

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Be Good To Yourself - Eat Yogurt



- **Yogurt is in the Milk Group.** One cup of yogurt counts as 1 cup or 1 serving of milk
- **Choose low-fat and nonfat yogurts.**
- **If you like milk and it doesn't seem to like you, eat yogurt in place of milk.** Many people are lactose intolerant. They may get nausea, cramps, bloating, gas, and diarrhea about 30 minutes to 2 hours after eating or drinking milk and milk products. Lactose intolerant people are usually able to eat yogurt with little or no discomfort.
- **Yogurt recipe ideas:**
 - Use plain, low-fat yogurt in place of mayonnaise in tuna, chicken and potato salads.
 - Use plain, low-fat yogurt in place of sour cream in dips, dressings and as topping on baked potatoes and Mexican dishes.
 - Use fruit flavored yogurt on top of pancakes and waffles.

Tuna Melt Serves 4

1/4 cup plain low-fat yogurt

1/2 tsp. curry powder (optional)

1/4 tsp. onion powder

1 can (6 oz.) tuna, in water, drained

4 slices whole wheat bread

1/2 cup low-fat cheddar cheese, shredded

1. Stir yogurt, curry powder and onion powder together in a medium bowl.
2. Add tuna and stir until combined.
3. Spread tuna mixture on the 4 slices of bread.
4. Top with cheese.
5. Heat in microwave about 20 or 30 seconds or until cheese melts.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 3 g ~ calories from fat 25 ~ sodium 350 mg ~ total carbohydrate 13 g ~ fiber 1 g

Gelatin Vegetable Salad Serves 12

2 (3 oz.) packages of lemon-flavored gelatin
1 1/2 cups hot water
1/2 cup vinegar
1 1/2 cups cold water
2 cups finely shredded cabbage

1/4 cup diced green pepper
1/2 cup chopped celery
1/2 cup shredded carrot
1 small cucumber, chopped

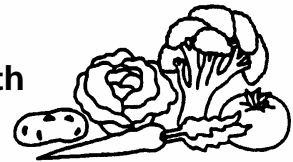
1. Dissolve gelatin in boiling water. Add vinegar and cold water. Stir.
2. Pour gelatin into a 8-cup greased mold/container. Place gelatin in refrigerator.
3. When mixture begins to thicken (set) and is not yet firm, add the remaining ingredients.
4. Refrigerate until firm.

NUTRITION FACTS (per serving) - Calories 60 ~ fat 0 g ~ calories from fat 0 ~ sodium 60 mg ~ total carbohydrate 14 g ~ fiber 1 g



Gelatin Salads

Add fun, color and flavor to your meals with fruit and vegetable gelatin salads.



Gelatin Salad tips:

- Dissolve flavored gelatin powder in boiling liquid (juice or water).
- Before adding fruit or vegetables, chill gelatin about 20 to 40 minutes so it thickens but does not set firm.
- Add no more than 1-1/2 cups of fruit or vegetables per each 4-serving batch.
- Stir gently when adding fruit or vegetables and pour into slightly greased mold.
- Refrigerate gelatin mixture until gelatin is firm in the mold: 3 hours for 4-serving recipe; 4 – 6 hours for larger recipes.
- **Removing gelatin mold:** Dip gelatin mold in warm water, up to the mold line, about 10 seconds. Loosen edge of mold with a knife. Rotate while tipping the mold to loosen sides from mold. Place a moistened plate on top of mold. Flip mold upside down and gently shake mold onto plate.
- Gelatin recipes keep for at least 24 hours and most as long as 3 days.



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