



New Moves Cookbook



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Meals in a minute

Quick Chicken Quesadillas

Ingredients:

- 8 corn or flour tortillas
- 1 cup grated jack cheese
- 2 chicken breasts, cooked and cut into small pieces
- 1 cup tomatoes chopped and drained
- 1/2 cup green onions chopped (optional)
- 1/2 cup of your favorite salsa

Number of servings: 8

Cinnamon Raisin Oatmeal

Ingredients:

- 2 1/4 cups of water
- 1 1/2 cups oatmeal
- 1 teaspoon cinnamon
- 2 tablespoons honey
- 1/2 cup raisins

Number of servings: 6

Sesame Noodle Salad

Ingredients:

- 1 tablespoon sesame oil
- 3 tablespoons soy sauce
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon honey
- 1 tablespoon ginger, grated or chopped finely
- 1 package of soba noodles*, prepared according to the directions on the package
- 1/4 cup green onions, chopped (optional)
- 1 tablespoon sesame seeds

Number of servings: 4

Rainbow Fruit Salad

Ingredients:

- 1 cup sliced strawberries
- 1 cup green grapes
- 1 cup sliced peaches, plums or nectarines
- 1 cup chopped pineapple
- 1 cup sliced kiwi fruit
- 1 cup chopped cantaloupe
- 1 tablespoon fresh lemon juice
- Vanilla or French Vanilla yogurt

Number of servings: 6

Directions:

In a medium sauce pan, bring water and salt to a boil. Add oatmeal and lower the heat to medium. Stir occasionally, cooking the oats for about 5 minutes. Turn off the heat, add cinnamon and honey and stir until combined. Serve in bowls and top each serving with a sprinkle of chopped raisins.

Make your own recipe-start with plain oatmeal and add:

- ❁ Sliced strawberries, plain yogurt and brown sugar
- ❁ Pineapple, sliced bananas and macadamia nuts
- ❁ Strawberry nonfat yogurt and sliced kiwi
- ❁ Reduced fat peanut butter and strawberry fruit spread
- ❁ Chopped canned peaches and ground ginger
- ❁ Berries sprinkled with cinnamon-sugar
- ❁ Sliced bananas and mini semisweet chocolate chips
- ❁ Chopped almonds and dried fruit

Directions:

Wash and combine all fruit in a large bowl and toss with lemon juice. Use yogurt as a dressing or dip!

Make your own combination:

Start with a fruit:

- Apples
- Bananas
- Blueberries
- Grapefruit sections
- Grapes (green or red)
- Kiwi
- Melon
- Oranges
- Pear
- Peaches
- Pineapple
- Strawberries

Add a topping such as:

- Ground cinnamon
- Nutmeg
- Chopped nuts
- Honey

Make a dressing out of:

- Vanilla low-fat yogurt
- Orange juice
- Light sour cream
- Citrus low-fat salad dressing
- Any variety of low-fat yogurt

Directions:

Place a tortilla in a hot sauté pan to soften a bit. On top of each tortilla, sprinkle a Tablespoon of grated cheese, a few pieces of cooked chicken breast and a spoonful of tomatoes and onions. Fold each tortilla (with the filling) in half and cook on each side for 45 seconds or until cheese melts. Serve these quick chicken quesadillas with your favorite salsa.

Directions:

- Combine all ingredients and toss. More salad ideas and shortcuts!
- ❁ Add cooked chicken for a meal
- ❁ If you are in a hurry-toss noodles and onions with a pre-made asian dressing
- ❁ Try making the dressing (oil, soy sauce, rice vinegar, honey and ginger) for a lettuce salad and add mandarin oranges for a serving of fruit

**Soba noodles are available at Asian grocery stores, co-ops, and grocery stores.

Let's make a meal

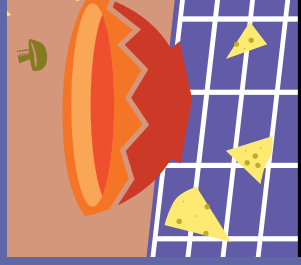
Baked tortilla chips

Ingredients:

- 8 whole corn tortillas
- 1 tablespoon corn oil
- 3 tablespoons lime juice, bottled
- 1 teaspoon cumin powder
- 1 teaspoon chili powder
- 1 teaspoon salt

Number of servings: 8

Fresh chips add a healthy and tasty addition to chili!



Speedy Chili

Ingredients:

- 1 medium onion, chopped
- 1 pound very lean ground beef (95% lean)
- 2 (15 oz.) cans black bean, undrained
- 1 (15 oz) can tomato sauce
- 1 (6 oz) can unsalted tomato paste
- 1 cup water
- 2 Tablespoons chili powder

Number of servings: 8

Strawberries 'n' Cream Trifle

Ingredients:

- 1/2 cup sweetened condensed milk
- 1 + 1/2 cups cold water
- 1 package (1 ounce) sugar-free instant vanilla pudding mix
- 1 carton (8 ounces) frozen reduced-fat whipped topping, thawed
- 1 prepared angel food cake (9-ounce round)
- 4 cups sliced fresh strawberries
- 3 whole fresh strawberries

Number of servings: 12

Colorful Vegetable Salad

Ingredients:

- 6 cups assorted vegetables (such as cauliflower, broccoli, carrots, green beans, peppers)
- 1/2 cup low-calorie Italian dressing
- Black pepper

Number of servings: 6

Directions:
Heat a nonstick cooking pot and brown onion and ground beef. Stir frequently and add a little water if needed to keep from sticking. Drain off any fat that appears. Add remaining ingredients and simmer for about 30 minutes. Serve and enjoy!

Not into meat? Substitute vegetarian crumbles or a different type of bean instead of ground beef. Ground turkey also can be used instead of ground beef.

Directions:
Preheat oven to 350 degrees. Cut tortillas into 8 chip-size wedges. Arrange the tortillas on a cookie sheet in a single layer. Sprinkle with corn oil and lime juice. Combine seasonings together in a small bowl. Sprinkle chips with cumin, chili powder, and salt (whatever flavorings you prefer). Flip chips and rotate pan after 7 minutes. Bake until crisp, about 15 minutes.

Directions:
Cut vegetables into similar-size pieces. Steam or microwave vegetables until crisp-tender (about 3-4 minutes). When vegetables are done, drain well and cool slightly. Toss with salad dressing and pepper and chill at least one hour or overnight. Drain before serving.

Directions:
In a bowl, whisk the milk and water. Whisk in the pudding mix for 2 minutes. Let stand for 2 minutes or until set; fold in the whipped topping. Cut cake into 1/2-in. cubes. Spoon a third of the pudding mixture into a large glass bowl. Top with half of the cake cubes and sliced strawberries. Repeat layers once. Top with remaining pudding mixture. Garnish with whole strawberries.

Salads are a great way to get multiple servings of vegetables!



where's the Beef?

Simple hearty soup

Ingredients:

- 1 can tomato soup
- 1/2 cup frozen or fresh cheese tortellini

Directions:

Cook tortellini according to directions. Drain and set aside. Prepare soup as directed in the same pan. Add tortellini to the soup, and heat for 5 minutes. Serve as is or with a garden salad.

Number of servings: 2

Chick-less parmigiana sandwich

Ingredients:

- 1 Bun (White or wheat)
- 1 veggie chicken patty (i.e. Morningstar, Boca, Quorn)
- 2-3 Tablespoons Marinara or pasta sauce
- 1/8 cup Mozzarella cheese
- 2 tomato slices

Number of servings: 1

Hummus wrap

Ingredients:

- 1 tortilla or wrap
- 2-4 Tablespoons hummus
- 1/4 cup chopped romaine lettuce
- 1/4 cup chopped cucumber
- 1/4 cup chopped red or green pepper
- 2-3 Tablespoons shredded carrots

Number of servings: 1

Yummy ranch pitas

Ingredients:

- Pocket or pita bread
- 2 cups Mixed FRESH, washed, and diced vegetables such as:
 - * lettuce
 - * carrots
 - * tomatoes
 - * cucumbers
 - * red or green peppers
- 2-4 Tablespoons low-fat Ranch dressing

Number of servings: 1-2

Directions:

Cook chicken patty according to directions. Toast bun. When patty is done cooking, top with marinara sauce, tomatoes and cheese. Place in oven at 425 degrees or broiler (on high) until cheese is melted. The broiler method will take 1-2 minutes (watch to prevent burning!) and the oven method will take about 5 minutes. Place in bun and enjoy!

Try different toppings and "veggie" burgers such as:

- ❁ Black bean patties with salsa
- ❁ Mock chicken patties with BBQ sauce
- ❁ Veggie burger with ketchup, mustard and pickles
- ❁ Mock chicken patty with ranch, tomatoes and onions
- ❁ Portabello burger with melted cheese and peppers.
- ❁ Mock burger with your choice of fixings!

Directions:

Toss ranch dressing with vegetable mix and fill pitas with the mixture. Enjoy!

Variations and additional ideas:

Instead of ranch, you can try making a sauce from:

- ❁ Hummus
- ❁ Other salad dressings
- ❁ Cheese
- ❁ Small amount of vinegar and oil with pepper

OR

- ❁ Sautee vegetables in a small amount of oil and spices. Try greens, peppers, onions, and other vegetables until you find your favorite combination!

Soups are a great way to eat vegetables which are not only good for you, but can help fill you up, especially on cold winter days. You can also add cooked veggies to other soups, or start with your own broth base and add your choice of vegetables, beans and pasta. Soup is an easy way to experiment with cooking, keep adding things until it is the way you like it!

Directions:

Spread tortilla or wrap with hummus. Spread veggies out evenly and roll up. A great lunch ideal.

Make your own combination of vegetables! Try:

- ❁ onion
- ❁ broccoli
- ❁ cauliflower
- ❁ carrots
- ❁ jicama
- ❁ spinach
- ❁ peas
- ❁ chopped green beans

Showstoppers

Chicken (or tofu) pot pie with biscuit crust

Ingredients:

- 1 bag of frozen mixed vegetables
- 3 Tablespoons butter or margarine
- 1/3 cup whole wheat or white flour
- 1/3 cup chopped onion
- 1 3/4 cup chicken or vegetable broth
- 2/3 cup milk
- 2 cups cooked chicken or soft tofu, cut into cubes
- Salt and pepper to taste
- Tube of biscuit dough (or homemade biscuit dough)

Number of servings: 6

Chicken and Veggie Packets

Ingredients:

- 2 tablespoon of olive oil
- 4 boneless, skinless chicken breasts (rinse and pat dry)
- Juice from 1 lemon
- 2 teaspoon of dried thyme
- 4 whole cloves of garlic, peeled
- 2 zucchini, sliced thinly
- 1 yellow or orange bell pepper julienne
- 1 onion, cut into large slices
- Salt and pepper to taste
- 4 sheets of foil

Number of servings: 4

Homemade pizza

Ingredients:

- ✿ Pizza Dough purchased from the store or a mix.
- Top with tomato sauce, bbq sauce, salsa or pesto and add your choice of the following:
- ✿ Cheeses such as mozzarella, cheddar, fontina, parmesan, or feta
- ✿ Toppings such as:
 - pineapple chunks
 - mushrooms
 - olives
 - black beans
 - corn
 - tomatoes
 - onions
 - poblano peppers
 - fresh garlic
 - spicy chicken sausage
 - cooked chicken breast
 - tofu or tempeh
 - fresh basil, cilantro or parsley

Number of servings: 8

Vegetable Stir-Fry

Ingredients:

- 2 cups fresh broccoli
- 1 tablespoon margarine
- 1 tablespoon peanut oil
- 2 cups carrots, peeled and thinly sliced
- 1 cup mushrooms, thinly sliced
- 5 medium green onions, thinly sliced
- 1 tablespoon fresh lemon juice
- Black pepper to taste
- 1 teaspoon nutmeg
- 1 teaspoon thyme

Number of servings: 6

Directions:

Preheat oven to 375 degrees.

Place the 4 sheets of foil in front of you and oil each piece with olive oil. Place one chicken breast on each piece of foil, followed by a drizzle of lemon juice on each breast, and salt, pepper and thyme. Place a clove of garlic next to each breast and divide vegetables among packets, placing vegetables on or around each piece of chicken. Tightly roll up each packet so that the chicken and vegetables are sealed completely. Bake packets on a cookie sheet for 30 minutes.

Caution! Be careful when opening your yummy packets, the steam is extremely hot and can burn just as bad you as a hot surface.

Directions:

Rinse broccoli and trim. Separate florets by cutting into quarters so they are of uniform size. Peel stems and cut into 2-inch lengths. Set aside.

In a large skillet or wok, heat margarine and oil over medium heat. Add broccoli, carrots, mushrooms and onions. Cook and stir 5 minutes, or until vegetables are "tender-crisp." (Vegetables should be soft enough for a fork to go through them without being mushy.)

Stir in lemon juice, and other seasonings. Serve immediately over rice or noodles.

(From American Heart Association)

Directions:

Heat oven to 425 degrees.

Rinse frozen vegetables, set aside. Melt butter or margarine in saucepan over medium heat until melted. Stir in flour and onion until bubbly then remove from heat. Add milk and broth, making sure the flour mixes in evenly (you can break up clumps with a spoon). Add vegetable mix and cooked chicken or tofu. Pour mixture into 9 x 13 pan or large casserole. Roll out biscuit dough until thin and place on top of the mixture in the pan. Bake for 20 minutes or until crust is golden brown.

Serve with a side salad for a vegetable-rich meal!

Directions:

Once you decide on toppings, preheat the oven to 450 degrees. Place dough on a lightly oiled cookie sheet and spread with the toppings. Bake for 10-15 minutes or until the crust is lightly browned and the cheese is bubbling.

Other pizza ideas:

- 🌸 BBQ Chicken: bbq sauce, sliced red onion, diced bell peppers, fontina cheese, and spicy chicken sausage or cooked chicken breast and cilantro.
- 🌸 South of the Border: salsa, mozzarella, black beans, corn and poblano peppers.
- 🌸 Cheese and Olive (use different colors!)
- 🌸 Pesto Pizza: pesto, sliced tomato, feta cheese, and fresh basil.
- 🌸 Veggie Delight: tomato sauce, crumbled tofu, garlic, red onions, sliced tomato, mushrooms, and fontina cheese.

A perfect ending

Fresh Fruit Parfaits

Ingredients:

Combination #1

- 2 cups fresh strawberries, sliced
- 2 bananas, sliced
- 2 c. nonfat strawberry banana yogurt

Combination #2

- 2 kiwis, sliced
- 2 cups mandarin oranges
- 2 cups nonfat vanilla yogurt

Number of servings: 4

Chocolate-dipped strawberries

Satisfy a chocolate craving with healthy and tasty hand-dipped strawberries!

Ingredients:

8 large strawberries

Small container chocolate meeting dip (like Baker's)

Number of servings: 2

Frozen yogurt

Ingredients:

- 1 quart plain nonfat yogurt
- 1/2 of 14 oz can low-fat sweetened condensed milk
- 1 1/2 Tablespoons vanilla

Number of servings: 8

Fruit Kabobs

Ingredients:

Select a variety of colorful fruit such as:

- Apple slices
- Pineapple chunks (fresh or canned)
- Grapes
- Strawberries
- Melon chunks
- Bananas
- Cherries

Number of servings: 1 kabob per person

Directions:

Mix ingredients well. Chill thoroughly in refrigerator. Freeze in an ice cream freezer according to the directions, or place in a container in the freezer and stir every 15 minutes.

Optional addition:

Add 4 chopped fresh peaches and the juice of 1 lemon before freezing or serve with fresh sliced fruit such as strawberries, bananas, pineapple, blueberries, raspberries, or mango.

Combination #3

- 2 cups mandarin oranges
- 2 bananas, sliced
- 2 cups nonfat orange yogurt

Combination #4

- 2 cups fresh strawberries, sliced
- 2 cups fresh blueberries
- 2 cups nonfat vanilla yogurt

Directions:

Choose small dishes and pick from the following combinations. Layer fruit then yogurt, then fruit, alternating fruits. Top with a spoonful of yogurt and a

Directions:

Wash strawberries and pat completely dry. Heat chocolate so that all chips are melted. Dip strawberries in chocolate, place on plate until cooled.

Don't limit yourself to just strawberries!

You can also try:

- ❁ Frozen or fresh bananas
- ❁ Sliced apples
- ❁ Fresh pitted apricots
- ❁ Apple slices



Try freezing chocolate dipped fruit for a frozen treat!

Directions:

Wash, peel, and cut the fruit into similar size chunks and drizzle with lemon juice to prevent browning. Thread fruit onto bamboo skewers. Place 6-7 pieces on each skewer, alternating colors, shapes, and textures. Use smaller fruit like grapes or cherries on the ends of the kabobs and leave space at each end of the skewer for easy handling. Stack them on top of each other on an oval platter or fan them out in a pretty circle on a round plate.

(Keep them in a re-sealable plastic bag or plastic container until you are ready to serve them.)

Kitchen Math

3 teaspoons = 1 tablespoon
1 Tablespoon = $\frac{1}{2}$ fluid ounce
2 Tablespoons = 1 fluid ounce
4 Tablespoons = $\frac{1}{4}$ cup
5 $\frac{1}{3}$ Tablespoons = $\frac{1}{3}$ cup
8 Tablespoons = $\frac{1}{2}$ cup
10 $\frac{2}{3}$ Tablespoons = $\frac{2}{3}$ cup
12 Tablespoons = $\frac{3}{4}$ cup

16 Tablespoons = 1 cup
1 cup = 8 fluid ounces
1 cup = $\frac{1}{2}$ pint
2 cups = 1 pint
4 cups = 1 quart
2 pints = 1 quart
4 quarts = 1 gallon
16 ounces = 1 pound

Lessons Learned

- 1) Don't try too many new dishes at one time.
- 2) Read through the entire recipe and place all the ingredients on the counter before you begin.
- 3) Follow the recipe as closely as you can the first time you make it, you can always experiment the next time.
- 4) Take a risk — don't be afraid that you and your family won't like a change from their normal foods and meals.
- 5) Ask your family to help with the preparation and the cleanup.
- 6) Be adventurous and combine dishes from different cultures within the same meal.

Replace, Reduce and Substitute

Replace, reduce or substitute are ways to make your dishes just a little bit lighter. Think about the foods you eat or the ingredients you use in your recipes. Which ones add the most fat and are higher in calories. Could you reduce the amount? For example, use half the oil, butter or margarine that the recipe calls for? Or use half the salad dressing on your salad? Could you replace with a similar ingredient? For example, using applesauce in place of oil for a muffin recipe? Or use salsa instead of sour cream on a baked potato? Could you substitute another ingredient or food item? For example, use low fat salad dressing on a salad or low fat cream cheese on a bagel? Or bake your chicken instead of fry?

Below are some other possibilities. See what you can do!

Trim all visible fat from beef, pork and chicken prior to cooking

Bake, broil or grill meats and fish instead of frying

Use marinara instead of Alfredo (cheese) sauce on your pasta

Follow the low-fat directions when preparing brownie, cake and cookie mixes

Omit or use half the amount of butter, margarine or oil called for in macaroni and cheese, rice, pasta and stuffing.

Lighten up your favorite coffee drink by using skim or low-fat milk and using half the sugar or flavored syrup

Baking or Cooking

1 egg = 2 egg whites = 1/2 cup egg substitute

Butter or oil = same amount of applesauce or plain yogurt

Butter or oil when sautéing = use a vegetable cooking spray

Mayonnaise = same amount of plain yogurt or use half the amount

Sour cream = same amount of light or low-fat sour cream or use less.

Milk = same amount of skim or 1% milk, or fat-free half and half

Baking chocolate (1 ounce) = 3 Tablespoons hot chocolate powder + 1 Tablespoon oil

Sauces and salad dressing = Herbs, vinegar, tomatoes (salsa), and/or low-fat sauces or salad dressings or use 1/2 the amount