





TRI-COUNTY  
**HEALTHIEST  
MARYLAND**  
COOKBOOK



American  
Heart  
Association®

life is why™



for women

## **A Note from the Tri County Go Red Planning Committee**

On February 5, 2005, the 1<sup>st</sup> Annual Tri County Go Red event was held at the Avery Hall Education Building at Peninsula Regional Medical Center. It was a collaborative effort between the three local health departments, Atlantic General Hospital, McCready Health, and Peninsula Regional Medical Center to help raise awareness about heart disease among women. Go Red is the localization of the American Heart Association's Go Red for Women, a national call for women to take charge of their heart health and live stronger, healthier lives.

Historically, Go Red's keynote presentations have focused on ways to reduce the risk for developing heart disease including stress management, heart disease prevention testimonials, the power of laughter, maintaining healthy lifestyle behaviors throughout the lifespan, the link between diabetes and heart disease, physical activity, healthy eating, and much more. Past Go Red events have featured fashion shows, cooking and physical activity demonstrations, as well as free health screenings for participants. The location for the event rotates between Somerset, Wicomico, and Worcester counties to provide each area with a chance to host.

This year marks the twelfth anniversary of Tri County Go Red. As part of this event, all participants are receiving this free copy of the Tri County Healthiest Maryland Businesses' cookbook. This cookbook features recipes submitted by employees of Somerset, Wicomico, and Worcester County Healthiest Maryland Businesses as well as residents of the region. The book provides each recipe submitted in the original form but an additional "healthy bites" version of the recipe is also included. Special thanks goes out to Kathy Wool, RD, LDN, from the Worcester County Health Department who has modified each of these recipes to provide a healthier option for those that are interested in reducing fat, cholesterol, salt, and calories in their diet.

Heart disease remains the number one killer of women in the U.S., taking the life of one woman every minute. According to the American Heart Association, an estimated 43 million women in the U.S. are affected by heart disease; 90% of women have one or more risk factors for heart disease; and 80% of heart disease and stroke events could be prevented. Since 1984, women have made up the majority of deaths from heart disease and stroke. Know your risk factors for heart disease including blood pressure, cholesterol, glucose, and body weight. Practice healthy lifestyle behaviors including being physically active, eating healthy, quitting smoking, losing weight or maintaining a healthy body weight, and managing stress. Every day is a new day to make a different, healthier choice.



**Healthiest Maryland Businesses (HMB) helps businesses create and implement strategic wellness plans. Business leaders who join HMB are taking the first step toward creating an environment that supports healthy employees,**

## **BY JOINING, YOU RECEIVE:**

- Consultation with certified worksite wellness personnel
- Access to the HMB Lower Shore and state e-newsletters
- Educational events
- Technical assistance on how to implement policies and programs
- Access to health education models and literature and a resource guide
- Peer-to-peer support from neighboring businesses
- Promotion as a member in this statewide initiative

## **JOIN AT [WWW.HEALTHIESTMDBUSINESSES.ORG](http://WWW.HEALTHIESTMDBUSINESSES.ORG)**

Simply click the 'How to Join' tab to complete the Worksite Health ScoreCard, which will give a snapshot of your current employee wellness practices.

## **PERSONAL GUIDANCE FROM AN HMB COORDINATOR**

Once you've completed the Health ScoreCard online, an HMB coordinator will meet with you to discuss your scores in the various wellness areas and give you technical assistance and tools to begin an improvement plan tailored to your business' needs. Your coordinator will be available to you as a continuing resource. If you are having trouble, please feel free to call the contact for your area.

## **CONTACTS**

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# Vegetables

## Baked Corn

1 can whole corn drained  
1 can creamed corn  
1 box Jiffy Corn Muffin Mix  
½ cup melted butter  
1 egg  
8 oz. sour cream

Mix all ingredients together and put in a 2 quart baking dish. Bake 350 for 1 hour or more until done.

Can double this recipe.

## “Healthy Bite” Baked Corn

1 can whole corn drained  
1 can creamed corn  
1 box Jiffy Corn Muffin Mix  
½ cup melted light margarine  
1 egg or equivalent egg substitute  
8 oz. low-fat sour cream

Mix all ingredients together and put in a 2 quart baking dish. Bake 350<sup>0</sup> for 1 hour or more until done.

Can double this recipe.

Submitted by: Stacey Norton/ Worcester County Government

### **Party Potatoes**

1 package hash brown potatoes  
2 cans of cream of chicken soup  
1 package of shredded cheese (12 oz.)  
1 container of sour cream (8 oz.)  
½ stick of butter (melted)  
½ box of corn flakes

Mix all ingredients together in a 9X13 greased pan. Mix together ½ box of corn flakes; ½ stick of butter (melted); crunch corn flakes into small pieces and put topping on top pf potatoes. Bake at 350 for 1 hour.

### **“Healthy Bite” Party Potatoes**

1 package hash brown potatoes  
2 cans of fat-free, low sodium cream of chicken soup  
½ -1 package of reduced fat shredded cheese (12 oz.)  
1 container of reduced fat sour cream (8 oz.)  
¼ ½ stick of light margarine (melted)  
½ box of corn flakes

Mix all ingredients together in a 9X13 greased pan. Mix together ½ box of corn flakes; ½ stick of light margarine(melted); crunch corn flakes into small pieces and put topping on top pf potatoes. Bake at 350<sup>0</sup> for 1 hour.

## **Roasted Veggies\***

### **Ingredients:**

Potatoes  
Carrots  
Broccoli  
Mushrooms  
Feta or Parmesan Cheese  
Olive Oil  
Dried Basil  
Dried Oregano  
Garlic Powder

### **Directions:**

Chop vegetables into bite-sized pieces.

Place vegetables in a large baking pan.

Sprinkle with basil, oregano, and garlic powder.

Sprinkle with olive oil and mix well to ensure that all vegetables are coated in oil.

Place the pan in a 350° oven.

Stir vegetables every 15 minutes until they are done to your liking.

Sprinkle with feta or parmesan cheese before serving.

(Servings: Depends on the amount of vegetables used.)

**\*This is a “Healthy Bite” recipe**

Submitted by: Dawn Mills/Somerset County



## **Greek Salad**

### **Ingredients:**

½ lb. Tomatoes  
One Cucumber  
8 oz. Feta Cheese Block (Not Crumbled)  
Twelve Spanish or Ripe Olives

### **Dressing:**

1 Tablespoon Olive Oil  
1 Tablespoon Lemon Juice  
2 Tablespoons Chopped Fresh Parsley  
1 Tablespoon Chopped Fresh Basil  
1 Clove Garlic, Crushed

### **Directions:**

Chop tomatoes, cucumber, and feta cheese into bite-sized pieces.  
In a large bowl, mix together with the olives.  
Put all dressing ingredients in a container with a lid and shake well to mix.  
Pour the dressing over the salad and mix well.  
(Servings: 2)

## **“Healthy Bite” Greek Salad**

### **Ingredients:**

½ lb. Tomatoes  
One Cucumber  
8 oz. Low Fat Feta Cheese Block (Not Crumbled)  
Twelve Spanish or Ripe Olives

### **Dressing:**

1 Tablespoon Olive Oil  
1 Tablespoon Lemon Juice  
2 Tablespoons Chopped Fresh Parsley  
1 Tablespoon Chopped Fresh Basil  
1 Clove Garlic, Crushed

### **Directions:**

Chop tomatoes, cucumber, and low-fat feta cheese into bite-sized pieces.  
In a large bowl, mix together with the olives.  
Put all dressing ingredients in a container with a lid and shake well to mix.  
Pour the dressing over the salad and mix well.

Submitted by: Dawn Mills/ Somerset County

### **My Good String Beans**

One pound of fresh string beans  
3 Tablespoons Margarine  
Bouillon Cubes or chicken broth  
Seasoned salt  
Pepper  
1 Tablespoon of Sugar  
MSG

Break and clean the string beans. Place string beans in pot with sufficient space (liquid should cover string beans). Place one large one or two large bouillon cubes in water and approx. 3 tablespoons Margarine. Season water/liquid with seasoned salt, pepper, sugar and approx. 1 t MSG. Boil and then simmer until tender and easily broken apart.

### **“Healthy Bite” My Good String Beans**

One pound of fresh string beans  
Light Margarine- 1-2 tablespoons  
Low fat low sodium chicken broth  
Seasoned salt (optional)  
Pepper  
1 ½ teaspoons of sugar or sugar substitute  
MSG (optional, or reduce amount)

Break and clean the string beans. Place string beans in pot with sufficient space (liquid should cover string beans). Pour low fat low sodium chicken broth in pot and approx. 1-2 tablespoons. Light margarine. Season liquid with pepper, sugar and approx. ¼ t MSG. Boil and then simmer until tender and easily broken apart.

**Wanda's Vegetable Stir Fry\***

Onions  
Bell pepper  
Broccoli  
Mushrooms  
Olive oil

Prepare clean vegetables (fresh), sliced. Heat skillet to high. Add olive oil. Stir in sautéed onions, caramelize. Add in vegetables and season to taste. Serve alone or over whole wheat pasta.

**\*This is a "Healthy Bite" recipe**

Submitted by: Wanda Smiling (Dillon)/Perdue/Wicomico County

### **Marinated Broccoli**

1 to 1 ½ heads broccoli cut into small spears  
1 teaspoon sugar  
1 cup cider vinegar  
1 ½ cup vegetable oil  
1 teaspoon salt  
1 tablespoon dill weed  
1 teaspoon garlic salt  
1 teaspoon coarse pepper  
1 garlic clove (optional)—remove before serving

Mix marinade and cover broccoli florets for 24 hours. Stir a few times. Drain well. Serve.

### **“Healthy Bite” Marinated Broccoli**

1 to 1 ½ heads broccoli cut into small spears  
1 teaspoon sugar  
1 cup cider vinegar  
½-¾ cup vegetable oil or olive oil  
1 teaspoon salt (optional)  
1 tablespoon dill weed  
1 teaspoon garlic powder  
1 teaspoon coarse pepper  
1 garlic clove (optional)—remove before serving

Mix marinade and cover broccoli florets for 24 hours. Stir a few times. Drain well. Serve.

## Sweet Potato Delight

### **Sweet Potato Ingredients:**

3 cups of mashed sweet potatoes  
1 cup of sugar  
½ tsp. of salt  
1 tsp of vanilla  
2 eggs, well beaten  
½ cup of melted butter

### **Topping Ingredients:**

1 cup of brown sugar  
1/3 cup of flour  
1 cup of chopped pecans  
½ cup of melted butter

### **Directions:**

Combine brown sugar, flour, pecans, and butter in a mixing bowl. Set aside.  
Preheat oven to 350°. Combine sweet potatoes, sugar, salt, vanilla, eggs, and butter in a mixing bowl in the order listed. Mix thoroughly and spread mixture into a buttered 10.5" x 7" baking dish. Sprinkle the topping over the sweet potatoes.

Bake for 30 minutes. Allow to set at 30 minutes before serving.

## “Healthy Bite” Sweet Potato Delight

### **Sweet Potato Ingredients:**

3 cups of mashed sweet potatoes  
½ cup of sugar or ½ cup sugar + ½ cup sugar substitute equivalent (depending on taste)  
1 tsp of vanilla  
1 egg + 1 egg white or egg substitute equivalent, well beaten  
¼ cup of melted light margarine + ¼ cup applesauce

### **Topping Ingredients:**

1 cup of Splenda brown sugar substitute  
1/3 cup of flour  
½-1 cup of chopped pecans  
½ cup of melted light margarine

**Directions:**

Combine Splenda brown sugar, flour, pecans, and light margarine in a mixing bowl. Set aside.

Preheat oven to 350<sup>0</sup>, Combine sweet potatoes, sugar/sugar substitute, vanilla, egg + egg substitute, and light margarine + applesauce in a mixing bowl in the order listed. Mix thoroughly and spread mixture into a 10.5" x 7" baking dish sprayed with non-stick cooking spray. Sprinkle the topping over the sweet potatoes.

Bake for 30 minutes. Allow to set at 30 minutes before serving.

## **Roasted Veggies**

*Roasting olive-oil coated veggies in the oven gives them a whole new face that brings flavor and excitement to a meal. Just about any can be roasted but broccoli, cauliflower and Brussels sprouts are especially good cooked using this method. Other favorites here are okra and a roasted root medley (such as beets, carrots, turnips, parsnips, sweet potatoes & Yukon gold).*

*Roasted broccoli is so good I've seen kids will often choose it over French fries!*

1 – Toss vegetables of choice in enough extra virgin olive oil to coat. Sprinkle lightly with sea salt.

2 – Heat oven to 375 degrees for 25-40 minutes or until beginning to brown and caramelize on outside while becoming tender in the middle. Stir every so often, especially as they get closer to being finished.

## **“Healthy Bite” Roasted Veggies**

*Roasting olive-oil coated veggies in the oven gives them a whole new face that brings flavor and excitement to a meal. Just about any can be roasted but broccoli, cauliflower and Brussels sprouts are especially good cooked using this method. Other favorites here are okra and a roasted root medley (such as beets, carrots, turnips, parsnips, sweet potatoes & Yukon gold).*

*Roasted broccoli is so good I've seen kids will often choose it over French fries!*

1 – Toss vegetables of choice in minimal amount of extra virgin olive oil to lightly coat. .

2 – Heat oven to 375<sup>0</sup> for 25-40 minutes or until beginning to brown and caramelize on outside while becoming tender in the middle. Stir every so often, especially as they get closer to being finished.

### **“Breaking the Barriers” Broccoli Salad**

4 cups broccoli crowns  
¼ red onion, minced  
2/3 cup raisins  
4-6 slices bacon, cooked  
1 cup mayo  
¼- ¾ cup sugar  
2 teaspoons vinegar

Break apart broccoli into bite-sized pieces. Dice onion. Mix broccoli, onion and raisins. Mix mayo, sugar and vinegar to make dressing and add to broccoli. Chop bacon and mix in with salad.  
\*You can also add peanuts or onions.

### **“Healthy Bite” “Breaking the Barriers” Broccoli Salad**

4 cups broccoli crowns  
¼ red onion, minced  
2/3 cup raisins  
4-6 slices lower fat turkey bacon, cooked  
1 cup reduced fat or fat-free mayo  
¼ cup sugar or equivalent sugar substitute  
2 teaspoons vinegar

Break apart broccoli into bite-sized pieces. Dice onion. Mix broccoli, onion and raisins. Mix low- fat mayo, sugar or sugar substitute and vinegar to make dressing and add to broccoli. Chop bacon and mix in with salad.  
\*You can also add peanuts or onions.



### **Facili-tators**

1 potato

Oil

Slice into eights. Coat with oil. Bake at 350<sup>0</sup> for 30 minutes or until golden, flipping halfway.  
Salt to taste.

### **“Healthy Bite” Facili-tators**

1 potato

Olive Oil

Slice into eights. Lightly coat with olive oil. Bake at 350<sup>0</sup> for 30 minutes or until golden, flipping halfway. Salt-free seasoning to taste.

### **Scalloped Tomatoes and Artichoke Hearts**

1 can (2 pounds, 3 ounces) whole plum tomatoes  
1 can (14 ounces) artichoke hearts  
½ cup onion, finely chopped  
2 Tablespoons shallots, finely chopped  
¼ pound butter  
½ teaspoon leaf basil  
salt & pepper to taste

Preheat oven to 325<sup>0</sup>. Grease shallow earthenware or other casserole.  
Drain tomatoes and artichokes; rinse artichokes in water and quarter.  
Sauté onions and shallots in butter until tender. Add tomatoes, artichokes and basil; heat 2-3 minutes, stirring gently. Season with sugar, salt & pepper.  
Turn into prepared casserole and bake for 10-15 minutes or until vegetables are heated through.

### **“Healthy Bite” Scalloped Tomatoes and Artichoke Hearts**

1 can (2 pounds, 3 ounces) whole plum tomatoes  
1 can (14 ounces) artichoke hearts  
½ cup onion, finely chopped  
2 Tablespoons shallots, finely chopped  
¼ pound light margarine or 1/8 pound butter ½  
teaspoon leaf basil  
pepper to taste

Preheat oven to 325<sup>0</sup>. Grease shallow earthenware or other casserole.  
Drain tomatoes and artichokes; rinse artichokes in water and quarter.  
Sauté onions and shallots in light margarine or butter until tender. Add tomatoes, artichokes and basil; heat 2-3 minutes, stirring gently. Season with sugar, salt & pepper.  
Turn into prepared casserole and bake for 10-15 minutes or until vegetables are heated through.

### **Mom's Cold Carrots**

1 cup vinegar  
1 ½ cups sugar  
1/3 cup vegetable oil  
4 jars or cans slice carrots  
1 cup chopped green pepper  
1 bunch chopped green onions  
1 small jar pimentos, drained

Combine the vinegar, sugar and vegetable oil. Bring to a boil. Cool. Pour over drained carrots. Add green pepper, onions and pimentos. Marinate at least 1-2 days before serving.

### **“Healthy Bite” Mom's Cold Carrots**

1 cup vinegar  
¾ cup sugar or equivalent sugar substitute  
1/6- 1/3 cup olive or canola vegetable oil  
4 jars or cans sliced low sodium carrots  
1 cup chopped green pepper  
1 bunch chopped green onions  
1 small jar pimentos, drained

Combine the vinegar, sugar or sugar substitute and olive or canola oil. Bring to a boil. Cool. Pour over drained carrots. Add green pepper, onions and pimentos. Marinate at least 1-2 days before serving.

### **Heather's Oriental Cabbage Salad**

1 pkg. Ramen noodles (noodles only)  
¼ cup butter  
2 Tablespoons sesame seeds  
1 small bag slivered almonds  
½ cup sugar  
¾ cup peanut oil  
¼ cup rice wine vinegar  
2 Tablespoons soy sauce  
2 heads of cabbage  
2 bunches green onions

Melt butter; sauté noodles, sesame seeds and almonds. Brown slightly and cool. Dissolve sugar in oil, vinegar and soy sauce. Boil for 1 minute. Shred the cabbage and onions. Mix everything together just before serving.

### **“Healthy Bite” Heather's Oriental Cabbage Salad**

1 pkg. Ramen noodles (noodles only)  
¼ cup light margarine  
2 Tablespoons sesame seeds  
1 small bag slivered almonds  
¼ cup sugar or equivalent sugar substitute  
¼ -1/3 cup olive or canola oil  
¼ cup rice wine vinegar  
2 Tablespoons low sodium soy sauce  
2 heads of cabbage  
2 bunches green onions

Melt light margarine; sauté noodles, sesame seeds and almonds. Brown slightly and cool. Dissolve sugar or sugar substitute in oil, vinegar and soy sauce. Boil for 1 minute. Shred the cabbage and onions. Mix everything together just before serving.

## **PARTY COLESLAW**

1 (16-oz) pkg. coleslaw mix  
1 c. sweet pickle cubes with juice  
½ c. chopped onion  
1 c. broccoli florets  
1 c. cauliflower pieces  
1 c. grape tomatoes, halved  
1-1/2 c. mayonnaise  
½ c. sugar  
3 T. red wine vinegar

Mix coleslaw, pickle cubes, onion, broccoli, cauliflower, and tomatoes together. Mix mayonnaise, sugar, and vinegar together. Mix all together. Refrigerate.

Recipe Note: Serves: 6-8. When not serving immediately, wait and add tomatoes before serving.

## **“Healthy Bite” PARTY COLESLAW**

1 (16-oz) pkg. coleslaw mix  
1 c. sweet pickle cubes with juice  
½ c. chopped onion  
1 c. broccoli florets  
1 c. cauliflower pieces  
1 c. grape tomatoes, halved  
1 ½ c. light mayonnaise  
¼- ½ c. sugar or sugar substitute equivalent  
3 T. red wine vinegar

Mix coleslaw, pickle cubes, onion, broccoli, cauliflower, and tomatoes together. Mix mayonnaise, sugar, and vinegar together. Mix all together. Refrigerate.

Recipe Note: Serves: 6-8. When not serving immediately, wait and add tomatoes before serving.

### **Quinoa Tabbouleh Salad\***

2 Tbsp. fresh lemon juice  
1 tsp. olive oil  
1 Tbsp. chopped flat leaf parsley  
Pinch salt and pepper  
 $\frac{3}{4}$  cu. cooked quinoa  
 $\frac{1}{2}$  cu. chickpeas  
1 plum tomato, chopped  
1 seedless cucumber, chopped

Whisk together lemon juice, parsley, olive oil, salt and pepper. Add quinoa, chickpeas, tomato and cucumber.

***\*This is a "Healthy Bite" recipe***

Submitted by: Margaret Mudron/ Taylor Bank/ Worcester County

## Sweet Potato Casserole

Cooking spray

3 ½ pounds sweet potatoes (about 5 medium), peeled, cut into 1-inch chunks

2/3 cup honey

1 large egg

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1/8 teaspoon ground ginger

Kosher salt

1 tablespoon packed dark brown sugar

1/3 cup finely chopped

Preheat oven to 350<sup>0</sup>. Mist an 8-inch square baking dish with cooking spray.

Bring a few inches of water to a boil in pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20-25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey and egg, ½ teaspoon cinnamon, nutmeg and ginger and ½ teaspoon salt; whip with electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.

Mix the brown sugar, pecans and remaining ½ teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40-45 minutes.

## “Healthy Bite” Sweet Potato Casserole

Cooking spray

3 ½ pounds sweet potatoes (about 5 medium), peeled, cut into 1-inch chunks

1/3-2/3 cup honey

1 large egg or egg substitute equivalent

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1/8 teaspoon ground ginger

½ - 1 tablespoon packed dark brown sugar

1/3 cup finely chopped pecans

Preheat oven to 350<sup>0</sup>. Mist an 8-inch square baking dish with cooking spray.

Bring a few inches of water to a boil in pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20-25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey and egg or egg substitute, ½ teaspoon cinnamon, nutmeg and ginger; whip with electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.

Mix the brown sugar, pecans and remaining ½ teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40-45 minutes.

Submitted by: Jennifer Johnson/ Wicomico County Health Department

### **Pepper Parmesan Beans\***

1 lg. sweet pepper, diced	1 tbsp. minced fresh basil or 1 tsp. dried basil
1 sm. Green pepper, diced	1 tsp. salt (OPTIONAL)
¼ c. chopped onion	1/3 to ½ c. shredded parmesan cheese
1 garlic clove, minced	
¼ c. olive oil	
1 ½ lbs. fresh green beans, cut Into 2 in. pieces	

In large skillet, sauté peppers, onion and garlic in oil until the vegetables are tender, about 3 minutes. Add beans, basil and salt, toss to coat. Cover and cook over medium-low heat for 7-8 minutes or until beans are crisp-tender. Stir in cheese. Serve immediately. 6-8 servings.

**\*This is a “Healthy Bite” recipe**



# **APPETIZERS & DIPS**

## **Puff Pastry Sausage Cheese Balls**

1 package (3 cups) of Martha White Buttermilk Biscuit mix (Bisquick mix will work too)  
1 pound hot sausage (squeeze it out of the casing)  
1 pound sharp cheese (grated)

Mix all ingredients. Shape into teaspoon size balls and drop onto cookie sheet.

Bake 350 degrees for 15-17 minutes.

## **“Healthy Bite” Puff Pastry Sausage Cheese Balls**

1 package (3 cups) of Martha White Buttermilk Biscuit mix (Heart Smart Bisquick mix will work too)  
½ - 1 pound reduced fat hot sausage (squeeze it out of the casing)  
½ - ¾ pound reduced fat sharp cheese (grated) (can use less to taste)

Mix all ingredients. Shape into teaspoon size balls and drop onto cookie sheet.

Bake 350 degrees for 15-17 minutes.

## **Kale Chips**

### **Ingredients**

1 bunch kale, washed and thoroughly dried  
2 tablespoons olive oil  
Sea salt, for sprinkling

1 – Preheat the oven to 275 degrees F.

2 – Remove the ribs from the kale and cut into 2” pieces.

3 – Spread out on a baking sheet and toss with the olive oil and salt, using hands to massage the kale and make sure the oil is distributed through all the kale.

4 – Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food like you would potato chips. *Store in a brown paper bag to keep from getting stale. Good for up to 5 days.*

## **“Healthy Bite” Kale Chips**

### **Ingredients**

1 bunch kale, washed and thoroughly dried  
1 tablespoons olive oil

1 – Preheat the oven to 275 degrees F.

2 – Remove the ribs from the kale and cut into 2” pieces.

3 – Spread out on a baking sheet and toss with the olive oil, using hands to massage the kale and make sure the oil is distributed through all the kale.

4 – Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food like you would potato chips. *Store in a brown paper bag to keep from getting stale. Good for up to 5 days.*

### **Cheese Ball**

3 (8 ounce) pkgs. cream cheese  
1 pkg. Cracker Barrel cheese, grated  
1 tsp. Worcestershire sauce  
3 Tablespoons green pepper, finely chopped  
1 Tablespoon instant onion  
3 Tablespoons pimento, chopped  
½ cup pecans, finely chopped

Mix the cream cheese, grated cheese, Worcestershire sauce, pepper, onion and pimento together. Form into a ball. Roll the ball in the chopped pecans. Place in refrigerator and let chill before serving.

### **“Healthy Bite” Cheese Ball**

3 (8-ounce) pkgs. low fat cream cheese  
½ -1 pkg. Low Fat Cracker Barrel Cheese  
1 tsp. Worcestershire sauce  
3 Tablespoons green pepper, finely chopped  
1 Tablespoon instant onion  
3 Tablespoons pimento, chopped  
½ cup pecans, finely chopped

Mix the low fat cream cheese, low fat grated cheese, Worcestershire sauce, pepper, onion and pimento together. Form into a ball. Roll the ball in the chopped pecans. Place in refrigerator and let chill before serving.

### **Patte's Frito Salad**

1 can dark red kidney beans, drained  
1 -8 ounce bag shredded cheddar cheese  
1 diced green pepper  
1 diced onion  
1 diced fresh tomato or 1 can diced tomatoes  
1 small bottle Catalina salad dressing  
1 bag Fritos

Prep all ingredients ahead of time. Just before serving add all ingredients together and serve.

### **"Healthy Bite" Patte's Frito Salad**

1 can lower sodium dark red kidney beans, drained  
1 -8 ounce bag shredded low- fat cheddar cheese  
1 diced green pepper  
1 diced onion  
1 diced fresh tomato or 1 can low sodium diced tomatoes  
1 small bottle Fat-Free Catalina salad dressing  
1 bag low sodium Fritos on alternate Lower fat Baked chip for dipping

Prep all ingredients ahead of time. Just before serving add all ingredients together and serve.

### **Pineapple Mango Salsa Recipe\***

4 20 oz. cans Pineapple Chunks (or 5 15 oz.) chopped further, reserve 1 can juice (it goes without saying you can use equivalent amount of fresh)  
1 20 oz. jar of Mango chopped further, reserve a few shots of juice (it goes without saying you can use equivalent amount of fresh)  
2 Red or Sweet Onions cut into small chunks (I use one of each)  
½ dozen large Jalapenos, seeded and very finely chopped  
-Include seeds for hotter salsa

4-5 small or 3 large tomatoes stemmed and cut into small chunks  
2 yellow, red or orange peppers cut into small chunks  
1 bunch cilantro, cut off stems and finely chop  
Juice of ½ dozen limes  
Cider vinegar to taste (2-3 tablespoons )  
-Substitute any kind

¼ cup honey (use local organic if you've got it)  
Salt to taste (optional but I use a heaping teaspoon)  
6 plus cloves minced garlic or substitute garlic powder/salt  
Healthy drizzle of olive oil

#### RECIPE:

Combine all above ingredients in a LARGE Tupperware container using enough reserved pineapple and mango juice to cover all ingredients. If you used fresh pineapple and/or mango and have little juice, you can use orange or other fruit juice. Mix thoroughly, cover and refrigerate overnight. You will be tempted to taste immediately but resist, as the jalapenos are still bitter and hot. Drain excess liquid to desired juiciness the next day. Will keep 7-10 days. Eat it with chips or put it on top of fish or chicken.

**\*This is a "Healthy Bite" recipe**

### **Southern Caviar\***

2 cans black eyed peas – drain well  
1 can black beans - drain well  
1 can kernel corn -drain well

Put the above 3 ingredients into a large bowl and add:

4-6 chopped green onions  
¼ cup chopped red onion  
1 green pepper chopped  
½ cup chopped cilantro (or parsley)  
2 cloves minced garlic  
¼- ½ cup chopped jalapeno peppers (canned)  
3-4 chopped tomatoes  
8 oz. fat free Italian dressing

Mix all together and refrigerate 6-8 hours.

Serve with “low salt” or Baked Chips

**\*This is a “Healthy Bite” recipe**

## **Crab Dip**

1 -8 ounce cream cheese  
1- 5.2 ounce Boursin cheese  
1 tablespoon horseradish  
½ cup mayonnaise  
Dash Worcestershire sauce  
12 ounces crab meat ( if you use more add an additional Boursin cheese)  
Slivered almonds

### **Instructions**

Soften cheeses, mix in horseradish, mayonnaise and Worcestershire sauce.  
Fold in crab. Top with slivered almonds.

Bake ½ hour at 300<sup>0</sup> oven (or you can microwave)  
Serve with crackers or small breads.

## **“Healthy Bite” Crab Dip**

1 -8 ounce Low Fat cream cheese  
1- 5.2 ounce Boursin cheese  
1 tablespoon horseradish  
½ cup low- fat or fat-free mayonnaise  
Dash Worcestershire sauce  
12 ounces crab meat ( if you use more add an additional Boursin cheese)  
Slivered almonds

### **Instructions**

Soften cheeses, mix in horseradish, mayonnaise and Worcestershire sauce.  
Fold in crab. Top with slivered almonds.  
Bake ½ hour at 300<sup>0</sup> oven (or you can microwave)  
Serve with crackers or small breads.

### **Homemade Onion Dip\***

1 large container Plain, Fat-Free Greek Yogurt

10 shakes dehydrated onions, dill weed, chives, seasoned salt and garlic powder

{Can put additional shakes of above to taste!}

Mix all ingredients together and stir well.

Can use pretzels, carrots, celery as dippers

Can use dip as topping on sandwiches in lieu of mayonnaise.

\*can also add sage or ginger- optional

**\*This is a “Healthy Bite” recipe**

Submitted by: Kera Doxzon/ Worcester County Health Department



# **SOUPS**

## **Corn Chowder**

¼ lb. of bacon chopped  
1 medium onion chopped  
2 cans creamed corn  
2 cups of diced potatoes  
1 cup milk (hot)  
¼ teaspoon butter  
Salt and pepper to taste

In a large soup pot sauté onion and butter until glassy. Add potatoes and cover with water. Bring to a boil and cook potatoes until you can put a fork in them.

Add the creamed corn and milk and put on low for 30 minutes.

Add salt and pepper to taste.

## **“Healthy Bite” Corn Chowder**

¼ lb. of lean ham or turkey bacon  
1 medium onion chopped  
2 cans creamed corn  
2 cups of diced potatoes  
1 cup fat- free milk (hot)  
¼ teaspoon low fat margarine  
Salt (optional) and pepper to taste

In a large soup pot sauté ham or turkey bacon, onion and low fat margarine until glassy. Add potatoes and cover with water. Bring to a boil and cook potatoes until you can put a fork in them.

Add the creamed corn and fat-free milk and put on low for 30 minutes.

Add salt and pepper to taste.

## CO Soup\*

Skinless Chicken breast, boiled

Lean ground turkey- cooked with onion and drained

*(\*Can use only one meat if you prefer)*

1 can light red kidney beans

1 can pinto beans

1 can diced tomatoes (petite)

1 can original rotel

1 can kernel corn

1 pack taco seasoning

1 pack ranch dressing dry mix

1 jar Newman's own with black beans and corn (found in the taco section)

I didn't drain any of the can items and added a little water and ketchup. Once turkey was done, I added ½ of the taco and ½ ranch seasoning and mixed well and then add to the beans. Once chicken was done, I shredded it and added the remaining seasoning and mixed together in the turkey skillet to coat chicken well over medium heat and added to the bean mixture. You can either cook on stove or in crock pot. Can eat with fat free sour cream and fat free cheese with tortilla chips.

*\*This is a "Healthy Bite" recipe*

Submitted by: Brenda Smith (Dillon) / Perdue/ Wicomico County

### **Vegetable Beef Soup**

1 lb. beef cubes, browned  
1 tsp. basil  
1 can corn  
1 can diced tomatoes  
1 can carrots  
1 can string beans  
1 cup macaroni, cooked  
1 medium onion, chopped  
2 bay leaves

Brown beef cubes in sauce pan. Drain. Add all ingredients in a crock pot and simmer 2 hours.  
Salt and pepper to taste.

### **“Healthy Bite” Vegetable Beef Soup**

1 lb. beef cubes, all fat trimmed and browned  
1 tsp. basil  
1 can low sodium corn  
1 can low sodium diced tomatoes  
1 can low sodium carrots  
1 can low string beans  
1 cup whole wheat macaroni, cooked  
1 medium onion, chopped  
2 bay leaves

Brown trimmed beef cubes in sauce pan. Drain. Add all ingredients in a crock pot and simmer 2 hours. Pepper to taste.

## **MEXICAN CORN CHOWDER**

### Chowder

1pkt. taco seasoning  
3lbs. chicken or turkey  
1 onion, chopped  
1 green pepper, chopped  
1 lg. can of chicken broth  
1 lg. jar of Picante sauce  
1 sm. jar of Picante sauce  
¼- ½ c. water  
1 Pkg. frozen white corn

Cook taco seasoning with chicken or turkey, onion, and pepper in a large pot. Add chicken broth, picante sauce, and water. Bring to a boil. Add dumplings and cook for 10-20 minutes or until dumplings are firm.

### Cracker Dumplings

Cube melted butter  
1 pkg. saltines, smashed into fine powder  
2 eggs  
2 T. Parmesan cheese

Mix butter, saltine crumbs, eggs, and Parmesan cheese. Using a large tablespoon, scoop up mixture, roll in hand, then drop into soup at a medium boil. Cook in a covered pot for about 20 minutes.

## **“Healthy Bite” MEXICAN CORN CHOWDER**

### Chowder

1pkt. taco seasoning  
3lbs. boneless, skinless chicken or turkey  
1 onion, chopped  
1 green pepper, chopped  
1 lg. can of low fat/ low sodium chicken broth  
1 lg. jar of Picante sauce  
1 sm. jar of Picante sauce  
¼- ½ c. water  
1 Pkg. frozen white corn

Cook taco seasoning with chicken or turkey, onion, and pepper in a large pot. Add chicken broth, picante sauce, and water. Bring to a boil. Add dumplings and cook for 10-20 minutes or until dumplings are firm.

### Cracker Dumplings

Cube melted light margarine

1 pkg. low fat, salt-free saltines, smashed into fine powder

1 egg + 1 egg white or egg substitute equivalent

2 T. Parmesan cheese

Mix light margarine, saltine crumbs, egg + egg white or substitute, and Parmesan cheese. Using a large tablespoon, scoop up mixture, roll in hand, then drop into soup at a medium boil. Cook in a covered pot for about 20 minutes.

### **CHICKEN VEGETABLE SOUP-MEXICAN STYLE**

1 med. onion, chopped  
1 pkg. Hidden Valley Ranch Mix  
1 pkg. taco seasoning  
1 (15-oz) can pinto beans  
1 (15-oz) can black beans  
1 (15-oz) can corn  
1 (10-oz) can Rotel tomatoes  
1 to 2 cans stewed tomatoes  
1 lb. chicken, cooked and cubed

Cook onion in large stock pot until tender. Add Ranch mix, taco seasoning, beans, corn and tomatoes. Simmer about 1 hour. Add the cooked chicken and cook until heated through. Can be as thick as a stew. Serve in bowls.

Recipe Note: Serves: 4-6. Great with corn bread. Can substitute beef for chicken.

### **“Healthy Bite” CHICKEN VEGETABLE SOUP-MEXICAN STYLE**

1 med. onion, chopped  
1 pkg. Hidden Valley Ranch Mix  
1 pkg. taco seasoning  
1 (15-oz) can low sodium pinto beans  
1 (15-oz) can low sodium black beans  
1 (15-oz) can low sodium corn  
1 (10-oz) can Rotel tomatoes  
1 to 2 cans stewed tomatoes  
1 lb. chicken, skin and fat removed cooked and cubed

Cook onion in large stock pot until tender. Add Ranch mix, taco seasoning, low sodium beans, corn and tomatoes. Simmer about 1 hour. Add the cooked chicken and cook until heated through. Can be as thick as a stew. Serve in bowls.

Submitted by: Pat Johnson/ Wicomico County Health Department

# Entrees: Chicken

## CHICKEN AND WATER CHESTNUT CASSEROLE

Combine and place in a 9x13 dish, 4 – 5 cups of cooked chicken cut into bite size chunks  
1 can baby ears of corn, rinsed and cut into small chunks  
2, 8 oz. cans sliced water chestnuts

Combine and pour over the first three ingredients:

1 cup real mayonnaise  
1 can cream of chicken soup  
½ can cream of mushroom soup (or cream of celery)  
1 tsp. Accent (very necessary)  
½ tsp. pepper  
1 Tbsp. grated onion  
2 Tbsp. lemon juice

Sprinkle over the top: 1 cup grated cheddar cheese    **Best to store this overnight if possible.**

**Just before baking:**

Sauté 1 small pkg. Pepperidge Farm Cornbread Stuffing mixed with one stick of margarine (or butter) for a few minutes. (DO NOT BROWN) It will brown as it bakes. Sprinkle the stuffing on top of the cheddar cheese. Bake at 350 for 35 minutes. Delicious!

## “Healthy Bite” CHICKEN AND WATER CHESTNUT CASSEROLE

Combine and place in a 9x13 dish, 4 – 5 cups of cooked, skinless chicken cut into bite size chunks

1 can baby ears of corn, rinsed and cut into small chunks  
2, 8 oz. cans sliced water chestnuts

Combine and pour over the first three ingredients:

1 cup reduced fat mayonnaise  
1 can fat-free, low sodium cream of chicken soup  
½ can fat-free, low sodium cream of mushroom soup (or cream of celery)  
1 tsp. Accent (very necessary) (**NOTE MSG!**)  
½ tsp. pepper  
1 Tbsp. grated onion  
2 Tbsp. lemon juice

Sprinkle over the top: 1 cup grated low fat cheddar cheese. **Best to store this overnight if possible.**

**Just before baking:**

Sauté 1 small pkg. Pepperidge Farm Cornbread Stuffing mixed with 4 Tbsp. of light margarine for a few minutes. (DO NOT BROWN) It will brown as it bakes. Sprinkle the stuffing on top of the cheddar cheese. Bake at 350 for 35 minutes. Delicious!



## **Chicken Fajitas\***

Boneless skinless chicken breast  
Onions  
Mushrooms  
Soft tortilla shells  
Fajita seasoning  
Fat free sour cream  
Fat free shredded cheese  
Shredded lettuce  
Tomatoes  
Salsa

Cut chicken breast into smaller pieces and sauté in a pan with canola oil. Add in onions and mushrooms and fajita seasoning packet. Let simmer for approximately 10 minutes. Prepare condiments you desire. Tortilla shells can be warmed by microwave for about 7 seconds or until warmed. Prepare your fajita with the condiments that you prefer. These are so umm umm good—nothing left but the pan!!!

**\*This is a “Healthy Bite” recipe**

Submitted by: Jackie Townsend (Dillon) /Perdue/ Wicomico County

### **Lemon Chicken Pasta**

8 oz. whole wheat pasta (your choice)  
3 tablespoon extra-virgin olive oil  
4 skinless boneless chicken breast (cut into cubes)  
8 oz. mushrooms slices  
1 pint sweet grape tomatoes

#### **Dressing**

2 tablespoon extra-virgin olive oil  
1-2 lemons juiced  
1/8 teaspoon garlic powder  
Salt/pepper to taste

Heat skillet over medium heat. Add chicken. Brown on all sides. Add mushrooms and tomatoes. Stir frequently until chicken is done. Then, add cooked pasta to chicken mixture. Toss and heat over low. In a jar, combine dressing ingredients, shake until mixed. Then stir into pasta mixture. Can be topped with parmesan cheese.

### **“Healthy Bite” Lemon Chicken Pasta**

8 oz. whole wheat pasta (your choice)  
1 ½ tablespoon extra-virgin olive oil  
4 skinless boneless chicken breast (cut into cubes)  
8 oz. mushrooms slices  
1 pint sweet grape tomatoes

#### **Dressing**

1-2 tablespoon extra-virgin olive oil  
1-2 lemons juiced  
1/8 teaspoon garlic powder  
Salt (optional) /pepper to taste

Heat skillet over medium heat. Add chicken. Brown on all sides. Add mushrooms and tomatoes. Stir frequently until chicken is done. Then, add cooked pasta to chicken mixture. Toss and heat over low. In a jar, combine dressing ingredients, shake until mixed. Then stir into pasta mixture. Can be topped with parmesan cheese.

### **Chicken Enchiladas**

2 cups chopped chicken  
1 cup chopped green bell pepper  
1 package (8 oz.) Philadelphia cream cheese cubed  
1 jar (8 oz.) salsa divided  
8 (6 inch) flour tortillas  
¾ pound (12 oz.) Velveeta pasteurized process cheese spread  
¼ cup milk

Stir chicken, bell pepper, cream cheese and ½ cup salsa in saucepan on low heat until cream cheese is melted. Spoon 1/3 cup chicken mixture down center of each tortilla roll up. Place seam side down in lightly greased 12X8 inch baking dish. Stir process cheese spread and milk in saucepan on low heat until smooth. Pour sauce over tortillas, cover with foil. Bake at 350 degree for 20 minutes or until thoroughly heated. Pour remaining salsa over tortillas.

### **“Healthy Bite” Chicken Enchiladas**

2 cups chopped skinless chicken  
1 cup chopped green bell pepper  
1 package (8 oz.) Philadelphia low fat cream cheese cubed  
1 jar (8 oz.) salsa divided  
8 (6 inch) whole wheat flour tortillas  
¾ pound (12 oz.) Velveeta Reduced fat pasteurized process cheese spread  
¼ cup fat-free milk

Stir chicken, bell pepper, low fat cream cheese and ½ cup salsa in saucepan on low heat until cream cheese is melted. Spoon 1/3 cup chicken mixture down center of each tortilla roll up. Place seam side down in lightly greased 12X8 inch baking dish. Stir reduced fat process cheese spread and fat free milk in saucepan on low heat until smooth. Pour sauce over tortillas, cover with foil. Bake at 350 degree for 20 minutes or until thoroughly heated. Pour remaining salsa over tortillas.

### **Chicken Tostada\***

2 cups shredded cooked skinless chicken breast  
¼ cup salsa  
1 cup spicy black bean dip  
4 (8 inch) multigrain flour tortillas  
½ cup reduced fat Monterey jack cheese  
Cooking spray

Preheat oven to 450 degrees. Combine chicken and salsa in a medium bowl. Spread ¼ cup black bean dip over each tortilla. Place, evenly, chicken mixture on top of dip. Place 2 tablespoons cheese on top of chicken. Coat cookie sheet with cooking spray. Place tortillas on cookie sheet. Bake at 450 for 10 minutes.

**\*This is a “Healthy Bite” recipe**

Submitted by: Pat Sampson (Dillon) /Perdue/ Wicomico County

### **Baked Lemon Chicken\***

3 pounds skinless chicken breast  
2 tablespoon extra-virgin olive oil  
2 tablespoon chopped basil  
¼ cup fresh lemon juice

Combine chicken, basil, lemon juice, and olive oil in a large bowl and toss together. Refrigerate and let marinate for 2 hours. Bake at 425 degree for 50-60 minutes and serve.

**\*This is a “Healthy Bite” recipe**

Submitted by: Jenette Fling (Dillon) /Perdue/ Wicomico County

### **Chicken Georgia**

4 tablespoon (1/2 stick) butter “I can’t believe it’s not butter” or olive oil  
4 skinless boneless chicken breast halves  
1 cup sliced fresh mushrooms  
2 tablespoons minced shallots  
¼ teaspoon salt  
¼ teaspoon pepper  
4 oz. of grated mozzarella cheese (low fat)

Melt butter over medium heat. Add mushrooms and shallots and sprinkle with salt and pepper. Cook 10 minutes. Add chicken and cook 10 minutes on each side or until tender. Transfer chicken to platter and sprinkle with low fat grated cheese. Top with mushroom mixture. Cook and let stand 5 minutes or until cheese melts. Serve with a side salad. Lettuce, tomatoes, cucumbers, and a low fat dressing of choice.

### **“Healthy Bite” Chicken Georgia**

2 tablespoon (1/4 stick) butter “I can’t believe it’s not butter” or olive oil  
4 skinless boneless chicken breast halves  
1 cup sliced fresh mushrooms  
2 tablespoons minced shallots  
¼ teaspoon salt (optional)  
¼ teaspoon pepper  
4 oz. of grated mozzarella cheese (low fat)

Melt butter over medium heat. Add mushrooms and shallots and sprinkle with pepper. Cook 10 minutes. Add chicken and cook 10 minutes on each side or until tender. Transfer chicken to platter and sprinkle with low fat grated cheese. Top with mushroom mixture. Cook and let stand 5 minutes or until cheese melts. Serve with a side salad. Lettuce, tomatoes, cucumbers, and a low fat dressing of choice.

## **Crockpot Spinach & Artichoke Chicken\***

- 4 large skinless chicken breasts, raw
- 8 oz. artichoke hearts, drained
- 1 package of frozen creamed spinach, thawed
- 1 small container (~ ½ cup) of plain Greek yogurt
- 2 tablespoons of canned diced pickled jalapeno peppers

Place raw chicken breasts in bottom of crockpot. In a bowl mix artichoke hearts, jalapeno peppers, creamed spinach, and yogurt. Pour mixture over top of chicken & cook on low for 8 hours. Serve over rice or noodles.

**\*This is a “Healthy Bite” recipe**

### **Salsa Chicken\***

*This healthy recipe is a family favorite!*

4 boneless, skinless chicken breasts  
1 jar of your favorite salsa  
1 can black beans, rinsed  
1 cup of frozen corn

Put all ingredients into a crock pot and cook on low for 4 to 6 hours. Delicious!

**\*This is a “Healthy Bite” recipe**

Submitted by: Jodi Holland/Wicomico County Health Department



## **Salsa/Bean Chicken\***

(Crock Pot)

6 Boneless/skinless chicken breasts  
2 Cups of your favorite Salsa  
1 can of black beans (rinsed/drained)  
Salt/pepper (optional)  
½ cup of water  
  
½ cup of reduced fat sour cream

Spray Crock Pot with non-stick spray  
Put 1 cup of Salsa in the bottom of the crock pot  
Put chicken on top of salsa  
Sprinkle salt (*optional*) and pepper  
Add second cup of salsa on top of chicken  
Put the black beans on top of the salsa  
Pour water along sides of chicken, just to add extra moisture since it will be cooking all day  
Cover/cook in crock pot on low for 8 hours

When done, serve with low fat sour cream, for those that like a little sour cream.

**\*This is a “Healthy Bite” recipe**

### **North Carolina Bar-B-Q Chicken**

2 cups vinegar  
splash of ketchup, generous  
splash of Worcestershire sauce, generous  
good sprinkle of red pepper  
chunk of butter  
2-3 lbs. chicken

Heat vinegar, ketchup, Worcestershire sauce, red pepper and butter together on stove. When heated, baste on chicken parts. Broil or grill according to directions until chicken is tender and juices run clear.

### **“Healthy Bite” North Carolina Bar-B-Q Chicken**

2 cups vinegar  
splash of ketchup, generous  
splash of Worcestershire sauce, generous  
good sprinkle of red pepper  
chunk of light margarine  
2-3 lbs. chicken, skin removed

Heat vinegar, ketchup, Worcestershire sauce, red pepper and margarine together on stove. When heated, baste on chicken parts. Broil or grill according to directions until chicken is tender and juices run clear.

## **MAMA'S CHICKEN CASSEROLE**

- 1- ½ c. diced cooked chicken
- 1- ½ c. cooked rice
- 1 c. chopped celery
- ½ c. chopped walnuts or pecans
- 1 (10 ¾-oz can cream of chicken or mushroom soup
- 2 tsp. finely chopped onion
- ½ tsp. salt
- ½ tsp. pepper
- ¼ tsp. ground red pepper
- 1 T. lemon juice
- ¾ c. mayonnaise
- ¼ c. water
- 2 c. coarsely crumbled potato chips

Combine first 10 ingredients: chicken, rice, celery, nuts, soup, onion, salt, peppers, and lemon juice, in a large bowl. Combine mayonnaise and water. Stir until smooth. Add mayonnaise mixture to chicken mixture. Spoon all into a greased 11× 7 inch baking dish. Top with potato chips. Bake uncovered at 400° for 15 minutes, or until bubbly.(Recipe Note: Yield: 6 servings)

## **“Healthy Bite” MAMA'S CHICKEN CASSEROLE**

- 1- ½ c. diced cooked chicken, skin and fat removed
- 1- ½ c. cooked brown rice
- 1 c. chopped celery
- ½ c. chopped walnuts or pecans
- 1 (10 ¾-oz) can low fat/ low sodium cream of chicken or mushroom soup
- 2 tsp. finely chopped onion
- ½ tsp. pepper
- ¼ tsp. ground red pepper
- 1 T. lemon juice
- ¾ c. low fat or fat-free mayonnaise
- ¼ c. water
- 2 c. coarsely crumbled baked potato chips

Combine first 10 ingredients: chicken, brown rice, celery, nuts, soup, onion, peppers, and lemon juice, in a large bowl. Combine low fat/ fat-free mayonnaise and water. Stir until smooth. Add mayonnaise mixture to chicken mixture. Spoon all into an 11× 7 inch baking dish, sprayed with vegetable spray. Top with baked potato chips. Bake uncovered at 400° for 15 minutes, or until bubbly.

Submitted by: Mary Murphey/ Wicomico County Health Department

# **Entrees: Meat**

## **VIRGINIA'S CALIFORNIA MEAT LOAF**

2 lbs. ground beef  
1 c. bread crumbs  
1 onion  
1 egg  
Salt and pepper  
½ can water  
2 (8-oz.) cans tomato sauce  
3 T. vinegar  
3 T. brown sugar  
2 T. mustard  
2tsp. Worcestershire sauce

Mix together the ground beef, bread crumbs, onion, egg, and salt and pepper. Mix the water, tomato sauce, vinegar, brown sugar, mustard, and Worcestershire sauce. Add enough of this mixture to the ground beef mixture so that it is moist and will hold together. Baste loaf with the remaining tomato sauce mixture. Bake at 350° for 45 minutes to 1 hour. Drain the fat after baking.

## **“Healthy Bite” VIRGINIA'S CALIFORNIA MEAT LOAF**

2 lbs. lean ground beef (Use 90/10) or ground turkey (93%)  
1 c. whole wheat bread crumbs  
1 onion  
1 egg or egg substitute equivalent or 1 egg white  
pepper  
½ can water  
2 (8-oz.) cans low sodium tomato sauce  
3 T. vinegar  
3 T. Splenda brown sugar substitute  
2 T. mustard  
2 tsp. Worcestershire sauce

Mix together the lean ground beef, whole wheat bread crumbs, onion, egg/ substitute, and pepper. Mix the water, low sodium tomato sauce, vinegar, brown sugar substitute, mustard, and Worcestershire sauce. Add enough of this mixture to the ground beef mixture so that it is moist and will hold together. Baste loaf with the remaining tomato sauce mixture. Bake at 350° for 45 minutes to 1 hour. Drain the fat after baking.

Submitted by: Becky Larkin/ Wicomico County Health Department

### **Matt's Pizza**

1 pita bread  
2 tablespoons spaghetti or pizza sauce  
1/4 cup mozzarella, shredded  
spices (oregano, basil, garlic powder) or dried herbs (oregano, basil, garlic powder)  
olive oil (optional)  
Veggies – sliced peppers, onions, spinach, etc. ( whatever you want)  
Turkey pepperoni

Brush on a little olive oil on the pita.

Spread sauce on top of the pita.

Sprinkle on the shredded cheese.

Sprinkle on pinches of desired herbs and spices, and add any toppings you'd like.

Place on baking sheet, bake for 5-7 minutes at 400°, or until cheese is melted (times may vary).

Slice with pizza cutter and enjoy!

### **“Healthy Bite” Matt's Pizza**

1 whole wheat pita bread  
2 tablespoons low sodium spaghetti or pizza sauce  
1/4 cup low- fat mozzarella, shredded  
spices (oregano, basil, garlic powder) or dried herbs (oregano, basil, garlic powder)  
olive oil (optional)  
Veggies – sliced peppers, onions, spinach, etc. ( whatever you want)  
Turkey pepperoni

Brush on a little olive oil on the pita.

Spread sauce on top of the pita.

Sprinkle on the shredded cheese.

Sprinkle on pinches of desired herbs and spices, and add any toppings you'd like.

Place on baking sheet, bake for 5-7 minutes at 400°, or until cheese is melted (times may vary).

Slice with pizza cutter and enjoy!

Submitted by: Matt Westmoreland (Concord) -/Perdue/Wicomico County

### **Peer (Pure) Comfort Food**

½ cup pinto beans , ½ cup black beans and ½ cup kidney beans  
1 – 1 ¼ pounds of ground beef or turkey  
1 Tablespoon sugar  
4-5 dashes hot sauce in 1 can tomatoes and stir  
1 small can sweet corn  
1 small onion  
½ bag frozen broccoli florets  
½ tablespoon Lawry’s season salt  
½ tablespoon Italian seasoning  
1 teaspoon basil and garlic powder  
2 dashes chili powder  
Dash of pepper  
3 cups cooked rice

Sauté ground meat and onion. Drain half the fat. Add Lawry’s salt, Italian seasoning and garlic powder. Continue sautéing. Add corn and heat thoroughly. Place frozen broccoli on top of mixture. Stir slightly. Cover and continue on medium heat 8 to 10 minutes. Remove from heat and let stand 5 to 10 minutes. Serve on bed of rice.

### **“Healthy Bite” Peer (Pure) Comfort Food**

½ cup pinto beans , ½ cup black beans and ½ cup kidney beans  
1 – 1 ¼ pounds of 93% lean ground turkey  
1-2 teaspoons sugar or equivalent sugar substitute  
4-5 dashes hot sauce in 1 can tomatoes and stir  
1 small can low sodium sweet corn  
1 small onion  
½ bag frozen broccoli florets  
½ -1 teaspoon Lawry’s season salt  
½ ½ tablespoon Italian seasoning  
1 teaspoon basil and garlic powder  
2 dashes chili powder  
Dash of pepper  
3 cups cooked brown rice

Sauté ground meat and onion. Drain half the fat. Add Lawry’s salt, Italian seasoning and garlic powder. Continue sautéing. Add corn and heat thoroughly. Place frozen broccoli on top of mixture. Stir slightly. Cover and continue on medium heat 8 to 10 minutes. Remove from heat and let stand 5 to 10 minutes. Serve on bed of rice.

Submitted by: Lower Shore Friends, Inc. /Wicomico County

### **Stir-Fry Hook Up**

Use stir fry steak or use chicken or turkey (slice into thin pieces)  
white rice- 1-3 cups or how much meat you fry  
garlic powder to taste  
Italian seasoning to taste  
butter or margarine  
1 can French cut green beans

Stir fry meat in butter or margarine in a frying pan until browned or golden brown. Add garlic powder and Italian seasoning to taste. Cook rice and green beans. Cook until finished. Put rice and green beans and meat all together. Salt and pepper to taste.

### **“Healthy Bite Stir- Fry Hook Up**

Use stir fry steak or use chicken or turkey- TRIM off all fat (slice into thin pieces)  
Brown rice- 1-3 cups or how much meat you fry  
garlic powder to taste  
Italian seasoning to taste  
Low fat margarine or olive oil  
1 can low sodium French Cut green beans

Stir fry LEAN meat in olive oil or low fat margarine in a frying pan until browned or golden brown. Add garlic powder and Italian seasoning to taste. Cook brown rice and green beans. Cook until finished. Put rice and green beans and meat all together. Add pepper to taste.

# **Entrees: Seafood**

## **All On “Board” Crunchy Shrimp**

10-20 medium shrimp  
All- purpose flour  
1 egg  
Old Bay Seasoning  
Cocktail sauce

Take thawed shrimp and shake Old Bay seasoning according to your taste on both sides of the shrimp. Afterward, place flour on both sides of the shrimp. Next dip each shrimp in the scrambled-up egg so each shrimp is fully coated with egg. Now take the coated shrimp and place a second layer of flour on the shrimp.

After vegetable oil is hot in frying pan, place battered shrimp in hot oil in the pan. Fry for 5-8 minutes.

Place on a plate lined with paper towels to absorb excess vegetable oil. Allow shrimp 2 minutes to cool off from heat. Place cocktail sauce on shrimp to please your taste buds.

## **“Healthy Bite” All On “Board” Crunchy Shrimp**

10-20 medium shrimp  
All- purpose flour  
Egg substitute to equal 1 egg  
Low sodium Old Bay Seasoning  
Cocktail sauce

Take thawed shrimp and shake Low Sodium Old Bay seasoning according to your taste on both sides of the shrimp. Afterward, place flour on both sides of the shrimp. Next dip each shrimp in the scrambled-up egg substitute so each shrimp is fully coated with egg. Now take the coated shrimp and place a second layer of flour on the shrimp.

After vegetable oil is hot in frying pan, place battered shrimp in hot oil in the pan. Fry for 5-8 minutes.

Place on a plate lined with paper towels to absorb excess vegetable oil. Allow shrimp 2 minutes to cool off from heat. Place cocktail sauce on shrimp to please your taste buds.

Submitted by: Lower Shore Friends, Inc. / Wicomico County



### **Annette's Salmon\***

4 salmon fillets  
¼ cup tamari soy sauce  
2 tablespoons raw honey  
1 tablespoon rice vinegar  
¼ teaspoon cayenne pepper  
1/8 teaspoon ground pepper

In a large bowl, combine the soy sauce, honey, vinegar, ginger, cayenne, and black pepper. Add the salmon and marinate in a food storage bag for 2 hours. Preheat the broiler and place salmon on a broiler rack for 8 to 10 minutes until flaky with a fork. Serve.

**\*This is a "Healthy Bite" recipe**

Submitted by: Annette McRae (Dillon) /Perdue/ Wicomico County

### **Lemon Pepper Salmon**

6oz. Salmon  
Wild rice  
Cauliflower  
One Lemon  
Salt  
Black pepper  
Butter  
Olive oil  
Minced garlic

Marinate salmon in lemon sauce juice and lemon pepper. Add lemon zest. Put in frying pan with olive oil skin side down till crispy. Take out and put in oven for 350 for 12 minutes to 15 minutes till cooked. Steam cauliflower in salt and black pepper and a teaspoon of garlic and a little bit of olive oil. Steam wild rice with salt.

### **“Healthy Bite” Lemon Pepper Salmon**

6 oz. Salmon  
Wild rice  
Cauliflower  
One Lemon  
Salt (optional)  
Black pepper  
Olive oil  
Minced garlic

Marinate salmon in lemon sauce juice and lemon pepper. Add lemon zest. Put in frying pan with olive oil skin side down till crispy. Take out and put in oven for 350 for 12 minutes to 15 minutes till cooked. Steam cauliflower in black pepper and a teaspoon of garlic and a little bit of olive oil. Steam wild rice.

### **Seafood Salad**

1 box elbow macaroni (shells or twist), cooked  
1 small bag shrimp, cooked (2 bags if you like)  
1 large bag imitation crab meat  
1 small bag scallops, cooked  
1 small onion, diced  
1 celery, diced  
1 handful chives  
1 handful diced carrots

Season with garlic powder, Mrs. Dash, seafood seasoning, dressing (Caesar, Ranch or Creamy Italian)

You can add 1-2 diced fresh tomatoes and small pieces of broccoli.

Mix in a large bowl and eat.

### **“Healthy Bite” Seafood Salad**

1 box whole wheat elbow macaroni (shells or twist), cooked  
1 small bag shrimp, cooked (2 bags if you like)  
1 large bag imitation crab meat  
1 small bag scallops, cooked  
1 small onion, diced  
1 celery, diced  
1 handful chives  
1 handful diced carrots

Season with garlic powder, Mrs. Dash, seafood seasoning, reduced fat or fat-free dressing (Caesar, Ranch or Creamy Italian)

You can add 1-2 diced fresh tomatoes and small pieces of broccoli.

Mix in a large bowl and eat.

## **Shrimp Creole**

1 ½ pounds shrimp, cleaned  
¼ cup onion, chopped  
¼ cup green pepper, chopped  
¼ tsp. basil  
1 clove garlic, chopped  
¼ cup butter, melted  
3 Tablespoons cornstarch  
1 teaspoon chili powder  
1 teaspoon salt  
¼ teaspoon pepper  
2 cups canned tomatoes  
1 (7 ounce) can tomato sauce

Peel shrimp, remove veins and wash. Cook onion, green pepper, basil and garlic in butter until tender. Blend in cornstarch, which has been diluted with small amount of water, chili powder, salt & pepper. Add the tomatoes and tomato sauce. Cook until thick, stirring constantly. Add shrimp and simmer uncovered about 20 minutes. Serve over rice.

## **“Healthy Bite” Shrimp Creole**

1 ½ pounds shrimp, cleaned  
¼ cup onion, chopped  
¼ cup green pepper, chopped  
¼ tsp. basil  
1 clove garlic, chopped  
¼ cup light margarine, melted  
3 Tablespoons cornstarch  
1 teaspoon chili powder  
¼ teaspoon pepper  
2 cups lower sodium canned tomatoes  
1 (7 ounce) can low sodium tomato sauce

Peel shrimp, remove veins and wash. Cook onion, green pepper, basil and garlic in light margarine until tender. Blend in cornstarch, which has been diluted with small amount of water, chili powder & pepper. Add the tomatoes and tomato sauce. Cook until thick, stirring constantly. Add shrimp and simmer uncovered about 20 minutes. Serve over BROWN rice.

Submitted by: Pat Johnson/ Wicomico County Health Department

## **Crabmeat Delight**

### Medium White Sauce

2 tsp. butter

2 tsp. flour

½ tsp. salt

1 c. milk

1 tsp. Worcestershire sauce

Few drops of Tabasco sauce

In a saucepan over low heat, melt the butter. Stir in the flour and salt. When combined, slowly add the milk and stir until it thickens. Stir in the Worcestershire and Tabasco sauce.

### Casserole

1 lb. back fin crabmeat

medium white sauce (see above)

Pepperidge Farm seasoned bread crumbs

4 T. butter

Pour crabmeat into a buttered 1 qt. casserole. Add the white sauce and mix with the crabmeat. Sprinkle on the bread crumbs. Put butter on top and bake at 350° until bubbling, about 35 minutes.

## **“Healthy Bite” Crabmeat Delight**

### Medium White Sauce

2 tsp. butter

2 tsp. flour

½ tsp. salt

1 c. milk

1 tsp. Worcestershire sauce

Few drops of Tabasco sauce

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4 T. butter

Pour crabmeat into a buttered 1 qt. casserole. Add the white sauce and mix with the crabmeat. Sprinkle on the bread crumbs. Put butter on top and bake at 350° until bubbling, about 35 minutes.

Submitted by: Mary Murphey/ Wicomico County Health Department

### **Fish Tacos**

2 Avocados

¼ cup of low-fat sour cream or green yogurt

1 small jalapeno or your choice of hot pepper

2 tablespoons of chopped red onion

2 tablespoons of chopped cilantro

5 tablespoons of lime juice (fresh is better)

Light dash of pink salt and pepper

Cabbage, lettuce or your choice of green leaf

2 tablespoons of olive oil

Ten, 7- inch flour tortillas (read label for best healthy option)

2 small tomatoes chopped

Dash of hot sauce, your choice

1. Mash the avocados, cream, peppers, onion, cilantro and lime juice in a bowl and season with the salt and pepper.
2. Lightly brush your healthy choice of fish with olive oil and grill or pan sauté for 10 minutes.
3. Assemble tacos and add your toppings from ingredients list.

### **“Healthy Bite” Fish Tacos**

2 Avocados

¼ cup of low-fat sour cream or green yogurt

1 small jalapeno or your choice of hot pepper

2 tablespoons of chopped red onion

2 tablespoons of chopped cilantro

5 tablespoons of lime juice (fresh is better)

Light dash of pepper

Cabbage, lettuce or your choice of green leaf

1 tablespoon of olive oil

Ten, 7- inch whole wheat flour tortillas (read label for best healthy option)

2 small tomatoes chopped

Dash of hot sauce, your choice

1. Mash the avocados, cream, peppers, onion, cilantro and lime juice in a bowl and season with the salt and pepper.
2. Lightly brush your healthy choice of fish with olive oil and grill or pan sauté for 10 minutes.
3. Assemble tacos and add your toppings from ingredients list.

Submitted by: Alysson DuPont/ Taylor Bank/ Worcester County

## **Quick and Easy Broiled Tilapia\***

### **Ingredients:**

Tilapia filets  
Extra Virgin Olive Oil or Small Dollop of Butter  
Old Bay  
Lemon Pepper  
Paprika  
Parsley

1.) Preheat oven to broil setting. 2.) Line baking pan with aluminum foil. 3.) Place Tilapia filets on the lined baking pan. 4.) Sprinkle each filet with a small desirable coating of Old Bay, Lemon Pepper, Paprika, and Parsley. 5.) On top of each filet, drizzle olive oil or top with small amount of butter. 6.) Bake tilapia for 20minutes on Broil setting. When finished, filets' should flake apart easily with a fork.

Recommended side dish: Uncle Ben's Red Beans and Rice flavored Ready Rice.

**\*This is a "Healthy Bite" recipe**

# **Entrees: Vegetarian**

## **Barley and Spinach Skillet Casserole\***

**Makes 4 servings**

1 cup water  
¾ cup uncooked quick-cooking barley  
1 cup chopped green pepper  
1 cup chopped red pepper  
1/8 teaspoon garlic powder  
1/8 teaspoon red pepper flakes  
2 cups coarsely chopped packed fresh washed spinach  
1 cup rinsed and drained canned navy beans  
1 cup quartered cherry tomatoes  
¼ cup chopped fresh basil  
1 tablespoon olive oil  
2 tablespoons Italian-flavored dry bread crumbs

1. Preheat broiler.
2. Bring water to a boil in large ovenproof skillet.
3. Add barley, bell peppers, garlic powder and red pepper flakes.
4. Reduce heat; cover tightly and simmer 10 minutes or until liquid absorbed.
5. Remove skillet from heat.
6. Stir in spinach, beans, tomatoes, basil and olive oil.
7. Sprinkle evenly with bread crumbs.
8. Broil, uncovered, 2 minutes or until golden.

**\*This is a “Healthy Bite” recipe**

Submitted by: Kathy Wool/ Worcester County Health Department



## **Mushroom Pasta**

### **Ingredients:**

16 oz. Whole Wheat Penne Pasta  
16 oz. Fresh Mushrooms, Sliced  
2.5 oz. Shredded Parmesan Cheese  
Olive Oil  
Dried Basil  
Dried Parsley  
Salt & Pepper

### **Directions:**

In a large pot, cook pasta according to package directions.  
In a large skillet, sauté mushrooms in olive oil. Drain excess oil.  
In a large bowl, combine cooked pasta, mushrooms, and parmesan cheese.  
Sprinkle with basil, parsley, salt, and pepper to desired taste.  
Pour a small amount of olive oil on top, then stir to lightly coat all ingredients.  
Serve warm or chilled.  
(Servings: 8)

## **“Healthy Bite” Mushroom Pasta**

### **Ingredients:**

16 oz. Whole Wheat Penne Pasta  
16 oz. Fresh Mushrooms, Sliced  
2.5 oz. Shredded Parmesan Cheese  
Cooking spray or 1 Tbsp. low fat low sodium chicken broth  
Dried Basil  
Dried Parsley  
Salt (optional) & Pepper

### **Directions:**

In a large pot, cook pasta according to package directions.  
In a large skillet, sauté mushrooms in cooking spray or low fat low sodium chicken broth. Drain  
In a large bowl, combine cooked pasta, mushrooms, and parmesan cheese.  
Sprinkle with basil, parsley, salt (optional), and pepper to desired taste.  
Pour a small amount of olive oil on top, then stir to lightly coat all ingredients.  
Serve warm or chilled.  
(Servings: 8)

Submitted by: Dawn Mills/ Somerset County

## **Chilled Italian Pasta and Vegetables**

### **Ingredients:**

16 oz. Spiral Pasta  
1 Cup Broccoli  
1 Cup Carrots  
1 Cup Tomatoes  
1 Cup Bell Peppers  
1 Cup Fresh Mushrooms  
1 Cup Low-Fat Cheddar Cheese (Block)

### **Dressing:**

1 Cup Olive Oil  
1/3 Cup Lemon Juice  
1 Teaspoon Dried Parsley  
1 Teaspoon Dried Basil  
½ Teaspoon Salt  
¼ Teaspoon Pepper

### **Directions:**

In a large pot, cook pasta according to package directions. Drain and rinse with cold water.  
Chop all vegetables and cheese into bite-sized pieces.  
In a large bowl, combine the pasta, vegetables, and cheese.  
Put all dressing ingredients in a container with a lid and shake well to mix.  
Pour the dressing over the salad and mix well.  
Serve chilled. (Servings: 8)

## **“Healthy Bite “Chilled Italian Pasta and Vegetables**

### **Ingredients:**

16 oz. Whole Wheat Pasta  
1 Cup Broccoli  
1 Cup Carrots  
1 Cup Tomatoes  
1 Cup Bell Peppers  
1 Cup Fresh Mushrooms  
1 Cup Low-Fat Cheddar Cheese (Block)

### **Dressing:**

½ Cup Olive Oil  
4-5 Tablespoons Lemon Juice  
1 Teaspoon Dried Parsley  
1 Teaspoon Dried Basil

½ Teaspoon Salt (optional)

¼ Teaspoon Pepper

Directions:

In a large pot, cook pasta according to package directions. Drain and rinse with cold water.

Chop all vegetables and cheese into bite-sized pieces.

In a large bowl, combine the pasta, vegetables, and cheese.

Put all dressing ingredients in a container with a lid and shake well to mix.

Pour the dressing over the salad and mix well.

Serve chilled. (Servings: 8)

### **Penne with Spring Vegetables\***

¼ cup olive oil  
½ cup sweet onion  
2 cloves garlic, minced  
1 pound asparagus, cut into 1-inch pieces  
2 ½ cups halved cherry tomatoes  
2 cups diced yellow squash or zucchini  
¾ cup fat free chicken broth  
¼ teaspoon black pepper  
6 cups cooked whole wheat or multigrain penne  
6 fresh basil leaves, cut into thin strips  
1 ½ cups marinara sauce  
¼ cup grated Parmesan cheese

Heat oil in large saucepan over medium heat.

Add onion & garlic- cook 3 minutes, stirring constantly.

Add asparagus & cook 4 minutes, stirring frequently.

Add tomatoes and squash and cook 3 minutes or until softened.

Add chicken broth; reduce heat. Simmer 6 minutes or until asparagus is tender.

Add penne, basil and sauce to tomato mixture; toss to combine.

Top with Parmesan cheese.

**\*This is a “Healthy Bite” recipe**

## Savory Supper Frittata\*

1 bunch kale, Swiss Chard or spinach (4 cups)  
2 Tbsp. water  
1 Tbsp. olive oil  
1 onion, diced  
1 clove garlic, minced  
1 large red pepper, cut into bite-sized strips  
4 eggs  
8 egg whites or equivalent egg substitute  
2 Tbsp. water  
Black pepper to taste  
¼ cup Parmesan cheese  
Low fat cheddar cheese

### OPTIONS:

sliced mushrooms  
scallions in place of onion  
grated zucchini  
assorted peppers  
can omit greens

Place oven rack in center of oven and preheat broiler.

To prepare greens: wash thoroughly, remove tough ribs and stems and chop leaves into bite-sized pieces (or if using spinach purchase pre-washed spinach and chop)

In nonstick, oven-proof skillet (or regular skillet with lid), heat olive oil and sauté onion and garlic till golden. Add pepper and sauté briefly.

Add greens and a splash of water, just enough to wilt the greens. Cover pan and allow the greens to steam tender, 5-10 minutes, depending on the greens you use.

Whisk whole eggs and egg whites or egg substitute with 2 Tbsp. water. Add black pepper.

Remove lid, add egg mixture evenly over vegetables. Sprinkle with Parmesan cheese.

Broil or cover skillet with lid and cook until eggs are set, about 6-8 minutes.

Add low-fat cheese last 2 minutes to melt.

Cut into wedges and garnish, serve.

*\*This is a "Healthy Bite" recipe*

Submitted by: Kathy Wool/ Worcester County Health Department

### **Mentoring Macaroni and Cheese**

8 ounces elbow macaroni  
12 ounces cottage cheese  
¼ cup grated parmesan cheese  
1 cup bread crumbs  
8 ounces sharp cheddar cheese, shredded  
8 ounces sour cream  
salt and pepper to taste  
¼ cup butter, melted

Preheat oven to 350<sup>0</sup>. Cook pasta in boiling water until done. Drain. In a 9 x 13 inch dish, stir together macaroni, cheddar cheese, cottage cheese, parmesan cheese salt and pepper. Combine the bread crumbs with melted butter and sprinkle over top.

Bake at 350<sup>0</sup> for 30-35 minutes or until top is golden.

### **“Healthy Bite” Mentoring Macaroni and Cheese**

8 ounces whole wheat elbow macaroni  
12 ounces fat free or 1% fat cottage cheese  
¼ cup grated parmesan cheese  
1 cup unseasoned bread crumbs  
4-6 ounces reduced fat sharp cheddar cheese, shredded  
8 ounces light or fat-free sour cream  
pepper to taste  
¼ cup light margarine, melted

Preheat oven to 350<sup>0</sup>. Cook pasta in boiling water until done. Drain. In a 9 x 13 inch dish, stir together macaroni, reduced fat cheddar cheese, fat free or 1% fat cottage cheese, parmesan cheese and pepper. Combine the bread crumbs with melted light margarine and sprinkle over top.

Bake at 350<sup>0</sup> for 30-35 minutes or until top is golden.

### **Scrambled Egg Muffins**

4 large eggs  
¼ c skim milk  
¼ c low-fat shredded cheese  
¼ c diced ham

Preheat oven to 350 degrees. Spray a 6 cup muffin tin with cooking spray. Whisk together eggs and milk until well beaten. Add ham and cheese and stir until blended. Divide evenly among the muffin cups. Bake for about 20-22 minutes or until eggs are firm. Carefully remove muffins when cool.

Other healthy additions can include peppers, mushrooms, onion, turkey bacon or sausage.

### **“Healthy Bite” Scrambled Egg Muffins**

2 large eggs + 2 egg whites or egg substitute equivalent to 2 eggs  
¼ c skim milk  
¼ c low-fat shredded cheese  
¼ c diced lower fat, lower sodium ham

Preheat oven to 350 degrees. Spray a 6 cup muffin tin with cooking spray. Whisk together eggs, egg whites and/or egg substitute and milk until well beaten. Add low fat/ low sodium ham and cheese and stir until blended. Divide evenly among the muffin cups. Bake for about 20-22 minutes or until eggs are firm. Carefully remove muffins when cool.

Other healthy additions can include peppers, mushrooms, onion, turkey bacon or sausage.

# Breads, Rolls, & Muffins

## Honey Oatmeal Bread

(2 loaves)

2 ¼ cup milk  
1/3 cup honey  
¼ cup butter  
2 ½ teaspoons salt

Heat above till butter melts. Cool down to 105°.

### **Mix in:**

2 cups uncooked regular oats  
6 cups bread flour  
1 teaspoon yeast  
½ cup water

### **Knead.**

Let rise for at least 4 hours below 75° (you can let it rise in refrigerator for up to 48 hours. If you do, it will take 4-6 hours out of refrigerator to get to room temperature).

Shape loaves and proof (final rise) for 1 hour.

Deep score down the middle with sharp knife.

Bake at 400° for 45-50 minutes, until deep golden brown and tapping the bottom gives a drum-like thump.

## “Healthy Bite” Honey Oatmeal Bread

2 ¼ cup fat-free milk  
1/3 cup honey  
¼ cup light margarine  
1 ¼ teaspoons salt

Heat above till butter melts. Cool down to 105°.

### **Mix in:**

2 cups uncooked regular oats  
5 cups bread flour + 1 cup whole wheat flour  
1 teaspoon yeast  
½ cup water

### **Knead.**

Let rise for at least 4 hours below 75° (you can let it rise in refrigerator for up to 48 hours. If you do, it will take 4-6 hours out of refrigerator to get to room temperature).

Shape loaves and proof (final rise) for 1 hour.



Deep score down the middle with sharp knife. Bake at 400<sup>0</sup> for 45-50 minutes, until deep golden brown and tapping the bottom gives a drum-like thump.

Submitted by: Dr. James Cockey, MD/ Wicomico County

### **My Easy Wet Cornbread Recipe**

(This was an experiment that had good results)

1 box of Jiffy cornbread  
1 regular can of evaporated milk  
1 cup of water  
2 eggs  
Approximately 5 Tablespoons Sugar  
4 Tbls. Margarine

Whisk

On the stove, under low flame/heat, pour in one can of evaporated milk and one cup of water. Stir with whisk (constantly) the cornbread, eggs, sugar (according to your taste) and approx. 4 Tbls. Margarine. When mixture thickens (approx. 5 minutes) remove from heat and bake in greased pan. Bake at 425 degrees for 25 minutes. Serve hot or cold.

### **“Healthy Bite” My Easy Wet Cornbread Recipe**

(This was an experiment that had good results)

1 box of Jiffy cornbread  
1 regular can of fat- free evaporated milk  
1 cup of water  
1 egg + 1 egg white (or egg substitute)  
Approximately 2 ½ Tablespoons Sugar or equivalent sugar substitute  
3-4 Tablespoons Light Margarine

On the stove, under low flame/heat, pour in one can of fat-free evaporated milk and one cup of water. Stir with whisk (constantly) the cornbread, egg and egg white, sugar (according to your taste) and approx. 3-4 Tablespoons margarine. When mixture thickens (approximately 5 minutes) remove from heat and bake in greased pan. Bake at 425 degrees for 25 minutes. Serve hot or cold.

## Pumpkin Oat Muffins\*

### Ingredients

¼ cups unbleached white flour  
1 tablespoon baking powder  
½ teaspoon salt  
¼ teaspoon ground cinnamon  
1 cup rolled oats  
1 egg  
1 egg white  
¾ cup pumpkin, winter squash, or sweet potato puree\*  
¾ cup evaporated skim milk  
½ cup unsweetened pineapple juice  
2 tablespoons canola or other vegetable oil  
¼ cup packed brown sugar  
4 to 5 tablespoons apricot preserves

### Instructions

Preheat oven to 400 degrees.

Prepare a standard muffin tin with paper liners, cooking spray, or a thin coating of oil.

In a large bowl, sift together the flour, baking powder, salt, and cinnamon. Whirl the oats in a blender until they reach the consistency of cornmeal and add them to the dry ingredients. In another bowl, lightly beat the whole egg with the egg white. Stir in the pumpkin puree, milk, juice, oil and brown sugar. Fold the wet ingredients into the dry ingredients just until combined.

Spoon batter into the prepared tin and dot the center of each muffin with a scant teaspoon of apricot preserves. Bake for 20 to 25 minutes, or until toothpick inserted in center comes out clean and dry. Cool in tin for 5 minutes, loosen each muffin by running a knife around edge, then tip them out onto rack to cool completely.

*\*This is a "Healthy Bite" recipe*

Submitted by: Moosewood Low Fat Favorites

### **Pumpkin Muffins\***

1 box spice cake mix  
1 can pumpkin (size for 1 pie)  
½ cup water

In a mixing bowl, mix cake mix, pumpkin and water. Beat 2 minutes. Batter will be thick. Spoon into 24 sprayed muffin cups. Bake according to directions on cake mix box. \* You can add a few chopped nuts if desired. Also works well with carrot cake mix.

***\*This is a “Healthy Bite” recipe***

### **Sweet Potato Biscuits**

- 1- 32 oz. box of Bisquick /Jiffy
- 1 stick of margarine
- 1 large can of sweet potatoes (drained)
- 1 cup of sugar

Use a mixer to break up the sweet potatoes in a large bowl. Mix in other ingredients by hand. Be sure to grease your hands as this makes very soft dough. When all ingredients are incorporated, refrigerate for an hour or more to stiffen the dough. When you are ready, cut some off to roll out or break it off and make into balls and place on an ungreased cookie sheet. Bake for 12 – 15 minutes at 375 degrees. This makes a very large quantity. Dough can be kept covered in the refrigerator for up to one week.

### **“Healthy Bite” Sweet Potato Biscuits**

- 1 – 32 oz. box of Bisquick Heart Smart baking mix
- 1 stick of low fat margarine or ½ cup applesauce + ½ cup low-fat margarine
- 1 large can of sweet potatoes (drained)
- ½ cup of sugar + ½ cup Splenda (or substitute of choice- follow directions)

Use a mixer to break up the sweet potatoes in a large bowl. Mix in other ingredients by hand. Be sure to grease your hands as this makes a very soft dough. When all ingredients are incorporated, refrigerate for an hour or more to stiffen the dough. When you are ready, cut some off to roll out or break it off and make into balls and place on an ungreased cookie sheet. Bake for 12 – 15 minutes at 375 degrees. This makes a very large quantity. Dough can be kept covered in the refrigerator for up to one week.

### Semi Homemade Cinnamon Rolls

1 loaf of frozen bread dough  
1 ½ cups of sugar cinnamon mixture  
2 cups Corn Syrup  
1 cup of melted butter

Thaw dough according to package directions and let rise.

Prepare a 13x9 pan with cooking spray and then coat with part of the cinnamon sugar mixture. Then pour a cup of corn syrup in lines in the pan.

Knead the dough and then roll it out into a square.

Brush with butter and then coat with remaining cinnamon sugar mixture.

Carefully roll up the square like a jelly roll and pinch the ends. Slice dough into pinwheels about a ½ inch thick

Place each slice into the pan leaving space for the dough to rise and increase in size. Place a dish towel over the pan and let the rolls rise for 1 hour.

Preheat oven to 350<sup>0</sup>. Bake rolls for about 25 minutes or until golden brown.

### “Healthy Bite” Semi Homemade Cinnamon Rolls

1 loaf of frozen bread dough  
¾-1 cup of sugar substitute (Stevia, Splenda, etc.) cinnamon mixture  
1-1 ½ cups **Corn Syrup substitute**: *Combine one cup of pure cane sugar with 1/4 cup of water and heat over a low flame. Cool and use directly in a recipe.*  
¾-1 cup of melted light margarine

Thaw dough according to package directions and let rise.

Prepare a 13x9 pan with cooking spray and then coat with part of the cinnamon sugar mixture. Then pour a cup of corn syrup in lines in the pan.

Knead the dough and then roll it out into a square.

Brush with butter and then coat with remaining cinnamon sugar mixture.

Carefully roll up the square like a jelly roll and pinch the ends. Slice dough into pinwheels about a ½ inch thick.

Place each slice into the pan leaving space for the dough to rise and increase in size. Place a dish towel over the pan and let the rolls rise for 1 hour.

Preheat oven to 350. Bake rolls for about 25 minutes or until golden brown.

Submitted by: Karen Waggoner/ Worcester County Developmental Center

# Desserts: Cakes

## Black Walnut or Fresh Coconut Cake

1 cup butter  
2 cups sugar  
4 eggs  
1 cup milk  
2 ½ teaspoons baking powder  
1/8 teaspoon salt  
1 teaspoon vanilla  
1 cup floured black walnuts

Cream butter and sugar. Add 1 egg at a time. Sift flour, salt and baking powder together. Alternate milk and flour mixture, adding to creamed sugar and butter mixture (end with flour). Add floured nuts.  
Grease and flour tube or cake pan.  
Bake 350<sup>0</sup> for 45 minutes to 1 hour.

### FOR COCONUT CAKE:

Omit nuts. Use Betty Crocker Fluffy White Frosting Mix for icing. Add fresh coconut

## “Healthy Bite” Black Walnut or Fresh Coconut Cake

½ cup applesauce + ½ cup butter  
1 cup sugar + 1 cup Splenda ( or substitute of choice- follow directions)  
2 eggs + 2 egg whites  
1 cup fat- free milk  
2 ½ teaspoons baking powder  
1/8 teaspoon salt  
1 teaspoon vanilla  
1 cup floured black walnuts

Cream butter and sugar. Add applesauce. Add 1 egg at a time. Sift flour, salt and baking powder together. Alternate milk and flour mixture, adding to creamed sugar and butter mixture (end with flour). Add floured nuts.  
Grease and flour tube or cake pan.  
Bake 350<sup>0</sup> for 45 minutes to 1 hour.

### FOR COCONUT CAKE:

Omit nuts. Use Betty Crocker Fluffy White Frosting Mix for icing. Add fresh coconut

Submitted by: Barbara Weitzel/ Worcester County Health Department

### **Hot Milk Cake**

4 eggs  
2 cups sugar  
2 ¼ cups all-purpose flour  
2 ¼ teaspoons baking powder  
1 teaspoon vanilla  
1 ¼ cups milk  
5 Tablespoons butter + 5 Tablespoons applesauce

In a mixing bowl, beat eggs at high speed until thick, about 5 minutes. Gradually add sugar, beating until mixture is light and fluffy.

Combine flour and baking powder, add to batter with vanilla and beat at low speed until smooth.

In a saucepan, heat milk and butter just until the butter melts, stirring occasionally.

Add to batter, beating until combined.

Pour into greased pans. Bake at 350<sup>0</sup> for 20-25 minutes or until cake tests done. Cool on wire rack.

### **“Healthy Bite” Hot Milk Cake**

2 eggs + 2 egg whites  
1 cup sugar + 1 cup Splenda ( or substitute of choice- follow directions)  
1 ¼ cups all- purpose flour + 1 cup whole wheat flour  
2 ¼ teaspoons baking powder  
1 teaspoon vanilla  
1 ¼ cups fat-free milk  
5 Tablespoons butter + 5 Tablespoons applesauce

In a mixing bowl, beat eggs and egg whites at high speed until thick, about 5 minutes. Gradually add sugar and sugar substitute, beating until mixture is light and fluffy.

Combine flours and baking powder, add to batter with vanilla and beat at low speed until smooth.

In a saucepan, heat fat-free milk and butter and applesauce just until the butter melts, stirring occasionally.

Add to batter, beating until combined.

Pour into greased pans. Bake at 350<sup>0</sup> for 20-25 minutes or until cake tests done. Cool on wire rack.

Submitted by: Barbara Weitzel/Worcester County Health Department



## **Peanut Butter Blossom Cake\***

### **Ingredients:**

1 can Libby's Pumpkin (15 ounce)  
1 package Betty Crocker Peanut Butter Cookie Pouch  
18 Hershey's Kisses, unwrapped

In bowl, combine pumpkin and peanut butter cookie mix. Stir well. Pre-heat oven to 375<sup>0</sup>. Divide mixture among two pie plans. Bake for 20 minutes; add nine (9) Hershey kisses to top of pie pan, and bake an additional 5 minutes. Remove from oven and allow cooling for 5 minutes. Cut pie in 8 equal pieces, serve, and enjoy.

**\*This is a "Healthy Bite" recipe**

Submitted by: Mimi Dean/ Worcester County Health Department

### **Beth's Cake**

2 cups of peaches (frozen, can, or fresh)  
1 box yellow cake mix  
1 12 oz. can diet sprite

Add peaches to bottom of pan. Pour cake mix over peaches. Pour diet sprite over top and bake.  
30-45 minutes at 350 degree or until golden brown.

### **"Healthy Bite" Beth's Cake**

2 cups of peaches (frozen, can- *packed in juice or water*, or fresh)  
1 box yellow cake mix  
1- 12 oz. can diet sprite

Add peaches to bottom of pan. Pour cake mix over peaches. Pour diet sprite over top and bake.  
30-45 minutes at 350 degree or until golden brown.

## **Lisa Hall's Orange Pound Cake**

### Cake:

1 box Duncan Hines yellow cake mix  
1 box lemon Instant pudding  
1 tsp. lemon extract  
 $\frac{3}{4}$  cup water  
 $\frac{3}{4}$  cup oil  
4 eggs  
nuts (optional)

Preheat oven to 325<sup>0</sup>. Mix cake mix with pudding and lemon extract. Add water and oil. Blend until smooth; add eggs one at a time. After they are mixed well, turn mixer on high speed and beat for 10 minutes. Grease a tube pan. You may use PAM to grease the pan. Bake for 1 hour. Sprinkle nuts over hot cake.

### Topping:

1 cup sugar  $\frac{1}{2}$  cup orange juice

Dissolve sugar in orange juice, spoon on hot cake, a little at a time; cool.

## **"Healthy Bite" Lisa Hall's Orange Pound Cake**

1 box Duncan Hines yellow cake mix  
1 box fat-free, sugar-free instant lemon pudding  
1 tsp. lemon extract  
 $\frac{3}{4}$  cup water  
 $\frac{1}{4}$  cup applesauce +  $\frac{1}{2}$  cup oil  
2 eggs + egg substitute equivalent to 2 eggs  
nuts (optional)

Preheat oven to 325<sup>0</sup>. Mix cake mix with fat-free, sugar-free pudding and lemon extract. Add water, applesauce and oil. Blend until smooth, add eggs and egg substitute one at a time. After they are mixed well, turn mixer on high speed and beat for 10 minutes. Grease a tube pan. You may use PAM to grease the pan. Bake for 1 hour. Sprinkle nuts over hot cake.

### Topping:

$\frac{1}{2}$  cup sugar +  $\frac{1}{2}$  cup Splenda or substitute of choice  $\frac{1}{2}$  cup orange juice

Dissolve sugar and sugar substitute in orange juice, spoon on hot cake, a little at a time; cool.

Submitted by: Becky Larkin/ Wicomico County Health Department

## **CHOCOLATE CHIP CAKE**

½ cup butter or margarine  
1 c. sugar  
2 eggs  
1 c. sour cream  
2 c. flour  
1- ½ tsp. baking powder  
1 tsp. baking soda  
1 tsp. vanilla  
1 lg. bag of chocolate chips  
½ c. milk

Cream butter, sugar, eggs, and sour cream. Add flour, baking powder, baking soda, and vanilla. Stir in ¾ of the bag of chocolate chips. Beat together and pour into a baking pan. Sprinkle a mixture of sugar and cinnamon together. Spread the remaining bag of chocolate chips on the top. Bake in a preheated 350° oven for 35 minutes.

## **“Healthy Bite” CHOCOLATE CHIP CAKE**

½ cup light margarine OR ¼ cup applesauce + ¼ cup light margarine  
½ c. sugar + ½ cup sugar substitute equivalent OR 1 cup sugar substitute equivalent ( Splenda, Stevia)  
1 egg + egg substitute equivalent to 1 egg  
1 c. reduced fat or fat-free sour cream  
1 ½ cups flour + ½ cup whole wheat flour c. flour  
1- ½ tsp. baking powder  
1 tsp. baking soda  
1 tsp. vanilla  
½ - ¾ lg. bag of chocolate chips  
½ c. fat-free milk

Cream light margarine or applesauce + light margarine, sugar or sugar substitutes, egg + egg substitute, and reduced fat or fat-free sour cream. Add flours, baking powder, baking soda, and vanilla. Stir in ½ bag of chocolate chips. Beat together and pour into a baking pan. Sprinkle a mixture of sugar/ sugar substitute and cinnamon together. Spread the remaining ¼ of chocolate chips on the top. Bake in a preheated 350° oven for 35 minutes.

Submitted by: Jennifer Johnson/ Wicomico County Health Department

**Angel Food Cake with Pineapple\***

1 box Angel food cake

1 can crushed pineapple 20 oz.- PACKED IN JUICE

Add pineapple to cake mix well put in cake pan and bake directions on cake mix

**\*This is a "Healthy Bite" recipe**

Submitted by: Priscilla Taylor/ Taylor Bank/ Worcester County

# **Desserts: Cookies**

## **Graham Cracker Cookies**

Spray an 8 x 8 or 9 x 9 inch pan with Pam  
2 cups crushed graham cracker crumbs  
1 can condensed sweetened milk (Borden's Eagle Brand)  
1 cup chocolate bits  
1 cup nuts chopped (pecans)  
1 teaspoon vanilla  
1 tablespoon water  
powdered sugar

Mix six ingredients altogether and spread evenly into pan sprayed with Pam.  
Bake at 325 for 25 to 30 minutes. Cool completely.  
Cut into small squares and shake in powdered sugar.  
Delicious if you wish to warm in the microwave to slightly melt the chocolate chips.  
Makes 5 dozen.  
Can be frozen nicely.

## **“Healthy Bite” Graham Cracker Cookies**

Spray an 8 x 8 or 9 x 9 inch pan with Pam  
2 cups crushed graham cracker crumbs  
1 can fat-free condensed sweetened milk (Borden's Eagle Brand)  
½ - 1 cup chocolate bits  
½ - 1 cup nuts, chopped (pecans)  
1 teaspoon vanilla  
1 tablespoon water  
powdered sugar

Mix six ingredients altogether and spread evenly into pan sprayed with Pam.  
Bake at 325 for 25 to 30 minutes. Cool completely.  
Cut into small squares and shake in powdered sugar.  
Delicious if you wish to warm in the microwave to slightly melt the chocolate chips.  
Makes 5 dozen.  
Can be frozen nicely.

### **Boiled Oatmeal Cookies**

2 cups sugar  
½ cup milk  
½ cup butter  
3 tablespoons cocoa  
½ cup peanut butter  
3 cups quick oats  
2 teaspoons vanilla  
½ cup chopped nuts (optional)

Mix first 4 ingredients in a pan and bring to a boil. Remove from heat and add peanut butter, oats, vanilla and nuts, mixing well.

Use a teaspoon to spoon batter onto waxed paper, let cool and serve.

### **“Healthy Bite” Boiled Oatmeal Cookies**

1 cup sugar + 1 cup Splenda ( or substitute of choice- follow directions OR ½ cup sugar + ½ cup Splenda)  
½ cup fat-free milk  
¼ cup applesauce + ¼ cup butter or ½ cup low fat margarine  
3 tablespoons cocoa  
½ cup low-fat peanut butter or reconstituted PB 2  
3 cups quick oats  
2 teaspoons vanilla  
½ cup chopped nuts (optional)

Mix first 4 ingredients in a pan and bring to a boil. Remove from heat and add peanut butter, oats, vanilla and nuts, mixing well.

Use a teaspoon to spoon batter onto waxed paper, let cool and serve.

## **Desserts: Other**

### **Milkshake\***

1 mango

1 papaya

1 pineapple

1 kiwi

2 coconuts

Handful spinach

Put in blender. Blend until creamy milkshake.

***\*This is a "Healthy Bite" recipe***

Submitted by: Johnny Milliner (Dillon) /Perdue/ Wicomico County



## **Fruit Snack**

Strawberries  
Bananas  
Pineapples  
Cool whip  
Grapes  
Blueberries  
Mandarins  
Sugar

Wash fruit off and cut up fine. Mix fresh fruit together, add sugar and cool whip. Then, refrigerate for 1 hour and serve.

## **“Healthy Bite” Fruit Snack**

Strawberries  
Bananas  
Pineapples  
Low fat Cool whip  
Grapes  
Blueberries  
Mandarins

Wash fruit off and cut up fine. Mix fresh fruit together, add low fat cool whip. Then, refrigerate for 1 hour and serve.

### **Fresh Fruit Salad**

1 cubed apple  
1 cubed pear  
1 can of pineapple tidbits  
1 can of mandarin oranges halved  
1 jar of cherries halved  
1 banana sliced and halved or quartered (add just before serving)  
1 can peach pie filling

Other fruits you prefer may be added or substituted to taste.

Stir together, refrigerate & enjoy.

### **“Healthy Bite” Fresh Fruit Salad**

1 cubed apple  
1 cubed pear  
1 can of pineapple tidbits, packed in juice  
1 can of mandarin oranges, halved, packed in juice  
1 jar of cherries, halved  
1 banana sliced and halved or quartered (add just before serving)  
1 can peach pie filling (can reduce to half to reduce calories/sugar)

Other fruits you prefer may be added or substituted to taste.

Stir together, refrigerate & enjoy.

## **Lemon Lush**

1 stick margarine  
1 cup all-purpose flour  
½ cup chopped walnuts or pecans  
2 pkgs. Lemon instant pudding  
3 cups milk  
1 (8oz) pkg. cream cheese  
1 cup confectioner's sugar  
1 Cool Whip

Melt margarine and mix with flour and chopped nuts. Press in bottom of a 9 x 13 inch dish. Bake at 350 for 15 – 20 minutes. Cool. Beat together lemon pudding and milk. In a separate bowl, soften cream cheese; add 1 cup Cool Whip and confectioner's sugar. Place half of pudding mixture on crust, place cream cheese mixture on top of pudding mixture (spread across the pudding.) Add second half of pudding mixture on top of cream cheese mixture. Top all with remaining Cool Whip. Keep refrigerated. Can be made using chocolate or butterscotch instant puddings.

## **“Healthy Bite” Lemon Lush**

1 stick light margarine  
1 cup all-purpose flour  
½ cup chopped walnuts or pecans  
2 pkgs. fat- free, sugar- free Lemon instant pudding  
3 cups fat-free milk  
1 (8oz) pkg. low-fat cream cheese  
1/2 cup confectioner's sugar  
1 low fat Cool Whip

Melt light margarine and mix with flour and chopped nuts. Press in bottom of a 9 x 13 inch dish. Bake at 350 for 15 – 20 minutes. Cool. Beat together fat-free, sugar-free lemon pudding and fat-free milk. In a separate bowl, soften low fat cream cheese; add 1 cup low fat Cool Whip and confectioner's sugar. Place half of pudding mixture on crust, place cream cheese mixture on top of pudding mixture (spread across the pudding.) Add second half of pudding mixture on top of cream cheese mixture. Top all with remaining low fat Cool Whip. Keep refrigerated. Can be made using fat-free/sugar-free chocolate or butterscotch instant puddings.

Submitted by: Shirley Schaefer/ Worcester County Health Department

### **Easiest Bread Pudding**

4 cups milk, scalded  
2 cups bread, broken up into chunks  
1 tablespoon of butter  
4-5 eggs  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  teaspoon salt  
1 teaspoon vanilla  
Optional: raisins, nutmeg, cinnamon, chocolate chips, bananas, etc.

Soak bread in milk for 5 minutes. Drop in 1 tablespoon of butter. Beat 4-5 eggs slightly. Add  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  teaspoon of salt and 1 teaspoon vanilla. Add optional items such as chocolate chips.

Pour the milk and bread mixture over the egg mixture gradually. Stir well. Put mixture in a well-greased casserole dish and into the oven for 35-45 minutes. Pudding is done as edges start to get brown and pull away from edge of the pan.

### **“Healthy Bite” Easiest Bread Pudding**

4 cups fat-free milk, scalded  
2 cups whole wheat bread, broken up into chunks  
1 tablespoon of low fat margarine  
2-3 eggs + 2 egg whites  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{4}$  teaspoon salt (optional)  
1 teaspoon vanilla  
Optional: raisins, nutmeg, cinnamon, bananas, etc.

Soak bread in fat-free milk for 5 minutes. Drop in 1 tablespoon of low fat margarine. Beat 2-3 eggs + 2 egg whites, slightly. Add  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  teaspoon of salt (optional) and 1 teaspoon vanilla. Add optional items as desired

Pour the milk and bread mixture over the egg mixture gradually. Stir well. Put mixture in a well-greased casserole dish and into the oven for 35-45 minutes. Pudding is done as edges start to get brown and pull away from edge of the pan.

## **Pumpkin Spice Baked Apples\***

(makes 1 serving)

### **INGREDIENTS**

1 apple  
1 teaspoon of maple syrup or honey  
½ teaspoon of pumpkin spice  
Raisins  
Walnuts

### **DIRECTIONS**

1. Choose a nice fresh delicious apple
2. Remove the core and place apple in a baking dish.
3. Fill the core with raisins
4. Pour the honey (or syrup) down the center over the raisins
5. Sprinkle ½ teaspoon of Pumpkin Spice over the apple
6. Place your apple in the oven, and bake at 350 F until you can easily puncture it with a knife. It should be quite soft. This will take about 20 minutes. Remove it from the oven and allow it to cool.
7. Cut open and top with a small handful of walnuts if desired.

**\*This is a “Healthy Bite” recipe**

### **Baked Pineapple**

1 can (20 ounces) crushed pineapple  
1 egg  
2 tablespoons flour  
 $\frac{3}{4}$  cup sugar  
6 slices bread, cubed  
1 stick margarine

Mix pineapple, flour, egg and sugar together. Pour into greased casserole dish. Cook in microwave for 10 minutes. Melt margarine and add cubed bread crumbs. Stir until all margarine is absorbed by the bread. Place on top of cooked pineapple and return to microwave for 5 minutes. This may also be cooked in 350<sup>0</sup> oven for 30 minutes, then add bread crumbs and bake 15 minutes longer.

### **“Healthy Bite” Baked Pineapple**

1 can (20 ounces) crushed pineapple (packed in juice)  
1 egg or egg substitute equivalent  
2 tablespoons flour  
 $\frac{1}{2}$  cup sugar or equivalent sugar substitute  
6 slices whole wheat bread, cubed  
1 stick low fat margarine

Mix pineapple, flour, egg substitute and sugar substitute together. Pour into greased casserole dish. Cook in microwave for 10 minutes. Melt low fat margarine and add cubed bread crumbs. Stir until all margarine is absorbed by the bread. Place on top of cooked pineapple and return to microwave for 5 minutes. This may also be cooked in 350<sup>0</sup> oven for 30 minutes, then add bread crumbs and bake 15 minutes longer.

### **Cherry Orange Delight**

2 ½ cups boiling water  
4 packages (4-serving size) cherry gelatin  
4 ½ cups cold water  
1 can (15 ounces) mandarin oranges, drained  
4 ounces soft cream cheese  
2 tablespoons sugar  
½ - ¾ tub (8 ounces) whipped topping, thawed

Pour boiling water into gelatin and stir until completely dissolved. Stir in cold water. Refrigerate about 1 ½-2 hours, or until slightly thickened. Save a few mandarin oranges for garnish. Gently stir in remaining oranges into gelatin. Set aside. Beat cream cheese and sugar with wire whisk until well blended. Gently stir in whipped topping. Spoon into large serving bowl and cover with gelatin mixture. Refrigerate 2 hours or until firm. Garnish with saved oranges.

### **“Healthy Bite “Cherry Orange Delight**

2 ½ cups boiling water  
4 packages (4-serving size) sugar-free cherry gelatin  
4 ½ cups cold water  
1 can (15 ounces) mandarin oranges (packed in juice), drained  
4 ounces soft low-fat cream cheese  
1 tablespoon sugar or equivalent sugar substitute  
½ - ¾ tub (8 ounces) low-fat whipped topping, thawed

Pour boiling water into sugar-free gelatin and stir until completely dissolved. Stir in cold water. Refrigerate about 1 ½-2 hours, or until slightly thickened. Save a few mandarin oranges for garnish. Gently stir in remaining oranges into gelatin. Set aside. Beat low-fat cream cheese and sugar with wire whisk until well blended. Gently stir in low-fat whipped topping. Spoon into large serving bowl and cover with gelatin mixture. Refrigerate 2 hours or until firm. Garnish with saved oranges.

Submitted by: Isabelle White/ Wicomico County

### **Peanut Butter Fudge**

2 cups sugar  
½ cup milk  
1 cup peanut butter  
1 ½ teaspoons vanilla

Bring sugar and milk to a boil. Boil 2 ½ minutes then take off stove. Add peanut butter and vanilla. Pour into a buttered 8x8" pan. Cut into squares.

### **"Healthy Bite" Peanut Butter Fudge**

Sugar substitute equivalent to 2 cups sugar- *i.e. Stevia*  
½ cup fat free milk  
1 cup low fat peanut butter or PB 2  
1 ½ teaspoons vanilla

Bring sugar substitute and fat-free milk to a boil. Boil 2 ½ minutes then take off stove. Add low-fat peanut butter OR reconstituted PB 2, and vanilla. Pour into a buttered 8x8" pan. Cut into squares.



## **PUMPKIN DESSERT**

9 x 13 dish greased  
29 oz. pumpkin (plain)  
3 eggs, slight beaten  
12 oz. evaporated or milk substitute  
3 tsp. cinnamon  
1 cup sugar  
1 Pkg. yellow cake mix - Dry  
1 cup chopped pecans  
1 ½ stick (¾ cup) margarine or butter, melted

Mix together first 5 ingredients, & put in a greased 9 x 13 dish. Sprinkle with dry yellow cake mix over the pumpkin mixture.

Melt the margarine and pour over the mixture.

Sprinkle the top with the chopped pecans

Bake at 350 for one hour.

WATCH so that the nuts won't burn.

Serve warm with whipped cream.

## **“Healthy Bite” PUMPKIN DESSERT**

9 x 13 dish greased  
29 oz. pumpkin (plain)  
2 eggs + 1 egg white or equivalent egg substitute, slightly beaten  
12 oz. fat-free evaporated or milk substitute  
3 tsp. cinnamon  
½ cup sugar + ½ cup Splenda or equivalent sugar substitute  
1 Pkg. yellow cake mix - Dry  
1 cup chopped pecans  
½ cup applesauce and ¼ cup low fat margarine or butter, melted

Mix together first 5 ingredients, & put in a greased 9 x 13 dish. Sprinkle with dry yellow cake mix over the pumpkin mixture.

Melt the margarine, stir in the applesauce and pour over the mixture.

Sprinkle the top with the chopped pecans

Bake at 350 for one hour.

WATCH so that the nuts won't burn.

Serve warm with whipped cream

Submitted by: Shirley Schaefer/ Worcester County

## **BROWNIE PIE**

1 Frozen pie crust or your favorite crust recipe  
1 lb. pkg. Brownie Mix  
¼ cup chocolate syrup  
¼ cup nuts  
Whipped cream or ice cream for serving on the warm pie

Prepare brownie mix as directed on pkg. for fudge brownies.  
Spread mixture evenly in pie shell. Pour chocolate syrup evenly over the top. Sprinkle with nuts.  
Bake in moderate oven 350 for 40 - 45 minutes

Serve warm with whipped topping or cold with ice cream.

Very rich, serve in small slices.

## **“Healthy Bite” BROWNIE PIE**

1 Frozen pie crust or your favorite crust recipe  
1 lb. pkg. Brownie Mix (*when preparing substitute equivalent egg substitute and half the oil*)  
¼ cup chocolate syrup  
¼ cup nuts  
Low fat Whipped cream or Low Fat whipped topping or low fat low sugar ice cream for serving on the warm pie

Prepare brownie mix as directed on pkg. for fudge brownies. (*See ingredient changes above*)  
Spread mixture evenly in pie shell. Pour chocolate syrup evenly over the top. Sprinkle with nuts.  
Bake in moderate oven 350 for 40 - 45 minutes

Serve warm with whipped topping or cold with ice cream.

Very rich, serve in small slices.

**PRETZEL FLUFF**  
**a salty/sweet combination**

**Ingredients:**

1 - 1 ½ cups coarsely broken pretzels, according to your taste preference  
½ cup butter, melted  
1 cup sugar, divided (I typically reduce sugar to ½ cup, and have made with stevia in the raw, also)  
1 package (8 ounces) cream cheese, softened (I use the Neufchatel cheese)  
1 can (20 ounces) crushed pineapple, drained  
1 carton (12 ounces) frozen whipped topping, thawed (I use light Cool Whip)

**Directions:**

In a small bowl, combine pretzels, butter and ½ cup sugar or sugar substitute.  
Press into a 13 x 9 baking pan.  
Bake at 400° for 7 minutes. Cool.  
While pretzels cool, beat cream cheese and remaining ½ cup sugar or substitute until creamy.  
Fold in pineapple and whipped topping and chill until serving.  
Break pretzel mixture into small pieces and stir into pineapple mixture just before serving.

**“Healthy Bite” PRETZEL FLUFF**

**Ingredients:**

1 - 1 ½ cups coarsely broken pretzels(can use salt-free), according to your taste preference  
¼-½ cup light margarine, melted  
8 tablespoons sugar, divided OR equivalent sugar substitute  
1 package (8 ounces) low- fat cream cheese, softened  
1 can (20 ounces) crushed pineapple (packed in juice), drained  
1 carton (12 ounces) low-fat frozen whipped topping, thawed

**Directions:**

In a small bowl, combine pretzels, light margarine and 4 tablespoons sugar or sugar substitute.  
Press into a 13 x 9 baking pan.  
Bake at 400° for 7 minutes. Cool.  
While pretzels cool, beat low- fat cream cheese and remaining 4 Tablespoons sugar or substitute until creamy.  
Fold in pineapple and low-fat whipped topping and chill until serving.  
Break pretzel mixture into small pieces and stir into pineapple mixture just before serving

Submitted by: Cathey Insley/Wicomico County

### **Old Fashioned Bread Pudding**

1 quart of milk  
6 eggs  
1 cup sugar  
2 teaspoons vanilla  
dash of salt  
6 slices stale bread, crust removed and cubed  
dash cinnamon

Place cubed bread in a buttered 9x12 dish. Pour 1 cup milk over bread to soak. Beat eggs until frothy. Add sugar, salt, vanilla and rest of milk. Pour over soaked bread. Sprinkle with cinnamon. Bake at 350<sup>0</sup> for 1 hour or until knife inserted comes out clear. Serve with whipped cream or it is great with warm lemon sauce.

### **“Healthy Bite” Old Fashioned Bread Pudding**

1 quart of fat-free milk  
3 eggs + egg substitute equivalent to 3 eggs  
½ cup sugar + ½ cup equivalent sugar substitute OR 1 cup sugar substitute equivalent, i.e. Splenda, Stevia  
2 teaspoons vanilla  
6 slices stale whole wheat bread, crust removed and cubed  
dash cinnamon

Place cubed whole wheat bread in a 9x12 dish sprayed with vegetable cooking spray. Pour 1 cup fat-free milk over bread to soak. Beat eggs + egg substitute until frothy. Add sugar and/or sugar substitute, vanilla and rest of fat-free milk. Pour over soaked bread. Sprinkle with cinnamon. Bake at 350<sup>0</sup> for 1 hour or until knife inserted comes out clear. Serve with low fat whipped topping or it is great with warm lemon sauce.

## Top 20 Healthy Recipe Ingredient Substitutions

Original Ingredient	Healthy Substitute (equal amount)
1 large whole egg (1/4 cup)- <b>WARNING-</b> <i>When baking substitute half of the whole eggs with egg whites or the product may be tough</i>	2 Large egg whites, 1/4 cup egg whites or egg substitute
2% or whole milk	Skim, 1/2 or 1% milk
Heavy cream	Soups/casseroles- evaporated skim milk Baking- light cream or Half & Half
Coffee cream or half & half	Whole milk or evaporated skim milk
Buttermilk	2% buttermilk or 15 Tbsp skim milk +2 Tbsp lemon juice
Evaporated whole milk	Evaporated skim milk
Sweetened condensed whole milk	Low fat or nonfat sweetened condensed milk
Sour cream & yogurt- <b>WARNING-</b> <i>If recipe requires cooking, use nonfat only in <u>sweet recipes</u></i>	Low fat or nonfat
Cream cheese- <b>WARNING-</b> Nonfat produces dips and cake frosting that are very runny	Light cream cheese
Cottage cheese & Ricotta cheese	Low fat or dry curds
Butter- <b>WARNING-</b> <i>light/lowfat margarines contain more water and may cause a baked product to be tough, so try decreasing regular margarine 1 to 2 Tbsp first.</i>	Margarine
Regular cheese (block or shredded)- <b>WARNING-</b> <i>Do not use nonfat in cooked foods because it does not melt</i>	Low fat or nonfat
1 cup Cheddar cheese	3/4 cup very sharp or sharp cheddar cheese
1 cup grated Parmesan cheese	3/4 cup fresh shredded Parmesan cheese
1 oz. Unsweetened baking chocolate	3 Tbsp dry Cocoa + 2tsp sugar + 1Tbsp oil
1 cup chocolate chips	1/2 cup mini chocolate chips
1 cup oil in quick breads(muffins, Breads)	1/2 cup baby fruit or vegetable + 1/2 oil or 1% buttermilk
Regular peanut butter	Reduced fat
1 cup chopped pecans or walnuts	1/2 cup nuts toasted to bring out the flavor
1 cup shredded coconut	1/2 cup toasted coconut + 1/2 Tsp coconut extract
Mayonnaise & salad dressing- <b>WARNING-</b> <i>Do not cook with nonfat because they turn sweet with heat</i>	Light or nonfat

## Healthy Substitutions for Cooking

If the recipe calls for	Healthy Substitute
Whole Milk	Use skim or 1% milk
Cream- whipping or heavy	Evaporated skim milk
Sour Cream	Non-fat plain yogurt- *mix 1 Tbsp. flour for each cup of yogurt to avoid separation or low fat or fat free sour cream
Egg or egg yolks	Use 2 eggs whites for 1 egg or egg substitute according to package directions
Mayonnaise	Use light mayonnaise or non-fat yogurt or half light mayonnaise and half non-fat yogurt
Cream Cheese	Low fat cheese; non-fat cream cheese can get runny in frostings and dips
Shortening	Polyunsaturated margarine
Butter	Polyunsaturated margarine or applesauce in baking or reduce the amount by half
Baking chocolate (1 ounce)	3 tablespoons powdered cocoa plus 1 tablespoon cooking oil
Flour	Substitute whole wheat flour for $\frac{1}{4}$ to $\frac{1}{2}$ of white flour

\* If a recipe calls for 1 cup vegetable oil, use  $\frac{3}{4}$  or  $\frac{2}{3}$  instead. If making a sweet bread, such as banana bread, cut the oil in half and replace it with pureed plums, prunes, mashed bananas, applesauce or canned pumpkin. It is best not to omit all of the oil when making yeast breads or pie crusts.

\* If you add nuts to a recipe, reduce the quantity and be sure to toast them to bring out the flavor.

\* If you are trying to limit your salt, you can reduce or eliminate the salt in most recipes without compromising the flavor. Try herbs and spices instead of the salt.

\*Use lower fat cheese in place of regular cheese. Also try reducing the amount of cheese. Or use part lower fat cheese and part regular.

\* Reduce sugar by one-third- if the recipes says 1 cup, use  $\frac{2}{3}$  cup.

\* Reduce fat by one third- example if the recipe calls for 1 cup use  $\frac{2}{3}$ ; if it calls for  $\frac{1}{2}$  use  $\frac{1}{3}$ . For cakes and quick breads, use 2 tablespoons of fat per cup of flour.





**Public Health**  
Prevent. Promote. Protect.

Wicomico County  
Health Department

