



*Dining
for
Good Health*

Revised by Bernice Mason 11/2008
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BREAKFAST

Breakfast Ideas:

Lowfat cheese on an English muffin
Yogurt + cereal
Pita bread + cottage cheese + peaches

Tortilla + egg beaters + Salsa
Waffle + yogurt + berries
Breakfast smoothie: yogurt + OJ + banana

Cereal -- Look for one that has:

- * No more than 2 grams of fat per serving
- * No more than 6 grams of sugar per serving
- * Less than 400 milligrams of sodium per serving
- * Less than 150 calories per serving
- * At least 4 grams of fiber per serving

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Waffles or pancakes -- stick to 1 or 2 , whole grain are best. Skip the margarine and try the log cabin syrup sweetened with Sucralose or go easy on regular syrup. Try 1 waffle with ½ cup low-fat yogurt and ½ cup berries or top with warm applesauce and cinnamon.

Egg – falls into the protein group. Stick to the American Heart guidelines of no more than 4 yolks a week. Try the egg substitutes instead.

Fruit -- try to have a fruit or vegetable high in vitamin C like an orange, grapefruit, strawberries or kiwi.

Bread -- try one with higher fiber. Eat breads that list whole wheat, oatmeal or rye as the first ingredient. Avoid breads that are high in fat or just have them occasionally.

Nuts -- try spreading peanut butter on your bread. Soy nut butter can also be used. Limit to 1-2 tablespoons.

LUNCH

Half of the plate should contain vegetables. One fourth of your plate should contain a whole grain bread, starch or grain and ¼ of your plate should contain a lean meat or high protein food. You also could include a fruit and dairy.

Cut up vegetables with canned tuna and a little low fat mayonnaise + low fat crackers.

Slice of cheese pizza + salad

Fruit -- slice of watermelon, apple, berries

Sandwich: Mexican Bean, Tuna and Sprout, Chicken Salad

SUPPER

Half of the plate should contain vegetables. You might want to select both a raw and a cooked vegetable. One fourth of the plate should contain a bread, starch or whole grain and ¼ of your plate should contain a meat or high protein food. Also include a dairy and a fruit.

Use spices and herbs to add spark to your vegetables.

Try vegetarian chili made from tofu or vegetables or ground turkey in your chili.

Make a stir fry with vegetables and chicken, beef or some other type of meat or seafood.

Sprinkle a high-fiber dry cereal over cottage cheese, yogurt or frozen yogurt.

Try a baked or poached apple for dessert.

Many of these recipes use artificial sweetener and can be used for persons with diabetes. If you prefer not to use artificial sweeteners, substitute small amounts of regular sugar.

FOUR-BEAN SALAD Makes 8 (½ cup) servings

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| 1 can (8.5 oz.) cut green beans, drained | ½ cup thinly sliced red onion rings |
| 1 can (8.5 oz.) cut wax beans, drained | ½ cup chopped celery |
| 1 can (8.5 oz.) lima beans, drained | 1/4 cup diced green pepper |
| 1 can (8.5 oz.) kidney beans, drained | |

Dressing:

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|--|-----------------------------------|
| 2 tsp. Dijon mustard | ½ tsp. black pepper |
| 2 Tbsp. vinegar | 1 clove garlic, crushed or minced |
| ½ tsp. sugar | 1/4 cup olive oil |
| ½ tsp. dried thyme (or 1 tsp. chopped fresh thyme) | |

Directions:

In a large mixing bowl, combine all the beans, onion, celery, and green pepper.

1. In a smaller mixing bowl whisk together the mustard, vinegar, sugar, thyme, pepper, and garlic. Whisking continually, add the oil in a slow, thin stream. Whisk until well blended.
2. Pour the dressing over the bean mixture and toss to coat well. Cover and refrigerate 1-2 days before serving.

Nutrition information: Calories: 121 Sodium: 172 mg Carbohydrate: 12 g Protein: 3.3 g Fat: 7 g.

Points to remember about Four-Bean Salad:

1. Canned vegetables are higher in sodium than fresh cooked or frozen vegetables. Draining liquid and rinsing canned vegetables helps reduce sodium.
2. Kidney beans and lima beans are legumes. These vegetables are rich in soluble fiber, which helps slow down digestion of carbohydrates and may help keep blood sugar more even after meals. Legumes also may help reduce absorption of cholesterol from other foods in the same meal. They are also a great source of protein with no saturated fat.
3. Olive oil is a good source of monounsaturated fat, which helps protect against heart disease. Although olive oil is as high in fat as butter, lard, and other shortenings, it should be included in the diet when possible for its health-giving benefits.
4. This recipe uses highly flavored vegetables, such as onion and garlic, as well as spices, to give flavor when salt is not added.
5. Four-Bean Salad will keep well for several days if tightly covered and refrigerated.
6. One tablespoon of Four-Bean Salad is only 15 calories, a Free Food. Try putting one tablespoon on salads as a tasty, low-sodium garnish.

Recipe reprinted with permission from Healthy & Hearty Diabetes Cooking

RICE AND CHICKEN SALAD

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| ½ cup each uncooked wild rice and brown rice
(or 1 cup brown rice only) | 1 tablespoon lemon juice |
| 3 cups water | 3 cups cooked cubed chicken |
| ¾ cup reduced-calorie Italian salad dressing | 2 tomatoes, chopped |
| 1 avocado, peeled, pitted and cubed | 1/4 teaspoon ground black pepper |

Rinse wild rice. Cook wild rice and brown rice together in water, tightly covered, over medium heat for 30-35 minutes, until tender. Drain. Place in bowl and toss with dressing. Sprinkle avocado with lemon juice. Mix rice with avocado, chicken, tomatoes, and pepper. Refrigerate.

Yield: about 8 cups. Serving size: 1 cup. Per serving: Calories: 232; Carbohydrate: 20g; Protein: 19 g; Fat: 8 g; Sodium: 217 mg.

TOMATO, CUCUMBER AND YOGURT SALAD

2 cucumbers
2 tomatoes
3/4 cup nonfat yogurt

2 cloves garlic, minced (optional)
1 tablespoon minced fresh dill or mint
Ground black pepper to taste

Peel cucumbers, slice lengthwise, scoop out seeds, and slice thinly. Core and chop tomatoes. In large bowl, combine with remaining ingredients and mix.

Yield: 2 cups; Serving size: 1/2 cup; Per serving: Calories: 41; Carbohydrate: 8 g; Protein: 3 g; Fat: trace; Sodium: 41 mg.

DILLY DIP (Try a dollop of this dip on a piping-hot baked potato)

2 cups low-fat cottage cheese
1/2 cup low-fat sour cream (or plain nonfat yogurt)
2 tablespoons chopped dill pickle

1 tablespoon chopped fresh dill or
1 teaspoon dried dill weed
1/4 teaspoon freshly ground black pepper

In a good processor or blender, place the cottage cheese, sour cream (or yogurt), dill pickle, dill, and pepper. Process until smooth, about 1 minute.

Yield: 10 servings; Serving size: 3 tablespoons

Nutrition per serving: With low-fat sour cream: Calories: 58; Carbo: 2 g; Protein: 6 g; Fat: 3 g; Sat fat: 2 g; Chol: 6 mg; Dietary fiber: trace; Sodium: 203 mg.

With plain nonfat yogurt: Calories: 43; Carbohydrate: 3 g; Protein: 7 g; Fat: trace; Saturated fat: trace; Cholesterol: 2 mg; Dietary fiber: trace; Sodium: 198 mg.

SPINACH LASAGNA (Serves 8)

2 tsp. olive oil
2 cloves garlic, minced
1 8-oz. can "no salt added" tomato sauce
1 16-oz. can diced tomatoes
1/4 tsp. pepper
1/2 tsp. oregano
2 tsp. olive oil
1/4 cup chopped onions
1/4 cup grated Parmesan cheese

1 10-oz. package fresh spinach, washed, stemmed, and chopped (or 1 10-oz. package frozen chopped spinach, thawed and squeezed to remove excess liquid)
8 oz. uncooked lasagna noodles
12 oz. 1% fat cottage cheese (or 12 oz. reduced fat ricotta cheese)
8 oz. shredded part-skim Mozzarella cheese
Nonstick baking spray

Directions:

1. Preheat oven to 375°. Lightly coat baking dish with nonstick spray.
2. In large saucepan over low heat, sauté garlic in 2 teaspoons olive oil over low heat for 1 minute. Do not let garlic brown. Add tomato sauce and tomatoes, pepper and oregano. Simmer gently over low heat, uncovered, while preparing other ingredients.
3. In large skillet over low heat, sauté onions in remaining 2 teaspoons olive oil, stirring constantly, until onions are transparent but not brown. Add chopped spinach, stirring constantly to separate and heat spinach.
4. Layer *uncooked* lasagna noodles, sauce, spinach mixture, cottage cheese, and mozzarella in baking pan. Repeat, using all ingredients, ending with a layer of sauce. Sprinkle top with Parmesan cheese.
5. Cover baking dish tightly with foil. Bake for one hour at 375° or until lasagna noodles are cooked. (If noodles are cooked before assembling lasagna, bake uncovered and reduce baking time to 25 minutes.)
6. Lasagna can be assembled and frozen, uncooked. To prepare lasagna that has been frozen, defrost in refrigerator for 3-4 hours, and then bake, covered, for 1-1/2 hours or more. Lasagna is done when cheese in center is melted, all noodles are cooked, and casserole is very hot all the way to the center.

Nutrition information: Calories: 263 Sodium: 508 mg; Carbohydrate: 26 g Protein: 19 g; Fat: 9 g
Recipe from Carol R. Olson, RD, CDE, Extension Specialist, West Virginia University

Points to remember about Spinach Lasagna recipe:

1. Traditional lasagna is very high in fat because it contains large amounts of cheese. This recipe uses reduced-fat cheese and keeps amounts small. Fat-free cheese can be used, but it does not melt well. Lasagna made with fat-free cheese will be stringier and less creamy than traditional lasagna.
2. Look for tomatoes and other vegetables canned with “no added salt.”
3. Spinach is high in folate, vitamin A, and potassium. It makes a healthy and tasty addition to this and many other dishes. Try adding some raw spinach leaves to salads and at the very end of stir-fry dishes.
4. Olive oil is very good for sautéing garlic and onions. It adds some healthy monounsaturated fat and very traditional flavor to this recipe.
5. Using uncooked lasagna noodles reduces preparation time. Be sure to cover casserole tightly so that the noodles get enough moisture to cook properly.
6. This is a good dish to assemble and freeze for baking later. Be sure to bake frozen uncooked lasagna long enough to heat all the way through the dish.

OVEN POACHED FISH (For 4 persons)

1 pound fresh or frozen fish fillets
½ cup skim milk
¼ cup seasoned bread crumbs

Black pepper
1 tablespoon grated Parmesan cheese
Nonstick baking spray

Directions:

1. Preheat oven to 400°.
2. Rinse fish fillets and pat dry. Spray baking dish lightly with nonstick spray. Put fish in single layer in baking dish.
3. Pour skim milk over fish fillets. Sprinkle bread crumbs on the tops of the fillets and season with black pepper.
4. Sprinkle Parmesan cheese on tops of the fillets. Spray quickly with nonstick spray.
5. Bake at 400° for 15 minutes*, or until fish is white and hot to the touch in the thickest part of the fillet. Do not overcook, since fish will be dry and not as tasty.

Note: *Baking time depends on thickness of fillets. Any firm, white skinless fish fillets will work very well in this recipe. Haddock, flounder, sole, orange roughy, and catfish are good choices.

Nutrition information: Calories: 146 Sodium: 244 mg; Carbohydrate: 6 g Protein: 24 g; Fat: 2 g

Points to remember about Oven Poached Fish recipe:

1. Fish is naturally low in fat. It is a good source of Omega-3 fatty acids, which are thought to offer protection against heart disease. Although fish is expensive and fresh fish may be difficult to find in some areas, it is a very healthy and tasty addition to the diet.
2. Choosing fresh fish is not difficult with a little practice. Fresh whole fish should appear firm and the eyes should be shiny. Fillets should be firm and moist. Fresh fish smells like seaweed and is never “fishy.” Refrigerate fish immediately, placing fillets or whole fish on ice (crushed or cubes) in a large container and cover loosely with plastic wrap. Store in the coldest part of the refrigerator. Frozen fish should be thawed in the refrigerator. To thaw quickly, place the unwrapped fish in a leak proof plastic bag and immerse in a large container of cold tap water. Change the water, adding cold tap water, every 30 minutes until fish is flexible. Cook immediately if possible. The wrappings from fresh or frozen fish will develop an unpleasant odor quickly if left at room temperature. Try storing “fish papers” in the freezer until time for garbage pickup.
3. Poaching fish in simmering liquid on top of the stove or in the oven is an ideal way to prepare fish for hardened fish eaters. The poaching liquid absorbs most of the fishy taste, leaving a mild and moist main dish.

4. Parmesan cheese is high in fat, but it is very flavorful when only a small amount is used. Limit to 1 or 2 tablespoons per recipe.
5. Fish is a very delicate food and should never be overcooked. Look for a change in color, from grayish white to solid white, to indicate doneness. If unsure, make a tiny cut in the thickest part of the fish and test to make sure the fish is hot and white all the way through. White liquid coming from the fish is a sign of overcooking; remove immediately from the heat if this happens.

Recipe from Janet Ogilvie, Wood County, West Virginia

ITALIAN BEEF STIR-FRY (For 4 persons)

1 pound beef round tip steak, frozen
1-1/2 cups uncooked medium bow-tie or shell pasta
2 cloves garlic
1/4 tsp. black pepper
3 cups (8 oz.) sliced mushrooms
1 cup cherry tomato halves or 2 medium tomatoes
1 Tbsp. chopped fresh parsley
1 Tbsp. olive oil
1/4 cup prepared fat-free Italian salad dressing
1 Tbsp. grated Parmesan cheese

Directions:

1. Remove beef from freezer and allow to partly thaw while assembling ingredients. If beef is fresh, place in freezer for 30 minutes to firm.
2. Cook pasta according to package directions, but do not add salt to cooking water. Drain cooked pasta and keep warm.
3. Cut garlic cloves into thin slices or use garlic press. Slice mushrooms. Cut cherry tomatoes in half or slice tomatoes in thin wedges. Chop parsley.
4. With very sharp knife, cut beef into thin diagonal slices.
5. Heat oil in large nonstick skillet over medium-high heat. Place half of beef strips in skillet and stir-fry 1 minute or until outside surface is no longer pink. Do not overcook. Remove to warm platter. Stir-fry the rest of the beef with the sliced or crushed garlic cloves. Remove to warm platter. Sprinkle with black pepper. Cover with foil and a towel to keep warm.
6. In same skillet, add mushrooms and stir-fry for 2 minutes. Add tomatoes, beef, and Italian dressing. Heat through.
7. Spoon beef mixture over hot pasta. Sprinkle with cheese and parsley. Serve immediately. Makes a one-dish meal in a hurry.

Recipe from Gloria Wagner, Extension Educator, Preston County, West Virginia

Nutrition information:

Calories: 462 Sodium: 270 mg; Carbo: 39 g Protein: 29 g; Fat: 21 g

Points to remember about Italian Beef Stir-Fry:

1. Stir-fry recipes are good choices for hurry-up meals. Start with frozen meat and add only three or four vegetables.
2. Cut all vegetables and assemble near the stove before heating the skillet. Cut up meat last to prevent any possible cross-contamination from cutting surfaces.
3. Meat for stir-fry can be cut up easily if it is partly frozen. Cutting across the grain of meat into thin slices reduces cooking time and promotes tenderness.
4. It is never safe to thaw beef at room temperature for long periods of time. Quick-thawing of beef for this recipe should be done in the microwave or by placing the meat in a leak proof plastic bag and placing the bag in a container of cold tap water. After quick-thawing the meat, it must be cooked immediately.
5. The leanest cuts of beef are from the round or the loin. To cut down on saturated fat, buy only the leanest cuts of beef, trim all visible fat before cooking, and keep portion sizes small.

6. Olive oil is a good choice for stir-frying. It is high in monounsaturated fat, which seems to help raise the HDL cholesterol (the “good cholesterol”) and may help prevent blood vessel disease.
 7. Using a nonstick skillet or sauté pan and a small amount of olive oil helps keep the calories low in this dish.
 8. This is a quick and delicious one-dish meal. A green vegetable, such as broccoli, could be added for extra nutrition.
- Recipe from Gloria Wagner, Extension Educator Preston County, West Virginia*

DOUBLE CORN BREAD

1 cup cornmeal	½ cup fat-free sour cream
½ cup all-purpose flour	2 tablespoons canola oil
4 tsp. baking powder	1 8.5 oz. can (1 cup) creamed corn
2 egg whites (or ¼ cup egg substitute)	Nonstick baking spray

Directions:

1. Preheat oven to 425°. If using iron skillet, place skillet in oven to heat.
2. Combine cornmeal, flour, and baking powder in large mixing bowl. Mix well.
3. Separate eggs or measure egg substitute and place in small bowl. Add sour cream, oil, and creamed corn and mix well.
4. Add corn mixture to dry ingredients and stir only enough to dampen flour.
5. If using muffin tins or 9" x 9" pan, spray with nonstick baking spray. If using iron skillet, remove from oven and hold away from face and oven while spraying lightly with nonstick baking spray.
6. Spoon batter into muffin tin or pan. Spray top lightly with baking spray.
7. Bake muffins for 20 minutes, pan or skillet bread for 25 minutes.
8. Remove from oven and serve warm. Cut bread into 12 servings.

Nutrition information: Calories: 101 Protein: 3 g; Carbo: 19 g Sodium: 237 mg; Fat: 2.6 g

Points to remember about Double Corn Bread recipe:

1. Fat-free sour cream gives desired flavor to this recipe without added fat.
2. Whole wheat flour could be used to increase fiber in this recipe.
3. Baking powder is high in sodium; therefore, do not add salt to the recipe.
4. Creamed corn has some added sugar, which helps to make the recipe tender. The total carbohydrate in creamed corn is not much higher than regular canned corn, but the creamed corn makes a more tender product.
5. One whole egg, two egg whites or ¼ cup egg substitute could be used in this recipe. One egg yolk adds 5 calories, 0.4 g fat, and 18 mg cholesterol to each serving, but it does not raise blood glucose. If blood lipids are normal, a whole egg can be used in this recipe.
6. Canola oil and olive oil are good sources of monounsaturated fat and should be used whenever possible in recipes.
7. Using an iron skillet adds color and flavor to this recipe. Be sure to coat with baking spray to prevent sticking.

Adapted from a recipe contributed by Mindy Zook-Weaver, RD, Monongalia County

POLISH CHEESECAKE

A very light and fluffy cheesecake with the authentic cheesecake taste you want.

2/3 cup zwieback crumbs, packed	1 teaspoon vanilla extract
18 ounce fat-free cream cheese, softened	5 whole egg whites
½ cup fat-free sour cream	1/3 cup granulated sugar

Sprinkle the bottom and sides of a buttered 8-inch springform pan with zwieback crumbs, pressing any extra crumbs evenly on the bottom of the pan. Put the cream cheese into a mixing bowl. Add the sour cream and vanilla extract and mix until fluffy. In another bowl beat the egg whites until foamy. Beat in sugar to egg whites gradually, beating well after each addition. Beat until whites are stiff enough to hold a peak but not dry. Fold gently into the cheese mixture. Turn the mixture into the springform pan lined with zwieback. Bake in a preheated 350° pan for 25 minutes. Remove from the oven (the center will still be soft); let cool away from

drafts. When cooled, refrigerate for four hours. Remove the outside of the springform pan. Cut the cake into serving pieces and garnish with fruit as desired.

Yield: 12 servings: Each serving contains: 129 Calories; 16 g carbohydrates; 188 mg Sodium; 1 g total fat; 6 g protein; 11 mg cholesterol

GERMAN APPLE KUCHEN (German apple cake needs just one apple; the flavor comes from shredding the apple.)

1 ½ cup flour, sifted
1/4 cup sugar
2 teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
½ cup walnuts, chopped

1 whole apple, peeled and shredded
1 large egg or equivalent egg substitute, lightly beaten
½ cup low-fat 1% milk
3 tablespoons canola oil
½ cup fat-free sour cream
1/4 cup sugar

Sift together the flour, sugar, baking powder, salt, and cinnamon into a large mixing bowl. Remove 2 tablespoons walnuts and set them aside. Mix the remaining nuts and shredded apple into the flour mixture. In another bowl, mix together the egg, milk, and oil. Pour this onto the flour mixture and stir until well mixed. Turn into a well-greased 9-inch cake pan. Spoon the sour cream onto the top. Sprinkle with the remaining 1/4 cup of sugar and top with the walnuts. Bake in a preheated 400° oven for 30-35 minutes. Serve warm.

Yield: 12 servings. Each serving contains: 175 calories; 24 g carbohydrates; 168 mg sodium; 7 g total fat; 4 g protein; 19 mg cholesterol

OLD-FASHIONED OATMEAL COOKIES

1/3 cup margarine
1/3 cup lightly packed brown sugar
1 cup all-purpose flour

1 cup quick-cooking rolled oats
1 teaspoon cinnamon
½ teaspoon baking soda

In a mixing bowl, cream the margarine and sugar together until light and fluffy. Beat in 1/4 cup of water until smooth. In another bowl, combine the flour, oats, cinnamon, and baking soda. Stir into the creamed mixture. Preheat the oven to 350°.

Roll the dough out on a lightly floured surface to 1/8-inch thickness. Cut into 2 ½ inch circles. Place on a cookie sheet that has been lightly oiled or coated with vegetable spray. Bake until golden brown around the edges, 10 - 12 minutes. Cool on a rack. Store in an airtight container.

Yield: 36 cookies; Serving size: 2 cookies; Nutrition per serving: 81 calories; 14 g carbohydrates; 2 g protein; 2 g fat; 1 g saturated fat; 0 mg cholesterol; 0.7 g dietary fiber; 52 mg sodium.

ITALIAN LEMON WATER ICE (Granita di Limone)

If you have an ice cream maker you can use it in this recipe. If not, the ice cube tray technique works fine.

1/3 cup sugar
2 1/2 cups water
1 1/4 cups fresh lemon juice

In a saucepan, combine the sugar and the water. Stir to dissolve the sugar. Bring to a boil and boil for 5 minutes. Set aside until cool. Stir in the lemon juice. Pour into two metal ice cube trays and freeze until set. Yield: 6 servings; Each serving contains: Calories: 55.7; Carbohydrates: 15.5 g; Sodium: 4 mg; Total fat: 0 g; Protein: 0.2 g; Cholesterol: 0 mg

CHOCOLATE CHIP SNACK SQUARES

1/3 cup margarine, softened	1 teaspoon vanilla
2 tablespoons honey	1 1/2 cups all-purpose flour
1/3 cup skim milk	1 teaspoon baking soda
1 egg	1/4 teaspoon salt
1/3 cup unsweetened orange juice concentrate	1/4 cup semisweet mini chocolate chips

In small mixing bowl, combine margarine honey, milk, egg, orange juice concentrate, and vanilla. Combine flour, soda, and salt. Stir into liquid ingredients. Mix well. Fold in chocolate chips. Spread mixture in oiled and floured 8"x8"x2" pan. Bake at 350°F for 20-25 minutes. Cut into 15 pieces. Yield: 15 pieces; Serving size: 1 piece; Per serving: Calories: 102; Carbohydrate: 12g; Protein: 2 g; Fat: 6 g; Sodium: 62 mg;

EQUAL NEW YORK CHEESECAKE

1 1/4 cups vanilla wafer crumbs	18 packets Equal sweetener or 5 1/2 teaspoons
4 tablespoons margarine, melted	Equal for Recipes or 3/4 cup Equal Spoonful
3 packets Equal sweetener or 1 teaspoon Equal for Recipes or 2 tablespoons Equal Spoonful	2 eggs
2 packages (8 oz. each) reduced-fat cream cheese, softened	2 egg whites
1 package (8 oz.) fat-free cream cheese, softened	2 tablespoons cornstarch
1 pint strawberries, sliced (optional) or raspberries and blueberries	1 cup reduced-fat sour cream
	1 teaspoon vanilla

Mix vanilla wafer crumbs, margarine and 3 packets Equal sweetener in bottom of 9-inch springform pan. Reserve 1 tablespoon of crumb mixture. Pat remaining mixture evenly on bottom and 1/2 inch up side of pan. Bake in preheated 350°F oven until crust is lightly browned, about 8 minutes. Cool on wire rack.

Beat cream cheese and 18 packets Equal sweetener in a large bowl until fluffy; beat in eggs, egg whites and cornstarch. Mix in sour cream and vanilla until well blended. Pour mixture into crust in pan.

Place cheesecake in roasting pan on oven rack; add 1 inch hot water to the roasting pan. Bake in preheated 300°F oven just until set in the center, 45 to 60 minutes. Remove cheesecake from roasting pan, sprinkle with reserved crumbs and return to oven. Turn oven off and let cheesecake cool in oven with door ajar for 3 hours. Refrigerate 8 hours or overnight. Remove side of pan; place cheesecake on serving plate. Serve with fresh berries and Strawberry Sauce if desired.

Makes 16 servings. Nutrition information per serving: 187 cal., 7 g pro., 13 g carb., 12 g fat, 56 mg chol., 253 mg sodium.

STRAWBERRY SAUCE

1 package (16 oz) frozen unsweetened strawberries, thawed
1 tablespoon lemon juice

6 packets Equal sweetener or 1 3/4 teaspoons Equal for Recipes or 1/4 cup Equal Spoonful

Process strawberries in food processor or blender until smooth. Stir in lemon juice and Equal and refrigerate until serving time. Makes about 2 cups.

Nutrition information: 2 tablespoon serving; 12 cal, 0 g pro., 3 g carb., 0 g fat, 0 mg chol, 1 mg sodium.

BANANA CHOCOLATE PARFAITS

1 cup plain low-fat yogurt
2 medium bananas, peeled
1 tsp fresh lemon juice
1 8-oz. box sugar-free chocolate pudding mix

1/4 cup reduced-fat frozen dairy whipped topping
unsweetened cocoa powder
1 Tbsp chopped walnuts
4 fresh Bing cherries with stems for garnish

In a food processor or blender, combine yogurt and pudding mix until smooth. Cut each banana into 6 pieces on the diagonal. Sprinkle with lemon juice. Place 2 banana quarters in each of 4 dessert parfait glasses or goblets. Top with 1/4 of the pudding mix. Top each with 1 Tbsp whipped topping. Using a fine sieve, sift a little cocoa powder on top of each serving. Sprinkle with walnuts and add a cherry on top, if using.

Nutrition information: 138 cal (18% from fat), 4 g pro., 3 g fat (1.3 g sat fat), 25 g carb., 2 g fiber, 4 mg chol., 336 mg sodium.

CHUNKY APPLE CAKE

1 cup all purpose flour
1/2 tsp ground nutmeg
1/2 tsp ground cinnamon
1/4 tsp salt
3/4 cup granulated sugar
3 Tbsp stick margarine, softened

1 egg
2 Tbsp low-fat milk (1%)
2 large baking apples, cored and sliced (3 cups)
1 tsp granulated sugar
1/2 tsp ground cinnamon

Pre-heat the oven to 350 degrees. Spray an 8x8x2 inch baking pan with nonstick cooking spray.

In a medium bowl, whisk together the flour, nutmeg, cinnamon and salt.

In another medium bowl, with an electric mixer at medium speed, beat the sugar and the margarine together until fluffy (about 2 minutes). Beat in the egg and milk until smooth, about 1 minute. Add the flour mixture to the margarine mixture in thirds, beating until smooth (about 2 minutes). With a large spoon, stir in the apples until evenly distributed. Spread the batter in the prepared pan.

In a small bowl combine the sugar and cinnamon for the topping, then sprinkle evenly on the batter. Bake until brown and the sides start to pull away from the pan, approximately 40-45 minutes.

Nutritional Information: 136 cal (31 cal from fat), 3 g fat (1g sat fat), 18 mg chol., 88 mg sodium, 25 g carb., 1 g fiber, 17 g sugar, 2 g pro.

DELICIOUS ANGEL FOOD DESSERT

2 cans (20 oz. each) unsweetened crushed
Pineapple, drained
4 medium firm bananas, sliced
1 loaf (10 ½ oz.) angel food cake, cut into
1-inch cubes
3 cups cold fat-free milk

2 packages (1 oz. each) sugar-free instant vanilla
pudding mix
1 carton (8 oz.) frozen reduced-fat whipped
topping, thawed
1/3 cup chopped pecans, toasted

Place the pineapple in a bowl; gently fold in bananas. Place cake cubes in a 13x9x2 inch dish. Spoon fruit over cake. In a bowl, whisk milk and pudding mixes for 2 minutes. Let stand for 2 minutes or until soft-set. Spread over fruit. Carefully spread whipped topping over pudding. Sprinkle with pecans. Cover and refrigerate for at least 12 hours before serving. Yield: 15 servings.

BANANA-PINEAPPLE BREAKFAST SHAKE (Makes 4 servings)

2 cups plain fat-free yoghurt
1 ripe medium banana
8 packets sugar substitute
1 can (8 oz) crushed pineapple in juice, undrained

1 teaspoon vanilla
1/8 teaspoon ground nutmeg
1 cup ice cubes
Fresh pineapple slices (optional)

Place all ingredients in blender. Cover; blend until smooth. Pour into 4 serving glasses. Garnish with pineapple slices. This is perfect for a party or another special occasion. Just double the ingredient amounts!

Nutrition information: 1 cup per serving; 140 cal, 2% of cal from fat, 8 g pro., 27 g carb., <1 g fat, <1 g sat fat, 2 mg chol, 95 mg sodium, 1 g fiber.

CARROT BRAN MUFFINS

1 ½ cups unprocessed bran
1/4 cup Grape-Nuts cereal
1 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
½ teaspoon salt

1 ½ cups shredded carrots
1 cup mixed dried fruit
2 egg whites
3/4 cup skim milk
1/3 cup honey
3 tablespoons vegetable oil

Preheat oven to 400°F. Spray muffin cups with cooking spray or use paper liners. Combine bran, Grape-Nuts, flour, baking powder, baking soda, and salt in a mixing bowl. Add carrots and dried fruit. In another bowl, combine remaining ingredients and mix well. Add all at once to dry ingredients and stir just until mixture is evenly moistened. Fill muffin cups 3/4 full. Bake 15 - 20 minutes or until toothpick inserted in center comes out clean.

Yield: 18 muffins; Serving size: 1 muffin; Per serving: Calories: 128; Carbohydrate: 20 g; Protein: 3 g; Fat: 3 g; Sodium: 172 mg

IRISH BUTTERMILK SCONES

These make a lovely breakfast treat, or serve them with soup for dinner on cool nights.

2 teaspoons baking powder
1 cup buttermilk (see note)

2 ½ cups flour
1 teaspoon salt

Note: If you don't have buttermilk you can use 1 cup of milk plus a tablespoon of vinegar.

Put the baking powder in a small mixing bowl. Add a little buttermilk and mix well. In another bowl combine the flour and the rest of the buttermilk, using a wooden spoon. Add the baking powder mixture. Mix

thoroughly. Prepare a work surface by liberally dusting it with flour. Roll the dough into a circle 1 ½ inches thick. Cut into 16 wedges. Put the wedges on lightly greased baking sheets. Bake in a preheated 400°F oven for 15 minutes. The scones will be lightly browned. Serve hot with sugar-free jam or jelly, if desired.

Yield: 16 scones. Each serving contains: Calories: 77; Carbohydrates 16 g; Sodium: 195 mg; Total fat 0 g; Protein 3 g; Cholesterol 1 mg.

APPLE-BERRY CRISP 4 servings

1 8-oz. apple	1/4 cup all-purpose or whole wheat flour
3/4 cup fresh or frozen blueberries	1 tablespoon brown sugar
1 packet aspartame sweetener (like Equal™)	1 tablespoon chopped pecans
1 packet saccharin sweetener (like Sweet 'n Low™)	1 packet aspartame sweetener (like Equal)
1/4 tsp. cinnamon	1-1/2 tablespoon low-fat (not fat-free) margarine
1/4 cup uncooked rolled oats	
Nonstick baking spray	

Directions:

1. Preheat oven to 350°
2. Coat inside of 1-quart heat-proof baking dish with nonstick spray.
3. Peel and slice apple into dish. Add fresh or frozen blueberries and toss lightly.
4. Combine cinnamon and sweeteners in mixing bowl. Sprinkle over fruit.
5. In same mixing bowl combine oats, flour, brown sugar, pecans, and remaining one packet of sweetener. Add margarine and mix with fork until crumbly. Sprinkle over fruit in baking dish.
6. Bake for 20 minutes or just until fruit juices bubble up on sides and in the middle of the dish.
7. Serve warm with frozen whipped topping or milk or vanilla frozen dessert. Remember that milk or frozen dessert topping will add more calories and carbohydrate, while 2 tablespoons of frozen whipped topping are a Free Food.

Nutrition information: Calories: 133 calories Sodium: 21 g; Carbohydrate: 24 g Protein: 2.3 g; Fat: 4.2 g.

Points to remember about Apple-Berry Crisp recipe:

1. Fruit and fruit juice can replace sugar in some dessert recipes. They add moistness and volume, or bulk, to the recipe, but they are high in carbohydrate.
Don't forget to count fruit as part of the carbohydrate in a recipe.
1. Blueberries contain special phytochemicals in the colored portion of the skins. These phytochemicals may be important in helping the body fight off chronic diseases. Eating a wide variety of fruits and vegetables is a good way to get vitamins, minerals, and phytochemicals, which occur in very small amounts in food.
2. Apples contain soluble fibers that help the body get rid of some of the cholesterol taken in at meals. The insoluble fibers in the skins of apples and other foods are important in regulating bowel function.
3. Whole wheat flour and nuts are other important sources of fiber in the diet. In addition, certain nuts are sources of helpful monounsaturated fat.
4. Combining the two types of sweeteners, saccharin and aspartame, makes a much sweeter taste than if the saccharin or aspartame were used alone. In this way, the recipe can be made with less total artificial sweetener.

LEMON CAKE (Serves 16-24)

1 purchased angel food cake
1 box (4-serving size) lemon instant sugar-free pudding
½ cup skim milk
1 8-oz. carton lemon-flavored fat-free, no-sugar-added yogurt
½ (8 oz.) carton "Lite" frozen whipped topping, thawed

Directions:

1. Cut angel food cake in half, horizontally, using serrated knife in a sawing motion. Place bottom layer on serving plate.
2. Beat pudding with milk until thickened, about 1 minute. Stir in yogurt.
3. Fold thawed reduced-calorie whipped topping into pudding mixture.
4. Frost bottom layer of cake with lemon mixture. You may then place top layer on cake and frost with remaining mixture, or make a second cake with remaining topping mixture. Chill until served. Garnish with thin strawberry, lemon, or kiwi slices.
5. Makes 16 medium servings or 24 small servings.

Note: Other flavors of pudding and/or yogurt could be used. Check label carefully to make sure the new flavor does not have more carbohydrate than the original flavors chosen for this recipe.

Nutrition information for 16 (24) servings:

Calories: 143 (95) Sodium: 317 mg (218 mg); Carbohydrate: 28 g (18 g) Protein: 3.6 g (2.4 g); Fat: 2 g. (1.4 g)

Points to remember about Lemon Cake recipe:

1. Angel food cake is always fat free, but it is high in carbohydrate. Desserts made with angel food cake should be cut into small servings.
2. A homemade angel food cake would be delicious in this recipe, but a purchased cake is quick and easy. Keep a purchased angel food cake and a carton of “Lite” whipped topping in the freezer for a last-minute dessert.
3. Angel food cake should be cut with a serrated knife, using a light sawing motion. Cutting with a regular knife, or pressing down on the cake, will make very unattractive servings.
4. Sugar-free instant pudding is not a “Free Food” because it is made with cornstarch and milk. It must be counted as part of the carbohydrate in recipes. Sugar-free gelatin is a Free Food.
5. Flavored yogurt can be very high in carbohydrate because of added sugar. Look for no-sugar-added or artificially sweetened yogurt to cut down on carbohydrate.
6. Frozen nondairy whipped topping is made with tropical oil, containing highly saturated fat. It is fine for occasional use, but should not be used daily.
7. This is a very quick, easy, and delicious dessert!

Adapted from a recipe contributed by Susan Gianato, Extension Educator, Mercer County, West Virginia

BANANA-PINEAPPLE DELIGHT Serves 16 (cut into 16 squares)

- | | |
|---|----------------------|
| 1-1/2 cup graham cracker crumbs | 2 bananas |
| 1/3 cup reduced-fat margarine | 1-1/2 cups skim milk |
| 1 (8 oz.) package reduced-fat cream cheese (Neufchatel), softened | |
| 1 package (four servings) sugar-free instant vanilla pudding | |
| 1 (20 oz.) can crushed pineapple, drained | |
| ½ tub of an 8 oz. frozen “Lite” whipped topping, thawed | |

Directions:

1. Mix graham cracker crumbs and reduced-fat margarine with fork or pastry cutter until margarine is cut into crumbs. Wet fingers and press mixture into bottom of baking dish. No baking is required.
2. Slice bananas and spread evenly over crumb mixture.
3. Beat softened cream cheese until very smooth and gradually add milk, beating until smooth. Add pudding mix and beat 1 minute or until mixture begins to thicken. Spoon evenly over bananas and spread with rubber scraper.
4. Spread drained crushed pineapple over the pudding layer.
5. Spread whipped topping over pineapple layer with rubber scraper, making sure to spread to edges of baking dish.
6. Refrigerate at least one hour, but refrigerating three or more hours is best.
7. Cut into 16 slices and serve chilled.

Nutrition information: Cal: 164 Sodium: 141 mg; Carbo: 22 g Protein: 7 g; Fat: 7 g.

Points to remember about Banana-Pineapple Delight recipe:

- I. Reduced-fat margarine is made by whipping water into the more solid, regular margarine. It works best in recipes where the quantity of margarine is small. It does not work well for sautéing or frying, as the water content will cause spattering.
- II. Reduced-fat cream cheese (Neufchatel) does well in recipes where beating or baking is required. It has much of the taste of regular cream cheese with 1/3 less fat. Fat-free cream cheese is sometimes made with gelatin and may become very “soupy” if beaten with other ingredients.
- III. Graham cracker crumb crusts can be lower in fat and calories than regular piecrusts, but only if they are homemade. Check labels on purchased graham cracker pie shells to see how much fat and sugar have been added.
- IV. Other fruits could be used in this recipe. When substitutions are made, be careful to know how much carbohydrate is in the new fruit.
- V. Frozen light whipped topping adds some sweetness and volume to recipes. It does contain some hydrogenated fat, so it should not be used daily.

Recipe from Jean Holmes, Ohio County, West Virginia

USING ARTIFICIAL SWEETENERS IN COOKING

Replace Sugar	Saccharin Types ¹				Aspartame Types ²			
	Packets	Granulated	Brown	Liquid	Packets	Granulated	Equal™ for Recipes	Acesulfame potassium
1-2 tsp	1	1 tsp	1 tsp	1 drop	1	1-2 tsp	¼ tsp	1
¼ cup	6	¼ cup	¼ cup	1 ½ tsp	6	¼ cup	1 ¾ tsp	3
1/3 cup	8	1/3 cup	1/3 cup	2 tsp	8	1/3 cup	2 ½ tsp	4
½ cup	12	½ cup	½ cup	1 Tbsp	12	½ cup	½ cup	6
1 cup	24	1 cup	1 cup	2 Tbsp	24	1 cup	1 cup	12
Heat Stable	Yes	Yes	Yes	Yes	No	No	No	Yes
Aftertaste	Yes	Yes	Yes	Yes	No	No	No	Some

¹ Manufacturer does not recommend replacing more than ½ cup sugar with saccharin sweetener in baked recipes.

² Contains phenylalanine. People with phenylketonuria **MUST AVOID** this sweetener.

Check measurements on product packages for most accurate information.

Sucralose, marketed as Splenda™, has the same volume, taste and baking characteristics as sugar.

A FOOD GUIDE PYRAMID

Revised in 2005 by the USDA. The new USDA system provides a set of tools based on caloric requirements to help Americans make healthy food choices.



Recommended Daily Servings:

Breads, Grains and other Starches: 6 or more servings

Vegetables: 2-3 servings

Fruits: 3-4 servings

Milk/Dairy: 2-3 servings

Meat, Meat Substitutes and other Proteins: 4-6 ounces per day divided between meals.

Fats, Oils and Sweets: Keep your servings small and save them for a special treat.

MODIFYING A RECIPE OR MENU

Most recipes can be modified for lower-calorie cooking. Limit modification to 2 or 3 in any one recipe.

Original Product

Whole egg

1 cup shortening

Oil or butter

Cream

Sour cream

1 oz. baking chocolate

Ice Cream

Bacon

Substitution

2 egg whites, or
¼ cup egg substitute

¾ cup oil

Equal amount of applesauce, or
puree prunes

Evaporated skim milk

Plain yogurt

3 – 4 T cocoa + 1 tsp. oil

Frozen yogurt, ice milk or sorbet

Canadian bacon

To reduce calories:

1. Reduce sweetener (sugar, honey, syrup) by ¼ to ½
2. Use ½ sugar, ½ artificial sweetener or substitute all of sugar with sucralose (Splenda) sugar substitute.
3. Add extra flavoring extract to intensify flavor while limiting sweetener.
4. Add ripe, fresh fruits.
5. Use concentrated fruit juice as part or all of sweetener.
6. Using applesauce in place of oil works especially good in muffins, quick breads and cakes.

To reduce sodium:

1. Use ¼ to ½ total amount salt in recipe.
2. You can eliminate salt entirely in many recipes.
3. Use twice as much low sodium baking powder as regular baking powder.
4. Use herbs, seasonings and spices for flavor instead of salt.
5. Drain and rinse canned veggies or use frozen and fresh instead.

To reduce total fat and saturated fat:

1. Use skim milk, part-skim and low-fat cheeses in place of whole milk cheeses. Low-fat varieties include: cottage cheese, mozzarella, parmesan, string, farmers, and ricotta.
2. Choose “super lean” or > 90% lean hamburger. Limit use of marbled meats.
3. Use more fish and lean poultry without the skin.
4. Use a margarine with “liquid oil” as the first ingredient instead of “hydrogenated oil” or butter. The margarine should have no more than 6 grams total fat per serving and no more than 2 grams saturated fat per serving.
5. Select olive or canola oil for use in cooking or use vegetable oil spray.

To increase fiber:

1. Use 1/3 to ½ whole-wheat flour in place of white flour in recipes.
2. Use brown rice in place of white rice.
3. Add extra veggies or beans to casseroles and reduce meat amount.
4. Use whole fruits in place of juices.
5. Choose whole grain breads and cereals. Look for bread with > 2 grams fiber per slice and cereal with > 4 grams fiber per serving.
6. Try whole-wheat pasta in all varieties.

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