

Chicken Creole

This quick Southern dish contains no added fat and very little added salt in its spicy tomato sauce.



Average Cost: \$19.25

Prep Time: 30 minutes

Average Cook Time: 20 minutes

Average Servings: 4

Recipe Source: Keep the Beat: Heart Healthy Recipes, p. 65.

Ingredients

- 4 Medium chicken breast halves, skinless, boned, and cut into 1-inch strips
- 1 Cup tomatoes, cut up
- 1 Cup low-sodium chili sauce
- 1 Large green pepper, chopped
- 1 1/2 Cup celery, chopped
- 1/4 Cup onion, chopped
- 2 Cloves garlic, minced
- 1 Tbsp fresh basil (or 1 tsp dried)
- 1 Tbsp fresh parsley (or 1 tsp dried)
- 1/4 Tsp red pepper, crushed
- 1/4 Tsp salt
- Nonstick cooking spray (as needed)

Directions

Step 1

Spray deep skillet with nonstick cooking spray. Preheat pan over high heat.

Step 2

Cook chicken in hot skillet, stirring, for 3–5 minutes or until no longer pink. Reduce heat.

Step 3

Add tomatoes with juice, low sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boil and reduce heat. Simmer covered for 10 minutes.

Step 4

Serve over hot cooked rice or whole wheat pasta

Utensils Needed

- Stove
- Skillet
- Sharp knife
- Measuring spoons
- Bowl

NUTRITION FACTS

Serving Size: 1 1/2 Cups

Nutrients	Amount
Calories	274
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	73 mg
Sodium	383 mg
Total Carbohydrates	25 g
Dietary Fiber	4 g
Total Sugars	0 g
Added Sugars	0 g
Protein	30 g



Jambalaya

Here is a jambalaya that your family can enjoy. It has lots of flavor, veggies, and tasty low-fat meats!



Average Cost: \$30.80



Prep Time: 20 minutes



Average Cook Time: 1 hour, 15 minutes



Average Servings: 9

Recipe Source: Heart Healthy Home Cooking African American Style, p. 22.

Ingredients

- 14 Ounces low-fat turkey kielbasa
- 1 Pound boneless, skinless chicken breast
- Nonstick cooking spray
- 1 Medium celery stalk, chopped
- 2 Small onions, chopped
- 4 Cloves garlic, chopped
- 1 Small bunch green onions, chopped
- 1 Medium green bell pepper, chopped
- 1 Can (14 ½-ounce) no-saltadded diced tomatoes
- 1 ½ Cups uncooked brown rice
- 4 Cups water
- 2 Cubes low-sodium chicken bouillon
- 1 Bay leaf
- 1 ½ Tsp cayenne pepper
- 3 Tbsp parsley, finely chopped

Directions

Step 1

Wash chicken and pat dry. Cut the chicken breast and kielbasa into 1-inch chunks.

Step 2

Spray a medium-sized pot with nonstick cooking spray. Brown the kielbasa and chicken over medium heat and remove from the pot.

Step 3

Add next 6 ingredients to the same pot and cook over medium heat for 10 minutes.

Step 4

Return the cooked meat to the pot; add the rice, water, bouillon, bay leaf, and cayenne pepper. Bring to a boil. Cover, reduce heat, and let simmer for about 50 minutes or until the water is evaporated.

Step 5

Stir in parsley and serve warm.

Utensils Needed

- Stove
- Sharp knife
- Measuring cups and spoons
- Bowl
- Pot

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	250
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	53 mg
Sodium	531 mg
Total Carbohydrates	31 g
Dietary Fiber	5 g
Total Sugars	0g
Added Sugars	0 g
Protein	22 g



Oven Fried Chicken

Kids will love this chicken—it tastes batter-dipped and fried, but is actually good for the heart.



Average Cost: \$15.97



Prep Time: 1 hour, 20 minutes



Average Cook Time: 1 hour, 20 minutes



Average Servings: 6

Recipe Source: Keep the Beat: Heart Healthy Recipes, p. 61.

Ingredients

- 1/2 Cup skim milk or buttermilk
- 1 Tsp poultry seasoning
- 1 Cup cornflakes, crumbled
- 1 1/2 Tbsp onion powder
- 1 1/2 Tbsp garlic powder
- 2 Tsp black pepper
- 2 Tsp dried hot pepper, crushed
- 1 Tsp ginger, ground
- 8 Pieces chicken, skinless (4 breasts, 4 drumsticks)
- A few shakes of paprika
- 1 Tsp vegetable oil

Directions

Step 1

Preheat oven to 350°F. Cook lasagna noodles following package directions. In a colander, drain and run under cold water until cool to the touch. Complete the below steps while noodles cook.

Step 2

Add 1/2 teaspoon of poultry seasoning to milk. Combine all other spices with cornflake crumbs and place in plastic bag.

Step 3

Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs. Refrigerate for 1 hour.

Step 4

Remove from refrigerator and sprinkle lightly with paprika for color. Evenly space chicken on greased baking pan.

Step 5

Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30–40 minutes or until meat can be easily pulled away from bone with fork. Drumsticks may require less baking time than breasts. (Do not turn chicken during baking.) Crumbs will form crispy “skin.”

Utensils Needed

- Oven
- Aluminum foil
- Large plastic bag
- Sharp knife
- Measuring spoons
- Bowl
- Baking pan

NUTRITION FACTS

Serving Size: 1/2 breast or 2 small drumsticks

Nutrients	Amount
Calories	256
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	82 mg
Sodium	286 mg
Total Carbohydrates	22 g
Dietary Fiber	1 g
Total Sugars	0g
Added Sugars	0 g
Protein	30 g



Potato Salad

Your family will love this delicious—and healthy—comfort food classic.



Average Cost: \$10.27



Prep Time: 30 minutes



Average Cook Time: 15 minutes



Average Servings: 6

Recipe Source: [MyPlate.gov](https://www.myplate.gov)

Ingredients

- 1 Pound potatoes (4 medium potatoes)
- 1 Cup onion (diced)
- 1/2 Cup celery (chopped)
- 1/2 Cup mayonnaise, low-fat
- 1/4 Cup sweet pickle relish

Directions

Step 1

Scrub the potatoes, and peel them. Cut the potatoes into 1-inch cubes. Put the potatoes into a saucepan. Cover with water.

Step 2

Bring the potatoes to a boil on medium heat. Let the potatoes simmer for 15 minutes until they're soft. Drain the hot water, and let the potatoes cool.

Step 3

While the potatoes are cooling, peel and chop some onions until you have 1 cup of chopped onions. Chop the celery until you have ½ cup of chopped celery.

Step 4

Put the chopped onion and celery in a medium mixing bowl. Add the mayonnaise and pickle relish. Stir together. Add the cooled potatoes. Stir again.

Step 5

Cover the bowl. Put in the fridge for at least 2 hours before serving.

Utensils Needed

- Stove
- Sharp knife
- Cutting board
- Measuring cups
- Large mixing bowl
- Sauce pan

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	122
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	247 mg
Total Carbohydrates	13 g
Dietary Fiber	1 g
Total Sugars	5 g
Added Sugars	3 g
Protein	1 g



Creamy Mac and Cheese with Broccoli

Here’s a healthy version of the classic Mac and Cheese!



Average Cost: \$13.56



Prep Time: 10 minutes



Average Cook Time: 35 minutes



Average Servings: 8

Recipe Source: UMass Extension Nutrition Education Program: Healthy Recipes

Ingredients

- 2 Cups whole-wheat elbow pasta, uncooked
- 4 Tbsp flour
- 2 Cups milk, low-fat or fat-free
- 2 Cups cheddar cheese, reduced-fat, shredded
- ½ Tsp pepper, ground
- 2 Cups cooked broccoli, chopped

Directions

Step 1

Cook pasta until tender following directions on package.

Step 2

Drain cooked pasta and return to pan. Sprinkle flour over pasta while it is still warm. Toss thoroughly.

Step 3

Reheat the pan to medium heat, slowly stir in milk, cheese, and pepper.

Step 4

Cook, but do not boil, until the milk and cheese thicken into a creamy sauce—approximately 7 to 10 minutes.

Step 5

Stir in broccoli and heat thoroughly.

Utensils Needed

- Stove
- Sharp knife
- Measuring cups and spoons
- Bowl
- Pot
- Pan
- Collander

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	200
Total Fat	3.5 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	290 mg
Total Carbohydrates	29 g
Dietary Fiber	1 g
Total Sugars	0g
Added Sugars	0 g
Protein	0 g



Sauteed Kale

These greens are a riff on sukuma wiki, a dish enjoyed in many parts of East Africa.



Average Cost: \$15.46



Prep Time: 10 minutes



Average Cook Time: 25 minutes



Average Servings: 8

Recipe Source: SNAP-Ed Live Well

Ingredients

- 2 Pounds kale approximately 2 bunches or 2 pounds
- 1 tablespoon vegetable oil
- 1 Onion (chopped)
- 1 Tsp ground cumin
- 1/2 Tsp ground coriander
- 1/2 Tsp ground turmeric
- 2 Tomatoes (chopped)
- 1 Green chili pepper (seeds removed and diced, optional)
- 1 Cup water
- 1 Tsp salt
- Black pepper to taste
- 2 Tbsp lemon juice (optional)

Directions

Step 1

Wash hands with soap and water. Chop the greens into 1-inch strips, including ribs.

Step 2

Heat oil in large pot. Add onion and cook for 8 minutes over medium heat.

Step 3

Add cumin, coriander and turmeric. Add tomatoes and chili (if using). Stir and cook for 2 minutes. Add the greens, salt and pepper. Stir to combine.

Step 4

Add 1 cup water and bring to a boil. Turn heat to low and cover. Cook until greens are tender, about 15 minutes.

Step 5

Stir in lemon juice if using. Serve hot.

Utensils Needed

- Stove
- Sharp knife
- Measuring cups and spoons
- Bowl
- Large pot

NUTRITION FACTS

Serving Size: 1 Cup

Nutrients	Amount
Calories	60
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	325 mg
Total Carbohydrates	9 g
Dietary Fiber	3 g
Total Sugars	0g
Added Sugars	0 g
Protein	3 g

