



Take Charge of Your Health!

Grains: Make half your grains whole!!

Oatmeal Raisin Cookies

4 Tablespoons (½ stick) trans-fat free margarine
3 Tablespoons sugar or splenda
1 egg
1 cup apple sauce
1 teaspoon vanilla (optional)
1 cup whole wheat flour
1 teaspoon baking soda
½ teaspoon cinnamon
¼ teaspoon salt
1 ½ cups oatmeal
½ cup raisins
Pam or baking spray
Large bowl
Strong spoon with long handle
Cookie baking sheet
Cooling rack or plate

Heat oven to 350° F. Lightly spray cookie sheet with cooking spray. In large bowl, beat margarine and sugar together until creamy. Add egg and beat well. Add apple sauce and vanilla, continue to stir. Add flour, baking soda, cinnamon, and salt and mix carefully. Add oatmeal and raisins and mix thoroughly. Use spoons to drop cookie batter on to tray and bake in preheated oven 15-18 minutes, until golden brown. Remove cookies to a cooling rack or plate. Recipe makes about 3 dozen cookies, 2 cookies have about 100 calories and 1g of fiber.

Rice & Vegetable Casserole

2 cups uncooked white or brown rice.
4 cups water

cook rice in rice cooker, according to package directions or by standard method: combine water and rice in a covered pot. Bring to a boil, reduce heat to low for 15 minutes. Leave covered and let sit without heat for an additional 15 minutes.

1 can diced or whole tomatoes
1 cup frozen or canned peas (drained)
1 cup frozen or canned spinach
1 cup chopped cooked chicken, turkey, boiled eggs, ham or tofu.
1 can mushrooms (sliced, stems and pieces, etc...)
½ cup broth or prepared bouillon

4-5 slices or ounces of cheese (any flavor)

Cook the rice, preheat the oven to 350° F. In a bowl, combine the cooked rice with the drained canned and frozen vegetables. Mix in the meat and arrange in an oven safe casserole dish. Top with cheese and bake 25-30 minutes. The casserole should be steaming hot with the cheese all melted. This recipe serves 4-6 people. Serve with green salad and some cut fruit.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu