

SIDE DISHES



Fresh Cabbage and Tomato Salad

1 head	small cabbage, sliced thinly
2	medium tomatoes, cut in cubes
1 C	radishes, sliced
1/4 tsp	salt
2 tsp	olive oil
2 Tbsp	rice vinegar (or lemon juice)
1/2 tsp	black pepper
1/2 tsp	red pepper
2 Tbsp	fresh cilantro, chopped

1. In large bowl, mix together cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients and pour over vegetables.

Tempt your children to eat more vegetables with this refreshing, tasty salad.

Yield: 8 servings

Serving size: 1 cup

Each serving provides:

Calories: 43

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

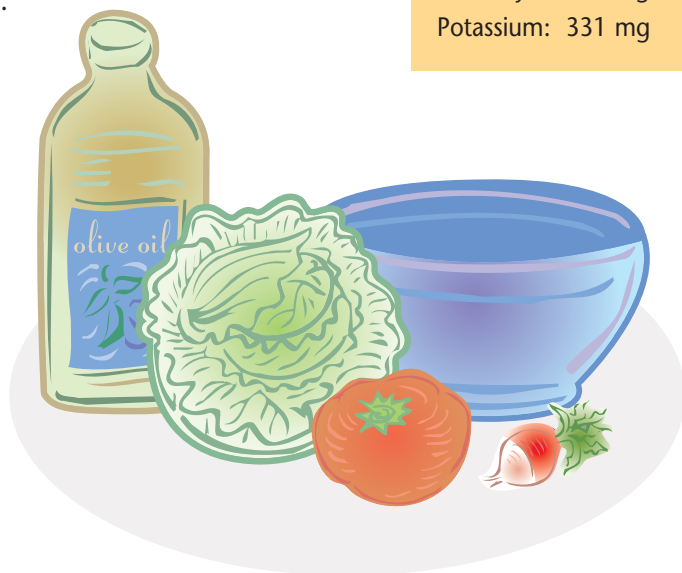
Sodium: 88 mg

Total fiber: 3 g

Protein: 2 g

Carbohydrates: 7 g

Potassium: 331 mg



Green Beans Sauté

1 lb	fresh or frozen green beans, cut in 1-inch pieces
1 Tbsp	vegetable oil
1	large yellow onion, halved lengthwise, thinly sliced
1/2 tsp	salt
1/8 tsp	black pepper
1 Tbsp	fresh parsley, minced

In this dish, green beans and onions are lightly sautéed in just 1 tablespoon of oil.

1. If using fresh green beans, cook in boiling water for 10–12 minutes or steam for 2–3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first.
2. Heat oil in large skillet. Sauté onion until golden.
3. Stir in green beans, salt, and pepper. Heat through.
4. Before serving, toss with parsley.

Yield: 4 servings

Serving Size: 1/4 cup

Each serving provides:

Calories: 64

Total fat: 4 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 282 mg

Total fiber: 3 g

Protein: 2 g

Carbohydrates: 8 g

Potassium: 161 mg

Italian Vegetable Bake

- 1 can (28 oz) tomatoes, whole
- 1 medium onion, sliced
- 1/2 lb fresh green beans, sliced
- 1/2 lb fresh okra, cut into 1/2-inch pieces (or 1/2 of 10-oz package frozen, cut)
- 3/4 C green pepper, finely chopped
- 2 Tbsp lemon juice
- 1 Tbsp fresh basil, chopped, or 1 tsp dried basil, crushed
- 1 1/2 tsp fresh oregano leaves, chopped (or 1/2 tsp dried oregano, crushed)
- 3 medium (7-inch-long) zucchini, cut into 1-inch cubes
- 1 medium eggplant, pared, cut into 1-inch cubes
- 2 Tbsp Parmesan cheese, grated

Try this colorful, low-sodium baked dish, prepared without added fat.

1. Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes, reserved liquid, onion, green beans, okra, green pepper, lemon juice, and herbs. Cover and bake at 325 °F for 15 minutes.
2. Mix in zucchini and eggplant. Continue baking, covered, 60–70 minutes more or until vegetables are tender. Stir occasionally.
3. Just before serving, sprinkle top with Parmesan cheese.

Yield: 18 servings

Serving Size: 1/2 cup

Each serving provides:

Calories: 27

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 1 mg

Sodium: 86 mg

Total fiber: 2 g

Protein: 2 g

Carbohydrates: 5 g

Potassium: 244 mg

Limas and Spinach

2 C	frozen lima beans
1 Tbsp	vegetable oil
1 C	fennel, cut in 4-oz strips
1/2 C	onion, chopped
1/4 C	low-sodium chicken broth
4 C	leaf spinach, washed thoroughly
1 Tbsp	distilled vinegar
1/8 tsp	black pepper
1 Tbsp	raw chives

Your family will love vegetables cooked this way.

1. Steam or boil lima beans in unsalted water for about 10 minutes. Drain.
2. In skillet, sauté onions and fennel in oil.
3. Add beans and stock to onions and cover. Cook for 2 minutes.
4. Stir in spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.



Yield: Makes 7 servings

Serving size: 1/2 cup

Each serving provides:

Calories: 93

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 84 mg

Total fiber: 6 g

Protein: 5 g

Carbohydrates: 15 g

Potassium: 452 mg

Smothered Greens

3 C	water
1/4 lb	smoked turkey breast, skinless
1 Tbsp	fresh hot pepper, chopped
1/4 tsp	cayenne pepper
1/4 tsp	cloves, ground
2 cloves	garlic, crushed
1/2 tsp	thyme
1 stalk	scallion, chopped
1 tsp	ginger, ground
1/4 C	onion, chopped
2 lb	greens (mustard, turnip, collard, kale, or mixture)

These healthy greens get their rich flavor from smoked turkey, instead of fatback.

1. Place all ingredients except greens into large saucepan and bring to boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook for 20–30 minutes until tender.



Yield: 5 servings

Serving size: 1 cup

Each serving provides:

Calories: 80

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 16 mg

Sodium: 378 mg

Total fiber: 4 g

Protein: 9 g

Carbohydrates: 9 g

Potassium: 472 mg

Vegetable Stew

3 C	water
1 cube	vegetable bouillon, low sodium
2 C	white potatoes, cut in 2-inch strips
2 C	carrots, sliced
4 C	summer squash, cut in 1-inch squares
1 C	summer squash, cut in 4 chunks
1 can	(15 oz) sweet corn, rinsed, drained (or 2 ears fresh corn, 1 1/2 C)
1 tsp	thyme
2 cloves	garlic, minced
1 stalk	scallion, chopped
1/2	small hot pepper, chopped
1 C	onion, coarsely chopped
1 C	tomatoes, diced (add other favorite vegetables, such as broccoli and cauliflower)

1. Put water and bouillon in large pot and bring to a boil.
2. Add potatoes and carrots, and simmer for 5 minutes.
3. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat.
4. Remove four chunks of squash and puree in blender.
5. Return pureed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from flame and let sit for 10 minutes to allow stew to thicken.

Here's a great new way to use summer vegetables.

Yield: Makes 8 servings

Serving size: 1 1/4 cups

Each serving provides:

Calories: 119

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 196 mg

Total fiber: 4 g

Protein: 4 g

Carbohydrates: 27 g

Potassium: 524 mg

Vegetables With a Touch of Lemon

1/2 head	small cauliflower, cut into florets
2 C	broccoli, cut into florets
2 Tbsp	lemon juice
1 Tbsp	olive oil
1 clove	garlic, minced
2 tsp	fresh parsley, chopped

1. Steam broccoli and cauliflower until tender (about 10 minutes).
2. In small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 or 3 minutes.
3. Put vegetables in serving dish. Pour lemon sauce over them. Garnish with parsley.

This heart healthy sauce uses lemon juice and herbs for a tangy taste.

Yield: 6 servings

Serving size: 1/2 cup

Each serving provides:

Calories: 22

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 7 mg

Total fiber: 1 g

Protein: 1 g

Carbohydrates: 2 g

Potassium: 49 mg

Candied Yams

A bit of margarine and some orange juice make this dish sweet.

3	(1 1/2 C) medium yams
1/4 C	brown sugar, packed
1 tsp	flour, sifted
1/4 tsp	salt
1/4 tsp	ground cinnamon
1/4 tsp	ground nutmeg
1/4 tsp	orange peel
1 tsp	soft tub margarine
1/2 C	orange juice

1. Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness.
2. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
3. Place half of sliced yams in medium-size casserole dish. Sprinkle with spiced sugar mixture.
4. Dot with half the amount of margarine.
5. Add second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
6. Bake uncovered for 20 minutes in oven that was preheated to 350 °F.

Yield: 6 servings

Serving size: 1/4 cup

Each serving provides:

Calories: 110

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 115 mg

Total fiber: 2 g

Protein: 1 g

Carbohydrates: 25 g

Potassium: 344 mg

Delicious Oven French Fries

4	(2 lb) large potatoes
8 C	ice water
1 tsp	garlic powder
1 tsp	onion powder
1/4 tsp	salt
1 tsp	white pepper
1/4 tsp	allspice
1 tsp	hot pepper flakes
1 Tbsp	vegetable oil

Find french fries hard to resist? Here's a version to give in to.

1. Scrub potatoes and cut into 1/2-inch strips.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in plastic bag.
5. Toss potatoes in spice mixture.
6. Brush potatoes with oil.
7. Place potatoes in nonstick shallow baking pan.
8. Cover with aluminum foil and place in 475 °F oven for 15 minutes.
9. Remove foil and continue baking uncovered for additional 15–20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Yield: 5 servings
Serving size: 1 cup
Each serving provides:
 Calories: 238
 Total fat: 4 g
 Saturated fat: 1 g
 Cholesterol: 0 mg
 Sodium: 163 mg
 Total fiber: 5 g
 Protein: 5 g
 Carbohydrates: 48 g
 Potassium: 796 mg

Garden Potato Salad

6	(about 3 lb) large potatoes, boiled in jackets, peeled, cut into 4-inch cubes
1 C	celery, chopped
1/2 C	green onion, sliced
2 Tbsp	parsley, chopped
1 C	lowfat cottage cheese
3/4 C	skim milk
3 Tbsp	lemon juice
2 Tbsp	cider vinegar
1/2 tsp	celery seed
1/2 tsp	dill weed
1/2 tsp	dry mustard
1/2 tsp	white pepper

1. In large bowl, place potatoes, celery, green onion, and parsley.
2. Meanwhile, in blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper until smooth. Chill for 1 hour.
3. Pour chilled cottage cheese mixture over vegetables and mix well. Chill at least 30 minutes before serving.

Lowfat cottage cheese is the secret ingredient in this delicious dish.

Yield: 10 servings

Serving size: 1 cup

Each serving provides:

Calories: 145

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 2 mg

Sodium: 122 mg

Total fiber: 3 g

Protein: 6 g

Carbohydrates: 29 g

Potassium: 543 mg

Garlic Mashed Potatoes

- 2 (1 lb) large potatoes, peeled, quartered
- 2 C skim milk
- 2 cloves garlic, large, chopped
- 1/2 tsp white pepper

Whether with saucepan or microwave, you can make this dish tasty without added fat or salt.

To use saucepan:

1. Cook potatoes, covered, in small amount of boiling water for 20–25 minutes or until tender. Remove from heat. Drain and recover.
2. Meanwhile, in small saucepan over low heat, cook garlic in milk until soft (about 30 minutes).
3. Add milk-garlic mixture and white pepper to potatoes. Beat with electric mixer on low speed, or mash with potato masher, until smooth.

To use microwave:

1. Scrub potatoes, pat dry, and prick with fork.
2. On plate, cook potatoes uncovered on 100 percent (high) power until tender (about 12 minutes), turning over once.
3. Let stand 5 minutes, then peel and quarter.
4. Meanwhile, in 4-cup measuring glass, combine milk and garlic. Cook, uncovered, on 50 percent (medium) power until garlic is soft (about 4 minutes).
5. Continue as directed above.

Yield: 4 servings

Serving size: 3/4 cup

Each serving provides:

Calories: 142

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 2 mg

Sodium: 69 mg

Total fiber: 2 g

Protein: 6 g

Carbohydrates: 29 g

Potassium: 577 mg

New Potato Salad

16	(5 C) small new potatoes
2 Tbsp	olive oil
1/4 C	green onions, chopped
1/4 tsp	black pepper
1 tsp	dill weed, dried

Onions and spices give this very low-sodium dish plenty of zip.

1. Thoroughly clean potatoes with vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into fourths and mix with olive oil, onions, and spices.
5. Refrigerate and serve.



Yield: 5 servings

Serving size: 1 cup

Each serving provides:

Calories: 187

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 12 mg

Total fiber: 3 g

Protein: 3 g

Carbohydrates: 32 g

Potassium: 547 mg

Savory Potato Salad

6	(about 2 lb) medium potatoes
2 stalks	celery, finely chopped
2 stalks	scallion, finely chopped
1/4 C	red bell pepper, coarsely chopped
1/4 C	green bell pepper, coarsely chopped
1 Tbsp	onion, finely chopped
1	egg, hard boiled, chopped
6 Tbsp	light mayonnaise
1 tsp	mustard
1/2 tsp	salt
1/4 tsp	black pepper
1/4 tsp	dill weed, dried

Here's a potato salad that's both traditional and new—with a high taste-lowfat twist.

1. Wash potatoes, cut in half, and place in saucepan in cold water.
2. Cook covered over medium heat for 25–30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes, and toss.
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed.
6. Pour dressing over potato mixture, and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.

Yield: 10 servings.

Serving size: 1/2 cup

Each serving provides:

Calories: 98

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 21 mg

Sodium: 212 mg

Total fiber: 2 g

Protein: 2 g

Carbohydrates: 18 g

Potassium: 291 mg

Sweet Potato Custard

1 C	sweet potato, cooked, mashed
1/2 C	(about 2) small bananas, mashed
1 C	evaporated skim milk
2 Tbsp	brown sugar, packed
2	egg yolks (or 1/3 C egg substitute), beaten
1/2 tsp	salt
1/4 C	raisins
1 Tbsp	sugar
1 tsp	ground cinnamon
as needed	nonstick cooking spray

Sweet potatoes and bananas make this lowfat custard a dessert-lover's delight.

1. In medium bowl, stir together sweet potato and banana.
2. Add milk, blending well.
3. Add brown sugar, egg yolks, and salt, mixing thoroughly.
4. Spray 1-quart casserole with nonstick cooking spray. Transfer sweet potato mixture to casserole dish.
5. Combine raisins, sugar, and cinnamon. Sprinkle over top of sweet potato mixture.
6. Bake in preheated 325 °F oven for 40–45 minutes or until knife inserted near center comes out clean.

Yield: 6 servings

Serving size: 1/2 cup

Each serving provides:

Calories: 160

Total fat: 2 g

Saturated fat: 1 g

Cholesterol: 72 mg*

Sodium: 255 mg

Total fiber : 2 g

Protein: 5 g

Carbohydrates: 32 g

Potassium: 488 mg

*If using egg substitute, cholesterol will be lower.

Wonderful Stuffed Potatoes

Here's a lavish-tasting lowfat, low-cholesterol, low-sodium treat.

4	medium baking potatoes
3/4 C	lowfat (1%) cottage cheese
1/4 C	lowfat (1%) milk
2 Tbsp	soft margarine
1 tsp	dill weed
3/4 tsp	herb seasoning
4-6 drops	hot pepper sauce
2 tsp	Parmesan cheese, grated

1. Prick potatoes with fork. Bake at 425 °F for 60 minutes or until fork is easily inserted.
2. Cut potatoes in half lengthwise. Carefully scoop out potato, leaving about 1/2 inch of pulp inside shell. Mash pulp in large bowl.
3. By hand, mix in remaining ingredients, except Parmesan cheese. Spoon mixture into potato shells.
4. Sprinkle each top with 1/4 teaspoon Parmesan cheese.
5. Place on baking sheet and return to oven. Bake for 15–20 minutes or until tops are golden brown.

Yield: 8 servings
Serving size: 1/2 potato
Each serving provides:
 Calories: 113
 Total fat: 3 g
 Saturated fat: 1 g
 Cholesterol: 1 mg
 Sodium: 151 mg
 Total fiber: 2 g
 Protein: 5 g
 Carbohydrates: 17 g
 Potassium: 293 mg

Oriental Rice

1 ¹ / ₂ C	water
1 C	chicken stock or broth, fat skimmed from top
1 ¹ / ₃ C	long grain white rice, uncooked
2 tsp	vegetable oil
2 Tbsp	onion, finely chopped
1 C	celery, finely chopped
2 Tbsp	green pepper, finely chopped
1/2 C	pecans, chopped
1/4 tsp	ground sage
1/2 C	water chestnuts, sliced
1/4 tsp	nutmeg
to taste	black pepper

1. Bring water and stock to boil in medium-size saucepan.
2. Add rice and stir. Cover and simmer for 20 minutes.
3. Remove pan from heat. Let stand, covered, for 5 minutes or until all liquid is absorbed. Reserve.
4. Heat oil in large nonstick skillet.
5. Sauté onion and celery over moderate heat for 3 minutes. Stir in remaining ingredients, including reserved cooked rice. Fluff with fork before serving.

Skim off the fat from the chicken stock, use a minimum of oil, and don't add salt—and you'll create a dish that's flavorful and healthy.

Yield: 10 servings

Serving size: 1/2 cup

Each serving provides:

Calories: 139

Total fat: 5 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 86 mg

Total fiber: 1 g

Protein: 3 g

Carbohydrates: 21 g

Potassium: 124 mg

Parmesan Rice and Pasta Pilaf

Is it pilaf? Is it pasta?
This dish is both—and
healthy and tasty too.

2 Tbsp	olive oil
1/2 C	vermicelli, finely broken, uncooked
2 Tbsp	onion, diced
1 C	long grain white rice, uncooked
1 1/4 C	chicken stock, hot
1 1/4 C	water, hot
1/4 tsp	ground white pepper
1	bay leaf
2 Tbsp	Parmesan cheese, grated

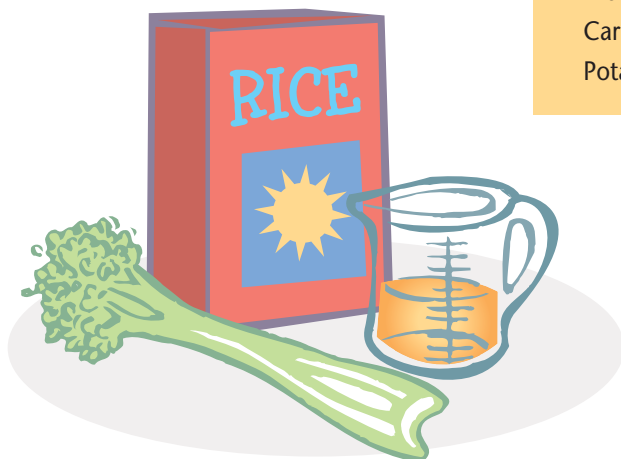
1. In large skillet, heat oil. Sauté vermicelli and onion until golden brown (about 2–4 minutes) over medium-high heat. Drain off oil.
2. Add rice, stock, water, pepper, and bay leaf. Cover and simmer for 15–20 minutes. Fluff with fork. Cover and let stand for 5–20 minutes. Remove bay leaf.
3. Sprinkle with cheese, and serve immediately.

Yield: 6 servings
Serving size: 2/3 cup
Each serving provides:
 Calories: 208
 Total fat: 6 g
 Saturated fat: 1 g
 Cholesterol: 2 mg
 Sodium: 140 mg
 Total fiber: 1 g
 Protein: 5 g
 Carbohydrates: 33 g
 Potassium: 90 mg

Sunshine Rice

1 ¹ / ₂ Tbsp	vegetable oil
1 ¹ / ₄ C	celery, finely chopped, with leaves
1 ¹ / ₂ C	onion, finely chopped
1 C	water
1/2 C	orange juice
2 Tbsp	lemon juice
dash	hot sauce
1 C	long grain white rice, uncooked
1/4 C	slivered almonds

1. Heat oil in medium saucepan. Add celery and onions, and sauté until tender (about 10 minutes).
2. Add water, juices, and hot sauce. Bring to boil. Stir in rice and bring back to boil. Let stand covered until rice is tender and liquid is absorbed.
3. Stir in almonds. Serve immediately.



A citrus taste, combined with almonds, celery, and onions—but no added salt—make this side dish a new classic. Try it with fish.

Yield: 4 servings

Serving size: 1/3 cup

Each serving provides:

Calories: 276

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 52 mg

Total fiber: 5 g

Protein: 7 g

Carbohydrates: 50 g

Potassium: 406 mg

