Extension Service
Texas A & M Agricultural
Galveston County Health District

Johnson Foundation
Grant from the Robert Wood

Whisking Your Way to Health

Healthy Recipes

- Reduce sodium
- Reduce Fats
- Reduce fat by 1/4 to 1/3
- Reduce sugar by 1/4 to 1/3
- Reducing calories in Recipes
Cider Vinegar Dressing

Makes 4 cups

Smoothly:

1. In a food processor, process until oil in a slow stream. Process until with blender or food processor running, add 2 cups water 2 tablespoons salt 14 teaspoon paprika 1 tablespoon dried parsley 1 teaspoon dry mustard 1 teaspoon dry oregano 1 medium onion, diced

Serve 4

Lime-Cilantro Pork Tacos

Serve 4

In a bowl, browned. Remove pork from pan, place pork, and sauté for 4 minutes or until salt and pepper. Add oil to pan. Add medium high heat. Sprinkle pork with

1. Heat large non-stick skillet over 8 (6 inch) tortillas

2 14 teaspoon lime juice

3 14 teaspoon chopped cilantro

1 1 cup plucked tomatoes, chopped

1 1 cup less sodium chicken broth chopped

1 small jalapeno pepper, seeded and sliced

1 1 cup thinly sliced onion

2 2 teaspoons olive oil

13/8 teaspoon freshly ground black pepper

1 1/2 teaspoon salt

1 1/2 teaspoon sugar

Into thin strips:

1 pound pork tenderloin, trimmed and cut

Serves 4
Crust is golden brown and center is bubbly.

Bake at 425 degrees for 45 minutes or until a lattice design over the fruit mixture.

Cut pie crust into 4-inch wide strips and make dish.

Spoon into a lightly greased 11x7-inch baking large bowl. Gently stir cherries and berries together. Stir together the first 5 ingredients in a

Glaze

1 can (20 ounce) Lite Cherry Pie Filling
1/2 tsp almond extract
1 tsp grated orange rind
1/4 cup powdered sugar

Cherry Cream Cheese Dessert

2 package (8 ounces each) Low Fat Crescent Rolls
1 package Neufchatel (cream cheese) 8 ounces softened

Cherry Berry Cobbler

1/2 cup powdered sugar
1 cup sugar (1/2 cup Splenda and 1/2 cup sugar)
Garlic Bread

12 Servings

Slice to serve

Slice for 2 minutes until brown

Bake at 375 degrees for 8 minutes

Place on a baking sheet.

Spread on the cut halves of the bread.

Parsley and the garlic.

In a small bowl, combine the butter,

1/2 tablespoon minced parsley
1/4 clove garlic minced
1 1/2 tablespoons softened butter

Edge mixture on the dough to within 1/4 inch of

Mix until smooth. Spread cream cheese
powdered sugar, egg and almond extract.

Edge. For filling, combine cream cheese,

Center. Make an edge around the center

Press edges to seal at center and outer

Place over the filling in strips and place a circle of the other 2 triangles. Twist one of the

Into 4 strips lengthwise and repeat with

Take 2 of the remaining 4 dough triangles

Edges: top with precision.

Mix until smooth. Spread cream cheese

Center. Make an edge around the center

Mix powdered sugar and milk until

golden brown. Cool slightly. For glaze,

Bake 25 - 30 minutes or until

Press edges to seal at center and outer

Fashion continue with remaining strips.
Serves 8

5 minutes before cutting into 8 portions, begin to brown, let the lasagna stand for
Bake for 35 to 40 minutes until the top
Parmesan cheese, and the remaining sauce. Sprinkle with the noodles (omit to reduce the carbohydrates)
Sauce. Finish with a final layer of the mozzarella. Add 1/3 of the remaining mozzarella. Then the remaining ricotta. Then the remaining noodles. Then the another layer of 3 noodles. Then the cheese. Add 1/3 of the remaining sauce. Sprinkle with 1/3 of the mozzarella spoon spreading it out evenly with the back of a
Sauce. Top with 1/3 of the ricotta cheese. Arrange a layer of 3 noodles over the cups (in the bottom of a 9 1/2 x 13-inch pan. Spread a thick layer of sauce (about 1 1/2

Cook until green beans and tomatoes are
2 cans diced tomatoes
2 cans of green beans

Add:

Cook until vegetables are tender
2 tablespoons dried parsley
2 tablespoons minced garlic

1 pound carrots diced
4 potatoes diced
1 bunch celery chopped

Add:

Water: Simmer for one hour
Combine in a large pan and cover with
Pepper
2 tablespoons vegetable oil
2 garlic cloves minced
1 onion diced
3 lb of lean pork, dice it up

Vegetable Soup
Pinch of ground black pepper
9 lasagna noodles
1 15-oz carton low-fat ricotta cheese
1 8-oz package shredded reduced-fat mozzarella cheese, divided
1/4 cup grated Parmesan cheese

Preheat the oven to 350 degrees.

In a medium pot over medium heat, combine the oil, onion, celery, and garlic. Cook over medium heat, stirring frequently, until the onion is softened, about 5 or 6 minutes.

Add the tomato sauce, zucchini, thyme, oregano, salt, and pepper. Bring to a boil. Reduce the heat, and simmer about 10 minutes or until the flavors begin to blend.

Tropical Trifle

1 - 6 ounce No Sugar vanilla instant pudding
Skim milk to make pudding
1 - 12 ounce low fat Cool Whip
1 - 15 ounce mandarin oranges (drained)
1 - 20 ounce crushed pineapple (drained)
1 banana sliced
2 Tablespoons shredded coconut
2 Tablespoons sliced almonds

Make vanilla pudding according to directions and let it set up.
Mix half of the Cool whip into the pudding.

In a dry sauté pan place coconut and almonds over medium heat, stir constantly until lightly browned. Remove from the heat and let it cool.

In a serving dish layer half of the pudding/Cool whip mixture
Layer half of the bananas, the drained mandarin oranges and pineapple on top of the pudding/Cool whip mixture.
1 tsp salt (omit)
1 tsp dried oregano leaves
1 tsp dried thyme leaves
1 cup chopped yellow squash
1 cup chopped zucchini

Tomato Sauce
2 15-oz cans low-sodium or regular
2 tbsps minced garlic
2 large celery stalks, chopped
1 large onion diced (1 1/4 cups)
2 tbsps olive oil

Vegetable Lasagna

Serves 12 - 16

Sprinkle the cooled coconut and almonds on top.

Top with the remaining Cool Whip.

Top off the pudding/Cool whip mixture.

Drained mandarin oranges and pineapple on the rest of the bananas.

Place the remaining pudding/Cool Whip.

Layer half of the remaining Cool Whip over the fruit.
Recipe for Rosemary Chicken

Preheat oven to 350 degrees Fahrenheit.

Sprinkle chopped Spring green onion, chopped fresh ground pepper, fresh rosemary.

Serve garnish:
Olive Oil

Skinless chicken breast (4 ounces per serving)

Sprinkle with paprika. Sprinkle spring onion over chicken.

Spread olive oil mixture through dish. Place a sprig of rosemary on each piece.

Bake at 350 degrees for 30 minutes or until done.

Serves 8 to 12

Cake Mix:
Add 1/8 cup fresh rosemary to a yellow cake mix.

To make the cake mix "healthier", reduce fat by 1/3.

One whole egg and two egg whites.
Herbed Green Beans

Pear Salad Dressing

Mix mayonnaise and peanut butter.

Paprika

Lettuce leaves

2 Tablespoons peanut butter

1/4 cup reduced fat mayonnaise

2 bananas

1 can pear halves in pear juice

Sprinkle lightly with paprika.

Top with 1 Tablespoon dressing.

Place a lettuce leaf on a salad plate.

Place one pear half in center of lettuce.

Place 4 or 5 banana slices over top of pear.

Pear:

Heat or until hot.

Cover and cook for 10 minutes over low heat.

In a saucepan add the sautéed vegetables, green beans, rosemary and basil.

Saute onion, celery and garlic in the margarine (butter) until soft.

Mix 2 teaspoons dried basil, crushed garlic minced

1/2 cup chopped celery

1/2 cup chopped onion

Salt

15 ounce can cut green beans, no added

Herbed Green Beans

Pear Salad Dressing
Pepper and Onion
Black Bean Salad with Bell Pepper
North of the Border Flour Tortillas
Lime-Chili Lime Tacos
Lesson 5
17
Cherry Berry Cobbler
Garlic Bread
Vegetable Lasagna
Lesson 4
16
Rosemary Cake
Butter Dressing
Pear Salad with Peanuts
Lesson 3
13
Herbed Green Beans
Rosemary Chicken
Tropical Salsa
Lesson 2
9
Tropical Salsa
Vegetable Soup
Lesson 1
4
Cherry Cream Cheese Dessert
Cider Vinegar Dressing
Grilled Chicken Salad
Lesson 1
North of the Border Flour Tortillas

Cook each side on a hot grill or skillet for 2 minutes or until covered with bubbles.

Put a small amount of flour on a cutting board and roll each ball out to about 4-5 inches round.

Form 20 balls out of dough. Set aside for 5 more minutes. To form dough, let dough stand covered for 15 minutes.

Knead with your hands for about 5 minutes. Warm ingredients. Add applesauce and warm water.

Make a dip in the center of the dry and salt.

In a large bowl, mix flour, baking powder.

1 cup warm water
1 cup applesauce
3 teaspoons salt
3 cups White all-purpose flour

Healthy Recipes
Serve at room temperature

1 garlic clove, minced
1/8 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon olive oil
1/2 tablespoon red wine vinegar
1/4 cup chopped fresh parsley
1/2 cup chopped red onion
1 cup chopped red bell pepper
black beans
1 (15 ounce) can rinsed and drained

Combine and chill

Serves 4

Black Bean Salad with Bell Pepper and Onion

Serve at room temperature

1 garlic clove, minced
1/8 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon olive oil
1/2 tablespoon red wine vinegar
1/4 cup chopped fresh parsley
1/2 cup chopped red onion
1 cup chopped red bell pepper
black beans
1 (15 ounce) can rinsed and drained

Combine and chill

Serves 4