

Recipes

Fruit and Yogurt Crunch

4 servings

2 cups nonfat vanilla yogurt

1-cup lowfat granola without raisins

2 cups sliced strawberries

spoon ¼ cup yogurt into a sauce dish or glass

spoon in 2 tablespoons granola

add ¼ cup sliced strawberries or fruit of your choice

repeat with another layer of yogurt, granola and strawberries (fruit)

One serving from this recipe provides ½ serving from the milk group, one serving from the fruit group and one serving from the grain group.

Variation: Stir ¼ cup dry milk into the 2 cups of yogurt until the milk dissolves. Adding the milk will give you extra calcium.

Chicken Fruit Salad

2 cups cooked chicken, diced

2 apples, washed and diced

1 cup juice-packed pineapple chunks or slices, drained

3 Tablespoons low fat vanilla yogurt

¾ teaspoon curry powder (optional)

¼ cup chopped nuts (optional)

Cook chicken

Cut up cooked chicken and apples and place in bowl.

Drain pineapple and cut into chunks if you need to and add to bowl.

Mix yogurt and curry powder and add to ingredients in the bowl. Mix until everything is coated with yogurt.

Chill and Serve.

Each serving provides one serving from the meat group and one serving from the fruit group.

Serving idea: Chicken fruit salad, whole-wheat roll, carrot sticks, and milk

Adapted from Eating Right is Basic, University of Michigan, 1995.

EASY PUMPKIN PUDDING

1 cup canned pumpkin or pumpkin puree
1 package (4-serving size) sugar-free, nonfat vanilla instant pudding
1-teaspoon pumpkin pie spice*
1-1/2 cups skim milk

Mix all ingredients together.

Place in a bowl or individual glasses and chill until set.

Makes 4 servings. Each 2/3 cup serving: 77 calories, 0 g fat, 0 g saturated fat, 2 mg cholesterol, 380 mg sodium, 15 g carbohydrate, 2 g fiber, 4 g protein.

*Pumpkin pie spice recipe

To make 1 tsp. pumpkin pie spice, mix together:

1/2 tsp. ground cinnamon

1/4 tsp. ground ginger

1/4 tsp. allspice

1/8 tsp. ground nutmeg

Easy Snack Mix

24 oz. whole grain cereal (suggest squares or O's; they don't crush like flakes)

16 oz. pretzels (suggest small circles or sticks)

16 oz. peanuts

24 oz. raisins (any dried fruit)

12 oz. semi-sweet chocolate chips

Mix together.

Store in tightly closed plastic bags or containers.

There is no baking or cooking involved. Just open the containers and mix the ingredients.

You can make this for approximately one third the cost of buying pre mixed snack/trail mix.

For holidays like Valentine's Day, Halloween and Christmas, substitute holiday color coated candies (like M&M's) for the chocolate chips.

HEALTHY SNACK FROZEN PUDDINGWICHES

(Just like homemade ice cream sandwiches, but healthier.)

1 ½ cups milk
½ cup peanut butter
6 large graham cracker rectangles
1 (4 serving size) package instant chocolate pudding
½ cup dry milk (optional)

Blend peanut butter and dry milk (optional) into milk.

Add pudding and beat until thickened.

Put 3 large graham crackers side by side into a square pan.

Spread pudding over crackers.

Top with another layer of graham crackers.

Freeze. While frozen, cut in squares or small rectangles.

HONEY MILK BALLS

Mix together in bowl:

¼ cup honey
½ cup peanut butter
1 cup dry milk

Variation – add 1/3 to ½ cup
uncooked oatmeal, OR
oat flakes, OR
corn flakes, OR
bran flakes, OR
your favorite cereal

Form a ball and mold like play dough.

OR

Roll into ¾ inch balls or cut into squares.

Let stand a couple of hours.

Store in refrigerator.

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OVEN FRENCH FRIES

French fries without frying – s surprise for those who thought this crispy treat was a forbidden food.

4 medium potatoes

1 Tablespoon oil

- Preheat oven to 475 degrees F.
- Peel potatoes and cut into long strips about ½ inch thick.
- Dry strips thoroughly on paper towel.
- Toss potato strips in a bowl with oil as if making a salad.
- Spread oil coated potato strips (single layer) on a cookie sheet.
- Bake in preheated oven for 35 minutes.
- Turn strips periodically to brown on all sides.

Yield: 6 servings

Calories: 80 per serving

Possible modifications:

White Potatoes

Try leaving the peel on your potatoes. It adds more fiber to your diet. Be sure to scrub the potatoes thoroughly with a stiff bristled brush and let them dry before you cut them into strips.

Sweet Potatoes = great source of fiber and Vitamin A

This recipe makes wonderful sweet potato fries. Follow the same directions down to baking time. Sweet potatoes bake much quicker. They may be done in 20 minutes or less. So check them at 10 minutes, turn them and continue to check to see if they are done.

FRUIT SMOOTHIE

8 ounces of 100% juice (suggestions: orange juice, white grape juice)
8 ounces applesauce
6 to 8 ice cubes (optional) for thicker smoothie

Combine all ingredients in a blender and blend to desired consistency.

PINEAPPLE SURPRISE

1 Quart nonfat yogurt
1 Small package instant vanilla pudding
1 20-ounce can crushed pineapple in its juice

Blend all ingredients together.

Place in 9 X 12 pan.

Chill until firm.
