A New Leaf
Choices for Healthy Living

Southern Style Recipes

A New Leaf
Choices for Healthy Living
Southern Style Recipes

Table of Contents

I. Introduction i
II. Make the Switch When You Cook ii
III. A Special Thanks v

Main Dishes

Chicken

Crispy Baked Chicken 1
Chicken Caccitore 2
Chicken and Broccoli With Mushroom Sauce 3
Chicken Italiano 4

Fish and Seafood

Crispy Baked Fish 5
Zesty Broiled Fish 6
Savory Baked Fish 7
Tuna Noodle Casserole 8
Salmon Loaf 9
Shrimp Jambalaya 10

Beef

"Sausage" Patties 11
Spanish Rice 12
Macaroni-Beef Skillet Supper 13

Easy Oven Lasagna 14
Tamale Pie 15
Texas Hash 16
Chili 17

Beans

Kidney Bean Casserole 18
Cajun Ham & Red Beans Over Rice 19
Rice and Red Bean Casserole 20
Lentils Over Rice 21
Bean Tacos 22
Spanish Beans 23
Bean Lasagna 24
Mexican Bean Pot 25
Hoppin' John 26

Vegetable Dishes

Oven Fries 27
Fresh Greens, Southern Style 28
Summertime Slaw 29
Orange Sweet Potatoes 30
Oven Fried Okra 31
Scalloped Potatoes 32
Homemade Tatertots 33
Homestyle Potatoes 34
Squash Casserole 35
Stir-fry Vegetables 36
Corn Skillet Wedges 37

Cheese Dishes

Cheesy Potato Casserole 38
Cheese and Broccoli With Rice 39
Macaroni and Cheese 40
Easy Thick Crust Pizza 41

Soups

Mom's Vegetable Soup 42
Potato Soup 43
Quick Chicken Minestrone 44
Chicken & Okra Stew 45
Senate Bean Soup 46
Lentil Soup 47
Split Pea Soup 48

Breads

Flaky Biscuits 49
Master Mix Biscuit Mix 50
Master Mix Biscuits 51
Master Mix Coffee Cake 52
Sunrise Coffee Cake 53
Blueberry Muffins 54
A Barrel of Muffins 55
Buttermilk Corn Muffins 56
Corn Bread 57
Applesauce Gingerbread 58
Quick and Easy Refrigerator Rolls 59
Southern Raised Biscuits 60

Desserts

Angel Food Cake 61
Crispy Spice Cookies 62
Oatmeal Cookies 63
Oatmeal Molasses Cookies 64

Light Chocolate Chip Cookies 65
Deep Dish Fruit Pie 66
Black Devil's Food Cake 67
Minute Fudge Frosting 68
Hot Fudge Pudding Cake 69
Carrot Cake 70
"Cream Cheese" Frosting 71
Rhubarb Buckle 72
Apple Crisp 73
Peach Cobbler 74
Lemon Sherbert 75
Frozen Fruit Salad 76
Fresh Fruit Ice 77

Extras

Applesauce Oatmeal 78
Homemade Egg Substitute 79
"Egg" Salad Sandwich Spread 80

Appetizers

Baked Corn Chips 81
Salsa Dip or Topping 82
Bean Dip 83
Easy Bean Dip and Variation Dips 84

Sauces

Basic Gravy 85
Barbeque Sauce 86
Italian and Mexican Sauces 87
Turkey-Mushroom Spaghetti Sauce 88

A New Leaf
Choices for Healthy Living
Southern Style Recipes

"Eating Right" doesn't have to mean eating foods you don't enjoy. In this book you'll find recipes and cooking tips that will help you prepare some of your favorite dishes in a way that's better for your health. We've taken some classic southern recipes and left the taste in while taking the fat out! You'll also find some new recipe ideas contributed by respected cooks from around the state. Be brave and try something new!

With this book you can try the old southern stand-bys or be adventurous and experiment with something a little different. Either way, you'll find both good taste and good health. Think about using these recipes to prepare a special meal or treat for friends or family. "Lovin' from the oven" that's tasty AND healthy really let's people know you care!

Make the Switch When You Cook

Instead of this . . .	**Try this . . .**
Butter, Lard or Shortening for baking or frying	Use vegetable oil whenever possible, or try soft margarine Use a small amount of vegetable spray and/or a non-stick pan
Oil or Butter in cakes	Replace half the oil or butter with a small container of apple sauce or you can also use pureed prunes
Whole Milk	Use low-fat or skim milk
Heavy Cream	In some recipes you can use non-fat vanilla yogurt or fat-free sour cream instead. Also, try evaporated skim milk
Cheese	Use 1/2 the amount of cheese recipes call for Try smaller amounts of a sharper cheese for more taste Mozzarella is a lower fat cheese Look for cheeses that are low fat or made with part skim milk
Sour Cream	Substitute equal amounts of: Plain Yogurt (add 1tsp cornstarch for heated recipes) Fat-free sour cream, or Buttermilk
Cream Cheese	Reduced fat or non-fat cream cheese

Instead of this . . .	Try this . . .
Ice Cream	Frozen yogurt, Ice Milk, Popcicles, or Sherbert are good substitutes
Whipped Cream	Try Vanilla low-fat yogurt
Whole Eggs (2)	1 whole egg plus 2 egg whites or 4 egg whites or 1/2 cup egg substitute
Icing on Cakes	Top with a thin sprinkle of powdered sugar
Hamburger	Buy very lean meat or ground turkey (you can also mix 1/2 ground beef and 1/2 ground turkey)
Side Meat to Season Vegetables	Try vegetable oil and low sodium bouillon or a little bit of lean meat Also for some extra spice, try adding salsa to beans or season with onions and green pepper For cooked greens, add vinegar and a little bit of vegetable oil instead of side meat
Chocolate (1 square)	4 Tablespoons of cocoa
1 cup Nuts	Use 1/2 the amount or leave them out or Substitute 1 cup raw oatmeal in toppings
Garlic Salt or Onion Salt	Use Garlic Powder or Onion Powder

What Am I Eating?

With each recipe, you will find a list of nutrient values. These nutrient values will help you learn more about the recipes you are cooking. Each value is based on one serving of the recipe, so be sure to look and see how much equals one serving. Generally, these recipes are low in fat and saturated fat with less than 30% of calories from fat and less than 10% of calories from saturated fat. These recipes are also low in cholesterol, and most are low in sodium.

The recipes with a * are high in sodium. If you are trying to eat a diet low in sodium, reduce the amount of sodium in these recipes by one or more of these suggestions:

- Use low sodium tomato sauce or paste
- Use low sodium soups
- Use a salt substitute instead of salt
- Rinse off canned beans before adding them to recipes

You can also find information on page B-9 "Spice It Up Without Salt" in the New Leaf notebook under the "Healthy Eating" section.

Special thanks to:

We would also like to thank the individuals, organizations, and authors who have permitted us to reprint their recipes in this booklet:

Sonja L. Connor MS RD and William E. Connor, MD; The New American Diet. Copyright 1986, Simon and Schuster.

Pages: 2, 7, 8, 14, 15, 16, 18, 22, 24, 25, 26, 31, 39, 40, 41, 53, 56, 57, 62, 70, 71, 72, 73, 78, 79, 80, 87, 88.

Ruthe Eshleman and Mary Winston, American Heart Association Cookbook 4th Edition, Copyright 1984, David McKay Company Inc.

Pages: 1, 3, 5, 10, 12, 13, 15, 17, 27, 29, 44, 49, 59, 60, 66, 67, 68, 69, 75.

Pawtucket Heart Health Program, Recipes From the Heart of Pawtucket, Second Edition, Walter's Publishing Company.

Pages: 10, 19, 20, 55.

Nutrition Staff, Craven County Health Department, New Bern, North Carolina.

Pages: 11, 50, 51, 52.

Agricultural Extension Service, Raleigh, North Carolina.

Pages: 33, 82, 83.

Fitzpatrick, Nancy J., Harvey, Ann H. and Hooper, Lisa A., The Healthy Heart Cookbook, Third Printing, Copyright 1992, Oxmoor House Inc.

Pages: 18, 34, 37, 47, 48, 54, 58, 64, 65, 77.

Cheryl L. Atkinson, Soul Food Cooking: The Heart Healthy Way, Louisiana Office of Public Health, Nutrition Services Section, 1993

Pages: 74.

Barbara Macon

Pages: 35, 36, 42, 43, 76, 82.

Additional thanks to:

Lisa Macon for coordinating the effort.

Beth Bundy for nutritional analysis.

The staff of the Cooperative Extension Service, Raleigh, North Carolina, for recipe ideas.

And to the staff of the North Carolina Memorial Hospital Medicine Clinics for participating in the Biscuit Bake-Off!

Susan Leeb Graphic Design.

Chicken

Crispy Baked Chicken

1 frying chicken (2 1/2 to 3 pounds) cut into serving pieces (skin removed)
1 cup crushed corn flakes
1 teaspoon rosemary
1 cup low-fat milk or buttermilk
pinch of pepper

1. Remove all skin from the chicken.
2. Rinse and dry the pieces thoroughly.
3. Dip in milk.
4. Mix corn flake crumbs with rosemary and pepper.
5. Roll chicken pieces in the seasoned crumbs.
6. Place chicken in an oiled baking pan lined with foil for easy clean-up. Do not crowd: the pieces should not touch. Crumbs will form a crisp "skin" as it bakes.
7. Bake at 400° for about 45 minutes.

Serves: 6
Serving size: 1 piece
Calories: 192
Fat: 7g (30% of calories)
Saturated Fat: 2g (10% of calories)
Carbohydrate: 6g
Cholesterol: 75mg
Dietary Fiber: 0g
Sodium: 138mg

Note: Nutrient values may differ depending on the piece of chicken.

Chicken Cacciatore

4 chicken breasts (skin removed)
3/4 cup chicken broth
2 tablespoons flour
1 bay leaf
1 tablespoon oil
1/8 teaspoon thyme
2 tablespoons chopped onion
1/2 teaspoon basil leaves
1 can (6 ounces) tomato paste
1/8 teaspoon marjoram leaves
1/2 cup white wine (or broth)
1 cup sliced mushrooms
1/4 teaspoon pepper

1. Roll skinned chicken breasts in flour.
2. Sauté in the oil until browned. Remove from skillet.
3. Sauté onions in remaining bit of oil. Add remaining ingredients and stir together.
4. Replace chicken breasts in skillet and spoon sauce over top. Cover and simmer the chicken until tender.

Serves: 4
Serving size: 1 breast with sauce
Calories: 275
Fat: 8g (27% of calories)
Saturated Fat: 2g (6% of calories)
Carbohydrate: 15g (22% of calories)
Cholesterol: 73mg
Dietary Fiber: 3g
Sodium: 653mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

5. Simmer for about 45 minutes.

Chicken and Broccoli With Mushroom Sauce

1 (10-oz.) package frozen broccoli
1 tablespoon margarine
3 tablespoons flour
1 cup chicken broth
1 (4-oz.) can mushroom slices, with liquid
1 pound cooked chicken, sliced (or 2 cups cooked chicken or turkey)
2 tablespoons chopped parsley
2 tablespoons bread crumbs

1. Cook broccoli according to package directions and place in a shallow pan that has been oiled. Cover with cooked chicken.
2. Mix margarine and flour together in saucepan. Cook briefly over medium heat.
3. Blend in chicken broth, stirring constantly until thickened and smooth.
4. Stir in mushrooms and their liquid and season to taste. Pour over broccoli.
5. Top with parsley and bread crumbs. Bake uncovered until bubbly and brown.

Serves: 6
Serving size: 1 cup
Calories: 207
Fat: 8g (35% of calories)
Saturated Fat: 2g (9% of calories)
Carbohydrate: 8g (15% of calories)
Cholesterol: 67mg
Dietary Fiber: 2g
Sodium: 364mg

6. Bake at 375° 15–25 minutes.

Chicken Italiano

1 chicken fryer, 2–3 pounds
1 clove garlic finely chopped
1 teaspoon salt or salt substitute
1 teaspoon dry sweet basil
1/4 cup flour
1 tablespoon chopped fresh parsley
1 tablespoon oil
1 teaspoon oregano
1 onion, chopped
1/4 pound fresh mushrooms, sliced
1/2 cup dry white wine (optional)
1/4 cup water
1 can (16-oz.) tomatoes with liquid

1. Cut up chicken and remove skin.
2. Season with salt and pepper and coat with flour. Brown on all sides in oil.
3. Add remaining ingredients except mushrooms to pan.
4. Cover and simmer for 30 minutes.
5. Add mushrooms and cook until chicken and mushrooms are tender—about 5 minutes.
6. Total cooking time about 60 minutes.

Serves: 6
Serving size: 1 piece
Calories: 220
Fat: 8g (33% of calories)
Saturated Fat: 2g (8% of calories)
Carbohydrate: 10g (18% of calories)
Cholesterol: 65mg
Dietary Fiber: 2g
Sodium: 76mg

Note: Nutrient values may differ depending on the piece of chicken.

Fish and Seafood

Crispy Baked Fish

1 pound fish fillets (fresh or frozen, thawed)
1 tablespoon oil
3/4 cup crushed corn flakes
pinch of pepper

1. Wash and dry fillets and cut into serving pieces.
2. Season to taste with pepper.
3. Dip in oil and coat with corn flake crumbs. Arrange in a single layer in a lightly oiled shallow baking dish.
4. Bake at 500° for about 10 minutes without turning.

Serves: 5
Serving size: 3 ounces
Calories: 123
Fat: 4g (28% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 4g (12% of calories)
Cholesterol: 48mg
Dietary Fiber: 0g
Sodium: 118mg

Zesty Broiled Fish

1 (1-pound) pkg. frozen fish, thawed
1 clove garlic, crushed
1/2 tablespoon vegetable oil
1/8 teaspoon salt
3 tablespoons lemon juice
1/8 teaspoon dry mustard
1/2 tablespoon margarine, melted
dash of pepper
1 teaspoon Worcestershire sauce
2 tablespoons fresh parsley, chopped
1 teaspoon chili powder

1. Rinse fish fillets with cold water and pat dry.
2. Place in an oiled 12x8x2 inch dish.
3. Combine lemon juice and next 7 ingredients; stir well and pour over fish.
4. Broil 6 inches from heat for 5 minutes or until fish flakes easily when tested with a fork.
5. Transfer fish to a serving platter; spoon cooking juices over top and sprinkle with parsley.
6. Broiling time about 5 minutes.

Serves: 5
Serving size: 3 ounces
Calories: 110
Fat: 4g (30% of calories)
Saturated Fat: 1g (6% of calories)
Carbohydrate: 1g (5% of calories)
Cholesterol: 48mg
Dietary Fiber: 0g
Sodium: 162mg

Savory Baked Fish

Quick and easy!

2 pounds fresh or frozen fish fillets
1 can black olives, drained and sliced
3/4 cup thinly sliced onions
pepper and garlic powder to taste
1 tablespoon oil
1/2 cup soft bread crumbs
1 tablespoon lemon juice
2 tablespoons chopped parsley

1. Thaw fillets and cut into serving size pieces.
2. Sauté sliced onion in oil.
3. Place fish in an oiled baking dish and sprinkle with lemon juice.
4. Top with cooked onions and olive slices. Sprinkle with pepper, garlic powder, parsley and bread crumbs.
5. Cover with foil and bake until fish flakes easily with a fork.
6. Bake at 350° for 20–30 minutes.

Serves: 10
Serving size: 3 ounces
Calories: 128
Fat: 3g (25% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 5g (16% of calories)
Cholesterol: 48mg
Dietary Fiber: 1g
Sodium: 180mg

Tuna Noodle Casserole

3 cups cooked noodles
1/4 teaspoon salt or salt substitute
1/2 small onion, chopped
pepper to taste
1/4 cup sliced mushrooms
1 (16-oz.) can unsalted green beans,
1 (6 1/2-oz.) can water-packed tuna (drained)
1 can mushroom soup
1/2 cup crushed Rice Krispies®

1. Boil noodles according to package directions until tender. Drain and set aside.
2. Steam onions and mushrooms in a small amount of water until onions are transparent. Drain and add to noodles.
3. Drain tuna and flake.
4. Combine tuna with noodle mixture, mushroom soup, seasonings and green beans.
5. Transfer to an oiled baking dish and sprinkle with crushed cereal. Bake until heated through.
6. Bake at 325° for 15–20 minutes.

Serves: 8
Serving size: 1 cup
Calories: 150
Fat: 3g (16% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 22g (60% of calories)
Cholesterol: 27mg
Dietary Fiber: 3g
Sodium: 274mg

Salmon Loaf

2 cans salmon (15 1/2-oz. size)
1/4 cup low-fat milk
1 cup fresh bread crumbs (2 slices)
2 tablespoons onion, chopped
1 tablespoon fresh lemon juice
1 egg, slightly beaten
1/2 teaspoon dill
1 egg white, slightly beaten
1/8 teaspoon pepper

1. Combine all of the ingredients in a large bowl, mixing well.
2. Press mixture into an oiled 9x5 inch loaf pan.
3. Bake until knife inserted in the center comes out clean. Invert onto serving platter.
4. Bake at 375° for 45 minutes.

Serves: 8
Serving size: 1/8 slice of loaf
Calories: 198
Fat: 7g (30% of calories)
Saturated Fat: 2g (9% of calories)
Carbohydrate: 11g (21% of calories)
Cholesterol: 78mg
Dietary Fiber: 1g
Sodium: 646mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

Shrimp Jambalaya

1 pound shrimp, cooked and shelled
1 cup rice, uncooked
1 cup green peppers, chopped
1/2 teaspoon thyme
1/2 cup onion, chopped
1/4 teaspoon garlic powder
2 cloves garlic, finely chopped
1 bay leaf
1/4 cup oil
dash of pepper
1 (16-oz.) can tomatoes
1/4 cup parsley, chopped
1 1/2 cup water

1. Sauté green peppers, onions and fresh garlic in oil until tender.
2. Add remaining ingredients except shrimp and parsley.
3. When rice is tender (25–30 minutes), add parsley and shrimp and heat.
4. Remove bay leaf before serving.
5. Total cooking time about 30 minutes.

Serves: 6
Serving size: 1 cup
Calories: 285
Fat: 10g (30% of calories)
Saturated Fat: 2g (5% of calories)
Carbohydrate: 33g (46% of calories)
Cholesterol: 108mg
Dietary Fiber: 2g
Sodium: 249mg

Beef

"Sausage" Patties

1 pound lean ground beef
1/4 teaspoon sage
1 tablespoon lemon juice
1/4 teaspoon ginger
1/4 cup dry bread crumbs
1 beef bouillon cube dissolved in 1/2 cup boiling water
1/2 teaspoon salt or salt substitute
1/4 teaspoon pepper

1. Thoroughly mix together all of the above ingredients. Let stand for 15 minutes.
2. Form into 8 patties about 3/4 inch thick.
3. Brush a heavy skillet lightly with oil, and set over heat for a couple of minutes.
4. Add sausage patties and cook 7–8 minutes per side. Serve hot.
5. Preparation time about 45 minutes.

Serves: 8
Serving size: One 2 ounce patty
Calories: 133
Fat: 9g
Saturated Fat: 3g
Carbohydrate: 3g
Cholesterol: 34mg
Dietary Fiber: 0g
Sodium: 315mg

Spanish Rice

1 tablespoon oil
1 tablespoon prepared mustard
1 small onion, chopped
2 tablespoons catsup
1/2 green pepper, chopped
1 tablespoon Worcestershire sauce
1 pound 10% lean ground beef
3 cups cooked rice
pinch of black pepper
1 (28-oz.) can tomatoes

1. Sauté onion and green pepper in oil until soft.
2. Add ground beef and seasonings, stirring until meat loses its pink color.
3. Stir in the cooked rice, tomatoes, and Worcestershire sauce.
4. Mix thoroughly. Reduce heat, cover and simmer for 15 minutes.
5. Total preparation time about 45 minutes.

Serves: 8
Serving size: 1 cup
Calories: 211
Fat: 6g (27% of calories)
Saturated Fat: 2g (8% of calories)
Carbohydrate: 23g (44% of calories)
Cholesterol: 32mg
Dietary Fiber: 2g
Sodium: 279mg

Macaroni-Beef Skillet Supper

1 cup elbow macaroni
1 (8-oz.) can tomato sauce
1 pound lean ground beef
pinch of black pepper
1 cup onions, chopped
1 (8-oz.) can mushroom stems and pieces
1 clove garlic, mashed
1 tablespoon oil
2 tablespoons Worcestershire sauce
1 cup catsup
1/2 teaspoon Italian seasoning

1. Cook macaroni in boiling water according to package directions. Drain and set aside.
2. Sauté the meat, onion and garlic in oil until the meat loses its pink color and the onions are tender.
3. Add pepper, tomato sauce, catsup, mushrooms, Worcestershire sauce and Italian seasoning.
4. Bring mixture to a boil, then simmer gently for about 5 minutes.
5. Mix in the cooked macaroni and simmer another 5 minutes.
6. Total preparation time about 45 minutes.

Serves: 6
Serving size: 1 cup
Calories: 321
Fat: 11g (30% of calories)
Saturated Fat: 4g (10% of calories)
Carbohydrate: 36g (45% of calories)
Cholesterol: 45mg
Dietary Fiber: 3g
Sodium: 955mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

Easy Oven Lasagna

Faster using UNcooked noodles!

1/4 pound ground turkey or lean beef
1 cup low-fat cottage cheese
3/4 cup water
3/4 cup sliced part-skim Mozzarella
4 cups Italian sauce (see page 87)
1/4 cup grated Parmesan cheese
8 ounces uncooked lasagna noodles

1. Brown meat and drain off fat.
2. Add water and Italian sauce; bring to a boil. Remove from heat.
3. In an oiled 9x13 inch dish, layer sauce, uncooked lasagna noodles, cottage cheese, Mozzarella cheese. Repeat layers, ending with sauce and Parmesan cheese. (The sauce will be runny.)
4. Cover with foil before baking. Let stand 5–10 minutes before cutting into squares.
5. Bake at 375° for 60 minutes.

Serves: 12
Serving size: 3x4 inch piece
Calories: 183
Fat: 5g (27% of calories)
Saturated Fat: 2g (10% of calories)
Carbohydrate: 23g (51% of calories)
Cholesterol: 13mg
Dietary Fiber: 2g
Sodium: 713mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

Serves: 6
Serving size: 3x5 inch piece
Calories: 341
Fat: 9g (25% of calories)
Saturated Fat: 4g (9% of calories)
Carbohydrate: 48g (57% of calories)
Cholesterol: 28mg
Dietary Fiber: 8g
Sodium: 1122mg*

Tamale Pie

1/2 pound lean ground beef
1 (16-oz.) can pinto or kidney beans, drained
3/4 cup onion, chopped
1/4 cup black olives, drained and sliced
1 clove garlic, finely chopped
2–3 tablespoons taco sauce or salsa
1/2 cup chopped green pepper
2 teaspoons chili powder
2 (8-oz.) cans tomato sauce
1 (16-oz.) can whole kernel corn, drained

1. Brown beef with onions and garlic.
2. Drain fat before adding the remaining ingredients.
3. Pour into an oiled 10x10 inch baking pan. Prepare topping:

Topping
1 cup yellow corn meal
1/4 teaspoon salt or salt substitute
2 1/2 cups water
1/2 cup grated part-skim Mozzarella

1. In saucepan combine cornmeal, water, and salt.
2. Bring mixture to a boil, stirring constantly until it thickens slightly.
3. Spoon over top of meat/vegetable mixture. Sprinkle with cheese for the last 15 minutes of baking time.
4. Bake at 375° for 60 minutes.

Note: One serving of Tamale Pie equals one serving of vegetables.
*Note: To reduce the sodium in this recipe see the tips on page IV.

Texas Hash

1 tablespoon oil
2 cups uncooked macaroni
3 large onions, chopped
1 teaspoon chili powder
1 large green pepper, chopped
1/2 teaspoon pepper
1/2 pound ground turkey
1/2 teaspoon salt or salt substitute
2 cans tomatoes (16-oz. size)
1/2 cup water

1. Sauté onions and peppers in oil until slightly tender.
2. Add turkey and cook until meat begins to brown, stirring often.
3. Add remaining ingredients and transfer to an oiled casserole dish.
4. Bake covered for the first 30 minutes.
5. Remove cover for the last 15–20 minutes of cooking time.
5. Bake at 350° 45–50 minutes.

Serves: 8
Serving size: 1 cup
Calories: 240
Fat: 6g (21% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 36g (60% of calories)
Cholesterol: 19mg
Dietary Fiber: 4g
Sodium: 354mg

Serves: 8
Serving size: 1 cup
Calories: 142
Fat: 5g (30% of calories)
Saturated Fat: 1g (7% of calories)
Carbohydrate: 17g (48% of calories)
Cholesterol: 16mg
Dietary Fiber: 5g
Sodium: 214mg

Chili

1 cup dried pinto or kidney beans
1/2 pound 10% lean ground beef
2–3 tablespoons chili powder
3 cups water
1 tablespoon vinegar
1 tablespoon oil
1–2 teaspoons garlic, finely chopped
2 cups onion, chopped
1 teaspoon oregano
1 green pepper, chopped
1/2 teaspoon pepper
2 cups tomatoes, chopped
1 teaspoon cumin
1 (6-oz.) can tomato paste
1 bay leaf
3/4 cup water

1. Boil beans in water for 2 minutes. Do not drain. Set aside for one hour.
2. Drain beans and add enough water to cover. Simmer for 1 hour or until beans are tender. Drain.
3. In a large pot, cook onions and green pepper in oil.
4. Add meat and brown. Pour off fat.
5. Add drained beans and the remaining ingredients.
6. Simmer 1 1/2 hours, stirring occasionally.
7. Total preparation time 3 1/2 to 4 hours.

Serves: 6
Serving size: 1 cup
Calories: 235
Fat: 3g (10% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 40g (69% of calories)
Cholesterol: 5mg
Dietary Fiber: 9g
Sodium: 767mg*

Beans

Kidney Bean Casserole

Vegetable cooking spray
3/4 cup chopped onion
1/3 cup chopped green pepper
1/3 cup chopped celery
2 large cloves garlic, minced (or garlic powder)
2 (16-ounce) cans red kidney beans, drained
1 cup peeled, chopped tomato
1/4 cup water
1/2 teaspoon chili powder
1/4 teaspoon pepper
3 dashes of hot sauce
2 cups cooked long-grain rice (cooked without salt or fat)
1/2 cup (2 ounces) shredded reduced-fat sharp Cheddar cheese

1. Coat a large non-stick skillet with cooking spray.
2. Place over medium-high heat until hot.
3. Add onion, green pepper, celery, and garlic.
4. Sauté 5 minutes or until tender.
5. Add beans and next five ingredients; stir well.
6. Cover and cook 8 to 10 minutes or until well heated, stirring often.
7. Spoon rice into bottom of a 1 1/2 quart casserole dish coated with cooking spray.
8. Spoon bean mixture evenly over rice.
9. Sprinkle with cheese.
10. Cover and let stand 5 minutes before serving.
11. Preparation time about 40 minutes.

*Note: To reduce the sodium in this recipe see the tips on page IV.

Serves: 8
Serving size: 1 cup
Calories: 134
Fat: 4g (24% of calories)
Saturated Fat: 1g (8% of calories)
Carbohydrate: 15g (46% of calories)
Cholesterol: 16mg
Dietary Fiber: 4g
Sodium: 468mg*

Cajun Ham and Red Beans Over Rice

2 1/2 cups uncooked red kidney beans
2 stalks celery with leaves, chopped
4 cups water
1–2 teaspoons Tabasco® sauce
ham bone with 1 cup chopped ham
1 green pepper, chopped (optional)
1 large onion, chopped

1. Soak beans overnight in water. Drain water from beans and rinse.
2. Pour beans into a large heavy pan or Dutch oven with the 4 cups of water.
3. Add remaining ingredients. Cover and simmer 3 hours or until beans are tender, but not mushy. (Add water during cooking as necessary. Water should barely cover beans at the end of cooking time.)
4. When the beans are tender, remove one cup and mash slightly.
5. Stir mashed beans into remaining beans to thicken them.
6. Cut ham from the bone, add to the beans and discard the bone.

   If the optional green pepper is added toward the end of the cooking time, it will give the dish a little color. This dish is good served over rice.
7. Total cooking time about 3 1/2 hours.

Note: Nutrient values do not include rice.
*Note: To reduce the sodium in this recipe see the tips on page IV.

Rice and Red Bean Casserole

2 tablespoons oil
1 can tomatoes
5 ribs celery, diced
2 egg whites
1 green pepper, chopped
1/3 cup bread crumbs
1 large onion, chopped
1/4 cup Parmesan cheese
1 (16-oz.) can (1 cup) cooked red beans
1–2 cups cooked rice

1. Sauté celery, pepper, and onions in oil.
2. Mix in everything else except the cheese.
3. Pour into an oiled baking dish and sprinkle with cheese.
4. Bake at 350° for 45–60 minutes.

Serves: 6
Serving size: 1 cup
Calories: 204
Fat: 6g (28% of calories)
Saturated Fat: 1g (7% of calories)
Carbohydrate: 29g (57% of calories)
Cholesterol: 3mg
Dietary Fiber: 4g
Sodium: 556mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

Lentils Over Rice

1 large onion, chopped
1 cup water
1 carrot, chopped
1 cup lentils, uncooked
1 tablespoon oil
2 (8-oz.) cans tomato sauce
1/2 teaspoon thyme
1 cup wine (red or white)
1/2 teaspoon marjoram
1/4 cup parsley, chopped
2 cups chicken broth

1. In large pot, sauté onions and carrots in oil for 3 minutes.
2. Add thyme and marjoram and cook another minute or two.
3. Add remaining ingredients and simmer.
4. Serve hot over rice.
5. Simmer about 1 hour.

Serves: 4
Serving size: 1 cup with 1/2 cup rice
Calories: 410
Fat: 5g (11% of calories)
Saturated Fat: 1g (2% of calories)
Carbohydrate: 65g (63% of calories)
Cholesterol: 0mg
Dietary Fiber: 14g
Sodium: 1523mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

Bean Tacos

3 taco shells
chopped cucumber
3/4 cup refried beans (try fat-free canned)
shredded lettuce
1/4 cup shredded low-fat cheese
chopped tomato
1/4 cup Mexican Tomato Sauce (Recipe page 87)
chopped raw onion
chopped green pepper
hot sauce (if desired)

1. Stuff each taco shell with 1/4 cup refried beans.
2. Add vegetables and sprinkle with cheese.
3. Cover with tomato sauce and hot sauce to taste.
4. Preparation time about 30 minutes.

Serves: 1
Serving size: 1
Calories: 476
Fat: 15g (28% of calories)
Saturated Fat: 5g (9% of calories)
Carbohydrate: 68g (57% of calories)
Cholesterol: 15mg
Dietary Fiber: 16g
Sodium: 1769mg*

Note: One Bean Taco equals one serving of vegetables.
*Note: To reduce the sodium in this recipe see the tips on page IV.

Spanish Beans

1 onion, chopped
1/8 teaspoon cayenne pepper
1 green pepper, chopped
1 (16-oz.) can pinto or butter beans, drained
1 tablespoon margarine
1 cup canned tomatoes, chopped
1 (16-oz.) can kidney beans, drained
1 teaspoon Worcestershire sauce
3/4 cup grated part-skim Mozzarella cheese
1/4 teaspoon pepper

1. Sauté onions and green peppers in margarine over low heat until onions are transparent.
2. Add tomatoes and simmer 10 minutes.
3. Stir in seasonings and well-drained beans.
4. Alternate layers of bean mixture with cheese in an oiled 1-quart casserole dish.
5. Bake at 350° for 30 minutes.

Serves: 6
Serving size: 1 cup
Calories: 247
Fat: 5g (19% of calories)
Saturated Fat: 2g (8% of calories)
Carbohydrate: 36g (59% of calories)
Cholesterol: 8mg
Dietary Fiber: 11g
Sodium: 612mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

Serves: 12
Serving size: 1 cup
Calories: 217
Fat: 4g (18% of calories)
Saturated Fat: 2g (9% of calories)
Carbohydrate: 28g (51% of calories)
Cholesterol: 11mg
Dietary Fiber: 3g
Sodium: 585mg*

Bean Lasagna

*Note: To reduce the sodium in this recipe see the tips on page IV.

2 medium onions, chopped
1 (16-oz.) can kidney or pinto beans
4 cloves garlic, finely chopped
1/2 cup liquid drained from beans
1/2–3/4 pound mushrooms, sliced
1 (16-oz.) can tomatoes, crushed
2 teaspoons oil
8 oz. uncooked lasagna noodles
2 teaspoons oregano
3 cups low-fat cottage cheese
1 teaspoon basil
4 oz. part-skim Mozzarella cheese, grated
1/4 cup fresh parsley, chopped
1/2 teaspoon salt or salt substitute
2 tablespoons Parmesan cheese

1. To make the sauce, sauté onions, garlic, and mushrooms in oil with oregano, basil, parsley and salt.
2. Stir often.
3. When onions are clear, add the drained bean liquid and simmer 5–10 minutes.
4. Add beans and tomatoes. Cover and simmer 30 minutes or until slightly thickened, stirring often.
5. While the sauce is simmering, cook lasagna noodles according to the package directions. Rinse in cold water to prevent sticking. Drain well.
6. Assemble lasagna in an oiled 9x13 inch dish using 1/3 sauce, 1/3 noodles, 1/3 cottage cheese and 1/3 Mozzarella cheese. Repeat layers until all of the ingredients are used.
7. Sprinkle with Parmesan cheese and bake.
8. Bake at 375° for 30–45 minutes.

Mexican Bean Pot

Baked beans with an extra zip!

1 1/2 cups chopped onion
1 (16-oz.) can tomatoes
2 large green peppers, chopped
1 teaspoon oregano leaves
1 tablespoon oil
1/2 teaspoon cumin
1 (16-oz.) can kidney beans
1 teaspoon sage
2 (16-oz.) cans pinto beans
3/4 teaspoon pepper

1. Sauté onions and green peppers in oil.
2. Drain beans, keep the liquid.
3. Combine beans, onion, peppers, and remaining ingredients.
4. Add enough bean liquid to just cover (about 1/2 cup).
5. Bake at 325° for 1 hour.

Serves: 10
Serving size: 1 cup
Calories: 201
Fat: 2g (10% of calories)
Saturated Fat: 1g (2% of calories)
Carbohydrate: 36g (72% of calories)
Cholesterol: 0mg
Dietary Fiber: 11g
Sodium: 448mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

Hoppin' John

1/2 pound (1 1/2 cups) dried black-eyed peas
3/4 teaspoon salt or salt substitute
1 large onion, chopped
3 cups water
3 cups cooked rice, white or brown
1 teaspoon crushed red pepper or
1/2 fresh chili pepper, chopped

1. Boil beans in water for 2 minutes. Do not drain. Set aside for one hour.
2. Drain beans and add enough water to cover.
3. Add hot pepper and simmer for 30–45 minutes or until beans are partially done.
4. Add salt and onion and cook another 45 minutes or until tender.
5. Serve hot beans and their "gravy" over rice.
6. Season with hot pepper sauce at the table if desired.
7. Total preparation time about 3 hours.

Serves: 6
Serving size: 1 cup with 1/2 cup rice
Calories: 234
Fat: 1g (3% of calories)
Saturated Fat: 0g
Carbohydrate: 46g (79% of calories)
Cholesterol: 0mg
Dietary Fiber: 8g
Sodium: 717mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

Oven Fries

4 medium potatoes
1/2 teaspoon salt or salt substitute
1 tablespoon oil
paprika ***(optional)***

1. Cut potatoes into strips 1/2 inch thick.
2. While cutting potatoes, drop strips into a bowl of ice water to crisp.
3. Drain and pat dry on paper towels.
4. Toss potato strips in a bowl with oil as if making a salad.
5. Spread the strips in a single layer on a cookie sheet and place in a preheated oven.
6. As they bake, turn frequently so all sides brown.
7. For a crisper potato, brown a minute or two under a broiler.
8. Sprinkle with salt, lite salt, or paprika if desired.
9. Bake at 450° for 30–40 minutes.

Serves: 4
Serving size: 10 fries
Calories: 117
Fat: 4g (27% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 20g (69% of calories)
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 295mg

Fresh Greens, Southern Style

2 pounds fresh greens (collard, kale, mustard, Swiss chard, turnip or beet)
1/4 teaspoon dried hot pepper flakes
1 beef bouillon cube or low-salt beef bouillon cube
1 tablespoon oil

1. Rinse greens thoroughly in several changes of cold water to remove sand and grit.
2. Drain in colander.
3. Remove tough stems and tear large leaves into pieces.
4. Place greens in a large cooking pan and add bouillon, oil and red pepper flakes. (There is no need to add water—greens will cook in the moisture clinging to the leaves.)
5. Cover and bring to a boil.
6. Uncover and toss greens with a fork to dissolve bouillon cube.
7. Replace lid and simmer over low heat 5–8 minutes or until young leaves are tender.
8. Preparation time about 30 minutes.

Serves: 6
Serving size: 1 cup
Calories: 55
Fat: 3g
Saturated Fat: 0g
Carbohydrate: 5g
Cholesterol: 0mg
Dietary Fiber: 4g
Sodium: 263mg

Note: One serving of greens equals two servings of vegetables.

Summertime Slaw

1/2 pound cabbage, shredded
1 teaspoon sugar
1/2 cup cucumber, chopped
1/2 teaspoon salt or salt substitute
1/2 cup chopped tomato
1/2 teaspoon dill weed
1/3 cup tomato juice
2 tablespoons cider vinegar

1. Gently toss together cabbage, cucumber and tomato in a large bowl.
2. Whisk together the remaining ingredients to make a dressing.
3. Pour over vegetables and toss lightly until coated.
4. Cover and chill thoroughly.
5. Preparation time about 30 minutes.

Serves: 6
Serving size: 1/2 cup
Calories: 19
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 5g
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 251mg

Note: One serving of Summertime Slaw equals one serving of vegetables.

Orange Sweet Potatoes

Try these instead of candied yams.

4 medium sweet potatoes (about 1 pound)
1/2 cup orange juice
1/4 teaspoon cinnamon
1/4 to 1/2 teaspoon grated orange rind
2 tablespoons brown sugar

1. Boil sweet potatoes until tender and remove their jackets.
2. Mash pulp, add remaining ingredients and whip until fluffy.
3. Bake in a 1-quart casserole dish coated with cooking spray.
4. Bake at 350° for 25 minutes.

Serves: 8
Serving size: 1/2 cup
Calories: 79
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 19g
Cholesterol: 0mg
Dietary Fiber: 2g
Sodium: 7mg

Note: One serving of Orange Sweet Potatoes equals one serving of vegetables.

Oven Fried Okra

1 1/4 cups cornmeal
vegetable oil
1 3/4 pounds fresh okra
buttermilk

1. Wash okra and drain.
2. Remove tips and stems and cut okra into 1/2 inch slices.
3. Soak in buttermilk.
4. Drain and then coat with cornmeal.
5. Spread in a single layer on an oiled cookie sheet.
6. Bake until crisp, stirring occasionally.
7. Bake at 450° for 30–40 minutes.

Serves: 8
Serving size: 1/2 cup
Calories: 135
Fat: 2g (17% of calories)
Saturated Fat: 1g (3% of calories)
Carbohydrate: 25g (75% of calories)
Cholesterol: 1mg
Dietary Fiber: 4g
Sodium: 20mg

Note: One serving of Oven Fried Okra equals one serving of vegetables.

Serves: 8
Serving size: 1/2 cup
Calories: 117
Fat: 2g (13% of calories)
Saturated Fat: 1g (3% of calories)
Carbohydrate: 21g (73% of calories)
Cholesterol: 1mg
Dietary Fiber: 1g
Sodium: 205mg

Scalloped Potatoes

Long, slow cooking is the secret to this dish

6 medium potatoes
1/4 teaspoon pepper
1/4 cup onion, finely chopped
1 tablespoon margarine
3 tablespoons flour
2 1/2 cups skim milk
1/2 teaspoon salt or salt substitute

1. Wash potatoes and remove eyes.
2. Slice thinly—peeling is not necessary.
3. Layer 1/4 of potatoes in a lightly oiled 2-quart casserole dish.
4. Sprinkle with 1/3 of the onion, flour, salt and pepper.
5. Dot with a teaspoon of margarine.
6. Repeat the process with three more layers, ending with potatoes.
7. Heat milk just to scalding (bubbles forming around the edge) and pour over potatoes.
8. Cover and bake until tender.
9. Remove cover for the last hour of baking time.
10. Let stand 10 minutes before serving.
11. Bake at 350° for 1 hour and 30 minutes.

Homemade Tatertots

A good way to use leftover mashed potatoes and cooked rice

1/3 cup chopped onion
1 tablespoon unsalted tomato paste
1 tablespoon margarine
1/2 teaspoon salt or salt substitute
1/2 cup cooked mashed potatoes
1/2 cup whole grain bread crumbs
1 cup cooked brown rice
3 tablespoons grated Parmesan cheese

1. Sauté onions in margarine.
2. Add the remaining ingredients and form into 1 1/2 inch balls.
3. Bake on a lightly oiled cookie sheet until browned.
4. Bake at 350° for 15–20 minutes.

Serves: 4
Serving size: 4 tatertots
Calories: 191
Fat: 7g (30% of calories)
Saturated Fat: 2g (9% of calories)
Carbohydrate: 28g (58% of calories)
Cholesterol: 3mg
Dietary Fiber: 2g
Sodium: 703mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

Homestyle Potatoes

4 medium-size baking potatoes (about 2 pounds), peeled and cubed
1/3 cup skim milk
1/4 cup plain non-fat yogurt
2 tablespoons reduced-calorie margarine
1/4 teaspoon salt
1/8 teaspoon pepper

1. Cook potatoes in boiling water for 30 minutes or until tender.
2. Drain potatoes, and mash.
3. Add milk and remaining ingredients.
4. Beat at medium speed or stir until mixture is smooth.
5. Preparation time about 45 minutes.

Serves: 8
Serving size: 1/2 cup
Calories: 64
Fat: 1g (21% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 11g (70% of calories)
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 85mg

Serves: 10
Serving size: 1/2 cup
Calories: 65
Fat: 2g (28% of calories)
Saturated Fat: 1g (11% of calories)
Carbohydrate: 8g (51% of calories)
Cholesterol: 3mg
Dietary Fiber: 2g
Sodium: 99mg

Squash Casserole

6–8 medium yellow squash, sliced
1 small onion, chopped (or green onion can be used)
3/4 cup crackers, crushed
Egg substitute (small carton equal to 2 medium eggs)
Pepper to taste
1/2 cup shredded reduced-fat sharp Cheddar cheese
Vegetable cooking spray

1. Preheat oven to 350 degrees.
2. Place sliced squash in saucepan and cover with water.
3. Bring to a boil and cook until squash is tender.
4. Drain squash and cool.
5. In seperate mixing bowl, combine egg, onion, 1/2 cup cracker crumbs (save some for the top).
6. Add squash and stir to blend.
7. Pour into casserole dish coated with vegetable cooking spray.
8. Sprinkle with remaining cracker crumbs.
9. Bake for 30 minutes.
10. Take out and sprinkle 1/2 cup reduced-fat sharp Cheddar cheese on top. Cook for 10 more minutes or until cheese melts.
11. Preparation time about 1 hour.

Note: One serving of Squash Casserole equals one serving of vegetables.

Stir-fry Vegetables

2 teaspoons vegetable oil
2–4 cups chopped cabbage
1 1/2 cups sliced carrots
1/2 cup sliced celery
1 cup sliced squash and/or zucchini
1/2 cup chopped broccoli
1 onion (optional) sliced

1. Heat oil on medium heat in large pan or skillet.
2. Add layers of vegetables and cover with lid.
3. Steam for 4 to 6 minutes or until tender.
4. Add pepper and soy sauce to taste.
5. Preparation time about 20 minutes.

Try using 1/2 cup water instead of oil. Can be served over rice or noodles, or is great by itself.

Serves: 5
Serving size: 1 cup
Calories: 62
Fat: 2g (30% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 10g (66% of calories)
Cholesterol: 0mg
Dietary Fiber: 4g
Sodium: 37mg

Note: One serving of Stir Fry Vegetables equals two servings of vegetables.

Serves: 6
Serving size: 1 wedge
Calories: 85
Fat: 2g (21% of calories)
Saturated Fat: 1g (12% of calories)
Carbohydrate: 9g (40% of calories)
Cholesterol: 5mg
Dietary Fiber: 2g
Sodium: 194mg

Corn Skillet Wedges

Vegetable cooking spray
1 1/4 cups fresh corn cut from cob (about 3 ears, canned or frozen corn will work too)
1/4 cup chopped green onions
1 1/2 cups egg substitute
1/3 cup skim milk
1 1/2 teaspoons minced fresh basil (optional)
1/8 teaspoon salt
1/8 teaspoon pepper
2 small tomatoes, cut into 12 wedges
1/2 cup (2 ounces) shredded reduced-fat Cheddar cheese

1. Coat a medium non-stick skillet with cooking spray.
2. Place over medium-high heat until hot.
3. Add corn and green onions; sauté until tender.
4. Combine egg substitute and next 4 ingredients.
5. Stir well.
6. Pour egg mixture over vegetables in skillet.
7. Cover and cook over medium-low heat 15 minutes or until mixture is almost set.
8. Arrange tomato wedges near center of egg mixture and sprinkle with Cheddar cheese.
9. Cover and cook an extra 5 minutes or until cheese melts.
10. Cut into 6 wedges and serve.
11. Preparation time about 30 minutes.

Note: One Corn Skillet Wedge equals one serving of vegetables.

Serves: 6
Serving size: 1 cup
Calories: 265
Fat: 9g (29% of calories)
Saturated Fat: 3g (9% of calories)
Carbohydrate: 32g (48% of calories)
Cholesterol: 8mg
Dietary Fiber: 2g
Sodium: 519mg*

Cheese Dishes

Cheesy–Potato Casserole

6 medium potatoes, cooked and sliced, pepper to taste
2 cups low-fat cottage cheese
1 teaspoon thyme
1 tablespoon oil
1/3 cup skim milk
2 tablespoons flour
1/2 cup bread crumbs
1 teaspoon parsley flakes
2 tablespoons Parmesan cheese
1/8 teaspoon salt or salt substitute
2 tablespoons margarine

1. Boil unpeeled potatoes until tender and slice.
2. Beat together cottage cheese and oil until fluffy and add chopped onion.
3. Combine flour with seasonings.
4. Place a layer of sliced potatoes in an oiled 1 1/2-quart casserole dish.
5. Spread a layer of cottage cheese mixture over potatoes and sprinkle with some of the seasoned flour.
6. Repeat layers ending with potatoes.
7. Pour milk over the entire casserole and dust with crumbs and Parmesan cheese.
8. Dot with margarine.
9. Bake at 350° for 30 minutes.

*Note: To reduce the sodium in this recipe see the tips on page IV.

Cheese and Broccoli With Rice

2 onions, chopped
1/4 cup Parmesan cheese
2 stalks celery, chopped
5 cups cooked rice (white or brown)
1 tablespoon margarine
4 drops Tabasco® sauce
3 cups chopped fresh broccoli or 2 pkgs. chopped frozen broccoli
1 can water chestnuts, drained and sliced *(optional)*
2 cans cream of celery soup
4 tablespoons soft bread crumbs

1. In a large skillet, sauté the onions and celery in margarine until clear.
2. Cook broccoli until barely tender and drain well.
3. Mix together onions, celery, broccoli, soup, and cheese.
4. Stir in rice, Tabasco® sauce and water chestnuts and mix well.
5. Pour into an oiled casserole dish and top with bread crumbs.
6. Bake at 350° for 20–30 minutes or until heated through and bubbly.

Serves: 12
Serving size: 1 cup
Calories: 167
Fat: 5g (25% of calories)
Saturated Fat: 1g (7% of calories)
Carbohydrate: 27g (65% of calories)
Cholesterol: 3mg
Dietary Fiber: 2g
Sodium: 704mg*

Note: One serving of Cheese and Broccoli with Rice equals one serving of vegetables.
*Note: To reduce the sodium in this recipe see the tips on page IV.

Serves: 6
Serving size: 1 cup
Calories: 383
Fat: 9g (22% of calories)
Saturated Fat: 9g (9% of calories)
Carbohydrate: 50g (52% of calories)
Cholesterol: 16mg
Dietary Fiber: 2g
Sodium: 830mg*

Macaroni and Cheese

2 cups elbow macaroni, uncooked
1/8 teaspoon garlic powder
1 onion, chopped
1/2 teaspoon pepper
2 tablespoons margarine
1/2 teaspoon salt or salt substitute
1/4 cup flour
1 1/2 cups low-fat cottage cheese
2 cups skim milk
1 cup part-skim Mozzarella, grated
2 teaspoons dill weed
1/3 cup bread crumbs
2 teaspoons parsley flakes
paprika

1. Cook macaroni according to package directions. Drain.
2. Sauté onions in margarine until tender.
3. Stir in flour; cook 1 minute, stirring constantly. Gradually blend in milk.
4. Cook over medium heat until sauce has thickened.
5. Add spices, cheeses, and macaroni.
6. Pour into a shallow, oiled 2-quart baking dish. Sprinkle with bread crumbs and paprika.
7. Bake until bubbly.
8. Bake at 350° for 45 minutes.

*Note: To reduce the sodium in this recipe see the tips on page IV.

Easy Thick Crust Pizza

Crust

3 cups flour (try 2 cups white and 1 cup whole wheat)
1 tablespoon baking powder
12 oz. beer

Sauce

2 cups Italian sauce (page 87) thickened with a little tomato paste if necessary

Toppings

fresh mushrooms, sliced
green pepper slices
black olives, sliced
onions, sliced
part-skim Mozzarella cheese, grated

1. Mix together all of the crust ingredients and spread into an oiled 9x13 inch baking dish.
2. Spread crust with Italian sauce.
3. Sprinkle liberally with desired toppings.
4. Bake at 425° for 25–30 minutes.

Serves: 12
Serving size: 1 piece
Calories: 193
Fat: 3g (15% of calories)
Saturated Fat: 1g (6% of calories)
Carbohydrate: 33g (68% of calories)
Cholesterol: 5mg
Dietary Fiber: 2g
Sodium: 693mg*

*Note: To reduce the sodium in this recipe see the tips on page IV.

Serves: 12
Serving size: 1 cup
Calories: 161
Fat: 3g (18% of calories)
Saturated Fat: 1g (6% of calories)
Carbohydrate: 22g (53% of calories)
Cholesterol: 22mg
Dietary Fiber: 5g
Sodium: 331mg

Mom's Vegetable Soup

Freeze in separate small containers for convenient portion sizes.

1 pound package lean stew beef or lean sirloin tips (meat is optional, 1 can kidney beans could be added instead)
1 can (10-ounce size) beef broth
1 can large (28-ounce size) diced tomatoes
1 medium onion, chopped
2 cups water
2 medium potatoes, peeled and cubed
2 carrots, sliced
1 stalk celery, chopped (optional)
1 (15-ounce) can whole kernel corn (or one frozen package)
1 package frozen baby butter beans
1 to 2 cups chopped cabbage (optional)

1. Combine beef, beef broth, diced tomatoes, and onion in a large saucepan and bring to a boil.
2. Reduce heat and simmer 1 to 1 1/2 hours or until beef is tender.
3. Add 2 cups water.
4. Add remaining ingredients and cook for another 30 to 60 minutes.
5. If soup is too thick, add more water until it looks good to you.
6. Add salt and pepper to taste.
7. Preparation time about 2–2 1/2 hours.

Note: One serving of Mom's Vegetable Soup equals one serving of vegetables.

Potato Soup

6 medium potatoes, peeled and cubed
2 stalks celery, sliced
1 medium onion, chopped
1 carrot, sliced
1 can (14-ounce size) chicken broth
1 can water (refill the empty 14-ounce size soup can)
1/4 teaspoon thyme
1/4 teaspoon oregano
Dash garlic powder
1 cup milk
1/2 cup reduced-fat sharp Cheddar cheese
Salt and pepper to taste

1. Combine all ingredients but milk in saucepan at medium heat.
2. Cover and let simmer 20 to 30 minutes or until vegetables are tender.
3. Mash some of the vegetables and potatoes against edge of pan until desired consistency.
4. Add 1 cup milk and stir.
5. Remove from heat and serve with the shredded reduced-fat sharp Cheddar cheese sprinkled on top.
6. Preparation time about 45 minutes.

Serves: 8
Serving size: 1 cup
Calories: 121
Fat: 2g (14% of calories)
Saturated Fat: 1g (7% of calories)
Carbohydrate: 20g (64% of calories)
Cholesterol: 4mg
Dietary Fiber: 2g
Sodium: 377mg

Quick Chicken Minestrone

1 quart water
1 (10-ounce) package frozen mixed vegetables
3 ounces spaghetti, uncooked and broken into 2-inch pieces
2 teaspoons chicken-flavored bouillon granules
1/2 teaspoon dried whole basil
1/2 teaspoon dried whole oregano
1 pound sliced whole mushrooms (optional)
2 1/3 cups sliced zucchini (about 2 medium)
2 cups diced cooked chicken breast (skinned before cooking and cooked without salt)
1 (14-ounce) can no-salt-added whole tomatoes, undrained and chopped

1. Combine first 6 ingredients in a large pot or crock pot and bring to a boil.
2. Cover, reduce heat, and simmer 5 minutes.
3. Add mushrooms, zucchini, chicken, and tomatoes.
4. Stir well.
5. Cover and cook an additional 20 minutes or until zucchini is tender.
6. Preparation time about 40 minutes.

Serves: 9
Serving size: 1 cup
Calories: 136
Fat: 2g (13% of calories)
Saturated Fat: 1g (3% of calories)
Carbohydrate: 17g (51% of calories)
Cholesterol: 26mg
Dietary Fiber: 4g
Sodium: 363mg

Note: One serving of Quick Chicken Minestrone equals one serving of vegetables.

Serves: 8
Serving size: 1 cup
Calories: 121
Fat: 3g (20% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 9g (29% of calories)
Cholesterol: 29mg
Dietary Fiber: 2g
Sodium: 577mg*

Chicken and Okra Stew

2 cups diced cooked chicken breast (skinned before cooking and cooked without salt)
2 (10-ounce) cans low-sodium chicken broth, undiluted
1 (14-ounce) can no-salt-added stewed tomatoes, undrained and chopped
1 (10-ounce) package frozen sliced okra
1 cup diced onion
1/4 teaspoon salt
1/4 teaspoon dried whole basil
1/4 teaspoon dried whole oregano
1/4 teaspoon pepper
1/4 teaspoon hot sauce
2 cloves garlic, minced (or 1/2 teaspoon garlic powder)
2 tablespoons all-purpose flour
1/4 cup skim milk

1. Combine first 11 ingredients in a large pot or crock pot; stir well.
2. Bring to a boil.
3. Cover, reduce heat, and simmer 45 minutes.
4. Combine flour and milk, stirring until smooth.
5. Add to stew, and stir well.
6. Cook over medium heat until thickened and bubbly, stirring constantly.
7. Preparation time about 1 hour.

Note: One serving of Chicken and Okra Stew equals one serving of vegetables.
*Note: To reduce the sodium in this recipe see the tips on page IV.

Senate Bean Soup

1 pound dry navy beans
1/2 cup milk
6 cups water
1/2 cup celery, chopped
1 bay leaf
1/2 cup onion, chopped
1/8 teaspoon thyme
1/4 cup parsley, chopped
1/2 pound potatoes, cooked (leftover baked, boiled or mashed may be used)
1 small clove garlic, chopped

1. Soak the beans in water overnight.
2. Add bay leaf and thyme; cover and cook on medium low until tender—45 to 60 minutes.
3. Mash cooked potatoes and beat with milk until fluffy.
4. Add potato mixture and remaining ingredients to cooked beans and simmer another hour.
5. Stir occasionally and lightly mash beans to a pulpy consistency with the back of the spoon.
6. Preparation time about 2 1/2 hours.

Serves: 8
Serving size: 1 cup
Calories: 222
Fat: 2g (4% of calories)
Saturated Fat: 1g (2% of calories)
Carbohydrate: 42g (75% of calories)
Cholesterol: 1mg
Dietary Fiber: 10g
Sodium: 86mg

Lentil Soup

1 tablespoon margarine
1/4 teaspoon ginger
1 onion, chopped
1/4 teaspoon cloves
2 cloves garlic, finely chopped
1/8 teaspoon cayenne pepper
1 cup lentils
1 1/2 teaspoons cumin
7 cups water
pepper to taste
1/8 teaspoon cinnamon

1. In a large stock pot, sauté onion and garlic in margarine.
2. Add remaining ingredients.
3. Bring to a boil, reduce heat, and simmer 1 1/2 hours.
4. For a smoother soup, process the mixture in a blender or food processor.
5. Serve immediately.
6. Preparation time about 2 hours.

Serves: 8
Serving size: 1 cup
Calories: 98
Fat: 2g (16% of calories)
Saturated Fat: 1g (3% of calories)
Carbohydrate: 15g (62% of calories)
Cholesterol: 0mg
Dietary Fiber: 6g
Sodium: 20mg

Split Pea Soup

2 cups uncooked split peas
1 cup onion, chopped
5 cups water (more if needed)
1/2 teaspoon thyme
1 bay leaf
1/2 teaspoon pepper or to taste
3/4 teaspoon salt or salt substitute
1/2 teaspoon garlic powder
2 cups carrots, chopped
2 tablespoons vinegar or lemon juice
1 cup celery, chopped

1. Combine the split peas, water, bay leaf, and salt in a large kettle.
2. Bring to a boil, reduce the heat and simmer for 2 hours.
3. Stir occasionally and add more water if it becomes too dry.
4. Add carrots, celery, onions, and herbs and simmer another 30 minutes.
5. Add vinegar or lemon juice and more pepper if needed.
6. Preparation 2 1/2 hours.

Serves: 12
Serving size: 1 cup
Calories: 127
Fat: 1g (3% of calories)
Saturated Fat: 0g
Carbohydrate: 24g (74% of calories)
Cholesterol: 0mg
Dietary Fiber: 9g
Sodium: 163mg

Note: One serving of Split Pea Soup equals one serving of vegetables.

Flakey Biscuits

This recipe was voted "most Southern" at our Biscuit Bake-Off!

2 cups sifted flour
1/4 cup oil
3 teaspoons baking powder
2/3 cup skim milk
1/2 teaspoon salt

1. Sift flour, baking powder, and salt together into a mixing bowl.
2. Combine oil and milk in a measuring cup.
3. Add all at once to the flour mixture.
4. Stir quickly with a fork until dough clings together.
5. Knead the dough lightly about 10 times.
6. Place the dough on a piece of waxed paper 12 inches by 16 inches.
7. Pat dough out to about 1/2 inch thick.
8. Cut with unfloured biscuit cutter.
9. Place biscuits on ungreased cookie sheet.
10. Bake at 475° for 12–15 minutes.

Serves: 12
Serving size: 1 biscuit
Calories: 121
Fat: 5g (35% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 17g (56% of calories)
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 226mg

Master Mix Biscuit Mix

This was the winning recipe in the Food for Heart Biscuit Bake-Off! Mix up a batch of this recipe and store it in a container with a tight lid placed in the refrigerator—use it like a homemade heart healthy biscuit mix.

6 tablespoons baking powder
1/4 cup sugar
1 tablespoon salt (or less)
5 cups all purpose flour
1 tablespoon cream of tartar
5 cups whole wheat flour
1 1/4 cups non-fat dry milk powder
1 pound margarine

1. Stir baking powder, salt, cream of tartar, dry milk, and sugar into unsifted flour.
2. Mix.
3. Cut in the shortening until it looks like coarse cornmeal.
4. Store in the refrigerator.

Master Mix Biscuits

3 cups of Master Mix (see recipe page 50)
3/4 cup water

1. Blend together and knead until slightly elastic.
2. Roll out to 1/4 inch thick, cut dough with biscuit cutter.
3. Bake at 450° for 10 minutes.

Master Mix Coffee Cake

3 cups Master Mix (see recipe page 50)
1/2 cup brown sugar
1/2 cup sugar
1 teaspoon cinnamon
2 egg whites
2 tablespoons finely chopped nuts
1/2 cup plus 2 tablespoons water

1. Mix Master Mix, sugar, egg whites and water until well blended.
2. Pour mixture into an oiled 8x8 inch pan.
3. Combine brown sugar, cinnamon and nuts, and sprinkle over batter.
4. Bake at 400° for 25 minutes.

Serves: 16
Serving size: 1/16 of cake
Calories: 179
Fat: 4g (20% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 34g (75% of calories)
Cholesterol: 1mg
Dietary Fiber: 1g
Sodium: 139mg

Sunrise Coffee Cake

1/4 cup margarine
1 teaspoon baking soda
2 egg whites
1/4 teaspoon salt (or less)
grated rind of 1 lemon *(optional)*
1 cup plain, low-fat yogurt or buttermilk
2 teaspoons lemon juice
2 cups chopped fruit (drain, if canned)
3/4 cup brown sugar
2 cups flour (try 1 cup plain + 1 cup whole wheat)

1. Cream margarine, egg whites, lemon rind, juice, and brown sugar.
2. Sift together dry ingredients and add alternately with yogurt to egg white mixture.
3. Fold in fruit and spread into an oiled tube pan.

Topping
1 tablespoon margarine
1 teaspoon cinnamon
1/4 cup flour
1/2 teaspoon allspice
1/4 cup brown sugar

1. Combine topping ingredients and sprinkle over coffee cake batter.
2. Bake in preheated oven until toothpick inserted in the center comes out clean.
3. Bake at 350° for 45 minutes or until done.

Blueberry Muffins

2 cups flour
1/4 cup oil
1/4 cup sugar
1 cup skim milk
3 teaspoons baking powder
1 cup blueberries (fresh or frozen)
2 egg whites
1 teaspoon cinnamon

1. Mix the flour, sugar and baking powder.
2. Add egg, oil and milk.
3. Mix until well-blended and smooth.
4. Add blueberries, mixing gently.
5. Fill muffin tins half full. Sprinkle with cinnamon.
6. Bake at 400° for 20 minutes.

Serves: 12
Serving size: 1 muffin
Calories: 149
Fat: 5g (29% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 23g (62% of calories)
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 143mg

A Barrel of Muffins

This recipe makes a large amount.
The batter can be stored in the refrigerator for up to 4 weeks and the muffins freshly baked when you are ready for them.

5 teaspoons baking soda
2 cups boiling water
3/4 cup oil
1 cup sugar
6 egg whites
4 cups All-Bran cereal
2 cups Bran flakes
5 cups white flour (or part whole wheat)
1 quart low-fat buttermilk

1. Mix baking soda and water. Set aside to cool.
2. Cream oil and sugar.
3. Add egg whites and mix well.
4. Combine bran cereals and flours.
5. Add to creamed mixture and stir in the buttermilk.
6. Add water and baking soda mixture.
7. Store the batter in a covered container in the refrigerator.
8. To bake, spoon batter into lightly oiled or paper-lined muffin tins.
9. Refrigerate any batter not used.
10. Bake at 375° for 20–25 minutes.

Serves: 60
Serving size: 1 muffin
Calories: 103
Fat: 3g (28% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 18g (69% of calories)
Cholesterol: 1mg
Dietary Fiber: 2g
Sodium: 127mg

Buttermilk Corn Muffins

1 cup yellow cornmeal
1 cup all-purpose flour
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1 1/2 cups non-fat buttermilk
1/4 cup egg substitute
1 tablespoon vegetable oil
Vegetable cooking spray

1. Combine first 5 ingredients in a large bowl.
2. Make a well in the middle of the mixture.
3. Combine buttermilk, egg substitute, and vegetable oil in a small bowl, stirring well.
4. Add to cornmeal mixture, stirring just until dry ingredients are moistened.
5. Spoon batter evenly into muffin pans coated with cooking spray, leaving room for them to rise.
6. Bake at 425 degrees for 20 minutes or until golden.
7. Remove corn muffins from pans immediately.
8. Let cool.

Serves: 12
Serving size: 1 muffin
Calories: 105
Fat: 2g (15% of calories)
Saturated Fat: 1g (3% of calories)
Carbohydrate: 19g (71% of calories)
Cholesterol: 1mg
Dietary Fiber: 1g
Sodium: 195mg

Corn Bread

1 cup cornmeal
3 tablespoons oil
1 cup flour
2 egg whites
1 tablespoon sugar
1 cup skim milk
1 tablespoon baking powder

1. Combine dry ingredients in a bowl and mix well.
2. Beat together oil, egg whites, and milk.
3. Mix with dry ingredients just until blended.
4. Pour into a 8x8 inch pan that has been coated with cooking spray.
5. Bake until a knife inserted in the center comes out clean.
6. Bake at 400° for 15 minutes.

Serves: 16
Serving size: 2x2 inch piece
Calories: 94
Fat: 3g (27% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 14g (62% of calories)
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 107mg

Applesauce Gingerbread

1 1/2 cups all-purpose flour
1 teaspoon baking soda
1/8 teaspoon salt
1/4 cup sugar
1 1/2 teaspoons ground ginger
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves
2/3 cup unsweetened applesauce
1/3 cup molasses
3 tablespoons vegetable oil
1 egg, slightly beaten (or egg substitute)
Vegetable cooking spray

1. Combine first 7 ingredients; stir well.
2. Combine applesauce, molasses, oil and egg in a small bowl; add to flour mixture, stirring well.
3. Spoon batter into a 9-inch square baking pan coated with cooking spray.
4. Bake at 350 degrees for 25 minutes. Serve warm.

Serves: 12
Serving size: 3x4 inch piece
Calories: 139
Fat: 4g (26% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 24g (69% of calories)
Cholesterol: 18mg
Dietary Fiber: 1g
Sodium: 138mg

Quick and Easy Refrigerator Rolls

2 egg whites, slightly beaten
1 teaspoon salt or salt substitute
1/2 cup oil
1 cup lukewarm water
1/2 cup sugar
4 cups unsifted all-purpose flour or whole wheat flour
1 pkg. yeast dissolved in 1/4 cup warm water

1. Stir ingredients together in the order given above.
2. Refrigerate dough at least 12 hours. (Dough may be kept in the refrigerator for several days.)
3. Roll dough into your favorite shape on a lightly floured board.
4. Place on a cookie sheet coated with cooking spray.
5. Cover and let rise 2 hours before baking.
6. Bake at 375° for 10 minutes.

Serves: 36
Serving size: 1 roll
Calories: 90
Fat: 3g (30% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 13g (60% of calories)
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 68mg

Southern Raised Biscuits

2 1/2 cups all-purpose flour
5 tablespoons oil
1/2 teaspoon baking soda
1 cup lukewarm water
1/2 teaspoon salt
1 cake or 1 pkg. yeast
1/4 cup sugar
1 cup buttermilk, warmed

1. Mix together the dry ingredients.
2. Dissolve yeast in warm buttermilk and combine with dry ingredients and oil.
3. Turn onto a lightly floured board and knead gently 20–30 strokes.
4. Roll or pat to a 1/4 inch thickness.
5. Cut with a floured 1 inch biscuit cutter.
6. Brush each biscuit with oil.
7. Stack two biscuits on top of each other on an ungreased baking sheet.
8. Cover and let rise in a warm place for about 2 hours.
9. Bake at 375° for 12–15 minutes.

Serves: 30
Serving size: 1 biscuit
Calories: 68
Fat: 2g (30% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 10g (59% of calories)
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 69mg

Angel Food Cake

Angel food cake is a good dessert choice because it is made with egg whites instead of egg yolks, and has no added fat.

1. Use your favorite recipe or a mix from the store.
2. Serve it with strawberries or other fresh fruit in season.
3. For an added topping, use Minute Fudge Frosting (page 68).

Crispy Spice Cookies

3 cups flour
1/2 cup margarine, softened
2 teaspoons ground ginger
1/2 cup sugar
1 1/2 teaspoons cinnamon
1/2 cup dark corn syrup
1 teaspoon ground cloves

1. Mix together or sift the first 4 ingredients.
2. Cream margarine and sugar; stir in corn syrup.
3. Add the flour mixture and mix until a workable dough is formed.
4. Roll out 1/8 inch thick on a floured surface.
5. Cut in desired shapes.
6. Bake on a cookie sheet that has been sprayed with a non-stick coating.
7. Bake at 350° about 10 minutes.

Serves: 54
Serving size: 1 cookie
Calories: 56
Fat: 2g (28% of calories)
Saturated Fat: 1g (6% of calories)
Carbohydrate: 9g (68% of calories)
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 24mg

Oatmeal Cookies

1 1/4 cup sugar
1 teaspoon cinnamon
1/2 cup oil
1 teaspoon baking soda
1 whole egg *plus* 1 egg white
1/2 teaspoon salt or salt substitute
6 tablespoons molasses
2 cups oatmeal, uncooked
1 3/4 cup flour *(try half white, half whole wheat)*
1/2 cup chopped nuts
1 cup raisins

1. Cream sugar and oil.
2. Beat in the eggs and molasses.
3. Mix together or sift the flour, cinnamon, baking soda, and salt before stirring into the sugar mixture.
4. Mix in the remaining ingredients.
5. Drop by spoonfuls onto an oiled baking sheet.
6. Bake at 400° for 8–10 minutes.

Serves: 36
Serving size: 1 cookie
Calories: 128
Fat: 5g (30% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 21g (64% of calories)
Cholesterol: 6mg
Dietary Fiber: 1g
Sodium: 73mg

Serves: 32
Serving size: 1 cookie
Calories: 75
Fat: 2g (22% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 13g (72% of calories)
Cholesterol: 7mg
Dietary Fiber: 0g
Sodium: 76mg

Oatmeal-Molasses Cookies

1/4 cup margarine, softened
3/4 cup sugar
1/4 cup molasses
1 egg
1 teaspoon vanilla extract
1 3/4 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup regular oats, uncooked
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
Vegetable cooking spray

1. Cream margarine; gradually add sugar, beating at medium speed until well-blended.
2. Add molasses, egg, and vanilla, beat well.
3. Combine flour and next 5 ingredients in a medium bowl, stirring mixture well.
4. Gradually add flour mixture to creamed mixture.
5. Drop dough by level tablespoonfuls, 2 inches apart onto cookie sheets coated with cooking spray.
6. Bake at 350 degrees for 10 minutes or until lightly browned.
7. Cool slightly on cookie sheets.
8. Remove from cookie sheets and cool completely.

Serves: 24
Serving size: 1 cookie
Calories: 70
Fat: 2g (26% of calories)
Saturated Fat: 1g (10% of calories)
Carbohydrate: 12g (67% of calories)
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 76mg

Light Chocolate Chip Cookies

3 1/2 tablespoons brown sugar
3 tablespoons light-colored corn syrup
1 1/2 tablespoons margarine
1/2 teaspoon vanilla extract
2 egg whites
2 tablespoons water
2/3 cup all-purpose flour
1/2 cup instant non-fat dry milk powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup quick-cooking oats, uncooked
1/2 cup semisweet chocolate mini-morsels
Vegetable cooking spray

1. Combine first 4 ingredients in a medium bowl.
2. Beat at medium speed until light and fluffy.
3. Add egg whites and water, beat well.
4. Combine flour, dry milk powder, baking soda and salt in a medium bowl, stirring well.
5. Gradually add flour mixture to creamed mixture.
6. Stir in oats and chocolate chips.
7. Drop dough by level tablespoonfuls, 2 inches apart, onto cookie sheets coated with cooking spray.
8. Bake at 375 degrees for 9 to 11 minutes or until lightly browned.
9. Cool slightly on cookie sheets.
10. Remove from cookie sheets and cool completely.

Serves: 6
Serving size: 1/6 of pie
Calories: 216
Fat: 3g (11% of calories)
Saturated Fat: 1g (2% of calories)
Carbohydrate: 49g (90% of calories)
Cholesterol: 0mg
Dietary Fiber: 2g
Sodium: 8mg

Deep Dish Fruit Pie

3 cups raw fruit *(apples, rhubarb, cherries, peaches, or apricots)*
1/2 cup flour
1/2 cup brown sugar
1 tablespoon lemon juice
1 tablespoon oil
1/4 – 1/2 cup sugar
1/2 teaspoon cinnamon

For the filling:

1. Pit, peel, and slice the fruit as though for a pie.
2. Mix together and place in a deep 8-inch baking dish with the white sugar and lemon juice.
3. Bake at 375° until the fruit is tender. *(Apples will require the longest cooking time—about 45 minutes.)*
4. Remove from the oven, add the topping and continue baking.

For the topping:

1. With a pastry blender, mix together the flour, brown sugar, oil, and cinnamon until it is crumbly.
2. Place on top of the cooked fruit and continue to bake until brown and bubbly.
3. Serve plain or with a topping of ice milk, sherbet, or frozen yogurt.
4. Total baking time 45–55 minutes.

Note: One serving of Deep Dish Fruit Pie equals one serving of fruit

Black Devil's Food Cake

2 cups flour
1/2 cup oil
1 3/4 cups sugar
1 cup low-fat buttermilk
1/2 cup cocoa
1 cup strong coffee *(instant is OK)*
1 tablespoon baking soda

1. Mix or sift together the flour, sugar, cocoa, and baking soda.
2. Add the oil and buttermilk. Stir until well-blended.
3. Bring the coffee to a boil and gently stir it into the batter. *(Mixture will be soupy.)*
4. Bake in a greased and floured 9x13 inch pan.
5. Decorate with Minute Fudge Frosting (page 68) if desired.
6. Bake at 350° for 35–40 minutes.

Serves: 18
Serving size: 2x3 inch piece
Calories: 198
Fat: 6g (29% of calories)
Saturated Fat: 1g (5% of calories)
Carbohydrate: 34g (68% of calories)
Cholesterol: 1mg
Dietary Fiber: 1g
Sodium: 240mg

Minute Fudge Frosting

3 tablespoons cocoa
1/4 cup margarine
1 cup sugar
1 teaspoon vanilla
1/3 cup evaporated skim milk

1. Mix cocoa, sugar, skim milk, and margarine in a saucepan.
2. Bring to a boil and simmer one minute.
3. Remove from the heat, add vanilla, and beat until thick enough to spread.
4. Preparation time about 15 minutes.

Serves: 24
Serving size: 1 tablespoon
Calories: 56
Fat: 2g (30% of calories)
Saturated Fat: 0g (7% of calories)
Carbohydrate: 10g (69% of calories)
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 31mg

Serves: 12
Serving size: 2x3 inch piece
Calories: 200
Fat: 3g (13% of calories)
Saturated Fat: 1g (2% of calories)
Carbohydrate: 43g (86% of calories)
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 274mg

Hot Fudge Pudding Cake

During baking, this cake mixture rises to the top and a chocolate sauce settles on the bottom. To serve, invert squares onto dessert plates and spoon sauce over top.

Cake Batter

1 cup flour
2 tablespoons baking powder
3/4 cup sugar
2 tablespoons cocoa
1/2 cup skim milk
1 tablespoon oil
1/4 cup chopped walnuts
1 3/4 cups hot water

Topping

1/4 cup cocoa
1 cup brown sugar

1. Mix together the first 4 ingredients.
2. Stir in skim milk and oil and then walnuts.
3. Spread in a 9-inch square pan that has been coated with non-stick spray.
4. Combine cocoa and brown sugar for the topping and sprinkle over the batter.
5. Pour 1 3/4 cups hot water over the contents of the entire pan and bake.
6. Bake at 350° for 45 minutes.

Carrot Cake

2 cups sugar
1/2 teaspoon salt or salt substitute
1/2 cup oil
2 cups shredded carrots
1 1/2 cups whole wheat flour
2 teaspoons vanilla
1 1/2 cups white flour
1 (11-oz.) can mandarin oranges, drained
2 1/2 teaspoons baking soda
2 1/2 teaspoons cinnamon
5 egg whites

1. In a large bowl, combine all ingredients. Beat 2 minutes at high speed.
2. Pour into a 9x13 inch pan that has been coated with non-stick spray.
3. Cake is done when a toothpick inserted in the center comes out clean.
4. Cool in the pan 30 minutes before removing.
5. If desired, frost with "Cream Cheese" Frosting (page 71).
6. Bake at 350° for 50–60 minutes.

Serves: 18
Serving size: 2x3 inch piece
Calories: 232
Fat: 6g (25% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 42g (72% of calories)
Cholesterol: 0mg
Dietary Fiber: 2g
Sodium: 261mg

"Cream Cheese" Frosting

Makes enough to frost a 2-layer cake

4-oz. (1/2 large pkg.) Neufchatel or fat-free cream cheese
1 teaspoon vanilla
2 cups powdered sugar

1. Mix ingredients in a bowl and beat until smooth.
2. Additional powdered sugar may be added if needed to reach a good spreading consistency.
3. Store frosted cake in the refrigerator.
4. Preparation time about 15 minutes.

Serves: Makes enough for a two-layer cake
Serving size: 2 tablespoons
Calories: 64
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 15g (95% of calories)
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 34mg

Rhubarb Buckle

Fruit
5 cups rhubarb, cut in 1 inch pieces
1/2 cup sugar
1/2 cup water

Topping
1 cup flour
1/2 cup sugar
1 teaspoon baking powder
3 egg whites

1. Put rhubarb pieces into a 10-inch baking dish that has been coated with a non-stick cooking spray.
2. Sprinkle with sugar and mix until the fruit is coated.
3. Add water.
4. In a small bowl, mix together the topping ingredients.
5. Drop by spoonfuls over fruit.
6. Bake until the fruit is tender and the dough is lightly browned.
7. Bake at 350° for 45–55 minutes.

Serves: 8
Serving size: 1/8 of pie
Calories: 334
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 84g (100% of calories)
Cholesterol: 0mg
Dietary Fiber: 3g
Sodium: 84mg

Apple Crisp

4 cups sliced, peeled tart apples
(about 4 medium apples)
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/3 cup brown sugar
2 tablespoons margarine, softened
1/4 cup flour
vanilla yogurt ***(optional topping)***
1/4 cup oatmeal

1. Coat an 8-inch square baking pan with non-stick cooking spray.
2. Place apple slices in pan.
3. Mix remaining ingredients thoroughly and sprinkle over apples.
4. Bake until apples are tender and the topping is brown.
5. Serve warm topped with vanilla yogurt if desired.
6. Bake at 375° for 30 minutes.

Serves: 6
Serving size: 3x4 inch piece with topping
Calories: 251
Fat: 5g (19% of calories)
Saturated Fat: 2g (6% of calories)
Carbohydrate: 47g (47% of calories)
Cholesterol: 4mg
Dietary Fiber: 2g
Sodium: 106mg

Note: One serving of Apple Crisp equals one serving of fruit. Calories include the optional 1/2 cup vanilla yogurt topping.

Peach Cobbler

2 cups fresh or frozen peaches, chunks
2/3 cups all-purpose flour
1 1/2 teaspoons baking powder
2/3 cup skim milk
1/2 cup sugar
Vegetable cooking spray

1. Using the vegetable cooking spray, grease a 1 1/2-quart casserole dish.
2. Combine flour, sugar, and baking powder in a small mixing bowl.
3. Slowly stir in milk; pour batter into casserole dish.
4. Sprinkle peaches evenly on top of batter.
5. Bake at 350 degrees for about 50 minutes.
6. Serve warm.

Serves: 6
Serving size: 1 cup
Calories: 149
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 35g (94% of calories)
Cholesterol: 0mg
Dietary Fiber: 2g
Sodium: 136mg

Note: One serving of Peach Cobbler equals one serving of frui1t.

Lemon Sherbet

1 envelope unflavored gelatin
1 cup sugar
1/2 cup skim milk
1 teaspoon grated lemon peel
1 1/2 cups evaporated skim milk
2 egg whites, stiffly beaten
1/2 cup lemon juice

1. Soften the gelatin in the 1/2 cup of skim milk.
2. Heat the evaporated milk with the sugar.
3. Add the softened gelatin and stir until dissolved.
4. Cool.
5. Slowly add the lemon peel and juice to the cooled gelatin mixture, stirring constantly.
6. Pour into ice cube trays and place in the freezer. When the mixture is mushy, remove from the freezer and fold in the stiffly beaten egg whites.
7. Return to the freezer until firm.
8. Place in a chilled bowl and beat until fluffy. Refreeze before serving.
9. Preparation time about 30 minutes.

Serves: 8
Serving size: 1/2 cup
Calories: 150
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 32g (86% of calories)
Cholesterol: 2mg
Dietary Fiber: 0g
Sodium: 82mg

Frozen Fruit Salad

2 cups water
1 cup sugar
6 bananas, sliced
1 jar (8-ounce size) maraschino cherries, drained
1 can (11-ounce size) mandarin oranges with juice
1 can (12-ounce size) crushed pineapple with juice
1 can (12-ounce size) frozen orange juice concentrate
1 can water (refill empty frozen orange juice can)

1. Combine water and sugar in large sauce pan.
2. Boil for 3 minutes, remove from heat.
3. Add can of orange juice concentrate and can of water.
4. Add remaining ingredients and stir.
5. Pour into casserole dish and let cool.
6. Cover with tin foil and freeze for 4 hours or until solid.
7. Take out of freezer 15 minutes before serving.
8. Break apart with spoon or fork and place in serving bowls.
9. Preparation time about 25 minutes, plus freezing time.

Serves: 12
Serving size: 1 cup
Calories: 222
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 56g (100% of calories)
Cholesterol: 0mg
Dietary Fiber: 2g
Sodium: 11mg

Note: One serving of Frozen Fruit Salad equals one serving of fruit.

Fresh Fruit Ice

1 envelope unflavored gelatin
4 tablespoons sugar
1/2 cup cold water
1 cup strawberries, peaches, or other fresh fruit
1 cup orange juice
6 tablespoons lemon juice
3 bananas, mashed

1. Soften the gelatin in water.
2. Stir over low heat until dissolved.
3. Mix in the juices, sugar, and sliced fruit.
4. Place in the freezer until almost set.
5. Remove from freezer and beat with an electric mixer on high speed until creamy and fluffy.
6. Cover and return to the freezer. If stored in the freezer for a long time before serving, beat again and refreeze briefly before serving.
7. Preparation time about 30 minutes.

Serves: 4
Serving size: 1 cup
Calories: 189
Fat: 1g (3% of calories)
Saturated Fat: 0g
Carbohydrate: 47g (97% of calories)
Cholesterol: 0mg
Dietary Fiber: 3g
Sodium: 10mg

Note: One serving of Fresh Fruit Ice equals one serving of fruit.

Applesauce Oatmeal

1 cup skim milk
1/2 cup regular oats, uncooked
1/2 cup unsweetened chunky applesauce
1 tablespoon brown sugar
1/8 teaspoon vanilla extract
Dash of ground cinnamon

1. Heat milk in a heavy saucepan until hot.
2. Stir in oats; cook 5 minutes or until thickened, keep stirring.
3. Add applesauce and remaining ingredients.
4. Cook 1 minute or until thoroughly heated, keep stirring.
5. Preparation time about 10 minutes.

Serves: 2
Serving size: 1 cup
Calories: 173
Fat: 2g (8% of calories)
Saturated Fat: 1g (2% of calories)
Carbohydrate: 33g (77% of calories)
Cholesterol: 2mg
Dietary Fiber: 3g
Sodium: 68mg

Homemade Egg Substitute

Makes 1/2 cup. This is a lot cheaper than commercial egg substitutes and works just as well!

6 egg whites
1/4 cup powdered non-fat milk
1 tablespoon oil

1. Combine all ingredients in a mixing bowl and blend until smooth.
2. Store in a jar in the refrigerator up to 1 week. May also be frozen.
3. Use 1/4 cup to substitute for 1 whole egg.
4. Preparation time about 15 minutes.

Serves: Makes 1/2 cup
Serving size: 1/4 cup (equals one egg)
Calories: 140
Fat: 6g
Saturated Fat: 1g
Carbohydrate: 5g
Cholesterol: 2mg
Dietary Fiber: 0g
Sodium: 210mg

"Egg" Salad Sandwich Spread

1 cup egg substitute (store bought or see page 79 for homemade)
2 tablespoons onion, finely chopped
1/4 cup lite or imitation mayonnaise
2 hard-boiled egg whites, chopped
pepper to taste
2 tablespoons green pepper, finely chopped
1/2 teaspoon prepared mustard

1. Heat 8-inch skillet over low heat. Pour in egg substitute and cover tightly.
2. Cook until firm to the touch—about 10 minutes.
3. Remove and cut in small cubes.
4. Mix together the cooked egg substitute, egg whites, celery, green peppers, and onions.
5. Blend the lite mayonnaise, pepper and mustard to form a dressing.
6. Lightly toss with the "egg" mixture.
7. Chill before serving.
8. Preparation time about 30 minutes.

Serves: 4
Serving size: 1/2 cup
Calories: 86
Fat: 5g
Saturated Fat: 1g
Carbohydrate: 3g
Cholesterol: 5mg
Dietary Fiber: 1g
Sodium: 232mg

Appetizers

Baked Corn Chips

20 thin corn tortillas
2 teaspoons margarine (or less)

1. Spread each tortilla with a very thin layer of margarine.
2. Cut each tortilla into 8 pie-shaped wedges.
3. Arrange in a single layer on a cookie sheet.
4. Bake until crisp and slightly brown.
5. Store in an airtight container.
6. Bake at 350° for about 10 minutes.

Serves: 4
Serving size: 1 cup
Calories: 294
Fat: 5g (15% of calories)
Saturated Fat: 1g (2% of calories)
Carbohydrate: 58g (79% of calories)
Cholesterol: 0mg
Dietary Fiber: 7g
Sodium: 224mg

Salsa

Great as a low-fat dip or as a sauce over baked potatoes and sandwiches!

2 cups tomatoes, peeled and diced
1/2 cup onions, diced
1/2 cup cucumbers, peeled and diced
1/2 cup green bell peppers, diced
1 teaspoon freshly minced garlic (or garlic powder)
1 teaspoon vinegar
2 tablespoons cilantro
1 teaspoon lime juice
1/8 teaspoon cayenne

1. Mix the tomatoes with the cucumber, onions, green peppers, and garlic.
2. Season with vinegar, cilantro, lime juice, and cayenne.
3. Salt to taste, stir well, and serve.
4. Preparation time about 25 minutes.

Serves: 8
Serving size: 1/4 cup
Calories: 16
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 4g (90% of calories)
Cholesterol: 0mg
Dietary Fiber: 1g
Sodium: 5mg

Note: One serving of Salsa equals 1/2 serving of vegetables.

Bean Dip

1 can (16-oz.) kidney beans, drained, or 3/4 cup dry beans cooked
3/4 teaspoon chili powder
1/8 teaspoon ground cumin
2 tablespoons vinegar
2 teaspoons finely chopped onion
2 tablespoons water
2 teaspoons chopped parsley

1. Combine beans, vinegar, water, chili powder, and cumin in a bowl and mash or blend until smooth.
2. Pour into a serving bowl and add onion and parsley.
3. Preparation time about 10 minutes.

Serves: 8
Serving size: 1/4 cup
Calories: 52
Fat: 1g (4% of calories)
Saturated Fat: 0g
Carbohydrate: 9g (72% of calories)
Cholesterol: 0mg
Dietary Fiber: 3g
Sodium: 197mg

Serves: 8
Serving size: 1/4 cup
Calories: 43
Fat: 0g
Saturated Fat: 0g
Carbohydrate: 6g (59% of calories)
Cholesterol: 2mg
Dietary Fiber: 0g
Sodium: 65mg

Easy Bean Dip

Refried beans
Salsa or enchilada sauce
Make your own refried beans or try the fat-free canned ones. Mix with several tablespoons of salsa to suit your own taste. This can be used as a dip or as a great filling for burritos.

Variation Dips

1. Start with two cups of fat-free sour cream.
2. Add one of the following ingredients to make a tasty dip.
3. Thin with milk or water to use as a salad dressing.
4. Preparation time for each dip is about 5–10 minutes.

Horseradish Dip:
1 tablespoon prepared horseradish

Onion-Dill Dip:
2 teaspoons dill weed
2 tablespoons finely chopped onion

Hot and Spicy Dip:
1/2 teaspoon mustard (preferably Dijon)
3 drops Tabasco® sauce
2 tablespoons parsley
1 tablespoon minced chives *(optional)*
2 tablespoons finely chopped onions

Sauces

Basic Gravy

2 tablespoons browned flour*

**Browned flour adds color and flavor to the gravy. To brown, spread flour in a pan and cook over low heat, stirring occasionally, until lightly browned.*

1 cup liquid (meat drippings with the fat skimmed off, bouillon, or both)

1. Use 2 tablespoons of flour for each cup of liquid.
2. Put half of the liquid in a jar and add the flour.
3. Cover tightly and shake until the mixture is smooth.
4. Pour into a pan and add the rest of the liquid.
5. Bring to a simmer and cook for a few minutes, stirring constantly.
6. Preparation time about 30 minutes.

Barbecue Sauce

This sauce is good with beef, pork, or chicken!

1/4 cup water
3 tablespoons Worcestershire sauce
1/4 cup vinegar
1 tablespoon dry mustard
3 tablespoons oil
pinch of black pepper
1/2 cup chili sauce or catsup
2 tablespoons chopped onion.

1. Combine all ingredients and simmer for 15–20 minutes.
2. Makes 1 1/2 cups
3. Preparation time about 30 minutes.

Serves: 12
Serving size: 2 Tablespoons
Calories: 47
Fat: 4g
Saturated Fat: 1g
Carbohydrate: 4g
Cholesterol: 0mg
Dietary Fiber: 0g
Sodium: 155mg

Italian and Mexican Tomato Sauces

This sauce can be used for spaghetti, pizza, or noodle dishes. It also freezes well.

1 clove garlic, finely chopped
2 (8-oz.) cans tomatoes, crushed
1 tablespoon olive oil
1 teaspoon oregano leaves
2 (16-oz.) cans tomato sauce
1 tablespoon chopped or dried parsley

1. Sauté garlic in olive oil.
2. Slowly add tomatoes and tomato sauce.
3. Stir in the oregano and parsley.
4. Bring to a boil; then cover and simmer over low heat, stirring occasionally, until the sauce is the desired thickness. (Cracking the lid a little will help the sauce thicken.)
5. For a Mexican flavor add up to 1 teaspoon cumin (or to taste) and some hot sauce.
6. Cooking time 20 minutes to 2 hours.

Serves: 8
Serving size: 1/2 cup
Calories: 61
Fat: 2g (30% of calories)
Saturated Fat: 1g (4% of calories)
Carbohydrate: 11g (70% of calories)
Cholesterol: 0mg
Dietary Fiber: 2g
Sodium: 778mg*

Note: One serving of Italian and Mexican Sauce equals one serving of vegetables.
*Note: To reduce the sodium in this recipe see the tips on page IV.

Serves: 8
Serving size: 1/2 cup
Calories: 92
Fat: 4g (36% of calories)
Saturated Fat: 1g (7% of calories)
Carbohydrate: 8g (35% of calories)
Cholesterol: 19mg
Dietary Fiber: 2g
Sodium: 279mg

Turkey-Mushroom Spaghetti Sauce

1 tablespoon oil
1 (6-oz.) can tomato paste
1/2 cup onion, chopped
1 teaspoon parsley flakes
1/2 pound ground lean turkey
1 bay leaf
1/2 cup sliced fresh mushrooms or 1 can (4-oz.), drained
3/4 teaspoon basil leaves
1/8 teaspoon pepper
1/2 cup water
1 teaspoon oregano leaves
2 cloves garlic, finely chopped
1/4 cup green pepper, chopped
1 (16-oz.) can tomatoes

1. Sauté onions in oil.
2. Add turkey and cook until meat begins to brown, stirring often.
3. Add remaining ingredients and simmer 1–2 hours until the sauce reaches the desired thickness. (The green peppers may be added during the last 10 minutes of cooking time to preserve green color.)
4. Serve over cooked spaghetti.
5. This recipe makes enough sauce for 8 cups of noodles.
6. Simmer 1–2 hours.