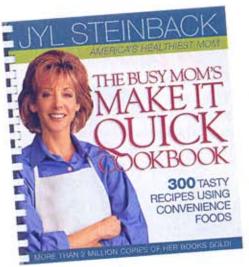
Family RECIPES



Check out Jyl Steinback's Web site at www.AmericasHealthiestMom.com.

Quick meals for FAT.

ou can satisfy even the biggest appetites in your family with healthy, low-fat meals and snacks that appeal to all ages. The following recipes prove you don't have to sacrifice taste for proper nutrition.

Jyl Steinback is known as "America's Healthiest Mom" and is the author of 11 cookbooks that have sold more than 2 million copies. A mother of two, she developed these recipes as a way to instill healthy living into every lifestyle.

Easy to make, these recipes are not only low in calories but also offer families low-sodium alternatives for meals and snacks.



Ingredients (Spice Mix):

1 tbsp. onion powder 1 tbsp. dried sweet pepper flakes

11/2 tsps. Mrs. Dash seasoning

1tbsp.cornstarch

3/4 tsp. garlic powder

3/4 tsp. dry mustard

3/4 tsp. celery seeds

3/4 tsp. chili powder

Ingredients (Sloppy Joes):

1 lb. extra-lean ground beef 3 tbsps. Sloppy Joe Spice Mix (above) 1 cup seasoned diced tomato sauce for chili

1/2 cup water

For Spice Mix, combine all dry ingredients in zip-top bag; seal and shake to mix. Store at room temperature for as long as you need (up to 3 months). To make Sloppy Joes, spray a large nonstick skillet with cooking spray; heat over medium-high heat. Add ground beef; cook, stirring frequently, until browned and crumbled. Add 3 tbsps. Spice Mix; 1 cup seasoned diced tomato sauce for chili, and 1/2 cup water. Bring to a boil over high heat; reduce heat to low and simmer 10-15 minutes. Serve over baked potatoes, low-fat buns, or stuffed in pita pockets.



Want to change "meat and potatoes" night? Make it a vegetarian dinner by substituting cooked bulgur for the ground beef in your favorite recipes.



Meat/Fish/Poultry:

1 lb. extra-lean ground beef

Canned goods:

14½-oz. can stewed tomatoes with bell pepper and onion

8-oz. can tomato sauce

Packaged goods:

8-oz. pkg. ziti pasta

Seasonings/Spices:

Onion powder

Dried sweet pepper flakes

Italian seasoning Garlic powder

Ingredients:

1 lb. extra-lean ground beef
1 tbsp. onion powder
1 tbsp. dried sweet pepper flakes
1 (14½-oz.) can stewed tomatoes
with bell pepper
and onion, do not drain
1 (8-oz.) can tomato sauce
1 tsp. Italian seasoning
½ tsp. garlic powder
8-oz. pkg. ziti pasta, cooked

8-oz. pkg. ziti pasta, cooked and drained 2 cups nonfat shredded

2 cups nonfat shredded mozzarella cheese, divided ½ cup nonfat Parmesan cheese inch baking dish with cooking spray. Spray nonstick skillet with cooking spray and heat over medium-high heat. Add ground beef, onion powder and pepper flakes. Cook, stirring frequently, until beef is browned and crumbled. Add stewed tomatoes, tomato sauce, Italian seasoning, and garlic powder; mix well. Add cooked ziti and 1 cup mozzarella cheese. Spoon mixture into baking dish; top with remaining mozzarella and Parmesan cheese. Bake 30-35 minutes until lightly browned and bubbly hot. Remove from oven and let stand 5-10 minutes before serving.

Preheat oven to 350 degrees. Spray 9x13-



For food safety, keep your refrigerator at a temperature of 41 degrees or less. Surveys show many households keep refrigerator temperatures above 50 degrees. While lower temperatures don't kill bacteria, they do keep it from multiplying.

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chestnuts, drained

1/2 cup diced bell pepper

3 (6-oz.) pkgs. honey roasted chicken breast strips

1/4 cup nonfat French or Catalina salad dressing

2 tbsps. slivered almonds (optional)

To retain juices and keep chicken from drying out when cooking, turn chicken with tongs instead of a fork.

Condiments:

Nonfat French or Catalina salad dressing

Optional:

Slivered almonds

Ingredients:

4 fat-free frozen waffles 2 tbsps. reduced-fat peanut butter

1tbsp. + 1tsp. sugar-free seedless blackberry jam (or other sugar-free preserve of choice)

2 bananas, sliced thin

Toast waffles until lightly browned. Spread each waffle with 1½ tsps. peanut butter, 1 tsp. jam, and top with sliced bananas.



Beware: Fat-free products are not calorie-free. Portion control counts with everything.

Shopping list

Produce:

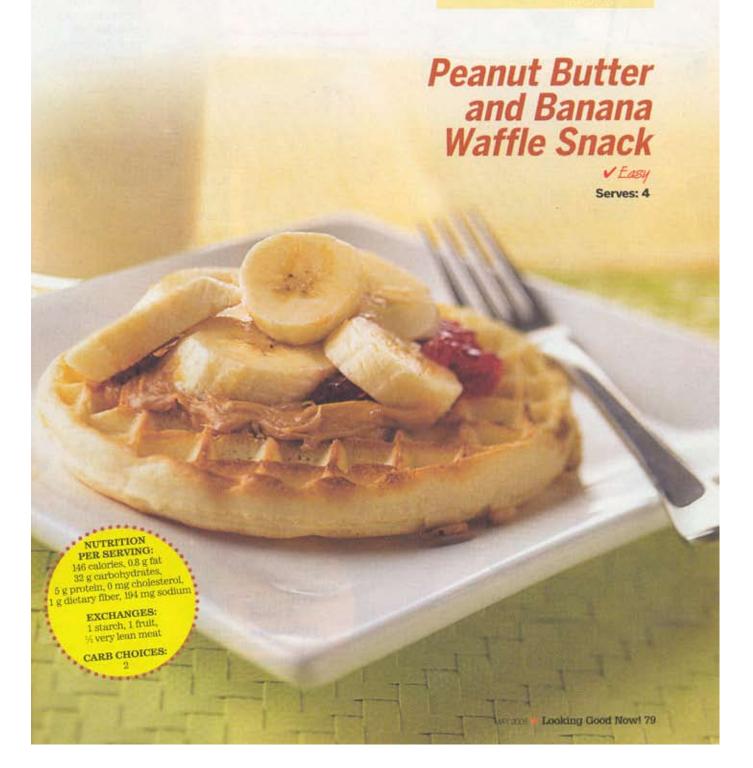
2 bananas

Frozen goods:

10.2-oz.pkg. frozen fat-free waffles Spreads:

Reduced-fat peanut butter

Sugar-free seedless blackberry jam (or other sugarfree preserves of choice)



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sliced and 2/3 cup frozen mango slices 1 (12-oz.) can mango nectar 8-oz. nonfat vanilla yogurt

Combine all ingredients in blender and process until smooth and creamy. Serve immediately.

Frozen goods:

16-oz. pkg. frozen mango slices

Canned goods:

The American Heart Association estimates that 36 percent of children and teens have high cholesterol. cholesterol levels often carry over into increasing the risk of heart disease and

Recipes from The Busy Mom's Make It Quick Cookbook by Jyl Steinback.