

Cooking It Up!

DIABETES-HEALTHY RECIPES EVERYONE WILL LOVE

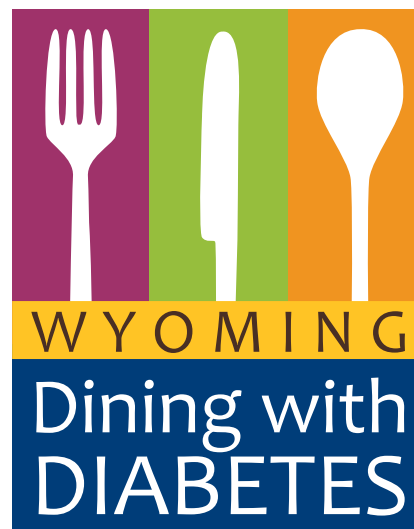


EXTENSION

COOKING IT UP! DIABETES-HEALTHY RECIPES EVERYONE WILL LOVE

This cookbook is not intended to replace individualized meal planning instruction provided by qualified health care providers, such as registered dietitians or registered dietitian nutritionists; therefore, it does not provide individualized goals for calories, carbohydrates, fats, and sodium.

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AUTHORS AND REVIEWERS: Melissa Bardsley, Patti Griffith, Vicki Hayman, Josefina Ibarra, Phyllis Lewis, Mindy Meuli, Chris Pasley, Suzy Pelican, Denise Smith, Mary Kay Wardlaw, Kentz Willis

CONSULTANTS: Tressa Penrod, Tana Stith

UNIVERSITY OF WYOMING STUDENT DEVELOPERS: Lisa Baldock, Anna Harrower, Katherine Jacobs

COOKBOOK AND HIGH-ALTITUDE SERIES DEVELOPMENT: Chavawn Kelley, editor, Tanya Engel, graphic designer

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The NUTRITION AND FOOD SAFETY TEAM PROVIDES EDUCATIONAL PROGRAMS AND RESOURCES ON HEALTHY EATING, ACTIVE LIVING, FOOD SAFETY AND PRESERVATION, and more. Besides nutrition and food safety, UW Extension teams help with agriculture, horticulture, sustainable range management, community development education, and 4-H and youth development. UW educators and specialists serve every county in the state and the Wind River Reservation. Find us at <http://www.uwyo.edu/uwe/county/>.

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WELCOME TO DIABETES-HEALTHY EATING

Over the years, we have learned the value of keeping the pleasure in eating, even when a chronic disease is involved. People with diabetes used to be told not to consume any sugar or sugar-containing foods. We now know it is more important to incorporate foods you enjoy into meal plans than live with the message you can never eat them again. The nutrition and food safety team at University of Wyoming Extension encourages overall balance. If you want to consume a food high in carbohydrates, plan it into the meal. Don't just "tack it on."

Recipes for this cookbook were recommended by Wyoming cooks and extension educators and analyzed using Nutritionist Pro at the University of Wyoming. Four criteria guided our selections:

- Delicious taste
- No more than 45 grams of total carbohydrate per serving
- No more than 600 milligrams of sodium per serving
- Passes the finger counting test

The nutritional analysis lets you choose recipes to fit your needs—and taste. They are well-suited to the prediabetic as well as diabetic diet. Our hope is they appeal to everyone at your table. Included are recipes for all occasions and every meal of the day. Special sections on food safety and high altitude cooking and baking help ensure and expand mealtime success.

Finally, we wish to acknowledge your initiative and the healthy meals you prepare. We want to hear from you! Do you need further help or wish to share your thoughts?

UW Extension nutrition and food safety educators serve every Wyoming county and the Wind River Reservation. Find us at <http://www.uwyo.edu/uwe/>. To learn about Dining with Diabetes classes and programs in your area, see <http://www.uwyo.edu/foods/links-to-learn-more/dining.html>.

Directions for the Finger Counting Food Nutrition Test

Choose a food product. (This tool does not work well for frozen meals or bread products.)

Raise a finger for each if the food contains any of the following:

- 10% or more vitamin A
- 10% or more vitamin C
- 10% or more calcium
- 10% or more iron
- 10% (5g) or more protein
- 10% or more fiber

Now lower a finger for each if the food contains the following:

- 10% or more total fat
- 200 or more calories

If fingers remain raised, the food is nutritious.

Source: Action for Healthy Kids

STRATEGIES FOR PEOPLE WITH DIABETES

2015–2020 Dietary Guidelines for Americans

Consume a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level.

A healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

A healthy eating pattern limits:

- Saturated fats and trans fats, added sugars, and sodium

www.choosemyplate.gov

The 2015–2020 Dietary Guidelines for Americans, developed by the U.S. Departments of Agriculture (USDA) and Health and Human Services, emphasize that every food choice is an opportunity to move toward a healthier eating pattern. Small shifts in food choices—over the course of a week, a day, or even a meal—can make a big difference. The Dietary Guidelines offer an adaptable framework for developing and maintaining healthy eating patterns. They can be found at <http://health.gov/dietaryguidelines/2015/guidelines/>.

The USDA's ChooseMyPlate.gov website reflects the recommendations of the *Dietary Guidelines*. Visit ChooseMyPlate.gov for help making a healthy eating plan based on food preferences, daily exercise, health, and health risks linked to diet, such as obesity, diabetes, and heart disease.

The following strategies are adapted from the 2013 position statement on nutrition therapy for individuals living with diabetes, published in *Diabetes Care Journal*.

- Practice portion control for weight loss and maintenance.
- Avoid sugar-sweetened beverages.
- Select leaner protein sources and meat alternatives.
- Substitute foods higher in unsaturated fat (liquid oils) for foods higher in trans or saturated fat.
- Know what foods and beverages contain carbohydrates (starchy vegetables, whole grains, fruit, milk and milk products, vegetables, and sugar), because these and the body's production of insulin are the greatest determinant of the post-meal blood glucose level.
- When choosing carbohydrate-containing foods, choose nutrient-dense, high-fiber foods instead of processed foods with added sodium, fat, and sugars. Nutrient-dense foods and beverages provide vitamins, minerals, and other healthful substances without added calories from solid fats, sugars, or refined starches.
- For most people counting carbohydrates, it is not necessary to subtract the amount of dietary fiber or sugar alcohols from the total.
- Do not use vitamin and mineral supplements, herbal products, or cinnamon to manage diabetes, as evidence that they work for this is lacking.
- Alcohol (for adults who make this choice) should be consumed with food to reduce the risk of hypoglycemia in those using insulin or insulin secretagogues. Moderate alcohol consumption (one drink a

day or less for adult women and two drinks a day or less for adult men) has minimal acute or long-term effects on blood glucose in people with diabetes.

- Limit sodium intake to 2,300mg/day.

Remember, everyone has different dietary needs, and no single food plan is recommended. Individual needs should be reviewed with a primary care physician, registered dietitian, or certified diabetes educator.

Sweetener	Trade names/common names	Strengths and Limitations
Acesulfame potassium (K)	Sweet One, Sunett, DiabetiSweet	<ul style="list-style-type: none"> • Heat-stable at baking temperatures. • Contains potassium but is thought not to affect potassium levels in the body. • Dialysis patients may want to monitor use of this product.
Aspartame	Equal, NutraSweet, Sweet Mate, Equal Spoonful, Equal for Recipes, Equal Packets	<ul style="list-style-type: none"> • Not heat-stable. • Loses its sweet taste after long exposure to heat. • May not be the best choice for baking. • Releases phenylalanine into the body, so products with aspartame have to display the following label: “Phenylketonurics: contains phenylalanine.”
Luo han guo	Monk fruit extract, Swingle fruit extract, Go-Luo, Nectresse, Purefruit	<ul style="list-style-type: none"> • May have an aftertaste when used in large quantity.
Neotame	Newtame	<ul style="list-style-type: none"> • Although it contains phenylalanine, the amount released into the body is negligible, so products with neotame do not have to display the warning label for phenylketonurics.
Saccharin	Sweet’N Low, Sugar Twin, Sweet Twin, Sweet Magic, Sucaryl, Sweet 10	<ul style="list-style-type: none"> • Heat-stable and works well for cooking and baking.
Stevia	Stevia, Truvia, Natvia and Stevia in The Raw, A Sweet Leaf, Sun Crystals, PureVia	<ul style="list-style-type: none"> • May have a bitter taste when used in large quantity.
Sucralose	Splenda	<ul style="list-style-type: none"> • Heat-stable and works well for cooking and baking.

HOW TO USE NONNUTRITIVE SWEETENERS

To enjoy something sweet without counting carbohydrates, you can substitute nonnutritive sweeteners. They contain few-to-no calories (or carbohydrate) and do not raise blood glucose. And because they are 100 to 13,000 times sweeter than sugar (sucrose), very small amounts are needed.

Artificial sweeteners and sugar both provide a sweet taste. Sugar also helps make baked goods soft and moist and provides a golden color. Artificial sweeteners do not contribute the same volume or bulking effects as sugar in cakes, muffins, and quick breads. (They provide more sweetness in less space.) Some artificial sweeteners may leave an aftertaste.

Knowing the functions of sugar in cooking and baking can help you determine when you can substitute an artificial sweetener for sugar in a recipe.

Sugar substitutes give the best results in recipes for beverages, frozen desserts, pie fillings, sauces, gelatins, and puddings. Cakes, cookies, and other foods that call for large amounts of sugar will do better if you replace no more than half a cup of the total sugar with an artificial sweetener. Some artificial sweeteners, such as sucralose, may allow for more sugar substitution.

Because nonnutritive sweeteners have different properties (strengths and limitations), we recommend following the manufacturer's directions for use. Most nonnutritive sweeteners display this information on the package, and manufacturers' websites typically provide recipes and guidelines for use.

When experimenting with a recipe, you may want to make small adjustments and write down the changes that work for you. (This is a good technique for high-altitude adjustments, too.)

HEALTHY RECIPE MODIFICATIONS

You can substitute ingredients or change cooking techniques to increase the health benefits of most recipes. Sometimes the bigger consideration is portion size, and foods can be part of a healthy eating plan when consumed in moderation. You may choose to serve certain foods less often or in smaller portions than to revise the recipe.

Although texture and appearance may be different with modified recipes, you can experiment with most. Recipes for combined foods, such as casseroles and soups, are most adaptable. Recipes for most baked products can be altered, but keep in mind that a cookie recipe is more adaptable than a cake recipe.

Recipes for preserved products such as pickles, salsas, jellies, or candies should not be changed. Modifying a preserved food recipe may result in an undesirable product or, at worst, one that is not safe to eat.

The following tables offer ways to decrease fat, sugar, and sodium (salt) and increase fiber in recipes. To begin, look at the ingredients in the recipe and review their functions. Guidelines for Revising Recipes, below, offers suggestions. If this is too much for you, perhaps try only a few favorites.

GUIDELINES FOR REVISING RECIPES

Use these steps to modify a recipe to make it healthier.

- 1** Decide which ingredients to reduce.
- 2** Decide which ingredients to increase.
- 3** Consider adding nonfat dry milk powder to increase calcium.
- 4** Make the recipe with modifications.
- 5** Decide if the quality and taste are to your liking, and note the results.
- 6** Try again until you're pleased with the results.

TIPS TO REDUCE SUGAR

Instead of this	Try this
Sugar in baked products	<ul style="list-style-type: none">• Reduce sugar by $\frac{1}{4}$ to $\frac{1}{3}$ in baked goods and desserts• Example: If recipe calls for 1 cup, use $\frac{2}{3}$ cup• In cakes, cookies and other foods that call for large amounts of sugar, replace half a cup of the total sugar with an artificial sweetener• Cinnamon, vanilla, and almond extract can be added to give impression of sweetness (don't remove all sugar in yeast breads) <p>Note: Replacing sugar with sucralose (Splenda) works well for most baked products. Add $\frac{1}{4}$ teaspoon baking soda for each $\frac{1}{2}$ cup of sucralose used. Baking time is usually shorter and product will have a smaller yield.</p>
Sugar not in baked products	<ul style="list-style-type: none">• Acesulfame potassium, aspartame, neotame, saccharin, or stevia <p>Note: Sweet taste will vary with product combination or amounts of each sweetener used.</p>
Fruit-flavored yogurt	<ul style="list-style-type: none">• Plain yogurt with fresh fruit slices or use light versions of yogurt
Syrup	<ul style="list-style-type: none">• Pureed fruit such as no sugar-added applesauce or sugar-free syrup
Sugar in canned or frozen fruits	<ul style="list-style-type: none">• Decrease or eliminate sugar when canning or freezing fruits, although this may affect the appearance of the fruit.• Buy unsweetened frozen fruit or fruit canned in its own juice, water, or light syrup
Cookies – bar or drop	<ul style="list-style-type: none">• Replace $\frac{1}{4}$ of sugar with an equal amount of nonfat dry milk

TIPS TO REDUCE FAT AND CALORIES

Instead of this	Try this
Shortening, butter, margarine, or solid fat	<ul style="list-style-type: none"> • ¼ less liquid oil or solid fat called for in the recipe • Equal amounts oil for melted shortening, margarine, or butter • Light spread margarines, diet margarine, or whipped butter
Shortening, butter, or oil (in baking)	<ul style="list-style-type: none"> • Applesauce, banana, prune or pumpkin puree for half the butter, shortening, or oil • Half applesauce and half buttermilk • Fat-free cream cheese <p>Note: May need to reduce baking time by a fourth.</p> <p>Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening. Also, don't substitute diet, whipped, or tub-style margarine for regular margarine.</p>
Shortening, butter, margarine, or oil used to prevent sticking when pan frying	<ul style="list-style-type: none"> • Cooking spray, water, broth, and/or nonstick cookware
Basting fat or oil	<ul style="list-style-type: none"> • Low-fat broth or stock • Fruit juice
Whole milk, half and half, evaporated milk	<ul style="list-style-type: none"> • Fat-free milk, low-fat milk, evaporated skim milk, fat-free half and half, or plain soymilk with calcium
Buttermilk, 1 cup	<ul style="list-style-type: none"> • 1 cup fat-free or low-fat yogurt • 1–2 tablespoons lemon juice or vinegar + fat-free milk to make 1 cup • 2–3 tablespoons plain, fat-free yogurt + fat-free milk to make 1 cup
Full-fat cream cheese	<ul style="list-style-type: none"> • Low-fat or fat-free cream cheese, Neufchatel, yogurt cheese, Greek yogurt, or low-fat cottage cheese pureed until smooth
Full-fat sour cream, full-fat cottage cheese, full-fat ricotta cheese	<ul style="list-style-type: none"> • Fat-free or reduced-fat sour cream, fat-free plain yogurt (yogurt is not heat stable), soft tofu, 2% or fat-free cottage cheese or part-skim ricotta cheese <p>Note: If a sauce made with yogurt is to be heated, blend one tablespoon of cornstarch with a cup of yogurt to prevent separation.</p>
Cream, whipping cream	<ul style="list-style-type: none"> • Evaporated skim milk, fat-free half-and-half • Fat-free whipped topping or cream • Mix equal amounts low-fat yogurt and plain low-fat unsalted cottage cheese • Mix 1 cup fat-free dry milk powder whipped with 1 cup ice water • Combine ½ cup fat-free yogurt with ½ cup low-fat ricotta cheese + 2 tablespoons honey mixed together
Cream or whipping cream as a thickener	<ul style="list-style-type: none"> • Pureed potatoes or dry potato flakes to thicken soup • 1 cup fat-free milk whisked into 2 teaspoons cornstarch
Eggs	<ul style="list-style-type: none"> • Egg whites (usually two egg whites for every egg) or ¼ cup egg substitute

Instead of this	Try this
Eggs as binder	<ul style="list-style-type: none"> • ¼ cup applesauce or fruit puree per egg • 1 tablespoon ground flaxseed and 3 tablespoons water per egg mixed in a blender until thick and creamy • ¼ cup of silken tofu (whipped until smooth) equals one egg
Eggs as leavener	<ul style="list-style-type: none"> • 1 teaspoon baking soda and 1 tablespoon apple cider vinegar per egg
Whole fat cheese	<ul style="list-style-type: none"> • Low-fat cheese, add at the end of baking time • Low-fat mozzarella or feta cheese • Reduce amount by half
Regular mayonnaise salad dressing	<ul style="list-style-type: none"> • Fat-free, low-fat, or reduced-fat mayonnaise or salad dressing • Fat-free Greek yogurt • Mustard – any flavor
Gravy (homemade with fat or milk)	<ul style="list-style-type: none"> • Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk
Cream sauce	<ul style="list-style-type: none"> • 1 (10.75-ounce) can low-fat or fat-free condensed cream-style soup + ¼ cup liquid (water or fat free milk)
Dressings for salads	<ul style="list-style-type: none"> • Fat-free or reduced-calorie salad dressings, lemon juice, or plain, herb-flavored, or wine vinegar • Homemade dressing is 1/3 oil to 2/3 vinegar ratio
Oil-based marinades	<ul style="list-style-type: none"> • Wine, balsamic vinegar, fruit juice, or fat-free broth
Soups, chili, and stews	<ul style="list-style-type: none"> • Refrigerate and skim off hardened fat before reheating • Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes, or tofu for thickening agents
Chicken, turkey duck, goose, or pheasant with skin	<ul style="list-style-type: none"> • Remove skin from meat before cooking or before eating • Eat the white meat
Cold cuts, lunch meats, hot dogs	<ul style="list-style-type: none"> • Low-fat cold cuts or lunch meats or low-fat pressed meats • Low-fat hot dogs or turkey franks
Ground beef or venison	<ul style="list-style-type: none"> • 90% lean or 97% extra lean ground beef or ground round, ground chicken breast or turkey breast – make sure no poultry skin has been added to the product • Blot the beef with paper towels and rinse it with hot water
Beef (chuck, ribs, or brisket)	<ul style="list-style-type: none"> • Beef (round or loin) trimmed of external fat • Lean venison, veal, pork, chicken or turkey
Pork (spareribs or untrimmed loin)	<ul style="list-style-type: none"> • Pork tenderloin • Trimmed, lean smoked ham • Chicken, turkey, lamb, veal, lean venison or beef
Bacon or sausage	<ul style="list-style-type: none"> • Canadian bacon, turkey bacon, smoked turkey, prosciutto, pancetta, lean ham – boiled, baked, smoked, vegetarian sausage made with tofu, lean venison sausage

TIPS TO REDUCE SODIUM

Instead of this	Try this
Breaded or fried fish	<ul style="list-style-type: none"> Fish or shellfish, unbreaded – fresh, frozen, or canned in water
Oil-packed tuna	<ul style="list-style-type: none"> Water-packed tuna – rinse to reduce sodium
Canned fish	<ul style="list-style-type: none"> Water-packed canned products or canned products packed in light sauces
Croutons	<ul style="list-style-type: none"> Unsalted nuts such as sliced almonds
Breadcrumbs as topping	<ul style="list-style-type: none"> Wheat germ
Salt	<ul style="list-style-type: none"> Omit salt or reduce salt by ½ in most recipes (except in products with yeast, or in pickling) Cook foods without adding salt Do not put the salt shaker on the table Use herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes, or herb blends for flavor
Frozen or canned vegetables	<ul style="list-style-type: none"> Choose frozen vegetables without sauces or use no-salt-added canned goods Rinse canned vegetables
Broth, stock, soup	<ul style="list-style-type: none"> Low-sodium versions Dilute with water
Seasoning salt or spice mixes with salt (Seasonings high in sodium include catsup, chili sauce, chili powder, bouillon cubes, barbecue sauce, soy sauce, Worcestershire sauce, and meat tenderizers)	<ul style="list-style-type: none"> Salt-free seasoning and spice mixes Herbs, spices, lemon juice, or vinegar to flavor food Garlic and/or onion powder Finely chopped garlic, celery, or onions
Soy sauce	<ul style="list-style-type: none"> Light soy sauce
Worcestershire sauce	<ul style="list-style-type: none"> 1 tablespoon light soy sauce + dash hot pepper 1 tablespoon light soy sauce + dash of garlic powder and cayenne pepper
Pasta, noodles, rice, hot cereals	<ul style="list-style-type: none"> Reduce or omit sodium when cooking these
Bread crumbs	<ul style="list-style-type: none"> Rolled oats with a little seasoning, chia seeds, crushed flax, crushed high-fiber, low-salt cereal
Cheese	<ul style="list-style-type: none"> Swiss cheese

TIPS TO INCREASE FIBER

Instead of this	Try this
White rice, enriched grains	<ul style="list-style-type: none">• Whole grain, brown rice, wild rice, whole cornmeal (not degermed), whole barley, bulgur, kasha, quinoa, or whole-wheat couscous
All-purpose flour	<ul style="list-style-type: none">• Substitute whole wheat flour for up to half of all-purpose 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	<ul style="list-style-type: none">• Whole grain pastas, crackers, cookies, and cereals• Oatmeal in place of crushed crackers• For pasta, try spaghetti squash or summer squash ribbons
White bread	<ul style="list-style-type: none">• 100% whole wheat bread or 100% whole grain bread
Iceberg lettuce	<ul style="list-style-type: none">• Romaine lettuce, kale, endive, and other leafy lettuces or baby spinach
Meat	<ul style="list-style-type: none">• More dried beans and peas• Add legumes and lentils to many different dishes. For example, try adding pureed lentils to your spaghetti sauce.
Peeled fruit and vegetables	<ul style="list-style-type: none">• Add extra fruits and vegetables to recipes and include the peel when appropriate. For example, add carrots to spaghetti sauce and leave peels on apples in apple crisp and zucchini in zucchini bread.

COOKING AND BAKING AT HIGH ALTITUDES

Since most recipes are created for sea level, success at high altitudes may require adjustments in time, temperature, or ingredients. If you are new to Wyoming, you may wonder why potatoes take longer to cook, cookies crumble, or cakes fall. At 3,000 feet or more above sea level (which includes ALL of Wyoming), you get to blame everything on the altitude!

At sea level, water boils at 212°F. Higher altitude means lower air pressure, which decreases the boiling temperature of water. With each 500-foot increase in elevation, the boiling point of water is lowered by just under 1°F. At 7,500 feet, for example, water boils at about 198°. This affects vegetables, eggs, candy, and the internal structure of baked products.

HOW LOWER AIR PRESSURE AFFECTS BAKING

Lower air pressure affects baked goods two main ways: they lose moisture more quickly and rise more easily.

Liquids evaporate faster because water boils at lower temperatures. Quicker evaporation can also make baked goods more prone to sticking as sugar becomes more concentrated. And some cakes won't set, or by the time they do, they are dry and crumbly.

Leavening gases in breads and cakes expand more rapidly. Leavening occurs faster, and gas bubbles tend to group together into large, irregular pockets in a batter or dough. This can create a coarse-textured cake. Also, the pressure within rising batter can build, stretching cell walls and causing them to burst. The collapse of cell walls means the cake falls.

Problems usually can be corrected by adjusting baking temperature and one or more key ingredient, including baking powder, soda, sugar, liquid, or fat. Make only one adjustment at a time.

In general, to reinforce cell walls, decrease sugar and fat (the tenderizers) and increase eggs and flour (the strengtheners). Reducing leavening agents (baking powder, baking soda, etc.) can relieve pressure within the cells.

For cake mixes and other mixes for baked goods, check the package or manufacturer's website for specific directions.

THERE ARE NO FOOL-PROOF FORMULAS

Sometimes it takes repeated trials, making one change at a time to arrive at recipe success. If the finished texture or appearance is not acceptable, try one change at a time, making the smallest adjustment first and working up to the largest until you like the results. Even with altitude adjustments, the end product may never be the same as if prepared at sea level. With that said, do not assume your sea-level recipe will fail. Try it first. It may need no modification or only a little. The following altitude adjusters provide a place to start.

ALTITUDES IN WYOMING

County or Entity	Town or Community	Altitude
3,000 feet		
Sheridan	Sheridan	3745
Big Horn	Basin	3870
Washakie	Worland	4061
Goshen	Torrington	4104
Hot Springs	Thermopolis	4326
Weston	Newcastle	4334
Campbell	Gillette	4544
Johnson	Buffalo	4645
Platte	Wheatland	4733
Crook	Sundance	4750
Converse	Douglas	4815
5,000 feet		
Niobrara	Lusk	5015
Park	Cody	5016
Natrona	Casper	5123
Fremont	Lander	5357
Wind River	Ethete	5354
Reservation	Ft. Washakie	5571
Laramie	Cheyenne	6062
Sweetwater	Green River	6100
Teton	Jackson	6209
Uinta	Evanston	6748
Carbon	Rawlins	6755
Lincoln	Kemmerer	6927
7,000 feet		
Albany	Laramie	7165
Sublette	Pinedale	7175
Yellowstone	Grant Village	7825
National Park		

GENERAL ADJUSTMENTS FOR BAKING—WHAT, WHERE, AND WHY

Adjustment	3,000 feet	5,000 feet	7,000 feet
Reduce baking powder. For each teaspoon decrease:	1/8 teaspoon	1/8–1/4 teaspoon	1/4 teaspoon

Prevents excess rising that stretches cell structure, producing coarse, irregular texture causes dough to sink in the center results in low volume.

Reduce sugar. For each cup decrease:	0–1 tablespoon	0–2 tablespoons	1–3 tablespoons
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Because of faster liquid evaporation, sugar solutions become more concentrated, affecting the texture.

Increase flour. For each cup add:	0–1 tablespoon	0–2 tablespoons	2–4 tablespoons
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Flour strengthens the structure of baked goods.

Increase liquid. For each cup add:	1–2 tablespoons	2–4 tablespoons	3–4 tablespoons
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Liquids evaporate faster in all cooking processes.

Increase oven temperature	15–25°F	15–25°F	15–25°F
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Helps “set” the batter before the cells expand too much. Cookies may not need a temperature increase.

FOOD SAFETY FUNDAMENTALS

While taste and nutrition are important when preparing food, food safety must be front and center. Foodborne illnesses can be serious—even life-threatening—but you can prevent most cases by following a few simple practices.

Wash your hands! Washing hands greatly reduces the risk of illness. Nothing replaces washing with soap and warm water, but if soap and water are not available, use an alcohol-based hand sanitizer. Always wash your hands after using the restroom or handling potentially hazardous foods like meat or eggs. The bottom line: wash your hands before, during, and after handling food products.

Keep hot foods hot and cold foods cold. Bacteria multiply quickly under the right conditions. Their numbers can double every 15 minutes! Potentially hazardous foods should not remain in the danger zone (40°–140°F) longer than two hours. Although the maximum time food should be left out for serving is two hours, when the weather is hot and temperatures are higher than 90°F, perishable food must be refrigerated or thrown out after only one hour.

Separate – don't cross-contaminate. Use a separate cutting board for raw foods like meat, poultry, and fish and another for cooked foods, salads and ready-to-eat foods like salads. Use a clean plate and utensils to serve foods. If you transport meat in a cooler, make sure it is well wrapped and use plenty of ice. Coolers should be washed and sanitized regularly.

Know safe temperatures. Different types of meat need to be cooked to different temperatures to be safe to eat. Because you can't tell if meat is done by looking at it, use a calibrated thermometer. For correct temperatures and how to use a meat thermometer, visit www.IsItDoneYet.gov.

Wash your produce – even fruits like cantaloupe and watermelon. If a melon hasn't been properly washed, a knife can carry germs from the outside to the inner part that will be eaten. Fresh water and a good scrub brush will clean these foods.

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Appetizers



CUCUMBER DILL SPREAD

Servings

18 (1 serving = 2 tablespoons)

Ingredients

2 (8-ounce) packages fat-free cream cheese, softened

2 teaspoons lemon juice

2 teaspoons minced onion or
½ teaspoon onion powder

½ teaspoon dill weed

¼ teaspoon prepared horseradish

⅛ teaspoon hot pepper sauce

¾ cup finely diced cucumber

Fresh vegetables (not included in nutritional analysis)

Kitchen Utensils Needed

Electric mixer

Medium mixing bowl

Serving platter

Cutting board and knife

Measuring cups and spoons

Scraper spatula or mixing spoon

Plastic wrap

Plates and forks

1 In a mixing bowl, beat cream cheese until smooth with an electric mixer. Add lemon juice, onion, dill, horseradish, and hot pepper sauce. Fold in cucumber.

2 Cover with plastic wrap and chill for at least one hour.

3 Serve with fresh vegetables.

Nutrition Facts

Serving Size 2 tablespoons (30.46g)
Servings Per Container 18

Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 180mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 4g	8%
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

HERBED VEGETABLE DIP

Servings

20 (1 serving = 2 tablespoon)

Ingredients

1 (16-ounce) carton low-fat cottage cheese

3 tablespoons fat-free milk

¾ cup mayonnaise

1 tablespoon dried minced onion

1 tablespoon dried parsley flakes

1 teaspoon dried dill weed

1 teaspoon herbed salt-free seasoning blend

¼ teaspoon garlic powder

Fresh vegetables (not included in nutritional analysis)

Kitchen Utensils Needed

Blender or food processor

Measuring cups and spoons

Large bowl

Scraper spatula

Plastic wrap

Plates and forks

- 1 In blender or food processor, mix cottage cheese and milk until smooth. Scrape sides as necessary. Stir in remaining ingredients and mix well.
- 2 Place in bowl. Cover with plastic wrap and chill overnight.
- 3 Serve with fresh vegetables.

Nutrition Facts

Serving Size 2 tablespoons (35.14g)
Servings Per Container 20

Amount Per Serving

Calories 25 Calories from Fat 0

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 1%

Sodium 170mg 7%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 1%

Sugars 2g

Protein 3g 6%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

WHITE BEAN DIP

Servings

10 (1 serving = 2 tablespoons)

Ingredients

1 (15-ounce) can cannelloni beans or great northern beans, rinsed and drained

1 tablespoon lemon juice

2 tablespoons plain, non-fat yogurt

2 tablespoons chopped fresh parsley

½ teaspoon freshly ground black pepper

½ teaspoon cumin

¼ teaspoon hot pepper sauce

2 garlic cloves

Fresh vegetables (not included in nutritional analysis)

Kitchen Utensils Needed

Blender or food processor

Can opener

Medium bowl

Cutting board and knife

Measuring spoons

Scraper spatula or mixing spoon

Plastic wrap

Plates and forks

1 In a food processor or blender, combine all ingredients. Cover and process until smooth. Scrape sides as necessary.

2 Place in bowl. Cover with plastic wrap and chill for at least 3 hours.

3 Serve with fresh vegetables.

Nutrition Facts

Serving Size 2 tablespoons (48.81g)
Servings Per Container 10

Amount Per Serving

Calories 60 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 4g **8%**

Vitamin A 0% • Vitamin C 4%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

YOGURT FRUIT DIP

Servings

10 (1 serving = 2 tablespoons)

Ingredients

1 (16-ounce) carton plain, non-fat yogurt

2 tablespoons brown sugar

1 tablespoon frozen orange juice concentrate, thawed

Dash of ground cinnamon

Fresh fruit (not included in nutritional analysis)

Kitchen Utensils Needed

Colander

Paper coffee filter or cheesecloth

Mixing bowls

Cutting board and knife

Measuring spoons

Scraper spatula or mixing spoon

Plastic wrap

Plates and forks

1 Line a colander with a paper coffee filter or cheesecloth; place it over bowl. Put yogurt in colander or strainer; cover with plastic wrap; refrigerate for 8 hours. Discard liquid in bowl.

2 In bowl, combine drained yogurt, brown sugar, orange juice concentrate, and cinnamon; mix well.

3 Serve with fresh fruit.

Nutrition Facts

Serving Size 2 tablespoons (48.96g)
Servings Per Container 10

Amount Per Serving

Calories 35 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 6g **2%**

Dietary Fiber 0g **0%**

Sugars 6g

Protein 3g **5%**

Vitamin A 0% • Vitamin C 4%

Calcium 10% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Breakfast & Brunch



BAKED APPLE PANCAKE

Servings

6 (1 serving = 1/6 of recipe)

Ingredients

2 tablespoons margarine, divided

3 pounds Granny Smith apples, thinly sliced, peel if desired

1/2 cup 2% milk shredded cheddar cheese

1 ounce Neufchatel cheese, softened

1/2 cup non-fat milk

1/2 cup flour

3/4 cup cholesterol-free egg product

1/4 cup granulated sucralose-based nonnutritive sweetener, divided

1/8 teaspoon salt

1/2 teaspoon cinnamon

Kitchen Utensils Needed

Large oven-proof skillet

Whisk

Mixing bowl and spoons

Cutting board and knife

Measuring cups and spoons

Serving spatula

Potholders

Plates and forks

- 1 Preheat oven to 475°F.
- 2 Melt 1 tablespoon margarine in large oven-proof skillet on medium heat. Add apples; cook 5 minutes or until crisp-tender, stirring frequently. Top with cheddar cheese.
- 3 Whisk Neufchatel cheese and milk in medium bowl until blended. Stir in flour, egg product, 1 tablespoon nonnutritive sweetener, and salt; pour over apples.
- 4 Sprinkle with combined remaining nonnutritive sweetener and cinnamon; dot with remaining margarine.
- 5 Bake 12–15 minutes until puffed and golden brown. Serve immediately.

Nutrition Facts

Serving Size 1/6 skillet (175.88g)
Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 250mg 10%

Total Carbohydrate 31g 10%

Dietary Fiber 3g 11%

Sugars 18g

Protein 9g 17%

Vitamin A 8% • Vitamin C 0%

Calcium 8% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

NUTMEG PANCAKES WITH BERRIES

Servings

6 (1 serving = 1 pancake)

Ingredients

2 cups sliced strawberries

2 teaspoons finely grated lemon peel

2 tablespoons sucralose-based nonnutritive sweetener, divided

¼ cup all-purpose flour

¼ cup whole-wheat flour

1 teaspoon baking powder

¾ teaspoon ground nutmeg

½ teaspoon baking soda

¼ teaspoon salt

1⅓ cups non-fat buttermilk

¼ cup cholesterol-free egg substitute

2 tablespoons canola oil

Non-stick cooking spray

Kitchen Utensils Needed

Non-stick griddle

Mixing bowls and spoons

Cutting board and knife

Measuring cups and spoons

Scraper spatula or mixing spoon

Turning spatula

Potholders

Plates and forks

- 1 Combine strawberries, lemon peel, and 1 tablespoon sweetener in medium bowl. Set aside.
- 2 Combine flours, 1 tablespoon sweetener, baking powder, nutmeg, baking soda, and salt in small bowl.
- 3 Combine buttermilk, egg substitute, and oil in another small bowl. Add to flour mixture; stir just until moistened.
- 4 Lightly spray griddle with non-stick cooking spray. Heat over medium-high heat.
- 5 For each pancake, pour about ¼ cup batter onto hot griddle. Cook until top is covered with bubbles and edge is slightly dry. Flip over; continue cooking until done.
- 6 Top warm pancakes with berries and serve immediately.

Nutrition Facts

Serving Size 1 pancake (145.22g)
Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 380mg 16%

Total Carbohydrate 27g 9%

Dietary Fiber 2g 8%

Sugars 9g

Protein 6g 11%

Vitamin A 0% • Vitamin C 50%

Calcium 15% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

HONEY GRANOLA WITH FRUIT AND YOGURT

Servings

12 (1 serving = 1/3 cup granola)

Ingredients

2 1/2 cups old-fashioned rolled oats

1 cup wheat flakes cereal

1/3 cup toasted wheat germ

1/3 cup sliced almonds or pecan pieces

1/3 cup unsweetened pineapple or apple juice

1/3 cup honey

1/4 teaspoon ground allspice

1/4 teaspoon cinnamon

Non-stick cooking spray

Fruit and yogurt (not included in nutritional analysis)

Kitchen Utensils Needed

Small saucepan

15 x 10 x 1-inch non-stick baking pan

Large bowl and spoons

Measuring cups and spoons

Foil

Storage container

Bowls and spoons

- 1 Preheat oven to 325°F.
- 2 Spray baking pan with non-stick cooking spray.
- 3 In a large bowl, stir together oats, wheat flake cereal, wheat germ, and almonds or pecans. Set aside.
- 4 In small saucepan, stir together juice, honey, allspice, and cinnamon. Cook and stir just until boiling.
- 5 Remove from heat. Pour over oat mixture, tossing just until coated.
- 6 Spread oat mixture evenly in prepared pan.
- 7 Bake for 30–35 minutes or until oats are lightly browned, stirring twice.
- 8 Remove from oven. Immediately turn out onto a large piece of foil; cool completely. Store in sealed container.
- 9 For each serving, spoon 1/2 cup yogurt into bowl, top with 1/3 cup of the granola and 1/3 cup fruit.

Nutrition Facts

Serving Size 1/3 cup (211.91g)
Servings Per Container 12

Amount Per Serving	
Calories 230	Calories from Fat 30
<hr/>	
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 110mg	5%
Total Carbohydrate 39g	13%
Dietary Fiber 4g	17%
Sugars 22g	
Protein 11g	23%
<hr/>	
Vitamin A 2%	Vitamin C 35%
Calcium 40%	Iron 20%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

MUESLI

Servings

2 (1 serving = 1 cup)

Ingredients

¼ cup quick rolled oats

¼ cup non-fat milk

½ cup vanilla non-fat yogurt

1 cup diced fresh or frozen* fruit

Pinch of cinnamon

Kitchen Utensils Needed

Small mixing bowl and spoon

Cutting board and knife

Measuring cups

Plastic wrap

Bowls and spoons

- 1 In a small bowl, mix the rolled oats and milk. Cover and allow to soak for a few hours or overnight in the refrigerator.
- 2 Fold in the rest of the ingredients.
- 3 Refrigerate until ready to serve, up to one day.

***Note:** Do not thaw frozen fruit.

Nutrition Facts	
Serving Size 1 cup (164.25g)	
Servings Per Container 2	
Amount Per Serving	
Calories 160	Calories from Fat 15
<hr/>	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 90mg	4%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	10%
Sugars 17g	
Protein 8g	16%
<hr/>	
Vitamin A 4%	Vitamin C 70%
Calcium 25%	Iron 4%
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>	

FRENCH TOAST SURPRISE

Servings

4 (1 serving = 2 slices of toast)

Ingredients

8 slices whole-wheat bread

4 tablespoons non-fat cream cheese

8 tablespoons sugar-free fruit preserves, any flavor

½ cup cholesterol-free egg product

¼ cup non-fat milk

⅓ –1 tablespoon nonnutritive sweetener (optional)

8 teaspoons slivered almonds

4 fresh strawberries, whole, sliced vertically almost to stem

Non-stick cooking spray

Kitchen Utensils Needed

Griddle or non-stick skillet

Mixing bowls and spoons

Shallow bowl or pie dish

Cutting board and knife

Serving platter

Wire whisk or hand beater

Measuring cups and spoons

Shallow pan

Turning spatula

Plates and forks

- 1 Spread one side of 4 slices bread each with 1 tablespoon cream cheese.
- 2 Spread one side of remaining 4 slices bread each with 2 tablespoons fruit preserves.
- 3 Place bread with cream cheese and bread with preserves together in pairs, like a sandwich, with cream cheese and preserves on the inside.
- 4 In a shallow bowl, beat egg substitute, milk, and nonnutritive sweetener with a wire whisk until smooth.
- 5 Spray a griddle or skillet with cooking spray; heat over medium heat.
- 6 Dip each side of sandwich into egg mixture.
- 7 Cook sandwiches 2–3 minutes on each side or until golden brown.
- 8 Place each sandwich on a serving plate. Sprinkle each with 2 teaspoons almonds. Garnish each plate with a strawberry with the slices fanned out.

Nutrition Facts

Serving Size 2 slices (146.19g)
Servings Per Container 4

Amount Per Serving

Calories 220 Calories from Fat 35

% Daily Value*

Total Fat 4g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 34g 11%

Dietary Fiber 4g 15%

Sugars 4g

Protein 11g 22%

Vitamin A 0% • Vitamin C 10%

Calcium 10% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

STRAWBERRY CINNAMON FRENCH TOAST

Servings

4 (1 serving = 1 slice of bread)

Ingredients

1 egg or ¼ cup egg substitute

¼ cup non-fat milk

½ teaspoon vanilla extract

4 (1-inch thick) diagonally cut slices
Italian bread

2 teaspoons reduced-fat margarine

2 packets nonnutritive sweetener

¼ teaspoon ground cinnamon

1 cup sliced strawberries

Fresh mint leaves (optional)

Non-stick cooking spray

Kitchen Utensils Needed

Baking sheet

Shallow bowl or pie dish

Small mixing bowl and spoon

Cutting board and knife

Measuring cups and spoons

Turning spatula

Plates and forks

- 1 Preheat oven to 450°F.
- 2 Spray baking sheet with non-stick cooking spray.
- 3 Beat egg or egg substitute, milk, and vanilla extract in shallow dish or pie plate until blended.
- 4 Dip bread slices in egg mixture until completely coated. Place on baking sheet; bake 15 minutes or until golden, turning over halfway through baking time.
- 5 Meanwhile, combine margarine, nonnutritive sweetener, and cinnamon in small bowl; stir until well blended. Spread mixture evenly over cooked French toast. Top with strawberries. Garnish with mint, if desired.

Nutrition Facts

Serving Size 1 slice (97.41g)
Servings Per Container 4

Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 220mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 5g	10%
Vitamin A 2%	Vitamin C 35%
Calcium 6%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

SOUTHWESTERN QUICHE

Servings

6 (1 serving = 1 slice)

Ingredients

1 cup egg substitute

¼ cup low-fat cottage cheese

¼ cup non-fat sour cream

2 tablespoons flour

⅓ cup low-fat grated cheddar cheese

¼ cup canned chopped green chilies, drained

¼ cup chopped onion

¼ cup chopped green, red, or orange bell pepper

Non-stick cooking spray

Kitchen Utensils Needed

Electric mixer

9-inch pie dish

Mixing bowl and spoon

Cutting board and knife

Measuring cups and spoons

Potholders

Serving spatula

Plates and forks

- 1 Preheat oven to 375°F.
- 2 Spray pie dish with non-stick cooking spray.
- 3 In a medium mixing bowl, combine egg substitute, cottage cheese, sour cream, and flour. Mix with an electric mixer until smooth.
- 4 Add cheese, chilies, onion, and pepper. Stir.
- 5 Pour mixture into pie plate. Bake for 40–45 minutes until egg mixture is set. A food thermometer inserted in the center should be 165°.
- 6 Allow quiche to rest for 10–20 minutes before serving.

Nutrition Facts

Serving Size 1 slice (92.22g)
Servings Per Container 6

Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	4%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 230mg	10%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	1%
Sugars 3g	
Protein 8g	16%
Vitamin A 4%	Vitamin C 15%
Calcium 8%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Breads



BANANA BREAD

Servings

16 (1 serving = 1 slice)

Ingredients

2½ cups whole-wheat flour

2 teaspoons baking powder

1 teaspoon baking soda

½ teaspoon ground allspice

4 ripe medium bananas, mashed
(2 cups)

¼ cup sucralose-based nonnutritive
sweetener

¼ cup sugar

½ cup unsweetened, natural
applesauce

3 egg whites

2 tablespoons vegetable oil

1 teaspoon vanilla extract

Non-stick cooking spray

Kitchen Utensils Needed

Electric mixer

8½ x 4½-inch loaf pan

Large and medium mixing bowls

Measuring cups and spoons

Scraper spatula or mixing spoon

Cutting board and knife

Wire cooling rack

Toothpick

Potholders

Plates and forks

- 1 Preheat oven to 375°F.
- 2 Spray loaf pan with non-stick cooking spray.
- 3 In a large bowl, combine flour, baking powder, baking soda, and allspice.
- 4 In medium bowl, beat together bananas, nonnutritive sweetener, sugar, applesauce, egg whites, oil, and vanilla ct. Stir applesauce mixture into flour mixture just until moistened.
- 5 Spread batter into loaf pan. Bake 60 minutes or until toothpick inserted in center comes out clean.
- 6 Cool in pan for 10 minutes. Invert onto wire rack; turn right side up. Cool.
- 7 Slice and serve.

Nutrition Facts

Serving Size 1 slice (67.91g)
Servings Per Container 16

Amount Per Serving

Calories 130 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 3g **7%**

Vitamin A 0% • Vitamin C 10%

Calcium 6% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

BRAN MUFFINS

Servings

12 (1 serving = 1 muffin)

Ingredients

1¼ cups all-purpose flour

1 tablespoon baking powder

¼ cup sucralose-based nonnutritive sweetener

1 tablespoon sugar

½ teaspoon salt

1 cup 100% bran cereal

1 cup non-fat milk

1 egg

¼ cup vegetable oil

Non-stick cooking spray

Kitchen Utensils Needed

Muffin pan (12-cup)

Mixing bowl and spoons

Measuring cups and spoons

Potholders

Plates and forks

- 1 Preheat oven to 400°F.
- 2 Spray muffin cups with non-stick cooking spray.
- 3 In mixing bowl, combine flour, baking powder, nonnutritive sweetener, sugar, and salt. Set aside.
- 4 In a mixing bowl, combine cereal and milk. Let stand for 2 minutes. Add egg and oil; mix well.
- 5 Add dry ingredients to wet mixture, stirring just until combined. Spoon batter into muffin cups until ⅔ full.
- 6 Bake for 18–20 minutes until golden brown.
- 7 Remove muffins from pan. Serve warm or cooled.

Nutrition Facts

Serving Size 1 muffin (56.97g)
Servings Per Container 12

Amount Per Serving

Calories 150 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 230mg **10%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **10%**

Sugars 8g

Protein 3g **7%**

Vitamin A 6% • Vitamin C 0%

Calcium 10% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

PUMPKIN SPICE MUFFINS

Servings

18 (1 serving = 1 muffin)

Ingredients

¾ cup all-purpose flour

½ cup whole-wheat flour

2 teaspoons baking powder

2 teaspoons cinnamon

½ teaspoon nutmeg

1 teaspoon baking soda

2 eggs, beaten

1 cup pumpkin puree (1 8-oz can
canned pumpkin for pie filling)

3–4 tablespoons sucralose-based
nonnutritive sweetener

½ cup unsweetened applesauce

2 tablespoons canola oil

Non-stick cooking spray

Kitchen Utensils Needed

Can opener

Electric mixer

Muffin pans (18 cups)

Mixing bowls and spoons

Measuring cups and spoons

Potholders

Plates and forks

- 1 Preheat oven to 375°F.
- 2 Spray muffin cups with non-stick cooking spray.
- 3 In a medium bowl, mix together flour, baking powder, cinnamon, nutmeg, and baking soda.
- 4 In a large bowl, combine remaining ingredients. Slowly add dry ingredients to the large bowl and fold ingredients together until blended. Do not over mix.
- 5 Fill 18 muffin cups ¾ full and bake for about 22 minutes or until done.
- 6 Remove muffins from pan and serve warm or cooled.

Nutrition Facts

Serving Size 1 muffin (39.03g)
Servings Per Container 18

Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 2g	4%
Vitamin A 45%	Vitamin C 0%
Calcium 4%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

CHEESY MUFFINS

Servings

12 (1 serving = 1 muffin)

Ingredients

2 cups all-purpose flour

3 teaspoons baking powder

¼ teaspoon paprika

½ teaspoon salt

1 egg, lightly beaten

1 cup non-fat milk

¼ cup margarine, melted

¾ cup shredded reduced-fat cheddar cheese

Non-stick cooking spray

Kitchen Utensils Needed

Saucepan or microwave-safe bowl

Muffin pan (12-cup)

Mixing bowls and spoon

Measuring cups and spoons

Potholders

Plates and forks

- 1 Preheat oven to 400°F.
- 2 Spray muffin cups with non-stick cooking spray.
- 3 In a bowl, combine flour, baking powder, paprika, and salt.
- 4 Mix egg, milk, and margarine in separate bowl, then mix into dry ingredients just until moistened.
- 5 Fold in cheese; fill muffin cups $\frac{2}{3}$ full.
- 6 Bake for 20–25 minutes or until golden brown.
- 7 Remove muffins from pan and serve warm.

Note: Cover leftover muffins and store in the refrigerator.

Nutrition Facts

Serving Size 1 item (59.91g)
Servings Per Container 12

Amount Per Serving	
Calories 120	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 300mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber <1g	2%
Sugars 1g	
Protein 5g	11%
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

SWEET POTATO BISCUITS

Servings

16 (1 serving = 1 biscuit)

Ingredients

1¼ cup all-purpose flour

¾ cup whole-wheat flour

½ cup yellow cornmeal

2½ teaspoons baking powder

½ teaspoon salt

⅓ cup butter, chilled, cut in small pieces

1 cup cooked, cooled, and mashed sweet potato

½ cup non-fat milk

2 tablespoons honey

Non-stick cooking spray

Kitchen Utensils Needed

Baking sheet

Mixing bowls and spoons

Measuring cups and spoons

Pastry blender

Cutting board and knife

Turning spatula

Potholders

Plates and forks

- 1 Preheat oven to 400°F.
- 2 Spray baking sheet with non-stick cooking spray.
- 3 In a bowl, combine flour, cornmeal, baking powder, and salt.
- 4 Cut in butter until mixture resembles coarse meal. Add sweet potato, milk, and honey; stir just until moist.
- 5 Turn dough onto a floured surface and knead lightly 5 times. Pat dough into a 9-inch square and cut into 16 squares.
- 6 Place biscuits on a baking sheet and bake for 20 minutes or until golden brown.
- 7 Remove biscuits from baking sheet and serve warm.

Nutrition Facts

Serving Size 1 biscuit (54.35g)
Servings Per Container 16

Amount Per Serving	
Calories 130	Calories from Fat 40
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	6%
Sugars 4g	
Protein 3g	5%
Vitamin A 70%	Vitamin C 4%
Calcium 8%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Sides



BROWN RICE PILAF

Servings

4 (1 serving = ¾ cup)

Ingredients

1 cup water

1 teaspoon instant chicken bouillon granules

1 cup sliced fresh mushrooms or 1 (6-ounce) can sliced mushrooms

¾ cup instant brown rice, uncooked

½ cup shredded carrot

¾ teaspoon snipped fresh marjoram or ¼ teaspoon dried marjoram, crushed

Dash of black pepper

¼ cup thinly sliced green onions

1 tablespoon snipped fresh parsley

Kitchen Utensils Needed

Medium saucepan with lid

Measuring cups and spoons

Cutting board and knife

Fork

Vegetable peeler

Grater

Serving spoon

Plates and forks

- 1 In a medium saucepan, stir together 1 cup water and bouillon granules. Bring to boil.
- 2 Stir in mushrooms, uncooked rice, carrot, marjoram, and a dash black pepper. Return to boil; reduce heat. Simmer, covered, 12 minutes.
- 3 Remove from heat. Let stand covered, 5 minutes.
- 4 Add green onions and parsley; toss gently with a fork.

Nutrition Facts

Serving Size ¾ cup (82.99g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 30g **10%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 4g **7%**

Vitamin A 50% • Vitamin C 6%

Calcium 2% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

CABBAGE CASSEROLE

Servings

4 (1 serving = 1/2 cup)

Ingredients

1 cup non-fat milk

1 egg, beaten

1/8 teaspoon salt

1 cup shredded cabbage

1/2 cup (1-ounce) shredded low-fat processed American cheese

Non-stick cooking spray

Kitchen Utensils Needed

1 quart casserole dish

Medium mixing bowl and spoon

Measuring cups and spoons

Cutting board and knife

Grater

Whisk

Serving spoon

Potholders

Plates and forks

- 1 Preheat oven to 400°F.
- 2 Spray casserole dish with non-stick cooking spray.
- 3 Combine milk, egg, and salt in a medium bowl; stir to blend. Fold in cabbage and cheese.
- 4 Spoon mixture into a casserole dish. Bake for 30 minutes.

Nutrition Facts

Serving Size 3/4 cup (98.53g)
Servings Per Container 4

Amount Per Serving

Calories 70 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 1.5g 9%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 240mg 10%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 2%

Sugars 4g

Protein 5g 10%

Vitamin A 6% • Vitamin C 10%

Calcium 15% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

FRESH GARDEN DELIGHT

Servings

4 (1 serving = 1½ cups)

Ingredients

4 tablespoons butter

1 medium zucchini, sliced

1 medium yellow crookneck squash, sliced

1 medium onion, sliced

6–12 snow pea pods (if frozen, partially thaw)

1 cup fresh green beans, trimmed

1 small green pepper, seeded and chopped

¾ teaspoon seasoning salt

2 teaspoons black pepper

2 teaspoons fresh dill weed or
½ teaspoon dried dill

Kitchen Utensils Needed

Large skillet or electric skillet with lid

Cutting boards and knife

Measuring cups and spoons

Serving spoon

Plates and forks

1 In the skillet, melt butter on medium heat. Add all the vegetables and sauté for two minutes.

2 Cover tightly, cook for 10–12 minutes stirring occasionally.

3 Sprinkle with seasoning salt, pepper, and dill weed to taste.

Nutrition Facts

Serving Size 1 1/2 cups (186.15g)
Servings Per Container 4

Amount Per Serving	
Calories 160	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 7g	37%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 10mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	11%
Sugars 5g	
Protein 3g	5%
Vitamin A 20%	• Vitamin C 70%
Calcium 6%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

GLAZED BABY CARROTS

Servings

4 (1 serving = ½ cup)

Ingredients

2 teaspoons butter

1½ cups water

¾ pound baby carrots

1 cup orange juice

1 tablespoon honey

Pinch white pepper

Kitchen Utensils Needed

Large sauce pan

Mixing bowl and spoon

Measuring cups and spoons

Serving spoon

Plates and forks

1 In a large pan, bring the butter and water to a boil over high heat. Add the carrots and reduce to a simmer; uncovered. Allow the water to reduce by half, and then add the orange juice and honey.

2 Continue to simmer for 10–12 minutes, or until the carrots are tender. Remove the carrots and set aside.

3 Raise the heat and reduce the liquid to about ½ cup. The liquid should be thick. Return the carrots to the pan and toss with the liquid. Season with white pepper.

Nutrition Facts

Serving Size 1/2 cup (154.67g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1.5g 6%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 65mg 3%

Total Carbohydrate 18g 6%

Dietary Fiber 3g 10%

Sugars 14g

Protein 1g 2%

Vitamin A 240% • Vitamin C 60%

Calcium 4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

GREEN BEANS, CRANBERRIES AND NUTS

Servings

2 (1 serving = 2/3 cup)

Ingredients

1 (8-ounce) can of green beans (or 1/2 pound fresh* or 2 cups frozen)

1/8 cup dried cranberries

1 1/2 tablespoons chopped nuts (sliced almonds)

1/2 tablespoon honey (optional)

Lemon pepper, dill, or seasoned salt to taste

Kitchen Utensils Needed

Large skillet (with lid if using fresh beans)

Can opener

Medium saucepan

Colander

Measuring cups and spoons

Serving spoon

Plates and forks

1 Drain and rinse canned green beans* and cook until hot.

2 Add cranberries, nuts, and honey; stir well. Sprinkle with choice of seasonings.

***Note: If using fresh beans,** wash and snap off ends. Place beans in skillet; pour in 1/4 cup water. Bring to a boil over high heat. Cover pan and cook 3 minutes. Uncover pan; cook until water evaporates and beans are crisp-tender.

Nutrition Facts

Serving Size 2/3 cup (125.29g)
Servings Per Container 2

Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	15%
Sugars 7g	
Protein 2g	5%
Vitamin A 8%	Vitamin C 6%
Calcium 6%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

GREEN BEANS WITH RED PEPPER

Servings

2 (1 serving = ¾ cup)

Ingredients

8 ounces (½ pound) fresh green beans, trimmed

1 tablespoon sesame seeds

1 small red bell pepper, seeded, cut into quarter-inch strips

1 tablespoon low-sodium soy sauce

½ teaspoon sesame or olive oil

¼ teaspoon minced garlic or
⅛ teaspoon garlic powder (optional)

Kitchen Utensils Needed

Microwave-safe bowl

Colander

Small sauté pan or skillet

Measuring spoons

Cutting board and knife

Serving spoon

Plates and forks

- 1 Place green beans in a microwave-safe bowl. Add 1 tablespoon water and microwave 3–5 minutes until tender.
- 2 Drain beans in colander and rinse with cold water.
- 3 Place sesame seeds in small dry sauté pan over medium heat for 1–2 minutes, stirring frequently.
- 4 Put beans in serving bowl with pepper strips and toss with remaining ingredients.
- 5 Serve at room temperature or chilled.

Nutrition Facts

Serving Size ¾ cup (186.02g)
Servings Per Container 2

Amount Per Serving

Calories 100 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **9%**

Total Carbohydrate 14g **5%**

Dietary Fiber 5g **19%**

Sugars 7g

Protein 4g **8%**

Vitamin A 50% • Vitamin C 150%

Calcium 10% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

RIBBON VEGETABLES

Servings

4 (1 serving = 1 cup)

Ingredients

- 2 medium carrots
- 2 small zucchini
- 2 small yellow summer squash
- 1 tablespoon olive oil
- 2 teaspoons lemon juice
- 1 teaspoon horseradish
- ½ teaspoon salt
- ⅓ teaspoon black pepper

Kitchen Utensils Needed

- 1 large skillet or electric skillet
- Vegetable peeler, spiralizer, or cheese slicer
- Cutting board and knife
- Mixing spoon
- Serving spoon
- Plates and forks

1 Use a vegetable peeler or cheese slicer to cut very thin slices down the length of each carrot, zucchini, and yellow squash, making long ribbons.

2 In a large skillet, sauté vegetables in oil for 2 minutes. Stir in remaining ingredients. Cook 2–4 minutes longer or until vegetables are crisp-tender, stirring occasionally.

Nutrition Facts

Serving Size 1 cup (195.48g)
Servings Per Container 4

Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	10%
Sugars 5g	
Protein 2g	4%
Vitamin A 110%	• Vitamin C 50%
Calcium 4%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

SOUTHWESTERN CORN FRITTERS

Servings

6 (1 serving = 1 fritter)

Ingredients

1/3 cup plus 1 tablespoon flour

1 teaspoon sugar

1/4 teaspoon salt

1 teaspoon baking powder

1 cup canned whole kernel corn,
drained

1/2 cup canned chopped green chilies,
drained

1 egg white, slightly beaten

1/4 cup non-fat milk

Non-stick cooking spray

Kitchen Utensils Needed

Medium skillet

Whisk

Mixing bowl and spoon

Can opener

Measuring cups and spoons

Turning spatula

Scraper spatula or mixing spoon

Turner spatula

Plates and forks

- 1 Combine flour, sugar, salt, and baking powder in medium mixing bowl. Stir until all ingredients are thoroughly blended.
- 2 Add corn, chilies, egg white, and milk. Mix just until ingredients are blended. Do not over mix.
- 3 Spray medium skillet with non-stick cooking spray and heat skillet over medium heat.
- 4 Drop spoonfuls of batter onto skillet. Brown fritter on one side then flip over and brown other side. Repeat until all batter is used.

Nutrition Facts

Serving Size 1 fritter (73g)
Servings Per Container 6

Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 14g	5%
Dietary Fiber <1g	3%
Sugars 3g	
Protein 2g	5%
Vitamin A 0%	Vitamin C 10%
Calcium 8%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

SUMMER SQUASH WITH SNOW PEAS

Servings

2 (1 serving = ½ cup)

Ingredients

1 green onion, sliced, including tops

1 minced garlic clove or ¼ teaspoon of dried, minced garlic or garlic powder

1 small yellow or zucchini squash, sliced

¼ cup snow pea pods, fresh or frozen (optional)

1 teaspoon dried oregano

Non-stick cooking spray

Kitchen Utensils Needed

Medium skillet or electric skillet

Measuring spoons

Mixing spoon

Cutting board and knife

Serving spoon

Plates and forks

- 1 Spray skillet with non-stick cooking spray; heat over medium heat until pan is hot.
- 2 Sauté green onions and garlic for 2–3 minutes.
- 3 Add sliced squash, snow peas, and oregano to pan.
- 4 Cook over medium heat until vegetables are crisp-tender, approximately 5 minutes.

Nutrition Facts

Serving Size 1/2 cup (107.9g)
Servings Per Container 2

Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 1g	3%
Vitamin A 6%	• Vitamin C 30%
Calcium 4%	• Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

SWEET POTATO PUFFS

Servings

18 (1 serving = 1 puff)

Ingredients

2 pounds sweet potatoes, peeled and chunked (do not use canned potatoes)

½ cup orange juice

1 egg, lightly beaten

1 tablespoon grated orange peel

½ teaspoon ground nutmeg

¼ cup finely chopped nuts (optional)

Dash of cinnamon (optional)

Non-stick cooking spray

Kitchen Utensils Needed

Baking sheet

Medium saucepan

Potato masher or electric mixer

Colander

Large bowl and spoon

Measuring cups and spoons

Peeler

Cutting board and knife

Turning spatula

Plates and forks

- 1 Preheat oven to 375°F.
- 2 Spray baking sheet with non-stick cooking spray.
- 3 Peel and cut potatoes into 1-inch pieces. Place in medium saucepan, cover with water and bring to a boil. Cook 15–20 minutes until tender.
- 4 Drain and place in large bowl. Add orange juice and egg; mash until smooth. Add orange peel and nutmeg. Blend. Let cool.
- 5 When potatoes are cool, coat hands with non-stick cooking spray. Using a teaspoon, scoop out a heaping spoonful and gently form into balls. May sprinkle nuts over top or use thumb to make a small indentation and place a pecan or walnut half in the indentation. Dust with cinnamon, if desired.
- 6 Bake until warmed through, approximately 20–25 minutes. Occasionally check for over-browning on the bottom of the puffs.

Alternate coating: May roll balls in cereal to coat.

Holiday Tip: Insert a mini marshmallow in the center of the puff.

Nutrition Facts

Serving Size 1 item (58.16g)
Servings Per Container 18

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 30mg 1%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 6%

Sugars 3g

Protein 1g 2%

Vitamin A 140% • Vitamin C 6%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

VEGETABLE PRIMAVERA

Servings

6 (1 serving = ¾ cup)

Ingredients

3 tablespoons reduced-sodium chicken broth, divided

1 tablespoon Dijon mustard

1 tablespoon olive oil

2 teaspoons white wine vinegar

1 cup baby carrots

1 cup seeded, chopped red bell pepper

3 cups broccoli florets

1½ cups sliced yellow summer squash

2 tablespoons snipped parsley

Non-stick cooking spray

Kitchen Utensils Needed

Large skillet or electric skillet with lid

Small mixing bowl and spoon

Can opener

Cutting board and knife

Measuring cups and spoons

Vegetable peeler

Serving spoon

Plates and forks

- 1 In a small bowl combine 1 tablespoon of chicken broth, mustard, olive oil, and vinegar; set aside.
- 2 Spray a skillet with non-stick cooking spray. Preheat the skillet to medium heat.
- 3 Cook and stir carrots, pepper, and broccoli in hot skillet about 5 minutes or until nearly tender.
- 4 Add squash and remaining chicken broth to skillet. Cook, covered about 3 minutes or until crisp-tender.
- 5 Stir in the mustard mixture; heat through. Sprinkle with parsley.

Nutrition Facts

Serving Size ¾ cup (138.01g)
Servings Per Container 6

Amount Per Serving

Calories 60 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 90mg 4%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 11%

Sugars 4g

Protein 2g 4%

Vitamin A 80% • Vitamin C 130%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Salads



APPLE SLAW

Servings

4 (1 serving = 1/2 cup)

Ingredients

1 small red apple, diced

2 cups shredded cabbage

1/2 cup chopped broccoli florets

1 small green bell pepper, seeded, diced

1/4 cup non-fat vanilla yogurt

1 tablespoon frozen orange juice concentrate, thawed, do not dilute

1 tablespoon sucralose-based nonnutritive sweetener

Dash of cinnamon (optional)

Kitchen Utensils Needed

Medium mixing bowl

Cutting board and knife

Measuring cups and spoons

Mixing spoon

Serving spoon

Plates and forks

1 Combine all ingredients in medium mixing bowl. Stir well.

2 Refrigerate until ready to serve.

Holiday Hint: This is a colorful salad, perfect for the holidays.

Nutrition Facts

Serving Size 1/2 cup (141.75g)
Servings Per Container 4

Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Sugars 11g	
Protein 2g	4%
Vitamin A 6%	Vitamin C 90%
Calcium 6%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

BERRY PINEAPPLE FLUFF

Servings

12 (1 serving = 1 square)

Ingredients

1 pound frozen cranberries, blueberries, or raspberries

1 (8-ounce) can crushed pineapple, drained and juice saved

2 packages (0.3-ounce) sugar-free raspberry or mixed berry gelatin

2 cups non-fat vanilla yogurt

Orange slices (or drained mandarin orange slices)

Kitchen Utensils Needed

Medium saucepan

Can opener

11 x 7-inch baking pan or 12 custard cups

Measuring cups

Scraper spatula or mixing spoon

Serving spoon

Spoons

- 1 Place frozen fruit in medium saucepan. Add drained pineapple juice to pan.
- 2 Cook over medium heat (approximately 5 minutes) until fruit starts to soften.
- 3 Stir in gelatin and remove from the heat.
- 4 Fold in yogurt and crushed pineapple.
- 5 Pour into baking dish or spoon into individual custard cups.
- 6 Chill at least 2 hours or until gelatin is set. Garnish with orange slices.

Holiday Hint: This is especially good during the holidays.

Nutrition Facts

Serving Size 1 square (110.2g)
Servings Per Container 12

Amount Per Serving

Calories 80 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 2%

Trans Fat

Cholesterol <5mg 1%

Sodium 60mg 2%

Total Carbohydrate 16g 5%

Dietary Fiber 2g 7%

Sugars 14g

Protein 3g 6%

Vitamin A 0% • Vitamin C 20%

Calcium 8% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

CARROT RAISIN SALAD

Servings

8 (1 serving = ¾ cup)

Ingredients

4 cups shredded carrots (4–5 large)

1 cup raisins

¼ cup reduced-fat salad dressing or mayonnaise

2 tablespoons sugar

2–3 tablespoons non-fat milk

Kitchen Utensils Needed

Large and medium bowls and spoons

Grater or food processor

Scraper spatula

Measuring cups and spoons

Plastic wrap

Serving spoon

Plates and forks

- 1 Place shredded carrots and raisins in a large bowl.
- 2 In medium bowl, mix together salad dressing, sugar, and enough milk to reach a salad dressing consistency.
- 3 Pour dressing over carrot mixture and toss to coat. Cover with plastic wrap and refrigerate for at least 1 hour.

Nutrition Facts

Serving Size ¾ cup (94.1g)
Servings Per Container 8

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **10%**

Sugars 18g

Protein 1g **3%**

Vitamin A 200% • **Vitamin C** 6%

Calcium 4% • **Iron** 2%

* Percent Daily Values are based on a 2,000 calorie diet.

CURRY CHICKEN QUINOA SALAD

Servings

6 (1 serving = 1 cup)

Ingredients

8 ounces boneless, skinless chicken breasts

¾ cup uncooked quinoa

¼ cup light mayonnaise

¼ cup fat-free sour cream

2 teaspoons curry powder

½ teaspoon cumin

¼ teaspoon salt

1 cup chopped celery

6 tablespoons golden raisins

1–3 teaspoons sucralose nonnutritive sweetener

Kitchen Utensils Needed

Skillet

Cutting board and knife

1-quart saucepan with lid

Mixing bowls and spoons

Scraper spatula

Measuring cups and spoons

Serving spoon

Plates and forks

- 1 Cook chicken breasts in a skillet to an internal temperature of 165° F. Cube the chicken.
- 2 Bring one cup of water to a boil in a saucepan. Add the quinoa and reduce the heat to a low simmer. Cover the pan and cook for 10–15 minutes. The quinoa is done when there is no water remaining in the pan and the seeds have a curly tail.
- 3 In a small bowl, mix mayonnaise, fat-free sour cream, curry powder, cumin, salt, and sucralose nonnutritive sweetener to form a dressing.
- 4 In a large bowl add cooked chicken, cooked quinoa, celery, onion, and raisins. Add dressing to ingredients in the bowl and hand mix.
- 5 Cool salad before serving.
- 6 This can be served on mixed salad greens or as a sandwich spread.

Nutrition Facts

Serving Size 1 cup (71.49g)
Servings Per Container 6

Amount Per Serving

Calories 170 Calories from Fat 45

% Daily Value*

Total Fat 5g 7%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol <5mg 1%

Sodium 190mg 8%

Total Carbohydrate 27g 9%

Dietary Fiber 3g 10%

Sugars 8g

Protein 4g 8%

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

FAST FRUIT SALAD

Servings

8 (1 serving = ¾ cup)

Ingredients

1 (8-ounce) can of pineapple tidbits, in water or light syrup, drained

1 (8-ounce) can chunky mixed fruit, in water or light syrup, drained

1 (11-ounce) can mandarin oranges, in water or light syrup, drained

1 cup halved seedless grapes, green, red, or mixed

1 cup reduced-fat sour cream or low-fat yogurt

2 tablespoons sucralose nonnutritive sweetener

¼ cup flaked coconut (optional)

Kitchen Utensils Needed

Medium serving bowl

Can opener

Measuring cups and spoons

Colander

Scraper spatula or mixing spoon

Cutting board and knife

Serving spoon

Plates and forks

1 Mix sour cream or yogurt and sweetener in medium serving bowl. Add the fruit and carefully stir together.

2 Garnish with coconut, if desired, or serve coconut on the side.

3 Serve immediately or chill until time to serve.

Hint: For something different, try chopped fresh mint leaves instead of coconut.

Nutrition Facts

Serving Size ¾ cup (145.55g)
Servings Per Container 8

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 16g 5%

Dietary Fiber 1g 5%

Sugars 14g

Protein 2g 5%

Vitamin A 10% • Vitamin C 30%

Calcium 8% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

FRESH BROCCOLI SALAD

Servings

12 (1 serving = 1 cup)

Ingredients

2 pounds fresh broccoli, cut into bite-size pieces

1 package (12-ounces) fresh mushrooms, sliced

2 small red onions, thinly sliced into rings

1 (2¼-ounce) can sliced ripe olives, drained

1½ cup non-fat Italian salad dressing

⅓ cup shredded Parmesan cheese

Kitchen Utensils Needed

Large bowl

Mixing spoon

Cutting board and knife

Can opener

Measuring cups and spoons

Plastic wrap

Serving spoon

Plates and forks

1 Combine all ingredients in a large bowl; toss to mix well.

2 Cover with plastic wrap and chill for at least 2 hours before serving.

Nutrition Facts

Serving Size 1 cup (157.82g)
Servings Per Container 12

Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans Fat</i>	
Cholesterol <5mg	1%
Sodium 420mg	17%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 4g	9%
Vitamin A 10%	• Vitamin C 120%
Calcium 8%	• Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

ORANGE ALMOND SALAD

Servings

2 (1 serving = 1 cup)

Ingredients

1½ cup assorted greens (romaine lettuce, spinach, kale, etc.)

1 navel or mandarin orange, peeled and separated into sections or canned mandarin oranges, drained and rinsed

¼ cup thinly sliced celery

1 tablespoon chopped green onion

1 tablespoon blanched slivered almonds

2 tablespoons cider vinegar

2 tablespoons sucralose-based nonnutritive sweetener

1 teaspoon olive or canola oil

Kitchen Utensils Needed

Baking sheet

Can opener

Mixing bowls and spoon

Measuring cups and spoons

Cutting board and knife

Foil

Serving spoon

Potholders

Plates and forks

- 1 Preheat oven to 350°F.
- 2 Spread almonds on a baking sheet covered with foil. Toast in oven for 10–12 minutes. Stir every 3–4 minutes to ensure even browning.
- 3 Remove almond slivers when they are golden brown. Let cool.
- 4 Combine greens, orange sections, celery, and onions in a large bowl.
- 5 Place salad on two salad plates and garnish with ½ tablespoon of almonds over each salad.
- 6 Combine vinegar, nonnutritive sweetener, and oil in small mixing bowl; stir until well blended. Just before serving, drizzle dressing over salad.

Nutrition Facts

Serving Size 1 cup (119.79g)
Servings Per Container 2

Amount Per Serving	
Calories 70	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 2g	3%
Vitamin A 80%	Vitamin C 30%
Calcium 4%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

PICNIC MACARONI SALAD

Servings

6 (1 serving = 2/3 cup)

Ingredients

3/4 cup plain low-fat yogurt

3/4 cup light salad dressing or mayonnaise

1 tablespoon Dijon mustard

1/4 cup non-fat milk

4 cups cooked whole-wheat macaroni

1/2 cup seeded and diced green and/or red bell pepper

1/4 cup thinly sliced celery

1/4 cup thinly sliced carrots

1/4 cup chopped broccoli

1/4 cup thinly sliced cucumber

2 tablespoons diced onions

2 teaspoons dried dill

Salt (optional)

Black pepper (optional)

Kitchen Utensils Needed

Large stockpot with lid

Colander

Mixing bowls and spoon

Cutting board and knife

Scraper spatula

Measuring cups and spoons

Serving spoon

Plates and forks

1 Make dressing by mixing yogurt, salad dressing, Dijon mustard, and milk until well blended in a small bowl. Set aside.

2 Rinse cooked macaroni.

3 In large bowl, combine macaroni, peppers, celery, carrots, broccoli, cucumbers, onions, and dill.

4 Add dressing and toss well. Season with salt and pepper to taste.

Hint: Better if made the day before and refrigerated overnight to allow flavors to blend.

Nutrition Facts

Serving Size 2/3 cup (185.5g)
Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 350mg **14%**

Total Carbohydrate 33g **11%**

Dietary Fiber 3g **11%**

Sugars 7g

Protein 7g **14%**

Vitamin A 20% • Vitamin C 25%

Calcium 8% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

SPICY SOUTHWEST SLAW

Servings

20 (1 serving = ½ cup)

Ingredients

1 (14-ounces) package deli slaw with carrots and red cabbage

1 small white onion, diced

1 red bell pepper, seeded and diced

1–3 jalapeño peppers, seeded and diced

1 bunch of cilantro, chopped (about 1 cup)

½ cup canola oil

¼ cup apple cider vinegar

2 tablespoons sugar

1 teaspoon cayenne pepper

¼ teaspoon salt

¼ teaspoon black pepper

Kitchen Utensils Needed

Large and small mixing bowls

Mixing spoons

Cutting board and knife

Plastic wrap

Serving spoon

Plates and forks

1 Mix slaw, onion, pepper, jalapeño peppers, and cilantro in a large bowl. Set aside.

2 In small bowl make dressing by mixing together oil, vinegar, sugar, cayenne pepper, salt, and black pepper. Pour dressing over the vegetables and stir together.

3 Chill slaw in refrigerator 2–24 hours.

Variations: Cooked meat may be added to the slaw for a main dish salad. Add slaw as a filling on sandwiches, wraps, and tacos. Slaw can be served with fresh vegetables or tortilla chips.

Nutrition Facts

Serving Size 1/2 cup (46.65g)
Servings Per Container 20

Amount Per Serving

Calories 70 Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 4g **1%**

Dietary Fiber <1g **3%**

Sugars 3g

Protein <1g **1%**

Vitamin A 10% • Vitamin C 50%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Main Dishes



MEAT AND BARLEY MEDLEY

Servings

5 (1 serving = 1 cup)

Ingredients

¼ cup quick-cook barley (cooked to make 1 cup)

¾ pound wild game* or lean round steak, cut in 1-inch strips

1 medium onion, cut in wedges

1 tablespoon canola oil

1 (14.5-ounce) can low-sodium diced tomatoes, undrained

2½ cups frozen mixed vegetables (winter mix, broccoli, cauliflower, carrots, etc.)

¼ cup water

1 teaspoon paprika

1 teaspoon tarragon

¼ teaspoon black pepper

¼ teaspoon salt (optional)

Kitchen Utensils Needed

1 medium saucepan

1 large saucepan or pot

Measuring cups and spoons

Cutting board and knife

Can opener

Colander

Mixing spoon

Soup ladle

Bowls and spoons

- 1 In medium saucepan, precook barley according to directions.
- 2 Put oil in large saucepan on medium heat, brown meat and sauté onions. Drain in colander.
- 3 Return beef and onions to pan. Add tomatoes with liquid, vegetables, water, paprika, tarragon, pepper, and salt. Mix well.
- 4 Bring mixture to a boil. Cover and reduce heat. Simmer for 5–10 minutes or until vegetables are tender. Stir in cooked barley and cook for 3–5 minutes or until barley is heated through.

***Note:** Venison used for Nutrition Fact Label

Nutrition Facts

Serving Size 1 cup (318.23g)
Servings Per Container 5

Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 90mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	26%
Sugars 8g	
Protein 19g	39%
Vitamin A 100%	Vitamin C 30%
Calcium 6%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

BEEF AND VEGETABLE STIR-FRY

Servings

6 (1 serving = 1/6 of recipe)

Ingredients

2 cups instant brown rice, uncooked

1/4 cup lite soy sauce

2 tablespoons Catalina-style dressing

3/4 teaspoon ground ginger

1 pound beef flank steak, cut into thin strips

2 teaspoons cornstarch

1 (16-ounce) package frozen stir-fry vegetables, thawed and drained

1/4 cup dry roasted peanuts (optional)

Non-stick cooking spray

Kitchen Utensils Needed

Saucepan with lid

Large skillet or electric skillet

1-gallon plastic bag

Measuring cups and spoons

Mixing bowl and spoon

Cutting board and knife

Serving spoon

Plates and forks

- 1 Cook rice as directed on package.
- 2 Meanwhile, mix soy sauce, dressing, and ginger until well blended; set aside.
- 3 Toss steak with cornstarch in plastic bag.
- 4 Spray skillet with non-stick cooking spray; heat on medium-high heat. Add meat; cook and stir 3 minutes or until meat is cooked through.
- 5 Add vegetables and soy sauce mixture; cook and stir 3 minutes or until sauce is thickened and vegetables are heated through.
- 6 Spoon over rice; top with peanuts if desired.

Nutrition Facts

Serving Size 1 serving (231.44g)
Servings Per Container 6

Amount Per Serving

Calories 360 Calories from Fat 50

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 40mg 14%

Sodium 510mg 21%

Total Carbohydrate 54g 18%

Dietary Fiber 3g 12%

Sugars 2g

Protein 23g 45%

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

CLASSIC MEAT LOAF

Servings

8 (1 serving = 1 slice)

Ingredients

$\frac{3}{8}$ cup non-fat milk

$\frac{1}{2}$ cup refrigerated or frozen egg product, thawed, or 3 egg whites

2 cups soft whole-wheat bread crumbs (4 slices whole-wheat bread)

2 green onions, thinly sliced

1 tablespoon Worcestershire sauce

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon black pepper

1 teaspoon dried thyme or oregano, crushed

$1\frac{1}{2}$ pounds lean ground beef

$\frac{1}{4}$ cup ketchup

1 tablespoon balsamic vinegar

1 clove garlic, minced

Non-stick cooking spray

Kitchen Utensils Needed

9 x 5-inch loaf pan

Foil

Mixing bowls and spoons

Measuring cups and spoons

Cutting board and knife

Food thermometer

Serving utensil

Plates and forks

- 1 Preheat oven to 350°F. Line loaf pan with foil or spray with non-stick cooking spray.
- 2 In a large bowl, combine milk and egg. Stir in bread crumbs, green onions, Worcestershire sauce, salt, pepper, and thyme or oregano. Add ground beef; mix well.
- 3 Pat mixture into the loaf pan. Bake 45 minutes. Spoon off fat.
- 4 In a small bowl, combine ketchup, vinegar, and garlic; spread over meat loaf. Bake 10 minutes more or until the internal temperature reads 160°F.
- 5 Let rest 10 minutes before serving.

Nutrition Facts

Serving Size 1 slice (160.95g)
Servings Per Container 8

Amount Per Serving

Calories 240 Calories from Fat 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2.5g **11%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 450mg **19%**

Total Carbohydrate 24g **8%**

Dietary Fiber 1g **6%**

Sugars 5g

Protein 24g **48%**

Vitamin A 2% • Vitamin C 2%

Calcium 10% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

ITALIAN-STYLE MEAT LOAF

Servings

8 (1 serving = 1 slice)

Ingredients

1 (6-ounce) can tomato paste, no-salt-added, divided

½ cup water

½ cup dry red wine

1 teaspoon minced garlic

½ teaspoon dried basil

½ teaspoon dried oregano

¼ teaspoon salt

¾ pound 95% lean ground beef

¾ pound 93% lean ground turkey breast

1 cup soft whole-wheat bread crumbs (2 slices whole-wheat bread)

½ cup grated zucchini

¼ cup cholesterol-free egg substitute or 2 egg whites

Non-stick cooking spray

Kitchen Utensils Needed

Can opener

Scraper spatula

Cutting board and knife

Small saucepan

9 x 5-inch loaf pan

Foil

Large mixing bowl

1 Preheat oven to 350°F. Line loaf pan with foil or spray with non-stick cooking spray.

2 Combine ½ of tomato paste, water, wine, garlic, basil, oregano, and salt in a small saucepan. Bring to a boil; reduce heat to low. Simmer, uncovered, 15 minutes. Set aside.

3 Combine beef, turkey, bread crumbs, zucchini, egg substitute, and other half of tomato paste; mix well. Pat mixture into the loaf pan.

4 Bake 45 minutes. Spoon off fat. Pour remaining tomato paste mixture over top of loaf.

5 Bake 10 minutes more or until the internal temperature reads 160°F.

6 Let rest 10 minutes before serving.

Nutrition Facts

Serving Size 1 slice (147.5g)
Servings Per Container 8

Amount Per Serving

Calories 180 Calories from Fat 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 2.5g 12%

Trans Fat 0g

Cholesterol 55mg 19%

Sodium 240mg 10%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 7%

Sugars 4g

Protein 20g 40%

Vitamin A 6% • Vitamin C 10%

Calcium 2% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

PUMPKIN CHILI

Servings

8 (1 serving = 1 cup)

Ingredients

½ pound lean ground beef

½ cup chopped onion

½ cup seeded, chopped green bell pepper

3 cups cooked pinto or kidney beans, or 2 (15-ounce) cans, rinsed and drained

1 (10-ounce) can whole tomatoes

1 (8-ounce) can tomato sauce

1 (16-ounce) can pumpkin or 2 cups cooked fresh pumpkin

1 (4-ounce) can green chilies (optional)

2 cups water

2–3 teaspoons chili powder to taste

Salt to taste

Kitchen Utensils Needed

4–6 quart pot with lid

Cutting board and knife

Can opener

Scraper spatula

Measuring cups and spoons

Ladle

Bowls and spoons

1 Brown ground beef, onion, and green pepper in large pot. Drain fat.

2 Add remaining ingredients. Cover and simmer for 30 minutes or longer. Add a small amount of water if chili gets too thick.

Nutrition Facts

Serving Size 1 cup (233.25g)
Servings Per Container 8

Amount Per Serving	
Calories 200	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 115mg	5%
Total Carbohydrate 27g	9%
Dietary Fiber 9g	35%
Sugars 5g	
Protein 16g	31%
Vitamin A 190%	Vitamin C 25%
Calcium 6%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

SLOPPY CHILI JOE

Servings

2 (1 serving = 1¼ cups)

Ingredients

1 teaspoon canola oil

½ cup chopped green onions

½ cup seeded, chopped green bell pepper

½ pound lean ground turkey breast or lean ground beef, lamb, or wild game*

½ cup no-salt added tomato sauce

½ teaspoon sugar

¼ cup ketchup

¼ teaspoon cayenne pepper

1 teaspoon wine or cider vinegar

⅛ teaspoon black pepper

Hamburger buns (optional — not included in nutritional analysis)

Kitchen Utensils Needed

Large skillet or electric skillet

Colander

Can opener

Measuring cups and spoons

Stirring spoon

Cutting board and knife

Serving spoon

Bowls and spoons if served as chili or plates and forks

- 1 Heat oil in skillet.
- 2 Sauté onion and bell pepper until translucent.
- 3 Add meat and cook for about 5 minutes or until no longer pink.
- 4 Drain off fat.
- 5 Add remaining ingredients and mix well.
- 6 Simmer for about 15 minutes. Can be served as a chili or “Sloppy Joe” on a bun.

***Note:** The oil may be omitted, if using beef. The oil is needed for wild game.

Nutrition Facts

Serving Size 1 1/4 cups (271.41g)
Servings Per Container 2

Amount Per Serving	
Calories 220	Calories from Fat 35
<hr/>	
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 350mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	10%
Sugars 12g	
Protein 28g	56%
<hr/>	
Vitamin A 20%	Vitamin C 70%
Calcium 4%	Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

STEAK AND VEGETABLE KABOBS

Servings

10 (1 serving = 1 skewer)

Ingredients

¼ cup canola oil
¼ cup lemon juice
¼ cup lite soy sauce
¼ cup packed brown sugar
2 garlic cloves, minced
3 whole cloves
Dash dried sweet basil
2½ pounds sirloin steak or lamb, cut into 1¼-inch pieces
24 cherry tomatoes
24 fresh mushroom caps
1 large green or red bell pepper, seeded, cut into 1½-inch cubes
2 small zucchini, cut in 1-inch slices
1 medium onion, cut into wedges
Hot cooked rice (optional)

Kitchen Utensils Needed

Kabob skewers
Large glass dish
Mixing bowl
Measuring cups and spoons
Cutting board and knife
Grill
Plates and forks

- 1 In a bowl, combine oil, lemon juice, soy sauce, brown sugar, garlic, cloves, and sweet basil for the marinade. Set aside.
- 2 Assemble kabobs by spearing meat and vegetables alternately on skewers.
- 3 Place kabobs in a large glass dish. Pour marinade over kabobs; cover and refrigerate 6 hours or overnight, turning several times.
- 4 Remove kabobs; discard marinade.
- 5 Grill kabobs over high heat until the meat and vegetables have reached desired doneness.
- 6 Remove food from skewers; serve over rice if desired.

Nutrition Facts

Serving Size 1 skewer (266.89g)
Servings Per Container 10

Amount Per Serving	
Calories 260	Calories from Fat 110
% Daily Value*	
Total Fat 12g	19%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 310mg	13%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 26g	53%
Vitamin A 2%	Vitamin C 45%
Calcium 2%	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

TACO SALAD

Servings

6 (1 serving = 1/6 of recipe)

Ingredients

1/2 pound ground turkey breast or 93% lean ground beef*

2 tablespoons non-fat chicken broth*

Black pepper to taste

1/4 cup chopped onion

1 large tomato, chopped

1/2 cup chopped celery

2 cups lettuce, cut in small pieces

1/2 cup grated low-fat cheddar cheese

1 cup kidney or black beans, rinsed and drained

1/3 cup non-fat dressing (such as Catalina or Russian)

1 cup reduced-fat tortilla chips

Non-stick cooking spray

Kitchen Utensils Needed

Skillet or electric skillet

Can opener

Large serving bowl

Cutting board and knife

Measuring cups and spoons

Mixing spoon

Colander

Bowls or plates and forks

Serving spoon

- 1 Spray skillet with non-stick cooking spray. Brown ground meat over medium heat. Stir often. If using turkey, add chicken broth during browning process. Season meat with pepper.
- 2 Set meat aside and let cool slightly.
- 3 In a large serving bowl, mix onion, tomato, celery, lettuce, cheese, and beans. Add meat and toss.
- 4 Spoon salad and meat mixture over tortilla chips. Add salad dressing.

***Note:** When using beef, the fat-free chicken broth is not necessary.

Nutrition Facts

Serving Size 1 serving (154.39g)
Servings Per Container 6

Amount Per Serving

Calories 150 **Calories from Fat** 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **4%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 290mg **12%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 15g **30%**

Vitamin A 30% • Vitamin C 8%

Calcium 8% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

FISH AND VEGETABLE PACKETS

Servings

4 (1 serving = 1 packet)

Ingredients

4 lean fish fillets (4 ounces each)

1 package (16-ounces) mixed frozen broccoli, cauliflower, and carrots, thawed

1 tablespoon chopped fresh dill weed or 1 teaspoon dried dill

½ teaspoon salt

¼ teaspoon black pepper

¼ cup dry white wine or chicken broth

Non-stick cooking spray

Kitchen Utensils Needed

Baking sheet

Heavy-duty foil

Measuring cups and spoons

Cutting board and knife

Food thermometer

Pot holders

Plates and forks

- 1 Preheat oven or grill to 450°F.
- 2 Tear foil into four 12-inch squares. Spray each square of foil with non-stick cooking spray.
- 3 Center each fish fillet on a square of foil. Top each fish fillet with one-quarter of the vegetables. Sprinkle with dill weed, salt, and pepper. Drizzle 1 tablespoon wine or broth over the vegetables.
- 4 Bring together two opposite sides of foil over the center of the food; fold top edges over one-half inch several times, allowing space for steam. Fold up ends to seal, making a packet. Place packets on ungreased baking sheet.
- 5 Bake or grill for 20 minutes or until vegetables are crisp-tender. Fish should reach an internal temperature of 145°F.

Nutrition Facts	
Serving Size 1 item (233.54g)	
Servings Per Container 4	
Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 490mg	20%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	11%
Sugars 4g	
Protein 31g	62%
Vitamin A 130%	Vitamin C 10%
Calcium 6%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

LEMON STEAMED FISH

Servings

2 (1 serving = 4 ounces fish)

Ingredients

½ pound cod, perch, halibut, scrod, tilapia, swai filets, or other mild white fish

¼ cup finely chopped onion

¼ cup finely chopped fresh parsley

2 teaspoons fresh dill weed or
½ teaspoon dried dill

¼ teaspoon paprika

Dash of black pepper

1 teaspoon lemon juice

Non-stick cooking spray

Kitchen Utensils Needed

Baking sheet

Heavy-duty foil

Cutting board and knife

Measuring cups and spoons

Food thermometer

Turning spatula

Pot holders

Plates and forks

- 1 Preheat oven or grill to 375°F.
- 2 Tear foil into two 12-inch squares. Spray each square of foil with non-stick cooking spray.
- 3 Center each filet on square of foil. Sprinkle with onion, parsley, dill weed, paprika, pepper, and lemon juice.
- 4 Bring together two opposite sides of foil over the center of the food; fold top edges over one-half inch several times, allowing space for steam. Fold up ends to seal, making a packet. Place packets on ungreased baking sheet or place packets on the grill.
- 5 Bake or grill for 20 minutes. Fish should reach an internal temperature of 145°F.

Optional Prep: When making for a large number, filets can also be placed in a 9x13-inch pan sprayed with cooking spray and covered with foil.

Nutrition Facts

Serving Size 4 ounces (129.91g)
Servings Per Container 2

Amount Per Serving

Calories 80 Calories from Fat 0

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 350mg 14%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 1%

Sugars <1g

Protein 18g 35%

Vitamin A 8% • Vitamin C 10%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

PARMESAN-COATED FILETS

Servings

2 (1 serving = 4 ounces fish)

Ingredients

½ pound of flounder or other mild white fish filets

¼ cup low-fat plain yogurt

1 tablespoon grated Parmesan cheese

½ tablespoon Dijon mustard

½ tablespoon fresh lemon juice

½ teaspoon prepared horseradish, drained

¼ cup finely grated bread crumbs or panko

Dash of paprika

Non-stick cooking spray

Kitchen Utensils Needed

Broiler pan

Foil

Tongs

Small mixing bowl and spoon

Scraper spatula

Measuring cups and spoons

Turning spatula

Food thermometer

Pot holders

Plates and forks

- 1 Preheat broiler, cover broiler pan with foil, and spray with non-stick cooking spray.
- 2 Arrange fish on the broiler pan.
- 3 In a small bowl, combine the yogurt, cheese, mustard, lemon juice, and horseradish.
- 4 Spread yogurt mixture on both sides of fish. Sprinkle bread crumbs or panko on top and dust with paprika.
- 5 Broil about 8 inches from the heat, turning once. Cook for about 6 minutes or until the fish flakes easily with a fork and the internal temperature reads 145°F.

Nutrition Facts

Serving Size 4 ounces fish (168.83g)
Servings Per Container 2

Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 600mg	25%
Total Carbohydrate 13g	4%
Dietary Fiber <1g	3%
Sugars 3g	
Protein 22g	44%
Vitamin A 0%	Vitamin C 4%
Calcium 10%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

SALMON (OR SHRIMP) ALFREDO

Servings

6 (1 serving = 1⅓ cups)

Ingredients

3 cups uncooked wide noodles

3 cups broccoli florets

1½ cups non-fat milk

3 tablespoons flour

1 tablespoon dried chives

2 cloves garlic, minced

1 (14.75 ounce) can salmon, drained, skin and bones removed, and broken into chunks*

½ teaspoon finely grated lemon peel

2 tablespoons coarsely shredded Parmesan cheese (½-ounce)

Black pepper (optional)

Kitchen Utensils Needed

Large pot

Medium saucepan

Colander

Stirring spoons

Measuring cups and spoons

Cutting board and knives

Whisk

Grater

Serving spoon and platter

Plates and forks

- 1 Cook pasta according to package directions, adding broccoli for the last 3 minutes of cooking; drain in colander and keep warm.
- 2 Meanwhile, in a medium saucepan, whisk together milk and flour; add chives and garlic. Cook and stir over medium heat until thickened and bubbly. Add salmon (shrimp*) and lemon peel, heat through.
- 3 Place noodle mixture on a serving platter; spoon salmon or shrimp mixture on top.
- 4 Sprinkle with Parmesan cheese and, if desired, black pepper.

***Note:** Canned shrimp may be substituted for the canned salmon.

Nutrition Facts

Serving Size 1 1/3 cups (202.22g)
Servings Per Container 6

Amount Per Serving

Calories 230 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 330mg **14%**

Total Carbohydrate 23g **8%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 24g **49%**

Vitamin A 10% • Vitamin C 70%

Calcium 15% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

WILD RICE SALMON CHOWDER

Servings

8 (1 serving = 1 cup)

Ingredients

1 teaspoon margarine

1 red onion, chopped

1 red bell pepper, seeded, chopped

1 cup fresh or frozen green beans, cut into 1-inch pieces

1½ teaspoons minced fresh dill weed or ½ teaspoon dried dill

1 teaspoon salt

⅓ teaspoon black pepper

3 cups fat-free vegetable broth

1 cup cooked wild rice

12 ounce skinless salmon fillet, cut into 1-inch pieces

2 teaspoons all-purpose flour

1/2 cup non-fat half-and-half

Kitchen Utensils Needed

2 large saucepans

Small mixing bowl and spoon

Measuring cups and spoons

Cutting board and knife

Whisk

Bowls and spoons

- 1 Precook wild rice according to directions.
- 2 Melt margarine in large saucepan over high heat. Add the onion, bell pepper, and green beans; cook and stir for 5 minutes.
- 3 Stir in dill, salt, and black pepper. Pour in broth; bring to a simmer.
- 4 Add wild rice and salmon to saucepan. Reduce heat to low; cover and simmer 6–8 minutes or until salmon flakes easily when tested with a fork.
- 5 Place flour in small bowl. Slowly whisk in half-and-half. Stir mixture into saucepan; cook until heated through.

Nutrition Facts	
Serving Size 1 cup (216.07g)	
Servings Per Container 8	
Amount Per Serving	
Calories 140	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 570mg	24%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 13g	25%
Vitamin A 25%	Vitamin C 35%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

MEAT STEW

Servings

2 (1 serving = 1 cup)

Ingredients

1 teaspoon canola oil

1/3 cup chopped onion

1 garlic clove, minced

1 small carrot, sliced

1/2 pound (8-ounces) lean venison, elk, or stew beef, cut into 1-inch cubes

1 cup low-fat, low-sodium beef broth

1/4 teaspoon paprika

1/4 teaspoon black pepper

1 small pear, unpeeled and cut into 1-inch pieces

1 small apple, unpeeled and cut into 1-inch pieces

Kitchen Utensils Needed

Large saucepan with lid

Cutting board and knife

Can opener

Measuring cups and spoons

Mixing spoon

Colander

Bowls and spoons

- 1 Heat the oil in large saucepan over medium-high heat.
- 2 Add onion and garlic and sauté for 5 minutes.
- 3 Add carrots and sauté for another 5 minutes.
- 4 Add meat and brown.
- 5 Drain off fat. Add the broth, paprika, and pepper. Bring to a boil over high heat.
- 6 Reduce heat and simmer uncovered for 75 minutes.
- 7 Add the pieces of apple and pear and cover.
- 8 Cook over low heat for 15–20 minutes until apples and pears are soft, but not mushy.

Nutrition Facts

Serving Size 1 cup (468.83g)
Servings Per Container 2

Amount Per Serving	
Calories 320	Calories from Fat 45
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 135mg	6%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	25%
Sugars 20g	
Protein 38g	77%
Vitamin A 110%	• Vitamin C 20%
Calcium 4%	• Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet.

BROCCOLI CHICKEN CRUSTLESS QUICHE

Servings

4 (1 serving = ¾ cup)

Ingredients

1 cup chopped fresh broccoli florets

½ cup (4 ounces) chopped, cooked chicken

¼ cup chopped tomatoes or 1 (8-ounce) can chopped tomatoes drained*

¼ cup chopped onion

¼ teaspoon dried tarragon

1 tablespoon canola oil

1 cup egg substitute

¼ teaspoon salt (optional)

Kitchen Utensils Needed

Large skillet or electric frying pan

Measuring cups and spoons

Cutting board and knife

Mixing spoon

Serving spatula

Plates and forks

1 Sauté broccoli, chicken, tomatoes, onion, tarragon, and salt, in oil in the skillet or frying pan over medium heat until broccoli is tender-crisp.

2 Pour egg substitute evenly over all ingredients.

3 Cover and cook for 8–10 minutes or until firm on bottom and almost set on top. Cut into wedges to serve.

***Note:** Can use other vegetable mix such as coleslaw or frozen mixed vegetables in place of tomatoes.

Nutrition Facts

Serving Size ¾ cup (135.85g)
Servings Per Container 4

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 150mg **6%**

Total Carbohydrate 4g **1%**

Dietary Fiber <1g **4%**

Sugars 2g

Protein 16g **31%**

Vitamin A 8% • Vitamin C 40%

Calcium 6% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

SLOW-COOKER CHICKEN POSOLE

Servings

14 (1 serving = 1 cup)

Ingredients

1 pound boneless, skinless chicken breasts

1 tablespoon olive oil

1 tablespoon minced garlic

1 white onion, thinly sliced

1 tablespoon oregano

1 tablespoon dried red chili (such as chipotle)

3 (14-ounces) cans hominy, drained

1 (28-ounces) can crushed tomatoes

4 cups water

4 teaspoons low-sodium chicken bouillon

Non-stick cooking spray

Kitchen Utensils Needed

Skillet

Slow cooker

Cutting boards and knife

Measuring cups and spoons

Food thermometer

Bowls and spoons

- 1 Spray slow cooker interior with non-stick cooking spray.
- 2 Cut chicken into small pieces (approximately ½-inch) and cook in the olive oil with garlic, onion, oregano, and red chili. When chicken is cooked, pour the mixture into slow cooker.
- 3 Add hominy, crushed tomatoes, water, and chicken bouillon to slow cooker. Cover and cook 4–6 hours on LOW or 2–4 hours on HIGH. The soup should be cooked to 165°F.

Nutrition Facts	
Serving Size 1 cup (253.6g)	
Servings Per Container 14	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 430mg	18%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	14%
Sugars 4g	
Protein 12g	25%
Vitamin A 2%	• Vitamin C 10%
Calcium 4%	• Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	

EASY CHICKEN ENCHILADAS

Servings

8 (1 serving = 1 enchiladas)

Ingredients

2 boneless, skinless, chicken breasts, cut in strips

1 teaspoon garlic powder

1 small onion, sliced

8 small fat-free corn, whole-wheat or flour tortillas

¾ cup non-fat sour cream

¼ cup non-fat chicken broth

4 tablespoons salsa

Non-stick cooking spray

Kitchen Utensils Needed

Skillet with lid

9 x 13-inch baking dish

Cutting board and knife

Measuring cups and spoons

Scraper spatula

Mixing bowl and spoon

Serving spatula

Pot holders

Plates and forks

- 1 Preheat oven to 350°F and spray skillet with non-stick cooking spray.
- 2 Season chicken strips with garlic powder. Place in skillet and cook over medium heat until chicken is browned and tender; remove from skillet and set aside.
- 3 Spray clean skillet with non-stick cooking spray and heat on stove on medium heat. Add sliced onions, cover, and cook until lightly browned and tender. Stir occasionally.
- 4 Spray the casserole dish with non-stick cooking spray. Lay one tortilla flat and add chicken strips and sliced onion. Roll up and place in casserole dish, seam side down. Continue process until all tortillas are filled and placed in casserole dish.
- 5 In small bowl, blend together sour cream and chicken broth. Pour over tortillas.
- 6 Bake in oven for 30–35 minutes. Top with salsa.

Nutrition Facts

Serving Size 2 Items (136.6g)
Servings Per Container 8

Amount Per Serving

Calories 150 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 140mg 6%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 8%

Sugars 1g

Protein 16g 32%

Vitamin A 2% • Vitamin C 0%

Calcium 6% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

BAKED PARMESAN CHICKEN STRIPS

Servings

2 (1 serving = 3–4 ounces chicken)

Ingredients

1 (6–8 ounce) boneless, skinless chicken breast, cut into 1-inch strips

¼ cup non-fat plain yogurt

¼ cup bread crumbs

1 tablespoon grated Parmesan cheese

½ tablespoon flour

¼ teaspoon paprika

Pinch of cayenne pepper

Non-stick cooking spray

Kitchen Utensils Needed

Baking sheet

Cutting board and knife

Mixing bowls and spoon

Scraper spatula

1-gallon plastic bag

Measuring cups and spoons

Tongs

Food thermometer

Pot holders

Plates and forks

- 1 Preheat the oven to 450°F.
- 2 Spray baking sheet with non-stick cooking spray.
- 3 Place chicken strips in a bowl or plastic bag with yogurt and refrigerate while preparing the rest of the ingredients.
- 4 Mix bread crumbs, cheese, flour, paprika, and cayenne pepper in a sealable plastic bag.
- 5 One at a time, place chicken strips in plastic bag. Coat each piece of chicken in crumb mixture, pressing down on both sides to cover.
- 6 Place chicken strips on baking sheet, spray chicken lightly with non-stick cooking spray.
- 7 Bake for 20–25 minutes or until chicken is tender, juices run clear, and the internal temperature reads 165°F.

Nutrition Facts

Serving Size 4 ounces chicken
(133.88g)
Servings Per Container 2

Amount Per Serving

Calories 180 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 200mg **8%**

Total Carbohydrate 14g **5%**

Dietary Fiber <1g **3%**

Sugars 3g

Protein 24g **48%**

Vitamin A 4% • Vitamin C 0%

Calcium 10% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

GREEN CHILI STEW

Servings

6 (1 serving = 1 cup)

Ingredients

1 tablespoon canola oil

½ pound lean pork, diced

1 small onion, chopped

1⅓ cups green chilies

2 cups chopped tomatoes (fresh or canned)

3 carrots, sliced

2 medium potatoes, cubed

¼ teaspoon cumin seed

½ teaspoon salt

Black pepper to taste

2 tablespoons all-purpose flour

Water

Kitchen Utensils Needed

Large skillet with lid

Mixing spoon

Measuring cups and spoons

Cutting board and knife

Vegetable peeler

Ladle

Bowls and spoons

- 1 Heat oil in skillet over medium heat. Add diced pork and brown.
- 2 Add onions, chilies, tomatoes, carrots, potatoes, cumin seed, salt, and pepper. Mix thoroughly. Sprinkle flour over all ingredients. Add water to cover all ingredients; mix thoroughly. Cover the skillet. Bring to a boil and turn down heat to simmer.
- 3 Simmer until tender (about 45 minutes to an hour).

Nutrition Facts

Serving Size 1 cup (246.08g)
Servings Per Container 6

Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 20mg	6%
Sodium 520mg	22%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Sugars 6g	
Protein 10g	21%
Vitamin A 120%	Vitamin C 60%
Calcium 2%	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

MARINARA SAUCE FOR ONE

Servings

1 (1 serving = 1 recipe)

Ingredients

3 cups water and 3 cups ice water

1 large tomato

To taste:

- Garlic, minced, fresh
- Onion powder
- Salt and black pepper
- Parsley
- Basil

Water to thin

Kitchen Utensils Needed

Small saucepan with lid

Small bowl

Blender or food processor

Stirring spoon

- 1 Bring 3 cups of water to boil in small saucepan. Hull the tomato and cut an "X" in the bottom. Place tomato in boiling water for 1 minute or until skin begins to peel.
- 2 Immediately transfer tomato to small bowl of ice water to stop the cooking process.
- 3 Remove from ice water, peel, and discard skin from tomato. Dump boiling water.
- 4 Puree tomato in blender or food processor and add to small saucepan.
- 5 Add garlic, onion, salt, and pepper.
- 6 Bring to low boil and reduce heat. Cover and let simmer for 15 minutes, stirring often.
- 7 Turn heat up and add parsley, more garlic, and basil, as desired.
- 8 Cook 5–10 minutes stirring constantly. While cooking, start adding water 1 tablespoon at a time until your desired consistency is reached.

Nutrition Facts

Serving Size 1 serving (128.46g)
Servings Per Container 1

Amount Per Serving

Calories 45 **Calories from Fat** 0

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 10%

Sugars 3g

Protein 2g 4%

Vitamin A 20% • Vitamin C 30%

Calcium 6% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Desserts



AMAZING CHOCOLATE FUDGE

Servings

48 (1 serving = 1 square)

Ingredients

2½ tablespoons margarine or butter

2 ounces unsweetened baking chocolate

1½ cups cooked pinto beans
(one drained 15-ounce can equals
1½ cups)

½ cup unsweetened cocoa

1½ teaspoons vanilla extract

4 cups powdered sugar, sifted

½ cup chopped walnuts or pecans
(optional)

½ cup dried cherries (optional)

Non-stick cooking spray

Kitchen Utensils Needed

8 x 8-inch baking pan

Can opener

Saucepan

Food processor or blender

Mixing bowl and spoon

Scraper spatula

Stirring spoon

Knife

Pot holders

Serving utensil

Plates and forks

- 1 Spray baking pan with non-stick cooking spray; set aside.
- 2 In a saucepan, melt margarine and baking chocolate together.
- 3 Warm the beans 1–2 minutes in the microwave. This makes them easier to mash and the fudge easier to stir.
- 4 Combine the beans and chocolate mixture in a food processor or blender and mash.
- 5 Scrape bean mixture into a bowl, add cocoa and vanilla extract.
- 6 Gradually mix in powdered sugar—mixture will be stiff.
- 7 Stir in nuts and/or dried cherries, if desired.
- 8 Press into pan. Cut into 48 pieces (6 rows by 8 rows).

Note: Store fudge in refrigerator one week or freeze.

Nutrition Facts

Serving Size 1 square (18.32g)
Servings Per Container 48

Amount Per Serving

Calories 60 Calories from Fat 5

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber <1g 4%

Sugars 10g

Protein <1g 2%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

FRUIT KABOBS

Servings

8 (1 serving = 1 kabob & 2 tablespoons dip)

Ingredients

¾ cup cantaloupe chunks

¾ cup honeydew melon chunks

¾ cup strawberries

¾ cup pineapple chunks

2 bananas, peeled and cut into 1-inch slices

1 cup orange juice

¼ cup lime juice

1 (8-ounce) carton vanilla low-fat or non-fat yogurt

2 tablespoons frozen orange juice concentrate, thawed

Ground nutmeg or cinnamon (optional)

Kitchen Utensils Needed

8 (6-inch) skewers

9 x 13-inch glass baking dish

Can opener

Cutting board and knife

Small mixing bowl and spoons

Scraper spatula

Measuring cups and spoons

Plastic wrap

Serving platter

Plates and forks

1 Alternately spear cantaloupe, honeydew melon, strawberries, pineapple, and bananas on skewers. Place kabobs in a glass baking dish. Combine orange juice and lime juice; pour evenly over kabobs. Cover with plastic wrap; chill kabobs for 30–60 minutes, turning occasionally.

2 Meanwhile, in a small bowl, stir together the yogurt and orange juice concentrate. Cover and chill dip until ready to serve.

3 Arrange the kabobs on a serving platter; discard juice mixture. If desired, sprinkle nutmeg or cinnamon over dip. Serve dip with kabobs.

Nutrition Facts

Serving Size 1 kabob and 2 T. dip
(160.61g)

Servings Per Container 8

Amount Per Serving

Calories 100 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **7%**

Sugars 17g

Protein 2g **5%**

Vitamin A 15% • Vitamin C 80%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

FRUIT MOUNTAIN

Servings

6 (1 serving = 1 dessert glass)

Ingredients

1 (4 ½-cup servings) box sugar-free, reduced calorie vanilla pudding mix

2 cups non-fat milk

1 teaspoon almond extract

1 (8-ounce) can no-sugar-added cherry or apple pie filling

Cinnamon

Kitchen Utensils Needed

Mixing bowl and spoon

Measuring cups and spoons

Scraper spatulas

Serving spoon

6 dessert glasses and spoons

1 Prepare pudding according to directions on package, using non-fat milk; add almond extract.

2 Divide into 6 dessert glasses; cool. Top with pie filling and sprinkle with cinnamon.

Nutrition Facts

Serving Size 1 glass (133.36g)
Servings Per Container 6

Amount Per Serving

Calories 70 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **1%**

Sodium 170mg **7%**

Total Carbohydrate 15g **5%**

Dietary Fiber <1g **3%**

Sugars 8g

Protein 3g **6%**

Vitamin A 6% • **Vitamin C** 2%

Calcium 10% • **Iron** 0%

* Percent Daily Values are based on a 2,000 calorie diet.

FRUIT SUNDAES

Servings

2 (1 serving = 1 cup)

Ingredients

½ cup canned pineapple chunks, in juice or light syrup, thoroughly drained*

½ cup canned mandarin oranges, in juice or light syrup, thoroughly drained*

½ teaspoon ground cinnamon

1 cup plain non-fat yogurt

1 teaspoon vanilla extract

1 teaspoon sucralose-type nonnutritive sweetener

2 tablespoons low-fat granola

Kitchen Utensils Needed

Mixing bowls and spoons

Measuring cups and spoons

Can opener

Scraper spatula

Serving spoon

2 (10-ounce) parfait glasses or plastic serving cups and spoons

1 Combine pineapple, oranges, and cinnamon in bowl and mix well.

2 In a separate bowl, mix together yogurt, vanilla extract, and nonnutritive sweetener.

3 Layer the fruit and yogurt mixtures into serving glasses, ending with yogurt. Sprinkle top with granola.

***Note:** May use in-season fruits such as strawberries, raspberries, or blueberries

Nutrition Facts

Serving Size 1 cup (225.33g)
Servings Per Container 2

Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 115mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	7%
Sugars 24g	
Protein 8g	16%
Vitamin A 15%	Vitamin C 35%
Calcium 25%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

FRESH FRUIT TARTS

Servings

12 (1 serving = 1 tart)

Ingredients

12 wonton skins

2 tablespoons sugar-free jelly or fruit spread

1½ cup diced fresh fruits*

1 cup non-fat yogurt, any flavor

Non-dairy whipped cream (optional)

Non-stick cooking spray

Kitchen Utensils Needed

Small saucepan or microwave

Muffin pan (12-cup)

Mixing bowl and spoon

Measuring cups and spoons

Spreading spatula

Plates and forks

- 1 Preheat oven to 375°F.
- 2 Spray muffin cups with non-stick cooking spray.
- 3 Press wonton skins into muffin pans allowing corners to stand up over the edges.
- 4 Bake wontons until corners are lightly browned, about 5 minutes. Watch carefully; they cook quickly.
- 5 Remove from oven and carefully take each wonton out of muffin pans, cool.
- 6 Lightly coat bottom of each wonton with jelly or fruit spread.
- 7 Fill each wonton with fruit and a teaspoon of yogurt on top.
- 8 Garnish each with a small piece of fruit, a dab of jelly, or a small dollop of non-dairy whipped cream for a festive presentation.

***Note:** Use in-season fruits such as kiwi, banana, strawberry, blueberry, or raspberry or a teaspoon of prepared pie filling or mixture of fruits.

Nutrition Facts

Serving Size 1 tart (49.58g)
Servings Per Container 12

Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 9g	3%
Dietary Fiber <1g	2%
Sugars 4g	
Protein 2g	4%
Vitamin A 0%	Vitamin C 20%
Calcium 4%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

PEACH AND BERRY CRISP

Servings

8 (1 serving = 1/2 cup)

Ingredients

3 cups fresh or frozen sliced peaches, drained*

1 cup fresh or frozen blueberries, raspberries, blackberries, or strawberries*

1–2 tablespoons nonnutritive sucrose sweetener

1/4 teaspoon nutmeg

1/4 teaspoon cinnamon

4 teaspoons cornstarch

1/4 cup oats (quick or old-fashioned)

1 tablespoon flour

1 tablespoon packed brown sugar

1 tablespoon reduced-calorie margarine

1/8 teaspoon cinnamon

Non-dairy whipped topping (optional)

Kitchen Utensils Needed

8 x 8-inch baking pan

Can opener

Mixing bowls and spoons

Measuring cups and spoons

Scraper spatula

Serving spoon

Bowls and spoons

- 1 Preheat oven to 375°F.
- 2 Combine peaches and berries in an ungreased 8 x 8-inch baking pan.
- 3 Mix sweetener, nutmeg, 1/4 teaspoon cinnamon, and cornstarch in small bowl, sprinkle over fruit, and stir gently.
- 4 Mix oatmeal, flour, brown sugar, margarine, and 1/8 teaspoon cinnamon together and spread over fruit.
- 5 Bake, uncovered, 35–40 minutes. Cool 10 minutes.
- 6 Cut into 8 pieces.
- 7 Garnish with dollop of non-dairy whipped topping if desired.

***Note:** Do not thaw frozen fruit.

Nutrition Facts

Serving Size 1/2 cup (84.03g)
Servings Per Container 8

Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 8g	
Protein 1g	2%
Vitamin A 6%	Vitamin C 10%
Calcium 0%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

TRIPLE-BERRY CHEESECAKE SQUARES

Servings

12 (1 serving = 1 square)

Ingredients

36 reduced fat, vanilla wafers, finely crushed (about 1¼ cups)

3 tablespoons margarine

6 ounces non-fat plain cream cheese, softened

¼ cup granulated nonnutritive sucralose sweetener

1 cup thawed non-dairy whipped topping

2 cups mixed fresh berries (raspberries, blueberries, sliced strawberries, kiwi fruit)

¾ cup boiling water

1 (4 ½-cup servings) package lemon flavor sugar-free gelatin

1 cup ice cubes

Kitchen Utensils Needed

Electric mixer

9 x 9-inch baking pan

Small saucepan

1-gallon plastic bag

Rolling pin, blender, or food processor

Mixing bowls and spoons

Measuring cups and spoons

Scraper spatula or mixing spoon

Pot holders

Plates and forks

- 1 Place vanilla wafers in a large plastic bag and seal. Crush wafers with a rolling pin. (Wafers can also be crushed using a blender or food processor.)
- 2 In a bowl, mix vanilla wafer crumbs and margarine; press into bottom of baking pan.
- 3 Beat cream cheese and nonnutritive sweetener in large bowl with an electric mixer until well blended. Gently stir in non-dairy whipped topping and blend; spread over crust. Top with berries. Refrigerate until ready to use.
- 4 Add boiling water to gelatin, mix in medium bowl; stir 2 minutes until completely dissolved. Add ice; stir until melted.
- 5 Refrigerate 10 minutes or until slightly thickened; spoon over fruit layer in baking pan.
- 6 Refrigerate 3 hours or until firm.
- 7 Cut into 12 pieces (3 rows x 4 rows).

Nutrition Facts

Serving Size 1 square (81.63g)
Servings Per Container 12

Amount Per Serving

Calories 130 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 170mg 7%

Total Carbohydrate 19g 6%

Dietary Fiber <1g 4%

Sugars 13g

Protein 3g 7%

Vitamin A 4% • Vitamin C 25%

Calcium 6% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

NO-BAKE CHEESECAKE

Servings

8 (1 serving = 1 slice)

Ingredients

1 prepared graham cracker crust

1 (4 ½-cup servings) box instant sugar-free lemon pudding mix

1¾ cups low-fat (1%) milk

4 ounces low-fat plain cream cheese, softened

1 cup fresh fruit for topping, sweetened with nonnutritive sucralose sweetener

1 tablespoon cornstarch

Kitchen Utensils Needed

Electric mixer

Small saucepan

Mixing bowl and spoons

Measuring cups and spoons

Serving spatula

Plates and forks

1 With electric mixer, mix pudding and milk until thickened. Add in cream cheese and beat until smooth. Put mixture in crust.

2 Chill in refrigerator for 2 hours or overnight.

3 Meanwhile in a saucepan, sweeten fruit with nonnutritive sucralose sweetener and add 1 tablespoon corn starch. Bring just to a boil and cool before topping cheesecake.

4 Cut into 8 slices.

Nutrition Facts

Serving Size 1 slice (112.51g)
Servings Per Container 8

Amount Per Serving

Calories 180 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 2g

Cholesterol 10mg **3%**

Sodium 380mg **16%**

Total Carbohydrate 24g **8%**

Dietary Fiber <1g **3%**

Sugars 10g

Protein 4g **8%**

Vitamin A 4% • Vitamin C 20%

Calcium 10% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

CRANBERRY ORANGE BREAD PUDDING MUFFINS

Servings

12 (1 serving = 1 muffin)

Ingredients

4 slices cinnamon bread, cubed
(approximately 2 cups)

¼ cup dried cranberries

1 cup 1% low-fat or non-fat milk

1 (4 ½-cup servings) box cook and
serve sugar-free vanilla pudding—not
instant

½ cup egg substitute

1 teaspoon vanilla extract

1 teaspoon grated orange peel, dried
or fresh

½ teaspoon cinnamon

Muffin paper liners (optional)

Non-stick cooking spray

Kitchen Utensils Needed

Muffin pan (12-cup)

Cutting board and knife

Medium mixing bowl and spoon

Measuring cups and spoons

Grater or microplane

Scraper spatula

Pot holder

Plates and forks

- 1 Preheat oven to 325°F.
- 2 Line 12 muffin cups with paper liners. Spray muffin pan cups with non-stick cooking spray.
- 3 Divide bread cubes into each of the 12 muffin cups.
- 4 Bake for 10 minutes. Remove from oven. Place even amounts of cranberries on bread cubes in each pan.
- 5 Combine remaining ingredients in medium bowl; mix well.
- 6 Pour mixture evenly into each muffin and let stand for 10 minutes.
- 7 Bake for 25–30 minutes or until set. Let cool 10 minutes.

Nutrition Facts

Serving Size 1 muffin (45.53g)
Servings Per Container 12

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 135mg 6%

Total Carbohydrate 10g 3%

Dietary Fiber 0g 2%

Sugars 3g

Protein 2g 5%

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

FRUIT BARS

Servings

9 (1 serving = 1 square)

Ingredients

1 cup dried fruit such as raisins, cranberries, or cherries

½ cup water

¼ cup margarine

1 teaspoon cinnamon

¼ teaspoon nutmeg

1 cup all-purpose flour

1 egg, lightly beaten

¾ cup unsweetened, natural applesauce

1 tablespoon nonnutritive sucralose sweetener

1 teaspoon baking soda

¼ teaspoon vanilla extract

Non-stick cooking spray

Kitchen Utensils Needed

Saucepan

8 x 8-inch baking pan

Mixing bowl and spoons

Measuring cups and spoons

Knife or spreading spatula

Pot holders

Serving spatula

Plates and forks

- 1 Preheat oven to 350°F.
- 2 Spray 8 x 8-inch baking pan with non-stick cooking spray; set aside.
- 3 In a saucepan, over medium heat, cook dried fruit, water, margarine, cinnamon, and nutmeg until margarine is melted; continue cooking for 3 minutes. Add the remaining ingredients.
- 4 Spread mixture into baking pan.
- 5 Bake for 25–30 minutes or until lightly browned. Cool to room temperature; cut into 9 squares.

Nutrition Facts

Serving Size 1 bar (63.11g)
Servings Per Container 9

Amount Per Serving

Calories 120 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 190mg **8%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 12g

Protein 3g **5%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

FLAVORED SUGAR COOKIES

Servings

24 (1 serving = 1 cookie)

Ingredients

½ cup stick butter, softened

1 cup nonnutritive sucralose sweetener

1 large egg

1 teaspoon vanilla extract

1⅓ cup all-purpose flour

¾ teaspoon baking powder

¼ teaspoon salt

1 (0.3 ounce) package sugar-free, fruit-flavored gelatin

Non-stick cooking spray

Kitchen Utensils Needed

Electric mixer

Baking sheet

Medium mixing bowl and spoon

Measuring cups and spoons

Cookie scoop

Wire cooling rack

Pot holders

Turning spatula

- 1 Preheat oven to 350°F.
- 2 Spray baking sheet with non-stick cooking spray.
- 3 With electric mixer, beat butter and nonnutritive sweetener in medium-sized bowl on medium speed until well combined. Mix in egg and vanilla extract until blended.
- 4 Combine flour, baking powder, and salt. Slowly add to mixture until blended.
- 5 Drop dough by rounded teaspoon onto baking sheet. Flatten slightly using a spoon. Sprinkle with sugar-free fruit-flavored gelatin.
- 6 Bake 10–12 minutes. Remove from baking sheet and cool completely on wire rack.

Nutrition Facts

Serving Size 1 cookie (18.68g)
Servings Per Container 24

Amount Per Serving

Calories 80 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 20mg **6%**

Sodium 120mg **5%**

Total Carbohydrate 7g **2%**

Dietary Fiber 0g **1%**

Sugars 0g

Protein 3g **6%**

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

POOR MAN'S OATMEAL COOKIES

Servings

21 (1 serving = 1 cookie)

Ingredients

1 cup rolled oats (quick or old-fashioned)

½ cup packed brown sugar

¼ cup nonnutritive sucralose sweetener

½ cup flour

⅛ teaspoon salt

½ teaspoon baking soda

¼ cup hot water

¼ cup margarine, melted and cooled

½ teaspoon vanilla extract

Non-stick cooking spray

Kitchen Utensils Needed

Baking sheet

Small saucepan

Measuring cups and spoons

Mixing bowls and spoons

Cookie scoop

Wire cooling rack

Pot holders

Turning spatula

- 1 Preheat oven to 375°F.
- 2 Spray baking sheet with non-stick cooking spray.
- 3 Combine oats, sugars, flour, and salt in a large mixing bowl.
- 4 Combine baking soda, water, melted margarine, and vanilla extract; stir into oat mixture.
- 5 Roll into 21 walnut-sized balls and place on prepared cookie sheet. (Note: Dough is sticky. You may want to spray your hands with cooking spray to keep dough from sticking.)
- 6 Bake for 8–10 minutes or until golden brown.
- 7 Remove from oven and let cool for 2 minutes before placing on cooling rack.
- 8 Store in tightly covered container.

Nutrition Facts

Serving Size 1 cookie (13.57g)
Servings Per Container 21

Amount Per Serving

Calories 40 Calories from Fat 0

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 9g 3%

Dietary Fiber 0g 2%

Sugars 3g

Protein <1g 2%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

SOFT CHOCOLATE CHIP COOKIES

Servings

60 (1 serving = 1 cookie)

Ingredients

1 cup oats (quick or old-fashioned)

½ cup butter, softened

1 cup packed brown sugar*

1 teaspoon baking soda

¼ teaspoon salt

1 (6-ounce) container plain low-fat yogurt

2 eggs or equivalent egg substitute

1 teaspoon vanilla extract

2¼ cups all-purpose flour

2 cups (12-ounces) semisweet chocolate pieces

Kitchen Utensils Needed

Electric mixer

Shallow baking pan

Baking sheets

Large mixing bowl and spoon

Cookie scoop

Wire cooling rack

Pot holders

Turning spatula

- 1 Preheat oven to 375°F.
- 2 Spread oats in a shallow baking pan. Bake 10 minutes or until toasted, stirring once; set aside.
- 3 In large bowl, cream butter with an electric mixer on medium to high speed 30 seconds. Add brown sugar, baking soda, and salt; beat until combined. Beat in yogurt, eggs, and vanilla extract.
- 4 Beat in as much of the flour as you can with the mixer until the dough is very stiff. Using a spoon, stir in oats and any remaining flour. Stir in chocolate pieces.
- 5 Drop dough by rounded teaspoons 2 inches apart on an ungreased baking sheet. Bake 9–11 minutes or until bottoms are browned. Transfer to a wire rack to cool.

***Note: Nonnutritive Sweeteners:** choose sucralose nonnutritive brown sugar blend. Follow package direction to use product amount equivalent to 1 cup brown sugar.

Nutrition Facts

Serving Size 1 Item (20.09g)
Servings Per Container 60

Amount Per Serving

Calories 80 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 40mg 2%

Total Carbohydrate 10g 3%

Dietary Fiber 0g 2%

Sugars 6g

Protein 1g 2%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

SPLICED CORNMEAL COOKIES

Servings

24 (1 serving = 1 cookie)

Ingredients

¼ cup margarine or butter

¾ cup all-purpose flour

¼ cup yellow cornmeal

¼ cup sugar

1 egg

¼ teaspoon finely chopped
lemon peel

¼ teaspoon vanilla extract

¼ teaspoon salt

⅛ teaspoon cinnamon

2 tablespoons finely chopped
walnuts, almonds, hazelnuts,
or pecans

Kitchen Utensils Needed

Electric mixer

Baking sheet

Mixing bowl and spoons

Measuring cups and spoons

Wire cooling rack

Pot holders

Turning spatula

- 1 Preheat oven to 375°F.
- 2 In large bowl, beat margarine or butter with an electric mixer on medium to high speed for 30 seconds. Add about half the flour, cornmeal, sugar, egg, lemon peel, vanilla extract, salt, and cinnamon. Beat until combined. Beat or stir in remaining flour. Stir in nuts.
- 3 Shape dough into 24 fingers, about 2½ inches long. Place on an ungreased baking sheet. Bake about 10 minutes or until bottoms are golden. Transfer to wire rack; cool.

Nutrition Facts

Serving Size 1 cookie (12.29g)
Servings Per Container 24

Amount Per Serving

Calories 35 Calories from Fat 5

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 20mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 0g 1%

Sugars 2g

Protein <1g 2%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

ENLIGHTENED BROWNIES

Servings

12 (1 serving = 1 brownie)

Ingredients

- ½ cup cake flour
- ½ cup unsweetened cocoa
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- 1 large egg
- 2 large egg whites or equivalent pasteurized egg whites
- ¾ cup sugar
- ½ cup canola oil
- 1½ teaspoons vanilla extract
- 2 tablespoons chopped nuts, walnuts or pistachios
- Non-stick cooking spray

Kitchen Utensils Needed

- 8 x 8-inch baking pan
- Mixing bowl and spoon
- Measuring cups and spoons
- Wooden toothpick
- Wire cooling rack
- Knife or spreading spatula
- Turning spatula
- Pot holders

- 1 Preheat oven to 350°F.
- 2 Spray baking pan with non-stick cooking spray.
- 3 In medium bowl, sift together flour, cocoa, baking powder, and salt. In large bowl, whisk egg and egg whites until frothy. Whisk in sugar, oil, and vanilla extract until smooth.
- 4 Gradually fold in flour mixture until just blended. Pour into prepared pan. Sprinkle with nuts.
- 5 Bake 20–25 minutes or until wooden pick inserted in center comes out without moist crumbs. Cool in pan on rack and then cut into 12 squares.

Nutrition Facts

Serving Size 1 brownie (42.22g)
Servings Per Container 12

Amount Per Serving

Calories 180 Calories from Fat 100

% Daily Value*

Total Fat	11g	16%
Saturated Fat	1g	6%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	70mg	3%
Total Carbohydrate	19g	6%
Dietary Fiber	1g	5%
Sugars	13g	
Protein	2g	5%

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Beverages



RASPBERRY SMOOTHIE

Servings

2 (1 serving = 1 cup)

Ingredients

1½ cups fresh or frozen raspberries

1 cup plain non-fat yogurt

1 cup crushed ice

1–4 teaspoons nonnutritive sweetener (optional)

1 tablespoon honey

Kitchen Utensils Needed

Blender

Scraper spatula

Measuring cups and spoons

Glasses

1 Place all ingredients in blender; process until smooth. Scrape down sides as needed.

2 Pour into glasses and serve.

Nutrition Facts

Serving Size 1 cup (232.25g)
Servings Per Container 2

Amount Per Serving

Calories 180 **Calories from Fat** 5

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol <5mg **1%**

Sodium 95mg **4%**

Total Carbohydrate 35g **12%**

Dietary Fiber 6g **24%**

Sugars 28g

Protein 8g **17%**

Vitamin A 0% • Vitamin C 40%

Calcium 25% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

FRUIT AND YOGURT SMOOTHIE

Servings

2 (1 serving = 1¼ cups)

Ingredients

1 (8-ounce) can undrained peach halves, packed in water or juice

½ ripe small banana

½ cup plain non-fat yogurt

½ teaspoon vanilla extract

1 cup ice cubes

Kitchen Utensils Needed

Can opener

Blender

Measuring cups and spoons

Scraper spatula

Glasses

1 In a blender container combine undrained peaches, banana, yogurt, and vanilla extract.

2 Cover and blend until smooth. Add ice cubes; cover and blend until frothy. Scrape sides as necessary.

3 Pour into glasses and serve.

Nutrition Facts

Serving Size 1 1/4 cups (205.2g)
Servings Per Container 2

Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	1%
<i>Trans Fat</i>	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	9%
Sugars 20g	
Protein 5g	9%
Vitamin A 10%	Vitamin C 10%
Calcium 15%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

CAPPUCCINO SMOOTHIE

Servings

1 (1 serving = 1 cup)

Ingredients

1 cup non-fat milk

1½ teaspoons instant coffee granules

Nonnutritive sweetener equivalent to 4 teaspoons sugar

2 drops brandy extract or rum extract

Dash ground cinnamon

Kitchen Utensils Needed

Blender

Measuring cups and spoons

Scraper spatula

Glass

1 In a blender, combine milk, coffee granules, nonnutritive sweetener, and extract. Blend until coffee is dissolved. Scrape sides as necessary.

2 Pour into a glass and top with a dash of cinnamon.

Variation: For a hot drink, pour into a microwaveable mug and heat in a microwave.

Nutrition Facts

Serving Size 1 cup (249.64g)
Servings Per Container 1

Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 110mg	5%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	1%
Sugars 14g	
Protein 9g	17%
Vitamin A 10%	Vitamin C 0%
Calcium 30%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

ICED CAPPUCCINO

Servings

2 (1 serving = 1 cup)

Ingredients

1 cup non-fat vanilla frozen yogurt or non-fat vanilla ice cream

1 cup cold strong-brewed coffee

1–2 teaspoons nonnutritive sweetener

1 teaspoon unsweetened cocoa powder

1 teaspoon vanilla extract

Kitchen Utensils Needed

Blender

Scraper spatula

Measuring cups and spoons

Glasses

1 Place all ingredients in blender; blend until smooth. Scrape sides as necessary.

2 Place blender container in freezer; freeze 1½ to 2 hours or until top and sides of mixture are partially frozen.

3 Scrape sides of container; blend until smooth and frothy.

4 Pour into glasses and serve.

Iced Mocha Cappuccino

Variation—Increase amount of unsweetened cocoa powder to 1 tablespoon. Proceed as directed above.

Nutrition Facts

Serving Size 1 cup (247.5g)
Servings Per Container 2

Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	1%
Sugars 21g	
Protein 5g	11%
Vitamin A 0%	Vitamin C 0%
Calcium 20%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

CRANBERRY COCKTAIL

Servings

5 (1 serving = 1 cup)

Ingredients

4 cups artificially-sweetened cranberry juice

3 whole cloves

1 stick cinnamon

Sucralose-based nonnutritive sweetener equivalent to 1 cup sugar

¼ cup fresh lemon juice

⅔ cup fresh orange juice

Dash of salt

Kitchen Utensils Needed

2-quart saucepan

Stirring spoon

Measuring cups

Strainer

Glasses

- 1 Combine first four ingredients; bring to a boil. Reduce heat; simmer a few minutes, then remove from heat.
- 2 Add citrus juices and salt; chill.
- 3 Strain out whole cloves and cinnamon stick.
- 4 Pour into glasses and serve cold.

Nutrition Facts

Serving Size 1 cup (238.69g)
Servings Per Container 5

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 16g 5%

Dietary Fiber 0g 1%

Sugars 15g

Protein 0g 1%

Vitamin A 0% • Vitamin C 140%

Calcium 2% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

HOLIDAY NOG

Servings

8 (1 serving = 1 cup)

Ingredients

1 package (1.4 ounce) sugar-free instant vanilla pudding mix

7 cups non-fat milk, divided

1 to 2 teaspoons vanilla extract or rum flavoring

2 to 4 packets nonnutritive sucralose sweetener

1 cup evaporated non-fat milk

Kitchen Utensils Needed

Hand beaters

Mixing bowl and spoon

½ gallon airtight container with lid

Glasses

- 1 Combine pudding mix, 2 cups of milk, vanilla extract, and sweetener in a bowl; mix according to pudding directions.
- 2 Pour into a ½ gallon container with a tight-fitting lid.
- 3 Add 3 cups milk; shake well. Add evaporated milk and shake. Add remaining milk; shake well. Chill.
- 4 Pour into glasses and serve cold.

Nutrition Facts

Serving Size 1 cup (250.24g)
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 250mg 10%

Total Carbohydrate 17g 6%

Dietary Fiber 0g 0%

Sugars 15g

Protein 10g 19%

Vitamin A 10% • Vitamin C 0%

Calcium 35% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

PEPPERMINT HOT COCOA GIFT MIX

Servings

20 (1 serving = 1 cup)

Ingredients

3 cups non-fat dry milk powder

1½ cups unsweetened cocoa powder

¾ cup powdered light non-dairy creamer

¾ cup sugar or sucralose nonnutritive sweetener equivalent

½ cup (3 ounces) crushed peppermint candies*

Kitchen Utensils Needed

Large bowl

Mixing spoon

Measuring cups and spoons

1-gallon plastic bag

Hammer

5 gift containers with instructions

- 1 In a large bowl, stir together milk powder, cocoa powder, non-dairy creamer, and sugar.
- 2 Divide mixture among five gift containers. Top with crushed candies. Seal and level containers.
- 3 Store at room temperature up to 3 months.
- 4 To serve: shake contents of the container. For each serving place 3 tablespoons of the mix in a 10-ounce mug and add 1 cup boiling water; stir until well incorporated and crushed candy is dissolve.

***Note:** Crush whole peppermint candies by placing them in a sealed plastic bag and hitting them with a hammer.

Nutrition Facts

Serving Size 1 cup (25.36g)
Servings Per Container 20

Amount Per Serving

Calories 100 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **4%**

Trans Fat

Cholesterol 0mg **1%**

Sodium 65mg **3%**

Total Carbohydrate 17g **6%**

Dietary Fiber 2g **9%**

Sugars 11g

Protein 5g **10%**

Vitamin A 4% • Vitamin C 0%

Calcium 15% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Dressings



BUFFALO DRESSING

Servings

6 (1 serving = 2 tablespoons)

Ingredients

½ cup apple cider vinegar

¼ cup cayenne hot sauce

Kitchen Utensils Needed

Measuring cups

Storage jar

1 Combine ingredients in storage jar and shake well.

2 Store in refrigerator.

Nutrition Facts

Serving Size 2 Tablespoons (29.27g)
Servings Per Container 6

Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	0%
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

VINAIGRETTE DRESSING

Servings

12 (1 serving = 2 tablespoons)

Ingredients

¼ cup apple cider vinegar

½ cup water

2 shakes celery salt

2 shakes onion salt

Black pepper to taste

3 packets Stevia nonnutritive sweetener

Kitchen Utensils Needed

Measuring cups

Storage jar

1 Combine ingredients in a jar and shake well.

2 Store in refrigerator.

Nutrition Facts

Serving Size 2 Tablespoons (5.47g)
Servings Per Container 12

Amount Per Serving

Calories 0 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 0g 0%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Seasonings



ALL-PURPOSE SEASONING

Servings

12 (1 serving = 1 teaspoon)

Ingredients

1 tablespoon sea salt

1 tablespoon garlic powder

1 tablespoon onion powder

½ tablespoon black pepper

Kitchen Utensils Needed

Storage container

Measuring spoons

Mixing spoon

- 1 Mix ingredients well.
- 2 Place into a storage container with tight-fitting lid. Seal tightly. Store in cool, dry place.
- 3 Stir or shake well before use.

Nutrition Facts

Serving Size 1 teaspoon (2.89g)
Servings Per Container 12

Amount Per Serving

Calories 5 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 550mg **23%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **1%**

Sugars 0g

Protein 0g **0%**

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

SOUTHWEST SEASONING

Servings

12 (1 serving = 1 teaspoon)

Ingredients

1 tablespoon chili powder

¼ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon dried oregano

½ teaspoon paprika

1½ teaspoons ground cumin

1 teaspoon sea salt

1 teaspoon black pepper

Kitchen Utensils Needed

Storage container

Measuring spoons

Mixing spoon

- 1 Mix ingredients well.
- 2 Place into a storage container with tight-fitting lid. Seal tightly. Store in cool, dry place.
- 3 Stir or shake well before use.

Nutrition Facts

Serving Size 1 teaspoon (1.81g)
Servings Per Container 12

Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 0g	0%
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Substitutions



CREAM SAUCE MIX/CREAM SOUP MIX

Makes

3 cups of mix. (1 serving = 1 cup mix)

Ingredients

2 cups non-fat dry milk

1 cup cornstarch

¼ cup instant bouillon (chicken, beef or vegetable—low sodium if possible)

2 tablespoons instant minced onions

1 teaspoon dried thyme, crushed

1 teaspoon dried basil, crushed

½ teaspoon pepper

Kitchen Utensils Needed

Storage container or jar with lid

Measuring cups and spoons

1 In storage container with tight-fitting lid, combine ingredients; mix well.

2 Seal tightly. Store in cool, dry place.

3 Stir or shake well before use. Use as directed in following recipes.

CONDENSED CREAM SOUP

Combine ¼ cups water and ⅓ cup sauce mix in small saucepan; blend well. Cook over medium heat 6–8 minutes or until mixture boils; simmer 1 minute, stirring constantly. Equal to 1 can condensed cream soup.

MEDIUM WHITE SAUCE

Combine 1 cup water and ¼ cup sauce mix in small saucepan; blend well. Cook over medium heat 5–6 minutes or until mixture boils, stirring constantly. Reduce heat; simmer 1 minute, stirring constantly. Add chopped mushrooms or other ingredients as desired for flavored sauces.

THIN WHITE SAUCE

For use in cream soups. Combine 1 cup water and 3 tablespoons sauce mix in small saucepan; blend well. Cook over medium heat 5–6 minutes or until mixture boils, stirring constantly. Reduce heat; simmer 1 minute, stirring constantly.

Nutrition Facts

Serving Size 1 cup (112.18g)
Servings Per Container 3

Amount Per Serving

Calories 370 Calories from Fat 0

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 260mg 11%

Total Carbohydrate 72g 24%

Dietary Fiber <1g 3%

Sugars 28g

Protein 20g 41%

Vitamin A 0% • Vitamin C 6%

Calcium 60% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

CREAM SOUP SUBSTITUTE

Servings

4 (1 serving = ¼ cup)

Ingredients

1 tablespoon butter

3 tablespoons all-purpose flour

½ cup low-sodium chicken broth

½ cup low-fat or non-fat milk

Salt and black pepper to taste

Kitchen Utensils Needed

Small saucepan

Measuring cups and spoons

Mixing spoon or whisk

- 1 Melt butter in saucepan over medium-low heat. Stir in flour; keep stirring until smooth and bubbly.
- 2 Remove from heat and add chicken broth and milk, a little at a time, stirring to keep smooth.
- 3 Return to heat. Bring sauce to a gentle boil; cook, stirring constantly, until it thickens.
- 4 Taste and add salt and pepper as desired.
- 5 Use in casseroles in place of condensed cream soups.

Variations: Can be varied using vegetable broth, sautéed chopped celery, celery seed, or sautéed chopped mushrooms.

Nutrition Facts

Serving Size 1/4 cup (70.03g)
Servings Per Container 4

Amount Per Serving

Calories 60 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 85mg 3%

Total Carbohydrate 6g 2%

Dietary Fiber 0g 1%

Sugars 2g

Protein 2g 4%

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

HOMEMADE EGG SUBSTITUTE

Servings

1 (1 serving = 1 recipe)

Ingredients

2 egg whites

2 teaspoons non-fat dry milk powder

1 teaspoon vegetable oil

1 drop yellow food coloring

Kitchen Utensils Needed

Small mixing bowl

Mixing spoon

1 In small bowl, combine all ingredients; mix well.

2 Use as a substitute for 1 egg.

Nutrition Facts

Serving Size 1 recipe (75.58g)
Servings Per Container 1

Amount Per Serving

Calories 90 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 9g **18%**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

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LEARN MORE

- Be Food Safe, USDA and the Partnership for Food Safety Education, www.befoodsafe.gov.
- USDA Food Safety and Inspection Service (FSIS), www.fsis.usda.gov.
- Partnership for Food Safety Education (PFSE), www.fightbac.org.
- Altitude adjusters, <http://www.uwyo.edu/foods/educational-resources/baking/altitude-adjusters/ChooseMyPlate.gov> by the US Department of Agriculture.
- Dining with Diabetes in Wyoming, <http://www.uwyo.edu/foods/links-to-learn-more/dining.html>.
- UW Extension, <http://www.uwyo.edu/uwe/>.
- UW Extension County Offices, <http://www.uwyo.edu/uwe/county/>.
- Finger Counting Method, <http://www.actionforhealthykids.org/tools-for-schools/find-challenges/cafeteria-challenges/1250-understanding-nutrition-facts-labels>.

