

Sample Menu #10

Breakfast

Canadian bacon biscuit, made with 1 slice (1 ounce) Canadian bacon (low-fat, low-sodium), 1 small biscuit (lower-fat refrigerated variety if not homemade, or using the “Better-For-You Buttermilk Biscuits” recipe), 1 teaspoon soft tub margarine

Orange, 1 small

Milk, 1%, 1 cup

Snack

Pineapple tidbits, canned in water or juice, drained, ½ cup

Cottage cheese, low-fat, calcium-fortified, ½ cup

Lunch

Tuna sandwich, made with 1 slice whole wheat bread, 2 ounces canned tuna (low-sodium variety preferred), 1 teaspoon reduced-fat mayonnaise, lettuce and tomato

Roasted potato wedges, oven-baked, made with 1 small russet potato, 2 teaspoons canola oil, and salt-free seasoning (or have a baked potato, with 1 teaspoon soft tub margarine)

Banana Yogurt Pops (recipe provided)



Snack

Pita chips, made with whole wheat pita bread (½ a 6 inch diameter), drizzled with 1 teaspoon canola oil, toasted and cut into wedges (or have 5 whole wheat crackers)

Bean dip, ¼ cup

Evening meal

Spaghetti with meat sauce, made with ⅔ cup cooked spaghetti noodles, ⅓ cup tomato-vegetable sauce, 2 ounces cooked lean ground beef

Tossed salad, made with 1 cup spinach, ½ cup shredded carrots, ¼ cup canned, rinsed and drained garbanzo beans, 2 tablespoons sliced toasted almonds, 1 tablespoon reduced-fat salad dressing

Snack

Popcorn, air-popped, 3 cups

Reduced-fat shredded cheddar cheese, ¼ cup (to sprinkle on hot popcorn)

Banana Yogurt Pops

Serves 4

Ingredients:

- 2 large bananas, cut in half crosswise
- ½ cup low-calorie, low-fat strawberry or vanilla yogurt
- 4 graham cracker squares (2 full sheets), crushed
- 4 small popsicle sticks



Directions:

1. Insert a popsicle stick into the cut side of each banana until bananas are secure on the sticks.
2. Pour the yogurt and graham cracker crumbs into shallow bowls or paper plates.
3. Roll each banana in the yogurt, coating completely (use a spoon to help spread yogurt on the bananas if needed).
4. Quickly roll each banana in the cracker crumbs, sprinkling crumbs on with your fingers if needed to fully coat the banana.
5. Place the bananas on a small cookie sheet or paper plate covered with aluminum foil and place in the freezer for about 30 minutes to set the yogurt and firm up the bananas.
6. Remove from freezer and enjoy as you would an ice-cream bar or popsicle.



Try this!

This is a great snack to share with grandkids! Let them help you dunk and roll the bananas, then enjoy this tasty and healthy treat together. Also, if strawberries are in season, you could use them in this recipe by cutting off the tops, inserting a toothpick into the cut side, then roll in yogurt and graham cracker crumbs (or even cereal crumbs) as you do with the bananas, and freeze to set. Yum!

Estimated Nutrition Facts per serving:

100 calories
1 g total fat
0 g saturated fat
22 g carbohydrate
2 g protein
2 g fiber