

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

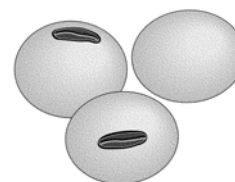


Ideas For Eating Better For Less

Soy Foods

Traditional soy foods come in many forms:

- Soy nuts – roasted, mature soybeans
- Edamame – Immature (green) soybeans that can be eaten raw, unlike regular soybeans
- Soy flour – used in baked goods
- Soymilk – made from the soybean
- Soy sauce – fermented soy
- Tofu – soybean curd



Soy foods in your diet:

- Use soy flour to thicken gravies and sauces.
- Use soy flour in baked goods.
 - Yeast breads – finish off the cup of wheat flour with 2 Tbsp. soy flour
 - Quick breads – replace 1/4 of wheat flour with soy flour
- Pour soymilk on cereals.
- Use tofu in stir-fry, salads or soup.
- Snack on soy nuts.



Tofu Fruit Salad* Serves 8

1/2 lb. firm regular tofu

1 medium apple, diced

1 cup mandarin oranges, drained

1 1/2 cup seedless grapes

4 tsp. sugar

2 Tbsp. lemon juice

1/3 cup walnuts, chopped (optional)



1. Cut tofu in 1/4-inch cubes. Drop into boiling water for 3 minutes, drain.
2. Gently mix tofu, apple, oranges, grapes, sugar and lemon juice.
3. Top with walnuts.

*Adapted from “Tofu in the American Kitchen”; Illinois Center for Soy Foods; College of Agricultural, Consumer and Environmental Sciences, University of Illinois at Urban-Champaign

NUTRITION FACTS (per serving) - Calories 100 ~ fat 4.5 g ~ calories from fat 40 ~ sodium 10 mg ~ total carbohydrate 14 g ~ fiber 1 g **FOOD GUIDE PYRAMID FOOD GROUPS** – Fruit Group 1/2 serving

Chicken Parmesan Serves 6

6 boneless chicken breasts
1 Tbsp. vegetable oil
1 large onion, thinly sliced

1 green pepper, diced
1-1/2 cups spaghetti sauce
1/2 cup shredded mozzarella cheese

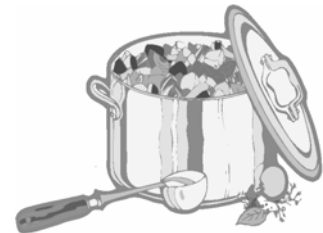
1. Brown chicken on both sides in vegetable oil in a large skillet.
2. Remove chicken from pan.
3. Sauté onion and green pepper for 5 minutes.
4. Place chicken back into the pan. Pour spaghetti sauce over chicken breasts and vegetables.
5. Simmer 10-15 minutes or until chicken is done.
6. Sprinkle with grated cheese and heat until cheese is melted.

NUTRITION FACTS (per serving) - Calories 240 ~ fat 8 g ~ calories from fat 70 ~ sodium 440 mg ~ total carbohydrate 10 g ~ fiber 2 g **FOOD GUIDE PYRAMID FOOD GROUPS – Meat Group 1 1/2 servings; Vegetable Group 1 serving**

Meals Made Easy

1. Use quick cooking methods.

- Slice meat and poultry in thinner slices for faster cooking.
- Prepare one-dish/one-pot meals.



2. Prepare “do-it-yourself” meals.

- Examples: deli sandwiches, mini-pizzas on English muffins

3. Cook more than one meal at a time. Freeze extra meal or serve the next day.

4. Prepare some foods ahead of time and serve later.

- Cook dried beans, rice, macaroni, noodles and potatoes. Use in salads, casseroles, or side dishes within 2 or 3 days.
- Hard cooked eggs can be kept in the refrigerator for 1 week.
- Prepare molded (gelatin) salads and desserts one day ahead.
- Wash vegetables and fruits (except berries) before storing in refrigerator.

Tip of the month: April celebrates **TV-Turnoff Week** Turn the television off. Take a walk with a friend or family.



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