

## Kentucky Favorites: *The Low-fat Way*

*Cooking the low-fat way is no reason to give up your favorite family recipes. All you need to do is learn how to adapt them to a low-fat eating plan. Whether you're trying to lose weight, lower your cholesterol, lower your sodium intake or just be healthy, limiting the fat, cholesterol and sodium in your diet is important. Healthy eating habits for children and adults begin at home. Remember,*



*children under two have special dietary needs. Check with your physician before altering their diet. There is a three-step approach to adapting recipes to meet new dietary goals. First, look for ingredients which cause a recipe to be high in fat, cholesterol or sodium. Next, find low-fat or low sodium substitutions to replace these ingredients. Sometimes you can eliminate them completely. Sometimes you can reduce the amount of the ingredient or substitute a similar ingredient that is healthier for you. Finally, change your method of food preparation. Instead of deep fat frying, try broiling.*

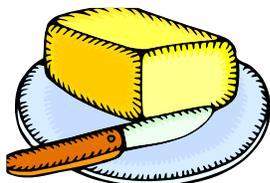
### Tips for Reducing Fat and Cholesterol

Dietary fat is either saturated or unsaturated. **Saturated fats** are found in animal products and whole milk dairy products and are solid at room temperature. Some vegetable products such as coconut oil, palm oil or cocoa butter have been hardened by hydrogenation and are mostly saturated fats. Saturated fats are a dietary risk factor in developing heart disease and raise blood cholesterol.

**Unsaturated fats** include monounsaturated and polyunsaturated fats. They are found in most vegetable oils and are liquid at room temperature. Oils high in polyunsaturated fats are safflower, sunflower, corn, soybean and cottonseed.

**Monounsaturated fats** are predominant in olive, canola and peanut oils.

Blood or serum **cholesterol** is a waxy fatlike substance that is produced by the liver or obtained by eating certain foods. Dietary cholesterol is found in foods of animal origin, especially meats, egg yolk and whole-milk dairy products.



- Choose lean cuts of meat, fish and poultry. Trim all visible fat, including the skin of poultry. Serve smaller portions (3-4 ounces).
- Avoid deep-fried foods or limit how often you eat them. If you must fry or sauté, use a nonstick pan, a non-stick spray coating, or low-fat, low-sodium broth.
- Limit high-fat meats such as hot dogs, salami, bologna, bacon and sausage. Many processed foods are also high in sodium.
- Prepare foods by baking, broiling, steaming, or microwaving.
- Use egg substitutes or egg whites.
- Use skim or 1 percent milk.
- Use non-fat or reduced-calorie salad dressings or limit the serving size. Mix half mayonnaise and half non-fat yogurt for a reduced-calorie spread.
- Use low-fat cheeses.
- Avoid butter, animal fats, such as lard and bacon grease, and hydrogenated shortenings. Replace these with margarine or oils made from canola, olive, safflower, soybean, sunflower or corn oil.
- Read food labels. Avoid or limit products that contain coconut oil, palm oil and cocoa butter because these are saturated fats.

## Tips for Reducing Salt

Sodium has been linked to high blood pressure. It is a chemical element which is naturally found in many foods, but primarily found in table salt which contains 2,300 milligrams of sodium per teaspoon. The recommended daily sodium intake is 2,400 milligrams. There are several no-salt or low-salt seasoning mixes on the market, but you can use spices and herbs to reduce your sodium intake. Experiment with small amounts to find seasonings your family will accept.

- Start with one teaspoon of mild herbs or spices, such as basil, cinnamon, cumin, lemon pepper or oregano per six servings.
- Start with only ¼ teaspoon of strong herbs or spices such as allspice, cloves, ginger, nutmeg, rosemary or tarragon per six servings.
- Ground herbs are stronger than dried, which are stronger than fresh.
- If a recipe calls for ¼ teaspoon of ground herbs, use ¾ to 1 teaspoon of dried or 2 teaspoons of fresh herbs.

Our taste for salt is acquired, so it is possible to cut back on salt a little at a time. Gradually your taste buds will adapt to the new and more subtle flavors of herbs and spices. With a little imagination, you can develop your own seasoning mix. Try the following seasoning recipes on your table to replace the salt

shaker or add the seasoning to your favorite grilled meats or vegetables.

### Table Seasoning (Yield: ½ cup)

2 tablespoons dry mustard  
2 tablespoons onion powder  
2 tablespoons paprika  
2 teaspoons garlic powder  
2 teaspoons white pepper  
2 teaspoons ground thyme  
½ teaspoon ground basil  
Blend all ingredients together. Store in a tightly covered container.

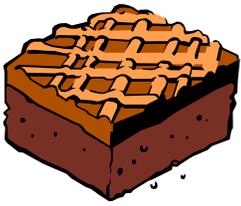
### Aromatic Seasoning for Grilled Meats

(Yield: ½ cup)  
2 tablespoons garlic powder  
1 tablespoon ground basil  
1 tablespoon ground anise seed  
1 tablespoon ground oregano  
1 tablespoon powdered lemon rind  
Blend all ingredients together. Store in a tightly covered container.

### How to Alter a Recipe

Recipes are chemical formulas. Companies and agencies invest time and money testing recipes for consumer use. Any change made in a recipe may produce a different product. You may or may not be happy with the results. Some recipes utilize ingredients as food safety measures, so especially when preserving foods, check with your Cooperative Extension Service Agent for Family and Consumer Sciences.





## BROWNIES (Yield: 16 Servings)

The serving size and frequency of eating are important factors in deciding when to change baked products. This Brownie recipe offers the alternative of replacing margarine with applesauce.

### **Original** (Yield: 16 servings)

½ cup margarine  
1 cup sugar  
1 egg  
½ teaspoon vanilla  
¾ cup flour  
¼ cup cocoa  
¼ teaspoon baking powder  
⅛ teaspoon salt  
½ cup chopped walnuts

### **Moderate Fat**

¼ cup margarine  
¼ cup unsweetened applesauce  
1 cup sugar  
1 egg  
½ teaspoon vanilla  
¾ cup flour  
¼ cup cocoa  
¼ teaspoon baking powder  
⅛ teaspoon salt  
¼ cup chopped walnuts

### **Low Fat**

Omit  
½ cup unsweetened applesauce  
1 cup sugar  
2 egg whites  
½ teaspoon vanilla  
¾ cup flour  
¼ cup cocoa  
¼ teaspoon baking powder  
⅛ teaspoon salt  
Omit

In a mixing bowl, combine applesauce, sugar, egg whites and vanilla. Stir in remaining dry ingredients. Pour into a 9x9x2-inch baking pan prepared with nonstick spray coating. Bake at 350°F for 20 to 25 minutes.

### **Approximate nutritional value per serving:**

#### **Original**

153 calories  
9 grams fat  
49% fat calories  
13 milligrams cholesterol

#### **Moderate Fat**

117 calories  
5 grams fat  
34% fat calories  
13 milligrams cholesterol

#### **Low Fat**

78 calories  
0.2 grams fat  
3% fat calories  
0 milligrams cholesterol

## Alfredo Sauce (Yields 6 Servings)

Reducing the amount of butter and substituting the heavy cream cuts down on the fat in this simple sauce.

### **Original**

½ cup butter  
½ cup heavy cream  
¾ cup Parmesan Cheese  
½ teaspoon salt  
⅛ teaspoon black pepper  
Chopped fresh parsley (optional)

### **Revised**

1 tablespoon butter  
½ evaporated skim milk  
¾ Parmesan Cheese  
⅛ teaspoon salt  
⅛ teaspoon black pepper  
Chopped fresh parsley (optional)

Heat butter and evaporate milk in a pan over low heat, stirring constantly until butter is melted. Stir in cheese and salt and pepper. Served with noodles or as a sauce on top of the meat you are serving.

### **Approximate nutritional value per serving:**

#### **Original**

240 calories  
25 grams fat  
93 % calories from fat  
70 milligrams cholesterol  
330 milligrams sodium

#### **Revised**

70 calories  
5 grams fat  
64 % calories from fat  
10 milligrams cholesterol  
180 milligrams sodium

A change in ingredients and cooking method makes a difference. Using less total meat (reducing the serving size from 5 to 3 ounces) still provides an adequate serving size.

## GRANDMA'S MEATBALLS

(Yield: 6 servings)

### Original

2 pounds 85% lean ground beef  
½ cup chopped onion  
2 eggs  
¼ cup milk  
½ cup rolled oats  
½ teaspoon ground allspice  
Salt & Pepper to taste  
Butter for frying



### Revised

1½ pounds *extra lean* ground beef  
½ cup chopped onion  
2 egg *whites*  
¼ cup *skim* milk  
½ cup rolled oats  
½ teaspoon ground allspice  
*Omit or use less salt*  
1 teaspoon *canola or olive oil*

In a large bowl, mix all ingredients except oil. Shape into 12 meatballs. Place on broiler pan or shallow baking pan that has been sprayed with non-stick coating. Bake at 325° F until browned or cook in skillet. Serve with rice, pasta or potatoes.

### Approximate nutritional value per serving:

#### Original

213 calories  
16 grams fat  
63% fat calories  
90 milligrams cholesterol  
117 milligrams sodium

#### Revised

120 calories  
6 grams fat  
44% fat calories  
21 milligrams cholesterol  
53 milligrams sodium

## HASHED BROWN POTATO CASSEROLE

(Yield: 12 servings)

### Original

2 pounds frozen hashed brown potatoes, thawed  
¼ cup chopped onion  
⅛ teaspoon salt  
¼ teaspoon pepper  
8 ounces cheddar cheese, shredded  
8 ounces dairy sour cream  
1 can cream of chicken soup  
½ cup corn flake style cereal crumbs  
2 tablespoons butter

### Revised

2 pounds frozen hashed brown potatoes, thawed  
¼ cup chopped onion  
*Omit*  
¼ teaspoon pepper  
8 ounces *reduced fat* cheddar cheese, shredded  
8 ounces *lite* dairy sour cream  
1 can cream of chicken soup (*99% fat free*)  
½ cup crushed *bran* cereal  
*Omit*

Substituting reduced-fat ingredients is the easiest way to make changes in a recipe. Using bran cereal is a way to increase fiber.

Spray a 13x9x2-inch baking pan with non-stick spray coating. Add thawed potatoes, onion and pepper. Combine cheese, sour cream and soup; stir into potato mixture. Sprinkle crushed cereal over the top. Bake covered at 350°F for 50 minutes.

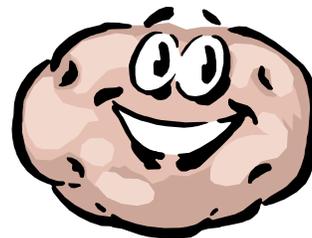
### Approximate nutritional value per serving:

#### Original

224 calories  
14 grams fat  
56% calories from fat  
36 milligrams cholesterol  
568 milligrams sodium

#### Revised

149 calories  
5 grams fat  
29% calories from fat  
12 milligrams cholesterol  
357 milligrams sodium



## Other Substitutions You Can Make:

<b><i>When your recipe calls for:</i></b>	<b><i>Use:</i></b>
Whole milk (1 cup)	1 cup skim or nonfat milk + 1 tablespoon polyunsaturated oil
Heavy cream (1 cup)	1 cup evaporated skim milk <b>OR</b> ½ cup low-fat yogurt and ½ cup low-fat cottage cheese
Cream cheese	4 tablespoons of margarine blended with 1 cup dry low-fat cottage cheese. Add small amount of skim milk if needed. Add chopped chives or pimento and herbs and seasonings for variety.
Butter (1 tablespoon)	1 tablespoon polyunsaturated margarine <b>OR</b> ¾ tablespoon polyunsaturated oil
Shortening (1 cup)	2 sticks polyunsaturated margarine
Oil (1 cup)	1¼ cups polyunsaturated margarine
Eggs (1 egg)	1 egg white + 2 teaspoons of unsaturated oil; <b>OR</b> ¼ cup homemade egg substitute for cooked products: Combine ¼ cup nonfat dry milk powder, 6 egg whites and 1 teaspoon polyunsaturated oil and blend until mixture is smooth; <b>OR</b> commercially-produced egg substitute per directions; <b>OR</b> 3 egg whites per 2 whole eggs; <b>OR</b> 2 egg whites for 1 whole egg in baking recipes
Unsweetened baking chocolate (1 ounce)	3 tablespoons unsweetened cocoa powder or carob powder plus 1 tablespoon of polyunsaturated oil. Carob is sweeter than cocoa, so also reduce the sugar in the recipe by one-fourth.
Sour cream	Use lite sour cream <b>OR</b> Make your own mock sour cream: combine 1 cup nonfat cottage cheese, 2 tablespoons skim milk and 1 tablespoon lemon juice and blend until smooth.
Sugar	Reduce amount by up to ½ of the original amount. Use no more than ¼ cup of sugar to each cup of flour.
All-purpose flour (1 cup)	¾ cup all-purpose white flour + ¼ cup bran <b>OR</b> ½ cup all-purpose flour + ½ cup whole-wheat flour <b>OR</b> 1 cup whole-wheat flour minus 2 tablespoons, decreasing the oil by 1 tablespoon and increasing the liquid by 1 tablespoon

## Kentucky Favorite *Recipes*: The Low-fat Way

### Southern Spoon Bread (6 ½-cup servings)

1 cup boiling water  
½ cup cornmeal  
½ cup skim milk  
½ teaspoon salt

1½ teaspoons baking powder  
1 tablespoon canola oil  
2 egg whites

Pour boiling water over cornmeal; stir until smooth. Beat in remaining ingredients, except egg whites. Beat egg whites until stiff; fold into mixture. Turn into 1½ quart casserole sprayed with vegetable pan spray. Bake at 375°F for 25 to 30 minutes until set. *Nutritional Analysis*: 76 calories, 3 grams protein, 10 grams carbohydrates, 3 grams fat, <1 milligram cholesterol, 346 milligrams sodium

### Banana Nut Bread (24 slices)

½ cup sugar  
½ cup unsweetened applesauce  
1 whole egg and 4 egg whites  
1½ teaspoons baking powder  
1 teaspoon salt

2¾ cups flour  
½ teaspoon baking soda  
1½ cups ripe bananas, mashed (about 3 medium)  
1 cup chopped walnuts or pecans

Cream together sugar and applesauce. Add egg and egg whites; beat well. Mix dry ingredients together. Add to above mixture alternately with banana, mixing well after each addition. Stir in nuts. Pour into 9x5-inch loaf pan coated with vegetable pan spray. Bake at 350°F for 50 minutes or until done. Remove from pan. Cool on rack. *Nutritional Analysis*: 101 calories, 3 grams protein, 20 grams carbohydrates, 1 gram fat, 9 milligrams cholesterol, 166 milligrams sodium

### 24-Hour Layered Salad (12 servings)

1 head lettuce, shredded  
1 large onion, sliced and separated into rings  
1 cup diced celery  
2 cups shredded carrots (4 medium)  
4 hard-cooked egg whites, chopped

2 cups frozen peas, uncooked  
1 cup plain low-fat yogurt  
½ cup reduced-fat mayonnaise  
2 teaspoons sugar  
6 ounces low-fat cheddar cheese, shredded

In a 9x13-inch pan, layer first six ingredients in the order given. Mix together yogurt and mayonnaise; spread over layered salad. Sprinkle with sugar. Top with shredded cheese. Refrigerate overnight. Cut in squares to serve.

*Nutritional Analysis*: 112 calories, 8 grams protein, 10 grams carbohydrates, 5 grams fat, 4 milligrams cholesterol, 236 milligrams sodium



### **Refrigerator Slaw (10 servings)**

1 large head of cabbage, shredded  
2 green onions, finely chopped  
2 stalks celery, chopped  
2 large carrots, shredded  
1 large green pepper, chopped  
1 cucumber, thinly sliced

½ cup red or white wine vinegar  
½ cup vegetable oil  
½ cup (or less) sugar  
½ teaspoon salt  
¼ teaspoon pepper  
1 teaspoon dry mustard

Combine first 6 ingredients in a large bowl; mix well, and set aside. Combine next 6 ingredients in a small saucepan, mixing well. Bring to a boil and cook 3 minutes, stirring occasionally. Pour over vegetables, tossing well. Cover and refrigerate overnight. Garnish with cucumber slices, if desired, before serving. *Nutritional Analysis:* 202 calories 3 grams protein 24 grams carbohydrates 12 grams fat 0 milligrams cholesterol 163 milligrams sodium

### **Grilled Garden Medley (6-8 servings)**

2 large tomatoes, cut in large chunks  
2 medium zucchini, sliced  
2 medium summer squash, sliced  
1 small onion, sliced  
2 tablespoons margarine  
Salt & Pepper to taste

Wrap all ingredients together in heavy-duty aluminum foil. Bake over medium to high coals for 30 to 45 minutes, depending on desired doneness. *Nutritional Analysis:* 64 calories 2 grams protein 7 grams carbohydrates 4 grams fat 0 milligrams cholesterol 107 milligrams sodium

### **Grilled Corn on the Cob (1 serving)**

1 ear of corn-on-the-cob  
1½ teaspoons margarine

Salt and Pepper to taste

Pull back the husks from corn, leaving husks attached at the base. Remove silks. Fold husks back over corn and soak in cold water for 3 to 4 hours. Remove from water. Pat dry and spread margarine over ear of corn. Pull husks up over corn and tie with string or a strip of one of the husks. Grill over medium coals, turning frequently, until tender – about 20 to 30 minutes. *Nutritional Analysis:* 170 calories 4 grams protein 28 grams carbohydrates 7 grams fat 0 milligrams cholesterol 225 milligrams sodium



### **Scalloped Cabbage** (8 servings)

- 1 medium-sized head of cabbage
- 2 tablespoons margarine
- 1 ½ to 2 tablespoons flour
- 1 cup skim milk
- 2 tablespoons chopped seeded green peppers
- 2 tablespoons chopped onion
- 1 tablespoon vegetable oil
- 1 cup or less grated low-fat cheese
- ½ cup bread crumbs

Chop and cook cabbage to just crisp-tender. Drain. To prepare cream sauce, melt margarine, stir in flour until smooth and add milk. Cook over medium heat and stir until thick. Sauté green peppers and onion in oil until tender. Place layer of cabbage in a baking dish sprayed with non-stick cooking spray, sprinkle with onion and pepper and grated cheese. Cover with cream sauce and bread crumbs. Bake about 10 minutes in 350°F oven.

*Nutritional Analysis:* 138 calories 8 grams protein 14 grams carbohydrates 6 grams fat 4 milligrams cholesterol 234 milligrams sodium



### **Sauteéd Kale** (4 servings)

- 1 pound kale, coarsely chopped
- 5 ounces mushroom, sliced
- 1 tablespoon olive oil
- ½ cup onion, chopped

- 1 clove garlic, minced
- 1 cup chicken broth, fat-free, low-fat or defatted

Wash mushrooms and kale. Drain. In a large skillet over medium high heat, sauté mushrooms in olive oil for 5 minutes. Reduce heat to medium and add onion and garlic. Cook for 3 minutes. Add kale and chicken broth. Cover and cook for 10 minutes. *Nutritional Analysis:* 113 calories 6 grams protein 15 grams carbohydrates 4 grams fat 0 milligrams cholesterol 93 milligrams sodium

### **Waldorf Salad** (6 ½-cup servings)

- 4 teaspoons fat-free salad dressing or mayonnaise
- 2 teaspoons unsweetened pineapple juice
- 3 small red apples, chopped

- ½ cup diced celery
- ½ cup grapes (halved) or raisins
- ¼ cup chopped walnuts



Mix salad dressing and pineapple juice together. Stir into remaining ingredients. Chill. *Nutritional Analysis:* 87 calories 2 grams protein 15 grams carbohydrates 3 grams fat 0 milligrams cholesterol 32 milligrams sodium

**Green Beans** (10 ½-cup servings)

1 quart canned green beans  
 1 small onion, chopped  
 2 potatoes, cut in big chunks

Salt & Pepper to taste  
 ¼ cup very lean ham, chopped

Using a pressure cooker, pressure cook for 7 minutes. Reduce pressure. Remove lid and allow to cook to reduce the liquid. *Nutritional Analysis:* 46 calories 2 grams protein 9 grams carbohydrates <1 gram fat 2 milligrams cholesterol 396 milligrams sodium

**Sweet Potato Casserole** (10 ½-cup servings)

4 medium yams or sweet potatoes  
 ½ cup brown sugar

4 tablespoons low-fat margarine  
 Nutmeg (optional)

Peel potatoes, cut into chunks and parboil until just tender. Drain. Place in shallow baking dish sprayed with cooking spray. Sprinkle with brown sugar and top with margarine. Optional: Sprinkle with nutmeg. Bake at 350°F for 30 minutes or until done. Note: Brown sugar substitute may be used for those following a diabetic diet. *Nutritional Analysis:* 106 calories <1 gram protein 16 grams carbohydrates 5 grams fat 0 milligrams cholesterol 68 milligrams sodium

**Corn Pudding** (10 ½-cup servings)

1 pint or 1 can whole kernel corn  
 1 pint or 1 can cream-style corn  
 1 egg, beaten  
 1 cup evaporated skim milk

¼ cup sugar, optional  
 ¼ cup flour  
 4 tablespoons low-fat margarine

Mix all ingredients and bake at 350°F until firm and starts to brown. *Nutritional Analysis:* 144 calories 4 grams protein 25 grams carbohydrates 4 grams fat 22 milligrams cholesterol 320 milligrams sodium

**Mashed Potatoes** (6 ½-cup servings)

6 medium potatoes  
 Salt & Pepper to taste

3 tablespoons low-fat margarine  
 Evaporated skim milk, for desired consistency

Peel potatoes, dice or cut into chunks, parboil until tender. Drain. Then mix all ingredients together and whip. *Nutritional Analysis:* 181 calories 6 grams protein 27 grams carbohydrates 6 grams fat 2 milligrams cholesterol 230 milligrams sodium

**Low-Fat Gravy** (4 ¼-cup servings)

1 cup chicken broth, fat-free,  
 low-fat or defatted

1 tablespoon cornstarch

Mix cornstarch with 1 tablespoon cold broth in a jar with a tight-fitting lid. Shake vigorously.

In a saucepan, combine mixture from jar and rest of broth and bring to a simmer. Stir until thickened. *Nutritional Analysis:* 15 calories 2 grams protein 2 grams carbohydrates 0 grams fat 0 milligrams cholesterol 43 milligrams sodium



**Barbecued Pork Chops (10 servings)**

10 medium-sized lean pork chops  
 1 cup catsup  
 ½ cup tomato puree  
 1 cup water  
 1 large onion, finely chopped  
 3 stalks celery, chopped

2 cloves garlic, minced  
 ½ green pepper, cubed  
 1 tablespoon lemon juice  
 ¾ to 1 tablespoon chili powder  
 1 teaspoon each salt, sugar & pepper  
 ½ teaspoon cayenne pepper

Place pork chops in the bottom of a baking dish. Combine remaining ingredients, stirring well. Pour sauce over chops. Bake at 325°F for 1½ to 2 hours, turning and basting frequently. *Nutritional Analysis:* 188 calories 20 grams protein 11 grams carbohydrates 7 grams fat 57 milligrams cholesterol 408 milligrams sodium

**Mustardy Oven-Baked Chicken (8 servings).**

8 4-ounce chicken breast halves, skinned  
 ½ teaspoon salt  
 ⅛ teaspoon pepper  
 2 tablespoons prepared mustard

1 egg  
 ¼ cup + 2 tablespoons grated Parmesan cheese  
 ¼ cup soft bread crumbs

Sprinkle chicken breast halves with salt and pepper. Combine mustard and egg, beating with a wire whisk until well blended. Combine cheese and bread crumbs; stir well. Dip chicken in egg mixture, then dredge in bread crumb mixture. Place chicken in a roasting pan coated with nonstick cooking spray. Bake at 400°F. for 40 minutes or until chicken is done and coating is lightly browned. Serve immediately. *Nutritional Analysis:* 234 calories 39 grams protein 3 grams carbohydrates 6 grams fat 127 milligrams cholesterol 402 milligrams sodium

**Oven-Fried Fish (4 servings)**

4 fish fillets (1 pound)  
 2 cups corn-flake style cereal  
 1 teaspoon salt

⅛ teaspoon pepper  
 ¼ cup evaporated skim milk  
 4 teaspoons vegetable oil

Roll corn flake cereal into fine crumbs between layers of waxed paper. Add salt and pepper. Pour milk into shallow pan. Dip fish in milk, then in crumbs. Arrange fish on baking sheet sprayed with non-stick cooking spray. Sprinkle oil over fish. Bake at 500° F for 10 minutes or until fish begins to flake. Note: One of the herb blends could be used to reduce sodium level. *Nutritional Analysis:* 202 calories 24 grams protein 13 grams carbohydrates 6 grams fat 55 milligrams cholesterol 824 milligrams sodium

**Parmesan Chicken Breasts (6 servings)**

6 boneless, skinless chicken breast halves  
 2 tablespoons warm water  
 ½ cup dry bread crumbs  
 1 cup grated Parmesan cheese

1 teaspoon each: oregano leaves & parsley flakes  
 ¼ teaspoon each: paprika, salt & pepper

Spray baking pan with non-stick cooking spray. Combine dry ingredients in a bowl. Dip chicken in warm water; then coat with bread crumb mixture. Place in prepared pan. Bake at 400°F for 25 to 30 minutes or until chicken is completely done. *Nutritional Analysis:* 346 calories 57 grams protein 7 grams carbohydrates 8 grams fat 151 milligrams cholesterol 406 milligrams sodium

**Stuffed Bell Peppers (4 servings)**

4 bell peppers, any color	¼ teaspoon hot sauce
8 ounces very lean ground beef	1 cup cooked rice
½ onion, finely chopped	1 clove garlic, minced
¼ cup chopped pepper (any color)	Salt & Pepper to taste
½ cup catsup	½ cup shredded low-fat cheddar cheese
1 tablespoon A-1 Sauce	

Slice ½-inch top from pepper (or slice lengthwise). Remove seeds and membrane. Steam over boiling water for 10 minutes. Sauté beef, onions and chopped pepper until beef is browned, about 10 minutes. Drain fat and add remaining ingredients, except cheese. Mix meat mixture together well, then fill peppers and place in baking dish. Bake at 375°F for about 30 minutes or until peppers are tender and filling is hot. Add cheese the last 5-10 minutes. *Nutritional Analysis:* 266 calories 19 grams protein 34 grams carbohydrates 7 grams fat 24 milligrams cholesterol 640 milligrams sodium

**Go Vegetarian!** Sauté 1 pound firm tofu; drain and crumble (in place of ground beef).

*Nutritional Analysis:* 334 calories 25 grams protein 38 grams carbohydrates 12 grams fat 4 milligrams cholesterol 614 milligrams sodium

**Cornbread-Beef Oven Bake (8 servings)**

*Recipe provided by Kentucky Beef Council*

1 cup yellow cornmeal	1 pound ground chuck
2 teaspoons baking soda	¾ cup onion, chopped
1 teaspoon salt	14 ½-ounce can cut green beans, drained
14¾-ounce can cream-style corn	14 ½-ounce can diced tomatoes with garlic and onion, drained
2 eggs, lightly beaten	½ teaspoon lemon pepper
¾ cup low-fat milk	2 cups (8 ounces) shredded low-fat cheddar cheese
¼ cup canola oil	

Combine first seven ingredients in a large bowl and pour into a 2½-quart shallow baking dish. Bake at 425°F for 20 minutes. Brown ground beef and onion in a large skillet over medium heat for 8 to 10 minutes or until beef is no longer pink, stirring until it crumbles. Drain well and return mixture to skillet. Stir in green beans, diced tomatoes and lemon pepper. Cook over medium heat, stirring often, until thoroughly heated. Spoon mixture over cornbread. Sprinkle evenly with cheese and bake at 425° F for 10 minutes. Note: Low-fat cornbread mix could be used to reduce the fat and sodium content. *Nutritional Analysis:* 368 calories 26 grams protein 30 grams carbohydrates 17 grams fat 82 milligrams cholesterol 1,298 milligrams sodium

**Cherry Tofu Delight (14 servings)**

*Recipe provided by Kentucky Soybean Board*

8-ounces low-fat cream cheese, softened	3 tablespoons honey
10½-ounce package firm tofu	¼ teaspoon almond flavoring
8-ounce container lite whipped topping	1 can cherry pie filling

Blend cream cheese and tofu in blender until smooth. Fold in topping, honey and flavoring. Mix in pie filling and spoon into parfait glasses. Refrigerate until set. Garnish and serve. *Nutritional Analysis:* 178 calories 5 grams protein 21 grams carbohydrates 8 grams fat 9 milligrams cholesterol 55 milligrams sodium

### **Dried Apple Pies (30 pies)**

4 cups dried apple slices

3½ cups water

1½ cups sugar

½ teaspoon cinnamon

½ teaspoon nutmeg

¼ cup low-fat margarine, melted

Combine apples and water in a large saucepan. Bring to a boil, cover, reduce heat and simmer 30 minutes or until tender. Stir in sugar and spices. Roll any pie crust mixture into approximately 6-inch circles\*. Fill with large tablespoon of filling, moisten one edge with water, fold crust to form half-moon shape and press with fork to seal. Brush very lightly with margarine and place on a cookie sheet. Bake at 350°F until golden brown.\*Note: Canned biscuit dough also makes good crust.

*Nutritional Analysis:* 161 calories 2 grams protein 27 grams carbohydrates 6 grams fat 0 milligrams cholesterol 315 milligrams sodium

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- Except where noted all **recipes** are compliments of the Licking River Family & Consumer Sciences Extension Agents and Homemakers; adapted by Sandra Bastin.

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July 1999; revised January 2010

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