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Make Your Recipes Healthier

When we shop we check food labels and ingredients to see which items are healthier. When we use a recipe we can make some changes by choosing different ingredients or change the way the food is cooked to make it healthier. There are many ways to adjust a recipe to lower the fat, salt/sodium, and sugar amounts. We do not have to only take things out of recipes but we add more in to also get more fiber in recipes to make them more nutritious. There are so many ways to experiment.



This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: <https://whatscooking.fns.usda.gov/>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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Tips For Changing A Recipe To Make It Healthier

- Fats
 - When frying or sautéing foods, use non-fat cooking spray, water, a little low sodium broth or nonstick pans.
 - Use extra-lean ground beef, ground turkey breast or even ground chicken breast (skinless).
 - Use unsweetened applesauce for half of the butter or oil. This may shorten the baking time by 25% (it also makes them fluffier)
- Salt or Sodium
 - Try salt-free seasonings and spice mixes. Many herbs, lemon juice, vinegar and other spices can be used to flavor food instead of salt. Many alternatives use potassium instead of sodium which has benefits when used in moderate amounts
 - When choosing soy sauce or canned vegetables try to use “low sodium” or salt free versions.
- Sugars
 - Instead of syrup try puréed fruit, applesauce labeled with “no sugar added”, or use sugar free syrup products.
 - Reduce sugar when canning or freezing fruit. Or simply buy unsweetened frozen fruit or fruit canned in its own juices/water. Do not forget to check the frozen fruit section of the supermarket because it is often surprising how many options there are that are even friendlier your purse.
- Calories
 - Changing cooking techniques can make a difference. Some of these include braising, broiling, grilling, poaching, sautéing and steaming.
 - Sometimes foods will still be high in sugar, fat and sodium even with alternative ingredients. There is always the option of portion control. By training ourselves to enjoy these foods in smaller portions we can still reach the goal of limiting calories.





Roast carrots, potatoes, and onion are cooked along with chicken for a complete oven-baked meal.

Baked Chicken With Vegetables

Makes 6 Servings

Ingredients:

4 potatoes (sliced)
6 carrot (sliced)
1 onion (large, quartered)
1 chicken (raw, cut into pieces, skin removed)
½ cup water
1 teaspoon thyme
¼ teaspoon pepper

Directions:

Preheat oven to 400 degrees. Place potatoes, carrots and onions in a large roasting pan. Put chicken pieces on top of the vegetables. Mix water, thyme and pepper. Pour over chicken and vegetables. Spoon juices over chicken once or twice during cooking. Bake at 400 degrees for one hour or more until browned and tender.

Nutritional Information per serving:

Total Calories 485; Total Fat 27g; Saturated Fat 8g; Protein 27g; Carbohydrates 33g; Dietary Fiber 5g; Sodium 146mg



Try this soup on a cold evening as a start to your meal. Enjoy this soup with a side of salad, fruit, and whole grain bread.

Tasty Low-Fat Cream Soup

Makes 2 Servings

Ingredients:

1 ½ cups chicken broth, low-sodium
1 ⅓ tablespoons flour
2 tablespoons onion (chopped)
⅔ cup non-fat dry milk powder
¼ cup celery (chopped)
black pepper (to taste)

Directions:

Peel and chop the onion. Chop the celery into small pieces. Put the celery and onion in a saucepan. Add 1/2 cup chicken broth (save the other cup of chicken broth for later.) Cook these ingredients on low heat. Let the broth simmer for 2-3 minutes. In a small bowl, mix the dry milk, flour, and pepper. Add them into the 1 cup of chicken broth that hasn't been cooked yet. Beat till smooth. Add this mix to the celery, onion, and broth. Cook over medium heat till the soup thickens.

Nutritional Information per serving:

Total Calories 135; Total Fat 1g; Saturated Fat 0g; Protein 12g; Carbohydrates 19g; Dietary Fiber 1g; Sodium 189mg



Broccoli Alfredo

Makes 4 Servings

Ingredients:

4 cups broccoli, cooked
 4 cups cooked whole wheat pasta
 2 cups milk, 1% (or non-fat)
 1 cup parmesan cheese (reduced fat)
 1 teaspoon basil
 ½ teaspoon garlic powder
 2 tablespoons cornstarch
 pepper (to taste, optional)

Directions:

Heat milk over medium heat and then add basil and garlic powder. When hot, add Parmesan cheese. Mix cornstarch with 2 or 3 Tbsp of milk and add to hot mixture. Heat until thickened. Pour mixture over pasta and broccoli. Serve.

This dish features whole wheat pasta and fat-free Parmesan cheese.

Nutritional Information per serving:

Total Calories 324; Total Fat 6g; Saturated Fat 4g; Protein 18g; Carbohydrates 53g; Dietary Fiber 9g; Sodium 394mg



Applesauce Cookies

Makes 12 Servings

Ingredients:

1 cup sugar	½ teaspoon salt
½ cup margarine (or butter or shortening)	1 teaspoon cinnamon
1 egg	1 ½ cups applesauce, unsweetened
2 teaspoons baking soda	1 cup raisins
2 ½ cups flour (all purpose)	1 nuts (1 cup, optional)

Directions:

Preheat oven to 350 degrees. Prepare pan or cookie sheet (see below). Cream together sugar, margarine and egg. In a separate bowl, combine baking soda, flour, salt, and cinnamon. Mix well. Stir flour mixture into shortening mixture just until moist. Add applesauce, raisins, and nuts (if using).

For Cookies: Drop dough by heaping teaspoon several inches apart on a greased baking sheet. Bake at 350 degrees for 10 to 12 minutes.

For Cake: Bake at 350 degrees in an 8 inch x 8 inch pan for 40 minutes.

Nutritional Information per serving:

Total Calories 282; Total Fat 8g; Saturated Fat 2g; Protein 4g; Carbohydrates 50g; Dietary Fiber 2g; Sodium 377mg



This simple spice cookie is based on applesauce.

