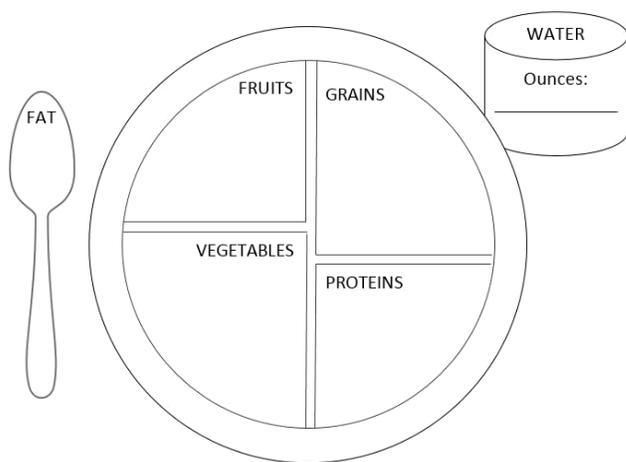


# COOK IT UP HEALTHY

## Biggest Obstacles to Cooking Healthy

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Create YOUR Healthy Plate



½ plate with fruits & vegetables  
or all vegetables  
¼ plate with protein  
¼ plate with whole grain starches

## Typical Servings of Each Food Group a Day

\_\_\_\_\_ Fruits & Veggies \_\_\_\_\_ Starches  
\_\_\_\_\_ Low-Fat Dairy \_\_\_\_\_ Protein

What are...

Fats \_\_\_\_\_

Sugar \_\_\_\_\_

Adding Nutrients \_\_\_\_\_

Your Notes: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Eating Clean in a Not-So-Clean World

## Eat Organic

Certain produce (often those in which the skin is eaten) is more likely than others to be contaminated with pesticides, so begin by buying these organic to minimize your chances of consuming pesticides and other harmful substances.

The dirty dozen are: Celery, peaches, strawberries, apples, blueberries, nectarines, sweet bell peppers, spinach kale/collard greens, potatoes, grapes, and lettuce.



## White - Out

Stick to less processed whole grains, such as sprouted breads, quinoa, amaranth, wild rice, millet and buckwheat. Skip sugar, salt, and white flour as much as possible, which are associated with obesity, high blood pressure, and increased risk for diabetes.



## Count the Ingredients

If you run out of fingers when counting the ingredients in a product, put it back on the shelf! Highly processed items with more than 3-4 ingredients often contain saturated fats, trans fats, refined oils, sodium, sugar, high fructose corn syrup, or artificial sweeteners.

## What is that?

If you can't identify an ingredient, don't buy it. Some chemicals have been linked to cancer and others can cause allergic and respiratory reactions.

## Eat the Whole Thing

Olive, coconut, and flax oil are considered healthful, but each are highly caloric, with no protein or fiber. Instead, focus on the whole plant: olives, coconuts, flaxseeds. Eat avocados and nuts to supply your body with healthful fats.

## Ban the Brew

Limit coffee to no more than 1 cup per day and alcohol to 1 per week...any more than that is just not clean. Try green tea or the cleanest beverage of all: water!

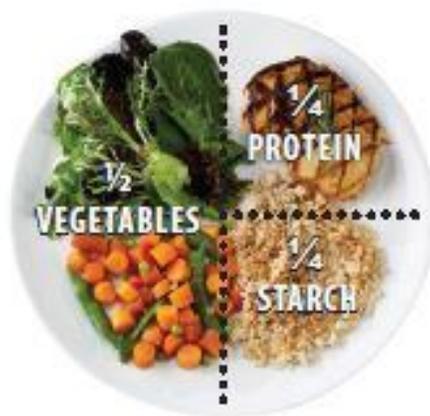


## Be (Mostly) Vegetarian

Eat only organic, grass-fed animals to reduce saturated fat, added antibiotics, and hormones. Try meatless meals several times a week to begin, then eating only two 3-4 oz servings of "flesh foods" per week. Best yet, try eliminating milk and cheese to further clean up your diet.

# WebMD Portion Size Guide

When you're trying to eat healthfully, it's essential to keep track of just how much you're eating. It's all too easy to misjudge correct portion sizes. Here are some easy comparisons to help you figure out how many servings are on your plate.



## PORTION SIZE YOUR PLATE

### 1/2 PLATE VEGETABLES:

Fill half your plate with a colorful assortment of different vegetables for good nutrition and tastes to please your palate.

### 1/4 PLATE PROTEINS:

Low-fat proteins are good for your heart and better for your waistline. Bake, broil, or grill your way to a delicious and healthy meal.

### 1/4 PLATE STARCHES:

Whole-grain starches are good for your heart and keep you feeling fuller longer. While foods like yams, potatoes and corn are considered vegetables, they are high in starch and should be placed on this part of your plate.

## BASIC GUIDELINES



1 cup = baseball



1/2 cup = lightbulb



1 oz or 2 tbsp = golf ball



1 tbsp = poker chip



1 slice of bread = cassette tape



3 oz chicken or meat = deck of cards



3 oz fish = checkbook



1 oz lunch meat = compact disc



3 oz muffin or biscuit = hockey puck



1 1/2 oz cheese = 3 dice



### GRAINS

- 1 cup of cereal flakes = baseball
- 1 pancake = compact disc
- 1/2 cup of cooked rice = lightbulb
- 1/2 cup cooked pasta = lightbulb
- 1 slice of bread = cassette tape
- 1 bagel = 6 oz can of tuna
- 3 cups popcorn = 3 baseballs



### FRUITS & VEGETABLES

- 1 medium fruit = baseball
- 1/2 cup grapes = about 18 grapes
- 1 cup strawberries = about 12 berries
- 1 cup of salad greens = baseball
- 1 cup carrots = about 12 baby carrots
- 1 cup cooked vegetables = baseball
- 1 baked potato = computer mouse



### MEATS, FISH & NUTS

- 3 oz lean meat & poultry = deck of cards
- 3 oz grilled/baked fish = checkbook
- 3 oz tofu = deck of cards
- 2 tbsp peanut butter = golf ball
- 2 tbsp hummus = golf ball
- 1/4 cup almonds = 12 almonds
- 1/4 cup pistachios = 24 pistachios



### DAIRY & CHEESE

- 1 1/2 oz cheese = 3 stacked dice
- 1 cup yogurt = baseball
- 1/2 cup frozen yogurt = lightbulb
- 1/2 cup ice cream = lightbulb



### FATS & OILS

- 1 tbsp butter or spread = poker chip
- 1 tbsp salad dressing = poker chip
- 1 tbsp mayonnaise = poker chip
- 1 tbsp oil = poker chip



### SWEETS & TREATS

- 1 piece chocolate = dental floss package
- 1 brownie = dental floss package
- 1 slice of cake = deck of cards
- 1 cookie = about 2 poker chips

# Healthy Substitutes

Whipping up healthy recipes may be easier than you think. You can make simple ingredient substitutions to create healthy recipes that don't sacrifice taste and enjoyment. Use this substitution guide to help reduce the amount of fat, salt, sugar and calories as you prepare healthy recipes.

| Instead of this:    | Try This!   |
|---------------------|---|
| <b>Cheese</b>       | Use reduced-fat cheese to cut 36 grams of fat and 320 calories for every 8 ounces.  |
| <b>Crackers</b>     | Choose whole grain or low-fat bread and crackers to accompany appetizers.   |
| <b>Cream</b>        | Use fat-free half-and-half for liquid cream to cut 40 calories and 7 grams of fat per $\frac{1}{4}$ cup serving. Better yet use $\frac{1}{2}$ cream and $\frac{1}{2}$ skim milk.                |
| <b>Cream cheese</b> | Use light cream cheese instead of regular cream cheese. This cuts 16 grams of fat per cup of cream cheese.  |
| <b>Deep frying</b>  | Oven fry or pan fry your items in a minimum of oil and you'll cut 80 calories and 9 grams fat.  |
| <b>Eggs</b>         | Use half whole real eggs and $\frac{1}{2}$ cup egg substitute in egg recipes to cut 90 calories, 10 grams of fat and 500 mg or cholesterol for every 4 eggs normally used.                      |
| <b>Gravy</b>        | Use only the brown bits at the bottom of the pan—the flavor comes from these brown bits, not from the actual “drippings” which are laden with fat. Use fat-free half-and-half for creamy gravy. |
| <b>Mayonnaise</b>   | When making dips, appetizers and side dishes use a blend of real mayonnaise and fat-free sour cream. This will cut 1,000 calories and 132 grams of fat per cup of mayonnaise.                   |
| <b>Sausage</b>      | Use light turkey sausage or turkey bacon instead of regular sausage in your recipes to trim 347 calories and 42 grams of fat per 12 ounces.   |
| <b>Sour-cream</b>   | Use fat-free sour cream which will cut 320 calories and 35 grams of fat per cup of sour cream.  |
| <b>Oil</b>          | For brownie mixes use exact amount of apple sauce to substitute for oil.  |

# Cook It Up Healthy Recipes

## MARINADES

Marinate the meats in a large plastic bag in the refrigerator for 1 hour before cooking.

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| Chicken Breast   | Steak  | Pork Tenderloin   | Fruit  |
|--|--|---|--|
| Soy Sauce, olive oil, cider vinegar, minced garlic, minced ginger, crushed red pepper, and apricot jam | Onion, lime juice, olive oil, garlic, cumin, cayenne pepper and cilantro | Balsamic vinegar, olive oil, minced garlic, sea salt and pepper | After grilling each halved piece of fruit (peaches are great) about 2-3 minutes per side, toss them with a little sugar, brandy and lemon juice and marinate 15 minutes. To serve top with a little mascarpone cheese mixed with vanilla extract |

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## HONEY MUSTARD-GLAZED SALMON WITH LENTILS AND KALE

### Ingredients:

- 1 cup brown lentils, picked over and rinsed
- 8 oz kale, chopped (about 8 packed cups)
- 4 6-oz wild-caught salmon fillets
- 1 tbsp honey
- 2 tbsp Dijon mustard

### Pantry staples:

- Ground black pepper and sea salt, to taste
- Olive oil cooking spray

### Directions:

1. Preheat oven to 450°F.
2. In a large saucepan over high heat, bring 4 cups water to a boil. Add lentils and kale. Cover and simmer over medium-low heat for 25 minutes, stirring occasionally. Remove lid and simmer 5 to 10 minutes more or until lentils and kale are tender. Season with salt and pepper, to taste.
3. Meanwhile, place salmon fillets on a baking sheet lined with foil and coated with cooking spray. Season salmon with salt and pepper, to taste. Bake for 12 minutes.
4. In a small bowl, stir together honey and mustard. When salmon is ready, remove fillets from oven and coat thoroughly with honey-mustard glaze. Return to oven and bake 10 to 15 minutes more or until cooked through.

**Note:** Divide lentil mixture among 4 plates. Top each with a salmon fillet and serve immediately.

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## HOT AND SOUR SWISS CHARD

### Ingredients:

- 2 tbsp apple cider vinegar
- 2 tbsp raw organic honey
- 1 tbsp unsalted tomato paste
- ¼ to ½ tsp red chile flakes (adjust to taste)
- 1 tsp olive oil
- 1 medium shallot, finely diced
- 1 bunch Swiss chard, sliced into 1-inch pieces, stems and leaves separated (about 2 to 3 cups stems and 4 to 6 cups leaves)
- Sea salt and fresh ground black pepper, to taste

### Directions:

1. In a small bowl, whisk together vinegar, honey, tomato paste and chile flakes. Set aside.
2. Heat a large 10- to 12-inch sauté pan over medium-high heat. Add oil and shallot and sauté for 1 minute, until translucent. Add chard stems to pan and sauté for about 1 minute. Add chard leaves, stir and continue to cook for another 2 minutes. Season with salt and black pepper and pour mixture into a bowl.
3. Return pan to heat and pour tomato paste mixture into pan. (Be careful: Vinegar will boil immediately, resulting in strong fumes. Keep your face away from pan.) Stir well and allow liquid to reduce for about 30 to 60 seconds so that it thickens enough to coat the back of a spoon. Remove from heat.
4. Place chard onto a serving platter and drizzle with sauce. Serve immediately.

## PENNE WITH CHICKEN SAUSAGE, TOMATO AND SPINACH

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### Ingredients:

8 oz whole-wheat penne pasta  
Olive oil cooking spray  
3 3-oz all-natural, fully cooked low-fat chicken sausages, halved lengthwise and sliced  
½ tbsp olive oil  
1 small onion, chopped (any variety)  
Pinch sea salt  
2 pinches fresh ground black pepper or to taste, divided  
2 to 3 cloves garlic, finely chopped  
¼ tsp red pepper flakes, or to taste  
½ tbsp double-concentrated tomato paste (from tube)  
1 ⅓ cups jarred or boxed chopped tomatoes (TRY: Pomi Chopped Tomatoes)  
7 oz baby spinach  
1 oz low-sodium Parmesan cheese, grated

### Directions:

1. Cook penne to al dente according to package directions. Drain and return to pot. Set aside.
2. Meanwhile, heat a large skillet on medium-high and coat with cooking spray. Add sausage and cook, stirring occasionally, until lightly browned and heated through, about 5 minutes. Transfer to a small bowl and set aside.
3. Add oil to skillet and heat on medium-high. Add onion and season with 1 pinch each salt and black pepper. Cook, stirring occasionally, until tender and lightly browned, about 8 minutes. Add garlic, pepper flakes and tomato paste and cook, stirring frequently, for 2 minutes. Add tomatoes and bring to a simmer. Reduce heat to medium-low and gently simmer, stirring occasionally, until slightly reduced, 1 to 2 minutes. Add half of spinach, stirring until beginning to wilt. Stir in remaining spinach and simmer until tender and most liquid has evaporated, 2 to 4 minutes. Season with a pinch of black pepper.
4. To pot with pasta, add tomato mixture, stir well to combine and cook on low until heated through. Spoon into serving bowls and top with Parmesan, dividing evenly. Serve immediately.

## SOUTHWEST QUINOA SALAD

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### Ingredients:

⅓ cup fresh lemon juice  
⅓ cup olive oil  
3 tbsp chopped fresh cilantro  
Sea salt and fresh ground black pepper, to taste  
1 cup quinoa, rinsed and drained  
1 tsp cumin seeds, toasted, or 1 tsp ground cumin  
High-heat cooking oil (such as sunflower, safflower, peanut or grape seed oil), as needed to lightly coat grill grate  
2 cobs fresh corn, husks and silk removed (or 1 ¼ cups frozen corn, thawed)  
1 cup cooked black beans, drained  
1 plum tomato, diced  
1 zucchini or yellow zucchini squash, diced  
¼ cup finely chopped red onion

### Directions:

1. In a small bowl, whisk lemon juice, olive oil, cilantro, salt and pepper; set aside.
2. In a saucepan, bring 2 cups water to a boil; add quinoa and cumin. Cover, reduce heat to medium-low and simmer until liquid is absorbed, about 12 minutes. Remove pan from heat and let stand for 5 minutes. Uncover, fluff with a fork and let cool for at least 10 minutes.
3. Meanwhile, heat an outdoor grill to medium-high and lightly oil grate with cooking oil. Add corn, close lid and grill, turning once, until tender and lightly charred, 10 to 15 minutes. (Alternatively, boil cobs in a large pot of simmering water. Cover and cook until tender, 6 to 10 minutes.) Let corn cool, then cut kernels from cob.
4. In a large bowl, combine quinoa, corn kernels, beans, tomato, zucchini and onion. Pour lemon-cilantro dressing over top and toss to combine. Cover and refrigerate salad for at least 1 hour to allow flavors to meld, or up to 2 days.