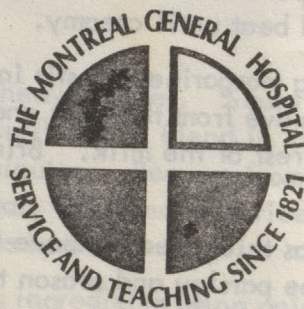


THE MONTREAL GENERAL HOSPITAL
NUTRITION CENTRE



LOW COST - HIGH NUTRITION

RECIPES

1 serving: 230 calories
25 gms. carbohydrates (sugar)
23 gms. proteins
14 gms. lipids (fat)

FISH PIE

Ingredients:

- | | |
|------------------------------|---------------------------|
| 1 lb cod or other white fish | 3 tbsp. all purpose flour |
| 2 lbs potatoes (6 medium) | 2 tbsp. chopped parsley |
| 3 tbsp. margarine | 2-4 oz. grated cheese |
| 3/4 cup (6 oz.) skim milk | |

Method:

1. Cook and flake the fish, retaining 3/4 cup (6 oz.) of the cooking water.
2. Boil and mash the potatoes. Add 1 tbsp. margarine and 2-3 tbsp. milk and beat until creamy.
3. Melt the remaining margarine and stir in the flour and cook 2-3 minutes. Remove from the heat and gradually stir in the fish broth and the rest of the milk. Bring to the boil, stirring often.
4. When the sauce has thickened, remove from heat and stir in the flaked fish, the parsley and season to taste with salt and pepper.
5. Pour into an ovenproof dish and cover with the mashed potatoes, sprinkle with the cheese and bake near the top of the oven at 400 F. for about 30 minutes, or until the pie is well heated through and the top is golden.

Variation: instead of parsley, use mushrooms, tomatoes and/or green peppers.

Makes 6 servings

- 1 serving: 330 calories
25 gms. carbohydrates (sugar)
23 gms. proteins
14 gms. lipids (fat)

LEFTOVERS RICE SALAD

Ingredients:

- | | |
|---|---|
| 2 tbsp. minced onion | 1 cup brown rice, cooked |
| 2 tbsp. vegetable oil | 2 cups leftover meat, fish or poultry |
| * $\frac{1}{2}$ small clove garlic, crushed | * 1 cup diced celery |
| * $\frac{1}{2}$ tsp. chili powder | * $\frac{1}{4}$ cup minced green pepper |
| $\frac{3}{4}$ tsp. dry mustard | * 1 tbsp. minced parsley |
| $\frac{1}{2}$ tsp. salt | 2 hard boiled eggs, chopped |
| 2 tbsp. cider vinegar | |
| $\frac{3}{4}$ - 1 cup mayonnaise | |
- * if desired

Method:

1. Heat oil in a heavy skillet. Sauté onion and garlic for about 5 minutes or until soft. Blend in chili powder and cook gently for 5 minutes. Remove from heat and mix in mustard, salt and vinegar; combine with rice in large bowl and chill for two or more hours.
2. Add remaining ingredients using only as much mayonnaise as needed for a good consistency. Toss well to mix and marinate in the refrigerator for several hours (2 or more) before serving.

Makes 6 servings.

- 1 serving: 380 calories
25 gms. carbohydrate (sugar)
22 gms. proteins
30 gms. lipids (fat)

LIVER SARCIADO

Ingredients:

2½ lbs chicken livers
4 medium potatoes
2 large carrots
(3-4 medium carrots)
½ tsp. garlic powder
6 oz. tomato sauce or paste

1 large green pepper
3 Tbsp. vegetable oil
1 cup stock or water
1 tsp. salt
1 medium onion

Method:

1. Put oil in hot skillet, brown the garlic, add sliced onions and sauté, while stirring, for 2 minutes.
2. Add chicken livers and simmer for five minutes.
3. Add tomato sauce (or tomato paste) and stock or water and bring to a boil for 3 minutes (cover skillet).
4. Cut potatoes into quarters, carrots in cubes and green pepper in about 8 pieces.
5. Add all vegetables to mixture, mixing well, simmer for 5-8 minutes. Add salt. Serve hot.

Makes 8 servings.

1 serving: 480 calories
23 gms. carbohydrate (sugar)
45 gms. proteins
22 gms. lipids (fat)

CREAMED SARDINES ON TOAST

Ingredients:

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|--|-------------------------------------|
| 1 small tin of sardines (3 $\frac{1}{4}$ oz) | 2 hard boiled eggs (finely chopped) |
| 4 tbsp. margarine | |
| 4 tbsp. flour | 4 tbsp. bread crumbs |
| 1 cup skim milk (made from skim milk powder) | |
| 3 slices of bread | |
| Salt and paprika to taste. | |

Method:

1. Drain the sardines, remove backbones and mash the fish.
2. Prepare the cream sauce; melt the margarine in a double boiler. Gradually add the flour and milk.
3. Add the bread crumbs to the cream sauce and mix thoroughly.
4. Stir in the sardines and the chopped eggs.
5. Season to taste, with salt and paprika.
6. Serve on toast.

Makes 3 servings

- 1 serving contains: 400 calories
44 gms carbohydrate (sugar)
17 gms protein
23 gms lipids (fat)

FISH LOAF

Ingredients:

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|--|---|
| $\frac{1}{2}$ cup rolled oats | 1/8 tsp. pepper |
| $\frac{1}{2}$ cup skim milk (made from powdered skim milk) | 2 tbsp. lemon juice (if desired) |
| 2 tbsp. mayonnaise | 2 eggs beaten |
| 2 tsp. minced onion | 2 cups flaked cooked cod or other white fish or salmon. |
| salt to taste | |

Method:

1. Combine rolled oats and milk. Add mayonnaise, onion, salt, pepper and lemon juice. Add eggs and fish, mix well.
2. Grease a loaf pan or a mould.
3. Press mixture into the pan and bake at 350° - 375° for 50-60 minutes
4. Unmould and pour egg sauce over the top if desired.

Makes 4 servings

- 1 serving contains: 300 calories
31 gms carbohydrate (sugar)
7 gms protein
15 gms lipids (fat)

BEEF "CRUSADO" (STEW)

Ingredients:

- | | |
|----------------------------------|----------------------------|
| 1 lb ground beef | 3 Tbsp. oil |
| 1 lb green beans (thinly sliced) | 1½ cups chicken stock |
| 10 tomato slices | 3 pieces of chopped garlic |
| 1 sliced onion | salt to taste |

Method:

1. Place oil in hot skillet, brown garlic, add onions and tomatoes. Sauté for 3 minutes.
2. Add ground beef and mix thoroughly. Simmer 3-5 minutes.
3. Add stock or water to mixture, bring to the boil. Cover mixture.
4. Add green beans and boil mixture for another 5-8 minutes. Add salt to taste. Serve hot.

Makes 4 servings.

- 1 serving: 400 calories
23 gms proteins
8 gms carbohydrate (sugar)
34 gms lipids (fat)

YOGURT

Ingredients:

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|---|------------------------------------|
| 4 oz. container plain yogurt | $\frac{1}{2}$ cup skim milk powder |
| 4 cups skim milk (made from skim milk powder) | 6 tbsp. drained, crushed pineapple |
| sugar to taste | |

NOTE: Use only 1 tbsp. of the 4 oz container of yogurt for each batch.

Method

1. Heat 4 cups of milk carefully until milk rises to the top of the pan.
2. Remove from heat and cool the milk until it is lukewarm.
3. Add 1 tbsp. yogurt and $\frac{1}{2}$ cup skim milk powder to 1 cup of the lukewarm milk; mix well to dissolve.
4. Stir into the remaining milk and mix well.
5. Pour this mixture into a large non-metallic bowl, add pineapple and sugar to taste, cover with a plate and cover all with a bath towel. Leave it in a warm place for 4-5 hours or until thick. (Near a heater or in a closed plastic container)
6. Chill well before serving.

Variations: 6 tbsp. of drained fruit, such as peaches, strawberries, blueberries etc.

Makes 8 $\frac{1}{2}$ cup servings.

1 serving contains: 60 calories
9 gms carbohydrate (sugar)
6 gms protein
traces of lipids (fat)

HOLIDAY CASSEROLE

Ingredients:

- 1½ cups uncooked elbow macaroni
- 1 can (10 oz.) cream of mushroom soup
- ¾ cup processed cheese (cut in cubes) or
½ cup grated cheese
- ½ cup of skim milk (made from powder)
- 1 tbsp. chopped onion
- ¼ tsp. black pepper
- 4-6 slices of bologna or luncheon meat

Method:

1. Cook elbow macaroni according to general directions.
2. Combine soup, milk, onions and pepper. Place over low heat.
3. Add cheese and stir until cheese is melted.
4. Mix macaroni with bologna and put into a casserole dish.
5. Pour over the cheese sauce. Place in oven at 325° F for 15 minutes.

Makes 4 servings.

- 1 serving: 285 calories
18 gms. carbohydrate (sugar)
14 gms. proteins
18 gms. lipids (fats)

BAKED BEANS - CHINESE STYLE

Ingredients:

- 2 lbs white beans
- 8 cups cold water
- 2 large onions - chopped
- $\frac{1}{2}$ lb lard, diced
- 1 tbsp. dry mustard
- 1 tbsp. salt
- $\frac{1}{2}$ cups garlic "Spare Ribs Sauce"
- $\frac{1}{2}$ cup molasses

Method:

1. Wash beans and cover with 8 cups of cold water and soak for 8 to 12 hours.
2. Cook in a stewing pan, bring to the boil, cover and simmer for $1\frac{1}{2}$ hours.
3. Pour white beans and water into a baked beans pot. Add other ingredients. Mix well and add warm water, enough to cover the beans. Add more water when necessary, so that the beans do not dry out.
4. Bake 3 to 4 hours at 325°F

Makes 12 - 15 servings.

1 serving (from 12 servings) contains: 500 calories
75 gms carbohydrate (sugar)
18 gms proteins
20 gms lipids (fat)

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CHILI

Ingredients:

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|---------------------------------|---|
| $\frac{1}{2}$ lb. ground beef | $\frac{1}{2}$ cup (4 oz.) tomato juice or water |
| 1 medium onion chopped | 1 beef bouillon cube |
| 1 clove garlic mashed | $\frac{1}{4}$ tsp. origano and thyme |
| 1 can (16 oz.) red kidney beans | 1 tsp. chili powder |
| 1 can (16 oz.) tomatoes | $\frac{1}{2}$ tsp. salt |

Method

1. Brown beef in oil; add onion, garlic and pepper when meat is half done.
2. Put all ingredients into a large pot and simmer, covered, for one hour.

Makes 6 servings.

1 serving: 170 calories
16 gms. carbohydrate (sugar)
15 gms. proteins
5 gms. lipids (fat)

EGG - POTATO BAKE

Ingredients:

- 3 medium potatoes, cooked and sliced
- 3 eggs, hard boiled and sliced
- 2 tablespoons margarine
- 1 cup milk (made from skim milk powder)
- 1 teaspoon Worcestershire sauce
- $\frac{1}{2}$ cup grated cheese
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 2 tablespoons flour

Method:

1. Melt margarine and stir in flour and milk. Cook, stirring constantly until thick. Add Worcestershire sauce, salt and pepper. Stir in cheese.
2. In a casserole dish, make layers, using half potatoes, $\frac{1}{2}$ eggs, $\frac{1}{2}$ cheese sauce. Make another layer using the rest. Bake for 20 minutes at 350 F.

Makes 3 servings.

- 1 serving: 300 calories
23 gms carbohydrates (sugar)
16 gms proteins
18 gms lipids (fat)