



Shopping List

Class 2: Fueling Up on Low-Fat, High-Fiber Foods

Produce/Fresh

- ☐ Cantaloupe [GM]
- ☐ Onion [SF]
- ☐ Garlic cloves [SF] and [H]
- ☐ Celery [SF]
- ☐ Carrot [SF]
- ☐ Green bell pepper [SF]
- ☐ Mushrooms, sliced [SF]
- ☐ Green onions, chopped [H]
- ☐ Fresh basil (or dried if unavailable)[SF]
- ☐ Lemon (juice) [H]

Canned Good/Grocery

- ☐ Crushed pineapple packed in juice [SF]
- ☐ Crushed tomatoes or tomato sauce [SF]
- ☐ Vegetable broth or water [SF] and [R]
- ☐ Garbanzo beans (chickpeas), canned or dry [H]
- ☐ Roasted red peppers (packed in water) [H]
- ☐ Dry brown rice [R]
- ☐ Cornstarch [SF]

Spices/Condiments

- ☐ Soy sauce [SF]
- ☐ Seasoned rice vinegar [SF]
- ☐ Ground ginger [GM]
- ☐ Crystallized ginger [GM]
- ☐ Sesame seeds [SF]
- ☐ Cumin [H]
- ☐ Black pepper [SF] and [H]
- ☐ Tahini (sesame butter) [H]
- ☐ Salt [R]

Refrigerated/Frozen

- ☐ Seitan, cut into strips [SF]
- ☐ Apple juice concentrate [SF]

Paper Products

- ☐ Plates
- ☐ Cups
- ☐ Cutlery
- ☐ Napkins

KEY

- [GM] – Gingered Melon
- [SF] – Sweet-and-Sour Stir Fry
- [H] – Roasted Red Pepper Hummus
- [R] – Toasted Brown Rice



Recipes Handout

Class #2: Fueling Up on Low-Fat Foods

Sweet-and-Sour Stir-Fry

Makes 8 servings

Ingredients:

- 2 tablespoons sesame seeds
- 1/4 cup crushed tomatoes or tomato sauce
- 1/2 cup apple juice concentrate
- 1/2 cup crushed pineapple packed in juice
- 2 tablespoons soy sauce
- 2 tablespoons seasoned rice vinegar
- 1 1/2 teaspoons cornstarch
- 1/4 teaspoon black pepper
- 1 onion, sliced into crescents
- 1/4 cup vegetable broth or water
- 4 or 5 garlic cloves, chopped or thinly sliced
- 1 cup celery, diagonally sliced
- 1 carrot, diagonally sliced
- 1 green bell pepper, seeded and cut into strips
- 2 tablespoons chopped fresh basil, or 1/2 teaspoon dried basil
- 3/4 cup water
- 2 cups mushrooms, sliced
- 8 ounces seitan, cut into strips

Directions:

Place sesame seeds in the pot. Cook over medium heat, stirring constantly, until seeds become fragrant and begin to pop, 2 to 3 minutes. Set aside. In a small bowl combine tomatoes or tomato sauce, apple juice concentrate, pineapple, soy sauce, vinegar, cornstarch, and black pepper. Stir to mix. Set aside. Sauté onion with broth or water over medium-high heat, stirring frequently, until just soft, 2 to 3 minutes. Add garlic, celery, carrot, bell pepper, basil, and an additional 3/4 cup of water. Place cover on and cook. After about 3 minutes add mushrooms and seitan, turn stove down, and continue to cook until vegetables are tender-crisp. Stir in sauce mixture and continue cooking until sauce thickens, about 2 minutes. Sprinkle with toasted sesame seeds and serve.

Toasted Brown Rice

Makes 6 servings

Ingredients:

- 2 1/2 cups dry brown rice
- 5 cups water or vegetable broth
- 1 1/2 teaspoons salt

Directions:

Rinse and drain rice. Place wet rice into pot and turn temperature to medium, stirring constantly until rice becomes dry and fragrant. Add water (or broth) and salt. Start cooking on medium-high heat with the lid ajar to get the liquid up to a high simmer. Place cover on and continue cooking on low. Continue cooking on low heat until tender, for a total cooking time of 40 minutes.

Gingered Melon

Makes 4 servings

Ingredients:

- 1 large cantaloupe
- 1/2 teaspoon ground ginger
- 1 tablespoon chopped ginger, fresh or crystallized

Directions:

Cut melon in half and seed, then cut each half into chunks. Sprinkle ground and crystallized or fresh ginger over the melon chunks and stir. Chill and serve. Stored in a covered container in the refrigerator; leftover Gingered Melon will keep for up to two days.