



# DIETITIAN FAVORITES COOKBOOK

**UPMC | WESTERN MARYLAND**

The nutrition advice appearing in this book is intended for use as a reference to help you make informed decisions about your diet and health. It is not a substitute for treatment that may have been prescribed by your doctor. You should consult with your doctor for any medical advice.

This cookbook is not a substitute for medical nutrition therapy, and we recommend meeting with a Registered Dietitian Nutritionist to determine your individualized nutrition goals.

Call **240-964-8434** if you have questions or would like to set up an appointment with our Nutrition Department.

# Appetizers, Dips and Beverages

### **Avocado Corn Salsa**

Serves 2

Submitted by Brenda Ridgway, RDN/LDN

Source: Eatingwell.com

½ avocado, diced

½ cup corn kernels (frozen, thawed)

1 plum tomato, chopped

2 tsp. fresh cilantro, chopped

Lime juice to taste

Combine avocado, corn, tomato and cilantro in a small bowl. Add lime juice to taste.

Calories: 99, Total Fat: 6g, Saturated Fat: 1g, Sodium: 75mg, Carbohydrates 12g, Fiber: 2g, Protein: 3g

### **Avocado Ranch Dip**

Serves 4, ¼ cup serving size

Submitted by Linda Sweitzer, RDN/LDN

1 large avocado (appr. ¾ cup)

2 tsp. lemon juice

½ cup fat free Greek yogurt\*

1 tsp hot sauce

¼ cup extra virgin olive oil

2 garlic cloves, minced

Combine all ingredients in a food processor. Serve as a dip with vegetables or with salad as a dressing.

\*For a thinner consistency, use non-fat yogurt rather than Greek.

Calories: 92, Total Fat: 9g, Saturated Fat: 1, Sodium: 244mg, Carbohydrates: 2g, Fiber: 1g, Protein: 1g

### **Fruit Smoothie**

Serves 4

Submitted by Theresa Stahl, RDN/LDN, FAND

1 cup skim milk  
1 cup plain nonfat yogurt  
2 cups frozen fruit  
2 bananas

Peel and slice bananas. Put all ingredients into a blender and mix until blended.  
Pour into glasses to serve.

Calories: 130, Total Fat: <1g, Saturated Fat: <1g, Sodium: 75mg, Carbohydrates: 28g, Fiber:3g,  
Protein: 6g

### **Greek Yogurt Dip**

Serves 4 (1/2 cup serving size)

Submitted by Linda Sweitzer, RDN/LDN

½ cup plain Greek yogurt  
½ cucumber, grated  
1 Tbsp. lemon juice  
1 Tbsp. dill, chopped  
2 tsp. vidalia onion, chopped

Blend all ingredients together. Chill overnight. Serve with fresh vegetables.

Calories: 25, Total Fat: 0g, Saturated Fat: 0g, Sodium: 19mg, Carbohydrates: 3g, Fiber: 0g,  
Protein: 4g

## Party Snack Mix

Serves 6 (1 cup serving size)

Submitted by Kay Leigh, RDN/LDN

Source: Living Well on Dialysis, National Kidney Foundation

1 cup rice cereal squares  
1 cup corn cereal squares  
1 cup unsalted pretzels  
3 cups unsalted popcorn  
1/3 cup unsalted margarine, melted  
½ tsp garlic powder  
½ tsp. onion powder  
1 Tbsp. parmesan cheese

Preheat oven to 350 degrees. Mix cereals, pretzels and popcorn in a large bowl. Combine melted margarine, garlic powder and onion powder. Pour over cereal mixture and toss to coat. Add parmesan cheese. Bake for 7-10 minutes. Cool and store in a sealed container.

Calories: 180, Total Fat: 11g, Saturated Fat: 0g, Sodium: 180 mg, Carbohydrates: 19g, Fiber: 1g, Protein: 2.5g

# Salads, Soups, and Stews

## **Beets with Walnuts, Goat Cheese and Baby Greens**

Serves 8

Submitted by Brenda Ridgway, RDN/LDN

6 medium beets (red and golden) (about 1.5 lb)\*

1 cup water

8 cups mixed baby salad greens

1 cup loosely packed fresh flat-leaf parsley leaves

1 Tbsp. white balsamic vinegar

¼ tsp. kosher salt

¼ tsp. black pepper

2 Tbsp. extra virgin olive oil

½ cup (2 oz.) crumbled goat cheese

¼ cup coarsely chopped walnuts, toasted

\*Prepare beets up to 2 days in advance.

Preheat oven to 375 degrees. Leave root and 1 inch stem on beets; scrub with a brush. Place beets and 1 cup water in a 9x13 inch baking dish, covered tightly with foil. Bake for 1.5 hours or until tender. Cool beets slightly. Trim off roots and rub off skins. Cut beets into wedges and cool completely. Place greens and parsley in a large bowl and toss. Combine vinegar, salt and pepper, stirring with a whisk. Gradually drizzle in oil while stirring. Drizzle the dressing over greens mixture and toss gently. Arrange 1 cup salad on each of 8 plates; top evenly with beets. Top each serving with 1 Tbsp. cheese and 1.5 tsp nuts.

## Cherry, Wild Rice and Quinoa Salad

Serves 8 (3/4 cup serving size)

Submitted by Kay Leigh, RDN/LDN

Source: Eatingwell.com

¾ cup wild rice

½ cup quinoa\*

¼ cup olive oil

¼ cup fruity vinegar (pomegranate or cherry)

¾ tsp. salt

¼ tsp. freshly ground pepper

2 cups halved pitted fresh sweet cherries\*\*

2 stalks celery, diced

½ cup chopped pecans, toasted

½ cup diced aged goat cheese (or another smoked cheese)

\*If the label does not specify pre-rinsed, may need to rinse.

\*\*Canned, drained cherries will work.

Bring a large saucepan of water to a boil. Add wild rice and cook for 30 minutes. Add quinoa and cook until the rice and quinoa are tender (about 15 minutes). Drain and rinse with cold water until cool. Whisk oil, vinegar, salt and pepper in a large bowl. Add the rice and quinoa, cherries, celery, cheese and pecans. Toss to combine. Serve room temperature or chill. Can be made up to 4 hours ahead.

Calories: 280, Total Fat: 16g, Saturated Fat: 3g, Sodium: 254mg, Carbohydrates: 27g, Fiber: 3g, Protein: 8g

## **Dilled Cucumber**

Serves 6

Submitted by Kay Leigh, RDN/LDN

Source: Cooking for David

3 cups cucumber, peeled and sliced

1 cup onions, sliced

1 cup distilled white vinegar

½ cup water

2 Tbsp. sugar

2 tsp. dill weed

Boil vinegar, water, and sugar until sugar is dissolved. Add dill weed and pour over cucumbers and onion. Chill to serve.

Calories: 30, Total Fat: <1g, Saturated Fat: 0g, Sodium: 3mg, Carbohydrates: 7g, Fiber: 0.8g, Protein: 0.6g

## **Gazpacho Macaroni Salad**

Serves 6

Submitted by Deb Frank, RDN

4 oz. uncooked macaroni  
2.5 cups tomatoes, seeded and chopped  
1 cup red onions, finely chopped  
1 cup cucumbers, finely chopped  
½ cup celery, finely chopped  
½ cup green peppers, finely chopped  
½ cup red bell peppers, finely chopped  
2 Tbsp black olives, finely chopped  
2 Tbsp. fresh parsley, minced (or 1 tsp. dried)  
1 Tbsp. fresh thyme, minced (or ½ tsp dried)  
1 garlic clove, minced  
3-4 dashes hot sauce  
½ tsp. salt  
¼ tsp. pepper

Cook pasta according to package directions. Drain and rinse well under cold water until pasta is cool. Drain well. Combine pasta and remaining ingredients in a medium bowl. Cover and cool in fridge for 4 hours to serve.

Calories: 113, Total Fat: 1.5g, Saturated Fat: <1, Sodium: 256mg, Carbohydrates: 22g, Fiber: 3g, Protein: 4g

## **Kale Salad with Salmon and Greek Yogurt Dressing**

Submitted by: Rachel Sproat, RDN, LDN

### **Ingredients:**

#### Homemade Greek Yogurt Honey Mustard Dressing:

½ cup plain Greek yogurt  
¼ cup extra virgin olive oil  
3 Tbsp. honey  
2 Tbsp. lemon juice freshly squeezed  
¼ cup Dijon mustard  
1/8 tsp. salt  
Fresh cracked pepper to taste

#### Kale Salad:

8 cups chopped kale (may substitute another leafy green per preference)  
2 Tbsp. extra virgin olive oil  
½ red onion thinly sliced  
½ apple chopped  
½ cup chopped strawberries  
1/3 cup dried cranberries  
½ cup feta cheese  
1 Tbsp. minced garlic  
½ cup pecans chopped

#### Homemade Greek Yogurt Honey Mustard Dressing:

½ cup plain Greek yogurt  
¼ cup extra virgin olive oil  
3 Tbsp. honey  
2 Tbsp. lemon juice freshly squeezed  
¼ cup Dijon mustard  
1/8 tsp. salt  
Fresh cracked pepper to taste

#### Salmon:

2 salmon fillets, 6 oz each  
½ Tbsp. avocado oil  
Fresh cracked black pepper to taste

1) Preheat oven to 400 degrees Fahrenheit.

2) Line the baking sheet with parchment paper, spray with non-stick cooking spray and add your thawed salmon fillets. Bake salmon in the oven for 13-15 minutes or until an internal temperature of 145 degrees Fahrenheit is reached.

3) To make Greek yogurt dressing, combine plain Greek yogurt, Dijon mustard, honey, extra virgin olive oil, lemon juice, salt and pepper in a small bowl and mix well. Store in an airtight container, such as a mason jar, in the refrigerator until ready to use (for up to 2 weeks).

4) If purchasing bunches of kale, wash well, pat dry with paper towels, and use your hands to tear leaves off the stems. (Alternatively, you can buy pre-chopped kale, which is the route I take to save time!) Add chopped kale to a large bowl, add 2 Tbsp. extra virgin olive oil and 2 Tbsp. freshly squeezed lemon juice, and massage well for about 60-90 seconds to break it down. Add 1 Tbsp. of minced garlic here as well.

5) Prepare all your other mix-ins: chop strawberries and apples, and thinly sliced red onions. Add toppings in the amounts suggested in the recipe. However, you can make it your own and add more or less of these items.

6) Add all toppings to a large bowl with massaged kale and mix well.

7) Serve chilled and top individual servings with about 2 Tbsp. homemade Greek yogurt dressing.

8) Add cooked salmon on top and serve.

*Leftovers can be stored refrigerated in an airtight container for 2-3 days.*

## Quinoa and Black Bean Salad

Serves 4-6

Submitted by Deb Frank, RDN/LDN

1/3 cup quinoa  
1 cup water  
1 tsp. olive oil  
4 tsp. fresh lime juice  
¼ tsp. cumin  
¼ tsp. coriander  
1 Tbsp. fresh cilantro, minced  
2 Tbsp. scallions, minced  
1 can (15 oz.) black beans, drained and rinsed  
2 cups diced tomatoes  
1 cup bell pepper, diced  
2 tsp. minced jalapenos

Cook the quinoa in the water according to package directions. In a large bowl, combine the oil, lime juice, cumin, coriander, cilantro and scallions. Stir in the beans, tomatoes, bell peppers and jalapenos. Add the quinoa (slightly cooled). Season to taste with salt and pepper. Serve cold.

Calories: 126, Total Fat: 1.7g, Saturated Fat: 0.3g, Sodium: 256mg (without added salt),  
Carbohydrates: 22g, Fiber: 7g, Protein: 7g

## **Spinach and Strawberry Salad**

Serves 6 (1 cup serving size)

Submitted by Theresa Stahl, RDN/LDN, FAND

1 lb. spinach  
1 cup strawberries, sliced  
1 cup pecan halves  
1 small sweet onion, quartered  
1/3 cup cider vinegar  
1/3 cup canola oil  
1/8 cup sugar  
1 tsp. Dijon mustard  
½ tsp pepper  
½ tsp salt

Combine spinach, strawberries and pecans in large salad bowl. In a food processor, combine dressing ingredients (onion, oil, vinegar, sugar, mustard, salt and pepper). Process until smooth. Drizzle the dressing on or serve on the side.

Calories: 270, Total Fat: 24g, Saturated Fat: 2g, Sodium: 130mg, Carbohydrates: 14g, Fiber: 3g, Protein: 3g

## **Tenderloin, Cranberry, and Pear Salad With Honey Mustard Dressing**

Serves 4

Submitted by Kristin Wilkins, MS, RDN/LDN

Source: The Healthy Beef Cookbook

4 beef tenderloin steaks, cut  $\frac{3}{4}$  inch thick (4 oz. each)

1 tsp. coarse ground black pepper

5 oz. package mixed baby salad greens

1 medium pear cut into 16 wedges

$\frac{1}{4}$  cup dried cranberries

Up to  $\frac{1}{2}$  tsp. salt to taste

$\frac{1}{4}$  cup chopped pecans, toasted

$\frac{1}{4}$  cup crumbled goat cheese

Dressing:

$\frac{1}{2}$  cup honey mustard

2-3 Tbsp. water

1.5 Tbsp. olive oil

1 tsp. white wine vinegar

$\frac{1}{4}$  tsp. coarse ground black pepper

Season beef steaks with  $\frac{1}{2}$  tsp. pepper. Heat large non-stick skillet over medium heat. Place steaks in the skillet and cook 7-10 minutes for medium rare (145 degrees) to medium (160 degrees) doneness, turning occasionally. Whisk dressing ingredients in a small bowl until well blended and set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries. Carve steak into thin slices, salt as desired and add to plates. Top each salad with dressing, pecans and goat cheese.

Calories: 321, Total Fat: 14g, Saturated Fat: 3g, Sodium: 434mg, Carbohydrates: 21g, Fiber: 3, Protein: 26g

## **Chilled Cucumber Yogurt Soup**

Serves 4

Submitted by Joni Brode, RDN/LDN

Source: Moosewood Cookbook

4 cups cucumber, peeled and chopped

2 cups water

2 cups nonfat plain yogurt

1 clove fresh garlic

2 Tbsp. fresh mint

1 Tbsp. honey

¼ tsp. salt

¼ tsp. dill weed

3 Tbsp. scallions or green onions, chopped

Puree everything but scallions together in a blender. Chill and serve cold with scallions on top as a garnish.

Calories: 69, Total Fat: <1g, Saturated Fat: 0g, Sodium: 165mg, Carbohydrates: 12g, Fiber: 0.7g, Protein: 5g

## Classic Chicken Noodle Soup

Serves 10-12 (1 cup serving size)

Submitted by Hana Pike, MS, RDN/LDN

2 Tbsp. canola oil  
1 lb. bone-in chicken breast halves, skinless  
½ tsp. black pepper, divided  
2 cups chopped onion  
1.5 cup chopped carrots  
1 cup sliced celery (1/4 inch)  
1 Tbsp. fresh garlic, minced  
3 fresh parsley sprigs  
3 fresh thyme sprigs  
1 fresh rosemary sprig  
2 bay leaves  
5 cups fat free, low sodium chicken stock  
1 cup uncooked medium whole wheat noodles  
2 Tbsp chopped fresh parsley

Heat oil in a dutch oven over medium-high heat. Sprinkle chicken with ¼ tsp. pepper. Add chicken (flesh side down). Cook about 10 minutes , turning after 5 minutes, or until fully cooked (165 degrees). Once chicken cools, shred and remove bones and fat. Add onion, carrot and celery to pan. Saute 10 minutes. Add garlic. Saute 1 minute. Place herb sprigs and bay leaves on cheesecloth, gather edges and tie securely. Add sachet to pan. Add chicken and stock. Cover and reduce heat. Cook about 7 minutes. Add noodles. Cook 6 minutes or until al dente. Discard sachet. Stir in chopped parsley, ¼ tsp. salt and remaining ¼ tsp. pepper.

Calories: 241, Total Fat: 8g, Saturated Fat: 1g, Sodium: 100mg, Carbohydrates: 17g, Fiber: 3g, Protein: 25g

## **Cream of Carrot Soup**

Serves 6-8

Submitted by Theresa Stahl, RDN/LDN, FAND

1 lb. carrots

6 cups chicken broth, low sodium

2 Tbsp. unsalted butter or margarine

½ tsp. salt

1/8 tsp. cayenne pepper

1/8 tsp. black pepper

½ cup whole milk

½ cup evaporated skim milk

Rinse carrots, peel and cut into ½ inch slices. Put carrots in a 2 quart saucepan and add chicken broth. Cook over medium-high heat. When broth begins to boil, reduce to low heat. Cover saucepan and simmer about 20 minutes or until carrots are tender. Place colander into a large bowl and pour carrots and broth through to catch carrots. Puree carrots and set aside broth. In a 4 quart saucepan, melt butter over medium heat. Stir in flour. Cook butter and flour for 1 minute over low heat, stirring constantly. Add the pureed carrots, salt and peppers. Stir broth in slowly. Turn up heat to medium-high and cook 10 minutes. Add whole and evaporated milk. Stir constantly. Once the soup is heated, it is ready to serve.

Calories: 107, Total Fat: 4.6g, Saturated Fat: 2.5g, Sodium: 265mg, Carbohydrates: 11.7g, Fiber: 1.6g, Protein: 6g

## Italian Vegetable Soup

Serves 10 (1 cup serving)

Submitted by Allison Lutz, MS, RDN/LDN

28 oz. low sodium beef broth

8 oz. orzo

1 garlic clove, crushed

14 oz. can Italian-style stewed tomatoes, low sodium

1 cup sliced carrots

15 oz. can great northern beans, drained and rinsed

1 medium zucchini cut into  $\frac{1}{4}$ "x2" slices

2 cups fresh chopped spinach

Bring broth to a boil in a large saucepan. Add orzo and garlic; cook for 5 minutes. Add tomatoes and carrots. Reduce heat to low and simmer for 5 minutes. Stir in beans and zucchini and cook until zucchini is crisp and tender. Remove from heat and stir in spinach.

Calories: 119, Total Fat: <1g, Saturated Fat: <1g, Sodium: 300 mg, Carbohydrates: 22g, Fiber: 4g, Protein: 7g

## **Tiffany's Kickin' Black Bean Soup**

Serves 4-6

Submitted by Joni Brode, RDN/LDN

Source: [Cookin' Clean: Lean and Tasty Recipes for Healthy Slow Cooking](#)

1 large onion, chopped  
1 stalk celery, chopped  
2 carrots, chopped  
8 cloves garlic, chopped  
4 Tbsp. chili powder  
2 Tbsp. ground cumin  
Ground black pepper to taste  
4 cups low sodium vegetable broth  
1-2 cans black beans, drained and rinsed  
1 cup frozen corn

Add all ingredients to the slow cooker, cover and cook on low for 7-8 hours or on high for 4-5 hours.

Calories: 120, Total Fat: 7g, Saturated Fat: <1g, Sodium: 100mg, Carbohydrates: 23g, Fiber: 7g, Protein: 3g

## Zucchini Soup

Serves 8

Submitted by Theresa Stahl, RDN/LDN, FAND

3 cups chopped zucchini  
1 (10 oz) package frozen lima beans  
2 medium onions, chopped  
½ (10 oz) package frozen peas  
1 Tbsp. olive oil  
½ tsp. salt to taste  
Black pepper to taste.  
6 cups low sodium chicken broth

In a large saucepan, sauté zucchini and onions in olive oil for about 10 minutes. Stir in broth and bring to a boil. Stir in lima beans and peas. Reduce heat and simmer for 25 minutes, stirring occasionally. Process the soup in a blender or food processor in batches until pureed. Return the puree to saucepan. Season the soup with salt and pepper. Simmer until heated through, stirring frequently.

Calories: 122, Total Fat: 3g, Saturated Fat: 1g, Sodium: 560mg, Carbohydrates: 16g, Fiber: 4g, Protein: 8g

## Hearty Beef and Potato Stew

Serves 12-15 (1 cup serving)

Submitted by Hana Pike, MS, RDN/LDN

5 garlic cloves, crushed  
2 cups chopped onion  
3 lb. boneless chuck roast, trimmed and cut into 2-inch cubes, divided  
2 cups low sodium beef broth, divided  
1.5 cups carrots, chopped  
1  $\frac{3}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. black pepper  
2 bay leaves  
1  $\frac{1}{4}$  cup water, divided  
2 (14.5 oz) cans diced tomatoes, undrained  
2.5 lb. baking potatoes, cut into 1" pieces  
1 Tbsp. flour  
Chopped fresh parsley (garnish)

Preheat oven to 300 degrees. Heat a large dutch oven over medium-high heat. Coat pan with cooking spray. Add garlic; saute 1 minute or until garlic just begins to brown. Remove garlic from pan with a slotted spoon and place in large bowl. Coat pan with cooking spray. Add half of beef to pan; saute 5 minutes or until browned on all sides. Add beef and any accumulated juices to onion mixture. Coat pan with cooking spray. Add remaining beef to pan; saute 5 minutes or until browned on all sides. Add beef and any accumulated juices to onion mixture. Add broth to pan; bring to a boil, scraping pan to loosen browned bits. Add beef mixture. Stir in carrots, rosemary, salt, pepper, and bay leaves. Add 1 cup water, broth and tomatoes; stir to combine. Bring to a boil and cook 1 minute. Remove from heat; cover and bake at 300 degrees for 1.5 hours. Remove from oven; uncover and stir in potatoes. Combine remaining  $\frac{1}{4}$  cup water and flour; stir with a whisk until smooth. Stir flour mixture into stew. Cover and bake an additional 1.5 hours or until beef is tender. Discard bay leaves. Sprinkle with parsley if desired.

Calories: 300 kcal, Total Fat: 8g, Saturated Fat: 3g, Sodium: 250mg, Carbohydrates: 25g, Fiber: 3g, Protein: 33g

## Hearty Vegetable Chili

Serves 8-10 (1 cup serving size)

Submitted by Hana Pike, MS, RDN/LDN

1 Tbsp. canola oil  
2 cups chopped onion  
½ cup chopped yellow bell pepper  
½ cup chopped green bell pepper  
2 garlic cloves, minced  
1 Tbsp. brown sugar  
1.5 Tbsp. chili powder  
1 tsp. ground cumin  
1 tsp. dried oregano  
½ tsp. salt  
½ tsp. black pepper  
3 (15 oz.) cans no salt added diced tomatoes, undrained  
2 (15 oz.) cans low sodium black beans, rinsed and drained  
1 (15 oz.) can low sodium kidney beans, rinsed and drained  
1 (15 oz.) can low sodium pinto beans, rinsed and drained

Heat oil in a dutch oven over medium-high heat. Add onion, bell pepper and garlic; saute 5 minutes or until tender. Add sugar and remaining ingredients, bringing to a boil. Reduce heat and simmer 30 minutes.

Calories: 184, Total Fat: 3g, Saturated Fat: 1g, Sodium: 70g, Carbohydrates: 24g, Fiber: 10g, Protein: 15g

## Indian Spice Chickpea Quinoa Stew

Serves 4-6

Submitted by Joni Brode, RDN/LDN

Source: [Crookin' Clean: Lean and Tasty Recipes for Healthy Slow Cooking](#)

4 cups water

1 cup sweet potato, peeled and chopped

1 can no salt added diced tomatoes

½ cup celery, chopped (about 1 stalk)

1 can no salt added chickpeas, rinsed

1 Tbsp. vegetable bouillon

½ cup red lentils

1 Tbsp. garlic, minced

½ cup quinoa, rinsed

1 tsp. turmeric

1 cup peeled turnip, chopped

2 tsp. garam masala

Place all ingredients in a slow cooker on low for 6 hours.

Calories: 120, Total Fat: 7g, Saturated Fat: <1g, Sodium: 100mg, Carbohydrates: 23g, Fiber: 7g, Protein: 3g

## **Savory Shrimp and White Bean Stew**

Serves 4

Submitted by Brenda Ridgway, RDN/LDN

Source: [wellfedheart.com](http://wellfedheart.com)

2 Tbsp. olive oil  
1 medium onion, chopped  
3 garlic cloves, minced  
1 15 oz. can cannellini beans, rinsed and drained  
1 15 oz. can diced low sodium tomatoes, drained  
1 tsp. ground oregano  
1 tsp. ground basil  
1 tsp. rosemary  
3 cups low sodium chicken broth  
1 lb. frozen shrimp, thawed and peeled  
½ cup parsley, chopped

Heat olive oil in a soup pot. Add onion and garlic and cook, stirring frequently, until onion softens (about 3 minutes). Stir in cannellini beans, tomatoes, oregano, basil and rosemary. Add the chicken broth and bring to a boil over high heat. Reduce heat and simmer until the stew is slightly thickened (about 15 minutes). Add the shrimp and simmer until heat through (about 2 minutes). Add parsley and serve.

Calories: 377, Total Fat: 11g, Saturated Fat: 2g, Sodium: 234mg, Carbohydrates: 35g, Fiber: 8g, Protein: 37g

## **White Chicken Chili**

Serves 8-12 (1 cup serving size)

Submitted by Alice Corle, RDN/LDN

2 medium onions, chopped

1 Tbsp. olive oil

4 cloves garlic, minced

2 (4 oz.) cans chopped green chilis

2 tsp. ground cumin

1 tsp. ground oregano

1 tsp cayenne pepper

¼ tsp. ground cloves

2 cans (14.5 oz each) low sodium chicken broth

3 cans (15 oz each) great northern beans (drained and rinsed)

2 cups Monterey jack cheese

Sour cream and sliced jalapeno peppers for garnish (optional)

In a 3 quart sauce pan, sauté onions in oil until tender. Stir in garlic, chilis, cumin, oregano, cayenne and cloves. Cook and stir 2-3 minutes more. Add broth, chicken and beans. Simmer uncovered for 15 minutes. Remove from heat; stir in cheese until melted. Garnish with sour cream and peppers as desired.

Calories: 423, Total Fat: 16g, Saturated Fat: 1.3g, Sodium: 142mg, Carbohydrates: 32g, Fiber: 7g, Protein: 36g

# Vegetable and Side Dishes

## **Broccoli with Caramelized Onions and Pine Nuts**

Serves 4

Submitted by Brenda Ridgway, RDN/LDN

Source: webmd.com

3 Tbsp. pine nuts or chopped slivered almonds

2 tsp. extra virgin olive oil

1 cup chopped onion (1 medium onion)

¼ tsp. salt or to taste

4 cups broccoli florets

2 tsp. balsamic vinegar

Freshly ground pepper to taste

Toast pine nuts (or almonds) in a medium dry skillet over medium-low heat, stirring constantly until lightly browned and fragrant, about 2-3 minutes. Transfer to a small bowl to cool. Add oil to the pan and increase to medium heat. Add onions and salt, cook stirring constantly until soft and golden brown (about 15 minutes). Steam broccoli until just tender (4-6 minutes). Transfer to a large bowl. Add the nuts, onions, vinegar and pepper. Toss to coat and serve immediately.

Calories: 100, Total Fat: 7g, Saturated Fat: 1g, Sodium: 167mg, Carbohydrates: 9g, Fiber: 3g, Protein: 3g

## **Broiled Asparagus with Lemon**

Serves 4

Submitted by Brenda Ridgway, RDN/LDN

Source: Time, Inc. Lifestyle Group

1 lb. asparagus, trimmed

1 garlic clove, minced

½ tsp. grated lemon rind

½ tsp. olive oil

1/8 tsp. salt

1/8 tsp freshly ground black pepper

Cooking spray

Preheat broiler. Combine all ingredients except cooking spray in a large bowl or dish. Toss gently to coat. Place asparagus on a foil-lined baking sheet coated with cooking spray. Broil 3 minutes or until desired degree of doneness.

Calories: 20, Total Fat: 1g, Saturated Fat: <1g, Sodium: 74g, Carbohydrates: 3g, Fiber: 1.3g, Protein: 1.4g

## Butternut Coconut Rice

Serves 6 (3/4 cup serving size)

Submitted by Kay Leigh, RDN/LDN

Source: Appetite for Reduction- 125 Fast and Filling Low Fat Vegan Recipes

1 cup brown butter basmati rice  
2 lb. butternut squash  
2 tsp. sesame oil  
1 Tbsp. minced fresh ginger  
1 tsp. lime zest  
¼ tsp. salt  
¼- ½ cup vegetable broth  
2 cups water  
1 cup sliced shallot  
3 cloves garlic, minced  
¼ tsp. red pepper flakes  
¾ cup light coconut milk  
1 Tbsp. fresh lime juice

Preheat oven to 400 degrees. Cook rice according to package directions. Slice squash in half lengthwise, scooping seeds out with a spoon. Line a baking sheet with parchment paper and place the squash face down on the sheet. Bake for about 45 minutes. Once it is soft enough to pierce with a fork, remove it from the oven and let it cool. Preheat a large skillet over medium heat. Sauté the shallot in the oil until lightly browned (about 7 minutes). Add the ginger, garlic, lime zest, red pepper flakes and salt and sauté for another 2 minutes. Reduce to low heat. Scoop the flesh out of the squash and add to the pan, along with coconut milk. Use a potato masher or fork to mash the butternut into a creamy consistency. Add rice and stir well. Add ¼ cup broth and mix well. Add the rest of the broth to get a creamier consistency. Add lime juice, salt to taste, and serve.

Calories: 240, Total Fat: 4.5, Saturated Fat: 2g, Sodium: 140mg, Carbohydrates: 47g, Fiber: 4g, Protein: 5g

## **Carrot Tzimmes**

Serves 6

Submitted by: Brenda Ridgeway RDN, LDN

3 cups or 1 lb. carrots, peeled, and sliced.

1 tsp. lemon peel

¼ tsp. salt

½ cup honey

2 tbsp. vegetable oil

¼ tsp. ground ginger

- 1) Cook carrots in salt water, in a large skillet for 10 minutes. Drain carrots; add sugar, honey, and vegetable oil.
- 2) Cook uncovered, over low heat until carrots are tender and richly glazed.
- 3) Stir in lemon rind, ginger, and salt.

Calories 152, Total Fat 4.6 g, Saturated Fat 0.4 g, Sodium 157 mg, Carbohydrates 28 g, Fiber 3 g, Protein 5.4 g

## Healthy Creamy Parmesan Mashed Potatoes

Serves 6

Submitted by: Deb Frank RD

2 lbs. red potatoes, washed and cut into ½ inch chunks

1 cup low sodium chicken broth

½ cup light cream cheese spread

½ nonfat sour cream

3 Tbsp. parmesan cheese, grated

- 1) Place potatoes in large saucepan. Add broth, cover. Bring to a boil on high heat and simmer on medium for 15 minutes (Stirring after 8 minutes).
- 2) Uncover, stir potatoes and simmer for 5 minutes or until most of the broth is absorbed.
- 3) Add cream cheese. Reduce heat to low. Mash potatoes slightly until cream cheese is melted.
- 4) Add sour cream and parmesan. Mash potatoes until smooth and heat through.

Calories 168, Total Fat 4.4 g, Saturated Fat, 1.2g, Sodium, 127 mg, Carbohydrates 28 g, Fiber 3 g, Protein 5.4 g

## **I Can't Believe it's Not Sweet Potato Casserole**

Serves 8

Submitted by: Elizabeth Kauruter, RDN, LDN

8 cups peeled and cubed butternut squash

2/3 cup light vanilla soymilk

2/3 cup sugar free pancake syrup

1/2 cup Splenda No Calorie Sweetener (granulated) (\*If using sugar, same amount, but will have 182 calories per serving and 23 gm of sugar.)

1/2 tsp salt

1 cup fat-free liquid egg substitute (like Egg Beaters Original)

1 tsp vanilla extract

2 tsp. cinnamon

2 cups miniature marshmallows

- 1) Preheat oven to 350 degrees. Spray an 8x10 baking pan with nonstick spray and set aside.
- 2) Fill a large microwave safe dish with 1/4 inch of water. Add squash and cover. Microwave for about 8 minutes, squash should be tender enough to mash, but not over cooked. Drain well.
- 3) Mash squash thoroughly with a potato masher, food processor, or fork, but do not puree (squash should be pulpy). Add soymilk, syrup, sweetener, salt, egg substitute, vanilla extract, and cinnamon. (Adding the ingredients in this order gives the squash enough time to cool before adding the egg substitute, which could begin to cook if added too early). Mix thoroughly, but do not over stir.
- 4) Transfer mixture to the baking pan. Bake in oven until mostly firm, 45 to 50 minutes.
- 5) Top with mini marshmallows. Return to the oven and bake until marshmallows begin to brown, about 5 minutes. Allow to cool before serving.

Calories 142, Total Fat 0.5 g, Saturated Fat 0 g, Sodium 263 mg, Carbohydrates 33 g, Fiber 3 g, Protein 5 g

## Macaroni and Cheese

Serves: 6-8 (serving size: 1 cup)

Submitted by: Hana Pike, RDN, LDN

3 cups whole wheat elbow macaroni  
1 cup fat free cottage cheese  
1 ½ cups reduced fat sharp cheddar cheese, shredded  
½ cup part-skim mozzarella cheese  
2 Tbsp. whole wheat flour  
½ tsp. black pepper  
½ cup pumpkin puree  
1 ½ cup skim milk

Cook pasta according to package directions. Combine remaining ingredients and add drained, cooked pasta. Pour into greased casserole dish. Bake at 375 degrees for about 60 minutes, stirring occasionally.

*Tip: This recipe for mac and cheese has a secret ingredient: pumpkin. The pumpkin is hidden by the flavor of the cheese blend and adds important nutrients like vitamin A. Pumpkins have an anti-inflammatory effect and may help protect against prostate cancer and osteoporosis.*

Calories 215, Total Fat 7 g, Saturated Fat 4 g, Sodium 405 mg, Carbohydrates 22 g, Fiber 2 g, Protein 16 g

## **Mashed Sweet Potatoes with Orange Essence**

Serves 4 (serving size  $\frac{3}{4}$  cup)

Submitted by: Theresa Stahl RDN, LDN, FAND

Source: Ellie Krieger 2007

4 Medium sweet potatoes (about 8 oz. Each), peeled and cubed

$\frac{1}{4}$  cup reduced fat buttermilk

$\frac{1}{4}$  cup canned un-sweetened orange juice

2 tsp. orange zest

$\frac{1}{4}$  tsp. salt

$\frac{1}{4}$  tsp. ground nutmeg

1 Tbsp. unsalted butter

1) Steam the potatoes in a large, covered pan fitted with a steamer basket until they are tender, about 8 min.

2) In a large bowl, mash the potatoes with the buttermilk and orange juice. Stir in the zest, salt, and nutmeg. Serve the potatoes topped with butter.

Calories 238, Total Fat 3.4 g, Saturated Fat 2.1 g, Sodium 284.3 mg, Carbohydrates 48.5 g, Fiber 7 g, Protein 4.4 g

## Quinoa Pilaf

Serves 4

Submitted by: Deb Frank RD

2 cups water  
1 cup quinoa, rinsed well  
1 Tbsp. olive oil  
1 red onion, diced  
2 cloves garlic, thinly sliced  
½ cup fresh or frozen corn kernels  
¼ cup chopped fresh basil or cilantro  
1 celery stalk, diced  
½ cup edamame (fresh or frozen shelled soybeans)  
¼ cup chopped pecans

- 1) Place water and quinoa in a saucepan and bring to a boil. Add a pinch of salt, cover and reduce heat to low. Cook until quinoa has absorbed all the water and opened (about 30 minutes).
- 2) While the quinoa cooks, place olive oil in skillet. Add onion and garlic and place over medium heat. When onion begins to sizzle, add a pinch of salt and sauté for 2 minutes.
- 3) When quinoa is cooked, stir in the sauteed vegetables along with the celery, edamame, and pecans. Serve warm or chilled.

Calories 341, Total Fat 13 g, Saturated Fat 1.3 g, Sodium 106 mg, Carbohydrates 48 g, Fiber 6.6 g, Protein 11 g

## **Roasted Root Vegetables**

Serves 6-8

Submitted by: Deb Frank, RD

5 carrots, cut into large bite-sized pieces  
2 bulbs fennel, sliced into large slices  
1 pint Brussel sprouts, halved  
2 red onions, peeled and cut into large pieces  
3 potatoes cut into large chunks  
1 rutabaga, peeled and cut into large dice  
2 turnips, peeled and cut into large dice

Preheat oven to 400 degrees. Toss all of the above vegetables with 4 tbsp. olive oil. Add salt and pepper to taste. Spread into single layer on one or two sheet pans. Roast, uncovered, for approximately 45 minutes or until browned. Stir the vegetables every 15 minutes during cooking.

Calories 247, Total Fat 9 g, Saturated Fat 1.5 g, Sodium 382 mg, Carbohydrates 38 g, Fiber 12 g, Protein 6 g

## Roasted Vegetables

Serves 12 (serving size: ½ cup)

Submitted by: Kay Leigh, RDN, LDN

Source: allrecipes.com

1 small butternut squash, cubed  
2 red bell peppers, seeded and diced  
1 sweet potato, peeled and cubed  
3 Yukon golden potatoes, cubed  
1 red onion, quartered  
1 Tbsp. fresh thyme, chopped  
¼ cup olive oil  
2 Tbsp. fresh rosemary, chopped  
2 Tbsp. balsamic vinegar  
Salt and freshly ground black pepper to taste

- 1) Preheat oven to 475 degrees.
- 2) In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.
- 3) In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
- 4) Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Tip: Other vegetables can be used such as carrots, parsnips, turnips, s.

Calories 123, Total Fat 4.7 g, Saturated Fat 0g, Sodium 45g, Carbohydrate 20g, Fiber 3.1g, Protein 2g

## Sauteed Sugar Snap Peas with Radishes

Serves 6

Submitted by: Deb Frank, RD

1 Tbsp. each of butter and olive oil  
½ cup thinly sliced shallots  
12 oz. sugar snap peas (fresh or frozen, thawed)  
2 cups thinly sliced radishes  
¼ cup orange juice  
1 tbsp. chopped fresh dill

- 1) Melt butter with olive oil in nonstick pan over medium heat.
- 2) Add shallots and sauté until golden (about 5 minutes).
- 3) Add sugar snap peas and radishes; sauté until crisp tender (about 5 minutes).
- 4) Add orange juice and dill; stir for about 1 minute and serve.

Calories 90, Total Fat 4g, Saturated Fat 1.5g, Sodium 35mg, Carbohydrates 11g, Fiber 3g, Protein 2g

## **Sweet Potato Fries**

Serves: 4-6

Submitted by: Allison Lutz MS, RDN, LDN

4 large sweet potatoes, peeled and cut into ¼ slices

½ cup extra virgin olive oil

2 Tbsp. chopped fresh thyme

1 Tbsp. chopped fresh rosemary

- 1) Place sweet potatoes, rosemary, thyme, and olive oil in a gallon size, resealable bag.
- 2) Seal bag and shake vigorously. (Can be done the night before and stored in fridge).
- 3) Preheat oven to 400 degrees.
- 4) Place sweet potatoes on baking sheet and bake 30 minutes or until desired degree of doneness reached.

\* Tip: To reduce fat and calories reduce olive oil to 3 Tbsp.

Calories 234.8, Total Fat 18.1 g, Saturated Fat 2.5 g, Sodium 48 mg, Carbohydrates 17.7 g, Fiber 2.8 g, Protein 1.4 g

## **Zucchini Pasta**

Serves 8

Submitted by: Alice Corle, RD

½ - 1 lb. angel hair pasta  
2-3 cloves garlic, minced  
½ cup olive oil, divided into ¼ cups  
½ tsp. crushed red pepper  
3 Tbsp. chopped fresh basil  
2 Tbsp. chopped fresh parsley  
½ cup parmesan cheese  
¾ lb. zucchini, julienned (sliced thinly)

- 1) Cook pasta according to package directions. Reserve 1/2 cup pasta water.
- 2) Heat 1/4 cup olive oil in frying pan. Sauté zucchini until tender crisp along with garlic. Add red pepper and remove from heat.
- 3) Add basil and parsley.
- 4) Add hot pasta to the pan.
- 5) Add parmesan cheese and 1/4 cup olive oil and mix.
- 6) Add pasta water to thin as needed.

Calories 313, Total Fat 17g, Saturated Fat 4g, Sodium 103g, Carbohydrates 32g, Fiber 2g, Protein 10g

# Main Dishes

## Ravioli and Zucchini

Serves 4

Submitted by: Kay Leigh RDN, LDN

Source: [www.davita.com](http://www.davita.com)

9 oz. frozen beef ravioli  
2 cups zucchini  
3 green onions  
1 medium red bell pepper  
½ tsp. garlic powder  
½ tsp. dried basil leaves  
1/8 tsp. black pepper  
¼ cup reduced-sodium chicken broth

- 1) Julienne zucchini and slice green onions. Coarsely chop bell pepper.
- 2) Cook ravioli as directed on the package.
- 3) Spray a large, nonstick skillet with cooking spray and heat over medium-high heat.
- 4) Add zucchini, green onions, bell peppers, garlic powder, basil and black pepper. Cook for 3 to 5 minutes until veggies are crisp and tender.
- 5) Drain ravioli. Add broth and stir into the vegetable mixture.
- 6) Cover skillet and cook over medium-low heat for another 5 minutes, or until thoroughly heated. Stir occasionally, being careful not to break the ravioli.

Appropriate for renal and renal diabetic diets.

Calories 258, Total Fat 9 g, Saturated Fat 5 g, Sodium 258 mg, Carbohydrates 27 g, Fiber 2.4 g, Protein 12 g

## **Rigatoni with Beef and Eggplant Ragu**

Serves 4

Submitted by: Brenda Ridgeway RDN, LDN

Source: WebMD Eating Well

8 oz. whole-wheat rigatoni, rotini, or penne  
8 oz. 92%-lean ground beef  
4 cloves garlic, chopped  
½ tsp. fennel seed  
3 cups diced eggplant (about ½ medium)  
2 tsp. extra-virgin olive oil  
2 8-oz. cans no-salt added tomato sauce  
1 cup red wine  
1 Tbsp. chopped fresh oregano, or 1 tsp. dried  
½ tsp. salt  
½ tsp freshly ground pepper  
2 tsp. pine nuts, toasted

- 1) Bring a large pot of water to a boil. Cook pasta until tender, 8-10 minutes or according to package directions.
- 2) Meanwhile, cook beef, garlic and fennel seeds in a large nonstick skillet over medium heat until beef is browned, about 3 minutes. Add eggplant and oil. Cook, stirring occasionally, until the eggplant browns, about 5 minutes. Add the tomato sauce and wine; cook stirring occasionally, until the sauce thickens, about 10 minutes. Stir in oregano, salt, and pepper.
- 3) Drain the pasta, serve topped with the sauce and sprinkled with pine nuts and feta, if using.

Calories 399, Total Fat 7 g, Saturated Fat 1 g, Sodium 345 mg, Carbohydrates 57 g, Fiber 11 g, Protein 22 g

## **Mexican Style Pork**

Serves 4

Submitted by: Brenda Ridgeway RDN, LDN

Source: Frugal Gourmet: Jeff Smith

2 deboned pork steaks (about 1 lb. of meat)

½ yellow onion, peeled

1 green pepper, cleaned

2 Tbsp. peanut oil

2 cloves garlic, sliced thin

¼ tsp. ground cumin

¼ tsp. oregano

Salt to taste

2 tTsp. dry sherry

- 1) Cut pork into thin slices. Slice up yellow onion and green pepper.
- 2) Sauté the pork quickly in oil and the garlic.
- 3) Add the onion and pepper and continue to stir-fry.
- 4) Add the cumin and the oregano. Add salt. At the last minute add the sherry.

Calories 315.2, Total Fat 16.1g, Saturated Fat 3.5 g, Sodium 64 mg, Carbohydrates 4.8 g, Fiber 0.8 g, Protein 33.9 g

## **Pork Tenderloin with Balsamic Fig Relish**

Serves 4

Submitted by: Brenda Ridgeway RDN, LDN

Source: Oxmoor House April 2009

1 (1 pound) pork tenderloin, trimmed  
¼ tsp. salt  
¼ tsp. black pepper  
Cooking Spray  
8 Dried Mission Figs  
2 Tbsp. balsamic vinegar  
2 Tbsp. water  
1 Tbsp. low-sodium soy sauce  
1 (8-ounce) container refrigerated pre-chopped onion

- 1) Preheat oven to 425 degrees.
- 2) Sprinkle pork evenly with salt and pepper; coat with cooking spray. Heat a medium-sized cast-iron skillet or other ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add pork; cook 4 minutes or until browned on all sides, turning occasionally.
- 3) While pork browns, coarsely chop figs. Combine vinegar, 2 tbsp. water, and soy sauce in a small bowl. When pork is browned, remove pan from heat. Add figs, onions, and vinegar mixture to pan, stirring to loosen browned bits.
- 4) Bake, uncovered, at 425 degrees for 15 minutes or until a thermometer registers 160 degrees (slightly pink). Stir onion mixture; cover pan loosely with foil. Let stand 5 minutes before slicing.

Calories 256, Total Fat 4 g, Saturated Fat 1.4 g, Sodium 349 mg, Carbohydrates 30.6 g,  
Fiber 3.6 g, Protein 24.6 g

## Tex-Mex Sausage

Serves 8 (serving size: 1 patty)

Submitted by: Kay Leigh RDN, LDN

Source: Davita Inc. Website

1 egg slightly beaten  
¼ cup onion, finely chopped  
1 large clove garlic, minced  
2 Tbsp. canned diced green chili peppers  
1 Tbsp. snipped fresh cilantro  
1 Tbsp. vinegar  
1 ½ tsp. chili powder  
1/8 tsp. salt  
1/8 tsp. ground red pepper  
½ lb. lean ground pork or beef

- 1) In a medium mixing bowl, combine the egg, onion, garlic, green chili peppers, cilantro, vinegar, chili powder, salt, and ground red pepper.
- 2) Add the ground pork or beef and mix well.
- 3) Shape the mixture into 8 equal sized patties.
- 4) Put a small amount of oil in skillet and preheat over medium-high heat. Place the patties in the skillet and cook about 12 minutes or until meat is no longer pink and juices run clear. Turn once when patties are about half cooked.
- 5) These can be made ahead and stored in the freezer before cooking until needed.

Calories 73, Total Fat 5 g, Saturated Fat 5 g, Sodium 65 mg, Carbohydrates 1 g, Fiber 0.4 g, Protein 6 g

## **Korean Ground Beef and Rice Bowls**

Submitted by: Rachel Sproat, RDN, LDN

### **Ingredients**

1 lb. lean ground beef 90% lean  
3 garlic cloves, minced  
¼ cup packed brown sugar  
¼ cup reduced-sodium soy sauce  
2 tsp. sesame oil  
¼ teaspoon ground ginger  
¼ tsp crushed red pepper flakes  
¼ tsp pepper  
2 cups hot cooked brown rice  
Sliced green onion and sesame seeds for garnish.

### **Directions:**

- 1) In a large skillet, cook the ground beef and garlic, breaking them into crumbles over medium heat until they are no longer pink.
- 2) In a small bowl, whisk brown sugar, soy sauce, sesame oil, ginger, red pepper flakes and pepper. Pour over the ground beef and let simmer for another minute or two.
- 3) Serve over hot rice and garnish green onions and sesame seeds.

## Citrus Salmon

Serves 6 (serving size: 3 ounces)

Source: Davita Kidney Care

Diet Types: Diabetes, Dialysis, Gluten-free, Heart Healthy

2 garlic cloves  
1-1/2 teaspoons lemon juice  
1 Tbsp. butter  
1 Tbsp. Dijon mustard  
2 dashes cayenne pepper  
1 tsp. dried basil leaves  
1 tsp. dried dill  
1 Tbsp. capers  
24 ounces salmon filet

- 1) Crush the garlic.
- 2) In a small saucepan, combine all the ingredients except the salmon. Heat to boil, and then reduce the temperature to low and cook for 5 more minutes.
- 3) Meanwhile, preheat grill. Place the salmon, skin side down, on a sheet of foil slightly larger than the fish. Fold up the edges so the sauce stays with the salmon on the grill. Place the foil and fish on the grill. Top the salmon with the sauce prepared above.
- 4) Cover the grill and cook for 12 minutes or until salmon is cooked. (Do not flip salmon). Cut the salmon into 6 servings.

Calories 294, Total Fat 22 g, Sodium 190 mg, Potassium 439 mg, Carbohydrates 1 g,  
Phosphorus 280 mg, Calcium 21 mg, Cholesterol 68 mg, Fiber 0.2 g, Protein 23 g

## Salmon (or Chicken) En Papillote

Serves 4

Submitted by: Deb Frank, RD

Four 4 oz. portions of salmon fillet or boneless, skinless chicken breast

Salt

Freshly ground black pepper

½ lb. small new potatoes, sliced ¼ inch thick

1 cup julienne onions

8 slices of tomato, about ½ inch thick

½ cup Kalamata olives, pitted and halved

4 tbsp. finely chopped fresh herbs (parsley, basil, tarragon)

1) Preheat oven to 400 degrees. Fold 4 sheets of parchment paper (16" x 24") in half and cut a half heart shape away from the fold. Open the parchment paper to reveal a heart shape and brush each with 1 tbsp. olive oil. Season the salmon or chicken with salt and pepper. Place each salmon or chicken on half of the parchment sheet.

2) Place a layer of potatoes over each portion. Season lightly with salt and pepper. Place a layer of onions over the potatoes followed by a layer of tomatoes and olives. Sprinkle the top of each portion with 1 tbsp. herbs.

3) To close each bag, fold the second side of the paper over the salmon or chicken, fold the bottom edge over the top and work your way edge over edge, folding and twisting until the bag is sealed. Place each bag on the baking sheet and bake until the paper is puffed up and golden brown (about 20 minutes), to serve, place a bag on each plate, slit the bag open, and fold back the paper.

Calories 247, Total Fat 9 g, Saturated Fat 1.5 g, Sodium 382 mg, Carbohydrate 38 g, Fiber 12 g, Protein 6g

## **Pan-Seared Tarragon Trout**

Serves 2 (serving size: 1 fillet and about 1 tbsp. sauce)

Submitted by: Brenda Ridgeway RDN, LDN

Source: Cooking Light Fresh Food Fast, Oxmoor house 2009

1 lemon  
2 Tbsp. all-purpose flour  
2 (6 ounce) trout fillets  
¼ tsp. salt  
¼ tsp. freshly ground black pepper  
1 Tbsp. butter  
1 garlic clove, minced  
¼ cup dry white wine  
1 tsp. dried tarragon

- 1) Zest and juice lemon, reserving ¼ tsp. juice.
- 2) Place flour in a shallow dish. Sprinkle fish evenly with salt and pepper; dredge fish in flour.
- 3) Melt butter in a large nonstick skillet over medium high heat. Add fish; cook 2-3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove fish from pan; keep warm.
- 4) Add garlic to pan; sauté 1 minute or until browned. Add wine; cook until liquid almost evaporates, scraping pan to loosen browned bits. Stir in tarragon and reserved lemon zest and juice. Pour garlic sauce over fish.

Calories 293, Total Fat 12 g, Saturated Fat 4.8 g, Sodium 385 mg, Carbohydrates 6.2 g,  
Fiber 0.4 g, Protein 36 g

## **Ginger and Lemon Chicken**

Serves 6

Submitted by: Deb Frank RD

1 cup plain yogurt  
1 tbsp. cumin powder  
1 tsp. chili powder  
2 tbsp. fresh ginger, minced  
Salt to taste  
Juice of 2 lemons  
8 cloves garlic, finely chopped  
2 lbs. boneless, skinless chicken breast

- 1) In a large bowl, mix the yogurt, cumin, chili powder, ginger, salt, lemon juice, and garlic. Add the chicken and toss until coated with marinade. Cover and refrigerate for 2-3 hours.
- 2) Preheat grill pan or indoor electric grill to high. Place chicken on hot grill and cook for 5-6 minutes on each side, until charred at edges and firm in the middle.

Calories 177, Total Fat 3 g, Saturated Fat 1.3g, Sodium 298 mg, Carbohydrates 6g, Fiber .5 g, Protein 31g

## Stuffing Topped Chicken

Serves: 4

From Eating Well: September/ October 2008

1 Tbsp. Olive Oil, divided  
¾ cup Celery, Chopped  
1 Tbsp. Shallot, Chopped  
5 Slices whole-wheat bread, cut in ¼ inch cubes  
½ tsp Poultry Seasoning, salt free  
1 ½ cups low sodium Chicken Broth, divided  
1 ½ lb. boneless, skinless Chicken Thighs, cut in 1 inch pieces  
4 Tbsp all-purpose Flour, divided  
½ tsp ground pepper  
¼ tsp Salt  
2 ½ cups mushrooms, quartered (6 ounces)  
1/3 cup dry white wine or dry sherry

- 1) Position rack in upper third of oven; preheat broiler.
- 2) Heat 1 Tbsp oil in large ovenproof skillet over medium heat.
- 3) Add celery and shallot; cook, stirring, until the shallot begins to brown, about 2 minutes.
- 4) Add bread and poultry seasoning; cook, stirring, until the celery has softened, and the bread begins to crisp, 2-3 minutes.
- 5) Transfer the stuffing to a medium bowl and toss with ¼ cup broth; set aside. Wipe out the pan.
- 6) Toss chicken with 2 Tbsp flour, pepper, and salt in a large bowl. Whisk the remaining 1 ¼ cups broth with the remaining 2 Tbsp flour into a small bowl and set aside.
- 7) Add the remaining 1 Tbsp oil to the pan and heat over medium heat.
- 8) Add the chicken (shaking off any excess flour) and mushrooms; cook, stirring, until the chicken is cooked through, about 8 minutes.
- 9) Increase heat to medium-high; add wine and cook, scraping up any browned bits with a wooden spoon, until almost evaporated, about 2 minutes.
- 10) Transfer the pan to the oven and broil until the stuffing begins to crisp, about 4 minutes.

Calories 401, Total Fat 17 g, Saturated Fat 4 g, Sodium 481 mg, Carbohydrates 27 g, Fiber 4 g, Protein 30 g

## Stuffed Peppers (with Turkey)

Serves 4

Submitted by: Hana Pike MS, RDN, LDN

4 green bell peppers, tops removed, seeded  
1 lb. ground turkey  
2 Tbsp. olive oil  
½ onion, chopped  
1 cup sliced mushrooms  
1 zucchini, chopped  
½ red bell pepper, chopped  
½ yellow bell pepper, chopped  
1 cup fresh spinach  
1 (14.5 ounce) can diced tomatoes, drained  
1 Tbsp. tomato paste  
Italian seasoning to taste  
Garlic Powder to taste

- 1) Preheat oven to 350 degrees.
- 2) Wrap the green bell peppers in aluminum foil, and place in a baking dish. Bake for 15 minutes in the oven. Remove from heat.
- 3) In a skillet over medium heat, cook the turkey until browned. Set aside.
- 4) Heat oil in the skillet, and cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper, and spinach until tender.
- 5) Return turkey to skillet.
- 6) Mix in the tomatoes and tomato paste and season with Italian seasoning, garlic powder, salt, and pepper.
- 7) Stuff the green peppers with the skillet mixture.
- 8) Return the stuffed peppers to the oven and continue cooking for 15 minutes.

Calories 286, Total Fat 17 g, Saturated Fat 4 g, Sodium 142 mg, Carbohydrates 13 g, Fiber 4 g, Protein 23 g

## Turkey Vegetable Meatloaf

Serves 6

Submitted by: Hana Pike, RDN, LDN

¼ lb. ground turkey  
1 medium yellow onion, diced  
1 large zucchini, shredded  
1 large celery stock, finely chopped  
3 medium carrots, shredded  
1 red bell pepper, finely chopped  
½ lb. mushrooms, chopped  
4 garlic cloves, minced  
¾ cup old fashioned rolled oats  
½ cup unsweetened applesauce  
2 Tbsp. tomato paste  
¼ cup fresh parsley, finely chopped  
¼ cup liquid egg substitute  
½ tsp. paprika  
1 tsp. salt  
1 tsp. black pepper

- 1) Preheat oven to 350 degrees. Line a loaf sized baking pan with foil.
- 2) Spray a nonstick skillet with nonfat cooking spray. Sauté the onion until softened (about 3-5 minutes).
- 3) In a large bowl, combine the ground turkey, oats, parsley, egg substitute, applesauce, tomato paste, paprika, salt, and pepper. Fold in the veggies.
- 4) Empty the mixture into your baking pan, and shape mixture into a loaf form with your hands.
- 5) Bake until browned and meat inside is thoroughly cooked – about 1 hour.
- 6) Remove from oven and let stand about 10-15 minutes. Cut into 6 equally sized slices.

To reduce the amount of fat in meatloaf, choose lean ground beef, ground turkey, or ground chicken. To increase the nutrients, pack your meatloaf with your favorite vegetables.

Calories 141, Total Fat 4 g, Saturated Fat 1 g, Sodium 514 mg, Carbohydrates 16 g, Fiber 3 g, Protein 11 g

## Indian Spice Chickpea Quinoa Stew

Serves 4-6

Submitted by: Joni R. Brode RDN, LDN

Source: Crockin' Clean – Lean and Tasty Recipes for Healthy Slow Cooking

4 cups water  
1 cup sweet potato, peeled and chopped  
1 can no salt added diced tomatoes  
½ cup celery, chopped (about 1 stalk)  
1 can no salt added chickpeas, rinsed  
1Tbsp. vegetable bouillon  
½ cup red lentils  
1 Tbsp. garlic, minced  
½ quinoa, rinsed  
1 tsp. turmeric  
1 cup peeled turnip, chopped  
2 tsp. garam masala

Place all ingredients in the slow cooker and cook on low 6 hours.

Calories 120, Total Fat 7 g, Saturated Fat 0.1 g, Sodium 100 mg, Carbohydrates 23 g, Fiber 7 g, Protein 3 g

## Bean and Veggie Rice Bowl

Serves 8

Submitted by: Brenda Ridgway RDN, LDN

Source: [www.foodily.com](http://www.foodily.com)

½ cup brown rice

2/3 cup black beans

8 ounces sliced baby bella mushrooms

5 ounces baby spinach

2 zucchini squash, sliced in half lengthwise and then in half-moons

1 yellow squash, sliced in half lengthwise and then in half-moons

1 red pepper, chopped

1 green pepper, chopped

2 tomatoes

1 avocado

Optional Toppings: lime juice, salsa, hot sauce

- 1) Prepare rice as directed.
- 2) Heat large pan over medium heat. Add peppers and zucchini and cook for 2-3 minutes.
- 3) Add mushrooms and cook an additional 2 minutes.
- 4) Remove from heat and add spinach to the pan, tossing to wilt the spinach.
- 5) Toss beans and rice together with vegetables or layer in bowls.
- 6) Top with chopped tomato and avocado.

Calories 140, Total Fat 4.9 g, Saturated Fat 0.9 g, Sodium 48 mg, Carbohydrates 23.3 g, Fiber 6.5 g, Protein 5 g

## Southwestern Quinoa

Serves 6-8

Submitted by: Joni R. Brode, RDN, LDN

Source: Quinoa 365- The Everyday Superfood

2 cups water	1 cup diced tomato
1 cup quinoa	1 cup black beans, cooked
¾ cup salsa	½ cup corn
¼ tsp. chili powder	½ cup plain yogurt
¼ tsp. ground coriander	1 tsp. fresh lime juice
¼ tsp. cumin, ground	1 cup shredded cheddar cheese
1Ttbsp. cilantro, finely chopped	1 cup avocado, sliced

1 In a medium saucepan bring water and quinoa to a boil. Cover, reduce to a simmer, and let cook for 10 minutes.

2. Turn off the heat and leave the covered saucepan on the burner for another 6 minutes. Use a fork to fluff.

3 Add salsa, chili powder, coriander, cumin, and mix well.

4 Mix in cilantro, tomato, beans, and corn. Keep stirring until all ingredients are evenly blended.

5 In a small bowl, whisk together yogurt and lime juice.

6 Spoon the quinoa mixture into individual serving dishes and top with shredded cheese.

7 Add a generous spoonful of lime yogurt and garnish with avocado slices.

*Tip: You can purchase non-fat or low-fat yogurt. To further reduce the fat content, look for a low-fat cheddar cheese or eliminate the cheese (the quinoa and yogurt are hearty and satisfying).*

Calories 262, Total Fat 10 g, Saturated Fat, 4 g, Sodium 265 mg, Carbohydrates 34 g, Fiber 7 g, Protein 11 g

## Vegetable Lasagna

Serves: 8

Submitted by: Theresa Stahl RDN, LDN

1 c. chopped onion  
6-9 lasagna noodles, cooked  
2/3 c. chopped green peppers  
1 ½ c. part-skim Ricotta cheese  
2-3 garlic, minced  
1 c. shredded, part-skim mozzarella  
2 c. chopped zucchini cheese, divided  
1 ½ c sliced fresh mushrooms  
1 Tbsp. grated Parmesan or Romano cheese  
½ c. shredded carrot  
1 (26 oz.) jar pasta sauce (or 3 ½ c homemade pasta sauce)

- 1) Coat a large Dutch oven with cooking spray.
- 2) Add vegetables and sauté until tender.
- 3) Add sauce, Combine Ricotta cheese and ½ cup Mozzarella cheese.
- 4) Coat an 11 x 7 x 1 ½ inch baking dish with cooking spray.
- 5) Spoon about 2 cups vegetable and sauce mixture into bottom of dish.
- 6) Layer 1/3 each of lasagna noodles, cheese mixture, and vegetables mixture into dish.
- 7) Repeat layers twice.
- 8) Cover and bake at 350 degrees for 25 minutes.
- 9) Uncover and sprinkle with remaining cheese. Bake 10 more minutes.
- 10) Let stand for 10 minutes before serving.

Calories 269.4, Total Fat 6.7 g, Saturated Fat 3.8 g, Sodium 421 mg, Carbohydrates 38.7 g,  
Fiber 5.7 g, Protein 15.5 g

# Desserts

## **Bananas in Brown Sugar Rum Sauce**

Serves 2

Submitted by: Brenda Ridgeway RDN, LDN

Source: [www.eatingwell.com/recipes](http://www.eatingwell.com/recipes)

2 Tbsp. brown sugar

1 tsp. butter

½ tsp. canola oil

2 Tbsp. dark rum

1 tsp. lime juice

1/8 tsp. ground cinnamon

2 small bananas, quarters

¼ cup low-fat vanilla yogurt

Stir brown sugar, butter, and oil in a medium skillet, over medium heat, until bubbling. Add rum, lime juice, and cinnamon and cook until slightly thickened. Add bananas and cook, stirring until tender. Divide between 2 bowls and top with a dollop of low-fat vanilla yogurt.

Calories 208, Total Fat 4 g, Saturated Fat 2 g, Sodium 11 mg, Carbohydrates 38 g, Fiber 3 g, Protein 2 g

## Caramel Baked Pears

Serves 8

Submitted by: Deb Frank RD

8 medium firm, ripe pears

1 1/3 cup sugar

1 cup water

2 Tbsp. + 2 tsp butter

½ cup vanilla low-fat frozen yogurt

3 Tbsp. sliced almonds, toasted

1) Preheat oven to 350 degrees.

2) Peel and core pears and cut into half lengthwise. Arrange pear halves cut side up in an 8-inch round or square baking dish. Cover and bake 25 minutes.

3) While the pears are baking, combine sugar, water, and butter in a small saucepan and bring to a boil. Cook 3 minutes or until slightly thickened. Remove caramel mixture from heat and set aside.

4) After pears are done, uncover and drizzle caramel sauce on top and bake for an additional 25 minutes.

5) Place two pear halves on dessert plate, spoon some of the caramel sauce evenly over, and top with 1 Tbsp. yogurt and 1 tsp. almonds.

Calories 242, Total Fat 1.7 g, Saturated Fat .4g, Sodium 9mg, Carbohydrates 59 g, Fiber 5g, Protein 1.4 g

## Chocolate Chip Cookies

Serves 12 (2 cookies per serving)

Submitted by: Hana Pike MS, RDN, LDN

½ cup granulated sugar

½ cup brown sugar

1 Tbsp. butter, melted

1 egg white

1 Tbsp. applesauce

1 tsp. vanilla extract

½ cup whole wheat pastry flour

½ cup all-purpose flour

¼ tsp. baking soda

1/8 tsp. salt

½ cup mini chocolate chips

Preheat oven at 350 degrees. Lightly spray cookie sheets with cooking spray. In a large bowl, combine flour, baking soda, and salt. In another bowl, whisk the sugars, butter, egg white, applesauce and vanilla together until light and fluffy. Whisk the dry ingredients into the wet ingredients in two additions until the batter is well blended. Fold in chocolate chips. Drop by level spoonful about 1 inch apart onto baking sheets. Bake 8-10 minutes. Remove from the oven and let then stand 5 minutes before removing the cookies from the pans to cool on wire racks. Makes 2 dozen cookies.

Calories 170, Total Fat 4 g, Saturated Fat 2g, Sodium 160 mg, Carbohydrates 32 g, Fiber 1 g, Protein 2 g

## Chocolate Muffins

Serves: 18 regular sized muffins or 12 large

Submitted by: Linda S. Sweitzer, RD, LDN

1 ½ cup Whole Wheat Flour  
½ tsp. salt  
1 tsp. Baking Powder  
6 Tbsp. Unsweetened Cocoa Powder  
1 tsp. Baking Soda  
¾ cup Skim Milk  
¾ cup Applesauce  
3 large Egg whites  
½ cup Sugar  
1 tsp. Vanilla extract  
½ cup Semi-Sweet Chocolate Chips

- 1) Preheat oven to 325 degrees.
- 2) Prepare muffin tins with liners and coat liners with nonstick cooking spray.
- 3) In a bowl, whisk together flour, salt, baking powder, baking soda, and cocoa powder.
- 4) In a separate medium bowl, whisk together the milk, applesauce, sugar, egg whites, and vanilla.
- 5) Add the wet ingredients to the dry ingredients, just until combined. (Do not over mix).
- 6) Fold in the chocolate chips.
- 7) Bake 20-25 minutes or until toothpick inserted in the center comes out clean.

Calories 152.3, Total Fat 3.5 g, Saturated Fat 2 g, Sodium 251.4 mg, Carbohydrates 29.4 g,  
Fiber 3.4 g, Protein 4.5 g

## Chocolate Zucchini Brownies

Serves 24

Submitted by: Hana Pike RDN, LDN

2 cups chopped raw zucchini  
½ cup canola oil  
½ cup fat free Greek yogurt  
1 ¼ cups sugar  
1 Tbsp. vanilla extract  
2 cups whole wheat pastry flour  
½ cup unsweetened dark cocoa powder  
1 ½ tsp. baking powder  
½ tsp. salt

- 1) Preheat oven to 350 degrees and grease a 9 x 13 pan. In a blender or food processor, puree zucchini, oil, yogurt, sugar, and vanilla. Set aside.
- 2) In a large bowl, whisk together flour, cocoa, baking powder and salt.
- 3) Add pureed wet ingredients to dry ingredients and stir until moist throughout.
- 4) Pour into greased pan, spread evenly, and bake for 20 to 25 minutes until toothpick comes out clean or with a moist crumb. Overcooking will result in dry brownies. Remove from oven and place on cooling rack.

*Did you know? Shredded or pureed zucchini can be substituted in recipes for oil or added for extra moisture. You can also swap shredded zucchini for carrots to diversify flavors. Zucchini is naturally very low in calories and can be used to make great low calories desserts.*

Calories 106, Total Fat 3 g, Saturated Fat 0 g, Sodium 87 mg, Carbohydrates 18 g, Fiber 1 g, Protein 2 g

## Graham Cracker Cake

Serves 10

Submitted by: Kay Leigh, RDN, LDN

Source: Cooking for David

12 graham crackers (2 ½ X 5 inch piece)  
2 cups liquid non-dairy creamer  
1 (3 ½ oz) low calorie pudding mix  
2 cups Kraft cool whip sugar free whipped topping

- 1) Line the bottom of an oblong 8x12 pan with 6 whole grain crackers.
- 2) Combine nondairy creamer with pudding mix and cook overheat until thickened.
- 3) Spread half the pudding mixture over the crackers. Add another layer of graham crackers and spread with remaining pudding on top.
- 4) Cover with nondairy whipped topping.
- 5) Cover the pan with plastic wrap and refrigerate for 24 hrs.
- 6) Cut into 10 pieces and serve.

Calories 109.9, Total Fat 1.9 g, Saturated Fat 0.3 g, Sodium 285.8 mg, Carbohydrates 21.8 g,  
Fiber 0.7 g, Protein 1.3 g

## Grilled Nectarines with Mascarpone Cream

Serves 8

Submitted by: Kay Leigh, RDN, LDN

Source: Eating Well May/ June 2012 Issue

1/3 cup mascarpone cheese  
2 tsp. Sugar  
1 tsp. chopped fresh tarragon, plus more for garnish  
4 ripe but firm nectarines  
8 tsp. balsamic glaze or honey  
1 Tbsp. canola oil  
2 Tbsp. sliced almonds, toasted

- 1) Preheat grill to medium-high.
- 2) Combine mascarpone, yogurt, sugar and 1 teaspoon tarragon in a medium bowl. Refrigerate while you prepare the nectarines.
- 3) Cut nectarines in half and scoop out the pits. Brush the cut sides with oil. Oil the grill rack. Grill the nectarines, cut side down, until slightly softened and beginning to brown, about 2 minutes.
- 4) Divide the nectarines among 8 plates. Fill each half with about 1 tablespoon of the mascarpone mixture and drizzle with 1 tablespoon balsamic glaze or honey. Top with toasted almonds and more chopped tarragon if desired.

Calories 149, Total Fat 11 g, Saturated Fat 5 g, Sodium 14 mg, Carbohydrates 10 g, Fiber 1 g, Protein 3 g

## No Bake Cheesecake

Serves 8

Submitted by: Hana Pike, RDN, LDN

- 1 1/3 cup graham cracker crumbs
- 3 Tbsp. margarine, melted
- 6 Tbsp. no calorie sweetener, granulated, divided
- 1 package (8 ounce) reduced fat or fat free cream cheese, softened
- 1 ½ cups sugar free whipped topping
- Optional: Fresh Fruit, for garnish.

- 1) Heat oven to 375 degrees.
- 2) Mix cracker crumbs, 2 tablespoons sweetener and margarine until well blended, press on to bottom and up the side of 9-inch pie pan. Bake 8 to 10 minutes or until lightly browned, cool completely.
- 3) Beat cream cheese and remaining sweetener in medium bowl with mixer until well blended.
- 4) Top cheesecake with fruit before serving.

### Did you know?

*There are several different fat contents of cream cheese, so you can reduce the fat and calories in any recipe by simply using a lower fat variety.*

Calories 142, Total Fat 5 g, Saturated Fat 2 g, Sodium 215 mg, Carbohydrate 20 g, Fiber 0 g, Protein 4 g

## **Pita Apple Surprise**

Serves 2-4 (serving size: ¼ - ½ pita pocket)

Submitted by: Linda S. Sweitzer RD, LDN

1-2 tsp. margarine

1-2 apples, cored and cut up

1/8 tsp. cinnamon

2 Tbsp. raisins, seedless

½ cup low fat cottage cheese

1 large Whole-Wheat Pita Bread, halved

1) Melt the margarine in a skillet and quickly cook apples in the margarine.

2) Stir in cinnamon, raisins, and cottage cheese. Heat through.

3) Spoon the mixture into the pita halves.

Calories 129, Total Fat 1.6 g, Saturated Fat 0.7 g, Sodium 212 mg, Carbohydrates 26 g, Fiber 4 g, Protein 5 g

## **Pumpkin Apricot Bread Pudding**

Serves 8

Submitted by: Deb Frank, RD

Cooking Spray

4 slices whole wheat bread, cut into ½ inch cubes

1/3 cup snipped dried apricots

¾ cup egg whites or egg substitute

2 cup nonfat milk

1 cup canned pumpkin

2 Tbsp. Splenda sugar substitute

½ tsp. pumpkin pie spice

Frozen fat-free whipped topping, thawed

- 1) Preheat oven to 350 degrees.
- 2) Coat a 2-quart baking dish with cooking spray.
- 3) In the baking dish, combine bread cubes and dried apricots. Set aside.
- 4) In a large bowl, combine milk, pumpkin, egg, sugar, and pie spice.
- 5) Slowly pour pumpkin mixture over bread mixture in baking dish.
- 6) Gently press bread mixture down into liquid to moisten.
- 7) Let stand for 15 minutes.
- 8) Bake, uncovered, for 40-45 minutes or until knife inserted in center comes out clean.
- 9) Cool slightly and serve warm, topped with whipped topping.

Calories 134, Total Fat 2 g, Saturated Fat .5 g, Sodium 223 mg, Carbohydrates 23 g, Fiber 2.8 g, Protein 7 g

## Raspberry Lemon Parfaits

Serves 4

Submitted by: Brenda Ridgeway

Source: Cooking Light Fresh Food Fast, Oxmoor House 2009

2 (6-ounce) packages fresh raspberries (about 2  $\frac{3}{4}$  cups)

2 Tbsp. sugar

2 (6-ounce) cartons lemon meringue light yogurt

1  $\frac{1}{2}$  cups (4 ounces) frozen fat-free whipped topping, thawed

3 cups (1-inch) cubed angel food cake

Additional raspberries to be used as a garnish (Optional)

- 1) Combine raspberries and sugar in a medium bowl. Let stand 5 minutes, stirring occasionally.
- 2) Place yogurt in another bowl; gently fold in whipped topping until combined.
- 3) Layer about  $\frac{1}{3}$  cup each angel food cake, raspberry mixture, and yogurt mixture in each of 4 stemmed glasses. Repeat procedure once. Garnish with additional raspberries, if desired. Serve immediately, or chill until ready to serve.

Calories 257, Total Fat 1 g, Saturated Fat 0.1 g, Sodium 327mg, Carbohydrates 56 g, Fiber 6 g, Protein 5.6 g

## **Russian Cake**

Serves: 20-24

Submitted by: Linda S. Sweitzer, RD, LDN

### Cake:

2 cups flour  
2 cups granulated sugar  
2 large eggs  
2 tsp. baking soda  
½ cup chopped Walnuts  
1 tsp. vanilla extract  
2 ½ cup canned, crushed pineapple with juice

### Icing:

8 oz. cream cheese softened  
1 ½ cup powdered sugar  
½ cup margarine, softened  
1 tsp. vanilla

### Cake:

- 1) Mix all ingredients together.
- 2) Bake in a 9 x 13 pan, at 350 degrees, for 35-45 minutes.
- 3) While cake is still warm, spread with the cream cheese icing.

### Icing:

- 1) Mix all ingredients until well blended.
- 2) While cake is still warm, spread with the cream cheese icing.

Calories 221, Total Fat 9 g, Saturated Fat 3 g, Sodium 139 mg, Carbohydrates 34 g, Fiber 0.6 g, Protein 3g