

# health

EDUCATE ENGAGE EMPOWER

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## Mission To Mars Fitness Challenge RECIPE BOOK



# matters

CREATING A CULTURE OF WELLNESS

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**April 6, 2009**

A good rest is half the work. - Proverb

Challenge Tip: Motivation comes when you are convinced that the effort required to exercise is worth the benefits received.

**Wellness Recipe - Bean and Macaroni Soup**

2 cans (16 oz each) great northern beans  
1 Tbsp olive oil  
1/2 lb fresh mushrooms, sliced  
1 C onion, coarsely chopped  
2 C carrots, sliced  
1 C celery, coarsely chopped  
1 clove garlic, minced  
3 C tomatoes, fresh, peeled, cut up (or 1 1/2 lb canned, whole, cut up)\*  
1 tsp dried sage  
1 tsp dried thyme  
1/2 tsp dried oregano  
to taste black pepper, freshly ground  
1 bay leaf, crumbled  
4 C elbow macaroni, cooked

\*If using canned tomatoes, sodium content will be higher. Try no salt added canned tomatoes to keep sodium lower. 1. Drain beans and reserve liquid. Rinse beans. 2. Heat oil in 6-quart kettle. Add mushrooms, onion, carrots, celery, and garlic and sauté for 5 minutes. 3. Add tomatoes, sage, thyme, oregano, pepper, and bay leaf. Cover and cook over medium heat for 20 minutes. 4. Cook macaroni according to directions on package, using unsalted water. Drain when cooked. Do not overcook. 5. Combine reserved bean liquid with water to make 4 cups. 6. Add liquid, beans, and cooked macaroni to vegetable mixture. 7. Bring to boil. Cover and simmer until soup is thoroughly heated. Stir occasionally. Yield: 16 servings Serving size: 1 cup Each serving provides: Calories: 158 Total fat: 1 g Saturated fat: less than 1 g Cholesterol: 0 mg Sodium: 154 mg Total fiber: 5 mg Protein: 8 mg Carbohydrates: 29 g Potassium: 524 mg This satisfying dish is virtually fat free— it uses just 1 tablespoon of oil for 16 servings.

**April 7, 2009**

A man too busy to take care of himself is like a mechanic too busy to take care of this tools. - Spanish Proverb

Challenge Tip: Generally, when you are sick or ill, you should avoid strenuous exercise until you are recovered. Some physicians suggest there is no harm in exercising when you have cold, but it is not safe to exercise when you have the flu.

**Wellness Recipe - Cannery Row Soup**

2 lb varied fish fillets (such as haddock, perch, flounder, cod, sole), cut into 1-inch cubes  
2 Tbsp olive oil  
1 clove garlic, minced  
3 carrots, cut in thin strips  
2 C celery, sliced  
1/2 C onion, chopped  
1/4 C green peppers, chopped  
1 can (28 oz) whole tomatoes, cut up, with liquid  
1 C clam juice  
1/4 tsp dried thyme, crushed  
1/4 tsp dried basil, crushed  
1/8 tsp black pepper  
1/4 C fresh parsley, minced

1. Heat oil in large saucepan. Sauté garlic, carrots, celery, onion, and green pepper in oil for 3 minutes. 2. Add remaining ingredients, except parsley and fish. Cover and simmer for 10–15 minutes or until vegetables are fork tender. 3. Add fish and parsley. Simmer covered for 5–10 minutes more or until fish flakes easily and is opaque. Serve hot. Fish and clam juice give this soup a hearty taste of the sea. Yield: 8 servings Serving size: 1 cup Each serving provides: Calories: 170 Total fat: 5 g Saturated fat: less than 1 g Cholesterol: 56 mg Sodium: 380 mg Total fiber: 3 g Protein: 22 g Carbohydrates: 9 g Potassium: 710 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 8, 2009**

Early to bed and early to rise, makes a man healthy, wealthy, and wise. - Benjamin Franklin

Challenge Tip: If you have a specific injury, try activities that use the other parts of your body. For example, if your legs are injured, try swimming or lifting weights - these activities are often therapeutic to the injury because of increased breathing and blood circulation.

**Wellness Recipe - Corn Chowder**

1 Tbsp vegetable oil  
2 Tbsp celery, finely diced  
2 Tbsp onion, finely diced  
2 Tbsp green pepper, finely diced  
1 package (10 oz) frozen whole kernel corn  
1 C raw potatoes, peeled, diced in 1/2-inch pieces  
2 Tbsp fresh parsley, chopped  
1 C water  
1/4 tsp salt  
to taste black pepper  
1/4 tsp paprika  
2 Tbsp flour  
2 C lowfat or skim milk

1. Heat oil in medium saucepan. Add celery, onion, and green pepper, and sauté for 2 minutes. 2. Add corn, potatoes, water, salt, pepper, and paprika. Bring to boil, then reduce heat to medium. Cook covered for about 10 minutes or until potatoes are tender. 3. Place 1/2 cup of milk in jar with tightfitting lid. Add flour and shake vigorously. 4. Gradually add milk-flour mixture to cooked vegetables. Then add remaining milk. 5. Cook, stirring constantly, until mixture comes to boil and thickens. Serve garnished with chopped, fresh parsley. Here's a creamy chowder without the cream—or fat. Yield: 4 servings Serving size: 1 cup Each serving provides: Calories: 186 Total fat: 5 g Saturated fat: 1 g Cholesterol: 5 mg Sodium: 205 mg Total fiber: 4 g Protein: 7 g Carbohydrates: 31 g Potassium: 455 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 9, 2009**

Good friends are good for your health. - Irwin Sarason

Challenge Tip: Add lots of vegetables to any kind of soup.

**Wellness Recipe - Curtido (Cabbage) Salvadoreño**

1 medium head cabbage, chopped  
2 small carrots, grated  
1 small onion, sliced  
1/2 tsp dried red pepper (optional)  
1/2 tsp oregano  
1 tsp olive oil  
1 tsp salt  
1 tsp brown sugar  
1/2 C vinegar  
1/2 C water

1. Blanch cabbage with boiling water for 1 minute. Discard water. 2. Place cabbage in large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water. 3. Place in refrigerator for at least 2 hours before serving. Surprise your taste buds with this flavorful dish— esta terrifica! Yield: 8 servings Serving size: 1 cup Each serving provides: Calories: 41 Total fat: 1 g Saturated fat: less than 1 g Cholesterol: 0 mg Sodium: 293 mg Total fiber: 2 g Protein: 2 g Carbohydrates: 7 g Potassium: 325 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 10, 2009**

Happiness is more a state of health than of wealth. - Frank Tyger

Challenge Tip: Serve slices of fresh fruit as an appetizer to start a meal; fruit also makes a great dessert.

**Wellness Recipe - Gazpacho**

3 medium tomatoes, peeled, chopped  
1/2 C cucumber, seeded, chopped  
1/2 C green pepper, chopped  
2 green onions, sliced  
2 C low-sodium vegetable juice cocktail  
1 Tbsp lemon juice  
1/2 tsp basil, dried  
1/4 tsp hot pepper sauce  
1 clove garlic, minced

1. In large mixing bowl, combine all ingredients. 2. Cover and chill in the refrigerator for several hours. This chilled tomato soup is a classic—and chock full of healthy garden-fresh vegetables. Yield: 4 servings Serving size: 1 1/4 cups Each serving provides: Calories: 52 Total fat: less than 1 g Saturated fat: less than 1 g Cholesterol: 0 mg Sodium: 41 mg Total fiber: 2 g Protein: 2 g Carbohydrates: 12 g Potassium: 514 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 13, 2009**

He, who has health, has hope; and he who has hope has everything. - Arabian Proverb

Challenge Tip: Exercise with friends and co-workers who are at about the same level of fitness.

**Wellness Recipe - Homemade Turkey Soup**

6 lb turkey breast with bones  
(with at least 2 C meat)  
2 medium onions  
3 stalks celery  
1 tsp dried thyme  
1/2 tsp dried rosemary  
1/2 tsp dried sage  
1 tsp dried basil  
1/2 tsp dried marjoram  
1/2 tsp dried tarragon  
1/2 tsp salt  
to taste black pepper  
1/2 lb Italian pastina or pasta

1. Place turkey breast in large 6-quart pot. Cover with water until at least threequarters full. 2. Peel onions, cut into large pieces, and add to pot. Wash celery stalks, slice, and add to pot. 3. Simmer covered for about 2 1/2 hours. 4. Remove carcass from pot. Divide soup into smaller, shallower containers for quick cooling in refrigerator. 5. After cooling, skim off fat. 6. While soup cools, remove remaining meat from turkey carcass. Cut into pieces. 7. Add turkey meat to skimmed soup, along with herbs and spices. 8. Bring to boil and add pastina. Continue cooking on low boil for about 20 minutes, until pastina is done. Serve at once or refrigerate for later reheating. This popular soup uses a “quick cool down” that lets you skim the fat right off the top—making it even healthier. Yield: 16 servings (about 4 quarts of soup) Serving size: 1 cup Each serving provides: Calories: 201 Total fat: 2 g Saturated fat: 1 g Cholesterol: 101 mg Sodium: 141 mg Total fiber: 1 g Protein: 33 g Carbohydrates: 11 g Potassium: 344 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 14, 2009**

The groundwork of all happiness is health. - Leigh Hunt

Challenge Tip: Stir-fry vegetables. Try cooking peppers, onions, pea pods, zucchini, and summer squash; add a little meat and rice, and you're ready for a great meal.

### **Wellness Recipe - Meatball Soup**

1/2 lb ground chicken  
1/2 lb ground lean beef  
10 C water  
1 Tbsp annato (also called achiote), optional, for coloring  
1 bay leaf  
1 small onion, chopped  
1/2 C green pepper, chopped  
1 tsp mint  
2 small tomatoes, chopped  
1/2 tsp oregano  
4 Tbsp instant corn flour  
1/2 tsp black pepper  
2 cloves garlic, minced  
1/2 tsp salt  
2 medium carrots, chopped  
2 C cabbage, chopped  
2 celery stalks, chopped  
1 package (10 oz) frozen corn  
2 medium zucchini, chopped  
1 medium chayote, chopped (added zucchini can be used instead)  
1/2 C cilantro, minced

1. In large pot, combine water, annato, bay leaf, half of onion, green pepper, and 1/2 teaspoon of mint. Bring to boil. 2. In bowl, combine chicken, beef, other half of onion, tomato, oregano, corn flour, pepper, garlic, and salt. Mix well. Form 1-inch meatballs. Place meatballs in boiling water and lower heat. Cook over low heat for 30–45 minutes. 3. Add carrots, chayote, cabbage, and celery. Cook over low heat for 25 minutes. Add corn and zucchini. Cook for another 5 minutes. Garnish with cilantro and rest of mint. This soup beefs up the health by using chicken with lean beef to lower the fat. Yield: 8 servings Serving size: 1 1/4 cups Each serving provides: Calories: 161 Total fat: 4 g Saturated fat: 1 g Cholesterol: 31 mg Sodium: 193 mg Total fiber: 4 g Protein: 13 g Carbohydrates: 17 g Potassium: 461 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 15, 2009**

The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talents to produce outstanding results. - Anthony Robbins

Challenge Tip: Experiment with new cooking methods, spices, and ethnic foods. If you really want some great-tasting healthy foods, try Thai food.

### **Wellness Recipe - Mexican Pozole**

2 lb lean beef, cubed\*  
1 Tbsp olive oil  
1 large onion, chopped  
1 clove garlic, finely chopped  
1/4 tsp salt  
1/8 tsp pepper  
1/4 C cilantro  
1 can (15 oz) stewed tomatoes  
2 oz tomato paste  
1 can (1 lb 13 oz) hominy  
\*Skinless, boneless chicken breasts can be used instead of beef cubes.

1. In large pot, heat oil, then sauté beef. 2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover meat. Cover pot and cook over low heat until meat is tender. 3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes. 4. Add hominy and continue cooking over low heat for another 15 minutes, stirring occasionally. If too thick, add water for desired consistency. Try a change of taste with this hearty Mexican soup. Yield: 10 servings Serving size: 1 cup Each serving provides: Calories: 253 Total fat: 10 g Saturated fat: 3 g Cholesterol: 52 mg Sodium: 425 mg Total fiber: 4 g Protein: 22 g Carbohydrates: 19 g Potassium: 485 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 16, 2009**

The sovereign invigorator of the body is exercise, and of all the exercises walking is the best. - Thomas Jefferson

Challenge Tip: Shop on a full stomach; you are likely to buy less food and make purchases based on good nutrition rather than your immediate hunger.

### **Wellness Recipe - Minestrone Soup**

1/4 C olive oil  
1 clove garlic, minced (or 1/8 tsp powder)  
1 1/3 C onion, coarsely chopped  
1 1/2 C celery with leaves, coarsely chopped  
1 can (6 oz) tomato paste  
1 Tbsp fresh parsley, chopped  
1 C carrots, sliced, fresh or frozen  
4 3/4 C cabbage, shredded  
1 can (1 lb) tomatoes, cut up  
1 C canned red kidney beans, drained, rinsed  
1 1/2 C frozen peas  
1 1/2 C fresh green beans  
dash hot sauce  
11 C water  
2 C spaghetti, uncooked, broken

1. Heat oil in 4-quart saucepan. Add garlic, onion, and celery, and sauté for about 5 minutes. 2. Add all remaining ingredients except spaghetti. Stir until ingredients are well mixed. 3. Bring to boil and reduce heat, cover, and simmer for about 45 minutes or until vegetables are tender. 4. Add uncooked spaghetti and simmer for only 2–3 minutes. This cholesterol-free version of the classic Italian soup is brimming with fiber-rich beans, peas, and carrots. Yield: 16 servings Serving Size: 1 cup Each serving provides: Calories: 112 Total fat: 4 g Saturated fat: 0 g Cholesterol: 0 mg Sodium: 202 mg Total fiber: 4 g Protein: 4 g Carbohydrates: 17 g Potassium: 393 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 17, 2009**

Time and health are two precious assets that we don't recognize and appreciate until they have been depleted. - Denis Waitley

Challenge Tip: Shop from a list and try to stick to it.

### **Wellness Recipe - Pupusas Revueltas**

1 lb chicken breast, ground  
1 Tbsp vegetable oil  
1/2 lb lowfat mozzarella cheese, grated  
1/2 small onion, finely diced  
1 clove garlic, minced  
1 medium green pepper, seeded, minced  
1 small tomato, finely chopped  
1/2 tsp salt  
5 C instant corn flour (masa harina)  
6 C water

1. In nonstick skillet, sauté chicken in oil over low heat until it turns white. Stir chicken constantly to keep it from sticking. 2. Add onion, garlic, green pepper, and tomato. Cook chicken mixture through. Remove skillet from stove and let mixture cool in refrigerator. 3. Meanwhile, place flour in large mixing bowl and stir in enough water to make stiff, tortilla-like dough. 4. When chicken mixture has cooled, mix in cheese. 5. Divide dough into 24 portions. With your hands, roll dough into balls and flatten each into 1/2–inch thick circle. Put spoonful of chicken mixture in middle of each circle of dough and bring edges to center. Flatten ball of dough again until it is 1/2–inch thick. 6. In very hot iron skillet, cook pupusas on each side until golden brown. Serve hot. 37 Yield: 12 servings Serving size: 2 pupusas Each serving provides: Calories: 290 Total fat: 7 g Saturated fat: 3 g Cholesterol: 33 mg Sodium: 223 mg Total fiber: 5 g Protein: 14 g Carbohydrates: 38 g Potassium: 272 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 20, 2009**

To get rich never risk your health. For it is the truth that health is the wealth of wealth. - Richard Baker

**Challenge Tip:**  
Eat fruit with your breakfast every day.

### **Wellness Recipe - Rockport Fish Chowder**

2 Tbsp vegetable oil  
1/4 C onion, coarsely chopped  
1/2 C celery, coarsely chopped  
1 C carrots, sliced  
2 C potatoes, raw, peeled, cubed  
1/4 tsp thyme  
1/2 tsp paprika  
2 C bottled clam juice  
8 whole peppercorns  
1 bay leaf  
1 lb fresh or frozen (and thawed) cod or haddock fillets, cut into 3/4-inch cubes  
1/4 C flour  
3 C lowfat milk  
1 Tbsp fresh parsley, chopped

1. Heat oil in large saucepan. Add onion and celery, and sauté for about 3 minutes. 2. Add carrots, potatoes, thyme, paprika, and clam broth. Wrap peppercorns and bay leaf in cheese cloth. Add to pot. Bring to boil, reduce heat, and simmer for 15 minutes, then add fish and simmer for an added 15 minutes, or until fish flakes easily and is opaque. 3. Remove fish and vegetables. Break fish into chunks. Bring broth to boil and continue boiling until volume is reduced to 1 cup. Remove bay leaf and peppercorns. 4. Shake flour and 1/2 cup lowfat milk in container with tight-fitting lid until smooth. Add to broth in saucepan, along with remaining milk. Cook over medium heat, stirring constantly, until mixture boils and is thickened. 5. Return vegetables and fish chunks to stock and heat thoroughly. Serve hot, sprinkled with chopped parsley. Serve this chowder as an appetizer or meal in itself—and eat like an admiral on a health cruise. Yield: 8 servings Serving size: 1 cup Each serving provides: Calories: 186 Total fat: 6 g Saturated fat: 1 g Cholesterol: 34 mg Sodium: 302 mg Total fiber: 2 g Protein: 15 g Carbohydrates: 18 g Potassium: 602 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 21, 2009**

Health is the thing that makes you feel that now is the best time of the year. - Franklin P. Adams

**Challenge Tip**  
When you eat out, chances are you will receive an enormous plate filled with food. Next time you eat out, split a meal with a friend or spouse. You get plenty of food for half the price, and you won't be pressured to clear your plate.

### **Wellness Recipe - Bavarian Beef**

1 1/4 lb lean beef stew meat, trimmed of fat, cut in 1-inch pieces  
1 Tbsp vegetable oil  
1 large onion, thinly sliced  
1 1/2 C water  
3/4 tsp caraway seeds  
1/2 tsp salt  
1/8 tsp black pepper  
1 bay leaf  
1/4 C white vinegar  
1 Tbsp sugar  
1/2 small head red cabbage, cut into 4 wedges  
1/4 C gingersnaps, crushed

1. Brown meat in oil in heavy skillet. Remove meat and sauté onion in remaining oil until golden. Return meat to skillet. Add water, caraway seeds, salt, pepper, and bay leaf. Bring to boil. Reduce heat, cover, and simmer for 1 1/4 hours. 2. Add vinegar and sugar, and stir. Place cabbage on top of meat. Cover and simmer for an added 45 minutes. 3. Remove meat and cabbage, arrange on platter, and keep warm. 4. Strain drippings from skillet and skim off fat. Add enough water to drippings to yield 1 cup of liquid. 5. Return to skillet with crushed gingersnaps. Cook and stir until thickened and mixture boils. Pour over meat and vegetables, and serve. 40 This classic German stew is made with lean, trimmed beef stew meat and cabbage. Yield: 5 servings Serving size: 5 oz Each serving provides: Calories: 218 Total fat: 7 g Saturated fat: 2 g Cholesterol: 60 mg Sodium: 323 mg Total fiber: 2 g Protein: 24 g Carbohydrates: 14 g Potassium: 509 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 22, 2009**

I feel that the greatest reward for doing is the opportunity to do more. - Dr. Jonas Salk

**Challenge Tip**

Don't order an unhealthy dinner just because you are eating out. If someone else is paying, order salmon!

**Wellness Recipe - Baked Pork Chops**

6 lean center-cut pork chops, 1/2-inch thick\*

1 egg white  
1 C evaporated skim milk  
3/4 C cornflake crumbs  
1/4 C fine dry bread crumbs  
4 tsp paprika  
2 tsp oregano  
3/4 tsp chili powder  
1/2 tsp garlic powder  
1/2 tsp black pepper  
1/8 tsp cayenne pepper  
1/8 tsp dry mustard  
1/2 tsp salt  
as needed nonstick cooking spray

\*Try the recipe with skinless, boneless chicken or turkey parts, or fish—bake for just 20 minutes.

1. Preheat oven to 375 °F. 2. Trim fat from pork chops. 3. Beat egg white with evaporated skim milk. Place chops in milk mixture and let stand for 5 minutes, turning once. 4. Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt. 5. Use nonstick cooking spray on 13- by 9-inch baking pan. 6. Remove chops from milk mixture and coat thoroughly with crumb mixture. 7. Place chops in pan and bake at 375 °F for 20 minutes. Turn chops and bake for added 15 minutes or until no pink remains. You can really sink your chops into these—they're made spicy and moist with egg whites, evaporated milk, and a lively blend of herbs. Yield: 6 servings Serving size: 1 chop Each serving provides: Calories: 216 Total fat: 8 g Saturated fat: 3 g Cholesterol: 62 mg Sodium: 346 mg Total fiber: 1 g Protein: 25 g Carbohydrates: 10 g Potassium: 414 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 23, 2009**

I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently. - Ernest Hemingway

**Challenge Tip**

Serve low-fat yogurt with berries or peaches for a fast and easy dessert.

**Wellness Recipe - Barbecued Chicken**

3 lb chicken parts (breast, drumstick, and thigh), skin and fat removed

1 large onion, thinly sliced  
3 Tbsp vinegar  
3 Tbsp Worcestershire sauce  
2 Tbsp brown sugar  
to taste black pepper  
1 Tbsp hot pepper flakes  
1 Tbsp chili powder  
1 C chicken stock or broth, fat skimmed from top

1. Place chicken in 13- by 9- by 2-inch pan. Arrange onions over top. 2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock. 3. Pour mixture over chicken and bake at 350 °F for 1 hour or until done. While cooking, baste occasionally. Don't forget to remove the skin and fat to keep this zesty dish heart healthy. Yield: 8 servings Serving size: 1 chicken part with sauce Each serving provides: Calories: 176 Total fat: 6 g Saturated fat: 2 g Cholesterol: 68 mg Sodium: 240 mg Total fiber: 1 g Protein: 24 g Carbohydrates: 7 g Potassium: 360 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 24, 2009**

If I'd known I was going to live this long, I'd have taken better care of myself. - Eubie Blake (On his 100th Birthday)

**Challenge Tip**

Eat a variety of precut veggies with a healthy dip.

**Wellness Recipe - Turkey-Stuffed Cabbage**

1 head cabbage  
1/2 lb lean ground beef  
1/2 lb ground turkey  
2 small onions, one minced, one sliced  
1 slice stale whole wheat bread, crumbled  
1/4 C water  
1/8 tsp black pepper  
1 can (16 oz) diced tomatoes  
1 C water  
1 medium carrot, sliced  
1 Tbsp lemon juice  
2 Tbsp brown sugar  
1 Tbsp cornstarch

1. Rinse and core cabbage. Carefully remove 10 outer leaves and place in saucepan. Cover with boiling water and simmer for 5 minutes. Remove cooked cabbage leaves and drain on paper towel. 2. Shred 1/2 cup of raw cabbage and set aside. 3. Brown ground beef and turkey, and minced onion in skillet. Drain fat. 4. Place cooked and drained meat mixture, bread crumbs, water, and pepper in mixing bowl. 5. Drain tomatoes, reserving liquid, and add 1/2 cup tomato juice from can to meat mixture. Mix well. Place 1/4 cup of filling on each parboiled, drained cabbage leaf. Fold. Place folded side down in skillet. 6. Add tomatoes, sliced onion, water, shredded cabbage, and carrot. Cover and simmer for about 1 hour or until cabbage is tender, basting occasionally. 7. Remove cabbage rolls to serving platter, keep warm. 8. Mix lemon juice, brown sugar, and cornstarch together in small bowl. Add to vegetables and liquid in skillet and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls. This dish cuts the fat by mixing turkey and lean beef. Yield: 5 servings Serving size: 2 rolls Each serving provides: Calories: 235 Total fat: 9 g Saturated fat: 3 g Cholesterol: 56 mg Sodium: 235 mg Total fiber: 3 g Protein: 20 g Carbohydrates: 18 g Potassium: 545 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 27, 2009**

If you don't do what's best for your body, you're the one who comes up on the short end. - Julius Erving

**Challenge Tip**

Try apple or banana slices with peanut butter as a quick snack.

**Wellness Recipe - Baked Salmon Dijon**

1 C fat free sour cream  
2 tsp dried dill  
3 Tbsp scallions, finely chopped  
2 Tbsp Dijon mustard  
2 Tbsp lemon juice  
1 1/2 lb salmon fillet with skin, cut in center  
1/2 tsp garlic powder  
1/2 tsp black pepper  
as needed fat free cooking spray

1. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend. 2. Preheat oven to 400 °F. Lightly oil baking sheet with cooking spray. 3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce. 4. Bake salmon until just opaque in center, about 20 minutes. **73 F I S H** This salmon entrée is easy to make and will be enjoyed by the whole family! Yield: 6 servings Serving size: 1 piece (4 oz) Each serving provides: Calories: 196 Total fat: 7 g Saturated fat: 2 g Cholesterol: 76 mg Sodium: 229 mg Total fiber: less than 1 g Protein: 27 g Carbohydrates: 5 g Potassium: 703 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 28, 2009**

Learn to relax. Your body is precious, as it houses your mind and spirit. Inner peace begins with a relaxed body. - Norman Vincent Peale

**Challenge Tip**

Eat dried apricots and other dried fruits. Remember that 1/4 cup dried fruit is considered a serving.

**Wellness Recipe - Chillin' Out Pasta Salad**

2 1/2 C (8 oz) medium shell pasta  
1 C (8 oz) plain nonfat yogurt  
2 Tbsp spicy brown mustard  
2 Tbsp salt free herb seasoning  
1 1/2 C celery, chopped  
1 C green onion, sliced  
1 lb small shrimp, cooked  
3 C (about 3 large) tomatoes, coarsely chopped

1. Cook pasta according to directions—but do not add salt to water. Drain and cool. 2. In large bowl, stir together yogurt, mustard, and herb seasoning. 3. Add pasta, celery, and green onion, and mix well. Chill for at least 2 hours. 4. Just before serving, carefully stir in shrimp and tomatoes. Cook up this taste feast and set the table for a new family favorite. Servings: 12 Serving size: 1/2 cup Each serving yields: Calories: 140 Total fat: 1 g Saturated fat: less than 1 g Cholesterol: 60 mg Sodium: 135 mg Total fiber: 1 g Protein: 14 g Carbohydrates: 19 g Potassium: 295 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 29, 2009**

Money is the most envied, but the least enjoyed. Health is the most enjoyed, but the least envied. - Charles Caleb Colton

**Challenge Tip**

Keep a bowl of washed fruit on your counter or in your staff room in plain sight where anyone can reach it.

**Wellness Recipe - Black Beans With Rice**

1 lb black beans, dry  
7 C water  
1 medium green pepper, coarsely chopped  
1 1/2 C onion, chopped  
1 Tbsp vegetable oil  
2 bay leaves  
1 clove garlic, minced  
1/2 tsp salt  
1 Tbsp vinegar (or lemon juice)  
6 C rice, cooked in unsalted water  
1 jar (4 oz) sliced pimento, drained  
1 lemon, cut into wedges

1. Pick through beans to remove bad ones. Soak beans overnight in cold water. Drain and rinse. 2. In large soup pot or Dutch oven, stir together beans, water, green pepper, onion, oil, bay leaves, garlic, and salt. Cover and boil for 1 hour. 3. Reduce heat and simmer, covered, for 3–4 hours or until beans are very tender. Stir occasionally, and add water if needed. 4. Remove and mash about a third of beans. Return to pot. Stir and heat through. 5. When ready to serve, remove bay leaves and stir in vinegar or lemon juice. 6. Serve over rice. Garnish with sliced pimento and lemon wedges. A delicious Caribbean favorite that's made with very little added fat. Yield: 6 servings Serving size: 8 oz Each serving provides: Calories: 508 Total fat: 4 g Saturated fat: 1 g Cholesterol: 0 mg Sodium: 206 mg Total fiber: 14 g Protein: 21 g Carbohydrates: 98 g Potassium: 852 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**April 30, 2009**

No rest is worth anything except the rest that is earned. - Jean Paul

**Challenge Tip**

Try frozen or canned fruits and veggies - they are always available.

**Wellness Recipe - Beef and Bean Chili**

2 lb lean beef stew meat, trimmed of fat, cut in 1-inch cubes  
3 Tbsp vegetable oil  
2 C water  
2 tsp garlic, minced  
1 large onion, finely chopped  
1 Tbsp flour  
2 tsp chili powder  
1 green pepper, chopped  
2 lb (or 3 C) tomatoes, chopped  
1 Tbsp oregano  
1 tsp cumin  
2 C canned kidney beans\*

\*To cut back on sodium, try using "no salt added" canned kidney beans or beans prepared at home without salt. 1. Brown meat in large skillet with half of vegetable oil. Add water. Simmer covered for 1 hour until meat is tender. 2. Heat remaining vegetable oil in second skillet. Add garlic and onion, and cook over low heat until onion is softened. Add flour and cook for 2 minutes. 3. Add garlic-onion-flour mixture to cooked meat. Then add remaining ingredients to meat mixture. Simmer for 1/2 hour. Here's a lower fat chili that's lost none of its heat. Yield: 9 servings Serving size: 8 oz Each serving provides: Calories: 284 Total fat: 10 g Saturated fat: 2 g Cholesterol: 76 mg Sodium: 162 mg Total fiber: 4 g Protein: 33 g Carbohydrates: 16 g Potassium: 769 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**May 1, 2009**

You can set yourself up to be sick, or you can choose to stay well. - Wayne Dyer

**Challenge Tip**

Take the time to prepare and take a healthy lunch to work rather buying something.

**Wellness Recipe - Shish Kabob**

2 Tbsp olive oil  
1/2 C chicken broth  
1/4 C red wine  
1 lemon, juice only  
1 tsp chopped garlic  
1/4 tsp salt  
1/2 tsp rosemary  
1/8 tsp black pepper  
2 lb lean lamb, cut into 1-inch cubes  
24 cherry tomatoes  
24 mushrooms  
24 small onions

1. Combine oil, broth, wine, lemon juice, garlic, salt, rosemary, and pepper. Pour over lamb, tomatoes, mushrooms, and onions. Marinate in refrigerator for several hours or overnight. 2. Put together skewers of lamb, onions, mushrooms, and tomatoes. Broil 3 inches from heat for 15 minutes, turning every 5 minutes. The delicious taste of these kabobs comes from the lively marinade of wine, lemon juice, rosemary, and garlic. Yield: 8 servings Serving size: 1 kabob, with 3 oz of meat Each serving provides: Calories: 274 Total fat: 12 g Saturated fat: 3 g Cholesterol: 75 mg Sodium: 207 mg Total fiber: 3 g Protein: 26 g Carbohydrates: 16 g Potassium: 728 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**May 4, 2009**

While we may not be able to control all that happens to us, we can control what happens inside us. - Benjamin Franklin

**Challenge Tip**

Share a restaurant meal with a friend or family member.

**Wellness Recipe - Baked Trout**

2 lb trout fillet, cut into 6 pieces

Any kind of fish can be used.

3 Tbsp lime juice (about 2 limes)

1 medium tomato, chopped

1/2 medium onion, chopped

3 Tbsp cilantro, chopped

1/2 tsp olive oil

1/4 tsp black pepper

1/4 tsp salt

1/4 tsp red pepper (optional)

1. Preheat oven to 350 °F. 2. Rinse fish and pat dry. Place in baking dish. 3. In separate dish, mix remaining ingredients together and pour over fish. 4. Bake for 15–20 minutes or until fork-tender. You'll reel them in with this nutritious delicious dish.

Yield: 6 servings Serving size: 1 piece Each serving provides: Calories: 236 Total fat: 9 g Saturated fat: 3 g Cholesterol: 104 mg Sodium: 197 mg Total fiber: less than 1 g Protein: 34 g Carbohydrates: 2 g Potassium: 865 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**May 5, 2009**

True friendship is like sound health; the value of it is seldom known until it be lost. - Charles Caleb Colton

**Challenge Tip**

Grill vegetables.

**Wellness Recipe - Grilled Corn on Cob**

Ingredients: 4 ears fresh corn with silks and husks

1 fresh lime or lemon, cut into wedges

salt and pepper to taste (optional)

Directions: Leaving on husks and silks, soak corn for 30 minutes in enough water to cover. Remove corn from water and pull the husks away from the top of the cobs to drain any excess water. Remove corn silk. Pull husks back up to cover corn. Arrange corn on grill over hot coals and close lid of grill. Cook 25–30 minutes, turning frequently, until corn is tender. If husks are too hot to handle, let them cool before removing them. Squeeze fresh lemon juice over corn. Sprinkle with salt, pepper, or chili powder. Quick and Easy Fresh Corn from the Microwave Oven Pull down husks while leaving them attached at ends of corn. Remove corn silk. Rinse. Pull husks back up to cover corn tightly. Microwave the ear for 3 minutes on high power. Pierce a kernel with fork to determine doneness. Re-secure husks and turn ear over if more cooking time is required. Cooking multiple ears of corn at the same time will require a longer cooking time. For husked corn, wrap ears in paper towel or microwave wrap and microwave until done. Nutrition Facts Grilled Corn on Cob Serving Size 1 ear of corn Amount Per Serving Calories 130 Calories from Fat 15 % Daily Value (DV)\* Total Fat 2g 3% Saturated Fat 0g 0% Trans Fat 0g 0% Cholesterol 0mg 0% Sodium 95mg 4% Total Carbohydrate 29g 10% Dietary Fiber 4g 16% Sugars 5g Protein 5g Vitamin A 6% Vitamin C 35% Calcium 0% Iron 4% \* Percent Daily Values are based on a 2,000 calorie diet. [www.cdc.gov](http://www.cdc.gov)

**May 6, 2009**

True enjoyment comes from activity of the mind and exercise of the body; the two are ever united. - Humboldt

**Challenge Tip**

Keep to a regular eating schedule that always includes a healthy breakfast.

**Wellness Recipe - Fresh Cabbage and Tomato Salad**

1 head small cabbage, sliced thinly  
2 medium tomatoes, cut in cubes  
1 C radishes, sliced  
1/4 tsp salt  
2 tsp olive oil  
2 Tbsp rice vinegar (or lemon juice)  
1/2 tsp black pepper  
1/2 tsp red pepper  
2 Tbsp fresh cilantro, chopped

1. In large bowl, mix together cabbage, tomatoes, and radishes.  
2. In another bowl, mix together the rest of the ingredients and pour over vegetables. Tempt your children to eat more vegetables with this refreshing, tasty salad. Yield: 8 servings Serving size: 1 cup Each serving provides: Calories: 43 Total fat: 1 g Saturated fat: less than 1 g Cholesterol: 0 mg Sodium: 88 mg Total fiber: 3 g Protein: 2 g Carbohydrates: 7 g Potassium: 331 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**May 7, 2009**

To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life. - William Londen

**Challenge Tip**

Skip buffets and seconds!

**Wellness Recipe - Candied Yams**

3 (1 1/2 C) medium yams  
1/4 C brown sugar, packed  
1 tsp flour, sifted  
1/4 tsp salt  
1/4 tsp ground cinnamon  
1/4 tsp ground nutmeg  
1/4 tsp orange peel  
1 tsp soft tub margarine  
1/2 C orange juice

1. Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness.  
2. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.  
3. Place half of sliced yams in medium-size casserole dish. Sprinkle with spiced sugar mixture.  
4. Dot with half the amount of margarine.  
5. Add second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.  
6. Bake uncovered for 20 minutes in oven that was preheated to 350 °F. A bit of margarine and some orange juice make this dish sweet. Yield: 6 servings Serving size: 1/4 cup Each serving provides: Calories: 110 Total fat: less than 1 g Saturated fat: less than 1 g Cholesterol: 0 mg Sodium: 115 mg Total fiber: 2 g Protein: 1 g Carbohydrates: 25 g Potassium: 344 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**May 8, 2009**

Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded. - Goethe

**Challenge Tip**

Eat a healthy snack before you get too hungry.

**Wellness Recipe - Oriental Rice**

1 1/2 C water  
1 C chicken stock or broth,  
fat skimmed from top  
1 1/3 C long grain white rice, uncooked  
2 tsp vegetable oil  
2 Tbsp onion, finely chopped  
1 C celery, finely chopped  
2 Tbsp green pepper, finely chopped  
1/2 C pecans, chopped  
1/4 tsp ground sage  
1/2 C water chestnuts, sliced  
1/4 tsp nutmeg  
to taste black pepper

1. Bring water and stock to boil in medium-size saucepan. 2. Add rice and stir. Cover and simmer for 20 minutes. 3. Remove pan from heat. Let stand, covered, for 5 minutes or until all liquid is absorbed. Reserve. 4. Heat oil in large nonstick skillet. 5. Sauté onion and celery over moderate heat for 3 minutes. Stir in remaining ingredients, including reserved cooked rice. Fluff with fork before serving. Skim off the fat from the chicken stock, use a minimum of oil, and don't add salt—and you'll create a dish that's flavorful and healthy. Yield: 10 servings Serving size: 1/2 cup Each serving provides: Calories: 139 Total fat: 5 g Saturated fat: less than 1 g Cholesterol: 0 mg Sodium: 86 mg Total fiber: 1 g Protein: 3 g Carbohydrates: 21 g Potassium: 124 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**May 11, 2009**

Sometimes the most urgent and vital thing you can possibly do is take a complete rest. - Ashleigh Brilliant

**Challenge Tip**

Get in the habit of reading the food label and ingredients of the foods you purchase.

**Wellness Recipe - Green Beans Sauté**

1 lb fresh or frozen green beans, cut in 1-inch pieces  
1 Tbsp vegetable oil  
1 large yellow onion, halved lengthwise, thinly sliced  
1/2 tsp salt  
1/8 tsp black pepper  
1 Tbsp fresh parsley, minced

1. If using fresh green beans, cook in boiling water for 10–12 minutes or steam for 2–3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first. 2. Heat oil in large skillet. Sauté onion until golden. 3. Stir in green beans, salt, and pepper. Heat through. 4. Before serving, toss with parsley. In this dish, green beans and onions are lightly sautéed in just 1 tablespoon of oil. Yield: 4 servings Serving Size: 1/4 cup Each serving provides: Calories: 64 Total fat: 4 g Saturated fat: less than 1 g Cholesterol: 0 mg Sodium: 282 mg Total fiber: 3 g Protein: 2 g Carbohydrates: 8 g Potassium: 161 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**May 12, 2009**

If you can find a path with no obstacles, it probably doesn't lead anywhere. — Anonymous

**Challenge Tip**

Flavor foods with herbs, spices, and other lower fat seasonings.

**Wellness Recipe - Garden Potato Salad**

6 (about 3 lb) large potatoes, boiled in jackets, peeled, cut into 4-inch cubes

- 1 C celery, chopped
- 1/2 C green onion, sliced
- 2 Tbsp parsley, chopped
- 1 C lowfat cottage cheese
- 3/4 C skim milk
- 3 Tbsp lemon juice
- 2 Tbsp cider vinegar
- 1/2 tsp celery seed
- 1/2 tsp dill weed
- 1/2 tsp dry mustard
- 1/2 tsp white pepper

1. In large bowl, place potatoes, celery, green onion, and parsley. 2. Meanwhile, in blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper until smooth. Chill for 1 hour. 3. Pour chilled cottage cheese mixture over vegetables and mix well. Chill at least 30 minutes before serving. Lowfat cottage cheese is the secret ingredient in this delicious dish. Yield: 10 servings Serving size: 1 cup Each serving provides: Calories: 145 Total fat: 1 g Saturated fat: less than 1 g Cholesterol: 2 mg Sodium: 122 mg Total fiber: 3 g Protein: 6 g Carbohydrates: 29 g Potassium: 543 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**May 13, 2009**

Physical activity can add years to your life, and life to your years.

**Challenge Tip**

Substitute vegetables for other ingredients in your sandwich.

**Wellness Recipe - Carrot-Raisin Bread**

- 1 1/2 C all-purpose flour, sifted
- 1/2 C sugar
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground allspice
- 1 egg, beaten
- 1/2 C water
- 2 Tbsp vegetable oil
- 1/2 tsp vanilla
- 1 1/2 C carrots, finely shredded
- 1/4 C pecans, chopped
- 1/4 C golden raisins

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans. 2. Stir together dry ingredients in large mixing bowl. Make well in center of dry mixture. 3. In separate bowl, mix together remaining ingredients. Add mixture all at once to dry ingredients. Stir just enough to moisten and evenly distribute carrots. 4. Turn into prepared pan. Bake for 50 minutes or until toothpick inserted in center comes out clean. 5. Cool for 5 minutes in pan. Remove from pan and complete cooling on wire rack before slicing. You don't need lots of oil and eggs to make a rich-tasting bread—as this recipe shows. Yield: 2 loaves Serving size: 1/2-inch slice Each serving provides: Calories: 99 Total fat: 3 g Saturated fat: less than 1 g Cholesterol: 12 mg Sodium: 97 mg Total fiber: 1 g Protein: 2 g Carbohydrates: 17 g Potassium: 69 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**May 14, 2009**

It's easier to maintain your health than regain it. — Dr. Ken Cooper

**Challenge Tip**

Try a new fruit or vegetable (ever had jicama, plantain, bok choy, starfruit or papaya?)

**Wellness Recipe - Banana-Nut Bread**

- 1 C ripe bananas, mashed
- 1/3 C lowfat buttermilk
- 1/2 C brown sugar, packed
- 1/4 C margarine
- 1 egg
- 2 C all-purpose flour, sifted
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 C pecans, chopped

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans. 2. Stir together mashed bananas and buttermilk. Set aside. 3. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture and beat well. 4. Sift together flour, baking powder, baking soda, and salt. Add all at once to liquid ingredients. Stir until well blended. 5. Stir in nuts, and turn into prepared pans. 6. Bake for 50–55 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes in pans. 7. Remove from pans and complete cooling on a wire rack before slicing. Bananas and lowfat buttermilk lower the fat for this old favorite, while keeping all the moistness. Yield: 2 loaves Serving size: 1/2-inch slice Each serving provides: Calories: 133 Total fat: 5 g Saturated fat: 1 g Cholesterol: 12 mg Sodium: 138 mg Total fiber: 1 g Protein: 2 g Carbohydrates: 20 g Potassium: 114 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**May 15, 2009**

There are 1440 minutes in every day. Schedule 30 of them for physical activity.

**Challenge Tip**

When walking, go up the hills instead of around them.

**Wellness Recipe - Rainbow Fruit Salad**

**FOR FRUIT SALAD**

- 1 large mango, peeled, diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, unpeeled, sliced
- 1 kiwi fruit, peeled, sliced

**FOR HONEY–ORANGE SAUCE**

- 1/3 C unsweetened orange juice
- 2 Tbsp lemon juice
- 1 1/2 Tbsp honey
- 1/4 tsp ground ginger
- dash nutmeg

1. Prepare the fruit. 2. Combine all ingredients for sauce and mix. 3. Just before serving, pour honey–orange sauce over fruit. You can't go wrong with this salad— it's juicy, fresh, naturally low in fat and sodium, and cholesterol free. Enjoy it as a salad or a dessert. Yield: 12 servings Serving Size: 4-oz cup Each serving provides: Calories: 96 Total fat: 1 g Saturated fat: less than 1 g Cholesterol: 0 mg Sodium: 4 mg Total fiber: 3 g Protein: 1 g Carbohydrates: 24 g Potassium: 302 mg [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)