

RECIPE SHEETS



Try this recipe to help you eat the Rainbow Way!
Eat your colors every day to stay healthy and fit.

Dried Beans

Cooking Instructions:

- 1: Rinse and remove any foreign particles.
- 2: Soak beans in a pot overnight in water. The amount of water should be 3 times the amount of the beans. For example, soak one cup of beans in 3 cups of water.
- 3: Drain and add more water. Simmer beans in a covered pot for up to 3 hours until tender.
- 4: If beans are not soaked overnight bring the beans and water to a boil. Cover the beans tightly and remove from the heat. Let the beans sit for 1 hour and start at Step 3.
- 5: Add salt to taste.

Nutritional Analysis—1/2 Cup
90 Calories • 18g Carbohydrate
9g Protein • 0g Fat • 10mg Sodium



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Chicken Broccoli Casserole

Ingredients: serves 4

- 1 large fresh broccoli or two 10 oz. frozen packages cooked and drained
- 4 large skinless chicken breasts cooked and diced
- 2 cans of low fat, low sodium cream of chicken soup
- 1/2 cup light cheddar cheese, shredded
- salt and pepper to taste

Cooking Instructions:

- 1: Preheat oven to 350° F.
- 2: Arrange chopped broccoli in a 9 x 13-inch casserole dish. Cover with chicken.
- 3: Pour soup over chicken and sprinkle cheese on top.
- 4: Bake at 350° F for 30 minutes.

- Remove the skin from your chicken before you cook it and you'll decrease the fat. Also, experiment with different brands of low fat, low sodium soups to see which ones suit you and your family best.
- You can use canned chicken, but that will increase the sodium.
- Serve with whole grain rice for a complete meal.

Nutritional Analysis—1 Cup

258 Calories • 21g Carbohydrate

33g Protein • 5g Fat • 1037mg Sodium

