A Healthy Living Program of
The National Council of Jewish Women
Greater Dallas Section

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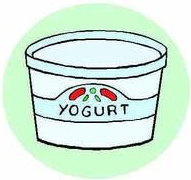
Cooking With Kyra

Helpful Suggestions for Buying Fresh Produce

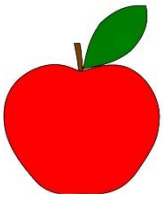
1. Look for produce that is IN SEASON
2. You can buy individual items instead of a bunch or package
3. If the produce advertises 10 for $10 you do NOT have to buy 10!!
4. Look out for store "specials" (this means they have bought too much!)
5. Purchase only what you plan to use in a week.
6. Remember – leafy greens have much shorter "shelf life" than root vegetables. Buy accordingly
7. The darker the color of the fruit or vegetable the more nutritious it is!

Storing Your Fresh Produce

1. Only buy enough for a week.
2. Wrap celery in foil.
3. Place greens such as lettuce in a plastic bag (use a supermarket bag). Tie loosely on top.
4. <u>Refrigerate:</u>
   - Broccoli
   - Green onions
   - Red bell pepper
   - Yogurt



5. You can <u>freeze</u> blueberries and just take what you need.
6. You <u>DO NOT</u> need to refrigerate:
   - Carrots
   - Apples
   - Lemons
   - Oranges



7. <u>NEVER refrigerate:</u>
   - Bananas
   - Avocados
   - Sweet potatoes
   - Tomatoes

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Cooking With Kyra

EATING WELL IS A SNAP!
YOU CAN DO IT!

$15.00 per month is the minimum a person will receive if qualified for SNAP benefits. Here are some suggestions on how to use this benefit.

1. Put a "RAINBOW" on your plate.
2. Choose "SUPER" foods.
3. Use your purchases to supplement food pantry items using recipes from the **CAN DO FOODS** booklet.
4. Properly store your purchases so they last longer.

Here's a sample of what $15.00 could purchase at many supermarkets.

• 1 package frozen chopped spinach	$ 1.16
• 3 large carrots	$ 0.67
• 2 apples	$ 0.79
• 1 avocado (large)	$ 0.99
• 1 bag (8 bananas)	$ 1.44
• Broccoli (1 head)	$ 0.68
• 2 lemons	$ 0.66
• 1 bunch green onions	$ 0.88
• 1 orange	$ 0.84
• 1 red bell pepper	$ 0.98
• 2 sweet potatoes	$ 1.19
• 3 tomatoes	$ 0.54
• 1 pint blueberries	$ 2.99
• 1 small container plain yogurt	$ 1.00

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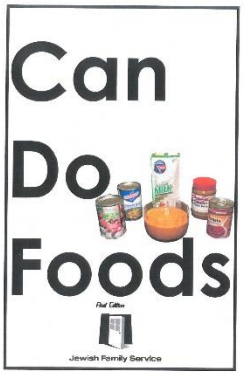
Cooking With Kyra

CAN DO FOODS

Using your produce with the **CAN DO FOODS** booklet



1. Substitute 2 chopped fresh tomatoes for the **Peanut Butter and Tomato Soup**. You can do the same with **My Cousin David's Baked Beans**.
2. Fill half the avocado with ½ diced banana, ½ diced apple, and add a squeeze of lemon.
3. Substitute a grated carrot for the can of carrots in the **Tuna Casserole** and add ½ of the red pepper – diced.
4. Steam the broccoli (either over simmering water in a colander – or for 2 minutes in a microwave) and then chop it up fine. Chop half the green onions and add to the **Frittata** together with ½ the broccoli and the rest of the red pepper.
5. Add the remainder of the chopped broccoli to the **Chick N' Chick Pea Chili**.
6. Omit the spinach in the **Hideaway Muffins** and add ½ cup blueberries. You can also substitute a mashed banana for the spinach.
7. Use the rest of the blueberries on your oatmeal for breakfast or as a dessert.
8. Add fresh orange slices to the **Fruit Salad Custard** and add slices of banana. Serve as a dessert.
9. Blend any leftovers with yogurt to make a smoothie.
10. Freeze a banana and blend it in the blender. Add a teaspoon lemon juice and a little sugar – tastes like ice cream! Serve with a spoonful of blueberries.
11. Add a squeeze of lemon juice to whatever you make – it is the magic ingredient that makes everything else taste better!

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Cooking With Kyra

Sweet Potatoes

Sweet potatoes are a REAL superfood!

They have LOTS of nutrition, do not need to be refrigerated, and can be stored at room temperature for up to three weeks.

Here are some suggestions for using sweet potatoes.

To cook: Microwave a sweet potato for 5 minutes– or bake at 400° F for 1 hour – or boil in water for about 40 minutes.

1. Add ⅓ diced to **Chick N' Chick Pea Chili**.
2. Add ⅓ to the **Tomato/Potato Creamed Soup** (substitute for the canned potato).
3. Cut into small chunks and make a salad with some of the vegetables you have over. Toss with a dressing, or make your own:
   - ¼ cup mayonnaise
   - ¼ cup Greek yogurt
   - Teaspoon sugar
   - Teaspoon lemon juice (add more to you taste.)

4. Make Sweet Potato "tots"
   - Preheat the oven to 400° F.
   - Mash one cooked sweet potato and stir in ½ cup dried breadcrumbs*.
   - Stir in 1 egg and a finely chopped green onion.
   - Add salt and pepper to taste.
   - Form the potato mixture into small "tots" and roll in some more breadcrumbs, covering the "tots" completely.
   - Set on an oiled cookie sheet – in one layer, and bake for about 15 minutes. Then turn the "tots" over to brown the other side. Bake until that side is nicely browned too (about 10 – 15 minutes).
   - Dip in the mayonnaise dressing (above) to which you have added a little
   - Ketchup. Yum!
   - The "tots" can be frozen. Just take out as many as you need and reheat in the oven or microwave.

* This good way to use up bread that drying out. Toast bread until dry and crisp. Place in a plastic bag and roll until fine breadcrumbs using a rolling pin or a bottle. Store in a plastic bag.

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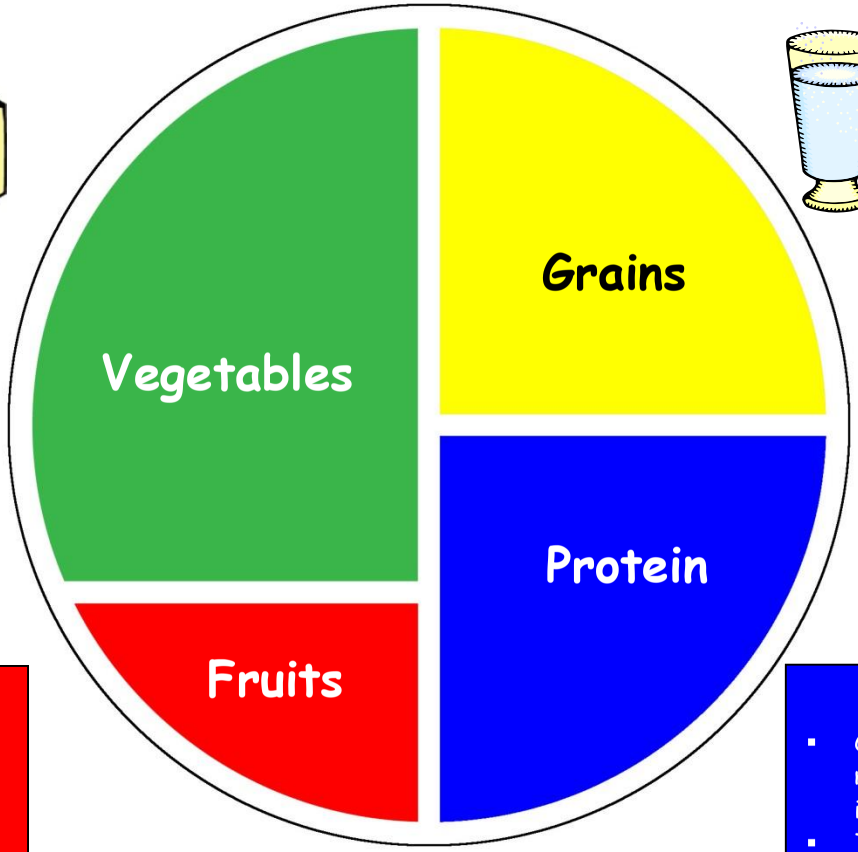
Catch a Rainbow on Your Plate



Make Your Oil Healthy

- Use small amounts of healthy oils like canola or olive
- Limit your use of butter
- Eliminate lard and other solid shortening

Get Your Calcium Rich Foods

- Use low-fat or fat-free milk and low-fat cheese
- Use low-fat milk instead of water in hot cereals
- If milk upsets your stomach, try lactose free milk
- Use low-fat yogurt in a fruit smoothie for breakfast or a snack

Vary Your Vegetables

- Buy fresh vegetables in season because they cost less and taste better!
- Shred carrots or zucchini into meatloaf, casseroles, quick breads and muffins.
- Serve a different colored vegetable at each meal

Make Half Your Grains Whole

- Substitute whole wheat flour for $\frac{1}{2}$ of the all-purpose flour in any recipe—no other changes necessary!
- Use the Nutrition Facts Label to find grain foods with at least 2 grams of fiber per serving
- Snack on popcorn instead of chips or crackers

Focus on Fruits

- Keep a bowl of whole fruit on the table, counter or in the refrigerator so it is ready to eat at snack time!
- Try meat dishes that use fruit, like apricot chicken salad or ham and pineapple pizza
- Add fruit to cereal or yogurt at breakfast

Go Lean With Protein

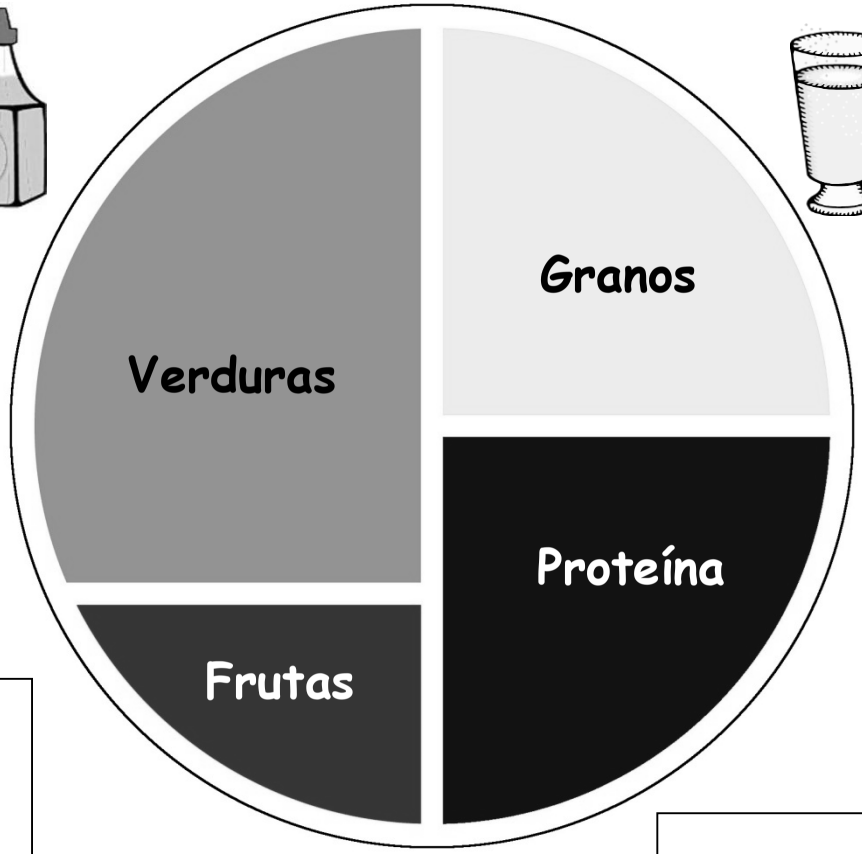
- Choose nuts, seeds or beans in place of meat at least once a day. They are low in fat and high in fiber!
- Trim all visible fat from meats and poultry before cooking and drain any fat that appears after cooking
- Choose extra-lean ground meats labeled 90% lean or more

Adapted from www.choosemyplate.gov and North Texas Food Bank by Food + Fit = Fun, National Council of Jewish Women, Greater Dallas Section 2014

Atrapa un Arco Iris en Su Plato

Haga su aceite saludable

- Use pequeñas cantidades de aceite como canola y aceite de oliva
- Limite el uso de mantequilla
- Elimine el uso de manteca



Consiga sus Alimentos ricos en calcio

- Use leche descremada y use queso sin mucha grasa
- Use leche bajo en grasa en vez de agua caliente en su cereal caliente
- Si la leche regular le causa dolor de estómago, use leche sin lactosa
- Use yogur bajo en grasa para hacer su licuado de frutas para el desayuno o la merienda

Varíe Sus Verduras

- Compre verduras frescas de temporada porque cuestan menos y saben mejores!
- Corte zanahorias o calabacitas en pan de carne, guisos, panes y panecillos rápidos
- Sirva un diferente color de verdura en cada comida

Haga La Mitad de Sus Granos Entera

- ¡Sustituya harina de trigo por $\frac{1}{2}$ de la harina regular en cualquier receta —ningunos otros cambios son necesarios!
- Use la Etiqueta de Hechos de Nutrición para encontrar la comida de grano con al menos 2 gramos de fibra por porción
- Sirva bocado de palomitas de maíz en vez de papas fritas o galletas
-

Céntrese en Frutas

- Mantenga un tazón de fruta entera sobre la mesa, o en el refrigerador para comer en tiempo de merienda!
- Trate de usar fruta en platillos, como ensalada de pollo con albaricoque o pizza de jamón y piña
- Agregue fruta al cereal o en el yogur para desayunar

Vaya Delgado con Proteína

- ¡Escoja nueces, semillas o frijoles en lugar de carne por lo menos una vez al día! Son bajos en grasa y altos en fibra.
- Recorte toda grasa visible de carne y aves caseras antes de cocinar y escurra cualquier grasa que paresca después de cocinar
- Escoja carne extra-delgada marcado 90% de delgado o más

Adapted from www.choosemyplate.gov and North Texas Food Bank by Food + Fit = Fun, National Council of Jewish Women, Greater Dallas Section 2014

A Handful of Portions

Having a hard time imagining what a portion of food is? Here's a system that you will always have handy.

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

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La Porción del Tamaño Usando su Mano

¿Está teniendo un momento difícil imaginándose como es una porción de alimento? Aquí está un sistema que siempre tendrá a mano.

Símbolo de la Mano	Equivale	Comidas	Calorías
	Puño 1 taza	Arroz, pasta Fruta Verduras	200 75 40
	Palma 3 onzas	Carnes Pescado Aves de corral	160 160 160
	Mano llena 1 onza	Nueces Pasas de uva	170 85
	2 Manos llenas 1 onza	Fritos Palomitas de maíz Pretzels	150 120 100
	Pulgar 1 onza	Mantequilla de cacahuete Queso duro	170 100
	Punta del pulgar 1 cucharadita	Aceite de cocinar Mayonesa, mantequilla Azúcar	40 35 15

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36 Superfoods!

Superfoods are defined as those foods which are so nutrient-rich that they can help fight aging and illness and are low in calories. These are the superfoods that will boost your immune system and help you fight everything from the flu to aging.

Apples
Bananas
Beets
Blueberries
Broccoli
Cabbage
Canned Pumpkin
Cantaloupe
Carrots
Green Beans

Kale
Kiwi
Oranges
Prunes (dried Plums!)
Red Bell Pepper
Spinach
Strawberries
Sweet Potatoes
Swiss Chard
Tomatoes

Beans
Chunk Light Tuna
Fat Free or 1% milk

Oatmeal
Salmon
Sardines

Cinnamon

Turmeric

Pomegranate Juice

Vegetable Juice

Almonds
Walnuts

Quinoa

Soy
Yogurt

Dark Chocolate, 70% cacao or higher
(The best is left for last!)

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¡36 Superalimentos!

Los superalimentos son definidos como aquellos alimentos que son tan ricos en nutrientes que pueden ayudar a prevenir el envejecimiento y las enfermedades. Abajo encontrara una lista de los superalimentos que recargaran su sistema inmune y le ayudaran a prevenir cualquier cosa desde una gripe hasta el envejecimiento.

Manzanas
Plátanos
Betabeles
Zarzamoras
Brócoli
Repollo
Calabaza enlatada
Melón
Zanahorias
Ejotes

Frijoles
Atún en agua
Leche 1% o sin grasa

Canela

Jugo de granada

Almendras
Nueces de Castilla

Soya
Yogurt

Col Rizada
Kiwi
Naranjas
Ciruelas pasas
Pimiento Morrón Rojo
Espinacas
Fresas
Camotes
Acelgas
Tomates

Avena
Salmon
Sardinas

Cúrcuma

Jugo de verduras

Quínoa

Chocolate Obscuro, 70% o mas
(¡Lo mejor se deja al final!)

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Stretching Your Food Dollar

Plan.

- Think ahead and make a menu for the week
- Make a grocery list
- Cut out and use coupons
- Buy seasonal fruits and vegetables
    - Fall/Winter – apples, pears, oranges, nuts
    - Spring/Summer – berries, melons, grapes, peaches, plums, cucumbers, tomatoes, corn

Shop.

- Shop at stores closest to where you live
- Look for weekly specials
- Stick to your list – buy only what you need
- Shop the outside aisles first
- Use coupons; however, be sure to check prices of store brands before using the coupons
- Look high – look low. Higher priced items are usually at eye level, so you'll find lower priced items on shelves above and below eye level

- Check sell-by and use-by dates before buying perishables. The fresher the item, the more time you have to use it. Stores shelve new items behind old ones, so reach to the back
- Compare prices using the "per oz." or "per lb." label on shelves

Store.

- Buy specials and store in cabinet or freeze for future use
- Vegetables and fruits stay fresher if you do not wash until ready to eat
- Freeze leftovers or use in another recipe

The most expensive food you buy is food you don't eat. Label and date leftovers.

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Estirando su Dinero Para la Comida

Planea

- Piense un su menu para la semana
- Haga una lista cuando vaya al supermercado
- Utilize cupones
- Compre las frutas y verduras de temporada
    - Otoño – Invierno: manzanas, peras, naranjas, nueces, etc.
    - Verano – Primavera: melón, uvas, duraznos, ciruelas, elotes, jitomates, etc.

Compras

- Compre en tiendas cerca de su casa
- Busque las ofertas de la semana
- Compre solo lo necesario
- Utilize cupones
- Compare precios
- Fíjese en las fechas de caducidad y de venta, entre más nuevo sea el producto, más tiempo tiene para aprovecharlo.

Tiendas

- Compre en oferta y guarde en su alacena
- La fruta y las verduras duran más tiempo si las mantiene secas y las lavas al momento de usarlas
- Congele los sobrantes

La comida que no coma es un mal gasto. Pon la fecha a las sobras para que las consumas pronto.

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How to Shop at the Supermarket

Before Shopping

- Plan your menus, remembering to choose from all the major food groups. You should have a RAINBOW on your plate!

- Make a shopping list.
- Clip coupons.
- Check the Wednesday supermarket ads.
- Shop after you have eaten. Hungry shoppers spend much more.

At the Supermarket

1. Shop the perimeter of the market first for fresh fruit and vegetables.

- Check out what is **ON SALE**.
- Remember that if something is advertised at 10 for $10 – EACH piece is $1.
- Remember also that if something is advertised at 3 pounds for $5.99 you do NOT have to buy 3 pounds to get the sale price! Buy just what you need.

- Weigh what you want to buy if the price is per pound. If a papaya is only 79c per pound – the whole fruit could cost $4!
- Buy what is in season. It is probably fresher (does not come from a distant land) and a better price.
- Buy only what you need. Sometimes we buy a lot because it is a bargain, but it is NOT a bargain if half of it goes to waste.

2. Check out the good buys in the meat and poultry section

- A whole chicken is cheaper than pieces – and dark meat is cheaper than white meat.

- Sometimes a whole roasted chicken is cheaper than pieces or even a whole fresh chicken. You also do not have to take time and effort to cook it and can use it to make more than one meal.
- Try ground turkey or chicken for your hamburgers – cheaper and healthier.
- If you see a bargain, **BUY IT**. Meat, fish, and poultry freeze well.

3. On to the dairy section

- Use coupons or choose the store brands for milk – butter – eggs – yogurt.
- Check the store specials.

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Como Comprar en un Supermercado

Antes de comprar

- Planee sus menús recordando seleccionar alimentos de todos los principales grupos de comida. ¡Debe de tener todos los colores del arcoíris en su plato!
- Haga una lista de compras.
- Corte cupones.
- Revise las ofertas de los miércoles en los supermercados.
- Compre después de haber comido. Si compra cuando tiene hambre, gastara mucho más.

En el supermercado

1. **Compre primero en las periferias del supermercado las frutas y los vegetales frescos.**
   - Revise lo que este en oferta.
   - Recuerde que si algo esta anunciado a 10 por $10.00 CADA pieza cuesta $1.00.
   - ¡Recuerde también que si algo esta anunciado a 3 libras por $5.99 NO tiene que comprar 3 libras para que te den el precio de oferta! Compre solo lo que necesite.
   - Pese lo que quiera comprar si el precio es por libra. ¡Si una papaya cuesta solamente 79c por libra – la fruta entera podría costarle $4.00!
   - Compre lo que este de temporada. Probablemente sea mas fresco (no es importado de algún país lejano) y lo encuentra a mejor precio.
   - Compre solo lo que necesite. Algunas veces compramos mucho por que es una ganga – pero si vas a desperdiciar la mitad, pues termina no siendo una ganga.

2. **Revise las buenas compras en la sección de carnes y aves.**
   - Un pollo entero es más barato que si se compra en piezas. La carne obscura es mas barata que la carne blanca.
   - Algunas veces un pollo rostizado entero es más barato que comprar piezas de pollo o aun mas barato que un pollo fresco entero, además que no tendrás que poner esfuerzo ni tiempo para cocinarlo, y lo puedes usar para más que una comida.
   - Procura hacer hamburguesas de pavo o pollo, las cuales son mas baratas, y sobretodo mas saludables.
   - ¡Si usted ve un negocio, CÓMPRELO! La carne, el pescado y las aves se pueden congelar muy bien.

3. **En la sección de lácteos.**
   - Use cupones o compre las marcas de la tienda cuando compre leche, mantequilla, huevos o yogurt.
   - Revise los especiales de la tienda.

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- Check "sell by" and "use by" dates before buying perishables. The fresher the item, the more time you have to use it. Stores put new items behind old ones, so reach to the back. But remember, a "Sell By" date does NOT mean that the item will be bad the day after. Depending on the item, you can usually use it for up to a week after that date.

4. Now shop the center aisles

- Use your coupons, **BUT** check to see if the store brand is cheaper than the brand WITH the coupon discount. In most cases, store brands are cheaper, and there is no difference in quality.
- The items the store wants you to buy are at eye level. The better value items are either positioned higher or lower. Check both.
- Check special offers. If you find 5 cans for $1, the 4 cans you don't use this week will still be fine next week.

- Name Brand cereals can be **VERY** expensive – even with coupons. Once again, check the price of the Store Brand and bulk packaging.
- Check the "per ounce" price that may be on the shelf price tag by the item. Larger sizes are not always cheaper.
- Check in the freezers for sale priced items. Sometimes the frozen vegetables are a better price than fresh, and they are just as healthy.
- Chose frozen and canned fruit and vegetables that have the least amount of added sugar, salt, or other additives.

5. Time to CHECK OUT

- **BRING** your OWN bags. Some stores charge 25c for the bags that THEY supply, and other stores give you a credit for using your own bags. That could add up to $2 or more, and it is better for the environment.
- If you have a child or children with you, check to be sure that they have not thrown any extra items into your cart!
- Remember to hand in your coupons.
- Watch the prices as they appear on the register. Items on sale don't always appear correctly.

- Keep your receipts. You will need them if you have to return an item, and it helps you keep track of your household expenses.

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- Checa las fechas de caducidad antes de comprar alimentos perecederos. Entre más fresco el producto, el mayor tiempo que tendrás para consumirlo. Las tiendas usualmente ponen los productos nuevos detrás de los viejos, así que selecciona los que estas más atrás en la repisa. Siempre ten presente que la fecha de "sell by" NO precisamente significa que el producto no servirá al día siguiente de esa fecha, generalmente lo puedes usar hasta una semana después de esa fecha dependiendo del producto.

4. **Ahora a comprar en los pasillos centrales.**
   - Usa tus cupones, PERO siempre checando si el precio de la tienda es más barato que el de marca incluyendo el descuento del cupón. En la mayoría de las veces el precio de la marca de la tienda es mas barato y la calidad es la misma.
   - Los productos que la tienda quiere que compre están a nivel de la vista. Los productos más competitivos están ya sea más arriba o mas abajo, checa ambos lugares.
   - Checa ofertas especiales. Si encuentras 5 latas por $1.00, las 4 latas que no uses esta semana, estarán todavía buenas para las siguientes semanas.
   - Los cereales de marca reconocida pueden ser bastante más caros, aun con cupones. Una vez mas, checa el precio de la marca de la tienda, o si es posible comprar el cereal suelto por libra.
   - Siempre checa el precio por onza en la etiqueta del precio. Las cajas más grandes no siempre salen mas baratas.
   - Checa productos en oferta en los congeladores. Algunas veces los vegetales congelados están mas baratos que los frescos, y son igual de saludables.
   - Selecciona frutas y vegetales enlatados o congelados que NO contengan azúcar, sal u otros aditivos añadidos.

5. **Tiempo de PAGAR.**
   - Trae contigo tus propias bolsas. Algunas tiendas cobran 25c por las bolsas que ellos proveen, y otras tiendas te dan un pequeño descuento cuando usas tus propias bolsas. Esto te podría ahorrar hasta $2.00 o más, y es mejor para la protección del ambiente.
   - ¡Si vas con niños pequeños revisa que no hayan echado nada extra al carrito de compras!
   - Recuerda de entregar tus cupones.
   - Checa los precios en la registradora. Los precios de artículos en oferta no siempre aparecen correctamente en la registradora.
   - Siempre guarda tus recibos. Los necesitaras si tienes que regresar algún artículo, además que te ayudara a llevar un record de tus gastos.

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Strawberry Mango Smoothie

Serves 2

Ingredients

1 large mango
2 Tablespoons fresh lime juice
1 Tablespoon honey
1 pint strawberries

Method

1. Peel and pit the mango and cut into chunks.
2. Remove the hulls from the strawberries.
3. Place all the ingredients in a blender and blend until smooth.

   Serve over ice.

NOTE:

You can substitute other fruits to make different flavor smoothies – papaya, blueberries, kiwi, or pineapple. Delicious!

Nutritional Analysis: Serves 2
Per serving: Calories 160; Protein 2 g; Fat 1 g; Carbohydrate 40 g; Saturated Fat .10g; Fiber 6 g; Cholesterol 0 g; Sodium 4 mg

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Licuado de Fresas y Mango

Para 2 personas

Ingredientes

1 mango grande
2 Cucharadas de jugo de limón fresco
1 Cucharada de miel de colmena
1/2 kilo de fresas

Manera de Hacerse

1. Pele, deshuese y corte el mango en trozos grandes.
2. Remueva las hojas de las fresas y lávelas bien.
3. Ponga todos los ingredientes en la licuadora y lícuelo.

Sírvalo con hielo.

Nota:

Se puede hacer su licuado con diferentes frutas (al gusto).

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Salad Dressing

Serves 4

Ingredients

1/3 cup Vegetable oil (canola or safflower)
3 Tablespoons Red wine vinegar or rice vinegar
1/2 teaspoon sugar
1/2 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon pepper

Method

Combine all ingredients in a jar; cover and shake vigorously.

Notes:

- Can easily be doubled or tripled to use for several weeks.
- Option: add grated parmesan, feta, or blue cheese. Or try adding a teaspoon of ketchup, peanut butter, or even grape jelly. Experiment with different spices.

Nutritional Analysis: Serving Size: 2 Tablespoons
Per serving: Calories 155; Protein trace; Fat 17g; Carbohydrates .66 g;
Saturated Fat 2 g; Fiber trace; Cholesterol O g; Sodium 300 mg

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Aliño de Ensaladas

Para 4 personas

Ingredientes

1/3 taza de aceite vegetal (canola o alazor)
3 cucharadas de vino rojo o vinagre de arroz
1/2 cucharadita de miel o azúcar
1/2 cucharadita de mostaza "Dijon"
1/2 cucharadita de sal
1/4 cucharadita de pimienta

Preparación

Combine todos los ingredientes en un frasco; cúbralo y Agítelo vigorosamente.

Notas:

- Se puede usar varias veces y guardarse por varias semanas.
- Opción: agregue el parmesano rallado, el queso Feta, o el queso azul. O agregar una cucharadita de salsa de tomate, mantequilla de maní o jalea de uva incluso. Experimentar con diferentes especias.

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Excellent Tomato Sauce

Created by Kyra Effren

Serves 10

Ingredients

2 Tablespoons canola or olive oil
1 medium onion, peeled, chopped
1 large carrot, peeled, chopped
1 stalk celery, chopped
1 red bell pepper, seeded, chopped
1 zucchini, chopped
2 Tablespoons chili powder (or to your taste)
2 teaspoons ground cumin (optional)
2 cloves crushed garlic
1 28 ounce can no salt added tomatoes, crushed or whole
1 teaspoon dried oregano
1 teaspoon dried or 1/4 cup chopped fresh basil
salt and pepper to taste
1/4 teaspoon of brown sugar

Method

1. Heat the oil and sauté the onions until soft.
2. Add the rest of the ingredients and cook in a saucepan – uncovered – over a low heat, until all the flavors have come together! This will take about 30 minutes.

Note:

You can make this sauce ahead and freeze it, or you can keep it for up to three days in the refrigerator.

Variations

1. Add cooked or canned (drained) beans – serve with rice or tortillas.
2. Add cooked ground beef or ground turkey or ground chicken. Serve with rice or noodles.
3. Make "pizzas" using the sauce on top of tortillas or English muffins and adding a topping of grated mozzarella cheese. Bake in a 375° F. oven until the cheese is melted and the sauce is bubbling. A SUPER snack for the kids!
4. Serve with cooked pasta and a sprinkling of cheese.
5. You can add other vegetables to your tomato sauce – green pepper, green onions, and squashes.

Nutritional Analysis: Serving Size: 1/2 cup – Serves 10
Per serving: Calories 69; Protein 2 g; Fat 3.36 g; Carbohydrates 10 g;
Saturated Fat .48 g; Fiber 3 g; Cholesterol 0 mg; Sodium 143 mg

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Salsa de Tomate

Creada por Kyra Effren
Para 10 personas

Ingredientes

2 Cucharadas de aceite canola u oliva
1 cebolla mediana, pelada y picada
1 zanahoria grande pelada y picada
1 rama de apio picado
1 pimiento rojo sin semillas y picado
1 calabacita verde picada
2 Cucharadas de chile en polvo (al gusto)
2 cucharadita de comino molida (opcional)
2 dientes de ajo finamente picados
1 lata de 28 onzas de tomates picados o enteros bajo en sodio
1 cucharadita de orégano seco
1 cucharadita de albahaca seca o 1/4 de taza albahaca fresca
Sal y pimiento al gusto
1/4 de cucharadita de azúcar morena

Manera de Hacerse

1. Se calienta el aceite en un sartén y se fríe la cebolla hasta que esté suave.
2. Se agrega el resto de los ingredientes y se cocinan en una cacerola sin tapar en fuego lento hasta que se mezclen todos los ingredientes (hiervan) por 30 minutos.

Nota:

Usted puede hacer esta salsa con días de anticipación congelarla o mantenerla en el refrigerador por tres días.

Variaciones

1. Se puede agregar frijoles o servirse con arroz y tortillas.
2. Se puede agregar carne molida, pavo o pollo molido. Servirse con arroz o pasta.
3. También se puede hacer pizzas usando la salsa o sobre tortillas (o English muffins) y agregándole queso mozzarella horneándolos a 375 grados F. Hasta que el queso esté gratinado y la salsa este hirviendo. Es una buena opción para los niños que se puede comer entre comidas.
4. Sirve con pasta cocida y espolvorear queso.
5. Se puede agregar otras verduras a la salsa tales como pimiento verde, cebolla verde y calabazas.

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