

REDUCING CALORIES IN MEALS

Can the following meals be changed to decrease their calorie content? Can you plan some other low calorie/low cost nutritious meals on the back of this publication?

Breakfast

Scrambled eggs (2)
Sugar-coated cereal with whole milk
Bacon, 3 slices
Coffee with half & half

Lower-Calorie Breakfast

Lunch

Bologna and cheese sandwich with mayonnaise on white bread
Potato Chips
Whole Milk
Ice Cream
Soda Pop

Lower-Calorie Lunch

Dinner

Fried Chicken
Baked potato with sour cream and butter
Creamed corn
Chocolate cake with icing
Orange drink

Lower Calorie Dinner

Fast Food Meal

Cheeseburger with mayonnaise and mustard
Milkshake
French Fries
Apple Pie

Lower-Calorie Fast Food Meal

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RECIPES FOR EATING RIGHT & LIGHT

When evaluating recipes for lower calories, size of serving and nutritional value should also be considered. Recipe ideas included in this handout are from "Eating For Better Health," USDA Program Aid No. 1290, and "The American Heart Association Cookbook," David McKay, Publisher.

Baked Fish with Creole Sauce (4 servings)

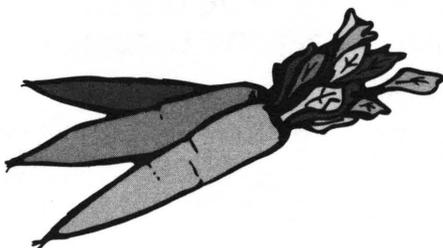
- 3/4 pound fresh or frozen fillets or 1 1/2 pounds whole fish
- 1/2 small onion, chopped
- 1/3 small green pepper, thinly sliced
- 1 8-ounce can tomato sauce
- 1 teaspoon chili powder
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Thaw fish, if frozen. Rinse fish in cool water. Drain well. Preheat oven to 350 degrees F. Place fish in 9 x 10-inch baking pan. Mix together onion, green pepper, tomato sauce, chili powder, and salt and pepper. Pour over fish. Cover pan and bake until fish flakes easily with fork (20 to 30 minutes for fillets, 30 to 40 minutes for whole fish). Approximately 91 calories per serving. Serve with rice.

Beef Sir-Fry (2-3 servings)

- 3-4 ounces lean beef cut in strips
- 1 teaspoon margarine
- 1/2 cup chopped onion
- 1/2 cup pepper cut in strips
- 1/2 cup celery, cut in strips
- 3 cups cooked rice
- 1/2 cup of any cooked leftover vegetables
- Soy Sauce and pepper to taste

Melt margarine over medium high heat. Stir-fry meat and onion for 3 minutes, add celery and peppers, stir-fry 1 minute. Add cooked rice and leftover vegetables. Stir until hot. Add soy sauce and pepper to taste.



Fish and Vegetables (4 servings)

- 1/3 cup orange juice
- 2 tablespoons vinegar
- 1 tablespoon soy sauce (optional)
- 4 fish fillets (about 1 pound)
- 1 cup carrots (cut in thin 1-inch strips)
- 1 cup celery (cut in thin 1-inch strips)

Prepare sauce by stirring together orange juice, vinegar, and soy sauce in small bowl. Place fillets in a baking dish. Cover the fillets with the carrots and celery. Pour sauce over all. Cover baking dish tightly with aluminum foil or a lid. Bake in a 450 degrees F. oven for 30 minutes. Serve with rice.

Vegetable Soup (2-3 servings)

- 2 3/4 cups chicken broth
- 1 carrot cut into thin slices
- 1/2 cup diced celery
- 1 small zucchini cut in slices
- 1 onion, sliced
- 1 16-ounce can of tomatoes, chopped (use liquid)
- Pepper to taste

Bring broth to a boil. Add carrot, celery, zucchini, onion, and tomatoes. Lower heat; cover and simmer 10 minutes or until vegetables are tender. Some water may be added if necessary. Approximately 40 calories per serving.

Crispy Baked Chicken (4 servings)

- 1 frying chicken (2 1/2 to 3 pounds), cut into serving pieces, remove skin
- 1 cup cornflake crumbs
- 1 cup skim milk
- Seasoning, if desired

Preheat oven to 400 degrees F. Remove all skin from the chicken, rinse and dry the pieces thoroughly. Season. Dip each piece in milk, shake to remove excess, and roll in the crumbs. Let stand briefly so coating will adhere. Place chicken in an oiled baking pan. Do not crowd; pieces should not touch. Bake 45 minutes or more. Crumbs will form a crisp "skin." Approximately 270 calories per serving.

Meat Loaf (6 servings)

- 1 pound lean ground beef
- 3 carrots, shredded
- 1 cup low-fat cottage cheese
- 1 small onion, chopped
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon basil (optional)
- 1 egg white

Preheat oven 350 degrees F. Mix all ingredients together and place in loaf pan to bake. Bake 50 minutes until brown. Approximately 210 calories per serving.

Sour Cream Substitute

- 1 cup creamed cottage cheese
- 2 tablespoons skim milk
- 1 tablespoon vinegar

Put all ingredients in a blender or bowl, use beater or potato masher and blend well. May be served cold or added to hot dishes at the last moment.

Pasta and Bean Casserole (6 servings)

- 1 tablespoon margarine
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1/2 teaspoon garlic powder
- 1 20-ounce can tomatoes
- 1 quart water
- 6 ounces dry white beans (rinse and soak overnight)

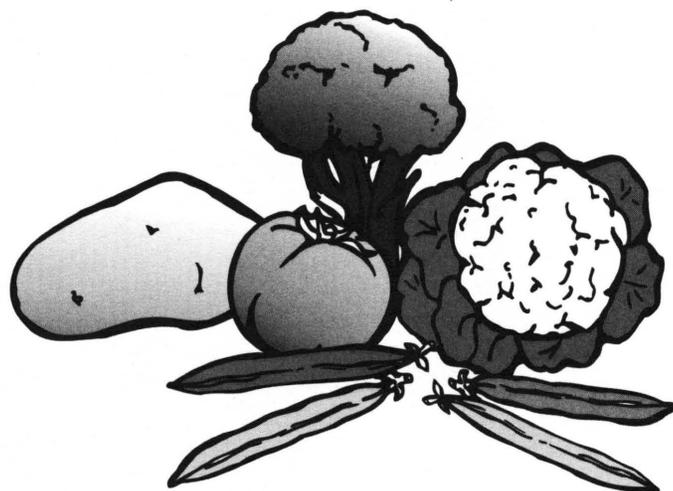
- 1 cup assorted fresh vegetables such as sliced zucchini, chopped carrots, cut green beans
- 1/2 cup chopped green pepper
- 1 cup elbow macaroni
- 1 teaspoon basil or oregano (optional)
- 2 oz. Parmesan or Romano cheese (optional)

In a 4-quart saucepan, melt margarine. Add onion, celery, green pepper and garlic and sauté until onion is clear. Add tomatoes and cook for about 2 minutes more. Add water and beans and bring to a boil. Turn down heat, cover and cook until beans are tender, about 1/2 to 1 hour. Add vegetables and cook until tender, about 15-20 minutes. Stir in macaroni and seasonings and cook just until macaroni is done, about 8 minutes. Top with cheese if desired.

Spinach and Pasta (4-6 servings)

- 1 package frozen spinach, drained
- 1 pound noodles
- 8 ounces cottage cheese
- 1 tablespoon margarine
- 1 medium onion, chopped
- 1/4 teaspoon pepper
- Parmesan cheese (optional)

In a 4-quart kettle, cook noodles just until done. Drain in colander. Melt margarine in same kettle and sauté onion until clear. Add strained spinach and sauté until most of the moisture is gone. Add the drained noodles and the cottage cheese. Toss. Sprinkle with Parmesan cheese if desired.



Rice Pudding (6 servings)

- 2 cups skim milk
- 3 tablespoons raw long grain rice
- 3 tablespoons sugar
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon nutmeg (optional)
- 1/4 teaspoon cinnamon
- 1/4 cup seedless raisins (optional)

Preheat oven to 325 degrees F. Mix all ingredients together and place in 1-quart casserole. Bake uncovered for 2 - 2 1/4 hours or until rice is tender. Stir occasionally to mix surface skin into pudding. Serve warm or cold. Approximately 90 calories per serving.

Tuna-Apple Salad (4 servings)

- 1 6 1/2 or 7-ounce can tuna (packed in water)
- 1 unpeeled diced apple
- 1 stalk celery, chopped
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- Lettuce as desired

Rinse and drain tuna. Mix tuna and other ingredients, except lettuce, in bowl. Use immediately or chill 1 to 2 hours. Serve on a bed of lettuce leaves. Approximately 126 calories per 1/2 cup serving.

Cabbage-Fruit Salad (5-6 servings)

- 2 cups shredded cabbage (1/2 head)
- 2 oranges, sectioned and seeded, if in season
- 1 or 1/2 cup crushed pineapple, drained
- 2 medium apples, chopped
- 1/2 cup chopped peanuts and/or raisins (optional)
- 4 tablespoons plain low-fat yogurt

Prepare cabbage, oranges, and apples as directed. Mix all ingredients together. Add peanuts, raisins, and yogurt.

Carrot-Raisin Salad (6 servings)

- 2 cups shredded carrots
- 1/2 cup seedless raisins
- 1/2 cup vanilla low-fat yogurt
- 2 teaspoons lemon juice
- 1/8 teaspoon salt

Shred clean carrots. Combine with raisins. Mix together yogurt, lemon juice and salt.

Pour over salad and mix well. Approximately 110 calories per serving.

Chicken-Vegetable Salad (4-5 servings)

- 2 cups diced cooked turkey or chicken
- 1/2 cup diced celery
- 1/4 cup diced green pepper (optional)
- 1/4 cup chopped onion
- 1/4 cup mayonnaise or yogurt

Toss ingredients together with mayonnaise or yogurt. Chill. Approximately 170 calories per serving.

Chicken-Fruit Salad (6 servings)

- 2 cups diced, cooked turkey or chicken
- 2 apples, diced
- 1 cup drained pineapple chunks
- 3 tablespoons vanilla low-fat yogurt
- 3/4 tsp. curry powder
- 1/4 cup chopped nuts (optional)

Toss all ingredients together. Chill. Approximately 170 calories per serving without nuts.

Creamy Salad Dressing

- 2 tablespoons flour
- 1 tablespoon brown sugar
- 1 teaspoon dry mustard or 1 tablespoon regular mustard
- 1/4 teaspoon pepper
- 1 cup water

- 1/3 cup non-fat dry milk
- 1 egg
- 1/4 cup vinegar
- 1 cup plain yogurt
- 1 tablespoon orange juice concentrate

Combine flour, brown sugar, mustard, and pepper in sauce pan. Mix together in a small bowl, water, dry milk, and egg; gradually stir into flour mixture. Bring to a boil, stirring constantly. Boil and stir 1 minute. Remove from heat and stir in vinegar. Chill. Stir in yogurt and orange juice concentrate when dressing is cold. Store in closed container. Stir before using. Dressing will keep up to two weeks in the refrigerator.

Celery Seed Dressing

- 1/3 cup undiluted frozen lemonade concentrate
- 2 tablespoons honey
- 1/4 cup salad oil
- 1/2 teaspoon celery seed (optional)

Combine all ingredients and blend or beat until smooth. Serve on fruit salad. Yield: 1 cup. Approximately 60 calories per tablespoon.

Tomato Dressing

- 1 cup tomato juice
- 1/4 cup lemon juice or vinegar
- 2 tablespoons onion, chopped fine
- 1/8 teaspoon pepper
- 1/4 teaspoon salt
- Pinch garlic powder (optional)

Combine all ingredients in blender and mix thoroughly or shake vigorously in a tightly covered jar. Store in refrigerator. Yield: 1 1/4 cups. Approximately 5 calories per tablespoon.

Russian Dressing

- 1 cup low-fat cottage cheese
- 1/4 cup lemon juice
- 1/2 cup tomato juice

Blend all ingredients together with hand beater until very smooth. Store in covered jar in refrigerator. Yields 1 3/4 cups. Approximately 7 calories per tablespoon.

Yogurt Dressing

- 2 teaspoons lemon juice
- 1 tablespoon salad oil
- 1/2 cup plain low-fat yogurt
- 1/2 teaspoon paprika
- Dash hot sauce
- 1/2 teaspoon salt
- 1/8 teaspoon garlic powder (optional)

Mix all ingredients together in blender and blend for 5 minutes or beat with a hand beater until smooth. Yield: 2/3 cup. Approximately 20 calories per tablespoon.

Fruit and Juice Gelatin

- 1 tablespoon unflavored gelatin
- 2 cups unsweetened fruit juice (do not use fresh or frozen pineapple juice; it will not gel)
- 1 cup sliced fruit such as peaches, pears, apples, bananas, berries, etc.

Mix together 1/4 cup juice and gelatin in a bowl. Measure another 1/4 cup juice, boil it, then add hot juice to the above mixture and stir until gelatin is dissolved. Add remaining juice and stir. Put in refrigerator to set. After the gelatin begins to set a little, add the sliced fruit and return gelatin to refrigerator until firm. Makes four servings, about 3/4 cup each, with 96 calories per serving.

Yogurt Fruit Crunch

- 2 cups plain low-fat yogurt
- 1 cup dry cereal (granola type or dry crunchy cereal)
- 1 cup fruit, fresh or canned in light syrup or natural juices

Spoon layers of cereal, yogurt, and fruit into eight individual bowls. Makes 8 servings, 1/2 cup each. Or mix yogurt and fruit together. Pour into individual bowls and sprinkle with cereal.