



National Nutrition Month 2009 Recipes

Spring Vegetable Sauté

Marjorie Sawicki, MS, RD, LD

6 Servings

- 1 tablespoon canola oil
- 1 clove garlic, minced
- ¼ red onion, cut into slivers
- 1 portabella mushroom, sliced
- 1 pound sugar snap peas, trimmed
- ½ pound fresh asparagus, trimmed and sliced diagonally
- 1 to 2 tablespoons balsamic vinegar
- 1 tablespoon snipped fresh tarragon, or 1 teaspoon dried
- 4 tablespoons slivered almonds, optional

Asparagus is the first vegetable to come into Illinois gardens. Fresh or dried, tarragon dances well with the fresh taste of all the vegetables.

1. Combine the oil, garlic and onion in a large nonstick skillet over medium-high heat. Sauté 2 to 3 minutes.
2. Add the mushroom, snap peas, asparagus and 2 tablespoons water. Sauté 2 to 4 minutes, or until the mushrooms wilt and the peas are crisp tender.
3. Add the vinegar and tarragon; stir. Simmer 2 to 3 minutes or until liquid reduces. Sprinkle with the almonds and serve.

Cook's Tip: Use 1 pound of asparagus and omit the snow peas. The contrasting textures of the mushrooms and the asparagus silently add to the enjoyment of the dish.

Serving size: 1 cup

Nutrition Facts per Serving:

Calories: 120 kcal	Fat: 5 g
Saturated fat: 0 g	Cholesterol: 0 mg
Sodium: 15 mg	Carbohydrates: 10 g
Fiber: 3 g	Protein: 5 g

Recipe provided courtesy of John Wiley & Sons, From American Dietetic Association Cooking Healthy Across America by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA ©2005, John Wiley & Sons.

Pizza Chicken

Kristine Napier, MPH, RD

6 Servings

- Vegetable cooking spray
- 1 pound boneless, skinless chicken breast, trimmed of all fat and sliced into strips
- 1 medium-size yellow onion, finely chopped
- 1 green bell pepper, cored and thinly sliced
- 1 red bell pepper, cored and chopped
- 1 26-ounce jar favorite pasta sauce
- 1 cup shredded part-skim mozzarella cheese (4 ounces)
- 6 cups cooked favorite family pasta

Enjoy the best of two American favorites in this please-every-family-member dish. Reminiscent of Chicago-style pizzas, this dish is Italian-delicious but moderate in calories and fat. Be sure to try it if you can't get your kids to eat chicken. Spice it up or down with the pasta sauce you choose, and be sure to make an extra batch to freeze for another night.

1. Spray a large nonstick skillet, Dutch oven, or electric skillet with the cooking spray. Heat to medium high. Add the chicken and onion; brown 3 to 5 minutes.
2. Reduce heat to medium low, top the chicken with the peppers, then the pasta sauce. Cover tightly and simmer 20 minutes.
3. Remove the lid and add the cheese. Replace the lid, remove from heat and allow the cheese to melt about 5 minutes. Serve over pasta.

Serving size: 1 cup chicken and sauce plus 1 cup cooked pasta

Nutrition Facts per Serving:

Calories: 390 kcal	Fat: 7 g
Saturated fat: 2.5 g	Cholesterol: 55 mg
Sodium: 880 mg	Carbohydrates: 50 g
Fiber: 5 g	Protein: 30 g

Recipe provided courtesy of John Wiley & Sons, From American Dietetic Association Cooking Healthy Across America by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA ©2005, John Wiley & Sons.



National Nutrition Month 2009 Recipes

Goopy Double Fudge Brownies

Kristine Napier, MPH, RD

9 Servings

Vegetable cooking spray

1 cup granulated sugar

1/2 cup liquid egg substitute

1/3 cup cooked black beans, or drained and rinsed canned beans

1/4 cup all-purpose flour

1/4 cup whole wheat flour

1/2 cup butter, melted

2 squares unsweetened baking chocolate, melted and stirred

2 tablespoons vanilla extract

1/4 cup semi-sweet mini chocolate chips

1 tablespoon sifted powdered sugar

Substitution: To reduce the calories, use 1/2 cup spoonable sugar substitute and 1/2 cup regular sugar in place of the 1 cup regular sugar.

Every cookbook has to have brownies. Who would have thought this all-American favorite was created accidentally as a result of a chocolate cake falling? Brownies get their name for their dark brown color. Yes, this Wisconsin version recipe uses black beans as a substitute for part of the fat. The surprising taste benefit is that they add excellent texture and so much moisture.

1. Preheat oven to 350 degrees F. Spray a 9x9 inch pan with vegetable cooking spray.
2. Combine the sugar, egg substitute and beans in a food processor; process until very smooth.
3. Transfer the bean mixture to a medium-size mixing bowl. Stir in the flours, butter and chocolate until smooth. Add the vanilla and chocolate chips; stir until smooth. Transfer the mixture to the baking pan.
4. Bake approximately 25 minutes; the middle should be slightly jiggy and wet when removed from the oven. Cool. Sprinkle with powdered sugar just before serving.

Serving size: 1/9 of pan

Nutrition Facts per Serving:

Calories: 230 kcal

Fat: 10 g

Saturated fat: 6 g

Cholesterol: 15 mg

Sodium: 50 mg

Carbohydrates: 34 g

Fiber: 2 g

Protein: 3 g

Recipe provided courtesy of John Wiley & Sons, From American Dietetic Association Cooking Healthy Across America by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA ©2005, John Wiley & Sons.

Portabella Mushroom Wraps

Elizabeth Arvidson, RD

4 Servings

1 tablespoon extra-virgin olive oil

1/3 cup soy sauce

1/3 cup Merlot or any red wine

1/3 cup balsamic vinegar

1 tablespoon garlic powder

1 teaspoon crushed red pepper

2 medium-size portabella mushrooms, sliced

1/2 cup uncooked quinoa

8 ounces reduced-fat cream cheese, room temperature

1 7-ounce jar sun-dried tomatoes, drained

4 10-inch whole-wheat tortillas (or other designer flavor, such as garlic-herb)

2 cups fresh baby spinach, washed and dried

Substitution: Substitute brown rice for the quinoa; increase the simmer time to 35 minutes.

A la California style, this wrap is filled with layers of flavor that fuse together well. If you haven't tried quinoa, this is a great recipe to start with. Quinoa is an ancient grain from South America. It was a staple for the Incas.

1. Combine the oil and the soy sauce, wine, vinegar, garlic powder and red pepper; add the portabella mushrooms. Cover and marinate overnight in the refrigerator.
2. Combine the marinated mushrooms and 1/2 cup water in a medium-heavy saucepan. Bring to a boil; add the quinoa, reduce heat, cover and simmer 15 minutes. Remove from heat; stir, cover and let stand 5 minutes.
3. Meanwhile, blend the cream cheese and tomatoes in a food processor on medium speed until smooth. (Alternatively, finely chop the tomatoes and stir them into the softened cream cheese.)
4. To prepare the wraps: spread the cream cheese mixture evenly over the tortillas. Top with 1/4 cup of the cooked mushroom-quinoa mixture and 1/2 cup of the spinach leaves. Tuck in the upper and lower edges of the tortilla and roll it into a cylinder. Serve warm.

Serving size: 1 wrap

Nutrition Facts per Serving:

Calories: 420 kcal

Fat: 13 g

Saturated fat: 2 g

Cholesterol: 5 mg

Sodium: 1,360 mg

Carbohydrates: 62 g

Fiber: 8 g

Protein: 20 g

Recipe provided courtesy of John Wiley & Sons, From American Dietetic Association Cooking Healthy Across America by American Dietetic Association and Food and Culinary Professionals, a Dietetic Practice Group of ADA ©2005, John Wiley & Sons.



National Nutrition Month 2009 Recipes

Basic Beef Pot Roast

8 Servings

- 2 teaspoons olive oil
- 1 boneless beef chuck shoulder pot roast (about 3 pounds)
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups chopped onion
- 3 cloves garlic, minced
- 1 can (14 to 14 ½ ounces) ready-to-serve beef broth

Rediscover the simple pleasure of tender, flavorful pot roast. Carve into slices and serve. Or cool and shred the pot roast to use in other recipes. This recipe is an excellent source of protein, vitamin B12, selenium and zinc, and a good source of niacin, vitamin B6 and iron.

1. Heat oil in stockpot over medium heat until hot. Place beef pot roast in stockpot; brown evenly. Remove pot roast; season with salt and pepper. Pour off all but 1 teaspoon drippings from stockpot, if necessary.
2. Add onion and garlic to stockpot; cook and stir 3 to 4 minutes or until onion is tender. Stir in broth. Return pot roast to stockpot; bring to a boil. Reduce heat; cover tightly and simmer on top of range or in pre-heated 325 degree oven 2 ½ to 3 hours or until pot roast is fork-tender.
3. Remove pot roast; cool slightly. Trim and discard excess fat from cooked pot roast. Shred pot roast with 2 forks. Skim fat from cooking liquid; reserve for recipe use, if desired.

Serving size: ⅛ of recipe

Nutrition Facts per Serving:

Calories: 183	Fat: 7 g	Saturated fat: 2 g	Monounsaturated fat: 4 g
Cholesterol: 80 mg	Sodium: 300 mg	Carbohydrate: 2 g	Fiber: 0.4 g
Protein: 26 g	Niacin: 2.6 mg	Vitamin B6: 0.2 mg	Vitamin B12: 2.5 mcg
Iron: 3.4 mg	Selenium: 25.7 mcg	Zinc: 6.7 mg	

Recipe provided courtesy of John Wiley & Sons, From *The Healthy Beef Cookbook* by National Cattlemen's Beef Association & American Dietetic Association ©2006, John Wiley & Sons.

Tarragon Cod with Vegetables

6 Servings

- 6 frozen cod fillets (1 ½ pounds total)
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 tablespoon fresh tarragon leaves, or 1 teaspoon dried tarragon
- 1 tablespoon fresh lemon juice
- 1 ½ cups chopped mushrooms
- 1 ½ cups thinly sliced carrot
- ¾ cup chopped celery
- 2 tablespoons chopped fresh parsley
- 1 tablespoon margarine, cut into 6 small pieces

Cod is a mild, slightly sweet-tasting fish that's inexpensive and widely available fresh or frozen. This simplified version of "fish en papillote" uses foil instead of a parchment paper wrap and allows the fish to steam in its own juices. Prep the fish packet in advance if you like—just keep it refrigerated until ready to bake.

1. Preheat the oven to 350 degrees F.
2. Place the frozen fish on a sheet of heavy-duty aluminum foil; season with salt and pepper.
3. Sprinkle the tarragon and lemon juice on the fish. Add all the chopped vegetables and the fresh parsley. Dot with margarine; fold and crimp the foil to make a tight package.
4. Bake for 40 minutes if the fish was frozen or 35 minutes if it was thawed when it was put into the oven. To serve, put on individual plates and slit the foil across the top so diners can easily fold it back to enjoy the entrée.

Serving size: About 3 ½ ounces fish, plus ⅓ cup vegetables

Nutrition Facts per Serving:

Calories: 130	Calories from fat: 25	Fat: 3 g
Saturated fat: 1 g	Cholesterol: 49 mg	Sodium: 205 mg
Fiber: 1 g	Sugars: 2 g	Protein: 21 g
Carbohydrate: 4 g		
Exchange Approximations:	Vegetable 1	Meat, very lean 3

Recipe and text from *The New Family Cookbook for People with Diabetes*, published by Simon & Schuster, copyright 2007. Used by permission.



National Nutrition Month 2009 Recipes

Ambrosia

2 cups (4 servings)

- 1 1/4 cups orange segments
- 1 small banana (about 4 ounces), peeled and sliced
- 1/4 cup orange juice
- 2 tablespoons shredded coconut (sweetened or unsweetened as available)

A classic American dessert, ambrosia is ideal for winter brunches or as a dessert when fruit selection is limited. Tossing the banana slices with the orange juice helps keep them from discoloring.

1. Combine the fruits and juice.
2. Sprinkle with coconut at serving time.

Serving size: 1/2 cup

Nutrition Facts per Serving:

Calories: 72	Calories from fat: 10
Fat: 1 g	Saturated fat: 1 g
Cholesterol: 0 mg	Sodium: 7 mg
Fiber: 2 g	Sugars: 12 g
Protein: 1 g	Carbohydrate: 16 g
Exchange Approximations: Fruit 1	

Recipe and text from The New Family Cookbook for People with Diabetes, published by Simon & Schuster, copyright 2007. Used by permission.

Summer Vegetable Spaghetti

9 Servings

- 2 cups small yellow onions, cut in eighths
- 2 cups fresh ripe tomatoes (about 1 lb.) chopped and peeled
- 2 cups yellow and green squash (about 1 lb.) thinly sliced
- 1 1/2 cups fresh green beans (about 1/2 lb.) cut
- 2/3 cup water
- 2 tablespoons fresh parsley, minced
- 1 clove garlic, minced
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- Black pepper to taste
- 1 can (6 oz.) tomato paste
- 1 lb. spaghetti, uncooked
- 1/2 cup Parmesan cheese, grated

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol and is good hot or cold.

1. Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently 15 minutes, stirring occasionally until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top.

Serving size: 1 cup spaghetti and 3/4 cup sauce with vegetables

Nutrition Facts per Serving:

Calories: 271	Fat: 3 g
Saturated fat: 1 g	Cholesterol: 4 mg
Sodium: 328 mg	Fiber: 5 g
Protein: 11 g	Carbohydrates: 51 g
Potassium: 436 mg	

Reprinted from A Healthier You. Based on the Dietary Guidelines for Americans, 2005. U.S. Department of Health and Human Services. www.healthierus.gov/dietaryguidelines