



HEALTHY EATING FOR SENIORS  
COMPLIMENTS OF ST. PAUL'S PACE DIETITIAN JANE KING

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### Greek Style Mac and Cheese

#### Nutrition Substitution Tips:

Add tomatoes and spinach for vitamins, minerals and fiber.

Use low fat milk and reduced-fat cheese to lower the saturated fat and calories.

Makes 6 servings

12 ounces dried spiral-shaped pasta

2 1/4 cups of 1% low fat milk

3 tablespoons all purpose flour

3/4 teaspoon garlic powder

1/2 teaspoon dried dill

2 cups pre shredded reduced-fat Cheddar cheese

3/4 cup grated Parmesan cheese

1 6 oz bag prewashed baby spinach

One 1 pint container grape or cherry tomatoes, halved

1/2 cup kalamata olives, coarsely chopped, or one 2 1/4 ounce can sliced black olives, drained

Salt and pepper

1/3 cup feta cheese, crumbled

Cook the pasta according to package directions.

While the pasta is cooking, whisk together the milk, flour, garlic powder, and dill in a medium saucepan until well blended.

Place over medium- high heat and bring to a simmer, stirring constantly. Reduce the heat and continue to simmer and stir gently until the mixture thickens slightly, about 2 minutes.

Add the Cheddar cheese and Parmesan cheese and stir until the cheese melts. Remove from the heat and set aside.

When the pasta is done, drain and immediately return to the saucepan. Add the spinach and stir until wilted, 1 – 2 minutes. Add the tomatoes, olives, and cheese sauce and stir to combine. Reheat if necessary. Season with salt and pepper to taste.

Place in individual bowls and top with feta cheese.



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**Beef & Sweet Potato Stew**

**Nutrition Substitution Tip**

Add mushrooms, sweet potatoes, green beans, and dried plums for vitamins, mineral, and fiber.

Use a smaller portion of meat and more vegetable to lower the saturated fat and calories.

Makes 6 servings

- ¾ cup all-purpose flour
- 1 1/4 pound lean stew meat, trimmed of visible fat and cut into ¾ in cubes
- 2 tablespoons olive oil or canola oil
- 1 small onion, cut into 1-inch wedges
- One 10 ounce package pre-sliced mushrooms
- 2 large sweet potatoes, peeled and cut into 1-inch cubes
- 2 cups all-natural beef broth or chicken broth
- One 8-ounce can tomato sauce
- 10 pitted dried plums, quartered
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 2 cups frozen cut green beans, thawed
- Salt and Pepper

Place the flour in a bowl. Add the beef, toss until coated, and shake off excess. Heat 1 tablespoon of the oil in a large saucepan or Dutch oven over medium – high heat. Add the beef cubes and cook, stirring occasionally, until lightly browned, 3 to 5 minutes, Remove to a bowl and set aside.

Add the remaining oil, onion, and mushrooms to the saucepan. Add a few tablespoons of water or broth and scrape up any brown bits that may have stuck to the bottom. Stir frequently and cook until the onions and mushrooms are tender, about 5 minutes.

Return the beef and any accumulated juices to the pan. Add the sweet potatoes, broth, tomato sauce, plums, salt, garlic powder, cinnamon, and cloves. Bring to a boil, reduce the heat, and simmer, covered, for 30 minutes.

Stir in the green beans and simmer, uncovered, until the sweet potatoes and green beans are tender, 20 to 30 additional minutes, Season with salt and pepper to taste.



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### South of the Border Style Lasagna

Nutrition Substitution Tip:

Adding carrot and corn for vitamins, minerals and fiber.

Switch to lean ground beef, reduced-fat cheese, and low fat cottage cheese to lower the saturated fat and calories.

Using a flavorful blend of spices and seasonings instead of packaged taco seasoning mix to lower the sodium.

- 1 pound lean ground beef (90% or higher)
- 1 large carrot, shredded
- One 16 ounce jar salsa
- One 15 ½ ounce can black beans, drained and rinsed
- One 10 ounce bag or box frozen corn kernels, thawed
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- Five 8 inch flour tortillas cut in half
- One 16 ounce container of low fat cottage cheese
- 1 ½ cups pre-shredded reduced-fat Cheddar cheese

Cook the meat and carrot in a large nonstick skillet over medium-high heat, breaking up the large pieces, until no longer pink, about 5 minutes, Drain excess fat.

Preheat the oven to 375 F.

Add the salsa, black beans, corn, chili powder, and cumin to the skillet and stir to combine.

To assemble the lasagna, arrange a third of the meat mixture in a 9x13 inch baking pan. Layer half the tortillas over the meat, allowing them to overlap. Spoon half of the cottage cheese and ½ cup of the Cheddar cheese over the tortillas and spread evenly.

Place 2 more cups of meat mixture over the cottage cheese. Layer with the remaining tortillas and cottage cheese. End with the meat mixture.

Top with the remaining Cheddar cheese and bake uncovered until the cheese melts and the lasagna is heated through, about 25 minutes.