

Healthy Holiday



Recipes 2021



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FOOD for Thought





Extension FactSheet

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Modifying a Recipe to be Healthier

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The USDA Dietary Guidelines for Americans emphasizes we need to reduce the amount of fat, sodium (salt) and added sugar we consume and increase our consumption of fiber. When buying food we can check the label, but when using a recipe, we may need to make some changes by substituting ingredients or changing the cooking technique. Just like you substitute when you are out of a certain ingredient, you can make changes in a recipe so it is healthier.

This fact sheet provides you with ways to decrease the amount of fat, calories, sugar and salt (sodium) in your recipes. Ways to increase the fiber in your recipes is provided to help you make more nutritious food. Remember you can experiment with recipes and change ingredients. You may also be able to find other recipes that are similar to yours that have less fat, sugar, salt, and have more additions of nutritious ingredients. Have fun when you are cooking: Experiment!

Tips to decrease the total/at and lower calories

Instead of this:

Try using this:

Shortening, butter, margarine, or solid fat.	Use $\frac{1}{4}$ less liquid oil or solid fat called for in the recipe. If recipe calls for 1 cup use $\frac{3}{4}$ cup. If recipe uses $\frac{1}{4}$ cup shortening, use 3 Tablespoons oil. Use equal amounts of oil for melted shortening, margarine or butter.
Shortening, butter, or oil in baking	Use applesauce or prune puree for half of the butter, shortening or oil. May need to reduce baking time by 25%.
Instead of whole milk, half and half or evaporated milk	Use skim milk, Skim Plus™, 1% milk, evaporated skim milk, fat-free half and half, or plain soymilk with calcium.
Butter, shortening, margarine, or oil to prevent sticking. Fat to saute or stir-fry.	When frying foods use cooking spray, water, broth or nonstick pans.
Full-fat cream cheese	Use low-fat or nonfat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth.
Full-fat sour cream Full-fat cottage cheese Full-fat Ricotta cheese	Use nonfat or reduced fat sour cream or fat-free plain yogurt. (Yogurt is not heat stable.) Use 2% or fat-free cottage cheese. Use part-skim ricotta.
Cream Whipping cream	Use evaporated skim milk Use nonfat whipped topping or cream (This is only nonfat if one serving size is used.)
Eggs	Use egg whites (usually 2 egg whites for every egg) or $\frac{1}{4}$ cup egg substitute.
Whole fat cheese	Use reduced fat cheese, but add it at the end of the baking time or use part skim mozzarella.
Frying in fat	Use cooking methods such as bake, boil, broil, grill, poach, roast, stir-fry, or microwave.
Regular mayonnaise or salad dressing	Use low fat, reduced or nonfat mayonnaise or salad dressing.
Canned fish	Use water-packed canned products or canned products packed in 'lite' syrup.
Fatter cuts of meat-skin on	Leaner cuts of meat or ground meat, remove skin before cooking.

*Tips to reduce sodium:***Instead of this: Try using this:**

Salt	Omit salt or reduce salt by $\frac{1}{2}$ in most recipes (except in products with yeast). Cook foods without adding salt. Don't put the salt shaker on the table.
Frozen or canned vegetables	Choose frozen vegetables without sauces or use no-salt-added canned goods. Rinsing canned vegetables will help reduce sodium.
Seasoning Salt or spice mixes with salt	Use salt-free seasonings and spice mixes. Use herbs, spices, lemon juice, or vinegar to flavor food instead of salt. Seasonings high in sodium include catsup, chili sauce, chili powder, bouillon cubes, barbecue sauce, soy sauce, Worcestershire sauce, and meat tenderizers.

*Tips to reduce the amount of sugar:***Instead of this: Try using this:**

Sugar	Reducing sugar by $\frac{1}{4}$ to $\frac{1}{3}$ in baked goods and desserts. If recipe calls for 1 cup, use $\frac{2}{3}$ cup. Cinnamon, vanilla, and almond extract can be added to give impression of sweetness. (Do not remove all sugar in yeast breads as sugar provides food for the yeast.)
Sugar	Replacing sugar with amounts of sucralose (*Splenda), works well for most baked products. Add $\frac{1}{2}$ teaspoon baking soda in addition to each cup of Splenda™ used. Baking time is usually shorter and product will have a smaller yield. Try using aspartame (*NutraSweet), saccharin, or acesulfame potassium in other products that are not baked. The sweet taste will vary with product combination or amounts of each sweetener used.
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices or use light versions of yogurt.
Syrup	Pureed fruit, such as no sugar added applesauce, or sugar-free syrup
Sugar in canned or frozen fruits	Decrease or eliminate sugar when canning or freezing fruits or buy unsweetened frozen fruit or fruit canned in its own juice, water, or light syrup.

*Ways to increase Fiber:***Instead of: Try using this:**

White rice, enriched grams	Whole grain, brown rice, wild rice, whole cornmeal (not degermed), whole barley, bulgur, kasha, quinoa, or whole wheat couscous.
All-purpose flour	Substitute whole wheat flour for up to $\frac{1}{2}$ of the flour. For example, if a recipe calls for 2 cups flour, try 1 cup all-purpose flour and 1 cup minus 1 tablespoon whole wheat flour. Use "white whole-wheat flour" or "whole wheat pastry flour" for total amount of all-purpose flour.
Pastas, crackers, cookies, cereals	Whole grain pastas, crackers, cookies, and cereals.
White bread	100% whole wheat bread and 100% whole grain bread.
Iceberg lettuce	Romaine lettuce, endive, and other leafy lettuces, or baby spinach.
Meat	Use more dried beans and peas. Add legumes and lentils to many different dishes: try adding lentils to your spaghetti sauce.
Peeled fruit and vegetables	Add extra fruits and vegetables, such as adding carrots to spaghetti sauce, leaving apple peels in apple crisp, zucchini bread, etc. Add extra fruits and vegetables to recipes and include the peel when appropriate.

* Use of brand name does not mean an endorsement of the product.

Appetizers



Turkey, Cabbage and Butternut Squash Soup

Serves 6

2 teaspoons canola oil
2 leeks, trimmed, chopped and rinsed
1 red bell pepper, chopped
3 cloves garlic, minced
½ head cabbage, chopped
4 cups reduced-sodium chicken broth
1 1/2 pounds butternut squash, (1 small to medium), peeled, seeded and cut into 1-inch cubes
2 tablespoons minced fresh thyme, or 2 teaspoons dried thyme
1 1/2 teaspoons ground cumin
1 pound turkey cutlets, cut into 1/2-by-2-inch strips
2 cups frozen corn kernels
2 tablespoons lime juice
1/2 teaspoon crushed red pepper
1/4 teaspoon salt
Freshly ground pepper, to taste

Heat oil in a Dutch oven over medium-high heat. Add leeks and bell pepper; cook, stirring often, until the vegetables begin to soften, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth, squash, thyme and cumin; cover and bring to a boil. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes. Add turkey and corn; return to a simmer and cook until the turkey is just cooked through, 3 to 4 minutes. Add lime juice and crushed red pepper. Season with salt and pepper.

Spinach Balls

1 package of chopped frozen spinach
1 1/2 cups of stuffing mix
1 medium chopped onion
3 eggs beaten
6 Tablespoons of melted butter
1/4 cup of parmesan cheese
1/2 Tablespoon red pepper
3/4 teaspoon garlic salt
1/4 teaspoon thyme or 1 sprig of fresh thyme

Cook spinach and drain. Combine all ingredients. Grease sheet with light olive oil. Bake at 325 degrees for 15-20 minutes.



Black Bean & Corn Salsa - serves 24

1 (16 oz.) jar salsa
1 (15.5 oz.) can unsalted black beans, drained and rinsed
1 (15.5 oz.) can unsalted corn kernels, drained
1 (14.4 oz.) can low-sodium chopped tomatoes, drained
2 Tbsp. lemon juice
1/4 tsp garlic powder
2 Tbsp. chopped fresh cilantro
1/2 tsp ground cumin

Combine all ingredients in a medium-size bowl. Cover and chill for 30 minutes before serving.

Nutritional Info: 35 calories, 0g fat, 1g protein, 190mg sodium

15-Minute Soup - Serves 4

1 (16 ounce) can unsalted Great Northern Beans, drained
1 (14 ounce) can low-sodium chicken broth
1 (16 ounce) can chopped or diced tomatoes, undrained
1 small onion, chopped
1/2 teaspoon garlic powder
1 (10 ounce) package frozen, chopped spinach
1/2 cup macaroni

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

Nutrition Information Per Serving:

145 calories, 5g fat, 7g protein, 28g carbohydrate, 7g fiber, 135mg sodium. Excellent source of vitamins A and C.



Easy Bean Dip - serves 6

1 can (16 ounces) refried beans
3/4 cup salsa or picante sauce
1/2 cup cheese

Combine all ingredients in a microwave safe bowl. Stir to mix. Cover and heat in microwave until cheese is melted. Stir every two minutes while heating. Stir well to complete mix after heating. Serve warm with raw vegetables, baked tortilla chips or crackers.

Spinach and Artichoke Dip

1 (14 ounce) can artichoke hearts, drained, finely chopped
1 (10 ounce) package frozen chopped spinach, thawed, drained
3/4 cup grated parmesan cheese
3/4 cup light mayonnaise
1/2 cup shredded reduced fat mozzarella cheese
1/2 teaspoon garlic powder

Preheat oven to 350 degrees. Mix all ingredients until well blended. Spoon into small shallow baking dish. Bake 20 minutes, or until heated through. Nutrition Information Per Serving: 60 calories, 4.5g fat, 3g protein, 3g carbohydrate, <1g fiber, 200mg sodium.



Sweet Potato Fries - serves 6

1 1/2 lbs. sweet potatoes (4 medium)
1 Tbsp. oil
1/8 tsp salt

Dip:

1/4 cup light mayonnaise
1 Tbsp. ketchup
1/8 tsp paprika

Preheat oven to 425 degrees. Rinse potatoes under running water. Scrub potatoes well and peel, if desired. Cut the potatoes in half lengthwise. Lay each potato half flat and slice into half-round shapes about 1/4" thick. Combine potatoes, oil and salt in a bowl. Grease cookie sheet with oil and lay potato slices in a single layer. Bake for about 30 minutes, turning after 15 minutes. Mix the dip ingredients together.

Cheesy Broccoli Soup - Serves 4

2 to 2 1/2 cups frozen chopped broccoli	1/4 cup water
3 Tablespoons flour	1/8 teaspoon black pepper
1/4 teaspoon onion powder/garlic powder	2 cups nonfat milk
3 Tablespoons margarine	4 slices American cheese

Heat water to boiling in 3-quart saucepan. Add broccoli. Cover and cook 1-2 minutes. Set aside broccoli. In small bowl, combine flour, onion or garlic powder, and pepper. Add margarine to saucepan and melt over medium heat. Add flour mixture and stir with whisk or fork until well mixed. Gradually stir in milk, stirring constantly with whisk to keep sauce smooth. Cook over medium heat, stirring or whisking a few times, until thick and bubbly, about 4-5 minutes. Meanwhile, cut broccoli into pieces. Add broccoli to sauce and turn heat to low. Add cheese slices. Cook and stir about 2 minutes or until cheese melts. Serve immediately.

60 calories, 4.5g fat, 3g protein, 3g carbohydrate, <1g fiber, 200mg sodium.



Veggie “Turkey” and Hummus - Serves 4

4 bell peppers (red, orange, yellow and green)	1 baby carrot
1 cup prepared hummus	2 raisins
Toothpicks	

Choose the color of your “turkey” by selecting one of the bell peppers. Cut the top off of the pepper and remove the seeds. Prepare the “feathers” by removing the seeds and slicing the remaining peppers into strips. Slice one of the baby carrots on a diagonal to create a beak and cut two round slices for the eyes. Secure the beak to the bell pepper with a toothpick. Use two more toothpicks to secure round carrot slices and raisins to the “turkey” for eyes. Fill bell pepper turkey with the hummus. Place pepper strips into hummus-filled bell pepper.

Mini Pizza Muffins - Serves 24

2 Tbsp olive oil & 1 tsp sugar	¼ tsp garlic powder
2/3 cup finely chopped onion	¼ tsp salt
2/3 cup finely chopped bell pepper	½ cup low-fat milk
1/3 cup whole-wheat pastry flour	1/3 cup feta cheese crumbles
1/3 cup all-purpose flour	1 large egg, well beaten
2 tsp baking powder	2 Tbsp tomato paste
1 ½ tsp dried oregano	2 Tbsp chopped olives

Heat oil in a large skillet over medium heat. Add onion and bell pepper; cook, stirring often, until the onion is tender, about 5 minutes. Transfer to a large bowl and let cool for 10 minutes. Preheat oven to 400 degrees. Coat a mini-muffin pan with cooking spray. Whisk the two flours, baking powder, oregano, sugar, garlic powder, and salt in a medium bowl. Stir milk, feta, egg, tomato paste and olives into the onion mixture. Make a well in the dry ingredients; add the wet ingredients and stir until just combined. Fill the prepared muffin cups two-thirds full. Bake the muffins until lightly browned, 13-15 minutes. Cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm.

60 calories, 4.5g fat, 3g protein, 3g carbohydrate, <1g fiber, 200mg sodium.



Bacon Appetizer Crescents - Serves 16

1 pkg (8oz) cream cheese	8 slices bacon, cooked, crumbled
1/3 cup grated parmesan	¼ cup finely chopped onion
1 Tbsp milk 2 Tbsp parsley	2 cans (8oz) crescent dinner rolls

Heat oven to 375 degrees. Combine all ingredients except crescent dough. Separate each can of dough into 8 triangles; cut each triangle lengthwise in half. Spread cream cheese mixture onto dough triangles, adding about 1 tsp to each. Roll up, starting at short side of triangle. Bake 12-15 minutes or until golden brown.

Entrees



Chicken Drumsticks - serves 6 (2 drumsticks each)

1 medium onion, chopped

2 garlic cloves, sliced

1/4 cup red wine vinegar

2 Tbsp. Dijon mustard

1 Tbsp. olive oil

1/2 tsp salt

1/4 tsp pepper

12 chicken legs, skinned

2 cups dry bread crumbs

Preheat oven to 350 degrees. In a blender, puree onion, garlic, vinegar, mustard, olive oil, salt and pepper. In a large bowl, add drumsticks and cover with marinade, turning to coat. Cover and refrigerate for 15 minutes. Remove from marinade and roll in bread crumbs, coating well. Arrange drumsticks in the bottom of a shallow baking dish and bake for 25-30 minutes or until done. Nutritional Information: 280 calories, 8g fat, 1g fiber, 28g protein

Compliments of the American Diabetes Association

Honey Citrus Chicken Drumsticks - serves 6

Zest from orange 1/3 cup orange juice

Zest from lemon 1/4 cup honey

Pinch of salt Pinch of pepper

1/4 cup olive oil 1 tsp fresh thyme

6 skinless chicken drumsticks

Preheat oven to 375 degrees. Combine all ingredients to make marinade. Separate into two bowls. Marinate the chicken in one of the bowls for 15-20 minutes. Spread marinated chicken onto baking pan and dispose of marinade. Bake for 20-25 minutes until chicken has internal temperature of 165 degrees. Once cooked, brush chicken with remaining unused marinade.

Compliments of the <http://medinsteadofmeds.com>

Herbed Barbecue Chicken

- 2 tablespoons olive oil
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoon Worcestershire sauce
- 1 garlic clove, minced
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon rubbed sage
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon pepper
- 4 boneless skinless chicken breast halves

In a large resealable plastic bag, combine the first 10 ingredients. Add chicken. Seal bag and turn to coat. Refrigerate for 8 hours or overnight. Coat grill with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill chicken, covered, over medium heat for 5 – 8 minutes on each side until temperature reaches 170 degrees F. and juices run clear.

Green Pepper Skillet Chili - serves 4

- 1 pound 93% lean ground beef
- 1 large green bell pepper, chopped (about 1 ½ cups total)
- 1 (14.5-ounce) can stewed no-added-salt tomatoes with liquid
- 1 (1.25-ounce) packet chili seasoning mix
- ¾ cup water

Place a large nonstick skillet over medium-high heat until hot. Add the beef, and cook until no longer pink, stirring frequently. Set aside. Add the peppers to the skillet and cook 5 minutes. Add the remaining ingredients to the skillet and bring to a boil. Reduce the heat, cover tightly, and simmer 15 minutes, stirring occasionally, crushing the tomatoes while cooking.



Roast Turkey

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Tip	Directions
<p>When selecting your turkey, allow 1 pound of turkey per person. Opt for a fresh turkey when possible. If frozen, allow turkey to thaw for several days in the refrigerator allowing one day for every four pounds of turkey. Place the turkey on the bottom shelf of the refrigerator on a rimmed baking pan to contain any juices.</p>	<ol style="list-style-type: none"> 1. Wash hands with soap and water. 2. After removing the turkey from its packaging, do not rinse the turkey! 3. Remove neck and giblets packet, and reserve them for making stock or gravy. Free legs from clamp. 4. Season inside with a ½ tablespoon salt and ½ teaspoon pepper. For added flavor, fill the cavity with aromatics such as an orange, cut in half, a quartered onion and/or fresh thyme or sage 5. To allow the turkey to roast more quickly and evenly, plan to cook your stuffing recipe in a separate pan. 6. To brown the bird, brush skin with unsalted butter or olive oil. Season with salt and pepper. Another option is to mix unsalted butter or olive oil and fresh herbs together and apply the mixture under the skin. 7. Secure legs in clamp and tuck wing tips under. Place turkey, breast side up on V-rack set inside a two-inch deep roasting pan. 8. Wash hands with soap and water. 9. Use the chart to determine estimated cooking time for your bird. Cooking time will vary by size of bird and function of your oven. Transfer pan to the oven. Cover breast with aluminum foil and roast one hour. 10. After one hour, remove the foil and reduce oven temperature to 325°F. Turkey is cooked to a safe internal temperature when it reaches 165°F on a food thermometer. 12. Once cooked to 165°F, remove turkey from the oven. Let the turkey rest for 20 minutes. If you wish, reserve the turkey drippings to make gravy.

APPROXIMATE COOKING TIMES for whole, unstuffed turkey (325 °F oven temperature). Remember, you must use a food thermometer to know if your turkey is cooked for safety and quality.

TURKEY WEIGHT	COOKING TIME
8 to 12 lbs.	2 ¾ to 3 hours
12 to 14 lbs.	3 to 3 ¾ hours
14 to 18 lbs.	3 ¾ to 4¼ hours
18 to 20 lbs.	4 ¼ to 4 ½ hours
20 to 24 lbs.	4½ to 5 hours

Get more recipes at www.fightbac.org/saferecipes



Baked Chicken and Herbs - serves 4

4 chicken breasts
1 cup plain low-fat yogurt
1 tablespoon onion powder
1 tablespoon parsley flakes
1 teaspoon sage
1/2 teaspoon tarragon
1/2 teaspoon black pepper
1/2 teaspoon garlic powder
1 tablespoon water



Preheat oven to 425 degrees. Bake chicken in roasting pan for 45 minutes. In a separate bowl, combine yogurt, onion powder, parsley, sage, tarragon, pepper, garlic powder and water. Pour yogurt mixture over chicken. Reduce heat to 325 degrees and bake for 20 minutes or until chicken is done, with an internal temperature of 165 degrees. 280 calories, 6g fat, 49g protein, 6g carbohydrate, 140mg sodium.

Cranberry-Glazed Turkey Breast - serves 12

1 1/4 cups jellied cranberry sauce
2/3 cup unsweetened apple juice concentrate
2 Tbsp. butter
1 bone-in turkey breast (5-6 lbs.)

In a small saucepan, bring the cranberry sauce, apple juice concentrate and butter to a boil. Remove from the heat; cool. Carefully loosen skin of turkey breast. Set aside 1/2 cup sauce for basting and 3/4 cup for serving. Spoon sauce onto the turkey. Place turkey on a rack in a shallow roasting pan. Bake, uncovered, at 325 degrees for 1 1/2 to 2 hours or until meat thermometer reads 165 degrees, basting occasionally with reserved sauce. Cover and let stand 10 minutes before carving. 244 calories, 3g fat, 91 mg sodium

Asian Marinated Pork Tenderloin - Serves 4

1/2 cup soy sauce

2 Tablespoon sesame oil, plus more for greasing

1 Tablespoon peeled and grated fresh ginger

2 garlic cloves, roughly chopped

1 pork tenderloin, trimmed

Freshly ground black pepper & salt

In a large zip-lock plastic bag, combine the soy sauce, 2 Tablespoons of sesame oil, ginger and garlic. Add the pork, press out as much air as possible, and seal. Massage the pork through the bag to incorporate the marinade. Place in the refrigerator for at least 2 hours, turning half way through. Preheat the oven to 425 degrees. Remove the pork from the marinade and place on a foiled lined, greased, rimmed baking sheet pan. Discard the marinade. Season the pork with salt and pepper. Place in the oven and cook for about 15 minutes. Turn the pork over and cook for about 12-15 minutes more or until a thermometer inserted into the thickest portion of pork registers 145-150 degrees. Remove from the oven and let sit for 5-10 minutes. Cut crosswise into 1-inch slices.



Ratatouille - serves 6

1 Tbsp. olive oil

2 garlic cloves, minced

1 medium eggplant, cubed

2 small zucchini, sliced

1 green bell pepper, chopped

1 cup canned crush tomatoes

1/4 tsp ground black pepper

Heat oil in a large nonstick skillet over medium-high heat. Add garlic and sauté 30 seconds. Add remaining ingredients and cook 10-15 minutes, stirring occasionally, until vegetables are tender.

Roasted Pork with Apples & Onions - Serves 4

2 Tbsp brown sugar

1/2 tsp garlic powder

1 tsp paprika

1 Tbsp. vegetable oil

1 tsp dried herbs (rosemary, oregano) 1/2 tsp salt

1 pork tenderloin (about 1 - 1 1/4 lbs.)

3 medium cooking apples, core removed and cut into eighths

1 medium onion, peeled and cut into 8 wedges

Preheat oven to 425 degrees. Line 9x13 pan with aluminum foil. In a small bowl, stir together sugar, paprika, herbs, garlic powder and salt. Sprinkle outside of pork tenderloin with half of the mixture. Place pork on one side of the pan. In bowl, toss together apples, onions, oil and remaining brown sugar mixture. Place the apple mixture in a single layer in the same pan as the pork. Bake, uncovered, for 25-30 minutes or until pork reaches 145 degrees. Nutrition: 260 calories, 6g fat, 23g protein

Compliments of Purdue Extension at <https://eatgathergo.org>



Slow Cooker Chicken Chili - serves 6

1 1/2 cups chopped bell pepper 1 cup water

1/2 cup chopped onion 1 can (8oz) tomato sauce

1 lb. boneless, skinless chicken thighs

1 can (15oz) kidney beans or black beans, rinsed and drained

2 cans (14.5oz) diced tomatoes with chile peppers

2 packets (1oz) reduced-sodium taco seasoning.

Place bell peppers and onion in 3 1/2 - 4 qt slow cooker. Top veggies with chicken pieces and beans. In medium bowl, stir together un-drained tomatoes, tomato sauce, water and taco seasoning. Pour over chicken and vegetables in slow cooker. Cover and cook on low for 6-8 hours or high for 3-4 hours. Remove chicken, pull apart into shredded pieces and then stir back into slow cooker. Cover and cook on high for 30 minutes more. Nutrition: 210 calories, 6g fat, 19g protein, 27g carbs

Compliments of Purdue Extension at <https://eatgathergo.org>

Oven Poached Fish - Serves 4

1 lb. fresh or frozen fish fillets
1/4 cup seasoned bread crumbs
1 Tbsp. grated Parmesan cheese
1/2 cup skim milks
Black pepper

Preheat oven to 400 degrees. Rinse fish fillets and pat dry. Spray baking dish lightly with nonstick spray. Put fish in single layer in baking dish. Pour skim milk over fish fillets. Sprinkle bread crumbs on the tops of the fillets and season with black pepper. Sprinkle Parmesan cheese on top. Spray quickly with nonstick spray. Bake for 15 minutes or until internal temperature is 145 degrees. Nutritional Information: 146 calories, 2g fat, 244mg sodium, 24g protein, 6g carbohydrates



Sweet and Spicy Stir-Fry - serves 4

8oz. lean meat, sliced in thin strips
1 medium onion, diced
2 medium potatoes, unpeeled and diced
1 cup celery, diced
2 cups shredded green cabbage
1 carrot, peeled and sliced
Sauce: 1 Tbsp. cornstarch
1/3 cup water
1/4 cup reduced sodium soy sauce
1/4 cup ketchup
2 Tbsp. packed brown sugar

Spray large skillet with cooking spray. Add meat and cook over medium high heat, until meat is browned. Add carrots and potatoes; cook for 5 minutes, stirring frequently. Add celery, onion and cabbage; cook 5 minutes or until potato is tender. Mix cornstarch and water in a small bowl, and stir until dissolved. Add soy sauce, ketchup, and brown sugar together, mix well. Pour sauce over meat mixture and toss well. Simmer for 10 minutes. Nutritional Information: 243 calories, 5.3g fat, 16.2g protein

Slow Cooker Chicken & Dumplings - serves 8

4 skinless, boneless chicken breast halves, lightly seasoned

2 tablespoons diet margarine

2 (10.75 ounce) cans condensed fat-free cream of chicken soup

1 onion, finely diced

1 (10 ounce) tube of refrigerated biscuits, torn into pieces

Place the chicken, margarine, soup and onion in a slow cooker, and fill with enough water to cover chicken. Cover and cook for 4 hours on High. Tear the chicken up into large chunks with a fork. About 30 minutes before serving, place the torn biscuit dough into the slow cooker. Sprinkle with herb blend or parsley to add color to biscuits. Cook about 10-15 minutes, covered, until the dough is no longer raw in the center. Then cook uncovered until tops are done, about 10 minutes. Season to taste as desired.

Slow Cooker Turkey Breast—serves 14

1 bone-in turkey breast (6-7 pounds), skin removed

1 tablespoon olive oil

1 teaspoon dried minced garlic

1 teaspoon seasoned salt

1 teaspoon paprika

1 teaspoon Italian seasoning

1 teaspoon pepper

1/2 cup water



Brush turkey with oil. Combine the garlic, seasoned salt, paprika, Italian seasoning and pepper; rub over turkey. Transfer to a 6 qt. slow cooker; add water. Cover and cook on low for 5-6 hours or until tender.

Nutritional Information: 174 calories, 2g fat, 101mg cholesterol, 172mg sodium, 37g protein

Turkey Jambalaya - serves 8

1 Tbsp. olive oil
1 1/2 cups chopped onion
1 tsp minced garlic
1 cup chopped green bell pepper
2 1/2 tsp. paprika
1 cup chopped red bell pepper
1/2 tsp salt
1/2 tsp dried oregano
1/2 tsp black pepper
1/2 tsp ground red pepper
6 oz. andouille sausage, chopped
2 cups shredded cooked turkey
1 cup uncooked long-grain rice
2 Tbsps. Sliced green onions
1 (14.5oz.) can diced tomatoes, undrained
2 cups fat-free, less-sodium chicken broth



Heat oil in a large Dutch oven over medium-high heat. Add onion and garlic; sauté 6 minutes or until lightly browned. Stir in bell peppers and paprika, salt, red and black pepper, and oregano; sauté 1 minute. Add rice; sauté 1 minute. Stir in broth and tomatoes; bring to a boil. Cover, reduce heat and simmer 15 minutes. Add turkey and sausage; cover and cook 5 minutes. Sprinkle with green onions.

Nutrition Information Per Serving (1 cup):

249 calories, 7.6g fat, 17.3g protein, 27.4g carbohydrate, 2.7g fiber, 42mg cholesterol.

French Onion Roast Chicken - serves 4

2 Tbsp olive oil
1 1/2 lb. yellow onions, vertically sliced
2 Tbsp. chopped fresh thyme, divided
1 3/4 tsp kosher salt, divided
1/4 cup dry white wine
1/4 cup unsalted butter, softened
1 tsp. black pepper
2 (3lb.) whole chickens, butterflied



Preheat oven to 450 degrees. Heat oil in a large skillet over medium. Add onions, 1 Tablespoon thyme, and 1/4 tsp salt; cook, stirring occasionally, until onions are lightly browned, about 15 minutes. Add wine; cook, stirring occasionally, until liquid evaporates, about 2 minutes. Spread onion mixture in a rimmed baking sheet. Combine butter, pepper, remaining 1 Tablespoon thyme, and remaining 1 1/2 tsps salt in a bowl. Loosen skin on chickens; spread butter mixture under skin. Place chickens, skin sides up, on onion mixture. Roast chickens at 450 degrees until a food thermometer inserted in thickest portion registers 165 degrees, which takes about 35 minutes. Let stand for 10 minutes. Remove and discard skin and slice meat. Using a slotted spoon, reserve 1/2 cup onion mixture. Shred meat from 1 chicken; store shredded chicken and remaining onion mixture in separate airtight containers in refrigerator up to 5 days. Serve remaining sliced chicken with reserved 1/2 cup onion mixture.

Nutrition Information Per Serving (1/4 chicken and 2 Tbsp onion mixture):
315 calories, 14g fat, 36g protein, 8g carbs, 2g fiber, 554mg sodium

Compliments of Cooking Light.com

Butternut Squash and Spinach Lasagna - serves 6

Low Carb Option

- 2 tsp canola oil
- 1 1/2 cups vertically sliced red onion
- 1 1/2 Tbsp sliced garlic
- 1 (6oz) package baby spinach
- 3/4 cup plain 0% fat-free Greek yogurt
- 1/3 cup 1% low-fat milk
- 3 oz. sliced part-skim provolone cheese, torn into small pieces
- 1 1/2 Tbsp. all-purpose flour
- 1 tsp kosher salt
- 2 large eggs
- 1 (20oz) butternut squash
- Cooking spray
- 1 cup part-skim ricotta cheese
- 1/3 cup Swiss cheese, grated



Preheat oven to 350 degrees. Heat oil in large skillet over medium-high. Add onion and garlic; saute 4 minutes. Add spinach; saute until wilted. Remove from heat. Place yogurt, milk and provolone in a blender; blend 20 seconds. Add flour, salt and eggs; blend 1 minute. Peel neck of the squash. Cut neck from bulb. Cut neck into 24 (1/8" thick) slices using a knife or mandolin. Place squash slices in an 8-inch square micro-wave-safe baking dish; cover with plastic wrap. Microwave until squash slices are almost tender, about 4 minutes. Remove squash from dish. Coat dish with cooking spray; spread 1/2 cup yogurt mixture in bottom of dish. Shingle one-third of squash over yogurt mixture. Top with one-third of ricotta cheese, one-third of spinach mixture, and one-third of remaining yogurt mixture. Repeat procedure twice, ending with yogurt mixture. Sprinkle lasagna with Swiss cheese. Cover dish with aluminum foil; bake at 350 degrees for 50 minutes. Remove from oven. Turn on broiler with oven rack about 8 inches from the top. Remove foil from dish; broil 4 minutes or until lightly browned. Remove from oven; loosely cover, and let stand 20 minutes.

Nutrition Information Per Serving (1/4 chicken and 2 Tbsp onion mixture):
315 calories, 14g fat, 36g protein, 8g carbs, 2g fiber, 554mg sodium

One Pot Turkey Tetrazzini - Serves 4-6

1 medium onion	¼ lb. whole grain spaghetti, uncooked
2 Tbsp water	1 can low sodium cream of chicken soup
1 tsp lemon juice	1 ¼ cups low sodium chicken broth
Salt and pepper	2 cups cooked turkey, cubed
¼ cup celery	½ cup cheddar cheese, shredded

In a large pan, saute onion and celery in water until tender. Add soup, broth, lemon juice, and pepper. Mix well. Add cooked turkey and uncooked spaghetti. Bring to a boil. Turn heat to low and cook 15-20 minutes or until spaghetti is done. Sprinkle with cheese if desired.. Nutritional Information: 290 calories, 6g fat, 270mg sodium, 23g protein, 36g carbohydrates



Lemon-Garlic Marinated Shrimp

3 Tbsp minced garlic	½ tsp kosher salt
2 Tbsp extra-virgin olive oil	½ tsp pepper
¼ cup lemon juice	1 ¼ lbs. cooked shrimp
¼ cup minced fresh parsley	

Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt and pepper. Toss with shrimp in a large bowl. Chill until ready to serve. You can make ahead of time, cover and refrigerate for up to 2 hours.

Turkey Broccoli Casserole

- 1 ¼ lb. broccoli cooked (2-10oz packages)
- 6 Tbsp flour
- ¼ tsp pepper
- ½ cup light mayonnaise
- 1 cup Cheddar cheese, grated
- ½ cup bread crumbs
- 5 cups cooked turkey, coarsely diced
- 6 Tbsp butter or margarine
- 2 tsp salt
- 3 cups milk
- 1 tsp lemon juice
- 2 Tbsp butter or margarine



Layer broccoli on bottom of greased 9x13" baking dish. Layer turkey over broccoli. In a sauce pan, melt the butter. Stir in the flour, salt and pepper. Gradually stir in the milk and continue until the white sauce is smooth and comes to a boil. Remove from heat. Combine mayonnaise and lemon juice with white sauce and pour over turkey and broccoli. Sprinkle with cheese. Melt 2 Tbsp butter. Stir in bread crumbs and sprinkle over casserole. Bake at 350 degrees for 35-40 minutes.



Turkey Enchiladas

- | | |
|--------------------------|------------------------------|
| 1 ½ cup turkey, shredded | 1 cup cream of mushroom soup |
| ½ cup onion, chopped | 1 cup tomato soup |
| 1 ½ cup shredded cheese | 10oz. enchilada sauce |
| 12 corn tortillas | |

Combine turkey, onion, ½ cup of cheese and set aside. Combine soups with sauce and set aside. Top each tortilla with Tbsp of turkey mixture, roll up and place seam side down in 9x13 inch dish. Pour sauce on top with 1 cup of cheese. Bake at 350 degrees for 30 minutes

Slow Cooker Tomato Balsamic Chicken

2 lbs. boneless, skinless chicken breast
28oz. canned, diced tomatoes, half of liquid drained
1 sweet onion, sliced thin
4 garlic cloves, minced
3 Tbsp balsamic vinegar
1 Tbsp Italian seasoning
6 cups fresh spinach
Fresh mushrooms
Salt and pepper to taste

Add the chicken to the slow cooker. Season with salt and pepper. Stir in the remaining ingredients except the spinach. Cook on low for 4 hours adding the spinach during the last 30 minutes of cooking.

Each $\frac{3}{4}$ cup serving: 227 calories, 2g fat, 222mg sodium, 3g fiber, 35g protein



Creamy Spinach Pasta - serves 4

12oz uncooked tube-shaped pasta
2 Tbsp thinly sliced shallots
4 oz fresh baby spinach
 $\frac{1}{2}$ tsp black pepper & 1 tsp salt
3 $\frac{1}{4}$ oz cream cheese
1 clove garlic, thinly sliced



Recipe & Photo from Eating Well

Cook pasta according to package directions, omitting salt. Drain, reserve 1 cup cooking water. Transfer pasta to a large bowl; add garlic, shallots, cream cheese, spinach, salt, pepper and $\frac{1}{2}$ cup of reserved liquid. Stir until cheese has melted and mixture is combined. Add additional liquid as needed to loosen sauce. Serve immediately.

Vegetables



Pineapple Sweet Potatoes - serves 4

4 small fresh sweet potatoes or yams

1 cup (12 oz.) pineapple tidbits/crushed pineapple, drained

1 tsp ground cinnamon

2 tsps. Margarine

3 Tbsp. chopped pecans, optional

Scrub sweet potatoes and cut each into 4 pieces. In a covered saucepan, boil sweet potatoes in just enough water to cover. When they are fork-tender (about 15-20 minutes), drain. Remove skin and any bad spots. Preheat oven to 350 degrees. Spray dish with non-stick cooking spray. Mix pineapple and cinnamon. Put half of the pineapple mixture in a dish and then half the sweet potato pieces over the pineapple. Repeat. Place margarine on top of potatoes, sprinkle with nuts, bake for 45 minutes.

Nutrition Information: 160 calories, 2g fat, 0 cholesterol, 90mg sodium, 34g carbohydrates, 5g fiber, 12g sugar, 2 g protein

Compliments of K-State "Fix It Fresh!"

Healthier Green Bean Casserole - serves 9

1 can (10 3/4 oz.) reduced-fat cream of mushroom soup

1/2 cup fat-free sour cream

1/4 cup fat-free milk

2 cans (15 oz.) drained green beans or 2 (9oz.) bags frozen

1/2 cup canned French-fried onions

Mix soup, sour cream, and milk in 2-quart casserole. Stir in beans and bake uncovered at 350 degrees until mixture is bubbly, about 40 minutes. Sprinkle onions on top and cook for 5 more minutes.

Nutrition Information: (1/2cup serving) 100 calories, 4g fat, 230mg sodium, 12g carbohydrates, 3g sugar, 3g protein, 2g fiber

Holiday Tossed Salad

6 cups romaine lettuce or mixed greens

1/2 cup parsley (fresh), chopped

1/2 cup cranberries, dried or fresh chopped

1/2 cup diced canned mandarins, drained

1/4 cup red onion, chopped

2 Tablespoons pecans, chopped

1 Tablespoon olive oil

3 Tablespoons red wine vinegar

Toss lettuce and parsley in large salad bowl. Top with cranberries, oranges, pecans, and onion. Refrigerate until ready to serve. Toss with oil, vinegar, and pepper at service time. Nutrition Information: 92 calories, 6g fat, 2.5g protein, 9g carbohydrates

Scalloped Potatoes - serves 6

6 medium russet potatoes

1 medium yellow onion, cut into thin strips

Nonstick cooking spray

1/4 tsp ground black pepper

1 cup fat-free half-and-half

1/2 cup shredded, reduced-fat sharp cheddar cheese, divided

Preheat oven to 400 degrees. Peel potatoes and slice into thin rounds. Coat a large nonstick skillet with cooking spray and sauté onions and potatoes over medium-high heat. Spray a pie pan with cooking spray. Place about half of the potatoes and onions in the bottom of the pan. Add salt and pepper to half-and-half. Pour 1/2 cup of the half-and-half over the potatoes. Sprinkle 1/4 cup of the cheese on top. Add remaining potatoes and pour 1/2 cup half-and-half over the potatoes and top with remaining cheese. Bake for 40 minutes or until potatoes are soft.

Roasted Vegetables - serves 4

Vegetables	Herbs or Spices	Oil
Broccoli	Chili Powder	Olive Oil
Red Potatoes	Rosemary	Canola Oil
Sweet Potatoes	Cumin	Corn Oil
Carrots	Garlic Cloves	
Onions	Grill Seasoning	
Peppers	Curry Powder	
Eggplant	Cinnamon	
Zucchini	Italian seasoning	
Squash	Sage	
Acorn Squash	Parsley	

Select 4 cups of one or a combination of vegetables and toss with 1 tablespoon of olive or canola oil, and 2-3 teaspoons of one or a combination of spices. Place on a nonstick cooking pan and roast at 375 degrees for approximately 40 minutes or 425 degrees for 20-25 minutes.

Suggested Combinations:

- Sweet potatoes: 5 spice, cinnamon
- Red potatoes: garlic, rosemary
- Eggplant: garlic, Italian seasoning
- Carrots: grill seasoning, parsley
- Acorn squash: cinnamon, chili powder

Roasted Broccoli with Balsamic Vinegar & Parmesan

Serves 6

5 Tablespoons olive oil

4 cloves garlic, roughly chopped

1 small onion, cut into medium dice

Salt & Freshly ground black pepper

3 Tablespoons balsamic vinegar

1/4 cup grated parmesan cheese

4-5 pounds broccoli (2-3 large heads), cut into florets (8 cups)



Heat the oven to 425 degrees. In a large bowl, toss the broccoli, oil, garlic, onion, salt, and pepper until well combined. Transfer the mixture to a foiled-lined, rimmed baking sheet pan and spread into a single layer. Use multiple pans if necessary. Roast until the florets are browned, the stalks are crisp-tender, and the onions caramelized, about 20-25 minutes, tossing about halfway through. Sprinkle with vinegar and grated cheese, gently toss and taste for seasoning, adjusting as needed.

Corn Casserole

2 cans whole kernel corn

1 can creamed corn

1 cup sour cream

1 box Jiffy corn muffin mix

1 stick butter

grated Cheddar cheese

In a large bowl, stir together the 3 cans of corn, corn muffin mix, sour cream and melted butter. Pour into a greased pan. Bake for 45 minutes or until golden brown in a 350 degree oven. Remove and sprinkle with cheese. Return to oven for 5-10 minutes.

Best Ever Collard Greens

1 pound raw collards
1/4 pound lean ham (or smoked turkey), diced
3 cups hot water or chicken broth
1 Tablespoon of vegetable oil
1/4 teaspoon salt
1/4 teaspoon pepper
1 Tablespoon sugar

Brown the ham in a tiny bit of oil in a large pot. Remove the cooked ham from the pot and set it aside. Add hot water or broth, greens, 1 tablespoon vegetable oil, salt and pepper to the pot. Cover and cook over medium heat for 5 minutes. Sprinkle sugar over greens and return ham to pot. Cover and cook together for 15 more minutes.



Red Skin Mashed Potatoes — Serves 4

6-8 red potatoes	1/2 cup skim milk, warm
1/4 cup sour cream	1/4 stick of butter
Black pepper to taste	

Rinse potatoes to remove dirt. Place in a medium sized pot and cover them with water. Set the pot on the stove on medium heat and let them come to a low boil. Cook for about 20 minutes, or until they are fork tender. Drain and return potatoes to the pot. Combine potatoes with butter, milk, sour cream, and pepper. Mash together until smooth and creamy.

Green Bean Casserole - serves 8

- 4 cups fresh green beans, trimmed
- 1 cup onion, diced
- 2 cups mushrooms, diced
- 1 1/2 Tablespoons butter
- 2 Tablespoons flour
- 1 cup skim milk
- 1 Tablespoon Worcestershire sauce
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 3/4 teaspoon salt
- 16 low sodium whole wheat crackers
- 1 teaspoon olive oil
- 1/2 teaspoon onion powder

Blanch the green beans in boiling water for about 3 minutes for crisper beans, longer for a softer texture. Then plunge in ice water. Drain and set aside. Place diced onions and mushrooms in a microwaveable bowl for about 1 1/2 minutes on high to soften. Set aside. Melt the butter over medium heat. Once heated, stir in flour with a whisk and cook for about 2 minutes (continuously whisking). Whisk in the milk and cook over low heat until you have a thick white sauce. Stir in the Worcestershire sauce, garlic powder, black pepper and salt. Stir the drained green beans, onions, and mushrooms into the white sauce. Pour into a casserole dish sprayed with nonstick spray. Crush the crackers and toss cracker crumbs with olive oil and onion powder. Sprinkle over the top. Bake at 350 degrees for about 30 minutes or until brown.

Honey Balsamic Roasted Acorn Squash w/ Rosemary - 4

- 3 Tablespoons olive oil, divided
- 1 large acorn squash, cut into wedges
- 3 Tablespoons balsamic vinegar
- Freshly ground black pepper & Salt
- 2 Tablespoons Honey
- 2 Tablespoons minced fresh rosemary

Heat the oven to 400 degrees. Cover a rimmed baking sheet pan in foil and grease with 1 Tablespoon of oil. In a large bowl, toss the squash with the vinegar and remaining oil then season with salt and pepper. Arrange the squash wedges on the pan and roast for about 20 minutes. Turn the wedges over, drizzle with honey, sprinkle with rosemary, and roast for about 20-30 minutes more, until the squash is soft and slightly caramelized.

Light N' Creamy Mashed Potatoes - serves 14

- 6 cups quartered, peeled potatoes (about 3 lb. as purchased)
- 4 ounces fat-free cream cheese
- 1/2 cup reduced fat sour cream
- 1/2 cup fat-free milk
- 1/4 tsp ground black pepper
- chives
- 1/2 tsp salt
- Dash of paprika
- 1/4 tsp garlic powder
- 1 Tbsp. minced fresh

Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat, cover and boil gently for 15-20 minutes or until tender. Drain. In a large mixing bowl, mash the potatoes with electric mixer. Add cream cheese, sour cream, milk, salt, garlic powder, and pepper. Beat until smooth, stir in chives and sprinkle with paprika.

Nutrition Information (1/2 cup serving): 80 calories, 1g fat, 5mg cholesterol, 150mg sodium, 15g carbohydrates, 1g fiber, 2g sugars,

Five Bean Salad - serves 12

- | | |
|---------------------------------|-----------------------------|
| 1 (15 ounce) can green beans | 1 (15 ounce) can wax beans |
| 1 (15 ounce) can kidney beans | 1 (15 ounce) can lima beans |
| 1 (15 ounce) can garbanzo beans | 1 onion, chopped |
| 1 green pepper, chopped | 1/2 cup vegetable oil |
| 1/2 cup vinegar | 3/4 cup sugar |
| 1 teaspoon salt | 1 teaspoon pepper |
| 1 teaspoon dry mustard | 1-2 teaspoon celery seed |

Drain all the beans and combine in a large bowl. Heat (not boil) vegetable oil, vinegar, sugar, salt, pepper, dry mustard and celery seed. Mix with bean mix and let stand overnight. Add the onion and green pepper about an hour before serving.



Candied Yams - serves 6

- | | |
|----------------------------|-----------------------------|
| 3 medium yams (1 1/2 cups) | 1/4 cup brown sugar, packed |
| 1 tsp flour, sifted | 1/4 tsp salt |
| 1/4 tsp ground cinnamon | 1/4 tsp ground nutmeg |
| 1/4 tsp orange peel | 1 tsp soft tub margarine |
| 1/2 cup orange juice | |

Preheat oven to 350 degrees. Cut yams in half and boil until tender but firm (about 20 minutes). Peel and slice into 1/4 inch thickness. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel. Place half of sliced yams in medium-sized casserole dish. Sprinkle with spiced sugar mixture. Dot with half the amount of margarine. Add second layer of yams, using the rest of the ingredients in the order above. Bake uncovered for 20 minutes. Nutritional Information: 110 calories, 0g fat, 0mg cholesterol, 115mg sodium, 2g fiber, 1g protein, 25g carbs

Broccoli Salad with Creamy Dressing – serves 8

4 cups fresh broccoli florets
2 cups sliced red bell pepper
 $\frac{3}{4}$ cup shredded carrot
 $\frac{1}{2}$ cup chopped red onion
 $\frac{1}{2}$ cup shredded light cheddar cheese



Dressing:

$\frac{1}{4}$ cup light mayonnaise
 $\frac{1}{4}$ cup fat-free sour cream
2 Tbsp. Splenda granulated or 3 Splenda packets
2 tsp dried dill
2 cloves garlic, minced or $\frac{1}{4}$ tsp garlic powder
 $\frac{1}{4}$ tsp salt
 $\frac{1}{8}$ tsp black pepper

Place broccoli in a microwave safe bowl. Add $\frac{1}{4}$ cup of water. Cover with a glass lid or use plastic wrap pierced several times with a knife. Microwave for 3 to 4 minutes until crisp tender. Rinse broccoli under cold water and drain well. In a large bowl, place broccoli, peppers, carrots and red onion. Toss and set aside. Meanwhile, in a small bowl, mix all ingredients for dressing. Toss dressing with broccoli mixture. Stir in cheddar cheese. Serve.

Nutrition Information: 80 calories, 4g fat, 5mg cholesterol, 270mg sodium, 2g fiber, 3g sugars, 4g protein, 9g carbohydrates

Mashed Potatoes and Onions - serves 8

3 large potatoes (~ 2lb)

½ tsp salt

1 cup chopped onions

2/3 cup nonfat cottage cheese

¼ tsp white pepper

Wash and peel potatoes. Boil potatoes and onions until tender. Blend in cottage cheese and seasoning. Whip until smooth.

Recipe adapted from Cooking Light magazine



Steamed Cabbage - serves 8

1 Tbsp olive oil

1 large onion, diced

½ tsp salt

1 large cabbage, sliced

1 cup chicken broth

¼ tsp pepper

Wash, core and slice cabbage. Heat olive oil in a pan. Sauté onion. Add broth and bring to a boil. Add cabbage and seasonings. Steam until just tender.

Fruits



Orange Rice Salad - serves 7

2 cups cooked, cooled brown rice
1/2 cup celery, diced
3/4 cup raisins or other dried fruit
1/4 cup chopped nuts
2 Tbsp. vegetable oil
1 Tbsp. orange juice or vinegar
1/4 cup parsley, chopped
3 green onions, washed and thinly sliced
1 can (15 ounces) mandarin oranges with juice
1/4 tsp salt and pepper

Mix all together. Chill for an hour to blend flavors.

Nutritional Information Per Serving: 200 calories, 7g fat, 3g protein, 17g sugars, 32g carbohydrates, 3g fiber, 15mg sodium.

Berry Blast Off - serves 4

1 cup sliced strawberries
1 cup low-fat granola
1 cup blueberries or other fruit
1 cup plain, low-fat yogurt



Get out four small glasses. Wash all fruit. Divide the strawberries among the glasses. Sprinkle granola over them. Divide blueberries and place on top of granola. Spoon the yogurt on top.

Fast Fruit Salad - serves 8

8oz. Can of pineapple tidbits, in 100% juice, drained
8oz. Can of chunked mixed fruit, in 100% juice, drained
11oz. Can mandarin oranges, in 100% juice, drained
1 cup grapes, cut in half
1 cup reduced-fat sour cream
2 Tbsp. Splenda
1/4 cup flaked coconut, optional

Combine all ingredients in a medium-sized serving bowl. Garnish with flaked coconut, if desired. Serve immediately or chill.

Nutritional Information Per Serving: 86 calories, 0g fat, 3g protein, 20g carbohydrates, 44mg sodium.

Compliments of West Virginia University "Dining with Diabetes" program



Apple Cucumber Slaw - serves 2

1 apple, cut into matchsticks
1/2 cucumber, chopped
1/4 sweet onion, chopped
2 celery stalks, chopped fine
1/4 cup white wine vinegar
Salt and pepper to taste

Combine all ingredients in a large bowl. Serve immediately, or chill in refrigerator until serving. Nutritional Information: 58 calories, 12g carbohydrates, 2g fiber, 208mg sodium

Compliments of <https://www.medinsteadofmeds.com>

Fruit Smoothies - serves 2

Choose 1/2 cup of a fruit

-Bananas - Strawberries - Peaches - Blueberries

Choose 1 cup of a base

- Low fat plain yogurt - Low-fat vanilla yogurt

- Low fat vanilla frozen yogurt - Frozen fruit

- Frozen juice concentrate - Ice cubes

Choose 1/2 cup of a liquid

- Low fat or fat free milk - Calcium fortified soy milk

- 100% fruit juice

Put all the ingredients in a blender and mix until smooth. Nutritional Information Per Serving: 110 calories, 1.5g fat, 8g protein, 14g carbohydrates, 1g fiber, 115mg sodium.



Cranberry Sauce - makes 1 1/2 cups

2 cups fresh or frozen cranberries

2/3 cup water

2/3 cup Equal

Combine cranberries and water in medium saucepan. Bring just to a boil; reduce heat. Boil gently, uncovered, over medium heat 8-10 minutes, stirring occasionally, until skins pop. Remove from heat and mash slightly. Stir in Equal. Cover and chill.

Nutritional Information: 16 calories, 2g protein, 4g carbohydrates

Chicken and Fruit Salad

Serves 8

Ingredients

3 cups cooked chicken, chopped

1 (20 ounce) can pineapple chunks in juice, well drained

1 (11 ounce) can mandarin oranges, drained

3/4 cup chopped celery

1 cup halved seedless grapes

1/4 cup pecans (optional), divided

1/4 cup low-fat mayonnaise

1/4 teaspoon pepper

8 large lettuce leaves

In a large bowl, toss chicken, pineapple chunks, oranges, celery, grapes and half of the pecans. In a separate small bowl, mix low-fat mayonnaise and pepper. Gently stir mayonnaise mixture into chicken mixture. Cover and chill in refrigerator. To serve, scoop 2/3 cup of chicken mixture into 1 large lettuce leaf. Sprinkle remaining pecans on top of chicken mixture.

Nutritional Information Per Serving:

170 calories, 4g fat, 14g protein, 19g carbohydrates, 2g fiber, 105mg sodium. Excellent source of vitamin C. Good source of vitamin A.

Apple Pocket Pie - serves 4

4 flour tortillas (about 8 inches)

2 medium apples

2 Tbsp. brown sugar

1/4 tsp ground cinnamon

1/8 tsp nutmeg

Milk

Preheat oven to 350 degrees. Warm tortillas in a microwave oven to make them easier to handle. Wash, then chop, apples into small pieces. Place one-fourth of the apples on half of each tortilla. In a small bowl, stir together brown sugar, cinnamon, and nutmeg. Sprinkle over apples. Roll up the tortillas, starting at the end with the fruit. Place on an ungreased baking sheet and make small slits in the top to allow steam to escape. Brush with milk and sprinkle with additional sugar if desired. Bake for 8-12 minutes or until lightly brown. Nutritional Information: 200 calories, 3.5g fat, 39g carbohydrates, 3g fiber, 290mg sodium.



Morning Shake - serves 2

1 cup fat-free milk

1 banana, frozen or fresh

3 Tbsp. frozen orange juice concentrate

Blend all ingredients in blender or with hand mixture until smooth. Pour into glasses and serves. Nutritional Information: 150 calories, 32g carbohydrate and 70mg sodium.

Grains



Southern Cornbread - serves 8

1 cup stone ground cornmeal
1 cup all-purpose flour
2 tablespoons sugar
1/2 teaspoon salt
4 teaspoons baking powder
1/4 cup egg substitute
1 cup skim milk
2 tablespoons vegetable oil

Preheat oven to 375 degrees. Pour oil into a 12" cast iron skillet and heat in oven while preparing cornbread. Blend all dry ingredients together. Add egg and skim milk and stir until blended. Pour into the hot oiled skillet and bake 20-25 minutes.



Slow Cooker Stuffing - serves 12

1 cup each of chopped onion & celery
1/4 cup butter
6 cups each of cubed, day-old white & whole-wheat bread
1 tsp salt & 1/2 tsp pepper
1 tsp poultry seasoning
1 tsp rubbed sage
1 can (14.5 oz.) reduced-sodium chicken broth
1/2 cup egg substitute

In a small nonstick skillet over medium heat, cook onion and celery in butter until tender. In a large bowl, combine the bread cubes, salt, poultry seasoning, sage, and pepper. Stir in onion mixture. Combine broth and egg substitute; add to bread mixture and toss to coat. Transfer to a 3 qt. slow cooker. Cover and cook on low for 3-4 hours. 141 calories, 5g fat, 19g carbs

Buttermilk Biscuits

Makes 20 biscuits

Ingredients

- 5 cups all-purpose flour
- 2 Tablespoons baking powder
- 2 teaspoons baking soda
- 2 Tablespoons low-fat milk
- 2 cups buttermilk
- 1 teaspoon salt
- 3 ounces reduced fat cream cheese
- 4 Tablespoons butter

Preheat oven to 400 degrees. Line a large baking sheet with parchment paper or coat it with cooking spray. Stir together flour, baking soda, baking powder and salt in a large bowl. Cut the cream cheese and butter into small pieces and add in. Gently stir in buttermilk with a fork. Gather the dough into a ball. Put the dough onto a lightly floured surface and knead it for about 10 seconds. Divide the dough in half and roll each piece to a 1/2 inch thickness. Use a biscuit cutter to cut rounds. Repeat with the dough scraps. Arrange the rounds onto the prepared baking sheets. Brush tops with milk. Bake until the tops are lightly browned, 10 to 15 minutes.

Nutrition Information Per Serving:

157 calories, 3g fat, 26g carbohydrate, 5g protein, 1g fiber, 447mg sodium

Herb Stuffing - serves 10

12 oz. whole-grain bread, cut into 3/4 inch cubes
2 Tbsp. canola oil
2 cups chopped yellow onion
1 cup chopped carrot
1 Tbsp. minced garlic
1/4 cup chopped fresh flat-leaf parsley
1/4 cup chopped fresh sage
3/4 tsp kosher salt
3/4 tsp black pepper
2 1/2 cups unsalted chicken stock
3 Tbsp. unsalted butter, melted
2 large eggs



Preheat oven to 400 degrees. Arrange bread cubes in a single layer on a rimmed baking sheet. Bake at 400 degrees for 20 minutes or until golden, stirring after 10 minutes. Place the bread cubes in a large bowl. Reduce the oven temperature to 350 degrees. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add onion, celery, carrot and garlic; saute 10 minutes or until vegetables are very tender. Remove pan from heat; stir in parsley, sage, salt and pepper. Add onion mixture to bread; toss to combine. Combine stock, butter, and eggs in a bowl; stir- ring with a whisk. Drizzle stock mixture over bread mixture; toss. Let stand until liquid is absorbed; stirring occasionally. Spoon bread mixture into a 2 quart glass or ceramic baking dish coated with cooking spray. Bake at 350 minutes for 25 minutes or until browned.

Nutrition Information Per Serving: 190 calories, 9g fat, 20g carbs, 8 protein, 4g fiber, 340mg sodium

Compliments of Cooking Light

Pumpkin Bread - Serves 24

3 1/2 cups flour

2 teaspoon baking soda

1 1/2 teaspoon salt

2 teaspoon ground cinnamon

1 teaspoon ground nutmeg

2 cups brown sugar

1 cup canola oil

4 eggs

2 cups canned pumpkin

Preheat oven to 325 degrees. Spray two loaf pans (9x5 inch) with canola baking spray. In a large mixing bowl, combine all ingredients until just blended. Pour batter into pans and bake for about 1 hour and 15 minutes. Cool on wire racks. Nutrition Information: 220 calories, 10g fat, 31g carbohydrate, 4g protein



Cranberry Almond Muffins - serves 18

3 cups flour

1/2 cup Splenda

2 tsps. Baking powder

1 tsp baking soda

1/4 tsp salt

16 ounces reduced-fat sour cream

1/3 cup skim milk

1/4 cup oil

1/2 tsp almond extract

2 eggs

1 cup dried cranberries

1/4 cup slivered almonds

Preheat oven to 375 degrees. Grease and four muffin pans, or use paper liners. Mix flour, Splenda, baking powder, baking soda, and salt. In a separate bowl, mix sour cream, milk, oil, extract and eggs until blended. Stir sour cream mixture into flour mixture until just moistened. Stir in cranberries and almonds. Bake for 30 minutes. Nutrition Information: 182 calories, 8g fat, 1g fiber, 33mg cholesterol, 24g carbohydrate, 4g protein, 167mg sodium

Desserts



Luscious Lemon Cake Squares

Serves 15

Ingredients

3 egg whites

1/3 cup applesauce

1 1/4 cup water

1 box yellow, white or lemon cake mix

Glaze:

1/2 cup lemon juice

1 1/2 cup powdered sugar



Preheat the oven to 350 degrees. Mix cake mix, water, applesauce, and egg whites in a large bowl at low speed until moistened. Beat 2 minutes at high speed. Pour batter into a sheet cake pan sprayed with nonstick spray, bake for 30-40 minutes or until done.

Mix lemon juice and powdered sugar until smooth. Remove cake from oven when done. Using a fork, poke holes in the top of the cake and pour glaze over hot cake. When cake cools, sprinkle with powdered sugar.

Cranberry Apple Crisp - serves 8

2 tablespoons flour and 1/2 cup flour, divided

3 packages instant cinnamon-spice oatmeal

3 cups peeled and chopped apples

1 cup sugar

2 cups fresh cranberries

3/4 cup chopped pecans

1/2 cup brown sugar

1/2 cup butter, melted



Preheat the oven to 350 degrees. Combine apples, cranberries, and 2 tablespoons flour, tossing to coat fruit. Add sugar and mix well. Place in a greased 2-qt casserole dish. Combine oatmeal, pecans, 1/2 cup flour, and brown sugar. Add butter. Mix well and spoon over fruit. Bake uncovered 45 minutes.

Splenda Spice Cookies - makes 16 cookies

6 Tbsp. vegetable shortening 2 cups sifted all-purpose flour

6 Tbsp. margarine 3/4 tsp ground ginger

1 cup Splenda granular 1 tsp ground cinnamon

1 large egg 1/2 tsp ground cloves

1/4 cup molasses

Mix together shortening, margarine, Splenda, egg and molasses. Sift together and stir in dry ingredients. Mix thoroughly. Chill dough in refrigerator until firm, about 2 hours. Form into 16 balls. Place on cookie sheet and pat down gently with fork. Bake for 10-12 minutes at 350 degrees. 160 calories, 10g fat, 16g carbs, 1g fiber

Compliments of Splenda

Pumpkin Ice Cream Pie

Serves 8

1 can (15-16 oz.) pure pumpkin puree

1/4 cup sugar

1 1/2 to 2 tsp pumpkin pie spice

1 quart (4 cups) of a lower fat vanilla ice cream or frozen yogurt, softened

1 9-inch prepared graham cracker pie crust

Whipped topping, if desired

Mix the pumpkin, sugar and spice until well blended. Quickly mix pumpkin mixture with the softened ice cream. Pour into crumb crust and freeze, uncovered, until firm. When pie is frozen, cover with plastic wrap and then cover with freezer-quality foil or place in a freezer bag and squish out the air. Thaw pie slightly at room temperature (about 5-10 minutes) before serving.



Grilled Fruit Salad with Chocolate Drizzle - Serves 6

1 large wooden skewer, soaked in warm water
6 large strawberries, hulled
2 peaches, quartered and stone removed
1/2 pineapple, sliced into 1" thick rings or 1 can pineapple rings
2 watermelon wedges, rind removed
Cooking spray

Sugar-Free Chocolate Sauce

1/3 cup cocoa powder
1 1/3 cup Splenda
2/3 cup water
1 tsp vanilla
1 Tbsp. SmartBalance



Prepare a grill. In a small sauce pan, whisk together cocoa powder, Splenda and water. Bring to a simmer for one minute over medium heat. Whisk in the vanilla and Smart Balance off the heat and set aside to cool. Skewer the strawberries and other fruit on the soaked wooden skewer. Coat all of the fruit pieces with cooking spray and grill for 3-4 minutes on each just to mark the outside of the fruit. Remove and let cool. Cut the fruit into equal sized chunks and combine in medium bowl. Refrigerate for 30 minutes. Divide into bowls and drizzle each with 1 Tbsp. of chocolate sauce.

Banana Pudding

Serves 10

- 1 (8 ounce) container fat-free frozen whipped topping, thawed
- 1 (5 ounce) package instant vanilla pudding mix
- 2 cups skim milk
- 1 (16 ounce) package vanilla wafer cookies
- 4 bananas, peeled and sliced

In a large bowl, combine the whipped topping, pudding mix and milk. Stir well. In a glass serving dish, put a layer of cookies, then a layer of pudding mixture, then a layer of bananas. Repeat until all ingredients are used. Refrigerate until serving.



Sweet Potato Pie

Serves 8

- 1-2 cups cooked sweet potatoes, mashed
- 1 teaspoon vanilla
- 2 Tablespoons light margarine
- 1/2-3/4 cup sugar
- 1/4 cup egg substitute
- Dash of cinnamon and nutmeg
- Unbaked pie crust

Mix all ingredients with electric mixer. Pour into crust and bake at 350 degrees for approximately 25 minutes.

Frozen Chocolate Cheesecake Bites

3/4 cup light whipped dessert topping

5 Tbsp. fat-free cream cheese

1/8 Tbsp. sugar

10 tsp sugar free chocolate syrup

Using a fork, vigorously mix Cool Whip, cream cheese and sugar until smooth and well blended. Evenly distribute mixture into 10 sections of an ice cube tray. Tap tray firmly on the counter to get mixture to settle flat. Top each with a tsp of chocolate syrup and tap again. Place tray in freezer until solid (at least 2 hours). They should pop out easily.

Nutritional Information: 28 calories, 0.7g fat, 2.3g carbohydrate



Light Pumpkin Pie - Serves 8

1 cup ginger snap cookies

1 can (15 oz.) Pumpkin

1/2 cup egg whites (about 4)

1/2 cup sugar

2 tsps. Pumpkin pie spice

1 can (12 oz.) evaporated fat-free milk

Preheat the oven to 350 degrees. Spray 9-inch round glass pie dish with nonstick cooking spray. Grind the ginger snap cookies in a food processor. Pat the cookie crumbs into the pan evenly. Mix the rest of the ingredients in a large mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Serve or cover and refrigerate.

Nutrition Information: 220 calories, 4.5g fat, 39g carbohydrates

Carrot Cake - serves 16

1 1/4 cup raisins

1/2 cup water

3 packets of Sweet n Low

5 packets of Equal

1/2 cup canola oil

3 cups grated carrots (~ 1/2 lb. carrots)

1 1/4 cup unsweetened applesauce

3/4 cup egg substitute or 1 whole egg plus 4 egg whites

1 tsp vanilla extract

1 1/2 tsp cinnamon

1/2 tsp allspice

1 tsp baking soda

1 Tbsp. baking powder

1 1/2 cup all-purpose flour

1/2 cup whole wheat flour



Preheat oven to 350 degrees. Combine raisins, water and 1 packet of Equal and 1 packet of Sweet n Low in small saucepan. Simmer over medium heat until water is absorbed. Stir occasionally. Remove from heat and let cool. In large bowl, combine raisins, oil, grated carrots, applesauce, eggs or egg substitute, and vanilla extract. In smaller bowl, combine cinnamon, allspice, 2 packets of Sweet n Low, 4 packets of Equal, baking soda, baking powder, and both flours. Stir to combine. Add dry mixture to fruits in large bowl. Mix well. Coat 9x13 inch baking pan with nonstick spray. Pour batter into pan. Bake for 40 minutes. Nutritional information: 178 calories, 7.5g fat, 200mg sodium, 4g protein, 25g carbohydrates

Compliments of West Virginia University "Dining with Diabetes" program

Chocolate Almond Mousse

¾ cup milk	1 pkg semi-sweet chocolate pieces
4 eggs	1 tsp vanilla
¼ cup sugar	2-3 Tbsp slivered almonds
½ tsp almond extract	

In a medium saucepan, stir together milk, eggs, and sugar until thoroughly blended. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film and reaches at least 160 degrees. Remove from heat. Stir in chocolate and flavorings until chocolate is melted. Spoon into 8 ¼-cup dessert dishes. Sprinkle with almonds. Refrigerate several hours or overnight.



Crispy Peanut Butter Balls - serves 12

½ cup natural peanut butter	¾ cup crispy rice cereal
½ cup dark chocolate chips, melted	1 tsp pure maple syrup

Line baking sheet with parchment paper. Combine peanut butter, cereal and syrup in a medium bowl. Roll the mixture into 12 balls, using about 2 tsps. for each. Place on the baking sheet. Freeze the balls until firm, about 15 minutes. Roll the balls in melted chocolate. Return to the freezer until chocolate is set, about 15 minutes.



References

Additional help to get you through
the entire Holiday Season

NC EFNEP, Expanded Food Nutrition Education Program

<http://www.ncfamilieseatingbetter.org/EFNEP/index.html>

The Produce Lady—<http://www.theproducelady.org>

MyPlate Guidelines - www.choosemyplate.gov

American Diabetes Association - www.diabetes.org

USDA Center for Nutrition - www.cnpp.usda.gov

Food & Health Communications—<http://foodandhealth.com>

Geissler Baker, Guilford County FCS - Southern Cooking Light

Deborah Taylor, Orange County FCS - Spirit of the Holidays

Eating Well - <http://www.eatingwell.com/>

Fight Bac - <http://www.fightbac.org>

Oregon State University Extension

University of Nebraska-Lincoln Extension

North Dakota State University Extension

Ohio State University

USDA Food Safety Information

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