

HEALTHY RECIPE COLLECTION

Compiled by the Wellness Committee
April 2014

PEOPLE
WHO LOVE
TO EAT
ARE ALWAYS
THE BEST
PEOPLE

Julia Child



APPETIZERS

AVOCADO DIP

4 avocados cut in half
1 small red pepper, diced
1 bunch scallions, diced
½ bunch parsley, finely diced
¼ cup fresh lemon juice

1 teaspoon chili powder
2 cloves garlic, finely diced
1 teaspoon cumin
Salt and pepper to taste

Place all ingredients in medium-sized mixing bowl. Toss. Then place mixed ingredients in food processor and blend until smooth. Chill and serve. For a real Mexican flavor, add cilantro.

CHEF DAVE'S HUMMUS

6 cups garbanzo beans, canned, drained
and rinsed
¼ cup fresh lemon juice
¼ cup olive oil
2 teaspoons dried parsley

6 cloves garlic
¼ teaspoon cayenne
¼ cup tahini
Salt and pepper to taste

Drain beans and rinse with cold water. Place all ingredients in food processor. Blend until smooth. Serve with celery, carrots, zucchini, or crackers. 24 servings. *CLA 216*

SALSA FRESCA

2 ½ cups diced canned tomatoes (or use
fresh)
½ cup diced red onion
½ cup tomato paste
2 cups water
½ teaspoon garlic powder

½ cup fresh cilantro, chopped
½ teaspoon ground cumin
1 teaspoon salt
2 tablespoons sugar
2 cups diced tomatoes (canned or fresh)
2 jalapeno peppers, minced

Place tomatoes and first 8 ingredients in blender or food processor and puree until smooth. Add remaining tomatoes and jalapenos and stir. Chill and serve with baked tortilla chips.

Bardene Peter, Ridgewood

SPICY CHICKEN FINGERS

Chicken Fingers

4 – 4 ounce boneless, skinless chicken breasts
½ teaspoon celery salt
1/8 teaspoon garlic powder
2 tablespoons red wine vinegar
2 teaspoons butter
¼ teaspoon ground red pepper

Blue Cheese Sauce

¼ cup nonfat sour cream
¼ cup crumbled blue cheese
1 tablespoon Worcestershire sauce
1 tablespoon nonfat mayonnaise
½ teaspoon celery salt
1/8 teaspoon garlic powder

For the chicken fingers, cut the chicken into sixteen 1x4 inch fingers. Mix the celery salt and garlic powder in a small bowl and sprinkle over the chicken. Coat a large nonstick skillet with nonstick cooking spray and heat over medium-high heat. Panfry the chicken in the hot skillet for 2 minutes on each side. Remove from the heat and stir in the vinegar, butter and red pepper. Toss with a spatula to coat the chicken evenly. Remove the chicken to a serving platter and cover to keep warm.

For the sauce, mix the sour cream, blue cheese, Worcestershire sauce, mayonnaise, celery salt and garlic powder in a bowl. Serve as a dipping sauce with the chicken fingers. 4 servings.

STUFFED MUSHROOMS

1 pound mushrooms (half dollar size)
1 cup bread crumbs
2 tablespoons margarine
2 slices ham lunch meat, chopped

Remove stems and inside of mushrooms. Chop stems and mix with remaining ingredients. Stuff mushrooms and place in buttered casserole dish. Bake 15 minutes at 350°.

Bonnie Schroeder, 1110

TEXAS CAVIAR

1-16 ounce can black-eyed peas, drained
and rinsed
3 tablespoons minced roasted red bell
pepper
1 small tomato, finely chopped
1 jalapeno chile, seeded (optional) and
minced
1 ½ tablespoons chopped fresh parsley
1 tablespoon extra-virgin olive oil
1 teaspoon Worcestershire sauce
1 teaspoon balsamic vinegar
½ teaspoon chopped fresh oregano
1/8 teaspoon hot red pepper sauce
1/8 teaspoon coarse salt
Pepper to taste
Balsamic vinegar to taste

Toss the black-eyed peas, roasted red pepper, tomato, jalapeno, parsley, olive oil, Worcestershire sauce, 1 teaspoon vinegar, oregano and hot sauce in a bowl. Season with the salt and pepper. Drizzle with additional vinegar just before serving. Serve with a slotted spoon.



BEVERAGES

BLACK AND BLUEBERRY SMOOTHIE

2 cups blackberries	1 cup fat-free milk
2 cups blueberries	1 teaspoon vanilla extract
1 cup fat-free blueberry yogurt	2 cups ice

Place all ingredients in blender, cover and blend until smooth. Makes 4 servings.

Carmen Kamm, Office

FOUR FRUIT SHAKE

1 cup unsweetened orange juice	1 medium-sized ripe banana
1 cup skim milk	¼ tsp. coconut extract
1 ½ cups fresh strawberries, washed and hulled	1 cup ice cubes
1-8 ounce can unsweetened crushed pineapple, undrained	Fresh strawberry slices (optional)

Combine first 6 ingredients in container of an electric blender. Process until smooth. Add ice cubes and process until smooth. Pour into glasses and garnish with strawberry slices.

FRUIT JUICE SPRITZER

6 ounce orange juice concentrate
6 ounce apple juice concentrate

Mix together with 2 cups water. Stir in 4-5 cups club soda. Chill and serve over ice. Makes 6-8 cups.

Bardene Peter, Ridgewood

FRUIT YOGURT SHAKE

1 cup low fat plain yogurt
¼ teaspoon vanilla
1 packet artificial sweetener
¾ cup frozen unsweetened fruit (bananas, peaches, blueberries, strawberries or raspberries)

Place yogurt, vanilla and sweetener in blender. Whirl, gradually adding frozen fruit.

HOT COCOA MIX

¾ cup cocoa
½ teaspoon salt

1 quart instant dry milk
Dry sugar substitute equal to 1 cup sugar

Mix ingredients well and store in an airtight container in a moderately cool place. Use 2 tablespoons mix plus 6 ounces boiling water for a 6 ounce serving of cocoa.

ORANGE SUMMER COOLER

1 cup unsweetened orange juice
¾ cup crushed ice or 6 ice cubes
½ cup unsweetened fresh or frozen
 strawberries

1 banana
1 packet artificial sweetener

Whirl all ingredients in blender for 30 seconds or more. Pour into glasses. Serves 4.

PEACH YOGURT FIZZ

1 cup unsweetened sliced peaches
1 cup plain low fat yogurt
½ cup nonfat dry milk powder

1 packet artificial sweetener
4 ounces club soda

Whirl peaches, yogurt, milk powder and sweetener in a blender until smooth. Pour into three glasses and add club soda. Serve immediately.

STRAWBERRY MALT

½ cup plain low fat yogurt
¼ cup sugar-free strawberry flavored carbonated beverage
½ packet artificial sweetener
2 tablespoons unsweetened frozen strawberries, thawed slightly.

Whirl all ingredients in blender and pour into chilled glasses.

*I come from a family where
gravy is considered a
beverage.*

Erma Bombeck



BREADS/MUFFINS

APPLE MUFFINS

2 cups flour

½ cup sugar

3 tablespoons baking powder

¼ teaspoon salt

1 cup chopped apple

1 egg, beaten

1 cup milk

3 tablespoons margarine, melted

Sift dry ingredients together. Add apples and mix. Add combined liquid ingredients, mixing just enough to moisten. Pour into buttered muffin pans, filling 2/3 full. Sprinkle with the following crunch:

1/3 cup brown sugar

1/3 cup chopped nuts

½ teaspoon cinnamon

Bake at 400° for 15 minutes.

APRICOT BREAD

Soak for 30 minutes 1 cup dried apricots, cut into fourths.

Mix 1 cup sugar and 2 tablespoons softened butter or margarine. Stir in one egg, ¼ cup hot water and ½ cup orange juice. Sift and stir in 2 cups flour, 2 teaspoons baking powder, 1 teaspoon salt, ¼ teaspoon soda, and ½ cup chopped nuts. Let stand for about 20 minutes. Bake in loaf pan at 350° for 55-65 minutes.

BANANA BREAD

3 tablespoons shortening

1 cup sugar

2 eggs

3 tablespoons sour milk

½ teaspoon baking soda

2 cups sifted flour

1 teaspoon baking powder

1 cup ripe mashed bananas

Cream shortening and sugar. Add eggs and beat well. Dissolve baking soda in milk and add remaining ingredients. Blend well. Turn into waxed paper lined 9x5x3 loaf pan. Bake at 350° for 1 hour.

MARY LAKE'S BRAN MUFFINS

Pour one cup boiling water over 1 cup 100% Bran (Nabisco). Set aside.

Cream:

1 ½ cups sugar
1 tablespoon margarine
2 eggs

Add:

2 ½ cups flour
2 ½ teaspoons baking soda
½ teaspoon salt

Add:

2 cups buttermilk

Blend in 100% Bran/water mixture.

Add:

2 cups Kellogg's All Bran
1 cup raisins

Mix well. Bake in muffin tins/paper cups at 400° for 20 minutes.

May refrigerate batter in quart jars for 6 weeks. Will keep from Thanksgiving until Christmas (but not from Christmas to Thanksgiving!). Don't stir the batter again; just spoon/dip lightly into muffin cups. Makes approximately 4 dozen muffins.

OATMEAL MUFFINS

2/3 cup uncooked oatmeal	½ teaspoon salt
1 ½ cups flour	4 teaspoons baking powder
1 egg	2 tablespoons margarine, melted
1 cup scalded milk	3 tablespoons sugar

Pour hot milk over oatmeal and let stand for 5 minutes. Add sugar, salt and margarine. Sift flour and baking powder. Mix all thoroughly and add well-beaten egg. Bake in muffin tins in moderate oven until done.

If you really want to make a friend, go to
someone's house and eat with him...the
people who give you their food give you their
heart.

Cesar Chavez



BREAKFAST

Banana-Oatmeal Pancakes

- | | |
|---------------------------------|------------------------------|
| ¾ cup regular oats (uncooked) | 1 medium ripe banana, mashed |
| 1 ½ cups skim milk | 1 ¼ cup all purpose flour |
| 2 eggs (beaten) or 4 egg whites | 1 teaspoon baking powder |
| 1 tablespoon vegetable oil | ¼ teaspoon salt |

Combine oats and milk in a medium bowl; let stand 5 minutes. Add eggs, oil and banana to the oat and milk mixture; beat well. Combine flour, baking powder and salt in a large bowl; add oat mixture to dry ingredients and stir just until blended. For each pancake pour 2 tablespoons batter onto a hot griddle or skillet coated with cooking spray. Cook over medium heat, turning pancakes when tops are bubbly and edges are browned. *Jeri Schettler, Executive Director*

Baked Denver Omelet

- | | |
|------------------------------|-------------------------------|
| 2 tablespoons butter | 8 eggs |
| ½ onion, chopped | ¼ cup milk |
| ½ green bell pepper, chopped | ½ cup shredded cheddar cheese |
| 1 cup chopped, cooked ham | Salt and pepper to taste |
- Preheat oven to 400°. Grease a 10" round baking dish.

Melt butter in a large skillet over medium heat; cook and stir onion and green pepper until softened (about 5 minutes). Stir in ham and continue cooking until heated through.

Beat eggs and milk in a large bowl. Stir in cheddar cheese and ham mixture. Season with salt and pepper. Pour mixture into prepared baking dish.

Bake in preheated oven until eggs are browned and puffy, about 25 minutes.

Gail Bogie, Office

Baked Oatmeal

- | | |
|----------------------|---|
| 1 cup melted butter | 3 teaspoons baking powder |
| 1 cup brown sugar | 1 ½ cups milk |
| 3 teaspoons cinnamon | 1 cup water |
| 6 eggs | 8 cups oatmeal (regular or old fashioned...not instant) |
| ¾ teaspoon salt | |

Mix all ingredients together. Pour into a greased 9x13 baking dish. Bake at 350° for 30 minutes. (Can make ahead the night before – just increase the baking time about 15 minutes.)

Gail Bogie, Office

Baked Pancake Squares

¾ cup milk	1 cup all purpose-flour
2 tablespoons butter, melted	1 ½ teaspoons baking powder
2 eggs	¼ teaspoon salt
1 tablespoon brown sugar	

Preheat oven to 350°. Lightly grease an 8x8 baking dish.

In large mixing bowl, beat together the milk, butter and eggs. Add the sugar and gradually beat in the flour. Carefully stir in the baking powder and salt. Pour into prepared pan. Bake in preheated oven for 30 minutes. (Can add sautéed apples or pie filling to the bottom of the pan before baking.)

Gail Bogie, Office

BLUEBERRY FRENCH TOAST

12 pieces sliced bread	12 eggs
2-8 ounce packages fat-free cream cheese	2 cups skim milk
1 cup fresh blueberries	1/3 cup honey or maple syrup

Cut bread into cubes. Place half in greased 9x13 cake pan. Cut cream cheese into 1 inch cubes and place over bread. Top with blueberries and remaining bread cubes.

In large bowl, beat eggs. Add milk and honey/syrup, mix well. Pour over bread mixture, cover and refrigerate overnight (or 8 hours) in the refrigerator. Bake 25-30 minutes at 350°. Uncover and bake another 25-30 minutes until center is set.

Sauce:

1 cup sugar	1 cup fresh blueberries
2 tablespoons cornstarch	1 tablespoons butter
1 cup water	

In small pan, combine sugar, cornstarch and water; bring to boil and cook for 3 minutes. Add blueberries and butter simmer for 8-10 minutes. Serve over French Toast.

Bardene Peter, Ridgewood

BREAKFAST APPLE BARS

½ cup whole wheat flour	¼ cup applesauce
½ cup quick cooking rolled oats	3 tablespoons honey
½ teaspoon baking soda	½ teaspoon vanilla
¼ teaspoon cinnamon	½ of a 6 ounce package mixed dried fruit bits
¼ cup chopped walnuts	
¼ cup cooking oil	

Spray a 10x6x2 inch baking dish with nonstick spray. In a medium bowl, stir together flour, oats, baking soda and cinnamon; set aside. In a small bowl, stir together oil, applesauce, honey and vanilla. Stir applesauce mixture into flour mixture until combined. Stir in fruit bits and nuts. Spread evenly in prepared baking dish. Bake at 350° for 15-20 minutes until wooden toothpick inserted in the center comes out clean. Cool on wire rack. Cut into 16 bars. Store in a tight container at room temperature.

Jeri Schettler, Executive Director

DIETER'S QUICHE

2 eggs	1/3 cup finely chopped cooked ham
2 egg whites	2 tablespoons finely chopped green pepper
½ cup low fat cottage cheese	¼ cup shredded Swiss cheese
1 cup frozen chopped broccoli (thawed and drained)	2 teaspoons dried minced onion

Using a rotary beater, beat together eggs and egg whites. Add cottage cheese, broccoli, ham, green pepper, cheese and onion. Spray a 7 inch pie plate with nonstick spray. Turn egg mixture into pie plate and bake at 325° for 30-35 minutes or until a knife inserted in the center comes out clean. Let stand for 10 minutes. Cut into 4 wedges and serve.

Jeri Schettler, Executive Director

SUNDAY FRENCH TOAST

4 egg whites, lightly beaten	½ teaspoon cinnamon
1 teaspoon vanilla	6 slices whole wheat bread
1 cup skim milk	Fruit preserves

Beat together egg whites, milk, vanilla and cinnamon. Add bread slices, one at a time. Use a non-stick skillet and cooking spray to fry. Top with fruit preserves.

"When you wake up in the morning, Pooh," said Piglet at last, "what's the first thing you say to yourself?"

"What's for breakfast?" said Pooh. "What do you say, Piglet?"

"I say, I wonder what's going to happen exciting today?" said Piglet.

Pooh nodded thoughtfully. "It's the same thing," he said."
— A.A. Milne



DESSERTS

ANGEL FOOD FLAG CAKE

1 white angel food cake mix
1 ¼ cups cold water
3 cups fresh or frozen unsweetened
(thawed and drained) raspberries
3 tablespoons sugar

3 tablespoons seedless red raspberry jam,
melted
1 8-ounce container frozen whipped
topping, thawed (3 cups)
2 cups fresh or frozen (thawed and drained)
blueberries

Move oven rack to middle position. Heat oven to 350°.

Beat cake mix and 1 ¼ cups cold water in extra-large glass or metal bowl with electric mixer on low speed for 30 seconds; beat on medium speed for 1 minute. Pour into 2 ungreased loaf pans, 9x5x3 inches, or 3 ungreased loaf pans, 8 ½ x 4 ½ x 2 1/2 inches.

Bake 9 inches pans 35-45 minutes; 8 ½ inch pans 28-38 minutes or until top is dark golden brown and cracks feel very dry and not sticky. Do not underbake. Immediately turn each pan on its side on a heatproof surface and let rest until completely cool. Run knife around edges; remove from pans.

Line each same loaf pan with plastic wrap, allowing wrap to extend over edges. Place raspberries, sugar and jam in food processor; cover and process using 3 quick on-and-off motion until coarsely chopped. Cut each loaf cake horizontally into 4 slices, using serrated or electric knife. Place 1 slice in bottom of each pan; spread 3 tablespoons of the raspberry mixture over each. Top with another slice of cake. Repeat with remaining raspberry mixture and cake slices. Cover with plastic wrap and refrigerate at least 2 hours until chilled.

To remove loaves easily from pans, place serving plate upside down on top of pan; turn pan upside down onto plate. Remove pan and plastic wrap. Cut each loaf crosswise into 8 slices, using serrated or electric knife. Serve with whipped topping and blueberries. Serves 16.

Amber Kamm, 921

CHOCOLATE VELVET PUDDING PIE

Graham Cracker Crust:

Finely crumble about 18 graham crackers (1 ½ cups). Add ¼ cup melted margarine and mix well. You may bake this pie shell for 8 minutes or just press the mixture into a pie plate and chill.

Pudding:

1 package (4-serving size) chocolate sugar-free instant pudding
1 cup cold milk

1 square (1 ounce) semi-sweet chocolate,
melted (optional)
1-8 ounce container Cool Whip

Prepare pudding with 1 cup cold milk as directed on package with electric mixer. Gradually blend in chocolate at low speed until smooth. Fold in Cool Whip. Spoon into pie crust. Freeze until firm, about four hours. Garnish with additional Cool Whip and chocolate curls.

CREAMY VANILLA-CARAMEL CHEESECAKE

15 reduced-fat chocolate or vanilla wafer cookies, crushed (1/2 cup)	2 teaspoons vanilla
2 – 8 ounce packages reduced-fat cream cheese, softened	2 cups vanilla low-fat yogurt
2/3 cup sugar	2 tablespoons all-purpose flour
3 egg whites or ½ cup fat-free cholesterol-free egg product	1/3 cup fat-free caramel topping
	Pecan halves, optional

Heat oven to 300°. Spray springform pan, 9 x 3 inches, with cooking spray. Sprinkle cookie crumbs over bottom of pan.

Beat cream cheese in medium bowl with electric mixer on medium speed until smooth. Add sugar, egg whites and vanilla. Beat on medium speed about 2 minutes or until smooth. Add yogurt and flour. Beat on low speed until smooth.

Carefully spread batter over cookie crumbs in pan. Bake 1 hour. Turn oven off; cool in oven 30 minutes with door closed. Remove from oven; cool 15 minutes. Cover and refrigerate at least 3 hours.

Drizzle caramel topping over cheesecake. Garnish with pecan halves. Store covered in the refrigerator. 16 servings. *Carmen Kamm, Office*

EASY PUMPKIN CAKE

1 angel food cake mix (1-step)	1 teaspoon cinnamon
1 can pumpkin	½ teaspoon ginger
1 cup water	¼ teaspoon cloves

Mix together and pour into a greased 9x13 pan. Bake at 350° for 20-25 minutes or until toothpick inserted in the center comes out clean. Cool and cut into 12 pieces. Garnish with fat-free Cool Whip. *CLA 216*

LEMON NO-BAKE PIE

1 envelope Knox unflavored gelatin	5 tablespoons lemon juice
1 package sugar-free vanilla pudding/pie filling (not instant)	¼ teaspoon grated lemon peel (optional)
3 tablespoons sugar or Equal equivalent	1/3 cup Carnation instant non-fat dry milk (in powder form)
2 cups liquid Carnation instant non-fat milk (prepared)	1/3 cup ice water
	1 graham cracker crust

In medium saucepan, mix unflavored gelatin, pudding/pie filling mix and sugar. Blend in prepared instant non-fat milk. Let stand one minute. Cover over medium heat, stirring constantly, until mixture comes to a boil and gelatin is dissolved. Pour into large bowl and chill, stirring occasionally, until mixture mounds slightly when dripped from a spoon. Stir in 4 tablespoons lemon juice and peel. In small mixer bowl, combine instant nonfat dry milk and ice water. Beat at high speed until soft peaks form (3-4 minutes). Add remaining 1 tablespoon lemon juice and continue beating until stiff peaks form (3-4 minutes longer). Fold whipped instant milk into pudding mixture. Spoon into crust. Chill until firm. Serve with fruit, if desired.

CLA 216

REFRIGERATOR OATMEAL BARS

½ cup peanut butter	½ cup sunflower nuts
2 tablespoons honey	½ cup chopped walnuts OR
2 eggs	¼ cup mini chocolate chips
2 tablespoons margarine	2 cups quick cooking oatmeal
1 tablespoon vanilla	½ cup raisins (optional)

Mix peanut butter and honey in sauce pan over medium heat. Beat in eggs, one at a time. Stir constantly for 3 minutes. Remove from heat; stir in margarine and vanilla. Add nuts, oats, raisins and chips. Mix well. Press mixture into 8 inch square and chill.

SKINNY CHUNKY MONKEY COOKIES

3 ripe bananas	¼ cup unsweetened cocoa powder
2 cups oatmeal	1/3 cup unsweetened applesauce
¼ cup peanut butter	1 teaspoon vanilla

Mash bananas in large bowl. Stir in the rest of the ingredients. Let stand for 20 minutes. Drop by teaspoonful onto ungreased cookie sheet. Bake for 10-12 minutes at 350°.

Phyllis Larson, 430 & 869

WEIGHT WATCHERS EASY PEACH COBBLER

2 pounds frozen peaches (thawed)
1 box yellow cake mix
1 can Diet 7-Up or Diet Sprite

Spread peaches in sprayed 9x13 pan. Sprinkle dry cake mix over peaches. Pour 7-Up or Sprite over cake mix. Cover with foil and bake for 20 minutes at 350°. Uncover and bake for another 40 minutes.

YOGURT CAKE

1 box white cake mix	2 – 6 ounce containers berry flavored yogurt, fat free
½ cup applesauce (unsweetened)	¾ cup water
2 eggs	

Mix all ingredients together and bake in greased 9x13 cake pan for 30-35 minutes at 350°.

Frosting:

1 – 6 ounce container fat-free berry yogurt
1 – 8 ounce container Cool Whip (fat-free)
Mix together well and frost cake. Store in refrigerator.

Bardene Peter, Ridgewood



MAIN DISHES

BEEF AND BEAN ENCHILADAS (low sodium, low fat)

½ cup no-salt-added tomato sauce	1 teaspoon chili powder
½ cup salsa	1 teaspoon ground cumin
Eight 6-inch corn tortillas	1/8 teaspoon black pepper
½ pound lean ground beef	½ cup shredded low-fat cheddar cheese
1 cup canned non-fat refried beans	

In a small bowl, stir together the tomato sauce and salsa. Using about half the tomato sauce mixture, brush both sides of each tortilla. Stack tortillas on a plate and set aside (this will soften the tortillas).

In a large skillet, cook beef over medium-high heat until browned. Place in a colander and rinse under hot water. Drain well. Wipe skillet with a paper towel and return beef to skillet. Stir in refried beans, chili powder, cumin and pepper. Cook and stir for 2 minutes or until heated through. Preheat broiler. Spoon about ¼ cup of the mixture down the center of each tortilla. Roll up tortillas and place, seam side down, in a 10x6x2 inch or 9x9x2 inch glass baking dish. Top with remaining tomato sauce mixture. Broil 4 inches from heat for about 5 minutes, or until browned. (Watch carefully so they don't burn.) Sprinkle with cheese and let stand 5 minutes before serving.

Gail Bogie, Office

BEEF BURRITOS

16 ounce canned tomatoes	Several dashes hot pepper sauce
4 ounce can whole green chiles (rinsed/seeded)	½ pound lean ground beef
1 teaspoon cornstarch	1 cup low-fat cottage cheese
1 teaspoon sugar	¼ teaspoon dried oregano
½ teaspoon ground coriander	4 – 8 inch flour tortillas
	½ cup shredded mozzarella

Sauce: In blender or food processor, combine undrained tomatoes, chiles, cornstarch, sugar, coriander, pepper sauce and ½ teaspoon salt. Cover and blend until smooth. In a saucepan, cook sauce; stir until bubbly. Cook beef until brown; drain fat. Combine beef, cottage cheese and oregano. Spread 1 tablespoon sauce mixture onto each tortilla. Spread ¼ of the beef mixture on top of sauce; roll up tortillas and place, seam side down, on top of sauce in a 9x9x2 inch baking dish. Bake, uncovered, at 375° for 15 minutes. Meanwhile, heat remaining tomato sauce. Pour over tortillas and sprinkle with mozzarella cheese. Bake an additional 3-5 minutes.

Jeri Schettler, Executive Director

BEEF CABBAGE CASSEROLE

1 medium head cabbage
1 pound hamburger
1 small onion
2 cups tomato juice
Salt and pepper to taste

Brown hamburger and onion together. Drain grease. Shred cabbage. Mix all together with seasonings. Put into casserole. Pour tomato juice over all. Bake covered at 350° for 1 hour.

Jeri Schettler, Executive Director

BEEF AND SPINACH LASAGNA

Basic White Sauce:

1 cup skim milk
1 tablespoon corn starch
½ teaspoon salt
¼ teaspoon pepper

Lasagna:

½ cup grated Parmesan cheese
1 pound lean ground beef
1 – 10 oz. package frozen chopped spinach, thawed & drained
3 cups spaghetti sauce
9 whole wheat lasagna noodles, cooked and drained
8 ounces low-fat mozzarella cheese, shredded

For the white sauce, whisk the skim milk and cornstarch in a saucepan until blended. Bring to a boil over medium-high heat and reduce the heat, stirring constantly. Cook for 3-5 minutes or until thickened, stirring constantly. Season with salt and pepper.

For the lasagna, stir all but 1-2 tablespoons of the parmesan cheese into the white sauce in a bowl and set aside. Brown the ground beef in a nonstick skillet, stirring until crumbly; drain. Press the excess moisture from the spinach.

Spread about ¾ cup of the spaghetti sauce over the bottom of a greased 9x13 inch baking pan. Layer with 3 noodles, ½ of the spinach, ½ of the ground beef, 1/3 of the white sauce mixture and ¾ cup of the remaining spaghetti sauce. Repeat this layering process, ending with the remaining 3 noodles, the remaining white sauce mixture, the mozzarella cheese, the remaining spaghetti sauce and the remaining parmesan cheese.

Bake, covered with foil, at 350° for 30-35 minutes. Remove the foil and bake for 10-15 minutes longer or until light brown. Let stand for 5 minutes before serving.

CABBAGE AND HAMBURGER/SAUSAGE STIR FRY (low carb)

1 pound ground beef or turkey Italian sausage
2 cloves garlic, minced
16 ounce bag coleslaw mix (or shred your own small cabbage)
8 ounces fresh mushrooms, sliced
2 tablespoons soy sauce
1 tablespoon sesame oil
Pinch ginger (optional)
Pinch cayenne pepper (optional)
Salt and pepper to taste
1 bunch green onions, cut on the bias

In a very large skillet or wok, brown the ground beef or sausage with the garlic and salt and pepper. Drain the fat. Add the cabbage and mushrooms and stir-fry until the cabbage is tender-crisp. Add the remaining ingredients and heat through.

Gail Bogie, Office

CASSEROLE SAUCE MIX

2 cups non-fat dry milk	½ teaspoon pepper
¾ cup cornstarch	1 teaspoon basil
¼ cup instant chicken bouillon	1 teaspoon thyme
2 tablespoons dry onion flakes	

Mix together and store in air-tight container. To make 1/12 cups of sauce (equal to a can of soup), mix 1/3 cup mix and 1 ¼ cups water. Stir over low heat until thick or microwave on high. Stir occasionally until bubbly.

CHICKEN VALENCIA

8 boneless, skinless chicken breasts, pounded thin	½ cup white wine or chicken stock
1 teaspoon salt	2 tomatoes, peeled and chopped
1 teaspoon pepper	½ cup fresh mushrooms, sliced
¼ cup flour	½ cup scallions, chopped
3 tablespoons olive oil	1 clove fresh garlic, chopped
	½ cup chicken stock

Salt and pepper the chicken breasts, then lightly coat the chicken breasts with flour. Heat the olive oil in a large sauté pan on medium-high heat. When heated, add the coated chicken breasts and sauté until chicken is golden brown. When chicken is browned on both sides, add white wine to deglaze the pan. Add tomatoes, mushrooms, scallions, garlic and chicken stock to pan. Simmer for 10 minutes or until chicken is cooked. The stock will thicken while cooking.

HOT TURKEY CASSEROLE

4 cups cooked, cut up turkey	1 cup light mayo
4 cups sliced celery	2 tablespoons lemon juice
¼ cup chopped onion	1 cup blanched slivered almonds
2 ½ cups Casserole Sauce Mix (see above)	

Mix above ingredients together and bake one hour at 350° in a 9x13 pan.

Topping:

2 cups croutons	½ cup slivered almonds
1 cup grated cheddar cheese	

Mix together and sprinkle over top of casserole and bake until golden brown, about 10-15 minutes.

ITALIAN POT ROAST

1 – 3 pound beef chuck roast, trimmed and cut crosswise into halves	1 – 28 ounce can crushed tomatoes
5 garlic cloves, cut lengthwise into halves	1 pound small white unpeeled potatoes
1 ½ teaspoons coarse salt	1 large onion, cut into 8 wedges
1 teaspoon pepper	1 tablespoon chopped fresh rosemary or 1 teaspoon crumbled dried rosemary
1 tablespoon olive oil	<i>(directions on next page)</i>

Cut 4 slits in the beef roast and stuff the slits with ½ of the garlic. Sprinkle with the salt and pepper. Heat the olive oil in a large skillet over high heat and swirl to coat the bottom of the skillet. Add the beef to the hot oil and cook for 5 minutes or until brown on all sides.

Combine the beef, undrained tomatoes, potatoes, onion, rosemary and remaining garlic in a 5-quart slow cooker. Cook, covered, on high for 6 hours or until the beef is fork tender; do not remove the cover during the cooking process. Remove the beef to a cutting board and thinly slice, discarding any gristle. Skim the fat from the top of the sauce. To serve, divide the beef and vegetables evenly among 8 bowls and drizzle with the sauce. 8 servings

LIVER WITH APPLES AND ONION

4 slices calf liver (about 1 pound)	2 apples, cored and cut into 1/2 inch thick rings
4 tablespoons margarine	
3 medium onions, peeled and sliced	

Dry the liver. Sauté onions in 3 tablespoons margarine. Remove onion rings and sauté apples until they are cooked through but not mushy (about 2-3 minutes on each side). Remove apples. Sauté liver about 2-3 minutes on each side. Place on platter and top with onions and apples. Serves 4. *Bonnie Schroeder, 1110*

MAKE-AHEAD TURKEY TETRAZZINI

8 ounces uncooked spaghetti	¼ cup chopped fresh parsley
¼ cup margarine or butter	1 teaspoon salt
2 cups sliced fresh mushrooms	1/8 teaspoon nutmeg
3 tablespoons all-purpose flour	Dash pepper
2 cups chicken broth	3 cups cooked, cubed turkey
¾ cup half-and-half	½ cup grated Parmesan cheese
1-3 tablespoons dry sherry (optional)	Chopped fresh parsley

Cook spaghetti as directed on package. Drain.

Meanwhile, melt margarine in Dutch oven over medium heat. Add mushrooms and cook 5 minutes or until tender, stirring frequently. Reduce heat to medium-low. Add flour; cook and stir until bubbly. Gradually add broth, stirring constantly until mixture boils and thickens. Remove from heat. Stir in half-and-half, sherry, ¼ cup parsley, salt, nutmeg and pepper.

Add cooked spaghetti and turkey to mushroom mixture. Stir gently to mix. Spoon mixture into ungreased 9x13 inch (3 quart) glass baking dish. Cover with foil. Refrigerate at least 8 hours or overnight.

Heat oven to 350°. Uncover baking dish. Sprinkle Parmesan cheese over top. Cover and bake at 350° for 45-55 minutes or until thoroughly heated, removing foil the last 10 minutes of baking time. Sprinkle with parsley. Serves 8. *Amber Kamm, 921*

MEATBALLS, GLUTEN-FREE

10 pounds hamburger	2 small-medium onions
1 head of cauliflower	6 cloves garlic
6 large carrots	2 teaspoons salt

Shred ½ head of the cauliflower, carrots, onions and garlic well. (Makes approximately 8 cups of filling.) Mix with the hamburger and salt. Make meatballs and fry, covered, over medium heat 20-30 minutes (depends on the size of your meatballs). Will need to fry these in batches. As they cook, the meatballs will make a broth. Save this broth to make gravy for the meatballs:

Gravy:

Cook the other ½ head of the cauliflower with 2 cups of the meatball broth until cauliflower is mushy. Puree the mixture and pour over meatballs.

Gail Bogie, Office

NEW ENGLAND DINNER

4 pounds corned beef	8 potatoes, peeled and halved
1 head cabbage, cut into eighths	8 carrots, peeled and halved

Cover meat with cold water. Simmer 3 hours, adding the potatoes, carrots and cabbage the last hour. Drain and serve. Serves 8-10.

Bonnie Schroeder, 1110

NO CRUST PIZZA

1 – 2 ounce can chopped mushrooms	2 – 1 ounce each slices mozzarella cheese
1 slightly beaten egg	¼ cup chopped onion
1 cup soft bread crumbs	2 tablespoons chopped green pepper
½ teaspoon dried oregano	4 ounce canned pizza sauce
1 pound lean ground beef	

Drain mushrooms; reserve liquid. Add water to equal 1/3 cup liquid. Combine the liquid, egg, crumbs, oregano, ½ teaspoon salt and dash of pepper; let stand for 5 minutes. Add beef; mix well. Pat beef mixture into a 9 inch pie plate to form crust. Cut cheese into 8 triangles and layer half on top of beef mixture. Top with pizza sauce, mushrooms, onion and green pepper. Bake in 350° oven for 45 minutes. Top with remaining cheese and bake another 5 minutes.

Jeri Schettler, Executive Director

ORANGE CHICKEN

8 pieces of chicken	1 can frozen orange juice concentrate (thawed)
1 cup flour	1 bunch green onions, chopped

Dredge chicken pieces in flour; brown. Place in casserole. Cover with green onions and drizzle with orange juice. Cover and bake 1 hour at 350°. Uncover and bake an additional 15 minutes. Serves 4-6.

Bonnie Schroeder, 1110

OVEN BARBECUED CHICKEN

1 ½ cups tomato juice	¼ teaspoon ground pepper
¾ cup distilled white vinegar	¼ teaspoon powdered mustard
1 tablespoon plus 1 ½ teaspoon Worcestershire sauce	Dash pepper
1 bay leaf	3 pounds chicken parts, skinned
½ teaspoon salt	1 cup thinly sliced onions

Preheat oven to 350°. In a 1 quart saucepan, combine all ingredients except chicken and onions. Cook over medium heat, stirring frequently until flavors are blended, about 5-10 minutes. In a 9x13 pan, arrange chicken parts in an even layer. Top with onion slices and tomato juice mixture. Bake, basting chicken frequently, until chicken is cooked through, 50-60 minutes. Remove and discard bay leaf before serving. *CLA 216*

OVEN FRIED FISH

4 – 1 pound fish fillets	1/8 teaspoon pepper
2 cups corn flakes, finely crushed	¼ cup evaporated skim milk
1 teaspoon salt	4 teaspoons vegetable oil

Preheat oven to 500°. Combine crushed corn flakes, salt and pepper. Pour milk into shallow pan. Dip fish in milk, then in crumbs. Arrange fish on baking sheet sprayed with cooking spray. Sprinkle oil over fish. Bake for 10 minutes. *Jeri Schetter, Exec Director*

PARMESAN CAULIFLOWER PIZZA CRUST

1 head of cauliflower, cut into florets	1 egg
2 cloves of fresh, minced garlic	1 cup shredded mozzarella cheese
1 tablespoons Italian seasoning	½ cup grated parmesan cheese
2 tablespoons olive oil	

Shred cauliflower in a food processor until a rice-like texture is reached. In a 10 inch sauté pan, add olive oil, riced cauliflower, garlic and Italian seasoning. Cook over medium heat, stirring occasionally until all of the cauliflower is nearly translucent (7-8 minutes). Remove mixture from the pan and place in a microwave-safe bowl. Heat in microwave for 3 minutes. Remove and place in freezer to chill for 30 minutes or until completely cooled. Remove bowl from freezer and squeeze out moisture using several paper towels. (Get out as much moisture as you can – it will be worth the effort.) Add in remaining ingredients and stir until evenly combined.

Preheat oven to 400°. Grease a 10 inch sauté pan or line with parchment paper. Add cauliflower mixture and press firmly with fingertips and paper towels to create a well-packed crust.

Bake for 25 minutes or until crust appears to be a deep golden brown. Remove from oven and flip onto a cookie sheet. Top with desired pizza toppings and bake another 10 minutes or until cheese is melted and toppings are cooked through. *Gail Bogie, Office*

RED BEANS WITH RICE

1 pound dried red kidney beans
6 cups water
4 slices bacon or 6 ounces salt pork
½ cup chopped onion
1 leek, cut into halves lengthwise and
thinly sliced crosswise
1 teaspoon thyme
¼ teaspoon cayenne pepper
1 green bell pepper, chopped
½ teaspoon coarse salt
¼ teaspoon freshly ground black pepper
2 cups basmati rice, cooked
2 ribs celery, thinly sliced crosswise

Sort and rinse the beans. Combine the beans, water, bacon, onion, leek, celery, thyme and cayenne pepper in a 5-quart slow cooker. Cook, covered, on high for 4 hours or until the beans are tender. (Do not remove the cover during the cooking process.) Stir in the bell pepper, salt and pepper. Cook, covered, for 20 minutes longer or until the bell pepper is tender. Discard the bacon, if desired, and stir in the rice. Ladle into bowls.

RED POTATO AND CHICKEN PIZZAIOLA

1 tablespoon extra-virgin olive oil
4 – 4 oz. boneless skinless chicken breasts
¼ teaspoon salt
¼ teaspoon black pepper
1 pound new red potatoes, quartered
1 onion, chopped
2 green bell peppers, cut into ½ inch strips
2 teaspoons oregano
1/8 teaspoon red pepper flakes
1 – 14 oz. can Italian-style diced tomatoes
1 – 14 oz. can low-sodium chicken broth
3 tablespoons tomato paste

Heat the olive oil in a large oven-proof skillet over medium heat. Season the chicken on both sides with the salt and black pepper. Sauté the chicken in the hot oil until brown on both sides. Remove the chicken to a platter using tongs and cover to keep warm, reserving the pan drippings.

Sauté the potatoes, onion, bell peppers, oregano and red pepper flakes in the reserved pan drippings for 10-15 minutes or until the vegetables are tender. Stir in the undrained tomatoes, broth and tomato paste. Bring to a boil and remove from the heat. Return the chicken to the skillet and bake, covered, at 350° for 30 minutes. Serve immediately. 4 servings.

SKILLET CHICKEN AND RICE

2 pounds meaty chicken pieces (skinned)
3 cups sliced fresh mushrooms
4 medium carrots, peeled and bias-cut ½" thick
¾ cup long grain rice
½ cup chopped onion
1 teaspoon poultry seasoning
1 teaspoon instant chicken bouillon

Spray a 12 inch skillet with nonstick spray. Brown chicken pieces on all sides over medium heat about 15 minutes. Remove chicken. Drain fat from skillet. Add mushrooms, carrots, rice, onion, bouillon, poultry seasoning, 2 cups water and ¼ teaspoon salt. Place chicken on top of rice mixture. Cover and simmer 30 minutes or until chicken and rice are done.

Jeri Schettler, Executive Director

SWEET-HOT STEAK BITES

1 – 8 ounce can crushed pineapple packed in juice, lightly drained
1/3 cup sweet Asian chili sauce
½ teaspoon reduce-sodium soy sauce
¼ teaspoon crushed red pepper
1 pound raw, lean beefsteak fillet, cut into about 30 bite-sized pieces
1 onion, finely chopped

Place pineapple, chili sauce, soy sauce and crushed red pepper in the crock pot. Mix well. Add beef and onion and stir to coat. Cover and cook on high for 3-4 hours or on low 7-8 hours.

ZUCCHINI PASTA (low carb)

4 small zucchini	½ pound cooked Italian sausage, cut up (suggestion: use turkey Italian sausage)
2 Tablespoons olive oil	Salt and pepper to taste
1 large clove of garlic, pressed	Several leaves of fresh, torn basil
14 ½ ounces diced tomatoes	½ cup grated parmesan cheese
1 teaspoon oregano	

Slice the unpeeled zucchini into ribbons, using a vegetable peeler and turning the squash as you go. Put 1 tablespoon olive oil in a saucepan over medium heat; when it's warm, add the pressed garlic and sauté briefly. Add the tomatoes and oregano. Simmer, uncovered, for 5-10 minutes.

Meanwhile, heat the remaining tablespoon of olive oil in a wide skillet; when it's hot, add the zucchini. Stir for several minutes until the zucchini is soft and the edges are clear. Add salt and pepper to taste, then mix in the sauce. Add the sausage and stir to combine. Stir in the basil and transfer to a serving dish. Scatter the parmesan cheese over the top. *Gail Bogie, Office*

*"I wish my stove came with a
'Save As' button like Word has.
That way I could experiment with
my cooking and not fear ruining
my dinner."*

Jarod Kintz



SALADS

BROCCOLI/CAULIFLOWER SALAD

2 cups sliced fresh cauliflower
1/3 cup sliced onion
1 cup sliced fresh mushrooms
1 tablespoon milk

2 cups sliced fresh broccoli
1 teaspoon garlic salt
3 tablespoons light Miracle Whip

Clean the cauliflower, broccoli and onion and slice them evenly. Sprinkle the garlic salt over the vegetables and toss lightly. Place in a covered container in the refrigerator overnight.

Drain broccoli mixture well and add sliced mushrooms. Thoroughly mix together salad dressing and milk and pour over the vegetables. Mix thoroughly and serve.

CARAMEL APPLE SALAD

1-12 ounce container Cool Whip (fat-free)
1 box sugar-free instant butterscotch pudding mix
8 ounce can crushed pineapple with juice
4 Granny Smith apples, chopped

Stir together and refrigerate.

CHICKEN SALAD WITH PEA PODS

1 cup spiral macaroni
2 cups fresh pea pods (trimmed & blanched)
2 cups cubed, cooked chicken or turkey
½ cup sliced green onions
½ cup sliced water chestnuts
½ cup reduced calorie mayo

1 teaspoon soy sauce
¼ teaspoon pepper
1/8 teaspoon ginger
1 teaspoon sherry (if desired)
Lettuce leaves
½ cup toasted slivered almonds

Cook macaroni to desired doneness. Drain and rinse with cold water. In large bowl, combine cooked macaroni, pea pods, chicken, green onions and water chestnuts. In small bowl, blend mayonnaise, soy sauce, pepper and ginger; add sherry if desired. Pour over pea pod mixture and mix well. Cover and refrigerate at least 3 hours or until served. Line serving bowl with lettuce leaves; spoon salad over lettuce. Garnish with almonds. *Jeri Schettler, Exec Director*

CREAMY COLE SLAW

5 cups shredded red and green cabbage
1 cup low fat Miracle Whip
1 tablespoon horseradish
1 tablespoon pepper
½ teaspoon salt
½ teaspoon celery seed

½ cup shredded carrots
¼ cup sugar
1 tablespoon dried mustard
1 tablespoon pepper
½ teaspoon garlic powder

Toss cabbage and carrots in a bowl. Mix remaining ingredients to make a dressing. Pour over salad and toss well. Chill and serve.

Bardene Peter, Ridgewood

GRILLED SEAFOOD SALAD

Shallot-Thyme Vinaigrette

¼ cup balsamic vinegar
3 tablespoons olive or vegetable oil
2 tablespoons white wine vinegar
1 tablespoon finely chopped shallot

1 tablespoon chopped fresh or 1 teaspoon dried thyme leaves
1 tablespoon Dijon mustard
1 tablespoon water
¼ teaspoon salt

Salad

12 uncooked large shrimp (thawed, if frozen), peeled and deveined
1 pound swordfish, marlin or tuna steaks, ¾ to 1 inch thick
1 medium fennel bulb, cut into wedges

10 cups bite-sized pieces mixed salad greens
½ small red onion, thinly sliced
12 cherry tomatoes, cut in half
12 pitted Kalamata or ripe olives

In tightly covered container, shake vinaigrette ingredients.

Place shrimp and fish in shallow glass or plastic dish or heavy-duty resealable plastic food storage bag. Add ¼ cup of the vinaigrette; turn shrimp and fish to coat. Cover dish or bag; refrigerate 30 minutes. Reserve remaining vinaigrette.

Heat gas or charcoal grill. Remove shrimp and fish from marinade; reserve marinade and set shrimp aside. Place fish and fennel on grill over medium heat. Cover grill; cook 5 minutes. Brush fish and fennel with marinade; add shrimp. Cover grill; cook 5 minutes, turning and brushing fish, fennel and shrimp with marinade 2 or 3 times, until shrimp are pink, fish flakes easily with fork and fennel is tender. Discard any remaining marinade.

Arrange salad greens on serving platter. Cut fish into bite-size pieces. Arrange fish, fennel, shrimp and remaining salad ingredients on greens. Serve with reserved vinaigrette. Serves 6.

Amber Kamm, 921

CUCUMBER-DILL DRESSING

3 large cucumbers, chopped
¼ cup fresh lime juice
Salt to taste

1 bunch dill, diced
½ teaspoon cayenne

Add ingredients to a blender; blend until smooth. Chill and serve.

FIVE-MINUTE BASIL VINAIGRETTE

1/3 cup chopped fresh basil
1 ½ teaspoons seasoned salt
½ cup olive oil
1 tablespoon fresh lemon juice

2 tablespoons Dijon mustard
¼ teaspoon ground black pepper
1/3 cup white vinegar

In a blender, combine basil, mustard, seasoned salt, pepper, vinegar and lemon juice. Next, turn blender on low and slowly pour oil in from the top. Blend until all the oil has been added. Refrigerate. Stir just before using

HAM ICEBOX SALAD

2 cups uncooked elbow macaroni
3 cups lean diced ham
1 cup diced celery
1 cup light mayo
¼ cup sweet pickle relish

2 tablespoons chopped onion
2 tablespoons chopped pimiento
½ teaspoon seasoned salt
1/8 teaspoon pepper

Prepare macaroni according to package directions. Drain. Combine with remaining ingredients. Cover and chill. Makes 6 servings.

ITALIAN DRESSING

½ cup extra virgin olive oil
½ teaspoon dried basil
½ teaspoon dried oregano
Salt and pepper to taste

¼ cup balsamic vinegar
½ teaspoon dried thyme
1 clove garlic

Place all ingredients in a blender. Blend until ingredients are mixed well, about 1 minute. Chill and serve.

LEMON DRESSING

1/2 cup extra virgin olive oil
1 clove garlic, minced
Salt and pepper to taste

¼ cup fresh lemon juice
¼ bunch parsley, chopped fine

Place all ingredients in a blender. Blend until smooth. Chill and serve.

MANDARIN SALAD

Salad Dressing:

½ cup light sour cream
½ cup light mayo
¼ cup honey
3 tablespoons apple cider vinegar

2-8 ounce cans mandarin oranges, drained
1 cup scallions, chopped
1 teaspoon celery salt
Salt and pepper to taste

Lettuce Mixture:

4 cups romaine lettuce, chopped
2 cups escarole, chopped

½ cup walnuts, chopped

Place all ingredients except lettuce and walnuts into a large mixing bowl and mix well. Add romaine, escarole and walnuts. Toss with salad dressing.

PIZZA SALAD SUPREME

16 ounces small shell pasta	2 cloves garlic, minced
1 red bell pepper, chopped	1 teaspoon dried oregano
1 green bell pepper, chopped	½ teaspoon salt
1 tomato, chopped	¼ teaspoon pepper
5 green onions, chopped	1 cup Italian dressing or light Italian dressing
1 – 4 ½ ounce can mushrooms, drained	1 cup shredded mozzarella
2 ½ ounces sliced pepperoni	2 tablespoons grated Parmesan
1 – 2 ½ can sliced black olives, drained	

In a large pot of boiling water, cook pasta until al dente. Rinse under cold water and drain. In a large bowl, combine the pasta, red and green peppers, tomato, green onions, mushrooms, pepperoni, olives, garlic, oregano, salt and pepper. Toss together and refrigerate until chilled. Before serving, add dressing and cheese. Mix well.

SALAD DRESSING

1 teaspoon oil	8 teaspoons wine vinegar
2 teaspoons Dijon mustard	Chives and onion to taste.

Makes enough for a large lettuce salad for one.

SEVEN LAYER SALAD

In large bowl, layer the following in the order given:

1 head lettuce (chopped)	½ cup light mayo
Chopped celery	Tomato wedges
Frozen peas	Sprinkling of bacon bits
1 cup yogurt	

SWEET PEA SALAD

3 cups sweet green peas, cooked	¼ pound bacon, cooked crisp & chopped
1 cup mozzarella cheese, shredded	2 tablespoons olive oil
¼ cup finely chopped onion	2 plum tomatoes, chopped
2 cloves garlic, chopped	½ cup black olives, halved
½ cup red bell pepper, chopped	½ bunch parsley, finely chopped
Salt and pepper to taste	

Place all ingredients in a large bowl and mix well. Refrigerate for 2-3 hours before serving.

TURKEY WILD RICE SALAD

2 ¾ cups water	¼ cup chopped fresh parsley
2/3 cup wild rice	¼ cup finely chopped purple onion
1 ¼ cups chopped roasted lean turkey	2 tablespoons canola oil
½ cup minced celery	2 tablespoons sherry vinegar
½ cup drained canned mandarin oranges, halved	1 tablespoon mandarin orange juice
½ cup dried cranberries	1 teaspoon Dijon mustard

(directions on next page)

Combine the water and wild rice in a medium saucepan and bring to a boil. Reduce the heat and simmer, covered, for 1 hour or until the liquid is absorbed and the rice is tender.

Combine the wild rice, turkey, celery, mandarin oranges, dried cranberries, parsley and onion in a bowl and mix well. Add a mixture of the canola oil, vinegar, juice and Dijon mustard to the rice mixture and toss to coat. Serve at room temperature. 4 servings.

WALDORF SALAD

2 cups diced unpeeled apples	1 teaspoon lemon juice
1 cup diced celery	Dash of salt
¼ cup coarsely chopped walnuts	½ cup creamy cheese spread (see recipe below)
½ cup raisins or seedless grapes, halved	

Mix all ingredients together. Chill. Serve on salad greens.

Creamy Cheese Spread:

½ cup low-fat cottage cheese
2 tablespoons nonfat dry milk

In a blender, mix the cottage cheese and milk powder until smooth. Chill to thicken before using.

ZESTY PASTA SALAD

½ cup light salad dressing	¼ cup grated parmesan cheese
2 tablespoons skim milk	2 ½ cup cubed ham
2 cups cooked macaroni shells	1 cup cherry tomato halves
1 cup green pepper chunks	¼ cup coarsely chopped onion
½ teaspoon salt	Lettuce

Combine salad dressing, parmesan cheese and milk; mix well. Add all the remaining ingredients except lettuce. Mix lightly. Chill several hours or overnight. Serve on lettuce covered platter.

Keep as near as ever you can to the first sources of supply—fruits and vegetables. ~B.W. Richardson



SANDWICHES

BAKED CHEESE SANDWICH

8 slices firm white bread	1 tablespoon instant minced onion
4 slices low-fat American cheese	1 teaspoon prepared mustard
2 eggs, slightly beaten or ½ cup egg substitute	1 teaspoon parsley flakes
1 cup skim milk	¼ teaspoon paprika
	1/8 teaspoon black pepper

In an 8x8" baking dish, place 4 slices bread. Top each slice with slice of cheese and remaining bread. Blend remaining ingredients and pour over sandwiches. Place plastic wrap on sandwiches. Refrigerate overnight. Bake in 350° oven for 30 minutes or until sandwiches are set or microwave, uncovered, at 50% power for 6 minutes. Rotate each sandwich ½ turn. Microwave another 6-10 minutes or until sandwiches are set.

CHICKEN SALAD FILLING

1 cup cooked chicken, finely chopped	¼ cup water chestnuts
½ cup finely chopped celery	1/3 cup light mayonnaise

Combine ingredients in medium bowl. Toss. Makes 4 servings.

OPEN FACED CHICKEN SALAD MELT

2 slices light bread	¼ cup dry broccoli cole slaw, roughly chopped
3 ounces (about 1/3 cup) canned 98% fat-free chunk white chicken breast in water, drained & flaked	Squirt of lemon juice
½ tablespoon whole-grain mustard	Dash of chili powder
½ tablespoon fat-free mayo	Dash of black pepper
	2 slices 2% milk Swiss cheese

Preheat broiler. Lightly toast bread. Set aside on a baking sheet lightly sprayed with non-stick spray.

In a small bowl, combine chicken, mustard, mayo, cole slaw, lemon juice, chili powder and pepper. Mix well. Evenly top each slice of bread with the chicken mixture, followed by a slice of cheese. Broil for 1-2 minutes until cheese melts. Plate and enjoy. 1 serving; 299 calories.

SLOW COOKER TERIYAKI-SESAME-CHICKEN WRAPS

3 pounds boneless skinless chicken thighs	12 – 10 inch flour tortillas
½ cup teriyaki sauce	¾ cup shredded carrots
1 tablespoon finely chopped ginger root	1 medium bell pepper, cut into bite-size strips
4 cloves garlic, finely chopped	½ cup sliced green onions (about 8 medium onions)
1 tablespoon sesame seed	¾ cup chow mein noodles
1 teaspoon toasted sesame oil	
½ cup hoisin sauce	

Spray a 4-5 quart slow cooker with cooking spray. Place chicken in cooker. In small bowl, mix teriyaki sauce, ginger root and garlic; pour over chicken. Cover; cook on low setting for 7-8 hours. Stir chicken mixture to break apart large pieces of chicken. Stir in sesame seed and sesame oil. Increase heat setting to high. Cover and cook about 15 minutes longer or until thoroughly heated.

Spread 2 teaspoons hoisin sauce on each tortilla. Using slotted spoon, spread about 1/3 cup chicken mixture down the center of each tortilla. Top chicken mixture with 1 tablespoon shredded carrot, a few bell pepper strips, 2 teaspoons green onions and 1 tablespoon noodles. Roll up tortilla; cut diagonally in half. Makes 12 wraps. *Carmen Kamm, Office*

TUNA IN A PITA POCKET

1 – 6 ½ ounce can tuna in water	4 tablespoons reduced calorie mayo
½ carrot, shredded	1 teaspoon Dijon mustard
½ zucchini, shredded	1 teaspoon poppy seeds
1 small apple, cored and finely chopped	2 whole wheat pita breads (1 ounce each)
3 tablespoons sliced green onion	

Combine tuna, carrot, zucchini, apple and onion. Combine mayo, mustard and poppy seeds and toss lightly with tuna mixture. Cut pita bread in half; open to form pocket; fill pocket with tuna mixture.

*Good bread is the most
fundamentally satisfying of all
foods; good bread with fresh
butter, the greatest of feasts!*

~James Beard



SNACKS

POPCORN TOSS

- 8 cups popped popcorn
- 1 cup unsalted mixed nuts (or lightly salted)
- 1-8 ounce package diced dried fruit mix
- 2 tablespoons margarine
- 1/3 cup apple jelly (use Smucker's Low Sugar, if possible)

Preheat oven to 300°. Grease a large baking sheet with cooking spray. Place popcorn, nuts and fruit mix on baking sheet. In small saucepan, melt margarine and jelly over low heat. Pour over popcorn, stirring to coat. Bake 20 minutes, stirring occasionally. Cool.

SNACK MIX

- ¾ cup wheat chex
- ¾ cup rice chex
- ¾ cup corn chex
- ¾ cup Kix cereal
- 1 ½ cups mixed nuts or peanuts
- 2 cups pretzel sticks
- ¼ cup sunflower seeds

Toss until thoroughly mixed. Store in tightly covered container.

BAKED KALE CHIPS

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Preheat oven to 350°. Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite size pieces. **Wash and thoroughly dry kale with a salad spinner.** Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes.



SOUPS

BAKED POTATO SOUP

Soup:

- | | |
|--|--|
| 1 large potato | 2 tablespoons fat-free sour cream |
| 2 tablespoons chopped onion | 1 tablespoon precooked real crumbled bacon |
| ½ teaspoon minced garlic | ¾ teaspoon garlic powder |
| 3 cups fat-free chicken broth | ¾ teaspoon onion powder |
| 1 cup light plain soy milk | ¼ teaspoon salt |
| ¼ cup all-purpose flour | 1/8 teaspoon black pepper |
| 2 tablespoons shredded fat-free cheddar cheese | |

Topping:

- | | |
|--|---|
| 5 teaspoons shredded fat-free cheddar cheese | 5 teaspoons diced scallions |
| 5 teaspoons fat-free sour cream | 2 ½ teaspoons precooked real crumbled bacon |

Pierce potato with a fork in multiple places and microwave for 8-10 minutes until potato is soft. When cool enough to handle, remove and discard the skin. Mash the potato pulp with a fork and set aside.

Bring a medium pot sprayed with nonstick spray to medium-high heat on the stove. Add chopped onion and minced garlic and cook for 1-2 minutes, until onion has softened. Add broth and soy milk. Slowly add the flour, continuously stirring until it has completely dissolved. Add mashed potato and stir until fully blended. Add all other ingredients for soup. Mix well, reduce heat and simmer for 2 minutes.

Top each serving with 1 teaspoon each of cheese, sour cream, and scallions. Sprinkle each serving with ½ teaspoon crumbled bacon. Add even more toppings, if you wish, such as salsa, chopped tomato, spinach, etc.

BLACK BEAN AND CORN SOUP

- | | |
|---|----------------------------------|
| 3 – 15 ounce cans low-sodium vegetable broth or chicken broth | 1 bay leaf |
| 2 – 15 ounce cans black beans, drained and rinsed | 2 garlic cloves, minced |
| 1 cup chopped onion | 1 teaspoon oregano |
| 1 cup chopped celery | ½ teaspoon freshly ground pepper |
| 2 tablespoons olive oil | 3 tablespoons fresh lemon juice |
| 2 cups frozen corn | Lemon slices |
| | Yogurt or sour cream to taste |
- (directions on next page)*

Mix the broth and beans in a saucepan and bring to a boil. Reduce the heat to low and simmer for 5 minutes. Sauté the onion and celery in the olive oil and in a skillet for 3-5 minutes or until tender-crisp. Stir the onion mixture, corn, bay leaf, garlic, oregano and pepper into the bean mixture and simmer, covered, for 45 minutes or until the vegetables are tender, stirring occasionally.

Discard the bay leaf and stir the lemon juice into the soup just before serving. The fresh lemon juice is the key to a great, not merely, good black bean soup. Ladle the soup into bowls and garnish with lemon slices and yogurt. 6 servings.

CHEESEBURGER SOUP

2 pounds hamburger	2 teaspoons parsley
1 ½ cups diced onion	½ cup flour
6-8 cups chicken broth	3 cups milk
8 cups potatoes, raw and diced	16 ounces Velveeta cheese
1 ½ cups raw shredded/diced carrots	2 teaspoons salt (optional)
1 ½ cups diced celery	1 teaspoon pepper
2 teaspoons dried basil	½ cup sour cream (fat-free or low fat)

Brown hamburger with onion and celery. Add broth, potatoes, carrots, parsley and basil. Bring to boil in large kettle. Reduce heat, cover and simmer until vegetables are tender. Whisk flour with milk and add to soup. Stir and boil for 2 minutes. Reduce heat and add cheese and salt and pepper. Stir until melted. Remove from heat and add sour cream. Makes 14-16 servings.

Bardene Peter, Ridgewood

CHICKEN SOUP

3 cups cooked, diced chicken	1 cup diced onion
½ cup diced celery	½ cup baby carrots
1 package frozen peas	16 ounces sliced fresh mushrooms
2 cups chicken broth	1 Tablespoon chicken soup base
½ teaspoon pepper	pinch of basil
2 tablespoons parsley flakes	

In a large soup kettle, bring the above ingredients to a boil. Reduce heat to simmer until vegetables are tender. Add 1 package noodles. Simmer until noodles are tender. Serve hot with saltine crackers.

Bardene Peter, Ridgewood

CREAM OF BROCCOLI SOUP

16 ounce bag frozen broccoli cuts	½ teaspoon dry mustard
¼ cup margarine	¼ teaspoon dill weed
¼ cup flour	Dash of pepper
1 tablespoon instant minced onion	2 cups skim milk
1 tablespoon instant chicken bouillon	3 cups water

Cook broccoli as directed on bag. In large saucepan, melt margarine. Stir in flour, onion, bouillon, salt, dry mustard, dill and pepper. Gradually add milk, stirring constantly. Stir in broccoli and water. Over medium heat, cook mixture until slightly thickened; remove from heat. Process mixture in blender until smooth. 6 - 1 cup servings.

MINESTRONE

1 zucchini	1 – 14 ounce can diced tomatoes
1 tablespoon extra-virgin olive oil	6 cups water
½ onion, chopped	1/8 teaspoon coarse salt
1 carrot, cut into ¼ inch slices	Freshly ground pepper, to taste
3 garlic cloves, minced	1 – 19 ounce can kidney beans, drained and rinsed
¼ small head of cabbage, cut lengthwise into halves and shredded	4 ounces small elbow macaroni
1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary	Salt to taste
	¼ cup grated Parmesan cheese

Cut the zucchini lengthwise into quarters and slice crosswise into ½ inch pieces. Heat the olive oil in a 6-8 quart stockpot over medium heat and add the onion, carrot and garlic. Cook for 3-4 minutes or until the onion is tender, stirring frequently. Stir in the zucchini, cabbage and rosemary. Cook for 1-2 minutes or until the vegetables are coated, stirring constantly. Add the undrained tomatoes and enough water to cover the vegetables by 1 inch. Bring to a boil and reduce the heat to low. Stir in 1/8 teaspoon salt and pepper to taste.

Simmer for 10 minutes or until thickened, stirring occasionally. Stir in the beans and pasta and cook for 10-15 minutes longer or until the pasta is al dente, stirring occasionally. Season to taste with salt and pepper. Ladle into soup bowls and sprinkle with the cheese. 6 servings.

NO CALORIE SOUP

1 head cabbage, cut in 1" pieces	1 medium onion, diced
4 large carrots, diced	4 stalks celery, chopped
4 turnips, peeled and cubed	2 zucchini, peeled and cubed
2 cans green beans (or fresh)	32 ounces beef or chicken stock

Put all ingredients in stock pot. Bring to a boil, reduce heat and cook 1 hour or until vegetables are tender. Add pepper to taste. (May need to add water to cover vegetables.)

Phyllis Larson, CLA 430 and 869

WHITE NAVY BEAN SOUP

1 pound navy beans, soaked overnight	2 cups white onions, sliced ½" thick
1 cup carrots, sliced into rounds	1 cup celery, diced
1 bunch parsley, diced fine	4 cloves garlic, crushed
1 tablespoon dried thyme	1 tablespoon dried basil
1 tablespoon dried oregano	2 bay leaves
Salt and pepper to taste	

First, drain water from beans. Add fresh water to beans (enough to cover beans). Add onions, garlic and dried herbs. Bring soup to a boil and turn down to a slow simmer. Once beans are cooked, add remaining ingredients. Simmer an additional 30 minutes.

Soup is a lot like a family. Each ingredient enhances the others; each batch has its own characteristics; and it needs time to simmer to reach full flavor.

Marge Kennedy



VEGETABLES

2-BEAN SALAD

1 can short cut green beans
1 medium onion, thinly sliced
Toss above ingredients and add dressing that has been mixed well.

1 can short cut wax beans
½ green pepper, thinly sliced

Dressing:

¼ cup Italian low-cal dressing
¼ cup Caesar low-cal dressing

1 tablespoon vinegar
6-8 packets of Equal or Truvia

BAKED ONION RINGS

2 egg whites
1 large sweet yellow onion, cut into rings

1/3 cup dry bread crumbs
Salt and pepper to taste

Mix egg whites, salt and pepper. Dip onion rings into egg mixture and then coat with bread crumbs. Place in single layer on greased baking sheet. Bake 10 minutes at 450°. Serves 4.

Bonnie Schroeder, 1110

CHEESY CAULIFLOWER PATTIES

2 heads cauliflower
4 large eggs
1 cup cheddar cheese, grated
1 cup Panko bread crumbs

1 teaspoon cayenne pepper
Salt
Olive oil

Cut cauliflower into florets and cook in boiling water until tender (about 10 minutes). Drain and mash while warm. Stir in cheese, eggs, panko, cayenne pepper and salt to taste. Coat pan with olive oil on medium heat. Form cauliflower mixture into patties and cook until golden brown. (Serve instead of potatoes.)

Phyllis Larson, 430 & 869

GREEN BEAN SALAD

1 cup frozen or raw peas
2 cups green beans
2 cups wax beans
1 cup finely diced celery
1 cup thinly sliced onions

½ cup diced green pepper
½ cup diced red pepper
1 jar chopped pimento
1 can kidney beans
1 can corn, drained

Dressing:

½ cup olive oil
½ cup vinegar

¾ cup sugar

Mix together in saucepan and heat until boiling. Remove and cool. Pour over salad; stir gently and chill overnight. Makes 16 - ½ cup servings.

Bardene Peter, Ridgewood

MARINATED VEGETABLES

1 head cauliflower
1 small cucumber
8 ounces fresh mushrooms
½ head broccoli

Marinade:
½ cup safflower oil
1 cup vinegar
Salt & pepper
Italian spices

Let stand overnight in refrigerator.

MASHED SWEET POTATOES

4 medium sweet potatoes, peeled & cubed
2 tablespoons butter
¼ cup skim milk

1 teaspoon allspice
2/3 cup Splenda

Boil potatoes until soft. Remove from and place in a bowl. Mash potatoes with potato masher or mixer. Add butter and milk; stir. Add Splenda and allspice; stir. Garnish with chopped walnuts, if desired.

ROSEMARY ROASTED POTATOES

4 pounds red potatoes cut in 2" pieces
2 tablespoons olive oil
2 tablespoons fresh rosemary, finely chopped

1 tablespoon fresh thyme, finely chopped
2 tablespoons fresh garlic, minced
2 teaspoons paprika
Salt and pepper to taste

Preheat oven to 375°.

Place all ingredients in a large mixing bowl and mix well. Place mixture in a large roasting pan and roast, uncovered, for 45 minutes or until tender, turning every 15 minutes to brown evenly on all sides.

VEGETABLE COLE SLAW

4 cups broccoli florets
2 pounds green cabbage, shredded (12 cups)
1 cup carrots, shredded
½ cup onion, chopped
1/3 cup corn or safflower oil

½ cup cider vinegar
1 tablespoon brown sugar
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon dry mustard

Blanch broccoli in boiling water for 1 minute. Drain, rinse under cold water, and drain again. Place broccoli in large bowl. Add cabbage, carrots and onion. Combine oil, vinegar, brown sugar, mustard, salt and pepper. Pour over salad and toss well. Cover and chill 4 hours or overnight. 24 servings

Jeri Schettler, Exec Director

VEGETABLE MEDLEY

2 cups baby carrots
2 cups broccoli florets
2 cups asparagus tips
1 large red bell pepper, julienned
1 large yellow bell pepper, julienned
1 large yellow squash, sliced ½" thick

1 large zucchini, sliced ½" thick
1 large onion, sliced
¼ cup olive oil
2 cloves fresh garlic, chopped
¼ cup fresh lemon juice
Salt and pepper to taste

In a large sauté pan, heat olive oil. Add garlic and sauté until brown. Add vegetables and sauté on medium-high heat until tender. Add lemon juice and sauté for 2 minutes. Salt and pepper to taste.

We can make a commitment to promote vegetables and fruits and whole grains on every part of every menu. We can make portion sizes smaller and emphasize quality over quantity. And we can help create a culture - imagine this - where our kids ask for healthy options instead of resisting them.

Michelle Obama