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Preparing Nutritious Meals at Minimal Cost

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FOREWORD

I am pleased to present the report, *Preparing Nutritious Meals at Minimal Cost*, that describes a sample of menus and recipes based on the *Thrifty Food Plan, 1999 (TFP)*. These menus and recipes were developed under contract by The Pennsylvania State University and were tested and found acceptable by the food stamp recipient households.

The TFP, prepared by the Center for Nutrition Policy and Promotion, incorporates the current dietary standards, including the 1989 Recommended Dietary Allowances, 1995 Dietary Guidelines for Americans, and Food Guide Pyramid serving recommendations. The plan is based on food consumption data from the 1989-91 Continuing Survey of Food Intakes by Individuals and national average food prices. This is the first revision of TFP since the earlier plan was released in 1983, which was based on the 1980 Recommended Dietary Allowances and food consumption data from the 1977-78 survey.

The TFP serves as a national standard for a nutritious diet and is used to set food stamp allotments. It provides food market baskets for 12 different age-gender groups. Each market basket identifies the type and quantity of food items that people in specific age-gender group could consume at home to achieve a healthful diet that meets the current dietary standards. The menus and recipes are based on the TFP food market baskets.

The research conducted by The Pennsylvania State University has demonstrated that by following these menus and recipes a food stamp recipient household is able to prepare nutritious meals based on the new TFP without spending additional money. These menus and recipes are meant for nutrition professionals to use in teaching food stamp recipients to follow the TFP.

The Center staff has worked hard on this project. I would like to take this opportunity to acknowledge the contribution made by Myrtle Hogbin and Alyson Escobar under the leadership of Carole Davis.

Rajen S. Anand, Ph.D.
Executive Director
Center for Nutrition Policy and Promotion

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INTRODUCTION

Meal Plans

This publication, *Preparing Nutritious Meals at Minimal Cost*, provides information for educators and other information multipliers to help families on a tight budget prepare foods for a healthful diet. Two sample meal plans, tips for nutritious meals at minimal cost, and a resource list for additional information are included. Each meal plan consists of a weekly menu, 20 laboratory-tested recipes, and a food list. Each daily menu consists of three meals (breakfast, lunch, and dinner) and usually a snack.

The meal plans were developed under contract with The Pennsylvania State University and are based on the updated Thrifty Food Plan (TFP) market baskets. The TFP serves as a national standard for a nutritious diet at a minimal cost and is used as the basis for food stamp allotments. The TFP is one of the four official U.S. Department of Agriculture (USDA) food plans (the others being the Low-Cost Plan, the Moderate-Cost Plan, and the Liberal Plan) and is maintained by USDA's Center for Nutrition Policy and Promotion.

The sample menus were developed by using the TFP market basket for a four-person family. The market basket consists of average quantities of food for 1 week from 25 food categories. The menus also meet dietary recommendations from the following sources: the *1995 Dietary Guidelines for Americans*, the serving suggestions of the USDA Food Guide Pyramid, and the 1989 Recommended Dietary Allowances for energy and 15 nutrients for the TFP family. More technical information about the updated TFP and the methodology used in developing the sample meal plans is found in the *Thrifty Food Plan, 1999 Administrative Report* (resource list).

Menus and Recipes

Specific characteristics of the menus are listed below:

- The menus and recipes are designed for a healthy four-person family; they are not planned for infants, toddlers, pregnant or nursing women, or for others with special health or nutrition conditions.
- The menus demonstrate one way of eating nutritious meals and snacks on a minimal-cost budget. A small sample of culturally diverse food stamp households prepared and evaluated the menus and recipes and found them acceptable.
- These menus and recipes can be used to illustrate healthful food preparation techniques and choices at minimal cost; they should not be used as rigid guides.
- The calorie level of the menus (about 9,143 each day and about 64,000 calories each week for the four-person family) may need to be adjusted for some families because individuals' needs for calories vary. Age, gender, body size, and physical activity influence the number of calories an individual needs.
- The daily menus are not intended to be used in a specific sequence. For example, the day of the week on which a daily menu is served can be changed to meet a family's preference.
- Daily menus show how to combine a larger amount of less expensive foods, such as dry beans and grain products, with a smaller amount of higher priced foods such as meats, poultry, and fish.
- Foods used in the meal plans are usually readily available in stores and include a variety of commonly consumed meats, milk products, vegetables, fruits, grain products, and mixed dishes.
- Nutrient-dense, low-cost foods (such as orange juice concentrate, potatoes, pasta, and rice) are used often in the menus, and foods with little or no nutritional value (such as soft drinks, coffee, and tea) are not included in the menus.

- The cost of the weekly menu may vary slightly. Depending on where one lives and shops, the season of the year, and shopping opportunities and techniques used, the cost of foods on the lists could vary.
- The food lists represent the amount of foods and ingredients actually used to prepare the meals for a family of four. The food lists are not shopping lists. A family's shopping list will contain only those items that are not on hand. Also, sometimes a larger amount of a food item may have to be purchased than what is used because of the package size available at the store.
- Some convenience or ready-to-eat food items are included in the menus, but many of the foods are prepared from "scratch" to keep cost as low as possible.
- Time on the recipes is indicative of preparation and cooking time. Time can vary from person to person and by type of cooking equipment (ranges, microwave ovens, and cooking utensils) used.
- While preparing snacks and meals to eat at work was not a primary constraint in planning the menus, it is possible to use these menus if one has access to a refrigerator and a microwave oven at the workplace.

Week I. Menus for a Family of Four

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Orange juice (3 c) Ready-to-eat cereal (3 c flakes) Toasted English muffin (4) 1% lowfat milk (2 c)	Orange juice (3 c) Banana (4) Bagel (4) Margarine (4 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) **Cooked rice cereal Bagel (4) Margarine (4 tsp)	Orange juice (3 c) Scrambled eggs (4) Hash brown potatoes (2 c) 1% lowfat milk (2 c)	Orange juice (3 c) Ready-to-eat cereal (3 c flakes) English muffin (4) Margarine (4 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) *Baked French toast Cinnamon sugar topping (4 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) *Baked potato cakes White toast (4 slices) 1% lowfat milk (2 c)
L U N C H	*Turkey patties Hamburger bun (4) Orange juice (3 c) Coleslaw (2 c) 1% lowfat milk (2 c)	*Crispy chicken **Potato salad **Orange gelatin salad Peaches, canned (1 c) **Rice pudding	**Turkey chili Macaroni (2 c) *Peach-apple crisp 1% lowfat milk (2 c) Orange juice (3 c)	Turkey ham (11 oz, 2 tbsp salad dressing) sandwiches (4) **Baked beans Banana, slices (2 c) **Oatmeal cookies Orange juice (3 c) 1% lowfat milk (2 c)	**Potato soup Snack crackers, low salt (5 each) *Tuna pasta salad Orange slices (2 c) **Oatmeal cookies 1% lowfat milk (2 c)	**Potato soup Snack crackers, low salt (5 each) Apple orange slices (2 apples, 2 oranges) (2 c) **Rice pudding 1% lowfat milk (2 c)	Baked fish (12 oz, 4 tbsp salad dressing) sandwiches (4) *Crispy potatoes **Macaroni salad Melon (1-1/3 c) Orange juice (3 c) 1% lowfat milk (2 c)
D I N N E R	**Beef-noodle casserole Lima beans (2 c) Banana orange salad (2 bananas, 2 oranges) (2 c) 1% lowfat milk (2 c)	*Turkey stir fry Steamed rice (3 c) White bread (4 slices) *Peach-apple crisp 1% lowfat milk (2 c)	**Baked cod w/cheese *Scalloped potatoes Spinach (1-1/3 c) Margarine (4 tsp) Chocolate pudding (2 c)	*Beef pot roast Egg noodles (4 c) Peas and carrots (1 c) Orange slices (2 c) Biscuits (8) Margarine (4 tsp) **Rice pudding 1% lowfat milk (2 c)	Beef pot roast (12 oz) Noodles (4 c) Green beans (1-1/3 c) Leaf lettuce (1-1/3 c) Salad dressing (4 tbsp) **Rice pudding 1% lowfat milk (2 c)	*Saucy beef pasta White bread (4) Canned pears (2 c) Orange juice (3 c) 1% lowfat milk (2 c)	*Turkey-cabbage casserole (8 c) Orange slices (2 c) White bread (2 slices) **Chickpea dip 1% lowfat milk (2 c)
S N A C K	White bread (4 slices) **Chickpea dip Lemonade (4 c)	Orange juice (3 c)	*Crispy potatoes	Lemonade (4 c)	Biscuits (8) Margarine (4 tsp) Lemonade (4 c)	Lemonade (4 c)	
<p>*Recipes were tested and sensory-evaluated in the food laboratory and by households. **Recipes were tested and sensory-evaluated in the food laboratory. Note: Daily menus are designed in no specific sequence. Amounts of foods that a family is expected to use are shown in parentheses for most foods. Amounts of allowed margarine and milk can be combined or divided differently at meals. Recipes are provided for foods shown with asterisks. Serving sizes are shown on the recipes.</p>							

Week II. Menus for a Family of Four

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Orange juice (3 c) Hash brown potatoes (2 c) Biscuits (8) Margarine (4 tsp) Jelly (8 tbsp)	Orange juice (3 c) Ready-to-eat-cereal (3 c toasted oats) White toast (4 slices) Margarine (8 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) Bananas (1/2 c) Ready-to-eat-cereal (3 c toasted oats) White toast (4 slices) Jelly (8 tbsp) 1% lowfat milk (2 c)	Orange juice (3 c) **Cooked rice cereal White toast (4 slices) Margarine (4 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) Ready-to-eat cereal (3 c toasted oats) White toast (4 slices) Margarine (4 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) Scrambled eggs (2 c) Turkey ham (11 oz) Bagels (4) 1% lowfat milk (2 c)	Orange juice (3 c) Melon (1-1/3 c) Pancakes (12) Pancake syrup (8 tbsp) 1% lowfat milk (2 c)
L U N C H	**Chicken and vegetables **Scalloped potatoes Grapes (12 oz) Whole wheat bread (4 slices) Margarine (4 tsp) *Peach cake 1% lowfat milk (2 c)	*Pizza meat loaf Noodles (4 c) Margarine (8 tsp) Orange slices (2 c) 1% lowfat milk (2 c)	*Tuna macaroni salad White bread (4 slices) Margarine (4 tsp) Apple slices (2 c) 1% lowfat milk (2 c) Cocoa drink mix (2 oz)	Hamburger (12 oz) sandwiches (4) *Ranch beans **Orange gelatin salad Banana slices (1/2 c) 1% lowfat milk (2 c)	*Baked chicken nuggets **Shoestring potatoes Macaroni (5 c) Margarine (4 tsp) **Orange gelatin salad 1% lowfat milk (2 c)	*Chicken noodle soup Biscuits (8) Canned peaches (2 c) Orange juice (3 c) 1% lowfat milk (2 c) Cocoa drink mix (2 oz)	Meatball (12 meatballs) sandwiches (4) Grapes (12 oz) **Sugar cookies 1% lowfat milk (2 c) Orange juice (3 c)
D I N E R	*Southwestern salad Steamed rice (6 c) Apple orange salad (2 apples, 2 oranges) (2 c) Margarine (4 tsp) 1% lowfat milk (2 c)	*Spanish baked fish Steamed rice (6 c) Peas (1-1/3 c) Whole wheat bread (4 slices) Margarine (8 tsp) *Peach cake 1% lowfat milk (2 c)	*Stir-fried pork and vegetables with rice Dinner rolls (4) Margarine (4 tsp) Mandarin oranges (2 c) 1% lowfat milk (2 c)	Baked chicken (10 oz) Mash potatoes (6 c) Green beans (1-1/2 c) White bread (4 slices) Margarine (5-1/3 tbsp) Orange slices (2 c) 1% lowfat milk (2 c)	**Baked spicy fish Noodles (4 c) Peas and carrots (10 oz) White bread (4 slices) Margarine (8 tsp) *Chocloate rice pudding 1% lowfat milk (2 c)	*Baked meatballs Spaghetti and sauce (5 c) Leaf lettuce (2 c) Salad dressing (4 tbsp) French bread (4 slices) 1% lowfat milk (2 c)	*Cheese-stuffed potatoes Macaroni (5 c) Peas (1-1/3 c) Margarine (8 tsp) Orange slices (2 c) 1% lowfat milk (2 c)
S N A C K	Popcorn (6 c)	**Shoestring potatoes Fruit drink (4 c)	Popcorn (6 c) Orange juice (3 c)	*Chocolate rice pudding	Baked French fries (11 oz) Fruit drink (4 c)	Ice milk fudgesicle (4)	Popcorn (6 c) Fruit drink (4 c)
<p>*Recipes were tested and sensory-evaluated in the food laboratory and by households. **Recipes were tested and sensory-evaluated in the food laboratory. Note: Daily menus are designed in no specific sequence. Amounts of foods that a family is expected to use are shown in parentheses for most foods. Amounts of allowed margarine and milk can be combined or divided differently at meals. Recipes are provided for foods shown with asterisks. Serving sizes are shown on the recipes.</p>							

RECIPES

Introduction to Recipes

The 40 recipes developed for the two sample weekly menus illustrate how to combine larger amounts of less expensive foods with smaller amounts of moderately priced foods and how to follow the *Dietary Guidelines for Americans*. The recipes are grouped as main dishes: beef, pork, fish, poultry, or vegetarian; soups; vegetables and dips; salads; breads and hot cereals; and desserts. The ingredients used in the recipes are readily available and low to moderate in cost.

Some Key Facts About the Recipes:

- The type of flour used is all-purpose.
- The pepper used is black unless otherwise indicated.
- The size of the eggs is large.
- The type of rice used is long-grain.
- Many of the recipes are prepared without added salt.
- Lower fat ingredients are often used instead of similar ingredients that are higher in fat. For example, water-packed tuna instead of oil-packed tuna.

Each recipe lists the number of servings, serving size, preparation time, cooking time, and nutrient data per serving. Calories are rounded to the nearest 5, total fat and saturated fat are rounded to the nearest gram, and cholesterol and sodium are rounded to the nearest milligram.

Recipe List

MAIN DISHES

Beef and Pork

- *Baked meatballs
- *Beef pot roast
- **Beef noodle casserole
- *Pizza meat loaf
- *Saucy beef pasta
- *Southwestern salad
- *Stir-fried pork and vegetables with rice

Fish

- **Baked cod with cheese
- **Baked spicy fish
- *Spanish baked fish
- *Tuna macaroni salad
- *Tuna pasta salad

Poultry

- *Baked chicken nuggets
- **Chicken and vegetables
- *Oven crispy chicken
- *Turkey-cabbage casserole
- **Turkey chili
- *Turkey stirfry
- *Turkey patties

Vegetarian

- *Cheese-stuffed potatoes

SOUPS

- *Chicken noodle
- **Potato

VEGETABLES AND DIPS

- **Baked beans
- *Baked crispy potatoes
- *Potato cakes
- *Ranch beans
- *Scalloped potatoes
- **Shoestring potatoes
- **Chickpea dip

SALADS

- **Macaroni
- **Orange gelatin
- **Potato

BREADS AND HOT CEREALS

- *Baked French toast
- **Cooked rice cereal

DESSERTS

- *Chocolate rice pudding
- **Oatmeal cookies
- *Peach-apple crisp
- *Peach cake
- **Rice pudding
- **Sugar cookies

*Recipes tested and sensory-evaluated in the PSU food laboratory and by households.

**Recipes tested and sensory-evaluated in the PSU food laboratory.

MAIN DISHES

Beef and Pork

Baked Meatballs

4 Servings, about 3 meatballs each, plus 4 servings for another meal

Onions, minced	¼ cup
Vegetable oil	1 tablespoon
Lean ground beef	2 pounds
Eggs	2
Bread crumbs	¾ cup
Whole milk	½ cup
Salt	⅛ teaspoon
Pepper	½ teaspoon
Onion powder	2 teaspoons
Garlic powder	½ teaspoon

1. Preheat oven 400° F. Grease baking sheet lightly with oil.
2. Add 1 tablespoon oil and onions to small skillet. Cook over medium heat, until tender, about 3 minutes.
3. Mix remaining ingredients together in bowl; add onions. Mix until blended, using a large serving spoon.
4. Shape beef mixture into 1- to 2-inch meatballs; place on baking sheet.
5. Bake until thoroughly cooked, about 10 to 12 minutes.

Note: Serve with spaghetti sauce and in the meatball sandwich.

Preparation time: 15 minutes

Cooking time: 10 to 12 minutes

Per serving:

Calories	345
Total fat	21 grams
Saturated fat	7 grams
Cholesterol	142 milligrams
Sodium	224 milligrams



Beef Pot Roast

4 Servings, about 3 ounces beef each, plus 4 servings for another meal

Onion, chopped	½ cup
Water	2 tablespoons
Beef chuck roast, boneless	2½ pounds
Hot water	2 cups
Beef bouillon	1 cube
Orange juice	2 tablespoons
Ground allspice	¼ teaspoon
Pepper	⅛ teaspoon

1. Simmer onion until tender in 2 tablespoons water in heavy, deep skillet.
2. Add roast to skillet; brown on sides.
3. Combine beef bouillon cube with 2 cups hot water; stir until dissolved.
4. Combine orange juice, allspice, pepper, and beef broth. Pour over meat. Cover and simmer, about 2 hours.

Preparation time: 20 minutes

Cooking time: 2 hours

Per serving:

Calories	220
Total fat	9 grams
Saturated fat	3 grams
Cholesterol	91 milligrams
Sodium	264 milligrams



Beef-Noodle Casserole

4 Servings, about 2 cups each

Lean ground beef	1 pound
Onions, chopped finely	½ cup
Boiling water	3 quarts
Noodles, enriched, uncooked	2¾ cups
Tomato soup, condensed	1 10¾-ounce can
Water	¼ cups
Pepper	⅛ teaspoon
Bread crumbs	1 cup

1. Brown beef and onions in hot skillet; drain.
2. Place water in large saucepan; bring to rolling boil. Cook noodles in boiling water for 10 minutes; drain and set aside.
3. Combine soup, water, and pepper. Stir into cooked meat. Add cooked noodles to meat mixture. Stir gently to avoid tearing the noodles.
4. Spoon beef-noodle mixture into 9- by 13-inch baking pan. Sprinkle bread crumbs over beef-noodle mixture.
5. Bake, uncovered, at 300° F, about 30 minutes.

Preparation time: 20 minutes

Cooking time: 30 minutes

Per serving:

Calories	575
Total fat	19 grams
Saturated fat	7 grams
Cholesterol	147 milligrams
Sodium	575 milligrams



Pizza Meat Loaf

4 Servings, about ¼ loaf each

Ground turkey	1 pound
Spaghetti sauce	¾ cup
Mozzarella cheese, part-skim	¼ cup
Green peppers, chopped	½ cup
Onion, minced	¼ cup

1. Lightly grease 9-inch pie plate with vegetable oil. Pat turkey into pie plate.

Conventional Method

1. Place turkey in 350° F oven; bake until turkey no longer remains pink, about 17 to 20 minutes.

Microwave Method

1. Cover turkey with waxed paper.
2. Cook on high; rotate plate ¼ turn after 3 minutes.
3. Cook until turkey no longer remains pink, about 5 more minutes. Drain.

TO COMPLETE COOKING

1. Top baked turkey with spaghetti sauce, cheese, and vegetables.
2. Return turkey to either the conventional oven or the microwave oven and heat until cheese is melted, about 1 to 2 minutes.

Preparation time: 15 minutes

Conventional cooking time: 20 minutes

Microwave cooking time: 8 minutes

Per serving:

Calories	255
Total fat	14 grams
Saturated fat	4 grams
Cholesterol	88 milligrams
Sodium	376 milligrams



Saucy Beef Pasta

4 Servings, about 1½ cups each

Water	½ cup
Green beans, frozen	½ 10-ounce package
Onions, minced	½ cup
Lean ground beef	1 pound + 6 ounces
Noodles, uncooked	6¾ cups
Cold water	2 cups
Beef bouillon	2 cubes
Flour	⅓ cup
Pepper	¼ teaspoon
Dry parsley flakes	1 teaspoon
Garlic powder	½ teaspoon
Onion powder	1 teaspoon

1. Place ½ cup of water in saucepan. Cover and bring to boil. Add green beans, lower heat, and simmer until tender, about 5 minutes. Drain.
2. Place onions and ground beef in skillet. Cook over medium heat; stir occasionally. Cook until beef no longer remains pink, about 5 to 10 minutes. Drain fat off.
3. Cook noodles according to package instructions. Drain.
4. Combine cold water and flour; stir until smooth. Add flour mixture and beef bouillon cubes to ground beef. Cook, stirring frequently until mixture has thickened and bouillon cubes have dissolved, about 4 minutes.
5. Add cooked green beans, cooked noodles, pepper, parsley flakes, garlic powder, and onion powder to ground beef mixture; stir to combine.
6. Place beef mixture in 8- by 12-inch baking pan; cover and bake in 350° F oven until thoroughly heated, about 15 minutes.

Preparation time: 25 minutes

Cooking time: about 35 minutes

Per serving:

Calories	630
Total fat	24 grams
Saturated fat	9 grams
Cholesterol	175 milligrams
Sodium	246 milligrams



Southwestern Salad

4 Servings, about ½ cup beef mixture, ½ cup lettuce and cheese mixture each

Onions, chopped	½ cup
Lean ground beef	1 pound
Chili powder	1 tablespoon
Dry oregano	2 teaspoons
Ground cumin	½ teaspoon
Canned kidney beans, red, drained	1 cup
Canned chickpeas, drained	1 15-ounce can
Tomato, diced	1 medium
Lettuce	2 cups
Cheddar cheese	½ cup

1. Cook ground beef and onions in a large skillet until the beef no longer remains pink. Drain.
2. Stir chili powder, oregano, and cumin into beef mixture; cook for 1 minute.
3. Add beans, chickpeas, and tomatoes. Mix gently to combine.
4. Combine lettuce and cheese in large serving bowl. Portion lettuce and cheese onto 4 plates. Add 1 cup of beef mixture on top of lettuce and cheese.

Preparation time: 15 minutes

Cooking time: 10 to 15 minutes

Note: Garbanzo bean is another name for chickpea.

Per serving:

Calories	485
Total fat	22 grams
Saturated fat	9 grams
Cholesterol	98 milligrams
Sodium	411 milligrams



Stir-Fried Pork and Vegetables With Rice

4 Servings of pork and vegetables, about ½ cup each
4 Servings of cooked rice, about 2 cups each

Chicken broth, reduced sodium	2 cups
Hot water	2 cups
Rice, uncooked	2 cups
Vegetable oil	2 tablespoons
Broccoli cuts, frozen	2 cups
Carrots, cleaned, sliced thinly	1 cup
Onions, minced	¼ cup
Garlic powder	1 teaspoon
Canned mushrooms, drained	½ cup
Ground pork	1 pound + 7 ounces
Soy sauce	4 tablespoons

1. Heat broth and water to a boil in sauce pan; add rice and return to boil. Reduce heat to low and simmer until tender, about 15 minutes.
2. Heat 1 tablespoon of oil in skillet. Add broccoli, carrots, onions, and garlic powder. Cook until crisp-tender, about 5 minutes. Remove from skillet. Add mushrooms. Cook for 1 minute and set aside.
3. Heat second tablespoon of oil in skillet. Add pork; cook until pork no longer remains pink. Drain liquid.
4. Add soy sauce and stir until mixed; add vegetables to pork mixture. Cook until heated, about 1 to 2 minutes.
5. Serve pork mixture over cooked rice.

Preparation time: 20 minutes

Cooking time: 25 to 30 minutes

Note: Sodium level can be reduced from 799 milligrams to 532 milligrams by reducing soy sauce from 4 to 2 tablespoons.

Per serving:

Calories	860
Total fat	33 grams
Saturated fat	10 grams
Cholesterol	108 milligrams
Sodium	799 milligrams



Fish

Baked Cod With Cheese

4 Servings, about 3 ounces each

Cod fillets, fresh or frozen	1 pound
Cheddar cheese, shredded	4 tablespoons

1. Thaw cod according to package directions.
2. Prepare cod according to package directions.
3. After cod is fully cooked, sprinkle cheese on cod. Return cod to oven to melt cheese, about 3 to 5 minutes.

Preparation time: 7 minutes

Cooking time: 15 minutes

Per serving:

Calories	155
Total fat	5 grams
Saturated fat	3 grams
Cholesterol	65 milligrams
Sodium	160 milligrams



Baked Spicy Fish

4 Servings, about 3 ounces each

Cod fillets, fresh or frozen	1 pound
Paprika	¼ teaspoon
Garlic powder	¼ teaspoon
Onion powder	¼ teaspoon
Pepper	⅛ teaspoon
Ground oregano	⅛ teaspoon
Ground thyme	⅛ teaspoon
Lemon juice	1 tablespoon
Margarine, melted	1½ tablespoons

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350° F.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13- by 9- by 2-inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Preparation time: 15 minutes

Cooking time: 25 minutes

Per serving:

Calories	140
Total fat	5 grams
Saturated fat	1 gram
Cholesterol	51 milligrams
Sodium	123 milligrams



Spanish Baked Fish

4 Servings, about 3 ounces each

Perch fillets, fresh or frozen	1 pound
Tomato sauce	1 cup
Onions, sliced	½ cup
Garlic powder	½ teaspoon
Chili powder	2 teaspoons
Dried oregano flakes	1 teaspoon
Ground cumin	⅛ teaspoon

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350° F. Lightly grease baking dish.
3. Separate fish into four fillets or pieces. Arrange fish in baking dish.

4. Mix remaining ingredients together and pour over fish.
5. Bake until fish flakes easily with fork, about 10 to 20 minutes.

Preparation time: 15 minutes

Cooking time: About 10 to 20 minutes

Per serving:

Calories	135
Total fat	1 gram
Saturated fat	Trace
Cholesterol	104 milligrams
Sodium	448 milligrams



Tuna Macaroni Salad

4 Servings, about 1½ cups each

Elbow macaroni, uncooked	1 cup
Canned tuna, water-pack, drained	2 6-ounce cans
Eggs, hard cooked, finely diced	4
Celery, chopped	¼ cup
Carrots, grated	¾ cup
Salad dressing, mayonnaise-type	½ cup
Onion, minced	2 tablespoons
Pepper	¼ teaspoon

1. Place water in large saucepan and bring to boil. Add macaroni and cook until tender, about 6 to 8 minutes. Drain.
2. Combine macaroni, tuna, eggs, celery, and carrots in a large bowl.
3. Stir together salad dressing, onion, and pepper. Spoon dressing over salad; toss until evenly combined.
4. Chill until ready to serve.

Preparation time: 15 minutes

Cooking time: 8 to 10 minutes

Per serving:

Calories	520
Total fat	30 grams
Saturated fat	5 grams
Cholesterol	237 milligrams
Sodium	509 milligrams



Tuna Pasta Salad

4 Servings, about 1½ cups each

Macaroni, uncooked	2 cups
Tuna, canned, water-pack	2 6½-ounce cans
Zucchini, chopped	½ cup
Carrots, sliced	¼ cup
Onions, diced	⅓ cup
Salad dressing, mayonnaise-type	¼ cup

1. Cook macaroni according to package directions. Drain.
2. Drain tuna.
3. Wash vegetables. Chop zucchini; slice carrots into thin slices; dice onions.
4. Mix macaroni, tuna, and vegetables together in mixing bowl. Stir in salad dressing.
5. Chill until ready to serve.

Preparation time: 25 minutes

Cooking time: 8 minutes

Per serving:

Calories	405
Total fat	13 grams
Saturated fat	2 grams
Cholesterol	25 milligrams
Sodium	360 milligrams



Poultry

Baked Chicken Nuggets

4 Servings, about 3 ounces each

Chicken thighs, boneless, skinless	1½ pounds
Ready-to-eat cereal, cornflakes, crumbs	1 cup
Paprika	1 teaspoon
Italian herb seasoning	½ teaspoon
Garlic powder	¼ teaspoon
Onion powder	¼ teaspoon

1. Remove skin and bone; cut thighs into bite-sized pieces.
2. Place cornflakes in plastic bag and crush by using a rolling pin.
3. Add remaining ingredients to crushed cornflakes. Close bag tightly and shake until blended.
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Conventional Method

1. Preheat oven to 400° F. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12 to 14 minutes.

Microwave Method:

1. Lightly grease an 8- by 12-inch baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.
3. Rotate chicken every 2 to 3 minutes. Cook until tender, about 6 to 8 minutes.

Preparation time: 15 minutes

Conventional cooking time: 12 to 14 minutes

Microwave cooking time: 6 to 8 minutes

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.

Per serving:

Calories	175
Total fat	8 grams
Saturated fat	2 grams
Cholesterol	67 milligrams
Sodium	127 milligrams



Chicken and Vegetables

4 Servings, about 1 cup each

Margarine	1½ tablespoons
Garlic powder	1 teaspoon
Onions, chopped	½ cup
Chicken thighs, boneless, skinless	1 pound + 4 ounces
Cut green beans, frozen	10-ounce package
Pepper	¼ teaspoon

1. Melt margarine in heavy skillet. Add garlic and onions; stir until blended. Cook over medium heat, until tender, about 5 minutes. Remove from skillet.
2. Place chicken in the skillet. Cook over medium heat, until chicken is thoroughly done and no longer pink in color, about 12 minutes. Remove chicken from skillet; keep warm.
3. Place frozen green beans, pepper, and cooked onions in same skillet. Cover and cook over medium-low heat until beans are tender, about 5 minutes.
4. Add chicken to vegetable mixture. Continue cooking, stirring occasionally, until heated through, about 3 minutes.

Preparation time: 6 minutes
Cooking time: 25 minutes

Note: To remove bone from chicken thighs:

1. Place chicken on cutting board. Remove skin from thighs.
2. Turn chicken thighs over.
3. Cut around bone and remove it.

Per serving:

Calories	190
Total fat	11 grams
Saturated fat	3 grams
Cholesterol	57 grams
Sodium	109 milligrams



Oven Crispy Chicken

4 Servings, about 4 ounces each

Broiler fryer chicken, cut-up	1½ pounds
Whole milk	¼ cup
Flour	½ cup
Paprika	1 teaspoon
Pepper	½ teaspoon
Ready-to-eat flake cereal, slightly crushed	1 cup
Vegetable oil	4 tablespoons

1. Remove skin and all visible fat from chicken. Place milk in large bowl. Add chicken pieces; turn to coat.
2. Combine flour, paprika, and pepper on a plate.
3. Lift chicken pieces from milk and reserve milk. Coat chicken thoroughly with seasoned flour and place on a wire rack until all pieces have been coated. Redip chicken pieces into reserved milk.
4. Place crushed cereal on plate. Place chicken pieces on crushed cereal. Using 2 forks, turn chicken pieces in crushed cereal to coat.
5. Place chicken on a foil-lined baking tray; drizzle oil over chicken.
6. Bake at 400° F, for 15 minutes. Turn chicken pieces over; continue to bake until chicken is thoroughly cooked and crust is crisp, about 15 more minutes.

Preparation time: 15 minutes
Cooking time: 30 minutes

Per serving:

Calories	350
Total fat	15 grams
Saturated fat	4 grams
Cholesterol	93 milligrams
Sodium	503 milligrams



Turkey-Cabbage Casserole

4 Servings, about 2 cups each

Cabbage, shredded	1 cup
Ground turkey	1 pound
Onions, chopped	½ cup
White rice, uncooked	1 cup
Tomato sauce	2 cups
Garlic powder	½ teaspoon
Ground oregano	½ teaspoon

1. Place shredded cabbage in a lightly greased 2-quart casserole dish.
2. In skillet cook turkey until browned and no longer pink in color. Add chopped onions; stir occasionally and cook 3 minutes. Add uncooked rice to cooked turkey.
3. Place turkey-rice mixture over cabbage in casserole dish.
4. Combine tomato sauce, garlic, and oregano. Pour over cooked turkey.
5. Cover and bake at 350° F, about 1 hour.

Preparation time: 10 minutes

Cooking time: 60 minutes

Per serving:

Calories	380
Total fat	11 grams
Saturated fat	3 grams
Cholesterol	77 milligrams
Sodium	829 milligrams



Turkey Chili

4 Servings, about 1½ cups each

Ground turkey	1 pound
Onion, minced	¾ cup
Margarine	2 tablespoons
Water	3 cups
Garlic powder	½ teaspoon
Chili powder	1 tablespoon
Dry parsley flakes	1 tablespoon
Paprika	1 teaspoon
Dry mustard	2 teaspoons
Canned red kidney beans, drained	1 15½-ounce can
Tomato paste	1 6-ounce can
Pearl barley	½ cup
Cheddar cheese, shredded	¾ cup

1. In large sauce pan, cook turkey and onions in margarine until turkey is browned and no longer pink in color, about 9 minutes. Drain; return turkey and onions to pan.
2. Add remaining ingredients except the cheese to turkey mixture; bring to boil, stirring frequently. Cover, reduce heat, and simmer 30 minutes, stirring occasionally.
3. Uncover and simmer 30 minutes, stirring occasionally.
4. Serve over cooked macaroni.
5. Sprinkle 3 tablespoons of cheese over each serving of chili.

Preparation time: 30 minutes

Cooking time: 70 minutes

Per serving:

Calories	540
Total fat	26 grams
Saturated fat	9 grams
Cholesterol	104 milligrams
Sodium	579 milligrams



Turkey Stirfry

4 Servings, about ½ cup each

Chicken bouillon cube	1
Hot water	½ cup
Soy sauce	2 tablespoons
Cornstarch	1 tablespoon
Vegetable oil	2 tablespoons
Garlic powder	½ teaspoon
Turkey, cubed	1 pound
Carrots, thinly sliced	1¾ cups
Zucchini, sliced	1 cup
Onions, thinly sliced	½ cup
Hot water	¼ cup

1. Combine chicken bouillon cube and hot water to make broth; stir until dissolved.
2. Combine broth, soy sauce, and cornstarch in small bowl. Set aside.
3. Heat oil in skillet over high heat. Add garlic and turkey. Cook, stirring, until turkey is thoroughly cooked and no longer pink in color.
4. Add carrots, zucchini, onion, and water to cooked turkey. Cover and cook, stirring occasionally, until vegetables are tender-crisp, about 5 minutes. Uncover, bring turkey mixture to boil. Cook until almost all liquid has evaporated.
5. Stir in cornstarch mixture. Bring to boil, stirring constantly until thickened.

Note: Serve over steamed rice.

Preparation time: 15 minutes

Cooking time: 10 minutes

Per serving:

Calories	195
Total fat	9 grams
Saturated fat	2 grams
Cholesterol	44 milligrams
Sodium	506 milligrams



Turkey Patties

4 Servings, 1 patty each

Ground turkey	1 pound + 4 ounces
Bread crumbs	1 cup
Egg	1
Green onions, chopped	¼ cup
Prepared mustard	1 tablespoon
Margarine	1½ tablespoons
Chicken broth	½ cup

1. Mix ground turkey, bread crumbs, egg, onions, and mustard in large bowl. Shape into 4 patties, about ½-inch thick.
2. Melt margarine in large skillet over low heat. Add patties and cook, turning once to brown other side. Cook until golden brown outside and white inside, about 10 minutes. Remove from skillet and place onto plate.
3. Add chicken broth to skillet, and boil over high heat until slightly thickened, about 1 to 2 minutes. Pour sauce over patties.
4. Serve on buns.

Preparation time: 15 minutes

Cooking time: 10 minutes

Per serving:

Calories	305
Total fat	18 grams
Saturated fat	5 grams
Cholesterol	149 milligrams
Sodium	636 milligrams



Vegetarian

Cheese-Stuffed Potatoes

4 Servings, two potato halves each

Baking potatoes	4 (8-ounces each)
Lowfat cottage cheese	$\frac{1}{8}$ cup
Whole milk	2 tablespoons
Onion, minced	2 tablespoons
Paprika	$\frac{1}{4}$ teaspoon

1. Scrub potatoes and remove any blemishes.

To BAKE:

Conventional Method:

1. Preheat oven to 400^o F.
2. Place potatoes in oven and bake until tender, about 30 to 40 minutes.

Microwave Method:

1. Pierce potatoes by using fork prongs.
2. Cover potatoes with waxed paper. Heat on high until tender, about 5 to 10 minutes.

To STUFF POTATOES:

1. Slice each potato in half, lengthwise. Using a spoon, scoop out pulp, leaving about $\frac{1}{4}$ -inch thick shells, saving pulp.
2. Blend cheese, milk, and onion. Add potato pulp; mix until light and fluffy.
3. Fill potato halves with mixture. Sprinkle paprika over potatoes.

Note: Return to oven or microwave to reheat, for a few minutes, if desired.

Preparation time: 20 minutes

Conventional cooking time: 30 to 45 minutes

Microwave cooking time: 5 to 10 minutes

Per serving:

Calories	250
Total fat	1 gram
Saturated fat	1 gram
Cholesterol	5 milligrams
Sodium	216 milligrams



SOUPS

Chicken Noodle Soup

4 Servings, about 1½ cups each, plus 4 servings for another meal

Vegetable oil	1 teaspoon
Onion, minced	½ cup
Carrots, diced	½ cup
Celery, sliced	½ cup
Garlic powder	½ teaspoon
Flour	⅛ cup
Dried oregano flakes	¼ teaspoon
Chicken broth, reduced sodium	3 cups
Potatoes, peeled, diced	2 cups
Chicken, cooked, chopped	¼ cup
Whole milk	½ cup
Noodles, uncooked	1 cup

1. Heat oil over medium heat in large sauce pan. Add minced onions, carrots, celery, and garlic powder. Cook until onions are tender, about 3 to 5 minutes.
2. Sprinkle flour and oregano over vegetables; cook about 1 minute.
3. Stir in chicken broth and potatoes. Cover and cook until tender, about 20 minutes.
4. Add chicken, milk, and noodles. Cover and simmer until noodles are tender, about 10 minutes.

Preparation time: 25 minutes

Cooking time: 35 to 40 minutes

Per serving:

Calories	210
Total fat	5 grams
Saturated fat	2 grams
Cholesterol	26 milligrams
Sodium	107 milligrams



Potato Soup

4 Servings, about 1 cup each, plus 4 servings for another meal

Onion, chopped	¾ cup (1 medium)
Potatoes, peeled, diced	4½ cups
Margarine	1 tablespoon
Flour	3 tablespoons
Whole milk	1 quart

1. Place onions and potatoes in sauce pan. Cover with water and bring to boil. Simmer until soft, about 10 minutes. Drain.
2. Melt margarine in saucepan. Add flour and stir until smooth. Heat to thicken.
3. Add onions and potatoes to milk mixture, and heat to serving temperature.

Preparation time: 25 minutes

Cooking time: 15 minutes

Per serving:

Calories	190
Total fat	6 grams
Saturated fat	3 grams
Cholesterol	17 milligrams
Sodium	325 milligrams



VEGETABLES AND DIPS

Baked Beans

4 Servings, about $\frac{3}{4}$ cup each

Canned vegetarian beans	3 cups
Catsup	$\frac{1}{4}$ cup
Brown sugar	2 tablespoons

1. In small (1 quart) casserole dish, combine beans, catsup, and brown sugar.
2. Cover and bake at 350° F until bubbly, about 30 minutes.

Preparation time: 5 minutes

Cooking time: 30 minutes

Per serving:

Calories	220
Total fat	1 gram
Saturated fat	Trace
Cholesterol	0
Sodium	937 milligrams



Baked Crispy Potatoes

4 Servings, about $\frac{1}{2}$ cup each, plus 4 servings for snack

Potatoes	4 pounds
Vegetable oil	4 tablespoons
Ground cumin	1 teaspoon
Red pepper	$\frac{1}{4}$ teaspoon

1. Lightly coat a 7- by 12- by 1-inch pan with oil.
2. Wash potatoes; cut in half lengthwise.
3. Place cut sides of potatoes on the oiled pan; rub potatoes in the oil; turn potatoes over so that cut sides are facing up.
4. Mix cumin and red pepper together; sprinkle over potatoes.
5. Bake at 400° F until potatoes are golden brown and tender, about 20 minutes.

Preparation time: 10 minutes

Cooking time: 20 minutes

Per serving:

Calories	170
Total fat	5 grams
Saturated fat	1 gram
Cholesterol	0
Sodium	10 milligrams



Potato Cakes

4 Servings, 1 cake each

New potatoes, cooked, peeled, mashed	2 cups
Egg	1
Flour	1 tablespoon
Whole milk	2 tablespoons
Vegetable oil	$\frac{1}{4}$ cup

1. Mix mashed potatoes, egg, flour, and milk thoroughly.
2. Shape into flat cakes, about $\frac{1}{2}$ -inch thick.
3. Heat oil in skillet.
4. Add potato cakes to hot skillet. Cook until golden brown and thoroughly heated.

Preparation time: 10 minutes

Cooking time: 5 minutes

Per serving:

Calories	210
Total fat	15 grams
Saturated fat	3 grams
Cholesterol	54 milligrams
Sodium	222 milligrams



Ranch Beans

4 Servings, about 1 cup each

Green pepper, chopped	¼ cup
Canned vegetarian beans	1¾ cups
Canned kidney beans, red, drained	1¾ cups
Catsup	2 tablespoons
Molasses	2 tablespoons
Dried onion	½ teaspoon

Conventional Method:

1. Place all ingredients in saucepan and heat thoroughly, about 10 minutes.

Microwave Method:

1. Place all ingredients in microwave-safe bowl. Cover with waxed paper. Cook on high; stirring every 2 minutes; cook about 5 minutes.

Preparation time: 5 minutes

Cooking time: 5 to 10 minutes

Per serving:

Calories	240
Total fat	1 gram
Saturated fat	Trace
Cholesterol	0
Sodium	916 milligrams



Scalloped Potatoes

4 Servings, about 1½ cups each

Potatoes	2 pounds
Margarine	2 tablespoons
Onions, sliced	1 cup
Flour	3 tablespoons
Pepper	¼ teaspoon
Whole milk	2 cups

1. Wash potatoes; peel and slice into thin slices.
2. Melt 1 tablespoon of margarine in heavy, deep skillet. Remove skillet from heat; spread half of potato slices in skillet.
3. Cover potatoes with onions. Sprinkle half of flour and pepper over potato mixture.
4. Add remaining potato slices, flour, and pepper. Cut 1 tablespoon of margarine into small pieces and place on top of potato mixture.
5. Pour milk over potato mixture; bring to boil over high heat. Reduce heat to medium low, cover, and cook until potatoes are tender, about 15 minutes.

Preparation time: 20 minutes

Cooking time: 15 minutes

Per serving:

Calories	305
Total fat	10 grams
Saturated fat	4 grams
Cholesterol	17 milligrams
Sodium	139 milligrams



Shoestring Potatoes

4 Servings, about 6 ounces each

Potatoes	1½ pounds
Vegetable oil	3 tablespoons
Salt	¼ teaspoon
Pepper	¼ teaspoon

1. Preheat oven to 450° F.
2. Wash potatoes; cut lengthwise into thin strips.
3. Combine remaining ingredients in plastic bag. Put potatoes in bag; seal; shake to coat potatoes.
4. Arrange potatoes in single layer on baking sheet.
5. Bake until crisp and golden, about 30 minutes.

Preparation time: 15 minutes

Cooking time: 30 minutes

Per Serving:

Calories	255
Total fat	14 grams
Saturated fat	2 grams
Cholesterol	0
Sodium	156 milligrams



Chickpea Dip

4 Servings, about 3 tablespoons each, plus 4 servings for another meal or snack.

Canned chickpeas, drained	1 15½-ounce can
Vegetable oil	2 tablespoons
Lemon juice	1 tablespoon
Onions, chopped	2 tablespoons
Salt	½ teaspoon

1. Mash chickpeas in a small bowl until they are smooth.
2. Add oil and lemon juice; stir to combine.
3. Add chopped onions and salt.
4. Serve on bread or crackers.

Preparation time: 10 minutes

Note: Garbanzo bean is another name for chickpea.

Per serving:

Calories	90
Total fat	4 grams
Saturated fat	Trace
Cholesterol	0
Sodium	148 milligrams



SALADS

Macaroni Salad

4 Servings, 1½ cups each

Elbow macaroni, uncooked	12 ounces
Green pepper, chopped	½ cup
Salad dressing, mayonnaise-type	¼ cup
Pepper	½ teaspoon
Garlic powder	¼ teaspoon

1. Cook macaroni according to package directions.
Drain and cool.
2. Combine green pepper, salad dressing, and spices.
3. Add macaroni and toss lightly. Chill.

Preparation time: 15 minutes

Cooking time: 8 to 10 minutes

Per serving:

Calories	430
Total fat	13 grams
Saturated fat	2 grams
Cholesterol	0
Sodium	72 milligrams



Orange Gelatin Salad

4 Servings, ¾ cup each

Gelatin, unflavored	3 ¼-ounce packages
Cold Water	2¼ cups
Orange juice, concentrate	¾ cup

1. Place water in a saucepan; sprinkle gelatin over water.
Let stand 2 minutes.
2. Heat gelatin mixture until it dissolves (mixture will be clear), about 3 to 4 minutes.
3. Remove from heat; add orange juice concentrate and mix.
4. Pour into 9- by 9-inch pan and refrigerate until firm, about 2 to 3 hours.
5. Cut into 1-inch squares.

Preparation time: 5 minutes

Cooking time: 3 to 4 minutes

Per serving:

Calories	100
Total fat	Trace
Saturated fat	Trace
Cholesterol	0
Sodium	16 milligrams



Potato Salad

4 Servings, 1½ cups each

Potatoes, washed, peeled	1 pound (4 medium)
Onion, diced	1 cup
Sweet pickle relish	¼ cup
Celery, chopped	½ cup
Salad dressing, mayonnaise-type	½ cup

1. Wash potatoes; place in sauce pan. Cover with water and bring to boil. Simmer until soft, about 15 minutes.
Drain and cool.
2. Dice onion and chop celery; combine with pickle relish.
3. Add salad dressing to pickle mixture.
4. Cube potatoes and blend with dressing.
5. Cover and chill several hours.

Preparation time: 25 minutes

Cooking time: 15 minutes

Per serving:

Calories	350
Total fat	24 grams
Saturated fat	3 grams
Cholesterol	0
Sodium	290 milligrams



BREADS AND HOT CEREALS

Baked French Toast

4 Servings, about 2 slices each

White bread	8 slices ½-inch-thick slices
Eggs	5
Whole milk	1½ cups
Sugar	¼ cup
Vanilla	½ teaspoon

1. Lightly grease a 13- by 9- x 2-inch baking pan. Cut each slice of bread into 2 even strips. Arrange bread strips in pan.
2. In large bowl, mix eggs, milk, sugar, and vanilla with an electric mixer on low speed until well-blended, about 5 minutes.
3. Pour egg mixture over bread strips; cover. Chill 4 to 24 hours.
4. Preheat oven to 425° F. Bake until eggs are set and toast is lightly browned, about 30 to 40 minutes.
5. Serve with Cinnamon Sugar Topping.

Preparation time: 15 minutes

Cooking time: 30 to 40 minutes

Per serving:

Calories	460
Total fat	23 grams
Saturated fat	7 grams
Cholesterol	279 milligrams
Sodium	581 milligrams



Cooked Rice Cereal

4 Servings, 1 cup each

White rice, uncooked	1½ cups
1% lowfat milk	2 cups
Sugar	¼ cup
Ground cinnamon	1 teaspoon

1. Cook rice according to instructions on the package.
2. Combine warm cooked rice, milk, sugar, and cinnamon. Stir and serve.

Preparation time: 10 minutes

Cooking time: 15 minutes

Per serving:

Calories	250
Total fat	2 grams
Saturated fat	1 gram
Cholesterol	5 milligrams
Sodium	66 milligrams



DESSERTS

Chocolate Rice Pudding

4 Servings, about $\frac{2}{3}$ cup each, plus 4 servings for another meal

Whole milk	1 quart
White rice, uncooked	$\frac{2}{3}$ cup
Sugar	$\frac{1}{2}$ cup
Semi-sweet chocolate chips	$\frac{1}{4}$ cup
Eggs	2
Evaporated whole milk	$\frac{1}{2}$ cup
Sugar	$\frac{1}{2}$ cup
Flour	$1\frac{1}{2}$ tablespoons
Vanilla	1 teaspoon

1. Place milk, rice, and sugar in large saucepan. Simmer over medium heat; stir continuously.
2. Reduce heat to low; simmer uncovered until rice is tender, about 25 minutes. Check to make sure rice doesn't scorch. Add chocolate and stir until melted.
3. Beat eggs, evaporated milk, sugar, flour, and vanilla in medium bowl until smooth. Gradually beat egg mixture into rice mixture.
4. Stir continuously; cook over medium heat until thickened, about 5 to 7 minutes. Do not allow pudding to boil.
5. Pour pudding into medium bowl. Cover and chill.

Preparation time: 15 minutes

Cooking time: 30 to 35 minutes

Per serving:

Calories	325
Total fat	9 grams
Saturated fat	5 grams
Cholesterol	74 milligrams
Sodium	94 milligrams



Oatmeal Cookies

4 Servings, 2 cookies each, plus 4 servings for another meal or snack

Sugar	$\frac{3}{4}$ cup
Margarine	2 tablespoons
Egg	1
Canned applesauce	$\frac{1}{4}$ cup
1% lowfat milk	2 tablespoons
Flour	1 cup
Baking soda	$\frac{1}{4}$ teaspoon
Ground cinnamon	$\frac{1}{2}$ teaspoon
Quick rolled oats	1 cup + 2 tablespoons

1. Preheat oven to 350° F. and lightly grease cookie sheets.
2. In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes.
3. Slowly add egg; mix on medium speed 1 minute. Gradually add applesauce and milk; mix on medium speed, 1 minute. Scrape sides of bowl.
4. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and blend 30 seconds on low speed. Scrape sides of bowl.
5. Drop by teaspoonfuls onto cookie sheet, about 2 inches apart.
6. Bake until lightly browned, about 13 to 15 minutes. Remove from baking sheet while still warm. Cool on wire rack.

Preparation time: 20 minutes

Cooking time: 13 to 15 minutes each batch

Per serving:

Calories	215
Total fat	4 grams
Saturated fat	1 gram
Cholesterol	27 milligrams
Sodium	84 milligrams



Peach-Apple Crisp

4 Servings, about $\frac{1}{2}$ cup each, plus 4 servings for another meal

Canned sliced peaches, light-syrup pack, drained	20 ounces
Apples, tart, peeled, sliced	2 medium
Vanilla	$\frac{1}{2}$ teaspoon
Ground cinnamon	$\frac{1}{4}$ teaspoon
Flour	$\frac{3}{4}$ cup + 3 tablespoons
Brown sugar, packed	$\frac{1}{4}$ cup
Margarine, chilled	3 tablespoons

1. Preheat oven to 350° F. Lightly grease 9- by 9- by 2-inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 20 minutes.

Preparation time: 20 minutes

Cooking time: 20 minutes

Per serving:

Calories	175
Total fat	5 grams
Saturated fat	1 gram
Cholesterol	0
Sodium	57 milligrams



Peach Cake

8 Servings, about 2- by 2-inch piece each

Canned peaches, light syrup pack, drained and chopped	$2\frac{1}{4}$ cups (29-ounce can)
Sugar	$\frac{1}{2}$ cup
Flour	1 cup
Egg	1
Baking soda	1 teaspoon
Vegetable oil	2 tablespoons
Vanilla	1 teaspoon
Brown sugar, firmly packed	2 tablespoons
Whole milk	2 teaspoons

1. Preheat oven to 350° F. Lightly grease 8- by 8-inch pan.
2. Spread peaches in baking pan. Mix remaining ingredients, except brown sugar and milk, together in mixing bowl; spread over top of peaches.
3. Bake until toothpick inserted into cake comes out clean, about 30 to 35 minutes.
4. For topping, combine brown sugar and milk in small bowl. Drizzle mixture on top of cake; return cake to oven, and bake 2 to 3 minutes.
5. Cut into 8 pieces

Preparation time: 20 minutes

Cooking time: 30 to 35 minutes

Per serving:

Calories	205
Total fat	4 grams
Saturated fat	1 gram
Cholesterol	27 milligrams
Sodium	171 milligrams



Rice Pudding

4 Servings, about $\frac{1}{4}$ cups each, plus 4 servings for another meal or snack

Whole milk	1 cup
Water	1 cup
Rice, uncooked	1 cup
Eggs	2
Evaporated milk	1 cup
Vanilla	1 teaspoon
Sugar	$\frac{1}{4}$ cup
Ground cinnamon	$\frac{1}{8}$ teaspoon

1. In sauce pan, heat milk and water.
2. Add rice, bring to boil, lower heat to simmer; stir mixture every 10 minutes. Cook uncovered until rice is tender, about 30 minutes.
3. In large bowl, mix eggs, $\frac{3}{4}$ cup evaporated milk, vanilla, and sugar. Set aside.
4. Add remaining $\frac{1}{4}$ cup evaporated milk to rice mixture.
5. Spoon 1 cup of rice mixture into egg mixture and stir. Pour egg-rice mixture into remaining rice.
6. Heat pudding until it boils, stirring continuously. Remove from heat, and sprinkle with cinnamon.

Preparation time: 15 minutes

Cooking time: 40 minutes

Per serving:

Calories	190
Total fat	5 grams
Saturated fat	3 grams
Cholesterol	67 milligrams
Sodium	66 milligrams



Sugar Cookies

4 Servings, 3 cookies each, plus 4 servings for another meal or snack

Margarine	$\frac{1}{3}$ cup
Powdered sugar	$\frac{2}{3}$ cup
Eggs	2
Vanilla	$\frac{1}{2}$ teaspoon
Flour	1 cup
Baking powder	$\frac{1}{2}$ teaspoon
Baking soda	$\frac{1}{8}$ teaspoon

1. Preheat oven to 375° F.
2. Mix margarine and powdered sugar together thoroughly.
3. Add eggs and vanilla. Beat until blended. Add dry ingredients and blend well.
4. Shape dough into 24 one-inch balls and place on ungreased cookie sheets. Crisscross balls by using fork prongs.
5. Bake until lightly brown, about 10 minutes.

Preparation time: 15 minutes

Cooking time: About 10 minutes each batch

Per serving:

Calories	190
Total fat	10 grams
Saturated fat	2 grams
Cholesterol	53 milligrams
Sodium	167 milligrams



FOOD LIST

Week 1: Food for a Family of Four¹

Fruits and Vegetables

Fresh²:

Apples	(6 small) 1 lb 8 oz
Bananas	(11 medium) 2 lb 12 oz
Melon	1 lb
Oranges	(26 small) 5 lb 7 oz
Cabbage	4 oz
Carrots	1 lb 4 oz
Celery	3 oz
Green pepper	3 oz
Lettuce, leaf	4 oz
Onions	2 lb 8 oz
Potatoes	11 lb 14 oz
Zucchini	7 oz

Canned:

Applesauce	2 oz
Peaches	1 lb 10 oz
Pears	13 oz
Green beans	12 oz
Spinach	10 oz
Tomato paste	6 oz
Tomato sauce	1 lb 1 oz
Tomato soup	10.5 oz

Frozen:

Orange juice, concentrate	8 12-oz cans
Green beans	5 oz
Peas	5 oz

Breads, Cereals, and Other Grain Products

Bagels, plain, enriched	(8) 1 lb
Bread crumbs	2 oz
Bread, white, enriched	2.2 lb
English muffins	8
French bread, enriched	8 oz
Hamburger buns, enriched	8
Crackers, snack, low salt	4 oz
Oatmeal, quick, rolled oats	3 oz
Ready-to-eat cereal (flakes)	6 oz
Barley, pearl	4 oz
Flour, enriched	1 lb 8 oz
Macaroni, enriched	1 lb 11 oz
Noodles, enriched	2 lb 3 oz
Rice, enriched	2 lb, 5 oz

Milk and Cheese

Evaporated milk	16 fl oz
Milk, 1% lowfat	2½ gal
Milk, whole	3 qt
Cheddar cheese	8 oz

Meat and Meat Alternates

Beef chuck roast	2.5 lb
Beef, ground, lean	2.4 lb
Chicken, fryer	1.5 lb
Fish	
Breaded portions, frozen	1 lb
Cod, frozen	1 lb
Tuna fish, chunk-style, water-pack	12 oz
Turkey breast	2 lb 4 oz
Turkey, ground	2 lb
Turkey ham (deli)	11 oz
Beans, kidney, canned	1 lb 11 oz
Beans, lima, dry	6 oz
Beans, northern, canned	9 oz
Beans, garbanzo (chickpeas), canned	10 oz
Eggs, large	16

Fats and Oils

Margarine, stick	7 oz
Shortening	2 oz
Salad dressing, mayonnaise-type	1 lb
Vegetable oil	9 fl oz

Sugars and Sweets

Sugar, brown	2 oz
Sugar, granulated	1 lb
Chocolate pudding, instant	3 oz
Lemonade (ready-to-drink)	1 gal

Other Food Items³

Baking powder
Baking soda
Beef bouillon cubes
Black pepper, red pepper
Catsup
Chicken bouillon cubes
Chili powder
Cinnamon
Cornstarch
Cumin
Dry mustard
Gelatin, unflavored
Lemon juice, bottled
Onion powder
Oregano
Paprika
Parsley flakes
Salt
Soy sauce
Sweet pickle relish
Vanilla
Vinegar

¹Provides food for a family of four. Amounts of food shown are for foods **actually used** during the week.

²Substitute other fruits or vegetables in season that contain similar nutrients if they are better buys.

³Small amounts used in preparing recipes and other foods in the menus and recipes; purchase as needed.

FOOD LIST

Week 2: Food for a Family of Four¹

Fruits and Vegetables		Meat and Meat Alternates	
Fresh²:		Beef, ground, lean	3 lb 15 oz
Apples	(5 small) 1 lb 4 oz	Chicken, fryer	1 lb 13 oz
Bananas	(11 medium) 2 lb 12 oz	Chicken, thighs	2 lb 12 oz
Grapes	1 lb 8 oz	Fish (flounder, cod), frozen	2 lb
Melon	1 lb	Tuna fish, chunk-style, water-pack	12 oz
Oranges	(22 small) 4 lb 12 oz	Pork, ground	1 lb 7 oz
Carrots	1 lb	Turkey, ground	1 lb
Celery	5 oz	Turkey ham	11 oz
Green pepper	4 oz	Beans, garbanzo (chickpeas), canned	15 oz
Lettuce, leaf	9 oz	Beans, kidney, canned	15 oz
Onions	1 lb 4 oz	Beans, vegetarian, canned	1 lb 9 oz
Potatoes	10 lb 8 oz	Eggs, large	17
Tomatoes	6 oz		
Canned:		Fats and Oils	
Oranges, mandarin	13 oz	Margarine, stick	15 oz
Peaches, canned, light-syrup	1 lb 10 oz	Shortening	4 oz
Mushrooms, canned	4 oz	Salad dressing, mayonnaise-type	6 fl oz
Spaghetti sauce	26 oz	Vegetable oil	9 fl oz
Tomato sauce	8 oz		
Frozen:		Sugars and Sweets	
Orange juice, concentrate	7 12-oz cans	Sugar, brown	1 oz
Broccoli	6 oz	Sugar, powdered	3 oz
French fries	11 oz	Sugar, granulated	9 oz
Green beans	1 lb 7 oz	Jelly	8 oz
Peas	15 oz	Molasses	1 fl oz
		Pancake syrup	2 oz
Breads, Cereals, and Other Grain Products		Chocolate chips, semi-sweet	2 oz
Bagels, plain, enriched	(4) 8 oz	Fruit drink	1 gal
Bread crumbs	3 oz	Fudgesicles, ice milk	4
Bread, French	4 oz		
Bread, white, enriched	2 lb	Other Food Items ³	
Bread, whole-wheat	1 lb	Baking powder	
Hamburger buns, enriched	8	Baking soda	
Rolls, dinner, enriched	4	Black pepper	
Ready-to-eat cereal		Catsup	
Corn flakes	1 oz	Chicken broth, reduced sodium	
Toasted oats	10 oz	Chili powder	
Flour, enriched	1 lb 7 oz	Cinnamon	
Macaroni, enriched	1 lb 5 oz	Chocolate drink mix, powdered	
Noodles, enriched	1 lb 2 oz	Cumin	
Popcorn, microwave, unpopped	3 oz	Dried onion	
Rice, enriched	3 lb 2 oz	Garlic powder	
Spaghetti, enriched	11 oz	Gelatin, unflavored	
		Italian herb seasoning	
Milk and Cheese		Lemon juice, bottled	
Evaporated milk	4 oz	Oregano	
Milk, 1% lowfat	9 qt	Paprika	
Milk, whole	4 qt	Salt	
Cheese, cheddar	2 oz	Soy sauce, reduced sodium	
Cheese, cottage	7 oz	Vanilla	
Cheese, mozzarella	1 oz		

¹Provides food for a family of four. Amounts of food shown are for foods **actually used** during the week.

²Substitute other fruits or vegetables in season that contain similar nutrients if they are better buys.

³Small amounts used in preparing recipes and other food items in the Week 1 menus; purchase as needed.

PLANNING AND PREPARING NUTRITIOUS MEALS

Even on a minimal-cost food budget, family members need a variety of foods for a nutritious diet. A variety of foods supplies the energy and nutrients for normal growth and good health. The USDA Food Guide Pyramid, a guide to daily food choices, can help American families eat better every day—the Dietary Guidelines way. For more information about the Food Guide Pyramid, see *The Food Guide Pyramid* bulletin (resource list).

To ensure that the family receives a variety of foods and the suggested servings, the family food preparer should plan each day's meals around the five major food groups (grains, vegetables, fruits, milk, and meat) in the Food Guide Pyramid. The food preparer totals the number of servings from each of the food groups that the family will need.

An understanding of portions and serving sizes is key to planning and preparing nutritious meals successfully. Additional information on portions and serving sizes is found in *Nutrition Insights: Food Portions and Servings, How Do They Differ?* (resource list).

It is important that menus over several days include each of the vegetable subgroups: Dark-green leafy, deep-yellow, dry beans and peas, starchy, and other vegetables. The Food Guide Pyramid suggests consuming dark-green leafy vegetables and dry beans and peas several times a week and several servings of whole-grain breads and cereals each day. Foods from these subgroups help to meet nutritional objectives for dietary fiber, magnesium, iron, zinc, vitamin B₆, and folate, which are low in the diet of many Americans.

Tips for Preparing Nutritious Meals at a Minimal Cost

It's the food choices made over the long run—day-to-day, week-to-week—that add up to good nutritional health. No one set of menus or recipes, whatever the cost, can satisfy everyone, nor can families always eat exactly as planned. Being flexible is an essential component of preparing nutritious meals that the family enjoys.

The menus in this booklet illustrate ways to reduce dietary fat, sugars, and sodium for families on a limited food budget. In addition, CNPP's electronic resource

Advantages to Planning Meals

There are many advantages to planning meals on a limited budget for several days at a time. Four key advantages to planning ahead are:

- Makes it easier to include a variety of foods from each food group, especially foods from subgroups that provide nutrients that are often low in the American diet.
- Saves money. When shopping for food, the food preparer will know what is needed and can buy only what the family will use. In addition, shopping lists can help avoid expensive impulse purchases. Preplanned quick meals can replace more costly convenience or ready-to-eat food items.
- Saves time and effort. Needed items will be on hand, which means fewer trips to the grocery store. Planning helps the food preparer make good use of leftovers, which can decrease preparation time and food costs. One use of leftovers is for work-time meals.
- Helps balance food choices. When a food relatively high in fat, sugars, or sodium is used, other food items that are lower in the same components can be used to go with it. For example, when ham is served for dinner, a fresh or frozen vegetable prepared without salt and lower sodium foods can be served with the ham.

guide, *Using the Food Guide Pyramid: A Resource for Nutrition Educators*, contains detailed information about the Food Guide Pyramid, along with sample menus and recipes to assist educators in helping consumers plan and prepare nutritious meals. Even though the guide contains meal plans designed for moderate-cost budgets, much of the information also applies to minimal-cost meal plans. The guide can be accessed at CNPP's Web site: <http://www.usda.gov/cnpp>.

Some **tips to use with consumers** to help them plan and prepare nutritious meals on a limited budget include helping them:

- Build main dishes around pasta or grains, such as noodles or rice, and combine them with a smaller amount of meat, poultry, fish, or meat alternates such as eggs. For example, prepare a main dish by combining rice, vegetables, and ham.
- Create variety by including a new, low-cost nutritious food occasionally, along with old favorites. For example, if potatoes are always whipped, try baked or a potato-vegetable combo.
- Involve other family members in planning and preparing meals. This creates interest, teaches others basic food preparation skills, and lessens the workload for the food preparer.
- Make meals easier to prepare by varying the methods used to cook foods. For example, if a slow cooker or pressure cooker is available, use either of these appliances to cook dry beans. The slow cooker does not require constant watching, and the pressure cooker requires much less time than the conventional stove-top method.
- Go easy on fat, sugars, and sodium in preparing food items. For example, bake rather than deep-fat-fry chicken or fish. This does not mean eliminating all fat, sugars, and sodium—only limiting the amount. For specific tips on choosing and preparing foods with less fat, sugars, and sodium, see *Making Healthy Food Choices* (resource list).
- Use herbs, spices, and other lower fat flavorings rather than rich sauces and gravies.
- Take advantage of planned leftovers to cut preparation time and save food dollars. For example, prepare a roast, serve half of it, and freeze the remaining half to use later with vegetables for a quick soup or in other dishes.
- Do “batch cooking” when the food budget and time allow. Cook a large batch of spaghetti sauce, divide it into family-size portions, and freeze promptly for meals later in the month.
- Make one-pot meals such as stews or hearty soups. These type of meals reduce the number of pots, pans, and other utensils that have to be washed.

Snacks

Americans, in general, like to have snacks and often substitute snacks for meals because snacks are quick and easy. How often the family has snacks is not as important, as how these foods help meet nutrient needs. Eating too many convenience-type snacks that are high in sugars, fat, and sodium can increase food costs and add calories and fat without providing important nutrients that family members need. On the other hand, nutritious snacks such as fruits and vegetables in season and plain popcorn can provide needed nutrients at a reasonable cost.

Here are some **tips to use with consumers** to help them prepare nutritious snacks at a reasonable cost:

- Limit the amount of food served as a snack so that it does not replace a meal. Or, if it is taking the place of a meal, choose meal-type foods—a small entree, a sandwich, or a hearty salad.
- Serve snacks that provide dietary fiber and other nutrients. Fresh fruits in season with skins (apples, peaches), dried fruits (raisins, prunes), raw vegetables, and whole-grain breads or crackers (whole-wheat, rye) are some good sources of dietary fiber.
- When the food budget allows, buy extra low-cost, nutrient dense foods such as potatoes and frozen orange juice concentrate. These foods keep well and can be served at snack or meal time.

Desserts

Eating nutritious meals and snacks does not mean giving up favorite desserts, such as ice cream and cookies. The key is to balance desserts with other foods that are lower in fat, sugars, and calories. For example, if ice cream is being served for dessert, serve one scoop instead of two or more.

Desserts can be good and nutritious for the family without adding excessive cost. Baked products, for example, can be moderate in calories, fat, sugars, and sodium. Many traditional desserts can be modified so that they contain less fat, sugars, and sodium without affecting taste.

For example, try a fruit crisp, such as the Peach-Apple Crisp recipe in this booklet, instead of a fruit pie with a double crust to reduce fat and calories.

Wisely Selecting Foods

Whether meals are prepared in advance or fixed at the last minute, food shopping is an essential component of making nutritious meals on any food budget—liberal-, moderate-, low-, or minimal- cost. Here are some **tips to use with consumers** who are on a tight budget to help them wisely select nutritious foods for their families:

- Plan meals to include a variety of foods from the Food Guide Pyramid and make a list before shopping of all foods needed.
- Compare ingredient list and nutrition facts label on packaged foods to help select the most nutritious foods. If the family tends to eat foods that are higher in fats, sugars, or sodium, balance them throughout the day with other foods that are lower in these nutrients. For more information on using food labels, contact the Food and Drug Administration by using the telephone number or Web site address in the resource list.
- Compare the cost of convenience foods with the cost of those foods made from scratch. Many convenience foods (such as fancy bakery products, frozen entrees, and vegetables with seasoning and sauces) usually cost more per serving than similar foods prepared at home. In addition, the amount of fat, sugars, and sodium can be controlled in products made at home.
- Look for specials, sales, and coupons in newspaper ads, on radio, and in television spots. Remember, coupons save dollars only on those products one needs and normally buys.
- Try store brands and generic brands. They are usually less costly than name brands and are equally nutritious.
- Use the unit price (price per ounce, pound, or pint) to compare costs of different brands and package sizes. The unit price is determined by dividing the total cost of the product by the number of units the product contains. Most stores show the unit price on the shelf.
- Use open dating information (“sell by dates” and “best if used by” information) to help select the freshest foods.

Additional Tips for Consumers To Get the Best Buy for the Money

- When buying meat, consider the amount of cooked lean meat or the number of servings obtained for the price. The cut with a low price per pound is not always the best buy. A relatively high-priced cut of meat with little or no waste may provide more meat for the money than a low-priced cut with a great deal of bone, gristle, or fat.
- Consider less expensive lean cuts of meat such as chuck or bottom round instead of sirloin. They are just as nutritious as the more expensive cuts but need to be cooked longer at a lower temperature to make the meat tender.
- Use dry beans and peas occasionally instead of meat, poultry, or fish to vary meals and reduce cost. These foods provide protein and many of the same nutrients found in meat.
- Buy fresh vegetables and fruits in season, when they are generally less expensive.
- Buy fresh fluid milk in large containers (gallon or ½ gallon) that generally cost less than milk in quart containers. Fluid milk sold at “24-hour” convenience stores usually costs more than that sold at supermarket food stores. Nonfat dry milk is the least expensive way to buy milk.
- Buy bulk foods (when available). They are lower in price than similar foods sold in packages in the store. Also, buy the exact amount needed to control food waste.
- Foods at salad bars can be costly. Basic food items—lettuce, cabbage, and carrots—usually cost less in the produce section of the store than at the salad bar. But for some families, buying a smaller amount of food items at the salad bar may reduce waste and save dollars.
- Prevent food waste. Buy the types of food that family members like and the amount that they will eat before the food spoils.

RESOURCE LIST

Preparing and Using Food Safely

Here are eight key **tips to use with consumers** to help them prepare food safely in the home:

- Always wash hands with soap and warm running water before handling food.
- Always wash cutting boards and utensils (knives or scissors) used to cut meat with soapy, hot water before cutting other foods such as raw vegetables or fruits on the boards.
- Thaw frozen foods in the refrigerator, not on the kitchen counter, or thaw them in the microwave oven, following the oven manufacturer's directions. Marinate foods in the refrigerator.
- Keep cooked foods away from raw meat, poultry, and seafood.
- Keep hot foods hot and cold foods cold.
- Refrigerate or freeze leftover foods promptly. Perishable foods should not sit out at room temperature for more than 2 hours.
- Cook raw meats, poultry, fish, and eggs thoroughly.
- Use a clean food thermometer, which measures the internal temperature of cooked foods, to make sure meats, poultry, fish, casseroles, and other foods are cooked all the way through.

For additional information on preparing foods safely, contact USDA's Meat and Poultry Hotline (1-800-535-4555), weekdays, 10-4 eastern time (in Washington, DC, area, call 202-720-3333) or access the USDA Food Safety and Inspection Service Web site: <http://fsis.usda.gov>. A County Extension Specialist (family and consumer scientist) is another resource for information on food safety.

U.S. Department of Agriculture, The Center for Nutrition Policy and Promotion, 1120 20th Street, NW, Suite 200 North, Washington, DC 20036-3406. Call 202-418-2312 or access at Web site: <http://www.usda.gov/cnpp> for:

- *Thrifty Food Plan, 1999 Administrative Report* (in clearance). 1999.
- *The Food Guide Pyramid*, USDA Home and Garden Bulletin No. 252. 1996.
- *Using the Food Guide Pyramid: A Resource for Nutrition Educators*, 125-page electronic resource guide. Access at CNPP Web site: <http://www.usda.gov/cnpp>.
- *Nutrition Insights. Food Portions and Servings, How Do They Differ?* Insight 11. 1999.
- *Making Healthy Food Choices*, USDA Home and Garden Bulletin No. 250. 1998.

U.S. Department of Agriculture, Food and Nutrition Service, Food Stamp Program Division for information about the Food Stamp Program. Write to 3101 Park Center Drive, Alexandria, VA, 22302 or call 1 (800) 221-5689 or access at Web site: <http://www.usda.gov/fns>.

U.S. Department of Agriculture, Food Safety and Inspection Service, for information about food safety. Call the Meat and Poultry Hotline: 1 (800) 535-4555 or access at Web site: <http://www.fsis.usda.gov>.

U.S. Department of Health and Human Services, Food and Drug Administration, Office of Food Labeling for information about food labeling. Call (202) 205-8682 or access at Web site: <http://vm.cfsan.fda.gov/label.html>.

County Cooperative Extension Service family and consumer scientist for information on buying and preparing nutritious foods at minimal cost.

Local library for cookbooks containing recipes and tips on preparing nutritious foods on a tight budget.