

GMHC NUTRITION EDUCATION
AND WELLNESS PROGRAM

GMHC COOKS!

A COOKBOOK FOR CLIENTS, BY CLIENTS!



WHAT'S INSIDE:

- *Over 20 original recipes by GMHC clients, staff, nutrition students, and volunteers*
- *Ideas for using food distributed in the Keith Haring Food Pantry*
- *Hints and tips to help you start eating healthier TODAY!*

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INTRODUCTION

A COOKBOOK FOR CLIENTS BY CLIENTS!

Every week at the Keith Haring Food Pantry, clients receive fresh fruits and vegetables, canned goods, pasta and rice, cereals, snacks and more. We do our best to stock our shelves with healthy options and, as the wellness program nutritionists, we often find ourselves giving advice about how to use some of the items we stock. Every so often, a client will share a secret tip or recipe with us, something that we never would have thought of and it got us thinking, *why not let clients share their ideas with each other?*

We created this cookbook to give our clients an opportunity to share some of their wonderful recipes using the foods that they get at the pantry. What's more, these ideas can help everyone, not just pantry clients, refresh their dinner routines, try new foods, and start eating healthier.

This cookbook is the result of a group effort made by clients, staff, nutrition students, and volunteers. We would like to thank everyone who participated for helping to make this project come together.

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BEVERAGES & BREAKFASTS

BEVERAGES: THE FORGOTTEN FOOD GROUP

It's important to stay hydrated. Water is vital for our bodies to function and we naturally lose fluid throughout the day. Replacing fluid is especially important in the hot summer months and when exercising to avoid becoming dehydrated.

More than keeping us hydrated, beverages can also be an excellent way to sneak in extra fruits and veggies. Smoothies made with fresh or frozen fruits are healthy, quick, and delicious and if made with low-fat milk, soy milk, or tofu for added protein, they make an excellent meal on the go.

If you're watching your weight or sugar intake, the wrong beverage choices can really derail you. At GMHC we promote hydration through low or no calorie beverages like water, seltzer, and low-fat milk. If you like juice, try to limit it to 8 ounces per day or dilute it with some water.

Here are some tips for adding flavor to your water:

- * Add slices of orange, lemon, and lime to a pitcher of water, let sit for 10-15 minutes in the refrigerator, and you've got refreshing citrus water.
- * Add sliced cucumber or mint leaves to a glass of ice water or seltzer for a spa-like treat.
- * Make a concentrated batch of your favorite tea with 5 tea bags and 2 cups of hot water. Add the tea to a pitcher and fill the rest with cold water. Pour over ice and add a slice of lemon for delicious iced tea.



TOFU SMOOTHIE

Submitted by Terry

SERVES 4

INGREDIENTS:

8 ounces firm tofu
14 ounce can fruit cocktail
14 ounce can pineapple
1 tray of ice

DIRECTIONS:

1. Put tofu and fruit in a blender with ice. Puree until smooth.

Nutrition (per serving): 143 calories, 4 g protein, 28 g carbohydrate, 2 g fiber, 2 g total fat, 0 g saturated fat, 0 g unsaturated fat, 43 mg sodium

CITRUS GINGER TEA

Submitted by Carlin

SERVES 4

INGREDIENTS:

1-inch piece of fresh ginger root
2 oranges or lemons, freshly squeezed
1 tablespoon honey

DIRECTIONS:

1. Bring 4 cups of water to a boil.
2. Add ginger, citrus juice and honey and simmer for 10mins.
3. Drink hot in winter and iced in the summer.

Nutrition (per serving): 44 calories, 0.5 g protein, 11 g carbohydrate, 0.1 g fiber, 0 g total fat, 0 g saturated fat, 0 g unsaturated fat, 8 mg sodium

VIRGIN HOT TODDY

Submitted by Jenny

SERVES 1

INGREDIENTS:

1 tablespoon mild honey
3 tablespoons fresh lemon juice
1 cup hot water

DIRECTIONS:

1. Boil water and pour into mug. Stir in lemon juice and honey until it is dissolved. Enjoy!

Nutrition (per serving): 79 calories, 0.3 g protein, 22 g carbohydrate, 0.5 g fiber, 0 g total fat, 0 g saturated fat, 0 g unsaturated fat, 25 g sodium

GREEN PLANTAIN PORRIDGE

Submitted by Glereen

SERVES 4

INGREDIENTS:

1 green plantain
8 fluid ounces 1% milk (or soy milk)
1/4 cup flour
4 tablespoons sugar
4 teaspoons ground nutmeg
1/4 teaspoons ground cinnamon
3 drops vanilla
Pinch of salt
5 cups water

DIRECTIONS:

1. Cut plantain into small pieces. Place in a blender or food processor and add flour and 1/2 cup water. Blend for 2 minutes until smooth.
2. In a saucepan, add 4 1/2 cups water, milk, salt, nutmeg, cinnamon, and vanilla and bring to a boil slowly.
3. Add the plantain mixture to the boiling mixture, stirring constantly until you have no lumps.
4. Simmer on low for 15 minutes. Sweeten to taste with sugar.

Nutrition (per serving): 167 calories, 5 g protein, 26 g carbohydrate, 1 g fiber, 5 g total fat, 2 g saturated fat, 2 g unsaturated fat, 164 mg sodium

RICE PORRIDGE

Submitted by Glereen

SERVES 6

INGREDIENTS:

1 cup rice
1 cup 1% milk
4 tablespoons sugar
5 cups water
1/2 cup flour
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon
3 drops vanilla

DIRECTIONS:

1. Add rice and salt to 1 cup of water. Bring rice to a boil, reduce heat to medium and allow rice to simmer for 12 minutes. Add the remaining water to the rice.
2. Mix flour in a bowl with water to make a watery paste. Add to rice, stirring constantly to make sure there are no lumps.
3. Add milk, nutmeg, cinnamon, and vanilla. Stir and simmer for 12 minutes.
4. Sweeten to taste with sugar.

Nutrition (per serving): 180 calories, 4 g protein, 39 g carbohydrate, 0.5 g fiber, 0.6 g total fat, 0.3 g saturated fat, 0.2 g unsaturated fat, 25 g sodium

APPETIZERS & SNACKS

HEALTHY SNACKS = MORE ENERGY

Eating something every three to four hours can help keep you energized throughout the day and keeps you from feeling too hungry at your next meal, which prevents over-eating. Some snack foods, like chips, cookies, and candy, have a lot of calories with very few nutrients. To get the most out of snacks, try to eat more foods that are less processed like fresh or dried fruit, yogurt, nuts, whole grain crackers, peanut butter, and low-fat cheese.

Appetizers are also a great way to sneak in some extra nutrition. Rather than using store bought dips, you can make healthier versions of your own and serve them with sliced vegetables, crackers, pita bread, or pretzels.

Here are some other finger foods you can try at your next get-together:

- * Roast your own nuts with a little olive oil, herbs like thyme or rosemary, and spices; use honey and cinnamon for a sweeter touch.
- * Toss hot popcorn with a little oil and spices and mix with pretzels, cereal, or nuts for a homemade, healthy party mix.
- * Mix together diced fresh tomato, chopped garlic, olive oil and chopped basil and serve on top of squares of toasted bread.
- * Stick chunks of fresh fruit like pineapple, strawberries, and melon on wooden skewers to make fruit kebabs and serve with yogurt for dipping.



CHICK DIP

Submitted by Terry

SERVES 4

INGREDIENTS:

1 (15-ounce) can chickpeas, drained and rinsed
2 tablespoons minced red onion
6 ounces cottage cheese

DIRECTIONS:

1. Place the chickpeas, red onion, and cottage cheese in a blender and blend for 4 minutes, or until smooth. Pour the dip into a bowl and let sit for 15 minutes. Serve with corn chips or pita.
2. Dip away!

Nutrition (per serving): 179 calories, 12 g protein, 25 g carbohydrate, 6 g fiber, 3 g total fat, 0.6 g saturated fat, 2 g unsaturated fat, 340 mg sodium

TOMATO AVOCADO SALSA

Submitted by Michele

SERVES 8

INGREDIENTS:

1 pound ripe tomatoes, finely diced
1/2 small red onion, finely diced
1 Serrano or jalapeño pepper, minced
1 ripe avocado, peeled, pitted and finely diced
Juice of 1 lime
1 tablespoon olive oil
1/4 cup chopped fresh cilantro
Pinch of salt

DIRECTIONS:

1. Soak the diced onions in cold water for five minutes. Drain the onions, rinse them, and pat dry with a clean paper towel.
2. In a large bowl combine all of the ingredients and toss. Let sit for 15 minutes in the refrigerator before serving.

Nutrition (per serving): 55 calories, 1 g protein, 4 g carbohydrate, 2 g fiber, 4 g total fat, 0.6 g saturated fat, 3.5 g unsaturated fat, 40 mg sodium

DEVEILED SARDINES

Submitted by Sarah; adapted from www.serious-eats.com

SERVES 2-3

INGREDIENTS:

1 can of sardines packed in water, drained
1 tsp Dijon Mustard
2 drops Worcestershire sauce
1 pinch cayenne pepper
6 whole grain crackers

DIRECTIONS:

1. Place one sardine on a piece of toast or a cracker. Sprinkle with a little cayenne and Worcestershire sauce. Then top with the mustard.

Nutrition (per serving): 82 calories, 5 g protein, 6 g carbohydrate, 1 g fiber, 3 g total fat, 0.1 g saturated fat, 0.7 g unsaturated fat, 330 mg sodium

WHITE BEAN DIP

Submitted by Carlin

SERVES 5

INGREDIENTS:

1 (15-ounce) can of cannellini beans, drained and rinsed
2 cloves garlic
2 tablespoons fresh lemon juice
1/3 cup olive oil, plus 4 tablespoons
1/4 cup (loosely packed) fresh Italian parsley leaves
Salt and freshly ground black pepper to taste

DIRECTIONS:

Preheat the oven to 400 degrees F.

1. Place the beans, garlic, lemon juice, 1/3 cup olive oil, and parsley in the work bowl of a food processor. Pulse until the mixture is coarsely chopped. Season with salt and pepper, to taste.
2. Transfer the bean puree to a small bowl. Serve pita bread warm or at room temperature alongside the bean puree.

Nutrition (per serving): 314 calories, 6 g protein, 17 g carbohydrate, 4 g fiber, 25 g total fat, 3.5 g saturated fat, 21 g unsaturated fat, 64 mg sodium

ENTREES

CREATING A HEALTHY PLATE

One of the best ways to start eating healthier is to rethink the centerpiece of your dinner. A balanced dinner used to start with a big piece of meat, but these days people are beginning to realize the benefits of other sources of protein like fish, beans, and tofu.

Fatty fish like salmon and sardines are a great source of omega-3 fatty acids, which have been shown to protect against heart disease. Legumes and beans contain both protein and carbohydrate and are a great source of fiber, which may also protect your heart and help with digestive health.

When you do eat meat, you can reduce the amount of saturated fat by removing chicken skin, trimming beef and pork of visible fat before cooking, and choosing lean cuts like tenderloin, top round, bottom round, or sirloin. Portion sizes matter, too. Most people should aim for a piece of meat the size of their palm.

Here are some ways you can start adding a variety of healthy proteins to your diet:

- * Make a big pot of chili with red kidney beans, black beans, or lentils instead of ground beef.
- * Use canned salmon instead of ground beef to make burgers.
- * Crumbled tofu makes an excellent stuffing for pasta shells; mix in fresh herbs, garlic, and a little olive oil for extra flavor.
- * Try making a quick stir-fry with chicken, shrimp, or tofu, sliced bell peppers, and broccoli florets to serve over rice or noodles.



LEMON SALMON BURGERS

Submitted by Bernadette

SERVES 4

INGREDIENTS:

1 (16-ounce) can salmon, drained and flaked
2 egg whites
1/4 cup chopped fresh parsley
2 tablespoons finely chopped onion
1/4 cup plain bread crumbs
2 tablespoons lemon juice
1/2 teaspoon dried basil
1 pinch red pepper flakes
1 tablespoon olive oil

DIRECTIONS:

1. In a large bowl combine the salmon, egg whites, parsley, onion, bread crumbs, lemon juice, basil, and red pepper flakes.
2. Form the salmon mixture into patties, about 1/2-inch thick.
3. Heat the oil in a large skillet over medium heat. Cook the patties until browned, about 4 minutes on each side.

Nutrition (per serving): 230 calories, 25 g protein, 6 g carbohydrate, 0.5 g fiber, 9 g total fat, 1 g saturated fat, 5 g unsaturated fat, 475 mg sodium

SALMON AU PAR

Submitted by Chyna

SERVES 4

INGREDIENTS:

3 tablespoons vegetable or olive oil
1 onion, chopped
1/2 tablespoon chopped fresh garlic
1/2 tablespoon chopped fresh ginger
1 tomato, chopped
1 bell pepper, chopped
2 tablespoons adobo seasoning*
1 packet Goya sazón*
1/2 cup water
1 can salmon, bones removed
1/2 cup spinach
1/2 cup tomato sauce

** To reduce the sodium content, use a low-sodium seasoning blend or make your own with garlic powder, ground cumin, dried oregano, turmeric, ground coriander, and black pepper.*

DIRECTIONS:

1. Heat the oil in a pan over medium-high heat then add the onion, garlic, ginger, tomato, bell pepper, adobo, and sazón. Sauté for 5 minutes.
2. Add the water, salmon, spinach, and tomato sauce, reduce heat to low and cook for 10-15 minutes.

Nutrition (per serving): 307 calories, 24 g protein, 13 g carbohydrate, 2 g fiber, 17 g total fat, 3 g saturated fat, 12 g unsaturated fat, 1202 g sodium

SALMON CASSEROLE (GLUTEN-FREE)

Submitted by Aldo

SERVES 4

INGREDIENTS:

4 tablespoons unsalted butter
15-ounce can mixed vegetables*
15-ounce can salmon
1 teaspoon garlic powder
1 pinch paprika powder
Salt and pepper, to taste
15-ounce can corn

DIRECTIONS:

1. In a frying pan, melt the butter. Add the vegetables and salmon, sprinkle with salt, garlic powder, paprika powder and pepper to taste. Sauté for a few minutes.
2. Serve over corn.

Nutrition (per serving): 331 calories, 24 g protein, 17 g carbohydrate, 3 g fiber, 18 g total fat, 9 g saturated fat, 8 g unsaturated fat 937 mg sodium

** To reduce the sodium content, rinse canned vegetables under cold running water in a strainer before mixing with other ingredients.*

FOOD PANTRY TUNA CASSEROLE

Submitted by Alexander

SERVES 8

INGREDIENTS:

- 4 (5-ounce) cans tuna
- 15 ounce can peas and carrots
- 1 cup 1% milk
- 1 pound whole wheat penne pasta
- 2 (10-ounce) cans cream of mushroom soup

DIRECTIONS:

1. Preheat oven to 350° F
2. Boil a pot of salted water. Add pasta, boil until al dente, about 8 minutes. Drain.
3. Add tuna, peas and carrots, and mushroom soup in with the pasta. Mix well and spoon into casserole dish.
4. Put in the oven and bake for 30 minutes. Remove from oven, let stand five minutes and serve.

Nutrition (per serving): 356 calories, 26 g protein, 53 g carbohydrate, 5 g fiber, 6 g total fat, 1 g saturated fat, 3 g unsaturated fat, 802 mg sodium

SPINACH QUICHE

Submitted by Elaine

SERVES 4

INGREDIENTS:

1 frozen ready-made pie crust
2 cans of no salt added spinach, drained and patted dry
4 strips bacon*
3/4 cup chopped mushrooms
4 eggs
1 cup 1% milk
1 cup low-fat cheddar cheese

DIRECTIONS:

Preheat oven to 400° F

1. In a frying pan, cook bacon or sausage until done.
2. Mix eggs with the milk.
3. Crumble bacon and put it on the bottom of the pie pan, and layer the spinach on top. Layer the cheese and mushrooms.
4. Beat the eggs and add some salt and pepper, add this to the pie.
5. Bake until golden brown; until knife comes out clean.

Nutrition (per serving): 539 calories, 29 g protein, 26 g carbohydrate, 4 g fiber, 22 g total fat, 6 g saturated fat, 14 g unsaturated fat, 1520 mg sodium

** To reduce the sodium and fat content, reduce or leave out the bacon, or try turkey bacon.*

STUFFED TOMATOES WITH CURRIED CHICKEN SALAD

Submitted by Naima; adapted from www.epicurious.com

SERVES 4

INGREDIENTS:

1/2 cup plain low-fat yogurt
1 tablespoon curry powder
1 granny smith apple, diced
1 cup red seedless grapes, halved
3 (4.5-ounce) cans chunk white chicken in water, drained
1 tablespoon chopped cilantro (optional)
4 medium tomatoes
6 cups shredded lettuce
1/4 cups sliced almonds

DIRECTIONS:

1. Stir together the yogurt, curry powder, diced apple, grapes, chicken, and cilantro, if using, in a medium bowl.
2. Cut each tomato into wedges, cutting down to about 1/2 inch of the bottom, without cutting all the way through the tomato.
3. Divide the lettuce among four serving plates. Top the lettuce with a tomato and fill each with the chicken. Top with some of the sliced almonds.

Nutrition (per serving): 300 calories, 32 g protein, 25 g carbohydrate, 7 g fiber, 10 g total fat, 2 g saturated fat, 4 g unsaturated fat, 294 mg sodium

HEARTY NAVY BEAN SOUP

Submitted by Beatrice; adapted from Grandma's Kitchen: Treasured Family Recipes

SERVES 6-8

INGREDIENTS:

1 pound dried navy beans
4 cups low-sodium chicken broth
4 cups water
1 pound low-sodium ham, coarsely chopped
1 cup finely chopped onion
1½ cups coarsely chopped potatoes
1/3 cup ketchup
1/4 cup cider vinegar
1 tablespoon sugar
1/8 teaspoon black pepper
1 cup coarsely chopped carrot
2 tablespoon sliced green onions (optional)

DIRECTIONS:

1. Preheat oven to 400° F
2. Sort and rinse navy beans. Combine beans with enough water to cover by 2 inches in a stockpot. Bring beans to a boil. Boil for 2 minutes. Remove from heat. Let stand, covered, 1 hour. Drain well.
3. Add chicken broth and 4 cups water to beans. Bring to a boil; reduce heat. Simmer, stirring occasionally, for 1 hour.
4. Stir ham, chopped onion, potatoes, ketchup, vinegar, sugar, salt and pepper into beans. Add the chopped carrot and mix well. Bring soup to a boil; reduce heat. Simmer, covered, stirring occasionally, for 30

HEARTY NAVY BEAN SOUP

minutes.

5. Ladle navy bean soup into soup bowls. Sprinkle with green onions, if desired. Serve with corn bread.

Nutrition (per serving): 428 calories, 39 g protein, 50 g carbohydrate, 15 g fiber, 4 g total fat, 1 g saturated fat, 1.5 g unsaturated fat, 631 mg sodium

PASTA FAZOULE

Submitted by Gayle

SERVES 4

INGREDIENTS:

2 tablespoons olive oil
2 garlic cloves, minced
15-ounce can kidney beans, drained and rinsed
16 ounces low-sodium tomato sauce
1 pinch of salt
1 pinch of oregano
1 cup elbow macaroni (whole wheat or regular)

DIRECTIONS:

1. Bring 1 quart of salted water to a boil, add pasta. Cook about 8 minutes or until al dente.
2. In another pan, heat olive oil on low heat.
3. Add garlic cloves, sauté 1-2 minutes.
4. Add beans, tomato sauce, salt and oregano.
5. Add bean and sauce mixture to pasta.

Nutrition (per serving): 293 calories, 10 g protein, 46 g carbohydrate, 7 g fiber, 7 g total fat, 1 g saturated fat, 6 g unsaturated fat, 350 mg sodium

TOFU LO-MEIN

Submitted by Tim

SERVES 6-8

INGREDIENTS:

4-5 quarts water
Pinch salt
1 pound whole wheat spaghetti
1/4 cup olive oil
1-inch piece of fresh ginger, peeled and minced
1 garlic clove, minced
2 cups fresh broccoli, chopped
2 cups fresh or canned carrots, sliced
1 (12-ounce) package of tofu
2-3 tablespoons sesame seeds
1/4 cup low-sodium soy sauce

DIRECTIONS:

1. In a large pot, bring 4-5 quarts of lightly salted water to a boil. Add pasta and stir occasionally for 9-11 minutes, until desired tenderness. Drain pasta and set aside.
2. In a large skillet, heat the olive oil over medium heat. Add the garlic and ginger and cook until slightly golden brown.
3. Add broccoli and carrots to the skillet, stir occasionally until broccoli softens. Add the tofu and cook for another 5 minutes, stirring occasionally. Stir in the sesame seeds.
4. Add the drained pasta and soy sauce to the skillet and stir. Reduce the heat to low and let simmer for 5 minutes. Serve immediately.

TOFU LO-MEIN

Nutrition (per serving): 331 calories, 13 g protein, 50 g carbohydrate, 7 g fiber, 11 g total fat, 2 g saturated fat, 9 g unsaturated fat, 376 mg sodium

SIDES

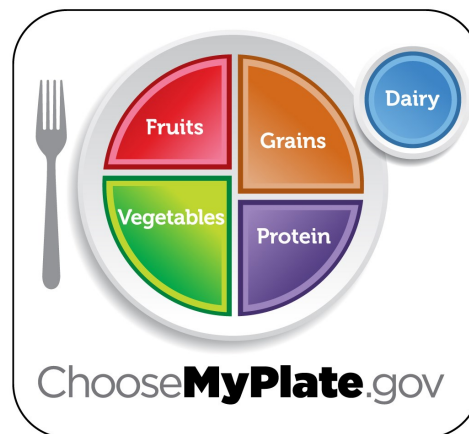
MAKE ROOM FOR VEGETABLES

The USDA recommends Americans eat 5-9 servings of fruits and vegetables every day. To make getting enough vegetables easier remember this simple tip: imagine a line down the middle of your plate. Fill one half of your plate with fresh or cooked non-starchy vegetables like beets, carrots, peppers, spinach, and purple cabbage. Now imagine a line that divides the rest of your plate in two. Fill one of these sections (about one quarter of your plate) with a starch like rice, pasta, or starchy vegetables like potatoes, corn, and peas, and the other section with a protein like fish or chicken. Now you have a balanced plate!

Remember to eat a variety of colorful vegetables to make sure you are getting as many different nutrients as possible.

Here are some tips for getting more fruits and vegetables on a budget:

- * Add frozen or canned vegetables to soups, stews, and casseroles; when you cook them with other foods, it's hard to tell the difference.
- * Fruits and vegetables are less expensive when they are in season.
- * Instead of putting lettuce on your sandwich try using other vegetables like spinach or cabbage (purple or green).
- * Have a small mixed salad with your dinner.
- * Snack on sliced carrots, celery, radishes, and cucumbers



GARLIC MASHED POTATOES

Submitted by Robert

SERVES 4

INGREDIENTS:

6 medium potatoes, peeled or unpeeled
1/4-1/2 cup low-fat milk (optional)
1 garlic clove, chopped
2 tablespoons chopped onion
1/2 cup low-fat cheddar cheese, shredded
Pinch of sea salt
Pinch of black pepper

DIRECTIONS:

1. Place the potatoes in a large pot of water. Boil the potatoes for about 30 minutes. Stick the potatoes with a fork, if it goes through the potatoes are done! Drain the potatoes and place them in a large bowl.
2. Mash the potatoes with a potato masher or a fork. Stir in the milk, garlic, onion, and cheese. Season with salt and pepper to taste.

1.5 g unsaturated fat

Nutrition (per serving): 202 calories, 7 g protein, 33 g carbohydrate, 4 g fiber, 1 g total fat, 0.7 g saturated fat, 0.3 g unsaturated fat, 186 mg sodium

MIXED BEAN SALAD

Submitted by Glereen

SERVES 8-10

INGREDIENTS:

15-ounce can mixed vegetables
15-ounce can chickpeas, drained *
15-ounce can diced carrots
15-ounce can red kidney beans, drained *
1/3 cup finely chopped onion
1/3 cup chopped tomatoes
1 teaspoon sugar
Pinch of salt
2 teaspoon oil and vinegar salad dressing

DIRECTIONS:

1. Place all of the ingredients in a large bowl. Toss into a salad. Refrigerate until ready to serve.

Nutrition (per serving): 120 calories, 5 g protein, 22 g carbohydrate, 7g fiber, 1 g total fat, 0.2 g saturated fat, 0.8 g unsaturated fat, 463 mg sodium

** To reduce the sodium content, rinse canned beans under cold running water in a strainer before mixing with other ingredients.*

SWISS CHARD & BEET SALAD

Submitted by Naima

SERVES 6

INGREDIENTS:

1 bunch Swiss chard, spinach, kale, or arugula, stems trimmed, leaves thinly sliced (about 4 cups)
1 large carrot, peeled and grated (about 1 cup)
1 small beet, peeled and grated (about 1 cup)
1 (15-ounce) can chickpeas, drained and rinsed well
3/4 cup olive oil
Juice of 1 lemon
1 garlic clove, minced
1 tablespoon fresh minced parsley
Pinch of salt
Pinch of black pepper

DIRECTIONS:

1. Combine the Swiss chard, carrots, beets, and chickpeas in a large bowl.
2. In a small bowl, whisk together the olive oil, lemon juice, garlic, parsley, salt and pepper.
3. Pour the dressing over the vegetables and toss until well combined. Let the salad sit, covered, in the refrigerator for 15-30 minutes before serving.

Nutrition (per serving): 190 calories, 4 g protein, 22 g carbohydrate, 5 g fiber, 10 g total fat, 1 g saturated fat, 8 g unsaturated fat, 343 mg sodium

SPINACH WITH GARLIC & CHEDDAR CHEESE

Submitted by Robert

SERVES 4

INGREDIENTS:

- 1 (15-ounce) can of spinach, drained
- 1 garlic clove, minced
- 1/2 cup low-fat cheddar cheese, shredded
- 2 teaspoons butter or margarine (optional)

DIRECTIONS:

1. Place the spinach in a microwave-proof bowl and microwave for about 1 minute.
2. Add the garlic and cheese to the spinach, and stir to combine.
3. Microwave on high for about 8 minutes, until cheese is melted. Stir in the butter or margarine, if desired.

Nutrition (per serving): 95 calories, 5 g protein, 3 g carbohydrate, 2 g fiber, 3 g total fat, 2 g saturated fat, 1 g unsaturated fat, 453mg sodium

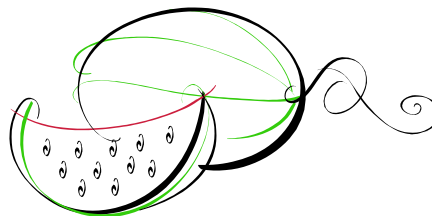
DESSERTS

EVERYONE LOVES A SPECIAL TREAT

What would a birthday party be without cake? Desserts are a great way to celebrate and sometimes, the perfect way to end a meal. Many desserts are high in calories, sugar, and fat so it's best not to eat these too often. If you choose healthier options, you could treat yourself every day!

Here are some tips for choosing healthier desserts:

- * Quick breads like banana bread can also be made with a variety of fruits and vegetables such as pear-ginger, apple-cinnamon, carrot, beet, zucchini, and orange; these are often not as sweet as other cakes.
- * Satisfy your chocolate cravings with a piece of dark chocolate or a mug of hot chocolate made with low-fat milk.
- * Instead of a pie try making a fresh or canned fruit crumble. Top the fruit with a crumbly mixture of rolled oats, flour, a little sugar, and some oil. Bake until the fruit bubbles and the crumble top is nicely browned.
- * Cut your portion of ice cream in half and use fresh or canned fruit to fill the rest of your bowl; you still get the ice cream and you're sneaking in more healthy fruits.
- * For something a little different, try making a melon soup like the one on page 33; it's naturally sweet and very refreshing on hot summer days.
- * Try cutting the portions of very rich desserts in half; one cookie tastes just as good as two!



HONEYDEW & MINT SOUP

Submitted by Carlin

SERVES 6

INGREDIENTS:

1/2 large honeydew melon, cut into 1-inch pieces
1 cup loosely packed fresh mint leaves
3 tablespoons fresh lime juice

DIRECTIONS:

1. In a blender in batches or in a food processor purée the honeydew, the mint leaves, the lime juice, and a pinch of salt until the mixture is smooth.
2. Transfer the soup to a bowl, and chill.

Nutrition (per serving): 72 calories, 1.5 g protein, 18 g carbohydrate, 2.5 g fiber, 0.3 g total fat, 0.1 g saturated fat, 0.1 g unsaturated fat, 85 mg sodium

HEALTHY SPICED RICE PUDDING

Submitted by Carlin

SERVES 4

INGREDIENTS:

1 cup 1% milk
1 cup soft tofu
2 ripe bananas
1/3 cup honey
1/2 teaspoon ground cardamom
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1 teaspoon vanilla
1 teaspoon fresh lemon juice
2 cups cooked short grain brown or white rice
Slivered Almonds

DIRECTIONS:

Preheat oven to 350 degrees.

1. Blend milk, tofu, bananas, honey in blender until smooth. Add spices, salt, vanilla and lemon juice and blend again.
2. Combine tofu mixture and rice in a bowl.
3. Spread pudding into a baking dish, sprinkle with almonds and bake until browned on top.

Nutrition (per serving): 331 calories, 8 g protein, 65 g carbohydrate, 4 g fiber, 6 g total fat, 1 g saturated fat, 3 g unsaturated fat, 326 mg sodium

MAPLE BAKED APPLES WITH OAT CRUST

Submitted by Carlin

SERVES 6

INGREDIENTS:

6 Apples
1 teaspoon lemon juice
1/2 cup maple syrup
1/4 pound plus 2 tablespoons butter, melted
1 cup rolled oats
1/2 cup flour
1 cup packed brown sugar
1 teaspoon cinnamon

DIRECTIONS:

Preheat oven to 375 degrees

1. Cut unpeeled apples in half, remove seeds and stems.
2. Cut into 1/2 inch slices, place in bowl and toss with lemon juice.
3. Place apples in a baking dish.
4. Pour maple syrup and 2 tablespoons of butter over the fruit.
5. In a medium bowl, combine oats, flour, brown sugar, cinnamon and remaining butter.
6. Mix with a fork until crumbly and sprinkle over fruit. Bake uncovered for 45 minutes.
7. Serve warm.

Nutrition (per serving): 523 calories, 3 g protein, 87 g carbohydrate, 5 g fiber, 20 g total fat 12 g saturated fat, 6 g unsaturated fat, 168 mg sodium

SPICED POACHED PEARS WITH STAR ANISE

Submitted by Carlin

SERVES 6

INGREDIENTS:

- 1 quart of apple cider
- 1 cinnamon stick
- 2 whole star anise
- 2 slices of quarter size fresh ginger
- 1 teaspoon ground nutmeg
- 6 whole bosc pears, peeled

DIRECTIONS:

1. In a small saucepan, combine the juice, cinnamon stick, star anise, ginger and nutmeg.
2. Peel the pears and leave the stems. Remove the core from the bottom of the pear, allowing the pear to sit upright.
3. Add the pear to the juice and spice mixture in the saucepan. Bring the juice to a medium heat and then a simmer for about 40 minutes, turning pears frequently. Don't allow the liquid to boil.
4. Using a slotted spoon, remove pears from the poaching liquid. Reduce the liquid by bringing the juices to a boil until it becomes a thick, syrupy consistency. Be careful not to burn. Remove the cinnamon sticks, star anise and sliced ginger and pour syrup over pears to serve.

Nutrition (per serving): 315 calories, 0.6 g protein, 26 g carbohydrate, 5 g fiber, 0.3 g total fat, 0.1 g saturated fat, 0.1 g unsaturated fat, 2 mg sodium

SPECIAL THANKS

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