

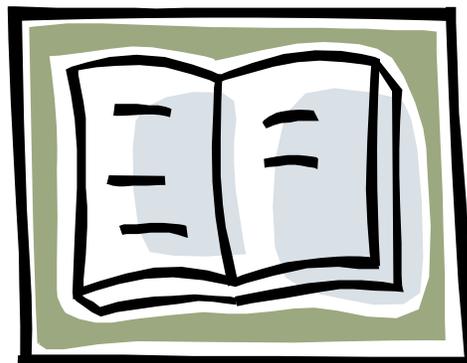
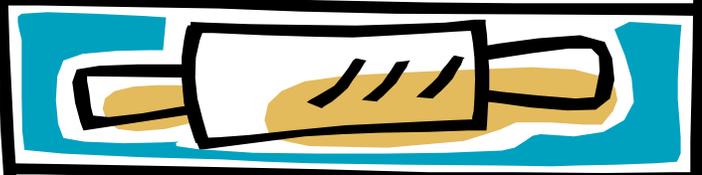
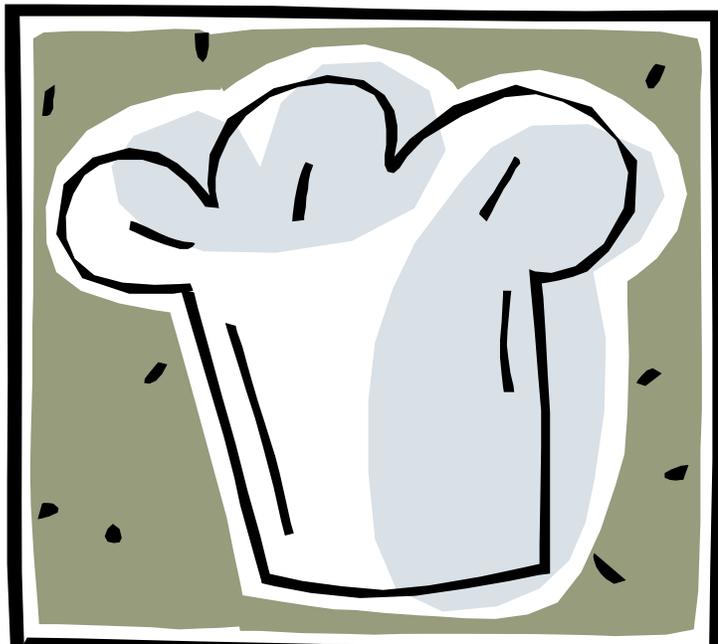
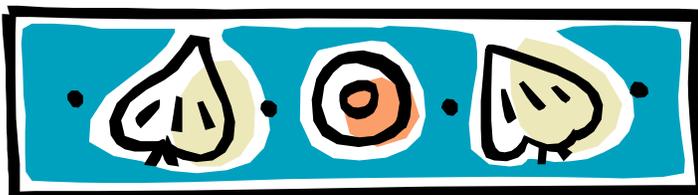
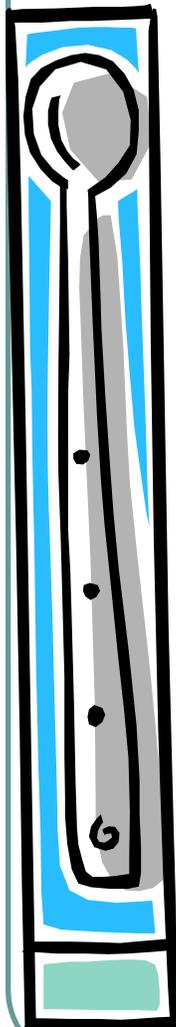
NY CONNECTS  
109 MARY STREET. HERKIMER, NY 13350



2010



# REGINA'S RECIPES: A COLLECTION





Already we are fortunate enough to go into a second printing of our cookbook. We have added new recipes, new lessons in the kitchen. Once again, I had the opportunity to look through all the recipes. So fun and amazing. Each recipe represents a month of the Nutrition Newsletter. The feedback on the Nutrition Newsletter and recipes have been great. I have many people commenting about how they look forward to receiving the newsletter as well as how they make the recipes. I am hoping that the articles in the Nutrition Newsletter as well as the recipes have empowered you to modify your own menu items to make them healthier without compromising flavor.

I guess the 2 most requested recipes were the bean and macaroni soup and of course my various muffin recipes. I love the avocado salad, spinach, mushroom & onion soup, cranberry orange relish and the no guilt peanut butter pie. I actually love them all. The baked French toast recipe is so delicious and a crowd pleaser for a family breakfast get together!

I am attempting to master a baked cheesecake (easy recipe in this edition). Easy for some, I know but like many things in life, mastering anything takes time, perseverance and practice.

It is fun to discuss the health benefits of spices like turmeric and then show easy

ways to add it to chicken dishes or soups. It was great to learn about how consuming cinnamon every day can lower blood sugar. I have so much fun telling people about the health benefits of prunes.

I have to thank Kaylynn Schaffer for putting all of our recipes into one book and arranging them so nicely. I look at her work and I feel like I am reliving the last 8 years. Time truly flies.

I am so grateful to Mary Scanlon, Director of the Office for the Aging. She continues to allow me the freedom to develop the Newsletter and the assistance she has given me with ideas and the layout have been wonderful. This has been a learning experience. She truly is a W.C.P. (Wonderfully Creative Person).

I am looking forward to all the topics that we will be delving into in the upcoming months. I have some great topics to discuss and recipes to share.

It means the world to me when you tell me how you look forward to reading the Nutrition Newsletter. The notes you send to the Office for the Aging about the Nutrition Newsletter really make my day!

Thanks for allowing me to serve you.

Regina LaTourrette, RD, MS, CDN



**Conversion Table for Cooking:****Weight**

1 fluid oz. = 30 milliliters

1 fluid oz. = 28 grams

1 pound = 454 grams

**Cooking Measurement Equivalents**

16 tablespoons = 1 cup

12 tablespoons =  $\frac{3}{4}$  cup

10 tablespoons + 2 teaspoons =  $\frac{2}{3}$  cup

8 tablespoons =  $\frac{1}{2}$  cup

6 tablespoons =  $\frac{3}{8}$  cup

5 tablespoons + 1 teaspoon =  $\frac{1}{3}$  cup

4 tablespoons =  $\frac{1}{4}$  cup

2 tablespoons =  $\frac{1}{8}$  cup

2 tablespoons + 2 teaspoons =  $\frac{1}{6}$  cup

1 tablespoon =  $\frac{1}{16}$  cup

2 cups = 1 pint

2 pints = 1 quart

3 teaspoons = 1 tablespoon

48 teaspoons = 1 cup

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## Soups, Sauces, & Salads

### Low Fat Cheesy Cream of Broccoli Soup

This recipe is a modification of the standard. I recently got a new small food processor and wanted to check it out. It worked great on the broccoli and cheese, especially if you add a bit of the milk to it. Otherwise a blender works just as well.

- 1 cup frozen (thawed) Broccoli
- $\frac{3}{4}$  cup Skimmed Milk
- 1 oz Low Fat Cheese
- 1 tbsp Chopped Onion (may be dried)
- 2 tsp Flour (desirable to use whole wheat flour)
- 1 tbsp Olive Oil



Combine broccoli, milk, low fat cheese and onion in a food processor or blender for about 1 minute or until pureed.

In a pan heat oil and stir in flour. Cook flour on low heat for about 2 minutes. Be careful not to burn the flour.

Add cooked flour to blender and mix for additional 30 seconds. Pour mixture back into pan and bring to a boil. Make sure to stir often.

Makes 1 serving. You can use spinach or any other vegetable in place of the broccoli.

## Spinach, Mushroom, Onion Soup

10 oz bag of baby spinach	1 onion chopped large
2 portabella mushrooms cut into ½" cubes	
1 cup chopped celery	Italian seasoning
Garlic chopped (can use powder)	2 cups water
1 chicken bouillon cube	olive oil



Put about 2 tbsp of olive oil in the bottom of a large pot. Sautee the onion, mushrooms, celery and garlic and Italian seasoning until seasoned and soft. Add the bouillon cube and spinach and cover with the 2 cups of water. Cover the pot, bring to a boil for 2 minutes and then simmer for another 5 minutes. A serving is 1 cup of vegetables with ½ c of liquid. ***Try it...You'll love it!***

## Vegetable Barley Soup

2 tbsp olive oil	1 medium onion chopped
¾ cup sliced carrots (frozen is fine)	2 stalks of sliced celery
1 cup green beans	5 cups of water
8 oz can chopped tomato	1 (15) oz can black beans
2 beef bouillon cubes	1 cup pearl barley cooked
1 tbsp chopped garlic	1 tsp dried basil
½ tsp paprika	¼ tsp black pepper
½ tsp dried hot pepper flakes	¼ tsp turmeric

Sauté onion, celery, carrots, green beans and garlic in olive oil for about 5 minutes on low-medium heat. Add water, bouillon, tomatoes, black beans, cooked pearl barley and spices. Bring up to a boil, lower heat and simmer for 20 minutes. Makes about 5 (2 cup servings)  
 Serve this with ½ cup of fruit and ½ cup of grape juice.

## Bean, Vegetable & TSP Soup

- 1/4 cup of dried split green and yellow peas,
- 1/4 c pearl barley or wheat berries,
- 1/2 c of a package of 15 bean soup.
- 1 whole stinky yellow onion peeled and diced (best from New York State)
- 3 cloves of garlic chopped (let it rest for 15 minutes after chopping to get the health benefits)
- 3 whole carrots peeled and sliced
- 3 stalks of celery sliced
- 1 cup of fresh, frozen or canned green beans
- 1 15 oz can of stewed tomatoes
- 1/2 c dry TSP (texturized soy protein or texturized vegetable protein)
- 2 bay leaves
- 1 tbsp dried Italian seasonings (basil, oregano, parsley)
- 1 tsp of hot pepper flakes
- 1/2 tsp each of turmeric and paprika
- 2 bouillon cubes (any kind)

Soak beans, peas and barley over night in enough water to cover them. The next day, discard water and add fresh water with enough to cover them with an additional 4 inches of water. Bring to a boil and then reduce heat and simmer for about 1 hour. Add the vegetables and seasonings and simmer for an additional 1/2 hour. In the last 10 minutes add the TSP. Sprinkle with a little sharp cheese for an extra kick!



## Wedding Day Soup

3 cups of your prepared chicken stock (from the baked chicken dinner)

5 oz of ground beef

2 tsp chopped parsley

1/3 tsp salt optional

1/8 tsp ground pepper

About 1 pound of chicken (use what is left in the chicken stock)

If you don't have enough chicken in your stock just add a bit more ground beef.

3 carrots sliced (about 1.25 cups frozen sliced)

1 cup chopped celery

Simmer 3 cups of your chicken broth (with chicken in it).

In a mixing bowl combine ground beef, parsley, salt and pepper and form 1 inch meatballs. Brown the meatballs in a frying pan (the browning is optional. You can just add the meatballs to the simmering broth for about 15 minutes.)

Add your carrots & celery and continue to simmer until your vegetables are tender.

Makes 4, 1 cup servings. Need to make it stretch? Feel free to add cooked rice, noodles, macaroni or boiled potatoes!



## HAM, BEAN, AND MACARONI

- 1 pound any kind of ham cut into cubes (may use low salt ham)
- 1 15 oz can of any kind of white bean
- 2 cups cooked macaroni (elbows, shells or any kind, whole wheat is best)
- 2 cups Chicken stock (low sodium is best)
- ½ cup dried or fresh onion
- 2 cups carrots
- ½ c celery if you have it.

Combine all ingredients except the cooked macaroni. Let simmer on low either in your crock pot 4 hours, oven at 250 degrees for 2 hours or stove top for 1 hour.

Serve over the cooked macaroni.



## AUTUMN HARVEST SOUP

- 1 can (11 oz) pear nectar (In the grocery store)
- 1 Tbsp vegetable oil
- 1 Small onion peeled and chopped
- 3 Cups peeled, diced sweet potatoes
- 3 Pears peeled and diced
- 3 Cups of chicken broth
- 1 Cinnamon Stick

Cook the onion in the oil until soft. Add the rest of the ingredients and bring to a boil. Decrease the heat and simmer for 45 minutes. Remove the cinnamon stick and cool the soup. Puree the soup. Re heat and serve.

## This is Not Grandma's Chicken Soup

4 oz chicken or 5 egg whites	1 cup cooked whole wheat pasta
½ cup frozen spinach (thawed)	½ cup frozen broccoli (thawed)
2 tbsp onion (I use scallions)	¼ tsp paprika
1 large Portabella Mushroom	1 tbsp olive oil
½ cup carrots chopped	2 garlic cloves
¼ tsp turmeric	
1 chicken bouillon cube (low sodium)	
Juice from ½ lemon	



Cook the chicken. You can cut chicken into cubes and simmer until cooked. OR.... Rub the raw chicken with a mix of spices like garlic powder, onion powder, lemon pepper etc. and then cook on the grill. Cut up into cubes. The grilled chicken in this soup is totally worth the effort.

If you want to substitute egg whites for the chicken, hard boil the eggs. (Put eggs in cold water and bring to boil). Maintain at a rolling boil for 10 minutes. Remove from heat, drain the hot water and soak in ice water until cool. The ice water makes it easy to peel the shells. Peel the eggs and discard the yolks. Chop the egg whites into cubes.

Cook pasta according to directions on the box.

Sautee the garlic and mushroom in olive oil. Add 2 cups water and one bouillon cube.

Add all ingredients except lemon juice and pasta. Bring to a boil.

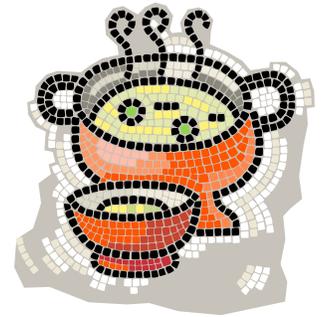
Add cooked pasta and squeeze in lemon juice.

Recipe makes 2 (12oz) servings. Each serving is a full meal and contains 335 calories.

## Barley Vegetable Soup

### Ingredients:

- 1/4 cup butter
- 2 medium onions, peeled and sliced
- 2 carrots, diced
- 2 stalks celery, sliced
- 2 quarts water
- 1 tsp dried crushed basil
- 1/2 tsp dried thyme
- 1/2 tsp dried ground black pepper
- 1 cup pearl barley
- 1 tbsp dried dill weed
- 2 tsp beef bouillon (or 2 bouillon cubes) \*can use a packet of French onion soup mix)
- 2 medium tomatoes, diced
- 2 cups green beans



### Directions

In a large pot melt butter, and add onion, carrots, celery and sauté until soft.

Add water, spices and bouillon and bring to a boil.

Add barley and cover. Simmer for 1 hour and 15 minutes.

Add tomatoes and green beans and simmer an additional 15 minutes or until barley is tender.

Serves 8 - 1 cup servings

## Bean & Macaroni Soup

- ¼ pound whole wheat pasta
- 1 can of red kidney beans (or black beans)
- 1 cup tomato sauce
- 1-15 oz can chicken broth
- 2 tbsp chopped or minced garlic
- a pinch of oregano,
- 1/4 cup of diced onion
- ¼ cup olive oil



Cook the macaroni according to the directions on the bag or the box. Lightly brown the garlic and onions in olive oil, add beans, tomato sauce, chicken stock, or broth add a pinch of oregano. Drain macaroni and add to mixture. Re-heat all ingredients together.

## No Fail Cream Sauce

- 2 tbsp butter or Trans Fatty Acid Free margarine
- 2 tbsp flour                      1/4 tsp salt
- 1/8 tsp pepper                      1- 1/2 cup milk



Melt butter in a sauce pan. Stir in flour, salt and pepper.

Gradually add the milk. Cook over medium heat stirring constantly (I use a whisk) until the mixture becomes thick. Makes 1.5 cups.

Remove 1 cup. Add to diced chicken and broccoli and serve with a baked potato, noodles or rice.

Take remaining ½ cup white sauce and melt in 2 slices of cheese. Pour over cooked macaroni for a great Macaroni & Cheese meal for tomorrow!

**Vegetable Soup**



**Ingredients:**

- 3 tbsp Olive oil
- 1/2 tsp turmeric
- 1 tsp hot pepper flakes
- 1 whole medium cooking onion chopped
- 1/2 c sliced carrots
- 1/2 c sliced mushrooms
- 1 can stewed tomatoes
- 1/2 head of green cabbage cut into small wedges
- 1/2 c baby peas
- Water
- 2 tbsp chopped Garlic
- 1/2 tsp paprika
- 1 tsp Italian seasonings
- 1 cup green beans
- 1/2 cup spinach
- 1 cup broccoli
- 2 chicken bouillon cubes

**Directions:**

To up the process use frozen carrots, green beans, spinach, broccoli and peas. Also use garlic from a jar. Use stewed tomatoes and mushrooms from a can.

Pour olive oil into a soup pot and sauté (low heat) cabbage, onions and garlic for 4 – 5 minutes stirring regularly. Add enough water to cover vegetables and bring to a boil. Reduce heat and simmer for 20 minutes. Add the rest of the ingredients and cover with water. Simmer for an additional 15 minutes. This makes a large pot of soup. After it is cooked, you can portion it into 4 cup containers. Each container will last me 2 days. Then freeze the rest in 4 cup portions in either plastic containers or in freezer bags. Then thaw the soup out in the refrigerator before re-heating.

## Vegetable Soup With Added Comfort Food Appeal

As I type this, the snow is blowing and it is cold. In this situation, the soup needs to have a “stick to your ribs” element.

I modified this vegetable soup recipe by:

adding 1 can of minced crab meat                      1/2 lb. peeled shrimp  
1 pound of cod fish fillet

Because of the delicateness of the cod, I put it in last and cooked it until it flaked. I wanted to keep it in large chunks. I removed 1/2 of the liquid in the soup and put it in a separate sauce pan. In a cup, I added 3 tbsp of whole wheat flour (you can use white flour if you have it already) to 3/4 cup of cold water and I mixed it well so there were no lumps. I brought the soup liquid to a boil and I added the flour and water mixture to it. Stir constantly until thickened. I then added the thickened liquid back to the fish and vegetable soup. It has been oh so satisfying.

## Split Pea Soup



I know that starting a pea soup from dried peas is the most desirable way to go but sometimes... you just don't have the time. Here is a quick alternative.

2 (15 oz) cans of sweet baby peas. To cut the sodium we need to rinse and then soak in a pot of warm water for about ½ hour. Then rinse again.

1 medium onion, 2 ribs of celery diced

2 diced potatoes boiled

2 whole carrots diced and boiled

1 tsp liquid smoke

1 tbsp olive oil

Sauté the onion and celery until soft. Place in a blender with 2 cans of peas and 1 cup of water. Blend until smooth. Pour into a pot and add cooked potatoes and carrots. Add liquid smoke, salt and pepper to taste. Heat and serve.

## Vegetarian Chili

- 1 large green &/or red pepper chopped
- $\frac{3}{4}$  cup dry red wine or water
- 3 cloves garlic finely chopped
- 2 cans (14.5 oz each) diced tomatoes, undrained.
- 1 cup soybeans
- 3 vegetable bouillon cubes
- 1 package of chili seasoning (mild, med or hot)
- $\frac{3}{4}$  cup celery chopped
- $1\frac{1}{2}$  cups water
- $\frac{1}{4}$  cup of tomato paste
- 1 small onion chopped

2 cans (15 oz each) of dark red kidney beans rinsed and drained

Combine onion, pepper, celery, wine and garlic in large saucepan. Cook over medium-high heat, stirring occasionally, for 6 to 8 minutes or until vegetables are tender. Add in tomatoes with juice, water, tomato paste, bouillon, chili powder, stir well. Stir in beans. Bring to a boil; cover. Reduce heat to low; cook , stirring occasionally, for 45 minutes.



## Easy Chili

- 1 pound of hamburger
- $\frac{1}{2}$  cup onion chopped (you can use frozen onions)
- $\frac{1}{2}$  cup red or green pepper chopped (you can use frozen)
- $\frac{1}{2}$  cup sliced mushrooms
- 1 can kidney beans
- Spaghetti sauce

Cook up the hamburger, drain and set aside. Cook up the onion, peppers and mushrooms. Drain the kidney beans. Mix everything together and add as much spaghetti sauce as you like (some people like it more saucy than others.) Add some chili powder to taste.

If you end up with more than you need for one meal, just freeze the rest for another day.

## Mixed Berry Gelatin Salad

- 1 box of sugar free berry gelatin
- 2 packets of unflavored gelatin
- 16 oz container for low fat small curd cottage cheese
- 1 bag (1 pound) frozen mixed berries (thawed)
- 10 oz tub of fat free whipped topping

Combine the whipped topping and the cottage cheese. Stir in the gelatin and mix very well. Add in the mixed berries. Please note. I did not drain the liquid from the mixed berries. There are so many antioxidants in the liquid I could not bring myself to drain it. Refrigerate the salad for 4 hours before serving. The extra gelatin absorbs the extra liquid.

## Ronni's Favorite Gelatin Salad



- 1 box of sugar free lime gelatin
- 24 oz container of low fat small curd cottage cheese
- 15 oz can of crushed pineapple
- 8 oz tub of sugar free whipped topping

Drain the pineapple very well. Combine the cottage cheese and whipped topping and mix well until blended. Stir in the pineapple. Stir in the lime gelatin and mix well. Chill for 4 hours before serving.

Another variation of this salad includes berries. I made this recipe because of the health benefits of eating a variety of mixed berries. Berries contain vitamin C, fiber and phyto-nutrients that can help protect from infections, (blueberries fight bladder infections), and diseases like cancer.

## Regina's Favorite Gelatin Salad

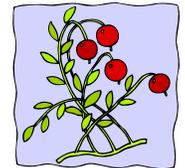
- 1 box of Sugar Free Strawberry Kiwi Jell-O
- 2 packets unflavored gelatin                      2 kiwi peeled and diced
- 16 oz container for low fat small curd cottage cheese
- 10 oz tub of fat free whipped topping
- 1 fresh orange with 1/2 of the peel
- 1 cup fresh strawberries diced

In a food processor, combine fresh orange with 1/2 of the peel (rind), gelatin, Jell-O, cottage cheese and whipped topping. Process until smooth.

Place in a serving dish and fold in diced kiwi and strawberries.

Place in freezer until firm. Enjoy.

## Wheat Berry Waldorf Salad



- 4 cups pineapple juice                      1 cup wheat berries dried
- ¼ cup chopped walnuts                      1 red apple
- 1 green apple                                  2 celery stalks chopped
- ½ cup dried cranberries or cherries                      ¼ raisins
- 2 scallions chopped                                  1/2 cup lite mayonnaise
- ¼ cup orange juice                                  ¾ tsp fresh grated orange zest
- Lettuce leaves (preferably dark lettuce)

In a sauce pan bring pineapple juice to a boil and add dried wheat berries. Cook on low until soft. 2.5 to 3 hours (best to use a crock pot on low over night). Drain wheat berries and cool.

Cut apples into chunks and in a large salad bowl toss with wheat berries and all of the other ingredients except lettuce. Season the salad with salt and pepper if desired and serve over lettuce.

## Gazpacho

Gazpacho is a cold liquid salad which originated in Spain. It's main ingredients are ripe tomatoes, bell peppers, cucumbers, and garlic, all blended together with olive oil, vinegar, and ice water. It is served cold. It originated during the Middle Ages. Historically, moistened bread was also included as an ingredient however, our modern version excludes the bread. In a recent study, scientists measured the amount of antioxidant levels in the blood of subjects fed 2 cups of Gazpacho per day. They found that subjects hit record levels of circulating antioxidants. This is a tasty summertime soup that is great for you!!

### Ingredients:

1 garlic clove	1/2 cucumber cut into chunks
2 tomatoes cut into chunks	1/4 chopped bell pepper
1/4 tsp salt (opt)	1/8 tsp pepper
1/4 onion sliced	1 tsp olive oil
1 tbsp vinegar	1/4 cup ice water

### Directions:

In a blender or food processor combine ingredients and blend on high until smooth. Chill before serving. For chunky style blend 1/2 ingredients and when finished add the rest of the chopped ingredients. You can add hot sauce for a spicy Gazpacho.



## Anytime Fruit Salad

- ½ cup frozen blueberries
- 1 kiwi peeled and sliced
- ½ cup frozen mixed berries
- 1 apple cubed
- 1 small orange or tangerine peeled
- 1 cup melon cubed
- 1 banana peeled and sliced



Combine ingredients and let thaw in refrigerator. It makes about 4 cups of fruit salad. If you are not a diabetic you can easily eat 1.5 cups of fruit salad which will give you about 2 ½ servings of fruit. If you are a diabetic you can have about ¾ cup. Top it with a serving of yogurt for added protein and calcium. Serve it with a bowl of vegetable barley soup for a super healthy meatless meal!

## Whole Wheat Pasta Vegetable Salad

- 2 cups cooked whole wheat pasta
- 2 stalks celery diced
- 1 cucumber sliced and quartered
- ¼ cup diced red onion
- 1 (4 oz) can sliced black olives drained
- 2 large carrots sliced
- ½ cup light Italian dressing
- 1 cup cherry tomatoes halved
- 6 hard boiled egg whites chopped
- whole lettuce leaves

Combine all ingredients except lettuce leaves. Chill before serving. Serve on lettuce leaves.

**Pesto**

2 cups fresh Basil (Loose Leaf)

2/3 c Olive oil

½ c grated Parmesan cheese

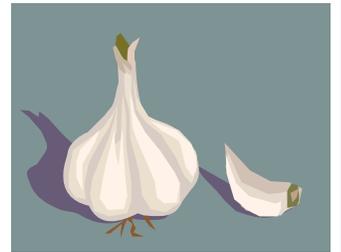
1 cup fresh Parsley

3 Garlic cloves

½ cup Pecans chopped

In a blender or food processor, combine basil, parsley, garlic, olive oil and cheese. Blend until well mixed. Stir in chopped nuts and pour over hot whole wheat pasta.

Optional: Instead of pecans, use pine nuts.

**Avocado Salad**

1 medium avocado

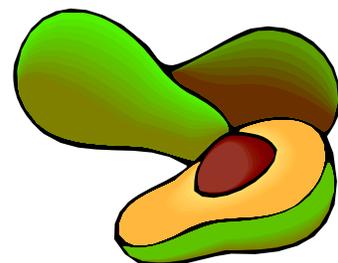
1 minced green onion

lemon juice to taste

2 hard boiled eggs

salt, pepper, paprika to taste

Cut avocado in half, scoop out fruit. Add chopped eggs, onion, seasonings and lemon juice. Serve with lettuce on a whole wheat pita.



**Creamy, Fruity Cabbage Salad**

- |  |                      |
|--|----------------------|
| 1 bag (16 oz) shredded cabbage   | 1 c shredded carrots |
| 1 cup pineapple tidbits (well drained)   | ½ cup raisins        |
| ½ red onion chopped  |                      |
| ½ cup low fat mayonnaise   |                      |
| ¼ c of quartered maraschino cherries<br>(may use dried cherries or even dried cranberries) |                      |
| 2 tbsp apple cider vinegar   |                      |

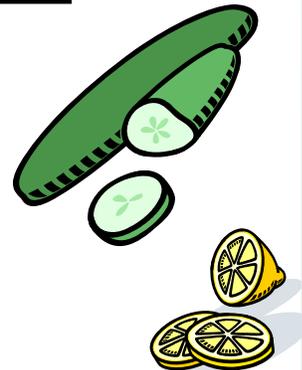


Combine ingredients and let chill at least 2 – 4 hours before serving.

**COOL SUMMERTIME SALAD**

There was one salad that I thought was so simple yet so delicious and unbelievably nutritious.

- |                      |                       |
|----------------------|-----------------------|
| 1 cucumber           | 1/2 red pepper        |
| 1/2 yellow pepper    | 1 tomato              |
| 2 stalks of celery   | 1/4 red onion         |
| 1 tsp chopped garlic | The juice of 2 lemons |



Here is the key factor. Everything was chopped so fine. When I made it at home I used a food chopper. It has a blade and you pound the handle on the top over and over. The next time I tried it I just chopped the ingredients up very small. It really wasn't the same. It was better when I used the chopper. After you chop everything up, you squeeze lemon juice over the mix, toss the ingredients together with the lemon juice, cover with plastic (or a lid to a fitted bowl and refrigerate for at least a few hours. I loved this salad for so many reasons. First, the lemon juice has virtually no calories and it is not so sour like straight vinegar. As a matter of fact, after a few hours you can barely taste the lemon juice. The juice seems to really bring out the flavors of the chopped vegetables.

## Tri Colored Pasta Salad



A great easy side dish is a tri-colored pasta salad. I served it this weekend and got great reviews. The tri-colored pasta is so colorful that it offers a base color for all of your fresh, crisp vegetables. Cook the pasta until just done. Don't let it get overdone if you can help it. If the directions say 9 minutes then be ready at 8 1/2 minutes to insure that it is not overdone. Strain the pasta in a colander and immediately run under cold water rinsing and cooling all the pasta. I like to do this the day before I want to serve. Before storing away for the evening, I pour enough "lite" Italian dressing on it to lightly coat the pasta. This is an important step because it prevents the pasta from sticking together. Many may be asking why I am not using whole wheat pasta. I like to use the tri-colored pasta because of the firmness of the cooked product. The whole wheat pasta can be a tad mushy. Also, because of all the nutrients in the vegetables in the pasta salad I am okay with a lower fiber pasta.

Back to the salad..... I chop 1/2 of a red pepper, orange pepper and yellow pepper, 1/4 of a red onion, 1/2 cucumber, 2 stalks of celery, a handful of grape tomatoes and a small can of sliced black olives. Wash all your produce very well. Toss in with the tri colored pasta and add additional dressing (1/4 cup at a time) until the salad is covered with dressing but not dripping.

With the addition of lettuce the rest of your vegetables can be diced and combined to make a tossed salad. The only thing that could top this meal off is a nice serving of fruit. Even a peach, a few grapes and some melon cut and combined could make a simple but delicious fruit salad that would add a fresh finish to this summer grill meal.

## Main Courses

### Sweet Potato Soufflé

- 2 medium sweet potatoes
- 2 tbsp milk
- 1/4 cup packed brown sugar (can use Splenda for diabetics)
- 1 small egg
- 1/4 tsp salt (optional)
- 1 tablespoon trans fatty acid free margarine (Smart Balance)
- 2 teaspoons apple or pumpkin pie spice
- 1/3 cup chopped nuts (optional)

Pre heat oven to 350.



If you are using fresh sweet potatoes (which I recommend), you need to cook them first. I microwave sweet potatoes for 5 minutes each to make them soft enough for the next step. Place all ingredients except nuts in a blender or beat until smooth with an electric mixer. Pour into lightly greased 3 quart casserole dish, sprinkle with nuts and bake for 45 minutes or until golden brown.

Here is what I love. One time, add a chopped apple, another time add some raisins or cranberries. You could easily pour it into a crust and make a sweet potato pie. If you are serving to kids at a family get together, sprinkle on some mini marshmallows for the last 5 minutes in the oven.

Anyway you do it serve with a nice piece of chicken, turkey, ham, roast pork or pork chop. It is delicious enough to be a dessert but healthy enough to count as a beta carotene rich vegetable.

## BBQ Chicken & Ribs Grilled

First, let me agree that boneless chicken is less work but I don't cook it often. I prefer the bone in for moistness and flavor. I use a dry rub on all of my grilling meat. I combine about 1/2 teaspoon each of onion powder, garlic powder, paprika, black pepper, red pepper flakes and a pinch of salt into a bowl. I sprinkle it on the chicken, ribs and beef. I cover and let sit for at least 4-6 hours, (overnight is best— always in the refrigerator). I start my grilling in the oven. I know... Cheater!!! That's right— I am. I cook my ribs and chicken in the oven on 220 degrees for about 2 to 2 1/2 hours. When I made 3 racks of ribs I had to let it cook on 220 degrees for 4 hours. Place at least 3-4 bone-in pieces of chicken or at least 6-7 ribs in a baking dish, add a 1/2 cup of water to the bottom and cover tightly with foil. Do not open for 2 1/2 hours as you will let out the steam.

I actually do this the night before so it does not over heat my home in the day time.

When it is time to grill, I put the BBQ sauce in a bowl and dip each piece into the sauce. If the ribs are connected I cut them down to sections of 2 ribs.

Get your grill lit and let it heat up. Your food is essentially pre-cooked so this won't take long. Turn the heat on the grill to low and put your food on the highest rack with the meatiest side of the food face down towards the flame. Cover the grill and let it cook for 5 minutes. After 5 minutes, flip the food and heat 5 minutes. Repeat this one more time and it's a done deal.

Take the food off the grill and enjoy.



**Stuffed Mushrooms**

1 package of mushrooms (any size mushrooms)

1 garlic clove chopped fine

1 6-8 oz can of crab meat

2 ribs of celery chopped fine

salt /pepper optional

1 tbsp white wine optional

Use 1/2 tsp garlic powder if you have no fresh garlic

Season with 1/2 tsp of Italian seasoning if desired.

2 tbsp olive oil

1/4 yellow onion chopped fine

10 whole grain crackers

Sprinkle of paprika for top

1 egg white



Preheat oven to 350 degrees.

Clean mushroom and remove stems. Chop the stems fine. Combine crabmeat (with liquid), mushroom stems, garlic, onion, celery, egg white, seasonings and optional wine. Crumble crackers and mix with crab mixture. Spoon a small amount of olive oil into the underside of each mushroom. This will serve as your cup to hold the stuffing. Place a scoop of stuffing into the mushroom and pat down to shape and compress into the mushroom space. Sprinkle the top with paprika. Spray a sheet pan with cooking spray and bake for 25 minutes.

**FRESH WHITE MUSHROOMS WITH HERBS**

2 tbs. Olive Oil

8 oz. Fresh white Mushrooms, halved, quartered or sliced 1/4

1 tsp. Garlic, minced

1 tbs. Fresh Tarragon OR

1/2 tsp. Salt

1/2 cup Onion, chopped

1 tbs. Fresh Parsley, chopped

1/4 tsp. Dried Tarragon

1 pinch Ground Black Pepper

In a large nonstick skillet over medium-high heat, heat olive oil until hot. Add mushrooms and onion; cook, stirring frequently, until mushrooms are golden, about 5 minutes. Stir in garlic; cook and stir, until garlic is fragrant, about 30 seconds. Add parsley, tarragon, salt and black pepper; cook, stirring frequently, until herbs coat the mushrooms and flavors are blended, about 1 minute.

## Spinach and Sausage Stuffed Mushroom

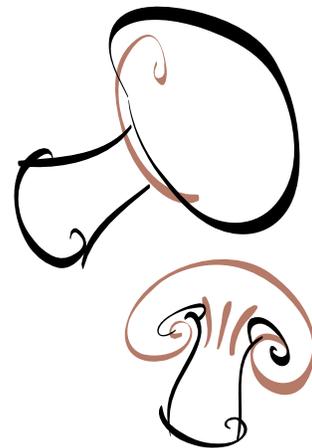
- 6 oz creamed spinach
- 1 TBSP butter or trans fatty acid free margarine
- 1/3 c water
- 1 cup herb stuffing
- 4 oz ground turkey or ground turkey sausage (cooked)
- 1/8 cup parmesan cheese
- 1 ¼ pound of mushrooms (whole portabellas are my favorite)
- ¼ cup of olive oil
- 1 onion, chopped fine

Melt butter in a saucepan and add onions. Cook onions until soft. Add water and heat until boiling.

Remove from heat and add stuffing mix. Stir together until soft.

Stir in creamed spinach, cooked ground turkey and 1 tbsp of parmesan cheese.

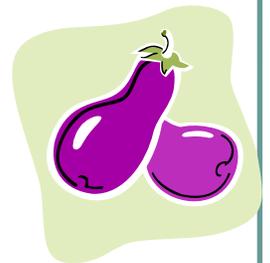
Toss the cleaned mushrooms in oil. Fill each mushroom with mixture and sprinkle with parmesan cheese. Place on a cookie sheet and cook for 10 to 15 minutes at 400 degrees F.



## Grilled Eggplant

Peel an eggplant and slice it either in circles or as a long oval (my favorite). Spray with olive oil and a squirt of smoke. Sprinkle with seasonings. I love rosemary and coriander or garlic and basil. Let the eggplant sit in the fridge for ½ hour (covered) before frying, indoor grilling or outdoor grilling.

Also great for mushrooms and zucchini.



## Barley Mushroom Casserole

### Ingredients:

1 cup pearl barley	½ cup onions, chopped
2 cups mushrooms, sliced	½ cup butter
1 cup shredded cheddar cheese	4 cups beef broth



### Directions:

In a saucepan, melt butter and sauté barley, sliced mushrooms, and chopped onion for about 12-15 minutes on very low heat.

Transfer to a 1 ½ quart baking dish and add beef broth. Stir ingredients.

Bake at 350 for 50 minutes or until all liquid is absorbed. Top with shredded cheese and bake an additional 10 minutes or until the cheese is melted.

Serves 6- ½ c servings

## Basic Quiche

This easy quiche recipe is great to make, slice and freeze. A quiche makes 6 slices. Thaw, add a side of whole wheat toast and a fruit cup and any day can feel like a special Sunday brunch!

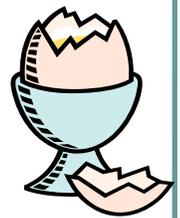
1—9" prepared pie crust      1 cup shredded cheddar cheese  
 6 eggs      1 cup of skim milk  
 1 tbsp fried minced onion 1 tbsp flour

Preheat oven to 375 degrees F. Sprinkle cheese into the prepared pie shell. Beat together eggs, milk, onion and flour until well mixed. Pour over cheese. Bake until knife inserted near the center comes out clean, (about 30-40 minutes). Let stand 5 minutes before serving.

For leftover portions, Let cool, wrap and freeze. Enjoy at a later date!

## Egg Custard

4 large eggs      ½ cup sugar or Splenda  
 ½ tsp salt      1 (12 oz) can evaporated skim milk  
 1 cup water      1 tsp vanilla extract  
 ¼ tsp ground nutmeg



Pre heat oven to 350 degrees F

Combine eggs, sugar (or Splenda) and salt in a large mixing bowl. Add evaporated milk, water and vanilla extract; beat until mixed. Pour into six – 6 oz custard cups. Sprinkle with nutmeg. Place cups in 13x9 baking pan that has been filled to 1" with hot water. Bake for 35-40 minutes or until a knife inserted to center comes out clean. Remove cups and place on a wire rack to cool completely. Refrigerate. You can also add raisins and cinnamon to this recipe or even white rice with raisins!

## Quick, Easy Healthy!

I'm not a meat eater. People are always asking how I get my protein. This is a meal I eat as my main evening at least 2 to 3 times per week. This recipe makes 2 servings.

### Ingredients:

- 2 cups whole wheat spirals cooked.
- 1 can stewed tomatoes
- 2 oz part skim mozzarella cheese cubed
- 4 frozen broccoli spears (thawed)
- 1/2 cup spinach chopped
- 1/2 c mushrooms (raw or canned)
- 1 thick slice yellow stinky onion chopped
- 2 tbsp olive oil
- 1 tbsp chopped garlic
- 2 tsp parmesan cheese
- 1/4 tsp tumeric



Put oil in non stick pan and add onions, garlic and mushrooms on medium heat. Sautee until soft (not brown). Add stewed tomatoes, broccoli and spinach. Heat through. Toss in pasta and tumeric. Stir all ingredients and turn off heat. Add cheeses and serve immediately.

## Easy Vegetable Rice Curry

- 2 tsp olive oil
- 1 bouillon cube
- 1/2 onion chopped
- 1/2 10 oz bag frozen mixed vegetables
- 1 fresh tomato diced
- 1 clove garlic chopped
- 1 tbsp curry powder
- 1 tbsp tomato paste
- 1/2 c water
- Salt and pepper to taste
- 1 1/2 cups cooked brown rice



In a saucepan heat oil, onion and garlic until soft. Add tomato paste and curry powder cook for 1 minute. Add water and bouillon cube. Add additional ingredients except for the rice. Cook 15 minutes on low or until tender. Serve over rice. Makes 2 servings.

## New Orleans Style Red Beans and Rice

2 tsp. olive oil  
1/2 large onion, chopped  
1/2 red or green bell pepper, diced  
1 small stalk of celery, diced  
3 large garlic cloves, minced  
1/4 tsp. dried thyme, crumbled  
1 Tbsp. paprika  
1/2 Tbsp. oregano  
1/4 tsp. cayenne pepper  
2 cups canned red kidney beans, rinsed and drained  
1 1/2 cups fat free, reduced-sodium chicken broth  
2 cups brown rice  
Pinch of freshly ground black pepper



Heat the oil in a heavy saucepan over medium heat. Add the onion, bell pepper and celery and sauté for 4 minutes.

Stir in the garlic, thyme and spices and cook until the vegetables are tender, about 2-3 minutes.

Add the beans and broth. Simmer gently, uncovered, over low heat until the beans are creamy, 15-20 minutes (make sure not to over-cook them).

Serve the beans over brown rice.

*To this recipe add 1 tsp of liquid smoke for added smoky flavor!*

*Option:* vegetarians can substitute the chicken broth with vegetable broth, or for a richer flavor try reduced-sodium tomato sauce

**Makes 6 servings.**

## Easy Red Beans and Rice

- 1 cup long grain rice
- 1 can 15.5 oz kidney beans
- 1 cup tomato sauce
- ¼ tsp hot sauce
- ½ tsp Italian seasonings.

Prepare the rice as directed on package.

Combine the kidney beans, tomato sauce, hot sauce and Italian seasonings. Simmer for 30 minutes on low heat. Serve over the rice.



**Meatballs / Hamburgers**

Here is a basic meatloaf recipe.

2 pounds ground beef (as lean as you can afford)

1 medium onion

½ tsp ground black pepper

¾ cup plain dry bread crumbs

1 small green pepper

2 tsp dried garlic

½ cup dried milk

2 tsp dried parsley

1/3 cup of water

1 large egg lightly beaten

¼ cup ketchup

Mix all ingredients.

First make 20 (1 inch) meatballs. When you finish making the meatballs, place them on a cookie sheet and place in the freezer for 2-3 hours or until completely frozen. Take them out and place them in a Zip-lock baggie and place back in the freezer. You can remove them as you need them. To cook them you put them in a frying pan and brown the outside. You can then place them in the oven and bake them off on 400 degrees for 20 minutes. Pat all excess grease off the meatballs before placing in tomato sauce. Simmer for 10 minutes and you are done.



Continued on next page:

Next make rectangular shaped burgers. Make them about 2 inches wide by about 3 ½ inches long. You should be able to get 4 or 5 of these out of the remainder of the recipe. Once they are finished place them on a cookie sheet and freeze them like the meatballs. Once they are frozen place them in a Ziploc bag and freeze them. Here is where it gets good. There are so many possibilities here. Cook your burger either in a pan or in a toaster oven. You could cook it in a regular oven but that would take a lot of gas or electric unless you were planning on cooking a few of them with a few baked potatoes and perhaps a batch of muffins. Once the burgers are cooked they can return to the freezer to be thawed and microwave. Get a package of low salt beef gravy mix. Follow the directions and add extra onions sautéed in olive oil. Top the burger with onion gravy. Next time add some mushrooms to your gravy. You can even top it with some canned diced tomatoes or a simple slice of low fat Swiss cheese. After cooking one of your burgers break it up and throw in a can of red beans, chili powder and a bit of tomato sauce and you have a fast, easy and very tasty chili!



## Quick & Easy Salmon Filets

### Salmon Filet Version #1

1 frozen salmon filet

Lemon pepper

Pam

Lightly spray a piece of aluminum foil with Pam. Sprinkle lemon-pepper in middle section of foil. Place the salmon filet on top of lemon-pepper and sprinkle top of salmon with more lemon-pepper. (If you do not have lemon-pepper, sprinkle lemon juice and black pepper.)

Fold aluminum foil around filet and place in toaster oven. Bake at 400 degrees for about 15 minutes.

To test for doneness, thermometer placed into center of filet should read 160 degrees.

If a thermometer is not available, open aluminum foil and test with a fork. Poke fork into filet and twist, if filet flakes, it is ready to eat.



## Salmon Filet Version #2

6 oz. frozen salmon filet  
1/2 c. vegetables (carrots, celery)  
Garlic powder  
Black pepper  
Thyme  
Dill  
1/8 c. white wine  
1/2 c. half & half or milk



Finely chop or julienne a small amount of your favorite veggies. (I usually have celery & carrots handy).

In small sauté pan, put 1T. Canola or olive oil, or 1T. margarine, or spray w/Pam (your preference).

Add salmon filet, surround with veggies. Sprinkle with spices. Sauté over med-low heat about 1 minute. Stir vegetables. Add 1/8c. white wine or other liquid. Cover pan. Simmer 2 minutes more. Uncover. Turn fish.

Add half & half or milk. Continue cooking another 2-3 minutes uncovered, or until desired doneness. (I like mine cooked medium.) Plate fish. Cover with sauce. Serve with your favorite rice, pasta, or additional vegetables.

## Sweet Potatoes With Raisins & Apple

1 Sweet Potato

1 Medium Apple

½ c Raisins

2 tsp Cinnamon

1 Tbsp Trans Fatty Acid Free Margarine

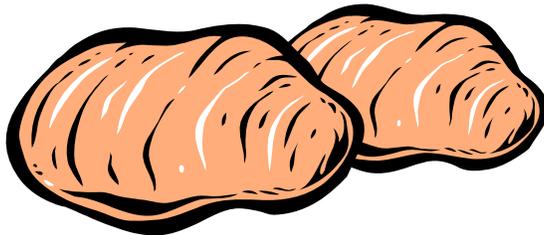
¼ c Chopped Walnuts

2 tsp Sweetener

½ c Mini Marshmallows (optional but highly recommended)

Poke holes in the sweet potato and microwave on high for 5 minutes or until soft. Peel and chop apple. Peel the sweet potato when done. Combine all the ingredients except the marshmallows. Add them last.

Serving size 1 cup. Servings per recipe = 2.



## Sweet Potato Pie

Prep time 15 minutes; Cook Time 60 minutes

1 cup sugar or Splenda

2 eggs

2 cups mashed cooked sweet potatoes

$\frac{3}{4}$  cup of evaporated skim milk

$\frac{1}{4}$  cup of butter melted

1 tsp vanilla extract

1 tbsp cinnamon or apple pie spice (or pumpkin pie spice)

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

9 inch pie crust

Pre heat oven to 350 degrees F.

In a large bowl, beat sugar and eggs. Stir in mashed sweet potatoes, milk, melted butter, vanilla spices and salt. Mix until well combined. Pour into prepared pie crust and bake for 1 hour or until center is set.



## Healthy Delicious Skins

½ Baked Potato

½ cup Broccoli (if frozen, thaw out)

1 oz Low Fat Swiss Cheese (sliced or shredded)

1 tbsp Oscar Meyer Bacon Bits

1 tbsp Fat Free Sour Cream

1 tsp Smart Balance Margarine or Take Control Margarine

Loosen up the white part of the potato and add margarine spread. Top with broccoli and microwave for 1 minute. Top with sliced or shredded cheese, sour cream and bacon bits. Contains: 238 calories, 16 grams protein, 4 grams fiber, 22% vitamin A, 92% vitamin C, 36% calcium, 21% manganese, 17% potassium and has only 16% sodium. It also contains a variety of b-vitamins and minerals.

\* Please note. We have discussed how using the microwave on vegetables is not the most nutritious way to go. It is easy and convenient. Steam that precious broccoli if you will but this meal is still 100% better tasting and has higher nutritional value than a fast food meal. Also to note.... The holidays are over. If you got a gift card to a big store, consider a toaster oven. A countertop toaster oven can bake the potato and heat the broccoli on top of the potato. The broiler feature is great for melting the cheese. It is so much better than the microwave!



## Breakfast

### Outrageous Oatmeal

- Quick oats
- Wheat germ
- Sunflower seeds, sugar (or not)
- Unsalted walnuts
- Fruit, (dried or fresh but prunes or dried plums are a must have. (May I suggest dried peaches, they are amazing!))



Put your sunflower seeds in the blender and blend until fine.

Chop fruit in the mini chopper.

Chop nuts in a mini chopper.

Combine 1/3 cup of quick oats, 1 tbsp wheat germ, 1 tbsp sunflower seeds, 1 tbsp nuts and 1/4 cup plus 1 tbsp of fruit. Mix with 3/4 cup boiling water, mix and cover tightly for 2 minutes. Stir again and eat. You can sweeten or add spices like cinnamon, nutmeg, apple pie spice or pumpkin pie spice as desired.

## Oven Baked French Toast

### Ingredients:

- 1 cup packed brown sugar (or Splenda)
- 1/2 cup trans fatty acid free margarine spread
- 2 tbsp honey or light syrup
- 1 1/2 cups of skim milk
- 12 slices of regular sliced bread or 6 slices thick bread (make it whole wheat)
- 1 tsp vanilla extract
- 5 eggs (large)
- 2 tsp ground cinnamon
- 1/2 cup chopped walnuts or pecans (optional)
- 1/4 cup raisins (optional)

### Directions:

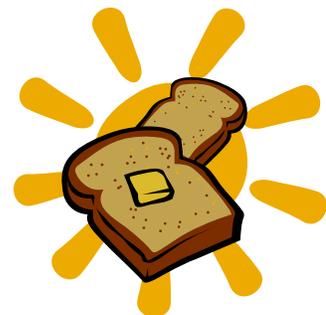
Preheat oven to 350 degrees F

In a small saucepan combine brown sugar, butter, honey, raisins and nuts. Bring to a boil and set aside.

Beat milk, eggs vanilla and cinnamon in a medium bowl. Cut bread into large squares. Pour over bread, mix gently to coat all the bread. Let sit 15 minutes. Place bread in the baking pan and layer in butter sugar mix. Bake in the oven for 45 minutes or until golden brown.

Add a small side of low sodium ham and a mixed fruit cup and .....

Life is Good!



## Ultimate Breakfast Cookie

1/2 cup creamy peanut butter	1/2 cup honey
2 tsp Splenda	1/4 cup quick oats
1/2 cup ground flax seed	2 tbsp pumpkin seeds
2 cups All Bran Cereal	2 tbsp chopped walnuts
2 tbsp sunflower seeds	1/4 cup raisins
1/2 special dark chocolate bar	
2 tbsp almonds (chopped)	

Mix peanut butter and honey together and microwave together on high for 2 minutes. Break up chocolate bar and add. Add remaining ingredients. Pour into pan lined with parchment paper (or use cooking spray). Let sit for 5 minutes and pop into the freezer for ½ hour to fully set. Cut into bars and serve.

This is a breakfast cookie that is ideal for a road trip or a quick snack. Remember, the 4.5 grams of fiber will absorb almost an ounce of water. It is best to drink plenty of fluid when eating high fiber foods. I find that these cookies are also attractive as they can be cut and stored in the freezer for future use.

Preparation time was only about 1/2 hour and using the parchment paper made clean-up a snap!



## Baked Prune French Toast

4 slices of whole wheat bread

3 egg whites

6 prunes cut into small pieces

1 tsp of vanilla extract

1 tsp cinnamon.



## Baked Prune Bread Pudding

Add 1/4 cup of skim milk and 2 tbsp of sugar to the above recipe.

Let me add one thing. I tried to make the recipe with Splenda. It came out so sweet. If I were to make it again with Splenda, I would add only 1 tbsp or maybe even 2 tsp.

### Prune preparation.

I did this 2 ways and both were great.

One way, I cut the prunes up into 4-5 pieces each and put them into 1/3 cup of water. I put them in the microwave for 1 minute and 30 seconds. Let cool. The other way, I put the 6 prunes into 1/2 cup of water and put in the microwave for 1 minute 30 seconds. Put into the mini chopper (or food processor or blender) and pulse about 4-5 times. Let cool for 5 minutes.

Cut the bread into cubes (9 pieces each) and combine with egg whites. Mix well. Add prunes, cinnamon and vanilla.

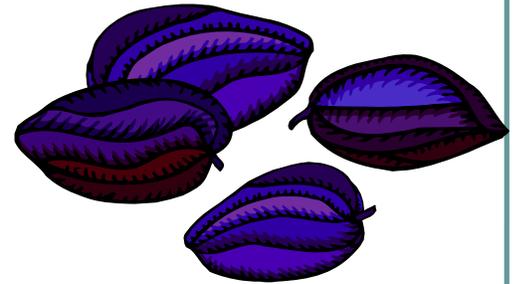
If you are making bread pudding, add the milk and sugar to the prunes. Make sure the prune mixture is not too hot or you will cook the egg whites. Let mixture sit for 5 minutes.

I used a small cast iron pan (6 inch). Spray pan with cooking spray. Pre-heat oven (I used a toaster oven) to 400 degrees F. Cook for 20 minutes. It made about 4 half cup servings.

Personally, I preferred the prune mix in the processor. The sweetness of the rough pureed prunes dispersed the sweetness of the prunes throughout the final product.

I topped the baked prune French toast with lite pancake syrup. It was really good and even my kids liked it. I also topped the baked prune bread pudding and French toast with prune whip and served it at a taste testing. It went over very well.

### Prune Whip Recipe



1 cup Cool Whip

1 cup stewed prunes (1 cup prunes in 1.5 cups water. Microwave on high for 2 minutes. Let stand for 10 minutes.)

1/4 cup powdered sugar.

1/2 whole orange (with peel)

Drain prunes and combine with sugar and orange. Put into food processor and blend until smooth.

Fold into Cool Whip (thawed) and refrigerate for at least 4 hours before serving.

Prune whip is a common dietary bowel intervention used in nursing homes. It is so well accepted because it tastes delicious and it is effective. Combine the prune whip with the baked French toast and breakfast will taste like dessert but is packed with substantial nutrition.

The food label below shows just how great it is.

## Flakey Biscuit Cheese Danish

I will give you the amounts for a full recipe but you could easily make half.

2 packages of flakey biscuits (Pillsbury in the tube) or crescent rolls in the tube.

2 packages of softened cream cheese (I used low fat)

3/4 cup of Sugar or Splenda

3 tsp lemon juice

1 tbsp vanilla

1 tsp almond extract

3 eggs (separate white from yolk) (can use egg beaters)

1/4 cup of skim milk

1 tsp of cinnamon mixed with 2 tsp of sugar.

Preheat oven to 350 degrees.

When they say soft cream cheese... they mean it. I read a tip to submerge the cream cheese (in foil package) in a bowl of warm—hot water until very soft. I can tell you... if it is not soft enough it gets lumpy.

Combine the softened cream cheese, sugar (can use Splenda) and cream until smooth, add lemon juice, vanilla and almond extract, 3 egg yolks and milk. Mix with electric mixer until smooth. There was much caution from the pros not to over mix or it can crack. I'm not there yet so I did the best I could.

Open the biscuits or crescent rolls. I sprayed a 9 inch round pan with Pam. I separated the flakey biscuits into 3 smaller sheets and laid them in the bottom of the pan to completely fill the bottom of the pan.

I poured the batter into the pan. Cover the top of it with the rest of the biscuits. Brush the top with egg white and sprinkle with the cinnamon and sugar mix.

Bake for 1 hour.

Tip— About halfway through, the biscuits were getting brown so I laid a piece of foil (lightly) over the top to protect them from burning.

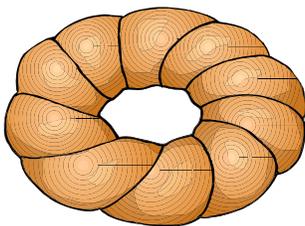
The smell of the biscuits cooking was almost buttery. The smell of cinnamon was warm, spicy and amazing. I put myself in the place of the man who could smell but could not eat. He relished in his sense of smell.

After an hour, I took it out of the oven and placed on the counter to cool for about 2 hours. I then put it in the refrigerator.

It came out more like a cheesecake than a Danish. I would have used 1/2 the recipe to make a Danish. I will make this recipe again and again. I will always use low fat ingredients and replace 1/2 the sugar with Splenda. yada yada yada...

**The bigger lesson remains.**

**Even if your cheesecake comes out a little lumpy....**



**Have Absolute Gratitude**

**for what you have.**

**And**

**Make the most of what you have!**

## MUFFINS

### Prune Muffins



1 cup wheat flour

$\frac{3}{4}$  cup sugar

$\frac{3}{4}$  cup dried, chopped prunes  $\frac{1}{2}$  cup milk

$\frac{1}{2}$  cup oat flour

2 tbsp ground flax seeds

1 tbsp baking powder

$\frac{1}{2}$  tsp all spice

3 eggs

$\frac{1}{2}$  cup canola oil

$\frac{1}{2}$  cup white flour

2 tbsp wheat germ

1 tbsp cinnamon

Mix all ingredients together with an electric mixer on high for 1 minute. Let batter sit 2 – 3 minutes before scooping into greased muffin tins (or muffin cups). Bake at 350 degrees for 25 minutes or until brown. Makes 12 – 16 muffins.

I want you to note that I increased the number of eggs in my recipe to 3. I did this for the following reasons. First, the extra egg makes the muffins moist. It improves the texture. Secondly, given the amount of great nutrition in the dried plums, I wanted to add more great nutrition like the protein, vitamins and minerals found in the egg. You can change it back to two eggs but for the amount of cholesterol you will get in 1 or even 2 muffins it isn't worth the sacrificing the moistness.

## Apple Raisin Muffins With Psyllium

Pre-heat oven to 350 degrees F

1 cup flour	3 eggs
1/3 quick cooking oats	¾ cup milk
¼ cup psyllium	½ cup oil
2/3 cup sugar	¼ cup raisin
2 tsp baking powder	2 tbsp cinnamon
½ cup dried apples	½ cup chopped nuts



Combine all ingredients and mix on high with an electric mixer for 1 minute. Let the batter sit for 2-3 minutes. Mix again on high for 30 seconds before scooping into greased muffin cups.

Bake for 15-20 minutes until toothpick comes out clean.

Freeze some for later.

## Elderberry Jelly Muffins

2/3 cup all purpose flour	2/3 cups quick oats
1/2 cup sugar or Splenda	2 tsp baking powder
2/3 cup skim milk	2 eggs
1/4 c canola oil	Elderberry jelly (1 tsp per muffin)

Preheat oven to 350 degrees F.

Combine all dry ingredients. In a separate bowl combine all the wet ingredients except the jelly. Pour the wet ingredients over the dry and combine until all is wet. Spoon into greased muffin tins or use muffin cup liners in your pan. Spoon mix into muffin pan until each cup is ¾ full. Place a tsp of jelly in the middle of each muffin. Bake for 20-25 minutes or until golden.



## Basic Healthy Muffin Mix

½ cup whole wheat flour  
½ cup barley flour

½ cup oat flour  
½ cup white flour

Sift all flours. Do not throw away the fiber left in the sifter add it to the sifted flour.

¼ cup ground flax seeds  
1 tbsp baking powder  
1 cup sugar  
2 eggs

¼ cup crude oat bran  
1 tsp baking soda  
½ cup canola oil  
Milk if needed

Mix all ingredients together (electric mixer on low advance to medium even zap it a little on high speed, the flours are very heavy) plus 1 cup of any flavor such as:

1 cup mashed bananas, ½ cup walnuts **or**  
1 cup grated carrots, ½ cup raisins, ½ cup walnuts **or**  
1 cup almonds, 2 tbsp anise seed, 2 tsp almond extract. **or**  
1 cup canned pumpkin, 2 tsp cinnamon, 1 tsp nutmeg, 1 tsp ground cloves **or**  
1 cup chopped apple, ½ cup walnuts, 1 tbsp Apple pie spice **or**  
1 cup dried cranberries, ½ cup walnuts.

Add milk if needed and mix with mixer until thick but smooth. (about 2 stages thicker than pancake batter)

Pour into a greased muffin tin or muffin cups and bake on 350 about 25 minutes. Test for doneness with a toothpick.



## Cinnamon Applesauce Muffins

1 cup of all purpose flour	¼ cup raisins
½ cup of quick oats	1 cup of chunky applesauce
1/3 cup of oil	¾ cup of sugar or Splenda
2 eggs	½ tsp vanilla
1 tbsp ground cinnamon	1 & 1/2 tsp baking powder

Preheat oven to 350

Combine dry ingredients in one bowl and wet ingredients in another. Make a well in the dry ingredients and pour in the wet ingredients. Combine ingredients but do not over mix.

Pour into greased muffin cups or use muffin cup liners.

Bake for 20-25 minutes.

Let the muffins cool. As soon as they are cool, place each muffin in a sandwich baggie and place in the freezer.

As you want a muffin, pull it out of the freezer and let thaw on the counter. You can even warm it on the microwave oven or toaster oven.



## Mocha Muffins

Pre Heat oven to 350 degrees F.

1 cup white flour

2/3 cup sugar

1/2 cup dark chocolate chips

1/2 cup chopped prunes

3 tbsp instant coffee

3/4 skim milk

1/3 cup quick oatmeal

1/4 cup oat bran

2 large eggs

1 tbsp baking powder

1/3 cup cooking oil

Combine all dry ingredients. In a separate bowl combine all wet ingredients.

Make a well in the dry ingredients and pour in wet ingredients. Mix only enough to combine ingredients.

Use muffin cups in a muffin tin. Fill muffin cups  $\frac{3}{4}$  of the way.

Bake for 20-25 minutes or until you poke with a fork and it comes out clean.



## Raisin Bran Muffins



½ cup white flour	½ cup whole wheat flour
1 cup wheat bran	½ cup raisins
¾ cup prunes	½ cup sugar
⅓ cup molasses	¾ cup milk
2 large eggs	⅓ cup canola oil
1 tbsp apple pie spice or cinnamon	
1 tbsp baking soda	

Pre-heat oven to 350 degrees.

Mix together all dry ingredients. In a blender combine milk, molasses, eggs, oil and prunes. Blend on high until prunes are finely chopped. Combine wet and dry ingredients as well as raisins and spices. Fold together and avoid over mixing. Use paper cup liners in cupcake or muffin pans. Fill each muffin cup ¾ full. For easy cleanup, after you fill the muffin cups, spray the top of the pan (and muffin mix) with a cooking spray. If the muffins rise and touch the pan, they won't stick and they lift out easily. Bake for 25 minutes.

**Easiest Quick Bread/ Muffin Recipe**

1/2 c oatmeal	1/4 c flour
1 tsp baking powder	1/4 c sugar
1/4 cup milk	2 tbsp oil
1 egg	2 tsp cinnamon
1 apple peeled, cored and chopped	

Pre heat oven to 350 degrees.

Combine dry ingredients. Combine wet ingredients. Mix together. Spray pan with cooking spray. Bake. A single batch in the very small pan took 15-20 minutes. The double batch in the loaf pan took about 35 minutes.

Now... please feel free to add extras like 2 tbsp oat bran, flax seeds, wheat germ, chopped nuts or raisins.

In keeping with a healthy theme, whole wheat flour is healthier than white, light olive oil is great to use, you can substitute Splenda for the sugar and 2 egg whites can be used for 1 whole egg.. The main point is to use what you have to try it out and see just how easy and delicious this is!



**Pumpkin Muffins (or bread)**

1 c. white flour

1 cup sugar

½ cup oil

2 eggs

¾ cup pumpkin seeds (chopped fine in the blender)

1 tsp cinnamon

½ tsp allspice

¾ cup whole wheat flour

1 cup canned pumpkin

1/3 cup milk or water

2 tsp baking powder

½ tsp nutmeg

Pre heat the oven to 350 degrees F.

Combine all ingredients. Mix well. Pour into greased and floured loaf pans or use Pam cooking spray.

Bake about 1 hour or until top of loaf feels firm. Yields 2 loaves.



*Apple Muffin*

- 1 cup of flour (preferably mix of white and whole wheat)
  - 1/3 cup of quick oats
  - 2/3 cup of sugar or Splenda
  - 1/4 cup ground flax seed (or oat bran or wheat bran)
  - 1 tbsp baking powder
  - 2 large eggs
  - 2/3 cup of milk
  - 1/3 cup oil (preferably canola)
  - 1/3 cup chopped walnuts
  - 3/4 cup chopped apple
  - 1 tbsp + 2 tsp of apple pie spice
- Preheat oven to 350 degrees.



Combine dry ingredients. Combine wet ingredients. Pour the wet ingredients into the dry and mix together. Don't over mix!

Spoon batter into muffin cups or spray the muffin pan with Non stick spray.

Bake about 20 to 25 minutes until golden brown.

Serve warm with some warm spiced apple cider, on a cool fall day, curled up on a couch, under a warm fuzzy blanket reading a really great ..... Nutrition article!

## Brown Rice or Pearl Barley Pudding

- 2 cups Brown Rice Cooked or Cooked Pearl Barley
- 1 can of Fat Free Evaporated Milk
- 2 eggs (can use egg beaters)
- 1 tbsp of sugar or Splenda
- 1 tsp of Vanilla Extract



Can also add 2 tsp cinnamon and 1/4 cup of raisins or chopped prunes

Or

1/4 cup of dried cranberries, cherries or blueberries.

Preheat oven to 300.

Mix wet ingredients well. Combine with precooked Rice or Barley and stir.

Pour into baking dish. Place the baking dish into a larger baking dish and pour about a cup of water into second baking dish (water bath) and bake for 30 minutes. Stir pudding well and bake an additional 30 minutes.

Also, if you want to boost the protein content of the pudding, consider adding 1/3 cup of fat free powdered milk to the evaporated milk. It will add 8 grams of protein and 300 mg of calcium to the final recipe (2 grams of protein per serving).

### **Second "Cheat" Version:**

Using the "Success" 10 minute Boil in Bag Brown Rice is really easy. Each box contains 4 bags. Each bag makes 2 cups.

The instant pearl barley is the same (cooks in about 10 minutes).

**DESSERTS****Oatmeal Raisin Cookies****Ingredients:**

$\frac{3}{4}$  cup butter – or trans fatty acid free margarine

1 cup sugar- or Baking Splenda

$\frac{1}{2}$  cup packed brown sugar

1  $\frac{1}{2}$  cups all purpose flour

1  $\frac{1}{2}$  cups quick cooking oatmeal

1 tsp ground cinnamon

$\frac{1}{4}$  tsp ground nutmeg

2 egg whites beaten

1 tsp baking soda

1 cup raisins

1 tsp vanilla

**Directions:**

Pre heat oven to 350 degrees F.

In a large mixing bowl beat butter, sugar and brown sugar until fluffy.

Add beaten egg whites.

In a medium sized bowl combine flour, baking soda, cinnamon and nutmeg. Add this to the sugar mixture. Mix ingredients well. Stir in quick oats, raisins and vanilla. Chill for at least 1 hour (great results when chilled overnight).

Roll a teaspoon of cookie dough into a ball and place on an un-greased cookie sheet. Grease the bottom of a glass with butter and use it to flatten the dough. For extra sweetness you can grease the bottom of a glass and dip it in sugar before flattening the dough!

Bake 10 to 12 minutes or until golden around the edges.

## Sugar Free Oatmeal Cookies

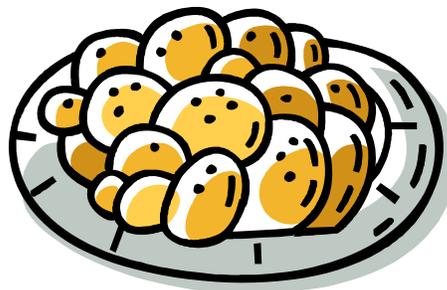
### Ingredients:

1 c. whole <u>wheat flour</u>	1 c. oatmeal
1 tbsp. Apple Pie Spice	1 tsp. baking powder
1/2 tsp. baking soda	1/2 c. raisins
1 c. unsweetened applesauce	1/4 c. water
1/3 c. Olive Oil	2 eggs
1 tsp. vanilla extract	1/4 c. chopped nuts (optional)
1/4 tsp. salt (optional)	

### Preparation:

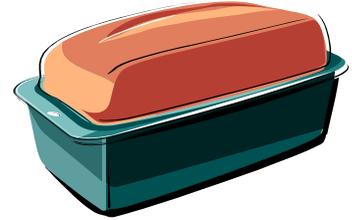
Combine all ingredients in a mixing bowl.

Beat well. Drop by spoonfuls onto a lightly oiled baking sheet. Bake in a 375 degree oven for 10 to 15 minutes or until browned. Makes 48 cookies. Store them in the freezer. They are whole grain, sugar free and can be eaten as a snack.



## Apple Raisin Bread Pudding

If you are looking for a Saturday morning brunch meal, try this recipe. I love to eat this with a dish of fat free vanilla yogurt.



- 2 cups whole wheat bread cubed
- $\frac{3}{4}$  cup apple chopped
- $\frac{1}{4}$  cup seedless raisins or chopped prunes
- $\frac{3}{4}$  cup skim milk
- $\frac{1}{2}$  cup egg whites or egg substitute
- $\frac{1}{4}$  cup sugar or Splenda
- 1 tbsp trans fatty acid free margarine
- 2 tsp ground cinnamon
- $\frac{1}{2}$  tsp vanilla extract
- May use 2 tsp ground flax seeds

Grease a small (1 quart) casserole dish or loaf pan.

Combine bread cubes, apples, raisins and ground flax seeds in casserole dish.

In a separate bowl, combine milk, eggs (or egg substitute), sugar (or Splenda), margarine (melted but cooled a bit), vanilla and cinnamon.

Pour over bread mixture and bake for 35-45 minutes at 350 degrees. (Poke with a fork in the center. It is done when it comes out clean)

Serves 4

## Granny's Best Raisin Bread Pudding

- 8 slices bread cubed
- 2 large eggs beaten
- 1/2 cup packed brown sugar
- 1 (12) fluid oz can of evaporated skim milk
- 2 tbsp butter
- 1/2 cup raisins
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- 1/4 tsp ground nutmeg



Preheat oven to 350 degrees F.

Combine bread and raisins in a large bowl. Combine evaporated skim milk, eggs, sugar, butter, vanilla, cinnamon and nutmeg in a medium bowl. Pour liquid mixture over bread and raisins. Mix well and let stand for 10 minutes.

Bake for 30-40 minutes or until toothpick inserted in the middle comes out clean. Drizzle with caramel sauce, maple syrup or fruit preserves before serving.

### Poor Man's Pecan Pie

- 3 eggs
- 3/4 c corn syrup
- 1/2 cup flaked coconut ( I like the toasted )
- 2 tbsp butter melted
- 1 unbaked pastry shell (9")
- 1 c sugar
- 1 tsp vanilla extract
- 1 c long cooking oatmeal



Pre heat oven to 350 degrees.

Combine all ingredients except for the pie shell. Pour mix into the pie shell. Cover the edges of the pie shell with foil to avoid burning. Bake for 50 minutes or until poked fork comes out clean.

### Aunt Agnes' Irish Brown Bread

I need to note that the original recipe was really too sweet. I have modified it by lowering the sugar content.

Preheat oven to 350 degrees.

- 1 cup sugar
- 2 c water
- 15 oz box raisins
- 2 tsp baking soda
- 1 tsp baking powder
- 4 eggs beaten
- 1 stick butter
- 4 cups flour
- 1 tbsp cinnamon
- 1 tsp nutmeg
- 1 tsp cloves



Boil the sugar and the water for about 4 minutes. Add the raisins and boil for 2 more minutes. Add the butter and cool the mixture. Add together the dry ingredients. Add eggs. Add raisin mix. Mix together until moist. Pour into a greased and floured cylinder or Bundt pan. Bake for 1 hour.

## Poor Man's Cake

1 stick butter                      1 c sugar  
 1 c flour                              2 tsp baking powder  
 1/2 c milk                              3/4 cup fruit washed, chopped, drained.  
 1 egg

Preheat oven to 350. Grease and flour 9x9" pan. Mix together all ingredients and pour into baking pan. Bake for 45 minutes or until you can poke with a toothpick (or fork) and it comes out clean. If using apple for fruit, add 1 tsp cinnamon to spice it up.

I would like to note that this recipe must have been made when butter was cheap because at 50 cents a stick it is not entirely cheap to make this recipe.

## Holiday Reduced Guilt Pie

2 cups of Rice Krispies  
 1/3 cup Natural peanut butter  
 1/4 cup sugar free pancake syrup



Microwave the peanut butter on high for 30 seconds and mix with the syrup and Rice Krispies. Pat into pie pan that is either lightly greased or sprayed with a cooking spray.

Fill with prepared sugar free chocolate pudding made with skim milk and top with fat free or sugar free whipped topping.

There are so many recipes that call for this crust. There was one that called for light ice cream. Buy some light peanut butter ice cream and let it soften. Fill your crust with the softened ice cream. Freeze over night. Decorate with Chocolate Magic Shell. It is a chocolate topping for ice cream that gets hard and crunchy when it hits the frozen ice cream.

## Toasted Pumpkin Seeds

Don't throw out your pumpkin seeds. Get the magnesium, potassium, selenium and zinc from them.

Pre-heat the oven to 300 degrees F.

You will need 2 cups of washed pumpkin seeds

2 Tbsp margarine or oil (try olive oil)

½ tsp season salt

½ tsp garlic powder

Melt margarine or use oil. Add seeds and spices. Toss to coat the seeds. Spread the seeds on a large cookie sheet. Bake around 40 minutes, stirring every 10 minutes until they are browned and crisp.

### **Another idea.**

Take 2 cups of washed pumpkin seeds and place on the cookie sheet. Bake at 300 degrees F until they are dried (around 30 minutes).



## HEALTHY APPLE PIE

### Crust:

1 cup whole wheat flour  
½ cup trans fatty-acid free margarine spread  
2 heaping teaspoons of ground flax seeds  
few tablespoons of water or juice



Cut your margarine into your flour and flax seeds. It does not get crumbly like a traditional crust. Divide into 2. Half will be for top crust and half will be for bottom. Add small amounts of water and work into the dough. Roll out flat on floured surface and with a floured rolling pin. Put bottom crust into pie pan.

### Filling:

4 medium Granny Smiths apples peeled and sliced  
½ c Splenda  
2 heaping teaspoons psyllium  
1.5 tbsp apple pie spice  
¼ cup juice

Combine all of your ingredients in a bowl including juice. It will be wet. But the psyllium needs a little extra fluid to absorb. Put into bottom crust and roll out top crust. Top the pie with top crust and poke a few holes in the top.

Bake in pre-heated oven at 325 for about 50 minutes.

## *Apple Cake*

1 1/2 c flour (white if you have to but 1/2 white and 1/2 whole wheat would be better.

1/2 c sugar (can be Splenda or a mix of 1/4 c sugar and 1/4 c Splenda)

1/2 c brown sugar

1/2 c butter (can use canola oil)

1/2 c skim milk

2 eggs

1 tbsp Apple Pie Spice

2 tsp vanilla

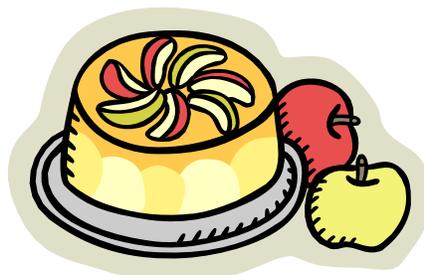
2 tsp baking powder

3 Granny Smith Apple (or other tart apple), peeled, cored and chopped.

Pre heat oven to 350 degrees F

Beat together butter and sugar. Add vanilla, milk and eggs; mix well. Add flour, baking powder and mix well. Fold in chopped apples. Grease and flour 9x9 baking pan and bake about 30 minutes. Test for doneness by poking the center with a toothpick. Toothpick should come out clean.

If you want to get creative... make it an apple upside down cake. Leave the apples out of the batter and slice them rather than chopping. Combine the thinly sliced apples with 3 tbsp melted butter, 1 tsp of apple pie spice and 1/4 cup of brown sugar. Place in the bottom of the pan and cover with the cake mix. Bake for 30 minutes on 350 degrees F.



## *Easy Chunky Apple Sauce*

8 medium Granny Smith or Northern Spy apples peeled, cored and cut into chunks.

1/3 cup of water

1/3 cup of brown sugar (or Splenda)

1 tsp of vanilla extract

1 tbsp + 2 tsp of apple pie spice

Place apples and water into a microwave safe container with a vented cover. Microwave for 10 minutes. Check for desired doneness. If your microwave does not have a rotating carousel make sure to rotate every 3-4 minutes.

Add sugar and spices and microwave an additional 3 minutes. Let cool and serve.



## Super Nutritious Vanilla Pudding Parfait

- 1 package of fat free-sugar free Jell-O Brand vanilla pudding
- 2 cups of skim milk
- 2/3 cup of powdered milk
- 2 cups diced mix of strawberries, kiwi and mandarin oranges
- 8 graham cracker squares
- ½ cup ground flax seeds
- ¼ cup ground walnuts
- 3 tsp wheat germ toasted
- Light Whipped topping

Make pudding according to directions on box. Let the pudding cool. Grind flax seeds. Add to blender or food processor with graham crackers, walnuts and wheat germ. Process until crackers and nuts are ground. In a pie pan line the bottom with the ground crust mixture, top the crust with cooled pudding mix. Top the pudding with the fruit mix and then spread the light whipped topping on whole pudding pie. A n 1/8<sup>th</sup> slice contains 300 calories but packs almost a full day supply of vitamin C, 6 grams of fiber, 407 mg of calcium, 16 grams of protein and a generous amount of other vitamins and minerals. This is a guilt free dessert that can double as a light meal!



## Yogurt Cheesecake

### **Crust:**

1 cup cookie crumbs (graham or vanilla wafers)  
¼ cup of sugar or Splenda  
3 Tbsp melted Smart Balance margarine

### **Filling:**

1 qt. Plain fat free yogurt (any brand)	2 Tbsp flour
16 oz skim ricotta cheese	3 large eggs
1 cup sugar or Splenda	1 tsp vanilla extract

**\*\*\*Drain yogurt in a cheese cloth, strainer for 24 hours prior to remove excess whey.**

### **Directions:**

Pre heat oven to 325 degrees F. Grease a 9" spring form pan.

In a bowl combine: cookie crumbs, Splenda (or sugar) and margarine, mix well. Press crumb mixture into 9 prepared pan and set aside.

In a blender or food processor combine yogurt cheese, ricotta, eggs, Splenda, flour and vanilla and process until smooth. Pour batter into prepared pan.

Bake cheesecake 1 hour. Turn oven off and cool cake.

Serve chilled.



## Maple Walnut Yogurt Cheese

### Ingredients:

- 1 qt Plain fat free yogurt
- 1 cup chopped walnuts
- 1 cup "Lite" pancake syrup
- 1 tsp vanilla extract

Drain the excess whey from the yogurt by placing the yogurt in a strainer lined with cheese cloth for at least 24 (preferably 48 hours) in the refrigerator.

Chop the walnuts in a food processor. Mix the walnuts, vanilla and yogurt cheese.

Slowly stir in the syrup. Add only enough to sweeten. Don't make the dip too thin. The amount of syrup you add will depend on the firmness of the yogurt cheese.

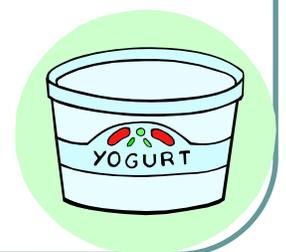
Use as a dip for crackers or apple slices.



### A Yogurt Experience

- 1 cup Strawberry Yogurt (Stony Field Farms has 4 strains of probiotics)
- 1 cup Cantaloupe Strips
- 1 Cup Mixed berries
- ¼ Cup Grape Nuts Cereal

Place strips of cantaloupe in a bowl. Cover with yogurt. Top with berries and sprinkle with grape nuts.



## Tzatziki Sauce

1/2 (8 ounce) container plain Greek style yogurt (sold in any grocery store)

1/2 cucumber - peeled, seeded and diced

1-1/2 teaspoons olive oil

2 tsp lemon juice

salt and pepper to taste

3/4 teaspoon chopped fresh dill

1/2 clove garlic, peeled

Put all ingredients except the yogurt into a blender, food chopper or food processor. Process until well chopped. Drain the Greek yogurt of all liquid. Put into a bowl and gently fold the processed ingredients into the yogurt. Cover and refrigerate at least 4 hours. After the 4 hours, uncover and pour off any fluid that has formed on top and give an extra stir. Serve as a dip with flat bread or pita (whole wheat of course) or use as a cold sauce over meats. This sauce is traditionally eaten on the Greek Gyro which is made with lamb. As a vegetarian, I use this as a dip for breads and vegetables. It has a greater nutritional value than traditional sour cream and onion dip.

**Make this dip when family is coming.**

**Impress them with your worldliness.**

## Cinnamon

Add 1 tsp to your oatmeal or other hot cereal.

Sprinkle cinnamon mixed with Splenda on your whole wheat toast (remember to use a trans fatty acid free margarine like Smart Balance).

Cut an apple; remove the core, top with trans fatty acid free margarine, cinnamon and Splenda or light pancake syrup. Microwave for 1 1/2 to 2 minutes.

Delicious and nutritious!



## A Not So Guilt Ridden Peanut Butter Silk Pie

### **Crust:**

4 whole graham crackers

### **Chocolate layer:**

1 box sugar free fat free chocolate pudding (the one you cook) made with skim milk.

### **Filling:**

2 cups of light whipped topping

1 cup Splenda

8 oz light cream cheese (soft)

½ cup skim milk

½ cup creamy peanut butter

1 tsp of vanilla extract

Prepare chocolate pudding as directed on the box. Let cool.

To prepare the filling beat the cream cheese, peanut butter, Splenda and milk in a large mixing bowl. Fold in whipped topping until well blended.

In 6 oz festive dessert dishes (the green and red disposable ones are great!!) crush 1 graham cracker square in the bottom of each cup. Follow with a 2 oz layer of pudding. Follow with a 2 oz layer of peanut butter filling. You can top it with a (2 tbsp) swirl of light cool whip or light chocolate syrup.



## Easy Cranberry Relish

I altered the traditional recipe to make this super easy recipe. We served it at a large dinner and it was a hit!

2 cans of **whole** cranberry sauce

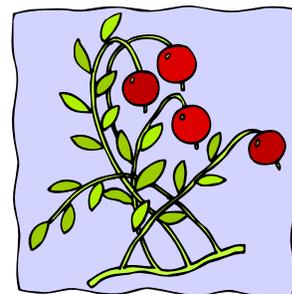
1 can of Mandarin oranges drained well

2 baking apples (Granny Smiths are great) peeled and cored

Chop the apple very fine. Chop the oranges fine. Combine cranberry sauce, apples and oranges. Let them sit for at least 1 day preferably 2 days before serving.

The original recipe calls for fresh whole cranberries, whole oranges (including the peel) whole apple, sugar and walnuts. I altered the recipe to accommodate those with digestive problems who cannot have nuts. I also used canned cranberries and oranges to eliminate the need of a food processor.

There is one more option. I love this idea. You prepare a sugar free cranberry Jell-O recipe using the jiggle recipe. The jiggle recipe uses only the boiling water to make a firmer Jell-O product. After the sugar free cranberry jigglers are firm, you combine with the cranberry relish. This actually cuts the sugar content per serving without sacrificing the taste. This is actually a great refreshing salad for any time of year!

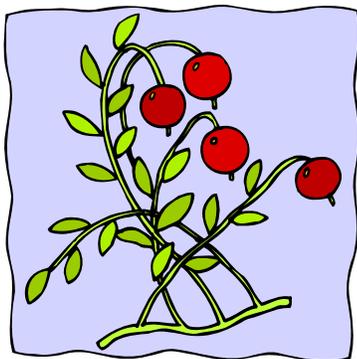


## Cranberry Orange Relish

- 12 oz whole cranberries
- 1 whole orange cut into eighths
- ½ cup walnuts
- 2 tbsp Splenda
- ¼ cup honey

Combine ingredients in the food processor. Pulse until finely chopped.

Refrigerate until ready to serve.



## Fruit Compote

Start with 2 cups of dried fruits. Use a mix of raisins, prunes, apricots and cranberries. Add 1/2 cup of orange juice with the zest of 1 orange and 1 cup of brewed tea to the fruit. Cover and let sit in the refrigerator over night. In the morning simmer until the liquid becomes like a syrup (20 minutes should do it). Use it as a topping for your bowl of oatmeal, vanilla yogurt or even vanilla ice cream!



## Yogurt Smoothie

1 cup of low fat, low sugar yogurt (right in the grocery store). Put it in the freezer.

1/4 cup of 1% or skim milk

1 cup of fruit.

Heaping tablespoon of ground flax seeds or Metamucil (psyllium)

3 - 4 ice cubes. Put all the ingredients in a blender until smooth.

Makes 2 servings.

Serve with a straw in a really nice tropical glass while sitting in the shade. This beats the canned drink any day!!!!



## Going Green Shakes

Making “green” shakes in the blender is a easy way of getting the greens into the diet with the taste of fruits. This is not to be confused with juicing. This is not “juicing” This is really blenderizing. There are no rules. Anything can go in. I think that the only caution I can give is to start small.



Recently I made a blender full of swiss chard, parsley, garlic, ginger, turmeric, celery, apple, lemon, tangerine, watermelon and kiwi. To add the creamy factor I added in a scoop of plain yogurt. Avocado and bananas also add the creamy factor.

I want to expand on the “juicing” concept here for a moment. The reason I do not like popular juicers is that they separate the fiber rich pulp out in a basket. Many people discard the good high fiber pulp. Years ago I borrowed a juicer from my sister. Once I saw the basket of pulp... I grabbed my blender and put it all back together into a shake. I have been making Green Shakes ever since. I will admit that I also add ground flax seeds and flax oil. People who are true raw foodies are against freezing anything. I freeze. I prepare a batch (full blender and I freeze in individual portions (about 4). I pull out a portion and thaw in the refrigerator. These shakes are amazingly filling, extremely nutritious and you can easily adapt the flavors to your individual taste buds.

Lets talk recipes.

First, you need a blender. Next you need something green. Chard is my favorite green to add because.... It is so green. Stems can be red, yellow and purple. The more colors the better.

Clean 3 chard leaves with stems very well. Place in a blender with about 1 cup of water and start blender. Now add any fruit. I add harder fruits with skins first like apple, lemon and orange (skin and all). I added watermelon literally at the last 10 seconds. When you drink it, you get bursts of watermelon flavor in your mouth. So tasty! I like adding flax oil for the Omega 3 fats and 1/2 avocado for the monounsaturated fats. Avocados add the creamy texture that is very satisfying. Be careful with the flax oil

and avocado as the fat adds calories. I measure out 1 tsp of flax oil per serving and 1/4 avocado per serving.

Other ideas.

Chard and Banana

(you can substitute spinach, dark green lettuce or kale for the chard)

2 bananas (want it frosty? Freeze the banana)

2 tbsp ground flax seeds

2 cups of frozen blueberries

2 cups water

5 leaves of chard



Place in blender and blend until smooth. Consider adding 1 cup of plain yogurt to boost protein and calcium.

Serving size is 1 cup. Leftovers will keep in the refrigerator for 3 days. As previously stated, I prefer to freeze individual portions of leftovers but certainly consume within a week to prevent the loss of nutritional value.

My recipe incorporates ingredients of purpose. I add about 1/2 inch of raw peeled ginger because of its anti-inflammation properties. I add 2 peeled garlic cloves for cardiac and immune building properties. I add 1 tsp of turmeric per blender as there are indications that turmeric may help to prevent dementia in aging.

As a dietitian I choose foods with purpose. It may seem tedious. It comes easy to me as I have been doing this for 25 years.

Bottom line... Start small. Pick up one bunch of greens. It may be easy to grab a bunch of greens that can also be used in a salad like baby spinach. Add 2-3 other ingredients. Perhaps you may want to add a fresh carrot, apple and banana. Throw in 2 cups of water and blend until smooth.

## MOM'S BROWNIES

Remove teddy bear from oven. Preheat oven to 375 degrees.

### CAKE:

Melt 1 cup margarine in saucepan. Remove teddy bear from oven and tell Jr., "No-no." Add margarine to 2 cups sugar. Take shortening can away from Jr. and clean cupboards.

Measure 1/3 cup cocoa. Take shortening can away from Jr. again and bathe cat. Apply antiseptic and bandages to scratches sustained while removing shortening from cat's tail.

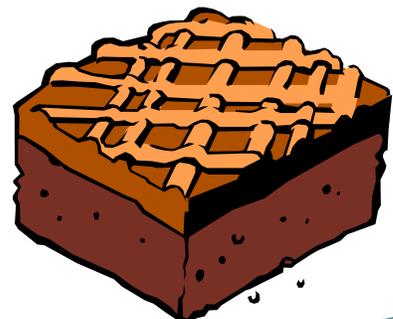
Assemble 4 eggs, 2 tsp. vanilla, and 1-1/2 cups sifted flour. Take smoldering teddy bear from oven and open all doors and windows for ventilation.

Take telephone away from Billy and assure party on the line the call was a mistake. Call operator and attempt to have overseas phone call removed from bill.

Measure 1 tsp. salt, 1/2 cup nuts and beat all ingredients well. Let cat out of refrigerator.

Pour mixture into well-greased 9x13-inch pan.

Bake 25 minutes. Rescue cat and take razor away from Jr. Explain to kids that you have no idea if shaved cats will sunburn. Let cat outside while there's still time and he's still able to run away.



**MOM'S FROSTING****FROSTING:**

Mix the following in saucepan:

1 cup sugar

1 oz. unsweetened chocolate

1/4 cup margarine

Take the darn teddy bear out of the @#\$% broiler and throw it away -- far away.

Answer the door and meekly explain to nice policeman that you didn't know Jr. had slipped out of the house and was heading down the street clad only in a diaper. Put Jr. in playpen.

Add 1/3 cup milk, dash of salt, and boil, stirring constantly for 2 minutes. Answer door and apologize to neighbor for Billy having stuck a garden hose in man's front door mail slot. Promise to pay for ruined carpet. Tie Billy to clothesline.

Remove burned brownies from oven.





*This cookbook is  
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For information on NY Connects and meeting long term care needs for people of any age, contact:

**NY Connects: Choices for Long Term Care in Herkimer County**

**315-867-1415**

**Email: [nyconnects@herkimercounty.org](mailto:nyconnects@herkimercounty.org)**

**or on the web at**

**[www.herkimercounty.org](http://www.herkimercounty.org)**

**then “Departments”, then “NY Connects”**

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