- 1/3 cup 1% milk  
- 1 1/2 Tbsp olive oil  
- 1/2 tsp salt

**Directions:**
Place steamer basket in large saucepan with 1/2 inch of water. Place sweet potatoes, celery root and garlic in steamer. Heat to boiling; reduce heat. Cover and cook 10 minutes. Add onion; cover and cook 10 minutes longer or until vegetables are very tender. Place vegetables in a bowl and mash with a potato masher. Add milk, oil and salt. Mash to blend.
### Asian Turkey Cabbage Cups

**Source:** *Cooking Light Magazine*

**Ingredients:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tsp grated peeled fresh ginger</td>
<td></td>
</tr>
<tr>
<td>1 1/4 pounds ground turkey</td>
<td></td>
</tr>
<tr>
<td>1/2 cup thinly sliced green onions</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp brown sugar</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp chopped fresh cilantro</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp chopped fresh mint</td>
<td></td>
</tr>
</tbody>
</table>

**Directions:**

Heat a large nonstick skillet over medium heat. Add ginger and turkey to pan; cook 7 minutes or until turkey is done, stirring frequently. Drain turkey mixture; place in a large bowl. Add green onions and next 8 ingredients (through jalapeño); toss well. Spoon 1/3 cup turkey mixture into each cabbage leaf. Top with peanuts. Stacking the turkey cutlets and then thinly slicing them will save you some time during preparation. You can freeze leftover chipotle chilies in the adobo sauce (package chilies individually with a little sauce in small plastic freezer bags) and use in salsas, with pork, or for Mexican-inspired scrambled eggs.

### Indiana Split Peas with Vegetables

**Source:** *Eat Better America*

**Prep time:** 15 min  
**Start to finish:** 30 min

**Ingredients:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tsp vegetable oil</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp cumin seed or 1/4 tsp ground cumin</td>
<td></td>
</tr>
<tr>
<td>1/16 tsp ground turmeric</td>
<td></td>
</tr>
<tr>
<td>2 jalapeno chilies, seeded and finely chopped</td>
<td></td>
</tr>
</tbody>
</table>

**Directions:**

Heat oil in 10-inch skillet over medium-high heat. Cook cumin, turmeric and chilies in oil 2 minutes, stirring occasionally. Stir in cauliflowerets and broth. Cook and cover 3 to 4 minutes or until cauliflowerets are tender. Stir in remaining ingredients. Cook about 5 minutes, stirring occasionally, until hot.
### Roasted Vegetables

_Serves 8_

**Janet Gaffney, Mount Pleasant, South Carolina, Southern Living, October 2008**

**Prep:** 30 min., **Stand:** 30 min., **Bake:** 30 min.

**Ingredients:**
- 1 medium eggplant, peeled and cubed
- 1/4 tsp salt, optional
- 2 zucchini, sliced
- 1 large sweet potato, peeled and sliced
- 1 onion, peeled and cut into eighths
- 1 red bell pepper, cut into 1-inch pieces
- 1/4 cup olive oil
- 1 Tbsp chopped fresh rosemary
- 1/4 tsp pepper

**Directions:**
1. Sprinkle eggplant with salt, and let stand 30 minutes. Pat dry.
2. Preheat oven to 400°. Toss together eggplant and remaining ingredients, and arrange in a single layer in 2 aluminum foil-lined jelly-roll pans.
3. Bake at 400° for 30 minutes or until vegetables are tender and golden brown. Season with salt to taste.

### Spicy Chicken Stew

_Serves 6_

**Source:** _All You, MARCH 2006_

**Ingredients:**
- 2 baking potatoes (about 1 1/2 lb.), peeled and cut into chunks (3 1/3 cups)
- 1 (10 oz.) package frozen sweet corn
- 2 stalks celery, chopped
- 2 carrots, peeled and cut into chunks (1 cup)
- 1 onion, thickly sliced
- 2 cloves garlic, minced
- 1 (12.5 oz.) jar salsa
- 1/2 tsp salt, optional
- 1/2 tsp black pepper
- 1 skinless, boneless chicken breast, halved (about 1 lb.)
- 4 skinless, boneless chicken thighs (about 10.5 oz.)
- 2 1/2 cups chicken broth
- 4 (6 inch) fresh corn tortillas, cut into strips

**Directions:**
Place potatoes, corn, celery, carrots, onion and garlic in slow cooker. Stir in salsa, salt, cumin, chili powder and pepper. Distribute chicken evenly on top of vegetables and pour chicken broth over chicken. Cover slow cooker and cook stew on high for 4 hours.
Transfer chicken to a plate and shred with two forks into bite-size chunks; return to slow cooker. Mix tortilla strips into stew. Serve warm.
6 Healthy Lifestyle Habits

Habit #1
Control Portions
Do you ever feel obligated to finish everything on your plate, even if you’re not hungry? You’re probably a member of the Clean Plate Club. Formed with good intentions, this concept can cause more harm than good in this time of absurd portions. The American Institute for Cancer Research found that 67% of Americans eat everything on their plates, regardless of size. Problem is, a typical dinner plate holds three serving of spaghetti, not just one. A better strategy is to find ways to put less on your plate to begin with.

Habit #2
Eat The Right Stuff
Not all foods are created equal. Some, like complex carbohydrates and leafy green veggies, pack power that transcends their calorie levels. Foods high in nutrients and disease-fighting materials are "high value" foods because they make the absolute most out of the calories they do have. When planning foods, think about variety, freshness and

Habit #3
Exercise Consistently
If you’re not already exercising, just focus on functional fitness for now, mainly elementary exercise and stretching. This includes walking, maybe some light bike riding or swimming, mainly trying to get a little more active and flexible. Start taking the stairs, turn off the TV and go outside, play in the garden a little bit, mow the neighbor’s lawn as a surprise, go dancing! It may not seem like much, but by getting active early, more involved exercises and high-

Habit #4
Drink Water
When you drink more water, and your body gets used to it, you ironically store less water. Seems that your body needs to trust that it’ll continue to get plenty of the good stuff, otherwise it’ll hold onto what little water it does receive. Less water means less weight. A healthy diet should NOT rely on fluids to provide calorie or nutrient needs, but water is necessary for metabolism and normal physiological function. In fact, water is the only fluid that the body truly needs.

Habit #5
Eat On Purpose
It’s time to wake up from being a food zombie. Take control of your eating habits. Here are some tactics you can use to adopt this habit: 1. Stop skipping meals, 2. Eat only when you’re hungry, 3. Cut back on late night snacking, 4. Plan for snacks, 5. Have a purposeful eating environment.

Habit #6
Find Unexpected Opportunities
A lifestyle changes a little bit at a time. Opportunities to find those little bits will be anywhere and everywhere – on vacation, at work, at home, on the phone, waiting for the kids’ soccer practice to end, even sitting in traffic. The challenge is to recognize these opportunities for what they are. It’s a lifestyle, but it’s also an attitude, a way of looking at the world.

Stay Informed! Visit www.ipfw.edu/health
## Sweet and Sour Chicken

**Source:** Michele Powers, *Cooking Light*, April 2007

**Serves 4**

### Ingredients:

- 1 Tbsp olive oil
- 1 Tbsp bottled minced garlic
- 1 tsp bottled ground fresh ginger
- 1/4 tsp crushed red pepper
- 1 1/2 pounds skinless, boneless chicken breast, cut into 1/2-inch pieces
- 3/4 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped red bell pepper
- 1 (15 1/4-oz) can pineapple chunks in juice, undrained
- 1/3 cup reduced-sodium soy sauce
- 2 tablespoons dry sherry
- 1 1/2 tablespoons cornstarch
- 2 teaspoons brown sugar
- 1/4 cup dry-roasted chopped cashews

### Directions:

Heat oil in a large nonstick skillet over medium-high heat. Add garlic, ginger, red pepper, and chicken to pan; sauté 5 minutes or until chicken is done. Remove chicken mixture from pan; set aside. Add onion, celery, and bell pepper to pan, and sauté 4 minutes or until crisp-tender. Drain pineapple, reserving 1/2 cup juice. Add 1 cup pineapple chunks to pan; cook 30 seconds. Reserve remaining pineapple for another use. Combine the reserved 1/2 cup juice, soy sauce, sherry, cornstarch, and sugar in a bowl, stirring with a whisk until smooth. Return chicken mixture to pan. Stir in juice mixture; bring to boil. Cook 1 minute. Sprinkle with cashews.

## Tomato-Fennel Soup

**Source:** [www.mariquita.com/recipes/kale.html](http://www.mariquita.com/recipes/kale.html)

**Serves 4**

### Ingredients:

- 1 Tbsp olive oil
- 2 medium bulbs fresh fennel, chopped (3 cups)
- 1 large onion, chopped (1 cup)
- 1 clove garlic, freshly chopped
- 1 can whole, peeled tomatoes, undrained
- 1 3/4 cups reduced-sodium broth (32-oz)
- 1/4 tsp coarse salt, optional
- 1/8 tsp pepper

### Directions:

In 4-quart saucepan, heat oil over medium heat. Cook fennel, onion and garlic in oil about 5 minutes, stirring occasionally, until crisp-tender. Stir in tomatoes, broth, salt and pepper. Heat to boiling. Reduce heat; cover and simmer 20 to 25 minutes or until vegetables are soft. Carefully pour half of the mixture into blender; cover and blend on high speed about 30 seconds or until smooth. Repeat with remaining mixture.
Baked Apples

Submitted by: Lowene Stipp, Math Education

Prep Time: 20 minutes
Cook Time: 45 minutes

Ingredients:
Fresh cooking apples
1 can diet cream soda
Cinnamon, to taste

Directions:
Peel (unless you choose to leave the skin on), core and slice apples. I make a large bowl full. Pour 1 can of diet cream soda over the apples and sprinkle with cinnamon, to taste. Cover the bowl with foil and bake for approximately 45 minutes at 350 degrees or until apples are soft. Cool and enjoy! It makes the house smell like an apple pie is baking!

Pumpkin Pie

Penny Leverman, Nursing

Prep Time: 10 minutes
Bake Time: 50-60 minutes

Ingredients:
1 15-oz can pumpkin
⅔ to 1 cup Splenda
½ cup low-fat Bisquick
1 tsp pumpkin pie spice
½ tsp salt
1 tsp cinnamon
2 eggs
2 cups skim milk

Directions:
Mix dry ingredients and stir in the eggs (make sure you break down the Bisquick so there are no lumps). Mix in the skim milk and pour into pie pan. Bake at 350 degrees for 50-60 minutes or until a knife inserted in the center comes out clean.
Waldorf Salad  

Submitted by Maria Veronica Elias, Public and Environmental Affairs

Prep Time: 15 minutes  
Cook Time: N/A

Ingredients:  
1 bunch celery  
3 granny smith apples  
1 cup chopped walnuts

Dressing Options  
½ cup Greek style yogurt  
Juice of one lemon, plus its zest  
2 Tbsp olive oil  
Salt & pepper, to taste.

Directions:  
Chop celery stems (discard leaves) into small pieces. Peel apples and discard center and hard parts. Chop up apples to similar size as celery bits. Mix celery and apples together. Add chopped walnuts and mix well. Finally, add the preferred dressing. Mix and serve.

Chocolate Ice Cream  

Serves 4

Source: Kachmann Mind and Body Institute

Ingredients:  
2 medium frozen bananas (sliced and frozen hard for at least 24 hours)  
1/4 cup raw, unsalted and shelled sunflower seeds  
2 Tbsp Hershey’s special dark cocoa powder  
1/3 cup soymilk (just enough to moisten it for processing, but not make it runny)  
Optional: Stir in chopped walnuts or almonds, and frozen cherries

Directions:  
Process in a food processor or Vita-mix until smooth
**Oatmeal Cookies**

*Source: Kachmann Mind and Body Institute*

**Ingredients:**
- 2 C oatmeal or oat bran
- ½ C Splenda or ½ C brown sugar
- 4 egg whites
- 1 C low fat ricotta cheese
- 1 Tbsp cinnamon
- ¼ tsp salt
- 1/8 tsp baking powder – opt (for rising)
- ½ C chocolate chips - optional

**Directions:**
Preheat oven to 425° F. Mix Splenda, oatmeal, cinnamon, salt, baking powder and chips; set aside. Mix egg whites, ricotta cheese and then combine all ingredients. Spoon on to un-greased baking sheet. Bake for 8-10 minutes or until golden brown.

---

**Sparkling Strawberry-Lemonade Slush**

*Serves 10*

*Source: Eat Better America*

**Prep Time:** 10 minutes  
**Sit Time:** 4 hours

**Ingredients:**
- 1 can frozen lemonade concentrate, thawed  
- 1 bag (10 oz) frozen strawberries, thawed  
- 1 cup water  
- 5 cups ginger ale, club soda or lemon-lime carbonated beverage

**Directions:**
In blender, place lemonade concentrate and raspberries; blend on high speed until smooth. Pour into nonmetal freezer container. Stir in water. Cover; freeze at least 4 hours.  
If mixture is frozen solid, let stand at room temperature about 15 min. For each serving, measure 1/2 cup slush mixture into 8-oz glass; stir in 1/2 cup ginger ale. Serve immediately.
### Peach-Raspberry-Lavender Jam

**Source:** *Sunset, August 2006*

**Ingredients:**
- 2 tsp dried culinary lavender buds
- 1 pound (about 5) ripe peaches, peeled, pitted, and chopped into 1-inch pieces
- 3 ounces (1/2 pint) red raspberries, rinsed
- 1 1/2 cups sugar
- 3 Tbsp fresh lemon juice

**Directions:**
1. Put lavender buds in a small bowl. Pour 1/4 cup boiling water over the buds and let steep 10 minutes. Strain the scented water into a bowl and set aside; discard buds.
2. In a 4-quart pan over medium-high heat, combine peaches, raspberries, sugar, and lemon juice. Bring to a boil and cook, stirring often, until liquid has the consistency of thick maple syrup, about 14 minutes. Stir in the lavender water and boil, stirring often, another 2 minutes, or until mixture reaches desired thickness (see notes).
3. Remove jam from heat and let cool for 15 minutes. Chill, covered, at least 2 hours before using. Jam keeps, chilled, up to 4 weeks.

### Lemony Fruit Dip

**Serves 14**

**Source:** *Cooking Light, March 2004*

**Ingredients:**
- 1/4 cup sugar, divided
- 1 large egg
- 2 1/2 Tbsp fresh lemon juice
- 1/4 cup water
- 1 1/2 tsp cornstarch
- 1/2 tsp vanilla extract
- 1 1/2 cups frozen reduced-calorie whipped topping, thawed

**Directions:**
Combine 2 tablespoons sugar, egg, and lemon juice in a small bowl; stir well with a whisk. Combine remaining 2 tablespoons sugar, water, and cornstarch in a small saucepan; bring to a boil. Cook 30 seconds or until thickened, stirring constantly. Remove from heat. Slowly pour beaten egg mixture into water mixture, stirring constantly. Cook over medium heat 2 minutes or until thick, stirring constantly. Remove from heat; stir in vanilla. Cool completely. Fold in whipped topping.
Avoid these energy drainers:

1. **Limit high-fat meals . . . yet don't eat completely "fat-free" meals either.** Aim for between 30 to 60 grams of fat per day. Remember that every 5 grams of fat you see equals 1 teaspoon of lard or shortening! Choose nonfat or low-fat dairy products, and low-fat meats, desserts, breads, and crackers; include a moderate portion of a healthy choice of fat from sources like oils, nuts, and seeds.

2. Don't eat just one or two large meals per day! **Eat three smaller meals per day, with frequent healthful snacks.** Eat less in the evening.

For quick and steady energy throughout the day:

1. **Eat several (2 to 4) fresh fruits per day,** starting early in the day.

2. **Eat whole-grain carbohydrates at each meal,** (like whole-grain cereal, breads, oatmeal, corn, potatoes, brown rice, and whole-wheat pasta) but don't eat too much! (For instance, choose from bread, potatoes, corn, or dessert…DON'T choose all!)

3. **Limit sugary foods to two (or fewer) small servings per day, consuming only with meals.**

4. **Make your meals "mixed energy fuels,"** including high fiber carbohydrates, lean protein, and healthy fat (about 10 to 15 grams).

5. **Overcome caffeine dependency.** (Sorry to depress you, but you are just borrowing energy from the future). Once you are fueling yourself properly, you won't require caffeine! If entirely cutting out caffeine just doesn't seem possible, then limit to two servings per day.

For energizing nourishment to brain and muscles:

1. Eat lots of deeply colored vegetables, favoring carrots, sweet potatoes, broccoli, green and red peppers, cauliflower, cabbage, spinach, and kale. These build the blood with the nutrients that energize cells.

2. Take a moderate dose multi-vitamin and mineral supplement for nutrition insurance, and commit to taking it consistently.

3. Hydrate! Starting the moment you get up in the morning. You're always a little dehydrated upon rising. If eight glasses of water makes you float, three or so may be all you need. (Clear urine is a good indicator that you're drinking enough.)

   Circle the items that you are willing to start working on today. Post this page where you will see it day after day.

   

   http://www.zonya.com
Mocha Coolers  

Source: Eat Better America

Prep: 5 minutes

Ingredients:
- 1 medium banana, cut into chunks
- 2 cups light chocolate soymilk
- 2 tsp instant coffee granules or crystals
- 1/2 tsp vanilla
- 1 cup ice cubes

Directions:
In blender or food processor, place banana, soymilk, coffee granules and vanilla. Cover; blend on high speed about 15 seconds or until smooth. Add ice cubes. Cover; blend about 15 seconds or until blended. Pour into 2 glasses. Serve immediately.

Black Bean Brownies  

Submitted by Jen Roherty, Athletics/Wellness

Prep Time: 15 minutes

Ingredients:
- 1 can black beans, drained and rinsed
- 1 package fat-free brownie mix

Directions:
1. Puree black beans in a blender or food processor until smooth.
2. Add brownie mix into blender or food processor and mix until two ingredients are combined.
3. Spread into a greased 8x8 baking dish.
4. Cook at temperature according to back of brownie box for 15-20 minutes and let brownies completely cool before cutting.
Websites that can help you in the kitchen

**www.kraftfoods.com**
- Kraft provides healthy, easy recipes.
- Try 1 bag, 5 dinners and print a shopping list for all of the groceries you need for 5 dinners that will fit into 1 shopping bag!
- Easy to print recipes

**www.allrecipes.com**
- At-home cooks submit recipes onto the website.
- Convenient search option to find exactly what you are looking for: by title, ingredients you want or don’t want, and special health concerns.
- Add comments if you like or dislike a recipe.
- Easy to print recipes.

**www.eatbetteramerica.com**
- Designed for people who are increasingly interested in the impact food has on their health and crave simple, easy-to-understand health and nutritional information.

**www.foodnetwork.com**
- Get cooking with the recipes from the Food Network stars.
- Site is listed by shows or search for general recipes from all collections

**www.eatingwell.com**
- Recipes of how to modify a traditional recipe into a “healthier” version.
### Community Resources

**Places to turn for help when you are in need**

<table>
<thead>
<tr>
<th>Long Term</th>
<th>Short Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Call For Help 744-0700</td>
<td>Associated Churches Food Bank System (27 Sites)</td>
</tr>
<tr>
<td>Division of Fam. &amp; Children (Food Stamps)</td>
<td>Soup Kitchens St. Mary’s St. Andrew’s First Baptist Rescue Mission</td>
</tr>
<tr>
<td>Aging &amp; In-Home Services of NE Indiana (8 Sites)</td>
<td>WIC - Women, Infant, Children Neighborhood Health Clinic</td>
</tr>
</tbody>
</table>

#### Allen County Division of Family & Children
201 E. Rudisill Blvd.
FW, IN 46806
458-6200
Monday – Friday
8am – 4:30 pm
(Emergency Food Stamps)

#### Associated Churches Food Bank System
602 East Wayne St
FW, IN 46802
422-3528
www.associatedchurches.org

#### Community Action of NE Indiana
227 East Washington Blvd.
Fort Wayne, IN 46802
260-420-2833
Email: mariannestanley@canihelp.org

#### Salvation Army Food Pantry
2901 North Clinton Street
Fort Wayne, IN 46805
744-2311
Tuesday/Thursday 1:00-3:00
Serves first 15

#### St. Anthony’s Pantry
Sacred Heart School
4643 Gaywood Drive
FW IN 46806
744-3977
Tuesday & Thursday
9am – 11am

#### St. Mary’s Soup Kitchen
1011 S. Lafayette St.
Fort Wayne, IN 46802
424-8231 or 424-2982
Monday-Friday: 10am – 3pm
Saturday: 10am – 1pm
Sunday: 11:30am – 1 pm

#### Women, Infant, Children (WIC) Neighborhood Health Clinic
17217S. Calhoun St
FW, IN 46807
458-2641
Monday & Wednesday: 8am – 7pm
Tuesday, Thursday, & Friday: 8am – 5pm

#### Fort Wayne Rescue Mission (Men Only)
301 West Superior
P.O. Box 11116
Fort Wayne, IN 46855
426-7357 or 422-8123 (24 hours)
Email: eddy@rescuemissions.us
Women and Children Division:
426-8123
Email: pastorpatty@rescuemissions.us

#### Lutheran Social Services of Indiana
(Emergency Assistance)
330 Madison St.
Fort Wayne, IN 46802
426-3347
Monday – Friday
8am – 5pm

#### YWCA –Women’s Shelter
1600 Spy Run Avenue
Fort Wayne, IN 46805
424-4908
Crisis Hotline 1-800-441-4073

#### Cherish House (Women & Children)
533 West Washington Blvd.
FW, IN 46808
426-8123 (24 hours)
Endless persistence separates the daydreamers from the doers. Be an Unstoppable, Consistently Positive, Endlessly Persistent, Doer of Dreams. Be willing to do whatever it takes to make them happen. No matter how long it takes, or how many times you may fail, make your dreams come true.

You may need to repeat an affirmation fifty times before your emotional mind accepts it. It’s an eternal skeptic and must be shown the truth many times before it will believe. That is why affirmations are so valuable. Repeat them until you overwhelm the inner skeptic and change the way you feel.

Part of a healthy lifestyle is positive thinking and believing in yourself. Knowing that you are ready to make healthy changes and are ready to incorporate those changes is a huge step. Believing in yourself and continuing to mentally support your healthy decisions and commitments takes another HUGE step. Remember that you are worth it. You are worthy of the investment.

Watch your (or someone else’s) negative words and thoughts. Think instead about all the successes you have had. How about all those hills you conquered? All those long workouts you endured? You are a great person. Relish those thoughts.

You must be your biggest cheerleader. You can do it!!
Name of Recipe: ____________________________________________

From the Kitchen of: ______________________________ Phone: ____________________

Serves: ______________ Prep Time: ______________ Cooking Time: ______________

Ingredients/Instructions: ____________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Meal Planning

Are you sure you're on track for a healthy and nutritious day?
Keep track for a day and see how you are doing!

**Recommended Minimal Food Per Day:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread/Grain</td>
<td>6-8 Servings</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1 1/2—2 1/2 cups</td>
</tr>
<tr>
<td>Fruits</td>
<td>1 1/2—2 1/2 cups</td>
</tr>
<tr>
<td>Meat, Poultry, Fish, Eggs or Beans</td>
<td>5-7 ounces or equivalent</td>
</tr>
<tr>
<td>Milk or Yogurt</td>
<td>2-3 cups</td>
</tr>
<tr>
<td>Oils or other healthy fats</td>
<td>3-6 teaspoons</td>
</tr>
<tr>
<td>Favorite Foods (Optional)</td>
<td>150-200 calories</td>
</tr>
</tbody>
</table>

**Breakfast**

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**Lunch**

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**Snack**

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**Dinner**

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**Snack**

<p>| |</p>
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>
Here are three morning meals that each weigh in at 300 calories. Healthy and quick homemade meals (left column) pack whole grains, fresh fruit, and protein—a filling combination that will keep you fuller longer. You could only eat a fraction of the comparable restaurant meals (right column) for the same number of calories.

**Breakfast**

**Fruit & Bagel**
- 1 Western Whole Wheat Bagel
- 3 Tbsp fat free cream cheese
- 1 orange
- 10 pineapple chunks

**Blueberry Muffin**
- 3/4 of a Starbucks Blueberry Muffin
- Entire Portion: 420 calories, 20 g fat, 54 g carbs

**Waffles with Berries**
- 2 low fat Nutrigrain Egg Waffles
- 1 serving Dannon Light 'n Fit yogurt
- 1/2 cup blueberries
- 1 cup strawberries

**Stuffed Hotcakes**
- 1/5 of Bob Evans Caramel Banana Pecan Cream Stacked and Stuffed Hotcakes
- Entire Portion: 1,540 calories, 77 g fat, 198 g carbs

**Eggs & Toast**
- 1 egg, 2 egg whites
- 2 slices of light bread, buttered
- 1 sliced strawberry
- 1 veggie sausage patty

**Restaurant Omelette**
- 1/3 of an IHOP Big Steak Omelette
- Entire Portion: 915 Calories, 72 g Fat, 14 g Carbs

Use the images and portions above as a guide to create your own healthy, and nutritious meals every day!
350-Calorie Meals & Portions
These midday meals contain 350 calories each—the perfect amount to keep you going without wrecking your diet. Packing one of the homemade lunches on the left doesn't take long, and look at all those low-cal and filling veggies you'll get! Notice how seemingly healthy options like the restaurant foods on the right can be very misleading! Those 350-calorie portions are pretty small.
400-Calorie Meals & Portions
Many people consume a larger meal at night, so we picked 400-calorie dinners here. By combining whole grains with lean protein and vegetables, these homemade dinners (left column) are a snap to prepare—and they’ll keep the late-night munchies at bay! In contrast, the high-fat and high-calorie meals on the right don’t offer much in the way of nutrition or volume.

**Dinner**

**Frozen Turkey Meal**
- Lean Cuisine Glazed Turkey Tenderloins Meal
- 1 cup green beans
- 1 whole wheat dinner roll

**Frozen Chicken Pot Pie**
- 1/3 of a Marie Callender’s Chicken Pot Pie
- **Entire Portion**
  - 1980 Calories
  - 62 g Fat
  - 96 g Carbs

**Chicken Stir Fry & Rice**
- 4 oz grilled chicken
- 1/2 cup brown rice (cooked)
- 1-1/2 cups frozen veggie blend
- 1/4 cup red Thai sauce

**Chicken & Rice Takeout**
- 1/3 of P.F. Chang’s Orange Peel Chicken with steamed white rice
- **Entire Portion**
  - 1160 Calories
  - 46 g Fat
  - 127 g Carbs

**Whole Wheat Pasta**
- 2 oz whole wheat pasta (dry)
- 1/2 cup tomato sauce
- 1/2 cup frozen spinach
- 1/2 cup cannellini beans

**Five Cheese Pasta**
- 1/2 of Olive Garden’s Five Cheese Ziti Al Forno
- **Entire Portion**
  - 843 Calories
  - 37 g Fat
  - 84 g Carbs

The bottom line is that you can eat more and lose weight when you know how to pick the right foods and the right portions.

Stay Informed! Visit [www.ipfw.edu/health](http://www.ipfw.edu/health)
| Farmers Markets | | |
| Barr Street Market Farmers’ Market | Corner Wayne & Barr Streets  Fort Wayne, IN 46802  Open Saturdays, 9am—1pm  Summer only |
| Hardy’s Farm Market | 4525 Knoll Road, Ft. Wayne, IN 46809  Open 9am—6pm, Mon—Sat 260-747-4644 |
| Historic West Main Street, Farmers’ Market | 1936 W Main Street  Fort Wayne, IN 46802  Fridays 3-8pm 260-515-9700 |
| Historic West Main Street, Winter Farmers’ Market | Paula’s on Main  1732 West Main Street  Saturdays, November 21-April 24 9:00 am—12:30 pm |
| Kurtz Enterprises | 14212 State Road 37 E.  New Haven, IN 46774 260-657-5817 |
| Salomon Farm Market | DuPont Road  Fort Wayne, IN 46818  Open Wednesdays, 4pm—7pm  Summers Only |
| Schumcker’s Produce Market | 12815 Doty Road  Fort Wayne, IN 46774  Open 9am—5pm, Monday—Saturday |
| Southside Market—Fresh Farm Produce | 3300 Warsaw Street  Fort Wayne, IN 46806  Open Saturdays only, 7am—1pm |
| U-Pick Berries and CSA | Joe Graber’s Certified Organic Produce  26409 Springfield Center Road  Harlan, IN 46743 260-657-5061 |
Farmers Markets

Indiana Fruits and Vegetable Harvest Calendar

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cantaloupe</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collards</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Peas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Peppers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lima Beans</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onions (dry)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plums</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkins</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radishes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raspberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snap Beans</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer Squash</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Corn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Peppers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turnips &amp; Tumip Greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watermelon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter Squash</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Special Note on Availability: Local weather may affect harvest dates from one year to the next. Many fruits and vegetables are available beyond the indicated harvest periods through modern storage techniques and facilities.

Source: Indiana State Department of Agriculture
<table>
<thead>
<tr>
<th>Recipe Index</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-Layer Veggie Salad</td>
<td>27</td>
</tr>
<tr>
<td>Asian Turkey Cabbage Cups</td>
<td>50</td>
</tr>
<tr>
<td>Baked Apples</td>
<td>54</td>
</tr>
<tr>
<td>Black Bean Brownies</td>
<td>59</td>
</tr>
<tr>
<td>Black Bean Chicken</td>
<td>39</td>
</tr>
<tr>
<td>Black Beans and Fajita Style Market</td>
<td>42</td>
</tr>
<tr>
<td>Breakfast Ideas</td>
<td>18</td>
</tr>
<tr>
<td>Breakfast Muesli</td>
<td>20</td>
</tr>
<tr>
<td>Breakfast Sausage Casserole</td>
<td>21</td>
</tr>
<tr>
<td>Buffalo Chicken Dip</td>
<td>31</td>
</tr>
<tr>
<td>Cabbage Salad</td>
<td>46</td>
</tr>
<tr>
<td>Cereal Apple-Cran Muffins</td>
<td>24</td>
</tr>
<tr>
<td>Chipotle Turkey and Corn Soup</td>
<td>47</td>
</tr>
<tr>
<td>Chocolate Ice Cream</td>
<td>55</td>
</tr>
<tr>
<td>Creamy Vegetable Chicken Soup</td>
<td>35</td>
</tr>
<tr>
<td>Egg White Bites</td>
<td>20</td>
</tr>
<tr>
<td>Garden Fresh Salsa</td>
<td>29</td>
</tr>
<tr>
<td>Garden Vegetable Couscous</td>
<td>37</td>
</tr>
<tr>
<td>Garden Water</td>
<td>32</td>
</tr>
<tr>
<td>Gluten Free All-Purpose Flour</td>
<td>19</td>
</tr>
<tr>
<td>Gluten Free Banana Bread</td>
<td>24</td>
</tr>
<tr>
<td>Gluten-Free Morning Glory Muffins</td>
<td>19</td>
</tr>
<tr>
<td>Grape Leaves</td>
<td>44</td>
</tr>
<tr>
<td>Hot and Sweet Freezer Pickles</td>
<td>33</td>
</tr>
<tr>
<td>Hot Bean and Cheese Dip</td>
<td>33</td>
</tr>
<tr>
<td>Indiana Split Peas with Vegetables</td>
<td>50</td>
</tr>
<tr>
<td>Italian Chicken and Sausage</td>
<td>46</td>
</tr>
<tr>
<td>Italian Spaghetti Squash</td>
<td>43</td>
</tr>
<tr>
<td>Janeen’s Low-Fat, Low-Sugar Muffins</td>
<td>23</td>
</tr>
<tr>
<td>JT’s Granola</td>
<td>25</td>
</tr>
<tr>
<td>Lemony Fruit Dip</td>
<td>57</td>
</tr>
<tr>
<td>Low-Fat Chicken Nachos</td>
<td>28</td>
</tr>
<tr>
<td>Maple Waffles</td>
<td>23</td>
</tr>
<tr>
<td>Mocha Coolers</td>
<td>59</td>
</tr>
<tr>
<td>Mole-Style Pork Chops</td>
<td>47</td>
</tr>
<tr>
<td>Mom’s Cranberry Bread</td>
<td>25</td>
</tr>
<tr>
<td>Mom's Manana Corn Bread Pie</td>
<td>34</td>
</tr>
<tr>
<td>Oatmeal Cookies</td>
<td>56</td>
</tr>
<tr>
<td>Onion Rollups</td>
<td>27</td>
</tr>
<tr>
<td>Oven Sweet Potato Fries</td>
<td>31</td>
</tr>
<tr>
<td>Party Dip</td>
<td>29</td>
</tr>
<tr>
<td>Peach Raspberry Lavender Jam</td>
<td>57</td>
</tr>
<tr>
<td>Pizza Sticks</td>
<td>49</td>
</tr>
<tr>
<td>Potato Salad</td>
<td>43</td>
</tr>
<tr>
<td>Pumpkin Pie</td>
<td>54</td>
</tr>
<tr>
<td>Pumpkin Tomato Chili</td>
<td>41</td>
</tr>
<tr>
<td>Quinoa Salad</td>
<td>45</td>
</tr>
<tr>
<td>Quinoa Stuffed Bell Peppers</td>
<td>39</td>
</tr>
<tr>
<td>Roasted Eggplant, Potatoes and Peppers</td>
<td>46</td>
</tr>
<tr>
<td>Roasted Vegetables</td>
<td>51</td>
</tr>
<tr>
<td>Root Vegetable Mash</td>
<td>49</td>
</tr>
<tr>
<td>Sage Tea</td>
<td>44</td>
</tr>
<tr>
<td>Smokey Ham and Corn Salad</td>
<td>32</td>
</tr>
<tr>
<td>Southwest Guacamole Burger</td>
<td>42</td>
</tr>
<tr>
<td>Sparkling Strawberry Lemonade Slush</td>
<td>56</td>
</tr>
<tr>
<td>Spicy Chicken Stew</td>
<td>51</td>
</tr>
<tr>
<td>Spicy Peanut Chicken (Aji de Gallina)</td>
<td>45</td>
</tr>
<tr>
<td>Spicy Sweet Potato Fries</td>
<td>28</td>
</tr>
<tr>
<td>Stir Fry Garlic Chicken and Noodles</td>
<td>37</td>
</tr>
<tr>
<td>Sweet and Sour Chicken</td>
<td>53</td>
</tr>
<tr>
<td>Tomato Fennel Soup</td>
<td>53</td>
</tr>
<tr>
<td>Tortilla Black Bean Casserole</td>
<td>41</td>
</tr>
<tr>
<td>Veggie Tacos</td>
<td>35</td>
</tr>
<tr>
<td>Waldorf Salad</td>
<td>55</td>
</tr>
<tr>
<td>Weight Watchers 1-Point Soup</td>
<td>34</td>
</tr>
<tr>
<td>Educational Page Title</td>
<td>Page Number</td>
</tr>
<tr>
<td>---------------------------------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>6 Healthy Lifestyle Habits</td>
<td>52</td>
</tr>
<tr>
<td>Are You Ready for a Change?</td>
<td>12</td>
</tr>
<tr>
<td>Back to the Basics</td>
<td>10</td>
</tr>
<tr>
<td>Breakfast: This vs. That</td>
<td>65</td>
</tr>
<tr>
<td>Cigna</td>
<td>17</td>
</tr>
<tr>
<td>Community Resources</td>
<td>61</td>
</tr>
<tr>
<td>Conversions and Abbreviations</td>
<td>11</td>
</tr>
<tr>
<td>Creating a Healthy Shopping List</td>
<td>13</td>
</tr>
<tr>
<td>Dinner: This vs. That</td>
<td>67</td>
</tr>
<tr>
<td>Eight Glasses of Water a Day</td>
<td>40</td>
</tr>
<tr>
<td>Enhance the Flavor of Your Food</td>
<td>48</td>
</tr>
<tr>
<td>Fort Wayne Farmers' Markets</td>
<td>68</td>
</tr>
<tr>
<td>Goal Setting</td>
<td>4</td>
</tr>
<tr>
<td>Healthy Eating on the Go</td>
<td>26</td>
</tr>
<tr>
<td>Healthy Eating on the Go</td>
<td>30</td>
</tr>
<tr>
<td>Helpful Websites</td>
<td>60</td>
</tr>
<tr>
<td>Indiana Fruits and Vegetable Harvest Calendar</td>
<td>69</td>
</tr>
<tr>
<td>Kitchen Terminology</td>
<td>15</td>
</tr>
<tr>
<td>Kitchen Terminology</td>
<td>16</td>
</tr>
<tr>
<td>Lunch: This vs. That</td>
<td>66</td>
</tr>
<tr>
<td>Meal Basics</td>
<td>8</td>
</tr>
<tr>
<td>Meal Planning</td>
<td>64</td>
</tr>
<tr>
<td>New Recipes</td>
<td>63</td>
</tr>
<tr>
<td>Notice the Benefits of Exercise</td>
<td>38</td>
</tr>
<tr>
<td>Perfect Proportions</td>
<td>14</td>
</tr>
<tr>
<td>Sample Meal Menus</td>
<td>9</td>
</tr>
<tr>
<td>Simple Baking and Cooking Exchanges</td>
<td>36</td>
</tr>
<tr>
<td>Smart Goal Setting Techniques</td>
<td>5</td>
</tr>
<tr>
<td>Ten Tips for Positive Eating</td>
<td>58</td>
</tr>
<tr>
<td>The Importance of Positive Self-Talk</td>
<td>62</td>
</tr>
<tr>
<td>Top Ten Reasons Why Consulting with a Registered Dietitian Can Benefit You</td>
<td>22</td>
</tr>
<tr>
<td>Welcome Letter</td>
<td>3</td>
</tr>
</tbody>
</table>
“It’s never too late to be what you might have been.” George Elliot

“Treat the Earth well. It was not given to you by your parents. It was loaned to you by your children.” Kenyan Proverb

“Your stomach should not be a waste basket.” Anonymous

“To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.” William Londen

“People often say that motivation doesn’t last. Well, neither does bathing -- that's why we recommend it daily.” Zig Ziglar

“There's a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something, you accept no excuses; only results.” Kenneth Blanchard

“Knowing is not enough, we must apply. Willing is not enough, we must do.” Johan Wolfgang von Goethe

IPFW Health & Wellness
IPFW Department of Athletics, Recreation and Intramural Sports
www.ipfw.edu/health
Stay Informed!
www.ipfw.edu/health