



Healthy Dinners at Home

Simple, satisfying entrees for the busy family.

Courtesy of GEHA

GEHA®

In a time crunch
and it's almost time for dinner?

Wait!

Take a time-out from fast food
and carry-out!

This collection of easy-to-prepare recipes
lets you put wholesome,
delicious meals on the table in no time.
Who knew quick-and-tasty
could be so good for you?



Poultry



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Chicken and Dumplings

Ingredients

- 2-1/4 cups canned low-sodium chicken broth
- 1/4 cup water
- 1 medium onion, peeled and chopped
- 4-1/2 cups frozen mixed vegetables (corn, peas, carrots and green beans)
- 2 cups cooked and chopped chicken
- 1 teaspoon dried thyme
- 1-1/4 cups reduced-fat prepared baking mix
- 1/3 cup low-fat milk
- 1 egg

Directions

1. In a large pot, combine chicken broth, water, onion, vegetables, chicken and thyme.
2. Cover and bring to a boil over medium-high heat. Reduce heat and simmer for 15 minutes.
3. Place baking mix in a small bowl. Remove 2 tablespoons and stir into pot to thicken stew.
4. Add milk and egg to remaining baking mix and stir with a fork to blend. Drop rounded tablespoons onto hot chicken mixture. Cook over low heat, uncovered, for 5 minutes.
5. Cover and cook for 5 minutes more. Serve while hot.

Makes 6 servings.

Serving Size: 1-1/4 cups

Per serving:

| | |
|---------------------|--------|
| Calories | 226 |
| Total carbohydrates | 24 g |
| Dietary fiber | 3 g |
| Protein | 21 g |
| Total fat | 5 g |
| Saturated fat | 1 g |
| Trans fat | 0 g |
| Cholesterol | 74 mg |
| Sodium | 362 mg |

Chicken Enchilada Casserole

Ingredients

- 1-1/2 cups thick and chunky salsa (divided)
- 4 (6-inch) corn tortillas
- 1/3 cup diced onion
- 1 can (15 ounces) black beans, drained and rinsed
- 1 cup cooked, chopped chicken
- 1 cup low-fat sour cream
- 1 cup shredded Colby-Monterey Jack cheese

Directions

1. Preheat oven to 350 degrees.
2. Pour 1/2 cup salsa in bottom of 9x9-inch square baking dish that has been lightly coated with cooking spray.
3. Cut or tear tortillas in half and use four pieces to cover bottom of dish.
4. In a medium mixing bowl, combine 1 cup salsa, onion, beans and chicken. Spoon half of chicken mixture over tortillas.
5. Top with half the sour cream, then half the cheese.
6. Continue layering with remaining tortilla halves, chicken mixture, sour cream and cheese.
7. Cover with foil and bake 35 minutes until bubbly. Uncover and bake 5 to 10 minutes longer until cheese is melted.

Makes 6 servings.

Serving Size: 1 cup

Per serving:

| | |
|---------------------|--------|
| Calories | 260 |
| Calories from fat | 70 |
| Total fat | 8 g |
| Saturated fat | 5 g |
| Cholesterol | 40 mg |
| Sodium | 940 mg |
| Total carbohydrates | 32 g |
| Dietary fiber | 6 g |
| Sugars | 9 g |
| Protein | 19 g |

Easy Chicken Pot Pie

Ingredients

- 1-2/3 cups frozen mixed vegetables, thawed
- 1 cup cut-up cooked chicken
- 1 (10-3/4 ounce) can condensed low-fat cream of chicken soup
- 1 cup reduced-fat baking mix
- 1/2 cup milk
- 1 egg

Directions

1. Pre-heat oven to 400 degrees.
2. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate.
3. Stir remaining ingredients in a mixing bowl with fork until blended.
Pour over vegetables and chicken in pie plate.
4. Bake 30 minutes or until golden brown.
5. Let cool for 5 minutes and serve.

Makes 6 servings.

Serving Size: 1/6 of pie**Per serving:**

| | |
|---------------------|--------|
| Calories | 190 |
| Total fat | 4 g |
| Saturated fat | 1 g |
| Trans fat | 0 g |
| Cholesterol | 60 mg |
| Sodium | 460 mg |
| Total carbohydrates | 25 g |
| Dietary fiber | 1 g |
| Sugars | 4 g |
| Protein | 12 g |

20-Minute Chicken Creole

Ingredients

- 1 tablespoon vegetable oil
- 2 whole, skinless, boneless chicken breasts
- 1 can (14-1/2 ounces) diced tomatoes with juice
- 1 cup chili sauce, low-sodium
- 1 chopped green pepper, large
- 2 chopped celery ribs
- 1 chopped onion, small
- 2 minced garlic cloves
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

Directions

1. Heat pan over medium-high heat (350 degrees in an electric skillet). Add vegetable oil and chicken and cook until no longer pink when cut (3 to 5 minutes).
2. Reduce heat to medium (300 degrees in electric skillet).
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper and salt.
4. Bring to a boil; reduce heat to low and simmer, covered, for 10 to 15 minutes.
5. Serve over hot, cooked rice or whole wheat pasta.
6. Refrigerate leftovers within 2 to 3 hours.

Makes 8 servings.

Serving Size: 1 cup

Per serving:

| | |
|---------------------|--------|
| Calories | 130 |
| Total fat | 3 g |
| Saturated fat | 0 g |
| Trans fat | 0 g |
| Cholesterol | 20 mg |
| Sodium | 260 mg |
| Total carbohydrates | 18 g |
| Dietary fiber | 1 g |
| Sugars | 7 g |
| Protein | 9 g |

Party-Time Pasta

Ingredients

- 1/2 pound turkey, lean ground
- 1 teaspoon paprika
- 1 can (14-1/2 ounces) tomatoes, crushed
- 1 can (14-1/2 ounces) chicken broth, reduced sodium
- 2 cups pasta, bow-tie, uncooked
- 3 cups frozen vegetables such as carrots, broccoli and cauliflower, thawed

Tasty Topping:

- 1/2 cup chopped fresh or dried parsley
- 1/4 cup bread crumbs, seasoned, dry
- 1/4 cup grated Parmesan cheese

Directions

1. Heat a large nonstick pan over medium heat. Add ground turkey and paprika. Cook and stir until meat is brown and no longer pink, about 5 minutes.
2. Stir in tomatoes, chicken broth and pasta. Bring mixture to a boil. Reduce heat to medium-low. Cover and simmer until pasta is almost tender, about 10 to 15 minutes.
3. Remove lid. Place vegetables on top of pasta. Replace lid. Cook until vegetables are tender, about 5 minutes.
4. Prepare the Tasty Topping. Mix parsley, bread crumbs and Parmesan cheese. Sprinkle over vegetables in skillet. Cover and let sit for 3 minutes before serving.

Makes 6 servings.

Serving Size: 1 cup

Per serving:

| | |
|---------------------|--------|
| Calories | 210 |
| Total fat | 6 g |
| Saturated fat | 2 g |
| Trans fat | 0 g |
| Cholesterol | 35 mg |
| Sodium | 410 mg |
| Total carbohydrates | 26 g |
| Dietary fiber | 5 g |
| Sugars | 3 g |
| Protein | 14 g |

Home-Style Chicken Stew

Ingredients

- 1 14-oz. can chicken broth
- 2 cups potatoes, diced, with skin
- 2 cups frozen peas and carrots
- 1 cup roasted chicken breast pieces, skinless
- 2 teaspoons granulated garlic with parsley

Directions

1. Place all ingredients into a large covered microwaveable container.
2. Microwave on full power for 25 minutes or until potatoes are tender.
3. Season the stew with black pepper if desired. Serve hot.

Makes 4 servings.

Serving Size: 1-1/2 cups**Per serving:**

| | |
|---------------------|--------|
| Calories | 163 |
| Total fat | 2 g |
| Saturated fat | 0 g |
| Trans fat | 0 g |
| Cholesterol | 43 mg |
| Sodium | 161 mg |
| Total carbohydrates | 16 g |
| Dietary fiber | 3.5 g |
| Protein | 19 g |

Sloppy Garden Joes

Ingredients

- 1 yellow onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound ground turkey or chicken
- 1 can (8 ounces) tomato sauce, unsalted
- 1 can (15 ounces) whole tomatoes, crushed
- 1 can (8 ounces) mushrooms, drained
- 1/4 cup barbecue sauce
- 6 whole-wheat buns, split in half to make 12

Directions

1. Sauté onions, carrots, green pepper and ground turkey or chicken in a pan over medium heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce and seasonings and bring to boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole-wheat buns.
6. Refrigerate leftovers within 2 hours.

Makes 12 servings.

Serving Size: 1 sandwich

Per serving:

| | |
|----------------------------|--------|
| <i>Calories</i> | 140 |
| <i>Total fat</i> | 5 g |
| <i>Saturated fat</i> | 1 g |
| <i>Trans fat</i> | 0 g |
| <i>Cholesterol</i> | 20 mg |
| <i>Sodium</i> | 330 mg |
| <i>Total carbohydrates</i> | 18 g |
| <i>Dietary fiber</i> | 3 g |
| <i>Sugars</i> | 6 g |
| <i>Protein</i> | 7 g |

Scrumptious Meatloaf

Time-saving tip: Mix it up the night before, then refrigerate until you're ready to cook!

Ingredients

- 1 pound extra-lean ground beef
- 1/2 cup tomato paste
- 4 cups onion, chopped
- 4 cups green pepper
- 4 cups red pepper
- 1 cup fresh tomatoes, blanched, chopped
- 2 teaspoons mustard, low-sodium
- 4 teaspoons ground black pepper
- 2 teaspoons hot pepper, chopped
- 2 cloves garlic, chopped
- 2 scallions, chopped
- 2 teaspoons ground ginger
- 8 teaspoons ground nutmeg
- 1 teaspoon orange rind, grated
- 2 teaspoons thyme, crushed
- 4 cups bread crumbs, finely grated

Directions

1. Preheat oven to 350 degrees.
2. Mix all ingredients together.
3. Place in 1-pound loaf pan (preferably with drip rack) and bake, covered, for 50 minutes.
4. Uncover pan and continue baking for 12 minutes.

Makes 6 servings.

**Serving Size: 1-1/4 inch
thick slice**

Per serving:

| | |
|---------------------|--------|
| Calories | 193 |
| Total fat | 9 g |
| Saturated fat | 3 g |
| Cholesterol | 45 mg |
| Sodium | 91 mg |
| Dietary fiber | 2 g |
| Protein | 17 g |
| Total carbohydrates | 11 g |
| Potassium | 513 mg |

Cheesy Crockpot Swiss Steak

Prep in the morning, pop it in the crockpot before you go to work, and come home to a delectable aroma and a delicious feast!

Ingredients

- 2 pounds beef round roast (1-inch thick)
- 1/4 cup flour
- 1/2 teaspoon salt
- 2 chopped carrots
- 1/4 cup chopped onion
- 1/2 teaspoon Worcestershire sauce
- 8-ounce can of tomato sauce
- 1/2 cup American cheese, shredded

Directions

1. Cut the beef roast into four pieces.
2. In a small bowl, mix the flour and salt.
3. Dip each piece of meat into the flour-salt mixture. Coat it on all sides.
4. Put meat in the slow cooker. Add the chopped carrots and onion. Add Worcestershire sauce and tomato sauce.
5. Cover and cook on low for 8 to 10 hours.
6. Just before serving, sprinkle the cheese on top.

Makes 8 servings.

Serving Size: 1/8 recipe

Per serving:

Calories 210

Fat 7 g

Total
carbohydrates 7 g

Skillet Lasagna

Ingredients

- 1/2 pound ground beef
- 1/2 onion, chopped (about 1/2 cup)
- 2 cloves garlic, minced or 1/4 teaspoon garlic powder
- 3 cups spaghetti or pasta sauce (26 to 28 ounces)
- 1 cup water
- 8 ounces wide noodles
- 1 10-ounce package chopped spinach, thawed
- 1 12-ounce container low-fat cottage cheese
- 1/2 cup (4 ounces) shredded mozzarella cheese
- Optional: fresh or canned, drained sliced mushrooms

Directions

1. Cook ground beef, onions and garlic together in a large skillet or electric fry pan; stir to prevent sticking. When ground beef has turned brown, transfer mixture to a colander set over a bowl and rinse with hot water to remove grease. Return mixture to skillet.
2. Add spaghetti sauce and water to skillet and bring to a boil.
3. Add uncooked noodles, stir, cover with lid, turn down the heat and cook 5 minutes.
4. Squeeze the thawed spinach with your clean hands to remove the juice and then stir into the pan. Add mushrooms if you like. Cover and simmer 5 minutes.
5. Spoon cottage cheese over the top. Sprinkle with mozzarella cheese, put the lid on and let it heat another 5 to 10 minutes until heated through and noodles are tender.

Makes 8 servings.

Serving Size: 1 cup

Per serving:

| | |
|---------------------|----------|
| Calories | 264 |
| Fat | 5.8 g |
| Saturated fat | 2.6 g |
| Trans fat | 0 g |
| Sodium | 551.2 mg |
| Cholesterol | 30.7 mg |
| Total carbohydrates | 30.4 g |
| Dietary fiber | 3.1 g |
| Sugar | 5.4 g |
| Protein | 20.4 g |

Stir-Fried Beef and Potatoes

Ingredients

- 1-1/2 pounds sirloin steak
- 2 teaspoons vegetable oil
- 1 clove garlic, minced
- 1 teaspoon vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 large onions, sliced
- 1 large tomato, sliced
- 3 cups boiled potatoes, diced

Directions

1. Trim fat from steak and cut into small, thin pieces.
2. In a large skillet, heat oil and sauté garlic until garlic is golden. Add steak, vinegar, salt and pepper.
3. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.

Makes 6 servings.

Serving Size: 1-1/4 cups

Per serving:

| | |
|---------------------|--------|
| Calories | 274 |
| Total fat | 5 g |
| Saturated fat | 1 g |
| Cholesterol | 56 mg |
| Sodium | 96 mg |
| Dietary fiber | 3 g |
| Protein | 24 g |
| Total carbohydrates | 33 g |
| Potassium | 878 mg |

Beef Casserole

Ingredients

- 1/2 pound lean ground beef
- 1 cup onion, chopped
- 1 cup celery, chopped
- 1 cup green pepper, cubed
- 3-1/2 cups tomatoes, diced
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon paprika
- 1 cup frozen peas
- 2 small carrots, diced
- 1 cup uncooked rice
- 1-1/2 cups water

Directions

1. In a skillet, brown the ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well. Cook over medium heat and cover skillet until boiling. Reduce to low heat and simmer for 35 minutes. Serve hot.

Makes 8 servings.

Serving Size: 1-1/3 cups

Per serving:

| | |
|---------------|--------|
| Calories | 184 |
| Total fat | 3 g |
| Saturated fat | 1 g |
| Cholesterol | 15 mg |
| Sodium | 125 mg |
| Calcium | 33 mg |
| Iron | 2 mg |

Baked Pork Chops

Ingredients

- 6 lean center-cut pork chops, 1/2-inch thick
- 1 egg white (or substitute liquid egg white)
- 1 cup fat-free evaporated milk
- 3/4 cup cornflake crumbs
- 1/4 cup breadcrumbs
- 4 teaspoons paprika
- 2 teaspoons oregano
- 3/4 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon dry mustard
- 1/2 teaspoon salt
- Cooking spray

Directions

1. Preheat oven to 375 degrees.
2. Trim fat from pork chops.
3. Beat together egg white and evaporated milk. Place pork chops in milk mixture and let stand for 5 minutes, turning once.
4. Meanwhile, mix cornflake crumbs, breadcrumbs, spices and salt.
5. Spray cooking spray on 13- by 9-inch baking pan.
6. Remove pork chops from milk mixture and coat thoroughly with crumb mixture.
7. Place pork chops in pan and bake at 375 degrees for 20 minutes. Turn chops and bake for an additional 15 minutes or until pork is fully cooked (to a minimum internal temperature of 160 degrees).
8. Serve immediately.

Makes 6 servings.

Serving Size: 1 pork chop

Per serving:

| | |
|---------------------|--------|
| Calories | 216 |
| Total fat | 8 g |
| Saturated fat | 3 g |
| Cholesterol | 62 mg |
| Sodium | 346 mg |
| Dietary fiber | 1 g |
| Protein | 25 g |
| Total carbohydrates | 10 g |
| Potassium | 414 mg |

Potato and Pork Curry

Ingredients

- 1 teaspoon olive oil
- 1 medium onion, cut in wedges
- 2 cloves garlic, minced
- 2 teaspoons curry powder
- 1 can (14 ounces) tomatoes
- 1 can (14 ounces) no-salt-added green beans, drained
- 4 potatoes (medium-sized), cooked and cut in chunks
- 2 cups cubed or strips cooked pork
- 1/3 cup seedless raisins

Directions

1. Place onion, garlic, curry and oil in 2-quart casserole. Microwave on high for 2 minutes. Stir.
2. Add tomatoes and green beans. Microwave on high 4 minutes, stirring after 2 minutes.
3. Add potatoes, meat and raisins. Mix well. Microwave on high 2 minutes or until hot.
4. Season with salt and pepper, if desired.

Makes 4 servings.

Serving Size: 1/4 of recipe

Per serving:

| | |
|---------------------|--------|
| Calories | 350 |
| Total fat | 6 g |
| Saturated fat | 2 g |
| Trans fat | 0 g |
| Cholesterol | 65 mg |
| Sodium | 200 mg |
| Total carbohydrates | 50 g |
| Dietary fiber | 7 g |
| Sugars | 14 g |
| Protein | 26 g |

Zucchini Casserole

Ingredients

- 1 pound ground sausage
- 1 small onion, diced
- 3 small zucchini, diced
- 3 small, yellow squash, diced
- 3 medium potatoes, peeled and diced
- 1 can Italian stewed tomatoes, cut up

Directions

1. Brown sausage and onion together in a skillet; drain. Mix all ingredients together and place in a casserole dish.
2. Cover with foil and bake at 350 degrees for 45 minutes.

Makes 6 servings.

Serving Size: 1/6 of recipe

Per serving:

| | |
|---------------------|--------|
| Calories | 220 |
| Total fat | 8 g |
| Saturated fat | 3 g |
| Trans fat | 0 g |
| Cholesterol | 30 mg |
| Sodium | 460 mg |
| Total carbohydrates | 25 g |
| Dietary fiber | 4 g |
| Sugars | 7 g |
| Protein | 11 g |

Quick Cassoulet

Ingredients

- Nonstick low-fat cooking spray
- 6 ounces lean, boneless pork, cut into bite-sized pieces
- 1 large onion cut into wedges
- 2 medium carrots, peeled and thinly sliced
- 2 cloves garlic, chopped
- 1/2 cup reduced-sodium chicken or vegetable broth
- 1/2 teaspoon dried thyme, crushed
- 3 medium tomatoes, diced
- 1/4 cup dry white wine or reduced-sodium chicken or vegetable broth
- 1 15-ounce can Great Northern or Navy beans, drained
- 6 ounces fully cooked, low-fat smoked turkey sausage, cut into bite-sized pieces
- 1 tablespoon snipped fresh parsley

Directions

1. Lightly coat a large saucepan or a 4-quart Dutch oven with nonstick cooking spray and heat over medium-high heat.
2. Add pork and cook for 2 to 3 minutes or until lightly browned.
3. Add onion, carrots, garlic, 1/2 cup broth and thyme. Bring to boiling then reduce heat and simmer for 7 to 8 minutes or until pork and vegetables are tender.
4. Add tomatoes, wine or broth, and beans.
5. Mash beans slightly and add sausage. Bring to boil then reduce and simmer for 1 to 2 minutes before serving.
6. Sprinkle with parsley.

Makes 5 servings.

Serving Size: 1/5 of recipe

Per serving:

| | |
|---------------------|--------|
| Calories | 281 |
| Total fat | 9 g |
| Saturated fat | 3 g |
| Cholesterol | 41 mg |
| Sodium | 746 mg |
| Total carbohydrates | 27 g |
| Dietary fiber | 6 g |
| Sugars | 0 g |
| Protein | 22 g |

Baked Spicy Fish

Ingredients

- 1 pound cod fillets, fresh or frozen
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon pepper
- 1/8 teaspoon ground oregano
- 1/8 teaspoon ground thyme
- 1 tablespoon lemon juice
- 1-1/2 tablespoons margarine, melted

Directions

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350 degrees.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13x9x2-inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Makes 4 servings.

**Serving Size: about 3
ounces**

Per serving:

| | |
|-------------------|--------|
| Calories | 140 |
| Total fat | 5 g |
| Saturated fat | 1 g |
| Total cholesterol | 51 mg |
| Sodium | 123 mg |

Quick Tuna Casserole

Ingredients

- 4 cups water
- 5 ounces wide egg noodles
- 10 ounces low-sodium cream of mushroom soup
- 1/3 cup skim milk
- 1 can (6-1/2 ounces) tuna, packed in water, drained
- 1 cup frozen green peas
- 1 cup fresh bread crumbs

Directions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs.
8. Bake for 30 minutes.

Makes 6 servings.

Serving Size: 1/6 of recipe

Per serving:

| | |
|---------------------|--------|
| Calories | 240 |
| Total fat | 4.5 g |
| Saturated fat | 1 g |
| Trans fat | 0 g |
| Cholesterol | 30 mg |
| Sodium | 290 mg |
| Total carbohydrates | 35 mg |
| Dietary fiber | 3 g |
| Sugars | 4 g |
| Protein | 15 g |

Dilled Fish Fillets

Ingredients

- 1 pound frozen haddock or cod fillets
- 1 tablespoon lemon juice
- 1/8 teaspoon dried dill weed
- 1/8 teaspoon salt
- Dash of black pepper

Directions

1. Thaw frozen fish in refrigerator overnight or thaw in microwave oven. Then, separate into 4 fillets or pieces.
2. Place fish in a glass baking dish. Cover with wax paper.
3. Cook at "medium" power in the microwave for 3 minutes. Remove cover, turn fish over, and sprinkle with lemon juice and seasonings.
4. Cover and continue cooking at "medium" power for 3 minutes or until fish flakes with a fork.

Skillet method:

1. Separate into four fillets or pieces.
2. Place fish in heated fry pan. Sprinkle with lemon juice and seasonings.
3. Cover and cook over moderate heat until fish flakes when tested with a fork, about 5 minutes.

Makes 4 servings.

Serving Size: 1/4 of recipe

Per serving:

| | |
|---------------------|--------|
| Calories | 100 |
| Total fat | 1 g |
| Saturated fat | 0 g |
| Trans fat | 0 g |
| Cholesterol | 65 mg |
| Sodium | 150 mg |
| Total carbohydrates | 0 g |
| Dietary fiber | 0 g |
| Sugars | 0 g |
| Protein | 21 g |

Spanish-Style Shrimp Stew

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon garlic, minced (about 2 to 3 cloves)
- 1 cup fennel (about 1 bulb, outer layers removed), rinsed and diced (or substitute leek or onion)
- 2 cans (14-1/2 ounces each) cans no-salt-added diced tomatoes
- 1 cup low-sodium chicken broth
- 2 pounds new (red) potatoes, rinsed and quartered (about 2 cups)
- 12 ounces large shrimp, peeled and deveined (about 24 pieces)
- 2 tablespoons fresh oregano, rinsed, dried and chopped (or 2 teaspoons dried)
- 2 tablespoons lemon juice
- 2 tablespoons fresh basil, rinsed, dried and chopped (or 2 teaspoons dried)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

1. Heat olive oil in a large sauté pan. Add garlic and fennel, and cook on medium heat, stirring often, until the fennel pieces begin to soften, about 5 to 7 minutes.
2. Add tomatoes, chicken broth and potatoes, and bring to a boil. Lower temperature to a gentle simmer, and cook until the potatoes begin to soften, about 10 minutes.
3. Add shrimp, oregano, lemon juice and basil, and mix gently. Continue to simmer until the shrimp are pink and fully cooked, about 5 minutes (to a minimum internal temperature of 145 degrees).
4. Add salt and pepper.
5. Serve 1-1/2 cups stew (each serving to include about 6 shrimp).

Makes 4 servings.

**Serving Size: 1-1/2
cups stew**

Per serving:

| | |
|---------------------|--------|
| Calories | 211 |
| Total fat | 5 g |
| Saturated fat | 1 g |
| Cholesterol | 126 mg |
| Sodium | 375 mg |
| Dietary fiber | 4 g |
| Protein | 18 g |
| Total carbohydrates | 25 g |
| Potassium | 276 mg |

Tuna Melt Burger

Ingredients

- 1 (6 ounce) can tuna
- 2 medium stalks celery, chopped
- 1/4 cup light mayonnaise
- 1 tablespoon instant minced onion
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 12 slices whole-wheat bread

Directions

1. Preheat oven to 350 degrees F.
2. Drain tuna and break the meat apart with a fork.
3. Wash and chop the celery and dice the cheese.
4. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt and pepper into a medium mixing bowl with a wooden spoon.
5. Spread tuna mixture on six of the pieces of whole-wheat bread and place a single slice of bread on top of each (You will make a total of 6 sandwiches.).
6. Put each sandwich on a square of aluminum foil, and then wrap the foil around sandwiches, folding edges securely.
7. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.

Makes 6 servings.

Serving Size: 1 sandwich

Per serving:

| | |
|---------------------|--------|
| Calories | 250 |
| Total fat | 9 g |
| Saturated fat | 3 g |
| Trans fat | 0 g |
| Cholesterol | 25 mg |
| Sodium | 550 mg |
| Total carbohydrates | 26 g |
| Dietary fiber | 4 g |
| Sugars | 4 g |
| Protein | 17 g |

Braised Cod with Leeks

Ingredients

- 1 tablespoon butter
- 2 cups leeks, split lengthwise, sliced thin and rinsed well
- 3 medium carrots, rinsed, peeled and cut into thin strips
- 4 new (red) potatoes, rinsed and sliced into 1/2-inch thick circles
- 2 cups low-sodium chicken broth
- 2 tablespoons fresh parsley, rinsed, dried and chopped (or 2 teaspoons dried)
- 12 ounces cod fillets, cut into 4 portions (3 ounces each)
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

1. Heat butter in a large sauté pan. Add leeks and carrots, and cook gently for 3 to 5 minutes, stirring often, until the vegetables begin to soften.
2. Add potatoes, chicken broth, parsley, salt and pepper, and bring to a boil over high heat. Reduce heat and simmer gently until the vegetables are just tender, about 10 to 12 minutes.
3. Add cod fillets, and cover with a tight-fitting lid. Continue cooking over low heat for an additional 5 minutes or until the fish is white and flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 degrees).
4. Serve each cod fillet with 1-1/2 cups broth and vegetables.

Makes 4 servings.

**Serving Size: 3 oz. cod,
1-1/2 cups broth &
vegetable**

Per serving:

| | |
|---------------------|--------|
| Calories | 158 |
| Total fat | 4 g |
| Saturated fat | 2 g |
| Cholesterol | 42 mg |
| Sodium | 437 mg |
| Dietary fiber | 3 g |
| Protein | 17 g |
| Total carbohydrates | 13 g |
| Potassium | 476 mg |

Baked Tilapia with Roasted Vegetables

Ingredients

- 4 4-ounce tilapia fillets
 - Cooking spray
 - 1/3 cup white wine
 - 1 teaspoon garlic powder
 - 1/2 teaspoon onion powder, to taste
 - Salt, to taste
 - Pepper, to taste
- Vegetable mix:*
- 1 cup onions, sliced thin
 - 1/2 cup chopped cilantro
 - 1/4 cup carrots, sliced thin
 - 1 cup tomatoes, quartered
 - 1/4 cup chopped red pepper
 - 1/4 cup chopped green pepper
 - 2 teaspoons lemon juice
 - 1 cup salsa
 - 1 tablespoon honey
 - 1 tablespoon olive oil

Directions

1. Preheat oven to 350 degrees.
2. Spray baking sheets with cooking spray.
3. Place fish on baking sheet. Pour wine over fish and season with dry spices.
4. Combine vegetables, salsa and remaining ingredients.
5. Top fish with vegetable salsa.
6. Bake fish for about 10 minutes or longer until vegetables are soft and fish is cooked through.

Makes 4 servings.

**Serving Size: 4 oz. fish
with vegetable topping**

Per serving:

| | |
|------------------------|--------|
| Calories | 227 |
| Fat | 5.7 g |
| Cholesterol | 58 mg |
| Total carbohydrates | 14 g |
| Protein | 29 g |
| Sodium | 187 mg |

Asian-Style Steamed Salmon

Ingredients

- 1 cup low-sodium chicken broth
- 1/2 cup shiitake mushroom caps, rinsed and sliced (or substitute dried shiitake mushrooms)
- 2 tablespoons fresh ginger, minced (or 2 teaspoons ground)
- 1/4 cup scallions (green onions), rinsed and chopped
- 1 tablespoon lite soy sauce
- 1 tablespoon sesame oil (optional)
- 12 ounce salmon fillet, cut into 4 portions (3 ounces each)

Directions

1. Combine chicken broth, mushroom caps, ginger, scallions, soy sauce and sesame oil (optional) in a large, shallow sauté pan. Bring to a boil over high heat, then lower heat and simmer for 2 to 3 minutes.
2. Add salmon fillets and cover with a tight-fitting lid. Cook gently over low heat for 4 to 5 minutes or until the salmon flakes easily with a fork in the thickest part (to a minimum internal temperature of 145 degrees).
3. Serve one piece of salmon with 1/4 cup of broth.

Makes 4 servings.

Serving Size: 3 ounces salmon, 1/4 cup broth

Per serving:

| | |
|---------------------|--------|
| Calories | 175 |
| Total fat | 9 g |
| Saturated fat | 2 g |
| Cholesterol | 48 mg |
| Sodium | 208 mg |
| Dietary fiber | 1 g |
| Protein | 19 g |
| Total carbohydrates | 4 g |
| Potassium | 487 mg |

Baked Trout Olé

Ingredients

- 2 pounds trout fillet, cut into 6 pieces (any kind of fish can be used)
- 3 tablespoons lime juice (about 2 limes)
- 1 medium tomato, chopped
- 1/2 medium onion, chopped
- 3 tablespoons cilantro, chopped
- 1/2 teaspoon olive oil
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper (optional)

Directions

1. Preheat oven to 350 degrees.
2. Rinse fish and pat dry. Place into baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 20 minutes or until fork tender.

Makes 6 servings.

Serving Size: 1 piece

Per serving:

| | |
|---------------------|--------|
| Calories | 236 |
| Fat | 9 g |
| Saturated fat | 3 g |
| Cholesterol | 104 mg |
| Sodium | 197 mg |
| Calcium | 60 mg |
| Iron | 1 mg |
| Dietary fiber | < 1 g |
| Protein | 34 g |
| Total carbohydrates | 2 g |
| Potassium | 865 mg |

Caribbean Casserole

Ingredients

- 1 medium onion, chopped
- 1/2 green bell pepper, rinsed and diced
- 1 tablespoon canola oil
- 1 can (14-1/2 ounces) stewed tomatoes
- 1 can (15-1/2 ounces) low-sodium black beans (or beans of your choice), drained and rinsed
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1-1/2 cups instant brown rice, uncooked

Directions

1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes and beans (including liquid from both), as well as oregano and garlic powder. Bring to a boil.
3. Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes before serving.

Makes 10 servings.

Serving Size: 1 cup

Per serving:

| | |
|---------------------|--------|
| Calories | 185 |
| Total fat | 1 g |
| Saturated fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 297 mg |
| Dietary fiber | 7 g |
| Protein | 7 g |
| Total carbohydrates | 37 g |
| Potassium | 292 mg |

Classic Macaroni and Cheese

Ingredients

- 2 cups macaroni
- 1/2 cup onions, chopped
- 1/2 cup evaporated skim milk
- 1 medium egg, beaten
- 1/4 teaspoon black pepper
- 1-1/4 cup (4 ounces) low-fat sharp cheddar cheese, finely shredded
- As needed, nonstick cooking spray

Directions

1. Cook macaroni according to directions, but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray. Preheat oven to 350 degrees.
3. Lightly spray saucepan with nonstick cooking spray. Add onions and sauté for about 3 minutes.
4. In another bowl, combine macaroni, onions and rest of ingredients and mix.
5. Transfer mixture into casserole dish.
6. Bake for 25 minutes, or until bubbly. Let stand for 10 minutes before serving.

Makes 8 servings.

Serving Size: 1/2 cup

Per serving:

| | |
|---------------------|--------|
| Calories | 200 |
| Total fat | 4 g |
| Saturated fat | 2 g |
| Cholesterol | 34 mg |
| Sodium | 120 mg |
| Dietary fiber | 1 g |
| Protein | 11 g |
| Total carbohydrates | 29 g |
| Potassium | 119 mg |

Mushroom Quiche

Ingredients

- Nonstick cooking spray
- 1-1/4 cups sliced mushrooms
- 3 green onions, finely chopped
- 1 clove garlic, finely chopped
- 1-1/2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1/4 teaspoon salt
- 1 teaspoon dried marjoram
- 1/4 teaspoon dried thyme
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried mustard
- 1 cup egg substitute
- 3/4 cup nonfat milk
- 1/2 cup shredded low-fat cheddar cheese

Directions

1. Place an oven rack in the lower third of the oven. Preheat oven to 375 degrees.
2. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
3. Sauté mushrooms, green onions and garlic until tender, about 5 minutes.
4. Stir in oregano, basil, salt, marjoram, thyme, ground black pepper and dry mustard. Cook until liquid is evaporated, about 2 minutes.
5. Let the mushroom mixture cool for about 5 minutes.
6. In a medium bowl, combine egg substitute, milk and cheese; beat well.
7. Combine the batter with the mushroom mixture and pour into a 10-inch pie dish.
8. Bake for 35 to 45 minutes until filling is puffed, set and starting to brown. Serve while hot.

Makes 6 servings.

Serving Size: 4-inch slice

Per serving:

| | |
|---------------------|--------|
| Calories | 58 |
| Total fat | 1 g |
| Saturated fat | 0 g |
| Trans fat | 0 g |
| Dietary fiber | 1 g |
| Total carbohydrates | 4 g |
| Protein | 8 g |
| Cholesterol | 3 mg |
| Sodium | 280 mg |

Warm Tomato-Pepper Pasta

Ingredients

- 1/2 cup green onion, thinly sliced
- 1 teaspoon garlic, chopped
- 2 tablespoons olive oil
- 1 large red bell pepper, diced finely
- 3 cups Jersey tomatoes, seeded and diced
- 1/2 cup Parmesan cheese, grated
- 2 tablespoons parsley, chopped
- 1/4 teaspoon pepper
- 1/8 teaspoon cayenne pepper
- 8 ounces dry linguine or spaghetti

Directions

1. Sauté onions and garlic in oil until soft.
2. Add red bell pepper and sauté until tender-crisp, about 2 minutes.
3. Stir in tomato and cook over high heat until juices evaporate.
4. Stir in cheese and next 3 ingredients; reserve.
5. Cook pasta and drain well.
6. Toss hot pasta with reserved tomato mixture.

Makes 4 to 6 servings.

**Serving Size: 1/6 to 1/4
of recipe**

Per serving:

| | |
|---------------|--------|
| Calories | 373 |
| Fat | 11 g |
| Cholesterol | 8 mg |
| Dietary fiber | 4 g |
| Sodium | 205 mg |

Lentil One-Dish

Ingredients

- 1 cup uncooked and rinsed lentils
- 1/2 cup uncooked brown rice
- 3 cup sliced carrots
- 1 pound Swiss chard, cleaned and chopped
- 1 pound kale, cleaned and chopped
- 3 cups water
- 1 packet reduced-sodium onion soup mix
- 1 teaspoon basil
- 1 tablespoon olive oil

Directions

1. Place all ingredients in large pot. Bring to a boil.
2. Reduce heat, cover and cook until rice is done, 20 to 30 minutes.

Makes 6 servings.

Serving Size: 1/6 of recipe

Per serving:

| | |
|---------------------|--------|
| Calories | 290 |
| Total fat | 4 g |
| Saturated fat | 1 g |
| Trans fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 540 mg |
| Total carbohydrates | 52 g |
| Dietary fiber | 13 g |
| Sugars | 7 g |
| Protein | 15 g |

Red Beans and Rice

Ingredients

- 1 tablespoon olive oil
- 1 cup onion, cut into 1/2-inch pieces
- 1 cup green bell pepper, rinsed and diced
- 1 tablespoon garlic, minced or pressed (about 2 to 3 cloves)
- 1-1/2 teaspoons ground cumin
- 1-1/2 teaspoons dried oregano
- 1 can (14-1/2 ounces) low-sodium chicken broth or vegetable broth
- 1/2 cup instant brown rice, uncooked
- 2 cans (15 ounces each) low-sodium red kidney beans, drained and rinsed

Directions

1. Heat oil in a 12-inch sauté pan over medium heat. Cook onion, stirring occasionally, for 5 minutes, until pieces begin to soften but not brown.
2. Meanwhile, dice green pepper into pieces about 1/4 inch in size.
Tip: Slice pepper lengthwise into 1/4-inch strips. Holding the strips together, cut crosswise in 1/4-inch pieces. Add green pepper to cooking onion. Cover. Cook for 5 minutes, stirring occasionally.
3. While the green pepper and onion cook, mince the garlic. Add garlic, cumin and oregano to the sauté pan. Cook and stir for 1 minute.
4. Add broth and rice to sauté pan with green pepper and onion. Stir well, cover and simmer for 10 minutes.
5. Meanwhile, drain beans and rinse thoroughly.
6. Add beans to sauté pan. Stir well. Cover. Simmer for 5 minutes to heat beans and blend flavors.

Makes 4 servings.

Serving Size: 2 cups

Per serving:

| | |
|---------------------|--------|
| Calories | 344 |
| Total fat | 5 g |
| Saturated fat | 1 g |
| Cholesterol | 2 mg |
| Sodium | 331 mg |
| Dietary fiber | 9 g |
| Protein | 18 g |
| Total carbohydrates | 57 g |
| Potassium | 681 mg |

Whole-Wheat Bow Tie Pasta with Puttanesca Sauce

Ingredients

- 8 ounces whole-wheat bow tie pasta (farfalle)
- 2 tablespoons olive oil
- 1-1/2 cups onion, diced
- 2 tablespoons garlic, minced or pressed (about 5 cloves)
- 1/4 teaspoon cayenne pepper
- 2 teaspoons anchovy paste (optional)
- 1 can (35 ounces) no-salt-added whole peeled tomatoes, coarsely chopped
- 1 tablespoon capers
- 8 pitted black olives, each sliced lengthwise into 6 pieces
- 4 fresh parsley sprigs, rinsed and dried (optional)

Directions

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta and cook according to package directions for the shortest recommended time, about 10 minutes. Drain.
3. Meanwhile, in a large nonstick pan, heat olive oil over medium heat. Add onion. Cook and stir for 5 minutes, until onion begins to soften.
4. Add garlic, cayenne pepper and anchovy paste. Cook and stir another 5 minutes.
5. Add chopped tomatoes, capers and olives. Cook and stir until heated through.
6. Divide pasta among four dinner plates (about 1-1/2 cups each). Spoon sauce over pasta. Garnish with parsley if desired.

Makes 4 servings.

**Serving Size: about 1-1/2
cups pasta**

Per serving:

| | |
|---------------------|--------|
| Calories | 342 |
| Total fat | 8 g |
| Saturated fat | 1 g |
| Cholesterol | 9 mg |
| Sodium | 455 mg |
| Dietary fiber | 12 g |
| Protein | 11 g |
| Total carbohydrates | 62 g |
| Potassium | 537 mg |

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