

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Pasta Perfecto!

- o Pasta is not fattening. One serving of pasta (1/2 cup) has 99 calories and is low in fat and sodium.
- o Follow package directions for cooking pasta to prevent sticking. Drain pasta immediately.
- o Do not rinse pasta after draining unless you are going to use it in a cold dish or you need to hold it for a while before adding other ingredients.
- o Pasta Meal Ideas:
 - Add beans to your pasta dishes.
 - Add leftover pasta to your soup.
 - Prepare a main pasta dish by adding cheese, vegetables, and meat.



Easy Tuna Pasta Serves 6.

8 oz. uncooked pasta (elbow macaroni, shells, etc.)
10 oz. package frozen peas
1 cup skim milk

2 tsp. dried onion flakes
1 cup shredded cheese, reduced fat
6 oz. can tuna in water, drained

1. In a 4-quart pot, add 2 1/2 cups water and bring to a boil.
2. Add pasta. Cover and cook on simmer for 7 minutes. Stir several times.
3. Add peas, milk and onion flakes to pasta. Cover and cook on simmer for about 7 minutes or until pasta and peas are tender.
4. Add cheese and tuna and gently stir until blended.
5. Meal suggestion: Serve with sliced carrots and fruit.

NUTRITION FACTS (per serving) - Calories 280 ~ fat 6 g ~ calories from fat 50 ~ sodium 180 mg ~ total carbohydrate 37 g ~ fiber 4 g FOOD GUIDE PYRAMID FOOD GROUPS – Grain Group 2 servings; Meat Group 1/2 serving; Vegetable Group 3/4 serving; Milk Group 3/4 serving

♥ **Tip of the Month:** For every tablespoon of fat you take out of your food (skimming fat off gravies, soups or trimming fat off cuts of meat), you remove approximately 13 grams of fat and 115 calories.

Swiss Steak with Vegetables Serves 6.

1 1/2 pound beef round steak, boneless
1/4 cup flour
2 Tbsp. oil
1 cup water
1 tsp. Worcestershire sauce

2 Tbsp. onion, chopped
1 16-ounce can tomatoes with juice
1/2 cup celery, chopped
1/2 cup carrots, sliced

1. Cut meat into 6 pieces. Coat meat with flour.
2. Brown meat in oil in large skillet or pan.
3. Combine remaining tablespoon of flour, water, Worcestershire sauce, onion, tomatoes, celery and carrots in medium bowl and pour mixture over meat.
4. Cover the pan and simmer about 2 hours or until meat is tender and sauce is thickened.

*May use chuck steak, flank, or other less tender steaks

NUTRITION FACTS (per serving) - Calories 260 ~ fat 12 g ~ calories from fat 110 ~ sodium 190 mg ~ total carbohydrate 11 g ~ fiber 2 g **FOOD GUIDE PYRAMID FOOD GROUPS** – Vegetable Group 1 serving; Meat Group 1 serving

Healthful Meat & Poultry Meals

- ♥ Cook lean cuts of meat and poultry. Trim visible fat before cooking.
- ♥ Steam, broil, or bake your meat and poultry instead of frying.
- ♥ Reduce the amount of fat in meat juices, soups and gravies.

Meat and poultry juices - Use a tablespoon to skim the fat off juices.

Soups, stews and chili - Prepare ahead and refrigerate soups, stews and chili before serving. Fats will harden when cold and can be easily removed with a spoon from the top of the food.



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