

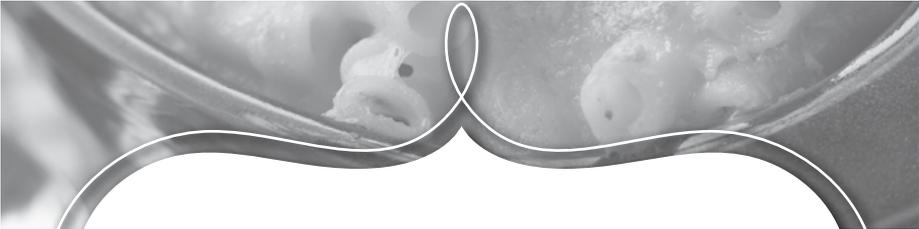


It's Your Health...
Take Charge!

Healthy Heart & Soul

Recipe Book





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RECIPE MAKEOVERS

Try these small changes for healthier recipes:

- Thicken sauces with cornstarch or flour
- Refrigerate soups, stews or gravies to harden and skim off fat
- Use nonfat cream cheese and nonfat sour cream
- Use fat substitutes (blended prunes, low-fat yogurt or applesauce instead of oil, butter or margarine)
- Cut the amount of butter or margarine that the recipes call for in half
- Trim fat and skin off of meat
- Use lean cuts of meat
- Use vegetable oil instead of solid fats (olive, canola or peanut oil)
- Use low-fat dairy products (skim, 1% milk, evaporated skim milk, nonfat buttermilk, low-fat cheese)
- Use nonfat cooking sprays
- Egg whites (2 egg whites = 1 egg)

Season vegetables in healthy ways:

- Use skinless smoked turkey instead of salt pork
- Skinless turkey or chicken thighs
- Use lean ham
- Canadian bacon or turkey bacon
- Use sodium-free seasonings

Decrease sugar intake:

- Reduce sugar by $\frac{1}{4}$ or $\frac{1}{3}$ in baked products or desserts
- Use pureed fruits or fruit juice as sweeteners
- Use non-sugar sweeteners (Nutra-sweet, Splenda®)
- Use nonfat, dry powdered milk to replace sugar in baked goods
- Eat less commercial baked products (cookies, cakes, etc.)

More Tasty Tips!

Instead of	Use
1 cup whole milk	1 cup skim or 1% milk + 1 Tbsp vegetable oil
1 cup heavy whipping cream	1 cup evaporated skim milk or $\frac{1}{2}$ cup low-fat yogurt and $\frac{1}{2}$ cup low-fat cottage cheese
Sour cream	Low-fat cottage cheese, low-fat or nonfat yogurt, and or low-fat or nonfat sour cream
1 Tbsp butter	1 Tbsp of margarine or $\frac{3}{4}$ Tbsp oil
1 cup shortening	2 sticks margarine
1 egg	2 egg whites, or egg substitute

**Brand names used in this document are only meant to be examples.
DHEC does not endorse any of the brand names in this document.**



**Veggie Selections
& Hearty Sides**

CLASSIC MACARONI AND CHEESE

SERVINGS: **8**

1 CUP
Calories 200
Carbohydrate 30g
Fat 4g
Protein 8g
Sodium 120mg

INGREDIENTS

2 cups macaroni, uncooked

½ cup chopped onions

½ cup evaporated skim milk

1 medium egg, beaten

¼ teaspoon black pepper

1 ¼ cups low-fat sharp cheddar cheese (4 oz), finely shredded
nonstick cooking oil spray

INSTRUCTIONS

- Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
- Spray a casserole dish with nonstick cooking oil spray.
- Preheat oven to 350°F.
- Lightly spray saucepan with nonstick cooking oil spray.
- Add onions to saucepan and sauté for about 3 minutes.
- In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly. Transfer mixture into casserole dish.
- Bake for 25 minutes or until bubbly.
- Let stand for 10 minutes before serving.

BBQ BLACK-EYED PEAS

SERVINGS: **8**

½ CUP
Calories 167
Carbohydrate 28g
Fat 1g
Protein 8g
Sodium 120mg

INGREDIENTS

- 16 ounces** frozen black eyed peas (cooked)
- 2 cups** tomatoes, purée
- 1 tablespoon** plus **1 teaspoon** minced onion flakes
- ½ teaspoon** paprika
- 1 teaspoon** Worcestershire sauce
- 1 teaspoon** dry mustard
- dash** garlic powder
- salt and pepper to taste
- 2 tablespoons** firmly packed brown sugar

INSTRUCTIONS

- Preheat oven to 350°F.
- Combine all ingredients. Place in a 1½-quart baking dish that has been sprayed with a nonstick cooking spray.
- Bake uncovered for 1 hour.

BAKED SQUASH

1 CUP

Calories 90

Carbohydrate 10g

Fat 4g

Protein 4g

Sodium 426mg

SERVINGS: **4**

INGREDIENTS

2 10 ounce packages frozen yellow summer squash

1 tablespoon minced onion flakes

2 tablespoons plus **2 teaspoons** light margarine

2 egg whites

1½ teaspoons artificial sugar

salt and pepper to taste

3 tablespoons dry bread crumbs

INSTRUCTIONS

- Cook squash according to package directions. Drain.
- Preheat oven to 350°F.
- Place squash in a large bowl and mash well. Add onion flakes, 2 Tbsp of the margarine, egg whites, sweetener, salt, pepper and half of the crumbs. Mix well.
- Pour mixture into a 1-quart baking dish that has been sprayed with nonstick cooking spray. Sprinkle with remaining crumbs. Dot with remaining margarine.
- Bake, uncovered, 45 minutes, or until set and lightly browned.

GREEN VEGETABLE MIX

SERVINGS: **9**

½ CUP

Calories 40

Carbohydrate 4g

Fat 0.3g

Protein 3g

Sodium 191mg

INGREDIENTS

½ cup fresh or frozen broccoli florets

1 cup fresh or frozen green peas

½ cup water

2 tablespoons chopped green onions

1 tablespoon diced pimiento

¼ teaspoon dried whole dill weed

¼ teaspoon salt

INSTRUCTIONS

- Combine first 4 ingredients in a medium saucepan; bring to a boil. Cover, reduce.
- Heat and simmer 4 to 5 minutes or until crisp-tender. Drain.
- Stir in pimiento, salt and dill weed.

HERBED VEGETABLE BAKE

SERVINGS: **6**

¾ CUP

Calories 55

Carbohydrate 8g

Fat 2g

Protein 2g

Sodium 139mg

INGREDIENTS

3 cups broccoli florets

2 cups cauliflower

2 medium carrots, thinly sliced

1 medium red onion, thinly sliced

1 celery rib, thinly sliced

½ teaspoon Italian seasoning

½ teaspoon dried basil

½ teaspoon garlic salt

2 tablespoons water

2 tablespoons reduced-fat stick margarine

INSTRUCTIONS

- Place vegetables in a 9-inch square baking dish coated with nonstick cooking spray.
- Sprinkle with Italian seasoning, basil, garlic salt and water. Dot with margarine.
- Cover and bake at 450°F for 20 to 25 minutes or until vegetables are tender.

SOUTHERN STYLE CORN

SERVINGS: **4**

¾ CUP

Calories 138

Carbohydrate 26g

Fat 4g

Protein 4g

Sodium 37mg

INGREDIENTS

- 1 medium** sweet red pepper, chopped
- 1 tablespoon** finely chopped, seeded jalapeño pepper
- 1 tablespoon** margarine
- 1½ teaspoons** ground cumin
- 1 package (16 ounces)** frozen corn, thawed

INSTRUCTIONS

- In a large nonstick skillet, sauté red pepper and jalapeno in margarine until tender.
- Add cumin; cook for 30 seconds.
- Add corn and cilantro.
- Sauté 2 minutes longer or until thoroughly heated.

STEWED TOMATOES

1 CUP

Calories 60

Carbohydrate 9g

Fat 2g

Protein 2g

Sodium 230mg

SERVINGS: **4**

INGREDIENTS

3 cups canned tomatoes, undrained, cut into chunks

½ cup minced celery

½ teaspoon dried oregano

¼ teaspoon dried basil

1 tablespoon minced onion flakes

2 teaspoons margarine

2 teaspoons artificial sugar

salt and pepper to taste

INSTRUCTIONS

- Combine all ingredients in a medium saucepan.
- Cover and cook over medium-low heat until celery is tender, about 10 minutes.
- Stir frequently while cooking.

BROWN RICE

½ CUP
Calories 145
Carbohydrate 26g
Fat 2g
Protein 3g
Sodium 346mg

SERVINGS: **6**

INGREDIENTS

- 3½ cups** water, divided
- 1 cup** uncooked long grain brown rice
- 1 clove** garlic, minced
- 1 teaspoon** instant chicken bouillon granules
- ½ teaspoon** salt
- 1⅛ teaspoon** pepper
- ¼ cup** sliced almonds
- 2 medium** carrots, finely chopped (3/4 cup)
- ¼ cup** snipped fresh parsley
- 2 tablespoons** sliced green onion

INSTRUCTIONS

- Combine 3 cups of water, rice, garlic, bouillon, salt and pepper in 3-quart saucepan. Bring to boil over high heat. Cover. Reduce heat to low.
- Cook for 50 minutes or until liquid is absorbed and the rice is tender. (Do not remove cover during cooking.)
- Heat oven to 400°F.
- In 8-inch square baking pan, bake sliced almonds for 4 to 5 minutes, or until light golden brown, stirring twice. Set aside.
- Place remaining ½ cup water in 1-quart saucepan. Bring to boil over medium heat. Add carrots. Cook for 2½ to 4 minutes, or until tender-crisp, stirring occasionally. Drain.
- In medium mixing bowl, combine rice, almonds, carrots, parsley and onion.
- Serve hot.

MASHED SWEET POTATOES

SERVINGS: **6-8**

½ CUP

Calories 251

Carbohydrate 41g

Fat 8g

Protein 4g

Sodium 138mg

INGREDIENTS

6 large sweet potatoes or yams

¼ cup artificial sugar

4 tablespoons (½ stick) margarine

¾ cup evaporated skim milk, heated

1 teaspoon vanilla

salt to taste

INSTRUCTIONS

- Scrub the sweet potatoes and then place them carefully into a large pot of boiling water. Be sure there is an additional 3-4 inches of water covering the sweet potatoes. Cook until they are fork tender, about 30 minutes. Drain and allow to cool slightly.
- Preheat the oven to 350°F.
- When the potatoes are cool enough to handle, peel them and put them in a large mixing bowl. Mash the potatoes, using a ricer or an electric mixer (do not use a food processor). Stir in the artificial sugar, butter and evaporated milk. Blend well and add salt to taste.
- Lightly coat a casserole dish with nonstick cooking spray and then spoon in the potato mixture.
- Bake until bubbly, about 25 to 30 minutes.

LOW COUNTRY OKRA

SERVINGS: **6**

½ CUP

Calories 81

Carbohydrate 10g

Fat 5g

Protein 2g

Sodium 333mg

INGREDIENTS

- 1 tablespoon** sugar substitute
- 1 teaspoon** all-purpose flour
- ½ teaspoon** salt
- ½ teaspoon** pepper
- 2 cups** sliced fresh okra
- 2 tablespoons** vegetable oil
- 1 medium** onion, chopped
- 1 medium** green pepper, chopped
- 3 medium** tomatoes, peeled and chopped
- hot cooked rice (optional)

INSTRUCTIONS

- Combine the first four ingredients; set aside.
- In a covered saucepan, cook okra in boiling water for 10 minutes or until tender. Drain and set aside.
- In a skillet, heat oil over medium heat.
- Sauté onion and green pepper until tender.
- Stir in sugar mixture and tomatoes; cook for 5 minutes.
- Add okra and simmer until thoroughly heated, stirring very little.
- Serve with rice if desired.

TASTY CABBAGE

½ CUP

Calories 34

Carbohydrate 6g

Fat 5g

Protein 2g

Sodium 140mg

SERVINGS: **6**

INGREDIENTS

1 small head cabbage

3 ounces smoked turkey (cut into pieces)

⅓ cup water

1 tablespoon olive oil

2 tablespoons water

⅛ tablespoon salt

⅛ teaspoon black pepper

INSTRUCTIONS

- Heat oil in a large saucepan and sauté the turkey for 5 minutes.
- Add remaining ingredients.
- Cook until cabbage is tender (about 15 to 20 mins).
(Be careful not to overcook as cabbage will become mushy.)

RICE CASSEROLE

½ CUP
Calories 163
Carbohydrate 22g
Fat 6g
Protein 5g
Sodium 368mg

SERVINGS: **8**

INGREDIENTS

- ¼ cup** margarine
- 8 ounces** uncooked brown rice
- 1 8 ounce** can mushroom pieces, drained
- 2 packets** instant beef flavored broth mix
- 2 tablespoons** minced onion flakes
- 2 cups** water

INSTRUCTIONS

- Preheat oven to 350°F.
- Melt margarine in a 1½-quart ovenproof saucepan or casserole dish over medium heat. Stir in rice.
- Cook, stirring, until rice is lightly browned. Remove from heat. Add remaining ingredients. Cover and bake for 1 hour, stirring once after 45 minutes of cooking.

HASH BROWN POTATO CASSEROLE

1 CUP
Calories 197
Carbohydrate 23g
Fat 8g
Protein 8g
Sodium 253mg

SERVINGS: **12**

INGREDIENTS

- 1 lb** bag of frozen hash browns, thawed
- ¼ cup** melted margarine
- 1 cup** fat-free sour cream
- 1 cup** evaporated skim milk
- 1 cup** reduced-fat cheddar cheese
- 1 cup** crushed cornflakes

INSTRUCTIONS

- Preheat oven to 350°F. Spray a 2-quart baking dish with nonstick spray.
- In a large bowl, combine the potatoes, milk, sour cream, cheese and 2 Tbsp of the melted margarine. Pour into a prepared dish.
- In a small bowl, combine the crushed cornflakes and remaining 2 Tbsp of margarine; sprinkle over potato mixture.
- Bake, uncovered, until cooked and lightly browned, about 50 minutes.

FLAVORED BAKED BEANS

SERVINGS: **4**

½ CUP
Calories 189
Carbohydrate 28g
Fat 5g
Protein 9g
Sodium 332mg

INGREDIENTS

- 1 ounce** diced, fully cooked ham
- ½ cup** chopped onion
- 2 tablespoons** maple syrup
- 1 tablespoon** margarine, melted
- 1 tablespoon** dark molasses
- ¼ teaspoon** powdered mustard
- 12 ounces** rinsed, drained, canned, small white beans

INSTRUCTIONS

- In 2-cup microwavable casserole dish, combine all ingredients except beans; mix well.
- Add beans and stir to combine.
- Cover and microwave on High (100%) for 5 minutes, rotating casserole ½ turn halfway through cooking (if needed), until thoroughly heated.

ROASTED VEGETABLES

½ CUP

Calories 183

Carbohydrate 32g

Fat 4g

Protein 3g

Sodium 232mg

SERVINGS: **6**

INGREDIENTS

3 medium onions, cut into wedges

6 small red potatoes, halved

2 medium size sweet potatoes, peeled and cut into ¼ inch thick slices

2 tablespoons olive oil

salt and pepper to taste

INSTRUCTIONS

- Toss together all ingredients; place on an aluminum foil lined baking sheet.
- Bake at 450°F for 30 to 40 minutes or until onion and potatoes are tender.

GREEN PEAS

½ CUP
Calories 120
Carbohydrate 17g
Fat 4g
Protein 5g
Sodium 335mg

SERVINGS: **4**

INGREDIENTS

- 1 10 ounce package** frozen green peas
- 2 tablespoons** reduced-calorie margarine
- ¼ cup** chopped onions
- ¼ cup** chopped green pepper
- 1 16 ounce** can diced tomatoes
- salt and pepper to taste
- 1 teaspoon** artificial sweetener
- 2 teaspoons** cornstarch

INSTRUCTIONS

- Cook peas according to package directions; drain.
- In a medium saucepan, melt margarine over medium heat.
- Add onions and green pepper; cook until tender.
- Drain tomatoes, reserving liquid. Add tomatoes to saucepan.
- Stir in peas, salt, pepper and sweetener.
- In a small bowl, stir a few Tbsp of the tomato liquid into the cornstarch, stirring to dissolve the cornstarch. Add cornstarch mixture and remaining tomato liquid to peas.
- Cook, while stirring, until hot and bubbly.

VEGETABLE DISH

½ CUP

Calories 108

Carbohydrate 24g

Fat <1g

Protein 4g

Sodium 97mg

SERVINGS: **6**

INGREDIENTS

1 can (16 ounces) black-eyed peas, rinsed and drained

1 package (10 ounces) frozen corn, defrosted

1 tomato, seeded and chopped (1 cup)

1 medium zucchini, cut lengthwise into quarters, then sliced crosswise

¼ cup water

1½ teaspoons fresh basil leaves or **½ teaspoon** dried basil leaves

¼ teaspoon salt

INSTRUCTIONS

- Combine all ingredients in a 2-quart saucepan. Cover.
- Cook over high heat for 5 to 7 minutes, or until vegetables are hot and flavors are blended, stirring occasionally.
- Drain.

BEAN-PEPPER CASSEROLE

SERVINGS: **6**

½ CUP
Calories 247
Carbohydrate 38g
Fat 5g
Protein 11g
Sodium 409mg

INGREDIENTS

- 2 10 ounce packages** frozen lima beans
- 1 tablespoon** vegetable oil
- 2** green peppers cut into ¼ inch strips
- 1 tablespoon** imitation bacon bits
- ¼ teaspoon** dry mustard
- 2 teaspoons** molasses
- ¼ teaspoon** dried oregano
- 2 teaspoons** minced onion flakes
- 1 16 ounce** can tomatoes, chopped, undrained
- 2 teaspoons** firmly packed brown sugar

INSTRUCTIONS

- Cook beans according to package directions; drain. Place in a 1½-quart casserole dish.
- In a medium nonstick skillet, heat oil over medium heat.
- Add green peppers and cook until tender, about 10 minutes.
- Add peppers to beans and toss until combined.
- Preheat oven to 325°F.
- Combine remaining ingredients.
- Pour mixture over beans and peppers.
- Cover and bake 35 minutes.

SQUASH SCRAMBLE

½ CUP

Calories 37

Carbohydrate 38g

Fat 1g

Protein 1g

Sodium 72mg

SERVINGS: **8**

INGREDIENTS

1 medium onion, chopped (1 cup)

1 clove garlic, minced

2 teaspoons olive oil

2 medium zucchini squash, cut into ¼ inch slices (2 cups)

1 medium yellow squash, cut into ¼ inch slices (1 cup)

½ teaspoon dried basil leaves

¼ teaspoon salt

2 medium tomatoes, chopped (2 cups)

2 tablespoons grated Parmesan cheese (optional)

INSTRUCTIONS

- Combine onion, garlic and oil in 10-inch nonstick skillet.
- Cook over medium high heat for 2 to 3 minutes, or until onion is tender, stirring frequently.
- Add squash, basil and salt. Cook for 5 to 7 minutes, or until squash is tender-crisp, stirring constantly.
- Stir in tomatoes.
- Cook for 1 to 2 minutes, or until hot, stirring constantly.
- Remove from heat.
- Sprinkle with Parmesan cheese.

COLLARD GREENS

1 CUP

Calories 39

Carbohydrate 8g

Fat 1g

Protein 4g

Sodium 120mg

SERVINGS: **8**

INGREDIENTS

4 lbs collard greens

3 cups low-salt, low-fat chicken broth

2 medium onions (chopped)

1 teaspoon black pepper

1 teaspoon red pepper flakes

3 cloves garlic (crushed)

INSTRUCTIONS

- Wash and cut collard greens and place them in a large stockpot.
- Add remaining ingredients and enough water to cover.
- Cook until tender, stirring occasionally.
- The flavor will blend more if you let the greens sit after cooking.

BROCCOLI CASSEROLE

½ CUP

Calories 145

Carbohydrate 12g

Fat 8g

Protein 7g

Sodium 422mg

SERVINGS: **9**

INGREDIENTS

- 2 packages (10 ounces each)** frozen chopped broccoli
- 1 can (10¾ ounces)** reduced-fat, reduced-sodium, condensed cream of mushroom soup, undiluted
- 1 cup** fat-free mayonnaise
- 1 cup (4 ounces)** shredded, reduced-fat cheddar cheese
- ½ cup** egg substitute
- 1 small** onion, finely chopped
- 2 tablespoons** stick margarine, melted
- ¼ cup** crushed, reduced-fat butter flavored crackers (about 6 crackers)
- refrigerated butter flavored spray

INSTRUCTIONS

- Place 1-inch of water and broccoli in a large saucepan; bring to a boil.
- Reduce heat; cover and simmer for 5-8 minutes, or until crisp-tender.
- Meanwhile, in a bowl, combine the soup, mayonnaise, cheese, egg substitute, onion and butter.
- Drain broccoli; gently stir into soup mixture.
- Pour into a 1½-quart baking dish coated with nonstick cooking spray.
- Sprinkle with crushed crackers.
- Spritz crumbs with butter flavored spray.
- Bake, uncovered, at 350°F for 25 to 30 minutes or until thoroughly heated.

WHITE BEAN, RED ONION AND TOMATO SALAD

SERVINGS: **6**

½ CUP

Calories 113

Carbohydrate 17g

Fat 3g

Protein 6g

Sodium 394mg

INGREDIENTS

1 can (16 ounces) white beans

1 tablespoon olive oil

2 large ripe tomatoes, seeded and diced

¼ cup red onion, finely diced

2 tablespoons oregano (fresh or diced)

salt and pepper to taste

INSTRUCTIONS

- Place beans into a small bowl.
- Add olive oil, salt and pepper, mixing gently.
- Add tomatoes, onion and oregano; toss to mix.

CRISPY BAKED VEGETABLES

SERVINGS: **8**

1 CUP
Calories 219
Carbohydrate 41g
Fat 3g
Protein 8g
Sodium 490mg

INGREDIENTS

- 1 cup** seasoned breadcrumbs
- 1 cup** cornmeal
- 1 tablespoon** grated Parmesan
- 8 cloves** garlic, peeled and minced
- 2 cups** plain nonfat yogurt
- ¼ cup** sliced zucchini
- ¼ cup** sliced okra
- ¼ cup** sliced eggplant
- ¼ cup** sliced, peeled potatoes
- ¼ cup** sliced, peeled sweet potatoes
- ¼ cup** quartered mushrooms
- ¼ cup** sliced, peeled parsnips
- 1 small** onion, peeled and sliced

INSTRUCTIONS

- Preheat oven to 425°F.
- Line a baking sheet with parchment paper; set aside.
- Mix the breadcrumbs, cornmeal and Parmesan cheese together; set aside.
- Over very low heat, slowly sauté garlic in a nonstick pan sprayed with vegetable cooking spray until garlic begins to brown. Let cool and mix into crumb mixture.
- Dip vegetables into yogurt and then into crumb mixture.
- Lay vegetables on baking sheet and bake until browned and crispy, about 10 to 15 minutes.
- Serve hot.

DELICIOUS OVEN FRENCH FRIES

SERVINGS: **5**

1 CUP
Calories 238
Carbohydrate 49g
Fat 4g
Protein 1g
Sodium 163mg

INGREDIENTS

- 4 large** potatoes (2 lbs)
- 8 cups** ice water
- 1 teaspoon** garlic powder
- 1 teaspoon** onion powder
- ¼ teaspoon** salt
- 1 teaspoon** white pepper
- ¼ teaspoon** allspice
- 1 teaspoon** hot pepper flakes
- 1 tablespoon** vegetable oil



**Oven
baking makes these
french fries lower in fat
and still crisp.**

INSTRUCTIONS

- Scrub potatoes and cut into long strips.
- Place potato strips into ice water, cover, and chill for 1 hour or longer.
- Remove potatoes and dry strips thoroughly.
- Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in a plastic bag.
- Brush potatoes with oil.
- Toss potatoes in spice mixture.
- Place potatoes in a nonstick, shallow baking pan.
- Cover with aluminum foil and place in a 475°F oven for 15 minutes.
- Remove foil and continue baking uncovered for an additional 15 to 20 minutes or until golden brown.
- Turn fries occasionally to brown on all sides.

BROCCOLI SALAD

1/8 OF RECIPE

Calories 100

Carbohydrate 26g

Fat 7g

Protein 2g

Sodium 170mg

SERVINGS: **8**

INGREDIENTS

6 cups chopped broccoli

1 cup raisins

1 medium red onion peeled and diced

2 tablespoons sugar

8 slices cooked and crumbled bacon (optional)

2 tablespoons lemon juice

¾ cup mayonnaise, lowfat

INSTRUCTIONS

- Combine all ingredients in a medium bowl. Mix Well.
- Chill for 1 to 2 hours.
- Serve.



Main Entrees

CHEESE SPINACH NOODLES

SERVINGS: **6**

½ CUP
Calories 104
Carbohydrate 30g
Fat 1.5g
Protein 12g
Sodium 330mg

INGREDIENTS

8 ounces egg noodles

½ teaspoon dried basil

1 cup fat-free or low-fat cottage cheese

2 tablespoons Parmesan cheese

10 ounce package frozen chopped spinach, thawed and drained

1 tablespoon dried parsley flakes

¼ to ½ teaspoon salt (to taste)

INSTRUCTIONS

- Cook noodles according to package instructions.
- While noodles are cooking, cook the spinach in a skillet for 5 minutes.
- Add basil, parsley, cottage cheese and salt to spinach. Cook 2 to 3 minutes, or until heated.
- Drain noodles and toss in large serving bowl with spinach mixture.
- Top with Parmesan cheese.

COLORFUL QUESADILLAS

SERVINGS: **8**

1 QUESADILLA
Calories 160
Carbohydrate 21g
Fat 3.5g
Protein 20g
Sodium 420mg

INGREDIENTS

- 8 ounces** fat-free cream cheese
- ¼ teaspoon** garlic powder
- 8 small** whole wheat tortillas
- 1 cup** chopped red or green pepper
- 1 cup** chopped onion
- 1 cup** shredded low-fat cheese
- 2 cups** fresh spinach leaves or 9 oz frozen, thaw and remove extra water

INSTRUCTIONS

- In a small bowl, mix the cream cheese and garlic powder.
- Spread about 2 Tbsp of the cream cheese mixture on each tortilla.
- Sprinkle about 2 Tbsp of pepper, onion and shredded cheese on one half of each tortilla.
- Add spinach: ¼ c if using fresh or 2 Tbsp if frozen. Fold tortillas in half.
- Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1 to 2 minutes on each side, or until golden brown.
- Remove quesadillas from skillet; place on platter, and cover with foil to keep warm while cooking remaining quesadillas.
- Cut each quesadilla into 4 wedges. Serve warm. Garnish with salsa and/or low-fat sour cream on the side.

SPICY CHEESE PASTA

1 CUP

Calories 262

Carbohydrate 49g

Fat 4g

Protein 10g

Sodium 204mg

SERVINGS: **2**

INGREDIENTS

2 garlic cloves, minced

2 tablespoons chopped onion

1 teaspoon olive oil

1 cup fresh mushrooms, sliced

1 cup canned Italian tomatoes (reserve liquid), seeded and chopped

$\frac{1}{8}$ **teaspoon** crushed red pepper

2 cups cooked penne or ziti macaroni (hot)

2 teaspoons grated Parmesan cheese

garnish: dried basil leaves

INSTRUCTIONS

- In a 3-quart microwavable casserole dish, combine onion, garlic, and oil and stir to coat.
- Microwave on high (100%) for 1 minute.
- Add mushrooms and tomatoes with reserved liquid and stir to combine.
- Cover and microwave on high for 7 minutes, stirring once every 3 minutes.
- Add pepper and stir until thoroughly combined.
- Place pasta and mushroom-tomato mixture in a serving bowl and gently toss to combine.
- Sprinkle with Parmesan cheese and garnish with basil.

LITE BEEF STROGANOFF

SERVINGS: **6**

½ CUP

Calories 239

Carbohydrate 13g

Fat 11g

Protein 21g

Sodium 103mg

INGREDIENTS

- 1 lb** flank steak
- 2 cups** low sodium beef broth
- 1 cup** chopped onion
- 1 lb** fresh mushrooms, sliced
- ¼ cup** cold water
- 2 tablespoons** all-purpose flour
- 2 tablespoons** cornstarch
- ½ cup** plain, fat-free yogurt
- 1 teaspoon** paprika
- 1 teaspoon** prepared mustard
- ½ teaspoon** garlic powder

INSTRUCTIONS

- Broil steak 6 inches from the heat until rare, about 5 minutes on each side. Cut thin strips at a 45 degree angle. Set aside and keep warm.
- In a large skillet, bring broth to a boil. Add onion and mushrooms; cover and simmer until tender, about 5 minutes.
- In a small bowl, mix cold water, flour and cornstarch until smooth. Whisk into broth; cook and stir over low heat until thickened and bubbly. Remove from heat.
- In a bowl, combine yogurt, paprika, mustard and garlic powder; add to broth and stir until smooth. Add the beef; cook over low heat, stirring constantly, until thoroughly heated, about 5 minutes.
- Serve over pasta or rice.

CHICKEN CASSEROLE

1 CUP

Calories 341

Carbohydrate 40g

Fat 7g

Protein 28g

Sodium 98mg

SERVINGS: **8**

INGREDIENTS

2¾ cups uncooked spiral pasta

¾ cup chopped onion

½ cup chopped celery

1 tablespoon olive or canola oil

3 cups cubed, cooked chicken breast

1 can (10¾ oz) reduced-fat, reduced-sodium, condensed chicken soup, undiluted

1½ cup skim milk

1 package (16 ounces) frozen Italian blend vegetables

1 cup (4 ounces) shredded reduced-fat cheddar cheese

2 tablespoons minced dried or fresh parsley

1¼ teaspoons dried thyme

¾ cup crushed cornflakes

INSTRUCTIONS

- Cook pasta according to package directions.
- Meanwhile, in a nonstick skillet, sauté onion, celery and garlic in oil until tender.
- Drain pasta, place in a bowl. Add the onion mixture, chicken, soup, milk, frozen vegetables, cheese, parsley, thyme and salt.
- Pour into a shallow 3-quart baking dish coated with nonstick cooking spray. Cover and bake at 350°F for 25 minutes.
- Sprinkle with cornflakes; spritz with nonstick cooking spray.
- Bake, uncovered, 10 to 15 minutes longer or until thoroughly heated.

PEPPER CRUSTED PORK LOIN

SERVINGS: **6**

3 OZ
Calories 211
Carbohydrate 6g
Fat 8g
Protein 25g
Sodium 383mg

INGREDIENTS

- 2** pork loins ($\frac{3}{4}$ lb each)
- 3 tablespoons** dijon mustard
- 1 tablespoon** 1% buttermilk
- 2 teaspoons** minced fresh thyme
- 2 teaspoons** coarsely ground pepper
- salt
- $\frac{2}{3}$ cup** soft bread crumbs

INSTRUCTIONS

- Place loins side by side and tie together with kitchen string.
- In a bowl, combine the mustard, buttermilk, thyme, pepper and salt.
- Spread mixture over surface of meat.
- Press crumbs onto meat.
- Place on a rack in a shallow roasting pan.
- Cover and bake at 425°F for 15 minutes.
- Uncover, bake 35 to 40 minutes longer or until a meat thermometer reads 160°F.
- Let stand for 5 minutes.
- Remove string before slicing.

BAKED "FRIED" CHICKEN

SERVINGS: **2**

4 OZ*

Calories 280

Carbohydrate 21g

Fat 8g

Protein 28g

Sodium 385mg

INGREDIENTS

$\frac{1}{3}$ **cup** low-fat buttermilk (1% milk fat)

1 lb skinned chicken pieces

2 ounces cornflake crumbs

2 teaspoons sesame seed

INSTRUCTIONS

- Preheat oven to 350°F.
- Pour buttermilk into shallow bowl; add chicken and turn to coat.
- On paper plate combine cornflake crumbs and sesame seed; dredge chicken in crumb-seed mixture.
- Arrange chicken on nonstick baking sheet and bake until chicken is browned and crispy, about 40 minutes.

***Does not include sesame seed; nutrition facts unavailable.**

BAKED "FRIED" CATFISH

SERVINGS: **4**

4 OZ

Calories 216

Carbohydrate 5g

Fat 8g

Protein 29g

Sodium 419mg

INGREDIENTS

- 1¼ lbs** whole, headless catfish (4)
- 2 tablespoons** low-fat plain yogurt
- 2 teaspoons** vegetable oil
- 1½ teaspoons** lemon juice
- ¼ teaspoon** paprika
- ½ teaspoon** salt
- ⅛ teaspoon** pepper
- 4 tablespoons** dry whole wheat bread crumbs

INSTRUCTIONS

- Wash and drain fish.
- Combine yogurt, oil, lemon juice and seasonings in shallow dish.
- Sprinkle breadcrumbs on wax paper.
- Dip fish in yogurt mixture, then press in crumbs, lightly coating both sides.
- Place fish on lightly greased cookie sheet.
- Bake at 475°F for 10 minutes or until flaky to fork.

TURKEY LOAF

4 OZ
Calories 160
Carbohydrate 5g
Fat 4g
Protein 25g
Sodium 270 mg

SERVINGS: **12**

INGREDIENTS

- 2 lbs** ground turkey breast, uncooked
- 1/3 cup** oatmeal
- 1/4 cup** ketchup
- 2 tablespoons** chopped onion
- 1/2 teaspoon** salt
- 1/2 teaspoon** oregano
- 1/2 teaspoon** pepper
- 1** egg
- 2** egg whites

INSTRUCTIONS

- Place ingredients, except turkey, in mixing bowl. Mix thoroughly and let stand for a few minutes.
- Mix in turkey until well blended.
- Shape into loaf. Place in 5 x 9-inch loaf pan.
- Bake in 325°F oven for 1 hour or until meat thermometer reads 160°F to 165°F.
- Cool to set loaf. Slice into 1/2 inch slices.

POTATO HAM DINNER

1 ¼ CUP
Calories 244
Carbohydrate 25g
Fat 8g
Protein 18g
Sodium 690mg

SERVINGS: **4**

INGREDIENTS

- 2 cups** cubed, peeled potatoes
- 1 cup** sliced carrots
- 1 cup** chopped celery
- ½ cup** water
- 2 tablespoons** chopped green pepper
- 2 tablespoons** chopped onion
- 2 tablespoons** reduced-fat margarine
- 3 tablespoons** all-purpose flour
- ⅛ teaspoon** pepper
- 1 ½ cups** 1% milk
- ½ cup** reduced-fat, shredded cheddar cheese
- 2 cups** cubed, fully cooked, lean ham

To reduce the sodium content select reduced-salt ham.

INSTRUCTIONS

- In a large microwave safe bowl, combine the potatoes, carrots, celery and water. Cover and microwave on high for 7 minutes, stirring once.
- Add green pepper and onion; cover and microwave on high for 4 to 5 minutes or until crisp-tender, stirring once.
- Pour into a 2-quart microwavable safe baking dish coated with nonstick cooking spray; set aside.
- In a microwave safe bowl, heat the margarine, covered on high for 40 to 50 seconds or until melted.
- Stir in the flour, salt and pepper until smooth. Gradually add milk.
- Cook, uncovered, on high for 2 to 3 minutes or until thickened and bubbly, stirring after each minute.
- Stir in the cheese until melted.
- Pour over the vegetables. Stir in ham.
- Cover and microwave on high for 4 to 5 minutes or until thoroughly heated.

SEASONED MEAT LOAF

4 OZ
Calories 267
Carbohydrate 26g
Fat 9g
Protein 21g
Sodium 526mg

SERVINGS: **6**

INGREDIENTS

- 1** egg
- 1 cup** skim milk
- ¾ cup** quick cooking oats
- 2** slices of bread, crumbled
- ½ cup** finely chopped onion
- 1 teaspoon** rubbed sage
- ¼ teaspoon** pepper
- 1 lb** lean ground beef
- ¾ cup** ketchup
- ½ cup** water
- 2 tablespoons** brown sugar
- 2 tablespoons** cider vinegar
- 1 tablespoon** Worcestershire sauce

INSTRUCTIONS

- In a bowl, combine the first 8 ingredients.
- Crumble beef over mixture and mix well. Shape into a loaf; place in an 11 x 7 x 2-inch baking dish.
- In a bowl, combine the ketchup, water, brown sugar, vinegar and Worcestershire sauce; pour over meat loaf.
- Bake at 225°F for 1 to 1¼ hours or until meat is no longer pink and a meat thermometer reads 160°F.
- Let stand for 10 minutes before slicing.

BBQ PORK SANDWICH

3 OZ

Calories 202

Carbohydrate 4g

Fat 9g

Protein 24g

Sodium 219mg

SERVINGS: **16**

INGREDIENTS

1 pork shoulder roast (about 5 lbs), trimmed and cut into 1 inch cubes

2 medium onions, coarsely chopped

2 tablespoons chili powder

1½ cups water

1 cup ketchup

¼ cup vinegar

bread or rolls of your choice

INSTRUCTIONS

- In a Dutch oven, combine meat, onions, chili powder, water, ketchup and vinegar.
- Cover and simmer for 4 hours or until the meat falls apart easily.
- Skim off the excess fat.
- With a slotted spoon, remove meat, reserving cooking liquid.
- Shred the meat with 2 forks. Return to the cooking liquid and thoroughly heat.
- Serve on bread or rolls.

RESTAURANT-STYLE BISCUITS AND GRAVY

SERVINGS: **5**

**2 BISCUITS &
¾ CUP GRAVY**
Calories 287
Carbohydrate 32g
Fat 8g
Protein 21g
Sodium 876mg

INGREDIENTS

- 1** can (7.5 oz) refrigerated buttermilk biscuits
- 8 ounces** ground 90% lean turkey or beef
- ¼ teaspoon** black pepper
- ¼ teaspoon** ground sage
- ¼ teaspoon** garlic powder
- ¼ teaspoon** poultry seasoning
- 2½ cups** skim milk
- ¼ cup** flour
- 1 package (8 ounces)** fat-free cream cheese

INSTRUCTIONS

- Bake biscuits according to package directions.
- Meanwhile, in a large skillet sprayed with butter flavored cooking spray, brown meat.
- Add black pepper, sage, garlic powder and poultry seasoning.
- In a covered jar, combine skim milk and flour. Shake well. Pour milk mixture into skillet with browned meat.
- Add cream cheese. Continue cooking, stirring often, until the mixture thickens and cream cheese melts.
- When serving, spoon gravy over biscuits.

CHICKEN BROCCOLI CASSEROLE

SERVINGS: **6**

1 CUP

Calories 183

Carbohydrate 15g

Fat 4g

Protein 21g

Sodium 559mg

INGREDIENTS

- 1 large** fresh broccoli or two 10 oz frozen packages, cooked and drained
- 4 large** skinless chicken breasts, cooked and diced
- 2** cans low-fat, low sodium, cream of chicken soup
- ½ cup** light cheddar cheese, shredded
- pepper to taste



Remove the skin from your chicken before you cook it and you'll decrease the fat.

INSTRUCTIONS

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

OVEN FRIED CHICKEN

2 STRIPS

Calories 224

Carbohydrate 18g

Fat 8g

Protein 20g

Sodium 321mg

SERVINGS: **8**

INGREDIENTS

3 cups butter type crackers, finely crumbled

½-¾ teaspoon dried basil

⅛ teaspoon black pepper

2 tablespoon skim milk

1 lb boneless, skinless chicken breast or turkey breast tenderloins

This traditional favorite is made healthy by cooking it in the oven.

INSTRUCTIONS

- Preheat oven to 400°F.
- Spray a shallow baking pan with vegetable oil.
- Place crackers, basil and pepper in a large plastic bag with a tight-fitting seal. Set aside.
- Remove all visible fat from chicken. Rinse chicken and pat dry.
- Cut into 16 strips, about 1 x 3 inches each.
- Dip chicken in milk. Add a few pieces of chicken strips at a time to bag with cracker mixture. Seal bag and shake until chicken is completely coated.
- Place coated chicken in a single layer on prepared baking pan.
- Bake, uncovered, 5 to 7 minutes, or until chicken is tender and no longer pink.

20 MINUTE CHICKEN CREOLE

SERVINGS: **8**

1 CUP
Calories 207
Carbohydrate 11g
Fat 3g
Protein 28g
Sodium 285mg

INGREDIENTS

- 4 medium** chicken breast halves, skinned, boned, and cut into 1-inch strips
- 1 14 ounce** can tomatoes, diced (reserve liquid)
- 1 cup** low sodium chili sauce
- 1½ cups** chopped green pepper
- ½ cup** chopped celery
- ¼ cup** chopped onion
- 2** cloves garlic, minced
- 1 tablespoon** dried basil, crushed
- 1 tablespoon** dried parsley
- ¼ teaspoon** crushed red pepper
- ¼ teaspoon** salt



**Add a tossed salad
and french bread to
complete this
low-fat meal!**

INSTRUCTIONS

- Spray deep skillet with nonstick cooking spray.
- Preheat pan over high heat.
- Cook chicken in hot skillet, stirring for 3 to 5 minutes, or until no longer pink.
- Reduce heat.
- Add tomatoes and tomato liquid, chili sauce, green pepper, celery, crushed red pepper and salt. Bring to a boil; reduce heat and simmer, covered for 10 minutes. Serve over hot, cooked rice or whole-wheat pasta.

SPAGHETTI WITH TURKEY MEAT SAUCE

**1 CUP
SAUCE & PASTA**
Calories 256
Carbohydrate 26g
Fat 8.1g
Protein 20g
Sodium 315mg

SERVINGS: **6**

INGREDIENTS

- 1 lb** ground turkey
- 28 ounce** can diced tomatoes
(reserve juice)
- 1 cup** finely chopped, sweet
green bell pepper
- 1** finely chopped onion
- 2** cloves of garlic, minced
- 1 teaspoon** dried oregano, crushed
- 1 lb** of spaghetti



**Top it off with
low or no fat parmesan
or romano cheese.**

INSTRUCTIONS

- Spray a large skillet with nonstick cooking spray.
- Preheat over high heat.
- Add turkey. Cook, stirring occasionally, for 5 minutes.
- Drain fat.
- Stir in tomatoes with their juice, green bell pepper, onion, garlic, oregano and black pepper.
- Bring to a boil; reduce heat. Simmer, covered for 15 minutes, stirring occasionally.
- Remove cover; simmer for 15 minutes more. Meanwhile, cook spaghetti according to package directions; drain well; serve sauce over spaghetti.

BAKED PORK CHOPS

1 PORK CHOP

Calories 311

Carbohydrate 20g

Fat 12g

Protein 30g

Sodium 404mg

SERVINGS: **6**

INGREDIENTS

- 6** lean center cut pork chops
- 1** egg white
- 1 cup** skim evaporated milk
- 1 cup** cornflake crumbs
- ¼ cup** fine dry bread crumbs
- ¼ teaspoon** salt
- ¼ teaspoon** chili powder
- 1 teaspoon** garlic powder
- ½ teaspoon** black pepper

Pork provides essential vitamins. It's a healthy choice if you use lean cuts or trim the fat.

INSTRUCTIONS

- Trim all fat from pork chops.
- Beat egg white with evaporated skim milk.
- Place pork chops in milk mixture; let stand for 5 minutes, turning pork chops once.
- Meanwhile, mix together Cornflake crumbs, chili powder, garlic powder, salt and black pepper.
- Remove pork chops from milk mixture. Coat with crumb mixture.
- Spray a 13 x 9-inch baking pan with nonstick cooking spray.
- Place pork chops in pan; bake at 375°F for 20 minutes.
- Turn pork chops; bake 15 minutes longer until no pink remains.

CATFISH STEW AND RICE

SERVINGS: **8**

1 CUP
Calories 182
Carbohydrate 26g
Fat 3g
Protein 13g
Sodium 399mg

INGREDIENTS

- 2 medium** potatoes
- 1 14 ounce** can of tomatoes, diced
(reserve juice)
- 1 cup** chopped onions
- 1 cup** water
- 2** garlic cloves, minced
- ½** cabbage head, coarsely chopped
- 1 lb** catfish fillets
- ¼ teaspoon** garlic powder
- ¼ teaspoon** chili powder
- ¼ teaspoon** black pepper
- ¼ teaspoon** salt
- 3 cups** hot, cooked rice (white or brown)



Fish offers special nutrients that promote a healthy heart.

INSTRUCTIONS

- Peel potatoes and cut into quarters.
- In a large pot, combine potatoes, tomatoes and their juice, onion, water and garlic. Bring to a boil; reduce heat. Cook, covered over medium-low heat for 10 minutes.
- Add cabbage. Return to boiling. Reduce heat. Cook over medium-low heat for 5 minutes, stirring occasionally.
- Meanwhile, cut fillets into 2-inch lengths. Cover with salt, pepper, chili powder and garlic powder.
- Add fish to vegetables. Reduce heat; simmer covered for 5 minutes until fish flakes easily with a fork.
- Serve over hot, cooked rice.

BLACK BEAN CHILI

1 CUP

Calories 229

Carbohydrate 54g

Fat 2g

Protein 20g

Sodium 85mg

SERVINGS: **8**

INGREDIENTS

1 lb black beans, dry

2 cups water

1 tablespoon chili powder

1 tablespoon cumin seed

$\frac{1}{2}$ onion, diced

2 cloves garlic, minced

1 can diced tomatoes

INSTRUCTIONS

- Soak black beans overnight and then rinse well.
- Place beans and 5 cups of water in a crock pot or sauce pot.
- Toast chili powder and cumin seed under a broiler or in a sauce pot on top of the stove. Add all of these spices to the pot.
- Then, add diced onion, minced garlic and diced tomatoes.
- Cook in the crock pot for 3 to 4 hours on high or 8 to 9 hours on low.
- This recipe can also be prepared on top of the stove—On medium low heat, cook for 2 hours or until the beans are tender.

SALMON PATTIES

1 PATTY

Calories 110

Carbohydrate 5g

Fat 4.5g

Protein 14g

Sodium 270mg

SERVINGS: **9**

INGREDIENTS

- 15 ½ ounce** canned, drained salmon
- 1 cup** crushed whole-grain cereal or crackers
- 1 cup** chopped onion
- 2** lightly beaten large eggs
- ½ cup** low-fat milk
- ½ teaspoon** black pepper
- 1 tablespoon** vegetable oil

INSTRUCTIONS

- Use a fork or clean fingers to flake salmon until very fine.
- Crumble cereal or crackers into crumbs.
- Add cereal or cracker crumbs, egg, milk, onion and pepper to salmon.
- Mix thoroughly.
- Shape into 9 patties
- Heat oil in a skillet.
- Over medium heat, carefully brown both the sides until the patty is thoroughly cooked.

BRUNSWICK STEW

1 CUP

Calories 234

Carbohydrate 26g

Fat 7g

Protein 20g

Sodium 12mg

SERVINGS: **8**

INGREDIENTS

1 tablespoon vegetable oil

1 onion (medium, chopped)

2 cups chicken broth, low sodium

2 cups chicken or turkey (cooked, diced and boned)

2 cups diced tomatoes, no salt added canned

2 cups lima beans, frozen or no salt added canned

2 cups whole kernel corn, frozen or no salt added canned

INSTRUCTIONS

- Heat oil in a large pan. Add onion and cook in oil until tender.
- Add all remaining ingredients. Bring to a simmer for 30 minutes at medium-low.

FIFTEEN MINUTE SOUP

SERVINGS: **8**

1 CUP

Calories 100

Carbohydrate 13g

Fat 1g

Protein 7g

Sodium 237mg

INGREDIENTS

- 1 can (16 ounce)** great northern beans
- 1 cup** water
- 1** chicken or beef bouillon cube (low sodium or no sodium)
- 2 cans (16 ounce)** low sodium or no salt added diced tomatoes
- 1** small chopped onion
- 1 tablespoon** basil
- 1 tablespoon** parsley
- Black pepper to taste
- 1 tablespoon** oil (optional)
- 1 package** (9 ounces frozen, chopped spinach)
- ½ cup** whole grain macaroni (elbow or any other shape)

INSTRUCTIONS

- In a 2 quart saucepan, combine all ingredients except spinach and macaroni. Heat until liquid comes to a boil.
- Stir in and break up spinach; bring to a boil again.
- Stir in macaroni and simmer until macaroni is tender, about 6 to 8 minutes.
- Add water as needed.



**Breads
& Desserts**

FRUIT CUP

½ CUP

Calories 107

Carbohydrate 27g

Fat 1g

Protein 2g

Sodium 15mg

SERVINGS: **6**

INGREDIENTS

2 medium navel oranges, peeled and sliced

2 kiwi fruits, peeled and cubed

1 medium firm banana, sliced

1 cup seedless red grapes

½ cup reduced-fat vanilla yogurt

2 tablespoons plus **2 teaspoons** brown sugar

INSTRUCTIONS

- In a bowl, combine the oranges, kiwi, banana and grapes.
- Divide among six serving bowls.
- Combine yogurt and brown sugar.
- Dollop over the fruit.
- Serve immediately.

BAKED APPLES WITH YOGURT AND PECANS

1 APPLE
Calories 80
Carbohydrate 14g
Fat 3g
Protein 1g
Sodium 36mg

SERVINGS: **6**

INGREDIENTS

6 medium tart apples, cored and peeled $\frac{1}{3}$ of the way down

3 4-inch strips orange rind, cut into thin strips

3 teaspoon reduced-fat margarine

lemon juice

$\frac{1}{2}$ **teaspoon** artificial sugar

1 teaspoon cinnamon

$\frac{1}{2}$ **teaspoon** nutmeg

6 tablespoons vanilla yogurt

1 tablespoon chopped pecans

INSTRUCTIONS

- Place the cored and partially peeled apples in a high-sided microwave safe dish.
- Stuff apples with orange rind strips and top each with $\frac{1}{2}$ tsp of margarine. Rub the outside of the apple with lemon juice. Sprinkle with artificial sugar, cinnamon and nutmeg.
- Fill the dish with water $\frac{1}{3}$ of the way up the sides of the apples. Cover. Cook in microwave for 4 to 5 minutes on high. Place the apples in individual bowls.
- Top each with 1 Tbsp of yogurt and sprinkle with some pecans.
- Serve hot.

OLD-FASHIONED BREAD PUDDING

SERVINGS: **9**

½ CUP

Calories 166

Carbohydrate 32g

Fat 2g

Protein 6g

Sodium 221mg

INGREDIENTS

10 slices whole-wheat bread

1 egg

3 egg whites

1 ½ cups skim milk

¼ cup brown sugar

3 teaspoons vanilla extract

½ teaspoon cinnamon

¼ teaspoon nutmeg

¼ teaspoon cloves

4 teaspoons sugar

INSTRUCTIONS

- Preheat oven to 350°F.
- Spray an 8 x 8-inch baking dish with vegetable oil spray.
- Lay the slices of bread in the baking dish in two rows, overlapping them like shingles.
- In a medium bowl, beat together the egg, egg whites, milk, ¼ cup of sugar, brown sugar and vanilla extract.
- Pour the egg mixture over the bread.
- In a small bowl stir together the cinnamon, nutmeg, cloves and 2 tsp of sugar. Sprinkle the spiced sugar over the bread pudding.
- Bake the pudding for 30 to 35 minutes, until it has browned on top and is firm to the touch.
- Serve warm or at room temperature.

SWEET POTATO PIE

1/8 OF PIE

Calories 195

Carbohydrate 20g

Fat 10g

Protein 6g

Sodium 239mg

SERVINGS: **8**

INGREDIENTS

4 tablespoons reduced-fat margarine, softened

1½ cups artificial sugar

5 large eggs

½ teaspoon ground cinnamon

2 cups sweet potatoes, cooked and mashed

1 cup evaporated skim milk

1 9-inch, unbaked pie shell

1 teaspoon vanilla extract

INSTRUCTIONS

- Preheat oven to 350°F.
- In a large bowl, cream together margarine and artificial sugar.
- Beat together eggs and cinnamon.
- Mix together sweet potato and evaporated milk.
- Gently stir beaten eggs into the sweet potato mixture to lighten it.
- Fold in the remaining beaten eggs and pour mixture into unbaked pie shell.
- Bake for 40 minutes.

CANDIED YAMS

¼ CUP

Calories 110

Carbohydrate 25g

Fat 1g

Protein 2g

Sodium 115mg

SERVINGS: **6**

INGREDIENTS

- 1½ cups** yams (3 medium)
- ¼ cup** brown sugar, packed
- 1 teaspoon** flour
- ¼ teaspoon** salt
- ¼ teaspoon** ground cinnamon
- ¼ teaspoon** ground nutmeg
- ¼ teaspoon** orange peel
- 1 teaspoon** soft tub margarine
- ½ cup** orange juice

**A small amount of
margarine and orange
juice gives these yams
lots of flavor.**

INSTRUCTIONS

- Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle, peel and cut into slices.
- Combine sugar, flour, salt, cinnamon, nutmeg and grated orange peel.
- Place half of the sliced yams in a medium-sized casserole dish. Sprinkle with the spices/sugar mixture. Dot with half the amount of margarine.
- Add a second layer of yams, using the rest of the ingredients in the same order as above.
- Add orange juice.
- Bake uncovered in oven preheated to 350°F for 20 minutes.

STRAWBERRY DESSERT

SERVINGS: **8**

1/8 OF PIE

Calories 168

Carbohydrate 23g

Fat 7g

Protein 3g

Sodium 210mg

INGREDIENTS

CRUST:

1 3/4 cups graham cracker crumbs

1/4 cup low-fat, soft tub margarine

1 tablespoon sugar

FILLING:

1 3 ounce package sugar-free strawberry gelatin

1 10 ounce package sugar-free strawberries, thawed

2 cups fat-free whipped topping

By modifying this traditional recipe we saved 66 calories and 4 grams of fat.

INSTRUCTIONS

- Mix crust ingredients thoroughly.
- Line a 9-inch pie pan with cracker crumbs, but reserve a small amount to sprinkle on top.
- For filling, prepare gelatin according to package directions. Add strawberries. Chill until partially set, then fold in whipped topping and pour into piecrust. Sprinkle reserved crumbs on top. Chill until firm.
- Garnish with fresh strawberries if desired.

CORN BREAD SQUARES

1 PIECE

Calories 157

Carbohydrate 20g

Fat 7g

Protein 4g

Sodium 349mg

SERVINGS: **9**

INGREDIENTS

- 1 cup** yellow cornmeal
- ¼ cup** all-purpose flour
- 2 teaspoons** baking powder
- ½ teaspoon** salt
- ¼ teaspoon** baking soda
- 1** egg, lightly beaten
- 1** carton (8 oz) fat-free plain yogurt
- ½ cup** fat-free milk
- ¼ cup** canola oil
- 1 tablespoon** honey

INSTRUCTIONS

- In a large bowl, combine the first 5 ingredients.
- In another bowl, combine the egg, yogurt, milk, oil and honey.
- Stir into dry ingredients just until moistened.
- Pour into an 8-inch square baking dish coated with nonstick cooking spray.
- Bake at 425°F for 16 to 20 minutes or until a toothpick inserted into a square comes out clean.

HOMESTYLE BISCUITS

1 BISCUIT

Calories 99

Carbohydrate 15g

Fat 3g

Protein 3g

Sodium 72g

SERVINGS: **15**

INGREDIENTS

2 cup flour

2 teaspoons baking powder

¼ teaspoon baking soda

¼ teaspoon salt

2 tablespoons sugar

⅔ cup buttermilk, 1% fat

3 tablespoons vegetable oil

INSTRUCTIONS

- Preheat oven to 450°F.
- In a medium bowl, combine flour, baking powder, baking soda, salt and sugar.
- In a small bowl, stir together buttermilk and oil. Pour over flour mixture; stir until well mixed.
- On a lightly floured surface, knead dough gently for 10 to 12 strokes.
- Roll or pat dough to ½-inch thickness.
- Cut with a 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts.
- Transfer biscuits to an ungreased baking sheet.
- Bake for 12 minutes or until golden brown.

GOOD-FOR-YOU CORNBREAD

SERVINGS: **10**

1 SQUARE

Calories 178

Carbohydrate 25g

Fat 6g

Protein 5g

Sodium 19mg

INGREDIENTS

1 cup cornmeal

1 cup flour

¼ cup white sugar

1 teaspoon baking powder

1 cup buttermilk, 1% fat

1 egg

¼ cup margarine

1 teaspoon vegetable oil or cooking spray

INSTRUCTIONS

- Preheat oven to 350°F.
- Mix together cornmeal, flour, sugar and baking powder.
- In another bowl, combine buttermilk and egg. Beat lightly.
- Slowly add buttermilk and egg mixture to the dry ingredients.
- Add margarine and mix by hand or with a mixer for 1 minute.
- Bake for 20 to 25 minutes in an 8 x 8-inch greased baking dish.
- Cool. Cut into 10 squares.

WATERMELON ICE

1 CUP
Calories 175
Carbohydrate 30g
Fat 0g
Protein 1g
Sodium*

SERVINGS: **8**

INGREDIENTS

8 cups cubed seedless watermelon (remove seeds)

¼ cup lime juice

¼ cup sugar or artificial sugar

2 cups diet lemon-lime soda, chilled

INSTRUCTIONS

- In a blender or food processor, cover and process the watermelon, lime juice and sugar, in batches, until smooth.
- Pour into a freezer-proof container. Cover and freeze for 30 minutes or until edges begin to freeze. Stir and return to freezer.
- Repeat every 20 minutes or until slushy, about 90 minutes.
- Spoon $\frac{3}{4}$ cup into bowls or glasses; add $\frac{1}{4}$ cup soda.

***Based on use of sugar substitute.**

FRUIT SALAD

SERVINGS: **8**

½ CUP

Calories 103

Carbohydrate 26g

Fat TRACE OF FAT

Protein 1g

Sodium 6mg

INGREDIENTS

2 medium fresh peaches, peeled and sliced

1 medium red apple, chopped

1 cups halved seedless red grapes

1 medium ripe mango or additional peach, peeled and sliced

1 medium firm banana, sliced

1½ cups apple pie filling

INSTRUCTIONS

- In a large bowl, combine the fruit.
- Add pie filling and toss to coat.
- Refrigerate until serving.

BERRY PARFAITS

1 CUP
Calories 68
Carbohydrate 14g
Fat TRACE OF FAT
Protein 3g
Sodium 208mg

SERVINGS: **8**

INGREDIENTS

- 1 package (.3 ounces)** sugar free strawberry gelatin
- 1 cup** boiling water
- 1 cup** cold water
- 2 cups** fresh or frozen blueberries, divided
- 2 cups** sliced fresh or frozen unsweetened strawberries, divided
- 1 package (1 ounce)** sugar free instant vanilla pudding mix

INSTRUCTIONS

- In a bowl, dissolve gelatin in boiling water. Stir in cold water.
- Pour into eight parfait glasses; refrigerate until firm, about 1 hour.
- Top with half of the blueberries and half of the strawberries.
- In a bowl, whisk milk and pudding mix for 2 minutes or until slightly thickened; pour over berries.
- Top with remaining berries.
- Cover and refrigerate 1 hour longer.

SUMMER BREEZE SMOOTHIE

SERVINGS: **3**

1 CUP

Calories 121

Carbohydrate 25g

Fat LESS THAN 1g

Protein 4g

Sodium 64 mg

INGREDIENTS

1 cup yogurt, plain nonfat

6 medium strawberries

1 cup pineapple crushed,
canned in juice

1 medium banana

1 teaspoon vanilla extract

4 ice cubes



This thirst quencher will help you reach your five servings of fruit and vegetables a day.

INSTRUCTIONS

- Place all ingredients in a blender and puree until smooth.
- Serve in a frosted glass.

PEAR-PEACH CRISP

½ CUP

Calories 130

Carbohydrate 25g

Fat 3.5g

Protein 2g

Sodium 10mg

SERVINGS: **16**

INGREDIENTS

6 cups pears or about six medium fruit (peeled and sliced)

2 cups peaches or about three medium fruit (peeled, pitted and sliced)

½ cup raisins

½ teaspoon ginger

3 tablespoons light brown sugar

¼ cup artificial sugar sweetener

1½ cups quick cooking rolled oats

¼ teaspoon low-fat margarine (melted)

½ cup Grape-Nuts® cereal

¼ cup light brown sugar

½ cup pecans (chopped)

1 cup apple juice

INSTRUCTIONS

- Preheat oven to 350°F.
- In large bowl toss fruit, raisins, 3 Tbsp brown sugar and ½ tsp ginger.
- Press into the bottom of a 3-quart baking dish.
- Topping: Combine oats, cereal, nuts, ¼ cup brown sugar and artificial sugar.
- Stir melted margarine into topping mixture.
- Spoon topping over the fruit.
- Pour apple juice evenly over the topping.
- Bake uncovered 55 minutes until topping is golden and filling is bubbly.
- Remove to a wire rack to cool.
- Serve warm.

FIESTA FRUIT SALAD

½ CUP

Calories 170

Carbohydrate 33g

Fat 4g

Protein 2g

Sodium 40mg

SERVINGS: **6-8**

INGREDIENTS

1 large can chunked pineapple in juice, drained

1 small can mandarin oranges in light syrup, drained

1 cup reduced-fat sour cream

4 cups small marshmallows

INSTRUCTIONS

- Mix all ingredients together in large bowl.
- Refrigerate for 1 to 2 hours.
- Serve cold.

For more information:
Toll Free

1-866-369-9333

Professional and Community Nutrition Services

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