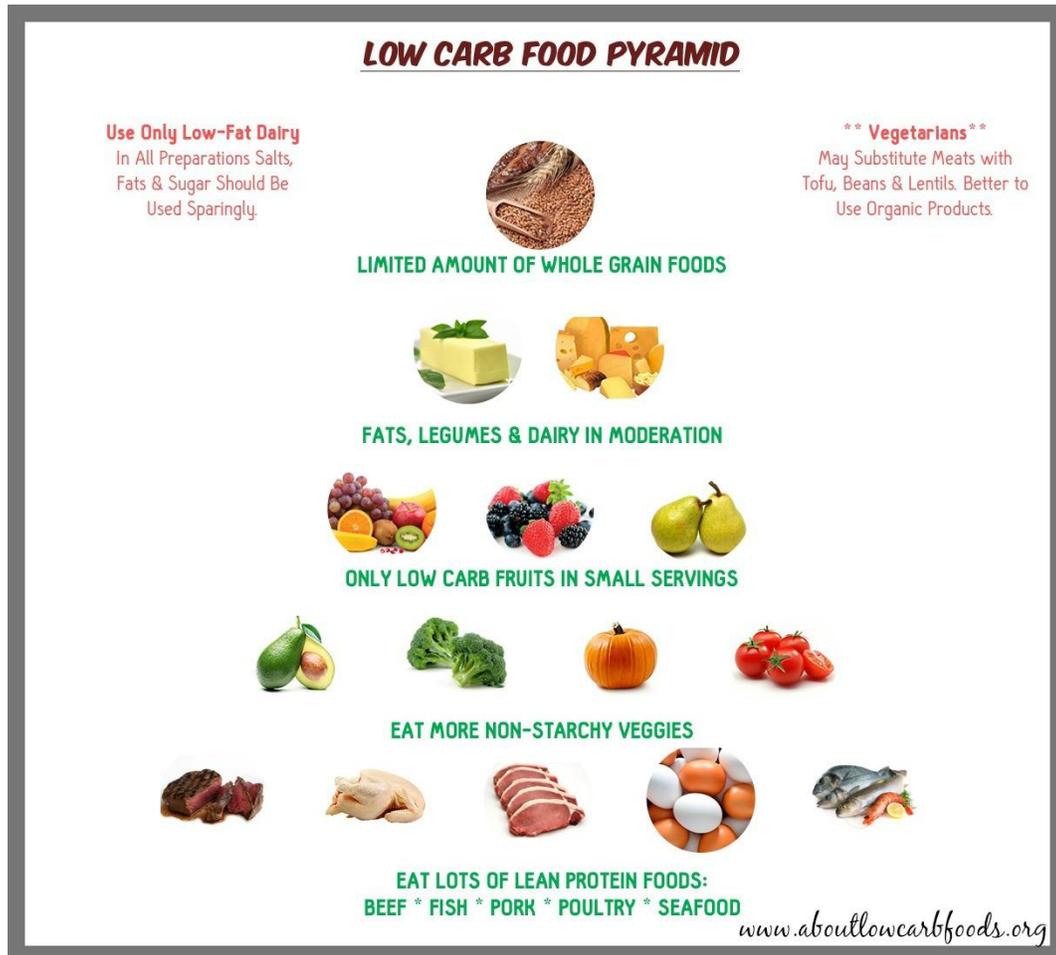


Knowledge @ Noon

“Eat Low Carb”



Wednesday, April 20, 2016

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Diane Burnett at 913-294-4306.

Watch Out for Carbs

Low carb diets have become very popular and low carb dieting means different things to different people. What may be more important than the quantity of carbs is the *type of carbohydrate* one eats because certain carbs are much healthier than others.

Carbohydrates provide 4 calories per gram. There are two different types of carbohydrates:

- Simple carbohydrates -- also known as simple sugars
- Complex carbohydrates -- made of strings of simple carbohydrates

The words carbohydrates and carbs can be used interchangeably and mean the same thing.

Foods that are made up of complex carbohydrates and those with simple carbohydrates *that contain fiber*, as in fruit, are generally considered the healthier sources of carbs. They offer to us a slow-released, sustained energy and promote good health due to their vitamins, minerals, fiber, and important phytonutrients. Examples of these healthier carbohydrates are:

- fruits
- vegetables
- beans
- whole grains
- whole grain breads
- whole grain cereals

Research indicates quality carbohydrate-rich foods are a critical part of a healthy and active lifestyle. Carbohydrates are the main source of fuel for the body and brain and therefore it is recommended at least 50% of our calories come from these sources. The 2015 dietary guidelines recommends $\frac{3}{4}$ of our plate be fruits, vegetables, and whole grains.

Foods made up of refined carbs or simple carbohydrates that have very little fiber are less healthy sources of carbs. These items contain easily digested carbohydrates that may offer quick energy but can affect blood sugar and insulin levels in a negative way. Their high calories and low nutrient value may also contribute to weight gain, interfere with weight loss, and may possibly promote chronic disease. Examples of these less healthy carbohydrates are:

- white bread/white flour
- white rice
- pasta
- most breakfast cereals
- doughnuts, pastries, cookies, cake
- sugar, candy, and soda pop
- French fries
- most snack foods such as pretzels and potato chips

The important thing to remember is that all carbs are not created equally. There is a big difference between oats and a toaster pastry, but so many people think that a carb is a carb is a carb. It is better to focus on the *quality* of the food that contains the carbohydrates and explore the difference between foods that gush sugar into the blood and others that trickle it into the blood.

In an effort to eat the healthier carbs and less of the unhealthy we can do some tricks to help us. We can try experimenting with some of our favorite recipes that are not so healthy as well as try to find new recipes that are more in alignment with the suggested healthy carbs.

Some substitutions can be easier than others. We can use brown rice instead of white rice and we can swap out regular pasta for 100% whole grain pasta in recipes. We can try substituting half 100% whole wheat pastry flour for half the flour in a dessert recipe that uses baking powder and/or baking soda. We can substitute half our bread flour for 100% whole wheat flour in bread recipes that use yeast. Also, it is said that many dessert recipes can use half the sugar without compromising the recipe.

Sometimes trying to encourage our families to eat more vegetables can be a challenge. Some moms have found that dipping vegetables in some sort of dip helps kids to eat more raw veggies. By using guacamole or hummus for dipping we can provide more vegetables or beans to the menu. It has also been suggested that a white sauce (made by stirring one cup of milk with one tablespoon of cornstarch and a dash of salt and heat while stirring until it thickens) served on steamed vegetables seemed to ease their families into eating more cooked vegetables.

Dried fruits such as dried dates, figs, raisins, cherries and other fruit can help satisfy a sweet tooth without the quantity of processed sugar found in many candies and desserts. Nuts and seeds also can be a good snack substitute for the not so healthy snacks of pretzels or chips.

Fruit juice and fruit flavored herbal teas, minimally sweetened if needed, can help substitute for Kool-Aid type drinks. Sometimes just having cold ice water available is all that is needed to encourage children to drink on a hot day.

Portion control is still essential. Choosing less refined and processed carbs while substituting for healthier carbs can be an important part of a healthy diet.

Sources:

U.S. Department of Health and Human Services and U.S. Department of Agriculture. *2015 – 2020 Dietary Guidelines for Americans*. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>

<https://foodandhealth.com/>

Pecan Chicken Salad

2 cups chopped chicken meat, cooked
1 ½ cups halved seedless green grapes, rinsed
½ cup diced celery
1 cup coarsely chopped pecans, toasted
2 Tablespoons chopped fresh basil
½ cup thinly sliced green onions
1 cup mayonnaise
¼ teaspoon salt
¼ teaspoon ground black pepper
1 Tablespoon lemon juice
12 bread slices
6 lettuce leaves

Combine all the salad ingredients in a bowl and mix well. To make the sandwiches, use ¾ cup of the salad per sandwich and layer between bread slices with lettuce.

Makes 6 servings. 28.9 grams carbs.

Recipe from Low Carb Recipes, Traditional Kitchen

Garden Vegetable Sauté

½ cup butter
2 teaspoons dried basil leaves
1 teaspoon dried oregano leaves
1 teaspoon finely chopped fresh garlic
2 cups broccoli florets
4 medium carrots, sliced diagonally ¼ inch thick
2 medium onions, cut into ¼ inch rings
1 (8 oz.) package fresh mushrooms, sliced ¼ inch thick
2 red or green peppers, cut into strips
2 medium zucchini, sliced 1/8 inch thick
1 cup shredded cheddar cheese
1 cup shredded mozzarella cheese

In a Dutch oven melt the butter until sizzling; stir in the basil, oregano and garlic. Add the broccoli, carrots and onions. Cook over medium heat, stirring often; until vegetables are crisply tender (7 to 9 Minutes). Stir in the mushrooms, peppers and zucchini.

Continue cooking, stirring constantly, until vegetables are crisply tender (5 to 6 minutes). To serve, spoon into serving dish; sprinkle with cheeses. Cover; let stand 1 to 2 minutes or until cheeses are melted. 8 grams carbs. Makes 12 servings.

Recipe from Low Carb Recipes, Traditional Kitchen

100% Whole Wheat Bread

4 1/2 -5 cups whole wheat flour (divided)
2 teaspoons salt
1 envelope active dry yeast
3/4 cup milk
3/4 cup water
1/4 cup honey
3 Tablespoons butter

1. Preparation: 15 minutes. Thoroughly blend 1½ cups of the whole wheat flour, the salt, and yeast in a large mixing bowl. Heat milk, water, honey and butter in a medium sauce pan until lukewarm (120-130 degrees Fahrenheit); gradually add to dry ingredients in bowl, and beat at medium speed with electric mixer for 2 minutes, scraping bowl once or twice. Add ½ cup more of flour, or enough to make a thick batter. Beat at high speed for 3 minutes. Stop the mixer and add additional flour, stirring with a spoon; then stir by hand, until a soft mass forms.
2. Resting: 10 minutes. Turn the soft dough onto a lightly floured work surface, invert the mixing bowl over the dough to cover, and let dough rest 10 minutes.
3. Kneading: 8 minutes. Knead the dough until it is smooth and elastic, adding 1/8 cup or more additional flour if the dough is moist or slack. Knead for about 8 minutes (5 minutes if using the dough hook of an electric mixer).
4. First Rising: 50 minutes. Press dough into a large greased bowl. Cover the top tightly with foil or plastic wrap and move to a warm draft-free place till dough doubles in volume.
5. Shaping: 10 minutes. Punch dough down; turn out on work surface shaping into a loaf. This can be done by flattening dough into an oval, folding in half, pinching the seam tightly and placing seam side down, in a greased 9¼ x 5¼-inch loaf pan.
Second Rising: 50 minutes. Cover the pan with wax paper and let loaf rise in a warm place until it has doubled in volume, and the center has risen about 1 inch above the level of the edge of the pan.
6. Baking: 40 minutes. Bake in a moderate oven (375 degrees) for 40 minutes or until it tests done when thumped on the bottom crust. If it does not sound hard and hollow return to the oven without the pan for an additional 10 minutes.

Another way to check for doneness is by inserting a food thermometer into the center of the loaf. A yeast bread is done if its internal temperature is 205 degrees Fahrenheit.

7. Final Step: Let cool on metal rack, out of the pan. Brush with butter.

Garlic/Cheese Biscuits

3 ounces grated Cheddar cheese
3 eggs, beaten
1 ½ cups whey protein powder
1/8 cup oil
½ cup cream
¼ cup water
1 ½ teaspoons butter extract
2 Tablespoons baking powder
Garlic powder, to taste

Preheat oven to 350 degrees. Mix all ingredients together. Dough will be almost like cookie dough. Drop dough by tablespoonful onto greased cookie sheet. Bake for about 10 to 15 minutes until slightly golden. 1.2 grams carbs. 18 servings.

Recipe from Low Carb Recipes, Traditional Kitchen

Marinated Seafood Salad

12 ounces fresh or frozen peeled and deveined shrimp
8 ounces fresh or frozen bay scallops
6 cups water
½ teaspoon salt
3 Tablespoons lemon juice
2 Tablespoons olive oil
2 teaspoons snipped fresh oregano or tarragon (½ teaspoon dried)
¼ teaspoon dry mustard
¼ teaspoon salt
¼ teaspoon pepper
6 cups mixed salad green
¼ cup crumbled feta cheese

1. Thaw shrimp and scallops, if frozen. In a large saucepan bring water and the ½ teaspoon salt to a boiling; add shrimp and scallops. Return to boiling. Simmer, uncovered, for 1 to 3 minutes or until shrimp and scallops are opaque. Drain. Rinse under cold running water; drain well. Place shrimp and scallops in a plastic bag set in a shallow dish.
2. For dressing combine lemon juice, olive oil, oregano or tarragon, mustard, ¼ teaspoon salt and pepper. Pour over shrimp and scallops in bag. Close bag. Marinate in the refrigerator for 2 to 3 hours, turning bag occasionally.
3. To serve, divide the greens among 6 salad plates. Spoon seafood and dressing over the greens. Sprinkle each serving with feta cheese.

Nutrition facts per serving: 156 calories, 8 grams fat, 09 mg cholesterol, 372 mg sodium, 4 grams carbohydrate, 1 gram fiber, 18 grams protein.

Recipe is from New Diabetic Cookbook, by Better Homes and Gardens

Spring Green and Mango Salad with Ginger-Carrot Dressing

¼ cup seasoned rice vinegar
2 tablespoons toasted sesame oil
1 tablespoon shredded carrots
¼ teaspoon lime juice
8 ounces mixed baby greens
1 mango, diced
2 teaspoons sesame seeds

Whisk together vinegar, oil, ginger, carrots and lime juice in a large bowl. Add greens and mango and toss to coat, sprinkle with sesame seeds.

Makes 6 servings of 2 cups each.

Per 2-cup serving: 78 calories; 5.3 grams fat, 1 gram protein, 7.5 grams carbohydrates; 1 gram fiber; 27 mg sodium *Recipe is from Allrecipes Magazine, April, 2016*

Gazpacho Mold with Parsley Sauce

2 envelopes unflavored gelatin
2 ½ cups no-salt . added vegetable juice cocktail
½ cup water
3 tablespoons lemon juice
¼ teaspoon hot sauce
½ cup chopped celery
½ cup chopped green pepper
½ cup peeled, seeded, and chopped cucumber

Sprinkle gelatin over vegetable juice cocktail in a nonaluminum sauce-pan; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves. Add water, lemon juice, and hot sauce; stir well. Remove from heat, and chill until the consistency of unbeaten egg white.

Add celery, green pepper, and cucumber to gelatin mixture, stirring to combine. Spoon gelatin mixture into a 4 cup old coated with cooking spray. Cover and chill until firm. Unmold gazpacho onto lettuce leaves, if desired. Serve with Parsley Sauce.
(8 servings)

Parsley Sauce

½ cup plain nonfat yogurt
½ cup chopped fresh parsley
½ cup reduced-calorie mayonnaise

Per ½ cup serving with 1 tablespoon sauce: Calories 77, protein 3 grams, fat 4 gram, carbohydrates 7 grams , sodium 149 mg.

Recipe is from the Light and Easy Cooking Collection.

No Dough Pizza

Crust

1(8oz) package of full fat cream cheese, room temperature
2 eggs
1/4 teaspoon black pepper
1 teaspoon garlic powder
1/4 cup grated parmesan cheese

Preheat oven to 350F

Lightly spray a 9x13 baking dish with cooking spray. With a handheld mixer, mix cream cheese, eggs, pepper, garlic powder and parmesan cheese until combined. Spread into baking dish. Bake for 12-15 min or until golden brown. Allow crust to cool for 10 min.

Spread pizza sauce on crust. Top with cheese and toppings. Sprinkle pizza with garlic powder. Bake 8-10 min until cheese is melted.

Recipe from Barbara Wilson, MFV

Vegetable Ham Stew Recipe

TOTAL TIME: Prep: 10 min. Cook: 1 hour 25 min. YIELD: 11 servings

Ingredients

4 cups water	1/2 cup chopped green pepper
2 cans (14-1/2 ounces each) diced tomatoes, Undrained	1 Tablespoon sugar
3 cups shredded cabbage	2 teaspoon dried basil
2 cups diced fully cooked lean ham	1/2 teaspoon pepper
3 large carrots, cut into 1-inch pieces	1/4 teaspoon garlic powder
1-1/2 cups chopped celery	2 bay leaves
3/4 cup chopped onion	1/4 cup cornstarch
	1/4 cup cold water

Directions

1. In a Dutch oven or soup kettle, combine the first 13 ingredients; bring to a boil. Reduce heat; cover and simmer for 1-1/4 hours or until cabbage is tender, stirring occasionally.

2. Combine cornstarch and cold water until smooth; stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard bay leaves. Yield: 11 servings (2-3/4 quarts).

Nutritional Facts

1 cup equals 90 calories, 1 g fat (0 saturated fat), 12 mg cholesterol, 511 mg sodium, 13 g carbohydrate, 3 g fiber, 6 g protein. Diabetic Exchanges: 1 starch, 1 lean meat.

Recipe from Taste of Home

Pecan Cheesecake Bars

1 cup all-purpose flour
1/3 cup firmly packed brown sugar
1/3 cup softened butter
1/2 cup chopped pecans

Filling:

1 (8 oz) package cream cheese, softened
1/4 cup sugar
1/4 cup milk
1 teaspoon vanilla

Heat oven to 350 degrees. Combine the flour, brown sugar and butter in a large bowl. Beat at a low speed until the mixture resembles coarse crumbs. Stir in pecans by hand. Reserve 1 cup crumb mixture; set aside. Press the remaining crumb mixture onto bottom of an ungreased 8-inch square baking pan. Bake for about 12 to 15 minutes or until lightly browned.

To make the Filling: Combine all Filling ingredients in a small bowl. Beat at low speed until well mixed. Spread the filling over hot, partially baked crust. Sprinkle with reserved crumb mixture. Continue baking for about 30 to 40 minutes or until the Filling is set. Cool completely; cut into bars. Store refrigerated. 7 grams Carbs. Makes 24 servings.
Recipe from Low Carb Recipes, Traditional Kitchen

Flourless Chocolate Cake

7 oz really good (45-50% cocoa) semisweet chocolate
3/4 cup butter

1 cup sugar, divided
4 eggs, separated

1. Preheat oven to 300F. Melt chocolate and butter in a double boiler. Stir together half the sugar and four yolks; add to melted chocolate concoction.
2. Using an electric mixer beat the egg whites; slowly add remaining 1/2 cup sugar until stiff peaks form. Fold mixture into chocolate. Pour into a greased 9 inch cake pan.
3. Bake 40 minutes, or until toothpick inserted in center comes out with just a few crumbs on it. Cool 30 minutes before removing from pan. Dust with powdered sugar.

Servings: 12. Per serving: 270 calories, 18 g fat, 100 mg chol, 105 mg sodium, 26 g carb, 3 g protein. From Dash recipes.com

Brownie (Gluten Free)

In blender mix:

4 eggs
1 can (15 oz.) black beans (drained)
2 Tablespoons oil
1 Tablespoon applesauce
1 teaspoon vanilla

Add: 1 cup sugar
1/4 cup cocoa
1 Tablespoon baking powder
1/2 cup chopped pecans

Bake in 8+x 11+pan, sprayed.
Bake at 350 degrees for 30 minutes.
Recipe from Pat Nelson, MFV.