

Knowledge @ Noon

“Favorite Soups”



Wednesday, January 15, 2014
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
K-State Research & Extension, Miami County

Instructors:
Miami County Extension Master Food Volunteers

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Simple Soups and Stews

By Alice Henneman, MS,RD UNL Extension, Lancaster County

What could be simpler than supping on a big, steaming bowl of soup? A hearty, healthy soup -- made with veggies and meat, poultry, fish or dried beans -- can be the main dish for your meal. Add some crackers or breadsticks on the side and perhaps fruit for dessert and you're ready to eat!

Make a large batch of soup and enjoy some for another meal. Many soups, with the possible exception of seafood soups, may taste better the next day!

For best safety and quality, plan to eat refrigerated soup within TWO days. And avoid letting soup set at room temperature for more than TWO hours.

Don't put a large pot of hot soup directly into your refrigerator. According to the U.S. Department of Agriculture, it would take an 8-inch stock pot of steaming chicken soup 24 HOURS to cool to a safe temperature in your refrigerator. To be safe:

- Transfer soup to shallow containers to speed cooling, making sure soup is no more than TWO inches deep. Refrigerate promptly. You can place loosely covered foods in the refrigerator while still warm; cover when food is completely cooled.
- When serving soup a second time, reheat it until it's steaming hot throughout, at least 165 degrees F.

Make-Ahead Frozen Beef "Crumbles"

Every once in a while a recipe idea comes along that you prepare again and again. This is one of those for me. It may be for you, too!

Think of how often you use (or could use!) already-browned and ready-to-to ground beef "crumbles" in recipes. Here's how to make your own and keep them frozen for ready access!

Ground beef may be browned ahead of time and frozen for quick and convenient use in soups, spaghetti sauces, chili, sloppy joes, etc. Follow these tips for best flavor and quality.

1. When making beef crumbles for later use, If possible, avoid using iron or aluminum cooking utensils as these speed flavor changes.
2. Brown crumbles with onions or unroasted bell peppers which have antioxidant properties and slow flavor changes. OR, brown the meat, seasoned lightly, with one or more of these herbs and spices that have antioxidant properties: rosemary, sage, marjoram, thyme, mace, allspice and cloves.

Use the seasoning and amount that will be most suitable for the recipes you make. Add more seasoning when you prepare the food, if needed, as freezing may affect the intensity of the flavor of spices and herbs.

3. Do not use salt; add salt later when the meat is used in your recipe. Salt may hasten undesirable flavor changes in beef crumbles.

4. Freezing the crumbles as part of a sauce, such as spaghetti sauce, also helps preserve flavor. Make sure the sauce covers the entire meat surface.
5. Cool and refrigerate beef crumbles promptly in shallow containers. Containers may be placed in the refrigerator before beef has cooled entirely. Loosely cover refrigerated container until beef has cooled.
6. Promptly transfer the cooled beef crumbles to plastic "freezer," NOT "storage" bags. Eliminate air pockets. Freezer bags are thicker than storage bags and will keep the food fresh longer. Label and date packages; include amount of beef or number of servings.
7. Speed freezing and hasten thawing by freezing crumbles in a thinner, flattened shape in freezer bags. Do not stack packages — the quality will be better if the beef freezes faster. A rounded shape takes longer to thaw through to the middle. Flattened packages also will stack better in your freezer. Place on a flat surface, such as a metal pan or cookie sheet until frozen. Then, remove and stack.

Use frozen beef crumbles within 2 to 3 months for best flavor and quality. Freeze at 0 degrees F or lower.

IMPORTANT: Unless you plan to use beef crumbles within a day or two, freeze crumbles promptly after cooling for best quality and safety. If stored in the refrigerator for a day or two, transfer to a tightly covered container after they have cooled.

BASIC DIRECTIONS

Use 90% lean and higher ground beef for these directions; 16 ounces raw ground beef yields equally to 12 ounces fully cooked ground beef crumbles.

1. In general, brown no more than 1 pound of ground beef at a time. As ground beef browns, some meat juices are released. If you overload the skillet, moisture is trapped and meat is steamed rather than browned.
2. Brown lean ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking beef up into 3/4-inch crumbles. Remove beef with slotted spoon.
3. Add one or more of the antioxidant foods and spices listed in number 2 above to the beef as it is browning to aid in flavor retention during freezing.

ACKNOWLEDGEMENTS: Information provided in part by the National Cattlemen's Beef Association on behalf of The Beef Checkoff.

Lightened Up Soup

Lightened-up soups - When the temperatures drop and the days get shorter, nothing hits the spot like a bowl of warm soup. Store-bought varieties are convenient, but they can be shockingly salty.

These lighter bowls cut back on the sodium and fat in many traditional soup recipes. Whether you're partial to chicken noodle, French onion, or split pea, we have a healthy soup recipe for you. Come in from the cold and join us this month as we feature a different Soup of the Day recipe sure to keep you warm through winter's coldest days and nights. Cream Soup

With the cold weather still in abundance, January is the perfect month to celebrate and enjoy soup of all kinds.

Cream soup - a soup made from vegetables cooked in a liquid that is thickened with a starch and pureed; cream is then incorporated to add richness and flavor.

From thick, creamy, calorie laden soup (also known as a *Bisque* or *Chowder*), to the water-based and healthier *broth* or *consommé*, and the vegetable-laden *chili* and *gazpacho*, almost every country around the world has its own special recipe. Most restaurants also offer a home-made soup of the day as a starter course, so why not expand your pallet and try a new flavour for **Soup Month**?

It is thought that soup could trace back as far as the Neolithic Age, with evidence suggesting that people who should have died out through natural selection were kept alive for a long time before the discovery of Milk, which was later used to keep such people alive. Soup seems the most likely way to nourish these people ó perhaps a broth made of boiling water and meat.

Soup is a common meal in many countries and probably dates back to the invention of the earliest cooking pots. Today it's easy to open a can and heat some premade soup, but soup is even better when it's made at home. Soup is easy, cheap and usually quick to make and can be stuffed full of healthy vegetables. When better to enjoy a delicious bowl of soup than Homemade Soup Day?

The origins of Homemade Soup Day are lost in time but you don't need to know how it started to celebrate the day. Certain soups are traditional to particular areas, such as Borsht in Eastern Europe or the well-known Italian soup, Minestrone. Unusually, the famous Spanish dish Gazpacho, is generally eaten cold, making it perfect for summer.

Though Christmas is officially over, the cooler temperatures and dark nights still remain. What better way than to cozy up indoors with a nice, steaming bowl of soup. After all, January does herald "National Soup Month."

Soups come in all different styles and types, ranging from your mom's homemade chicken noodle soup that serves as the typical illness remedy, to thick, hearty English clam chowder or savory chili. There are often two classifications of soup ó clear or thick. The thick soups are classified depending on the type of thickening agent used in the broth: for example, bisques are made from pureed shellfish thickened with cream, while purees are vegetable soups with starch. The first soups made date back to around 6000 B.C., and the boiling technique used to cook soup was not invented until the creation of waterproof containers (which didn't happen until about 9,000 years ago).

The first soup made was initially known as *sop*, which was a type of liquid broth served with bread. People would pour *sop* over a piece of bread allowing the bread to moisten and soak up the broth before they ate it. As the years went on, the *sop* was placed in deeper bowls and the liquid became the focus of the meal instead of the bread. *Sop* changed to *soup* and the bread became the broth's dipping accompaniment.

Whether it's a basic broth or creamy chowder, everyone has a favorite type of soup. Here are some popular recipes you may want to try out this next month...

Definition of Soup Classifications

"Traditionally, soups are classified into two broad groups: clear soups and thick soups." "The established French classifications of clear soups are bouillon and consommé." "Thick soups are classified depending upon the type of thickening agent used: purées are vegetable soups thickened with starch; bisques are made from puréed shellfish thickened with cream; cream soups are thickened with béchamel sauce; and veloutés are thickened with eggs, butter and cream." "Other ingredients commonly used to thicken soups and broths include rice, flour, and grain."

Did you know? "The word soup originates from "sop", a dish originally consisting of a soup or thick stew which was soaked up with pieces of bread."

Fruit soups

"Fruit soups are served warm or cold depending on the recipe." "Many recipes are for cold soups served when fruit is in season during hot weather. Some like Norwegian fruktsuppe may be served warm and rely on dried fruit such as raisins and prunes and so could be made in any season. Fruit soups may include milk or cream, sweet or savoury dumplings, spices, or alcoholic beverages such as brandy or champagne. Cherry soup is made with table wine and/or port."

"Cold and warm fruit soups are common in Scandinavian, Baltic and Eastern European cuisines while hot fruit soups with meat appear in Middle Eastern, Central Asian and Chinese cuisines." "Cold fruit soups include krentjebrij."

"Fruit soups are uncommon or absent in the cuisines of the Americas, Africa and Western Europe." "They are also not seen in Japan, Southeast Asia or Oceania." "The exception is cold fruit soups that are savory rather than (or in addition to) sweet."

- *Winter melon soup: is a Chinese soup, usually with a chicken stock base. It is a savory soup, often including other vegetables and mushrooms. Technically, the winter melon is a fruit, since it is a seed bearing body, but in practical use, it is a vegetable. Winter melon soup is often presented as a whole winter melon, filled with stock, vegetables and meat, that has been steamed for hours. The skin is decoratively cut, so that what is presented is a decorative centerpiece, smaller than a medicine ball, larger than a soccer ball, filled with soup. The flesh of the melon is scooped out with the soup.*
- *Gazpacho (from Spain and Portugal) is a savory soup based on tomato, a New World fruit.*

Tortilla Soup

3 cooked and cubed chicken breasts
OR one large can Swanson's chicken
2 cans chicken and rice soup
1 can black beans (rinsed and drained)

1 can Rotel
1 can chicken broth plus 1 can water*
1 cup frozen corn

* I substitute 1 Knorr's Chicken bouillon cube and 2 cups of water

Grated mozzarella cheese
Tortilla Chips

Mix all and heat. To serve, break tortilla chips into bowls, pour soup over chips and then sprinkle with grated mozzarella cheese.

Serves 8 Per Serving: Calories: 341, Carbs: 31, Fat 114, Protein 23, Sodium 973, Sugar 2
(Recipe analyzed using regular fat ingredients-can be made healthier using low or non-fat)

Hamburger Vegetable Soup (serves 7)

½ pound ground beef or ground turkey
1 cup onion, diced
1 quart water (4 cups)
1 beef bouillon cube OR 1 tsp granules (optional)
1 raw potato, chipped

1 cup carrots, diced
1 cup cabbage, shredded
¼ cup rice, uncooked
1/8 teaspoon pepper
1 large can tomatoes

Chop onion, brown with ground beef or ground turkey.

Drain fat off meat

Add water and bouillon to browned meat and onion.

Wash and chop potato, carrots, and cabbage.

Add chopped vegetable to meat mixture and bring to a boil.

Add rice and pepper. Cover and continue cooking on low heat for one hour.

Add canned tomatoes. (Optional: add a small amount of other leftover vegetables at this time)

Continue cooking on low heat until hot.

Serve. (Each serving is 1 ½ cups and equals two vegetable servings)

Swanson Sensational Chicken Noodle Soup

4 cups Swanson Chicken Broth or Swanson Certified Organic Chicken Broth
1 medium carrot, sliced
Generous dash pepper
1 stalk celery, sliced
½ cup uncooked medium egg noodles
1 cup cubed cooked chicken

Mix broth, pepper, carrot & celery in saucepan. Heat to a boil.

Stir in noodles & chicken. Cover and cook over medium heat 10 minutes or until noodles are done.

Serves 4 *Recipe from Swanson broth.com*

Wisconsin Potato Cheese Soup

2 Tablespoons butter	2 cups milk
1/3 cup chopped celery	1 1/2 teaspoon salt (optional)
1/3 cup chopped onion	1/4 teaspoon pepper
4 cups diced peeled potatoes	Dash paprika
3 cups chicken broth	

2 cups (8 ounces) shredded cheddar cheese
Croutons
Fresh chopped parsley

In a large saucepan, melt butter over medium-high heat. Sauté onion and celery until tender. Add potatoes and broth. Cover and simmer until potatoes are tender, about 12 minutes. In batches, puree potato mixture in a blender or food processor. Return to saucepan.

Stir in milk and seasonings. Add the cheese and heat only until melted.

Garnish with croutons and parsley.

Yield: 8 servings *Recipe from Country, Oct. 1991*

Meatless Lentil Soup

2 large carrots, halved & sliced	2 bay leaves
2 celery ribs, sliced	4 small red potatoes, diced
1 medium Onion, chopped`	2 teaspoons salt
10 cups water	1 teaspoon pepper
1 pkg. (16 oz.) dried lentils, rinsed	

In a large nonstick saucepan coated with cooking spray, cook carrots, celery & onion over medium heat for 5 minutes.

Stir in water, lentils, potatoes, bay leaves, salt, pepper. Bring to a boil. Reduce heat; cover & simmer for 30 to 35 minutes or until lentils are tender. Discard bay leaves.

Yield: 8 servings Makes (3 qt.) Nutrition facts: 1 1/2 cups 245 cal.
1 g fat, 0 cholesterol, 617 mg sodium, 44 g carbohydrate, 19 g fiber, 16 g protein.
Recipe from TOH Healthy Cooking Oct/Nov 2012

Lentil and Sausage Soup

2 (14 oz.) Cans Reduced Sodium Chicken Broth	1 medium onion, chopped
1 1/2 cups water	1/2 teaspoon dried thyme
1 cup brown lentils, rinsed and drained	1/8 teaspoon cayenne pepper
1 cup sliced celery	2 cloves garlic, minced
1 cup sliced carrots	

8 ounces cooked smoked sausage links, which have been quartered lengthwise and sliced

1. In a large saucepan combine all items except sausage. Bring to boiling; reduce heat. Simmer, covered, for 20 to 25 minutes or until vegetables and lentils are tender.

2. Stir in sausage and heat through.

Nutrition: per 1 1/2 cup serving: 294 calories, 11 gram fat, 962 mg. sodium, 38 gram carbohydrate, 13 gram fiber, 21 gram protein.

White Chicken Chili

1 tablespoon olive oil	1 ½ lb. boneless, skinless chicken, cut into pieces
1 medium onion, chopped	6 cups water
6 cloves garlic, finely chopped	16 oz. dried great northern beans, sorted & rinsed
4 c. chicken broth	1 teaspoon ground cumin
9 oz. chopped green chilies; drained	1 cup shredded Monterey Jack Cheese
1 T. chili powder	Tortilla chips, optional
1 t. ground red pepper, cayenne	
Sliced green onions, optional	

Spray 5 to 6 qt. slow cooker with cooking spray (or use a liner). In large skillet, heat oil over medium heat. Cook chicken, onion and garlic 8 to 10 minutes until onion is tender and chicken is no longer pink. Spoon into slow cooker. Add rest of ingredients except shredded cheese, green onions and chips; stir to combine. Cover and cook on low 7 to 8 hours. Sprinkle individual servings with cheese and green onions. Serve with tortilla chips.

Makes 6 servings Per Serving: Calories: 470, Total fat 12 g (saturated fat 5 g), sodium 920 mg, total carbohydrates 47 g (14 g fiber), protein 43 g. *Recipe From Betty Crocker Soups and Stews*

Italian White Bean Soup Makes 4 servings

Part of the beans and liquid in this soup is pureed to make a thicker, creamy texture.

- 2 (14.5-ounce) cans white kidney beans (cannellini) or Great Northern beans, drained and rinsed; OR 3 cups cooked dry beans
 - 4 cups non-fat, reduced sodium chicken broth, divided
 - ½ cup chopped onion
 - 3 cloves garlic, minced
 - 1 (16-ounce) can diced tomatoes with no salt, undrained; OR 4 to 6 fresh plum tomatoes, peeled and chopped
 - 2 teaspoons dried basil
 - 1-1/4 teaspoons dried thyme leaves
 - 1/8 teaspoon pepper
1. Combine one can of beans with two cups of the broth in a blender or food processor and blend until a smooth puree.
 2. Transfer to a large saucepan. Stir in remaining ingredients.
 3. Bring to a boil over high heat, then reduce heat and simmer, covered, about 10 to 15 minutes, or until beans and tomatoes reach desired tenderness.

Source: Courtesy of American Institute for Cancer Research; adapted slightly. For more information about diet and cancer prevention, visit www.aicr.org

Nutritional Facts/serving: 203 calories; 1g total fat (<1g saturated fat); 37g carbohydrate; 12g protein; 10g dietary fiber; 744mg sodium. **Alice's Notes:** Use a canned bean without added salt or cook your own without salt to lower the sodium content of this recipe.

Hearty Tomato Soup (4 to 5 servings)

1 medium onion, finely chopped	1 can whole crushed tomatoes
2 Tablespoons butter	½ teaspoon paprika
4 ounces cream cheese, softened (low fat can be used)	½ teaspoon garlic powder
2 cans (10 ¾ oz.) condensed tomato soup	½ teaspoon dried basil
1 soup can milk	

In medium saucepan, cook and stir onion in butter until onion is tender. Stir in cream cheese. Gradually stir in milk and soup; beat with rotary beater until smooth. Add tomatoes and seasonings. Heat, stirring frequently. Do not boil.

Fall Fruit Soup (6 Side Dish Servings)

1 cup cranberries	3 cups cranberry apple juice
1 medium pear cut into bite size pieces	¼ cup packed brown sugar
1 medium cooking apple cut into bite size pieces	1 Tablespoon lemon juice
3 plums, halved, pitted, and cut into bite-size pieces	2 (3 inch pieces) Stick Cinnamon

(If plums are not available, try 3 dried apricot halves cut into thin strip.)

In a large saucepan combine cranberries, apples, and plums. Stir in juice, brown sugar, lemon juice, and cinnamon sticks. Bring to boiling; reduce heat and simmer, covered, for 5 to 6 minutes or until fruit is tender and skins on cranberries pop. Remove and discard cinnamon sticks.

Nutrition: per 1 cup, 174 calories, 0 fat, 13 mg sodium, 45 gram carbohydrate, 3 gram fiber, 1 gram protein
Use for appetizer or dessert.

Chicken and Rice Soup

4 cups chicken broth	4 cups cut-up chicken, cooked
1 1/3 cup celery, chopped	1 1/3 cups diced carrots
1 quart water	1 cup uncooked long-grain rice

Put all ingredients in slow cooker. Cover and cook on low 4-8 hours, or until vegetables and rice are tender.

Creamy Tomato Soup

2 Tablespoons unsalted butter	2 Tablespoons flour
2 Tablespoons olive oil	1 (28 oz) can whole peeled tomatoes
1 large onion, chopped	2 Tablespoons tomato paste
1 teaspoon Kosher salt	1 teaspoon sugar
1 teaspoon black pepper	3 cups vegetable broth
1 Tablespoon garlic, minced	½ cup heavy cream

Heat the butter and olive oil in a Dutch oven over low heat. Add onion, salt, and pepper. Cook, stirring occasionally, until the onion is soft, 6-minutes. Add the garlic and cook for 2 minutes more. Sprinkle with the flour to make a roux, and stir constantly for 3 minutes. Stir in the tomatoes, tomato paste, sugar and vegetable broth. Bring the mixture to a boil, then reduce the heat, cover, and simmer for 30 minutes. Taste the soup and add salt and pepper, if necessary. Remove the soup from the heat and allow to cool slightly. Working in batches, puree the soup in a blender. Return the soup to the Dutch oven and stir in the cream. Reheat over low heat just until hot. Do not boil.

Black Bean and Potato Soup

1 medium onion, diced (1 ½ cups)	3 medium potatoes, peeled and diced (2 ½ cups)
1 small red bell pepper, diced (1 cup)	2 Tablespoons white wine vinegar
1 medium green bell pepper, diced (1 cup) plus more for garnish	1 Tablespoon ground cumin
6 cloves garlic, peeled and sliced	1 bay leaf
6 cups cooked black beans, divided	1 Tablespoon fresh oregano leaves
Diced red onion, for garnish	½ teaspoon salt

Sauté onion, 1 cup each red and green bell peppers and garlic in saucepan with a little water or vegetable broth over medium heat 2 to 3 minutes, or until vegetables soften. Transfer to blender.

Puree until smooth. Add 3 cups beans and 6 to 7 cups water; puree to consistency of thick soup.

Return blend to pan. Add remaining beans, potatoes, vinegar, cumin, bay leaf, oregano, and salt. Bring to a simmer. Reduce heat to medium-low. Simmer, covered, 20 minutes, or until potatoes are soft. Remove bay leaf. Garnish with diced onion and bell pepper.

Per 1-cup serving: 321cal.; 18g prot; 1g total fat(-1g sat fat); 62g carb; 0mg chop; 610mg sod.; 18g fiber; 4g sugars.

Sausage and Tortellini Soup with Spinach

1 Tablespoon olive oil	1 pound Italian sausage
1 onion, chopped fine	2 garlic cloves, minced
6 cups chicken broth	1 bay leaf
1 (9oz) pkg. fresh Cheese tortellini	3 ounces baby spinach
Salt and pepper	

Heat oil in a Dutch oven over medium óhigh heat until just smoking. Cook sausages, rolling occasionally, until browned all over, about 10 minutes. Transfer to paper towels to drain; drain all but 1 Tablespoon of drippings from Dutch oven. Cook onion in sausage fat over medium heat until softened, about 5 minutes. Add garlic and cook until fragrant, about 30 seconds. Stir in broth and bay leaf, scraping up any browned bits, bring to a boil. Cut sausage into ½ ð rounds and add to pot. Stir in tortellini and simmer over medium heat until pasta is tender, 6-8 minutes. Stir in spinach and cook until just wilted, about 1 minute. Discard bay leaf, Season with salt and pepper. Serve.

Fruit Salad

24 ounce package frozen strawberries, thawed. **Do Not Drain.**
1 20 ounce can pineapple chunks (in its own juice) ó **Do Not Drain**
1 15 ounce can mandarin oranges, **Drained.**
2 ó 3 sliced bananas
1 ó 1 ½ pounds green grapes

Mix together and serve.

Raw Kale Salad with Root Vegetables

Salad:

2 12-oz. bunches kale, stems removed, leaves cut into thin strips	¼ cup pure maple syrup
2 Tablespoons olive oil	2 Tablespoons canola oil
1 Tablespoon apple cider vinegar	¼ teaspoon cayenne pepper
1 ½ teaspoon salt, divided	1 medium turnip, peeled and grated (1 cup)
1 cup whole pecans	½ medium rutabaga, peeled and grated (1 cup)
	2 green onions, cut thin or diagonal

Dressing:

2 Tablespoon lemon juice	1 Tablespoon low-sodium soy sauce
1 Tablespoon grated lemon zest	2 teaspoon agave nectar
1 Tablespoon olive oil	

To make Salad: Place kale in large bowl, and pour olive oil, vinegar, and 1 tsp. salt over top. Massage mixture into kale 2 to 3 minutes by hand, or until kale starts to wilt. Let rest 30 minutes.

Preheat oven to 375F. Line baking sheet with parchment paper. Toss together pecans, maple syrup, canola oil, remaining 1/2 tsp. salt, and cayenne in medium bowl. Spread nut mixture in single layer on prepared baking sheet; bake 8 to 10 minutes, or until pecans are brown and fragrant, stirring often. Cool.

To make Dressing: Whisk together all ingredients in bowl. Season with salt and pepper, if desired. Toss together turnip, rutabaga, carrot, green onions, kale mixture, and Dressing. Garnish with pecans.

Per 1-cup serving: 321 Cal, 5g prot., 24g total fat(2g sat fat), 27g carb, 0mg chop, 732mg sodium 5g fiber, 14g sugars.

Cream Cheese Spinach & Herb Rolls Yield : 24 rolls

Dough

1/2 cup low-fat milk (80° ó 85° F)
1/2 cup water (80° ó 85° F)
1/4 cup canola oil
1 egg, beaten
3 1/2 cups Unbleached All Purpose Flour
1/4 cup granulated sugar
1 teaspoon salt
1/4 teaspoon dried thyme leaves
2 1/4 teaspoons Fleischmann's Bread Machine Yeast

Filling

6 ounces cream cheese, room temperature
1 cup packed, finely chopped fresh baby spinach
1/3 cup finely shredded Italian Blend Cheese

1. Place all dough ingredients in the bread machine pan in the order specified by your bread machine manufacturer. Select the dough cycle on your bread machine; check dough after first 5 minutes of mixing. The dough should form a ball around the kneading blade. If dough is too dry, gradually add a few tablespoon of water; if too wet, add a few tablespoon of flour.

2. Meanwhile, prepare filling. When cycle is done, remove dough and knead for about 1 minute on a lightly floured surface. Roll dough into a 10 x 18 inch rectangle.

3. Spread cream cheese evenly over the dough. Sprinkle spinach and Italian blend cheese on top of cream cheese.

4. Starting at the longer 18 inch side, roll up the rectangle into a log. Pinch the edge to the log so that it won't unroll. Cut the log into 24 pieces, about 3/4 inch thick.

5. Place rolls into 2 lightly greased 12 cup standard-size muffin pans. Cover; let rise until almost double, 35 to 40 minutes.

6. Bake in preheated 350°F oven 12 to 13 minutes or until golden brown. Remove rolls to wire rack; serve warm. Store cooled rolls in an airtight container in the refrigerator for a few days and reheat in microwave.

Nutrition: One roll provides approx.. 129 calories, 4 g protein, 16 g carbohydrate, 1 g dietary fiber, 5 g fat (2 g saturated), 17 mg cholesterol, 34mcg folate, 1 mg iron and 142 mg sodium.

Recipe from Kansas Wheat Commission 2013 Recipe Book, Kara Bringewatt, North Carolina

Corn Muffins

1 cup yellow cornmeal	¼ teaspoon salt
1 cup flour	2 large eggs
1/3 cup sugar	1 ¼ cup nonfat vanilla yogurt*
1 teaspoon baking powder	¼ cup canola oil
1 teaspoon soda	

Mix eggs, yogurt, oil and sugar until combined well. Sift together cornmeal, flour baking powder, soda and salt and add to yogurt mixture and stir until combined. Bake in a well-greased (or use liners) 12 cup muffin pan (or large 6 cup) at 375 degrees for 15-20 minutes. Cool in pan for 3 minutes and then turn them out onto a rack. These freeze well. * I use Dannon Light and Fit

Whole-Wheat Irish Soda Bread Rolls

1 cup plus 1 Tablespoon whole-wheat flour, plus more for dusting
1 cup plus 2 Tablespoons all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
½ cup buttermilk
½ cup reduced-fat milk plus 1 Tablespoon, divided
2 teaspoons honey
2 teaspoons chopped fresh thyme
1 Tablespoon old-fashioned rolled oats

Preheat oven to 375F. Line a baking sheet with parchment paper or a nonstick baking mat.

Whisk whole-wheat flour, all-purpose flour, baking soda and salt in a large bowl. Whisk buttermilk, 1/2 cup milk, honey and thyme in a medium bowl. Add the wet ingredients to the dry ingredients and stir until the dough comes together.

Dust a clean work surface with whole-wheat flour. Turn the dough out and gently knead with barely damp hands just a few times until smooth.

Divide the dough into 6 equal pieces and shape each into a 2-to 2 1/2-inch round about 1 inch thick. Place on the prepared baking sheet about 1/2 inch apart.

Brush with the remaining 1 tablespoon milk and sprinkle with oats, pressing on them lightly to adhere.

Bake the rolls until golden brown on the bottom and a skewer inserted in the center comes out clean, 20 to 25 minutes. Serve warm. Makes 6 rolls.

Calories 106, Fat 1g(satOg), Cholesterol 3mg, Carbs 20g. Total,Sugars 4g(added 2g), Protein 5g, Fiber 2g, Sodium 331mg, Potassium 143mg.

Orange Ginger Pound Cake

1 ½ cups all-purpose flour	1 Tablespoon finely minced, peeled fresh ginger root
2 teaspoons baking powder	1 Tablespoon minced orange rind
½ teaspoon salt	1/3 cup mild pure olive oil (not extra virgin oil)
1 cup plain Greek yogurt or plain low-fat yogurt	OR vegetable oil
1 ¼ cups sugar, divided	¼ cup + 2 Tablespoons fresh orange juice
3 eggs	1 cup powdered sugar
½ teaspoon vanilla extract	

Preheat oven to 350F. Grease an 8 1/2 by 4 1/4-inch loaf pan.

Combine flour, baking powder and salt in a medium bowl.

Whisk together yogurt, 1 cup sugar, eggs, vanilla, ginger, orange rind and oil.

Slowly stir in flour mixture. Pour batter into prepared pan and bake about 50 minutes, until a cake tester placed in the center of loaf comes out clean.

Place 1/4 cup fresh orange juice and remaining 1/4 cup sugar in a small saucepan.

Heat until sugar dissolves.

When cake is done, let cool in pan 10 minutes. Remove cake and place on a wire rack over a sheet pan.

While cake is warm, poke holes in top, pour orange mixture over cake, allowing to soak in.

Combine powdered sugar and remaining 2 tablespoons orange juice, stirring until smooth.

When cake is cool, drizzle glaze over top of cake. Serves 10

Per serving: 320 calories, 9g fat, 60mg chol., 5g carbs., 0g fiber, 270 mg sodium.