

Knowledge @ Noon

“Love Your Heart”



Wednesday, February 15, 2017
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

Healthy Heart Living

Heart disease is the leading cause of death in America. But the good news is many of these deaths and risk factors are preventable.

While age, gender and family history cannot be controlled, you can help prevent and control high cholesterol, high blood pressure, excess weight and obesity with lifestyle changes, physical activity and healthful eating.

Healthy food choices and an active lifestyle can have a big impact on your heart's health. Just a few steps and you can be on your way to a healthier heart:

- Regular, moderate physical activity lowers blood pressure and helps your body control stress and weight. Be physically active in your own way. Start by doing what you can, at least 10 minutes at a time. Always check with your physician before beginning a workout regimen.
- Eat more fruits and vegetables. One good goal is to fill half your plate with colorful fruits and vegetables every meal.
- Eat less salt by preparing foods at home so you can control the amount of salt in your meals. As you prepare meals, use as little salt as possible. You can cut at least half the salt from most recipes. As you shop, select reduced-sodium or no-salt-added canned soups and vegetables.
- Eat whole grains. Not only do they provide vitamins and minerals, but whole grains also contain dietary fiber, which may help reduce your risk of heart disease, cancer, diabetes and other health complications.
- Regularly eat fatty fish including salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines.
- Eat fewer foods with saturated fats, trans fats, cholesterol, added sugars and refined grains.

For Women: Heart disease is the leading cause of death in American women. What a woman eats and her lifestyle choices play a big part in her heart health.

While you can change what you eat and whether you stay physically active, there are some risk factors for heart disease you cannot change. These include:

- **Aging:** As women get older, their risk for heart disease goes up.
- **Gender:** More women than men have heart attacks and strokes as they age.
- **Family History:** If a woman has a close blood relative with heart disease, the chances she will have heart disease are greater.
- **Race:** Black women have a higher risk of heart disease than white women. Their chances of dying from a stroke are also greater.
- **Previous Heart Attack:** If a woman has already had a heart attack, she is at risk of having another one.

For Men: Good nutrition and lifestyle play big roles in keeping your heart healthy. And, since more men die from heart disease than any other disease, it is essential to take a look at these risks and take action to reduce these potential players in heart disease.

Being overweight or obese, eating fatty foods, smoking cigarettes and being inactive put you at greater risk for heart disease. Cholesterol levels and blood pressure are also important when considering risk factors. The following increase the chances of heart disease:

- High LDL “bad” cholesterol (greater than 100 mg/dL)
- High triglycerides (greater than 150 mg/dL)
- Low HDL “good” cholesterol (less than 60 mg/dL)
- High blood pressure (greater than 120/80)

For Everyone: Choose heart-healthy foods such as whole grains, fruits, vegetables, low-fat or fat-free dairy, lean protein and heart-healthy fats. Limit your calories by filling up on high-fiber foods including whole grains, fruits and vegetables. Fiber can help you lose weight and keep the pounds off by filling you up faster and for a longer time.

The amount and kind of fat you eat makes a difference. Fat should make up 20 to 35 percent of your total calories, but only 10 percent of those fat calories should come from saturated fat. Research shows that eating too much saturated fat is not good for the heart. Foods such as bacon, sausages, fatty meats, butter, ice cream and other full-fat dairy foods contain saturated fat.

Unsaturated fat is a different story. It has been shown to be beneficial for cholesterol levels and overall cardiovascular health. Foods including olive oil, canola oil, avocados, nuts and seeds contain unsaturated fat.

Omega-3 fatty acids, a type of unsaturated fat, have been found to be helpful in preventing sudden death from heart attacks. Fatty fish such as salmon, mackerel, tuna and herring, contain two types of omega-3 fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA).

The recommended intake for omega-3 fatty acids is 500 milligrams per day. That’s basically two 6-ounce servings of fatty fish per week.

Another type of omega-3 fat, alpha-linolenic acid (ALA), is also proven to have cardiac benefits. Flaxseeds and walnuts contain ALA. Consume 2 tablespoons of ground flaxseed or 1 ounce (about a handful) of walnuts each day for heart health.

When it comes to loading your plate, fruit and vegetables are where it’s at. Not only are they low in calories and high in fiber and antioxidants, they can also help keep blood pressure in check. High blood pressure is a major risk factor for heart attack and stroke. What makes fruits and vegetables so good? They are packed with potassium, a mineral that has been shown to lower blood pressure in clinical studies.

Aim for 4,700 milligrams of potassium every day for good blood pressure. That’s at least 2 cups of fruit and 3 cups of vegetables daily.

If you are overweight or obese, gradual weight loss offers the best results for overall health. It doesn’t take much to see results; your overall health will improve noticeably with a 5- to 10-percent drop in weight. Get at least 30 minutes of regular activity most days of the week; this will help with weight loss and keep your heart beating strongly.

Altering Recipes for Better Health

HE-560

Dietary guidelines recommended that we reduce the amount of fat, sugar, and salt that we eat. These same guidelines encourage us to include more fiber in our diets by eating whole grain products and more fruits and vegetables.

You may decide that the best way for you to improve your diet is by reducing the portions of the foods you normally eat or by eating fewer foods that are high in fat, sugar, and salt. But, one way to improve your diet is by altering the recipes of the foods that you are now eating by using less fat, sugar, and salt. You may or may not be satisfied with the results of these changes, depending on your personal tastes and standards, as well as the type of food.

Changing the Ingredients

Some recipes can be altered by simply reducing an ingredient or substituting one for another. Some general reductions and substitutions include the following:

- Sugar can be reduced by $\frac{1}{3}$. Example: If a recipe says 1 cup, use $\frac{2}{3}$ cup. This works best in home canned and frozen fruits and in making puddings and custards. It may be less desirable for cookies and cakes. Remember that non-caloric sweeteners work best as substitutes for sugar in uncooked foods. They are usually adversely affected by heat. These substitutes also do not perform the other functions of sugar, which will be discussed later in this publication.
- Fat can often be reduced by $\frac{1}{3}$. Example: If the recipe has 6 tablespoons, use 4 tablespoons. This works best in gravies, sauces, puddings, and quick breads.
- Salt may be left out or reduced by $\frac{1}{2}$. Example: If the recipe says 1 tablespoon, use $1\frac{1}{2}$ teaspoons. Use spices and herbs for a different flavor.
- Whole grain flour can be substituted for $\frac{1}{4}$ to $\frac{1}{2}$ of refined flour. Example: If a recipe has 3 cups all-purpose flour, use $\frac{3}{4}$ cup whole grain flour and $2\frac{1}{2}$ cups all-purpose flour.
- Yogurt or cottage cheese may be substituted for sour cream in some sauce and dip recipes.

- Use low-fat cheese in place of higher fat cheese in recipes.
- Skim milk may be substituted for whole milk in most recipes.
- Evaporated milk or whipped nonfat dry milk may be substituted for cream in some recipes calling for whipped cream.

Functions and Effects

Reducing sugar, salt, and fat can affect different foods in different ways. The following information tells the functions of these ingredients in different foods, gives the typical proportions of the ingredients, and lists the effects of reducing them in different foods.

Candies

Function

- Sugar is needed for crystallization, proper consistency, texture, and flavor.
- Fat contributes to rich flavor and helps prevent large crystals from forming.

Typical Proportions

- About 3 cups of sugar per cup liquid
- Fat highly variable
- Salt variable

Possible Effects of Reduced Sugar, Fat, and Salt

- Volume, texture, and consistency may be affected drastically if sugar is reduced. Do not change **sugar** amounts in **candy** recipes.
- Fat reduction may make a coarser texture.
- Salt reduction may affect flavor.

Canned and Frozen Fruits

Function

- Sugar helps to preserve firm texture and bright color during processing.

Typical Proportions

- $\frac{1}{2}$ to $1\frac{1}{3}$ cups sugar per cup water for syrup

- $\frac{1}{4}$ to $\frac{1}{3}$ cup sugar per pint of frozen fruit (dry pack)

Possible Effects of Reduced Sugar

- Texture not as firm, color not as bright, flavor not as sweet.

Canned Vegetables

Function

- Salt adds flavor

Typical Proportions

- 1 teaspoon salt per quart; $\frac{1}{2}$ teaspoon salt per pint

Possible Effect of Reduced Salt

- Different flavor.

Cooked Fruits

Function

• Sugar helps retain shape and texture in cooked fruit. When too much sugar is used, fruits shrink and become firm. Too much sugar hides true fruit flavor. Sugar increases transparency, which brightens the color of fruit.

Typical Proportions

- $\frac{1}{2}$ cup sugar to each cup water used in cooking

Possible Effects of Reduced Sugar

- Softer texture, color not as bright, and flavor less sweet.

Cookies

Function

- Sugar increases browning, tenderness, and spreading while baking. It also gives a sweet flavor.
- Fat increases tenderness.
- Salt adds flavor.

Typical Proportions

- $\frac{1}{3}$ to $1\frac{1}{3}$ cups sugar per cup flour
- $\frac{1}{4}$ to $\frac{1}{2}$ cup fat per cup flour
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt per cup flour

Possible Effects of Reduced Sugar, Fat, and Salt

- Less sugar means less spread, paler crust, less tender texture, and less sweet flavor.
- Reduced fat may make cookies less tender.
- Reduced salt may affect the flavor slightly.

Custards and Puddings

Function

- Sugar makes a softer custard and raises the temperature of coagulation.
- Salt adds flavor.

Typical Proportions

- $1\frac{1}{2}$ to 3 tablespoons sugar per cup milk
- $\frac{1}{8}$ teaspoon salt per cup milk

Possible Effects of Reduced Sugar and Salt

- The consistency of custard or pudding will be stiffer and the baking time may be shorter with less sugar.
- Reduced salt may affect flavor.

Ice Cream

Function

- Sugar lowers the freezing point and lengthens the freezing time so ice cream will be softer at a given temperature. It also helps in the formation of smooth texture and adds sweetness.
- Fat (in cream) helps make smooth texture and aids in incorporation of air during freezing. It also gives a rich flavor.

- Salt adds flavor.

Typical Proportions

- $\frac{1}{2}$ cup sugar to each cup of milk and cream
- Liquid about $\frac{1}{2}$ milk and $\frac{1}{2}$ cream
- Salt variable

Possible Effects of Reduced Sugar, Fat, and Salt

- Texture may be coarser and harder with less sugar. The flavor may also be less sweet and the freezing time may be shortened if less sugar is used.
- With less fat (cream), texture may be coarse.
- Reducing salt has little effect on flavor.

Main Dishes

Function

- Salt adds flavor.

Typical Proportions

- 1 teaspoon salt to 4 to 6 servings
- 1 teaspoon salt to each pound ground beef

Possible Effect of Reduced Salt

- May change flavor.

Pasta, Rice, and Legumes

Function

- Salt adds flavor.

Typical Proportions

- 1 teaspoon salt to each cup uncooked pasta, rice, and legumes

Possible Effect of Reduced Salt

- May change flavor.

Pickles

Function

• Sugar is important for texture of pickles and may act as a preservative if used in high enough proportions.

• Salt is essential in brine to permit the growth of certain microorganisms that produce acid. Acid prevents spoilage.

Typical Proportions

- Highly variable

Possible Effects of Reduced Salt and Sugar

• *Never attempt to alter pickle recipes.* There may be spoilage and changes in texture.

Quick Breads

Function

• Fat shortens and tenderizes by coating the gluten in dough.

• Sugar sweetens, tenderizes, and causes outer surfaces to brown during baking. Sugar also delays drying out and may increase the volume.

- Salt adds flavor.

Typical Proportions

- 1 to 4 tablespoons fat per cup flour
- 1 to 4 tablespoons sugar per cup flour
- ¼ to ½ teaspoon salt per cup flour

Possible Effects of Reduced Sugar, Fat, and Salt

• Less sugar may result in less browning, less tender texture, greater tendency to tunnel, greater tendency to dry out, and a less sweet taste.

• Less fat may result in a less tender and dry texture and a greater tendency to tunnel.

- Reduced salt may affect flavor slightly.
- Keeping time will be shortened.

Sauces and Gravies

Function

• Fat separates the flour or starch granules to prevent lumping during cooking.

- Salt adds flavor.

Typical Proportions

- 1 to 3 tablespoons fat per cup liquid
- ¼ teaspoon salt per cup liquid

Possible Effects of Reduced Fat and Salt

• Smooth sauces can be made with less fat.

• Sauces will have a milder flavor with less fat and salt. If all fat is removed, use cold liquid to separate starch and flour granules.

Shortened Cakes

Function

• Fat tenderizers and emulsifiers contribute to fine grain and texture. Plastic fat with emulsifiers shortens more than liquid fat. Do not substitute oil for solid fat in recipes. Use specially formulated recipes for oil.

• Sugar contributes to tenderness, fine texture, moistness, crust browning, and flavor.

- Salt adds flavor.

Typical Proportions

- ½ to ¾ cup sugar per cup of flour
- 2 to 4 tablespoons fat per cup of flour
- ⅛ to ¼ teaspoon salt per cup of flour

Possible Effects of Reduced Sugar, Fat, and Salt

• Cakes with less sugar may have a paler crust and less color. They may also be drier with a more open texture and have a more rounded top. The flavor may be less sweet, the cakes may dry out faster, and they will have less volume.

- Cakes with less fat may affect flavor slightly.

Sweet Spreads (Jellies, Jams, Preserves, Butters)

Function

• Sugar is necessary as a preservative to prevent spoilage. It is essential in the correct proportion for jelling.

Typical Proportions

- Highly variable

Possible Effect of Reduced Sugar

• Never tamper with recipes for sweet spreads unless they are to be refrigerated or frozen. They are carefully balanced to produce a high quality product that will not spoil.

Yeast Breads and Rolls

Function

- Sugar increases the rate of fermentation for yeast, except in sweet rolls with larger proportions of sugar. Then sugar depresses the yeast action. Sugar contributes to a soft texture, flavor, and a brown crust.
- Fat increases tenderness and enhances keeping quality. Large amounts decrease volume.
- Salt inhibits yeast fermentation, improves texture, has a slight toughening effect, and adds flavor.

Typical Proportions

- 0 to 1 tablespoons sugar per cup flour in bread; 1 teaspoon to 2 tablespoons sugar per cup flour in rolls
- 1 teaspoon to 1 tablespoon fat per cup flour in bread; 1 to 4 tablespoons fat per cup flour in rolls
- ¼ to ½ teaspoon salt per cup flour in bread and rolls

Possible Effects of Reduced Sugar, Fat, and Salt

- Less sugar may either slow down or speed up the rate of fermentation. Rolls may not brown as quickly. Texture may not be as tender or as moist.
- Less fat may reduce keeping time.
- Less salt may speed up fermentation of yeast and cause poor texture. Satisfactory bread can be made with less fat or sugar, but not without some salt.

A Healthier Recipe

Here is an example of how a recipe can be altered by reducing or substituting certain ingredients.

Chicken in Sauce

Old Recipe

Yield: 6 servings

6 meaty chicken pieces

½ cup butter or margarine

1 can (4 ounces) mushrooms, drained

2 cans (10¾ ounces) cream of mushroom soup

1 large garlic clove, minced

⅔ cup cream

Slivered almonds

In large skillet, brown chicken in butter. Remove chicken. Brown mushrooms; stir in soup and garlic. Add chicken. Cover and cook over low heat for 45 minutes. Blend in cream; heat slowly. Serve with rice. Garnish with slivered almonds.

New Recipe

Yield: 6 servings

6 meaty chicken pieces, skin removed

2 tablespoons of butter or margarine

1 can (4 ounces) mushrooms, drained (reserve and slice one for garnish)

1 can cream of mushroom soup

⅛ tablespoon each thyme, oregano, and rosemary

1 garlic clove, minced

⅔ cup evaporated milk or whole milk

Sliced mushroom or paprika

In large skillet, brown chicken in butter. Remove chicken. Brown mushrooms; stir in soup, garlic, and seasonings. Add chicken. Cover and cook over low heat for 45 minutes. Blend in milk; heat slowly. Serve with rice (wild rice or brown rice may be used). Garnish with sliced mushroom. To decrease the sodium even further, substitute a white sauce made with chicken stock for the can of mushroom soup.



HE-560

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For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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VYP

Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

Ten-minute Colorful Bean and Vegetable Skillet

Yield: 1 serving, about 1 1/2 cups

- 1/4 cup chopped onion
- 1/4 cup chopped red sweet bell pepper, if available
- 1/4 cup canned diced tomatoes, not drained
- 1/2 cup cooked dry beans, any kind (such as kidney, pinto, black, chickpeas, black-eyed peas or great northern), cooked without salt, rinsed and drained
- 1 tablespoon dry roasted peanuts, slivered almonds or any other kind of nut, preferably not salted
- 1/3 cup sweet corn kernels, frozen or fresh
- 1 cup chopped fresh or frozen spinach or collard leaves or other greens
- 1 tablespoon grated Parmesan cheese

1. Wash your hands and work area.
2. Spray a skillet with non-stick cooking spray.
3. Over medium to low heat, add chopped onion. Cook for a few minutes, until softened. Stir occasionally.
4. Stir in chopped red pepper. Cook for one minute longer.
5. Stir in tomatoes, beans, nuts and corn. Cook for 2 to 3 minutes, until warm. Stir occasionally.
6. Stir in greens. Cook for several minutes, until wilted and warm. Stir occasionally.
7. Remove from heat.
8. Serve topped with grated cheese.
9. Cover and refrigerate leftovers within two hours.



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Meal suggestion:

Serve with a peach, whole grain muffin or bagel, and low-fat milk.

This hot main dish is very low in cholesterol yet is an excellent source of vitamins A and C, dietary fiber, and iron, and a good source of calcium.

Nutrition Facts

Serving Size 1 1/2 cups (277g)
Servings Per Container 1

Amount Per Serving

Calories 260 Calories from Fat 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 250mg **10%**

Total Carbohydrate 38g **13%**

Dietary Fiber 9g **36%**

Sugars 6g

Protein 15g

Vitamin A 60% • Vitamin C 35%

Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.

VYP

Vary Your Protein Recipe Series

Recipe Category: Cold Main Dish

Poultry, Pasta and Vegetables Dinner Salad

Yield: 2 servings, about 1 cup each

- 2 tablespoons onion, thinly sliced
- 1 clove of garlic, thinly sliced
- 1 tablespoon water
- 1/8 teaspoon crushed red pepper flakes, or more if desired
- 1/4 cup frozen sliced carrots, chopped
- 1 cup fresh (or 1/2 cup frozen) chopped spinach
- 1/2 cup cooked black or garbanzo beans, cooked without salt, drained and rinsed
- 1/2 cup chopped cooked chicken or turkey, without skin or bones and trimmed of fat
- 1/2 cup cooked pasta, such as macaroni or penne, preferably whole wheat
- 1 tablespoon grated Parmesan cheese
- 2 tablespoons reduced fat “light” ranch dressing

1. Wash your hands and work area.
2. Heat a skillet sprayed with non-stick cooking spray over medium heat. Cook onion and garlic for about 3 minutes, until softened and fragrant.
3. Add water, red pepper flakes, carrots and spinach. Heat until spinach is wilted. Remove from heat.
4. Transfer mixture to a serving bowl. Stir in remaining ingredients.
5. Cover and refrigerate for several hours to allow flavors to blend.
6. Serve chilled.
7. Cover and refrigerate leftovers within two hours.



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Research and Extension

Meal suggestion:

Serve with tomato slices, toasted bagels, apricots and low-fat milk.

This healthy, lean cold main dish is an excellent source of vitamin A and dietary fiber, and a good source of calcium, iron and vitamin C.

Nutrition Facts

Serving Size about 1 cup (183g)
Servings Per Container 2

Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 280mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 19g	

Vitamin A 70% • Vitamin C 10%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.

Homestyle Biscuits

It's easy to make homestyle biscuits with less fat.

2 cups flour	2 Tablespoons sugar
2 teaspoons baking powder	2/3 cup buttermilk, low-fat
¼ teaspoon baking soda	3 Tablespoon + 1 teaspoon vegetable oil
¼ teaspoon salt	

1. Preheat oven to 450° F.
2. In a medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In a small bowl, stir together buttermilk and oil. Pour over flour mixture; stir until well mixed.
4. On a lightly floured surface, knead dough gently for 10-12 strokes.
5. Roll or pat dough to ¾-inch thickness.
6. Cut with a 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts.
7. Transfer biscuits to an ungreased baking sheet.
8. Bake for 12 minutes or until golden brown. Serve warm.

Yield: 15 servings Serving size: 1 (2-inch) biscuit
Each serving provides: Calories: 99, Total fat: 3 g, Saturated fat: less than 1 g,
Cholesterol: less than 1 mg, Sodium: 72 mg, Fiber: 1 g, Protein: 2 g, Carbohydrate: 15 g
Potassium: 102 mg

Winter Crisp

Only 1 tablespoon of margarine is used to make the crumb topping of this tart and tangy fruit dessert that is cholesterol-free and low-sodium.

Filling:

½ cup sugar	¾ teaspoon lemon juice
3 Tablespoons all-purpose flour	5 cups apples, unpeeled and sliced
1 teaspoon lemon peel, grated	1 cup cranberries

Topping:

⅔ cup rolled oats	2 teaspoons ground cinnamon
⅓ cup brown sugar, packed	1 Tablespoon soft (tub) margarine, melted
¼ cup whole wheat flour	

1. To prepare filling, in a medium bowl combine sugar, flour, and lemon peel; mix well. Add lemon juice, apples, and cranberries; stir to mix. Spoon into a 6-cup baking dish.
2. To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix.
3. Sprinkle topping over filling. Bake in a 375° F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or at room temperature.

Variation: Summer Crisp

1. Prepare as directed, substituting 4 cups of fresh or unsweetened frozen (thawed) peaches and 3 cups of fresh or unsweetened frozen (unthawed) blueberries for apples and cranberries. If the peaches are frozen, thaw them completely (do not drain). Do not thaw blueberries before mixing, or they will be crushed.

Yield: 6 servings Serving size: 1¾- by 2-inch piece

Each serving provides: Calories: 252, Total fat: 2 g Saturated fat: less than 1 g, Cholesterol: 0 mg,
Sodium: 29 mg, Fiber: 5 g, Protein: 3 g, Carbohydrate: 58 g, Potassium: 221 mg

Baked Corn Tortilla Chips - from scratch

1 cup Whole Wheat Flour
3/4 cup Cornmeal
1/4 teaspoon Baking Powder heaped
1/2 teaspoon Salt (adjust to personal liking)
4 fl oz Hot Water (not boiling)
2-3 teaspoons Olive Oil

Optional generous dash cayenne pepper (or paprika, garlic powder, or black pepper, if you can't handle a little heat)

STEP 1 - MAKE THE DOUGH

Mix together the dry ingredients (flour, cornmeal, baking powder, salt, cayenne) in a frying pan or mixing bowl it. Add the hot water and oil. Mix into a dough. This is a very easy dough to handle. It's not too sticky and not too crumbly. Knead for just one minute. Form a dough ball, coat with a little oil, cover with plastic wrap. Let it rest for 10-15 minutes.

STEP 2 - MAKE & COOK THE TORTILLAS

Divide into six dough balls. Coat them with a little oil (residual oil from the pan). Give the pan a quick wipe and heat on the stove top over medium heat.
Press out the first dough ball. use palms and fingers. You can use a rolling pin if you prefer. Press it out to about 7-8" diameter and 1/16" thick. Paper thin is best.
Place in heated pan and cook for about 2 minutes per side, until you get brown edges and spots. Place on a foil-lined baking tray. While one is cooking, press out the next one.

STEP 3 - CRISPEN UP THE CHIPS

When finished cooking tortillas, break each into 8 to 10 rustic-looking chips
Preheat the oven to 170C (330F) or fan 150C (300F). Bake the tray of chips for 10-12 minutes.

They don't brown much more in the oven. To check that they're ready, find a thicker piece and eat it to find out! It should be crunchy and snappy and totally delicious. When they are completely cooled, store in a seal-able bag. They keep well for several days. *Recipe submitted by Bob Burns, MFV.*

Spice of Life Salt Substitute

1/2 teaspoon cayenne pepper	1 teaspoon savory
1 Tablespoon garlic powder	1 teaspoon ground mace
1 teaspoon ground basil	1 teaspoon onion powder
1 teaspoon ground marjoram	1 teaspoon ground black pepper
1 teaspoon ground thyme	1 teaspoon ground sage
1 teaspoon ground parsley	

Combine all ingredients and mix thoroughly. Makes 1/4 cup.

Use anywhere you would normally use salt.

Recipe submitted by Bob Burns, MFV

One Loaf Oatmeal Bread

1/4 cup water, room temperature	1 Tablespoon shortening
2-1/4 teaspoon or 1 pkg. (1/4 oz.) active dry yeast	1 cup rolled oats
1 cup milk, room temperature	2 1/2 cups bread flour, about
2 Tablespoon granulated sugar	Egg white, optional
1 teaspoon salt	

In a large bowl, mix the warm water and yeast together until the yeast is dissolved. Add the milk, sugar, salt, and shortening. Stir. Add the oats and mix well. Add in enough bread flour to make a dough that follows the spoon around the bowl. Turn the dough out onto lightly floured surface and knead for 10 minutes, adding more bread flour as needed until the dough is firm and smooth to the touch. Place the dough in medium greased bowl. Turn dough over in bowl so that the top is also lightly greased. Cover with clean cloth and let rise in warm, draft-free place for 1 hour.

Punch down the dough. Turn the dough out onto lightly floured board and knead for 5 minutes or until the bubbles are out of the bread. Shape into loaf and place in greased 8x5-inch bread pan. Cover and let rise in warm, draft-free place for 45 minutes or until doubled in size.

Brush egg white on loaf. Bake bread at 375 degrees F for 40 minutes or until the bread sounds hollow when the top is tapped. Remove bread from pan and let cool on rack.

Bread Baking Tips

You can add raisins or dried cranberries to this recipe. Add 1/2 cup of either (or both) to the bread dough. I like to chop the raisins before adding them to the dough because the sweet raisin flavor is then released into the bread as it bakes. *Recipe submitted by Bob Burns, MFV*

Baked Salmon Dijon

1 cup fat free sour cream	1 1/2 lbs. salmon fillet with skin, cut in center
2 teaspoon dried dill	1/2 teaspoon garlic powder
3 Tablespoons scallions, finely chopped	1/2 teaspoon black pepper
2 Tablespoons Dijon mustard	As needed, Fat free cooking spray
2 Tablespoons lemon juice	

1. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend.
2. Preheat oven to 400 °F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes. *Recipe submitted by Bob Burns, MFV*

Tomato Basil Soup 6 Servings

3 (14.5-ounce) cans no-salt-added, diced tomatoes	1/2 teaspoon ground black pepper
2 cups skim milk	1 1/2 cups fresh basil leaves, plus more to garnish if desired.
1/2 teaspoon garlic powder	1/2 teaspoon baking soda
1/8 teaspoon salt	

1. In a medium or large heavy-duty pot, add tomatoes, milk, garlic powder, salt, and pepper.
2. Bring mixture to a boil over high heat; reduce heat to medium or low so mixture is at a simmer. Let soup simmer for 15 minutes. Stir in basil leaves; cook another 5 minutes.
3. Remove soup from the heat. Stir in baking soda (which will make the soup foam for a minute). Using a handheld immersion blender, carefully puree the hot mixture until smooth. (Alternatively, very carefully add hot mixture into a food processor or blender in batches to puree) Ladle soup into bowls, garnishing with extra basil, if desired. *Recipe submitted by Bob Burns, MFV* 11.

Parmesan Rice and Pasta Pilaf

2 Tablespoons olive oil	1 ¼ cups water, hot
½ cup vermicelli, finely broken, uncooked	¼ teaspoon ground white pepper
2 Tablespoons onion, diced	1 bay leaf
1 cup long grain white rice, uncooked	2 Tablespoons Parmesan cheese, grated
1 ¼ cups chicken stock, hot	

Directions

1. In large skillet, heat oil. Sauté vermicelli and onion until golden brown (about 2–4 minutes) over medium-high heat. Drain off oil.
2. Add rice, stock, water, pepper, and bay leaf. Cover and simmer for 15–20 minutes. Fluff with fork. Cover and let stand for 5–20 minutes. Remove bay leaf.
3. Sprinkle with cheese, and serve immediately.

Recipe submitted by Bob Burns, MFV

Berry Nuts Granola Bars 12 Servings

1 cup dried, unsweetened cranberries
2 cups old-fashioned oats, divided
½ cup sliced, unsalted almonds
¼ cup flax seeds
pinch salt
2 Tablespoons canola oil
¼ cup maple syrup

1. Preheat the oven to 325 degrees F. Prepare an 8-inch by 8-inch baking dish by lining by it with parchment paper.
2. In food processor, add cranberries; process until the cranberries are chopped a bit, about 30 seconds to 1 minute. Add 1 cup of oats; continue to puree until oats are a flour-like consistency. Transfer to a large bowl.
3. Add remaining 1 cup oats, almonds, flax seeds, and salt. Stir together.
4. In a heatproof container, add oil, maple syrup, and nut butter. Warm in the microwave until the nut butter is soft and pliable, around 30 seconds to 1 minute. Stir mixture together with a spoon until smooth.
5. Pour nut butter mixture over oat mixture. Use a spatula to thoroughly combine. Transfer to the prepared baking dish. Wet your hands and press down on the mixture to help it stick together.
6. Cook in the oven for 30 minutes. Remove and let cool slightly. Press down on mixture again to stick together. Cover top with plastic wrap and place in refrigerator for a few hours (or preferably overnight) to harden.
7. Lift parchment paper from dish. Use a serrated knife and cut the granola bars into 12 pieces. Serve or transfer to an airtight container for 1 week. *Recipe submitted by Bob Burns, MFV*

Spaghetti with Savory Turkey Sauce

Vegetable cooking spray	1/8 teaspoon salt
1 pound all white ground turkey	1 (6 oz.) can no salt added tomato paste
3 Tablespoons minced fresh onion	4 oz. spaghetti, cooking according to directions (omitting salt and fat)
2 cups water	1 Tablespoon grated Parmesan cheese
1 1/2 teaspoons dried Italian seasoning	
1/4 teaspoon garlic powder	

Coat a large nonstick skillet with cooking spray, place over medium -high heat until hot. Add turkey and onions; cook over medium heat until turkey is lightly browned, stirring to crumble. Drain and pat dry with paper towel. Wipe dripping from skillet. Add turkey mixture, water seasonings and tomato paste. Bring to a boil. Reduce heat and simmer 10 minutes or until thickened. Place prepared spaghetti on serving platter; top with sauce and sprinkle with cheese. Makes 4 servings of 1 1/4 cups.

Calories 282, protein 30 gram, fat 5 grams, carbohydrate 27 grams, sodium 176 mg.

Recipe submitted by Royce Collins, MFV.

Balsamic-Roasted Carrots

1 (12 oz.) package baby carrots OR	1/2 teaspoon salt
1 pound carrots, peeled and cut	1/2 teaspoon black pepper
1 1/2 Tablespoons olive oil	3 Tablespoon balsamic vinegar

1. Preheat oven to 475 degrees. Line a 9 x 13 inch baking sheet with foil.
2. Toss together carrots, oil, salt, and pepper on the prepared baking sheet and spread out evenly.
3. Bake, stirring after 20 minutes, until carrots are fork tender, about 30 minutes total. Drizzle with vinegar and shake pan to coat evenly. Return to oven and bake 5 or 10 minutes longer until liquid is absorbed.

Per 1/2 cup serving: 86 calories, 5 gram fat, .6 gram protein, 2.5 gram fiber, 215mg sodium, 9 gram carbohydrate. *Recipe submitted by Royce Collins, MFV*

Chicken with Peanut-ginger Marinade

This Asian-influenced marinade is sweet, salty and tangy. While it's possible to substitute less expensive or powdered versions of some of the ingredients, the best version uses fresh ingredients. You'll get quite a zing if you're using fresh ginger and orange zest. Freshly-squeezed orange juice rather than the store-bought variety will also help create a superior marinade.

Ingredients

1/2 cup orange juice	1/4 cup light soy sauce
2 teaspoons orange zest	2 teaspoons ginger
1/2 cup smooth peanut butter	4 garlic cloves, minced
2 tablespoons dark brown sugar	1 teaspoon red pepper flakes

Mix together the orange juice, orange zest, peanut butter, sugar, soy sauce, ginger, garlic and red pepper flakes until the mixture is smooth. Put the chicken in a sealed plastic bag after filling the bag with the mixture. Refrigerate for at least 30 minutes, but no longer than eight hours. Bake, roast or grill until chicken is no longer pink in the center and juices run clear when meat is pierced. *Recipe submitted by Beverly Burke, MFV*

Persian Chicken Breasts

Modern cooks know cinnamon as a common ingredient in cookies, pies, breakfast rolls and other desserts. However, in the Middle East, the spice is used in savory chicken and lamb dishes, as well as soups and sauces. In this recipe, cinnamon adds an exotic, unexpected flavor to grilled chicken. Serve with grilled vegetables and flatbread.

Ingredients

1 medium lemon
2 teaspoons olive oil
1 teaspoon ground cinnamon
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon turmeric
4 boneless and skinless chicken breasts

Directions

Remove lemon peel in long strips with paring knife; reserve for garnish. Juice lemon; combine juice with oil, cinnamon, salt, pepper and turmeric in large heavy-duty resealable food storage bag. Gently knead ingredients in bag to mix thoroughly; add chicken. Seal bag and turn to coat thoroughly. Refrigerate 4 hours or overnight.

Remove chicken from marinade; gently shake to remove excess. Discard remaining marinade. Grill chicken 5 to 7 minutes per side or until chicken is no longer pink in center.

Recipe submitted by Beverly Burke, MFV.

Nacho Skillet Dinner

12 ounces ground turkey breast
1 15-1/4 ounce can kidney beans, rinsed and drained
1 8 ounce can no-salt-added tomato sauce
1 cup frozen corn kernels
1 teaspoon garlic powder
1 teaspoon chili powder
2 cups baked tortilla chips, crushed
1 cup nonfat grated mozzarella cheese

Spray a large 12 inch nonstick skillet with vegetable oil cooking spray and heat over medium high heat. Cook turkey until no longer pink. Add beans, tomato sauce, corn and seasonings. Bring to a boil, reduce to a simmer and cook 5 minutes. Sprinkle chips followed by cheese evenly over top, cover and turn off stove. Allow to sit for 2-3 minutes or until cheese melts. Servings: 4 (3 cup per serving) Nutrition: Calories 370. Total Fat 2g., Cholesterol 55 mg, Sodium 280mg, Carbohydrates 49g., Dietary Fiber 9g., Sugars 7g., Protein 38g.