2009 Nutrition Initiative

Salad and Soup Recipes Submitted by West Virginia Senior Centers

Betsy's Whole Wheat Pasta Salad

12 oz. box whole grain penne or other whole grain pasta
2 cups grape tomatoes, halved
1 medium or 1 ¼ cups chopped green Bell Pepper
1 cup chopped white sweet vidalia onion
1 ¼ cup chopped celery
1 ¼ cups chopped carrots
1 ¼ cups chopped cucumbers
11 oz. fat free Italian dressing
½ tsp. Black Pepper

Cook pasta according to package directions, omitting salt.

Add all the chopped vegetables, black pepper and the salad dressing.

Toss and refrigerate. Serves 10.

Nutrition information per serving:

Calories	167	Saturated fat	0 g
Protein	7 g	Cholesterol	0 mg
Carbohydrate	31 g	Sodium	384 mg
Fat	2 g	Dietary fiber	7 g
Trans Fat	0 g		

Betsy's Whole Wheat Pasta Salad

November 23, 2009

Total Weight: 1769.75 g (62.43 oz-wt.)
Serving Size: 176.97 g (6.24 oz-wt.)
Serves: 10.00
Cost: --

Multi-Column

Basic Components	
Calories	166.90
Calories from Fat	23.44
Calories from Saturated Fat	3.91
Protein	6.62 g
Carbohydrates	30.56 g
Dietary Fiber	6.66 g
Soluble Fiber	0.31 g
InSoluble Fiber	1.00 g
Sugar - Total	7.46 g
Monosaccharides	3.93 g
Galactose	0.08 g
Glucose	1.59 g
Fructose	2.25 g
Disaccharides	0.90 g
Lactose	0.00 g
Sucrose	0.85 g
Maltose	0.04 g
Other Carbs	16.44 g
Fat - Total	2.60 g
Saturated Fat	0.43 g
Mono Fat	0.10 g
Poly Fat	0.15 g
Trans Fatty Acids	0 g
Cholesterol	0.62 mg
Water	134.79 g
Ash	2.04 g
KiloJoules	698.51
Vitamins	
Vitamin A IU	3108.00 IU
Vitamin A RAE	152.31 mcg
Vitamin A RE	316.61 mcg
A - Carotenoid	304.61 RE
A - Retinol	0 RE
A - Beta Carotene	1526.64 mcg
Thiamin-B1	0.06 mg
Riboflavin-B2	0.06 mg
Niacin-B3	0.54 mg
Niacin Equiv.	0.71 mg
Vitamin-B6	0.13 mg
Vitamin-B12	0.10 mcg
Biotin	1.38 mcg
Vitamin C	21.06 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.56 mg
Vit E-Alpha Equiv.	0.57 mg
Vitamin E IU	0.83 IU
Vitamin E mg	0.57 mg
Folate	24.03 mcg
Folate DFE	19.56 mcg
Vitamin K	9.81 mcg
Pantothenic Acid	0.23 mg
Minerals	
Boron	124.32 mcg
Calcium	48.18 mg
Chloride	7.54 mg
Chromium	0.13 mcg
Copper	0.10 mg
Fluoride	-- mg
Iodine	0.51 mcg
Iron	2.44 mg
Magnesium	14.05 mg
Manganese	0.14 mg
Molybdenum	4.77 mcg
Phosphorus	61.64 mg
Potassium	267.34 mg
Selenium	0.91 mcg
Sodium	383.87 mg
Zinc	0.28 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.01 g
15:0-Pentadecanoic	0.00 g
16:0-Palmitic	0.08 g
17:0-Margaric	0.00 g
18:0-Stearic	0.03 g
20:0-Arachidic	0.00 g
22:0-Behenate	0.00 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0.00 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0.00 g
18:1-Oleic	0.09 g
20:1-Eicosen	0 g
22:1-Erucic	0.00 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.13 g
18:3-Linolenic	0.01 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0.00 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.01 g
Omega 6 Fatty Acids	0.13 g
Amino Acids	
Alanine	0.03 g
Arginine	0.05 g
Aspartate	0.11 g
Cystine	0.01 g
Glutamate	0.19 g
Glycine	0.03 g
Histidine	0.01 g
Isoleucine	0.03 g
Leucine	0.04 g
Lysine	0.04 g
Methionine	0.01 g
Phenylalanine	0.02 g
Proline	0.03 g
Serine	0.03 g
Threonine	0.03 g
Tryptophan	0.01 g
Tyrosine	0.02 g
Valine	0.03 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	5.58 mg
Taurine	-- mg

Vicki's Grape Salad

4# seedless grapes – green, red, and black
1# fresh pineapple chunks
2 ripe bananas, sliced
8 oz. fat free cream cheese
1 cup Splenda
1 cup fat free sour cream
1 tsp. Vanilla

Remove grapes from stems and wash. Drain and dry grapes well so salad will not be runny.

Beat cream cheese with mixer. Add Splenda, sour cream and vanilla.
Fold all fruits into cream cheese mixture.

Serve as individual cups.

Makes about 12 1 cup servings.

Nutrition information per serving:

Calories	184	Saturated fat	0 g
Protein	6 g	Cholesterol	5 mg
Carbohydrate	42 g	Sodium	140 mg
Fat	1 g	Dietary fiber	2 g
Trans Fat	0 g		

Vicki's Grape Salad

November 23, 2009

Total Weight: 3015.13 g (106.35 oz-wt.)
Serving Size: 251.26 g (8.86 oz-wt.)
Serves: 12.00
Cost: --

Multi-Column

Basic Components	
Calories	183.83
Calories from Fat	5.48
Calories from Saturated Fat	2.49
Protein	5.56 g
Carbohydrates	42.44 g
Dietary Fiber	2.40 g
Soluble Fiber	0 g
InSoluble Fiber	0 g
Sugar - Total	31.43 g
Monosaccharides	26.54 g
Galactose	0 g
Glucose	12.52 g
Fructose	14.02 g
Disaccharides	2.77 g
Lactose	0 g
Sucrose	2.76 g
Maltose	0.00 g
Other Carbs	8.61 g
Fat - Total	0.61 g
Saturated Fat	0.28 g
Mono Fat	0.09 g
Poly Fat	0.11 g
Trans Fatty Acids	0 g
Cholesterol	4.85 mg
Water	200.57 g
Ash	1.60 g
KiloJoules	769.93
Vitamins	
Vitamin A IU	443.78 IU
Vitamin A RAE	59.04 mcg
Vitamin A RE	92.01 mcg
A - Carotenoid	12.61 RE
A - Retinol	52.73 RE
A - Beta Carotene	77.50 mcg
Thiamin-B1	0.15 mg
Riboflavin-B2	0.16 mg
Niacin-B3	0.63 mg
Niacin Equiv.	1.35 mg
Vitamin-B6	0.25 mg
Vitamin-B12	0.10 mcg
Biotin	1.08 mcg
Vitamin C	31.72 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.32 mg
Vit E-Alpha Equiv.	0.32 mg
Vitamin E IU	0.47 IU
Vitamin E mg	0.32 mg
Folate	19.62 mcg
Folate DFE	19.62 mcg
Vitamin K	22.46 mcg
Pantothenic Acid	0.26 mg
Minerals	
Boron	715.88 mcg
Calcium	96.02 mg
Chloride	15.54 mg
Chromium	0.16 mcg
Copper	0.25 mg
Fluoride	-- mg
Iodine	3.09 mcg
Iron	0.74 mg
Magnesium	23.12 mg
Manganese	0.62 mg
Molybdenum	-- mcg
Phosphorus	119.64 mg
Potassium	434.01 mg
Selenium	1.31 mcg
Sodium	139.97 mg
Zinc	0.34 mg
Saturated Fats	
4:0-Butyric	0.01 g
6:0-Caproic	0.01 g
8:0-Caprylic	0.00 g
10:0-Capric	0.01 g
12:0-Lauric	0.01 g
14:0-Myristic	0.03 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.16 g
17:0-Margaric	0 g
18:0-Stearic	0.03 g
20:0-Arachidic	0.00 g
22:0-Behenate	0.00 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.01 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.08 g
20:1-Eicosen	0.00 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.08 g
18:3-Linolenic	0.03 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0.00 g
20:5-EPA	0 g
22:5-DPA	0.00 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.03 g
Omega 6 Fatty Acids	0.08 g
Amino Acids	
Alanine	0.13 g
Arginine	0.31 g
Aspartate	0.31 g
Cystine	0.04 g
Glutamate	0.77 g
Glycine	0.09 g
Histidine	0.15 g
Isoleucine	0.17 g
Leucine	0.31 g
Lysine	0.29 g
Methionine	0.08 g
Phenylalanine	0.19 g
Proline	0.37 g
Serine	0.19 g
Threonine	0.16 g
Tryptophan	0.04 g
Tyrosine	0.15 g
Valine	0.20 g
Other	
Alcohol	0.12 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0.00 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0.00 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	1.91 mg
Taurine	-- mg

Chef Tom's Chick Pea Lentil Salad

½ pound uncooked lentils
4 cups water

1 cup water
1 cup roasted red pepper
½ cup diced red onion
2 cups diced fresh mushrooms
1 cup grated fresh carrots

3 cups canned chick peas

2 cups red wine vinegar
½ cup honey
1 Tbs. Ground basil
½ tsp. Coriander
½ tsp. Black pepper

In 4 cups water, cook lentils until tender. Rinse and chill.

In a skillet blanch or steam sauté all the vegetables in1 cup water until tender. Chill the vegetables.

To make the dressing whisk together the vinegar, honey, basil, coriander and black pepper.

Combine lentils, vegetables, chickpeas, and dressing. Allow to marinate overnight or for several hours.

Makes 10 1 cup servings.

Nutrition information per serving:

Calories	258	Saturated fat	0 g
Protein	11 g	Cholesterol	0 mg
Carbohydrate	51 g	Sodium	454 mg
Fat	1 g	Dietary fiber	7 g
Trans Fat	0 g		

Chickpea Lentil Salad

November 23, 2009

Total Weight: 2481.75 g (87.54 oz-wt.)
Serving Size: 248.17 g (8.75 oz-wt.)
Serves: 10.00
Cost: --

Multi-Column

Basic Components	
Calories	258.00
Calories from Fat	12.99
Calories from Saturated Fat	1.71
Protein	11.03 g
Carbohydrates	50.65 g
Dietary Fiber	6.50 g
Soluble Fiber	0.94 g
InSoluble Fiber	2.88 g
Sugar - Total	15.14 g
Monosaccharides	14.28 g
Galactose	0.53 g
Glucose	6.62 g
Fructose	7.13 g
Disaccharides	0.87 g
Lactose	0.00 g
Sucrose	0.62 g
Maltose	0.24 g
Other Carbs	4.93 g
Fat - Total	1.44 g
Saturated Fat	0.19 g
Mono Fat	0.30 g
Poly Fat	0.69 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	117.18 g
Ash	2.05 g
KiloJoules	1079.14
Vitamins	
Vitamin A IU	2324.70 IU
Vitamin A RAE	116.11 mcg
Vitamin A RE	232.23 mcg
A - Carotenoid	232.23 RE
A - Retinol	0 RE
A - Beta Carotene	1162.53 mcg
Thiamin-B1	0.17 mg
Riboflavin-B2	0.16 mg
Niacin-B3	1.42 mg
Niacin Equiv.	3.04 mg
Vitamin-B6	0.50 mg
Vitamin-B12	0.01 mcg
Biotin	4.46 mcg
Vitamin C	6.58 mg
Vitamin D IU	17.24 IU
Vitamin D mcg	0.43 mcg
Vit E Alpha-Tocopherol	0.22 mg
Vit E-Alpha Equiv.	0.22 mg
Vitamin E IU	0.33 IU
Vitamin E mg	0.22 mg
Folate	103.25 mcg
Folate DFE	103.25 mcg
Vitamin K	8.86 mcg
Pantothenic Acid	0.69 mg
Minerals	
Boron	143.01 mcg
Calcium	57.37 mg
Chloride	17.20 mg
Chromium	0.06 mcg
Copper	0.52 mg
Fluoride	-- mg
Iodine	0.84 mcg
Iron	3.27 mg
Magnesium	43.92 mg
Manganese	0.83 mg
Molybdenum	56.08 mcg
Phosphorus	159.91 mg
Potassium	398.33 mg
Selenium	6.19 mcg
Sodium	453.99 mg
Zinc	1.87 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0.00 g
16:0-Palmitic	0.15 g
17:0-Margaric	0.00 g
18:0-Stearic	0.02 g
20:0-Arachidic	0.00 g
22:0-Behenate	0.00 g
24:0-Lignoceric	0.00 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.30 g
20:1-Eicosen	0.00 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.61 g
18:3-Linolenic	0.08 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.08 g
Omega 6 Fatty Acids	0.61 g
Amino Acids	
Alanine	0.45 g
Arginine	0.81 g
Aspartate	1.12 g
Cystine	0.13 g
Glutamate	1.63 g
Glycine	0.41 g
Histidine	0.27 g
Isoleucine	0.43 g
Leucine	0.71 g
Lysine	0.67 g
Methionine	0.10 g
Phenylalanine	0.50 g
Proline	0.42 g
Serine	0.47 g
Threonine	0.37 g
Tryptophan	0.10 g
Tyrosine	0.26 g
Valine	0.50 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	5.51 mg
Taurine	-- mg

Creamy Coleslaw

8 cups packaged coleslaw mix or equal amount of shredded cabbage and grated carrots

Creamy coleslaw dressing:

¾ cup soft or silken tofu
¼ cup cider vinegar
1 tablespoon plus 1 teaspoon honey
1 teaspoon prepared horseradish
½ teaspoon celery seed
½ teaspoon salt
¼ teaspoon pepper

Combine all dressing ingredients in a food processor and blend until smooth and creamy. Toss dressing with coleslaw in a large bowl. Refrigerate at least one hour before serving.

Makes 8 2-cup servings.

Nutrition information per serving:

Calories	43	Saturated fat	0 g
Protein	2 g	Cholesterol	0 mg
Carbohydrate	8 g	Sodium	161 mg
Fat	1 g	Dietary fiber	2 g

Creamy Coleslaw

November 23, 2009

Total Weight: 827.88 g (29.20 oz-wt.)
Serving Size: 103.48 g (3.65 oz-wt.)
Serves: 8.00
Cost: --

Multi-Column

Basic Components	
Calories	41.76
Calories from Fat	6.27
Calories from Saturated Fat	0.82
Protein	2.08 g
Carbohydrates	7.67 g
Dietary Fiber	1.65 g
Soluble Fiber	0 g
InSoluble Fiber	0 g
Sugar - Total	5.61 g
Monosaccharides	5.10 g
Galactose	0.11 g
Glucose	2.44 g
Fructose	2.55 g
Disaccharides	0.17 g
Lactose	0 g
Sucrose	0.11 g
Maltose	0.06 g
Other Carbs	0.42 g
Fat - Total	0.70 g
Saturated Fat	0.09 g
Mono Fat	0.14 g
Poly Fat	0.38 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	91.62 g
Ash	1.04 g
KiloJoules	174.43
Vitamins	
Vitamin A IU	119.97 IU
Vitamin A RAE	6.31 mcg
Vitamin A RE	12.63 mcg
A - Carotenoid	12.63 RE
A - Retinol	0 RE
A - Beta Carotene	63.15 mcg
Thiamin-B1	0.06 mg
Riboflavin-B2	0.04 mg
Niacin-B3	0.29 mg
Niacin Equiv.	0.70 mg
Vitamin-B6	0.07 mg
Vitamin-B12	0 mcg
Biotin	1.40 mcg
Vitamin C	22.75 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.15 mg
Vit E-Alpha Equiv.	0.15 mg
Vitamin E IU	0.22 IU
Vitamin E mg	0.15 mg
Folate	30.55 mcg
Folate DFE	30.55 mcg
Vitamin K	42.12 mcg
Pantothenic Acid	0.10 mg
Minerals	
Boron	21.36 mcg
Calcium	43.16 mg
Chloride	-- mg
Chromium	0.20 mcg
Copper	0.06 mg
Fluoride	-- mg
Iodine	-- mcg
Iron	0.70 mg
Magnesium	17.96 mg
Manganese	0.15 mg
Molybdenum	3.50 mcg
Phosphorus	31.02 mg
Potassium	221.93 mg
Selenium	0.70 mcg
Sodium	161.71 mg
Zinc	0.26 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.01 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0.00 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.03 g
20:1-Eicosen	0.00 g
22:1-Erucic	0.00 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.03 g
18:3-Linolenic	0.02 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.02 g
Omega 6 Fatty Acids	0.03 g
Amino Acids	
Alanine	0.08 g
Arginine	0.14 g
Aspartate	0.22 g
Cystine	0.02 g
Glutamate	0.39 g
Glycine	0.06 g
Histidine	0.05 g
Isoleucine	0.10 g
Leucine	0.11 g
Lysine	0.12 g
Methionine	0.03 g
Phenylalanine	0.10 g
Proline	0.25 g
Serine	0.11 g
Threonine	0.08 g
Tryptophan	0.03 g
Tyrosine	0.06 g
Valine	0.11 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	7.43 mg
Taurine	-- mg

Loretta's Marinated Corn and Zucchini Salad

2 cups frozen yellow corn kernels
1 small onion, chopped (about ½ cup)
1 pound or 2 medium or 2 cups chopped zucchini with peel
1 medium red bell pepper or about 1 cup chopped
½ cup cilantro leaves, loosely packed
1/3 cup water
1/3 cup Splenda
1/3 cup vinegar (may be red or white wine or cider vinegar)
½ tsp. black pepper
½ tsp. salt

Pour the corn into a colander and rinse thoroughly with cool water to defrost. Drain well and place in a large bowl.
Peel and finely chop the onion and add it to the corn.
Cut the zucchini into bite-sized pieces and add to above ingredients.
Mince the cilantro leaves and add.
In a 2-cup glass measuring cup microwave the water and Splenda uncovered on high for 45 seconds. Whisk until the splenda dissolves. Add the vinegar, black pepper, and salt.

Pour the dressing over the drained vegetables and stir to coat well. Refrigerate, covered, for 1 hour or until ready to serve. Serves 10.

Nutrition information per serving:

Calories	54	Saturated fat	0 g
Protein	3 g	Cholesterol	0 mg
Carbohydrate	12 g	Sodium	120 mg
Fat	0 g	Dietary fiber	2 g

Loretta's Marinated Corn and Zucchini S

November 23, 2009

Total Weight: 1149.50 g (40.55 oz-wt.)
Serving Size: 114.95 g (4.05 oz-wt.)
Serves: 10.00
Cost: --

Multi-Column

Basic Components	
Calories	54.02
Calories from Fat	4.38
Calories from Saturated Fat	0.78
Protein	2.52 g
Carbohydrates	11.97 g
Dietary Fiber	1.80 g
Soluble Fiber	0.47 g
InSoluble Fiber	1.04 g
Sugar - Total	2.03 g
Monosaccharides	1.08 g
Galactose	0 g
Glucose	0.55 g
Fructose	0.52 g
Disaccharides	0.94 g
Lactose	0.00 g
Sucrose	0.87 g
Maltose	0.07 g
Other Carbs	7.23 g
Fat - Total	0.49 g
Saturated Fat	0.09 g
Mono Fat	0.09 g
Poly Fat	0.22 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	98.79 g
Ash	1.17 g
KiloJoules	226.18
Vitamins	
Vitamin A IU	729.32 IU
Vitamin A RAE	36.45 mcg
Vitamin A RE	72.90 mcg
A - Carotenoid	72.90 RE
A - Retinol	0 RE
A - Beta Carotene	244.94 mcg
Thiamin-B1	0.06 mg
Riboflavin-B2	0.06 mg
Niacin-B3	1.00 mg
Niacin Equiv.	1.35 mg
Vitamin-B6	0.17 mg
Vitamin-B12	0 mcg
Biotin	0.25 mcg
Vitamin C	41.77 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.34 mg
Vit E-Alpha Equiv.	0.34 mg
Vitamin E IU	0.51 IU
Vitamin E mg	0.34 mg
Folate	26.17 mcg
Folate DFE	26.17 mcg
Vitamin K	3.39 mcg
Pantothenic Acid	0.31 mg
Minerals	
Boron	10.04 mcg
Calcium	14.44 mg
Chloride	4.61 mg
Chromium	0.02 mcg
Copper	0.07 mg
Fluoride	-- mg
Iodine	0.26 mcg
Iron	0.69 mg
Magnesium	28.09 mg
Manganese	0.17 mg
Molybdenum	3.21 mcg
Phosphorus	76.27 mg
Potassium	356.00 mg
Selenium	0.46 mcg
Sodium	120.29 mg
Zinc	0.65 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.08 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.09 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.16 g
18:3-Linolenic	0.06 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.06 g
Omega 6 Fatty Acids	0.16 g
Amino Acids	
Alanine	0.17 g
Arginine	0.11 g
Aspartate	0.25 g
Cystine	0.03 g
Glutamate	0.37 g
Glycine	0.10 g
Histidine	0.06 g
Isoleucine	0.09 g
Leucine	0.20 g
Lysine	0.12 g
Methionine	0.04 g
Phenylalanine	0.10 g
Proline	0.14 g
Serine	0.11 g
Threonine	0.08 g
Tryptophan	0.02 g
Tyrosine	0.08 g
Valine	0.12 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	1.10 mg
Taurine	-- mg

Broccoli Florets with Honey Mustard Dressing

3 cups fresh broccoli florets

Cook the broccoli in boiling water until tender, about 3 minutes. Cool under cold running water or in ice water to stop cooking process. Drain and set aside.

Dressing:

1 tablespoon white miso
1 tablespoon honey
1 tablespoon Dijon mustard
1 tablespoon fresh lemon juice
¼ cup water
Pinch of black pepper

Whisk all ingredients together until blended.

Toss broccoli with honey mustard dressing just before serving. If mixed ahead the sauce will dull the bright green color of the broccoli.

Makes 4 servings.

Nutrition information per serving:

Calories	45	Saturated fat	0 g
Protein	2 g	Cholesterol	0 mg
Carbohydrate	9 g	Sodium	227 mg
Fat	1 g	Dietary fiber	2 g

Broccoli Florets Honey Mustard Dressing

November 23, 2009

Total Weight: 339.27 g (11.97 oz-wt.)
Serving Size: 84.82 g (2.99 oz-wt.)
Serves: 4.00
Cost: --

Multi-Column

Basic Components	
Calories	44.96
Calories from Fat	5.75
Calories from Saturated Fat	0.41
Protein	2.20 g
Carbohydrates	9.39 g
Dietary Fiber	1.67 g
Soluble Fiber	0.18 g
InSoluble Fiber	1.38 g
Sugar - Total	5.19 g
Monosaccharides	4.23 g
Galactose	0.16 g
Glucose	1.89 g
Fructose	2.17 g
Disaccharides	0.12 g
Lactose	0 g
Sucrose	0.05 g
Maltose	0.08 g
Other Carbs	1.09 g
Fat - Total	0.64 g
Saturated Fat	0.05 g
Mono Fat	0.16 g
Poly Fat	0.27 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	71.67 g
Ash	1.02 g
KiloJoules	188.05
Vitamins	
Vitamin A IU	1600.17 IU
Vitamin A RAE	79.92 mcg
Vitamin A RE	160.21 mcg
A - Carotenoid	159.83 RE
A - Retinol	0 RE
A - Beta Carotene	0.14 mcg
Thiamin-B1	0.04 mg
Riboflavin-B2	0.07 mg
Niacin-B3	0.43 mg
Niacin Equiv.	0.69 mg
Vitamin-B6	0.09 mg
Vitamin-B12	0 mcg
Biotin	0.01 mcg
Vitamin C	51.44 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.25 mg
Vit E-Alpha Equiv.	0.25 mg
Vitamin E IU	0.37 IU
Vitamin E mg	0.25 mg
Folate	38.41 mcg
Folate DFE	38.41 mcg
Vitamin K	0.03 mcg
Pantothenic Acid	0.29 mg
Minerals	
Boron	32.65 mcg
Calcium	31.81 mg
Chloride	-- mg
Chromium	0.00 mcg
Copper	0.03 mg
Fluoride	-- mg
Iodine	0 mcg
Iron	0.60 mg
Magnesium	13.83 mg
Manganese	0.13 mg
Molybdenum	2.66 mcg
Phosphorus	44.15 mg
Potassium	187.69 mg
Selenium	1.64 mcg
Sodium	227.11 mg
Zinc	0.28 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.03 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.01 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.02 g
18:3-Linolenic	0.07 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.07 g
Omega 6 Fatty Acids	0.02 g
Amino Acids	
Alanine	0.06 g
Arginine	0.08 g
Aspartate	0.11 g
Cystine	0.01 g
Glutamate	0.20 g
Glycine	0.05 g
Histidine	0.03 g
Isoleucine	0.06 g
Leucine	0.07 g
Lysine	0.08 g
Methionine	0.02 g
Phenylalanine	0.05 g
Proline	0.07 g
Serine	0.05 g
Threonine	0.05 g
Tryptophan	0.02 g
Tyrosine	0.03 g
Valine	0.07 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0.00 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	0.00 mg
Taurine	-- mg

Hearts of Romaine with Marinated Artichokes

2 9 oz. boxes frozen artichoke hearts
2/3 cup fat free Italian Dressing
¼ cup fresh parsley
16 inner leaves of Romaine lettuce
2 tablespoons pimento strips or roasted red pepper strips

Thaw artichoke hearts. Cut in half. Drain and pat dry. Mix artichoke hearts, dressing and parsley. Chill at least one hour.

Arrange 4 Romaine leaves on a salad plate. Add marinated artichoke hearts and garnish with pimento or red pepper strips. Pour remaining marinade over salad. Makes 4 servings.

Nutrition information per serving:

Calories	64	Saturated fat	0 g
Protein	4 g	Cholesterol	0 mg
Carbohydrate	14 g	Sodium	662 mg
Fat	1 g	Dietary fiber	6 g

Hearts of Romaine/Marinated Artichokes

November 23, 2009

Total Weight: 900.31 g (31.76 oz-wt.)
Serving Size: 225.08 g (7.94 oz-wt.)
Serves: 4.00
Cost: --

Multi-Column

Basic Components	
Calories	124.92
Calories from Fat	6.48
Calories from Saturated Fat	1.35
Protein	4.04 g
Carbohydrates	27.81 g
Dietary Fiber	7.41 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	6.04 g
Monosaccharides	0.47 g
Galactose	0 g
Glucose	0.16 g
Fructose	0.32 g
Disaccharides	0 g
Lactose	0 g
Sucrose	0 g
Maltose	0 g
Other Carbs	9.44 g
Fat - Total	0.72 g
Saturated Fat	0.15 g
Mono Fat	0.03 g
Poly Fat	0.31 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	160.75 g
Ash	1.11 g
KiloJoules	522.37
Vitamins	
Vitamin A IU	3023.34 IU
Vitamin A RAE	151.42 mcg
Vitamin A RE	302.84 mcg
A - Carotenoid	302.84 RE
A - Retinol	0 RE
A - Beta Carotene	1687.59 mcg
Thiamin-B1	0.11 mg
Riboflavin-B2	0.21 mg
Niacin-B3	1.32 mg
Niacin Equiv.	1.43 mg
Vitamin-B6	0.15 mg
Vitamin-B12	0 mcg
Biotin	0.76 mcg
Vitamin C	27.37 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.34 mg
Vit E-Alpha Equiv.	0.34 mg
Vitamin E IU	0.50 IU
Vitamin E mg	0.34 mg
Folate	221.27 mcg
Folate DFE	221.27 mcg
Vitamin K	103.07 mcg
Pantothenic Acid	0.31 mg
Minerals	
Boron	33.50 mcg
Calcium	43.04 mg
Chloride	22.80 mg
Chromium	0.53 mcg
Copper	0.10 mg
Fluoride	-- mg
Iodine	1.32 mcg
Iron	1.38 mg
Magnesium	42.35 mg
Manganese	0.38 mg
Molybdenum	2.40 mcg
Phosphorus	89.37 mg
Potassium	480.49 mg
Selenium	0.43 mcg
Sodium	506.25 mg
Zinc	0.55 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0.01 g
14:0-Myristic	0.01 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.12 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.03 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.20 g
18:3-Linolenic	0.11 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.11 g
Omega 6 Fatty Acids	0.20 g
Amino Acids	
Alanine	0.04 g
Arginine	0.04 g
Aspartate	0.08 g
Cystine	0.01 g
Glutamate	0.10 g
Glycine	0.03 g
Histidine	0.01 g
Isoleucine	0.04 g
Leucine	0.05 g
Lysine	0.05 g
Methionine	0.01 g
Phenylalanine	0.03 g
Proline	0.03 g
Serine	0.03 g
Threonine	0.03 g
Tryptophan	0.01 g
Tyrosine	0.02 g
Valine	0.04 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	3.96 mg
Taurine	-- mg

Aztec Salad

1 15 oz. can black beans
¼ cup chopped red onion
½ medium green bell pepper, diced
½ medium yellow or red pepper, diced
1 cup frozen yellow corn kernels
1 medium whole tomato, seeded and diced
1 Tbs. White rice vinegar
1 Tbs. Cider vinegar
1 clove garlic, minced
½ fresh lime, juiced
1 tsp. ground cumin
½ tsp. ground coriander
¼ tsp. ground red pepper
1/3 cup fresh cilantro

Drain and rinse beans. Place beans in a large bowl. Add onion, peppers, corn, cilantro, and tomato. In a small bowl whisk together vinegars, garlic, lime juice, and seasonings and pour over salad. Toss gently to mix. Chill. Makes 6 servings.

Nutrition information per serving:

Calories	124	Saturated fat	0 g
Protein	6 g	Cholesterol	0 mg
Carbohydrate	23 g	Sodium	268 mg
Fat	1 g	Dietary fiber	7 g

Trans Fat 0 g

Aztec Salad

November 23, 2009

Total Weight: 1016.03 g (35.84 oz-wt.)
Serving Size: 203.21 g (7.17 oz-wt.)
Serves: 5.00
Cost: --

Multi-Column

Basic Components	
Calories	124.17
Calories from Fat	10.76
Calories from Saturated Fat	0.62
Protein	6.41 g
Carbohydrates	23.03 g
Dietary Fiber	6.78 g
Soluble Fiber	0.32 g
InSoluble Fiber	0.95 g
Sugar - Total	3.01 g
Monosaccharides	1.65 g
Galactose	0 g
Glucose	0.84 g
Fructose	0.81 g
Disaccharides	0.87 g
Lactose	0.00 g
Sucrose	0.81 g
Maltose	0.06 g
Other Carbs	13.18 g
Fat - Total	1.20 g
Saturated Fat	0.07 g
Mono Fat	0.10 g
Poly Fat	0.85 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	100.13 g
Ash	0.59 g
KiloJoules	519.31
Vitamins	
Vitamin A IU	628.13 IU
Vitamin A RAE	22.10 mcg
Vitamin A RE	63.00 mcg
A - Carotenoid	63.00 RE
A - Retinol	0 RE
A - Beta Carotene	332.25 mcg
Thiamin-B1	0.06 mg
Riboflavin-B2	0.05 mg
Niacin-B3	1.02 mg
Niacin Equiv.	1.26 mg
Vitamin-B6	0.17 mg
Vitamin-B12	0 mcg
Biotin	1.47 mcg
Vitamin C	53.54 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.39 mg
Vit E-Alpha Equiv.	0.45 mg
Vitamin E IU	0.67 IU
Vitamin E mg	0.45 mg
Folate	25.96 mcg
Folate DFE	24.06 mcg
Vitamin K	3.45 mcg
Pantothenic Acid	0.19 mg
Minerals	
Boron	18.95 mcg
Calcium	43.72 mg
Chloride	22.14 mg
Chromium	0.28 mcg
Copper	0.07 mg
Fluoride	-- mg
Iodine	0.28 mcg
Iron	2.35 mg
Magnesium	14.64 mg
Manganese	0.15 mg
Molybdenum	3.42 mcg
Phosphorus	41.87 mg
Potassium	240.83 mg
Selenium	0.45 mcg
Sodium	267.91 mg
Zinc	0.24 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.06 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0.00 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.10 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.18 g
18:3-Linolenic	0.01 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.01 g
Omega 6 Fatty Acids	0.18 g
Amino Acids	
Alanine	0.11 g
Arginine	0.08 g
Aspartate	0.16 g
Cystine	0.02 g
Glutamate	0.34 g
Glycine	0.06 g
Histidine	0.04 g
Isoleucine	0.06 g
Leucine	0.13 g
Lysine	0.07 g
Methionine	0.03 g
Phenylalanine	0.06 g
Proline	.0.11 g
Serine	0.07 g
Threonine	0.06 g
Tryptophan	0.01 g
Tyrosine	0.05 g
Valine	0.08 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	3.15 mg
Taurine	-- mg

Tabbouleh

1 cup water
1 cup whole grain bulgur wheat
½ cup diced, seeded cucumber
3 Tbs. fresh lemon juice
1 tsp. minced garlic
¼ tsp. black pepper
1 cup fresh diced tomato
1 cup fresh chopped parsley
1 Tbs. fresh chopped mint leaf

Bring 1 cup water to a boil in a saucepan. Add bulgur, cover, remove from heat, and let stand 25 minutes.

Allow cucumber to drain in a sieve for 20 minutes. Press lightly to squeeze out excess moisture.

In a small bowl, whisk together lemon juice, garlic, and pepper. Transfer bulgur to a large bowl. Add lemon juice mixture and fluff with a fork to blend. Stir in tomatoes, cucumbers, parsley, and mint.

Serves 4.

Nutrition information per serving:

Calories	141	Saturated fat	0 g
Protein	5 g	Cholesterol	1 mg
Carbohydrate	31 g	Sodium	21 mg
Fat	1 g	Dietary fiber	8 g

Tabbouleh

November 23, 2009

Total Weight: 746.34 g (26.33 oz-wt.)
Serving Size: 186.59 g (6.58 oz-wt.)
Serves: 4.00
Cost: --

Multi-Column

Basic Components	
Calories	140.58
Calories from Fat	6.60
Calories from Saturated Fat	1.11
Protein	5.45 g
Carbohydrates	31.12 g
Dietary Fiber	7.65 g
Soluble Fiber	1.11 g
InSoluble Fiber	5.34 g
Sugar - Total	1.97 g
Monosaccharides	1.41 g
Galactose	0 g
Glucose	0.67 g
Fructose	0.74 g
Disaccharides	0 g
Lactose	0 g
Sucrose	0 g
Maltose	0 g
Other Carbs	21.32 g
Fat - Total	0.73 g
Saturated Fat	0.12 g
Mono Fat	0.13 g
Poly Fat	0.26 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	147.96 g
Ash	1.31 g
KiloJoules	588.13
Vitamins	
Vitamin A IU	1699.72 IU
Vitamin A RAE	85.19 mcg
Vitamin A RE	170.37 mcg
A - Carotenoid	170.37 RE
A - Retinol	0 RE
A - Beta Carotene	993.83 mcg
Thiamin-B1	0.13 mg
Riboflavin-B2	0.08 mg
Niacin-B3	2.30 mg
Niacin Equiv.	3.58 mg
Vitamin-B6	0.19 mg
Vitamin-B12	0 mcg
Biotin	1.83 mcg
Vitamin C	33.97 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.58 mg
Vit E-Alpha Equiv.	0.58 mg
Vitamin E IU	0.86 IU
Vitamin E mg	0.58 mg
Folate	46.75 mcg
Folate DFE	42.85 mcg
Vitamin K	251.64 mcg
Pantothenic Acid	0.52 mg
Minerals	
Boron	18.13 mcg
Calcium	50.49 mg
Chloride	28.20 mg
Chromium	0.34 mcg
Copper	0.19 mg
Fluoride	-- mg
Iodine	-- mcg
Iron	2.14 mg
Magnesium	73.55 mg
Manganese	1.22 mg
Molybdenum	2.25 mcg
Phosphorus	131.69 mg
Potassium	380.88 mg
Selenium	0.95 mcg
Sodium	18.48 mg
Zinc	0.96 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0.00 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.10 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.12 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.24 g
18:3-Linolenic	0.01 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.01 g
Omega 6 Fatty Acids	0.24 g
Amino Acids	
Alanine	0.19 g
Arginine	0.23 g
Aspartate	0.32 g
Cystine	0.11 g
Glutamate	1.54 g
Glycine	0.21 g
Histidine	0.12 g
Isoleucine	0.19 g
Leucine	0.34 g
Lysine	0.16 g
Methionine	0.08 g
Phenylalanine	0.24 g
Proline	0.49 g
Serine	0.24 g
Threonine	0.15 g
Tryptophan	0.08 g
Tyrosine	0.14 g
Valine	0.23 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0.00 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	3.03 mg
Taurine	-- mg

Caesar Salad with Homemade Croutons

Homemade Croutons:
1 day-old nonfat French bread baguette, in 3/8" dice

Caesar Dressing:
½ cup nonfat mayonnaise
2 tablespoons grated nonfat Swiss cheese
1 tablespoon lemon juice
1 tablespoon red wine vinegar
2 teaspoons Dijon mustard
1 garlic clove, minced
1/8 teaspoon black pepper

1 large head Romaine lettuce, washed, dried, and chopped into bite size pieces.

Make croutons: Preheat oven to 375 degrees F. Put diced baguette on a baking sheet and bake until golden brown, about 10 minutes

Make Caesar dressing:
Put all dressing ingredients in a bowl and whisk to blend.

To assemble salad: Put Romaine in a salad bowl. Add the croutons and the dressing. Toss well to coat leaves evenly with dressing. Serve immediately. Makes 8 servings.

Nutrition information per serving:

Calories	50	Saturated fat	0 g
Protein	3 g	Cholesterol	0 mg
Carbohydrate	10 g	Sodium	187 mg
Fat	1 g	Dietary fiber	2 g

Caesar Salad with Homemade Croutons

November 23, 2009

Total Weight: 1104.03 g (38.94 oz-wt.)
Serving Size: 138.00 g (4.87 oz-wt.)
Serves: 8.00
Cost: --

Multi-Column

Basic Components	
Calories	53.79
Calories from Fat	8.19
Calories from Saturated Fat	1.16
Protein	2.43 g
Carbohydrates	10.66 g
Dietary Fiber	2.65 g
Soluble Fiber	0.00 g
InSoluble Fiber	0.00 g
Sugar - Total	3.46 g
Monosaccharides	1.33 g
Galactose	0 g
Glucose	0.43 g
Fructose	0.89 g
Disaccharides	0 g
Lactose	0 g
Sucrose	0 g
Maltose	0 g
Other Carbs	1.40 g
Fat - Total	0.91 g
Saturated Fat	0.13 g
Mono Fat	0.18 g
Poly Fat	0.43 g
Trans Fatty Acids	0 g
Cholesterol	0.21 mg
Water	122.84 g
Ash	1.16 g
KiloJoules	225.03
Vitamins	
Vitamin A IU	6525.71 IU
Vitamin A RAE	324.82 mcg
Vitamin A RE	655.71 mcg
A - Carotenoid	649.65 RE
A - Retinol	0 RE
A - Beta Carotene	3902.19 mcg
Thiamin-B1	0.11 mg
Riboflavin-B2	0.10 mg
Niacin-B3	0.50 mg
Niacin Equiv.	0.70 mg
Vitamin-B6	0.10 mg
Vitamin-B12	0 mcg
Biotin	2.13 mcg
Vitamin C	27.91 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.26 mg
Vit E-Alpha Equiv.	0.26 mg
Vitamin E IU	0.38 IU
Vitamin E mg	0.26 mg
Folate	155.46 mcg
Folate DFE	152.58 mcg
Vitamin K	114.86 mcg
Pantothenic Acid	0.16 mg
Minerals	
Boron	93.80 mcg
Calcium	68.07 mg
Chloride	63.84 mg
Chromium	1.49 mcg
Copper	0.07 mg
Fluoride	-- mg
Iodine	3.70 mcg
Iron	1.24 mg
Magnesium	18.40 mg
Manganese	0.18 mg
Molybdenum	6.72 mcg
Phosphorus	46.42 mg
Potassium	305.20 mg
Selenium	0.50 mcg
Sodium	187.14 mg
Zinc	0.34 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.10 g
17:0-Margaric	0 g
18:0-Stearic	0.02 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.01 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.14 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.26 g
18:3-Linolenic	0.14 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.14 g
Omega 6 Fatty Acids	0.26 g
Amino Acids	
Alanine	0.07 g
Arginine	0.09 g
Aspartate	0.18 g
Cystine	0.02 g
Glutamate	0.23 g
Glycine	0.07 g
Histidine	0.03 g
Isoleucine	0.10 g
Leucine	0.10 g
Lysine	0.10 g
Methionine	0.02 g
Phenylalanine	0.07 g
Proline	0.06 g
Serine	0.05 g
Threonine	0.07 g
Tryptophan	0.01 g
Tyrosine	0.04 g
Valine	0.09 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0.00 mg
Citric Acid	0.00 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	11.09 mg
Taurine	0 mg

Spinach and Mushroom Salad with Buttermilk Dressing

4 cups cleaned spinach leaves
¼ pound mushrooms, sliced ¼ inch thick
½ cup halved cherry tomatoes

Put spinach leaves, mushrooms, and halved tomatoes in a large salad bowl. Toss well with buttermilk dressing.

Nutrition information per serving of salad.

Calories	18	Saturated fat	0 g
Protein	2 g	Cholesterol	0 mg
Carbohydrate	3 g	Sodium	26 mg
Fat	0 g	Dietary fiber	1 g

Buttermilk Dressing

½ cup nonfat plain yogurt
¼ cup fat free mayonnaise
¼ cup fat free sour cream
2 tablespoons fresh lemon juice
½ teaspoon minced fresh garlic

Combine all ingredients and whisk to blend. Makes 4 servings.

Nutrition information per serving:

Calories	42	Saturated fat	0 g
Protein	2 g	Cholesterol	1 mg
Carbohydrate	9 g	Sodium	135 mg
Fat	0g	Dietary fiber	5g

Spinach and Mushroom Salad

November 23, 2009

Total Weight: 307.90 g (10.86 oz-wt.)
Serving Size: 76.97 g (2.72 oz-wt.)
Serves: 4.00
Cost: --

Multi-Column

Basic Components	
Calories	17.05
Calories from Fat	2.47
Calories from Saturated Fat	0.37
Protein	1.89 g
Carbohydrates	2.88 g
Dietary Fiber	1.15 g
Soluble Fiber	0.10 g
InSoluble Fiber	0.39 g
Sugar - Total	0.59 g
Monosaccharides	0.57 g
Galactose	0.03 g
Glucose	0.45 g
Fructose	0.09 g
Disaccharides	0.02 g
Lactose	0 g
Sucrose	0.02 g
Maltose	0 g
Other Carbs	0.48 g
Fat - Total	0.27 g
Saturated Fat	0.04 g
Mono Fat	0.01 g
Poly Fat	0.12 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	71.09 g
Ash	0.84 g
KiloJoules	71.27
Vitamins	
Vitamin A IU	2929.13 IU
Vitamin A RAE	146.47 mcg
Vitamin A RE	292.95 mcg
A - Carotenoid	292.95 RE
A - Retinol	0 RE
A - Beta Carotene	1752.86 mcg
Thiamin-B1	0.06 mg
Riboflavin-B2	0.18 mg
Niacin-B3	1.36 mg
Niacin Equiv.	1.74 mg
Vitamin-B6	0.10 mg
Vitamin-B12	0.01 mcg
Biotin	5.31 mcg
Vitamin C	12.58 mg
Vitamin D IU	21.55 IU
Vitamin D mcg	0.54 mcg
Vit E Alpha-Tocopherol	0.68 mg
Vit E-Alpha Equiv.	0.68 mg
Vitamin E IU	1.02 IU
Vitamin E mg	0.68 mg
Folate	65.53 mcg
Folate DFE	62.74 mcg
Vitamin K	144.87 mcg
Pantothenic Acid	0.49 mg
Minerals	
Boron	0.32 mcg
Calcium	31.48 mg
Chloride	59.57 mg
Chromium	0.93 mcg
Copper	0.14 mg
Fluoride	-- mg
Iodine	1.45 mcg
Iron	1.04 mg
Magnesium	28.30 mg
Manganese	0.30 mg
Molybdenum	3.85 mcg
Phosphorus	43.55 mg
Potassium	298.90 mg
Selenium	3.01 mcg
Sodium	26.79 mg
Zinc	0.32 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.03 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0.00 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.01 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.08 g
18:3-Linolenic	0.04 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.04 g
Omega 6 Fatty Acids	0.08 g
Amino Acids	
Alanine	0.10 g
Arginine	0.07 g
Aspartate	0.15 g
Cystine	0.02 g
Glutamate	0.26 g
Glycine	0.07 g
Histidine	0.04 g
Isoleucine	0.07 g
Leucine	0.11 g
Lysine	0.09 g
Methionine	0.03 g
Phenylalanine	0.07 g
Proline	0.06 g
Serine	0.06 g
Threonine	0.07 g
Tryptophan	0.02 g
Tyrosine	0.05 g
Valine	0.12 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	-- g
Glycerol	-- g
Inositol	-- g
Mannitol	-- g
Sorbitol	-- g
Xylitol	-- g
Organic Acids	-- mg
Acetic Acid	-- mg
Citric Acid	-- mg
Lactic Acid	-- mg
Malic Acid	-- mg
Choline	4.76 mg
Taurine	-- mg

Buttermilk Dressing

November 23, 2009

Total Weight: 266.22 g (9.39 oz-wt.)
Serving Size: 66.55 g (2.35 oz-wt.)
Serves: 4.00
Cost: --

Multi-Column

Basic Components	
Calories	39.93
Calories from Fat	0.02
Calories from Saturated Fat	0.00
Protein	2.30 g
Carbohydrates	8.65 g
Dietary Fiber	0.04 g
Soluble Fiber	0.01 g
InSoluble Fiber	0.02 g
Sugar - Total	4.81 g
Monosaccharides	-- g
Galactose	-- g
Glucose	-- g
Fructose	-- g
Disaccharides	-- g
Lactose	-- g
Sucrose	-- g
Maltose	-- g
Other Carbs	3.80 g
Fat - Total	0.00 g
Saturated Fat	0.00 g
Mono Fat	0.00 g
Poly Fat	0.00 g
Trans Fatty Acids	0 g
Cholesterol	3.12 mg
Water	30.51 g
Ash	0.42 g
KiloJoules	167.46
Vitamins	
Vitamin A IU	226.45 IU
Vitamin A RAE	0.08 mcg
Vitamin A RE	45.15 mcg
A - Carotenoid	0.15 RE
A - Retinol	0 RE
A - Beta Carotene	0.23 mcg
Thiamin-B1	0.00 mg
Riboflavin-B2	0.00 mg
Niacin-B3	0.01 mg
Niacin Equiv.	0.01 mg
Vitamin-B6	0.01 mg
Vitamin-B12	0 mcg
Biotin	0.02 mcg
Vitamin C	5.12 mg
Vitamin D IU	10.00 IU
Vitamin D mcg	0.25 mcg
Vit E Alpha-Tocopherol	0.51 mg
Vit E-Alpha Equiv.	0.51 mg
Vitamin E IU	0.77 IU
Vitamin E mg	0.51 mg
Folate	1.00 mcg
Folate DFE	1.00 mcg
Vitamin K	0.00 mcg
Pantothenic Acid	0.01 mg
Minerals	
Boron	-- mcg
Calcium	68.67 mg
Chloride	-- mg
Chromium	-- mcg
Copper	0.00 mg
Fluoride	-- mg
Iodine	-- mcg
Iron	0.01 mg
Magnesium	0.55 mg
Manganese	0.01 mg
Molybdenum	-- mcg
Phosphorus	1.00 mg
Potassium	20.88 mg
Selenium	0.06 mcg
Sodium	134.51 mg
Zinc	0.01 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0 g
14:0-Myristic	0 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.00 g
17:0-Margaric	0 g
18:0-Stearic	0 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.00 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.00 g
18:3-Linolenic	0.00 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.00 g
Omega 6 Fatty Acids	0.00 g
Amino Acids	
Alanine	0.00 g
Arginine	0.00 g
Aspartate	0.00 g
Cystine	0.00 g
Glutamate	0.00 g
Glycine	0.00 g
Histidine	0.00 g
Isoleucine	0.00 g
Leucine	0.00 g
Lysine	0.00 g
Methionine	0.00 g
Phenylalanine	0.00 g
Proline	0.00 g
Serine	0.00 g
Threonine	0.00 g
Tryptophan	0.00 g
Tyrosine	0.00 g
Valine	0.00 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	-- g
Glycerol	-- g
Inositol	-- g
Mannitol	-- g
Sorbitol	-- g
Xylitol	-- g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0.00 mg
Lactic Acid	0 mg
Malic Acid	-- mg
Choline	-- mg
Taurine	-- mg

Twelve Layer Salad with Garlic Dressing

2 cups fresh spinach leaves, cut into ribbons with kitchen scissors
2 medium carrots thinly sliced
1 ½ cups sliced celery
2 cups thinly sliced red cabbage
2 cups small broccoli florets
2 cups chopped Romaine lettuce
1 medium yellow bell pepper, sliced
1 medium tomato, sliced
1 ½ cups fresh green beans, cooked until crisp tender, then cooled
1 cup finely chopped parsley, divided
1 15 oz. can dark red kidney beans, rinsed and drained
1 15 oz. can garbanzo beans, rinsed and drained
1 medium red onion, thinly sliced

Layer spinach, carrots, celery, cabbage, broccoli, lettuce, pepper, tomato, green beans, ½ cup parsley, kidney beans, garbanzo beans, and onion in a 2 ½ quart glass salad bowl or glass casserole dish.

Garlic dressing:
¾ cup fat free mayonnaise
¾ cup fat free sour cream
4 cloves garlic, minced
1 tsp. Dried basil
1 tsp. Dried oregano
¾ tsp. Dried tarragon

Combine all dressing ingredients and refrigerate until ready to use.

Spread the dressing over the top of the salad and sprinkle with remaining half cup of parsley. Chill overnight or for several hours.

At serving time toss and serve.

Serves 12.

Nutrition information per serving:

Calories	139	Saturated fat	0 g
Protein	6 g	Cholesterol	3 mg
Carbohydrate	27 g	Sodium	338 mg
Fat	1 g	Dietary fiber	6 g
Trans Fat	0 g		

Twelve Layer Salad

November 23, 2009

Total Weight: 2652.33 g (93.56 oz-wt.)
Serving Size: 221.03 g (7.80 oz-wt.)
Serves: 12.00
Cost: --

Multi-Column

Basic Components	
Calories	138.56
Calories from Fat	8.70
Calories from Saturated Fat	0.81
Protein	6.31 g
Carbohydrates	27.03 g
Dietary Fiber	6.03 g
Soluble Fiber	0.77 g
InSoluble Fiber	2.23 g
Sugar - Total	6.19 g
Monosaccharides	1.26 g
Galactose	0.09 g
Glucose	0.64 g
Fructose	0.53 g
Disaccharides	0.57 g
Lactose	0.00 g
Sucrose	0.56 g
Maltose	0.00 g
Other Carbs	8.08 g
Fat - Total	0.97 g
Saturated Fat	0.09 g
Mono Fat	0.12 g
Poly Fat	0.29 g
Trans Fatty Acids	0 g
Cholesterol	2.50 mg
Water	184.48 g
Ash	2.34 g
KiloJoules	580.34
Vitamins	
Vitamin A IU	3796.51 IU
Vitamin A RAE	180.89 mcg
Vitamin A RE	397.24 mcg
A - Carotenoid	361.79 RE
A - Retinol	0 RE
A - Beta Carotene	1725.86 mcg
Thiamin-B1	0.07 mg
Riboflavin-B2	0.09 mg
Niacin-B3	0.63 mg
Niacin Equiv.	1.24 mg
Vitamin-B6	0.33 mg
Vitamin-B12	0 mcg
Biotin	1.31 mcg
Vitamin C	39.96 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.51 mg
Vit E-Alpha Equiv.	0.51 mg
Vitamin E IU	0.77 IU
Vitamin E mg	0.51 mg
Folate	71.08 mcg
Folate DFE	71.08 mcg
Vitamin K	124.69 mcg
Pantothenic Acid	0.33 mg
Minerals	
Boron	104.66 mcg
Calcium	106.59 mg
Chloride	10.31 mg
Chromium	0.09 mcg
Copper	0.13 mg
Fluoride	-- mg
Iodine	0.38 mcg
Iron	2.06 mg
Magnesium	31.76 mg
Manganese	0.46 mg
Molybdenum	30.99 mcg
Phosphorus	70.69 mg
Potassium	380.88 mg
Selenium	2.12 mcg
Sodium	337.69 mg
Zinc	0.68 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.07 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0.00 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.12 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.23 g
18:3-Linolenic	0.05 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.05 g
Omega 6 Fatty Acids	0.23 g
Amino Acids	
Alanine	0.15 g
Arginine	0.26 g
Aspartate	0.38 g
Cystine	0.04 g
Glutamate	0.54 g
Glycine	0.13 g
Histidine	0.08 g
Isoleucine	0.14 g
Leucine	0.21 g
Lysine	0.20 g
Methionine	0.04 g
Phenylalanine	0.15 g
Proline	0.16 g
Serine	0.16 g
Threonine	0.12 g
Tryptophan	0.04 g
Tyrosine	0.08 g
Valine	0.15 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	4.43 mg
Taurine	-- mg

Carolyn's Cranberry Salad

1 large package cherry sugar-free jell-o
2 cups hot water
¾ cup splenda
1 Tbs. Fresh lemon juice
1 12 oz. Package fresh cranberries, ground
1 fresh orange, ground, including rind
1 20 oz. Can unsweetened crushed pineapple, including juice
1 cup chopped celery
1 cup chopped fresh apple with peel

Dissolve gelatin in boiling water. Add Splenda and lemon juice.

Add cranberries, orange, pineapple, celery, and apple.

Pour mixture into a 2 ½ quart casserole and chill until firm. Serves 16.

Nutrition information per serving:

Calories	101	Saturated fat	0 g
Protein	6 g	Cholesterol	0 mg
Carbohydrate	11 g	Sodium	404 mg
Fat	0 g	Dietary fiber	1 g

Trans Fat

Carolyn's Cranberry Salad

November 23, 2009

Total Weight: 1998.37 g (70.49 oz-wt.)
Serving Size: 124.90 g (4.41 oz-wt.)
Serves: 16.00
Cost: --

Multi-Column

Basic Components	
Calories	117.31
Calories from Fat	0.52
Calories from Saturated Fat	0.07
Protein	7.33 g
Carbohydrates	11.78 g
Dietary Fiber	1.58 g
Soluble Fiber	0.13 g
InSoluble Fiber	0.25 g
Sugar - Total	8.75 g
Monosaccharides	5.38 g
Galactose	0.04 g
Glucose	2.88 g
Fructose	2.46 g
Disaccharides	0.41 g
Lactose	0 g
Sucrose	0.41 g
Maltose	0 g
Other Carbs	1.45 g
Fat - Total	0.06 g
Saturated Fat	0.01 g
Mono Fat	0.01 g
Poly Fat	0.02 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	98.37 g
Ash	0.28 g
KiloJoules	492.20
Vitamins	
Vitamin A IU	89.32 IU
Vitamin A RAE	4.47 mcg
Vitamin A RE	8.93 mcg
A - Carotenoid	8.93 RE
A - Retinol	0 RE
A - Beta Carotene	39.12 mcg
Thiamin-B1	0.04 mg
Riboflavin-B2	0.01 mg
Niacin-B3	0.15 mg
Niacin Equiv.	0.19 mg
Vitamin-B6	0.04 mg
Vitamin-B12	0 mcg
Biotin	0.01 mcg
Vitamin C	8.06 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.04 mg
Vit E-Alpha Equiv.	0.04 mg
Vitamin E IU	0.05 IU
Vitamin E mg	0.04 mg
Folate	5.44 mcg
Folate DFE	5.44 mcg
Vitamin K	2.30 mcg
Pantothenic Acid	0.07 mg
Minerals	
Boron	39.76 mcg
Calcium	10.56 mg
Chloride	0.11 mg
Chromium	0.02 mcg
Copper	0.04 mg
Fluoride	-- mg
Iodine	-- mcg
Iron	0.14 mg
Magnesium	6.77 mg
Manganese	0.41 mg
Molybdenum	0.38 mcg
Phosphorus	5.03 mg
Potassium	83.26 mg
Selenium	0.18 mcg
Sodium	503.19 mg
Zinc	0.05 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.01 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.01 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.01 g
18:3-Linolenic	0.01 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.01 g
Omega 6 Fatty Acids	0.01 g
Amino Acids	
Alanine	0.01 g
Arginine	0.01 g
Aspartate	0.05 g
Cystine	0.00 g
Glutamate	0.03 g
Glycine	0.01 g
Histidine	0.00 g
Isoleucine	0.01 g
Leucine	0.01 g
Lysine	0.01 g
Methionine	0.00 g
Phenylalanine	0.01 g
Proline	0.01 g
Serine	0.01 g
Threonine	0.01 g
Tryptophan	0.00 g
Tyrosine	0.01 g
Valine	0.01 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0.00 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	1.01 mg
Taurine	-- mg

Spinach Salad with Edamame

3 cups raw baby spinach
1 cup fresh sliced mushrooms
½ cup very thinly sliced red onion
1 cup canned, drained mandarin orange slices
½ cup dried cranberries (craisins)
1 cup shelled edamame (green shelled soy beans purchased in frozen vegetable section)

Wash spinach well and drain well.
Arrange on salad plate and top with mushrooms, onions, and orange sections.

Arrange ¼ cup edamame on top of each salad.

Serve dressing separately on the table. Please serve bottled fat free Raspberry Vinaigrette.

Makes about 4 - 1 cup servings.

Nutrition information per serving:

Calories	136	Saturated fat	0 g
Protein	5 g	Cholesterol	0 mg
Carbohydrate	26 g	Sodium	33 mg
Fat	2 g	Dietary fiber	4 g
Trans Fat	0 g		

Spinach Salad OF

November 23, 2009

Total Weight: 659.96 g (23.28 oz-wt.)
Serving Size: 164.99 g (5.82 oz-wt.)
Serves: 4.00
Cost: --

Multi-Column

Basic Components	
Calories	136.45
Calories from Fat	14.31
Calories from Saturated Fat	0.12
Protein	5.49 g
Carbohydrates	25.63 g
Dietary Fiber	4.00 g
Soluble Fiber	0.36 g
InSoluble Fiber	0.45 g
Sugar - Total	18.67 g
Monosaccharides	0.74 g
Galactose	0 g
Glucose	0.54 g
Fructose	0.20 g
Disaccharides	0.17 g
Lactose	0.00 g
Sucrose	0.17 g
Maltose	0 g
Other Carbs	2.96 g
Fat - Total	1.59 g
Saturated Fat	0.01 g
Mono Fat	0.01 g
Poly Fat	0.04 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	130.89 g
Ash	1.39 g
KiloJoules	570.95
Vitamins	
Vitamin A IU	1934.23 IU
Vitamin A RAE	96.96 mcg
Vitamin A RE	193.92 mcg
A - Carotenoid	193.92 RE
A - Retinol	0 RE
A - Beta Carotene	949.39 mcg
Thiamin-B1	0.08 mg
Riboflavin-B2	0.11 mg
Niacin-B3	0.92 mg
Niacin Equiv.	1.13 mg
Vitamin-B6	0.07 mg
Vitamin-B12	0.01 mcg
Biotin	3.80 mcg
Vitamin C	30.42 mg
Vitamin D IU	13.30 IU
Vitamin D mcg	0.33 mcg
Vit E Alpha-Tocopherol	0.07 mg
Vit E-Alpha Equiv.	0.07 mg
Vitamin E IU	0.10 IU
Vitamin E mg	0.07 mg
Folate	8.64 mcg
Folate DFE	8.64 mcg
Vitamin K	0.06 mcg
Pantothenic Acid	0.36 mg
Minerals	
Boron	19.95 mcg
Calcium	52.68 mg
Chloride	16.56 mg
Chromium	-- mcg
Copper	0.10 mg
Fluoride	-- mg
Iodine	0.81 mcg
Iron	1.75 mg
Magnesium	11.10 mg
Manganese	0.05 mg
Molybdenum	1.59 mcg
Phosphorus	27.06 mg
Potassium	165.20 mg
Selenium	1.95 mcg
Sodium	33.35 mg
Zinc	0.45 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.01 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.00 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.03 g
18:3-Linolenic	0.00 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.00 g
Omega 6 Fatty Acids	0.03 g
Amino Acids	
Alanine	0.06 g
Arginine	0.06 g
Aspartate	0.09 g
Cystine	0.01 g
Glutamate	0.13 g
Glycine	0.06 g
Histidine	0.02 g
Isoleucine	0.03 g
Leucine	0.04 g
Lysine	0.05 g
Methionine	0.01 g
Phenylalanine	0.03 g
Proline	0.04 g
Serine	0.03 g
Threonine	0.03 g
Tryptophan	0.01 g
Tyrosine	0.02 g
Valine	0.06 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	3.83 mg
Taurine	-- mg

Millie Q's Cornbread Salad

8x13 pan of fat free Ornish friendly cornbread:
(Use double recipe of Mike's Cornbread and pour into 8"x13" pan)
Mike's Cornbread with Home Ground Corn Meal
¼ cup egg substitute
1 cup soy milk
1 ¼ cups whole grain corn meal (Bob's Red Mill or Kroger brand are fine!)
¼ cup whole wheat flour
2 Tbs. Sugar
1 Tbs. baking powder
1 tsp. salt

Mix egg substitute and soy milk and set aside. Combine dry ingredients and mix well. Add liquid ingredients to dry ingredients and blend well.

For crisper corn bread, spray an iron skillet with cooking spray and heat in oven. Pour in cornbread mixture. Bake at 400 degrees for 35 minutes. Bake cornbread, cool, and crumble. Set aside. Makes 8 servings.

Divide following ingredients in half for layering of salad:
3 cups canned pinto beans, rinsed and drained
1 15 oz. can whole kernel corn, drained
2 fresh tomatoes chopped
1 large red or green bell pepper, chopped
2 large cucumbers, chopped
Put half of the crumbled cornbread into a serving bowl.
Layer first half of all ingredients over first half of cornbread layer
2 cups fat free grated cheese

Mix together and set aside:
1 cup fat free mayonnaise
1 pkg. Powdered Fat free ranch dressing mix
1 16 oz. container fat free sour cream:
Top layers with half the grated cheese.
Repeat layers and top with remainder of sour cream mixture and grated cheese.

Refrigerate until serving time.

Serves 12.

Calories	317	Saturated fat	0 g
Protein	18 g	Cholesterol	7 mg
Carbohydrate	57 g	Sodium	970 mg
Fat	3 g	Dietary fiber	7 g
Trans Fat	0 g		

Millie Q's Cornbread Salad

November 23, 2009

Total Weight: 4208.00 g (148.43 oz-wt.)
Serving Size: 350.67 g (12.37 oz-wt.)
Serves: 12.00
Cost: --

Multi-Column

Basic Components	
Calories	317.97
Calories from Fat	24.28
Calories from Saturated Fat	3.37
Protein	17.58 g
Carbohydrates	57.50 g
Dietary Fiber	7.26 g
Soluble Fiber	2.43 g
InSoluble Fiber	3.96 g
Sugar - Total	11.05 g
Monosaccharides	1.95 g
Galactose	0 g
Glucose	0.96 g
Fructose	0.98 g
Disaccharides	0.02 g
Lactose	0 g
Sucrose	0.02 g
Maltose	0 g
Other Carbs	38.44 g
Fat - Total	2.70 g
Saturated Fat	0.37 g
Mono Fat	0.52 g
Poly Fat	1.01 g
Trans Fatty Acids	0 g
Cholesterol	6.74 mg
Water	266.99 g
Ash	5.85 g
KiloJoules	1330.85
Vitamins	
Vitamin A IU	1083.09 IU
Vitamin A RAE	55.96 mcg
Vitamin A RE	158.57 mcg
A - Carotenoid	68.02 RE
A - Retinol	27.22 RE
A - Beta Carotene	408.30 mcg
Thiamin-B1	0.25 mg
Riboflavin-B2	0.43 mg
Niacin-B3	1.89 mg
Niacin Equiv.	3.31 mg
Vitamin-B6	0.27 mg
Vitamin-B12	0.87 mcg
Biotin	5.44 mcg
Vitamin C	18.02 mg
Vitamin D IU	9.20 IU
Vitamin D mcg	0.23 mcg
Vit E Alpha-Tocopherol	1.37 mg
Vit E-Alpha Equiv.	1.41 mg
Vitamin E IU	2.51 IU
Vitamin E mg	1.50 mg
Folate	72.33 mcg
Folate DFE	65.81 mcg
Vitamin K	5.69 mcg
Pantothenic Acid	0.71 mg
Minerals	
Boron	10.06 mcg
Calcium	442.14 mg
Chloride	28.31 mg
Chromium	8.53 mcg
Copper	0.26 mg
Fluoride	-- mg
Iodine	0.82 mcg
Iron	3.18 mg
Magnesium	85.22 mg
Manganese	0.63 mg
Molybdenum	18.67 mcg
Phosphorus	538.96 mg
Potassium	534.45 mg
Selenium	15.73 mcg
Sodium	970.45 mg
Zinc	2.45 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0.00 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.32 g
17:0-Margaric	0 g
18:0-Stearic	0.05 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.51 g
20:1-Eicosen	0.00 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.83 g
18:3-Linolenic	0.17 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0.00 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.17 g
Omega 6 Fatty Acids	0.83 g
Amino Acids	
Alanine	0.38 g
Arginine	0.45 g
Aspartate	0.75 g
Cystine	0.09 g
Glutamate	1.50 g
Glycine	0.30 g
Histidine	0.20 g
Isoleucine	0.31 g
Leucine	0.66 g
Lysine	0.38 g
Methionine	0.12 g
Phenylalanine	0.37 g
Proline	0.47 g
Serine	0.38 g
Threonine	0.30 g
Tryptophan	0.09 g
Tyrosine	0.24 g
Valine	0.37 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	12.01 mg
Taurine	-- mg

“Mock Chicken” Salad Sandwiches

1# Quorn Turk’y roast
½ cup finely chopped onion
½ cup finely diced celery
1/2 cup finely chopped fresh parsley
½ cup minced chives
1 cup whole green grapes, not large
1/3 cup fat free sour cream
1/4 cup fat free mayonnaise
1/3 cup Zatarain spicy mustard
1 tablespoon fresh lemon juice
½ tsp. Fresh lemon zest

Shred chicken substitute into small, bite sized pieces.

“Mock Chicken” mixture - Drain vegetables and fruits to remove all extra moisture. Combine chicken substitute with onion, celery, fresh parsley, fresh chives, and grapes.

Sour Cream Mixture - In another bowl combine fat free sour cream, fat free mayonnaise, Zatarain mustard, lemon juice, and lemon zest.

Combine “mock chicken mixture” and “sour cream mixture”.

Allow about ½ cup “mock chicken salad” per sandwich for 5 sandwiches.

Serve on 2 slices whole wheat bread at time of meal.

Nutrition information per ½ cup serving of “mock chicken salad”:

Calories	145	Saturated fat	1 g
Protein	16 g	Cholesterol	3 mg
Carbohydrate	18 g	Sodium	993 mg
Fat	4 g	Dietary fiber	6 g
Trans Fat	0 g		

Mock Chicken Salad

November 23, 2009

Total Weight: 841.65 g (29.69 oz-wt.)
Serving Size: 168.33 g (5.94 oz-wt.)
Serves: 5.00
Cost: --

Multi-Column

Basic Components	
Calories	144.77
Calories from Fat	27.60
Calories from Saturated Fat	5.36
Protein	16.19 g
Carbohydrates	18.10 g
Dietary Fiber	5.83 g
Soluble Fiber	0.05 g
InSoluble Fiber	0.23 g
Sugar - Total	3.96 g
Monosaccharides	0.45 g
Galactose	0.04 g
Glucose	0.24 g
Fructose	0.16 g
Disaccharides	0.13 g
Lactose	0.00 g
Sucrose	0.13 g
Maltose	0 g
Other Carbs	3.18 g
Fat - Total	3.07 g
Saturated Fat	0.60 g
Mono Fat	1.05 g
Poly Fat	0.94 g
Trans Fatty Acids	0 g
Cholesterol	2.67 mg
Water	63.76 g
Ash	1.25 g
KiloJoules	226.60
Vitamins	
Vitamin A IU	919.17 IU
Vitamin A RAE	37.53 mcg
Vitamin A RE	108.67 mcg
A - Carotenoid	75.05 RE
A - Retinol	0 RE
A - Beta Carotene	450.41 mcg
Thiamin-B1	0.04 mg
Riboflavin-B2	0.04 mg
Niacin-B3	0.49 mg
Niacin Equiv.	0.61 mg
Vitamin-B6	0.05 mg
Vitamin-B12	0 mcg
Biotin	0.39 mcg
Vitamin C	13.23 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.08 mg
Vit E-Alpha Equiv.	0.08 mg
Vitamin E IU	0.12 IU
Vitamin E mg	0.08 mg
Folate	19.47 mcg
Folate DFE	19.47 mcg
Vitamin K	111.00 mcg
Pantothenic Acid	0.08 mg
Minerals	
Boron	32.31 mcg
Calcium	92.65 mg
Chloride	2.67 mg
Chromium	0.02 mcg
Copper	0.04 mg
Fluoride	-- mg
Iodine	0.21 mcg
Iron	1.65 mg
Magnesium	7.15 mg
Manganese	0.05 mg
Molybdenum	1.17 mcg
Phosphorus	47.66 mg
Potassium	125.01 mg
Selenium	0.14 mcg
Sodium	993.34 mg
Zinc	0.37 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.01 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.02 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.03 g
18:3-Linolenic	0.00 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.00 g
Omega 6 Fatty Acids	0.03 g
Amino Acids	
Alanine	0.02 g
Arginine	0.04 g
Aspartate	0.05 g
Cystine	0.00 g
Glutamate	0.07 g
Glycine	0.02 g
Histidine	0.01 g
Isoleucine	0.02 g
Leucine	0.03 g
Lysine	0.03 g
Methionine	0.01 g
Phenylalanine	0.02 g
Proline	0.03 g
Serine	0.02 g
Threonine	0.02 g
Tryptophan	0.01 g
Tyrosine	0.01 g
Valine	0.02 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0.00 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	1.16 mg
Taurine	-- mg

Judy's Fresh Fruit Salad with Honey Vanilla Yogurt

Dressing:

2 cups fat free plain yogurt
2 Tbs. honey
1 tsp. vanilla extract

Combine yogurt, honey, and vanilla extract in a bowl and set aside.

Fruit Mixture:

Juice from ½ fresh orange
2 bananas, sliced

1 cup fresh blueberries
1 cup fresh raspberries
2 cups fresh strawberries, halved
2 cups seedless green grapes, halved

Combine the orange juice and banana slices in a separate bowl. Add the berries and grapes and gently mix the fruit mixture. Pour the yogurt mixture over fruit and very gently mix so as not to crush the berries. Serve chilled. Serves 8.

Calories	115	Saturated fat	0 g
Protein	4 g	Cholesterol	1 mg
Carbohydrate	27 g	Sodium	36 mg
Fat	0 g	Dietary fiber	3 g
Trans fat	0 g		

Fruit Salad with Honey Vanilla Yogurt

November 23, 2009

Total Weight: 1550.54 g (54.69 oz-wt.)
Serving Size: 193.82 g (6.84 oz-wt.)
Serves: 8.00
Cost: --

Multi-Column

Basic Components	
Calories	115.88
Calories from Fat	3.63
Calories from Saturated Fat	0.49
Protein	3.58 g
Carbohydrates	27.84 g
Dietary Fiber	3.04 g
Soluble Fiber	0.27 g
InSoluble Fiber	1.02 g
Sugar - Total	20.44 g
Monosaccharides	16.21 g
Galactose	0.16 g
Glucose	7.57 g
Fructose	8.48 g
Disaccharides	0.95 g
Lactose	0 g
Sucrose	0.87 g
Maltose	0.08 g
Other Carbs	4.35 g
Fat - Total	0.40 g
Saturated Fat	0.05 g
Mono Fat	0.05 g
Poly Fat	0.18 g
Trans Fatty Acids	0 g
Cholesterol	1.25 mg
Water	111.79 g
Ash	0.61 g
KiloJoules	484.84
Vitamins	
Vitamin A IU	341.01 IU
Vitamin A RAE	4.66 mcg
Vitamin A RE	59.32 mcg
A - Carotenoid	9.32 RE
A - Retinol	0 RE
A - Beta Carotene	37.88 mcg
Thiamin-B1	0.06 mg
Riboflavin-B2	0.06 mg
Niacin-B3	0.51 mg
Niacin Equiv.	0.68 mg
Vitamin-B6	0.13 mg
Vitamin-B12	0 mcg
Biotin	1.21 mcg
Vitamin C	38.16 mg
Vitamin D IU	20.00 IU
Vitamin D mcg	0.50 mcg
Vit E Alpha-Tocopherol	1.46 mg
Vit E-Alpha Equiv.	1.46 mg
Vitamin E IU	2.17 IU
Vitamin E mg	1.46 mg
Folate	18.13 mcg
Folate DFE	18.13 mcg
Vitamin K	11.45 mcg
Pantothenic Acid	0.20 mg
Minerals	
Boron	282.31 mcg
Calcium	93.04 mg
Chloride	21.98 mg
Chromium	0.12 mcg
Copper	0.11 mg
Fluoride	-- mg
Iodine	5.00 mcg
Iron	0.53 mg
Magnesium	16.96 mg
Manganese	0.39 mg
Molybdenum	-- mcg
Phosphorus	28.28 mg
Potassium	236.39 mg
Selenium	0.44 mcg
Sodium	35.75 mg
Zinc	0.21 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.04 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0.00 g
22:0-Behenate	0.00 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.04 g
20:1-Eicosen	0.00 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.11 g
18:3-Linolenic	0.06 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.06 g
Omega 6 Fatty Acids	0.11 g
Amino Acids	
Alanine	0.03 g
Arginine	0.08 g
Aspartate	0.11 g
Cystine	0.01 g
Glutamate	0.11 g
Glycine	0.03 g
Histidine	0.03 g
Isoleucine	0.02 g
Leucine	0.04 g
Lysine	0.03 g
Methionine	0.01 g
Phenylalanine	0.03 g
Proline	0.06 g
Serine	0.03 g
Threonine	0.03 g
Tryptophan	0.01 g
Tyrosine	0.02 g
Valine	0.03 g
Other	
Alcohol	0.09 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0.00 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0.00 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	4.14 mg
Taurine	-- mg

Sweet Strawberry Field Green Salad

12 cups field green salad mix
32 whole strawberries

Dressing:

1 cup sliced strawberries
1 cup balsamic vinegar
2 Tbs. Honey
2 tbs. Splenda
½ tsp. cumin
1 T. fresh cilantro, chopped

Take ¼ cup strawberries and place in blender with remaining dressing ingredients. Blend until smooth. Transfer into another container and add remaining strawberries. Mix thoroughly.

Toss greens and strawberries.

Have salad dressing on table so participants can serve themselves with dressing.
Serves 8 people 1.5 cups salad and ¼ cup dressing each.

Nutrition information per serving:

Calories	98	Saturated fat	0 g
Protein	3 g	Cholesterol	0 mg
Carbohydrate	22 g	Sodium	49 mg
Fat	1 g	Dietary fiber	5 g
Trans fat	0 g		

Please purchase enough fresh fruit to give each person ¾ cup fruit.
Please use any fresh fruit except melon or canned pineapple.

Sweet Strawberry Field Green Salad

November 23, 2009

Total Weight: 2501.38 g (88.23 oz-wt.)
Serving Size: 312.67 g (11.03 oz-wt.)
Serves: 8.00
Cost: --

Multi-Column

Basic Components	
Calories	98.64
Calories from Fat	7.42
Calories from Saturated Fat	0.87
Protein	3.17 g
Carbohydrates	21.73 g
Dietary Fiber	4.98 g
Soluble Fiber	0.30 g
InSoluble Fiber	1.07 g
Sugar - Total	14.89 g
Monosaccharides	7.35 g
Galactose	0.16 g
Glucose	3.30 g
Fructose	3.89 g
Disaccharides	0.21 g
Lactose	0 g
Sucrose	0.13 g
Maltose	0.08 g
Other Carbs	1.86 g
Fat - Total	0.82 g
Saturated Fat	0.10 g
Mono Fat	0.03 g
Poly Fat	0.11 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	258.91 g
Ash	2.04 g
KiloJoules	413.45
Vitamins	
Vitamin A IU	3802.17 IU
Vitamin A RAE	190.38 mcg
Vitamin A RE	380.76 mcg
A - Carotenoid	380.76 RE
A - Retinol	0 RE
A - Beta Carotene	10.06 mcg
Thiamin-B1	0.15 mg
Riboflavin-B2	0.17 mg
Niacin-B3	1.36 mg
Niacin Equiv.	1.45 mg
Vitamin-B6	0.19 mg
Vitamin-B12	0 mcg
Biotin	4.33 mcg
Vitamin C	76.65 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	1.37 mg
Vit E-Alpha Equiv.	1.37 mg
Vitamin E IU	2.04 IU
Vitamin E mg	1.37 mg
Folate	167.33 mcg
Folate DFE	16.68 mcg
Vitamin K	1.90 mcg
Pantothenic Acid	0.64 mg
Minerals	
Boron	125.83 mcg
Calcium	81.98 mg
Chloride	65.92 mg
Chromium	4.46 mcg
Copper	0.18 mg
Fluoride	-- mg
Iodine	6.19 mcg
Iron	2.31 mg
Magnesium	47.39 mg
Manganese	1.04 mg
Molybdenum	4.46 mcg
Phosphorus	77.85 mg
Potassium	682.93 mg
Selenium	0.68 mcg
Sodium	49.40 mg
Zinc	0.68 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.01 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.03 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.06 g
18:3-Linolenic	0.04 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.04 g
Omega 6 Fatty Acids	0.06 g
Amino Acids	
Alanine	0.02 g
Arginine	0.02 g
Aspartate	0.10 g
Cystine	0.00 g
Glutamate	0.07 g
Glycine	0.02 g
Histidine	0.01 g
Isoleucine	0.01 g
Leucine	0.02 g
Lysine	0.02 g
Methionine	0.00 g
Phenylalanine	0.01 g
Proline	0.02 g
Serine	0.02 g
Threonine	0.01 g
Tryptophan	0.01 g
Tyrosine	0.02 g
Valine	0.01 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	3.92 mg
Taurine	-- mg

Linda's Three-Bean Salad

1 15-oz. can of kidney beans
1 15-oz. can of black beans
1 15-oz. can of green beans
½ medium onion, thinly sliced
½ cup apple cider vinegar
3 Tbs. Splenda

Mix all ingredients. Cover and refrigerate at least 4 hours, stirring occasionally.

Serves 8.

Nutrition information per serving:

Calories	96	Saturated fat	0 g
Protein	6 g	Cholesterol	0 mg
Carbohydrate	20 g	Sodium	557 mg
Fat	0 g	Dietary fiber	6 g
		Trans Fat	0 g

Linda's Three Bean Salad

November 23, 2009

Total Weight: 1620.25 g (57.15 oz-wt.)
Serving Size: 202.53 g (7.14 oz-wt.)
Serves: 8.00
Cost: --

Multi-Column

Basic Components	
Calories	96.15
Calories from Fat	3.11
Calories from Saturated Fat	0.45
Protein	5.58 g
Carbohydrates	20.07 g
Dietary Fiber	6.07 g
Soluble Fiber	0.54 g
InSoluble Fiber	2.13 g
Sugar - Total	3.46 g
Monosaccharides	0.86 g
Galactose	0 g
Glucose	0.54 g
Fructose	0.32 g
Disaccharides	1.31 g
Lactose	0.00 g
Sucrose	1.30 g
Maltose	0 g
Other Carbs	10.54 g
Fat - Total	0.35 g
Saturated Fat	0.05 g
Mono Fat	0.13 g
Poly Fat	0.10 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	174.25 g
Ash	2.28 g
KiloJoules	402.54
Vitamins	
Vitamin A IU	133.44 IU
Vitamin A RAE	6.67 mcg
Vitamin A RE	13.34 mcg
A - Carotenoid	13.34 RE
A - Retinol	0 RE
A - Beta Carotene	80.01 mcg
Thiamin-B1	0.07 mg
Riboflavin-B2	0.03 mg
Niacin-B3	0.24 mg
Niacin Equiv.	0.86 mg
Vitamin-B6	0.08 mg
Vitamin-B12	0 mcg
Biotin	0.96 mcg
Vitamin C	4.07 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.02 mg
Vit E-Alpha Equiv.	0.02 mg
Vitamin E IU	0.02 IU
Vitamin E mg	0.02 mg
Folate	24.36 mcg
Folate DFE	24.36 mcg
Vitamin K	2.29 mcg
Pantothenic Acid	0.11 mg
Minerals	
Boron	38.16 mcg
Calcium	50.38 mg
Chloride	6.88 mg
Chromium	-- mcg
Copper	0.08 mg
Fluoride	-- mg
Iodine	0.55 mcg
Iron	1.84 mg
Magnesium	17.10 mg
Manganese	0.13 mg
Molybdenum	41.24 mcg
Phosphorus	55.27 mg
Potassium	316.26 mg
Selenium	0.62 mcg
Sodium	529.42 mg
Zinc	0.29 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.03 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.04 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.04 g
18:3-Linolenic	0.03 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.03 g
Omega 6 Fatty Acids	0.04 g
Amino Acids	
Alanine	0.12 g
Arginine	0.21 g
Aspartate	0.35 g
Cystine	0.04 g
Glutamate	0.47 g
Glycine	0.12 g
Histidine	0.08 g
Isoleucine	0.13 g
Leucine	0.23 g
Lysine	0.20 g
Methionine	0.04 g
Phenylalanine	0.16 g
Proline	0.13 g
Serine	0.16 g
Threonine	0.12 g
Tryptophan	0.04 g
Tyrosine	0.09 g
Valine	0.15 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	20.20 mg
Taurine	-- mg

Asparagus Guacamole

1 can asparagus spears (approx. 15 oz.)
1 cup chunky salsa
¼ tsp garlic powder
½ tsp. dried cumin
½ tsp. dried coriander

Place all ingredients in a food processor or blender and puree until smooth. Makes about 3 cups for 10 2.5 oz. servings.

Nutrition information per serving:

Calories	18	Saturated fat	0 g
Protein	1 g	Cholesterol	0 mg
Carbohydrate	3 g	Sodium	255 mg
Fat	0 g	Dietary fiber	1 g
Trans Fat	0 g		

Please have Baked Tostitos Scoops with 3 g fat or less per serving for dipping.

Asparagus Guacamole

November 23, 2009

Total Weight: 499.70 g (17.63 oz-wt.)
Serving Size: 49.97 g (1.76 oz-wt.)
Serves: 10.00
Cost: --

Multi-Column

Basic Components	
Calories	14.28
Calories from Fat	2.00
Calories from Saturated Fat	0.33
Protein	0.59 g
Carbohydrates	2.41 g
Dietary Fiber	0.55 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	0.82 g
Monosaccharides	-- g
Galactose	-- g
Glucose	-- g
Fructose	-- g
Disaccharides	-- g
Lactose	0 g
Sucrose	-- g
Maltose	-- g
Other Carbs	0.43 g
Fat - Total	0.22 g
Saturated Fat	0.04 g
Mono Fat	0.01 g
Poly Fat	0.07 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	46.00 g
Ash	0.75 g
KiloJoules	59.75
Vitamins	
Vitamin A IU	284.41 IU
Vitamin A RAE	10.20 mcg
Vitamin A RE	28.39 mcg
A - Carotenoid	20.39 RE
A - Retinol	0 RE
A - Beta Carotene	122.59 mcg
Thiamin-B1	0.02 mg
Riboflavin-B2	0.02 mg
Niacin-B3	0.24 mg
Niacin Equiv.	0.33 mg
Vitamin-B6	0.03 mg
Vitamin-B12	0 mcg
Biotin	0.10 mcg
Vitamin C	4.58 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.08 mg
Vit E-Alpha Equiv.	0.08 mg
Vitamin E IU	0.12 IU
Vitamin E mg	0.08 mg
Folate	23.81 mcg
Folate DFE	23.81 mcg
Vitamin K	10.24 mcg
Pantothenic Acid	0.04 mg
Minerals	
Boron	-- mcg
Calcium	6.31 mg
Chloride	126.48 mg
Chromium	-- mcg
Copper	0.02 mg
Fluoride	-- mg
Iodine	-- mcg
Iron	0.50 mg
Magnesium	2.52 mg
Manganese	0.04 mg
Molybdenum	-- mcg
Phosphorus	10.96 mg
Potassium	43.43 mg
Selenium	0.45 mcg
Sodium	263.44 mg
Zinc	0.10 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.03 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.00 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.07 g
18:3-Linolenic	0.00 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.00 g
Omega 6 Fatty Acids	0.07 g
Amino Acids	
Alanine	0.03 g
Arginine	0.03 g
Aspartate	0.06 g
Cystine	0.01 g
Glutamate	0.09 g
Glycine	0.02 g
Histidine	0.01 g
Isoleucine	0.02 g
Leucine	0.02 g
Lysine	0.03 g
Methionine	0.01 g
Phenylalanine	0.01 g
Proline	0.03 g
Serine	0.02 g
Threonine	0.02 g
Tryptophan	0.01 g
Tyrosine	0.01 g
Valine	0.02 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	-- g
Glycerol	-- g
Inositol	-- g
Mannitol	-- g
Sorbitol	-- g
Xylitol	-- g
Organic Acids	-- mg
Acetic Acid	-- mg
Citric Acid	-- mg
Lactic Acid	-- mg
Malic Acid	-- mg
Choline	0.05 mg
Taurine	-- mg

Artichoke Salad

½ cup fresh tomato, seeded and diced
2 Tbs. red onion, chopped finely
2 Tbs. chopped parsley
1 12 oz. can artichoke hearts, packed in water
2 tsp. Grey Poupon country Dijon mustard
2 tsp. red wine vinegar
½ cup soft tofu
1/8 tsp. black pepper
1 tsp. capers

Whisk together tofu, mustard, vinegar, and black pepper. Stir in capers. Add parsley, onion, tomato and artichokes. Chill to develop flavors. Serves 4.

Nutrition information per serving:

Calories	73	Saturated fat	0 g
Protein	5 g	Cholesterol	0 mg
Carbohydrate	12 g	Sodium	607 mg
Fat	1 g	Dietary fiber	3 g

Artichoke Salad

November 23, 2009

Total Weight: 596.36 g (21.04 oz-wt.)
Serving Size: 149.09 g (5.26 oz-wt.)
Serves: 4.00
Cost: --

Multi-Column

Basic Components	
Calories	72.21
Calories from Fat	7.75
Calories from Saturated Fat	1.04
Protein	5.25 g
Carbohydrates	12.50 g
Dietary Fiber	3.46 g
Soluble Fiber	0.06 g
InSoluble Fiber	0.26 g
Sugar - Total	1.23 g
Monosaccharides	0.16 g
Galactose	0 g
Glucose	0.10 g
Fructose	0.06 g
Disaccharides	0.06 g
Lactose	0.00 g
Sucrose	0.06 g
Maltose	0 g
Other Carbs	7.78 g
Fat - Total	0.86 g
Saturated Fat	0.12 g
Mono Fat	0.17 g
Poly Fat	0.48 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	127.93 g
Ash	1.05 g
KiloJoules	302.92
Vitamins	
Vitamin A IU	605.19 IU
Vitamin A RAE	30.22 mcg
Vitamin A RE	60.44 mcg
A - Carotenoid	60.44 RE
A - Retinol	0 RE
A - Beta Carotene	278.98 mcg
Thiamin-B1	0.05 mg
Riboflavin-B2	0.03 mg
Niacin-B3	0.26 mg
Niacin Equiv.	0.63 mg
Vitamin-B6	0.03 mg
Vitamin-B12	0 mcg
Biotin	0.18 mcg
Vitamin C	16.01 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.15 mg
Vit E-Alpha Equiv.	0.15 mg
Vitamin E IU	0.22 IU
Vitamin E mg	0.15 mg
Folate	7.18 mcg
Folate DFE	7.18 mcg
Vitamin K	30.88 mcg
Pantothenic Acid	0.07 mg
Minerals	
Boron	6.94 mcg
Calcium	14.34 mg
Chloride	1.25 mg
Chromium	0.01 mcg
Copper	0.08 mg
Fluoride	-- mg
Iodine	0.10 mcg
Iron	0.49 mg
Magnesium	12.26 mg
Manganese	0.04 mg
Molybdenum	1.38 mcg
Phosphorus	25.53 mg
Potassium	128.56 mg
Selenium	0.12 mcg
Sodium	607.40 mg
Zinc	0.20 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.01 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.02 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.03 g
18:3-Linolenic	0.00 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.00 g
Omega 6 Fatty Acids	0.03 g
Amino Acids	
Alanine	0.07 g
Arginine	0.12 g
Aspartate	0.19 g
Cystine	0.02 g
Glutamate	0.31 g
Glycine	0.06 g
Histidine	0.04 g
Isoleucine	0.07 g
Leucine	0.09 g
Lysine	0.11 g
Methionine	0.02 g
Phenylalanine	0.10 g
Proline	0.08 g
Serine	0.08 g
Threonine	0.07 g
Tryptophan	0.02 g
Tyrosine	0.06 g
Valine	0.09 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	-- g
Glycerol	-- g
Inositol	-- g
Mannitol	-- g
Sorbitol	-- g
Xylitol	-- g
Organic Acids	-- mg
Acetic Acid	-- mg
Citric Acid	-- mg
Lactic Acid	-- mg
Malic Acid	-- mg
Choline	0.32 mg
Taurine	-- mg

Old Fashioned Potato Salad

3 pounds red skinned new potatoes, peel on
1 cup diced celery
1 cup diced red onion
¼ cup cider vinegar
½ tsp. salt
½ tsp. black pepper
2 Tbs. sweet pickle relish
3 hard-boiled egg whites, chopped
¾ cup fat free mayonnaise
¼ cup fresh parsley, minced

Scrub potatoes well and leave skin on. Place potatoes in a large pot and cover with water. Bring potatoes to a boil and simmer until tender when pierced with a fork (30-40 minutes). When cool enough to handle cut into ½ to ¾ inch chunks.

In a large bowl stir together potatoes, celery, onion. In another bowl combine vinegar, salt, black pepper, pickle relish, egg whites, mayonnaise and parsley.

Add dressing ingredients to vegetables and mix gently. Place in serving dish and sprinkle lightly with paprika for garnish. Makes 8 servings.

Nutrition information per serving:

Calories	226	Saturated fat	0 g
Protein	6 g	Cholesterol	0 mg
Carbohydrate	52 g	Sodium	398 mg
Fat	0 g	Dietary fiber	5 g

Old Fashioned Potato Salad

November 23, 2009

Total Weight: 2036.39 g (71.83 oz-wt.)
Serving Size: 254.55 g (8.98 oz-wt.)
Serves: 8.00
Cost: --

Multi-Column

Basic Components	
Calories	227.22
Calories from Fat	2.32
Calories from Saturated Fat	0.55
Protein	5.61 g
Carbohydrates	52.30 g
Dietary Fiber	4.74 g
Soluble Fiber	1.04 g
InSoluble Fiber	3.39 g
Sugar - Total	7.77 g
Monosaccharides	2.23 g
Galactose	0.08 g
Glucose	1.15 g
Fructose	1.00 g
Disaccharides	0.76 g
Lactose	0.00 g
Sucrose	0.76 g
Maltose	0 g
Other Carbs	39.66 g
Fat - Total	0.26 g
Saturated Fat	0.06 g
Mono Fat	0.03 g
Poly Fat	0.11 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	193.00 g
Ash	3.13 g
KiloJoules	950.95
Vitamins	
Vitamin A IU	274.04 IU
Vitamin A RAE	13.65 mcg
Vitamin A RE	27.29 mcg
A - Carotenoid	27.29 RE
A - Retinol	0 RE
A - Beta Carotene	156.05 mcg
Thiamin-B1	0.20 mg
Riboflavin-B2	0.13 mg
Niacin-B3	2.91 mg
Niacin Equiv.	4.30 mg
Vitamin-B6	0.63 mg
Vitamin-B12	0.02 mcg
Biotin	1.59 mcg
Vitamin C	26.27 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.08 mg
Vit E-Alpha Equiv.	0.17 mg
Vitamin E IU	0.25 IU
Vitamin E mg	0.17 mg
Folate	31.11 mcg
Folate DFE	12.40 mcg
Vitamin K	47.04 mcg
Pantothenic Acid	1.03 mg
Minerals	
Boron	60.58 mcg
Calcium	32.11 mg
Chloride	26.29 mg
Chromium	0.26 mcg
Copper	0.54 mg
Fluoride	-- mg
Iodine	7.29 mcg
Iron	2.61 mg
Magnesium	52.81 mg
Manganese	0.46 mg
Molybdenum	1.75 mcg
Phosphorus	110.30 mg
Potassium	830.71 mg
Selenium	3.74 mcg
Sodium	397.64 mg
Zinc	0.63 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.01 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.04 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.02 g
20:1-Eicosen	0.00 g
22:1-Erucic	0.01 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.07 g
18:3-Linolenic	0.02 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.02 g
Omega 6 Fatty Acids	0.07 g
Amino Acids	
Alanine	0.21 g
Arginine	0.29 g
Aspartate	1.13 g
Cystine	0.09 g
Glutamate	0.89 g
Glycine	0.18 g
Histidine	0.12 g
Isoleucine	0.25 g
Leucine	0.36 g
Lysine	0.35 g
Methionine	0.11 g
Phenylalanine	0.26 g
Proline	0.21 g
Serine	0.27 g
Threonine	0.21 g
Tryptophan	0.08 g
Tyrosine	0.20 g
Valine	0.32 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	2.18 mg
Taurine	-- mg

Festive Fruit Salad

2 cups non-fat light vanilla yogurt

1- 20 oz. Can pineapple chunks, juice drained
2- 10 oz. Cans mandarin orange sections, juice drained
4 large bananas
½ cup drained maraschino cherries

Combine drained fruits and yogurt and chill before serving.

Serves 10.

Nutrition information per serving:

Calories	148	Saturated fat	0 g
Protein	3 g	Cholesterol	1 mg
Carbohydrate	36 g	Sodium	37 mg
Fat, g	0 g	Dietary fiber	3 g
Trans fat	0 g		

Festive Fruit Salad

November 23, 2009

Total Weight: 2245.00 g (79.19 oz-wt.)
Serving Size: 224.50 g (7.92 oz-wt.)
Serves: 10.00
Cost: --

Multi-Column

Basic Components	
Calories	148.05
Calories from Fat	2.50
Calories from Saturated Fat	0.60
Protein	2.67 g
Carbohydrates	35.80 g
Dietary Fiber	2.67 g
Soluble Fiber	0.11 g
InSoluble Fiber	0.34 g
Sugar - Total	25.39 g
Monosaccharides	13.40 g
Galactose	0 g
Glucose	7.08 g
Fructose	6.32 g
Disaccharides	1.45 g
Lactose	0 g
Sucrose	1.44 g
Maltose	0.01 g
Other Carbs	7.73 g
Fat - Total	0.28 g
Saturated Fat	0.07 g
Mono Fat	0.03 g
Poly Fat	0.06 g
Trans Fatty Acids	0 g
Cholesterol	1.00 mg
Water	184.49 g
Ash	1.26 g
KiloJoules	619.18
Vitamins	
Vitamin A IU	800.27 IU
Vitamin A RAE	40.19 mcg
Vitamin A RE	80.38 mcg
A - Carotenoid	80.38 RE
A - Retinol	0 RE
A - Beta Carotene	196.15 mcg
Thiamin-B1	0.12 mg
Riboflavin-B2	0.07 mg
Niacin-B3	0.78 mg
Niacin Equiv.	0.90 mg
Vitamin-B6	0.27 mg
Vitamin-B12	0 mcg
Biotin	1.41 mcg
Vitamin C	29.82 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.15 mg
Vit E-Alpha Equiv.	0.15 mg
Vitamin E IU	0.22 IU
Vitamin E mg	0.15 mg
Folate	16.55 mcg
Folate DFE	16.55 mcg
Vitamin K	0.44 mcg
Pantothenic Acid	0.24 mg
Minerals	
Boron	91.69 mcg
Calcium	94.54 mg
Chloride	42.98 mg
Chromium	0.43 mcg
Copper	0.11 mg
Fluoride	-- mg
Iodine	4.35 mcg
Iron	0.45 mg
Magnesium	28.86 mg
Manganese	0.78 mg
Molybdenum	-- mcg
Phosphorus	21.61 mg
Potassium	417.28 mg
Selenium	1.00 mcg
Sodium	36.73 mg
Zinc	0.44 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.05 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0.01 g
22:0-Behenate	0.01 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.01 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.02 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.04 g
18:3-Linolenic	0.02 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.02 g
Omega 6 Fatty Acids	0.04 g
Amino Acids	
Alanine	0.03 g
Arginine	0.03 g
Aspartate	0.12 g
Cystine	0.01 g
Glutamate	0.11 g
Glycine	0.03 g
Histidine	0.05 g
Isoleucine	0.02 g
Leucine	0.05 g
Lysine	0.04 g
Methionine	0.01 g
Phenylalanine	0.03 g
Proline	0.02 g
Serine	0.03 g
Threonine	0.02 g
Tryptophan	0.01 g
Tyrosine	0.01 g
Valine	0.03 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0.01 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0.01 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	5.28 mg
Taurine	-- mg

Fresh Mango Salsa

1 fresh mango, peeled, diced
1 red pepper, diced
½ red onion, diced
¼ cup fresh cilantro, finely chopped
Juice of 1 fresh lime

Combine all ingredients in a bowl and mix to combine. Serve with tortilla chips as an appetizer or snack.

Makes 1 cup or 16 tablespoons. Serves 8 people 2 tablespoons each.

Nutrition information per serving:

Calories	24	Saturated fat	0 g
Protein	0 g	Cholesterol	0 mg
Carbohydrate	6 g	Sodium	1 mg
Fat	0 g	Dietary fiber	1 g
Trans fat	0 g		

Fresh Mango Salsa

November 23, 2009

Total Weight: 423.00 g (14.92 oz-wt.)
Serving Size: 52.88 g (1.87 oz-wt.)
Serves: 8.00
Cost: --

Multi-Column

Basic Components	
Calories	24.88
Calories from Fat	1.13
Calories from Saturated Fat	0.25
Protein	0.37 g
Carbohydrates	6.41 g
Dietary Fiber	0.89 g
Soluble Fiber	0.27 g
InSoluble Fiber	0.29 g
Sugar - Total	4.81 g
Monosaccharides	0.88 g
Galactose	0 g
Glucose	0.44 g
Fructose	0.43 g
Disaccharides	0.10 g
Lactose	0.00 g
Sucrose	0.10 g
Maltose	0 g
Other Carbs	0.71 g
Fat - Total	0.13 g
Saturated Fat	0.03 g
Mono Fat	0.03 g
Poly Fat	0.04 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	45.72 g
Ash	0.25 g
KiloJoules	104.16
Vitamins	
Vitamin A IU	699.93 IU
Vitamin A RAE	34.97 mcg
Vitamin A RE	69.95 mcg
A - Carotenoid	69.95 RE
A - Retinol	0 RE
A - Beta Carotene	377.86 mcg
Thiamin-B1	0.03 mg
Riboflavin-B2	0.03 mg
Niacin-B3	0.31 mg
Niacin Equiv.	0.40 mg
Vitamin-B6	0.09 mg
Vitamin-B12	0 mcg
Biotin	0.24 mcg
Vitamin C	37.43 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.55 mg
Vit E-Alpha Equiv.	0.55 mg
Vitamin E IU	0.82 IU
Vitamin E mg	0.55 mg
Folate	8.39 mcg
Folate DFE	8.39 mcg
Vitamin K	3.42 mcg
Pantothenic Acid	0.11 mg
Minerals	
Boron	9.54 mcg
Calcium	6.14 mg
Chloride	5.29 mg
Chromium	-- mcg
Copper	0.04 mg
Fluoride	-- mg
Iodine	0.29 mcg
Iron	0.12 mg
Magnesium	5.31 mg
Manganese	0.04 mg
Molybdenum	1.09 mcg
Phosphorus	9.48 mg
Potassium	89.81 mg
Selenium	0.21 mcg
Sodium	1.35 mg
Zinc	0.06 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.02 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.01 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.02 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.02 g
18:3-Linolenic	0.02 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.02 g
Omega 6 Fatty Acids	0.02 g
Amino Acids	
Alanine	0.02 g
Arginine	0.02 g
Aspartate	0.04 g
Cystine	0.00 g
Glutamate	0.05 g
Glycine	0.01 g
Histidine	0.01 g
Isoleucine	0.01 g
Leucine	0.02 g
Lysine	0.02 g
Methionine	0.00 g
Phenylalanine	0.01 g
Proline	0.01 g
Serine	0.02 g
Threonine	0.01 g
Tryptophan	0.01 g
Tyrosine	0.01 g
Valine	0.02 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	1.24 mg
Taurine	-- mg

Pinto Beans

1 pound dry pinto beans

2 onions, finely chopped
2 cloves garlic, minced
1 medium bell pepper, finely chopped
3 stalks celery, finely chopped
½ tsp. black pepper
2 pkg. Goya non-meat ham flavored seasoning

1 cup fresh parsley, finely chopped
½ cup finely chopped green onions

Soak beans overnight or until plump and hydrated. Discard soaking water.

Cover beans with enough water to almost fill pot. You want the liquid to be soupy rather than thick and creamy.

Steam sauté onion, garlic, bell pepper, and celery until tender and almost caramelized.

Add sautéed vegetables to beans. Add ham flavoring and pepper. Boil on low heat until beans are tender.

Add parsley and green onions 15 minutes before serving.

Please have about 2 tablespoons chopped raw onion per person available to put on top of beans at point of serving.

Serves 12.

Nutrition information per serving:

Calories	148	Saturated fat	0 g
Protein	9 g	Cholesterol	0 mg
Carbohydrate	27 g	Sodium	406 mg
Fat	1 g	Dietary fiber	7 g
Trans Fat	0 g		

Pinto Beans

November 23, 2009

Total Weight: 1072.65 g (37.84 oz-wt.)
Serving Size: 89.39 g (3.15 oz-wt.)
Serves: 12.00
Cost: --

Multi-Column

Basic Components	
Calories	148.23
Calories from Fat	4.84
Calories from Saturated Fat	0.94
Protein	8.74 g
Carbohydrates	27.43 g
Dietary Fiber	6.98 g
Soluble Fiber	0.01 g
InSoluble Fiber	0.09 g
Sugar - Total	2.81 g
Monosaccharides	0.33 g
Galactose	0.06 g
Glucose	0.17 g
Fructose	0.11 g
Disaccharides	0.76 g
Lactose	0 g
Sucrose	0.76 g
Maltose	0 g
Other Carbs	17.65 g
Fat - Total	0.54 g
Saturated Fat	0.10 g
Mono Fat	0.11 g
Poly Fat	0.17 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	50.01 g
Ash	2.65 g
KiloJoules	620.37
Vitamins	
Vitamin A IU	505.84 IU
Vitamin A RAE	25.21 mcg
Vitamin A RE	50.41 mcg
A - Carotenoid	50.41 RE
A - Retinol	0 RE
A - Beta Carotene	302.66 mcg
Thiamin-B1	0.28 mg
Riboflavin-B2	0.09 mg
Niacin-B3	0.58 mg
Niacin Equiv.	2.14 mg
Vitamin-B6	0.21 mg
Vitamin-B12	0 mcg
Biotin	0.01 mcg
Vitamin C	17.27 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.17 mg
Vit E-Alpha Equiv.	0.17 mg
Vitamin E IU	0.25 IU
Vitamin E mg	0.17 mg
Folate	210.35 mcg
Folate DFE	210.35 mcg
Vitamin K	87.65 mcg
Pantothenic Acid	0.35 mg
Minerals	
Boron	25.96 mcg
Calcium	65.76 mg
Chloride	1.17 mg
Chromium	0.05 mcg
Copper	0.36 mg
Fluoride	-- mg
Iodine	0.06 mcg
Iron	2.36 mg
Magnesium	71.05 mg
Manganese	0.47 mg
Molybdenum	0.81 mcg
Phosphorus	162.81 mg
Potassium	645.90 mg
Selenium	10.67 mcg
Sodium	405.72 mg
Zinc	0.94 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.10 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.11 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.08 g
18:3-Linolenic	0.09 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.09 g
Omega 6 Fatty Acids	0.08 g
Amino Acids	
Alanine	0.34 g
Arginine	0.43 g
Aspartate	0.89 g
Cystine	0.07 g
Glutamate	1.18 g
Glycine	0.31 g
Histidine	0.22 g
Isoleucine	0.34 g
Leucine	0.61 g
Lysine	0.53 g
Methionine	0.10 g
Phenylalanine	0.43 g
Proline	0.42 g
Serine	0.45 g
Threonine	0.32 g
Tryptophan	0.09 g
Tyrosine	0.17 g
Valine	0.39 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	26.03 mg
Taurine	-- mg

Butter Bean and Corn Chowder

3 cups vegetables broth
6 cups cooked lima beans, canned or cooked from fresh
3 cans (15 oz. each) creamed corn
3 small carrots, coarsely chopped
¾ cup celery, finely chopped
1.5 teaspoons oregano

In a 2-quart saucepan combine all ingredients. Heat to boiling over high heat. Reduce heat to low and simmer, covered, until carrots and celery are tender.

Makes 12 servings.

Nutrition information per serving:

Calories	194	Saturated fat	0 g
Protein	8 g	Cholesterol	0 mg
Carbohydrate	42 g	Sodium	580 mg
Fat	1 g	Dietary fiber	6 g
Trans fat	0 g		

Butter Bean and Corn Chowder

November 24, 2009

Total Weight: 3138.00 g (110.69 oz-wt.)
Serving Size: 261.50 g (9.22 oz-wt.)
Serves: 12.00
Cost: --

Multi-Column

Basic Components	
Calories	192.30
Calories from Fat	6.75
Calories from Saturated Fat	1.25
Protein	7.88 g
Carbohydrates	41.80 g
Dietary Fiber	6.30 g
Soluble Fiber	1.25 g
InSoluble Fiber	4.53 g
Sugar - Total	6.28 g
Monosaccharides	0.60 g
Galactose	0.04 g
Glucose	0.28 g
Fructose	0.28 g
Disaccharides	2.95 g
Lactose	0 g
Sucrose	2.84 g
Maltose	0.12 g
Other Carbs	29.22 g
Fat - Total	0.75 g
Saturated Fat	0.14 g
Mono Fat	0.15 g
Poly Fat	0.36 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	159.35 g
Ash	2.98 g
KiloJoules	804.66
Vitamins	
Vitamin A IU	2814.79 IU
Vitamin A RAE	135.20 mcg
Vitamin A RE	295.40 mcg
A - Carotenoid	270.40 RE
A - Retinol	0 RE
A - Beta Carotene	1342.05 mcg
Thiamin-B1	0.15 mg
Riboflavin-B2	0.14 mg
Niacin-B3	1.94 mg
Niacin Equiv.	3.42 mg
Vitamin-B6	0.24 mg
Vitamin-B12	0 mcg
Biotin	0.01 mcg
Vitamin C	14.80 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.25 mg
Vit E-Alpha Equiv.	0.25 mg
Vitamin E IU	0.37 IU
Vitamin E mg	0.25 mg
Folate	73.15 mcg
Folate DFE	73.15 mcg
Vitamin K	8.63 mcg
Pantothenic Acid	0.43 mg
Minerals	
Boron	67.09 mcg
Calcium	39.68 mg
Chloride	-- mg
Chromium	0.02 mcg
Copper	0.32 mg
Fluoride	-- mg
Iodine	-- mcg
Iron	2.67 mg
Magnesium	82.30 mg
Manganese	1.15 mg
Molybdenum	0.38 mcg
Phosphorus	166.89 mg
Potassium	696.25 mg
Selenium	2.17 mcg
Sodium	565.14 mg
Zinc	1.25 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.13 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.15 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.30 g
18:3-Linolenic	0.06 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.06 g
Omega 6 Fatty Acids	0.30 g
Amino Acids	
Alanine	0.39 g
Arginine	0.46 g
Aspartate	0.77 g
Cystine	0.09 g
Glutamate	1.11 g
Glycine	0.30 g
Histidine	0.25 g
Isoleucine	0.45 g
Leucine	0.65 g
Lysine	0.46 g
Methionine	0.10 g
Phenylalanine	0.37 g
Proline	0.25 g
Serine	0.45 g
Threonine	0.32 g
Tryptophan	0.09 g
Tyrosine	0.26 g
Valine	0.47 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	0.53 mg
Taurine	-- mg

Loretta's Fresh Tomato Soup

4# fresh ripe tomatoes, coarsely chopped (canned tomatoes substitute very well)
½ cup vegetable broth
½ cup chopped onion
½ tsp. salt

Combine all ingredients in saucepan. Bring to a boil over high heat. Reduce heat to moderate and cook until onion and tomato are tender, about 15 minutes.

Serves 4.

Nutrition information per serving:

Calories	107	Saturated fat	0 g
Protein	4 g	Cholesterol	0 mg
Carbohydrate	23 g	Sodium	390 mg
Fat	2 g	Dietary fiber	5 g
Trans Fat	0 g		

Fresh Tomato Soup OF

November 24, 2009

Total Weight: 2017.40 g (71.16 oz-wt.)
Serving Size: 504.35 g (17.79 oz-wt.)
Serves: 4.00
Cost: --

Multi-Column

Basic Components	
Calories	93.80
Calories from Fat	8.87
Calories from Saturated Fat	1.67
Protein	4.30 g
Carbohydrates	20.43 g
Dietary Fiber	5.85 g
Soluble Fiber	0.02 g
InSoluble Fiber	0.26 g
Sugar - Total	13.16 g
Monosaccharides	12.51 g
Galactose	0 g
Glucose	6.06 g
Fructose	6.45 g
Disaccharides	0.23 g
Lactose	0.00 g
Sucrose	0.23 g
Maltose	0 g
Other Carbs	1.42 g
Fat - Total	0.99 g
Saturated Fat	0.19 g
Mono Fat	0.20 g
Poly Fat	0.54 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	474.55 g
Ash	4.08 g
KiloJoules	391.15
Vitamins	
Vitamin A IU	3903.89 IU
Vitamin A RAE	190.53 mcg
Vitamin A RE	406.06 mcg
A - Carotenoid	381.06 RE
A - Retinol	0 RE
A - Beta Carotene	2036.86 mcg
Thiamin-B1	0.18 mg
Riboflavin-B2	0.09 mg
Niacin-B3	2.71 mg
Niacin Equiv.	3.22 mg
Vitamin-B6	0.39 mg
Vitamin-B12	0 mcg
Biotin	18.84 mcg
Vitamin C	58.89 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	2.45 mg
Vit E-Alpha Equiv.	2.45 mg
Vitamin E IU	3.66 IU
Vitamin E mg	2.45 mg
Folate	71.84 mcg
Folate DFE	71.84 mcg
Vitamin K	35.91 mcg
Pantothenic Acid	0.43 mg
Minerals	
Boron	27.75 mcg
Calcium	52.44 mg
Chloride	277.16 mg
Chromium	3.18 mcg
Copper	0.28 mg
Fluoride	-- mg
Iodine	0.40 mcg
Iron	1.31 mg
Magnesium	51.90 mg
Manganese	0.54 mg
Molybdenum	23.68 mcg
Phosphorus	114.26 mg
Potassium	1103.89 mg
Selenium	0.10 mcg
Sodium	371.46 mg
Zinc	0.80 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.09 g
17:0-Margaric	0 g
18:0-Stearic	0.04 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.14 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.36 g
18:3-Linolenic	0.01 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.01 g
Omega 6 Fatty Acids	0.36 g
Amino Acids	
Alanine	0.12 g
Arginine	0.13 g
Aspartate	0.55 g
Cystine	0.05 g
Glutamate	1.46 g
Glycine	0.10 g
Histidine	0.06 g
Isoleucine	0.10 g
Leucine	0.15 g
Lysine	0.15 g
Methionine	0.03 g
Phenylalanine	0.11 g
Proline	0.08 g
Serine	0.11 g
Threonine	0.10 g
Tryptophan	0.03 g
Tyrosine	0.07 g
Valine	0.11 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	31.63 mg
Taurine	-- mg

Home-Style Great Northern Beans

1 pound great northern beans
½ cup diced celery
1 cup chopped onion
2 cloves garlic, minced
½ cup finely chopped parsley
½ cup finely chopped chives
1 packet Goya ham flavored seasoning

Soak beans overnight. Drain and cover with water in saucepan. Add remaining ingredients and cook until tender. Serves about 12 people.

Nutrition information per serving:

Calories	137	Saturated fat	0 g
Protein	9 g	Cholesterol	0 mg
Carbohydrate	26g	Sodium	121 mg
Fat	0 g	Dietary fiber	8 g
Trans Fat	0 g		

Richard's Great Northern Beans

November 24, 2009

Total Weight: 740.10 g (26.11 oz-wt.)
Serving Size: 61.68 g (2.18 oz-wt.)
Serves: 12.00
Cost: --

Multi-Column

Basic Components	
Calories	137.00
Calories from Fat	4.39
Calories from Saturated Fat	1.31
Protein	8.60 g
Carbohydrates	25.55 g
Dietary Fiber	8.04 g
Soluble Fiber	1.32 g
InSoluble Fiber	6.55 g
Sugar - Total	1.57 g
Monosaccharides	0.49 g
Galactose	0.03 g
Glucose	0.28 g
Fructose	0.18 g
Disaccharides	0.16 g
Lactose	0.00 g
Sucrose	0.16 g
Maltose	0 g
Other Carbs	15.94 g
Fat - Total	0.49 g
Saturated Fat	0.15 g
Mono Fat	0.03 g
Poly Fat	0.20 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	25.04 g
Ash	1.66 g
KiloJoules	573.13
Vitamins	
Vitamin A IU	320.38 IU
Vitamin A RAE	16.00 mcg
Vitamin A RE	32.00 mcg
A - Carotenoid	32.00 RE
A - Retinol	0 RE
A - Beta Carotene	192.22 mcg
Thiamin-B1	0.26 mg
Riboflavin-B2	0.10 mg
Niacin-B3	0.82 mg
Niacin Equiv.	2.53 mg
Vitamin-B6	0.21 mg
Vitamin-B12	0 mcg
Biotin	0.47 mcg
Vitamin C	7.72 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.12 mg
Vit E-Alpha Equiv.	0.12 mg
Vitamin E IU	0.18 IU
Vitamin E mg	0.12 mg
Folate	192.45 mcg
Folate DFE	192.45 mcg
Vitamin K	49.05 mcg
Pantothenic Acid	0.46 mg
Minerals	
Boron	29.44 mcg
Calcium	77.66 mg
Chloride	3.33 mg
Chromium	0.01 mcg
Copper	0.33 mg
Fluoride	-- mg
Iodine	0.27 mcg
Iron	2.30 mg
Magnesium	75.59 mg
Manganese	0.58 mg
Molybdenum	1.02 mcg
Phosphorus	177.46 mg
Potassium	579.10 mg
Selenium	5.08 mcg
Sodium	121.27 mg
Zinc	0.95 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.14 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.03 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.11 g
18:3-Linolenic	0.08 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.08 g
Omega 6 Fatty Acids	0.11 g
Amino Acids	
Alanine	0.36 g
Arginine	0.55 g
Aspartate	1.03 g
Cystine	0.09 g
Glutamate	1.31 g
Glycine	0.34 g
Histidine	0.24 g
Isoleucine	0.38 g
Leucine	0.68 g
Lysine	0.59 g
Methionine	0.13 g
Phenylalanine	0.46 g
Proline	0.37 g
Serine	0.46 g
Threonine	0.36 g
Tryptophan	0.10 g
Tyrosine	0.24 g
Valine	0.45 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	1.14 mg
Taurine	-- mg

Creamy Corn Chowder

1 medium yellow, chopped
1 cup celery, chopped finely
1 cup fresh carrots, chopped in small pieces
2 cloves garlic, minced
2½ cups fat free vegetable broth
2 cups fresh or frozen corn
2 cups soy milk, regular, not light
1 tablespoon flour
2 Tbs. Fresh parsley, finely chopped
1 teaspoon garlic powder
½ teaspoon salt
1 teaspoon black pepper

Steam sauté in a small amount of water the onions and celery; cook until just slightly golden. Stir in carrots and garlic; cook until garlic is slightly golden. Meanwhile, bring vegetable broth to a boil over high heat. Add corn and the vegetables from the skillet. Cook until vegetables are tender. Combine flour with cold soy milk in separate bowl. Then add it to the hot mixture. Reduce heat to low. Stir in parsley, garlic powder, salt, and pepper. Cook, stirring constantly, until chowder thickens, about 15 to 20 minutes.

Serves 6.

Nutrition information per serving:

Calories	130	Saturated fat	0 g
Protein	6 g	Cholesterol	0 mg
Carbohydrate	26 g	Sodium	544 mg
Fat	2 g	Dietary fiber	3 g
Trans fat	0 g		

Creamy Corn Chowder

November 24, 2009

Total Weight: 1702.71 g (60.06 oz-wt.)
Serving Size: 283.79 g (10.01 oz-wt.)
Serves: 6.00
Cost: --

Multi-Column

Basic Components	
Calories	129.81
Calories from Fat	17.05
Calories from Saturated Fat	2.37
Protein	5.54 g
Carbohydrates	25.57 g
Dietary Fiber	3.34 g
Soluble Fiber	0.74 g
InSoluble Fiber	1.68 g
Sugar - Total	6.26 g
Monosaccharides	1.73 g
Galactose	0.11 g
Glucose	0.90 g
Fructose	0.72 g
Disaccharides	2.41 g
Lactose	0.00 g
Sucrose	2.29 g
Maltose	0.11 g
Other Carbs	13.49 g
Fat - Total	1.89 g
Saturated Fat	0.26 g
Mono Fat	0.36 g
Poly Fat	0.78 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	170.04 g
Ash	1.97 g
KiloJoules	542.87
Vitamins	
Vitamin A IU	4707.85 IU
Vitamin A RAE	203.78 mcg
Vitamin A RE	532.55 mcg
A - Carotenoid	407.55 RE
A - Retinol	0 RE
A - Beta Carotene	2018.35 mcg
Thiamin-B1	0.13 mg
Riboflavin-B2	0.26 mg
Niacin-B3	1.63 mg
Niacin Equiv.	2.33 mg
Vitamin-B6	0.23 mg
Vitamin-B12	1.00 mcg
Biotin	1.74 mcg
Vitamin C	11.75 mg
Vitamin D IU	40.02 IU
Vitamin D mcg	1.00 mcg
Vit E Alpha-Tocopherol	0.26 mg
Vit E-Alpha Equiv.	0.26 mg
Vitamin E IU	0.39 IU
Vitamin E mg	0.28 mg
Folate	48.76 mcg
Folate DFE	38.59 mcg
Vitamin K	31.87 mcg
Pantothenic Acid	0.83 mg
Minerals	
Boron	124.33 mcg
Calcium	166.93 mg
Chloride	4.72 mg
Chromium	0.21 mcg
Copper	0.13 mg
Fluoride	-- mg
Iodine	0.37 mcg
Iron	1.62 mg
Magnesium	39.37 mg
Manganese	0.33 mg
Molybdenum	2.98 mcg
Phosphorus	146.76 mg
Potassium	406.10 mg
Selenium	3.91 mcg
Sodium	544.22 mg
Zinc	0.72 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.20 g
17:0-Margaric	0.00 g
18:0-Stearic	0.06 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.33 g
20:1-Eicosen	0.01 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.70 g
18:3-Linolenic	0.07 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.07 g
Omega 6 Fatty Acids	0.70 g
Amino Acids	
Alanine	0.24 g
Arginine	0.23 g
Aspartate	0.36 g
Cystine	0.03 g
Glutamate	0.75 g
Glycine	0.15 g
Histidine	0.09 g
Isoleucine	0.16 g
Leucine	0.32 g
Lysine	0.17 g
Methionine	0.06 g
Phenylalanine	0.16 g
Proline	0.27 g
Serine	0.18 g
Threonine	0.15 g
Tryptophan	0.04 g
Tyrosine	0.13 g
Valine	0.19 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	4.59 mg
Taurine	-- mg

Yvonne's Zucchini Soup

1 cup chopped celery
1 cup chopped onion
1 ½ pounds zucchini, peel on, cut into ¼ inch pieces (about 5 cups)
2 cups fat free vegetable broth
1 can cannellini beans (16 oz.), rinsed and drained
½ tsp. salt
¼ tsp. pepper

Garnish with thinly sliced radishes (2 slices per serving) and crumbled fat free feta cheese (1 tablespoon per serving).

Steam sauté celery and onion together. Add zucchini and next 4 ingredients (broth, beans, salt, and pepper). Bring to a boil over medium heat, reduce heat to low and simmer 10 minutes, or until zucchini is tender. Remove from heat and let stand for 20 minutes. Process soup in a food processor or blender until smooth. Return soup to pot and cook over medium heat until thoroughly heated.

Serves 8.

Nutrition information per serving:

Calories	89	Saturated fat	0 g
Protein	5 g	Cholesterol	0 mg
Carbohydrate	17 g	Sodium	561 mg
Fat	0 g	Dietary fiber	5g
Trans Fat	0 g		

Yvonne's Zucchini Soup

November 24, 2009

Total Weight: 1927.53 g (67.99 oz-wt.)
Serving Size: 240.94 g (8.50 oz-wt.)
Serves: 8.00
Cost: --

Multi-Column

Basic Components	
Calories	89.05
Calories from Fat	2.42
Calories from Saturated Fat	0.12
Protein	5.14 g
Carbohydrates	16.83 g
Dietary Fiber	4.79 g
Soluble Fiber	0.02 g
InSoluble Fiber	0.26 g
Sugar - Total	3.96 g
Monosaccharides	0.97 g
Galactose	0.08 g
Glucose	0.54 g
Fructose	0.35 g
Disaccharides	0.26 g
Lactose	0.00 g
Sucrose	0.25 g
Maltose	0 g
Other Carbs	7.33 g
Fat - Total	0.27 g
Saturated Fat	0.01 g
Mono Fat	0.01 g
Poly Fat	0.24 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	119.16 g
Ash	1.09 g
KiloJoules	341.32
Vitamins	
Vitamin A IU	703.81 IU
Vitamin A RAE	16.37 mcg
Vitamin A RE	107.75 mcg
A - Carotenoid	32.75 RE
A - Retinol	0 RE
A - Beta Carotene	196.09 mcg
Thiamin-B1	0.01 mg
Riboflavin-B2	0.02 mg
Niacin-B3	0.08 mg
Niacin Equiv.	0.17 mg
Vitamin-B6	0.05 mg
Vitamin-B12	0 mcg
Biotin	0.72 mcg
Vitamin C	19.95 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.04 mg
Vit E-Alpha Equiv.	0.04 mg
Vitamin E IU	0.07 IU
Vitamin E mg	0.04 mg
Folate	11.02 mcg
Folate DFE	11.02 mcg
Vitamin K	4.68 mcg
Pantothenic Acid	0.07 mg
Minerals	
Boron	68.71 mcg
Calcium	57.39 mg
Chloride	8.19 mg
Chromium	0.06 mcg
Copper	0.02 mg
Fluoride	-- mg
Iodine	0.47 mcg
Iron	1.39 mg
Magnesium	4.51 mg
Manganese	0.05 mg
Molybdenum	2.11 mcg
Phosphorus	10.56 mg
Potassium	311.19 mg
Selenium	0.21 mcg
Sodium	561.06 mg
Zinc	0.07 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.01 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.01 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.02 g
18:3-Linolenic	0.00 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.00 g
Omega 6 Fatty Acids	0.02 g
Amino Acids	
Alanine	0.01 g
Arginine	0.04 g
Aspartate	0.03 g
Cystine	0.01 g
Glutamate	0.06 g
Glycine	0.01 g
Histidine	0.01 g
Isoleucine	0.01 g
Leucine	0.02 g
Lysine	0.02 g
Methionine	0.00 g
Phenylalanine	0.01 g
Proline	.0.01 g
Serine	0.01 g
Threonine	0.01 g
Tryptophan	0.01 g
Tyrosine	0.01 g
Valine	0.01 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	2.64 mg
Taurine	-- mg

Howard and Belinda's Hot and Sour Vegetable Soup

2/3 cup sliced carrots
½ cup chopped onion
2 cloves garlic, minced
3 cups vegetable broth
1 ½ cups sliced green cabbage
2 cans (14.5 oz. each) diced tomatoes with onions and garlic or with basil and oregano
½ cup cut fresh green beans
½ c frozen corn
1 Tbs. Tomato paste
½ tsp. Dried basil
¼ tsp. Dried oregano
¼ tsp. Salt
2 Tbs. Balsamic vinegar

Combine all ingredients and serve hot.

Serves 8.

Nutrition information per serving:

Calories	85	Saturated fat	0 g
Protein	2 g	Cholesterol	0 mg
Carbohydrate	19 g	Sodium	681 mg
Fat	0 g	Dietary fiber	3 g
Trans Fat	0 g		

Howard and Belinda Hot and Sour Soup

November 24, 2009

Total Weight: 1933.24 g (68.19 oz-wt.)
Serving Size: 241.66 g (8.52 oz-wt.)
Serves: 8.00
Cost: --

Multi-Column

Basic Components	
Calories	84.86
Calories from Fat	1.64
Calories from Saturated Fat	0.23
Protein	2.24 g
Carbohydrates	19.37 g
Dietary Fiber	2.55 g
Soluble Fiber	0.07 g
InSoluble Fiber	0.12 g
Sugar - Total	10.75 g
Monosaccharides	0.93 g
Galactose	0.00 g
Glucose	0.53 g
Fructose	0.40 g
Disaccharides	0.60 g
Lactose	0.00 g
Sucrose	0.60 g
Maltose	0.00 g
Other Carbs	4.19 g
Fat - Total	0.18 g
Saturated Fat	0.03 g
Mono Fat	0.03 g
Poly Fat	0.09 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	51.82 g
Ash	0.46 g
KiloJoules	354.67
Vitamins	
Vitamin A IU	2033.95 IU
Vitamin A RAE	73.62 mcg
Vitamin A RE	259.75 mcg
A - Carotenoid	147.24 RE
A - Retinol	0 RE
A - Beta Carotene	723.54 mcg
Thiamin-B1	0.07 mg
Riboflavin-B2	0.06 mg
Niacin-B3	0.34 mg
Niacin Equiv.	0.49 mg
Vitamin-B6	0.07 mg
Vitamin-B12	0 mcg
Biotin	0.76 mcg
Vitamin C	22.47 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.12 mg
Vit E-Alpha Equiv.	0.12 mg
Vitamin E IU	0.18 IU
Vitamin E mg	0.12 mg
Folate	12.77 mcg
Folate DFE	12.77 mcg
Vitamin K	11.62 mcg
Pantothenic Acid	0.09 mg
Minerals	
Boron	-- mcg
Calcium	88.89 mg
Chloride	0.79 mg
Chromium	-- mcg
Copper	0.03 mg
Fluoride	-- mg
Iodine	0.26 mcg
Iron	1.26 mg
Magnesium	7.30 mg
Manganese	0.09 mg
Molybdenum	0.66 mcg
Phosphorus	21.10 mg
Potassium	128.00 mg
Selenium	0.50 mcg
Sodium	677.41 mg
Zinc	0.14 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.02 g
17:0-Margaric	0 g
18:0-Stearic	0.00 g
20:0-Arachidic	0.00 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.03 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.08 g
18:3-Linolenic	0.01 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.01 g
Omega 6 Fatty Acids	0.08 g
Amino Acids	
Alanine	0.05 g
Arginine	0.06 g
Aspartate	0.07 g
Cystine	0.01 g
Glutamate	0.16 g
Glycine	0.03 g
Histidine	0.02 g
Isoleucine	0.03 g
Leucine	0.06 g
Lysine	0.04 g
Methionine	0.01 g
Phenylalanine	0.03 g
Proline	0.07 g
Serine	0.04 g
Threonine	0.03 g
Tryptophan	0.01 g
Tyrosine	0.02 g
Valine	0.04 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0.00 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	1.45 mg
Taurine	0 mg

Spicy Chili

2 medium onions, chopped
1 large bell pepper, chopped
6 cloves fresh garlic, minced
10 oz crumbled Boca Burger or Veggie Crumbles (textured soy protein)
1 28 oz. Can crushed tomatoes
12 oz. Can tomato paste
1 15 oz. can red kidney beans
1 15 oz. can pinto beans
1 4.5 oz. Can green chili peppers
1 tablespoon chili powder
2 teaspoons ground cumin
½ teaspoon salt
½ cup fresh cilantro, finely chopped
1 cup fresh parsley, finely chopped
1 cup green onions, bulbs and tops, finely chopped
1.5 quarts water, approximately

For quick chopping use a food processor for chopping the garlic and onion, but chop the bell pepper by hand. Sauté in a small amount water. Keep adding water to prevent sticking. Sauté until brown to develop a caramelized flavor.

Heat veggie crumbles (or crumbled Boca Burger). Add tomatoes, tomato paste, green chilies, sautéed vegetables, salt and water. Add the 2 cans beans. Do not drain the beans. You may use any type of canned bean you like.

Heat to boiling and cook for about ½ hour to blend the flavors. About 15 minutes before serving time add the chopped green onions (chopped by hand) and the finely chopped cilantro and parsley (may use food processor).

Makes about 10 2-cup servings.

Nutrition information per serving:

Calories	216	Saturated fat	0 g
Protein	15 g	Cholesterol	0 mg
Carbohydrate	38 g	Sodium	568 mg
Fat	3 g	Dietary fiber	12 g

If you wish to reduce the sodium content you may use canned unsalted tomatoes, tomato paste, and beans, and omit the salt from the recipe.

O.F. Spicy Chili

November 24, 2009

Total Weight: 4498.53 g (158.68 oz-wt.)
Serving Size: 449.85 g (15.87 oz-wt.)
Serves: 10.00
Cost: --

Multi-Column

Basic Components	
Calories	215.18
Calories from Fat	23.48
Calories from Saturated Fat	3.36
Protein	14.81 g
Carbohydrates	37.23 g
Dietary Fiber	12.31 g
Soluble Fiber	0.86 g
InSoluble Fiber	1.64 g
Sugar - Total	7.40 g
Monosaccharides	3.85 g
Galactose	0 g
Glucose	1.89 g
Fructose	1.95 g
Disaccharides	0.20 g
Lactose	0 g
Sucrose	0.12 g
Maltose	0.08 g
Other Carbs	12.82 g
Fat - Total	2.61 g
Saturated Fat	0.37 g
Mono Fat	0.47 g
Poly Fat	1.14 g
Trans Fatty Acids	0 g
Cholesterol	0.77 mg
Water	389.90 g
Ash	5.36 g
KiloJoules	900.55
Vitamins	
Vitamin A IU	2361.96 IU
Vitamin A RAE	110.89 mcg
Vitamin A RE	235.89 mcg
A - Carotenoid	235.89 RE
A - Retinol	0 RE
A - Beta Carotene	1023.96 mcg
Thiamin-B1	0.41 mg
Riboflavin-B2	0.26 mg
Niacin-B3	6.25 mg
Niacin Equiv.	7.72 mg
Vitamin-B6	0.86 mg
Vitamin-B12	2.60 mcg
Biotin	1.43 mcg
Vitamin C	47.33 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	2.75 mg
Vit E-Alpha Equiv.	2.80 mg
Vitamin E IU	4.17 IU
Vitamin E mg	2.80 mg
Folate	96.98 mcg
Folate DFE	95.55 mcg
Vitamin K	126.80 mcg
Pantothenic Acid	0.50 mg
Minerals	
Boron	71.65 mcg
Calcium	109.83 mg
Chloride	169.81 mg
Chromium	0.00 mcg
Copper	0.47 mg
Fluoride	-- mg
Iodine	0.36 mcg
Iron	5.05 mg
Magnesium	70.42 mg
Manganese	0.61 mg
Molybdenum	45.05 mcg
Phosphorus	224.48 mg
Potassium	945.88 mg
Selenium	6.53 mcg
Sodium	571.11 mg
Zinc	1.61 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.20 g
17:0-Margaric	0 g
18:0-Stearic	0.03 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.01 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.22 g
20:1-Eicosen	0.00 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.38 g
18:3-Linolenic	0.16 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.16 g
Omega 6 Fatty Acids	0.38 g
Amino Acids	
Alanine	0.35 g
Arginine	0.42 g
Aspartate	1.11 g
Cystine	0.09 g
Glutamate	1.98 g
Glycine	0.28 g
Histidine	0.19 g
Isoleucine	0.31 g
Leucine	0.54 g
Lysine	0.48 g
Methionine	0.10 g
Phenylalanine	0.38 g
Proline	0.31 g
Serine	0.38 g
Threonine	0.31 g
Tryptophan	0.09 g
Tyrosine	0.20 g
Valine	0.36 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	1.94 mg
Taurine	-- mg

Notes

O.F. Spicy Chili

November 24, 2009

Total Weight:	4498.53 g (158.68 oz-wt.)
Serving Size:	449.85 g (15.87 oz-wt.)
Serves:	10.00
Cost:	--

Notes

Chop the onion in a food processor, the bellpepper by hand, and the garlic in a food processor. Saute in water. Keep adding water to keep vegetables from sticking.
Saute until browned to develop caramelized flavor.

Heat veggie crumbles. (I used 4 Boca Burgers). Add tomatoes, tomato paste, green chilis, sauteed vegetables, salt, and water. Add the 2 cans of beans (do not drain). You can use any type of canned bean desired.

Cook for about 1/2 hour to blend flavors.

Fifteen minutes before serving add chopped green onions (chopped by hand) and finely chopped parsley and cilantro (chopped in food processor).

Makes about 10 servings 2 cup servings.

Creamy Split Pea Soup

1 cup finely chopped onion
1 cup finely chopped celery
2 cloves garlic, minced
4 ¼ cups water
4 cups fat free vegetable broth
2 cups dry split peas
1 cup carrots, finely diced
1 tsp. ground thyme
¼ cup fresh parsley
¼ tsp. black pepper

In a large saucepan, combine onion celery, garlic and ¼ water. Bring to a simmer and continue to simmer, covered for 5 minutes, until vegetables are softened. Add split peas, remaining water, and broth.

Bring to a boil, cover, and adjust heat to maintain a simmer. Cook until peas begin to soften, about 30 minutes. Add carrots and thyme. Cover and simmer until carrots are tender and peas are very soft, about 20 minutes.

Remove from heat and stir in parsley and pepper.

Nutrition information per serving:

Calories	409	Saturated fat	0 g
Protein	27 g	Cholesterol	0 mg
Carbohydrate	76 g	Sodium	549 mg
Fat	2 g	Dietary fiber	18 g

Creamy Split Pea Soup

November 24, 2009

Total Weight: 2748.31 g (96.94 oz-wt.)
Serving Size: 687.08 g (24.24 oz-wt.)
Serves: 4.00
Cost: --

Multi-Column

Basic Components	
Calories	389.01
Calories from Fat	24.54
Calories from Saturated Fat	0.45
Protein	26.13 g
Carbohydrates	62.04 g
Dietary Fiber	11.22 g
Soluble Fiber	0.41 g
InSoluble Fiber	1.05 g
Sugar - Total	8.68 g
Monosaccharides	2.03 g
Galactose	0.17 g
Glucose	1.10 g
Fructose	0.76 g
Disaccharides	1.60 g
Lactose	0.00 g
Sucrose	1.59 g
Maltose	0 g
Other Carbs	42.16 g
Fat - Total	2.73 g
Saturated Fat	0.05 g
Mono Fat	0.04 g
Poly Fat	0.09 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	584.81 g
Ash	11.37 g
KiloJoules	1627.59
Vitamins	
Vitamin A IU	7044.61 IU
Vitamin A RAE	292.09 mcg
Vitamin A RE	804.18 mcg
A - Carotenoid	584.18 RE
A - Retinol	0 RE
A - Beta Carotene	2930.25 mcg
Thiamin-B1	0.49 mg
Riboflavin-B2	0.25 mg
Niacin-B3	2.12 mg
Niacin Equiv.	2.40 mg
Vitamin-B6	0.15 mg
Vitamin-B12	0 mcg
Biotin	3.03 mcg
Vitamin C	13.44 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	0.36 mg
Vit E-Alpha Equiv.	0.36 mg
Vitamin E IU	0.53 IU
Vitamin E mg	0.36 mg
Folate	31.20 mcg
Folate DFE	31.20 mcg
Vitamin K	80.91 mcg
Pantothenic Acid	0.23 mg
Minerals	
Boron	214.31 mcg
Calcium	111.47 mg
Chloride	10.00 mg
Chromium	0.24 mcg
Copper	0.07 mg
Fluoride	-- mg
Iodine	0.80 mcg
Iron	6.72 mg
Magnesium	16.93 mg
Manganese	0.20 mg
Molybdenum	5.10 mcg
Phosphorus	34.60 mg
Potassium	869.29 mg
Selenium	0.59 mcg
Sodium	534.91 mg
Zinc	0.26 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0.00 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.04 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.03 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.07 g
18:3-Linolenic	0.00 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.00 g
Omega 6 Fatty Acids	0.07 g
Amino Acids	
Alanine	0.05 g
Arginine	0.10 g
Aspartate	0.13 g
Cystine	0.01 g
Glutamate	0.19 g
Glycine	0.04 g
Histidine	0.02 g
Isoleucine	0.05 g
Leucine	0.06 g
Lysine	0.06 g
Methionine	0.01 g
Phenylalanine	0.04 g
Proline	0.04 g
Serine	0.04 g
Threonine	0.04 g
Tryptophan	0.02 g
Tyrosine	0.03 g
Valine	0.05 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	7.14 mg
Taurine	-- mg

Chester Lovett's Gazpacho

46 oz. tomato juice
Juice of 2 fresh limes
¾ cup balsamic vinegar
1 tsp. Tabasco sauce
¾ tsp. Ground basil leaves
¾ tsp. Ground oregano
2 large tomatoes, diced
1/2 large green peppers, diced
½ large red pepper, diced
½ large yellow pepper, diced
½ fresh carrot
1 medium onions, diced
1 clove garlic minced
1 cup minced green onions
1 cup fresh parsley, minced

Place 2/3 of the diced vegetables into a large bowl. Use food processor to crush remaining 1/3 of vegetables. Mix all vegetables and add tomato juice, vinegar and all seasonings. Stir very well to mix all seasonings throughout. Makes 8 servings.

Nutrition information per serving:

Calories	78	Saturated fat	0 g
Protein	3 g	Cholesterol	0 mg
Carbohydrate	19 g	Sodium	492 mg
Fat	0 g	Dietary fiber	3 g

Chester Lovett's Gazpacho

November 24, 2009

Total Weight: 2571.07 g (90.69 oz-wt.)
Serving Size: 321.38 g (11.34 oz-wt.)
Serves: 8.00
Cost: --

Multi-Column

Basic Components	
Calories	78.33
Calories from Fat	3.73
Calories from Saturated Fat	0.61
Protein	2.87 g
Carbohydrates	18.72 g
Dietary Fiber	2.74 g
Soluble Fiber	0.34 g
InSoluble Fiber	1.16 g
Sugar - Total	12.99 g
Monosaccharides	2.27 g
Galactose	0.00 g
Glucose	3.51 g
Fructose	3.81 g
Disaccharides	0.22 g
Lactose	0.00 g
Sucrose	0.65 g
Maltose	0 g
Other Carbs	2.96 g
Fat - Total	0.41 g
Saturated Fat	0.07 g
Mono Fat	0.07 g
Poly Fat	0.16 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	296.69 g
Ash	2.70 g
KiloJoules	327.50
Vitamins	
Vitamin A IU	3102.73 IU
Vitamin A RAE	156.11 mcg
Vitamin A RE	312.22 mcg
A - Carotenoid	312.22 RE
A - Retinol	0 RE
A - Beta Carotene	1716.06 mcg
Thiamin-B1	0.14 mg
Riboflavin-B2	0.10 mg
Niacin-B3	1.87 mg
Niacin Equiv.	2.27 mg
Vitamin-B6	0.34 mg
Vitamin-B12	0 mcg
Biotin	5.36 mcg
Vitamin C	98.22 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	1.22 mg
Vit E-Alpha Equiv.	1.22 mg
Vitamin E IU	1.81 IU
Vitamin E mg	1.22 mg
Folate	70.61 mcg
Folate DFE	70.61 mcg
Vitamin K	158.60 mcg
Pantothenic Acid	0.60 mg
Minerals	
Boron	147.53 mcg
Calcium	64.28 mg
Chloride	733.09 mg
Chromium	1.42 mcg
Copper	0.19 mg
Fluoride	-- mg
Iodine	4.20 mcg
Iron	2.03 mg
Magnesium	36.46 mg
Manganese	0.27 mg
Molybdenum	4.43 mcg
Phosphorus	64.14 mg
Potassium	713.14 mg
Selenium	0.79 mcg
Sodium	491.74 mg
Zinc	0.56 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.05 g
17:0-Margaric	0 g
18:0-Stearic	0.01 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0.00 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.06 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.13 g
18:3-Linolenic	0.02 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.02 g
Omega 6 Fatty Acids	0.13 g
Amino Acids	
Alanine	0.10 g
Arginine	0.10 g
Aspartate	0.33 g
Cystine	0.02 g
Glutamate	0.81 g
Glycine	0.07 g
Histidine	0.04 g
Isoleucine	0.07 g
Leucine	0.10 g
Lysine	0.10 g
Methionine	0.02 g
Phenylalanine	0.07 g
Proline	0.09 g
Serine	0.08 g
Threonine	0.07 g
Tryptophan	0.02 g
Tyrosine	0.05 g
Valine	0.08 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	4.92 mg
Taurine	-- mg

White Bean Soup with Greens

1 bunch fresh kale or other greens (about 10 oz.)
2 cups fat free vegetable broth
2 cups water
1 baking potato, peeled, diced in ¼" pieces
½ medium yellow onion, chopped
2 teaspoons minced garlic
1 bay leaf
2 cups cooked navy beans, or canned without added salt
1 teaspoon lemon zest

Remove and discard tough kale ribs. Boil for 2 minutes. Drain and run under cold water. Drain again and chop coarsely.

In a medium pot combine broth, 2 cups water, potato, onion, garlic, and bay leaf. Bring to a boil, and then lower to simmer. Simmer until potatoes are tender, about 10 minutes. Add beans and their liquid. Cook, covered, over low heat, until potatoes are soft and flavors are well blended, about 15 minutes.

Add chopped kale and simmer about 1 minute, uncovered. Remove the bay leaf. (If you like a thinner soup, add more water.) Stir in lemon zest and serve.

Makes 4 servings.

Nutrition information per serving:

Calories	224	Saturated fat	0 g
Protein	12 g	Cholesterol	0 mg
Carbohydrate	44 g	Sodium	268 mg
Fat	1 g	Dietary fiber	9 g

Bean Soup with Greens

November 24, 2009

Total Weight: 1819.36 g (64.18 oz-wt.)
Serving Size: 454.84 g (16.04 oz-wt.)
Serves: 4.00
Cost: --

Multi-Column

Basic Components	
Calories	222.29
Calories from Fat	12.33
Calories from Saturated Fat	1.24
Protein	11.32 g
Carbohydrates	43.66 g
Dietary Fiber	12.34 g
Soluble Fiber	3.51 g
InSoluble Fiber	8.30 g
Sugar - Total	3.12 g
Monosaccharides	0.43 g
Galactose	0 g
Glucose	0.27 g
Fructose	0.16 g
Disaccharides	0.50 g
Lactose	0.00 g
Sucrose	0.50 g
Maltose	0 g
Other Carbs	22.51 g
Fat - Total	1.37 g
Saturated Fat	0.14 g
Mono Fat	0.13 g
Poly Fat	0.56 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	391.68 g
Ash	6.82 g
KiloJoules	930.36
Vitamins	
Vitamin A IU	11399.42 IU
Vitamin A RAE	545.12 mcg
Vitamin A RE	1190.23 mcg
A - Carotenoid	1090.23 RE
A - Retinol	0 RE
A - Beta Carotene	6539.10 mcg
Thiamin-B1	0.34 mg
Riboflavin-B2	0.17 mg
Niacin-B3	1.87 mg
Niacin Equiv.	4.11 mg
Vitamin-B6	0.47 mg
Vitamin-B12	0 mcg
Biotin	0.96 mcg
Vitamin C	92.84 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.60 mg
Vit E-Alpha Equiv.	0.60 mg
Vitamin E IU	0.89 IU
Vitamin E mg	0.60 mg
Folate	154.22 mcg
Folate DFE	154.22 mcg
Vitamin K	579.79 mcg
Pantothenic Acid	0.55 mg
Minerals	
Boron	271.01 mcg
Calcium	179.20 mg
Chloride	79.71 mg
Chromium	-- mcg
Copper	0.50 mg
Fluoride	-- mg
Iodine	1.44 mcg
Iron	3.73 mg
Magnesium	85.09 mg
Manganese	1.13 mg
Molybdenum	4.23 mcg
Phosphorus	196.19 mg
Potassium	849.67 mg
Selenium	3.67 mcg
Sodium	265.48 mg
Zinc	1.40 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0.00 g
10:0-Capric	0.00 g
12:0-Lauric	0.00 g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.11 g
17:0-Margaric	0 g
18:0-Stearic	0.02 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.08 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.20 g
18:3-Linolenic	0.24 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0.00 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0.24 g
Omega 6 Fatty Acids	0.20 g
Amino Acids	
Alanine	0.48 g
Arginine	0.57 g
Aspartate	1.37 g
Cystine	0.11 g
Glutamate	1.58 g
Glycine	0.44 g
Histidine	0.26 g
Isoleucine	0.53 g
Leucine	0.86 g
Lysine	0.67 g
Methionine	0.14 g
Phenylalanine	0.59 g
Proline	0.59 g
Serine	0.57 g
Threonine	0.40 g
Tryptophan	0.13 g
Tyrosine	0.30 g
Valine	0.64 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	0 g
Glycerol	0 g
Inositol	0 g
Mannitol	0 g
Sorbitol	0 g
Xylitol	0 g
Organic Acids	0.00 mg
Acetic Acid	0 mg
Citric Acid	0 mg
Lactic Acid	0 mg
Malic Acid	0 mg
Choline	41.62 mg
Taurine	-- mg