

Pork and Potato Chowder

(Serves 4)

INGREDIENTS:

- ¼ pound lean smoked pork or Canadian bacon, finely diced
- 1 teaspoon olive oil
- 1 cup chopped onion
- 4 cups diced potatoes
- 2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley flakes (optional)
- 2 cups boiling water
- 1 cup corn kernels (fresh, canned or frozen)
- 2 cups low-fat milk
- Freshly ground black pepper to taste
- Dash hot pepper sauce, or to taste
- Salt, if desired

DIRECTIONS:

1. In a nonstick skillet, briefly cook the pork or bacon, stirring to prevent burning.
2. Add the oil and onion, and sauté the onion until it is golden.
3. In a large saucepan, combine the pork and onion with the potatoes and parsley (if using). Add the water and bring the mixture to a boil. Reduce the heat, cover the pan and simmer the mixture for about 20 minutes.
4. Add the corn and milk. Heat but do not boil, simmering the chowder for about five minutes. Add the pepper, hot pepper sauce and salt (if using).

Eight Lean Recipes for Lean Times.

For more healthy recipes see: Jane Brody's *Good Food Book*, 1980.



Lentil Soup With Collards

(Serves 4-6)

INGREDIENTS:

- 1½ cups beef broth
- 2½ to 3½ cups water, as needed
- 1 cup lentils
- 1 cup diced carrots
- 1 cup chopped onions, divided
- ½ cup finely diced smoked pork or ham (optional)
- 1 teaspoon butter or margarine
- ½ cup chopped celery
- 2 cloves garlic, minced
- 4 cups packed, coarsely chopped collard greens (or Swiss chard or spinach)
- Freshly ground black pepper to taste

DIRECTIONS:

1. In a large saucepan, bring the broth and 2½ cups water to a boil. Add the lentils, carrots, ½ cup of the onions and the pork (if using). Return the mixture to a boil. Reduce the heat to low, cover the pan and simmer the mixture for 30 minutes.
2. Meanwhile, melt the butter or margarine in a small skillet and sauté the remaining onion and celery for five minutes. Add the garlic and sauté it, stirring, a minute longer. Set the vegetables aside.
3. After the lentils have simmered for 30 minutes, add the reserved vegetables and the collard greens. Cover the pan and simmer the soup 20 minutes longer, adding more water if needed. Stir in the pepper.

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Turkey Cabbage Soup

(Serves 6-8)

INGREDIENTS:

- 1 pound ground turkey
- 1 cup chopped onion
- 1 46-ounce can tomato or tomato-vegetable juice
- 1¼ pounds green cabbage, cored and chopped
- 3 large carrots, peeled and chopped
- 2 or 3 ribs celery, chopped
- 1 bouillon cube or packet
- Salt to taste (optional)
- Freshly ground black pepper to taste
- Water, if needed

DIRECTIONS:

1. In a large nonstick skillet, brown the turkey with the onion, breaking up the turkey into small bits. Transfer the mixture to a large saucepan.
2. Add the tomato or tomato-vegetable juice, cabbage, carrots, celery, bouillon cube or packet, salt (if using) and pepper. Bring the soup to a boil. Reduce the heat, cover the pan and simmer the soup for 1½ hours, adding water if the soup gets too thick.

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Simple Tuna Salad

(Serves 2-3)

INGREDIENTS:

- 1 6½-ounce can water-packed tuna, drained
- 1 cup low-fat creamed cottage cheese
- 1 rib celery, finely chopped
- 1 or 2 scallions, chopped or 4 tablespoons sweet onion, finely chopped

DIRECTIONS:

1. Place the tuna in a medium-sized bowl and flake it with a fork.
2. Add the remaining ingredients and combine them well.
3. Serve on bed of greens or with whole grain bread or crackers.

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Black Bean Burritos

(Serves 4)

INGREDIENTS:

Sauce

- 1 14- or 16-ounce can whole tomatoes, drained
- ¼ cup minced onion
- 1 tablespoon minced jalapeños
- ½ cup finely chopped red onion
- 1 cup grated Monterey Jack, divided
- 1 avocado, diced, for garnish (optional)
- 2 to 4 tablespoons minced cilantro for garnish (optional)

Burritos

- 8 10-inch flour tortillas
- 2 cups cooked and drained black beans

DIRECTIONS:

1. In a blender, puree the tomatoes with the onion and jalapeño and set the sauce aside.
2. Preheat the oven to 350 degrees.
3. In a heated skillet, soften a tortilla for about 10 seconds on each side. Spread ¼ cup of the beans across the middle of the tortilla. Top with 1 tablespoon of the red onion and 1½ tablespoons of the cheese. Wrap the tortilla around the filling and place it seam side down in a greased baking pan. Repeat with the remaining tortillas, placing them side by side in the pan.
4. Spoon the reserved sauce over the burritos, and sprinkle them with the remaining cheese.
5. Place the pan in the hot oven and bake the burritos for 15 minutes, or until the cheese melts and the burritos are hot.
6. Serve topped with the diced avocado and cilantro, if desired.

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Potato-Salmon Croquettes

(Serves 6)

INGREDIENTS:

- 1 7½-ounce can salmon
- 1½ pounds cooked potatoes, finely diced (about 4 cups)
- ½ cup finely chopped green pepper
- 2 tablespoons minced onion
- 1 egg, lightly beaten
- Freshly ground black pepper to taste
- Vegetable oil for frying

DIRECTIONS:

1. Drain the salmon, discard the skin, crush the bones and flake the salmon with a fork.
2. In a medium-sized bowl combine the salmon and crushed bones with the potatoes, green pepper, onion, egg and black pepper. Shape the mixture into 12 patties.
3. Lightly oil a nonstick skillet or griddle, and fry the patties until they are browned on both sides.

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Baked Apples

(Serves 6)

INGREDIENTS:

- 6 medium or large apples (Golden Delicious, Rome or Ida Red), cored
- 2 tablespoons raisins
- ¾ cup cranberry or apple juice or cider
- 2 tablespoons brown sugar

DIRECTIONS:

1. Preheat the oven to 350 degrees.
2. Place the apples in an oven-proof shallow baking dish. Stuff 1 teaspoon raisins into the center of each apple
3. Pour the juice over the apples and top each apple with 1 teaspoon brown sugar.
4. Bake uncovered in the hot oven for about 50 to 60 minutes, or until the apples are tender but not mushy.

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Unstuffed Cabbage

(Serves 6)

INGREDIENTS:

Cabbage Soup

- 1 cup diced onion
- 1 2-pound green cabbage, cored and diced
- 1 8-ounce can tomato sauce
- 1 28-ounce can peeled tomatoes, quartered, with juice
- 1 cup water
- ¼ cup honey

- ¼ cup lemon juice

- 1/3 cup raisins

Meatballs

- 1 pound lean ground beef or ground turkey
- ½ cup raw white rice
- 1 egg, lightly beaten
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- Freshly ground pepper to taste

DIRECTIONS:

1. In a large, heavy pot, combine the cabbage soup ingredients, except the raisins. Bring soup to a boil over medium-high heat while preparing the meatballs.
2. In a large bowl, combine the meatball ingredients, mixing them thoroughly. With wet hands, roll the meat mixture into balls about 1¼ inches in diameter (about 18 balls). Add the meatballs to the boiling cabbage soup. Reduce the heat to medium-low, cover the pot, and simmer the meatballs for 2 hours, adding some water if necessary to keep the mixture from sticking to the bottom of the pot.
3. Add the raisins, and cook the mixture for another 30 minutes.

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