



Healthy Recipes from Lac du Flambeau Using USDA Foods



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**Food Distribution Program on Indian Reservations
Lac du Flambeau Band of the Lake Superior Chippewa Indians**

Recipes from the weekly nutrition and healthy cooking classes at the Lac du Flambeau, Wisconsin FDPIR



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FDP Staff: Betty Graveen (manager), Anna Borchardt, and Marti Hunt (nutrition educator).



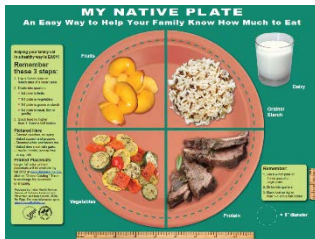
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Thank you to the USDA Food and Nutrition Service for supporting the important work of teaching food safety, nutrition and healthy cooking. Thank you also to Samia Hamdan for reviewing the cookbook and providing helpful suggestions.



All recipes were developed with healthy nutrition in mind as well as stretching your food dollars. Sugar, salt, and fat content for most of the recipes were reduced and nutrition was improved by using fruits, vegetables, and whole grains. All recipes include some commodity foods. Local foods (i.e. deer meat, game fish, berries, maple syrup, and wild rice) were utilized in many of the recipes. Substitutions were included with the recipes so you can individualize the recipes for your tastes and for what foods you have on hand. Each recipe includes a nutrition description listing what food groups are provided and why the recipe is healthy.



Food Distribution Program on Indian Reservations (FDPIR)

Food and Nutrition Service, United States Department of Agriculture

What is FDPIR?

FDPIR provides USDA Foods to low-income households living on Indian reservations. If commodity foods are provided, however, you cannot also receive food stamps in the same month. Contact the Lac du Flambeau Food Distribution Program to see if you qualify and to request an application: 715-588-4204.

What foods are available through FDPIR?

Each month, participating households receive a package of nutritious food to help them maintain a healthy diet, but it is not meant to provide all the food for the month. Products include: frozen and canned meats; canned fruits, vegetables, beans, soups, and spaghetti sauce; pastas, cereals, and rice; dried beans, potatoes, eggs, milk, and fruit; canned and boxed milk; flour, cornmeal, bakery mix, and crackers; juices; and peanuts and peanut butter. Fresh produce is also provided in place of canned fruits and vegetables.

Nutrition and health information at the Lac du Flambeau Food Distribution Program

The LDF FDP has a nutrition educator on staff to help FDPIR clients eat healthy. Services include nutrition and healthy cooking classes, food demonstrations, and home visits. Nutrition displays and handouts are available at the FDP site and at the Wellness Center. You can also call the nutrition educator for answers to nutrition, food safety, or cooking questions.

Reference: <https://www.fns.usda.gov/fdpir/food-distribution-program-indian-reservations>

Food, food safety, health, and nutrition websites:

www.choosemyplate.gov

www.uwex.edu

www.fightbac.org

www.fns.usda.gov

www.foodsafety.gov

www.healthfinder.gov

www.nutrition.gov

www.eatright.org

www.letsmove.gov

Introduction to using the cookbook and healthy recipe preparation



Fruits

When preparing fresh fruits, be sure and rinse the fruit, even if you are peeling it. Canned fruit should be unsweetened; or packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juices. All of the FDPIR canned fruits meet these guidelines. Avoid using canned fruit packed in heavy syrup.



Vegetables

When preparing fresh vegetables, be sure and rinse the vegetables, even if you are peeling them. Canned vegetables used in the recipes should be labeled no added salt or low sodium. All of the FDPIR canned vegetables meet this guideline. Estimates are provided for the number and size of vegetables for $\frac{1}{2}$ and 1 cup of a chopped portion. Because vegetables vary in size, it is still best to measure the amount.



Grains

To increase the fiber content of the recipes, whole grain pasta is used in many of the casseroles. Whole grain pasta may take a little longer to cook than pasta made from white flour. Whole grain flour is used as part of the flour in breads and some of the desserts. Try using half white whole wheat flour in baked goods. This flour is whole grain flour milled from white wheat berries and is lighter and slightly sweeter than flour milled from red wheat berries. The FDPIR bakery mix is low sodium and low fat. Wild rice or brown rice will provide more fiber and flavor than white rice. “Natural” wild rice cooks longer than the paddy, or “soup” rice. If using paddy wild rice, follow label’s cooking directions.



Dairy

Recipes calling for milk use low fat (1%) or fat free (skim) milk. The FDPIR boxed milk is low fat. The dry milk powder and canned evaporated skim milk are fat free. Fat free yogurt is used in some of the recipes to reduce fat and to provide additional calcium. The FDPIR sliced cheese is reduced fat; however, the block cheese is regular. The recipes use the reduced fat sliced cheese which can also be grated.



Protein

Navy, pinto, black, and kidney beans are good sources of lean protein and provide additional fiber. The FDPIR canned beans are low sodium. Meats used should be labeled lean whenever possible. When using ground meat for the casseroles or soups: crumble and cook the meat until all pink color is gone, drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. When using the canned beef, remove the solid fat from the can, and rinse the beef as you would ground beef. Remove the skin and underlying fat from the turkey roast, chicken, and chicken breast. Bison and deer meat (venison) are very lean and good choices for meat in the soups and casseroles. Ground venison, if mixed with sausage or regular ground beef is not considered lean.

USDA Canned chicken is low sodium. The canned salmon and canned beef do not meet the guidelines for low sodium, however, very little or no salt is added to the recipes containing these items.



Salt and Seasonings

Salt content of the recipes was reduced. Herbs and spices were added to provide flavor and reduce the sodium content. Refer to the “use less fat, salt, and sugar” section of the nutrition guide for seasoning recommendations.

Salt is considered optional in many of the recipes. Try eliminating the salt. By using other seasonings, you may not notice the lower amounts of salt and you will appreciate the natural flavor of the food.

In recipes calling for meat or vegetable broth, if you use powdered soup base for the broth, use low sodium and monosodium glutamate (MSG) free. If low sodium is not available, use half of the amount of soup base recommended on the label. In general, one teas. of regular soup base is equal to ¼ teas. of salt. Reduce the salt added to the recipes when soup base is used. To make meat stock fat free, chill the stock for several hours and remove the solid layer of fat from the top.

Check the labels of seasonings. They should contain no MSG and no salt. Some types, such as lemon pepper and poultry seasonings may have added salt.



Fats and Oils

Vegetable oils and soft, trans-fat free margarines are healthier choices than butter. When butter is used in the recipes, the amount has been reduced. Mayonnaise and salad dressing are also considered fat servings and it is recommended to use low fat versions of these. Check the label of these as some low fat salad dressings have extra sugar added and are not good choices. Refer to the “use less fat, salt, and sugar” section of the nutrition guide for guidelines for using healthy oils and less fat.



Desserts

The dessert and quick bread recipes have been made healthier by reducing the sugar and fat content, by using applesauce for part of the fat, and by using whole grain flour for part of the flour. These desserts, however, still should be considered occasional treats. Refer to the “use less fat, salt, and sugar” section of the nutrition guide for healthy baking recommendations.



Keeping Your Food Safe

To prevent a foodborne illness and getting sick from eating unsafe food, refer to the “food safety” section of the nutrition guide. This section provides guidelines for purchasing, preparing, and storing food properly.

Snacks, Appetizers, and Sauces

Cheesy Potato Snacks
Corn and Black Beans Salsa
 with Tortilla Chips
Crispy Cereal Snack Mix
Fruit Pizza (individual)
Gorp Trail Mix
Peanut Butter Snack Bars
Pickled Fish

Sausage Cheese Balls
Smoked Trout
Vegetable Pizza Appetizer
Vegetable Tray with Dill
 or Bean Dip
Condiments: Barbecue Sauce
 Pumpkin Butter
 Tartar Sauce

Smoothies

Apricot Strawberry Carrot Smoothie
Banana Peanut Butter Smoothie
Blueberry Peach Smoothie
Mixed Fruit Smoothie

Pineapple Orange Smoothie
Strawberry Beet Smoothie
Vegetable Smoothie

Soups

Bean Soup with Ham and Vegetables
Bean, Spinach, and Ham Soup
Beef Barley Tomato Soup
Beef Barley Vegetable Soup
Butternut Squash Soup
Cabbage and Beef Soup
Cabbage Roll Soup
Carrot and Honey Soup
Chicken Dumpling Soup
Chicken Noodle Soup
 (with homemade noodles)
Chili
Corn Potato Chowder
Cream of Asparagus Soup
Cream of Wild Rice Soup

Creamy Mushroom Soup
Creamy Potato Soup
Fish Chowder (Manhattan Style)
Fish Chowder (New England Style)
Hamburger Soup
Italian Vegetable Soup
Lentil Wild Rice Soup
Mulligatawny Soup
Potato Broccoli Cheese Chowder
Roasted Root Vegetable Chowder
Spinach Cheese Soup
Sweet and Sour Cabbage Soup
Tomato Basil Soup
Tortilla Soup
Turkey Chili with Beans and Hominy

Main Dishes and Stews

Alfredo Chicken Pasta
Beef and Bean Casserole
Boiled Dinner
Cabbage Rolls
Calico Bean and Wild Rice Casserole
Cashew Chicken with Broccoli
Cheeseburger Casserole
Chicken Fajitas
Chicken Pot Pie
Chicken Rotini Casserole
Chicken Salad
Chicken, Spinach, and Peanut Stew
Chicken Wild Rice Casserole
Chili Mac Casserole
Fish or Chicken (Baked)
Ham Broccoli Casserole
Hamburger Gravy
Hamburger Potato Casserole
Ham Spinach Roll Ups
Italian Rotini Casserole
Jambalaya
Kabobs
Macaroni and Cheese
Meatloaf
Mexican Chicken Casserole
One Pot Rotini Pasta
Orange Duck with Wild Rice

Peanut Crusted Baked Salmon
Pizza
Pork Chops with Apples and Yams
Pork and Vegetable Stir-Fry
Salmon Pasta Casserole
Salmon Patties
Sausage and Sauerkraut Casserole
Seafood Creole
Shepherd's Pie
Skillet Chicken and Pasta
Spaghetti Casserole
Spaghetti with Homemade Sauce
Spanish Rice
Spinach Lasagna
Spinach Quiche
Stroganoff
Stuffed Green Peppers
Tamale Pie
Three Sisters Stew
Tuna Noodle Casserole
Turkey and Stuffing Casserole
Turkey Tortilla Casserole
Vegetable Marinara
Wild Rice Chicken Pot Pie
Wild Rice Meatballs
Wild Rice Venison Casserole

Vegetables, Salads, and Side Dishes

Acorn Squash with Wild Rice and Sausage
Bean and Garden Vegetable Salad
Beet and Bean Salad
Black Bean and Barley Salad
Braised Cabbage with Apples
Broccoli Cauliflower Salad
Cheesy Potato Casserole
Coleslaw
Corn Casserole
Cucumber and Tomato Salad
Garden Pasta Salad
Hash Brown Casserole
Mashed Potatoes and Gravy

Pea and Peanut Salad
Potato Salad
Roasted Red Potatoes
Quick and Easy Salads
Scalloped Potatoes
Spinach Pasta Salad
Sweet Potato Fries
Tomato Basil Pie
Wild Rice Apple Salad
Wild Rice Vegetable Salad
Yellow Squash Casserole
Zucchini Carrot Fritters

Breads, Muffins, and Breakfast Items

Apple Cinnamon Bread
Artisan Bread
Banana Bread
Blueberry Oatmeal Scones
Breakfast Pizza
Cinnamon Nut Bread
Corn Bread
Cranberry Orange Bread
Cranberry Sauce Muffins
French Toast (baked, stuffed)
Fruit Muffins

Ginger Bread
Granola
Herbed Cheesy Monkey Bread
Irish Soda Bread
Maple Cinnamon Pumpkin Rolls
Pumpkin Apricot Bread
Pumpkin Pancakes
Strata (breakfast casserole)
Whole Wheat Bread
Wild Rice Pancakes
Zucchini Bread

Desserts (healthier versions of desserts, however they are still occasional treats)

Apple Cinnamon Bread Pudding
Apple Crisp
Apple Slices (fried)
Blueberry Pie Bars
Chocolate Pie
Cookies
 Ginger Snap
 Oatmeal Coconut Raisin
 Peanut Butter
 Sugar Cookies with Frosting
 White Chocolate Chip Craisin

Fruit Pizza
Peach Cobbler
Plum Cobbler
Pumpkin Bar
Pumpkin Caramel Cake
Pumpkin Cheesecake
Pumpkin Pie (pie crust
 recipe included)
Rhubarb Custard Bars
Rice Pudding
Strawberry Shortcake



My Plate My Wins 10 Tips Handouts

www.choosemyplate.gov

Build a healthy meal
Choose My Plate
Enjoy your food, but eat less
Make better beverage choices
Add more vegetables to your day
Focus on fruits
Liven up your meals with
 vegetables and fruits
Make half your grains whole grains
Choosing whole-grain foods
Got your dairy today?
Vary your protein routine
Eat seafood twice a week
Healthy eating for vegetarians
Be food safe
Eating better on a budget
Save more at the grocery store
Smart shopping for veggies and fruits
Be a healthy role model for children
My plate snack tips for parents
Cut back on your kid's sweet treats
Kid-friendly veggies and fruits

Food safety tips for preschoolers
School day just got healthier
Physical activity at home,
 work, and play
Be active adults
Be an active family
Healthy eating for an active lifestyle
Eating foods away from home
Make healthier holiday choices
Make celebrations fun, healthy,
 and active
Enjoy food from many cultures
Mini-fridge makeover
Be choosy in the dining hall
Eat smart and be active as you grow
Choose the foods you need to grow
Make better food choices
Get the facts to feel and look better
Choosing healthy meals as you
 get older



Snacks and Appetizers

Condiments



Snacks and Sauces/ Condiments

Cheesy Potato Snacks

Corn and Black Beans Salsa with Tortilla Chips

Crispy Cereal Snack Mix

Fruit Pizza (individual)

Gorp Trail Mix

Peanut Butter Snack Bars

Pickled Fish

Sausage Cheese Balls

Smoked Trout

Vegetable Pizza Appetizer

Vegetable Tray with Dill or Bean Dip

Sauces/Condiments:	Barbecue Sauce
	Pumpkin Butter
	Tartar Sauce



Cheesy Potato Snacks

Makes 20-24 crackers

Ingredients:

½ cup low fat bakery mix	½ teas. garlic or onion powder
¼ cup instant mashed potato flakes	½ teas. salt-free herb seasoning
¼ teas. salt (optional)	1 cup reduced fat grated cheese
pinch black pepper (1/8 teas.)	5 Tbsp. cold water
½ teas. paprika	pan spray

Directions: Stir together bakery mix, potato flakes, salt, pepper, paprika, garlic or onion powder, and herb seasoning. Mix well. Add grated cheese and mix again. Add 1 Tbsp. of cold water at a time, stir gently after addition. When mixture comes together into a dough, transfer it to a cutting board that has been sprayed with pan spray. Shape dough into a 2 in. diameter tube or rectangle. Lightly spray dough tube on all sides with pan spray and wrap tightly in plastic wrap or waxed paper. Chill dough for an hour or overnight if you wish to bake them the next day. Remove dough from plastic wrap and gently cut into thin slices, 1/8 – 1/4 inch thick. A serrated knife with a thin blade or a cheese knife works well for slicing the dough. Spray the knife with pan spray to prevent the dough from sticking to the knife. Lightly spray a baking sheet with pan spray. Arrange dough slices on the baking sheet, and flatten a little with your hand or the bottom of a glass. Leave about an inch between slices. Bake in a 400° preheated oven for about 4 minutes; turn over and bake another 4-5 minutes until browned and edges are crisp. Allow the crackers to cool a few minutes and remove them from baking sheet. Crackers are soft and chewy, not crunchy.

Substitutions: Mashed potato flakes may be replaced with an equal amount of dry farina cereal or bakery mix. Other spices may be added. For a hotter flavor, add ¼ teas. cayenne pepper. Add 1 teas. of dried parsley, cilantro, chives, dill or basil for another flavor twist. An alternative to slicing the dough is to roll out the dough onto a floured board to about 1/8 in. thickness. Cut into small squares and place them on the baking sheet.

Nutrition: This recipe provides reduced fat dairy and grain. It is also reduced in sodium. To reduce the sodium further, eliminate the salt.



Corn and Black Bean Salsa with Homemade Tortilla Chips

Makes about
8 cups of salsa

Salsa Ingredients:

1 can corn, drained*	2½ T. dried cilantro, or ½ cup fresh cilantro (chopped)
1 can black beans, drained and rinsed**	½ teas. garlic powder
1 can diced tomatoes, with juice*	¼ teas. salt
1 cup minced onion (1 med.)	¼ teas. pepper
1 cup minced green pepper (1 lg.)	½ teas. chili powder (more if you like it hotter)
¼ cup lime or lemon juice	

*14.5 oz. can, no added salt or low sodium

**15 -16 oz. can, no added salt or low sodium

Tortilla Ingredients:

6 (8 in.) whole wheat tortillas	¼ teas. salt
pan spray	

Directions: Add corn, black beans, and diced tomatoes to a medium sized mixing bowl. Peel onion, rinse after peeling. Rinse green pepper, remove stem and seeds. Mince onion and green pepper. Add chopped vegetables, lime juice, cilantro, garlic, salt, pepper, and chili powder to the mixing bowl. Stir well. Chill for an hour before serving. Serve with tortilla chips.

Cut the tortillas into bite-sized wedges or strips. Spray a large baking sheet with pan spray. Spread the tortilla strips evenly on the baking sheet. Lightly spray the top with pan spray. Sprinkle ¼ teas. salt evenly over the strips. Bake in a 350° preheated oven 12-15 minutes until lightly browned and crisp. Stir the strips half way through the baking time.

Substitutions: You may replace the canned tomatoes with fresh tomatoes; you will need about a pound of tomatoes. Rinse, then chop the tomatoes, include juice. You may replace the wheat tortillas with whole grain corn tortillas.

Nutrition: This recipe provides vegetables and whole grains. It is reduced in sodium. To reduce the sodium further, eliminate the salt.

Adapted from a recipe in the USDA FDIPIR 2018 Calendar and Nutrition Guide



Crispy Cereal Snack Mix

Makes 14-15 cups

Ingredients:

6 cups of square biscuit type cereal	2 Tbsp. vegetable oil or butter, or 1 Tbsp. each
4 cups of Toasty O's Cereal	1/3 cup low fat or fat free ranch dressing
2 cups small pretzel twists or sticks	2 Tbsp. Worcestershire sauce
2 cups of low fat cheese crackers or low fat fish crackers	1/2 teas. garlic powder
1 cup or peanuts or mixed nuts (optional) (unsalted)	1/2 teas. onion powder
	2 teas. salt-free herb seasoning
	Pan spray

Directions: Add the cereals, pretzels, low fat cheese or fish crackers, and peanuts to a large mixing bowl; mix well. Place the vegetable oil or butter, ranch dressing, Worcestershire sauce, garlic powder, onion powder, and Mrs. Dash in a small glass bowl. Microwave about 30 seconds; mix well. Add these liquid ingredients gradually to the cereal mixture. Stir gently until ingredients are well coated. Spray a large baking dish with pan spray, then add the mixture to the pan.

Bake in a preheated 300° oven for 30 – 40 minutes; stir every 10 minutes. When cooled, store in a sealed container or bag.

Substitutions: Any combination of cereals may be used except flaked or sweetened cereals. Any low fat or fat free cracker or snack may be used in place of the low fat cheese or fish crackers. Low fat or fat free Italian dressing may be used in place of the ranch dressing, or use a mixture of each.

Nutrition: This version of a “Chex Mix” has less fat, sodium, and calories than the traditional version. To reduce the saturated fat, use the vegetable oil rather than the butter. To reduce the total fat, eliminate the butter or vegetable oil and add 2 more Tbsp. of ranch dressing. Also, the Toasty O's cereal adds fiber to the recipe.



Fruit Pizzas (Individual)

Ingredients:

Whole wheat English muffins Fresh or canned (drained) slices of fruit
 Neufchatel Cheese (light cream cheese)

Directions: Split English muffins; toast. Spread 1 Tbsp. of softened Neufchatel cheese on each English muffin half. Top with about 2 Tbsp. fruit slices (oranges, peaches, strawberries, blueberries, or grapes). For preschoolers, be sure fruit size is appropriate to reduce choking risk – grapes, for example, need to be sliced in half *. You can make designs with the fruit slices, such as a happy face.

*Refer to Choking Hazards Handout in Family Mealtime Section of FDP Nutrition Guide.

Nutrition: This recipe provides whole grain, fruit, and is reduced in fat.



Gorp Trail Mix

Makes 12 cups or 24 ½ cup servings

Gorp stands for good old raisins and peanuts. It is a quick, healthy snack that can be packed and taken along for hiking, skiing, or added to a lunch. The recipe is whatever combination of ingredients you like.

Choices of Ingredients

Nuts: peanuts, soy nuts, almonds, cashews, walnuts, or pecans
 Seeds: sesame seeds, sunflower seeds, or pumpkin seeds
 Dried Fruit: raisins, craisins, apricots, banana chips, coconut, pineapple, berries, or mango
 Cereals and snacks: Unsweetened cereals: Chex type cereals, Cheerios, Kix (avoid flaked cereals which will crush easily), pretzels, small cheese crackers, small fish crackers (use low fat crackers). Whole grain cereals and snacks will provide more fiber and flavor.

Sample Recipe Mix all ingredients together, store in a covered container.

8 cups unsweetened cereal (whatever combination you choose)	1½ cups nuts
1½ cup raisins or chopped dried fruit	½ cup sesame seeds
½ cup grated coconut	

Nutrition: This recipe provides protein, fruit, and whole grains, and is reduced in sugar.



Peanut Butter Snack Bars

Makes 16 squares

Ingredients:

2 cups bran flake cereal	$\frac{1}{4}$ cup honey or maple syrup
1 cup oat circle cereal	$\frac{1}{2}$ cup peanut butter
1 cup dried fruit and nut mix (finely chopped)	pan spray

Directions: In a medium mixing bowl, stir together cereals and chopped fruit and nut mix. Combine the honey (or syrup) and peanut butter in a glass bowl and microwave for a minute or two until liquid consistency. Pour over cereal and nut mixture and stir well. Spray an 8 inch square pan with pan spray. With the back of a spoon coated with pan spray, or with your hands, press mixture into the pan. When cool, cut into 16 squares. Keep refrigerated so the bars hold together better.

Substitutions: You may choose other cereals, but for the best flavor and fiber, choose whole grain cereals.

Nutrition: This recipe provides protein (nuts and peanut butter), whole grains, and fruit. It is reduced in sodium and sugar. There is less than 1 teas. of added sugar per square, when using FDP cereals.



Pickled Fish

Makes 5 pints

Ingredients:

2 Tbsp. pickling or canning salt
1½ quart water*
3 lb. fish fillets cut into 1 inch pieces+
(about 1½ quart)
1½ teas. crushed bay leaves (6 leaves)
12 whole allspice berries
1½ teas. mustard seed
1 teas. whole cloves

1 teas. peppercorns
½ teas. celery seed
1 med. thinly sliced onion
½ thinly sliced lemon (med. sized)
½ cup white sugar
1 Tbsp. pickling salt
2 cups 5% white vinegar
1 cup water*

*Avoid hard water; it can cause off-colors and flavors

+If the fish fillets contain bones, the pickling solution will soften the bones, so a few bones are okay.

Suggested fish: Muskellunge (“muskie”), walleye, northern pike, bass, or crappies.



Note: Muskie is Wisconsin’s state fish.

Directions: Add 2 Tbsp. pickling salt and 1½ quart water to a large ceramic or glass container. Stir to dissolve salt. Add fish pieces. Make sure all fish is covered with the brine; add glass plate to weigh it down if necessary. Cover and refrigerate for 12 – 24 hours. Drain and rinse with plain water. To make the pickling brine add to a large kettle: bay leaves, allspice, mustard seed, cloves, peppercorns, celery seed, onion and lemon slices, sugar, 1 Tbsp. pickling salt, vinegar, and 1 cup of water. Cover, and bring to a boil. Add fish pieces. Once brine and fish starts to simmer, cook another 10 minutes until fish is easily pierced with a fork. Pack fish pieces with brine in clean glass pint jars. Brine should cover the fish pieces. Pickled fish must be stored in the refrigerator and used within 6 weeks.

Substitutions: You may replace the allspice berries with ½ teas. ground allspice. You may replace the spices with 2½ Tbsp. of a premixed pickling spice blend.

Nutrition: Fish is a lean protein; however, because of the added salt and sugar, pickled fish is considered an occasional treat. For food safety reasons, do not pickle raw fish. Raw fish often contains parasites that are killed by cooking.



Sausage Cheese Balls

Makes 3 dozen

Ingredients:

12 oz. pkg. bulk light or reduced fat sausage
3 cups low fat bakery mix
2 cups reduced fat shredded cheese
2/3 cup low fat milk

1 Tbsp. dried parsley or 3 Tbsp. fresh
½ teas. pepper
1 teas. garlic powder

Directions: Brown the sausage in a heavy bottomed frying pan; break the sausage up into small crumbles. Cook until all pink color is gone. Drain grease, then using a strainer, rinse the sausage with hot water to remove additional grease. Add to a large mixing bowl: cooked sausage, bakery mix, shredded cheese, milk, parsley, pepper, and garlic powder. Mix well and knead dough ball lightly. Shape into 1 inch balls. Place sausage balls 3 inches apart on a baking sheet that has been sprayed with pan spray. Bake in a 375° preheated oven until lightly browned, about 12-15 minutes. You may serve with barbeque dipping sauce; barbeque sauce recipe is in the appetizer section of the “Commods” Cookbook.

Substitutions: You may replace the sausage with 1¾ cups of minced lean ham. You may use chives in place of the parsley and onion powder in place of the garlic powder.

Nutrition: This recipe provides protein, grains, and reduced fat dairy. It is reduced in fat and sodium. To reduce the fat further, replace the sausage with the lean ham. This is considered an occasional treat as cured meat (sausage or ham) is high in sodium.



Uncle Joe's Smoked Trout

Ingredients:

8 medium trout (16 fillets - skin on)

½ cup plain (not iodized) salt*

2 cups maple or light brown sugar*

¼ – ½ cup plain maple sugar (add after curing)

6 - 8 chunks (1-2 inches across) of maple wood
(soak chunks of wood in water for
at least an hour prior to smoking)

*Cure ratio is 4 parts sugar to 1 part salt. If you want a saltier flavor, use 1¾ cups of sugar and ¾ cup salt. If you have extra “cure” mixture, store in a tightly sealed bag or container to use for your next batch of smoked fish.

Directions: Rinse fillets and pat dry. Place them, skin side down, on baking sheets. To make the cure, mix thoroughly ½ cup of salt and 2 cups of sugar. Completely cover the top of the fillets with a thin layer of the cure. Cover with wax paper and store at least 8 hour in the refrigerator, or overnight. Then, gently rinse the fillets and pat dry. Coat the top of the fillets with a thin layer of plain maple sugar. Let stand 1 hour at room temperature.

Fire up the smoker using the presoaked maple chunks until it begins to create smoke. Place the fillets on trays in the smoker. Cooking time is approximately 90 minutes with the smoker at 160° – 180°. Place an oven thermometer in the smoker if it does not have a thermometer. Cooking time will vary depending on the thickness of the fish. The longer the fish remains in the smoker the dryer the fish becomes. The fish is ready to eat when the flesh turns white and flakes easily with a fork and the temperature of the fish reaches 145°. Keep refrigerated; use within 1 week.

Substitutions: Other fish may be used. Salmon is a good choice also. Fish, such as whitefish, has less fat and will be dryer when smoked.

Nutrition: This recipe provides lean protein, however because of the salt and sugar content, it is considered an occasional treat.



Vegetable Pizza Appetizer

Serves 6 - 8

Ingredients:

Crust: 1½ cup bakery mix plus ¼ cup whole wheat flour, or 1¾ cup bakery mix
½ cup cold water

Middle: 8 oz. pkg. Neufchatel cheese (light cream cheese)
1 teas. dill
¼ teas. garlic powder

Topping: 3 cups thinly sliced or grated vegetables: Choose a mixture of tomatoes, carrots, radishes, broccoli, zucchini, cauliflower, peppers, cabbage, or cucumbers. With vegetables that are very juicy, blot gently with paper towel to remove excess moisture.
1 Tbsp. dried or 3 Tbsp. fresh basil
Optional: 1 cup finely shredded reduced fat cheese; reduced fat Italian blend works well.

Directions: Preheat oven to 375°. Mix ingredients for crust, knead lightly. Using hands or rolling pin, press crust into a rectangle about 8 X 12 inches, or a circle about 10 inches in diameter. Bake about 8 minutes, until the crust is lightly browned on the edges. For a crispy crust, bake another 2 minutes.

While the crust is baking, mix ingredients for middle layer. Neufchatel cheese should be at room temperature, or soften cheese slightly in microwave on half power for 30 seconds. Add dill and garlic powder; mix well. After crust has cooled slightly, spread cheese mixture evenly on the crust.

Top with sliced vegetables. Sprinkle on grated cheese and basil. Chill for an hour before serving. Slice into small squares or wedges.

Nutrition: This recipe provides grains and vegetables. The whole wheat flour adds flavor and a little extra fiber. It also has less fat and calories than the traditional version made with crescent roll dough, regular cream cheese and sour cream.



Vegetable Tray with Dill Dip or Bean Dip

Dill Dip Ingredients:

2 cups plain nonfat yogurt	2 teas. salt-free herb seasoning
½ teaspoon of garlic <u>or</u> onion powder	1 Tbsp. dried minced onion
2 teaspoons dill	

Directions: Clean and cut vegetables of your choice into bite-sized pieces. Mix dip ingredients together. Chill for an hour; store in refrigerator until needed. Arrange vegetables on a tray and serve with dill dip.

Substitutions: You may use other dried herbs to replace the dill. You may use regular or Greek yogurt; Greek yogurt is a little thicker.

Nutrition: This recipe provides fat free dairy and is a flavorful dip with fewer calories and less fat than dips made with sour cream.



Bean Dip Ingredients:

1 can vegetarian white beans*, drained	2 Tbsp. vegetable oil
1-2 Tbsp. minced onions	½ teas. cumin
½ teas. garlic powder	pinch black pepper (1/8 teas.)
1 Tbsp. lemon juice	pinch salt (1/8 teas.)
1 teas. Dijon or yellow prepared mustard	1 Tbsp. dried or 3 Tbsp. fresh cilantro

*15-16 oz.; no added salt or low sodium. If regular canned beans are used, eliminate the salt.

Directions: Blend all ingredients together in a food processor or blender. You may also mash the beans well with a fork, and then add the rest of the ingredients. Pour into serving bowl; refrigerate 2 hours, or overnight before serving.

Substitutions: You may use 2 cups cooked white beans in place of the canned beans.

Nutrition: This recipe provides lean protein and is a good source of fiber.

Adapted from a recipe from the Michigan Bean Commission www.michiganbean.org



Barbeque Sauce

Ingredients:

1 can diced tomatoes* (blended)	1 Tbsp. paprika
1 can tomato sauce*	2 teas. garlic powder
6 oz. can of tomato paste	2 teas. onion powder
¾ cup vinegar	2 teas. salt-free herb seasoning
¼ cup worcestershire sauce	2 teas. allspice
¼ cup molasses	1 teas. dry mustard powder
¼ cup honey	½ teas. salt (optional)
¼ cup packed brown sugar	½ - 1 teas. cayenne pepper (optional)
2 Tbsp. vegetable oil	use this if you like a hotter sauce with a “kick”

*14.5 oz., no added salt or low sodium

Directions: Blend diced tomatoes with a regular or hand blender. Add blended diced tomatoes, tomato sauce, tomato paste, vinegar, Worcestershire sauce, molasses, honey, brown sugar and vegetable oil to a heavy bottom sauce pan; mix well. Add the spices. Bring to a boil using medium heat, stirring constantly. Reduce heat to low and simmer for 1-2 hours to thicken and for flavors to develop. Use in your favorite barbecue recipes, or as a dip for roasted potatoes, or chicken fingers.

Substitutions: You may use 2 cans of tomato sauce* or 2 cans of blended diced tomatoes* to replace 1 can of each. If you do not have allspice, you may use 1 teas. of cinnamon + ½ teas. of nutmeg + ½ teas. of cloves to replace the allspice. 1 Tbsp. of prepared mustard may replace the dry mustard. You may use a potato masher in place of a blender for the diced tomatoes.

Nutrition: This recipe has lower amounts of sugar and salt than most barbeque sauces (commercially made or homemade). This is a condiment and makes no contribution to any food group.



Pumpkin Butter

Makes 3 pints

Ingredients:

2 cans pumpkin puree (15 oz. cans, <u>not</u> pumpkin pie mix)	¼ teas. salt (optional)
½ cup apple sauce (unsweetened)	1 Tbsp. cinnamon
½ cup apple juice (100% juice)	1 teas. ground nutmeg
1 cup brown sugar, packed	¼ teas. ground cloves
1 Tbsp. lemon juice or 1 teas. lemon extract	¼ teas. ground ginger
	½ teas. ground cardamom (optional)

Directions: Combine pumpkin puree, apple sauce, apple juice, brown sugar, lemon juice or extract, salt, cinnamon, nutmeg, cloves, and cardamom in a large heavy bottomed saucepan. Bring mixture to a simmer, stirring frequently to prevent sticking and burning. Simmer for 1 hour or longer as needed for mixture to thicken. You may also use a slow cooker and cook on low for 4-6 hours. Stir every 30 minutes. Spread pumpkin butter on bread, toast, or biscuits. Keep covered and refrigerated.

Substitutions: You may use 1 cup of any type of sugar to replace the brown sugar, or ½ cup each of 2 different sugars. Suggested sugars include white and maple sugar. Any blend of apple juice may replace the apple juice (i.e. apple cherry juice, apple cranberry juice). You may replace the cinnamon, nutmeg, cloves, ginger, and cardamom with 5 teaspoons of pumpkin pie seasoning.

Nutrition: This recipe provides a pumpkin butter that is reduced in sugar; however, it is still considered an occasional treat. This is a condiment and makes no contribution to any food group. The serving size should be 1 Tbsp. or less.



Tartar Sauce

Makes 1½ cups

Ingredients:

1 cup low fat mayonnaise	½ teas. lemon pepper (low sodium, no MSG)
½ cup sweet pickle relish or finely minced bread and butter pickles (drained well, measure after draining)	½ teas. paprika
	½ teas. salt-free herb seasoning blend
	lemon wedges or slices as a garnish

Directions: Mix all ingredients together well. For best flavor, chill an hour before serving.

Substitutions: You may replace the sweet pickle relish with finely minced dill pickles if you prefer the flavor of dill pickles rather than sweet pickles in the tartar sauce.

Nutrition: This recipe has less fat than tartar sauce made with regular mayonnaise. It should still be used in small amounts however; about 1-2 Tbsp. is all you need. One Tbsp. will provide a serving of fat. This is a condiment and makes no contribution to any food group.



Smoothies

Smoothies

Apricot Strawberry Carrot Smoothie

Banana Peanut Butter Smoothie

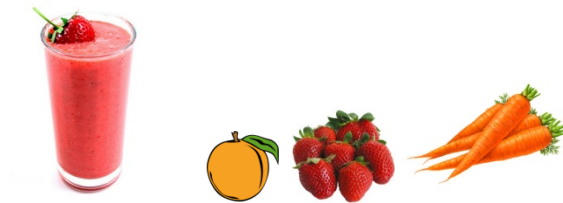
Blueberry Peach Smoothie

Mixed Fruit Smoothie

Pineapple Orange Smoothie

Strawberry Beet Smoothie

Vegetable Smoothie



Apricot Strawberry Carrot Smoothie

Serves 4 (1 cup servings)

Ingredients:

1 can carrots* (drained)
1 can apricots* (drained)
½ cup apple cherry juice

1 Tbsp. maple syrup or honey (optional)
2 cups unsweetened frozen whole strawberries
(about 10 -11 large berries, or 8 oz. frozen)
Fresh berries for garnishing if desired

*14.5 – 15 oz cans, no added salt or low sodium carrots, apricots packed in juice or extra light syrup

Directions: Add carrots, apricots, juice, maple syrup or honey, and berries to a large blender. Pulse a few times, and then blend until all ingredients mixed and smooth. Garnish with a fresh berry if desired.

Substitutions: Frozen raspberries may replace the strawberries. If you are using fresh berries, add 3-4 ice cubes when blending. Orange or apple juice may be used in place of the apple cherry juice. If you would like to cut the recipe in half, one half of the 14-15 oz can (drained) is about ¾ cup.

Nutrition: This recipe provides fruit and vegetables and excellent sources of vitamins A and C. It is also reduced in added sugar. To reduce the sugar further, eliminate the syrup or honey.



Banana Peanut Butter Smoothie

Serves 4 (¾ cup servings)

Ingredients:

2 large bananas (set a few slices aside*)	1 Tbsp. maple syrup or honey (optional)
1 cup light vanilla yogurt	2 Tbsp. peanut butter
1 cup ice cubes	*banana slices for garnishing the glass

Directions: Rinse banana before peeling. Peel banana, remove a few slices for garnishing. Add bananas, yogurt, ice cubes, maple syrup or honey, and peanut butter to a blender. Pulse a few times, and then blend until all ingredients are mixed and smooth. Garnish with a fresh banana slice if desired.

Substitutions: You may use Greek yogurt to replace the regular yogurt. You may also add 1 Tbsp. of cocoa powder to make a banana peanut butter chocolate smoothie. You may try adding ½ teas. of cinnamon to give it a flavor twist.

Nutrition: This recipe provides fruit, dairy and protein plus excellent sources of calcium and potassium. It is also reduced in added sugar. To reduce the sugar further, eliminate the syrup or honey.



Blueberry Peach Smoothie

Serves 4 - 6

Ingredients:

2 cup frozen blueberries*	¼ teas. cinnamon
1 can sliced peaches, with juice**	1 Tbsp. maple syrup or honey (optional)
¼ cup apple juice or apple cherry juice	

*If the berries are not frozen, add 3-4 ice cubes to the blender. You may also freeze fresh berries on a cookie sheet (with sides), pour berries into a freezer bag or container, and pour out what you need. When using fresh berries, or any fresh fruit, rinse fruit before using.

**15 oz.; canned fruit should unsweetened; or packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juices.

Directions: Add frozen berries, peaches, juice, cinnamon, and maple syrup to a large blender. Pulse a few times, and then blend until smooth. You may decrease or increase the apple juice if you prefer a thicker or thinner consistency.

Substitutions: You may replace the blueberries with any frozen berry. You may replace the canned peaches with canned apricots, canned mixed fruit, or canned pears. You may also replace the canned peaches with 2 -3 medium sized fresh peaches (in season). Rinse, then peel (peeling is optional, including the peels will increase the fiber content); slice the peaches over a bowl or directly into the blender to catch all the peach juice; increase apple juice to ½ cup if you use fresh peaches.

Nutrition: This recipe provides fruit. To reduce the added sugar, eliminate the maple syrup or honey.



Mixed Fruit Smoothie

Serves 4-6

Ingredients:

½ cup apple cherry juice

1 can mixed fruit (drained, about 1½ cup)

1 cup low fat milk

½ cup ice (crushed or small cubes)

¼ teas. vanilla extract

1 Tbsp. maple syrup or honey (optional)

*15 oz. can, packed in juice or light syrup

Directions: Add ingredients to blender, blend until smooth.

Substitutions: Any canned fruit may be substituted for the mixed fruit. Add more juice if you would like a thinner smoothie (add ¼ cup at a time, pulse blender until smooth)

Nutrition: This recipe provides fruit and low fat dairy.

Adapted from a recipe from the USDA Food and Nutrition Service



Pineapple Orange Smoothie

Serves 4 - 6

Ingredients:

1 can* pineapple chunks or tidbits, drained
(freeze pineapple ahead of time;
if not, add a couple of ice cubes;
reserve drained juice)

2 cups of low fat vanilla or lemon flavored yogurt
juice drained from the canned pineapple (about 1 cup)
½ cup orange juice

*1 lb. 4 oz. (20 oz.) packed in juice

Directions: Lay drained pineapple chunks on a flat tray or cookie sheet. Freeze until firm. Add frozen pineapple chunks, yogurt, juice from the drained pineapple, and orange juice to a blender. Pulse a few times, and then blend until smooth.

Substitutions: You may replace the canned pineapple with 2 cups of fresh pineapple, measure after cutting into small chunks. You may substitute canned peaches, apricots, or pears for the pineapple. Use 1½, 14.5 oz cans, packed in juice, light or extra light syrup. Reserve 1 cup of the juice drained from the canned fruit.

Nutrition: This recipe provides low fat dairy and fruit.



Strawberry Beet Smoothie

Serves 4 (1 cup servings)

Ingredients:

½ can beets* (drained), about ¾ cup or 5 oz.

½ cup apple cherry juice

6 oz. container of low fat strawberry
or vanilla yogurt

1 Tbsp. maple syrup or honey (optional)

2 cups unsweetened frozen whole strawberries
(about 10 -11 large berries, or 8 oz. frozen)

Fresh berries for garnishing if desired

*14.5 oz., no added salt or low sodium

Directions: Add beets, juice, yogurt, maple syrup or honey, and berries to a large blender. Pulse a few times, and then blend until all ingredients mixed and smooth. Garnish with a fresh berry if desired.

Substitutions: Frozen raspberries may replace the strawberries. If you are using fresh berries, add 3-4 large ice cubes when blending. Orange or apple juice may be used in place of the apple cherry juice.

Nutrition: This recipe provides vegetables, fruit, and dairy. It is also reduced in added sugar. To reduce the sugar further, eliminate the syrup or honey.



Vegetable Smoothie

Serves 6-8 (1 cup servings)

Ingredients

2 cups Romaine lettuce leaves	
1 cup chopped carrots (12 baby or 2 lg.)	¼ teas. garlic powder
2 cups chopped fresh tomatoes (2 med.)	½ teas. dill
1 cup chopped celery (2 lg. stalks)	¼ teas. salt (optional)
1/2 cup chopped green pepper (1/2 lg.)	¼ teas. pepper
1 medium cucumber (peeled)	1-2 cups of water
2 teas. lemon juice	1 cup ice cubes
1 teas. worcestershire sauce (optional)	1 cherry tomato, stalk of celery, or fresh basil (for garnish)

Directions: Rinse lettuce leaves; shake off excess moisture (may use a salad spinner). Peel carrot, rinse after peeling; then chop. Rinse tomatoes, remove stem, and then chop. Rinse celery then chop. Rinse pepper, remove stem and seeds then chop. Peel cucumber, rinse after peeling. Add lettuce, carrots, tomatoes, celery, green pepper, cucumber, lemon juice, worcestershire sauce, garlic powder, dill, salt, and pepper into the blender; secure lid and blend until smooth. Add water (1/4 cup at a time) and ice cubes until you have the desired consistency. Garnish with cherry tomato, basil, or celery stalk.

Substitutions: A 14.5oz. can of low sodium or no added salt diced tomatoes may replace the fresh tomatoes; reduce water by ½ cup. Eliminate the salt if regular diced tomatoes are used. Fresh spinach or kale may replace the romaine lettuce. Optional additional spices to try: ¼ teas. curry, ¼ teas. celery seed, ½ teas. basil, ½ teas. parsley, and/or ¼ teas. onion powder. If using fresh herbs, triple the amount (½ teas. dried parsley = 1½ teas. fresh). You may add 2 teas. of apple cider vinegar or replace the lemon juice with vinegar.

Nutrition: This recipe provides vegetables and is reduced in sodium. To reduce the sodium further, eliminate the salt.



Soups

Soups

Bean Soup with Ham and Vegetables
Bean, Spinach, and Ham Soup
Beef Barley Tomato Soup
Beef Barley Vegetable Soup
Butternut Squash Soup
Cabbage and Beef Soup
Cabbage Roll Soup
Carrot and Honey Soup
Chicken Dumpling Soup
Chicken Noodle Soup (with homemade noodles)
Chili
Corn Potato Chowder
Cream of Asparagus Soup
Cream of Wild Rice Soup
Creamy Mushroom Soup
Creamy Potato Soup
Fish Chowder (Manhattan Style)
Fish Chowder (New England Style)
Hamburger Soup
Italian Vegetable Soup
Lentil Wild Rice Soup
Mulligatawny Soup
Potato Broccoli Cheese Chowder
Roasted Root Vegetable Chowder
Spinach Cheese Soup
Sweet and Sour Cabbage Soup
Tomato Basil Soup
Tortilla Soup
Turkey Chili with Beans and Hominy



Bean Soup with Ham and Vegetables

Serves 10 - 12

Ingredients:

1 lb. great northern beans (dry white beans) (about 2½ cups)	1 teas. garlic powder
1 bag fresh mixed vegetable soup mix* (or 5 cups chopped raw vegetables - your choice)	½ teas. salt
1 lb. cooked lean ham, diced (about 2½ cups)	½ teas. pepper
1 can of diced tomatoes**	1 Tbsp. dried parsley or chives or 3 Tbsp. fresh
	2 teas. salt-free herb seasoning
	8 cups of ham broth+, or 4 cups of broth and 4 cups of low sodium tomato juice

* soup mix contains 3-4 small potatoes, 2-3 carrots, 1 onion, 1-2 stalks of celery, 1 parsnip, and 1 turnip

**14.5 oz., no added salt or low sodium

+if you use powdered soup base for the broth, use low sodium and MSG free; if low sodium is not available use half the amount specified on the label's directions, and eliminate the salt in the recipe

Directions: Cooking the beans: Overnight Soak Method: Rinse beans in a colander, sort out any debris or shriveled beans. Soak overnight in the refrigerator in 8 cups of water, drain off any remaining fluid. Then simmer the beans for about an hour in enough water to cover them; drain. Same Day Cooking Method: Rinse beans in a colander, sort out any debris or shriveled beans. Simmer for 2 hours in 8 cups of water, drain off any remaining fluid.

Soup: Peel and rinse vegetables (be sure and rinse after peeling); finely chop. Add diced ham, diced tomatoes, chopped vegetables, cooked drained beans, garlic powder, salt, pepper, parsley, herb seasoning, and 8 cups of ham broth to a large heavy bottomed soup pot. Simmer on low heat for at least an hour. The longer it simmers, the better the flavor will be. If you have a ham bone left after roasting a ham, simmer the bone in 8 cups of water for several hours; chill and remove the solid fat layer on top.

Substitutions: You may use 3, 14.5 ounce cans of low sodium mixed vegetables for the chopped fresh vegetables and 4, 15 ounce cans of low sodium vegetarian beans for the dry white beans. You don't need to drain the liquid from the canned vegetables or beans. For a vegetarian recipe, eliminate the ham and replace the ham broth with vegetable broth.

Nutrition: This recipe provides protein, vegetables, and fiber. It is reduced in sodium, however, to reduce the sodium further, use cooked turkey in place of the ham, use salt-free broth, and eliminate the salt.



Bean, Spinach, and Ham Soup

Serves 6 – 8

Ingredients:

½ lb. great northern beans (1 cup dry white beans)	1½ cup diced onion (1 lg.)
½ lb. cooked lean ham, diced (about 1½ cups)	1 cup diced celery (2 lg. stalks)
1 can spinach*	4 cups of ham, chicken, or vegetable, broth+
2 teas. salt-free herb seasoning	½ teas. garlic powder
¼ teas. dill	¼ teas. dry mustard powder
¼ teas. pepper	
(start with ¼ teas. and add more if you like it hotter)	

*14.5 oz. can, no added salt or low sodium

+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions. To make homemade vegetable broth, simmer 1 chopped onion and 4 chopped stalks of celery in 4 cups water for an hour.

Directions: Preparing the beans: Overnight Soak Method: Rinse beans in a colander, sort out any debris or shriveled beans. Soak overnight in the refrigerator in 4 cups of water, drain off any remaining fluid. Quick Cooking Method: Rinse beans in a colander, sort out any debris or shriveled beans. Simmer for 2 hours in 4 cups of water, drain off any remaining fluid. For a softer texture, leave the lid on when cooking. For a firmer texture, remove the lid when cooking. Firmer beans will hold their shape better in the soup.

Soup: Use prepared beans, soaked or precooked. Peel vegetables. Rinse after peeling and chop finely. Reserve 1 cup of cooked beans. Add the rest of the cooked beans, diced ham, spinach, herb seasoning, dill pepper, diced onions and celery, broth, garlic powder, and dry mustard the soup pot. Simmer until onions and celery are tender and soup is heated thoroughly. Mash the 1 cup of reserved cooked beans well with a fork or potato masher, or puree in a food processor; add to soup pot. Stir well and simmer another few minutes.

Substitutions: You may use 2, 15 ounce cans of low sodium navy beans for the dry beans; remember to save 1 cup for mashing. You may replace the canned spinach with a 10 oz. pkg. of frozen spinach or about 1 lb. of fresh spinach. You may use 4 garlic cloves minced in place of the garlic powder, and light (reduced fat) ground sausage in place of the ham. If you use sausage, cook the sausage until no pink color remains and drain all the grease, then rinse the cooked sausage in a strainer with hot water to remove additional grease.

Nutrition: This soup provides protein (beans) and vegetables. It is also reduced in fat and sodium. To keep the fat low, use ham or turkey, not the sausage. To reduce the sodium further, use cooked turkey in place of ham and use low sodium broth. Remove skin and underlying fat from the turkey.



Beef Barley Tomato Soup

Serves 10 - 12

Ingredients:

1 beef or venison roast (2 lb.)	1 cup diced onions (1 med.)
8 cups of beef broth+	1 lb. carrots, chopped or thinly sliced
2 teas. garlic powder	2 cups chopped celery (4 lg. stalks)
2 bay leaves	2 lb. tomatoes (8 med., if you prefer, remove the skins*)
½ teas. salt. (optional)	¾ cup barley
½ teas. ground black pepper	
1 Tbsp. salt-free herb seasoning	

+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions.

Directions: Trim away any fat from the roast. Cut the meat into small, bite sized pieces. Simmer the meat in a large soup pot in 10 cups of water with the garlic, bay leaves, salt, pepper, and herb seasoning for about 2 hours. Peel onions and carrots, rinse after peeling. Rinse celery and tomatoes. Chop the raw vegetables into small pieces. Add the vegetables and barley to the soup pot and simmer another hour. Remove the bay leaves before serving.

Substitutions: In place of the tomatoes, you may use 2, 14.5 oz. cans of diced tomatoes (or 1, 15 oz. can of tomato sauce and 1 can of diced tomatoes). In place of the carrots, celery, and onions, you may use 3, 14 .5 oz. cans of mixed vegetables. Canned tomatoes, sauce, and vegetables should be labeled no added salt or low sodium. If regular canned vegetables are used, eliminate the salt.

*To remove the skins from the tomatoes: Bring a large pot of water to boiling, add the tomatoes, and turn off the heat. After a couple of minutes, remove the tomatoes and place in cold water. The skin will easily slide off in large sections.

Nutrition: This recipe provides a hearty soup, with protein, fiber, and lots of vegetables! Barley contains a type of fiber that can help lower cholesterol so it's good for your heart. The sodium content is reduced; however, to reduce the sodium further, eliminate the salt and use low sodium soup base.



Beef Barley Vegetable Soup

Serves 10 – 12

Ingredients:

1 beef or venison roast (2 lb.)	2 cups chopped celery (4 lg. stalks)
8 cups of beef broth+	2 cups chopped or minced vegetables of your choice (cabbage, turnips, parsnips, rutabaga, zucchini, etc.)
1 bay leaf	1 can of peas*
2 teas. garlic powder	1 can of corn*
¼ - ½ teas. black pepper	2 cans diced tomatoes*
½ teas. salt (optional)	1 cup barley, uncooked
1 Tbsp salt-free herb seasoning	
1 cup chopped onions (1 med.)	
2 cups chopped carrots (4 lg., or 24 baby carrots)	**14.5 oz., no added salt or low sodium

+If you use a soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt.

Directions: Trim away any fat from the roast. Cut up meat into small, bite sized pieces. Simmer the meat for about 2 hours in a large soup pot with 8 cups of broth, bay leaf, garlic powder, pepper, salt, and herb seasoning. Clean and chop the raw vegetables. Rinse onion and carrots after peeling. Add the chopped raw and canned vegetables and barley to the soup pot and simmer another hour. Remove the bay leaf before serving.

Substitutions: You may replace the roast with 2 lb. ground meat. Brown the ground meat in a heavy bottomed frying pan, until all pink color is gone. Drain grease, then using a strainer, rinse the meat with hot water to remove additional grease. You may use 1 can of carrots* in place of the fresh carrots, and rolled oats in place of the barley. You may also use 1 can of tomato sauce* and 1 can of diced tomatoes* in place of the 2 cans of diced tomatoes.

Nutrition: This recipe provides a hearty soup, with protein, fiber, and lots of vegetables! Barley and oatmeal contain a type of fiber that can help lower cholesterol so it's good for your heart. Just add a side salad, slice of whole grain bread, a cup of skim or low fat milk, and a piece of fresh fruit for a satisfying meal. This soup has less sodium than most soup recipes; however, to reduce the sodium further, use salt free broth and eliminate the salt.



Butternut Squash Soup

Serves 10-12

Ingredients:

1 butternut squash (med. size, about 3 lb.)	½ teas. black pepper
1 cup chopped white onion (1 med.)	½ teas. cinnamon
1 Tbsp. vegetable oil	1 teas. garlic powder
1 can pumpkin (15 oz.)	1 Tbsp. maple syrup
3 cups vegetable or chicken broth*	1 cup apple juice or ½ cup apple juice + ½ cup apple sauce
½ - 1 teas. curry powder (start with ½ teas., add more after tasting; eliminate this if you do not like curry)	2 cups of low fat milk
½ teas. salt	pan spray
	plain low fat Greek yogurt (optional garnish)

* If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt. To make homemade vegetable broth, simmer 1 chopped onion and 2 chopped stalks of celery in 3 cups of water for an hour.

Directions: Rinse the squash, trim the ends, poke a small hole in the squash, and then microwave for 3 minutes (this will make peeling and chopping easier). When cool to the touch, peel the squash, cut it in half the long way, and then remove the seeds and the stringy fibers in the center. Chop the squash cut in ½ to ¾ in cubes. A 3 lb. squash will yield about 5 – 5 ½ cups of diced squash. Peel, then rinse the onion, then chop. In a large bowl, toss the chopped squash and onions with 1 Tbsp. of vegetable oil. Stir until the vegetables are lightly coated. Place the squash and onions on a large baking sheet with sides that has been sprayed with pan spray. Roast in a 350° preheated oven for 40 – 45 minutes. Squash is done when it is fork tender, but do not let it get brown. In a large heavy bottomed soup pot, add the broth, curry powder, salt, pepper, cinnamon, garlic powder, maple syrup, and apple juice. When the squash and onions are done, add to the soup pot. Using a hand held immersion blender, blend until smooth. If using a regular blender you will need to blend the soup in batches before heating. Slowly heat the mixture until simmering. Add the milk and continue simmering. Do not boil. Soup is thick so to prevent it from sticking, stir continuously. If you would like a thinner consistency, add more broth or milk. If desired, serve with a dollop of Greek yogurt.

Substitutions: Other types of winter squash may be used. You may replace the apple juice with a large granny smith apple. Rinse, then peel and slice the apple and roast the apple slices with the squash and onions. If you replace the juice with an apple, you will need to add about ½ - ¾ cup of liquid to the soup; either vegetable broth or milk.

Nutrition: This recipe provides vegetables, fruit, and low fat dairy. It is reduced in fat and sodium. To reduce the sodium further, eliminate the salt.



Cabbage and Beef Soup

Serves 10-12

Ingredients

1 pound beef roast (trimmed of fat)	1 teas. garlic powder
1 cup celery chopped (2 lg. stalks)	½ teas. pepper
1 cup carrots, chopped (12 baby or 2 lg.)	1 teas. salt-free herb blend
1 cup onions, chopped (1 med. or 2 small)	1 teas. paprika
½ med. head cabbage, chopped or shredded (6 -7 cups, loosely packed)	2 cans diced tomatoes, undrained*
½ teas. salt (eliminate if soup base contains salt)	1 can kidney or navy beans, undrained*
	4 cups beef broth+

*14.5 oz., no added salt or low sodium

**15-16 oz. can, no added salt or low sodium

+ if you use powdered soup base for the broth, use low sodium and MSG free; if low sodium is not available use half the amount specified on the label's directions, and eliminate the salt in the recipe

Directions: Cut beef roast into small (½ in.) cubes, brown in a frying pan that has been sprayed with pan spray. Drain any grease. Rinse celery, and then chop. Peel carrots and onion, rinse after peeling, and then chop. Remove outer leaves and core from cabbage, rinse, and then chop.

In a large heavy bottomed soup pot, add cooked beef cubes, chopped vegetables, salt, garlic, pepper, herb seasoning, paprika, diced tomatoes, beans, and beef broth. Cover pot. Bring to a boil, reduce heat and simmer for at least an hour.

Substitutions: Ground turkey, beef or bison may replace the beef roast. Cook the ground meat in a frying pan until all pink is gone. Using a strainer, rinse the cooked ground meat with hot water to remove grease. Of, if you have a leftover cooked roast, cut the meat into small cubes; you will need 2½ - 3 cups. You may replace the fresh carrots with 1 can of carrots*. You may also add 1 cup of raw potatoes (1 med.), chopped. Peel then rinse the potato before chopping. Cooked beans (about 2 cups) may replace the canned beans. For a vegetarian option, eliminate the beef and add another can of beans. Use vegetable broth in place of the beef broth.

Nutrition: This recipe provides protein (meat and beans), vegetables, and is reduced in sodium. To reduce the sodium further, eliminate the salt and use salt free broth.



Cabbage Roll Soup

Serves 8 - 12

Ingredients:

2 cups cooked rice

(3/4 cup dry will make 2 cups cooked)

1 lb. lean ground beef, turkey, or venison

1½ cups chopped onions (1 lg.)

1 cup chopped green pepper (1 lg.)

4 cups shredded cabbage (1 med. head, cored)

2, 10 oz. cans condensed tomato soup*

2, 14.5 oz. cans of diced tomatoes*

2 cups tomato juice*

4 cups fat free beef broth+

1 Tbsp. basil

1 teas. garlic powder

1 Tbsp. salt-free herb seasoning

1½ - 2 cups reduced fat grated cheese (optional)

If desired, save some of the chopped onions and/or peppers to add to the top of the soup when serving.

*soup, diced tomatoes, and tomato juice are low sodium or no added salt

+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base recommended on label. Chill homemade broth and remove solid layer of fat before using.

Directions: Cook rice in 1½ - 2 cups water. While rice is cooking, brown meat; drain grease. Rinse cooked meat with hot water in a strainer to remove additional grease. Peel then rinse onion; chop. Rinse pepper; remove seeds and stems; chop. Remove outer leaves from cabbage; rinse and remove core. Shred or finely mince cabbage. Add the cooked meat, onions, green pepper, cabbage, condensed soup, diced tomatoes, tomato juice, broth, basil, garlic, and herb seasoning to a large heavy bottomed soup pot. Simmer on low heat 1 hour. Add rice, stir well. If the soup thickens too much, especially the next day, add 1 - 2 cups of tomato juice, broth, or water, or any combination of these.

When serving, you may top with grated cheese, chopped raw onions, or chopped green peppers. This is a hearty soup; add a side salad and/or serving of fruit, and bread for a complete meal.

Substitutions: You may replace the cooked rice with cooked barley. To change this to a stuffed green pepper soup, double the amount of green peppers, and reduce the cabbage by half (or eliminate the cabbage). For a vegetarian option, use 1½ - 2 cups cooked lentils, split peas, or navy beans in place of the meat.

Nutrition: This recipe provides protein, grains, vegetables, and has less sodium than most soup recipes. To reduce the sodium further, use low sodium beef broth. To increase the fiber, use brown or wild rice.



Roasted Carrot and Honey Soup

Serves 8 - 10

Ingredients:

2 lbs. baby carrots or carrots cut in half
lengthwise and cut into 2 in. lengths
¼ cup minced fresh onion
1 Tbsp. vegetable oil, margarine, or butter
½ teas. black pepper
4½ cups of vegetable broth*
(cool to room temp. prior to blending)

1 Tbsp. honey
½ teas. dried dill
½ teas. salt (optional, omit if soup base contains salt)
½ teas. garlic powder
½ teas. cumin
¼ cup evaporated skim milk (optional)
pan spray

*If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount recommended on label. To make homemade vegetable broth, simmer 2 chopped onions and 4 chopped stalks of celery in the 4½ cups water for an hour.

Directions: Peel and rinse carrots; cut into chunks for roasting. (If you use the baby carrots, these are ready to use, but remove any stem ends.) Peel and rinse onion, mince; measure out ¼ cup. Combine the carrots, onions, oil or melted butter, and black pepper in a baking dish that has been sprayed with pan spray. The pan should be large enough for 1 even layer of carrots. Toss to coat and roast for 35-45 minutes in a 400° preheated oven. Stir every 10 minutes. When done, carrots need to be soft and starting to lightly brown. Allow carrots to cool to room temperature prior to pureeing. Puree the carrots with half (more if needed) of the vegetable broth in a food processor or heavy duty blender. Blend the carrots until very smooth.

Add the pureed carrots, honey, oregano, salt, garlic powder, cumin and the rest of the vegetable broth to a large heavy bottomed soup pot. Cook on low heat until simmering. As the soup is thick, you need to gently stir it often to prevent sticking and burning. For the best flavor, simmer for 30 – 60 minutes before serving. If desired, add the evaporated milk and stir again just prior to serving.

Substitutions: You may use low sodium and MSG free chicken broth in place of the vegetable broth. If you like a creamier taste, use more evaporated milk, but reduce the vegetable broth by the same amount. Skim milk or low fat milk may be used in place of the evaporated skim milk. You may replace the chopped onion with 1 teas. onion powder. You may replace the honey with maple syrup.

Nutrition: This soup provides vegetables and is reduced in sodium and fat. To reduce the sodium further eliminate the salt and use your own homemade vegetable or chicken broth (no salt added; remove any fat layer from the chicken broth). To reduce the saturated fat, use vegetable oil rather than butter.



Chicken Dumpling Soup

Serves 10 - 12

Ingredients:

Soup:

1 chicken breast, (about $\frac{3}{4}$ lb. with bones and skin removed)	1 teas. garlic powder
4 cups of water	1 teas. poultry seasoning (low sodium, MSG free)
1 cup chopped onion (1 large or 2 small)	$\frac{1}{2}$ teas. lemon pepper (low sodium, MSG free)
2 cups chopped carrots (about 4 regular or 24 baby carrots)	1 can green beans* (drained)
1 cup chopped celery (about 2 large stalks)	1 can peas* (drained)
cream of chicken soup (22 oz. ready to serve, reduced sodium)	
$\frac{1}{2}$ teas. salt (optional)	
2 teas. salt free herb seasoning	

* 14.5 oz., no added salt or low sodium

Dumplings:

$\frac{2}{3}$ cup low fat baking mix	$\frac{1}{4}$ cup reduced fat grated cheese
$\frac{1}{3}$ cup cold low fat or fat free milk	$\frac{1}{3}$ cup cornmeal
	pan spray for coating spoon

Directions: Cook the chicken breast in a large soup pot in 4 cups of water; remove chicken. After the chicken breast has completely cooked and cooled, remove bones and skin, and chop chicken in bite-sized pieces. Peel onions and carrots, rinse after peeling. Rinse celery. Finely chop onions, carrots, and celery. Add the raw vegetables, cream of chicken soup, chicken pieces, salt, herb seasoning, garlic, poultry seasoning, and lemon pepper to the 4 cups of chicken broth. Simmer until tender, about 15 minutes. Add the green beans, and peas. Bring to a gentle boil.

While the soup is simmering, mix the ingredients for the dumplings to make a soft dough. Drop dumpling dough, one rounded teaspoon of dough at a time, into the boiling soup. To keep the dough from sticking to the spoon, first spray with pan spray. Soup should remain boiling. It will take 10 – 12 minutes for the dumplings to cook. Cover the pan while dumplings are cooking.

Substitutions: You may replace the ready to serve soup with a 10 oz. can of reduced sodium low fat condensed soup; add 1 cup of low fat milk or water, or half of each. If using regular condensed soup, eliminate the salt. You may replace canned vegetables with fresh or frozen; you may also replace the green beans and peas with 2 cans of mixed vegetables*. You may use 1 can of carrots* (drained) in place of the raw carrots. You may use a 12 - 15 ounce can of chicken in place of the chicken breast (include the broth).

Nutrition: This recipe provides protein, vegetables, and is reduced in fat and sodium. To reduce the sodium further, eliminate the salt.



Chicken Noodle Soup **(with homemade noodles)**

Serves 10 - 12

Ingredients:

Soup:

Follow the recipe in the FDP cookbook for Chicken Dumpling Soup; replace the dumplings with homemade noodles. If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt in the recipe. Chill homemade broth and remove solid fat layer.

Noodles:

½ cup all purpose (white) flour

½ cup white whole wheat flour

¼ teas. salt

1 egg or 2 Tbsp. dry egg mix + ¼ cup water

1½ - 2 Tbsp. water

additional all purpose flour for rolling out the dough

Directions: Mix together the all purpose flour, whole wheat flour, and salt. Mix egg and add to the bowl with the flours. Mix gently, and gradually add the water until a soft dough is formed that does not stick to the sides of the bowl. Turn out dough onto a floured board; knead the dough ball a few turns. Cut the dough ball in half. Using a rolling pin, roll out each half of the dough ball into a thin sheet, about 10 by 16 inches. Roll the dough ball out from the center to the edges. Add flour to both sides the dough when rolling to prevent the dough from sticking to the board. Use a pizza cutter to cut the noodles if you have one. Cut dough into strips, about 2 inches wide. Cut the strips into noodles, about ½ inch wide. You may dry the noodles by leaving them on a large baking sheet for a few hours, or add the noodles to the soup right away.

The soup should be boiling when the noodles are added. Add a few at a time so soup remains simmering. Dry noodles will take about 10 – 12 minutes to cook; fresh noodles will cook in about 5 – 6 minutes. If the soup becomes too thick, add 1-2 cups of chicken broth.

Substitutions: If you prefer a slightly thinner soup, replace the 22 oz. ready-to-serve cream of chicken soup with 2¾ cups of chicken broth. You may use 2 egg yolks or 2 egg whites in place of the whole egg. Try the homemade noodles in any of your recipes that call for noodles or pasta.

Nutrition: This recipe provides protein, whole grains, vegetables, and is low in fat. This recipe has less sodium than most soup recipes; however, to reduce the sodium further, eliminate the salt. To reduce the cholesterol in the noodles, use ¼ cup of low cholesterol liquid egg substitute, or use 2 egg whites.



Chili

Serves 8 - 10

Ingredients:

- | | |
|--|--|
| 1 lb. ground or chopped beef, venison, or turkey
(will be about 2 cups cooked meat) | 1 can tomato sauce* |
| 1 cup chopped onion (1 med. onion)
(add another ¼ cup for topping if desired) | 2 cans diced tomatoes** |
| 1 cup chopped or grated carrots
(12 baby or 2 medium carrots) | 2 cans kidney beans* (with liquid) |
| 1 cup chopped celery,
(2 large stalks or 3-4 small to medium) | 1-2 Tbsp. chili powder |
| | 2 teas. salt-free herb seasoning |
| | 1 teas. garlic powder |
| | 1½ -2 cups reduced fat grated cheese
(optional, to add on top when serving) |

*15 oz., no added salt or low sodium

**14.5 oz., no added salt or low sodium

Directions: Brown the ground meat in a heavy bottomed frying pan, until all pink color is gone. Drain grease, then using a strainer, rinse the meat with hot water to remove additional grease. Peel onions and carrots; rinse after peeling. Rinse celery. Chop or grate vegetables. Add raw vegetables and tomato sauce to a large soup pot. Cook 5 -10 minutes on medium heat until vegetables are tender. Add cooked meat, , diced tomatoes, kidney beans, chili powder, herb seasoning, and garlic powder. Simmer on low heat for about an hour. As an option, serve with raw onions and/or grated cheese on top.

Substitutions: For a vegetarian option, eliminate the meat and add 1½ - 2 cups cooked barley or whole grain rotini (1/2 cup uncooked rotini or 1/3 cup uncooked barley = 1 cup cooked). You may also use 2 cans of tomato sauce* and 1 can of stewed tomatoes* in place of the 1 can of tomato sauce and 2 cans of diced tomatoes.

Nutrition: This recipe provides protein and vegetables, and is reduced in sodium. No salt is added to the recipe because the chili powder, garlic, and salt-free herb seasoning add plenty of flavor! Although carrots are not typically used in chili, the addition of carrots adds a slightly sweet taste. For a hearty meal, add a slice of cornbread, a side vegetable or fruit salad, and a glass of low fat milk.



Corn Potato Chowder

Serves 8 - 10

Ingredients:

2 cups diced potatoes (2 med.)	2 teas. salt-free herb seasoning
1 cup chopped onions (1 med.)	1 teas. chives or dill, or ½ teas. of each
1 cup chopped of celery (2 lg.)	1 teas. garlic or onion powder
2 cups vegetable, chicken, or ham broth+	½ teas. pepper
1 can corn*	½ teas. salt (optional, eliminate if soup base contains salt)
1 can cream corn*	1 cup chopped lean ham or cooked boneless, skinless
1 cup instant mashed potatoes flakes	chicken breast, (meat is optional)
cream of mushroom soup	3 cups low fat milk or 2, 12 oz. cans of evaporated
(10 oz. condensed, reduced sodium)	skim milk

+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base recommended on label and eliminate the salt. To make homemade vegetable broth, simmer ½ chopped onion and 2 chopped stalks of celery in 2 cups water for an hour.

*14.5 oz., no added salt or low sodium

Directions: Peel potatoes and onions. Rinse after peeling. Rinse celery well. Chop onions, potatoes, and celery into bite-sized pieces. Add chopped vegetables and 2 cups of broth to a large heavy bottomed soup pot. Simmer until vegetables are tender, about 15 minutes. Add the corn, cream corn, instant mashed potatoes, cream of mushroom soup, herb seasoning, dill, garlic or onion powder, salt, and the optional ham or chicken. Simmer on low heat for 15 minutes. Stir regularly to prevent sticking. A few minutes before serving, add the milk. You may heat the milk separately in the microwave a few minutes before adding it to the soup (use a large microwave safe bowl, fill it half full and watch the milk so it does not foam up over the sides of the bowl). Stir continuously until soup is simmering again.

Substitutions: You may use 1 can of sliced potatoes* (drained) in place of the fresh potatoes. You may use cream of chicken soup in place of the mushroom soup; if you use chicken to replace the ham, use cream of chicken soup. You may replace the condensed cream soup with 1 cup of low fat milk, plus 2 Tbsp. cornstarch mixed separately with ¼ cup cold low fat milk. You may use a 12 – 15 ounce can of chicken for the cooked chicken; include broth from can.

Nutrition: This recipe provides low fat dairy, vegetables, protein (with the optional meat), and is reduced in fat and sodium. To reduce the sodium further, use chicken in place of the ham, use salt-free broth, and eliminate the salt.



Cream of Asparagus Soup

Serves 8-10

Ingredients:

2 cups chicken or vegetable broth*	½ teas. dill
2 cups asparagus; trim tough ends and cut into ½ in. lengths, measure after cutting (about 1 lb. prior to trimming tough ends)	½ teas. dry ground mustard
1 cup chopped carrots (12 baby or 2 large)	½ teas. garlic powder
½ cup chopped onion (½ med.)	1 teas. salt-free herb seasoning
½ teas. salt (eliminate if soup base contains salt)	4 oz. Neufchatel cheese
¼ teas. pepper	2 cups low fat milk (separated)
	2 Tbsp. cornstarch

* If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base recommended on the label and eliminate the salt in the recipe.

Directions: Add broth to a heavy bottomed soup pot. Rinse asparagus well. Remove tough end by breaking the end of the stalk where the tender part of the stalk begins. If desired, save a few stalks for garnishing; cook with the rest of the vegetables and remove before you puree the soup. Cut asparagus into 1 inch lengths. Peel carrots and onion, rinse after peeling; then chop. Add asparagus, carrots, onions, salt, pepper, dill, dry mustard, garlic powder, and herb seasoning to the broth in the soup pot. Simmer 20 minutes until vegetables are very tender. Using an immersion blender, puree the vegetables and broth in the pot.* If you do not have an immersion blender, cool mixture to room temperature, then puree in a blender; then return to the soup pot. Add the Neufchatel cheese; simmer on low heat, stirring continuously until melted. Add 1¾ cup milk to the pot. Mix 2 Tbsp. cornstarch with ¼ cup cold milk, stir until smooth. Add this mixture to the soup pot. Continue to stir continuously on low heat until soup thickens and is steaming hot. Do not allow it to come to a boil. If desired, garnish each bowl with a stalk of cooked asparagus.

Substitutions: *If you prefer, the soup does not have to be pureed. Broccoli or spinach may replace the asparagus. Skim milk or evaporated skim milk may replace the low fat milk. You may replace the Neufchatel cheese with ¾ cup of plain Greek yogurt; reduce the milk by ¼ cup.

Nutrition: This recipe contains vegetables and low fat dairy. It is reduced in fat and sodium. To reduce the fat further, use skim or evaporated skim milk and replace the Neufchatel cheese with yogurt. To reduce the sodium further, use salt-free broth and eliminate the salt.



Cream of Wild Rice Soup

Serves 8 – 10

Ingredients:

1 cup wild rice, rinsed until water runs clear	1 lb. cooked lean ham, minced (about 2½ cups)
1 cup chopped onions (1 med. onion)	½ teas. salt (optional)
1 cup of chopped carrots (2 medium sized carrots or 12 baby carrots)	2 teas. garlic powder
1 cup chopped celery (2 stalks of celery)	1 Tbsp. salt-free herb seasoning
8 oz. fresh mushrooms or a 4 oz. can or (optional)	½ teas. pepper
1 cup of chopped green peppers (1 lg. pepper)	8 oz. Neufchatel cheese (light cream cheese) or 1 cup plain Greek yogurt
4 cups water or broth*	1 quart 1% milk
	2 Tbsp. cornstarch (or use ¼ cup of flour)

*If you have a ham bone left after roasting a ham, cover the bone with water and simmer for several hours; chill and remove the solid fat layer on top. If you use a dry soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt.

Directions: Cooking the rice: Simmer the rice in 3½ cups of water until tender, about 30 - 40 minutes. Another method is to simmer for about 15 minutes, turn off the pot, and let it sit for about an hour until the rice is tender and the water has been absorbed. Follow package directions for cultivated or "soup rice" as this cooks in a shorter amount of time.

Soup: Peel onions and carrots. Rinse after peeling. Rinse celery and fresh mushrooms. Rinse the green peppers and remove stem and seeds. Chop vegetables. If using canned mushrooms, drain the liquid. Add the chopped vegetables and 4 cups of water or broth to a large heavy bottomed soup pot. Then add the ham, seasonings, and cooked rice. Simmer on low heat for about 15-30 minutes. Add the Neufchatel cheese and milk; stir continuously on low heat. Add the cornstarch or flour to ¼ cup cold milk or water. Stir well, pour mixture into soup. Be sure the milk or water is cold and mixed well with the cornstarch or flour or the soup will be lumpy. Keep stirring on low heat until thickened and heated.

Substitutions: 2, 14.5 ounce cans of low sodium mixed vegetables may be used in place of the chopped fresh vegetables (no need to drain) You may add a 10 oz. can of reduced sodium low fat condensed cream of mushroom soup; reduce the milk by 1¼ cup and you may eliminate the mushrooms and cornstarch. If using regular condensed soup, eliminate the salt. You may eliminate the meat. You may replace the ham with boneless, skinless cooked chicken breast; add ½ teas. of poultry seasoning and use chicken broth if you use chicken. You may also replace the ham with cooked lean beef or venison (drain grease and rinse after cooking).

Nutrition: This recipe provides low fat dairy, protein, and vegetables. It is reduced in fat and sodium. To reduce the sodium further, eliminate the salt and use chicken, beef, or venison in place of the ham. To reduce the fat, use plain Greek yogurt in place of the Neufchatel cheese.



Creamy Mushroom Soup

Serves 5-6

Ingredients:

1 pound fresh mushrooms
1 Tbsp butter or vegetable oil
1 cup minced onions (1 med.)
4 teas. minced garlic or 1 teas. garlic powder
½ - 1 teas. thyme
½ teas. pepper

1 Tbsp. dried parsley
1 teas. chicken or veg. soup base or ¼ teas. salt
¼ cup red wine (optional)
4 oz. Neufchatel cheese
2 Tbsp. cornstarch
3 cups low fat milk, 1% (divided)

Directions: Rinse mushrooms, gently pat dry with paper towel, and then thinly slice. Melt butter in a large soup pot over medium heat; cook mushrooms in butter until the mushrooms give off their juices; reduce heat to low. Continue to simmer; stirring often, until about half of the juice evaporates. Set aside a few attractive mushroom slices for garnish later, if desired. Peel onion, rinse after peeling, then mince. Add minced onions and garlic to soup pot and cook until onion is soft and translucent, about 10 more minutes. Add thyme, pepper, parsley, soup base or salt, and red wine. Add the Neufchatel cheese and stir until it melts. Add cornstarch to ¼ cup of cold milk, mix well so no lumps remain. Add this to the soup pot, and then stir in the rest of the milk (2¾ cup). Cook on low heat until it thickens, stirring constantly to prevent sticking. Do not let it boil, only simmer gently. Garnish with reserved mushroom slices.

If you would like a pureed soup, allow soup to cool to room temperature. Puree in small batches and return to soup pot. Reheat on low heat, stirring continuously.

Substitutions: You may replace the dried parsley with 3 Tbsp. of fresh (finely mince). Canned mushrooms cannot be used to replace the fresh mushrooms. If you are using this to replace cream of mushroom soup in a recipe, a 10 oz. can of condensed soup + ¾ cup of low fat milk = 2 cups of this soup. If the recipe calls for ready-to-serve soup, no adjustment is needed. You may replace the Neufchatel cheese with ¾ cup of plain Greek yogurt; reduce the milk by ¼ cup.

Nutrition: This recipe contains low fat dairy and vegetables. It has less fat than traditional cream of mushroom soup made with cream and additional butter. A 1 cup serving has 2 servings (2 teas.) of fat; a ¾ cup serving has 1½ serving (1½ teas.) of fat. It is also reduced in sodium. To reduce the sodium further, eliminate the salt or use low sodium soup base. To reduce the saturated fat, replace the butter with vegetable oil, and use Greek yogurt in place of Neufchatel cheese.



Creamy Potato Soup

Serves 10-12

Ingredients

4 cups chicken or ham broth*	1 Tbsp. dried or 3 Tbsp. fresh parsley
½ teas. salt (eliminate if soup base contains salt)	1 teas. salt-free herb blend
4 cups grated potatoes (4 - 6 potatoes, measure after grating)	1 teas. paprika
1 cup celery, minced or grated (2 lg. stalks)	1 teas. dill
1 cup carrots, minced or grated (12 baby or 2 lg.)	1 cup chopped lean ham or lean smoked turkey (optional, remove skin from turkey)
1 cup onions, minced or grated (1 med.)	½ cup instant mashed potatoes (dry)
1 teas. garlic powder	2 cups low fat milk
½ teas. pepper	8 oz. Neufchatel cheese (light cream cheese)

Optional garnish: Sprinkle reduced fat grated cheese on the top when serving.

*If you use powdered soup base to make the broth, use MSG free and low sodium. If low sodium is not available, use half of the amount of soup base specified on the label and eliminate the salt.

Directions: Add 4 cups of chicken broth and salt to a large, heavy bottomed soup pot; simmer on low heat. Peel potatoes, rinse after peeling. Grate potatoes. Add 4 cups of grated potatoes to the pot. Rinse celery. Peel carrots and onions, rinse after peeling. Mince or grate the celery, carrots, and onions; add to soup pot. Add seasonings: garlic powder, pepper, parsley, herb blend, paprika, and dill. Add chopped ham or smoked turkey. Simmer about 15 -30 minutes until vegetables are tender. Add ½ cup instant mashed potatoes, 2 cups milk, and the Neufchatel cheese. Continue to simmer on low heat, stirring continuously, until cheese is melted and soup is steaming; do not allow it to boil.

Substitutions: You may replace the Neufchatel cheese with 16 oz. reduced fat or light sour cream or plain Greek yogurt (about 1½ cup). Reduce the milk by ½ cup if you use sour cream or yogurt.

Nutrition: This recipe contains vegetables, protein, and low fat dairy. It is reduced in fat and sodium. To reduce the sodium further, use low sodium broth, eliminate the salt, and replace the ham or smoked turkey with plain roasted turkey or chicken. To reduce the fat further use fat free cream cheese or fat free sour cream or plain yogurt, and use skim or evaporated skim milk; eliminate the ham or turkey.



Fish Chowder (Manhattan Style)

Serves 8 - 10

Ingredients:

4 cans diced tomatoes* (puree or blend,
or leave diced)
4 cups water
2 teas. chicken or vegetable soup base
(with no MSG) or ½ teas. salt
4 cups diced red potatoes (4 medium)
2 cup chopped onions (2 medium)
2 cups chopped carrots (4 large or 24 baby)

1 cup chopped green pepper (1 large)
1 cup chopped red pepper (1 large)
2 cups chopped celery (4 large)
1 Tbsp salt-free zesty seasoning blend**
2 lb. raw fish fillets cut into 1 inch pieces
(crappie, whitefish, trout, walleye, or any
combination you prefer)

*14.5 oz., no added salt or low sodium

**Salt-free Zesty seasoning blend: Add the following seasonings to a jar, seal the lid, and shake or mix well

1 Tbsp onion powder	1 Tbsp. dried basil	2 teas. cayenne pepper
1 Tbsp. garlic powder	1 teas. dried thyme	3 Tbsp. paprika
1 Tbsp. dried oregano	1 teas. black pepper	1 teas. chili powder

Directions: Add 4 cans of diced tomatoes to a large heavy bottomed soup pot. Using a hand immersion blender or potato masher, blend tomatoes to desired consistency. You may pulse just a few time if you like larger pieces of tomatoes in your soup. Add 4 cups of water and 2 teas. soup base. Peel potatoes, onions, and carrots; rinse after peeling, then chop. Rinse peppers, remove core and stem; rinse celery, then chop peppers and celery. Add chopped vegetables to the soup pot. Add 1 Tbsp. zesty seasoning blend. Simmer for 1 hour. Add the pieces of fish; return to simmering and cook another 10 minutes until fish is done.

Substitutions: Any fish, including seafood may be used. You may replace the canned tomatoes with fresh, in-season, tomatoes. You will need about 2 lb. (8 med. sized tomatoes). Remove skin by placing tomatoes in boiling water for 30 seconds, then transfer to a bowl with ice cold water. Skins will slide off easily. Include all the juice from the tomatoes when dicing and add to the soup pot. You may replace the red pepper with another green pepper.

Nutrition: This recipe provides vegetables and protein. It is low in fat and reduced in sodium. To reduce the sodium further, eliminate the salt or use reduced sodium soup base.



Fish Chowder (New England Style)

Serves 10 - 12

Ingredients:

2 cups diced potatoes (2 med. potatoes)	1/8 teas. (pinch) of cinnamon
½ cup finely chopped onion (1 small onion)	2 Tbsp. dried parsley
2 cups chopped raw carrots (4 lg. or 24 baby)	2 teas. salt-free herb seasoning
2 cups finely chopped celery (4 lg. stalks)	1 can corn*, drained, <u>or</u> 2 cups frozen corn
2 cups chicken or vegetable broth+	2 pounds of fish filets (about 1 quart)
½ teas. salt	6 cups of low fat milk <u>or</u>
½ teas. paprika	4, 12 oz. cans evaporated skim milk
½ teas. lemon pepper (low sodium)	8 oz. Neufchatel cheese or 1 cup plain Greek yogurt
½ teas. garlic powder	2 Tbsp. cornstarch or ¼ cup all purpose flour

+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base recommended on label and eliminate the salt.

*14.5 oz., no added salt or low sodium

Directions: Peel potatoes, onion, and carrots. Rinse after peeling and chop into bite-sized pieces. Rinse and chop celery. In a large heavy-bottomed soup pot, add the broth, potatoes, carrots, celery, onions, and seasonings. Simmer 10 -15 minutes until the vegetables are tender. Add the canned corn. Cut fish into bite-sized pieces (easiest to cut up if it is slightly frozen). Add fish, simmer another 10 minutes.

Add milk and Neufchatel cheese. Simmer slowly, stirring constantly, do not boil. After the cheese has melted, mix the cornstarch or flour with ¼ cup of cold water, stir well; add to the soup. Continue stirring, heating on low heat, until soup thickens.

Substitutions: In place of the potatoes, corn, and carrots, you may use 3 cans of mixed vegetables. One can of sliced potatoes may replace the potatoes. Two, 15 oz. cans of salmon may replace the fish fillets. If you want to cut the recipe in half, ½ can of vegetables (drained) is about ¾ cup.

Nutrition: This recipe contains protein, low fat dairy, and vegetables, and is reduced in fat and sodium. To reduce the sodium further, eliminate the salt and use low sodium broth.



Hamburger Soup

serves 8-10

Ingredients:

1 lb. ground beef, venison, or turkey	4 cups tomato or V8 juice**
1 cup diced onions (1 med. onion)	½ teas salt (optional)
1 cup carrots, thinly sliced or grated (2 lg. carrots or 12 baby)	2 bay leaves
1 cup diced celery (2 lg. stalks or 3-4 small stalks)	½ teas. black pepper
2 cups beef broth+	½ - 1 teas. garlic powder
1 can diced tomatoes*	2 cups (dry) whole grain rotini
	1-2 cups reduced fat grated cheese for topping (optional)

+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base recommended on label and eliminate the salt.

*14.5 oz., no added salt or low sodium; if regular ones are used, eliminate the salt

** no added salt or low sodium; if regular juice is used, eliminate the salt

Directions: Brown the ground meat in a heavy bottomed frying pan, until all pink color is gone. Drain grease, then using a strainer, rinse the meat with hot water to remove additional grease. Peel onion and carrots. Rinse after peeling. Rinse celery well. Dice or slice the vegetables. Add the cooked ground meat, diced vegetables, water, diced tomatoes, tomato juice, and spices to a large heavy bottom soup pot. Simmer the soup 1 hour.

Heat 6 cups of water to boiling, add rotini, cook about 10-12 minutes until tender. Drain pasta. Add to soup pot when you are close to serving the soup so the pasta does not overcook.

Remove bay leaves from serving dishes. If desired, top with grated cheese.

Substitutions: You may use ½ can of low sodium canned carrots in place of the fresh carrots. Other types of pasta may be substituted for the rotini but for the best flavor and fiber, choose whole grain. You may add other seasonings such as: 1 teas. dried basil or 1 -2 teas. salt-free herb seasoning. For a vegetarian option, use 2 cups cooked or 1 can of low sodium beans (i.e. navy, black, or pinto). Drain the canned beans.

Nutrition: The recipe contains protein, vegetables, whole grains, and reduced fat dairy with the optional reduced fat cheese topping. It has less sodium than most soup recipes. To reduce the sodium further, eliminate the salt.

Adapted from: "A River of Recipes" Native American Recipes using Commodity Foods.



Italian Vegetable Soup

Serves 10-12

Ingredients:

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|--|---|
| 1 cup chopped onion (1 med.) | ½ teas. salt (optional, eliminate if soup base contains salt) |
| 2 cups chopped carrots (4 reg. or 24 baby) | 1 can black beans* |
| 1 cup chopped celery (2 lg. or 4 sm. stalks) | 1 can vegetarian beans* |
| 2 cups chopped or sliced zucchini | 1 can spinach** |
| 4 cups vegetable or chicken broth+ | 2 cans diced tomatoes** |
| 2 teas. garlic powder | 2 cups whole grain rotini (dry) |
| 1 Tbsp. Italian seasoning | 1 cup reduced fat grated cheese (optional) |
| 2 teas. salt-free herb seasoning | parmesan, romano or cheddar |
| ½ teas. black pepper | |

+If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount recommended on label, and eliminate the salt. To make homemade vegetable broth, simmer 2 chopped onions and 4 chopped stalks of celery in 4 cups of water for an hour.

*15 – 16 oz., no added salt or low sodium

**14.5 oz., no added salt or low sodium

Directions: Peel onion and carrots, rinse after peeling. Rinse celery and zucchini. Chop onions, carrots, celery and zucchini. Add broth, garlic, Italian seasoning, herb seasoning, pepper, and salt to a large heavy bottomed soup pot. Add chopped raw vegetables. Simmer vegetables about 15 minutes until tender. Drain canned vegetables if you like a thicker soup; include liquid for a thinner soup. Add black beans, vegetarian beans, spinach, and diced tomatoes. Simmer for 30 – 60 minutes. While soup is simmering, cook rotini according to package directions; drain but do not rinse. Add cooked pasta to soup pot, simmer another 10 minutes. If desired, top each serving with spoon of grated cheese.

Substitutions: You may replace the raw carrots with 1 can of carrots (add to soup when other canned vegetables are added). You may replace the fresh zucchini with yellow squash, or 1 can of zucchini** or green beans**. 2½ Tbsp. of minced fresh garlic may replace the garlic powder. Italian seasoning may be replaced with 1 teas. each of basil, oregano, and thyme.

Nutrition: This is a hearty vegetarian soup providing protein (beans) and vegetables. It has reduced amounts of sodium and fat. To reduce the sodium further, use low sodium broth and eliminate the salt.



Lentil Wild Rice Soup

Serves 12-16 (makes 4 quarts)

Ingredients:

¾ cup wild rice (rinsed until water runs clear)	½ teas. garlic powder
1 cup diced onions (1 med. onion)	½ teas. ground cumin
1 cup diced carrots (12 baby or 2 regular carrots)	½ teas. ground cinnamon
1 cup diced celery (2 lg. or 3 - 4 small stalks)	¼ teas. black pepper
8 cups ham, chicken, or vegetable broth+	2 teas. salt-free herb seasoning
2 cans diced tomatoes, with juice*	½ teas. salt (optional, not used if broth contains salt)
2 cup diced lean cooked ham or turkey ham	2 cups lentils (sorted and rinsed)

+If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt. To make homemade vegetable broth, simmer 2 chopped onions and 8 chopped stalks of celery in 8 cups water for an hour.

*14.5 oz., no added salt or low sodium

Directions: Cook wild rice in 2½ cups of water until rice is tender and water is absorbed. You may also simmer the rice for about 15 minutes, turn off the pot, and let it sit for about an hour until the rice is tender and the water has been absorbed. While rice is cooking prepare the vegetables. Rinse and peel onion and carrots. Rinse celery. Dice vegetables.

In a large heavy bottomed soup pot, add diced vegetables, broth, diced tomatoes with juice, diced ham, garlic, cumin, cinnamon, pepper, herb seasoning, and salt. Cover and simmer until vegetables are tender, about 10 minutes. Add lentils and cooked wild rice. Bring to a boil, reduce heat, and simmer until lentils are tender, about 40 – 45 minutes. If desired, continue to simmer another hour for the best flavor to develop. This is a thick, hearty soup. If you like a thinner consistency, add a little water or salt-free tomato juice.

Substitutions: You may use dry navy beans or dried green peas in place of the lentils. You may also use 2, 16 oz. cans of low sodium vegetarian beans in place of the lentils. You may replace the raw carrots with 1/2 can of carrots* (drained and chopped). If you prefer more wild rice, add ¼ to ½ cup of wild rice and reduce the lentils by the same amount.

Nutrition: This recipe provides protein and vegetables. Because ham is salty, this should be an occasional protein source. To reduce the sodium, eliminate the salt, use low sodium broth, and replace the ham with cooked turkey or chicken (skin and underlying fat removed).



Mulligatawny Soup

Serves 8-10

Ingredients:

4 cups chicken broth*	½ teas. garlic powder
2 cups cooked chicken, cut into cubes (2 breasts, skinned)	½ teas. curry powder
1 cup chopped onion (1 med.)	½ teas. salt-free poultry seasoning
1 cup celery, chopped (2 lg. stalks)	½ teas. salt (omit if broth contains salt)
1 cup carrots, diced (12 baby or 2 lg.)	¼ teas. black pepper
1 cup chopped apples (1 lg.) (Granny Smith works well)	¼ cup white rice, uncooked
	1 cup low fat or fat free milk (or evaporated skim milk)

* If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt. Chill homemade broth and remove solid fat layer.

Directions: In a large soup pot, add chicken broth and 2 chicken breasts. Simmer until cooked through, about 45 minutes. Remove chicken breasts and refrigerated until cooled. Remove bones from chicken breasts, then cut meat into small cubes. Add to soup pot. Peel onion and carrots, rinse after peeling. Rinse celery. Rinse and core apple. Chop onions, celery, carrot, and apple. Add this to the soup pot. Add garlic, curry, poultry seasoning, salt, pepper, and rice. Bring to a boil, reduce the heat, and then simmer for about 30 minutes until the vegetables and rice are done.. Just before serving, add milk. Stir well.

Substitutions: 1 cup of applesauce may replace the chopped apples. Wild rice or brown rice will provide more fiber than white rice. If you use wild rice, rinse the rice until the water runs clear. Wild rice takes longer to cook than white rice; you will need to simmer the soup 45-60 minutes. Canned chicken may replace the chicken breasts. You will need 2, 12-15 oz. cans; include broth.

Nutrition: This recipe provides protein, vegetables, and fruit. It is low in fat and reduced in sodium. To reduce the sodium further, use low sodium broth and eliminate the salt.



Potato Broccoli Cheese Chowder

Serves 8-10

Ingredients:

3 cups cubed red potatoes (3 med. or 1½ lb.)	1 teas. salt-free herb seasoning
3 cups chopped broccoli (1 bunch)	½ teas. dill
1 cup diced celery (2 large stalks)	½ teas. dry mustard powder
1 cup chopped onions (1 medium)	1 teas. garlic powder
2 cups chicken or vegetable broth*	2 cans evaporated skim milk or 3 cups low fat milk
½ teas. salt (eliminate if broth contains salt)	2 cups reduced fat grated cheese
½ teas. pepper	½ cup instant mashed potatoes flakes

* If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt. To make homemade vegetable broth, simmer ½ chopped onion and 2 chopped stalks of celery in 2 cups of water for an hour.

Directions: Peel, then rinse the potatoes; cut into ½ inch cubes. Rinse the broccoli, peel tough outer layer away from the stem. Finely chop the broccoli. Rinse the celery; chop. Peel and rinse the onion; chop.

In a large, heavy bottomed soup pot, add the diced vegetables, broth, salt, pepper, herb seasoning, dill, mustard powder, and garlic. Simmer about 20-30 minutes until the vegetables are tender. Reduce heat to low. Add the milk, grated cheese, and instant mashed potatoes. Stir continuously. Simmer until cheese is melted and soup is heated through. Do not bring the soup back to a boil. You may add a little extra milk if the soup becomes too thick. If you would like a thicker soup, add another ¼ cup – ½ cup of the instant mashed potatoes flakes.

Substitutions: You may add 2 cups of diced, cooked ham to this soup. In place of the red potatoes you may use white potatoes or 2 cans of potatoes (14.5 oz. cans, no added salt or reduced sodium, drained). The red potatoes will hold their shape better in soup than white or canned potatoes.

You may use frozen broccoli in place of the fresh, or you could use another green vegetable in place of the broccoli. If you do not have dry mustard powder, ½ Tbsp. (or 1½ teas.) of prepared mustard can be used instead. For added color and nutrition, add 1 cup of grated or thinly sliced carrots when you are simmering the other vegetables.

Nutrition: This recipe provides vegetables and low fat dairy. It has less fat than typical chowder recipes made with whole milk and cream, butter, and regular cheese. Sodium content is reduced; however, to reduce it further, eliminate the salt and use low sodium broth.



Roasted Root Vegetable Chowder

Serves 8 - 10

Ingredients:

6 cups diced root vegetables	1 cup diced lean cooked ham (optional)
2 cups red potatoes, 1 cup turnips,	1 cup reduced fat (RF) grated cheese <u>or</u>
1 cup parsnips and 2 cups carrots	½ cup RF cheese + 4 oz. Neufchatel cheese
(FDP soup mix provides this combination)	2 teas. ham soup base <u>or</u> ½ teas. salt
1 cup chopped onion (1 med.)	½ teas. black pepper
1 cup chopped celery (2 lg. stalks)	2 teas. garlic or onion powder
1 Tbsp. vegetable oil	1 teas. smoked paprika
Pan spray	1 teas. salt free herb seasoning
6 cups low fat (1%) milk (divided)	¼ cup cornstarch

Directions: Peel, then rinse after peeling the potatoes, turnips, parsnips, carrots and onions. Rinse the celery. Dice the vegetables in ½ inch cubes. Add vegetables to a large mixing bowl and toss with 1 Tbsp. of vegetable oil. Spray with pan spray, a large baking sheet with sides. Spread vegetables evenly on the baking sheet. Roast in a 400° preheated oven for 45 – 50 minutes until vegetables are tender. Stir the vegetables halfway during roasting time. Be sure the carrots are done; carrots take the longest time to roast. While the vegetables are roasting, add 5½ cups of milk, diced ham, grated cheese, soup base or salt, pepper, garlic powder, paprika, and salt-free herb seasoning to a large heavy bottomed soup pan. Slowly heat the mixture on low heat, stirring regularly. You may preheat the milk in the microwave to reduce the time it takes the mixture to become heated through. When the vegetables are done, add these to the soup pot. Then mix ¼ cup cornstarch with ½ cup of cold milk, stir so no lumps remain. Add this mixture to the soup pot, stirring constantly until soup thickens and is simmering (do not boil).

Substitutions: You may replace the turnips or parsnips with rutabagas (note, rutabagas are not in the FDP soup mix). You may replace the all or part of the low fat milk with evaporated skim milk. Each can is 12 oz. or 1½ cups. You may replace the ham with cooked chicken breast (no skin); if you use chicken, use chicken soup base rather than ham.

Nutrition: This recipe provides vegetables, protein (with the lean ham or chicken breast), and low and reduced fat dairy. To reduce the sodium further, use low sodium soup base, eliminate the salt, and replace the ham with chicken. It is also reduced in fat. To reduce the fat further, use skim or evaporated skim milk in place of the low fat milk.



Spinach Cheese Soup

Serves 8-10

Ingredients:

½ cup grated or minced onion (1/2 med. onion)	2 Tbsp cornstarch (mixed with 2 Tbsp. of cold water)
1 cup grated or minced carrots (2 lg. or 12 baby carrots)	1 can spinach, not drained*
3 cups chicken or vegetable broth+	12 oz. evaporated skim milk (1 can)
1 teas. garlic powder	8 oz. Neufchatel cheese
1 teas. salt-free herb seasoning	2 cups reduced fat grated cheese
¼ teas. nutmeg (optional)	½ cup low fat sour cream or plain Greek yogurt (optional garnish)
½ teas. salt (optional, do not use if broth contains salt)	

+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount recommended on label and eliminate the salt. To make homemade vegetable broth, simmer 1 chopped onion and 2 chopped stalks of celery in 3 cups water for an hour.

*14.5 oz., no added salt or low sodium

Directions: Peel onion and carrot, rinse after peeling; mince or grate. Add onions, carrots, broth, garlic, herb seasoning, nutmeg, and salt to large heavy-bottom saucepan and cook until vegetables are tender, about 5 minutes. Whisk in cornstarch/cold water mixture and cook 5 more minutes. Continue stirring as mixture thickens. Add spinach and mix well. Remove from heat and cool to room temperature. Place cooled soup into a large blender, add the Neufchatel cheese and pulse until smooth. Transfer soup back to saucepan. (You may use a hand held immersion blender instead of a regular blender; the soup does not have to be at room temperature, you may puree the soup in the pan.) Whisk in milk and grated cheese. Cook on low to medium low heat, stirring continuously to prevent sticking. When cheeses are melted and the soup is heated through, serve. If desired, garnish bowls of soup with a Tbsp. of low fat sour cream or plain Greek yogurt when serving.

Substitutions: You may replace fresh carrots with ½ can of carrots* (about ¾ cup). You may use ¼ cup of flour in place of the 2 Tbsp. of cornstarch (mix flour with 3–4 Tbsp. of cold water). You may replace the canned milk with 1½ cup of low fat (1%) milk. A 10 oz. pkg. of frozen spinach or about 1 lb. of fresh spinach may replace the canned.

Nutrition: This recipe provides vegetables, and low fat and reduced fat dairy. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt and use low sodium broth.



Sweet and Sour Cabbage Soup

Serves 8-10

Ingredients:

1 cup chopped onion (1 med.)	2 Tbsp. (packed) brown sugar)
1 cup thinly sliced carrots (2 lg.)	¼ cup minced fresh parsley
1 cup chopped celery (2 lg. stalks)	½ teas. ground cinnamon
1 cup chopped green apple (1 lg.)	½ teas. black pepper
6 – 8 cups finely shredded red cabbage (1 sm. head of cabbage)	1/8 teas. ground cardamom (optional)
1 Tbsp. minced garlic or 1 teas. garlic powder	1 teas. caraway seeds (optional)
1 can diced tomatoes (pureed)*	¼ teas. ground nutmeg
8 cups ham or chicken broth+	¼ teas. ground cloves
¼ - ½ cup apple cider vinegar	2 large bay leaves
	juice and zest of ½ med. orange

*14.5 oz. can, low sodium or no added salt

+If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base recommended on label's directions.

Optional garnish: 8 slices cooked and crumbled bacon (4 slices if thick), plain Greek yogurt

Directions: Peel onion and carrots, rinse after peeling and chop or slice. Rinse celery; chop. Rinse apple but do not peel. Remove core and chop. Remove a few outer leaves from the head of the cabbage if discolored or damaged. Rinse cabbage head, remove core than shred. In a heavy bottomed large soup pot add the chopped vegetable, chopped apple, garlic, pureed tomatoes, broth, vinegar (start with ¼ cup, add more to taste), brown sugar, parsley, cinnamon, pepper, cardamom, caraway, nutmeg, cloves, bay leaves, and orange juice and zest. Simmer at least an hour until vegetables are soft. Simmering another hour will provide the best flavor. While the soup is simmering, cut up then fry the bacon. After the bacon is crisp, crumble and place on paper towel to absorb excess grease. Prior to serving the soup, remove the bay leaves. If desired, top with a Tbsp. of Greek yogurt and a teas. of crumbled bacon.

Substitutions: A 6 oz. can of tomato paste + 1 cup of water or 1 can of tomato sauce* may replace the pureed diced tomatoes. You may use ¼ cup orange juice or apple juice in place of the juice from a fresh orange. 1½ Tbsp. of dried parsley may replace the fresh. Green cabbage may replace the red, but for best color and flavor, choose red. You may use low fat sour cream in place of the Greek yogurt.

Nutrition: This recipe provides vegetables and fruit and is reduced in salt and fat. To reduce the fat further, do not add the optional bacon garnish.



Tomato Basil Soup

Serves 8-10

Ingredients:

1 cup minced onion (1 med.)	½ teas. salt (optional, eliminate if canned tomatoes contain salt)
1 cup minced carrots (12 baby or 2 large)	¼ teas. ground black pepper
1 Tbsp. vegetable oil	½ - 1 cup reduced fat grated cheese (optional garnish)
3 cans diced tomatoes* (with juice)	
1 can of tomato sauce**	
1 teas. garlic powder	
1 Tbsp. dried basil or 1/3 cup fresh, minced+	

*14.5 oz., no added salt or reduced sodium. If regular diced tomatoes are used, eliminate the salt.

**15 oz., no added salt or reduced sodium. If regular tomato sauce is used, eliminate the salt.

+ save some of the fresh basil as a garnish, if desired

Directions: Peel onion and carrots; rinse after peeling then mince. Add 1 Tbsp. vegetable oil to a large heavy bottomed soup pot; add minced onions and carrots. Sauté until tender. Add cooked vegetables and diced tomatoes to a large blender. Blend until smooth. Pour into soup pot. Add tomato sauce, garlic powder, basil, salt, and pepper. Simmer 30 – 60 minutes on low heat, stirring frequently. When serving, if desired, lightly sprinkle cheese on top and garnish with a small amount of fresh basil.

Substitutions: You may replace the canned tomatoes with 10 – 12 medium sized fresh tomatoes (about 2½ - 3 lb.). Use in season only, out of season tomatoes do not have enough flavor for the soup. Rinse tomatoes then chop. Include the juice from the chopped tomatoes. You may replace the tomato sauce with a 6 oz. can of tomato paste + 1 cup of water. If you want a chunkier soup, do not puree all of the tomatoes. You may replace the garlic powder with 4 teas. of minced garlic. For cream of tomato soup, replace the can of tomato sauce with a 12 oz. can of evaporated skim milk. Before you add the pureed tomatoes to the soup pot, add the evaporated milk to the pot. Slowly add the tomato mixture to the milk in the soup pot, stirring as you pour. If you add the milk to the pureed tomatoes, the milk will curdle.

Nutrition: This recipe provides vegetables and is reduced in sodium and fat. If you make cream of tomato soup, the recipe also provides fat free dairy. To reduce the sodium further, eliminate the salt.



Tortilla Soup

Serves 8 – 10

Ingredients:

1 chicken breast or a 12-15 oz. can of chicken
1 cup chopped onion (1 med.)
1 cup chopped green pepper (1 lg.)
1 cup diced celery (2 large or 3-4 med. stalks)
4 cups chicken broth+
(save from cooking the chicken breast)
2 Tbsp. of chili powder
2 teas. garlic powder
1 Tbsp. dried or 3 Tbsp. fresh cilantro
(additional fresh cilantro for garnishing)

1 teas. cumin
1 teas. salt-free herb seasoning
1 Tbsp. lemon or lime juice
½ teas. salt (optional)
2 cans diced tomatoes*
1 can corn*
1 can black or kidney beans** (drained)
5 – 6 whole wheat tortillas (8 in. size)

1½ - 2 cups of plain Greek yogurt or low fat or fat free fat sour cream (optional, for topping)

1½ - 2 cups reduced fat grated cheese (optional, for topping)

+ If you use a dry soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt. Chill homemade broth and remove solid fat layer.

*14.5 oz., no added salt or low sodium; **15 or 15.5 oz, no added salt or low sodium

Directions: Cook chicken breast in 4 cups of water until cooked through and no pink remains. Reserve broth. Cool chicken and remove skin and bones. (If using canned chicken, skip the previous steps.) Shred or chop cooked chicken. Peel onion, rinse after peeling. Rinse green pepper, remove stem and seeds. Rinse celery. Chop raw vegetables. Add chopped vegetables to a large soup pot. Add the broth, chili powder, garlic, cilantro, cumin, herb seasoning, lemon or lime juice, salt, diced tomatoes, corn, black beans, and shredded or canned chicken. Heat until boiling, and then reduce heat to low. Simmer at least an hour for best flavor. Cut whole wheat tortillas into strips, about 2 inches long and ½ inch wide. Add to soup and simmer another 5 minutes. If desired, top bowls of soup with low fat sour cream or yogurt and reduced fat grated cheese. You may also serve with avocado slices and garnish with fresh cilantro.

Substitutions: You may use 1 can diced tomatoes* and 1, 15 oz. can of tomato sauce in place of the 2 cans of diced tomatoes. You may also use 1½ - 2 lb. of diced fresh tomatoes (with juice) in place of the canned diced tomatoes. Cooked ground beef (rinsed after cooking to decrease grease) or boneless cooked turkey (no skin, remove underlying fat) may replace the chicken. To make a "Taco Twist Soup" replace the tortilla strips with 6 oz. (about 2½ cups) of uncooked whole wheat rotini. Cook the rotini according to package directions before adding it to the soup. Add more chili powder if you like it spicier.

Nutrition: This recipe provides protein, whole grains, vegetables, and reduced or low fat dairy (with the reduced fat cheese and plain yogurt). It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.



Turkey Chili with Beans & Hominy

Serves 10– 12

Ingredients:

1½ cups cooked white navy beans*	½ teas. salt (optional)
1 cup chopped onion (1 med.)	¼ teas. cinnamon
1 cup chopped green pepper (1 lg.)	2 cans diced tomatoes** (with juice)
1 cup diced celery (2 large or 3-4 med. stalks)	3 cups cubed, cooked turkey (about 1½ lb.)
3 cups chicken or turkey broth+	(no skin, remove underlying fat)
2 Tbsp. of chili powder	2 cans hominy (15.5 oz., low sodium, drained)
1 teas. garlic powder	1½ - 2 cups low or fat free sour cream or plain
1 teas. dried or 1 Tbsp. fresh cilantro (optional)	yogurt (optional)
1 teas. cumin (optional)	1½ - 2 cups reduced fat grated cheese (optional)
1 teas. salt-free herb seasoning	

*about 2/3 cup dried white navy beans = 1½ cups cooked, **14.5 oz., no added salt or low sodium
+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt. Chill homemade broth and remove solid fat layer.

Directions: Preparing the beans: Overnight Soak Method: Rinse beans in a colander, sort out any debris or shriveled beans. Soak overnight in the refrigerator in 6 cups of water, drain off any remaining fluid. Simmer for an hour or until tender. Quick Cooking Method: Rinse beans in a colander, sort out any debris or shriveled beans. Simmer for 2 hours in 6 cups of water, drain off any remaining fluid. For a softer texture, leave the lid on when cooking. For a firmer texture, remove the lid when cooking. Firmer beans will hold their shape better in soup.

Peel onion, rinse after peeling. Rinse green pepper, remove stem and seeds. Rinse celery. Chop raw vegetables. Add chopped vegetables to a large soup pot. Add the broth, chili powder, garlic, cilantro, cumin, herb seasoning, salt, diced tomatoes and turkey. Simmer about 15 minutes until vegetables are tender. Add the cooked beans and hominy. Heat until boiling, and then reduce heat to low. Simmer another hour for best flavor. Top bowls of chili with low fat sour cream or yogurt and reduced fat grated cheese. You may also want to serve with a slice of lime, low fat tortilla chips, and avocado slices.

Substitutions: You may use 1 can diced tomatoes** and 1, 15 oz. can of low sodium tomato sauce in place of 2 cans of diced tomatoes. You may also use 1½ - 2 lb. diced fresh tomatoes (with juice) in place of the canned diced tomatoes. 1 can of reduced sodium black, pinto, or vegetarian beans (drained) may be substituted for the cooked navy beans. Add more chili powder if you like it hotter/spicier.

Nutrition: This recipe provides protein, grains, and vegetables. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.



Main Dishes and Stews

Main Dishes and Stews

Alfredo Chicken Pasta
Beef and Bean Casserole
Boiled Dinner
Cabbage Rolls
Calico Bean and Wild Rice Casserole
Cashew Chicken with Broccoli
Cheeseburger Casserole
Chicken Fajitas
Chicken Pot Pie
Chicken Rotini Casserole
Chicken Salad
Chicken, Spinach, and Peanut Stew
Chicken Wild Rice Casserole
Chili Mac Casserole
Fish or Chicken with Coating (Baked)
Ham Broccoli Casserole
Hamburger Gravy
Hamburger Potato Casserole
Ham Spinach Roll Ups
Italian Rotini Casserole
Jambalaya
Kabobs
Macaroni and Cheese (Baked)
Meatloaf
Mexican Chicken Casserole
One Pot Rotini Pasta
Orange Duck with Wild Rice

Peanut Crusted Baked Salmon
Pizza
Pork Chops with Apples and Yams
Pork and Vegetable Stir-Fry
Salmon Pasta Casserole
Salmon Patties
Sausage and Sauerkraut Casserole
Seafood Creole
Shepherd's Pie
Skillet Chicken and Pasta
Spaghetti Casserole
Spaghetti with Homemade Sauce
Spanish Rice
Spinach Lasagna
Spinach Quiche
Stroganoff
Stuffed Green Peppers
Tamale Pie
Three Sisters Stew
Tuna Noodle Casserole
Turkey and Stuffing Casserole
Turkey Tortilla Casserole
Vegetable Marinara
Wild Rice Chicken Pot Pie
Wild Rice Meatballs
Wild Rice Venison Casserole



Alfredo Chicken Pasta

Serves 6 – 8

Ingredients:

5-6 oz. whole grain pasta (about 1/3 of a 1 lb. package)	1 teas. basil
3 cups chopped fresh broccoli	1 teas. garlic powder
8 oz. fresh mushrooms (optional)	¼ teas. salt <u>or</u> 1 teas. chicken soup base
3½ cups low fat (1%) milk	¼ teas. pepper
2 cups grated parmesan cheese (8 oz.)	2 cups chopped cooked chicken or turkey
divided; 1½ cup for the sauce, reserve	(white meat, remove skin and underlying fat)
½ cup to sprinkle on top	2 Tbsp. cold low fat milk + 1 Tbsp. cornstarch
8 oz. Neufchatel cheese (light cream cheese)	

Directions: Cook pasta according to package directions, drain. Rinse broccoli well, trim stem; peel stem to remove tough fibers. Chop broccoli into bite sized pieces. Rinse mushrooms, pat dry; slice. Steam chopped broccoli and sliced mushrooms about 5 - 6 minutes until just tender.

On low heat, slowly heat the milk, parmesan and Neufchatel cheeses, basil, garlic, salt or soup base, and pepper in a large heavy bottomed pan. Add cooked chicken, broccoli, and mushrooms. Cook on low heat, until simmering; stirring continuously. Stir the cold milk and cornstarch mixture well. Pour into sauce, stirring continuously as it thickens. Add the cooked, drained pasta. Stir until all pasta is coated with sauce. Top with additional parmesan cheese. You may also serve the pasta separately, and ladle the sauce on the top.

Substitutions: You may use 2, 12 - 15 ounce cans of chicken (drain broth from can) in place of the cooked chicken. Any green fresh, low sodium canned (drained) or frozen vegetable may replace the broccoli. You may also substitute 4 oz. canned mushrooms (drained) for the fresh. Another type of grated cheese may replace the parmesan; choose reduced fat. For additional color, add 1 cup of thinly sliced carrots and/or sliced red peppers when you steam the broccoli. You may use 2 Tbsp. flour to replace the cornstarch but mix the flour in ¼ cup cold milk.

Nutrition: This recipe provides low and reduced fat dairy, whole grain, protein and vegetables. It has lower amounts of calories and fat than Alfredo sauce recipes made with cream and butter. To reduce the fat further, use reduced or low fat parmesan cheese. To reduce the sodium further, eliminate the salt.



Beef and Bean Casserole

Serves 8

Ingredients:

1 lb. ground beef or venison	1 teas. garlic powder
1 cup minced onion (1 med.)	2 teas. salt-free herb seasoning
1 cup diced celery (2 lg. stalks)	2 Tbsp. vinegar
1 cup diced green pepper (1 lg.)	½ cup catsup
1 tomato, chopped; or	1 teas. prepared yellow mustard
½ can of diced tomatoes*, drained	1 Tbsp. brown sugar
1 can corn*, drained	2 Tbsp. Worcestershire sauce (optional)
1 can black beans** or kidney beans**, drained	1 cup reduced fat grated cheese (to sprinkle on top)
1 can vegetarian beans** (not drained)	

*14.5 oz., no added salt or low sodium

**15-16 oz., no added salt or low sodium

Directions: Cook ground meat in a heavy bottomed skillet until all pink color is gone. Drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. While the meat is cooking, prepare vegetables. Rinse all raw vegetables. Peel onion and rinse before chopping. Chop celery, green pepper, onion, and tomato. Before adding meat and vegetables to skillet, wipe pan with paper towel to remove remaining grease. Add meat and raw vegetables to the skillet; sauté until tender.

Add the corn, black or kidney beans, vegetarian beans, garlic, herb seasoning, vinegar, catsup, mustard, brown sugar, and Worcestershire sauce to the skillet. Heat slowly until simmering. Keep stirring to prevent sticking. You may also pour mixture into a 2 quart baking dish and bake at 350° for about 30 minutes.

When serving, sprinkle 2 Tbsp. reduced fat cheese on top of each portion. If you bake the casserole in the oven, you may add the cheese to the top the last 10 minutes of baking

Substitutions: For a vegetarian option, eliminate the meat and add 1½ – 2 cups cooked barley or whole grain rotini (1/2 cup uncooked rotini or 1/3 cup uncooked barley = 1 cup cooked). 2 cups of cooked navy beans may be substituted for the can of vegetarian beans.

Nutrition: This recipe provides protein (beans) and vegetables. It is also has reduced amounts of sodium and fat.

Adapted from:

“Live Healthy, Live Native”: A recipe book and nutrition guide to promote health and wellness among FDPIR participants.



Boiled Dinner

Serves 6-8

Ingredients:

1 lb. lean, cooked, ham	1 quart of water
6 medium sized or 4 large red potatoes	2 teas. salt-free herb seasoning
1 lb. baby or regular carrots	1 teas. garlic powder
2 small onions	2 – 3 bay leaves
4 large stalks of celery	¼ teas. salt <u>or</u> 1 teas. ham soup base (optional)
½ large head of cabbage, cut into wedges	¼ teas. pepper

Directions: Trim away any fat from the ham. Cut the ham into ½ inch thick slices. Clean vegetables: Peel and rinse potatoes; cut in half (cut into quarters if using large potatoes). If using regular (not baby) carrots, peel and rinse, and cut into 2 inch pieces. Peel and rinse onions cut into quarters. Rinse celery, cut into 2 inch pieces. Rinse the cabbage head, remove outer leaves and core; cut into wedges.

In a large soup pot, add the water, herb seasoning, garlic, bay leaves, salt or soup base, and pepper. Add all the vegetables except the cabbage wedges. Next layer, place on the ham slices. Place the cabbage wedges on top. Simmer on medium heat for about an hour.

Substitutions: Other root vegetables may replace the potatoes such as parsnips, turnips, and rutabagas. Lean turkey ham may be used in place of the ham.

Nutrition: This recipe provides protein and plenty of vegetables. Ham is high in salt and should be an “occasional” protein source. Sodium content is reduced; however, to reduce the sodium content further, eliminate the salt or soup base and use cooked turkey to replace the ham. Remove skin and underlying fat from the turkey.



Cabbage Rolls

Makes 12-14 rolls

Ingredients:

1 large head of cabbage	1 Tbsp. worcestershire sauce
2 cups cooked rice (brown, or wild)+	1 teas. garlic powder
1 cup minced onion (1 med.)	1 teas. salt-free herb seasoning
1 cup minced celery (2 large stalks)	1 cup grated carrots (2 lg. regular or 12 baby)
1 lb. ground beef, turkey, or venison	1 can tomato or spaghetti sauce*
½ cup ketchup or BBQ sauce	1 can diced tomatoes**
½ teas. salt (optional)	1 cup reduced fat grated cheese (optional)
¼ teas. pepper	pan spray

+1 cup of brown rice or 2/3 cup wild rice will yield 2 cups; ¾ cup of white rice will yield 2 cups

*15 oz., no added salt or low sodium

**14.5 oz., no added salt or low sodium

Directions: Rinse and core cabbage, remove outer leaf. Place cabbage core side down in a steamer basket in a large pan. Pan should have about 2 inches of water in it. Steam cabbage about 30 minutes until leaves are soft and can be easily removed. Remove from heat and cool. When cool, gently remove a leaf at a time, being careful not to tear the leaves.

Cook rice in 2 cups of water, simmer until water is absorbed but rice should be sticky. Peel onion and carrots; rinse after peeling. Grate carrots and chop onions. Rinse then chop the celery. Brown ground meat in a heavy bottomed frying pan until all pink color is gone. Drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. Wipe pan with paper towel to remove grease. Return meat to the pan; add chopped raw vegetables and sauté until the tender.

In a large bowl, mix together the rice, vegetables, ground meat, ketchup, salt, pepper, Worcestershire sauce, garlic powder, and herb seasoning. Take 1/4 -1/3 cup of mixture. Form into log shapes with your hands; press firmly. Place this into the cup of the cabbage leaf, roll the leaf around it and tuck ends under. Place seam side down in a 9 X 13 in. casserole dish that has been sprayed with pan spray. Keep making the roll ups until all the meat and rice mixture is used; you will have 12-14 cabbage rolls. Cover with the tomato sauce and diced tomatoes. Cover the pan with foil. Bake in a 350° oven about 50 - 60 minutes. If desired, the last 10 minutes, add grated cheese to the top.

Substitutions: You may use 2 cans of tomato sauce* or 2 cans of diced tomatoes** in place of 1 can of each. You may use white rice to replace the brown or wild rice; however, for the most fiber and flavor choose brown or wild. An alternative to making roll ups is to layer the cabbage leaves and meat mixture like lasagna. Top with the tomatoes, cover, and then bake. For a cabbage roll casserole, cut the cabbage leaves in 2 inch pieces, mix all the ingredients together, and then bake. If you like the casserole with more liquid, add more tomato sauce.

Nutrition: This recipe provides protein, whole grains, vegetables, and reduced fat dairy (with the optional cheese). It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.

For a vegetarian option and to reduce the fat, replace the meat with a 16 oz. can of vegetarian beans, drained.



Calico Bean and Wild Rice Casserole

Serves 8

Ingredients:

1 lb. ground beef, turkey or venison	½ cup catsup
1 cup minced onions (1 med.)	1 can tomato sauce*
1 cup diced celery (2 lg. stalks)	1 Tbsp. maple syrup
1 cup diced green pepper (1 lg.)	2 Tbsp. vinegar or Worcestershire sauce
1/3 cup wild rice (about 1 cup cooked)	2 teas. dry mustard
1 cup cooked & drained pinto beans	1 Tbsp. salt-free herb seasoning
1 cup cooked & drained great northern beans	2 teas. garlic powder
	1½ cup reduced fat grated cheese

*15 oz., no added salt or low sodium

Directions: Crumble and cook the meat in a large heavy bottomed frying pan until all pink color is gone. Drain the grease. Then, using a strainer, rinse the meat with hot water to remove additional grease. Wipe the pan with paper towel. While meat is cooking, prepare vegetables. Rinse all vegetables. Peel onion and rinse before chopping. Chop celery, green pepper, and onion. Add chopped vegetables to skillet, sauté until tender.

If you have leftover cooked wild rice, use 1 cup of this. Cooking the rice: Rinse wild rice until water runs clear. Simmer the rice in 1 cup of water until tender, about 30 - 40 minutes. Another method is to simmer for about 15 minutes, turn off the pot, and let it sit for about an hour until the rice is tender.

Precook the pinto and great northern beans following package directions or refer to the bean soup recipes for suggestions for cooking beans. You can mix the pinto and great northern beans together for soaking and cooking. You can soak the beans the previous day, or use the quick cooking method.

Mix together the meat, vegetables, beans, rice, catsup, tomato sauce, syrup, vinegar or Worcestershire sauce, mustard, herb seasoning, and garlic. Heat until simmering. Place into a 2 quart baking dish, sprinkle cheese on top, and bake at 350° for about 20 - 30 minutes.

Substitutions: You may use 1, 15-16 oz. can of reduced sodium vegetarian or black beans (drained) in place of the cooked beans and 1 cup of cooked, drained whole grain rotini or cooked brown rice in place of the wild rice. You may replace the syrup with 1 Tbsp. of brown sugar. 2 Tbsp. prepared mustard may replace the dry mustard.

Nutrition: This recipe provides protein, whole grains, and vegetables. It has reduced amounts of fat and sodium.



Cashew Chicken with Broccoli

Serves 6 - 8

Ingredients:

- | | |
|---|--|
| 1 lb. boneless, skinless chicken breast,
about 3 cups when cubed | ½ teas. pepper |
| 1 Tbsp. vegetable oil | 1 teas. salt-free herb seasoning |
| ½ cup cashews (unsalted) | 1 teas. garlic powder |
| 1 cup carrot strips (2 large or 12 baby carrots) | ½ teas. ground ginger |
| 1 cup chicken broth* | 4 cups of broccoli crowns and chopped stems**
(1 large bunch needed) |
| ¼ cup low sodium soy sauce | 2 cups cooked noodles or rice |
| ¼ cup vinegar | +for homemade noodles, refer to the noodle
recipe included with the chicken noodle soup
recipe in the LDF Cookbook |
| ¼ cup catsup | |
| 1 Tbsp. brown sugar | |

*If you use powdered soup base to make the broth, use MSG free and reduced sodium. If reduced sodium is not available, use half of the amount of soup base specified on the label.

**Broccoli stems need to be peeled and the tough part of the stalk needs to be cut off prior to chopping

+This recipe is especially good made with the homemade noodles

Directions: Cut the chicken breast into 1 inch chunks. Chicken will cut more easily if slightly frozen.

To a large heavy bottomed soup pot, heat vegetable oil and add chicken chunks. Fry until lightly browned, stirring continuously. Add the cashews and cook and stir another few minutes. Peel carrots, rinse after peeling. Cut the carrots into 2 inch strips, then cut in half or quarters lengthwise. Add the carrots, broth, soy sauce, vinegar, catsup, brown sugar, pepper, herb seasoning, garlic powder, and ground ginger to the soup pot. Simmer, covered, on low heat 20-30 minutes until the chicken is fork tender. Rinse, broccoli, then chop. Steam broccoli until just tender, and still a little crunchy. Add broccoli and cooked rice or noodles to the pot. Mix well so sauce covers all ingredients well.

Substitutions: You may make Peanut Chicken - replace the cashews with peanuts and add 2 Tbsp. of peanut butter. You may replace the fresh broccoli with a 12 – 16 oz. pkg. of frozen broccoli. You may replace the carrots with 1 cup of red pepper chunks (1 large pepper). You may replace the chicken with 2 cans (10-12 oz. cans) of chicken. Drain the broth from the can and use this for the 1 cup of chicken broth (add more broth to make 1 cup). Add the canned chicken just before the noodles are added.

Nutrition: This recipe provides protein, vegetables and grains. It is reduced in sodium and sugar but it is considered an occasional treat due to the sodium in the soy sauce and the added sugar. Brown or wild rice or noodles made with half whole grain flour will add fiber.



Cheeseburger Casserole

Serves 8

Ingredients:

8 oz. whole wheat rotini pasta (about 3 cups, dry)	1 Tbsp. Worcestershire sauce
1 lb. ground beef, turkey, or venison	½ teas. garlic powder
½ cup chopped onions (1 small or ½ med. onion)	1 Tbsp. yellow mustard
1 can diced tomatoes*, including juice	½ cup catsup
1 can tomato sauce**	2 cups reduced fat grated cheese
¼ teas. salt <u>or</u> 1 teas. beef soup base (optional)	Pan spray
¼ teas. pepper	

*14 .5 oz., no added salt or low sodium; if using regular canned tomatoes, eliminate the salt

**15 oz., no added salt or low sodium; if using regular tomato sauce, eliminate the salt

Directions: Cook pasta according to package directions, drain. Cook the ground meat in a heavy bottomed frying pan. Then, using a strainer, rinse the meat with hot water to remove additional grease. Drain grease from pan and wipe pan with paper towel to remove grease. Return meat to pan. Peel and rinse the onion; chop. Add chopped onions to pan, and cook about 5 minutes until soft. In a large mixing bowl, combine the cooked pasta, meat, and onions; canned tomatoes and tomato sauce; salt, pepper, Worcestershire sauce, garlic, mustard, and catsup. Stir well. Place in an 9 X 13 casserole dish that has been sprayed with pan spray. Bake 30 minutes in a 350° oven; sprinkle cheese on top and return to the oven for another 10 minutes.

Substitutions: For a faster option, if you use a large frying pan or soup pot, add the ingredients to the pan (except the cheese), heat until simmering. When serving, sprinkle on cheese. For a vegetarian option, use a can of black or navy beans* (drained) to replace the meat.

For an occasional treat, fry 4 pieces of bacon until crisp, drain on paper towel, and crumble on top of the casserole when you add the cheese. You could also use ¼ cup soy-based bacon bits in place of the bacon.

Nutrition: This recipe provides protein, reduced fat dairy, vegetables, and whole grains. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt or soup base. If you add the real bacon, this adds sodium and ½ serving of mostly saturated fat per serving. Bacon is high in fat and salt and is for occasional use. Eliminate the salt if you add bacon or soy bacon bits.



Chicken Fajitas

Serves 6 - 8

Ingredients:

3 cups cooked chicken, cut into strips (1 – 1½ large breast*)
1 large green or red pepper or ½ of each
1 large or 2 small onions
2 cups carrots cut into thin, wooden matchstick sized strips
1 Tbsp. vegetable oil
¼ teas. salt or 1 teas. chicken soup base
¼ teas. black pepper

2 teas. chili powder
1 teas. garlic powder
½ teas. cumin
¼ cup chicken broth
(reserved from cooking the chicken)
1 package whole grain flour tortillas

Toppings: Reduced fat grated cheese, salsa, and plain low fat yogurt or light (low fat) sour cream

* If the chicken breasts are small to medium sized, you may need 2 – 3 breasts.

Directions: Remove skin and underlying fat from the chicken. Cook the chicken breast in a small amount of water until no pink color remains. Reserve broth. Chicken is done when temperature of the meat reaches 165°. When cool, remove bones. Cut chicken into strips. Rinse green pepper, remove seeds and core. Peel onions and carrots; rinse after peeling. Chop vegetables.

Sauté the vegetables in the vegetable oil in a large, heavy bottomed skillet with the salt, pepper, chili powder, garlic powder, and cumin. Start with the carrots and sauté a few minutes. Add the peppers and onions. Sauté until the vegetables are just tender, but not soft. Add the chicken strips and chicken broth; heat until simmering.

Warm the tortillas in a 250° oven for 15 minutes before serving. Instead of using a conventional oven, you may microwave a few tortillas at a time for ½ - 1 minute. Fill each tortilla with about ¼ - ½ cup of the vegetable and chicken mixture and roll. Top with cheese, salsa, and yogurt or light sour cream. If you want the cheese melted, put the cheese on the inside of the tortilla with the vegetables and chicken before you roll them.

Substitutions: Canned chicken may be used to replace the chicken breast. You may add more chili powder if you like it spicier. You may also arrange layers of the tortillas and cooked filling in a casserole dish, like you would layer lasagna ingredients. Bake at 350° for 15 minutes until hot.

Nutrition: This recipe provides protein, whole grains, reduced fat dairy, and vegetables. It has reduced amounts of fat and sodium. To reduce the fat further, use the yogurt in place of the light sour cream. To reduce sodium further, eliminate the salt.



Chicken Pot Pie

Serves 8-12

Ingredients Filling:

Ready-to-serve (RTS) cream of chicken soup*
2 cups diced potatoes (2-4 potatoes)
2 cups diced carrots (24 baby or
1 cup chopped onions (1 med.)
1 Tbsp. dried parsley
1 teas. salt-free poultry seasoning
½ teas. rosemary
½ teas. salt or 2 teas. chicken soup base

½ teas. pepper
2 cups cooked boneless chicken breast, cut into
bite-sized pieces, about 1 lb.; trim skin and fat
1 can green beans, drained**
3 Tbsp. cornstarch
3 Tbsp. cold milk or water
Pan spray

*22 oz. reduced sodium

**14.5 oz., reduced sodium or no added salt

Ingredients Biscuit Topping:

1½ cup reduced sodium low fat bakery mix

1/3 cup water (if more water is needed add 1
teas. at a time)

Directions: Pour soup into a large heavy bottomed soup pot. Peel potatoes and carrots, rinse after peeling; then dice. Peel onion, rinse after peeling; then chop. Add potatoes, carrots, onions, parsley, poultry seasoning, rosemary, salt or soup base, pepper, and chicken, to soup pot. Simmer about 20 minutes until vegetables are just tender. Add green beans, stir well and keep simmering on low. Mix cornstarch with cold milk or water, still until smooth. Add to pot, stir continuously until mixture thickens. While mixture is simmering, prepare biscuit topping. Stir together bakery mix and water; mix gently until it holds together in a ball. Knead gently a few times. Place ball of dough on a floured board and roll out into a 9 X 13 rectangle. Pour filling into a 9 X 13 casserole dish that has been sprayed with pan spray. Cover with the sheet of biscuit dough. Make several slits into the top of the biscuit dough. Bake in a 375° preheated oven for 20-25 minutes until mixture is bubbling and biscuit topping is golden brown.

Substitutions: RTS soup may be replaced with a 10.5 oz. can of reduced sodium condensed soup + 1 can of low fat milk or water, or half of each. If reduced sodium is not available, eliminate the salt or soup base. One can of carrots** (drained) may replace the fresh carrots; add canned carrots when you add the green beans. Cooked broccoli, peas, or asparagus may replace the green beans. 2 cans of chicken (10-15 oz. each, drained), may replace the cooked chicken.

Nutrition: This recipe provides protein, grains, vegetables, and is reduced in fat and sodium. To reduce the sodium further, eliminate the salt or soup base.



Chicken Rotini Casserole

Serves 6 - 8

Ingredients:

8 oz. whole grain rotini pasta
(about 3 cups, dry)
1 large chicken breast
1 cup diced green pepper (1 lg.)
1 cup diced onion (1 med.)
1½ cup diced celery (3 lg. stalks)

2 teas. salt-free herb seasoning
1 teas. garlic powder
1 teas. poultry seasoning (low sodium, no MSG)
¼ teas. salt (optional)
Ready-to-serve (RTS) cream of chicken soup*
1 cup reduced fat grated cheese
Pan spray

*22 oz. reduced sodium

Directions: Prepare pasta according to package directions; drain. Remove skin and underlying fat from chicken. Cook the chicken breast in a small amount of water until no pink color remains. Chicken is done when temperature of the meat reaches 165°. When cool, remove bones. Cut into bite sized pieces.

Rinse vegetables; remove seeds and stem from pepper. Rinse onion after peeling. Chop pepper, onion, and celery. Cook in a small amount of water about 10 minutes until tender. Place cooked pasta and vegetables into a large casserole dish that has been sprayed with pan spray. Add the herb seasoning, garlic, poultry seasoning, and salt. Pour the cream of chicken soup evenly over the mixture in the baking dish. Stir well and top with grated cheese. Bake in a 350° oven about 45 minutes, until the casserole is bubbling and the cheese is melted. Or, cover and microwave on high for about 10 minutes.

Substitutions: Turkey may be substituted for the chicken. Remove skin and underlying fat. You may also use a 12 – 15 oz. size of canned chicken or salmon to replace the chicken breast. If using condensed soup, use low sodium low fat, and add 1 cup of low fat milk or water, or half of each. If low sodium condensed soup is not available, eliminate the salt.

Nutrition: This recipe provides protein, vegetables, reduced fat dairy, and whole grains, and it is reduced in fat and sodium. To reduce the sodium further, eliminate the salt.



Chicken Salad

Serves 4 - 6

Ingredients:

12 – 15 oz. can chicken (drained)	¼ cup fat free plain yogurt
½ cup chopped onion (1 sm.- med. onion)	½ teaspoon poultry seasoning (low sodium, no MSG)
1 cup chopped celery (2 lg. stalks)	½ teaspoon lemon pepper (low sodium, no MSG)
1 cup grapes	1 teaspoon salt-free herb seasoning
¼ cup low fat or light mayonnaise	1 teaspoon Dijon style or yellow mustard
½ cup chopped walnuts or pecans (optional)	¼ teas. salt (optional)

Directions: Drain canned chicken and break apart the chicken into small pieces. Peel onion, rinse after peeling. Rinse celery and grapes. Dice onions and celery. If the grapes are large, you may want to slice them in half.

Combine chicken, onions, celery, grapes, mayonnaise, nuts, yogurt, poultry seasoning, lemon pepper, herb seasoning, mustard, and salt in a large mixing bowl. Mix well. Chill for ½ - 1 hour. Serve on a bed of lettuce leaves with a side of whole grain low fat crackers. It may also be used as the filling for a sandwich or wrap. Use whole grain bread or wraps.

Substitutions: You may use pineapple to replace the grapes. You may also use chopped apples to replace the grapes, or use ½ cup each. Craisins could also be used as part of the fruit. You may also add ½ cup grated carrots and/or ½ cup chopped green pepper for additional flavor and color. Fat free or light sandwich spread (like Miracle Whip) may be used in place of the light mayonnaise. Low fat or fat free ranch dressing may be used to replace the yogurt. You may use ½ cup of yogurt in place of ¼ cup of mayonnaise + ¼ cup of yogurt. You may replace the canned chicken with cooked chicken. Use half of a large boneless, skinless chicken breast, cooked, and cut into bite sized chunks (about 1 cup).

Nutrition: This recipe provides protein, vegetables, and fruit; it is reduced in fat and sodium. To reduce the sodium further, eliminate the salt.



Chicken, Spinach and Peanut Stew

(West African Stew)

Serves 6-8

Ingredients

3 cups chicken broth+	½ teas. salt (omit if soup base contains salt)
1½ cup chopped onion (1 lg.)	½ teas. black pepper
2 Tbsp. minced garlic or 1½ teas. garlic powder	1 pound boneless chicken breast,
2 tablespoons minced fresh ginger or	cut into 1 inch chunks
1½ teas. dry ground ginger	3 cups sweet potatoes cut into 1 inch pieces
½ teas. cinnamon	1 can diced tomatoes*, with liquid
½ teas. turmeric	1 can spinach* (drained) or 10 oz. pkg. frozen
1 teas. paprika	½ cup peanut butter
½ teas. cayenne (taste after cooking completed,	½ cup peanuts
add more to taste if you like it hotter)	

+ if you use powdered soup base for the broth, use low sodium and MSG free; if low sodium is not available use half the amount of soup base specified on the label's directions, and eliminate the salt

*14.5 oz, no added salt or low sodium

Directions: Add the chicken broth to a large heavy bottomed soup pot. Add the onion, garlic, ginger, cinnamon, turmeric, paprika, cayenne, salt, pepper, and chicken chunks. Simmer 15 minutes. Add the sweet potato chunks, diced tomatoes, and spinach; simmer until potato chunks are tender, about 30 minutes. Add peanut butter and peanuts mix well, simmer and stir often until heated through and sauce thickens. Serve over rice. Wild Rice or brown rice provides more fiber and flavor than white rice.

Substitutions: You may replace the canned tomatoes with ¾ - 1 lb. fresh, in season tomatoes, diced (3-4 medium sized tomatoes). Include juice from dicing the tomatoes. 5 – 6 cups of fresh spinach may replace the canned or frozen spinach. You may replace some of the sweet potatoes with carrots. You may replace the chicken breast with boneless thighs, or a 12-16 oz. can of chicken. For a vegetarian recipe, replace the chicken with a 15-16 oz. can of navy beans, or about 1½ - 2 cups of cooked beans.

Nutrition: This recipe provides vegetables, protein (with boneless chicken breast), and grains (when served with rice). It is reduced in fat and sodium. To reduce the sodium further, use salt free broth, salt free peanut butter, and eliminate the salt.



Chicken Wild Rice Casserole

Serves 8

Ingredients:

2 cups chopped cooked chicken (1 lg. chicken breast)	1 teas. dill
4 cups chicken broth* (reserve from cooking chicken)	1 teas. garlic powder
4 cups cooked wild rice**	1 teas. poultry seasoning (low sodium, no MSG)
1 cup chopped onion (1 medium onion)	2 teas. salt-free herb seasoning
1 cup sliced carrots (12 baby or 2 lg. carrots)	½ teas. salt
1 cup chopped celery (2 large or 3-4 smaller stalks)	½ - 1 cup low fat or fat free milk
4 cups chopped raw broccoli	8 oz. Neufchatel cheese (light cream cheese)
(large bunch, trim away tough parts of the stem)	2 cups reduced fat grated cheese for topping
Cream of chicken soup	Pan spray
(22 oz. ready to serve, reduced sodium)	

*If you use powdered soup base for the broth, use low sodium and MSG free; if low sodium is not available use half the amount specified on the label's directions, and eliminate the salt

** About 1 1/3 to 1½ cup of wild rice will make 4 cups cooked

Directions: Remove skin and underlying fat from the chicken breast; cook in 4 cups of water. Save water for cooking rice. Chicken is done when temperature of the meat reaches 165°. When cool, remove bones. Cut chicken into bite sized pieces. Prior to cooking, rinse wild rice well using a strainer until water runs clear. Cook the rice in 4 cups of chicken broth. Peel onions and carrots; rinse after peeling. Rinse celery and broccoli. Chop vegetables.

In a large heavy bottomed stew pan, cook the vegetables in 1 cup water on medium heat until tender. Add the chopped chicken, cream of chicken soup, dill, garlic, poultry seasoning, herb seasoning, salt, milk, and Neufchatel cheese. Heat on low until the Neufchatel cheese has melted. Add cooked rice; mix well. Pour into an 8 x 13 casserole dish that has been sprayed with pan spray. Bake at 350° for about 20 minutes until mixture is hot. Spread cheese on top and bake for another 10 minutes. Cheese may be added on the top at the beginning if you like a golden brown top.

Substitutions: You may use a 16 oz. pkg. of frozen broccoli in place of the fresh. Any green vegetable may replace of the broccoli. 8 oz. of plain nonfat yogurt or reduced fat sour cream may replace the Neufchatel cheese, but reduce the milk by ½ cup. A 12-15 oz. can of chicken may replace of the chicken breast. Cream of mushroom soup may replace the cream of chicken soup. If you use condensed soup, use low sodium low fat and add 1 can of low fat milk or water, or half of each. If low sodium is not available, eliminate the salt. You may use venison or lean beef in place of the chicken, but use cream of mushroom soup in place of the cream of chicken soup, and eliminate the poultry seasoning and dill.

Nutrition: This recipe provides protein, vegetables, whole grains, and reduced fat dairy. It has reduced amounts of fat and sodium; however, to reduce the sodium further, eliminate the salt.



Chili Mac Casserole

Serves 8 - 12

Ingredients:

2 cups uncooked whole grain pasta
1 pound lean ground beef, venison, or bison
1 cup chopped onion (1 med.)
1 cup chopped green pepper (1 lg.)
1 can tomato sauce*
2 cans diced tomatoes**
1 can black beans***, drained
1 can corn**, drained

1 Tbsp. chili powder (more if you like it hotter)
1 teas. cumin
1 teas. garlic powder
½ teas. salt (eliminate if regular canned vegetables are used)
½ teas. black pepper
2 cups reduced fat grated cheese
pan spray

*15 oz., no added salt or low sodium

**14.5 oz., no added salt or low sodium;

*** 15.5 oz., no added salt or low sodium

Directions: Cook pasta in boiling, unsalted water until just tender, about 10 - 12 minutes. Do not overcook as the pasta will continue to cook when the casserole is baking. Drain but do not rinse the pasta and set aside. While the pasta is cooking, brown the ground meat in a frying pan until pink color is gone. Drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. Peel the onion, rinse after peeling. Rinse the green pepper; remove stem and seeds from pepper. Chop the onions and pepper.

In a large heavy bottomed soup pot, add the chopped raw vegetables, tomato sauce, diced tomatoes, black beans, corn, chili powder, cumin, garlic powder, salt, and black pepper. Simmer about 10 minutes until vegetables are tender. Add the cooked ground meat and cooked pasta; mix well and heat until simmering. Pour into a 9 X 13 baking dish that has been sprayed with pan spray. Sprinkle grated cheese evenly on top. Bake uncovered in a 350° preheated oven 30 minutes until bubbling and the cheese melts.

Substitutions: You may replace the black beans with kidney or navy beans. You may replace the canned beans with 1¾ cup of cooked, dried beans. About 2/3 cup of dry beans will yield 1¾ cup of cooked. You may replace the canned tomatoes with 1 lb. of fresh tomatoes (4 med. tomatoes). Rinse, then chop the tomatoes, include the juice. Tomatoes should be in season to provide the best flavor and juice.

Nutrition: This recipe provides whole grains, protein, vegetables, and reduced fat dairy. It is reduced in sodium and fat. To reduce the sodium further, eliminate the salt. For a vegetarian option, eliminate the meat and add another can of beans (drained).



Baked Fish or Chicken with Coating #1

Ingredients:

Makes 3 cups

1½ cup corn meal
½ cup whole wheat flour
½ cup bakery mix
½ cup dried potato flakes (instant mashed potatoes)

½ teas. salt (eliminate if lemon pepper has salt)
1 teas. sugar
1 teas. lemon pepper (low sodium, no MSG)
¼ teas. paprika (optional)
pan spray

Directions: Mix all coating ingredients well. Pat the fish or chicken with paper towel to remove excess moisture. When using chicken, first remove skin and underlying fat. Cut fish or chicken into serving size pieces. Place the pieces in a plastic container with a cover or plastic bag; cover and shake on just enough of the coating to cover lightly cover. Spray baking sheet with pan spray and place fish or chicken pieces on the sheet so they are not touching. Bake in a 375° oven until done, about 15 minutes – 20 minutes. Turn over half way through the baking time so the coating is crisp on both sides. Fish should flake easily with a fork and chicken should be white and not contain any pink color. Internal temperature is 165° for chicken and 145° for fish. Note: baking time will vary, depending on the size and thickness of the pieces of the fish or chicken.

For an occasional treat, pan fry on medium heat using a small amount vegetable oil. Turn once to brown both sides. When pan frying thicker cuts of fish (> ¾ inch), brown both sides, and finish in the oven.

Unused coating mix will keep for several months in a tightly sealed container. Throw away any of the coating mix left in the plastic container used to coat the fish or chicken pieces.

Coating #2

Ingredients:

Makes 3 cups

1½ cups of whole wheat bread crumbs*
¾ cup dried potato flakes (instant mashed potatoes)
¾ cup bakery mix
¼ teas. paprika (optional)

½ teas. salt (eliminate if lemon pepper has salt)
1 teas. sugar
1 teas. lemon pepper (low sodium, no MSG)
milk or egg mix for coating fish or chicken

*1 slice of day old, dry bread will give you ½ cup bread crumbs

Directions: With this coating mixture, first dip the pieces of fish or chicken in milk or egg (or mixture of each), then into the coating. Press pieces into the coating so it adheres well. Bake or pan fry as directed above. Use only the coating you need for the batch. Throw away any of the leftover coating that came in contact with the fish or chicken. Save the unused coating in a tightly sealed container in the refrigerator or freezer. It will keep for about a week in the refrigerator or several months in the freezer.

Nutrition: This recipe provides protein (fish or chicken) and the coating contains grains, including whole grains. It is reduced in sodium; to reduce the sodium further, eliminate the salt.



Ham Broccoli Casserole

Makes 6 – 8 servings

Ingredients:

2 cups whole wheat rotini (dry)	½ teas. dry mustard powder
1 cup chopped onion (1 med.)	1 teas. dill
1 cup chopped green pepper (1 lg.)	1½ cup low fat, fat free milk, or evaporated skim milk
2 cups chopped raw broccoli (1/2 large bunch)	1, 8 oz. pkg. Neufchatel cheese (light cream cheese)
2 cups lean cooked ham, chopped (about 1 lb.)	2 Tbsp. cornstarch mixed with ¼ cup cold milk
1 cup water	1½ - 2 cups reduced fat grated cheese for topping
¼ teas. salt (optional)	Pan spray

Directions: Cook pasta according to package directions, drain. Rinse vegetables thoroughly; rinse onion after peeling. Remove seeds and stem from pepper. Peel or trim away tough parts of the broccoli stem. Chop vegetables into small pieces.

Lightly spray a large heavy bottomed frying pan with pan spray, add the onions, green pepper, and broccoli. Sauté on medium heat until tender. Add a little water if needed. Add the chopped ham, water, salt, mustard and dill. Heat until simmering; reduce heat to low. Add the milk and Neufchatel cheese; keep stirring as it melts. Do not let it boil. Mix the corn starch and cold milk in a small bowl. Add this to the pan; stir constantly while it thickens. Mix in cooked pasta. Pour mixture into a 9 X 13 casserole dish that has been sprayed with pan spray. Top with grated cheese. Bake in a 350° oven 30 minutes or until mixture is bubbling and cheese has melted. You may also microwave for about 10 minutes in a covered container, until mixture is bubbling and cheese has melted.

You may also serve this by pouring the sauce over cooked, drained pasta. Top with cheese.

Substitutions: Turkey ham, turkey or chicken, may replace the ham. Remove skin and underlying fat from turkey and chicken. Cauliflower or any fresh, frozen, or canned low sodium vegetable may replace the broccoli. Any spaghetti, noodles, or macaroni may replace the rotini, however whole grain pasta will provide the most flavor and fiber. You may use 1½ teas. prepared mustard in place of the dry mustard powder and ¼ cup of flour in place of the cornstarch.

Nutrition: This recipe provides protein, vegetables, whole grains, and reduced fat dairy. Ham is high in salt and should be considered an “occasional” protein source. To reduce the sodium, use cooked chicken or turkey in place of the ham and eliminate the salt. Remove skin and underlying fat from chicken or turkey.



Hamburger Gravy

Serves 8

Ingredients:

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|---|---|
| 1 lb. ground beef, venison, or bison | 1 Tbsp. worcestershire sauce |
| 4 cups beef broth* | 1 teas. garlic powder |
| 1 cup chopped onion | 1 teas. salt (omit if beef broth contains salt) |
| 2 cups chopped or thinly sliced carrots | ½ teas. pepper |
| (12 baby or 2 large; or a 14.5 oz can of
reduced sodium carrots, drained, save liquid) | 4 Tbsp. cornstarch added to ¼ cup <u>cold</u> water
or liquid from draining canned carrots |
| 1 Tbsp. dried parsley | mashed potatoes, pasta, bread, biscuits, |
| 1 teas. dried thyme | or rice (white, brown or wild rice) |

*If you use powdered soup base to make the broth, use MSG free and reduced sodium. If reduced sodium is not available, use half of the amount of soup base specified on the label and eliminate the salt.

Directions: Cook the ground meat in a large, heavy bottomed frying pan. Then, using a strainer, drain the grease and rinse the meat with hot water. Drain the grease for the pan and wipe it with paper towel to remove additional grease. Return meat to pan. Add beef broth and bring to a simmer. Peel the onion and carrots; rinse after peeling, then chop onions and carrots. Add the parsley, thyme, worcestershire sauce, garlic powder, salt, and pepper. Add the carrots and onions to the pan, simmer until vegetables are tender. Mix cornstarch with cold water until smooth. Add to the pan stirring continuously until mixture thickens. Serve over mashed potatoes, pasta, bread, biscuits, or wild rice.

Substitutions: You may replace half of the broth with low fat or evaporated skim milk.

Nutrition: This recipe provides protein (lean protein if bison is used), vegetables, and grains if served over pasta, bread, biscuits, or rice. Whole grain bread or pasta, biscuits made with half whole grain flour, or wild or brown rice will provide additional fiber.



Hamburger Potato Casserole

Serves 8

Ingredients:

1 lb. ground beef, venison, or bison*	1 soup can of milk or water (or ½ or each)
4 cups peeled and thinly sliced potatoes (about 2 lb.)	1 teas. garlic powder
1 cup thinly sliced carrots (12 baby or 2 lg.)	1 teas. salt-free herb seasoning
1 cup chopped onion (1 med.)	½ teas. salt <u>or</u> 2 teas. beef soup base (optional, omit if regular condensed soup is used)
½ cup chopped green pepper (½ lg.)	¼ teas. black pepper
½ cup chopped celery (1 lg. stalk)	1 cup reduced fat grated cheese
1 can of cream of mushroom soup (10.5 oz. condensed, reduced sodium)	pan spray

*if using bison, some prefer to mix with half ground beef

Directions: Cook ground meat in a heavy bottomed skillet until all pink color is gone. Drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. If you use bison, there is very little grease to drain. While the meat is cooking, prepare vegetables. Rinse all raw vegetables. Peel potatoes; rinse after peeling. Slice the potatoes very thin. Peel onion and carrots; rinse after peeling. Chop or thinly slice carrots, onion, and green pepper or celery.

Mix together cooked ground meat, vegetables, cream of mushroom soup, water or milk, garlic powder, herb seasoning, salt and black pepper. Spray a 9 X 13 pan with pan spray. Pour mixture into pan. Bake in a 350° oven for 60 minutes. The first 30 minutes, cover the pan; then remove the cover for the last 30 minutes. The last 10 minutes of the baking time, sprinkle the grated cheese on top.

Substitutions: You may replace the fresh carrots with a 14.5 oz. can of reduced sodium carrots (drained). You may replace a half of a green pepper and 1 stalk of celery with 1 whole pepper or 2 stalks of celery. You may replace the potatoes with 3, 14.5 oz. cans of reduced sodium sliced potatoes. When using canned potatoes; precook the carrots, onion, green pepper, and celery by steaming or microwaving with a small amount of water until tender. Reduce baking time to a total of 30 minutes, uncovered.

Nutrition: This recipe provides protein, vegetables, and reduced fat dairy. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.



Ham Spinach Roll Ups

Serves 6 – 8

Ingredients

1 can spinach*, drained
½ cup minced onions (½ med.)
3 oz. pkg. Neufchatel cheese, softened
1 tbsp Dijon or honey mustard
¼ teas. salt (optional)
½ teas. pepper
½ teas. garlic powder

1 cup lean chopped ham
½ cup grated reduced fat cheese
1½ cup low fat bakery mix
½ cup water (+ or - 1 to 2 Tbsp.)
1 cup low fat milk or evaporated skim milk
1 Tbsp. cornstarch
Pan Spray

*14.5 oz. no added salt or low sodium

Directions: Drain spinach well. Peel onion, rinse after peeling, then mince. Mix spinach, onions, Neufchatel cheese, mustard, salt, pepper, garlic powder, chopped ham, and grated cheese. Reserve 1 cup of the spinach mixture for sauce. Mix bakery mix with water and knead lightly. Roll out dough on a floured board in an 8 X 15 in. rectangle, 1/8 – 1/4 in. thick. Evenly spread the spinach mixture (minus the 1 cup to save for the sauce) on the biscuit dough, to 1 inch from the edge of the sheet of dough. Roll up the dough, like you would cinnamon rolls. Wet your fingers with a little water and pinch ends to close. Spray a bread or loaf pan with pan spray. Place the roll, seam side down, in the loaf pan.

Bake 35 to 40 minutes in a preheated 350° oven until lightly brown. Let it rest 5 minutes, and then slice and serve with a small amount of the sauce. Sauce may be served on top or on the side.

Make the sauce while roll is baking: Add the milk, cornstarch (mix cornstarch first with 1 Tbsp. cold milk or water), and the 1 cup of the saved spinach mixture to a small, heavy bottomed saucepan. Heat slowly until steaming and thickened; do not boil. Serve warm spinach sauce with the roll ups.

Substitutions: You may replace the ham with cooked chicken or turkey (skin and underlying fat removed).

Nutrition: This recipe provides vegetables, protein, reduced and low fat dairy, and grains. It is reduced in fat and sodium. To reduce the sodium further, eliminate the salt and replace the ham with cooked chicken or turkey (remove skin and underlying fat).



Italian Rotini Casserole

Serves 6 - 8

Ingredients:

8 ounces of whole grain rotini (about 3 cups dry)	¼ teas. salt
½ lb. chopped or ground venison or ground beef	1 Tbsp. Italian seasoning
1 cup chopped onion (1 med.)	1 teas. garlic powder
1 cup chopped green pepper (1 lg.)	1 teas. salt-free herb seasoning
1 cup raw chopped broccoli	1 cup grated reduced fat cheese
2 cans of spaghetti sauce*	Pan spray

*15 oz., no added salt or low sodium; if regular sauce is used, eliminate the salt in the recipe

Directions: Cook pasta according to package directions; drain. Using a large, heavy bottomed frying pan, cook the meat until all pink color is gone, drain all the grease. Using a strainer, rinse the meat with hot water to remove additional grease. Before returning the meat to the pan, wipe the pan with paper towel to remove grease.

Rinse vegetables thoroughly; rinse onion after peeling. Remove seeds from pepper. Peel or trim away tough parts of the broccoli stem. Chop vegetables into small pieces. Add the meat, onions, green pepper, and broccoli to the pan; cook on medium heat until tender. Add a little water if needed. Add the cooked pasta, spaghetti sauce, salt, Italian seasoning, garlic, and herb seasoning. Mix well. Spray a 9 X 13 casserole dish with pan spray. Pour mixture into casserole dish. Top with grated cheese. Bake in a 350° oven 30 minutes or until mixture is bubbling and cheese has melted. You may also microwave for about 10 minutes in a covered container, until mixture is bubbling and cheese has melted.

Substitutions: You may replace the spaghetti sauce with tomato sauce, but increase the Italian seasoning by 1 Tbsp. You may replace 1 can of the spaghetti or tomato sauce with 1 can of diced tomatoes*.

Nutrition: This recipe provides protein, vegetables, whole grains, and reduced fat dairy. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.



Jambalaya

Serves 10-12

Ingredients:

1 cup chopped onion (1 med.)	1½ cups uncooked rice
1 cup chopped carrots (12 baby or 2 lg.)	2 cups diced cooked lean ham (about ¾ lb.)
1 cup chopped celery (2 lg. or 4-5 med.)	2 cups diced cooked turkey or chicken breast (about ¾ lb.)
1 cup chopped green pepper (1 lg.)	(remove skin and underlying fat)
2 cans diced tomatoes*	1 cup of cooked fish or seafood pieces – optional (about ½ lb.)
4 cups chicken or vegetable broth+	(crappie, bluegill, walleye, whitefish, crab, or shrimp;
1 teas. garlic powder	smoked fish may also be used, but it is higher in salt)
1 Tbsp. salt-free zesty seasoning blend**	
½ teas. salt (optional, not used if broth contains salt)	*14.5 oz, no added salt or low sodium

+If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base recommended on label and eliminate the salt. To make homemade broth, simmer 2 chopped onions and 4 chopped stalks of celery in 4 cups water for an hour.

**** Zesty seasoning blend: Add the following seasonings to a jar, seal the lid, and shake or mix well**

1 Tbsp onion powder	1 Tbsp. dried basil	2 teas. cayenne pepper
1 Tbsp. garlic powder	1 teas. dried thyme	3 Tbsp. paprika
1 Tbsp. dried oregano	1 teas. black pepper	1 teas. chili powder

Directions: Peel onion and carrots, rinse after peeling. Rinse celery. Rinse green pepper, remove stems and seeds. Chop onion, carrots, celery, and green pepper. In a large heavy bottomed soup pan, add chopped raw vegetables, diced tomatoes, broth, garlic, zesty seasoning, and optional salt. Simmer on medium heat 10 minutes until vegetables are tender. Add uncooked rice; simmer 30 -45 minutes until rice is tender. Add the diced ham, turkey or chicken and optional fish or seafood. Stir well. Simmer on low heat until heated through.

Substitutions: You may substitute a salt-free Cajun seasoning blend for the mix in this recipe.

Nutrition: This recipe provides protein, grains, vegetables, and has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt; replace the ham with turkey, and use plain (not smoked) fish. Use brown or wild rice for more fiber and flavor. If you use wild rice, you will only need 1 cup. Wild rice should be rinsed well using a strainer (until water runs clear), before adding it to the pot.



Kabobs

Serves 10-12

Ingredients:

Marinade:

2 Tbsp. maple syrup or honey
¼ cup soy sauce* (reduced sodium)
2 Tbsp. vinegar
2 Tbsp. vegetable oil

½ teas. garlic powder
¼ teas. dry mustard powder
½ teas. dry ginger powder
¼ teas. black pepper

*soy sauce is very salty, use reduced sodium

Kabobs:

2 lb. beef or venison, cut into 1 inch cubes, fat trimmed
4 zucchini, small – medium sized
2 large green peppers

2 pints cherry tomatoes
2 onions

Directions: Whisk ingredients for marinade together, pour over beef chunks. Marinate the beef chunks in a gallon zip lock plastic bag or a large flat container with a lid (container should be large enough so all beef chunks can soak in the marinade). Marinate at least 2 hours but overnight is better.

When you are ready to grill: Rinse zucchini, remove stem, cut into ¾ - 1 in. slices. Rinse pepper; remove stem and seeds, cut into pieces. Peel and rinse onion, rinse tomatoes. Cut up vegetables into bite sized pieces that will fit onto the skewer. Arrange the skewers in any order you like but on each end there should be a cube of meat to help hold the vegetables on the skewer. For example: Meat, onion, zucchini, meat, tomato, pepper, meat. Repeat as long as there is room on the skewer. Any marinade should be simmered a few minutes if you wish to use it when serving.

Grill kabobs a few minutes on each side. Meat is done when internal temperature reaches 145° (plus a 3 minute rest time).

Substitutions: In place of cherry tomatoes, you may use tomatoes cut into chunks. Any vegetable may be used that will fit on a skewer and that will cook in a few minutes. 2 Tbsp. packed brown sugar may replace the maple syrup; add 1 Tbsp of water. For a marinade for chicken, try lemon, lime, or orange juice in place of the vinegar. You can cut the recipe in half and only use 1 lb. of meat.

Nutrition: This recipe provides protein and vegetables. It is reduced in sodium, however low sodium soy sauce is still salty and for occasional use.



Baked Macaroni and Cheese

Serves 6-8

Ingredients:

8 oz. whole grain macaroni or rotini (about 2½ cups)	1 cup bread crumbs or unsalted cracker crumbs (about 20 – 24 whole grain crackers)
8 oz. reduced fat grated cheese (about 2 cups)	
2 cups low fat or fat free milk (divided)	1 Tbsp. butter or vegetable oil
4 oz. Neufchatel cheese* (light cream cheese)	1 teas. salt-free herb seasoning
2 Tbsp. cornstarch	
1 teas. prepared mustard (optional)	

*Neufchatel cheese comes in an 8 oz. pkg.
Freeze the other half and save for another recipe.

Directions: Cook macaroni or rotini according to package directions; drain. Spray an 8 X 10 baking dish with pan spray; spread cooked macaroni evenly into dish.

Add grated cheese, 1¼ cup milk, and Neufchatel cheese, to heavy bottomed sauce pan. Stir continuously while cooking on low heat until hot and cheeses have melted. Add cornstarch to ¼ cup cold milk, mix well so there are no lumps. Add cornstarch mixture and optional mustard to the sauce pan. Continue to cook on low heat, stirring continuously until mixture thickens. Do not boil. Pour cheese sauce over cooked macaroni in baking dish; mix so all macaroni pieces are covered with cheese sauce.

Thoroughly mix bread or cracker crumbs, butter or vegetable oil, and herb seasoning. Sprinkle bread crumbs evenly on top of macaroni and cheese. Bake in a 325° oven for 40-45 minutes until casserole is bubbling and top is golden brown. Let casserole sit for 5 minutes after removing from the oven before serving.

Substitutions: You may use evaporated skim milk to replace the low fat milk. You may substitute ¼ cup of flour for the cornstarch. You may eliminate the crumb topping, but cover the casserole while baking.

Nutrition: This recipe provides whole grains and reduced fat and low fat dairy. It has reduced amounts of fat and sodium. To reduce saturated fat further, use vegetable oil in place of the butter when making the crumb topping. If you use bread crumbs for the topping, use whole grain bread for the most fiber and flavor.



Meatloaf

Serves 8 - 10

Ingredients:

½ cup finely minced onion (1 sm. or ½ med.)	1 teas. garlic powder
½ cup diced green or red pepper (½ lg.)	¼ teas. salt <u>or</u> 1 teas. dry beef soup base (optional)
1 cup diced celery (2 lg. stalks)	2 teas. salt-free herb seasoning
1 lb. ground beef, bison, turkey or venison	1 teas. dry mustard powder
1 egg or 2 Tbsp. dry egg mix + ¼ cup water	¼ cup catsup
1¼ cup rolled oats	1 Tbsp. Worcestershire sauce

Topping:

¼ cup catsup	½ -1 cup reduced fat grated cheese (optional)
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Directions: Rinse all vegetables; peel onion and rinse before chopping. Remove stem and seeds from pepper. Finely chop raw vegetables. Combine chopped vegetables, ground meat, egg (or egg mix + water), oats, garlic, salt or soup base, herb seasoning, dry mustard, catsup, and Worcestershire sauce in a large mixing bowl. Mix well; it is easier to mix if you use your hands.

Press mixture into a loaf pan, or shape into a loaf and place on a cookie sheet. Spread ¼ cup catsup on the top. Bake in a 375° oven for 45 minutes; remove from oven and sprinkle cheese on top. Bake another 10 – 15 minutes. Remove from oven and let the meatloaf rest 5 minutes before slicing. Meat should no longer have any pink color when sliced and should be at 160° when tested with a meat thermometer. After the pan cools slightly, gently tilt the pan and drain grease.

Substitutions: You may substitute 1 Tbsp. prepared mustard for the dry mustard, and barbeque sauce for the catsup. You may also use 1/4 cup tomato sauce + 1 teas. sugar and 1 teas. vinegar and a pinch of cloves in place of the catsup. Also, you may use a muffin pan to make a dozen small individual meat loaves; reduce the baking time by about 15 minutes.

Nutrition: This recipe provides protein, whole grains, and has reduced amounts of sodium. To reduce the sodium further, eliminate the salt or soup base. Baking the meatloaf in a loaf pan with a perforated liner will allow the grease to drain.



Mexican Chicken Casserole

Serves 8

Ingredients:

Pan spray

1 cup uncooked white or brown rice; or $\frac{3}{4}$ cup wild rice (rinse using a strainer until water runs clear before adding to casserole)

1 can corn*

1 can black, kidney, or vegetarian beans**

1 can diced tomatoes*

1 cup minced onion (1 med.)

1 cup chicken or vegetable broth+

1 teas. garlic powder

1 teas. cumin

1 Tbsp. chili powder

1 teaspoon oregano

$\frac{1}{2}$ teaspoon salt (optional, not used if broth contains salt)

$\frac{1}{2}$ teaspoon black pepper

1 large chicken breast (boneless, skinless)

1 cup reduced fat shredded cheese

Salsa for garnishing

Plain Greek yogurt for garnishing

*14.5 oz., no added salt or low sodium, do not drain the canned vegetables

**15-16 oz., no added salt or low sodium

+If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt.

Directions: Spray a 9 X 13 in. baking dish with pan spray. Add the rice, corn, black beans, diced tomatoes, minced onion, chicken broth, garlic powder, cumin, chili powder, oregano, salt, and pepper. Stir to combine. Cut the chicken breast into $\frac{1}{2}$ to 1 in. pieces, place in the baking dish and mix well.

Cover the baking dish and bake for 1 hour at 350°, until the rice is tender and the liquid has been absorbed. Remove from the oven and sprinkle with shredded cheese. Return to the oven and bake just until the cheese has melted. If desired, serve with salsa and yogurt on the side.

Substitutions: Canned chicken (2, 12-15 oz., cans, low sodium) may replace the chicken breast. Turkey may be used in place of the chicken. Remove skin and underlying fat from the turkey. 2 cups of frozen corn may replace the canned corn. Low fat sour cream may replace the yogurt; however, will provide additional fat.

Nutrition: This recipe provides grains, vegetables, protein (chicken and beans), and reduced fat dairy. Use brown or wild rice to provide more flavor and fiber. It has reduced amounts of sodium and fat. To reduce the sodium further, eliminate the salt and use salt-free broth.



One Pot Rotini Pasta

Serves 8

Ingredients

8 oz. whole wheat rotini (about 3 cups dry)
2 cups chopped lean cooked ham or turkey
1 cup chopped onion (1 med.)
1 cup chopped green pepper (1 lg.)
1 can diced tomatoes*
1 can corn (drained)*
1 can spaghetti sauce**

1 Tbsp dried basil or Italian seasoning
1 teas. garlic powder
1 teas. salt-free herb seasoning
½ teas. black pepper
½ teas. salt (optional)
1 cup reduced fat grated cheese
pan spray

* 14.5 oz., no added salt or low sodium. If you use regular canned vegetables, eliminate the salt.

** 15 oz., no added salt or low sodium. If you use regular spaghetti sauce, eliminate the salt.

Directions: In a large pot, boil rotini in 2 quarts water until done, about 12 minutes. Drain.

Trim fat from ham. If you are using turkey, remove skin and underlying fat. Chop meat into small cubes.

Peel and rinse onion. Rinse green pepper, remove stem and seeds. Chop peppers and onions. Spray a large heavy bottom pot with pan spray. Add raw vegetables and sauté until tender, about 5 minutes. Add a little water if needed to prevent sticking.

Add the cooked pasta, meat, spaghetti sauce, diced tomatoes, corn, basil, garlic, herb seasoning, pepper, and salt to the large pot. Mix well and heat on medium heat until simmering. Stir in cheese (or sprinkle cheese on top when serving). Serve immediately.

Substitutions: You may use 2 cans of spaghetti sauce* or 2 cans of diced tomatoes* in place of the 1 can of each. Other types of pasta may be used but choose whole grain pasta for the most flavor and fiber.

Nutrition: This recipe provides protein, vegetables, and whole grains. It has reduced amounts of sodium and fat. To reduce the sodium further, eliminate the salt and use turkey in place of the ham.



Orange Duck with Wild Rice

Serves 4 - 6

Ingredients:

Whole wild duck* (remove oil or grease glands, skin and underlying fat)	½ teas. garlic powder
¾ cup wild rice (rinsed before cooking until water runs clear)	½ teas. poultry seasoning (low sodium, no MSG)
1¼ cup chicken or turkey broth+	¼ teas. powdered ginger
½ cup orange juice	¼ teas. black pepper
1 Tbsp. maple syrup, honey, or orange marmalade	½ teas. salt-free herb seasoning
1 Tbsp. vinegar	¼ teas. salt (optional)
1 teas. orange zest (zest from ½ orange)	½ cup dried or ½ cup fresh cranberries (chopped)
	2 Tbsp. of cornstarch in 2 Tbsp. of cold orange juice
	pan spray

*A large wild mallard duck is about 3 pounds; due to the high fat content, do not use domestic duck.
+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt.

Directions: Cut duck in half along backbone. Place duck, bone side down in a large heavy bottom pan, large enough for both halves to be covered with water. Cover the pan and simmer the duck until the meat is tender and falling off of the bone; this may take at least an hour. Remove duck from heat and drain. Reserve 1 cup of the water if you want to use this for the broth. When the duck is cool, remove all skin and bones. Cut the meat into cubes or strips and set aside. While the duck is cooking, simmer the wild rice in 2½ - 3 cups of water until rice is tender and all the water has been absorbed. Spread cooked rice on the bottom of an 8 X 8 casserole dish or loaf pan that has been sprayed with pan spray. Place cooked duck on top of the wild rice in the casserole dish. Prepare the orange sauce.

Orange Sauce: Add the broth, juice, syrup, vinegar, zest, garlic, poultry seasoning, ginger, black pepper, herb seasoning, salt, and raisins (or cranberries) to a small heavy bottomed skillet. Stir and heat slowly until simmering. Mix together the cornstarch and 2 Tbsp. of juice until no lumps remain. Add this mixture to the sauce. Stir continuously on low heat until mixture thickens. Remove from heat and pour over the duck and wild rice in the casserole dish. Bake, uncovered, in a 350° preheated oven until heated and sauce is bubbling, about 30 minutes.

Substitutions: You may replace the cooked wild duck with cooked, boneless turkey or chicken (skin and underlying fat removed). You will need 2 cups of cooked diced meat. You may use the juice from fresh oranges; you will need 2½ - 3 oranges, depending on size. Oranges should be at room temperature or warmed slightly prior to juicing. If you prefer less orange flavor, reduce the juice to ¼ cup and add ¼ cup of broth.

Nutrition: This recipe provides protein, whole grains, and is reduced in sodium. To reduce the sodium further, use salt-free broth and eliminate the added salt. To reduce the fat content, use skinless white meat turkey or chicken breast.



Peanut Crusted Baked Salmon

Serves 4

Ingredients:

1 lb. salmon (½ -1 inch thick, filets or steaks)	¼ teas. salt* (optional)
1 Tbsp. Dijon style mustard	¼ cup unsalted peanuts, finely minced
1 Tbsp. low fat mayonnaise	½ cup dry bread crumbs
½ teas. lemon pepper (salt-free, no MSG)	2 Tbsp. fresh parsley, or 2 teas. dried
¼ teas. paprika	pan spray

*eliminate the salt if lemon pepper contains salt

Directions: Cut the 1 lb. of fish into 4 pieces. If using filets, where one side is thicker, cut the thin side from the thick side. The thinner pieces of fish cook in a shorter time. Mix the mustard and mayonnaise, then spread this mixture in a thin layer on both sides of the fish sections. Mix the lemon pepper, paprika, salt, finely minced peanuts, bread crumbs and parsley (can pulse a few seconds in a food processor). Press the bread crumb mixture onto each side of the fish. Spray a baking sheet with pan spray; place the fish pieces an inch or two apart on the sheet. Bake in a 375° preheated oven for 7 – 8minutes; turn over and bake another 7-8 minutes just until the fish flakes easily with a fork (do not overcook), and the internal temperature of the fish reaches 145°. If you separated the thick and thin pieces of fish, the cooking time for the thinner slices is 3-4 minutes on a side. If desired, serve with lemon slices on the side.

Bread crumbs: Cut 4 slices of whole wheat bread into cubes; dry out by placing in a 300° oven for 10 minutes or until dry and lightly browned. After cool, crush with a rolling pin or pulse in a food processor. Makes about 1 cup.

Substitutions: You may replace the salmon with other fish, cut into filets or steaks. You may replace the peanuts with pecans or cashews (or a mixture of each). You may also use basil or chives in place of the parsley. If you do not like the taste of mustard, eliminate the mustard and use 2 Tbsp. of low fat mayonnaise.

Nutrition: This recipe provides protein and a vegetable protein (nuts). It is reduced in fat and sodium. To reduce the fat further, use fat free mayonnaise. To reduce the sodium further, eliminate the salt.



Pizza

Serves 8 – 10

Pizza Dough Ingredients:

1 teas. sugar
1 Tbsp. dry yeast
1½ cups warm water
1½ cups all purpose flour*
2 cups whole wheat flour*

Dough will make 1 regular or 2 thin crusts

1 Tbsp. oil + 1 teas. for top of dough
¼ teas. salt
1 Tbsp. cornmeal for pizza pan (optional)

*humidity affects flour amount needed, may vary by ¼ cup

Sauce Ingredients for 1 crust

Double this if you are making 2 thin crust pizzas.

½ - ¾ of a 15 oz. can of low sodium spaghetti sauce
(or use your favorite pizza sauce)

1 Tbsp. Italian Seasoning
½ teas. garlic powder

Topping Ingredients for 1 crust

Double this if you are making 2 thin crust pizzas

8 ounces grated Mozzarella or Italian Blend Cheese (about 2 cups)
4 cups of chopped or thinly sliced vegetables (mushrooms, tomatoes, green peppers, broccoli)
½ cup chopped onions (optional)

Directions: In large mixing bowl, dissolve sugar and yeast in warm water. Let it stand for 5 minutes, until foam develops. Add half of the flour, mix well. Add 1 Tbsp. oil and ¼ teas. salt. Beat well until sheet like batter drips from spoon. Add the rest of the flour, a little at a time. Mix flour in well, until dough no longer sticks to the side of the bowl. Knead dough on a floured board 5 minutes. Return the dough to the mixing bowl. Spread top with 1 teas. oil and cover with a cloth. Allow it to rise in a warm place, about 45 minutes. Using your hands or a rolling pin, press and shape the ball of dough to desired size and thickness. For convenience, press the dough directly on the cookie sheet. If desired, sprinkle cornmeal on the pan first.

Preheat oven to 425°. Place crust on pizza pan or cookie sheet with sides; spread on sauce, then add vegetables, top with grated cheese. Bake 18 - 20 minutes (thin crust pizza 10-12 minutes).

Substitutions: To save time, use a premade whole wheat pizza crust. Follow pkg. directions for baking the crust – time will vary. Substitute any combination of 4 cups of sliced vegetables for the ones listed in the recipe. You may use canned diced tomatoes (drained well) for the fresh tomatoes. If you want to add meat to your pizza, add about ½ -1 cup diced, lean cooked ham or cooked chicken (skin and underlying fat removed). You may also substitute a low fat Alfredo sauce for the tomato-based sauce. Refer to the recipe for Alfredo Chicken Pasta for Alfredo sauce. Avoid sausage or pepperoni on your pizza; these are high in salt and fat.

Nutrition: The recipe provides whole grains, vegetables, and has lower amounts of sodium and fat. If you are adding meat, use chicken in place of ham to reduce sodium content. Meat will add protein to the recipe.



Pork Chops with Apples and Sweet Potatoes Serves 4 - 6

Ingredients:

1 lb. boneless pork chops (4 chops)	1 cup apple juice
1 Tbsp. vegetable oil	2 teas. prepared mustard
6 cups ½ in. thick slices of sweet potatoes (about 1½ - 2 lb.)	2 tbsp. maple syrup or honey
1 cup onion slices (1 med. onion)	1 teas. ham soup base <u>or</u> ¼ teas. salt (optional)
2 cups apple slices* (2 med. apples)	½ teas. black pepper
2 Tbsp. apple cider vinegar	½ teas. thyme
	½ teas. ground cinnamon
	½ teas. garlic powder

*Granny Smith, Wine Sap, Braeburn, Cortland, Empire, Golden Delicious, Honey Crisp, or Ida Reds

Directions: Trim any fat from the edge of the pork chops. In a large heavy bottomed soup pot, pan fry pork chops in vegetable oil on medium heat. Turn and sear both sides. Peel and rinse sweet potatoes, slice into ½ in thick slices. Peel onion, rinse after peeling and slice thinly. Rinse apples, core and slice. They do not need to be peeled. Add sweet potatoes, onions, and apples to the soup pot. Add vinegar, apple juice, mustard, maple syrup, soup base or salt, pepper, thyme, cinnamon, and garlic. Cover and simmer 1½ – 2 hours until meat and potatoes are tender.

Substitutions: You may use pork tenderloin in place of the pork chops. Slice the tenderloin in ½ inch slices. You may replace the maple syrup with 2½ tbsp. of brown sugar. You may use 2, 15 oz. cans of sweet potatoes to replace the fresh sweet potatoes. Include the liquid from the can and reduce the juice to ½ cup and the syrup to 1 Tbsp. Add the canned potatoes after the pork is tender; continue simmering until sweet potatoes are heated through.

You may use a slow cooker for this recipe. Cook on high 3 - 4 hours or low 6-8 hours. If you use canned sweet potatoes, add them the last hour.

Nutrition: This recipe provides protein, vegetables, and fruit. This recipe has reduced amounts of sodium; however, to reduce the sodium content further, eliminate the soup base or salt.



Pork and Vegetable Stir Fry

Serves 4 - 6

Ingredients for marinade:

1 teas. salt-free herb seasoning
½ teaspoon garlic powder
1 teas. maple syrup or honey
1 Tbsp. low sodium soy sauce

1 Tbsp. water
1 Tbsp. vegetable oil
1 Tbsp. vinegar

Ingredients for Stir-Fry

8 ounces boneless pork chops, cut into bite sized pieces (trim fat, meat will slice more easily if slightly frozen)
1 cup uncooked wild rice, rinsed and drained (rinse until water runs clear)

1 cup chopped onion (1 med.)
1 large green pepper, cut into thin strips
1½ cup chopped broccoli
1½ cup chopped carrots (18 baby or 3 lg.)
1 Tbsp. vegetable oil for stir frying

Directions: Mix the herb seasoning, garlic, maple syrup, soy sauce, water, vegetable oil and vinegar in a flat container (large enough for the pork to fit in one layer). Mix well. Add the pork pieces to the container, cover with marinade. Stir so all pieces are coated. Cover with a lid and refrigerate several hours or overnight. Using a flat container rather than a bowl helps keep the meat in the marinade without needing to stir it. You may also use a large, heavy zip lock bag to marinate the meat. Cook the wild rice in 3½ cups of water until tender and water is absorbed. While the rice is cooking, prepare the vegetables.

Rinse all the vegetables; rinse onion after peeling. Remove stem and seeds from peppers. Trim or peel the broccoli stem to remove the tough, fibrous layer. If you are using baby carrots, you may want to cut them in half, or quarters, lengthwise, to reduce cooking time. If using whole carrots, peel and rinse, and cut into thin carrot coins or strips. Rinse mushrooms to remove any dirt; pat dry with paper towel.

In a large, heavy bottomed skillet, cook the pork pieces, including the marinade. Cook the pork about 8-10 minutes until no longer pink; remove from pan and set aside. Stir fry the vegetables in the same pan in 1 Tbsp of oil, until just tender and still a little crunchy. Add the pork back to the pan and cook another few minutes, until the pork is hot. Serve over rice, or add the rice to the pan and mix it all together.

Substitutions: You may use 8 oz. chicken breasts (bones, skin and underlying fat removed), ½ lb. lean beef, venison, or lean ham in place of the pork. You may replace the maple syrup with 1 teas. of brown sugar. You may replace the green pepper with ½ green pepper and ½ red pepper. You may replace the fresh mushrooms with a 4 oz. can of mushrooms (drained). Also, you may use a mixture of rice and wild rice: use ¼ cup of wild rice and 1¼ cup of white or brown rice.

Nutrition: This recipe contains protein, whole grains, and vegetables. Wild rice and brown rice will provide more flavor and fiber than white rice. It has less sodium than most stir fry recipes.



Salmon Pasta Casserole

Serves 8 - 10

Ingredients:

6 ounces whole grain rotini (2½ cups dry)	1 teas. salt-free herb seasoning
½ cup chopped onions (1 sm. onion)	1 teas. lemon pepper (low sodium, no MSG)
1 cup chopped green or red pepper (1 lg.)	1 teas. garlic powder
1 cup chopped celery (2 lg. stalks or 4-5 sm.)	1 teas. dill
1 cup diced or sliced zucchini (2 sm. ones)	1 teas. paprika
1 lb. salmon fillets or	½ teas. salt
14.75 oz. canned salmon, drained	2 cups reduced fat grated cheese
2 cans of diced tomatoes* (with juice)	Pan spray
1 can of peas* (drained) or 2 cups frozen	

*14.5 oz., no added salt or low sodium, if regular canned vegetables are used, eliminate the salt

Directions: Cook pasta according to package directions, drain. While pasta is cooking, prepare vegetables. Rinse all vegetables; rinse onion after peeling. Remove stem seeds from pepper. Chop onions, pepper, celery, and zucchini. Combine the chopped vegetables, salmon, diced tomatoes, peas, herb seasoning, lemon pepper, garlic, dill, paprika and salt in a large heavy bottomed soup pot or skillet. Simmer covered, until raw vegetables are tender. Add cooked, drained pasta, mix well. Pour mixture into a 9 X 13 casserole dish that has been sprayed with pan spray. Bake uncovered in a 350° oven about 20 minutes until bubbling. Add grated cheese to the top, return to the oven another 10 minutes until cheese has melted. You may also cook the casserole in a large, heavy bottomed skillet or electric frying pan. After it has simmered and is heated through, add the cheese to the top and let it melt, or add about 2 Tbsp. of grated cheese to the top of each serving.

Substitutions: You may use 1 can of diced tomatoes* and 1, 15 oz. can of low sodium tomato sauce in place of the 2 cans of diced tomatoes. Broccoli or yellow squash may replace the zucchini (or use half of each), and green beans may replace the peas. Brown or wild rice may be used in place of the pasta. Cook 2 - 2½ cups of rice according to package directions; use this to replace the rotini.

Nutrition: This recipe provides protein, vegetables, whole grains, and reduced fat dairy. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.



Salmon Patties

Serves 8 (1 patty each)

Ingredients:

1, 15 oz. can salmon (drained)	2 eggs (or 4 Tbsp. egg mix + ½ cup water)
½ cup minced onion (1 sm. or ½ med. sized onion)	¼ teas. garlic powder
½ cup minced celery	¼ teas. dill
(1 lg. or 2 sm. stalks, include some of the leafy part)	½ teas. lemon pepper (low sodium, MSG free)
¾ cup crushed crackers (unsalted tops)	Pan spray
¼ cup farina (dry, uncooked)	

Directions: Drain the canned salmon. Mash the salmon well with a fork in a medium sized mixing bowl. It's okay to leave in the bones and skin. Peel the onion and rinse after peeling. Rinse the celery. Finely mince celery and onion.

Add the salmon, minced onion and celery, crackers, farina, eggs, garlic, dill, and lemon pepper to the bowl. Mix well and let it rest for 5 minutes for all the liquid to be absorbed. Shape into 8 patties. Place on a cookie sheet that has been sprayed with pan spray. Bake in a 375° oven for 20 – 25 minutes. Serve with lemon wedges and/or low fat tartar sauce, if desired.

Substitutions: You may replace the farina with ¼ cup of crushed unsalted crackers or ¼ cup dried potato flakes. You may increase or decrease the seasonings according to your taste preferences. You may replace the canned salmon with 1½ - 2 cups of fresh fish. Mince the fish prior to use. Fish that is slightly frozen is easier to mince. To reduce the cholesterol, use ½ cup low cholesterol liquid egg substitute or 4 egg whites in place of the whole eggs.

Nutrition: This recipe provides protein and has less fat than fried salmon patties. It also has reduced amounts of sodium. Canned salmon contains salt; you do not need to add salt to this recipe.



Sausage and Sauerkraut Casserole

Serves 6-8

Ingredients

2 cups uncooked whole grain pasta	2 Tbsp. cornstarch
2½ cups low fat milk (divided)	12 oz. reduced fat sausage or smoked sausage links cut into ½ inch slices
2 cups shredded reduced fat Swiss cheese (divided)	½ cup chopped onions
2 Tbsp. Dijon or yellow mustard	14 oz. can of sauerkraut (about 2 cups, rinsed and well drained)
1 teas. garlic powder or 2 Tbsp. minced	pan spray
1 Tbsp. dried parsley	
1 teas. ham or chicken soup base <u>or</u> ¼ teas. salt	

Directions: Cook pasta according to package directions; drain but do not rinse. Add 2¼ cups of milk, 1½ cups shredded cheese, mustard, garlic powder, parsley, and soup base to a large, heavy bottomed sauce pan. Stir continuously on low heat until it starts to steam; do not boil. Mix cornstarch with ¼ cup of milk until smooth then add this to pan. Continue to cook on low heat until mixture thickens; then remove from burner and set aside.

Cook and crumble the sausage (or sausage links) in a small frying pan, drain grease then using a strainer, rinse with hot water to remove additional grease. Peel the onion, rinse after peeling and then chop. Wipe the pan with a paper towel to remove additional grease, then add the chopped onions and cook until soft. Drain and rinse the sauerkraut. Spray a large casserole dish with pan spray. Add pasta, milk mixture, cooked sausage and onions, and sauerkraut. Mix well. Cover and bake in a 350° preheated oven for 35 – 40 minutes until heated through and bubbly. To reduce cooking time in the oven, heat the covered casserole for 10 minutes in a microwave, then, bake in the oven another 10 minutes. Add ½ cup of shredded cheese to the top of the casserole and then return it to the oven for another 10 – 15 minutes.

Substitutions: You may replace the sausage with 2 cups of cubed lean ham or cooked skinless chicken breast.

Nutrition: This recipe provides whole grains, reduced fat dairy, and protein. It is reduced in sodium and fat. To reduce the sodium, eliminate the salt; use reduced sodium soup base, and use 2 cups of cooked, cubed chicken (no skin). To reduce the fat further, use 2 cups of lean, cubed ham or cooked chicken.



Seafood Creole

Serves 8

Ingredients:

1 cup rice (uncooked)	1½ teas. paprika
1 cup chopped green peppers (1 lg.)	½ teas. basil
1 cup chopped celery (2 lg. stalks)	½ teas. thyme
1 cup chopped onions (1 med.)	1 teas. garlic powder
2 cans diced tomatoes with juice*	½ teas. onion powder
1 cup chicken broth+	½ teas. black pepper
1 Tbsp. worcestershire sauce	½ teas. salt (optional, eliminate if broth contains salt)
1 Tbsp. lemon juice	1 lb. fresh or frozen boneless fish and/or seafood
¼ teas. cayenne pepper, more if you like it hotter	(crappie, whitefish, bluegill, walleye, shrimp, etc.)
½ teas. oregano	

*14.5 oz., reduced sodium or no added salt

+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt.

Directions: Cook according to package directions; while rice is cooking prepare vegetables. Peel onion; rinse after peeling. Rinse pepper, remove stems and seeds. Rinse celery. Chop onion peppers and celery. Add chopped vegetables and 1 can of diced tomatoes to a large, heavy bottomed pan. Puree the other can of tomatoes and add this and the cup of chicken broth to the pan. Next add the worcestershire sauce, lemon juice, cayenne pepper, oregano, paprika, basil, thyme, garlic powder, onion powder, salt, and black pepper. Simmer on low to medium heat for 30 minutes until vegetables are tender. Cut the fish or seafood into bite sized chunks. Add to the sauce and simmer just until fish is done and has lost its opaque color. This only takes a few minutes; do not overcook. Serve over hot cooked rice.

Substitutions: You may replace the seasonings with Zesty seasoning blend. Use 5 teas. of the following to replace the seasonings in the recipe.

Zesty seasoning blend: Add the following seasonings to a jar, seal the lid, and shake or mix well

1 Tbsp onion powder	1 Tbsp. dried basil	2 teas. cayenne pepper
1 Tbsp. garlic powder	1 teas. dried thyme	3 Tbsp. paprika
1 Tbsp. dried oregano	1 teas. black pepper	1 teas. chili powder

Mix well and store in airtight container.

Nutrition: This recipe provides protein, grains, vegetables, and is reduced in fat and sodium. To reduce the sodium further eliminate the salt and use salt free chicken broth. Using brown or wild rice will increase the fiber content.



Shepherd's Pie

Serves 6 - 8

Ingredients:

1 lb. ground beef, venison, or turkey	¼ teas. pepper
½ cup chopped onion (½ med. onion)	½ teas. garlic powder
1 can condensed cream of tomato soup*	2 teas. Worcestershire sauce (optional)
1 can green beans** (drained and chopped)	2 cups mashed potatoes+
1 can carrots** (drained and chopped)	1 cup reduced fat shredded cheese
¼ teas. salt (optional)	¼ teas. paprika (sprinkle on top)
	Pan spray

*10 oz., no added salt or low sodium; if regular soup is used, eliminate the salt

** 14.5 oz., no added salt or low sodium; if regular vegetables are used, eliminate the salt

+For homemade mashed potatoes, refer to the mashed potato recipe in this cookbook.

Directions: In a heavy bottomed skillet, brown the ground meat until all pink color is gone. Drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. Peel onion; rinse after peeling and chop. In a large mixing bowl, combine the cooked ground meat, chopped onion, soup, canned green beans and carrots, salt, pepper, garlic, and Worcestershire sauce. Mix well. Spread into an 8 X 8 or 8 X 10 casserole dish that has been sprayed with pan spray. You may use a large pie pan instead of a casserole dish.

Spread the mashed potatoes on top of the meat and vegetable mixture, sprinkle on the paprika. Bake in a 375° preheated oven for 30 - 40 minutes, add the cheese on top and bake another 10 minutes. OR, mix the grated cheese with the mashed potatoes and spread on top of the meat mixture. Bake in a 375° preheated oven for 40 - 50 minutes. Allow the casserole to rest 5 minutes before cutting into squares or wedges.

Substitutions: You may use low sodium low fat cream of mushroom soup in place of the tomato soup and 2 cans of any other canned vegetable (drained and chopped) in place of the green beans and carrots. As a time saver, replace homemade mashed potatoes with instant. You may replace the shredded cheese with 6 slices of reduced fat cheese (enough to cover the potatoes).

Nutrition: This recipe provides protein, vegetables, and reduced fat dairy. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt. To keep the fat content low, do not add butter or margarine to the mashed potatoes.



Skillet Chicken and Pasta

Serves 6-8

Ingredients:

1 lb. skinless, boneless, chicken breast
2½ cups chicken broth+
½ teas. black pepper
2 teas. garlic powder or 4 Tbsp minced
1 Tbsp. dried basil
½ teas. salt (omit if soup base contains salt)

1 can diced tomatoes, with juice*
10 oz. box of frozen spinach, about 1½ cup
6 oz. uncooked pasta, broken into 2-3 inch pieces, about 2 cups dry (angel hair, regular spaghetti, or linguini)
grated Parmesan cheese (about 1 cup)

+ if you use powdered soup base for the broth, use low sodium and MSG free; if low sodium is not available use half the amount specified on the label's directions, and eliminate the salt

*14.5 oz, no added salt or low sodium

Directions: Dice chicken into bite-sized pieces (chicken cuts more easily if slightly frozen). One lb. of diced chicken will be about 3 cups. Add chicken, broth, pepper, garlic, basil and salt to a large heavy bottomed skillet. Cover, and simmer until chicken is done and no longer pink inside, about 10 minutes. Add the diced tomatoes and spinach and return to simmering. Add the uncooked pasta, cover, and cook until pasta is tender and water is absorbed. Angel hair pasta will cook in just 4-5 minutes, other pastas about 10 minutes. Stir frequently to prevent sticking. Sprinkle with grated cheese when serving.

Substitutions: You may replace the canned tomatoes with 1 lb. (4 med.) of fresh, in season tomatoes, diced. Include juice from dicing the tomatoes. 5 – 6 cups of fresh spinach or 1 can* (drained well) of spinach may replace the frozen spinach. You may replace the chicken breast with boneless thighs, or a 12-15 oz. can of chicken. You may also use leftover holiday roasted turkey in place of the chicken. For a vegetarian recipe, replace the chicken with a 15-16 oz. can of vegetarian or navy beans, or about 2 cups of cooked beans.

Nutrition: This recipe provides protein, grains, and vegetables. Whole grain pasta will add more fiber. It is reduced in sodium and fat. To reduce the sodium further, omit the salt and use salt-free broth.



Spaghetti Casserole

Serves 8-12

Ingredients:

8 oz. whole grain spaghetti	2 cans spaghetti sauce*
1½ cup grated low or reduced fat Italian cheese blend (divided)	1 can diced tomatoes** (drained), or 2 med. fresh tomatoes, chopped
1 cup low fat cottage cheese, blended in a food processor or mixer (divided)	2 teas. Italian seasoning
1 egg or 2 Tbsp. egg mix + ¼ cup water	½ teas. salt (optional)
Pan spray	¼ teas. pepper
1 lb. ground beef	1 teas. garlic powder
	1 cup minced green pepper (1 med. – lg. pepper)
	½ cup minced onion (1 small or ½ med. onion)

*15 oz., no added salt or low sodium; if using regular sauce, eliminate the salt

**14 .5 oz., no added salt or low sodium; if using regular canned tomatoes eliminate the salt

Directions: Cook pasta according to package directions, drain. Place drained pasta in a mixing bowl and allow it to cool for a few minutes. Chop pasta slightly or cut with kitchen scissors. Add ½ cup grated Italian cheese and ½ cup blended cottage cheese. Mix well. Add the egg and mix again. Spray a 9 X 13 casserole dish with pan spray. Add pasta mixture to the casserole dish, and press gently to form an even layer covering the bottom of the dish. Bake in a 350° preheated oven for 10 minutes. While pasta layer is baking, prepare the filling. In a heavy bottomed frying pan, brown the ground beef until all the pink color is gone. Place the cooked ground beef crumbles to a strainer; drain the grease and rinse with hot water to remove additional grease. In a large mixing bowl, add the spaghetti sauce, diced tomatoes, Italian seasoning, salt, pepper, and garlic. Rinse green pepper, remove stem and seeds. Peel onion, rinse after peeling. Mince green pepper and onion. Add to the mixing bowl. Add cooked, drained ground beef; mix well. Add ½ layer of the sauce evenly on top of the pasta. Next spread the rest of the blended cottage cheese on top of the sauce. Add the rest of the sauce on top, then sprinkle 1 cup of the grated cheese on top. Bake another 30 minutes at 350°. Remove from oven and allow it to sit 5 minutes before serving.

Substitutions: This recipe can be made into a Mexican spaghetti casserole by replacing the spaghetti sauce with tomato sauce, replacing the Italian cheese with low fat grated cheddar cheese or Mexican cheese blend, and replacing the Italian seasoning with 2 – 3 teas. of chili powder.

Nutrition: This recipe provides whole grain, low or reduced fat dairy, protein, and vegetables. It is reduced in fat and salt. To reduce the salt further, eliminate the salt.



Spaghetti (with homemade sauce)

Serves 6 - 8

Ingredients:

2 cans diced tomatoes*	3 teas. oregano
½ cup chopped onions (½ lg.)	2 teas. thyme
½ cup minced or grated carrots (6 baby or 1 lg.)	4 teas. basil
½ cup chopped green peppers (½ lg.)	½ teas. salt (optional)
8 oz. fresh mushrooms (optional)	1 lb. lean ground beef or bison (optional)
2 cups salt free vegetable or tomato juice	1 can tomato paste**
2 Tbsp. minced garlic (4 med. cloves)	8 oz. whole grain pasta (spaghetti, linguine, or shells)
or 2 teas. garlic powder	1 cup grated Italian cheese (for topping)

*14.5 oz., reduced sodium or no added salt

**6 oz. Most tomato paste is very low in sodium. Check the sodium content on the label as it may not be labeled low sodium. Very low sodium is defined as 35 mg of sodium or less per serving.

Directions: Puree the canned tomatoes, with juice. Use a hand immersion blender or regular blender. Prepare the vegetables. Peel onion and carrot; rinse after peeling. Rinse pepper; remove stems and seeds. Chop the onion, pepper, and mince or grate the carrots. Rinse mushrooms and pat dry. Slice thinly. Add the pureed tomatoes, chopped vegetables, vegetable or tomato juice, garlic, oregano, thyme, basil, and salt to a large heavy bottomed saucepan. Simmer until vegetables are tender, about 30 minutes. Stir occasionally. Cook ground beef until all pink is gone. Drain grease and rinse cooked beef with hot water through a strainer to remove additional grease. To the pan with the tomatoes and vegetables, add the cooked ground beef and tomato paste, mix well. Cover the pan and simmer on low heat for at least an hour for flavors to develop. Stir every few minutes so the sauce does not stick to the pan. Prepare 8 oz. of pasta according to package directions. Drain pasta but do not rinse. Serve sauce over pasta. If desired, sprinkle a small amount of Italian cheese on top.

Substitutions: You may replace the onions, carrots, and peppers with 1½ cups of other chopped raw vegetables such as zucchini, yellow squash, or yellow peppers. You may replace the tomato paste with a can of tomato sauce* but you will need to decrease the vegetable or tomato juice to 1 cup. Three Tbsp. of salt-free Italian seasoning may replace the oregano, thyme, and basil.

Nutrition: This recipe provides vegetables, whole grains, and dairy. Protein is added if the lean beef or bison is included. It is reduced in fat and sodium. To reduce the fat, eliminate the meat. To reduce the sodium, eliminate the salt.



Spanish Rice

Serves 8-10

Ingredients:

1½ cup rice (dry, uncooked)	2 teas. chili powder (more or less to taste)
1 cup chopped onions (1 med.)	1 teas. cumin
1 cup chopped or grated carrots (12 baby or 2 lg.)	1 teas. garlic powder
1 cup chopped celery (2 lg. stalks)	½ teas. black pepper
1 cup chopped green pepper (1 lg.)	½ teas. salt (optional)
1 can diced tomatoes*	1 can beef+ (chill can and remove solid fat)
1 can tomato sauce**	1 cup reduced fat grated cheese (optional)
	Pan spray

*14.5, low sodium or no added salt; if regular tomatoes are used, eliminate the salt.

**15 oz., low sodium or no added salt; if regular sauce is are used, eliminate the salt.

+ 16 – 24 oz; if the canned beef contains salt, eliminate the salt.

Directions: Cook rice according to package directions. Remove from heat and set aside. While rice is cooking, clean and chop vegetables. Peel onion and carrots, rinse after peeling. Rinse celery and green pepper; remove core and seeds from pepper. Chop or grate carrots; chop onions, celery, and green pepper. In a large heavy bottomed soup pot, add chopped vegetables, diced tomatoes, tomato sauce, chili powder, cumin, garlic, pepper, and salt. Simmer 10 – 15 minutes until vegetables are tender. Add the beef and cooked rice to the pot; mix well and continue to simmer until heated through. Sprinkle grated cheese on top when serving (optional). You may also spread the mixture in a casserole dish that has been sprayed with pan spray, and bake in a 350° oven until heated, about 30 minutes. Top with grated cheese the last 10 minutes if you prefer melted cheese.

Substitutions: You may replace the rice with wild rice, but you will need only 1 cup of uncooked wild rice. Before cooking, rinse wild rice until water runs clear. Ground beef may replace the canned beef; cook ground beef until all pink color is gone. Drain the grease and rinse beef with hot water through a strainer to further reduce fat before adding it to the pan. You may also replace the beef with cooked or canned chicken or turkey. Remove skin and underlying fat from cooked chicken or turkey. You may replace the 1 can of diced tomatoes and 1 can of tomato sauce with 2 cans of diced tomatoes or 2 cans of tomato sauce. For a vegetarian option, replace the meat with 1 can of black beans (drained).

Nutrition: This recipe provides protein, vegetables, grains, and reduced fat dairy (with the optional reduced fat cheese). Use brown or wild rice to provide whole grains and for the most fiber and flavor. Fat and sodium content is reduced. To reduce the sodium further, eliminate the salt. To reduce the fat further, replace the beef with cooked chicken or turkey breast (remove skin and underlying fat).



Spinach Lasagna

Serves 8 – 12

Ingredients for sauce and noodle layer:

1 lb. ground beef, venison, or turkey (optional)
½ cup minced onions (1 small or ½ med. onion)
2 cans of spaghetti sauce*
1 can diced tomatoes*
2 cans of spinach (drained)*
½ teas. salt (optional)
¼ teas. black pepper

*15 oz. no added salt or low sodium

1½ teas. garlic powder
1½ teas. basil
1½ teas. oregano
8 oz. whole grain lasagna noodles
(about 8-9 noodles)
pan spray

*14.5 oz. no added salt or low sodium

Ingredients for cheese layer:

1 lb. low fat or reduced-fat cottage cheese, 2 cups
8 ounces shredded mozzarella cheese, 2 cups

¼ cup grated parmesan cheese
1 egg (or 2 Tbsp. dry egg mix +¼ cup water)

Top layer: 1 cup grated parmesan or mozzarella cheese, or combination of each.

Directions: In a heavy bottomed skillet, brown the ground meat until all pink color is gone. Drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. Peel onion, rinse after peeling, and mince. Combine the cooked ground meat, onions, spaghetti sauce, diced tomatoes, spinach, salt, pepper, garlic, basil, and oregano in large mixing bowl. Mix very well so all the ingredients are evenly dispersed. Prepare the cheese mixture. Mix the cottage, mozzarella, and parmesan cheeses in a bowl; add egg and stir well.

Spray a 9 X 13 casserole dish with pan spray. Assemble the layers as follows: Sauce layer, top with 4 -5 uncooked lasagna noodles, then the cheese layer. Repeat; finish with a topping of sauce. Cover with foil and bake in a 350° oven for 1 hour; remove foil, top with 1 cup of cheese and bake another 15 minutes. Let stand 5 – 10 minutes before cutting into squares and serving.

Substitutions: You may substitute whole grain rotini for the lasagna noodles and ricotta for the cottage cheese. 2, 10 oz. pkg. of frozen or about 2 lb. of fresh spinach may replace the canned. Cook and drain fresh spinach before adding it to the sauce. An Italian cheese blend may replace the parmesan cheese. You may also use 1 Tbsp. of Italian seasoning in place of the basil and oregano.

Nutrition: The recipe contains protein (with the optional meat), low and reduced fat dairy, vegetables, and whole grains. It has less salt and fat than lasagna made with full fat cottage cheese and regular canned spaghetti sauce and vegetables. To further reduce the fat, eliminate the meat, and all cheese should be low fat. To reduce the sodium further, eliminate the salt.



Easy Spinach Quiche

Serves 6 - 8

Ingredients:

1¼ cup low fat bakery mix
1/3 cup cold water (6 Tbsp.)
3 eggs or 6 Tbsp. dry egg mix and ¾ cup water
1½ cup reduced fat grated cheese
1 can spinach* (drained)

¾ cup low fat or skim milk
1 teas. prepared mustard
½ teas. dill
1 cup chopped, cooked lean ham (optional)
Pan spray

*14.5 oz., no added salt or low sodium

Directions: In a medium sized mixing bowl, mix together the bakery mix and water to form a soft dough. Spray a 10 inch round quiche pan or 8 X 8 inch square pan with pan spray; press the dough evenly in the pan.

In the same mixing bowl, add the eggs, grated cheese, spinach, milk, mustard, dill, and chopped ham. Mix well and pour mixture on top of the dough layer in the quiche pan.

Bake in a preheated 375° oven for 50 -60 minutes, until eggs are set and top is golden brown. When it comes out of the oven, let it rest a few minutes before slicing into individual servings.

Substitutions: Any drained, canned vegetable* or 2 cups of chopped, cooked broccoli may replace the spinach. You may also sauté ½ cup chopped onion and ½ c chopped green pepper and add this to the egg mixture before you bake it. You may replace the ham with 1 can of salmon (drained and remove the bones). You may replace the prepared mustard with ¼ teas. dry mustard powder.

Nutrition: This recipe provides protein, vegetables, and low fat and reduced fat dairy. This recipe has less fat than a quiche made with pie crust, regular cheese, and half & half or cream. Sodium content will be reduced if the ham is not included. As ham is salty, this meat is for occasional use.



Stroganoff

Serves 8

Ingredients:

1 lb. venison or lean beef cut into thin
1 inch long strips
1 Tbsp. vegetable oil
1 cup chopped onions (1 med.)
8 oz. fresh mushrooms or 4 oz. canned
1 cup chopped green or red pepper, or
half of each (1 lg. pepper = 1 cup)
Cream of mushroom soup
(10 oz. condensed, reduced sodium)

1 soup can of low fat milk or water,
or half of each
16 oz. plain low fat Greek yogurt (2 cups)
1 teas. garlic powder
1 teas. salt-free herb seasoning
½ teas. salt
½ teas. black pepper
1 Tbsp. corn starch + 1 Tbsp. cold milk or water
¼ cup fresh parsley (optional garnish)

8 ounces whole wheat rotini (3 cups) or 2 cups wild rice (serve the stroganoff over cooked pasta or rice)

Directions: In a large heavy bottomed pan, sauté venison or beef strips in vegetable oil until all pink color is gone. Add just enough water to cover and simmer for an hour (the simmering will tenderize the venison strips). Peel onion, rinse, then chop. Rinse mushrooms, pat dry with paper towel; slice about 1/8 in. thick. Rinse pepper, remove stem and seeds, and then chop. Add the onions, mushrooms, and green pepper to pan with the venison. Simmer vegetables until tender. Add the cream of mushroom soup + soup can of water or milk, Greek yogurt, garlic, herb seasoning, salt, and pepper. Cook on low heat, stirring, until heated through and simmering (do not boil). Add the corn starch to 1 Tbsp. cold milk or water and stir. Add to the sauce, stirring until thickened. Serve sauce over cooked pasta or rice. If desired, garnish with fresh parsley/

Pasta: cook according to package directions. Wild Rice: rinse well using a strainer until water runs clear. Boil in 7 cups of water about 30 – 40 minutes until rice is tender.

Substitutions: Chicken or turkey may be substituted for the venison; remove skin and underlying fat. If you use chicken or turkey, use cream of chicken soup to replace the mushroom soup. Regular yogurt may be used in place of Greek yogurt, however Greek yogurt is thicker. You may use 2 cups of low fat sour cream (or 1 cup of yogurt and 1 cup of low fat sour cream) to replace the yogurt; however, the yogurt provides the low fat dairy.

Nutrition: This recipe provides protein, whole grains, vegetables, and low fat dairy. It has less fat than the stroganoff recipes made with regular sour cream. It has reduced amounts of sodium. To reduce the sodium further, eliminate the salt.



Stuffed Green Peppers

Serves 8

Ingredients:

4 large green peppers, cut in half lengthwise
1 lb. ground beef, turkey, or venison
1 cup chopped celery (about 2 large stalks)
1 cup chopped onion (1 med.)
1 can diced tomatoes*
½ cup catsup
1 Tbsp. Worcestershire sauce

1 teas. garlic powder
½ teas. salt (optional)
¼ teas. pepper
2 cups cooked wild rice+
1 can tomato sauce or spaghetti sauce**
1 cup grated reduced fat cheese (for topping)
Pan spray

*14.5 oz., no added salt or low sodium

+1/2 – 2/3 cup rice will yield about 2 cups cooked

**15 oz., no added salt or low sodium

Directions: Rinse halved green peppers, remove stem and seeds. Steam about 5 – 10 minutes until tender, but firm enough to hold their shape. Place in a 9 X 13 casserole dish that has been sprayed with pan spray. Add a small amount of water to the pan, to a depth of about ¼ inch.

Cook the meat until all pink color is gone. Drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. Before returning the meat to the pan, wipe the grease from the pan with a paper towel. Rinse and chop celery. Peel and rinse onion, then chop. Add the vegetables and diced tomatoes to the pan with ground meat. Continue cooking until vegetables are tender, about 10 minutes. Add the catsup, Worcestershire sauce, garlic, salt, and pepper.

Rinse the wild rice in a strainer until the water runs clear. Simmer the rice in about 2¼ cups water until tender, about 30 – 40 minutes. An alternate is to simmer the rice about 15 minutes, turn off the heat, and let it sit for about an hour until all the water is absorbed. Add the cooked rice to pan with the meat; mix well.

Scoop a rounded half cup of mixture into each pepper half. Cover peppers evenly with tomato sauce. Cover baking dish with foil and bake in a 350° oven for 30 minutes; remove from oven and take off foil. Sprinkle the grated cheese on top of the peppers. Return to the oven for 10 minutes, until cheese melts.

Substitutions: Brown or white rice may be substituted for the wild rice. Choose brown or wild rice to provide whole grains and the best flavor. You may substitute 1½ - 2 cups of cooked beans for the ground meat. If regular canned tomatoes and sauce are used, eliminate the salt in the recipe.

Nutrition: This recipe provides protein, vegetables, whole grains, and reduced fat dairy. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.



Tamale Pie

Serves 8-10

Ingredients:

1 lb. ground beef, venison, or turkey	½ teas. cumin
1 cup diced celery (2 lg. stalks)	¼ teas. black pepper
1 cup chopped green pepper (1 lg. pepper)	1 Tbsp chili powder
1 cup chopped onion (1 med. onion)	½ teas. garlic powder
1 can diced tomatoes*	3 cups reduced fat grated cheese (divided)
1 can corn (drained)*	Pan spray

Ingredients for corn bread (see bread section of cookbook) *14.5 oz, no added salt or low sodium

Salsa and plain yogurt or low fat sour cream for topping

Directions: Brown the ground meat in a frying pan until pink color is gone. Drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. Rinse celery and green pepper; remove stem and seeds from pepper. Rinse the onion after peeling. Chop the vegetables.

In a large heavy bottomed soup pot, add the chopped raw vegetables, diced tomatoes, corn, cumin, black pepper, chili powder, and garlic powder. Simmer about 10 minutes until vegetables are tender. Add cooked ground meat and 2 cups of grated cheese. Mix well. Spread evenly into a 9 X 13 casserole pan that has been sprayed with pan spray.

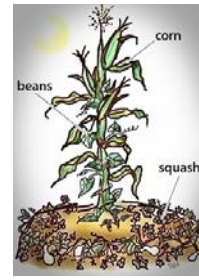
Prepare cornbread according to the recipe in the cookbook. Spoon an even layer of the batter on top of the ground meat mixture. Bake at 375° for 40 minutes; top with 1 cup of cheese. Return to the oven and bake another 5 minutes. If desired, serve with a dollop of plain yogurt or low fat sour cream and salsa.

Substitutions: As a time saver, you may use 2 small boxes of corn bread mix in place of making your own. You may use tortillas in place of the cornbread. Line the bottom of the pan with 1 layer of soft flour or corn tortillas; add the ground meat mixture, and then top with another layer of the tortillas. 2 cups of frozen corn or fresh corn may replace the canned corn. For a meatless option, use 2, 15-16 oz. cans of low sodium navy, black, or vegetarian beans in place of the meat. Drain the canned beans.

Nutrition: This recipe provides protein, grains, reduced fat dairy, and vegetables. It also includes whole grains if you use the homemade cornbread recipe provided in the cookbook. It has reduced amounts of fat and sodium. To reduce the fat further, use yogurt rather than low fat sour cream for topping.



Three Sisters Stew



Serves 12 - 14

(3 sisters include: squash, corn, and beans)

Ingredients:

1 lb. ground venison, beef, or turkey	1 can beans** (kidney or vegetarian, not drained)
2 cups onions, diced (2 med.)	2 cans tomato or red pasta sauce* (or 1 of each)
4 cups red potatoes, cubed or sliced	½ cup oats or barley (regular or quick cooking)
4 med. tomatoes, diced (1 lb.)	¾ teas. salt
2 cups yellow or green squash, diced	2 teas. garlic powder
2 cups butternut squash, diced	2 teas. Mrs. Dash or other salt-free herb seasoning
3 cups beef broth+	1 teas. paprika
1 can green beans* (not drained)	1 teas. pepper
1 can corn* (not drained)	1 teas. thyme

+ If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt. Chill homemade broth and remove solid fat layer.

*14.5 oz.; ** 15-16 oz., no added salt or low sodium; do not add salt if regular canned vegetables are used

1 large ear of corn, half of a can of vegetables, and 1 medium sized potato are about 1 cup each.

If you cut the recipe in half, save the half cans of vegetables and use for vegetable soup.

Directions: Brown the ground meat in a frying pan until pink color is gone. Drain all the grease, then using a strainer, rinse the meat with hot water to remove additional grease. Rinse all vegetables prior to use, peel the onion and rinse prior to chopping; peel or scrub the red potatoes, rinse prior to chopping. Dice tomatoes. Dice the yellow or green squash. Add broth, cooked meat, onions, potatoes, tomatoes, and yellow or green squash to a large heavy bottomed soup pot. Peel the butternut squash, remove the seeds, then dice. If you poke a hole in the butternut squash then microwave it a few minutes on half power, it is easier to peel and dice. Add butternut squash to the pot. Bring to a boil and cook 15 minutes. Add the green beans, corn, beans, tomato sauce, oats or barley, and seasonings (salt, garlic, Mrs. Dash, paprika, pepper, and thyme). Cover and simmer for another hour. If you use quick cooking barley or oatmeal you may simmer it only 15 minutes; however, for the best flavor, simmer an hour.

Substitutions: You may use acorn or buttercup squash in place of the butternut squash. 2 cans of sliced potatoes* (drained) may replace the red potatoes. 2 cups of fresh or frozen vegetables may be used to replace 1 can of vegetables. Canned hominy* may replace the corn. 1 can of diced tomatoes* may replace the fresh tomatoes; reduce the water by ½ cup. Rutabagas may replace all or half of the potatoes.

Nutrition: This recipe provides protein, vegetables, and whole grains (oatmeal or barley). It also has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt and use salt-free soup base. For a vegetarian option, eliminate the meat and add 1 can of beans**.

Adapted from a recipe from "A Harvest of Recipes with USDA Foods"; FDPIR



Tuna Noodle Casserole

Serves 8

Ingredients:

8 oz. whole grain rotini pasta (about 3 cups, dry)	12 oz. can of tuna (packed in water, drained)
1 cup sliced green peppers (1 lg.)	2 Tbsp. prepared mustard (Dijon style or yellow)
½ cup minced onion (½ medium onion)	2 teas. garlic powder
1 cup sliced carrots (12 baby or 2 lg.)	½ teas. salt (optional)
1 cup diced celery (2 lg. stalks)	¼ teas. black pepper
1 can green peas* (drained)	1 teas. dill
Cream of mushroom soup (10 oz. condensed, reduced sodium)	2 teas. salt-free herb seasoning
1 soup can of low fat milk or water or half of each	1 cup dry bread crumbs + 1 Tbsp. butter (optional)
	2 cups reduced fat grated cheese (optional)
	½ teas. Paprika
	Pan spray
¾ cup plain Greek yogurt or light sour cream	

*14.5 oz., reduced sodium or no added salt

Directions: Prepare pasta according to package directions; drain. Rinse raw vegetables; remove seeds and stem from pepper. Peel onions and carrots; rinse after peeling. Chop or thinly slice pepper, onion, carrots, and celery. Cook in a small amount of water about 10 minutes until tender; drain. In a large mixing bowl, add cooked pasta, peppers, onions, carrots, celery, peas, soup, water or milk, yogurt or sour cream, tuna, mustard, garlic, salt, pepper, dill, and herb seasoning. Mix well. Place mixture into a 9 X 13 in. baking dish that has been sprayed with pan spray. Bake in a 350° oven about 30 minutes, until the casserole is bubbling (Or, cover and microwave on high for about 10 minutes.) Remove casserole from oven. Mix bread crumbs with 1 Tbsp. butter; spread evenly on top. Sprinkle the grated cheese and paprika on top and bake another 15 minutes. (Or, microwave another 5-7 minutes until cheese melts.)

Bread crumbs: Cut 4 slices of whole wheat bread into cubes; dry out by placing in a 300° oven for 10 minutes or until dry and lightly browned. After cool, crush with a rolling pin or pulse in a food processor.

Substitutions: Canned chicken may replace the canned tuna but replace the cream of mushroom soup with cream of chicken soup. If using ready-to-serve soup (not condensed) eliminate the milk or water added to the casserole. 1½ cups of any canned or cooked green vegetable may replace the green peas. One can drained = 1½ cups of vegetables. For a quicker preparation, eliminate the raw vegetables and add 1 can of carrots* and 1 can of green beans* (chopped and drained) If low sodium soup is not available, eliminate the salt in the recipe. To replace the pasta with homemade noodles, use the noodle recipe found with the Chicken Noodle Soup recipe, in the "Commods" Cookbook.

Nutrition: This recipe provides protein, whole grains, vegetables, and reduced fat dairy. It is also has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt. To reduce the fat further, eliminate the butter in the bread crumbs.



Turkey and Stuffing Casserole

Serves 6 - 8

A great way to use up holiday leftovers!

Ingredients:

7 - 8 cups of leftover stuffing (or a 14 oz. pkg. of stuffing mix)	1 cup chopped onion (1 medium sized)**
2 cups cooked turkey (cubed, no skin)	1 teas. salt-free herb seasoning
1 can green beans* (drained) (or 2 cups of leftover green bean casserole)	Cream of chicken soup (22 oz. reduced sodium, ready to serve)
1 cup chopped celery (2 lg. or 3-4 med. stalks)**	1½ cups reduced fat grated cheese (optional)
	Pan spray

*14.5 oz., no added salt or low sodium

**If your homemade stuffing already contains onions and celery, you may omit adding these.

Directions: If using stuffing mix, prepare this first: Bring 2½ cups water or broth to a boil in a large sauce pan. Do not add butter or margarine if the directions call for this. Add stuffing mix; stir well. You may need to add a little extra water or broth. If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions. If you have leftover turkey drippings, remove fat and use this for the broth. Place stuffing in a 9 X 13 or 10 in. diameter casserole dish that has been sprayed with pan spray. Remove skin and underlying fat from turkey; cut into small cubes. Mix together the turkey, green beans, celery, onions, herb seasoning, and soup in the sauce pan. Simmer until onions and celery are tender. Pour this over the top of the stuffing. If desired, sprinkle grated cheese on top. Bake, covered, in a 350° oven for about 20 minutes. Remove the cover and bake another 5-10 minutes. You may also microwave the casserole until it is hot and cheese is melted, about 5 – 8 minutes.



To make fat free turkey broth, chill meat drippings and remove solid fat.

Substitutions: You may use 2 cups of cooked, chopped broccoli, brussel sprouts, or peas in place of the green beans. You may replace the turkey with chicken or lean ham. Remove skin and underlying fat from the chicken; trim fat from ham. If using condensed soup, use a 10.5 oz. can (low or reduced sodium) and add a can of water or low fat milk (or half of each).

Nutrition: This recipe provides protein, vegetables, and reduced fat dairy (with the optional cheese). If you use packaged stuffing mix, you do not need to add salt to this recipe. If you remove the fat from the broth and do not add butter to the stuffing, this recipe is also reduced in fat.



Turkey Tortilla Casserole

Serves 10 - 12

Ingredients:

1 lb. cooked turkey, about 2½ cups when diced	1 teas. garlic powder
1 cup diced onions (1 med.)	½ teas. salt
1 cup diced celery (2 large or 3-4 med. stalks)	1 Tbsp. chili powder
1 cup diced green pepper (1 lg. pepper)	1 teas. cumin
Cream of chicken soup	9-10, 10 inch whole grain tortillas
(22 oz. ready to serve, reduced sodium)	2 cups of reduced fat grated cheese
1 can black beans* (drained)	salsa
1 can diced tomatoes**	plain yogurt or low fat sour cream
1 can corn** (drained)	pan spray

*15.5 oz., no added salt or low sodium; if regular ones are used, eliminate the salt

**14.5 oz., no added salt or low sodium; if regular ones are used, eliminate the salt

Directions: Remove skin and underlying fat from turkey. Dice turkey. Peel onion; rinse after peeling. Rinse celery and pepper; remove stem and seeds from pepper. Chop onions, celery, and green pepper. In a large heavy bottomed soup pot, add the turkey, onions, celery, green pepper, soup, beans, diced tomatoes, corn, garlic, salt, chili powder, and cumin. Simmer 15 minutes until raw vegetables are tender.

Spray a 9 X 13 casserole dish with pan spray. Start with a layer of 3 tortillas; cut as needed to fit the shape of the casserole dish. Next layer: spread about 1/3 of the turkey and vegetable mixture; repeat until you have 3 layers. If you have a package with 10 tortillas, one layer will have 4 tortillas; this is okay.

Bake at 350° for 30 minutes until bubbling. Add the 2 cups of cheese to the top, bake another 10 minutes. Remove from oven and let stand 5 minutes before serving. Cut into squares and serve with salsa and plain yogurt or low fat sour cream.

Substitutions: Cooked chicken or a 12-15 oz. can of chicken may replace the turkey. You may also use ground turkey or chicken; cook and drain the grease and rinse with hot water before adding the ground meat to the soup pot. Ground or shredded beef or venison may also be used in place of the turkey. If a hotter, spicier flavor is desired, increase the chili powder to 2 Tbsp., increase the cumin to 1 Tbsp, and/or add a small can of green chilies. If condensed soup is used, use low sodium and low fat; add a can of water or low fat milk, or half of each. If regular soup is used, eliminate the salt. Also, you may sprinkle ¼ - ½ cup of sliced black olives on the top. For a vegetarian version, eliminate the turkey and increase the black beans by 1 can.

Nutrition: This recipe provides protein, vegetables, whole grains, and reduced fat dairy. It is also reduced in sodium and fat. To reduce the sodium content further, eliminate the salt. To reduce the fat further, use yogurt rather than low fat sour cream when serving.



Vegetable Marinara

Serves 6-8

Ingredients:

3 cups cauliflower pieces
1 cup chopped broccoli
1 cup sliced carrots
1 can diced tomatoes*
2 cans spaghetti sauce**
¼ teas. salt (optional)

1 teas. salt-free herb seasoning
1½ teas. garlic powder
1 Tbsp. Italian seasoning
8 oz. whole grain rotini (dry; about 3 cups)
¾ to 1 cup reduced fat grated Parmesan, Romano, or
Italian cheese (optional)

*14. oz., no added salt or low sodium

**15 oz., no added salt or low sodium

Directions: Rinse cauliflower. Remove core, chop flowerets into bite sized pieces. Rinse broccoli, trim tough end of stalk, peel tough outer layer of the stem, chop into bite sized pieces. Peel carrots, rinse after peeling, slice or chop. Add cauliflower, broccoli, carrots, and diced tomatoes to a large, heavy bottomed pan. Simmer 5 minutes until raw vegetables are slightly tender. Add the spaghetti sauce, salt, herb seasoning, garlic powder, and Italian seasoning to the pan. Cover and cook on medium heat for 15-20 minutes. While the sauce is heating, cook rotini according to package directions; drain. Serve marinara sauce over cooked pasta. If desired, top with grated cheese when serving.

Substitutions: Any combination of raw vegetables may be used such as: celery, peppers, onions, yellow or zucchini squash, mushrooms, and pea pods. The 1 Tbsp. of Italian seasoning may be replaced with 1 teas. each of basil, oregano, and thyme. Garlic powder may be replaced with 2 Tbsp. minced garlic. Other types of pasta may be used, but for the most flavor and fiber, choose whole grain.

Nutrition: This recipe provides vegetables and whole grains, and is reduced in fat and sodium. To reduce the sodium further, eliminate the salt.



Wild Rice Chicken Pot Pie

Serves 10 - 12

Ingredients:

2 cups diced cooked chicken (about 1 lb.)
¾ cup uncooked wild rice
(rinse rice until water runs clear)
Chicken broth (broth from cooking the chicken)
3 cups cooked chopped vegetables*
2 teas. salt-free herb seasoning

½ teas. poultry seasoning (no MSG, low sodium)
½ teas. garlic or onion powder
½ teas. salt
Cream of chicken soup
(22 oz. ready to serve, reduced sodium)
Pan spray

*For example: celery, green beans, onions, carrots, potatoes, corn, peas; if vegetables are raw, you will need about 4 cups and you will need to cook them before mixing ingredients together.

Biscuit Topping: 2 cups low fat bakery mix, 1¼ cup low fat milk

Directions: Remove skin and underlying fat from chicken breast. Cook chicken in 2½ cups of water, about 30 minutes. Let it cool, remove bones, and cut chicken into bite-sized pieces. Save broth for cooking rice.

Cook the wild rice in 2½ cups of chicken broth about 30 – 40 minutes until tender. When the rice is done, combine the diced chicken, rice, vegetables, herb seasoning, poultry seasoning, garlic or onion powder, salt, and soup. Mix well. Put mixture into a 9 X 13 casserole dish that has been sprayed with pan spray. Bake for about 20 minutes at 400° until bubbling.

While this is baking, prepare the biscuit topping. Gently stir bakery mix and milk together. Knead a few turns on a floured board, roll out into a 9 X 13 rectangle and then place on top of the chicken mixture, or drop individual biscuits on top. Place the biscuit topping on top of the casserole when it has started bubbling and bake another 15-20 minutes until biscuits are lightly browned on top.

Substitutions: You may use turkey, beef, or venison to replace the chicken. A 12-15 oz. can of chicken may replace the cooked chicken. If you use beef or venison, use cream of mushroom soup in place of the cream of chicken soup, and eliminate the poultry seasoning. 2, 14.5 oz. cans of no added salt or low sodium mixed vegetables (drained), may replace the 3 cups of cooked vegetables. You may replace the wild rice with brown rice. If using condensed soup, use low sodium and low fat; add 1 can of low fat milk or water or half of each. If low sodium soup is not available, eliminate the salt. If you cut the recipe in half, half of the ready-to-serve cream soup container is about 1 1/3 cup.

Nutrition: This recipe provides protein, vegetables, grains, and whole grains. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.



Wild Rice Meatballs

Makes 45-50 1 inch meatballs

Meatball Ingredients:

½ cup minced onion (1/2 med. or 1 sm.)
 ½ cup minced green pepper (1/2 lg.)
 1 lb. ground beef
 ¾ cup cooked wild rice*
 1 egg or 2 Tbsp. dry egg mix + ¼ cup water

1 teas. salt-free herb seasoning
 1 teas. garlic powder
 ½ teas. thyme
 ¼ teas. salt or 1 teas. beef soup base
 pan spray

*Use leftover cooked wild rice, or to cook the rice, rinse ¼ cup of wild rice until water runs clear. Simmer in 1 cup of water until rice is tender (drain excess water if needed).

Sauce Ingredients:

Cream of mushroom soup
 (10.5 oz. condensed, reduced sodium)
 1 soup can of water or low fat milk (or ½ of each)
 1 cup Greek yogurt or low fat sour cream

4 oz. canned mushrooms, drained (optional)
 ¼ teas. salt or 1 teas. beef soup base
 1 teas. garlic powder
 1 teas. salt-free herb seasoning

Directions:

Meat Balls: Peel then rinse onion; mince. Rinse green pepper, remove stem, seeds, and core; mince. Add onion, green pepper, ground beef, and wild rice to a large mixing bowl; mix well. In a small bowl, beat egg, herb seasoning, garlic powder, sage, and salt. Add this to the beef and rice mixture, and mix well using a large spoon or your hands. Form into 1 inch meat balls (a 1 inch scoop is helpful in forming the balls). Spray a large baking sheet with sides with pan spray. Place meat balls on the sheet about an inch apart. Bake in a 350° preheated oven for 30 minutes. Place on paper towels to drain the grease.

Sauce: Heat cream of mushroom soup + 1 soup can of water or milk on low heat until simmering. Add sour cream or yogurt and mushrooms, stir. Add salt, garlic powder, herb seasoning, and meatballs to soup mixture and heat on low heat until simmering again. Serve over cooked whole grain pasta*, wild or brown rice, or mashed potatoes.

***For homemade noodles, refer to the chicken noodle soup recipe in the LDF Cookbook.**

You may serve the meatballs as an appetizer, with or without the mushroom sauce. You may also serve the meatballs with a barbecue sauce (BBQ sauce recipe is in the appetizer section FDP cookbook).

Substitutions: You may replace the canned mushroom with 8 oz. of fresh mushrooms. Rinse the fresh mushrooms, slice. Sauté a few minutes in a frying pan sprayed with pan spray, prior to adding the mushrooms to the sauce. You may also replace the ground beef with ground turkey; replace the cream of mushroom soup with cream of chicken soup, and if you use soup base, use chicken soup base.

Nutrition: This recipe provides protein, whole grains, low fat dairy (using the yogurt in the sauce), and vegetables. It has reduced amounts of sodium. To reduce the sodium further, use reduced sodium soup base and eliminate the salt. To reduce the fat, use Greek yogurt rather than the low fat sour cream, and use lean ground meat.



Wild Rice Venison Casserole

Serves 10-12

Ingredients:

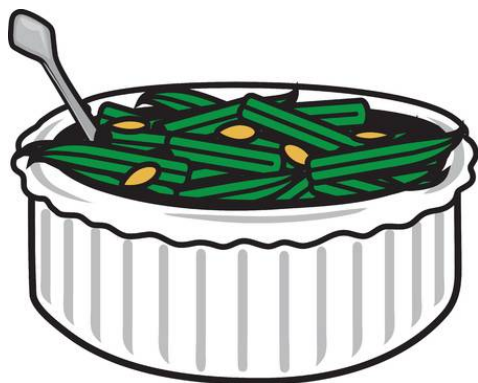
1 cup uncooked wild rice (rinse until water runs clear)	1 cup plain Greek yogurt or low fat sour cream
3½ cups venison or beef broth*	½ teas. salt (optional)
1 lb. venison or lean beef diced	½ teas. pepper
1 cup chopped onions (1 med.)	1 teas. garlic powder
2 cups chopped carrots (4 lg. or 24 baby)	2 teas. thyme or Italian herb mixture
2 cups chopped celery (4 lg. or 3-4 med. stalks)	2 teaspoons salt-free herb seasoning
Cream of mushroom soup (10.5 oz., reduced sodium)	Pan spray
1 soup can of water or low fat milk (or ½ of each)	

* If you use a powdered soup base for the broth, it should be low sodium and MSG free. If low sodium is not available, use half the amount of soup base specified on the label's directions and eliminate the salt.

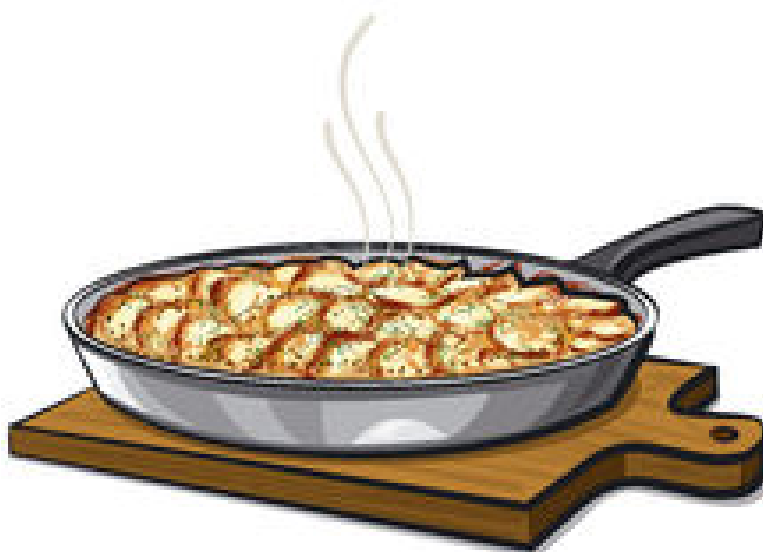
Directions: Cook the wild rice in 3½ cups of broth about 30 – 40 minutes, until tender. Spray a large heavy bottomed frying pan with pan spray; sauté the meat strips until browned. Rinse onion and carrots after peeling. Rinse celery. Chop vegetables. Add the vegetables to the pan and simmer in a small amount of water until vegetables are tender. Add the cooked rice, soup + water or milk, yogurt (or low fat sour cream), salt, pepper, garlic powder, thyme, and herb seasoning. Put mixture into a 9 X 13 in. casserole dish that has been sprayed with pan spray. Cover the dish with foil. Bake in a 350° oven about 45 – 50 minutes until bubbling and heated through.

Substitutions: You may replace the venison with chicken breasts (skin and underlying fat removed) or a 12-15 oz. can of chicken. If you use chicken, replace the mushroom soup with cream of chicken soup in and use 1 teas. of poultry seasoning (MSG free, low sodium) in place of the thyme. You may replace the onions, carrots and celery with 3 cans of mixed vegetables, drained (14-15 oz. no added salt or low sodium). If low sodium is not available, eliminate the salt.

Nutrition: This recipe provides protein, vegetables, and whole grains. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt. To reduce the fat further, choose yogurt rather than low fat sour cream. Yogurt will dairy to the recipe.



Vegetables, Salads, and Side Dishes



Vegetables, Salads, and Side Dishes

Acorn Squash with Wild Rice and Sausage Stuffing
Bean and Garden Vegetable Salad
Beet and Bean Salad
Black Bean and Barley Salad
Braised Cabbage with Apples
Broccoli Cauliflower Salad
Cheesy Potato Casserole
Coleslaw
Corn Casserole
Cucumber and Tomato Salad
Garden Pasta Salad
Hash Brown Casserole
Mashed Potatoes and Gravy
Pea and Peanut Salad
Potato Salad
Roasted Red Potatoes
Quick and Easy Salads
Scalloped Potatoes
Spinach Pasta Salad
Sweet Potato Fries
Tomato Basil Pie
Wild Rice Apple Salad
Wild Rice Vegetable Salad
Yellow Squash Casserole
Zucchini Carrot Fritters



Acorn Squash with Wild Rice and Sausage Stuffing

Serves 6

(1/2 squash per serving)

Ingredients:

3 acorn squashes cut in half lengthwise*	1 Tbsp. maple syrup or brown sugar
3 cups cooked wild rice (about $\frac{3}{4}$ cup dry)	1 teas. cinnamon
6 ounces reduced fat sausage	$\frac{1}{2}$ - 1 teas. poultry seasoning (low sodium, MSG free)
1 cup diced onions (1 med. onion)	2 teas. salt-free-herb seasoning
2 cups diced celery (4 lg. or 3-4 med. stalks)	$\frac{1}{2}$ cup craisins (dried cranberries)
1 large apple, diced	$\frac{1}{2}$ cup chopped walnuts (optional)
	pan spray

*Cut a slit first in the squash, then microwave for 2 minutes and it will be easier to cut in half

Directions: Rinse the outside of the squash. Cut in half lengthwise and scoop out seeds. Spray a large baking pan with pan spray. Place squash face side down in pan. Bake at 350° for about 45 – 50 minutes, or until fork tender. When tender, turn the squash face up or open side up.

Cooking the rice: Rinse the wild rice in a strainer until the water runs clear. Simmer $\frac{3}{4}$ cup of rice in 3 cups of water until tender, about 30 – 40 minutes. Another method is to simmer the rice for about 15 minutes, turn off the pot, and let it sit for about an hour until the rice is tender and the water is absorbed. While rice and squash are cooking, crumble and cook the sausage in large, heavy bottomed frying pan until all pink color is gone and drain the grease. Using a strainer, rinse the meat with hot water to remove additional grease. 6 ounces of sausage will yield about 1 cup of cooked sausage crumbles. Wipe the pan with paper towel to remove additional grease and return the sausage to the pan.

Peel onion, rinse after peeling. Rinse celery. Rinse apple and remove core and seeds. You do not need to peel the apple. Chop celery, onion, and apple. Add the syrup, cinnamon, poultry seasoning, herb seasoning, apples, craisins, walnuts, onion, and celery to the pan with the sausage. Sauté about 10 -15 minutes until vegetables and apples are soft. Add the cooked wild rice, mix well. Fill each acorn half with about 1-1 $\frac{1}{2}$ cups of stuffing. Return to the 350° oven for 15-20 minutes, until steaming hot. If desired, serve with a side dish of cranberry sauce.

Substitutions: Other types of squash may be used. With a large squash, such as butternut, cut the squash in half lengthwise, and divide the stuffing evenly between the halves. Some of the squash may need to be scooped out in order for the rice mixture to fit. Mix the scooped out squash with the rice mixture. One cup of fruit and nut mix (chopped) may replace the craisins and walnuts. For a vegetarian option, eliminate the meat, and add $\frac{3}{4}$ cup of cooked beans or lentils. This recipe may also be a main dish.

Nutrition: This recipe provides protein, fruit, vegetables, and whole grains. It has less fat than recipes made with regular sausage. To reduce the fat and sodium further, eliminate the sausage.

Adapted from a recipe from: Mino Ayaa - Being Well (Milwaukee Native American Elders)



Bean and Garden Vegetable Salad

Serves 8-12

Ingredients:

For the salad:

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|---|--|
| 1 pint cherry or grape tomatoes, halved | ½ cup chopped green pepper (½ lg. pepper) |
| 1 cup thinly sliced or grated carrots
(12 baby or 2 lg. carrots) | ¼ - ½ cup minced red or white onion (optional) |
| 1 cup diced celery (2 lg. or 3-4 med. stalks) | 1 can black beans* (drained well) |
| | 1 can vegetarian beans* (drained well) |

*15 - 16 oz., no added salt or low sodium; if regular ones are used, eliminate the salt in the dressing

For the dressing:

- | | |
|--|--------------------------------------|
| ½ cup apple juice | 1 Tbsp. Italian seasoning, salt-free |
| 2 Tbsp. white or apple cider vinegar, or lemon juice | 1 teas. garlic powder |
| 1 Tbsp. vegetable oil | ¼ teas. black pepper |
| 2 teas. salt-free herb seasoning | ½ teas. salt (optional) |

Directions: Prepare the vegetables. Rinse tomatoes then cut into halves. Peel the carrots, rinse after peeling. Thinly slice or grate the carrots. Rinse the celery; chop. Rinse the pepper, remove seeds and stems; chop. Peel onion; rinse after peeling; chop. Drain the canned beans well; place them in a strained and shake gently to remove liquid. Whisk together the apple juice, vinegar, oil, herb seasoning, Italian seasoning, garlic powder, pepper, and salt (or put the ingredients in a jar with a lid and shake well). Add the dressing, chopped vegetables, and drained canned beans to a large, flat bottomed container with a lid. Using a flat bottomed container allows the ingredients to marinate in the dressing for the best flavor. Mix well. Chill 1-2 hours before serving and stir a few times while it chills. You can also make this a day ahead and chill overnight.

Substitutions: You may replace the cherry tomatoes with 2-3 medium fresh tomatoes, diced; or 1 can of diced tomatoes (14.5 oz., salt free or low sodium, drained). You may substitute other types of canned beans* for the beans. For each can of beans, you may substitute 2 cups of cooked beans (drained). You may substitute 2/3 cup of low fat Italian dressing for the apple juice, vinegar, and oil in the dressing; seasonings will still need to be added. You may substitute 1 teas. each of basil, oregano, and thyme for the Italian seasoning.

Nutrition: This recipe provides lean protein (beans) and vegetables, and is reduced in fat and sodium. To reduce the sodium further, eliminate the salt.



Beet and Bean Salad

Salad Ingredients:

6 cups romaine lettuce (measure after tearing into small bite-sized pieces)
½ cup thinly sliced onions (1 sm. or ½ med.)
red or white onion, mild
1 cup diced celery (2 lg. stalks)
¼ cup of minced fresh parsley, or 1½ Tbsp. dried

2 cans sliced or diced beets, drained*
1 can kidney beans, drained **
½ cup reduced fat grated cheese
1 cup dried fruit and nut mix (chopped)
2 hard cooked eggs, cooled and sliced
(optional as a garnish)

Dressing Ingredients:

¼ cup vegetable oil
¼ cup apple cider vinegar
1 Tbsp Dijon or yellow mustard

½ teas. garlic powder or 2 teas. minced garlic
¼ teas. salt
¼ teas. black pepper or salt-free lemon pepper

*14.5 oz., no added salt or low sodium; if regular ones used, eliminate the salt in the dressing

**15 oz., no added salt or low sodium; if regular ones used, eliminate the salt in the dressing

Directions: Rinse and pat dry or spin dry the romaine lettuce leaves. Tear into small pieces. Peel and rinse the onion, slice very thin. Rinse then dice the celery. Rinse and pat dry the parsley; mince by putting it in a cup and cutting with kitchen scissors. Add lettuce, onions, celery, parsley, beets, kidney beans, grated cheese, and dried fruit and nut mix to a large salad bowl. Mix well. Chill for an hour before adding dressing. In a small jar with a tight fitting lid, combine all dressing ingredients and shake well to combine. Just before serving, drizzle dressing over salad, mix well. Garnish with sliced hard cooked eggs, if desired.

Substitutions: You may replace the romaine with any green or red leaf or spring lettuce mix. You may replace the canned beets with fresh roasted beets; 1½ lb or 15 med. sized beets. Peel, rinse, and then cut into ¼ inch slices. Spray a baking sheet with pan spray. Spread beets on the baking sheet; bake at 375°F until tender, about 30 minutes. Cool prior to adding to salad. Black beans may replace the kidney beans but these need to be drained and also rinsed. You may substitute pickled beets for the canned beets; these have more salt added so eliminate the salt in the dressing. You may replace the fruit and nut mix with ½ cup chopped nuts and ½ cup dried fruit (craisins, cherries, apricots, or mix). You may replace the dressing with ½ cup of low fat Italian or low fat vinaigrette dressing.

Nutrition: This recipe provides vegetables, fruit, reduced fat dairy and lean protein (beans). It is reduced in fat and sodium. To reduce the sodium further, eliminate the salt in the dressing. If eggs are used as a garnish, these add protein and cholesterol.



Black Bean and Barley Salad

Serves 8

Ingredients:

½ cup medium barley	½ teas. cumin
2 cups water	½ teas. chili powder
½ cup chopped onions (½ med. onion)	3 Tbsp. fresh or 1 Tbsp. dried herbs
1 cup diced green pepper (1 lg. pepper)	cilantro, parsley, or chives will work well
1 cup diced celery (2 lg. stalks)	¼ teas. black pepper
1 can black beans* (drained)	¼ teas. salt (optional)
1 can diced tomatoes** (drained)	1 teas. salt-free herb seasoning
1 can corn** (drained)	¼ cup light or reduced fat Italian dressing
1 Tbsp. lemon or lime juice	Lettuce leaves, lemon or lime slices,
4 small fresh garlic cloves (minced)	or fresh herbs for garnishing
or ½ teas. garlic powder	

*15.5 oz. no added salt or low sodium

**14.5 oz. no added salt or low sodium; if regular canned vegetables used, eliminate the salt

Directions: Cook the barley in 2 cups of water. Simmer 45 – 50 minutes; remove from heat. Let it cool a few minutes, then put it in a large mixing bowl and place it in the refrigerator. You may cook the barley the day before you want to use it; store in the refrigerator until ready to use.

While the barley is cooking, prepare vegetables. Peel onion, rinse after peeling. Rinse pepper; remove seeds and stem. Rinse celery. Dice onions, pepper, and celery. After the barley has cooled to refrigerator temperature, add the beans, tomatoes, corn, garlic, cumin, chili powder, herbs, pepper, salt, herb seasoning, lemon juice, and Italian dressing; mix well. For the best flavor, chill another hour before serving. Garnish with lettuce leaves, lemon or lime slices, or fresh parsley

Substitutions: If you use quick cooking barley, use 2/3 cup of barley. You may replace the canned tomatoes with 1 large fresh tomato (1 cup diced), or 1 cup of cherry or grape tomatoes (halved). Use only in-season tomatoes. 1½ cup of frozen or fresh corn may replace the canned corn, but cook first and chill; measure after cooking. 2 cups of cooked wild or brown rice may replace the barley.

Nutrition: This recipe provides lean protein (beans), vegetables, and whole grains. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt.



Braised Cabbage with Apples

Serves 6-8

Ingredients:

1 Tbsp. vegetable oil	1 Tbsp. maple syrup or honey
½ cup diced onion (½ med.)	½ teas. garlic powder
10 cups shredded cabbage, loosely packed (med. to large head)	½ teas. dill
1 cup apple slices* (1 med. apple)	¼ teas. dry mustard powder
¾ cup apple juice	1 teas. salt-free herb seasoning
2 Tbsp. vinegar	¼ teas. salt (optional)

*Granny Smith, Wine Sap, Braeburn, Cortland, Empire, Golden Delicious, Honey Crisp, or Ida Reds are good choices for this recipe

Directions: Heat the vegetable oil in a large heavy bottomed skillet. Peel onion, rinse after peeling; dice. Add the diced onion to the skillet and sauté for a few minutes. Rinse the cabbage, remove outer leaves and core. Chop into thin shreds, or shred using a food processor. Rinse apple, remove core, but do not peel. Cut the apple into thin slices. Add the shredded cabbage, apple slices, apple juice, vinegar, maple syrup, garlic, dill, mustard powder, herb seasoning, and salt to the skillet. Cover and simmer on medium heat for 15-20 minutes until cabbage and apples are tender. Stir every few minutes. You may serve this side dish warm, or cold as a salad. Braised cabbage goes well as a side dish with lean pork.

Substitutions: You may replace the mustard powder with 1 teas. prepared mustard, and you may use 1 Tbsp. of brown sugar or pancake syrup in place of the maple syrup or honey. For added color, add 1 cup of thinly sliced carrots when you add the apple slices.

Nutrition: This recipe provides vegetables and fruit. It is reduced in fat and sodium. To reduce the sodium further, eliminate the salt.



Broccoli Cauliflower Salad

Serves 8-10

Salad Ingredients:

4 cups chopped cauliflower (med. head)	1 cup raisins or craisins
4 cups chopped broccoli (med. bunch)	½ cup chopped walnuts
1 cup chopped purple/red onion (1 med.)	½ cup grated reduced fat cheese (optional)

Dressing Ingredients:

½ cup plain Greek yogurt	1 teas. salt free herb blend
¼ cup low fat mayonnaise	3 Tbsp. chopped fresh parsley or 1 Tbsp. dried
1 Tbsp. maple syrup	½ teas. salt
1 Tbsp. apple cider vinegar	¼ teas. pepper

Directions: Rinse cauliflower; cut into bite sized pieces. Rinse broccoli, trim tough ends, peel stem slightly to remove tough outer layer. Cut into bite sized pieces. Place cauliflower and broccoli pieces in a pan with about 1 inch of water and a steamer basket. Put the cauliflower on the bottom. Cover with the lid half off. Steam 4-5 minutes until vegetable pieces are just tender and still a little crunchy. Drain into a colander and rinse with cold water to stop the cooking. Refrigerate to drain and cool completely. Peel then rinse the onion and then chop. Add the onions, raisins, and chopped nuts to the vegetables, return to the refrigerator.

In a small mixing bowl, add the yogurt, mayonnaise, maple syrup, vinegar, herb blend, parsley, salt, and pepper. Mix well and pour over the broccoli/cauliflower mixture. Stir gently until dressing lightly covers all ingredients. Refrigerate ½ - 1 hour before serving. Just before serving, sprinkle on the grated cheese and stir gently.

Substitutions: You may use 8 cups of cauliflower or 8 cups of broccoli instead of 4 cups of each. A white onion may replace the red onion but the red onion adds a nice color contrast. Adding ½ cup of chopped red or yellow pepper will also add color. You may use ¾ cup of Greek yogurt and eliminate the mayonnaise. You may replace the plain yogurt with vanilla, but reduce the maple syrup to 1½ teas. You may use 1½ cup of the dried fruit and nut mix in place of the raisins and chopped nuts.

Nutrition: This recipe provides vegetables, fruit, and reduced fat dairy. It has reduced amount of sugar and sodium. To reduce the sodium further, eliminate the salt. To reduce the sugar, eliminate the maple syrup.



Cheesy Potato Casserole

Serves 10-12

Ingredients:

4 lb. grated or thinly sliced potatoes (12-15 med. potatoes will provide 7½ - 8 cups grated)	3 cups reduced fat shredded cheese
1 cup minced onion (1 med.)	1 cup low fat sour cream or plain Greek yogurt
22 oz. ready-to-serve (RTS) reduced sodium cream soup <u>or</u> a 10.5 oz. can of condensed low sodium soup + 1 soup can of water or low fat milk (or ½ of each)	1 Tbsp. Dijon style mustard
	1 egg or 2 Tbsp. dry egg mix + ¼ cup water
	½ teas. salt (optional)
	½ teas. pepper
	pan spray

Topping: (topping is optional but if you eliminate this, bake covered)

1½ cup dried whole grain bread crumbs; or use crushed whole grain unsweetened flaked cereal
(measure after crushing)
½ cup reduced fat grated cheese
2 Tbsp. melted butter (may also use a margarine or vegetable oil)
2 teas. salt-free herb seasoning

Directions: Spray one 9x13 inch baking dish with pan spray. Peel potatoes and onion; rinse after peeling. Grate or thinly slice potatoes and mince the onion. Place in a colander to drain excess fluid. Combine the soup, grated cheese, sour cream, mustard, egg and salt. Mix well. Add the grated potatoes and onions; mix again. Spread evenly in a 9 X 13 inch baking dish that has been sprayed with pan spray. If you like a thinner layer, use a 12 X 16 inch baking pan. Bake uncovered at 375° for 45 minutes, remove from oven and add topping. Prepare topping.

Topping: Mix bread crumbs, grated cheese, butter, and herb seasoning. Sprinkle evenly over potatoes. Return to oven and bake 30 more minutes until potatoes are tender and top is golden brown. Let it rest
5 – 10 minutes before serving.

To make homemade bread crumbs: Place 6 slices of whole wheat bread on a cookie sheet that has been sprayed with pan spray. Bake in a 275° oven for a 10 minutes to dry out; then crush with a rolling pin or pulse a few time in a food processor. Return to cookie sheet and bake another 5 – 10 minutes until golden brown. You can make a larger quantity of bread crumbs and store in the freezer in a sealed container.

Substitutions: Eliminate the salt if using regular soup (not reduced in sodium). You may also use frozen grated potatoes (hash browns) in place of the fresh ones.

Nutrition: This recipe contains vegetables, reduced fat dairy and whole grains (with the optional topping). It is lower in calories, fat, and sodium than the traditional cheesy potato casserole. To reduce the sodium further, eliminate the salt. To reduce the fat further, eliminate the butter from the topping and replace the sour cream with Greek yogurt.



Coleslaw

Serves 8 - 10

(depending on the size of the cabbage)

Ingredients:

1 medium head of cabbage
1 cup grated carrots (4 lg. 12 baby carrots)

1 cup chopped green pepper (1 lg.)

Vinegar and Oil Dressing Ingredients:

¼ cup vegetable oil
1 Tbsp. sugar or equivalent amount of sugar substitute

½ teas. dill
¼ cup vinegar or lemon juice
¼ teas. salt (optional)

Creamy Dressing Ingredients:

½ cup low fat mayonnaise
1 Tbsp. sugar or equivalent amount of sugar substitute

½ teas. dill
¼ cup vinegar or lemon juice
¼ teas. salt (optional)

Directions: Rinse vegetables. Remove core from cabbage. Remove stem and seeds from green pepper. Peel carrots unless using baby carrots; rinse after peeling. Shred or finely chop cabbage and pepper; grate the carrots. Mix well. Add either the creamy or vinegar and oil type dressing. Chill an hour before serving. Dressing recipe is enough for 1 medium sized head of cabbage.

Substitutions: For a fruity coleslaw, add 1 chopped apple or 1 cup of crushed pineapple or pineapple tidbits (drain the juice). With the pineapple coleslaw, you may use the pineapple juice to replace all or part of the vinegar.

Nutrition: This recipe provides vegetables and has less fat, sodium, and calories and than most coleslaw recipes. To reduce the calories further, use sugar substitute. To reduce the sodium further, eliminate the salt.



Corn Casserole

Serves 6-8

Ingredients:

1 can corn*, drained	2 Tbsp. cornstarch
1 can creamed corn*	½ - ¾ cup whole grain bread crumbs or unsalted cracker
1 egg or 2 Tbsp. dry egg mix + ¼ cup water	crumbs (about 15 –20 crackers)
½ cup low fat sour cream	2 teas. butter or margarine (trans fat free) or vegetable oil
¼ teas. salt	1 teas. salt-free herb seasoning
¼ teas. pepper	Pan spray

* 14.5 oz., no added salt or low sodium

Directions: In a medium sized mixing bowl, add corn, creamed corn, egg, sour cream, salt, pepper, and cornstarch. Mix well. Spray an 8 in. X 8 in. square or 10 in. round baking dish with pan spray. Add corn mixture to baking dish. Bake, covered, in a 350° preheated oven for 50 minutes. While corn is baking, prepare topping. Mix bread crumbs, butter or vegetable oil, and herb seasoning well with a spoon or your hands. Sprinkle bread crumb mixture on top of the corn after it has baked for 50 minutes. Return it to the oven, uncovered, and increase oven temperature to 375°. Bake for another 15 minutes until bread crumbs are golden brown and crisp.

Substitutions: You may replace the low fat sour cream with plain Greek yogurt or fat free sour cream. You may replace the canned corn with a 16 oz. bag of frozen corn (thaw before using). You may also add ½ chopped green or red peppers, and/or ½ cup of chopped onions. If desired, you may eliminate the bread crumb topping.

Nutrition: This recipe provides vegetables and whole grain (if whole grain bread crumbs are used) and has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt. To reduce the saturated fat further, replace the low fat sour cream with fat free sour cream or plain Greek yogurt; and use vegetable oil or trans fat free margarine rather than butter in the topping.



Cucumber Tomato Salad

Serves 6-8

Ingredients:

6 cups sliced cucumbers*	¼ teas. black pepper
1 lb. tomatoes (cherry, grape, or regular)	¼ teas. salt (optional)
¼ cup chopped or thinly sliced onions	2 Tbsp. vinegar
½ teas. dried dill weed	2 Tbsp. vegetable oil
¼ teas. garlic powder	1 teas. prepared mustard (yellow or Dijon)

*1 medium cucumber = about 1 cup

Directions: Rinse cucumbers well; you may either peel them, or leave on the peel. Slice the cucumbers very thin. Rinse tomatoes; slice or cut up into bite sized pieces. If using cherry or grape tomatoes, cut each in half. Peel then rinse onion. Chop or slice onion. Place vegetables in a flat bottom container. A flat bottomed container works better than a bowl as the vegetables will absorb more of the flavors from the dressing.

In a small bowl, whisk together the dill, garlic, pepper, salt, vinegar, vegetable oil, and mustard. Pour over vegetables. Cover container and chill for 1-2 hours before serving.

Substitutions: Adjust the quantities of cucumbers, tomatoes, and spices to meet your taste preferences. Vegetables may be cut into chunks rather sliced, however, thinly sliced or chopped vegetables will absorb more flavor from the dressing. You may use red or white onions.

Nutrition: This recipe provides vegetables and has about 1 teas. healthy oil per serving. Sodium content has been reduced; however, to reduce the sodium further, eliminate the salt.



Garden Pasta Salad

Serves 10-12

Ingredients:

8 ounces whole grain rotini (3 cups, dry)	1 can peas*, drained
2 tomatoes, chopped; or 1 pint of grape or cherry tomatoes, halved	1 cup reduced fat cheese, diced or grated
½ cup finely minced onion(1 small)	½ teas. garlic powder
1 cup diced green pepper (1 lg. pepper)	3 Tbsp. minced fresh herbs or 1 Tbsp. dried**
1½ cups diced celery (3 lg. stalks)	1 teas. salt-free herb seasoning
1 cup thinly sliced or grated carrots (12 baby or 2 lg. carrots)	¼ teas. salt (optional)
2 cups of broccoli or cauliflower, diced	¾ cup of low fat Italian dressing

*14.5 oz., no added salt or low sodium

**chives, parsley, or cilantro work well

Directions: Cook pasta according to package directions, until el dente. Drain then chill in refrigerator.

Rinse tomatoes, cut up into bite-sized pieces or halve the cherry tomatoes. Peel onion and carrots; rinse after peeling. Rinse pepper; remove seeds and stem. Rinse celery. Dice the onions, pepper, and celery. Slice or grate the carrots. Rinse and dice broccoli or cauliflower. Peel the tough outer layer on the broccoli stem so you can chop and use the stem also. Place the cooked pasta, vegetables, cheese, garlic, fresh herbs, herb seasoning blend, salt, and low fat Italian dressing in a large mixing bowl. Stir gently until all ingredients are lightly coated with the dressing. Chill at least an hour before serving.

Substitutions: You may use any combination of raw vegetables you choose; you will need about 9 cups. A 15.5 oz. can of low sodium black beans (drained and rinsed) may replace the peas. To make this a main dish salad, add 2 cups of cooked chopped ham, turkey, or chicken; a can of salmon (drained, skin and bones removed) or 1-2 cans of tuna (drained). Eliminate the salt if you use ham. You may use other types of pasta, but choose whole grain for the most flavor and fiber. A can of diced tomatoes* (drained) may replace the fresh tomatoes. 1½ cups of frozen peas, measured after thawing, may replace the canned peas. Low fat mayonnaise may replace the low fat Italian dressing.

Nutrition: This recipe provides whole grains, vegetables, and reduced fat dairy. It has more vegetables and less calories, fat, and sodium than most pasta salads. To reduce the sodium further, eliminate the salt.



Hash Brown Casserole

Serves 8 - 10

Ingredients:

6 cups grated potatoes, loosely packed
(6-8 potatoes, depending on size)
1 medium onion
¼ teas. salt or
1 teas. ham or chicken soup base
¼ teas. pepper
1 Tbsp. chopped dried chives

1 Tbsp. Dijon or yellow prepared mustard
1 cup reduced fat grated cheese
1 cup plain Greek yogurt
½ cup lean minced ham (optional)
½ teas. paprika
pan spray

Directions: Peel potatoes and onion, rinse after peeling. Grate potatoes and onion using a food processor or hand grater. Place in colander and allow to drain for 10 minutes to remove excess moisture. In a large mixing bowl, combine grated potatoes and onion, salt or soup base, pepper, chives, mustard, grated cheese, yogurt, and minced ham. Place in a large baking dish that has been sprayed with pan spray. Sprinkle paprika evenly on the top. Bake at 350° for 50 – 60 minutes until potatoes are done and edges are golden brown. To reduce the baking time in the oven, you may precook half way in the microwave (cook in the microwave 10 minutes), reduce baking time to 35 – 40 minutes.

Substitutions: For an occasional treat, replace the ham with ¼ cup cooked, crumbled bacon (grease drained and wrapped in paper towel to remove additional grease. You will need 4-6 slices of bacon, depending on thickness.

Nutrition: This recipe provides vegetables and is reduced in fat and sodium. To reduce the sodium further, eliminate the salt and ham, and use reduced sodium soup base.



Mashed Potatoes and Gravy

Serves 8 - 9

Potato Ingredients:

3 lb. potatoes, (9 med. sized) mixture of red and russet potatoes, or all russet (peeled and rinsed)

1¼ - 1½ cup of low fat or fat free milk, or evaporated skim milk

½ cup chicken or vegetable broth (use defatted broth from meat drippings)

¼ cup plain low fat yogurt or low fat sour cream

2 Tbsp butter or margarine

(use half this amount for reduced fat potatoes, or eliminate it for fat free potatoes)

¼ teas. salt and ¼ teas. pepper (to taste; to reduce sodium, eliminate the salt)

Directions: Peel potatoes; rinse after peeling. Cut the potatoes into cubes; steam until tender, about 15-20 minutes. Steaming is healthier and will produce better quality mashed potatoes. If boiling the potatoes, boil until tender, then drain.

Mash cooked potatoes with milk, broth, yogurt or low fat sour cream, and butter or margarine. For a thinner or thicker consistency, adjust the liquid. Add salt and pepper. Keep warm, or reheat as needed. For garlic mashed potatoes, add 1 – 2 teas. minced fresh garlic or ¼ to ½ teas. garlic powder when you mash the potatoes.

Gravy Ingredients:

1 cup fat free broth (or use defatted meat drippings*)

If using a powdered soup base, use one with no MSG and low in sodium.

If low sodium is not available, use half the amount of soup base recommended on the label.

1 tablespoon cornstarch (makes medium consistency gravy; for thicker gravy, use 1½ - 2 tablespoons)

You may use 2 Tbsp. of flour in place of the 1 Tbsp. of cornstarch.

¼ teas. pepper, ¼ teas. salt (omit the salt if using soup base that contains salt)

Directions: Heat the broth until simmering. Add the cornstarch to 1–2 Tbsp. cold water, stir until dissolved. Add the cornstarch/water mixture to the simmering broth; stir constantly as it thickens (will only take a minute or two).



*To make defatted meat drippings: chill the meat drippings until the fat layer on top becomes solid (you can add a few ice cubes to chill the drippings faster). Pour the chilled broth through a strainer and leave the solid fat behind or spoon off the solid fat layer. You can also use a fat separator pitcher which has the spout at the bottom of the pitcher. Poor off the broth from the bottom and leave the top fat layer behind.

Nutrition: This recipe provides vegetables and is reduced in fat and sodium. To reduce the sodium, eliminate the salt. To reduce the fat, reduce or eliminate the butter.



Pea and Peanut Salad

Serves 8-10

Ingredients:

½ cup low mayonnaise or low fat ranch dressing	1 Tbsp. vinegar (apple cider, red, or white)
½ cup low fat sour cream or plain Greek yogurt	1 cup chopped celery (2 lg. or 4-5 sm. to med. stalks)
1 teas. dill	½ cup chopped green or red pepper (½ lg. pepper)
½ teas. garlic powder	¼ cup chopped red or white onion (optional)
1 teas. salt-free herb seasoning	16 oz. bag of frozen peas, thawed
¼ teas. salt (optional)	1 cup unsalted peanuts
¼ teas. pepper	1 cup reduced fat cheese (diced or grated)

Directions: In a large mixing bowl, whisk together the low fat mayonnaise or ranch dressing, low fat sour cream or yogurt, dill, garlic powder, herb seasoning, salt, pepper, and vinegar. Rinse celery; chop. Rinse pepper, remove core and seeds; chop. Peel onion, rinse after peeling; chop. Add chopped vegetables to mixing bowl. Add thawed peas (peas may be thawed in the microwave on 50% power for 4-5 minutes). If peas are wet, gently pat with paper towel to remove excess moisture. Add peas, peanuts, and diced cheese to the mixing bowl. Stir gently until dressing coats the ingredients well. Chill in the refrigerator for at least an hour before serving. You may also make the salad the day before and refrigerate overnight. When serving, you may scoop the salad into lettuce cups or salad bowls.

Substitutions: 3 cans of peas* (drained well) may replace the frozen peas; however, the texture of the canned peas will be softer than the frozen peas. *Cans are 14.5 oz., reduced or low sodium. You may use ¾ cup of low fat mayonnaise and ¼ cup of low fat sour cream in place of a ½ cup of each, or you may use 1 cup of low fat mayonnaise or 1 cup of low fat sour cream. Using a red pepper and a red onion will give a nice color contrast to the salad. Adding ½ cup of thinly sliced carrots will also add color. Other nuts such as walnuts, pecans, almonds, or cashews may replace the peanuts. You may eliminate the peanuts and add 1 cup of chopped fruit and nut mix, or raisins or raisins. You may also add a cup of chopped tomatoes for additional flavor and color.

Nutrition: This recipe provides vegetables, reduced fat dairy, and protein (nuts). It is reduced in fat and sodium. To reduce the fat further, use the Greek yogurt in place of the sour cream, or you may use fat-free sour cream and fat-free mayonnaise. To reduce the sodium further, eliminate the salt.



Potato Salad

Serves 10-12

Ingredients:

3 lb. red potatoes, peeled* then rinsed, cut into ½ - ¾ in. cubes (about 6 ½ - 7 cups)	½ cup of low fat mayonnaise or plain Greek yogurt
½ cup diced onion (1 small onion)	½ cup low fat ranch dressing
1 cup grated or thinly sliced carrots (12 baby or 2 lg. carrots)	1 Tbsp. yellow or Dijon style mustard
1½ cup diced celery (3 lg. or 4-5 med. stalks)	3 Tbsp. minced fresh herbs (parsley, chives)
1 cup diced green pepper (1 lg. pepper)	½ teas. black pepper
½ cup radishes, thinly sliced (4-5 radishes)	1 teas. dill
2 cups frozen peas, thawed	½ teas. garlic powder
	½ teas. salt (optional)
	2 teas. salt-free herb seasoning

*If you prefer, leave on the skins and scrub the potatoes well before cooking.

Garnish: 3 hard cooked eggs, ½ teas. paprika

Directions: Boil cubes of potatoes 6-8 minutes until tender, but not too soft. Drain water and refrigerate the potatoes. Prepare other vegetables. Peel then rinse onion; chop. Peel then rinse carrots; grate. Baby carrots do not need peeling. Rinse then chop celery. Rinse pepper, remove seeds and stem; chop. Rinse radishes, slice thin. Thaw peas. Gently mix the potatoes and the rest of the vegetables.

In a small mixing bowl, whisk together the mayonnaise, ranch dressing, mustard, fresh herbs, pepper, dill, garlic powder, salt, and herb seasoning. Add to the bowl of potatoes and other vegetables. Gently stir until potatoes and vegetables are coated.

Cook Eggs: Cover eggs with an inch cold water in a pan. Bring the water to a full rolling boil. Turn off the heat, cover, and let it sit for 10-12 minutes. Chill immediately by running under cold water. Remove shells when eggs have cooled. Slice the hard cooked eggs. Garnish the top with the egg slices and paprika. Chill potato salad an hour before serving.

Substitutions: A 14.5 oz. can of low sodium peas (drained) may replace the frozen peas. 1 Tbsp. of dried herbs may replace the fresh. You may use any combination of vegetables you choose to add to the potatoes; you will need about 6½ cups. You may replace the dressing with the vinaigrette dressing used for the Wild Rice Vegetable Salad found in the FDP “Commods” cookbook.

Nutrition: This recipe provides vegetables. It has reduced amounts of fat and sodium. To reduce the fat further, use fat-free mayonnaise or plain Greek yogurt, and fat-free ranch dressing. To reduce the sodium further, eliminate the salt.



Roasted Red Potatoes

Serves 5 – 6

Ingredients:

1½ - 2 lb. red potatoes (5-6 med. sized potatoes)

1 Tbsp. olive or canola oil

½ teas. salt-free herb seasoning

½ teas. Italian seasoning

¼ teas. salt

pan spray

Directions: Scrub and rinse the potatoes. Peel and rinse if you prefer the potatoes without peelings. Cut into 1 inch cubes or slices; small potatoes can be quartered. In a large bowl, combine potatoes with oil, herb seasoning, Italian seasoning, and salt. Stir well so all potatoes are coated. If you prefer, you may cut the potatoes into strips so they resemble French fries.

Spray a large baking pan with pan spray. Place potatoes on the pan. Spread out the pieces of potatoes so they are in 1 layer. Bake in a 400° oven until tender and edges are crisp, about 30-45 minutes depending on the size of the potato chunks. You may serve the potatoes with barbecue sauce as a dip. BBQ sauce recipe is in the snack, appetizer, and sauce section of the FDP “Commods” cookbook.

Substitutions: White or gold potatoes may replace the red potatoes. You may choose other spices rather than the Italian seasoning. Rosemary or thyme would also add a nice flavor to the potatoes.

Nutrition: This recipe provides a flavorful potato with less fat than a fried potato. There is about ½ teas. of oil per serving. Sodium content is also reduced; to reduce the sodium further, eliminate the salt.



Quick and Easy Salads

Make salads with leafy, colorful lettuces like red or green leaf, spinach, romaine, and kale. Clean a few days' supply at a time so you can put together salads in minutes. A salad spinner is a great tool to add to your kitchen. Use the salad spinner to clean the lettuce and to remove excess moisture. You can store the cleaned lettuce and other cleaned vegetables in vegetable bags to keep them fresher for a longer time. When you are pressed for time, buy bags of lettuce or spinach that have already been cleaned. Be sure to rinse all your vegetables and fruits before using – even those that you peel, and you don't eat the peel. Use low fat or light salad dressings, but be careful and read labels. Some of the light dressings have extra sugar added. Salad dressings are suggestions only; choose any dressing you like.

Vary the ingredients of these salads to suit your tastes. To turn any of these into a main dish salad, add strips or chunks of grilled fish or chicken breast, hard cooked eggs, lean ham, lean roast beef or venison.

Mixed Greens with Craisins or Strawberries

2 quarts mixed greens, ½ cup craisins (dried cranberries) or 1 cup sliced strawberries,
½ cup chopped walnuts, 1 small can mandarin oranges (drained and chilled)

Toss ingredients together, serve with low fat raspberry or low fat cranberry vinaigrette salad dressing.

Mixed Greens with Beets

2 quarts mixed greens, ½ can canned beets (drained and chilled, may use regular or pickled beets)
1 carrot, diced or sliced, 2 Tbsp. feta or parmesan cheese

Toss ingredients together, serve with low fat French, Italian or low fat vinaigrette salad dressing.

Mixed Greens with Apples

2 quarts mixed greens, 1 chopped apple, 1 diced stalk of celery, ½ cup chopped walnuts

Toss ingredients together, serve with low fat vinaigrette or low fat raspberry vinaigrette salad dressing.

Mixed Green Salad with Peas

2 quarts mixed greens, ½ pkg. frozen peas (thawed and drained, pat dry with paper towel)
2 cups of other raw vegetables: tomatoes, carrots, celery, cucumbers, green peppers; pick any combination you choose from this list; if pressed for time; you can clean and chop these ahead of time.

Toss ingredients together, serve with low fat ranch salad dressing.

Nutrition: These recipes provide vegetables; some also provide fruit.



Scalloped Potatoes

Serves 8-10

Ingredients:

1 Tbsp. cornstarch
½ teas. salt
¼ teas. pepper
½ teas. garlic powder
¼ teas. nutmeg (optional)
¼ cup cold low fat, skim, or evaporated skim milk

2¼ cups low fat, skim, or evaporated skim milk
8 oz. Neufchatel cheese (low fat cream cheese)
2 qt. (8 cups) thinly sliced red or russet potatoes
(or half of each), loosely packed, about 3 lb
Pan Spray

Directions: In a medium sized, heavy bottomed sauce pan, add the cornstarch, salt, pepper, garlic powder, nutmeg, and ¼ cup cold milk. Stir a minute until no lumps of cornstarch remain. Gradually pour in the 2¼ cups of milk; cook on low heat until the mixture is hot. Add the Neufchatel cheese. Continue stirring until mixture simmers, cheese melts and the mixture starts to thicken; do not boil. Set the pan to the side, off the burner.

Peel potatoes; rinse after peeling. Slice the potatoes into very thin slices. Spray an 8 X 13" baking dish with pan spray. Spread potatoes evenly into pan. Pour the sauce over the potatoes in the baking dish; mix gently so all potatoes are covered with sauce. Cover the pan with foil.

Bake in a 350° oven for 60 – 70 minutes until potatoes are tender. If desired, brown the top of the potatoes under the broiler for a few minutes. Watch closely so the potatoes do not burn.

Substitutions: Cream soup (22 oz., ready -to-serve, reduced sodium, or a 10.5 oz. can of condensed reduced sodium soup + 1 soup can of low fat milk) may replace the milk. 2 tablespoons of all-purpose flour may replace the cornstarch. For cheesy scalloped or au gratin potatoes, add 1½ cups of reduced fat grated cheese to the pan when you add the milk, or top the potatoes with grated cheese the last 10 minutes it bakes. For a main dish, add 1½ cups (about 8 oz.) diced lean ham.

Nutrition: This recipe provides vegetables and low and reduced fat dairy. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt. If you add the reduced fat grated cheese or the lean diced ham, this will add about ½ serving of fat to each serving. Because ham is higher in salt, this protein source is for occasional use.



Spinach Pasta Salad

Serves 6 - 8

Ingredients:

6 ounces whole grain rotini (2 cups, dry)	2 stalks green onions, chopped (optional)
4 cups spinach leaves, torn into small pieces (prewashed, or rinsed and patted dry)	4 Clementine oranges (rinse, peel, cut in half, separate sections)
1 cup chopped fruit and nut mix	¼ cup fresh herbs, chopped (cilantro, parsley, or basil)

Dressing:

3 Tbsp. low sodium soy or teriyaki sauce	¼ teas. dried ginger
¼ cup apple cider vinegar	¼ teaspoon black pepper
1 teaspoon garlic powder	1 tablespoon honey or maple syrup
1 Tbsp. of zest from the Clementines	3 Tbsp. vegetable oil
2 Tbsp. orange juice	

Directions: Cook pasta according to package instructions, drain but do not rinse. Refrigerate until cool. While pasta is boiling, prepare the dressing. In a jar combine all dressing ingredients. Cover and shake to combine. Chill until ready to use. In a large bowl toss together pasta, spinach, chopped fruit and nut mix, chopped onions, orange sections, and fresh herbs. Just before serving, shake dressing again and pour over salad, toss, and serve.

Substitutions: Any whole grain pasta may replace the rotini. Volume of dry pasta that equals 6 oz. varies with the type of pasta used but will be approximately 1½ - 2 cups. Any green leafy lettuce (leaf lettuce, kale or romaine) may replace the spinach. You may replace the chopped fruit and nut mix with ½ cup raisins or cranberries + ½ cup chopped nuts (walnuts, pecans, cashews, pine nuts, or peanuts). You may replace the clementine oranges with any fresh orange from the mandarin family, or use an 8 oz. can or 2, 4 oz. cans of mandarin oranges (drained). You may replace the fresh herbs with 1½ Tbsp. of dried herbs but for the best flavor, use fresh. For the dressing, you may use ½ teas. onion powder + ½ teas. garlic powder instead of 1 teas garlic powder. For a main dish, add ¾ to 1 lb. cooked boneless, skinless chicken breast, (chilled and diced, about 2½ – 3 cups); or use a 12-16 oz. can of chicken, drained.

Nutrition: This recipe provides vegetables, fruit, and whole grains. It is reduced in sodium and fat. If you add the chicken, the recipe also provides lean protein.



Baked Sweet Potato Fries

Serves 6

Ingredients:

4 cups sweet potatoes cut into French fry-size pieces (about 1 lb. or 4 - 6 sweet potatoes)
1 Tbsp. vegetable oil
¼ teas. salt

¼ teas. pepper
½ teas. salt-free herb seasoning
pan spray

Directions: Peel sweet potatoes; rinse after peeling. Cut in half lengthwise so you have a flat side for cutting the potatoes into strips. Cut into 3-4 inch long French fry-sized pieces. Toss potatoes in a bowl with vegetable oil, salt, pepper, and herb seasoning. Stir well so all potato strips are coated with oil and seasonings. Spray a cookie sheet with sides with pan spray. Spread potato strips evenly on the baking sheet.

Bake in a 400° preheated oven for 10 minutes; stir potatoes and return to the oven for another 10-15 minutes. Potato strips are done when they are tender and edges are crisp and golden brown.

Substitutions: For a hot spicy flavor, add ½ teas. chili powder and ¼ teas. cayenne pepper. For another different taste, replace the pepper and herb seasoning with ½ teas. ground cinnamon and ¼ teas. ground ginger.



Nutrition: This recipe provides a low fat “fried” vegetable with about ½ teas. of oil per serving. Sweet potatoes are packed full of vitamin A and a good source of fiber.



Tomato Basil Pie

Serves 6-8

Ingredients:

1 layer pie crust for an 8 -10 inch pie pan*	½ teas. dried oregano
¾ lb. tomatoes** (3 med. sized)	¼ cup fresh basil leaves or 4 teas. of dried basil
¼ cup minced onion (½ sm. onion)	1 cup grated reduced fat cheese
1 cup chopped cooked lean ham (optional)	¼ cup low fat or fat free ranch dressing
½ teas. garlic powder or 2 teas. minced garlic	3-4 tomato slices and basil leaves on top if desired
¼ teas. black pepper	

*refer to the pie crust recipe in dessert section of the LDF FDP cookbook

**for the best taste, use in season tomatoes

Directions: Roll out the pie crust and press into an 8 – 10 inch pie or quiche pan; poke lightly with a fork. Bake at 375° for 10 minutes. Remove from the oven. While the crust is baking prepare the rest of the ingredients. Rinse the tomatoes, remove stem and core, then thinly slice. Place in colander a few minutes for excess juice to drain. Reserve a few tomato slices for the top. Peel then rinse onion; mince and measure ¼ cup. Chop cooked ham. Alternately layer the sliced tomatoes, minced onion, and chopped ham on the crust. Evenly sprinkle on the garlic powder, pepper, oregano, and basil. Reserve a few basil leaves for the top. Mix grated cheese with ¼ cup ranch dressing. Spread this on top of the tomato and ham layers. Top with a few tomato slices and basil leaves. Cover with foil. Bake at 375° for 30 minutes. Remove foil, return to oven, and bake another 25 - 30 minutes. Allow it to rest for 5 – 10 minutes before cutting into slices.

Substitutions: You may replace the fresh tomatoes with a 14.5 oz. cans of salt-free diced tomatoes (drain well). You may also replace the pie crust with the biscuit crust from the spinach quiche recipe found in the FDP cookbook. Additional optional items: ½ cup minced green pepper, ¼ cup chopped black olives, and/or ½ cup chopped zucchini. Reduce the amount of tomatoes by the same amount of items added.

Nutrition: This recipe provides vegetables, protein, and reduced fat dairy. It has reduced amounts of sodium and fat. To reduce the fat further, use the crust from the spinach quiche recipe. To reduce the sodium further, eliminate the ham.



Wild Rice Apple Salad

Serves 8 – 10

Ingredients:

1 cup wild rice (will make 3½ cups cooked)	1 teas. cinnamon (or ½ teas. cinnamon +
3 cups chopped apples (3 - 4 med. apples)	¼ teas. nutmeg, + ¼ teas. cloves)
1 cup chopped celery (2 lg.)	¼ teas. salt (optional, eliminate if the lemon pepper
1 cup chopped dried fruit and nut mix	used in the dressing contains salt)

Dressing: Apple Vinaigrette

¼ cup apple cider vinegar or lemon juice	½ teas. lemon pepper (salt-free and no MSG)
¼ cup of apple juice	1 Tbsp. prepared mustard (stone ground or Dijon-style)
2 Tbsp. maple syrup	¼ cup of vegetable oil

Directions: Rinse wild rice in a strainer until water runs clear. Add rinsed wild rice to a heavy pan, cover with 3½ cups of water. Bring to a boil; reduce to a low simmer and continue simmering about 30 – 40 minutes until all the water is absorbed. Or, simmer for 15 minutes, turn the burner off, and let it sit until water is absorbed. Rice should be slightly chewy but not crunchy. Cool the cooked rice in the refrigerator at least an hour. You can also cook the rice a day ahead of time and keep it in the refrigerator until it is needed. Rinse and core apples and rinse celery; chop. Put the dried fruit and nut mix in a cup and cut into small pieces with scissors. After the rice is chilled, add the apples, celery, dried fruit and nut mix, spices, and salt (optional). Add the dressing and chill another hour before serving.

For the dressing: Add all of the ingredients to a jar with a tight fitting lid and shake well. You may also use a blender and pulse a few times until well mixed.

Substitutions: You may replace the maple syrup with pancake syrup or honey. You may use low fat vinaigrette, such as raspberry vinaigrette, in place of the apple vinaigrette. You may replace the lemon pepper with ¼ teas. black pepper and 1 teas. of lemon juice. You may replace the 1 cup of dried fruit and nut mix with ½ cup of chopped nuts and ½ cup of chopped dried fruit. Try walnuts or almonds for the nuts. Try raisins, raisins, dried apricots, dried plums, dried blueberries, or dates for the dried fruit.

Nutrition: This recipe contains fruit, vegetables, and whole grains. It has reduced amounts of fat and sodium. To further reduce the sodium, eliminate the salt.

Adapted from a recipe from “Mino Wiisinidaa! Let’s Eat Good!” Great Lakes Indian Fish & Wildlife Commission



Wild Rice Vegetable Salad

Serves 8 – 10

Ingredients:

1 cup wild rice (will make 3½ cups cooked)

4 cups minced, thinly sliced, or shredded raw seasonal vegetables

Carrots, cabbage, broccoli, celery, cauliflower, radishes, peppers (green, red, and yellow) sugar snap peas, tomatoes, spinach, green onions, purple onions, etc.

1/3 cup chopped fresh herbs such as: parsley, dill, cilantro, basil, and chives; choose 1 or a mixture of these. If you don't have fresh herbs, use 2 Tbsp. dried.

1 cup chopped walnuts (optional)

½ teas. salt (optional)

Dressing: Apple Cider Vinaigrette

Makes 1 cup

½ cup apple cider vinegar

½ teas. black pepper or lemon pepper (salt-free and no MSG)

1 Tbsp. water

1 Tbsp. prepared mustard (stone ground or dijon-style)

2 Tbsp. maple syrup

¼ cup of vegetable oil

Directions: Rinse wild rice in a strainer until water runs clear. Add rinsed wild rice to a heavy pan, cover with 3½ cups of water. Bring to a boil; reduce to a low simmer and continue simmering about 30 – 40 minutes until all the water is absorbed. Or, simmer for 15 minutes, turn the burner off, and let it sit until water is absorbed. Rice should be slightly chewy but not crunchy. Cool the cooked rice in the refrigerator at least an hour before mixing in the vegetables. You can also cook the rice a day ahead of time and keep it in the refrigerator until it is needed.

For the dressing: Add vinegar, water, syrup, pepper, mustard and vegetable oil to a jar with a tight fitting lid; shake well.

Mix the vegetables and cooked rice together. Stir in the apple cider vinaigrette; mix well. Chill at least an hour before serving.

Substitutions: You may replace the maple syrup with pancake syrup or honey. You may replace the apple cider vinaigrette with 1 cup of any low fat vinaigrette dressing.

Nutrition: This recipe contains vegetables and whole grains. It has reduced amounts of fat and sodium. To further reduce the sodium, eliminate the salt.

Dressing recipe adapted from "Mino Wiisinidaa! Let's Eat Good!" Great Lakes Indian Fish & Wildlife Commission



Yellow Squash Casserole

Serves 8 -10

Ingredients:

6 – 8 cups thinly sliced yellow squash	
½ cup chopped onion (1/2 med. sized onion)	
1 can diced tomatoes* (include juice)	
1 teas. garlic powder	1 teas. salt free herb seasoning
1 teas. dried basil	1 cup evaporated skim milk
½ teas. salt**	4 Tbsp. dry egg mix
¼ teas. black pepper	32 saltine crackers, no salted tops, crushed
1 teas. prepared mustard	2 Tbsp. soft butter or trans fat free margarine
	1 cup reduced fat grated cheese
	pan spray

*14.5 oz., no added salt or low sodium

**omit salt if you are using regular diced tomatoes or crackers with salted tops.

Directions: Rinse squash, remove a little from stem and bottom end. Slice thinly. Peel onion; rinse after peeling. Chop onion. Simmer squash, chopped onion, diced tomatoes, garlic powder, basil, salt, pepper, mustard, and herb seasoning in a large pot until squash and onion are tender, about 10 minutes.

In a separate small bowl, mix together the egg mix and milk. Add a little milk at a time to the dry egg mix to make a paste, then add the rest of the milk. Add this to squash mixture. In the small bowl, mix crushed crackers with butter; mix well. Stir half of the cracker mixture into the squash mixture.

Spread squash mixture into a 9 X 13 casserole dish that has been sprayed with pan spray. Sprinkle remaining cracker mixture and grated cheese on top. Bake in a 375° preheated for 30 - 40 minutes until lightly browned on top. Let the casserole rest 5 minutes before cutting into servings.

Substitutions: You may replace yellow squash with zucchini squash. You may use 4 medium sized tomatoes (about 1 lb.) in place of the canned tomatoes. You may use margarine (trans fat free) or vegetable oil in place of the butter. If you use whole eggs, use 2 eggs and decrease the evaporated milk by ½ cup. For a main dish, add 2 cups of chopped cooked ham, chicken, or turkey. Use lean ham; remove skin and underlying fat from chicken or turkey. For a lower sodium casserole, use chicken or turkey. As a main dish, this will provide 6 servings.

Nutrition: This recipe provides vegetables, reduced and fat-free fat dairy, and has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt. To reduce the saturated fat, use vegetable oil or margarine in place of the butter.



Zucchini Carrot Fritters

Makes 15-18 fritters

Ingredients:

2 cups grated zucchini or yellow squash	½ teas. paprika
1 cup grated carrots (12 baby or 2 lg. carrots)	½ teas. garlic powder
½ cup minced celery (1 large or 2 med. stalks)	½ teas. dill
½ cup minced onion (1 small onion)	1 teas. salt-free herb seasoning
¼ teas. salt	¼ teas. salt
½ cup medium barley	¾ - 1¼ cup bakery mix
1 egg or 2 Tbsp. egg mix + ¼ cup water	vegetable oil for frying
1 cup reduced fat grated cheese	plain yogurt or low fat sour cream for topping

Directions: Toss together zucchini, carrots, onions, celery, and ¼ teas. salt. Place in a colander and allow to drain an hour. With your hands, squeeze out as much water as possible. Cook the barley in 1 cup of water, about 45 minutes, until the barley is tender and the water is absorbed.

In a large mixing bowl, combine drained vegetables, cooked barley, egg, grated cheese, paprika, garlic, dill, herb seasoning, and ¼ teas. salt. Mix well. Add ¼ cup bakery mix at a time, stir well after each addition. The amount of bakery mix varies slightly, depending on the moisture content of the vegetables.

Heat a few tablespoons of oil in a large heavy bottom skillet to medium heat. Scoop about 2 Tbsp. of fritter batter for each fritter; flatten slightly with the back of a spoon. Pan fry the fritters a 4-5 minutes on a side, until golden brown. Transfer fritters to a paper towel lined plate to drain. If desired, serve with a dollop of yogurt, yogurt sauce*, or low fat sour cream.

You may also bake the fritters. Scoop 2 Tbsp. of the fritter batter into each section of a muffin tin. Bake at 375° 12-15 minutes until browned and firm to the touch. This is a lower fat option.

*Yogurt sauce: 1/2 cup plain yogurt, 2 Tbsp low fat Miracle Whip or low fat mayonnaise, 1 teas. honey, 1 teas. lemon juice, 1 tsp Dijon mustard, and ½ teas. Mrs. Dash. Mix well.

Substitutions: You may use all zucchini and eliminate the carrots. You may use about 1 cup of crushed saltine crackers (unsalted tops) to replace the barley; however the barley provides the whole grain. If you use salted crackers, eliminate the added salt to the batter.

Nutrition: This recipe provides vegetables, whole grains (barley), and reduced fat dairy. Baking the fritters, rather than frying, will reduce the fat content. The sodium content is reduced; however to reduce it further, eliminate the ¼ teas. of salt from the batter.



Breads, Muffins, and Breakfast Items



Breads, Muffins, and Breakfast Items

Apple Cinnamon Bread
Artisan Bread
Banana Bread
Blueberry Oatmeal Scones
Breakfast Pizza
Cinnamon Nut Bread
Corn Bread
Cranberry Orange Bread
Cranberry Sauce Muffins
French Toast (baked, stuffed)
Fruit Muffins
Ginger Bread
Granola
Herbed Cheesy Monkey Bread
Irish Soda Bread
Maple Cinnamon Pumpkin Rolls
Pumpkin Apricot Bread
Pumpkin Pancakes
Strata (breakfast casserole)
Whole Wheat Bread
Wild Rice Pancakes
Zucchini Bread



Apple Cinnamon Bread

Makes 2 loaves or 6-8 mini loaves

Ingredients:

¼ cup vegetable oil	1 cup whole wheat flour
1 cup unsweetened applesauce	½ teas. salt
½ cup white sugar	2 teas. baking powder
½ cup brown sugar (packed)	4 teas. cinnamon
2 eggs (or 4 Tbsp. dry egg mix + ½ cup water)	½ teas. cardamom (optional)
2 teas. vanilla extract	4 cups chopped tart apples (4 med. apples)
1 cup milk	1 cup chopped walnuts or pecans (optional)
2 cups all purpose flour	pan spray

Topping:

2 Tbsp. all purpose flour	2 Tbsp. brown sugar
2 Tbsp. dry oatmeal	1 Tbsp. cinnamon
2 Tbsp. white sugar	2 Tbsp. cold butter, cut into small pieces

Directions: In a large mixing bowl, cream together oil, applesauce white sugar, brown sugar, eggs, and vanilla. Add milk and mix again. In a separate bowl, add all purpose flour, whole wheat flour, salt, baking powder, cinnamon, and cardamom. Mix well then gradually add dry ingredients to the wet ingredients. Mix well; batter will be thick. Rinse apples, and then chop. Add chopped apples and nuts; mix again. Divide batter into 2 loaf pans that have been sprayed with pan spray. In a small mixing bowl, add the ingredients for the topping and mix well until the mixture is the consistency of corn meal. Sprinkle the mixture on top of the batter. Bake in a 350° preheated oven for 55 – 60 minutes, until a knife inserted into the center comes out clean. Bake mini loaves 40 – 45 minutes.

Substitutions: You may use green or red apples or a mixture of each. Granny Smith, Wine Sap, Braeburn, Cortland, Empire, Golden Delicious, Honey Crisp, or Ida Reds are tart and flavorful and will work well in this recipe. You may replace the whole wheat flour with uncooked oatmeal. Add oats to a blender or food processor and pulse a few seconds. Measure 1 cup of the oats after blending.

Nutrition: This recipe provided whole grains and fruit. It has less sugar, fat, and sodium than most quick breads. To reduce the sodium further, eliminate the salt. For a fat free version, eliminate the oil and add another ¼ cup of applesauce.



Artisan Bread

Makes 2 loaves

Ingredients:

2¾ cup warm water (not hot, close to body
temp. is warm enough for the yeast)
1 Tbsp. dry yeast*
1 teas. sugar

3 cups all purpose flour**
1 teas. salt
3 cups white whole wheat flour

*if the yeast is past its best use by date, double the yeast or add 2 teas. baking powder when the whole wheat flour is added

** more will be used when flouring the board while kneading the dough

Directions: Add water, yeast, and sugar to a large mixing bowl. Stir gently to dissolve the yeast. After a few minutes you should see growth or a bloom on the water's surface. After you see the yeast begin to bloom, add all purpose flour 1 cup at a time; mix well after each addition. Add 1 teas. salt. Beat the mixture several minutes until the batter drops off the spoon in a sheet. At this point, add 3 cups of whole wheat flour 1 cup at a time. Keep mixing until flour pulls away from the sides bowl and dough is formed. Flour amounts are approximate as air temperature and humidity will affect the amount needed.

Turn dough out onto a floured board; scrape the sides of the bowl to remove all of the pieces of dough. Knead dough ball several minutes on a floured board until dough is smooth. Divide dough evenly in half. Knead each half another minute and shape into loaves. You may shape the dough into a round shape, or shape into bread pan loaves; rolling dough helps shape the dough into a loaf. Spray bread pans with pan spray, place dough seam side down. Spray top of dough lightly with pan spray or spread a half teaspoon of vegetable oil evenly on top. Turn on the oven for 1 minute, then turn it off. Place bread into oven and let it rise for 50 – 60 minutes. Dough should double in size. Do not remove bread from the oven. Turn on the oven to 350°. Set timer for 45 minutes. When the timer goes off, turn the oven off but leave the bread in the oven for another 15-20 minutes. Bread will be golden brown when done and sound hollow when tapped on top. Remove from oven and place on cooling racks. When cooled to room temperature, slice. Lay the loaf on its side to slice.

Nutrition: Artisan bread is a simple recipe consisting of water, yeast, flour, and salt. This recipe provides whole grains, has no added fat, and is reduced in sodium. To reduce the sodium further, eliminate the salt.



Banana Bread

Makes 2 loaves

Healthy Recipe Changes: Try cutting the salt in half or eliminating it
 Try reducing the sugar by $\frac{1}{4}$ or $\frac{1}{2}$
 Substitute unsweetened applesauce for the oil (all or half)
 Try using $\frac{1}{4}$ or $\frac{1}{2}$ whole grain flour or dry rolled oats

Original Ingredients (for comparison purposes only, do not use this, use the healthy recipe)

3½ cups all purpose flour	2 Tbsp. lemon juice
$\frac{3}{4}$ cup vegetable oil	1 cup milk
1 teas. salt	2 cups sugar
1 teas. baking soda	2 eggs
1 Tbsp. baking powder	$\frac{1}{2}$ cup chopped pecans or walnuts (optional)
2 cups mashed, very ripe bananas (4-6 bananas)	



Healthier Banana Bread

Makes 2 loaves

Ingredients:

2 cups all purpose flour	2 Tbsp. lemon juice
1½ cup whole wheat flour	$\frac{3}{4}$ cup applesauce
$\frac{1}{2}$ teas. salt	1 cup sugar
1 teas. baking soda	(or $\frac{1}{2}$ cup packed brown sugar and $\frac{1}{2}$ cup white sugar)
1 Tbsp. baking powder	2 eggs or $\frac{1}{4}$ cup dry egg mix and $\frac{1}{2}$ cup water
2 cups mashed very ripe bananas (4-6 bananas)	1 cup low fat or fat free milk
	$\frac{1}{2}$ cup chopped pecans or walnuts (optional)
	Pan spray

Directions: Mix together all purpose flour, whole wheat flour, salt, baking soda, and baking powder. In a separate bowl, mix mashed bananas, lemon juice, applesauce, sugar, eggs, and milk. Mix well. Gently stir wet and dry ingredients together. Spray loaf pans with pan spray; pour batter into the 2 pans. Bake in a 350° preheated oven for 1 hour, until knife inserted into center comes out clean. When cool to the touch, remove from pan and slice.

Substitutions: You may use 2 cups of blended canned fruit to replace the mashed bananas.

Nutrition: This recipe provides whole grains and fruit. It has less fat, sodium, and sugar than most quick bread recipes. To reduce the sodium further, eliminate the salt.



Blueberry Oatmeal Scones

Serves 8

Ingredients:

2 cups bakery mix	1 egg (or 2 Tbsp. dry egg mix + $\frac{1}{4}$ cup water)
$\frac{3}{4}$ cup oatmeal	$\frac{1}{4}$ cup milk
$\frac{1}{4}$ cup packed brown sugar	$\frac{1}{2}$ teas. cinnamon
1 cup blueberries	$\frac{1}{4}$ teas. nutmeg
	pan spray

Glaze (optional):

$\frac{1}{2}$ cup powdered sugar	$\frac{1}{2}$ - 1 teas. lemon extract
1 Tbsp. lemon juice	(taste the glaze after $\frac{1}{2}$ teas. is added; add another
zest from 1 lemon (optional)	$\frac{1}{2}$ teas. if you prefer more lemon flavor)

A substitute for the powdered sugar glaze is to pour $\frac{1}{4}$ cup of maple syrup or honey on top

Directions: In a large mixing bowl, stir together bakery mix, oatmeal, and brown sugar. Add blueberries, egg, milk, cinnamon, and nutmeg; mix gently. Turn dough out onto a lightly floured board. Knead dough a minute until ingredients are well mixed. Spray a baking pan with pan spray. Use an 8" or 9" round or square pan, or a cookie sheet. Pat dough into baking pan, or shape into a circle or square on a cookie sheet. Bake in a 375° preheated oven for 13-15 minutes, until top is golden brown.

Mix ingredients for glaze. Drizzle glaze on top after scones have cooled slightly but are still warm. Cut into triangles or squares.

Substitutions: You may replace blueberries with peaches; use orange juice and orange extract in the glaze. You may replace blueberries with cherries; use apple or cherry juice and almond extract in the glaze. Other fresh or canned fruits may also be used. If using canned fruit, drain the liquid from the can. Use canned fruit packed in juice or light syrup, not heavy syrup. If the fruit is especially juicy, you may need to add $\frac{1}{4}$ - $\frac{1}{2}$ cup of bakery mix or reduce the milk slightly.

Nutrition: This recipe provides whole grains and fruit. It has less fat, sodium, sugar and calories than most scone recipes. To reduce the sugar content further, eliminate the glaze.



Breakfast Pizza (Deep Dish)

Serves 6-8

Ingredients:

Crust:

1¼ cup bakery mix

1/3 cup cold water (6 Tbsp.)

Topping:

1 cup chopped lean ham

3 eggs or 6 Tbsp. dry egg mix and ¾ cup water**

½ cup diced tomatoes* (½ lg.)

1 Tbsp. low fat milk

½ cup diced green peppers (½ lg.)

1 teas. salt free Italian seasoning

¼ cup diced onion (½ sm.) (optional)

¼ teas. pepper

1 cup grated potatoes (1 med. or 2 sm.)

1 cup reduced fat grated cheese
pan spray

*If using canned tomatoes, ½ cup = about half of a 14.5 oz. can, no added salt or low sodium, drain well.

**With dry egg mix, add half of the water and mix to form a paste; then add the rest and mix well.

Directions: In a medium sized mixing bowl, mix together the bakery mix and water to form a soft dough. Knead lightly a few times. Spray a 10 inch round quiche pan or 8 X 10 inch square pan with pan spray; press the dough evenly in the pan or roll out with a rolling pin on a lightly floured board and then place dough in the pan. Press dough up the sides about an inch to form an edge. Rinse tomato and onion (rinse onion after peeling). Rinse pepper, remove stems and seeds. Chop vegetables. Peel potato, rinse after peeling. Grate potato or mince finely. Pressing vegetables gently in a strainer; drain any liquid from chopped and grated vegetables.

On top of dough layer, sprinkle chopped ham, tomatoes, green peppers, onions, and grated potatoes. Mix eggs with 1 Tbsp. milk, Italian seasoning, and pepper; pour on top. Bake in a 375° preheated oven for 30 minutes. Add grated cheese on top and bake another 5 -10 minutes until eggs are set, cheese is melted, and crust is lightly browned. Allow it to rest 5 minutes, and then slice into wedges or squares.

Substitutions: You may replace the ham with light sausage. Cook sausage and drain grease by placing cooked sausage in a strainer and rinsing with hot water. You may replace the Italian seasoning with ½ teas. basil, ¼ teas. thyme, and ¼ teas. oregano. Additional ingredients may include sliced black olives, chopped broccoli, or other chopped vegetables.

Nutrition: This recipe provides lean protein (with lean ham) or protein (with light sausage), reduced fat dairy, and vegetables. It is reduced in fat and sodium. To reduce the sodium or fat further, eliminate the ham or sausage.



Cinnamon Nut Bread

Makes 2 Loaves

Ingredients:

Bread dough to make 2 loaves
(use recipe found in the FDP cookbook)
4 Tbsp. softened butter (divided)

4 Tbsp. cinnamon (divided)
2/3 cup packed brown sugar (divided)
2 cups fruit and nut mix, chopped (divided)
pan spray

Directions: Divide bread dough in 2 equal sections. Lightly flour a large cutting board. Using a rolling pin, roll out 1 ball of dough into a rectangle about 8 X 16 inches. Spread the surface with 2 Tbsp. soft butter. Sprinkle evenly on the dough 2 T. cinnamon and 1/3 cup of brown sugar. Then spread out 1 cup of chopped fruit and nut mix. Repeat with the second ball of dough.

Tightly roll up the rectangles, pinching the edges as you roll so the filling does not fall out. Place each loaf in a bread pan that has been sprayed with pan spray. You may also shape into 2 loaves and bake on a cookie sheet.

Bake in a 350° preheated oven for 45-50 minutes until top is nicely browned and the loaf has a hollow sound when tapped on top. When done, remove bread from pans and place on cooling racks.

For an occasional treat, top with a glaze made of ½ cup powdered sugar and 1 Tbsp. of apple juice. Divide glaze between loaves and drizzle on the loaves after they have baked and cooled slightly, but will warm.

Substitutions: You may use prepared frozen whole wheat bread dough in place of homemade. 1 cup of dried fruit and 1 cup of chopped nuts may replace the 2 cups of fruit and nut mix.

Nutrition: This recipe provides whole grains. It has less fat and sugar than most cinnamon bread or cinnamon roll recipes.



Corn Bread

Makes 1 loaf, or 1 pan, or 1 dozen muffins

Ingredients:

1½ cups cornmeal
½ cup whole wheat flour
1 Tbsp. baking powder
1 can creamed corn*

1 egg (or 2 Tbsp. dry egg mix + ¼ cup water or milk)
¼ cup milk
2 Tbsp. honey or maple syrup
Pan spray

*14.5 oz., no added salt or low sodium

Directions: In a large mixing bowl, stir together cornmeal, whole wheat flour, and baking powder. Add creamed corn, egg, honey and milk; stir gently until well mixed. Spray a loaf pan or an 8 - 9 inch square or round pan with pan spray; a cast iron skillet works well also. Pour batter into the pan (batter will be thick).

Bake in a 375° preheated oven for 35-40 minutes, until top is golden brown and a knife inserted into the center comes out clean. When cooled, cut into 12 slices, squares, or wedges.

For Muffins: Spray a 12 count muffin pan with pan spray or line each cup with paper muffin liners. Scoop an even amount into each section. Bake in a 375° preheated oven for 20-25 minutes, until muffins are golden brown and a knife inserted into the center comes out clean.

For an added occasional treat, serve with maple butter. Mix ¼ cup of maple syrup with ½ cup (1 stick) of soft butter or buttery spread. You may use honey in place of the maple syrup. For cinnamon honey/maple butter, add ¼ teas. cinnamon.

Substitutions: Water or evaporated skim milk may replace the milk. For a cheesy corn bread, add ¾ cup of reduced fat grated cheese. For a cholesterol free corn bread, use 2 eggs whites to replace the whole egg.

Nutrition: This recipe provides whole grains and fiber. It has less fat, sodium, and calories than most corn bread recipes.



Cranberry Orange Bread

Makes 2 loaves
or 6 mini loaves

Ingredients:

2 cups all purpose flour	¼ cup vegetable oil
1½ cup dry rolled oats (after measuring, process in a food processor)	1 egg or 2 Tbsp. dry egg mix + ¼ cup water
½ teas. salt	½ cup unsweetened applesauce
3 teas. baking powder	½ cup sugar (white or brown, or ¼ cup of each) pack the brown sugar when measuring
½ teas. baking soda	1 teas. orange extract (optional)
1 teas. cinnamon	½ cup chopped walnuts or pecans (optional)
2 cups fresh cranberries	¾ cup orange juice
zest and juice from a medium orange	pan spray

Directions: In a large mixing bowl, add flour, rolled oats, salt, baking powder, baking soda, and cinnamon; mix well. Rinse 2 cups of fresh cranberries; chop and set aside. Rinse an orange, then zest and juice the orange and add this to the cranberries. Cream together in a small mixing bowl: vegetable oil, egg, applesauce, sugar and orange extract. To this, add the cranberries, orange extract, nuts, and orange juice, then mix again. Add this to the large mixing bowl with the flour mixture. Gently stir until all ingredients are mixed well. Batter will be thick. Pour batter into 2 loaf pans that have been sprayed with pan spray. Bake in a 350° preheated oven for 60-70 minutes until a knife inserted into the center comes out clean.

For an occasional treat make orange butter to go with the bread. Mix well: 4 Tbsp. powdered sugar, 4 Tbsp. softened butter and ¼ teas. orange extract.

Substitutions: For mini loaves, bake at 350° for 45-50 minutes. You may replace the nuts with ½ cup of the fruit and nut mix (chop well).

Nutrition: This recipe provides whole grains and fruit, and has reduced amounts of sodium, fat, and sugar. To reduce the fat further, eliminate the oil and add ¼ cup of applesauce. To reduce the sodium further, eliminate the salt.



Cranberry Sauce Muffins

Makes 1 dozen

Ingredients:

2 cups low fat bakery mix	2 cups cranberry sauce (whole berry sauce, not gelled)
¼ teas. salt	½ cup low fat milk
1 teas. ground cinnamon	2 Tbsp. vegetable oil
½ cup fruit and nut mix, finely chopped (optional)	1 teas. vanilla extract
1 egg (or 2 Tbsp. dry egg mix + ¼ cup water)	¼ cup packed brown sugar
	¼ cup white sugar
	Pan spray or paper muffin liners

Directions: In a large mixing bowl, add the bakery mix, salt, cinnamon, and chopped fruit/nut mix; stir well. In a separate bowl, cream together the egg, cranberry sauce, milk, oil, vanilla, and brown and white sugars. Add this mixture to the large mixing bowl of the dry ingredients. Stir gently until mixed; do not over beat.

Spray a 12 count muffin pan with pan spray or line each cup with paper muffin liners. Fill each cup with about 1/3 cup of the batter; divide batter evenly among the 12 cups. Bake in a preheated 400° oven for 20 -23 minutes until golden brown and knife inserted into the center comes out clean.

You may make 1 loaf of bread with this recipe instead of muffins. Pour batter into a loaf pan that has been sprayed with pan spray. Bake in a preheated 350° oven for 45-50 minutes, until a knife inserted into the center of the loaf comes out clean.

Substitutions: You may replace the vanilla extract with orange extract. You may use ½ cup chopped nuts to replace the fruit and nut mix.

Nutrition: This muffin recipe provides grain and fruit. It has less fat, sodium, and sugar than most muffin recipes and is a great way to use up leftover cranberry sauce after the holidays. To reduce the sodium further, eliminate the salt.



Baked Stuffed French Toast

Serves 6-12

(1-2 slices per serving)

Ingredients:

12 slices whole wheat bread	3 eggs or 6 Tbsp. dry egg mix + $\frac{3}{4}$ cup water
8 oz. pkg. Neufchatel Cheese (soft, at room temp.)	1 teas. vanilla
Pan spray	$\frac{1}{4}$ cup packed brown sugar
6 Tbsp. chopped fruit and nut mix (optional) (about $\frac{1}{3}$ cup)	$\frac{3}{4}$ teas. cinnamon
$1\frac{1}{2}$ cup fruit, cut into bite sized pieces (blueberries, raspberries, banana, strawberries)	$\frac{1}{4}$ teas. nutmeg
$1\frac{1}{2}$ cup low fat milk	maple or pancake syrup
	$\frac{1}{2}$ - 1 cup sliced fresh fruit for garnishing (optional)

Directions: Spread 12 slices of whole wheat bread with the Neufchatel cheese. Divide evenly; about a rounded tablespoon per slice. Place 6 slices face up in a 9 X 13 casserole dish that has been sprayed with pan spray. Sprinkle a Tbsp. of the chopped fruit and nut mix on each slice. Next, add $\frac{1}{4}$ cup of chopped fruit to each slice. Place the other 6 slices of bread, cheese side down, on top of the bread and fruit in the casserole dish. Add the milk, eggs, vanilla, brown sugar, cinnamon, and nutmeg, to a mixing bowl; whisk. Pour the milk evenly over the bread in the casserole dish. Refrigerate and let it sit for about an hour before baking. You may also make this the night before; refrigerate, and bake the next morning. Cover with foil and bake in a 350° preheated oven for about 40 minutes; remove foil and bake for another 20-25 minutes, until egg mixture is firm and set (note the Neufchatel cheese will be soft and will stick to a knife if inserted to test for doneness). Allow to rest for about 5 minutes before serving. Add 1 Tbsp. maple syrup on top when serving. You may also garnish each serving with a small amount fresh fruit.

Substitutions: You may use whole wheat cinnamon bread to replace the whole wheat bread, but eliminate the cinnamon in the recipe. You may replace the fresh fruit with canned or frozen fruit. If using canned fruit, drain well and cut into bite-sized pieces (canned fruit should be packed in juice, light or extra light syrup). If using frozen fruit, thaw, drain well, then cut into bite sized pieces. You may replace the fruit and nut mix with 3 Tbsp. each of chopped dried fruit and nuts. Dried cranberries or blueberries, or raisins will work well. You may also replace the brown sugar with a sugar substitute; follow package directions for the amount equal to $\frac{1}{4}$ cup regular sugar.

Nutrition: This recipe provides whole grains, low fat dairy, and protein. It has less sugar and fat than most French toast recipes. To reduce the sugar further, use sugar substitute and top the French toast with fresh fruit rather than syrup. To reduce the cholesterol, use a low cholesterol egg substitute.



Fruit Muffins

Makes 12 muffins

Ingredients:

2¼ cups low fat bakery mix	1 egg (or 2 Tbsp. egg mix + ¼ cup water)
½ cup oatmeal	1 teas. lemon or vanilla extract
1 cup low fat or fat free milk	1 teas. cinnamon
1/3 cup packed brown sugar	Pan spray
2 cups fresh fruit chopped into small pieces (i.e. blueberries, peaches, apricots, apples, plums, raspberries, blackberries, strawberries; if the fruit is especially juicy, you may need to reduce the milk by ¼ cup)	

Directions: In a large mixing bowl, stir together bakery mix and oatmeal. Add milk, brown sugar, chopped fruit, egg, extract, and cinnamon. Stir gently until ingredients are mixed. Do not over stir or beat.

Spray a 12 count muffin pan with pan spray or line each cup with paper muffin liners. Fill each cup with about 1/3 cup of the batter; divide batter evenly among the 12 cups. Bake in a 375° preheated oven for 15 minutes, until top is golden brown and toothpick inserted into the center comes out clean.

Substitutions: You may substitute canned fruit for the fresh fruit. Drain canned fruit and cut into small pieces. To reduce the cholesterol, use 2 eggs whites or ¼ cup of cholesterol free liquid egg substitute in place of an egg.

Nutrition: This recipe provides grains, whole grains and fruit. It has less fat, sodium, sugar, and calories than must muffin recipes.



Ginger Bread

Serves 12

Ingredients:

½ cup unsweetened applesauce	¼ teas. salt
½ cup molasses*	2 teas. ground ginger
¼ cup brown sugar (packed) or maple sugar	½ teas. ground nutmeg
1 egg or 2 Tbsp. egg mix + ¼ cup water	1 teas. ground cinnamon
1 cup all purpose flour	1 cup fruit and nut mix, finely chopped (optional)
1 cup whole wheat flour	1 cup low fat milk
1 teas. baking soda	pan spray

*For a more intense flavor, choose dark or full flavor molasses; for a mild flavor, choose light or mild flavor molasses. Light refers to flavor intensity, not reduced calorie. When measuring the molasses, first spray the measuring cup with pan spray and it will slide out easier.

Directions: Cream together applesauce, molasses, brown sugar, and egg. In a separate bowl, mix dry ingredients: all purpose flour, whole wheat flour, baking soda, salt, ginger, nutmeg, cinnamon, and optional fruit and nut mix. Add creamed ingredients to the dry ingredients, stir gently until mixed. Pour in milk a little at a time; stir gently until well mixed. Pour batter into an 8 X 8 pan that has been sprayed with pan spray. Bake in a 350° preheated oven for 35 - 40 minutes until a knife inserted into the center comes out clean. If desired, sprinkle 1 Tbsp. powdered sugar on top. For an occasional treat, serve with lemon sauce or glaze.

Lemon Sauce: In a small heavy bottomed sauce pan, add 1 Tbsp. cornstarch and 3 Tbsp. lemon juice*; mix until there are no lumps. Add ¾ cup water, 1/3 cup white sugar, ¼ teas. lemon extract, and the zest from 1 lemon (zest is optional but will provide more lemon flavor). Stir continuously until sauce thickens. Drizzle a small amount over the pieces of gingerbread when serving.

*If you are using a fresh lemon, it needs to be at room temperature or warmed slightly before juicing.

Lemon Glaze: Refer to the blueberry scone recipe in the “Commods” Cookbook for lemon glaze.

Substitutions: You may replace the brown or maple sugar with ¼ cup of maple syrup; decrease the milk by ¼ cup if you use syrup.

Nutrition: This recipe contains whole grains and has less sugar, fat, and sodium than most quick bread recipes. To reduce the sodium further, eliminate the salt.



Granola

Makes 12 cups
(24 ½ cup servings)

Ingredients:

8 cup dry oats (quick cooking or regular)
½ cup shredded unsweetened coconut (optional)
¼ teas. salt (optional)
1 Tbsp. ground cinnamon
½ cup maple syrup or honey
¾ cup unsweetened fruit juice
(apple, apple cranberry, or orange)

2 teas. vanilla
4 cup chopped fruit and nut mix
(use a food processor, or add to a large
cup and chop using large kitchen scissors)
pan spray

Directions: Add oats, coconut, salt, and cinnamon to a large mixing bowl. In a separate small mixing bowl, add maple syrup or honey, fruit juice, and vanilla; stir. Gradually pour the liquid ingredients over the oats while stirring the oat mixture. Mix well so all oats are coated evenly. Spray a large baking sheet (with sides) with pan spray. Place in a 350° preheated oven. Bake for 30 - 40 minutes, stirring every 10 minutes. Granola should be slightly crunchy and golden brown when done. Remove from the oven and add the chopped fruit and nuts; mix well so the dried fruit is not in clumps. When completely cooled and dry, store in a container with a tight fitting lid. Serve as a breakfast cereal with low fat milk or use as a topping for yogurt or low fat ice cream.

Substitutions: You may replace the fruit and nut mix with 2 cups of chopped nuts and 2 cups of chopped dried fruit.

Nutrition: This recipe provides whole grains, fruit, protein (nuts), and low fat dairy (if served with low fat milk). It has less sugar and fat than most types of commercial or homemade granola. Nuts provide a type of healthy fat. It is reduced in sodium. To reduce the sodium, eliminate the salt.



Herbed Cheesy Monkey Bread

Serves 12

Ingredients:

3½ cups low fat bakery mix	2 teas. dried parsley
1 cup water	2 teas. dried chives
2 Tbsp. vegetable oil	½ to 1 teas. rosemary
(or 1 Tbsp. vegetable oil + 1 Tbsp. butter)	1 cup reduced fat grated cheese
¼ teas. garlic powder	pan spray

Directions: Stir the bakery mix and water together to form a soft dough. Knead lightly. Form into 12 small balls of dough, about 2 inches in diameter. If you first spray your hands with pan spray, it helps to keep the dough from sticking to your hands. Spray an 8" X 8" casserole dish, 8" round pan, or bundt pan with pan spray. Arrange the dough balls evenly in the pan.

Mix the vegetable oil with the garlic, parsley, chives, and rosemary. Spread evenly over the dough. Top with grated cheese. Bake in a 375° preheated oven for 20 minutes until nicely browned.

Substitutions: You may use bread dough in place of the bakery mix. You may use 1½ teas. of minced fresh garlic in place of the garlic powder. Two Tbsp. of fresh herbs may replace 2 teas. of dried herbs. You may also use any combination of herbs you like. Try basil, oregano, parsley and garlic for an Italian flavor.

Nutrition: This recipe provides grains and reduced fat dairy. If you use butter in place of the vegetable oil, this will add saturated fat to the recipe.



Irish Soda Bread

Makes 1 loaf

Ingredients:

1 cup all purpose flour
1 cup whole wheat flour
¼ teas. salt

1 teas. sugar
½ teas. baking soda
1 cup low fat buttermilk
pan spray

Directions: Add the all purpose and whole wheat flours, salt, sugar, and baking soda to a large mixing bowl. Mix well. Gradually pour in the buttermilk until the mixture comes together into a ball of dough. Turn the dough out onto a lightly floured surface. Knead a few times and shape into a round ball. Place dough onto a baking sheet or pan that has been sprayed with pan spray. With a sharp knife, cut an X shape into the top of the dough, about a half inch deep.

Bake in a 375° preheated oven until golden brown, about 40 – 45 minutes.

Substitutions: Although traditional Irish soda bread does not contain added fruit or nuts, you may add ½ cup raisins or ½ cup chopped fruit and nut mix if you wish. You may replace the buttermilk with low fat milk you sour yourself. To make your own sour milk, remove 1 Tbsp. of milk from a cup of milk, add 1 Tbsp. of white vinegar. Let the milk sit for 10 minutes until milk starts to curdle.

Nutrition: This recipe provides whole grains and is low in fat. It has reduced amounts of sodium. To reduce the sodium further, eliminate the salt.



Maple Cinnamon Pumpkin Rolls

Makes 2 dozen

Ingredients Dough:

2 tablespoons active dry yeast	1/3 cup white sugar
½ cup lukewarm water	1/3 cup maple sugar
2 eggs or 4 Tbsp. dry egg mix + ½ cup water	½ teaspoon salt
¼ cup vegetable oil	3 cups all purpose flour (more as needed for forming and kneading dough)
1 can of pumpkin (15 oz.)	3 cups white whole wheat flour
2 teas. maple extract	pan spray
½ cup low fat milk	

Ingredients Filling:

1/4 cup butter, melted (divided)	2 Tbsp. ground cinnamon (divided)
1/2 cup maple sugar (divided)	

Ingredients Icing: (Icing is optional)

4 tablespoons maple syrup	1 Tbsp. melted butter
1 teaspoon ground cinnamon	1 cup powdered sugar

Directions: In a large bowl, dissolve yeast in warm water. Add the eggs, oil, pumpkin, maple extract, milk, white and maple sugars, salt and 3 cups all purpose flour. Beat until smooth. Stir in 1 cup of white whole wheat flour at a time until you have a soft dough. Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes. Add a little all purpose flour to the board as you knead the dough to keep it from sticking to the board. Divide dough in half. Roll each portion into a 12x8-in. rectangle; brush with 2 Tbsp melted butter. Combine ¼ cup maple sugar and 1 Tbsp. cinnamon; sprinkle over dough to within 1/2 in. of edges. Roll up jelly-roll style, starting with a long side; pinch seams to seal. Cut each into 12 slices. Repeat with the other half of the dough. Place slices in two 13 x 9-in. baking pans (or one 13 x 18 in.) that have been sprayed with pan spray. Cover and let rise in a warm place until doubled, about 45 -50 minutes.

Bake at 350° for 25-30 minutes or until golden brown. While buns are baking, prepare the icing. In a small mixing bowl, combine the maple syrup, cinnamon and melted butter. Add powdered sugar gradually; beat until smooth. Rolls should be warm, not hot, when you spread on the icing. Serve warm.

Substitutions: You may replace the maple sugar with brown sugar and the maple extract with vanilla. You may add ½ cup of chopped nuts and/or ½ cup raisins or craisins to the dough when you sprinkle on the cinnamon and sugar. Gently press the nuts or dried fruit into the dough prior to rolling it up.

Nutrition: This recipe contains pumpkin, which packs a nutritional boost, and whole grains. It has reduced amounts of fat, sugar, and sodium. To reduce the sugar further, eliminate the icing. To reduce the sodium further, eliminated the salt. This is a healthier version of a sweet roll; however, it is still considered an occasional treat.



Pumpkin Apricot Bread

Makes 2 loaves or 6-8 mini loaves

Ingredients:

1½ cup whole wheat flour	3 teas. baking soda
1 cup all-purpose white flour	1 cup chopped dried fruit & nut mix, (optional)
½ cup corn meal	½ cup white sugar or brown sugar (packed); or ¼ cup each
1 Tbsp. cinnamon	2 eggs (or 4 Tbsp. egg mix + ½ cup water)
1 teas. dry ground ginger	¼ cup oil
1 teas. nutmeg	14.5 oz. can pureed apricots (puree including juice from can)
1 teas. cloves	15 oz. can pumpkin puree (not pumpkin pie mix)
½ teas. salt (optional)	pan spray

Directions: Combine whole wheat flour, all-purpose flour, cornmeal, spices, salt, baking soda, and chopped fruit & nut mix into a large mixing bowl; stir well. In another smaller mixing bowl, cream together sugar, 2 eggs (or dry egg mix + ½ cup water), oil, pureed apricots, and pumpkin. Add the wet ingredients to the dry ingredients; mix gently, do not beat. Batter will be thick.

Spray 2 bread pans with pan spray. Evenly divide batter between the pans (about 3¼ cup per pan). Bake in a 350° preheated oven for 45 – 50 minutes, until knife inserted into center of the bread comes out clean. When cool, slice each loaf into 12 slices. You can save one for later by freezing it in a tightly sealed plastic bag (use within 1-2 months). For 6-8 mini loaves, bake for 30 – 35 minutes.

For muffins, use about 1/3 cup scoop of dough for each muffin; divide evenly. Bake in a 375° preheated oven for 20 – 25 minutes, until knife inserted into center of muffin comes out clean. Makes 2 dozen

For pumpkin bars, spray a 9 X 13 pan with pan spray. Spread the batter evenly in the pan. Bake in a 350° preheated oven for 25 – 30 minutes, until knife inserted into center of bars comes out clean. Cut into 24 servings. If adding icing, pumpkin bars should cool first. Cut into bars after spreading on the icing.

Substitutions: You may use 1½ cup of all-purpose flour and eliminate the corn meal. 2 Tbsp. pumpkin pie spice may replace the cinnamon, ginger, nutmeg, and cloves. If cutting the recipe in half, one half of a 15 oz. can is about 7/8 cup. You may replace the apricots with 3, 4oz. containers of unsweetened applesauce + ¼ cup of apple juice or water, or you may use canned peaches or pears

Nutrition: This recipe provides whole grains and fruit and has less calories, fat, and sodium than the traditional quick bread recipe. Pumpkin has lots of potassium, fiber, and beta carotene (a form of vitamin A). To make the bread fat and cholesterol free, use 4 eggs whites or ½ cup of cholesterol free liquid egg substitute in place of the whole eggs and replace the ¼ cup of oil with ¼ cup of water. To reduce the sodium further, eliminate the salt.



Pumpkin Pancakes

Makes 12-15 pancakes,
depending on size

Ingredients:

2 cups low-fat low sodium bakery mix	1 teas. vanilla
2 Tbsp. brown sugar (packed)	1½ cup low fat (1%) milk
2 teas. ground cinnamon or pumpkin pie spice	pan spray
1 egg (or 2 Tbsp. egg mix + ¼ cup water)	maple or pancake syrup, or powdered sugar
7/8 cup canned pumpkin puree (3/4 cup + 2 Tbsp., half of a 15 oz. can; <u>not</u> pumpkin pie mix)	

Directions: Stir the bakery mix, brown sugar, cinnamon, and egg together in a large mixing bowl. Add the pumpkin and vanilla. Then add the milk a little at a time, stirring gently after each addition. Stir gently until well mixed but do not beat.

Spray a heavy bottom pan or griddle with pan spray; preheat to medium - medium high heat. Pour batter by ¼ cupfuls onto the pan or griddle. Batter is thick; spread out a little with a knife or back of a spoon. Turn pancakes when bubbles form on top then break. Cook on second side until it is golden brown.

Serve with warm syrup, about 1 Tbsp. per pancake; or sprinkle with a small amount of powdered sugar.

Substitutions: For an interesting twist, add ¾ cup chopped dried fruit and nut mix to the batter, or sprinkle on the mix when serving. You may replace the fruit and nut mix with ½ cup raisins (dried cranberries) and ¼ cup chopped walnuts or pecans. You may also use the batter to make waffles. For cooking the waffles, follow the directions that come with the waffle maker.

Nutrition: This recipe provides grains and the pumpkin packs a lot of nutrition into a pancake. Pumpkins have lots of potassium, fiber, and beta carotene (a form of vitamin A). This recipe has less fat, sugar, and calories than the most pancake recipes. Just remember to go easy on the syrup!



Strata
(Breakfast Casserole)

Serves 4

Ingredients:

4 slices of whole grain bread	1 cup reduced fat grated cheese
4 eggs (or ½ cup dry egg mix + 1 cup water)	1 cup diced, cooked lean ham (optional)
1 cup low fat (1%) milk	½ teas. salt-free herb seasoning
	Pan spray

Directions: Spray an 8-9" square baking pan with pan spray; press the 4 slices of bread in the bottom of the pan. Combine the eggs, milk, grated cheese, chopped ham, and herb seasoning in a mixing bowl. Stir well. Pour the egg mixture on top of bread layer in the pan.

Refrigerate the pan 30 minutes before baking, so the egg and milk mixture soaks into the bread. You can also refrigerate it overnight and bake it the next morning. Bake in a 325° preheated oven for 1 - 1 ¼ hours, until lightly brown and center is firm. Let it rest 5 minutes before cutting into servings.

Substitutions: If you use the dry egg mix in place of the whole eggs, it will mix more easily if you add the water a little at a time to the egg powder. Evaporated skim milk may replace low fat milk. You may add 1 drained can of spinach (14-15 oz., low sodium or no added salt), 1 cup of another cooked, chopped green vegetable, or a small amount of minced onion to the egg mixture.

You may double the recipe and use a 9 X 13 in. rectangular baking dish.

For a southwest flavor add ½ teas. chili powder and 1 can diced tomatoes (drained).

For a pizza flavor add 1 teas. Italian seasoning, ¼ teas. garlic powder, 1 can diced tomatoes (drained), and use parmesan or mozzarella (or half of each) for the grated cheese.

Nutrition: This recipe provides protein, whole grains, and low and reduced fat dairy. The optional ham will provide lean protein. It has less fat than strata recipes make with whole milk or cream and regular cheese. You do not need to add salt to this recipe; ham and cheese already contain salt. To reduce the sodium, eliminate the ham.



Whole Wheat Bread

Makes 2 loaves

Ingredients:

2 pkg. or 2 Tbsp. dry yeast granules	¼ cup honey or maple syrup*
3 cups water (warm, not hot)	1½ cups all purpose flour
1 teas. sugar	4 cups whole wheat flour (3¾ - 4¼ cups)
2 Tbsp. dry egg mix or 1 egg	1 teas. salt
(reduce water by ¼ cup if using an egg)	1 cup dried potato flakes
2 Tbsp. vegetable oil, + 2 teas. for dough when rising	(instant mashed potatoes)
	Pan spray

* First spray the measuring cup with pan spray so the honey will slide right out

Directions: Dissolve yeast in warm water in a large mixing bowl. Water should be warm to the touch, but not hot; hot water will kill the yeast. Add 1 teas. granulated sugar. This checks the activity of the yeast when it starts to grow. After a few minutes, there should be a cover of yeast growth. Add the dry egg mix, 2 Tbsp. oil, honey, all purpose flour, 1 cup of the whole wheat flour, and salt. Beat these ingredients well, for several minutes, until the batter produces a sheet-like layer when dropped from a spoon. This step is important as this develops the gluten which helps the bread rise properly. You may use an electric mixer in place of mixing it by hand.

Next, add the dried potato flakes, mix well. Add the rest of the whole wheat flour, about ¼ - ½ cup at a time. You may need to increase or decrease the flour slightly as humidity affects the amount needed. When there is enough flour, dough will no longer stick to the sides of the bowl. Knead dough on a lightly floured board for several minutes until dough has a smooth consistency. To knead dough, press dough ball a few times, turn it a quarter, press again, and repeat. Divide in half. Shape into 2 loaves, and place into bread pans which have been sprayed with pan spray. Spread 1 teas. of oil on top of each loaf. Loaves need to rise in a warm oven until doubled in size. To warm the oven, turn the oven on for 1 minute, then turn it off, and then place the loaves of bread dough in the oven. Allow the loaves to rise until doubled, about 45 – 60 minutes. Turn the heat on in the oven to 350° and bake for 45 minutes. Turn off the oven but leave the bread in the oven another 15 minutes. Bread is done when top is lightly browned and a hollow sound occurs when you tap the top of the bread. Remove the loaves from the oven and place on a cooling rack or towel. Slice when cooled. It is best to slice bread by laying it on its side, not from top to bottom.

Substitutions: You may replace ½ of the whole wheat flour with oatmeal. Blend oatmeal in a food processor prior to measuring.

Nutrition: This recipe provides whole grains and has less sodium and fat than most bread recipes. To reduce the sodium further, eliminate the salt.



Wild Rice Pancakes

Makes 12-15 pancakes,
depending on size

Ingredients:

2 cups low-fat bakery mix
¼ cup cornmeal
½ cup cooked wild rice
¼ cup chopped walnuts (optional)

½ cup raisins (dried cranberries) or dried blueberries
1 egg (or 2 Tbsp. dry egg mix + ¼ cup water)
½ teas. vanilla
1¾ cup low fat (1%) milk
pan spray
maple or pancake syrup

Directions: Combine the bakery mix, cornmeal, wild rice, walnuts, and raisins in a large mixing bowl; stir. Add the egg, vanilla, and the milk (add the milk a little at a time). Stir gently with a spoon until well mixed but do not beat.

Spray a heavy bottom pan or griddle with pan spray; preheat to medium - medium high heat. Pour batter by ¼ - 1/3 cupfuls onto the pan or griddle. Turn pancakes when bubbles form on top then break. Cook on second side until it is golden brown.

Serve with warm syrup, about 1 Tbsp. per pancake.

Substitutions: You may use chopped pecans in place of the walnuts, or eliminate the nuts. You may replace the walnuts and raisins with ¾ cup of the fruit and nut mix (chopped). To chop the fruit and nut mix, put it into a large cup and cut into small pieces with kitchen shears. If you use fresh fruit in place of the dried fruit, add 1 cup chopped fresh fruit (drained). If you use fresh cranberries, add 1 Tbsp. of sugar to the batter. You may replace the corn meal with ¼ cup bakery mix, whole wheat flour, or uncooked oatmeal.

Nutrition: This recipe provides grains. Wild rice adds fiber and flavor to this recipe. This recipe has less fat, sugar, and calories than the most pancake recipes. Just remember to go easy on the syrup!



Zucchini Bread

Makes 2 loaves

Healthy Recipe Changes: Try cutting the salt in half or eliminating it
 Try reducing the sugar by $\frac{1}{4}$ or $\frac{1}{2}$
 Substitute unsweetened applesauce for the oil (all or half)
 Try using $\frac{1}{2}$ whole grain flour or dry rolled oats

Original Ingredients (for comparison purposes only; do not use this, use the healthy recipe)

3 cups all purpose flour	1 teas. baking powder
1 teas. salt	1 Tbsp. cinnamon
1 teas. baking soda	1 Tbsp. vanilla extract
1 cup vegetable oil	2 cups grated zucchini, firmly packed
2 $\frac{1}{4}$ cup sugar	1 cup chopped walnuts or pecans (optional)
3 eggs	



Healthier Zucchini Bread

Makes 2 loaves

Ingredients:

1 $\frac{1}{2}$ cup all purpose flour	$\frac{1}{2}$ cup vegetable oil
1 $\frac{1}{2}$ cup whole wheat flour	1 cup sugar (or $\frac{1}{2}$ cup packed brown sugar and $\frac{1}{2}$ cup white sugar)
$\frac{1}{2}$ teas. salt	2 eggs (or 4 Tbsp. dry egg mix and $\frac{1}{2}$ cup water)
1 teas. baking powder	1 Tbsp. vanilla extract
1 teas. baking soda	2 cups grated zucchini, firmly packed
4 teas. cinnamon	1 cup chopped walnuts or pecans (optional)
1 cup applesauce (unsweetened)	Pan spray

Directions: Mix together all purpose flour, whole wheat flour, salt, baking powder, baking soda, and cinnamon in a large mixing bowl. In a separate bowl, beat the applesauce, oil, sugar, eggs, and vanilla until smooth. Stir in the zucchini (and nuts, if desired). Gently stir wet and dry ingredients together. Spray loaf pans with pan spray; pour batter into the 2 pans. Bake in a 350° preheated oven for 1 – 1 $\frac{1}{4}$ hour, until knife inserted into center comes out clean. When cool, remove from pan and slice.

Substitutions: You may use yellow squash to replace the zucchini. You may use 2 cups of grated carrots (firmly packed) and 1 cup of crushed pineapple (include the juice) in place of the zucchini and applesauce.

Nutrition: This recipe provides whole grains, fruit, and vegetables. It has lower amounts of fat, sodium, and sugar than most quick break recipes. To reduce the sodium further, eliminate the salt.



Desserts

Desserts

Apple Cinnamon Bread Pudding

Apple Crisp

Apple Slices (fried)

Blueberry Pie Bars

Chocolate Pie

Cookies

- Ginger Snap

- Oatmeal Coconut Raisin

- Peanut Butter

- Sugar Cookies with Butter Cream Frosting

- White Chocolate Chip Craisin

Fruit Pizza

Peach Cobbler

Plum Cobbler

Pumpkin Bars

Pumpkin Caramel Cake

Pumpkin Cheesecake

Pumpkin Pie (pie crust recipe included)

Rhubarb Custard Bars

Rice Pudding

Strawberry Shortcake



Apple Cinnamon Bread Pudding

Serves 10 -12

Ingredients

4 cups whole grain bread cubes (½ in. cubes) (about 8 slices, day old)	1½ cup low-fat milk
1 cup minced apple pieces (1 med. apple, peeled; leave the peel on for more fiber)	½ cup maple syrup
3 eggs, beaten, or 6 Tbsp. dry egg mix + ¾ cup of water or milk	1 Tbsp. melted butter
4 oz. cup unsweetened applesauce (½ cup)	2 teas. ground cinnamon
	1 teaspoon vanilla extract
	1 cup fruit and nut mix
	pan spray

Directions: Cut bread into ½ inch cubes. Rinse apple, peel if desired, and remove core, then mince. Beat eggs, applesauce, milk, syrup, melted butter, cinnamon, and vanilla in a large mixing bowl. Add bread cubes, minced apple, and fruit and nut mix. Let mixture sit for 20 minutes so bread can absorb the milk mixture. Pour into an 8 X 8 baking dish that has been sprayed with pan spray. Bake in a 325° preheated oven for 1¼ – 1½ hour, until knife inserted into the middle comes out clean. When done, let it rest 15 minutes prior to cutting into squares and serving.

Substitutions: You may replace the fruit and nut mix with ¾ cup dried fruit + ¼ cup chopped walnuts or pecans. Raisins, craisins, chopped dried apples or apricots would be good choices. Applesauce may be replaced with ½ cup of pureed canned fruit (apricots, peaches, pears, or mixed fruit). Low fat milk may be replaced with evaporated skim milk (shake can before using).

For an occasional treat, top each piece with 2 teas. of caramel sauce. To make the caramel sauce: mix 1 cup of packed brown sugar, ½ cup evaporated skim milk or regular low fat milk, 2 Tbsp. butter, and a pinch (1/16 teas.) of salt in a heavy bottomed sauce pan. If using canned milk, shake the can well before opening. Cook on low-medium heat, gently whisking continuously while cooking. After the mixture starts to bubble, cook another 5 minutes. Add 1 Tbsp. vanilla and cook another minute. Allow to cool to warm temperature, pour into a clean glass pint jar. Refrigerate the leftover sauce to save for later use.

Nutrition: This is a dessert for an occasional treat. This recipe is made healthier by using whole grain bread, and reduced amounts of fat and sugar. To reduce the fat further, eliminate the melted butter. To reduce the cholesterol, use 6 egg whites in place of the 3 whole eggs. To reduce the sugar, don't add the caramel sauce. Without the caramel sauce, there are about 2 teas. of added sugar per serving. The caramel sauce (2 teas. serving) provides 2 teas. of added sugar. For additional fiber, rinse, but do not peel the apples.



Apple Crisp

Serves 8 - 9

Ingredients:

Bottom Layer

6 cups thinly sliced baking apples* (4 large or 6 medium sized apples with yield about 6 cups)

2 teas. lemon juice or ½ teas. lemon extract

¼ cup maple syrup, or honey, or brown sugar (pack the brown sugar)

add 1 Tbsp. of water if brown sugar is used, you may want to add ½ teas. maple extract also

1 teas. cinnamon

Pan spray

*Granny Smith, Wine Sap, Braeburn, Cortland, Empire, Golden Delicious, Honey Crisp, or Ida Reds are tart, firm, and good for baking

Topping

¼ cup low fat bakery mix

½ cup oatmeal (dry, uncooked)

2 teas. cinnamon

2 Tbsp. packed brown sugar

¼ teas. nutmeg, ginger or cloves (optional)

2 Tbsp. butter or margarine (trans fat free)

Directions: Wash, peel, core, and thinly slice apples. Peeling is optional; including the peels will add extra fiber. Mix the apples with the maple syrup or brown sugar; add lemon juice or extract. Spray an 8-9 in. square or round baking dish with pan spray. Place apple slices in the pan.

Mix together the bakery mix, oatmeal, cinnamon, brown sugar, and other spices as desired. Cut the butter into small pieces and add it dry ingredients. Mix well with your hands until mixture resembles small crumbs. Sprinkle this on top of apple layer. Bake in a 375° preheated oven for 35-40 minutes, until top is browned and apples are tender. For an occasional treat, top with a small scoop of low fat vanilla ice cream or frozen yogurt.

Substitutions: Other types of fresh fruit that you may use include: berries, cherries, peaches, nectarines, pears, plums, and rhubarb**. You will need ½ - ¾ cup of sugar with rhubarb. 4, 14.5 oz cans of fruit (packed in juice or light syrup) may replace the apples. Drain canned fruit well. Add 2 Tbsp. of flour or 1 Tbsp. of cornstarch for thickening if you use berries or canned fruit. For an interesting twist, add ¼ cup of raisins, dried blueberries, or craisins (dried cranberries). **Rhubarb is actually considered a vegetable, but treated as a fruit in most recipes.

Nutrition: This recipe provides fruit and grains (oatmeal provides whole grain). It has less fat, sugar, and calories than most apple crisp recipes. To reduce the fat content further, eliminate the butter and use 2 Tbsp. of apple sauce in place of the butter. To increase the fiber, leave on the apple peels.



Fried Apple Slices

Serves 6 - 8

Ingredients:

6 cups thinly sliced apples* (4 large or 6 medium sized apples with yield about 6 cups)
2 Tbsp. butter or margarine
½ cup raisins or craisins
¼ cup chopped pecans or walnuts (optional)
2 teas. lemon juice or ½ teas. lemon extract
¼ cup maple syrup, or honey, or brown sugar (pack the brown sugar)
 add 2 Tbsp. of water if brown sugar is used, you may want to add ½ teas. maple extract also
1 teas. cinnamon

*Granny Smith, Wine Sap, Braeburn, Cortland, Empire, Golden Delicious, Honey Crisp, or Ida Reds are tart, firm, and good for frying

Directions: Wash, core, and thinly slice apples. Leave on the peels; this will add extra fiber. Melt the butter in a heavy bottomed large frying pan. Add the rest of the ingredients; sauté on medium heat until apples are tender. They will need to cook about 5 – 10 minutes depending on the thickness of the apple slices.

Substitutions: ¾ cup of the fruit and nut mix may replace the craisins and nuts.

Nutrition: This recipe provides fruit. It has less fat, sugar, and calories than most fried apple recipes and makes a healthy dessert. To reduce the fat content further, eliminate the butter and use 2 Tbsp. of apple juice in place of the butter.

A medium apple (about 3 inches across) has about 100 calories and 10% of the vitamin C you need for the day. It contains pectin, a type of water soluble fiber that can help with digestion, help lower cholesterol, and may improve blood sugar control. With the peel, the fiber content is about 3 grams per apple, and is considered a good source of fiber.



Blueberry Pie Bars

Makes 24 bars

Ingredients:

Crust:

1 cup all-purpose flour

½ cup butter (8 Tbsp.), cut into small pieces

1 cup white whole wheat flour

¼ cup powdered sugar
pan spray

Filling:

6 cups blueberries (divided, reserve
some berries for garnishing)

2/3 cup sugar
1 teas. lemon extract
½ cup cornstarch

Optional Garnish: sprinkle powdered sugar and a few fresh blueberries on top of each piece

Directions: Mix the flour, butter pieces, and powdered sugar until the texture resembles cornmeal. A pastry blender works well for this or you can use forks, pulse a few seconds in a food processor, or use your hands. Press the mixture into the bottom of a 9 X 13 pan that has been sprayed with pan spray. Press a little crust up the side of the pan to form an edge. Bake for 25 - 30 minutes in a 350° preheated oven. Edges of the crust should be lightly browned and crust should be firm to the touch. Remove from oven and cool to room temperature.

While the crust is baking, prepare the filling. Add 4 cups of the blueberries, sugar, lemon extract, and cornstarch to a heavy bottomed sauce pan. Stir continuously on low heat until well mixed and berries are soft and juicy. Keep cooking on medium heat until simmering and thickened (mixture will be thick). When cool, remove from heat and add 2 cups of fresh blueberries and mix well. Reserve some of the berries as a garnish, if desired. Pour mixture evenly over crust and refrigerate until firm. Keep leftovers in the refrigerator. When cooled and firm, sprinkle 1 Tbsp. of powdered sugar evenly on top; cut into squares. Garnish with a few fresh blueberries, if desired.

Substitutions: You may use any type of berry to replace the blueberries. If you cut the recipe in half, use an 8 X 8 pan and reduce baking time for the crust to 20-25 minutes.

Nutrition: This recipe contains grains, including whole grains, and fruit and is for an occasional treat. It has less fat and sugar than most dessert bars or cookies. Each serving has about 1 teas. of fat and 2 teas. of added sugar.



Chocolate Pie

Serves 8-12

Ingredients:

Crust:	18 graham cracker squares	4 Tbsp. of regular or Greek vanilla yogurt
	2 Tbsp. unsweetened cocoa powder	1 Tbsp. white sugar
Filling:	½ cup white sugar	1 egg or 2 Tbsp. dry egg mix
	1/3 cup unsweetened cocoa powder	+ ¼ cup water or milk
	¼ cup cornstarch	2 cups low fat milk
	pinch salt - 1/8 teas. (optional)	1 teas. vanilla extract

Directions: Crush graham crackers with rolling pin or pulse in a food processor. Add cocoa powder, yogurt, and sugar; mix well. You may mix the crust in a food processor, pulse a few seconds only. Press mixture firmly into 8 or 9 inch pie pan, or press the crust into the bottom only of a 10 in round pan. Bake in a 325° preheated oven for 12 – 15 minutes until crisp. While the crust is baking, make the filling. In a medium sized heavy bottomed saucepan, add sugar, cocoa powder, cornstarch, pinch salt, and egg. Mix well into a paste until there are no lumps. Gradually add milk; mix well. Stirring continuously, cook on low-medium heat until mixture simmers and thickens. Do not allow it to come to a boil. Remove from heat and stir in vanilla. When mixture cools to room temperature, pour into pie shell. Refrigerate an hour or more until set. You may also serve it warm but the pie slices will not hold together as well. If desired, top with 2-3 Tbsp. of the yogurt and a dusting of cocoa powder when serving.

Substitutions: You may use evaporated skim milk in place of the low fat milk. You may replace the regular graham crackers with chocolate graham crackers; however, eliminate the cocoa powder and sugar from the crust recipe. You may replace the graham crackers with 1¼ to 1⅓ cup premade graham cracker crumbs. You may also use a regular pie crust in place of the graham cracker crust. Use the pie crust recipe found in the FDP cookbook; however bake the crust and let it cool prior to adding the pie filling.

Nutrition: This recipe provides low fat dairy. It is for an occasional treat and has less fat and sugar than most cream pies. To make the pie fat and cholesterol free, use 2 eggs whites or ¼ cup of cholesterol free liquid egg substitute in place of the whole egg and use evaporated skim milk. It is low in sodium; however, to reduce the sodium further, eliminate the salt.



Ginger Snap Cookies

Makes 5 dozen

Ingredients:

3 cups all-purpose flour	$\frac{3}{4}$ cup white sugar
2 cups white whole wheat flour	$\frac{3}{4}$ cup brown sugar (packed)
2 Tbsp. baking soda	$\frac{3}{4}$ cup molasses
1 Tbsp. ground cinnamon	$\frac{1}{2}$ cup vegetable oil
1 Tbsp. ground ginger	$\frac{1}{2}$ cup applesauce (unsweetened)
1 egg (or 2 Tbsp. dry egg mix + $\frac{1}{4}$ cup water)	Pan spray

About $\frac{1}{4}$ cup of white sugar for cookie dough balls. (optional)

Directions: In a large mixing bowl, combine all-purpose and whole wheat flours, baking soda, cinnamon, and ginger.

In a separate bowl, cream together egg, white and brown sugars, molasses, oil, and applesauce. Stir well, until all ingredients are mixed together. Add wet ingredients to dry ingredients; mix well.

Knead dough lightly and form into a ball. Chill for an hour.

Roll dough into 1 inch balls. A cookie dough scoop or melon scoop works well for this. It helps to first spray the scoop with pan spray to keep the dough from sticking.

Optional: Put $\frac{1}{4}$ cup of white sugar in a small bowl. Roll cookie dough ball in granulated white sugar.

Place dough balls on cookie sheet; flatten each ball gently with a fork. Bake in a 350° preheated oven for 8-9 minutes.

Substitutions: You may replace the egg with 2 egg whites. You may replace the all-purpose and whole wheat flours with 5 cups of all purpose flour; however this will reduce the fiber content of the cookies

Nutrition: This recipe provides cookies with more fiber because part of the all-purpose flour was replaced with whole wheat flour. The fat content was reduced to less than half of the original. Applesauce was used in place of butter. The sugar content was also decreased and is less than most cookie recipes. It is a treat or dessert for occasional use.



Oatmeal Coconut Raisin Cookies

Makes 6 - 7 dozen

Ingredients:

1 cup shredded coconut	1¼ cup all purpose flour
1 cup chopped unsalted nuts (walnuts, pecans, cashews, or mixed)	1¼ cup white whole wheat flour
½ cup butter (1 stick), softened	1 teas. baking soda
1½ cup packed brown sugar	1 teas. cinnamon
2 eggs or ¼ cup dry egg mix + ½ cup water	½ teas. salt (optional)
½ cup unsweetened applesauce	2 cups oats
2 teas. vanilla extract	2 cups raisins
	pan spray

Directions: Place coconut and chopped nuts on a baking sheet. Bake at 300° for 8-10 minutes, stir half way through. Coconut should be lightly browned, not dark brown. Cream together butter, sugar, eggs, applesauce, and vanilla until smooth. Combine the all purpose flour, white whole wheat flour, baking soda, cinnamon, salt, oats, and raisins. Mix well and add to the creamed mixture. Mix dough until all dry ingredients are incorporated. Chill for 30 – 60 minutes. Drop a rounded tablespoon or a small scoop of dough onto baking sheets sprayed with pan spray. Leave 2-3 inches between cookies on the baking sheet. Bake at 350° for 8-10 minutes until lightly browned on the edges; middle should still be slightly soft. Place on wire racks to cool.

Substitutions: Vegetable oil may replace the butter (use 5 Tbsp. oil + 1 Tbsp. water). Other unsweetened pureed fruit may replace the applesauce. You may use ¾ cup white sugar and ¼ cup brown sugar in place of all brown sugar. You may replace the raisins with craisins, chopped dried plums, or chopped dried apples.

Nutrition: This recipe provides a dessert or snack with whole grains and fruit. It is reduced in fat, sugar, and sodium. To reduce the saturated fat, use oil in place of butter. To reduce the sodium, eliminate the salt. This cookie recipe is a healthier version of oatmeal cookies; however, it is still considered an occasional treat.



Peanut Butter Cookies

Makes 3 dozen

Ingredients:

1/3 cup applesauce	1¾ cup all-purpose flour
1½ cup peanut butter	1 cup white whole wheat flour
½ cup white sugar	1½ teaspoon baking soda
½ cup brown sugar (packed)	1 teaspoon baking powder
2 eggs (or 4 Tbsp. dry egg mix + ½ cup water)	Pan spray

Directions: Cream applesauce, peanut butter, white and brown sugars, and eggs. Stir in the all-purpose and whole wheat flours, baking soda, and baking powder. Knead lightly into a ball of dough. Cover and chill for 30 minutes. Shape dough into small balls with your hands or use a small melon ball size scoop. Spray scoop first with pan spray. Place cookie balls onto cookie sheet. With fork dipped in flour, flatten balls using crisscross pattern. Bake for 8-10 minutes at 325°; do not over bake. Cookies are done when they are still soft, but set.

Substitutions: You may replace the all-purpose and whole wheat flours with 2¾ cups of all purpose flour; however this will reduce the fiber content of the cookies. You may replace the eggs with 4 egg whites.

Nutrition: This recipe provides cookies with more fiber because part of the all-purpose flour was replaced with whole wheat flour. The fat content was reduced to less than half of the original. Applesauce was used in place of butter. The sugar content was also decreased and is less than most cookie recipes. It is a treat or dessert for occasional use.



Sugar Cookies with Butter Cream Frosting

Makes 5 to 6 dozen 2 - 2 ½ inch cookies

Dough Ingredients

½ cup softened butter (1 stick)	1 teas. vanilla extract
½ cup applesauce or pureed canned fruit*	½ teas. baking powder
¾ cup white sugar	½ teas. baking soda
2 eggs or	¼ teas. salt
4 Tbsp. dry egg mix + ½ cup water	2 cups all-purpose flour (+ - ¼ cup)
	1¼ cups white whole wheat flour (+ - ¼ cup)

*14.5 oz. can, packed in juice; apricots, pears, peaches, or mixed fruit works well.

Puree the fruit with the juice from the can. One can will yield about 1½ cups of pureed fruit.

Frosting Ingredients

¼ cup softened butter (½ stick)	1 teas. vanilla extract
1 lb. powdered sugar (3½ - 3¾ cups unsifted)	5 – 5½ Tbsp. of water

Directions: In a large bowl, mix together butter, applesauce or pureed fruit, sugar, eggs, vanilla, baking powder, baking soda and salt with an electric mixer or whisk until light and fluffy. Gradually stir flour into butter/sugar mixture until well blended using a sturdy spoon. Knead dough gently a few times to mix all the flour in well. Add a little flour if needed to form a stiff dough. Divide dough into 4 even balls and chill for 1 hour. When chilled, roll out one at a time; leave the rest in the refrigerator until you are ready to roll out the dough.

On a lightly floured surface, roll out the dough ball to 1/8 inch thickness**. Cut into desired shapes using cookie cutters. Place cookies 1 inch apart onto ungreased cookie sheets. Bake in a preheated oven at 375° for 7 - 8 minutes. Remove from pan to cool.

**Thinner cookies need 1 – 2 minutes less and thicker cookies need 1 – 2 minutes more baking time.

Using an electric mixer or whisk, beat butter, powdered sugar, vanilla extract, and water (add water 1 Tbsp. at a time until you have the desired consistency). Beat until fluffy. Frost cookies after they have cooled completely.

Substitutions: You may replace the all-purpose and whole wheat flours with 3¾ cups of all purpose flour; however this will reduce the fiber content of the cookies

Nutrition: This recipe provides cookies with more fiber because part of the all-purpose flour was replaced with whole wheat flour. The fat content was reduced to less than half of the original. Applesauce was used in place of butter. The sugar content was also decreased and is less than most cookie recipes. It is a treat or dessert for occasional use.



White Chocolate Chip Craisin Cookies

Makes 5 dozen

Ingredients:

2 cups all-purpose flour	½ stick of butter or ¼ cup margarine
1 cup white whole wheat flour or whole grain dry oats (regular or quick cooking, not instant)	2 teas. orange extract or 3-4 teas. orange zest (zest from 1 medium orange, rinse orange prior to zesting)
1 teas. nutmeg	1 lb. pkg. of dried fruit and nut mix, chopped (chop with kitchen shears or large knife)
1½ teaspoon baking soda	12 oz. package white chocolate chips
½ cup applesauce	Pan spray
1/3 cup white sugar	
1/3 cup brown sugar (packed)	
2 eggs (or 4 Tbsp. dry egg mix and ½ cup water)	

Directions: Combine the all purpose flour and whole wheat flour (or oats), nutmeg, and baking soda in a large mixing bowl; stir well. Cream applesauce, white and brown sugars, eggs, butter, and orange extract or zest. Add to the dry ingredients and mix into a ball of dough. Add the chopped fruit and nut mix and white chocolate chips. Mix again. Knead dough ball a few minutes. Cover and chill for 30 minutes. Shape dough into 1 inch balls with your hands or use a small cookie scoop. Spray scoop first with pan spray. Place cookie balls onto cookie sheet, press to flatten slightly. Bake for 8-9 minutes at 375°; do not over bake. Cookies are done when they are still soft, but set.

Substitutions: You may replace the all-purpose and whole wheat flours with 3 cups of all purpose flour; however this will reduce the fiber content of the cookies. You may replace the brown sugar with maple sugar. You may replace the chopped fruit and nut mix with 1½ cup of chopped walnuts (measure after chopping) and 1½ cup of raisins. Other nuts may be used such as: almonds, cashews, or peanuts. Other types of dried fruit may be used such as: dried cherries, raisins, or dried apricots. Also, cinnamon may be used in place of the nutmeg.

Nutrition: This recipe provides cookies with more fiber because part of the all-purpose flour was replaced with whole wheat flour or oats. The fat content was reduced to less than half of the original. Applesauce was used in place of some of the butter. The sugar content was also decreased and is less than most cookie recipes. It is a treat or dessert for occasional use.



Fruit Pizza

Makes 1 pizza, 16 slices

Ingredients:

Crust:

2 cups bakery mix
2/3 cup cold water
¼ cup brown sugar (packed)

¼ cup white sugar
½ teas. cinnamon
Pan spray

Middle:

8 oz. pkg. Neufchatel cheese
(light cream cheese)

1 Tbsp. lemon juice
1/4 cup powdered sugar

Topping:

4 cups thinly sliced or small pieces of fruit. Use at least 3 different types. Include fruit with lots of color. For example: blueberries, peaches, cherries, strawberries, raspberries, blackberries, and kiwi. If you use canned fruit, drain fruit well.

Directions: Preheat oven to 375°. Mix ingredients for crust layer, stir gently. Spray cookie sheet or pizza pan with pan spray. Use a baking sheet with sides, about 11 X 13 in.; or a round pizza pan with sides about 12 inches across. Spread onto cookie sheet; layer of batter will be thin. Bake about 10-12 minutes, until crust is browned.

While crust is baking, mix ingredients for middle layer. Neufchatel cheese should be at room temperature, or soften cheese slightly in microwave for 30 seconds on half power. Add lemon juice and powdered sugar, mix well. After crust has cooled, spread this in an even layer on the crust.

Top with fruit; you can arrange the fruit into a pattern if you like. Cut into squares or wedges.

Substitutions: You may use apple or orange juice in place of the lemon juice.

Nutrition: This recipe provides grains and fruit. It has less sugar, fat, and calories than the traditional version made with regular cream cheese and sugar cookie dough.



Peach Cobbler

Serves 8 - 10

Fruit layer:

3 cans sliced or diced peaches, drained*	juice and zest of a lemon wedge, or 1 teas. lemon juice
½ cup raisins, regular or golden	(lemon should be at room temperature, not cold)
1 teas. cinnamon	1/3 cup maple syrup, honey or brown sugar
Pan Spray	(if using brown sugar, add 2 Tbsp. water or juice)

*15 oz., packed in juice or light syrup

Cobbler topping:

2 cups low fat bakery mix	¼ cup maple syrup
¾ cup juice reserved from draining the peaches	vanilla or peach yogurt for topping (optional)

Directions: Drain juice from canned peaches, set aside. You may cut peaches into bite-sized pieces or leave in slices. Add the canned peaches, raisins, cinnamon, lemon juice and zest, and maple syrup or honey to a mixing bowl, stir. Spray a 9 X 13 baking dish with pan spray. Place the fruit mixture in the baking dish.

Stir together the bakery mix, ¾ cup of juice from the drained peaches, and maple syrup. Mix gently; it is okay for the batter to have a few lumps. Spoon the batter evenly over the fruit layer.

Bake in a preheated 375° oven for 30 - 35 minutes, until top is golden brown. Let it rest 10 minutes before serving. If desired, top with a spoonful of yogurt.

Substitutions: You may replace the raisins with raisins or dried apricots (chopped). You may replace the maple syrup in the topping with ¼ cup brown sugar; you will need to increase the peach juice to 1 cup. If you use fresh peaches, rinse, then peel. You will need 4 cups of sliced peaches. Peel and slice over a bowl to reserve any juice that drips. Add enough water or milk to the juice to provide ¾ cup of liquid for the topping.

Nutrition: This recipe provides grains and fruit. It has less fat and sugar than most cobbler recipes. If topped with a spoonful of yogurt, this adds low fat dairy.



Plum Cobbler

Serves 8 - 10

Ingredients:

Fruit layer:

4 cups plums, diced*	juice and zest of a lemon wedge, or 1 teas. lemon juice
1 cup chopped dried plums (prunes)	(lemon should be at room temperature, not cold)
1 teas. cinnamon	1/3 cup maple syrup, honey or brown sugar
Pan Spray	(if using brown sugar, add 2 Tbsp. water or juice)

*2 large plums or 3 – 4 small plums will give you about a cup.

Cobbler topping:

2 cups low fat bakery mix	¼ cup maple syrup
¾ cup low fat milk	

Directions: Rinse plums in colander; remove core from the plums. Chop fruit into bite-sized pieces. Chop into a bowl so you save all the juice from the fruit. Add the chopped dried plums, cinnamon, lemon juice and zest, and maple syrup or honey. Spray a 9 X 13 baking dish with pan spray, place the fruit mixture in the baking dish; include all the juice.

Stir together the bakery mix, milk, and maple syrup. Mix gently; it is okay for the batter to have a few lumps. Spoon the batter evenly over the fruit layer.

Bake in a preheated 375° oven for 30 - 35 minutes, until top is golden brown.

Substitutions: You may replace the plums with cherries, apples, blueberries, raspberries, strawberries, or rhubarb. If you use rhubarb, you may need to add about ¼ cup sugar to the recipe. You may replace the dried plums with raisins, or other dried fruit. You may replace the maple syrup in the topping with ¼ cup brown sugar; you will need to increase the milk to 1 cup.

Nutrition: This recipe provides grains and fruit. It less fat and sugar than most cobbler recipes.



Pumpkin Bars

Makes 24 squares or 2 dozen muffins

Ingredients:

Bars

15.25 oz. package of yellow cake mix or spice cake mix	½ teas. nutmeg
(if using a spice cake, eliminate the spices in the next column)	¼ teas. cloves
15 oz. can pumpkin (not pumpkin pie mix)	¼ teas. ginger
	1 teas. cinnamon
	Pan spray

Icing (This is a thinner icing, not a frosting consistency)

4 ounces Neufchatel Cheese
 (softened, at room temperature; can put in microwave on half power for 30 seconds)
 1 teas. vanilla or orange extract
 1 cup powdered sugar

Directions: In a large mixing bowl, cream together cake mix, pumpkin, and spices. Preheat oven to 350°. Spread the batter in a 9 X 13 pan that has been sprayed with pan spray. Bake for 20-25 minutes, until a knife inserted into the center comes out clean.

Icing: Add extract to a mixing bowl with the softened Neufchatel cheese. Add a little powdered sugar at a time, mix well. Spread a thin layer on the pumpkin bars after they have cooled. Cut into 24 bars. If you like, sprinkle a little cinnamon on top.

Substitutions: You may use 2 teas. pumpkin pie spice to replace the spices in recipe. You may also place batter in muffin pans, rather than the 9 X 13 pan. If using muffin pans, bake at 375° for 18-20 minutes, until a knife inserted into the center comes out clean.

Nutrition: This recipe has less fat than most dessert bars, and pumpkin really packs a lot of nutrition into a dessert. Pumpkin has lots of potassium, fiber, and beta carotene (a form of vitamin A). It is a treat or dessert for occasional use.



Pumpkin Caramel Cake

Makes 24 Slices (9 X 13 cake)

Ingredients:

1 box yellow cake mix	1 can pumpkin, 15 oz. (not pumpkin pie mix)
4 teas. cinnamon	4 Tbsp. butter, melted
1 teas. ginger	1 cup of chopped walnuts or pecans
½ teas. cloves	(or ½ cup of each)
½ teas. nutmeg	¼ cup caramel syrup* (warmed)
2 eggs	pan spray
1 cup packed brown sugar (divided)	

Directions: In a large mixing bowl, add the cake mix, cinnamon, ginger, cloves, and nutmeg; mix well. In a separate medium sized mixing bowl, mix eggs with $\frac{3}{4}$ cup brown sugar. Add pumpkin, mix well again. Pour this into the mixing bowl with the cake mix and spices. Stir gently until all dry ingredients are incorporated. Batter will be thick. Spray a 9 X 13 baking pan with pan spray. Pour batter into baking pan. Mix melted butter, $\frac{1}{4}$ cup of brown sugar, and chopped nuts. Spoon this evenly on top of batter.

Bake in a 325° preheated oven for 55-60 minutes until top is golden brown and knife inserted into the middle comes out clean. After the cake has cooled to room temperature, drizzle the warm caramel syrup in a thin stream evenly over the top. Or, you may drizzle a small amount on each slice when serving, rather than add it to the top the whole cake. Refrigerate leftovers.

Substitutions: You may replace the spices with 2 Tbsp. of pumpkin pie spice. You may use maple sugar for the topping instead of brown sugar. You may replace the butter with margarine (use trans fat free). You may use 1 cup of chopped fruit and nut mix in place of the 1 cup of chopped nuts.

*To make your own caramel syrup: mix 1 cup of packed brown sugar, $\frac{1}{2}$ cup evaporated skim milk or regular low fat milk, 2 Tbsp. butter, and a pinch ($\frac{1}{16}$ teas.) of salt in a heavy bottomed sauce pan. If using canned milk, shake the can well before opening. Cook on low-medium heat, gently whisking continuously while cooking. After the mixture starts to bubble, cook another 5 minutes. Add 1 Tbsp. vanilla and cook another minute. Allow to cool to warm temperature. Use $\frac{1}{4}$ cup of this syrup for the cake; refrigerate the rest in a glass jar to save for later use.

Nutrition: Pumpkin provides a healthy addition to any dessert. This recipe has less fat and sugar than most cake recipes. There are about 1 teas. of fat and $4\frac{1}{2}$ teas. added sugar per serving (with the caramel topping). This is a dessert for an occasional treat.



Pumpkin Cheesecake

Serves 12

Ingredients:

1½ cups ground gingersnap cookies*, reserve 2 Tbsp. for top
1 Tbsp. butter or margarine
Pan spray
1 Tbsp. pumpkin pie spice
3 pkgs. (8 oz. each) Neufchatel cheese (light cream cheese)**

1 egg (or 2 Tbsp. dry egg mix + ¼ cup water)
1 can (16 oz.) solid pack pumpkin
1/3 cup brown sugar (packed)
1/3 cup white sugar

Topping: 2 Tbsp. ground ginger cookies, 1 teas. butter or margarine, 1 Tbsp. brown sugar

*You will need 20-30 cookies, depending on size and thickness. You may use boxed cookies or use the recipe for ginger snap cookies found in the FDP cookbook.

** Neufchatel cheese should be soft, at room temperature. Remove foil wrapping, place in a microwave safe bowl, cover, and microwave at 50% power for a 1-2 minutes.

Directions:

Crust: Using a food processor with a mixing blade, process gingersnaps until crushed. It works best to add a few ginger snaps at a time; do not try to put all the cookies in the food processor at once. Add 1 Tbsp. melted butter or margarine, pulse a few times. Spray a 9-10 inch round pan with pan spray. Spring form pan works best. Press crumb mixture evenly in bottom of pan.

Filling: Using the food processor with a mixing blade, add the pumpkin pie spice, Neufchatel cheese, egg, pumpkin, brown sugar, and white sugar. Process until smooth. You can mix the ingredients with an electric mixer. Pour filling on top of crust in pan. Use a rubber spatula to get all of the filling out of the food processor as the filling will be thick. Spread filling evenly in pan.

Topping: Mix ingredients listed for topping above, sprinkle on top of filling.

Bake in a 350° preheated oven for an hour. Remove from oven and serve chilled.

Substitutions: In place of the pumpkin pie spice you may use 1½ teas. cinnamon, ½ teas. nutmeg, ½ teas. ginger, ¼ teas. cloves, and ¼ teas. allspice. You may use 2 egg whites in place of the whole egg. If you do not have a food processor, put the gingersnaps in a heavy duty zip lock bag, and crush them with a rolling pin.

Nutrition: This recipe provides a healthy dessert with less fat and sugar than most cheesecake recipes. This is a dessert for an occasional treat.



Pumpkin Pie or Mini Pumpkin Tarts*

Makes 1 pie

Ingredients:

pumpkin puree, 15 oz. can (not pumpkin pie mix)	1 teas. cinnamon
3/4 cup packed brown sugar	½ teas. nutmeg
1 egg (or 2 Tbsp. dry egg mix + ¼ cup water)	¼ teas. dry ground ginger
evaporated skim milk, 12 oz. can	¼ teas. cloves

Pie crust (premade refrigerated crust, or homemade. You may use the pie crust recipe on the next page.

Directions: Mix the pumpkin, sugar, egg, milk, and spices well. Pour into an unbaked pie shell. Bake at 400° for 15 minutes; turn oven down to 350° and bake for another 45 – 55 minutes. Pie is done when a knife inserted into the center comes out clean. If you want to shorten the baking time by about 15 minutes, first cook the pumpkin mixture on top of the stove. Use medium heat; stir constantly so it doesn't stick. When it starts to simmer, pour the mixture into a pie shell and bake as directed above, just reduce the time 15 minutes.

Substitutions: You may use 2 teas. of pumpkin pie spice in place of spices in recipe. You may use 1½ cups of 1% or 2% milk in place of the evaporated milk. You may replace the whole egg with 2 egg whites.

You may also bake this without the crust as custard. Place 8 custard cups in a large rectangle baking pan. Pour about 2/3rds of a cup of the custard mixture into each cup; divide evenly. Carefully pour boiling water into the pan, around the custard cups to about 1 in. depth. Bake at 350° for 35-40 minutes. Custard is done when a knife inserted into the center comes out clean.

*To make 24 mini pumpkin tarts, roll out the pie dough for 2 pie crusts. Using a 3 – 3½ in. biscuit cutter or clean empty can, cut the dough into 24 circles. Spray a muffin pan with pan spray. Place 1 circle into each well of the muffin pan, press dough lightly up the sides. Fill each circle with 1 Tbsp. of the pie filling. Bake in a 400° preheated oven for 5 minutes. Reduce the heat to 350° and bake for another 15 minutes. If you have leftover filling, bake the rest as custard.

Nutrition: This recipe provides a healthy dessert with less sugar and fat than most pumpkin pie recipes. You'll never know the difference! As with any dessert, this is considered an occasional treat.



Pie Crust

Makes enough dough for 2, 1 crust pies, or 1, 2 crust pie

Ingredients:

2 cups all purpose flour

3 - 4 Tbsp. cold water

11 Tbsp. cold butter*

1 Tbsp. white vinegar (will help make a tender crust)

*1 stick of butter = 8 Tbsp. Use the marks on the butter wrapper to measure 3 more Tbsp.
Cut butter in Tbsp. sized pieces.

Directions: Add the flour to a food processor. Adding 1 Tbsp. of butter at a time, pulse until the butter and flour are well blended. Add the 1 Tbsp. of vinegar and water 1 Tbsp. at a time until dough holds together and will form a ball.

Substitutions: If you do not have a food processor, use a pastry blender or forks to mix the butter and flour together. If you do not use the vinegar, add an extra Tbsp. of water.

Nutrition: This recipe has less fat than most pie crust recipes. For a one crust pie, cut into 8 servings; each slice will provide 2 teaspoons of fat. For a two crust pie, the amount is doubled, and each slice will provide 4 teaspoons of fat. As with any dessert, this is considered an occasional treat.



Rhubarb Custard Bars

Makes 24 bars

Ingredients:

Crust:

1 cup all-purpose flour

1 cup white whole wheat flour

½ cup butter (8 Tbsp.), cut into small pieces

¼ cup powdered sugar

pan spray

Filling:

½ cup brown sugar

¾ cup white sugar

¼ teaspoon salt

6 Tbsp. cornstarch

1 teas. lemon extract

4 eggs or ½ cup dry egg mix + 1 cup water

8 cups - ¼ inch thick slices of rhubarb

(rinse well, trim ends, then slice, include juice from slicing the rhubarb)

pan spray

Directions: Mix flour, butter, and powdered sugar together in a bowl until mixture resembles corn meal; may use forks or a pastry blender. Press the mixture evenly into the bottom of a 9 X 13 inch baking dish that has been sprayed with pan spray. Bake at 350° until the crust sets and is lightly browned at the edges, about 12-15 minutes. While crust is baking: Add brown sugar, white sugar, salt and cornstarch to a large bowl; mix well. Beat eggs; add eggs and lemon extract to the bowl, whisk until smooth. Add rhubarb and mix again. Pour the rhubarb mixture over the crust. Reduce oven temperature to 325°. Bake in the oven until the rhubarb custard mixture sets in a thick pudding-like consistency; about 60 - 75 minutes. Cool at least 30 minutes before cutting into 24 bars. Store in the refrigerator.

Substitutions: You may replace the all-purpose and whole wheat flours with 2 cups of all purpose flour; however this will reduce the fiber content. You may use 4 cups of berries (sliced strawberries, raspberries, or cherries) and 4 cups of sliced rhubarb in place of all rhubarb; reduce white sugar by ¼ cup. You may replace the crust with a graham cracker crust. Use the crust recipe for the chocolate pie in the FDP cookbook, but eliminate the cocoa powder. For half of the recipe, use a 9 in. square baking dish and reduce the baking time after adding the filling to 50 - 60 minutes. Also, you may use one half of the recipe for the filling for a rhubarb custard pie. Use the pie crust recipe in the cookbook, poke the crust a few times, then bake 10 minutes at 375°. Cook the filling on top of the stove on medium heat, stirring continuously, until it just begins to thicken. Pour the filling into the pie shell and bake another 50-60 minutes at 325°.

Nutrition: This recipe provides a dessert with reduced amounts of sodium, sugar and fat; however it is still considered an occasional treat. To reduce the sodium further, eliminate the salt. Each bar has about 1 teas. of fat and 3 teas. of added sugar when made with all rhubarb and 2½ teas. of added sugar when made with half berries. To reduce the saturated fat use margarine in place of butter.



Rice Pudding

Serves 8

Ingredients:

¾ cup uncooked rice (½ cup if wild rice is used)	1 egg (or 2 Tbsp. dry egg mix + ¼ cup water)
2 cups low fat milk (1%) – divided	¼ teas. cinnamon
1/3 cup white sugar	2/3 cup raisins (regular or golden)
1/8 teas. salt (pinch)	½ teas. vanilla extract
1 Tbsp. cornstarch*	1 teas. butter

*cornstarch is optional, the pudding will have a slightly thinner consistency if this is left out
If wild rice is used, rinse well until water runs clear before cooking; increase cooking time to 30-40 minutes. If using packaged paddy or “soup rice”; follow package directions for cooking.

Directions: Add 1½ cups water and the rice to a heavy bottom 2 quart saucepan. Bring to a boil, reduce heat and simmer 15 – 20 minutes until all the water is absorbed. To the pan, add 1¾ cup of milk and the sugar; cook over medium low heat until creamy, about 10 minutes.

Mix ¼ cup milk, salt, cornstarch, egg or dry egg mix, and cinnamon; mix well so there are no lumps. Add this mixture and the raisins to the saucepan, stir well. Continuing to stir, simmer a few minutes until mixture thickens. Remove from the heat. Add the vanilla and butter; stir.

This is best served warm. Drizzle a small amount of maple syrup or sprinkle a little cinnamon on the top when serving. If you are going to serve the pudding with syrup, reduce the sugar in the recipe to ¼ cup.

Substitutions: You may use wild rice or brown rice to replace white rice to add more fiber. Brown sugar may replace the white sugar. ¼ cup of maple syrup may replace of the white sugar; reduce the milk by ¼ cup. You may use sugar substitute in place of the sugar; follow package directions for the amount of sugar substitute equal to 1/3 cup of sugar. You may use half sugar substitute and half sugar. You may use soft margarine (trans fat free type) in place of the butter. You may use 2 egg whites in place of the egg. Other dried fruit may replace the raisins. Chop dried fruit about the size of raisins. Dried fruit to try includes: plums, apricots, apples, or raisins. Chopped fresh apples may replace the raisins but use about 1 cup – 1¼ cup instead of 2/3 cup.

Nutrition: This recipe provides low fat dairy, grains, and fruit. It has less fat than pudding made with whole milk and cream and only about 2 teas. of added sugar per serving. To provide additional fiber, use wild or brown rice. To lower the fat content further, eliminate the butter. Sodium content is low; however, to reduce it further, eliminate the salt.



Strawberry Shortcake

Serves 8

Ingredients:

6-8 cups sliced strawberries
1 – 2 Tbsp. sugar (optional)
2 cups low fat bakery mix
2 Tbsp. cold butter
(cut into small pieces)

2 Tbsp. sugar
6 Tbsp. cold milk ($\frac{1}{4}$ cup + 2 Tbsp.)
 $\frac{1}{2}$ teas. vanilla or lemon extract
small amount of flour for rolling out dough
light vanilla or strawberry yogurt for topping (optional)

Directions: Rinse berries under running water in a colander. Slice or cut into quarters and add to bowl. If desired, add 1-2 Tbsp. sugar, stir and set aside. The small amount of sugar will create juice in the strawberries.

Shortcake biscuits: Add bakery mix, 2 Tbsp. sugar, and butter pieces to a mixing bowl. Using a pastry blender, forks, or your hands, mix well. Add cold milk and vanilla. Stir in, and form into a small ball of dough. Sprinkle a small amount of flour onto a counter or cutting board. Gently knead the ball of dough a few times, and then roll out dough into a rectangle shape; about $\frac{1}{2}$ - $\frac{3}{4}$ in. thick. Cut into 8 squares about 2 - 2 $\frac{1}{2}$ in. square. You may also use a circle shaped biscuit cutter.

Bake in a 400°preheated oven 12-15 minutes until lightly browned. When cooled, split laterally (like an English muffin) so you have top and bottom halves of the biscuit. Place the bottom half in a bowl, spoon in about $\frac{1}{2}$ cup of the sliced strawberries, add the top half, and another $\frac{1}{4}$ - $\frac{1}{2}$ cup of strawberries. If desired, top each layer with 2 Tbsp. of light vanilla or strawberry yogurt.

Substitutions: Other fresh berries may be used, such as blueberries or raspberries. You may replace the sugar with a calorie-free sugar substitute; follow package directions for the recommended amount.

Nutrition: This recipe provides grains, fruit, and low fat dairy (with the yogurt topping). It has less fat and sugar than most shortcake biscuit recipes. For an occasional treat, top with 1 – 2 Tbsp. of whipped topping (considered empty calories).