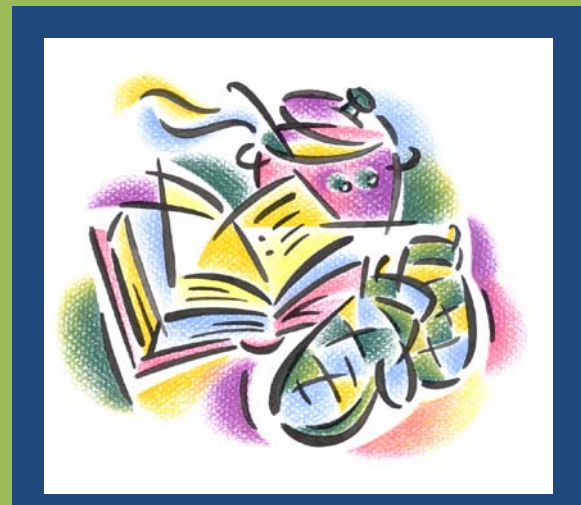




KINGDOM LIFE COOKBOOK

July, 2009





Greetings and blessings in the name of our Lord and Master, Jesus Christ! Holy Spirit has mandated that we continue to decree that the body of New Birth Kingdom Ministries International shall be a **“healthy”** ministry in mind, body and spirit. It is written in 1 Corinthians 6:19 that our body is the temple within which the Holy Spirit resides. As good stewards of our temples which He has entrusted to us, we are obligated to take every precaution necessary to maintain our temples so that we may live a long and prosperous Kingdom filled life.

During the month of July, we are promoting **“Health and Wellness”**. It is our sincere prayer that each of you will be inspired to take good care of your temple. During this month we are pulling down every physical attack on the body of Christ. We are standing firm against Asthma, Cancer, Diabetes, Hypertension, Kidney Disease, Obesity, Sickle Cell Anemia, Depression and Vitamin Deficiencies just to name a few. Many of these disorders can be avoided by simply making a lifestyle change that includes a nutritious diet and consistent exercise. Most importantly, while changing our lifestyle in the natural, we must also change our lifestyle in the spiritual by embracing God as the ultimate healer of all infirmities.

This “Kingdom Life Cook Book” was put together with you in mind. Each recipe was hand selected with the concept of introducing the idea of making moderate changes in food selection but never sacrificing taste. We pray that this book inspires you and your family to reclaim your health and begin to live the Kingdom Life all to the glory of God! Accept the challenge of living a Kingdom Life filled with the fullness of God’s blessings for a prosperous healthy life!

With Kingdom Love,

Pastor Samuel Sams and
Minister Bonita Sams

Acknowledgements

All the glory and honor goes to our Heavenly Father and Holy Spirit for inspiring us to assemble this book for the sole purpose of guiding His children on the path of Kingdom Living.

Thanks to Pastor Samuel Sams for continuously decreeing that New Birth Kingdom Ministries International will be a “Healthy Ministry”.

Thanks to the members and friends of New Birth Kingdom Ministries International for their prayers and contributions.

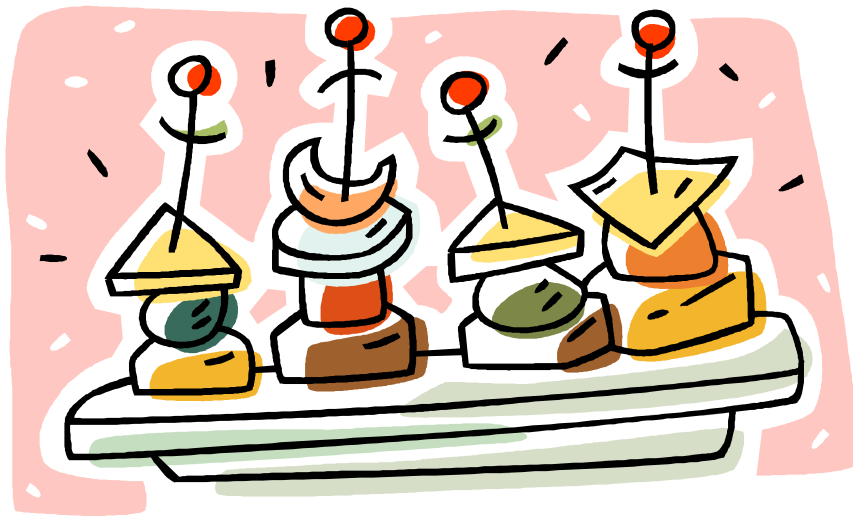
Some recipes were obtained Courtesy of EatingWell and Low Fat Lifestyle. Please visit the following websites for more information.

www.eatingwell.com

www.lowfatlifestyle.com

Important Note: We respect the intellectual property of others and we ask that users do the same. In accordance with the Online Copyright Infringement Liability Limitation Act the contents of this cook book is not to be copied, sold for profit or used in any way that would discredit the integrity of New Birth Kingdom Ministries International or the sources above. These recipes are strictly for informational purposes only. For more information about the recipes please visit the appropriate website or contact the originator of the recipe.

APPETIZERS



But he answered and said, it is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. Matthew 4:4

CHEESE DIP OR SPREAD

*You may use Parmesan, Romano or Asiago cheese if desired.
Courtesy of Low Fat Lifestyle (www.lowfatlifestyle.com)*

INGREDIENTS:

- 1 cup light mayonnaise
- 1/2 cup thinly sliced green onions
- 1/3 cup grated Romano, Parmesan or Asiago cheese
- 1/4 cup sliced mushrooms
- 1/4 cup sun-dried tomato bits (cut in small pieces if not purchased that way)
- 1 - 8 ounce container low-fat sour cream
- 1 tablespoon grated Romano, Parmesan or Asiago cheese

Instructions:

Preheat oven to 350 degrees. Combine first 6 ingredients in a bowl; spoon into a 1-quart casserole. Sprinkle with 1 tablespoon cheese. Bake at 350 degrees for 30 minutes or until bubbly. Serve with toasted bread for sandwiches, crackers or crostini.

Notes:

CHILE CHEESE DIP

Great with baked chips or fresh vegetables.
Courtesy of Low Fat Lifestyle (www.lowfatlifestyle.com)

INGREDIENTS:

1/2 cup fat free cottage cheese
1 green onion with green top, chopped
1/4 cup chopped green chilies, canned
2 tablespoons fresh parsley, chopped
2 tablespoons fresh cilantro, chopped
1/4 teaspoon oregano
1/8 teaspoon onion salt

Instructions:

Put cottage cheese, green onion, green chilies, fresh parsley, fresh cilantro, oregano and onion salt into blender. Blend until very smooth. Place in a covered container and chill for at least one hour. Serve with fat free crackers, baked chips or fresh vegetables.

Notes:

DILLED SHRIMP DIP

Serve with baked tortilla chips or crackers.

Courtesy of Low Fat Lifestyle (www.lowfatlifestyle.com)

INGREDIENTS:

2 - 6 ounce cans shrimp
1 small hybrid sweet onion, chopped very fine
1 healthy dash of Worcestershire sauce
1 - 8 ounce package fat-free cream cheese
1 - 3 ounce package Neufchatal cheese
3/4 cup low fat mayonnaise
1 teaspoon horseradish
2 tablespoons ketchup
2 teaspoons dill weed

Instructions:

Let cream cheese rest at room temperature until soft. Mash all ingredients together with a fork or potato masher. Chill overnight before serving.

Notes:

PINTO BEAN DIP

Serve with baked tortilla chips.

Courtesy of Low Fat Lifestyle (www.lowfatlifestyle.com)

INGREDIENTS:

2 - 15 ounce can pinto beans, drained
8 slices canned jalepeno and 2 tablespoons of juice
1 teaspoon salt
1 teaspoon sugar
1/2 teaspoon onion powder
1/8 to 1/4 teaspoon cayenne pepper
1/2 teaspoon paprika
1/4 teaspoon garlic powder

Instructions:

Puree all ingredients in food processor on high speed until smooth. Cover and refrigerate for 1 hour or more. Serve with baked tortilla chips or on chalupas with lettuce, tomatoes and low fat cheese.

Notes:

SPICY SOUTHWESTERN TORTILLA PINWHEELS

Courtesy of Low Fat Lifestyle (www.lowfatlifestyle.com)

INGREDIENTS:

- 1 - 8 ounce package fat-free cream cheese, softened
- 1 - 2 ounce can chopped black olives
- 1 - 4 ounce can diced green chiles
- 1 - 4 ounce jar sliced pimento peppers, drained
- 2 green onions, minced
- 3 tablespoons hot pepper sauce, I prefer Cholulu
- 3 tablespoons chopped fresh cilantro
- 10 - 10 inch fat-free or low fat flour tortillas

Instructions:

In a medium-size mixing bowl, combine cream cheese, olives, chiles, pimentos, green onions, hot sauce and fresh cilantro. Spread the mixture onto tortillas. Roll the tortillas up and refrigerate for at least 1 hour. Slice the roll ups and serve.

Notes:

VEGETABLE QUICHE CUPS TO GO

INGREDIENTS:

1 – 10 oz package of frozen spinach
¾ cup egg beaters
1 ¼ cup shredded reduced fat cheese
¼ cup diced green bell peppers
¼ cup diced onions

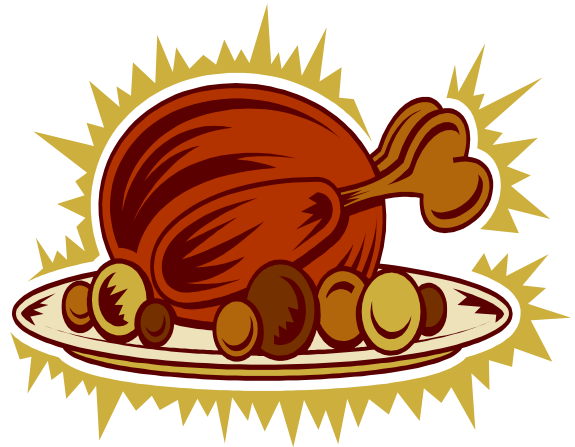
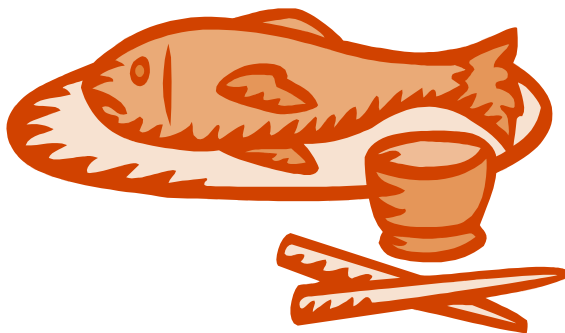
Instructions:

Microwave the spinach for 2 ½ minutes on high. Drain the excess liquid. Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray. Combine the egg substitute, cheese, peppers, onions and spinach in a bowl. Mix well. Divide evenly among the muffin cups. Bake at 350 degrees for 20 minutes, until a knife inserted in the middle comes out clean.

(A Favorite of B. Sams)

Notes:

Entrees



*But he said unto them, I have meat to eat that ye know not of.
Matthew 4:32*

FLANK STEAK WITH TRIPLE GRILLED ONIONS

Courtesy of Low Fat Lifestyle (www.lowfatlifestyle.com)

INGREDIENTS:

- 3 Tbsp unpacked brown sugar
- 4 1/2 tsp balsamic vinegar
- 3 medium onion(s), yellow, cut into 1/2-inch-thick slices
- 1 large vidalia onion(s), cut into 1/2-inch-thick slices
- 2 medium red onion(s), cut into 1/2-inch-thick slices
- 1 tsp table salt, divided
- 1/4 tsp black pepper
- 1 1/4 pound raw lean flank steak

Instructions:

Heat grill or grill pan to medium. Combine sugar and vinegar in a small bowl. Brush onions with vinegar mixture and sprinkle with 1/2 teaspoon of salt. Grill onions until soft and caramelized, turning occasionally, about 45 minutes. (Note: Skewer onions or place them in a grill basket or on foil with slits to prevent them from falling through the grill rack.) Sprinkle steak with remaining 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Place on grill 30 minutes after onions. Cook 15 minutes, turning once, or until medium rare. Let rest 10 minutes and slice thinly against the grain. Yields about 4 ounces of steak and 2/3 cup of onions per serving.

Notes:

PORTOBELLO “PHILLY CHEESE STEAK” SANDWICH

Courtesy of EatingWell
<http://www.eatingwell.com>

Active time: 25 minutes

Total: 25 minutes

Cheese steaks are a Philadelphia tradition: thin slices from a rich and very fatty slab of beef, fried up and topped with a heavy cheese sauce. We've cut down on the fat considerably—but not on the taste. All it needs is a cold beer or a glass of pinot noir on the side.

2 teaspoons extra-virgin olive oil

1 medium onion, sliced

4 large portobello mushrooms, stems and gills removed (see Tip), sliced

1 large red bell pepper, thinly sliced

2 tablespoons minced fresh oregano or 2 teaspoons dried

1/2 teaspoon freshly ground pepper

1 tablespoon all-purpose flour

1/4 cup vegetable broth or reduced-sodium chicken broth

1 tablespoon reduced-sodium soy sauce

3 ounces thinly sliced reduced-fat provolone cheese

4 whole-wheat buns, split and toasted

1. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until soft and beginning to brown, 2 to 3 minutes. Add mushrooms, bell pepper, oregano and pepper and cook, stirring often, until the vegetables are wilted and soft, about 7 minutes.

2. Reduce heat to low; sprinkle the vegetables with flour and stir to coat. Stir in broth and soy sauce; bring to a simmer. Remove from the heat, lay cheese slices on top of the vegetables, cover and let stand until melted, 1 to 2 minutes.

3. Divide the mixture into 4 portions with a spatula, leaving the melted cheese layer on top. Scoop a portion onto each toasted bun and serve immediately.

Makes 4 sandwiches.

Per serving: 268 calories; 10 g fat (4 g sat, 4 g mono); 15 mg cholesterol; 35 g carbohydrate; 13 g protein; 7 g fiber; 561 mg sodium; 707 mg potassium.

Nutrition bonus: Vitamin C (140% daily value), Selenium (49% dv), Vitamin A (30% dv), Calcium (25% dv), Potassium (20% dv), Magnesium (16% dv).

2 Carbohydrate Servings

Exchanges: 2 starch, 1 vegetable, 1 high-fat meat

Cooking tip:

The dark gills found on the underside of a portobello are edible, but if you like you can scrape them off with a spoon.

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CHICKEN AND CHEESE CASSEROLE

INGREDIENTS:

2 cups cooked macaroni
2 cups chopped cooked skinless boneless chicken breasts
2 cups 98% fat free cream of mushroom soup
2 cups fat free or skim milk
8 oz of low fat cheddar cheese cut into small cubes

Instructions:

Preheat the oven to 350 degrees. In large casserole dish combine all ingredients and mix well. Bake covered for 35-45 minutes. Remove cover, bake 10-15 longer and serve. **Note:** Add broccoli or spinach if desired.

(A Favorite of Momma Sams)

Notes:

STUFFED CHICKEN BREASTS

INGREDIENTS:

4 – boneless chicken breast (skin on)

1 – 10 oz frozen spinach

¼ cup – grated Parmesan cheese

1 fresh lemon

Olive Oil

Salt (reduced sodium)

Ground Black Pepper

Instructions:

Cook a package of frozen spinach according to label directions; squeeze dry. Place in a bowl with 1/4 cup grated Parmesan cheese, a squeeze of lemon juice, salt and pepper (to taste). Create a pocket in the chicken breasts by gently pushing your fingers between the skin and the meat. Stuff some of the spinach mixture into each pocket. Brush chicken with olive oil, sprinkle with salt and pepper, and bake at 425 degrees for 35 to 40 minutes.

(A Favorite of B. Sams)

Notes:

FIVE-SPICE CHICKEN & ORANGE SALAD

Courtesy of EatingWell
<http://www.eatingwell.com>

Active time: 35 minutes

Total: 35 minutes

To make ahead: Prepare through Step 2. Refrigerate the chicken for up to 2 days. Slice and serve chilled.

Five-spice powder is a Chinese seasoning shortcut combining multiple flavors in one convenient package. Tossed with orange juice and chicken, it makes a terrific salad with a complex, layered taste that belies the simple recipe. Make It a Meal: Sesame breadsticks and a crisp Riesling are all you need to get dinner on the table quickly.

6 teaspoons extra-virgin olive oil, divided

1 teaspoon five-spice powder (see Note)

1 teaspoon kosher salt, divided

1/2 teaspoon freshly ground pepper, plus more to taste

1 pound boneless, skinless chicken breasts, trimmed of fat

3 oranges

12 cups mixed Asian or salad greens

1 red bell pepper, cut into thin strips

1/2 cup slivered red onion

3 tablespoons cider vinegar

1 tablespoon Dijon mustard

1. Preheat oven to 450°F. Combine 1 teaspoon oil, five-spice powder, 1/2 teaspoon salt and 1/2 teaspoon pepper in a small bowl. Rub the mixture into both sides of the chicken breasts.

2. Heat 1 teaspoon oil in a large ovenproof nonstick skillet over medium-high heat. Add chicken breasts; cook until browned on one side, 3 to 5 minutes. Turn them over and transfer the pan to the oven. Roast until the chicken is just cooked through (an instant-read thermometer inserted into the center should read 165°F), 6 to 8 minutes. Transfer the chicken to a cutting board; let rest for 5 minutes (it will finish cooking as it rests).

3. Meanwhile, peel and segment two of the oranges (see Tip), collecting segments and any juice in a large bowl. (Discard membranes, pith and skin.) Add the greens, bell pepper and onion to the bowl. Zest and juice the remaining orange. Place the zest and juice in a small bowl; whisk in vinegar, mustard, the remaining 4 teaspoons oil, remaining 1/2 teaspoon salt and freshly ground pepper to taste. Pour the dressing over the salad; toss to combine. Slice the chicken and serve on the salad.

Makes 4 servings.

Per serving: 278 calories; 10 g fat (2 g sat, 6 g mono); 63 mg cholesterol; 23 g carbohydrate; 26 g protein; 7 g fiber; 681 mg sodium. Nutrition bonus: Vitamin C (170% daily value), Vitamin A (140% dv), Selenium (30% dv), Iron (15% dv). 1 Carbohydrate Serving Exchanges: 1 fruit, 1 1/2 vegetable, 3 lean meat, 1 1/2 fat

Ingredient note:

Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.

To segment citrus: With a sharp knife, remove the skin and white pith from the fruit. Working over a bowl, cut the segments from their surrounding membranes. Squeeze juice into the bowl before discarding the membranes.

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GREEK GRILLED CHICKEN BREASTS

serve with a tzatziki sauce.

Courtesy of Low Fat Lifestyle www.lowfatlifestyle.com

Servings: 4

INGREDIENTS:

- 4 boneless skinless chicken breast halves
- 2 lemons, juice of
- 2 teaspoons dried oregano
- 1 teaspoon garlic salt (or can use fresh chopped garlic)
- 4 teaspoons olive oil

Instructions:

Combine lemon juice, oregano, garlic salt in shallow dish. Whisk to combine. While whisking, stir in olive oil.

Add chicken turning once. Marinate 30-60 minutes turning half-way.

Grill until juices run clear; discard marinade. Serve with tzatziki sauce.

Notes:

GRILLED CHICKEN THIGHS

serve with brown rice and a salad.

Courtesy of Low Fat Lifestyle www.lowfatlifestyle.com

Servings: 6

- 12 boneless skinless chicken thighs
- 1/3 cup chopped fresh basil
- 1/3 cup chopped fresh cilantro
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 1 tablespoon minced jalapeno
- 1 1/2 tablespoons light soy sauce
- 1 tablespoons fish sauce
- 1 1/2 tablespoons olive oil
- 1 1/2 tablespoons brown sugar

Combine all ingredients except chicken in a bowl. Mix thoroughly.

Add chicken and leave to marinate at least one hour, preferably longer.

Grill chicken on the BBQ, hot-plate or in the griller until golden brown and cooked through.

Notes:

PICNIC OVEN-FRIED CHICKEN

Courtesy of EatingWell

<http://www.eatingwell.com>

Active time: 20 minutes

Total: 1 hour 35 minutes (including 1/2 hour marinating time)

To make ahead: The chicken can be marinated for up to 8 hours.

Whether you take it along on a picnic or serve it at home for a family supper, this updated “fried” chicken is a crowd pleaser. Marinating the chicken in buttermilk keeps it juicy, and the light coating of flour, sesame seeds and spices, misted with olive oil, forms an appealing crust during baking.

1/2 cup buttermilk

1 tablespoon Dijon mustard

2 cloves garlic, minced

1 teaspoon hot sauce, such as Tabasco

2 1/2-3 pounds chicken legs, skin removed, fat trimmed

1/2 cup whole-wheat flour

2 tablespoons sesame seeds

1 1/2 teaspoons paprika

1 teaspoon dried thyme leaves

1 teaspoon baking powder

1/8 teaspoon salt, or to taste

Freshly ground pepper to taste

Olive oil cooking spray

1. Whisk buttermilk, mustard, garlic and hot sauce in a shallow glass dish until well blended. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least 1/2 hour or for up to 8 hours.
2. Preheat oven to 425°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.
3. Whisk flour, sesame seeds, paprika, thyme, baking powder, salt and pepper in a small bowl. Place the flour mixture in a paper bag or large sealable plastic bag. Shaking off excess marinade, place one or two pieces of chicken at a time in the bag and shake to coat. Shake off excess flour and place chicken on the prepared rack. (Discard any leftover flour mixture and marinade.) Spray chicken pieces with cooking spray.
4. Bake the chicken until golden brown and no longer pink in the center, 40 to 50 minutes.

Makes 4 servings.

Per serving: 227 calories; 7 g fat (2 g sat, 2 g mono); 130 mg cholesterol; 5 g carbohydrate; 34 g protein; 1 g fiber; 262 mg sodium; 423 mg potassium.0 Carbohydrate Servings Exchanges: 1/3 starch, 4 very lean protein, 1 1/2 fat

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SALMON AND PASTA

INGREDIENTS:

1 – 14 oz can of pink salmon
3 cups of cooked whole wheat pasta
2 tablespoons pickled relish
2 tablespoons of fat free sour cream
1 tablespoon reduced fat mayonnaise
1 cup frozen green peas (thawed out)
¼ cup of chopped green pepper
2 green onion stalks
Salt (reduced sodium)
Ground Black Pepper
Garlic Powder

Instructions:

Cook whole wheat pasta as directed, drain, set aside and let cool. Remove bones and excess skin from salmon and crumble by hand. Add Salmon and the rest of the ingredients to pasta and toss. Chill for 30 minutes and serve.

(A Favorite of B. Sams)

Notes:

POTATO-HORSERADISH-CRUSTED MAHI-MAHI

Courtesy of EatingWell

<http://www.eatingwell.com>

Active time: 25 minutes

Total: 25 minutes

Simple yet special enough to serve for company—even when you're in a hurry. Make it a Meal: Serve with steamed carrots tossed with dill and green beans.

- 1 cup precooked shredded potatoes (see Note)
- 1 shallot, finely chopped
- 1 tablespoon prepared horseradish
- 1 teaspoon Dijon mustard
- 1/2 teaspoon garlic salt
- 1/4 teaspoon freshly ground pepper
- 1 1/4 pounds mahi-mahi, skin removed, cut into 4 portions
- 4 teaspoons reduced-fat mayonnaise
- 1 tablespoon canola oil
- 1 lemon, quartered

1. Combine potatoes, shallot, horseradish, mustard, garlic salt and pepper in a medium bowl. Spread each portion of fish with 1 teaspoon mayonnaise, then top with one-fourth of the potato mixture, pressing the mixture onto the fish.
2. Heat oil in a large nonstick skillet over medium-high heat. Carefully place the fish in the pan potato-side down and cook until crispy and browned, 4 to 5 minutes. Gently turn the fish over, reduce the heat to medium and continue cooking until the fish flakes easily with a fork, 4 to 5 minutes more. Serve with lemon wedges.

Makes 4 servings.

Per serving: 205 calories; 6 g fat (1 g sat, 3 g mono); 105 mg cholesterol; 9 g carbohydrate; 27 g protein; 1 g fiber; 311 mg sodium; 623 mg potassium.

Nutrition bonus: Selenium (74% daily value), Potassium (18% dv).

Ingredient note: Look for precooked shredded potatoes in the refrigerated section of the produce department—near other fresh prepared vegetables.

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TURKEY TORTILLA BAKE

INGREDIENTS:

9 White corn Tortillas
2 cup cooked light meat turkey, chopped or diced
½ cup chopped onions
1 can of fat free cream of chicken soup
4 oz can chopped green chilies
¼ cup light mayonnaise
2 teaspoons ground cumin
1 teaspoon chili powder
1 cup shredded reduced fat Mexican cheese

Instructions:

Spray 13x9 inch pan with Pam, set aside. Preheat oven to 350 degrees. In a sauce pan combine soup, green chilies, mayo and spices, heat on low until heated through. Chop onion and combine with chopped turkey, set aside. Take soup mixture off the stove and put about ½ of it in the bottom of the pan. Take 3 tortillas and tear into pieces, spread evenly over the pan, sprinkle with ½ the turkey onion mixture, repeat again, then end with final layer of tortillas. Pour remaining soup mixture over the top. Heat for 20 minutes, remove and add shredded cheese to the top, return to oven for 10-15 minutes or until hot.

(A Favorite of B. Sams)

Notes:

GRILLED TURKEY SKEWERS

serve with a green salad.

Courtesy of Low Fat Lifestyle www.lowfatlifestyle.com

Servings: 4

INGREDIENTS:

- 1 1/4 pounds fresh turkey breast cutlets
- 1/4 cup sherry wine
- 1/4 cup light soy sauce
- 3 tablespoons sugar or brown sugar or honey
- 1 inch fresh garlic, minced
- 1 tablespoon vegetable oil
- 1/2 pounds mushroom
- 4 green onions, cut into 2 inch pieces

Instructions:

Cut turkey into 2-inch-wide strips.

Combine sake, soy sauce, sugar, ginger, garlic and oil in 2-quart glass dish. Add turkey; turn to coat. Cover and refrigerate 15 minutes or overnight.

Remove turkey from marinade; discard marinade.

Thread turkey onto metal or wooden skewers (that have been soaked for half an hour to prevent burning) alternately with mushrooms and green onions.

Grill on covered grill over medium-hot coals about 3 minutes per side until turkey is cooked through.

COOKS NOTE: Boneless skinless chicken breast can also be used with the recipe.

Notes:

SIDE DISHES



Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; Genesis 3:18

BROCCOLI SALAD

Courtesy of N. Sorci

INGREDIENTS:

- 1 Large bunch of fresh broccoli
- 1 Small carrot shredded
- 1 Cup of raisins or dried cranberries
- ¼ Cup of diced red onions
- ½ Cup of crumbled bacon
- ½ Cup of sunflower seeds

Dressing:

- ½ Cup of Light Mayonnaise
- 1 ½ Tablespoons Vinegar (White or Apple)
- 2 Tablespoons of Sugar

Instructions:

Cut broccoli flowerets in small pieces and add the next five ingredients. Stir in dressing with salad above. Refrigerate for at least 1 hour. Mix again before serving.

Note: In addition to using broccoli florets you may add pre-shredded broccoli stalks in the bag. Also, chopped apples may added.

Notes:

BUTTERNUT SQUASH WITH BROWN SUGAR

INGREDIENTS:

2 2/4 pound butternut squash
½ cup brown sugar
Water

Instructions:

Peel the squash and remove the seeds, then cut it into chunks or cubes. There should be 5 cups of squash chunks. Bake in a covered casserole dish with a small amount of water and 3 tablespoons of brown sugar for 30 to 40 minutes at 375 degrees. Then sprinkle the top with the remaining brown sugar and serve.

(A Favorite of B. Sams)

Notes:

ESSIE'S CORN SALAD

Courtesy of S. Carr

INGREDIENTS:

1 bag of frozen corn or 2 cans corn
¼ cup Onion (chopped small)
1-2 tablespoons Light Mayonnaise
1 Medium Tomato (chopped small)
½ Celery Stick (chopped small) [optional]

Instructions:

Combine corn, onion, tomato and celery in a bowl and mix well. Add mayonnaise to personal consistency and taste.

Notes:

JALAPENO CABBAGE

Courtesy of Low Fat Lifestyle (www.lowfatlifestyle.com)

INGREDIENTS:

1 small head green cabbage
1 jalapeno pepper, seeded
1/2 teaspoon salt
1/4 teaspoon fresh cracked black pepper
Olive Oil Cooking Spray

Instructions:

Spray olive oil cooking spray lightly in very large nonstick skillet. Take out stem and outer leaves of cabbage head. Cut cabbage in half and rinse. Do not shake out water. You need the water in the cooking process. Cut cabbage in 2 inch chunks. Slice jalapeno in slivers. Heat pan over medium high heat. Add cabbage and jalapeno pepper and reduce heat to medium. Add salt and pepper. Alternately cover and cook; open and stir until cabbage is crispy tender. Do not overcook.

Cook's Note: Go lightly with the jalapeno peppers. Cabbage is very mild and the pepper flavor becomes intensified.

Notes:

UPDATED MAC & CHEESE

Courtesy of EatingWell

<http://www.eatingwell.com>

Prep time: 25 minutes

Total: 55 minutes

To make ahead: prepare through step 4. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, then bake for 35 to 45 minutes.

Our mac-and-cheese makeover wins raves of approval, having all the comfort and great taste of its predecessors with a substantially more healthful profile. It uses whole-wheat pasta and includes a colorful layer of spinach. It's also a winner for make-ahead convenience.

3 tablespoons plain dry breadcrumbs

1 teaspoon extra-virgin olive oil

1/4 teaspoon paprika

1 16-ounce or 10-ounce package frozen spinach

1 3/4 cups 1% milk, divided

3 tablespoons all-purpose flour

2 cups grated extra-sharp Cheddar cheese (6 ounces)

1 cup low-fat (1%) cottage cheese

1/8 teaspoon ground nutmeg

1/2 teaspoon salt, or to taste

Freshly ground pepper to taste

8 ounces (2 cups) whole-wheat elbow macaroni or penne

1. Put a large pot of lightly salted water on to boil. Preheat oven to 450°F. Coat an 8-inch square (2-quart) baking dish with cooking spray.
2. Mix breadcrumbs, oil and paprika in a small bowl. Cook spinach according to package directions. Drain and refresh under cold water; press out excess moisture.
3. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.
4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture.
5. Bake the casserole until bubbly and golden, 25 to 30 minutes.

Makes 4 servings.

Per serving: 503 calories; 17 g fat (9 g sat, 2 g mono); 54 mg cholesterol; 60 g carbohydrate; 31 g protein; 8 g fiber; 935 mg sodium. Nutrition bonus: 200% dv vitamin a, 583 mg calcium (60% dv), 107 mcg folate (27% dv). 3 1/2 Carbohydrate Servings

Exchanges: 3 starch, 1 vegetable, 1/2 reduced-fat milk, 2 medium-fat protein, 1/2 fat

Traditional

Updated

Mac & Cheese:

Mac & Cheese:

664 calories

503 calories

18 grams saturated fat

9 grams saturated fat

4 grams fiber

8 grams fiber

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MOMMA SAMS VEGGIE SUCCATASH

INGREDIENTS:

1 - 16 oz frozen mixed vegetables
1 - 16 oz frozen okra
1 – 10 oz package of frozen spinach
1 - 14.5 can of stewed tomatoes (reduced sodium preferred)
2 tablespoons of Reduced Margarine
Salt (reduced sodium)
Ground Black Pepper
Garlic Powder
Crushed Red Pepper Flakes

Instructions:

In a 2-quart sauce pan boil 2 cups of water. Add mixed vegetables and cook on high for 5 minutes covered. Add okra and 2 tablespoons of reduced margarine. Cook on low heat for 20 minutes. Add stewed tomatoes and cook covered on low heat for another 10 minutes. When all the vegetables are cooked to desired consistency turn heat off and add frozen spinach allowing it to steam until it's soft. Stir and serve.

Optional Note: Serve over cornbread muffins.

(A Favorite of the Sams Family)

Notes:

ORANGE GLAZED SHREDDED CARROTS

Courtesy of Low Fat Lifestyle (www.lowfatlifestyle.com)

INGREDIENTS:

1/2 cup orange juice
1/2 cup reduced-sodium chicken broth
1 teaspoon cornstarch
2 teaspoons extra-virgin olive oil
2 10-ounce bags shredded or julienne-cut carrots
1 teaspoon butter
1/4 teaspoon salt

Instructions:

Whisk orange juice, broth and cornstarch in a small bowl. Heat oil in a large nonstick skillet over medium-high heat. Add carrots and cook, stirring constantly, until slightly softened, about 3 minutes. Stir the juice mixture and add to the carrots along with butter and salt. Cover and continue cooking, stirring occasionally, until the butter melts and the carrots are tender, 5 to 6 minutes.

Notes:

ROASTED POTATOES

Courtesy of Low Fat Lifestyle www.lowfatlifestyle.com

INGREDIENTS:

1 ½ pounds unpeeled new potatoes
½ head garlic, whole cloves
¼ cup chopped fresh rosemary
¼ cup red pepper
Salt (reduced sodium)
Pepper

Instructions:

Preheat oven to 375 degrees. Cut the potatoes in halves or quarters and place them in a baking pan with the whole cloves of garlic and small amount of water. Toss with the rosemary and red pepper. Cover pan and bake for 20 minutes, then remove the cover and roast for another 10 to 15 minutes. Add salt and pepper to taste.

Notes:

SAVORY CORN & BROCCOLI CASSEROLE

Courtesy of Low Fat Lifestyle www.lowfatlifestyle.com

INGREDIENTS:

- 1 - 14 ounces can cream-style corn
- 2 tablespoons all-purpose flour
- 1 - 11 ounces can corn or you may use frozen corn
- 1 1/2 cups broccoli florets
- 1/4 cup sliced green onions
- 2 egg whites, or one whole egg slightly beaten
- 1/4 teaspoon pepper
- 1/4 cup crushed reduced fat Ritz or other butter crackers

Instructions:

Preheat oven to 350 degrees F. Stir together cream corn and flour in medium bowl until combined. Stir in regular corn, broccoli, onions, egg, and pepper. Spray a 9 inch pie plate or other glass baking dish with cooking oil spray. Spoon mixture into dish and sprinkle with crushed crackers. Bake at 350 for 30-35 minutes or until set.

Notes:

SPANISH RICE

Serve with any of your low fat Mexican food favorites.

Courtesy of Low Fat Lifestyle www.lowfatsytle.com

INGREDIENTS:

1 cup uncooked regular long-grain rice

1/2 cup sweet onion, chopped

2 1/2 cups water

1 teaspoon salt

3/4 teaspoon chili powder

1/8 teaspoon garlic powder

1 - 8 oz. can tomato sauce

1/2 cup chopped green pepper

Instructions:

Spray nonstick skillet with cooking spray. Brown rice and onion while stirring in skillet over medium heat, until rice is golden brown and onion is translucent. Stir in remaining ingredients. Heat to boiling and reduce heat. Cover and simmer about 30 minutes, stirring occasionally, until rice is tender.

Notes:

WALDORF SALAD

A lowfat take on an old favorite.

Courtesy of Low Fat Lifestyle www.lowfatlifestyle.com

INGREDIENTS:

- 1 cup chopped cranberries, chopped
- 1 cup chopped red apple
- 1 cup chopped celery
- 1 ½ cups seedless red or green grapes, halved
- 1/3 cup golden raisins, optional
- 1/4 cup chopped walnuts
- 2 tablespoons white sugar
- 1/4 teaspoon ground cinnamon
- 1 - 8 ounce container non fat vanilla yogurt

Instructions:

Chop cranberries in a food processor. Combine cranberries, apple, celery, grapes, raisins, walnuts, sugar, cinnamon, and yogurt. Toss to coat. Cover and chill 2 hours. Stir just before serving. Garnish with frosted whole cranberries and grapes and mint leaves if desired. For frosted cranberries, moisten cranberry and roll in granulated sugar.

Notes:

WHOLE-WHEAT PASTA SALAD WITH WALNUTS AND FETA CHEESE

Courtesy of Low Fat Lifestyle www.lowfatlifestyle.com

INGREDIENTS:

8 ounces whole-wheat fusilli or other spiral shaped pasta
1/2 cup walnut pieces or halves
1/2 cup crumbled feta cheese
1/2 cup diced red onion
1 1/2 cups chopped baby spinach leaves
2 tablespoons walnut oil
2 tablespoons red wine vinegar
1 clove garlic, minced (about 1/2 teaspoon)
1/2 teaspoon Dijon mustard
Salt and pepper

Instructions:

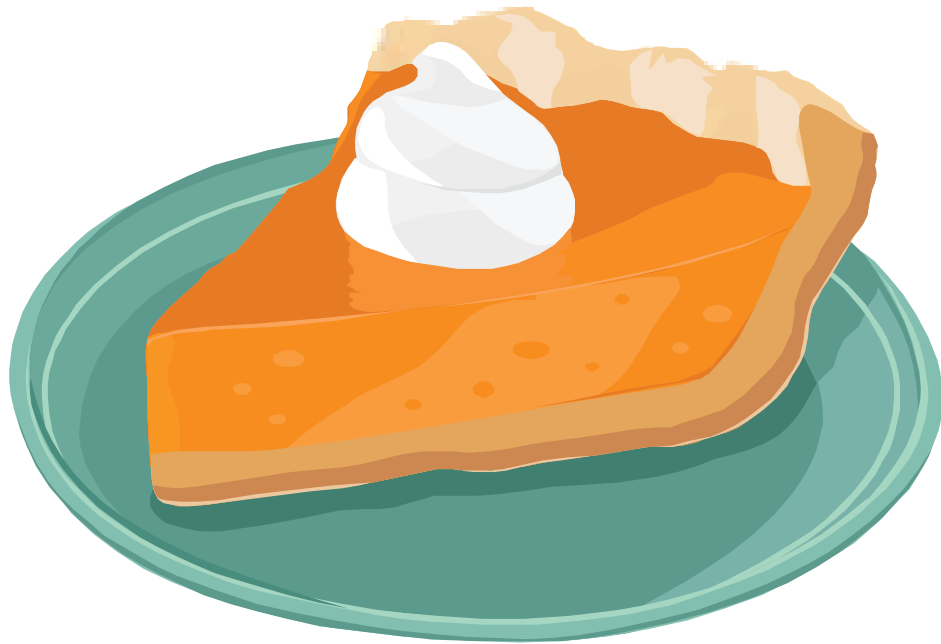
Cook the pasta according to the directions on the package. Drain the pasta, rinse it under cold water, and put it in the refrigerator to chill.

In a dry saute pan, toast the walnuts over a medium-high flame until they are fragrant, about 2 minutes. Set the walnuts aside to cool then chop them coarsely.

In a large bowl, toss together the chilled pasta, walnuts, feta cheese, onion, and spinach. In a small bowl whisk the oil, vinegar, garlic and mustard. Pour the dressing over the pasta salad and toss to combine. Salt and pepper to taste.

Notes:

DESSERTS



*How sweet are thy words unto my taste! yea, sweeter than honey
to my mouth. Psalms 119:103*

APPLE CRUNCH BARS

INGREDIENTS:

2 cups of all whole wheat flour
1 cup firmly packed brown sugar
¼ cup margarine softened
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/8 teaspoon reduced sodium salt
1 teaspoon vanilla extract
1 (8 oz) carton plain low fat yogurt
1 egg
2 cups peeled chopped Granny Smith Apples
Vegetable cooking spray
¼ cup chopped walnuts

Instructions:

Combine first 3 ingredients in a bowl, beating well at medium speed of an electric mixer. Reserve 2 cups flour mixture, and set aside. Add baking soda and next 3 ingredients to remaining flour mixture; beat well. Add vanilla and next 2 ingredients; beat well. Stir in apple.

Press reserved 2 cups flour mixture into the bottom of a 9 x 12 x 2-inch baking pan coated with cooking spray. Sprinkle walnuts over flour mixture. Spread apple mixture over prepared crust. Bake at 350 degrees for 40 minutes or until browned. Cool completely. Cut in 12 to 24 bars.

(A Favorite of B. Sams)

Notes:

BANANA SPLIT CAKE

INGREDIENTS:

- 1 Prepared Angel food Cake
- 1 Package of fat-free, sugar free Jell-O Vanilla Pudding-Instant, prepared
- 4 medium bananas
- 4 cups of strawberries
- 2 tubs of Cool Whip Free

Instructions:

Prepare the pudding as directed on the box. Cut all fruit into bite sized pieces. Cut the angel food cake into bite sized pieces. Separate all ingredients in half. Layer ingredients in the following order: half of the angel food cake, half of the pudding, half of the bananas, half of the cool whip, half of the strawberries. Repeat the layer with the second half of ingredients. Enjoy

Notes:

(A Favorite of B. Sams)

CARROT CAKE

Courtesy of EatingWell

<http://www.eatingwell.com>

Active time: 30 minutes

Total: 1 hour 10 minutes (plus 1 hour cooling time)

An old favorite with an updated nutritional profile, but still as moist and delicious as ever.

Cake

1/2 cup chopped walnuts
2 cups whole-wheat pastry flour (see Ingredient Note)
2 teaspoons baking soda
1/2 teaspoon salt
2 teaspoons ground cinnamon
3 large eggs
1 1/2 cups sugar
3/4 cup nonfat buttermilk
1/2 cup canola oil
1 teaspoon vanilla extract
1 20-ounce can crushed pineapple, drained, juice reserved
2 cups grated carrots (4-6 medium)
1/4 cup unsweetened flaked coconut

Frosting

2 tablespoons coconut chips (see Ingredient Note) or flaked coconut
12 ounces reduced-fat cream cheese, softened
1/2 cup confectioners' sugar, sifted
1 1/2 teaspoons vanilla extract

1. To prepare cake: Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Toast walnuts in a small baking pan in the oven until fragrant, 5 to 10 minutes.
3. Whisk flour, baking soda, salt and cinnamon in a medium bowl. Whisk eggs, sugar, buttermilk, oil, vanilla and 1/4 cup of the reserved pineapple juice in a large bowl until blended. Stir in pineapple, carrots and coconut. Add the dry ingredients and mix with a rubber spatula just until blended. Stir in the nuts. Scrape the batter into the prepared pan, spreading evenly.
4. Bake the cake until the top springs back when touched lightly and a toothpick inserted in the center comes out clean, 40 to 45 minutes. Let cool completely on a wire rack.
5. To prepare frosting & finish cake: Place coconut in a small baking pan and toast in the oven at 300 degrees F, stirring several times, until light golden, 5 to 10 minutes.
6. Beat cream cheese, confectioners' sugar and vanilla in a mixing bowl with an electric mixer until smooth and creamy. Spread the frosting over the cooled cake. Sprinkle with the coconut.

Makes 16 servings.

Per serving: 344 calories; 17 g fat (5 g sat, 6 g mono); 56 mg cholesterol; 43 g carbohydrate; 6 g protein; 3 g fiber; 349 mg sodium. Nutrition bonus: Vitamin A (40% daily value), Fiber (12% dv). 3 Carbohydrate Servings Exchanges: 2 1/2 other carbohydrate, 1/2 vegetable, 3 fat

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EatingWell Nutrition and Recipe Guidelines-<http://www.eatingwell.com/recipes/index/nutrition-guidelines.html>

BLUEBERRY & WHITE CHOCOLATE CHUNK GINGER COOKIES

Courtesy of EatingWell
<http://www.eatingwell.com>

Active time: 25 minutes | Total: 35 minutes | To make ahead: Store in an airtight container for up to 3 days or in the freezer for up to 1 month.

These easy cookies are a real snap to make—just stir and bake. Shopping tip: Dried cranberries or cherries will also work in place of blueberries; all can be found, along with crystallized ginger, in the baking, dried fruit or produce sections of many supermarkets and natural-foods stores.

1 cup all-purpose flour
1/4 cup wheat germ
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon ground ginger
1 large egg
3/4 cup packed dark brown sugar
1/3 cup canola oil
1 teaspoon vanilla extract
1/2 cup oats, quick-cooking or old-fashioned (not instant)
2 ounces white chocolate, chopped
1/3 cup dried blueberries (see Tip)
1/4 cup crystallized ginger, chopped (see Tip)

1. Position racks in upper and lower thirds of oven; preheat to 375°F.
2. Whisk flour, wheat germ, baking soda, salt and ground ginger in a small bowl. Whisk egg, brown sugar, oil and vanilla in a large bowl. Add the dry ingredients to the wet ingredients; stir to combine. Add oats, chocolate, blueberries and crystallized ginger; stir just to combine. Drop by rounded tablespoonfuls onto 2 ungreased baking sheets, 1 1/2 inches apart.
3. Bake the cookies until puffed and barely golden around the edges, switching the pans back to front and top to bottom halfway through, 8 to 10 minutes. Cool on the pans for 2 minutes; transfer to a wire rack to cool completely.

Makes about 2 dozen cookies.

Per cookie: 115 calories; 4 g fat (1 g sat, 2 g mono); 9 mg cholesterol; 17 g carbohydrate; 2 g protein; 1 g fiber; 84 mg sodium; 38 mg potassium.

Tip: Dried cranberries or cherries will also work in place of blueberries; all can be found, along with crystallized ginger, in the baking, dried fruit or produce sections of many supermarkets and natural-foods stores.

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EatingWell Nutrition and Recipe Guidelines-<http://www.eatingwell.com/recipes/index/nutrition-guidelines.html>

LEMON CREAM CHEESE BARS

INGREDIENTS:

- 1 (8-ounce) can Pillsbury Reduced Fat Crescent Rolls
- 1 (4-serving) package Jello sugar-free vanilla cook-and-serve pudding mix
- 1 (4-serving) package Jello sugar-free lemon gelatin
- 1 cup Carnation Nonfat Dry Milk Powder
- 1 1/2 cups water
- 1 teaspoon coconut extract
- 1 (8-ounce) package Philadelphia fat-free cream cheese
- 1 1/2 cups raisins
- 1/4 cup (1 ounce) chopped pecans
- 1/4 cup flaked coconut

Instructions:

Preheat oven to 425 degrees. Spray a 9-by-13-inch rimmed cookie sheet with butter-flavored cooking spray. Pat rolls in pan, being sure to seal perforations. Bake for 6 to 8 minutes or until light golden brown. Place cookie sheet on a wire rack and allow to cool. Meanwhile, in a medium saucepan, combine dry pudding mix, dry gelatin, dry milk powder, and water. Cook over medium heat for 6 to 8 minutes or until mixture thickens and starts to boil, stirring constantly. Remove from heat. Add coconut extract and cream cheese. Mix well using a wire whisk. Fold in raisins, pecans and coconut. Spread mixture evenly over cooled crust. Refrigerate for at least 2 hours. Cut into 24 bars.

Notes:

PINEAPPLE-RASPBERRY PARFAITS

INGREDIENTS:

- 2 – 8 oz containers (2 cups) nonfat peach yogurt
- 1/2 pint fresh raspberries (about 1 1/4 cups)
- 1 1/2 cups fresh, frozen or canned pineapple chunks

Instructions:

Divide and layer yogurt, raspberries and pineapple into 4 glasses.

Notes:

SNICKERS PIE

INGREDIENTS:

2 cups frozen vanilla yogurt
1 package of reduced calorie chocolate pudding (dry)
¼ cup reduced fat chunky peanut butter
1 cup light cool whip
Non-stick cooking spray

Instructions:

Put the 3 ingredients in a bowl and mix well. Lightly spray a glass pie pan with cooking spray. Pour in ingredients and freeze. Slice and top with Cool Whip.

(A Favorite of B. Sams)

Notes:

STRAWBERRIES AND CREAM

INGREDIENTS:

2 cups of chopped fresh strawberries
1 Yoplait Red Raspberry Yogurt
3 tablespoons of Quaker Oats Low-Fat Granola Cereal

Instructions:

In a chilled glass bowl layer strawberries, yogurt and top with granola cereal.

Optional Note: You can also substitute the yogurt with Jello Sugar Free Chocolate Pudding. Also great for a quick start breakfast!

(A Favorite of Pastor Sams)

Notes:

QUICK SNACK SUGGESTIONS

- **Whole Wheat Tortilla Chips and Salsa**
- **Apples and Reduced Fat Peanut Butter**
- **Pretzels and Honey Mustard Sauce**
- **Homemade Trail Mix (any of your favorite combinations of the following):**
 - Dried Fruit: Apricots, Bananas, Cranberries, Dates, Raisins, Papaya, Pineapple
 - Nuts: Almonds, Sunflower Seeds or Cashews (in small quantities)
- **Lean Turkey Slices Rolled with Low Fat Cheese Slices**
- **Cucumbers, Celery, Cherry Tomatoes (or your favorite raw vegetable) Dipped in Low Fat Ranch Dressing**
- **Bagel Chips, Veggie Chips or Low Fat Graham Crackers with Cream Cheese**
- **Snack Bars: Kashi, Luna, Nature Valley or Special K (our recommendation)**
- **Fruit Snacks: Sunkist or Welch's**
- **98% Fat Free Microwave Popcorn (toss with favorite seasoning – pack of taco seasoning, Parmesan or Romano cheese)**
- **Light Vanilla Yogurt or Plain Yogurt with your favorite berries: strawberries, raspberries or blueberries, top off with low fat granola cereal**

Notes:

BEVERAGES



*Verily I say unto you, I will drink no more of the fruit of the vine, until that day that I drink it new in the kingdom of God.
Mark 14:25*

FRUIT COOLER

INGREDIENTS:

2 cups cranberry juice
1 cup pineapple juice
1 cup orange juice
1 (4 ounce) jar maraschino cherries
2 tablespoons lemon juice
1 (12 fluid ounce) sugar-free (canned or bottled) ginger ale
1 orange, sliced in rounds

Instructions:

In a gallon pitcher combine cranberry juice, pineapple juice, orange juice, cherry juice and lemon juice. Just before serving, slowly add ginger ale; stir to blend. Serve over ice in cups or glasses. Garnish with cherry and orange slices.

Notes:

LIME SHERBET COOLER

INGREDIENTS:

1 cup skim milk
1 cup lime sherbet
1/4 cup limeade concentrate OR orange juice concentrate, frozen

Instructions:

Place milk, sherbet and limeade concentrate in blender container. Cover; blend until smooth. Pour into frosted glasses; garnish with lime slices, if desired.

Notes:

STRAWBERRY LEMONADE

INGREDIENTS:

1 (12 fluid ounce) can frozen pink lemonade concentrate, thawed

4 1/2 cups water

1 (10 ounce) package frozen strawberries, partially thawed, pureed in blender*

Instructions:

In a large pitcher, mix together lemonade concentrate and water. Stir in pureed strawberries.

*Use unsweetened strawberries

Notes:

The 29 Healthiest Foods on the Planet

Resource for article: [BellyBytes.com](http://www.bellybytes.com)

<http://www.bellybytes.com>

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The following is a "healthy food hot list" consisting of the 29 foods that will give you the biggest nutritional bang for your caloric buck, as well as decrease your risk for deadly illnesses like cancer, diabetes and heart disease. Along with each description is a suggestion as to how to incorporate these power-foods into your diet.

FRUITS

01. Apricots

The Power: Beta-carotene, which helps prevent free-radical damage and protect the eyes. The body also turns beta-carotene into vitamin A, which may help ward off some cancers, especially of the skin. One apricot has 17 calories, 0 fat, 1 gram of fiber. Snacks on them dried, or if you prefer fresh, buy when still firm; once they soften, they lose nutrients.

02. Avocados

The Power: Oleic acid, an unsaturated fat that helps lower overall cholesterol and raise levels of HDL, plus a good dose of fiber. One slice has 81 calories, 8 grams of fat and 3 grams of fiber. Try a few slices instead of mayonnaise to dress up your next burger.

03. Raspberries

The Power: Ellagic acid, which helps stall cancer-cell growth. These berries are also packed with vitamin C and are high in fiber, which helps prevent high cholesterol and heart disease. A cup has only 60 calories, 1 gram of fat and 8 grams of fiber. Top plain low-fat yogurt or oatmeal (another high fiber food) with fresh berries.

04. Mango

The Power: A medium mango packs 57mg of vitamin C, almost your whole-recommended daily dose. This antioxidant helps prevent arthritis and boosts wound healing and your immune system. Mangoes also boast more than 8,000 IU of vitamin A (as beta-carotene). One mango has 135 calories, 1 gram of fat and 4 grams of fiber. Cut on up and serve it over leafy greens. Bonus: Your salad will taste like dessert!

05. Cantaloupe

The Power: Vitamin C (117mg in half a melon, almost twice the recommended daily dose) and beta-carotene - both powerful antioxidants that help protect cells from free-radical damage. Plus, half a melon has 853mg of potassium - almost twice as much as a banana, which helps lower blood pressure. Half a melon has 97 calories, 1 gram of fat and 2 grams of fiber. Cut into cubes and freeze, then blend into an icy smoothie.

06. Cranberry Juice

The Power: Helps fight bladder infections by preventing harmful bacteria from growing. A cup has 144 calories, 0 grams of fat and 0 fiber. Buy 100 percent juice concentrate and use it to spice up your daily H2O without adding sugar.

07. Tomato

The Power: Lycopene, one of the strongest carotenoids, acts as an antioxidant. Research shows that tomatoes may cut the risk of bladder, stomach and colon cancers in half if eaten daily. A tomato has 26 calories, 0 fat and 1 gram of fiber. Drizzle fresh slices with olive oil, because lycopene is best absorbed when eaten with a little fat.

08. Raisins

The Power: These little gems are a great source of iron, which helps the blood transport oxygen and which many women are short on. A half-cup has 218 calories, 0 fat and 3 grams of fiber. Sprinkle raisins on your morning oatmeal or bran cereal - women, consider this especially during your period.

09. Figs

The Power: A good source of potassium and fiber, figs also contain vitamin B6, which is responsible for producing mood-boosting serotonin, lowering cholesterol and preventing water retention. The Pill depletes B6, so if you use this method of birth control, make sure to get extra B6 in your diet. One fig has 37 to 48 calories, 0 fat and 2 grams of fiber. (Cookie lovers - fig bars have around 56 calories, 1 gram of fat and 1 gram of fiber per cookie). Fresh figs are delicious simmered alongside a pork tenderloin and the dried variety make a great portable gym snack.

10. Lemons/Limes

The Power: Limonene, furocoumarins and vitamin C, all of which help prevent cancer. A wedge has 2 calories, 0 fat and 0 fiber. Buy a few of each and squeeze over salads, fish, beans and vegetables for fat free flavor.

VEGETABLES

11. Onions

The Power: Quercetin is one of the most powerful flavonoids (natural plant antioxidants). Studies show it helps protect against cancer. A cup (chopped) has 61 calories, 0 fat and 3 grams of fiber. Chop onions for the maximum phytonutrient boost, or if you hate to cry, roast them with a little olive oil and serve with rice or other vegetables.

12. Artichokes

The Power: These odd-looking vegetables contain silymarin, an antioxidant that helps prevent skin cancer, plus fiber to help control cholesterol. One medium artichoke has 60 calories, 0 fat and 7 grams of fiber. Steam over boiling water for 30 to 40 minutes. Squeeze lemon juice on top, then pluck the leaves off with your fingers and use your teeth to scrape off the rich-tasting skin. When you get to the heart, you have found the best part!

13. Ginger

The Power: Gingerols may help reduce queasiness; other compounds may help ward off migraines and arthritis pain by blocking inflammation-causing prostaglandins. A teaspoon of fresh gingerroot has only 1 calorie, 0 fat and 0 fiber. Peel the tough brown skin and slice or grate into a stir-fry.

14. Broccoli

The Power: Indole-3-carbinol and sulforaphane, which help protect against breast cancer. Broccoli also has lots of vitamin C and beta-carotene. One cup (chopped) has 25 calories, 0 fat and 3 grams of fiber. Don't overcook broccoli - instead, microwave or steam lightly to preserve phytonutrients. Squeeze fresh lemon on top for a zesty and taste, added nutrients and some vitamin C.

15. Spinach

The Power: Lutein and zeaxanthin, carotenoids that help fend off macular degeneration, a major cause of blindness in older people. Plus, studies show this green fountain of youth may help reverse some signs of aging. One cup has 7 calories, 0 fat and 1 gram of fiber. Add raw leaves to a salad or sauté with a little olive oil and garlic.

16. Bok Choy (Chinese cabbage)

The Power: Brassinin, which some research suggests may help prevent breast tumors, plus indoles and isothiocyanates, which lower levels of estrogen, make this vegetable a double-barreled weapon against breast cancer. A cup will also give you 158mg of calcium (16 percent of your daily recommended requirement) to help beat osteoporosis. A cup (cooked) has 20 calories, 0 fat and 3 grams of fiber. Find it in your grocer's produce section or an Asian market. Slice the greens and juicy white stalks, then sauté like spinach or toss into a stir-fry just before serving.

17. Squash (Butternut, Pumpkin, Acorn)

The Power: Winter squash has huge amounts of vitamin C and beta-carotene, which may help protect against endometrial cancer. One cup (cooked) has 80 calories, 1 gram of fat and 6 grams of fiber. Cut on in half, scoop out the seeds and bake or microwave until soft, then dust with cinnamon.

18. Watercress and Arugula

The Power: Phenethyl isothiocyanate, which, along with beta-carotene and vitamins C and E, may help keep cancer cells at bay. One cup has around 4 calories, 0 fat and 1 gram of fiber. Do not cook these leafy greens; instead, use them to garnish a sandwich or add a pungent, peppery taste to salad.

19. Garlic

The Power: The sulfur compounds that give garlic its pungent flavor can also lower LDL ("bad") cholesterol, lower blood pressure and even reduce your risk of stomach and colon cancer. A clove has 4 calories, 0 fat and 0 fiber. Bake a whole head for 15 to 20 minutes, until soft and sweet and spread on bread instead of butter.

GRAINS/BEANS/NUTS

20. Quinoa

The Power: A half cup of cooked quinoa has 5 grams of protein, more than any other grain, plus iron, riboflavin and magnesium. A half-cup has 318 calories, 5 grams of fat and 5 grams of fiber. Add to soup for a protein boost. Rinse first, or it will taste bitter.

21. Wheat Germ

The Power: A tablespoon gives you about 7 percent of your daily magnesium, which helps prevent muscle cramps; it is also a good source of vitamin E. One tablespoon has 27 calories, 1 gram of fat and 1 gram of fiber. Sprinkle some over yogurt, fruit or cereal.

22. Lentils

The Power: Isoflavones, which may inhibit estrogen-promoted breast cancers, plus fiber for heart health and an impressive 9 grams of protein per half cup. A half-cup (cooked) has 115 calories, 0 fat and 8 grams of fiber. Isoflavones hold up through processing, so buy lentils canned, dried or already in soup. Take them to work, and you will have a protein packed lunch.

23. Peanuts

The Power: Studies show that peanuts or other nuts (which contain mostly unsaturated "good" fat) can lower your heart-disease risk by over 20 percent. One ounce has 166 calories, 14 grams of fat and 2 grams of fiber. Keep a packet in your briefcase, gym bag or purse for a protein-packed post-workout nosh or an afternoon pick me up that will satisfy you until supper, or chop a few into a stir-fry for a Thai accent. See also: The Nut Case

24. Pinto Beans

The Power: A half cup has more than 25 percent of your daily requirement of folate, which helps protect against heart disease and reduces the risk of birth defects. A half-cup (canned) has 103 calories, 1 gram of fat and 6 grams of fiber. Drain a can, rinse and toss into a pot of vegetarian chili.

DAIRY

25. Low Fat Yogurt.

The Power: Bacteria in active-culture yogurt helps prevent yeast infections; calcium strengthens bones. A cup has 155 calories, 4 grams of fat, 0 grams of fiber. Get the plain kind and mix in your own fruit to keep calories and sugar down. If you are lactose intolerant, never fear - yogurt should not bother your tummy.

26. Skim Milk

The Power: Riboflavin (a.k.a. vitamin B2) is important for good vision and along with vitamin A might help improve eczema and allergies. Plus, you get calcium and vitamin D, too. One cup has 86 calories, 0 fat and 0 fiber. If you are used to high fat milk, don't go cold turkey; instead, mix the two together at first. Trust this fact: In a week or two you won't miss it!

SEAFOOD

27. Shellfish (Clams, Mussels)

The Power: Vitamin B12 to support nerve and brain function, plus iron and hard-to-get minerals like magnesium and potassium. Three ounces has 126 to 146 calories, 2 to 4 grams of fat and 0 fiber. Try a bowl of tomato-based (and low fat) Manhattan clam chowder.

28. Salmon

The Power: Cold-water fish like salmon, mackerel and tuna are the best sources of omega-3 fatty acids, which help reduce the risk of cardiac disease. A 3-ounce portion (cooked) has 127 calories, 4 grams of fat, 0 fiber. Brush fillets with ginger-soy marinade and grill or broil until fish flakes easily with a fork.

29. Crab

The Power: A great source of vitamin B12 and immunity-boosting zinc. A 3-ounce portion has 84 calories, 1 gram of fat, 0 fiber. The "crab" in sushi is usually made from fish; buy it canned instead and make your own crab cakes.

For more information go to: <http://www.bellybytes.com/articles/29foods.shtml>

130 SUPER FOODS

Vegetables

- Asparagus
- Avocados
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Fennel
- Garlic
- Green beans
- Green peas
- Kale
- Leeks
- Mushrooms, crimini
- Mushrooms, shiitake
- Mustard greens
- Olives
- Onions
- Parsley
- Potatoes
- Romaine lettuce
- Sea vegetables
- Spinach
- Squash, summer
- Squash, winter
- Sweet potatoes
- Swiss chard
- Tomatoes
- Turnip greens
- Yams

Fish & Seafood

- Cod
- Halibut
- Salmon
- Scallops
- Shrimp
- Snapper
- Tuna

Fruits

- Apples
- Apricots
- Bananas
- Blueberries

- Cantaloupe
- Cranberries
- Figs
- Grapefruit
- Grapes
- Kiwifruit
- Lemon/Limes
- Oranges
- Papaya
- Pears
- Pineapple
- Plums
- Prunes
- Raisins
- Raspberries
- Strawberries
- Watermelon

Low Fat Dairy

- Cheese, low-fat
- Eggs
- Milk, 2%, cow's
- Milk, goat
- Yogurt

Beans & Legumes

- Black beans
- Dried peas
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Lima beans
- Miso
- Navy beans
- Pinto beans
- Soybeans
- Tempeh
- Tofu

Poultry & Lean Meats

- Beef, lean organic
- Calf's liver
- Chicken
- Lamb
- Turkey
- Venison

Nuts & Seeds

- Almonds
- Cashews
- Flaxseeds

- Olive oil, extra virgin
- Peanuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Grains

- Barley
- Brown rice
- Buckwheat
- Corn
- Millet
- Oats
- Quinoa
- Rye
- Spelt
- Whole wheat

Spices & Herbs

- Basil
- Black pepper
- Cayenne pepper
- Chili pepper, dried
- Cilantro/Coriander seeds
- Cinnamon, ground
- Cloves
- Cumin seeds
- Dill
- Ginger
- Mustard seeds
- Oregano
- Peppermint
- Rosemary
- Sage
- Thyme
- Turmeric
- Blackstrap molasses
- Cane juice
- Honey
- Maple syrup

Other

- Green tea
- Soy sauce (tamari)
- Water