



Jazz Up Healthy Starches



Some favorite combos we keep hearing are crowd pleasers time and time again.

Or choose your favorite starches and flavorings from below...



Whole wheat pasta or orzo with Italian dressing

Orzo with oregano

Beans with canned mandarin oranges or pineapple chunks

Brown rice with teriyaki sauce

Whole wheat pasta with grated Parmesan cheese or salsa

Sweet potatoes with ground ginger

Healthy Starches



Whole wheat pasta

Orzo

Beans (such as black, pinto, kidney)

Red potatoes

Sweet potatoes

Quinoa

Couscous

Brown rice

Jazz Up With These Flavorings

- Salsa
- Teriyaki sauce
- Soy sauce
- BBQ sauce
- Sweet 'n sour sauce
- Grated Parmesan cheese
- Balsamic salad dressing
- Italian salad dressing
- Orange juice
- Lemon juice
- Oregano
- Mrs. Dash
- Dill
- Basil
- Cumin
- Ground ginger
- Cream of mushroom soup
- Cream of celery soup
- Cream of chicken soup
- Chicken broth
- Vegetable broth
- Beef broth
- Canned fruits, such as pineapple chunks, mandarin oranges, pears

Notes:

- Use low-sodium and lite versions of the above ingredients whenever possible.
- Healthy starches should fill $\frac{1}{4}$ of the plate.
- Stir in a little bit (pinch, dash, teaspoon, etc.) of one of the above ingredients at a time... taste... and then add a bit more flavor if your heart (and tummy) desires.