

Packaged Food Makeover

Love the convenience of packaged foods? Try these tips for making them healthier — or making them yourself!



Packaged Food	Make It Healthier	Make It Yourself
Ramen noodles	- Look for brands that bake the noodles instead of frying them. - Stir in fresh or frozen veggies. Try broccoli, peas, edamame (soy beans), or spinach. - Add protein if you like. Try leftover cooked chicken, fish, or beef. Or, add cubes of tofu. - Use only half of the seasoning packet.	Cook whole grain angel hair pasta and your favorite chopped veggies in low-sodium broth until tender. Add leftover cooked chicken, fish, or beef, cubed tofu, or thawed edamame. Cook until heated through. Season with low-sodium soy sauce.
“Just add meat” boxed meals	- Use lean ground beef, chicken, or turkey. - Drain fat from cooked meat. - Add whatever veggies you have on hand. Try broccoli, carrots, or spinach.	Try these recipes: - Turkey Burger Macaroni* - Barley Jambalaya* - Tex-Mex Skillet*
Boxed macaroni and cheese	Add fresh or frozen broccoli or spinach to the pasta during the last few minutes of cooking.	Homemade mac and cheese is easier to make than you may think! Try our stovetop version.*
Frozen pizza	- Buy a plain cheese pizza. Add your own toppings. - Top with your favorite cooked veggies. Try broccoli, peppers, onions, and olives. - If you want meat, add low-fat turkey pepperoni. Or, use cooked chicken or turkey sausage. - Look for whole grain crusts if you can find them. If not, look for thin crusts.	Making your own pizza is fun for the whole family. Try The Works Pizza.* If you have time, make your own whole grain crust using our dough recipe.*

* Recipes are available at CookingMatters.org

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Taco dinner kits	- Look for taco kits with whole wheat or corn tortillas. - Use lean ground beef, chicken, or turkey. - Cook half the amount of ground meat called for. Drain fat. Stir a can of rinsed and drained black beans or pinto beans into the cooked meat. - Add cooked veggies like chopped tomatoes or shredded zucchini. - Top with low-fat cheese or sour cream.	Set up a taco buffet! Start with our Turkey Tacos recipe.* Let each family member add toppings to suit his or her taste.
Frozen or prepackaged Chinese food	If veggies aren't included, stir them in! Try bell peppers, broccoli, carrots, cauliflower, and edamame.	Try our Noodles with Peanut Sauce* or, make your own stir-fry.
Canned ravioli or pasta dishes	- Look for products made with whole grain pasta. - Add your favorite cooked veggies. Try zucchini, yellow squash, or spinach. Or, serve with a veggie-filled side salad.	try some of our tasty pasta recipes like Spaghetti and Meatballs* or Pasta with Beans and Greens.*
Frozen chicken nuggets or fish sticks	- Compare labels. Choose a brand with less saturated fat and sodium. - Look for chicken nuggets made with white meat instead of dark. - Serve with a hearty salad or a colorful vegetable side dish. - If fries on the side are a must, make your own Sweet Potato Fries.*	It's easy to make your own chicken fingers or fish sticks! Try our Baked Flaked Chicken* or Baked Flaked Fish With Tartar Sauce* for healthy, baked versions. Serve with colorful side dishes.
Frozen waffles or pancakes	- Look for whole grain pancakes or waffles. - Top with fresh fruit and yogurt instead of syrup.	Make a batch of our Orange Oatmeal Pancakes* on a day you have extra time. Freeze them in single servings. Pull them out when you're in a hurry.

* Recipes are available at CookingMatters.org

Step-by-Step Pasta Dinner

Pinching pennies? Make it a pasta night!

Pasta is a budget-friendly whole grain. Choose ingredients from the chart below to make a meal for four. Then, follow the step-by-step directions and review the chef's notes.

Pasta (½ pound)	+	Protein	+	Veggies (2 cups total, any combo)	+	Sauce (1–2 cups)	+	Seasonings (Optional, to taste)
Whole grain pasta		Lean ground beef, turkey, or chicken, cooked and drained (1 pound)		Spinach, chard, or kale		Marinara		Dried basil
Brown rice pasta		Extra-firm tofu, drained and crumbled (14-ounce package)		Broccoli		Peanut Sauce		Dried oregano
		Beans, rinsed and drained (1 can or 2 cups cooked)		Carrots		Canned diced or crushed tomatoes		Garlic powder or minced fresh garlic
		Frozen peas or edamame (soy beans), thawed and drained (2 cups)		Sugar snap or snow peas		Quick Cheese Sauce (recipe on back)		
		Chicken or turkey sausage, cooked and sliced (1 pound)		Zucchini or yellow squash		Simple White Sauce (recipe on back)		

Directions

1. Cook pasta according to package directions. In a colander, drain pasta.
2. Cook protein as needed. If using, add optional fresh garlic during the last minute of cooking time.
3. Cook veggies by steaming, grilling, roasting, sauteing, or adding to boiling pasta water during the last few minutes of cooking.
4. In a large pot over medium heat, heat sauce. If using, add optional dried herbs and spices now. Add protein and veggies to heat through. Toss with hot cooked pasta and serve.

Chef's Notes

- New to whole grain pasta? Start with a whole grain blend. Once you are used to the taste, switch to 100% whole wheat pasta.
- Use ground meat that is 93% lean or leaner. Drain excess fat from meat after cooking.



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Try these combos!

Asian Noodles

Whole grain spaghetti + tofu + sugar snap peas + carrots + peanut sauce

Summer Pasta Primavera

Whole grain pasta + diced tomatoes + cannellini beans + zucchini + garlic

Spaghetti and Meat Sauce

Whole grain pasta + lean ground beef + broccoli + marinara sauce + dried basil + dried oregano + garlic



Sauce Recipes

Simple White Sauce

1. In a small bowl, use a fork to whisk together 2 Tablespoons cornstarch and 1 cup nonfat or low-fat milk until smooth.
2. In a large saucepan over medium heat, add milk mixture. Cook until thickened, stirring constantly, about 5 minutes.
3. Stir in 2 teaspoons mustard. Season with dried or fresh herbs as you like, such as basil, parsley, or dill. Start with $\frac{1}{4}$ teaspoon and add to your taste.
4. Remove from heat. Add salt and pepper to taste. Serve hot.

Quick Cheese Sauce

1. Grate 2 ounces low-fat cheddar cheese.
2. Follow instructions for Simple White Sauce above. In step 3, stir in cheese along with the mustard and seasonings, until melted.



Celebrate Your Plate is here to help Ohioans lead healthier lives by eating more fruits and vegetables. We're an initiative of the Ohio Supplemental Nutrition Assistance Program - Education (SNAP-Ed). SNAP-Ed helps low-income people around our state make healthy food and lifestyle choices.

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Recipes in this booklet sourced from: Celebrate Your Plate, Oregon State University Extension's *Food Hero*, MyPlate Kitchen, USDA Foods Commodity Fact Sheets,

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Many Ways to Use Canned Fish



HEALTH BENEFITS

Seafood contains a range of nutrients, notably the omega-3 fatty acids, EPA and DHA. Eating about 8 ounces per week of a variety of seafood, the amount recommended for many adults, as part of a healthy diet, can support health. Some types of fish, such as salmon and trout are also natural sources of vitamin D, a nutrient that many people don't get enough of.

Canned salmon and tuna do contain significant amounts of omega-3 fatty acids, and they are considered low risk for mercury content.

Canned salmon supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

USE AND STORAGE TIPS

Canned salmon and tuna are fully cooked, so it is safe to eat without cooking. If heated, serve right away.

Store unopened cans in a cool, clean, dry place.

Store remaining opened salmon in a tightly covered container that is not made from metal in the refrigerator.

SALMON PATTIES

Makes 6 servings (2 patties each)

Ingredients:

- 1 can salmon, drained, skin and bones discarded (14.7 oz.)
- 1 package stuffing mix
- 1 cup shredded cheese (Mozzerella or American)
- 3/4 cup water
- 2 green onions, sliced or 1 Tablespoons dried onions
- 1/3 cup light mayonnaise
- 1 Tablespoon lemon juice

1. Before you begin, wash your hands, surfaces, and utensils.
2. Mix all ingredients in a bowl.
3. Shape mixture into 12 patties, using about 1/3 cup mixture for each patty.
4. Refrigerate patties for 10 minutes.
5. Heat a large nonstick skillet on medium heat.
6. Spray skillet with cooking spray, and add patties to skillet in batches.
7. Cook 3 minutes on 1 side, then turn over carefully. Cook for an additional 3 minutes or until patties are golden brown on each side.

SEAFOOD MACARONI SALAD

Makes: 6 servings

Ingredients:

- 1 cup whole grain elbow macaroni
- 1/2 cup mayonnaise OR mayonnaise-type salad dressing
- 2 Tablespoons onion, finely chopped
- 1/4 teaspoon black pepper
- 2 cans (5-6 oz. each) tuna or salmon, drained OR 2 pouches (6-7 oz. each) tuna or salmon
- 1/4 cup celery, chopped
- 3/4 cup carrots, grated OR cooked peas

1. Cook macaroni as directed on package. Drain and let cool.
2. In a large bowl, combine mayonnaise, onion, and black pepper.
3. Add in macaroni, tuna, celery, and carrots. Stir gently to combine.
4. Cover and refrigerate for one hour before serving.

Optional add-ins: sliced black olives, chopped pickles or pickle relish, diced tomatoes, diced cucumbers, finely chopped herbs like chives, dill or tarragon

MEDITERRANEAN TUNA ANTIPASTI SALAD

Makes: 4 servings

Ingredients:

- 2/3 cup nuts (walnuts, almonds, etc.), coarsely chopped
- 1/2 cup red onion, finely chopped
- 1/2 cup red bell pepper, chopped
- 10 ounces water-packed chunk tuna (about 2 5-ounce cans)
- 1 can (15.5-ounce) garbanzo beans, rinsed and drained
- 2 Tablespoons lemon juice
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons fresh parsley, chopped (or 1 Tablespoon dried parsley)
- 4 cups lettuce, shredded

1. Wash hands with soap and water.
2. Place nuts, onion, bell pepper, parsley, tuna, and garbanzo beans in a large bowl and mix lightly.
3. Whisk together lemon juice and olive oil and drizzle over salad; stir lightly to coat ingredients with dressing. Season with salt and pepper, if desired.
4. Place lettuce on a platter or divide between 4 salad bowls. Top with equal amounts of salad.

SEAFOOD PASTA SKILLET

Makes: 6 servings (1/2 cup per serving)

Ingredients:

- 1 ½ cups whole grain pasta (try shells, elbow, or bow tie)
- 1 Tablespoon margarine or butter
- 2 Tablespoons chopped onion
- 1 can (5 ounces) canned salmon or tuna, drained
- 2 small tomatoes, chopped
- 3 Tablespoons lemon juice
- 1 Tablespoon chopped parsley or 1 teaspoon dried parsley
- ¼ teaspoon salt

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. Cook pasta according to package directions. Drain, then set aside.
4. While pasta is cooking, heat margarine or butter in a medium skillet over medium heat (300 F degrees in an electric skillet). Add onion and cook until tender.
5. Add cooked pasta, salmon, tomato, lemon juice, parsley and salt. Cook until heated through.
6. Refrigerate leftovers within 2 hours.

CRUNCHY TUNA WRAPS

Makes: 4 servings (1 wrap per serving)

Ingredients:

- 1 (12 ounce) can tuna, drained
- 1 cup celery, chopped
- 4 Tablespoons nonfat salad dressing
- 4 (8-inch each) flour tortillas
- 4 lettuce leaves

1. Wash hands with soap and water.
2. In a small mixing bowl combine tuna, celery, and salad dressing.
3. Top each tortilla with a leaf of lettuce.
4. Spoon tuna salad onto each tortilla.
5. Roll tightly and serve.

Optional add-ins: chopped pickles or pickle relish, diced tomatoes, shredded carrots, chopped fresh herbs, or thinly sliced onions

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All About Beans

Recipes in this booklet sourced from: Celebrate Your Plate, MyPlate Kitchen, and Colorado State's *Eating Smart Being Active*.

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WHAT ARE BEANS, PEAS AND LENTILS?

Beans, peas, and lentils include the dried seeds of legumes that can be eaten. "Legume" is the scientific term that describes a type of plant that has pods with seeds inside.

Foods include kidney beans, pinto beans, white beans, black beans, lima beans, fava beans, soy beans, chickpeas, black-eyed peas, pigeon peas, split peas, and lentils. Edamame, which is the soybean in the pod, is also in this category of foods.

Beans provide protein, fiber, folate, iron, potassium and zinc while containing little or no fat, sodium or cholesterol. Because of their high concentration of health-promoting nutrients, consuming more beans could improve overall health.

Eating beans could also decrease the risk of developing certain diseases, including heart disease, obesity and many types of cancers.

The Dietary Guidelines for Americans recommend consuming 1.5 cups of beans per week to take advantage of these potential health benefits.

Source: myplate.gov

LENTIL STEW

Makes: 4 servings

Ingredients:

- 1 can vegetable juice (46 oz.)
- 1 1/2 cups water
- 1 cup dried lentils
- 1 can collard greens or spinach (14.5 oz.)
- 1 can carrots (14.5 oz.)
- 1 can potatoes (14.5 oz.)
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder or dried onions
- 1 tsp lemon juice (optional)
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1. Before you begin, wash your hands, surfaces, and utensils.
2. Heat saucepan/pot to medium-high heat and add water.
3. Add 1 large can of vegetable juice.
4. Add 1 cup dried lentils, bring to a boil.
5. Once boiling, reduce to simmer. Let simmer for 20-30 minutes, or until lentils are soft.
6. Add canned collard greens or spinach, canned carrots and canned potatoes. Stir.
7. Add seasonings, adjust to taste. Heat through.
8. Serve immediately or portion to freeze.

RED BEANS AND RICE

Makes: 8 servings

Ingredients:

- cooking oil spray, as needed (non-stick)
- 1 medium onion, peeled and chopped
- 1 medium green bell pepper, washed, seeded and chopped
- 1 teaspoon garlic powder
- 2 cans (14.5 ounces) low-sodium diced tomatoes
- 1 can (15.5 ounces) low-sodium kidney beans, drained and rinsed
- 6 cups cooked brown rice (no salt added)

1. Wash hands with soap and water.
2. Spray skillet with cooking oil spray, if using.
3. Cook onion and pepper over medium heat for 5 minutes or until tender.
4. Add garlic powder, tomatoes, and kidney beans.
5. Bring mixture to a boil.
6. Reduce heat to low and simmer for 5 minutes.
7. Serve over rice.

BEAN TIPS

- Store dry beans in an airtight container in a cool, dark, dry place. Label with the date they were purchased and try to use within 1 year for best quality.
- Wait until the beans are tender before adding salt or acidic ingredients such as tomato products, lemon or vinegar. If added too soon, these ingredients will delay softening of the beans.
- Freeze cooked or opened canned beans for longer storage. Use a freezer-quality container. Cover beans with cooking liquid or water, leaving room for expansion. Use within 2 to 3 months for best quality.

BEAN BASICS

DRIED BEANS ARE PACKED WITH NUTRIENTS, LOW COST, AND EASY TO PREPARE.

- **CLEAN**
 - Before soaking, sort through dried peas, beans, or lentils. Throw away any debris or beans that are discolored or shriveled.
- **SOAK**
 - *To soak quickly:*
 - Fill a pot with cold water. Add beans. Bring to a boil.
 - Boil beans for 5 minutes. Turn the heat off. Cover and let sit for one hour.
 - Drain the cooking water. Rinse the beans.
 - *To soak overnight:*
 - Fill a bowl with 3 cups cold water per 1 cup beans.
 - Soak beans for 8 to 12 hours at room temperature.
 - Drain the soaking water. Rinse the beans.
- **COOK**
 - Add enough water to cover dry beans, peas, or lentils by 2 inches. Simmer the beans for 30 minutes to 2 hours, until cooked. You may need to add water to keep beans from drying out.
 - Beans, peas, and lentils are done when they are easy to break open with a fork.

Use 1 cup dried to make 3 cups cooked	Water	Cooking time
Black Beans	3 cups	About 2 hours
Lentils (do not soak)	2 1/2 cups	1/2 hour
Navy Beans	3 cups	1 1/2 to 2 hours
Pink, Pinto, Kidney Beans	3 cups	2 hours

FIVE MINUTE REFRIED BEANS

Makes: 4 servings

Ingredients:

- 1 15 ounce can no salt added beans (pinto, black, or other type)
- 1 tablespoon olive oil OR vegetable oil
- 2 tablespoons onion, chopped
- 1 clove garlic, minced OR 1 teaspoon garlic powder
- 1/4 teaspoon ground cumin OR 1/2 teaspoon chili powder

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. Drain beans and rinse to reduce juices.
3. Heat oil in a frying pan on medium heat. Add onion and garlic. Sauté until onion is soft.
4. Add beans and cumin or chili powder to frying pan.
5. Using a potato masher or back of spoon, scrunch beans and cumin into onion mixture in frying pan.
6. Drain beans. Add 1 tablespoon of water at a time until desired consistency is reached.
7. Cook and stir bean mixture on medium heat until heated through; 3-5 minutes

ANY BEAN DIP

Makes: 6 servings (2 Tablespoons per serving)

Ingredients:

- 1 (15-ounce) can beans, drained and rinsed with cold water
- 1 garlic clove, peeled and finely minced
- 1/4 cup olive or vegetable oil
- 3 tablespoons fresh lemon juice or apple cider vinegar
- 1/2 teaspoon kosher salt

1. Combine all the ingredients in a food processor. Pulse to combine.

THREE CAN CHILI

Makes: 6 servings

Ingredients:

- 1 can (15.5 ounces) beans, low-sodium, undrained
- 1 can (15.2 ounces) corn, drained
- 1 can (14.5 ounces) crushed tomatoes, low-sodium, undrained
- 1 teaspoon chili powder (or more, to taste)

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste. Stir to mix.
3. Continue to stir over medium heat until heated thoroughly.
4. Refrigerate leftovers.

Optional Add-Ins: 1 cup cooked ground meat (beef, turkey, chicken)
1 small can diced green chili, 1/4 cup diced onion

CRUNCHY CHICKPEA SNACKS

Makes: 4 servings

Ingredients:

- 1 15-ounce can no salt added garbanzo beans (chickpeas)
- 1 Tablespoon olive oil OR vegetable oil
- Seasoning: 1 teaspoon brown sugar, 1/4 teaspoon cinnamon, 1/8 teaspoon salt

1. Preheat oven to 400 degrees.
2. Drain and rinse beans in a colander. Pat dry with a clean towel. Add to small bowl.
3. Add oil and seasonings to bowl with garbanzo beans. Mix until oil and spices are evenly distributed.
4. Spray non-stick spray onto a baking sheet. Spread out beans onto pan.
5. Bake for 40-50 minutes, until garbanzo beans are lightly toasted.