

Healthy Heart & Soul

Recipe Book



South Carolina Department of Health and Environmental Control
Office of Public Health Nutrition

Recipe Makeovers

Veggie Selections and Hearty Side Dishes **I**

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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 non-fat cream cheese, sour cream
- Use fat substitutes (blended prunes, low fat yogurt or applesauce instead of oil, butter or margarines)
- Cut the butter or margarine recipes call for in half
- Trim fat and skin from meats
- 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, non-fat buttermilk, low-fat cheese)
- Use non-fat 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
- Non-sugar sweeteners (Nutra-sweet, Splenda)
- Nonfat dry powdered milk to replace sugar in baked cooks
- Use less commercial baked products (cookies, cakes, etc.)

More Tasty Tips!

<u>Instead of</u>	<u>Use</u>
1 cup whole milk	1 cup skim or 1% milk + 1 Tablespoon 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 non-fat yogurt or non-fat or low fat sour cream
1 Tablespoon butter	1 tablespoon of margarine or $\frac{3}{4}$ tablespoon 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.
SC DHEC does not endorse any of the brand names in this document.**

**Veggie Selections
and
Hearty Side Dishes**

CLASSIC MACARONI AND CHEESE

2 cups macaroni uncooked
½ cup chopped onions
½ cup evaporated skim milk
1 medium egg, beaten
¼ tsp black pepper
1 ¼ cups sharp cheddar cheese (4 oz), finely shredded, low fat
nonstick cooking oil spray

COOKING 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.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP

200 CALORIES • 30 gm CARBOHYDRATE
4 gm of FAT • 8 gm of PROTEIN • 120 mg SODIUM

BBQ BLACK-EYED PEAS

- 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

COOKING INSTRUCTIONS:

- Preheat oven to 350° F.
- Combine all ingredients. Place in a 1 ½ quart baking dish that has been sprayed with a nonstick cooking spray.
- Bake uncovered for 1 hour.

SERVES 8

NUTRITIONAL ANALYSIS—½ CUP
167 CALORIES • 28 g CARBOHYDRATE,
8 g PROTEIN • 1 g FAT • 120 mg SODIUM

BAKED SQUASH

- 2 10 ounce packages frozen yellow summer squash
- 1 tablespoon minced onion flakes
- 2 tablespoons plus 2 teaspoons light margarine
- 2 egg white
- 1½ teaspoons artificial sugar
- salt and pepper to taste
- 3 tablespoons dry bread crumbs

COOKING 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 tablespoons of the margarine, egg whites, sweetener, salt, and 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.

SERVES 4

NUTRITIONAL ANALYSIS—1 CUP

90 CALORIES • 10g CARBOHYDRATE
4g PROTEIN, 4g FAT • 426mg SODIUM,

GREEN VEGETABLE MIX

- ½ cups fresh or frozen broccoli flowerets
- 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

COOKING 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.

SERVES 9

NUTRITIONAL ANALYSIS—½ CUP
40 CALORIES • 7g CARBOHYDRATE,
3g PROTEIN • 0.3g FAT • 191mg SODIUM

HERBED VEGETABLE BAKE

- 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 garlic salt
- 2 tablespoons water
- 2 tablespoons reduced fat stick margarine

COOKING 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.

SERVES 6

NUTRITIONAL ANALYSIS—¾ CUP
55 CALORIES • 8g CARBOHYDRATE
2g PROTEIN • 2g FAT • 139mg SODIUM

SOUTHERN STYLE CORN

- 1 medium sweet red pepper, chopped
- 1 tablespoon finely chopped, seeded jalapeno pepper
- 1 tablespoon margarine
- 1½ teaspoons ground cumin
- 1 package (16 oz.) frozen corn, thawed

COOKING 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 heated through.

SERVES 4

NUTRITIONAL ANALYSIS—¾ CUP
138 CALORIES • 26g CARBOHYDRATE
4g PROTEIN • 4g FAT • 37mg SODIUM,

STEWED TOMATOES

- 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

COOKING 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.

SERVES 4

NUTRITIONAL ANALYSIS—1 CUP

60 CALORIES • 2g FAT, 2g PROTEIN
9g CARBOHYDRATE • 544mg SODIUM,

BROWN RICE

- 3½ cups water, divided
- 1 cup uncooked long grain brown rice
- 1 clove garlic, minced
- 1 teaspoon instant chicken bouillon granules
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup sliced almonds
- 2 medium carrots, finely chopped(¾ cup)
- ¼ cup snipped fresh parsley
- 2 tablespoons sliced green onion

COOKING INSTRUCTIONS:

- Combine 3 cups of water, the rice, garlic, bouillon, salt, and pepper in 3 quarts 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 almond 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 2 ½ to 4 minutes, or until tender-crisp, stirring occasionally. Drain. In medium mixing bowl, combine rice, almonds, carrots, parsley and onion. Serve hot.

SERVES 6

NUTRITIONAL ANALYSIS—½ CUP

145 CALORIES • 26g CARBOHYDRATE
3g PROTEIN • 2g FAT • 346mg SODIUM

MASHED SWEET POTATOES

- 6 large sweet potatoes or yams
- ¼ cup Splenda
- 4 tablespoons (½ stick) margarine
- ⅔ cup evaporated skim milk, heated
- 1 teaspoon vanilla
- salt to taste

COOKING INSTRUCTIONS:

- Scrub the sweet potatoes and drop them into a large pot of boiling salted water to cover by 3 to 4 inches. Cook until they are fork tender, 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), and then stir in the artificial sugar, butter, and evaporated milk. Blend well, and add salt to taste.
- Spoon the potato mixture into a casserole dish coated with cooking spray and bake until bubbly, 25 to 30 minutes.

SERVES 6–8

NUTRITIONAL ANALYSIS—½ CUP

251 CALORIES • 41g CARBOHYDRATE
8g FAT • 4g PROTEIN • 138mg SODIUM

LOW COUNTRY OKRA

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

COOKING 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 heated through, stirring very little.
- Serve with rice if desired.

SERVES 6

NUTRITIONAL ANALYSIS—½ CUP
81 CALORIES • 10g CARBOHYDRATE
2g PROTEIN • 5g FAT • 333mg SODIUM

MUSTARD CABBAGE

- 1 small head cabbage, cut into 4 wedges
- 3 tablespoons reduced calorie margarine
- 1 tablespoon minced onion flakes, reconstituted in a small amount of water
- 1 tablespoon plus 1 teaspoon flour
- 2 tablespoons water
- ¼ teaspoon salt
- pepper to taste
- ½ cup evaporated skin milk
- ½ cup water
- 2 teaspoons prepared horseradish
- 1 tablespoon prepared mustard

COOKING INSTRUCTIONS:

- In a medium saucepan, bring 2 inches of water to a boil. Add cabbage, cover, and cook until tender-crisp, about 10 to 15 minutes. Drain.
- While cabbage is cooking, melt margarine in a small saucepan. Stir in onion flakes.
- Blend flour with 2 tablespoons water. Add to margarine, stirring. Add salt, pepper, milk and ½ cup of water.
- Cook, stirring, until mixture is thickened and bubbly. Stir in horseradish and mustard.
- Spoon sauce evenly over cabbage when serving.

SERVES 4

NUTRITIONAL ANALYSIS—1 CUP

106 CALORIES • 13g CARBOHYDRATE
5g PROTEIN • 5g FAT • 351mg SODIUM,

RICE CASSEROLE

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

COOKING INSTRUCTIONS:

- Preheat oven to 350° F.
- Melt margarine in a 1½ quart ovenproof saucepan or casserole 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.

SERVES 8

NUTRITIONAL ANALYSIS—½ CUP
163 CALORIES • 22g CARBOHYDRATE
5g PROTEIN • 6g FAT • 368mg SODIUM,

HASH BROWN POTATO CASSEROLE

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

COOKING 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 tablespoons of the melted margarine. Pour into a prepared dish.
- In a small bowl, combine the crushed cornflakes and remaining 2 tablespoons of margarine; sprinkle over potato mixture. Bake, uncovered, until cooked and lightly browned, about 50 minutes.

SERVES 12

NUTRITIONAL ANALYSIS—1 CUP

197 CALORIES • 23g CARBOHYDRATE
8g PROTEIN • 8g FAT • 253mg SODIUM

FLAVORED BAKED BEANS

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

COOKING INSTRUCTIONS:

- In 2-cup microwavable casserole 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, until heated through.

SERVES 4

NUTRITIONAL ANALYSIS—½ CUP
189 CALORIES • 28 g CARBOHYDRATE
9 g PROTEIN • 5 g FAT • 540 mg SODIUM,

ROASTED VEGETABLES

- 3 medium onions, cut into wedges
- 6 small red potatoes, halved
- 2 medium size sweet potatoes, peeled and cut into 1/4 inch thick slices
- 2 tablespoons olive oil
- salt and pepper to taste

COOKING 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.

SERVES 6

NUTRITIONAL ANALYSIS—1/2 CUP

183 CALORIES • 32g CARBOHYDRATE
3g PROTEIN • 4g FAT • 404mg SODIUM

GREEN PEAS

- 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

COOKING 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 in a few tablespoons 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.

SERVES 4

NUTRITIONAL ANALYSIS—½ CUP
120 CALORIES • 17g CARBOHYDRATE
5g PROTEIN • 4g FAT • 335mg SODIUM,

VEGETABLE DISH

- 1 can (16 oz.) black-eyed peas, rinsed and drained
- 1 package (10 oz.) frozen corn, defrosted
- 1 tomato, seeded and chopped (1 cup)
- 1 medium zucchini, cut lengthwise into quarters, then sliced crosswise
- $\frac{1}{4}$ cup water
- 1 $\frac{1}{2}$ teaspoons fresh basil leaves or $\frac{1}{2}$ teaspoon dried basil leaves
- $\frac{1}{4}$ teaspoon salt

COOKING 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.

SERVES 6

NUTRITIONAL ANALYSIS— $\frac{1}{2}$ CUP
108 CALORIES • 24g CARBOHYDRATE,
<1g FAT • 4g PROTEIN • 97mg SODIUM

BEAN-PEPPER CASSEROLE

- 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

COOKING INSTRUCTIONS:

- Cook beans according to package directions. Drain. Place in a 1½ quart casserole.
- 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.

NUTRITIONAL ANALYSIS—½ CUP
247 CALORIES • 38g CARBOHYDRATE
11g PROTEIN • 5g FAT • 409 mg SODIUM

SQUASH SCRAMBLE

- 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)

COOKING 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 squashes, basil, and salt. Cook for 5 to 7 minutes, or until squashes are 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.

SERVES 8

NUTRITIONAL ANALYSIS—½ CUP
37 CALORIES • 38g CARBOHYDRATE
1g FAT • 1g PROTEIN • 72 mg SODIUM

FRUIT CUP

- 2 medium navel oranges, peeled and sliced
- 2 kiwi fruit, 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

COOKING 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.

SERVES 6

NUTRITIONAL ANALYSIS—½ CUP
107 CALORIES • 27g CARBOHYDRATE
2g PROTEIN • 1g FAT • 15mg SODIUM

BROCCOLI CASSEROLE

- 2 packages (10 oz. each) frozen chopped broccoli
- 1 can (10¾ oz.) reduced fat, reduced sodium condensed cream of mushroom soup, undiluted
- 1 cup fat free mayonnaise
- 1 cup (4 oz.) 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

COOKING 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.
- Sprits crumbs with butter flavored spray.
- Bake, uncovered, at 350° F for 25 to 30 minutes or until heated through.

SERVES 9

NUTRITIONAL ANALYSIS—½ CUP

145 CALORIES • 12g CARBOHYDRATE
8g FAT • 7g PROTEIN • 422mg SODIUM

WHITE BEAN, RED ONION, AND TOMATO SALAD

- 1 16-ounce can of white beans
- 1 tablespoon off olive oil
- 2 large ripe tomatoes, seeded and diced
- ¼ cup of red onion, finely diced
- 2 tablespoons of oregano (fresh or diced)
- salt and pepper to taste

COOKING INSTRUCTIONS:

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

SERVES 6

NUTRITIONAL ANALYSIS—½ CUP
113 CALORIES • 17g CARBOHYDRATE,
6g PROTEIN • 3g FAT • 394mg SODIUM

CRISPY BAKED VEGETABLES

- 1 cup of seasoned breadcrumbs
- 1 cup of cornmeal
- 1 tablespoons of grated parmesan
- 8 cloves of garlic, peeled and minced
- 2 cups plain non-fat yogurt
- ¼ cup sliced zucchini
- ¼ cup sliced okra
- ¼ cup sliced eggplant
- ¼ cup sliced, peeled potatoes
- ¼ sliced, peeled sweet potatoes
- ¼ cup quartered mushrooms
- ¼ cup sliced peeled parsnips
- 1 small onion, peeled and sliced

COOKING 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.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP

219 CALORIES • 41g CARBOHYDRATE
8g PROTEIN • 3g FAT • 490mg SODIUM

DELICIOUS OVEN FRENCH FRIES

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

COOKING 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.
- Toss potatoes in spice mixture.
- Brush potatoes with oil.
- 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.

OVEN BAKING MAKES THESE FRENCH FRIES LOWER IN FAT AND STILL CRISP.

SERVES 5

NUTRITIONAL ANALYSIS—1 CUP

238 CALORIES • 49g CARBOHYDRATE
1g PROTEIN • 4g FAT • 163mg SODIUM

Main Entrees

B&B CORNBREAD CASSEROLE

- 1 pound lean ground beef
- 1 cup chopped onion
- 2 garlic cloves, pressed
- vegetable cooking spray
- 2 (8 oz.) cans no-salt added tomato sauce
- 2 (16 oz.) cans pinto beans, rinsed and drained
- 1 (4.5oz.) can chopped green chilies, undrained
- 1 tablespoon chili powder
- 1½ teaspoons ground cumin
- ½ teaspoon dried oregano
- 1 (6 oz.) package cornbread mix

COOKING INSTRUCTIONS:

- Cook first 3 ingredients in a large saucepan coated with vegetable cooking spray over medium-high heat, stirring until beef crumbles are no longer pink.
- Drain and pat dry with paper towels. Wipe drippings from skillet with a paper towel.
- Return beef mixture to skillet.
- Stir in tomato sauce and next 5 ingredients.
- Cover and cook over medium-low heat 10 minutes. Pour into a lightly greased 2-quart baking dish.
- Prepare cornbread batter according to package directions using fat-free milk. Pour over beef mixture.
- Bake at 400° F for 30 minutes or until lightly browned.

SERVES 6

NUTRITIONAL ANALYSIS—2 CUPS

577 CALORIES • 83 g CARBOHYDRATE
18.3 g FAT • 20g PROTEIN • 802mg SODIUM

SPICY CHEESE PASTA

- 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

COOKING 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.
- To serve, in serving bowl, arrange pasta, top with mushroom-tomato mixture and toss to combine.
- Sprinkle with Parmesan cheese and garnish with basil.

SERVES 2

NUTRITIONAL ANALYSIS—1 CUP

262 CALORIES • 49g CARBOHYDRATE
10g PROTEIN • 4g FAT • 204mg SODIUM

LITE BEEF STROGANOFF

- 1 pound flank steak
- 2 cups low sodium beef broth
- 1 cup chopped onion
- 1 pound 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

COOKING INSTRUCTIONS:

- Broil steak 6 inches from the heat until rare, about 5 minutes on each side. Cut diagonally into thin strips; 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 heated through, about 5 minutes.
- Can serve over pasta or rice.

SERVES 6

NUTRITIONAL ANALYSIS—½ CUP
239 CALORIES • 13g CARBOHYDRATE
21 g PROTEIN • 11g FAT • 103mg SODIUM

CHICKEN CASSEROLE

- 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 (10 ¾ oz.) reduced fat, reduced sodium condensed chicken soup, undiluted
- 1½ cups skim milk
- 1 package (16 oz.) frozen Italian blend vegetables
- 1 cup (4 oz.) shredded reduced fat cheddar cheese
- 2 tablespoons minced dried or fresh parsley
- 1¼ teaspoons dried thyme
- 1 teaspoon salt
- ⅔ cup crushed cornflakes

COOKING 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 heated through.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP

341 CALORIES • 40g CARBOHYDRATE
7g FAT • 28g PROTEIN • 98mg SODIUM

PEPPER CRUSTED PORK LOIN

- 2 pork loins (¾ pound each)
- 3 tablespoons dijon mustard
- 1 tablespoon 1% buttermilk
- 2 teaspoons minced fresh thyme
- 2 teaspoons coarsely ground pepper
salt
- ⅔ cup soft bread crumbs

COOKING 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.

SERVES 6

NUTRITIONAL ANALYSIS—3 OUNCES

211 CALORIES • 6g CARBOHYDRATE
8g FAT • 25g PROTEIN • 383mg SODIUM

BAKED “FRIED” CHICKEN

- 1/3 cup low fat buttermilk (1% milk fat)
- 1 pound chicken parts, skinned
- 2 ounces cornflake crumbs
- 2 teaspoons sesame seed

COOKING 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.

THIS FIGURE DOES NOT INCLUDE SESAME SEED;
NUTRITIONAL ANALYSIS UNAVAILABLE

SERVES 2

NUTRITIONAL ANALYSIS—4 OUNCES

280 CALORIES • 21g CARBOHYDRATE
28g PROTEIN • 8g FAT • 385mg SODIUM

BAKED “FRIED” CATFISH

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

COOKING 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.

SERVES 4

NUTRITIONAL ANALYSIS—4 OUNCES

216 CALORIES • 5g CARBOHYDRATE
29g PROTEIN • 8g FAT • 419 mg SODIUM

TURKEY LOAF

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

COOKING 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.

SERVES 12

NUTRITIONAL ANALYSIS—4 OUNCES

160 CALORIES • 5g CARBOHYDRATE
25g PROTEIN • 4g FAT • 270 mg SODIUM

POTATO HAM DINNER

- 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
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1½ cups 1% milk
- ½ cups reduced fat shredded cheddar cheese
- 2 cups cubed fully cooked lean ham

COOKING 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 heated through.

*Hint: to reduce the sodium content select reduced salt ham

SERVES 4

NUTRITIONAL ANALYSIS—1¼ CUP

244 CALORIES • 25g CARBOHYDRATE
8g FAT • 18g PROTEIN • 1,115 mg SODIUM

SEASONED MEAT LOAF

- 1 egg
- 1 cup skim milk
- $\frac{3}{4}$ cup quick cooking oats
- 2 sliced bread, crumbles
- $\frac{1}{2}$ cup finely chopped onion
- 1 teaspoon rubbed sage
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 pound lean ground beef
- $\frac{3}{4}$ cup ketchup
- $\frac{1}{2}$ cup water
- 2 tablespoons brown sugar
- 2 tablespoons cider vinegar
- 1 tablespoon worcestershire sauce

COOKING 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 25° F for 1 to 1 $\frac{1}{4}$ hours or until meat is no longer pink and a meat thermometer reads 160° F.
- Let stand for 10 minutes before slicing.

SERVES 6

NUTRITIONAL ANALYSIS—4 OUNCES

267 CALORIES • 26g CARBOHYDRATE
9g FAT • 21g PROTEIN • 910mg SODIUM

BBQ PORK SANDWICH

- 1 pork shoulder roast (about 5 pounds), 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

COOKING INSTRUCTIONS:

- Bread or rolls of your choice.
- 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 heat through.
- Serve on bread or rolls.

SERVES 16

NUTRITIONAL ANALYSIS—
3 OUNCES—DOES NOT INCLUDE BREAD/ROLL
202 CALORIES • 4g CARBOHYDRATE
9g FAT • 24 g PROTEIN • 219mg SODIUM

RESTAURANT-STYLE BISCUIT AND GRAVY

- 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 oz.) fat free cream cheese

COOKING 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.

SERVES 5

NUTRITIONAL ANALYSIS

2 BISCUITS AND ¾ CUP GRAVY

287 CALORIES • 32g CARBOHYDRATE
8g FAT • 21g PROTEIN • 876 mg SODIUM

CHICKEN BROCCOLI CASSEROLE

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

COOKING 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.

REMOVE THE SKIN FROM YOUR CHICKEN BEFORE YOU COOK IT AND YOU'LL DECREASE THE FAT. ALSO, EXPERIMENT WITH DIFFERENT BRANDS OF LOW FAT, LOW SODIUM SOUPS TO SEE WHICH ONES SUIT YOU AND YOUR FAMILY BEST.

SERVES 4

NUTRITIONAL ANALYSIS—1 CUP

258 CALORIES • 21g CARBOHYDRATE
33g PROTEIN • 5g FAT • 1037 mg SODIUM

OVEN FRIED CHICKEN

- 3 cups butter type crackers, finely crumbled
- $\frac{1}{2}$ - $\frac{3}{4}$ teaspoons dried basil
- $\frac{1}{8}$ teaspoon black pepper
- 2 tablespoons skim milk
- 1 lb. boneless, skinless chicken breast or turkey breast tenderloins
- non-stick vegetable spray

COOKING 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 (leave end open so air can escape). 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 chicken strips, a few pieces 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.

THIS TRADITIONAL FAVORITE IS MADE HEALTHY BY COOKING IT IN THE OVEN.

SERVES 8

NUTRITIONAL ANALYSIS—2 STRIPS

224 CALORIES • 18g CARBOHYDRATE
20g PROTEIN • 8g FAT • 321 mg SODIUM

20 MINUTE CHICKEN CREOLE

- 4 medium chicken breast halves, skinned, boned, and cut into 1-inch strips
- 1 14 oz. can tomatoes, cut up
- 1 cups of low sodium chili sauce
- 1½ cups chopped green pepper
- ½ cup chopped celery
- ¼ cup choppee onion
- 2 cloves of garlic, minced
- 1 tablespoon of dried basil, crushed
- 1 tablespoon of dried parsley
- ¼ teaspoon of crushed red pepper
- ¼ teaspoon of salt
- nonstick cooking spray

COOKING INSTRUCTIONS:

- Spray deep skillet with non-stick cooking spray.
- Preheat pan over high heat.
- Cook chicken in hot skillet, stirring for 3-5 minutes, or until no longer pink.
- Reduce heat.
- Add tomatoes and their juices, 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.

ADD A TOSSED SALAD AND FRENCH BREAD TO COMPLETE THIS LOW-FAT MEAL!

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP

207 CALORIES • 11g CARBOHYDRATE
28g PROTEIN • 3g FAT • 285mg SODIUM

SPAGHETTI WITH TURKEY MEAT SAUCE

- 1 lb. ground turkey
- 28 oz. can tomatoes, cut up
- 1 cup finely chopped sweet green pepper
- 1 finely chopped onion
- 2 cloves of garlic, minced
- 1 teaspoon dried oregano, crushed
- 1 lb. of spaghetti
- non-stick cooking spray

COOKING INSTRUCTIONS:

- Spray a large skillet with non-stick cooking spray.
- Preheat over high heat.
- Add turkey. Cook, stirring occasionally for 5 minutes.
- Drain fat.
- Stir in tomatoes with their juice, green 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.

INSTEAD OF USING GROUND BEEF THIS RECIPE CALLED FOR GROUND TURKEY, A HEALTHY CHOICE. USING GROUND TURKEY IN YOUR SPAGHETTI WILL SAVE YOU CALORIES AND FAT. TOP IT OFF WITH LOW OR NO FAT PARMESAN OR ROMANO CHEESE.

SERVES 6

NUTRITIONAL ANALYSIS—1 CUP SAUCE, 1 CUP PASTA

256 CALORIES • 26g CARBOHYDRATES
20g PROTEIN • 8.1g FAT • 315mg SODIUM

BAKED PORK CHOPS

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

COOKING INSTRUCTIONS:

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

PORK PROVIDES ESSENTIAL VITAMINS AND IS A HEALTHY CHOICE IF LEAN CUTS ARE CHOSEN AND THE FAT IS TRIMMED.

SERVES 6

NUTRITIONAL ANALYSIS—1 PORK CHOP

311 CALORIES • 20g CARBOHYDRATE
30g PROTEIN • 12g FAT • 500mg SODIUM

CATFISH STEW AND RICE

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

COOKING 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.

THIS RECIPE WAS ALREADY LOW IN FAT AND CALORIES. IT IS BELIEVED THAT FISH OFFERS SPECIAL NUTRIENTS THAT PROMOTE A HEALTHY HEART.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP

182 CALORIES • 26g CARBOHYDRATE
13g PROTEIN • 3g FAT • 399mg SODIUM

BLACK BEAN CHILI

- 1 lb. of black beans, dry
- 2 cups of water
- 1 tablespoon of chili powder
- 1 tablespoon of cumin seed
- ½ onion, diced
- 2 cloves of garlic, minced
- 1 can of diced tomatoes

COOKING 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 3-4 hours on high or 8-9 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.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP

229 CALORIES • 54g CARBOHYDRATE
20g PROTEIN • 2g FAT • 85mg SODIUM

Breads and Delectable Desserts

BAKED APPLES WITH YOGURT AND PECANS

- 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 teaspoons reduced fat, margarine
lemon juice
- 1 teaspoon of ground cinnamon
- $\frac{1}{2}$ teaspoon Splenda
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon of nutmeg
- 6 tablespoons of vanilla yogurt
- 1 tablespoon of chopped pecans

COOKING 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 $\frac{1}{2}$ teaspoon of margarine. Rub the outside of the apple with lemon juice. Sprinkle with Splenda, 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 apple in individual bowls.
- Top each with 1 tablespoon of yogurt and sprinkle with some pecans.
- Serve hot.

SERVES 6

NUTRITIONAL ANALYSIS—1 APPLE

80 CALORIES • 14g CARBOHYDRATE
1g PROTEIN • 3g FAT • 36mg SODIUM

OLD-FASHION BREAD PUDDING

- 10 slices whole-wheat bread
- 1 egg
- 3 egg whites
- 1 ½ cups of skim milk
- ¼ cup of sugar
- ¼ cup of brown sugar
- 3 teaspoon of vanilla extract
- ½ teaspoon of cinnamon
- ¼ teaspoon of nutmeg
- ¼ teaspoon of cloves
- 4 teaspoons of sugar

COOKING 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 teaspoons of sugar. Sprinkle the spiced sugar over the bread pudding.
- Bake the pudding for 30-35 minutes, until it has browned on top and is firm to the touch.
- Serve warm or at room temperature.

THIS BREAD PUDDING WAS ALREADY LOW IN FAT, SO NO CHANGES WERE NEEDED.

SERVES 9

NUTRITIONAL ANALYSIS—½ CUP
166 CALORIES • 32g CARBOHYDRATE
6g PROTEIN • 2g FAT • 221mg SODIUM

SWEET POTATO PIE

- 4 tablespoons of margarine, softened, reduced fat
- 1 ½ cups of Splenda
- 5 large eggs
- ½ teaspoon of ground cinnamon
- 2 cups of sweet potatoes, cooked and mashed
- 1 cup of evaporated skim milk
- 1 9-inch unbaked pie shell
- 1 teaspoon of vanilla extract

COOKING INSTRUCTIONS:

- Preheat oven to 350° F.
- In a large bowl, cream together margarine and Splenda.
- Beat together eggs and cinnamon.
- Mix together sweet potato and evaporated milk.
- Gently stir in 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 until done.

SERVES 8

NUTRITIONAL ANALYSIS—1/8 OF PIE

195 CALORIES • 20g CARBOHYDRATE
6g PROTEIN • 10g FAT • 239mg SODIUM

CANDIED YAMS

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

COOKING 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.

A SMALL AMOUNT OF MARGARINE AND ORANGE JUICE GIVES THESE YAMS LOTS OF FLAVOR.

SERVES 6

NUTRITIONAL ANALYSIS—¼ CUP
110 CALORIES • 25g CARBOHYDRATE
2g PROTEIN • LESS THAN 1g FAT • 115mg SODIUM

STRAWBERRY DESSERT

CRUST:

- 1²/₃ cups of graham cracker crumbs
- 1/4 cup of low fat soft tub margarine
- 1 tablespoon of sugar

FILLING:

- 1 3 oz. package of sugar-free strawberry gelatin
- 1 10 oz. package of sugar-free strawberries, thawed
- 2 cups fat-free whipped topping

COOKING 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.

WE REPLACED BUTTER WITH LOW-FAT SOFT TUB MARGARINE, REGULAR GELATIN WITH SUGAR-FREE GELATIN, FROZEN STRAWBERRIES WITH SUGAR-FREE STRAWBERRIES AND LIGHT WHIPPING CREAM WITH FAT-FREE WHIPPED TOPPING. BY MODIFYING THIS RECIPE WE SAVED 66 CALORIES AND 4 GRAMS OF FAT.

SERVES 8

NUTRITIONAL ANALYSIS—1/8 OF PIE

168 CALORIES • 23g CARBOHYDRATE
3g PROTEIN • 7g FAT • 210mg SODIUM

CORN BREAD SQUARES

- 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

COOKING 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 comes out clean.

SERVES 9

NUTRITIONAL ANALYSIS—1 PIECE

157 CALORIES • 20g CARBOHYDRATE
7g FAT • 4g PROTEIN • 349m SODIUM

HOMESTYLE BISCUITS

- 2 cups of flour
- 2 teaspoons of baking powder
- $\frac{1}{4}$ teaspoon of baking soda
- $\frac{1}{4}$ teaspoon of salt
- 2 tablespoons of sugar
- $\frac{2}{3}$ cup of buttermilk, 1% fat
- 3 tablespoons of vegetable oil

COOKING 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 $\frac{1}{2}$ -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.

SERVES 15

NUTRITIONAL ANALYSIS—1 BISCUIT

99 CALORIES • 15 g CARBOHYDRATE
3 g PROTEIN • 3g FAT • 72g SODIUM

GOOD-FOR-YOU CORNBREAD

- 1 cup of cornmeal
- 1 cup of flour
- ¼ cup white sugar
- 1 teaspoon of baking powder
- 1 cup of buttermilk, 1% fat
- 1 egg
- ¼ cup of tub margarine
- 1 teaspoon of vegetable oil or cooking spray (grease baking pan)

COOKING 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 by 8-inch greased baking dish. Cool. Cut into 10 squares.

SERVES 10

NUTRITIONAL ANALYSIS—1 SQUARE

178 CALORIES • 25g CARBOHYDRATE
5 g PROTEIN • 6g FAT • 19mg SODIUM

WATERMELON ICE

- 8 cups cubed seedless watermelon (remove seeds)
- ¼ cup lime juice
- ¼ cup sugar or Splenda
- 2 cups diet lemon-lime soda, chilled

COOKING 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 ¾ cup into bowls or glasses; add ¼ cup soda.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP

175 CALORIES • 30g CARBOHYDRATE
1g PROTEIN • 12 mg SODIUM • based on use of sugar substitute

FRUIT SALAD

- 2 medium fresh peaches, peeled and sliced
- 1 medium red apple, chopped
- 1 cup halved seedless red grapes
- 1 medium ripe mango or additional peach, peeled and sliced
- 1 medium firm banana, sliced
- 1½ cup apple pie filling

COOKING INSTRUCTIONS:

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

SERVES 8

NUTRITIONAL ANALYSIS—½ CUP
103 CALORIES • 26g CARBOHYDRATE
TRACE OF FAT • 1g PROTEIN • 6mg SODIUM

BERRY PARFAITS

- 1 package (.3 ounce) 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

COOKING 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.

SERVES 8

NUTRITIONAL ANALYSIS—1 CUP

68 CALORIES • 14g CARBOHYDRATE
TRACE OF FAT • 3g PROTEIN • 208mg SODIUM

SUMMER BREEZE SMOOTHIE

1 cup yogurt, plain non-fat
6 medium strawberries
1 cup pineapple crushed, canned in juice
1 medium banana
1 teaspoon vanilla extract
4 ice cubes

COOKING INSTRUCTIONS:

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

THIS PERFECT LOW-FAT THIRST QUENCHER WILL HELP YOU REACH YOU FIVE SERVINGS OF FRUIT AND VEGETABLES A DAY.

SERVES 3

NUTRITIONAL ANALYSIS—1 CUP

121 CALORIES • 25g CARBOHYDRATE
4g PROTEIN • LESS THAN 1g OF FAT • SODIUM 64 mg



**For more information:
Toll Free**

1-866-369-9333

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