

Healthy Recipe Book: Affordable Foods Edition

*Ideas on healthy meals using
affordable and nutritious foods
(Includes Healthy Handouts)*

Winter 2018

99¢ Store Ingredients: FREEZER-PREP HEARTY VEGETABLE SOUP

(Total Cost for 4 Servings: \$8.00)

<https://tasty.co/recipe/freezer-prep-hearty-veggie-soup>

Nutritional Info Per Serving	Approx. ¼ the total soup in crock pot
Calories	150
Total Fat	0.5g
Cholesterol	0mg
Sodium	650mg
Carbohydrate	30g
Dietary Fiber	11g
Protein	9g

Cozy up this winter season with this cheap, healthy, freezer-prep veggie soup!

Reduced Sodium Version: You can also substitute the veggie broth for water or a watered down broth to reduce sodium Intake!

- ✓ No Cholesterol
- ✓ Low Calorie
- ✓ Low Carb
- ✓ Low Fat
- ✓ Good Source of Fiber and Potassium
- ✓ Good Source of Vitamin A, C, etc.
- ✓ Reduced Sodium Version

Needed Ingredients:

- 4 tomatoes, diced
- 3 carrots, thick slices
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 stalks celery, sliced
- ½ white onion
- 2 cups (340 g) bean, of choice
- 2 cups (470 mL) water, or veggie broth, needed at time of cooking
- 1 cup (260 g) tomato sauce
- 1 tablespoon garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- salt, to taste
- pepper, to taste

MARINADE

Preparation:

1. Mix tomato sauce, garlic, thyme, oregano, salt, and pepper in small bowl or measuring cup.
2. In a large, gallon-sized freezer bag, add in tomatoes, carrots, zucchini, yellow squash, celery, white onion, and beans of choice. Pour the tomato sauce mixture over beans and vegetables.
3. Seal freezer bag and ensure excess air is squeezed out.
4. Place in freezer and store up to 3 months.
5. When ready to enjoy, thaw completely and pour contents into slow cooker. Add water or veggie broth.
6. Cook on low for 6 hours, or high for 3 hours, or until carrots are tender.
7. Enjoy!

Stuffed Spaghetti Squash

Nutritional Info Per Serving	1 serving (½ squash)
Calories	274
Total Fat	15g
Cholesterol	0mg
Sodium	550mg
Carbohydrate	11g
Dietary Fiber	7g
Protein	20g

(Total Cost for 6 servings: about \$16.00)
Cozy up this winter season with this cheap and healthy dinner! Spaghetti squash is an easy fun meal and easy to make for the whole family!

- ✓ No Cholesterol
- ✓ Low Calorie
- ✓ Low Carb
- ✓ Low Fat
- ✓ Good Source of Vitamins A, C, etc.
- ✓ Vegan Option

Need/ Ingredients (4 servings):

- 1 large spaghetti squash
- salt, to taste
- pepper, to taste
- olive oil
- 2 boneless, skinless chicken breasts, cubed
- 3 cloves garlic, minced
- 4 roma tomatoes, diced
- 8 oz (225 g) spinach
- 24 oz (680 g) marinara sauce, 1 jar
- ½ cup (20 g) fresh basil
- ¼ teaspoon red pepper, crushed
 - OPTIONAL: 2 boneless skinless chicken breasts cubed
 - OPTIONAL: Any other veggies

Preparation:

1. Preheat oven to 375°F (190°C).
2. With a sharp knife, slice the squash in half. (If the squash is too tough - puncture in several places forming a dotted line around the squash. Microwave 3-5 minutes to soften. Allow to cool before cutting in half - following the dotted line).
3. Scoop out the seeds, brush with oil, salt, and pepper, and place face down on a baking tray. Bake for 35-40 minutes or until a fork can easily pierce the skin.
4. Heat olive oil in a large pan. Add chicken breasts (seasoned with salt and pepper) and garlic, and fully cook.
5. Add tomatoes and spinach. Cook until spinach has wilted. Add marinara sauce.
6. Stack the basil leaves and roll them up. Cut into slices and add to pan.
7. Add crushed red pepper, and stir until the ingredients are fully incorporated.
8. Once the squash has finished roasting, remove from the oven and let it sit for a few minutes before turning over and pulling at it with a fork. (Careful, there will be some steam!)
9. Shred the inside of each squash, being careful not to poke through the skin. Pour the sauce over the shredded squash, top with fresh basil, and serve.

Vegan Double Chocolate Chip Cookies

(1 Batch= 22 Large Cookies)

Nutritional Info Per Serving	5 cookies
Calories	305
Total Fat	8g
Cholesterol	35mg
Sodium	630mg
Carbohydrate	32g
Dietary Fiber	7g
Protein	20g

Cozy up this winter season with this cheap and healthier desserts! They are an easy fun snack to bake and portable to take to work/school!

- ✓ No Cholesterol
- ✓ Low Calorie
- ✓ Low Carb
- ✓ Low Fat
- ✓ Good Source of Vitamins A, C, etc.
- ✓ Vegan

Needed Ingredients:

- 1 cup coconut sugar
- 1 tsp baking soda
- pinch of Himalayan salt
- $\frac{2}{3}$ cup cacao powder
- 1 cup all natural unsalted almond butter
- $\frac{1}{2}$ cup aquafaba (chickpea water)
- 1 tsp Vanilla extract
- $\frac{1}{2}$ cup vegan mini chocolate chips

Preparation:

1. Preheat oven to 350 degrees F.
2. In a large bowl, whisk together the cacao, coconut sugar, baking soda, and salt. I recommend sifting all of these ingredients beforehand as coconut sugar often has many large clumps. Set aside.
3. In a medium bowl, whisk together almond butter, aquafaba, and vanilla until combined.
4. Add the wet ingredients to the dry ingredients and fully combine until the mixture is a nice doughy texture. Stir in the chocolate chips.
5. Line 2 baking sheets with parchment paper. Scoop the dough into balls (about 2 tbsp per ball) and place on baking sheet a few inches apart from each other. This mixture will spread very nicely so only allow up to 12 cookies per baking sheet and spread them apart nicely.
6. Bake for 10-11 minutes. In the oven the cookies will rise well, but once removed they will fall into nice thin and crispy, yet soft cookies. Remove from the oven and allow to cool on the baking tray for 10 minutes. Delicately transfer to a wire rack to for further cooling. Once cooled, serve and enjoy!

Low Carb. Zucchini Logs

Nutritional Info Per Zucchini	1 Zucchini = 12 logs
Calories	70
Total Fat	0.7g
Cholesterol	0mg
Sodium	23mg
Carbohydrate	11g
Dietary Fiber	5.5g
Protein	4.3g

Cozy up this winter season with this cheap and healthy snack! They are an easy low carb snack to take to work/school!

- ✓ No Cholesterol
- ✓ Low Calorie
- ✓ Low Carb
- ✓ Low Fat
- ✓ Good Source of Fiber

Need/ Ingredients: For 4 Zucchini

- 4 zucchinis
- 4 tomatoes
- 4 avocados
- 1 onion
- 2 tablespoons of olive oil
- 2 teaspoons of garlic powder or minced garlic

Preparation

1. Dice tomatoes
2. Dice avocados
3. Dice onion
4. Mix all diced tomatoes, avocados, and onion in a bowl
5. Pour in two tablespoons of olive oil
6. Add garlic powder or minced garlic for taste
7. Cut all Zucchini in long pieces to hold vegetable filling in
8. Place diced vegetable filling onto long zucchini pieces

Low Carb/Low Sugar Diet:

Label Term	Meaning
Sugar-Free	• Less than 0.5 g of sugar per serving
Reduced Sugar or Less Sugar	• At least 25 percent less sugars per serving compared to a standard serving size of the traditional variety
No Added Sugars or Without Added Sugars	• No sugars or sugar-containing ingredient such as juice or dry fruit is added during processing
Low Sugar	• Not defined or allowed as a claim on food labels

Food Group:	Choose these lower carb/ lower sugar foods:	Avoid these higher carb/ higher sugar foods:
Breads, Grains, Cereals	<ul style="list-style-type: none"> • Joseph's High Fiber Plus Pita Bread Pockets • Joseph's Low Carb Tortilla • Ezekiel Flax Sprouted Whole Grain Bread • Udi's Gluten-Free Millet-Chia Bread • Sara Lee 45 Calories & Delightful 100% Multi-Grain • Special K • Wheaties • Cheerios 	<ul style="list-style-type: none"> • White Bread • Torta bread • Pastas • Hostess products • Lucky Charms, Frosted Flakes, etc. • Raisin Bran • Frosted Mini Wheats
Dairy	<ul style="list-style-type: none"> • Unsweetened milks (almond, soy, cow) • Cheese with low moisture (parmesan, blue cheese, some cheddars) • Longer aged cheeses 	<ul style="list-style-type: none"> • Any sweetened milk (almond, soy, cow milk) • Cheese with high moisture (cream cheese, cottage cheese, ricotta)
Fruit & Vegetables	<ul style="list-style-type: none"> • Raspberries • Blackberries • Strawberries • Broccoli • Asparagus • Mushrooms • Zucchini • Spinach • Avocado • Cauliflower • Bell peppers 	<ul style="list-style-type: none"> • Mango • Bananas • Grapes • Pineapples • Pears/Apples • Potatoes • Sweet Potatoes • Corn • Beets • Squash • Peas
Fats & Sauces	<ul style="list-style-type: none"> • Mustard • Olive oil • Coconut oil • Hot sauce • Mayonnaise 	<ul style="list-style-type: none"> • Ketchup • Maple Syrup • BBQ sauce • Jam/Jelly • Pesto

When we consume too much sugar and too many carbs, we put pressure on our liver to release enough of a signal that helps us convert sugar in our blood to energy in our muscles, called insulin. Just like how we can develop a tolerance to really cold or really hot, our body's can develop an insulin tolerance to a really sugary diet. When this happens, we overwork our livers to the point where insulin may not even work in our bodies anymore. **This can lead to a life-changing disease commonly known as Type II Diabetes. This disease can lead to anxiety, vision loss, kidney damage, and even death.**

We know that too much sugar and too many carbohydrates are bad for us, but what's the difference between carbs and sugar and what do they do to our body?

For starters, **carbohydrates** make up some of our three common food sources: starches (pasta and potatoes), fibers (beans and bran), and **sugars** (fruit and milk). Our body breaks down most carbohydrates into small sugar molecules called glucose, which our body can convert into fuel or fuel storage (fat). Yes, healthier carbs and sugar are important but even MORE importantly is the way we **limit our intake of them**.

However, there are preventative and managing methods for Type II Diabetes; the primary goal based on evolving our diets to be **better** for us. Here are some tips:

- Familiarize yourself with Nutrition Facts
 - Look out for the hidden sugars and carbs in the ingredients. Most carbohydrates end in '-ose' (fructose, sucrose, lactose etc.) but there's are also other names for sugars (high fructose corn syrup, fruit juice concentrate, etc.)
 - 80% – 20% rule: Stick to your low-carb, low-sugar diet 80-90% of the time and treat yourself 10-20% of the time.
- http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101_UCM_306024_Article.jsp#.Wh8aKJMrKR

Low Sodium Diet:

Many people are getting too much sodium from the foods they eat. And, the sodium in salt plays a role in high blood pressure, which is also known as hypertension.

Why Lower Sodium Intake: Eating too much sodium can lead to increased blood pressure, which can raise your risk for heart attack, stroke, and other cardiovascular conditions. Reducing your sodium intake can help lower your blood pressure and improve the health of your heart.

The 2015-2020 Dietary Guidelines for Americans recommends that adults and children ages 14 years and older reduce their sodium intake to less than 2,300 milligrams a day. Adults with prehypertension and hypertension are encouraged to reduce their intake further to 1,500 mg per day, since that can help to reduce blood pressure

Read the Nutrition Facts label and the ingredients list to find packaged and canned foods lower in sodium. Compare the amount of sodium listed and select the product with the lower amount. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

Read labels for sodium content. Here are some tips: Choose side dishes or snacks with **140 mg or less sodium per serving. Each meal should have 600 mg sodium or less.**

Source: <https://med.virginia.edu/ginutrition/>

https://www.cdc.gov/salt/fact_sheets.htm

Label Term	Meaning
Sodium-Free	Less than 5 mg of sodium per serving
Very Low Sodium	35 mg or less of sodium per serving
Low Sodium	140 mg or less of sodium per serving
Reduced or less sodium	At least 25% less sodium than a serving size of the original product
Unsalted, no salt added, without added salt	May contain sodium as a natural part of the food, but no additional sodium or salt is added during processing

Food Group:	Choose these lower sodium foods:	Limit these high sodium foods:
Breads, Grains, and Cereals	<ul style="list-style-type: none"> Loaf bread, dinner rolls, English muffins, bagels (limit to 2-3 servings daily) Plain pasta, noodles, plain rice White or sweet potatoes, unsalted Dried beans, peas, and lentils (cook with onion and garlic for flavor); Unsalted hot cereals like oatmeal and wheat farina Unsalted or low sodium snack foods (read labels, some chips are low in salt) Low sodium ready to eat cereals such as puffed rice, cornflakes, oat Os, shredded wheat 	<ul style="list-style-type: none"> Biscuits and Bisquick Pancake, muffin, and cornbread mixes Seasoned rice and noodle mixes like ramen noodles, Noodle Roni®, Rice-a-Roni®, macaroni and cheese Coating mixes like seasoned bread crumbs, Shake'n'Bake® Salted snacks like potato chips, nachos, peanut butter crackers, pretzels, pork rinds) Instant mashed potatoes
Dairy	<ul style="list-style-type: none"> Milk Yogurt Cream cheese, especially whipped Sour cream Ice cream and frozen yogurt Whipped cream Low sodium cheeses: Swiss, mozzarella, grated Parmesan <p><i>Note: Low Fat does not mean low sodium!</i></p>	<ul style="list-style-type: none"> Buttermilk Processed cheeses: American, Nacho cheese, Cheez Whiz®, Easy Cheese® Blue cheese Pimento cheese Cottage cheese Queso fresco Feta cheese <p><i>Read the labels, cheese varies in sodium content.</i></p>
Vegetables	<ul style="list-style-type: none"> Fresh or frozen vegetables Canned vegetables** that say “No salt added” Low sodium vegetable juices <p>**In a pinch, draining and rinsing regular canned vegetables will help remove some sodium, but most will be retained inside the food.</p>	<ul style="list-style-type: none"> Regular canned vegetables Regular juices like V8® and tomato Pickles, olives, relish Vegetables in cream, butter, or cheese sauces
Meats and Meat Substitutes	<ul style="list-style-type: none"> Fresh or frozen un-breaded meats (chicken, turkey, fish, beef, lamb, pork, veal) Eggs prepared without salt Regular peanut butter (look for no salt added brands) Unsalted nuts Soy, tofu 	<ul style="list-style-type: none"> Processed luncheon meats like bologna, salami, pastrami, ham, turkey, corned beef Ham, sausage, bacon, hotdogs Breaded or battered meats like chicken nuggets & fish sticks Salted, cured or smoked meats Canned meats like Spam® & potted meat
Fats	<ul style="list-style-type: none"> Unsalted butter Lard Olive or vegetable oil Tub or squeeze margarine Low sodium or homemade salad dressings Mayonnaise 	<ul style="list-style-type: none"> Bacon and bacon grease Salt pork Fat back Regular commercial salad dressings
Seasonings and condiments	<ul style="list-style-type: none"> Fresh or dried herbs and spices Vinegar, lemon juice and fruit juices for marinades Onion and garlic (fresh, minced, dried in flakes or powdered) Pepper, celery seed, and dried vegetable flakes Mustard, low sodium bouillon Spice and herb blends without added salt (Mrs. Dash®) 	<ul style="list-style-type: none"> Salt, sea salt, lite salt, bouillon cubes Potassium-containing salt substitutes (Nu-Salt®, No Salt®) Seasoning salts (garlic salt, onion salt, celery salt) Spice and herb mixes with added salt, including Old Bay® Commercially prepared sauces (teriyaki, soy) Large amounts of ketchup or BBQ sauce

Low Cholesterol Diet

Lowering your cholesterol is important; increased cholesterol levels lead to a higher risk of heart attacks and strokes. Cholesterol is a waxy, fat-like substance that your body needs. When you have too much cholesterol in your blood, it can build up on your artery walls. **Too much cholesterol puts you at risk for heart disease and stroke**, two leading causes of death in the United States. But you can take steps to manage your cholesterol levels and lower your risk.

Treating High Cholesterol

If your cholesterol is high, the first step of treatment is a diet with reduced saturated fat and cholesterol. To reduce fat in your diet, try to limit red meats such as beef, pork, and veal while increasing chicken, turkey and fish consumption. Try to eat baked or broiled foods and avoid fried foods. Substitute low fat or fat free products for whole milk products.

LDL vs. HDL

LDL is (low-density lipoprotein cholesterol, also called "**bad**" cholesterol)

-LDL is called "bad cholesterol" because it takes cholesterol to your arteries, where it may collect in artery walls. Too much cholesterol in your arteries may lead to a buildup of plaque This can increase the risk of blood clots in your arteries.

HDL (high-density lipoprotein cholesterol, also called "good" cholesterol)

-HDL transports cholesterol to your liver to be expelled from your body. HDL helps rid your body of excess cholesterol so it's less likely to end up in your arteries.

Sources: <https://www.cdc.gov/cholesterol/facts.htm>

<https://www.coastalmedical.com/articles/post/the-importance-of-lowering-cholesterol>

Food Group	Good for Lowering Cholesterol	Bad foods for lowering Cholesterol
Bread and Grains	<ul style="list-style-type: none"> - Oats - Barley - Whole Grains - Beans - Legumes - Nuts - Soy Beans 	<ul style="list-style-type: none"> - White Bread - Regular pasta noodles - White Rice - Bakery Breads - Cashews
Vegetables and Fruits	<ul style="list-style-type: none"> - Eggplant - Okra - Apples - Grapes - Strawberries - Citrus Fruits - Cabbage - Blueberries - Avocados - Carrots 	<ul style="list-style-type: none"> - Peas - Vegetable oils - Potatoes
Dairy	<ul style="list-style-type: none"> - 1% Milk - Skim Milk - Low Fat cheese - Greek Yogurt 	<ul style="list-style-type: none"> - Whole Milk - Full fat cheese - Creamed Ice-cream - Excess amount of dairy - Cream Cheese
Meat	<ul style="list-style-type: none"> - Salmon - Fish - Shellfish - Lean Meat 	<ul style="list-style-type: none"> - Full Fat Beef - Red meat - Lamb - Pork - Lard