

KSE Family Favorite Recipes

Family Fitness Night January 2009

A few of our members submitted recipes of their healthy family favorites. We hope you got to enjoy a taste of the prepared samples. We put the recipes together for you to try at home.

If you have some healthy family favorites you would like to submit please go to www.kingspringspta.org and click on Family Fitness. We may publish more for a later date.

You can find this document online at www.kingspringspta.org. Go to Family Fitness.

Salads

*Samples Featured at January Family Fitness Night

*Healthy Coleslaw Submitted by Wendy Meyer

If you order this out or buy it prepared, it will be most likely be made with lots of fat and sugar. If you make it at home you get to control exactly how much and what is used.

In mixing bowl combine equal parts of:

- Three Color Coleslaw blend (salad-in-a-bag)
- Broccoli Slaw or Rainbow Salad (salad-in-a-bag)
- Sprinkling of Matchstick carrots if desired
- Add a very small amount of Hellmann's light mayo or fat-free or olive oil variety
- White Balsamic Vinegar - sprinkle till all veggies are slightly wet

I like the balsamic vinegar because I don't have to add any sugar. If your family prefers a sweeter coleslaw, you can add a small amount of Splenda.

Stir thoroughly to coat veggies. Add salt and pepper to taste. Chill and serve.

It's that easy! For variety, you can also add fresh fruits and/or nuts, pineapple, mandarin oranges and walnuts are family favorites.

Italian Salad

Submitted by Wendy Meyer

This goes great with a meatball and a small whole grain roll.

Coat the bottom of a shallow plate with the following:
Balsamic vinegar, juice from 1/2 lemon, oregano

Arrange in stacks on the plate in the following order:

- Sliced ripe fresh tomato
- Sliced fresh mozzarella cheese (small balls in water in the imported cheese section)
- Fresh Basil
- Roasted red peppers

Sprinkle top of each stack with more balsamic, tiny amount of olive oil, a little more oregano, and salt and pepper to taste.

Add chopped fresh garlic and beans to the vinegar mix in the open areas of the plate (cannelloni, dark kidney or small red kidney are some that I like).

Let sit at room temperature for a few minutes to "marinate", then add a few "stacks" to a bowl of greens of your choice, spinach and field greens work well. Drizzle greens with bean, garlic, vinegar mixture.

Super Healthy, Super Tasty
Mediterranean Tuna Salad
Submitted by Wendy Meyer

1 can (6 oz.) Light Tuna in olive oil
1/3 cup Celery - diced
1 can (15.5 oz.) Garbanzo Beans (chick peas)
Salt and Pepper - to taste
1 cup fresh Parsley - finely chopped
Olive Oil - to taste
1/2 Lemon
Fresh Garlic minced - to taste
1/3 cup Onions - diced
1/3 cup Green Peppers - diced
1/2 cup Tomatoes - diced
Grated Parmesan (optional)

Open tuna and pour into medium mixing bowl. Do not drain. Flake tuna.

Open, drain, add garbanzo beans and mix.

Add parsley, onions, peppers, tomatoes and celery and mix well.

Add the juice from the lemon and salt, pepper, fresh minced garlic and additional olive oil to taste. Mix well. Sprinkle lightly with grated parmesan cheese before serving.

Serve chilled or at room temperature, plain or atop lettuce, mixed greens, or fresh spinach. Also makes a wonderful sandwich filling in a whole-wheat pita pocket with a cucumber yogurt spread.

Meals

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Aunt Barry's White Chili

Submitted by Wendy Meyer

Options included for chicken or vegetarian versions.
Barry's note: I've served this with tofu and people think it is chicken. Really!

1 Tbls. oil or spray oil
1 medium Onion, chopped
1 (or more) Garlic cloves, chopped
1 tsp. ground Cumin
1 to 2 lbs. cut up Chicken OR firm tofu
1 16 to 19 ounce can White Kidney OR
Great Northern beans, drained
1 15 to 19 ounce can Garbanzo Beans, drained
1 12 ounce can Hominy Corn (or any corn)
2 4 ounce cans chopped mild Green Chiles
2 Chicken flavor bullion cubes or envelopes OR
Vegetable bullion
1 1/2 C. water
Hot sauce to taste, optional

In a large pot, saute the onions and garlic in oil until soft. Add the chicken pieces or tofu and stir until brown. Add the rest of the ingredients and simmer an hour or 2 until beans are tender. Serve chili in bowls with choice of toppings.

OPTIONAL TOPPINGS:

Hot sauce
Shredded 2% cheese such as Cheddar, Monterey Jack, Mexican blend
Lite or Fat Free Sour Cream
Sliced green onions
Chopped onions
Chopped tomatoes
Chopped peppers
Brown rice
Tortilla chips

Turkey Tacos
Submitted by Wendy Meyer

½ pound Ground Turkey breast
Spray olive oil
1 can Rotel tomatoes and chilies (available in various degrees of spiciness)
1/2 pack of Taco Seasoning (or make your own use chili powder, garlic, onion powder & cayenne)
1 small Zucchini, grated and/or 1/2 package of angel hair cabbage
1/2 can Kidney Beans or Black Beans
Onion, fresh garlic, peppers, mushrooms may be added to taste

Brown meat and fresh veggies in a frying pan. Add seasonings, beans and Rotel mix and water as needed. Cover and simmer on low heat until sauce thickens and meat and veggies are tender and tasty.

Serve in blue corn tortillas topped with chopped tomatoes, shredded lettuce or cabbage, a dusting of 2% cheddar and a dollop of light sour cream or Wholly Guacamole.

To cut carbs even more, layer these ingredients in a bowl with a heavy salad base and sprinkle a few crushed blue corn tortilla chips on top.
This filling also makes a great burrito - just wrap in a whole wheat tortilla, sprinkle the 2% cheese on top and bake - then garnish with same sides.

*Barley, Black Bean and Corn (Meatless) Burritos
Yield: 9 servings
Submitted by Meghan Pressley

1 15 oz. can black beans, rinsed and drained
1 10 oz. can diced tomatoes with green chilies, undrained
1 C. uncooked fine barley
2 C. fat-free less-sodium chicken broth
¾ C. frozen whole-kernel corn
¼ C. chopped green onions
1 Tbls. fresh lime juice
1 tsp. ground cumin
1 tsp. chili powder
¼-½ tsp. cayenne pepper (optional)
1 clove garlic, minced
¼ C. chopped fresh cilantro
18 6½-inch flour tortillas

Toppings: Reduced-fat sharp shredded Cheddar cheese, Curly leaf lettuce, Salsa, Fat-free sour cream

Place first 11 ingredients in a 3-4 quart electric slow cooker and stir well. Cover with lid and cook on low heat setting 4-5 hours or until barley is tender and liquid is absorbed. Stir in cilantro.

Heat tortillas according to package directions. Spoon about 1/3 cup bean mixture down center of tortilla. Sprinkle each with cheese, lettuce, salsa and sour cream.

Italian-Style Turkey Meatloaf
Submitted by Meghan Pressley

2 pounds lean ground turkey
1 cup fine Italian-style bread crumbs
½ cup ketchup
1 cup grated mozzarella
1 cup finely chopped onion
2 cloves garlic, minced
½ cup chopped fresh parsley
2 tsp dried basil
½ tsp dried thyme
1 tsp salt
½ tsp pepper
2 eggs, lightly beaten
2 cups pasta sauce

Heat oven to 350 degrees. Oil a large jelly roll pan or a roasting pan and set it aside.

Combine all the ingredients except the pasta sauce in a large mixing bowl. Using your hands, toss the ingredients lightly to evenly distribute them, then knead the mixture well.

Transfer the mixture to your baking pan, shaping it into a loaf about 12 inches long and 5 inches wide. Bake it for 40 minutes, then remove it from the oven and spread a cup of pasta sauce over the top. Keep baking the meat loaf until it is cooked through, about 35 minutes more.

Allow the loaf to sit in the pan for 15 minutes before slicing it. Serve it with more pasta sauce if desired. Makes 8 or more servings.

Sloppy Joes

(with Sweet Potato and Butternut Squash)

Taken from Deceptively Delicious Cookbook
by Jessica Seinfeld

Prep: 25 min. Total: 45 min. (using pre-made purees)
Makes: 8

1 Tbls. olive oil
½ C chopped onion
½ C chopped celery
2 cloves garlic, minced
1 pound lean ground turkey or sirloin
½ C sweet potato puree
½ C butternut squash or red pepper puree
1-2 raw, finely chopped or shredded carrots (optional)
½ C reduced-fat, low-sodium beef broth
¼ C tomato paste
1 Tbls. Worcestershire sauce
1 tsp. chili powder, or to taste
½ tsp. salt
1/8 tsp. pepper
8 whole grain hamburger or hot dog buns

Coat a large nonstick skillet with cooking spray and set it over medium-high heat. When skillet is hot, add oil. Add onion, celery, and garlic, cook until the onion starts to soften (not brown), 3-4 minutes.

Add meat, breaking it up with wooden spoon and cook until no longer pink. Add vegetable purees, carrot (if using), beef broth, tomato paste, Worcestershire sauce, chili powder, salt and pepper. Reduce the heat to low, cover and simmer until liquid is reduced by about half, 15-20 minutes.

Spoon mixture over buns and serve.

Vegetable Purees

Sweet potato puree: Do not peel. Cut into quarters. Steam for 40-45 minutes. Scoop out the flesh and puree in a food processor or blender.

Butternut squash puree: Cut off stem, cut in half lengthwise and scrape out seeds. Roast halves on cookie sheet, flesh side down, 400 degrees for 45-50 minutes. Scoop out flesh and puree in a food processor or blender for about 2 minutes.

Veggies

Steamed Baby Carrots
Submitted by Dawn Mcloughlin

1 lb. bag baby carrots
1 Tbls brown sugar
1 tsp. soy sauce

Steam carrots until tender, 20-25 minutes. In plastic container with lid that is large enough for carrots, put brown sugar and soy sauce and set aside. When carrots are steamed put them in the container with brown sugar and soy. With top on container, tip and shake container a bit to coat carrots. Let sit 2-3 minutes. Tip out excess water and serve. Use less or more brown sugar and soy sauce depending on taste.

Green Beans with Mushrooms
Submitted by Dawn Mcloughlin

1 lb. frozen cut green beans (or fresh if you can)
8 oz. fresh mushrooms (optional but good if used)
2-3 Tbls. butter
1 - 2 tsp. soy sauce
Garlic powder to taste
Small sprinkle of salt if needed

Melt butter in large sauce pan on medium low heat. When melted, put beans (and mushrooms) in and turn to coat. Turn heat to medium and sprinkle with soy sauce and garlic powder. Cook covered for 20-25 minutes. Turn 4-5 times while cooking. Taste to check for doneness.
When using mushrooms, they are usually done when moisture from mushrooms is gone. If not using mushrooms you may need to add a bit of water to prevent beans from burning on the bottom while they finish cooking. Add salt if needed at end of cooking.

Desserts & Snacks

*Samples Featured at January Family Fitness Night

*Banana Bread (with Cauliflower)
Taken from Deceptively Delicious Cookbook
by Jessica Seinfeld

Prep: 10 min. Total: 70 min. (using pre-made purees)
Makes: 9x5 inch loaf or 2 mini loaves

¾ C whole-wheat flour
½ C all-purpose flour
½ tsp. baking soda
¼ tsp. baking powder
½ tsp. salt
½ tsp cinnamon (optional)
½ C firmly packed light or dark brown sugar
¼ C canola or vegetable oil
2 large egg whites
1 ½ C banana puree
½ C cauliflower puree
1 tsp. pure vanilla extract

Preheat oven to 350 degrees. Coat baking pan with cooking spray.

Mix flours, baking soda, baking powder, salt and cinnamon.

In a larger mixing bowl mix the sugar and oil well. Mix in egg whites, banana and cauliflower purees and vanilla. Add to flour mixture, mix just until combined.

Pour batter into loaf pan(s). Bake until a toothpick inserted in center comes out clean, 55-60 minutes for large loaf and 25-30 minutes for minis. Set on rack for 5 minutes, then turn out of pan to cool before serving.

Vegetable Puree

Cauliflower puree: Cut off florets and discard core. Steam for 8-10 minutes. Puree in a food processor or blender for about 2 minutes with a few teaspoons of water if needed for a smooth, creamy texture.

*Mozzarella Sticks (with Cauliflower)

Taken from Deceptively Delicious Cookbook
by Jessica Seinfeld

Prep: 20 min. Total: 45 min. (using pre-made purees)
Makes: 8 sticks

1 C whole wheat breadcrumbs
1 Tbls. flaxseed meal or wheat germ
1 Tbls. sesame seeds (optional)
1 C shredded part-skim mozzarella
½ C cauliflower puree
1 Tbls. cornstarch
1 Tbls. olive oil
¼ tsp. salt
Nonstick cooking spray

In a bowl, toss breadcrumbs with flaxseed meal and sesame seeds.

In a second large bowl, stir mozzarella, cauliflower puree and cornstarch until well combined. Shape into eight 2x1/2 inch logs. Gently roll each log in the breadcrumbs then wrap in aluminum foil or waxed paper and freeze for 20 minutes.

Coat a large nonstick skillet with cooking spray and set it over medium-high heat. When pan is hot add the oil. Arrange mozzarella sticks in the pan in a single layer being careful not to crowd them.

Cook for 3-4 minutes, turning occasionally until the crumb coating begins to brown. Sprinkle with salt and serve with ketchup.

Vegetable Puree

Cauliflower puree: Cut off florets and discard core. Steam for 8-10 minutes. Puree in a food processor or blender for about 2 minutes with a few teaspoons of water if needed for a smooth, creamy texture.

*Donette's Low Fat Chocolate Muffins

Submitted by Donette Konneker

Ghirardelli Double Chocolate Muffin Mix

Follow directions but substitute 4 egg whites instead of 2 eggs; use 1/4 cup applesauce instead of oil.

That's it, enjoy!

*Corn Salsa

Submitted by Lucie Lie-Nielsen

3 large fresh ears corn, cooked
1 large tomato, chopped
1 jar (7ounce) roasted sweet pepper, red, drained & chopped
2 green onions, chopped
3 Tbsp fresh cilantro, minced
1 Tbsp red wine vinegar
1 lime, juice from it squeezed
½ tsp salt
½ tsp pepper
2 Tbsp olive oil

Cut corn from cobs, stir in other ingredients. Add avocado if desired. Cover & chill 2 hrs. Serve with tortilla chips.

You can add black beans and cucumber too! Great as a side dish for poultry and fish.

*Donette's Low Fat Jimmy Dean Dip

Submitted by Donette Konneker

1 roll Jimmy Dean low fat sausage (1/3 less fat); brown in skillet and then drain all grease.
1 block of (1/3 less fat) cream cheese; add to cooked sausage and mix well.
1 can original Rotel; add to sausage and cream cheese mixture and simmer on low for a few minutes.
Serve with low fat Tostitos scoops or any other healthy chip.