



ACE HEALTHY COOKING tips

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COOKING ON A BUDGET

Boosting your family's health with wholesome, nutritious meals doesn't have to break your budget. Try low maintenance, cost effective recipes that double as healthier versions of your favorite takeout.

WHOLE WHEAT CHICKEN CHOW MEIN

- 1 pack whole wheat spaghetti, cooked
- 3 cups chopped assorted vegetables (mushrooms, spinach, peppers, carrots, snap peas)
- 1 ½ cups meat, sliced thin (chicken, pork, beef or tofu)
- 1 medium onion, sliced
- 3-4 cloves garlic, finely chopped
- 1 inch piece of fresh ginger, finely chopped
- 1 cup green onions, chopped
- ½ cup soy sauce
- 1 tablespoon honey

Place 2 tablespoons of olive oil in a pan over medium heat. Add onions, ginger and garlic and cook for 3-4 minutes, stirring occasionally. Add sliced meat to pan and cook for 6-7 minutes or until meat is almost cooked. Add vegetables to pan, then soy sauce and honey and cook for 2 minutes. Finally, add cooked noodles and mix all ingredients well. Cook for another 2-3 minutes and serve.

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BAKED WHOLE WHEAT CHICKEN AND VEGETABLE PASTA

- 1 package whole wheat pasta
- 3 cups chopped assorted vegetables
- 2 boneless, skinless chicken breasts, chopped into 1-inch pieces
- ½ onion, chopped
- 1 28-ounce jar marinara sauce
- ½ cup shredded cheese

Preheat oven to 375°F. Cook pasta as instructed. One minute before pasta is done, pour 3 cups of vegetables in water for 1 minute. Drain pasta and vegetables using a colander and set aside. Heat 2 tablespoons of olive oil in a pan over medium heat. Place chicken breasts into pan with chopped onion. Cook for about 7-8 minutes, stirring occasionally until chicken is no longer pink. Place chicken in large mixing bowl. Add cooked pasta and vegetables. Pour in marinara sauce and mix all ingredients. Pour mixture into a baking dish. Bake for about 25 minutes. Remove dish from oven and sprinkle with cheese. Bake for another 10 minutes or until cheese is melted and serve.

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BROWN RICE AND BLACK BEAN ENCHILADA CASSEROLE

- 5 cups brown rice, cooked
- 1 can black beans, drained
- 1 cup corn
- 2 cups chopped vegetables
- 1 cup onions, diced
- 1 12-ounce bottle enchilada sauce
- ½ cup low-fat shredded cheese

Preheat oven to 375°F. Mix all ingredients in a large mixing bowl, except for cheese. Pour mixture into a baking dish. Bake for 20 minutes. Remove dish from oven and sprinkle with shredded cheese. Bake for another 10 minutes or until cheese is melted and serve.

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