

HELLO NEIGHBOR!

A compilation of healthy recipes from friends and neighbors in the African American and Hispanic Community in Western New York

This recipe guide is adapted from the original guide. A few recipes from the Central New York community have been added with others modified based on local flavor.

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Updated 2012*

Cornell University Cooperative Extension of Onondaga County

COALITION OF COMMUNITY PARTNERS



Our mission is to implement various strategies to reduce obesity, diabetes, hypertension, and kidney disease among African Americans, Native Americans, Latinos, and Asian Americans in Onondaga County

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*To participate in the CCCP please feel free to the National Kidney
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Many of our recipes in this cookbook were donated by families in the African-American and Hispanic communities of Buffalo, New York, and several recipes were originally printed in *BRAG's Soul Food Cookbook*, a community cookbook project by the Buffalo Rights Action Group and Church Women United of Buffalo Council of Churches in 1972. We are grateful for their permission to modify and update these wonderful recipes and include them in *Hello Neighbor*.

Red Beans and Rice, Baked Pork Chops and Hot 'N Spicy Seasoning were adapted from *Down Home Healthy*, Leah Chase and Johnny Rivers, National Cancer Institute, U.S. Department of Health and Human Services Public Health Service, National Institute of Health.

"Recipe Makeover" was adapted from information courtesy of the American Cancer Society and *Diabetes In The News*.

"Cooking Terms" was adapted with permission from *Diabetes In The News*.

Oven Fried Okra was adapted with permission from *Southern But Lite*, Jen Bays Avis and Cathy F. Ward, Avis and Ward Nutrition Associates.

There is no such thing as a book of entirely new and original recipes and no originality is claimed for the recipes in this book.

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Substitutions

The Key to Cooking Healthy Meals Is To Use:

Lean meats such as round, sirloin, loin, lean and extra lean ground beef, poultry with skin removed, fish, bean and grain dishes	Instead of	High-fat meat or regular ground beef
Lean ham or smoked turkey neck	Instead of	Ham hocks, fatback or pork neck bones
Small amount of vegetable oil or soft "tub" margarine made with liquid vegetable oil	Instead of	Lard, butter, bacon grease, or other fats that harden at room temperature
Turkey bacon, lean ham, Canadian bacon (omit if low sodium diet)	Instead of	Pork bacon
Ground turkey (at least 93% lean)	Instead of	Ground beef or pork, pork sausage
Low fat (1%) or non-fat/skim milk	Instead of	Whole milk
Low fat cheeses or part skim cheeses	Instead of	Whole milk cheese
Evaporated skim milk	Instead of	Cream or evaporated whole milk
Low fat mayonnaise or mustard	Instead of	Regular mayonnaise on sandwiches
Non-fat or low fat dressing, yogurt or low fat mayonnaise	Instead of	Regular mayonnaise in salads

The Key to Cooking Healthy Meals Is To Use: (Cont.)

Colorful fruits and vegetables	Instead of	Avocado, olives, crouton as salad garnishes
Low sodium bouillons and broths	Instead of	Regular bouillons, broths
2 egg whites or ¼ cup of egg substitute	Instead of	1 whole egg
3 ripe, very well mashed bananas	Instead of	½ cup butter or oil when making quick bread and muffins
3 tablespoons unsweetened baking cocoa	Instead of	1 ounce unsweetened baking chocolate. If fat is needed, add 1 tablespoon or less of vegetable oil.

VEGETABLE BEEF SOUP MAKEOVER

You can see below how we changed the recipe for Vegetable Beef Soup to lower the fat and salt, and increase the fiber.

Ingredients

	<i>Round roast, trimmed of fat and cubed, browned in a hot, ungreased pan.</i>
1 2 Pounds	Beef stewing meat, browned in vegetable oil
1 clove	Garlic
1 medium	Onion
3 stalks	Celery
2 Tablespoons	Salt <i>1 teaspoon</i>
$\frac{1}{4}$ Cup	Parsley, <i>fresh</i>
4 2	Potatoes
$\frac{1}{2}$ teaspoon	Pepper
1 can	Tomatoes
2 quarts	Water
3 or 4	Carrots
$\frac{1}{2}$ $\frac{1}{4}$ cup	Barley or Rice
2	<i>Bay Leaves</i>
1 teaspoon	<i>Basil</i>

Instructions

1. *Drain fat from browned meat and place cubes in soup pan.*
2. Mash garlic and mix with salt and pepper. Add this to meat.
3. Cover with water (about 8 cups) and add tomatoes, barley, *basil and bay leaf.*
4. Chop onions, parsley, celery, carrots and potatoes. Add to rest.
5. Cook about 2 hours. *Chill in refrigerator. Skim off and discard any fat from top of soup. Reheat and serve.*

We reduced the fat by eliminating the vegetable oil in the recipe.

Use a non-stick pan or vegetable oil spray instead.

We cut back on fatty meats by replacing regular beef with lean round roast, and cut the amount called for in half. We added more vegetables instead.

We increased fiber by adding more barley, carrots, and potatoes.

We lowered the amount of salt by reducing the original 2 tablespoons to 1 teaspoon, and added bay leaves and basil for a flavor boost.

(cont.)

10 Servings

Nutrition facts – amount per serving:

**Old Fashioned Vegetable
Beef Soup**

220 Calories
8 grams Fat
1526 milligrams Sodium

**Vegetable Beef Soup
Makeover**

146 Calories
2 grams Fat
348 milligrams Sodium

See? You don't have to give up your favorite recipes. By making a few simple changes, you can cut down on salt, fat and calories, increase fiber, and still have a great meal.

BAKED PORK CHOPS

Ingredients

6 lean	Center-cut pork chops (1/2 inch thick)
1	Egg white
1 cup	Evaporated skim milk
3/4 cup	Corn flake crumbs
1/4 cup	Fine dry bread crumbs
2 tablespoons	Hot 'N Spicy Seasoning
1/4 teaspoon	Salt (optional)
	Non-stick vegetable oil cooking spray

Instructions

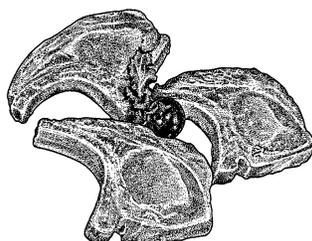
1. Trim all fat from chops.
2. Beat egg white with evaporated skim milk. Place chops in milk mixture; let stand for 5 minutes, turning chops once.
3. Meanwhile, mix together corn flake crumbs, bread crumbs, Hot 'N Spicy Seasoning and salt. Remove chops from milk mixture. Coat thoroughly with crumb mixture.
4. Spray a 13 x 9 inch baking pan with non-stick spray coating. Place chops in pan; bake at 375° oven for 20 minutes. Turn chops; bake 15 minutes longer or till no pink remains.

Note: If desired, substitute skinless, boneless chicken, turkey pieces or fish for pork chops and bake for 20 minutes.

6 servings

Nutrition Facts – amount per serving:

Calories: 264	Exchanges:
Carbohydrates: 18 g	1 starch
Protein: 25 g	3 lean meat
Fat: 10 g	
Cholesterol: 61 mg	
Sodium: 340 mg	



HOT `N SPICY SEASONING

Ingredients

¼ cup	Paprika
2 tablespoons	Dried oregano (crushed)
2 teaspoons	Chili powder
1 teaspoon	Garlic powder
1 teaspoon	Black pepper
½ teaspoon	Red (cayenne) pepper
½ teaspoon	Dry mustard

Instructions

Mix together all ingredients. Store in airtight container.

Makes about ½ cup

SOUL STEW

Ingredients

1 pound	Lean round roast (all fat trimmed)
10 ounce	Package frozen corn
10 ounce	Package frozen okra
10 ounce	Package frozen peas
16 ounce can	Tomatoes
6 ounce can	Tomato paste
2 cups	Potatoes, diced
1/2	Onion, chopped
1 cup	Carrots, diced
1 cup	Celery, chopped
1 teaspoon	Oregano
1/2 teaspoon	Salt (optional)

Instructions

1. Brown cubed beef in hot non-stick pan. Drain any fat.
2. In large pot, combine meat with water to cover. Cover for about 1½ hours. Skim off and discard any fat from the meat broth.
3. Add vegetables, tomato paste and seasoning and enough water to make saucy consistency.
4. Cook for about 1½ hours more or to desired tenderness.

Note: Add more water during cooking, as needed.

10 servings

Nutrition facts – amount per serving (using optional salt):

Calories: 164	Exchanges:
Carbohydrates: 23 g	1 starch
Protein: 14 g	2 vegetable
Fat: 2 g	1 lean meat
Cholesterol: 25 mg	
Sodium: 259 mg	

CHILI CON CARNE

Ingredients

1 pound	Ground turkey (at least 93% lean)* <u>Or</u> Ground Beef may be substituted (at least 90% lean)
1 tablespoon	Oil
1	Large onion, sliced
1	Green pepper, chopped
3 cloves	Garlic, minced
3 ribs	Celery, chopped
1 teaspoon	Ground cumin
2 tablespoons	Chili powder
1 teaspoon	Black pepper
¼ teaspoon	Cayenne pepper (optional) or to taste
1 (28 oz.) can	Tomatoes, broken up
2 (16 oz.) cans	Kidney beans (or 3½ cups cooked beans)

Instructions

1. Cook ground turkey in hot non-stick skillet, stirring to break up large lumps. Drain and discard any fat; place browned turkey in large pot.
2. Heat oil in skillet. Add onions, green peppers, garlic and celery. Cook, stirring often, until onions are soft and golden.
3. Add the cumin, chili powder, black pepper, cayenne pepper and cook for 1 minute.
4. Add vegetables to large pot along with tomatoes. Cook 1 hour, stirring often.
5. Add kidney beans and cook 1 hour longer.

7 servings

*Nutrition facts – amount per serving (using ground turkey):

Calories: 272	Exchanges:
Carbohydrates: 30 g	2 starch
Protein: 21 g	2 lean meat
Fat: 8 g	
Cholesterol: 49 mg	
Sodium: 284 mg	



OLLIE'S CHICKEN & DUMPLINGS

Ingredients

2½ - 3 pounds	Stewing chicken or fryer, cut up
3 packets	Low sodium chicken bouillon
¼ teaspoon	Black pepper

Instructions

1. Wash chicken, place in large pot, cover with water, add bouillon, pepper and salt (if using).
2. Bring to a good rolling boil, then reduce heat and cook until chicken is tender.
3. Remove from heat and refrigerate several hours or overnight to allow all fat to rise to the top.
4. Remove all fat from broth, and remove the skin from the chicken. Discard fat and skin.
5. Set chicken aside in a dish until dumplings are made and partially done.

Dumplings

Ingredients

2 cups	Flour
1	Egg (beaten)
¾ cup	Chicken stock (cold)
½ teaspoon	Salt

Instructions

1. Place flour in a bowl, add beaten egg to ¾ cup stock and mix with flour and salt; stir to form dough.
2. Place remaining stock in a large pot and heat to boiling while preparing dumplings.
3. Turn dough out on a floured board, knead and roll out very thin, cut into strips and drop into boiling chicken stock.
4. Cook until almost done, add chicken.
5. Continue to cook until all ingredients are done.

OVEN FRIED CHICKEN

Ingredients

1/2 cup	Evaporated skim milk
1/3 cup	All purpose flour
1/8 teaspoon	Ground thyme
1/8 teaspoon	Rosemary leaves, crushed
1/8 teaspoon	Ground marjoram
1/4 teaspoon	Garlic powder
1 teaspoon	Paprika
1 1/2 cups	Corn flake crumbs
2 tablespoons	Parmesan cheese
1 (2 1/2-3 pounds)	Chicken, cut into serving pieces and skinned

Instructions

1. Preheat oven to 375°.
2. In a medium bowl, combine milk, flour, thyme, rosemary, marjoram, garlic powder, paprika, corn flake crumbs and cheese.
3. Dip chicken in milk then roll in crumb mixture to coat.
4. Place on rack in shallow baking pan.
5. Bake for 55-60 minutes or until golden brown.

NOTE: Boneless chicken and chicken breast will require a shorter cooking time.

10 servings

Nutrition facts – amount per serving (using optional salt):

Calories: 194	Exchanges:
Carbohydrates: 16 g	1 starch
Protein: 20 g	1 1/2 lean meat
Fat: 5 g	
Cholesterol: 55 mg	
Sodium: 98 mg	

SPICY OVEN-FRIED CATFISH

Ingredients

4	Catfish fillets (about 7 ounces each)
¼ cup	Yellow cornmeal
¼ cup	Dry breadcrumbs
½ teaspoon	Salt (optional)
½ teaspoon	Paprika
½ teaspoon	Garlic powder
⅛ teaspoon	Cayenne powder
⅛ teaspoon	Ground thyme
½ cup	Skim milk
2 tablespoons	Reduced fat margarine, melted (5 g fat per tablespoon)
	Non-stick vegetable cooking spray

Instructions

1. Move oven rack to position slightly above middle of oven. Heat oven to 450°.
2. Combine cornmeal, breadcrumbs, salt, paprika, garlic powder, cayenne pepper and thyme.
3. Dip fish into milk; coat with cornmeal mixture.
4. Place in 13 x 9 x 2 inch rectangular pan coated with vegetable cooking spray. Pour margarine over fish.
5. Bake uncovered until fish flakes very easily with fork, about 15 to 20 minutes.

4 servings

Nutrition facts – amount per serving

Calories: 150	Exchanges:
Carbohydrates: 7 g	½ starch
Protein: 19 g	2½ lean meat
Fat: 5 g	
Cholesterol: 57 mg	
Sodium: 190 mg	

BLACK-EYED PEAS & HAM

Ingredients

6 ounces	Lean ham, diced
2 cups	Dried black-eyed peas
¼ teaspoon	Salt (optional)
1 pod	Crushed hot red pepper or ⅛ teaspoon dried red pepper flakes
1 medium	Onion, chopped
1	Bay leaf
1 stalk	Celery, chopped
1 clove	Garlic, chopped
10 ounces	Okra, frozen

Instructions

1. Cover peas with water and soak overnight.
2. Drain peas and cover with fresh water.
3. Add remaining ingredients except okra; simmer 45 minutes or until peas are tender.
4. Place okra on top of peas. Do not stir. Cook 10 to 12 minutes longer over low heat.

NOTE: This dish is fast and delicious when prepared in a pressure cooker. Just combine soaked black-eyed peas, ham, vegetables (except okra) and seasoning in a pressure cooker. Add water to cover and cook at 15 pounds pressure for 10 minutes. Reduce pressure, add okra, and cook normally until okra is done.

8 servings

Nutrition facts – amount per serving (using optional salt):

Calories: 192	Exchanges:
Carbohydrates: 31 g	2 starch
Protein: 15 g	1 lean meat
Fat: 2 g	
Cholesterol: 10 mg	
Sodium: 397 mg	

RED BEANS AND RICE

Ingredients

1 pound	Dry red beans
2 quarts	Water
4	Bay leaves
1½ cups	Chopped onion
1 cup	Chopped celery
1 cup	Chopped green pepper
3 tablespoons	Finely chopped garlic
3 tablespoons	Finely chopped fresh parsley
2 teaspoons	Dried thyme, crushed
1 teaspoon	Black pepper
1 teaspoon	Salt (optional)

Instructions

1. Pick through beans to remove bad beans, rinse thoroughly.
2. Place beans in a large pot, cover with water and bring to a boil. Boil for 2-3 minutes, then cover pot and remove from heat. Let beans stand in hot water for 1 hour.
3. Drain beans, rinse and return to pot. Add bay leaves and enough fresh water to cover beans. Bring to boiling, then reduce heat and cook over low heat for 45 minutes.
4. Add onion, celery, green pepper, garlic, parsley, thyme and pepper. Continue to cook, uncovered, stirring occasionally, until beans and vegetables are very tender (about 45 minutes).
5. Remove about 1 cup of beans from pot, mash well and return to pot to thicken mixture. Stir well, continue cooking and stirring, uncovered until thick and creamy. Stir in salt, if desired.
6. Remove bay leaves. Serve over hot cooked brown rice.

8 servings

Nutrition facts – amount per serving (using optional salt):

Calories: 217

Carbohydrates: 40 g (for beans only—add 15 g carbohydrate for each 1/3 cup cooked rice)

Protein: 14 g

Fat: 1 g

Cholesterol: 0 mg

Sodium: 288 mg

Exchanges:

2 starch

2 vegetable

½ lean meat

BROCCOLI AND BLACK BEAN QUESADILLAS

Ingredients

1 cup	cooked black beans
4 oz.	sharp cheddar cheese, shredded
1 cup	cooked broccoli, chopped
1/3 cup	salsa
1 Tbsp.	vegetable oil or pan spray
4	8 inch whole wheat flour tortillas

Instructions

1. In a large mixing bowl, mash beans.
2. Add salsa, cheese and finely chopped broccoli to beans, and mix well.
3. To fill quesadillas: Lay tortilla flat on plate. Using $\frac{1}{4}$ of bean mixture, spread on half of tortilla, folding other half over mixture.
4. Heat oil or vegetable oil spray in frying pan or griddle on medium heat.
5. Place folded tortilla in pan and cook 3-4 minutes until lightly browned, then flip and cook second side.
6. Remove from pan and cut in half.
7. Repeat with remaining tortillas.

Note:

8 servings

Nutrition facts - amount per $\frac{1}{2}$ quesadilla serving

Calories: 180
Carbohydrates: 20 g
Protein: 8 g
Fat: 8 g
Cholesterol: 15 mg
Sodium: 270 mg

COLLARD GREENS WITH BLACK-EYED PEAS AND TOMATOES

Ingredients

2-3 cups	Cooked brown or white rice
1	Large onion, chopped
1	Large green or red bell pepper, diced
1	Large bunch collard greens
3-4	Garlic gloves, finely chopped
3 tablespoons	Oil
1- 28 ounce	Can diced or chopped tomatoes
1 14-16 ounce	Can black-eyed peas, drained and rinsed
2-3 tablespoons	Maple syrup (or brown sugar)
1-2 tablespoons	Cider vinegar
1 tablespoon	Hot chilis or hot sauce to taste

Season to taste – no salt needed!

Instructions

1. Wash collard greens, remove the stems and slice leaves into strips.
2. Heat oil in a large pot over medium heat, add garlic, onions and bell pepper. Cook for 1-2 minutes.
3. Stir in collards to coat with oil and cook for about 10 minutes, stirring regularly. (Add more water if collards start to stick to the pot.)
4. Stir in tomatoes, cover and cook for another 10 minutes.
5. Add the black-eyed peas, maple syrup, vinegar and seasonings (black pepper, thyme, paprika, garlic powder, hot chilis or hot sauce, etc.).
6. Stir well, cover and cook until collards are tender, approximately 30-60 minutes.
7. Serve the collard greens and beans on a bed or rice. (Brown rice provides more fiber and nutrients than white.)

6 servings

Nutrition facts – amount per serving

Calories: 315
Carbohydrates: 53 g
Protein: 9 g
Fat: 9 g
Cholesterol: 0 mg
Sodium: 424 mg

SOUTHERN COLE SLAW

Ingredients

3 cups	Cabbage, shredded
1 medium	Green pepper, cut into thin strips
1	Carrot, shredded
1 small	Onion, grated or chopped fine
½ cup	Evaporated skim milk
2 tablespoons	Sugar or sugar substitute (3 packets of "Equal")
1 teaspoon	Mustard powder
¼ teaspoon	Black pepper
¼ cup	Vinegar

Instructions

1. Place cabbage, green pepper and carrot in large bowl. Toss to combine.
2. Mix together onion, evaporated skim milk, sugar or sugar substitute, mustard powder, black pepper and vinegar. Mixture will become thick.
3. Pour dressing over cabbage mixture and mix well. Chill until serving time.

8 servings

Nutrition facts – amount per serving (using sugar):

Calories: 69	Exchanges:
Carbohydrates: 6 g	1 vegetable
Protein: 2 g	1 fat
Fat: 4 g	
Cholesterol: 0 mg	
Sodium: 30 mg	

OVEN FRIED OKRA

Ingredients

1¼ cups	Cornmeal
1¾ pounds	Fresh okra
	Vegetable oil cooking spray
	Buttermilk

Instructions

1. Wash okra and drain well.
2. Prepare okra by slicing off and discarding tip and stem ends, then slicing pods into ½ inch rounds.
3. Place okra slices in a bowl and pour enough buttermilk over the slices to moisten well. Let soak 5-10 minutes.
4. Drain okra slices and roll in cornmeal to coat.
5. Spray a cookie sheet or shallow baking pan with non-stick vegetable oil cooking spray, and place okra in a single layer.
6. Bake in pre-heated 450° oven until crisp, about 30-40 minutes, stirring occasionally during baking.

9 servings

Nutrition facts – amount per serving:

Calories: 99	Exchanges:
Carbohydrates: 20 g	1 starch
Protein: 4 g	1 vegetable
Fat: 1 g	
Cholesterol: 1 mg	
Sodium: 66 mg	

CANDIED SWEET POTATOES

Ingredients

3-4	Large sweet potatoes
1 cup	Apple cider
¼ cup	Granulated sugar or brown sugar
Dash	Cinnamon
1 teaspoon	Vanilla extract
2-3 tablespoons	Cornstarch
¼ cup	Apple cider

Instructions

1. Wash and boil the sweet potatoes until soft when tested with fork.
2. Peel and slice potatoes, then place in casserole dish.
3. Bring to boil the apple cider, granulated sugar or brown sugar, dash of cinnamon and vanilla.
4. Mix the cornstarch with ¼ cup of apple cider and stir into hot apple cider mixture.
5. Pour hot apple cider mixture swiftly over potatoes.
6. Bake for 30 minutes in a 350° oven.

8 servings

Nutrition facts – amount per serving:

Calories: 140	Exchanges:
Carbohydrates: 33 g	1 starch
Protein: 1 g	1 fruit
Fat: 0 g	
Cholesterol: 0 mg	
Sodium: 8 mg	



POTATO SALAD

Ingredients

5 large	White potatoes
1 small	Onion, chopped
1/2 large	Green pepper, chopped
4 small	Sweet pickles, chopped
4	Hard boiled eggs, chopped (whites only)
1 cup	Celery
1 teaspoon	Mustard
3/4 cup	Reduced fat mayonnaise
1 tablespoon	Vinegar
1 teaspoon	Sugar
1/2 teaspoon	Salt (optional)

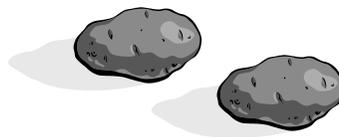
Instructions

1. Wash potatoes and boil in jackets until done.
2. Cool, peel and dice potatoes.
3. Combine potatoes with onion, green pepper, pickles, egg white and celery.
4. Stir mustard, mayonnaise, vinegar

8 servings

Nutrition facts – amount per serving:

Calories: 122	Exchanges:
Carbohydrates: 21 g	1 starch
Protein: 4 g	1 vegetable
Fat: 3 g	1 fat
Cholesterol: 0 mg	
Sodium: 293 mg	



CORN, TOMATO, AND CUCUMBER SALAD

Ingredients

4 ears	corn, fresh and uncooked
2 large	ripe tomatoes
2 medium	cucumbers
1 medium	red onion, diced
½ cup	lime juice (or white vinegar)
½ tsp	sugar
2 Tbsp	olive oil
1 tsp	salt
¼ tsp	black pepper
6 Tbsp	parsley (or cilantro), chopped

Instructions

1. Cut kernels from corn and place in medium bowl.
2. Seed and dice the tomatoes and cucumbers and add to the bowl.
3. In a smaller bowl, whisk together lime juice, sugar, oil, salt, and pepper. Stir in red onion and set aside.
4. Toss corn, tomatoes, and cucumbers with dressing.
5. Season with additional salt and pepper, if desired. Add chopped parsley or cilantro just before serving.

8 servings

Nutrition facts – amount per serving:

Calories: 122	Exchanges:
Carbohydrates: 21 g	1 starch
Protein: 4 g	1 vegetable
Fat: 3 g	1 fat
Cholesterol: 0 mg	
Sodium: 293 mg	

COLORFUL APPLE SALAD

Ingredients

3	red-skinned apples
3	yellow or green skinned apples
½ cup	raisins
½ cup	dried cranberries
1 cup	nonfat vanilla yogurt
1 tsp	ground cinnamon

Instructions

1. Wash and core apples. Cut into bite-size pieces.
2. In a large bowl, combine apples, raisins, and cranberries.
3. In a small bowl, combine yogurt and cinnamon.
4. Pour yogurt mixture over apples and stir to coat.
5. Serve immediately, or chill for up to 4 hours before serving.

8 servings

Nutrition facts – amount per ½ cup serving:

Calories: 170
Carbohydrates: 35 g
Protein: 2 g
Fat: 0 g
Cholesterol: 0 mg
Sodium: 20 mg

BAKED MACARONI AND CHEESE

Ingredients

8 ounces	Elbow macaroni, uncooked
1 cup	Reduced fat, sharp cheddar cheese, grated or cut into small pieces. (No more than 6 grams of fat per ounce)
2 cups	Evaporated skim milk
1 dash	Pepper
2 tablespoons	Four
1/3 cup	Seasoned bread crumbs (optional)
	Non-stick vegetable oil cooking spray

Instructions

1. Boil macaroni until nearly tender.
2. Combine flour and milk; cook over low heat until thickened. Add pepper.
3. Stir in cheese until melted.
4. Add cooked macaroni and stir until well coated with sauce.
5. Spray baking dish with cooking spray and spoon macaroni evenly into dish. Top with bread crumbs if desired.
6. Bake at 350° for about 40 minutes.

6 servings

Nutrition facts – amount per serving (using cheese with 2.5 g fat per ounce and optional bread crumbs):

Calories: 279	Exchanges:
Carbohydrates: 45 g	2 starch
Protein: 18 g	1 milk
Fat: 2 g	1/2 lean meat
Cholesterol: 10 mg	
Sodium: 273 mg	

CORNBREAD (Traditional)

Ingredients

1 cup	Flour
1 cup	Yellow cornmeal
1 tablespoon	Baking powder
2 tablespoons	Sugar
½ teaspoon	Salt
1 cup	Buttermilk
1	Egg, beaten
2 tablespoons	Canola oil
	Non-stick vegetable oil cooking spray

Instructions

1. Preheat oven to 425°.
2. Combine dry ingredients.
3. In separate bowl combine milk, beaten egg and oil, then add to dry ingredients. Stir lightly to combine.
4. Spray an 8 x 8 baking pan with non-stick vegetable oil spray and pour in batter.
5. Bake for about 20-25 minutes or until wooden toothpick inserted in center comes out clean.

8 servings

Nutrition facts – amount per serving:

Calories: 190	Exchanges:
Carbohydrates: 30 g	2 starch
Protein: 5 g	1 fat
Fat: 5 g	
Cholesterol: 28 mg	
Sodium: 295 mg	

BAKED APPLES

Ingredients

4	Apples (medium)
4 teaspoons	Brown or white sugar or equivalent sugar substitute
2 teaspoons	Ground cinnamon
½ cup	Water

Instructions

1. Wash and core apples, being careful not to pierce the bottom of the apple. Place in a baking dish.
2. Mix sugar or sugar substitute and cinnamon. Divide evenly into centers of apples. Make several slits on top edge of each apple.
3. Pour ½ cup of water around bottom of apples in baking dish.
4. Bake at 375° for about 1 hour or until very soft. Spoon pan juice over apples occasionally while baking.
5. Serve warm or cold.

4 servings

Nutrition facts – amount per serving (using sugar):

Calories: 97	Exchanges:
Carbohydrates: 25 g	1½ fruit
Fat: 0 g	
Cholesterol: 0 mg	
Sodium: 1 mg	

PEACH COBBLER

Ingredients

Fruit layer

2 (16 ounce) cans	Unsweetened peaches
1/8 teaspoon	Nutmeg
1/4 teaspoon	Cinnamon
2 tablespoons	Flour
4 tablespoons	Sugar
1 tablespoon	Lemon juice

Crust

1 cup	Sifted flour
1 1/2 teaspoons	Baking powder
1/4 teaspoon	Salt
1 1/2 teaspoons	Cold tub margarine
1/3 cup	Skim milk
1 1/2 tablespoons	Vegetable oil

Instructions

Fruit layer

1. Preheat oven to 425°.
2. Drain peaches but **SAVE THE JUICE.**
3. In medium sauce pan combine sugar, flour, nutmeg and cinnamon. Slowly stir in peach juice and lemon juice. Cook over medium heat, stirring constantly until thickened.
4. Add peaches, stir gently until heated through. Cover and set aside while making crust.

(pie crust instructions on next page)

(cont.)

Crust

1. Mix together flour, salt and baking powder. Add margarine and blend with fork until mixture looks like coarse crumbs. Add skim milk and oil.
2. Stir just until combined and mixture gathers together into a ball.
3. Turn out dough onto floured board and pat into 8" circle.
4. Cut dough into 6 strips.
5. Pour hot fruit mixture into 8 inch pie plate.
6. Place strips of dough over fruit, either straight or in a woven design. **Have fun with it!!**
7. Bake for 20-25 minutes until golden brown. Serve hot or cold.

8 servings

Nutrition facts – amount per serving:

Calories: 183	Exchanges:
Carbohydrates: 33 g	1 starch
Protein: 3 g	1 fruit
Fat: 5 g	1 fat
Cholesterol: 0 mg	
Sodium: 340 mg	

BAKED RICE PUDDING

Ingredients

2/3 cup	Rice, uncooked
1 1/3 cup	Water
1	Egg
2	Egg whites
1/2 cup	Sugar
1/2 cup	Raisins
2 cups	Evaporated skim milk
1/2 teaspoon	Vanilla
1/4 teaspoon	Cinnamon
1/4 teaspoon	Nutmeg

Instructions

1. Cook rice with water until done.
2. Beat egg and egg whites together.
3. Mix eggs with cooked rice and remaining ingredients.
4. Put into ungreased 1 1/2 quart baking dish.
5. Bake at 325° for 50-60 minutes.

9 servings

Nutrition facts – amount per serving:

Calories: 182	Exchanges:
Carbohydrates: 37 g	1 starch
Protein: 7 g	1 fruit
Fat: 1 g	1/2 milk
Cholesterol: 26 mg	
Sodium: 88 mg	

SWEET POTATO PIE

Ingredients

3 cups	Baked, warm, mashed sweet potatoes
6 tablespoons	Egg substitute (like Egg Beaters) or beaten whites from 3 eggs
2 packets	Sugar substitute (Sweet & Low or Sweet One)
2 tablespoons	Granulated sugar
½ teaspoon	Salt
½ teaspoon	Ground nutmeg
1 teaspoon	Ground cinnamon
½ cup	Canned evaporated skim milk
1	Unbaked pie crust (see next recipe)

Instructions

1. Bake sweet potatoes in jackets at 400° until tender, about 45 minutes.
2. Peel them while they are still hot, and mash. Reduce oven to 350°.
3. Beat egg substitute, sugar and sugar substitute, and spices into mashed potatoes, stirring constantly.
4. Pour in the evaporated skim milk and mix until well blended.
5. Pour the sweet potato filling into the unbaked pie shell. Bake in the preheated oven for 45- minutes to 1 hour or until thin knife inserted near center comes out clean.

(Pie crust recipe on next page)

(cont.)

SWEET POTATO PIE (cont.)

Pie Crust

Ingredients

1 cup	All-purpose flour
½ teaspoon	Salt
2 tablespoons plus 2 teaspoons	Vegetable oil (Canola, etc.)
1½ - 2 tablespoons	Cold water

Instructions

1. Combine flour and salt. Stir in oil until mixture looks like cornmeal.
2. Add water gradually until dough is moistened and just holds together.
3. Roll dough until thin between sheets of waxed paper, or use a lightly floured pastry cloth.
4. Press into a pie pan, prick crust with fork.

8 servings

Nutrition facts – amount per serving:

Calories: 250	Exchanges:
Carbohydrates: 45 g	3 starch
Protein: 6 g	1 fat
Fat: 5 g	
Cholesterol: 1 mg	
Sodium: 388 mg	

COOKING TERMS

If you are a novice at reading recipes, you should learn some basic cooking and food preparation terms and their definitions. Here are some of the most commonly used terms.

Pouch:	To cook slowly in hot liquid on stove top, over low heat.
Bake:	To cook in a covered or uncovered pan in an oven with dry heat.
Roast:	To cook in an uncovered pan (without liquid added) in an oven or over a fire with dry heat.
Barbecue:	To cook over a fire or oven burner with high heat.
Boil:	To cook in bubbling liquid on stove top.
Steam:	To cook over boiling liquid (sometimes under pressure) on stove top.
Broil:	To cook close to a source of intense heat (under or over).
Simmer:	To cook slowly in gently bubbling liquid, just under the boiling point.
Fry:	To cook quickly while immersed in hot fat, over high heat.
Sauté:	To cook in a small amount of fat, over moderate heat.
Stir-Fry:	To fry quickly in a lightly oiled pan (such as a wok) over high heat, while stirring occasionally.
Beat:	To mix ingredients thoroughly, using a hand or electric mixer or spoon.
Whip:	To beat air very rapidly into a food to add volume.
Stir:	To mix or move ingredients using a spoon until blended (to prevent burning during cooking).

KITCHEN MEASUREMENTS

Teaspoons

10 drops = dash
1/8 tsp. = a few grains
1 tsp. = 6 dashes
1 tsp. = 5 milliliters
3 tsp. = 1 tbsp.
6 tsp. = 1 oz.

Tablespoons

1 tbsp. = 1/2 fluid oz.
1 tbsp. = 15 milliliters
2 tbsp. = 1 fluid oz.
4 tbsp. = 1/4 cup or 2 oz.
16 tbsp. = 1 cup or 8 oz.

Cups

1/8 cup = 1 oz.
1/8 cup = 2 tbsp.
3/8 cup = 6 tbsp.
1/3 cup = 5 tbsp. + 1 tsp.
1/2 cup = 8 tbsp. or 4 oz.
1/2 cup = 1 tea cup
1 cup = 1/2 pint
1 cup = 240 milliliters
4 cups = 1 quart

Dry Volume

2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon
2 gallons = 1 peck
4 pecks = 1 bushel

Liquid Measures

1 1/2 ounce = 1 jigger
1 tbsp. = 1/2 liquid oz.
1 cup = 8 oz.
1 pint = 16 oz.
1 quart = 32 oz.
1 quart = 64 tbsp.

Margarine

1 lb. = 32 tbsp.
1 lb. = 2 cups
1/4 lb. = 1 bar
1 bar = 4 oz. or 1/2 cup

Cheese

1 lb. American or cheddar = 4 cups grated
1 lb. cottage cheese = 2 cups

Eggs

1/2 cup = 2 large
1/2 cup = 3 medium

One-Pound Equivalents

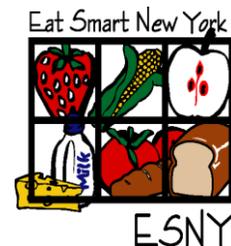
2 cup margarine
4 cups all purpose flour
2 cups granulated sugar
3 1/2 cups powdered sugar
2 2/3 cups brown sugar
2 cups milk

Weight

1 oz. = 28 grams
1 pound = 454 grams

Healthy Food Choice Workshops

Eat Better... Feel Better... Do Better!



PROGRAMS AND RESOURCES FOR FAMILIES TO:

- ~ENCOURAGE HEALTHY FOOD & ACTIVITY CHOICES
- ~NURTURE AND BUILD SELF ESTEEM
- ~BUILD SKILLS THAT LAST A LIFETIME

CCE of Onondaga County Eat Smart! Programs for 2010

"Eat Smart" Kitchen Course

Adult participants learn how to:

- ♥ Eat less fast and convenience foods - and still save time and money
- ♥ Use local food programs and save \$\$\$
- ♥ Make tasty, low-cost meals in minutes that taste delicious and are good for you!
- ♥ Budget for food, shop and plan family meals
- ♥ Prepare - serve - and store food safely
- ♥ Learn tips for active lifestyles!

(Six weeks, 1.5- 2 hours/class-



Cooking Together for Family Meals

A flexible series of cooking experiences!

Parents & youth participants learn to prepare

Quick and tasty main-dish vegetable meals using a variety of veggie groups

Parents & their children (ages 8-15) learn how to choose and prepare vegetable-based meals using over 30 different vegetables!

(Six weeks, 2-hours/class)

*** A partner site with cooking equipment and agreement to purchase the food necessary.*



*** We request the agencies assist with the food or resources for programs that include cooking.**

"Eat Smart"

Youth Programs

An "action-oriented" program series to assist youth Make healthy food, lifestyle and activity choices and informed consumer decisions. Family members are invited to celebrate the learning together!

(A series of six, 1 – 1½ hour sessions

For youth age 5 – 17. Mixed age groups (8-15)

Can be accommodated to help youth develop Team work and "mentoring" skills.)

For more information, contact Cheryl - 424-9485/x 237



What Makes our Programs Special?

- ♦ We have FUN! **Our classes are interactive with "hands-on experiences"—including cooking!**
- ♦ **We are FLEXIBLE!** Your site or ours—day or evening classes available (first come basis!)
- ♦ **We provide YOU with FEEDBACK!** Through written evaluations about skills learned and behaviors improved by completed participants.
- ♦ **Our facilitators are skilled and sensitive-** We value differences and build on the strengths and skills of program participants

Who can attend?

- ✓ **EBT recipients and applicants**
- ✓ **Parents enrolled in the WIC and Head Start program.**
- ✓ **Parents from SCSD schools**

We request that a staff person from your agency attend each class that we offer.

Contact Kathy Dischner at 424-9485 (Ext. 239), Anita Bono (Ext. 238), or Cheryl Harper (Ext 237- Youth programs) to schedule a program at your community site or at our center. Our office is open 8:30 am – 4:30 pm, Monday-Friday. We offer programs with community agencies, as space/time is available.

Eat Smart New York Programs are funded through FNS/USDA and funds from local county support.

Cornell Cooperative Extension of Onondaga County is an equal opportunity employer. 6/10