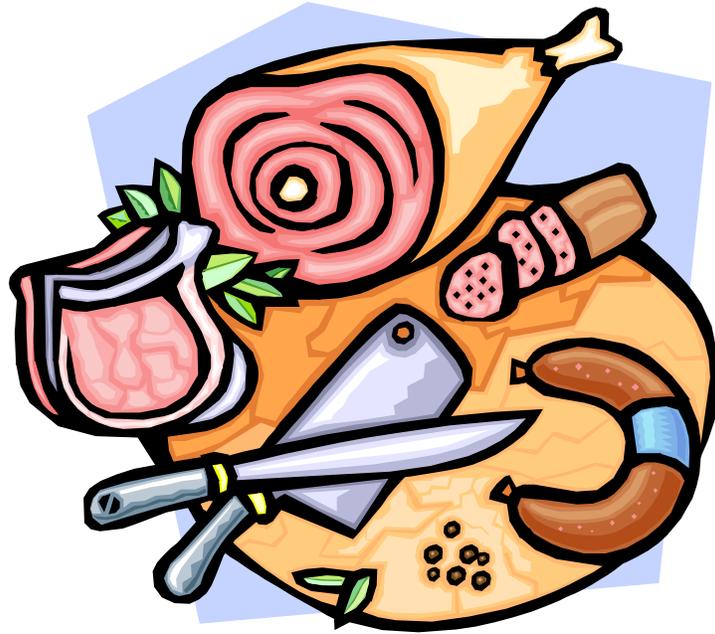


“Healthy Down Home Cookin”

Recipes and Healthy Cooking Tips



Eat Healthy To Stay Healthy

Recipes Evaluated By National Cancer Institute

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20 – Minute Chicken Creole

**4 medium chicken breast halves (1 ½ lbs. Total),
Skinned, boned, and cut into 1 – inch strips***
1 14-oz cans tomatoes, cut up **
1 cup low-sodium chili sauce
1 ½ cups chopped green pepper (1 large)
½ cup chopped celery
½ cup chopped onion
2 cloves garlic, minced
1 tbsp. chopped fresh basil or 1 tsp. dried basil, crushed
1 tbsp. chopped fresh parsley or 1 tsp. dried parsley
¼ tsp. crushed red pepper
¼ tsp. salt
Nonstick Spray coating

*Nutrition Content
Per Serving:
Calories: 255
Total Fat: 3g
Saturated fat: 0.8g
Carbohydrates: 16g
Protein: 31g
Cholesterol: 100 mg
Sodium: 465mg
Dietary fiber: 1.5g*

1 Spray deep skillet with nonstick spray coating. Preheat pan over high heat. Cook chicken in hot skillet, stirring for 3 to 5 minutes or until no longer pink.

2 Reduce heat. Add tomatoes and their juice, low sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer cooked rice or whole-wheat pasta.

Makes 4 servings

- * You can substitute 1 lb. boneless, skinless,
Chicken breasts cut into 1-inch strips, if desired.**
- ** To cut back on sodium, try low-sodium canned tomatoes.**

Healthy
cooking Tip
Use poultry
with the skin
removed



Garlic Mashed Potatoes

1 lb. Potatoes (2 large)

½ cup skim milk

2 large cloves garlic, chopped

½ tsp. white pepper

Nutrition Content
Per Serving:
Calories: 141
Total fat: 0.3 g
Saturated fat: 0.2g
Carbohydrates: 29g
Protein: 6g
Cholesterol: 2.0mg
Sodium: 70mg
Dietary fiber: 2g

1 Peel potatoes; cut in quarters. Cook, covered, in a small amount of boiling water for 20 to 25 minutes or until tender. Remove from heat. Drain. Recover the pot.

2 Meanwhile, in a sauce over low heat, cook garlic in milk until garlic is soft, about 30 minutes.

3 Add milk-garlic mixture and white pepper to potatoes. Beat with an electric mixer on low speed or mash with a potato masher until smooth.

Microwave Directions:

HEALTHY COOKING TIP:

Use low-fat (1% or 2%) or nonfat/skim milk instead of whole milk.

1 Scrub potatoes, pat dry, and prick with a fork. On a plate, cook potatoes, uncovered, on 100% power (high) until tender, about 12 minutes, turning potatoes over once. Let stand 5 minutes. Peel and quarter.

2 Meanwhile, in a 4-cup glass measure, combine milk and garlic. Cook uncovered, on 50% power (medium) until garlic is soft, about 4 minutes. Continue as directed above.

Makes 4 servings

Catfish Stew and Rice

- 2 medium potatoes**
- 1 14 ½-oz. Potatoes**
- 1 cup chopped onion**
- 1 8-oz bottle (1 cup) clam juice or water**
- 1 cup water**
- 2 cloves garlic, minced**
- ½ head cabbage, coarsely chopped**
- 1 lb. Catfish fillets**
- 1 ½ tbsp. Hot 'n Spicy Seasoning (see recipe page 5)**
- Sliced green onion for garnish (optional)**
- 2 cups hot, cooked rice (white or brown)**

Nutrition Content Per Serving:
Calories: 355
Total fat: 5 g
Saturated fat: 1.3 g
Carbohydrates: 49 g
Protein: 28 g
Cholesterol: 65 mg
Sodium: 454 mg
Dietary fiber: 7 g

- 1** Peel potatoes and cut into quarters. In a large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boiling; reduce heat. Cook, covered, over medium-low heat for 10 minutes.
- 2** Add cabbage. Return to boiling. Reduce heat; cook, covered, over medium-low heat for 5 minutes, stirring occasionally.
- 3** Meanwhile, cut fillets into 2-inch lengths. Coat with Hot 'n Spicy Seasoning. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with a fork.
- 4** Serve in soup plates, garnished with sliced green onion. Top with an ice cream scoop of hot, cooked rice. Or, ladle stew over hot, cooked rice in soup plates and garnish with green onion.

Makes 4 servings.

* To reduce sodium, try low-sodium canned tomatoes.



Hot 'N Spicy Seasoning

¼ cup paprika
2 tbsp. Dried oregano, crushed
2 tsp. Chili powder
1 tsp. Garlic powder
1 tsp. Black pepper
½ tsp. Red (cayenne) pepper
½ tsp. Dry mustard

Mix together all ingredients.
Store in airtight container.

Makes about 1/3 cup.

HEALTHY COOKING TIP

Broil, steam, roast/bake, microwave, grill, braise/stew, boil, simmer, or stir-fry with a small amount of oil **INSTEAD OF** frying, basting with fat, or cooking in fatty sauces and gravies.



Old-Fashioned Bread Pudding

With Apple-Raisin Sauce

10 slices whole wheat bread

1 egg

3 egg whites

1 ½ cups skim milk

¼ cup sugar

¼ cup brown sugar

1 tsp. Vanilla extract

½ tsp. Cinnamon

¼ tsp. Nutmeg

¼ tsp. cloves

2 tsp. sugar

Nutrition Content
Per Serving:
Calories: 233
Total fat: 3 g
Saturated fat: 1g
Carbohydrates: 46g
Protein: 7g
Cholesterol: 24 mg
Sodium: 252 mg
Dietary fiber: 3g

- 1** Preheat the oven to 350 ° F. Spray an 8-inch baking dish with vegetable oil spray. Lay the slices of bread in the baking dish in two rows,
- 2** In a medium mixing bowl, beat together the egg, egg whites, milk, ¼ cup sugar, brown sugar, and vanilla. Pour the egg mixture over the bread.
- 3** In a small bowl, stir together the cinnamon, nutmeg, cloves, and 2 tsp. sugar. Sprinkle the spiced sugar over the bread pudding. Bake the pudding for 30 to 35 minutes, until it has browned on top and is firm to the touch.
- 4** Serve warm or at room temperature, with warm apple-raisin sauce.

Makes 9 servings.



Apple Raisin Sauce

- 1 ¼ cups apple juice**
- ½ cup apple butter**
- 2 tbsp. molasses**
- ½ cup raisins**
- ¼ tsp. Ground cinnamon**
- ¼ tsp. Ground nutmeg**
- ½ tsp. Orange zest (optional)**

HEALTHY COOKING TIP

- Use low-fat (1% or 2%) or nonfat/skim milk instead of whole milk.
- When baking or cooking, use 3 egg whites and 1 yolk instead of 2 whole eggs, and 2 egg whites instead of 1 whole egg.

Stir all the ingredients together in a medium saucepan. Bring to a simmer over low heat. Let the sauce simmer 5 minutes. Serve warm.

Makes 2 cups



New Orleans Red Beans

- 1 lb. Dry red beans**
- 2 quarts water**
- 1 ½ cups chopped onion**
- 1 cup chopped celery**
- 4 bay leaves**
- 1 cup chopped sweet green peppers**
- 3 tbsp. Chopped garlic**
- 3 tbsp. Chopped parsley**
- 2 tsp. Dried thyme, crushed**
- 1 tsp. Salt**
- 1 tsp. Black pepper**

*Nutrition Content
Per Serving:
Calories: 171
Total fat: 0.5g
Saturated fat: 0.1 g
Carbohydrates:
32g
Protein: 10 g
Cholesterol: 0 mg
Sodium: 285 mg
Dietary fiber: 7.2 g*

- 1** Pick through beans to remove bad beans; rinse thoroughly. In a 5-quart pot, combine beans, water, onion, celery, and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about 1-½ hours or until beans are tender. Stir and mash beans against side of pan.
- 2** Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy, about 30 minutes. Remove bay leaves.
- 3** Serve over hot, cooked brown rice, if desired.

Makes 8 servings

HEALTHY COOKING TIP
Substitute bean and grain dishes for high-fat meats.



Mixed Greens

- 2 bunches mustard greens or kale
- 2 bunches turnip greens
- pepper to taste (optional)
- 1 tsp. Salt, or to taste (optional)

Nutrition Content Per Serving:
Calories: 18
Total fat: 0.1 g
Saturated fat: 0g
Carbohydrates: 3g
Protein: 1g
Cholesterol: 0mg
Sodium: 153 mg
Dietary fiber: 2g

- 1 Rinse greens well, removing stems. In a large pot of boiling water, cook greens rapidly, covered, over medium heat for about 25 minutes or until tender.
- 2 Serve with some of the pot liquor. If desired, cut greens in pan with a sharp knife and kitchen fork before serving.

Note: If desired, add 2 tbsp. of lean cooked ham, Canadian bacon, or split turkey thighs (See page 9) to greens before serving. However, this will increase Calorie, sodium, and fat content.

Makes 8 servings.

HEALTHY COOKING TIP
Cook vegetables without added fat.

Baked Pork Chops

6 lean center-cut pork chops, ½ - inch thick
1 egg white
1 cup evaporated skim milk
1-cup cornflake crumbs
¼ cup fine dry bread crumbs
2 tbsp. Hot 'n Spicy Seasoning (see page 5)
½ tsp. Salt
Nonstick spray coating
Trim all fat from chops

Nutrition Content
Per Serving:
Calories: 186
Total fat: 4.9g
Saturated fat: 1.8 g
Carbohydrates: 16 g
Protein: 17 g
Cholesterol: 31mg
Sodium: 393 mg
Dietary fiber: 0.2 g

- 1** Beat egg white with evaporated skim milk. Place chops in milk mixture; let stand for 5 minutes; turning chops once.
- 2** Meanwhile, mix together cornflake crumbs, breadcrumbs, Hot 'n Spicy Seasoning and salt. Remove chops from milk mixture. Coat thoroughly with crumb mixture.
- 3** Spray a 13-inch by 9-inch baking pan with nonstick spray coating. Place chops in pan; bake in 375 ° F oven for 20 minutes. Turn chops; bake 15 minutes longer or until no pink remains.

Note if desired, substitute skinless, boneless chicken, turkey pieces, or fish for pork chops and bake for 20 minutes.

Makes 6 servings.



HEALTHY COOKING TIP

- Broil, steam, roast/bake, microwave, grill, braise/stew, boil, simmer or stir-fry with small amount of oil INSTEAD OF frying, basting with fat, or cooking in fatty sauces and gravies.
- Use evaporated skim milk instead of cream.

Sweet Potato Custard

1 cup mashed, cooked sweet potato
½ cup mashed banana (about 2 small)
1 cup evaporated skim milk
2 tbsp. Packed brown sugar
2 beaten egg yolks (or 1/3 – cup egg substitute)
½ tsp. salt
¼ cup raisins
1 tbsp. Sugar
1 tsp. Ground cinnamon
Nonstick spray coating

Nutrition Content Per Serving:
Calories: 144
Total fat: 2 g
Saturated fat: 0.7g
Carbohydrates: 20g
Protein: 6g
Cholesterol: 92 mg
Sodium: 235 mg
Dietary fiber: 1.4g

- 1** In a medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt. Mixing thoroughly.
- 2** Spray a 1-quart casserole with nonstick spray coating. Transfer sweet potato mixture to casserole.
- 3** Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Bake in a preheated 300 ° F oven for 45 to 50 minutes or until a knife inserted near center comes out clean.

Note: if made with egg substitute, the amount of cholesterol will be lower.

Makes 6 servings.

HEALTHY COOKING TIP

Use evaporated skim milk **INSTEAD OF** cream.



Winter Crisp



Filling

- ½ cup sugar
- 2 tbsp. All-purpose flour
- 1 tsp. Grated lemon peel
- 5 cups unpeeled, sliced apples
- 1 cup cranberries

Nutrition Content
Per Serving:
Calories: 284
Total fat: 6 g
Saturated fat: 1g
Carbohydrates: 54 g
Protein: 3 g
Cholesterol: 0 mg
Sodium: 56mg
Dietary fiber: 5g

Topping

- 2/3 cup rolled oats
- 1/3 cup packed brown sugar
- ¼ cup whole wheat flour
- 1 tsp. Ground cinnamon
- 2 tbsp. Soft margarine, melted

HEALTHY COOKING TIP

When a recipe calls for butter, lard, or shortening, choose margarine with vegetable oil listed as the first ingredient on the label.

- 1** Filling: In a medium bowl, combine sugar, flour, and lemon peel; mix well. Add apples and cranberries; stir to mix. Spoon into a 6-cup baking dish.
- 1** Topping: In a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix. Sprinkle topping over filling.
- 2** Bake in a 375 ° oven for 40 to 50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Summer Crisp

Prepare as directed, substituting 4 cups fresh, or unsweetened frozen, peaches and 2 cups fresh, or unsweetened frozen, blueberries for apples and cranberries. If frozen, thaw fruit completely (do not drain).

Makes 6 servings

Chillin 'Out Pasta Salad

8 oz. (2 ½ cups) medium shell pasta
1 8 oz. Carton (1 cup) plain nonfat yogurt
2 tbsp. Spicy brown mustard
2 tbsp. Salt-free herb seasoning
1 ½ cups chopped celery
1 cup sliced green onion
1 lb. Cooked small shrimp
3 cups coarsely chopped tomatoes (about 3 large)

- 1** Cook pasta according to package directions. Drain; cool
- 2** In a large bowl stir together yogurt, mustard, and herb seasoning. Add pasta, celery, and green onion; mix well. Chill at least 2 hours.
- 3** Just before serving, carefully stir in a shrimp and tomatoes.

Makes 12 servings.



Spaghetti With Turkey Meat Sauce

1 lb. Ground turkey
1 28-oz can tomatoes, cut up
1 cup finely chopped sweet green pepper
1 cup finely chopped onion
2 cloves garlic, minced
1 tsp. Dried oregano, crushed
1 tsp. Black pepper
1 lb. Spaghetti
Nonstick spray coating

Nutrition Content
Per Serving:
Calories: 330
Total fat: 5g
Saturated fat: 1.3 g
Carbohydrates: 42g
Protein: 29 g
Cholesterol: 60mg
Sodium: 280 mg
Dietary fiber: 2.7 g

- 1** Spray a large skillet with nonstick spray coating. Preheat over high heat. Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat.
- 2** Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 15 minutes, stirring occasionally.
- 3** remove cover; simmer for 15 minutes more. (For a creamier sauce, give sauce a whirl in a blender or food processor.)
- 4** Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti with crusty, whole-grain bread.

Makes 6 servings



HEALTHY COOKING TIP

Use ground (boneless) turkey breast **INSTEAD OF** ground beef and pork.

Black Skillet Beef

With Greens and Red Potatoes

1 lb. Beef top round
1 ½ tbsp. Hot 'n Spicy Seasoning (see recipe page 5)
8 red-skinned potatoes, halved
3 cups beef broth
2 large cloves of garlic, minced
2 large carrots, peeled,
 Cut into very thin 2 ½-inch strips
2 bunches (½ lb. each) mustard greens, kale, or turnip greens,
 Stems removed, coarsely torn
Nonstick spray coating

- 1** Partially freeze beef. Thinly slice across the grain into long strips, 1/8-inch thick. Thoroughly coat strips with Hot 'n Spicy Seasoning.
- 2** Spray a large, heavy skillet (cast iron is good) with nonstick spray coating. Preheat pan over high heat. Add meat; cook, stirring for 5 minutes.
- 3** Add potatoes, onion, broth, and garlic. Cook, covered, over medium heat for 20 minutes. Stir in carrots; lay greens over top and cook, covered, until carrots are tender (about 15 minutes). Serve in large serving bowl, with crusty bread for dunking.

Makes 6 servings.

HEALTHY COOKING TIP

- Use lean meat cuts, such as round, sirloin, chuck arm pot roast, and loin **INSTEAD OF** high-fat meats.
- Broil, steam, roast/bake, microwave, grill, braise/stew, boil, or simmer **INSTEAD OF** frying, basting with fat, or cooking in fatty sauces and gravies.

Garden Potato Salad

3 lbs. Potatoes (6 large)
1 cup chopped celery
½ cup sliced green onion
2 tbsp. Chopped parsley
1 cup low-fat cottage cheese
¾ cup skim milk
3 tbsp. Lemon juice
2 tbsp. Cider vinegar
½ tsp. Celery seeds
½ tsp. Dillweed
½ tsp. Dry mustard
½ tsp., white pepper

Nutrition Content
Per Serving:
Calories: 151
Total fat: 0.5 g
Saturated fat: 0.2 g
Carbohydrates: 30g
Protein: 6g
Cholesterol: 2.3 mg
Sodium: 118 mg
Dietary fiber: 3.1 g

Scrub potatoes; boil in jackets until tender. Cool; peel. Cut into ½-inch cubes. Add celery, green onion, and parsley.

Meanwhile, in a blender, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dillseed, dry mustard, and white pepper until smooth. Chill for 1 hour.

Pour chilled cottage cheese mixture over vegetables; mix well. Chill at least 30 minutes before serving.

Makes 10 servings

HEALTHY COOKING TIP
Use low-fat (1% or 2%) or nonfat skim milk Instead of whole milk.

