

# WELLNESS WAYS



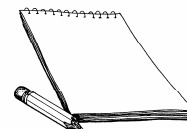
UNIVERSITY OF ILLINOIS  
EXTENSION

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*Ideas For Eating Better For Less . . . .*

## Meal Planning



- Plan your meals for the week.
- Use grocery store ads to help make your shopping list.
- Serve foods in season - best flavor, better prices and better quality.
- Plan meals that fit your time schedule.
- Purchase foods that can be stored for long periods of time (ex. canned food, macaroni, rice, dry milk).
- Make enough food for 2 meals and freeze one meal.



### **Tortellini and Bean Soup\*** Serves 6

1 tsp. vegetable oil	2 cups raw, chopped spinach
2 cups chopped onion	1 can (16-ounce) navy beans, drained
3 garlic cloves, minced	1 can (14.5-ounce) low sodium chicken broth
1 tsp. Italian seasoning	1 can (14.5-ounce) whole tomatoes
2/3 cup water	9 ounces cheese tortellini (pasta filled with cheese)

1. Heat oil in soup pot over medium-high heat.
2. Add onions, garlic, and Italian seasoning to the pot. Sauté for 5 minutes or until the onions are tender.
3. Add the water, spinach, beans, broth, and tomatoes with their juices to the pot. Bring to a boil.
4. Lower the heat and simmer for 2 minutes.
5. Add the tortellini to the pot and cook until thoroughly heated, about 7 minutes.

\*Adapted from DASH Recipes, "Recipes for Heart Health", National Heart, Lung, and Blood Institute.

**NUTRITION FACTS (per serving)** - Calories 270 ~ fat 5 g ~ calories from fat 45 ~ sodium 520 mg ~ total carbohydrate 45 g ~ fiber 7 g

**Tip of the Month: May is National Osteoporosis Prevention Month.** To reduce your risk of osteoporosis, exercise and get your daily recommended intake of calcium and vitamin D.

## Microwave Potatoes

Russet potatoes are preferable for baking and mashing.

1. Scrub potatoes in water.
2. Pierce with fork or knife.
3. Wrap each potato with microwave safe paper towel.
4. Place potatoes about 1-inch apart in microwave.
5. Microwave on High. Follow cooking times recommended in your microwave instruction booklet.
6. Turn potatoes over and change their position in the microwave halfway through cooking.
7. Let potatoes stand for about 5 minutes before serving.
8. Top potatoes with cooked vegetables, low fat cheese, fat-free sour cream or plain yogurt.



**NUTRITION FACTS (per medium russet potato w/skin) - Calories 170 ~ fat 0 g ~ calories from fat 0 ~ sodium 15 mg ~ total carbohydrate 37 g ~ fiber 4 g**

## Potatoes - Keep It Simple

Potatoes are naturally fat-free and cholesterol-free.  
Keep potatoes a healthful food choice by topping with  
vegetables, fat-free sour cream, or plain yogurt.

- Potatoes are a good source of vitamin C, potassium and fiber.
- Select potatoes that have no sprouts, bruises, or green color.
- Store potatoes in a cool, dark place.
- Just prior to cooking potatoes, wash potatoes with water and scrub with a vegetable brush.
- Cooking Tips
  - Cut potatoes in similar sizes for even cooking.
  - Store sliced potatoes in cold water until cooking to prevent brownish-grey discoloring.

