



**HEALTHY
HOME
COOKING**

*Recipes
for a*

healthy lifestyle

INTRODUCTION

There are many benefits of healthy living. It can help reduce the risk of certain diseases, decrease symptoms of anxiety and depression, and add years to your life. Good nutrition and physical activity are two important ways to be healthy.

This cookbook was created to promote healthy living. It contains a wide variety of recipes with many Southern favorites like cornbread and collard greens. The recipes are healthy, delicious and have less calories, fat and salt than similar recipes. Many of the recipes used were adapted from the Simply Good Cooking cookbook from Uniontown, Alabama. Other recipes came from organizations such as the American Heart Association and the National Heart, Lung, and Blood Institute.

Several of the dishes were tested and sampled by members of the Dunbar P.O.E.T.S Community Health group in Butler County, Alabama. The P.O.E.T.S formed in the spring of 2003 to learn ways of improving their health by healthy cooking and physical activity. They enjoyed trying some of the recipes and provided important feedback in the development of this cookbook.

Along with tasty and healthy recipes, the cookbook has good information on nutrition, cooking, food safety, and physical activity.



UAB Center for Health Promotion

DUNBAR P.O.E.T.S
People Organized to Educate Themselves
Butler County, Alabama

Special thanks to members of the Dunbar P.O.E.T.S in Butler County for their assistance in putting together the Healthy Home Cooking Cookbook.



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HEALTHY RECIPE SUBSTITUTIONS

To make your recipes healthier, try the following alternatives for certain ingredients.

<u>Instead of</u>	<u>Replace with</u>
whole milk	skim or 1% low fat milk
1 egg	2 egg whites or 1/4 cup egg substitute
pastry pie crust	graham cracker or ginger snap crust
1 ounce unsweetened baking chocolate	3 Tbsp. cocoa powder + 1 Tbsp. oil or margarine
1 cup shortening	2 sticks margarine
evaporated whole milk	evaporated skim milk
cream soups	low fat cream soups
1/2 cup butter/margarine	1/2 cup unsweetened applesauce + 1/4 cup oil or margarine
1 cup chocolate chips	1/2 cup mini chocolate chips
sour cream	low fat or fat free sour cream or nonfat plain yogurt
sugar	sugar substitute like Splenda, Equal, or Sweet and Low

NUTRITION GUIDELINES FOR HEALTHY LIVING

A well balanced diet is key to maintaining a healthy lifestyle because it plays a role in weight management and disease prevention. With so many popular diet trends, a balanced diet may seem boring, but it can be just as exciting and in the long run it is better for you and much easier to follow.

The Plate Planner is a simple way to understand a balanced eating plan. It encourages eating a variety of foods from each food group at each meal. Portion control is emphasized by showing how each food should fit on a standard size plate rather than using specific measurements.

- 3 At each meal, fill half your plate with non-starchy vegetables. These can be left off at breakfast.
- 3 The remaining half of your plate is divided so that you will have a starch on one fourth of your plate and a serving of meat on the other fourth.
- 3 Eat a serving of fruit and low fat dairy with each meal.
- 3 A serving of fat may be used in cooking or eaten on the side, but try to limit it to just one serving at each meal.

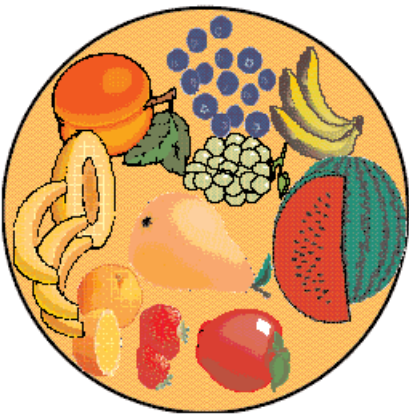
Choose fats that are low in saturated fat such as vegetable oils and margarine that contain no more than 2 grams of saturated fat per tablespoon. Fats that are high in saturated fat like lard, shortening, palm oil and coconut oil can raise blood cholesterol levels. Trans fats act like saturated fats. They are found in foods like cookies, crackers, and cakes. Limit these foods to help keep blood cholesterol down.

- 3 Free foods contribute hardly any calories to the diet

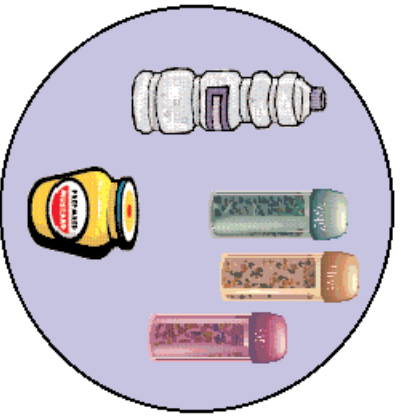
The Plate Planner

For more information
call 334-208-5226

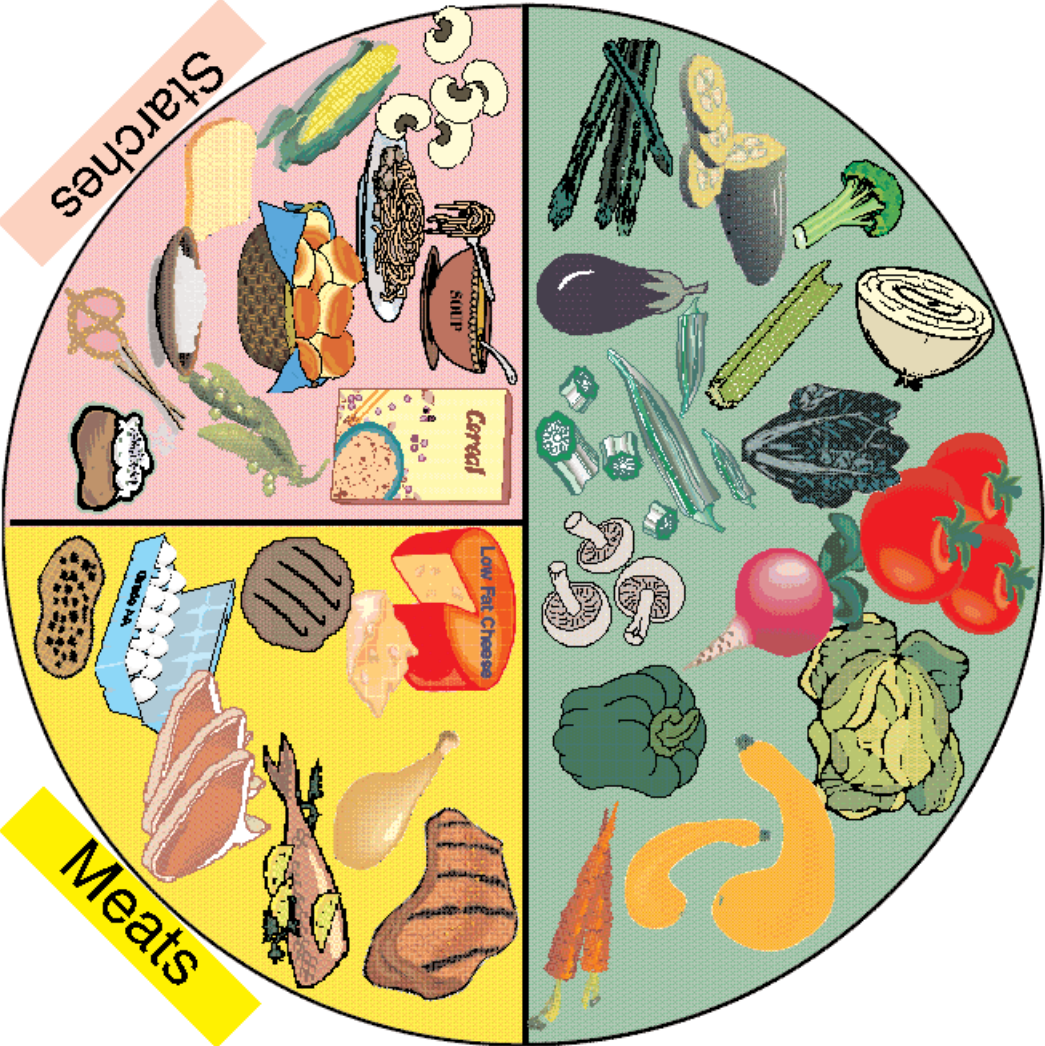
Non-Starchy Vegetables



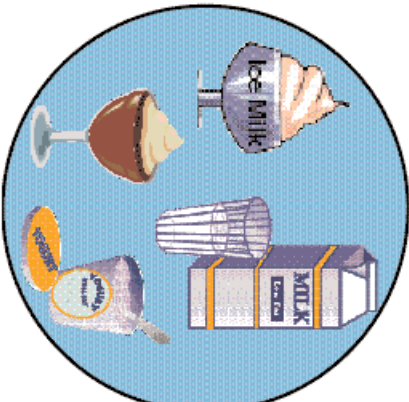
Fruits



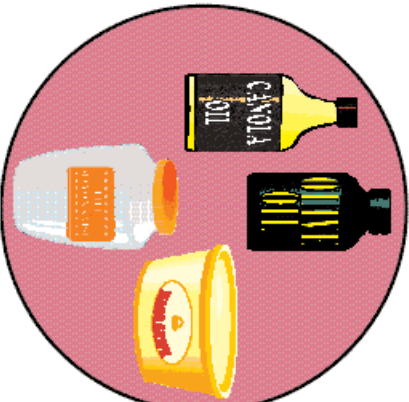
Free Foods



Milk



Fats



Starches

Meats

PLANNING TIPS FOR A HEALTHY PLATE

The following planning tips will help you lower the amount of calories, sodium and fat in your meals for a healthier plate.

- Choose colorful foods. The more colorful your plate is, the better.
- Eat 5 to 9 fruits and vegetables a day.
- Cut down on foods with a lot of sugar, like cakes and candy. Save them for special days.
- Replace whole milk with 1% low fat or skim milk.
- Use herbs and spices in place of salt when cooking.
- Eat fewer salty foods like bacon and potato chips.
- Rinse off canned vegetables before cooking.
- Eat whole grain foods like brown rice and whole wheat bread.
- Choose low fat, low cholesterol foods. Eat eggs no more than 3-4 times a week. Pick low fat milk and cheese products like nonfat yogurt and part-skim mozzarella cheese.
- Use canola or olive oil rather than butter or lard. Cut off fat from meats before cooking. Remove the skin from chicken. Bake, grill, boil or steam foods instead of frying.
- Know what normal serving sizes look like.
Examples:
meat serving = deck of playing cards
rice serving = 1/2 a baseball
cheese serving = 4 dice

HINT: If all the foods on your plate are touching or running together the servings are probably too big.

For more information on nutrition and health, go to

www.adph.org/nutrition.

FOOD SAFETY TIPS

Food safety is another important aspect of living healthy. Not only do we need nutritious and healthy food, we need food that is safe to eat. Food that has not been handled correctly can become contaminated with bacteria. It is important to fight off bacteria so that food will not cause someone to become sick. When cooking, follow these basic guidelines so that the food you are serving is safe to eat.

Here are some simple rules to keep food safe from harmful bacteria.

1. CLEAN

- Keep hands clean by washing with **hot soapy water** before preparing food. Also wash hands after using the restroom.
- Wash cutting boards, cooking utensils, pans and counter tops with **hot soapy water** before and after fixing each food.
- Use plastic cutting boards and clean them in the dishwasher or wash them in **hot soapy water**.



2. SEPARATE FOODS

- Keep raw meats away from other foods. In the refrigerator, store raw meats in a pan on the bottom shelf to keep juices from leaking onto other foods.
- Use a different cutting board for raw meats or thoroughly wash the cutting board with **hot soapy water** before using with another food.
- Wash anything that comes in contact with raw meats, such as hands, cutting boards, dishes, pans and cooking utensils.



- Never put cooked foods on a plate that has been used for raw meat.

3. COOK

- Make sure the yolk and white of eggs are not runny after cooking. Do not eat raw eggs.
- Cook fish until it flakes easily with a fork.
- Make sure steaks and hamburgers are well done, not rare. There should be no pink meat inside.
- Use a clean thermometer to check temperatures.
- Cook ground meat to at least **160 degrees F**.
- Cook roasts and steaks to at least **145 degrees F**.
- Whole chicken and turkey should be cooked to **180 degrees F**.
- Heat leftovers to at least **165 degrees F**. Leftover soups and sauces should be brought to a boil.

4. CHILL

- Thaw frozen foods in the refrigerator or under cool running water. Do not set meats out to thaw at room temperature.
- Refrigerate or freeze foods and leftovers within 2 hours or sooner. Do not leave foods like meats, creamy salads or dips sitting out all day for people to snack on.
- Store leftovers in small, shallow containers so they will cool more quickly.
- Do not over pack the refrigerator. This prevents cool air from circulating properly.

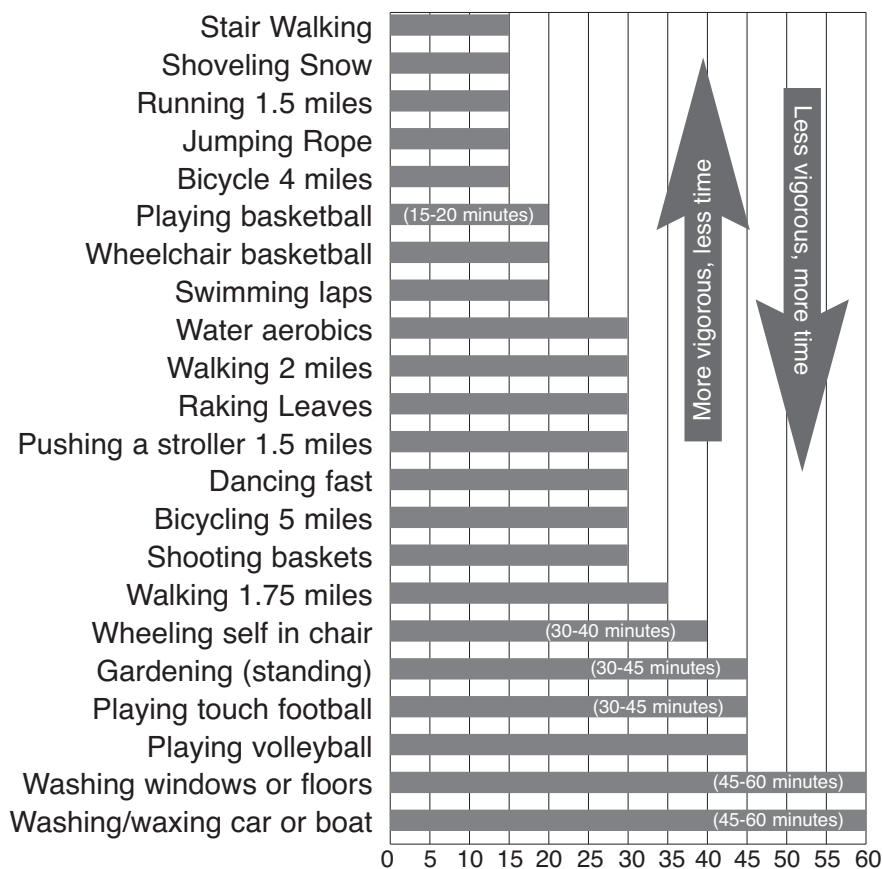


PHYSICAL ACTIVITY INFORMATION

Everyone - men, women, children, youngest to most senior, can benefit from being physically active. Benefits range from improving health and reducing risk of chronic diseases such as heart disease and diabetes, to managing weight (see chart below), reducing stress, and relieving arthritis pain. *Just 30 minutes a day of moderate activity such as brisk walking, 5 or more days a week can result in health benefits. As the level of activity increases so does the benefit. Walking the dog, riding a bike, washing the car, raking leaves, taking the stairs, tending the garden; jump, run, skip, swim, dance - it all counts!

* Check with your doctor before beginning any exercise

Minutes to Burn 150 Calories

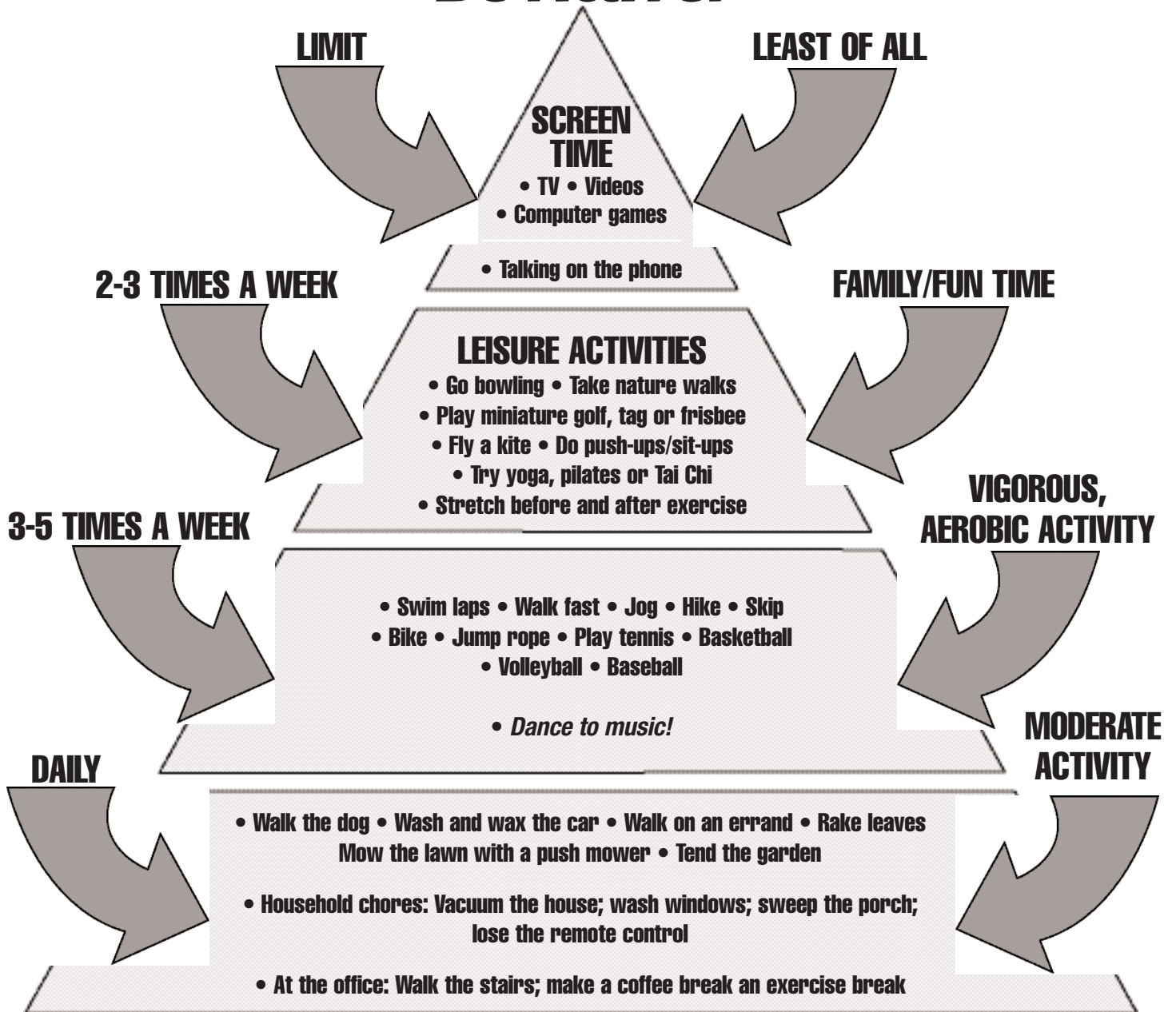


Monthly Fitness Facts can be found at www.adph.org/physicalactivity

Ref: www.cdc.gov/nccdphp/dnpa

WAY TO GO!

Be Active!*



To create and sustain well-being, accumulate a minimum of 30 minutes daily of moderate physical activity.

** Check with your physician before beginning an exercise program.*

The Activity Pyramid for Adults



Breads

BANANA LOAF

(Makes 2 loaves; serves 24)

Ingredients

3 cups all purpose flour	1 teaspoon baking powder
1-1/4 teaspoons baking soda	1/4 teaspoon salt
1/2 teaspoon cinnamon	1 teaspoon nutmeg
2 eggs	1-1/2 cup sugar
2 teaspoons vanilla	5 ripe bananas
1/3 cup unsweetened applesauce	
2 Tablespoons vegetable oil	
non-stick cooking spray	
1 cup chopped walnuts - optional	

Directions

1. Preheat oven 350 degrees.
2. In a bowl sift flour, baking powder, baking soda, salt, cinnamon, and nutmeg.
3. Beat eggs in a large separate bowl.
4. Add sugar, applesauce, oil, and vanilla to eggs. Mix well.
5. Add flour mixture to egg mixture.
6. Mash banana and add to the mix. Stir well.
7. Pour into 2 loaf pans (8-1/2 x 4-1/2/2x2-1/2-inch) coated with non-stick cooking spray.
8. Bake at 350 degrees for 40-50 minutes. Cool in pan on rack for 3-5 minutes. Remove from pan and finish cooling.

A slice has:

Calories	.145
Total Fat	.2 grams
Saturated Fat	.trace
Cholesterol	.40 milligrams
Sodium	.43 milligrams

CORNBREAD

(Serves 8)

Ingredients

2 cups of self-rising cornmeal
1 Tablespoon self-rising flour
1-1/2 cups skim milk
1 egg
1 Tablespoon margarine
non-stick cooking spray

Directions

1. Preheat oven to 400 degrees.
2. Combine cornmeal and flour.
3. Add egg and milk.
4. Stir until well blended.
5. Stir in margarine.
6. Pour into an 8 inch square pan sprayed with non-stick cooking spray.
7. Bake at 400 degrees about 25 minutes or until golden brown.

A two-inch square has:

Calories	.155
Total Fat	.3 grams
Saturated Fat	.1 gram
Cholesterol	.23 milligrams
Sodium	.120 milligrams

CORNBREAD DRESSING

(Serves 4)

Ingredients

1 cup bread, crumbled
2 cups cornbread, crumbled
1-(14-ounce) can fat free low sodium chicken broth
2 teaspoons margarine
1 small onion, chopped
1/2 stalk celery, chopped

Directions

1. Crumble bread and add to cornbread.
2. Heat chicken broth in pan on stove or microwave.
3. Melt margarine in a large pot.
4. Add onion and celery.
5. Cook vegetables until tender.
6. Pour into a 9 inch square baking dish. Add bread mixture.
7. Pour hot chicken broth over bread mixture. Stir to moisten.
8. Bake at 375 degrees for 20-30 minutes or until hot.

A 1/2 -cup serving has:

Calories	148
Total Fat	4 grams
Saturated Fat	1 gram
Cholesterol	10
Sodium604 milligrams

RAISIN MUFFINS

(Serves 8)

Ingredients

1 egg white, beaten
1/4 cup vegetable oil
1 cup water
2 cups flour, sifted
1/4 cup sugar
1/2 teaspoon salt
1/3 cup raisins
4 teaspoons baking powder
1/2 cup skim milk
non-stick cooking spray

Directions

1. Preheat oven to 400 degrees.
2. In a small bowl, mix egg white, oil, and water.
3. In a larger bowl, mix dry ingredients together.
4. Stir liquid ingredients into dry ingredients enough to dampen all flour (batter will be lumpy).
5. Spray muffin pan with non-stick cooking spray. Pour batter evenly into muffin pan.
6. Bake at 400 degrees for about 25 minutes.

One muffin has:

Calories	.145
Total Fat	.7 grams
Saturated Fat	.1 gram
Cholesterol	.0
Sodium	.165 milligrams



Salads

MARINATED BEET SALAD

(Serves 4)

Ingredients

1 (16 ounce) can sliced beets
1/4 cup white sugar
1 teaspoon prepared mustard
1/4 cup white vinegar
1/4 cup diced red onion

Directions

1. Drain beets, reserving 1/4 cup liquid. Add onions and toss.
2. In a saucepan over medium heat. Cook the sugar, mustard and reserved 1/4 cup liquid until dissolved. Add vinegar and bring to a boil.
3. Remove from heat and allow to cool.
4. Pour over the beet slices and onions, toss and refrigerate for 4 to 6 hours. Remove from refrigerator and serve at room temperature.

A 1/2 cup serving has:

Calories	.88
Total Fat	.0 gram
Cholesterol	.0
Sodium	.233 milligrams

CABBAGE SLAW

(Serves 8)

Ingredients

1/4 cup vegetable oil
1 cup sugar
1 cup cider vinegar
1/2 teaspoon salt
1 teaspoon celery seed
1 teaspoon dry mustard
1 medium head cabbage, shredded
1 green pepper, chopped
1 small onion, chopped

Directions

1. Bring oil, vinegar, sugar, salt, celery seed, and mustard to a boil.
2. Pour over vegetables while hot.
3. Store in refrigerator.

A 1/2-cup serving has:

Calories175
Total Fat7 grams
Saturated Fat1 gram
Cholesterol0
Sodium125 milligrams

CARROT RAISIN SALAD

(Serves 4)

Ingredients

4 medium carrots, shredded
1/4 cup raisins
2 teaspoons sugar
juice of 1 lemon

Directions

1. In a medium bowl, thoroughly mix carrots, raisins, sugar and lemon juice.
2. Serve chilled.

A 1/2 cup serving has:

Calories	.69
Total Fat	.0
Saturated Fat	.0
Cholesterol	.0
Sodium	.35 milligrams

GARDEN PASTA SALAD

(Serves 6)

Ingredients

2 cups canned mixed fruit
1/4 cup white vinegar
1 package (8 oz.) spiral pasta
2 teaspoons cornstarch
1 Tablespoon basil
2 cloves garlic, minced
1 cup cherry tomatoes, halved
1 cup celery, sliced
1/4 green onion, thinly sliced
lettuce leaves

Directions

1. Drain fruit, saving remaining liquid.
2. Pour vinegar over fruit and set aside.
3. Cook pasta in boiling water until tender, drain and cool slightly.
4. In small saucepan, whisk together remaining fruit liquid, cornstarch, basil and garlic.
5. Stir over medium heat until mixture thickens and boils.
6. Remove from heat; stir in mixed fruit and vinegar.
7. Toss pasta with tomatoes, celery and green onion.
8. Combine with fruit and sauce, chill.
9. Spoon onto lettuce leaves to serve.

A one cup serving size has:

Calories197
Fat2 grams
Cholesterol0
Sodium34 milligrams

GARDEN SALAD

(Serves 6)

Ingredients

1/2 head lettuce
1/4 head cabbage
2 carrots, peeled
1 yellow squash
2 radishes
1 stalk green onion, finely chopped
2 Tablespoons low fat salad dressing - Recipe below

Directions

1. Wash all ingredients.
2. Tear lettuce into bite-sized pieces.
3. Cut cabbage, carrots, squash, radishes, and green onion into small pieces.
4. Add salad ingredients to lettuce. Toss lightly.
5. Line a large plastic bag with paper towels; add salad.
6. Seal and store in refrigerator overnight.
7. Add salad dressing just before serving.

Low Fat Salad Dressing

Ingredients 1/2 quart low fat mayonnaise
1 cup 1% low fat milk
2 Tbsp sugar (to taste)

Directions Mix together and refrigerate

A 1-cup serving with 1 Tablespoon dressing has:

Calories73
Total Fat3 grams
Saturated Fat1 gram
Cholesterol3 milligrams
Sodium300 milligrams

POTATO SALAD

(Serves 12)

Ingredients

6 potatoes, diced and peeled
3 eggs
1 cup celery, diced
1 cup onion, diced
1/2 cup green peppers, diced
1/2 cup low fat or fat free mayonnaise
2 Tablespoons vinegar
1 Tablespoon mustard
pepper to taste

Directions

1. Boil potatoes until tender. Drain.
2. Boil eggs for 15 minutes. Then drain, peel and chop eggs.
3. Combine all ingredients in a large bowl and mix well.
4. Refrigerate overnight before serving.

A 1/2 cup serving has:

Calories	.137
Total Fat	.2 grams
Saturated Fat	.1 gram
Cholesterol	.55 milligrams
Sodium	.77 milligrams



**Vegetables
and
Side Dishes**

COLLARD GREENS

(Serves 8)

Ingredients

- 1 smoked turkey neck
- 2 bunches of collard greens
- 1 teaspoon sugar

Directions

1. Fill a stock pot with 3 to 4 inches of water. Add meat.
2. Cook on medium heat until done.
3. Add greens to pot.
4. Sprinkle sugar on greens and stir. Add more water as needed.
5. Cover pot. Simmer until desired tenderness.

A 1/2 cup serving has:

Calories65
Total Fat1 gram
Saturated Fattrace
Cholesterol19 milligrams
Sodium200 milligrams

COUNTRY-STYLE GREEN BEANS

(Serves 8)

Ingredients

3 pounds green beans
1/3 pound smoked turkey breast
1 large onion
1/4 teaspoon salt
6 new potatoes, quartered

Directions

1. In a stock pot, add beans, turkey, onion, and salt.
2. Cover with water and bring to a boil.
3. Turn to low heat and cook until the beans are tender.
4. Add potatoes and cook until tender.

A 1/2 cup serving has:

Calories	101
Total Fat	.trace
Saturated Fat	.trace
Cholesterol	.trace
Sodium	125 milligrams

GIBLET GRAVY

(Serves 8)

Ingredients

3 cups fat free low sodium chicken broth
1 Tablespoon margarine
1 small onion, minced
1 stalk celery, minced
1 cup poultry giblets, small pieces
pepper to taste
1 Tablespoon cornstarch
1 Tablespoon fresh parsley, chopped

Directions

1. In a stock pot, heat broth to slow boil and keep warm.
2. Melt margarine in a skillet and add onions and celery. Cook for 2-3 minutes.
3. Add giblets and cook for 3 more minutes. Pour into the broth and bring back to a boil.
4. Add pepper to taste.
5. Let gravy cook slowly for 20 minutes.
6. Mix the cornstarch with 1/2 cup of cold water and stir until smooth.
7. Add cornstarch mixture to gravy and bring to a boil until gravy thickens slightly.
8. Remove from heat. Stir in parsley and serve.

A 3-ounce serving has:

Calories42
Total Fat2 grams
Saturated Fat1 gram
Cholesterol17 milligrams
Sodium247 milligrams

MACARONI AND CHEESE

(Serves 8)

Ingredients

1 (8-ounce) package macaroni
6 cups water
2 Tablespoons margarine
2 Tablespoons flour
dash of pepper
2 cups evaporated skimmed milk
2 cups reduced fat cheddar cheese, grated

Directions

1. Add macaroni gradually to rapidly boiling water. Stir occasionally to keep macaroni from sticking. Cook until just tender.
2. Melt margarine in saucepan.
3. Remove from heat and add flour and pepper; stir to form a smooth paste.
4. Gradually add milk, stir frequently.
5. Cook over low heat until thick and smooth, stirring constantly.
6. Add 2 cups grated cheese and stir until the cheese melts.
7. Combine cheese mixture with macaroni; pour into baking dish.
8. Bake at 350 degrees for 20 to 25 minutes or until bubbly.

A 1/2 -cup serving has:

Calories277
Total Fat10 grams
Saturated Fat4 grams
Cholesterol22 milligrams
Sodium368 milligrams

PEAS OR BEANS

(Serves 4-6)

Ingredients

1 pound dried peas or beans
1 smoked turkey wing
2 (14-ounce) cans fat free low sodium chicken broth
1 bay leaf
black pepper to taste

Directions

1. Sort and wash peas or beans.
2. Place turkey wing and peas into a heavy pot.
3. Add broth and bay leaf.
4. Cook on low heat until done.
5. Add black pepper as desired.

A 1/2 cup serving has:

Calories	165
Total Fat	1 gram
Saturated Fat	trace
Cholesterol	10 milligrams
Sodium	379 milligrams

GARLIC MASHED POTATOES

(Serves 4)

Ingredients

1 pound (about 2 large) potatoes, peeled and quartered
2 cups skim milk
2 large cloves of garlic, chopped
Dash of pepper

Directions

1. Cook potatoes, covered, in a small amount of boiling water for 20-25 minutes or until tender. Remove from heat. Drain and recover.
2. Meanwhile, in a small saucepan over low heat, cook garlic in milk until garlic is soft, about 30 minutes.
3. Add milk-garlic mixture and white pepper to potatoes.
4. Beat with an electric mixer on low speed or mash with a potato masher until smooth.

A 1/2 cup serving has:

Calories	141
Total Fat	trace
Saturated Fat	trace
Cholesterol	.2 milligrams
Sodium	.70 milligrams

SCALLOPED POTATOES

(Serves 8)

Ingredients

5 pounds new potatoes, thinly sliced
1 large yellow onion, thinly sliced
1/2 teaspoon salt
1 teaspoon pepper
1-1/2 cups skim milk
1/2 cup low fat cheddar cheese, grated
non-stick cooking spray

Directions

1. Spray a large casserole dish with non-stick cooking spray.
2. Layer the potatoes and onions in the casserole dish, sprinkling each layer with salt and pepper.
3. Pour the milk over all and top with cheese.
4. Cover with foil and bake at 350 degrees until cooked through, about 45 minutes.
5. Remove the foil and brown the top.

A 1/2 cup serving has:

Calories	.218
Total Fat	.trace
Saturated Fat	.0
Cholesterol	.10 milligrams
Sodium	.208 milligrams

RICE PILAF

(Serves 6)

Ingredients

2 Tablespoons margarine
1/2 cup chopped onion
1/4 cup chopped celery
1/2 cup chopped green or red bell pepper
2 cups homemade chicken broth or commercial low sodium variety
1 cup uncooked long-grain rice
1/2 cup sliced fresh mushrooms
1/2 Tablespoon chopped fresh parsley
3/4 teaspoon freshly ground black pepper, or to taste

Directions

1. In a small skillet over medium-high heat, melt margarine. Add onion, celery and bell pepper and saute 3 minutes. Set aside.
2. Place broth and rice in a saucepan over medium heat. Add onion mixture and mushrooms. Reduce heat and simmer, covered, 30 to 40 minutes, or until rice is tender and liquid is absorbed.
3. Add parsley and black pepper. Fluff before serving.

A 1/2 cup serving has:

Calories153
Total Fat4 grams
Saturated Fat1 gram
Cholesterol0
Sodium68 milligrams

SKILLET VEGETABLES

(Serves 8-10)

Ingredients

6-10 yellow squash, sliced
1 medium bunch broccoli flowerets
1 medium package baby carrots
1 bell pepper, chopped
1 teaspoon margarine
dash of salt

Directions

1. Combine squash, broccoli, and baby carrots in a skillet.
2. Add margarine, salt and 1/2 cup water.
3. Cover and cook over low heat until tender.

A 1 cup serving has:

Calories	.59
Total Fat	.trace
Saturated Fat	.trace
Cholesterol	.trace
Sodium	.169 milligrams

SUCCOTASH VEGETABLES

(Serves 8)

Ingredients

6 ears corn
4 medium tomatoes, peeled and diced
2 slices bacon
1 (16-ounce) package of okra (frozen)
1 medium onion, sliced
a dash of black pepper

Directions

1. Cut corn from cob.
2. Mix corn and tomatoes together and set aside.
3. Cook bacon in deep frying pan or skillet.
4. Remove 1/2 of the bacon dripping from the skillet.
5. Add corn mixture to pan and simmer for 10 minutes.
6. Add okra and onion.
7. Cook slowly until tender.
8. Add a dash of pepper.

A 1/2 -cup serving has:

Calories	.93
Total Fat	.1 gram
Saturated Fat	.trace
Cholesterol	.1 milligram
Sodium	.27 milligrams

DUNBAR P.O.E.T.S. SWEET POTATOES

(Serves 8)

Ingredients

8 small even-sized sweet potatoes
nutmeg
margarine

Directions

1. Scrub potatoes and arrange on baking sheet.
2. With a knife, slice half way through each potato. Add 1 teaspoon margarine to each potato and sprinkle with nutmeg.
3. Bake at 425 degrees for 40-50 minutes or until tender.

One sweet potato has:

Calories	.160
Total Fat	.5 grams
Saturated Fat	.0
Cholesterol Fat	.0
Sodium	.11 milligrams

YAMS AND APPLES

(Serves 8)

Ingredients

5 medium sweet potatoes
2 apples
1 teaspoon margarine
1/4 Tablespoon vanilla
1/4 teaspoon cinnamon
1/3 cup light Karo syrup

Directions

1. Peel sweet potatoes and apples. Slice thin.
2. In large pot, heat 1/4 cup water to boiling.
3. Add potatoes; simmer for about 5 minutes.
4. Add apples, margarine, vanilla and cinnamon.
5. Cook over low heat for about five minutes.
6. Add Karo syrup and cook until tender.

A 1/2-cup serving has:

Calories	150
Total Fat	trace
Saturated Fat	0
Cholesterol	0
Sodium	.35 milligrams

ZUCCHINI & SQUASH

(Serves 4)

Ingredients

2 medium yellow squash, thinly sliced
2 medium zucchini, thinly sliced
1/2 bell pepper, sliced
6 green onions cut in 1-inch pieces
1/4 teaspoon salt
2 cloves garlic, minced
non-stick cooking spray

Directions

1. Spray skillet with non-stick cooking spray.
2. Put vegetables in skillet and add spices.
3. Cover tightly and cook for 35 minutes over low heat.
4. Uncover, stir mixture, and cook for 10 minutes.

A 1-cup serving has:

Calories	.90
Total Fat	.0
Saturated Fat	.trace
Cholesterol	.8 milligrams
Sodium	.144 milligrams



Meats and Main Courses

BEEF CASSEROLE

(Serves 8)

Ingredients

1/2 pound lean ground beef
1 cup onion, chopped
1 cup celery, chopped
1 cup green pepper, cubed
3-1/2 cups canned tomatoes, diced
1/4 teaspoon salt
1/2 teaspoon black pepper
1/4 teaspoon paprika
1 cup frozen peas
2 small carrots, diced
1 cup uncooked rice
1-1/2 cups water

Directions

1. In a skillet brown the ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well. Cover skillet and cook over medium heat until boiling. Reduce to low heat simmer for 35 minutes.
3. Serve hot.

A 1-1/3 cup serving has:

Calories184
Total Fat3 grams
Saturated Fat1 gram
Cholesterol15 milligrams
Sodium344 milligrams

SPICY SOUTHERN BARBECUE CHICKEN

(Serves 8)

Ingredients

3 pounds chicken parts (breast, drumsticks, and thighs),
skin and fat removed
1 large onion, thinly sliced
3 Tablespoons vinegar
3 Tablespoons Worcestershire sauce
2 Tablespoons brown sugar
black pepper to taste
1 Tablespoon hot pepper flakes
1 Tablespoon chili powder
1 cup chicken stock or broth, skim fat from top

Directions

1. Place chicken in a 13x9x2-inch pan. Arrange onions over the top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, black pepper, hot pepper flakes, chili powder, and stock.
3. Pour over chicken and bake at 350 degrees for 1 hour or until done.
4. Baste occasionally.

A serving, one chicken part, has:

Calories	176
Total Fat6 grams
Saturated Fat2 grams
Cholesterol66 milligrams
Sodium240 milligrams

MOCK FRIED CHICKEN

(Serves 8)

Ingredients

1 whole chicken, cut-up
1-1/2 cup flour
2 teaspoons salt
1 teaspoon pepper
1 teaspoon paprika
non-stick cooking spray

Directions

1. Preheat oven to 350 degrees.
2. Spray pan with non-stick cooking spray.
3. Wash chicken parts and remove all visible fat with scissors.
4. Mix flour and seasonings.
5. Coat chicken pieces with flour mixture.
6. Place chicken pieces in covered pan/skillet and bake for 45-60 minutes or until internal temperature reaches 185 degrees.
7. Turn once for even browning.
8. Remove cover for last 15 minutes of cooking.

One chicken breast has:

Calories220
Total Fat9 grams
Saturated Fat2 grams
Cholesterol87 milligrams
Sodium350 milligrams

SOUTHERN FISH FILLETS

(Serves 4)

Ingredients

1 pound fish fillets, such as orange roughy, perch, or crappie
1 teaspoon dried tarragon, crumbled
4 lemon wedges (optional)
Vegetable oil spray
1/2 cup skim milk
1/2 cup cornmeal
1/2 teaspoon pepper
4 drops red hot pepper sauce
1/4 cup minced fresh parsley

Directions

1. Preheat oven to 450 degrees.
2. Lightly spray a 13x9x2-inch baking dish with vegetable oil spray.
3. Sprinkle fish with black pepper. In a shallow bowl, combine milk and hot pepper sauce.
4. In a separate shallow bowl, combine remaining ingredients except lemon wedges.
5. Dip fish in milk mixture, and then roll in cornmeal mixture.
6. Place in baking dish.
7. Bake 15 to 17 minutes, or until fish flakes easily when tested with a fork.
8. Serve with lemon wedges.

One serving (one fillet) has:

Calories	.156
Total Fat	.1 gram
Saturated Fat	.0
Cholesterol	.23 milligrams
Sodium	.91 milligrams

SPICY BAKED PORK CHOPS

(Serves 4)

Ingredients

1 pound boneless pork loin chops, all visible fat removed
 Egg substitute equivalent to 1 egg, or 1 egg
 1/2 teaspoon dried marjoram, crushed
 2 Tablespoons skim milk
 1/3 cup cornflake crumbs
 1/8 teaspoon ground pepper
 1/8 teaspoon ground ginger
 Vegetable oil spray
 1/2 teaspoon cornmeal
 1/8 teaspoon dry mustard
 1/8 teaspoon cayenne

Directions

1. Preheat oven to 375 degrees. Using vegetable oil spray, spray a shallow baking pan large enough to hold pork chops in a single layer. Set aside.
2. Cut pork chops into 4 portions, if necessary. Set aside.
3. In a large bowl such as a soup bowl, combine egg substitute and milk.
4. In a shallow dish bowl such as a pie pan, combine crumbs, cornmeal, marjoram, pepper, mustard, ginger and cayenne. Using tongs, dip pork chops in milk mixture, letting excess liquid drip off. Coat both sides of the pork chops with crumb mixture. Arrange pork chops in prepared pan.
5. Bake, uncovered, for 15 minutes. Turn chops with a spatula and bake for 10 minutes, or until chops are tender and cooked all the way through.

One pork chop has:

Calories234
Total Fat9 grams
Saturated3 grams
Cholesterol70 milligrams
Sodium142 milligrams

POT ROAST

(Serves 8)

Ingredients

1 large pot roast (round or sirloin)
2 cloves garlic
1 teaspoon salt
1/4 teaspoon pepper
1 large onion, sliced
water

Directions

1. Make 4 1-inch slits in various parts of the roast.
2. Insert half clove garlic in each slit.
3. Season with salt and pepper.
4. Put onion slices on top of meat. Add about 1-inch water.
5. Cover and bake at 350 degrees until the internal temperature reaches 170 degrees.

A 3-ounce serving has:

Calories	.200
Total Fat	.10 grams
Saturated Fat	.3 grams
Cholesterol	.70 milligrams
Sodium	.345 milligrams

SPAGHETTI

(Serves 10)

Ingredients

1 large onion
2 Tablespoons water
1-6 ounce can tomato paste
1 teaspoon dried oregano leaves
1-14 ounce can stewed tomatoes
1/2 teaspoon ground black pepper
1-16 ounce package spaghetti
May add 1 pound cooked ground round, sirloin, or turkey if desired.

2 Tablespoons olive oil
1 cup water
2 teaspoons dried basil leaves
3/4 teaspoon garlic powder

Directions

1. Peel and chop onion.
2. Pour oil into large nonstick skillet. Add onion and 2 Tablespoons water. Place skillet on burner. Turn heat to medium. Stir with a wooden spoon and cook 5 to 7 minutes, or until water boils off (evaporates) and you can hear onion "sizzle" in the oil.
3. Add remaining ingredients, except spaghetti. Lower heat to medium-low. Cook sauce, uncovered, over medium-low heat, stirring occasionally with wooden spoon.
4. While sauce is cooking, prepare spaghetti in a large pot according to package instructions, leaving out salt and butter or margarine.
5. Place colander in sink. With oven mitts, carry pot of spaghetti from stove to sink. Carefully drain spaghetti in colander. Place about a cup of spaghetti on each plate.
6. Using a ladle, top each serving with 1/2 cup sauce.

One cup spaghetti with 1/2 cup meatless sauce has:

Calories156
Total Fat3 grams
Saturated0
Cholesterol0
Sodium204 milligrams



Desserts

APPLE DELIGHT

(Makes 1 serving)

Ingredients

1 small apple chopped into chunks with the skin
15 seedless grapes
6 ounce of Yoplait Lite Vanilla Yogurt
4-5 dashes of cinnamon

Directions

1. Mix apples, grapes and yogurt together in bowl.
2. Add cinnamon to taste.

One serving has:

Calories	.215
Total Fat	.0
Saturated Fat	.0
Cholesterol	.less than 5 milligrams
Sodium	.86 milligrams

BANANA MOUSSE

(Makes 4 servings)

Ingredients

2 Tablespoons skim milk
4 teaspoons sugar
1 teaspoon vanilla
1 medium banana cut in quarters
1 cup plain low fat yogurt
(8) 1/4 inch banana slices

Directions

1. Put milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into 4 dessert dishes. Garnish each with 2 banana slices just before serving.

One 1/2 cup serving has:

Calories	.94
Total Fat	.1 gram
Saturated Fat	.1 gram
Cholesterol	.4 milligrams
Sodium	.47 milligrams

CHOCOLATE BROWNIES

(16 servings)

Ingredients

1 cup Mott's Regular or Cinnamon Apple Sauce
1 cup firmly packed brown sugar
1/4 cup margarine or butter
2 eggs
1 cup all-purpose flour
1 teaspoon cinnamon
1/2 teaspoon baking soda
powdered sugar
1/4 teaspoon cinnamon

1 teaspoon vanilla
1/4 cup unsweetened cocoa
1/2 teaspoon baking powder
1/4 teaspoon salt
unsweetened cocoa

Directions

1. Heat oven to 350 degrees. Grease 9-inch square pan.
2. In large bowl, cream brown sugar and margarine. Mix in eggs.
3. Stir in apple sauce and vanilla, blend thoroughly. Stir in flour, cocoa, cinnamon, baking powder, baking soda, and salt; mix well.
4. Bake at 350 degrees for 25 to 35 minutes or until toothpick inserted in the center comes out clean. Cool.
5. Just before serving, sprinkle with additional powdered sugar, cocoa and cinnamon, if desired.

One serving has:

Calories123
Total Fat3 gram
Saturated Fat1 gram
Cholesterol2 milligrams
Sodium110 milligrams

CREAM CHEESE POUND CAKE

(Serves 10)

Ingredients

3 cups all-purpose flour
2 teaspoons baking powder
1 cup margarine
1 (8 ounce) package low fat cream cheese
1-1/2 cup sugar
5 eggs
2 teaspoons vanilla
1 teaspoon lemon extract

Directions

1. Sift together the flour and baking powder.
2. Beat margarine at medium speed in a large bowl until soft and well blended.
3. Add cream cheese and continue beating until light and fluffy.
4. Add sugar. Beat until mixture is light and fluffy.
5. Add eggs one at a time, beating thoroughly after each egg.
6. Gradually add flour mixture to creamed mixture. Blend thoroughly.
7. Add vanilla and lemon extract. Stir.
8. Pour batter into a bundt pan and bake at 325 degrees for 1-1/2 hours or until done.
9. Cool and store in an airtight container.

One slice (1/10 of cake) has:

Calories213
Total Fat8 grams
Saturated Fat2 grams
Cholesterol95 milligrams
Sodium200 milligrams

RICE PUDDING

(Serves 5)

Ingredients

6 cups water
2 cinnamon sticks
1 cup rice
3 cups skim milk
2/3 cup sugar
1/2 teaspoon salt

Directions

1. Put the water and cinnamon sticks into a medium saucepan. Bring to a boil.
2. Stir in rice. Cook on low heat for 30 minutes until rice is soft and water has evaporated.
3. Add skim milk, sugar, and salt. Cook for another 15 minutes until it thickens.
4. Cool in refrigerator until firm.

A 1/2 cup serving has:

Calories372
Total FatLess than 1 gram
Saturated FatLess than 1 gram
Cholesterol3 milligrams
Sodium308 milligrams

LIGHT PUMPKIN PIE

(Serves 8)

Ingredients

- 1 cup ginger snaps
- 1-16 ounce can pumpkin
- 1/2 cup egg whites (about 4)
- 1/2 cup sugar
- 2 teaspoons pumpkin pie spice (cinnamon, ginger, cloves)
- 12 ounce can evaporated skim milk

Directions

1. Preheat the oven to 350 degrees. Grind the cookies in a food processor. Lightly spray a 9 inch glass pie pan with vegetable cooking spray.
2. Pat the cookie crumbs into the pan evenly.
3. Mix the rest of the ingredients in a medium-sized mixing bowl.
4. Pour into the crust and bake until knife inserted in the center comes out clean, about 45 minutes.
5. Allow to cool and slice in 8 wedges. Store in the refrigerator.

One slice has:

Calories	165
Fat	1.5 grams
Saturated Fat	.5 grams
Cholesterol	1.5 milligrams
Sodium	170 milligrams



Beverages

SPARKLING PUNCH

(Serves 4)

Ingredients

2 cups orange juice
3 Tablespoons lemon juice (juice of one lemon) – optional
6 ounces unsweetened pineapple juice
1 cup unsweetened apple juice
12 ounces lemon or lime sparkling mineral water

Directions

In a large pitcher, combine the fruit juices and sparkling water. Pour over ice.

One 10 ounce serving has:

Calories	111
Total Fat0
Cholesterol0
Sodium9 milligrams

SUMMER BREEZES SMOOTHIE

(Serves 3)

Ingredients

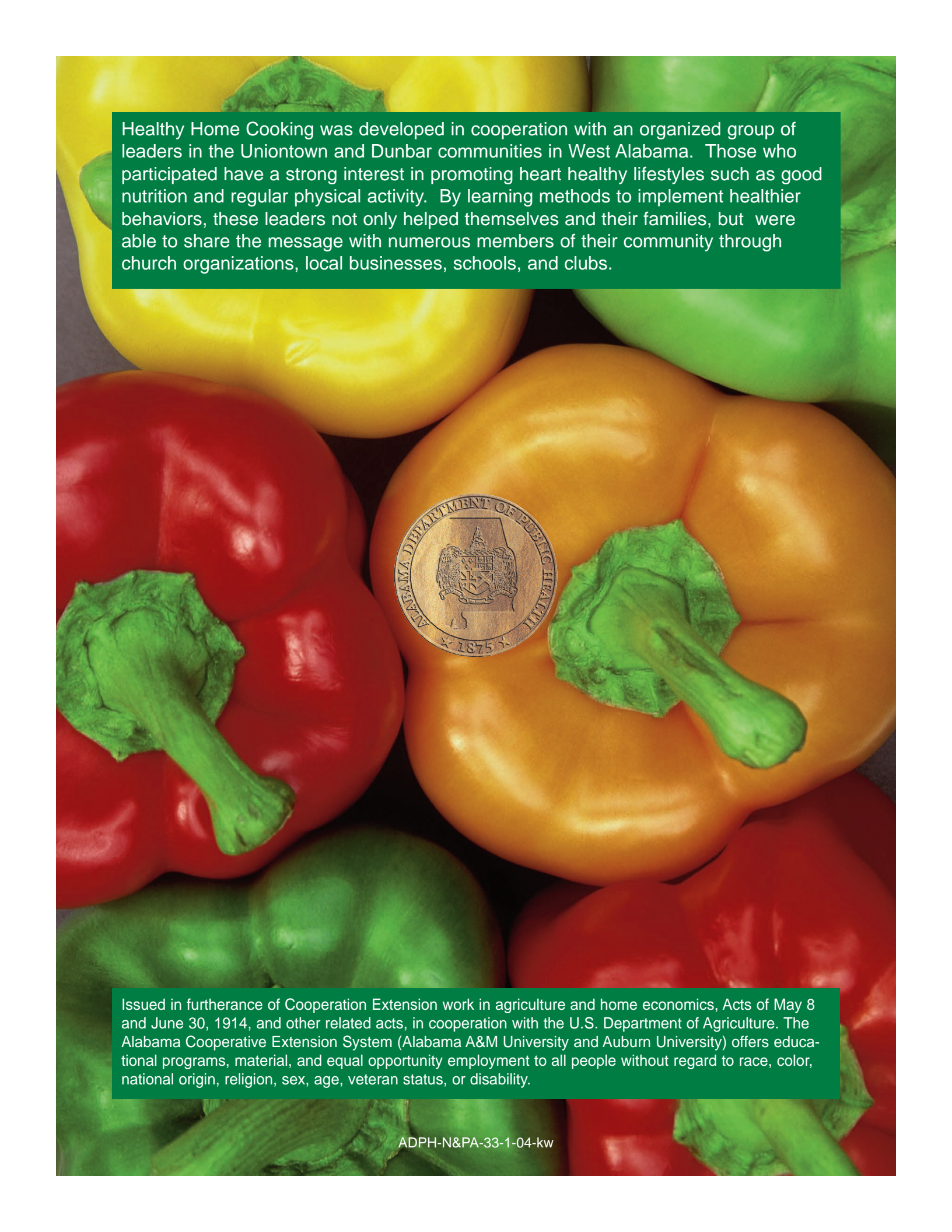
1 cup of yogurt, plain nonfat
6 medium strawberries
1 cup pineapple, crushed, canned in juice
1 medium banana
1 teaspoon vanilla extract
4 ice cubes

Directions

1. Place all ingredients in a blender and puree until smooth.
2. Serve in frosted glass.

An 8-ounce serving has:

Calories	121
Fat	less than 1 gram
Saturated Fat	less than 1 gram
Cholesterol1 milligram
Sodium64 milligram



Healthy Home Cooking was developed in cooperation with an organized group of leaders in the Uniontown and Dunbar communities in West Alabama. Those who participated have a strong interest in promoting heart healthy lifestyles such as good nutrition and regular physical activity. By learning methods to implement healthier behaviors, these leaders not only helped themselves and their families, but were able to share the message with numerous members of their community through church organizations, local businesses, schools, and clubs.

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