



Eat Right, Ready to Fight

WOUNDED & INJURED GUIDE TO MAKING MEALS THAT HEAL



Introduction

- Along with a balanced diet of protein, carbohydrates, and healthy fats, certain nutrients are proven to add power to the healing process. These nutrients are Vitamin A, Vitamin C, and Zinc. This guide focuses on packing your plate with these nutrients by helping you plan meals and providing sample meals for each of these nutrients (Vitamin A, Vitamin C, and Zinc).
- This guide is organized into two main sections:
 - The first section spotlights on meal planning, and covers Six Tips for a Better Shopping Trip, Foods to Focus On, and a Meal Planner with Shopping List.
 - The second section is divided into three parts, each part focuses on a specific healing nutrient and contains seven meals highlighting the healing nutrient.



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Meals Listed by Healing Nutrient

■ Vitamin A

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2. Tuna and Avocado Cobb Salad
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4. Red, White, and Green Grilled Cheese
5. Garden Vegetable Soup
6. Grapefruit Spinach Salad Oriental
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■ Vitamin C

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2. Broccoli Baked Potatoes
3. A Simple Mexican Salad
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■ Zinc

1. Baked Meatballs
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3. Mediterranean Kabobs
4. Quick Beef Casserole
5. Pineapple Pork
6. Ground Beef Stew
7. Manly Muffin Meat Loaf



Shopping tips and foods to focus on

MEAL PLANNING



Six Tips for a Better Shopping Trip

1. Make a shopping list

2. Shop the perimeter of the grocery store to find the least processed foods, such as meat, dairy, bread and fresh produce

3. Avoid refined sugars (pies, cakes, cookies, candy, regular soda, fruit "drink") and unhealthy fats (lard, bacon, mayo, butter, margarine)

4. Select "real" foods by avoiding items that have greater than 5 ingredients, artificial ingredients (fruit drink, cheese food product) or ingredients you can't pronounce

5. Shop for lean protein (i.e. lean cuts of beef, pork, chicken, fish, beans, tofu)

6. Use healthy fats (olive oil, peanut oil, avocado)



Foods to Focus On

Foods providing 20% or more of the daily value (DV) are considered to be high sources of a nutrient.¹



Vitamin A:

Promotes cell growth and development, bone development and immune system functioning.

Food item and DV Percentage ³

Sweet potato, baked in skin, 1 whole: 561%
Spinach, frozen, boiled, ½ cup: 229%
Carrots, raw, ½ cup: 184%
Cantaloupe, raw, ½ cup 54%
Peppers, sweet, red, raw, ½ cup: 47%
Mangos, raw, 1 whole: 45%
Broccoli, boiled, ½ cup: 24%



Vitamin C:

Helps your body form collagen, a protein needed for strength and flexibility; it repairs tendons and ligaments and strengthens bones.

Food item and DV Percentage ²

Peppers, sweet, red, raw, ½ cup: 158%
Orange juice, ¾ cup: 155%
Orange, 1 medium: 117%
Grapefruit juice, ¾ cup: 117%
Kiwifruit, 1 medium: 107%
Green pepper, sweet, raw, ½ cup: 100%
Broccoli, cooked, ½ cup: 85%
Strawberries, fresh, sliced, ½ cup: 82%



Zinc:

A critical component of wound healing.

Food item and DV Percentage ⁴

Beef chuck roast, braised, 3 ounces: 47%
Crab, Alaska king, cooked, 3 ounces: 43%
Beef patty, broiled, 3 ounces: 35%
Lobster, cooked, 3 ounces: 23%
Pork chop, loin, cooked, 3 ounces: 19%
Baked beans, canned, plain or vegetarian, ½ cup: 19%



Plan it, List it, Buy it

1) Use the below table to plan your meals for each day.

Days	Meals
<u>Monday</u>	
<u>Tuesday</u>	
<u>Wednesday</u>	
<u>Thursday</u>	
<u>Friday</u>	
<u>Saturday</u>	
<u>Sunday</u>	

2) After planning your meals, list the grocery items you need. Focus on whole foods; try to minimize processed foods.

Dairy: (milk, yogurt, cheese)	Produce: (fresh fruit & vegetables)
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Protein: (lean beef, pork, chicken, fish, almond/peanut butter)	Dry Goods: (beans, spices, rice, nuts, seeds)
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Frozen Food: (fruits & vegetables)	Canned Foods: (fruit in natural juice (no heavy syrup), low sodium vegetables)
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	Other: (olive oil, canola oil, avacados, almonds, walnuts)
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Healing Nutrients: Vitamin A, Vitamin C, and Zinc

MEALS THAT HEAL RECIPES





Vitamin A

- The DV for vitamin A is 5,000 international units (IU) for adults.²



**Healing Nutrient:
Vitamin A: 210%**

**Additional Nutrients
Vitamin C: 50%**

**DID YOU KNOW?
California and Texas
produce the most spinach
in the United States.⁴**



Spinach and Meat Cakes

Ingredients:

- 1 pound ground beef, or turkey, 7% fat (93% lean)
- 2 bunches spinach (washed and cut into pieces may substitute a 1-pound bag of frozen chopped spinach, thawed and well drained)
- 1/2 onion (small, finely chopped)
- 2 garlic cloves (minced)
- 1/2 tsp salt
- Black pepper (to taste)
- 3 cups brown rice

Instructions:

1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat until cooked on both sides.
5. Serve over brown rice.

Yield	6 servings
Cooking time	25 minutes
Total time	25 minutes

Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/spinach-and-meat-cakes>



Tuna and Avocado Cobb Salad

**Healing Nutrient:
Vitamin A: 200%**

**Additional Nutrients
Vitamin C: 50%**

DID YOU KNOW?
Carrots were first cultivated
in Afghanistan more than
2000 years ago.⁵

Ingredients:

For salad:

- 4 cup red leaf lettuce, rinsed and chopped (about 8 leaves)
- 1 cup frozen whole kernel corn, roasted (on a pan in the oven or toaster oven at 400 °F for 7–10 minutes)
- 1 cup carrots, shredded
- 1 tomato, rinsed, halved and sliced
- ½ ripe avocado, peeled and sliced
- 1 cup frozen green peas, thawed
- 1 can (6 oz) canned white albacore tuna in water

For dressing:

- 2 Tbsp lemon juice (or about 1 fresh lemon)
- 1 Tbsp lime juice (or about 1 fresh lime)
- 1 Tbsp honey
- 1 Tbsp fresh parsley, rinsed, dried, and minced (or 1 tsp dried)
- 1 Tbsp water
- 1 Tbsp olive oil

Instructions:

1. Divide and arrange 2 cups of salad ingredients in each of 4 serving bowls.
2. For dressing, combine all ingredients and mix well. Spoon 2 Tbsp over each salad, and serve.

Yield	4 servings
Total time	20 minutes





Orange Pork Chops

Ingredients:

- 2 pork chops
- 1 sweet potato (peeled)
- 1/2 orange (sliced)
- 1 dash cinnamon (optional)
- 1 dash salt (optional)
- 1 dash black pepper (optional)
- 1 Tbsp olive oil

Instructions:

1. Preheat oven to 350 degrees.
2. In a medium skillet, brown pork chops in a small amount of oil.
3. Cut sweet potato into 1/2-inch slices.
4. Place meat and sweet potato slices in a baking dish and top with orange slices; sprinkle with seasonings if desired.
5. Cover and bake for 1 hour until meat is tender.
6. Cook pork to 145 degrees.

**Healing Nutrient:
Vitamin A: 190%**

**Additional Nutrients
Vitamin C: 30%**

DID YOU KNOW?

To take in the amount of vitamin A that is in one sweet potato you would have to eat 23 cups of broccoli.⁶

Yield	2 servings
Cooking time	60 minutes
Total time	65 minutes



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Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/orange-pork-chops>



Red, White, and Green Grilled Cheese

Ingredients:

- 1 tsp garlic, minced (about ½ clove)
- 1 small onion, minced (about ½ cup)
- 2 cup frozen cut spinach, thawed and drained (or substitute 2 bags (10 oz each) fresh leaf spinach, rinsed)
- ¼ tsp ground black pepper
- 8 slices whole-wheat bread
- 1 medium tomato, rinsed, cut into 4 slices
- 1 cup shredded part-skim mozzarella cheese

Instructions:

1. Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.
2. Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft, but not browned. Add onions, and continue to cook until the onions are soft, but not browned.
3. Add spinach, and toss gently. Cook until the spinach is heated throughout. Season with pepper, and set aside to cool.
4. When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, ½ cup of spinach mixture, ¼ cup of cheese, and a second slice of bread on the top. Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes, or until the bottom of each sandwich is browned.
5. Carefully flip sandwiches, and bake for an additional 5 minutes, or until both sides are browned. Serve immediately.

Yield	4 servings
Cooking time	15 minutes prep, and 15 minutes cook time
Total time	30 minutes

**Healing Nutrient:
Vitamin A: 130%**

**Additional Nutrients
Vitamin C: 6%**

DID YOU KNOW?

The heaviest tomato ever grown weighed nearly 8lbs.⁷



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Complete Nutritional Information: <http://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?clid=0&rid=149>



Garden Vegetable Soup

Ingredients:

- 2 carrots, sliced
- 1 small onion, chopped
- 1/4 tsp garlic powder (or 1/2 garlic clove, minced)
- 3 cups broth (beef, chicken, or vegetable)
- 1 cup chopped green cabbage
- 1 can green beans, undrained (14 ounces)
- 1 can diced tomatoes, undrained (14 ounces)
- 1/2 tsp Italian seasoning
- 1 zucchini, chopped

Instructions:

1. In a large saucepan sprayed with non-stick cooking spray, sauté the carrots, onion, and garlic over low heat about 5 minutes.
2. Add broth, cabbage, green beans, tomatoes, and Italian seasoning; bring to a boil.
3. Cover, lower heat. Simmer about 15 minutes or until carrots are tender.
4. Stir in zucchini and heat for 3-4 minutes. Serve hot.
5. Refrigerate leftovers.

Healing Nutrient:
Vitamin A: 80%

Additional Nutrients
Vitamin C: 35%

DID YOU KNOW?

You can replace canned green beans with fresh green beans to reduce sodium.⁸

Yield	6 servings
Cooking time	25 minutes
Total time	25 minutes



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Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/garden-vegetable-soup>



Grapefruit Spinach Salad Oriental

**Healing Nutrient:
Vitamin A: 100%**

**Additional Nutrients
Vitamin C: 70%**

DID YOU KNOW?
One-half of a grapefruit provides all the vitamin C your body needs for the day.



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Ingredients:

- 10 ounces fresh spinach, washed and drained (about 4 1/2 cups)
- 1 can sliced mushrooms, drained (4 ounces)
- 1 can water chestnuts, diced (5 ounces)
- 2 grapefruits, sectioned and diced
- 1/4 cup vegetable oil
- 1 Tbsp vinegar
- 2 Tbsp grapefruit juice
- 1 Tbsp soy sauce, low-sodium
- 1/4 tsp hot pepper sauce
- 1/4 tsp salt
- 1 tsp dry mustard

Instructions:

1. Tear spinach coarsely and place in large salad bowl.
2. Add mushrooms, water chestnuts, and grapefruit.
3. Mix together oil, vinegar, grapefruit juice, soy sauce, hot pepper sauce, salt, and dry mustard.
4. Toss dressing with spinach mixture and serve.

Yield	6 servings
Total time	15 minutes

Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/grapefruit-spinach-salad-oriental>



Healing Nutrient:
Vitamin A: 50%

Additional Nutrients
Vitamin C: 15%

DID YOU KNOW?
You can make extra so you have enough for leftovers the next day.

Garden Turkey Meatloaf

Ingredients:

For meatloaf:

- 2 cup assorted vegetables, chopped—such as mushrooms, zucchini, red bell peppers, or spinach
- 12 oz 99% lean ground turkey
- ½ cup whole-wheat breadcrumbs (or substitute regular breadcrumbs)
- ¼ cup fat-free evaporated milk*
- ¼ tsp ground black pepper
- 2 Tbsp ketchup
- 1 Tbsp fresh chives, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

For glaze:

- 1 Tbsp ketchup
- 1 Tbsp honey
- 1 Tbsp Dijon mustard

Instructions:

1. Preheat oven to 350 °F.
2. Steam or lightly sauté the assortment of vegetables.
3. Combine vegetables and the rest of the meatloaf ingredients in a large bowl. Mix well. Spray a loaf pan with cooking spray, and spread meatloaf mixture evenly in the pan.
4. Combine all ingredients for glaze. Brush glaze on top of the meatloaf.
5. Bake meatloaf in the oven for 45–50 minutes (to a minimum internal temperature of 165 °F).
6. Let stand for 5 minutes before cutting into eight even slices.
7. Serve two slices on each plate.

Yield	4 servings
Cooking time	10 minutes prep, and 55 minutes cook time
Total time	65 minutes





Vitamin C

- The DV for vitamin C is 60 mg for adults.¹





Veggie Bean Wrap

Ingredients:

- 2 green or red bell peppers (seeded and chopped)
- 1 onion (peeled and sliced)
- 1 can black beans, 50% less salt (15 ounce, drained and rinsed)
- 2 mangoes (chopped)
- 1 lime, juiced
- 1/2 cup fresh cilantro (chopped)
- 1 avocado (peeled and diced)
- 4 flour tortillas, fat free (10 inch)

Instructions:

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangoes, lime juice, cilantro, and avocado. Reserve 1/2 mixture for topping.
3. Fill warmed tortillas with 1/4 bean mixture and 1/4 mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

**Healing Nutrient:
Vitamin C: 200%**

**Additional Nutrients
Vitamin C: 45%**

DID YOU KNOW?

**Avocado is a healthy fat that
you can add to your diet.**

Yield	4 servings
Cooking time	25 minutes
Total time	25 minutes



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Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/veggie-bean-wrap>



Broccoli Baked Potatoes

Ingredients:

- 6 potatoes, medium
- 3 broccoli stalks
- 1/4 cup milk, 1%
- 1 cup cheddar cheese, low-fat shredded
- salt and pepper (to taste, optional)

Instructions:

1. Preheat oven to 350°F.
2. Scrub potatoes. Prick the skin with a fork in several places.
3. Baked at 350°F for 30-60 minutes, until soft, depending on size.
4. Peel broccoli stems. Steam broccoli just until tender and chop into small pieces.
5. Slice the potatoes in half. Scoop the insides into a bowl with the broccoli. Add milk, 3/4 cup cheese, salt and pepper. Mash together until the mixture is pale green with dark green flecks.
6. Put the potato mixture into the potato skins and sprinkle with remaining 1/4 cup of cheese. Microwave to heat through.

Healing Nutrient:
Vitamin C: 180%

Additional Nutrients
Vitamin C: 10%

DID YOU KNOW?

Potatoes can be microwaved instead of baked. Click [here](#) for more information.

Yield	6 servings
Cooking time	60 minutes
Total time	60 minutes



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Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/broccoli-baked-potatoes>



A Simple Mexican Salad

Ingredients:

- 2 cucumbers
- 2 oranges
- 1 lemon or lime (the juice)
- 1/2 tsp chili powder
- 1/2 tsp salt

Instructions:

1. Wash the cucumbers, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.

Healing Nutrient:
Vitamin C: 80%

Additional Nutrients
Vitamin C: 6%

DID YOU KNOW?
Oranges are the primary source of vitamin C for most Americans.⁹

Yield	4 servings
Total time	15 minutes



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Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-mexican-salad>



Fruit Kabobs with Yogurt Dip

Ingredients:

- 1 cup watermelon (chunks)
- 1 cup pineapple (chunks)
- 1 cup grapes, red seedless
- 1 cup strawberries (stemmed)
- 2 kiwi (peeled and cut in quarters)
- 8 bamboo skewers (6 inches long)
- 1 cup yogurt, light strawberry

Instructions:

1. Place fruit chunks on bamboo skewers. Place fruit kabobs on platter.
2. Place light strawberry yogurt in bowl. Serve kabobs with yogurt on the side.

Healing Nutrient:
Vitamin C: 70%

Additional Nutrients
Vitamin C: 2%

DID YOU KNOW?

A pineapple is ripe if one of its top center leaves can easily be pulled out.¹⁰

Yield	8 servings
Total time	10 minutes



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Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-kabobs-yogurt-dip>



Spanish Omelet

Ingredients:

- 5 potatoes (small, peeled and sliced)
- 1 Tbsp olive oil (or vegetable cooking spray)
- 1/2 onion (medium, minced)
- 1 zucchini (small, sliced)
- 1 1/2 cup green/red peppers (sliced thin)
- 5 mushroom (medium, sliced)
- 3 eggs (whole, beaten)
- 5 egg whites (beaten)
- Pepper and garlic salt with herbs (to taste)
- 3 ounces part skim mozzarella cheese (shredded)
- 1 Tbsp Parmesan cheese

Instructions:

1. Preheat oven to 375°F.
2. Cook potatoes in boiling water until tender.
3. In a nonstick pan, add oil or vegetable spray and warm at medium heat.
4. Add the onion and sauté until brown. Add vegetables and sauté until tender but not brown.
5. In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese. Stir egg cheese mixture into the cooked vegetables.
6. Oil or spray a 10-inch pie pan or ovenproof skillet. Transfer potatoes and eggs mixture to pan. Spread with parmesan cheese and bake omelet until firm and brown on top, about 20-30 minutes.

Healing Nutrient:
Vitamin C: 60%

Additional Nutrients
Vitamin C: 15%

DID YOU KNOW?

Zucchini arrived in California with Italian immigrants in the 1920s.¹¹

Yield	5 servings
Cooking time	30 minutes
Total time	45 minutes



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Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/spanish-omelet>



Oatmeal Pecan Waffles (or Pancakes)

Ingredients:

For waffles:

- 1 cup whole-wheat flour
- ½ cup quick-cooking oats
- 2 tsp baking powder
- 1 tsp sugar
- ¼ cup unsalted pecans, chopped
- 2 large eggs, separated
(for pancakes, see Did You Know)
- 1½ cup fat-free (skim) milk
- 1 Tbsp vegetable oil

For fruit topping:

- 2 cup fresh strawberries, rinsed, stems removed, and cut in half (or substitute frozen strawberries, thawed)
- 1 cup fresh blackberries, rinsed
(or substitute frozen blackberries, thawed)
- 1 cup fresh blueberries, rinsed (or substitute frozen blueberries, thawed)
- 1 tsp powdered sugar

Instructions:

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar, and pecans in a large bowl.
3. Combine egg yolks, milk, and vegetable oil in a separate bowl, and mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not over mix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see Did You Know).
6. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron. (A waffle is perfect when it is crisp and well-browned on the outside with a moist, light, airy and fluffy inside.) (Or make pancakes.)
7. Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

Yield	4 servings
Cooking time	10 minutes prep, 30 minutes cook time
Total time	40 minutes

Healing Nutrient:
Vitamin C: 60%

Additional Nutrients
Vitamin C: 8%

DID YOU KNOW?

For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.



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Complete Nutritional Information: <http://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?clid=0&rid=152>



Chilled Cantaloupe Soup

Ingredients:

- 1 cantaloupe (peeled, seeded, and cubed)
- 2 cups orange juice
- 1 Tbsp lime juice (fresh)
- 1/4 tsp cinnamon (ground)

Instructions:

1. Place cantaloupe and 1/2 cup orange juice in a container of a blender or food processor.
2. Cover with lid and blend until smooth. Transfer to large bowl.
3. Stir in lime juice, cinnamon, and remaining orange juice.
4. Cover, and refrigerate for at least one hour.
5. Serve chilled.

**Healing Nutrient:
Vitamin C: 130%**

**Additional Nutrients
Vitamin C: 70%**

**DID YOU KNOW?
Cantaloupe is called
rockmelon in Australia.¹²**

Yield	6 servings
Total time	60 minutes



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Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/chilled-cantaloupe-soup>



Zinc

- The DV for zinc is 15 mg for adults.³
- Zinc percentages are based on recommended daily value (above) and the recommended serving size in each meal.
- Zinc is not required to be listed in nutritional information



Healing Nutrient: Zinc: ~24%

Additional Nutrients
Vitamin A: 2%

DID YOU KNOW?
You can add carrots or
peppers to get extra
Vitamin A.



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Baked Meatballs

Ingredients:

- 1 pound ground beef, 90% lean (or ground turkey)
- 1 egg
- 1/2 tsp dried parsley
- 1/2 cup bread crumbs
- 1/2 cup milk, 1% (or non-fat)
- 1/4 tsp pepper
- 1 tsp onion powder

Instructions:

1. Mix all ingredients, shape into balls (about 24 meatballs)
2. Arrange on baking sheets that have been sprayed with non-stick cooking spray.
3. Bake at 425°F for 12-15 minutes. It is best to use a food safety thermometer to check for doneness (it should read 160°F for ground beef and 165°F for ground turkey).
4. If meatballs are being saved for future use, chill rapidly; package in amounts needed per meal and freeze immediately.

Yield	8 Servings (of 3 meatballs)
Cooking time	15 minutes
Total time	30 minutes

Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-meatballs>



Healing Nutrient: Zinc: ~35%

Additional Nutrients
Vitamin C: 2%

DID YOU KNOW?
Green and red peppers are
great sources of Vitamin C

Beef Pot Roast

Ingredients:

- 1/2 cup onion (chopped)
- 2 Tbsp water
- 2 1/2 pounds beef chuck roast (boneless)
- 2 cups water (hot)
- 1 beef bouillon (cube)
- 1 Tbsp orange juice
- 1/4 tsp allspice
- 1/8 tsp pepper

Instructions:

1. In a small bowl, put the bouillon cube in 2 cups hot water. Stir until the bouillon cube dissolves. This will make 2 cups of beef broth.
2. In a medium bowl, stir together the broth, orange juice, allspice, and pepper.
3. Peel and chop the onion, to make 1/2 cup chopped onion.
4. Put 2 Tbsp water in the skillet. Heat on medium.
5. Put the onion in the skillet. Simmer it until tender.
6. Add the roast to the skillet. Brown it on all sides.
7. Pour the broth mix over the meat in the skillet.
8. Cover and simmer for 2 hours.

Yield	8 Servings
Cooking time	2 hours
Total time	2 hours



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Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/beef-pot-roast>



Healing Nutrient:
Zinc: ~18%

DID YOU KNOW?

If using wood skewers, soak them in warm water for 5–10 minutes to prevent burning



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Mediterranean Kabobs

Ingredients:

For marinade:

- 2 Tbsp olive oil
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 2 Tbsp lemon juice
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ½ tsp salt

For kabobs:

- 6 oz top sirloin or other beef steak cubes (12 cubes)
- 6 oz boneless, skinless chicken breast, cut into ¾-inch cubes (12 cubes)
- 1 large white onion, cut into ¾-inch squares (12 pieces)
- 12 cherry tomatoes, rinsed
- 1 (4 oz) red bell pepper, rinsed and cut into ¾-inch squares (12 squares)
- 12 wooden or metal skewers, each 6 inches long

Yield	4 servings
Cooking time	15 minutes prep, 10 minutes cook time
Total time	25 minutes

Instructions:

1. Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
2. Combine ingredients for marinade, and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving).
3. Mix the beef, chicken, onion, tomatoes, and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade.
4. Place one piece of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers.
5. Grill or broil on each of the four sides for 2–3 minutes or until completely cooked (to a minimum internal temperature of 145 °F for beef and 165 °F for chicken). Spoon most of the second half of the marinade over the kebabs while cooking.
6. Serve three skewers per serving. Drizzle the remaining marinade on top of each kebab before serving (use only the marinade that did not touch the raw meat or chicken).

Complete Nutritional Information: <http://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?clid=0&rid=7>



Quick Beef Casserole

Ingredients:

- ½ lb lean ground beef
- 1 cup onion, chopped
- 1 cup celery, rinsed and chopped
- 1 cup green bell pepper, rinsed, seeded, and cubed
- 3½ cup tomatoes, rinsed and diced
- ¼ tsp salt
- ½ tsp ground black pepper
- ¼ tsp paprika
- 1 cup frozen peas
- 2 small carrots, rinsed, peeled, and diced
- 1 cup uncooked rice
- 1½ cup water

Instructions:

1. In a sauté pan, brown the ground beef.
2. Drain off the extra fat by tilting the sauté pan over a disposable cup in the sink to collect the fat. Use the lid to shield the meat from falling out. After the fat has turned solid, discard the cup in the trash.
3. Add the rest of the ingredients to the sauté pan, and mix well.
4. Cover sauté pan with lid, and cook over medium heat until boiling.
5. Reduce to low heat and simmer for 35 minutes. Serve hot.

Healing Nutrient:
Zinc: ~13%

Additional Nutrients
Vitamin C: 18%

DID YOU KNOW?

You can drain the fat from the ground beef into the empty can of tomatoes, just hold the tomatoes in a separate container.

Yield	8 servings
Cooking time	10 minutes prep, 45 minutes cook time
Total time	55 minutes



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Complete Nutritional Information: <http://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?clid=0&rid=9>



Healing Nutrient:
Zinc: ~19%

Additional Nutrients

Vitamin A: 2%

Vitamin C: 50%

DID YOU KNOW?

**This meal goes well with
cooked rice.**



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Pineapple Pork

Ingredients:

- 1 green pepper (medium)
- 4 pork chops (boneless, about 1 pound)
- 1/8 tsp salt
- 1 Tbsp vegetable oil
- 1 can pineapple chunks (8-ounce, undrained)
- 1/4 tsp ginger
- 1/4 tsp cinnamon

Instructions:

1. Cut the green pepper into strips.
2. Heat the oil in a large skillet.
3. Place pork chops on the heated skillet. Sprinkle the salt on top.
4. Cook the pork for 5 minutes on low heat on each side.
5. The pork should lose its pink color when it's cooked enough.
6. Remove the cooked pork from the skillet. Place it in a serving dish.
7. Put the green pepper slices in the skillet.
8. Stir in the pineapple chunks with their juice.
9. Stir in the ginger and cinnamon.
10. Simmer for about 3-5 minutes.
11. Spoon the pineapple mixture over cooked pork.

Yield	4 Servings
Cooking time	15 minutes
Total time	20 minutes

Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/pineapple-pork>



Healing Nutrient:
Zinc: ~26%

Additional Nutrients
Vitamin A: 310%
Vitamin C: 50%

DID YOU KNOW?

Soups can be high in sodium, so try to buy low sodium when available .



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Ground Beef Stew

Ingredients:

- 1/2 pound ground beef, or ground turkey, or venison (lean)
- 1/8 tsp salt (optional)
- 1/8 tsp pepper (optional)
- 1 can tomato soup, condensed (10 3/4 ounce)
- water (one soup can full)
- 6 carrots (medium, diced or sliced)
- 2 potatoes (medium, diced or sliced)
- 1 cup onion (diced)

Instructions:

1. Brown meat. Drain fat, if any. Season lightly with salt and pepper (optional).
2. Add soup and 1 can of water to fry pan. Add vegetables.
3. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat, cover for last 10 minutes to thicken.
4. Serve. Refrigerate leftovers.

Yield	4 servings
Cooking time	55 minutes
Total time	55 minutes

Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/food-distribution-fdd/ground-beef-stew>



Manly Muffin Meat Loaf

Ingredients:

- 1 egg
- 1/2 cup non-fat milk
- 3/4 cups oats
- 1 pound lean ground beef
- 3 Tbsps onion (chopped)
- 1/2 tsp salt
- 1/2 cup cheese (any variety) (grated)

Instructions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture and divide evenly into 12 greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.

Healing Nutrient:
Zinc: ~34%

Additional Nutrients
Vitamin A: 4%

DID YOU KNOW?

Too much mixing can make the meat loaf tough.

Yield	6 Servings
Cooking time	60 minutes
Total time	60 minutes



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Complete Nutritional Information: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/manly-muffin-meat-loaf>

Resources

U.S. Department of Agriculture: Recipe Finder

- <http://recipefinder.nal.usda.gov/>

National Heart, Lung, and Blood Institute: Healthy Eating Recipes

- <http://healthyeating.nhlbi.nih.gov/default.aspx>



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