Cherokee County Cooking Connections

a community based cookbook

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Oklahoma State University Extension

Cherokee County Health Services Council

TSET Healthy Living Program
Serving Cherokee County

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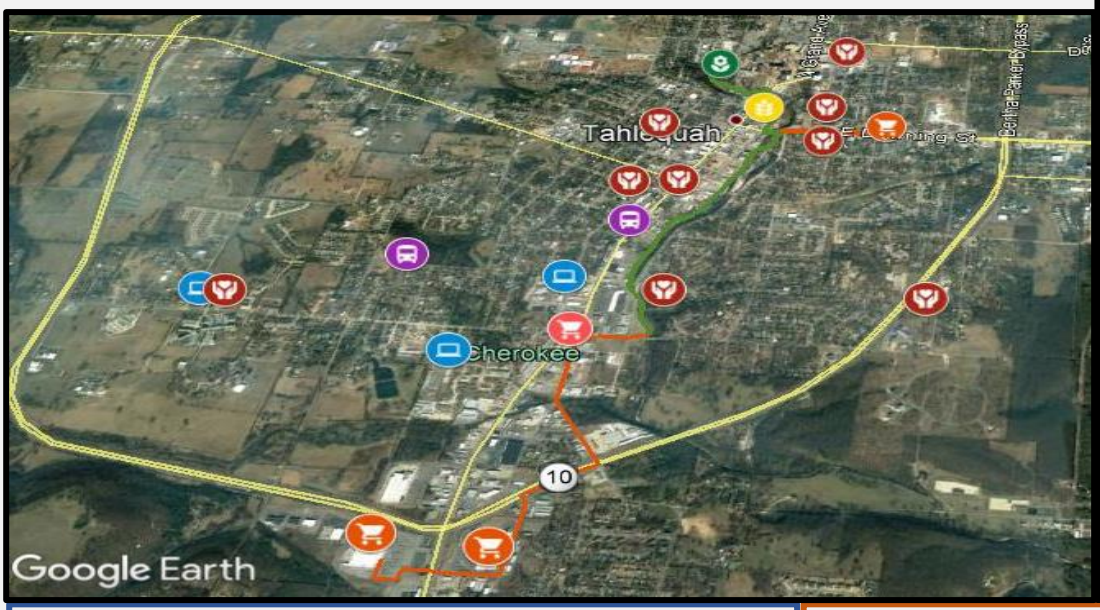

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Supplemental Nutrition Assistance Program (SNAP)
1298 W 4th St, Tahlequah, OK 74464
918-207-4500
www.okdhs.org
Oklahoma SNAP enables low-income families to buy nutritious food in authorized retail food stores and Farmers' Markets.

Oklahoma Women Infants and Children (WIC) Program
912 S College Ave, Tahlequah, OK 74464
918-456-8826
https://www.ok.gov/health/Family_Health/WIC/
The WIC program is available to low to moderate income pregnant women, recently delivered women, breastfeeding women, infants, and children up to age 5 who are at nutrition risk.

Cherokee Nation Women Infants and Children (WIC) Program
1602-1604 Hensley St, Tahlequah, OK 74464
1- 800-256-0671 extension 5589
www.cherokeepublichealth.org
Cherokee Nation WIC serves Native American women who are pregnant, postpartum, or breastfeeding; infants, and children under the age of 5.

Dollar General – Hulbert (Accepts SNAP)
450 E Main St, Hulbert, OK 74441
918-537-1535
www.dollargeneral.com

Tinajero's Meat Market (Accepts SNAP)
1201 Muskogee Ave, Tahlequah, OK 74464
918-772-5119
www.tinajeros-meat-market-llc.business.site/

Reasor's Foods (Accepts SNAP, OK WIC, CN WIC)
2001 Muskogee Ave, Tahlequah, OK 74464
918-456-2547
www.reasors.com

Save A Lot (Accepts SNAP & OK WIC)
614 E Downing St, Tahlequah, OK 74464
918-456-6971
www.savealot.com

Wal-Mart (Accepts SNAP, OK WIC, CN WIC)
2020 Muskogee Ave, Tahlequah, OK 74464
918-456-8804
www.walmart.com

Tahlequah Farmers' Market (Accepts SNAP)
200 E Morgan St, Tahlequah, OK 74464
tahlequahfarmersmarket@gmail.com
www.tahlequahfarmersmarket.org
Season: April thru October – Saturdays, 8am to 12pm

OSU Extension Community Garden
17889 S Muskogee Ave
918-456-6163
http://oces.okstate.edu/cherokee
An outdoor hands-on educational garden for youth & adults. OSU Extension offers agriculture education, including gardening, to community members.

Tahlequah Community Garden
271 W Smith St, Tahlequah, OK 74464
918-401-0474
tahlequahgarden@gmail.com
A chemical free garden that follows the permaculture ethics and principles and is working toward teaching sustainable food production and preservation methods.

Bread of Life: Church of God Seventh Day - food pantry
325 E Ward St, Tahlequah, 918-647-6021

CARE Food Pantry - food pantry
315 E Shawnee St, Tahlequah, 918-458-5338

Cherokee Nation Food Distribution - emergency food distribution for Native Americans
17675 Muskogee Ave, Tahlequah, 918-207-3920

Church of Christ - food pantry
410 S College Ave, Tahlequah, 918-456-3414

Cookson Hills Center United Methodist Mission - senior meal assistance
32035 OK-82, Cookson, 918-457-5181

Feed My Sheep - restaurant style meal assistance
301 W Delaware St, Tahlequah, 918-456-6141

First Christian Church - mobile food bank
746 Cedar Ave, Tahlequah, 918-456-2415

Hands of Grace Center: Zoe Institute - food pantry
18900 E Bluebird Dr, Tahlequah, 918-453-9778

Hulbert Senior Center - senior meal assistance
401 E Main St, Hulbert, 918-772-2077

Rowdy's Resource Room - food pantry for NSU students
NSU Center Leoser Hall, 918-444-2255

Tahlequah Day Center - meal assistance
309 Muskogee Ave, Tahlequah, 918-453-9778

Tahlequah Senior Center - senior meal assistance
230 E 1st St, Tahlequah, 918-456-0792

Tri-Community Web Association - meal assistance & mobile food bank
17914 S 580 Rd, Tahlequah, 918-931-9371

Wisdom Keepers - senior meal assistance
1284 W 4th St, Tahlequah, 918-453-9900

Safe Routes to Food Access (from the trail system):
You can access any of Tahlequah's grocery stores by following a safe route from your home or workplace to the Tahlequah History Trail. Once on the Tahlequah History Trail, take the trail to the designated pinpoint for accessing the safest route to any of the three grocery stores.

Cherokee Nation Transit
918-207-3929
https://transit.cherokee.org/
Provides safe, reliable, and low-cost transportation for Native Americans to employment, healthcare, places of higher learning, and other vital destinations through commuter-routes and demand response services.

Ki Bois Area Transit System (KATS)
918-453-1155
http://www.kibois.org/KATSTahlequah.html
Rides are available by phone call, 8am to 5pm, Monday through Friday. Rides are by demand and response.

Sooner Cab
918-207-8381
Varying rates depending on pick up and drop off points. Hours are Monday through Thursday from 7am to 9pm, Friday and Saturday from 7am to midnight, and Sunday from 7am to 8pm.

UKB Transit Department
1-888-866-6705 or 918-871-2800
www.ukb-nsn.gov/transit
Open Monday-Friday, 8:30am to 5pm. Provides tribal members and the general public transportation in a demand-response format. Service is subject to availability of driver schedules, distance, or rider and time of day.

Tahlequah History Trail
The Tahlequah History Trail offers safe routes to food access by following the trail to other designated safe routes noted the food access map. The Tahlequah History Trail is a 2 mile trail and shares details of the people who settled here and the architecture the left behind. The walk can begin downtown at the Tahlequah Community Garden or hop on at any major landmarks including downtown Norris Park. You can pick up a map at the Chamber of Commerce office for sites such as the Cherokee Settlement Interpretive Sign, wooden Pedestrian Bridge, Rosamund House, Franklin Castle, Seminary Hall at Northeastern State University, Bailey Falls, Sequoyah City Park, WPA American Legion, Brookside House, Truss Bridges, WPA Armory Building, Cherokee Capitol Square, Cherokee National Supreme Court Building, and the Cherokee Nation Prison.

Visit www.cchscok.org to access the virtual version of the Cherokee County Food Access Map.

Disclosure Statement: This document was developed on April 30, 2020. Information in this document is subject to change at any time. If you notice that information included in this document is incorrect, you can contact Lora Buechele at lbueche@okstate.edu. Information will be updated at the next printing cycle; therefore, all document information may not be updated immediately.

Reading a Food Label

The New and Improved Nutrition Facts Label – Key Changes

U.S. FOOD & DRUG ADMINISTRATION

The U.S. Food and Drug Administration has finalized a new Nutrition Facts label for packaged foods that will make it easier for you to make informed food choices that support a healthy diet. The updated label has a fresh new design and reflects current scientific information, including the link between diet and chronic diseases.

1. Servings

The number of "servings per container" and the "Serving Size" declaration have increased and are now in larger and/or bolder type. Serving sizes have been updated to reflect what people actually eat and drink today. For example, the serving size for ice cream was previously 1/2 cup and now is 2/3 cup.

There are also new requirements for certain size packages, such as those that are between one and two servings or are larger than a single serving but could be consumed in one or multiple sittings.

2. Calories

"Calories" is now larger and bolder.

3. Fats

"Calories from Fat" has been removed because research shows the type of fat consumed is more important than the amount.

4. Added Sugars

"Added Sugars" in grams and as a percent Daily Value (%DV) is now required on the label. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Scientific data shows that it is difficult to meet nutrient needs while staying within calorie limits if you consume more than 10 percent of your total daily calories from added sugar.

5. Nutrients

The lists of nutrients that are required or permitted on the label have been updated. Vitamin D and potassium are now required on the label because Americans do not always get the recommended amounts. Vitamins A and C are no longer required since deficiencies of these vitamins are rare today. The actual amount (in milligrams or micrograms) in addition to the %DV must be listed for vitamin D, calcium, iron, and potassium.

The daily values for nutrients have also been updated based on newer scientific evidence. The daily values are reference amounts of nutrients to consume or not to exceed and are used to calculate the %DV.

6. Footnote

The footnote at the bottom of the label has changed to better explain the meaning of %DV. The %DV helps you understand the nutrition information in the context of a total daily diet.

Current Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 12g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

1 8 servings per container
Serving size **2/3 cup (55g)**

2 **Amount per serving**
Calories **230**

	% Daily Value*
3 **Total Fat** 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
4 Includes 10g Added Sugars	20%
Protein 3g	
5 Vitamin D 2mcg	10%
Calcium 200mg	15%
Iron 8mg	45%
Potassium 235mg	6%

6 * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Transitioning to the New Label

Manufacturers still have time to begin using the new and improved Nutrition Facts label, so you will see both label versions for a while. However, the new label is already starting to appear on products nationwide.

For more information about the new Nutrition Facts label, visit:
www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm385663.htm

January 2018

Reading a Recipe

Before you begin:

- Fully read the recipe before you get started. Make sure you have all the ingredients and equipment. This also ensures you don't miss any important steps.
- Wash your hands and clean your fingernails. Pull your hair back or wear a hair net.
- Gather the equipment and ingredients together in one place.

Parts of a recipe:

- Ingredients: Ingredients are generally written in the order that you will use them in the recipe. This will also include how much of the ingredient is needed for the recipe.
- Instructions: The instructions will include equipment needed, cooking temperatures and time, and how to complete the recipe.

Recipe definitions:

Bake – To cook in an oven. When applied to meats in uncovered containers, it is generally called roasting.

Baste – To moisten the foods during cooking to add flavor and to prevent drying of the surface. The liquid is usually melted fat, meat drippings, fruit juice, sauce, or water.

Beat – To stir a mixture using rapid, regular motions, use a wire whisk, spoon, hand beater, or mixer. Method incorporates air and makes mixture light, fluffy, or smooth.

Blend – To mix two or more ingredients thoroughly.

Boil – To cook in a liquid that is at boiling temperature. Bubbles will rise continually and break on the surface.

Bread – To coat a food with bread, cracker crumbs, or other food. The surface may first be coated with beaten egg or other liquid.

Broil – To cook by direct heat on a rack or pit.

Brown – To cook food with moderate or high heat until brown in color.

Chop – To cut into pieces with a knife or other sharp tool, blender, or food processor.

Coat – To spread food with or dip it into a substance such as flour or a sauce until it is covered.

Combine – To stir two or more ingredients together until the mixture looks uniform.

Cream – To mix fat and sugar with a spoon or mixer until soft and smooth.

Cube – To cut food into small cubes.

Cut – To divide food with a knife or scissors.

Cut In – To mix fat throughout with dry ingredients using two knives or a pastry blender until fat has coated the dry ingredients. Pieces should be the size of peas.

Dice – To cut into small cubes.

Dredge – To cover or coat with flour or other fine substances such as bread crumbs or corn meal.

Fold – To combine one ingredient with another by gently turning the mixture with a spoon.

Fry – To cook in fat. A small amount of fat is used for pan-frying, sautéing, or stir-frying; deep-fat fried foods are submerged in fat.

Glaze – To coat with a glossy mixture that adds to flavor and appearance.

Grate – To produce pieces of a specific size by rubbing food (such as carrots or cheese) on a grater or chopping in a blender or food processor.

Grease – To rub the surface of a pan or dish with a small amount of fat to prevent food from sticking. Use a brush or a bit of waxed paper or use cooking spray.

Grill – To cook food on a rack with direct heat.

Macerate – To soak foods in a liquid to soften them and to absorb flavor.

Marinate – To let food stand in a liquid.

Mince – To chop or cut into very small pieces.

Pare – To cut off the outside covering such as skins of vegetables or fruits.

Peel – To remove the outer covering of foods such as oranges or bananas.

Pinch – The amount of a substance that can be held between the thumb and forefinger and is smaller than ¼ teaspoon.

Reduce – To decrease volume of liquid by rapidly boiling.

Roast – To cook uncovered in an oven.

Sauté – To cook in a small amount of fat.

Scald – To heat liquid to just below the boiling point.

Score – To cut shallow slits on the surface of food.

Simmer – To cook food over low heat in a liquid just below the boiling point. Bubbles will form slowly and break apart just below the surface.

Steam – To cook food in steam over boiling water in a closed container.

Stew – To simmer food in a liquid.

Stir – To mix ingredients with a circular motion.

Stir-fry – To fry thinly sliced food quickly in only a little oil, continuously stirring with a tossing motion.

Toast – To brown by direct heat or in a hot oven.

Toss – To mix foods lightly with a lifting motion.

Whip – To beat food to incorporate air and increase volume.

Source: Ohio State University

Cooking Tips and Tricks

Meal Prepping

Save time and money with meal prepping. Prepping makes for quick and easy meals that can be frozen, thawed, and then baked. There is a reduction in food waste and less trips to the grocery store when planning ahead to prep. Meal prep also helps you eat healthier by preventing you from eating out as much and saves you money.

Check out these simple meal prep steps from **Shape Your Future** to get started:

1. Simpler Is Better. Choose recipes that call for simple ingredients — ones that can be used in a variety of meals, like onions, peppers and brown rice.

2. Use Your Freezer. Double up. Make extra food and store it in the freezer. Then, just reheat for a fast and healthy meal throughout the week!

3. Up Your Tupperware Supply. Make extra food and store it in freezer-safe containers. Then, just reheat them throughout the week!

4. Pick Chicken. Buy a pre-cooked rotisserie chicken and add it to sandwiches, tacos, salads and more.

5. Prep on Weekends. Or any time. Spend some time at the store, and then in the kitchen. Get your kids involved too!

Cutting a Recipe in Half


1/2 tsp. → 1/4 tsp.


1 Tbsp. → 1/2 Tbsp.


1/3 cup → 2 Tbsp. + 2 tsp.


2/3 cup → 1/3 cup


1 tsp. → 1/2 tsp.


1/4 cup → 2 Tbsp.


1/2 cup → 1/4 cup


1 cup → 1/2 cup

Volume Conversion


1 gallon = 4 quarts **OR** 8 pints **OR** 16 cups


1 quart = 2 pints **OR** 4 cups **OR** 32 oz.


1 pint = 2 cups **OR** 16 oz. **OR** 480 mL

Cooking Substitutions

Recipe calls for	Substitute with
Eggs	For 1 egg: 1/4 cup unsweetened applesauce OR 1/4 cup mashed banana
Butter	For 1 cup of butter: 3/4 cup of olive oil for savory dishes OR 3/4 cup of unsweetened applesauce for sweeter dishes
Baking Power	For 1 tsp. of baking powder: 1/4 tsp. baking soda + 1 tsp. lemon juice
Baking Soda	For 1 tsp. of baking soda: 3 tsp. baking powder
Lemon Juice	For 1 tsp. of lemon juice: 1/2 tsp. vinegar
Lime Juice	For 1 tsp. of lime juice: 1 tsp. vinegar
Sour Cream	For 1 cup of sour cream: 1 cup of plain low fat yogurt
Bread Crumbs (dry)	Rolled oats OR crushed bran cereal
Vegetable oil (for baking)	For 1 cup of vegetable oil: 1 cup of unsweetened applesauce OR 1 cup of unsweetened fruit puree

Source: www.shapeyourfutureok.com

Storing Produce and Other Tips

Apples, Berries, Grapes, Asparagus, Broccoli, Carrots, Celery, Lettuce, Cauliflower, and Green Beans last longest when immediately stored in the refrigerator.

Melons, Lemons, Limes, Bananas, Tomatoes, Onions, and Cucumbers last longest when kept on the counter until cut, then placed in the refrigerator.

Peaches, Pears, Avocados, and Oranges last longest when kept on the counter until ripe, then placed in the refrigerator.

Break up banana bunches. Then wrap each banana stem in plastic wrap. It'll make the bananas ripen more slowly. If your banana is brown, mash it up and mix into oatmeal or make a smoothie.

Drizzle lemon juice on avocados. Only using half an avocado? Slow the browning of the other half by leaving the pit in, covering the avocado with a light layer of lemon juice and wrapping it in plastic wrap. Store in fridge.

Treat asparagus like freshly cut flowers. Keep asparagus stalks upright and moist in the fridge — in a cup with a small amount of water. Loosely wrap a plastic bag over the top to extend their shelf life even further.

Let veggies breathe. Poke holes in the bags you store them in, or keep them in reusable mesh bags.

Wrap lettuce in paper towels. Keeping lettuce free of moisture will help it last longer. After you wash lettuce, place a paper towel with it to soak up any excess wetness.

Source: www.shapeyourfutureok.com

Recipes

Breakfast

Avocado Toast and Egg

INGREDIENTS

- 1 slice of whole wheat bread
- 2 tsp. unsalted butter
- Cooking spray
- 1 large egg
- 2 thin slices avocado
- 2 thin slices tomato
- 2 tsp. chopped fresh cilantro
- Salt and pepper (optional)

INSTRUCTIONS

1. Toast bread and spread with butter. Meanwhile spray a small skillet with cooking spray.
2. Fry egg according to personal preference for doneness.
3. Top bread with avocado and tomato. Sprinkle with cilantro.
4. Place egg on top and sprinkle with pinch of salt and black pepper if desired.

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 278; Total Fat: 16 g; Sodium: 275 mg; Carbs: 23 g; Protein: 11 g; Dietary Fiber 3 g; Cholesterol 206 mg.

Source: www.incredibleegg.org

Cottage Berry Crunch

INGREDIENTS

- 2 cups low fat cottage cheese with Calcium and Vitamin D
- 2 tablespoon granola
- 1/2 cup sliced bananas
- 1/2 cup assorted mixed fresh berries (blueberries, raspberries, blackberries, halved strawberries)

INSTRUCTIONS

1. Spoon cottage cheese into small bowl.
2. Top with remaining ingredients.

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 115; Total Fat: 1 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 7 g; Sodium: 23 mg; Carbs: 11 g; Protein: 15 g

Source: Kraft

Blueberry Baked Oatmeal Muffins

INGREDIENTS

- 2 cups old fashioned oats
- 1/3 cup packed brown sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg white
- 1 egg
- 3/4 cup skim milk
- 1 single serving nonfat blueberry yogurt
- Cooking spray
- Cup fresh blueberries

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Lightly mist 12 cups in a muffin tin with cooking spray.
2. Combine the oats, brown sugar, baking powder and salt in a large bowl. Stir until thoroughly mixed.
3. In a separate bowl, whisk together the egg white, egg, yogurt, milk and vanilla. Add the wet ingredients to the dry ingredients and stir until blended together. Stir in the blueberries.
4. Spoon the mixture evenly between the prepared muffin cups. Bake uncovered for 22-25 minutes or until oatmeal is lightly browned and a toothpick inserted in the middle comes out clean.

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 101; Total Fat: 1 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 9 g; Sodium: 136 mg; Carbs: 19 g; Protein: 4 g

Source: Shape Your Future

Fruit Pizza To Go

INGREDIENTS

- 1 whole wheat English Muffin
- 2 Tbsp. whipped fat-free strawberry cream cheese
- 2 strawberries, sliced
- 2 grapes, sliced
- 2 slices of mandarin oranges

INSTRUCTIONS

1. Toast the English muffin until golden brown.
2. Spread cream cheese on toasted muffin.
3. Arrange fruit on top of the cream cheese.

TIP: This recipe can be made with any flavor of cream cheese and any fruit you like. A perfect breakfast or snack!

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 157; Total Fat: 2 g; Sodium: 352 mg; Carbs: 29 g; Protein: 9 g; Dietary Fiber 5 g; Cholesterol 2 mg; Calcium 230 mg; Iron 2 mg; Potassium 246 mg

Source: University of Maryland Extension. Food Supplement Nutrition Education Program.

Breakfast Pizza Cups

INGREDIENTS

- 1/2 pound lean ground turkey sausage
- 2 (13.8-ounces) cans refrigerated pizza crust dough
- 1/2 cup frozen hash browns, thawed
- 1/2 cup 2% reduced fat sharp cheddar cheese, shredded
- 1 1/4 cups egg substitute
- 1/2 cup fat free milk
- 1/8 teaspoon pepper
- 2 tablespoons grated Parmesan cheese
- 1 1/2 cups pizza sauce

INSTRUCTIONS

1. Cook sausage in a large skillet over medium-high heat for 10 minutes or until sausage crumbles and is no longer pink. Drain well on paper towels, and set aside.
2. Pat 1 can pizza dough into a 15 x 10-inch rectangle on a lightly floured surface; cut into 6 (5-inch) squares. Press squares into lightly greased muffin cups, skipping every other muffin cup. Repeat procedure with remaining can of pizza dough.
3. Spoon sausage evenly into crusts; sprinkle evenly with hash browns and Cheddar cheese.
4. Stir together egg substitute and milk and pepper; pour evenly into pizza cups, and sprinkle with grated Parmesan cheese.
5. Bake at 375 degrees F for 18 to 20 minutes or until golden. Serve with pizza sauce.

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 283; Total Fat: 4.5 g; Saturated Fat: 2 g; Trans Fat: 0 g; Sugar: 1 g; Sodium: 763 mg; Carbs: 34.6 g, Protein: 12.8 g

Source: MyRecipes.com

Overnight Oats

INGREDIENTS

- 1/2 cup rolled oats (quick or regular)
- 1/2 cup low fat milk
- 1-2 teaspoons honey
- Optional for toppings: sliced banana, mixed berries, sprinkle sliced almonds

INSTRUCTIONS

1. Place oats, milk and honey in an airtight container like a covered bowl or mason jar.
2. Gently shake to combine.
3. Refrigerate for 6-8 hours or overnight.
4. Top with your favorite fruits or nuts!

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 226; Total Fat: 4 g; Saturated Fat: 0 g; Trans Fat: 1 g; Sugar: 12 g; Sodium: 56 mg; Carbs: 39 g; Protein: 9 g

Source: Shape Your Future

Perfect Pumpkin Pancakes

INGREDIENTS

- 2 cups all-purpose flour
- 6 tsp. brown sugar
- 1 Tbsp. baking powder
- 1 1/4 tsp. pumpkin pie spice (see tip below)
- 1 tsp. salt
- 1 large egg
- 1/2 cup canned pumpkin
- 1 3/4 cup low fat milk
- 2 Tbsp. vegetable oil

INSTRUCTIONS

1. Combine flour, brown sugar, baking powder, pumpkin spice, and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or non-stick skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip and cook until golden brown.
6. Repeat with remaining batter.

TIP: If you don't have pumpkin pie spice, mix 1/4 tsp. nutmeg, 3/4 tsp. cinnamon, and 1/8 tsp. each of ginger and cloves. Also these pancakes are great topped off with applesauce or sliced bananas.

NUTRITIONAL INFORMATION: Servings: 12- 3 1/2 inch pancakes; Calories: 130; Total Fat: 3 g; Sodium: 354 mg; Carbs: 21 g; Protein: 4 g; Dietary Fiber 1 g; Cholesterol 17 mg; Calcium 123 mg; Iron 1 mg; Potassium 107 mg

Source: USDA What's Cooking USDA Mixing Bowl

Banana Breakfast Smoothie

INGREDIENTS

- 1 banana, peeled
- 1/4 cup strawberries, washed and sliced
- 1/3 cup nonfat milk
- 8 ounces nonfat plain yogurt

INSTRUCTIONS

1. Combine all ingredients in a blender. Blend until smooth.

NUTRITIONAL INFORMATION: Serving Size: 1 smoothie; Calories: 285; Total Fat: 1 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 40 g; Sodium: 228 mg; Carbs: 53 g; Protein: 19 g

Source: Shape Your Future

Quick Breakfast Burrito

INGREDIENTS

- 1 tablespoon olive oil
- 1 bell pepper
- 1 tablespoon finely chopped red onion
- 3 large egg whites (1/3 cup)
- 1 (8-inch) whole wheat flour tortilla, warm
- 1 slice low sodium turkey bacon, cooked and chopped into small pieces
- Ground black pepper, to taste
- Optional: 2 tablespoons fresh tomato salsa

INSTRUCTIONS

1. Heat oil in a medium nonstick skillet over medium-high heat.
2. Add bell peppers and onion; cook, stirring frequently, for 3 to 4 minutes or until soft.
3. Add eggs; cook, over medium heat, stirring frequently for 2 to 3 minutes, or until eggs are set.
4. Top tortilla with egg mixture, turkey bacon, and pepper (if desired). Roll tortilla burrito-style.
5. Serve with salsa, if desired.

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 340; Total Fat: 19 g; Saturated Fat: 3 g; Trans Fat: 0 g; Sugar: 7 g; Sodium: 779 mg; Carbs: 25 g; Protein: 18 g

Source: Shape Your Future

No-Bake Breakfast Cookies

INGREDIENTS

- 1/2 cup honey
- 1/2 cup nonfat dry milk (instant)
- 1/2 cup raisins
- 1/2 cup creamy peanut butter
- 2 1/2 cups crushed flaked cereal *non-frosted cereal

INSTRUCTIONS

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop heaping tablespoons onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.

NUTRITIONAL INFORMATION: Serving Size: 12; Calories: 130; Total Fat: 6 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 11 g; Sodium: 197 mg; Carbs: 17 g; Protein: 4 g

Source: Shape Your Future

Spiced Pumpkin Nut Bread

INGREDIENTS

- 4 cups all-purpose flour
- 1 tablespoon pumpkin pie spice
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1 can (15 ounces) Pure Pumpkin
- 2 cups packed brown sugar
- 1 cup 100% apple juice
- 4 large eggs
- 1/4 cup vegetable oil
- 2 teaspoons vanilla extract
- 1 cup chopped pecans or walnuts

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Grease two 9 x 5-inch loaf pans.
2. Sift flour, pumpkin pie spice, baking powder, baking soda and salt into a medium bowl.
3. Combine pumpkin, sugar, apple juice, eggs, oil and vanilla extract in a large bowl; stir well. Stir in flour mixture and ¾ cup nuts.
4. Spoon into prepared loaf pans. Sprinkle remaining ¼ cup of nuts over top of loaves.
5. Bake for 60-70 minutes or until wooden toothpick inserted in the center comes out clean. Cool in pans for 10 minutes; remove to wire racks to cool completely. Cut each loaf into 9 slices, then each slice in half.

NUTRITIONAL INFORMATION: Servings: 36; Calories: 149; Total Fat: 4 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 13 g; Sodium: 141 mg; Carbs: 25 g; Protein: 3 g

Source: VeryBestBaking.com

Lunch/Dinner

Crunchy Tuna Salad

INGREDIENTS

- 1 - 5 oz. can tuna in water, drained and flaked
- 1/2 cup apple, diced
- 1/4 cup celery, diced
- 1/4 cup sliced almonds
- 1/3 cup mayo
- Salt and pepper to taste if needed

INSTRUCTIONS

1. Combine all ingredients.
2. Serve on bread or make a lettuce wrap with Romaine Lettuce

NUTRITIONAL INFORMATION: Serves: 2; Calories: 470; Fat: 41 g; Protein: 22 g; Carbs: 8 g; Dietary Fiber: 2 g; Cholesterol: 34 mg; Sodium: 463 mg

Source: Tammy Perry, Family & Consumer Sciences OSU Extension Educator

Ham & Split Pea Soup

INGREDIENTS

- 2 Tbsp. butter
- 1/2 cup onion, diced
- 2 ribs of celery, chopped
- 1 bay leaf (optional)
- 1 pound dried split peas
- 1 qt. chicken broth
- 2 1/2 cups water
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 3 cloves garlic, minced
- 1 pound of diced ham

INSTRUCTIONS

1. Place butter in a large soup pot over medium heat.
2. Stir in onion, celery and garlic and cook slowly until softened about 5-8 minutes.
3. Mix in ham, bay leaf and peas.
4. Pour chicken broth and water in the pot.
5. Stir to combine and simmer, stirring occasionally, and season with salt and pepper.

NUTRITIONAL INFORMATION: Servings: 8; Calories: 374; Fat: 14.4 g; Carbs: 37 g; Protein: 25.1 g; Cholesterol: 40 mg; Sodium: 1187 mg

Source: Valerie's Kitchen

Taco Soup

INGREDIENTS

- 1 pound ground beef
- 2 - 15.5 oz. cans pinto beans (don't drain)
- 1 - 15.25 oz. can whole kernel corn (don't drain)
- 1 - 1oz. pkg. taco seasoning
- 1 - 10 oz. can rotel style tomatoes
- 1 - 14.5 oz. can diced tomatoes
- 1 - 2.25 oz. can sliced black olives (optional)

INSTRUCTIONS

1. Brown beef in a large stock pot until low longer pink, drain and return to pot.
2. Add all other ingredients and bring just to a boil.
3. Reduce heat and simmer for 20 minutes.

TIP: Delicious served with cornbread

NUTRITIONAL INFORMATION: Serves: 6; Calories: 433; Fat: 21 g; Protein: 22 g; Carbs: 40 g; Dietary Fiber 8 g; Cholesterol 64 mg; Sodium 1555 mg

Source: OHCE-Helmer Club-Cindy Adams

Simple Roasted Chicken Leg Drumsticks

INGREDIENTS

- 2 Tablespoon Olive Oil
- 1 tsp. Paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 6 chicken leg drumsticks, approx. 1 lb. 8 oz. package (patted dry with paper towel)
- Lemon wedges (optional)

INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. In a Ziploc bag, combine oil, paprika, garlic powder, salt and pepper; add chicken. Rub all together within the bag until well coated.
3. Place legs on an oil-sprayed baking sheet with space in between each leg.
4. Bake 30-40 minutes. To ensure doneness, make sure that a thermometer inserted is 165 degrees. Serve.

TIP: This may be shredded and added to a multitude of recipes.

NUTRITIONAL INFORMATION: Serves: 4-6; Calories: 237; Fat: 16 g; Protein: 22 g; Carbs: 1 g; trace of Dietary Fiber; Cholesterol: 75 mg; Sodium: 341 mg

Source: The Kitchen Girl

Ground Beef, Bean & Barley Soup

INGREDIENTS

- 1/2 lb. lean ground beef
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 7 cups water
- 3/4 cup quick barley
- 1/2 cup sliced celery
- 1/2 cup sliced carrots
- 1 cup canned crushed tomatoes
- 2 cups canned red kidney beans, rinsed and drained
- 1/2 tsp. dried basil
- 1 bay leaf
- 1 lb. frozen mixed vegetables

INSTRUCTIONS

1. Brown ground beef in Dutch oven.
2. Add onion and cook until tender.
3. Add garlic and cook an additional 30 seconds.
4. Add remaining ingredients except frozen vegetables.
5. Bring to a boil, reduce heat, cover and simmer 10 to 15 minutes. Stir occasionally. Add more water if soup becomes too thick.
6. Add frozen vegetables and cook 10 to 15 minutes longer, until frozen vegetables are tender and cooked through.
7. Remove bay leaf and serve.
8. Refrigerate leftovers until needed then reheat to at least 165 degrees F.

NUTRITIONAL INFORMATION: Serves: 6; Calories: 334; Fat: 9 g; Protein: 17 g; Carbs: 49 g; Dietary Fiber: 14 g; Cholesterol: 28 mg; Sodium: 430 mg

Source: www.oklahomagardening.okstate.edu

BBQ Pulled Chicken Sliders

INGREDIENTS

- 2 cups shredded rotisserie chicken
- 8 whole wheat slider mini buns
- 8 bread and butter pickles
- 1/2 cup BBQ sauce

INSTRUCTIONS

1. Combine chicken and BBQ sauce in a small bowl.
2. Spoon 3 tablespoons of the chicken mixture on the bottom half of each bun. Top each with a few pickle chips and top with bun.

NUTRITIONAL INFORMATION: Serving Size: 3 sliders; Calories: 252; Total Fat: 8 g; Saturated Fat: 2 g; Trans Fat: 0 g; Sodium: 498 mg; Sugar: 9 g; Carbs: 26 g; Protein: 20 g

Source: Shape Your Future

Chicken Spaghetti

INGREDIENTS

- 1 1/2 cups cooked chicken, shredded
- 1/4 cup chopped yellow onion
- 1 - 8 oz. package fresh mushrooms, sliced
- 1 Tbsp. olive oil
- 3 stalks of celery, diced
- 2 cans low- sodium, healthy choice cream of chicken soup or low- sodium, healthy choice cream of mushroom soup
- 1/2 cup low-fat sour cream
- 1 - 4 oz. can sliced black olives
- 1 - 16 oz. pkg. spaghetti noodles
- 1/4 cup low-sodium chicken broth (optional)

INSTRUCTIONS

1. Sauté onion and mushrooms in olive oil until almost tender.
2. Add finely diced celery and cover for 3 minutes on low heat.
3. Mix soup and sour cream and add to first mixture. Bring just to a boil.
4. Add chicken. If sauce is too thick, thin out with low-sodium chicken broth. Pour all over cooked and drained pasta.

NUTRITIONAL INFORMATION: Serving: 6; Calories: 525; Fat: 10 g; Saturated Fat: 2 g; Protein: 25 g; Carbohydrate: 71 g; Dietary Fiber: 4 g; Cholesterol: 38 mg; Sodium: 597 mg; Potassium: 533 mg; Calcium: 78 mg; Iron: 5 mg (based on a mix of white and dark meat)

Source: OHCE-Helmer Club-Mary Juarez

Shredded Chicken Tacos

INGREDIENTS

- 1 rotisserie chicken, shredded, no skin
- 1 can low sodium black beans, rinsed and drained
- 4 ounces low fat cheddar cheese
- 1/2 cup chopped green onions
- Whole wheat tortillas or corn tortillas
- 1 tablespoon taco seasoning (optional)
- 1/2 cup of SYF Fresh California Chunky Salsa (optional)
- 1/2 cup of SYF Skinny Guacamole or sliced avocado (optional)

INSTRUCTIONS

1. Add shredded chicken, black beans and taco seasoning to a pan over medium heat until warm. Place mixture in a bowl.
2. Warm up the tortillas in the microwave for about 15 seconds until soft. Then, add a spoonful of the chicken/black bean mixture.
3. Top with a tablespoon of cheese and any extra toppings, if desired. Serve.

NUTRITIONAL INFORMATION: Serving Size: 3-4; Calories: 295; Total Fat: 7 g; Sat. Fat: 2 g; Trans Fat: 0 g; Sugar: 2 g; Sodium: 410 mg; Carbs: 36 g; Protein 23 g

Source: Shape Your Future

Chicken Fajitas

INGREDIENTS

- 3 boneless, skinless chicken breasts, cut into 1/2 inch thick and approx. 4 inches long strips (this is about 1 pound)
- 1 cup yellow onion, sliced thin
- 1 cup bell pepper, sliced thin
- 2 Tablespoons olive oil (or 1 T. of oil and 1 T. butter for browning)
- 6 soft corn tortillas (taco size)
- 1 cup avocado, sliced

INSTRUCTIONS

1. Brown onions and peppers in a large hot skillet with 1 T. of oil until softened. Remove from pan and set aside.
2. Pour another Tablespoon oil in the pan and bring heat back up to med high heat.
3. Add chicken, salt and pepper and cook chicken until no longer pink and will be slightly browned. Serve on warm tortillas with avocado.

TIP: Can 1 Tbsp. of oil and 1 Tbsp. of butter for achieving a better brown on the chicken. Also, can add chopped fresh tomato.

NUTRITIONAL INFORMATION: Serves: 6; Calories: 240; Fat: 10 g; Protein: 20 g; Carbs: 18 g; Dietary Fiber: 3 g; Cholesterol: 44 mg; Sodium: 185 mg

Source: OHCE-Helmer Club

Ham Bake

INGREDIENTS

- 1 box of macaroni and cheese dinner
- 1 cup diced ham
- 2 Tbsp. chopped green bell pepper
- 1 cup low-fat milk
- 2 eggs, beaten

INSTRUCTIONS

1. Prepare macaroni and cheese dinner as directed.
2. Add ham and bell peppers.
3. Place in an 8 by 8 inch casserole dish.
4. Combine milk and eggs and pour over dinner mixture. Bake at 350 degrees for 25-30 minutes

NUTRITIONAL INFORMATION: Servings: 6; Calories: 278; Fat: 14 g; Saturated Fat: 7 g; Protein: 12 g; Carbs: 26 g; Dietary Fiber: 1 g; Cholesterol: 112 mg; Sodium: 699 mg; Calcium: 80 mg; Iron: 1 mg

Source: OHCE-Helmer Club-Pat Steighner

Fried Rice

INGREDIENTS

- 1 Tablespoon canola oil
- 1 tsp. finely minced garlic
- 1 Tablespoon finely chopped onion
- 1 cup frozen peas and carrots mixture, thawed
- 1 large egg scrambled
- 1 Tablespoons light soy sauce (low sodium one is best)
- 1/2 teaspoon sesame oil (canola may be a sub)
- 2 cups cold cooked brown rice

INSTRUCTIONS

1. Heat oil in a skillet (non-stick is best) over med-high heat.
2. Add in garlic and onion. Cook and stir for 1 minute.
3. Add carrots and peas. Cook until softened (about 1 min).
4. Add rice and stir.
5. Add egg, oil and soy sauce. Heat, stir and serve.

TIP: One way to stretch is to add small diced zucchini with the peas and carrots. Also may add cooked chicken breast to make a complete meal.

NUTRITIONAL INFORMATION: Serves: 4; Calories: 197; Fat: 6 g; Protein: 6 g; Carbs: 31 g; Dietary Fiber: 2 g; Cholesterol: 53 mg; Sodium: 198 mg

Source: OHCE-Helmer Club-Glenda Richey

Chicken Foil Pack Dinner

INGREDIENTS

- 1 pound boneless skinless chicken breasts, cut into 1/2-inch-thick slices
- 2 teaspoons Italian seasoning
- 1 package (16 ounces) frozen broccoli, cauliflower and carrot blend, thawed, drained
- 4 ounces low fat cheddar cheese

INSTRUCTIONS

1. Heat oven to 350 degrees F.
2. Spray 4 large sheets of heavy-duty foil with cooking spray; top with chicken, Italian seasoning and vegetables. Fold to make 4 packets.
3. Bake at 350 degrees F for 22-25 minutes or until chicken is done. Cut slits in foil to release steam before carefully opening packets.
4. Top ingredients (still in packets) with cheese.

NUTRITIONAL INFORMATION: Serving Size: 4; Calories: 177; Total Fat: 4 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 1 g; Sodium: 168 mg; Carbs: 4 g; Protein: 30 g

Source: Shape Your Future

Chicken Fingers

INGREDIENTS

- 3 boneless, skinless chicken breasts
- 1/2 package dry Ranch dip
- 1 cup milk
- 4 cups corn flakes (rice Chex, corn Chex, or wheat Chex may be used)

INSTRUCTIONS

1. Cut chicken into strips.
2. Place cornflakes into a large baggie and crush flakes.
3. Mix dry dip mix with milk; whisk well.
4. Spray cookie sheet with non-stick spray, set aside.
5. Dip each strip into ranch mixture, then cornflakes. Place onto pan.
6. Bake at 375 degrees for 40 minutes or until chicken is done.

TIP: You may also use prepared ranch dressing thinned out with 1-2 Tablespoons of milk in place of the dry mix and full cup of milk.

NUTRITIONAL INFORMATION: Based on Chicken Fingers (1.5 pounds boneless, skinless chicken breast, 1 oz. ranch-style dressing mix, whole milk, corn flakes-6 servings); Servings: 6 (2 strips each); Calories: 200; Fat: 3 g; Protein: 24 g; Carbs: 19 g; Dietary Fiber: 1 g; Cholesterol: 58 mg; Sodium: 448 mg

Source: OHCE-Helmer Club-Janice Barnett

Crockpot Chicken Teriyaki

INGREDIENTS

- 1 lb. chicken breast, diced
- 1 cup chicken broth
- 1/2 cup teriyaki sauce (bottled)
- 1/3 cup brown sugar
- 3 garlic cloves, minced
- 3 cups cooked brown rice

INSTRUCTIONS

1. Combine chicken, broth, teriyaki sauce, brown sugar and garlic cloves in crockpot. Stir to combine.
2. Cook on low for 4-6 hours.
3. Serve over hot cooked rice.

TIP: A stir fry of vegetables such as carrots, broccoli and cabbage would be great with this!

NUTRITIONAL INFORMATION: (based on fat free, reduced sodium chicken broth): Serves: 4 Calories: 387; Fat: 2 g; Protein: 33 g; Carbs: 53 g; Dietary Fiber: 3 g; Cholesterol: 66 mg; Sodium: 1560 mg

Source: OHCE-Helmer Club-Cindy Adams

Skillet Goulash

INGREDIENTS

- 1 1/2 lb. lean ground beef
- 1 cup yellow onion, diced
- 1/2 cup green bell pepper, chopped
- 1/2 cup red bell pepper, chopped
- 3/4 cups dry macaroni noodles (cook according to pkg. directions)
- 1 - 14.5 oz. can diced tomatoes
- 1 - 8 oz. can of tomato sauce
- 1 tsp. dried Italian seasoning
- 1/2 tsp. salt
- 1/8 tsp. black pepper
- 1 tsp. garlic powder
- 1 Tablespoon dried parsley or fresh

INSTRUCTIONS

1. Prepare macaroni and set aside.
2. In a large skillet, brown beef along with onions and peppers. Drain and return to skillet.
3. Season beef with spices and add tomato sauce and diced tomatoes.
4. Stir all together with prepared macaroni and simmer with lid on for 10 minutes.

TIP: This recipe can have many substitutions, such as fresh garlic or canned tomatoes that have garlic, basil & oregano already in them. If you only have diced tomatoes, use 2 cans and no sauce. This is very versatile.

NUTRITIONAL INFORMATION: Servings: 5; Calories: 476; Fat: 29 g (21.2% calories from fat); Protein: 5 g; Dietary Fiber: 4 g; Cholesterol: 102 mg; Sodium: 866 mg

Source: Tammy Perry-FCS Educator

Chicken Caesar Salad

INGREDIENTS

- 1 tablespoon low fat Caesar dressing
- 1/2 cup chopped fresh oven roasted chicken breast
- 1 cup torn salad greens
- 4 grape tomatoes

INSTRUCTIONS

1. Spoon dressing into 3-cup resealable container; top with remaining ingredients.
2. Cover with lid.
3. Shake container to coat salad with dressing just before serving.

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 170; Total Fat: 3 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 3 g; Sodium: 256 mg; Carbs: 7 g; Protein 27 g

Source: Kraft

Southwest Rice Bowl

INGREDIENTS

- 1 zucchini, cut into bite-sized pieces
- Handful of cherry tomatoes cut in half
- 1 can (14.5 ounces) low sodium black beans, rinsed and drained
- 2 cups cooked brown rice
- 1 teaspoon olive oil
- 1/2 cup chicken or vegetable broth
- 4 eggs
- Salt to taste
- Pepper to taste
- Optional: 1/4 cup shredded cheese

INSTRUCTIONS

1. In a large frying pan, sauté zucchini, tomatoes, beans, and cooked rice in olive oil. Season with salt and pepper to taste.
2. When rice begins to stick, add broth and cook until zucchini begins to brown, about 5 to 7 minutes.
3. Meanwhile, prepare eggs in a separate nonstick pan to desired preparation (scrambled, sunny side up, or poached work well).
4. Serve rice mixture in bowls, and top with eggs, cheese, and some freshly ground pepper.

NUTRITIONAL INFORMATION: Serving Size: 4; Calories: 300; Total Fat: 7 g; Saturated Fat: 2 g; Trans Fat: 0 g; Sugar: 3 g; Sodium: 234 g; Carbs: 44 g; Protein: 16 g

Source: Shape Your Future

BBQ Grilled Chicken

INGREDIENTS

- 4 pounds of chicken of choice (legs, thighs, wings, breast) with the skin on
- 1 cup of BBQ sauce
- Salt
- Olive oil

INSTRUCTIONS

1. Prepare the grill — one side on high heat, one side on low.
2. Coat the chicken in olive oil and sprinkle with salt on all sides.
3. Sear both sides of the chicken on the hot side of the grill for 10-12 minutes.
4. Move chicken to the other side. If you are using a gas grill, turn to low heat. Cover and cook for an additional 10 minutes.
5. Brush the meat with barbecue sauce on all sides and continue to cook until juices run clear.
6. Add remainder of barbecue sauce to serve.

Tip: If you do not have a grill, you can cook chicken in a skillet on medium-high heat until done and juices run clear.

NUTRITIONAL INFORMATION: Serving Size: 4-6; Calories: 302; Total Fat: 11 g; Saturated Fat: 3 g; Trans Fat: 0 g; Sugar: 14 g; Sodium: 168 mg; Carbs: 17 g; Protein: 32 g

Source: Shape Your Future

Avocado Turkey Ranch Wrap

INGREDIENTS

- 1 large whole wheat tortilla
- 1 tablespoon low fat ranch
- 3-4 slices of deli turkey meat
- 1 slice low fat cheddar cheese
- 2 large pieces romaine lettuce
- 1 small Roma tomato, sliced thin
- 1 large avocado, sliced thin
- 2 strips hardwood smoked bacon - optional
- Pinch of salt and pepper - optional

INSTRUCTIONS

1. If you're using bacon, start with that. Cook the bacon to desired doneness (about 3-4 minutes each side for crispy). Dab off extra grease.
2. Set out your tortilla and spread the low fat ranch around and down the middle.
3. Next, layer all of the other ingredients, then wrap it up!
4. These are great to make for lunch for the whole week! Just repeat with however many you want and store in the fridge for up to 3 days. (Wait and add avocado until right before eating)

NUTRITIONAL INFORMATION: Serving Size: 1 wrap; Calories: 209; Total Fat: 7 g; Saturated Fat: 4g; Trans Fat: 0 g; Sugar: 4 g; Sodium: 410; Carbs: 23 g; Protein: 4 g

Source: Shape Your Future

Turkey Burger

INGREDIENTS

- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt
- 1 pound ground turkey
- 4 whole wheat buns or rolls, split in half
- Optional: low fat mayonnaise, other low fat or veggie condiments

INSTRUCTIONS

1. Preheat the oven to 250 degrees F.
2. In a small bowl combine the onion powder, garlic powder, salt and pepper. Set aside.
3. Line a sheet pan with wax paper, and place the ground turkey in the middle of the pan.
4. Fold in seasoning mixtures and form meat into thin patties.
5. Place the burgers in a large sauce pan on medium-high heat. Cook 5 minutes per side.
6. Wrap the buns in foil and place in the oven for 5 to 10 minutes.
7. Remove the buns from the oven. Spread a small amount of mayonnaise on each bun and top with the burger and any other healthy condiments, as desired. Serve immediately.

NUTRITIONAL INFORMATION: Serving Size: 4; Calories: 215; Total Fat: 4 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugars: 3 g; Sodium: 236 mg; Carbs: 18 g; Protein: 28 g

Source: Shape Your Future

Sweet Potato Nachos

INGREDIENTS

- 2 large sweet potatoes cut into rounds about 1/4-inch thick
- 1/4 teaspoon salt
- 2 tablespoons reduced-fat sour cream
- 1 tablespoon lime juice
- 1 15-ounce can kernel corn, fresh or frozen
- 1/2 cup shredded low fat cheddar cheese
- 1 (15 ounce) can of low-sodium black beans, rinsed and drained
- 1/2 cup cherry tomatoes, halved, or quartered if large
- 1 red onion, diced
- 1 avocado, sliced
- 1 tablespoon olive oil
- 2 tablespoons chopped cilantro (optional)

INSTRUCTIONS

1. Preheat oven to 425 degrees F.
2. Line a large sheet pan with foil, then spread 1 tablespoon of olive oil on it.
3. Add sweet potatoes and 1/4 teaspoon salt. Bake for about 15-20 minutes or until you see them browning.
4. Meanwhile, combine sour cream and lime juice in a small bowl.
5. Top the sweet potatoes with corn, cheese, and beans. Continue baking until the cheese is melted, about 5 minutes. Top with tomatoes, red onion and avocado. Drizzle with the sour cream mixture. Serve topped with cilantro (if using).
6. Top with tomatoes.

NUTRITIONAL INFORMATION: Serving Size: 3-4; Calories: 144; Total Fat: 4 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 3 g; Sodium: 244 g; Carbs: 22 g; Protein: 8 g

Source: Shape Your Future

3-Can Chili

INGREDIENTS

- 1 (15-ounce) can of beans, low sodium undrained (pinto, kidney, red or black)
- 1 (15-ounce) can of corn, drained (or 10-ounce package of frozen corn)
- 1 (15-ounce) can of crushed tomatoes, undrained
- Chili powder, to taste

INSTRUCTIONS

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir to mix
4. Continue to stir over medium heat until heated thoroughly.

NUTRITIONAL INFORMATION: Serving Size: 6; Calories: 150; Total Fat: 1 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 4 g; Sodium: 268 mg; Carbs: 29 g; Protein: 8.5 g

Source: Shape Your Future

Lemon Baked Salmon

INGREDIENTS

- 1 tablespoon olive oil
- 4 skinless salmon fillets (5-6 ounces each)
- 1 tablespoon unsalted butter
- 1 tablespoon chopped fresh dill or parsley
- Juice from 1/2 lemon
- Salt and pepper to taste

INSTRUCTIONS

1. Position an oven rack in the top of the oven, and preheat to 450 degrees F. Line a rimmed baking sheet with foil and brush with oil.
2. Place the salmon fillets, evenly spaced, in the middle of the prepared baking sheet. Sprinkle the tops with a pinch of salt and a few grinds of pepper. Bake until the outside is opaque and slightly firm to the touch and the inside flakes easily (insert a small knife between layers to check; the color will vary from bright pink (rare) to pale pink to orange (well-done), 8 to 12 minutes.
3. Remove the fillets from the oven, top each with a piece of butter and let melt over the top and down the sides. Sprinkle with herbs, lemon juice, and salt to taste. Transfer the salmon to serving plates with a spatula.

NUTRITIONAL INFORMATION: Serving Size: 4; Calories: 244; Total Fat: 10 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 0 g; Sodium: 194 mg; Carbs: 0 g; Protein: 37 g

Source: Food Network

Burrito Boats

INGREDIENTS

- 1 pound ground turkey
- 1 package low sodium taco seasoning
- 3/4 cup water
- 1/2 cup shredded low fat cheese
- 1/2 tablespoon tomatoes
- 1/2 tablespoon sour cream
- 1/2 tablespoon salsa
- 1/2 head of lettuce

INSTRUCTIONS

1. In a pan, cook the ground beef until browned
2. Add the taco seasoning and water to the ground beef and simmer for five minutes
3. Using the lettuce like a boat to make a wrap and add a half cup of taco meat and then add your choice of fixings like tomatoes, cheese, sour cream, etc. Enjoy!

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 131; Total Fat: 2 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 0 g; Sodium: 49 mg; Carbs: 3 g; Protein: 25 g

Source: Shape Your Future

Lemon Herb Chicken

INGREDIENTS

For the chicken:

- 4 boneless, skinless chicken breasts
- 2 tablespoons butter
- 2 teaspoons Italian seasoning
- Lemon slices for garnish

For the rice:

- 1 cup uncooked brown rice
- 2 1/4 cups low sodium chicken broth
- Juice of 1 lemon
- 1 teaspoon Italian seasoning
- Salt and pepper to taste

INSTRUCTIONS

1. Season chicken with salt and pepper to taste, and half of the Italian seasoning.
2. Melt butter over medium heat in a large skillet or pan (one that has a lid). Brown chicken in the butter for 1-2 minutes on each side (Chicken shouldn't be cooked through at this point). Transfer chicken to a plate.
3. Add rice, chicken broth, lemon juice, and remaining Italian seasoning to the pan (no need to clean it first). Place chicken on top, then cover and simmer over medium-low heat for 20-25 minutes until liquid is dissolved.
4. Garnish with fresh parsley or cilantro if desired and lemon wedges for squeezing. Serve immediately.

NUTRITIONAL INFORMATION: Serving Size: 4; Calories: 417; Total Fat: 12 g; Saturated Fat: 2 g; Trans Fat: 0 g; Sugar: 1 g; Sodium: 117 mg; Carbs: 38 g; Protein: 37 g

Source: Shape Your Future

Side Dishes

Oven Roasted Vegetables

INGREDIENTS

- 1 lb. bundle of fresh asparagus
- 2 Tbsp. Olive Oil
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 1 clove minced fresh garlic (or 1/4 tsp. of garlic powder)

INSTRUCTIONS

1. Wash asparagus, drain, snip off or cut off 1 inch of the bottom end of the vegetable.
2. Toss in 2-3 Tablespoons of Olive Oil, season with salt and pepper.
3. Lay out on a sheet pan in a single layer and roast at 425 degrees for about 15-20 minutes.

TIP: These can be grilled outside as well. Experiment with other fresh vegetables such as carrots, broccoli or cauliflower. Can also use fresh herbs, such as thyme, parsley, or basil

NUTRITIONAL INFORMATION: Serves: 4; Calories: 87; Fat: 7 g; Protein: 3 g; Carbs: 5 g; Dietary Fiber: 2 g; Sodium: 136 mg

Source: Tammy Perry, Family & Consumer Sciences OSU Extension Educator

Loaded Baked Potato

INGREDIENTS

- 1 large baking potato
- 1 Tbsp. butter
- 2 Tbsp. plain yogurt
- 2 Tbsp. chopped red onion
- 2 Tbsp. sliced carrot
- 1/4 cup chopped broccoli
- 1/4 cup shredded cheddar cheese
- 2 turkey bacon, fried, drained and crumbled

INSTRUCTIONS

1. Wash and Bake potato (in the microwave or oven).
2. Split and spread in a bowl.
3. Dress with butter, yogurt and veggies. Top with cheese and bacon.
4. Microwave until cheese is melted.

TIP: Serve with a garden salad for a meal

NUTRITIONAL INFORMATION: Serving: 1; Calories: 502; Fat: 28 g; Saturated Fat: 15 g; Protein: 18 g; Carbs: 47 g; Dietary Fiber: 5 g; Cholesterol: 89 mg; Sodium: 701 mg (43% of RDA for sodium); Potassium: 1521 mg; Calcium: 290 mg; Iron: 3 mg

Source: OHCE-Helmer Club-Janet Watts

Baked Beans

INGREDIENTS

- 1 - 28 oz. pork and beans
- 1/3 cup chopped onion (can use dehydrated onion)
- 2 Tbsp. dark corn syrup (can use pancake syrup)
- 1/4 cup brown sugar
- 1/4 cup ketchup

INSTRUCTIONS

1. Stir all ingredients together. Place in casserole dish.
2. Bake 45-60 minutes at 350 degrees.

VARIATION: Stir in 2 chopped slices of uncooked bacon before baking.

NUTRITIONAL INFORMATION: Servings: 4; Calories: 294; Fat: 3 g; Saturated Fat: 1 g; Protein: 11 g; Carbs: 62 mg; Dietary Fiber: 11 g; Cholesterol: 14 mg; Sodium: 1019 mg; Potassium: 742 mg; Calcium: 120 mg; Iron: 4 mg

Source: OHCE-Helmer Club-Pat-Steighner

Crispy Oven Fries

INGREDIENTS

- 4 medium or 2 large sweet potatoes, scrubbed
- 1/2 teaspoon salt
- 1 egg white
- 1/8 to 1/4 teaspoon freshly ground black pepper
- cooking spray

INSTRUCTIONS

1. Preheat oven to 450 degrees F.
2. Coat a nonstick baking sheet with canola or olive oil cooking spray.
3. Whisk the egg white in a small bowl until frothy and foamy.
4. Cut the potatoes lengthwise into 1/2-inch thick fries and dip into the egg white. Arrange in a single layer, so that the potatoes are not touching. Sprinkle with half of the salt, pepper.
5. Bake for 10 to 12 minutes. Flip, and sprinkle with the remaining salt, pepper and bake for 10 to 12 minutes more, until golden and crisp.

NUTRITIONAL INFORMATION: Serving Size: 4-5; Calories: 116; Total Fat: 0 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 5 g; Sodium: 376 mg; Carbs: 26 g; Protein: 3 g

Source: https://skinnyms.com/crispy-oven-fries/

Stuffed Pepper Cups

INGREDIENTS

- 2 medium green, red, or yellow peppers, halved, seeded, white membranes removed
- 4 ounces of canned whole-kernel corn
- 1/4 cup minced onion (about a quarter of a medium onion)
- 1/2 clove garlic, minced
- 1 1/2 cups cooked brown rice (prepare rice according to package instructions)
- 1/4 cup low fat cheddar cheese, shredded
- Cooking spray

INSTRUCTIONS

1. Place pepper halves in boiling water for 2-3 minutes. Drain; set aside.
2. Cook onion and garlic in oil in large skillet on medium heat for 3 minutes.
3. Add rice and corn to onion mixture; mix well.
4. Spoon mixture into pepper halves; place on baking sheet coated with cooking spray.
5. Bake at 350 degrees F for 10 minutes. Sprinkle with low fat cheese; bake 5-10 minutes until cheese melts. Makes four servings.

NUTRITIONAL INFORMATION: Serving Size: 4; Calories: 258; Total Fat: 3 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 6 g; Sodium: 99 mg; Carbs: 50 g; Protein: 10 g

Source: http://texaswic.dshs.state.tx.us/wiclessons/english/recipes/spicy-pepper-cups.asp

Slow Cooker Sweet Potatoes

INGREDIENTS

- 3 large sweet potatoes
- 2 teaspoons olive oil

INSTRUCTIONS

1. Rub oil on the sweet potatoes then wrap each potato in foil and place in the crock pot. Cover and cook on low 5 – 7 hours or until tender.
2. Remove sweet potatoes from the crock pot, carefully remove foil, and slice down the middle lengthwise.

NUTRITIONAL INFORMATION: Serving Size: 6; Calories: 69; Total Fat: 2 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 3 g; Sodium: 36 mg; Carbs: 13 g; Protein: 1 g

Source: Shape Your Future

Classic Macaroni and Cheese

INGREDIENTS

- 2 cups whole wheat macaroni
- 2 cups onions, chopped
- 2 cups fat free evaporated milk
- 1 medium egg, beaten
- 1/4 teaspoon black pepper
- 1 1/4 cups low fat cheddar cheese, finely shredded
- Nonstick cooking spray, as needed

INSTRUCTIONS

1. Cook macaroni according to directions—but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray and set aside.
3. Preheat oven to 350 degrees F.
4. Lightly spray saucepan with nonstick cooking spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. Combine macaroni, onions, and the rest of the ingredients and mix thoroughly.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly.
9. Let stand for 10 minutes before serving.

NUTRITIONAL INFORMATION: Calories: 206; Total Fat: 4 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 1 g; Sodium: 297 mg; Carbs: 32 g; Protein: 13 g

Source: U.S. Department of Health and Human Services

Panned Cabbage

INGREDIENTS

- 1 1/2 teaspoon butter (or margarine)
- 4 cups cabbage, finely shredded
- 1/8 teaspoon salt
- 1 tablespoons water
- 1 tablespoon lemon juice
- Pepper to taste

INSTRUCTIONS

1. Melt butter in heavy saucepan.
2. Add cabbage and sprinkle with salt and pepper. Add water.
3. Cover pan with tight-fitting lid to hold in steam.
4. Cook over low heat until cabbage is tender (about 6-8 minutes). Stir occasionally to prevent sticking.

NUTRITIONAL INFORMATION: Serving Size: 3-4: Calories: 18: Total Fat: 0 g: Saturated Fat: 0 g: Trans Fat: 0 g: Sugar: 2 g: Sodium: 90 mg: Carbs: 4 g: Protein: 1 g

Source: Fruits & Veggies More Matters

Roasted Cauliflower

INGREDIENTS

- 1 head cauliflower, cut into florets
- Olive oil or canola cooking spray
- 1 tablespoon lemon pepper seasoning
- 1 onion of choice, sliced
- 2 cloves garlic, minced
- Grated Parmesan cheese

INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Put cauliflower florets in single layer on cookie sheet or baking dish. Add red onion and garlic.
3. Spray with cooking spray and stir to coat. Sprinkle with lemon pepper seasoning.
4. Bake uncovered for 15 to 25 minutes, or until cauliflower is fork-tender and slightly browned. Stir once during the baking.
5. Sprinkle with Parmesan cheese and put back into the oven for 3 to 4 minutes.

NUTRITIONAL INFORMATION: Serving Size: 4; Calories: 59; Total Fat: 1 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 4 g; Sodium: 65 mg; Carbs: 11 g; Protein: 4 g

Source: Fruits & Veggies More Matters

Fiesta Potato Smashers

INGREDIENTS

- 5 small gold potatoes and 5 small red potatoes or potato type of your choice
- 1 pint sweet mini peppers (red, orange and yellow)
- 8 sprigs cilantro, picked from stems
- Cooking spray
- Salt, chili powder and freshly ground pepper to taste
- Optional: 4 Tbsp. of fat free sour cream or fat free Greek yogurt

INSTRUCTIONS

1. Place whole potatoes (do not poke) into microwave-safe covered dish.
2. Microwave on HIGH for 3 to 4 minutes.
3. While potatoes are cooking, cut mini peppers into small 1/3-inch slices. Sauté peppers in a nonstick pan. Remove from pan and set aside.
4. Remove potatoes from microwave, place on cutting board and cover each with paper towels. Using the side of a coffee cup or flat utensil, smash the potatoes until 1 3/4-inch thick.
5. Spray sauté pan with cooking spray, heat on medium and add smashed potatoes. Cook for 1 to 2 minutes until potatoes start to brown.
6. Place potatoes on a plate and layer with sour cream or yogurt (optional), peppers and cilantro. Dust with salt, chili powder and pepper to taste. Serve warm.

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 93; Total Fat: 0 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 1 g; Sodium: 309 mg; Carbs: 21 g; Protein: 3 g

Source: Fruits & Veggies More Matters

Good-For-You Cornbread

INGREDIENTS

- Cooking spray
- 1 1/4 cups finely ground cornmeal
- 1/2 cup white whole wheat flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon unsalted butter or coconut oil, melted and cooled slightly
- 1 large egg, room temperature
- 1 teaspoon vanilla extract
- 1/2 cup plain nonfat Greek yogurt
- 2 tablespoons honey
- 1/4 cup nonfat milk

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Coat an 8-inch square pan with nonstick cooking spray.
2. In a medium bowl, whisk cornmeal, flour, baking powder, baking soda, and salt.
3. In a different medium bowl, whisk butter, egg, and vanilla. Stir in Greek yogurt, mixing out all large lumps. Stir in honey.
4. Alternate between adding milk and cornmeal mixture. Begin and end with cornmeal mixture. Stir until incorporated (works best if cornmeal mixture is added in 3 parts).
5. Pour batter into the pan and bake for 18-20 minutes. Cool in the pan for 15 minutes before removing and slicing.

NUTRITIONAL INFORMATION: Serving Size: 2-3 people; Total Fat: 7 g; Saturated Fat: 2 g; Trans Fat: 0 g; Sugar: 5 g; Sodium: 40 mg; Carbs: 18 g; Protein: 14 g

Source: Shape Your Future

Low-Salt Grilled Vegetables

INGREDIENTS

- Cooking spray
- 1 red bell pepper
- 8 medium asparagus spears
- 8-10 fresh string beans
- 1 medium zucchini, sliced lengthwise

INSTRUCTIONS

1. Clean vegetables. Cut into strips or squares; lightly spray grill pan with cooking spray. Lay vegetables on grill pan.
2. Cook vegetables over medium heat, turning them approximately 4 times. Cooking times will vary. Start with the green beans, asparagus and pepper; after 5 minutes add the zucchini.

NUTRITIONAL INFORMATION: Serving Size: 2-3; Calories: 28; Total Fat: 0 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 4 g; Sodium: 7 mg; Carbs: 6 g; Protein: 2 g

Source: Fruits & Veggies More Matters

Savory Potato Salad

INGREDIENTS

- 6 medium potatoes (about 2 pounds)
- 2 stalks celery, finely chopped
- 2 scallions, finely chopped
- 1/4 cup red bell pepper, coarsely chopped
- 1/4 cup green bell pepper, coarsely chopped
- 1 tablespoon onion, finely chopped
- 1 egg, hard-boiled, chopped
- 6 tablespoons mayonnaise, light
- 1 teaspoon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon dill weed, dried

INSTRUCTIONS

1. Wash potatoes, cut in half, and place in saucepan of cold water.
2. Cook covered over medium heat for 25–30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.

NUTRITIONAL INFORMATION: Serving Size: 10 servings; Calories: 105; Total Fat: 3 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 2 g; Sodium: 222 mg; Carbs: 18 g; Protein: 3 g

Source: U.S. Department of Health and Human Services

Snacks

Parmesan Squash Chips

INGREDIENTS

- 4 fresh medium yellow or zucchini squash, cut into 1/2 inch rounds
- 1/4 cup olive oil
- Salt and pepper to taste
- 1 cup bread crumbs
- 1 cup shredded parmesan cheese
- 2 Tablespoons dried or fresh parsley
- 1/2 tsp. garlic powder

INSTRUCTIONS

1. Preheat oven to 400 degrees. Spray cookie sheet with non-stick spray.
2. In a large bowl, toss together squash and olive oil. Add salt and pepper. Mix well.
3. In a large baggie, mix together bread crumbs, cheese, parsley and garlic powder. Dip squash into breading mixture and place on the cookie sheet.
4. Bake for 30 minutes or until golden and crispy.

NUTRITIONAL INFORMATION: (based on 6 cups zucchini, 1 cup unseasoned dry bread crumbs, 2 T fresh parsley): Serves: 6; Calories: 241; Fat: 14 g; Protein: 10 g; Carbs: 21 g; Dietary Fiber: 3 g; Cholesterol: 10 mg; Sodium: 567 mg

Source: OHCE-Helmer Club-Janice Barnett

Corn and Bean Salsa

INGREDIENTS

- 1 - 15.5 oz. can drained and rinsed black beans
- 1 - 15.25 oz. can drained whole kernel corn
- 1 - 16 oz. jar prepared salsa
- 1/2 medium red onion, diced
- 1 large ripe avocado, diced
- 1/2 juice of 1 small lime

INSTRUCTIONS

1. In a large bowl, mix first 4 ingredients together.
2. Add avocado and lime juice. Lightly toss. Serve.

TIP: Can add chopped cilantro. Can also use canned pinto beans in place of black beans. Delicious served over a grilled chicken breast or as a dip with corn tortilla chips

NUTRITIONAL INFORMATION: Serves: 6; Calories: 202; fat: 6 g; Protein: 8 g; Carbohydrate: 34 g; Dietary Fiber: 8 g; Sodium: 559 mg

Source: OHCE-Helmer Club-Glenda Richey

Sooner Salsa

INGREDIENTS

- 14.5 oz. can stewed tomatoes
- 3 cups tomatoes, chopped
- 2 Tbsp. jalapeno pepper, chopped and seeded
- 1/3 cup chopped onion
- 1/2 tsp. salt
- 1/2 tsp. cayenne pepper (optional)

INSTRUCTIONS

1. Combine tomatoes, peppers and onion in a food processor and pulse until desired consistency.
2. Add salt and cayenne pepper. Stir and store in the refrigerator.

TIP: Fresh cilantro may also be added if you choose

NUTRITIONAL INFORMATION: Servings: 10; Calories: 26; trace Fat; Protein: 1 g; Carbs: 6 g; Dietary Fiber: 1 g; Sodium: 122 mg

Source: OHCE-Helmer Club-Mary Juarez

Frozen Yogurt Berry Bites

INGREDIENTS

- Blueberries
- Low fat plain yogurt
- Cinnamon to taste

INSTRUCTIONS

1. Place your blueberries with a generous scoop of yogurt in a bowl. Add a dash of cinnamon.
2. Then place the dipped blueberries on parchment paper and place in the freezer for 1 hour.
3. Serve frozen!

NUTRITIONAL INFORMATION: Serving Size: desired amount; Calories: 129; Total Fat: 1 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 17 g; Sodium: 28 mg; Carbs: 24 g; Protein: 9 g

Source: Shape Your Future

Apple Rings

INGREDIENTS

- 1 apple, sliced into rings
- 1 tablespoon nut butter of your choice for each ring
- Toppings optional - nuts, seeds, fruit, coconut flakes, semi-sweet chocolate chips

INSTRUCTIONS

1. Decorate sliced apples with toppings and enjoy!

NUTRITIONAL INFORMATION: Serving Size: 2

Source: Shape Your Future

Cocoa Dusted Almonds

INGREDIENTS

- 2 cups whole raw almonds
- 2 tablespoons honey
- 2 teaspoons sea salt
- 2 tablespoons unsweetened cocoa powder

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. In a large bowl combine almonds, honey, and salt. Use a rubber spatula to mix together, fully coating almonds.
3. Spread almonds in a single layer on a parchment-lined baking sheet. Bake for 10 minutes, stirring twice during baking to prevent almonds from burning.
4. Remove baking sheet from the oven. Immediately return almonds to the bowl, add cocoa powder, and toss to coat. Store in an air-tight container.

NUTRITIONAL INFORMATION: Serving Size: 2-3 desired amount; Calories: 161; Total Fat: 13 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 4 g; Sodium: 423 mg; Carbs: 9 g; Protein: 5 g

Source: Shape Your Future

Healthy Hummus

INGREDIENTS

- 1 (15 ounce) can low sodium garbanzo beans (chickpeas), drained and rinsed
- 2 to 4 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 3/4 teaspoon ground cumin
- 1/4 to 1/2 teaspoon salt

INSTRUCTIONS

1. Add garbanzo beans, 2 tablespoons of water, olive oil, lemon juice, garlic, cumin, and ¼ teaspoon of salt to a food processor or blender. Process until smooth and creamy. If needed, add additional water to thin out the hummus and ¼ teaspoon of salt to your taste preference.
2. Store covered in the refrigerator.

NUTRITIONAL INFORMATION: Serving Size: 2; Calories: 155; Total Fat: 9 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 3 g; Sodium: 286 mg; Carbs: 15 g; Protein: 5 g

Source: Shape Your Future

Fruit Salad

INGREDIENTS

- Combine 1 cup of any fruits of your choice!

INSTRUCTIONS

1. Chop larger fruit into bite-sized pieces.
2. Mix together your choice of fruits in large bowl.
3. If using frozen fruit, mix fruit and place bowl in refrigerator to let thaw.
4. Serve chilled or at room temperature.

Tip: Try these yummy fruits - oranges, clementine, pineapple, grapefruit, strawberry, grapes, raspberries, blueberries, blackberries, apples, pears, peaches, banana, watermelon, honeydew melon, cantaloupe, or kiwi

NUTRITIONAL INFORMATION: Serving Size: 3-4; Calories: 184; Total Fat: 1 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 34 g; Sodium: 16 mg; Carbs: 46 g; Protein: 3 g

Source: Shape Your Future

Chili Popcorn

INGREDIENTS

- 1 small bag of "light" microwave popcorn
- Chili powder
- Garlic Powder (not garlic salt)

INSTRUCTIONS

1. For microwave popcorn, follow directions on the package. Sprinkle chili and garlic powder on popcorn for desired taste.
2. Let your kids sprinkle the chili and garlic powder on the popcorn!

NUTRITIONAL INFORMATION: Serving Size: 1 small bag; Calories: 155; Total Fat: 2 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 0 g; Sodium: 304 mg; Carbs: 29 g; Protein: 5 g

Source: Shape Your Future

Low-Fat Yogurt Parfaits

INGREDIENTS

- 2 cups low fat vanilla yogurt
- 1 cup blueberries, raspberries or sliced strawberries
- 1/4 cup crunchy granola

INSTRUCTIONS

1. Spoon 1/4 cup of yogurt into each of 4 parfait glasses.
2. Top each with 1/4 cup of fruit, another 1/4 cup of yogurt, and 1 tablespoon of crunchy granola

NUTRITIONAL INFORMATION: Serving Size: 2; Calories: 116; Total Fat: 1 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 15 g; Sodium: 112 mg; Carbs: 20 g; Protein: 8 g

Source: allrecipes.com

Banana Bars

INGREDIENTS

- 2 cups old fashioned oats
- 1 cup whole wheat flour
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 1 1/2 cups low fat milk
- 3 tablespoons honey
- 2 tablespoons creamy peanut butter
- 1/2 cup unsweetened applesauce
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 medium banana, quartered and diced

INSTRUCTIONS

1. Place rack in the center preheat oven to 375 degrees F. Lightly coat an 8×8 inch square pan with cooking spray.
2. In a medium bowl, stir together the oats, whole wheat flour, cinnamon, baking powder, and salt. In a separate large bowl, combine the milk, applesauce, egg, honey, peanut butter, and vanilla.
3. Pour the dry ingredients into the wet mixture and stir to combine. The batter will be very wet. Fold in the diced banana, then pour into the prepared baking pan.
4. Bake for 35 minutes or until thickened and golden and a toothpick inserted in the center comes out clean.
5. Cool, cut into bars, and serve!

NUTRITIONAL INFORMATION: Serving Size: 2-3; Calories: 208; Total Fat: 4 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 12 g; Sodium: 159 mg; Carbs: 37 g; Protein: 7 g

Source: Shape Your Future

Dessert

Apple Crisp

INGREDIENTS

- 4 apples (medium)
- 1/4 cup oatmeal (quick cooking)
- 1/4 cup all-purpose flour
- 1/2 cup brown sugar
- 1 Tbsp. ground cinnamon
- 1/4 cup margarine

INSTRUCTIONS

1. Preheat the oven to 350 degrees. Grease the bottom and sides of the square pan.
2. Remove the cores from the apples and slice the apples. Spread the sliced apples on the bottom of the pan.
3. Cut the margarine into small pieces and put in a medium sized bowl.
4. Add the oatmeal, flour, brown sugar and cinnamon. Using two butter knives, cut the margarine into the mixture until it looks like small crumbs.
5. Sprinkle the mixture over the top of the apples. Bake in the oven for about 20 minutes.

TIP: For different tastes, try other fruits like cherries, pears, peaches or plums. Some of the best apples for baking are: Granny Smith, Pink Lady, Honey Crisp, and Braeburn

NUTRITIONAL INFORMATION: Serves: 8; Calories: 165; Fat: 6 g; Protein: 1 g; Carbohydrate: 28 g; Dietary Fiber: 3 g; Sodium: 52 mg

Source: Pennsylvania Nutrition Education Program

Banana Pudding

INGREDIENTS

- 2 bananas (approximately 1 ½ cups)
- 3-oz. pkg. of banana cream flavored pudding and pie filling mix
- 2 cups 2% milk

INSTRUCTIONS

1. Make pudding as directed on box.
2. Peel and slice bananas, dividing evenly into bowls.
3. Pour pudding on top of bananas, covering all the slices. Serve cold

TIP: Top each serving with broken vanilla wafers and whipped cream.

NUTRITIONAL INFORMATION: Serving: 4; Calories: 192; Fat: 3 g; Saturated Fat: 2 g; Protein: 5 g; Carbs: 39 g; Dietary Fiber: 1 g; Cholesterol: 9 mg; Sodium: 229 mg; Potassium: 414 mg; trace Iron; Calcium: 156 mg

Source: OHCE-Helmer Club-Pat Steighner

Clafouti

INGREDIENTS

- 2 cups blueberries, peaches, plums or cherries
- 3/4 cup all-purpose flour
- 1 cup low-fat milk
- 1 cup plain low-fat yogurt
- 1/2 cup sugar
- 1/4 tsp. kosher salt
- 3 large eggs
- 1 tsp. vanilla
- 1 Tbsp. powdered sugar

INSTRUCTIONS

1. Prepare fruit by washing and drying. If using peaches or plums, remove pits and chop into bite-sized pieces. Cherries need to be stemmed and pitted.
2. Preheat oven to 375 degrees F. Spray an 8-inch square pan with nonstick vegetable spray.
3. Place fruit into prepared dish.
4. Whisk together flour, milk, yogurt, sugar, salt, eggs and vanilla until well blended. Set aside for 5 minutes.
5. Pour batter over fruit. Bake in preheated oven for 40-42 minutes or until dessert is set to the touch in the center.
6. Let set at least 10 minutes. Sprinkle with powdered sugar. Serve warm or at room temperature.

NUTRITIONAL INFORMATION: Serves: 9; Calories: 157; Fat: 3 g; Protein: 6 g; Carbs: 28 g; Dietary Fiber: 1 g; Cholesterol: 73 mg; Sodium: 88 mg

Source: www.oklahomagardening.okstate.edu

Watermelon Popsicle

INGREDIENTS

- 1/2 seedless watermelon
- 6-8 popsicle or craft sticks

INSTRUCTIONS

1. Slice watermelon into 2-inch-thick slices and trim off the rind.
2. Cut into desired shapes – rectangles, triangles or even use cookie cutters and get creative.
3. Insert craft sticks into cut watermelon and place on wax paper or non-stick plate or pan.
4. Freeze and serve (approximately 3-4 hours).

NUTRITIONAL INFORMATION: Serving Size: 6-8 treats; Calories: 113; Total Fat: 1 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 23 g; Sodium: 4 mg; Carbs: 28 g; Protein: 2 g

Source: Shape Your Future

Low-Fat Brownies

INGREDIENTS

- 1/2 cup cocoa
- 1 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons butter
- 1 teaspoon vanilla
- 1 3/4 cups white sugar
- 2 egg whites
- 3/4 cup applesauce

INSTRUCTIONS

1. In a large bowl, cream butter and sugar. Add egg whites, applesauce and vanilla, mix until combined.
2. In a separate bowl, mix all other ingredients. Then, add to the wed ingredients in the large bowl and mix.
3. Spray 8×8 dish with cooking spray and bake at 350 degrees F for 30-35 minutes.

NUTRITIONAL INFORMATION: Serving Size: 16 brownies; Calories: 151; Total Fat: 3 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 24 g; Sodium: 119 mg; Carbs: 32 g; Protein: 3 g

Source: Food.com

Key Lime Pie

INGREDIENTS

- 1 (14-ounce) can fat free sweetened condensed milk
- 3/4 cup egg substitute
- 1/2 cup fresh lime juice
- 2 teaspoons grated lime rind (about 2 limes)
- 1 (6-ounce) reduced fat ready-made graham cracker crust
- Garnishes: lime wedges, lime curls
- Optional: 1 (8-ounce) container fat free whipped topping, thawed

INSTRUCTIONS

1. Process first 4 ingredients in a blender until smooth.
2. Pour mixture into pie crust.
3. Bake at 350 degrees F for 10 to 12 minutes or until golden.
4. Let pie cool completely, and top with whipped topping.
5. Garnish, if desired.

NUTRITIONAL INFORMATION: Serving Size: 8 servings (serving size: 1 slice); Calories: 141; Total Fat: 4 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 11 g; Sodium: 164 mg; Carbs: 19 g; Protein: 8 g

Source: MyRecipes.com

Fun in the Sun Banana Split

INGREDIENTS

- 1/4 cup fat free vanilla ice cream
- 1/2 medium banana
- 1/4 cup canned crushed pineapple, drained
- 1/4 cup fresh strawberries
- 2 tablespoons sweetened whole grain cereal
- 1/2 teaspoon shredded coconut

INSTRUCTIONS

1. To prevent the ice cream from melting, cut up all ingredients before removing ice cream from the freezer.
2. Split the banana slice in half, lengthwise.
3. Scoop the ice cream into a bowl.
4. Place the banana slices on opposite sides of the bowl.
5. Place pineapple on top of the ice cream then add sliced strawberries.
6. Sprinkle with cereal and then garnish with shredded coconut.
7. You can substitute ice cream with nonfat plain or flavored yogurt.

NUTRITIONAL INFORMATION: Serving Size: 1; Calories: 220; Total Fat: 3 g; Saturated Fat: 2 g; Trans Fat: 0 g; Sugar: 27 g; Sodium: 125 mg; Carbs: 50 g; Protein: 6 g

Source: Fruits & Veggies More Matters

Yogurt Pops

INGREDIENTS

- 3/4 cup plain, low fat yogurt
- 3/4 cup 100% fruit juice (Try orange, cranberry or grape!)

INSTRUCTIONS

1. Combine yogurt and juice in a bowl.
2. Stir together well.
3. Pour the mix into small paper cups.
4. Stick a popsicle stick in the center of the mix in the cup.
5. Place the yogurt pops in the freezer until they turn solid.

Tip: If you can't find popsicle sticks at home or at the store, plastic spoons or forks are another great option. Cover plastic wrap across the top of your paper cups and cut a small slit for your sticks or spoons. This will help keep them upright.

NUTRITIONAL INFORMATION: Serving Size: 4; Calories: 47; Total Fat: 0 g; Saturated Fat: 0 g; Trans Fat: 0 g; Sugar: 7 g; Sodium: 36 mg; Carbs: 8 g; Protein: 3 g

Source: Shape Your Future

Pumpkin Pie Pudding

INGREDIENTS

- 1/2 cup sugar, divided
- 2 tablespoons cornstarch
- 1 3/4 cups 1% low fat milk
- 1 large egg
- 1/2 cup canned unsweetened pumpkin
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1/8 teaspoon ground nutmeg
- Cooking spray
- 1/4 cup chopped walnuts
- Dash of salt
- 1/4 cup heavy whipping cream

INSTRUCTIONS

1. Combine 6 tablespoons sugar and 2 tablespoons cornstarch in a medium saucepan over medium heat.
2. Combine milk and egg, stirring well with a whisk.
3. Gradually add milk mixture to sugar mixture, stirring constantly, and bring to a boil.
4. Cook for 1 minute, stirring constantly.
5. Remove from heat.
6. Combine pumpkin and the next 4 ingredients (through ground nutmeg) in a bowl, stirring well.
7. Slowly add pumpkin mixture to milk mixture, whisking constantly.
8. Place pan over low heat, and cook for 3 minutes or until thoroughly heated, stirring constantly (do not boil).
9. Divide pudding evenly among 4 dessert bowls, and cover surface of pudding with plastic wrap.
10. Chill.
11. Line a baking sheet with foil, and coat foil with cooking spray.
12. Place the remaining 2 tablespoons sugar, walnuts, and a dash of salt in a small nonstick skillet; cook over low heat until sugar dissolves and is golden (about 3 minutes), stirring frequently to coat nuts.
13. Transfer mixture to prepared baking sheet, and cool completely.
14. Coarsely chop nuts.
15. Place cream in a bowl.
16. Beat with a mixer at high speed until stiff peaks form.
17. Top each serving with 2 tablespoons whipped cream and about 1 tablespoon nuts.

NUTRITIONAL INFORMATION: Serving Size: 4; Calories: 228; Total Fat: 6 g; Saturated Fat: 1 g; Trans Fat: 0 g; Sugar: 32 g; Sodium: 226 mg; Carbs: 38 g; Protein: 7 g

Source: MyRecipes.com

Project Statement

This project was completed by Lora Buechele, an Oklahoma State University student in the Family and Community Services program, in partnership with the City of Tahlequah Healthy Food Retail Taskforce. This cookbook was completed in conjunction with the Cherokee County Food Access Map as a resource to connect community residents to healthy food access through the way that individuals use foods including shopping skills and food preparation skills. Nutrition education resources were provided by the U.S. Food and Drug Administration, U.S. Department of Agriculture, Ohio State University, and Shape Your Future, a program of the Tobacco Settlement Endowment Trust (TSET). Recipes were provided by Cherokee County OSU Cooperative Extension and Shape Your Future.

This project was completed to bridge the food access gaps across Cherokee County and will be disseminated to community residents through community partnerships. According to the Oklahoma State Department of Health, Cherokee County has a high prevalence of obesity, diabetes, and heart disease. Additionally, the Cherokee County fruit and vegetable consumption prevalence is shockingly low. Resources such as the Cherokee County Food Access Map and the Cooking Connections Community Cookbook are a small step towards providing community residents the skills to find and use foods in ways that promote healthy living.

This project was overseen by Heather Winn, Cherokee County OSU Cooperative Extension, and Dr. Ginger Welch, Oklahoma State University. This project was completed on May 8, 2020.

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