

Strawberry Smoothie

Guideline #5: Go easy on alcohol, if you do drink

Yield: 6 servings (1/2 cup per serving)

1/2 fresh lemon

1 cup unsweetened strawberries (fresh or frozen)

1 tablespoon honey or 1 pkg. of low-cal sweetener

3/4 cup orange juice

1-2 cups ice cubes

1 fresh strawberry for garnish

1. Squeeze juice from lemon. Discard lemon and reserve juice for drink
2. Add lemon juice and remaining ingredients to blender. Blend on high for 30 seconds or until smooth and creamy
3. Pour into cocktail glass and garnish with strawberry, serve with straw.

Nutritional Information Per Serving:

KCAL	60
FAT	tr
VIT A	39 IU
VIT C	36 mg
Dietary Fiber	1.2 gm
NA	1.0 mg

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Cinnamon Oatmeal Pancakes

Guideline #4: Eat more high fiber foods such as whole grain cereals, vegetables, and fruits.

Yield: 4 pancakes 4 inches in diameter

1 cup flour
1 cup rolled oats
3 tablespoons baking powder
1/3 cup brown sugar
1/4 teaspoon nutmeg
1 teaspoon cinnamon
2 egg whites, beaten
2 tablespoons vegetable oil
1-1/2 cups skim milk

1. Mix together the first six dry ingredients.
2. Combine egg, oil, and milk and pour over dry ingredients.
3. Stir just until moistened.
4. Bake on a lightly greased hot griddle.

This recipe was developed by Tami Smolik, winner of the 1987 Quaker Oats Recipe Contest.

Nutritional Information Per Serving (one pancake):

KCAL	247
FAT	9 gm
VIT A	75 RE
VIT C	1 mg
Dietary Fiber	1.9 gm
NA	272 mg

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Chicken Enchilada Casserole

Guideline #1: Avoid Obesity

Yield: 10 servings

1 tablespoon olive oil or polyunsaturated vegetable oil
1 (4 oz.) can chopped green chilies
2 cups onion, chopped
1 (28 oz.) can tomatoes, undrained and chopped
1/8 teaspoon garlic powder
1/2 teaspoon salt (optional)
1/2 teaspoon ground oregano
3 cups cooked, skinless chicken, chopped
2 cups low-fat plain yogurt
24 corn tortillas, torn into 1-inch strips
2 cups (8 oz.) part skim mozzarella cheese, grated
Fresh coriander (cilantro) or parsley for garnish

1. Preheat oven to 350° F.
2. Heat the oil in a nonstick skillet and saute the green chilies and onion over low heat for 2 minutes.
3. Stir in tomatoes, garlic powder, and oregano. Add salt if desired. Simmer uncovered about 30 minutes or until thick.
4. Combine chicken and yogurt and place in shallow 3 quart baking dish.
5. Add tortilla strips on top of chicken mixture; cover with tomato sauce.
6. Top casserole with grated mozzarella cheese; bake for 20-30 minutes or until thoroughly heated.
7. Garnish with fresh cilantro or parsley.

Nutritional Information Per Serving:

KCAL	403
FAT	11 gm
VIT A	705 IU
VIT C	18 mg
Dietary Fiber	0.8 gm
NA	491 mg

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Fiesta Salad

Guideline #3: Include a variety of vegetables and fruits in the daily diet.

Yield: 4 salads

Assorted greens to include leaf lettuce, jicama, and spinach

1 chopped red cabbage (a cruciferous vegetable)

4 raw onion rings (red, yellow, or white)

1 thinly sliced radish

1/2 cup fresh orange sections Arrange vegetables and oranges on four salad plates and top with fiesta dressing

Nutritional Information Per Serving:

KCAL	55
FAT	3.5 gm
VIT A	4 RE
VIT C	22 mg
Dietary Fiber	1.1 gm
NA	10 mg

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Fiesta Dressing

Guideline #2: Cut down on total fat intake.

Yield: 1 cup, 8 servings (2 tablespoons per serving)

3/4 cup unsweetened orange juice

2 tablespoons apple cider or red wine vinegar

2 tablespoons vegetable oil (olive, safflower, corn)

1/4 teaspoon onion powder

1/4 teaspoon pepper

salt to taste Mix ingredients and spoon 2 tablespoons over each salad.

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