



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

Quick meals for HEALTHY LIVING

You 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.

Shopping list

Meat/Fish/ Poultry:

1 lb. extra-lean
ground beef

Canned goods:

15-oz. can
seasoned diced
tomato sauce
for chili

Baking Goods:

Cornstarch

Seasonings / Spices:

Onion powder

Dried sweet
pepper flakes

Mrs. Dash

Garlic powder

Dry mustard

Celery seeds

Chili powder

Sloppy Joe Mix

✓ Easy
✓ Do Ahead

Yields: 18 servings
(3 tbsps. per 1 lb. meat)

**NUTRITION
PER SERVING:**
118 calories, 3.2 g fat,
5 g carbohydrates, 15 g
protein, 41 mg cholesterol,
1 g dietary fiber,
172 mg sodium.

EXCHANGES:
1 vegetable, 2 lean meat

CARB CHOICES:
0

Ingredients (Spice Mix):

1 tbsp. onion powder
1 tbsp. dried sweet pepper flakes
1½ tps. Mrs. Dash seasoning
1 tbsp. cornstarch
¾ tsp. garlic powder
¾ tsp. dry mustard
¾ tsp. celery seeds
¾ 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
¼ 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 ¼ 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.

Tip:

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



Beef Ziti Bake

- ✓ Easy
- ✓ Do Ahead
- ✓ Freeze

Serves: 6

Shopping list

Dairy:

8-oz. nonfat shredded mozzarella cheese

Nonfat Parmesan cheese

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 and drained
- 2 cups nonfat shredded mozzarella cheese, divided
- ½ cup nonfat Parmesan cheese

Tip:

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.

Preheat oven to 350 degrees. Spray 9x13-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.

NUTRITION PER SERVING:
345 calories, 3.7 g fat
37 g carbohydrates, 35 g protein, 41 mg cholesterol, 1 g dietary fiber, 67 mg sodium

EXCHANGES:
2 starch, 1 vegetable,
3 lean meat

CARB CHOICES:
2

Chinese Chicken Salad

✓ Easy
✓ Do Ahead

Serves: 6



NUTRITION PER SERVING:
209 calories, 1.6 g fat
20 g carbohydrates,
24 g protein, 50 mg cholesterol,
1 g dietary fiber, 648 mg sodium

EXCHANGES:
3 vegetable, 3 very lean meat,
¼ other carb

CARB CHOICES:
1

Ingredients:

- 1 (8-oz.) pkg. shredded cabbage
- 1 (8-oz.) pkg. shredded lettuce
- 1 (8-oz.) pkg. stringless sugar snap peas
- 1 cup canned sliced water chestnuts, drained
- ½ cup diced bell pepper
- 3 (6-oz.) pkgs. honey roasted chicken breast strips
- ¾ cup nonfat French or Catalina salad dressing
- 2 tbsps. slivered almonds (optional)

Combine all ingredients except salad dressing and optional almonds in large bowl and toss to mix. Cover and refrigerate 1-2 hours. Pour salad dressing over top and toss to mix. Garnish with almonds, if desired.

Tip:

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

Shopping list

Produce:

- 8-oz. pkg. shredded cabbage
- 8-oz. pkg. shredded lettuce
- 8-oz. pkg. stringless sugar snap peas
- 7-oz. pkg. diced bell peppers

Meat/Fish/Poultry:

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

Packaged goods:

- 8-oz. can sliced water chestnuts

Condiments:

- Nonfat French or Catalina salad dressing

Optional:

- Slivered almonds

Ingredients:

- 4 fat-free frozen waffles
- 2 tbsps. reduced-fat peanut butter
- 1 tbsp. + 1 tsp. 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 tpsps. peanut butter, 1 tsp. jam, and top with sliced bananas.

Tip:

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

Shopping list

Produce:

2 bananas

Spreads:

Reduced-fat peanut butter

Frozen goods:

10.2-oz. pkg. frozen fat-free waffles

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

Peanut Butter and Banana Waffle Snack

✓ Easy

Serves: 4



NUTRITION PER SERVING:
146 calories, 0.8 g fat
32 g carbohydrates,
5 g protein, 0 mg cholesterol,
1 g dietary fiber, 194 mg sodium

EXCHANGES:
1 starch, 1 fruit,
½ very lean meat

CARB CHOICES:
2

● Family RECIPES

Banana Mango Smoothie

✓ Easy

Serves: 2

Ingredients:

2 bananas,
sliced and
frozen
 $\frac{2}{3}$ 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.

Shopping list

Produce:

2 bananas

Dairy:

8-oz. nonfat
vanilla
yogurt

Frozen goods:

16-oz. pkg. frozen
mango slices

Canned goods:

12-oz. can
mango nectar

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

**NUTRITION
PER SERVING:**
292 calories, 0.9 g fat
70 g carbohydrates,
6 g protein, 3 mg cholesterol,
4 g dietary fiber
82 mg sodium

EXCHANGES:
4 fruit, 1 other carb

CARB CHOICES:
5

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