

## Sample Menu #7

### **Breakfast**

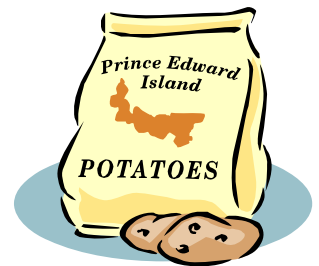
Whole grain, ready-to-eat, unsweetened cereal, fortified,  $\frac{3}{4}$  cup  
Pecan halves, toasted, 2 tablespoons (for cereal)  
Milk, 1%,  $\frac{1}{2}$  cup  
Cantaloupe, cubed,  $\frac{1}{2}$  cup

### **Snack**

Whole wheat English muffin, toasted,  $\frac{1}{2}$  muffin, with 1 teaspoon soft tub margarine and cinnamon to taste  
Milk, 1%, 1 cup

### **Lunch**

Ham sandwich, made with 2 ounces sliced lean ham (lower sodium preferred), 2 slices whole wheat bread, 2 teaspoons reduced-fat mayonnaise, lettuce and tomato  
Fluff n' Stuff Potatoes (recipe provided)  
Grapes, red or green, 15 small



### **Snack**

Whole wheat crackers (such as Triscuit®), low-sodium variety, 8 squares, sprinkled with  $\frac{1}{4}$  cup reduced-fat shredded cheese, melted  
Vegetable juice, low-sodium variety,  $\frac{1}{2}$  cup

### **Evening meal**

Meatloaf, made with lean ground beef and no-salt-added tomato sauce, 3 ounces  
Black-eyed peas, canned, rinsed and drained, heated,  $\frac{1}{2}$  cup  
Collard greens, steamed or boiled,  $\frac{1}{2}$  cup, with 1 teaspoon canola oil  
Butternut squash, frozen, cubed or mashed, roasted or microwaved,  $\frac{1}{2}$  cup, with 1 teaspoon soft margarine

### **Snack**

Mandarin oranges, canned in juice or water, drained,  $\frac{1}{2}$  cup  
Part-skim mozzarella cheese stick, 1 ounce

\*Remember to drink plenty of fluids throughout the day! Water, tea, coffee, small amounts of juice, and other liquids can help to keep you hydrated.

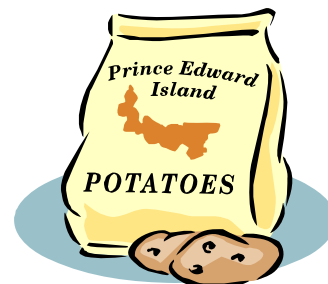
## Fluff n' Stuff Potatoes

Adapted from the NHLBI, the National Institutes of Health, 2003, Publication No. 03-2921

**Serves 2**

### **Ingredients:**

- 1 medium russet potato
- 3 tablespoons low-fat (1% milkfat) cottage cheese
- 2 tablespoons low-fat milk
- 2 teaspoons soft tub margarine
- 1/8 teaspoon all-purpose salt-free seasoning blend
- 1 teaspoon parmesan cheese (optional)



### **Directions:**

1. Preheat oven to 425°F.
2. Rinse and scrub the potato and prick with a fork to allow steam to escape. Microwave until tender, about 2-3 minutes per side.
3. Cut the potato in half and carefully scoop out the insides and place into a small bowl, leaving a thin layer of the pulp inside the shell.
4. Place potato shells onto a small baking pan lined with aluminum foil.
5. To the potato pulp, add the cottage cheese, milk, margarine, and seasoning blend and mash well together. Spoon the mixture evenly into the potato shells.
6. Sprinkle each stuffed potato half with 1/2 teaspoon parmesan cheese and bake in the oven for 10 minutes or until tops begin to turn golden.



### **Estimated Nutrition Facts per serving:**

**125** calories  
**3 g** total fat  
**1 g** saturated fat  
**20 g** carbohydrate  
**6 g** protein  
**2 g** fiber