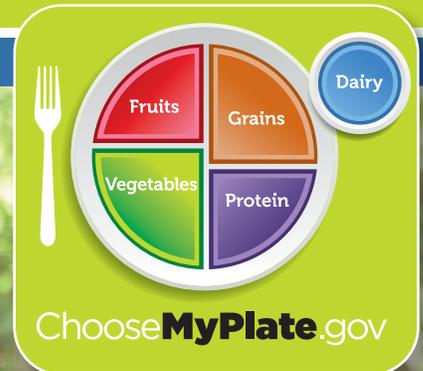


WIC WELLNESS WORKS

Dining In

*Fast,
Easy,
Healthy!*



Employee Packet

Dining In: *Fast, Easy, Healthy!*

“WHAT’S FOR DINNER?” Do these words make you break out in a cold sweat? Are you bored with your meals or looking for a way to be more creative with at-home dinner choices without adding more stress to your life? With a little planning and creativity, you can turn what could be viewed as a daily chore for some into something that leaves you feeling less stressed, more creative, better nourished.

Dining In: Fast, Easy, Healthy! is full of simple ideas to help you gain control of what you are serving for dinner at home. These ideas can help make dinner preparation more fun and save you time, money, and calories.

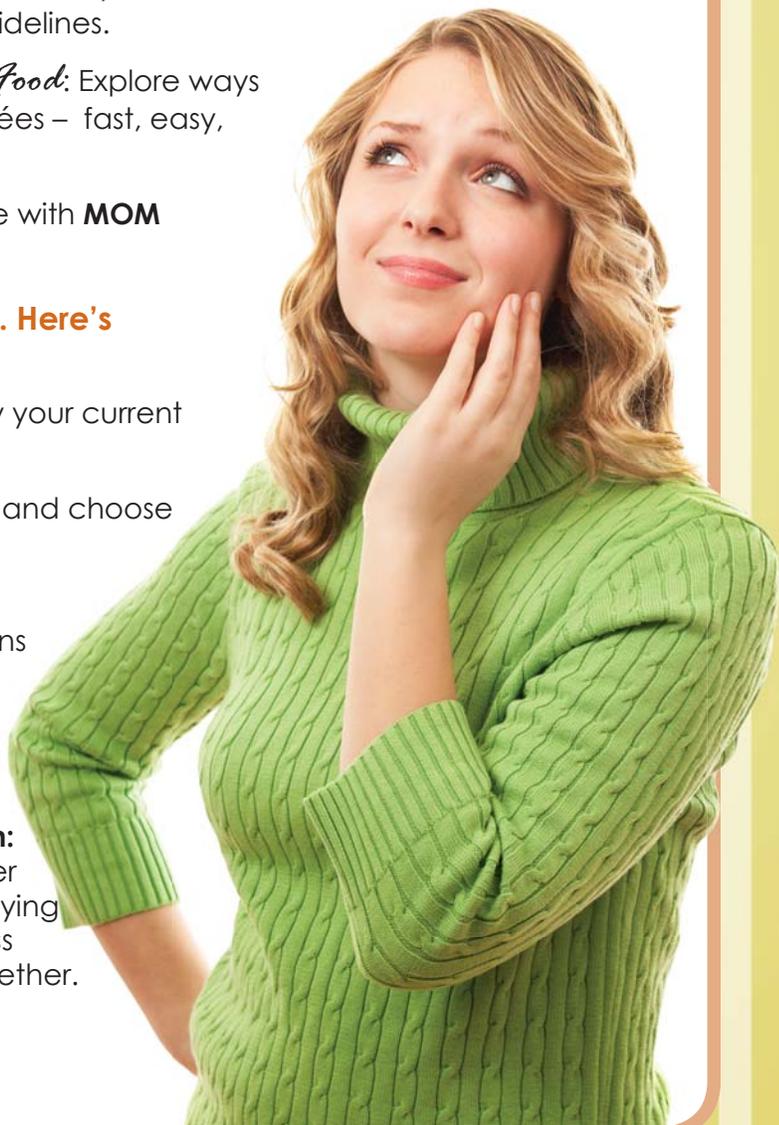
In this packet you will find:

- **Week 1 - *Designer Plate*:** Learn to use “MyPlate” to visualize what makes a balanced meal and make your own **Designer Plates** using “MyPlate” guidelines.
- **Weeks 2 and 3 - *Play with Your Food*:** Explore ways to make tasty vegetables and entrées – fast, easy, and healthy!
- **Week 4 - *MOM*:** Spend some time with **MOM** (plan a **Menu of Meals**).

Each week contains a fun challenge. Here’s an overview:

- **Week 1: Rate Your Plate** to see how your current meals can be balanced.
- **Week 2: Play with Your Vegetables** and choose three new vegetable sides to try.
- **Week 3: Play with Your Proteins** and choose two new protein options to try.
- **Week 4:** Use the **Designer Plate** to plan a **Menu of Meals** (7 meals).

As you work your way through “**Dining In: Fast, Easy, Healthy,**” we hope that dinner time will become more focused on enjoying healthy food, family, and friends and less focused on the stress of putting it all together.

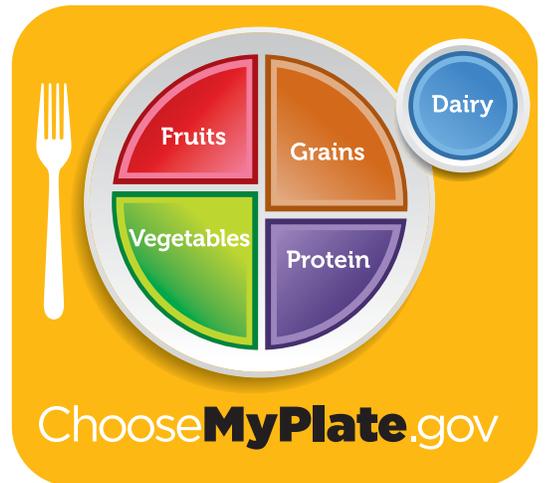


Your Designer Plate - Visualize a Balanced Meal

You've probably heard that if you visualize yourself doing something, you will be more successful at the activity when you actually do it. The same is true for filling your plate. If you can visualize what a healthy, well-balanced plate of food looks like, you are more likely to eat a healthy, well-balanced meal. The new **MyPlate** is a great way to remind you what a balanced meal really looks like. It includes fruits, vegetables, whole grains, lean protein, and dairy in recommended portions.

Here are the guidelines for a healthy, well-balanced meal:

- Fill half (50%) of your plate with vegetables and fruit (vary the different colors to get a variety of nutrients)
- Fill one quarter (25%) of your plate with lean protein
- Fill one quarter (25%) of your plate with whole grains
- Include one side of low-fat or fat-free dairy or calcium-fortified soy milk



Here are some ideas for how you can fill your plate:

Designer Plate Ideas

Grains

Whole wheat breads/tortillas, brown rice, whole wheat pasta, quinoa, corn tortillas, potatoes, bulger wheat, barley, and oatmeal



Protein

Lean ground beef, white meat chicken, beans, low-fat cheese, lean pork, roasts, lean beef steaks, turkey, low sodium lunch meat, tuna, tilapia, eggs, salmon, tofu and nut butters



Vegetables

Carrots, broccoli, cauliflower, summer squash, zucchini, romaine lettuce, bell peppers, other peppers, mushrooms, green beans, onions, sweet potatoes, tomatoes and peas



Fruits

Apples, oranges, berries, peaches, bananas, melons, nectarines, plums, cherries, tangerines, pineapple, grapes, mangoes, pears, papaya, prunes



Dairy

Low-fat or non-fat dairy (milk, cheese, yogurt), soy milk (if these are included on the plate, then they count as the calcium on the side)



Designer Plate Examples

Here are some designer plate examples. Are these meals you typically eat?

Pay attention to mixed entrees (casseroles, lasagna, stir-fry, enchiladas, tacos, hamburger) – most of them require additional veggies to meet the required 50% of your plate. Choose whole wheat versions of tortillas, pasta, buns, and bread to meet the whole grain requirement. If you eat little or no dairy products, add other sources of calcium to your plate like tofu, spinach, turnip greens, and calcium-fortified foods.

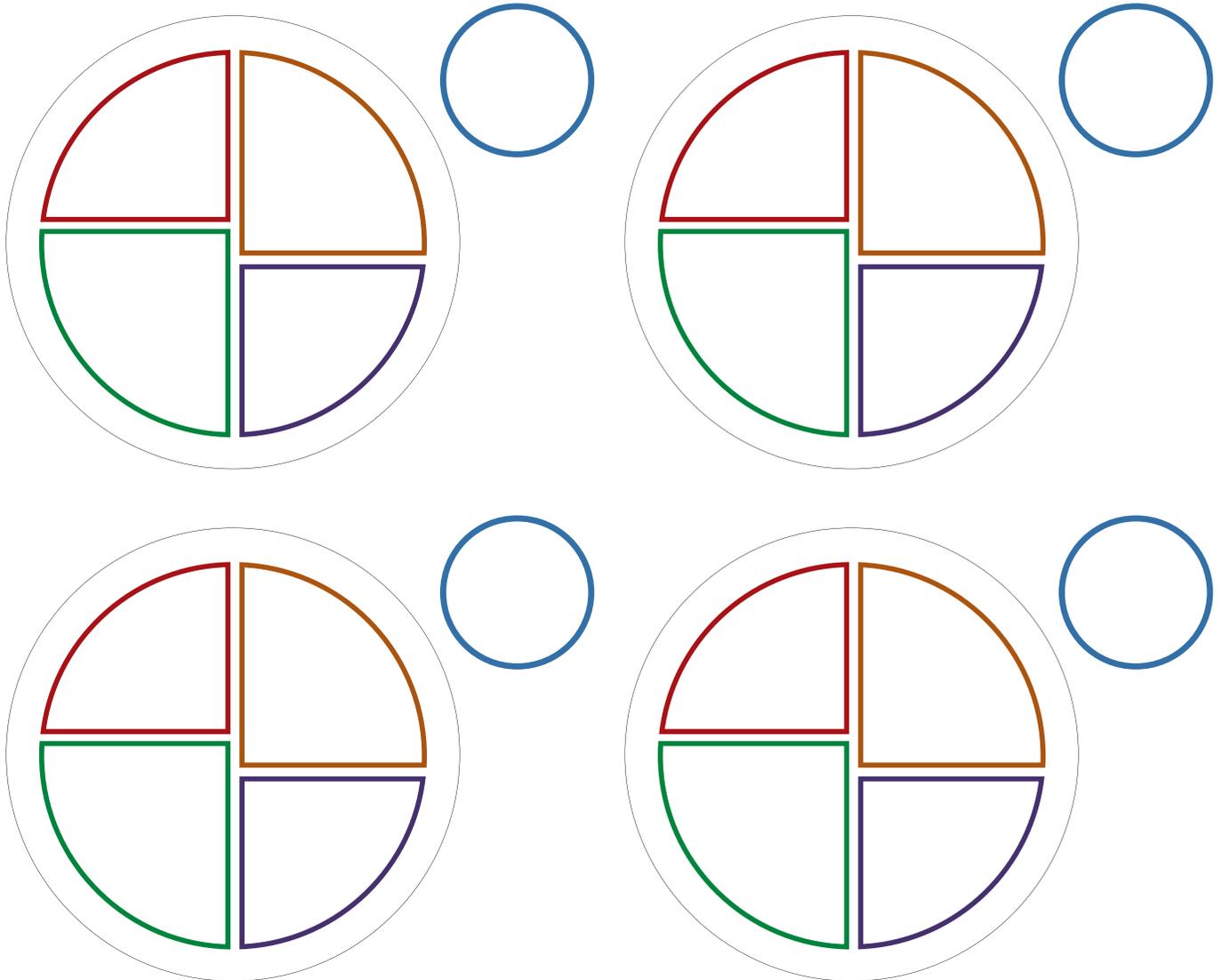
Grains	Protein	Vegetables	Fruits	Dairy

WEEK 1 CHALLENGE:

Designer Plate - Rate Your Plate

It's time to design your own plates and see how they rate! Think about some meals you normally fix for dinner and fill in the blank plates below to see if you have all the components of a balanced meal.

Grains
Protein
Vegetables
Fruits
Dairy



Questions for Reflection:

Were any meals missing an important component? If yes, what component?

What could you add to or change about each meal to make it meet the MyPlate standards? (refer to page 3 for the standards)



For the rest of this first week, adjust your favorite meals to more closely reflect the **Designer Plate** guidelines:

- Fill half (50%) of your plate with vegetables and fruit (vary the different colors to get a variety of nutrients)
- Fill one quarter (25%) of your plate with lean protein
- Fill one quarter (25%) of your plate with whole grains
- Include one side of low-fat or fat-free dairy or calcium-fortified soy milk (unless you get enough during the day from other sources like a calcium supplement or fortified cereal or other fortified food)

Week Two Sneak Peak:

UP NEXT: If you feel like you are stuck in a rut or just need some new meal ideas, here are some ideas to get your creative juices flowing. The next two sections focus on vegetables and lean protein.



Dining In

Play with Your Vegetables

Let's face it, eating carrots the same way over and over and over again gets old, as does eating the same salad with the same dressing. Here are some suggestions that can turn your meals from "blah" to "ta-da!" by playing with your vegetables. You will find directions below on how to make easy vegetable sides using herbs and spices, complimentary vegetable combinations, and sensational superfast salads.

Spice it up with herbs and spices:

An easy way to get creative with any food (and use less fat and salt) is to use herbs and spices. Use the list below to do a quick inventory of your spices and herbs. If you are missing any of these, stock up on a small amount so you have them on hand when trying some of the ideas on the following pages.

Use this list of common herbs and spices to see which you have on hand and what you may want to buy:

- Basil
- Paprika
- Rosemary
- Black pepper and red pepper
- Thyme
- Lemon pepper
- Garlic
- Chili powder
- Cumin
- Curry
- Oregano
- Ginger
- Mint
- Sage
- Cilantro
- Marjoram
- Parsley
- Dill

Tip:

You may want to buy small quantities of these herbs and spices at first. As dried herbs and spices age, they lose flavor. Buying small quantities may seem more expensive, but it is better than using double or triple the amount to get the flavor you want.

Some stores may sell dried herbs and spices in bulk; if your store does, just buy the amount that you need until you are ready to invest in a larger quantity. For fresh herbs, consider planting an herb garden outside or having an indoor herb garden.



Now that you know the basic herbs and spices needed to add variety to your veggies and entrées, here are some very simple recipes.

As you review the side dishes below, **circle** the ones that sound good to you and begin to integrate them into this week's meals.

You can steam these vegetable combinations or sauté them in a small amount of olive oil (1 tsp per cup of vegetables)

SIMPLE SEASONED VEGETABLES (for reference, tbsp = tablespoon and tsp = teaspoon):				
Name of Side Dish	Vegetable	Seasonings & Other Ingredients	Cooking Fresh	Cooking Frozen
Lemon pepper broccoli	Broccoli (2 cups fresh florets or 1 bag frozen)	Lemon pepper (season to taste)	Steam and add seasonings as it cools or sauté with 1 tsp olive oil and seasoning.	Heat broccoli according to package directions. During the last minute of cooking, add lemon pepper to taste.
Italian tomatoes and broccoli	Broccoli (2 cups fresh florets or 1 bag frozen)	Canned diced Italian tomatoes	Sauté with 1 tsp of olive oil.	Heat broccoli according to package directions. During the last 3 minutes of cooking, add canned tomatoes.
Spicy garlic broccoli*	Broccoli (2 bunches or 1 bag florets)	2 tsp olive oil, 1 tsp garlic powder, 1/8 tsp crushed red pepper, 1/2 tsp salt	Sauté until tender.	Heat broccoli according to package directions. Stop half way and stir in seasonings and other ingredients. Heat for remainder of time.
Green beans with a hint of lemon*	Green beans (1 lb fresh or frozen)	1 1/2 tsp lemon juice, lemon zest from 1/2 a lemon, 1 tsp olive oil	Blanch green beans (immerse in boiling water for 3-4 minutes), then season with ingredients.	Heat green beans according to package directions. Stop with 2 minutes of cooking time left and add seasonings and other ingredients. Cook remaining time.
Green beans with olive tapenade dressing*	Green beans (1 lb fresh or frozen)	Olive tapenade (purchase in the condiment section of store)	Blanch green beans (immerse in boiling water for 3-4 minutes), then add 1/4 cup olive tapenade dressing and serve.	Heat green beans according to package directions. Mix in 1/4 cup olive tapenade and serve.
Sesame green beans*	Green beans (1 pkg. frozen)	1/2 tsp sesame oil, 1 tsp sesame seeds, 2 tsp rice vinegar	Blanch green beans (immerse in boiling water for 3-4 minutes), sauté with seasoning ingredients and serve.	Heat green beans according to packet directions. Stop with 2 minutes of cooking time left and add seasonings and other ingredients. Cook remaining time.
Lemony brussel sprouts*	Brussel sprouts (1 lb fresh, cut in half or frozen whole)	Lemon juice, olive oil, black pepper	Combine all ingredients and sauté until liquid evaporates.	Heat brussel sprouts according to packet instructions. Stop with 2 minutes of cooking time left. Add seasonings and other ingredients and stir. Cook remaining time.
Honey glazed carrots*	Baby carrots (1 lb fresh or frozen)	1/4 cup honey, 1/2 cup low sodium chicken broth, 1 tbsp butter	Combine all ingredients and bring to a boil until carrots are tender.	Heat carrots according to packet directions. When half way through, add honey, 1/4 cup chicken broth, and butter. Cook remaining time.
Sautéed mushrooms*	Mushrooms (fresh)	1 tsp olive oil, 1 tsp garlic	Sauté all ingredients in pan until tender.	Heat mushrooms according to packet instructions. Sauté briefly after heating with olive oil and garlic.
Sautéed spinach and cherry tomatoes*	Spinach (10 ounces frozen or fresh)	Cherry tomatoes (1 pint, halved), 1 tbsp olive oil, 1 tbsp balsamic vinegar	Sauté all ingredients until spinach is wilted.	Heat spinach according to packet instructions. Sauté tomatoes with oil until partially cooked. Combined heated spinach and continue to sauté. Add balsamic vinegar

*Recipe from <http://www.marthastewart.com/photogallery/quick-vegetable-side-dish-recipes>

Mix and Match Your Vegetables

Another way to “Play with Your Vegetables” is to combine vegetables to create different vegetable side dishes. Here are some examples of different combinations:

- Green beans and red bell peppers
- Sweet potatoes and collard greens
- Yellow squash and onions
- Broccoli and cauliflower
- Corn and bell peppers (all colors)
- Eggplant and red bell peppers
- Green beans and fresh or canned tomatoes
- Spinach and mushrooms
- Broccoli and carrots
- Corn and lima beans
- Carrots and collard greens
- Yellow squash and zucchini with canned tomatoes



Salads can be more than lettuce. Here are some sensational salad ideas to fill half your plate.

SUPERFAST SALAD SENSATIONS*

Name	Ingredients	Dressing
Watermelon tomato salad	Mix cubed watermelon, chunks of tomato, and fresh basil.	For a basic vinaigrette, mix 1/2 cup extra virgin olive oil, and 3 tbsp or more wine vinegar. Blend in blender until creamy consistency. Or you can buy a bottled vinaigrette.
Tomato and peach salad	Mix wedges of tomatoes and peaches, add slivers of red onion, some red-pepper flakes, and cilantro at the end.	Mix olive oil and lime or lemon juice to taste.
Carrot and blueberry salad	Mix one package shredded carrots, 1/2 cup blueberries or more (fresh or dried), and 1/4 cup sunflower seeds.	Mix 1/2 cup olive oil, 2 tbsp lemon juice, and add black pepper to taste.
Tomato basil strawberry salad	Combine tomato wedges with halved strawberries, basil leaves, shaved parmesan.	Balsamic vinegar to taste
Cherry tomatoes with soy sauce	Cut cherry tomatoes in half.	Mix soy sauce, dark sesame oil, basil, and cilantro in an amount just enough to coat the tomatoes.
Chickpea tabbouleh	Rinse and chop canned chickpeas, mix with 1 medium chopped tomato, chopped parsley, chopped mint.	Add olive oil and lemon juice to taste.
Cucumber salad	Mix thinly sliced cucumber, sliced red onions, sliced radishes and soak in equal parts white vinegar and water, salt, sugar and red pepper to taste.	Let soak until they taste slightly pickled.
Spinach, walnut, and blue cheese salad	Toss together one bag of fresh spinach, 1/2 cup walnuts, 1/4 cup blue cheese crumbles.	Drizzle with basic vinaigrette from above or bottled vinaigrette.
Mexican vegetable salad	Mix chopped bell peppers (any color or several colors), tomatoes, red onion, and chilies and cilantro; add tortilla chips.	Dust with chili powder and lime juice to taste.
Black bean salad	Mix canned and rinsed black beans with shredded cabbage (1 bag or 1/2 a large cabbage).	Mix olive oil, orange juice, sherry vinegar, and ground curry to taste.

*Salad recipes adapted from “New York Times”; “101 Simple Salads for the Season”; Mark Bittman; July 2009. <http://www.nytimes.com/2009/07/22/dining/22mlist.html>

**Vinaigrette recipe from <http://www.nytimes.com/2009/07/22/dining/221drex.html>

WEEK 2 CHALLENGE: Now that you have had a chance to see how you can "**Play with Your Vegetables,**" select **at least 3 new combinations** from the lists and serve them for dinner this week.

Discover how easy this is!

VEGETABLE DISH 1:

VEGETABLE DISH 2:

VEGETABLE DISH 3:

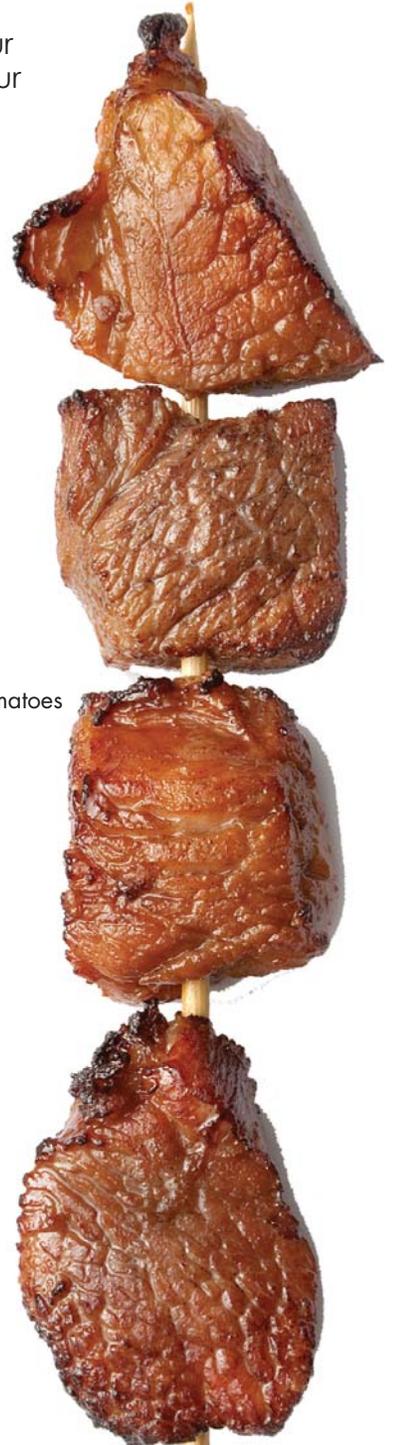


Play With Your Lean Protein

Lean protein should make up 25% of your plate. It can be a single piece of protein or can be part of a mixed dish (like lasagna, tacos, hamburgers, beans, etc). Here are some tips and tricks to make lean protein healthy, flavorful, and super easy to fix.

Circle or highlight the combinations you would like to serve to count as your lean protein on your **Designer Plate**. Remember it should only be 25% of your **Designer Plate**.

LEAN PROTEIN	
Chicken	Seasoning suggestions (season to taste, add salt only after tasting)
Mexican chicken	Cumin, onion powder, chili powder, paprika, and oregano
Italian chicken	Cumin, onion powder, chili powder, paprika, and oregano
Seasoned chicken	Basil, oregano, parsley
Rosemary chicken	Rosemary, pepper
Cilantro lime chicken	Cilantro, lime juice
Asian chicken	Soy sauce, rice vinegar, ginger, sesame oil, pepper, honey
Beans	Seasoning suggestions (season to taste, add salt only after tasting)
Mexican black beans	Cilantro, cumin, jalapeno, lime juice
Italian pinto beans	Chopped onion, garlic, green pepper, basil, parsley, oregano, diced tomatoes
Black beans and corn	Cilantro, canned green chilies, fresh lime or lemon juice
Cannellini beans and rice	Chopped onion, garlic, red pepper flakes, tomato paste, rice
Chick pea salad	Canned chick peas, black olives, onions, parsley, lemon, olive oil
Fish/Shellfish	Seasoning suggestions (season to taste, add salt only after tasting)
Salmon	Olive oil and lemon Whole grain mustard, honey, turmeric, red pepper, and garlic powder Basil, oregano, parsley
White fish (tilapia, catfish)	Lemon, dill, olive oil
Shrimp	Garlic, olive oil, oregano, parsley
Beef	Seasoning suggestions (season to taste, add salt only after tasting)
Sliced beef with basil	Basil, fish sauce, white onions, bell peppers
Italian beef	Basil, oregano, parsley, garlic
BBQ beef	Favorite BBQ sauce
Taco seasoning	Chili powder, onion powder, paprika, cumin
Beef pot roast	Pepper, chopped onion, garlic, bay leaf, parsley, thyme



LEAN PROTEIN

Pork	Seasoning Suggestions (season to taste, add salt only after tasting)
Rosemary pork	Rosemary, garlic, black pepper
Asian pork	Soy sauce, honey, ginger, crushed red pepper
BBQ pork	Favorite BBQ sauce
Italian pork	Rosemary, basil, oregano, parsley, garlic
Pork roast	Rosemary, sage, thyme, oregano, pepper

Other meatless options	Guidelines for Use
Tofu	<ul style="list-style-type: none"> • Inexpensive source of protein (low in fat, good source of calcium) • Always purchase extra-firm tofu for cooking • Soaks up whatever flavors you add, so it is very versatile • Use a recipe until you get comfortable with tofu (see recipe below)
Eggs	<ul style="list-style-type: none"> • Inexpensive source of protein (low in saturated fat) • Pairs well with any vegetable in the form of an omelet or a vegetable scramble • When hard boiled, can be added to salads as protein source
Nuts and nut butter	<ul style="list-style-type: none"> • Source of protein but high in calories due to high unsaturated fat content (and some have more added sugar than others) • Can be spread on whole wheat crackers or whole wheat bread and meet the lean protein requirement for your Designer Plate; can also be spread on apples or celery



A good recipe for tofu beginners = Crispy Tofu Nuggets:

Cut extra firm tofu into nugget size pieces. Marinate pieces in low-sodium soy sauce while you assemble the breading, which is a mix of whole wheat flour, whole wheat bread crumbs, cornmeal, garlic powder, paprika, and parsley. Coat soaked pieces in breading mix. Bake on well-greased baking sheet in 400 degree preheated oven for 20-30 minutes or until breading is crispy., flipping about half-way through.

WEEK 3 CHALLENGE: What 2 new lean protein recipes can you serve this week? Write down two of your favorites and go shopping!

PROTEIN 1:

PROTEIN 2:

Menu of Meals

Menu of Meals brings it all together to help you make your meal planning easy, fast, and healthy.

WEEK 4 CHALLENGE: Plan 7 meals using **Designer Plate**.

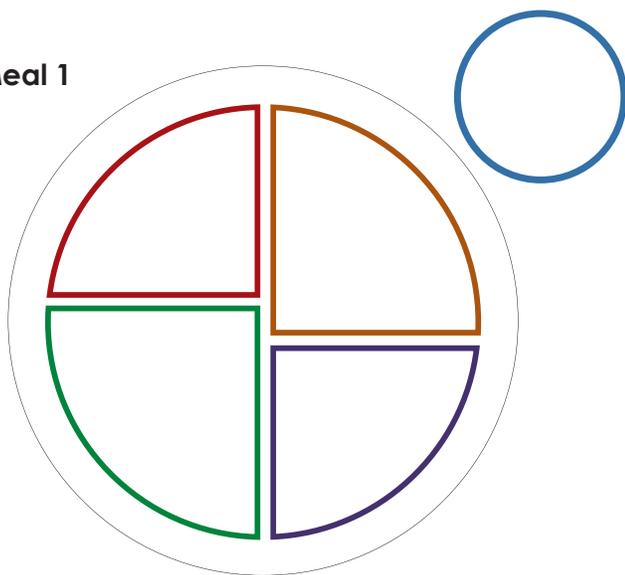
Step 1: Visualize the **Designer Plate** from Week 1 and the foods and amounts that make a balanced meal.

Step 2: Review what vegetable sides and proteins you circled or wrote down in Weeks 2 and 3.

Step 3: Write down seven complete and balanced meals using the guidelines from Week 1. Remember to avoid over-sized portions when preparing your Designer Plate.

Step 4: Put your **Menu of Meals** into action for Week 4.

Meal 1

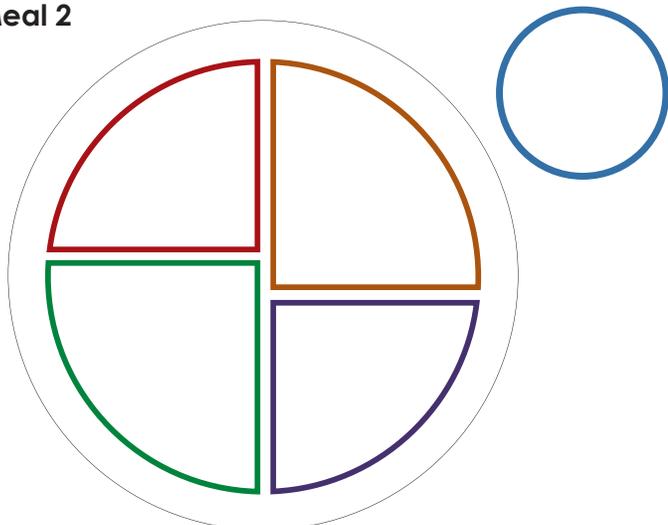


Tip:

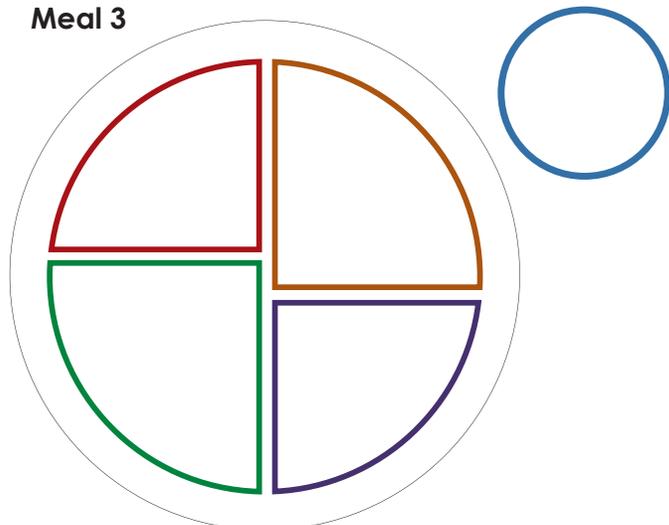
- If you cook for others, involve them in the planning process (what do they like, what do they dislike?)
- Use theme nights (Italian night, Taco Night, Pizza Night, Meatless Monday, Leftover Night, Kids Plan the Meal Night, etc.)
- If you are planning to go out to eat for one dinner meal during the week, write that down too.



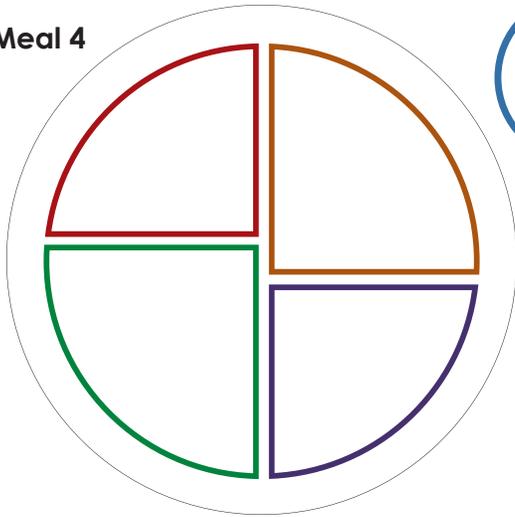
Meal 2



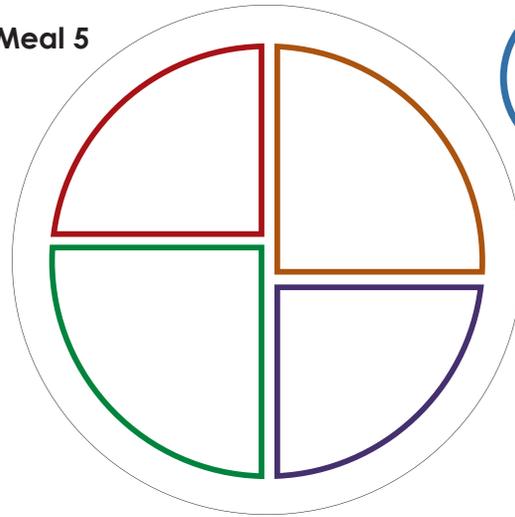
Meal 3



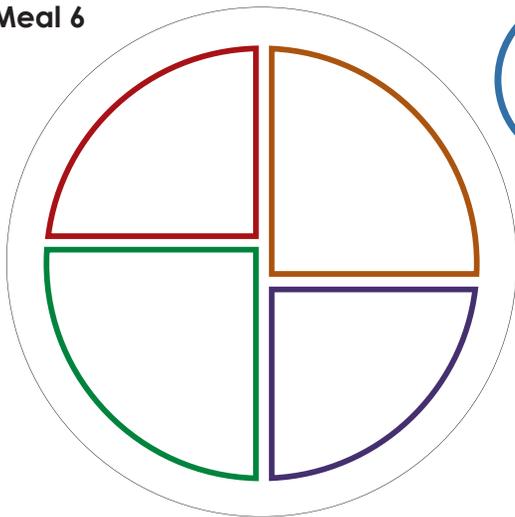
Meal 4



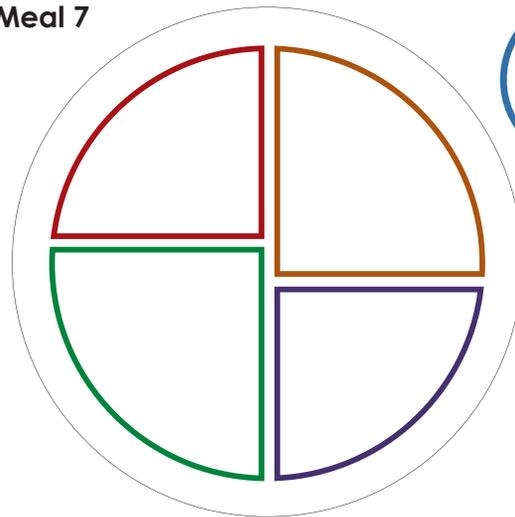
Meal 5



Meal 6



Meal 7



To keep your meals "fresh," continue to review the vegetable and lean protein sections for new ideas. Playing with your food really does make **Dining In: Fast, Easy and Healthy!**