Today we will be exploring recipes that fill you up without breaking the calorie bank. By packing recipes with fruits and vegetables, the volume of the food that can fit onto your plate is increased without also increasing the amount of calories. This concept is sometimes referred to as “volumetrics”. This is because fruits and vegetables are naturally low in calories, and high in water and fiber. Recipes packed with fruits and vegetables make us feel full for longer because they are more satiating. They also lend delicious flavors and a huge variety of nutrients to our diet when we make sure to include them at each meal.

- In this class we will be using two terms you should become familiar with. The first is “energy density”. This refers to how much energy (or calories) there is per volume of food. The second is “nutrient density”. This refers to how many nutrients there are per volume of food.

- Fruits and vegetables are very high in nutrient density. That means they have a lot of nutrients per volume. They are also low in energy density, which means they have few calories per volume.

- Eating fruits and vegetables frequently and decreasing our intake of energy dense foods is a great tool for maintaining a healthy weight. It is also important to get in tune with our bodies to pay attention to when we feel full or hungry. See the Hunger Scale and tips for weight management on the next page.
Am I Hungry?

Do you ever find yourself asking this question before you go to eat a meal or snack? It might surprise you to know that many of us don’t, instead eating often out of habit, boredom, stress, or other emotional reasons. Paying more attention to our physical signs of fullness and avoiding eating due to emotional reasons has been gaining popularity in recent years as a way to achieve and maintain a healthy weight. Here are just a few “mindful eating” pointers to get you started.

- Eat when you are hungry! Sounds simple enough, but by waiting until you feel starving to eat, it becomes easy to overdo it!
- Eat without distractions. Try sitting down for your meal, not turning on the TV, and not eating while standing up or doing other things.
- Enjoy your food. Choose foods you enjoy and that you know are nourishing to your body. Prepare them in ways you like, and pay attention to the aromas, textures and tastes. Eat slowly, chew thoroughly, and put down your utensil between bites.

Hunger Scale

Using a visual scale can help you think about how hungry you feel before eating. Take a moment before you begin a meal to cue in to how hungry you feel, and use this scale as a guide. Try to stay between 4 and 7 throughout the day.

- Preoccupied with hunger, ravenous
- Somewhat hungry, choose a meal or snack now
- Could still eat more, not quite satisfied
- A little too full, slightly uncomfortable
- Uncomfortably full, even nauseated.
- Very hungry, almost sick
- Stomach growling, low energy
- Neutral
- Satiated but not uncomfortable, stop eating now
- Very full, bloated, may need to loosen clothing

Created by Chicken Soup Brigade—Seattle, WA through a grant from AARP Foundation
Split Pea and Potato Soup (Serves 4)

- 2 tsp olive oil
- 1 medium onion, chopped
- 2-3 cloves garlic
- 1 stalk celery, chopped
- 2 carrots, chopped
- 2 red potatoes, cubed
- Black pepper, to taste
- 1 cup green split peas
- 4 cups water or low-sodium stock
- 1 large bay leaf
- 1 tsp dried dill
- Salt to taste

1. Heat oil in a large pot on medium heat. Add onion and sauté for about 3 minutes minutes, until soft.
2. Add in the garlic, celery, carrot, potatoes and pepper. Sauté an additional 5-7 minutes.
3. Add split peas, broth and bay leaf, then bring to boil.
4. Lower to simmer, and simmer for 1 ½ hours.
5. Add in salt to taste, and dried dill. Cook about 2 more minutes, then serve. Try with a dollop of lowfat yogurt on top for some added creaminess.

Soups are a great example of using volumetrics for weight control, as long as they are a high-fiber, broth-based soup. One study appearing in the Journal Appetite in November of 2007 found that having soup before a meal decreased total calorie intake by 20%. That’s a lot!
**Soba Noodle Soup**
(Serves 2)

- 4 oz buckwheat soba noodles or approximately 1 bundle from the package.
- 3-4 shiitake mushrooms, sliced (may sub cremini mushrooms)
- 3 cups of low sodium broth of choice
- 1 cup snow peas, cut into bit size pieces
- 1 medium carrot, sliced thinly
- 1-2 cloves of garlic, minced
- 3-4 spring onions, chopped
- Less than 1 inch piece of ginger, minced
- 2 tablespoons low-sodium soy sauce
- Cilantro sprigs for garnish

1. Cook noodles per packet instructions (about 5 minutes in boiling water). Drain and divide between 2 bowls.
2. As noodles are cooking begin to chop the ingredients.
3. In a separate pan heat broth and add the mushrooms, snow peas, garlic, ginger, and onions. Cook until vegetables are tender, approximately 3-5 minutes on medium.
4. Add soy sauce and cook for additional 3 minutes.
5. Ladle broth and vegetables over noodles in bowl.
6. Garnish the top with fresh cilantro and serve.

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*Soba Noodles*
Soba noodles are a traditional Japanese noodle made from buckwheat. Despite the name, buckwheat is not related to wheat making it gluten free. The noodles are commonly served hot in a soup or cold in a salad. Diets that contain buckwheat have been linked to lowered risk of developing high cholesterol and high blood pressure.

Picture by Hillary at flickr.com
Soba Noodle Salad (Serves 3)

Noodles:
- About 4 oz. buckwheat soba noodles (about 1 bundle)
- ¾ cup purple cabbage, thinly sliced or shredded
- ¾ cup carrot, shredded
- ⅓ cup chopped cilantro
- ⅓ cup chopped green onions

Sauce:
- 3 Tablespoons Peanut butter
- 1 ½ Tablespoons water
- 1 Tablespoon of soy sauce
- Juice from 1 lime
- 1/2 Tablespoon of minced ginger
- 1 clove garlic minced

1. Cook buckwheat soba noodles according to package instructions.
2. While pasta is cooking, prepare sauce. Add all ingredients into a bowl and mix well.
3. Drain noodles and run cold water over pasta, place in a large serving bowl.
4. On top of the noodles place the cabbage, carrot, cilantro, and green onions.
5. Scoop the sauce into the bowl and mix all together well, until everything is evenly coated.

Sweet peas
Greens (serve on top of a salad)
**Barley and Lentil Soup**

- 1/4 cup carrots, diced
- 1/2 cup celery, diced
- 1/2 onion, diced
- 2 cloves garlic, minced
- 2 tablespoons canola or olive oil
- 1 cup lentils
- 1/4 cup barley
- 1 14.5 oz. can diced tomatoes in juice (low-sodium)
- 1/2 cup diced, sun-dried tomatoes (optional)
- 4 cups low-sodium stock (try chicken or vegetarian)
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1 bay leaf

1. Sauté diced onions, celery, carrots, and garlic in oil until tender.
2. Add rest of ingredients and simmer for 1 ½ hours or until lentils and barley are tender. Serve with green salad and bread.

**Homemade Chicken Stock**

- 1 pound chicken parts
- 1 large onion
- 3 stalks celery, including some leaves
- 1 large carrot
- 3 whole cloves garlic
- 6 cups water

1. Cut onion into quarters. Chop scrubbed celery and carrot into 1 inch chunks.
2. Place chicken pieces, onion, celery, carrot, salt, and garlic in large soup pot or Dutch oven. Add 6 cups water.
3. Bring to a boil. Reduce heat, cover, and simmer for 1 hour.
4. Remove chicken and vegetables. Strain stock. Skim fat off the surface.
5. Can be used immediately, refrigerated or frozen.
Super Simple Pasta Toss
(Serves 4)
Adapted from a recipe in Cooking Light magazine, May 1998

- 1 ½ cups water
- 2 ounces sun-dried tomatoes, packed without oil (about 1 cup)
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, crushed
- 3 cups hot cooked whole wheat pasta (about 6 oz uncooked ridged, spiral pasta)
- ½ (10-ounce) bag fresh spinach, torn
- ½ cup grated parmesan cheese
- Salt and pepper to taste

1. Cook water on ‘high’ in microwave until it boils. Pour over the sun-dried tomatoes, and let sit for 20-30 minutes, until soft. (If using pre-hydrated sundried tomatoes, this step is not necessary.)
2. Drain and chop tomatoes.
3. Combine tomatoes, oil, salt, pepper, and garlic in a large bowl.
4. Add the drained pasta and spinach and toss gently until all of the spinach is wilted.
5. Sprinkle with cheeses and toss gently before serving.
Okra and Chicken Stew  
(Serves 4)

- 1 cup brown rice
- 1 tablespoon oil
- ½ medium onion, diced
- 2 cloves garlic, minced
- 1 chicken breast, sliced
- 1 carrot, diced
- 1 scallion, chopped
- ½ red bell pepper, diced
- ¼ cup parsley, roughly chopped
- 1 cup frozen okra
- 1 can (14.5 oz) diced tomatoes, no salt added
- 2 cups reduced-sodium chicken broth
- 1 bay leaf
- Salt and pepper to taste
- Hot sauce to taste

1. Cook rice according to package directions.
2. In a large pot, add oil and turn to medium heat. Sauté onion until softened.
3. Add garlic and stir for 30 seconds.
4. Add sliced chicken, and cook while stirring until no longer pink.
5. Add carrot, scallion, pepper, parsley, okra, tomatoes, broth and bay leaf, and stir to combine. Bring to a boil while stirring. Cover, reduce to a simmer, and cook for another 20 minutes, or until vegetables are tender.
6. Stir in hot sauce, salt and pepper to taste.
7. Serve over rice.

Try subbing leeks into the stew in place of onions.
If bell peppers are expensive, omit and use extra carrots.
Fried Eggs with Sautéed Veggies (Serves 2)

- 2 large eggs
- 2 tablespoons olive oil, divided
- 1 garlic clove
- ½ a bell pepper, any color, diced
- ½ cup of additional veggies, your choice (experiment with mushrooms, zucchini, eggplant, yellow squash, broccoli, etc.), diced
- 2 cups greens of your choice (spinach, mustard greens, collard greens, kale, etc.), washed and chopped
- ¼ teaspoon salt, and pepper to taste
- Dash of red pepper flakes (optional)

1. Coat pan with 1 tablespoon olive oil and heat on medium.
2. Crack eggs and add to pan, frying until cooked all the way through. Set eggs aside.
3. Add another tablespoon olive oil to the pan on medium heat. Mince garlic clove finely and add to pan.
4. Cook (stirring) for 30 seconds.
5. Add veggies to pan and cook for a few minutes until beginning to soften. Then add greens, along with salt and pepper flakes (if using) and cook until all veggies are softened, stirring frequently.
6. Add a few tablespoons of water if veggies begin to stick to the pan. Leaving the lid on for a few minutes will help the greens to wilt faster.
7. Serve sautéed veggies with eggs on top.
## MASTER RECIPE

### BASE INGREDIENTS:
- **2 cups GREENS** (choose one or more)
- **1 cup chopped VEGGIES**
- **½ cup chopped FRUITS**
- **½ cup PROTEIN** (choose 1 or 2)
- **¼ cup EXTRAS**
- **2 tablespoons DRESSING**

### WHAT TO DO:
1. Wash the **GREENS**, **VEGGIES**, and **FRUITS**.
2. Shred the **GREENS** and chop **VEGGIES** and **FRUITS** into bite-size pieces.
3. Top salad with **PROTEIN** choices.
4. Add **EXTRAS**.
5. Toss or drizzle with dressing and serve with your choice of **DRESSING**.

### YOU CHOOSE:

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<tr>
<th>GREENS</th>
<th>PROTEIN</th>
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<tbody>
<tr>
<td>Spinach</td>
<td>Water packed tuna</td>
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<tr>
<td>Arugula</td>
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<td>Garbanzo beans</td>
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<td>Frisee</td>
<td>Tofu</td>
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<td>Edamame (soy beans)</td>
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<tr>
<td>Boston lettuce</td>
<td>Cooked shrimp</td>
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<tr>
<td>Butter lettuce</td>
<td>Diced, cooked low-sodium turkey or ham</td>
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### VEGGIES:
- Carrots
- Mushrooms
- Bell Peppers
- Radishes
- Red onions
- Green beans
- Cucumbers
- Tomatoes
- Avocado
- Green peas
- Corn
- Olives
- Celery
- Jicama
- Sprouts
- Green onions
- Garlic, minced
- Sun-dried tomatoes
- Broccoli

### PROTEIN:
- Water packed tuna
- Hard-boiled egg, sliced
- Garbanzo beans
- Black beans
- Kidney beans
- Shredded chicken
- Cooked lentils
- Cannelini beans
- Canned salmon
- Tofu
- Edamame (soy beans)
- Cooked shrimp
- Diced, cooked low-sodium turkey or ham

### FRUITS:
- Berries
- Grapes
- Sliced or diced apple
- Sliced or diced pear
- Dried fruits—cranberries, cherries, raisins, apricots
- Canned, rinsed fruits

### DRESSING:
- Honey mustard
- Balsamic Vinaigrette
- Red Wine Vinaigrette
- Italian
- Blue cheese
- Caesar
- Sesame
- Ranch

### EXTRAS:
- Sunflower or sesame seeds
- Nuts—walnuts, pecans, almonds, pine
- Cheese—crumbled feta, shredded mozzarella, diced swiss, crumbled blue
- Herbs—basil, parsley, mint, dill, cilantro

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*Vinaigrettes tend to be healthier than creamy dressings because they contain more unsaturated fats.*
BASE INGREDIENTS:

- ¼-½ cup OIL
- 2-4 tablespoons ACID
- 1-2 tablespoon or more EXTRAS

YOU CHOOSE:

OILS
- Olive oil
- Canola oil
- Peanut oil
- Sesame oil
- Other special oils (you can get them already infused with herbs or peppers, though these tend to be pricier).

ACIDS
- Balsamic vinegar
- Red/white wine vinegar
- Rice wine vinegar
- Sherry vinegar
- Fresh lemon juice
- Orange juice
- Other vinegars (there are many to choose from!)

EXTRAS
- Dijon mustard (as little as 1 tsp will “emulsify” or help blend your vinaigrette)
- Pasteurized egg product (also an emulsifier)
- Pesto
- Minced shallots
- Parmesan cheese
- Blue cheese
- Honey
- Sugar
- Garlic, finely minced
- Hot sauce
- Low-sodium soy sauce
- Grated ginger
- Minced chives, scallions, or green onions
- Fresh or dried herbs, chopped

WHAT TO DO:

1. Decide on a ratio. Traditionally vinaigrettes are made with 3 parts oil, 1 part acid. You can stick to this, or use a 2:1 oil-to-acid ratio for a “zippier” dressing.
2. Mix it up! Add your oil, acid and ‘extras’ to a jar with a lid, and shake well for 10 seconds. If you don’t have a jar that will work, whisk the ‘extras’ into your vinegar, then slowly whisk the oil into the vinegar mixture.
3. Mustard and egg are both emulsifiers, which means they keep the vinegar and oil from separating after mixing, but are not required. Dressing can store in your refrigerator for up to a week. Make sure to shake or whisk before each use.

Vinaigrettes work well as marinades! Pour your vinaigrette creation into a zip-top bag over the raw meat of your choice. Close and let rest in the refrigerator for 4 hours or overnight. Turn the bag over once or twice. When ready to cook, remove the meat from the bag and DISCARD THE MARINADE. Broil, grill or roast the meat until cooked thoroughly.
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