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Thank you to CU Chef's  
from Clemson  
University for the  
recipes in this handout  
-FAN Team

# Breakfast

## Applesauce Bran Muffins (Yield: 12 muffins)

### Ingredients:

1½ cups bran flakes cereal	¼ cup Egg Beaters
1 cup fat free milk	2 tsp. baking powder
½ cup unsweetened applesauce	¼ cups all-purpose flour
½ tsp. vanilla extract	1½ tsp. pumpkin pie spice
⅓ cup packed light brown sugar	Cooking spray
1Tbsp. olive oil	¼ tsp. baking soda
½ cup uncooked quick cooking oatmeal plus 2 Tbsp. for topping	

### Nutrition Information

Calories	120
Total Fat	1.5g
Saturated Fat	0g
Carbohydrates	24g
Fiber	2g
Protein	4g

### Instructions:

1. Preheat oven to 375°F.
2. In a large mixing bowl combine bran flakes, milk, ½ cup oatmeal, applesauce, Egg Beaters, oil and vanilla. Let this mixture stand for 5 minutes.
3. In a separate bowl, mix together the flour, brown sugar, baking powder, baking soda and pumpkin pie spice.
4. Stir the dry mixture into the wet mixture until blended. Do not over-mix.
5. Lightly spray 12-cup muffin pan or muffin cup liners with cooking spray. Spoon batter into muffin cups and top with the remaining oatmeal.
6. Bake for 18-20 minutes or until a wooden toothpick inserted in the center comes out clean.
7. Transfer muffins to a cooling rack and allow to cool 20-30 minutes.

## Mighty Bran Muffins (Yield: 12 Muffins)

### Ingredients:

1 ½ cup flour	¾ cup flaxseed meal
¾ cup grape nuts	1 cup brown sugar
2 tsp baking soda	1 tsp baking powder
½ tsp salt	2 tsp cinnamon
1 ½ cup carrots, shredded	2 apples, diced
½ cup raisins	¾ cup skim milk
1 egg + 2 egg whites (beaten)	1 tsp vanilla

### Nutrition Information

Calories	270
Total Fat	6g
Saturated Fat	0g
Carbohydrates	51g
Fiber	7g
Protein	7g
Sodium	65mg
Cholesterol	4mg

### Instructions:

1. Combine dry ingredients in a bowl. In another bowl, add milk, eggs and vanilla.
2. Add to dry ingredient bowl and stir until mixed.
3. Line muffin tin and bake at 350 degrees until done (can stick with a knife or toothpick and comes out clean). Allow 5 minutes to cool on cooling rack.

## **Fruit Crunch (Yield: 8 servings)**

### **Ingredients:**

- 2 cup finely chopped red apple
- 2 cup finely chopped peaches (frozen or canned in juice, not syrup)
- 16 oz. fat-free fruit yogurt
- 1 ½ cups low-fat granola

### **Nutrition Information**

Calories	140
Total Fat	1g
Saturated Fat	0g
Carbohydrates	31g
Fiber	3g
Protein	5g

### **Instructions:**

1. Divide half the chopped fruit among 8 serving dishes.
2. Spoon 4 Tbsp. of yogurt into each. Add 2 Tbsp. granola.
3. Add second layer of fruit followed by yogurt and top with granola.

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"And also that every man should eat and drink and enjoy the good of all his labor—it is the gift of God. "  
Ecclesiastes 3:13 (NKJV)

## **Turkey Sausage (Yield: Approximately 2 cups ground or 8 (2-oz) patties) No added salt**

### **Ingredients:**

- 1lb. lean ground turkey
- 1 tsp. olive oil
- ¾ tsp. sage
- ¼ tsp. allspice
- ½ tsp. garlic powder
- ¼ tsp. white pepper
- ½ tsp. onion powder
- ¼ tsp. black pepper

### **Nutrition Information**

Calories	90
Total Fat	5g
Saturated Fat	1.5g
Carbohydrates	0g
Fiber	0g
Protein	10g

### **Instructions:**

1. Combine all ingredients and form into patties or cook in a skillet for ground sausage.

## **Spinach, Tomato and Turkey Sausage Egg Casserole** ***(Yield: 16 (2-oz.) portions or 1 (9x13-inch) baking dish)***

### **Ingredients:**

1 cup lean turkey sausage (8 oz.)	2 cups packed fresh chopped spinach
2 tsp. olive oil	½ tsp. lemon juice
1 cup diced onion	1 tsp. dry basil
1 cup diced green peppers	½ tsp. salt
1 tsp. minced garlic	¼ cup grated parmesan cheese
1 cup diced tomatoes	3 cups Egg Beaters
¼ tsp. ground black pepper	Non-stick Cooking spray

<b>Nutrition Information</b>	
Calories	60
Total Fat	2g
Saturated Fat	0.5g
Carbohydrates	3g
Fiber	1g
Protein	8g

### **Instructions:**

1. Preheat oven to 350°F. Lightly spray a 9x13-inch baking dish with cooking spray.
2. In a sauté pan over medium heat, brown the turkey sausage. Set aside.
3. In another sauté pan over medium-high heat, cook onion and peppers until translucent, about 4 minutes.
4. Add garlic, tomatoes, basil, lemon juice, salt and pepper and cook an addition 2 minutes until all liquid is absorbed. Add spinach and cook until just wilted.
5. Transfer the vegetable mix to the baking dish, spreading it evenly over the bottom of the dish.
6. Spread the turkey sausage and parmesan cheese over the vegetable mixture. Pour the Egg Beaters evenly over the vegetable mix.
7. Bake for 25-30 minutes until a knife inserted in the center comes out clean.



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“And they continued steadfastly in  
the apostles’ doctrine and  
fellowship, in the breaking of  
bread, and in prayers.”  
Acts 2:42 (NKJV)

# Salads

## **Poppy Seed Fruit Salad (Yield: 12 servings)**

### **Ingredients:**

2 medium bananas, mashed  
1 (8 oz.) container fat-free sour cream  
1 (8 oz.) can pineapple chunks, drained  
1 (11 oz.) can mandarin oranges, drained  
¼ cup sliced almonds, optional  
Salad greens, optional  
3 cups seasonal fruit (strawberries, grapes, raspberries, blueberries, etc.)

4 apples, sliced  
2 tsp poppy seeds  
¼ cup sugar  
1 Tbsp. lemon juice

### **Instructions:**

1. In a small bowl, combine first 5 ingredients; stir well with whisk. Cover and refrigerate for AT LEAST 30 minutes to enhance flavor.
2. In a large bowl, combine apples, pineapple, oranges and other fruit.
3. Add banana mixture to fruit and toss well. Sprinkle nuts over top of the salad. Cover and refrigerate until ready to serve.

## **FAN Flair Turkey Salad (Yield: 10 servings)**

### **Ingredients:**

7 cups fresh turkey breast, roasted  
¾ cup celery, coarsely chopped  
¼ cup sweet relish  
¾ cup fat-free mayonnaise  
¼ cup onion, finely diced  
2 large red-skinned apples, coarsely chopped  
1 cup red grapes  
1/8 teaspoon ground pepper

### **Nutrition Information**

Calories	105
Total Fat	9.5g
Saturated Fat	3g
Carbohydrates	7g
Fiber	1g
Protein	7g
Sodium	145mg

### **Instructions:**

1. Shred or dice the turkey and add with the other ingredients.
2. Mix thoroughly and chill before serving.

*Suggestion: Serve on whole wheat rolls or bread!*

## **Broccoli Salad (Yield: 8 servings)**

### **Ingredients:**

1 cup green beans, steamed and chilled      1 cup celery, chopped  
1 (15 oz.) can chick-peas, drained & rinsed      1 cup carrots, chopped  
1 cup fat free Italian dressing      2 cups broccoli, chopped

### **Instructions:**

1. Wash green beans, remove stems and cut into 1-inch pieces. Place in quart sauce pan.
2. Add enough water to cover. Bring to a boil. Once boiling, turn off heat and place beans in a strainer.
3. Instantly run cold water over beans until chilled. Add chilled beans to a large bowl. Cut up broccoli, carrots, and celery and add to the bowl.
4. Drain and rinse chick-peas. Add to the vegetables. Mix contents of the bowl. Add fat free Italian dressing. Stir to coat vegetables.

<b>Nutrition Information</b>	
Calories	110
Total Fat	1g
Saturated Fat	0g
Carbohydrates	22g
Fiber	5g
Protein	4g



“My soul shall be  
satisfied as with marrow  
and fatness, And my  
mouth shall praise *You*  
with joyful lips.”  
Psalms 63:5 (NKJV)

## **Berry Blue Salad (Yield: 8 servings)**

### **Ingredients:**

2 cups blueberries, frozen (fresh when in season)      2 apples, diced  
½ cup pecans, chopped      8 lettuce leaves  
1 (15 oz.) can low-sugar crushed pineapple drained  
½ cup fat free mayonnaise or ½ cup whipped cream

### **Instructions:**

1. Toss first 5 ingredients together in a medium bowl. Serve on lettuce leaf.

<b>Nutrition Information</b>	
Calories	140
Total Fat	6g
Saturated Fat	0.5g
Carbohydrates	24g
Fiber	4g
Protein	1g

## **Southwestern Chicken Salad (Yield: 4 servings)**

### **Ingredients:**

1 lb. boneless, skinless chicken breasts	1 avocado, sliced
2 Tbsp. Taco Seasoning Blend	2 tomatoes, sliced
¼ cup Cilantro-Lime Vinaigrette	1 Tbsp. canola oil
2 cups Black Bean and Corn Salsa	8 cups salad greens
¼ cup cilantro leaves, for garnish	

<b>Nutrition Information</b>	
Calories	440
Total Fat	24g
Saturated Fat	3g
Carbohydrates	27g
Fiber	9g
Protein	30g

## **Taco Seasoning Blend (Yield: ¾ cup)**

### **Ingredients:**

¼ cup onion powder	1 Tbsp. crushed red pepper
2 Tbsp. chili powder	1 Tbsp. dried oregano
2 Tbsp. cumin	1 Tbsp. garlic powder

**Instructions:** Mix all ingredients together and store in an airtight container.

## **Cilantro-Lime Vinaigrette (Yield- 1 cup)**

### **Ingredients:**

1 garlic clove minced	1 tsp. lime zest
1 Tbsp. + 1 tsp. lime juice	1 shallot minced
2 Tbsp. apple cider vinegar	½ cup canola oil
1½ tsp. Taco Seasoning Blend	1 tsp. agave nectar
2 Tbsp. chopped fresh cilantro	

**Instructions:** Place all ingredients in a jar or covered container and shake well.

### **Instructions:**

1. Season chicken breasts with Taco Seasoning Blend.
2. Preheat oven to 350°F. Heat oil in a nonstick pan on medium heat.
3. Brown the chicken in the pan on medium heat, transfer to a baking sheet and finish in a 350° oven until the chicken reaches an internal temperature of 165°F when checked with a meat thermometer.
4. Toss salad greens with Cilantro-Lime Vinaigrette.
5. On each plate arrange 2 cups dressed salad greens, ¼ of the sliced avocado, ½ of a sliced tomato, ½ cup Black Bean and Corn Salsa and top with 4 ounces cooked, sliced chicken breast. Garnish with cilantro leaves

## **Whole Wheat Pasta Salad (Yield: 10-12 servings)**

### **Ingredients:**

8 oz. box Whole Wheat Rotini (spiral shaped pasta)  
1 bell pepper, diced  
1 cucumber, seeded and diced  
½ cup chopped green onions  
½ cup diced tomatoes  
½ cup chopped celery  
2 Tbsp. parsley, minced  
1 tsp black pepper  
¾ cup lite shredded cheddar cheese

### **Nutrition Information**

Calories	120
Total Fat	1.5g
Saturated Fat	0.5g
Carbohydrates	21g
Fiber	3g
Protein	6g

### **Dressing (Combine all)**

1/3 cup fat free yogurt, plain  
1/3 cup fat free honey Dijon dressing  
1/3 cup fat free Caesar dressing  
1 Tbsp. dill, minced

### **Instructions:**

1. Boil pasta according to directions on box.
2. Drain, rinse and chill pasta.
3. Mix with other ingredients and dressing and serve.

## **Navy Bean Chowder (Yield: 12 servings)**

### **Ingredients:**

1 lb. dried or 2 15.5 oz. cans Navy beans	¼ cup flour
1 cup diced onion	¼ cup olive oil
1½ cup diced celery	¼ tsp pepper
1 (16 oz.) can diced tomatoes	3 cups skim milk
2 (16 oz.) can whole kernel corn	1 tsp salt (optional)
¼ lb. low-fat Monterey Jack or Cheddar cheese	

### **Nutrition Information**

Calories	230
Total Fat	8g
Saturated Fat	2.5g
Carbohydrates	31g
Fiber	6g
Protein	12g

### **Instructions:**

1. Create a spice blend to use in the chowder.
2. Clean, rinse, soak, and cook dried beans in a stock pot of 6-8 cups of hot water for 1 hour. Don't drain.
3. Meanwhile, sauté onions and celery in olive oil until transparent. Whisk in flour, salt and pepper. Stir in milk and simmer mixture.
4. Add mixture to stock pot of beans. Add corn, tomatoes and simmer all ingredients together for 30 minutes. Serve with cheese garnish

## **Caribbean Chicken (Yield: about 6 servings)**

### **Ingredients:**

1 pound chicken breasts, boneless, skinless	2 Tbsp. water
1 Tbsp. vegetable oil	2 oranges
1 (13.25 oz.) can pineapple chunks	2 tsp cornstarch
1 tsp ginger	¼ cup honey
dash of black pepper	dash of onion powder
dash of garlic powder	dash of paprika
dash of cayenne pepper	

### **Nutrition Information**

Calories	260
Total Fat	9g
Saturated Fat	2g
Carbohydrates	28g
Fiber	2g
Protein	17g

### **Instructions:**

1. Take 2 tsp of rind from one orange and then juice orange and peel and slice the other orange. Drain pineapple juice from can and combine with orange juice, the orange rind, honey and ginger.
2. Season chicken with pepper, onion powder, garlic powder, cayenne and paprika. Sauté in oil on both sides until golden brown.
3. Pour orange-pineapple juice mixture over chicken and simmer for 40 minutes or until both chicken and juice reach 165F internally. Once chicken has reached desired temperature, remove from pan and set aside in warm area.
4. Mix cornstarch and water together thoroughly and then whisk into remaining juices in the pan. Heat to a boil while stirring. Add pineapple chunks and orange slices and serve over chicken.

## **Turkey Meatballs (Yield: 20 servings)**

### **Ingredients:**

2 lbs. ground beef	3 egg whites
2 lbs. ground turkey	½ cup applesauce
1 cup grated carrots	3 tsp onion powder
1 cup regular oatmeal	2 tsp garlic powder
1 cup seasoned breadcrumbs	1Tbsp Black Pepper
1 medium onion, minced	2 Tbsp. dried parsley flakes

<b>Nutrition Information</b>	
Calories	220
Total Fat	12g
Saturated Fat	4g
Carbohydrate	9g
Fiber	1g
Protein	19g

### **Instructions:**

1. Mix all ingredients except ground beef and ground turkey well.
2. Mix in ground beef and turkey only well enough for an even mixture.
3. Shape into small balls and place on a lined oven pan.
4. Bake at 350 degrees for about 20 minutes or until internal temperature of 165F is reached.
5. Drain off excess fat and serve.

## **Meatloaf Surprise (Yield: 20 servings)**

### **Ingredients:**

1 lb. ground beef, 95% lean	1 egg
1 medium bell pepper, rinsed, chopped	¼ tsp black pepper
1 medium onion, finely chopped	¼ tsp dry thyme
¾ cup oats (quick or old-fashioned)	¼ tsp dry rosemary
8 oz. fresh mushrooms, chopped	1 tsp olive oil
12 oz. fresh spinach, rinsed, chopped	

<b>Nutrition Information</b>	
Calories	210
Total Fat	6g
Saturated Fat	2g
Carbohydrates	16g
Fiber	4g
Protein	22g
Sodium	110mg
Cholesterol	0mg

### **Instructions:**

1. Heat oven to 350F.
2. Spray bread pan with PAM or non-stick spray. In a skillet, heat the oil over medium heat. Add the onion and stir frequently for about 2 minutes.
3. Add the bell pepper and mushrooms, cook another 2 minutes. Add spinach and cover for 1 minute until wilted.
4. Remove from heat and set aside.
5. In a bowl, combine remaining ingredients. Add cooked vegetables to the beef mixture, if it appears too dry, add more oats.
6. Transfer to bread pan and form into a loaf.
7. Bake for an hour or until juices run clear and meat is no longer pink inside (may need to spoon off juices half way through cooking).

## **Sweet and Sour Pork (Yield: 6 servings)**

### **Ingredients:**

1½ pounds boneless top loin of pork	1 cup water
½ cup blanched whole almonds	1 large tomato, chopped
1 medium onion, cut into half-moon slices	½ cup maple syrup
1 large green bell pepper, chopped	½ cup vinegar
¼ cup reduced sodium soy sauce	½ cup ketchup
1 Tbsp. corn starch dissolved in	½ cup water
1 cup pineapple chunks in juice, drained	6 cups cooked brown rice

### **Nutrition Information**

Calories	430
Total Fat	18g
Saturated Fat	4.5g
Carbohydrates	40g
Fiber	3g
Protein	28g
Sodium	320mg
Cholesterol	0mg

### **Instructions:**

1. Preheat the oven to 300°F. Trim of all fat and cut into 1 inch cubes or strips
2. Bake almonds in the preheated oven for 15 minutes and set aside.
3. Meanwhile, bring the water to a boil in a small saucepan. Add the pork and simmer for 5 minutes.
4. Then add the onion, bell pepper, and tomato to the pan and simmer for 5 additional minutes. Drain off excess fluid and keep the pork and vegetables in the pan.
5. Next, put the maple syrup, vinegar, ketchup, and soy sauce in a saucepan, bring to a boil over high heat and boil for 2 minutes.
6. Add the dissolved cornstarch and cook for 3 to 5 minutes to thicken. Then add the vegetables, pork, and pineapple chunks. Add the almonds, cook for 3 more minutes, and serve over brown rice. Use 1 cup of rice for each serving of sweet and sour pork.

\* If you prefer not to eat pork, chicken also works great in this recipe!

## *Side Dishes*

## **Tropical Coleslaw (Yield: 12 servings)**

### **Ingredients:**

1 cup fat-free mayonnaise	3 Tbsp. skim milk
3 Tbsp. white vinegar	7 cups shredded cabbage
3 Tbsp. sugar	1 (8 oz.) can pineapple chunks (low sugar)

### **Instructions:**

1. Combine 4 ingredients in a bowl and mix.
2. Add cabbage and pineapple in a separate bowl.
3. Add dressing to the cabbage mixture and toss.
4. Chill until ready to serve. Sprinkle with paprika before serving.

## **Green Bean Casserole (Yield: servings)**

### **Ingredients:**

1 lb. green beans  
1 can 98% fat free cream of mushroom soup  
Half a large onion  
½ Tbsp. butter  
½ cup skim milk  
¼ cup parmesan cheese  
1/8 tsp black pepper  
1/8 tsp ground thyme  
16 reduced fat Ritz crackers

<b>Nutrition Information</b>	
Calories	87
Total Fat	5g
Saturated Fat	0g
Carbohydrates	0g
Fiber	0g
Sodium	260mg

### **Instructions:**

1. Preheat oven to 350 degrees F.
2. Peel and dice half the onion.
3. Heat the butter in a pan, and sauté onions until they begin to turn brown. Place frozen green beans into colander and run cold water over them.
4. Allow the beans to drain.
5. Combine cream of mushroom soup, milk, pepper, thyme and parmesan cheese.
6. Stir in green beans. Pour into a casserole dish. Top with crushed crackers and bake for 30 minutes.

## **Skillet Sweet Potatoes (Yield: 12 servings)**

### **Ingredients:**

3 lbs. sweet potatoes, peeled and sliced  
1 ½ cups orange juice  
3 Tbsp. light brown sugar  
½ tsp salt  
¼ tsp ground cinnamon

<b>Nutrition Information</b>	
Calories	150
Total Fat	0g
Saturated Fat	0g
Carbohydrates	35g
Fiber	2g
Protein	2g

### **Instructions:**

1. In a large pot, bring water to a boil.
2. Add sweet potato slices; reduce heat. Cover and simmer for 20 minutes or until tender.
3. Drain well. In a large skillet, combine juice, brown sugar, salt and cinnamon.
4. Add potatoes to skillet. Cook and stir gently until bubbly.
5. Simmer 5 minutes or until potatoes are glazed.

## **Jeanette's Canned Yams (Yield: 8 servings)**

### **Ingredients:**

2- 15oz cans Sweet Potato  
½ cup Diet syrup  
½ tsp. Cinnamon  
½ cup Splenda

<b>Nutrition Information</b>	
Calories	110
Total Fat	0g
Saturated Fat	0g
Carbohydrates	95g
Fiber	3g
Protein	1g

### **Instructions:**

1. Combine all ingredients into saucepan and bring to a boil.
2. Lower heat slightly and simmer for 30-45 minutes uncovered, stirring occasionally.

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"And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. "

Genesis 1:29(NKJV)

## **Sweet Potato & Cauliflower Mash (Yield: 8 servings)**

### **Ingredients:**

2 pounds sweet potatoes  
1 pound cauliflower florets  
3 tablespoons milk\* of choice  
¼ cup plain Greek yogurt  
½ teaspoon garlic powder  
Salt and pepper to taste

<b>Nutrition Information</b>	
Calories	119
Total Fat	0g
Saturated Fat	0g
Carbohydrates	26g
Fiber	5g
Protein	4g
Sodium	69mg

\*using Skim Milk

### **Instructions:**

1. Peel and cut sweet potato into 1 inch chunks.
2. In a large pot, steam sweet potato and cauliflower with 1 inch of water in bottom of pot. Vegetables will be ready in about 10 – 12 minutes, or when fork tender.
3. Place in large bowl and mash the potato and cauliflower with the milk. Stir in the Greek yogurt, garlic powder, salt and pepper. If too thick, add milk 1 tablespoons at a time, until desired consistency is achieved.

## **Winter Vegetables and Kale (Yield: 6 servings)**

### **Ingredients:**

- 1 lb. non-starchy potatoes (like Yukon gold), diced
- 1 red bell pepper, diced
- 1 small acorn squash, diced
- 1 shallot, chopped
- 1 tsp dried sage
- 2 tsp garlic powder
- Black pepper
- 1 cup fresh kale, chopped

### **Nutrition Information**

Calories	95
Total Fat	0g
Carbohydrates	17g
Fiber	2g
Protein	2g
Sodium	41mg

### **Instructions:**

1. Sauté the potatoes, bell pepper, squash, shallots, and dried sage in a sauce pot.
2. Cook like this for about 25 minutes until the foods are tender.
3. Season with garlic powder and black pepper.
4. Add the kale and cook a final 5 minutes
5. **Serve hot!**

## **Heart Healthy Cornbread (Yield: 10 servings)**

### **Ingredients:**

- 1 cup unbleached flour
- 1 cup medium-grind cornmeal
- ¼ cup sugar
- 3 teaspoons No-Sodium baking powder
- 1 egg lightly beaten
- ¼ cup sunflower or canola oil
- 1⅓ cup 1% low-fat milk

### **Nutrition Information**

Calories	193
Total Fat	7g
Saturated Fat	1g
Carbohydrates	29g
Fiber	1g
Protein	4g
Sodium	23mg

### **Instructions:**

1. Preheat oven to 425° degrees F
2. Mix the dry ingredients in a large bowl.
3. Blend in the beaten egg, milk and oil.
4. Pour into a baking dish sprayed lightly with oil. Bake for 20 minutes.
5. Serve alongside your favorite warm meal!

## **New Orleans Red Beans and Rice (Yield: 8 servings)**

### **Ingredients:**

1 lb. dry red beans	3 Tbsp. chopped parsley
2 quarts water	2 tsp dried thyme crushed
1 ½ cups chopped onion	1 tsp salt
1 cup chopped celery	1 tsp black pepper
4 bay leaves	1 package, brown rice
1 cup chopped sweet green pepper	3 tbsp. chopped garlic

### **Nutrition Information**

Calories	171
Total Fat	.5g
Saturated Fat	.1g
Carbohydrates	32g
Fiber	7.2g
Protein	10g
Sodium	285mg

### **Instructions:**

1. Put beans in a pot of water to rinse them. Remove beans that float to the top (bad beans). In a 5-quart pot, combine beans, water, celery and bay leaves. Bring to a boil then reduce the heat.
2. Cover and cook over low heat for about 1 ½ hours or until beans are tender.
3. Stir and mash some of the beans along the side of the pan to thicken the mixture. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered on low heat until creamy, about 30 minutes. Remove bay leaves.
4. Serve over hot cooked brown rice (see package for cooking instructions)!

## **Butternut Squash Macaroni and Cheese (Yield: 6 servings)**

### **Ingredients:**

1 small butternut squash (or frozen pureed squash)	1/8 tsp salt
½ lb. pasta	1/8 tsp pepper
1 Tbsp. unsalted butter	2 cup skim milk
1 cup sharp cheddar cheese	1 Tbsp. flour

### **Nutrition Information**

Calories	202
Total Fat	10g
Saturated Fat	.6g
Carbohydrates	18g
Protein	11g
Cholesterol	42mg

### **Instructions:**

1. Cut butternut squash lengthwise. Roast the halves on a baking sheet at 400°F for an hour or until the squash is very tender. Scrape out the squash, mash it, and reserve. This step can be done up to two days ahead of time. (option: frozen pureed squash)
2. Cook pasta according to package instructions, and reserve.
3. Melt butter in a large sauce pot. When melted, add flour and begin whisking. Whisk for two minutes or until mixture turns a light brown color.
4. Then, slowly add the milk. Continue until the mixture comes to a simmer. Keep whisking for about 5 more minutes, and the mixture will thicken.
5. Once thickened, whisk in 1 cup of the reserved butternut squash, making sure to break up any clumps.
6. Remove the sauce from the heat and stir in the cheese. The heat from the sauce will cause it to melt. When the sauce is smooth, add the salt, pepper and cooked pasta. Top with fresh, chopped parsley or dried red pepper flakes if desired.

## Peach and Tomato Salsa (Yield: 8 servings)

### Ingredients:

4 large ripe tomatoes	½ orange, juiced
4 large ripe peaches	1 lemon, juiced
2 jalapeños, seeded and diced	1 lime juiced
3 Tbsp. cilantro or parsley, chopped	2 tsp ground cumin
4 Tbsp. green onion, chopped	Black pepper, to taste

### Nutrition Information

Calories	45
Total Fat	0g
Saturated Fat	0g
Carbohydrates	11g
Fiber	2g
Protein	3g

### Instructions:

1. Remove the seeds and skins of tomatoes and peaches, removing the skin and seeds then dice. Mix in remaining ingredients and adjust seasoning to taste.
2. Serve with roasted chicken, grilled or sautéed fish or as an appetizer with chips.

## Mango Salsa (Yield: 8 servings)

### Ingredients:

2 mango (peeled and diced)	Juice from half a lime
2 tomato (peeled, seeded and diced)	1 clove garlic (minced)
½ red bell pepper (peeled, seeded and diced)	¼ cup cilantro (chopped)
½ Serrano pepper (seeded and minced)	1 Tbsp. white wine vinegar
¼ cup or about 3 stalks green onion (chopped)	Pinch of sugar
½ jalapeno (seeded and minced)	Salt and pepper to taste
1 tsp extra virgin olive oil	

### Nutrition Information

Calories	26
Total Fat	<1g
Saturated Fat	Trace
Carbohydrates	6g
Fiber	2g
Protein	1g

### Instructions:

1. Combine all ingredients in a bowl. Mix together. Chill for 2 hours before serving. Can be made a day in advance.

**\*Tips:** To peel tomato: Bring a pot of water to a boil. Cut an "X" an inch big into bottom of tomato and sub-merge into water. After about 45 seconds remove and place immediately into an ice bath to prevent continued cooking. Remove skins. If skins do not come off easily, re-submerge in boiling water for 15 more seconds, followed by the ice bath. When seeding the jalapeno and Serrano peppers be careful not to touch or rub your eyes. If you want to reduce the heat of the chilies even further, carefully remove the white membrane. Substitutions for mango can be made. Try peaches or pineapple for a different twist on this recipe

## **Low-Sugar Barbeque Sauce (Yield: 4 cups)**

### **Ingredients:**

1.5 cup Sugar Free Cola      6 T Cider Vinegar  
6 T Onions, fine dice      3 t Mustard Powder  
1 T Garlic, minced      3 t Cumin  
3 cups Tomato Sauce      3 t Chili Powder  
Reduced to 6 T 6 T Ketchup      3 T Worcestershire Sauce

<b>Nutrition Information</b>	
Calories	20
Total Fat	0g
Sodium	200mg
Carbohydrates	4g
Protein	1g

### **Instructions:**

1. Sauté onions until golden then add garlic and carefully cook until fragrant.
2. Add remaining ingredients and simmer till flavors are blended, at least 10 minutes.

## *Snacks / Desserts*

## **Fresh Fruit Crunch (Yield: 4 servings)**

### **Ingredients:**

1 Red Delicious apple, cored and finely chopped  
(may substitute seasonal berries or peaches)  
2 (8 oz.) non-fat cherry or raspberry yogurt  
¾ cup Grape-Nuts brand cereal

<b>Nutrition Information</b>	
Calories	150
Total Fat	0g
Saturated Fat	0g
Carbohydrates	30g
Fiber	2g
Protein	7g

### **Instructions:**

1. Divide half the chopped apple among serving dishes.
2. Spoon 4 Tbsp. of yogurt into each dish.
3. Add 2 Tbsp. Grape-Nuts.
4. Top with layers of remaining yogurt, chopped apple, and garnish with a sprinkle of cereal

## **Sweet S'mores Snack Mix (Yield: 3 servings)**

### **Ingredients:**

- ½ cup oat squares cereal
- 1 whole graham cracker, broken into small pieces
- 2 Tbsp. whole, natural almonds (unsalted)
- ¼ cup dried cranberries
- 1 Tbsp. dark chocolate chips
- 2 Tbsp. mini marshmallows

<b>Nutrition Information</b>	
Calories	140
Total Fat	5g
Saturated Fat	1g
Carbohydrates	23g
Fiber	2g
Protein	3g

### **Instructions:**

1. Combine all ingredients into a mixing bowl.
2. Package as ½ cup servings in Ziploc snack bags.
3. Enjoy!

## **Banana Pudding (Yield: 16 servings)**

### **Ingredients:**

- 1 box vanilla pudding, prepared with skim milk according to instructions
- 1 box of Fat Free, Sugar Free vanilla pudding, prepared with skim milk according to instructions
- ½ tsp banana flavor
- ½ tsp vanilla extra
- ½ cup milk
- 6 bananas
- 24 reduced fat vanilla wafers

<b>Nutrition Information</b>	
Calories	120
Total Fat	2g
Saturated Fat	0.5g
Carbohydrates	24g
Fiber	1g
Protein	3g
Vitamin C	8%
Calcium	8%
Potassium	265mg

### **Instructions:**

1. Mix puddings, flavor, and milk. Slice bananas.
2. Starting from the bottom layer cookies, pudding, banana slices, pudding, banana slices, pudding, and cookies.
3. Use 12 cookies per layer. Store in the refrigerator until ready to serve!

## **Black-Eyed Peas Hummus (Yield: 5 two-ounce servings of dip)**

### **Ingredients:**

1 (15 oz.) can black-eyed peas, drained and rinsed	2 Tbsp. Tahini
2 cloves of garlic, minced	2 Tbsp. olive oil
Juice of half a lemon	1 tsp paprika
¼ cup chopped fresh parsley	2 ice cubes
Salt and pepper to taste	

### **Nutrition Information**

Calories	190
Total Fat	10g
Saturated Fat	1g
Carbohydrates	20g
Fiber	6g
Protein	8g

### **Instructions:**

1. In a food processor combine black-eyed Peas, garlic, tahini, lemon juice, parsley, paprika, salt and pepper.
2. Begin Blending. While blending, add olive oil. Add ice cubes one at a time after all olive oil is added.
3. Scrape mixture from sides of food processor making sure entire mixture is incorporated Blend until desired consistency is reached.
4. Chill for an hour and a half before serving with carrot sticks, cucumber slices, or whole wheat crackers.