
Heart Smart Recipes

This booklet contains recipes that were submitted for UW Health's Heart Smart Recipe Contest. The included recipes met heart healthy contest qualifications and were judged based on the following criteria:

1. Nutritional Quality (low in saturated fat and cholesterol, moderate in sodium, high in fruits, vegetables or whole grains)
2. Taste
3. Creativity

Recipes were analyzed for content by the entrant or by a UW Health dietitian/contest judge. For your own use, a nutritional analysis program is available free of charge at www.nat.uiuc.edu.

Each entrant certified on his/her own belief that the entry was original according to contest rules.

Enjoy! Here's to a healthy heart!

Creamy Carrot Soup**WINNER! Salad/Soup/Vegetable Category**

Chris Arens

Ingredients:

2 cups of vegetable stock
6 medium carrots, thinly sliced
1 small onion chopped
2 teaspoons of curry powder
1/2 cup plain soymilk

In a large saucepan, combine the vegetable stock, carrots, onion, and curry powder; cook over medium heat until tender.
Pour the mixture into a blender and puree until smooth.
Return the mixture to the saucepan and stir in the soy milk.
Cook over low heat until heated through. Makes 4 servings.

Nutritional Analysis:

Calories – 64
Total Fat – 1 g.
Saturated Fat – 0 g.
Sodium – 580 mg.
Cholesterol – 0 mg.

Arabian chicken in pita

Mark Alfred

Ingredients:

1lb. skinless, boneless chicken breasts (cut small cubes or strips)

½ teaspoon salt

½ teaspoon black pepper

¼ teaspoon allspice

3 sprigs of cilantro, finely chopped

2 tablespoons lemon juice

2 tablespoons olive oil

6 (8-inch) pita breads

6 lettuce leaves

1 onion (finely chopped)

Bottled tahini sauce

Basil sprigs + onion rings to garnish

Combine salt and spices in small bowl. Mix with chicken and lemon juice. Then cover and marinate for 4 hours in refrigerator. Heat wok. Add olive oil (swirl until bottom covered). Add chicken and stir fry for 2-3 minutes until golden brown. Then place on paper towels to drain.

Heat pita in broiler pan or in oven until brown or golden. Cut crosswise to open. Place lettuce leaf in half, place chicken inside. Sprinkle onion and drizzle tahini sauce. Garnish with onion and basil.

Makes 6 servings.

Nutritional Analysis:

Calories – 269

Total fat – 6.4 g.

Saturated fat – 1 g.

Sodium – 545 mg.

Cholesterol – 32 mg.

Mark's Pasta Delight

Mark Alfred

Ingredients:

8 ounces angel hair pasta
1/4 cup olive oil
2 garlic cloves
1 inch ginger root—peeled and finely chopped
1 red bell pepper
4 ounces snow peas
4 green onions
6 ounces cooked shrimp (peeled)
3 sprigs cilantro (finely chopped)
1/4 teaspoon lemon powder
4 ounces bean sprouts
1 teaspoon ketchup
1 teaspoon chinese chili sauce

In a large saucepan of boiling water cook noodles according to package. Drain and toss with 1 tablespoon of oil. Heat wok and add remainder of oil. Add garlic and ginger. Stir fry for 1 minute. Add bell pepper, snow peas. Stir fry 1 minute.**

Add green onions, cilantro, shrimp, lemon powder and bean sprouts. Stir in ketchup, chili sauce and 1/2 cup of water. Bring to boil. Add noodles. Stir fry until covered in sauce. Serve hot. Makes 4 servings.

Nutritional Analysis:

Calories – 385
Total fat – 14.5 g.
Saturated fat – 1.3 g.
Sodium – 150 mg.
Cholesterol – 83 mg.

Pumpkin-Barley Risotto with Mushrooms and Sausage
WINNER! Main Dish Category

Jennifer Buechner

Ingredients:

1/3 lb. turkey sausage (casings removed)
4 cups chopped mushrooms
4 garlic cloves minced
1 teaspoon olive oil
1/2 cup dry white wine
1 1/2 cup low-sodium chicken broth
2 cups water
1 cup pearl barley
2/3 cup pumpkin puree (canned or fresh)
3 cups packed spinach chopped
3 tablespoons freshly grated parmesan cheese
salt and pepper

Bring water and chicken broth to a simmer in a medium saucepan. Cover and keep on low. Heat a large nonstick saucepan over medium heat. Add olive oil. Once oil is heated, add turkey sausage. Saute sausage, breaking it up into small pieces, until it loses its raw color, about 3-4 minutes. Add chopped mushrooms to pan and cook for about 4 minutes. Add garlic cloves and barley. Stir frequently for 2 minutes. Add white wine and stir. Cook until most of the wine is gone, about 1 minute. Add enough simmering broth to cover the mixture. Keep the mixture at a very low boil adding more broth as the mixture becomes dry. Continue this process until barley is just tender, about 20 minutes. Stir in the pumpkin and cook for an additional 1-2 min. Reduce heat to low. Stir in the cheese until just melted. Add the spinach and cover until the spinach is wilted, about 30 seconds. Salt and pepper to taste. Makes 4 servings.

Nutritional Analysis:

Calories – 376
Total fat – 12 g.
Saturated fat – 3 g.
Sodium – 361 mg. (without added salt)
Cholesterol – 30 mg.

Tuna Broccoli Enchiladas

Donna Hoerig

Ingredients:

1 (10 3/4 ounce) can Healthy Request Cream of Mushroom soup
1 cup skim milk
1 cup (4 ounces) reduced fat shredded cheddar cheese
1 (10 ounce) can tuna, drained and flaked
2 cups chopped broccoli, cooked and drained
1/2 cup chopped onion
1/2 cup chopped celery
1/4 teaspoon pepper
6 (7 inch) reduced fat flour tortillas

In a small bowl, combine soup, milk, and 1/2 the shredded cheese, set aside. In a large bowl combine the tuna, broccoli, onions, celery, and pepper with 1 cup of the soup mixture. Mix well. Divide tuna mixture evenly between the tortillas, roll.

Place seam side down in a 7 x 11 inch casserole dish sprayed with non-stick cooking spray. Pour remaining soup mixture evenly over tortilla rolls. Cover with foil and bake for 35 minutes at 350 degrees. Remove foil, top with remaining cheese and bake 5 minutes longer, until cheese is melted. Makes 6 servings

Nutritional Analysis:

Calories – 380

Total fat – 9 g.

Saturated fat – 4.7 g.

Sodium – 527 mg.

Cholesterol – 23 mg.

Sweet-Sour Cabbage Soup
Aileen Ferris

RUNNER-UP: Salad/Soup/Vegetable Category

Ingredients:

- 1 tablespoon canola oil
- 1 medium onion
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 15 oz. can diced tomatoes
- 1 1/2 cups red potatoes, cut up to bite size
- 1/2 small cabbage, chopped
- 1 48 oz. can chicken broth
- 1 tablespoon sugar
- 2 tablespoon cider vinegar
- 1/8 teaspoon pepper
- 1/2 teaspoon basil
- 1 cinnamon stick
- 1 star anise

In large pot, lightly cook celery and onions in oil until transparent.
Add broth and remaining ingredients. Bring to boil. Lower heat to medium low and cook 45 minutes. Remove cinnamon stick and star anise. Serve with sourdough bread. Makes 8 servings.

Nutritional Analysis:

- Calories – 102
- Total fat – 3.5 g.
- Saturated fat – 0 g.
- Sodium – 645 mg.
- Cholesterol – 0 mg.

Apple Meringue Tartlets

Myra Ferree

Ingredients

Shells:

4 egg whites

1/8 teaspoon cream of tartar

1/8 teaspoon salt

1 cup sugar

1/2 cup lightly toasted, finely chopped almonds
(or can also be made with pecans or hazelnuts)

Filling:

6 cups peeled, cored and sliced apples, tossed with 2 tablespoons lemon juice

1 cup apple cider

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/8 teaspoon cloves

Topping:

1/4 cup lightly toasted almonds

Prepare shells the day before:

Pre-heat oven to 250 degrees.

Beat egg whites, salt and cream of tartar until foamy, gradually add sugar and beat at high speed until very stiff and satiny (5-10 min).

Fold in almonds. Cover a cookie tray with baker's parchment. Spread meringue into 10 rounds, each very slightly concave. Bake for 1 hour and 15 min. Turn oven off and slide tray out from under parchment so that parchment is resting directly on oven rack--let shells remain in oven to dry and cool 3 hours or overnight. Remove from oven, peel parchment off bottoms of meringues and (if not using that day) store in tightly closing cookie tin until ready to fill.

Prepare filling:

Combine sliced apples, cider and spices in large skillet with cover.

Bring cider to simmer and cover and cook about 5 min.

Remove cover, toss apples gently (try not to break slices up) and

Continue to simmer on medium high heat, stirring/tossing apples until cider has evaporated and apples are lightly caramelized (about 10 min more). Remove from heat and cool. Can be made up to 3 days in advance and refrigerated.

Assemble tartlets:

Place each shell you are using on a dessert plate. Arrange apple slices

On top to cover all but rim. If desired, sprinkle top with sliced or coarsely chopped toasted almonds (or other nuts).

(not all tartlets need to be made at same time; once tart is assembled, use within 3 hours).

Nutritional Analysis:

Calories – 265 per serving (makes 10 servings)

Fat – 8 g.
Saturated fat - .4 g.
Sodium – 55 mg.
Cholesterol – 0 mg.

Lentil Oatmeal Cookies

Nancy Jo Erickson

WINNER! Kids' Category**Ingredients:**

3/4 cup soft cooked lentils
1 cup brown sugar
3/4 cup canola oil
1 egg
1 teaspoon vanilla
1 3/4 cups unbleached flour
1 teaspoon baking soda
2 1/2 cups quick oats

Optional:

6 oz. chocolate chips
6 OZ. butter brickle chips

Mash lentils with fork. Beat sugar, oil, egg, vanilla and lentils until well blended. Combine remaining ingredients. Stir into creamed mixture. Drop by rounded tablespoons onto greased baking sheets. Bake in preheated 350 degree oven for 12 minutes. Makes 40 cookies.

Tester notes: Could add 1 tsp. Cinnamon or Nutmeg. One tester felt 1/2 tsp. necessary.

Nutritional analysis:

(Without chocolate chips)

Calories – 112
Total fat – 4.8 g.
Saturated fat - .4 g.
Sodium – 98 mg.
Cholesterol – 5 mg.

(With chocolate chips)

Calories – 133
Total fat – 6 g.
Saturated fat – 1.2 g.
Sodium – 98 mg.
Cholesterol – 5 mg.

Banana Bread
Karen Bredeson

RUNNER-UP: Dessert Category

Ingredients:

3 large very ripe bananas
1 egg
1 cup sugar
2 cups flour
1/2 tsp. salt
1 tsp. baking soda
1 tsp. baking powder
1/2 cup chopped walnuts

Peel and mash bananas. Add egg and sugar and beat until very liquid. Stir in dry ingredients. Pour batter into a 9x5 greased loaf pan.

Bake for 1 hour 20 minutes in a 300 degree oven. Allow to cool in pan for 10 minutes, then remove from pan and wrap tightly in aluminum foil. Allow to cool completely in the foil. Makes 12 servings.

Nutritional Analysis:

Calories – 98
Total fat - .9 g.
Saturated fat - .2 g.
Sodium – 250 mg.
Cholesterol – 18 mg.

Boneless, Skinless Chicken Strips and Broccoli

Donna Sweeney

Ingredients:

6 oz. boneless, skinless chicken
1 teaspoon olive oil
1/4 cup onion cut small
1 cup broccoli florets

Cut chicken into thin strips. Brown chicken strips and cook about 20 min until broccoli is tender. Single serving.

Nutritional Analysis:

Calories – 282
Total fat – 10 g.
Saturated fat – 2 g.
Sodium – 156 mg.
Cholesterol – 120 mg.

Tasty Tofu Stir Fry

Joyce Despain

Ingredients:

1 Package extra-firm tofu, cube
3 cups bok choy, tear
2 cups mushroom, slice
1 cup carrots, chop
1 cup broccoli, chop
1 medium zucchini, chop
1/2 cup green onion, chop
1-3 tablespoon vegetable oil, preferably olive or canola
1 teaspoon ginger root, minced
4 teaspoon, hoisen sauce
4 teaspoon soy sauce, lite
4 teaspoon rice vinegar
2 teaspoon sesame oil
1/4 cup sesame seeds, sauteed lightly (optional)

Marinate tofu in hoisen, soy and rice vinegar sauce for 2 hours. Saute onion, ginger and garlic in vegetable oil. Then add and stir-fry broccoli, carrots and zucchini. Next add bok choy and mushroom, stir-fry briefly. Once cooked close to your preference of crispness, add tofu and heat until warm. Add sesame oil to dish, and sesame seeds if desired. Serve over rice. Makes 6 servings.

Nutritional Analysis:

Calories – 199
Total fat – 11 g.
Saturated fat – 1.5 g.
Sodium – 267 mg.
Cholesterol – 0 mg.

Dean's Crockpot Hamburger Soup

Dean Calkins

Ingredients:

1 pound lean ground beef
¼ tsp Pepper
¼ tsp oregano
¼ tsp basil
¼ tsp seasoned salt
2 cups low-salt beef broth
1 medium onion, chopped
1 14 ½ oz can tomato sauce or diced tomatoes and sauce
1 tbs Worcestershire sauce
1 cup celery, diced
1 cup carrots, diced
3 potatoes, ½ -inch cubed
Parmesan cheese

Brown beef and drain, Add to crockpot. Add pepper, oregano, basil, seasoned salt. Stir in beef broth, tomato sauce and Worcestershire sauce; add celery, carrots, onion and potatoes. Cover and cook on low for 6 to 8 hours.

Serve with Parmesan cheese and/or pesto. Can be made a day ahead, cooled and surface fat removed. Serves four.

Nutritional Analysis (6 servings):

Calories – 364

Total Fat – 15.8 g

Saturated Fat – 6.2 g

Sodium – 370 mg

Cholesterol – 55 mg

Citrus Chicken

Jeff Patwell

Ingredients:

¼ cup lemon juice

¼ cup limejuice

1/3 cup orange juice

1 ½ tsp chicken bouillon, granules

½ tsp oregano

½ tsp thyme

½ tsp rosemary, ground

1 tsp red pepper, crushed

2 cloves garlic, minced

24 oz (4) chicken breast halves, boned and skinned

Combine first nine ingredients to create a marinade. Mix well, Marinate chicken in the refrigerator for two hours. Grill over medium heat, 10-15 minutes per side until fully cooked. Serve with grilled vegetables. Serves 4.

Nutritional Analysis:

Calories – 214.9

Total fat – 2.9 g

Saturated fat – .8 g

Sodium – 129 mg

Cholesterol – 99 mg

Homemade Spaghetti Sauce

Dr. Anne Means

Ingredients:

½ Tbs olive oil
2 cloves garlic, minced
4 oz. Mushrooms, cleaned and sliced
1 medium onion, chopped
¼ lb hamburger, cooked and drained
2 cups tomato sauce
¾ cup tomato paste
¼ cup dry red wine
1 tsp Worcestershire sauce
1 cup beef stock
¼ tsp oregano
¼ tsp basil
¼ tsp thyme
¼ tsp cumin
salt and pepper to taste
13 ¼ oz whole wheat blend pasta

Saute garlic, onions mushrooms in olive oil. Add all other ingredients and simmer over low heat for one hour. Meanwhile, cook pasta. Serve sauce over spaghetti. Serves 4.

Nutritional Analysis:

Calories – 573.1
Total fat – 8.9 g
Saturated fat – 1.5 g
Sodium – 451 mg
Cholesterol – 11 mg

Anne's Angel Hair and Broccoli Frittata

Dr. Anne Means

Ingredients:

¾ lb broccoli, trimmed and cubed
1 lb angel hair pasta
2 Tbs olive oil
1 Tbs butter, softened
1 cup mozzarella cheese, grated
½ cup Parmesan cheese, grated
1 egg, slightly beaten
4 egg whites, slightly beaten

Steam broccoli over boiling water 2 minutes. Cool and cut into ¼-inch slices. Cook pasta in salted water until al dente. In bowl toss pasta with oil, asparagus, cheese and salt and pepper to taste. Cool two minutes. Add eggs and mix. In large nonstick skillet heat 1 T butter over medium high heat. Add pasta mixture and spread evenly with two forks. Reduce heat to medium and cook three minutes. Shift skillet to cook ¼ of frittata at a time 1 ½ minutes for each ¼. Place plate over skillet and turn, then slide frittata off plate back onto other side of pan. Cook other side as described above. Cool to room temperature. Cut into wedges and serve.

Nutritional Analysis:

Calories – 467.2
Total fat – 15.3 g
Saturated fat – 5.2 g
Sodium – 289 mg
Cholesterol – 63 mg

Easy Swiss Steak

Doris Gartley

Ingredients:

Cut all fat off large piece of beef round steak (about 2 lbs.). Cut meat into serving-size pieces. Place meat in bottom of crock pot, cover meat with 14 oz. jar of garden-style (tomato, garlic and onion) spaghetti sauce. Add enough water to cover meat. Cook on lowest temperature for ten hours. Serve over rice or mashed potatoes, using sauce from crock pot as gravy. Serve with green beans.
Serves 8.

Nutritional Analysis:

Calories – 177
Total Fat – 4.1 g
Saturated Fat – .8 g
Sodium – 278 mg
Cholesterol – 49 mg

Turkey Jerk Soup

Dennis and Linda Oerth

Ingredients:

3 cups of diced white turkey, roasted
2 14 oz. Cans of whole tomatoes, chopped (include liquid)
2 quarts water
2 cups sliced fresh carrots
4 medium potatoes, peeled and diced
2 medium onions, chopped
 $\frac{3}{4}$ cup barley
 $\frac{3}{4}$ cup chopped celery
2 Tbs parsley flakes
1 dash pepper
4 tsp Jamaican Jerk sauce

Combine ingredients, bring to a boil, then simmer on low heat for 2 hours. Serves 8.

Nutritional Analysis:

Calories – 30
Total fat – .1g.
Saturated fat – 0 g.
Sodium – 220 mg.
Cholesterol – 4 mg.

Vegetable Lasagna

C. Kieper

Ingredients:

9 cooked lasagna noodles (may substitute no-cook noodles)

Sauce

1 T olive oil

2 cups fresh mushrooms

1 cup fresh zucchini squash

½ cup onion

1 tsp. Roasted garlic or fresh chopped

½ cup fresh spinach, chopped

4 cups fresh tomatoes, chopped

1 6 oz can low-sodium tomato paste

¼ cup fresh basil

¼ cup fresh oregano

½ cup bran cereal

Cheese

¼ cup stravecchio Parmesan cheese

2 cups cottage cheese

egg substitute

3 cups low-fat mozzarella

Heat skillet, sauté onion, add mushrooms, garlic, squash and spinach. Saute 7 minutes until tender. Set aside. Heat tomatoes (until tender), add bran cereal, paste, basil and oregano. Reduce to sauce consistency, set aside. Mix ¼ cup stravecchio parmesan, cottage cheese, egg substitute. On the bottom of the pan, spread half the sauce mix, top with three noodles, then spread on a third of the vegetable mix, a third of the cheese mix, a third of the remaining sauce. Repeat layers. Top with mozzarella and the remaining Parmesan. Bake 40 minutes until bubbly and heated through. (If using no-cook noodles, cover with foil and cook 65 minutes.)

Nutritional Analysis:

Calories – 310

Total Fat – 7.3 g.

Saturated Fat – 1 g.

Sodium – 560 mg.

Cholesterol – 22 mg.

Cottage Cheesecake

Faye Helstrom

Ingredients:

1 prepared graham cracker pie crust
½ cup cold water
1 envelope gelatin
2 cups cottage cheese
½ cup plain low-fat yogurt
¾ cup sugar
1 teaspoon vanilla
1 can lite cherry pie filling

Put 1/2 c. cold water in a microwavable dish. Add one envelope gelatin. Stir and let sit one minute. Microwave on high for one minute. Stir well, set aside, and allow gelatin mixture to cool for 10 minutes.

Put cottage cheese in food processor and spin for two minutes (or until consistency is very fine). Add yogurt, sugar, vanilla and cooled gelatin mixture. Mix until well blended. Pour into graham cracker pie crust and chill for at least 4 hrs. Top with lite cherry pie filling. Enjoy.

Serves 8

Nutritional Analysis:

Calories – 267
Total fat – 7.5 g.
Saturated fat – 1.7 g.
Sodium – 398 mg.
Cholesterol – 3.3 mg.

Kids' Chicken Sticks

Martha Bowen

Ingredients:

3 tablespoons soy sauce reduced sodium below
4 chicken breasts without bones or skin
4 tablespoons sesame seeds
4 tablespoons flour
1/4 teaspoon pepper (optional)
2 tablespoons canola oil

Directions:

1. Put the soy sauce into a bowl. Set aside.
2. Cut each chicken breast into 5 or 6 strips.
3. Put the strips into the soy sauce and stir.
4. Mix the sesame seeds and the flour in a bowl.
Add pepper if you want.
5. Roll each chicken strip in the sesame seeds and flour and put them on a plate.
6. Heat the oil in a skillet until it is hot.
(If you have an electric skillet, heat it to 350).
7. Cook the chicken strips in the hot skillet for about three or four minutes on each side until the chicken is not pink inside.

Serves 4

Nutritional Analysis:

Calories – 300
Total fat – 14 g.
Saturated fat – 2 g.
Sodium – 650 mg. (using reduced sodium soy sauce)
Cholesterol – 90 mg.

Cottage Quicke

Francette Hamilton

Ingredients:

18 egg whites

16 oz. cottage cheese

1/3 cup dry oatmeal

1/4 cup Parmesan cheese

Add your favorite herbs and spices (e.g., basil leaves, rosemary).

Add (a total of about 2/3 cup) flavor and texture with diced reduced fat ham, chicken or tuna.

Add (about 1 cup) color and nutrients with green and red pepper or green chiles.

Mix all ingredients in a bowl and pour into a 9 x 13 x 2 glass baking dish. Bake covered at 400 degrees for one hour; remove cover for last 5 minutes to brown.

Serves 8

Nutritional Analysis:

Calories – 160

Total fat – 3 g.

Saturated fat – 1.3 g.

Sodium – 643 mg. (with ham)

Cholesterol – 14 mg.

Lemon Dill Cod

Ray W. Ray

Ingredients:

Approximately 1.5 lbs. Frozen Clearwater Nova Scotia Cod.

3 or more tablespoons Vita olive oil

1/2 teaspoon dill weed

1/3 to 1/2 cup fresh-squeezed lemon juice

1/2 teaspoon garlic powder

dash of salt and pepper

dash of All Purpose Pleasoning seasoning

Partially defrost cod in microwave.

Place olive oil in large skillet over a low flame. Add small amount of lemon juice to cod pieces. Sprinkle salt, pepper and garlic powder and pleasoning over cod. While cooking, add more lemon juice and dill weed over cod. When cod flakes easily, it is ready to eat.

Serve with favorite green vegetable.

Serves 4

Nutritional Analysis:

Calories – 237

Total fat – 11 g.

Saturated fat – 1.5 g.

Sodium – 128 mg. – without added salt

Cholesterol – 63 mg.

Really Good Chicken Casserole

James J. Brill

Ingredients:

3/4 to 1-1/4 lbs cooked cubed chicken or turkey breast
1 cup uncooked brown or white rice
1 cup diced celery
1/4 cup diced onion
1 8oz. can sliced water chestnuts, drained
1 4oz. can no-salt-added mushrooms, including liquid
2 Tablespoons lemon juice
2 Tablespoons fat-free mayonnaise
1 teaspoon sodium-free chicken broth granules
1/3 cup slivered almonds
2 10.5oz. cans condensed low-fat, low-salt mushroom soup, undiluted (e.g., Campbell's Healthy Request)
8 oz. frozen peas
4 oz. jar sliced red pimentos, drained
2-4 oz. water
1 tablespoon tub margarine
1-3/4 cup Total whole grain cereal

1. Make rice according to package directions. Add onion before cooking.
2. After cooking rice and onion, mix in frozen peas.
3. Mix all but last 2 ingredients in large bowl. Adjust consistency with 2-4 oz. water.
4. Pour into 3-quart casserole dish.
5. In medium saucepan, melt margarine over medium heat. Mix and toss cereal flakes until evenly coated.
6. Sprinkle cereal over top of casserole.
7. Place covered into 350 degree preheated oven and bake 40-50 minutes or until heated through.

Serves 8

Nutritional Analysis:

Calories – 324

Total fat – 7.6 g.

Saturated fat – 1.2 g.

Sodium – 680 mg.

Cholesterol – 51 mg.

Spinach Feta Salad

Kelley Arnold

Ingredients:

4 cups fresh spinach
2 ripe tomatoes
1/4 cup feta cheese
1 teaspoon sliced almonds
1 teaspoon sunflower seeds
1/8 cup green onion
1/4 cup raisins
2 teaspoons lemon juice
1 teaspoon olive oil
2 tablespoons vinegar (apple or white wine)
salt
pepper

1. Mix together lemon juice, olive oil, vinegar, salt and pepper to taste.
2. Mix spinach, tomato, cheese, raisins and onion. Add dressing until well coated.
3. Sprinkle with almonds and sunflower seeds.

Serves 4

Nutritional Analysis:

Calories – 90
Total fat – 4.5 g.
Saturated fat – 1.0 g.
Sodium – 87 mg.
Cholesterol – 20 mg.

Vegetable Dill Dip

Jennie Larson

Ingredients:

2/3 cup cottage cheese
4 tablespoons light mayonnaise
1 tablespoon skim milk
1 tablespoon lemon juice
1 teaspoon garlic salt
1 teaspoon dill weed
1 tablespoon onion flakes

Mix all ingredients in blender, serve chilled. Excellent with fresh vegetables.

Nutritional Analysis (per 2 tablespoons):

Calories – 40

Total fat – 3.3 g.

Saturated fat – 1.5 g.

Sodium – 192 mg.

Cholesterol – 5 mg.

Vegetable Barley Soup

Anne Means

Ingredients:

½ cup chopped onion
½ cup chopped leeks
¼ cup chopped celery
½ cup sliced carrot
¼ cup turnip, chopped
¼ cup cauliflower flowerets
¼ cup chopped zucchini
¼ cup green beans
¼ cup corn kernels
¼ cup sliced mushrooms
¼ cup summer squash, sliced
¼ cup chopped tomato, peeled, seeded
? cup quick-cook barley
1 tablespoon tomato paste
1 clove garlic, minced
2 quarts chicken stock
1 teaspoon thyme
1 teaspoon marjoram
½ teaspoon oregano
½ teaspoon basil
½ teaspoon rosemary
¼ teaspoon allspice

Combine all ingredients. Add salt and pepper to taste. Bring to a boil. Reduce heat, cover and simmer about 15 minutes or until vegetables are tender. Prep time 30 minutes. Makes 6 servings.

Tester's Notes: May substitute in-season vegetables as needed

Nutritional Analysis:

Calories 93
Total fat 1 g.
Saturated fat 0 g.
Sodium 720 mg. (without added salt)
Cholesterol 0 mg.

Cauliflower Potato Soup

Anne Means

Ingredients:

1 lb potatoes
? cup green onion, chopped
4 cups cauliflower florets, cut up
1 cup parmesan cheese, freshly grated
8 cups vegetable broth

In saucepan, combine potatoes, peeled and cut into ½ inch cubes, and broth. Simmer for 15 minutes. Add cauliflower florets and salt and pepper to taste. With potato masher, coarsely mash ingredients in pot. Serve in bowls and sprinkle parmesan on top.
8 servings.

Nutritional Analysis:

Calories 258
Total fat 4 g.
Saturated fat 1.5 g.
Sodium 480 mg.
Cholesterol 10 mg.

Spinach Strawberry Salad

Anne Means

Ingredients:

8 ounces fresh spinach, stemmed
½ cup fresh strawberries, hulled and sliced
1 tablespoons red onion, chopped
½ cup radishes, sliced
1 tablespoon walnuts, toasted and chopped
¼ cup low-fat raspberry vinaigrette

Mix spinach, onion and radishes together. Top with strawberries and chopped walnuts. (Leave walnuts off for even lower fat salad.) Top with vinaigrette.
Makes 4 servings.

Nutritional Analysis:

Calories 59 (not including dressing)
Total fat 2.5g.
Saturated fat 0 g.
Sodium 49 mg.
Cholesterol 0 mg.

Strawberry-Banana Smoothie
Anne Means

RUNNER-UP: Kids' Category

Ingredients:

2 medium bananas
1 ½ cups frozen strawberries
½ cup frozen blueberries
1 ½ cup orange juice with calcium
½ cup plain nonfat yogurt

Blend until smooth. Divide into three glasses.

Nutritional Analysis:

Calories 279.9
Total fat .8g.
Saturated fat 0 g.
Sodium 31 mg.
Cholesterol 1 mg.

Pumpkin Cheesecake Bars

WINNER! Dessert Category

Lucille Kester

Ingredients:

¼ cup ground flax seed meal
1 cup all-purpose flour
¼ cup DiabetiSweet artificial sweetener
5 tablespoons Benecol (regular, not light)
¼ cup pecans, finely chopped

1 package (8 oz) nonfat cream cheese, softened
½ cup DiabetiSweet artificial sweetener
½ cup solid pack pumpkin
½ cup egg substitute
1 ½ teaspoons ground cinnamon
1 teaspoon ground allspice
1 teaspoon vanilla extract

In medium bowl, combine flour, sweetener, flax seed meal. Cut in Benecol to make a crumb mixture. Stir in nuts. Set aside ½ cup mixture for topping. Press remaining mixture into bottom of 8-inch baking pan. Bake in preheated over 350^o oven fir 15 minute. Cool slightly.

In larger mixer bowl, combine cream cheese, sweetener, pumpkin, egg substitute, cinnamon, allspice and vanilla. Blend until smooth. Pour over baked crust. Sprinkle with reserved topping. Bake an additional 35 to 40 minutes or until slightly firm. Cool on wire racks. Cut into bars and then into triangles, if desired. Yield 32 triangles.

Tester's Notes: Reduce allspice to ½ teaspoon and cinnamon to 1 teaspoon.

Nutritional Analysis:

Per triangle:
Calories 56
Total fat 3g.
Saturated fat .4 g.
Sodium 84 mg.
Cholesterol 1 mg.

Oatmeal Raisin Cookies

Ruth Flaherty

Ingredients:

1 ½ cup quick oats
1 cup sweet rice flour
½ cup whole wheat flour
(can substitute all whole wheat flour)

½ cup olive oil
8 tablespoons maple syrup
¼ teaspoon salt
water
raisins

Mix flour and oats. Rub oil into mixture. Add syrup, salt and enough water to make wet but not runny mix. Add as many raisins as you like. Drop by tablespoon onto oiled cookie sheet. Bake at 350^o for 12 minutes. Note: If dough is refrigerated, add more water. Makes approximately 24 cookies, depending on size.

Nutritional Analysis:

Calories 120
Total fat 5.3g.
Saturated fat .7 g.
Sodium 74.5 mg.
Cholesterol 0 mg.

Banana Split Dessert

Mary Ann Saeman

Ingredients:

2 cups graham cracker crumbs (reduced fat)
1 - 20 ounce can crushed pineapple (natural juices) well drained
4 cups plain yogurt (97% fat free)
4 medium bananas, sliced
8 ounces cool whip (fat free)
¼ cup almonds (sliced)
4 ounces maraschino cherries

Layer in order in a 9x9 pan

Tester's Notes: Prepare right before serving

Nutritional Analysis:

Calories 123
Total fat 1.4 g.
Saturated fat .14 g.
Sodium 75 mg.
Cholesterol 1mg.

Slow-Cooker Multi Beans and Prunes

Ruth Flaherty

Soak the beans overnight in water. Cooking time 10-12 minutes on low and 6-8 minutes on high slow cooker (for meal).

Ingredients:

1 1/4 cup multi dry beans
3 cups water
1 onion, chopped
3/4 cup pitted prunes
3/4 cup fresh carrots, cut
1 teaspoon minced garlic
1 tablespoon honey
1 tablespoon chili powder

Place all ingredients, including pre-soaked multi dry beans, in a slow cooker. Cook as specified above.

Can be frozen for future use.

Good served over brown cooked basamati rice

Serves 4

Nutritional Analysis:

Calories	310
Total fat	0.8 g.
Saturated fat	0 g.
Sodium	50 mg.
Cholesterol	0 mg.

Chicken Casserole

Mary Ann Saeman

Ingredients:

1 box brown wild rice with herbs
6 chicken breasts, skinned and boned
1/2 teaspoon salt
1/2 teaspoon pepper
2 celery stalks, diced
1 large Onion
1 can cream of mushroom soup, 98% fat free
1 can cream of chicken soup, 98% fat free
1/2 cup Sauterne or rhine wine
1 14oz. can Artichoke hearts (drained)
1/2 pound Fresh mushrooms

Cook wild rice according to package directions. Salt and pepper and chicken. Saute celery and onion in small amount of fat free chicken broth. Put cooked rice in bottom of casserole, lay chicken pieces on top. Combine all other ingredients and pour over chicken and rice.

Bake 350 degrees for 1 1/2 hours.

Can be made the day before.

Makes 6 servings.

Nutritional Analysis:

Calories	525
Total fat	7 g.
Saturated fat	2 g.
Sodium	780 mg.
Cholesterol	50 mg.

Broccoli Turkey Salad

Francette Hamilton

Ingredients:

1 bunch broccoli, chopped in small pieces
1 medium red onion, chopped
1/2 cup almond slices, chopped
3 slices low fat turkey bacon, cooked and finely crumbled
3/4 cup cubed smoked turkey breast
1/2 cup raisins

Dressing:

1/2 cup fat free mayonnaise or salad dressing
1/2 cup natural applesauce
2 1/2 tablespoons Sugar
4 tablespoons Red wine vinegar

Mix dressing well and toss with salad ingredients. Refrigerate for one hour before serving.

Makes 6 servings.

Nutritional Analysis:

Calories	180
Total fat	6.5 g.
Saturated fat	1 g.
Sodium	495 mg.
Cholesterol	9 mg.

Oven Fried Chicken

Kathleen Thode

Ingredients:

1 1/2-2 cups Crushed rice chex cereal
1 teaspoon Oregano
1 teaspoon Garlic powder
3 pounds Chicken, cut up and skinned (breasts can be deboned)
Butter flavored pan spray

In pie tin mix crushed rice chex, oregano and garlic powder. Rinse chicken and pat dry. Spray each piece with butter flavored pan spray. Roll chicken pieces in rice chex coating. Line large baking dish (15 x 10) with foil and spray with butter flavored pan spray. Arrange chicken pieces on foil so pieces do not touch.

Place in 375 degree oven and bake for 45 to 60 minutes. Do not turn chicken pieces while baking.

Makes 6 servings.

Nutritional Analysis:

Calories	170
Total fat	4.4 g.
Saturated fat	1 g.
Sodium	168 mg.
Cholesterol	75 mg.

Zucchini Falafil Pancakes
Martha Sorenson

RUNNER-UP: Main Dish Category

Ingredients:

- 1 medium Zucchini, grated
- 1 Egg
- 3 tablespoons Falafil Mix (available in Food Coop or Natural Food sections.)
- 2 tablespoons Parmesan cheese
- 1 teaspoon Chopped parsley
- 1 large clove Garlic, crushed
- Salt and pepper to taste

Grate zucchini into bowl. Stir in other ingredients and let mixture stand at least 15 minutes. Ladle into non-stick frying pan; turn when underside is brown (less than 15 minutes). Serve with fat free sour cream or apple sauce.

Makes one generous serving.

Nutritional Analysis:

Calories	215
Total fat	9.2 g.
Saturated fat	3.5 g.
Sodium	475 mg.
Cholesterol	220 mg.

NOTE: Cholesterol content could be reduced to less than 200 mg if egg substitute was used.

Don's Spicy Red Beans

Donald Poindexter

Ingredients:

1 pound Red beans
4 cups Water (reserved from soaking beans)
2 tablespoons Fresh garlic, minced
2 tablespoons Olive oil
1 teaspoon Sea salt
1 Onion, minced
1/2 tablespoon Pepper
1/2 tablespoon Cayenne pepper
2 tablespoons Oregano
1 tablespoon Chili pepper
3 stalks Celery, chopped

Wash beans in cold water, then cover in cold water and soak over night. When ready to cook beans, drain water, reserving 4 cups for cooking.

Saute garlic and onion in olive oil. Add drained beans and 4 cups reserved water. Bring to a boil. Add sea salt, pepper, cayenne pepper, oregano, chili pepper and celery. Simmer 2-2 1/2 hours or until tender.

Can be served with cooked brown basamati rice, with cut up avocado and/or minced onion, and/or cilantro.

Makes 6 servings.

Nutritional Analysis:

Calories	213
Total fat	4.9 g.
Saturated fat	0.7 g.
Sodium	365 mg.
Cholesterol	0 mg.

Spinach Spaghetti Casserole

Pam Smith

Ingredients:

8 ounces Uncooked whole wheat spaghetti
2 cups Shredded no-fat mozzarella cheese
1 1/2 cups No-fat sour cream
10 ounces Frozen, chopped spinach, thawed and drained
1 Egg
1 teaspoon Garlic salt
2 cups Light or "Healthy Choice" spaghetti sauce

Preheat oven to 350 degrees.

Cook spaghetti according to package directions and drain. In a large bowl combine the remaining ingredients except for the spaghetti sauce. Stir the spaghetti noodles into the mixture. Put mixture into a large casserole dish and cover with spaghetti sauce. Bake for 45 minutes at 350 degrees or until heated through.

Makes 8 servings.

Nutritional Analysis:

Calories	267
Total fat	3.6 g.
Saturated fat	0.6 g.
Sodium	692 mg.
Cholesterol	29 mg.

Easy Sunshine Cranberry Mini-Muffins

Dolores Kester

Ingredients:

- 1 box prepared yellow cake mix (non-moist variety)
- 1 can yams, drained
- 1 cup dried cranberries

Mash the drained yams with a fork. Add the cake mix and cranberries and mix gently with a spatula just until all dry ingredients are moistened. Can add water a few tablespoons at a time if you need more liquid (not more than 1/2 cup).

Spray mini-muffin tin with non-stick spray. Spoon into muffin tin with mid-sized spoon. Bake in preheated oven at 350 degrees for approximately 20 minutes. Test for doneness with a toothpick. Let rest in the pan for approximately one minute before placing on rack to cool. Can dust with powdered sugar before serving, if desired.

Makes 12 servings of regular size muffins

Nutritional Analysis:

Calories	210
Total fat	4.4 g.
Saturated fat	1.1 g.
Sodium	307 mg.
Cholesterol	0 mg.

Lemon and Yogurt Rice with Spinach

Dolores Kester

Ingredients:

2 cups rice
4 cups chicken broth
1 package frozen spinach, chopped variety
1 fresh lemon, quartered
1 cup plain yogurt

Cook the rice with the frozen spinach in the broth all in one covered pan.

Bring to boil, then reduce heat and simmer until liquid is absorbed. Makes 4 servings. Serve 1/4 cup of the yogurt as a dressing over each serving, and drench with the fresh lemon juice.

Nutritional Analysis:

Calories	230
Total fat	1 g.
Saturated fat	0 g.
Sodium	650 mg.
Cholesterol	0 mg.

Mexican Chicken over Rice

Donna Hoerig

Ingredients:

2 tablespoons chopped jalapeno pepper
1/2 cup chopped onion
1 clove garlic, minced
16 ounce can whole tomatoes, crushed
1 stalk celery, finely chopped
1/2 teaspoon chili powder
1/4 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon pepper
1 pound boneless skinless, chicken breast, thinly sliced
2 cups hot cooked rice

In a 2 quart sauce pan, combine all ingredients, except chicken. Bring To a boil, add chicken. Simmer 15 to 20 minutes, uncovered, until chicken is cooked through. Serve with hot rice.

4 servings.

Nutritional Analysis:

Calories	243
Total fat	2 g.
Saturated fat	0.5 g.
Cholesterol	66 mg.
Sodium	575 mg.

Rueben Chicken Bake

Donna Hoerig

Ingredients:

6 (4 ounces) boneless skinless chicken breasts
2 cups sauerkraut, rinsed and drained
6 (1 ounce) slices Alpine - Lace swiss cheese
6 tablespoons Fat - Free Thousand Island dressing

Heat oven to 350 degrees.

Spray a 7 x 11 inch baking dish with non-stick cooking spray.

Place boneless, skinless chicken breasts in baking dish.

Cover chicken evenly with sauerkraut.

Top with Swiss cheese, spread dressing over cheese.

Bake 30 - 40 minutes, until juices run clear.

6 servings

Nutritional Analysis:

Calories	259
Total fat	9 g.
Sat. fat	5.5 g.
Cholesterol	92 mg.
Sodium	642 mg.

Mock "Cheesecake"

Donna Hoerig

Ingredients:

- 1 prepared Graham cracker crust
- 1 package (4 serving size) sugar-free Jello, any flavor
- 2 cups fat-free cottage cheese
- 2 cups fat-free whipped topping

Put whipped topping in large bowl, set aside.

Place cottage cheese in blender container. Blend until smooth.

Add Jello powder, blend until well mixed.

Fold cottage mixture into whipped topping until combined, pour into prepared crust.

Freeze until firm, 2 to 4 hours.

8 servings

Nutritional Analysis:

Calories 229

Total fat 7 g.

Saturated fat 1.5 g.

Cholesterol 2 mg.

Sodium 379 mg.