

Mount Carmel's von Zychlin Healthy Living Center is a community health and wellness center that offers free programs and services aimed at preventing and managing chronic medical conditions, encouraging healthy habits and promoting wellness.

The information and recipes in this book are inspired from the variety of healthy cooking programs offered at the Healthy Living Center. It is our goal that we might be able to provide additional opportunities for you to practice some of the strategies we teach at home!

The programs and services provided at the Healthy Living Center are funded through generous donations to the Mount Carmel Foundation. Thank you!

### **CONTACT US**

To learn more about the von Zychlin Healthy Living Center or to take advantage of our free community health and wellness programs you can visit us online at [mountcarmelhealth.com/hlc](http://mountcarmelhealth.com/hlc)

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## Why Nutrition is Beneficial For Your Health

- Nutrition plays a key role in preventing, managing, and treating chronic diseases, such as heart disease, obesity, diabetes, and cancer.
- A healthy diet reduces inflammation, enhances immunity, and promotes healthy gut bacteria.

## Benefits of Fruits & Vegetables

Eating a balanced diet rich in fruits and vegetables has many health benefits:

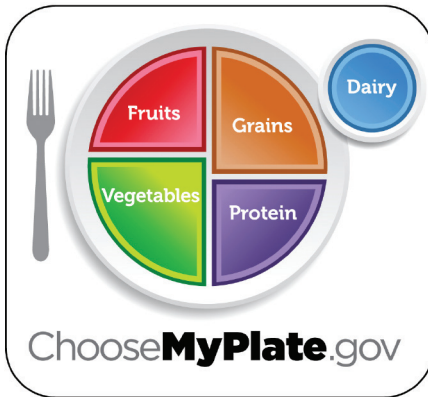
- It may help reduce the risk for heart disease, including heart attack and stroke.
- Eating a diet high in fruits and vegetables may help protect against certain cancers.
- Eating plenty of fiber found in fruits, vegetables and other foods may reduce the risk of heart disease, obesity, and Type 2 diabetes. Eating fruits rather than other sweet items can help maintain a healthy weight.
- Eating vegetables that are lower in calories and higher in fiber makes you feel fuller longer which can help with managing weight.



# MyPlate Diet

## MYPLATE IS A HEALTHY EATING PLAN THAT:

- Serves as a guideline for what and how much to eat.
- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Includes lean meats, poultry, fish, beans (legumes), eggs, and nuts.
- Is low in saturated and trans fats, cholesterol, salt (sodium) and added sugars.
- Balances calorie intake with calorie needs.



## FOOD GROUPS & SERVING GUIDELINES:

- Protein (2 ounces per day)
- Vegetables (3-5 cups per day)
- Fruits (2-4 cups per day)
- Enriched or whole grains (6-11 ounces per day)
- Dairy (2-3 cups per day)

The amount of food you need to eat from each group depends on your age, sex, and level of physical activity. To learn more about MyPlate, go to [www.choosemyplate.gov](http://www.choosemyplate.gov).

## The Mediterranean Diet

The focus of this diet is 9 nutritious food groups. Adding just a few of these healthy food groups into your diet can result in better mental and physical health and may prevent deaths from heart disease and cancer.

Food Group	How Much?	Foods to Try
<b>Vegetables</b>	2-3 cups <i>per day</i>	Dark leafy greens, carrots, squash, peppers, eggplant, cucumbers, tomatoes
<b>Legumes</b>	2 cups <i>per week</i>	Lentils, peas, beans, okra, chickpeas, peanuts
<b>Fruits and Nuts</b>	Fruit: 1-1½ cups <i>per day</i> Nuts: ¼ cup <i>per day</i>	Apples, berries, citrus, peaches, grapes, almonds, walnuts, cashews, pistachios
<b>Cereals and Whole Grains</b>	1 ½ cups <i>per day</i> ("whole" grain on ingredient list)	Brown rice, corn, popcorn, quinoa, whole wheat breads, corn tortillas, oats
<b>Fish</b>	2 4-ounce servings <i>per week</i>	Cod, drum, tuna, salmon, crabs, clams, shrimp, scallops, oysters, mackerel
<b>Oils / Fats</b>	Choose plant-based fats over animal fats	Unsaturated oils such as olive, canola, sesame, sunflower, safflower, cottonseed
<b>Dairy</b>	Less than 1 cup (8 ounces) <i>per day</i>	Low fat and fermented: yogurt, cheese, kefir, cottage cheese, ricotta cheese
<b>Meats</b>	3-4 ounces (about 1 serving) <i>per day</i>	Pork tenderloin, chicken breast or trimmed thigh, lean ground beef
<b>Alcohol</b>	Women: 1 drink <i>per day</i> Men: 2 drinks <i>per day</i>	All alcohols are included but should be consumed with meals. Avoid binge drinking.

# Reading Nutrition Labels for Healthy Meal Planning

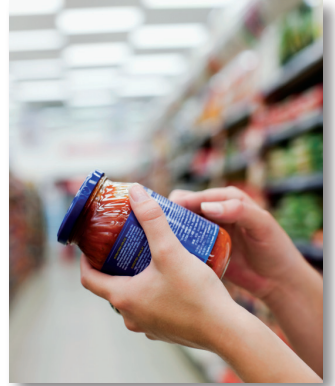
## SERVING SIZES

It is helpful to check the amount of food shown as a serving and think about how many servings we are eating.

## CALORIES

While we may not need to count calories each day, it is good to know:

- Where our calories are coming from.
- Which foods are high or low in calories.
- About how many calories we need to maintain a healthy weight.



## TOTAL, SATURATED AND TRANS FAT

- A diet low in saturated fat can help maintain healthy cholesterol levels and reduce the risk of heart disease.
- Choose foods with 2 grams or less of saturated fat per serving. This can help limit our total saturated fat intake to no more than 20 grams per day.
- Try to avoid foods that contain trans fats.

## SODIUM

- Most people should eat no more than 2300 milligrams of sodium each day.
- Some people with high blood pressure or heart failure may benefit from eating no more than 1500 milligrams of sodium each day.



## CARBOHYDRATES, SUGARS, AND DIETARY FIBER

- “Total Carbohydrate” includes starches, sugars and fibers that are found in fruits, vegetables, grains and sweets.
- The sugars listed on the Nutrition Facts label include sugars that naturally occur in foods like milk and fruits, as well as added sugar.
- Check the label by reading the Added Sugars line.
- Choosing foods with fiber may help control blood sugar, lower cholesterol and promote digestive health.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%





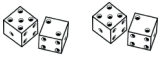



\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





## Keeping In Mind Food Portions:

- The number of calories we consume each day affects our health and weight.
- Larger food portions usually contain more calories.
- Consuming more calories than our body needs may lead to weight gain. Being overweight can increase our risk for weight-related diseases such as diabetes and heart disease.
- Build healthy habits by making small changes over time. Try eating smaller portions 5 or 6 times a day of healthy foods from a variety of food groups.

<p>Easy size tip</p> <p>One fist clenched = 8 fluid ounce or 1 cup</p> 	<p>Useful for these foods...</p> <p>milk</p>	<p>Easy size tip</p> <p>One hand cupped = ½ cup</p> 	<p>Useful for these foods...</p> <p>applesauce, beans (cooked or canned), chopped vegetables, frozen yogurt, fruit salad, gelatin, hot cereal, mashed potatoes, pasta, pudding, rice, spaghetti sauce, tomato sauce</p>
<p>One-half fist clenched = 4 fluid ounces</p> 	<p>unsweetened fruit juice</p>	<p>Tennis ball, baseball, or two hands cupped = 1 cup</p> 	<p>breakfast cereals, fruit, green salads, mixed dishes (steak, casseroles), soup, yogurt</p>
<p>Two thumbs together or four dice = 1 tablespoon or 1 ounce</p> 	<p>cheese, cream cheese, dessert sauces, dips, low fat margarine, low fat mayonnaise, peanut butter, salad dressing, sour cream</p>	<p>DVD or compact disc = 1 ounce grain serving</p> 	<p>bread, pancakes</p>
<p>Deck of cards or bar of soap = 3 ounces</p> 	<p>cooked meats (hamburger patty, chicken breast, fish filet, pork loin) and canned fish</p>	<p>Tip of thumb = 1 teaspoon</p> 	<p>oil (canola, peanut, olive, etc.)</p>

## Meal Planning:

Preparing meals at home is often healthier, tastes better, allows for more family time, and is usually cheaper than eating out.

Meal planning saves trips to the store, allows us to buy only what we need, and it relieves the stress of wondering what to cook for dinner at the last minute.

Making a meal plan is easier than most people think! Although it takes a little time upfront, it can save time in the long run.

1. Make a food budget and decide how often you will shop.
2. Consider you/your family's schedule, which meals will be prepared at home or eaten away from home, and how many people will be eating each meal. This allows you to buy the right amount of food.
3. Write a list of the foods you/ your family likes to eat and keep it taped inside the kitchen cabinet. When you try a new recipe that you like add it to the list.
4. Inventory the foods you have on hand and what you need to buy. Know what foods are in your fridge, freezer and pantry. Plan to use these foods in your menus to save money at the store.



5. Keep a grocery list in the kitchen where you can see it. As you run out of staple food items during the week, add them to the list.
6. Check grocery store ads for sale items that you can use in your menus.
7. Make enough menus for about a two-week cycle. Plan for breakfast, lunch, dinner, snacks. Next to each meal, write the ingredients that you need to prepare it.
8. Write a weekly meal plan. Start with a simple plan that includes your family's main meal of the day. When you feel comfortable with that, add in one meal at a time until you work up to a weekly plan. It should include all daily meals plus snacks, even those eaten away from home.
9. Include at least one "planned-over" meal per week to use leftover food from another meal.
10. Choose different protein foods throughout the week. If you have chicken one day, try seafood, beans, lean meat or eggs on other days.
11. Collect several low-cost, nutritious recipes for main dishes to put in your rotation and serve them often. Assemble the recipes in a recipe file or box or put them in a loose-leaf notebook. See the Recipe section of this book for ideas!



## Stretching Your Food Dollar at the Store

- Make a list - this results in spending less time in the store and making fewer trips to the store.
- Plan your meals. Look for specials and seasonal foods.
- Use coupons for foods you need.
- Compare unit prices. Unit price is the cost of a product per unit of weight, volume, etc. It is usually posted on the shelf below the food. Use unit price to find the best buy among different brands and different sizes of the same brand.
- Convenience foods like cookies, chips, etc. can drain your food dollar and have fewer nutrients than fruits, vegetables, whole grains, low-fat milk, and lean meats.
- Buy non-food items like pet food, cleaning supplies and personal care items from discount stores, where they often cost less.
- Shop on a full stomach.
- Consider store brands - They often taste the same as name brands and are cheaper.
- Look at the high and low shelves for bargains and healthier choices.





## Shopping Smart by Food Group

### FRUIT:

- Buy fresh fruits in season, when they cost less and taste better.
- Choose frozen and canned fruits (canned in juice or water).
- Compare the prices of similar foods such as plums and peaches.

### VEGETABLES:

- Buy fresh vegetables in season.
- Whole vegetables and salad greens are usually less expensive than cut-up vegetables and salad mixes.
- Buy frozen and canned vegetables with less salt.
- Consider planting a garden to grow your own veggies!

### GRAINS:

- Day-old bread costs less and is still a healthy choice.
- Choose whole-grain bread, cereal, pasta, crackers, and brown rice (with whole grain listed first).

## **PROTEIN:**

- Large packages of meat may be cheaper on sale - divide the meat into meal-sized packages and freeze it for later.
- Choose lean meats like chicken or turkey. When choosing ground beef, make sure it's lean (at least 93% lean) ground beef.
- Use less-expensive cuts of meats in soups, stews, stir-fries and slow-cooker dishes.
- Some great low-cost protein foods include beans, peas, and lentils, such as kidney beans, lima beans, split peas, and garbanzo beans (chickpeas). Beans, peas, and lentils cost far less than a similar amount of other protein foods.
- Seafood doesn't have to be expensive. Try buying canned tuna, salmon, or sardines - these store well and are a low-cost option.
- Don't forget about eggs! They're a great low-cost option that's easy to prepare.

## **DAIRY PRODUCTS:**

- Choose fat-free or low-fat dairy products.
- Buy the larger size of low-fat plain yogurt instead of individual flavored yogurt. Then add your own flavors by mixing in fruits.
- Always check the sell by date to make sure you're buying the freshest dairy products.

## **OTHER:**

- Drink water instead of buying sodas or other sugary drinks. Water is easy on your wallet and has zero calories. A reusable water bottle is a great way to have water with you on the go.

## Other Tips for Reducing Food Costs:

- Store food properly in the fridge to preserve its lifespan and prevent waste.
- Eating out costs a lot more. Preparing food at home is often healthier and cheaper.
- What you don't use, you lose. For example, cut up the stalks of broccoli and cook it with the flowerets.
- Plan leftovers. For example, put left over veggies into tomorrow's omelet, salad, or pizza.
- Add meatless meals to your family's menu - substitute beans or whole grain pasta to save money.



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM:

## How can I use my SNAP benefits to choose healthy foods?

**HEALTH  
meets  
FOOD™**

To find out specifics about SNAP benefits in your state, visit <https://www.fns.usda.gov/snap/state-directory>

### Fruits

Apples, Avocados  
Blueberries, Bananas  
Cherries, Cucumbers  
Grapefruit, Grapes  
...and more!



### Vegetables

Bell Peppers  
Broccoli  
Carrots  
Onions  
...and more!



### Dairy

Milk (liquid or dehydrated)  
Cheese  
Eggs (or egg substitute)



### Meat or Fish

Beef (including ground beef)  
Chicken  
Fish  
Pork (including sausage  
and bacon)



### Breads

Fresh/frozen breads  
Tortillas (corn or wheat)



### Quality Pantry Staples

Canned foods (beans, fish,  
fruit, vegetables)  
Dry pasta (whole grain  
is best)  
Rice  
Dried beans



### Snack Foods

Peanut/nut butter  
Nuts (such as peanuts, almonds  
pecans, walnuts - raw or dry roasted  
without salt is best)  
Fruit (see above)



### Seeds or Plants for Growing Food

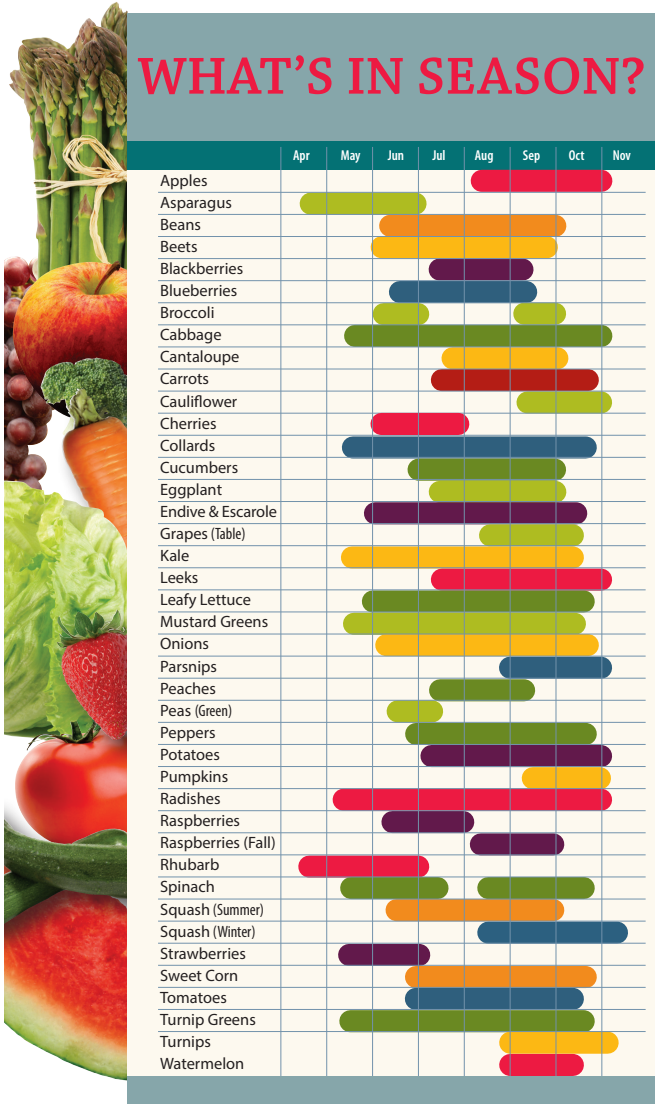
Tomatoes  
Carrots  
Herbs (such as basil, oregano,  
garlic, cilantro, thyme)  
Peppers (such as bell peppers,  
spicy peppers)





# Ohio Produce In Season

Purchasing items in season is more cost effective, tastier, and more nutritious! Below is a chart for which local produce items are available throughout the year in Ohio.



## Build a Healthy Pantry

Healthy grocery shopping can be a struggle when you just don't know what to buy. Use this list to stock your pantry with the absolute essentials so that you'll always be ready! Use the recipes on the back to get you started working with your new pantry. All of the recipes require **only** the ingredients on this shopping list.



### Refrigerator

- Lemons
- Garlic
- Onions
- Potatoes
- Carrots
- Frozen fruits and vegetables (i.e., broccoli, peas, corn)
- Parmesan cheese
- Eggs
- Yogurt
- Lettuce



### Spices

- Salt
- Pepper (we prefer cracked pepper)
- Oregano
- Cumin
- Paprika
- Thyme
- Chili Powder

### Dry Goods

- Flour (whole wheat)
- Brown rice
- Whole wheat bread
- Whole wheat pasta
- Olive oil
- Mustard
- Worcestershire
- Vinegars (some of our favorites are red and white wine and cider)
- Honey
- Tomato products (such as diced tomato, tomato paste, tomato sauce)
- Low sodium canned beans (white beans, black beans, kidney beans, pinto beans, black eyed peas, garbanzo beans, etc.)
- Low sodium vegetable or chicken stock



## Cooking Vegetables

Enjoy flavorful and appealing vegetables by using these cooking tips! Choose a new vegetable or cooking method to try. For any method, actual cooking times will vary depending on the size and thickness of the vegetable. Cook vegetables until they are tender but still firm (crisp-tender).



Vegetable	Steam	Bake or Roast	Microwave	Sauté
Asparagus	8-10 mins	400°F for 8-10 mins	2-4 mins	5-10 mins
Beets	30 mins	400°F for 30 mins	10 mins	2-5 mins
Brussels Sprouts	8-10 mins	400°F for 20 mins	4-6 mins	8-10 mins (thinly sliced)
Broccoli	5-6 mins	425°F for 15-18 mins	2-3 mins	6-8 mins
Cabbage	5-8 mins	400°F for 30 mins	5-6 mins	5-10 mins (thinly sliced)
Carrots	4-5 mins	400°F for 25-30 mins	4-5 mins	7-10 mins (thinly sliced)
Cauliflower	5-10 mins	350°F for 30 mins (husks on)	2-3 mins	5-10 mins
Corn on the cob	4-7 mins	350°F for 30 mins (husks on)	1.5-2 mins (husks on)	Not Recommended
Eggplant	10 mins	400°F for 8-10 mins	10 mins	8-10 mins
Greens	7-12 mins	300°F for 15-20 mins	1-3 mins	2-5 mins
Green Beans	5-8 mins	425°F for 12-15 mins	3-4 mins	5-10 mins
Mushrooms	4-5 mins	400°F for 25 mins	2-3 mins	4-6 mins
Okra	7 mins	425°F for 10-15 mins	4-6 mins	2-3 mins
Onions	5 mins	425°F for 25-30 mins	Not Recommended	5-7 mins
Peas	4-5 mins	400°F for 20 mins	2-3 mins	7-10 mins (pods)
Peppers	2-4 mins	450°F for 10-15 mins	2-3 mins	5-7 mins
Potatoes	10-12 mins	425°F for 20 mins	6-8 mins	10-15 mins
Rutabaga	25 mins	425°F for 40 mins	12-17 mins	10-12 mins
Spinach	5-6 mins	450°F for 3-6 mins	1-2 mins	2-5 mins
Summer Squash	3-5 mins	350°F for 30 mins	4-6 mins	8 mins
Winter Squash	10-12 mins	400°F for 40 mins	5-10 mins	15-20 mins
Sweet Potato	5-7 mins	400°F for 8-10 mins (chopped)	8 mins (whole)	10-15 mins (thinly sliced)
Zucchini	4-6 mins	450°F for 12-15 mins	2-3 mins	4-6 mins

## Cooking Whole Grains

Compared to refined or “white” grains, whole grains are usually chewier and have a nuttier, fuller flavor. You may find this unfamiliar at first but stick with it until your palate adjusts and then reap the health benefits.

### STANDARD METHOD

1. Put the dry, uncooked grain in a pan with the appropriate amount of cool water or broth.
2. Place over high heat and bring it to a boil.
3. Reduce heat to low. Cover and simmer until the liquid is absorbed.

### PILAF METHOD

1. Brown small bits of onion, mushroom, and garlic with a little oil in a saucepan.
2. Add the dry grain and cook until fragrant, about 1-3 minutes
3. Add the appropriate amount of low-sodium broth.
4. Place over high heat and bring it to a boil.
5. Reduce heat to low. Cover and simmer until the liquid is absorbed.

To 1 cup of this whole grain...	Add this much water or broth:	Bring to a boil, then simmer:	Yield (amount after cooking)
Barley, hulled	3 cups	45-60 minutes	3½ cups
Bulger	2 cups	10-12 minutes	3 cups
Cornmeal, polenta	4 cups	25-30 minutes	2½ cups
Oats, steel cut	4 cups	20 minutes	4 cup
Quinoa	2 cups	12-20 minutes	3 cups
Brown Rice	2½ cups	25-45 minutes <i>(varies by variety)</i>	3-4 cups
Wild Rice	3 cups	45-55 minutes	3½ cups

## How to Grow Herbs for Cooking

Herbs are some of the easiest plants to grow. Growing your own herbs is simple and cost-effective. Just snip off the amount that you need for cooking. Use these tips to get started. Always wash fresh herbs before use.

### WHERE TO GROW HERBS:

**Indoors** - Place in a sunny east or south facing window. Basil, parsley, and rosemary are easy to grow indoors.

**Small Outdoor Space** - For easy use, plant herbs along walkways or at the edge of your garden.

**Patio or Balcony** - Find ways to use vertical space. Hanging baskets can help add more herbs per square foot.



### EASIEST HERBS TO GROW AND HOW TO USE THEM:

**Rosemary** - Poultry, beef, fish, potato dishes, pasta

**Thyme** - Beef, pork, vegetable dishes, lentils, soups

**Oregano** - Pizza, sauces, pork, vegetables, chili, fish

**Parsley** - Chop and sprinkle onto any dish

**Chives** - Egg and potato dishes

**Mint** - Tea, desserts, grain dishes, salads, pork, peas

**Sage** - Poultry, beef, pork, sauces, beans, sausage

**Cilantro** - Fresh salsa, guacamole, chile, beans and rice

**Basil** - Salads, pesto, sauces, eggs, pasta

# Four Simple Steps to Food Safety:

## 1. CLEAN:

- Wash hands, utensils, and surfaces often.
- Wash fruits and vegetables, but not meat, poultry or eggs.



## 2. SEPARATE:

- Raw meat, poultry, seafood, and eggs can spread illness-causing bacteria, so keep them separate.
- Use separate plates and utensils for cooked and raw foods.
- Use hot, soapy water to wash plates, utensils, and cutting boards that have touched raw meat, poultry, seafood, or eggs.

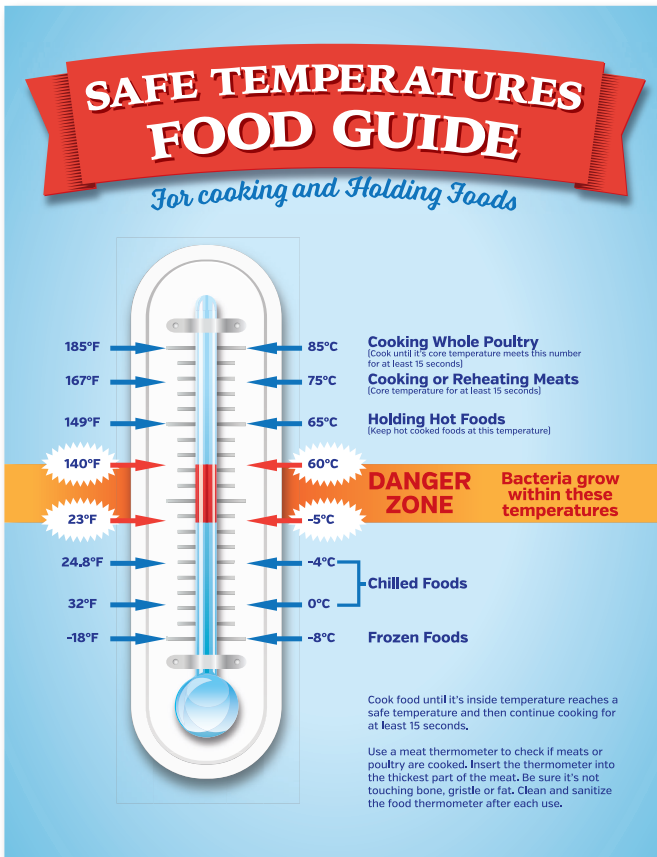
## 3. COOK

- Use a food thermometer to check that your food has reached a safe temperature.
- If you're not serving food right away after cooking, keep it above the danger zone (between 40° - 140°) where germs grow rapidly by using a stovetop, slow cooker, the oven, etc.
- Microwave food thoroughly - follow package directions and stir food in the middle of heating.

Food Temperature	Food Item
145°	Seafood
145° with a 3-minute rest time	Beef, pork, and ham
160°	Ground meat, meat mixtures, and eggs
160°	Poultry, microwaved foods, and reheated leftovers

#### 4. CHILL:

- Refrigerate promptly. Bacteria that cause food poisoning multiply most quickly between 40° - 140°.
- Set your fridge to 40° or below and your freezer to 0° or below.
- Don't leave perishable foods out of refrigeration for more than 2 hours. If the food is exposed to temperatures above 90° (like a hot car or summer picnic), refrigerate it within 1 hour.
- Don't thaw or marinate foods on the counter. The safest way to thaw or marinate meat, poultry, and seafood is in the refrigerator.



## Basic Cooking Terms and Tools

**Cooking at home is a great way to eat healthier! The benefits of cooking at home include:**

- Eating more fruits, vegetables, beans and whole grains.
- Trying new foods or ingredients
- Being able to modify a recipe to fit your health needs such as decreasing sodium or adding fiber.



**Knowing a few common terms can help you get started cooking!**

### COMMON MEASUREMENTS:

Cup = **c**

Tablespoon = **tbsp.** or **T.**

Teaspoon = **tsp.** or **t.**

Ounce = **oz.**

Quart = **qt.**

Pint = **pt.**

Fluid Ounce = **fl. oz.**

Pound = **lb.**

Gram = **g**

Milligram = **mg**

### MEASUREMENT CONVERSIONS:

3 teaspoons (tsp.) = 1 tablespoon (T.)

4 tablespoons =  $\frac{1}{4}$  cup (c)

8 fl. oz = 1 cup (c)

1 pint (pt.) = 2 cups (c)

1 quart (qt.) = 2 pints or 4 cups

1 gallon = 4 quarts or 16 cups

### TERMS USED FOR CUTTING FOODS:

**Mince:** To cut or chop food into extremely small pieces.

**Dice:** To cut food in small cubes of uniform size and shape.

**Chop:** To cut solids into pieces with a sharp knife or other chopping device.



## Terms Used for Different Cooking Methods

**Blanch:** To cover food in rapidly boiling water and cooked just a little bit.

**Braise:** To cook food, tightly covered, in a small amount of liquid at low heat for a long time. Long, slow cooking tenderizes meats by gently breaking down the protein. The braising liquid keeps meats moist and can be used later as a base for sauce. Water or broth is a common braising liquid.

**Boil:** To heat a liquid until bubbles break continually on the surface.

**Caramelize:** Heat cooks proteins and sugars on a foods' surface browning the food and adding flavor.

**Poach:** To cook very gently in hot liquid kept just below the boiling point.

**Roast:** To cook by dry heat in an oven.

**Sauté:** To cook and/or brown food in a small amount of hot fat.

**Simmer:** To cook slowly in a small amount of liquid over low heat at a temperature of about 180°F. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

**Steam:** To cook in steam. A small amount of water is brought to a boil and food is kept above the water on a rack in the pot.



## Setting Up Your Kitchen for Cooking

Start with a clean kitchen that has minimal clutter. If your kitchen is messy, start by cleaning one section at a time.

### **PREP SPACE:**

**Find a counter area with space for these items:**

- **Cutting Board** - Put a damp paper towel under your cutting board so that it doesn't slip.
- **Knife** - if possible, make sure your knives are sharp as they are safer and will cut your food more easily.
- **Dish Towel** - keep a clean towel near you for easy cleaning while you go.
- **Trash and/or compost bowl** - set near prep space.
- **Prep bowls and pans** - have them ready.

### **COOKING AREA:**

**This will be your stove, oven or slow cooker.**

- Stock your cooking oil, salt and pepper near the stove.

### **CLEAN UP AREA:**

**Make sure your sink has space for new items.**

- Clean as you cook- this will help save time and reduce stress at the end of the cooking process.
- Plan when the cleaning will happen- if you run out of energy to clean up after cooking, set another time when you will do it, ideally within the next 12 hours.

### **PUTTING AWAY:**

**Ending with a clean organized kitchen will make starting the next time easier and more enjoyable.**

- Put away and cover prepped items in fridge.
- Put away leftovers- If possible, put away into single serve portions so it's easy to heat up.
- Put away clean dishes- make sure everything has a home in your kitchen, so you know where to put it.

## Recipes and Inspiration

The following pages include a handful of healthy recipes and ideas to get you started with cooking easy, delicious, affordable, and nutritious meals. The Mount Carmel Healthy Living Center offers classes to help people build the confidence and skills to make healthy food choices.

For access to easy-to-follow cooking demo videos by Mount Carmel Chefs and for information about healthy cooking classes, visit: [mountcarmelhealth.com/hlc](http://mountcarmelhealth.com/hlc)



## Choose Your Own Bowl Recipes

Bowl Framework Recipes are a great way to create a healthy, easy meal that can be built around things that you already have around your kitchen and pantry. A bowl recipe is a variety of a few different foods topped with a sauce or dressing, assembled in a delicious combination. There is no right or wrong way to do them!



### **ASSEMBLING A BOWL:**

Typically, bowls are made up of the following food groups: grains or greens, protein, veggies, sauce/dressing:

1. Grains, Greens or Pasta: consider this the base of your recipe. Ideas for these include:
  - Brown rice, quinoa, couscous, bulger, barley
  - Mixed greens, lettuce, kale, spinach
  - Whole grain pasta (any type)
2. Protein: Chicken, tofu, fish, eggs, sausage (chicken or pork), beans and legumes.
3. Veggies: Any veggies will work here. Different cooking methods provide variety: raw, roasted, steamed, grilled.
4. Sauces & Dressings: the possibilities are endless and widely available through a quick internet search. Some ingredients to include in your search: avocado, yogurt, tahini, peanut butter, hummus, oil/vinaigrettes, salsa.

## How Much of Each Do I Use?

Again, there is no right or wrong way to do this, but a rough breakdown of a typical bowl meal includes:

- 1/2 to 1 cup of cooked grains/greens/pasta
- 1 cup protein
- 2 cups veggies
- 1/4 - 1/2 cup of dressing/sauce (keep calories in mind when using salad dressings and oils)

### INSPIRATION!

**Mexican Themed Bowl:** Brown rice, grilled chicken, black beans, corns, bell peppers and tomatoes. Dress with cilantro, salsa, and Greek yogurt.

**Sweet Potato & Black Bean Veggie Bowl:** Roasted sweet potatoes and onions, tossed with corn, black beans and feta cheese. Serve with brown rice.\*

**Grilled Chicken and Veggie Bowl:** Cooked quinoa, grilled chicken breast, chopped cherry tomatoes, diced cucumbers, mixed greens and feta cheese served with a vinaigrette dressing.

**Sweet Potato Chickpea Bowl:** Roasted sweet potatoes, broccoli, onions and kale with spiced chickpeas served with a lemon maple tahini dressing.\*

**Asian Veggie Bowl:** Baked marinated tofu, tossed with roasted carrots, broccoli and bell peppers and brown rice with a spicy peanut dressing.

\* Starred recipes are in the *Healthy Living Center's Recipe Book 3rd Edition* which can be accessed on the Healthy Living Center's website.

# Baked Pasta & Summer Veggies

## INGREDIENTS

4 ounces uncooked pasta (about 1 1/4 cups dry pasta)  
1 tablespoon olive oil  
1 1/2 cups chopped yellow squash  
1 1/2 cups chopped zucchini  
1/2 cup chopped onion  
2 cups chopped tomato  
2 garlic cloves, minced  
1 cup (4 ounces) shredded part-skim mozzarella cheese, divided  
2 tablespoons chopped fresh basil  
2 teaspoons chopped fresh oregano  
3/4 teaspoon salt, divided  
1/8 teaspoon crushed red pepper  
1/4 cup (2 ounces) part-skim ricotta cheese  
1 large egg, lightly beaten  
Cooking spray

## DIRECTIONS

1. Cook pasta according to package directions, omitting salt and fat.
2. Preheat oven to 400°.
3. Heat a large skillet over medium-high heat. Add oil to pan. Add squash, zucchini, and onion; sauté 5 minutes. Add tomato and garlic; sauté 3 minutes. Remove from heat; stir in pasta, 1/2 cup mozzarella, herbs, 1/2 teaspoon salt, and pepper.
4. Combine ricotta, remaining salt, and egg. Stir into pasta mixture. Spoon into an 8-inch square glass or ceramic baking dish coated with cooking spray; sprinkle with remaining 1/2 cup mozzarella. Bake at 400° for 15 minutes or until bubbly and browned.

## VARIATIONS & TIPS

- This recipe is traditionally made with ziti noodles, however you can use whatever pasta you have on hand. Go for whole grain pasta if available.
- Use 2 teaspoons dried instead of fresh herbs (ratio is 3:1 fresh to dried herbs).
- Use any type of tomatoes you like: roma, beefsteak, cherry or ones from your garden!
- Substitute canned tomato sauce or canned diced tomatoes instead of fresh tomatoes.
- Substitute other veggies as you have them available: broccoli, peppers, spinach, carrots, mushrooms.
- Substitute the ricotta cheese with equal parts low fat cottage cheese, or Greek yogurt.
- Add leftover cooked chicken, chicken sausage, ground meat or canned cannellini beans for additional protein.

**YIELD:** 4 servings

**TOTAL COST:** \$5.41

**COST PER SERVING:** \$1.35

**SOURCE:** Adapted from Cooking Light



# Zucchini Tomato Egg Bake

## INGREDIENTS

Cooking spray

1 tablespoon olive or canola oil

1 cup diced onion

1 1/2 pounds zucchini, finely chopped (about 3 medium)

1/4 teaspoon crushed red pepper flakes

1 pound ripe tomatoes, sliced (about 3 medium)

8 eggs

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground pepper

1/2 cup fresh basil, chopped (or 2 tablespoons dried)

1 cup (4 oz.) shredded part-skim mozzarella cheese

## DIRECTIONS

1. Preheat oven to 400° F and lightly grease a 9x13-inch baking dish with cooking spray.
2. Heat oil in large skillet over medium heat and sauté onion and zucchini until tender. Stir in red pepper flakes.
3. Transfer veggie mixture to baking dish and top with sliced tomatoes.
4. Whisk together eggs, salt, pepper, basil and shredded cheese in a large bowl. Pour mixture over the casserole ingredients.
5. Place baking dish in oven and bake for 30 minutes, or until egg is set, and casserole is lightly browned and puffy. Remove from oven and serve hot.



## VARIATIONS & TIPS

- Use cayenne (red) pepper in place of crushed red pepper flakes.
- Add a clove of minced garlic with the onions and zucchini.
- Use any type of tomatoes you like: roma, beefsteak, cherry or ones from your garden!
- Substitute other veggies as you have them available: broccoli, onions, spinach, kale, peppers, shredded carrots, mushrooms, diced regular or sweet potatoes.
- In place of the mozzarella use any other cheese you have available.
- Enjoy this dish for breakfast, lunch or dinner!

**YIELD:** 8 servings

**TOTAL COST:** \$5.56

**COST PER SERVING:** \$0.70

**SOURCE:** Adapted from Simply Recipes



# Easy Bean Salad

## INGREDIENTS

For the Dressing

1/4 cup apple cider vinegar

1/4 cup olive oil

1 teaspoon of Dijon mustard

1 teaspoon dried oregano

2 teaspoons of honey

3/4 teaspoon salt

1/4 teaspoon fresh ground black pepper

## FOR THE SALAD

3/4 cup of sweet corn (fresh, frozen or canned)

3 (15-ounce) cans beans, drained and rinsed (see Variations and Tips for types of beans to use)

1/2 medium onion, finely chopped (about 3/4 cup)

1 medium cucumber, seeded and finely chopped (about 3/4 cup)

1 sweet bell pepper (orange, red or yellow), diced

1/2 cup finely chopped fresh parsley

## DIRECTIONS

1. In the bottom of a large bowl, whisk together the vinegar, olive oil, mustard, dried oregano, honey, salt and pepper. Taste the dressing and then adjust with more salt/pepper.
2. For the corn, if using:
  - a. Fresh: boil 1 ear for 5 minutes, let cool, cut off of the cob
  - b. Frozen: thaw in microwave or in a bag placed in a bowl of cold water
  - c. Canned: rinse thoroughly
3. Add the corn, rinsed beans, onion, cucumber, bell pepper, and parsley (and any other veggies you decided to use) to the bowl of dressing. Toss well, cover and chill in the refrigerator at least 1 hour to allow the beans to marinate in the dressing.
4. The salad will keep stored in an airtight container in the fridge up to 4 days.

## VARIATIONS & TIPS

- Use any combination of beans that you may have in your pantry: chickpeas, black beans, pinto beans, kidney beans, northern beans, cannellini beans etc.
- Use any vegetables that you have on hand - carrots, celery, tomatoes, cucumber, zucchini, broccoli or cauliflower. This recipe is very versatile. Feel free to sub out for what you like better or have on hand!
- If you don't have fresh parsley, you could use fresh basil or cilantro. You could also use 1 Tablespoon of dried Italian seasoning.
- If you don't have honey, you could substitute maple syrup or sugar if you have that on hand.
- This dish works well as a side dish and could also be served over a bed of leafy greens.
- Choose other types of vinegar such as red wine vinegar, rice vinegar, white vinegar, white wine vinegar, or use lemon or lime juice.

**YIELD:** 6 (1-cup) servings

**TOTAL COST:** \$

**COST PER SERVING:** \$

**SOURCE:** Adapted from [Inspiredtaste.net](http://Inspiredtaste.net)



# Simple Turkey Chili

## INGREDIENTS

- 1 1/2 teaspoons olive oil
- 1 onion, chopped
- 1 medium sweet bell pepper, chopped
- 3 cloves garlic, minced
- 1 lb. ground turkey
- 2 tablespoons chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cayenne pepper  
(optional for additional heat)
- 2 cups water or chicken broth
- 1 (28-ounce) can diced or crushed tomatoes
- 1 (15-ounce) can kidney beans, drained, rinsed

## DIRECTIONS

1. Heat the oil in a large pot over medium heat. Stir in onion and bell pepper and cook until tender.
2. Add garlic. Place the turkey in the pot and cook until evenly brown.
3. Season meat with chili powder, paprika, oregano, cumin, salt, pepper and cayenne pepper, if using.
4. Pour water or broth into the pot. Mix in bell pepper, tomatoes, kidney beans. Bring to a boil. Reduce heat to low, cover and simmer 30 minutes.

## VARIATIONS & TIPS

- This is a great framework recipe that can be easily adapted to your preferences or whatever you have on hand.
- In place of the ground turkey, use ground beef, chicken, pork or additional beans.
- This recipe can be made vegetarian by replacing the meat with an additional can of beans.
- Other canned items that would work well with these recipes: other beans, chickpeas, canned pumpkin (not purée), canned chilis, diced tomatoes with chilis, corn, tomato paste.
- You could add a variety of other vegetables like sweet potatoes, fresh tomatoes, celery, carrots, and butternut squash.
- You can use any kind of broth or stock on hand.
- Optional for serving: 1 teaspoon shredded cheese, avocado, fresh cilantro, a dollop of Greek yogurt.

**YIELD:** 6 servings

**TOTAL COST:** \$

**COST PER SERVING:** \$

**SOURCE:** adapted from allrecipes.com





## SOURCES

**Page 3:** <https://hgic.clemson.edu/factsheet/planning-meals-for-a-family/>

**Page 4:** [www.HealthMeetsFood.com](http://www.HealthMeetsFood.com)

**Pages 5-7:** [http://netit.co.trinity-health.org/patienteducation/patienteducation\\_/healthandwellne\\_/weightmanagemen\\_/controllingfood/ControllingFoodPortions.pdf](http://netit.co.trinity-health.org/patienteducation/patienteducation_/healthandwellne_/weightmanagemen_/controllingfood/ControllingFoodPortions.pdf)

**Page 7:** <http://hnfelibrarian.blogspot.com/2012/03/dont-over-eat-control-your-portion.html>

**Pages 8-10:** <https://hgic.clemson.edu/factsheet/planning-meals-for-a-family/>

**Pages 11-12:** <https://www.uidaho.edu/extension/eat-smart-idaho/tips/shop-smart#accordion-row-fd5dd2ae-6324-4d0e-b0f0-85f6cb00e736->

**Pages 11-12:** <https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart>

**Page 13:** <https://extension.missouri.edu/mp905>

**Page 14:** <https://culinarymedicine.org/>

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**Page 17:** <https://www.nutrition.va.gov/docs/UpdatedPatientEd/HowtoCookVegetables2019.pdf#>

**Page 18:** <https://www.nutrition.va.gov/docs/UpdatedPatientEd/CookingWholeGrains2018.pdf#>

**Page 19:** <https://www.nutrition.va.gov/docs/UpdatedPatientEd/HowtoGrowHerbsforCooking2019.pdf#>

**Pages 20 - 21:** <https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>

**Pages 22-23:** <https://www.nutrition.va.gov/docs/UpdatedPatientEd/cookingtermsmeasurementsedhandout2016.pdf#>

**Page 24:** <https://www.nutrition.va.gov/docs/UpdatedPatientEd/SettingUpYourKitchenForCooking2018.pdf#>



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