

Protein Substitutions: Beans and Peas

- **Beans and Peas are a primary source of protein around the world.**
The pairing of legumes (bean, peas and lentils) and grains is found in almost every foreign culture. Beans and rice is an excellent example of this.
- **Legumes are a good source of important proteins.**
Legumes contain many of the types of proteins that the human body needs to grow and function correctly. They often times are not a complete source of all 8 types of proteins needed which is why they are paired with grains such as rice or corn to complete the protein package!
- **Low in fat, High in Fiber.**
The nutritional benefits of legumes extends far beyond their protein content. Legumes are also low in fats and like all other plant sources of food contain no cholesterol! Another great nutritional fact of legumes is that they are a good source of soluble fiber, especially lima beans which have one of the highest fiber contents of legumes.
- **Great bang for your buck!**
Along with all these nutritional benefits of legumes the same amount of calories and proteins can be obtained from legumes at a lower price than they can be obtained from proteins.

Protein Substitutions: Nuts and Seeds

- **Great culinary crunch.**

Nuts and seeds are often used to create elements of crunchiness to dishes and add an additional texture. Not only is the texture a great addition to a dish but the visual appeal and flavor of nuts can go a long way in getting more people to try a new dish.

- **A healthy tree treat.**

Nuts are high in both protein and fat which sometimes causes worries in dieters. While it is important to watch the level of fat that you consume it is even more important to watch the quality of fats you consume. Nuts contain primarily the healthiest types of fats which can lower cholesterol and provide energy for your brain improving alertness and memory.

- **Nuts and seeds contain important nutrients.**

Nuts and seeds are loaded with many different types of vitamins and minerals which help in creating a stronger body and immune system. In addition they contain beneficial types of proteins which help improve overall mood and reduce blood pressure.

Centerpieces

- **Choose items in season for maximum flavor.**

The produce on the centerpiece will most often be uncooked so it is important to find items which are at the peak of their flavor and color, most often times the best way to assure this is to choose produce that is in season. When looking at what is in season try to imagine the different flavors that each item will bring to the centerpiece, try to choose flavors that will either directly complement (similar in nature) or contrast (add opposite and opposing notes of flavor) each other.

- **Utilize different colors.**

Another important consideration to make when selecting the different types of produce to include in the centerpiece is the color of the different items. In order to increase the chances of someone taking something from the centerpiece the visual appeal of the centerpiece is important, so try to position items either in a deliberate pattern of segmented colors or in a completely interspersed, mosaic like spread of colors over the whole plate. To provide a nice backdrop for the produce try lining the centerpiece plate or surface with a colorful lettuce.

- **Show off your knife skills!**

Since centerpieces are generally designed to be finger food and not require the use of additional utensils such as forks or knives it is important that each item on the plate be cut into a manageable one or two bite sized piece. Try to use the different cut examples done in the Cook's Workshop to create a variety of different sized and shaped cuts for the centerpiece using the different cutting styles for the different types of produce. Also make sure that the cuts are large enough to be picked up individually with tongs or other similar utensil being used.

- **Consider dipping sauces.**

Once you've chosen fruits or vegetables that are at the peak of freshness, with well planned out variety, properly arranged colors and manageably cut pieces, it is time to add the dipping sauce to complete the centerpiece. Adding properly paired sauce with the centerpiece will encourage people to try the vegetables but can also add unwanted fat and calories. In order to avoid this pitfall try to stick with fat-free dressings like Fat-Free Ranch, or try one of the following recipes. Keep in mind however that dressings and sauces aren't always needed and can sometimes add extra unwanted calories.

Centerpiece Sauces

Creamy French

Yield=1 cup

1/2 cup fat free yogurt, plain

1 clove garlic, crushed

2.5 Tbsp ketchup

1/4 tsp sugar

2 Tbsp water

1.5 Tbsp cider vinegar

1 Tbsp fat free mayonnaise

To taste: ground black pepper

-Mix all ingredients together in bowl and serve.

Green Goddess

Yield=2 cups

1 cup fat free mayonnaise

1/2 cup fat free sour cream

1/4 cup chives or scallions, minced

1/4 cup parsley, minced

1 clove garlic, crushed

1 Tbsp lemon juice

1 Tbsp white wine vinegar

To taste: ground black pepper

-Mix ingredients in a blender and serve.

Creamy Herb Dressing

Yield=2 cups

1 cup fat free yogurt, plain

3/4 cup fat free buttermilk

1/4 cup fat free mayonnaise

2 Tbsp scallions, chopped

1 Tbsp parsley, chopped

1 clove garlic, crushed

1/2 tsp dry dill

1/2 tsp Worcestershire sauce

To taste: ground black pepper

-Mix ingredients in blender and serve.

Make your own!

Try using fat free plain yogurt to thicken up your favorite lite salad dressing for use as a dipping sauce!



Host Your Own Church Food Tasting Event

- **Create a wide array of recipes.**

The secret to a successful tasting even is to offer a good selection of recipes. This is not a traditional meal in the sense that large servings will be offered so create a larger amount of different recipes to be served than at a normal even.

- **Get the community involved.**

Much like a pot luck dinner, tasting events will have a greater turnout if you allow it to be an opportunity for people to share the tastes of their home so encourage fellow church members to submit small dishes.

- **Keep an eye on health.**

For all dishes that will be featured in the food tasting event go over the recipes and see if what types of fat substitutions and ingredient substitutions can be made to that all dishes help benefit the diners nutritionally.

- **Watch portion size and servability.**

All dishes should be created in much smaller portion sizes than would normally be served at a dinner, this allows people to get a “taste” of the food without filling up on any one item. The more items someone can try before feeling even the slightest sense of being full the better so try to aim for small bite size portions. In order to allow for attractive looking bite-size portions many recipes will have to be altered and cooked in a different manner than would normally be prepared, try cooking off many mini versions of a dish on the same sheet pan.



Cooking Resources





Additional Resources

Cooking with a Chef

FREE Books and Cookbooks

5 A Day Quantity Recipe Cookbook

Developed by New Hampshire Department of Education

Funded by USDA Team Nutrition & New Hampshire 5 A Day for Better Health Program
Recipes are kid-tested!

Download at: <http://www.ed.state.nh.us/education/doe/organization/programsupport/bnps/cookbook.pdf>

American Cancer Society

-*Eating Smart*

-*The Good Life*

-*Eat to Live*

To inquire about availability and to order: Call local

ACS chapter (see page B-2) or (800) 227-2345

American Dietetic Association

-*The New Cholesterol Countdown*

-*LEAN Toward Health*

To order: (800) 366-1655

Heart-Healthy Home Cooking: African American Style.

Developed by the National Institutes of Health, National Heart, Lung, & Blood Institute, and Office

of Research on Minority Health

Download at: <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>

American Heart Association

-*The American Heart Association Diet: An Eating Plan for Healthy Americans*

-*Cholesterol and Your Heart*

-*Dining Out: A Guide to Restaurant Dining*

-*How to Have Your Cake and Eat It Too*

-*Nutrition Labeling: Food Selection Hints for Fat*

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Controlled Meals

-*Nutrition Nibbles*

-*Recipes for Low-Fat, Low Cholesterol Meals*

To order: (214) 706-1179

-*Eat More Fruits and Vegetables*

-*Easy Entertaining with Fruits and Vegetables*

-*Eat More Salads*

To order: (800) 4-CANCER

National Heart, Lung and Blood Institute

-*Healthy Heart Handbook for Women*

(NIH Publication No. 92-2720)

-*Facts About Blood Cholesterol*

(NIH Publication No. 90-2696)

-*Eat Right to Lower Your High Blood Cholesterol*

(NIH Publication No. 90-2972)

-*Check Your Weight & Heart Disease IQ*

(NIH Publication No. 90-3034)

-*Facts About Blood Pressure*

(NIH Publication No. 92-3281)

-*Eat Right to Lower Your High Blood Pressure*

(NIH Publication No. 92-3289)

To order: (301) 951-3260 or write to:

NHLBI Information Center

PO Box 30105

Bethesda MD 20824-0105

Your Guide to Lowering Your Blood Pressure with DASH.

Developed by the US Department of Health and Human Services, National Institutes of Health and the National Heart, Lung and Blood Institute.

Download at: http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Low-Cost Books and Cookbooks

12 Best Foods Cookbook

By: D. Jacobi (2005) Rodale Publishing Inc.

ISBN 1579549659

Approximate Cost: \$22.00

Dash for Good Health Southern Style: A Sensible Eating Plan to Promote Good Health.

By: B Egan, J Jordan, D Jordan, & K Hendrix. (2005)

*A grocery store tour DVD coming soon

To order: (843) 792-0824 or email Donna Jordan at jordans@musc.edu

Approximate cost: \$5.00





Additional Resources

Cooking with a Chef

Good Health Cookbook

Publication of the AME Church 7th Episcopal District and MUSC

Down Home Healthy: Family Recipes of Black American Chefs.

By: L Chase & J Rivers. (1994) Bethesda: National

Cancer Institute. U.S. Department of Health and Human Services. Public Health Service National Institutes of Health. NIH Publication No. 94-3408.

Approximate Cost: \$10.00
(on Amazon.com)

Heart & Soul: A Collection of Heart Healthy Southern Foods.

By: G Baker, A Darkow, M Hight, S Rothwell, C Smith. (1997)

To order: Mail check or money order payable to Beaufort County Extension Homemakers Association to:

Ann Darkow
PO Box 1967
Washington, NC 27889

Include your name, address, phone number and number of copies desired.

Approximate Cost: \$20.00

The Family Style Soul Food Diabetes Cookbook

By RA Weaver, FD Gaines, RL Williams, S Fralin

(2006) American Diabetes Association.
ISBN 1580402399

Approximate Cost: \$17.00

The Moms' Guide to Meal Makeovers

By Janice Newell Bissex, MS, RD & Liz Weiss, MS, RD (2004) Random House. ISBN 0767914236

Approximate Cost: \$17.00

The Portion Teller

By Lisa Young, PhD RD. (2005) Morgan Road Books. ISBN 0767920686

Approximate Cost: \$20.00

The Volumetrics Eating Plan

By: Barbara Rolls, PhD (2005) HarperCollins.
ISBN 0060737298

Free Healthy Recipe Resources from the Internet

All Food™ : www.allfood.com

(See Quick and Healthy Link)

All-Recipes.com:

<http://allrecipes.com/recipes/healthy-living/main.aspx>

American Diabetes Association:

<http://www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp>

American Heart Association

Delicious Decisions: www.deliciousdecisions.org

Better Recipes.com:

<http://healthy.betterrecipes.com/>

Cooking Light Magazine: www.cookinglight.com

Cook's Illustrated: www.cooksillustrated.com

Food Fit Company: www.foodfit.com

Kids Health, Nemours Foundation:

<http://kidshealth.org/kid/recipes/>

Mann Packing Company: www.broccoli.com

Recipes Today:

<http://recipestoday.com/recipes/index.htm>

South Carolina Department of Agriculture Recipes using SC products:

<http://www.scdca.state.sc.us/recipes/recipes.htm>

The Mayo Clinic-Healthy Recipes: <http://www.mayoclinic.com/health/healthy-recipes/RE99999>

The Recipe Link: <http://www.recipealink.com/>

Additional Resources

Cooking with a Chef

| MyPyramid SERVING SIZES FOR FRUITS AND VEGETABLES | | |
|--|-------------------------|-----------------|
| 2005 Dietary Guidelines for Americans recommend 5-13 servings of fruits & vegetables a day. Check www.mypyramid.gov for personalized recommendations. | | |
| Food Item: | Measurement | Looks Like: |
| Fruit | ½ cup or 1 medium fruit | Half a baseball |
| Dried fruit | ¼ cup | A large egg |
| Vegetables | ½ cup | Half a baseball |
| Raw leafy greens | 1 cup | A baseball |
| Cooked potatoes | ½ cup | Half a baseball |
| Cooked beans and peas | ½ cup | Half a baseball |
| 100% fruit or vegetable juice | ¾ cup (6 ounces) | |

| HOW MANY CUPS FROM THIS PIECE OF WHOLE FRUIT? | | |
|--|---------------------|-------------------------|
| Apple | 1 medium | 1 cup chopped |
| Cantaloupe | 1 wedge (1/8 melon) | ½ cup diced |
| Carrots | 2 medium | ¾ cup chopped |
| Corn | 1 large ear | 1 cup kernels |
| Cucumber | 1 large | 2 cups chopped |
| Onions | 1 large | 1 cup chopped |
| Pears | 1 medium | 1 cup sliced |
| Peppers | 1 large | 1 cup chopped |
| Strawberries | 8 large | 1 cup whole |
| Zucchini & Summer Squash | 1 small | 1 cup sliced or chopped |

| COMMON ABBREVIATIONS USED IN COOKING | |
|---|-------------|
| Cup | c |
| Fluid ounce | fl oz |
| Gram | g |
| Milligram | mg |
| Ounce | oz |
| Pound | lb |
| Teaspoon | tsp |
| Tablespoon | Tbs or Tbsp |

Additional Resources

Cooking with a Chef

| KITCHEN EQUIVALENT MEASUREMENTS | | | | | | | |
|---------------------------------|----------|--------|-------------------|-----------------------|-----------------|--------|--------|
| 1 gallon | 4 quarts | | | | | | |
| | 1 quart | | 4 cups | | | | |
| | | 1 pint | 2 cups | | | | |
| | | | 1 cup | 8 fl oz | 16 Tbsp | 48 tsp | 237 ml |
| | | | $\frac{3}{4}$ cup | 6 fl oz | 12 Tbsp | 36 tsp | 177 ml |
| | | | $\frac{2}{3}$ cup | 5 $\frac{1}{3}$ fl oz | 10 Tbsp + 2 tsp | 32 tsp | 158 ml |
| | | | $\frac{1}{2}$ cup | 4 fl oz | 8 Tbsp | 24 tsp | 118 ml |
| | | | $\frac{1}{3}$ cup | 2 $\frac{2}{3}$ fl oz | 5 Tbsp + 1 tsp | 16 tsp | 79 ml |
| | | | $\frac{1}{4}$ cup | 2 fl oz | 4 Tbsp | 12 tsp | 59 ml |
| | | | $\frac{1}{8}$ cup | 1 fl oz | 2 Tbsp | 6 tsp | 30 ml |
| | | | | | 1 Tbsp | 3 tsp | 15 ml |

| CRACKING THE FOOD LABEL CODE | | |
|------------------------------|---|---|
| Claim | What it means | Please note |
| Low-calorie | 40 calories or less | Compare serving size with the portion you generally consume to ensure calorie savings |
| Reduced calorie | At least 25% fewer calories than reference food | Check label for calorie content |
| Light in calories | At least $\frac{1}{3}$ fewer calories than reference food | Check label for calorie content |
| Fat-free | 0.5 grams of fat or less | Serving size may be smaller, and be sure to check calories |
| Low-fat | 3 grams of fat or less | Check label for calorie content and limit yourself to 1 serving |
| Reduced fat | At least 25% less fat than reference food | Still may be high in fat. Check label for fat and calorie content |
| Light in fat | At least 50% less fat than reference food | Though fat reduction is significant, compare calorie content with original version |
| High in | 20% or more of the Daily Value for the nutrient | Often used for: dietary fiber, protein, minerals, vitamins |
| Good source of | 10-19% of the Daily Value for the nutrient | Often used for: dietary fiber, protein, minerals, vitamins |
| More | 10% more than reference food | Often used for: dietary fiber, protein, minerals, vitamins |

Additional Resources

Cooking with a Chef

| Seasonal Fruits and Vegetables | | | | | | | | | | | | |
|--------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
| Apples | | | | | | | | | ✱ | ✱ | ✱ | ✱ |
| Asparagus | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | | | | | | |
| Avocados | ✱ | ✱ | | | | | | | | | | |
| Beans (green/ yellow) | | | | | | | ✱ | ✱ | ✱ | | | |
| Beets | | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ |
| Blackberries | | | | | | ✱ | ✱ | | | | | |
| Blueberries | | | | | | ✱ | ✱ | ✱ | | | | |
| Bok Choy | | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | |
| Broccoli | | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | | |
| Brussels Sprouts | | | | | | | | | ✱ | ✱ | ✱ | ✱ |
| Cabbage | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ |
| Cantaloupe | | | | | ✱ | ✱ | ✱ | ✱ | | | | |
| Carrots | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ |
| Cauliflower | | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ |
| Corn | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | | |
| Cucumbers | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | |
| Eggplant | | | | | | ✱ | ✱ | ✱ | | | | |
| Leafy Greens | | | | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ | |
| Muscadines | | | | | | | ✱ | ✱ | ✱ | ✱ | | |
| Onions | ✱ | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | ✱ |
| Okra | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | | | |
| Peaches | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | | | |
| Peas | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | | |
| Peppers | | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ | |
| Potatoes | ✱ | ✱ | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ |
| Spinach | | | ✱ | ✱ | ✱ | ✱ | | ✱ | ✱ | ✱ | ✱ | ✱ |
| Strawberries | | | ✱ | ✱ | ✱ | ✱ | | | | | | |
| Sweet Potatoes | | | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ |
| Summer Squash | | | | | | | ✱ | ✱ | ✱ | ✱ | | |
| Turnips | | | | | | | | ✱ | ✱ | ✱ | ✱ | ✱ |
| Watermelon | | | | | | ✱ | ✱ | ✱ | | | | |

Also see these websites if your favorite fruit or veggie is not listed here:
<http://www.scd.edu/consumerinformation/produceavailability/availweb.pdf>
<http://www.pickyourown.org/scharvest.htm>

Additional Resources

Cooking with a Chef

| RECOMMENDED INTERNAL COOKING TEMPERATURES | |
|---|---|
| Product | Temperature |
| Beef, veal or lamb steaks, chops and roasts | Cook to 145°F |
| Egg dishes | Cook to 160°F; if the dish is uncooked, use only pasteurized eggs |
| Eggs | Cook until the yolk and white are firm OR cook to 145°F for 15 seconds if immediately served* |
| Fish | Cook until opaque and flakes easily OR cook to 145°F for 15 seconds* |
| Game, commercial | Cook to 165°F |
| Ground beef, veal, pork or lamb | Cook to 160°F |
| Ground turkey or chicken | Cook to 165°F |
| Pork, ham and bacon | Cook to 145°F for 15 seconds* |
| Poultry | Cook to 180°F (in thigh); 170°F (in breast) |
| Shellfish | Cook until opaque and firm; shells should open |
| Stuffing, stuffed meat, stuffed pasta and casseroles | Cook to 165°F |
| Source: USDA Food Safety and Inspection Service * FDA 2001 Model Food Code; food remains at this temperature for at least 15 seconds | |



Food Safety Temperatures

Keep COLD foods COLD → 40°F or below

Keep HOT foods HOT → 140°F or higher

Reheat food to 165°F or higher

Additional Resources

Cooking with a Chef

| Healthy Recipe Substitutions | |
|--|--|
| Original Ingredient | Substitution Ingredient |
| Whole milk | Skim (nonfat) or 1% milk |
| Cream | Fat free half-and-half Evaporated skim milk |
| Buttermilk | Fat-free or 1% buttermilk |
| Sour cream | Low-fat or nonfat sour cream or plain yogurt |
| Mayonnaise | Reduced-fat or fat-free mayonnaise or plain yogurt |
| 1 whole egg | 2 egg whites Egg substitute |
| Cheese | Reduced-fat cheese (i.e. part-skim mozzarella, 2% cheddar) |
| Cream cheese | Reduced-fat (Neufchatel) or fat-free cream cheese |
| Nuts | Use smaller portion Toast for enhanced flavor |
| Sugar (in tea, fruit drinks, desserts, and sides) | Try sugar substitutes like Splenda® |
| Whipped cream | Use evaporated skim milk Purchase fat free whipped topping |
| Baking chocolate (1 ounce) | 3 Tbs cocoa powder + 1 Tbs vegetable oil |
| Oil, butter, margarine (in baking quick breads, muffins, etc.) | Applesauce |
| Ice cream | Sorbet Sugar-free or reduced fat ice cream Frozen yogurt |
| Layer cake | Angel food cake |
| White rice | Brown rice |
| Mashed potatoes | Leave skin on to retain some vitamins. Prepare with lower calorie, no trans fat butter substitutes and skim milk |
| Cooking greens, beans, and peas with ham hocks, fatback, or bacon drippings | Try: Low-sodium bullion Smoked turkey neck Herbs and spices Olive (or vegetable) oil |
| Chicken | Remove skin or purchase skinless Try: baking, sauteing, broiling, and grilling |
| Ribs | Try grilled pork tenderloin |

Additional Resources

Cooking with a Chef

| Healthy Recipe Substitutions (continued) | |
|--|---|
| Original Ingredient | Substitution Ingredient |
| Ground beef | Use leaner cuts of beef (round, sirloin, top loin, flank) Ground turkey breast |
| Bacon | Canadian bacon Turkey bacon Lean ham |
| Deep fat frying | Try: Broiling Grilling Oven fry (bake at a high temperature) Saute *Season with herbs and spices |

| Herb | General Flavor | Some Uses |
|----------|-----------------------------------|---|
| Basil | Slight Green Mint Flavor | With Tomatoes, In Omelets and Quiche, In Hamburgers, On Pizza, On Grilled Chicken and Vegetables, In Bread. |
| Cinnamon | Slightly Spicy and Sweet | On Fruit, In Cottage Cheese, In Oatmeal and Crepes, In Stews and Chili, In Chutney, With Chocolate and Baked Goods. |
| Cumin | Slightly Bitter, Very Fragrant | In Mexican and Indian Cuisine, In Chili, In Stews, On Roast Beef and Pork, With Barbeque. |
| Garlic | Pungent and Bitter | With Chicken, With Sautéed Vegetables, With Shrimp, In Barbeque, With Potatoes and Tomatoes, In Savory Breads. |
| Ginger | Sharp, Spicy and Sweet | With Chicken and Ham, In Stir Fry, In Chutney, In Baked Goods. |
| Mustard | Sharp, Pungent and Spicy | In Dips and Dressings, On Meats and Pretzels, In Chili, In Omelets and Eggs, With Broiled Meats, With Baked Beans. |
| Oregano | Slightly Bitter, Aromatic | On Pizza, With Tomatoes, With Beans, On Roasted Meats, In Italian Dishes. |
| Parsley | Crisp and Herbal | On Pizza, With Vegetables, With Meats, Almost Anything. |
| Rosemary | Christmas Like, Piney | With Chicken, With Roast Lamb Pork and Veal, In Dressings. |
| Thyme | Subtle Minty and Herbal | With Cheese, In Cooked Vegetables, With Delicate Fish, In Dressings and Delicate Sauces, In Bread. |



Additional Resources

Cooking with a Chef

| CELEBRATE WITH FRUITS AND VEGGIES ALL YEAR LONG! | | |
|--|--|--|
| January | February | March |
| Fiber Focus Month National Apricot Day | National Cherry Month Potato Lover's Month Sweet Potato Month | National Nutrition Month Johnny Appleseed Day |
| April | May | June |
| National Pecan Month Soyfoods Month | Salad Month Salsa Month International Pickle Week | Fresh Fruit and Vegetable Month Papaya Month |
| July | August | September |
| Baked Beans Month Blueberry Month National Salad Week | Get Acquainted with Kiwifruit Month Watermelon Day Sneak Some Zucchini Onto Your Neighbor's Porch Night More Herbs, Less Salt Day | Potato Month |
| October | November | December |
| Peanuts Month Vegetarian Month World Vegetarian Day Spinach Lover's Day World Food Day | Good Nutrition Month National Fig Week National Split Pea Soup Week | |



Food Resources





Additional Resources

Cooking with a Chef

Apple

Michigan Apple Committee

Website: <http://www.michiganapples.com>

Email: Staff@MichiganApples.com

(800) 456-2753

New York Apple Association

Website: <http://www.nyapplecountry.com>

(585) 924-2171

U.S. Apple Association

Website: <http://usapple.org>

Email: hpimm@usapple.org

(703) 442-8850

Washington Apple Commission

Website: <http://www.bestapples.com>

Email: info@bestapples.com

(509) 663-9600

Artichoke

California Artichoke Advisory Board

Website: <http://www.artichokes.org>

(800) 827-2783

Avocado

California Avocado Commission

Website: <http://www.avocado.org>

(800) 344-4333

Banana

International Banana Association

United Fresh Fruit and Vegetable Assoc.

Website: <http://www.uffva.org>

Email: united@uffva.org

(202) 303-3400

Beans

Idaho Bean Commission

Website: <http://www.state.id.us/bean>

Email: bean@bean.state.id.us

(208) 334-3520

Blueberry

Michigan Blueberry Growers Association

Website: <http://www.blueberries.com>

(866) 269-1511

North American Blueberry Council

Website: <http://www.blueberry.org>

Email: admin@ushbc.org

(916) 983-0111

Wild Blueberry Association of North America

Website: <http://www.wildblueberries.com>

Email: wildblueberries@gwi.net

(207) 967-5024

Cherry

Cherry Marketing Institute

Website: <http://www.cherrymkt.org>

(517) 669-4264

National Cherry Growers and Industry Foundation

Website: <http://www.nationalcherries.com>

Email: info@nationalcherries.com

(800) 309-1146

Northwest Cherry Growers

Website: <http://www.nwcherries.com>

Email: info@wastatefruit.com

(509) 453-4837

Citrus

Florida Department of Citrus

Website: <http://www.fl.oridajuice.com>

Email: info@citrus.state.fl.us

(863) 499-2500

Cranberry

Cranberry Institute

Website: <http://www.cranberryinstitute.org>

Email: cinews@earthlink.net

(800) 295-4132

Ocean Spray Cranberries, Inc.

Website: <http://www.oceanspray.com>

(800) 662-3263

Dried Pea and Lentil

USA Dried Pea and Lentil Council

Website: <http://www.pea-lentil.com>

Email: pulse@pea-lentil.com

(208) 882-3023





Additional Resources

Cooking with a Chef

Figs

California Fig Advisory Board

Website: <http://www.californiafigs.com>

Email: info@californiafigs.com

(800) 588-2344

Grapes

California Table Grape Commission

Website: <http://www.tablegrape.com>

Email: info@freshcaliforniagrapes.com

(559) 447-8350

Greens

Leafy Greens Council

Website: www.leafy-greens.org

(651) 484-3321

Kiwifruit

California Kiwifruit Commission

Website: <http://www.kiwifruit.org>

(800) 448-5494

Olive

California Olive Industry

Website: <http://www.calolive.org>

Email: calolive@psnw.com

(559) 456-9096

Onion

National Onion Association

Website: <http://www.onions-usa.org>

(970) 353-5895

Peanuts

American Peanut Council Educational Service

Virginia Carolina Peanuts-Promotions

Website: <http://www.aboutpeanuts.com>

Email: info@aboutpeanuts.com

(252) 459-9977

Peanut Advisory Board

Website: <http://www.peanutbutterlovers.com>

Email: lpwagner@comcast.net

(770) 998-7311

Peanut Institute

Website: <http://www.peanut-institute.org>

Email: info@peanut-institute.org

(888) 8-PEANUT

Pears

Pacific Northwest Canned Pear Service

Web site: <http://www.eatcannedpears.com/>

(509) 453-4837

Pear Bureau Northwest

Website: <http://www.usapears.com>

Email: info@usapears.com

(503) 652-9720

Plum

California Dry Plum Board

Website: <http://www.cdpb.org>

(800) 729-5992

Potato

Idaho Potato Commission

Website: <http://www.famouspotatoes.org>

Email: ipc@potato.idaho.gov

(800) 824-4605

Potato Board

Website: <http://www.potatohelp.com>

Email: info@uspotatoes.com

(303) 369-7783

Washington State Potato Commission

Website: <http://www.potatoes.com>

Email: wspc@potatoes.com

(509) 765-8845

Soybean

United Soybean Board

Website: www.unitedsoybean.org

(800) TALK-SOY or (800) 989-8721

Strawberry

California Strawberry Commission

Website: <http://www.calstrawberry.com>

Email: publications@calstrawberry.com

(831) 724-1301

Tomato

California Tomato Commission

Website: <http://www.tomato.org>

(559) 230-0116



Additional Resources

Cooking with a Chef

Treefruit

California Tree Fruit Agreement

Website: <http://www.eatcaliforniafruit.com>

Email: info@caltreefruit.com

(800) 636-8260

Vegetables (General)

Canned Vegetable Council

Website: <http://www.cannedveggies.org>

Email: info@cannedveggies.org

(608) 592-4236

Watermelon

National Watermelon Promotion Board

Website: <http://www.watermelon.org>

(407) 657-0261

Fruit and Vegetable Information

Del Monte

Website: <http://www.delmonte.com>

(800) 543-3090

Monday to Friday 8:00 am to 5:00 pm Pacific Standard Time

Dole Consumer Center

Website: <http://www.dole.com>

(800) 232-8888

Monday to Friday 8:00 am to 3:00 pm Pacific Standard Time

Dole 5 A Day Program

Dole Nutrition Institute

Website: www.dole5aday.com

Hunt Inc, a ConAgra Brand

Website: <http://www.hunts.com/index.jsp>

(800) 858-6372

Motts, Inc.

Website: <http://www.motts.com>

(800) 426-4891

Monday to Friday 9:00 am to 6:00 pm

Organic Trade Association

Website: <http://www.ota.com>

Email: info@ota.com

(413) 774-7511

Produce for Better Health Foundation

Fruits and Veggies More Matters Campaign

Website:

<http://www.fruitsandveggiesmorematters.org/>

(888) 391-2100



Health Resources





Additional Resources

Cooking with a Chef

Cancer

American Cancer Society (ACS)

Website: <http://www.cancer.org>

Nutrition Resources:

http://www.cancer.org/docroot/MBC/MBC_6.asp

(800) 227-2345 (24 hour line)

TTY: (866) 228-4327

South Carolina ACS Branches

Charleston Office

5900 Core Road

Suite 504

N Charleston, SC 29406

(843) 744-1922

Columbia Office

128 Stonemark Lane

Columbia, SC 29210

(803) 750-1693

Greenville Office

154 Milestone Way

Greenville, SC 29615

(864) 627-1903

Greenwood Office

231 Hampton Avenue

Suite 3

Greenwood, SC 29648

(864) 229-7373

Hilton Head Office

59 Pope Avenue

Suite 101

Hilton Head, SC 29928

(843) 842-5188

Myrtle Beach Office

950 48th Avenue North

Myrtle Beach, SC 29577

(843) 213-0333

American Institute for Cancer Research

Website: <http://www.aicr.org>

Email: aicrweb@aicr.org

(800) 843-8114

Cancer Research Foundation of America

Website: <http://www.preventcancer.org/>

Publications: http://www.preventcancer.org/materials_new/index.cfm

Email: info@preventcancer.org

(800) 227-2732

National Cancer Institute

Website: <http://www.cancer.gov>

Publications: <https://cissecure.nci.nih.gov/ncipubs/>

NCI Cancer Information Service:

(800) 4-CANCER (800-422-6237)

TTY: (800) 332-861

Culinary (Cooking) Resources & Associations

American Culinary Federation (ACF)

Website: <http://www.acfchefs.org>

Email: acf@acfchefs.net

(800) 624-9458

South Carolina ACF Chapters

Charleston Chapter

Website: www.acfchefs.org/chapter/sc011.html

Midlands Chapter—Columbia

Website: <http://www.acfmidlands.com/>

Pee Dee Chapter—Florence

Website: www.acfchefs.org/chapter/sc061.html

Upstate Chapter—Greenville

Website: [http://www.acfchefs.org/presidents_portal/](http://www.acfchefs.org/presidents_portal/ACFChapter.cfm?ChapterChoice=SC021)

[ACFChapter.cfm?ChapterChoice=SC021](http://www.acfchefs.org/presidents_portal/ACFChapter.cfm?ChapterChoice=SC021)

Myrtle Beach Chapter

Website: [http://www.acfchefs.org/presidents_portal/](http://www.acfchefs.org/presidents_portal/ACFChapter.cfm?ChapterChoice=SC031)

[ACFChapter.cfm?ChapterChoice=SC031](http://www.acfchefs.org/presidents_portal/ACFChapter.cfm?ChapterChoice=SC031)

American School Food Service Association

Website: <http://www.asfsa.org>

Email: servicecenter@asfsa.org

(800) 877-8822

American School Health Association

Website: <http://www.ashaweb.org>

Email: asha@ashaweb.org

(800) 445-2742





Additional Resources

Cooking with a Chef

Cool School Cafe

Website: <http://www.coolschoolcafe.com>
(800) 468-3287

Food Service & Packaging Institute, Inc.

Website: <http://www.fpi.org>

Email: fpi@fpi.org

(703) 538-2800

International Association of Culinary Professionals

Website: <http://www.iacp.com>

Email: iacp@hqtrs.com

(502) 581-9786

National Restaurant Association

Website: <http://www.restaurant.org>

Email: info@dineout.org

(800) 424-5156

Diabetes

American Diabetes Association (ADA)

Website: <http://www.diabetes.org>

African Americans & Diabetes: <http://www.diabetes.org/communityprograms-and-localevents/africanamericans.jsp>

Nutrition Resources: <http://www.diabetes.org/nutrition-and-recipes/nutrition/overview.jsp>

Email: AskADA@diabetes.org

(800) 342-2383

South Carolina ADA Offices

For any office call toll-free:

(888) DIABETES

Columbia

2711 Middleburg Drive

Suite 110

Columbia, SC, 29204

(803) 799-4246

Greenville

16-A Brozzini Court

Greenville, SC, 29615

(864) 609-5054

Savannah, GA

5105 Paulsen Street

Suite C236

Savannah, GA, 31405

(912) 353-8110

Centers for Disease Control and Prevention

Diabetes Public Health Resource

Website: <http://www.cdc.gov/diabetes/>

Diabetes Information Line:

(800) CDC-INFO

TTY (888) 232-6348

Children with Diabetes

Website:

http://www.childrenwithdiabetes.com/index_cwd.htm

Food & Nutrition Resources:

http://www.childrenwithdiabetes.com/d_08_000.htm

Email: info@childrenwithdiabetes.com

Chronic Disease Center Division of Diabetes

Website: <http://www.cdc.gov/diabetes>

Nutrition and Health Resources:

<http://www.cdc.gov/diabetes/consumer/index.htm>

Email: diabetes@cdc.gov

(877) 232-3422

Diabetes Initiative of South Carolina

Website: <http://diabetesinitiative.med.sc.edu/>

Joslin Diabetes Center

Website: <http://www.joslin.org/>

Diabetes Resources:

http://www.joslin.org/LAD_Index_866.asp

(617) 732-2400

Juvenile Diabetes Research Foundation

International

Website: <http://www.jdf.org>

Diabetes Resources:

http://www.jdf.org/index.cfm?page_id=103431

Email: info@jdrf.org

(800) JDF-CURE (533-2873)

National Diabetes Information Clearinghouse

Website: <http://www.ndep.nih.gov/>

Publications:

<http://www.ndep.nih.gov/diabetes/pubs/catalog.htm>

Email: ndic@info.niddk.nih.gov





Additional Resources

Cooking with a Chef

National Institute of Diabetes & Digestive & Kidney Diseases

Website: <http://www.niddk.nih.gov/index.htm>

Nutrition Resources:

<http://www.niddk.nih.gov/health/nutrition.htm>

SC Diabetes Prevention & Control Program

Websites: <http://www.scdhec.gov/health/chcdp/diabetes/index.htm> and

<http://www.cdc.gov/diabetes/states/sc.htm>

Michelle Moody

Email: moodyrm@dhec.sc.gov

(803) 545-4921

Free: My Guide To Sugar Diabetes Booklet:

<http://www.scdhec.gov/health/chcdp/diabetes/docs/>

[diabetes_booklet.pdf](http://www.scdhec.gov/health/chcdp/diabetes/docs/diabetes_booklet.pdf)

(803) 545-4471

University of South Carolina Diabetes Initiative

of South Carolina

Website: <http://medicine.musc.edu/diabetes>

Food and Nutrition

2005 Dietary Guidelines for Americans

Website: <http://www.healthierus.gov/dietaryguidelines/>

American Academy of Family Physicians

Website: <http://familydoctor.org/>

Food and Nutrition Resources:

<http://familydoctor.org/x5242.xml>

Email: email@familydoctor.org

American Dietetic Association National Center for Nutrition & Dietetics

Website: <http://www.eatright.org>

Food & Nutrition Resources: <http://www.eatright.org/Public/NutritionInformation/92.cfm>

Email: knowledge@eatright.org

(800) 877-1600

Center for Nutrition Policy & Promotion

Website: <http://www.usda.gov/cnpp>

Email: infocnpp@cnpp.usda.gov

(703) 305-7600

Clemson University Nutrition Information & Resource Center

Website: www.clemson.edu/NIRC/

Email: nutrweb@clemson.edu

(864) 656-0539

Clemson University Food & Nutrition Publications

Website: <http://www.clemson.edu/psapublishing/PAGES/FYD/FYDNUTR.HTM>

Expanded Food & Nutrition Program (EFNEP)

Website: <http://www.clemson.edu/efnep/index.php>

For an EFNEP Contact in your region

<http://www.clemson.edu/efnep/staff.php>

Fruits and Veggies Matter

CDC and Produce for Better Health Foundation

(Formerly 5 A Day Campaign)

Website: www.fruitsandveggiesmatter.gov

Fruits & Veggies More Matters

Produce for Better Health Foundation

(Formerly 5 A Day Campaign)

Website:

<http://www.fruitsandveggiesmorematters.org/>

Food and Drug Administration

Website: <http://www.fda.gov/>

Consumer Resources:

<http://www.fda.gov/opacom/morecons.html>

(888) INFO-FDA (463-6332)

Food & Nutrition Information Center

National Agricultural Library ARS/USDA

Website: <http://www.nal.usda.gov/fnic/>

Consumer Website: <http://www.nal.usda.gov/fnic/consumersite/index.html>

(301) 504-5719

TTY: (301) 504-6856

Food Guide Pyramid

Website: <http://www.mypyramid.gov/>

Food Marketing Institute

Website: <http://www.fmi.org/consumer/>

Email: fmi@fmi.org

(202) 452-8444





Additional Resources

Cooking with a Chef

Healthy Choice

Website: <http://www.healthychoice.com>

Nutrition Resources:

<http://www.healthychoice.com/livewell/livewell.jsp>

(800) 323-9980

Monday to Friday 10:00 am to 7:00 pm Central Standard Time

Healthy Dining Finder

Website: www.healthydiningfinder.com

Enter your zip code, and this website displays local

restaurants, restaurant nutrition information, and identifies smart choices.

HealthFinder.gov

Website: <http://www.healthfinder.gov/>

Source for reliable health, nutrition, and chronic diseases (i.e. cancer, diabetes, hypertension)

HealthyFridge.org

Open the Door to a Healthy Heart

Website: <http://www.healthyfridge.org/index.html>

Tips, recipes, FAQs, and information about how to

maintain a heart-healthy kitchen.

Healthy South Carolina Challenge

Website: <http://www.healthysc.gov/>

Email: healthysc@gov.sc.gov

(803) 737-2325

International Food Information Council

Website: <http://www.ific.org>

Publications:

<http://www.ific.org/publications/brochures/brochures.cfm>

Email: foodinfo@ific.org

(202) 296-6540

South Carolina American Dietetic Association

Website: <http://www.eatrightsc.org/>

(803) 252-1087

Penn State Nutrition Information & Resource Center

Website: <http://nirc.cas.psu.edu/index.cfm>

Email: eat4health@psu.edu

Proctor and Gamble

Website: <http://www.pg.com>

Nutrition and Health Resources:

http://www.pg.com/everyday_solutions/health_wellness.jhtml

(513) 983-1100

The Cooks Thesaurus

Website: <http://www.foodsubs.com/>

Reference with pictures for ingredients, tools, techniques, food substitutions.

United States Department of Agriculture (USDA)

Website: <http://www.nutrition.gov/>

USDA Team Nutrition

Website:

<http://teamn nutrition.usda.gov/Default.htm>

Resource Library:

<http://teamn nutrition.usda.gov/library.html>

Excellent free & low-cost materials. Resources include posters, activities, information on purchasing and serving produce, recipes, etc. Some materials written for school foodservice may be applicable to your church environment

Food Safety

Food and Drug Administration

Website: <http://www.fda.gov/>

Food Safety & Nutrition Website:

<http://www.cfsan.fda.gov/>

Publications:

<http://www.fda.gov/opacom/catalog/decemcat.html>

(888) SAFE-FOOD

Center for Food Safety & Applied Nutrition

Website: <http://www.foodsafety.gov/>

(888) SAFEFOOD (723-3366)

TTY: (800) 877-8339

Food Safety and Inspection Service

Website: <http://www.fsis.usda.gov>

Food Safety Resources:

http://www.fsis.usda.gov/Fact_Sheets/index.asp

Email: mpholine.fsis@usda.gov

(800) 535-4555

TTY: (800) 256-7072





Additional Resources

Cooking with a Chef

Partnership for Food Safety Education Fight Bac! Campaign

Website: <http://www.fightbac.org>

Food Safety Resources:

<http://www.fightbac.org/consumers.cfm?section=3>

Email: info@fightbac.org

General Health

Center for Science in the Public Interest

Website: <http://www.cspinet.org>

Email: cspi@cspinet.org

(202) 332-9110

Federal Consumer Information Center

Website: <http://www.pueblo.gsa.gov/>

Publications: <http://www.pueblo.gsa.gov/results.tpl?id1=15&startat=1&--woSECTIONSdatarq=15&--SECTIONSword=ww>

Email: catalog.pueblo@gsa.gov

(888) 8-PUEBLO

National Health Information Center Office of Public Health & Science (ODPHP)

Website: <http://odphp.osophs.dhhs.gov/>

Email: nhicinfo@health.org

(800) 336-4797

Office of Minority Health Resource Center

Website: <http://www.omhrc.gov>

Email: info@omhrc.org

(800) 444-6472

TTY: (301) 230-7199

Heart Health & High Blood Pressure

American Heart Association (AHA)

Website: <http://www.americanheart.org>

African Americans Search Your Heart: <http://www.americanheart.org/presenter.jhtml?identifier=3041580>

Resources & Materials:

<http://www.americanheart.org/presenter.jhtml?identifier=1200407>

(800) AHA-USA1 (242-8721)

South Carolina AHA Branches

Charleston & Coastal SC

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA005>

409 King Street

Suite 300

Charleston, SC 29403

(843) 853-1597

Columbia Area

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA006>

520 Gervais Street

Suite 300

Columbia, SC 29201

(803) 738-9540

Florence Area

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA008>

181 E. Evans Street, BTC-009

Suite 200

Florence, SC 29506

(843) 665-0985

Hilton Head Island

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA020>

(843) 681-2355

Myrtle Beach Area

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA011>

1506 Gumm Plaza

Hwy. 501

Myrtle Beach, SC 29577

(843) 626-3939

Upstate

Website: <http://www.americanheart.org/presenter.jhtml?identifier=1200215&division=MAA016>

3535 Pelham Road

Suite 101

Greenville, SC 29615

(864) 627-4158



National Coalition for Women & Heart Disease

Website: <http://www.womenheart.org/>
Email: mail@womenheart.org
(202) 728-7199

National Heart, Lung, and Blood Institute Information Center

Website: <http://www.nhlbi.nih.gov>
Email: nhlbiinfo@nhlbi.nih.gov
(301) 592-8573
TTY: (240) 629-3255

Nutrition for Older Adults

American Association of Retired Persons (AARP)

Website: <http://www.aarp.org>
Health & Nutrition Resources:
http://www.aarp.org/health/staying_healthy/
Email: member@aarp.org
(888) 687-2277
TTY: (202) 434-2277

Administration on Aging

Website: <http://www.aoa.gov/>
Nutrition Resources:
[http://www.aoa.gov/eldfam/Nutrition/
Nutrition.asp](http://www.aoa.gov/eldfam/Nutrition/Nutrition.asp)
Email: AoAInfo@aoa.hhs.gov
TTY: (800) 877-8339

Weight Control

Calorie Control Council

Website: <http://www.caloriecontrol.org>
Email: webmaster@caloriecontrol.org
(404) 252-3663
(Ask for Calorie Control Council)

Shape Up America!

Website: <http://www.shapeup.org>
Email: orders@shapeup.org
(240) 715-3900

Weight Control Information Network

Website: <http://win.niddk.nih.gov/index.htm>
Email: win@info.niddk.nih.gov
(877) 946-4627



Additional Recipes



Centerpiece Sauces

Creamy French

Yield=1 cup

1/2 cup fat free yogurt, plain

1 clove garlic, crushed

2.5 Tbsp ketchup

1/4 tsp sugar 2 Tbsp water

1.5 Tbsp cider vinegar

1 Tbsp fat free mayonnaise

To taste: ground black pepper

-Mix all ingredients together in bowl and serve.

Green Goddess

Yield=2 cups

1 cup fat free mayonnaise 1/2 cup fat free sour cream

1/4 cup chives or scallions, minced

1/4 cup parsley, minced 1 clove garlic, crushed

1 Tbsp lemon juice

1 Tbsp white wine vinegar

To taste: ground black pepper

-Mix ingredients in a blender and serve.

Creamy Herb Dressing

Yield=2 cups

1 cup fat free yogurt, plain 3/4 cup fat free buttermilk

1/4 cup fat free mayonnaise

2 Tbsp scallions, chopped

1 Tbsp parsley, chopped

1 clove garlic, crushed

1/2 tsp dry dill

1/2 tsp Worcestershire sauce To taste: ground black pepper

-Mix ingredients in blender and serve.

Make your own!

Try using fat free plain yogurt to thicken up your favorite lite salad dressing for use as a dipping sauce!



Pasta Salad

(makes 10-12 servings)

8 oz. box Rotini (spiral shaped pasta)
1 bell pepper, diced
1 cucumber, seeded and diced 1/2 cup chopped green onions
1/2 cup diced tomatoes 1/2 cup chopped celery
3/4 cup lite shredded cheddar cheese
2 Tbsp parsley, minced
1 tsp black pepper

Instructions:

Boil pasta according to directions on box. Drain, rinse and chill pasta. Mix with other ingredients and dressing and serve.

Dressing

(combine all)

1/3 cup fat free yogurt, plain
1/3 cup fat free honey Dijon dressing
1/3 cup fat free Caesar dressing
2 Tbsp dill, minced

Nutrition Information:

Calories: 120
Total Fat: 1.5g
Saturated Fat: 0.5g Carbohydrates: 21g
Fiber: 3g
Protein: 6g



Jeanette's Canned Yams

Serves 8

2- 15oz cans Sweet Potato
1/2 cup Diet syrup
1/2 cup Splenda
1/2 teaspoon Cinnamon

Instructions:

Combine all ingredients into saucepan and bring to a boil. Lower heat slightly and simmer for 30-45 minutes uncovered, stirring occasionally.

Nutritional Information:

Calories: 110 Total Fat: 0g

Saturated Fat: 0g

Sodium: 95g

Carbohydrates: 29g

Fiber: 3g

Protein: 1g



Peach and Tomato Salsa

Serves 8

4 large ripe tomatoes 4 large ripe peaches
2 jalapeños, seeded and diced
4 Tbsp green onion, chopped
3 Tbsp cilantro or parsley, chopped
1/2 orange, juiced
1 lemon, juiced
1 lime juiced
2 tsp ground cumin
Black pepper, to taste

Instructions:

Concasse tomatoes and peaches, removing skin and seeds then dice. Mix in remaining ingredients and adjust seasoning to taste. Serve with roasted chicken, grilled or sautéed fish or as an appetizer with chips.

Nutrition Information:

Calories: 45 Total Fat: 0g

Saturated Fat: 0g

Carbohydrates: 11g

Fiber: 2g

Protein: 3g



Turkey Meatballs

Serves: 20

2 lbs ground beef
2 lbs ground turkey 1 cup grated carrots
1 cup regular oatmeal
1 cup seasoned breadcrumbs
1/2 cup applesauce
3 egg whites
1 medium onion, minced
2 Tbsp dried parsley flakes
2 tsp onion powder 2 tsp garlic powder
1 Tbsp Black Pepper

Instructions:

Mix all ingredients except ground beef and ground turkey well.

Mix in ground beef and turkey only well enough for an even mixture. Shape into small balls and place on a lined oven pan. Bake at 350 degrees for about 20 minutes or until internal temperature of 165F is reached. Drain off excess fat and serve.

Nutrition Information:

Calories: 220 Total Fat: 12g

Saturated Fat: 4g Carbohydrates: 9g

Fiber: 1g

Protein: 19g



Low Sugar Barbeque Sauce

Makes ~4 cups

6 T Onions, fine dice
1 T Garlic, minced
3 cups Tomato Sauce
3 T Worcestershire Sauce
6 T Cider Vinegar
1.5 cup Sugar Free Cola, Reduced to 6 T
6 T Ketchup
3 t Chili Powder
3 t Mustard Powder
3 t Cumin

Instructions:

Sauté onions until golden, add garlic and carefully cook until fragrant. Add remaining ingredients and simmer till flavors are blended, at least 10 minutes.

Nutrition Information:

Calories: 20 Total Fat: 0g
Saturated Fat: 0g Sodium: 200 mg
Carbohydrates: 4g
Protein: 1g



Caribbean Chicken

(makes about 6 servings)

1 pound chicken breasts, boneless, skinless
Dash black pepper Dash onion powder Dash garlic powder
Dash cayenne pepper
Dash paprika
1 Tbsp vegetable oil
1 13.25 oz can pineapple chunks
1 tsp ginger
2 oranges
1/4 cup honey
2 tsp cornstarch
2 Tbsp water

Instructions:

Take 2 tsp of rind from one orange and then juice orange and peel and slice the other orange. Drain pineapple juice from can and combine with orange juice, the orange rind, honey and ginger. Season chicken with pepper, onion powder, garlic powder, cayenne and paprika. Sauté in oil on both sides until golden brown. Pour orange-pineapple juice mixture over chicken and simmer for 40 minutes or until both chicken and juice reach 165F internally.

Once chicken has reached desired temperature, remove from pan and set aside in warm area.

Mix cornstarch and water together thoroughly and then whisk into remaining juices in the pan. Heat to a boil while stirring. Add pineapple chunks and orange slices and serve over chicken.

Nutrition Information:

Calories: 260 Total Fat: 9g

Saturated Fat: 2g

Carbohydrates: 28g

Fiber: 2g

Protein: 17g



Curried Sweet Potatoes and Corn

(serves 12)

2 medium yellow onions, small diced
3 garlic cloves, minced
1 Tbsp Oil
4 cups diced sweet potato
4 cups corn kernels 2 tsp ground cumin 2 tsp curry powder
1 cup vegetable broth
1 cup fat free or lite sour cream
4 Tbsp chopped cilantro
4 Tbsp lime juice
2 limes, cut to wedges
Cilantro sprigs

Instructions:

Sauté onions and garlic in oil till golden brown. Add sweet potatoes, corn, cumin, curry powder and broth. Cover and simmer for 10-15 minutes till fork tender. Blend in sour cream, chopped cilantro and lime juice. Garnish with lime wedges and cilantro sprigs.

Nutritional Information:

Calories: 160 Total Fat: 2g
Saturated Fat: 0g
Sodium: 360g
Carbohydrates: 31g
Fiber: 4g
Protein: 4g



Mashed Sweet Potatoes

Yield: 8 servings

- 5 Large Sweet Potatoes, peeled and diced.
- 1 15oz can Sliced Peaches, in juice, drained halfway
- 2 Egg Whites
- 1/3 cup Skim Milk
- 3 teaspoons Cinnamon
- 3 teaspoons Vanilla Extract
- 1 cup Splenda
- 1 tablespoon Butter

Instructions:

Add diced sweet potatoes to simmering water and cook till fork tender. Puree peaches in blender or chop finely and mash by hand. Once potatoes are done drain water and return pot with sweet potatoes to stove and mix in remaining ingredients over medium heat while mashing till desired consistency is reached and mixture is cooked throughout.

Nutritional Information:
Calories: 140 Total Fat: 1g
Saturated Fat: 0.5g
Sodium: 35mg
Carbohydrates: 36g
Fiber: 3g
Protein: 3g



Berry Blue Salad

(makes 8 servings)

2 cups blueberries, frozen (fresh when in season)
½ cup pecans, chopped
2 apples, diced
½ cup fat free mayonnaise or ½ cup whipped cream
1 (15 oz) can low-sugar crushed pineapple, drained
8 lettuce leaves

Instructions:

Toss first 5 ingredients together in a medium bowl. Serve on lettuce leaf.

Nutrition Information:

Calories: 140

Total Fat: 6g

Saturated Fat: 0.5g Carbohydrates: 24g

Fiber: 4g

Protein: 1g



Fresh Fruit Crunch

(makes 4 servings)

- 1 Red Delicious apple, cored and finely chopped (may substitute seasonal berries or peaches)
- 2 (8 oz) non-fat cherry or raspberry yogurt
- $\frac{3}{4}$ cup Grape-Nuts brand cereal

Instructions:

Divide half the chopped apple among serving dishes. Spoon 4 Tbsp of yogurt into each dish. Add 2 Tbsp Grape-Nuts. Top with layers of remaining yogurt, chopped apple, and garnish with a sprinkle of cereal.

Nutrition Information:

Calories: 150

Total Fat: 0g

Saturated Fat: 0g

Carbohydrates: 30g

Fiber: 2g

Protein: 7g



Black-Eyed Pea Hummus

(makes 5 two-ounce servings of dip)

Ingredients:

1 (15 oz) can black-eyed peas, drained and rinsed
2 garlic cloves, minced
2 tablespoons Tahini
Juice of half a lemon
¼ cup chopped fresh parsley
1 teaspoon paprika
Salt and pepper, to taste
2 ice cubes

Instructions:

In a food processor, combine black-eyed peas, garlic, tahini, juice, parsley, paprika, salt and pepper. Begin blending. While blending, add olive oil. Add ice cubes one at a time after all olive oil has been added. Scrap mixture from sides of food processor, making sure entire mixture is incorporated. Blend until desired consistency is reached. Chill an hour and a half before serving.

Nutrition Information:

Calories: 190
Total Fat: 10g
Saturated Fat: 1g
Carbohydrates: 20g
Fiber: 6g
Protein: 8g

