

Shopping List: 5 Healthy Entrees for Entertaining

Fresh Produce

5 large onions
1½ cups chayote squash
2 bell peppers
1 clove garlic
1 small piece of ginger
1 large potato
2 red or green bell peppers
3 carrots
3 cups chopped greens (spinach, kale, collard greens)
2 large lemons

Dairy

1¾ cups crumbled queso fresco cheese
¼ cup low-fat cheddar cheese
Large eggs (2 eggs needed)

Meat or Substitutes

1 lb ground chicken
1.5 lbs skinless chicken
2 cups chicken breast
1 lb pork stew meat

Dry Goods

1 jar pimento stuffed green olives
1 box raisins
1 box Craisins (dried cranberries)
1 can tomato paste
1 (15 oz.) can chopped tomatoes or tomato Soup
2 (14.5 oz.) cans no salt added diced tomatoes
2 (15 oz.) cans garbanzo beans (1 is optional)
1 (16 oz.) can chicken broth
3 dried ancho chiles
1 jar Worcestershire Sauce
1 bottle Ketchup
12 (6-inch) corn tortillas
1 cup quinoa
1 jar dried oregano

Frozen

1 cup fresh or frozen vegetables (bell peppers, onions, broccoli, mushrooms)

Dry Goods

1 cup quick-cooking oats
2 flour tortillas
1¾ cups of natural apple juice

Pantry Staples

Add items to list if you don't already have them

Chili Powder
Ground Cumin
Cinnamon
Honey
Molasses
White Vinegar
Cayenne Pepper
Black Pepper
Onion Powder
Olive Oil
Soy Sauce

Chicken Picadillo

Both sweet and spicy, this tasty dish is sure to please the whole family.

Makes 4 servings. 1½ cups per serving.

Ready in 45 minutes.

Ingredients

- 1 pound ground chicken
- 1½ cups chopped onion
- 1½ cups chopped chayote squash
- 1 cup chopped bell pepper or poblano pepper
- ⅓ cup chopped pimento stuffed green olives
- ¼ cup raisins
- ¼ cup water
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon cinnamon
- 1 (14.5-ounce) can diced tomatoes

Directions

1. In a large nonstick pot or skillet, brown chicken over medium-high heat for 5 minutes, breaking it up with the back of a spoon.
2. Add all remaining ingredients and bring to a boil.
3. Reduce heat to medium-low and cover. Let simmer for 20 minutes.
4. Serve hot.

Nutrition information per serving: Calories 230, Total fat 9g, Saturated fat 2.5g, Carbohydrates 23g, Protein 17g, Fiber 6g, Sodium 390mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Spicy Southern Barbecued Chicken

Let yourself fall under the spell of this Southern-style, sweet barbecue sauce.

Makes 6 servings. ½ breast or 2 small drumsticks per serving.
Ready in 2 hours (1 hour refrigeration required).

Ingredients

5 tablespoons tomato paste
1 teaspoon ketchup
2 teaspoons honey
1 teaspoon molasses
1 teaspoon Worcestershire sauce
4 teaspoons white vinegar
¾ teaspoon cayenne pepper
⅛ teaspoon black pepper
¼ teaspoon onion powder
2 cloves garlic, minced
⅛ teaspoon ginger, grated
1½ pounds chicken (breasts, drumsticks), skinless

Directions

1. Combine all ingredients except chicken in saucepan.
2. Simmer for 15 minutes.
3. Wash chicken and pat dry. Place it on large platter and brush with half the sauce mixture.
4. Cover with plastic wrap and marinate in refrigerator for 1 hour.
5. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
6. Remove from broiler and add remaining sauce to chicken.
7. Cover with aluminum foil and bake at 350 o F for 30 minutes.

Nutrition information per serving: Calories 176, Total fat 4g, Saturated fat 0g, Carbohydrates 7g, Protein 27g, Fiber 1g, Sodium 199mg

Recipe Source: National Heart, Lung, and Blood Institute (NIH)

Chicken Mole Enchiladas

This recipe is packed with flavor, easy to make, and fun to share with friends and family.

Makes 6 servings. 2 enchiladas per serving.
Ready in 1 hour.

Ingredients

Mole

- 1 (14.5-ounce) can no salt added diced tomatoes
- 3 dried ancho chiles, stemmed and seeded
- 3 cloves garlic, chopped
- 1 cup chopped onion
- 2 cups canned chicken broth
- 1/3 cup raisins
- 1½ teaspoons dried oregano
- ½ teaspoon ground cumin
- ¼ teaspoon cinnamon

Enchiladas

- 2 cups chopped or shredded, cooked chicken breast
- 1 cup onion
- 12 (6-inch) corn tortillas, warmed
- 1¾ cups crumbled Queso
- Fresco cheese, divided

Optional Toppings

- Avocado slices
- Light sour cream
- Chopped fresh cilantro

Directions

Mole

1. Place tomatoes, chiles, garlic, onion, broth, raisins, and seasonings in a blender container and cover with a tight fitting lid. Blend until smooth.
2. Transfer to a medium saucepan and cook over medium heat for about 15 minutes to thicken mole, stirring often. (You should have about 4¼ cups of mole.)

Enchiladas

1. Place chicken in a medium bowl and stir in onion and 1 cup of mole.

2. Preheat oven to 400°F. Put about 1 cup of warm mole in a large, shallow baking dish. Place one tortilla on a plate, keeping the rest warm as you work. Dip tortilla in warm mole, shaking off excess. Place a few tablespoons of chicken mixture in the center, then top with a heaping tablespoon of cheese. Roll up and place seam side down in the baking dish.
3. Repeat with remaining tortillas, chicken, and cheese.
4. Pour remaining mole over the top and sprinkle with remaining cheese and bake for 15 minutes.
5. Serve hot with avocado slices, light sour cream, and cilantro, if you like.

Mole can be made up to 1 week ahead and refrigerated until ready to make enchiladas.

Nutrition information per serving: Calories 370, Total fat 12g, Saturated fat 4g, Carbohydrates 43g, Protein 26g, Fiber 7g, Sodium 470mg

Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)

Filipino-Style Menudo

This recipe was contributed by a cooking class at the Alexander Residence.

Makes 3 servings. 1 cup per serving.

Ready in 40 minutes.

Ingredients

- 1 onion
- 3 cloves garlic
- 1 teaspoon oil
- 1 lb. pork stew meat
- 1 (15-oz.) can chopped tomatoes or tomato soup
- 1 large potato
- 2 red or green bell peppers
- 3 carrots
- Black pepper to taste
- 1 Tablespoon soy sauce
- 1 (15-oz.) can garbanzo beans (chickpeas) *optional*
- $\frac{3}{4}$ cup raisins *optional*

Directions

1. Heat oil in the bottom of rice cooker until it sizzles.
2. Add onions and garlic. Cook, stirring frequently, until soft.
3. Add pork and cook until lightly browned. Stir occasionally to prevent sticking.
4. Add tomatoes and water and close the cover.
5. Set to "cook" and allow to heat until pork is tender. Check a few times and add more water if needed.
6. Add potatoes, bell pepper, carrots, soy sauce and pepper.
7. Close cover and continue to cook until potatoes and carrots are tender.
8. Add garbanzo beans and raisins, if using. Heat for about 10 more minutes.

Nutrition information per serving: Calories 370, Total fat 12g, Saturated fat 4g, Carbohydrates 43g, Protein 26g, Fiber 7g, Sodium 470mg

Recipe Source: Leah's Pantry

Rice Cooker Quinoa, Chickpeas, and Greens

Quinoa is a complete protein with lots of vitamins. Use it as a great substitute for white rice or pasta.

Makes 5 servings. 1 cup per serving.

Ready in 1 hour 10 minutes.

Ingredients

1 cup quinoa

2 cups water

3 cups greens (spinach, kale, collard greens), chopped

1 cup chickpeas

1 cup cranberries, dried

3 Tablespoons olive oil

6 Tablespoons lemon juice

Directions

1. Mix all ingredients in a rice cooker.
2. Cook for a normal cycle.
3. Stir twice while cooking.

Nutrition information per serving: Calories 219, Total fat 4.8g, Saturated fat 0.7g, Fiber 5.6g, Sodium 168mg

Recipe Source: Leah's Pantry