

HEALTHIER TRADITIONS *Cookbook*

A Healthier Twist on Traditional American Dishes

Mac and Cheese



17 American Classics!

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HEALTHIER TRADITIONS COOKBOOKS

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We are pleased to share this edition of the Transamerica Institute[®] *Healthier Traditions Cookbook* series focused on redesigned classic American recipes. These recipes span the different regions of the country, ranging from New England to Texas to California. We tweaked them to a bit to make them healthier for you by using healthier and less added oils, less sugar, less salt, more vegetables, and even some homemade condiments to help you avoid preservatives in store-bought versions.

Of course, America is a very diverse country, made up of people from around the world. Many of these recipes may not represent your specific background and culture. The recipes in this book are by no means exhaustive of all of the rich culinary history in our great country. Still, we hope you, your family, and your friends can find recipes you enjoy. And we always encourage you to share your own healthy recipes with your loved ones!

Based on dietary needs for you or your family, you may seek to make other modifications to these recipes. Many of them can be easily modified to avoid meat or gluten.

Here are tips to make several of the recipes vegetarian:

- Omit the bacon from any recipe, instead adding smoked paprika to taste.
- For the Shepherd's Pie, add an equivalent volume of cooked lentils instead of ground meat.
- For the Philly Cheesesteak, substitute sliced tempeh for the steak.
- For the Meatloaf, add some combination of cooked lentils, cooked and mashed chickpeas, and diced and cooked mushrooms instead of ground meat.
- For the Texas Chili, add an extra 3 cups (or about 2 cans) of cooked beans or lentils instead of ground beef.

Here are tips to make several of the recipes gluten-free:

- For the Meatloaf or Crab Cakes, mix in oats instead of breadcrumbs or saltines, respectively.
- For the Cheeseburger/Hamburger, Philly Cheesesteak, or Shrimp Po' Boy, use a gluten-free bun or swap bread entirely for leaves of butter lettuce, blanched collard green leaves, or grilled portobello mushroom caps.
- For the Tuna Melt or Grilled Cheese, use a corn tortilla instead of bread to create essentially a quesadilla.
- For the Mac and Cheese, use pasta made of brown rice, beans, or lentils instead of whole wheat.
- For the Shepherd's Pie, use your preferred gluten-free flour (eg, brown rice flour, oat flour) instead of all-purpose flour.

We truly hope you enjoy trying these recipes and learning from the cooking tips and cultural tidbits shared throughout the book. And we hope you may use some of these new tips and substitutions in other recipes you make at home. Please let us know if you have any feedback about this book and would like to receive copies to share with your community group, patients, or other people who might be interested.

Special Thanks

TO COLLABORATORS AND CONTRIBUTORS

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Producer | Meeno Peluce

Meeno Peluce began his adventure in Amsterdam, Kathmandu, and southern India. Meeno grew up on the road with his gypsying parents and then came back to Hollywood for a childhood as a successful actor alongside his sister, Soleil Moon Frye. As an adult, he's gravitated to the other side of the lens and has been a professional photographer and filmmaker for the past 25 years. Meeno's wife, Ilse, is his production designer and all-around aesthetic partner in crime. Their CHICKS, Bindi and Mette, are their full-time muses, and they do shoots all around the world disguised as family adventures. They live on a renowned urban homestead in the hills above East LA they call Skyfarm. Meeno shoots advertising around the country and entertainment back in his hometown. He's shot album covers for Lady Gaga, Black Eyed Peas, LMFAO, and Rihanna and done campaigns for Beats by Dre, HTC, MONSTER, and Jim Beam to name a few.



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DISCLAIMER: All recipes assume that produce is washed and ready for consumption. Nutrition facts are per serving and do not include optional toppings (unless otherwise stated).

NEW ENGLAND CLAM CHOWDER



8 servings

NUTRITION FACTS *with croutons*

240 calories, 9g fat, 3g saturated fat, 580mg sodium, 28g carbohydrates, 3g fiber, 14g protein



Using fresh clams instead of canned clams and juice gives chowder a fresher flavor. Substituting milk and half-and-half in place of heavy cream lowers saturated fat and total calories.

Whole Wheat Croutons

- 4 slices whole wheat bread, cut into 1-inch cubes
- 1 tablespoon olive oil
- ¼ teaspoon black pepper
- 2 teaspoons fresh thyme

Ingredients

- | | | |
|---|--|--------------------------|
| 8 pounds fresh clams, in shells (or ~1½ cups clam meat) | 1 large onion, chopped | 3 tablespoons cornstarch |
| 4 bacon slices, chopped | 1 garlic clove, minced | 2 cups 2% milk |
| 1 tablespoon olive oil | 1 pound red or Yukon Gold potatoes, diced in ¼-inch pieces | ½ cup half-and-half |
| 3 celery stalks, minced (reserve leaves for garnish) | 1 tablespoon fresh thyme, chopped | ½ teaspoon salt |
| | 1 bay leaf | 1 teaspoon black pepper |
| | | juice of ½ lemon |

Directions

- 1 In large pot over high heat, bring 4 cups of water and clams to a boil. Cook until clams are slightly open, 3–5 minutes. Using slotted spoon, transfer clams to a large plate and allow to cool. Discard any clams that do not open. Pull clam meat from shells and chop any large clams into bite-size pieces, and discard shells. Refrigerate clams until ready to use in chowder.
- 2 Strain clam cooking liquid through a fine mesh strainer over a large bowl. Add water if needed to get 6 cups total. Set broth aside.
- 3 Over medium-high heat, cook bacon in large heavy pot stirring constantly until it begins to brown, about 2–3 minutes. Lower heat to medium, add 1 tablespoon olive oil, cook celery and onion and cook for about 2–3 minutes, until vegetables begin to soften. Add garlic, salt, and pepper, and cook another 2 minutes (do not allow garlic to brown). Add reserved broth, potatoes, thyme, and bay leaf. Simmer about 15–20 minutes, until potatoes are tender. In small bowl, stir together cornstarch and 3 tablespoons water to form a slurry. Stir slurry into soup. Return soup to a boil.
- 4 Set heat to medium-low. Discard bay leaf. Stir in reserved clams, milk, and half-and-half. Season with salt and pepper and add lemon juice. Cook 5 minutes more.
- 5 While chowder cooks, make croutons. Preheat oven (or use toaster oven) to 375°F. Toss bread cubes with olive oil, pepper, and thyme. Place in single layer on baking sheet and bake for 5–8 minutes, until golden brown.
- 6 Serve chowder warm, garnished with croutons and additional celery leaves, if desired.



Clam Chowder History



French, Nova Scotian, or British settlers are believed to have introduced the New England style of chowder to the area. By the 1700s, the dish had become very common in the area. By 1836, this clam chowder was being served in Boston at Ye Old Union Oyster House, one of the oldest operating restaurants in the country. Clam chowder is still a staple in the Northeast, being one of Maine's most popular dishes and a classic in Boston's historic neighborhoods.

Smith, Andrew F. Savoring Gotham: A Food Lover's Companion to New York City. Oxford University Press, 2015.

Correa, Cynthia. "A Brief History of Clam Chowder." Eater. Vox Media, Inc., 31 Jan. 2016. Web. 8 Aug. 2016.





TEXAS CHILI 8 servings

NUTRITION FACTS

330 calories, 13g fat, 4g saturated fat,
190mg sodium, 28g carbohydrates,
10g fiber, 25g protein



By using lean ground beef to reduce saturated fat and beans to boost fiber, this recipe is more heart-healthy than its traditional counterpart. "No salt added" or "low-sodium" versions of the canned ingredients helps reduce sodium, while fresh jalapeño, garlic, and spices provide plenty of flavor without a lot of added salt.

Ingredients

- | | |
|---|--|
| 1½ pounds lean ground beef (90% lean) | 1 28-ounce can diced tomatoes, "low-sodium" or "no salt added" |
| 2 tablespoons olive oil | 2 medium fresh tomatoes, chopped |
| 1 large onion, chopped (reserve ~¼ cup for garnish) | 1 14-16-ounce can black beans, drained and rinsed ("low-sodium" or "no salt added") |
| 2 large red, yellow, or orange bell peppers, seeded, stemmed, and diced | 1 14-16-ounce can red kidney beans, drained and rinsed ("low-sodium" or "no salt added") |
| 3-4 garlic cloves, minced | |
| 1-2 fresh green jalapeños, stemmed, seeded, and chopped (optional, will make it spicy!) | |
| 2 tablespoons chili powder | |
| 2 tablespoons coriander | |
| 1 tablespoon cumin | |
| salt and pepper | |

Optional Toppings

- chopped onion
- sliced avocado
- shredded queso fresco
- fresh cilantro leaves

Directions

- 1 In large soup pot over medium heat, add olive oil, onions, and bell peppers. Cook about 5 minutes, until onions and peppers begin to soften. Add beef, garlic, jalapeños, and spices. Cook, stirring regularly, until beef is browned, about 10 minutes.
- 2 Add canned and fresh tomatoes and beans and bring to a boil. Reduce heat, cover, and simmer for 20 minutes. Remove lid and continue simmering 10 minutes more as needed to reduce liquid in chili.
- 3 Serve warm, topped with onion, avocado, queso, and cilantro. Chili can be made in advance, covered, and stored in the refrigerator for up to 4 days or in the freezer for up to 2 weeks. Use microwave or stovetop to reheat before serving.



This no-mayo tuna salad is still moist and delicious, without all the added fat!



Try the tuna salad on this lower-sodium, whole grain tuna melt or pair it with salad greens and whole grain crackers for a balanced meal.



TUNA MELT



8 servings

Ingredients

Tuna Salad

- 2 6-ounce cans light tuna packed in water, drained
- 1 stalk celery, minced
- ¼ cup jícama, peeled and minced (or carrots)
- 3 tablespoons red onion, minced
- 1 tablespoon extra virgin olive oil
- 2 tablespoons white wine vinegar
- 1 tablespoon Dijon mustard
- black pepper

Sandwiches

- 8 slices whole grain bread (such as 100% whole wheat)
- 4 slices cheddar, Swiss, or Monterey Jack cheese
- 4 slices tomato (optional)
- 2 tablespoons olive oil

NUTRITION FACTS

430 calories, 18g fat, 6g saturated fat, 330mg sodium, 33g carbohydrates, 6g fiber, 36g protein

Directions

- 1** Combine all ingredients for tuna salad in medium bowl.
- 2** Compose sandwiches by spreading equal parts tuna salad on 4 slices of bread and topping with cheese, tomato, and second slice of bread for each sandwich. Brush outside of sandwich lightly with olive oil.
- 3** Preheat skillet or griddle on stove over medium heat. Place sandwiches on cooking surface 1-2 inches apart (depending on the size of the pan, you may need to cook sandwiches in 2 batches). Cover with loose lid and cook for 3-4 minutes until bottom bread is golden brown. Flip sandwich, cover, and continue cooking for another 3-4 minutes. Remove from heat, slice in half, and serve.



MEATLOAF

 8 servings

 *Lean meat serves as a healthy protein source in this lighter version of a comfort food favorite. Try serving this healthy meatloaf with a side of roasted or sautéed vegetables, like Brussels sprouts or greens.*

NUTRITION FACTS

230 calories, 9g fat, 3g saturated fat, 440mg sodium, 10g carbohydrates, 1g fiber, 27g protein

Directions

- 1 Preheat oven to 350°F.
- 2 In a medium skillet, heat oil over medium-high heat. Add onions, garlic, thyme, salt, and pepper and cook until onions are translucent, about 8 minutes, stirring regularly (do not allow garlic to burn). Cool slightly.
- 3 In large bowl, combine onion mixture, Worcestershire sauce, beef broth, and tomato paste. Add beef, turkey, bread crumbs, and egg. Combine all ingredients using your hands and shape into a rectangular loaf onto baking sheet covered with parchment paper. Spread ketchup over the top.
- 4 Bake 70–80 minutes, until internal temperature is 165°F. Allow to cool slightly, about 5 minutes. Slice into 8 equal pieces and serve warm.

Ingredients

- 1 tablespoon olive oil
- 2 medium onions, finely diced
- 2 cloves garlic, minced
- 1 teaspoon fresh thyme
- ½ teaspoon salt
- 1 teaspoon black pepper
- 3 tablespoons Worcestershire sauce
- ⅓ cup low-sodium (or unsalted) beef broth
- 1 tablespoon tomato paste
- 1 pound lean ground beef (90% lean)
- 1 pound lean ground turkey (93% lean)
- ½ cup whole wheat breadcrumbs
- 1 large egg, beaten
- ⅓ cup ketchup



To reduce the saturated fat in this barbecue classic, switch out fattier ground beef for lean ground turkey or ground bison. Top the burger off with fresh tomato and caramelized onions to give it lots of flavor without any high-sugar, high-sodium ketchup.



CHEESEBURGER/HAMBURGER

 4 burgers

NUTRITION FACTS

1 bison + beef burger with bun and toppings
430 calories, 22g fat, 9g saturated fat, 510mg sodium,
28g carbohydrates, 5g fiber, 32g protein

Ingredients

- 1 pound lean ground beef (90% lean) or ½ pound lean ground beef + ½ pound ground bison or 1 pound lean ground turkey
- 4 teaspoons Worcestershire sauce
- ¼ teaspoon salt
- 2 teaspoons black pepper
- 4 whole wheat hamburger buns

Optional Toppings

- 1 large onion, cut in half and sliced
- 1 tablespoon olive oil
- pinch of salt
- 4 thin slices cheddar or Swiss cheese
- 4 leaves romaine lettuce
- 4 tomato slices

Directions

- 1** In medium bowl, combine meat, Worcestershire sauce, salt, and pepper. Do not overmix. Shape into 4 patties and set aside.
- 2** If desired as topping, make caramelized onions. In dry skillet over medium heat, add onions and cook 1-2 minutes, stirring often. Add 1 tablespoon olive oil and season onions lightly with salt. Continue cooking for about 10 minutes, stirring often. Onions should caramelize evenly. Once light brown all over, remove from heat and set aside until ready to top burgers.
- 3** Heat grill or grill pan over medium-high heat and lightly brush with oil. Grill hamburgers 5-10 minutes on first side (5 minutes for rare, 10 minutes for well-done). Flip, top with cheese if using, and grill another 5-10 minutes (cheese will melt faster if grill lid is on or cover is used over grill pan). Remove burgers from grill and allow to rest for about 5 minutes, covered loosely in foil.
- 4** Toast burger buns, cut side down, on grill for ~2 minutes. Remove buns from grill. Place burgers on buns and top with onions, lettuce, and tomato, if using.

TOMATO SOUP WITH GRILLED CHEESE



This comforting soup offers double your daily need for vitamin C, an important antioxidant for immune health. Adding white beans boosts the protein content of this all-vegetable soup. A whole grain, lower-sodium alternative to classic grilled cheese is the perfect, calcium-rich pairing!



4 servings

NUTRITION FACTS *soup*

230 calories, 5g fat, 0g saturated fat, 380mg sodium, 40g carbohydrates, 12g fiber, 9g protein

NUTRITION FACTS *sandwich*

330 calories, 18g fat, 7g saturated fat, 300mg sodium, 30g carbohydrates, 5g fiber, 14g protein

Ingredients

Soup

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 stalks celery, chopped
- 3 large carrots, chopped
- salt and pepper
- 2 cloves garlic, minced
- 1 14-ounce can unsalted/low-sodium white beans, rinsed and drained
- 1 28-ounce can unsalted/low-sodium crushed tomatoes
- 2 cups low-sodium vegetable broth

Grilled Cheese

- 8 slices whole grain bread (such as 100% whole wheat)
- 4 teaspoons whole grain mustard
- 4 slices cheddar, Swiss, or Monterey Jack cheese
- 4 slices tomato (optional)
- 2 tablespoons olive oil

Directions

- 1** In large soup pot, heat oil over medium heat. Add onion, celery, and carrots, season with salt and pepper, and cook, stirring frequently for about 8 minutes, until onion is translucent. Add garlic and white beans and cook about 2 minutes more.
- 2** Add tomatoes and vegetable broth. Increase heat to medium-high and bring soup to a boil. Reduce heat and simmer for about 5 minutes.
- 3** (If you have an immersion blender, you can skip this step and use the immersion blender to blend the warm soup). Allow soup to cool. In 1-cup batches, add cooled soup to blender and blend until smooth. Return blended soup to large soup pot and reheat, covered and over low heat, until ready to serve.
- 4** While soup reheats, make sandwiches. Spread whole grain mustard on 4 slices of bread and top each with cheese, tomato, and a second slice of bread. Brush outside of each sandwich lightly with olive oil.
- 5** Preheat skillet or griddle on stove over medium heat. Place sandwiches on cooking surface 1-2 inches apart (depending on the size of the pan, you may need to cook sandwiches in 2 batches). Cover with loose lid and cook for 3-4 minutes until bottom bread is golden brown. Flip sandwich, cover, and continue cooking for another 3-4 minutes. Remove from heat, slice in half, and serve with soup.



MASHED POTATOES

 8 servings



Ingredients

- 2½ pounds russet potatoes, cut into 2-inch pieces
- 1 head cauliflower, chopped into 2-inch pieces
- ¼ cup grated Parmesan cheese
- 2 cloves garlic, minced
- ¼ cup 2% milk
- 2 tablespoons unsalted butter
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons fresh chives, chopped (optional)



Keeping the potato skin and adding cauliflower boost the fiber in this lighter take on a dinner classic. Using a cauliflower blend reduces total calories and adds more micronutrients while still yielding a creamy and delicious mash.

NUTRITION FACTS

170 calories, 4g fat, 3g saturated fat, 160mg sodium, 29g carbohydrates, 3g fiber, 6g protein

Directions

- 1** Place potatoes in large pot and cover by 3–4 inches with water. Add salt to water and bring to a boil over medium-high heat. Reduce heat to medium-low and cook ~12 minutes. Add cauliflower, turn up heat, and return to boil. Cook until all potatoes and cauliflower are tender, about 4–6 more minutes. Strain potatoes and cauliflower and place in large, heat-proof bowl.
- 2** Mash potatoes and cauliflower with Parmesan, garlic, milk, butter, salt, and pepper until desired consistency. (For a creamier puree, use an immersion blender or pulse in a food processor; for lumpier mashed potatoes, use a hand masher.)
- 3** Serve in large bowl, garnished with chives.

POTATO SALAD

 6 servings

 *Leaving the skin on the potatoes boosts fiber, which helps promote heart and gut health. This is a great make-ahead dish because letting the dressing soak into the potatoes for a few hours helps flavors come together.*

Directions

- 1** Plate potatoes in large pot and cover with cold water. Over high heat, bring to boil, reduce heat to medium-low, and simmer ~10–12 minutes until potatoes are tender. Drain potatoes, place on a plate, and refrigerate about 30 minutes until cooled.
- 2** In large bowl, mix together celery seed, mayonnaise, sour cream, mustard, vinegar, onion, celery, salt and pepper. Add potatoes and toss to combine.
- 3** Refrigerate at least 30 minutes, up to 2 days, before serving cold.

Ingredients

- 2 pounds Yukon Gold or red potatoes, cut into ½-inch cubes
- ½ teaspoon celery seed
- ¼ cup mayonnaise
- ¼ cup light/reduced fat sour cream or plain yogurt
- 1 tablespoon yellow mustard
- 1 tablespoon white wine vinegar
- 1 tablespoon lemon juice (or juice of ½ lemon)
- ½ medium red onion, finely chopped
- 2 celery stalks, finely chopped
- salt and pepper

NUTRITION FACTS

220 calories, 10g fat, 2g saturated fat, 260mg sodium, 29g carbohydrates, 4g fiber, 4g protein





SWEET POTATO FRIES

 4 servings

NUTRITION FACTS

50 calories, 7g fat, 0g saturated fat, 200mg sodium, 20g carbohydrates, 3g fiber, 2g protein



These baked sweet potato fries are flavorful and satisfying with fewer total calories and more vitamin A than standard French fries. They're simple enough to make any night of the week!

Ingredients

- | | |
|---|-----------------------------|
| 3 medium sweet potatoes | 1/4 teaspoon salt |
| 2 tablespoons organic canola oil (or another high-heat cooking oil) | 1/2 teaspoon black pepper |
| | 1/8 teaspoon cayenne pepper |

Directions

- 1 Pre heat oven to 425°F. Cover baking sheet with foil.
- 2 Cut sweet potatoes into large match-stick pieces. In large bowl, toss sweet potatoes with oil and spices. Spread evenly in single layer onto baking sheet.
- 3 Bake 15 minutes. Remove from oven and flip fries. Bottom side should be golden brown. Return to oven and bake another 15 minutes, until fries are golden brown all over.

MAC AND CHEESE

 8 servings

Ingredients

- 2½ cups whole wheat elbow macaroni, uncooked
- ½ small head cauliflower, leaves and core removed (or ~1½ cups cauliflower florets)
- 2 tablespoons olive oil, divided
- 1 cup nonfat plain Greek yogurt
- 1 cup nonfat (skim) milk
- 1 cup part-skim ricotta cheese
- 1-2 teaspoons Dijon mustard
- salt and pepper
- dash of nutmeg
- 1 cup part-skim shredded mozzarella cheese
- 1½ cups shredded sharp cheddar cheese



NUTRITION FACTS

340 calories, 16g fat, 8g saturated fat, 380mg sodium, 31g carbohydrates, 3g fiber, 20g protein

Directions

- 1 Preheat oven to 375°F. Grease a 9-inch round or square baking pan by lightly brushing with 1 tablespoon of olive oil.
- 2 Cook macaroni according to package instructions, but leave slightly undercooked, chewy when tasted ("al dente"). Drain and set aside.
- 3 In food processor, pulse cauliflower until size of small, rice-like pieces. Place cauliflower in medium, microwave-safe bowl and loosely cover with towel. Microwave ~1-2 minutes until just begins to soften. Set aside.
- 4 In separate bowl, whisk together yogurt, milk, ricotta, mustard, spices, ¾ cups mozzarella, and 1½ cups cheddar (reserving ½ cup cheddar and ¼ cup mozzarella for topping).
- 5 Stir cooked macaroni and cauliflower into cheese mixture. Pour into greased pan. Top with remaining ¾ cup cheese and drizzle with remaining 1 tablespoon of olive oil. Bake uncovered for 30 minutes, until cheese bubbles and browns. Let cool ~15-20 minutes before serving.

 Adding cauliflower to this kids' favorite reduces calories and adds vitamins.

 Substituting whole wheat pasta for white pasta adds more fiber. If you're not used to whole grain pasta yet, try using half whole grain and half white to start. You can also use a brown rice or legume-based pasta, which have a milder flavor.

COBB SALAD

 4 servings

 This salad is lighter than a traditional version, yet still satisfies a lunch craving. Chickpeas are a good source of protein and add fiber to this classic. For a vegetarian salad, try doubling them in place of the chicken.

NUTRITION FACTS *without dressing*
290 calories, 16g fat, 5g saturated fat, 420mg sodium,
18g carbohydrates, 7g fiber, 21g protein

Ingredients

- 6 cups romaine lettuce, chopped
- 2 cups baby spinach
- 2 medium tomatoes, diced
- 4 slices reduced sodium bacon, cooked and chopped (optional)
- 2 hard-boiled eggs, whites only, chopped
- ½ cup low-sodium canned chickpeas, rinsed and drained
- 1 avocado, diced
- 1 6-ounce skinless chicken breast, cooked and diced
- ¼ cup (~1 ounce) bleu cheese, crumbled
- ¼ cup (~1 ounce) reduced fat feta cheese, crumbled

Directions

- 1** In a large bowl, toss the romaine and spinach. Divide greens onto 4 separate plates or bowls.
- 2** Top each with a row of each: tomatoes, crumbled bacon, chopped egg, chickpeas, avocado, chicken, and cheese.
- 3** Top each salad with dressing of choice and serve.





Cobb Salad History



At The Brown Derby restaurant in Los Angeles, Bob Cobb found a way to use up leftovers after a long day of work when he hadn't had time to eat. He fixed up a salad with a combination of ingredients that brought the Cobb salad to life. The salad may have never garnered attention if Cobb hadn't made a comment about it to legendary Hollywood promoter Sid Grauman, who tried it once and began promoting it internationally.

"History of Salads and Salad Dressings." What's Cooking America. What's Cooking America, n.d. Web. 8 Aug. 2016.

SALAD DRESSINGS

 Each makes ~1 cup dressing, or eight 2-tablespoon servings



Did you know that most of the sodium and sugar we consume doesn't come from the salt shaker or desserts? Packaged foods, including condiments, often contain a lot of added sodium and sugar. Homemade foods can be more flavorful and healthier than their store-bought counterparts. These dressing recipes are light and fresh, using olive oil and dairy instead of unhealthy processed oils. They also use fresh herbs and spices to boost flavor, minimizing the need for salt and sugar.

Directions

Whisk together all ingredients for dressing of choice. For a creamier dressing, using a food processor or blender and pulse to combine. Serve on top of fresh greens or salad of choice.

Caesar

- 6 anchovies, packed in oil, drained and minced
- 2 garlic cloves, minced
- 4 tablespoons mayonnaise
- 2 tablespoons white wine vinegar
- juice of 1 lemon
- 2 teaspoons Dijon mustard
- 3 tablespoons freshly grated Parmesan cheese
- 1/4 cup olive oil
- black pepper

NUTRITION FACTS

80 calories, 7g fat, 2g saturated fat, 210mg sodium, 2g carbohydrates, 0g fiber, 2g protein

Green Goddess

- 1/2 cup plain low-fat yogurt
- 1/3 cup low-fat buttermilk
- 1/4 cup fresh parsley, minced
- 3 tablespoons fresh chives, minced
- 1 tablespoons fresh tarragon, minced
- 2 anchovies, packed in oil, drained and minced
- 1 small garlic clove, minced
- 2 tablespoons fresh lemon juice

NUTRITION FACTS

30 calories, 1g fat, 0g saturated fat, 207mg sodium, 2g carbohydrates, 0g fiber, 3g protein





Ranch

- 1/2 cup plain low-fat yogurt
- 1/3 cup low-fat buttermilk
- 2 tablespoons mayonnaise
- 1 tablespoon fresh lemon juice
- 2 tablespoons fresh parsley, minced
- 2 tablespoons fresh dill, minced
- 2 tablespoons fresh chives, minced
- 1 teaspoon Dijon mustard
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder

NUTRITION FACTS

40 calories, 3g fat, 0g saturated fat, 60mg sodium, 2g carbohydrates, 0g fiber, 1g protein

Thousand Island

- 1/2 cup plain low-fat yogurt
- 2 tablespoons mayonnaise
- 2 tablespoons fresh lemon juice
- 2 tablespoons low-sodium ketchup
- 2 teaspoons Worcestershire sauce
- 1/2 jalapeño pepper, minced (optional)
- 1/2 teaspoon paprika
- 3 tablespoons sweet pickle relish
- 3 tablespoons red bell pepper, minced

NUTRITION FACTS

45 calories, 3g fat, 0g saturated fat, 95mg sodium, 4g carbohydrates, 0g fiber, 1g protein

PHILLY CHEESESTEAK

 4 servings

Philly Cheesesteak History



The history of the Philly Cheesesteak begins with Pat Olivieri, a South Philadelphia hot dog vendor who decided to put some beef from the butcher on his grill. The delicious aroma lured a taxicab driver who asked for a bun full of whatever Olivieri was cooking. A famous dish was born as more taxicab drivers flocked to Olivieri, with the cheese added later.

"Authentic Philly Cheesesteaks." Visit Philadelphia. Visit Philadelphia, n.d. Web. 8 Aug. 2016.



NUTRITION FACTS

540 calories, 19g fat, 7g saturated fat, 800mg sodium, 59g carbohydrates, 9g fiber, 36g protein

Ingredients

- 1 12-ounce flank steak, fat trimmed
- ½ teaspoon salt
- ¾ teaspoon black pepper, divided
- 1 tablespoon olive oil
- 1 medium onion, sliced
- 10 ounces mushrooms, sliced
- 1 bell pepper (green or red), sliced
- 2 cloves garlic, minced
- 1 teaspoon Worcestershire sauce
- 1 tablespoon all-purpose flour
- ½ cup 1% milk
- ¾ cup shredded provolone cheese
- ¼ cup grated Parmesan cheese
- 4 whole grain hoagie rolls, cut in half lengthwise and toasted



A traditional Philly Cheesesteak can pack over 1,000 calories and more than a whole day's worth of sodium. This recipe uses a leaner cut of meat, loads the sandwich with veggies, and substitutes traditional cheese or ultra-processed "whiz" with a more wholesome cheese sauce. The result has less fat and sodium, more fiber, and all of the satisfying flavor.

Directions

- 1** Slice flank steak into thin slices (slicing across the grain helps make meat more tender). Season meat with ¼ teaspoon salt and ½ teaspoon pepper. Set aside.
- 2** Heat olive oil in a skillet over medium-high heat. Add onions and cook about 2–3 minutes, stirring constantly, until translucent. Add mushrooms, peppers, garlic, and ¼ teaspoon black pepper and cook until vegetables are soft, about 8 minutes. Add beef and sauté, stirring constantly. Cook 2–4 minutes until beef browns (exact cooking time will depend on the thickness of your slices). Remove from heat and add Worcestershire sauce.
- 3** Add flour to small saucepan over medium heat. Gradually whisk in milk until blended. Bring to a simmer, stirring constantly, and cook for 2 minutes or until thickened. Remove from heat and add provolone and Parmesan, stirring until sauce is smooth.
- 4** Assemble sandwiches. Place ¼ of meat and vegetable mixture on bottom half of each hoagie roll (if you're having trouble fitting it all, scoop out part of the center of the roll). Pour ¼ cheese sauce over each sandwich and top with top half of roll.



Skip the fried shrimp and use flavorfully spiced, pan-cooked shrimp for lots of flavor without all the oil. The crunchy remoulade slaw is rich in beta-carotene, a precursor to vitamin A, which is important for good eyesight and healthy skin.

SHRIMP PO' BOY

 4 servings

NUTRITION FACTS

640 calories, 16g fat, 2g saturated fat, 860mg sodium, 78g carbohydrates, 6g fiber, 49g protein

Directions

- 1 Prepare remoulade slaw by stirring together first 7 ingredients and tossing with cabbage and carrots.
- 2 Make flour coating for shrimp. In medium bowl, whisk together flour with all herbs and spices. Dredge shrimp in flour mixture by taking slightly moist, raw shrimp and tossing in flour mixture to coat.
- 3 Add oil to large skillet over medium-high heat. Add shrimp to pan and cook until bottom is golden brown, about 2 minutes. Flip each shrimp and cook another 2 minutes, until cooked through and golden brown on the outside.
- 4 Assemble sandwiches. Slice baguette into 4 equal pieces. Slice each piece in half lengthwise. Hollow out bottom of baguette and filled each with 1/4 of shrimp and 1/4 of slaw. Top with tomatoes and hot sauce and cover with top piece of baguette.

Ingredients

Rémoulade Slaw

- 3 tablespoons mayonnaise
- 1 tablespoon shallots, minced
- 1/2 lemon, juice and grated rind
- 1 teaspoon Worcestershire sauce
- 1 teaspoon prepared horseradish
- 1/4 - 1/2 teaspoon hot sauce
- 1 garlic clove, minced
- 1 1/2 cups shredded cabbage
- 1 cup shredded carrots

Shrimp

- 1 cup all-purpose flour
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 1/2 pounds shrimp, peeled and de-veined
- 2 tablespoons organic canola oil, or any high-heat oil

Sandwiches

- 1 10-ounce whole grain baguette
- tomato slices (optional)
- hot sauce (optional)

MARYLAND CRAB CAKES

 4 servings

NUTRITION FACTS

350 calories, 17g fat, 4g saturated fat, 820mg sodium, 19g carbohydrates, 0g fiber, 30g protein

 *These crab cakes are baked instead of fried, avoiding added oil. Plain, low-fat yogurt serves as a substitute for the usual amount of mayonnaise to keep the crab cakes moist while further reducing fat. Try the special recipe for lower-calorie tartar sauce (pg 27) paired with these crab cakes or other favorite fish dishes.*

Ingredients

Crab Cakes

- 2 tablespoons mayonnaise
- 2 tablespoons reduced fat cream cheese
- ¼ cup plain low-fat yogurt
- 1 egg, lightly beaten
- 1 tablespoon Dijon mustard
- ½ teaspoon hot sauce
- juice of ½ lemon
- ½ teaspoon Old Bay seasoning
- ¼ teaspoon black pepper
- 1 pound jumbo lump crab meat
- 1 scallion, minced
- ½ cup crushed low-sodium saltine crackers (or bread crumbs)



Crab Cake History



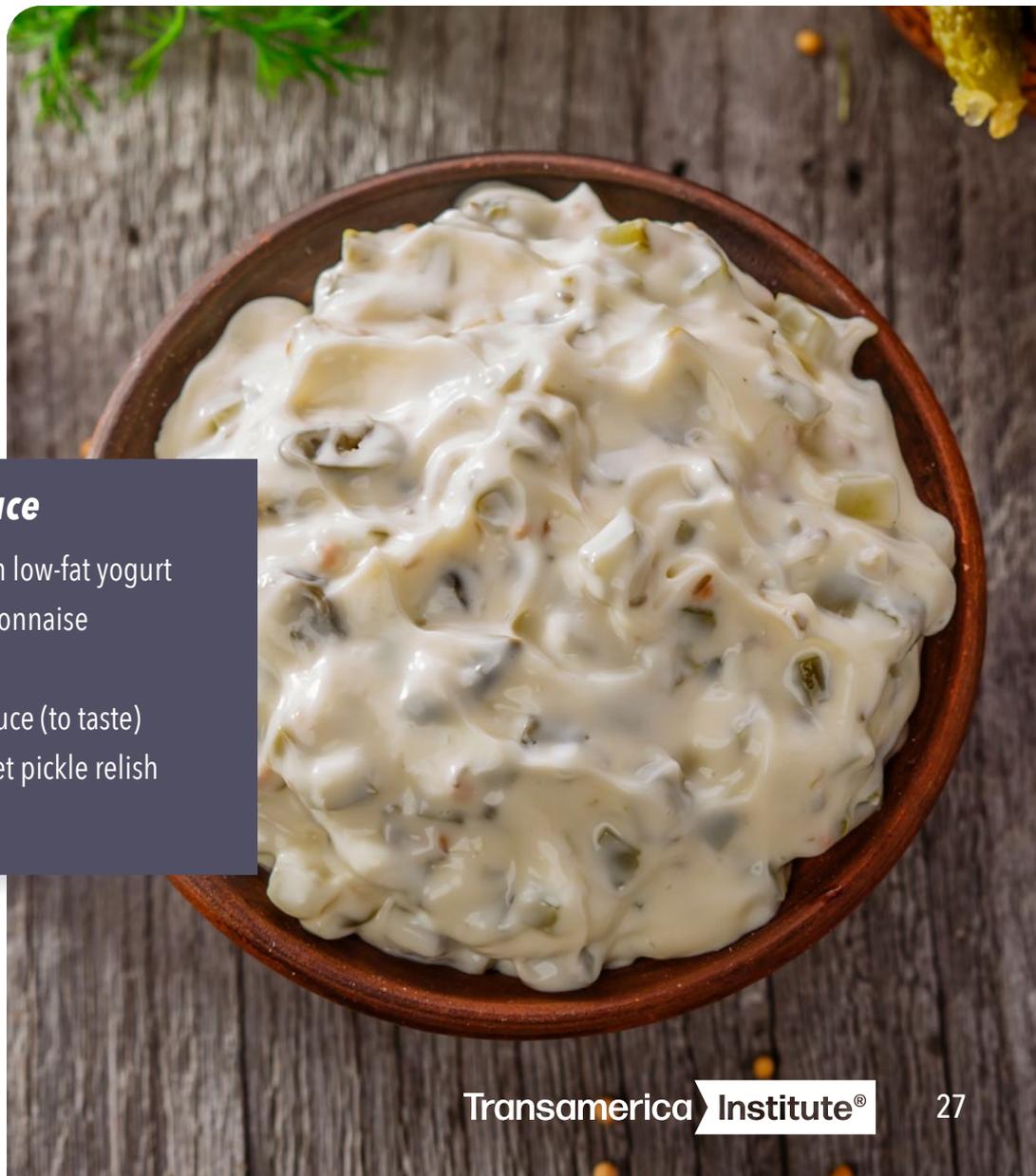
Crab cakes are most associated with Maryland and the Chesapeake Bay region. Food historians explain that crab cakes originated from the practice of making minced meat cakes/patties, substituting crab pieces for meat. Crab cake-type dishes were first introduced to the colonies by English settlers and became extremely popular in the 19th century, officially earning their name in the 20th century.

"The Food Timeline: Fish and Shellfish." Food Timeline. N.p., n.d. Web. 8 Aug. 2016



Directions

- 1** In a medium bowl, whisk together mayonnaise, cream cheese, yogurt, egg, mustard, hot sauce, lemon juice, and seasonings. Add crab meat, scallion, and crackers and gently fold the mixture together to combine. Cover and refrigerate for 1-2 hours.
- 2** Whisk together all ingredients while crab mixture chills, make Spicy Tartar Sauce. Whisk together all ingredients in a small bowl. Cover and refrigerate until ready to serve.
- 3** Preheat oven to 400°F. Lightly brush a baking sheet with a high-heat cooking oil. Form 8 equal-sized crab meat patties. Place all crab cakes on baking sheet and flatten until about 1 inch thick.
- 4** Bake crab cakes 8-10 minutes, until bottom is golden brown. Flip the crab cakes and cook another 5-8 minutes, until second side is golden brown.
- 5** Serve with lemon wedges and tartar sauce.



Spicy Tartar Sauce

- 6 tablespoons plain low-fat yogurt
- 2 tablespoons mayonnaise
- juice of ½ lemon
- 1-2 teaspoons hot sauce (to taste)
- 2 tablespoons sweet pickle relish
- 1 scallion, minced

BOSTON BAKED BEANS



 10 servings

NUTRITION FACTS

203 calories, 2g fat, 0g saturated fat, 261mg sodium, 38g carbohydrates, 10g fiber, 10g protein



Beans are naturally low in fat and high in protein and fiber, making them a heart-healthy choice. Classic baked beans call for lots of sugar. This recipe still maintains that rich molasses flavor while reducing the amount of added sugar and calories.

Ingredients

- 1 pound dried navy or Great Northern beans, rinsed, picked over, and soaked overnight (reserve soaking water)
- 1 tablespoon olive oil
- 1 onion, chopped
- 4 cloves garlic, peeled
- ¼ cup dark molasses
- 3 tablespoons low-sodium ketchup
- 3 tablespoons mustard powder
- 1 tablespoon dried mustard powder
- 1 tablespoon Worcestershire sauce
- 1 teaspoon black pepper
- 1 branch of thyme
- 1 bay leaf
- ½ teaspoon salt
- 2-3 tablespoons apple cider vinegar (to taste)
- 1 tablespoon smoked paprika

Directions using Dutch oven and baking

- 1** Preheat oven to 300°F. Place a large Dutch oven or other oven-proof pot on stove over medium heat. Add olive oil, stir in onions, and cook about 5-8 minutes, until translucent.
- 2** Add beans to pot. Pour enough soaking liquid over beans to cover by ½ inch (add extra water as needed). Add garlic cloves, molasses, ketchup, herbs, and spices. Stir together, bring to a boil, and then cover and place in the oven.
- 3** Bake until beans are soft but remain intact, about 2-3 hours, checking water level every hour. Add warm water to cover beans as needed during baking time. Remove from oven and stir in salt and vinegar. Cool to room temperature before serving.

Directions using slow cooker

- 1** In a medium skillet over medium heat, add olive oil, stir in onions, and cook about 5-8 minutes, until translucent.
- 2** Add onion to slow cooker along with beans, garlic cloves, molasses, ketchup, herbs, and spices. Stir together and add bean soaking liquid plus any additional water needed to cover beans. Cook on low for 8-12 hours, until thickened and beans are soft but still intact.
- 3** Turn off heat and add salt and vinegar to beans. Allow to cool to room temperature before serving.

SLOW COOKER POT ROAST

 8 servings

Directions

- 1 Lightly coat dish of slow cooker with olive oil. Spread all vegetables in bottom of slow cooker.
- 2 Pat beef dry with paper towel, season with salt and pepper, and cover with flour. In large pot, heat olive oil over medium heat. Add roast and cook for 4-5 minutes on each side until browned. Remove roast from pot and place on top of vegetables in slow cooker. Pour wine, stock, and tomatoes into pot and whisk together while lightly scraping brown bits off bottom of pan. Bring to light boil, then remove from heat and pour over roast and vegetables in slow cooker. Place fresh herbs around roast.
- 3 Cover slow cooker and cook on low 6-7 hours until very tender. Serve with vegetables and sauce.



This recipe calls for a leaner cut of beef than a traditional pot roast to reduce saturated fat and calories in each serving. Braising in the slow cooker produces a tender roast. Use the vegetables in this recipe, or add others you enjoy, such as mushrooms, potatoes, or parsnips. Pair the roast and vegetables with a simple salad to complete this healthy, no-fuss meal.

NUTRITION FACTS

350 calories, 11g fat, 3g saturated fat, 320mg sodium, 17g carbohydrates, 3g fiber, 40g protein



Ingredients

- | | | | |
|---------------|--|---------------|---|
| 6 | carrots, chopped | 1 | tablespoon all-purpose flour |
| 2 | medium onions, chopped | 2 | tablespoons olive oil |
| 2 | leeks, cleaned, white and green parts, chopped | 1 | cup red wine (or substitute with $\frac{3}{4}$ cup extra stock + 2 tablespoons ketchup) |
| 4 | stalks celery, chopped | 1 | 14-oz can no salt added crushed or diced tomatoes |
| 3 | cloves garlic, peeled and smashed | $\frac{1}{2}$ | cup low-sodium beef stock or broth |
| 3 | pounds lean eye of round beef roast | 3 | sprigs fresh thyme |
| $\frac{1}{2}$ | teaspoon salt | 2 | branches fresh rosemary |
| 1 | teaspoon black pepper | | |

“FRIED” CHICKEN

 10 servings

Ingredients

- 2½ cups cornflakes (unsweetened), crushed into fine crumbs (try pulsing in a food processor)
- ½ cup all-purpose flour
- 1½ tablespoons black pepper
- 1½ teaspoons paprika
- ¾ teaspoon cayenne pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 cup low-fat buttermilk
- 1 egg
- 2 teaspoons hot sauce
- ½ teaspoon salt
- 3½ pounds skinless chicken legs, split into thighs and drumsticks

NUTRITION FACTS

252 calories, 7g fat, 2g saturated fat, 390mg sodium, 13g carbohydrates, 1g fiber, 33g protein



Cornflakes help give this oven-baked chicken a crispy crust. Using skinless chicken and baking instead of frying saves fat and calories while still yielding crispy, flavorful chicken.

Directions

- 1 Preheat oven to 375°F. Grease a baking sheet lightly with olive oil.
- 2 Combine cornflakes, flour, and spices in a shallow bowl. Set aside.
- 3 In a large bowl, whisk together buttermilk, egg, hot sauce, and salt. Add chicken pieces and thoroughly coat each with the mixture.
- 4 (For this step, use 1 hand for wet ingredients, the other for dry ingredients). Working with 1 piece of chicken at a time, remove from buttermilk mixture and allow excess to drip off. Dip into cornflake mixture and pack crumbs onto chicken. Place each piece on the baking sheet, creating a single layer.
- 5 Bake for 45–50 minutes until golden brown and no longer pink in center (a thermometer inserted into thickest part of chicken should read 165°F).

SHEPHERD'S PIE

 6 servings

NUTRITION FACTS

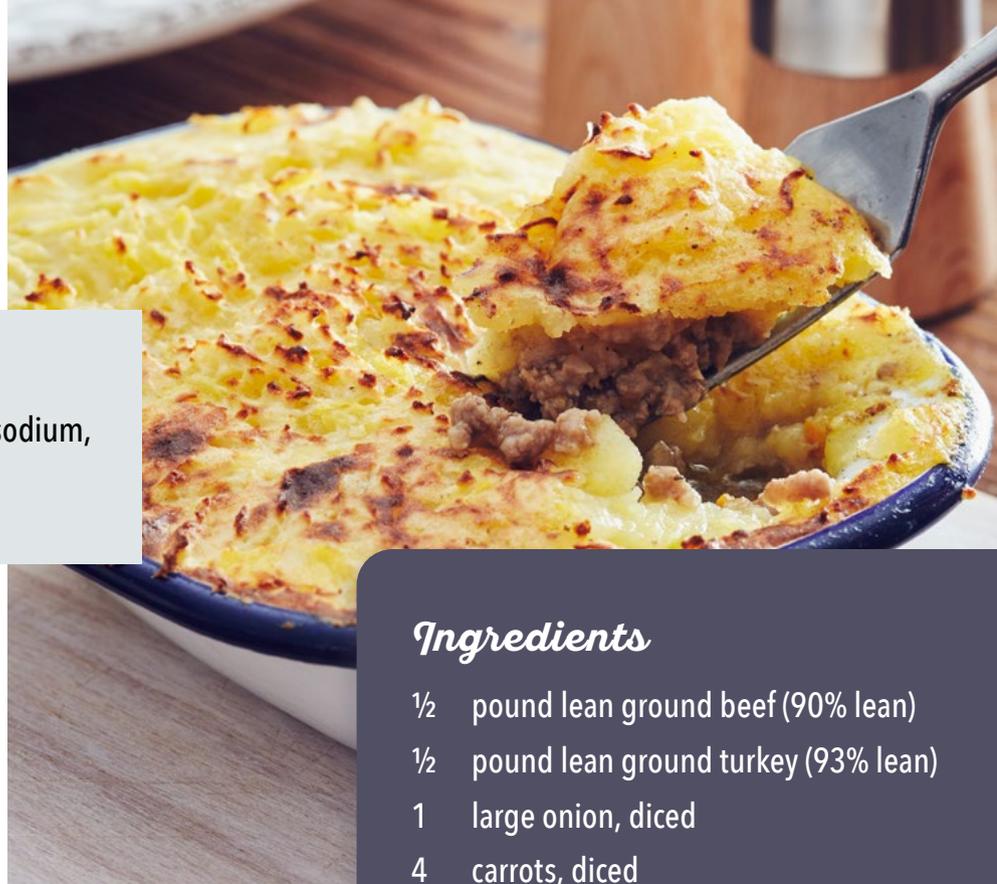
340 calories, 11g fat, 5g saturated fat, 450mg sodium, 40g carbohydrates, 6g fiber, 23g protein

 Using lean ground beef and turkey reduces the saturated fat of this classic comfort dish.

 Cauliflower not only keeps this dish lighter, but it is also rich in nutrients.

Directions

- 1 Heat large skillet over medium heat and add drizzle of olive oil. Cook meat about 5 minutes, until brown, stirring frequently. Transfer to a bowl.
- 2 Keeping skillet over medium heat, add onions and carrots and cook about 5–8 minutes, until vegetables begin to soften. Raise heat to medium-high and add mushrooms, thyme, and parsley. Cook, stirring frequently, until mushrooms' liquid has evaporated, about 8 minutes. Return meat to skillet, stir in flour, and cook another 2 minutes. Add broth, $\frac{1}{4}$ teaspoon salt, and pepper and bring to a simmer. Stir in peas and cook 1–2 minutes. Pour mixture into 9x13-inch baking dish.
- 3 Preheat oven to 350°F. Place potatoes in large pot and cover by 3–4 inches with water. Add $\frac{1}{4}$ teaspoon salt and bring to a boil over medium-high heat. Reduce heat to medium-low and cook ~12 minutes. Add cauliflower, turn up heat, and return to boil. Cook until all potatoes and cauliflower are tender, about 4–6 more minutes. Drain water from pot. Using immersion blender, food processor, or hand masher, mash potatoes and cauliflower with milk, butter, $\frac{1}{4}$ teaspoon salt, and pepper until almost smooth.
- 4 Spread potato and cauliflower mixture on top of meat and bake until heated through, about 25 minutes. Optional: after baking, to brown the top, place under broiler for 2 minutes.



Ingredients

- $\frac{1}{2}$ pound lean ground beef (90% lean)
- $\frac{1}{2}$ pound lean ground turkey (93% lean)
- 1 large onion, diced
- 4 carrots, diced
- $\frac{1}{2}$ pound mushrooms, sliced
- 1 branch fresh thyme, leaves only
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons all-purpose flour
- 1 cup low-sodium beef broth
- $\frac{3}{4}$ teaspoon salt, divided
- 1 teaspoon black pepper, divided
- $\frac{1}{2}$ cup frozen peas
- $1\frac{1}{2}$ pounds Yukon Gold potatoes, cut into 2-inch pieces
- 1 head cauliflower, leaves and core removed, chopped into 2-inch pieces
- $\frac{1}{2}$ cup 2% milk
- 2 tablespoons unsalted butter

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